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November/December 2019

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suburban
MARKETING
SMG GROUP

Springer/Orser
DENTISTRY

Comprehensive Dentistry Built on Long Lasting Relationships

The Power of a Smile

Mood Boost

57% of people say that a smile from a stranger makes them want to smile, and **41%** say a smile from a stranger elevates their mood.

Share the Love

92% of respondents believe a smile is a great way to brighten someone's day.

Life Span

Smiling can add **7 years** to your life.

Happiness

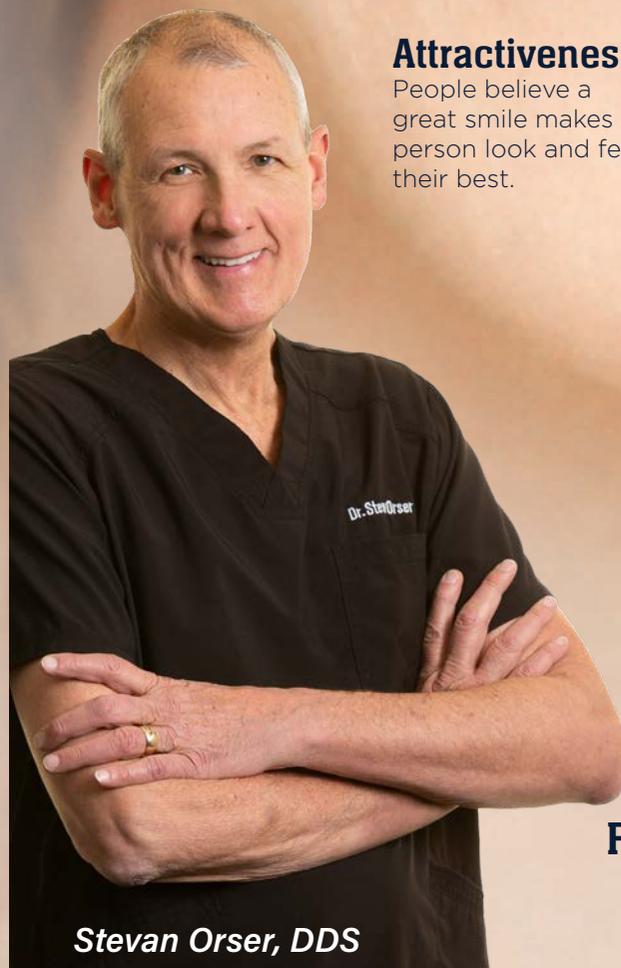
88% of respondents say smiling makes them feel good

Attractiveness

People believe a great smile makes a person look and feel their best.

Overall Health

Smiling can boost your immune system



Stevan Orser, DDS

1845 E Rand Rd
Suite 200
Arlington Heights
847-268-3039

For more information
see page 2



Ryan Springer, DDS

Comprehensive Dentistry Built on Long Lasting Relationships

Beautiful, Natural Results

General Dentistry • Cosmetic Dentistry • Implant Dentistry



Dr. Springer is the best dentist I have ever been to. He isn't only a dentist but a human being who actually cares about the patients.

- Christine



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Our Practice

For over three decades, our dedicated dental team has offered patients a variety of cosmetic, restorative, periodontal, advanced, and preventive treatments. Our practice is dedicated to helping every patient achieve their best oral health. We work individually with each patient to help enhance the look, feel, and function of their smiles. *Accredited Member American Academy of Cosmetic Dentistry(AACD)*

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.

www.springerorserdentistry.com

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PENNINO FAMILY DENTISTRY



Doctors Chase, Doug and Connor Pennino

FAMILY FOCUSED AND PATIENT CENTRIC



Amy Pennino

Our family cares

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.

From our family to yours, we invite you to come and experience Pennino Family Dentistry for yourself!

BEFORE



AFTER



Actual Photo of Dr. Connor's patient using cosmetic bonding to recreate a healthy and beautiful smile

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I have been going to Dr. Pennino for 13 years. He and his staff are always on time, cheerful, and make you feel very comfortable. His two sons have since joined the practice. I have had them each now and they were Great!!

Anna Marie N. ★★★★★

Always welcoming new patients! Call 224-655-5648



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If you are experiencing any of the following symptoms, you may have vein disease:

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- Leg Swelling
- Leg Rashes
- Heavy/Tired Legs
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- Restless Legs



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Letter from the Publisher

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What do people think when they hear your name?

I've been contemplating this question recently as I'm (Tim) preparing to give a presentation on building your personal brand.

Big and small businesses aren't the only ones with a brand we all have one, whether we like it or not we all have and are always building our brand.

When people think of you, what do you want them to believe? Cheap? Liar? Cheat? Arrogant? Hurried? Condescending?

Yikes!

"Your Brand is what other people say about you when you're not in the room" (Jeff Bezos)

In a world where people only remember and talk about the dirty laundry, we must go above and beyond to build a strong positive brand.

So often we lack the brand control, the personal self-control to stay measured.

Your reputation is your brand, "what people say about you when you're not in the room."

Kind! Gentle! Loyal! Generous! Power Under Control! LOVING!

These are some of the things we should be aiming for in our brand.

Here is our challenge for you this issue, think about your brand. Once you've wrapped your mind around it, consider, do you need to change some things to alter people's reality of who they think you are?

A great place to start is by developing a personal mission statement; the outflow of these few sentences are your brand. The decisions you make, the interactions you have, the way you view people and the world flow from this statement of who you are.

"It takes a lifetime to build a good reputation and a second to destroy it" (Warren Buffet)

Here is my mission statement to offer some guidance on what a mission statement looks like.

I want to lead towards a positive influence in all my areas of my life. I will seek to build through hard work, kindness, and a passion for success. Lauren then Lincoln, and Rhegan will always be number one next to God. Through believing the best about others, listening and laughing, I will strive always to be positive, make people, businesses, and situations better and profitable.

Lauren and Tim Neff, Publisher's
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CYNTHIA STEIMLE, M.D.

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- American Board of Thoracic Surgery
- American Board of Surgery
- Former Chief of Surgery at Sherman Hospital

Former Medical Staff President at Presence St. Joseph Hospital in Elgin.

Dr. Steimle has been performing open heart surgery, complex blood vessel surgery, and intricate chest surgery for over 20 years.

We offer the most advanced treatment in

- Varicose Veins (large ropey veins)
- Symptoms of Venous insufficiency including swelling, leg pain or ulcers
- Reticular Veins (bluish surface veins)
- Spider Veins (reddish surface veins)

We also offer non-surgical treatments in:

- BBL (Broadband Light) for hair reduction and pigment removal
- Pico Genesis Laser for skin revitalization



For discounts, recipes, and healthy tips, find us at: www.facebook.com/VeinandLaserCenter



All procedures at the Vein and Laser Center of Elgin Cardiac Surgery are performed by a board-certified cardiothoracic surgeon. Working with us are two registered vascular ultrasound technologists, a certified surgical assistant, and an ACLS certified registered nurse. We are members of the American College of Phlebology. This makes the Vein and Laser Center of Elgin Cardiac Surgery qualified to treat all venous disorders from spider veins to severe leg ulcers.

Healthy Legs Help Lead a Healthy Lifestyle



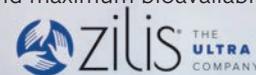
I have had vein work several times at the Vein and Laser Center. Dr. Steimle and the entire staff are very compassionate. They are marvelous and highly capable. We even laugh! My highest recommendation."

– Kristine L.

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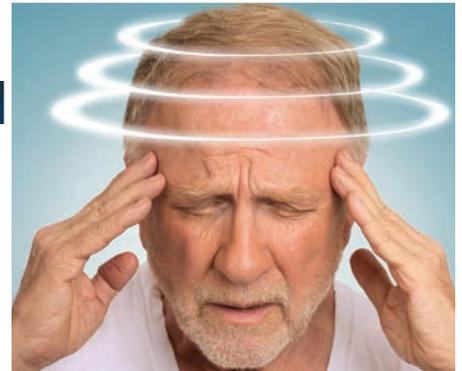
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Did You Know?

Falling, fear of falling and lack of balance is not a result of age.

Good balance is normal at any age.

- 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.
- Loss of balance can be caused by the aging process, accidents, viruses, heredity traits and change of weather.

We are the only facility in the Chicago Suburbs with a Comprehensive Dizziness and Balance Program. Using Cutting Edge NASA Based Technology! Serving the Community since 2005

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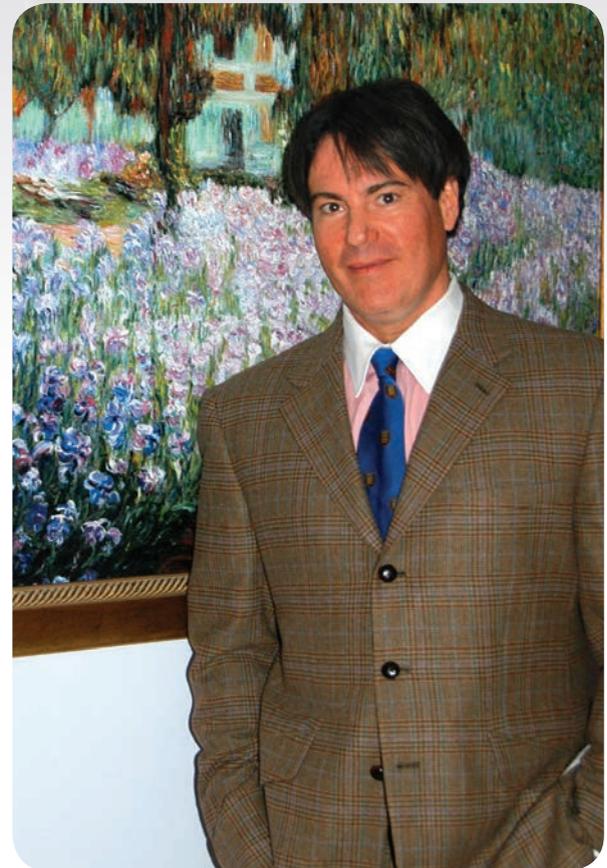
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As an American Board of Plastic Surgery certified plastic surgeon, uniquely trained in Beverly Hills and with extensive experience in advanced Aesthetic Plastic Surgery, I specialize exclusively in making individuals look better... not different, and natural...not surgical. More than just words, I invite you to experience the difference.

