

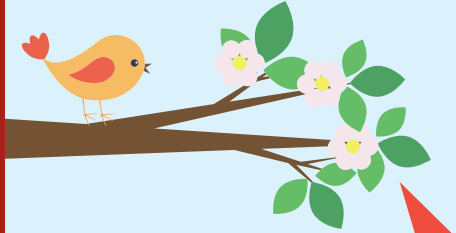


# THE WINFIELD GLIMPSSES

Celebrating Our Community

Spring 2024

Wonderful Winfield



Turn the pages to find out more

## Luxury Apartments Coming Soon

The northside landscape will look different when the Snyder Building is demolished to make way for a new apartment complex. Developers are expected to break ground sometime late Summer. The following is an excerpt from the December Winfield Word newsletter, Letter from the President, Carl Sorgatz –

*I am very pleased to announce another big step forward for our Town Center revitalization plan. Synergy Construction & Development Company delivered a concept presentation at the November 16 Village Board meeting for a 147-unit luxury apartment complex. The development would be built on a 2.4-acre site southeast of the intersection of Jewell Road and Church Street, currently occupied by CDH's Snyder office building and a Metra parking lot. Named "Winfield Reserve," the building will include a mix of studio, one-bedroom, two-bedroom and three-bedroom rental apartments. Residents may remember Synergy as the developer of the successful Winfield Station complex, built on the former Winfield Fuel & Material site just south of the railroad tracks. Synergy hopes to break ground in August 2024 and open to residents in early 2026.*



## Serving Up Smiles—One Hot Dog at a Time

By Jennie Fleming

37 years in business in Winfield and Tony Vassil still finds enjoyment in working shoulder to shoulder in the kitchen, making good food for his loyal customers.

Tony's Steamers is a favorite neighborhood restaurant located in Prairie Trail Center at the corner of Geneva Road and County Farm Road. Their menu includes the famous Vienna Beef hot dog, sandwiches and subs, burgers and Italian beef,

chicken, fish, wraps, soup, and appetizers. Tony has 15 employees, including his sister, Janet Vassil, who started at Steamers when he opened his first location in Carol Stream in 1981.

On any given day, you'll see customers who've been delighting in Tony's food for 3 generations. Parents who brought their kids in to eat at Steamers, now bring in their grandkids. Tony and his sister, Janet, especially enjoy hearing their customer's stories about visiting when they were younger. One customer, whose parents brought her in in a baby carrier, promises to come in to eat in her wedding dress one day! Another customer remembers leaving her Cabbage Patch doll at Steamers, finding Janet had saved it for her the next time she visited. Another customer recognized Janet and yelled "Steamers!" to her while on vacation in Hawaii! Tony's Steamers was inducted into the Vienna Beef Hot Dog Hall of Fame in 2006 and has been written about in numerous newspapers across the suburbs. Steamers is famous beyond the borders of Winfield!

Tony's Steamers loves giving back to the community, saying "that's how you grow together".

You can see it on the walls when you visit, sponsorships of local teams. The restaurant serves hot lunches to local schools, churches, and scout organizations, on a regular basis.

The 2020 pandemic almost closed their doors and Tony wondered how they would survive, but he refused to give up because he had a family and employees to support. Tony always disliked the front windows in the restaurant, but they saved the day when he was able to serve food out the windows to customers waiting on the sidewalk. They served food that way for a year and were able to remain open.

Tony and his wife are celebrating their 45th wedding anniversary this year with 4 children (all of whom worked at the restaurant), and 7 grandchildren.

You can find Tony's open 7 days a week, 10:30am-9:00pm at 27W213 Geneva Road, Winfield. Steamers offers catering of many of their popular menu items for larger groups. Stop in today and tell Tony congratulations on his success of 37 years!



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- ★ June 28th  
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- ★ July 12th  
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- ★ August 9th  
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- ★ August 23rd  
Cowboy Co.  
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The Winfield Fire Department visited 92 year old (almost 93) Skip Higgins on Monday, January 29th. Skip is a retired Winfield fire department chief. Skip is currently living at Wynscape's assisted living in Wheaton. It was a great day for Skip and his family.



