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## THE EAGLES ARE COMING In This Place, America's Bird Is Becoming a Problem



Maybe this small Alaska town is really patriotic. Or maybe it's just an ideal place for bald eagles to spend their summer nesting season. Regardless, in the Aleutian Islands' largest town, America's bird is becoming a problem.

The town of Unalaska reported eight eagle divebomb attacks outside its post office in 2016. One person "received several lacerations, requiring medical attention" during an attack in July, according to the Alaska Dispatch News.

That same month, a Coast Guard officer reported that an eagle chased him down on nearby Ballyhoo Mountain and harassed him several times, tearing his American Eagle-

brand (really) hoodie and flying away with his cellphone.

One local describes bald eagle attacks as "routine." The post office leaves out helmets and sticks so you can defend yourself on your way in and out of the building. Some locals also refer to them as pigeons, a testament to their pest status.

Unalaska is a fishing town, which makes it an ideal place for the eagles to feed. As for why they divebomb unsuspecting humans, one can only guess.

Then again, they are certainly proving with their aggressive tenacity why they are America's bird.

## THANK YOU TO A MILITARY FAMILY — A Tribute

In 1980, the U.S. Selective Service reinstated military registration for all men who turned 18 years old. The Soviets had invaded Afghanistan in 1980, and America was readying itself for a confrontation with the Soviet empire. I remember it like it was yesterday. My friends and I were imagining being called into military service like our fathers, and we wanted nothing to do with it. The defense of our country has always been something that I have taken for granted. Over Memorial Day weekend, our family watched "Saving Private Ryan," and I thought of my father and three of his brothers island hopping in the Pacific

for years before the war was over. War was a reality for my father's generation. As for my generation, we have relied on the volunteers who have defended us. I am grateful to those of you who have served.



On this, our 24th birthday as a country, I wanted to share with you the sacrifice one family has made for our country. When my brother Tom's son, Chuck Shannon, graduated from high school, most of his friends headed off to college. But Chuck enlisted directly into the U.S. Army. He has been an active duty member of the U.S. Army for 23 years.

Chuck is an incredible, gifted guy. In addition to excelling in the classroom, he wrestled and played football during high school, and he would've been successful no matter what avenue he chose to pursue. As someone with a team-oriented mentality and a passion for serving others, the Army was a perfect fit for him. Throughout his military career, he's reached a level of

expertise that few people attain in any field. And the fact that his field just so happens to be protecting the citizens of our country makes this accomplishment all the more astounding.

Chuck met his wife, Jaime, also a U.S. Army veteran, in 1999, and the two were married in 2000. Chuck and Jaime have two children: Ashley and Troy. During this time in the U.S. Army, Chuck has been deployed 14 times. I imagine when he was deployed, Jaime and the kids shouldered the stress of their dad being in harm's way every minute of every day. Chuck has spent over four years of time with boots on the ground in parts of the world most of us only see on the news. He's adapted to changing mission sets, mentored younger service members, and worked alongside some of the most elite operatives in the U.S. armed forces. To say that he's an American hero doesn't do justice to the level of his commitment. Not that he'd tell you that; his humility is another of his remarkable qualities.

In addition to everything he's done for our country, Chuck is also an exemplary father. He was able to coach Troy's baseball team this spring, and will be devoting a lot of his summer to taking Ashley to various lacrosse tournaments up and down the Eastern Seaboard. As Chuck approaches retirement for active duty this December, I know he's looking forward to being able to spend some more time with family.

This Fourth of July, don't forget to take a moment to consider the immense sacrifice our military personnel make to protect the American way of life. Without them, we wouldn't have Independence Day to celebrate in the first place. Thank you, Chuck and Jaime. You have protected us. You have sacrificed for us. A grateful nation thanks you for your service to all of us.

— Joe Shannon

According to the National Caves Association, there are more than 100 caves open to the public for guided tours and expeditions. Some caving clubs offer organized excursions and teach basic spelunking (caving) skills. While spelunking can be exciting and adrenaline-filled, there are important safety precautions each explorer must take before starting an adventure.

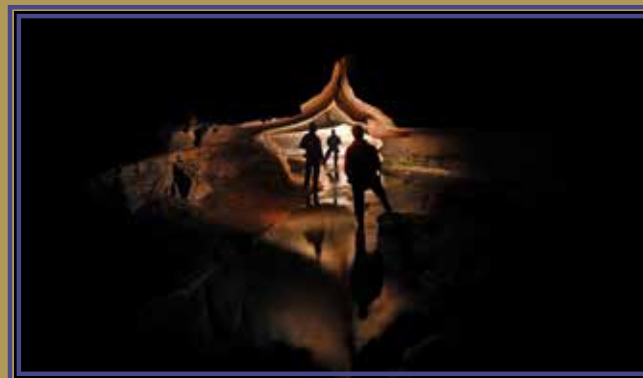
As a basic rule, never go caving alone. A small group of four to six people is preferable, and if you're not hiring a guide, make sure that at least two people in your group are experienced cavers. Most importantly, let several people know where you are going, who is going with you, and when you plan on being back home.

