

# Northbrook!

October 2011

## Northbrook Fire Department Open House!

Saturday, October 15 • 9am to noon  
Northbrook Fire Station #11 • 740 Dundee Rd.

Go to: [FirePreventionWeek.org](http://FirePreventionWeek.org)

Protect Your Family from Fire

October 9–15, 2011 • It's Fire Prevention Week



To celebrate Fire Prevention Week, the Northbrook Fire Department will be hosting their 26th Annual Open House. Fire Department personnel, along with Sparky the Fire Dog, will be available to answer questions and exhibit fire engines, ambulances, an aerial ladder truck, a squad truck and the dive squad. The Community Emergency Response Team (CERT) will be on hand, along with representatives from Nicor and the Metropolitan Emergency Support Services Canteen Truck. Fire helmets, sticker badges, coloring books and fire and life safety brochures will be available. Stop by and meet the handlers and dogs from the Rainbow Crisis Response Dog Unit! ☀



## HAPPY HALLOWEEN!

Monday, October 31, 3 to 7pm

Monday, Oct. 31, is the official Halloween "Trick or Treat" day in Northbrook! Suggested trick or treat hours are 3pm to 7pm. To welcome trick-or-treaters, switch on your porch lights or any exterior lights.

For many years, Halloween has been recognized as National UNICEF Day and American children have shared the holiday for 61 years by Trick or Treating for the United Nations Children's Fund (UNICEF). UNICEF is helping millions of children and mothers to better health in many countries and territories of the world by assisting governments to develop programs for control of disease, health education, maternal and child care. Please welcome young people who carry the official UNICEF collection boxes. For more info, contact Georgina Winters, the UNICEF Sr. Rep. for the US. Fund for UNICEF, at 847/498-0558. ☀

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## Celebrate Illinois Arts and Humanities Month in October.



Artists' Studios Tour: Sunday, October 9

The annual Northbrook Artists' Studio tour, sponsored by the Northbrook Arts Commission, will be held on Sunday, October 9, from 11am to 4pm. Six of the 12 participating Northbrook artists will showcase their art work in the Village Green Center, 1810 Walters Ave. Maps to Studio locations are available at local businesses around Northbrook, including Sunset Foods and at the Village Green Center. The event is free and open to the public. For additional information about the artists and the tour locations, visit [www.northbrookarts.org](http://www.northbrookarts.org) See page 5 for more "Fall for the Arts" events. ☀

**Fall is Here!...and the leaves are falling**

Now that you've raked your lawn and picked up all your yard waste, Northbrook residents are reminded that there are three landscape waste disposal options – composting, mulching and collection. Collection reminders: All yard waste must be packaged in bio-degradable bags with yard waste stickers attached or use a dedicated 32 gallon can marked "Yard Waste" and loop the sticker on the handle. Stickers are \$2.00 each and are available from Veolia (847/272-4145), the Village Hall and Dominick's at Sanders Court. Bags and stickers are available at Northbrook Do It Best Hardware Stores, Jewel Foods, Red's Garden Center and Sunset Foods. Ferraro Garden Spot sells bags only. Landscape waste pick-up runs through the end of November. For more information visit [www.northbrook.il.us/YardWaste](http://www.northbrook.il.us/YardWaste) ☀

# Quarterly Business Briefs...



## You Can Participate in the Downtown Planning Study!

From October 17-20, the Village will be conducting a four-day long planning "charrette", which is a highly participatory process that will include opportunities for all members of the public – residents, businesses, property owners and local organizations – to be directly involved in creating a vision for the downtown. From focus groups to public meetings, a series of meetings will be held during this time period.

The general public is invited to participate in the charrette on the following dates and times:

- Monday, October 17, 7:30pm, Village Hall Board Room – Participatory Public Workshop.
- Thursday, October 20, 7:30pm, Village Hall Board Room – Public presentation of Draft Plan.

Visit [www.northbrook.il.us/downtownplan](http://www.northbrook.il.us/downtownplan) to keep up to date regarding the downtown planning efforts. For instance, if you go to the project website and click on the "Documents" tab you will find a copy of the initial draft of the Existing Conditions Report, which includes the findings of the on-line questionnaire that was conducted this summer.



- Bath Fitter – 1945 Techny Rd.
- Data Cable Solutions – 673 Academy Dr.
- Goodwill Store – 4131 Dundee Rd.
- H&M – Northbrook Court
- Halloween Express – 307 Skokie Blvd.
- Health Solutions Precision Spinal Care – 105 Revere Dr, Ste. F-1
- Massage Envy – Willow Festival Shopping Center
- Pandora – Northbrook Court

If you know of other businesses that have recently opened, please forward their names and locations to [businessbriefs@northbrook.il.us](mailto:businessbriefs@northbrook.il.us), and we will list them in the next edition of Business Briefs.