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# Fire District Calls Decrease; New Engine In Service

By Luke Allen

For the first time since 2016, the number of emergency calls for service in 2023 dropped slightly (4.4% decrease) from their peak in 2022, according to DuPage Public Safety Communications (Du-Comm). Only York Center (13.5%) and Oakbrook Terrace (9.1%) had larger year-over-year decreases.

Residents of the Winfield Fire Protection District have begun to notice that the new fire engine is finally in service! The 2023 Sutphen Monarch Severe-Duty fire engine

was put into full-time service in January. Crew members that operate the engine are very pleased with

how it is performing so far.

After many years of operating equipment which had exceeded its useful life, both the ambulance and fire engine are now mechanically reliable and allowing first responders to do their jobs without worrying about their vehicles breaking down.

An additional replacement ambulance is on order and scheduled to be delivered in early 2025. This will replace the 2005 International ambulance in front-line service, and the 2005 will become a

“reserve” (substitute) ambulance when one of the primary ambulances goes out for maintenance or repair.

Winfield Fire Protection District's new Engine 31 is now in service. Photo courtesy of Legacy Fire Apparatus.



“After training with the new engine and running it on calls for about a month now, the new engine is really exceeding our expectations. It handles so much better than our old engine, and it was very thoughtfully designed. I really like working on this rig.”  
— Firefighter/Paramedic Seth Lamb





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## GRAND OPENING

### Sat., March 16th



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- Pet product basket giveaways (free samples of dog food and treats)
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**March fundraiser:**  
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# The 2024 Winfield Criterium & Summerfest

By Nicole Cannizzo

The Winfield Foundation will be hosting the 4th annual Criterium & Summerfest on July 21, 2024. Set in the heart of downtown Winfield, the Criterium and Summerfest will feature different attractions and events that are sure to please all who come out to celebrate summer on this special day. Kicking off the day's events and wowing spectators from early morning to sunset will be the largest sanctioned cycling race in the USA, the Intelligentsia Cup Pro and Amateur Criterium. The streets of downtown Winfield will be filled with cheering, cow bells ringing, and the sounds of cyclists zooming down the racecourse. Nearby in Creekside Park, home to a beautiful white, wooden gazebo, brick pathway and tall shady trees that cover an impeccably maintained grass area and a wooden bridge that provides a picturesque view of the clear, crisp flowing creek, an artisan market will make its debut from 11 AM-3 PM. The Creekside Artisan Market will feature unique small-business vendors offering their high-quality handmade goods, fresh floral bou-

quets and delicious coffee creations. In addition to an expanded KidZone in Creekside Park complete with face painting, balloon artistry and an assortment of interactive, inflatable play areas, a beer tent and a large variety of food trucks will line up along Beecher Street at noon to wow you with their refreshments, culinary creations, and snacks.

Come out to watch, cheer, eat, play and shop. The Winfield Foundation is excited to host you, your families, friends and pets on Sunday July 21st. Save the date and stay tuned for more event details!



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## Winfield Park District Board Meeting Schedule – 2024

REGULAR MEETINGS OF THE WINFIELD PARK DISTRICT WILL BE HELD EVERY THIRD TUESDAY OF EACH MONTH AT THE CHARLES R. BEGGS ACTIVITY CENTER, 0N020 COUNTY FARM ROAD, WINFIELD, ILLINOIS AT 7:30 P.M THE PUBLIC IS INVITED TO ATTEND ANY/ALL OF THE MONTHLY MEETINGS. THE SCHEDULED DATES FOR 2024 ARE AS FOLLOWS:

JANUARY 16	APRIL 16	JULY 16	OCTOBER 15
FEBRUARY 20	MAY 21	AUGUST 20	NOVEMBER 19
MARCH 19	JUNE 18	SEPTEMBER 17	DECEMBER 17

### PARK COMMISSIONERS

Steve Massie, President Dan Hitzeman, Vice President Jamie Reid, Treasurer  
Tom Novak, Commissioner Sue Hempe, Commissioner Thomas C. Bower, Secretary/Executive Director



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# Greater Winfield Chamber of Commerce

The Greater Winfield Chamber of Commerce celebrated the end of a successful year with our annual holiday party, hosted at Cooper's Corner. We raffled a variety of baskets generously donated by members, enjoyed delicious food, and swore in the newest board members and president for 2024.