My goal is to help you achieve healthy, balanced, and natural looking improvements in your personal appearance with minimal discomfort and downtime.

I strive hard to provide you with as much information as possible, such that an informed decision can be made and realistic goals achieved in a confidential, safe, and supportive environment.

My personal approach to aesthetic plastic surgery is simple: I treat each person before, during, and after surgery as I would wish to be treated if I were a patient. My practice is therefore dedicated to providing only safe and effective procedures in advanced aesthetic plastic surgery.



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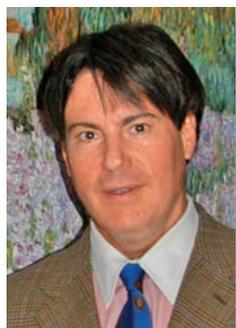
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Gregory Michael Bazell, MD

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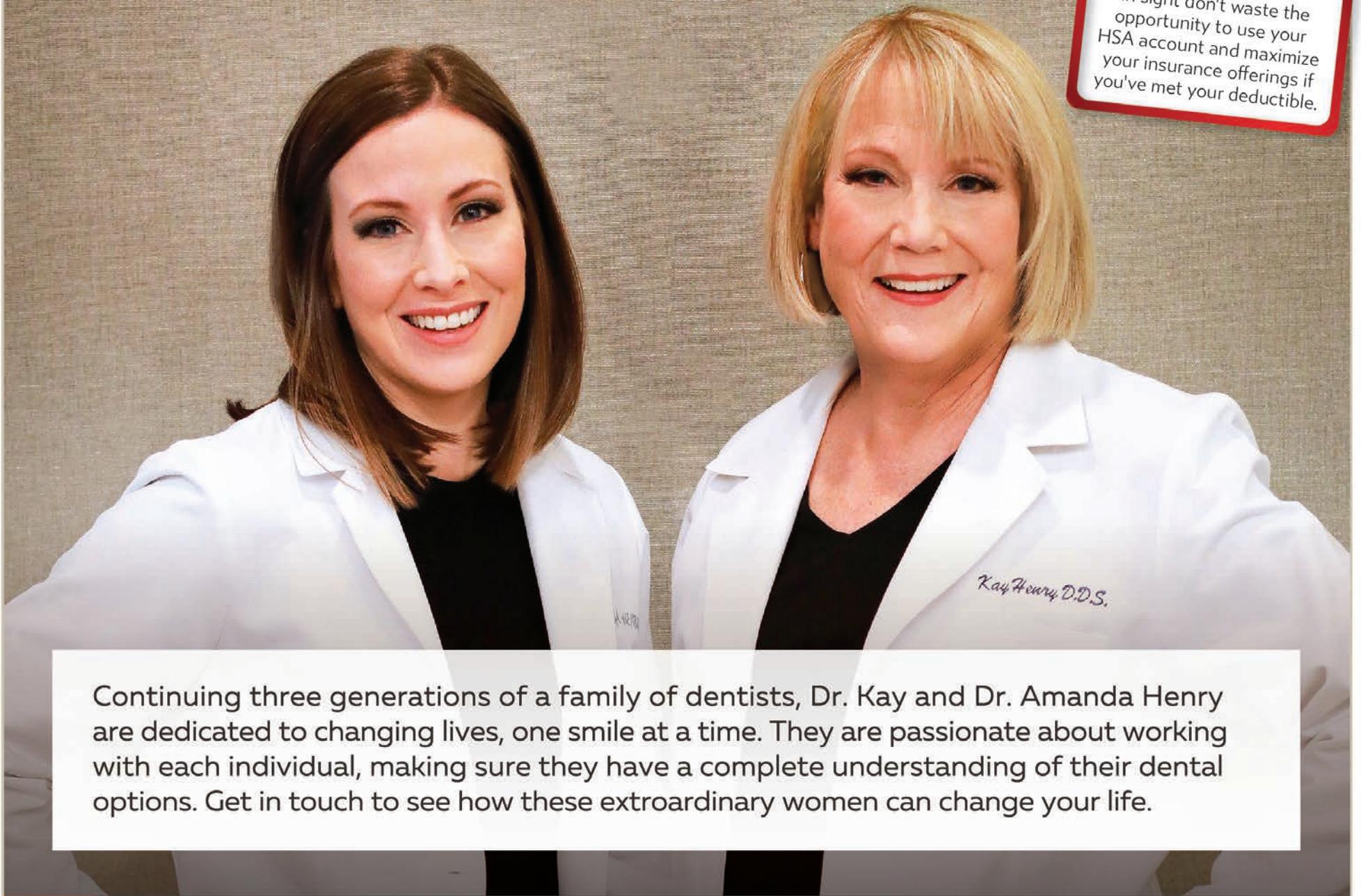
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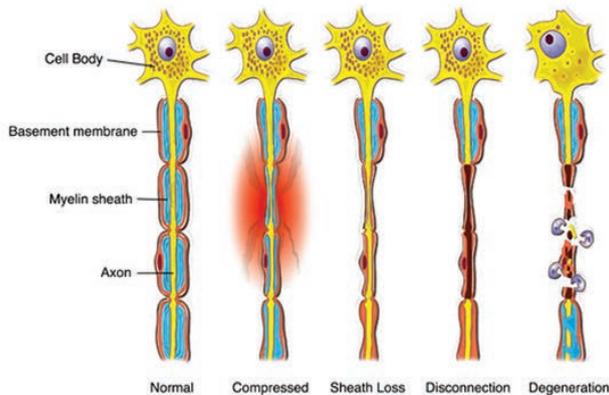
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WHICH OF THESE *Neuropathy* SYMPTOMS DO YOU SUFFER FROM?

If you suffer from a Single one of these Tortuous Symptoms – Numbness, Tingling or Sharp Nerve Pain – Then the Facts Below may be the Most Important You have ever read in YOUR LIFE.

Neuropathy affects every part of your life walking, sitting, and even sleeping.

Do You Have Any of the Following Symptoms?

- Pins and needles feeling
- Tingling or burning sensations
- Sharp shooting or burning pains
- Numbness in the hands or feet
- Weakness in the arms or legs

If so you may have a condition called peripheral neuropathy.

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.



Why not get help by those trained to correct the major cause of peripheral neuropathy?

Often neuropathy is caused by a degenerating spine pressing on the nerve roots.

This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The Single Most Important Solution To Your Neuropathy:



By using gentle proprietary techniques, we're able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away. What this means is that with our care, you could soon be

enjoying life without those aggravating nerve problems.

It Promotes Rapid Healing

Laser Therapy is an outpatient, non-surgical procedure, often used in physical therapy and sports medicine to accelerate the healing process. It offers non-invasive treatment to promote healing for those who suffer from pain in muscles, nerves, and joints, like that associated with chronic pain. This same laser is used by professional sports teams including the New York Yankees and Cincinnati Bengals.

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body's natural healing processes, providing pain relief and reducing injury damage. This leading edge technology has an impressive success rate of returning patients to work, sports and competitive activities, as well as everyday life. Patients treated with the Class 4 High Power Laser Therapy often show a higher level of function, both during and after the treatment period. The therapeutic laser provides a tremendous alternative for those facing surgery.

How To Find Out If This Will Work For You

It's time for you to find out if these treatments will be your neuropathy solution.

What does this offer include?

Everything. Take a look at what you will receive;

- An in-depth consultation about your health and well-being, where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A thorough analysis of your exam and x-ray/mri findings so we can start mapping out your pain to being pain free.
- Class 4 High Power Laser treatment
- Neuro-Med Nerve Stimulation Treatment
- Pulsed Electromagnetic Field Therapy
- Back-On-Trac Therapy

You'll get to see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

The appointment will not take long at all. And you won't be sitting in a waiting room all day either.

Here's what our patients have to say:

"4 months ago I came to see Dr. Song with pain in my upper legs and numbness in my lower legs. On a scale of 1-10 the pain was between a 7 or 8. It only took a few visits for me to start getting some relief from the pain and now my pain level is down from 7 or 8 to 1 or 2." -James R. Randle

"I have been suffering from severe back pain and neuropathy for around 5 years. A few months ago, I came to see Dr. Song for my initial evaluation. Dr. Song went over his plan of care with me and I was optimistic but skeptical at first. I had a failed back surgery in March of 2013 and recent stem cell injection which left me with the same severe pain I had before. A few weeks after, I decided to come back to follow through with Dr. Song's plan to relieve the pain in my low back. It has been 5 visits since then and I couldn't be more pleased with the progress in a short amount of time. Since the treatments started, my pain has been relieved about 30% and my functionality has doubled. I thank Dr. Song for giving me my life back."



Dr. Christian Y. Song

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Permanent makeup is also referred to as micropigmentation and cosmetic tattooing. To achieve this natural elegant look, Wanda designs and customizes the coloring to achieve your beautiful convenient enhancement. The technique is done by gently inserting special pigments just under the epidermis of your skin, thereby creating your new eyebrow, eyeliner or lip shape.

Permanent makeup is not only for women either. Wanda also provides these services to men. Treatments for scar camouflage, thinning brows, vitiligo spots and eye enhancements are frequent requests.



Cosmetic tattoos are having a renaissance. Microblading, also known as microstroke, hair stroke, 3D and embroidery, has gained global success since it was introduced to the United States in 2014, and is taking the beauty world by storm. Microblading is a hair stroke method of cosmetic tattooing done manually with a row of very tiny needles and gives the appearance of additional hairs. This technique is not always appropriate for everyone, but there are several other art techniques such as microfeathering, shading, powder fill and ombre, available to achieve a natural result.

