APPETIZERS

<table>
<thead>
<tr>
<th>1/2 Pan</th>
<th>Full Pan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruschetta</td>
<td>14.00</td>
</tr>
<tr>
<td>Diced Seasoned Plum Tomatoes Over Toasted Bread</td>
<td></td>
</tr>
<tr>
<td>Fior Di Latte</td>
<td>28.00</td>
</tr>
<tr>
<td>Fresh Mozzarella, Sliced Tomatoes, Roasted Red Pepper, Olive Oil &amp; Fresh Basil</td>
<td></td>
</tr>
<tr>
<td>Fried Calamari</td>
<td>39.00</td>
</tr>
<tr>
<td>Breaded Calamari with Marinara Sauce</td>
<td></td>
</tr>
<tr>
<td>Funghi Ripieni</td>
<td>32.00</td>
</tr>
<tr>
<td>Stuffed Mushrooms with Breading</td>
<td></td>
</tr>
<tr>
<td>Baked Clams</td>
<td>37.00</td>
</tr>
<tr>
<td>Medium Clams Breaded &amp; Baked with a Lemon Butter Sauce</td>
<td></td>
</tr>
</tbody>
</table>

SALADS

<table>
<thead>
<tr>
<th>1/2 Pan</th>
<th>Full Pan</th>
</tr>
</thead>
<tbody>
<tr>
<td>House</td>
<td>21.00</td>
</tr>
<tr>
<td>Romaine, Cucumbers, Tomatoes, Red Onions, Olives &amp; Dressing on the Side</td>
<td></td>
</tr>
<tr>
<td>Caesar</td>
<td>26.00</td>
</tr>
<tr>
<td>Romaine, Parmigiano &amp; Croutons</td>
<td></td>
</tr>
<tr>
<td>Chicken Caesar</td>
<td>36.00</td>
</tr>
<tr>
<td>Grilled Chicken, Romaine, Parmigiano &amp; Croutons</td>
<td></td>
</tr>
<tr>
<td>Antipasto</td>
<td>38.00</td>
</tr>
<tr>
<td>Chopped Assorted Meats &amp; Cheese over a Salad</td>
<td></td>
</tr>
</tbody>
</table>

MEATS

<table>
<thead>
<tr>
<th>1/2 Pan</th>
<th>Full Pan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italian Sausage &amp; Peppers</td>
<td>36.00</td>
</tr>
<tr>
<td>Italian Sausage Sautéed with Mixed Peppers in a Garlic &amp; Oil Herb Broth</td>
<td></td>
</tr>
<tr>
<td>Chicken Vesuvio</td>
<td>52.00</td>
</tr>
<tr>
<td>(½ pan-16 pc., full pan-32 pc.) Bone-In Chicken Cooked with Garlic &amp; Oil, Fresh Herbs &amp; White Wine Served with Roasted Peppers</td>
<td></td>
</tr>
<tr>
<td>Veal Parmigiana</td>
<td>60.00</td>
</tr>
<tr>
<td>Braised Veal Topped with Fresh Mushrooms, Tomato Sauce &amp; Melted Mozzarella Served with Side of Pasta</td>
<td></td>
</tr>
<tr>
<td>Polo Parmigiana</td>
<td>39.00</td>
</tr>
<tr>
<td>Breaded Chicken Breast Topped with Tomato Sauce &amp; Melted Mozzarella Served with Side of Pasta</td>
<td></td>
</tr>
<tr>
<td>Eggplant Parmigiana</td>
<td>48.00</td>
</tr>
<tr>
<td>Breaded &amp; Layered Eggplant Topped with Tomato Sauce &amp; Melted Mozzarella Served with Side of Pasta</td>
<td></td>
</tr>
<tr>
<td>Boneless Chicken Breast</td>
<td>49.00</td>
</tr>
<tr>
<td>• Marsala with Mushrooms &amp; Marsala Wine Sauce</td>
<td></td>
</tr>
<tr>
<td>• Prosciutto with Capers &amp; Onions in a Lemon Butter Sauce</td>
<td></td>
</tr>
<tr>
<td>• Peperonata with Roasted Red Peppers, Onions, Touch of Garlic &amp; Oil, Brandy Wine Sauce, Served with Potatoes</td>
<td></td>
</tr>
<tr>
<td>• Vesuvio with Garlic &amp; Oil, Herbs &amp; Wine Sauce, Served with Potatoes</td>
<td></td>
</tr>
<tr>
<td>Italian Beef (by the Pound)</td>
<td>10.95</td>
</tr>
<tr>
<td>Fresh Sliced Italian Beef in our own Herb Broth (Bread Not Included)</td>
<td></td>
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</tbody>
</table>

PASTAS

<table>
<thead>
<tr>
<th>1/2 Pan</th>
<th>Full Pan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti or Mostaccioli</td>
<td>32.00</td>
</tr>
<tr>
<td>Choice of Meat or Plain Sauce</td>
<td></td>
</tr>
<tr>
<td>Baked Mostaccioli</td>
<td>36.00</td>
</tr>
<tr>
<td>With Melted Mozzarella, Parmigiano Cheese &amp; Choice of Meat or Plain Sauce</td>
<td></td>
</tr>
<tr>
<td>Ravioli</td>
<td>41.00</td>
</tr>
<tr>
<td>Meat or Cheese Topped, Topped with Choice of Meat or Plain Sauce</td>
<td></td>
</tr>
<tr>
<td>Tortellini</td>
<td>41.00</td>
</tr>
<tr>
<td>Meat or Cheese, Choice of Meat or Plain Sauce</td>
<td></td>
</tr>
<tr>
<td>Gnocchi</td>
<td>41.00</td>
</tr>
<tr>
<td>Choice of Meat or Plain Sauce</td>
<td></td>
</tr>
<tr>
<td>Cavatelli</td>
<td>41.00</td>
</tr>
<tr>
<td>Choice of Meat or Plain Sauce</td>
<td></td>
</tr>
<tr>
<td>Raviolini Salvia E Basilico</td>
<td>44.00</td>
</tr>
<tr>
<td>Mini Cheese Filled Ravioli Topped with Butter, Fresh Sage, Fresh Basil &amp; Parmigiano Cheese</td>
<td></td>
</tr>
<tr>
<td>Lasagna</td>
<td>44.00</td>
</tr>
<tr>
<td>Layers of Pasta with Ricotta, Ground Beef, Parmigiano Cheese, Baked &amp; Topped with Plain Sauce or Melted Mozzarella</td>
<td></td>
</tr>
<tr>
<td>Vegetable Lasagna</td>
<td>46.00</td>
</tr>
<tr>
<td>Fresh Spinach Pasta Layered with Ricotta, Asparagus, Artichoke Hearts, Spinach, Parmigiano Cheese, Baked &amp; Topped with Plain Sauce &amp; Mozzarella Cheese</td>
<td></td>
</tr>
<tr>
<td>Rigatons Pomodoro - Salsiccia - Piselli</td>
<td>44.00</td>
</tr>
<tr>
<td>Add Alfredo Sauce or Vodka Sauce</td>
<td>8.00</td>
</tr>
<tr>
<td>Add Chicken</td>
<td>8.00</td>
</tr>
<tr>
<td>Add Broccoli</td>
<td>6.00</td>
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</tbody>
</table>

