

NORTHBROOK

Living

June 2021



Meet the Skale Family:

Northbrook Through and Through

- Expert Contributors -



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Letter to Residents,

June! This June! 2021 June! There are so many memories of prior June's running through my mind, all fun, happy, exciting, and with so much love. I am finally looking forward to each day and future days. The sun and warmth feel wonderful. Walking the streets seeing maskless smiles is very encouraging as our return to normal is upon us. This will be Northbrook's best summer! Am I right? Everyone outside filling tables al fresco throughout our town. Perhaps you will recognize our cover family out and about.

June's cover family, the Skale family, are not all new to Northbrook. Dr Ryan, yes the dentist, grew up with Northbrook as his backdrop. His wife, Laura, from Ohio formed the "Miami merger"...I'll leave it at that. That's my first teaser. Enjoy.



Let's have a great summer! Help support our sponsors and we will see you at the farmers market!

Beth and Harlan

Sari P. Photography

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Meet the Skale Family:

Northbrook Through and Through

By David Telisman ♦ Photos by Sari Pina

To flip the expression on its head, *togetherness* makes the heart grow fonder for the Skale family. Dr. Ryan Skale of Skale Dental Professionals was born and raised in Northbrook where he and wife, Laura have laid down roots for their family, including children Eli (8), Emerson (6) and Emmett (2) and their Goldendoodle, Rigby (9). Dr. Ryan's parents and sisters also live in Northbrook, and this is by design because everyone is close, and they love visiting with each other as often as possible.

"I'm a family man," says Dr. Ryan, "and I love activities with my wife and kids, along with getting together with my parents and sisters."

Northbrook Through and Through

Dr. Ryan attended Wescott, Maple and Glenbrook North and has many fond memories growing up in Northbrook, including summers spent riding bikes to Little Louie's for hotdogs and the old White Hen Pantry for slushies and



smiley-face cookies. There was an emphasis on academics and sports. Dr. Ryan's first passions were basketball and baseball, but soccer and lacrosse took over as he got older. He played Varsity soccer and lacrosse at GBN and was voted captain of each team as a senior, and today, he plays in men's league soccer and softball.

"The Miami Merger"

Dr. Ryan attended his mom's (Debi) alma mater, Miami University for his bachelor's and then The Ohio State University for dentistry. On a fateful October day in 2006, as Dr. Ryan was warming up to run the Columbus Half Marathon, he accepted a sample Cliff Bar from a recent law school graduate, Laura, his future wife. Dr. Ryan worked up the nerve to ask Laura out, and thus, The Miami Merger, as they call it, was formed. A native of suburban Columbus, Laura began her career as Ohio State Assistant Attorney General in Columbus, then took a position in Chicago as Director and Legal and Compliance for Coverdell and Company, and is now with Arthur J. Gallagher and Co. Laura and Dr. Ryan just celebrated their 11th wedding anniversary.

So You Want to be a Dentist?

Though dentistry runs in his blood, it wasn't Dr. Ryan's first choice. "My goal was to become a physician, but after working two summers at Evanston Hospital in college, I felt the physician's life/work balance was out of whack," he says.

Dr. Ryan reflected on his childhood and how his dentist father, Dr. Darryl, was able to run his practice while remaining very present in his children's lives, coaching his sports teams and never missing a game. He wanted to provide the same

Continued on page 6





kind of life for his kids. After completing dental school and an Advanced Education in General Dentistry program at the Bay Pines VA Hospital outside St. Petersburg, Florida, Dr. Ryan entered private practice, eventually becoming a 50/50 partner with his father. In 2014, his younger sister Mollie joined the family business as a dental hygienist.

Working with patients from ages 2 to 102 (you read that right), Dr. Ryan's practice philosophy is largely based

on ethical and comprehensive dental care with a focus on education and preventative medicine.

Dr. Ryan specializes in 3D - digital dentistry and comprehensive care, maximizing technology with Invisalign, dental implants, and cosmetics. An area of focus is treating sleep apnea and Temporomandibular Joint (TMJ) syndrome. He is board certified in Dental Sleep Medicine with the American Board of Craniofacial Dental Sleep Medicine and a Fellow at the American Academy of Craniofacial Pain.

Allaying his patients fears about going to the dentist is a top priority for Dr. Ryan.

"Our dental office is fun and exciting for children," he says. "We engage the kids (and adults, too), giving them some autonomy so they feel in control and comfortable each step of the way."

Impact of COVID-19

The pandemic certainly threw a wrench into the practice. Dr. Ryan closed the office for nine weeks, which allowed him to spend more time with his family, but he was also chomping at the bit to reopen. Appointments were through the roof when he resumed seeing patients, and once back in a groove, he was able to restore the work/life balance he so covets.

Community Involvement

Ryan is heavily involved in Northbrook sports. This, too, in his blood; his father is a member of the Northbrook Park District Hall of Fame and a founder of girls travel soccer. Those are tough footsteps to follow, but Dr. Ryan is well on his way. He's coached local teams for several years and is currently coaching two basketball teams, two soccer teams, and a travel lacrosse team. In 2019, Dr. Ryan was recognized as Volunteer Coach of the Year by the Northbrook Park District.

Additionally, Dr. Ryan is a volunteer for Team Smile, sponsored by the Chicago Bears, providing a day of dentistry to children who don't have access to care or can't afford visits to the dentist. He is also an enthusiastic supporter of National Children's Dental Health Month, volunteering at local schools to educate children on topics on oral health and pediatric sleep.

