

7 Spectacular! FEEL-GOOD PROGRAMS IN 2018

*West Suburban Chicago... At a Glance*  
**Glancer**<sup>®</sup>

M A G A Z I N E



# HEALTHY VIBES

Live a Positive Life

**HEALTH INFLUENCERS**  
Neighbors Who Can Help

**2018 LIFESTYLE TRENDS**  
Healthy Mind, Body & Soul

**Early Jan 2018**

Vol 16 / Issue 152  
West Suburban Edition  
[www.GlancerMagazine.com](http://www.GlancerMagazine.com)  
Publishing Twice Monthly

INSIDE EVERY ISSUE

EVENTS | DINING | FAMILY | HEALTH | SHOPPING | TRAVEL | HOME DESIGN



# We help kids feel like kids. In sickness and in health.™

At the AMITA Health Pediatrics Institute, your child can receive highly personalized, compassionate care from our board-certified doctors and nurses specialized in pediatrics. Our caregivers help keep your child at ease and you well informed, whether during an inpatient stay or outpatient visit. Our kid-friendly environments offer the latest medical technologies to help meet the unique needs of children. From simple checkups to treatment for serious conditions, we help ensure our youngest patients receive the highest level of pediatric care that only AMITA Health can provide.

**AMITA** HEALTH®  
PEDIATRICS INSTITUTE

For appointments, call:

**855.FOR.KIDZ**  
**855.367.5439**

To learn more or find a doctor, please visit:  
[AMITAhealth.org/kids](http://AMITAhealth.org/kids)

© 2017 AMITA Health 170666



Bolingbrook • Elk Grove Village • GlenOaks • Hinsdale • Hoffman Estates • La Grange • Wheaton

Not All *Luxury* Comes at a *Premium* Price



**SAVE**  
**\$3000**

ON A NEW  
BATHROOM  
OR KITCHEN

FLEXIBLE PAYMENT PLANS  
RESTRICTIONS APPLY

**HOMEWERKS**

KITCHENS & BATHS

**Stunning Showroom Now Open!**

**Wood-Mode**  
FINE CUSTOM CABINETRY

Full Service Remodeler · Live Plumbing Displays  
Selections Made In-House

1154 E. Ogden Ave. Naperville • 866-265-8895 • [www.myhomewerks.com](http://www.myhomewerks.com)

# Comfortable Elegance

CAPTURING YOUR LIFESTYLE WITH A PERSONAL APPROACH



Visit Geneva's New Merchandise Mart!



Pamela & Bill Coslet  
Vineyard Chic



Visit Our Kitchen and Bath Design Center at  
211 James Street | Geneva, Illinois  
630-262-0135 | [www.vineyardchic.com/imagination](http://www.vineyardchic.com/imagination)



**PUBLISHER**  
Glancer Magazine, Inc.

**PUBLISHING DIRECTOR**  
WEST SUBURBAN EDITION  
Lindy Kleivo

**EDITORIAL | Print + Digital**  
Kristen Kucharski Columnist / Writer  
Mindy Kyle Columnist / Writer  
Stephanie Schmoker Dining Critic  
Tiffany Schmoker Dining Critic  
Kristen & Brooke Kainrath, Columnists

**SALES / MARKETING / PR**  
Lindy Kleivo  
Anne Wang Administrative

**PHOTOGRAPHY**  
Mike Caturara  
Mike Matucca

**DIGITAL CONTENT | Daily + Weekly**  
See Glancer Go-To Guide, Glancer Magazine's  
Online Marketplace + Event Site. Create a FREE  
Membership & Upload Your Local Content Today!  
Content May Be Chosen for Print Publication.  
Upgraded Marketing & PR Memberships Available

**2-ISSUE MONTHLY CIRCULATION**  
West Suburban Edition  
Naperville | Wheaton | Glen Ellyn | Lisle  
Elmhurst | Downers Grove | Hinsdale  
St. Charles | Geneva | Batavia  
Oswego | Sugar Grove

**COMMUNITY FEATURES**  
Press Releases, Local Events, Community News  
[editorial@glancermagazine.com](mailto:editorial@glancermagazine.com)

**ADVERTISING**  
Print & Online Advertising  
[advertising@glancermagazine.com](mailto:advertising@glancermagazine.com)

**SUBSCRIPTIONS**  
Receive All 24 Issues Delivered Direct  
[subscriptions@glancermagazine.com](mailto:subscriptions@glancermagazine.com)

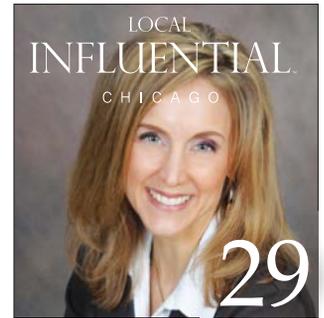
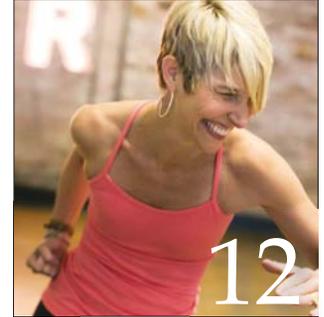
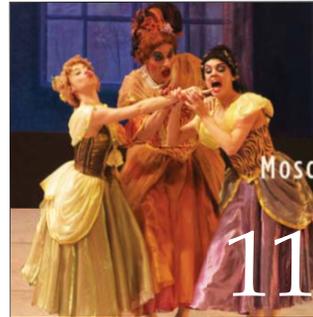
**Glancer Magazine, Inc.**  
PO Box 655, Sugar Grove, IL 60554  
(630) 428-4387  
[info@glancermagazine.com](mailto:info@glancermagazine.com)  
[www.glancermagazine.com](http://www.glancermagazine.com)

Glancer Magazine, West Suburban Edition is produced by Glancer Magazine, Inc. Glancer Magazine and Glancer logo are registered trademarks of Glancer Magazine, Inc. All rights reserved. Magazine reproduction in whole or in part is strictly prohibited.

**West Suburban Edition**  
**JANUARY 2018, Early Edition | Vol 17**  
**Healthy Vibes**  
*Featuring Health Influencers Who Can Help, 2018 Health Trends, Local Experts and More*

©Copyright 2018 All Rights Reserved  
Glancer Magazine, Inc.

# Early Jan 2018



## On the Pages...

- 7 Hello From Glancer Magazine
- 8 On the Go, Events & More
- 10 Scene Around Suburbia
- 11 5 Things to Do
- 12 Health Influencers
- 14 2018 Health Guide
- 17 Literary Local
- 17 Local Health Trends
- 18 Kid Stuff
- 19 Mom's Little Black Book
- 21 To Give, To Inspire
- 21 Pedis n' Passports
- 24 Health News
- 26 Center Stage
- 27 Dining & Cabaret
- 27 Savory & Sweet Sisters
- 29 Local Influential
- 33 Health & Beauty
- 34 7 Spectacular  
Feel-Good Programs

**A West Suburban Focus**  
**Featuring Local Faces & Places**

**COME OFF THE ROTATION**  
**LIST & STOP MISSING OUT ON**  
**GREAT MONTHLY ISSUES!**

Thank you to the many residents who have subscribed to our west suburban magazine, featuring local faces & places. Glancer Magazine is sent twice monthly complimentary on rotation, but to get **all 24 issues annually**, you need to subscribe. You are missing so much! We are excited to grow our pages and our west suburban footprint delivering more of what you enjoy— photos, columns, faces & places.

*Glancer Magazine Reserves All Rights. 2018*

## Don't Miss a Single Issue

- YES! Send Me 24 Issues of Glancer Magazine for Just \$21 - Visit us Online for a List of Upcoming Issues**
- I Prefer Two Years - 48 Issues for Just \$38**

Name \_\_\_\_\_

Address \_\_\_\_\_

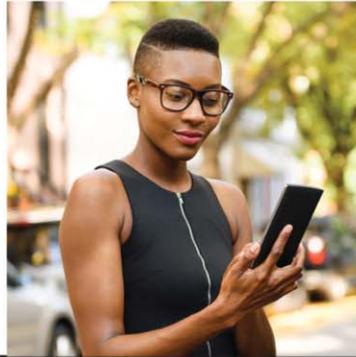
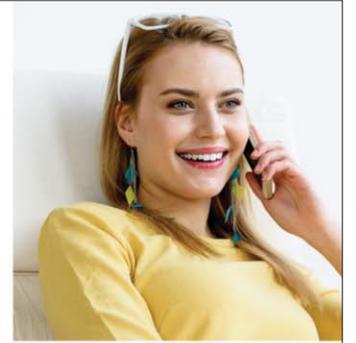
Apt \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email Form: [subscriptions@glancermagazine.com](mailto:subscriptions@glancermagazine.com)  
Mail Form: Glancer Magazine  
PO Box 655  
Sugar Grove, Illinois 60554

For faster service, subscribe  
online at: [www.glancermagazine.com](http://www.glancermagazine.com)

**Just  
\$21**



[www.LocalInfluential-Chicago.com](http://www.LocalInfluential-Chicago.com)



LOCAL  
INFLUENTIAL™  
CHICAGO



# Beautiful Living

- Botox & Dermal Fillers
- Eyebrows Microblading
- Eyeliner & Lips Permanent Makeup
- Paramedical Areola
- Non-Surgical Celebrity Face Lift
- Skin Rejuvenation & Skin Tightening
- Hydrafacial Treatment
- Chemical Peels
- Laser Hair Removal
- Eyelash Extension
- PDO Thread Magic Lift
- Non Surgical Face Lift & Rejuvenation
- Philashes Volume Lashes by Beth

# Hello!

## HEALTHY VIBES IN 2018

A new year welcomes endless opportunities and is a time when many of us shift into a healthy vibe, with hopes of bettering our eating habits, workingout routines and more. We also reflect on where we've been and where we'd like to be next year at this time. This issue will both inspire and educate our readers on all that is available to them in the west suburban area to help them along their path in 2018. Our pages focus on daily health and wellness improvements and surrounding ourselves with all people, places and things that are positive, inspiring and enlightening. Whether your weight, your career or your relationship needs changing— we hope that you become inspired to do what's best for yourself and start living your days as you deserve— happy, healthy and stress free.

If you love this issue, you'll love all that we have planned for 2018! Be sure to subscribe to our printed publication so you don't miss a single feature, photo or fabulous invitation. Each issue is uniquely themed, featuring ordinary area residents who are doing extraordinary things.

When you become a paid subscriber, Glancer Magazine will be delivered directly to your mailbox at home twice monthly, and you will come off of the rotating trial list. Many more captivating will follow including *The Besties Issue*, *Fit N' Happy Kids*, *It's Porch Party Time*, *20 Under 35*, *Cozy House* and many more. Request an editorial schedule today! If you are interested in joining our writing team please reach out to us. We're also looking for dynamic Sales + Marketing Ambassadors to work with our print + digital advertising clients. Interested candidates should send your writer's resume to me at [kleivo@glancermagazine.com](mailto:kleivo@glancermagazine.com) for review.

Wishing you and yours healthy vibes in the new year.  
Cheers to all things positive! Thanks for reading.

