

PLAN AND ZONING

REPORT OF THE PROCEEDINGS OF A MEETING
BEFORE THE VILLAGE OF NORTHFIELD
PLAN AND ZONING COMMISSION

COMMISSION

REPORT OF PROCEEDINGS had before the Village of
Northfield Plan and Zoning Commission taken at the Northfield
Village Hall, Board Room, Northfield, Illinois on the 2nd day
of October, 2023 at the hour of 7:00 p.m.

MEMBERS PRESENT:

DAN deLOYS, Acting Chairperson
JACK BRANNIGAN
TODD BERLINGHOF
KATHY ESTABROOKE
STEVEN HIRSCH
CONNIE BERMAN

MEMBERS ABSENT:

BILL VASELOPULOS, Chairperson
JENNIFER SUCHER

ALSO PRESENT:

STEVEN GUTIERREZ, Community Development Director

1 ACTING CHAIRPERSON DELOYS: It's 7:00 o'clock,
2 folks, and we're going to get started. Good evening,
3 everyone. I'd like to call to order the meeting of the
4 Plan and Zoning Commission. My name is Dan deLoys, I'm
5 the Acting Chair of the Commission.

6 At this time, I'd like the Commissioners
7 to introduce themselves, starting with --

8 COMMISSIONER BERMAN: Connie Berman.

9 COMMISSIONER HIRSCH: Steven Hirsch.

10 COMMISSIONER ESTABROOKE: Kathy Estabrooke.

11 COMMISSIONER BERLINGHOF: Todd Berlinghof.

12 COMMISSIONER BRANNIGAN: Jack Brannigan.

13 ACTING CHAIRPERSON DELOYS: Thank you very
14 much.

15 The purpose of tonight's meeting is to
16 conduct a public hearing to consider and discuss: a
17 request for a proposal of an amendment to a Special Use
18 located at 301 Happ Road, Petitioner's name is Three
19 Tarts, Incorporated; and a request for a Special Use
20 located at 495 Central Avenue, Petitioner's name is
21 Elite Wellness North Shore.

22 The public hearing format will provide an
23 overview of these proposals and a forum for public
24 comment and input. This Commission is a recommending
25 body only and we will forward our recommendations to the
26 Village Board and the Board of Trustees for their final
27 determination on whether or not to grant these items
28 before us today. The Board will consider these items
29 being discussed this evening at the next Board meeting
30 which is scheduled for Tuesday, October 10th, 2023 at
31 7:00 o'clock, right here in this boardroom.

32 The Commission meetings require that all
33 persons wishing to be heard and to enter testimony must
34 be sworn in. This includes all petitioners, individuals
35 with the petitioners, and any interested parties or
36 other property owners. Following the petitioner's
37 presentation and after the Commission has had an
38 opportunity to ask questions and discuss amongst
39 themselves, then all other interested parties will be
40 given an opportunity to speak.

41 Prior to speaking, we request that all
42 parties step forward to the microphone and be sworn in
43 and provide their name, address and their interest in
44 the matter for the record. These proceedings are being
45 recorded and that is why we request you speak only at
46 the podium where the microphone is located.

47 Our first order of business is to pass
48 the minutes from our last meeting from September 5th,

1 2023.

2 Is there a motion?

3 COMMISSIONER HIRSCH: I'll make a motion that
4 we approve.

5 ACTING CHAIRPERSON DELOYS: Second?

6 COMMISSIONER BERLINGHOF: Second.

7 ACTING CHAIRPERSON DELOYS: All those in
8 favor?

9 (Chorus of ayes.)

10 ACTING CHAIRPERSON DELOYS: All those opposed?

11 (No response.)

12 ACTING CHAIRPERSON DELOYS: The motion passes.

13 Before the Petitioner steps to the
14 microphone, Steve, do you have any comments?

15 MR. GUTIERREZ: Thank you, Chairman deLoys.

16 Just a brief overview of the petition of
17 Three Tarts, Inc. doing business as Three Tarts Bakery
18 and Cafe located at 301 South Happ Road. The owners are
19 Catherine A. Rooney and Ann T. Heinz.

20 Three Tarts is seeking an amendment to
21 their existing special use permit in order to expand
22 their kitchen operation only into an adjacent tenant
23 space within the building at 301 Happ Road. That space
24 used to be occupied by Ursula Hair Design, and after
25 they closed, the Petitioner has put that vacant space
26 under lease giving them a combined space of 3,710 square
27 feet.

28 The front cafe area will not be changing.
29 This is all in the back of the house, the bakery
30 operation, office, selection of storage space, and I
31 understand that they'll walk through that for you, but
32 all operational areas essentially. The existing
33 seating, both indoor and outdoor, will not change.
34 There will not be any added impact on parking. In fact
35 the salon generated more parking demand than the
36 expanded kitchen operation will. They intend to only
37 add one employee related to this expansion and there
38 should actually be a net decrease in the parking demand,
39 which will be welcome in that shopping center during
40 lunch.