- Physicians for Weight Loss – 950 Skokie Blvd.
- Residential Consulting & Management – 1340 Shermer Rd., Ste. 260
- The Seaport Group – 1340 Shermer Rd., Ste. 220
- Smart Jewelers – Willow Festival Shopping Center
- Turn the Table – 1955 Cherry Ln.
- Wags on Willow – Willow Festival Shopping Center
- Yogen Fruz – 1350 Shermer Rd.

## Industrial and Commercial Development Commission

The Village of Northbrook's Industrial and Commercial Development Commission (ICDC) advises the Board of Trustees on "matters relating to the improvement of sound economic growth and business development" within the Village of Northbrook. The ICDC meets on the fourth Tuesday of the month and welcomes comments from the public. If you have questions or would like to bring an issue before the Commission, please contact, David Schoon, Economic Development Coordinator, by mail at 1225 Cedar Lane, by phone at 847/664-4052, or by email at [david.schoon@northbrook.il.us](mailto:david.schoon@northbrook.il.us).

remaining building to be used as a Village Hall. It was used as the seat of government between 1927 and 1957. The building on the left is now The Landmark Inn. ANSWERS from the Historian's Corner on the back page: The current Village Hall is the fifth building used to house Village government. The Civic building is the only other

# Notes from Village President Sandy Frum



*Sandy*

## ❖ Stormwater Management Plan for Northbrook

The memories of this summer's storms are still fresh in our minds even though fall is in the air. The Public Works Committee of the Village Board continues to work on the proposed Master Stormwater Management Plan (MSMP) and will review comments from residents who attended two open houses in September, in addition to other correspondences regarding flooding. After the Public Works Committee's review of the MSMP, the Administration and Finance Committee, acting as a Committee of the Whole, will take up the issue of funding as part of their discussion of the Capital Improvement Plan.

While the Village Board and I continue our work on the plan, it is important for residents and business to keep in mind that the new MSMP will not eliminate all flooding in Northbrook. With that being said, there are steps that residents can take to help themselves and their neighbors:

1. Disconnect residential downspouts from storm sewers. Downspouts are required to splash on the ground, no more than five feet from the structure. Downspouts connected to storm sewers have the potential to exacerbate a flooding condition. More specific information regarding downspout disconnections will be available at [www.northbrook.il.us/Stormwater/Downspouts](http://www.northbrook.il.us/Stormwater/Downspouts)
2. Learn about and, if it applies to your property, participate in the Village's 50/50 drainage improvement and/or over-headsewer conversion programs. More information on these programs is available at: [www.northbrook.il.us/StormwaterPrograms](http://www.northbrook.il.us/StormwaterPrograms)
3. Make sure your property is properly maintained. Ensure that your sump pumps and battery back-ups are in good working condition, the ground around your home is sloped away from the foundation, gutters and window-well drains are clean and free of debris, and overland drainage routes are not blocked.

## ❖ Downtown Planning Charrette – Your Input is Welcome

The Village's downtown planning efforts continue this month during a four-day long planning workshop, or what is often referred to as a planning charrette,\* which will take place October 17-20. Please refer to the Business Briefs on page 2 to learn how you can participate in this process as there are specific times within the four days of meetings which may be of interest to you. This is a great opportunity to become involved with the Village and help shape our future.

## ❖ Update on the Northwest Corner of Dundee and Skokie

The vacant property at the northwest corner of Skokie Boulevard and Dundee Road is emerging from a lengthy foreclosure process. Beal Bank took title to the property on August 24, 2011 and is now working with a series of real estate brokers to market the property for sale. The property, formerly known as the Center of the Northshore site, continues to be zoned O-4, Boulevard Office. This zoning district allows office, hotel and restaurant uses, similar to the other businesses along Skokie Boulevard. Residential, retail and other "mixed use" options are available through the existing zoning, but all of the prior approvals associated with the Center of the Northshore development have been repealed. It is not clear how long the property will be marketed before offers are considered by the bank. Watch for more information on this prominent property in future Village newsletters and on our website at [www.northbrook.il.us](http://www.northbrook.il.us)

## ❖ New Businesses - Live - Shop - Dine Northbrook

Please join me in welcoming the new Northbrook businesses, listed on page 2. As always, I encourage you, your family and those who work in Northbrook to shop and dine locally. Please support all our Northbrook businesses and establishments. 

### \* What is a Charrette?

Charrette (shar-ette') n.