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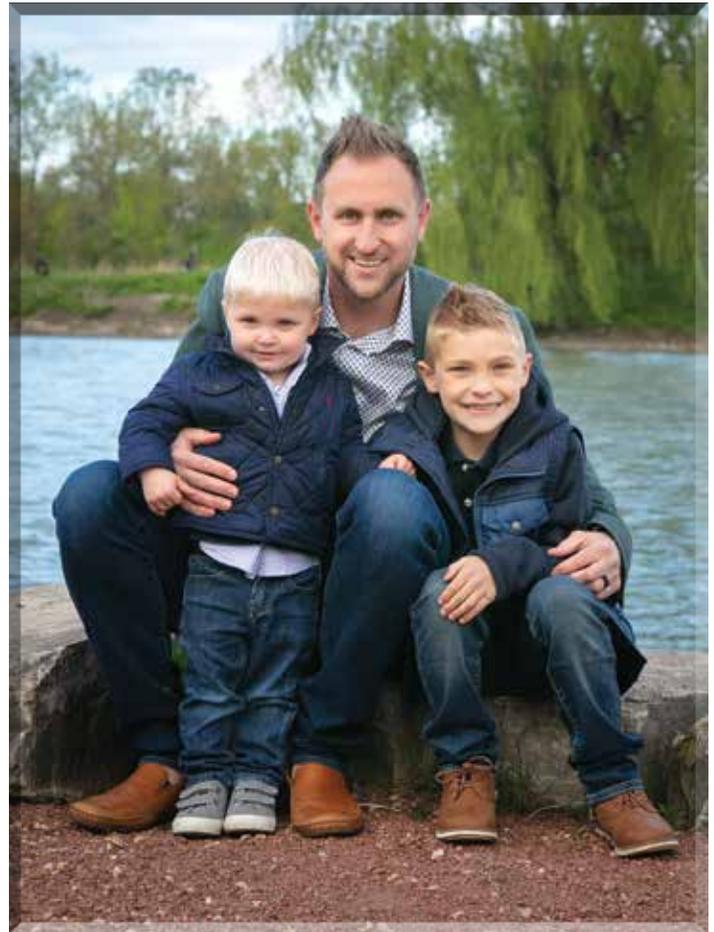
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Ryan and Laura have lived in the Northbrook Knolls neighborhood in school district 28 for eight years. They are heavily invested in the community, supporting local restaurants and small businesses owners, indulging their kids with meals at Greak Feast and Little Louie’s.

“We moved here because we felt like it was the best community to raise a family with incredible schools, a terrific park district, and Great people,” he says.

Due to COVID, the Skales haven’t travelled much in the last year-and-a-half, but they just returned from an all-inclusive trip to Turks and Caicos. At the end of the day, Dr. Ryan defines true happiness as, “Family days when we bike, hike, walk the dog, swim, or hit the movies.”



Front Row – Odette Olson, Financial Advisor; Darren Golde, Financial Advisor, Senior Vice President; Howard Felix, Financial Advisor, First Vice President; Scott Berk, Financial Advisor, Vice President.
Back Row – Lynnae Nekervis Prokopow, Wealth Management Associate; Paul Levitt, Financial Advisor, Senior Vice President; Julie Eiserman, Portfolio Associate; Wendy Zeplin, Registered Associate

You might ask yourself, why should I work with a Financial Advisor? Life can throw you curveballs, all while trying to maintain work, family and to-do lists. We can help you stop worrying about your financial future, so you can take that off your list. We get to know you and your interests, goals and concerns. From there, we put together a wealth management plan that we review with you. As life events happen, we help you navigate those changes and make necessary adjustments to help you stay on track. Our clients come first. Whether you are interested in investing or financial planning for retirement, college, wealth transfer or philanthropy, give us a call to see how we can help you navigate the road ahead.



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Heartland Heartbeat

By Rebecca Hamlin Green

Sasha

Sasha has been in a foster home with a family for over a year now! They love her very much, but just are not ready to adopt. Sasha will always be part of her foster's family, but she is ready for a forever home and a new chapter!



Sasha would do best in a home with a yard- even a small one- and prefers to lie outside, play a little and be on the lookout for squirrels. Walks can be stressful and she is a strong gal but she is as content as can be in her own fenced backyard. Sasha is housebroken and has no issues in a home being left out.

Sasha is very tolerant of other dogs. Sasha can be wary of new people, particularly men, until a proper introduction. There is lots of excitement during a greeting but a few minutes later she chills out and loves her visitors.

Sasha doesn't excessively bark. Loud noises such as motorcycles, garbage trucks, and thunder are not an issue but fireworks a big NO for her.

She is low maintenance - loves to cuddle and give kisses, lounge on blankets, is curious by nature and tolerates baths. Sasha does not have a set schedule and is content to sleep in. Here's what else her foster mom has to say about Sasha:

Sasha's quirks that are super cute

- she rests with one foot out, ready to sprint at any moment
- she likes to be at eye level with humans, and partake in your activities as a casual observer. She will crawl up on a

side chair when we eat dinner and be completely still. No begging, just observing.

-Her treat filled Kong toy is a lifesaver for when she has extra energy. Sasha plays with her toys and sometimes does destroy them. However, she leaves our belongings alone.

Sasha has brought much joy to our family and we are sure she will do the same to her forever family!!

Sasha's adoption fee has been sponsored. Also, Sasha would love it if you would follow her on Instagram @fostering-sasha. We hope her story inspires you to ask about adopting her- she will make a warm and loving forever friend!

We hope you will consider beautiful Sasha and please note that **her adoption fee has been completely sponsored by a generous donor!**



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Pair of Cats

Hello there! We are a gorgeous brother and sister from a southern Illinois animal control. We arrived at Heartland as older kittens and will turn a year old in June. We're still a little shy but will learn to trust if given the time and space we need. We love to play and that's the best way to bond with us! We love each other so much and need to go to our forever home together. Our perfect home will be quiet with places for us to observe the goings on from a safe distance. Our perfect people will be cat experienced with patience and kindness and who'll let us get to know them on our terms and time."

Hindsight is 20/20, but not when it comes to Eyesight! Get your Vision Checked!!!

By Aixa Chen, Owner, Chen Family Eye Care

Getting your vision checked on a regular basis is a must. It should be just a regular wellness occurrence in your life. Eyesight is a gift and there are many afflictions that you might have that will go unnoticed without a regular comprehensive eye exam. Here are some examples:

1. Your vision may have become impaired
2. You may have developed the onset of macular degeneration
3. You may have developed the onset of glaucoma
4. You might be experiencing unnecessary dryness
5. You may be developing one of the following:
 1. Aneurysm
 2. Brain tumor
 3. Cancers of blood, tissue or skin
 4. Diabetes
 5. Giant cell arteritis
 6. High blood pressure
 7. High cholesterol
 8. Lupus
 9. Lyme disease
 10. Medication toxicities
 11. Multiple sclerosis
 12. Myasthenia gravis
 13. Rheumatoid arthritis
 14. Sarcoidosis
 15. Sexually transmitted diseases
 16. Sickle cell disease
 17. Sjögren's syndrome
 18. Stroke

19. Thyroid disease
20. Vascular disease
21. Vitamin A deficiency

The publisher of *Northbrook Living*, Harlan Chemers, saw Dr. Edward Chen for a regular eye exam. During the exam, Dr. Chen noticed that he had pressure behind his right eye. He sent him to a specialist in Northbrook, Dr. Tamara Wyse. Dr. Wyse determined that he had the onset of Glaucoma and sent him to a retina specialist, Dr. LaFranco. It turns out that Harlan's condition is treatable, and he sees all three doctors regularly to keep his symptoms in check.

