

# Western SPRINGS LIVING

March 2021

A Social Publication for the Residents of Western Springs



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**DEIDRE RUDICH**

Real estate is an incredibly lucrative and diverse industry; however, many beginner REALTORS® do not realize how many avenues are available. From residential, commercial, and more, real estate offers unique and ever-changing opportunities for professionals hoping to break into the realty market in Western Springs and surrounding areas.

Deidre Rudich (d'aprile properties), the #1 producer in Western Springs, recently sat down to answer our burning questions about what it takes to be the best in the industry.

**1. HOW DO I KNOW IF I AM CUT OUT FOR THIS INDUSTRY?**

There is an undeniable energy that exists in Western Springs REALTORS®, even before they have the job. We are driven by a burning desire to do more, even when we're tired. This is a palpable energy that I feel during negotiations, transactions, and walking clients through the entire process. The opportunity to see a client dream of a new property and walk through the transaction to the closing date is the fuel that keeps me coming back for more.

Consider this:  
Are you someone that people tend to confide in? Ask advice? Are you naturally an advocate? You are ready for anything, all of the time?

If you answered yes to these questions, you have all of the essential skills to be my colleague, and I can't wait to work with you.

**2. IS A FLEXIBLE SCHEDULE A REALITY?**

The short answer is yes. However, I have found that being a top-performing Western Springs REALTOR® means I see my career as an extension of my life. My clients and contacts are an extension of my family. My colleagues (new and old) are relationships that I foster and value.

I value the connections that I have made throughout my career and know that I am more effective for my clients because of the willingness and transparency of my network. These are the people I laugh with, ask questions of, and who encourage me as I navigate challenges.

For these reasons, my schedule is flexible, but I am also willing to extend a hand to clients, colleagues, and my network when I am asked. I am available for questions, comments, and concerns whether or not there is a sale on the table. I am ready to offer professional opinions and more.

**3. WERE YOU EVER WORRIED THAT YOU SHOULDN'T BE IN THE BUSINESS BECAUSE YOUR FRIENDS ALREADY WERE?**

It's easy to get caught in a mindset of thinking, "oh, they are already a Western Springs REALTOR®, so I shouldn't even try." I get it! Before I understood the industry's truth, I would say that I fell into that category too! I assumed that since other people were experiencing success in real estate, my spot was taken. The fact of the matter is this: assuming you've failed before you even start is a mindset.

At d'aprile properties, we believe that there are fundamental values that each Western Springs REALTOR® should possess. These values are taught through our accountability, performance, and ninja selling coaching. One thing that we don't tolerate is the mindset that you cannot succeed. We understand the tremendous value of professional and personal goal setting and utilize our network to train our agents to be the best in the area. We are left with a highly skilled team of REALTORS® who are so blindly focused on their goals that they don't have a second to check out what their competition is doing.

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We are always looking for residents who would like to participate in the magazine, find great stories and send us ideas. Let's celebrate the great things happening in our community! No contribution is too small. Please email [jill.mccain@n2pub.com](mailto:jill.mccain@n2pub.com) with your pictures, suggestions, or requests.

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# Western Springs FRIENDS,

March is here and with it comes the dawn of a new season. Spring feels close now as we look forward to warm vacations, plan a summer garden, and spend a bit more time outside. I've been enjoying more time in nature and enjoying the stunning sunsets we've witnessed lately. I hope you too are finding the same joy in simple pleasures.

Speaking of nature, this month's issue is full of ways to celebrate the great outdoors. **Ellen Welter** shares the benefits of eating plant-based diets for the environment and **Stella Krueger** shares a dog walking business that may come in handy when your pooch needs some extra exercise. Our sponsor **Bartlett Trees** shares

how to protect the beautiful trees that make our community so unique, and **Randy Porzel** shares socially conscious investing.

This month it's our pleasure to bring you a group of Western Springs residents and competitive dancers from the **Trinity Irish Dance Academy**, just in time for St. Patrick's Day! A huge thank you to **Lindsay Forebaugh** for putting the article together and for these wonderful athletes for your contribution.

Interested in getting more plugged into the community? **Western Springs Newcomers and Neighbors** shares what the group has been up to this winter. Also, be sure to join our email list through our Instagram page **@westernspringsliving** to be in on all things Western Springs!

This publication would not be possible without the support of our loyal sponsors. Having met each one personally, I can attest that they will work hard to earn your business so please considering calling them when the need arises. This month, we are proud to spotlight **Bartlett Trees** and **Michael Buss Architects**. Both of these local businesses are committed to serving their clients well and creating beauty in both trees and architecture to be enjoyed for a lifetime.

**With heart,**

**Jill McCain**  
Western Springs Resident & Publisher  
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around town



# Salon Hype Gives Back



Salon Hype teamed up with Palos Hospital Emergency Department to honor Healthcare Heroes by providing 40 women with hair and nail treatments at 1/2 price on Thursday, January 28th. Many of the attendees mentioned that this was the first time they were able to enjoy a night of self-care in a very long time, and really enjoyed a night off with their co-workers. Salon Hype provided the food, drink, and a personalized experience, partnering each client with a stylist that would fit their needs the best. The night filled so many hearts and spirits and a wonderful time was had by all.

If you are interested in hosting an event to celebrate your team, connect Salon Hype LaGrange @708.352.4222.





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## ALL ABOUT ME...

**Name:** Ana Holmes | **Age:** 4.5 |  
**School:** St. John of the Cross

**Brothers or Sisters:** Mila (9)  
 & Beck (7)

**Sports I Play:** Dance

**Musical Instrument I Want to  
 Learn:** The drums

**Something Unique About Me:** I  
 am a free spirit with wild curly hair!

**When I Grow Up I'm Going to  
 Be:** A mom

**A Few of My Favorite Things...**

**Activities/Hobbies:** Playing  
 with animals and jumping on  
 the trampoline

**Animal:** Zebra and giraffe

**Color:** Pink and purple

**Food:** Macaroni &  
 cheese, salami

**Movie:** Frozen II

**Music:** "One More Time"  
 from the Trolls World  
 Tour Soundtrack

**Place to Play:** Flying  
 High Gym and WS Pool

**Sports Teams:** Mila's  
 volleyball team

**Subject in School:** Art

**TV Show:** Bluey

**Vacation:** Disney World



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# Looking for some activities for the **WHOLE FAMILY?** Join **WSNN!**

neighbors &  
newcomers



By Ellen Burt

**WSNN** has endured the snow and cold by enjoying virtual and in-person events. Current members be sure that you are checking for emails and invites from us! For new members we're still offering several months of free membership, so join now and take advantage! Email us with any questions [westernspringsnewcomers@gmail.com](mailto:westernspringsnewcomers@gmail.com) or check out our website [www.westernspringsnewcomers.com](http://www.westernspringsnewcomers.com)

The ladies of **WSNN** rang in the New Year at our first **Ladies Night** of the year... a bonfire **Burn & Release Event**. During this event we were given the opportunity to review the past year and "Burn" the controllable things in our lives, while deciding the things we wanted to guide us into the year ahead. Oh, and of course we did this while enjoying a glass of wine!

