

Winfield/Western DuPage **STUFF**



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Patricia Haskins, David Sabathne, Wayne Lofton and Rich Bysina

Photo(s) by Tim Morris of TMO Video

Now We Are One!

Winfield Chamber Joins Western DuPage Chamber

See page 2



Rosie Korines, Hairy Biz; Tim Toska, Oakfield Restaurant; Renee Ryan, Lighthouse Center

2012...Year of Big 25th Anniversaries in Winfield
See Article on page 4



Frank Jemsek, Marianne Jemsek Hinckley and Jerry Hinckley

St. Andrews Family Business of 2011
See Article on page 3

Winfield Joins Western DuPage Chamber

Western DuPage



Chamber of Commerce

After a year of attendance at Western DuPage meetings, discussions, and feedback from Chamber members, the Winfield Chamber Board of Directors approved the merger with the Western DuPage Chamber of Commerce, effective January 1, 2012.

We are excited to be able to offer our members more benefits than ever before.



Western DuPage Chamber of Commerce administrative office members, from left: **Wayne Lofton**, VP of Marketing & Technology; **Patricia Haskins**, Executive VP; **David Sabathne**, President & CEO; and **Rich Bysina**, VP of Membership, toast the New Year and the new merger with the Winfield Chamber.

Little Caesars New Member of Western DuPage

Located at 151 W. Roosevelt Road (NW corner of Roosevelt Rd. & Joliet St. in West Chicago). Hours: Sunday – Thursday, 11am to 10pm;

Friday & Saturday, 11am to 11pm. \$5 Large Pizzas (carryout, plus tax) are hot out of the oven – no need to call ahead! 630-293-4471.



Huge turnout for Grand Opening ribbon-cutting ceremony at West Chicago's Little Caesars includes (starting with woman in front row at left): **Alice Francis**, marketing coordinator; **Enjelica Carlos**, crew member; **Joe Dattolo**, area manager; **Brian Straukas**, store manager; **Jessica Amaro**, crew member; and **Bill Pritts**, market director.

Welcoming committee from Western DuPage (from left): **Mike Tribble**, Integrity Insurance Agency; **Wayne Lofton**, VP of Marketing & Tech-

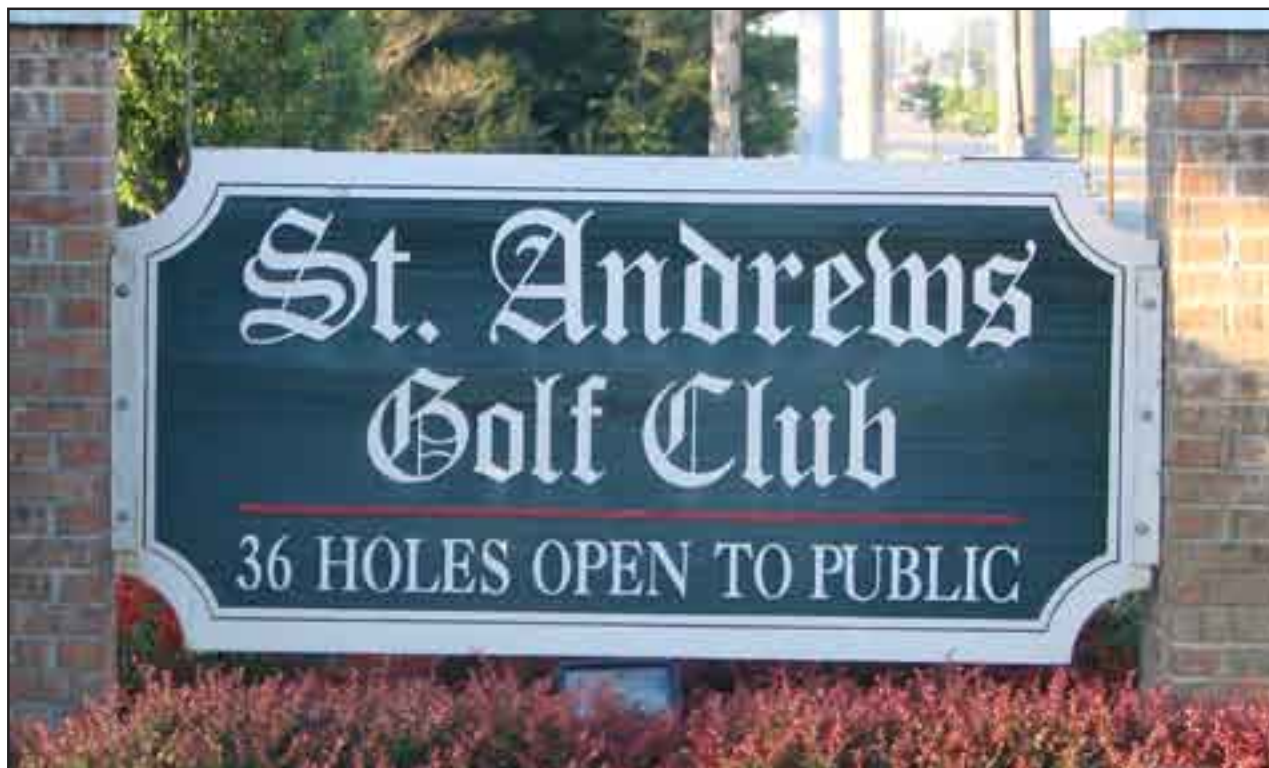
nology, Western DuPage Chamber; **Jared Thomure**; **Dr. Jamie Tripp**, DC; **Annette Larson**, First Data Independent Sales; **Pam Brown**, Daniel & Associates Real Estate (DAARE); **Tom Campbell**, InfoStewards; **Eric Mesko**, Waddell & Reed, Inc.; **Dan Czuba**, DAARE; **Chris Prestegaard**, American Chartered Bank; **Patricia Haskins** Executive VP, Western DuPage Chamber.