Lindy Kleivo  
Publishing Director, West Suburban Area  
Content • Sales • Marketing



Wasan – Licensed & Master  
Certified Miropigmentationist  
Certified Aesthetician

Dr. Elborno Center  
Bellasense Med Spa  
6747 Kingery Hwy, Willowbrook  
630-568-3862 • 630-828-2996



[www.elbornocenters.com](http://www.elbornocenters.com)



WEST SUBURBAN EVENT HIGHLIGHTS

# On the Go

**WEDDING SHOWCASE**

January 6 • 10am-3pm

Recently engaged and planning your special day? The Wedding Showcase is a great opportunity for busy couples to plan their dream wedding. In the historic setting of the Pre-Emption House and Century Memorial Chapel, enjoy one-on-one consultations with the best in the bridal business including photographers, florists, DJs, musicians, bakers, caterers, ministers and more. *Naper Settlement, 523 S. Webster St., Naperville, (630) 420-6010, www.napersettlement.org*

**ARBORETUM YOGA**

Wednesday January 10, 2018 - Thursday February 08, 2018

Improve your health and well-being with yoga. You will practice poses, breathing and meditation in the tranquil setting of The Morton Arboretum. *The Morton Arboretum, Lisle. www.mortonarb.org*

**NAPERVILLE RESTAURANT WEEK**

January 26 - February 8

Naperville is ready for its 5th annual Restaurant Week! Starting January 26th and running through February 8th, Naperville Restaurant Week will showcase many restaurants throughout town. From fast casual to fancy dining, each venue will provide either a prix fixe menu at an appetizing price, or discounts on featured menu choices. Come in out of the cold and sample something new or enjoy an old favorite! Be sure to check [www.dinenaperville.com](http://www.dinenaperville.com) to explore the participating restaurants, menus and specials.



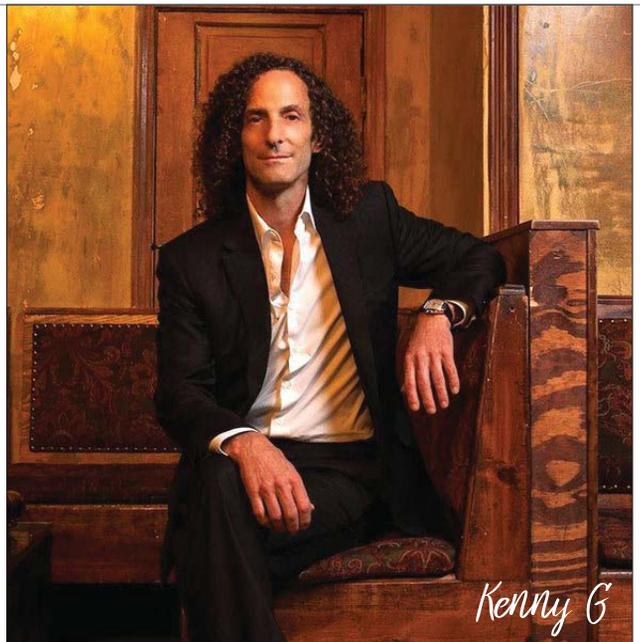
**Regina Carter**  
"Simply Ella"  
February 24

**REGINA CARTER AT**

**NORTH CENTRAL COLLEGE February 24**

Don't miss Regina Carter "Simply Ella" on Saturday, February 24 at North Central College. Sony Masterworks recording artist Regina Carter is the foremost jazz violinist of her generation. Regina's upcoming album, *Ella: Accentuate the Positive*, and touring program, *Simply Ella*, mark the 100th birthday of a musical legend. The program celebrates the incomparable Ella Fitzgerald – the source of Regina's musical inspiration. *For tickets visit, northcentralcollege.edu/tickets.*

*To List Your Event In 2018 Contact Us at [promotions@glancermagazine.com](mailto:promotions@glancermagazine.com)*



*Kenny G*

SAVE THE DATE

**CASINO ROYALE • March 10 In Wheaton**

A James Bond-themed evening of Blackjack, Craps, Roulette, Texas Hold'em. is planned at the DuPage County Historical Museum in Wheaton. Ticket Pricing: \$100 per person, \$800 group of 10, \$1,000 premium group of 10 + Sponsor sign at event. Ticket includes \$50 in charity chips per person, a martini bar, appetizers, raffle, and silent auction. [www.dupagemuseum.org](http://www.dupagemuseum.org)



**KENNY G AT ARCADEA THEATER • March 25 In St. Charles**

If you love this recording artist, don't miss this west suburban event. In a recording career that spans almost three decades and 23 albums, Grammy Award-winning saxophonist Kenny G has grafted elements of R&B, pop and Latin to a jazz foundation solidifying his reputation as the premiere artist in contemporary jazz. Since the early 80s, his combination of unparalleled instrumental chops and indelible melodies has resulted in sales of more than 75 million records worldwide (45 million in the US alone) and more than a dozen climbs to the top of Billboard's contemporary jazz chart. Kenny G has collaborated with some of the biggest names in the business during his legendary career, ranging from Michael Bolton to Weezer to Whitney Houston to Katy Perry. \$59/ticket. *Order online at [www.arcadalive.com/event/kenny-g/](http://www.arcadalive.com/event/kenny-g/)*



**WICKED: THE BREATHTAKING AND RECORD-BREAKING HIT OF THE DECADE Through January 21 at Chicago's Oriental Theatre**

Once upon a time in the Land of Oz, there was a girl and her dog - no, scrub that. This musical takes place way before the arrival of Dorothy Gale and her pooch Toto. *Wicked* is the story of two magically inclined women, one blonde, and one green of skin - and their coming-of-age as the forces of good and (perceived) 'wicked'. Discover the musical phenomenon of the new century when it flies into Oriental Theatre in Chicago until January 21, 2018. [www.chicago-theater.com](http://www.chicago-theater.com)

**www.GLANCERGOTOGUIDE.com**

Visit our online Go-To Guide today for the hottest events, local businesses, coupons and more! Become a registered Glancer for a chance to win fun prizes. It's free to residents & businesses. How fun is that? Businesses can list events and more for free or upgrade for coupons. #ClickLoveForYourFavorites ♥



North Central College  
SEASON **2017-2018**  
FINE & PERFORMING ARTS



PHILHARMONIC PIANO QUARTET  
FEBRUARY 18



JIM PETERIK &  
WORLD STAGE\*  
JANUARY 20



THE WAILERS  
JANUARY 27



REGINA CARTER  
FEBRUARY 24

Photo by Christopher Drake

FOR A FULL SEASON LINEUP AND TO GET TICKETS VISIT  
[northcentralcollege.edu/tickets](http://northcentralcollege.edu/tickets)

BOX OFFICE: TUESDAY - FRIDAY, 10 A.M. - 6 P.M. • 630-637-SHOW (7469)



\*These programs are partially supported by a grant from the Illinois Arts Council, a state agency.



# NAPERVILLE RESTAURANT WEEK! JAN. 26 —THRU— FEB. 8

dine JANUARY 26 - FEBRUARY 8 2018  
**NAPERVILLE**  
RESTAURANT WEEK

Visit us online and see the participating restaurants and all the delicious offers!

[DINENAPERVILLE.COM](http://DINENAPERVILLE.COM)





## **We help kids feel like kids.** In sickness and in health.™

At the AMITA Health Pediatrics Institute, your child can receive highly personalized, compassionate care from our board-certified doctors and nurses specialized in pediatrics. Our caregivers help keep your child at ease and you well informed, whether during an inpatient stay or outpatient visit. Our kid-friendly environments offer the latest medical technologies to help meet the unique needs of children. From simple checkups to treatment for serious conditions, we help ensure our youngest patients receive the highest level of pediatric care that only AMITA Health can provide.

© 2017 AMITA Health 170565

For appointments, call:

**855.FOR.KIDZ**  
**855.367.5439**

To learn more or find a doctor, please visit:

**[AMITAhealth.org/kids](http://AMITAhealth.org/kids)**

**AMITA** HEALTH®  
PEDIATRICS INSTITUTE

Bolingbrook • Elk Grove Village • GlenOaks • Hinsdale • Hoffman Estates • La Grange • Wheaton

WINTER FUN 2018

# 5 Things to Do



## 1. CABARET AT PARAMOUNT THEATRE February 7-March 18

One of the most well-known Broadway musicals of all time, and it's because of the extraordinary songs, universal appeal and a spellbinding story that still holds true in today's world. Nominated for a total of 26 Tony Awards over three decades and winning a total of 12 including Best Musical and Best Revival of a Musical, Cabaret is exactly what musical theatre should be: entertaining, enlightening, provocative, edgy and a continuing reflection of our own lives. This groundbreaking musical was unlike anything audiences had seen back when it first premiered, and you'll feel the same way when it hits the Paramount stage. Ratedc PG-13. [www.paramountaurora.com/events/cabaret/](http://www.paramountaurora.com/events/cabaret/)

## 2. CHICAGO BOAT, RV & SAIL SHOW • Jan 10-14 McCormick Place - South

The Progressive® Insurance Chicago Boat, RV and Sail Show® is the Windy City's BIGGEST marine and outdoors sales event. If you love boating, RVing, OR sailing, this is YOUR show! [www.chicagoboatshow.com](http://www.chicagoboatshow.com)



## 3. 2018 DOWNTOWN NAPERVILLE CHOCOLATE WALK • Feb 10 • 12-5pm

Held Valentine's weekend, supporting 360 Youth Services, this event is sure to satisfy any sweet tooth. Attendees will receive a commemorative souvenir Chocolate Tin along with a map touring many Downtown Naperville shops where you'll experience chocolate tasty treats and chocolate surprises. Tickets \$30ea. [www.360youthservices.org](http://www.360youthservices.org)



## 4. MOSCOW FESTIVAL BALLET: CINDERELLA Sunday January 14, 2018

Founded by legendary Bolshoi Ballet principal dancer Sergei Radchenko, Moscow Festival Ballet is steeped in classical Russian technique and grandeur. More than 50 of the company's highly skilled dancers will grace the stage in Prokofiev's lavish, highly entertaining full-length ballet, Cinderella, one of the most beloved stories of all time. Meet Cinderella in the lobby before the show. 2pm and 6pm shows.

Belushi Performance Hall - The MAC  
425 Fawell Boulevard, Glen Ellyn  
[www.atthamac.org/events/cinderella/](http://www.atthamac.org/events/cinderella/)



## 5. THE GREAT INDOOR SIDEWALK SALE January 13

NAPERVILLE—Back by popular demand, the Great Indoor Sidewalk Sales event starts Friday, January 12 and runs through Monday, January 15. Come redeem your Downtown Naperville gift cards and enjoy the crisp winter weather along with fantastic specials at more than 50 shops.

Downtown Naperville  
[www.downtownnaperville.com](http://www.downtownnaperville.com)

# HEALTH INFLUENCERS

WHO CAN HELP

by Mindy Kyle  
Photos Submitted

It's January, and although we should be thinking of our health all year long, it always seems to be the time of year where health goals are renewed and the thoughts of trying something new arise. These three west suburban health experts offer some different programs and a little free advice for 2018.

## Janelle Sullivan, Glen Ellyn RISE Fitness/Cycle Fitness

If you are looking for high energy and fun in your fitness goals, then Janelle Sullivan is your gal. It was her passion for delivering a motivating fitness experience for others that led her to quit a successful pharmaceutical career and open RISE, a fitness boutique in the heart of Glen Ellyn. "I realized quickly that whether you're doing a push-up, crunch or cardio exercise, the instructor has full control of the learning environment and influence (positive or negative) on the students," says Janelle.

RISE is a one-of-a-kind studio that celebrates inspiration, energy and good health no matter what your fitness level. "We adapt and customize our movements to everyone's abilities and pride ourselves on fostering an inclusive environment where all are welcome!" states Janelle. She is quick to point out the success of RISE is more due to their extremely talented fitness leaders that have created excellent connections with clients.