This July, Dr Edward C Chen and Chen Family EyeCare (formerly Sanders Court Vision) will be celebrating 39 years taking care of your Precious eyes in Northbrook. We thank you for the privilege of your friendship and support.

Your eyesight is a gift, is important, and you should make it a point to get a comprehensive eye exam on a regular basis. Reach out to Chen Family Eye Care today at (847) 564-3937!!

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North Shore Women in Business

By Paul Clements



Anna Maria Viti-Welch
President,
The VITI Companies

When and why did you choose to do what you are doing?

This is my family's business; growing up I was the oldest out of 6 kids, and I was always recruited during high school and college breaks to help out in the family business. I did earn a degree in education, but still came and worked for my dad during summers. The summer following my first year teaching, my dad asked me if I wanted to leave teaching and come work for him, and here I am 35 years later still loving it every day.

What makes the North Shore a great place for your business (or to work)? My family has been in the area since 1938, and my immediate family has lived in or near Highland Park all my life and still does. We are lucky to have many friends and business colleagues we have known through the years and there is a solid belief in shopping local and patronizing local businesses.

What's something people don't know about you? I adopted my daughter from Siberia in 2013! The process was not easy but still quicker than it is now especially with Russia. I was able to go to Siberia twice – that was very interesting, and I was able to come home with her the second time.

How do you spend your time away from work? I love exercising and being active, I enjoy time with my family, and I have 3 grandchildren between 1 and five years old! I really like to be involved with community issues, and helping entrepreneurs get their businesses off the ground. I am also deeply involved in working with my daughter and helping her navigate the path to independence.

Where do you see yourself in five years? I've been doing this for 35 years which sounds like a very long time, but it feels like just yesterday I was just starting out. I will always be deeply involved, especially with mentoring and nurturing the younger staff - I still have the fire and love coming to work every day - no retirement plans on the horizon for me!



Beth McCormack
Chicago Family Law Attorney,
Beermann, LLP

When and why did you choose to do what you are doing?

I worked for a Judge when I was in my early 20s who encouraged me to consider law school as he felt my skills were suited for something more than supporting him as a clerk. I was most moved by my chance to help domestic violence survivors obtain orders of protection. After law school, my first attorney job was in a domestic violence agency and then I prosecuted domestic violence crimes as an assistant state's attorney. I re entered private practice building on my trial skills in a family law firm. I have owned family law firms for 25 years and love mentoring many lawyers on the challenges we face as family law attorneys.

What makes the North Shore a great place for your business (or to work)? I have always had an office in the loop and the north shore. We chose to open our Bannockburn office so we can be convenient off the tollway and ensure we have a strong Lake County presence in addition to our thriving Cook County office. Our home is directly between our two offices.

What's something people don't know about you? I love the chance to utilize my emotional intelligence in understanding the psychological challenges in family law while also navigating complex financial issues, including understanding business valuations, complex employee compensation and benefit plans, and the tax implications often involved in family law matters.

How do you spend your time away from work? I love being in our home garden which is a sanctuary for me. I consider my friend and family relationships my greatest treasures and nourishing those is what I love most. I always welcome a good pickleball or paddle match.

Where do you see yourself in five years? I love living on the north shore but winters are increasingly challenging to endure. I love the idea of spending more time in the sun from December to March in a few more years. The gift of Covid taught us our work can be done remotely and is actually preferred by many Judges and the people who appear before them.



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If you weren't a divorce attorney, what do you see yourself doing? I wish I would have pursued my psychology degree beyond undergrad. I thrive when helping others and love the idea of better understanding what makes people tick.



Carrie Williams
Executive Director at Illinois PGA

When and why did you choose to do what you are doing? I decided I wanted to work in the golf industry after falling in love with the game and its administration while working at a public golf course in Cincinnati, OH as a teenager. I've been in golf administration in the Chicagoland area for the past 20 years, and I've never once regretted my decision. I love what I do.

What makes the North Shore a great place for your business (or to work)? We are proud to call The Glen Club in Glenview the home of the Illinois PGA and Illinois Golf Hall of Fame. The North Shore is home to so many of our constituents – PGA professionals, golf facilities, golfers, vendors, sponsors – it makes perfect sense for it to serve as our home base!

What's something people don't know about you? I'm a huge NBA fan! My 10-year-old son plays and loves basketball and a great way for us to spend time together is watching and following the games, players and storylines. I'm the only woman that plays in our 12-person fantasy league and just handed the only undefeated player in the league his first loss!

How do you spend your time away from work? Spare time is definitely scarce, but I spend it being active with my family (I have two sons, ages 10 and 19), running or reading.

Where do you see yourself in five years? I think that every day we have the opportunity to become better versions of ourselves. In five years, I hope I'm doing many of the same things in exactly the same place – but doing those things as a better version of myself.



Debbie Nieto
Co-Owner, The Happ Inn,
Taco Nano & The Freehling Room /
Ravinia Festival

When and why did you choose to do what you are doing? I was a paramedic and a lab technician before becoming a paramedic! Carlos always had the dream to open his own restaurant. 40 years ago I told him I would help! And, here I am still helping!! However, now the restaurant business is in my blood and that's what happens!

What makes the North Shore a great place for your business (or to work)? First of all, I grew up in Highland Park. H.P. is my home. I know and love all of our friends and customers. H.P. is a wonderful community with so much to offer. H.P. is a liberal and welcoming community. I feel the same as I welcome our guests at our restaurants.

What's something people don't know about you? I have no idea! I am honest and open. What you see is what you get!!

How do you spend your time away from work? I am a very committed horseback rider. I try to ride in the mornings before opening the restaurants.

Where do you see yourself in five years? In the next five years I honestly see ourselves with our family in Mexico. We want to be on the ocean and we invite you all to come visit!!! Who knows, maybe we'll have a Seafood Restaurant in our future!!

Also, our restaurant at Ravinia Festival will open this July! The Freehling Room invites you to enjoy our cuisine. We'll be serving outside as well as inside the restaurant!

The Happ Inn remains open with open windows in the patio. We also have installed State of the Art Filtration throughout the entire restaurant!

Taco Nano also remains open and enlarged! We have carry out and indoor seating. Again, we have installed a State of the Art Filtration System! Come enjoy all of our restaurants!