Photo by **David Sabathne**, Western DuPage Chamber President & CEO

St. Andrews Golf & Country Club Winner of 2011 Illinois Family Business of the Year Award

The Loyola University Family Business Center has selected St. Andrews Golf & Country Club as winner of the 2011 Illinois Family Business of the Year Award. This award has been recognizing top family owned businesses in the State since 1993. The organization selects businesses each year that demonstrate a strong commitment to both business and family.

St. Andrews won the award for medium sized businesses with 50-250 employees and is the first golf facility to receive this honor. The awards ceremony and banquet for Illinois Family Business of the Year took place November 29th at the Four Seasons Hotel in Chicago.



This year's awards drew over 250 nominations for the five categories which included; small, medium and large businesses as well as awards for community service and the Century Award. Winners of this award have shown a strong connection to family business operations, community support, innovative business strategies, and perseverance.



Frank Jemsek, Marianne Jemsek Hinckley and Jerry Hinckley

According to Marianne Jemsek Hinckley, "St. Andrews is honored to have won this award. We could not have succeeded without our loyal customers and dedicated staff that has helped us to improve our business each year.

After 85 years in business the Hinckley and Jemsek families look forward to our next 85 and we truly appreciate the support of our extended family, friends and community leaders."

St. Andrews Golf & Country Club

Founded in 1926, St. Andrews Golf & Country Club is located West Chicago, Illinois. Since opening, the 36-hole golf and banquet facility has been owned and operated by the Jemsek-Hinckley family. Marianne Jemsek Hinckley and her family run the golf business and follow in the footsteps of her grandfather Frank Hough and parents Joe and Grace Jemsek.

Thus far, five generations of the family have worked in the business. St. Andrews also has an excellent staff which has helped navigate challenges and opportunities over the years. The business has also received awards for quality and community service from organizations such as the PGA of America and National Golf Foundation. Please visit www.standrewsgc.com.

About Loyola University Chicago Family Business Center

The Loyola University Chicago Family Business Center is an internationally recognized pioneer and leader in family business program development and research, serving as a resource to family businesses in the Chicagoland area and region.

According to The Family Business Center, family businesses:

- Provide 70% of new jobs
- Typically have fewer layoffs than non family owned businesses
- Invest more in local communities and businesses
- Provide more local charitable support for individuals/organizations

The Center's research projects and educational programs have focused on family business leadership, the communication patterns of business-owning families, the role of trusts and trustees in family firms, the performance of family business compared with non-family managed counterparts, and demographic profiles of family businesses throughout the United States. Please visit LUC.edu/fbc.

2012...Year of Three Big 25th Anniversaries in Winfield!

First, Rosie Korines of Hairy Biz, 27W460 Chicago Avenue in Winfield's Town Center, invites you to visit her website www.HairyBiz.com and see how you can come celebrate by receiving 50% off a haircut and styling!

Second, Tim Toska of Oakfield Family Restaurant in the Prairie Trail Center shopping plaza (SW corner of County Farm & Geneva Roads), will have specials during 2012, with official "25th" celebration in June.

Third, Renee Ryan and Ryan Elliott of The Lighthouse Center, 165 S. Church St., the oldest alternative health care center in Illinois, have many things planned. In addition to individual body, mind and spirit services, they offer a number of community classes and public service offerings. Some of the "25th" highlights for 2012:

Sunday January 8 from 1-5:30pm - Grow Your Business in 2012 Guaranteed* with Ryan Elliott, Oprah Show Guest, 40 years practice, Co-founder & Co-director of The Lighthouse Center. Location: The Lighthouse Center. Cost \$97 - \$ Back Guaranteed.

Saturday January 21 from 7-10pm. Talk on Universal & Spiritual Laws of the Creator w. Chief Golden Light Eagle. Location: TBA. Cost: Donation

Sunday January 22 from 1- 4pm. Workshop on Universal & Spiritual Laws of the Universal Mother w. Chief Golden Light Eagle. Location: LHC. Cost: \$50. Limit: 33 persons.

Saturday February 18 from 5 -7pm. Free Lighthouse Hawaiian Luau Party! "Elvis & the Hound Dogs." Hula & Swing Dancing, Potluck & Fun!