Three times a year, RISE offers a fitness and nutrition challenge called the RISE challenge. It is a 6 to 8-week program that include special classes, meal plans, accountability teams and motivation to help you achieve your goals. During these challenges, clients lose record breaking inches and pounds and develop healthier lifestyle habits. Perfect for those upcoming New Year's resolutions. *You can learn more about the studio at [www.riseglenellyn.com](http://www.riseglenellyn.com).*

Janelle's 2018 Health Advice:

- What is written down, gets done"- write out your health and fitness goals and make them known to others.
- Knowledge is Power" – Learn about food and nutrition. It's amazing what simple changes can do for your health and energy.
- Variety is the Spice of Life" – Change up your workouts on a regular basis to keep your fitness routine exciting and challenging



## Dr. Jennifer Wise, Naperville Synergy Institute

Dr. Jennifer Wise of Naperville has taken her multiple areas of expertise and rolled it into one health and wellness center – The Synergy Institute. Combining her Doctor of Chiropractic, degree in Acupuncture, a unique weight loss plan, and vast knowledge of valuable facial, skin and body contouring services, clients can get an over-all health treatment plan in one facility. “We pride ourselves on our honest approach with our clients regarding appropriate services for their concerns,” says Dr. Wise. “We’ve helped so many people with a wide variety of ailments to look and feel their best.”

The Synergy Institute’s weight loss method is a highly successful program that has not only assisted many with healthy eating habits and lifestyle changes, but has also allowed clients to stop taking medications for an array of health ailments such as diabetes and high blood pressure.

Dr. Wise was first inspired while observing a chiropractor in college and witnessing patients getting better from the treatments. She knew she wanted to have a private practice to do the same. With her clients being able to find solutions to overall internal health with chiropractic work and acupuncture, they can then turn to Synergy’s Med Spa to find external health with the most advanced procedures in facials and skin rejuvenation. *You can learn more about the institute at [www.synergypainrelief.com](http://www.synergypainrelief.com).*

Dr. Wise’s 2018 Health Advice:

- Stretch regularly
- Follow a low-sugar, low carb, adequate protein, high nutrient dense diet
- Maintain spinal health through chiropractic care



## Dr. Rob Gregory, Geneva Longevity Health and Fitness

Dr. Rob Gregory has many solutions for your health and wellness plan this year. As a Certified Strength Coach and Personal Trainer for almost 20 years, a licensed Massage Therapist for 16, a Doctor of Chiropractic and a Master’s Degree in Acupuncture there isn’t much left out for physical fitness. “I use a unique blend of Western and Eastern physical medicine approaches to provide multiple services that improve health and wellness,” says Dr. Gregory. “My services are not just for current injuries, but also for prevention of future issues and post-activity recovery.”

Dr. Gregory lives in Geneva with his wife, Melissa and their two children, Xander (7) and Marrea (2) and is the owner of Geneva’s Longevity Health and Fitness Center, a place to find a whole body and preventative approach to fitness, health and wellness. “I am inspired every time we are able to help a client with complicated health problems to reduce pain and improve their health,” he states. “The combination of health services we provide can really be a successful plan.” *You can learn more about the center at [www.longevityfit.net](http://www.longevityfit.net)*

Dr. Gregory’s 2018 Health Advice:

- Movement is Medicine. We need to keep moving in order to improve physical and mental/emotional health.
- Performing formal gym-style exercises serves as conditioning and practice for everyday activities outside of the gym.
- Keep up with Maintenance Care to prevent problems before they get out of hand.



“WAKE UP WITH DETERMINATION.  
GO TO BED WITH SATISFACTION.”

# 2018 HEALTH GUIDE



## FOCUS ON YOU IN 2018



### Beauty of Phibrows Microblading

BELLA SENSE MED SPA/ELBORNO CENTER—This is the treatment everyone is talking about! The latest and best boldest beauty trend to hit our brows worldwide is known as Microblading.

Put your brow pencils down, you're going to want to hear this from the Phibrow expert. Phibrow Microblading is a manual hand method of permanent cosmetics for your eyebrows which creates extremely fine natural looking hair strokes. The results? Perfectly natural thick, full brows. The pigment is applied with a specific Phibrows tool that is implanted in the skin to transform over-plucked, sparse eyebrows, and no eyebrows, to thick feathery, beautiful bold shapely brows lasting one to three years. It's time to say goodbye to waxing, threading, and brow products and welcome the fabulous work of art called "Phibrow Microblading" —Wasan Ahmad—Phibrow Artist By PhiAcademy [www.elbornocenters.com](http://www.elbornocenters.com)



### It's Indoor Track Time

NAPERVILLE—Did you know that the Naperville Park District's Fort Hill Activity Center has a walk/jog track? With 9 laps to each mile, it's the perfect place to keep up workouts during winter! Track may be used by those ages 12 and up; children ages 7-11 must be accompanied by a guardian. Visit [www.napervilleparks.org/ftac](http://www.napervilleparks.org/ftac) for fees and to learn about other Fort Hill facility amenities and programs.

### Workout with j-fit at the Underground Playground

NAPERVILLE—Join Jen and a small group of people from her new downtown Naperville location for a challenging workout using a unique blend of equipment, body movements and music - from beginner to advanced the workouts never get old! To learn more about drop-in group fitness classes and personal training options, and to book your first session, visit the website at [j-fit.com](http://j-fit.com) or follow j-fit on Facebook and Instagram @jfitnaperville. Mention this ad and your first session is free.  
j-fit • (630) 512-7072 • [jen@j-fit.com](mailto:jen@j-fit.com)





GUEST BLOGGER

## New Year, New You

It's a new year and time to focus on YOU! Here's a list of 10 things for you to pay extra close attention to in 2018. Each will help you along your path to better and healthier YOU. Go get it!

**1. Gut Health** For years, science has proven that your gut is your link to numerous other health issues. From your brain to your mood, your gut controls more than just your digestive system, and it's time we make it a priority. In 2018, take charge of your gut health, with delicious foods, tea, and kombucha, once and for all.

**2. Strength Training** Yes, we love our cardio and will fit a yoga class into our workout schedule, but strength training is really where it's at. According to Pinterest, the term "strength training" was searched 415 percent more this year, and for good reason. It gives you more energy, improves your mood, and can decrease your chances of chronic illness. And you'll be stronger to boot.

**3. Clean Air** Wellness goes far beyond what we eat and how we work out. It's also about everything else we put into our body and that includes the air we breathe. Searches for "air purifier" and "air purifying plants" were up 270 percent on Pinterest, and that will only continue to rise. Create an oxygen oasis with these five indoor plants — they're almost impossible to kill.

**4. Post-Workout Power** You prep for your workout and then you actually survive it — kudos to you! — but what about that post-workout routine? Have you nailed that down yet? The recovery period after a session is just as important, and "post workout stretches" up 105 percent on Pinterest shows that we're not the only ones totally fascinated by the necessary cool down.

**5. Healthier Hair** Co-washing hair became the cool new thing earlier this year, and if you thought it was a passing craze, think again. Searches for "healthy hair tips" are up 219 percent, as we all look for ways to keep our tresses beautiful, manageable, and healthy.

**6. Brighter Skin** We've all been obsessed with finding the best serum to save our skin and with searches for "vitamin C serum" up a whopping 3,379 percent, we're definitely not alone. Prepare to see more serum research coming very, very soon.

**7. Tai Chi** Research has shown that tai chi can reduce stress, help you manage pain and depression, and even lower blood pressure and improve heart health. Long story short: it has many, many benefits, and Pinterest users have searched it 189 percent more, so it's here to stay.

**8. Edible Essential Oils** We've used essential oils in baths and to relieve stress and promote sleep, but Pinterest users really want to know: how can we use it in our meals? Searches for "essential oil food recipes" are up 689 percent and we all want to know how we can bring their benefits to enhance our meals.

**9. Mental Health Days** If you're yet to embrace the idea of a staycation, book one in 2018. "Self care" search terms are up 537 percent and taking care of our mental health — even if it means heading to the nail salon or really taking advantage of your morning tea time — is of utmost importance.

**10. Yoga Wheels** Earlier this year, we learned an incredible secret: yoga wheels can not only improve your practice, but they can also help relieve your back pain. They're a must-add to your gear collection, and Pinterest users agree. Searches for the tool are up 72 percent and don't be surprised if you see them popping up in studios across the country.

Already getting stoked for 2018? Read up on the healthy food trends and upcoming fitness trends you can expect in the year and transform your entire wellness practice.

Contributed by [www.Sporteluxe.com](http://www.Sporteluxe.com). Follow their informative blog today!



SPECIAL HEALTH-FOCUSED EVENTS

## Live. Laugh. Love

### Forest Therapy Walks

Saturdays, January 20-March 24

Experience the healing and wellness promoting effects of Shinrin-yoku, the practice of bathing the senses in the atmosphere of the forest. Take a mindful walk with a Certified Forest Therapy Guide on a trail at the Morton Arboretum as you awaken your senses and reconnect with nature. The walks will visit different locations at the Arboretum and will include a variety of awareness-raising exercises. The sessions will conclude with tea made from edible plants foraged along the trail.

*The Morton Arboretum, Lisle. [www.mortonarb.org](http://www.mortonarb.org)*

### Everyday Ayurveda: 10 Habits That Will Change Your Life

February 16 • 6-8pm & February 17 • 11:30am-12pm

Thousands of years before modern medicine provided scientific evidence for the mind-body connection, the sages of India developed Ayurveda, which continues to be one of the world's most sophisticated and powerful mind-body health systems. More than a mere system of treating illness, Ayurveda is a science of life (Ayur = life, Veda = science or knowledge). It offers a body of wisdom designed to help people stay vibrant and healthy while realizing their full human potential.

Ayurveda is the sister science of yoga and contains ancient wisdom that can improve the quality of your life. It is based on the principles of nature and the rhythms and cycles that govern all life.

Ayurvedic wisdom is practical, easy to understand and is suitable for anyone interested in improving their physical, mental and spiritual health.

#### You Will Learn:

- Theory of Ayurveda
- What Is Your Dosha Type
- The Ayurvedic clock
- Developing A Daily Routine
- Everyday detoxification & Improving Digestion

\$40 price includes Daily Routine Self-Care Kit included with price of workshop (tongue scraper & skin brush). Must register 5 days in advance to receive self-care kit.

*Prana Yoga Center*

*321 Stevens Street, Geneva • (630) 262-9642*

*[www.pranayogacenter.com](http://www.pranayogacenter.com)*

# TIME FOR A CHANGE

*Improve Your Health & Fitness*

WITH THE NAPERVILLE PARK DISTRICT

**\$0 ENROLLMENT**  
\$35/month



*Come Join Us!*

**STARTING JANUARY 2**

1/2/18 - 1/31/18

## FORT HILL FITNESS

A NAPERVILLE PARK DISTRICT FACILITY

- Fitness Center Access
- Indoor Track
- Open Gym
- 40+ Group Exercise Classes weekly including lunchtime express classes
- Reduced rates on childcare and premier fitness classes

**NAPERVILLEPARKS.ORG/FHAC**



EXPERIENCE  
FITNESS DONE  
RIGHT!



