

vol. 9 no. 2

May/June 2024

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Calling all book lovers

Two area bookstores offer variety of reads for people of all ages

by Sandra Landen Machaj

CORRESPONDENT

For those who love books and reading, nothing is more exciting than finding and visiting a new and different bookstore – especially indie bookstores that offer something unusual in our own communities.

While the way people read has changed over the years (from a printed book to e-books on various devices, or listening to an audiobook), printed books seem to always have a place. There is something special about going to the bookstore, picking out a book and taking it home.

Once there, finding a favorite reading spot, fixing a cup of coffee or tea (or a glass of wine) and relaxing to lose oneself in the story is something special. Holding the weight of the book in your hands, touching pages, breathing in the aroma of the print and paper – none of that is easy on an e-reader.

While electronic readers are great for travel (i.e., not having to carry all those books with you) and audio books help with driving long distances, holding a book from a local independent store is always a treat.

Here are two in the Chain O'Lakes area waiting for a visit:

This Old Book

For 21 years, This Old Book has been a fixture on Center Street in downtown Grayslake.

Originally opened by Dick Navarre at this location, it was purchased by Janet Elliott 11 years ago.

"When Dick opened the store, it was half the size it is today," Elliott said. "Since we have been here the business has grown both in size and in the products we carry. We now carry over 32,000 titles."

A visit to This Old Book is always a pleasant experience. The store is clean and well organized and the books available, even though they are used, do not have the look or even the aroma used books often do that

above: Owner of This Old Book, Janet Elliott, is flanked by many fine binding editions offered both in the store and online.

On the cover: The warmer weather beckons many to the outdoors including book lovers, whether reading on a pier near the water, at home on a screened porch, or fireside while camping. Regardless of where, stop by a local bookstore or two and stock up on reading materials.



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ETIENNE GIRARDET/UNSPLASH Spirit of the Lakes



Author Michelle Cox displays her latest release in front of the local authors' display at This Old Book. The store sells a variety of local authors' works.

top right: One way to get children to read more is to bring them to This Old Book and let them explore the children's section to choose books they will enjoy. **at right:** In addition to current favorite books, both fiction and nonfiction, This Old Book also carries fine binding editions which are showcased in the front of the store.

SANDRA LANDEN MACHAJ Spirit of the Lakes

comes from being stored in basements or garages.

"We only take books in excellent condition," shared Elliott. "And we clean them before putting them out for sale."

The store, while long and narrow, has a variety of built in bookshelves that make one feel as though they are in the library of a fine home or a university. Despite the narrowness, there is plenty of room to peruse books up and down the aisles.

If a customer is in a hurry, Elliot or another employee can help find a book.

In addition to everyday book, This Old Book also carries rare and antique books.

"We sell them in the shop and also online," Elliott said. "We have huge online offerings and encourage those looking for these rare and antique books to view the website or come into the store to inquire about them.

"We also work with local libraries to sell rare and collectible books. These are often books that have been donated to them," she added.

There are many beautifully bound volumes on display at the store, including classics by Jane Austen, Louisa May Alcott, Mark Twain, Victor Hugo, Shakespeare and others.





While used books from paperbacks to rare selections are the store's main business, they also carry some new books. These are written by local authors and available for purchase at the store. There have been several book launches by the local authors held at This Old Book.

Those authors, including novelist Michelle Cox, photographer Thomas Hines (who has published a photographic book on Frank Lloyd Wright's work), and Riley Preston, known for children's books, are all on display, as well as the works of other local authors.

Check with This Old Book for book launch dates and author signing events, which are fun to attend and offer a chance to meet the authors and obtain a signed copy of their work.

Elliott is also a commercial photographer and creates a variety of pieces including printed vintage art posters out of book covers, if the cover's copyright has expired. Many are on display at the store, and she

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can also create a poster of a buyer's choice. Elliot also makes bookmarks and cards and sells the prints at the store as well as through Etsy.

