

NORTH SHORE MOM

Thankful for the things that keep me going



KAREN FIRSELL
CONTRIBUTING COLUMNIST
Northbrook Resident

Thanksgiving is the perfect time to remind ourselves for what and whom we are grateful.

Of course, at the top of my list is the "Family and Friends" category. These are the spouses, the children, the parents, the best friends, the grandparents, the nieces and nephews, the cousins, the aunts and uncles who undoubtedly color my world.

These are the people who are my constant support systems, my sounding bars, and who give me the opportunity to shine. For all of the people in my life, thank you for who you are and all that you do.

I also want to take this time to be thankful for the little things — the unsung tangible heroes in my life. I don't want to sound superficial or trivial, but I do believe that I often overlook and take for granted these teeny parts of my existence. In the end, each component helps me accomplish my day-to-day tasks and helps me get through it all. And for that, I'm thankful.

Here is my list:

1. Sunset Foods' Antibiotic-Free Honey Maple Turkey: It's the best. Hands down. I love it. My family

loves it. If Sunset is ever out of it, I get a little sad. (The irony doesn't escape me given the upcoming holiday!)

2. The end of the construction on Lake Cook Road: It was a long and tedious process resulting in a lot of traffic headaches. The new plants and trees certainly look pretty, and I do like those illuminated turning lanes. Call me crazy, but I thought LCR was just fine before going under the knife.

3. Speaking of Lake Cook Road — here's to Chestnut Road (a.k.a. the secret short-cut street): I wasn't supposed to use it to cut through to Lake Cook Road when the traffic was backed up. But I did. There, I confessed.

4. The baristas at Starbucks in Willow Festival: Thank you for just knowing my drink as soon as I walk in the door — grande, unsweetened, no-water iced green tea. It really does make my day better.

5. AppleCare: I dropped my phone this year. Twice. Once was in the parking lot of my gym, and the second time was in a sink full of soapy water. AppleCare to the rescue for \$49.

6. My favorite TV Shows: "Homeland," "Sons of Anarchy," "Modern Family," "Shameless," "The Today Show," "Nashville," any Chicago sports games, WGN News (wink, wink) and "Keeping Up With The Kardashians." Escapism at its best.

7. Giorgio Armani Maestro Foundation Urban

Decay Liquid Liner, Josie Moran Bronzing Oil — because I don't get six to eight hours of sleep. Ever. And all of this somehow makes it seem like I do.

8. Endangered Species 88 Percent Dark Chocolate: 'Nuff said.

9. The U.S. Postal Service's prompt delivery of my U.S. Weekly magazine: Every Thursday. My quick dose of celebrity gossip and nonsense. In 15 minutes, I can read it cover to cover. And afterwards, I pat myself on the back because I actually read something that wasn't a nutrition label or anything related to "Curious George," "Thomas the Train" or "Puff The Magic Dragon."

10. This column: I am so appreciative that I have a platform that I can use to express my feelings. I'm thankful that I can initiate subjects and topics that may or may not resonate with Tower readers, but that people are still responding to. I'm grateful that I am engaging the community in debate and that we can all agree or disagree. I'm thankful that I have this opportunity to write and pay homage to the people, places, things and topics that constantly shape my world.

Karen Firsell is a former television producer who has worked for Inside Edition, MSNBC, CNN and "Oprah." The mother of two children, Karen now lives in Northbrook with her family. Reach her at NorthShoreMomKaren@gmail.com.

De-stress for the

YMCA to host
YogaFest 2013
at Northbrook
Sheraton Hotel

STAFF REPORT

The Sheraton Northbrook, 1110 Willow Road, will be transformed into a holiday Zen center as members of the yoga community attend YogaFest 2013.

The event, designed to help attendees "de-stress for the holidays," will be held on Dec. 7 from 9 a.m. to 3 p.m.

YogaFest 2013, which is open to the public, will feature local merchants, live music and a diverse selection of yoga workshops. Admission price is \$25, which includes all workshops, with proceeds benefiting the North Suburban YMCA's

Mind/Body Program. Showcasing some area's top veteran teacher/presenters, the event will highlight styles of yoga practices, five 50 minute classes designed for all levels.

The offerings workshops with Belkin — Holiday ("linking breath to at 10 a.m.; Debbie — Vinyasa Flow at Rebecca Kaghan — ology (mechanics of movements) Yoga p.m.; Jamie Kanner Hop Yoga at 1 p.m. Wendy Sadler — ("flowing with grace at 2 p.m.

Exclusive area merchants will also be on hand promoting their unique body holiday gifts. Included are Debbie's Inc., Ross's Boutiques, Yana Nirshberg, of G Northbrook, Daisy Fitness



STAFF REPORT

Mission Hills Country Club in Northbrook hosted a golf and business after-hours on Oct. 10. Guests watched their friends or colleagues play golf and then networked. They also supported First Tee Greater Chicago with donations. A raffle was featured as well as a culinary contest that guests helped to judge.

Party at



Yana Nirshberg, of G Northbrook. JILL DUN

visit us online at north