Lip blushes and lip color are now becoming very popular and add to the elegant and natural enhancement of your face. Eyeliner is stunning, with different colors, styles and widths to choose from. **Kiss lengthy makeup routines goodbye! You can literally get up and go!**



Cosmetically, the most popular procedures include eyeliner, lash enhancement, eyebrows, lip liner, and full lip color. The eyeliner or lash enhancement creates the look of thicker lashes and beautifully frames the eyes. Eyebrows that are sparse, missing or shapeless can be filled in or more evenly shaped. Lip liner and full lip color can redefine the shape and add a brighter color to pale lips. Medical applications include areola color restoration and scar camouflage.

Wanda's permanent makeup may need to be refreshed in 3 to 20 years, depending

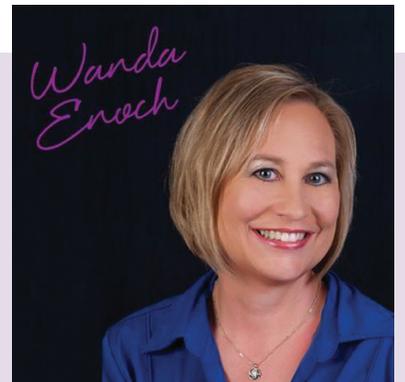
on many factors such as body chemistry, lifestyle, skin type, pigment type and application technique. Permanent makeup is a quick and easy procedure that is practically painless, with basically no downtime. **Isn't it time for you to join the fastest growing trend of today? Make an appointment today and start to enjoy your everyday perfect appearance!**

"My permanent makeup philosophy is to create a beautiful, youthful, natural enhancement to your features."

Wanda has over 35 years in the beauty industry and has been a permanent makeup artist since 1993. Her expertise in permanent makeup procedures includes eyeliner, lip liner, full lip color, eyebrows, color refreshing, corrective work, medical applications, hair simulation and scar camouflage. She is a certified, CPCP, trainer and lifetime member of SPCP.org. She educates students in the fundamentals and continuing education of permanent makeup skills and application and operates as a Private Business and Vocational School, permitted through the Illinois Board of Higher Education. She directs and operates as the Cosmetic Enhancement Clinic, a division of WE Creations, Inc. and currently receives referrals from cosmetologists, physicians, estheticians and clients who have experienced or seen her work.

WANDA ENOCH -
Permanent Makeup Artist, Educator, Owner and Director

www.WandaEnoch.com



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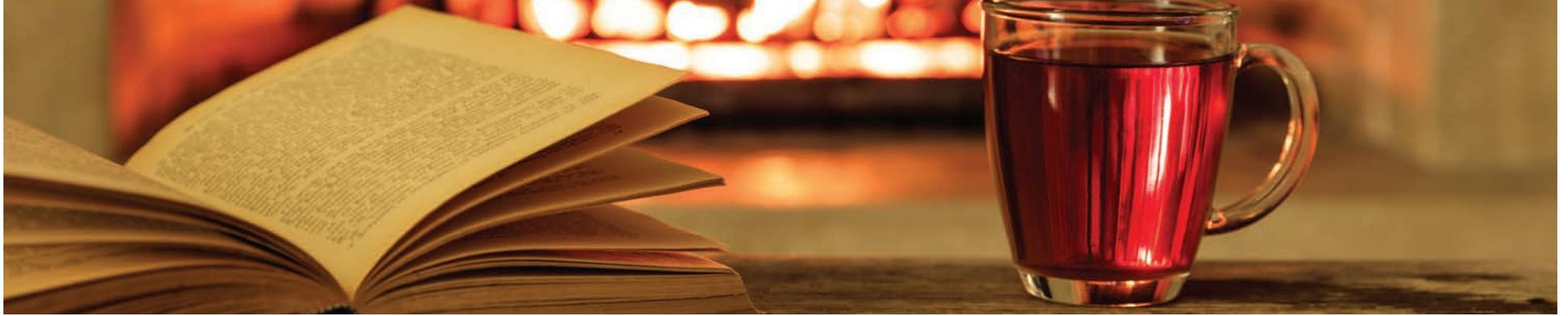
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Making the Best of the Holiday Season



While everyone refers to the holiday season as the most wonderful time of the year, the truth is many women find themselves stressed out. From hosting out-of-town guests to keep little ones entertained while they are on break from school, the time from Thanksgiving through New Year's Day can feel anything but relaxing.

According to the American Psychological Association, women experience a dramatic spike in stress levels over Thanksgiving, Hanukkah, and Christmas. Stress levels that are not reached by most men. Thankfully, there are things you can do to make the best of the holiday season and reduce your stress load.

Manage the Family Calendar

The family calendar is the go-to spot for school schedules, extracurricular activities, family engagements, and work commitments. But here's the thing, it is common for women to try and shoehorn in every event, even when it is clear the family is over-scheduled.

When your calendar is starting to bring more stress than smiles, pause before any other events are added to your commitment list. While it is wonderful to receive invitations to neighborhood potlucks or cookie decorating parties, you are not obligated to attend every social event solely because you were invited. Go to the ones you don't want to miss and give yourself permission to politely decline the invites that don't fit in your family plan.

And it is completely fine (and perhaps necessary) to carve out time for yourself. With a calendar bursting with work, social engagements, and family plans, a night for a long bath and an early bedtime is needed for your own health. Schedule time for yourself, because you need to take care of yourself in order to help out others, including your husband, kids, and extended family.

Eat Healthy

With sugar, spice, and everything nice, it's easy to slide into daily Christmas cookies and fatty main courses. While food is one way to celebrate, remember to take in the other joys of the season. So, at your next holiday party, prioritize admiring the decorations and visiting with friends, rather than going straight toward the treat table.

Another way to sidestep too much fun food is to be sure you don't show up to a holiday party with a rumbling stomach. Just like you shouldn't go to the grocery store on an empty stomach, be sure to eat something healthy before you head to a party (unless it's a dinner party, of course). And when you are at the party, remember it's not only food that can lead to weight gain, alcoholic drinks are full of calories, too.

Donate to Less Fortunate

There are many ways to feel the magic of the holiday season and one of them is to donate your time, belongings, or food. Any or all of these will remind you to be thankful for everything you have in your own life. Giving is what the holiday season is all about and if you have kids, giving back is a way to remind them of the spirit of the season.

And volunteering your time doesn't mean you have to agree to weekly hours at a local nonprofit (though that works too, if you have the time to give), you can simply offer to watch the children of a friend so they can go holiday shopping or help to prepare a holiday event at your workplace.

To donate belongings, simply clear out your closets and collect lamps, sweaters, or picture frames that you have never used but someone else could see as an ideal gift. Similarly, donate food in your cupboard. Or, if your favorite grocery store has a collection site, pick up a few extra things next time you shop and leave them in the donation box on your way out.

Laugh, It's the Holidays!

When you are taking care of your spouse and kids along with managing your own career, you can feel the stress of making sure everyone around you is enjoying their holidays. But, it's your holiday season, too. Laughing can help you to manage your stress. Sometimes even a forced laugh can promote true laughter.

Research done at the University of Kansas found that smiling can have several benefits. Putting a smile on your face can help your body to reduce stress in uncomfortable situations and lower your heart rate. In short, forcing a smile might actually make you smile.

It is ok to accept that while the holidays can be filled with joy, gifts and culinary traditions, it can also be a time when people experience loneliness alongside anxiety about the future and regrets about the past. Combine those feelings with financial pressures and unrealistic expectations and it's easy to see why many experience the holiday blues.

But here's the thing, you don't have to be everything to everyone. Self care is essential. Remind yourself of what you love about your life, go for a long walk with a friend, take the afternoon off and read a book.

You owe it to yourself to give yourself a gift this year, the gift of less stress and more joy this holiday season.



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Crystal Lake

By Stacey Nunez

Located 50 miles northwest of Chicago, the motto of the City of Crystal Lake is "A Good Place To Live." With over 40,000 residents, Crystal Lake is committed to retaining their small-town charm while still being a destination for visitors to dine, shop, and play.

The motto for Crystal Lake was adopted in 1922, and Diana Kenney, Executive Director of Downtown Crystal Lake/Main Street, says it is still true today.

"Actually, I'd personally replace the word good with 'great!'" shares Kenney. "My husband and I chose to move here 33 years ago; we wanted to raise our family in Crystal Lake. We were, and still are, impressed with the schools, parks, library, and sense of community that abounds."

Crystal Lake is McHenry County's largest city. The growing community offers an exceptional quality of life, sought after schools and close proximity to national retailers and restaurants. This is all offered alongside a wide array of family-owned and operated businesses providing residents and visitors a friendly small-town atmosphere.

It is easily accessible from many suburban towns and downtown Chicago with two conveniently located Metra stations. Crystal Lake offers year-round events and festivals including Johnny Appleseed, the Festival of Lights Parade, Lakeside Fest, and a 4th of July Parade. The City also features unique outdoor recreational amenities including wakeboarding, forests to explore, trails to bike and lakes to visit.

One of the assets of living in Crystal Lake is the convenient access to nature. An example of this is the Three Oaks Recreation area. The land was opened nearly a decade ago after years of discussion surrounding how to best use a long-abandoned quarry to benefit area residents.

Now, the Three Oaks Recreation area is popular with all ages, drawing thousands of visitors each year. The amenity draws casual beachgoers, hikers, fishermen, and water sport enthusiasts.

Three Oaks includes pavilions, a beach, walking paths, trails, a cafe, waterfront dining, a playground, and a splash pad. If water sport activities are more your style, the facility offers a man-made scuba diving area, beach and swimming area, world-class fishing, paddle boarding and wakeboarding.

"I love how Crystal Lake sits on the edge of city and farm," continues Kenney. "the easy access to Chicago is important, and yet it's just a few miles away from wide-open spaces which enable you to unwind and relax. Even within the city, there are great places of nature."

The Crystal Lake Park District oversees over 2,000 acres of parks and open space as well as the 230-acre lake that shares its name with

the city, providing a simple path to the beautiful waters and spaces free of congestion. Because the Park District operates the lake, there are also two public beaches.

