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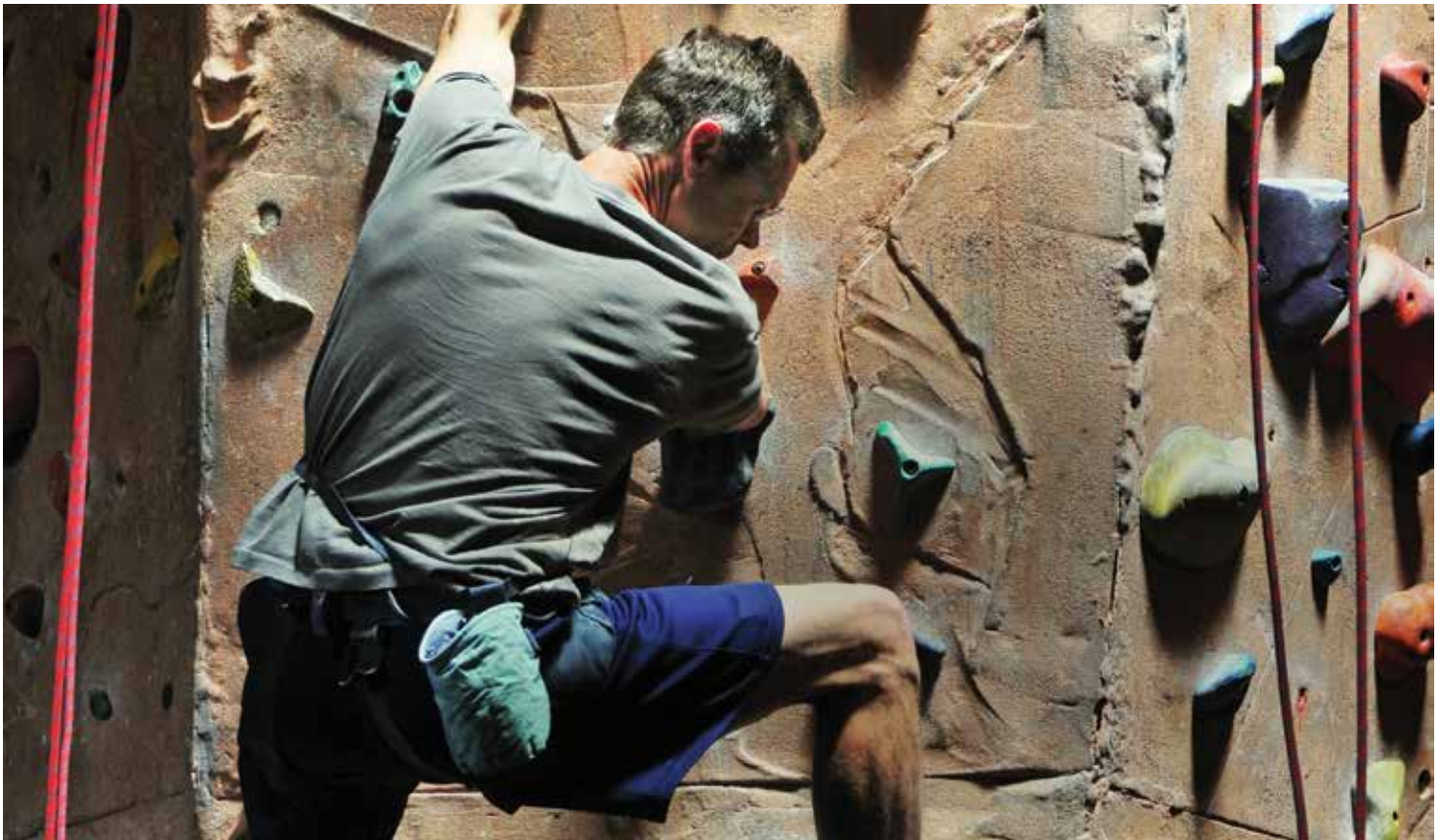
Leslie Munger
Lessons in Leadership

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PHOTOGRAPHY BY BILL MYERS

Pictured: Christopher Woolson, Brayden Fell, Alex Xie, Jayden Daube



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Hello Friends and Neighbors,

Summer is finally upon us and with that barbecues, baseball, and are most patriotic holidays. Join me in this issue as we pay tribute to a few gentlemen that had the honor of serving our country during WW2 and experiencing a most significant part of history first hand.

As I put together this issue, I noticed a common thread in all the women featured – they have deep roots in our community and have passionately made commitments to the organizations and causes they support with unwavering selflessness: We follow Leslie Munger’s road from corporate America to public office; Beth Hanna’s ode to past PTO presidents presented with warmth and humor as only she can; and Carrie Buchwald gives us her perspective on the privilege of living and working with people that she holds in the highest regard.

And not to be left out, through the power of photography we get a peek at a few successful fundraising and community events.

Our volunteer community writers came through yet again. Thank you for putting the effort forth to tell some amazing stories or provide helpful features. And to all the moms out there that sent me pictures of prom, I wish I could have gotten them all in. What a magical night for all those grads!

Lastly, please make sure you support our local advertisers. They made it possible to bring to your doorstep the 3rd edition of Heart of Lincolnshire.

Enjoy the summer, and good reading.



Tania Surane
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Thank You
 to our
Volunteer Contributors

Teresa Abascal	Beth Hanna	Shreya Viswanathan
Jenifer Aronson	Olivia Lamberti	Grace Westphal
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2016 TOP 300 FIRMS

COMMEMORATING OUR LOCAL WWII HEROES

By Olivia Lamberti

Memorial Day allows American citizens to reflect on those who have given their lives for our country and the veterans who are still with us today. Originating after the Civil War with the decorating of veterans' graves and becoming a federal holiday in 1971, Memorial Day carries on a centuries old tradition of patriotism in the United States.

Between the annual Memorial Day ceremony at Spring Lake Park and veterans residing throughout our town, Lincolnshire bears a strong connection with men and women at arms. At first glance, Al Johnson, Al Brandwein, and Bill Brandfon all current residents of Sedgebrook, may not seem to harbor riveting tales of time in battle or patriotism. But a passing glance cannot reveal their time serving their country during World War II.

In honor of Memorial Day, Brandwein, Johnson and Brandfon share their stories below.