The Chamber began its first networking meeting of the year on a very snowy Tuesday morning in January. The weather didn't deter our members and we all enjoyed learning about Dr. Hyderi's optical services at Central DuPage Vision Center. February's meeting at Cantigny's Visitor Center saw many attendees who heard from Executive Director Matt LaFond about Cantigny's history and the many upcoming events in 2024. Our evening event in February highlighted speaker Hank Ebeling sharing his passion about excellent customer service with our Chamber members.

Our March 5th networking meeting will be a ribbon cutting at Jennifer Tortoriello's Pet Wants store in Prairie Trail Center. Welcome, Jennifer!

*continued on page 6*



Jennifer Tortoriello opened her Pet Wants store on February 1st in Prairie Trail Center.







**Dan Murphy, Jennie Fleming, Caleb Svoboda and Sean Cisney**  
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*The Greater Winfield Chamber of Commerce finished strong last year with a ribbon cutting at Cruz Barbershop II in Prairie Trail Center. This is Cruz Barbershop's second location; the first one is in Carol Stream.*

**Welcome to Winfield!**



**A note from the President**  
*Jennie M. Fleming*  
Financial Advisor  
Winfield Wealth Advisors, LLC.  
[jennie.fleming@hbwadvisory.com](mailto:jennie.fleming@hbwadvisory.com)  
[www.winfield-wealth.com](http://www.winfield-wealth.com)  
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**Contact me to learn how the Chamber can support and market your business in 2024!**