QUARTS OF SAUCE

<table>
<thead>
<tr>
<th>Full Pan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vodka Sauce – Alfredo Sauce</td>
</tr>
<tr>
<td>Meat Sauce</td>
</tr>
<tr>
<td>Marinara Sauce</td>
</tr>
<tr>
<td>Bolognese Sauce</td>
</tr>
</tbody>
</table>

SIDES

<table>
<thead>
<tr>
<th>1/2 Pan</th>
<th>Full Pan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vesuvio Potatoes</td>
<td>24.00</td>
</tr>
<tr>
<td>Loaf of Bread (with Butter)</td>
<td>4.25</td>
</tr>
<tr>
<td>Tiramisu</td>
<td>39.00</td>
</tr>
<tr>
<td>Lady Finger Cookies, Espresso Coffee, Mixed Liquor &amp; Mascarpone Cheese</td>
<td></td>
</tr>
</tbody>
</table>

Homemade Italian Sausage – Mild or Hot (by the Pound) 5.25

483 SPRING ROAD - ELMHURST, IL 60126
MON-THURS 11AM - 11PM, FRI 11AM - 12AM, SAT4PM - 12AM, SUN 2PM - 10PM
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Legends have told that once upon a time in the quaint shire of downtown Glen Ellyn, far away from the bustling metropolis of Chicago, there existed many unique shops, restaurants and other delights that were actually owned and operated by people who were in love and passionate about what they did. No big box conglomerates or online mega corporations with brick and mortar stores were to be found in this sweet shire tucked away from time.

Come experience what it is truly like to be treated like a queen and to actually even be welcomed with a smile when you walk into a business. Smiles and kindness are abundant in the charmingly sweet shire of downtown ...

GLEN ELLYN

p.s. That once upon a time mentioned is NOW.

This message is brought to you by

The Gnome Colony Co.  485 N. Main St.  Glen Ellyn

join in the journey

facebook.com/TheGnomeColony
Finally, spring is here!

The days of cold chills and gray skies are nearly behind us, and after months of winter weather that began in the middle of November, I couldn’t be happier to hear the birds singing in the trees.

It also means two things (at least for me): spring cleaning and walks downtown. I spent a good three hours of “quality time” with my closet recently. Tearing through the items I’ve missed wearing for the last months – the bright cheery colors, breezy fabrics and open toed shoes that just make you feel a little lighter when you wear them – hoping they fit the same and still were stylish enough to carry me into summer 2019.

What became all too clear was that I will need some serious time cleaning out that closet. Home organization has never been my strong suit, but thankfully I won’t have to do it alone – and neither will you! We have experts on hand this month, sharing tips for clearing out, cleaning up and making space for spring.

De-cluttering is key this time of year – out with the old and in with the new! And there are folks right here in Elmhurst with clever fixes and all the trends to help you clean out, brighten up and make your home a haven of style and functionality.

And speaking of style and function, we stopped in to chat with longtime Elmhurst business owner Kathy Rezny at York Furrier, who had great ideas to recycle, rejuvenate, and reimagine an old fur coat or jacket.

While strolling downtown, check out the great museums we have across our community! Whether you go on your own schedule or head out on the city’s annual Museum Day, you are sure to find interesting and intriguing exhibits or art, history and more, right at your fingertips! And if you’d rather explore Elmhurst out doors, take a backpack adventure pack with you, available at the Elmhurst library on a variety of topics.

We’ve got the low down on all the season’s events and activities, ready to help you enjoy spring, Elmhurst-style.

Take a look at all you can find right here at home, and live your life, in style!

Thanks for reading.

Sherri Dauskuradas, Editor
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Travel expert Pete Stadalsky offers tips and tricks for traveling light.
LOCAL EVENTS

There’s so much to do around our towns!

- MOON OVER BUFFALO
  Thursday, April 26 at First United Methodist Church
  “Moon Over Buffalo” by Ken Ludwig is a laugh-out-loud farce stuffed with “comic invention, running gags, and a neat sense of absurdity.” (The New York Post). In the play, Charlotte and George Hay are on tour in Buffalo, doing “Cyrano de Bergerac” and “Private Lives” in repertory, when they receive word that Frank Capra, the famous Hollywood director, is coming to town to see their matinee. This could be their last chance at stardom!

- COURTS PLUS HEALTH AND WELLNESS FAIR
  April 13 • 9 a.m. - 12 p.m. at Courts Plus
  Discover tips and resources for maintaining a healthy lifestyle at the Courts Plus Health and Wellness Fair. Raffle prizes and giveaways, free health screenings and free samples from local vendors. Stop by and receive a two-week free trial!

- EASTER EGG HUNT AT BERENS PARK
  April 13 • 10 a.m. at Berens Park
  Egg hunt for ages newborn to 5th grade. Plenty of eggs and candy, inflatables, and games. Fun for the whole family.

- MULTI-STRAND BEAD STRINGING
  April 13 • 1 p.m. at Lizzadro Museum
  For those times when a single strand is not enough, learn to combine various beads and chain to create one piece of jewelry with a layered look. Students will receive kits with sufficient materials to complete a 3-strand necklace. Use of stringing wire, crimp tubes, 3:1 connectors and various clasps will be taught. Tools for use in the class will be provided or students may bring their own. Round nose, chain nose and crimping pliers plus wire cutters will be used.

- MCCORMICK HOUSE TOUR WITH CLAUDIA WEBER
  April 14 • 1:30 p.m. at Elmhurst Art Museum
  Tour the McCormick House with exhibiting artist Claudia Weber to learn about her site-specific projects including research about the 1952 prefab prototype, various changing installations including works by other artists, interactions with visitors, and more.

- THE POETRY OF CARL SANDBURG, MUSIC OF CHRIS VALLILLO
  April 14 • 2 p.m. at Elmhurst History Museum Education Center
  Popular folk musician Chris Vallillo, described as “Illinois’s pre-eminent prairie-poet singer-songwriter,” presents a combination of Carl Sandburg’s poetry paired with his own original music and several selections from Sandburg’s American folk song collection. Vallillo’s style is often compared to Sandburg, and he is known for evoking the people and places of rural America.

- EASTER EGG HUNT AT WILD MEADOWS TRACE PARK
  April 20 • 1 p.m. at Wild Meadows Trace Park
  Come join us for fun and visit with the Easter Bunny! Thousands of candy-filled eggs will be scattered for an egg hunt that starts promptly at 1 p.m. Don’t be late to this event! Meet and Greet with the Easter Bunny starting at 12:30 pm.

- KINDERTRANSPORT
  April 25, 2019 - May 5, 2019 at Mill Theatre, Elmhurst College
  Following Kristallnacht in November 1938, the Movement for the Care of Children from Germany was formed. In nine months almost 10,000 unaccompanied children were sent to Britain, most of them Jewish. Diane Samuels interviewed adults who were these Kinder, these children who survived the Holocaust, weaving their experiences of loss, guilt and discovery into the play.

