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LONG GROVE
Living 

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Submit your articles and photos by the 1st, two months before the print month. Example: February 1st is the submission deadline for the April issue. We can't wait to see you in an upcoming issue!



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Note from Publisher

Hello Long Grove,

Can you believe it's already October? The year has flown by, and now we're stepping into the crisp, colorful days of fall and the start of the busy holiday season. I hope you're able to take a moment this month to slow down, enjoy the changing leaves, and savor the cozy autumn air across town.

On the cover of this issue, we're thrilled to introduce you to the Sladek family. In our feature story, Meet the Sladeks: Bringing Heart, Hospitality, and Flavor to Long Grove, Kristin Sladek shares how her deep roots in the area and a long career as a registered dietitian inspired her family's latest venture, The Curated

Table. Running the business alongside her teenage son, Topher, Kristin builds incredible culinary experiences designed to bring people together. You'll also read about their wonderful family traditions—including an epic post-Thanksgiving cookie party that yields dozens of sweet treats for neighbors and friends!

Speaking of memorable local characters, turn to our pet feature to meet Taquito, a one-year-old "Chi-Weenie" living on Pottawatomie Court with the Stencil family. From high-speed NASCAR-style laps around the living room to patio visits at Blu Fig Cafe with his sister Julia, Taquito is full of personality. You'll also hear the heartwarming story of how the Long Grove community rallied together—drones and all!—to help safely bring him home when he went missing shortly after being adopted.

As we head into the season of gatherings and celebrations, it's also the perfect time to share your favorite recipes with your neighbors. Whether it's a crowd-pleasing appetizer, a show-stopping dessert, or a family holiday classic, we'd love to feature it in an upcoming issue of *Stroll Long Grove*. You can send your submissions directly to longgrove@strollmag.com.

Wishing you a warm and wonderful October!



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MEET THE

SLADEKS

bringing Heart, Hospitality, and Flavor to Long Grove

For Kristin Sladek, Long Grove has always held a special kind of magic. Growing up nearby in Lake Bluff, Kristin knew early on where her heart belonged. “I always said that if I returned to the Chicago area after grad school and couldn’t live on the North Shore, I’d want Long Grove,” she shares. “I love the wide-open spaces with that true small-town feel.”

Years later, that dream became home. Long Grove proved to be the ultimate backdrop for raising her three children—Mike, Topher, and Ava—alongside her husband, Ed. For the Sladeks, life in town is defined by close-knit community ties, plenty of local flavor, and a deep appreciation for family time.

Whether they are grabbing a meal at Enzo & Lucia or enjoying a lively Mexican dinner out at Mago, gathering around food is a central theme in the Sladek household. That passion extends far beyond local dining. The family loves traditions that bring people together, like their annual summer trips to Hayward, Wisconsin, and tropical family getaways over Christmas.

Perhaps their most impressive family tradition happens right at home on the Saturday after Thanksgiving: the annual Sladek Cookie Party. Rather than a traditional cookie exchange, Kristin and her family host a festive open house, baking 3 to 4 dozen different types of cookies and candies for neighbors and friends. Guests are invited to drop

in throughout the day, catch up, and leave with customized boxes filled with sweet treats for Santa.

It was that same spirit of warmth and gathering—combined with a long career as a registered dietitian—that inspired Kristin’s latest adventure. During the days of remote learning, she began crafting creative, beautifully styled grazing tables to keep her kids well-fed and entertained. What started as a fun family solution at home quickly caught the eye of friends and neighbors who urged her to take her creative flair further.

In 2026, Kristin officially turned that passion into The Curated Table, a luxury grazing and specialty entertaining company. Fittingly, it quickly became a true family endeavor. Kristin joined forces with her teenage son, Topher,

CONTINUED ►



GATHERING AROUND FOOD IS A CENTRAL THEME IN THE SLADEK HOUSEHOLD.

who applied concepts from his entrepreneurship class at Stevenson High School to help build the business. Today, Topher works as a project lead and specialty food curator alongside his mom, blending her extensive nutrition background with their shared love for unique, global flavors.

Specializing in custom grazing tables, cups, boxes, and immersive culinary experiences—like their signature Passport Series and Caviar Experience—The Curated Table takes the stress out of hosting so local families can focus on what matters most: enjoying each other’s company.