41 I did want to point one thing out, that
42 over the years, the hours have evolved to where they are
43 currently, for the cafe, they are open from 8:00 a.m. to
44 4:00 p.m., Monday through Saturday, and then for the
45 kitchen production activity, that is operating Monday
46 through Friday from 5:00 a.m. to 1:00 a.m., and Saturday
47 from 5:00 a.m. to 10:00 p.m., and on Sunday from 10:00
48 a.m. to 6:00 p.m. While those hours apparently have

1 grown at some point, we have not received any complaints
2 about those hours. The Petitioner can speak to if
3 that's been from day one or if that's grown over the
4 years. But the hours of operation specified in the
5 existing special use are from 6:00 a.m. until 9:00 p.m.,
6 seven days a week, for all facets of the operation.

7 If the Commission chooses to make a
8 positive recommendation on this proposed amendment, then
9 I would suggest the amendment adjust the hours to be
10 consistent with the existing hours as opposed to what
11 was approved back in 1996. That's all I have for you.
12 The Petitioner is here ready to present their request to
13 you.

14 Do you have any questions?

15 COMMISSIONER ESTABROOKE: Can I just make a
16 clarification? I saw some confusion in the audience.
17 Yes, the Board meeting on the 10th, they moved it from
18 the 17th to the 10th. So, that is in fact the date of
19 the meeting.

20 AUDIENCE MEMBER: Okay, good, thank you.
21 Someone else said it was going to be pushed to November.

22 ACTING CHAIRPERSON DELOYS: Okay, so whoever
23 would like to speak for you guys, if anybody is
24 speaking, please step up and be sworn in.

25 MR. GUTIERREZ: Please raise your right hand.
26 (Witnesses sworn.)

27 MR. GUTIERREZ: Thank you.

28 ACTING CHAIRPERSON DELOYS: State your name
29 and address, et cetera.

30 MS. HEINZ: My name is Ann Heinz. My address
31 is 16355 Buckley Road in Libertyville, Illinois.

32 ACTING CHAIRPERSON DELOYS: Okay.

33 MS. HEINZ: Okay, good evening. My name is
34 Ann Heinz, and together with Kate Rooney we are the
35 owners of Three Tarts. We've been in Northfield for 25
36 years. We love the community and the community has been
37 very good to us.

38 We are here this evening to present an
39 expansion project to you. In here we have our mall, not
40 our mall, Friedman's mall, we are here in this lower
41 corner. Over here, this is where we are and the
42 expansion area is right behind our kitchen. Our kitchen
43 is here, this will be the expansion area.

44 This is a slide of our seating area. Our
45 seating area, as Steve has said, is zoned for 32 seats.
46 Unfortunately, we had to give up some of that seating
47 area for a packing area as well for retail overstock of
48 flour or machine or storage.

1 Some other examples of why we would like
2 to have this expansion, we have cookie decorators
3 working in the oven area. It's wonderful, there is a
4 window here which is great, and we will put them in the
5 window in the expansion area.

6 Here we have pastry preparation going on
7 across the aisle from a grill and stove and a sandwich
8 station. Here you can see we use all lost space that we
9 can. We also have gotten creative with ingredient
10 storage. For example, these buckets here are in front
11 of a proofer, and during the day these buckets stay
12 here. In the evening with the night bakers, they are
13 pushed to this back corner, so right behind them are two
14 proofers. We utilize a lot of racks on wheels and on
15 tracks.

16 Here is our expansion plan. This is
17 Three Tarts' existing area. We have our patio, our
18 seating area, our line, the front case, behind is the
19 counter, behind the counter is where our employees work
20 who get customers food, coffee, et cetera. Over in here
21 we have dry storage, you've seen that, and this is the
22 area where we have 12 to 14 people at a time working in
23 the kitchen at peak hours.

24 We are moving the cookie and cake
25 production employees from the kitchen to the expansion
26 area. That would be this area over here, so cookie
27 decorating here, and cookie and cake preparation here.
28 We're adding a mini rotating oven. There will be a wall
29 here, there is a wall here separating this area which
30 we'll need for storage. It's a floor-to-ceiling wall
31 and doors so it will keep the flour, et cetera, out.

32 Currently, we have packaging over on this
33 area which is where the slide that I showed you earlier,
34 let me know if you'd like to see it again, and the
35 storage is going to move over to here so we'll be able
36 to reopen this seating area. As I said, the prep line
37 and the line cooks will stay in the original area,
38 giving them space to work, and the expanded area will be
39 for cake and cookie production. We also plan on having
40 a cookie, cracker and packaging area which is right
41 here.

42 We plan on having an office here, but
43 best of all, we have an employee lunchroom and an
44 employee washroom. It will be nice for employees to
45 have their own designated work area, dividing the prep
46 kitchen from the bakery area, as well as some private
47 break space. We are looking forward to what this
48 expansion will bring.