For those who enjoy a good book while relaxing in the park, know that this year the Crystal Lake Public Library is celebrating its 106th year of serving the Crystal Lake community.

The Library was originally started in an empty home and relocated one year later to a room in a local school. By the 1950s, it was housed in a tiny, stand-alone building. That small building was razed and replaced by a new facility in 1965. Two additions have since been added, one in 1984 that added nearly 17,000 square feet, and another in 1998 that brought the Library to its existing size of 40,000 square feet.

The Library's programs abide by its mission statement to "help people of all ages and backgrounds, learn, enjoy and better their lives." Programs range from early literacy offerings including age-appropriate storytime session for infants to preschoolers, early reading programs, computer classes, arts and crafts programs, movies, book clubs, writers groups, and a plethora of fun and educational programs for kids and teens.

Crystal Lake is also home to Raue Center for the Arts, an organization that strives to bring arts to everyone and make live entertainment accessible. This includes William Street Repertory which is a nonprofit theater company and a comedy program featuring local and national comedians along with theater classes and workshops for kids.

And Raue Center isn't alone; there are musical performances and art classes in the community throughout the year. You can even see evidence of Crystal Lake's creative legacy in Chicago landmarks.

"In the late 1800s and early 1900s, Crystal Lake was home to American Terra Cotta & Ceramic Co. which manufactured architectural terra cotta. Famous Chicago landmarks such as the Wrigley Building are adorned with terra cotta from Crystal Lake. The company also manufactured Teco Pottery, which is highly collectible today," shares Kenney.

For individuals interested in people watching, Downtown Crystal Lake is a hub of modern-day activity while honoring the history of Crystal Lake through the preservation of many 100+-year-old buildings. The district is busy, active, and vibrant. Because the historic district of Crystal Lake has such an exceptionally high occupancy rate, it is in the top tier of downtowns within the state.

When visiting Downtown Crystal Lake you'll find shopping and restaurants alongside special events. Downtown hosts craft fairs, farmers markets, parades and more.

Kenney says, "people come here to visit our thriving downtown district - here they can shop, dine, and unwind."

With a rich history, exceptional schools, friendly neighbors and access to so many unique outdoor recreational activities, Crystal Lake lives up to its motto. It truly is a good place to live.

Three Oaks includes pavilions, a beach, walking paths, trails, a cafe, waterfront dining, a playground, and a splash pad. If water sport activities are more your style, the facility offers a man-made scuba diving area, beach and swimming area, world-class fishing, paddle boarding and wakeboarding.

Suburban Woman Community Spotlight
Crystal Lake

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Creative Family Activities for the Cold Months

When the kids are home over holiday breaks—or even simply looking for something to do over a weekend—it can be helpful to have a few cures for cabin fever up your sleeve.

Here are some creative family activities, both indoors and out, to keep your family busy and smiling even as temperatures fall.

1 Have a Snow Competition

For snowy days, try hosting a snowman competition. This can solely include family members or you can invite neighbors, too. Decide on prizes for the most creative, best use of supplies on hand, and largest or smallest. The prizes can be homemade cookies or certificates designed by the kids. It's your snow competition, the rules and prizes are up to you.

2 Bring the Beach to You

If you are missing beach towels, swimsuits, and sunscreen and don't have a tropical vacation planned, why not bring some summer fun to you. Move living room furniture to the edges of the room, get the beach towels and sun chairs from the basement, and turn up the heat. Put on some beach music and set up a make-your-own smoothie station complete with frozen berries, chopped bananas, and yogurt or sorbet. Don your swimsuits, shorts and tropical dresses. You could even host a limbo contest.

3 Take In a Holiday Parade

A traditional start to the holidays for many communities, a local holiday parade is a chance to admire the lights, music, and pageantry of the season. You will likely get a few ideas on how to bring some of the holiday magic into your own home too, whether that is a different way to exhibit a string of lights or a song you forgot about that brings you back to your own childhood.

4 Ice Skate In Your Living Room

Watching ice skaters glide across the ice while adding in spectacular jumps and spins is amazing. Learning to skate on a local rink as a family, or perfecting skating skills you already have, can make for a great afternoon. But, even if ice skating isn't your sport, you can still enjoy it when you are stuck inside on a winter day.

Create a few cards that list ice skating moves—skate fast, jump, spin—and unleash your inner figure skater in your very own home. Have the kids (or adults) put different card combinations together and get moving. Extra points for family members who change into dress-up clothes.

5 Get Sporty

Enjoying a winter sport or taking in some outdoor activities can be a great way to shake off winter cobwebs and get your blood flowing. What is winter without a thrilling zoom down a snowy hill? Parks offer sledding hills, some lit for both day and nighttime enjoyment, and there are oodles of places to ski, both downhill or cross country.

When you are ready to head inside, warm up with a cup of hot chocolate, allowing each family member to design their perfect cup of cocoa, whether that is plain, topped with whipped cream, or complete with a few mini marshmallows. After your day of burning calories, you all deserve it.

6 Dance, Dance, Dance

If you want to stay indoors, why not get gussied up and throw a dance party in the living room. Create a playlist of kid-friendly songs and don your finest threads. For the young ones this might mean sparkly princess dresses and superhero outfits, older kids might want to wear sequined headbands and workout shoes. If you have preteens, consider setting up a karaoke machine.

Don't have a karaoke machine? No problem, there are plenty of apps for your tablet or phone, including free versions with limited song choices, ideal for an evening of celebration. Roll up the rug, set up some lights, and show off your dance moves. Your kids might be surprised at how many steps they can learn from their parents.

7 Host a Movie Night

Choose a theme for a movie marathon to enjoy with friends and family. It's always fun to convert your home into a cozy home theater, complete with pillows, blankets, bean bags, and snacks.

You could have a Nostalgia Movie Night, where the adult introduce little ones to the classics, such as *Honey, I Shrunk the Kids* and *Ghostbusters*, or pick movies that connect to places you want to visit on a family vacation. For example, you could watch *Home Alone 2: Lost in New York* if you want to take a trip to NYC next spring break or watch *Finding Dory* if you'll be traveling to the Monterey Bay Aquarium in California.

8 Camp Out

If you or some friends have a backyard fire pit, get a group together for a winter campfire. Enjoy s'mores and take turns telling scary stories, either classic ghost stories or new inventions that come to mind on the spot. From there, you can have an overnight in the living room with a tent. In the tent you can use a flashlight to make finger shadows or play cards, just as you do during real nights in the wilderness.

9 Draw Your Family Tree

During the holiday season, you are likely to get together with relatives you don't see throughout the year. Take advantage of the family getting together to learn more about your family tree.

Drawing out the family tree can be a fun activity for all ages to add to. Bring extra sheets of paper and some tape when you bring your family tree to the houses of grandparents, aunts and uncles. They will likely have more family history to share and you may need to tape on an extra sheet of paper or two as your story expands.



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Cold and Flu Remedies

Things you need to heal,
from sleep to throat soothers.



During the winter months, we enjoy charming snowflakes and cozy sweaters. Unfortunately, it is also common to come down with a cold or flu along the way. Nobody enjoys catching whatever virus is being passed around the office or school, but even when you are careful to wash your hands and avoid illness you can still find yourself sick at home.

Thankfully, there are remedies to help to ease your symptoms and help you feel better. Here are some cold and flu remedies you might already have on hand, which can be especially helpful when you are under the weather and planning to spend the day on the couch, in sweatpants, either sleeping or watching Netflix.

Staying Hydrated

When you are sick, it is important to stay hydrated. Sometimes it is difficult to do, particularly if you are feeling nauseous, but staying hydrated improves oxygen flow throughout your body which can be helpful in flushing out toxins. Plus, hydration helps your digestion system and can assist in combating infection.

For beverages, opt for water, juice, or clear broth. If you have congestion, warm lemon water with honey can help. Avoid alcohol, coffee, and other caffeinated drinks.

Getting Your Zzzzzzzzs

Sleeping helps you to heal and good sleep habits can even help you from getting sick in the first place. Researchers at Carnegie Mellon University and the University of Pittsburgh Medical Center reported that when people sleep less than six hours a night they are four times more likely to catch a cold when exposed to the virus. This is compared to individuals who sleep over seven hours a night.

As a rule of thumb, strive for eight hours of sleep a night when you are well and sleep as much as needed when you are under the weather.

Soothing a Sore Throat

While sore throats are a common occurrence, they are still painful. Typically caused by a cold or flu, sore throats should go away within a week. While you are healing there are a few ways to get relief. Gargling with warm salt water can help to kill bacteria and ease pain. Honey can also kill bacteria and reduce inflammation. Simply add two tablespoons of honey to warm water or tea and drink several times a day.

Other things to add to warm water include lemon juice, which helps to break up congestion, and hot sauce. The capsaicin in hot sauce can help fight inflammation and you don't have to use much, just a drop or two is all you need.

Nourishing Your Body with Hot Soups

Similar to hot tea, hot soups help to soothe inflammation and clear congestion.

Plus, soup supplies your body with important nutrients needed to heal. Chicken noodle soup is a classic choice as the broth helps to keep you hydrated and healthy nutrients can boost your immune system.

But if you are a vegetarian or have other soups on hand, know that heart-healthy vegetable soup packs big benefits along with butternut squash soup, which contains an anti-inflammatory compound. Also helpful are curry soups that are full of garlic and ginger, two ingredients that combat coughs and upset stomachs.

Reducing a Fever

Bringing down a fever can be helpful because it can assist you in falling asleep, an important element to healing. For fever relief, try putting a damp and cool cloth on your forehead. Or, if you have a stocked medicine cabinet, look for options with fever-reducing ingredients like acetaminophen or ibuprofen.

Of course, take medications only as directed and be aware that some cold remedies contain multiple ingredients, such as a decongestant plus a pain reliever, so read the labels to be sure you're not taking too much of any medication. Talk with your healthcare providers about which medicines are best for you and your family.