**Admiral Builders**  
Mike Rootberg, Denise Cubel, Beth Ciabattari

**Antique & Chic**  
Kathy Agresti

**Berger Bros Pub**  
Judy Anetsberger, Greg Anetsberger

**Cantigny Park (Robert R. McCormick Foundation)**  
Matt LaFond, Jeff Reiter

**Central DuPage Vision**  
Dr. Atha Hyderi

**Christ Our Savior Lutheran Church**  
Reverend Jesus Morales

**Compass Mortgage**  
Matt Moore

**Cooper's Corner**  
Steve Muehlfelt

**Cruz Barber Shop II**  
Jesus Cruz

**Daniel And Associates Real Estate**  
Dan Czuba

**Farmers Insurance**  
David Nelson

**Healthcare Associates Credit Union**  
Gwyn Pashawitz

**Lion's Panzek Martial Arts**  
Master Frank Panzek

**Livanos Chiropractic Health Care**  
Dr. Jeanene Livanos

**Manbot Coffee Roaster**  
Mike Hoffman and Chris Clabots

**Mary Kay Cosmetics**  
Julie Michelin

**Michael J. Michelin, CPA**  
Michael & Julie Michelin

**Pet Wants**  
Jennifer Tortoriello

**Polaris Travel**  
Julie Michelin

**Prairie Path Cycles**  
Mary Lee Geraghty, Mike Farrell

**Primrose School of Winfield**  
Christa Stalcup

**Re/Max All Pro**  
Sheena Tovt

**Re/Max Suburban**  
Roger Fox

**Save Your Back Moving**  
Mark Sullivan

**State Farm Insurance**  
Andy Herrero

**St. John the Baptist Catholic Church**  
Very Rev. Christopher Lankford

**The Barber Shoppe**  
Kathy Agresti

**The Tony Reyes Family Foundation**  
Patti Weber

**The McCormick Law Firm**  
Eron McCormick

**Tony's Steamers**  
Tony Vassil

**Total Health and Wellness Center**  
Dr. Jinaan Jawwad  
Dianne Fitzgibbon, Office Mgr.

**Transpet Services**  
Jim Kohlmann

**Trust Bank, Wheaton**  
Mark Spehr

**UMortgage**  
David Koch

**Village of Winfield**  
Carl Sorgatz, Curt Barrett, Peter Kruminis

**Winfield Education Foundation**  
Emily Alanis, Lesley Gena

**Resident Member**  
Rich Bysina

**Winfield Fire Protection Dist.**  
Chief Steve Evans

**Winfield Foundation**  
Meg Goodman

**The Winfield Glimpses**  
Patti Weber

**Winfield Historical Society**  
Adrienne Rose

**Winfield In Action**  
Deb Moran

**Winfield Park District**  
Tom Bower

**Winfield Public Library**  
Matthew Suddarth, Nuccia Choate, Dawn Leardi

**Winfield School District 34**  
Matt Rich

**Winfield Shell Station**  
Pete Mancini

**Winfield Wealth Advisors**  
Jennie M. Fleming

**We Know Tickets**  
Frankie Curiale

## Chamber of Commerce

*continued from page 5*

On Monday, March 18th, chamber members are invited to attend a class on Social Media, given by Frank Curiale of We Know Tickets and Matt Moore of Compass Mortgage, hosted in the Winfield Wealth Advisors' office.

The April 2nd networking meeting will be hosted by Matt Moore at his Compass Mortgage office in Warrentville.

On April 4th, the new Women In Business group will host Jennifer Speaker who will talk to members about cyber security.

Dr. Atha Hyderi of Central DuPage Vision Center has offered to start a Chamber messaging group on WhatsApp. This informal group app will allow for a quick exchange of information: ask a question, share an idea, give an update, etc.

New members Matt Moore, Sheena Tovt, and Eron McCormick have generously offered to host a video series spotlighting our local businesses. This is a fantastic opportunity for all of us to share our stories!

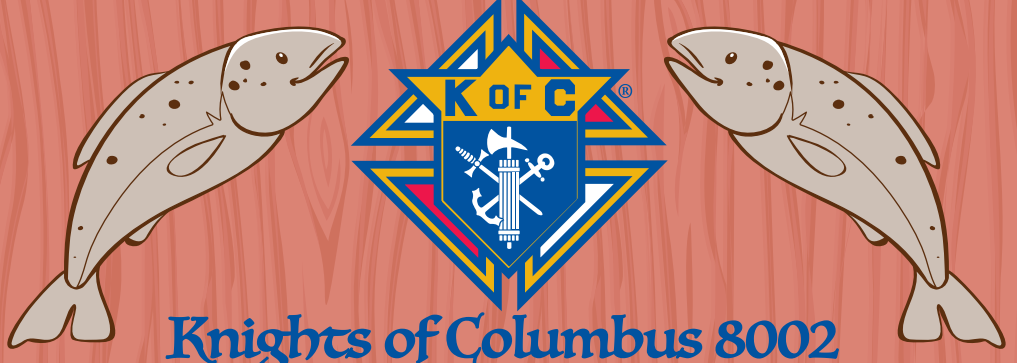
**We are a rapidly growing Chamber, excited to support and promote local business with marketing and events. Reach out to President Jennie Fleming at [jennie.fleming@hbwadvisory.com](mailto:jennie.fleming@hbwadvisory.com) with questions about joining the Chamber or hosting an event.**



*Speaker Hank Ebeling shares his passion about excellent customer service with the Chamber.*

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# In Memoriam

## ROBERT RICCIARELLI

Former Owner/Manager of Caliendo's Restaurant and Bar



Beloved husband of Donna Ricciarelli; Devoted father of Danielle (Justin) and Frank (Sally) Ricciarelli; Loving son of the late Frank and Lois Ricciarelli; Dear brother of Marcia (Michael) Caliendo and the late Richard Ricciarelli; Dear uncle of Tiffany, Dianna, Derek, Sophia, Dominic, Michael Jr., John and many great nieces and nephews. Services were held at St. John the Baptist Catholic on January 23, 2024.