March Spring Renewal Retreat w/Marlo Oostmeyer & Renee` Ryan. Location: LHC. Time & Cost TBA.



Three businesses that opened their doors in Winfield in 1987 include (from left to right): **Rosie Korines** of **Hairy Biz**, on Chicago Avenue in Town Center; **Tim Toska** of **Oakfield Family Restaurant**, in the Prairie Trail Center shopping plaza; and **Renee Ryan** (along with partner **Ryan Elliott**) of **The Lighthouse Center**, on Church Street in Town Center.

Saturday April 28 from 1-4pm Annual World Tai Ji & Qigong Day. Location: LHC. Cost: Free.

New! Monthly Psychic & Bodywork Faire. Time: TBA. Cost \$1/minute for Readings & Bodywork. Time:TBA.

Sat. Aug. 18. Celebrate The Lighthouse Center's **25th Anniversary Party!** Details: TBA.

Get information on specials or classes by signing up for LHC e mail newsletter by calling (630)260-1084 or visit www.TheLighthouseCenter.org We are located at 165 S. Church St. (one block east of Winfield Rd. just north of St. John the Baptist Church) in Winfield.

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All Sandwiches come with Soup & choice of French Fries, Onion Rings or Homemade Chips.

Available 11am to 4pm. Dine in Only. Sorry, no coupons.

Watch All Your Sporting Events Here!

Super Bowl (Feb. 5) Catering Packages Available!

KNEE HOCKEY Shootout Dates: Jan. 12 & 18...Feb. 7, 14 & 21. Championship Shootout: Wed., February 29th.

Zoup!

New Member of Western DuPage

Zoup!, the Fresh Soup Company, offers 12 different delicious soups and lunch & dinner menu items each day. Located in Cantera Commons, 28341-61 Diehl Rd. (Winfield Rd. south to Diehl Rd., turn right to first stop light, Davis Pkwy., turn left to first driveway, Dodge Drive, and turn right.)

Hours: Monday-Friday 11am - 8pm;
Saturday 11am - 6pm; Sunday 11am - 5pm.
Call 630-821-9800 or visit www.zoup.com.

Owners **Joe & Laura McKernan** cutting ceremonial ribbon with City of Warrenville Mayor **David Brummel**.

Family members: son **Joe** (between parents), daughter **Tatiana** (next to Brummel), mother **Susan Esposito**, and sisters **Clara Schellenberger** and **Mary Parks**.

Welcoming group from left: **Patricia Haskins**, Executive VP, Western DuPage Chamber (WDC); **Emily Larson**, City of Warrenville; **Erick Mesko**, Waddell & Reed, Inc.; **Rich Bysina**, VP of Membership, WDC; **Annette Larsen**, First Data Independent Sales; **Joe Buchholz**, Buck Services; **Sheila Rutledge**, Captured, Inc.; **Wayne Lofton**, VP of Marketing & Technology, WDC.

Photo by **David Sabathne**, Western DuPage Chamber President & CEO.



The Advocates of the Winfield Riverwalk Would Like to Thank...

...the many businesses, dignitaries, and organizations that donated to the Riverwalk in 2011:

7-Eleven	Accurate Office Supply	Cantigny Foundation
Caliendo's Restaurant & Tavern	Central DuPage Hospital	
CH2M Hill	CitrusMicro.com	Core Pipe Products
CVS Pharmacy	Engineering Resource Assoc	Entrée Kitchen
Gaming & Entertainment Mgmt	GAP Digital	
Gary Weber & Assoc	Illinois Prairie Path	JA Rental
John's Restaurant & Tavern	K Hoving Companies	Jake's Pizza
Oakfield Family Restaurant	OMI	Phoenixx Band
Prairie Path Cycles	Sara Lee Corporation	Sonny Acres
Prosek's Nursery & Greenhouse	Subway	Tree Green
Tony's Steamers	Tranquil Healing & Massage	Tressler LLP
Ultra Foods	Vanilla Sugar Bakery	Walgreens
Winfield in Action	Village President Deborah Birutis	Sierra Gems
Village Trustees	Allen, Bajor, Hughes, Olson, Reyes, Spande	
Winfield Community Bank	Winfield United for a Better Community	
Winfield Juniors	Winfield Park District	
Winfield Chamber (now Western DuPage Chamber of Commerce)		

Please visit www.VillageofWinfield.com/Riverwalk for Riverwalk information or email WinfieldRiverwalk@gmail.com

Resolve to Tackle Your Financial Tasks in 2012

Happy New Year! Time passes quickly these days. "Even when I know that something is important to do, it's easy for me to let it slip by. However, a to-do calendar helps me get tasks accomplished," says Kathy Sweedler, University of Illinois Extension Consumer Economics Educator.

Research shows that we tend to only put a few hours a year into planning our finances. "This year I challenge you to add financial tasks to your to-do calendar," says Sweedler. Mark out time once a month to tackle your finances. Think about how good you'll feel in January 2013 when you review your resolutions and can say, "My financial life is in better shape."