1. A small cart.
2. A collection of ideas. During the 19th century, students would ride in a cart sent to retrieve their final art and architecture projects. While en route to the school in the cart, students frantically worked together to complete or improve these projects. The meaning of the word has evolved to imply a collection of ideas or a session of intense brainstorming.
3. An intensely focused activity intended to build consensus among participants, develop specific design goals and solutions for a project.

# NCTV Cable Channel 17 October Programming

7:00am & 3:00pm "Spotlight on Northbrook Arts" - A special tribute in memory of Artist/Pediatrician Roda K. Patel.

8:30am & 4:30pm "Parade of the Century" - Enjoy a look back at the Northbrook Centennial Celebration event featuring 100 Fire Trucks... both old and new from across the country.

9:30am & 5:30pm "Spotlight on Northbrook Arts" - Host Terry O. Luc hosts the Northbrook Artists' Studios Tour.

10am & 6pm "Be Cool about Fire Safety" - An entertaining video teaching children how to be prepared in the event of a fire in their home.

10:30am & 6:30pm "The Power of the Sun"

11:30am; 7:30 & 11:30pm "Northbrook! The Video Newsletter"

12pm & 8pm & Midnight "Talk Around Town with Jack & Susan" - Interview with Dr. Michael Riggle, Superintendent of High School District 225.

12:30 & 8:30pm; 12:30am "NCDAAC FOCUS" - 'It Didn't Have to Happen...Drinking and Driving' (narrated by William Shatner).

1pm & 9pm "NCDAAC Parenting Series" - Lynn Zakeri, LCSW, MSW, 'The Price of Popularity.'



## Village Board Highlights

### Highlights of Recent Village Board Actions

#### \* Proclaimed

-October 9-15, 2011, as "Fire Prevention Week" in Northbrook.  
-October 24-31, 2011, as UNICEF Collection Days - "Kids Helping Kids"  
-October as "Arts and Humanities Month" in Northbrook.

#### \* Approved

-Granting Level III Design Review Permit for a Ground Sign at 1127-1163 Church, Northbrook Plaza Shopping Center.  
-An Ordinance ascertaining the prevailing wage rates.  
-IEPA Form Highway Authority Agreement for property at 1347 Shermer Rd.

#### \* Recognized

-Ed Nadler for 30 years of service on the Industrial and Commercial Development Commission.  
-Ed Weber for 21 years of service on the Industrial and Commercial Development Commission.  
-Jeff Sandler for 5 years of service on the Plan Commission.

#### \* Amended

-Northbrook Municipal Code regarding prohibition of sleeping in public places.  
-Annual Fee Ordinance to establish a prohibition on groundwater wells in the vicinity of 1347 Shermer Rd.

-Municipal Code to add one member to the Stormwater Management Commission.

#### \* Authorized

-Fire Station 11 boiler replacement, \$16,539.  
-Purchase of Aluminum sulfate for the treatment of water, \$33,813.  
-Budget amendment for acquisition of fee simple title to property at 175 Sanders Rd., \$205,000.  
-Change order for Cherry Lane and Meadow Road Bridge Deck Rehabilitation Project, \$12,952.



## Electronics & Paint Recycling

Northbrook offers a drop-off opportunity for household electronics on the first Tuesday of every month. The drop-off area is located at the fleet maintenance garage behind the Village Hall, 1227 Cedar Lane, from 8:00am - 3:00pm.

CFLs and household batteries will also be accepted at this location on the first Tuesday of every month. This service is exclusively for Northbrook residents (no drop-offs from nonresidential sources).

**Paint Recycling:** Northbrook has added latex and oil-based paint to its growing list of household items that can be recycled through the Village drop-off program. Residents can bring unwanted latex and oil-based paint to the Fleet Maintenance Garage on the first Tuesday of every month and Northbrook will recycle that paint free of charge. This includes paint only, no mineral spirits, varnishes or urethanes. Questions? Call Dan Kaup, Assistant to the Manager, at 847/664-4016.

# Community Bulletin Board

Donate blood at a community blood drive on Sat., Oct. 15, at Sunset Foods from 8am-1pm. Sponsored by Northbrook Rotary, Sunset Foods, the Northbrook Women's Club and the Northbrook Star.

The Northbrook Park District Senior Center, 3323 Walters Ave., offers a wide variety of programs for adults age 55 and over. Enjoy trips, lectures, computer classes etc. Call 847/291-2988, visit [nbparks.org](http://nbparks.org) or stop by the Senior Center.

Glenbrook Meals at Home needs volunteers to deliver meals to local shut-ins. Please consider helping us! Call 847/441-6272 for details.