**Not a gym, but a community.....**

Try us for 30 days for just \$69 and let us earn your business! Already own a gym membership? Simply show us your gym pass and get our 30 day trial for FREE on us. 30 day trial includes:

- 2 individualized personal training sessions a week in our small group setting
  - Nutritional coaching & cardio programming
- Do it because you deserve it!**

**30 DAY TRIAL**

www.h4-training.com • (630) 244-0536 • hank@h4-training.com  
26W293 Geneva Rd • Wheaton, IL 60187

### FUN AND FIT GROUP CLASSES AND PERSONAL TRAINING



j-fit • (630) 512-7072 • jen@j-fit.com

## CAREER VISION

Considering a Career Change?

Going Back Into the Workforce?

Unhappy at Work?

Career Going Nowhere?



### Make yourself a priority this year!

Our Career Management and Transitions Program is designed for adults and their unique situations. Our team of experienced career consultants can help you achieve your goals and gain job satisfaction.



Call Lynne to jump start your career today!

CAREER VISION

www.careervision.org 630.469.6270



# Health Trends

## Live Your Best Lifestyle

As we follow the health and lifestyle trends going into the new year, it seems besides the ever-changing group exercise classes and cardio machines, there is a lean toward a more complete health plan, inside and out. Stress management, rejuvenation of energy, pain management and feeling balanced are topping the lists. There are several facilities popping up all over the western suburbs to cater to these needs. The following shines a light on just a few of the services that seem to be gaining popularity.

**Floating** – Floating is a sensory deprivation relaxation experience. Individuals will have their own darkened room or pod and lie in 10 inches of skin temperature water that is combined with hundreds of pounds of healing Epsom salts which allows a body to float effortlessly. “It’s the stillness that puts the body into a deep meditative state,” says Lindsay Reinhart, Co-Owner of Annica Float Club in Naperville. “It truly helps with stress management and lowering blood pressure.” This restorative treatment helps clear the mind same as meditation. Many people also use it to enhance creativity and solving problems.

**Infrared Sauna** – As opposed to the traditional sauna, which uses heat to warm the air, which in turn warms your body, an infrared sauna heats your body directly without warming the air around you. This may appeal to those who cannot tolerate the heat of a conventional sauna. The infrared sauna uses infrared rays similar to those given off by the sun and can penetrate directly into your skin to activate sweat glands and cause water molecules in our cells to vibrate and release toxins. The benefits of this therapy include lower blood pressure, boosted immune system, increased metabolism and weight loss, and an improvement in skin appearance.

**Salt Therapy Room/Caves** – In the mid-1800’s, doctors discovered workers in the salt mines in Poland had excellent respiratory health. Researchers have since concluded that the healing properties of the dry salt aerosol helps clear toxins and pollutants in the lungs and nasal passages to help boost the immune system. Leah Jenks, the owner of the Salternative Spa in Geneva explains their unique halotherapy within their salt rooms. “Our halo generator grinds up the salts into tiny particles that you breathe in. It puts you into ‘relaxation response’ which tells your body ‘all is well’ and it can take the time to work on healing.” Sitting in a room inhaling the healing properties of the salt for even 20 to 30 minutes could offer strong benefits.

**Acupuncture** – Ancient Chinese secret? You bet. Acupuncture, a form of Chinese medicine, has been around a very long time, but just recently we are starting to see it pop up in many wellness institutes and spas in conjunction with other therapies. Acupuncture is the use of hair-thin needles to stimulate the central and peripheral nervous systems that trigger the body’s natural healing abilities and the release of certain brain chemicals, such as endorphins. Among other benefits, this therapy can improve the circulatory system, improve digestion, reduce frequency and severity of headaches, lower blood pressure and pain relief. *-Mindy Kyle*



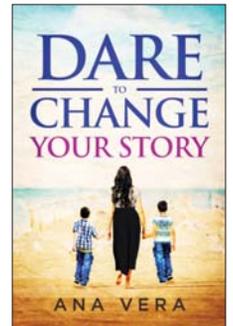
MONTHLY FEATURE

# Literary Local

**Ana Vera**

## DARE TO CHANGE YOUR STORY

Losses and challenges definitely shape Naperville resident and author, Ana Vera’s story, as she feels they do for all of us. When she moved away from her home country, her family life did not end up what she had expected. She has one son with Asperger’s Syndrome and another with autism, and then a husband who was terminally ill. “I became a widow, and I lost everything,” says Ana. “After all I have lived through, though, I take everything life has given me with gratitude and savor the wisdom of each experience.”



Ana has lived in Naperville for ten years with her two sons, and more recently now with her fiancé, Michael. She decided to write about her personal struggles in her book, Dare to Change Your Story, to inspire and comfort other special needs mothers, caregivers and those grieving a loss. It is a story that shows how to transform our problems and overcome challenges to allow us to grow and find our life’s purpose.

“My friends inspired me to write the book,” says Ana. “I also felt a need to work through my emotions during a difficult time in my life and show how I worked through those challenges.”

Dare to Change Your Story can be found in book or kindle format on Amazon. *-Mindy Kyle*



**COMING**  
Mid February 2018

Love & Marriage

- ♥ 10 Local Love Experts to Know
- ♥ How'd They Meet? Couple Share
- ♥ The Modern Marriage

[www.GlancerMagazine.com](http://www.GlancerMagazine.com)

# KID STUFF



Happy New Year! Winter can feel like a very long season and if the kids are experiencing cabin fever, no worries. We've got you covered with this fabulously fun page filled with lots of action-packed things to do. Share this feature with friends online and in social media. Visit us today!  
[www.glancermagazine.com](http://www.glancermagazine.com)

Happy New Year!

## Stay Active at DuPage Children's Museum

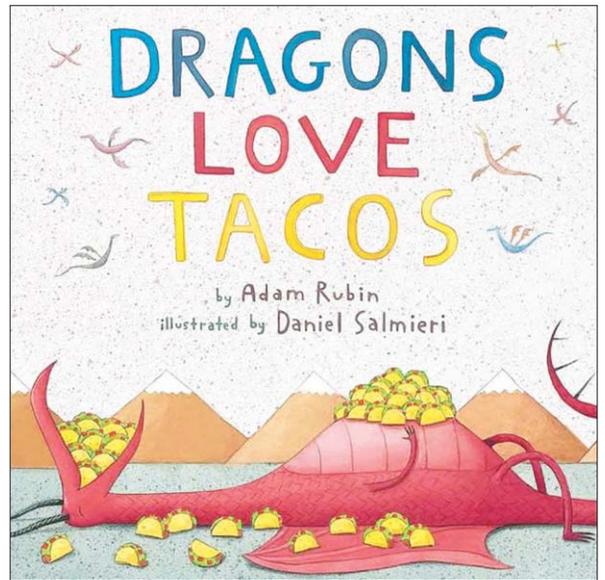
NAPERVILLE—Colder temperatures and shorter days make staying inside tempting during the winter months... but hibernating is not the only option. Keep little ones active with a trip to DuPage Children's Museum! Splash around in AWESome Water, make some noise in Art Is Instrumental, "fly" through the Wind Tunnel, and so much more. Then, refuel in the Museum's new Bean Sprouts Café. The Museum is the perfect place to exercise both body and mind this winter.

[www.dupagechildrens.org](http://www.dupagechildrens.org)  
 (630) 637-8000



## 800ft of Snow Tubing Fun!

Do you have thrill seekers in the fam? If so, they'll have a blast taking an exciting 800-foot ride down Mount Hoy at Blackwell in Warrenville. Mount Hoy opens when there's plenty of snow on the hill, usually 3 or more inches. Only District tubes are allowed. Admission Fee—Adults: \$ 5 Rubber inner tube, \$7 Tube with nylon cover. 9am-4pm (Rentals end at 3:30pm) Saturdays and Sundays through Feb. 26. Plus daily through Jan. 3, Jan. 16 and Feb. 20 Blackwell Forest Preserve, Butterfield Rd., Warrenville  
[www.dupageforest.org/things-to-do/get-outdoors](http://www.dupageforest.org/things-to-do/get-outdoors)



## Dragons Love Tacos

Friday, Feb 2

GLEN ELLYN – The McAninch Arts Center at the College of DuPage is proud to present Dragons Love Tacos on Friday, February 2nd. Based on the popular book by Adam Rubin, Dragons Love Tacos is the charming story of a boy who throws his new dragon friends a spicy salsa taco party only for red-hot trouble to ensue. Theatreworks USA's newest musical revue also features beloved contemporary children's books such as Interrupting Chicken, The Dot, Mercy Watson Goes for a Ride and Cowgirl Kate and Cocoa: School Days. Perfect for ages 3 and up! Visit AtTheMAC.org or call 630-942-4000 for tickets.

ENJOY WINTER FUN!



MONTHLY COLUMN

# Mom's Little Black Book

## CHALLENGE TO THE MAX

Like you, when I'm sitting on my couch watching T.V., I often look at shows like American Ninja Warrior and think to myself – "oh, I could do that one for sure"; and if I was saying it, you certainly know the teenagers in my house were practically shouting it at the television. So we were super excited to check out the new Ultimate Ninjas facility in Naperville which boasts replica equipment from the show.



## Overview

Inspired by the hit television show American Ninja Warrior on NBC, Ultimate Ninjas offers a wide variety of obstacle courses for kids and adults of every age and skill level. They have an agility course, swinging ropes, monkey bars, quintuple steps, climbing and warped walls among other exciting obstacles. There is also find a large gym area for basketball, soccer, floor hockey and dodge ball.

Ultimate Ninjas  
2012 Corporate Lane  
Naperville, IL 60563  
(630) 381-4040  
[www.UltimateNinjas.com](http://www.UltimateNinjas.com)

Hours: 9 a.m. to 7 p.m. Sunday; 3 p.m. to 7 p.m. Monday through Thursday; 3 p.m. to 9 p.m. Friday; 9:30 a.m. to 9 p.m. Saturday

Price \$: \$12 for One-Hour Open Play; \$20 for Two-Hours Open Play; \$25/Hour Classes

## ABOUT THE WRITER

Naperville mom Kristen Kucharski graduated from Illinois State University in 1992 with an International Business Degree. She is married and has two energetic daughters and her house is always full of children. Kristen's column titled, Mom's Little Black Book, is a monthly feature written for moms who are looking for ways to keep their kids busy.



We arrogantly stepped up to the ring swings and trapeze and quickly plopped to the ground and laughed. Wow! So simple was actually quite hard in real life! We next maneuvered our way deeper into the gym and tested our skills at the Salmon Ladder, Cannonball Alley, Devil Steps, Cliff Hanger, Floating Ledges, Cargo Net, and others, finding each one a tad more challenging, yet purely entertaining. They then offered up a prize to for making our way from one side of the rock climbing wall to the other; so, we eagerly thought we had a shoe-in for the win, until we discovered there were no hand grips on the rocks!

Last on our list was the Warped Wall! This was quite possibly our favorite – perhaps because we actually conquered the wall and got to the top to ring the bell! There is indeed a secret to getting to the top, but figuring it out is half the fun!

If you have little ones, there are also open gyms for kids 6+ and coaches are available for spotting and assisting the kids through the course, making this an engaging form of exercise and play for all ages and skill levels.



## ICE FEST

*Downtown Downers Grove*  
February 10, 2018  
Preview Night February 9th

**Fun for the Whole Family!**

Live Carving Friday Night 5:30pm  
Live Carvings All Day Saturday 11am-3pm  
Unique Carvings lining the streets  
Ronald McDonald performing a Magic Show  
The Ice Queen & the Ice Princess Perusing Town  
In Store Promotions

*Downtown Downers Grove*  
[www.downtowndg.org](http://www.downtowndg.org) or 630-725-0991



★ BEST WISHES ★

WISHING YOU A HAPPY NEW YEAR



NONA JO'S

410 W. Fifth Avenue  
Naperville (630) 355-4488  
[www.nonajos.com](http://www.nonajos.com)

**Elder & Special Needs Law**

**Protect Your Loved One's Wealth & Legacy**

**Provide Yourself with Peace of Mind**



Dedicated to making sure your elderly and special needs loved ones are properly cared for now and in the future.