Consider adding these 12 financial tasks to your calendar. Many of these can be done in less than an hour. You can download free worksheets (click on Financial Tools) and find links to helpful websites to help you with these tasks at <http://web.extension.illinois.edu/cfiv/ce.html>.

Write your financial goals. Where do you want to be in a year, 5 years and 20 years? How can your money help you get there? It's much easier to manage our day-to-day spending when we are motivated to work towards long-term goals.

Do you have family members who need to plan for long-term needs? The website, "Long-Term Care: Talking, Deciding, Taking Action" at www.longtermcare.illinois.edu has tips on how to start this conversation.

Promoting Healthier Workers and Businesses in Illinois

A Message from Doug Whitley, President of the Illinois Chamber of Commerce

With health benefit costs projected to surpass an average of \$10,000 per employee next year, it's more important than ever for Illinois employers to address the health of their workforce.

Obese workers alone cost U.S. companies billions of dollars each year - a number that's sure to continue trending upward unless employers begin to hold themselves and their employees accountable to wellness goals.

It's hard to remain competitive when your employees miss more days of work, and require more expensive prescriptions and medical procedures, than organizations with healthy workers.

Poor health affects productivity in a myriad of other ways. An employee who is experiencing chronic disease or other ongoing medical problems, for instance, can understandably become distracted and disengaged at work as a result.

To combat this downward spiral, employers need to better utilize one of the best tools they have at their disposal - employee wellness.

Programs like Live Healthy Illinois, the Illinois Chamber-led workplace wellness initiative, are effective because they encourage employees to take ownership of their health.

Wellness programs - which can incorporate everything from lunchtime walking programs to free health screenings and fitness coaching - help to cut health care costs, as well as boost productivity, morale and company loyalty. In fact, studies show that every dollar spent on workplace wellness generates a return on investment of up to \$3.

An Efficient Solution for Employers

For companies looking to make their first foray into workplace wellness, or supplement an existing effort, Live Healthy Illinois offers an easy and affordable way to promote healthy habits among employees.

The program is built around a 100-day exercise and weight loss challenge that uses competition between teams to promote physical activity and improved dietary habits.

Once a company registers its employees, Live Healthy Illinois virtually runs itself. Each week, participants log their weight or the number of minutes they have exercised on www.livehealthyillinois.org. The website takes care of the rest, tracking their progress and offering motivational messages, healthy recipes and more.

A company can have a single team of 2-10 participants, or multiple teams, for the cost of only \$20 per participant. Those teams then compete with others from across the state by comparing their progress on the Live Healthy site.

Delivering Real Results

Live Healthy Illinois has proven very effective in helping employers promote wellness in the workplace. At Memorial Health System in Springfield, 758 employees exercised for more than 14,000 hours and lost nearly 3,000 pounds during the 2011 Live Healthy Illinois Challenge.

In McLean County, 185 teams of employees exercises for nearly 50,000 hours and lost more than 4,000 pounds - two tons - overall.

In the last two years, Live Healthy Illinois has helped thousands employees across the state find the motivation to exercise, choose healthy foods and make real, sustainable changes to their lifestyles and company cultures.

The upcoming Live Healthy Illinois 100-day Challenge kicks off one month from today on January 23, 2012 and I encourage all our state's employers to participate and make a down payment toward the future health of their workers and their businesses.

If your company, local chamber or organization is interested in learning more about Live Healthy Illinois and accessing any of our Live Healthy Illinois toolkits, contact Laura Minzer at lminzer@ilchamber.org or (217) 522-5512, ext. 240.

For more information on Live Healthy Illinois, you can also visit www.livehealthyillinois.org.

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Library Stuff

Youth and Family Programs

Weekly Storytime - January 16 - February 23

Registration is required.

• **Toddler Time (With Caregiver)**

18 month to three-year-olds

Mondays at 9:30 a.m. OR Thursdays at 9:30 a.m.

• **Storytime for three to five-year-olds**

Mondays at 10:30 a.m. OR Mondays at 1:30 p.m. OR

Thursdays at 10:30 a.m.

Fabulous Fridays! – January 13, 10:00 a.m.

Join us for a puppet show featuring The Three Billy Goats Gruff

Crafty Kids – Friday, January 13

Kids in grades 1-6, from 3:30 - 4:30 p.m.

Registration required.

Make a tin can caddy for your treasures.

Dragon Feathers – Saturday, January 14, 10:30 a.m.

Merlin the Magician and the Melikin Puppet Theatre present three exciting and humorous dragon tales, culminating with selected members of the audience joining in a thrilling dragon dance in honor of Chinese New Year!

Free tickets available January 3.

Meet the People in Your Neighborhood: Beginning Yoga for Kids -- Friday, January 20, 4:00 - 4:45 p.m.

Kids, try out yoga with Sandra Knierim from Central DuPage Hospital. Try some poses and learn how yoga can help you emotionally and physically. Grades 1-6. **Registration required.**

Donuts with Dad – Saturday, January 21, 9:30 - 11:00 a.m.