AL JOHNSON

August 6, 1945 had different implications for Al Johnson than for other Americans. While most citizens recognized that day as Victory Day, or the end of World War II on all fronts, Johnson had an impactful role in the event- he worked on the bomb that ended the war.

Rather than spend this day participating in parades or listening to speeches, Johnson reflected on his duties as an United States citizen.

"It was a great opportunity to serve the country," Johnson said. "The war was over."

After attending Stanford University in California on an army scholarship, Johnson served as part of the team working on the bomb for over two years.

The bomb was intended to end the war as a means of avoiding more American

casualties. Though it caused over 200,000 deaths in Hiroshima and Nagasaki in the process, it did fulfill this goal, and Johnson knows he played a large role in ending the second World War.

Johnson had advice for young people hoping to make an impact on history similar to his own.

"Do your homework," Johnson said. "That's the secret."

AL BRANDWEIN

Being drafted into the navy during World War II changed Al Brandwein's life. A radioman, Brandwein served for four years, decoding messages transmitted in Morse Code aboard a navy destroyer.

"You have to do a good job," Brandwein said. "Otherwise things can go very, very wrong- especially during battles."

Brandwein decoded tens of thousands of messages throughout his tenure with the navy.

Learning Morse Code was difficult, but he soon became fluent in the system, finding his job to be most essential during critical points in combat.

"I turned out to be a very good radioman," Brandwein said.

Working as a radioman included being the first of his crew to hear about the death of then president Franklin D. Roosevelt in April 1945, the bombing of Hiroshima and Nagasaki in August 1945, and the peace accords dealing with Japanese Surrender at Tokyo Bay in September 1945.

Witnessing these historical milestones would change Brandwein's later outlook on life, often putting minor events into perspective.

"You learn discipline and you learn to take orders," Brandwein said. "You do the best you can."

WILLIAM BRANDFON

In 1943, straight out of high school, Brandfon enlisted in the Navy with the hopes of making his own contribution to the war.

He served for a short time during WWII aboard a gunboat in the Atlantic. His primary role was as a gunner's mate apprentice where he maintained and operated all the guns on the ship – a job that was critical in the sinking of enemy ships.

In 1945 after WWII ended, he earned an appointment into the Naval Academy where he graduated with an Engineering degree. Shortly thereafter, the United States became involved in the Korean War. Brandfon was back on the battlefield as part of the Naval force that participated in the Battle of Inchon where he was Assistant Navigator of Ship of the cruiser Worcester. Along the battleship USS Missouri, they bombarded the North Koreans as they retreated up the East coast of Korea – a turning point in that war.

Along with the perils of warfare, navigating on a ship months at a time, Mother Nature was a force to contend with.

"Riding out the storms could possibly be the worst thing about being actively deployed with the Navy. With that, always being aware that at any point the ship could be sunk by enemy action or a mine."

As the Korean War ended he circumnavigated the globe at the helm of a large cruiser retiring from service in 1956 after serving 13 years and being promoted to Executive Officer of various ships.

Looking back at his experiences he reflects, "Be a good citizen. Do everything in your power to keep the country out of war. It is among the worst of human experiences."

MEMORIAL DAY TRIBUTE SPRING LAKE PARK 2017



BEST SUMMER PASTA SALAD

by Teresa Abascal



It's summertime! Along with it come seasonal and colorful ingredients for our dining delight.

Full of color and flavor this pasta salad can be served with grilled chicken, fish, shrimp, meat, but can also be a meal by itself.

When making pasta salad, the best shapes to use are the short ones. Bow tie, macaroni, rotini, and orecchiette hold the flavors of the dressing and are easier to handle in a picnic/outdoor environment.

Endless combinations of vegetables can go into it: cooked artichokes, blanched broccoli, grilled zucchini, roasted or grilled asparagus, onions, peppers, cucumbers, tomatoes, and for a touch of sweetness even fruits like mandarins or raisins. For a salty accent try salami, ham or bacon. Vegetarian? Add crumbled feta cheese and olives. Experiment with herbs such as parsley, basil, or dill – each will add unique bursts of flavor. The finishing touch, a creamy dressing or a simple vinaigrette to tie it all together.

Make this recipe as directed or use as a base to help you create your own combination.

PROCEDURE:

Mix all dressing ingredients in blender or with hand mixer. Set aside.

Cook macaroni according to package instructions. Be careful not to overcook. It must be able to hold its shape when you mix it in a salad. Set aside to cool.

In a large pot with salted water, cook the broccoli florets for 3 minutes. Remove and let cool.

In large bowl, mix peppers, onion, cooked broccoli, raisins and dressing. Add pasta and cheese then mix.

When ready to serve, sprinkle with lemon juice, a little freshly ground black pepper and a pinch of salt. Gently fold the salad and enjoy!

INGREDIENTS:

- 1 lb. elbow macaroni
- 1 cup chopped bell peppers (about 1 pepper total, you can combine any colors, or use leftover pieces)
- ½ cup red onion, finely chopped and rinsed in a strainer under running cold water (tames raw onion's bite)
- 3 cups broccoli florets (approximately ½ lb.)
- ½ cup golden raisins
- 4 oz mild cheddar cheese, cubed
- the juice of ¼ of a lemon

DRESSING INGREDIENTS:

- ½ cup cottage cheese
- ½ cup olive oil
- ¼ cup lemon juice
- 1 tsp salt
- ¼ tsp pepper
- ¼ tsp smoked paprika (optional)
- ½ tsp sugar
- ¼ tsp Dijon mustard

Strawberry Field Café ... Celebrating 1 Year In Lincolnshire

As you walk into Strawberry Field Café you are immediately greeted by the owner Gus Romas with a quick smile and a warm welcome.

Celebrating its 1 year anniversary in Lincolnshire, this restaurant reflects the passion and commitment that Gus puts into it. "I have worked 363 days out of 365 since we opened. That is what it takes to make it in this business." He should know...Gus successfully opened his first restaurant when he was only 25 but has been in the business for over 30 years starting back then as a bus boy.

Quickly becoming a popular breakfast and lunch eatery in Lincolnshire, Gus knows a lot of patrons by name. "Passion for the business comes from the relationships you forge. The people are what is important."

And the people come in to experience the home cooked meals prepared only with the freshest ingredients as Strawberry Field stands by their tagline "From the Field to the Table." Everything is made to order from scratch; any dish can be customized to please discerning tastes. With daily specials and over 100 dishes to choose from, Strawberry Field is a must try.