- FLASHLIGHT EGG HUNT
  April 18 • 8 p.m. at Wilder Park
  Teens, grab your flashlights and join Elmhurst Park District for the Flashlight Egg Hunt in Wilder Park. Join your friends in the frenzy as you search for prize eggs filled with candy, gift certificates and other great prizes. Ages 11-16.

- EGG HUNT/DOGGIE EGGSTRAVAGANZA IN WILDER PARK
  April 20 • 10 a.m. at Wilder Park
  Join Elmhurst Park District at our annual spring event in beautiful Wilder Park! Come early to meet with the Easter Bunny, who arrives at 9 a.m., and then be ready for the egg hunt at 10 a.m. sharp. After the egg hunt is completed, we will then have a dog costume contest, followed by a doggie egg hunt. For ages 1-10. Presented by The Schiller Team, Suburban Bank & Trust and Edward-Elmhurst Health.

- WEDDING DECOR RESALE SHOP
  April 27 • 10 AM - 1 p.m. at Wilder Mansion
  Keep your wedding or upcoming special event on budget! Find slightly used & unused wedding decor items such as vases, candles, centerpieces, shoes, guest books and more! Contact Heather at hsinonatepd.org to host a table for $20 and sell gently used items.
Fun for Family and Friends. Only $25

A uniquely Elmhurst gift for special events and occasions
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Family and School Gatherings
Customer and Employee Appreciations
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even Memorial Day

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Community Bank of Elmhurst
Elmhurst City Centre
Elmhurst History Museum
K & T Colors
The Uptown Shop
Total Window Treatments
TAKE THE KIDS ON A NEIGHBORHOOD ADVENTURE WITH THE HELP OF THE LOCAL LIBRARY

With the warmer weather upon us it’s a great time to get back outside and explore all that Elmhurst has to offer! And to help families do just that, the Elmhurst Public Library now offers adventures, at the ready, for anyone to enjoy. Adventure Backpacks are bagged collections of materials that provide people of all ages a jumping off point to spark curiosity about nature.

Created as part of a local Eagle Scout service project, Adventure Backpacks offer guidance and tools to explore the outdoors. The packs are themed, so you can come back again and again for more discovery of the world around you!

THEMES INCLUDE:

- **Aquatics**, Geocaching, Elmhurst History, Plants, and Rocks and Minerals.

- **ANIMALS**
  This pack includes a Kaufmann field guide, Bird of Illinois guide, animal guide, a lyric device that plays the calls of birds, animal tracks playing cards, wildlife bingo, pocket binoculars and pocket magnifying glass. There is also a map of Elmhurst parks and facilities, an animal scavenger hunt and more.

- **AQUATICS**
  In this pack, find the Total Fishing Manual, Fish of the Midwest Guide, Pond Life Golden Guide, pocket binoculars and pocket magnifying glass, Fisherman's Ultimate Knot Guide, a Map of Elmhurst parks and facilities, list of major lakes and rivers, and more.

- **GEOCACHING**
  Are you a treasure hunter? This pack has you covered with a Garmin E-Trex GPS, a Geocaching Handbook, pocket binoculars and pocket magnifying glass. There is also a map of Elmhurst parks and facilities, instructions for using your smartphone as a geocaching GPS, and more.

- **ELMHURST HISTORY**
  Elmhurst is filled with great history to learn about and discover. This pack offers a Treasures of Elmhurst history book, Elmhurst Origins of Names book, Explore Elmhurst Visitor’s Guide, curated postcard series, map of Elmhurst parks and facilities, list of lesser-known area attractions, a scavenger hunt, a map of downtown, and more.

- **ROCKS AND MINERALS**
  Perfect for an aspiring geologist, this pack boasts a Mineral Science Kit, Rocks Science Kit, Rocks and Minerals Field Guide, Rocks and Minerals playing cards, Fossils Golden Guide, bag of fossil samples, folding pocket magnifying glass, a map of Elmhurst parks and facilities, charts of different geographic features, a rock and minerals word search, and more.

Adventures Backpacks are available for checkout online or at the library. Find out more at elmhurstpubliclibrary.org
Imagine being able to experience the many, wonderful sounds in your environment in a more natural, comfortable way. Now, thanks to one of the most significant technological advances in years, that day has arrived. Introducing Oticon Opn S hearing devices, featuring a next-generation microchip able to adjust and balance all the various sounds around you—not just the ones directly in front of you.

Try Oticon Opn S risk-free. Call 630-969-1677 or visit susanroganhearing.com

**With Oticon Opn S, you can enjoy speech understanding on par with normal hearing.**

**Frederica from disposable batteries with state-of-the-art lithium-ion battery technology*.**

Lithium-ion battery performance varies depending on hearing loss, lifestyle and streaming behavior. **Juul Jensen 2018, Oticon Whitepaper. For people with typical hearing loss and well-fitted hearing aids, in noisy situations.**

5 Day Special Event • April 22, 23, 24, 25 and 26

Susan Rogan Hearing
Susan Rogan, Au.D.
Doctor of Audiology

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Westmont, IL 60559
630-969-1677

419 N. LaGrange Road, Suite 1
LaGrange Park, IL 60526
708-588-0155

Free Listening Demonstration and Free Trial.
Call 630-969-1677
Celebrate the 23rd Annual Museum Day in Elmhurst, a special event commemorating the important cultural value of museums to communities worldwide.

Jump on board the Explore Elmhurst trolley to visit three Elmhurst museums for free admission, family-friendly activities, exhibit tours, refreshments and more.

**ELMHURST HISTORY MUSEUM**
120 E. Park Ave., Elmhurst
Explore the new “Worlds of Wonder” exhibit and participate in amusement park-themed crafts and activities on the Museum grounds. Complimentary face painting, lemonade, and cookies.

**ELMHURST ART MUSEUM**
150 S. Cottage Hill Ave., Elmhurst
Participate in a hands-on art activity and view the exhibits “Artists Select” and “Lufwerk: Parallel Perspectives” in this contemporary art museum located in the rare single-family home designed by Mies van der Rohe.

**LIZZADROM MUSEUM OF LAPIDARY ART**
220 S. Cottage Hill Ave., Elmhurst
Tour the expansive collection of jade carvings, gems, and more. See the “Rock Café” exhibit and join a stone hunt to collect rocks, minerals and fossils to take home.

Looking for more? Head to Elmhurst College

**JELENA BERENC: HUMANITY**
Exhibition runs through April 13 in the Barbara A. Kieft Accelerator ArtSpace

Jelena Berenc’s exhibit – Humanity – portrays indelible imprints of the individual and of humanity. Belenc believes every art piece has a responsibility to provoke an awareness of a very specific social, somatic or scientific truth/issue. Based on “durational, repetitional, excessive and endurance drawings,” minuscule elements become colossal art pieces through unique repetition of each mark. Most pieces contain tens and hundreds of thousands, even millions, of particularly chosen drawing elements.

“My work challenges how it is to be seen; whether to look in sequence or randomly, whether to look close up or just take it all in at once,” Berenc says in her artist’s statement. “The details pull the viewer towards the piece yet the collection of drawing elements creates the overall new visual experience that lets one appreciate the severity, seriousness or immensity of the issue.