There's nothing better for kids and their dads than sharing donuts and reading together! For children under age 8 and an adult. Meet us in Youth Services.

Winfield Library All Ages Chess Club

Saturday, January 21, 2:00 - 4:00 p.m.

Meet in Youth Services for drop-in chess sessions and practice your chess skills.

Teen Events

Finger Knitting – Tuesday, January 10, 3:30 - 4:30 p.m.

You don't need special equipment to make your own fun, hand-knit scarf! We'll provide the yarn and instructions. **Registration required.**

Naruto: Shippuden

Thursday, January 26, 3:30 - 5:00 p.m.

Have some Pocky and watch the first three episodes of Naruto: Shippuden. See Naruto return to his village ready to show off everything he's learned on the road with Jiraiya. **Registration required.**

For more information about upcoming library events, visit our website at www.winfield.lib.il.us or call (630) 653-7599.

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Christmas Home Decorating Contest Winners Announced



- 1st place: Pete Mauriello ... 27W256 Nickolsen Avenue
- 2nd place: Lisa and Dave Knutson... 27W343 Churchill Road
- 3rd place: Eugene and Mary Lou Fahey ... 27W465 Birkdale

Our thanks to **Patty Shupp** of **Ryan Hill Realty** for once again sponsoring this popular contest. Winners received varying amounts of gift certificates to be redeemed at local Chamber member businesses.



Happy New Year

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Central DuPage Hospital and Delnor Hospital have joined forces to form Cadence Health, Chicagoland's newest health system. A one-of-a-kind combination that provides you with even greater access to excellent medical care and focus on every individual. Say hello to innovative neurosciences, cancer treatment and heart expertise with a highly personal touch. Say hello to Cadence Health.

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Cajun Catfish \$9.95
cajun seasoned catfish filet served with rice pilaf and asparagus

Burger of the Month \$8.95
Rodeo Burger - a seasoned 1/2 pound burger with cheddar cheese, lettuce, tomato, and onion rings on garlic bread with bbq sauce, served with fries

Red Wine of the Month \$5.00
Casamatta Tuscan Red distinctive red by cult winemaker Bibi Graetz

White Wine of the month \$6.00
Darcie Kent Gruner Veltliner try an American version of this German varietal; made in Monterey, CA

Our Beer Menu at BeerMenus.com
check out our beer menu at <http://bit.ly/JohnsBeerMenu>

UNICATS.COM

Happy New Year!

Who Else Wants to Lose a Few Pounds or Shed a Lot of Weight? Forget New Year's Resolutions Until You Read This.

By Ryan Elliott, MSW



Obesity is a complex matter involving psychological, physiological, and social components. Eating too much is a symptom and only part of the larger problem. Attempts to treat the symptoms alone usually result in failure and abandoned diets. However, there is one trick that works for nearly everyone that I'll share later.

Diets don't work. A check of any magazine will reveal what most people know intuitively. If diets worked, there would not be the current glut of miraculous, doctor sponsored, revolutionary, high fiber, low sodium, ad nauseum diets. If there really were a diet that worked, it would catch on and kill the market.

Diets fail because they do not address the real problem. (The first three letters of the word diet spell "die," and nobody wants to die; consequently, dieting triggers a subconscious survival response) People overeat for subconscious, emotional reasons not because they like the taste of food. This fact is very difficult for overeaters to accept. Obesity, once it becomes entrenched, takes a considerable amount of effort to nullify because if the emotional attachment to overeating is not relieved, a cycle of consistent weight gain, guilt, dieting, and more weight gain begins. Along with the emotional and psychological component, the body gets accustomed to more weight and its set point (the weight at which the body feels comfortable) begins to rise, making weight loss more difficult. Add to this a slower metabolism, decreased activity, and the stimulation of the physical survival instinct by dieting and you get obesity, depression, and hopelessness.

Recently, a weight loss client came into my office with her 8-year-old daughter. The little girl sat down and announced: "My mom eats too much." This outspoken child, in her attempt to be helpful, had identified the reason for her mother's visit. In her mind, her mother's overeating seemed straightforward enough. Like the child, many adults believe that weight problems stem simply from eating too much. The quantity of food a person eats doesn't begin to touch the complexity of eating issues. Notice many thin people who eat tons of food.

Living Overweight Is a Hard Life

Nearly all people with eating disturbances are negative thinkers. As a result of trying repeatedly and unsuccessfully to lose weight, their self esteem plummets. They begin to think that, no matter how much they starve themselves and how hard they try, they cannot win the battle of the bulge. They're right. Even if dieters succeed in taking off excess pounds, they usually regain the weight when they resume more normal eating and activity habits. Often, they end up weighing more than they did before they started dieting.

Although it is a step in the right direction, jumping into a busy exercise program is not the answer either. Exercise alone is neither efficient nor effective in reducing weight. Without positive eating habits, exercise is at

continued on next page

Have You Ever Seen a Coyote?



Do You Know What To Do If You See One?

Winfield United for a Better Community is hosting an informational talk at the library about the coyote.