Popular amongst the breakfast crowd are the homemade corned beef hash, build-your-own omelets (some of the fluffiest eggs that you have seen) and Caprice Frittata. If you

enjoy hearty skillet, the Skirt Steak Skillet made with tender, skirt steak might be just the thing. For a little kick, try the Matador Chicken Skillet featuring Cajun Grilled Chicken. But the most often ordered breakfast – bacon and eggs, what else?

Not in the mood for breakfast for lunch? Well, build your-own-salad, have a burger, sandwich, panini, and much more to choose from. All sandwiches are served with soup, homemade chips or fries. Speaking of soup, you can see Gus' Greek roots infused in the menu by the Avgolemono that is offered. The most popular salads are the Beet and Goat Cheese, the Strawberry Field, and Chopped Salad.

If you haven't yet tried this eatery that will certainly satisfy, what are you waiting for?

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"DERBY PARTY - A NIGHT AFTER THE RACES"

Lincolnshire Community Nursery School Fundraiser

Friends of LCNS got together at Mickey Finn's for an evening full of fun, food, and laughter while raising funds to continue providing vibrant preschool programs for the students and families LCNS serves from Lincolnshire and neighboring communities. Co-chairs Allison Finley, Danielle Yarnell, Jennifer Rastetter and Maria Peterson hosted the event along with the director, Amy Morrissey.



PHOTOGRAPHY BY PAULINA NENADOVIC
www.paulinasphotography.com



LOSE 5 TO 10 BY ADDING 5 TO 10

By, Scott Zilligen

“Ugh! I would look and feel better if I could just lose about 5 to 10 more pounds but I can’t seem to shake them off!” We have all said that at one point in our lives. I hear it on a weekly basis at the gym myself. We have also heard that famous definition of insanity, “doing something repeatedly and expecting a different result.” I talked about keeping it simple in my last article when it comes to making healthy habits. The same rule of thumb applies to this. If you are someone looking to get rid of those last 5 to 10 or someone just starting their fitness journey and looking to lose their first 5 to 10, or even someone that’s stuck in a rut, here are some easy to follow tools you can use to help you get there.

1 Take an extra 5 to 10 min to food prep for the next day. Another quote I love (I love quotes incase you didn’t notice) “If you fail to plan, you plan to fail.” I see this ALL the time in the fitness industry. Heck, I’ve even been guilty of this myself. If you don’t plan your meals in advance, it is that much harder to stay on track. How many times have you woken up and not felt like making that egg omelet you were planning to or didn’t feel like getting that blender out to mix all of your favorite fruits into your morning smoothie? Take an extra 5 to 10 min to chop up your veggies the night before, mix your smoothie and put it in the fridge, and portion that chicken salad into Tupperware containers so you can grab it when packing your lunch. For dinner, the slow cooker will be your new best friend. Look up healthy recipes and dump your ingredients into the slow cooker, go about your busy day, and come home to a nice healthy dinner. I promise you it will be that much easier to stay on track and be more consistent.

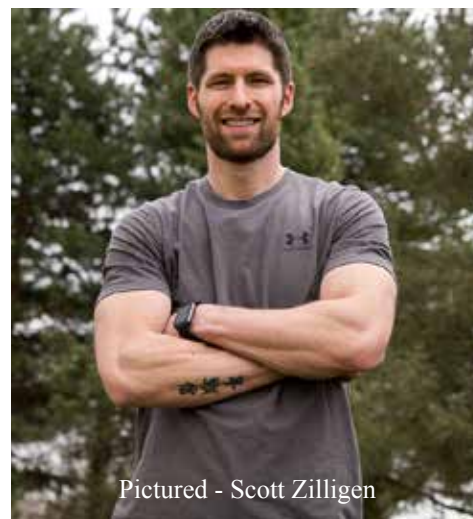
2 Add an extra 5 to 10 min of cardio to the end of your workouts, especially on weight lifting days. Just getting your heart rate going for 5 to 10 min can really boost your metabolism - not to mention take off an extra 100-200 calories if done correctly. Quick spikes in heart rate that you get from interval training would be the most effective form of cardio to add in post your workouts as you then burn a combination of fat and carbohydrates/ sugars.

3 Increase your repetitions by 5 or 10 or increase your weights 5 to 10lbs. I love certain exercises in the gym (my clients reading this are probably nodding thinking about pushups and flutter kicks) so when I’m working out, I fall

into the habit of doing the same stuff with the same weights that I’m comfortable with. Again, going back to that definition of insanity, if you keep doing the same exercises with the same weights for the same number of repetitions, you will eventually plateau. Nothing in your body is going to change if you are not changing something in your routine. You can do the exact same routine as long as you are changing something, whether it is repetitions, weights, tempos, etc. Just like planning out your meals, take 5 to 10 min to plan out your workouts.

4 Add 5 to 10 min of self reflection (quiet time for yourself) into your day to decompress. We live in a fast world where everyone is constantly busy and our stress levels have a tendency to be on the higher side. We all have that stress hormone called cortisol and when stressed, it increases significantly. Increases in cortisol levels increase weight gain as well as interfere with learning and memory, lower bone density and immune disease, and even cause high blood pressure and heart disease. I don’t care what kind of workout regimen you are on or perfect diet plan, if you’re stressed and your cortisol levels are through the roof, you will have a very hard time losing weight.

To summarize, health and fitness can be really great at times but also frustrating at times. Don’t ever think that it is hopeless and that you will never get to your end goal. Enjoy this journey and take every small victory as it comes while always looking for the next one. I promise you will be pleased with the results. You are now on the road to losing those 5 to 10 by taking 5 to 10 minutes to read this! Have a great summer my friends and enjoy the ride!



Pictured - Scott Zilligen

THE 5 TO 10 WORKOUT

Take 5 to 10 minutes and throw this into your workout regimen to add something new in. If you can’t do actual pushups, drop to your knees to do them. If that is still challenging, use a chair or wall to lean on so you are elevated. Enjoy!

5 pushups

10 squats

5 pushups

10 squat jumps

5 pushups

10 lunges each leg

5 pushups

10 jumping lunges each leg

5 pushups

10 jumping jacks

Repeat this circuit a second time but instead of doing pushups, switch to tricep dips on a chair, bench or couch.

