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July/August 2019

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YOUTHFUL,
Radiant Skin?
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S/O
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DENTISTRY

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Ryan Springer, DDS
See Page 2 for more information

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- Christine



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Meet Dr. Springer

Dr. Springer specializes in all areas of dentistry with a focus on cosmetics, implants and complex dental treatments. He understands that oral healthcare is a field with constant developments in techniques, materials, and technology and is passionate about furthering his education in the field.



Meet Dr. Orser

Dr. Orser utilizes his extensive dental education to help restore and enhance his patients' smiles. His goal when treating patients at his adult-only practice is to reinstate the full functionality of their smile while also providing them with aesthetically appealing results that they can feel confident about.

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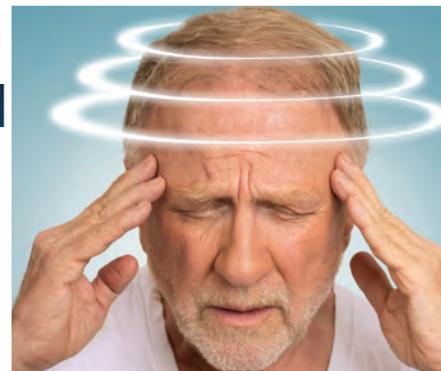
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- Falls are the leading cause of injury-related visits to the emergency room for people over the age of 65.
- Falls account for 70 percent of accidental deaths in people over the age of 75.
- Fear of falling is the number one concern for the elderly.
- Older adults who fall once are two to three times as likely to fall again within a year.
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ORAL CANCER: DIAGNOSIS, TREATMENT & COPING?

In our last issue, we gave you a run-down of oral and oropharyngeal cancer types, risk factors, causes, screening tips, and symptoms. With proper preventative measures and early detection, oral cancers have up to a 90% survival rate. Despite this, death rates within the first five years of diagnosis continue to rise well over 50% due to a history of late-stage discovery. This is not necessarily related to the difficulty of finding oral cancers, but to the lack of public awareness and national screening opportunities. The Oral Cancer Foundation and its founder Brian Hill work relentlessly to fight this battle and foster wide-spread awareness. For those who find themselves or a loved one in the middle of a diagnosis, we have compiled some information to empower you through the next stages.



Dentists and other medical professionals use various types of diagnostic screenings to test for oral cancers based first on visual findings and then on advancement of the discovered cancer, according to the Oral Cancer Foundation. From a gentle brush biopsy that scrapes cells from a suspicious spot to incisional or punch biopsy, practitioners perform the diagnostic tests necessary for accurate and quick diagnosis.

Once diagnosed and staged, treatment can begin. The Oral Cancer Foundation describes treatment as a multidisciplinary approach that often involves the efforts of surgeons, radiation oncologists, chemotherapy oncologists, dental practitioners, nutritionists, and rehabilitation and restorative specialists. Treatment plans are developed case-by-case and depend on the stage and type of cancer presented. Prior to the conclusion of curative treatment, it is likely that other oral health needs will be addressed to decrease the

likelihood of developing post therapeutic complications.

Patients treated in early stages may have little post treatment disfigurement. For those cancers caught in more advanced stages, surgical removal of the disease may require reconstruction of the oral cavity or facial features. There may also be some therapy needed to assist in speech, chewing, and/or problems associated with lack of salivary function. Fabrication of dental or facial prostheses may also be needed.



For many, the emotional and psychological turmoil of dealing with a cancer diagnosis is equally or more difficult than battling the physical discomforts. The Oral Cancer Foundation shares stories and resources on its website to help patients and families with the coping process from diagnosis to treatment and through recovery. The foundation emphasizes the importance of the mind/body connection with the theory that a positive mind frame can ease one's cancer journey—and similarly, that a negative mindset can make a tough road even harder. A few

methods the foundation suggests to help with coping include: adopting a positive take on life, focusing on the immediate (one day at a time), meeting challenges head on, committing to a goal and sticking with it, becoming armed with knowledge, accepting and asking for support from friends and family, seeking counseling, and building a caring, top-class medical team.



OralCancerFoundation.org and **CheckYourMouth.org** are phenomenal websites providing expansive information on oral and oropharyngeal cancer facts, prevention, screening, and treatment. We encourage you to educate yourselves, your family, and your friends so we, too, can play a part in spreading awareness.



INFORMATION - SUPPORT - ADVOCACY - RESEARCH... AND HOPE

PENNINO FAMILY DENTISTRY



Doctors Chase, Doug and Connor Pennino

FAMILY FOCUSED AND PATIENT CENTRIC



Amy Pennino

It's all about family

Our family business has been in the Barrington area for over 29 years. I work at Pennino Family Dentistry as our Marketing Director. I feel very blessed having the opportunity to work with my husband, Dr. Doug and our two oldest sons, Dr. Chase and Dr. Connor. We truly are a family business!

At Pennino Family Dentistry our focus is on young families and individuals of all ages who are interested in receiving high quality dental care with exceptional customer service. Our entire team is here for you, happy to guide you through your new appointment from beginning to end.

We have an amazing, kind team!

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Anna Marie N. ★★★★★

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Thanks for picking up the Suburban Woman!

Wow, where do we start? Of course, always with a thank you. In the May June issue, we challenged you to slow down and enjoy summer. To take some time for yourself and we hope that you're doing that.

As a team, we've been working through Dale Carnegie's book "How to Win Friends and Influence People" and it's been enriching for us to unify as a team as we seek to be better friends, colleagues, spouses, significant others, etc..

This has stuck with us a lot recently especially given the very wet summer we're having. "Don't Criticize, Condemn, or Complain" if you turn on the TV to local or national news it's hard to be united right now most people are doing the exact opposite of Carnegie's advice. So, we have a mantra around here, Life is too Short to Complain, even about the weather.

Choosing to believe the best about other people and circumstance is just that, a choice. Often times we find ourselves floating to the negative and not choosing a better outlook, guess what... You can change that just by changing how you think and choosing to see the brighter side and better side.

Sometimes making a list of all that's good in your life will help to re-center your thinking so maybe you're dealing with an achy back or a difficult relationship, take some time to sit back a list all the good in it. It may only be a few things but it can't be all bad, you're still breathing, right?

We're continuing to make some changes here at Suburban Marketing Group, we're full steam ahead on launching the Suburban Woman of the Northshore in September. We've also added a few team members in our sales department, Peter and Sydney are up and running and are committed to helping us grow, we're excited to have them both on our team.

We've launched a Facebook group and you can find it by searching for Suburban Woman Network on Facebook. We're trying to build a community of women who can share the good, and bad of life together. Will you join us?

Our mission hasn't changed, we want to be a leading resource for women and help local and small businesses grow through digital and print advertising. How can we help you? Do you have any topics you'd like to see one of our talented writers research and write about?

Remember, life is too short to complain 😊!

Lauren and Tim Neff, Publisher's
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Denise is glowing from the inside out with her new smile by Drs. Amanda and Kay Henry

Going to the dentist is about last on everyone's list. I had struggled with my teeth all of my life. I was referred to Dr. Kay and Dr. Amanda through another dentist, and from the first moment I walked into their office I was uplifted. I felt a sense of peace and calm I had never felt in a medical office before. This was a wonderful start for extensive dental work that normally would be extremely difficult.

Over several months, the doctors re-did my entire upper arch of teeth including bridges and porcelain crowns, and nearly 10 teeth on the bottom. I could not be more pleased with my results, nor have I ever seen the combination of incredible skill and amazing sensitivity which made the process so manageable. All of the staff made me feel special and having a highly skilled mother/daughter team working together was incredible.

Don't underestimate the value of a great smile. I have absolutely beautiful results, and think it is one of the best investments I could ever make. Dr. Kay and Dr. Amanda and their entire team has literally changed my experience of life for the better!



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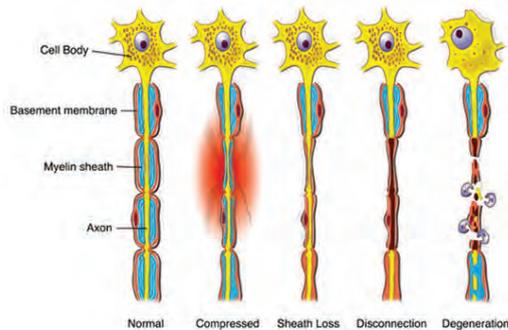


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Maybe you've had multiple tests, only to find out no one has any idea what you have. Maybe you've even been put on a drug with heavy side effects. We've been helping people with neuropathy and nerve problems for years. More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skins, joints, or internal organs. If ignored or mis-treated, neuropathy can lead to irreversible health conditions.

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Dr. Christian Y. Song

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P.S. At our office, we have specialized treatment programs for treating patients who suffer from neuropathy. Why suffer with years of misery? That's no way to live, not when there could be an easy solution to your problems. Don't live in pain when we may have the solution you've been looking for all along.

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Want Healthy, Radiant, Youthful Skin?

Choose Products Right For Your Skin & Follow This Regimen

by Kimberly Blaker

Regardless of your age, taking good care of your skin is essential to keeping it healthy and reducing the effects of aging. Our skin isn't only affected by how we care for it, but also by the products we choose and their ingredients. So, knowing your skin type, following a skincare regimen, and choosing the best products for your particular skin type is the key to maintaining or restoring your natural beauty.

KNOW YOUR SKIN TYPE & BEST PRODUCTS FOR IT

Different skin types require different products and ingredients for the most benefit and to prevent exacerbating any problems. So, before you plan your regimen and buy skin care products, know your skin type and how to care for it.

Also, when buying skin care products, keep in mind, price usually has little to do with quality and effectiveness. When you buy expensive skin care products, you're mostly paying for advertising, packaging, and branding. In fact, less expensive products often beat out their more expensive competitors when it comes to quality and holding up to their claims.

Normal skin is neither too oily nor too dry. It's the optimal type we all wish we had and aim to achieve. If you have normal skin, your pores are barely visible and your skin lacks sensitivity. It's probably naturally radiant and flawless.

Despite being the most optimal skin type, it's still vulnerable. Even normal skin can experience occasional dryness or clogged pores. Add to that, aging happens to all of us, whether we like it or not.

Look for products that are labeled for normal skin, or at least not labeled for a different type of skin. This will help your skin maintain its balance. Also, look for a moisturizer or other skincare product that contains AHA or BHA. This helps exfoliate the skin. Retinol is another excellent anti-aging choice.

Dry skin is characterized by less visible pores and less elasticity. It's prone to dry patches and a rough, dull complexion. You might get red patches, and the dryness makes lines more apparent. Certain conditions can intensify dryness such as sun, wind, and cold, as well as, ultraviolet tanning lights. Indoor heating, hot showers, skin products, and medications can also wreak havoc.

The good news is, you don't have to deal with clogged pores and acne. But dry skin tends to age faster. So, maintaining moisture in your skin is crucial to ward off fine lines and wrinkles. You'll also want to be extra cautious about sun exposure.

Look for products specially formulated and labeled for dry skin or that contain ingredients particularly effective at hydrating and protecting elasticity. Some ingredients to look for, especially in moisturizers, include

dimethicone, hyaluronic acid, ceramides, glycerin, urea, aquaporins, and salicylic acid. AHA also improves skin moisture, while sloughing off dead skin cells. Just don't overdo it with the acids. Also, look for products with antioxidants.

Oily skin is prone to breakouts of pimples or blackheads. It's marked by large pores and leaves your complexion either shiny or dull. Oily skin is often aggravated by hormonal imbalance, puberty, stress, heat, and humidity.

Despite the frustration with breakouts, those with oily skin retain their youthful complexion longer. Still, you'll need to take good care of it to prevent acne scarring. Maintaining oil balance is also crucial to radiant looking skin.