Michael Holy & Carl Schultz  
 Schedule Your Free Consultation Now  
 (630) 286-6777  
[www.holyandschultz.com](http://www.holyandschultz.com)  
 1245 E. Diehl Road, Suite 105, Naperville

**HOLY & SCHULTZ** LLC  
 ATTORNEYS AT LAW



**NEW YOGA STUDIO**

Opening January 1<sup>st</sup>

Located inside WSC. Extensive yoga class offering.  
Call 630.315.5333 to learn more.



[wheatonsportcenter.com](http://wheatonsportcenter.com) 1000 W. Prairie Ave. Wheaton, IL 60187



**michael s. scherer, D.D.S., M.D.**

WHEATON ORAL SURGERY and IMPLANT CENTER

**Are You Someone Who Is Looking for a Life Changing Experience?**

If you have several missing teeth and do not want the hassle that comes along with dentures, then we can help ...

The **All on 4® Treatment** concept is a revolutionary procedure used to help thousands in replacing a full set of teeth. When you walk out of our office, you'll go home with a set of teeth that look and feel like your own.



Michael S. Scherer, D.D.S., M.D., and his team are located in Naperville. Dr. Scherer practices a full scope of oral and maxillofacial surgery with expertise ranging from dental implants to wisdom teeth removal.

[www.wheatonoralsurgery.com](http://www.wheatonoralsurgery.com) • 630.364.2888

**START THE YEAR OFF STRONG**

BURN 500+ CALORIES IN 60 MINUTES\*  
KEEP BURNING CALORIES FOR UP TO 36 HOURS\*  
COACH-LED GROUP WORKOUTS  
HEART RATE-BASED INTERVAL TRAINING  
FOR ALL FITNESS LEVELS

**Orangetheory®**  
KEEP BURNING

TRY A FREE WORKOUT\*\* AT [ORANGETHEORYFITNESS.COM](http://ORANGETHEORYFITNESS.COM)

OTF Glen Ellyn  
862 Roosevelt Rd | Glen Ellyn, IL 60137 | 630.986.6886

**FOR THE MONTH OF JANUARY  
REFER AND RECEIVE A HOODIE\***

\*WHILE SUPPLIES LAST



Orangetheory®, OTF® and other Orangetheory® marks are registered trademarks of Ultimate Fitness Group LLC. ©Copyright 2017 Ultimate Fitness Group LLC and/or its affiliates. \*Visit [orangetheoryfitness.com/terms](http://orangetheoryfitness.com/terms) for additional information. \*\*First-time visitors and local residents only. Certain restrictions apply. \$28 minimum value.

**HOPE PEACE RECOVERY**  
TREATMENT CENTERS

**Medication-Free  
Depression  
Treatment  
that Actually  
Works!**

**800-604-0208**  
**HPRTC.com**

201 East Ogden Ave, Suite 127  
Hinsdale, IL 60521



MONTHLY COLUMN

## To Give, To Inspire

GUEST BLOGGERS

### Pedis-n'-Passports

#### A CHARMING WEEKEND IN WOODSTOCK, VERMONT

It's hard to imagine a place more picture-book New England than the charming shire town of Woodstock, Vermont. Brooke and I had the privilege of spending four beautiful July days here for a most memorable family wedding. Whether you are the skiing-hiking-kayaking outdoorsy type, an avid antiquer, foodie, or wine/ beer connoisseur, Woodstock will fulfill all of your New England fantasies.

I have personally not been to Vermont since I was a child. We used to spend winter weekends skiing at Killington Mountain, a quick and scenic 25 minute drive from Woodstock. Visiting Woodstock, one can certainly ski in the vicinity at Suicide Six. Although the ski area name is intimidating, 30% of their trails are beginner level.

While Woodstock was currently bursting with charming country gardens planted along white picket fences, I could not help but fantasize about the arboreal kaleidoscope that exists during the Autumnal months, or the cozy cup of cocoa in hand while strolling down sparkling snow-covered streets, trees adorned with twinkle lights during winter. No matter the time of year, a trip to Woodstock, Vermont will fill your heart and soul with pure New England charm. National Geographic actually described Woodstock as one of the most beautiful small towns in America.

A stroll around the town begins by walking right out of our front door. No matter where you stay, you will feel like you've traveled into the past, yet this historic quaintness was paired with a contemporary feel—the perfect balance for an east coast weekend getaway. A leisurely morning took us to one of many outdoor cafes for a delicious breakfast.

After breakfast, it was so much fun browsing the shops and galleries, and walking across the covered bridge that spans the Ottauquechee River. An invigorating hike with the bridal party filled our lungs with fresh morning Vermont air.

In the center of town is the village green surrounded by beautiful architecture, from Federal mansions to a Greek-Revival courthouse and a Romanesque-style library. Quaint restaurants, ice cream shops and breweries also line the charming streets.

The majestic mountains and gurgling rivers balanced with New England elegance and history, make Woodstock, Vermont, the ideal escape for an East Coast summer retreat, festive fall excursion or a crackling fireside winter ski lodge getaway.

#### ABOUT THE BLOGGERS

Naperville mom and teacher, Kristen Kainrath and her teen daughter, Brooke, are a mother-daughter travel-blogging team who have always shared an incurable case of wanderlust. Their goal is to inspire girls to follow their passions and appreciate the diversity of our global community. Follow them on their journeys at [www.pedisnpassports.com](http://www.pedisnpassports.com) and watch for their monthly article inside Glancer Magazine in 2017.



#### COMFORT FOR CRITTERS, GLEN ELLYN

In May of 2007, when Linda Kozlowski adopted her kitten from the DuPage County Animal Control Shelter, she felt terrible about all the kitties she couldn't take home that day. She asked the shelter director if she could do anything for the rest of the pets she couldn't adopt. The director suggested she bring in old towels (torn to ¼ size), which they would use to make the pets more comfortable in their enclosures. "This simple request really was a bit emotional for me," says Linda. "I thought about the old towels as their only comfort and felt a tap on my shoulder to do something more."



The rest of the blankets come through headquarters (my home in Glen Ellyn)." The blankets provide comfort for all the different pets that end up at shelters. Linda even tries to top each box with a handful of pet toys, like catnip bundles or braided yarn "pull toys" that are made from leftover materials.

Linda has been an avid knitter and crocheter since her mother taught her as a child, so she asked if she could crochet blankets for the pets. The center was delighted and promised to send the blankets home with the pets when they were adopted, since they would have the shelter smell on them and therefore help the pet adjust to their new family. Thus, the idea for Comfort for Critters was born.

Since their beginning in 2007, the organization has delivered, free of charge, 51,113 blankets to animal shelters across the US and three in Canada. This year they are on track to ship almost 12,000 blankets. "I probably work with 300-400 volunteers total, with a different set helping each month," explains Linda. "Some of them bring their blankets to local shel-

Comfort for Critters is a super-flexible organization, so it is easy for busy individuals to get involved. Blankets can be made when they have time. They can make a few or a few dozen (knit, crocheted, tied-fleece, quilts, etc.). Linda also has a bin outside her front door that is always stocked with bags of yarn for volunteers to use for their projects. If you don't have time or the expertise to make a blanket, they are always grateful to receive donations of yarn and fleece. You can learn more about Comfort for Critters at [www.comfortforcritters.org](http://www.comfortforcritters.org).

#### Mindy's January Giving

**Inspiration:** Visit a local animal shelter with donated supplies (and maybe a blanket).

#### ABOUT THE WRITER

Mindy Kyle is the owner of Be Inspired Studios and is passionate about helping people discover what brings them joy and to live a full, healthy and happy life. She has her Masters in Fine Arts degree in creative writing from DePaul University and lives in Naperville with her husband, three children and the cutest dog in the land.





Charise M. Petrelli, DDS

# gle ellyn

DENTISTRY

Charise M. Petrelli, DDS  
Christopher P. Zwiercan, DDS

**PHILIPS**  
**\$299 ZOOM!** Professional  
In-Office Teeth Whitening  
A \$599 VALUE

Mention Offer Code "GLANCER" for a COMPLIMENTARY set of custom at-home bleaching trays (A \$100 VALUE)



### Specializing in Cosmetic and Restorative Dentistry--

- Velscope Vx Oral Cancer Screenings
- Implant Crowns and Dentures
- Tooth-Colored Fillings
- Veneers, Crowns, Bridges & Dentures
- Professional Teeth Whitening
- Xylitol Oral Health Care Products



### Where You're Treated Like Family--

- We Treat Adults & Children of All Ages
- Friendly & Relaxing Environment
- Paperless/ Environmentally Friendly
- Digital X-Rays (90% Less Radiation)
- Convenient Payment Options
- No-Interest Financing

Find Us on  
**facebook**

www.glenellyndentistry.com  
info@glenellyndentistry.com

577 Pennsylvania Avenue, Suite 100 – Glen Ellyn  
p 630.942.0727 • f 630.942.0136

Conveniently Located in Downtown Glen Ellyn  
Just One Block North of the Metra Station

# THE BEST IN ASSISTED LIVING

## ALDEN Gardens of Waterford

- Award-Winning Chef!
- Complimentary In-Home Companion for 1st 2 Weeks!
- On-Site Medical Services and Equipment!
- Lock In Rates until May 2019!
- Life Enrichment!
- Themed Family Nights!



**Call 630-851-1880 Today!**

1955 Randi Drive | Aurora IL 60504 | 630-851-1880 | www.AldenGardensofWaterford.com



Before

After

## The All on 4® Treatment Concept

Are You Someone Who Is Looking for a Life Changing Experience?

WHEATON ORAL SURGERY & IMPLANT CENTER—If you have several missing teeth and do not want the hassle that comes along with dentures, then this Naperville oral surgery office can help.

The **All on 4®** treatment concept is a revolutionary procedure used to help thousands in replacing a full set of teeth. When you walk out of their office, you'll go home with a set of teeth that look and feel like your own.

Michael S. Scherer, D.D.S., M.D., and his team are located in Naperville. Dr. Scherer practices a full scope of oral and maxillofacial surgery with expertise ranging from dental implants to wisdom teeth removal.

Wheaton Oral Surgery & Implant Center  
2323 Naperville Rd Suite 160, Naperville  
www.wheatonoralsurgery.com • (630) 364-2888

# HEALTHY Family



## Teens and Epilepsy

Teenagers are facing many challenges: the typical burden of schoolwork, sports performance, hormonal changes and the ever-present peer pressure. Adolescents who suffer from seizure disorders (and their parents) find themselves in particularly difficult and emotionally charged situations. It is important for parents to encourage their child to take a more active role in managing his/her condition while helping their teenager navigate through the pressures of high school years. Working with an epilepsy specialist who offers diet modification therapies and medication management, is one of the best ways for adolescents with epilepsy to transition into adulthood with a comprehensive care plan.

Esmeralda Park, MD, a board-certified neurologist/epileptologist with AMITA Health Medical Group who sees patients 12 yo and older in her office in Hinsdale, IL. For more information, call 855.MyAMITA (855.692.6482).