Discover the hidden history of Northbrook on Tue., Oct. 25 on a virtual trolley tour with Judy Hughes, president of the Northbrook Historical Society. The program begins at 11am, and includes a catered lunch. \$9 residents / \$15 non-residents. Call 847/291-2988 for more info.

The Senior Center will host a Holiday Bazaar on Thurs., Nov. 3 from 9am-5pm and Fri., Nov. 4 from 9am-2pm, with gifts for all ages. Vendors can rent an eight-foot table or space for both days. Call 847/291-2988 for prices and more info.

The Community Emergency Response Team (CERT) Course provides citizens with the basic skills needed during a major disaster. Free classes for CERT training are held at the Northbrook Fire Department beginning the end of this month. To sign up, phone 847/272-2141, ext. 7222, or contact [david.crawford@northbrook.il.us](mailto:david.crawford@northbrook.il.us)

A Parkinson's Support Group for persons with Parkinson's, their caregivers and families, meets from 10am-noon at Covenant Village, 2625 Techney Rd., on the 2nd and 4th Mon. of the month. Call 847/509-0927 for information.

A Memory Loss Support Group for families and caregivers dealing with Alzheimer's and other dementias meets on the 3rd Thurs. of the month at 7pm at Covenant Village. Call 847/412-7303.

By Mar. 1, 2013, everyone receiving federal benefits, such as **Social Security or Supplemental Security Income**, by paper check must switch to electronic payments. Visit [www.GoDirect.org](http://www.GoDirect.org)

The Park Board of Commissioners will hold its monthly meeting on Wed., Sept. 21 at 7pm in the Little Theatre, 3323 Walters Ave. The public is welcome to attend. Agendas for monthly meetings are posted online at [www.nbarks.org](http://www.nbarks.org) in the About Us section, under Board of Commissioners.

Pumpkin decorating at Northbrook Farmers Market on Wed., Oct. 12, at Our Lady of the Brook, 3700 Dundee Rd. Children can decorate a free pumpkin. See Ronald McDonald and Ryan-Freeman's balloon creations. Kids in costume will receive an early Halloween treat. For more information, go to [www.olbparish.org](http://www.olbparish.org)

Pumpkifest annual fundraiser at Meadowbrook Elementary School, 1600 Walters Ave., is Sat., Oct. 15th from Noon to 3pm. Raffle, food, games, prizes, spooky store, disco and bake sale.

A fundraiser for Collin Wehr is set for Sun., Oct. 23, noon-3pm, at Marcello's. All proceeds go to help with ongoing medical expenses for Collin's cancer treatment. For ticket prices and info, email [becauseofcollin@gmail.com](mailto:becauseofcollin@gmail.com) or call 847/863-2271 or 847/560-6227. Or go to [www.becauseofcollin.org](http://www.becauseofcollin.org)

The Junior Board of Northbrook presents a free youth rock concert, Rockin' For The House, on Sun., Oct. 23, 2-5pm at The Alley, Highwood. Bands include Radio Edit, The Axidents, Northbrook Garage, and Last Resort. \$10 raffle tickets will be sold to raise funds for the Southside Ronald McDonald House. For info, call 847/498-5648.

The Park Larks are looking for new members to join the Senior Center choir. Members perform locally, under the direction of former concert pianist Evelyn Binz. Call 847/291-2988.

Northbrook Nurses Lending Closet has sick-room equipment free to Northbrook residents. Call 847/272-1061 for appointment. Donations support Northbrook nursing school students.

Come to the Cancer Wellness Center's 2nd Annual ReSale Benefit on Sat./Sun, Oct 22-23 from 9am-4pm at 215 Revere Dr. To donate or volunteer, call 847/509-9595.

Northbrook Rotary Club 800 Raffle and Halloween Brunch on Sun., Oct. 30 from 11am-2pm at the Hilton-Allgauer's. Only 800 raffle tickets will be sold. Grand Prize- \$10,000, 2nd prize - \$1,500, 3rd prize- \$1,000. Brunch included. Costume Party and activities for children. For brunch prices or tickets, visit [www.northbrookrotary.org](http://www.northbrookrotary.org)

## Northbrook Arts

The Arts and Humanities enhance every aspect of life in Northbrook by improving our economy, enriching our civic life, driving tourism and exerting a profound positive influence on the education of our children. To signify the importance of this annual statewide celebration of the Arts and Humanities Month throughout October, the Northbrook Arts Commission encourages you to participate in the events listed below. Remember: Art is the Heart of Northbrook!