You'll need moisturizers that are lightweight and oil-free to avoid clogged pores. So look for those containing dimethicone. You can also skip the moisturizer and just use a serum. Cleansers, toners, and creams containing glycolic acid are particularly helpful if you're prone to breakouts. Retinol helps with acne prone skin as well. For exfoliating, BHA is an excellent choice for acne-prone skin because it also helps unclog pores.

Combination skin is signified by a mix of oily areas and dry to normal areas. Typically, the T-zone, which is your forehead, nose, and chin, is where your skin will be oily. You'll likely have large pores and be prone to blackheads and shiny skin in that area. Other areas of your face will be normal or have characteristics of dry skin.

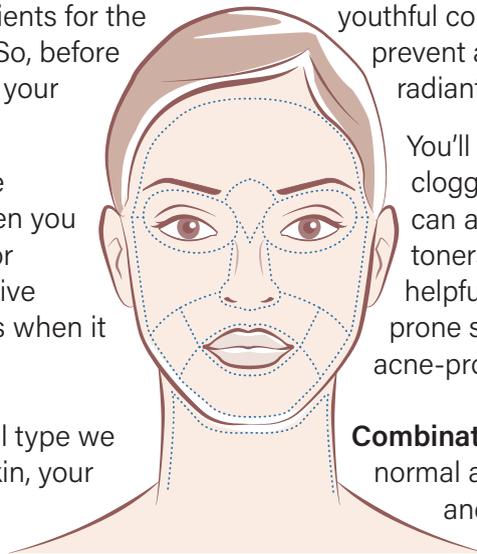
This may be one of the most challenging skin types to manage because of its multiple conditions. The best solution to caring for combination skin is to buy a set of products for dry skin and another for oily skin. Then, use the appropriate products in the different areas of your face accordingly.

Sensitive skin is reactive and can lead to extreme dryness, pustules, erosion or bumps, redness, stinging, burning, or tightness. It also tends to flush or blush. Some triggers are weather-related, such as heat, sun, wind, and cold. Those with eczema and dermatitis need to be particularly mindful of products that contain allergens. Although rosacea isn't caused by allergies or sensitive skin, environmental factors can worsen the condition, so it requires special care. Even overly dry skin can mimic skin sensitivity.

If you have sensitive skin, one of the best solutions is to avoid products and ingredients known to be irritants or allergens. Stay away from skin care or makeup products that contain fragrance, preservatives, essential oils, botanical extracts, and harsh exfoliants. Methylisothiazolinone, a doozy of a word, is also a common cause of allergy breakouts and is commonly found in makeup and skincare products.

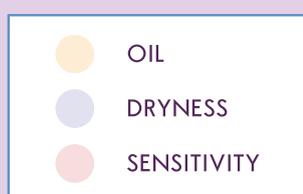
You might also need to avoid toners, exfoliating, and serums, which may cause irritation. In addition, look for products specially formulated for sensitive skin.

continued on next page



SKIN AREAS

SKIN TYPES



NORMAL SKIN



OILY SKIN



DRY SKIN



COMBINATION SKIN



SENSITIVE SKIN

YOUR DAILY SKINCARE ROUTINE

There are several steps to an effective skincare routine. To get the most benefit from your regimen and products, it's important to follow these steps, in order. The purpose of the particular order is to ensure the complete removal of makeup and debris and so ingredients in the products can sufficiently penetrate your skin. The following steps are for most skin types. Though, depending on your skin type, you may want or need to skip a step or two.

Daytime

1 Begin by washing your face with a gentle cleanser. This helps remove excess built-up oil and environmental debris. Wash your skin gently with your fingertips. Then rinse well with warm water, and pat your face dry with a towel.

2 Toners used to always be recommended because cleansers used to leave skin soapy. But today, toning isn't always necessary. Toners can, however, offer added benefits for particular skin types. For oily skin, astringents help remove additional oil build-up and contain ingredients to help reduce oil build-up and acne. Dry skin formulations can act as a humectant. Some toners offer other benefits as well.

3 Exfoliating your skin is an important part of keeping your skin youthful. Mona Gohara, MD, who's quoted in "Ask a Dermatologist: How Often Should I Exfoliate My Face?" says we shed 50 million skin cells a day. "If they remain on the skin, it can look dull and dry." Gohara recommends exfoliating two to three times per week. Use a mask or peel once a week. Then use an acid serum a couple times a week.

4 Next, feed your skin nutrients and antioxidants with a serum. These are highly recommended by dermatologists for both skin health and to slow the progression of aging. Serums have unique formulations and are lightweight, so they penetrate deeper into the skin.

5 Moisturizing your skin is one of the most beneficial steps when it comes to slowing down aging. But serums moisturize the skin as well. If you have dry skin, you'll definitely need to use a moisturizer in addition to serum, since they both offer unique benefits to dry and aging skin. If you don't have dry or combination skin, you can skip this step if you use a serum.

Eye cream is also a vital component for moisturizing. These are formulated specifically for the delicate skin around the eyes. They're richer and contain more oil because this area is more prone to dryness and shows earlier signs of aging. Eye creams also contain active ingredients to reduce puffiness, improve elasticity, and boost collagen production.

6 The last step is protecting your skin from the sun's damaging rays. This is especially crucial during warmer weather. But even in cooler months, the sun still causes damage to your skin, particularly over time. So, look for a facial sunblock that's right for your skin type. Another option is a moisturizer or foundation that contains 30 SPF.

Nighttime

At night, follow a similar regimen, but with slight differences. Cleansing is particularly important at night to remove makeup and debris. Toning will help remove any makeup residue that cleansing didn't get.

The next step depends on whether you choose to mask in the morning or at night. If you do your masking at night, apply it before serum and moisturizer. If it's an overnight mask, you'll need to apply the serum first, then mask.

Finally, apply moisturizer, unless you're doing an overnight mask. A nighttime moisturizer or night cream is best, particularly for dry skin, because it's richer, thicker, and offers added benefits.

Whatever your skin type and the regimen and products you choose, keep in mind everyone's skin is different. So, if something isn't working well for you, do some research. Look for studies, rather than just anecdotal evidence. Then make adjustments. Sometimes it's all about trial and error.



DAY & NIGHT

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Sherree Rothstein
Owner, Clothes Gallery

Sumer Style Challenge — Step Outside.

Getting in a fashion rut is easy. When we find a fit or style we like, we cling to its comfort, safety and predictability. We know how we feel in that style and how others will react to it. Having comfort styles isn't a bad thing, unless it makes you fashion complacent.

Fashion is an adventure. When you are a good adventurer you are an excellent explorer. You travel, you search and you indulge.

When stepping out of your fashion safety circle, put down your electronic devices and step outside. You can't explore the variety of tailored cuts and fits that are offered this season from the couch.

Popular sneaker dresses come in such a variety of waist and hemline offerings (to fit every body shape) you won't find the perfect fit without trying them all on.

Summer blouses are so varied in shoulder, sleeve and print styles, you can absolutely find a new style that's perfect for you — but you'll also find a dozen that aren't.

Most importantly, know that trying new things can make you feel vulnerable.

Fresh eyes and fresh, honest opinions will insure your new looks have the right fit and style — so don't go it alone. Seek professional help in quality boutiques where customer service is top notch and well informed.

A trusted opinion will help you overcome your fashion insecurities and find a new you, that's also very you.

So test your limits, challenge your perceptions and shop, shop, shop!



Focus on Your Health

With new healing offerings to elevate your health and well-being, Northwest Medical Thermography is now Northwest Healing Center.

Northwest Healing offers new services alongside the tested techniques—from thermography to laser lipo—that guests expect. Designed to be your go-to location to improve your life and get ahead of any health issues, Erica Cody is opening the center to provide individuals with knowledge to help them navigate their own personal health care decisions.



goal in mind, an AO Body Scan reads the frequencies in every cell and organ in your body and detects frequency imbalances.

Thermography can tell you where an issue is occurring and a Body Scan can tell you why. And discovering issues before further physical manifestations of a problem occurs is a proactive approach. Using alternative tools can help you to notice patterns and discover abnormalities that may indicate a health concern.

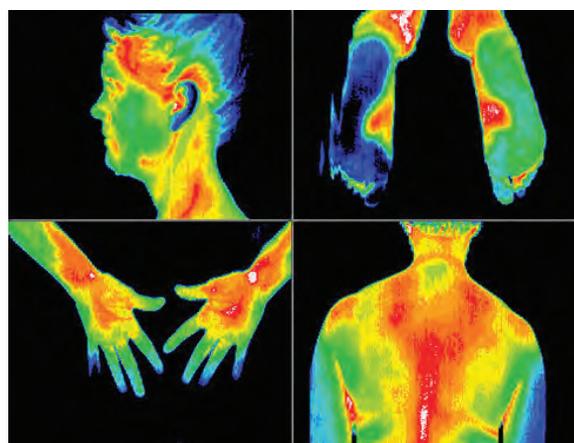
Northwest Healing center focuses on treating the entire person and

Thermography and Breast Health

Through her own experiences, Erica learned the importance of detecting health concerns early. Nearly a decade ago, Erica discovered lumps in her left breast. At the time, she was recovering from paralysis caused by Guillain-Barre Syndrome (GBS). Since she had been exposed to an excessive amount of radiation while battling GBS, she wanted to avoid invasive testing.

Thermography isn't recommended as a replacement for mammography but a thermogram has some advantages that a mammogram doesn't, including the ability to detect physiologic changes in cancer while it's still in the cellular phase, sometimes years before it is detectable mammographically.

It can also assess breast cancer risk, which is also something mammography cannot do. Thermography can detect lymphatic



congestion and hormonal imbalances as well. In short, Thermography is a tool to monitor breast health, not just a way to find disease. It's not a replacement for mammography because mammography has some important advantages that thermography doesn't, but it's a useful adjunct.

Both mammography and Thermography tests can suggest the presence of cancer, but only a biopsy can make a definite diagnosis.

Pave Your Path to a Better Life

Thermography has helped many, so many that Erica saw the need to grow her services to match the increased interest in holistic health.

In addition to Thermography, Northwest Healing Center offers a variety of services. A Theta Chamber to help heal anxieties, addictions, chronic pain, PTSD and depression. AO Total Body Scans to detect imbalances in your body and causes of dysfunction. Salt Therapy to stimulate healing and LED Light Beds to help repair damaged tissues. There are also multiple ways to detox and regenerate.

Plus, some of healing ideologies work together, strengthening one another for optimal health. This is true of AO Body Scans and Thermography. Thermography is able to produce thermal maps of your body and discover changes in your body over time. With a different

not just a disorder or affliction. Erica believes that an individual is made up of different parts including physical, emotional, environmental and spiritual aspects. All pieces must be addressed and balanced to solve any issues, sickness or disorder, and to make a person whole. Northwest Healing Center offers resources and options for others looking for information and knowledge. Erica's goal is to help others.

Once you receive results from a treatment, it is up to you if you want to share your newfound knowledge with your healthcare providers. Northwest Healing is here to empower you on your own health journey.



photography by Brianna Bradbury Photography

Current Offerings at Northwest Healing:

- AO Total Body Scan
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Do You Want To Know More About The Past?

Dates, Language and Boundaries

By Carol A. Wirth

If you're a genealogist, are you sure your dates are correct? New calendars were introduced several times. Are you curious to see how spelling and word definitions changed? Invasions and wars affected some country borders. Find fun historical facts or see how data presented impacts your family tree search.

In Europe, the calendar changed in different years (1582 to 1918) and in different locations. In 1582, ten days were dropped from the Western society's calendar. New Year's day switched from March 25 to January 1. A date listed of the 20th day of the third month could be 3/20 or 6/20.