“For me, the greatest luxury isn’t excess,” Kristin says. “It’s thoughtfulness, attention to detail, and giving people a reason to linger around the table a little longer.”

Whether they are exploring local spots, traveling, or host-crafting new culinary experiences for neighbors across Lake and Cook Counties, the Sladeks continue to embrace the small-town warmth that drew them to Long Grove in the first place.

CONNECT WITH THE CURATED TABLE:

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Long Grove Park District Announces New Property

IF YOU’VE DRIVEN NORTH on Route 83 from Gilmer Road, you’ve probably passed a large stretch of open land on the east side of the road and wondered, “Who owns that?” We finally have an answer that we’re very happy to share: YOU DO! After decades of persistence by the Long Grove Park District and with the support of the Village of Long Grove, the State of Illinois has transferred the property to the LGPD at no cost. Now permanently protected as open space, the upland portion of this new addition will be named **Wittig Savanna**, in honor of former Long Grove residents and volunteers Jane and Ken Wittig.

For many years, this mixture of wetland, prairie, and savanna has functioned as a wetland mitigation site. In simple terms, when a public project (like the widening of IL Rt. 83 in the 1990’s) unavoidably damages or eliminates wetlands, the responsible agency may be required to compensate for that loss by restoring or creating wetlands elsewhere. That is how this property came to be protected and owned by the State. For decades, the Park District has encouraged the State to turn it over to the community, and that persistence has finally paid off. This transfer to the Park District does not change its protected status—the land will remain open space permanently.

Naming the property for Jane and Ken Wittig is a fitting tribute to two people who devoted more than 20 years to Long Grove’s parks and natural areas. Jane served as both a Park District Commissioner and President, helping expand recreational, educational and stewardship programs and working extensively on conservation efforts throughout the community. Both Jane and her husband Ken contributed countless hours maintaining and improving Park District properties, managing summer interns, removing hundreds of



dead ash trees, assisting with projects and educating residents about invasive species. Together, they exemplified the kind of volunteer commitment that has helped preserve Long Grove’s distinctive natural character.

So what happens next? For the moment, Wittig Savanna is still mostly something to enjoy as you drive past it. Because the Park District only recently received ownership, there is not yet public access to the property. Our first responsibility will be stewardship—controlling invasive plants such as teasel and thistle and maintaining the habitat that wildlife already uses for food and shelter. Plans are in the works to establish paths that will eventually allow residents to experience the property on foot, and future amenities such as improved walking trails and benches may follow as grants and donated funds become available. But the most important step has already happened: after decades of effort, another piece of Long Grove will remain open and natural for generations to come.

For more information on donating or getting involved please visit: www.lgparks.org.

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MEET TAQUITO

Long Grove's High-Speed, Big-Hearted Chi-Weenie



background and Vicky's Hispanic heritage—Taquito's "Chi-Weenie" breed uniquely reflects his siblings' mixed heritage. To make him even more charming, his adorable floppy ears give him an uncanny resemblance to Dobby the House Elf from Harry Potter, a feature that instantly won over the entire family.

While Taquito certainly knows how to relax—often found perched high on top of the couch for a afternoon nap—he is equally famous for his sudden bursts of speed. Inside the house, he frequently transforms the living room into a racetrack, zooming around in circles like a NASCAR driver with his favorite plush toy, Doug the Dinosaur, never far behind.

When it comes to outings, Taquito is a true local at heart. He loves hopping into the car with his sister Julia for a trip to Downtown Long Grove, where he can be found soaking up the sunshine on the patio at Blu Fig Cafe.

Though he is now fully settled into his suburban routine, Taquito's start in the neighborhood was not without a little drama. Within just 48 hours of his adoption, the adventurous pup managed to run away. The Stencels launched a full-scale search—even hiring drones to scan the area—but it was ultimately the outpouring of support from friends, neighbors, and the tight-knit Long Grove community that brought him safely home that very same day.

Today, Taquito is right where he belongs: keeping watch from the top of the couch, enjoying local cafe trips, and bringing endless joy to the Stencil home.