Gina Speckman
Executive Director,
Chicago's North Shore
Convention & Visitor's Bureau

When and why did you choose to do what you are doing? I fell into working in the tourism industry. I moved to Chicago 30 years ago and met with someone at the Chicago Convention and Tourism Bureau (now Choose Chicago). I was new to the city and thought working at a convention and tourism bureau would be a great way to learn the city. I thought I would be there for two years and I ended up working there for 17 years. Then I moved up north to head Chicago's North Shore Convention and Visitors Bureau and I have been here 16.5 years....so these two jobs have been my career. You can't really call me a job hopper!

What makes the North Shore a great place for your business (or to work)? The North Shore is the prettiest and most convenient place to live and work. It's very close

Continued on page 12

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to Downtown Chicago, O'Hare International Airport, has beautiful Lake Michigan, Northwestern University, Chicago Botanic Garden, Ravinia, Illinois Holocaust Museum, Bahai House of Workshop and great beaches. The merchant districts in Evanston, Winnetka and Glencoe are postcard perfect and there is great shopping also at Westfield Old Orchard, Northbrook Court and the Glen Town Center. And of course, there is nothing like Abt – people come from all over the Midwest to buy the latest electronics there.

What's something people don't know about you? I'm ambidextrous? That is kind of a joke. I am from Michigan but I think EVERYONE that knows me knows that. There are a lot of people from Michigan living on the North Shore!

How do you spend your time away from work? I love to travel – so I guess I picked the perfect industry to work in. I love to be outdoors. I walk a lot and I love to eat and shop. The normal things. I love to be with my friends and explore. I am a very social person.

Where do you see yourself in five years? Good question. I have never really planned my future, it is a superstitious thing. I just hope I am alive in five years and do not really plan ahead. I hope I am still enjoying my friends and family and traveling more – though I already do travel a lot.



Ilyse Strongin
Partner, Ripple Public Relations

When and why did you choose to do what you are doing? It came natural to me! I am a people person, a party girl, a storyteller, a constant networker. I love to help people and watch them grow. I went to college for journalism and landed my first job at a media relations firm where I was able to work with all different media and for a variety of clients. It was the best of all worlds – I did not have to choose what medium or company I wanted to work for and had to work up the ladder.

After starting my own company (with my partner whose office is in East Lansing MI) I was able to choose clients that interested me in every stage of my life and my interests. I love what I do and take pride in watching my clients' successes.

What makes the North Shore a great place for your business (or to work)? I actually started Ripple in Downtown Chicago, just blocks from my home. As life evolved in the big city, we followed the typical family migration to the simplicity and ease of suburban living. Growing up in Skewanston (that's Skokie/Evanston), I knew I wanted to raise my family on the

North Shore and had to be by the lake! I settled in the Ravinia area of Highland Park and opened my office in Downtown (actually Uptown) Highland Park. The convenience of having two Metra stops in Highland Park to take me back to the City for meetings was a bonus. Highland Park is also located in the midst of wonderful neighboring towns with great business districts, corporations and non profit organizations that offer Ripple, or any business, the great cross customer-ization of North Shore residents and a fabulous group of clients to network with.

What's something people don't know about you? I am an open book and wear my heart on my sleeve, so those who know me, know me well. But for those that don't, I would share that I love the Grateful Dead. I have been to over 300 Dead shows (in their heyday), including their 25th Anniversary tour in Europe where I saw them in London play Werewolves of London on Halloween. My company is named Ripple, my house is called Shakedown Street and my dog was named Casey Jones – all Grateful Dead songs.

How do you spend your time away from work? I love anything to do with the outdoors...boating, biking, running, scuba diving, gardening...and I love to cook and entertain family and friends!

Where do you see yourself in five years? Enjoying and watching my kids grow into young adults and I live life on the lake – like a Ripple in Still Water.



Josie Tenore
MD Physician at FreshSkin

When and why did you choose to do what you are doing? I became fascinated by the human body when I was five years old and did decide on a career in medicine at that time. I never strayed from that conviction and my interest was always prevention and optimum health which includes both the internal and external body. I have reinvented my career multiple times but settled on my current practice in 2005, initially with a partner and then since 2010 with just me at the helm.

What makes the North Shore a great place for your business (or to work)? It is a diverse and resilient community that really cares about its fellow neighbors. I have always found local businesses and my local bank to be extremely supportive in joining forces and bringing awareness to those of us who work here.

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What's something people don't know about you? I was born in a very small town in southern Italy and immigrated twice in my life... first to Canada and then to the United States.

How do you spend your time away from work? I enjoy spending time with family and friends going to the theatre, music venues, restaurants or taking them "accidentally off course" down double black diamond ski runs in Utah!

Where do you see yourself in five years? I would love to grow my practice to include more nurse practitioners and wellness providers to be able to better address the health and beauty needs of the community. This would free up some of my time to complete my book and devote myself to training the providers of the future.

What makes you different from your peers? My focus has ALWAYS been on prevention and optimum health. My core medical training was in Canada, which focused on disease prevention, rather than disease management. Even my Master's Degree at Harvard was with the Department of Public Health which is prevention focused as well. This training has always given me a much greater vested interest in the health and wellbeing of my patients. The feedback that I get on a regular basis is that my patients feel like I have actually listened to them and tried to address their concerns.



Louise Berner
MD Physician at Fenix Family Health Center

When and why did you choose to do what you are doing? I was always interested in science and in people. I decided more or less in high school that medicine would probably be a good fit. Before college, I did volunteer health work in Ecuador. In college, I studied biology, spanish, and anthropology, and went abroad for a semester to Bogota, Colombia. I then got a public health degree in med school in Chicago, I loved primary care and did my residency at Cook County Hospital. I worked at community clinics in the city for the next 10 years. I realized that it was difficult to work in a poorly run clinic. So starting fenix was the culmination of doing all the best things that beloved clinics do and NOT doing the things that poorly run public clinics do. For me, this was having family medicine clinicians, integrating mental health into primary care, and giving the best service possible, which in fenix's case, is having an all bilingual staff, having patient materials in pictures, with the easy to read prose all in spanish, and organizing the clinic around latinx values and interests, like having tons of same day and walk in appointments. We are basically a concierge practice for the uninsured and underserved, which, paradoxically, costs less. It is also better medicine and more humane. I love it!!!

What makes the North Shore a great place for your business (or to work)? The North Shore is great because:

1. it's pretty
2. the other nearby stores and services are excellent
3. the local labor force/pool is large and excellent.
4. city services are well run.
5. it's safe.
6. excellent public transportation and bike paths.