**COMING**  
Early May 2018

## Generations of Girl Power

- Carrying On Traditions
- Girls & their Grandmas
- Mom, Daughter & Granddaughter: Where they Love to Shop Together



## Thermalift Face Tightening Package

Special Intro Price

Just \$69\*

Are you tired of looking tired? Try Thermalift face tightening. It's Hollywood's best kept secret for rejuvenating your face. It minimizes wrinkles, lifts neck and jaw line.

- No Filler or Injections
- Pain Free
- See Immediate Results

\*Thermalift - Introductory Price of \$69 (a \$250 value) for one session of this 45-minute face tightening process. One per person. New clients only. Choose either \$69 introductory offer (Thermalift or Ultrasonic Cavitation).

## Ultrasound Cavitation Package

We are one of a few in the Chicago-land area that offer this body sculpting procedure. A Non-invasive, Pain-free permanent fat reduction that requires no surgery, no anesthesia, so no down time. In one hour see measurable immediate results and go right back to your daily routine. You can target exerciser and diet resistant areas of stubborn fat, so you can reshape your body instantly.

See Immediate & Measurable Results within Just One Hour

- Non-Invasive
- Pain Free Fat Reduction
- No Surgery, No Downtime

Special Intro Price

Just \$69\*

\*Ultrasonic Cavitation - Introductory Price of \$69 (a \$250 value) for one session of three step process: Liposculpt (15 minutes), Ultrasonic Cavitation (15 minutes), and Thermalift (15 minutes) on abdomen. One per person. New clients only. Choose either \$69 introductory offer (Thermalift or Ultrasonic Cavitation).



A to Z Wellness and Body Sculpting  
at Zabrosky Chiropractic  
2009 Warrenville Rd.  
630-515-0001 • www.zchiro.com

New Deliveries Daily



Now Open Sundays 12pm-4pm

**20% Off One Item**



Jeans a Cute Top Shop

3 West Suburban Locations

Downers Grove 5116 Main St. • 630-964-4661  
 Wheaton 210 West Wesley St. • 630-690-5287  
 St. Charles 161 S. First St. • 630-444-0999

Discount Details  
 Valid towards any one full price item. Cannot combine with other coupons or offers. Coupon must be presented at time of purchase. In-store only. Expires 1-30-18

www.jeansandacutetopshop.com | jeansandacutetopshop@sncglobal.net

all things beautiful



ANNIE SLOAN CHALK PAINT

ANNIE SLOAN WORKSHOPS STOCKIST

VELVET GRACE

Bring in this ad for 15% OFF one item  
 Excludes Annie Sloan Products & Workshops



4025 US 34 Oswego 630.636.6570 www.velvetgrace.net



Beautiful



ambre blends

Salon (b)  
 Where Friends Gather

Cut and color services for women, men & children. Offering unique boutique finds, R+Co Products, Moroccan oil & Aquage. Call or book your appointment online today!

20% off First Visit

4151 McCoy Dr. #111 Aurora, IL 60504

630 820 2398 WeRsalonb.com

My 2016 Stats Confirm

My Listings Sell—  
 And Not Under Market!



Original List Price to Sale Price Average = 100.18%

Market Time Average = 9 Days

Christine Thompson *Advantage* Team

630.853.2370 CELL/TEXT  
 ChristineThompsonSellsHomes.com | christine.thompson@bairdwarner.com

TAKE TIME TO relax



LAKEGIRL SINCE 2002

CRÈME DE LA CRÈME 4710-3 MAIN STREET, LISLE 630-968-2500

BOUTIQUE 686 ROOSEVELT, GLEN ELLYN 630-545-1100



# Enriching Retirement

## Convenience and Luxury All In One— Alden Gardens of Waterford Is a Special Place to Call Home

For those who are at retirement age, carefree and convenient living is most important— and being made to feel special day after day can put a smile on anyone's face.

Alden Gardens of Waterford has the right touch when it comes to making its residents feel at home. The award-winning senior living facility offers the opportunity to remain independent while providing the right level of assistance to make life as enjoyable and carefree as possible.

With luxurious accommodations, fine dining and five-star amenities, this local senior living facility combines the comforts of home with the services residents need. Accommodations include studio, one-bedroom or two-bedroom units— each including weekly housekeeping service, cable, Wi-Fi and more. A 24-hour emergency response system is also accessible.

Some of the amenities that set Alden Gardens of Waterford apart include restaurant dining, innovative activities, a Companion Move-In Program, monthly Family Brunch, ice cream parlor and more. With 38 acres of walking paths and 6 ponds that are home to countless beautiful swans, residents marvel at the breathtaking and serene views.

High tea is served daily complete with fresh fruit, scones and more. Residents truly enjoy the five-star dining which includes 4-course meals and unique additions such as Lobster Tails served on New Year's Eve— how fabulous is that?

Alden Gardens of Waterford  
1955 Randi Drive, Aurora • (630) 851-1880  
[www.aldegardensofwaterford.com](http://www.aldegardensofwaterford.com)

## Trusted Elder Law and Special Needs Attorneys

NAPERVILLE—There is nothing more precious than the gift of peace of mind as the future is so uncertain. As members of the renowned Elder-Counsel, Michael C. Holy and Carl M. Schultz are well-versed in cutting-edge information relating to proactive and crisis Elder Law, and Special Needs planning.

Through personal experiences with family and friends, who were hurt by failing to plan ahead, Michael and Carl are dedicated to ensuring your loved ones are protected now and always.

HOLY & SCHULTZ, LLC  
1245 East Diehl Road, Suite 105, Naperville  
(630) 286-6777 • [www.holyandschultz.com](http://www.holyandschultz.com)



## COMING Early February 2018

### LOVING LIFE 60 & Better

- ♥ Retirement: Planning & Preparing
- ♥ Wellness: The Role Family Plays
- ♥ Busy Days: Area Programs for Seniors



## Must-Visit New Business: Salon b

AURORA/NAPERVILLE—Best friends, Ruth Anne Brown and Traci Strait have been apart for years. Traci had moved out of the Midwest and spent the last decade+ in the Southeast, where she transformed her clients in both Atlanta and Florida. During this time, Ruth Anne established herself in the fashion industry and successfully opened two wholesale clothing agencies in Downtown Chicago. In 2016, Traci decided that Chicago-land was her true home and eagerly moved back. It was then that Ruth Anne and Traci put their heads (or hair) together, and decided to combine their expertise, hence these besties became BFF entrepreneurs.

Salon b is a place to gather, relax, shop, and 'b' you."

Salon b • 4151 McCoy Drive, Suite 111, Aurora (Near The Foundry)  
(630) 820-2398 • [www.wersalonb.com](http://www.wersalonb.com)



## Know Your Gifts & Talents

CAREER VISION—It's a new year and a great time to consider giving your student, or friend, the lasting gift of self-knowledge. Knowing one's "gifts", or talents, can help most anyone make wise educational and career choices. The personalized programs at Career Vision are specifically designed for high school and college students, or adults, who are seeking career direction. The new Career Vision programs builds confidence and direction. Career Vision. [www.careervision.org](http://www.careervision.org) (630) 469-6270

## Service With a Smile!



GLEN ELLYN DENTISTRY— Owner, Dr. Charise Petrelli has been practicing dentistry since 2002. She is skilled in all aspects of general and cosmetic dentistry and enjoys treating patients of all ages.

Glen Ellyn Dentistry boasts the latest technological advancements and is completely paperless supporting a greener environment. They only use digital x-rays, which contain 80-90% less radiation than traditional film x-rays. The newly expanded staff, which includes new associate dentist, Dr. Christopher Zwiercan, takes great pride in knowing their patients individually

and treating them like family. Beyond traditional services, Dr. Petrelli offers Velscope Vx Oral Cancer Screenings, Xylitol products which help prevent cavities, Philips ZOOM!, professional teeth whitening options, and a variety of Sonicare electric toothbrushes. Now offering extended hours, contact Glen Ellyn Dentistry today. -Kristen Kucharski

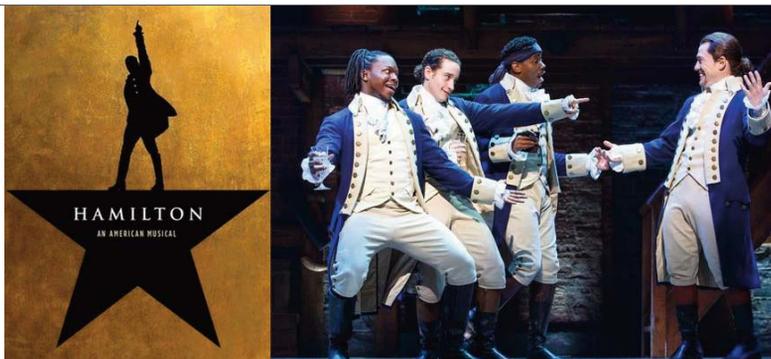
Glen Ellyn Dentistry • 577 Pennsylvania Avenue, Suite 100, Glen Ellyn  
(630) 942-0727 • [www.glenellyndentistry.com](http://www.glenellyndentistry.com)

## Enhancing Beauty for Area Residents

OAK BROOK – Dr. Taek Kim is a U.S. trained, Fellow Diplomat of the American Academy of Cosmetic Surgery, as well as an American Board-certified gynecologist. He combines decades of surgical experience with leading edge technology to provide great results with less downtime through his "awake" procedures. Dr. Kim offers a variety of treatments to help patients enhance their appearance and increase self-confidence. At his leading-edge facility where patient safety, comfort and privacy are top priorities, he performs a range of cosmetic surgery procedures for the face and body, including liposuction, Body-Jet Lipo, Cool Lipo, breast augmentation, tummy tuck, eye lift, fat grafting and more. Dr. Kim is also one of the few physicians in the Chicago area who performs cosmetic gynecology including labiaplasty and vaginal rejuvenation & tightening. Visit online today to learn more.

RCL Surgery • 17W300 22nd Stree, Oakbrook Terrace  
(630) 322-9090 • [www.rclsurgery.com](http://www.rclsurgery.com)





# Center Stage

## WHY SEE HAMILTON?

### CHICAGO'S VERY OWN BROADWAY SENSATION!

If you haven't seen it yet, you might be wondering why it is so popular among your friends and family, and also the winner of 11 Tony awards. Dubbed the biggest Broadway show since *The Book of Mormon*, *Hamilton* is now playing in Chicago, for an open ended run at the CIBC Theatre.

Written by Tony, Grammy and Emmy Award winner Lin-Manuel Miranda, *Hamilton* is a vital piece of American culture, tearing up the musical theatre rulebook with a score that is equal parts Sondheim and Notorious B.I.G., and a cast of ethnically diverse actors in the roles of the Founding Fathers. The story centers on Alexander Hamilton, one of our most important (and colorful) characters, who rose from his humble orphaned beginnings to play a major role in making America the country it is today.

*Hamilton* made its New York debut Off-Broadway at the Public Theater in 2015, where it was met with universal acclaim and was extended three times due to public demand. It lost none of its potency in the subsequent Broadway transfer, with Ben Brantley of the *New York Times* writing it was "changing the language of musicals". In 2016, It was awarded the Pulitzer Prize for Drama and scooped 11 Tony Awards.

## About the Show

One of the Founding Fathers, Alexander Hamilton's story is an extraordinary one. Born out of wedlock in the West Indies, and orphaned by the time he was 11, he arrived in New Jersey in 1772 to begin his grammar school education. From there he played a major role in the American revolutionary war, rising through the ranks to become an aide to George Washington. But that was only the beginning of the great man's story, with the preceding chapters in his life taking in everything from sex scandals, fatal duels and the creation of the American Constitution.