For all members, **Lisa D Yoga + Fit** hosted several tough virtual workout classes and another happening soon! Those that attended the event live, got some personal motivation from Lisa while getting stronger at the same time. And for anyone who couldn't attend live, Lisa recorded the workout for us to do at our convenience.

Through our **Kids Events**, the youngsters are having some fun as well. We are currently choosing the winners of the **Spring Coloring Contest**, so check back next month for our winners! Our tots have enjoyed several **Monthly Playdates** playing out in the snow and singing songs via virtual music class.

**The Book Club** has enjoyed several virtual meetings and is looking forward to meeting in person again soon. Over the last couple months, we discussed various biographies and *The Southern Book Clubs Guide to Slaying Vampires*.

We have more fun spring events planned, so watch out for the invites and emails to come! Just a few currently in the works:

- March Virtual Workout Classes with **Lisa D Yoga + Fit**
- **Book Club** will be discussing *The Vanishing Half* by Brit Bennett

- **Night out with Daddy at the Movies** for a private theater event
- Monthly meet-ups for a walk or playtime at local parks
- Hop on over to see the **Easter Bunny** and enjoy an **Egg Hunt** as well



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# Michael Buss ARCHITECTS

Creating Personalized Experiences for Clients

## sponsor spotlight

By: Elizabeth McCabe



Photo credit: Summer Brader Photography

Looking to enhance your living space? Create the home of your dreams? Or maybe you are looking to simply remodel your kitchen. If so, be sure to contact Michael Buss Architects, which creates personalized experiences for clients in Western Springs and beyond.

Remodeling doesn't have to be a nightmare. With Michael Buss Architects, enjoy the process from start to finish. Mike and Sue Buss of Michael Buss Architects are truly a dynamic duo. They are engaging and delight in making the dreams of their clients come true, creating a lot of joy when their clients see the finished result. After the remodeling is over, they often become friends with their clients as well. To date, Mike and Sue have worked on over 50 homes in Western Springs, creating unforgettable projects in the process.

Mike felt drawn to being an architect at a young age. He comments, "I remember the first house that I walked into and it changed the way I think about things. I saw the highest ceiling heights I've ever seen, a wraparound porch, walls that curve into ceilings, and stairs with big posts. The attics had windows.

This is the stuff that you read about in novels." The experience left an impression upon him. "This is what I want to do. I want to be a master builder," says Mike, who was in grade school at the time. When he was 13, he started working in construction. "I did a nine-year apprenticeship through all the major trades."

Mike and Sue are high school sweethearts. Sue says, "Our date would



Kitchen After



Kitchen Before



Photo credit: Erin Konrath Photography



Gia in her design session with Mike

start by checking out a construction site." Mike's first client was his mother at the age of 16. He took the challenge of building a cottage for her. Sue recalls insulating the attic with Mike in 110-degree temperatures.

Eager to embark in construction, Mike got his license in 1991 in the middle of a recession. He is passionate about his profession, enjoying seeing his clients' plans and ideas come to life. He adapts plans accordingly. Sue says, "It's such an honor to be a part of the process and work with clients. We see their excitement as they work with us."

Designs are functional as well as aesthetically pleasing. One client took the space that Mike designed – a living space clustered around their children's bedrooms, complete with windows – to be their e-learning den. Each family member had their input into designing the space. Little Gia sat with Mike to design her bedroom and she proudly states she got exactly what she wanted!

"It's so great to see how spaces come to life and they are utilized. That's the best part of my job," says Sue.

For one client, they worked with them for decades in various stages of their life. They adapted the house for when they had small children, after their children went to college, moved out, and beyond. Mike and Sue even worked on their kids' houses, designing them accordingly, even with custom baby gates. After 15 years of working with the family, the mother finally got the kitchen that she dreamed about.

"It was the most heartwarming thing to watch her smile," recalls Sue. "Mary finally got her kitchen." It exceeded her expectations and she couldn't be happier; this life-changing moment was put on hold for 15 years, but it was worth the wait.

### LOVING WESTERN SPRINGS

"It's a ton of fun to work in Western Springs," says Sue. "The people there have the same values that we have." Mike adds, "These are the people that we want to be around. They are good people."

To learn more, visit their website at [www.michaelbussarchitects.com](http://www.michaelbussarchitects.com) or give them a call at 708.598.0400.

"This is the 4th project we have done with Michael Buss Architects. Previous have been significant remodels and each one exceeded our expectations. Mike has such an eye for design, quality and perfection. We hired MBArch to build a new home for our son and his wife in Hinsdale. Once again Mike and Sue more than exceeded our expectations, just in time for our first grandchild. Thank you to the MBArch team for everything you have done to have a very happy customer." - Joe

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# Spring & Summer Hair Trends

the hair expert

By Ross Bartolomei, Salon Hype owner  
and Western Springs Resident



It's time to shake things up in 2021, at least when it comes to hair. We've spent most of 2020 skipping haircuts and doing root touch-ups at home, so there's no time like the spring to finally experiment with your haircut, color, and style. The best hair looks for 2021 are all about being bold and making changes.

Unexpected shades look striking peeking out around natural colored strands. Pre-lightening

dark hair to a light blonde without damage is key so bold colors can really pop. Pink highlights are one of the easiest shades to pull off for this trend. The color compliments many skin tones and it still looks great as it fades.

Straight across bangs are hot paired with layers around the face and will draw attention directly to your eyes. If you've definitely thought about getting bangs before,

now's the time to do it. This year it will be all about sexy, '60s-inspired, eyelash-grazing bangs. You can also expect to see '60s inspired flipped ends that can be quickly achieved with the flip of your flat iron. The shag will go to new extremes in 2021. This year's look has even more layers but still glam rocker chic.

For the less daring, the classic bob will still be one of the most requested haircuts in 2021 that can either be worn with no fuss, natural waves, or super straight.

Finally some of us have experienced stress-induced hair loss for the first time this year. I recommend

K'ERASTASE Extensioniste shampoo and conditioner to support healthier hair lengths and stimulate new growth.

**Keep your hair Alluring!**  
**Ross**

For information about the latest hair trends or please visit [www.salonhype.com](http://www.salonhype.com). Or check us out on Instagram @salon\_hype.