1 Are there any questions?

2 COMMISSIONER BERLINGHOF: Is everything sold
3 through the front door effectively?

4 MS. HEINZ: Yes.

5 COMMISSIONER BERLINGHOF: So, no mail
6 ordering?

7 MS. HEINZ: No.

8 COMMISSIONER HIRSCH: You're not anticipating
9 like any of the black iron serious cooking implements
10 into the new space? Nothing that would require a change
11 in terms of the fire code or anything like that for the
12 new space?

13 MS. HEINZ: No.

14 MR. GUTIERREZ: Let me just clarify that the
15 build-out is going to be subject to all of the
16 applicable life safety codes and building codes. They
17 will submit construction plans with the building permit.
18 So, those will be reviewed and vetted at that point.

19 COMMISSIONER BERLINGHOF: I think it's great.

20 ACTING CHAIRPERSON DELOYS: Yes, it's nice.

21 COMMISSIONER BERLINGHOF: It's sorely needed.

22 MS. HEINZ: Oh, bravo!

23 ACTING CHAIRPERSON DELOYS: So, any other
24 questions, comments?

25 MS. HEINZ: Anything else?

26 COMMISSIONER BERLINGHOF: No.

27 ACTING CHAIRPERSON DELOYS: Any questions or
28 comments from the audience?

29 (No response.)

30 ACTING CHAIRPERSON DELOYS: Do I --

31 COMMISSIONER BERLINGHOF: I'll make a motion.

32 **Motion to recommend to the Village Board: Approval of**
33 **an Amendment to Special Use Ordinances #96-871 and #98-**
34 **935 to allow the expansion of the Three Tarts Bakery and**
35 **Cafe at 301 Happ Road, in accordance with the**
36 **Petitioner's Application and Supporting Materials dated**
37 **September 29, 2023, subject to the following conditions:**

38 1. The Special Use shall be personal and limited to
39 the Petitioner, Three Tarts, Inc., pursuant to
40 Article XVI, Section 4(9) of the Zoning Ordinance
41 of the Village of Northfield. Three Tarts, Inc. is
42 owned as follows: Catherine A. Rooney 50 percent
43 and Ann T. Heinz 50 percent. Upon change in or
44 transfer of ownership of Three Tarts, Inc., the
45 Special Use shall lapse. Change in ownership shall
46 occur when any corporation, partnership or other
47 entity which currently owns 100 percent of the
48 total stock and/or assets of the Three Tarts, Inc.

- 1 shall in the aggregate own less than 51 percent of
2 Three Tarts, Inc. The 51 percent minimum ownership
3 requirements shall apply regardless of whether
4 Three Tarts, Inc. is owned by a corporation,
5 partnership or other entity. Furthermore, the
6 Special Use shall only be applicable to the subject
7 property.
- 8 2. The bakery and cafe shall not expand beyond the
9 proposed 3,710 square feet.
- 10 3. The hours of operation shall be as follows:
11 a. Cafe: Monday-Saturday, 8:00 a.m. to 4:00 p.m.
12 b. Kitchen production: Monday-Friday, 5:00 a.m.
13 to 1:00 a.m.; Saturday, 5:00 a.m. to 10:00
14 p.m.; Sunday, 10:00 a.m. to 6:00 p.m.
- 15 4. Special Use Ordinances #96-871 and #98-935 shall
16 remain in full force and effect, except as
17 otherwise stated in this Ordinance.
- 18 5. The representations made in the application and
19 supporting documents are binding upon the
20 Petitioner. There shall be no additional uses
21 permitted beyond those specifically enumerated
22 herein or permitted by the Village of Northfield's
23 Zoning Ordinance.
- 24 6. The Village of Northfield Health, Fire, and
25 Building Officials shall be granted access to the
26 subject property at any reasonable time for
27 purposes of conducting inspections for compliance
28 with Village Codes and Ordinances.
- 29 7. An approval pursuant to any requested review by a
30 Village consultant, Village staff member, Village
31 Commission or Village Board Committee shall be an
32 approval of only those items specified in any
33 motion, resolution, ordinance, ordinance, or
34 written report. Such approval shall not be deemed
35 to be an approval of any matter which is within the
36 jurisdiction of any other Village consultant,
37 Village staff member, Village Board Committee or
38 Village Commission that has not issued a report or
39 given its approval. Neither shall such approval be
40 deemed the approval of any County, State or Federal
41 Agency. Under no circumstances shall the approval
42 be deemed to be an approval of any matter not
43 included in this ordinance by virtue of the fact
44 that such a matter appeared on a supporting
45 document which is not attached as an exhibit to
46 this ordinance or incorporated as an exhibit as
47 part of this ordinance.
- 48 8. The Petitioner shall comply in all other respects