Humanity currently is being exhibited in the Barbara A. Kieft Accelerator ArtSpace at 200 W. Park Ave., Elmhurst, and ends on Saturday, April 13. Built around a 20-foot-high particle accelerator dating back to the 1950s, the Accelerator ArtSpace is open Tuesdays, Thursdays and Saturdays from noon to 4:00 p.m.

For more information, please contact Suellen Rocca at (630) 617-6110 or srocca@elmhurst.edu.
Elmhurst College is gearing up to host its annual Recycling Extravaganza, a place to bring a variety of items that can be recycled, reused and kept out of landfills, on Saturday, April 13.

Bring items to the Elmhurst College Recycling Extravaganza, and you’ll help to keep thousands of pounds of unwanted items out of landfills and waterways. In addition, your donations of gently used items will benefit many nonprofit service organizations and ultimately will help scores of individuals and families.

Several nonprofit social service and green-focused organizations will be at the Recycling Extravaganza to collect building supplies, clothing, bicycles, home goods and much more. Paper shredding also will be available. The list of organizations includes:

- **SHRED FIRST:** Paper shredding
- **WORKING BIKES:** Adult and kids’ bicycles in repairable or working condition
- **LIONS CLUB:** Eyeglasses, hearing aids and ink cartridges
- **GOODWILL:** Clothing and home goods
- **SCARCE:** Books, records, musical instruments and craft supplies
- **HABITAT FOR HUMANITY:** Building supplies, materials and tools
- **SOCCER GEAR FOR ZAMBIA:** Soccer equipment and uniforms
- **ELMHURST POLICE DEPARTMENT:** Unused and expired prescription and over-the-counter drugs

**WHAT TO KNOW**

The Recycling Extravaganza will be held from 9:00 a.m. to noon in the Faganel Hall and Alexander Street parking lots at Elmhurst College. For more information, visit the College sustainability page or email sustainable@elmhurst.edu.

Also new this year: To ease traffic flow, the main entrance to the Recycling Extravaganza has been relocated to Park Avenue and the entrance to the Mill Theatre parking lot.

To keep traffic moving smoothly throughout the event, participants are asked to categorize and sort their items before attending. Besides electronics, items that will not be accepted include batteries (any type), hazardous chemicals, carpeting, scrap metal and fluorescent lighting.

Because the City of Elmhurst now offers quarterly electronics recycling, the College event will not collect electronics this year. Alternate sites that will collect electronics, including an event also being held on April 13, are listed below.

**LOCAL ELECTRONICS RECYCLING OPTIONS**

Immanuel Lutheran Church will host an electronics recycling event on Saturday, April 13, from noon to 4:00 p.m. at the church, 142 E. 3rd St., in Elmhurst.

The City of Elmhurst will host an electronics recycling event on Saturday, April 27, from 8:00 a.m. to noon at the Elmhurst Public Works Facility, 985 S. Riverside Drive.

For more recycling options in DuPage County, visit www.dupageco.org/electronicsrecycling/
Are you buried in papers? Has the collection of school art projects, scouts crafts and coloring pages overtaken your closets and drawers? Are you swimming in pool toys? If this sounds like you, then don't despair. With some tips and assistance of an organizational pro you'll calm the chaos in no time.

Professional organizer Michelle Kinney works with a lot of families and says the No.1 issue is how to reduce the stacks of school paper, artwork and determining what to keep and what to toss.

“It’s a really big challenge,” Kinney says.

She recommends parents store artwork in a bin and at the close of the school year, invite the child to help the parents sort the artwork and select five to 10 special pieces that should be kept.

“Ask yourself why you are keeping it, because chances are in 20 years the kids aren’t going to care a lot about it,” Kinney says.

For Kinney, it isn’t merely about helping families reduce the clutter on the kitchen counter and organize closets. She is teaching them the organizational skills they need to live the life they desire.

That’s why she named her Elmhurst company Bloom Organizing.

“I feel like when you’re living up to your potential, you’re blooming,” Kinney says. “That’s what I feel I can do, help people reach their potential.”

For families it’s often about reducing the collection of papers and toys. For some the goal is improving how space is utilized, such as in a kitchen, pantry or allowing for more entertaining in the living room.

“When I meet with clients I ask them what are their goals, vision and we start from there,” Kinney says.

To help in the kitchen, Kinney says she prefers storing items in clear containers, as opposed to the original packaging.
“It stays fresher in the containers and with clear bins you can see with a glance how much of something you have and it looks and fits much nicer in a small or large space,” Kinney says. She recommends keeping like items together – linens in the linen closet, pencils together on the desk – to make it easier to find an item, and it prevents overbuying, too. Find furniture that is functional and stylish. An ottoman with storage is a great option for a family as a way to store blankets, toys and games when not in use, she says.

“Give everything a purpose, so it doesn’t become a junk collector,” she adds. “Not having a place to keep things is how clutter starts.”

And Kinney says while it’s fun to visit The Container Store or her favorite, the Dollar Store, to shop for storage containers, it’s essential to reduce first, that way you’re only purchasing the containers you need.

Time and again Kinney reminds her clients it isn’t about “perfect” but rather the progress toward the ultimate goals. It takes time and effort but whether one prefers to do-it-yourself or ask a professional, it is a step toward improving life overall.

Kinney says she’s always loved to organize and after working in marketing, web design and even a time as a librarian she decided to follow her passion and in 2016 launched her own business. With some guidance from the National Association of Productivity & Professional Organizers Kinney has found her niche, helping individuals and families improve their lives and attain their goals through organization.

Often when a client hires a professional organizer they are ready to accept changes. When it comes to hiring a professional organizer, Kinney says find one that clicks with your personality.

“When you hire an organizer you really have to connect with them,” she says. A couple who has lived in the same home for 40 years and is now downsizing will have a lot to get rid of, Kinney says. But it’s not about merely removing unwanted items. Kinney says she reminds clients through the process to focus on the goals and how life can be improved through reducing excess and organizing.

“When people see the results that can happen, the changes from getting rid of so much clutter, it’s inspiring,” Kinney says.

For Kinney, her style is to understand what motivates her clients, what goals do they wish to achieve and what systems will work best for them, so they can achieve the desired results. The next step is understanding it doesn’t happen overnight. Kinney says hiring a professional organizer is similar to hiring a personal trainer to lose weight and improve fitness. Both require commitment and both require time to make the changes, learn the skills needed to achieve results.

“When people call me it is because something has changed, or they are ready to do something. It is a time of transition. They are not able to reach their goals in their current space,” Kinney says. “I can take any space and improve it.”

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Teen Parent Connection
serves the unmet needs of an at-risk population: teenage parents and their children. Our comprehensive programs focus on the safety and healthy development of children born to teens – while empowering young parents to realize their own goals.

Teen Parent Connection is a state-certified DCF agency and a member of the Illinois Parenting Network. A 501(c)(3) nonprofit organization, all funds raised support Teen Parent Connection’s mission.

For more information or to purchase tickets, visit TeenParentConnection.org
Spring is a time to refresh and renew. If warmer temperatures and sunny skies put you in a cleaning mood, you might also be thinking about getting your home organized.