Contact This Old Book for further information about purchasing online. Anyone with antique books, first editions or other rare editions they wish to put up for sale should call and make an appointment to have the books evaluated.

Common books can be brought to the store any time. Store credit is given for those, and can be used to purchase for up to 50% of the cost.

Each summer, the Grayslake AuthorFest event is held in the downtown area. Since it's never too early to encourage creativity in children, This Old Book will be presenting a Youth Creative Writing Project. With three age categories, ages 4-8, 9-12, and 13-18 years, each entry is limited to a maximum word count of 2,000. Finished manuscripts must be received at This Old Book by June 8 in person or by email to ThisOldBook1@att.net.

Winners will be announced and featured at Grayslake AuthorFest on June 22 between 3 and 4 p.m. Each category winner will receive a \$100 gift card and a gift basket, while two runners-up from each age group will receive gift cards.

Also on June 22, from 2 to 3 p.m. there will be a Young Writers Creative Writing



Workshop, hosted by local writer Dawn Napier. The event is free, and authors can share ideas and participate in games to get their creative juices flowing.

This Old Book is at 138 Center St., Grayslake. For more information, call 847-548-6951 or visit the website, www. thisoldbook.com.

Hours are Tuesday, Thursday, Friday and Saturday from 10 a.m. to 5:30 p.m., and Wednesday from 10 a.m. to 7 p.m.

The store is closed Sunday and Monday.

Little Bean Books

Angela Burns said she has dreamed of owning a bookstore most of her life, but like many dreams, it didn't happen as quickly as she would have liked.

Her plan was to own an independent bookstore serving her local community.

"As I was always an avid reader, I anticipated that my first business would be a bookstore," Burns, owner of Little Bean Coffee Company and Little Bean Books said.

"In 2018, I had the opportunity to purchase Little Bean Coffee Company on Lake Street in Antioch. I thought it would be a good start, as coffee and books work well together."

The coffee shop is comfortable and has several rooms that offer a place to read or

work on a laptop. There is also a fireplace.

"We continued to focus on the coffee shop until another opportunity arose in 2022," Burns explained. "It was my chance to open a bookstore here in Antioch."

A special historical building became available in Antioch on Main Street – the original site of the city's fire department. While the building was small, Burns saw it as the perfect place to establish her own bookstore, Little Bean Books.

"It's the only bookstore in Antioch," she said. "And while it is small in space, we have made use of every inch of the building."

Walking into the store, the bookshelves go from the floor almost to the very top of the high ceilings, all filled with books.

A large table with a display of books that are recommended by the staff is a good place to start for those looking for a new read.

In the back of the shop, there is a section dedicated to children's books. It's a place to help children or grandchildren find books they will enjoy.

"All our staff enjoy reading and are always available to recommend authors and books that they enjoy," Burns said.

While the coffee shop and the bookstore are two separate businesses, they work well together indeed.

"The two businesses often run events

above, right: Angela Burns, owner of Little Bean Books, stands near a shelved wall of books inside the store, complete with a library ladder. Burns is happy to help customers find the book they're seeking or special order it if she doesn't have it available. **above, left:** Little Bean Books is at 875 Main St. in downtown Antioch. It's housed in the original Antioch Fire Station building.











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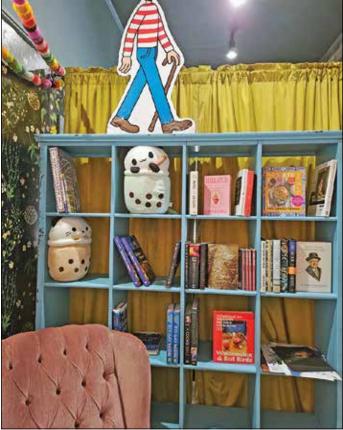
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Over 25 Years In Business







together," Burns said. "We hold a book club at the coffee shop twice a month and encourage those interested to contact us and become a part of it. It's a great way to meet other book lovers, and to increase your reading genres."