Scott Zilligen is a certified NASM-CPT/ CES, NESTA Personal trainer/strength coach and USA Boxing Coach with over 9 years industry experience. He owns Z Fit Sport – www.zfitsport.com; szilligen@zfitsport.com

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**Prom
Class of 2017**





meet your NEIGHBOR

Lessons in Leadership with Leslie Munger by Mark Hancock

Early in her career, Leslie Munger was facing some business challenges at Procter & Gamble when her boss shared a motto that motivates her to this day - 'If it is to be it is up to me.' Those ten, two-letter words became a motto for the Munger family, as Leslie and her husband John raised their two sons Tom and Andy in Lincolnshire. Leslie has restated that motto many times, but more importantly she has put those words into action as demonstrated by her work to improve Illinois as a volunteer, a candidate, the State Comptroller and now a Deputy Governor.

Before politics and government, Leslie lived a life typical of many women in Lincolnshire. She had a successful career as an executive in brand marketing, eventually leading the U.S. Hair Care Business at Helene Curtis, but left her career in 2001 to dedicate herself to raising their boys. Leslie

says, "Like so many moms in Lincolnshire, I became a serial volunteer." In addition to being a full-time mom, she was a D103 Room Parent, Cub Scout Den Leader, Village Club President, D103 Learning Fund President, Stevenson Football Mom (feeding 80+ football players every week), Riverside Foundation Board Member and Women's Board President, and eventually a volunteer for various political candidates helping with canvassing and policy awareness.

So how did this former business executive, dedicated mother and volunteer reach the proverbial tipping point to throw herself into politics? It started in 2013, when their older son was interviewing for jobs. "Tom was graduating with a degree in mechanical engineering from the University of Illinois. He was an excellent student, a leader at U of I and had a strong work history. But his

best job offers were out of state," Leslie said. "Two weeks after Tom graduated, we were moving him to Texas. Never did I think he'd have to move out of state to get a great job." Her concerns about Illinois become too much to sit on the sideline.

That fall, Leslie decided to run for State Representative, and started working to get her name on the ballot for the 2014 election. Liz Brandt generously volunteered to be her campaign chairman, and together Leslie, John and Liz worked non-stop to challenge incumbent State Representative Carol Sente. Leslie ran a great race, narrowly losing by approximately 1000 votes. In that same election, Bruce Rauner was elected Governor of Illinois.

Disappointed but not defeated, Munger put her name into the Governor's transition team, hoping to be appointed as a Trustee for the University of Illinois Board of Directors.

A month later, on December 10, 2014, State Comptroller Judy Baar Topinka passed away suddenly after having just won re-election for another term as Comptroller. Topinka was the first woman in the State to be elected to two constitutional roles (Treasurer and Comptroller,) a legend to many and a well-regarded public servant in Springfield.

Fast forward to Saturday, January 3, 2015. Leslie and John were home in their kitchen when her cell phone rang with a number she did not recognize. On the phone was Governor-elect Rauner's Chief of Staff. Her first thought was that they were calling her about the U of I Trustee position. But to both Leslie and John's complete surprise, the Governor's chief informed Leslie that she was on the short list to be appointed for the State Comptroller, replacing Topinka, and asked if she would talk with them.



John and Leslie Munger

That afternoon John and Leslie were vetted, and Sunday they were interviewed. Later that day, shortly after they had gotten home, her phone rang again showing “no caller id.” It was Governor-Elect Rauner asking Leslie to accept his appointment to be the next Comptroller for the State of Illinois. And as they say... the rest is history.

Eight days later, on January 12, 2015, without ever holding a political seat or having any traditional financial background, Leslie was sworn in as Illinois State Comptroller, inheriting a high-profile state leadership seat for a state with a historical budget crisis, ballooning debt and the



governmental branches split politically.

The next day, her first official duty was to chair a pension board meeting. Leslie credits an amazing staff in the Comptroller’s office for helping her to so quickly transition into her leadership role. Many of them were still grieving Judy’s loss, just a month earlier. Leslie said, “The staff loved her (Judy) like a mother. They thought they’d be celebrating the inaugural events with Judy, but instead they had me, who they didn’t know.” Leslie made it clear to all she was keeping the team in place, that she needed their support and most importantly, it was ok to mourn the loss of their friend and colleague. Together the staff and Leslie began the work of

making a positive impact on the state’s financial woes.

Her “baptism by fire” included meeting the Chicago press corps with minimal media training. Munger deftly handled her first press conference with the Chicago press representing every major news outlet, and was soon addressing large crowds and frequently traveling with John to every corner of the state.

Munger became one of the most vocal advocates for fiscal responsibility our state has ever witnessed. According to Reuters, as of November of 2016, Illinois had \$129.8 Billion in underfunded pension liabilities (a 37.6% funding level) and a budget deficit of \$9.7 Billion, making Illinois the worst funded state with the worst credit rating in the union. No matter your political views, we all can agree that this fight is a critical and worthy one.

If it is to be it is up to me.

Due to a bill passed in the final days of the outgoing Pat Quinn administration, the Illinois General Assembly voted along party lines to require a special election in November of 2016. That meant that Leslie would be required to run for her position two years ahead of schedule, despite Topinka and Munger sharing the same party affiliation. Leslie was thrust into the middle of a political firestorm never seen in the Comptroller role. She became famously known for her stance to put lawmaker and elected leaders pay in line with the rest of the state’s bills, in the same way Illinois agencies and organization were forced to wait in line.

The Comptroller race became of tremendous focus to both parties in 2016, with a record 6 million votes cast and a record \$12 million spent on race. Leslie, a relative political newbie, lost a close race by 4 percentage points, and went back to her “nice life.”

But once again, in January 2017, her phone rang. No Caller ID. Governor Rauner was calling again, this time asking her to accept a vacant Deputy Governor role. Not to be confused with the elected Lieutenant Governor role, Leslie is now currently working as an advisor and a staffer on variety of policy issues and outreach on behalf of the Governor.

When Munger reflects on her election bids she does so with no regrets, knowing “We did our best. We left it all on field.”

Leslie and John worked tirelessly, meeting great people throughout the state and receiving tremendous support from people they’d never met. But she reflects fondly and thankfully about our Lincolnshire community.

“Campaign leadership, volunteer support, donations, fundraising, canvassing and signage were the result of direct support of so many dear friends and neighbors from Lincolnshire,”

says Munger. “We are so lucky to live here.” A village she and many fondly call ‘Mayberry.’