Adding Moisture to the Air

National Academy of Sciences researchers found that high humidity can help to kill flu virus particles. This means boosting the humidity of your home may aid in avoiding illness. If you are already sick, the increase in air humidity can help air easily pass through your throat and nose.

The tiny hairs in your nose guard your nasal passages from bacteria, dust, and germs. When the air is too dry, these tiny hairs are unable to protect your body as effectively. When using a humidifier, keep it clean according to the manufacturer guidelines and change the water daily.

Protecting Others

If you are sick and your family members are well, try to avoid contact with others in the family until you are feeling better. When possible, set up a room where the person who is sick can sleep on their own and heal. When someone in the family isn't feeling well, be sure they are using their own drinking glass, towels, and washcloths, too.

Although we typically recover from the common cold or a bout of the flu within a week or two, there is no doubt about how miserable it feels to be sick. While it is tempting to get back to your day-to-day commitments as fast as possible, the best thing you can do is slow down.

Hopefully, after a few days of rest, fluids, humid air, and avoiding others, you'll be feeling well again. Then, you can ditch the sweatpants and get back to day-to-day life.

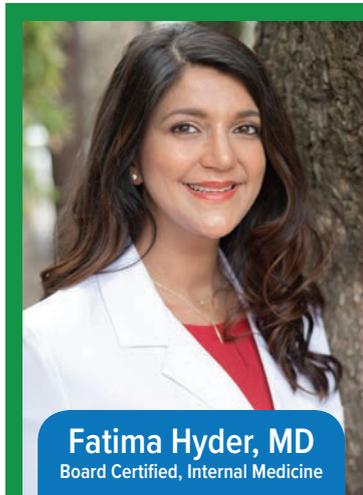




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Decreased Mental Ability	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Hot Flashes/Night Sweats	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> 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
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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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Before my diVa treatment I was very insecure during sex. The laser treatments have really improved my self-confidence. I am most impressed by how quickly my spouse could notice a difference even after the first treatment.

— Eileen, 40

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Goal Planning: Why it's different than goal setting and how to plan for success

The year flew by and now it's almost over. Did you achieve any of your goals or did you give up? If someone had asked me this question fifteen years ago, I would have told him or her that I had already forgotten what my goals even were.

According to Forbes (December, 2018), statistics show that less than 25% of people who make new years resolutions stick to them beyond 30 days and only 8% of people actually accomplish them. This information is alarming. It may even make you wonder, "Why even bother setting goals in the first place?" I mean, who wants to set themselves up for failure?

What so many people don't realize, and a big part of why they fail is because they don't understand the difference between goal SETTING and goal PLANNING. A goal without a plan is simply a dream. Being successful at our goals takes details and planning ahead. Would you go on a trip without any planning? For most people, the answer is no. Even if you don't have a particular destination in mind, you would still plan some details such as when you will leave, what car you will take, how much money you will need and how long you will be gone.

So how can we turn our ideas into goals and more importantly, into success? Start by following these three steps:

Visualize your success. You may have heard of this practice through the accounts of many professional athletes and other highly effective people. Studies have shown that visualizing your goals will increase your chances of success. This can be done via a vision board or other methods such as meditation.

The point is, if you visualize yourself achieving the goal or what your life looks like after you've accomplished your goal, you will be more confident and motivated to keep working towards it.

Know your priorities. Do you have more than one goal? A key part to successfully completing your goals is to understanding their priority. This will help you focus on the right goals at the right time so you don't feel overwhelmed trying to do them all at once.

Understand your "why." You wouldn't believe how many people can't tell me why they have made certain goals. Sometimes we make goals out of obligation. We feel like our achievements will make someone else happy, or we're trying to keep up an appearance or we feel like that's what society expects from us. None of those reasons are personally motivating factors. Try to stick goals you are passionate about for yourself. If you're not passionate about it, you're less likely to see success and even if you do, it won't be fulfilling.

While these three steps are just the beginning of goal planning, they are foundation that you need to increase your chances of turning your dreams into goals and your goals into reality. Let's make 2020 a year of believing and achieving! If you would like more information, visit my website www.jamienichole.com/work-with-me to learn more about me and schedule a call! I offer online course options as well as one-on-one and group coaching in a virtual or live setting.

Go get those goals!



Jamie Nichole
#GOALGETTER

Jamie is a success coach and goal expert; currently offering one on one coaching services and online courses. She has over 14 years of corporate, nonprofit and small business experience in coaching others how achieve their own version of success through strategic goal setting and planning. Being a wife and mom of 4 active kids, Jamie understands how busy life can be and how it can get in the way of our goals. She wants to help other busy women overcome their overwhelm and show them that their own version of success is possible with the right tools. When Jamie isn't coaching, she enjoys exploring all that Chicago has to offer with her family.



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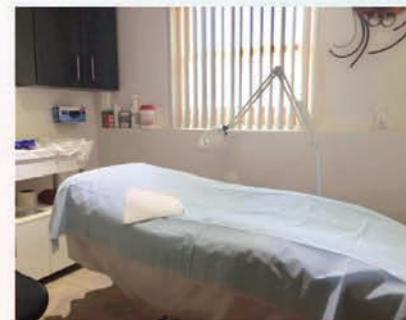
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**"What do you want for Christmas?" "What's on your Christmas list?"
"Better make your Christmas list!"**

This is the time of year when gift purchasing becomes the number one item on everyone's to do list. Purchasing gift and giving gifts is a joy-producing event – both with the giving and the receiving. But receiving every item for which you asked, or even fulfilling every gift from a loved ones wish list, doesn't bring lasting joy. The tension between consumerism and finding true joy during this holiday season can be a real struggle. How can we bless our kids, giving them things they will greatly enjoy playing with—while not putting them at risk of developing a sense of entitlement and selfishness? One proven antidote to this mindset and thinking is to serve others.

At Harvest Christian Academy, our High School students have days planned out during the year where they serve our local community and those in need. Serving others helps the students to grow more compassionate and more selfless. Just as exercise strengthens muscles and atrophy weakens them, humans must exercise and fuel their hearts to grow in compassion for others. As adults, serving others in need helps us grow our hearts in compassion as well. This year, we are initiating a family event where we encourage families to sign up to pack meals at a Feed My Starving Children location. Feed My Starving Children is a Christian non-profit that provides nutritionally complete meals specifically formulated for malnourished children. Meals are sent and distributed to schools, orphanages, clinics, and feeding programs around the world to deliver not only nutrition, but also hope to help break the cycle of poverty. Feed My Starving Children has many locations and anyone can sign up for an hour and a half time slot to pack meals. Serving people who are unable to give anything back to us, is truly selfless serving. Packing meals

and giving time and money to children who are in need of food—those we'll neither meet nor receive anything from, is a great way to find a more lasting joy and fulfillment during the holidays (and year round, for that matter). We have found that serving with your friends and family knits you closer together and helps grow gratitude for what you do have.

During this busy holiday season, why don't you take a break from all the busyness of the parties, shopping, and events that are so consume us, and look intentionally to others who are in need. Those in need might be our neighbors, acquaintances, a family in one of our student's classes, or a stranger on the street. How can you serve and meets another's needs this holiday season? Maybe you know a widow who doesn't have a place to go for Thanksgiving dinner. Maybe you know a hurting neighbor who could use some holiday cheer. Maybe your family can pack meals at a Feed My Starving Children location. Look for a way that you can reach out beyond your normal routine and help someone who needs something you can give.

Serving others selflessly will accelerate everyone's Christmas spirit. The true spirit of Christmas is in a person – Jesus Christ. God gave us all a gift, his Son, Jesus, knowing full well we could offer Him nothing in return. The gift of the Savior of the world is for each of us, individually. This holiday season, I encourage you to find a Bible-believing church and visit for a service. There is so much more to the holidays than parties and gifts. And the greatest gift of our Savior, Jesus Christ, is available to each of us right now.

Merry Christmas!



Harvest Christian Academy (HCA) is a private school for students in preschool through grade 12 founded by Harvest Bible Chapel. HCA's highest purpose is to develop students who are grounded in God's Word. We challenge students to develop strong academic skills and provide opportunities to become a well-rounded person through participation in athletics, arts and community service.

Located in Elgin, Illinois, Harvest Christian Academy (HCA) draws students and families from Aurora, St Charles, Elgin, Hampshire, Schaumburg, Hoffman Estates, and Algonquin. Whether you live close or have a short commute, families are committed to seeing their students flourish in a safe and uplifting environment.

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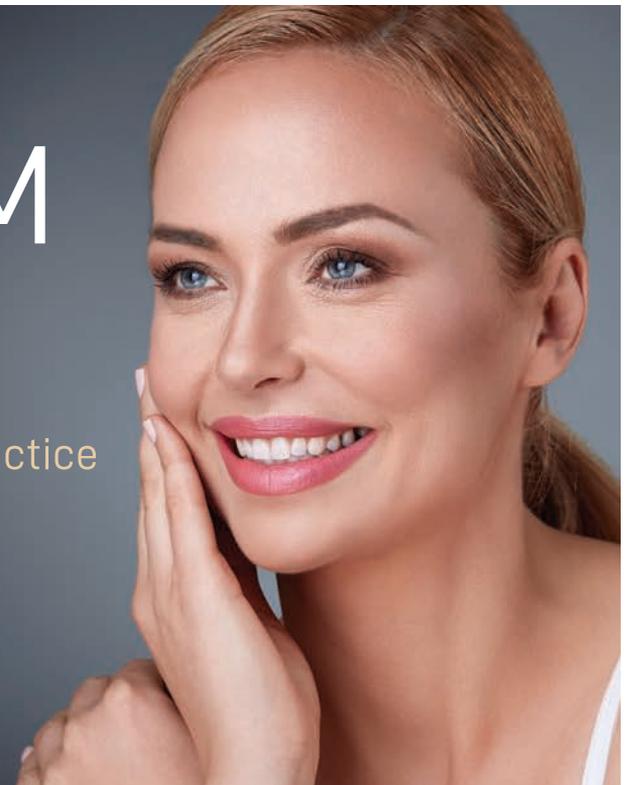
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Fashion Jewelry Is High On the Holiday Wish List

Finding the perfect holiday gift isn't easy. Thankfully, the growing selection and affordability of high-quality fashion jewelry can easily cure holiday shopping woes.

