

The most pressing issues facing our (board, district, etc.) are _____, and this is what I intend to do about them.

The most pressing issue facing our city is prioritizing the health of our senior population. According to a recent survey completed by the Crystal Lake Park District, those 65 and older will increase by 16.6% in 2026. According to the most recent Community Health Needs Assessment completed by Northwestern Medicine, the top 3 diseases affecting our residents are cardiovascular disease, diabetes/obesity, and cancer. With the closing of Northwestern's Health and Fitness Center in Crystal Lake, our seniors not only lost a place to keep fit, they also lost a place to socialize and invest in their physical and mental health. Prevention through exercise and strength of the mind and body is the key to longevity. Along with every other industry, our fire department is facing a worker shortage but are being called upon in greater numbers to respond to emergencies. In 2022, our fire department responded to 7,642 calls. Many of those emergencies are due to falls or other issues facing the elderly. I believe by encouraging private investment in facilities for our elderly to exercise, socialize, and participate in other activities, we will see a decline in preventable accidents and illnesses. Many of our elderly residents live alone and need the ability to interact to maintain a positive mental attitude. There are some facilities in the City that have some nice amenities for these residents and it appears that the former NW Health and Fitness Center will not be an option due to leasing issues. Therefore, there should be a concerted effort to find another option for a facility that offers options like a track for our seniors to safely exercise all year long. Bringing this facility into the City or Park District would only add to our tax burden, so finding a private option and supporting that option through incentives or some limited public use can be a good way for the City to support the health of Crystal Lake residents.

What are the critical differences between you and the other candidates seeking this post?

I think we are lucky to have some of the brightest minds running for this post. I approach problem solving in 3 different ways: 1) I am a mother to a middle schooler and high schooler. My decisions will directly affect their future life in this city and I only want the best for them as for every other child in this area. 2) I am a small business owner. I know the benefits of being part of this business community but also feel the burden of taxes, see the benefits of increasing tourism, and want more community engagement. 3) I am a good communicator. Finding how to combine everyone's unique talents and communication strategies and come together to improve problem solving is intriguing to me. I believe if we can create greater communication between our council and other local boards, we can solve more problems together while educating and empowering our residents.

If you are a challenger, in what way has the current board or officeholder failed the community (or district or constituency)?

I disagree with the inference that something has to be failing to motivate someone to run for office. A member of City Council is not running again, so there will be a vacancy. I am running to continue to see the City of Crystal Lake maintain positive momentum and bring a fresh set of ideas to the City Council. I believe we can continue that momentum by 1) encouraging initiatives that support small businesses, 2) prioritizing a healthier community through more bike paths/lanes, an indoor track, and encouraging more outdoor activities, and 3) being good stewards of our tax dollars to avoid any unnecessary spending while maintaining our current lifestyle.

Describe the other issues that define your campaign platform.

Community engagement is a top priority for me. Most decisions that affect your day-to-day life are made at the local level, not the national level. Yet every local election, we only have 11-18% participation versus national elections where we see 40-60%. Every month, there is little to no attendance by more than a handful of people at the City Council meetings but then everyone has an opinion or complaint after decisions have already been made. All the agendas are posted prior to City Council meetings so the City is good at communicating what is coming up prior to each meeting as well as updating their social media channels on events and activities. Participation in these events and activities will also foster greater community engagement, leading to support of our charities, businesses, and investing in our residents. We have many opportunities as a city for residents to be a part of a variety of activities - there is something for everyone. And if a resident does not feel represented, I would hope they would feel empowered by the community to create an event that showcases their talents. The more we can get our community members to come out to events, the more the community grows together towards a shared vision.

What accomplishments in your past would you cite as evidence you can handle this job?

Being a parent has helped me learn I can handle almost anything. I have definitely improved my listening skills, negotiating tactics, and ability to problem solve as a mother. Those same things have helped me successfully grow my business to now have 15 wonderful employees and 3 locations. We created a different type of physical therapy company by putting our patients first and fostering a unique experience. Looking at how to be different has allowed me to try that same approach to problem solving - never saying no without exhausting every other option first. Good communication and an open mind allow for innovation and growth. We created 2 races, the Crystal Lake Aquathon and the Crystal Lake Half Marathon and we now coordinate the McHenry County Santa Run and Patriot Run. These races have allowed me to interact with our residents on a very personal level - all to support some of the best

charitable organizations in the area. I am also a 2018 graduate of Leadership of Greater McHenry County. This program gave me a unique perspective on the inner workings of not only Crystal Lake, but all of McHenry County. The interaction between agencies, government bodies, businesses, and residents is what makes our area such a desirable option. By having a front-row view to these interactions, I am appreciative of how our community operates and it has shown me just how great our potential is as a community to meet our shared goals.