In 1752 England adopted a new Gregorian calendar and eleven days were dropped changing New Year's Day from March 25 to January 1. Colonial records may show both dates. February 3 might be written as 1680/81. Another example is in the English calendar 1680 is 1681 in the Gregorian calendar. A person may write one letter dated 3/23/1664 and another letter five days later and use the date of 3/28/1665.

Yet another example is the day after September 2 that year became September 14. George Washington was born on February 11, 1732, but when the English change the calendar twenty years later, George adjusts his birthday to the new system and re-dates it as February 22. The original date can be written as O.S. or old style. Luckily for us today the calendar hasn't changed since then. And you thought only leap year dates were confusing.

Language also changed over time. Speaking and writing styles changed drastically. Books and letters are written differently. Long descriptive passages were more common during the 1700 and 1800s. Some literature was written to be read aloud. Words become extinct as items themselves disappeared. If the words are no longer spoken, if dictionaries exist, these words are deleted. Many early word definitions can't be found today.

Some words had different meanings in the past. Before the 1800s terms like cousin, in-law and stepchild had different meanings. Cousin meant anyone who is not a brother, sister, son or daughter. A woman's nieces, nephews and her grandchildren are her cousins. A man calls his wife's children by a former marriage his son-in-law or daughter-in-law. His actual son-in-law or daughter-in-law are his son or daughter.

Brother can mean brother, brother-in-law, stepbrother, or fellow church member. Mother and Father refers to parents but also a mother or father-in-law. Junior and senior did not always mean son and father. It refers to two men of the same name, the older one being a senior and the younger one junior. Years ago the terms Mrs. and Mistress also had different meanings than they do now. Mrs. meant a woman with higher status in society. Mr. was an abbreviation for Mister referring to a gentleman with higher status in society. Interesting isn't it?

Education levels varied greatly. Word spelling also changed. Early on words could be spelled out in many ways. There is no single America book of words until 1828 when the first dictionary is published by

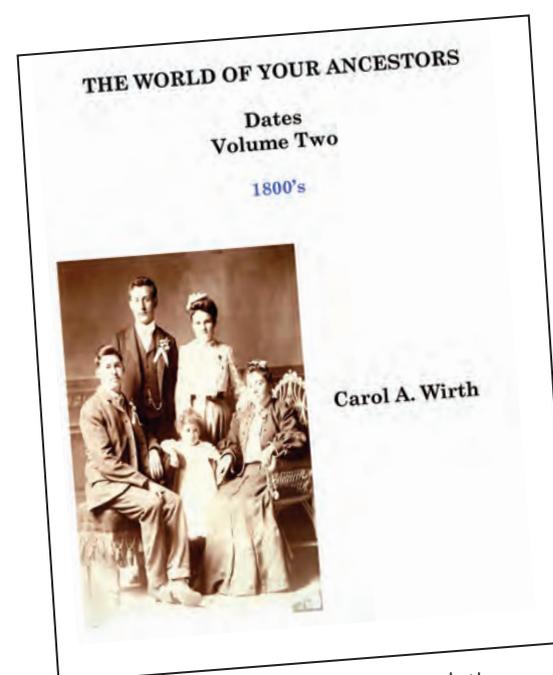
Noah Webster. It took more than two generations before spelling becomes standardized. Most people spelled words out phonetically and even the same letter may contain many spellings for the same word. Punctuation is not known or used in many instances.

Reading handwriting can also be confusing and difficult to figure out. Before the 1870s people made a second s normal but the first s looked like a huge spinning f or p. The letters a and u can be hard to differentiate. The letters of m, n, or r can also be difficult to read. Other letters that can be confusing are o and e. The old handwritten capital L can look like the modern T or S; the capital I looks like a J and the capital T and F look similar. I hope these tips help you read older documents more easily.

Where did you ancestor's called home? Many boundaries changed often. Is your ancestor's home in a different country, state or county now? You don't want to be thinking you are Italian (current location) when your relatives lived in Austria at immigration time. If in doubt, check church, immigration or census reports. Are your ancestors from an area like Siam or Czechoslovakia that no longer exists?

Did the area merge with another? Michigan is a good example since in 1843 sixteen Michigan county names changed. Another is Iron County, Michigan that was created on 4/3/1885 from Marquette and Menominee Counties. In 1903 there was a border dispute with Wisconsin and in 1926 Michigan lost land to Wisconsin. On 5/21/1891, Dickinson County was created from Iron, Marquette and Menominee counties so records can be at the Courthouse in any of the four counties.

Knowing these little details can make your family tree research less confusing.



Carol A. Wirth is the author of a three-volume series, entitled THE WORLD OF YOUR ANCESTORS - GENERAL INFORMATION. Learn about Austrians, British, Germans and Italians and find out why your relatives came to America. Learn about the Pilgrims, Puritans, Quakers and Colonial times, Native American Indians and fur trappers. There is a genealogy section in volume 3.

A second series, THE WORLD OF YOUR ANCESTORS - DATES is six volumes. It shares events, famous people, inventions, populations, prices, movies, television, theater, sports and a whole lot more. It starts at the beginning of time and ends in 2017.

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Also, don't miss out on the upcoming months' *True Bistro Dishes*. **July offers the classic Le Canard rôti aux Cerises**, a half, semi-boneless duck, roasted crisp, served with sour cherry sauce from Door County. **August features Le Coq au Vin**, Braised chicken in red wine reduction with mushrooms, pearl onions and pancetta, over pappardelle pasta.. No matter which dish you choose, all dishes pair perfectly with a selection from the seasonal wine list, hand-picked by owner Stephane.

Summer is also a time for special events, such as weddings, rehearsals, baby showers and more. Talk to Stephane who will show you the Provence Room, where a personalized affair for up to 55 guests can be arranged.

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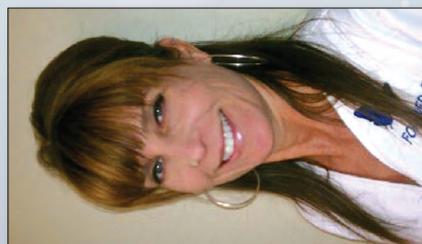
Electrolysis: the only answer for permanent hair removal. Females of all ages deal with unwanted hair growth, from young teens, to women in their 20s and 30s, to menopausal women.

I am writing this testimonial on behalf of Vicki Lonson and Forever Free. I have been associated with Vicki for almost 2 years and at the time I first began treatments, I never thought I would see the day when my excessive facial hair problem would be gone. My severe problem was due to a medical condition. Once the medical condition was resolved all of the facial hair that was caused from it needed to be addressed. Vicki assured me at the time of my free consultation that if I followed her plan she would free me of my facial hair and I would again feel good about myself. Well, I must say back then I had a hard time believing that I would ever see that day. And now, almost 2 years later, I went from having an hour treatment every 2 weeks to a half-hour hour every 2 weeks and now I am down to a 15 minute treatment every 2 weeks with a close end in sight!

Her extensive knowledge, professional demeanor and friendly personality have certainly added to the great service and assurance that electrolysis works! About a year prior to starting treatments with Vicki, I tried laser treatments. They too assured me that laser would work. However, it did nothing and the problem seemed to get worse. I stopped those treatments after a year and did further research hoping that I would find someone to help. Vicki was my last hope. I am thankful every day that I found her and Forever Free.

Pat — Huntley, Illinois

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Morocco

by Lacy Tischer

Morocco easily made its way up into my top five favorite places in the world that I have visited. Morocco is the Gateway to Africa and offers great diversity for the adventure traveler. It was very exotic and is becoming a travel bucket list destination. Additionally, if you love to discover mountain ranges to sweeping deserts to ancient cities, then this is the destination for you!

I traveled with a guided tour company called G Adventures and I was on one of their National Geographic Journeys, so we had a few extra activities included in addition to their basic Moroccan tour. G Adventures is a tour company for the adventurous type of traveler and while they accept all ages on most of the tours, their price range and accommodations make it most appealing for 25 to 45-year olds. G Adventures does a really good job of focusing on cultural immersion and local experiences which is what I am all about. We stayed in a traditional Kasbah, visited the Sahara Desert and had the option to take a camel ride. I also went on a sand dunes excursion where I met a Nomadic family, had a traditional cooking class, and visited their local Planeterra project. This project helps educate young women in rural communities and it is where I had and an Arabic lesson. Another detail I really appreciate about G Adventures and Nat Geo is that they are very conscious of the exploitation of animals all over the world and they make sure none of their tours have excursions or extras that any animals are being poorly taken care of or mistreated.

Our tour was scheduled during Ramadan, which is a month-long Muslim holiday of observation and time of reflection. For those who participate, they are not able to drink anything or eat anything from sunrise to sunset which was roughly 4:30am to 7:20pm. There are not very many places open to eat during the day, so we had limited choices for lunch and ended up eating the same things every day for lunch. Alcohol is almost impossible to find during this time as well. Ramadan is a rotating



holiday so it can really be any month during the year. If you are planning a trip to Morocco, I would recommend checking the dates of the religious holiday as it can affect your tour. The locals can get hangry and our guide said that haggling can be more difficult. It is recommended that during Ramadan that you have your shoulders and knees covered and of course if you are visiting a religious building, woman should have a scarf to cover their hair.

I was fortunate to have visited:

Casablanca my flight was delayed so I did not get much time here unfortunately. The most popular thing to see is the Hasan Mosque II which is the largest mosque in Africa and unlike most other mosques, non-Muslims are allowed to tour. The other main site to see would be Ricks Café from the famous movie Casablanca, although it is not the original from the movie it is an excellent spot for lunch or dinner with great ambiance.

Meknes, we stopped here for lunch and toured the old granaries and stables of the royal place where some scenes of The Gladiator was filmed, we also visited the local market.



Fez

My personal favorite city was Fez, where we had 2 nights here, which was perfect. We visited the markets and had a great dinner with Pigeon Pie which is a must try! It is an entrée, but it is made with Pigeon meat and has powdered sugar on top! Don't knock it until you try it! The most famous tannery in Morocco is in the Medina of Fez and it is very interesting to go and see.



They give you a sprig of mint to hold over your nose to cover the stench. They have a great leather shop there as well. Our guide told us as far as shopping in Morocco if you are looking for quality you want to buy in Fez and if you are looking for cheap you would buy in Marrakech. It is very easy to get lost in the markets here because there are so many dead ends and tiny alleys, so it is best to have a guide with you.

Sahara Desert

We drove through the Atlas Mountains on what used to be one of the five most dangerous roads in the world until they widened it a few years ago, I still thought it was scary.

Ouarzazate



They call this town the Hollywood of Morocco. We stayed at a fantastic hotel called the Berber Palace which is known for where the movie stars stay when they come to film. We toured a traditional Kasbah palace and had some time to shop.



Ait Ben Haddou this was a small city outside of Ouarzazate, only a few families live in this city currently, but it is very traditional and very beautiful, lots of movies were filmed here as well as some Game of Thrones episodes so there is a big tourist draw. You can climb all the way up to the top of the hill that the village is on which gives a great panoramic view.

Marrakech my trip concluded with 2 nights in Marrakech and I really enjoyed this city. The famous main square is the entrance to the maze of shops and it is a complete attack on

the senses. I had dinner at Nomad with rooftop terrace, I would highly recommend it. My favorite part of this city was the Tuk-Tuks, they were so cheap, so I took them everywhere. I also really enjoyed bargaining for everything here.

Travel Tips:

If you plan to travel in the summer make sure the hotel has a pool, it was a lifesaver!

This tour had a lot of driving, most days it was more than 3 hours and our longest day was 9 hours of driving

Pack things you would like to have for breakfast, there is not much on the breakfast buffet at all the hotels

We played a fun game at the end of the trip at the last dinner where everyone had to say what their most favorite and least favorite thing about the trip was, it was really interesting to hear but the majority of my fellow travelers said the Sahara desert camel ride or the visit to the Nomad camp was the highlight of the trip for them. Mine was the Tuk-Tuks!

