

SUNDAY BREAKFAST

Gina Arquilla DeBoni
is passionate about
the law.
P.58



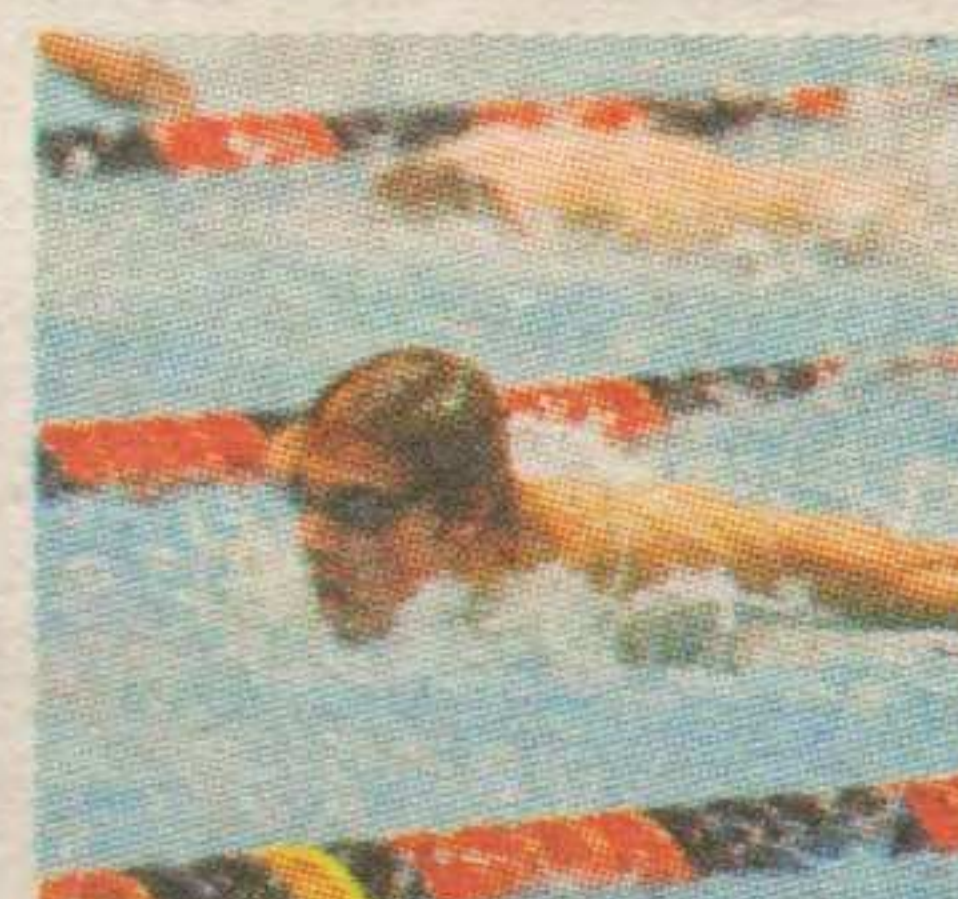
OUT & ABOUT

North Shore residents
share their favorite
things.
P.30



SPORTS

Murphy McQuet is a
consummate captain
for New Trier High
School swim team
P.45



LOCAL NEWS AND PERSONALITIES OF WILMETTE, KENILWORTH, WINNETKA, NORTHFIELD, GLENCOE, HIGHLAND PARK, EVANSTON, LAKE FOREST, METTAWA & LAKE BLUFF

THE *North Shore* WEEKEND

Good taste

**Chef Greg Carter kicks off our
North Shore Foodie feature. P25**

LOCAL POSTAL CUSTOMER

ECRWSS

PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 91
HIGHLAND PK, IL

STANDOUT STUDENT

Mitzvah project honors the grandmother he never knew

■ BY JAKE JARVI

It's becoming fairly commonplace for boys and girls approaching their bar or bat mitzvah — the coming-of-age tradition at age 13 in the Jewish faith — to come up with a mitzvah project. These projects are designed to demonstrate to the young men and women that as they get older, they have the power to reach out and effect meaningful social change in their community.