Purdue Varsity Glee Club makes a rare local appearance on Sat., Oct 8, 7:30pm at Christian Heritage Academy, 315 Waukegan Rd., Glenview! The 55-member Glee Club will share its unique sound in support of Youth Services of Glenview-Northbrook. Call 847/724-2620 or go to [www.youthservices-gn.org](http://www.youthservices-gn.org) for ticket info.

Artists' Studios Tour Featuring Northbrook Artists on Sun., Oct. 9, 11am -4pm – see front page!

9th Annual Juried Art Show, the "Catawampus Show," opens Fri., Oct. 14 at the Library. This free exhibition runs thru Nov. 30, with a public reception starting at 7:30pm on opening night. The opening features live music, poetry readings, refreshments and more. Entries include drawings, paintings, prints, sculpture, ceramics, photography and mixed media. For more info, call 847/272-6224 or go to [www.northbrook.info](http://www.northbrook.info)

On Sat., Oct. 8, the curtain rises on Alice in Computerland at the Northbrook Theatre. Performances at 10:30am and 1pm on Saturdays thru Nov. 19. Tickets at [www.northbrooktheatre.org](http://www.northbrooktheatre.org) or call 847/291-2367.

Enjoy a dramatization by Barbara Rinella of "Cleopatra: A Life" on Fri., Oct. 21 at 11:30am at Sunset Ridge Country Club. Lunch and literary entertainment included. Register at the Senior Center Office, at [www.nbarks.org](http://www.nbarks.org) or call 847/291-2988. \$35 for members / \$45 non-members.

The Northbrook Arts Commission, in collaboration with the Northbrook Public Library, is pleased to announce the 9th Annual Northbrook Only Juried Art Exhibition in Jan. 2012. Space is limited! For more information, visit [www.northbrookarts.org](http://www.northbrookarts.org) (click on Resources), pick up an entry form at the Northbrook Village Hall or the Library. Deadline for submissions is Nov. 10.

Visit the Village Gallery at the Village Hall. The board room artist for Oct. is Elizabeth Lafnitzegger and the display case will be a celebration of Oct. Illinois Arts Month.

U.S. District Judge Joan H. Lefkow presents "Observations on a Life in Justice" on Tues., Oct. 18, 7:30pm at the North Shore Senior Center, 161 Northfield Road, Northfield. To register, call 847/784-6030. \$5/members, \$8/non-members.

The Northbrook Symphony presents "The Pride of Nations" at the Sheely Center on Sun., Oct. 23, at 4pm, featuring Glenbrook North Symphonic Wind Ensemble, Mark Rung, Director. A thrilling historical panorama of works including Tchaikovsky's 1812 Overture. A pre-concert lecture by Jim Kendros starts at 2:30pm. For tickets, call the NSO office at 847/272-0755. ☀



## Workshop Selections and Registration for Sat., Nov. 5

Sponsored by NCDA (Northbrook Citizens For Drug & Alcohol Awareness) with the cooperation of Glenbrook North High School; Northbrook Park District; North Suburban YMCA; Glenbrook North Parents' Association; Village of Northbrook; Northbrook Rotary Foundation; Northbrook Woman's Club Foundation; School Districts #27, #28, #30, #31, St. Norbert School; Parent/Teacher Organizations of School Districts #27, #28, #30, #31, St. Norbert School

**Parent University will be held at Glenbrook North High School, 2300 Shermer Rd., from 8am-1:30pm on Saturday, November 5. Use south parking lot and enter thru main entrance on south side of building.**

**KEYNOTE: 8:20am – 9:15am Everyone attends. You do not have to register for this!**

### **"A FEW SMALL CHANGES WILL MAKE A HUGE DIFFERENCE: Basic Parenting Skills That Really Work!"**

*by Paul Sweetow, Psychotherapist*

Paul Sweetow's informative and engaging workshop will give you strategies that are effective, and easy to implement. Guiding your child to greater resilience and happiness requires repetition of basic life skills, not complex confusing plans. You will learn how to reduce frustration and stress, and enhance your child's friendships and school work.