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meet your neighbors

By Lindsay Forebaugh

THE TRINITY IRISH DANCERS

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The Trinity Irish Dance Academy has been teaching students since 1982 and classes are offered right here in town at the Village Club. Their mission is to elevate children in their community and the world through the power of Irish dance. They provide a safe, comfortable learning environment for any dancer to improve and shine. In a normal world, they would tour Chicagoland on St. Patrick's Day, performing for any and all. Their ensemble team, a group of talented high school age dancers, would travel to locations worldwide, performing for many. For more information, or to sign up for a free dance class, you can visit www.trinityirishdance.com.

We asked this talented group of dancers to tell us why they love to Irish dance. So, without further ado, please welcome some of Western Springs very own Trinity Irish Dancers!



Corinne Draï, 13, St. John of the Cross

Corinne Draï: I love Irish Dance because I can have fun with my friends while doing a sport that I love. Performing is my favorite because I love seeing how much the audience enjoys our shows.



Quinn & Maddie Darcy, 7 & 10, Laidlaw

Maddie Darcy: The best part of Irish dance is performing and taking classes with friends.

Quinn Darcy: Performing to make people smile, the friendships, and doing it with my sister!



Shannon Bagato, 12, McClure

Shannon Bagato: I love learning new dances and complicated steps and then competing and performing throughout the region.



June Ostrow, 8, Forest Hills

June Ostrow: I love to compete. It's also fun to travel to Feises and the Oireachtas. But I just really love to dance and perform with my friends and teammates, especially for St. Patrick's Day!



Maggie Sammon, 12, McClure

Maggie Sammon: I love the performing part of Irish dance, especially when we do shows during the St. Patrick's Day season.



Mia Hallman, 9, Highlands

Mia Hallman: I think that the footwork is cool and I love learning all the different steps along the way I like performing because it's fun and you can do it with all your friends.



Hailey Hallman, 13, Highlands

Hailey Hallman: I love that I met a lot of great people along the way and some of them have become some of my closest friends. I also love to put smiles on people's faces when dancing.



Elloise Krohe, 7, Field Park

Elloise Krohe: I love listening to the music and practicing the jig!



Claire Condon, 9, Forest Hills

Claire Condon: I love being able to dance with my friends and compete in Irish dance competitions.



Greer Meeks, 9, Forest Hills

Greer Meeks: I love Irish dance music and learning new steps-hard shoe is my favorite! I have been dancing with Trinity for four years and I love the friends I have made through dance.



Ellie Meeks, 9, Forest Hills

Ellie Meeks: I love the friends I have made through dance these past four years with Trinity. Dancing with my friends at St. Patrick's Day shows is the best! I also love competing at Feis competitions.



Luci Stocco, 14, McClure

Luci Stocco: What I love most about Irish Dance is working as a team to perform dances that bring people joy. I am passionate about this artform and love to share my abilities with others.



Keira Benjaminson, 6, Field Park

Keira Benjaminson: I love being with the girls and learning the dances. The hard shoes are so fun!



Clara Smith, 9, Forest Hills

Clara Smith: I love that dance is both hard work and fun. I like to dance in front of an audience. I perform at many different types of places and sometimes get to travel.





Tessa Smith, 6,  
Forest Hills

**Tessa Smith:**  
I like dance  
because I make  
new friends and  
go to new places.  
My favorite  
dance is the Reel.  
I love to do leaps!



Bridget Hynes, 9, St. John  
of the Cross

**Bridget Hynes:** I love  
Irish dance because  
there is a trainer there  
to help when you make  
mistakes. Also, the steps  
are all planned out for  
you, so you don't have to  
do any planning.



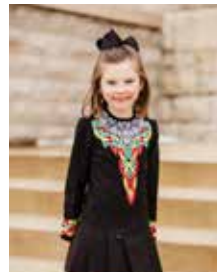
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Grace Whittingham, 13,  
McClure

**Grace Whittingham:**  
What I love  
most about Irish  
dance is bringing  
joy to other  
people. I also  
love teaching  
Irish dance  
because I get to  
introduce the joy

of dance to younger dancers in their  
Trinity journey.



Hadley Lantz, 7, Forest Hills

**Hadley Lantz:** I love that  
you can dance with your  
friends and the music is  
fun and makes you want to  
practice. You know if you  
work hard you will earn  
your solo dress.



Ella Brandstedt, 9,  
Highlands

**Ella Brandstedt:** All the  
great friends I have made.



Molly Forebaugh, 10,  
Forest Hills

**Molly Forebaugh:** I  
love performing  
especially around  
St. Patrick's Day  
with my friends.  
I also like to  
compete and  
move up levels. I get to help the younger  
dancers – they are always so cute!



Kate Zimmer, 13, St. John  
of the Cross

**Kate Zimmer:** The  
camaraderie with my  
fellow dancers is so fun.  
I love the challenge of  
learning new steps and I  
LOVE performing!



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# GOOD DOG



**junior writer**

By Stella Krueger

*Good Dog is a service that walks your dog and does pet sitting. We offer dog care services anywhere within the Western Springs area. Good Dog was started in the summer of 2020 and was created by me, Stella Krueger. I started this business to make dogs happy and healthy. I will eventually be looking to extend this business a little more at a time. Some students at Forest Hills Elementary have joined the business such as Anna Chapman and Claire Condon. As of now the business offers walks and pet-sitting on afternoons and weekends. We are currently doing work around the Johnson Avenue part of Western Springs.*

We always look forward to the walks with the dogs. Soon we might expand to different species of pets but right now we want to focus only on dogs. Sometimes we have to reschedule because of weather but this happens rarely and we notify our clients right away about rescheduling to a different time. In the afternoons, the Good Dog employees might take a little more time picking up our client's dogs because we believe homework always comes first.

I talked to Good Dog customers Scott and Maureen Szeszycki and they said that Good Dog has made their dog Zoe happy and healthy. They also said that Good Dog has amazing deals for dog walking.

In conclusion, I have loved starting Good Dog and when we are ready to take on new clients, I would definitely recommend Good Dog's services to any dog owner in Western Springs!



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# JACK WATSON

*A fun and fab football player!*



**Name:** Jack Watson | **Age:** 8  
**School:** Highlands  
**Sport/Activity:** Football  
**Position:** Tight End, Running Back

**What drew you to participate in this sport/activity?** I love watching football with my dad.

**How long have you participated in this sport/activity?** Two years

**Where/how often do you normally practice?** I try to practice every day at home, whether it's outside with my friends or in the basement with my sister. I also like to go to LT's field and play with my friends.