Rob and Caliendo's were strong supporters of local charities such as our local Ronald McDonald House, Northwestern Medicine Pediatric Oncology department, Knights of Columbus Council 8002, Winfield Lion's Club, and our local schools.

## DOUG KLATT

Owner of Gracie's Petals



Douglas E. Klatt, age 62, a resident of Winfield, IL, passed away on Monday, January 8, 2024. He was born June 17, 1961 in Phoenix, AZ to Gerald & Lorraine Klatt, and at a young age moved to Elmwood Park, Illinois.

From humble beginnings, Doug climbed the ranks in his field, mastering knowledge of the IT world with bold entrepreneurial skills and determination. Doug won numerous awards and recognition including a feature article in CRN.com for his work with Nokia and VPN Solutions. He was a multifaceted, amazing man who pursued knowledge and loved to share what he learned. In recent years, Doug, along with his youngest daughter, Grace, started a floral shop, "Gracie's Petals". This business not only brought Doug closer to his family, but also brought an abundance of joy that spilled over into the community.

His hobbies included cooking, fishing, travel and music—especially, infamously, the incomparable Frank Zappa. Doug was equally at home on the white sandy beaches of Cancun, exploring the Rocky Mountains or making food for his friends in Twin Lakes, Wisconsin.

Doug was the absolute epitome of an "amazing father" not just to his children, but to his many nieces, nephews and a vast circle of eclectic friends. Doug's family was his entire world; he will be missed immensely. Doug taught his family and friends to live the good life; to enjoy food and drink, laughter and unconditional love.

Doug is survived by his wife of 32 years, Jennefer; his children Sam (Shannon Coady), Allison & Grace; his brother Dana (Janet); his brother & sisters-in law: Nina (John), Ricky (Mary Pat) & Joey (Kevin), along with many nieces, nephews & dear friends.

Family & close friends were invited to gather at St. John the Baptist Catholic Church for a funeral mass.

In lieu of flowers, memorial gifts may be directed to the Ronald McDonald House.

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**Happy New Year from Hedges Station and the Winfield Historical Society**

*Happy Spring!*



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# Inspired by employee donations, Northwestern Medicine makes its largest gift to area food banks

Inspired by the generosity of its employees, Northwestern Medicine is donating \$200,000 to area food banks. The Greater Chicago Food Depository and Northern Illinois Food Bank will each receive \$100,000. Health system leaders thanked staff and surprised them with the total gift amount during Team NM employee volunteer events at four food bank locations on Saturday, Feb. 24.

Northwestern Medicine leadership was inspired to dedicate more funds to the food banks after more than 5,000 employees opted to donate the grocery gift certificates they would have received as part of their holiday gifts. Thanks to those donations, employees raised more than \$76,000. Leadership made the decision to increase the overall donation to further support employees' dedication to the food banks.

"Our employees made it clear that they're committed to addressing food insecurity in the communities we serve, and it's in their honor that we're increasing Northwestern Medicine's donation to provide access to nutritious food where it's most needed," said Ann Hall, vice president of administration at Northwestern Medicine.

Employees who donated their grocery certificates were invited to volunteer at the food banks to see how their donations are used. Health system leaders surprised them with the announcement during their volunteer shifts at four food bank locations:

- Greater Chicago Food Depository
- Northern Illinois Food Bank – Geneva
- Northern Illinois Food Bank – Joliet
- Northern Illinois Food Bank – Lake Forest

Through donations of funds and volunteer time, Northwestern Medicine has provided the Northern Illinois Food Bank \$5.6 million worth of groceries to people in need since 2015.

"We are grateful for Northwestern Medicine's generous donation and longtime partnership," said Julie Yurko, president and CEO at Northern Illinois Food Bank. "Our network of 900 food pantries, soup

kitchens, and direct distribution programs provide 82 million meals a year and serve over 500,000 neighbors a month. Good nutrition is crucial to physical and mental health. These funds will help us continue our mission of providing neighbors and their families access to the nutritious food they need to thrive."