Another travel bucket list destination checked off the list! Where will we travel to next with Cary Travel Express!

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Harvest Christian Academy Offers Neurofeedback in School

According to the Center for Learning Disabilities, learning and attention issues affect 1 in 5 children. These issues are not the result of low intelligence, vision or hearing problems, or lack of access to quality education. Rather, the 1 in 5 have brain-based difficulties in read-ing, math, writing, organization, focus, or social skills. Many of these students are pre-scribed medication, given an IEP, or are sent to tutoring. And yet despite various interven-tions, the problem persists.

Since Fall of 2016, Harvest Christian Academy has sought to tackle the issue at the source by partnering with The Neuroconnection to provide state of the art neurofeedback training on the HCA campus. Students participate in individualized training sessions twice per week and after just a few weeks of training typically see dramatic improvements in academics, social pragmatics, mood, and behavior.

What is Connectivity Guided Neurofeedback?

Neurofeedback uses EEG to give the brain information about itself in real time and asks it to adjust. These adjustments act as “exercise” for the brain and over time teach the brain to function in healthier and more efficient ways. This non-invasive, drug free approach has been proven to enhance the brain’s ability to regulate itself and therefore improve the brain’s ability to function optimally.

Because CGNFB creates new neural pathways, changes in the brain are lasting and involve none of the adverse side effects that may be experienced with medications. Typical functional improvements include: improved focus, attention, and cognitive abilities, improved mood and behavior, increased learning capacity and academic performance, and better sleep regulation— all vital to a child’s success in school and after graduation.

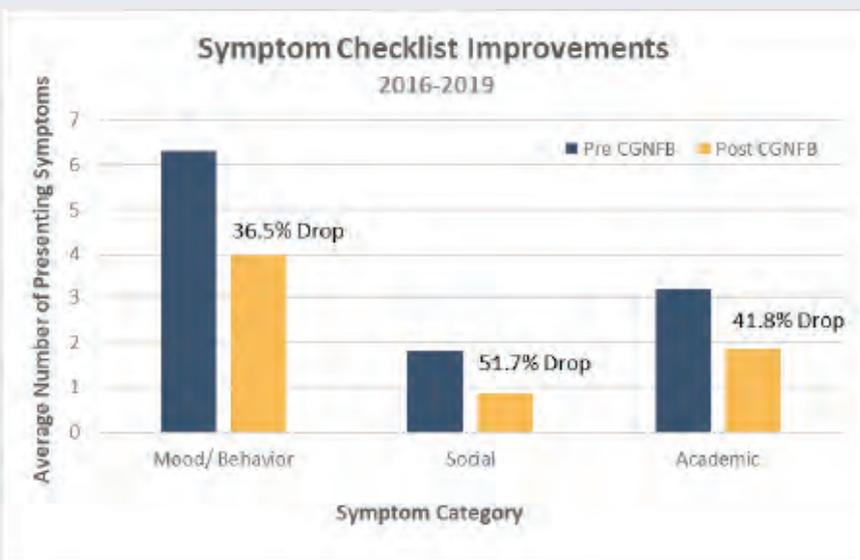
From A Parent

My teenage son had been diagnosed with ADD and was taking medication. While that helped for a year, he eventually became severely depressed. I honestly was afraid to leave him alone for fear that he’d hurt himself. After the initial session with Anne, she diagnosed him with severe anxiety and depression. We were giving him medication for the wrong thing! We started therapy and saw results after about 2-3 weeks. I have my son back, and I’m so grateful!

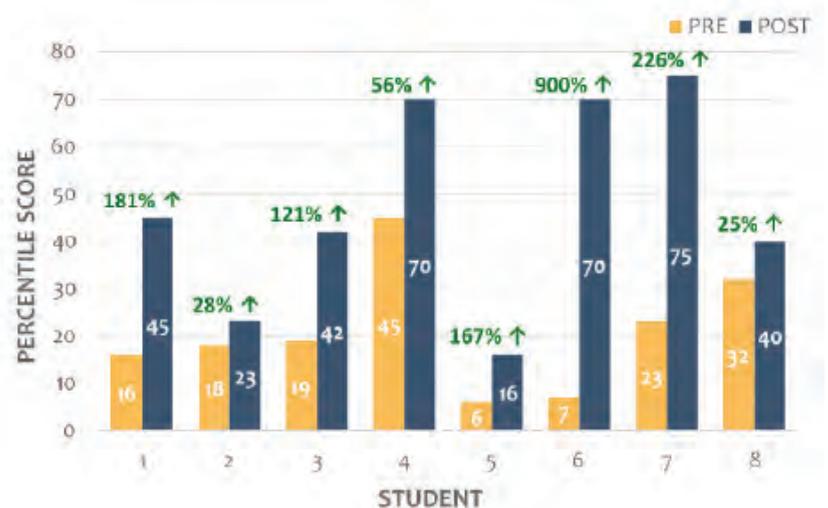
Training Results

Symptom Checklist Improvements ('16-'19)

Before and after each protocol, parents fill out a “Symptom Checklist” for their child. This tracks 82 symptoms that are grouped into three categories: mood/behavior, academics, and social. The graph below represents the striking drop in the number of symptoms parents reported after neurofeedback training. This includes all HCA students (n-56) who completed at least 1 protocol and provided a follow-up symptom checklist upon completion of their final session.



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My Neighbors Left Their Back Porch Light On Because Of Domestic Violence In Our Neighborhood

by Cynthia Kieckhefer

At 2 o'clock in the morning, my neighbors heard a knock at their back door. A woman fled her west suburban home in the middle of a cold, snowy night. Clad only in her nightgown, she was running to save her life. She found my neighbors only by good fortune, because their back-porch light shone a way in the darkness, yet was hidden from the street. You see, her brutal husband got in his car to find her.

This was my middle-class neighborhood. And this is your neighborhood too. Because statistics tell us one of every five women has been abused by someone they trust and love. That is the reality, though it doesn't seem real because we don't see it. Abusers cleverly hide the bruises. And the women and children they abuse become so humiliated, they learn to hide it, too.

Terrible things can happen to any of us. No one wakes up in the morning thinking, "A tornado or flooding may take my home from me. Or I will be the victim of a terrorist attack." But those things do happen. They can happen to any of us-- rich, poor, young, old.

Well, the same is true for domestic violence. It can -- and it does -- happen to all kinds of people. Women don't enter into a relationship thinking, "This is going to end badly". But when it does, it is no more their fault than if they're hit by a tornado.

Some women may be predisposed to unknowingly choose an abusive partner because of their life circumstances. But even if they are, why does that matter? All these women entered into these relationships feeling loved. And many of them have entered with support of family and friends, along with financial stability and their own free will.

But as devastating as a natural disaster can be, it comes with some hope for the future. The government rushes in with support to help rebuild a house. Victims have the sympathy and good wishes of family and friends and neighbors.

That's not how it is for victims of domestic abuse. Often, the abuse they've suffered has left them just as devastated as a tornado or a flood victim. But in many ways worse off.

Why?

They have been isolated by these abusive men. Friends and neighbors don't rally around, either because they don't see what's happened or because they are afraid to address the situation. Abused women often are not seen because of their own incredible sense of humiliation and newfound loss of self and self-esteem. And there is a fear placed in them by the threats

from their partners if they expose them. Abusers are good at isolating their victims, cutting these women off from any source of support or help. Isolation saps their emotional strength and creates a feeling of hopelessness.

In addition, our society still places these victims in a shockingly unique category of culpability, How would you react if someone said one out of every five children was beaten? Or one of every five cats and dogs was kicked around by its owner. We would be outraged because children and pets are helpless creatures. We would ask how could someone be so cruel. Yet the first response we often hear when presented with abuse of a woman is, "Why did she stay?" Why don't we ask, "Why is this man so violent?" We don't question the victims of other types of crimes about their accountability.

We need to do better.

Back to my middle-class neighborhood. My neighbors are lovely and kind but not trained in receiving women and children who are literally being terrorized in their own homes. But there is a place in our community where a woman can find safety at 2 a.m. It's a



place where the door is opened by a counselor who does not have to say anything when she looks at that woman, because in her eyes she says,

"I know what you are going through. You are safe here." That place is Mutual Ground. It is not just a shelter but a solution. Mutual Ground helps individuals and families heal from the effects of abuse. And it's much more than a shelter, providing family services and legal advocacy, too. Recently, Mutual Ground provided training for salon professionals in recognizing and aiding clients who may be abused. Mutual Ground is in our middle schools, educating our children about healthy and respectful relationships. And they encourage our children to contact them to talk.

This is doing better. But it is not yet good enough.

If a woman finds no other way to be free of abuse than to leave and end her marriage, she must sever the ties that bind her to her abusive husband. Rise From The Ashes, another nonprofit organization, will help with legal counsel and aid.



Find your own porch light or a light for others by contacting these organizations at www.mutualground.org and www.rfta.co



In addition, you can help support these two organizations and have a great day out with your girlfriends by attending a charity luncheon and fashion show on Nov. 2, 2019, in St.Charles. All proceeds go to these two organizations. For more information, go to www.bataviawomansclub.org. Or call **Cynthia Kieckhefer at 630.306.9340.**



We've all experienced anxiety at some point

An All-Natural Cure for Anxiety

We've all experienced anxiety at some point, whether we're giving a big speech or going through difficult financial times. However, for some, anxiety can become so frequent and intense that it begins taking over their lives. How do you know if your everyday anxiety has crossed the line into an anxiety disorder? It isn't easy. Anxiety is defined as a response to aversive events that may cause uncomfortable physiological and psychological arousal and fear. It also comes in many forms, such as panic attacks, phobia, and social anxiety. Joseph N. O'Donnell, MA, MBA, Ph.D, of Joseph N. O'Donnell & Associates sits down with us to further discuss anxiety and his cutting-edge treatment options.

What are some of the main types of anxiety disorders?

I divide anxiety into two main categories: state anxiety and trait anxiety. State anxiety is exhibiting certain symptoms when presented with specific situations, such as the fear of dogs, flying, taking tests, public speaking and more. The symptoms of anxiety usually only occur during these circumstances. Trait anxiety, also called generalized anxiety disorder, is a general predisposition toward anxiety. Individuals often exhibit continuous worry and anxiety symptoms.

What causes anxiety disorders?

Some have a genetic predisposition to anxiety, and others have developed a learned response. Based on life experiences, an individual may avoid certain situations because of aversive events. For example, being bitten by a dog may result in a fear of dogs.

What are the most common symptoms of anxiety disorders?

The most common symptom is avoiding certain circumstances or situations because of a bad experience. Physiological symptoms may include tremors, muscle cramps, stomach discomfort, headaches, sleeplessness, clammy hands, hyperactivity, nausea and vomiting. Psychological symptoms may include obsessive thoughts or intense fearfulness when presented with certain situations.

How is anxiety disorder diagnosed?

At Joseph O'Donnell & Associates Center for Biofeedback Therapy, we typically interview an individual and take a thorough history, focusing on specific triggers and emotions. Psychological tests may also be performed to identify anxiety and its severity.

What is biofeedback and neurofeedback?

Biofeedback is a form of treatment that can help the body change its physiological response based upon the feedback it gets from itself. The specialized form of biofeedback we frequently use is neurofeedback. Neurofeedback is a tool used to gather information on brain function by monitoring the brain's electrical activity.

How does neurofeedback work?

During a neurofeedback session, electrodes are placed at the region of interest on the head, which, by profile, is consistent with anxiety. One of our assessments for anxiety is called QEEG, or brain map. Based on the brain map, we are able to determine which part of the brain is misfiring. Then, we link any deviations from the norm to the presenting symptoms. The brain map helps us define which site of the brain to train, where to place the sensors, and what frequencies and amplitudes we need to normalize through the neurofeedback treatment.



