

NORTHBROOK COMMUNITY CENTER

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Q&A

BONNIE MINSKY



Bonnie Minsky has been a licensed dietitian nutritionist for 21 years.

Bonnie Minsky, president of Nutritional Concepts Inc. of Northbrook, was chosen by the Nutrition Business Journal as its 2005 National Recipient for Personal Achievement. The award will be presented in California on July 26.

Why did you enter the nutrition field?

My daughter was hypoglycemic and had attention deficit disorder and my son was an allergic mess. I wasn't getting the answers from doctors. Through self-exploration, I discovered that diet was at the root of their problems. When their health improved dramatically, I knew this was my mission.

What was the field like 20 years ago?

I cannot tell you how many times I was laughed at and called a quack in the early days. As I began to conduct programs and privately counsel, I knew the need for dietary improvement education was monumental. It was just a matter of time before it caught on.

What has been most rewarding for you?

All of my children and grandchildren are healthy eaters and live very clean lifestyles. My oldest son, Steve, is my partner and daughter Carolyn is a food consultant. It has come full circle.

INSIDE

A QUICK LOOK

This dynamic duo has just the ticket — or rather, card — for you for local discounts.

See page 151

THISWEEK

WHAT'S GOING ON

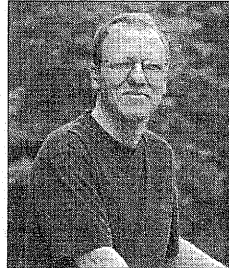
Youth Services of Glenview/Northbrook will hold its Family Day Carnival from 11 a.m. to 3 p.m. Saturday. Face painting, games, storytelling, songs, and fingerprinting and bike registration by local police are planned. McGruff the Crime Dog is expected. The fun is in Johns Park, on Central Avenue.

NEWSMAKERS

WHAT OTHERS ARE SAYING

"When I say I don't think they will be as prosperous, I don't believe they will be less happy."

CLIF BROWN, a reader who responded to our online survey about the pursuit of the American Dream and prospects for the next generation. See what some economists are saying, page 137



STATS&SUCH

BY THE NUMBERS

39

Years Judy Pringle has been teaching children in Northbrook District 28.

See story, page 10

SNAPSHOT

Send your photo to newsphotos@pioneerlocal.com.



Thanks to Leah Brand for this photo of a baby skunk growing up outside the Danley's Garage World office in Northbrook. "They are adorable! Lucky for us, there has been no spraying!" she writes. Send your scenic photos to newsphotos@pioneerlocal.com.

OUT&ABOUT

PEOPLE IN OUR COMMUNITY

The Foundation for the Defense of Democracies, a Washington, D.C. based think tank, has selected Marissa Cramer, a Stanford University sophomore from Northbrook, to participate in an undergraduate fellowship program that teaches students about terrorist threats directed at America and allied democracies around the world.

Forty-six students were selected from around the country to participate in the fellowship program. The year-long fellowship begins with a 14-day trip to Israel in August. In Israel, the students will be based at Tel Aviv University and will hear presentations from military, intelligence and political officials, as well as academic experts in the field of terrorism. The Fellows also will hear lectures from the Ambassadors of India, Jordan,

Turkey and the United States. In addition, the Fellows will participate in a variety of excursions to military bases and border positions to better understand how democratic states fight terrorism.

Later in the program, the Fellows will participate in a Washington, D.C.-based seminar to learn more about America's leadership role in the war on terrorism. For the duration of the program, the Fellows will serve as

anti-terrorism/pro-democracy activists on their respective campuses. To that end, every Fellow will conduct a 9/11 memorial event in addition to other events to help educate the citizenry about the threat of terrorism.

Cramer is an international relations major at Stanford University with a strong interest in international security. She plans to minor in economics as well as Middle Eastern language and culture.