Since 2020, Northwestern Medicine volunteers have packed over 10,000 pounds of food at the Greater Chicago Food Depository.

*"Our employees made it clear that they're committed to addressing food insecurity in the communities we serve, and it's in their honor that we're increasing Northwestern Medicine's donation to provide access to nutritious food where it's most needed,"*

"This generous donation by Northwestern Medicine is an investment in health and hope for our neighbors," said Jill Zimmerman, chief philanthropy officer for the Greater Chicago Food Depository. "At the Food Depository, we believe that food is a basic human right. We are grateful that so many people at Northwestern Medicine share that belief and commitment to our neighbors. Together, we are greater. Together, we can end hunger."

Northwestern Medicine has long-standing roots in community service and volunteering, supporting local and national organizations that are committed to building stronger, healthier communities.

To learn more about Northwestern Medicine's commitment to building better communities, visit Northwestern Medicine Community Impact | Northwestern Medicine.

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We do not offer every plan available in your area. Currently we represent 8 organizations which offer 90 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.

## HEY WINFIELD IT'S TIME TO...

### GEAR UP FOR AN EPIC GAME

This year's proceeds will go towards funding a new preschool playground for Winfield District 34.

**SUNDAY MAY 19TH**  
 Lions Park - Winfield

8:15am - Kids Dash (5 & under)  
 8:30am - 5k & 1 Mile Run/Walk



Register online by April 24th  
 to be guaranteed a t-shirt

<http://tinyurl.com/Tiger-Run-2024>



# 80th Anniversary Commemorative Stamp Sheet Update for 'It's a Wonderful Life': Déjà vu All Over Again

By Rich Bysina

You are looking at the four 25-cent stamps the U.S. Postal Service (USPS) issued in 1990 to celebrate the 50th anniversary of four feature films released in 1939.

The announcement was made by Postmaster

**Michael J. Michelin**  
Certified Public Accountant

---

**Michael J Michelin CPA**

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Enriching Women's Lives™



General Anthony M. Frank during the fanfare of the 1990 Academy Awards, which honored movies released in 1989.

Frank stated, "If these were the only films produced that year, it still would have been an incredible year. ...If there is the emotional feeling that I think there will be for these stamps, we'll do more."

Shortly thereafter, I thought a movie that should be so honored on its 50th anniversary in 1996 was the 1946 Frank Capra classic, "It's a Wonderful Life" ("IAWL"), starring Jimmy Stewart and Donna Reed. What a tribute it would be for Stewart (who would be turning eighty-eight that year), not only one of Hollywood's most popular actors, but a World War II bomber pilot veteran as well.

So, in 1993 I got a number of friends, family members, even a few of WGN Radio's Wally Phillips' listeners, to sign a couple petitions to help get this – what I thought was a "slam dunk!" – proposal into the hands of the USPS folks who make such decisions.

The Chicago Sun-Times even ran a nice article about this, and I made an appearance on Fox News Chicago to help promote the idea right before Christmas 1993.

Shortly after the holidays, I received a form letter from the USPS, stating among other things, "This topic was recently reviewed by the Citizens' Stamp Advisory Committee, and after careful deliberation, was not recommended at this time."

Crushed...I decided not to end it all and went on with my suddenly demoralized life. Fast forward 30 years.

"IAWL" will be celebrating its 80th anniversary during America's Semiquincentennial in 2026. While "80" is not usually a popular celebration number like "25" or "50", the USPS nevertheless issued a commemorative stamp sheet in 2020 to celebrate the 80th birthday of a cartoon character.

Drum roll, please. Take a bow...

Bugs Bunny!

Please fast forward another three years.

I made another proposal for "IAWL" in 2023,

including a flyer containing a photo of the late PG Anthony M. Frank, along with his words, "We'll do more" of these stamps.

The form letter sent to me this past January, stated among other things, "This topic was recently reviewed by the Committee and after careful consideration and deliberation was not recommended at this time."

Déjà vu...all over again.