After sitting down with Leslie, I left impressed with so many aspects of her journey and the exemplary lessons she has set for many of us. First, she is a servant leader with nearly two decades of helping both her community in Lincolnshire and the State of Illinois. She demonstrates the type of vulnerability and risk taking so few ever embark upon. Her resiliency is impressive, once again putting herself back into the public eye to work on her purpose of a better Illinois. Finally, she has embraced true ownership of the issues and organizations she holds dear.

For those looking to get informed or involved, Leslie Munger and another Lincolnshire mom, Nancy Mathieson, are starting a “Policy Circle” in Lincolnshire, a nonpartisan policy discussion group for those interested in expressing their views and increasing their knowledge of public policy. For those interested, please contact Leslie at leslie.munger@att.net.

Remember... If it is to be it is up to me.

Mark Hancock is a 21-year resident of Lincolnshire. Recently founded The Glenmore Group after 25+ years of leading businesses. He provides executive coaching, leadership training and consulting to entrepreneurs and business leaders. Mark is a current Trustee of Lincolnshire.



HEARTS OF GOLD GALA

The event, hosted by the Women's Board of the Riverside Foundation, featured dinner, open bar, live music, dancing and an auction, raising over \$200,000 to help fund items to improve and enhance the lives and facilities of the Riverside Foundation residents.





STEVENSON CORNER



TAKING FIRST, FROM WINDJAMMER TO PATRIOT

by *Grace Westphal*

Tophers Stensby dives into the New Trier pool with strength and agility. He's swimming anchor and the team is in fourth place at the all-important state meet. Everything is riding on him. There's no time to distract himself with his competitors or anxiety—it's time to swim.

He breaks out into a well-practiced freestyle, cutting through the water with ease. He touches the wall in a mere 44.06 seconds, a school record for the anchor leg of the 400m freestyle relay. The team moved up two places into second!

This relay team is only one of four events Stensby participated in at the state meet. He also competed in the 200m relay that finished fourth, the 100m freestyle that finished second, and the 50m freestyle where he took home the state title and a first-place medal.

At only 16 years old, and a sophomore at Stevenson High School, Stensby worked

most of his life to achieve this level of excellence in swimming. He started swimming competitively at the age of five at the Lincolnshire Swim Club as a member of the Windjammers, and where he currently works as a lifeguard. It's a place that holds special meaning for his family.

"It's tradition," Stensby said. "My sister swam there since she was ten, and it's just something I started doing when I was young."

Under the wing of his parents, Stensby spent five years swimming competitively for the club before transitioning into the Stevenson team. In his very first year swimming for the Patriots instead of the Windjammers, he glided onto the varsity team at only 14 years old.

"When he came in as a freshman, I saw that he had good form on the strokes, and he wanted to do what he could to get onto varsity and compete at the top level," said Doug Lillydahl, Stevenson boys' varsity swim coach.

And in his two short years at Stevenson, he won a State Championship award, an Ambassador award and was honored as Lake Country's Athlete of the Month.

However, despite his accolades, Stensby remains humble. His State Championship award for the 50m freestyle was not one he expected.

"I was kind of surprised when I won, a little bit in shock," Stensby said.

Stensby was seeded fourth, and was the underdog in the race. The top seed was Franco Reyes from Hinsdale Central. However, in a stunning display of talent, Stensby finished the race in a mere 20.44 seconds, narrowly cinching the victory from Reyes who finished in a still impressive 20.49 seconds.

"I was pretty excited," Lillydahl said. "There was a television announcer who noted that I nearly fell in the pool, I was jumping around so much."

Such an amazing victory however, could not have been achieved without the hours of work Stensby and the team put in during practice. Almost every day the boys' team has practice both before and after school, as well as early on Saturday mornings. The grueling practices include weight lifting, practice races, and as much as 5,000 yards of lap swimming which is almost three miles.

Stensby credits his success to advice given by one of his coaches that carried him through each of the grueling days: Train everyday like it's the most important day of your swimming career.

And Stensby recognizes that every day is important, even the bad days where you don't win a state title or break a school record. There are failures too. Stensby recalls losing repetitively to the same competitor his freshman year, preventing him from winning a state title a year earlier.



Giving Back

“MUSIC BRINGS ME JOY.”

By Shreya Viswanathan

Every person has a moment in their life that has changed them forever. For current sophomore and D103 graduate Chris Van Overberghe, this moment happened at a seventh grade guitar jam session of “Smoke on the Water”. Exposed to music from a young age, Chris grew up trying different instruments in school from the cello to the saxophone, eventually leaving them due to a lack of interest in the classical repertoire he was always forced to play. Despite this, Chris always knew that music was a large part of his life; he just needed to find a way to channel his passion into playing what he enjoyed. After playing “Smoke on the Water” for a couple hours with a few friends, Chris knew he had found his musical calling. “Those were some of the best two hours of my life,” he asserted. The next day he asked his mom to start him on music lessons once again (this time with music he liked), and from then on,



his musical hobbies extended to the bass, piano and guitar. Chris eventually started a band called Left on Green with three of his best friends.

As school got busier and more stressful, Chris always found solace in his music, and when it was time to complete his Eagle Scouts project, Chris immediately thought of sharing this gift with middle school students who did not have the opportunity to explore their musical passions. He decided to donate instruments to Most Blessed Trinity Academy in Waukegan, for students who could not afford to purchase or rent their own instruments. “When I initially thought of my project, I almost didn’t go through with it

because I thought nobody would support it,” he explained. His project to benefit the community was so unlike other Eagle Scout projects that he wasn’t sure it would work. However, seeing the enormous impact music had made on his own life, he went ahead with his idea anyway. “It wasn’t hard, but it was time consuming,” he said. “The first few steps I had to go through involved a lot of meeting with leaders, explaining my project, and getting signatures.” Once he had accomplished these initial steps, Chris was cleared to set up his GoFundMe Page, which was his primary source of cash donations. After that, he began visiting local music stores, asking for instrument donations and a place to advertise. “It was a lot of emailing!” he exclaimed.

Chris has now collected almost sixty instruments (all from community donations), ranging from guitars, trumpets, keyboards, baritones, french horns, and many more. He will soon be building music shelves and by mid-July, the Academy is scheduled to have their own band program. “A lot of people nowadays struggle with anxiety and depression, and it really does help to have coping strategies such as music,” he articulated. Giving kids the opportunity to help themselves through music was the driving force behind Chris’s project and he is excited to see its success.