From Boho Chic to delicate gold and silver chains with classy crystals, fashion jewelry options are varied to suit every style and holiday budget.

Fashion jewelry designers continue to bridge the gap between cosmetic and fine jewelry by taking advantage of new technology. Industry stars like Frieda Rothman and Kendra Scott are pushing the envelope of industry-standard with rich plating materials, high-quality crystals and lavish, breathtaking designs.

In short, it will be very easy for holiday shoppers to find amazing fashion jewelry at a fraction of the price fine jewelry — and still feel like they invested in an heirloom piece.

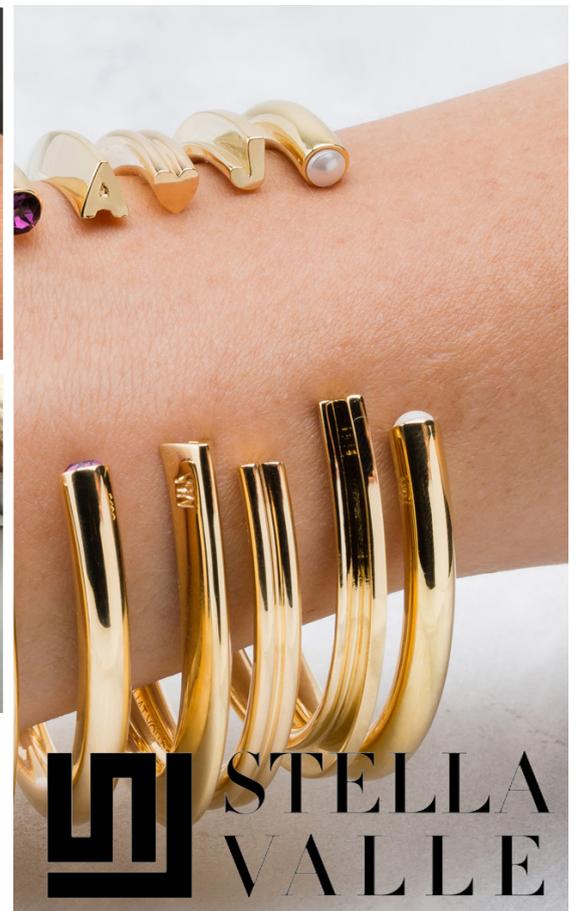
Jewelry has and always will be a woman's best friend. Jewelry compliments clothing and personalities, while letting inner-beauty

shine in an outward statement.

Jewelry trends continue to focus on mix-and-match personal creativity. The jewelry box remains a palette for sensational personal expression and artistry. Stack it, layer it and choose from a wide selection of items that mix silver and gold colored plating.

Mindful themes are ever present in today's jewelry lines and they present the holiday shopper an opportunity to sparkle with stories and heartfelt messages that make gifting a unique and personal expression of love.

As you head out this holiday season to shop for the ones you love always remember, keep it classy and forever sassy. Happy Holidays!



**STELLA
VALLE**

Where in the World is Cary Travel Express? Highlights of 2019 in Travel

The travel advisors of Cary Travel Express travel the world over the year so we can recommend the best resorts, cruises, destinations and land packages to our valued clients. Here is a brief summary of the places we have traveled to in order that we may be of better service to you!

Punta Cana, Dominican Republic: If it's beautiful white sandy beaches and Caribbean blue waters you are looking for along with relaxing days and fun filled evenings, let us recommend Now Onyx in Punta Cana or Secrets Cap Cana. In May, Cary Travel Express traveled to Punta Cana as a reward from Apple Vacations for being recognized as a Crystal Travel Agency-selling the most Apple Vacation packages out of Chicago. We stayed at the family friendly Now Onyx, all-inclusive resort where we took advantage of all the resort had to offer: morning stretching classes by the pool, afternoon beach volleyball, foam pool party, specialty dining and dancing under the stars. We also did a site inspection of Secrets Cap Cana, an adults only, luxury included all-inclusive in the gated community of Cap Cana. Another area in the Dominican Republic with beautiful beaches, lounging pools, gourmet restaurants and nightly entertainment. Great options for family or couples vacations this winter.

Paris, France and Southern France River Cruise: Traveling across the "pond", travel advisors Jamie Jones and Jan Calahan stopped in Paris on their



way to a Southern France River Cruise on Uniworld Boutique River Cruise in July. This was Jan's first time to Europe and she was thrilled to see the Eiffel Tower and other Paris highlights in person! (see photo). Then on to Lyon where they embarked on a seven day sojourn thru Bordeaux country on a wine tasting discovery! Both agents agree a cruise is the way to visit wine country, with stops at chateaus, vineyards and quaint villages lining the river. St Emillion Vineyard was the popular favorite offering a tour out to the grapes, tastings, pairings and other beverages. The

cruise included all excursions and tours, with bicycles available for those that wanted a more active option. The level of luxury was non-stop with turn down service, lip balm pillow presents, spectacular menus, all top shelf liquors, beer and wine all day and night, no tipping policy and outstanding staff and service. Tres Bon!!!!

Santa Barbara, CA, USA This calls for the perfect segue into another wine related but more local trip, a wine tasting adventure in Santa Barbara, California!! Neelie and Neils Kruse escorted an Ed- Ventures trip that was most aromatic!! Gorgeous views from Hilton Hotel across from the Pacific, magnificent vineyards, tastings and dinners, stunning Hearst Castle, charming San Luis Obispo and deluxe guided motor coach as the designated driver! If you are ready for something different Neelie and Neils highly recommend! Cheers to Santa Barbara Wine tasting!!!!



The Unmatched UNICO 20 70, on the Riviera Maya, Mexico. Jessica Kruse just returned with glowing reviews about this one of a kind all inclusive, adults only resort. Your room choice, either swim out lower levels, or terraces with outside relaxation tub, come with private butlers, or Local Hosts.

The Local Hosts take care of everything for you from dining reservations to setting up your included select spa services or select off site excursions! Yes!! Certain spa and excursions are included with a gratuity additional! Jess chose an 80-minute relaxing massage. You never have to leave the pool

chair your host arranges, they text you during the day to bring drinks, food, sunscreen, whatever you desire! The pool is a large infinity dropping to another level, lots of chairs and shaded spots. The beach is wide and sparkling white. Food and the service over the top, outstanding, Jessy felt treated like Royalty. Where else can you release baby turtles back safely into the ocean (certain times of the year) and have your personal host bring you a drink on the beach?? Major thumbs up for UNICO resort!! Please call Jessy with any questions about this unique and service minded resort.

Margaret's New Zealand Adventure was first class from start to finish, well Polaris Class anyway!! Ultra-comfy lounge at the San Francisco Airport. Complimentary wi-fi, drinks, food, facilities to freshen up before the flight and the only way to relax before a flight! "We received Pajamas for our flight! The "pods were so comfortable, food delicious and the service was outstanding." The 11-1/2 hour flight flew by quickly!



After landing in Rotorua, Marg spent two nights at Treetops Luxury Lodge, a unique experience with amazing service. Then the adventures began with a Jet Boat tour to Huka Falls and onto a Lake Taupo Trout fishing boat trip to the Maori carvings, what an eye opener! She also did a hike to Bridal Veil Falls from the Tree Tops lodge and saw Glow Worms. Then off to Wharekaukahu Lodge and to experience a ranch tour in Range Rover Discovery SUVs, archery and skeet shooting too!! The day finished off with a sheep shearing demonstration, wow what an experience!! Marg then flew from Welling to Keri (via Auckland) to the Bay of Islands stayed at the Luxury Lodge of Kauri Cliffs, gorgeous lodge with private beaches on property, and outstanding service The last night was in Auckland at the Cordis Hotel. A lovely hotel in the center of the Auckland sights It was time to climb the Sky Tower, where only the brave attempted the climb in the 80 mile per hour winds! A wonderful way to TOP off our New Zealand adventure!



Puerto Vallarta, Mexico!! Grace Heavey has a glowing review about the beautiful and memorable experience! "I had such an amazing time at the 500 Club Silver Reward Trip to Puerto Vallarta October 2-5 with my fellow agent from Cary Travel Express, Margaret Merz. It was at the beautiful Now Amber and Secrets Vallarta Bay in Puerto Vallarta, gorgeous views, a huge unspoiled beach and with an evening beach party at Dreams Villamagna Nuevo Vallarta. It was an unbelievable 4 days of new friends, amazing food & drinks, great entertainment, exciting excursions,(the zip lining was a blast!!) and all around fun!" Say Yes to Puerto Vallarta!!

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Daily Specials include a prix-fixe menu at lunch for \$18.50, which includes soup, an appetizer and a dessert from a special menu. A prix-fixe menu is available at dinner as well for \$29.50, which features an appetizer, main course and dessert.

November showcases La Cassoulet de Carcassonne, a hardy dish of duck confit, pork and sausage, assembled with northern beans, then baked slowly. In December, stop in for a delicious family dinner on Christmas Eve, or come celebrate New Year's, when Chef Masato shows off his best cooking, followed by a DJ and dancing. Enjoy a selection from the seasonal wine list, handpicked by Owner Stephane.

It's time to start planning your holiday get-togethers. Ask about D&J's special catering menu, complete with delectable items from fresh-shucked oysters to salmon en croute and more, or talk to Stephane about reserving the Provence Room, where a personalized affair for up to 55 guests can be arranged.



Co-Owners
Chef Masato and Stephane

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

BIRDS – I want to talk to you about bird feeders and helping our feathered friends through the winter. Yes, I know you work—no time to fill feeders, yes, you're worried about the alleged mess—all those seed hulls. Well, if you read this column often at all, by now you know you can depend on me to save you money, save you time, and all my suggestions will help make YOU, the most efficient You.

