

# STROLL

Glencoe

Meet  
Michelle  
McBride

AND GOODSPORT  
NUTRITION

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PHOTOGRAPHY  
BY LEE ROSS  
PHOTOGRAPHY  
& DESIGN

DELIVERING NEIGHBORHOOD CONNECTIONS



The Green Bay Trail in fall



# The Green Bay Trail is on the Map!

## **The Green Bay Trail is a Homegrown National Park.**

The Friends of the Green Bay Trail have spent 11 years restoring this once-neglected site into a valued North Shore recreational asset and habitat supporting native species.

The Homegrown National Park's mission is a call to action to regenerate biodiversity and ecological functions and to create new ecosystem networks.

Doug Tallamy and Michelle Alfandari, cofounders of the Homegrown National Park movement, advocate using public and private spaces to support biodiversity; "In the past, we have asked one thing of our gardens: that they be pretty. Now they have to support life, sequester carbon, feed pollinators, and manage water." Tallamy and Alfandari challenge property owners to preserve native trees, plants, insects, and wildlife to protect local ecosystems.

## **The Green Bay Trail has met the Homegrown National Park challenge.**

The trail's restoration showcases results achieved by implementing practices advocated by the Homegrown National Park initiative.



Better Healthier Landscapes.  
Better Healthier Communities.



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**Fall and winter plantings and sustainable landscape maintenance practices are the foundation of next spring's healthy ecosystem.**

Fall is an excellent time to plant native trees and shrubs such as oaks, shagbark hickory, elms, viburnums and winterberry that support a broad spectrum of wildlife. Fallen leaves enhance biodiversity and improve ecosystems and wildlife habitats.

Community and residential sites provide a wealth of resources for insects, butterflies, wildlife, and native plants. Leaves, bark litter and the dried stems of native plants offer food, nesting materials and shelter for many forms of wildlife and insects. Leaf debris provides insulation for the fragile crowns of dormant plants such as ferns and decomposes as compost which replenishes soil nutrients.

The adult mourning cloak butterfly overwinters under bark, in rock and tree crevices and leaf piles. It is the first of the spring butterflies to be seen, emerging in March and April to feed on tree sap. The nymphs of dragonflies, mayflies and stoneflies live in ponds, shallow water pools and often under ice. They feed actively in winter, emerge as adults in spring and become a valuable food source for migrating birds arriving before the emergence of spring native plants.

**Visit the trail to see its diverse winter wildlife shelters formed by plant debris and supportive native plantings.**

Establish similar sites at home to improve residential biodiversity and ecological functions. Become a Homegrown National Park.



[HNPark.org](http://HNPark.org)



# COMPASSIONATE CARE FOR HOLISTIC HEALTH

Dr. Sara Stotts is a Physical Therapist who specializes in hands-on therapy to restore biomechanical balance and enhance patient recovery. As co-owner of Millennium Wellness Group in downtown Chicago, she specializes in orthopedic rehabilitation providing one-on-one patient care. With more people working from home, she has found the convenience and flexibility of offering on-site treatment in patients' homes to be a helpful and beneficial service. In addition, she treats patients out of her home office in Wilmette, providing personalized care to patients all over the North Shore. She utilizes therapies such as Kinesio Taping, Dry Needling, Myofascial Release technique, Low Level Laser Therapy, pre and post-natal therapy, and Graston technique to treat neck and back pain, orthopedic injuries, and restore normal function. She appreciates giving her patients the specialized care they deserve.



*In-home or in-office, Dr. Stotts can get you back on the right track and on the road to recovery.*

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