FOR THE STENCIL FAMILY ON Pottawatomie Court, life got a whole lot livelier—and significantly faster—when they welcomed a one-year-old Chihuahua-Dachshund mix named Taquito into their home.

With his high-energy personality and affectionate nature, Taquito has seamlessly integrated into the household alongside Tony, Vicky, Alex, Andrew, and Julia. In fact, his arrival felt like destiny. Mirroring the family's own roots—Tony's German

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Baking Up Memories: A Generational Coffee Cake Worth Sharing

KYLA SMITH

There's something special about recipes that live on through generations. In the Smith family, one dessert has stood the test of time: a coffee cake that's been baked, shared, and loved for over 80 years. More than just a sweet treat, it's a symbol of comfort, tradition, and togetherness. When I recently had the chance to make it myself, I finally understood why it means so much to everyone who's tasted it. This month, I'm excited to share it with the citizens of Long Grove—not just to offer a delicious new dessert to try at home, but to help keep this cherished recipe alive for years to come.

Smith Family Coffee Cake

(* = substitutions for a df/gf coffee cake!)

INGREDIENTS:

Cake:

- 2 cups of flour *1.5 cups of sifted Otto's gluten-free cassava flour
- 2³/₄ cups white sugar
- 2 sticks of butter at room temperature *16 TB of Myokos dairy-free butter
- 3 eggs at room temperature

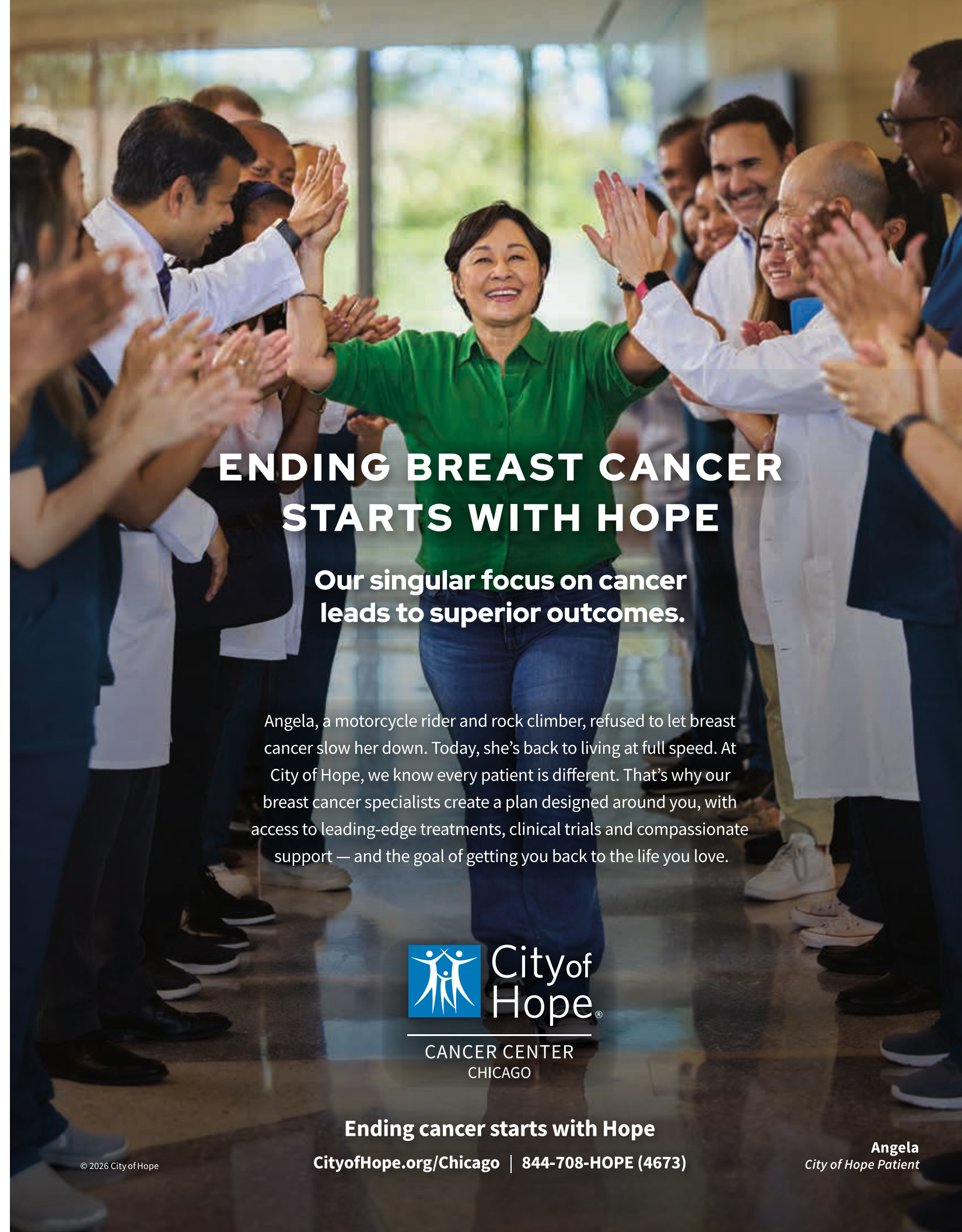
- 1 Tb of baking powder
- 1¹/₂ Tbs vanilla
- 16 oz sour cream *16 oz of any df sour cream brand. Recommended: Tofutti