Why should voters trust you? *It intrigues me to figure out how different people can work together productively based on their unique qualities. I am empathetic, adaptable and inquisitive. New ideas fascinate me and I try to understand the present by researching its history. As a servant leader, I try to have an unselfish mindset, using empathy and diversity of thought to empower others. The grit and grind I used to start and grow my business is what drives me still today. I am just like many of the other Crystal Lake residents: I work here. I live here. I play here.*

If you win this position, what accomplishment would make your term in office as a success? *Seeing an increase in small businesses would be a huge accomplishment for me. I truly believe that the best economic opportunities lie within small business growth. When you support a small business, you are supporting your neighbor who then goes on to support the local races and little league teams. If you spend \$10 at a corporate store, only \$2 comes back into the community. If you spend \$10 at a franchise, only \$4 comes back into the community. But when you spend \$10 at a small business, \$6 comes back into the community because most likely that small business hires members from the community, supports other small businesses in the same community, and gives back to local charities in that community. Some stats to know are: Small businesses donate 250% more than large businesses to community causes and the Huffington Post found that if every US family spent just \$10 a month at a local business, then over \$9.3 billion dollars would directly funnel back into the economy. Small businesses should be given special incentives to open their doors in our city; this can be done through tax incentives, grants, and other general assistance.*

What are your views on fiscal policy, government spending and the handling of taxpayer dollars in the office you are seeking? *We are one of the highest taxed cities in Illinois. We have wonderful amenities that are costly but necessary and we now have a higher expectation. We can monitor our annual tax burden and make sure we are being good stewards by using our citizen's tax dollars wisely on things that are needed to support and grow our community, without taking in excess. The goal should be to provide our residents with resources that support the quality of life they have come to expect in our great city, while at the same time minimizing the taxes they need to pay for it*

Do you support the Illinois assault weapons ban, and would you support a local assault weapons ban in this community? *This is not an issue that would be decided at the City Council level. I would rely on the input and guidance from those that are trusted to balance the protection of the second amendment along with the safety of our residents. Discussions with our state and federal representatives can be done in a constructive way to find a solution. This is where communication can be instrumental in making a change that benefits all without taking away our freedoms guaranteed by the Constitution.*

Do you support the SAFE-T Act? Why or why not? *I do not like any bill that is decided in the cover of darkness at 4AM, away from the public eye and without legislative history or input from the experts on the matter. I believe we need to balance the safety of our community, the needs of law enforcement, and our justice system. We need to keep all 3 of those in equal balance as we move forward to make decisions.*

What are your thoughts on the crime rate in your community, and what more can be done to combat crime — especially violent crime — in town? *We are blessed in Crystal Lake to have a low crime rate and we need to keep it that way. We are far below the national average when it comes to crimes, especially burglary and theft. Our law enforcement agents are present, active, and engaged in our community. Full support of these agents is a top priority for me. The communication between the*

McHenry County Sheriff's office and the Crystal Lake Police Department is admirable and watching the roll out of the social worker program, with the already measurable gains from that program, is impressive. Maintaining good communication and supporting programs/facilities like CASA, The Break, Rosecrance, Northern Illinois Recovery Center, Turning Point, and Home of the Sparrow (just to name a few!) help to provide funding, education, empowerment, and prevention training to our younger and at-risk populations.

When it comes to development, what are some key areas for improvement or additions you feel are most wanted by residents? *What will need to be done to make this happen? I believe there has been a resounding request for an indoor track after the closure of Northwestern's facility. As I have said previously, I believe we need to find ways to incentivize private businesses to invest in a facility with a track so that it does not rely on the citizen's tax dollars. The development of the new Water's Edge property is underway and we have some wonderful opportunities to attract existing corporate companies while empowering new small businesses to consider the development. Other improvements I feel most residents would support is increasing parking in downtown Crystal Lake and maximizing on infrastructure improvements that are coming to downtown. This includes the light curtains, additional four hour parking in the Crystal Lake Train station lot, and a potential redevelopment of Railroad street.*

Is there any reason you would not serve your full term of office, other than those of health or family? *No*

The best advice ever shared with me was: *If you are the smartest person in the room, you are in the wrong room.*

What else would you like voters to know about yourself and your positions? *I am upbeat and excited about this possibility. I love the amenities of Crystal Lake and more importantly, I love the residents. They have been instrumental in the growth of my children and my business and for that, I am forever grateful. I am running for this office*

because I want to maintain the positive momentum we are currently experiencing. I know there are other people out there like me who are sick of being on the sidelines and want to make positive contributions to this great city through sharing my strengths, listening skills, and ideas.