**Are you on a team?** I played Burr Ridge Flag Football and was excited to start LFC but due to Covid it was canceled. I am really looking forward to playing LFC this year and hopefully to play for LTHS when I am in high school.

**What have you learned from participating in this sport/activity?** I have learned about teamwork and sportsmanship.

**What do you like the most about the sport/activity?** It's fun to play and watch!

**What is your favorite teacher/coach/ mentor's name?** My dad is my favorite coach.

**Who do you idolize in this sport/activity?** My favorite player is Derrick Henry from the Tennessee Titans.



**Have you met anyone famous through, or traveled somewhere special for this sport/activity?** Our friend Craig coaches for the Titans so I have been in their locker room, the training facility and on the field during a game. I even met Marcus Mariota! I hope someday I can meet Derrick Henry and Ryan Tannehill as they are my favorite Titans!

**Give a tip for someone looking to get into this sport/activity:** I'm

still learning about how to play football but one thing I have learned is to listen to your coaches and have fun!



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**junior writer**

By Grant Smith

# Book vs. Movie... Which is Better?

*Have you ever wondered which is better, the book or the movie? I am delighted to share my opinion and rate some of my favorite book and movie series. I will rate them with stars using five stars as the highest and one star as the lowest.*

★★★★★

*Harry Potter* by JK Rowling is a seven-book series set in a fantasy world where wizards and muggles co-exist. Harry Potter and his friends Ron Weasley and Hermione Granger take fantastic adventures in each book. They have the ultimate battle with Voldemort, the vile wizard. *Harry Potter* is an amazing book series that always kept me guessing. My favorite book of the series is the fourth book *Harry Potter and the Goblet of Fire*. I love the Triwizard Tournament. I recommend this book series for ages 7-100! (My family started these books before I could read so the audiobook is also great.)

★★★★★

*Harry Potter* is an eight movie series, filmed in Leavesden, England where you can find a model of Hogwarts. The seventh book *Harry Potter and the Deathly Hallows*, is split into two separate movies which is why there are seven books and eight movies. Daniel Radcliff plays Harry, Emma Watson plays Hermione, and Rupert Grint plays Ron. It shares a surprisingly similar storyline as the books which is why I love the movies. One of my favorite parts was in the third movie, *Harry Potter and the Prisoner of Azkaban* when Hermione punches Malfoy even though in the script it was supposed to be a slap. My favorite movie has to be *Harry Potter and the Deathly Hallows* because that has the biggest fight scene. I would recommend watching the movies in order after you've read the books.

★★★★★

*The Hunger Games* by Suzanne Collins is a trilogy, set in a world where the Capitol reigns supreme while other districts are starving and impoverished. Katniss Everdeen and Peeta Mellark take murderous adventures through the Hunger Games, an all-out battle to the death with different "tributes" from each district. Reading *The Hunger Games* always kept my guard up. My favorite book is the first book, *The Hunger Games* because I like Rue, especially the part where Katniss finds Rue. I would recommend this book for ages 11 and up.

★★★★★

*The Hunger Games* is a four-movie series, filmed in North Carolina. The third book *Mockingjay* is split into two movies because it was too long to fit into one movie. Jennifer Lawrence plays Katniss Everdeen and Josh Hutcherson plays Peeta Mellark. The movie was missing some vital points that the book had like the mutts didn't have the faces of the dead tributes on them as in the first book. My favorite movie is the second, *The Hunger Games: Catching Fire* because it has the strangest arena and the most going on. I would recommend watching the movies in order after you've read the books.

★★★★★

*Percy Jackson* by Rick Riordan is a five-book series, set in a world with Greek gods and demigods living in a human world and fighting against the Titans and Kronus' army. Percy Jackson and Annabeth Chase go on adventures to stop Kronus' army from taking over the world and torturing the gods. *Percy Jackson* is a book that kept me reading non-stop. My favorite book in the series is the last one, *Percy Jackson and the Last Olympian* because it has one of the best fight scenes where everyone pitches in at least one way. I recommend this book for ages 9 years and older. (I loved the books so much I even wrote to the author, Rick Riordan.)

★★

*Percy Jackson* is a two-movie series filmed in Vancouver, British Columbia, and in Nashville, Tennessee where you can find a full-scale replica of the Parthenon. Logan Lerman plays Percy Jackson and Alexandra Daddario plays Annabeth Chase. You're probably wondering why there are two movies and five books? I had the same question! The movie does not follow the concept of the book and that is why I gave it only two stars. I was disappointed with the movies and it ruined the book experience for me. I would recommend that you do not watch the movies before you read the books.

★★★★★

*Wonder* by R.J. Palacio is a book set in the real world. It is the story of a fictional boy named Auggie Pullman who has a disability called Treacher Collins Syndrome, a facial difference. Auggie has a difficult journey through school with kids bullying and ignoring him.

*Wonder* is a heart-wrenching book that made me want to burst into tears. I loved the part in the field when Auggie ran away from the bullies and his friends were by his side. I would recommend this book for ages 8 years and up.

★★★★

*Wonder* is a movie filmed in British Columbia, Canada, and Coney Island, New York from July 18 to September 13, 2016. Auggie is played by Jacob Tremblay. This movie follows a similar storyline to the book but is missing key parts. The movie ruined the characters' images in my head but besides that, it was an okay movie. Again I recommend you read the book before you watch the movie.

★★★★★

*Call of the Wild* by Jack London is set in 1890 Yukon (just east of what is now Alaska). It is about a sled dog named Buck and his adventures during the Yukon gold rush. Buck changes owners many times throughout his life and fights with other dogs over food and the best position on the sled. This was a sad story that kept me reading. I loved the part where Buck joined the wolves and led the pack. I recommend this book for ages 8 years and up.

★★★★

*Call of the Wild* by Jack London is a movie filmed in California and Vancouver, British Columbia. I found it weird that they didn't just film it in Alaska. Terry Notary, a human, plays Buck the dog, although you can't see him in the movie he does the actions for the animated Buck. It didn't follow the storyline and missed major parts. Even though it didn't follow the storyline it was still pretty entertaining. Read the book before you watch the movie.

★★★★★

*Artemis Fowl* by Eoin Colfer is an eight-book series set in Ireland in modern-day times. It is about a boy named Artemis Fowl who goes on many adventures with the Fairy people, namely Holly Short. They have to stop Opal, an evil pixie, so her plan of world domination fails. This is a fantasy adventure that always surprised me. My favorite book is the third book, *Artemis Fowl and the Eternity Code*. I loved the details when Artemis outsmarts everyone in the room. I recommend this book for ages 9 years and older.