The Container Store at Oakbrook Center stocks a plethora of great new products to keep everything in its place, from closets and countertops to home offices and mudrooms. We stopped by to chat with Kim Baumbach, store manager, to look at some of the best products available for superior home organization.

“Our new 3-Tier Rolling Cart is perfect for organizing items in any area of the home,” says Baumbach. “Its slender dimensions make it easy to slide into a home office, pantry, laundry room or bath.” Whether you’re sorting toys, craft supplies, towels, hair accessories, nursery supplies or makeup, this sleek rolling cart makes the most of tight spaces. Mesh bottoms provide ventilation. The cart comes in indigo blue, dark grey, mint and white.

Designed and made in Italy, the Guzzini Pantry Bins are a simplified, beautiful way to corral kitchen staples, she says. The beauty of these bins is that they can be configured different ways to make the most of shelf space: stacked one on the other or two small storage containers atop a large organizer bin. Open construction keeps contents in view.
“They’re sturdy, easy to move and a breeze to carry,” says Baumbach. They’re available in white and grey.

“The Over-the Cabinet Bakeware Holder puts forgotten kitchen space to use for convenient storage,” says Baumbach. “It can hold shallow pans, baking sheets, and cutting boards in an upright position so you can easily grab what you need.” The rugged steel construction lets you store everything neatly behind cabinet doors. Padded contact points protect doors at all times.

Food storage is one of the hardest things to keep organized in the kitchen, notes Baumbach. “Stacking containers is simple, but keeping lids organized is not. The new YouCopia StoraLid Lid Organizer includes adjustable dividers to hold lids of all sizes. Because contents are stored upright, you can see what you need and grab it fast. That’s a true timesaver when you’re packing lunches and leftovers.”

For desk and office organization, The Container Store’s new Nordic collection includes paper trays, phone holder, letter sorter, magazine holder, a triple pen cup and modular stacking boxes for organizing paper clips, note pads and more. “It’s a fresh, contemporary line that mixes clear, wipe-clean optical grade acrylic and natural ash wood,” says Baumbach.

The Nordic Paper Tray keeps memos, letters and other loose papers organized until ready to file. The acrylic base is exceptionally clear and wooden accents are carved from natural ash. It stacks securely for a space-saving addition to office or work area.

The Nordic Phone Holder brings order to a desktop, countertop or nightstand. It can be a convenient charging station, with an easel design that means the screen is always visible, while integrated cutouts keep cords out of the way.

The Nordic Letter Sorter is sectioned to keep notes, files, sticky pads and memos organized for instant access.

The Nordic Magazine Holder can be used as an all-purpose storage or filing box for booklets, instructions, manuals or even recipes.

The Nordic Modular Stacking boxes come in a set of three, and can store clips, sticky notes, pens or any number of small items. Contents always are visible and custom-fit lids are carved from natural ash wood.

“We recently brought our popular plastic storage bins with handles in an new color, smoke,” says Baumbach. “Their sleek good looks blend easily in any room, and their affordability allows you to use them in many different ways throughout the home including containing toys, sorting craft supplies, storing games and gear or keeping office paperwork out of sight.” The bins also come in white.

Perfect for an entryway, mudroom or bathroom, the Pewter Ledge Shelf with Hooks is a classic catchall for hats, jackets, bags and lunch totes, notes Baumbach.

“As a bathroom wall shelf with hooks, it can hold extra towels and robes, or you can organize accessories in a kids’ room or in your dressing area.” The shelf mounts easily with the complete hardware provided.
When it comes to spring cleaning, weeding out clothes closets and dusting hard-to-reach places often end up on the to-do list. But tidying up for the new season should also include the great outdoors, and more specifically, your garden area.

Now that the snow has melted, those dead ornamental grass stalks and piles of leaf litter are more apparent. When it comes to removing leaves and other debris from your flowerbeds, however, proceed with caution in order to prevent damage, says Louellen Rossi of the Elmhurst Garden Club.

“Gardeners get a little anxious. But you’ve got to be careful with raking because if the ground is too wet you can end up pulling stuff up,” she says. “In the flowerbeds, there’s not that dense of a root system anyway. And it’s messy because it’s wet. So then you get mud.”

“You need to let Mother Nature dry out the ground a little bit,” she says. “I usually go in by hand with gloves on and pick the leaves out.”

The same patience is advised when it comes to your lawn. Raking grass too early can lead to pulling out healthy blades along with the dead grass.

If you haven’t already, now is the time to dig out your pruning shears. That's because trimming back bushes, hedges and overgrown perennials help to trigger new growth.

“If there are dead leaves or damaged branches or whatever, snip them off,” Rossi says. “It keeps them healthy.”

But, she notes, pruning spring-blooming shrubs, such as forsythia and azalea, should wait until after flowering. Cutting spring bloomers too early can mean lopping off buds which would have opened in the coming weeks.

Get your vegetable garden ready for the growing season by pulling out any dead plants you missed last fall. Another task on your spring cleanup list should include pulling spent annual flowers, such as petunias, marigolds and geraniums, which tend to live for only one growing season before dying.

Rossi likes having a combination of annuals, which tend to bloom all season long, and perennials in her garden.

“Lots of perennials are nice because...”
WRANGLE THE TANGLES WITH THESE SPRING CLEANING TIPS

BY ERIN SAUER

you will get second blooms with them,” she says. “But perennials have a specific bloom time. You can have a whole yard full of tulips but when May comes you don’t have any flowers. I like to have my perennials but I supplement with annuals.”

If you left your ornamental grasses up during the winter, now is the time to cut them back. Leaving old foliage on the plant can delay growth.

“One of the first things I do is cut back the grasses to where they’re about six inches tall,” Rossi says. “Then pretty soon you’ll see the new green guys sprouting up.”

Do weeds tend to wreak havoc on your garden? Now is the time to take action.

“Any weeds that have come up you need to get those out,” Rossi says. One way to prevent weeds from taking over your garden throughout the season is by using mulch.

“Mulching keeps the water in your soil and acts as a weed barrier,” Rossi says.

Mid- to late spring is the best time to put down mulch or replace the old mulch. Done too early and it can slow soil warming and delay root growth.

Want your garden to stay tidy all season long? Upkeep is key.

“There’s always some putting around to do,” Rossi says, “and gardeners like that. You’ll come home from somewhere all dressed up nice and the next thing you know you’re picking a weed out. But cleanup is so important.”

APRIL 2019

HOME & LIFESTYLE

SLM Mag April 2019.indd 17 3/26/19 5:02 PM
Sara was a young, promising orthodontist who was invited to buy into an established practice. She was thrilled with the opportunity and signed the paperwork she was provided including a Buy-Sell agreement. It was explained to her that if something should happen to any of the firm’s partners that this would ensure that the rest of the owners would not be stuck with an unintended owner who could not contribute to the business. This seemed to make sense and as she had no experience with agreements like this she trusted that the other partners knew what they were doing.

Six months later when one of the partners was unexpectedly killed in an automobile accident she learned that she should have asked more questions. She learned that this agreement was “unfunded” and suddenly she was faced with a requirement that she cut a six-figure check in order to buy out her portion of the deceased partner’s ownership position. As she was still paying off student loans, this dream situation had suddenly become a nightmare.