Name: **Coyotes Among Us**

Guest Speaker: Jack MacRae, DuPage Forest Preserve Naturalist

Place: Winfield Library Meeting Room, 0S291 Winfield Road

Date/Time: Tuesday, January 31st, 7:00pm. Doors open at 6:30pm.

Park District Stuff

JANUARY FUN AT THE WINFIELD PARK DISTRICT

Teen Ski & Snowboard Overnight Trip

Join us for a night of fun in the snow. At midnight, Chestnut Mountain is closed to the public and the 140 acres overlooking the Mississippi River are available to Winfield Park District participants. This includes free ski and snowboard lessons and rental equipment if needed. We will be leaving the Park District promptly at 5pm on 2/10 and will return at 7am on 2/11. Registration deadline is 2/3.

Indoor Soccer

The Winfield Park District is now accepting registration for Youth Indoor Soccer. Leagues are available for children in grades kindergarten through fifth. This is the perfect transition in-between basketball and your spring sport. Teams will meet for one practice a week either at the Winfield Park District or the Winfield Elementary School. Games will begin on Saturday, Feb. 18th and will conclude on Sunday, April 28th. An end of season participation award is included in the registration fee. Registration deadline is January 8th.

7th/8th Grade Boys Basketball

This league is specifically designed for boys in 7th/8th grade. All participants will get to practice one to two times per week with weekend games and occasional weekday games. The basic fundamentals of basketball, sportsmanship, and having fun will be covered. This is a great opportunity to tone your round ball skills before entering high school. In order to be consistent with our co-op park districts, the division of teams and placement of players will be done by an assessment and draft procedures. League runs from 1/9- 3/13. The cost is \$95.

2012/2013 Preschool Registration

The 2012/2013 school year begins the week of September 4, 2012 and will conclude in May of 2013. Our preschool operates on the same schedule as District #34 regarding holidays and vacations. In-district registration begins on 1/25. Out of District begins on 2/1. Registration is held at the CRBAC, 0N020 County Farm Rd.

Fun with Food

Future gourmet chefs will prepare yummy snacks each week, and enjoy a story that relates. In addition, they will learn about kitchen safety and proper table manners. Kiddie Chefs will sample all of their creations. Please note any allergies at the time of registration. The program runs from 1/19-2/16 and the cost is R \$40 / NR \$50.

WINFIT Fitness Center

Be one of the 10% that actually keeps their New Year's Resolution! Sign up now! 3-month and 1-year memberships available.

(Extended Sunday Hours- Now open at 11:00am)

For more information, visit us online at winfieldparkdistrict.com, or call 630.653.3811.

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Who Else Wants to Lose a Few Pounds...?

continued from page 10

best a temporary method of getting rid of excess fat. Regardless of how much you exercise, you will not lose weight if your body takes in more calories than it burns. People with weight problems must adopt and practice eating and exercise routines that support them in maintaining the weight that is normal for them.

An emotional attachment to food motivates people with obesity and eating disorders. It's not just a case of too little information or not enough motivation. Therefore, it is absolutely essential that weight control be attacked on at least three fronts:

Psychological/Emotional issues, Eating habits, and Activity levels. It's been my experience that some people will accept eating and activity modifications but will resist all efforts at psychological or emotional interpretation. Experimenting with every fad diet that comes along, many end up despairing of the whole idea and growing increasingly despondent and heavy. This is unfortunate because help is very much available. The reason for failure, in part, has to do with the nature of psychological/emotional treatment and an innate sense of wanting to be right about ourselves and in control of our lives. However our minds are very complicated and will power alone is rarely a permanent remedy.

Thanks for reading this far. Here's the one simple trick that works for nearly everyone: stop eating dairy and wheat products this year and let me know in December how your weight decreased.

Pet of the Month



"Gracie" is a female Pit Bull owned by Dave Mayer of Winfield.



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Our Pet of the Month sponsor, **Woof World**, is owned and operated by Jeff Storck and his daughter, Giana Felish.

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Rules: Each month a dog is selected as Pet of the Month, which gets a free bath, a day in the indoor park, and a *Lucky Bone*.

Please e-mail a photo of *your* dog to: info@woofworld.biz with pet name, breed and age; plus owner's name, address and phone.

Entree Kitchen Has Space to Rent for Other Small Businesses



Owner and creative force behind MelkandCookies, Rochel Melka (at right) produces small batches of all-natural cookie dough production while her daughter Megan works on scooping and packaging.



Jodee Nodsle, founder and owner of Sassy Cookie Company, creates cookie magic while her right-hand and friend and employee, Michelle Hoste, takes the lead with baking and packaging.

Small business is the cornerstone of the American economy and one local business is committed to providing support to other small businesses on multiple levels. At Entrée Kitchen, a full-service meal assembly kitchen on the Winfield/Carol Stream border, their mission is to provide Delicious Meal Solutions for Busy People.

However, owner Diane Beaulieu is committed to helping other small business owners by providing space in her Du Page County Health Department approved commissary kitchen, selling some of the products produced by her rental clients and by offering a way to connect with other business owners through a national organization called B.I.G., for which Diane is a pod leader.