★★

*Artemis Fowl* is a movie filmed in Northern Ireland and the Dunluce Castle in the United Kingdom. Ferdia Shaw plays Artemis Fowl and Lara McDonnell plays Captain Holly Short. It misses a lot of parts from the book's storyline, but they might make more movies that follow the books. Also, the movie took some liberties. For example, Opal was not in the first book and Artemis's father was captured by Russian terrorists, not Opal. Again, read the books before you watch the movie.

★★★★

*How to Train Your Dragon* by Cressida Cowell is a 12 book series set in a fictional world where dragons and Vikings live together. Hiccup and Camicazi have many awesome adventures to stop the evil dragons from taking over. This is another fantasy story that kept me on my toes throughout each book. I recommend this book for ages 8 years and older.

★★

*How to Train Your Dragon* is an animated trilogy set in a similar world to the book but the movie has a completely different story-line. Jay Baruchel voices Hiccup and America Ferrera voices Astrid who is a completely new character that was not in the book. The movie is about Hiccup saving the dragons from extinction and making them a part of life. I watched the movies then I read all the books because I learned they didn't follow the book series story-line.

As you can tell I liked the books better than the movies because most of them didn't follow the storyline. To give credit to the movies these books are all fantasy and they weren't meant to be movies so it was probably very difficult to include every detail. Hopefully, I inspired you to go and check out these book and movie series.

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**M E E T ARLO**




*Springdale's charming and  
lovable COVID cutie!*

**Family Member Names:** Joe, Tressa and Katie Masterson

**Pet Name(s):** Arlo | **Type of Animal/Breed:** Golden Retriever

**Male or Female:** Male | **Pet's Age:** 1 year on 2/27

**Why did you decide to get your pet?** Our daughter had wanted a puppy for years. We promised her a new pup after school was out last year. Then, like so many others last Spring, we found ourselves in the perfect position to care for a puppy. We made a quick decision to move forward and set out on a mission to find our new furry family member - our COVID Cutie.



precious pets

**How did you find your pet?** We reached out to family members in Iowa that had recently gotten puppies and received recommendations for breeders. We found one with newborn Golden Retrievers and chose Arlo via pictures and video in true quarantine style.

**Is there a story behind your pet's name?** Not really. It's one of the very few names that we could all agree upon.

**Is there anything unusual/unique about your pet?** Arlo is big...he has very long legs and huge paws and towers over most dogs in the neighborhood. However, he is such a happy, gentle giant that befriends any dog or person he encounters, especially if there are treats involved!

**What do you like best about your pet ownership?** He gets us out of the house and makes us laugh! He has also helped us get to know even more of our Springdale neighbors.

**Do you have any funny or heartwarming stories about your pet you would like to share?** Too many to note. He warms our hearts every day!

**How has your pet enriched the life of your family?** We love having Arlo as part of our family! He has been a constant ray of sunshine over the past year and has made our family closer.



Do you have a precious pet to highlight in Western Springs Living? Email [westernspringsliving@gmail.com](mailto:westernspringsliving@gmail.com).

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# Part II of the Benefits of Plant-Based Eating:

## The Positive Impact on the Environment

*In the November newsletter, I explained how eating a plant-based diet can significantly improve your health. Now, I'll discuss another benefit of a plant-based diet: how it can lessen your impact on the environment.*

The environmental impact of food and agriculture is substantial. The publication "World in Data"\* reports that food accounts for over a quarter (26%) of global greenhouse gas emissions. This includes livestock, fisheries, crop production, land use and supply chains (food processing).

As a single food, beef has the greatest negative impact on our environment. Producing beef requires around 28 times more land and 11 times more water than other food categories and results in 5 times more greenhouse gas emissions. When comparing beef to other staples such as wheat or rice, the impact of beef per calorie is 160 times more land and 11 times more greenhouse gases.



In a study by the University of Oxford, researchers found that meat-rich diets - defined as more than 100g per day- resulted in 7.2kg of carbon dioxide emissions. In contrast, both vegetarian and fish-eating diets caused about 3.8kg of CO2 per day, while vegan diets produced only 2.9kg.

Another study from the UK on greenhouse gas emissions and diet found that eating a vegetarian diet rather than an animal-based diet cut emissions by half.



I hope this article empowers you to make changes in your diet to help both your health and the environment!



**nutrition**

By **Ellen Welter,**  
Nutritionist, PT, DPT

There are many ways to reduce your environmental impact by the food choices you make. Here are a few recommendations:

### 1. Eat meat-free meals

- Try to eat at least one meat-free meal per day, maybe two or three somedays.

### 2. Buy organic and local whenever possible

- Organic food is better for the climate. It's grown without genetically modified organisms. Because organic animal-based foods aren't fed antibiotics or hormones, they're typically more nutritious, containing more vitamins and minerals.
- Try purchasing a share to support Community Support Agriculture (CSA). Clarity partners with Nichols Farm – so your food comes to Western Springs and it's local, fresh and grown sustainably!

### 3. Don't waste food

- Close to half of all food produced worldwide is wasted. Try composting in your backyard. This saves on the amount of trash being transported and can be used in your garden!

### 4. Grow your own

- Growing fruits, vegetables and herbs at home makes their trip to your table shorter. You can also grow your own food without chemicals.

In addition to all of the health benefits of a plant-based diet (lowers blood pressure, improves heart-health and cholesterol profile, and helps prevent Type II diabetes and certain cancers), plant-based eating can also help reduce your environmental impact.

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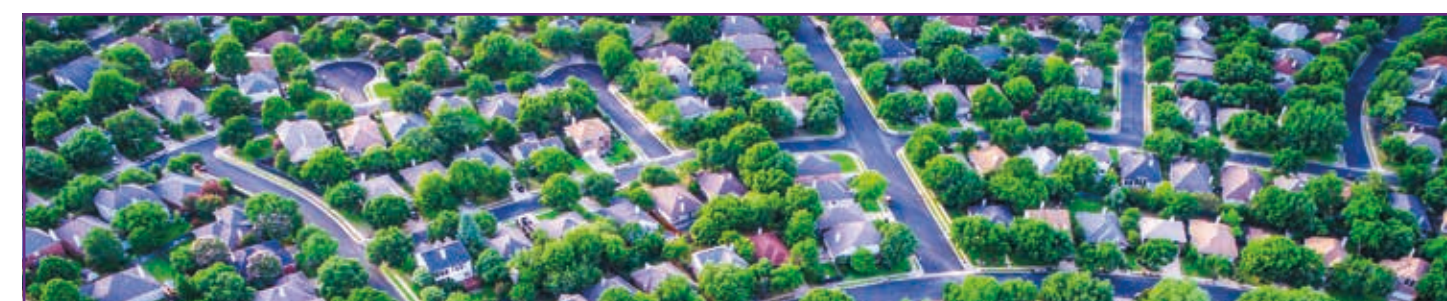
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## sponsor spotlight

By: Elizabeth McCabe

# BARTLETT TREE EXPERTS, Providing Tree Care Since 1907

*Simply A  
Cut Above  
the Rest*

Are you looking for a trusted professional to take care of your trees? Maybe your trees have succumbed to pests, or perhaps you just need some pruning for your shrubs. Whatever your tree needs are, be sure to turn to the trusted experts at Bartlett Tree Experts.