Burns said they also hold or sponsor some author signings. There will be one for author Katherine Center at Harbor Brewing, in Lake Villa on June 14. Tickets can be ordered in advance from Little Bean Books and are \$40, which includes her latest book.

According to Burns, Center is a romance writer so readers of that genre will enjoy meeting her and reading her latest book.

Little Bean Books is at 875 Main St., Antioch. For more information, call 224-360-9616 or visit the website, www. littlebeanbooks.com. Online ordering is available through the website.

The bookstore is open Wednesday through Sunday from 10 a.m. to 5 p.m. and is closed Sunday and Monday.

above: A special children's corner at Little Bean is devoted solely to kids as a way to encourage them to read. **top left:** A display of popular book titles is displayed near the entrance to Little Bean Books. SANDRA LANDEN MACHAJ *Spirit of the Lakes*



The American Lotus of the Chain O'Lakes

by Kathleen Marie Considine

CONTRIBUTOR

Lotus beds, once a prominent sight in the Chain O' Lakes, were the center of a resort industry that drew thousands to the area each summer.

A large reason for the popularity of the lotus on the Chain O' Lakes was resort owners' claim that the flowers grew in only two places in the world, the Nile River in Egypt, and the Chain O' Lakes in Illinois.

Although the species are quite similar, the American Lotus (Nelumbo lutea) found in the Chain O' Lakes is not the same plant as the Egyptian Lotus (Nymphaea caerulea). Contrary to those claims, the American Lotus is native to the Eastern United States, mainly occurring in the Mississippi River and tributaries. Its optimal habitats are shallow, slow-moving waterways with plenty of sunlight.

The American Lotus is a macrophyte, a large aquatic plant, that is characterized by sizable light-yellow flowers and large leaves that emerge well above the surface

above and opposite: Though the American Lotus and Egyptian Lotus are similar in many ways, the Egyptian one has blue flowers, a stark contrast to the light-yellow of the American species. STOCK PHOTO Spirit of the Lakes

at right: Each flower grows from a long stem, called a peduncle, that extends up to two feet above the leaf canopy. JOSHUA COTTEN/UNSPLASH Spirit of the Lakes of the water. The flowers are similar in size to a dinner plate with a pleasing fragrance. Each flower grows from a long stem, called a peduncle, that extends up to two feet above the leaf canopy. The peltate leaves are large with the stem connecting to the center of the leaf.

From June through September the American Lotus flowers bloom. The flowers open each morning and close each night for up to four days. Afterwards, the petals fall off the flower and the remaining center develops into a seedpod. If the flower was pollinated, the seedpod will contain around 20 holes that each house one seed. These large round seeds have hard shells and are known to remain viable for an extended period of time, allowing the lotus to recolonize when habitats become hospitable. Throughout the soil the American Lotus builds a network of rhizomes, or horizontal stems, roots and tubers weaving together into a thick lattice and anchoring the lotuses.

American lotus establish dense colonies, also known as beds. Floating leaves are characteristic of new or recovering colonies, while erect leaves are a good

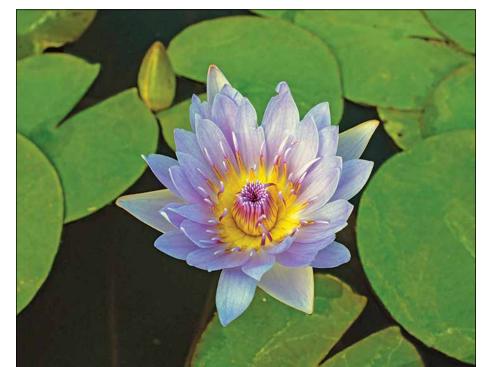


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indicator of an established colony. Wellestablished colonies like the historical beds located on Fox Lake, Pistakee Lake and Grass Lake often exceed 75,000 leaves, 8,500 flowers and 45 miles of rhizomes per acre. The rhizomes typically grow up to 15 meters per growing season. Examination of aerial photographs taken in 1939 reveal large beds of American lotus that can be observed covering substantial acreage on three of the larger lakes that make up the Chain O' Lakes. Fox Lake had 253 acres, Pistakee Lake had 104 acres and Grass Lake had 700 acres.