- 1 with the ordinances of the Village of Northfield
2 and nothing in this special use amendment shall be
3 construed as a waiver of any of those requirements.
- 4 9. Violation of any condition of this Special Use
5 Ordinance shall be cause to revoke said permit by
6 the Corporate Authorities upon 10 days proper
7 notice to the Petitioner. Alternatively, the
8 Village Manager shall have the right to assess
9 fines, not to exceed \$750 per violation, for
10 violation of this Special Use Ordinance. Such
11 assessment of fines may be appealed to the
12 Corporate Authorities by filing written notice of
13 appeal within three days of the assessment.
- 14 10. Changes in the project may only be made as follows:
- 15 A. Minor Field Changes. Minor changes in
16 locations or sizes shown on exhibits may be
17 approved, in writing, by the Director of
18 Community Development. Typically, a minor
19 field change will not involve a percentage
20 change greater than three percent. However,
21 not all changes of less than three percent
22 shall necessarily be deemed to be minor. The
23 determination of the Director of Community
24 Development as to whether a change is a minor
25 field change shall be final.
- 26 B. Village Board Approved Changes. The Village
27 Board may approve, without referral to the
28 Plan & Zoning Commission, such other changes
29 as it believes are in the best interest of the
30 Village and which do not involve changes in
31 numbers found in the text of the Ordinance and
32 which do not have a substantial, direct impact
33 on adjacent properties. The determination of
34 the Village Board as to whether a requested
35 change should be referred to the Plan & Zoning
36 Commission shall be final.
- 37 C. Changes Requiring a Public Hearing. Any
38 change involving a size, quantity or other
39 numerical value found in the text of the
40 Ordinance or any change having substantial,
41 direct impact on adjacent properties shall not
42 be made except after a public hearing before
43 the Plan & Zoning Commission. Additionally,
44 the Village Board or the Director of Community
45 Development may refer requested change to the
46 Plan & Zoning Commission for public hearing
47 when either believes it would be in the best
48 interest of the Village to do so.

1 ACTING CHAIRPERSON DELOYS: Second?
2 COMMISSIONER ESTABROOKE: Well, I think the
3 time?
4 COMMISSIONER HIRSCH: I think we wanted to add
5 in --
6 COMMISSIONER BERLINGHOF: It's already in
7 there on number three, the hours of operation have
8 changed, yes.
9 MR. GUTIERREZ: Yes, that was reflected in the
10 motion.
11 COMMISSIONER HIRSCH: Okay.
12 ACTING CHAIRPERSON DELOYS: Second?
13 COMMISSIONER HIRSCH: I'll second.
14 ACTING CHAIRPERSON DELOYS: All those in
15 favor?
16 (Chorus of ayes.)
17 ACTING CHAIRPERSON DELOYS: Any opposed?
18 (No response.)
19 ACTING CHAIRPERSON DELOYS: The motion passes.
20 Good luck!
21 MS. HEINZ: Thank you.
22 ACTING CHAIRPERSON DELOYS: Thank you, good
23 luck.
24 MS. HEINZ: Thank you very much.
25 ACTING CHAIRPERSON DELOYS: Okay, we're going
26 to take a very brief break while the next people come in
27 to hook up their computer.
28 (Short recess.)
29 ACTING CHAIRPERSON DELOYS: Steve, do you have
30 any comments?
31 MR. GUTIERREZ: Thank you, Chair deLoys.
32 The next Petitioner, is EliteNS, LLC
33 doing business as Elite Wellness North Shore, the sole
34 owner of which is Dr. Sunil Pullukat. Please forgive me
35 if I mis-pronounced that.
36 DR. PULLUKAT: You got it.
37 MR. GUTIERREZ: They are seeking a special use
38 in order to open a wellness center in the building at
39 495 Central Avenue which they have under a purchase
40 contract with the Josselyn Center. They intend to
41 occupy 8,719 square feet of this 12,034 square-foot,
42 two-story office building. Currently there is a 1,100
43 square-foot tenant space which is occupied by Edward
44 Jones Company.
45 I'll let them elaborate on the services
46 that they will be providing, but the facility they're
47 proposing would include offices, treatment rooms and an
48 ancillary fitness center that would be used only by the

1 clients and patients of the wellness center, not a
2 public gym or something like that.

3 The hours of operation that they're
4 asking for as of today are 6:00 a.m. until 9:00 p.m.,
5 seven days a week, a slight addition from the original
6 application which had shorter weekend hours.

7 Staff is comfortable with the proposed
8 use. The proposed hours on the weekend should not have
9 any adverse impact. There is no residential in that
10 area, and the surrounding businesses are pretty much
11 daytime, weekday businesses. It will not affect Staff's
12 positive recommendation for the proposed special use.

13 They are going to need a parking
14 variation, it's one of the requests that they're making.
15 They have a parking lot to the north of the building
16 with 33 parking spaces. They also have a license with
17 the Village for the exclusive use of 10 parking spaces
18 along Cherry Street which is just south of the building,
19 for a combined total of 43 parking spaces. Based on the
20 program that we have been presented with in terms of the
21 type of occupancies and the nature of the activity, the
22 Zoning Code requires 47 off-street parking spaces. They
23 get credit for those on Cherry Street towards that off-
24 street requirement.