### ROOTED IN HISTORY

Bartlett Tree Experts have stood the test of time. Established in 1907 by Francis A. Bartlett, Bartlett Tree Experts has built an impeccable reputation and has offices in the United States, Ireland, Canada, and England. This leading tree company even takes care of the trees for the Queen of England, which speaks volumes about their level of expertise.

Tom Tyler, Arborist Representative, works at the Bolingbrook office and simply loves what he does. He comments, “We’re a third-generation, family-owned company.” Robert

Bartlett is the third generation of owners and is part of the Board of Trustees at Morton Arboretum.

### SERVICES OFFERED

Tom says, “We are filled with arborists who love trees, from those in sales and management to those who perform tree work. We nurture trees from the time they go into the ground all the way through their lives.”

To ensure that trees have the best health possible, soil management is commonly done. Tom explains, “We first test the soil to see how fertile it is. We take the results of the soil test to make fertilization recommendations. There are many deficiencies typical of the soils in the western suburbs, and they need to be corrected to support tree growth.” Tree and shrub fertilization is typically applied in the spring and fall when it is cooler and there is optimum root growth.

“Sometimes we have to inject nutrients directly into the trunk, like an IV, if the soil is really deficient,” says Tom. When trees get the nutrients they need, they not only survive but thrive. To ensure the health of trees, the team at Bartlett Tree Experts also protects trees and shrubs from insect and disease problems and makes professional recommendations for watering, safeguarding against drought and cold, and more.

Bartlett also prunes trees every day to protect them from storms, provide clearance and protection to buildings, and people, and otherwise keep them healthy. Interestingly, oaks and elms are pruned in the winter to avoid problems during the growing season. Bartlett also installs lightning protection systems to protect special trees and trees close to buildings from the perils of summer storms. Some soils are so poor and compacted Bartlett will perform a “root invigoration.” This patented procedure ameliorates soil conditions without needing to pull a tree out. Tom explains, “We create potting soil underneath the tree when conditions are really poor for tree growth.”

### ADVICE FOR HOMEOWNERS

When it comes to tree care, it makes sense to trust the professionals. Tom encourages people to use Certified Arborists for tree care through the ISA, the International Society of Arboriculture.

Tom explains, “A Certified Arborist designation shows that you have basic knowledge about trees. The TCIA (Tree Care Industry Association) accredits tree companies for their safe work and good business practices.” Companies [TTI] without these designations do not always employ safe practices and should be avoided. Bartlett Tree Experts follow OSHA guidelines.

Tom also encourages residents to contact them prior to doing work on their home (such as an addition) or installing a pool. He comments, “Ninety percent of the time people contact us after the work is done.” Sadly, without protection the damage done to trees during construction cannot be



reversed and the best Bartlett can do is provide “palliative care.”

With COVID-19, people have been retreating to their backyard for a welcome oasis from the stressors of life. Tom says, “We’re helping people create another sanctuary for their retreat. No one wants to be stuck at home, but we help make the situation better.”

### DON'T DELAY – CONTACT BARTLETT TODAY!

Whether you have a minor concern or a major concern, the trusted professionals at Bartlett Tree Experts are happy to help. They can work on a single tree to multi-acreage, multi-family properties. These experts work on the trees on Lakeshore Drive, estates in Lake

Forest, and even trees at the 911 Memorial in New York City.

Tom says, “We love working in Western Springs. It’s that ‘leafy suburb’ where people love their trees. How can we not love working there?”

The dedicated team at Bartlett Tree Experts take all safety precautions during COVID-19. They wear masks, sanitize their trucks, and employees drive in separate vehicles if not in the same household.

**For more information, check out their website, [www.bartlett.com](http://www.bartlett.com), or give them a call at 630-960-4001. The professionals here are ready, willing, and able to help you with all of your tree needs!**

I love the view from my office.

Jason Bond champions the trees, landscapes and property investments of the customers in his care. And he's one of the many reasons we've become the premier scientific tree and shrub care company in the world.



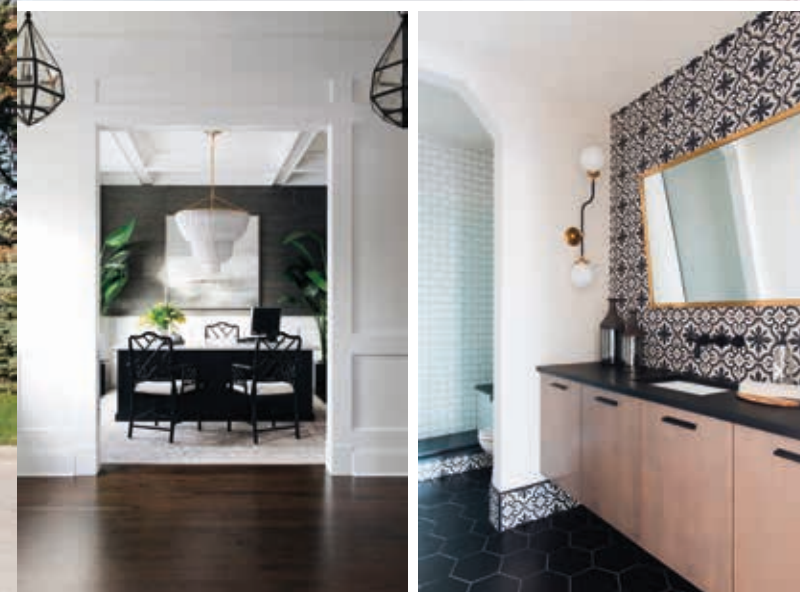
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## home of the month



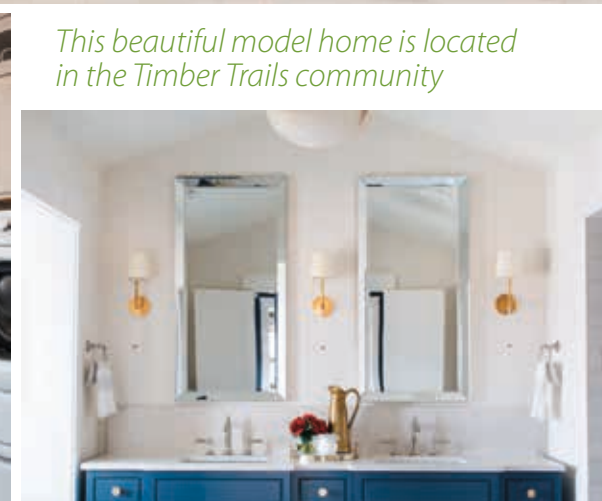
Nestled along the southwest corner of Western Springs, you'll find the tranquil and strikingly beautiful planned community of Timber Trails. Both luxury townhomes and single-family residences fill the winding streets of this sub-division. And with mature trees, 20 acres of dedicated open space, trails, a park, and an award-winning school district, it's no wonder that everyone from new families to empty-nesters flock to this Western Springs neighborhood!