Small, privately-held businesses are the backbone of the US economy making up nearly 45% of GDP. Owners of these businesses often put considerable blood, sweat, and tears into building and running their business. They also often do not plan for what would happen if any of the following were to happen to one of their business partners:

- DEATH
- DISABILITY
- RETIREMENT
- DIVORCE
- SEPARATION OF SERVICE/RESIGNATION

If you are one of these entrepreneurs you don’t want to risk your business interest falling into the hands of someone who might not care for it. Some form of a Buy-Sell agreement can help keep the business under the owners’ control rather than having a portion of the business pass to the eliminated business owner’s family or ex-spouse. By establishing a Buy-Sell agreement early on, you can eliminate the risk of an unexpected event creating havoc. When set up correctly, a Buy-Sell agreement can help protect both business owners and the former business owner’s family.
KEY CONSIDERATIONS

Due to space constraints we cannot cover all the key considerations that should be taken into account here. Suffice to say that working with a qualified financial advisor and legal counsel is highly recommended. They should be able to walk you through everything from plan structure (ex. Cross-Purchase Vs Entity Agreement) to valuation methods for the business. What we do want to take a moment to discuss is the act of funding the plan.

FUNDING A BUY-SELL AGREEMENT

For the remaining owners to buy out a former owner’s business interest they must have funds available. During this stressful time owners do not need the burden of having this additional business expense. The easiest way to avoid this scenario is to set up funding for the agreement as soon as it is established.

There are various options for funding a Buy-Sell agreement. Some may be tempted to simply establish a reserve account. Another option, which also carries heavy risk, is to wait and simply take out a loan should something happen to one of the owners. The strategy that carries the least risk however is using life insurance and disability insurance to fund the agreement. It ensures that funds are immediately available when a crisis occurs and typically the cost of funding is comparatively attractive.

NOW WHAT?

A Buy-Sell agreement can be essential to the survival and efficient management of a company. By establishing and funding the agreement early on and reviewing it as your business changes, you can ensure the best possible outcome for your business no matter what the future may bring. Make it a priority this week to either establish one or review yours.

*Name changed for privacy purposes.

This material is intended for informational purposes only and should not be construed as legal or tax advice and is not intended to replace the advice of a qualified attorney, tax advisor or plan provider.

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Tom McCartney is the Founding Principal of My Advisor & Planner and a registered representative and investment advisory representative with M Securities. Investments in securities involve risks, including the possible loss of principal. My Advisor & Planner is independently owned and operated. McCartney and his team can be reached at info@mapyourfuture.net or 630-457-4068.

Photo by Indre Cantero

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MapYourFuture.net
630.457.4068

Independent, confidential private wealth management provided by industry veterans who focus on private business owners/executives, their families, and their key employees. Services include:

- Investment Management
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- Retirement Plans

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Whether fur is your thing, or not, its hard to argue its place in the history of fashion design. And for many, that style was most often seen gracing the shoulders of our mothers, or our grandmothers, or perhaps our Great Aunt Harriets.

Maybe you came by the fur coat in your closet by way of inheritance. Perhaps you found a vintage mink at an estate sale. Or maybe you have a fur coat of your own, that needs a size and style update to better suit your wardrobe for 2019.

Whatever your situation, the designers and staff at York Furrier in Elmhurst are specialists in the restyling, rejuvenating and repurposing of fur garments.

“People want their furs to fall in line with current fashion, but they don’t want to waste what they have,” says Kathy Rezny, longtime owner of York Furrier.

“Today, younger folks are discovering resale shop treasures, and they love the vintage mink stolls,” she says. “They are wearing with denim and T-shirts as well as an light out.”

The first step, she says, is to make sure that wherever the piece came from, its in decent shape.

“First, take a look at the pelt. It should be soft, supple and in good condition,” she says. “Sometimes the outside is beautiful, but inside the pelt is split. If you can look under the lining, pelt should be a creamy color versus a golden brown.”

Still good? Then it’s select a design option, and there are several choices depending on what you have. Here are some examples:

**CONVERSION** - “We can take a full length mink and make it into a casual jacket, take a fur wrap and turn it into a vest,” Rezny says. “Or we can make a cape and trim it with fur, or create a liner for rain wear.”

**ALTERATIONS** - “We can rework from hood to hemline, refresh the collar, update, take away massive shoulder pads, sculpt the neckline,” she says. “In the 1980s shoulders were big, with batwing sleeves and an exaggerated shape and style, but more people want practical these days. Versatility is key.”

York designers can lighten up the look overall, raise a hemline to knee-length or above, more
OLD

useful for in and out of car, commuting etc.

**SHEARING** - Let’s say you have a long-hair beaver coat from the 1990s but you don’t want big and bulky anymore,” Rezny explains. “We shear the long hair to reveal a soft, lightweight under fur. It’s really supple, more durable, light weight.

This is an option that pairs particularly well with a raincoat as a liner, or a really sleek style jacket, she says.

But what if that fur you have is not in the best shape? Great Aunt Harriet may not have cared for it, and now its shows dried out, worn out pelts. What to be done? Rezny says they can repurpose that fur into home décor and accessories, making use of whatever they can so you can keep a piece of that great vintage item.

“We take the good parts and make home décor – pillows, throws, blankets – and also trim for accessories, like gloves, boots, or collars on a denim jacket,” she says. York designers also can make the fur into novelty items, such as teddy bears, baby booties, key chain purse charms, or even coats for man’s best friend.

“We made one for a dog,” Rezny says. “It had a skin disorder that cause the poor thing to lose all its fur. Its owner brought in a piece and we made a custom-measurement dog coat. It was really sweet.”

Even if you don’t have an older fur to bring in, York can help. They take trade-ins to new fur purchases, and repurposes those into new coats, making use of the old fur for the York Specialty Collection.

“A fur coat can last for decades. It can be used for generations to come,” she says. “You have the same coat, but change the look, making use of this one initial investment.

They key, however, is taking care of it over the years.

Repair it when something happens, replace closures, reline the garment, stitch up openings, and store it properly,” she says.

York Furrier stores about 10,000 coats each summer, she says, from about May to October, on promise in a temperature controlled vault, where they have been in business for some 88 years.

“Fur is one of the best sustainable, environmentally-friendly products,” Rezny says. “There is no petroleum base, no plastics to pollute the environment, and as you can see, it is easily repurposed and recycled.

“This is not a fast-fashion,” she says.

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**EFFECTIVE COMMUNICATIONS STRATEGIES**

Join Travanse Living and explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**WHEN:** Wednesday, April 17
6:30–8 p.m.

**WHERE:** Travanse Living at Wheaton
219 Parkway Drive
Wheaton, IL 60187

**REGISTER:** Call 800-272-3900 or go online at alz.org/CRF.
Old as dirt

ROOTED IN FAMILY LEGACY. GARDENING BRIDGES THE GENERATIONS

With JONATHAN BILYK

This time of year always triggers some of the warmest memories. As the sun gains strength, at last banishing the cold and snow back to where it belongs – Canada, I believe - the green shoots springing up through the warming soil portend the prospect of better things to come: Days spent outside, boots caked not in snow, ice and salt, but rich, black dirt, the back of the neck dusty, sweaty and sun-kissed, the back sore, but for a purpose with the promise of a payoff.