25 I just wanted to note that the 47
26 calculation was based on the Petitioner's representation
27 that the fitness area would have up to six therapists
28 and six clients for a total of 12 people. So, it's
29 important to get to the proposal in terms of the
30 condition, it's important to note that that's part of
31 the calculation, that's part of the assumption of what
32 the parking demand would be. So, the Petitioner will
33 elaborate a little bit more on the parking justification
34 for the parking variation. Staff is satisfied that the
35 43 spaces that they're going to be providing should be
36 adequate, provided that the fitness center occupancy
37 will be limited to 12 people at any given time.

38 So, those are the highlights of the
39 issues from the Staff's perspective. The Petitioner is
40 here to provide their presentation.

41 If you have any questions for me?

42 COMMISSIONER BERLINGHOF: Yes, two questions
43 for you.

44 MR. GUTIERREZ: Yes.

45 COMMISSIONER BERLINGHOF: One is the
46 landscaping you were showing on Frontage Road. That
47 only showed landscaping, it's not really part of our
48 purview, but that's actually Village property that

1 you're looking at that needs to be improved, not their
2 property.

3 MR. GUTIERREZ: Oh, it is not, yes.
4 Absolutely, they --

5 COMMISSIONER BERLINGHOF: Okay, I just kind of
6 wondered, we didn't improve it when we owned it. Then
7 the 12 stalls, was there much push-back? Was there much
8 push-back about the 12 parking stalls for 12 people in
9 the fitness room? Do they want more, do they, I didn't
10 know if it was --

11 MR. GUTIERREZ: They can explain that.

12 COMMISSIONER BERLINGHOF: Okay, I mean, I
13 guess to some degree, a parking lot like this is kind of
14 up to them in that there's really no opportunity for
15 them to take other people's parking. The only reason
16 they have a parking sort of ordinance is, you know, the
17 level you talked about from the five-to-one to four-to-
18 one is I will tell you, universally, and that's the 200
19 to 250, in the retail world we call it five-to-one
20 parking. So, it's, you know, it's one parking space for
21 every 200 square feet versus four-to-one which is one
22 for 250 square feet.

23 I can say that generally speaking across
24 the country, we've gone from five-to-one to four-to-one,
25 that the amount of parking that we've provided for in
26 the past has been way more than we needed. So,
27 everybody is shrinking the amount of parking necessary
28 in terms of building a parking lot.

29 MR. GUTIERREZ: Yes.

30 COMMISSIONER BERLINGHOF: So, I think that's a
31 good thing that we're thinking about dropping that, and
32 we should. But I also think to the extent that there's
33 no parking space for them, they hurt themselves. So,
34 they sort of have to self-regulate when their clients
35 come, when their fitness people come, you know, because
36 if they don't have parking, then those people aren't
37 going to come back.

38 So, all I'm saying is from a government
39 perspective, we're not putting too much pressure on them
40 to control that. Let them worry about that from a
41 competitive perspective, because if they get 13 people
42 in there, well, they're going to put 13 people in there
43 anyway so it doesn't matter, but it shouldn't be a big
44 deal.

45 I just wanted to know what the push-back
46 was from your perspective.

47 MR. GUTIERREZ: They can speak to that, but I
48 did not get any push-back on that particular item.

1 Just a comment I guess on your comments.
2 We totally agree. As a matter of fact at some point,
3 probably early next year, a series of zoning code
4 amendments are going to be coming to you from the
5 Village Board. In the draft given the Village Board
6 there are some adjustments to the off-street parking
7 requirements, and for medical office use, for instance,
8 we're suggesting requiring one space per 250 square
9 feet.

10 COMMISSIONER BERLINGHOF: Four-to-one, yes.

11 MR. GUTIERREZ: Four-to-one, excuse me, versus
12 the existing one per 200 square feet.

13 COMMISSIONER BERLINGHOF: Right.

14 MR. GUTIERREZ: So, that's part of that.
15 However, I have found over the years that predicting the
16 parking demand for the fitness component is directly
17 related to the occupancy of the fitness facility, right?

18 COMMISSIONER BERLINGHOF: Right.

19 MR. GUTIERREZ: It's a component of it;
20 however, the occupancy of it is easy. How many people
21 are going to be there? They can speak again to how the
22 use of the gym will relate to the rest of their
23 operation. Maybe some of the folks from the
24 chiropractor go down to the fitness facility during the
25 same visit and there's only car involved.

26 COMMISSIONER BERLINGHOF: Right.

27 MR. GUTIERREZ: So, all that said, we're
28 comfortable with what they're proposing in terms of the
29 proposed site.

30 COMMISSIONER BERLINGHOF: Okay.

31 COMMISSIONER ESTABROOKE: Okay, I have a
32 question. They are open on Sundays or they aren't open
33 on Sundays?

34 DR. PULLUKAT: We are open on Sundays.
35 Generally, what happens is, we don't have a reception
36 staff.

37 ACTING CHAIRPERSON DELOYS: Yes, we need to
38 swear him in first.

39 COMMISSIONER ESTABROOKE: I was asking him,
40 but --

41 COMMISSIONER BERLINGHOF: I know, he started
42 answering.

43 MR. GUTIERREZ: Please raise your right hand.
44 (Witness sworn.)

45 ACTING CHAIRPERSON DELOYS: If that's
46 something you're going to cover in your presentation,
47 why don't we just wait until you can do it?
48