Since purchasing Entrée Kitchen in July of 2009, the rental business has grown exponentially, and presently independent businesses are utilizing the kitchen on a regular basis to produce a variety of tasty treats from decadent hand-made truffles and chocolate-dipped pretzels, cookies, cakes and other baked desserts to healthy snacks like granola. Some renters like the owner of MelkandCookies, Rochel Melka, bring a crew and start their day bright and early, some days as early as 4:00am.

Other renters prefer early evening and late night hours, like Jodee Nodsle of Sassy Cookie Company and Dede Barnicle and Terri Kinney from Sweet Secret Chocolates, who have been known to burn the midnight oil. Weekend hours are also available and fit the schedules of pastry chef, Renate Smith from Cookies a la Carte who specializes in German delicacies like Bienenstich and Donau Welle, and kolackies.

continued on page 13

Friendly Ad Rates for *Stuff* in 2012

Each month **4,161 copies** of *Winfield/Western DuPage Stuff* are delivered to **every household and business in Winfield.**

At least **1,000 more** are distributed and/or mailed to businesses and locations in and around Winfield.

This blanket coverage of Winfield is made possible by the advertisers that we list and thank in each edition (see page 15).

The advertisement size specs remain the same for 2012:

Full Page: 9 1/4" W x 10 3/4" H

1/2 Page: Horiz.: 9 1/4" W x 5 1/4" H; Vert.: 4 1/2" W x 10 3/4" H

1/3 Page: Horiz.: 9 1/4" W x 3 1/2" H

1/4 Page: Horiz.: 9 1/4" W x 2 1/2" H; Vert.: 4 1/2" W x 5 1/4" H

1/6 Page: 4 1/2" W x 3 1/2" H

1/8 Page: 4 1/2" W x 2 1/2" H

1/12 Page: 4 1/2" W x 1 3/4" H

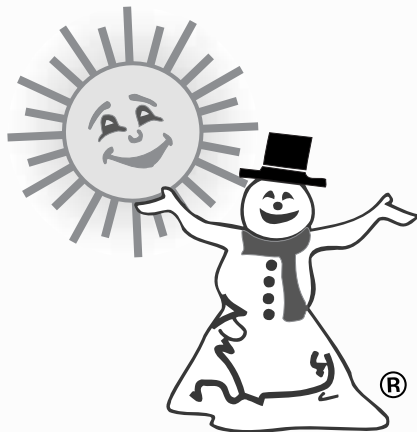
1/20 Page ID: 4 1/2" W x 1" H

The advertising rates are determined on a sliding scale, from a one-time ad during the year, to ads that run in all 12 editions:

Size	1 Mo.	2-3 Mos.	4-6 Mos.	7-10 Mos.	11-12 Mos.
Full Page:	\$395	\$385	\$375	\$365	\$350
1/2 Page:	\$250	\$240	\$225	\$210	\$190
1/3 Page:	\$175	\$170	\$160	\$150	\$135
1/4 Page:	\$130	\$125	\$120	\$110	\$ 95
1/6 Page:	\$ 90	\$ 85	\$ 80	\$ 75	\$ 70
1/8 Page:	\$ 70	\$ 65	\$ 60	\$ 55	\$ 50
1/12 Page:	\$ 50	\$ 50	\$ 45	\$ 40	\$ 35
1/20 Page ID:	\$ 20 (Must run all 12 months, and paid upfront)				

Note: Ads paid for in advance for all 12 editions receive an additional 5% discount. Prices shown are for black & white ads; color (when available) is 15% extra. Ad rates apply for Chamber member businesses; 20% extra for non-members.

Winfield/Western DuPage STUFF is a monthly publication produced by the Western DuPage Chamber of Commerce. Every effort has been made to assure the accuracy of information herein. However, Western DuPage Chamber assumes no responsibility for misinformation. For the time being, contact the Chamber office at winielchamber@sbcglobal.net or 630-682-3712 or 630-408-3712 with any corrections or questions. Reproduction in whole or in part without permission of the Chamber is prohibited.



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Entree Kitchen Has Space to Rent for Other Small Businesses

continued from page 12

Each of these businesses takes great pride in sourcing the best ingredients, use small batches and meticulous quality control to ensure that their customers thoroughly enjoy their purchases. Nodsle of Sassy Cookie Company says that it is their goal to create cookies that satisfy and excite the discerning taste buds of all cookie lovers. Some of these businesses source their own ingredients while others choose to partner with Entrée Kitchen on their sourcing. All rent shelving space to store their equipment and ingredients to ensure that they are following DuPage Health Department standards and to streamline their processes for more efficient production.

Distribution methods of the tenant companies' products vary. All have an on-line presence and a few are set up for shipping their products as well. MelkandCookies has taken their distribution retail with cookies available at multiple Whole Foods Market locations, Casey's Foods in Naperville, and Blue Goose in St. Charles, just to name a few.