The streusel topping:

- 3 Tbs of cinnamon
- 3/4 cup of brown sugar
- 2-3 Tbs of cane sugar

DIRECTION:

1. Preheat the oven to 375 degrees.
2. Grease or use a nonstick spray on a 10-inch springform pan.
3. Cream butter and sugar in a bowl and beat with a stand or hand mixer. Incorporate eggs into mixture one at a time, then add vanilla.
4. In a new bowl, combine all the dry ingredients.
5. Mix about 1/3 of the dry ingredients into egg batter until incorporated. Then mix about 1/3 of the sour cream into the same batter until incorporated. Repeat until all is combined
6. Pour 1/2 of the batter into the pan.
7. Mix 2 Tbs of cinnamon into batter and swirl.
8. Pour the remaining batter on top of swirled cinnamon. Top with mixed streusel ingredients and spread out on top of the batter.
9. Bake for about 40-45 minutes (Check after 30 min with a toothpick or other cake tester.. Continue baking as necessary until tester comes out clean or almost clean.)
10. Let cake cool and release from pan.
11. Enjoy!



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Autumn Magic in Historic Downtown Long Grove: What to Expect During October Days

AROUND THE NEIGHBORHOOD



THIS FALL HISTORIC DOWNTOWN Long Grove transforms into one of the most charming fall destinations in the region. Throughout the month (October 8–23, 2026), the village hosts its annual October Days, a celebration packed with seasonal family traditions, spooky evening festivities, and small-town community spirit.

Whether you're a lifelong resident or planning an autumn day trip, here is your complete guide to the main events and key dates during October Days in Historic Downtown Long Grove.

WITCHES NIGHT OUT

Date: Thursday, October 8, 2026

Time: Evening hours (5:00 PM – 8:00 PM)

The month-long series kicks off with an evening designed especially for adults! Witches Night Out brings a playful, festive energy to the historic district's shopfronts and dining spots.

The Atmosphere: Village merchants stay open late into the evening for a night of sip-and-shop fun.

Perks & Prizes: Attendees dressing in their best witchy attire can enjoy special discounts, seasonal cocktails, themed treats, and raffle giveaways contributed by local business owners throughout the night.

DIY SCARECROW DAY & FALL FEST

Date: Saturday, October 10, 2026

Time: 11:00 AM – 4:00 PM

Kick off the autumn weekend by putting your creative skills to work! A staple of October Days, DIY Scarecrow Day invites families, friends, and community groups to construct custom scarecrows in the heart of town.



The Experience: Participants are provided with a wooden frame base, hay for stuffing, and guidance from local volunteers. You bring the clothes, props, and imagination!

Town Display: Once completed, the handmade scarecrows are installed along the cobblestone walkways and storefronts of downtown Long Grove, remaining on display throughout the entire month for visitors to admire and vote on.

ANNUAL PET COSTUME PARADE

Date: Sunday, October 18, 2026

Location: Historic Downtown & Brothers' Field

One of the most anticipated weekend events of the season, the Pet Costume Parade invites local pets—and their humans—to show off their Halloween spirit.