1 Okay, sorry, go ahead with your presentation. Sorry,
2 Kathy.

3 COMMISSIONER ESTABROOKE: That's all right. I
4 was just confused.

5 MR. GUTIERREZ: So, I'm sorry, any other
6 questions for me?

7 COMMISSIONER BERLINGHOF: No, we're ready for
8 the --

9 MR. GUTIERREZ: I'll just hand it over to the
10 Petitioner and the Petitioner will present their
11 application.

12 DR. PULLUKAT: All right, so hello, I'm Dr.
13 Sunil Pullukat, a chiropractor with 11 years of
14 experience. My journey began right here in Northfield
15 where I worked at a clinic serving the Bears and the
16 Cubs. This opportunity allowed me to explore advanced
17 sports medicine technology worldwide, leaving me with a
18 question: Why shouldn't this technology be accessible
19 to everyone?

20 In 2014, I founded Elite Sports Therapy and
21 Wellness, the first wellness clinic in Illinois
22 specializing in movement, soft tissue therapy,
23 cryotherapy, whole body light therapy, and other cutting
24 edge technologies to accelerate healing. We've become a
25 trusted name in the sports medicine world serving
26 professionals, Olympians, and celebrities from around
27 the globe.

28 Our current Highland Park location has nine
29 rooms and an open physical therapy area with a team of
30 around 15 part-time staff. We have eight designated
31 parking spaces for clients which is more than enough for
32 what we need. Now we're ready to relocate to
33 Northfield, providing a larger space and cost-effective
34 solutions. Once we move to Northfield, we plan to grow
35 our medical staff, creating a truly integrated medical
36 practice.

37 This next slide shows the floor plans.
38 So, the second floor will be medical office for
39 chiropractic, nutrition, massage, acupuncture and other
40 medical specialties. The first floor will be physical
41 therapy, gym space, healing machines like sauna and a
42 whole body light bed, along with physical therapy
43 offices and a break room for staff.

44 The gym space will be for Elite clients;
45 it's not for public use. You have to have an
46 appointment to use the gym. The gym will be a mixture
47 of physical therapy equipment and traditional exercise
48 equipment. The plan is to bridge the gap between rehab

1 and performance. The staff plans to use the gym for
2 themselves, so we don't want the gym to be busy.

3 The Northfield building's current parking
4 capacity exceeds our anticipated needs. Times have
5 changed where medicine and therapy can be given over
6 Zoom. Our rooms will not be occupied the whole time.
7 For example, if a therapist is working a six-hour shift,
8 three of those hours might be on the second floor doing
9 body work, and three hours might be on the first floor
10 providing rehab for clients.

11 Our appointments are not busy like your
12 traditional medical practice. Our time slots for
13 patients are 30 minutes, 60 minutes or 90 minutes. So,
14 there are significantly less traffic and parking needs
15 compared to a traditional medical practice.

16 We are excited about this project, and
17 thank you all for your support. I look forward to
18 bringing this one-of-a-kind center to Northfield.

19 To answer your question, so we're
20 actually generally closed on Sundays, and Saturdays
21 after about 5:00 o'clock. But what happens is that we
22 have like famous athletes or celebrities that will call
23 us and they are here for a game or they need something
24 on the spot. So, we don't want to say we can't use the
25 facility on a Sunday if they need it. So, it's more
26 like once in a blue moon, maybe once a month that me or
27 a massage therapist will come in, but our staff is not
28 required to be there. It's just me being there serving
29 that one client.

30 So, we just wanted to keep the hours
31 consistent just so we're not limited to how we can use
32 the building.

33 COMMISSIONER ESTABROOKE: Okay, thank you.

34 COMMISSIONER BERLINGHOF: For the group, I'd
35 like to point out that the previous owner was a tax-
36 exempt organization, so it came off the tax rolls.
37 These guys are not, so it goes back on the tax rolls.

38 COMMISSIONER HIRSCH: Right.

39 COMMISSIONER BERLINGHOF: So, while we know
40 that isn't a lot, the Village does benefit from that.

41 ACTING CHAIRPERSON DELOYS: Any other
42 questions?

43 COMMISSIONER HIRSCH: Doctor, are you
44 comfortable with the ratio suggested by the Staff of six
45 to six or whatever, one to one, six staff to six
46 clients?

47 DR. PULLUKAT: Yes, that should be more than
48 enough because a lot of our therapists, they have

1 multiple degrees. Like for example, you know, a
2 physical therapist has their physical therapist degree,
3 but they also might have a personal training degree.

4 COMMISSIONER HIRSCH: Right.

5 DR. PULLUKAT: Same with our message
6 therapist, they'll have two degrees, so that's why they
7 can do both. So, I don't have any push-back on that. I
8 think it's actually fine.