Why feed the birds – Well, our feathered friends love being able to find seed at your house, so you're helping nature get through some really lousy weather. That reminds me if you start to fill feeders, plan to keep them filled as the birds grow accustomed to the seed at your house and grow to depend on it. Have the kid next door fill them if you'll be gone any length of time. He could use some moolah.

Teach your kids and yourself about nature in your backyard. Do your kids know a cardinal or a blue jay? Do you? May I suggest: Gift Idea-Buy yourself a *Peterson's Field Guide To Birds East of the Rockies*. Love this book. You'll find every bird at your feeder in there, and you'll want to take it on vacation to Florida. Yup, we are all East of the Rockies. Going to California? Forget it.

Put your feeders close to your biggest best windows, probably the kitchen. You can see birds all day, including the birds that come to your feeders at 4-ish (cardinals) when you are having your after school snacks. Keep a little notebook on the table to write down what you see. Sneaky Mom! Tricking your young-uns into writing and practicing spelling. I put a single layer of those pretty grey Japanese stones under my feeder to stand on, and that is a good place to throw seed for your ground feeders. Oh, didn't you know some birds prefer eating off the ground? Maybe another thing to watch for and write in our notebook.



Flat rocks under a bird feeder prevent weeds and make a nice area for ground feeding birds

If you're new at this, you may not realize that you see different birds at your feeders at different times of the year. Just about the time, this issue of Suburban Woman gets into your hands is when the juncos show up. Look for these cuties. They are bouncy little birds with dark grey backs and white breasts. These guys are Canadians. They have come to Chicago to enjoy one of our usual balmy(?) winters! (At least that's what they think.)

Another tricky bird is the goldfinch. If you grew sunflowers or had sunflower seed still in feeders, these guys are all over that. Goldfinches are a bright yellow in the summer. So adorable! Guess what this bird does to fool the novice bird watcher. Oh, great. It molts, changing color to a drab army green! Just about every winter, someone calls me and asks what happened to their goldfinches. I kindly explain they are still out there, but those rascals have changed color. (Gift Idea: buy an inexpensive thistle feeder and fresh thistle seed for these beauties. Niger thistle seed does Not produce thistles all over your yard. That is a different plant.)

Of course, you want to know what kind of seed is best. Those cheap bags of mixed seed are tempting, but those mixtures have some seeds that none of your birds want to eat, and in the spring, the seed mixes produce lots of weeds under the feeder. Seed mixes also mean you will have more sparrows



Goldfinch in bright yellow summer plumage



Goldfinch in drab winter plumage



Note suet feeder, snap-on squirrel baffle, and large hopper bird feeder. This feeder holds 25 pounds of seed.

and starlings—aggressive non-native birds that crowd out our native birds. I prefer feeding oiler sunflowers or striped sunflowers. Gift Idea – A big bag of seed with a huge bright bow! If perchance in the spring, a sunflower seed germinates, don't we all love the occasional sunflower here and there?

More Gift Ideas: Birdbaths with heaters. They supply melted drinking water for your birds all winter. Suet feeders – Woodpeckers, love this stuff. Last summer I had robins and bluebirds (not blue jays) eating suet incessantly, so I filled the suet feeders all summer. Bird feeders – I like a feeder that holds the most seed on a single pole with a squirrel baffle. Bigger means you fill it less often. Remember the thistle seed feeder mentioned above or go online and look for the Squirrel Dumping Feeder. Hilarious!

Well, Dear Readers, you can tell I am a real bird-watching nut. You are all getting the hang of emailing me with flower questions, but I also welcome bird questions.

I also must brag a little. Your Monarch Guru raised and released 238 butterflies. Thanks to everyone out there who tried Raise and Release and/or planted new milkweed plants in their yards for monarchs. Summer 2020 awaits and will be . . . The Best Monarch Year Ever!!

If you know Anyone—park districts, municipalities, townships, farmers with big acreage who want to quit mowing and plant common milkweed, I've Got It!!! Plant it NOW!!! It is being cold treated in our unheated garage on The Husband's summer car. It is FREE – call me, tell me about your project, and just pay the postage amount on the top of the box. The Husband likes to think I cover my costs. Silly Man.

One final thought. You can see now if there are dead branches on your big, ol' trees. Your hardwood trees are best trimmed in the winter when the sap is down in the roots. Don't forget: Friend-To-Trees-Kay says, Do NOT trim lower branches off your trees unless they hit the mowing person in the head. Your kids need those lower branches so they can become the artful tree climbers they want to be. You know, get a leg up and all that. The trees WANT those lower branches or they would dry up. Lower branch trimming is like giving your tree a crew cut!!!

Oaks (*Quercus* spp.) should be pruned in winter to prevent the spread of oak wilt and maples (*Acer* spp.) bleed sap heavily if trimmed in spring after the sap starts running. Flowering shrubs – wait until after they bloom for trimming.

Pansies, swiss chard, cabbages (Love the purple!) and kale of all kinds can still make your borders and pots look fabulous right up until snow.

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Do You Want To Know More About The Past? *Coming to America*

By Carol A. Wirth

What conditions tempted your ancestors to come to America? Had years of poor economic times or political events finally forced them to act? Did having little or no voice in determining their quality of life encourage them to endure the longboat passage?

The population was growing, and life was difficult. Letters home from loved ones already in America encouraged family members to join them. Agents were also anxious to give struggling Europeans hope of a better life in America. U.S. laws gave immigrants land, providing them more opportunity to succeed than in their birth countries.

In the 1700s living conditions on ships were horrible. Ships were crowded, and passengers didn't have enough good drinking water or food. Ships had no refrigeration and food preparation wasn't monitored properly. Without medical facilities and staff, many died.

Over the first 200 years, ships of all types left European ports bringing about 200,000 people to America. Ships arrived in all conditions of seaworthiness since there were little or no safety regulations (inspections, drills, lifeboats, lifebelts). Ships had little or no heat, so passengers were cold. Other times they were very hot. Passengers slept on decks, in hammocks or on pallet beds on deck. Without adequate sanitation facilities, you can imagine the odors. Fire was another danger.

Customs and immigration records exist in Philadelphia back to 1800, for East coast ports back to 1820 and West coast ports back to 1850. Some other port cities were Baltimore, Boston, Galveston and New Orleans.

Customs passenger lists (1820s-1891) include name, age, sex, occupation, country emigrated from and county immigrated to for each passenger. Vessel name, port of embarkation, arrival port and date, ship owner, shipmaster, number and names of passengers who died during the voyage is also included.

Immigration lists (1891-1954) added birthplace and last place of residence for each passenger. Some showed names and addresses of relatives living in the U.S. and the name and address of the nearest relative in the country emigrated from. Use these clues to find new ancestors or verifying information you already have.

A database exists of everyone who landed in the U.S. at Ellis Island. A handwritten ship manifest is available and contains lots of information, including some inconsistencies. A few examples are listed below.

Eugenio Mendini. He was listed as "Eugenie" and there were also two Enrico's. The "Eugenie" is clearly my relative Eugenio, another misreading of the handwriting. This is almost surely Eugenio, since the dates are close to oral family history. He crossed over in 1893 at age 30.

Anselmo Mendini's ship records are from 1900. Typos were found (Anselino, for example, the "m" can be mistaken for "in," and the town of Cles was written as Cleo).

These examples show you some of the problems with passenger lists. Often ship or shipping line employees filled in these lists so the spelling may only slightly resemble the way the family actually spelled it. Women in some European countries, like Italy, use their maiden name on legal documents even after marriage.

Original immigrants came using their real names but when living here often used an Americanized version of their name. When they returned to Europe and re-entered the U.S., they used their Americanized name. Researchers need to look for both names in records.

Passenger and Immigration Lists Index are growing and there may be free sources to obtain this information. If arrival was at least 30 years ago, a genealogist could supply some data to order copies of passenger lists. Some ship photos exist.

Same names might not be the same person since several cousins could have an unusual first name to honor a grandfather. Or, the particular geographic area may have many people with the same unusual ancestral surname.

Nicknames were also used. Some more uncommon nicknames include Nancy for Agnes, Patsy for Martha and Stoffel for Christopher.

Did you know that immigrants arriving during the evening hours as early as 1904 often saw Coney Island Amusement park lights (almost two miles of lights) and not the Statue of Liberty as their first American sight?

For those arriving in June 1905, it appears at least two people filled out forms. 1905 forms added married or single; able to read and write; nationality; race; last residence; final destination; have a ticket to final destination; by whom was passage paid; in possession of; in U.S. before; ever been in prison or almshouse; polygamist; anarchist; health condition - mental and physical; deformed, crippled - nature of.

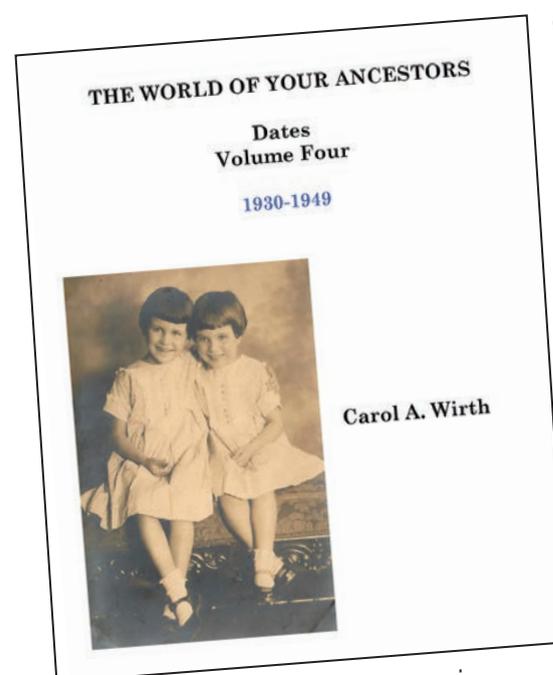
Reading handwriting and spelling can be difficult. In some cases, it is not legible. In others, it may be written in a script, like German Gothic, where letters were written quite differently from those used in the U.S. now. Coming to America was a different adventure for each of your ancestors. Here is your chance to learn more.