## Did You Know?

*Hamilton* didn't just conquer the stage, it took over the airwaves too! Its Grammy nominated Cast Recording was the highest charting album of its kind since 1963.

## For More Information

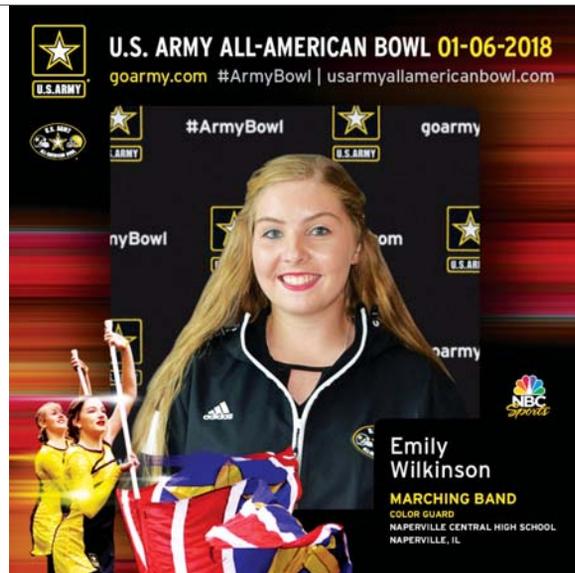
[www.chicago-theater.com/theaters/cibc-theatre/hamilton.php](http://www.chicago-theater.com/theaters/cibc-theatre/hamilton.php)

## DEATH IN DUPAGE

On Display through June 24, 2018

Dig into historic death culture of DuPage County. Explore codes of dress, mourning traditions, and the way death and dying were understood by the people of the past.

From the settlement period, through the Civil War, and into the last years of the Victorian Era, this exhibition invites visitors to take a look at the material culture left behind. *DuPage County Historical Museum, 102 E. Wesley Street, Wheaton*  
[www.dupagehistory.org](http://www.dupagehistory.org)



# Amazing!

## The U.S. Army All-American Marching Band Selects Emily Wilkinson of Naperville Central High School

Emily Wilkinson (Naperville, Illinois, Naperville Central High School) was officially selected as a 2018 U.S. Army All-American during a celebratory selection event at his school, joining an elite group of marching band members who will perform during halftime at the 2018 U.S. Army All-American Bowl Presented by American Family Insurance. Emily is the first student from NCHS to be selected for this honor.

"Being a successful band member not only requires great skill, but also a commitment to teamwork," said Elizabeth F. Wilson, deputy assistant secretary of the Army for marketing. "To be an Army All-American requires students to excel musically and academically, but most importantly, as young people of character. The U.S. Army is proud to honor all of our talented 2018 U.S. Army All-American Marching Band members and commend each of them on their selection to this elite group."

The U.S. Army All-American Marching Band recognizes the top 125 high school senior marching musicians and color guard members from across the country. The All-American Bowl consistently draws an annual crowd upwards of 40,000 to the Alamodome and is the most-watched high school sporting event of each year, with 5.1-million viewers tuning in to last year's broadcast. The Bowl will be nationally televised, live on NBC at 12:00 Noon CST on Saturday, January 6, 2018.

"As the official champion of Dreams, American Family is honored to salute these All-Americans as they work hard to pursue their dreams with the encouragement of family, coaches, friends, and the their communities," said Telisa Yancy, chief marketing officer for American Family Insurance. "These All-Americans embody what American Family Insurance stands for – hard work, inspiration, dedication, and committed support from those around them make any dream achieved possible."

For 18 years, the U.S. Army All-American Bowl has been the nation's premier high school all-star event and football game, serving as the preeminent launching pad for America's future college and NFL stars. Odell Beckham Jr., Andrew Luck, Eric Berry, Tim Tebow, and Sam Darnold are just some who made their national debuts as U.S. Army All-Americans. A total of 351 U.S. Army All-American alumni have been selected in NFL Drafts. Last year's Bowl drew an all-time record crowd of 40,568 to the Alamodome. The U.S. Army All-American Bowl Presented by American Family Insurance is owned and produced by All American Games, a New Jersey-based sports marketing and event management company.

For more information on the U.S. Army All-American Bowl and its related events visit [usarmyallamericanbowl.com](http://usarmyallamericanbowl.com), [goarmy.com/events/aab](http://goarmy.com/events/aab), and [allamericangames.com](http://allamericangames.com). Connect with U.S. Army All-American Marching Band activity at [fb.com/USAAAMB](https://fb.com/USAAAMB), or at the official Twitter (@AllAmericanBand) and Instagram (@allamericanband) accounts.

# Dining

## AND CABARET



## Choose a Healthy Cafe

It's a new year, a time when we start to focus more on health and wellness, getting back into shape and feeling fabulous. As the old adage goes, we are what we eat, so be sure to eat healthy and you'll be feeling happy all year long. Here are two healthy west suburban cafes to help with your mission to eat right in 2018.

### NATURE'S BEST CAFE • Naperville

If you're looking for fresh food that's made daily, you'll love this vegan friendly Naperville eatery that puts healthy choices at the top of it's game. Offering locally sourced produce, many gluten-free options, fresh baked goods and free WiFi, it's no wonder this local gem is loved by many. Located less than a 1/2 mile east off of Route 59 on Brookdale Road, just a little south of Diehl Road, the cafe is a part of the Brookdale Square Shopping Complex. Enjoy! [www.naturesbcafe.com](http://www.naturesbcafe.com)

### EARLY LIGHT CAFE • Geneva

Celebrating its fifth year in Geneva, Early Light Café is an intimate outdoor bistro just off the Fox River Trail beside Mill Race Cyclery. Run, walk, or ride in for a unique assortment of breakfast and lunch sandwiches, snacks, ice cream, fresh-baked gluten-free treats, regular and iced coffee, shakes, fruit smoothies, and other beverages to help you tune-up, refuel, and refresh. Order their most popular menu item, a build-your-own egg sandwich, The Morning Ridec. Open from April through October, weather permitting. [www.earlylightcafe.com](http://www.earlylightcafe.com)



### Naperville Native Offering Delicious Treats Made with Organic Ingredients

SERVING CHICAGO'S WESTERN SUBURBS & BEYOND— ECBG Studio is a cake and pastry shop in Chicago that has been specializing in wedding cakes, decorated cookies and cupcakes since 2011. Owner Erin Martin started the small business in Naperville where she grew up and is

committed to offering delicious treats made with high quality and organic ingredients that are worthy of any celebration. Customize your piece to fit your style and vibe so you can have the most memorable Birthday cake yet! Delivery options are available. [erinstustombakedgoods@gmail.com](mailto:erinstustombakedgoods@gmail.com); [www.ECBGstudio.com](http://www.ECBGstudio.com)



WEST SUBURBAN EDIBLES TO LOVE

## Savory & Sweet Sisters

### Café On The Park

225 N. Cross St. Wheaton

(224) 443-9679 [www.cafeontheparkwheaton.com](http://www.cafeontheparkwheaton.com)

Owner: Pete Leonard Manager: David Rowan

### A CAFÉ WITH A PURPOSE

Sitting with Pete Leonard over-looking Adams Park in Wheaton, the word intentionality kept coming up. Leonard, owner of Café on the Park, shared the journey of how he got to this moment. His love of coffee started at age 12. Years later on a church mission trip to Brazil, watching a man roasting coffee over a fire set him on a mission of his own. To roast coffee the way he liked it. A self-declared techno geek Leonard designed a mechanism to roast coffee on his grill. I Have a Bean coffee was born. Needing more space Leonard set out to open a roasting company. Witnessing someone close to him face employment challenges because of a prison term, he set out to help. Offering post prison people a job, training and a reference enables them to be successful in other endeavors. From that idea Second Chance Coffee Company began.

As popularity of his specialty coffee grew so did the idea of having a café located adjacent to the Wheaton library. Tucked between Adams Park and the library, they make a perfect partnership with patrons being able to have a beverage delivered right to their seat while studying.

Whether it is the fresh baked from scratch daily pastries, the locally sourced 1871 Dairy milk, sauces and syrups made in house, Italian ceramics or the best medium roasted coffee made with beans sourced from the top one percent from the 87 coffee growing regions; Leonard's passion for perfection and his love of quality is evident. Just a few of our favorites are the Roast beast wrap with the in house horseradish cream or the vegetarian croissant with the honey mustard. Our favorite beverages were the Cubano Liso which is a combination of smooth sugar in the raw, cinnamon, and espresso and any Steep it Real tea. Stop by to experience the best cinnamon rolls although they are only available on Sundays. Another sweet sensation is the chocolate chocolate donut with heath toppings.

Café on the Park is an ideal location to get lost in a book or watch the snow fall while sipping exquisite coffee. This café has a purpose as Pete Leonard believes elevating coffee while re dreaming lives—one bean at a time.

**ABOUT THE CRITICS** Stephanie (right) & Tiffany (left) Schmoker are west suburban sisters who have always shared a love for dining out and they also enjoy cooking together. They came from a family of 7 and grew up on farm with fresh fruits, veggies and more. Watch for their review of a different west suburban restaurant in each issue of Glimmer Magazine. Invite them to your eatery at [editorial@glimmermagazine.com](mailto:editorial@glimmermagazine.com).





**REDSTART**  
design • build • live

630.305.8230

[www.redstartconstruction.com](http://www.redstartconstruction.com)

## CREATING BEAUTIFUL INTERIORS FOR OVER 25 YEARS.



- We create the total environment through space planning, lighting, color, fabric, furniture and finishes.
- We coordinate your project from start to finish.
- We work within your budget and timeframe.
- Renew your environment - renew your life!



INTERIOR  
PLANNING &  
DESIGN, INC.



(630) 848-2119  
[interiorplanning.com](http://interiorplanning.com)

## 25% OFF Reupholstery Sale!\*



Roseland makes it easy to breathe new life into your furniture! We'll bring hundreds of fabric samples to your home, professionally measure your piece and leave you with a no-obligation quote! We even provide **FREE** pickup and delivery of your furniture! \*Call us today and we'll discount the labor 25% on all new quotes!

Schedule your **FREE** in-home design consultation:

**630-355-1565** or  
[RoselandDraperies.com](http://RoselandDraperies.com)

Window treatments ~ Reupholstery ~ Bedding ~ Table linens



Celebrate the moments that matter.



[ECBGstudio.com](http://ECBGstudio.com)

## YOUR WEST SUBURBAN SPECIALISTS



**We Get Results!**  
Over \$300 million in career Sales

Call the  
Pickens and Placko Team for a  
successful Real Estate journey.

Holly Pickens 630.253.3428  
Margaret Placko 630.542.6682  
[pickensandplackoteam@bairdwarner.com](mailto:pickensandplackoteam@bairdwarner.com)  
[www.pickensandplackoteam.com](http://www.pickensandplackoteam.com)



# Spotlight On!



## HomeWerks Design Center Invites You In

HOMEWERKS KITCHEN AND BATH— Recognized as a premiere remodeling company, this **10,000 square foot showroom** is truly inspiring. Family owned and operated since 1996, HomeWerks specializes in full service remodeling.

The kitchen and bath displays are interactive, allowing visitors to experience many product features first hand. With the focus of providing high quality products, professional installation and exceptional customer service, HomeWerks has been a welcomed addition to the Naperville community. *HomeWerks Kitchen and Bath • 1154 E. Ogden Avenue, Naperville (866) 265-8895 • www.myhomewerks.com*

## 2016 Designer of Distinction

JOAN KAUFMAN, FASID—Interior Planning & Design helps clients locate products that are healthy for you and the environment. If you are searching for non-toxic products, Joan Kaufman (pictured) and her team can help! Call today for healthy home check consultation. They have a complete line of non-toxic natural wool carpets and pads as well as fabrics and materials that are Level and Green label certified.