9 COMMISSIONER HIRSCH: Okay, and according to
10 your formula, even seven-to-seven or one-to-one, but --

11 DR. PULLUKAT: Yes, I don't, I mean, this
12 parking lot is huge. I mean, I don't see us ever, you
13 know, occupying the whole thing.

14 COMMISSIONER HIRSCH: So, the gym isn't
15 necessarily open to people, let's say even under your
16 care or, it's obviously not open to the public but other
17 people who don't necessarily have a one-on-one session
18 are not coming in and using the equipment?

19 DR. PULLUKAT: No, these are only for people
20 that have appointments with either the chiropractor if
21 the chiropractor might, you know, if I'm treating
22 somebody for an hour, 30 minutes of that might be in my
23 room upstairs and then the other 30 minutes might be me
24 coming down to the gym showing them rehab exercises.
25 So, everybody will have an appointment. It's not going
26 to be people coming off the street. It's not going to
27 be some sort of membership type of situation.

28 It's really going to be more physical
29 therapy, but I don't like to just say physical therapy
30 because what we do is we kind of bridge that gap. We
31 take people from physical, you know, therapy where if
32 you had a broken leg or something like that, our goal is
33 to get you back to playing paddle or whatever sport
34 you're comfortable playing.

35 COMMISSIONER HIRSCH: Right.

36 ACTING CHAIRPERSON DELOYS: So, you're not
37 going to be renting out any space within the building to
38 other clients or any, you know, subletting space?

39 DR. PULLUKAT: We'll have personal trainers,
40 everybody will be working under Elite, the Elite
41 umbrella. We'll have, you know, doctors coming in,
42 other physical therapists, personal trainers, and some
43 of them are, you know, most of our staff is part-time so
44 they have offices in other places, and they'll be coming
45 in maybe two or three days out of the week. But yes,
46 they'll be, you know, it might be a rental scenario or
47 it might be an independent contract. Each person is --

48 ACTING CHAIRPERSON DELOYS: But they're under

1 your operation.

2 DR. PULLUKAT: Yes, they're under our umbrella
3 though, yes.

4 COMMISSIONER ESTABROOKE: I had the luxury of
5 working with two of their massage therapists.

6 ACTING CHAIRPERSON DELOYS: Oh, nice.

7 Anybody else? Any other comments,
8 questions?

9 COMMISSIONER BERLINGHOF: No.

10 COMMISSIONER ESTABROOKE: No.

11 COMMISSIONER HIRSCH: And nothing needed, I
12 assume, Steve, from staff's purview on life safety or
13 anything like that?

14 MR. GUTIERREZ: No. I mean, they'll have an
15 extensive build-out which again will be done, so they'll
16 submit their construction plan and go through that
17 process.

18 COMMISSIONER HIRSCH: Okay.

19 ACTING CHAIRPERSON DELOYS: Okay.

20 MR. GUTIERREZ: Just to remind you, the motion
21 that was in the memo --

22 COMMISSIONER BERLINGHOF: I will change it.

23 MR. GUTIERREZ: -- those hours will have to be
24 changed.

25 COMMISSIONER BERLINGHOF: Yes, I'll change it.

26 ACTING CHAIRPERSON DELOYS: So, do we have a
27 motion?

28 COMMISSIONER BERLINGHOF: I have a motion to
29 make.

30 **Motion to recommend to the Village Board: Approval of a**
31 **Special Use to allow the operation of a wellness center**
32 **at 495 Central Avenue and associated parking variation,**
33 **in accordance with the Petitioner's Application and**
34 **Supporting Materials date stamped September 19, 2023,**
35 **subject to the following conditions:**

36 1. The Special Use shall be personal and limited to
37 the Petitioner, EliteNS, LLC, pursuant to Article
38 XVI, Section 4(9) of the Zoning Ordinance of the
39 Village of Northfield. EliteNS, LLC is owned as
40 follows: Dr. Sunil Pullukat 100 percent. Upon
41 change in or transfer of ownership of EliteNS, LLC,
42 the Special Use shall lapse. Change in ownership
43 shall occur when any corporation, partnership or
44 other entity which currently owns 100 percent of
45 the total stock and/or assets of EliteNS, LLC shall
46 in the aggregate own less than 51 percent of
47 EliteNS, LLC. The 51 percent minimum ownership
48 requirements shall apply regardless of whether