But as the late NC State basketball coach Jim Valvano said during his emotional speech at the 1993 ESPY Awards ceremony, "Don't give up. Don't ever give up."

Anyone can propose a commemorative stamp (or stamp sheet like the one Bugs got) for any topic, including another shot for "IAWL". Mail to: Dr. Joseph L. Kelly, Citizens' Stamp Advisory Committee Chair, U.S. Postal Service, 475 L'Enfant Plaza SW, Washington DC 20260.



## SUMMER CAMPS



### MIGHTY MUNCHKINS & CAMP WINFIELD (CP)

The Mighty Munchkins and Camp Winfield programs are the perfect option for a summer full of fun! Camp will provide daily activities including: crafts, games, sports, pool days, and field trips for kids ages 5-13 years old. Camp is held Monday-Friday from 9am-4pm. Check out our website or stop by the registration desk for more information.

**Location:** Oakwood Park & Wynwood Park

Camp	Day	Date	Time	Age	Cost
Mighty Munchkins	M-F	6/3-8/9	9am-4pm	5-7	varies*
Camp Winfield	M-F	6/3-8/9	9am-4pm	7-13	varies*

### DATES

Week 1	6/3 - 6/7
Week 2	6/10 - 6/14
Week 3	6/17 - 6/21
Week 4	6/24 - 6/28
Week 5	7/1 - 7/3 (no camp 7/4 & 7/5)
Week 6	7/8 - 7/12
Week 7	7/15 - 7/19
Week 8	7/22 - 7/26
Week 9	7/29 - 8/2
Week 10	8/5 - 8/9



### SUMMER CAMP PRICING

Days/Week	Cost
5	R \$175 / NR \$185
4	R \$160 / NR \$172
3	R \$147 / NR \$156
2	R \$116 / NR \$130
1	R \$80 / NR \$90

1st Early Bird: March 4 - March 31

5-Day Rate: R \$155 / NR \$165

2nd Early Bird: April 1 - April 19

5-Day Rate: R \$165 / NR \$175

\*Per day rates only apply to number of days a participant is registered per week. Discounted rates will not be applied to days registered in different weeks.

# Wellness with Winfield Park District's Donna Fatiago

Forward by Kristin Bykowski, Winfield Park District Fitness & Facilities Coordinator

Donna began working with the Winfield Park District back in 2001 as a personal trainer and fitness class instructor. Through the years she has offered a wide variety of classes, incorporating new fitness trends, to help us expand our class portfolio. In the most recent years, Donna has not only offered classes to help with physical fitness, but she has also focused on offering programs that focus on nutrition and mental wellbeing, providing our district and community members access to programs that promote overall health and wellness. We have been so fortunate to have her as part of our team for so many years and hope there are many more years to come.

Here's Donna's story including why she became interested in health and wellness –



published my first book, *Q2~ A Healthy Recipe for a Balanced Life*. Q2 is a book of hope, healing and transformation by creating balance in your life, to feel comfortable in your own skin, and taking ownership of your health – plus, 120 healthy recipes to fuel your body and mind.

Throughout my life and career path, I have recognized that creating healthy habits in the early

years is crucial, so I published four children's books to help the younger generation discover self-love and self-care. Readers will discover how Exercise, Health & Wellness, Relaxation, and Eating Healthy are all connected and affect a person's mood in *Bucky & Daisy's Moody Adventures* which also includes a Parent's Corner at the end of each story.

tried on was too snug and made me look even heavier than I felt. At 17 years old, I felt defeated, overweight and insecure. My energy levels were low, and I was extremely uncomfortable. I would frequent the local fast-food chain with my friends – and I would super-size it. I suffered from digestive issues and was diagnosed with an aggressive form of Raynaud's, an autoimmune disease that caused me to lose feeling in my hands and feet. Losing the feeling and color of my extremities was a nuisance, but the blood flow back into them was very painful, as they would tingle and remain black and blue for hours. This disease ultimately stopped me from actively participating in the sports and activities that I so enjoyed. In turn, it messed with my psyche, body-image and self-esteem. I was at a pivotal point, to take my health into my own hands or continue on a slippery slope of an unhealthy lifestyle. During my senior year of high school, I decided to eat healthy, and I joined an aerobics class at a local racquetball club. The aerobics class was inspiring, invigorating, and empowering, led by a very passionate instructor named Lynn. The day that Lynn announced that she was looking to mentor someone to teach classes, I awkwardly raised my hand. I was the only one that raised a hand and quite frankly, I remember it feeling like an out of body experience. I thought immediately afterward, "What have I done, why did I raise my hand?" My