Cookies a la Carte has their desserts featured on the menu at Julian's BBQ in Elk Grove Village, while Sweet Secret Chocolates can be found at Entrée Kitchen and Marcel's Culinary Experience in Glen Ellyn.

Sassy Cookie Company's trans fat free Five Chipper Cookie can be ordered from Entrée Kitchen's menu.

Entrée Kitchen has more rental hours available and you can learn more about kitchen rental by calling 630.668.4450 or via email at info@entreekitchen.com.

Harvey M. Bogin, DDS



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Local Resident Makes New Friend on Vacation Trip to Maui Lying on Back on Aisle Floor of Delta Jet at 27,000 Feet!

Note from the Editor: This is a rather dramatic story that unfolded shortly after takeoff on a Delta jet on November 16th, 2011, headed for Minneapolis, where my son Jay and I were to connect to a flight to Maui to watch Duke play in a college basketball tournament as part of our long-anticipated week's vacation.

I've asked Joe Hans, Lieutenant/EMT (Emergency Medical Technician) with the Romeoville Fire Department, to describe it in his own words, and to begin to give him, and EMTs in general, the proper and formal recognition for coming to the aid of a stranger in an emergency life-threatening situation.

Joe became an EMT in 1987 while living in Wisconsin, where he became a firefighter in 1992. He moved back to Illinois in 1994, and resides with his wife Ginny in Bolingbrook.

This is Joe's recollection of the events of that November 16th morning:

My wife Ginny and I were flying to Minneapolis out of Chicago's Midway Airport for a connecting flight to Orlando, Florida, for vacation, and to take our first Bahamas Cruise.

About 20 minutes into the flight, the flight attendants started the snack service, when a passenger (Rich's son Jay) had told an attendant that he had a medical emergency involving his father. One of the other attendants announced over the speaker system if there was a doctor or nurse aboard. I thought that I could assist either one, but no one came forward.

At the same time my wife had told an attendant that I was an EMT. I then stood up and realized the medical emergency was a passenger in a seat behind us. I reached for the passenger's hand and felt for a radial pulse in case he had fallen asleep, and didn't want to scare him. I did not feel a pulse. So I tilted his head and felt the carotid artery for a pulse. He didn't have a pulse, and no color. I said that we had no pulse and no breathing. His son asked what we should do. I said that I needed to get him out of his seat and get him on the floor to start CPR.

Once we got him to the floor, I opened his airway. I looked, felt and listened for breath. There was nothing, so I performed two rescue breaths. A female passenger who was sitting near us asked if we needed the AED (automatic external defibrillator), which, as it turned out, we did not use.

One of the flight attendants then announced that we would be landing at the Madison, Wisconsin airport in five minutes.

As I checked for a pulse, I felt a very weak pulse, and the passenger became semiconscious. The lead flight attendant brought an oxygen bottle and mask for him.

I started asking him some questions about any medications he was taking, past medical history, when he last ate. We talked about where he and his son were from, and where they were going.

His color and responsiveness improved with the oxygen and time. He wanted to get up and sit back in his seat because he thought that we had made it to Minneapolis, and that he and his son were heading to the Maui Invitational.

I told him that we were making an emergency landing in Madison, and that he needed to go to a hospital, and the best place for



Staff Editor Rich Bysina (at left) takes the opportunity to toast **Joe Hans**, Lieutenant/EMT with the Romeoville Fire Department, a month and a half after Hans saved Bysina's life, thanks to his Heartsaver CPR training, on a flight they shared heading for their respective vacation destinations -- Rich with his son Jay to see his cousin Coach K's Duke team play in the Maui Invitational, and Joe with his wife Ginny to take a Bahamas Cruise.

him was to stay on the floor. The pilot made as smooth a landing as possible.

The Truax Field/Dane County Regional Airport Fire Department boarded the plane. I told them what I observed and had done, and gave them my contact information. They removed the passenger from the plane and placed him in an ambulance to get him to the nearest hospital. We got Jay's cell phone number so that we could check on his father when my wife and I arrived in Florida later that evening.

And that's how Joe's "eyewitness" report ended. I did find out when I met the two of them for a reunion drink on New Year's Eve that they also got off in Madison that day, were able to get a Delta flight to Detroit, where they got a connecting flight to Orlando and eventually made their first Bahamas Cruise. Plans are under way to officially recognize Joe's heroic work at a future Romeoville Village Board Meeting.


I had to have an angioplasty the next day, had a stent inserted into one of my arteries at the Meriter Hospital, returned home the following day when my daughter Betty drove up to Madison to pick us up, and watched Duke win the Maui Invitational on TV instead of in person.

Incidentally, one of the flight attendants sent this note to Joe:
"Many thanks for stepping up to provide emergency medical care for a passenger in need November 16 on flight 5761. I have to believe you saved the gentleman's life. I was one of the attendants working that day. In fact, it was my final "training" flight. In you, I witnessed the very best in care and service, and I am so deeply grateful for your fine example."

Thank You, *Stuff* Advertisers!

Winfield/Western DuPage *Stuff* would not be possible without the advertising support of so many of our Chamber's Small Businesses. Thanks to:

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