Thirteen-year-old Ryan Josephson of Vernon Hills used his project as an opportunity to honor his grandmother's memory while donating an important piece of equipment to the NorthShore University HealthSystem Kellogg Cancer Center at NorthShore Highland Park Hospital.

"A lot of people donate to a cause, or they help with goods and services in the community," says Michelle Josephson, Ryan's mother. "I really wanted him to do something that he could physically see, something that people would use every day. We talked through it that way."

Thinking of Josephson's grandmother, Susan Josephson — who lost her battle to cancer before he was born — he and his mother marched into the office of the NorthShore Kellogg Cancer Center and asked if there was a piece of machinery that would help the staff and patients as they fight the disease on a daily basis. They chose a Dinamap blood pressure monitoring system, a \$2,000 piece of equipment that measures a patient's blood pressure, pulse,

and the oxygen level in their blood.

"They said it was fine if we didn't get the whole goal, but I said that we could do it," Ryan says.

With the baking expertise of his mother and a couple of their neighbors — along with the elbow grease of 14 friends to help wield buckets and hoses — Josephson raised a good portion of the money during a car wash/bake sale on the Sunday of Labor Day weekend. They drummed up interest by making posters and putting them around the neighborhood and by sending out Facebook blasts. When people got out of their cars while Josephson and his crew washed them, they could pass the time by buying baked goods.

Though he raised a lot of the money that morning, they also set up a PayPal account for the people who were unable to attend but wanted to help donate to the cause. In the days following the car wash, the money kept streaming in until he hit his goal. Josephson then presented a check for \$2,000 to Medical Director Matthew Adess.

"I was pretty nervous driving there, but it was nice giving them the check and showing the staff that I could do it," Ryan says.

The resulting Dinamap machine will have a plaque on it honoring the memory of Susan Josephson.

"People were so moved by what he did," Michelle says. "That he incorporated his grandmother into it made her such a part of the bar mitzvah experience." ■



Ryan Josephson and Dr. Matthew Adess

Winterizing a home is crucial task

■ BY SIMON MURRAY

Orren Pickell once watched a chimney fire in his own home.

"It was incredible to witness it," he recalls, the yellow and orange flames licking wildly.

With more than 40 years experience designing, constructing, and maintaining homes with his eponymous building company, the custom homebuilder has seen it all. Murphy's Law states that anything that can go wrong, will go wrong. Pickell's Law is similar: "Nothing is bulletproof."

With that in mind, the Orren Pickell Building Group released its annual winterizing tips. Pickell writes the checklist himself — conscious of the fact that many people sometimes forget to take the simple steps to maintain their investment over the years.

"Bad things can happen in the winter," says Pickell. In his mind, the top recurring issue he sees is a lack of preparation with the outdoor hose spigot. The tube that takes water outside — typically six to nine inches long — fills with water, freezes and then bursts, unless the homeowner takes the hose off the tube. This can lead to leaks and flooding in the spring when the homeowner goes to use the hose.

"Probably the biggest issue with homes is water infiltration,"

emphasizes Pickell. "That's what causes a home to deteriorate the fastest; your investment is going downhill at a rapid pace."

Rot, mold, leaks — all of this will come up on an inspection report when you go to sell your house."

Plumbing is particularly vulnerable to freezing during the cold months, which can cause pipes to burst and potentially result in expensive repair costs. Pickell's tip is to let the faucet drop with warm water during those days of extreme cold weather (we're looking at you, last winter).

Another important issue is humidity. If you let your home get down to 10 to 15 percent humidity, you're going to see noteworthy problems.

"If you have a painted package you're going to see cracks and openings in the trim, millwork — and hardwood floors you can sometimes put a quarter in there between the gaps," Pickell says the sweet spot is 25 to 30 percent humidity.

Among Pickell's other tips: having the chimney cleaned, closing the damper properly, taking the hoses off the sillcock, adjusting doors and windows (which move seasonally), and changing furnace filters.

Say Pickell, "And then you'll be ready for the cold season and ultimately, when it is time to sell, it looks great, it lives well, and you're going to pass your inspection with flying colors." ■



One can relax by a fireplace if a home is properly prepared for the ravages of winter.