Founded in 2012 by developer **Brian Taylor**, he brought with him more than 20 years of experience to the development. Having been around home construction much of his life, Brian has been an invaluable leader and serves as the president of Timber Trails Development Company. Drawn to classic design, **Julie Howard**, the in-house designer of Timber Trails, specializes in new construction design to create unique, exquisite homes. Alongside home builder **John Anderson**, who has well over 30 years of building experience and is considered the "glue" of the operation, the three have embarked on crafting a unified team of individuals who truly care about the community they are creating.

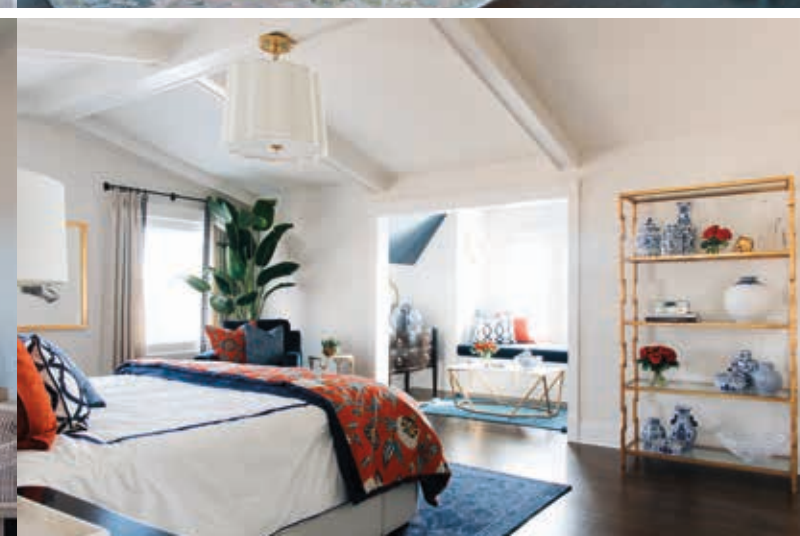
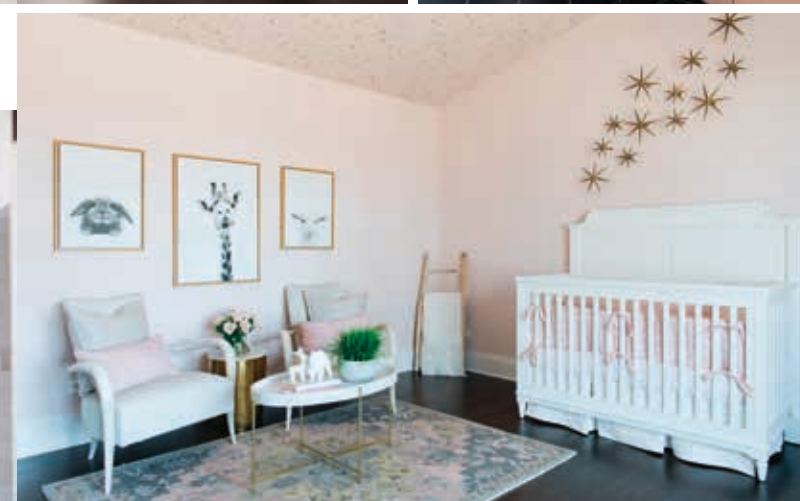
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**financial fitness**  
 By **Randy Porzel**, Private Vista Senior Advisor and Western Springs Resident



# Socially Conscious INVESTING

In our household, we've spent the last few years focusing on the various foods we put in our body. Whenever possible, we opt for the organic option, even though this option tends to cost 47% more than the non-organic option. We make this choice as a conscious investment in our diet, then make other sacrifices in order to focus on a healthier lifestyle.

Over this same time frame, we've seen investors take the same approach when it comes to their portfolio. They're interested to know which companies are included in their various mutual funds and ETF's, then look for ways to avoid investing in companies whose mission doesn't align with their own values. We define this as "Exclusionary Investing", where investors look to avoid investing in companies that produce products such as weapons, tobacco, alcohol, and in some cases – oil.

On the other hand, some investors prefer "Impact Investing" or "Inclusionary Investing", where they look to invest in mutual funds and/or ETF's that specifically look to buy companies that have the intention to generate a measurable, beneficial social or environmental impact alongside a financial return. These companies may have a focus on sustainable agriculture, renewable energy, and/or affordable and accessible basic services like housing, healthcare, and education.

At Private Vista, we've developed "Socially Conscious" investment models including both "Exclusionary" and "Inclusionary" investments for our clients. Before investing, we discuss some of the pros and cons of this type of investing:

**Pros**

- You're letting your money back up your beliefs and values.
- You're rewarding companies whose mission statements and values are aligned with your own.
- You're doing your part to build a sustainable future for your children and future generations.

**Cons**

- By definition, you're limiting the number of investments to choose from, which could hurt performance due to a lack of diversification.
- The definition of a Socially Conscious Investment is subjective. For example, you may see a Socially Conscious investment with a portion of their portfolio allocated towards nuclear energy. Some may argue that the risk of nuclear accidents is too great to support, while others see nuclear energy as a great substitute for fossil fuels.

Not too long ago, investors did not command much attention from the upper management of companies because they were fewer in number. Today's increased investor interest and the growing amount of assets within these strategies forces more attention. As a result, it is possible that socially conscious investing may be more effective going forward than it has been in the past. In fact, there may have never been a better time than there is now, to build a diversified socially conscious portfolio and also achieve real societal change.

If you're interested in additional information on Socially Conscious Investing and how Private Vista has incorporated this into our investment models, please visit us at **[www.myprivatevista.com](http://www.myprivatevista.com)**.