*continued on page 11*

I have been teaching various wellness classes at the Winfield Park District for over 20 years. I am so grateful to be a part of this community. More recently with the renovation of the park district, Chef Donna now offers hands-on cooking classes for adults and children 5+.

I have been in the wellness industry for over four decades and have worked with hundreds of personal training/nutritional counseling clients and thousands of group fitness participants. I started teaching aerobics in the '80s with leg warmers and moved to 'Let's Get Physical'. From that moment on, I knew that I wanted to follow my passion and help others live a great quality of life. I am a well-rounded, seasoned wellness professional of over 40 years including corporate/group/private wellness, personal trainer, nutritionist, lifestyle/nutritional counseling, meal prep, cooking classes and an energetic group wellness instructor with specialties in yoga, Pilates, kickboxing, bootcamp and cycle.

Through working with so many people of various ages, fitness levels, and medical conditions I decided to follow my other passion of writing and I

years is crucial, so I published four children's books to help the younger generation discover self-love and self-care. Readers will discover how Exercise, Health & Wellness, Relaxation, and Eating Healthy are all connected and affect a person's mood in *Bucky & Daisy's Moody Adventures* which also includes a Parent's Corner at the end of each story.

It was June of 1980, and I was celebrating my 17th birthday. Like every teenager, I wanted my clothes to look just right, and I remember going through my closet to find the perfect outfit for my birthday celebration. But I couldn't. Everything I



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Fri.	9 - 5:30
Sat.	8 - 1

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We do not offer every plan available in your area. Currently we represent 8 organizations which offer 90 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.

# Wellness

continued from page 10

confidence level and abilities were once again being questioned. Lynn was so excited that I was eager to get started that I didn't want to disappoint her. We spent several weeks working together on song selections, routines, and instruction. I was hooked and the first day that I taught a class, Lynn was there to support me. This was so out of my comfort zone, but my passion to move and the positive mentoring from Lynn pushed me to instruct successfully and in turn, providing positivity in myself and in others.

I am so grateful for the mentorship and that I got

*Throughout my life and career path, I have recognized that creating healthy habits in the early years is crucial...*

my first job in the health and wellness industry at the age of 18 – the beginning of an exciting journey of group/corporate fitness instruction, personal trainer, nutritionist, cooking instructor, lifestyle coach, and author of six books.

### Contact Info:

- Website: <https://q2fit.com/>
- Instagram: <https://www.instagram.com/donnafatigato/>
- Facebook: <https://www.facebook.com/DonnaTheWellnessBuilder>
- LinkedIn: <https://www.linkedin.com/in/donnafatigato/>
- YouTube: <https://www.youtube.com/@donnafatigatofitfoodlifest4510>
- Author Site: <https://donnafatigato.com/>

## March 19 Primary Ballot Questions

The Village is interested in gathering public opinion about three key public policy areas that are timely and that have become the subject of public discussion. Two are environment-related. The third is about housing and land use. The questions will appear on the ballot of the March 19, 2024, General Primary Election.

.....

Should the Village of Winfield encourage the placement of electric vehicle charging stations in commercial areas of the Village?

\_\_\_ YES \_\_\_ NO

Should the Village of Winfield consider adopting environmental policies to help limit climate change even if such policies are more expensive to the Village and its residents?

\_\_\_ YES \_\_\_ NO

Should the Village of Winfield consider allowing an additional dwelling unit, commonly known as a coach house, on single family properties where lot size allows?

\_\_\_ YES \_\_\_ NO



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