The Chain O' Lakes experiences a tremendous influx of recreational boating during the summer months. Outboard motors with planing hulls became the prevailing watercraft of the Chain O' Lakes after 1950. While small motorboats did appear around 1930, and resort owners cut channels through the dense lotus beds for



their daily excursion tours, these tours were conducted in low horsepower, low speed displacement cruisers. It was after 1950 when the shift to high horsepower planing watercraft occurred that marked the decline and eventual disappearance of American lotus. The American Lotus are completely absent from the Chain O' Lakes in aerial photographs taken in 1960.

Aquatic plants are an important part of freshwater ecosystems. They create a buffer along the shoreline that can slow down the speed of moving water. Reducing water speed allows transported sediments to settle to the bottom. Plant root systems anchor those sediments, stabilizing the river or lake bottom. Aquatic plants help stabilize the shoreline, reducing erosion. They provide food for aquatic organisms and for pollinators. They also utilize nutrients carried into waterways that if left to build up often create algae blooms.

Repeated passes of boat propellers stir sediments and dislodge aquatic plants. A motor with just 10 horsepower can remove all aquatic vegetation up to 6 feet below the surface. Powerboats on the Chain have significantly more power,

above: This postcard from 1938 is a photo by C.R. Childs of boats passing through a channel between the lotus beds in Fox Lake. Resort owners cut channels through the dense beds to take guests on excursion tours.

ILLINOIS DIGITAL ARCHIVES Spirit of the Lakes

averaging around 300 horsepower. The elimination of aquatic plants results in increased shoreline erosion and sediment resuspension. The resuspended sediments remain so by the constant boat activity reducing water clarity, or the ability to see into the water. Aquatic plant colonies cannot be reestablished until water clarity improves because suspended sediments cloud the water and block sunlight.

American lotus colonies only began to reestablish after the Fox Waterway Agency enforced a No Wake Zone within 150 feet from the shoreline in 1993 in an effort to improve water quality and safety. The ability of American lotus to propagate both sexually through seeds and asexually through rhizomes, combined with the extended viability of the seeds allowed for extremely rapid expansion.

By 2014 there were 272 acres of American Lotus present on the Chain O' Lakes, including lakes that previously did not have the American lotuses. The formerly prized beds are now perceived more as a nuisance than a blessing, however, because the dense beds make navigation difficult. Their ability to rapidly expand each season can block waterfront homeowners' piers and lifts, preventing access to the lakes.

Recreational boaters are no longer coming to the Chain O'Lakes to tour lotus beds, they come for water sports and to cruise, dine at waterfront restaurants and swim. The lakes are a popular destination for fishermen throughout the year and to hunters in fall.

While the lotuses provide habitat for fish and food for ducks, the dense beds can create a barrier for reaching prime spots. A balance must be found that allows for people to continue to enjoy the lakes and for conservation of the biodiversity that surrounds them. The return of aquatic plants like the American Lotus to the Chain O' Lakes will improve the water quality, which will benefit everyone.

Kathleen is a graduate student earning a master's in biology through Project Dragonfly's Advanced Inquiry Program, a



collaboration between Miami University and Brookfield Zoo. Part of her graduate studies is to restructure a previous paper, in this case her research paper The American Lotus, into a feature fit for publication. She lives near Petite Lake.

Reterences

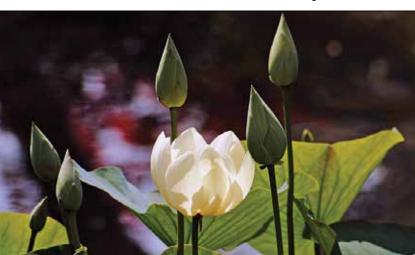
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at left: From June through September the American Lotus flowers bloom. They open each morning and close each night for up to four days.