If 16-year-old me could meet 40-something me, there’s no doubt he’d think this old dude is lame. But he’d also be stunned to know he’d grow up to actually enjoy gardening. Or, on reflection, I’d like to think he’d realize it’s maybe not that crazy, after all.

Some of my favorite memories of my grandmother are of visiting with her as she worked in her enormous garden. Perhaps in reality, it actually wasn’t all that big. But in my mind’s eye, it remains huge – easily one of the biggest gardens I’ve ever visited.

Stepping through the red wooden gate, a series of paving stones carried visitors through rows of peas, beans, tomatoes, peppers, cucumbers, squash, you name it. A strip of dirt for potatoes lined the garden’s periphery, along with plants that never failed to deliver a bowl of delicious raspberries on each visit in the summer. (Are you getting hungry, too?) Elsewhere in the yard, flowers released their scents and kaleidoscope of colors, delighting the senses – and setting the stage for a firm scolding in a thick German accent every time my brother and I played catch and the ball would, inevitably, land among a stand of dahlias, gardenias or other blossoms.

My grandmother left us nearly 14 years ago. But every spring, the promise of another gardening season restores those memories.

My own gardening journey began about 17 years ago, when I bought my first house.

The effort would certainly have drawn patronizing praise from my grandmother. But there’s little doubt she would have lent her hearty laugh and wry smile to these meager early attempts at cultivating good eats from the small patch outside that first house.

The master gardener title certainly remains far out of reach. But I’d like to think her smile would be more genuine and the twinkle in her eye more approving of my more recent forays into vegetable production – particularly when that process has included my girls.

Thus far, their involvement has been limited, restricted mainly by their seeming aversion to kneeling in mud or working out in the summer sun.

But this spring, we’re trying a different tack: flowers.

As cutting grass holds ever less appeal for this time-starved, aging dad, the prospect of replacing swaths of turf with colorful, sweet-smelling, pollinator-attracting flower beds has only gained traction my brain.

Perhaps the idea of raising stands of lilies, daisies, dahlias and gardenias will appeal more to them than has producing a bit of edible greenery, and lead them to more favorably respond to dad’s invitation to play in the dirt.

Who knows?

But just as with the vegetable garden, there certainly will be much trial and even more error.

• Laughter will be heard.
• Sweat will be poured.
• Plants will wilt.
• But others will blossom and bloom.

And in the end, perhaps we can, together, produce a more beautiful backyard, and in the process further cultivate this family legacy, so one day, perhaps, the sight of green shoots springing up through the soil will trigger their own warm, sunny childhood memories, as well.

Jonathan Bilyk writes about the triumphs and travails of being a modern-day dad who legitimately enjoys time with his family, while tolerating a dog that seems to adore him. He also doesn’t really like the moniker “Superdad” because it makes it sound like he wants to wear his undergarments on the outside of his pants. (Also, the cape remains on back order.)
‘My Greek Table’ celebrates Greek hospitality

By TOM WITOM

Home cooks will find a host of suggestions for good eating in “My Greek Table” (St. Martin’s Press) by Diane Kochilas.

In her latest cookbook, subtitled Authentic Flavors and Modern Home Cooking from My Kitchen to Yours, Kochilas includes recipes inspired by her travels and knowledge of Greece and its products. The book includes starters, main courses and desserts.

“My goal . . . is to share great Greek recipes for home cooks, some regional classics and my own interpretations and innovations,” the celebrity chef writes in a brief introduction. She prides herself on providing recipes that call for accessible ingredients and straightforward step-by-step instructions.

For an inviting example of Greek fare, try Retro Feta-Stuffed Grilled Calamari (see accompanying recipe).

“My Greek Table” complements a 13-part cooking series on Public Television about Greek cuisine.

An accomplished chef, Kochilas runs the Glorious Greek Cooking School on her native island, Ikaria.

Journalist Tom Witom, who lives in Elgin, has written extensively for years about food and the food industry. Contact him at editorial@kccchronicle.com.

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RETRO FETA-STUFFED GRILLED CALAMARI

(SERVES 4)

- 1 pound squid, preferably fresh, cleaned (6 to 8 pieces 6 to 8 inches long)
- 2 Tablespoons extra-virgin Greek olive oil, plus more as needed
- 1 red or yellow onion, chopped
- 2 garlic cloves, finely chopped
- 1 ½ cups crumbled Greek feta
- ½ cup coarsely grated graviera cheese or any mild nutty sheep’s-milk cheese such as Swiss Gruyere
- Finely grated zest of 1 lemon
- ½ cup fresh ricotta cheese, drained
- ½ cup chopped fresh dill
- ½ cup chopped fresh mint
- 1 medium egg
- 1 teaspoon crushed pink peppercorns
- Salt and freshly ground black pepper
- 2 to 6 Tablespoons plain dried bread
- 2 lemons quartered
- 2 tablespoons extra-virgin Greek olive oil, plus more as needed
- 1 red or yellow onion, chopped
- 2 garlic cloves, finely chopped
- 1 ½ cups crumbled Greek feta
- ½ cup coarsely grated graviera cheese or any mild nutty sheep’s-milk cheese such as Swiss Gruyere
- Finely grated zest of 1 lemon
- ½ cup fresh ricotta cheese, drained
- ½ cup chopped fresh dill
- ½ cup chopped fresh mint
- 1 medium egg
- 1 teaspoon crushed pink peppercorns
- Salt and freshly ground black pepper
- 2 to 6 Tablespoons plain dried bread
- 2 lemons quartered

Keep the cleaned squid in the refrigerator until ready to use.

In a medium skillet, heat the olive oil over medium heat. Add the onion and cook until wilted and lightly golden. Stir in the garlic. Transfer the mixture to a bowl and let cool.

Add all the cheeses, the lemon zest, dill, mint and egg to the bowl with the onion and toss to combine. Season with the pink peppercorns and salt and black pepper to taste. (The mixture may be salty with the feta, so you might not need to add any.)

Stir in 2 tablespoons of the breadcrumbs to help bind the mixture. Test it by shaping a small ball with your hands; if it is still too loose to hold its shape, add more breadcrumbs, 1 tablespoon at a time, until firm enough. Cover and refrigerate the mixture for 30 minutes to help firm it up.

Remove the liquid and filling from the refrigerator. Stuff each of the squid tubes with enough of the filling to come up to about 1/4 inch from the top so that when the stuffed squid shrinks during cooking, it doesn’t burst. (Using a toothpick, close the open end of the tube securely.

Heat a grill until quite hot or heat a grill pan over high heat. Brush the grill grate or pan with a little olive oil. Place the stuffed squid and tentacles (separately) on the grill or in the hot grill pan and cook 5 to 7 minutes, turning with kitchen tongs a few times, until lightly browned all over. Transfer to a platter.