Continued on page 14

LAKE FOREST HEARING

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7. the local community hospitals and subspecialists are excellent.
8. rent is reasonable and there's lots of employee and patient parking.
9. convenient location for our patient population.
10. nice working with the local school nurses and social workers, and other social services locally.

What's something people don't know about you? I lived in Japan for two years with my kids and husband. I have four children, including twins. I love learning languages. I love fashion and design, and have been learning how to use a sewing machine over COVID. I ride my bike to and from work in the summer (20 miles). Heavenly, the Green Bay Trail .

How do you spend your time away from work? I like to read, garden, ride my bike, and hang out with family.

What makes you different from your peers? Five years: still seeing patients at Fenix Family Health Center!



Mallory (Lindholm) Kistner
Owner, Lindholm Roofing

When and why did you choose to do what you are doing? I began my career at Lindholm Roofing in 2010 after graduating from the University of Illinois with a degree in business. I chose to join the company because I knew it would provide me an opportunity to learn how to successfully manage and train employees and provide an essential service to my community. I learned from the roof down. My Grandfather taught me every step of the Lindholm Process. The initial sales call, purchasing, scheduling, installation, and finally customer satisfaction.

What makes the North Shore a great place for your business (or to work)? As a roofing contractor in the north shore, we see a wide variety of roofs, from historical homes that have slate and tile roofs to contemporary homes with metal style roofs. The commercial buildings here offer us a chance to install single ply roofing that provides years of service. Of course, we install all types of roofing and the typical asphalt shingle roof has come a long way since I started in 2010. Clients can choose architectural shingles that provide textures to make a roof more aesthetically pleasing.

What's something people don't know about you? Something that clients don't know about me is that I love to fish. I primarily fish in saltwater but I have done my share of small-mouth bass fishing in the pond in my backyard. I am proud-est of throwing a mean cast net in the ocean, something I learned from a saltwater fishing captain in Islamorada Florida.

How do you spend your time away from work? I spend my time away from work with my husband, Taylor, raising our family. I have a 2-year-old daughter, and a little boy on the way this April. I love being a mom and it is so exciting to see the world through a child's eyes. I also love sharing a good Disney movie with my kids.

What makes you different from your peers? In five years, with the help of my brother, Ryan and sister, Rebecca we hope to grow our business. We would like to expand our window, siding and gutter installation services.

During 2020 we developed covid-19 protocols to help keep our clients and employees safe. The service industry is constantly changing and adapting. Lindholm Roofing puts people first whether that is safety or customer satisfaction.



Melissa McDonald
Designer, Bella Tile and Stone

When and why did you choose to do what you are doing? After earning my degree in Fashion Merchandising and working many years in Retail I became interested in Interior Design. I decided to pursue this passion and earned my design degree from The Harrington Institute of Interior Design in Chicago. I worked in the field gaining as much experience as I could and then took a little break to stay home with my young children. As my kids got a little older I was looking for something more permanent and decided to put my many years of freelance interior design experience to work assisting customers design beautiful spaces with tile. I have found a true love and appreciation for tile design, and enjoy collaborating with clients to find the perfect selections for their home. I am sincerely grateful to the Federico family for the opportunity to run this business and enjoy working with my supportive and awesome team Kimberly Gorham and Julie Tonner.

What makes the North Shore a great place for your business (or to work)? The North Shore has been a great place for our business. I specifically love our spot in downtown Wilmette. It has been wonderful to see the downtown grow, adding many new businesses and Restaurants. The support of this community over the years is astounding and a true testament to the quality of people on the North Shore.

What's something people don't know about you? I am the youngest of five born and raised in the south suburbs (Olympia Fields). My parents came from humble beginnings in a small town in Ohio and worked hard to provide a comfortable life for my siblings and I. Despite having had both parents pass at young ages they left a lasting impression of a strong work ethic, good faith and to always remember what you came from.

How do you spend your time away from work? In my spare time I stay busy watching my boys play hockey, I enjoy watching movies and baking with my daughter, traveling with friends and spending time with my siblings and my many nieces and nephews. I love watching Chicago baseball, hockey & Notre Dame football.

Where do you see yourself in five years? When I am asked the question of where I see myself in five years my answer is full of hope. Given what our world has been through this past year, I pray for health and happiness for all. I have thoroughly enjoyed being a part of the growth of this business and look forward to a prosperous future. I hope to continue what I am doing for many years to come. There is such satisfaction in seeing a vision become a reality.



Patricia Galli
Co-Owner, Producer Pastificio

When and why did you choose to do what you are doing? As a little girl, I can remember my mother Elsa -- a cook and woman with a strong business sense -- expressed her desire to show people how wonderful authentic pasta and Italian cuisine could be.

After graduating from college and getting married in 1975, I told my mother that we should open a shop doing just that. With a lot of courage, passion and hard work, Mom led the way to a journey (1976) that has brought Pastificio to the present day. Our shop opened and began its debut in April 1977.

My father, Marco, a true Italian who immigrated through Canada in 1951 (my mother's family in 1950 through New York) was very supportive of the idea and encouraged my mother to go forward. At that time there were very few women entrepreneurs, let alone women in the food industry which was dominated by mostly men. We had to develop strong, assertive personalities to allow our dream to come to fruition.

What makes the North Shore a great place for your business (or to work)? Over the past 45 years, the North Shore has proven to us that it yearns for creativity, quality and customer service. Their open mindedness to cultural cuisine has developed beautifully over the years and has allowed us to expand our business very positively. Our strong belief in these qualities is what keeps our driving force alive.

What's something people don't know about you? I am on a continuous search to improve, grow and learn new techniques regarding nutrition, healthy habits and cuisine. I travel to Italy often (hopefully again soon) to expand my vision and creative side so that I may bring these new ideas to our community.

How do you spend your time away from work? I adore spending time with my family -- sharing traditions through cooking, laughter and loving to be together. Family is everything -- my life, the air I breathe, my reason for living.

Where do you see yourself in five years? Retirement sounds lovely. I will continue to enjoy watching my daughter, Tatiana, elevate Pastificio to the next level!!



PJ Weiland
ActionCOACH

When and why did you choose to do what you are doing? I have been coaching in some capacity all of my life, sports, mentorships, as a consultant within other organizations. 10 years ago, I had the opportunity to discern my life's calling and at that time friends and colleagues were asking me to assist them with decisions in their businesses. I grew up in an entrepreneurial family -- all 7 of my siblings are business owners, from trucking, retail, construction, commercial HVAC... I started my first business at the age of 10, I also worked in the family business growing up and in my older siblings businesses. I decided that through coaching I could fulfill my life's purpose which is: To inspire and encourage others to reach their full potential.