JAMES LEE/UNSPLASH Spirit of the Lakes

above: The American Lotus plant features light-yellow flowers with some appearing almost white. They are similar in size to a dinner plate. HE ZHUJUNSPLASH *Spint of the Lakes*

DON'T BE BUGGED OUT

Two broods of cicadas a rare, educational opportunity

by Sandra Landen Machaj

CORRESPONDENT

For months we have been hearing about the arrival of the 17-year cicadas, which are sometimes mistakenly called locusts. But this year it's not just the 17-year cicadas but the broods of 13-year cicadas that will also emerge. A brood, in the simplest definition, is a group; in this case it's a group of cicadas that emerge together after a long period of time underground feeding and growing on tree roots.

Cicadas are not poisonous, and they do not damage older trees but may damage younger ones, which should be protected with netting. The insects are not poisonous to pets unless a pet is allergic to them, but they might make a pet ill if they eat too many of them.

According to officials with the Lake County Forest Preserves, cicadas do not carry any diseases that are communicable to humans or pets.

While it's unlikely – especially for mature trees – to be harmed by cicadas they do lay their eggs in the tips of branches, which may cause some to turn brown and break off, a phenomenon called flagging. It may look concerning but is beneficial as it's a natural pruning that won't cause harm to mature trees but again, could damage younger trees.

LCFP officials recommend waiting until the fall this year to plant new trees and shrubs to protect them from the cicadas.

While some forms of cicadas emerge each year, it's rare when periodical cicadas known as Brood XIII (17-year) and Brood XIX (13-year) emerge in the same year. The last time this occurred was in 1803 during Thomas Jefferson's presidency and after this year, the next time it will happen is



A fully matured cicada with its red eyes and veined wings enjoys some time gaining nourishment from a flower in bloom. JIM & JOAN SAYRE PHOTO Spirit of the Lakes

2245, according to the University of Illinois Extension.

Periodical cicadas are among the longest living insects on the planet and most of their 13- or 17-year lifespans are spent underground.

When they have matured and are ready to reproduce, they prepare to come out of their underground abode, which will take place in late May or early June depending on when the top 8 inches of soil reaches a temperature of 64 degrees.

"We expect the 17-year cicadas to make their appearance here in the Lake County area around the end of May," said Alyssa Firkus, Director of Education at the Lake County Forest Preserves. "This is based on previous encounters with the 17-year cicadas. In 1990, they appeared here on May 31, and in 2007 they were seen on May 27. They will spend over a week emerging from the ground."

According to Firkus, just across the

border in Wisconsin, the 17-year cicadas will also emerge but likely about a week later than in northern Illinois.

"The 13-year cicadas known as Brood XIX will be found in central Illinois – which will have both the 13- and 17-year broods – but not this far north," she said.

QUITE THE PROCESS

When they emerge from the soil cicadas are known as nymphs. They leave the ground in the evening and climb trees or other objects and will then molt, leaving behind their exoskeleton, the hard brown shells that encases them.

Once they shed their original exoskeleton, they have emerged as adults. Now they are white and soft bodied but will not remain so for long because over night, they will darken and harden, giving them a very different look.

"Up to 1.5 million cicadas per acre will

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be seen in some areas such as in the forest preserves," Firkus said.