“I am so grateful for the immense support I have received,” he emphasized. He has been overwhelmed with support from friends, family, and even complete strangers. As Chris watches the love for music grow amongst students who previously could not afford to play instruments, he is proud to see the community rallying around such a great cause that he has had a passion for since a young age. “This project speaks to me because of the joy music brings me,” he said, and now the middle-schoolers of Most Blessed Trinity Academy will experience the same joy.

STEVENSON VARSITY FIELD HOCKEY GIRLS

Giving back to the community

Each spring volunteers from the Stevenson varsity field hockey team



L-R top row: Allison (Captain), Hannah, Gio, Izzy, Charlotte, Audrey
L-R bottom row: Emily, Lauren (Captain), Anna

give back to our community by coaching the Lincolnshire Sports Association Junior Patriots field hockey program. This year’s seniors Lauren and Allison (Captains, fall 2016); juniors Hannah, Gio, Ryan and Gabby; sophomores Anna, Charlotte, Emily and Maya and freshmen Izzy and Audrey have been teaching junior high girls the basic skills and rules of the game at North Park.

The varsity girls volunteer every Sunday and work on: teamwork, team spirit, communication between players, speed, endurance, skill development and, most importantly, having fun. The LSA program gives our younger players the skills and confidence to try out for the Stevenson field hockey teams as entering freshmen and provides the opportunity to meet their high school peers. Recent graduates of the LSA program to the varsity team include Charlotte, Izzy and Audrey.

At high school, field hockey is a fall sport. For the varsity team coaching the young girls is a great opportunity to reconnect in the spring and teach a game they are passionate about. Their leadership skills are put to good use while earning volunteer hours for the Stevenson 300 Club. For the seniors it’s bitter sweet; bringing back memories of junior high whilst looking forward to college and many new experiences.

That’s where the LSA program comes in; bringing junior high girls together for stick and ball fun filled learning. This program relies on the community spirit of these amazing high school young ladies who volunteer their time, skill and good natured spirit to teach and mentor our young participants. This fall why not engage your community spirit and come cheer on the team at the Stevenson stadium.

Submitted by Julie Russell, LSA Director of Field Hockey and proud mom of: Charlotte Russell, Director’s Assistant (Communications and Supplies)

PTO Presidents: Overachieving, Domestic Cyborgs? by Beth Hanna



Pictured top l to r: Beth Hanna, Kristin Keevins, Anne VanGerven, Sandy Simon, Molly Shapiro, Agnes Beatty

I encountered my first PTO President during my firstborn's Kindergarten year at an emotional community meeting regarding our neighborhood's redistricting to another elementary school. This meeting was also where I said my husband had just gotten a vasectomy into a microphone during the question and answer segment; but I digress. All the officials you would expect were there; the principals from both schools, the county school board Chairman, and one parent who turned out to be the PTO President for our new school, Kim Benton. After the principals completed their speeches, the microphone was handed to Kim. Tall and intellectual in appearance with slightly graying hair and glasses, Kim gave an eloquent speech. She warmly reassured us and welcomed us to our new home with a big smile on her face. I decided right then that this PTO President person was an overachieving, domestic cyborg that was purposefully trying to make me feel inferior.

Fast forward 8 years to a colossal new redistricting for our 4 kids; our move from Virginia to Illinois. The move turned out to be much harder on me emotionally than I anticipated, and as a stay-at-home-mom, I found myself staying-at-home-alone. So I put on a smile and marched to accomplish one of the bravest things I've ever done. I attended a PTO Welcome Back breakfast solo.

There's truth behind the fear that once you start saying "yes" to any volunteer organization, you'll get sucked in. I attended a D103 PTO Welcome Back breakfast in September 2011, and found myself D103 PTO President by September 2014. Had I become an overachieving domestic cyborg? Ha... I wish... I would've gotten a lot more done that year! Nope, I was a completely organic, fallible parent and scared out of my mind. My motivation to be involved in the Lincolnshire volunteer community and eventually lead the PTO was to fast track my knowledge of the people, places and things that would help my 4 children feel like Lincolnshire was their home. And I learned that each volunteer PTO President that came before or after me also had rational child centered motivations that didn't involve world domination.

I recently enjoyed a lunch with former and current D103 PTO leaders at Bonta in Lincolnshire. You could cut the feeling of camaraderie with a knife! We spoke of our pride in PTO accomplishments through the years and how grateful we were to have the time and opportunity to lead. We swapped stories and had some great laughs. But the commonality of experience I sensed was one of personal growth. We reported that although the position was challenging, (it might have just been me who reported it challenging, as they nodded their heads in sympathy), it was a unique learning

experience; one that connected us closer to our community than we ever imagined possible. We all forged meaningful relationships we might not have entered otherwise and gained a deeper appreciation for what being part of a community truly means.

It turns out, folks, that I was wrong about Kim Benton.

Note from Publisher

These dedicated women were relentless in their pursuit to meet PTO goals while at the helm of it. They could easily give a six-figure earning executive a run for their money in the countless hours put in, programs implemented, improvements made, and many challenges faced. With grace and determination, they lead the organization to be better, more productive, and one where our children and School District 103 benefitted year after year.

Each leaves a legacy behind. Collectively though, they would encourage us parents to get involved. Behind every great PTO leader there is an army of motivated parents helping ensure the legacy get created.

Lastly, we are fortunate for the passion, love, and commitment they put forth. It takes a special kind of person to selflessly give that much of themselves. My time with the PTO has been nothing but rewarding thanks to each of these ladies.



Run for D103

Almost 600 people registered to participate in this family fun event that celebrated its 7th year. Even the specter of cold and rain did not stop supporters from showing up and completing the race – congratulations to all of you! Funds raised are invested back into District 103 classrooms with teacher and student feedback.



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PROFILE

The Power of Community at Work

by Carrie G. Buchwald

After living in this community for almost two decades, I have seen the many ways that community comes to life. It shows in the way neighbors help each other and the friendships that are forged by sharing time together around the things we care most about. What I never expected is that I would get a chance to work with some of the most talented, amazing people in our community.