**Please select your FIRST and SECOND choices for the workshops you would like to attend in EACH of the three sessions.**

**REGISTRATION IS CONFIRMED UNLESS OTHERWISE NOTIFIED. Pickup your Parent University Schedule on November 5 between 8:00 and 8:15am.**

#### **SESSION #1 - 9:30 am – 10:40 am**

**11 - RESILIENCE AND HAPPINESS: GUIDING OUR CHILDREN TO HAVE BOTH** - Much of our parenting time with our kids is spent on "stuff and grades." Learn how to foster what is critically important: honing a sense of resilience and enhancing happiness. - Paul Sweetow, Psychotherapist - All

**12 - BUILDING RESILIENCE THROUGH THE DIVORCE PROCESS: TIPS FOR PARENTS** - This workshop will include an overview of the impact of divorce on the family, as well as children at various developmental stages; potential protective factors; and how parents can be helpful to their children's resilience (and their own!) through the process of divorce. - Bev Lavitt, LCSW - All

**13 - PARENTAL CERTAINTY: CONFIDENTLY KNOWING WHAT YOUR CHILD REALLY NEEDS FROM YOU & FEELING SECURE IN THE ART OF PARENTING** - Children who are allowed too much of a sense of entitlement can be insecure and disconnected. We will look at how parents can come to embody and represent through parental certainty, what a child really needs, and how to help him actively use it. - Tom Bass, LCSW, - All

**14 - MAKE IT AMAZING! TRANSFORM ORDINARY STUFF TO INSPIRE CREATIVE PLAY** - Play is the most natural way for young children to learn. However, today there is great pressure to give our children a competitive edge, teaching them academic skills in the preschool years, and thus diminishing their time for play. This workshop will help parents understand the value of play for children. Participants will leave with a toolbox of play experiences to easily (and with little cost) inspire creative play at home. - Liza Sullivan, MA, and Rachel Weaver Rivera, MFA - Preschool - Kindergarten

**15 - SIBLING RIVALRY: TIPS FOR BUILDING COOPERATION & RESPECT AMONG SIBLINGS** - Siblings fight for all kinds of reasons. They will fight over property, over territory, when they are bored, when they are mad at someone else, when they want to get someone else in trouble (revenge), when they want attention, or when they want to elicit a response from mom and dad. Specific tips will be given to diminish sibling rivalry by teaching you what to avoid and what you can do to strengthen your children's relationships. Also, learn new tools for managing sibling conflict when it does arise. - Lauren Bondy, MSW; Karen Jacobson, MA, LPC, LMFT- Preschool - 5th

**16 - POWER SHIFT: BULLYING GOES DIGITAL** - Learn what teen girls are doing online and how technology is affecting parent-teen communication. Bullying, blogging, social-networking and developing a realistic perspective on how to deal with your totally wired teen will be addressed. - Heather Hale, Psy.D., LLPC,CADC- Grades 6th -12th

Questions? Call NCDA at 847/272-7870

E-Mail [ncdaainfo@ncdaa.org](mailto:ncdaainfo@ncdaa.org)

#### **SESSION #2 - 10:55 am – 12:05 pm**

**21 - DECISIONS MATTER: TEACH YOUR CHILD HOW TO MAKE GOOD DECISIONS** - Although our children are young, they make decisions on their own every day. This workshop will teach you how to help your child make the best decisions by reducing impulsive decisions and those that lead to immediate gratification. Learn how to guide your child so he can be more thoughtful and able to predict the outcome of his choices. - Paul Sweetow, Psychotherapist - All

**22 - MULTICULTURAL PARENTING** - This workshop will address the complexity of multicultural parenting and focus on developing strong relationships with our children. - Mona Manning, Therapist - All

**23 - SUCCESS FROM THE INSIDE-OUT: SUCCESSFUL CHILDREN, HAPPY CHILDREN** - What makes a child feel successful? Is it being the best at all he or she does, or is it the feeling of personal process and accomplishment? This workshop will focus on how parents can instill work ethic and the importance of the process versus the end result, creating a child who is happy from the inside-out. - Dr. Penny Robbins - Preschool - 4th

**24 - GROW A READER: NURTURING EARLY LITERACY SKILLS** - What exactly does it take to help your child become a good reader? The answer is easier than you think. You will learn about the early literacy research, and will be given simple, proven strategies to help you raise a successful reader. - Andrea Johnson, Northbrook Public Library Youth Services Manager,: Anna Fillmore, Northbrook Public Library Librarian - Preschool - 1st

**25 - TIGER MOMS AND HELICOPTER DADS: WHAT REALLY IS EFFECTIVE PARENTING AND HOW TO DO IT** - This workshop breaks through the controversy about just what is really good parenting, and examines the ingredients that go into effective and loving parenting that results in happy, healthy kids. - Dr. Gary Hill, Clinical Psychologist - Grades 5 th -12th

**26 - GOOD SLEEP - ESSENTIAL COMPONENT TO PHYSICAL AND MENTAL DEVELOPMENT** - Good sleep is an essential building block to growth and development. Sleep disorders can masquerade as psychiatric behavior and learning disorders, or hinder the treatment of such problems. This workshop will elucidate how important it is that children and teens get a sufficient amount of quality sleep. Learn to recognize the signs and symptoms of the common sleep disorders, as well as understand their diagnosis and treatment. - Lisa Shives, MD - Grades K - 12th