What is a typical neurofeedback session like?

During a neurofeedback session, the electrical activity from the patient's brain is fed into the computer and processed to identify the irregular electrical patterns. The average values are calculated by the computer, and treatment goals are established to either lower or increase amplitude values based on treatment goals. Feedback in meeting treatment goals will be provided in both visual and auditory format. Every time the patient meets the criteria of their protocol, the computer sends a rewarding sound. Visual feedback is provided through a video game format. When the brainwave activity meets treatment goals, the Pac Man moves around the maze and gobbles up the balls; when the patient doesn't stay on task, the game stops playing.

How many sessions are needed to improve anxiety symptoms?

A regular session usually lasts about 30 minutes. The number of sessions needed is determined based on an individual's unique needs. Every person's brain and progress is different.

What other issues can be treated with neurofeedback?

Neurofeedback has been successful in treating a wide variety of conditions, including:

- ADHD
- Depression
- Impulse Control Problems
- Migraine Headaches
- Stress Headaches
- Addictive Disorders
- And More

Why choose neurofeedback?

Neurofeedback doesn't just treat the symptoms of a disorder, like many other interventions do, but it actually treats the electrophysiological underpinnings of these disorders. By treating the electrophysiological patterns and re-regulating brainwaves, symptoms of these disorders are often alleviated.

Joseph N. O'Donnell and Associates Center for Biofeedback Therapy was one of the first providers of neurofeedback in the Chicago area. With over 25 years of experience, their success is acknowledged on a national level. Recognized for their expertise, they've trained a high percentage of neurofeedback providers in the area, and many of their students are now practicing and using this innovative technology. The entire staff prides themselves on their many successes.



Joseph N. O'Donnell, MA, MBA, PhD
Board-Certified Neurotherapist

A lifetime devoted to helping others.

"Having been brought up to care about others, it was a natural fit. It is challenging and exciting to create the conditions for improvement and see it happen. In neurofeedback treatment, the compelling motive for continuing what I do is: It works. I most enjoy seeing individuals who had little hope for improvement actually improve.

"I tend to take a relaxed, easygoing style, particularly with children. Too professional of a veneer tends to frighten kids, so I want to engage them in a friendly way. Aware of their difficulties, my staff and I approach our clients' issues always with a smile and hope. I am genuinely concerned about my clients and convey strong empathy toward their problems."



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Decreased Mental Ability	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Hot Flashes/Night Sweats	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Weight Gain	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Decreased Sex Drive	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Sleep Problems	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Always Cold	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Hair Loss/Breakage	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Dry Wrinkled Skin	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe

Hormones are powerful chemical messengers that are important for many of our body's internal functions. Even a minor variation in levels can cause big changes in our cells or disrupt the balance of our entire body. During perimenopause and menopause, **women can experience significant hormone fluctuations, as those in the above quiz and more.** However, we don't need to accept these inconveniences as the new normal. Dr. Ranae L. Yockey, D.O. of Advanced Women's Healthcare Specialists offers state-of-the-art treatment options, including bioTE[®], an advanced form of bio-identical hormone therapy.

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—Diane, Barrington

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— Eileen, 40

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Algonquin

By Stacey Nunez

Settled in 1834 and incorporated in 1890, Algonquin is located 47 miles northwest of Chicago and is nestled in the foothills of the Fox River Valley. Situated in both Kane and McHenry Counties, Algonquin is known as the "Gem of the Fox River Valley".

Today Algonquin has a population of just over 30,000. The town's growth exploded in the 1980s due to new residential and commercial construction. It peaked again in 2000 with the building of the Algonquin Commons, Illinois' largest outdoor mall.

Algonquin draws in young families looking for a town that has a lot of family-friendly amenities while offering a diverse housing stock with larger lots. What has been known as a small river community of years past has grown into a major regional hub with significant suburban growth.

Pottawatomi Native Americans originally inhabited the Algonquin area. In 1834, the first settler, Samuel Gillilan, arrived in this area from Virginia. Fellow settlers from Germany soon followed. In its early years, residents of the village had difficulty finding a name so assigned it to the largest landowner in town who finally decided on Algonquin, inspired by a ship of the same name. Algonquin became the official name on December 23, 1847.

The town saw some new growth with the construction of the railroad in 1855, which provided another means for farmers and producers of dairy goods to transport their products to Chicago markets. Along with its commercial trade, the town also became a popular summer vacation spot for Chicago residents given its location on the Fox River.

The river is a 202-mile long tributary of the Illinois River flowing from southeastern Wisconsin to Ottawa, Illinois. The Algonquin dam was built to increase the depth of the river so boats on the river north of Algonquin could get onto the Chain Of Lakes through the locks at McHenry Dam. Boating and kayaking are a hit with residents still today.

Michael Kumbera, Assistant Village Manager, oversees operations for the town. "Algonquin is perfect for those looking for an active lifestyle. The river provides a lot of recreational purposes for our town and we are looking into offering public boating slips in the near future," said Kumbera.

The village's oldest neighborhood is Old Town District and is located in downtown Algonquin on the river and in the same area when it first incorporated. Old Victorian and pre World War II homes can be found here along with charming shops, a variety of eateries and several welcoming parks.

A revitalization project for the Old Town District started in 2000 and is expected to be finished this summer. Updates include wider walking space for pedestrian traffic, ADA accessibility improvements, brand new water and sewer mains, re-routing of all electric underground, decorative lighting and furniture and more parking. The design goal maintains the harmonious blend of the riverfront with the historic charm of downtown while giving Algonquin a refreshed look.

"The project has attracted a lot of new businesses and current ones have expanded," said Kumbera. "Cucina Bella bumped out more adjacent space while Bold American Fare added a deck." The downtown also welcomed back Cattelman's Burger and Brew which originally operated in the 1970s.

The downtown hosts several seasonal events including a summer concert series every Thursday at River Front Park with food trucks and live music. Boats are welcome to anchor on the river and enjoy the summer sounds too. Every June, Art on the Fox takes place featuring hundreds of local artists and artwork. Combined with free entertainment, this tradition has grown over the years and brings a lot of visitors to the area.

Randall Road offers a shopping corridor loaded with regional restaurants and stores giving residents and neighbors convenient retail options nearby.

A highlight in the town's diverse history is the period from 1906 to 1913, when the Algonquin Hill Climbs took place. In those days, if an automobile could successfully climb the hills of Algonquin, that machine immediately met with the stamp of public approval. The event had national participation, and the "Algonquin Cup" was a very prestigious and coveted award.

The downtown hosts several seasonal events including a summer concert series every Thursday at River Front Park with food trucks and live music.

While the Climbs ended more than a century ago, community groups continue to pay homage to Algonquin's history with placards placed throughout town detailing historical moments such as the Climbs and historical homes along with their original owners.

"Our community is committed to preserving the history of Algonquin to give residents a sense of pride and provide visitors with a unique experience," said Kumbera.

The Prairie Trail which runs through the heart of downtown Algonquin is popular with cyclists, hikers and nature enthusiasts. The trail stretches 26 miles from Algonquin to the Wisconsin State Line and connects eight McHenry County communities in between, including Algonquin, Lake in the Hills, Crystal Lake, Prairie Grove, McHenry, McCullom Lake, Ringwood and Richmond. The trail follows the former Chicago and Northwestern rail line that ran from Kane County into Wisconsin. It's opened daily, sunrise to sunset.

Two golf courses call Algonquin home - Terrace Hill Golf Course and The Golf Club of Illinois. Established in 1985, Terrace Hill Golf Course is a Charles Maddox designed private golf facility with 140 acres of rolling hills offering an 18 hole, 6,600 yard, par 72 layout. Built in 1987, The Golf Club of Illinois is a public course featuring high fescue grasses, treacherous sand bunkers, and strategically placed mounds on each hole. It is consistently ranked among the top 10 public courses to play by Chicagoland Golf.

"Algonquin offers a great balance of urban and outdoor spaces. From the newly enhanced downtown area to 21 developed park sites, the town has something for everyone," said Kumbera.

Algonquin

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Robert Nathan aka **Chef Nirvana**

A healthy physical you can help support a healthy mental you!

I'd like to share something I wrote awhile back regarding "realistic health goals and expectations". Many of us are on a quest for the perfect healthy lifestyle even though perfection is most probably not attainable. We create unneeded stress in our lives by developing wellness plans that do not fit into our own daily routine. Watching others and being inspired by positive examples of healthy living are often motivating and inspiring. Nevertheless, personalization is crucial to creating a long-term lifestyle plan. Set realistic goals to find the balance of diet, exercise and rest that best fit your own personal needs. Create milestones that are easily measurable with an end goal in site. Make sure your plan is flexible and adaptable to change. Always be willing to modify your daily routine and if necessary, your end goal as well.

A healthy lifestyle plan often complements or works in conjunction with a healthy stress management plan. Stress is an individualized burden that we all endure to some degree. Whether it's work and/or personal, stress can overshadow our daily schedules and routines. Diet, exercise, meditation and daily reflection can often help support an effective stress management plan. Although I am not a physician, I have experienced both personally and through observing others the impact a healthy lifestyle can have. Make a plan for yourself or work with a life coach but remember it's a plan in progress. Don't let frustration get in the way as creating a healthy lifestyle can involve trial and error. Once you find it you'll know it because the mental and physical impact can be uplifting and life altering.

I am truly excited for all of you and I look forward to hearing about your successes!

Happy cooking! Until next time... eat healthy, live healthy, be healthy. Ciao!!



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Contact Chef Nirvana for copies of above recipes:

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Email: realchefnirvana@gmail.com

Website: chefnirvana.com

Wine Name Basics: European Edition

by Christina Anderson-Heller, Lynfred Winery

"I can certainly see that you know your wine. Most of the guests who stay here wouldn't know the difference between Bordeaux and Claret." - Basil Fawly, "Fawly Towers"

For many years wine has been steeped in mystery. Wine's mystery is often steeped in its vast history. Wine education includes history, geography, religion, alchemy and many more studies. In this article we are going to focus on simple geography, and what's in a wine's name.

Bordeaux is a common term for red wines from this region of France. A Bordeaux red is a blend of at least two of the five 'noble' grapes grown in this region: Cabernet Sauvignon, Cabernet Franc, Merlot, Petite Verdot and Malbec. The primary grapes that make up a white Bordeaux are Sauvignon Blanc and Semillon (also Muscadelle and Sauvignon Gris). **Claret** is the British term for a Bordeaux wine.

Sauternes is a highly sought after sweet white wine, also from the Bordeaux region of France. A Sauternes wine is primarily made of Sauvignon Blanc and Semillon.

Meritage is the American equivalent to a red Bordeaux, a blend of at least two of the noble Bordeaux grapes mentioned above. Many people pronounce Meritage with a French-sounding 'zh' at the end, but it is truly pronounced just like 'heritage.'

Chianti, the most popular Italian red wine in America, is made from the Sangiovese grape, the native grape of Chianti, Tuscany's main wine region. Italian law requires that a Chianti wine be comprised of at least 75% Sangiovese grapes.

Burgundy wines come from Eastern France. A true red Burgundy wine is made from 100% Pinot Noir. A white burgundy is 100% Chardonnay. Seeing the title 'Grand Cru' means it is the best 2% of the wine produced, while Premiere Cru is a small step down, at 12% of the best wine produced in Burgundy.

Rioja is Spain in a glass. Rioja is made primarily from Tempranillo and Garnacha (known often as Grenache in France).

Knowing the original geography of wine is the first step to understanding grape varieties. All of the above varietals are grown around the globe, but their histories are steeped in their country of origin.