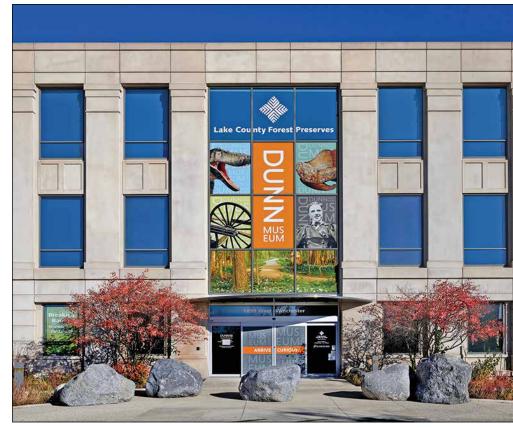
The cicadas in this area tend to be dark brown and black on the top with lighter reddish-brown patterns at the base of their wings and lower body. They possess compound eyes, which are red with orange major veins. Contrary to popular belief, adult cicadas do feed on some leaves and plants, with a preference for woody plants. However, their primary job is to reproduce and shortly thereafter they die.

"The males have a special organ called a tymbal which creates the high-level sound," Firkus explained. "The females lack this organ so are unable to make the sound but are attracted to it."

The males will start singing (what many humans consider the loud and offensive noises) four to five days after their emergence. There is indeed strength in numbers so they will gather in trees together and be loud enough to attract the females.

"The noise level of the cicadas is generally 90 to 100 decibels – or about as loud as a power lawn mower," Firkus. "If you are going to be outdoors for several hours while the mating calls are heard, you may want to consider using ear protection just as you would when mowing the lawn."

After mating, the females will lay their eggs in new growth of woody plants. They prefer thin branches, approximately the



The Bess Bower Dunn Museum is located at 1899 Winchester Rd., Libertyville. Through Aug. 4, the museum is hosting the Cicada Exhibit. JOHN WEINSTEIN PHOTO Spirit of the Lakes



size of a pencil and will cut into the branch and deposit 10-20 eggs before moving further along the branch. In all, each female lays 500 to 600 eggs. The females will die less than a week after depositing their eggs.

Approximately a month after emerging, the adult cicadas die and large numbers of them will be seen in some areas on the ground near trees. The odor can be unpleasant but they serve as fertilizer for nearby plants so there is a positive side.

APPETIZER ANYONE?

"The cicadas are important for many reasons. They aerate the soil as they make their way out of the ground. They act as food for their predators, thus causing these predators to eat less caterpillars especially those that develop into Monarch butterflies," Firkus explained. Cicadas have predators and it's believed that one

Cicadas have predators and it's believed that one of the reasons they emerge in such large numbers is to assure enough survive. Predators that eat them include birds, mammals, snakes, turtles, frogs, spiders, some species of fish, and sometimes, humans.

Surprising to some, cicadas are considered edible, but the U.S. Food and Drug Administration warns not to eat them if allergic to shellfish or shrimp as the insects are related to shrimp and lobsters. The Cleveland Clinic recommends they not be given to children or those with gout.

The history of eating cicadas is said to go back to the days of the early indigenous people and to the people of China who were said to ingest them alive or cooked. Those interested in eating them should capture them shortly after they have emerged and have shed their exoskeleton, while they are still soft and white.

According to Ohio State University's Wexner Center, when attempting to harvest cicadas look in areas away from manicured lawns which may have chemicals on them. They also reference a book, Cooking With Cicadas, by R. Scott Frothingham that offers a variety of recipes for those seeking to celebrate the cicadas by eating them.

RELATED EVENTS

A special event, Cicadafest, will be held on Sunday, June 9, from noon to 4 p.m. at the Ryerson Conservation Area in Riverwoods. For more information about the event, visit lcfpd.org.

"Cicadafest will be a huge event where everyone will have a chance to view the cicadas in the environment. There will be many on the mature trees in Ryerson woods and you will feel the crunch of their shells as you walk through," Firkus said.

Those interested in learning more can also visit Bess Bower Dunn Museum of Lake County, which has a timely exhibit, "Celebrating Cicadas" dedicated to the emergence of the 17-year cicadas. It opened in late April, runs through Aug. 4 and features information about the life cycle of the cicada and its role in the ecosystem.