Serve as is, or for a more dramatic effect, using a sharp knife score the top of each squid tube so that the surfaces fan open a bit, revealing the cheesy filling. Remove the toothpick and serve with lemon quarters.
Each year, thousands of families leave the hospital without their child — with empty arms, broken hearts and a love for their deceased child that will always remain.

Edward-Elmhurst Health offers a Perinatal Bereavement Program with a dedicated, multidisciplinary staff of nurses, social workers and chaplains. The team is trained to provide family support in the event of a perinatal loss.

Families can also receive support through the SHARE Program, a local and national organization that serves and supports those who are touched by the loss of a child through miscarriage, stillbirth or early infant death.
7 Things You Might Not Know About Assisted Living

When educating folks about what exactly an assisted living community offers, it’s necessary to dispel a number of myths and assumptions. Below are 7 things you might not know about senior living communities.

1. An Assisted Living Community is Not the Same as a Skilled Nursing Facility: Skilled Nursing provides 24/7 care to high-need residents. In an assisted living community, residents are largely independent, with aid provided as needed for activities of daily living (ADL), such as cooking, cleaning, and dressing.

2. Schedules are Resident-Driven: The independence inherent in an assisted living community means that residents keep their own schedules. There are activities, outings, and volunteer opportunities, but residents choose whether or not to participate.

3. Residents Don’t Live in Isolation: Thanks to the assistance they receive, many residents find themselves more active and engaged than they have been in years, taking up new hobbies and making new friends.

4. Diverse Dietary Needs Are Accommodated: For those who keep a strict diet, they fear having to abandon these dietary guidelines. But diverse meals are all available in assisted living.

5. Communities Have a Unique Look and Feel: Assisted living communities embrace a variety of designs. Some favor a clean, modern design, others offer a contemporary, artistic style. Communities exist in cities, suburbs, and the countryside.

6. Specialized Services are Provided: Contrary to popular belief, assisted living communities are not one-size fits-all. Alzheimer’s and dementia care, physical therapy, and other forms of specific care are provided.

7. Assisted Living Can be Affordable: This is the big hurdle folks often imagine they’ll have to face: exorbitantly high costs for assisted living. However, assisted living communities are often cheaper than skilled nursing or home healthcare. Additionally, there are an increasing number of options for mitigating the cost of assisted living, such as long-term care insurance and Veterans Affairs benefits for veterans and their spouses.

Two Locations:
Lombard & Elmhurst
630-528-2269
www.lexingtonsquares.com

SHARE meetings for 2019 are held in the Elmhurst Hospital Arboretum Conference Center
Birch Room (East Entrance, take elevators to lower level)
7:00 – 9:00 p.m.
First Tuesday of every month
Sharing HOPE (Having Optimistic Pregnancy Expectations) is for parents who have experienced a loss and are now pregnant or considering pregnancy.

Sharing HOPE
Meetings are held at Edward Hospital in Naperville, in the Education Center E308 (3rd floor, North Entrance)
7:15 – 9:15 p.m.
Fourth Tuesday of every month

ALSO OFFERED ARE PROGRAM AND EVENTS IN SUPPORT OF GRIEVING PARENTS. UPCOMING SHARE EVENTS INCLUDE:

- SHARE Angel Garden Luminary Ceremony
  Saturday, May 4, 2019 – Adults only
  Meets in South Lobby at Edward Hospital, Naperville

- SHARE Wings of Hope Angel Garden: Annual Blessing and Butterfly Release
  Tuesday, June 4, 2019
  Edward Hospital Campus (south side), Naperville

- SHARE 15th Annual Walk to Remember 2019
  Celebrating 30 years of SHARE
  Saturday, October 12
  Riverwalk Grand Pavilion, Naperville

- SHARE Service of Remembrance 2019
  Tuesday, December 10, 7-8:30 p.m.
  Our Saviour’s Lutheran Church
  815 S. Washington Street, Naperville

- Contribute to SHARE
  Help SHARE continue its mission of touching lives, healing hearts and giving hope at both Edward and Elmhurst Hospitals.

Contributions to the Edward Foundation SHARE Program help fund support groups, counseling services, activities and events, education and bereavement training, resource and reference materials, special projects and program supplies — tools to help guide families through the grieving process and the Wings of Hope Angel Garden which provides a peaceful place for families to visit at Elmhurst Hospital.

For more information about SHARE, call 630-527-3263.
It doesn't matter if my trip is days, weeks, or months long; one philosophy to which I always hold true, is travel light. Regardless of duration, I'm only bringing one backpack. With my current packing system, I can be packed and ready to climb a mountain or cross a foreign land in about 30 minutes. Over the years, I've whittled down a simple, yet functional system of packing and traveling light, without feeling too deprived while I'm out adventuring. Here are some tips on how to lighten up and simplify your travel packing to maximize your experience without being bogged down by your stuff.

**SIZE DOESN'T MATTER**
For the most part, weight is more important than size. (Unless you are planning on traveling with your pool table, then it’s both.) Instead of thinking about what you have room for in you backpack or suitcase, think about weight. The lighter you can get your bag, the easier it will be to lug around and the less it will serve as an annoyance.

There is one very important relationship you must understand: Comfort and weight are inversely proportional. The lighter you go, the less creature comforts you have. The comfier you pack, the more you're weighted down. One thing you've probably noticed on returning home from a trip is that you didn't touch half the stuff you packed. My tip here: only allow yourself one bag, and watch the weight of things you pack.

**CLOTHING**
Overpacking clothing is one of the most common mistakes people make. Clothes consume space and weight quickly. And in case you haven't heard, they have washing machines all over the world. Don’t be scared to do a load of laundry on your trip. You can even pay 10 bucks and a hotel will do it for you. Undies and socks, sure don’t skimp, but no one is going to notice if you wear the same shirt to dinner two or three times. For 10 days, it’s not hard to get by with two pairs of pants, five shirts, a sweater, and a jacket. I can’t express enough how important reducing clothing is if you want to lighten your load. Also, spare yourself from accessories, live naked and free for once from jewelry and silly hats! This tip: see if you can cut your total packed clothes in half.

**PACKING TECHNIQUES**
This is where your wasted hours of childhood playing Tetris come in handy; packing tricks. If you pack an extra pair of shoes, stuff them with socks, chargers, nail clippers, or whatever weird things you bring. Rolling your shirts and pants saves space, and don’t be scared to compress your belongings (minus toothpaste). I'm a huge fan of stuff sacks. They separate my belongings into categories and help me compress everything to conserve space. If you're backpacking, put the heaviest stuff at the bottom, and those few frequently used items in the top pouch. In a nutshell: select a smaller bag and smash it all in.

**FINAL THOUGHTS**
We all truly need so much less than we believe. The overarching lesson here is that we find comfort in extra stuff, but it’s highly unnecessary. It’s fun to strip away as much as possible, while managing to get by. People often are surprised at how little they need and how stressful excess can be. There is an ancient principle of subtracting from our lives to increase happiness, rather than adding. It goes something like, “the sculptor reveals his masterpiece not by adding material, but by carving it away.”

Peter Stadalsky is an Aurora resident and adventurer. He shares his travel experiences with a “glass-half-full” view of the world.
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Bianca, 25, has more energy and less aches and pains after a 128 lb. weight loss.