Christina Anderson-Heller is the Marketing Director for Lynfred Winery. Lynfred Winery, located in Roselle, with tasting room locations in Wheaton, Wheeling and Naperville, is Illinois' oldest and largest, continually-operating family winery. All the wines mentioned in this column can be found at Lynfred. Follow her on Twitter and Instagram @lynfredwinery.



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Rea S. Lorence,
RN, BSN
Aesthetic Nurse
Specialist

The Clinical Director of Allure Skin and Laser, Registered Nurse Rea Stavropoulos-Lorence is knowledgeable and experienced in achieving optimal skin for all ethnicities, at every age.

Knowledge from Around the World

A world traveler, Rea has studied facial structure and skin treatments all around the globe, resulting in her expertise in providing each of her clients with a more youthful appearance in line with their ethnic identity and natural bone structure. She knows how to enhance the best parts of you.

The benefits of training around the world have expanded Stavropoulos-Lorence's knowledge of treatments and best practices. "Other places use different treatments for a variety of reasons. In some cases, product marketing makes the difference, in other instances people aren't aware of the same skincare issues, or that some skin

problems are not even talked about," says Rea.

For example, when traveling Rea has heard from a lot of people who want their skin to be brighter or whiter. She has also noticed acne scarring is more accepted here while in other areas of the world scarring is a need to be addressed. Because of that need, skincare experts in other countries have found solutions to scarring issues. She says, **"I offer my clients the right solution for their concerns, keeping their appearance natural while restoring a more youthful look."**

New Treatments Available at Allure

Allure stays current with all the new treatments and now features a new two-day peel with amazing results. The process consists of applying the peel two times; one treatment on day one and then again 24 hours later. The latest in chemical peels, the technique relies on the two-day application process. From there, the skin will darken over a handful of days and then begin to peel on day five or six. About a week after the treatment your skin will look phenomenal, with a smoother texture and a minimization of fine lines and wrinkles. This ongoing transformation continues for at least six months. Plan ahead and schedule your appointments to see the dramatic, positive results.

Of course, Allure still offers dermal fillers, Botox®, and skin resurfacing, too. Rea's goal is to always provide her clients with a beautiful, fresh-faced look. She uses the best methods available to even out skin tones, control breakouts and identify the root cause of skin issues. She does this by utilizing the most advanced techniques.

In addition to the many anti-aging procedures she offers, Rea has also studied a variety of techniques for improving acne for all skin types. "You think about acne as being a teenage condition but adult acne is more common than people realize. If you have acne, know you can take control of your skin," continues Rea.

If you are seeking hair removal, Rea also has a new hair removal laser as well. The technology is the newest to the area and removes hair from all pigments and skin types. The new process is less painful the laser can treat any skin tone, including Asian, Indian, or African American. Now more comfortable, the laser is designed with a built-in cooling device. Plus, the treatment time is much shorter. Hair removal from one leg used to take an hour. With this latest technology, both legs can be done in that amount of time.

One of Rea's favorite things about her work is seeing the satisfaction people feel. "When clients first come in and they are not happy with how they look, it can impact their self-esteem. I want them to feel good about themselves and show them how we can work together on a collaborative plan. As the plan takes shape, they begin to feel better. Sometimes they have been hiding their personality behind an acne scar or hair overgrowth on their face. Once they are looking good and feeling good their outlook changes and they are able to manifest the lives they want for themselves," Rea says.

Promoting a Healthy Lifestyle

Rea and her team of healthcare and skin professionals aim to serve their guests with the utmost personalized service. Their mission goes beyond the surface of the skin. They promote a healthy lifestyle for all ages.

"It's important to take care of yourself and your skin. Always use a good cleanser that is formulated for your skin type and exfoliate to get rid of dead skin cells and encourage new skin formation. Plus, anyone over 30 or 35 should be using a moisturizer and Retinol and all ages should wear sunscreen year-round. Remember, sunrays can damage your skin even when you are driving a car," suggests Rea.

Rea is licensed in both Illinois and Wisconsin and holds two bachelor degrees, one in business from DePaul University and the other in Nursing from Elmhurst College. She is an injectable trainer for a major dermal filler company. She is also a graduate of the National Laser Institute and is an active member of the American Society of Laser Medicine and Surgery, the American Academy of Facial Esthetics and the American Society of Plastic Surgical Nurses as well as the American Academy of Anti-Aging Medicine.

On top off all of these accreditations, Rea will soon be a nurse practitioner, too. Her extensive awareness of health and healing continues which is part of her insistence that Allure stays up to date.

Rea says, **"Everything we do is evidence based. New isn't always better, we insist on scientific research to back up every treatment we use. That said, technology does improve over time. When improvements to a treatment are made we make sure all of our procedures are top of the line to provide the more efficient treatments with the quickest results. It is not about being trendy, it is about providing treatments that prove the test of time and preserve natural beauty."**

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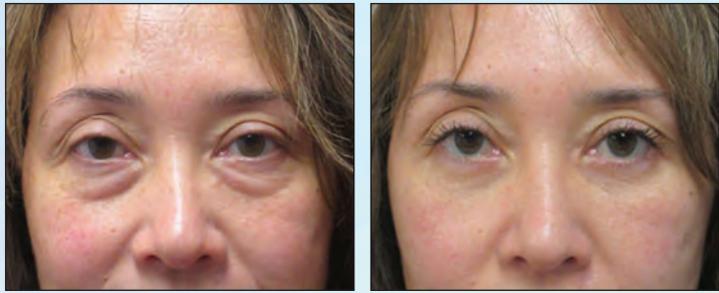
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I have been a patient of Dr. Trehan for many years and for many different procedures, from root canals to several difficult bridges and fillings and new caps and cleaning as well.

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If I encountered any problem with any procedure, I was given an appointment as soon as I could get there.

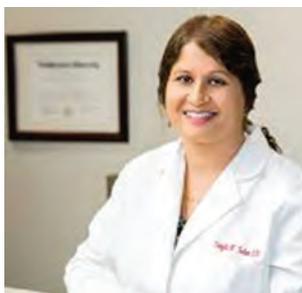
You will find Dr. Trehan professional, friendly and extremely knowledgeable and capable. This I know because I have been to many who were not.

I don't write reviews but in this case, dealing with a dentist, I felt it might help those who don't like to go to the dentist. With Dr. Trehan you can relax!"

— **Brian Jacobsen**, North Barrington



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Face Adversity Beautifully.

Written By Delilah Matos

Unfortunately, adversity is something we all will face in our lifetime. It can present itself in many different forms, such as failure or rejection, and can carry a negative vibe that feels like punishment or defeat.

Although it can feel like a monster, thinking of failure in a negative way can result in lower self-esteem. Taking it personally means you have attached yourself to the situation. Instead, think of failure as a mentor, applying these 5 TIPS:

TAKE ACTION

Take control. Okay, so you've experienced failure - you can accept it, but do not attach yourself or emotions to it. Quickly move forward by taking immediate action toward your next goal. Learn from your mistakes and those of others. Mentors, coaches, colleagues, and leaders are in a position to teach because they have made mistakes and experienced adversity. Failing along the way is what gave them the wisdom to lead and teach others.

ACCEPT OBSTACLES

Provided you maintain a "student" mentality, with failure viewed as a mentor, it can provide you with valuable lessons. Failure is not the opposite of success, but a requirement for success. While many may feel otherwise, experienced entrepreneurs understand that success and adversity are inherently connected. Just as you cannot arrive at the top of a mountain without traveling through the bushes, trees, and boulders along the way, in business, the obstacles are there, as well - there is no way around them.

LOOK FOR THE STORY

Adversity makes for the best stories. Some of the most influential people on earth have faced an overwhelming amount of adversity. Not only have their failures served to make them stronger and wiser, but they have also provided a vehicle through which they can relate to their audiences. A good story goes along way. Successful people build their empires on the backs of their failures.

BE HUMBLE

Adversity gives you a humble perspective reminding you that there is room to grow.

Imagine the arrogance of someone who feels they have learned everything. Nobody enjoys spending time around someone like that. People want to know their leader has had a few bumps and bruises of their own. Life is much more fulfilling when you are humble enough to embrace the mindset of being life's student and stay open to ways you can improve.

CELEBRATE LITTLE VICTORIES

Build off of the small victories. This is sometimes difficult to do, but it can be a beautiful thing. With each small victory, you lay another brick to build your empire. Do not dismiss small victories. It is good to reach for the stars; however, remember that good things come in small packages. There is so much truth in this saying. Believe it.

You are capable of the most beautiful knockout of your life. Put on your armor, get those dukes up, and give the adversity that your dealing with right now a good punch!

Keep Fighting Beautifully,
Delilah



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Summer Sun-Safety - Protect Yourself and Your Family from the Sun's Damaging Rays

By Kimberly Blaker

My worst sunburn ever was from laying out on an overcast day. I didn't expect to get much of a tan, let alone sunburnt, given the conditions. I was especially unconcerned since I couldn't see any color change at the time. But by evening, my skin was pinkish-red, and the pain set in. I couldn't wear clothes and had to call in sick for two days.



Aside from a serious sunburn, there are other equally important reasons to take extra precautions in the sun, especially during the hot summer months.

Skin cancer is the most widely recognized health problem resulting from sun exposure. To reduce your risk:

- Avoid afternoon sun.
- Apply sunscreen with an SPF of 30 or higher at least fifteen minutes before you go out and then reapply every two hours.
- Look for products carrying the Skin Cancer Foundation's blue seal of approval.
- Wear clothing that covers your arms and legs as well as a hat to shade your face.

According to the Skin Cancer Foundation, a sunburn on a baby can be much more serious and result in high fever, dehydration, blistering, and heatstroke.

The sun's rays also damage our eyes. Exposure can cause cataracts as well as damage to part of the retina, cornea, and lens. Cheryl Khanna, M.D. of Mayo Clinic recommends wearing sunglasses that block 99 to 100 percent of UVA and UVB rays. Also, some sunglass

designs offer better protection. The best designs to block out as much UV rays as possible are wrap around or close fitting glasses.

The risks of dehydration and heat exhaustion also increase during warmer months. It's important to drink several glasses of water every day of the year, but especially during the summer months. If you'll be in the sun or heat for any length of time, carry plenty of water with you. Better yet, carry sports drinks, since they contain electrolytes. Also, try to restrict outdoor physical activity to cooler parts of the day.

Special Considerations for Babies

Sun exposure also increases the risk of cancer to children. This is of particular concern for babies because of their sensitive skin. According to the Skin Cancer Foundation, a sunburn on a baby can be much more serious and result in high fever, dehydration, blistering, and heatstroke.

To protect babies from the sun, keep them out of the direct sun from 10 am to 4 pm. Dress them in lightweight clothing that fully covers their bodies. Keep their heads covered with hats or sunbonnets with 4" brims.

For travel, place babies in the center position of the back seat, or cover the car windows with UV-blocking film. Also, to keep infants and young children hydrated, carry Pedialyte, which is an excellent source of electrolytes.



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With summer fun in the air, why not relax and enjoy the great outdoors over the weekend?

But before you grab your beach bag, be sure to stock up on natural skincare products with sunscreen, such as the SPF line from MyChelle, to protect your skin in the summer months. Using products with SPF is essential to counter wrinkling, premature aging, and other more aggressive forms of cellular damage.



Crystal Lake Beaches and Lake in the Hills Beaches

From Memorial Day to Labor Day, Crystal Lake Beaches are officially open for the summer season. Visit Main Beach and take advantage of the bath house, fishing pier, boat launch, and picnic areas. Or, head to West Park for some sandy fun.

Indian Trail Beach and Butch Hagele Beach are also ready for sun lovers come summer time. Both beaches are open from sunrise to sunset.