"The exhibit is getting a lot of attention," said Kim Mikus Croke, the Media and Community Relations

top: The cicadas emerge as a group called a brood. The males gather together to sing when they are ready to mate in an effort to attract more females. JIM & JOAN SAYRE PHOTO Spirit of the Lakes

at right: A cicada which has recently emerged from underground sheds its exoskeleton. It will darken and harden quickly, generally overnight. CAROLYN KASTER/AP PHOTO Spirit of the Lakes





Specialist for Lake County Forest Preserves.

It includes informative exhibits, captivating visuals and two main interactive displays. The Sounds of Cicadas is an auditory installation that immerses visitors in the symphony of the cicadas. The other is the Cicada Lifespan, which illustrates the stages of the cicada from the nymph to adulthood.

There will be several educational programs, workshop lectures on various cicada topics and guided exhibit tours which require advance registration. There are also some field tours planned in the Lake County Forest Preserves to see cicadas in their environment.

The museum and main office of the Lake County Forest Preserves are at 1899 East Winchester Rd., Libertyville. The museum is fully accessible for visitors with disabilities and there is ample free parking on site. Current hours are Tuesday, Thursday, and Saturday, from 10 a.m. to 4:30 p.m., and Sunday, noon to 4:30 p.m. Additional hours may be added in the summer.

General admission: seniors, 62+, is \$3 (resident), \$6 (nonresident); adults 18+, \$6 (res), \$10 (non); students 18-25 (with student ID) and youth, 4-17, \$3 (res), \$6 (non); children 3 and younger are free. Tuesdays feature half off admission and up to four free youth per adult.

The 17-year cicadas should be gone by July, not to be seen again for another 17 years so even for those who aren't fans of bugs, try to enjoy – or at least appreciate, this year's cicadas.

Contact the Lake County Forest Preserves at 847-367-6640, Dunn Museum at 847-968-3400 or visit lcfpd.org for more information, to register for events, and to access activities as well as sounds and videos of cicadas.

top: This close-up of a mature cicada shows its red eye with a dark pupil and its translucent wings with orange veining. at right: After emerging from the ground, the nymphs make their way to a tree where they will shed their exoskeleton.

JIM & JOAN SAYRE PHOTOS Spirit of the Lakes







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SPIRIT of THE LAKES • Mav/June 2024

300 W St, Palmyra - Located downtown Palmyra you'll find this Turnkey established Restaurant/Bar and separate 4 lane bowing alley waiting for an energetic enterpreteur to bring their vision to line. Restaurant/Bar has a seating capacity of 173 with an updated kitchen in 2019. Charming par area overloxing main strett and searing capatings in the dining area. Potential outdoor space for a beer garden and additional space to expand the bar area overloxing main strett and searing capatings in the dining area. Potential outdoor space for a beer garden and additional space to expand the bar area overloxing main strett more producing apartments on the brane of certain copyontrying is in the heart of the Southern unit of Kentle Moraine Forest offering finding, mountan biking and equestion trails. Minutes from Blue Spring Lake and steps to Lower Spring Lake. \$749,700

W4910 Oakwood Dr, Elkhom - Rare opportunity to own a private 1.5 acress with 99 of frontage on Pleasant Lake. You'll enoy the main fevel with valued earlings and husboy flooring. Lowing room has a store linguace, algeh Kich lake views. Also included on the main, there's a large Pirnany RR 2nd BR and full baht. Lower-level Family room wakevo to coment pain. Family room features wood fireplace, Srd BR, full bah, laundry room & Storage. Sight Spore ladd sour to the L share pire. Backide of the to its jevel and open, Short drive to Kettle Morane frail need offening Mountan Bking, Hiking and Cross County Sking, Minutes to a bad laurcion on Laddredia Lakes, Quet

cement patio, illu basement and oversizeto 2 car attached garage. Unit 42 has just been completely updated inisite with quartz counter tops in the kitchen with hSS applances. Backyard overlooks bird inistalied on both units. Unit 38 has ten ayunset, Brand new roof just inistalied on both units. Unit 38 has ten ayunset, 5499,000