- 1 EliteNS, LLC is owned by a corporation, partnership
2 or other entity. Furthermore, the Special Use
3 shall only be applicable to the subject property.
- 4 2. The Petitioner's occupancy shall not expand beyond
5 the proposed 8,719 square feet of floor area, not
6 including common spaces.
- 7 3. The occupancy of the fitness area shall be limited
8 to 12 people at one time.
- 9 4. The Petitioner shall restore the striping of the
10 parking lot and the parking stalls on Cherry Street
11 that they have exclusive use of under the license
12 agreement with the Village.
- 13 5. The Petitioner shall submit a landscape restoration
14 plan to the Village no later than November 6, 2023
15 for its review and approval. The approved
16 landscape plan shall be installed no later than
17 July 1, 2024.
- 18 6. The hours of operation shall be limited to 6:00
19 a.m. to 9:00 p.m., seven days a week.
- 20 7. The representations made in the application and
21 supporting documents are binding upon the
22 Petitioner. There shall be no additional uses
23 permitted beyond those specifically enumerated
24 herein or permitted by the Village of Northfield's
25 Zoning Ordinance.
- 26 8. The Village of Northfield Health, Fire, and
27 Building Officials shall be granted access to the
28 subject property at any reasonable time for
29 purposes of conducting inspections for compliance
30 with Village Codes and Ordinances.
- 31 9. An approval pursuant to any requested review by a
32 Village consultant, Village staff member, Village
33 Commission or Village Board Committee shall be an
34 approval of only those items specified in any
35 motion, resolution, ordinance, ordinance, or
36 written report. Such approval shall not be deemed
37 to be an approval of any matter which is within the
38 jurisdiction of any other Village consultant,
39 Village staff member, Village Board Committee or
40 Village Commission that has not issued a report or
41 given its approval. Neither shall such approval be
42 deemed the approval of any County, State or Federal
43 Agency. Under no circumstances shall the approval
44 be deemed to be an approval of any matter not
45 included in this ordinance by virtue of the fact
46 that such a matter appeared on a supporting
47 document which is not attached as an exhibit to
48 this ordinance or incorporated as an exhibit as

- 1 part of this ordinance.
- 2 10. The Petitioner shall comply in all other respects
3 with the ordinances of the Village of Northfield
4 and nothing in this special use amendment shall be
5 construed as a waiver of any of those requirements.
- 6 11. Violation of any condition of this Special Use
7 Ordinance shall be cause to revoke said permit by
8 the Corporate Authorities upon 10 days proper
9 notice to the Petitioner. Alternatively, the
10 Village Manager shall have the right to assess
11 fines, not to exceed \$750 per violation, for
12 violation of this Special Use Ordinance. Such
13 assessment of fines may be appealed to the
14 Corporate Authorities by filing written notice of
15 appeal within three days of the assessment.
- 16 12. Changes in the project may only be made as follows:
- 17 A. Minor Field Changes. Minor changes in
18 locations or sizes shown on exhibits may be
19 approved, in writing, by the Director of
20 Community Development. Typically, a minor
21 field change will not involve a percentage
22 change greater than three percent. However,
23 not all changes of less than three percent
24 shall necessarily be deemed to be minor. The
25 determination of the Director of Community
26 Development as to whether a change is a minor
27 field change shall be final.
- 28 B. Village Board Approved Changes. The Village
29 Board may approve, without referral to the
30 Plan & Zoning Commission, such other changes
31 as it believes are in the best interest of the
32 Village and which do not involve changes in
33 numbers found in the text of the Ordinance and
34 which do not have a substantial, direct impact
35 on adjacent properties. The determination of
36 the Village Board as to whether a requested
37 change should be referred to the Plan & Zoning
38 Commission shall be final.
- 39 C. Changes Requiring a Public Hearing. Any
40 change involving a size, quantity or other
41 numerical value found in the text of the
42 Ordinance or any change having substantial,
43 direct impact on adjacent properties shall not
44 be made except after a public hearing before
45 the Plan & Zoning Commission. Additionally,
46 the Village Board or the Director of Community
47 Development may refer requested change to the
48 Plan & Zoning Commission for public hearing

1 **when either believes it would be in the best**
2 **interest of the Village to do so.**
3 ACTING CHAIRPERSON DELOYS: Do we have a
4 second?
5 COMMISSIONER ESTABROOKE: I'll second it.
6 ACTING CHAIRPERSON DELOYS: All those in
7 favor?
8 (Chorus of ayes.)
9 ACTING CHAIRPERSON DELOYS: All those opposed?
10 (No response.)
11 ACTING CHAIRPERSON DELOYS: The motion passes.
12 Congratulations.
13 COMMISSIONER BERLINGHOF: Good luck.
14 DR. PULLUKAT: Thank you.
15 ACTING CHAIRPERSON DELOYS: To the Village
16 Board on the 10th.
17 DR. PULLUKAT: Okay, thank you.
18 ACTING CHAIRPERSON DELOYS: Congratulations,
19 good luck.
20 DR. PULLUKAT: Thank you very much.
21 ACTING CHAIRPERSON DELOYS: Anything else,
22 Steve, while we're here?
23 MR. GUTIERREZ: No.
24 COMMISSIONER BERLINGHOF: Motion to adjourn.
25 ACTING CHAIRPERSON DELOYS: We have a motion
26 to adjourn.
27 COMMISSIONER ESTABROOKE: I'll second.
28 ACTING CHAIRPERSON DELOYS: All those in
29 favor?
30 (Chorus of ayes.)
31 ACTING CHAIRPERSON DELOYS: All those opposed?
32 (No response.)
33 ACTING CHAIRPERSON DELOYS: The meeting is
34 adjourned.
35 (Whereupon, at 7:37 p.m., the above
36 meeting was concluded.)
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38
39 APPROVED 11/6/23
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