**EQUIPMENT**

The single most important piece of caving equipment is your light, and experts recommend bringing three sources, including your headlamp. You should also carry a few extra bulbs and batteries for each light source. Wear a helmet at all times. Because your headlight only illuminates a certain view plane, you might miss low-hanging stalactites. Many caves are cold, so dressing in layers is ideal. The National Speleological Society recommends nylon and polyester over cotton, because synthetics tend to dry faster and are more resistant to scrapes and snags. If there's a chance you'll get

very wet, you'll want to bring a change of clothing. Also pack items like waterproof hiking boots, gloves, thermal underwear, and knee and elbow pads. You'll need to bring enough food and water for the day and a map of the cave you'll be exploring. Pack a small first-aid kit for cuts and bruises. You'll also need enough large plastic garbage bags or crush-proof containers to hold any food waste, dirty clothing, or human waste. Don't leave anything behind! Also, you can pack a disposable camera, a magnifying glass, pen and paper, and duct tape.

Spelunking can be a great adventure. Using the safety precautions and checklist above, you can ensure that your experience is safe and enjoyable. Happy caving!



# NO-ZONES, BLINKERS, AND VIGILANCE

## Tips for Sharing the Road With Trucks

A semitrailer truck holds a maximum capacity of 80,000 pounds. Even the largest passenger cars don't weigh 10 percent of that. Looking at these numbers, it's not hard to see why trucking accidents lead to so many major injuries and fatalities. Sharing the highway with long-haul truckers is a fact of life, especially during the summer months when lots of families are on road trips. There is no way to limit the damage an accident with a truck causes, making prevention tactics key to staying safe on the road.

Lingering in the blind spots of any vehicle is a bad idea, but it's even less advisable with large commercial vehicles. The blind spots on trucks are so big that they are referred to as "no-zones." A good rule of thumb is, if you cannot see a driver in their side mirrors, they cannot see you. Occupying the space immediately surrounding a truck makes you invisible and puts you in danger. If you need to pass a truck, do it quickly and confidently.

Passing should also be done predictably. Do not pass a truck on the right and do not try to beat a truck merging into your lane. Commercial vehicles are considerably slower to react than their passenger equivalents, especially at high speeds. If a truck is directly behind you, be sure to provide ample signalling time

before changing lanes. Distracted driving around a large truck can prove disastrous. Vigilant, deliberate driving will reduce the risk of an accident.

In the event that you are injured in an accident with a commercial vehicle, contact the experienced attorneys at Shannon Law Group to schedule a free consultation. We can help you through the process from beginning to end, as we have for numerous clients. Hopefully, though, you can use the above tips and a little common sense to stay safe on the roads this summer.



## GOODNESS TAKES ROOT

### Spotlighting the People's Resource Center

In our May issue, we were eager to share the incredible work Leanne McGrath does with Sharing Connections. This month, we'd like to highlight another wonderful organization and let you know how you can help them: by working in your garden.

The People's Resource Center (PRC) is a grassroots organization that brings together people from all over DuPage County. They work to provide essentials like food, clothing, and rent assistance to those in need. Additionally, they offer job training, literacy and computer classes, and other resources.

The PRC operates food pantries in Westmont and Wheaton that help families put food on the table. Due to shelf life limitations, food pantries often have trouble stocking produce, and buying fruits and vegetables at supermarkets is cost prohibitive for many families. During this time of year, the PRC loves to receive produce from dedicated gardeners throughout the county and surrounding areas. Whether you participate in a community garden or have a few rows planted in your own backyard, donating some of your yields will help feed the more than 30,000 residents that the PRC serves every year.

To donate your fresh, homegrown tomatoes, beans, zucchinis, and other produce to the food pantries at the People's Resource Center, simply drop off your donation at one of the following locations.

**Wheaton Food Pantry**  
Supervisor: Danielle Huf  
201 S. Naperville Road  
Wheaton, IL 60187

**Westmont Food Pantry**  
Supervisor: Hank Anzelone  
104 Chestnut  
Westmont, IL 60559

Donation hours: Monday-Friday, 8 a.m. to 4 p.m., and Saturday 8-11 a.m.

To learn more, contact the PRC at 630-682-5402 or visit peoplesrc.org. If you are not a gardener but still want to help this great organization, you can volunteer your time to assist local families in need.



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6	8	5	9	7	2	3	1
4	3	7	1	6	8	9	5

We'd really love for you to "like" us on Facebook and leave us a review on Google or Avvo.com!

Share your experience and stay in the know with our current updates!



## Simple Summer Brown Butter and Corn Pasta

There are a lot more ways to enjoy fresh summer corn than just on the cob. Try this simple, delicious pasta dish and up your summer game!

### Ingredients

- 4 medium ears corn
- 1 pound pasta
- 6 tablespoons butter
- 1 cup grated Parmesan cheese
- ¼ cup packed fresh basil leaves

### Directions

1. Bring a large pot of salted water to a boil. Cut kernels off ears of corn; set aside.
2. Cook pasta according to package instructions and reserve ¼ cup cooking water. While pasta cooks, melt butter on medium-high in 3-quart saucepan. Cook 3-4 minutes, swirling frequently, until browned and very fragrant. Reduce heat to medium, add corn, and cook about 2 minutes, or until corn is heated through. Add salt and pepper to taste.
3. Drain pasta and return to pot. Add corn mixture, Parmesan, basil, and reserved cooking water. Stir until combined and adjust seasonings as needed. Enjoy!

Recipe inspired by goodhousekeeping.com.