Continued on page 16

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I know that through coaching the impact that I make on others lives and businesses is significant.

What makes the North Shore a great place for your business (or to work)? For the first 15 years of my career, I traveled 80-90%. When I finally got off the road, I put my energy into building roots in my community and finding ways to contribute my time. There is no shortage of businesses in Chicago and the northern suburbs. From family businesses with 2nd and 3rd generation, startups, franchises, manufacturing and service based. There are many many opportunities to work locally and by helping local business owners it helps the communities they are in as well. According to SBA small businesses account for 44% of the economic activity (and GDP) in the US – and when local businesses do well, the local economy does well.

What's something people don't know about you? I am generally an open book. I would say that not many people know.... I like to use power tools.

How do you spend your time away from work? Outside of work I find ways to give back and be active. Some of the places I spend my time...

- Most Saturdays you will find me at the OLA Mission in West Humboldt – feeding the neighbors, doing light construction, working on projects, helping with fundraising
- At church related activities – teaching, religious education, volunteering, ministry work, prayer groups, guild
- Supporting the work of non-profits or volunteer work – Project 22:9 (bucket brigade), assisting a NFP Alliance, Fill a Heart 4 Kids, Glenview Park Foundation, etc.

- I have been running every day for over three years, organizing marathons and ironman, pre-Covid I played soccer every week for 15 years
- Creating video or building technology to create awareness and build community within some of the groups I support
- Love to watch college basketball
- I am an avid reader and learner – podcasts, audibles, youtube, clubhouse, books, internet, coaching groups, etc.
- I am an ambassador for Glenview and Northbrook Chambers
- Love to spend time with family – all my kids, my husband and extended family

Where do you see yourself in five years?

- Giving myself more and more in service to others
- Empowering even more small businesses
- Enjoying the success of my children and husband



Jean Thompson
Owner, Designer, DDK Kitchen Design Group

When and why did you choose to do what you are doing? Family is reason for me choosing kitchen design. I married into the business. My father in law started the business in 1978 in the height of the recession. The business bloomed and my husband Dan joined in after college. Since that time we have grown to two stores opening the Wilmette store in the next recession in

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June 13 Eric Fisher Memorial Ride	June 25 Trivia Night Under the Stars	July 16 Drive-in Movie Night
July 22 Community Strong Golf Fundraiser	Aug. 4-8 Northbrook Days	Aug. 22-28 Community Strong Week
Sept. 8 Seniorpalooza	For more info: nsymca.org/events	

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2008. I love working in design and the variety of customers and styles.

What makes the North Shore a great place for your business (or to work)? The North Shore is so wonderful community for our business. The great part for me is sometimes the connections begin in the kitchen. So many women here on the North Shore have incredible careers and it becomes a natural link to each other.

What's something people don't know about you? I am pretty much an open book and having lived in Glenview for 25 years. I think people might be interested in know I have an adult child with a physical disability and have educated myself on disability rights. I used to do some advocating when I was home raising my 3 children.

How do you spend your time away from work? My husband and I are active together. We like to bike, play tennis, go out on Lake Glenview in our rowboat and can often be seen on our tandem bike around town. I also love to garden.

Where do you see yourself in 5 years? Sitting right here in our beautiful showrooms helping customers. And taking a few more vacations.



Terese Wallen
Owner, Ms Bigshot

When and why did you choose to do what you are doing? For years, I wanted to use my gifts and talents in a business but I didn't know how to use them. After 20 years working for

major corporations, I realized that I had to create my opportunities myself through mind work and networking with other entrepreneurs. When my last child was getting ready to leave for college, I knew it was my time to figure it out. So, I did.

My business, Ms Bigshot, coaches women to discover their real potential using their natural gifts and talents. Mostly online, we provide members workshops, online courses, and one on one coaching.

What makes the North Shore a great place for your business (or to work)? I love the support available in the North Shore for businesses. From local chamber of commerce to masterminds, I've built a strong network of people who support each other. The North Shore supports small business more than any other area in Chicago.

What's something people don't know about you? That I love my life because I took time to really challenge my beliefs and did tons of mindwork to look at life from a completely different lens. It's been an unbelievable experience to understand the power of the mind and how to tap into your potential to live an amazing life.

How do you spend your time away from work? I enjoy spending time with our five children and extended family. Two of our kids live out of state so we get to live and visit often. I also enjoy taking our dog, Cashew, for agility training and reading the latest business book.

Where do you see yourself in 5 years? Running my business, traveling and living in other places. Spending time with family and loving my life.



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The COVID Building Boom:

Managing Costs and Maximizing Efficiencies

By Mark Eric Benner

How can there be a building boom in today's miserable economic conditions? The patterns of our lives have shifted, and the demands on our homes have ballooned. On top of it all, building costs across the board have exploded, and here's why and how we can handle it.

What is driving the higher costs?

Look no further than:

- ✗ Post-COVID pent up demand for new homes
- ✗ Single-family homes
- ✗ Families heading for the suburbs
- ✗ Working and schooling at home

Despite the obviously increased cost conditions, we are experiencing an ongoing and robust surge in demand for home projects of all types. There are concerns about high demand, short supplies, embargoes, and even a very pesky mountain pine beetle, all conspiring to drive up construction costs. The drivers of increased building prices are:

- ✗ Labor shortage and a shrinking labor force
- ✗ Environmental conditions
- ✗ Building materials shortages and long lead times
- ✗ Framing lumber
- ✗ Let's focus on that last one.

The most significant contributor to costs is the framing representing a considerable share of every building project, about 60%. With today's inflated demand for carpentry labor and skyrocketing materials, the challenges to control these costs are substantial.

Those familiar with lumber futures markets (see graph) will tell you that rates have spiked from \$345 to over \$1670 in the past year. This reflects a direct impact on material costs for the entire lumber package down to the stud, a real-world increase of nearly five times.



What Can Be Done About It?

As architects, it's our job to guide clients toward optimal and best value solutions for their home projects. Consider your COVID building alternatives for labor and materials in lower demand and greater capacities.

Structural Masonry is an option to substitute for lumber and carpenters. Minimizing wood framing as a structural system can tap into underutilized building trades.

Advanced Framing minimizes material and labor by reducing redundant or optimizing oversized framing members. An additional benefit is higher thermal efficiency. There is more room for insulation with less wood in the wall, providing ongoing savings from heating and cooling your home.

Engineered Lumber is made from lumber byproducts and another excellent alternative to "sawn" lumber products. These products provide greater strength, dimensional stability, and sustainability, translating into larger spaces, a lighter environmental footprint, and higher quality construction.