BBQ with Friends

If you are looking for Summer weekend ideas but aren't feeling beachy, try staying closer to home and inviting friends over for a BBQ. When you host a BBQ, you can enjoy the outdoors on your own time schedule. You could even take a bike ride or enjoy a parade before everyone flocks to your house for the summer tastes of picnicking and grilling out.



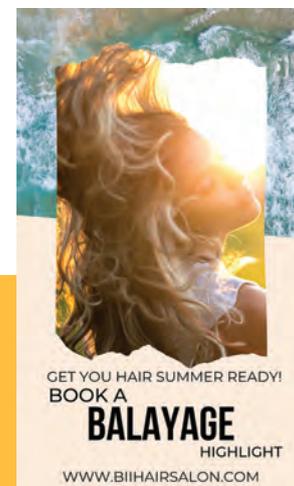
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After you've had your fun in the sun, nourish your skin with the Total Swellness CBD line from FarmHouse Fresh. CBD has brightening, soothing, and skin repairing properties. Stop in our new Bii location in Crystal Lake for a few CBD products before the holiday weekend. Then, you can mellow out and let your skin soak in the hydration after

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Attorney Thomas Fezzey Provides Peace of Mind

Committed to helping people out of difficult situations, Thomas Fezzey provides high-quality law services, whether clients are exploring bankruptcy or juggling pending real estate transactions.

Thomas understands the impact financial issues have on every aspect of a client's life. He has seen his work improve people's lives and is dedicated to helping individuals through stressful financial hurdles, such as bankruptcy.

"One of my first bankruptcy cases was helping a couple in their 60s. The husband had been in textile business and was a diligent employee but the business had gone overseas. He lost his job. His wife had health problems. Then, they lost two of their children. They had battled so much hardship. I walked them through the bankruptcy process and when it was over the wife asked to give me a hug. She said she finally felt some control. I knew then I could use my skills to provide families with relief."

Practicing law in DuPage County for 24 years, Thomas has helped individuals through the bankruptcy process for a variety of reasons; job loss, business failure, divorce, and medical bills. Often a combination of forces pushes a family into a situation they never thought they would encounter. For example, a job loss leads to a lapse in health insurance and then a health crisis causes medical bills to add up.

"There is a shift in bankruptcy client's attitudes from the first to the last visit, it's like the clouds lift and it's a sunny day.

People don't want to see me at first, they are ashamed. But once they do they feel like the weight of the world is off of their shoulders."

Another surprise to clients is that their credit scores typically go up, not down. After bankruptcy, Thomas recommends clients who are concerned about their credit scores apply for two cards. Likely they will have low limits but if an individual only uses 30% or less of the available credit and pays each bill in full, they will quickly see their credit scores rise. Likely faster than they thought possible.

Another huge financial hurdle for families is buying or selling a home. If you don't have an attorney during a real estate transaction things can get complicated—and expensive—fast. Thomas is available to be sure everything goes smoothly, drafting documents for a seller to sign and helping buyers to understand their rights within a contract.

"I highlight the parts of the contract a client needs to be aware of, letting buyers know of the home inspection timeline and monitoring the loan application process they won't lose earnest money. And that is only the top layer, there is a lot of nuanced language throughout a real estate contract."

If your finances are insurmountable or if you are considering entering a real estate contract, call Attorney Thomas Fezzey. During your free consultation, Thomas takes the time needed to explore options for your financial future.

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Kathy Devyak is a licensed professional cosmetologist with certifications in hair replacement. Her more than 30 years in business makes her an ideal resource for women of all ages whose hair is thinning or lost due to chemotherapy, Alopecia, heredity or other conditions. Clients visit her salon and privately consult with Kathy to choose a look that compliments their face shape and skin tone. Next, she fits, cuts and colors wigs to their exact style and length preferences.

Every morning was a struggle, working with less and less hair trying to make it look "normal." I spent a fortune on hair products in an attempt to conceal my appearance. Kathy provided the answer for my problem by restoring my youthful appearance". -Jennifer

"My consultations are tailored to every woman's needs and preferences. I share many "before and after" examples in my portfolio to show how they can look healthier, prettier and more confident. Then, we work together toward 100% satisfaction."

Kathleen's Creative Expressions also provides turbans, sleep caps and hats for women who prefer alternative head coverings as well as eyebrow kits that create perfectly-shaped eyebrows in seconds. Stop in today to see the full array of possibilities. Let Kathy offer the emotional and physical support you need to look and feel your best.

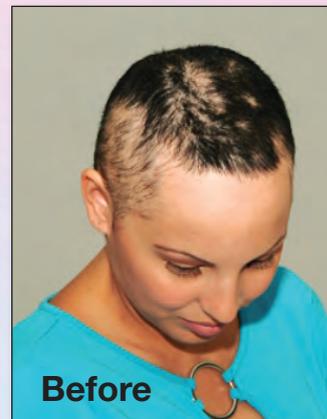
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OK, Suburban Woman Readers. By now I hope your gardens are shaping up. Hopefully you bought some new perennials, you've planted some annuals, you're trying a couple new things, it's all looking kind of perfect but it is NEVER too late to add just a few more things in those empty spots.



Don't forget one of my favorites...putting stuff where it doesn't belong. Yup, I put a patio cherry tomato in a big raised container with parsley and nasturtiums and put it where we pass by every day on the way to the mailbox. It used to have flowers. Sigh! So yesterday!!!

Persnickety kids will often embrace food like green beans and tomatoes, picking them fresh while IN the garden but wouldn't Dream of touching it on a plate in the kitchen. Hey, I don't mind a parsley stalk or green bean for a little handy snack myself. By the way, nasturtiums are the Best flowers after chive blossoms placed in your favorite tossed salad. Snip up some nasturtium leaves too. So zingy! Let your kids try those! All your hot pepper fans will adore these.

I am doing my crazy combination driveway edge as usual. Visualize alternating nodding onion plants and prairie smoke (both native and perennial) going along the driveway with purple cabbages interspersed. Once those cabbages get up to size, it is definitely a "WHOA!!" moment. There is also a big section of chives, flowering as I write this article. In bloom, they are gorgeous, in summer they are Always perky and green and never flop over. Plus a big bouquet of those chive flowers on top of holiday potato salad—spectacular! And of course, the question on Everyone's lips about Your dish-to-pass, "Are they edible??" "Did you grow those yourself?" Aren't we proud?? And wait until they find out they are perennial and can ask for a piece of the plant from your yard. I'm always saving somebody \$\$\$.

**I know, about this time, you Do have questions.
SO WHAT ARE YOU GOING TO DO?????????**

ASK Kay THE GARDENER!!!!!!!!!!!!

Simply email me at kaymac60423@yahoo.com or call me 815-469-1294 or check my website www.MilkweedForMonarchs.info. I Want To Hear From You!!! *I am the last person left on earth who will actually call or email you back.*

I always get questions about which plants are native, which are good for pollinators, are they all perennial, so I thought I'd throw some lists of classic plants that are good reliable bloomers at you this issue. Of course, I grow a lot of these, well, actually ALL of these and remember, I never recommend a plant I don't Love. Natives Love our hard Illinois clay and are used to our Illinois rain cycles, even Spring 2019. They grew up right here for thousands of years so, they'll be good enough for your garden and pretty too and best of all, do Not need to be replanted every year and will save you money. You Know you love that!!

Natives For Full Sun – that means All Day-of course, Your Favorite Gardener will tell you to push



Rattlesnake Master (Sun)

the envelope and try some of these in partial shade. Ready? Buy all the coneflowers, all the asters – some of these are short too, blazing star (*Liatris*) varieties, leadplant, all the milkweeds, Obedience plant, goldenrods, spiderwort (comes in lots of colors) rattlesnake master – odd looking, will Not save you from that rattlesnake bite, bee balm, foxgloves and lupines, dropseed and little bluestem for grasses.

Partial Shade Natives – columbines, shooting stars, blue flag, blue and red lobelia – hummingbirds love them, Joe Pye weed – pollinators adore it, nodding onion, wild geranium and wild phlox.

Shade Loving Natives – All the woodland plants such as bluebells, Jacob's ladder, mayapple, jack-in-the-pulpit, wild American ginger – great ground cover, trilliums, bloodroot – used by Indians as a dye, all the Solomon's seals including false Solomon's seal, all the ferns. All of these together make Fabulous



Jack-in-the-Pulpit (Shade)

woodland combinations under your trees with some big leaf hostas thrown in (not native.)

The next question is, Where do I find this stuff? No, not the Big Box Store Those stores sometimes spray their plants with bad stuff that will kill your bees and butterflies. You need to find your close-by reputable garden center. You'll know you're in the right place if you ask employees for help and they can answer questions, come up with suggestions you like and have most of the plants on your list. (Hmmm. There is that clever suggestion again about making a list and taking it with you to the nursery.) Chicagoland has lots of these wonderful stores with killer plant inventories.

Well, fans, that about wraps it up for today. Just remember to contact me with your questions and plant and gardening techniques you'd like to read about.

Last Thought: Don't forget to show some LOVE to our monarch butterflies. They should be in Chicagoland Right Now! Be Sure to buy a couple perennial milkweeds for your yard (skip common milkweed – *Asclepias syriaca* – a little aggressive for suburban yards) They are all lovely and those milkweed plants in your yard may be the very thing to help save passing monarchs. Remember, female monarchs will only lay eggs on milkweed so if there are no milkweeds, whoops! No monarchs. They use all the other plants mentioned above for food.

Want to know more? Watch your Favorite Gardener's video on [youtube.com](https://www.youtube.com), 2018 Update Kay MacNeil Milkweed To Monarchs.

Garden Writer and Monarch Activist Kay MacNeil gardens with wild abandon on a one-acre lot in Frankfort, Illinois. All the plants listed above? She's got 'em! And MORE!!! Watch for her Monarch Billboards this summer and be sure to email her if you see them.



Cardinal Flower
(Red lobelia-partial shade)



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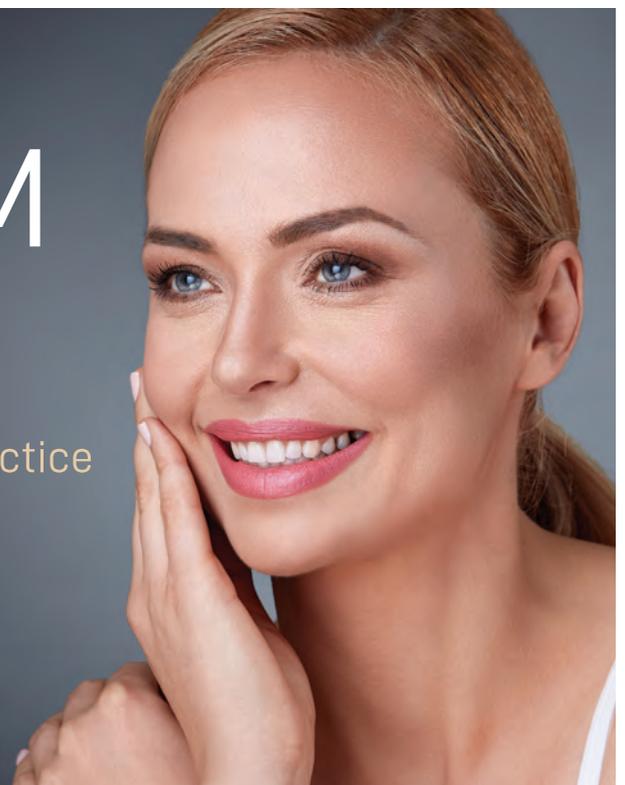
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Bii Salon & Shop hosts a Cut-a-Thon to support CASA, Bii Cause every child deserves a voice

CRYSTAL LAKE – Bii Natural Salon & Shop, a business committed to the community, is hosting a charity Cut-a-Thon on Saturday, July 27, from 12-4 p.m., to raise money for Court Appointed Special Advocates (CASA) of McHenry County. CASA provides advocates for abused and neglected children.

