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roll to No. 8 on Reverb Nation's rock charts in Chicago and explode to No. 1 on the Q108 rock charts with our neighbors to the north in Canada. They're working hard to keep the momentum going with shows around Chicago and the suburbs and an appearance at the Homegrown Music and Arts Festival later this summer. Catch them as they open for classic rock veterans Saints N Sinners at Q Bar Darien.

**10 p.m. Saturday, June 18, at Q Bar Darien, 8109 Cass Ave.,**



Take a ride with blues rockers Rebel Soul Revival at EvenFlow in Geneva Wednesday, June 22.

**Darien. \$7. (630) 241-0970 or qbardarien.com.**

**Rebel Soul Revival at EvenFlow**

The first hard-pounding riffs of Rebel Soul Revival's "The Night" let you know you're about to sink your teeth into some juicy, bluesy rock. With Matt Keen expressively manning the microphone, Revival — featuring Aaron Martinez on drums, Drew Doepke on guitar and Kevin McMahon anchoring on bass — navigates through classic rock

waters, picking up elements of funk and jam rock along the way. Catch the energy of their live show when they play Geneva's EvenFlow next Wednesday.

**8 p.m. Wednesday, June 22, at EvenFlow Music & Spirits, 302 W. State St., Geneva. (331) 248-0269 or evenflowmusic.com.**

— Brian Shemie

**COMMUNITY Insights**

Presented by  
Lifespan Brands LLC

**Lifespan Brands offers products for healthy living**

Just like a favorite song, artifacts from your teen years, from Aqua Net hairspray to Koosh Balls, can elicit an immediate smile. Then, there are the items that are so inherently cool, they never go out of style — think denim jackets, Converse All-Stars and Lava® Lamps — all coveted by teenagers and young adults in 2016.

According to Lifespan Brands, the biggest growth in Lava® Lamp sales is in the 18- to 24-year-old demographic.

"Kids love to decorate their bedrooms and college dorms with Lava Lamps," explained Clay Farnsworth, CEO of Lifespan Brands, "and research has shown that people of all ages gain therapeutic benefits from our lamps, with their relaxing and calming flow."

The iconic lamp and the Daily Herald's Prep Sports Excellence Awards were a perfect pairing and each nominated athlete at the June 12 event received a Lava lamp.

"We jumped at the chance to reward kids who have worked so hard and have become best in class athletes," Farnsworth said. "Being on a team embodies our culture here. Working together for the greater good and always pushing forward to greatness. We were honored to be able to hand out Lava® Lamps to celebrate these amazing kids."

The CEO likes the fact that sports provide young people with a solid foundation of teamwork, perseverance and a competitive spirit, all which help them throughout life.

"Playing sports is a great way to stay healthy and active and our brand Detecto® scales work to promote the benefits of healthy living, making the Prep Sports Awards program a perfect fit," he said. "The awards are a great way to reward kids for their hard work and support the community."

To ward off the dreaded "freshman 15," you might consider sending your kids off to college with another of the local company's outstanding products—a Detecto® scale that helps people at all fitness levels reach their

health goals. Detecto® Home is creating an online community through its website and social media platforms to support finding enjoyable exercise and sports to promote an active and healthy lifestyle for kids, college students and adults of all ages.

Lifespan Brands provided free scales and social media coverage for the Daily Herald's Fittest Loser Challenge this year. The company also steps up to give a helping hand to good causes when opportunities arise.

"My wife, Chris, is on the board of the Faith Community Homes of Arlington Heights, which helps provide housing for local low-income families," the Farnsworth said. "The program aims to provide participants with the right tools to cultivate the proper mindset to make better choices for themselves and their families."

Lifespan Brands has a network of retail partners that bring Lava® Lamps to consumers and support the continually expanding product line, including the popular Colormax and Metallic lamps.



"We are excited about our new Lava® Lamps coming out in August, just in time for back to school decorating," Farnsworth noted. "We're also looking forward to the launch of the DetectoHome.com website, where you will find a range of bathroom scales, including the iConnect Detecto® smart scale that comes with an app for your phone to track your numbers and progress."



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