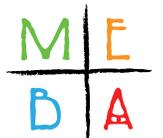
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Help Your Builder Help You

It's wisest to develop a well-coordinated plan for constructing your home. Designs that respond to your family's needs offer flexibility and accommodate growth make the very best use of your investment. Pressure on costs and fees results in anemic design documents. Specific details and selections are often left to be worked out between homeowners and builders.

In addition, the high demand for scarce labor resources highlights the importance of clear and thorough communication. Underdeveloped architectural designs may save money upfront but require others to pick up the slack. General contractors and building trades respond more rapidly and prefer fully documented projects, assurance that their work may be performed uninterrupted and profitably.

Bottom line: make your home an in-demand project.

Holding All of the Cards

Stack the deck in your favor by investing in clearly defined and documented architectural design. You'll feel more confident that the plan meets your budget and schedule goals. Command a strong negotiating position over builders, throwing high numbers at projects to cover unanswered questions and undefined details.

The investment in quality designs pays dividends, leaves nothing to question, and ultimately results in a refined home with peace of mind.

BOGO (Buy-One-Give-One)

During this time, giving back is crucial. We support communities in need through low-income and disaster relief programs.

We work with Solid Rock Carpenters (www.SolidRockCarpenters.org) in their mission to provide low-cost, durable, and dignified housing for suffering communities. Our partners in the mission include Habitat for Humanity (www.Habitat.org) and Appalachia Service Project (www.ASPHome.org). Together we have innovated methods and systems to engage and optimize volunteer support of all skill levels to build warmer, safer, and drier homes.

Mark Eric Benner - Architects commits to donating the home framing for a deserving family in need with every new home we design for our clients. We extend this support opportunity to our clients with an invitation to match the donation and participate in hands-on framing events to directly connect to this mission.

More Information

Mark Eric Benner - Architects - www.MEBArchitect.com
 Solid Rock Carpenters - www.SolidRockCarpenters.org
 Appalachian Service Project - www.ASPHome.org
 Habitat for Humanity - www.Habitat.org
 2118 Walters New Construction

Do you want to learn more about how these principles are applied in practice and explore this new home available for purchase in Northbrook? Please visit www.2118Walters.com.



"Hannah was a palindrome, and her story was no different. Circumstance shrouded her in darkness, yet she ignited a spark from within, finding the courage and confidence to mine gemstones from tragedy to light her way forward."



"When Hope Returns" is available to Agents/Publishers - www.mandylewiswrites.com/teaser
 Coming Soon...2022



June

At the time this magazine went to print, all event times and locations were accurate, but please check event websites for the most current information. Some events may have been postponed or canceled.

Bernard Weinger JCC, Northbrook

June 1 - August 15

Summer Reading at Northbrook Library

Join the Summer Reading program.

Cost: Free (all ages: babies through adults)

<https://www.northbrook.info/summer-reading>

Sat., June 5 and Sun., June 6

Summer Reading Drive-Through Kickoff

The library invites you to its first drive-through Summer Reading Kick-Off Event, in its parking lot (1201 Cedar Ln.), featuring music and giveaways for all ages. Stop by to pick-up your goodies, without leaving your car.

Cost: Free

<https://visit.northbrook.info/summer-reading>

Northfield Road District Township

June 19

Free Paper Shredding & Recycling

@Northfield Township Road District Garage

237 Melvin Drive, Northbrook

Time: 9am-1pm

Cost: Free

www.northfieldtownship.com

Fri., June 11

Annual Golf Outing & Dinner

Build business relationships and support the Northbrook Chamber with an all-inclusive day

at the Glenview Park Golf Club.

Registration includes: "best ball tournament" with prizes, box lunch, snacks, beverages, skills contests and dinner.

Space is Limited (adults, only)

Time: 11:30am to 6:30pm

Cost: After May 17 (based upon availability) \$215 for individuals/ \$800 for a foursome

Details and on-line registration

@<http://northbrookchamber.org>

Additional info. or register and pay by phone: 847.498.5555 x 0

Village of Northbrook

Tue., June 1, 7am -3pm

Sat., June 5, 9am -12pm

Electronics Recycling

@ Fleet Maintenance Garage (behind Village Hall), 1227 Cedar Lane

Bring your old and unused electronics to be recycled. Residents are responsible for removing items from their vehicle for contactless disposal. Do not leave items at the Village's facility, outside of the recycling events.

Additional Info. 847.272.5050

Monday, June 21

Northbrook Theatre Community Musical Auditions

Audition for Northbrook Theatre's Community Musical: Shrek The Musical Jr. Parts are

available for youth ages 10 and up and adults. Family members are encouraged to sign up together to participate. Performances take place August 21.

Time: 4-7pm

Reservations: Registration is required

Cost: \$249 for residents,

\$315 for non-residents

Location: Northbrook Theatre,

3323 Walters Avenue

www.nbparks.org

Saturday, June 26

Northfield Township Food Pantry Drive-by Donation Drop-Off

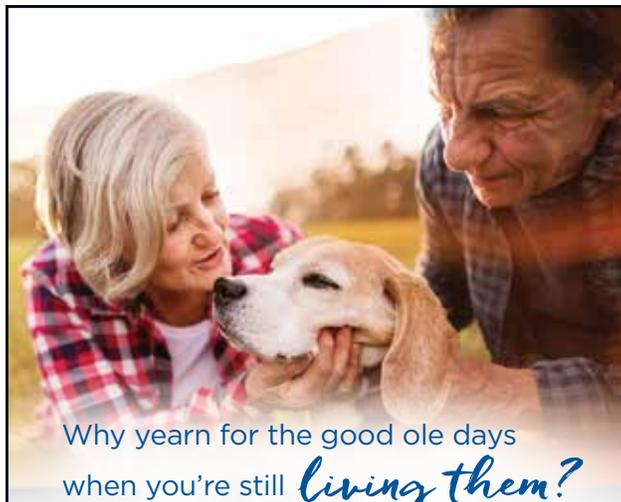
Join the Northbrook Park District Senior Center Advisory Council, Girl Scout Troop 47193 and Whitehall of Deerfield in helping to replenish the shelves of the Northfield Township Food Pantry. Drive up at Village Green Center, 1810 Walters Avenue, to donate non-perishable goods. Donors can enter a raffle for a chance to win gift cards sponsored by Whitehall.