**27 - POWER SHIFT: BULLYING GOES DIGITAL** - Learn what teen girls are doing online and how technology is affecting parent-teen communication. Bullying, blogging, social-networking and developing a realistic perspective on how to deal with your totally wired teen will be addressed. - Heather Hale, Psy.D., LLPC, CADC - Grades 6th - 12th

#### **SESSION #3 - 12:20 pm – 1:30 pm**

**31 - PARENTAL CERTAINTY - CONFIDENTLY KNOWING WHAT YOUR CHILD REALLY NEEDS FROM YOU & FEELING SECURE IN THE ART OF PARENTING** - Children who are allowed too much of a sense of entitlement can be insecure and disconnected. We will look at how parents can come to embody and represent, through parental certainty, what a child really needs, and how to help him actively use it. - Tom Bass, LCSW - All

**32 - ATTENTION DEFICIT HYPERACTIVITY DISORDERS- LATEST ADVANCES IN RESEARCH, DIAGNOSIS, AND TREATMENT** - This interactive presentation will focus on the latest developments in research, diagnoses, and treatment and the relation to kids growing up in modern society. - Dr. Michael Feld, Psychiatrist - All

**33 - GROW A READER: "DO - IT-YOURSELF" LITERACY LAB** - You've heard all the science; now you're ready to put it to work! You will learn easy, inexpensive projects you can do with your children to nurture their early literacy skills. Simple games and activities encourage the growth of vocabulary, narrative skills, and more. - Andrea Johnson, MLS, Northbrook Public Library Youth Services Manager,: Anna Fillmore, MLS, Northbrook Public Library Librarian - Preschool - 1st

**34 - GRATEFUL HEARTS, THANKFUL FAMILIES: TEACHING CHILDREN APPRECIATION** - Too often children take for granted the gifts given to them by their parents, and parents are too quick to buy everything and anything their children want. This workshop focuses on the importance of helping children and parents grow in appreciation for the elements in life that do not have a dollar value. A grateful heart and spirit are positive family attributes. - Dr. Penny Robbins - Preschool - 4th

**35 - TIGER MOMS AND HELICOPTER DADS: WHAT REALLY IS EFFECTIVE PARENTING AND HOW TO DO IT** - This workshop breaks through the controversy about just what is really good parenting, and examines the ingredients that go into effective and loving parenting that results in happy, healthy kids. - Dr. Gary Hill, Clinical Psychologist - Grades 4th - 8th

**36 - GOOD ENOUGH OR NOT ENOUGH? ANXIETY, DEPRESSION, AND RESILIENCE IN ADOLESCENTS** - This workshop addresses adolescent stress, anxiety, and depression, focusing on triggers and warning signs. The notion of happiness versus resilience, and how parents can foster resilience, will be discussed. -Dr. Ruth Kraus - Grades 6th -12th

**Resource Fair: Open 8am-12:15pm**

**Book Fair by the Book Bin:  
Open 8am-1:45pm**



Register using this form or go to [nbparks.org](http://nbparks.org)  
See Guidelines and Policies below

Sponsored by  
**NCDA**  
NORTHBROOK CITIZENS FOR DRUG &  
ALCOHOL AWARENESS  
with the cooperation of Northbrook Park District;  
North Suburban YMCA; Glenbrook North High School

## Registration Forms & Guidelines

**Parent University Registration Form for Sat., Nov. 5, 2011, 8:00am-1:30pm at GBN High School**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Night Phone \_\_\_\_\_

Child's School \_\_\_\_\_

### Workshop Selections

	Session #1 9:30 am to 10:40 am	Code	Workshop Title
1	1st Choice		
	2nd Choice		
2	Session #2 10:55 am to 12:05 pm	Code	Workshop Title
	1st Choice		
	2nd Choice		
3	Session #3 12:20 pm to 1:30 pm	Code	Workshop Title
	1st Choice		
	2nd Choice		

**Pick-up your Parent University Schedule From 8:00-8:15am Saturday, November 5, Before Keynote**

### Guidelines and Policies

1. You may register using this form or go online at [www.nbparks.org](http://nbparks.org). To register on-line, first go to a Park District facility to obtain a user name and password. See below for fees, deadlines and discounts.
2. Registration fee includes 3 workshops, Keynote Speaker, Packet, Handouts, Resource Fair, Book Fair, Continental Breakfast, Snacks.
3. Registration is on a first-come, first-served basis for workshops and childcare. Registration confirmed unless otherwise notified.
4. Indicate 1st & 2nd choices for workshops in each session.
5. Every effort will be made to honor your choices.
6. Childcare is FREE, BUT pre-registration is required.
7. Fees are not refundable.
8. Scholarships are available. Call NCDA, 847/272-7870.