The Parade: Leashed pups of all shapes and sizes strut their stuff down the streets of historic downtown, competing for prizes in categories ranging from most original costume to best family ensemble.

DOWNTOWN TRICK-OR-TREATING & GHOST WALK

Dates: Friday, October 23 & Saturday, October 24, 2026

Trick-or-Treating: Friday, October 23 (3:00 PM – 5:00 PM)

Historical Ghost Walk: Late October (Check Long Grove Historical Society for tour departure times)
To round out the official October Days festivities, Long Grove welcomes young ghouls and goblins for safe, family-friendly Halloween celebrations.

Merchant Trick-or-Treat: Children in costume can trick-or-treat through the village as local store owners open their doors to hand out goodies across the historic district.

Historical Ghost Walk: For those who love a good ghost story, the Long Grove Historical Society hosts its legendary Ghost Walk. Guided tours wind through the historic streets and surrounding woods, pairing local folklore and eerie tales with a bit of small-town history.

PLAN YOUR VISIT

Location: Historic Downtown Long Grove (308 Old McHenry Rd, Long Grove, IL 60047)

Admission: Most street festivities, parade viewing, and trick-or-treating events are free to attend.

Details & Registration: For specific event times, scarecrow builder registration, and weather updates, visit the official village event page at longgrove.org/festival/october-days.

resident business guide

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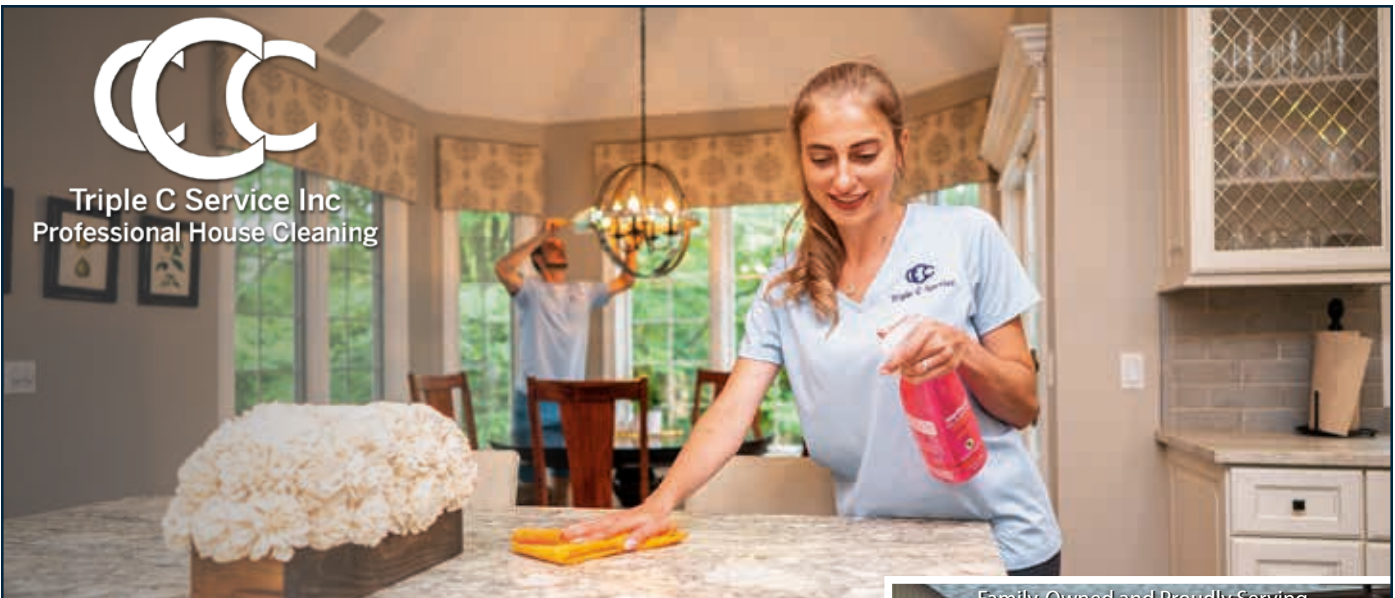
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