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# UPCOMING LOCAL EVENTS

*Due to cancellations surrounding COVID-19, please check with the hosting company or business to confirm these events have not been canceled or rescheduled for a later date.*

## Western Springs Historical Society

*Living History- Share your Pandemic Story*

The COVID-19 pandemic is a unique moment in time. As we live through the uncertainty and challenges of this worldwide experience, we are part of a historic moment right here in our town. This moment will soon be passed, but we have the opportunity to capture this history now for future generations to come. Join the WSHS in documenting this historical moment by sharing your story on how the pandemic is affecting your life in Western Springs. Your contribution may be in words, photographs, or other digital media.

Please send your entries to [info@westernspringshistory.org](mailto:info@westernspringshistory.org), post on Instagram or Facebook with the hashtags **#COVID19WSHS** and **#WesternSpringsHistoricalSociety**

## Thomas Ford Library's Spring Virtual Storytime Registration

Youth Services Spring Virtual Storytime and Program Registration, 3/1/21 @ 10 a.m.

**All Youth Services storytimes and programs this spring are virtual!** Unless otherwise stated, registration is required to receive a Zoom link. **Registration begins Monday, March 1 at 10 a.m.** Have your library card ready to register online. <https://fordlibrary.org/>

## Western Springs Garden Club

Monday, March 22, 12:30 p.m.

*Creative Containers: Growing Beauty in Small Spaces* with Heather Prince

Heather is a trained horticulturist with a passion for connecting people with plants. She is a "home grown gal" who grew up in Western Springs and has been a part of the green industry for over 20 years. Heather will show us how to plant containers with flowers, foliage and food. A sample container will be raffled off.

Unless otherwise designated, all general meetings are held at 12:30 pm, First Congregational Church of Western Springs - Plymouth Hall, 1106 Chestnut St., Western Springs. Although we have these scheduled programs on our calendar, due to Covid-19, programs may be virtual, or locations will be announced. Please visit [westernspringsgardenclub.org](http://westernspringsgardenclub.org) for membership and further information.

## Learning Anti-Racism Together (LART) Virtual Book Discussion

Wednesday, March 17

7:30pm, Virtual Discussion

*So You Want to Talk About Race*, Ijeoma Oluo

Email [learningantiracismtogether@gmail.com](mailto:learningantiracismtogether@gmail.com) to register.

## Kidlist

Looking for the most up-to-date resource for kids and family activities? Western Springs resident Annie Tandy and team have compiled an extensive list of activity ideas and local events: [www.mykidlist.com](http://www.mykidlist.com).

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home cookin'

By Carol Bures

# Rum Cake



As we look forward to Spring, St. Paddy's Day and Easter, we anticipate the "old normal" days ahead that will bring back celebrations of family and friends. When preparing for a special occasion, we usually think of special recipes or family favorites. I think that this Rum Cake recipe will become a family favorite. It is very easy to prepare and has been around for a very long time.

The recipe is a variation of the Bacardi Rum Cake which appeared in magazines over 25 years ago. You can prepare it days before your special dinner. The more it ages, the better it gets. I've baked this cake for holidays, birthdays and potlucks. Lots of positive feedback comes across as the cake disappears ... especially from the men.

Cool Whip or whipped cream takes the cake to another level when you also add shaved chocolate. However, that must be done prior to serving - not ahead of time. So don't be afraid to make your dessert SPECIAL. It will bring OOHs and AHHs. Think you can handle the compliments? Give it a try. You won't be disappointed!

**Enjoy & Keep Baking!**

**Carol Bures**

**Your Forest Hills Neighbor**



### Cake:

- 1 c. chopped pecans
- 1 18oz. yellow cake mix
- 1 3 3/4oz. vanilla instant pudding
- 4 eggs
- 1/2 c. cold water
- 1/2 c. Canola oil
- 1/2 c. 80 proof Rum (I used Rum from Trinidad)

### Glaze:

- 4 T. butter (1/2 stick)
- 2 T. water
- 1/2 c. granulated sugar
- 1/4 c. Rum



- Preheat oven to 325\*
- Assemble ingredients & spray 10 " Angel Food (Tube) Pan with Pam
- Chop 1 c. pecans & sprinkle in bottom of Angel Food pan
- Mix all of cake ingredients for 2 min.
- Pour batter over ch. Pecans in pan
- Use a pizza pan cookie sheet under Angel Food pan in case of leaks
- Bake at 325\* for 1 hour
- Cool cake for at least an hour & then carefully remove from pan to plate
- Meanwhile - prepare Glaze; also poke holes in top of cake with 2 prong fork gently (so as not to ruin the crunchy top)
- When cake is almost cool, mix the first 3 ingredients in small saucepan
- Boil for 5 min. - stirring constantly
- Remove from heat & stir in Rum
- After piercing cake with fork, brush the hot glaze over top & sides of cake until all of the glaze is used up- let cake sit & dry a bit.

If not serving soon, wrap cake in plastic or foil & store in refrigerator. It will keep for at least a week or more.

When serving, top each slice with Cool Whip or whipped cream and shaved chocolate. It's a treat your guests will long remember.



# Real Estate RESOURCE

The information contained herein has been obtained through sources deemed reliable by Neighborhood Networks Publishing, Inc., but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification. Supplied by Trish Orndorff with @properties

Address	List Price	Sale Price	Sold Date	Beds	Baths
4212 Harvey Ave	\$365,000	\$346,750	01/27/21	3	1.1
4637 Grand Ave	\$449,900	\$430,000	01/14/21	3	1.1
5321 Johnson Ave	\$429,000	\$435,200	01/11/21	3	2
1312 Chestnut St	\$490,000	\$473,500	01/11/21	3	2
5120 Fair Elm Ave	\$599,900	\$540,000	01/04/21	3	2.1
5223 Grand Ave	\$645,000	\$610,000	01/12/21	4	2.1
219 51st St	\$679,700	\$660,000	01/06/21	4	2.1
3925 Howard Ave	\$765,000	\$740,000	01/08/21	4	2.1
1461 Walnut St	\$1,124,900	\$1,085,000	01/04/21	4	4.1
3901 Grand Ave	\$1,199,999	\$1,135,000	01/20/21	6	5.1
4615 Woodland Ave	\$1,999,999	\$1,999,000	12/31/20	4	4.1



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Source: \*MREDLLC.COM closed sales YTD in 60558  
\*\*MREDLLC.COM total area sales 01/1/2019-12/31/2019

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-Tony, Western Springs

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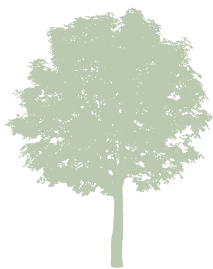
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