A few years ago, my husband Tom and I talked about my return to the workplace after a 7-year hiatus raising our son Ben (now 20) and Emily (now 14). It is easy to forget what skills and abilities one possesses when restarting or trying to change your career. I was uncertain about what value I could bring to an employer after so much time out of the workplace. But after exploring many avenues, I was offered a full-time role at Lake Forest Graduate School of Management (LFGSM) in a corporate sales role.

I feel fortunate that I was given the opportunity to restart my career, change industries, and learn new skills. One thing I learned during this transition was that a person never loses their core gifts if they step out of the workplace and/or attempt to change their careers. They just need a chance to showcase what they can do – and agile people with strong core abilities can excel in many roles.

There are members of our community that have joined an academic community. Although we might have known of each other well or just a little prior to joining LFGSM, we could not have imagined that we would be working together every day. Anyone who knows Barb Siegel, Sue Wynne, Roberta Hancock, Natalia San Jose, and Tom Perozzi knows that they are outstanding members of our community. Their reputations and network are excellent and they are examples of leadership in their personal and family lives. Each of these special people found their way to a community of learning and offer their unique skills and gifts every day to support the mission of the School.



Pictured top L to R: Carrie Buchwald, Roberta Hancock, Tom Perozzi, Sue Wynne, Barb Siegel

Lake Forest Graduate School of Management believes that “Great Leaders Change Lives” and our role is to prepare and enhance leaders for the important work of making critical contributions in and outside of business.

When considering what makes a great community member, whether in a work environment, village, place of worship, sports team, or school, common themes are evident. These leaders:

- Serve others over self and see a larger picture
- Model positive, supportive behavior
- Advocate and take action for those who need help
- Balance competing demands and make choices based on core values
- Build bridges, not fences, by working out differences in a positive way
- Appreciate one another’s core strengths and gifts
- Believe everyone is capable of making a positive contribution
- Work hard and HAVE FUN!

What a privilege it is to live, work and play in an environment where the power of community is “at work.” Imagine yourself creating your own community at work especially if you are starting or running a business. Who in our community could add value and to whom can you offer a chance to grow and shine? Who says you can’t mix work and play!

Lake Forest Graduate School of Management, a mission driven, not for profit, independent institution with over 70 years serving the Chicago area community, is committed to bringing the phrase Great Leaders Change Lives to life. Everything is designed to cultivate Broad Thinkers and Strong Leaders who make a difference across organizations. Whether through their graduate business degree programs or Corporate Learning Solutions, their real-world approach creates leaders who can manage everyday operations, and develop and drive a long-term vision for their organizations. Learn more at www.lakeforesttmba.edu.



DOLLARS & SENSE

The Skinny on 529 Plans by *Jenifer Aronson*

The month of June typically brings to mind the celebration of weddings and graduations. As the mother of twins who have just graduated from Stevenson High School, it has been an exciting and emotional year. In Stevenson's highly competitive environment, where 90% of graduating seniors go off to some form of college, planning for this next step begins shortly after they walk through those doors at the beginning of their freshman year. As parents, this milestone in our child's life has been on our minds for far longer. Most likely, from the day they were born, thoughts of sending our baby(s) off to college has crossed every parent's mind frequently - where will they go; what will they study; How will we pay for it?!

We have all heard the stories of the eye-popping costs to send the average kid to college. I can now tell you from experience - those stories are true! Some families get lucky if their child is exceptionally bright or athletic and are offered scholarships. Unfortunately, that is not the case for the vast majority of our college-bound kids.

As is the case for anything important in our lives, the best thing we can do for ourselves

and our children is to start planning for this life event. Of course, the earlier the better, but it really is never too late to start. Even if you are only a few years from graduation day you can still give yourself a head start.

In 1996 the government established the 529 Plan account to help parents save for college. The 529 Plan is an education savings account that is designed to encourage families to save for college by offering tax benefits for the contributions and earnings to the account. 529 Plans are operated by a state and/or a financial institution. While most states have their own plans, anyone is free to open an account with any of the plans in place. There are some tax benefits that we will discuss if you open an account run by your own state of residence. It is also not a requirement that the beneficiary (child) be a resident of that state or attend a college in that state.

There are a couple of types of 529 Plan accounts:

- Savings Plans - this type of account allows you to save as little or as much money as you would like to put away (there are maximums that vary by state,

but they are typically over \$300,000 in lifetime contributions). There are different investment options that either you or your financial advisor can choose from. The account value will move up and down based on the market performance of the investment options that you selected.

- Prepaid Plans - this type of plan will allow you to pre-pay all or part of the costs of an in-state public university tuition. The funds can be converted to pay for use at a private or out-of-state college. With this type of account you are not making investment decisions.

Why would someone want to put their child's college funds into a 529 account instead of just a regular investment account? First and foremost, the biggest benefit of a 529 account is the tax benefits that the account owner enjoys throughout the life of the account.

There are two types of tax benefits:

- Contributions to an in-state 529 Plan - if you open an account that is operated by your state of residence, many states (Illinois is one of them) will allow you

to deduct contributions from your state taxes up to \$10,000 per person (\$20,000 for a married couple) per year.

- Tax-free earnings for the account - this is where the real tax benefit comes in. As long as the assets are used for qualified education expenses (we will discuss what is considered a qualified expense later), the funds can be withdrawn tax-free.
 - Let's do a simplistic example to show how much that could mean in savings. If you decide to start investing a \$1,000 a year from the year your child is born until they go off to college, you would have contributed \$18,000 to their college funds. If we assume the account grows by an average of 5% over the 18 years, the account would grow to approximately \$28,000 by the time they are ready to go off to college. So we have about a \$10,000 earnings gain. If those funds were put into a 529 account, the \$28,000 could be withdrawn to pay for college, tax-free. If those funds had instead been invested in a regular investment account, when we went to withdraw those funds there would be taxes due on that \$10,000 in earnings. Even if we used the lowest tax rate of 15%, the taxes owed when making the withdrawal would be about \$1,500. Again, this is a simplistic example for illustrative purposes for the accountants out there who are reading this article.

As you can see, the tax benefits can really add up over time.

The other benefit worth noting is that in an attempt to encourage parents to put money away for college, when the time comes to fill out FAFSA (financial aid forms), 529 accounts are treated much more favorably than a regular investment account. So when FAFSA calculates how much in assets a family has available to pay for college, they count 5.64% of the value of a 529 account versus a regular investment account where they will count 20% of the value.

As you can see, there are some real advantages to funding a 529 account.