“Recently, after the AJ Freund tragedy, CASA McHenry County made a call of action and we knew it was time to get involved. Hosting this year’s Cut-a-Thon is our way to give back and support the cause and mission of CASA,” says James Gartner, Chief Creative Officer of Bii.

The Cut-A-Thon will be at Bii Hair Salon’s Crystal Lake location at 12 Crystal Lake Plaza. The event is an opportunity to get a haircut from a Bii-certified hair artist while supporting the lives of children. Each haircut is \$35 and all proceeds are donated to CASA. Plus, 10% of all retail earnings will be donated.

“We have deep roots in the McHenry County area and are committed to strengthening our region while healing as a community. We have partnered with other businesses for Cut-a-Thons before, to raise money for other local charities. For us and our neighbors, it is important we respond to CASA’s call to get involved,” continues Gartner.



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***Walk-in’s are welcome and are based upon availability**

About CASA

The mission of CASA is to support and promote court appointed volunteer advocacy in McHenry County which provides abused and neglected children a voice. To learn more about CASA of McHenry County, visit www.casamchenrycounty.org.

About Bii

Bii Hair Salon & Shop is dedicated to a beautiful present and a healthy future. By choosing products that are high performing, ethically sourced, and formulated with eco-friendly ingredients, Bii Hair Salon & Shop is devoted to keeping you beautiful while maintaining a healthy environment. For more information, visit www.biihairsalon.com Please call 847-428-8821 to schedule a cut for the cause.

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Dr. Warren earned her undergraduate degree from Stanford University, her medical degree from Northwestern Medical School, and was Chief Resident in OB/GYN at Rush Presbyterian St. Luke's Medical Center. She is well-known for her comforting bedside manner and relatability with patients that has led to caring for multiple family generations.

"I've had patients for over 25 years and I am now caring for their daughters. It's important to me to develop that level of trust and confidence."

"No one will do it for you."

Suburban Woman interviews Michelle Smalenberger

Tell us about your entrepreneurial journey. How did you come to own a business?

I have always had the thought that I would one day own a business although I wasn't exactly sure what that would look like or when it would be. During college, I worked many different jobs when not in class. I worked with a psychiatrist keeping his accounting records and client files up-to-date as well as filing insurance claims. In the evenings and on weekends I was an usher at the college coliseum for sporting events or concerts.

Through both of these jobs, I learned that I enjoyed working with people and I liked numbers.

And so began my career in financial planning. After graduation, I was selected for a position at a firm where I worked my way up from learning operations to the firm Vice President over twelve years. I have always been a motivated person who believes I can do more and be better. This is one of the core beliefs of which we launched our firm.



Michelle Smalenberger

Have you ever found yourself "in over your head"? How did you get through that? How did you grow?

There have been times that I have looked back in wonder of what has accomplished. Often thinking, "Who was it that just did that?" I often step out initially because I'm confident I can do or accomplish something but in the middle, doubt often creeps in. Sometimes that has been a feeling of being overwhelmed with too much going on at once or the size of the project.

When I'm in this place, I stop and remind myself that I am not alone. I have the strength of God and encouragement of others to help! If I'm tired with a long list of things still to do, I just stop and pray. I will read scripture to be reminded of how the Lord goes before me. The times of being "in over my head" remind me to slow down and embrace seasons of trust and rest.

The picture in many people's mind is that business ownership is smooth sailing, lavish vacation homes, big expense accounts and more. Am I describing your life?

Not exactly. I will say that business ownership can allow for flexibility to choose things you may not be able to otherwise. This can be in how you spend your time, what hours of the day you work or how much work you take on. The possibilities are endless and as the business owner you get to choose.

I do believe as your business matures and if you manage it wisely, you can absolutely get to a point where you may choose to have those things. Again, that is your choice. It takes managing your success wisely to keep your business producing at high levels year after year.

I know it is possible to create a business where you can choose to live how you wish. However, the responsibility to create that business is on you and you're the one to see it come to life.

Business ownership can be a lonely road. Who do you go to for guidance and help in your business and life?

Every business owner needs a network of support! Surround yourself with friends, family, colleagues, mentors and others who believe in you enough to be honest and to be your cheerleader. A network of like-minded business owners is also necessary. Through Christian Business Fellowship (CBF), I have found other women who truly understand the business issues that I am dealing with. They encourage me and speak truth to me. This is a group of people (men and women) who understand business ownership and desire to stay grounded in the process of success.

What advice would you have for business owners out there or those who would like to be a business owner someday?

Whatever you are doing today, do your very best!

Sign up for every opportunity to learn regardless of whether you think that task or assignment is "below" you. Learn everything you can about running a business. Attend a local CBF chapter meeting so you can hear from a variety of business owners at various stages in the life of their business.

No one will do it for you. Even if you are handed a great opportunity, you have to be able to take it and run with it in order to succeed. Success is possible. Even if it sounds hard it is rewarding!

What motivates you every day to do what you do?

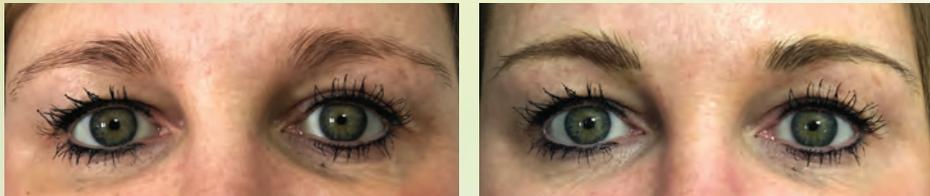
I am motivated every day by the belief that I can do more and be better. I can always improve and I can always do more for people. I love helping others so they too can become the best they can be!



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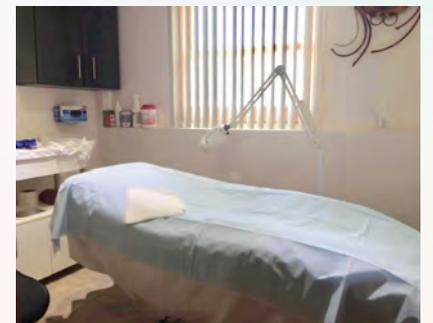
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Ingredients

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- 1 cup cucumber - peeled, seeded and chopped
- 1 cup chopped red onion
- 1 clove garlic, minced
- 2 cups chopped fresh basil
- 1/8 cup chopped fresh thyme
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar

Directions

1. Rub a peeled clove of garlic around a wooden salad bowl.
2. Pull apart or chop the bread into bite-size pieces.
3. In the prepared salad bowl, combine the bread, tomatoes, cucumbers, red onions, garlic, basil and thyme. Add enough olive oil and vinegar to lightly coat, toss and serve.

Enjoy!

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Herbal Answers for Anxiety at All Ways Healthy



Carole Childers
C.N.L., D.N.

At All Ways Healthy, you will always be greeted by professional, friendly and knowledgeable staff led by the store's owner; certified and licensed dietitian nutritionist Carole Childers (LDN, CN). Carole and her staff have extensive experience helping customers find answers to their health-related questions.

As a culture, we are currently facing an epidemic - it's called anxiety. Adults as well as, over 40 million youth under the age of 18 are now being affected by anxiety disorders. Symptoms often begin around the age of thirteen. Some of the signs and symptoms of anxiety in adults and children may include suffering from panic attacks, stomach issues and digestive problems, muscle tension, trouble sleeping, dry mouth, irritability or anger and the inability to concentrate.

Natural approaches that may assist with anxiety disorder include the practice of mindfulness, meditation, prayer and deep breathing. Other daily routines that may help relieve tension involve proper time management, eating a healthy balanced diet and consistent exercise. Using essential oils or getting regular massage can also be help in managing anxiety.

All Ways Healthy also offers a number of safe and effective products to assist with anxiety. One of Nutritionist Carole Childers' favorite natural products is called AnxioCalm® which contains a unique form of Echinacea studied to be helpful for anxiety. Additional favorites include CBD oil, L-theanine, homeopathic remedies specifically formulated for anxiety and All Way Healthy's Relaxation Support. If you are taking any medication please consult your doctor before beginning a new regimen.

All Ways Healthy has extensive experience in helping people on their journey to health and wellness. Customers can schedule a one-on-one consultation with Nutritionist Carole Childers to focus on their specific health needs or stop in the store and speak with any of their knowledgeable staff.

All products - supplements, groceries and cosmetics at All Ways Healthy have been carefully selected by Carole and her staff to meet rigorous standards for quality and value. Whether you have special dietary needs or are simply looking to live a more natural, healthy life, you can be sure of an outstanding selection to help you achieve optimal wellness.

All Ways Healthy Lake Zurich store is located in the middle of Lakeview Plaza Shopping Center at 123 South Rand Road.

Our store hours are 9:30 am - 8pm Monday - Friday, 9:30 am - 6 pm Saturday, and Noon - 4pm Sunday.

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PILATES — what's the story?

Pilates is named after Joseph Pilates (b.1883), a German athlete who overcame a chronically-ill childhood to excel in gymnastics, martial arts, and bodybuilding. Upon emigrating to the U.S. in 1926, Joe Pilates advanced his "Pilates Method" with techniques from sports as diverse as yoga, boxing, diving and dance.

Club Pilates' popularity is exploding as people learn of its body-transforming benefits and ongoing health value. As Pilates strengthens your abdominal core - the body's central support column - you'll enjoy better posture, balance, flexibility, and strength - not only when working out, but all day long.

Pilates is for everybody. From couch potatoes to trained athletes, from teens to adults to seniors, Pilates is the proven way to a healthier lifestyle and better mind-body balance - and Club Pilates is the place to get started on your best self! Pilates is the path to a fuller, more satisfying physical existence. We believe that being in control of your body helps you to be in control of your life. And best of all, you can start anytime.

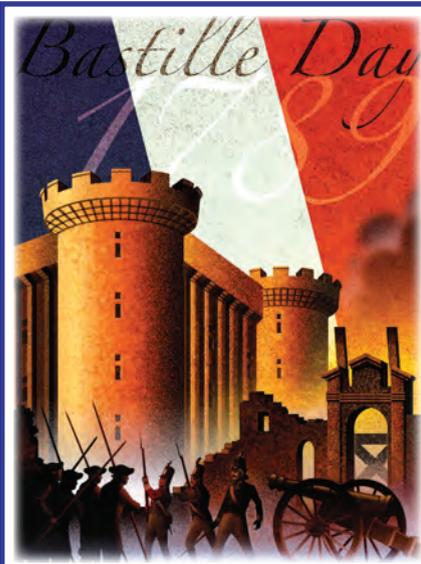


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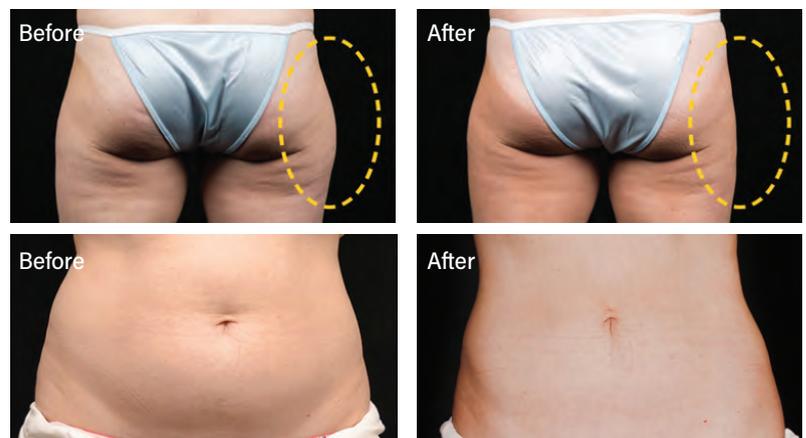
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