Carol A. Wirth is the author of a three-volume series, entitled THE WORLD

OF YOUR ANCESTORS - GENERAL INFORMATION. Learn about Austrian, 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 in the beginning of time and ends in 2017.

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Alternative Treatment for ADD and ADHD

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If a child in your family is coping with symptoms of ADD or ADHD, you are not alone. ADD (attention-deficit disorder) and ADHD (attention-deficit hyperactivity disorder), are common and often go undiagnosed or underdiagnosed. Because of this, individuals often suffer throughout their lives, coping with symptoms on their own. For others, medications prescribed cause side effects that inhibit relief.

But there are solutions to ADD and ADHD that are medication free. For example, neurofeedback is a non-invasive treatment and the staff at Joseph N. O'Donnell & Associates Center for Biofeedback Therapy has seen a 90% success rate with their services. They understand the different subtypes of ADD and create treatment plans specific to each individual. For instance, there are 6 different subtypes of ADD and each subtype comes



with its own set of manifestations.

Joseph N. O'Donnell, MA, MBA, Ph.D., of **Joseph N. O'Donnell & Associates**, shares answers to common questions about how neurofeedback can help people with ADD or ADHD.

What are the signs of AD/HD?

Signs are being easily distracted, daydreaming, unable to stay on task, not being able to listen, tending to be hyperactive and being unable to focus for any length of time. Symptoms vary based on age and there are different subtypes. For example, one subtype involves excessive drowsy states. In those situations, the child might be described as lazy by individuals in their life who aren't aware of their disorder. Other kids can't stay still, they move around a lot and can be distracting to other kids at home or in school.

Each subtype of ADD can have its own set of symptoms, even when a few of the core symptoms are the same. Different subtypes can be defined once we do an assessment with a QEEG.

What is a QEEG?

A QEEG (also called a brainmap) is a test that analyzes the electrical activity of the brain to measure and display patterns that may correspond to the symptoms. Through brain mapping, we are able to visually pinpoint any deviations from the norm. Next, based on the findings, we identify which areas of the brain are not functioning at their optimum.

While individuals are unique, often we can see similarities in the topographic brain maps. Recently, a father recognized the same issues in himself that he saw in his son with ADHD. With

an QEEG, we were able to see the father and son had brain patterns that were consistent with each other and their treatments followed a similar path.

During neurofeedback therapy, the patients are connected to Neurofeedback equipment via 3 or more electrodes. Once they enter desirable states and meet the criteria of their protocol, their brains are rewarded with auditory and visual feedback via brain games. Sophisticated software allows the clinician to keep track of progress and set future goals.

Is medication part of the treatment?

No, we don't believe in medicating a problem away. In fact, children and adults who are taking medication can slowly come off the medication with the help of neurofeedback. We've seen it happen time and time again.

Because with neurofeedback, we look at the core issue. Medication has a diffuse effect on brain, impacting the whole brain which can result in side effects. Often parents come to us because medicines aren't working or there are secondary, undesirable effects of the drugs, such as loss of appetite, weight loss, aggression, anxiety, depression, difficulty sleeping, and headaches.

Families find success with neurofeedback therapy for two main reasons:

1. Neurofeedback focuses on the region of interest. While medications impact the whole brain, we only treat the area of irregularity. This narrow effect won't impact other areas.
2. We believe in long-term solutions. Medication only works as long as you are on medication but once a brain is trained, it's trained.

Is neurofeedback beneficial for issues other than ADHD?

Yes, because when we talk about training the brain, there are a multitude of things connected to brain patterns. We have great results with head injuries, impulse control, migraine headaches, learning disabilities, and addiction disorders. Once we identify the region of the brain that is linked to a function, we are able to measure the activity levels. If we see irregular activity, we can retrain the brain and see positive changes. Often people come to us with anxiety and depression issues. And we have been very effective with Autism, which can be more complex as it influences several regions of the brain.



Why choose neurofeedback?

Our focus is geared toward long-term success and we believe in removing medication from the treatment. Until now, most children who have been labeled with ADD or ADHD have used psychostimulants along with psychotherapy as a main course of action in dealing with issues of distraction and inattentiveness.

Now, we've seen the results of neurofeedback treatments actually treating the electrophysiological underpinnings of these disorders and by retraining the brain, symptoms can subside.

Joseph N. O'Donnell, MA, MBA, PhD
Board-Certified Neurotherapist
Joseph N. O'Donnell and Associates Center for Biofeedback Therapy was one of the first providers of neurofeedback in the Chicago area. Dr. O'Donnell has over 25 years of experience and was a pioneer of neurofeedback therapy in Illinois.

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Making Small Talk 5 tips to get conversation flowing at a holiday party.

During the holiday season, there are plenty of office parties, family dinners, and friend social hours. But what if you don't know what to say to other guests?

Getting social butterflies when you are talking to new faces is common. Even extroverts have moments when they feel like a wallflower. But with a few chit-chat strategies, you'll have the conversation flowing in no time.

Join a Circle

When you are feeling uncomfortable, it can be difficult to go from quiet to boisterous at the turn of your heel, and that is ok. Ease into it. Find the person who already feels comfortable and stand next to them. Listen to their stories and ask questions when there are pauses. Your questions will demonstrate you are up for conversation.

Give Details

Too often, when friends ask what we've been up to, we answer with "nothing much." Frankly, this doesn't give the other person much to keep the conversation going. Instead, give them details. Mention a vacation you're planning or a new class you've tried at the fitness center. Nothing too personal, simply something to spark a potential commonality.

Notice Body Language

Non-verbal communication sends a loud message, sometimes louder than spoken words. So, you want to make eye contact with others and keep your body language welcoming. If others are looking for someone to talk to, it will be easier for them to approach you if you look like you are open to chatting.

Take It Slow

If you are feeling anxious, you may go from silent to talking too fast. But small talk takes time. Be present and listen to the response to each question. Stop and consider what was said before continuing. The art of small talk requires understanding each conversation is unique, you won't always follow the same script.

Listen

Too often when people are thinking of their role in a conversation they are thinking of how to be a good talker, but half of a conversation is learning how to be a good listener. Listening allows you to notice when others mention activities you are also interested in, and once that happens it is easier for conversation to happen naturally.

With a bit of practice, you will likely find you enjoy small talk. After all, one conversation can lead to another and that is how friendships are made.



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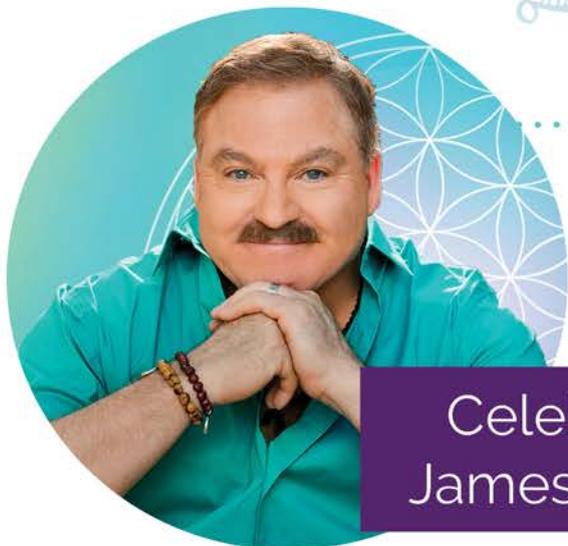
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All Ways Healthy offers a well-received line of personal care products for women by NeuEve and has received very positive feedback from customers about their experience. The NeuEve line offers both suppositories and a cream that help ease menopausal or post cancer treatment discomfort that might include vaginal odor, dryness, atrophy, itching, burning, painful sex, and bacterial vaginosis.

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September 18, 2016 — Pat — Huntley, Illinois

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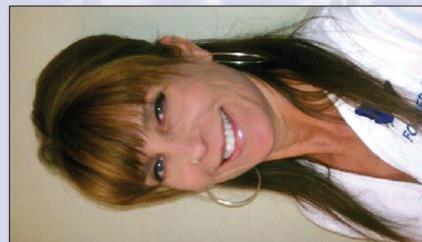
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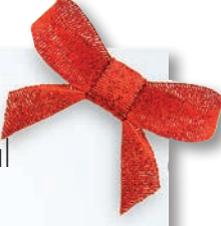

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- Safder Mohsin, MD
- Ritesh D. Patel, MD
- Raj D. Patel, MD
- Maryam Syed, MD
- Sushil Sharma, MD
- Smruti Mishra, LPT
- Sheetal Patel, APN-C
- Maria Hussain, PA-C

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- ◆ Internal/Family Medicine
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DOCTOR STEPHEN RIVARD M.D.

THE BEST VARICOSE VEIN CARE... PERIOD.

**WE ARE ILLINOIS VEIN SPECIALISTS
AND WE HAVE TWO QUESTIONS FOR YOU...**

**Have you met or are you close to meeting your deductible this year?
Have you been putting off treating your varicose veins?**

- It can take some time to get approval for treatment
- If you schedule a consultation now you can most likely get the bulk of treatment done before the end of the year
- If you've met or are close to your deductible there could be little to no out of pocket costs
- Insurance specialists are on site to get you pre-approved and tell you your costs upfront
- Dr. Rivard is in network with Medicare, BCBS, Aetna, Cigna, and UHC.
- In addition to providing the best vein care in the surrounding area we also navigate your insurance needs
- Dr. Rivard is one of the first Board Certified Venous and Lymphatic Medicine physicians in the country and uses the most current and effective treatments available
- Ultrasound performed by Dr. Rivard, a Certified Sonographer, at your first visit with results and treatment plan discussed the same day

**DON'T PUT IT OFF ANY LONGER. If you have varicose veins the time to act is now.
Make a consultation and take a step towards healthy legs free of varicose veins! It's as simple as that.**

**FOR A CONSULTATION - CALL 847.277.9100 OR VISIT WWW.IVSVEINS.COM
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Dr. Steph