### QUESTIONS?

Call NCDA at 847/272-7870 or  
E-mail us at [ncdaainfo@ncdaa.org](mailto:ncdaainfo@ncdaa.org)

### YES, I am interested in applying for CPDUs

CPDUs will be available after the keynote and upon completion of each workshop you attend. Pick up forms at registration or at the Resource Fair at the end of Parent University.

### YES, FREE Childcare on site at GBN Emergency contact & phone

Childcare is free and on a first-come, first-served basis. Pre-registration required by Thursday, Oct. 20. Space is limited. Children age 3 years to 5th grade, toilet trained only. Pack a lunch for your child. Age appropriate activities included. Indicate any limitations which may affect your child's participation in childcare. Questions? Contact NCDA.

Name of Child	Age/Grade	Diet, Medical Concerns, or other Comments

### Registration Fees & Deadlines for Parent University on Saturday, November 5, 2011

Mail Registration Form & Fees to:

**NCDA Parent University**  
1710 Pfingsten Road  
Northbrook, IL 60062

Make checks payable to NCDA.

Registration Fee (through Thurs. Oct. 20; cash or check) @ \$25.00 per person \$ \_\_\_\_\_

Registration Fee (after Oct. 20 or "at-the-door" cash or check) @ \$30.00 per person \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED** \$ \_\_\_\_\_

**Online Registration:** [www.nbparks.org](http://nbparks.org)

Where did you hear about Parent University? Please  all that apply!

<input type="checkbox"/> NCDA Website	<input type="checkbox"/> Community Poster	<input type="checkbox"/> School/Preschool/Nursery School	<input type="checkbox"/> Attended Previous year(s)
<input type="checkbox"/> Park District Website	<input type="checkbox"/> Village Newsletter	<input type="checkbox"/> Friend	<input type="checkbox"/> Street Banners
<input type="checkbox"/> School/district Website	<input type="checkbox"/> Parent University Mailing	<input type="checkbox"/> School Flyer	<input type="checkbox"/> Other _____
<input type="checkbox"/> NCDA Newsletter	<input type="checkbox"/> PTA Newsletter	<input type="checkbox"/> NCDA E-mail School	



# The Village of Northbrook

[www.northbrook.il.us](http://www.northbrook.il.us)  
[village@northbrook.il.us](mailto:village@northbrook.il.us)

1225 Cedar Lane, Hours: Monday – Friday, 8:30am – 4:30pm

Village Hall.....847-272-5050  
Village Hall Fax .....847-272-1892  
Police and Fire Emergency .....911  
Police Non Emergency .....847-564-2060  
Fire Non Emergency .....847-272-2141  
Public Works .....847-272-4711

## Village Officials

President: Sandra E. Frum

Village Clerk: Debra J. Ford

Village Manager: Richard A. Nahrstadt

## Village Trustees:

James A. Karagianis • A.C. Buehler • Michael W. Scolaro  
Todd A. Heller Kathryn L. Ciesla Robert P. Israel



**LIVE · SHOP · DINE**  
NORTHBROOK

Experience the Forefront of the North Shore.

## Northbrook!

This newsletter is published ten times a year by the Northbrook Information Association, 1225 Cedar Lane.

CART RT SORT  
Non Profit Organization  
U.S. Postage  
PAID  
Northbrook, IL  
Permit 1243

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**Deadline for the November/December 2011 newsletter is October 7.**

**To: Postal Customer  
Northbrook, IL 60062**

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Facebook

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## The Historian's Corner

### Hidden in Plain Sight

■ This wonderful old postcard was recently given to the museum. It shows the downtown as it looked circa 1915 and gives a new perspective of the downtown area. Two of these buildings, and one near Walters Ave., are still in the downtown — two have been remodeled and one remains little changed.

■ As the Village begins another discussion of what the downtown should be, (see page 2) this picture gives a glimpse of the downtown prior to the merchants beginning their own revamping of the downtown in the 1920s. That is the period when new buildings were built, and others were clad in brick. A new bank was built beside the first building on the right. Although greatly changed, it too remains in our downtown.

■ The second building on the right is Lorenz Hall which was used as the Village's first courthouse. Do you know how many buildings have been used as the Village Hall during the nearly 110-year history of the Village?

■ The first building on the left has undergone two renovations since this picture. It is still a downtown gathering place. Do you know which building this is?

Answers are at the bottom of page 2.