Now let's consider some of the potential issues that parents should think about before opening one.

- Let's start with the most important one - fees. Whether you are working with a financial advisor or setting the account up on your own, make sure you understand what fees you are paying. Ideally, if you are working with an advisor they are charging you a discounted fee for

investing in a 529 account. You will also want to make sure you are getting invested in the investment options that have the lowest underlying expenses. There can be a very wide range of fees that are charged to different investment options in a 529 Plan. Make sure you ask your financial advisor these questions.

- Given the tax advantages of a 529 account, many parents worry about what they would do with the account if there is a financial emergency and the family needs to access these funds for something other than their child's education, or if their child gets a scholarship or may decide not to go to college at all. Let's address each of these issues:
 - If the account owner needs to access the funds in the 529 account for something other than qualified education expenses they will be required to pay income taxes, plus a 10% penalty on the earnings portion of the withdrawal. This is an important point to note because often times people think they will pay taxes and penalties on the entire withdrawal amount. It is only on the earnings portion that has accrued. But, no, you cannot choose to just withdraw the contribution portion of the account; the withdrawal will be a pro-rata share of the contribution portion and earnings portion of the account.
 - If a child gets a scholarship or some other form of financial aid, the account owner can show proof of this aid and are then allowed to withdraw funds from the 529 account in the amount of the aid and will only have to pay income taxes on the earnings portion, but not the 10% penalty.
 - If the child decides not to go to college, there are a few options. The account owner can transfer the beneficiary of the account to another family member. That family member could be a sibling, a niece or nephew, a grandchild, etc. The new beneficiary does have to be a blood/adopted relative. The account owner can also use the funds themselves to go back to school. If neither of these options are appealing, then the account owner can always withdraw the funds and pay the taxes and penalties on the earnings as described above.
- 529 accounts will only cover qualified expenses. Expenses that are not considered qualified will have to be paid for with other assets. Qualified expenses include: tuition, room and board, books, and computer requirements. If the

student lives off campus, then an average dorm rate at the college will be used to calculate an acceptable amount that can be withdrawn from the 529 account to be used for rent. Non-qualified expenses would be transportation to and from school, extra-curricular activities like club sports, or fraternity and sorority membership costs.

If you are a grandparent or other relative considering contributing to a child's 529 account you may want to open up your own account with the child as the beneficiary. When the time comes to apply for financial aid, non-parental accounts do not get included in the asset calculation to determine financial aid. Once these funds are used to pay for college, the amount used will be included in the income calculation to the child. Advisors typically recommend that these funds be used in the last year of college after all financial aid applications have been submitted.

When it comes to planning for college, my advice is to start as early as possible. Even if you can only contribute \$50 per month to start, the benefit of time is in your favor. Take advantage of that. As a parent you will feel better knowing that you have started taking an active role in planning for your child's future. It might make it a little easier to say 'no' to that toy that they don't really need when you know that those funds are instead going towards their college education. Even if you know you are unlikely to fully fund your child's college account by the time they are ready to go (which most people are unable to), I can say from experience that it feels a lot better to be able to explore your child's options with them, without being hyper-focused on what the cost is for each school they are considering. It is an overwhelming and exciting time for your child as they enter this whole new chapter in their life. It is a gift to parents to be able to experience it with them and guide them through it. When you can plan for this time in advance, even if it only gets them part of the way, it allows everyone to enjoy the process that much more.

Jenifer Aronson has lived in Lincolnshire 15 years. She is the founder and managing partner of Mosaic Fi, an independent, privately owned Registered Investment Advisor. To ask Jenifer a question email her at jenifer@mosaicfi.com

HEART OF LINCOLNSHIRE | Student Essay Award

Congratulations to Ben Brandt, graduating senior, for submitting the winning essay for the Heart of Lincolnshire Student Essay Award as voted on by a panel of judges. The assignment was to write a 500-word essay on how to make your community a better place if you had \$10,000 to invest in it.

Lincolnshire is special, small, and unique suburb inhabited by a highly educated, affluent, volunteer oriented and diverse population. Our Village is a rare gem because of its 181 acres of beautiful parks and open space, surrounding forest preserves, winding pedestrian paths as well as its majestic heritage trees, award-winning schools, re-known restaurants and bustling business community.

Honestly, it is difficult finding something to invest \$10,000 into; our town is blessed. Yet, driving around town, I noticed the unsightly and surprising amounts of trash in our right of ways. As a conscious Eagle Scout and AP Environmental Science student, I have little tolerance for my hometown not being pristine. I believe with a little bit of organization, time, investment and community awareness, Lincolnshire can be essentially litter free and a waste

disposal leader with monthly right of way clean-up days and implementation of different waste collection bins at the Public Works facility.

For three years, I have run a shoe recycling program. I learned a lot about coordinating a program to not only enhance the environment, but also help people become more aware of what they can do to help. I collected over 2500 pairs of shoes in just six weeks, saving them from filling up a landfill. Instead, they were used to resurface a park play area in an impoverished neighborhood. I was surprised at how willing people are to help as long as there is an opportunity; even minor programs can have a huge impact. Therefore, I strongly recommend the Village install permanent shoe, clothing, electronics and hazardous waste drop-off bins at the Public Works facility with the \$10,000 investment. This would enable residents and businesses to responsibly dispose of items that normal garbage pick-up will not take.

Unfortunately, SWALCO (Solid Waste Agency of Lake County) is located far away from Lincolnshire, lacks funding and has significantly reduced the number of

electronics and hazardous waste events held in Lake County. As a result, most residents do not participate since it is inconvenient, infrequent and poorly advertised. The Village could construct permanent drop off bins as an Eagle Scout project. Or they could do it internally, and then pay a small monthly fee to SWALCO, Waste Management or partner with Stevenson Environmental Club for ongoing pick-up. Additionally, Lincolnshire should fund conducting monthly ROW and conservancy area clean-ups by contracting landscaping crews or various community organizations as volunteers. I feel this would be an immediate boost to the aesthetics of our pastoral village with minimal costs.

Overall, the majority of the funds would be spent for initial bin/drop-off site installation, supplies, and ongoing marketing and promotion, yet the return on investment would reap visual and environmental benefits for Lincolnshire for many years to come. As Lady Bird Johnson wisely stated, "The environment is where we all meet; where all have a mutual interest; it is the one thing all of us share."



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