Time: 11am-1pm

Reservations: None

Cost: Free

www.nbparks.org



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Saturday, July 3
Liberty Loop & Liberty Lap Fun Run

Register for the Liberty Loop and enjoy a scenic run or walk on a certified 5K course in Techny Prairie Park & Fields! Winners receive medals and pre-registered participants receive a dry-fit T-shirt and gift bag. Online and in-person registration ends 5pm on Friday, July 2. Race packet pickup available from 1-6pm on Friday, July 2 at Techny Prairie Activity Center. Register by June 16 to receive a \$5 discount. The Liberty Lap Fun Run features a one-mile modified Liberty Loop course that welcomes junior joggers. The course starts and finishes at the same location as the 5K and winds along the Trail Through Time. Young runners receive a T-shirt, gift bag and a miniature American flag at the finish line. Online and in-person registration ends 5pm on Friday, July 2.
Time: Liberty Loop at 7:30am, Liberty Lap at 9am
Registration: Sign up by June 16 to receive a \$5 discount

MEDIA RELEASE

Contact: Geneva Slupski,
847-897-6112
gslupski@nbparks.org
545 Academy Drive,
Northbrook, IL 60062

Website: nbparks.org/
programs/liberty-loop/

Northbrook Park District
Ongoing
Outdoor Fitness Classes

Outdoor drop-in group fitness classes are available throughout the summer at Techny Prairie Activity Center, 180 Anets Drive, and Techny Prairie Park and Fields, 1700 Techny Road, Monday evenings, Tuesday, Wednesday and Thursday mornings, Thursday evenings and Sunday mornings. Equipment is provided.

Reservations: Non-members sign in at the TPAC front desk
Cost: Free for TPAC members, \$7 per class for non-members, or purchase a five-class pack for \$30
www.nbfitness.org

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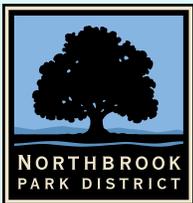
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Enjoy Summer
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The Northbrook Park District invites you to head outside to enjoy summer! The District offers over 500 acres of open space and 24 parks which offer something for everyone from playgrounds and athletic fields to picnic areas and walking trails.

Special Events in the Parks

JUNE

- 20 Summer Solstice Outdoor Yoga Celebration
- 29 Tuesdays in the Park with Billy Elton

JULY

- 3 Liberty Loop & Liberty Lap
- 6 Tuesdays in the Park with The Wayouts
- 10 Family Campout
- 13 Tuesdays in the Park with The Flat Cats
- 20 Tuesdays in the Park with Jolly Ringwalds
- 23 Kids' Duathlon
- 24 Party on the Green with Jeanie B! & 7th Heaven

AUGUST

- 13 Movie in the Park featuring *Shrek*
- 14 Kids' Fishing Derby

For more information on outdoor summer events, visit nbparks.org.



Losing a Loved One is Hard Enough. Managing Their Affairs Doesn't Have to Be!

By Corinne Heggie, Estate Planning Attorney, Wochner Law Firm

At the end of 2020, Bishop Robert Barron accepted the United States Naval Academy's invitation to address the cadets in Annapolis. He discussed that in biblical times, the sea was a symbol of uncertainty, a tormentor of those who tested its waters. His intent wasn't to unnerve the graduates, but rather to present a metaphor of the challenges and opportunities that lie ahead.

One of those challenges is dealing with the loss of a loved one. Individuals who are grief-stricken and burdened with death arrangements can feel, well, lost at sea. You might be that person, thrust into the role of a captain, and I'm here to help you navigate through these uncharted and choppy waters by presenting these five steps.

1. Obtain Death Certificates

Death certificates are important for two reasons. 1) Beneficiaries need them to claim property on behalf of the deceased, and 2) They help establish beneficiaries if none were named.

How do you obtain them? Start by requesting them from the funeral home. If that doesn't work, reach out to the county or state's vital records department. Death certificates can be secured by mail, on-line or in person, and you must follow the protocols provided by the Illinois Department of Public Health.

Order 10 to 15, and when you receive them, check that the social security number, name, date of birth, date of death and location of death are correct. Changes should be directed to the state's vital records department.

2. Notify Social Security Administration

A loved one who has passed may have Social Security Administration ("SSA") benefits at the time of their death that are intended for a surviving spouse or children. Often the funeral home will notify SSA. If that doesn't work out, you can contact your state's SSA office by phone or online. The person in charge of notifying SSA should be prepared to answer questions and provide information and possibly documentation about the decedent.

3. Secure Property

There are two kinds of property left behind to be secured

Real property - everything attached to the land and associated with it, like keys, garage codes, and security system passwords. It's also important to assign someone to watch the property and collect mail.

Intangible property - items of individual value that cannot be touched or held, such as bank accounts, life insurance or brokerage accounts, which can be found by looking for folders or a list with

custodian, account, and balance information. Failing that, you may need to search the person's mail to find financial account and insurance policy information.

If any pets are left behind, you'll need to find a responsible party willing and able to assist.

Additionally, email accounts, provided you have the login information, can be used to secure property, as well.

4. Inventory Property

You don't need the additional stress of figuring out how to distribute property to beneficiaries on top of grief. That's why it's critical to create an inventory to track useful information about the property, such as:

- ✓ Type of property
- ✓ Named beneficiaries
- ✓ Named beneficiaries contact information
- ✓ Date of death value of the property
- ✓ Custodian of the property
- ✓ Custodian required information beneficiaries must provide to claim the benefit
- ✓ Contact information for the custodian's representative

It's helpful to use a spreadsheet or a simple pad and paper list.

5. Identify Interested Parties

Interested parties are those who are directly affected, and they fall into two general categories:

- ✓ People who want answers to questions about the deceased's property and what happens to it.
- ✓ The person, entity or organization that receives a benefit from a decedent's property. This can be tricky because not every interested party may receive a benefit from a decedent's property.

I recommend identifying the second interested party first, which can be done by reviewing a will or trust, or a death certificate and inventory of the property if there isn't an estate plan. Now, an interested party who receives a benefit is entitled to more information about the decedent's property than an interested party who does not receive a benefit; however, if both parties are informed, it can help avoid emotion at a stressful time.

This checklist is not all encompassing, but it can help you weather the storm and guide you to smooth sailing.



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	Total Units	Average List Price	Average Market Time	
SOLD	50	\$639,586	58	
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ACTIVE	86	\$1,225,281	173	
	Max	Average	Median	Min
LIST PRICE	\$6,500,000	\$1,225,281	\$839,750	\$215,000
SALE PRICE	\$1,230,000	\$639,586	\$637,500	\$275,000

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