*Interior Planning & Design  
(630) 848-2119, www.interiorplanning.com*



## COMING Early March 2018

### Kitchen Dreams

- Before & After Gallery
- Award-Winning Designers
- Spring 2018 Trends
- Modern Necessities
- Unique pgrades

www.GlancerMagazine.com



# LOCAL INFLUENTIAL<sup>®</sup> CHICAGO

## Following In Her Mother's Footsteps, Meet Christine Thompson, Local Real Estate Influencer

*Story by Kristen Kucharski*

A second-generation Realtor who is also an ex-advertising executive, Christine draws on her unique upbringing and experience to deliver a special balance of insight and effectiveness.

"I've been a Realtor® since I was ten years old. My mom was (and still is) a real estate broker," Christine says. "While growing up, I sat at my mom's office after school and did my homework. When a client or potential client walked in, I absorbed it all. I tagged along on tours and open houses. I had no idea I was in training; being a broker is my biological inheritance. You could say it's in my DNA."

Christine values her roots. Her mother experienced great challenges growing up in WWII Germany; yet, she refused to let those incredible hardships get in the way of achieving her dreams as she led the way to becoming a Top Ten Illinois Realtor in the 1980's and proceeded to get her five children through college debt free!

"The challenges I personally come across seem minuscule in comparison to my mother's hardships, so that makes me realize I have the strength to handle any difficulty that comes my way," Christine says.

Because of Christine's upbringing, she knows the importance of being an expert with all technical aspects of the business, but realizes the importance of the emotional side. "I'm the erudite Realtor®, who knows you're human and that's why my work style is so exceptionally client-centered," she says.

"I understand your property represents more than just a place for you to call home —



it's a real-life dream for yourself and for your family." And when it's time to sell, Christine will move heaven and earth (and plenty of furniture) to ensure a seamless experience.

She utilizes target marketing resources that zero in on appropriate buyers with discernment. She has access to a separate, broad reaching INTERNATIONAL MLS system, which expands her homes' exposure beyond a regular MLS posting. The results are excellent; driven by passion.

All of the reasons above are probably why Christine became one of the first recipients of the prestigious Certified Luxury Home Marketing Specialist (CLHMS) designation and maintains her Founder's Club position. You can count on her having all of the certifications and designations that will enable her to exceed your expectations.

"I'm proud of my tangible accomplishments, but the intangibles mean more to me," Christine says. "There really is no feeling like having a happy client; so, at the end of the day, you can rest assured that my passion around this business is second to none."

#### AREAS OF SPECIALTY

Luxury Home Marketing  
CSC, Certified Staging Consultant  
SRS, Seller's Resource Specialist  
ABR, Accredited Buyer's Representative  
CNC, Certified Negotiation Consultant  
BPO, Broker's Price Opinion

#### AWARDS, ACCOLADES, AND ACHIEVEMENTS

- B&W Founder's Club (Top 5% Company Wide, 5yrs)
- Designated Luxury Home Marketing Specialist with Institute of Luxury Home Marketing
- 5-Star Professional in Chicago Magazine for 4yrs
- 8 Total Designations and Certifications

#### BUSINESS LOCATION

Baird & Warner  
863 W. 75th Street  
Naperville, IL 60540  
(630) 853-2370  
christine.thompson@bairdwarner.com

#### MENTORING OUR FUTURE

Mimic the habits of successful people. Get a good mentor in your business and actually implement their advice. Work hard but also work smart so you don't get burned out.

See Complete Profile at  
www.localinfluential-chicago.com



# PATRIOT

Heating & Cooling Services, Inc.

Exceptional Client Service 24/7/365

The Best HVAC  
Company in the  
Western Suburbs!



Call Now! 331-229-0212

## \$4900

\$79 VALUE

COMPREHENSIVE  
FURNACE / AIR  
CONDITIONER CLEAN  
& CHECK

Must present ad  
at time of service.  
Only valid with  
Patriot Heating &  
Cooling Services.



The new degree  
of comfort™



**CHECK OUT OUR WEBSITE  
FOR MONTHLY SPECIALS &  
HOT DEALS!**  
[www.patriothvacservices.net](http://www.patriothvacservices.net)



## From Design to Complete Kitchen



30% Off  
Fieldstone  
Inset  
Cabinetry



Area's Largest Showroom & Selection for  
Cabinets, Countertops, tiles & Flooring

One-Stop Design Center for your Kitchen & Bath

Free Design & Estimate

**Total** Kitchen & Bath  
...for the heart of the home

18 Month  
Free Financing  
*Conditions Apply*

155 S Rohlwing Rd, Addison IL 60101  
(630) 495-2010

[info@totalstonesolutions.com](mailto:info@totalstonesolutions.com)

[www.totalkitchenbath.com](http://www.totalkitchenbath.com)



## The Redstart Story

This award-winning team takes a personal approach with their clients to capture their true design needs. They make it their mission to design homes and spaces that are perfectly suited for their client's individual lifestyle. Redstart's philosophy of excellence, along with their unique vision and innovative designs, sets them apart. It's the Redstart way! Redstart Construction, 109 W. Jefferson Avenue, Naperville (630) 305-8230, [www.redstartconstruction.com](http://www.redstartconstruction.com)

*Home Is Where  
Your story Begins*



## Daylighting Your Home

ROSELAND INTERIORS—Since you know your furniture will take a beating this month, now is the perfect time to schedule a reupholstery consultation and jump start your plan to freshen up your home in 2018!

For that classic piece you've come to love, reupholstery can erase the signs of wear and make it look new. With hundreds of fabrics, brought right to your home, your favorite item can match any decor.

Roseland makes it simple to get started. Email a picture, and they'll email you a price estimate. They're also happy to send their designers to your home, to measure the piece, help you choose fabric and provide you with a firm quote. Email your photo to [Linda@RoselandDraperies.com](mailto:Linda@RoselandDraperies.com) to get started.

Call (630) 355-1565 to schedule your consultation today!  
Roseland Draperies of Naperville.

## Exceptional Client Service 24/7/365

PATRIOT HEATING & COOLING SERVICES, INC.—Satisfaction guaranteed; expert technicians; up-front pricing; awesome warranties; and exceptional service 24/7/365.

It doesn't get better than that! Family owned and operated, Josette and Bill White of Patriot Heating & Services, Inc., keep their focus on doing the right thing at the right time, every time, including ensuring all their technicians are certified, drug screened and back ground checked.

"We offer service, repair or replacement of your furnace and AC," Josette says. "Whether it's a \$100 repair or an \$8,000 replacement, our focus is always providing exceptional client service." Take advantage of the new client comprehensive clean and check of your air conditioner or furnace today for only \$49.00 and you too will experience what it's like to work with the best!  
-Kristen Kucharski

*Patriot Heating and Cooling Services, Inc.*

821 W. State Street Geneva • (331)229-0212, [www.patriothvacservices.net](http://www.patriothvacservices.net)



## All Things Beautiful

VELVET GRACE—This Oswego boutique beautifully combines unique home décor using textures, woods, metals, inspirational art and the perfect amount of sparkle that speaks to the heart and soul. Layered in the shop's décor are unique gifts and personal accessories to treat yourself or someone special. Attention Ladies... check out Velvet Grace's creative classes, perfect for a ladies night out! No artistic ability required- refreshments provided. Velvet Grace, 4025 US 34 Oswego (630) 636-6570, [www.velvetgrace.net](http://www.velvetgrace.net)



## The Pickens & Placko Team

It may be winter, but the Pickens and Placko Team is ready for The Spring Real Estate Market! Are you? Do you think your home needs some updates before you list? Invite them to your home before you spend time and money on improvements because knowing what adds value and what just costs you money is where the Pickens and Placko Team excels! In addition, they will answer all your important questions regarding the process of selling your home. Their attention to details, staging expertise, and progressive marketing plan will give you the competitive edge you need! You'll feel confident selling your home knowing you've prepared by implementing the multi-generational knowledge, experience, and approach these professionals offer. Get ready! Spring is near!

Holly Pickens (630) 253.3428 • Margaret Placko (630) 542.6682

[www.pickensandplackoteam.com](http://www.pickensandplackoteam.com) • [www.pickensandplackoteam@bairdwarner.com](mailto:www.pickensandplackoteam@bairdwarner.com)

# Are you experiencing hair loss?



**Specializing In Womens Hair Loss for Over 15 Years**  
Call for a private consultation.

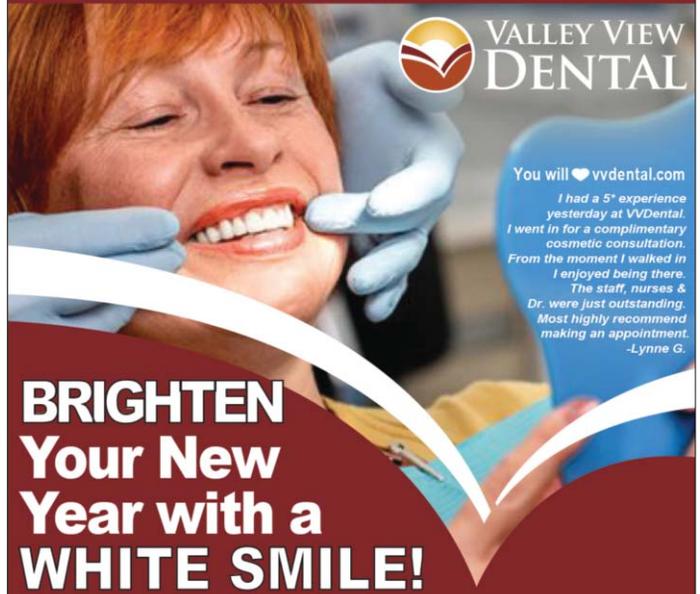


4710 Main St., Suite #4, Lisle  
(630) 493-9300

- Exclusive Licensed CNC Center
- Italian Made Hair Prosthetic
- 3D Printed Technology
- Swim, Shower, Exercise

[www.tubellahairstudio.com](http://www.tubellahairstudio.com)

A FAMILY PRACTICE THAT TREATS YOU LIKE FAMILY™



You will ♥ [vvdental.com](http://vvdental.com)  
I had a 5\* experience yesterday at VVDental. I went in for a complimentary cosmetic consultation. From the moment I walked in I enjoyed being there. The staff, nurses & Dr. were just outstanding. Most highly recommend making an appointment.  
-Lynne G.

## BRIGHTEN Your New Year with a WHITE SMILE!

Make a resolution to focus on your smile and schedule your next dental appointment.

**\$69 NEW PATIENT SPECIAL**  
INCLUDES EXAM, X-RAYS AND ROUTINE CLEANING (IN THE ABSENCE OF GUM DISEASE)  
ADULTS REG \$399 KIDS REG \$175  
CANNOT BE COMBINED WITH OTHER OFFERS  
RESTRICTED TO NEW PATIENTS'S ONLY LIMITED TIME (SOME RESTRICTIONS APPLY)  
2 PER FAMILY AND ONLY 1 PER PERSON EXPIRES 3/31/18 PROMO CODE: BLANCK  
[vvdental.com](http://vvdental.com)



**SAME DAY EMERGENCY DENTAL VISIT GUARANTEED**  
ROMEDEVILLE 815.372.0100 | NAPERVILLE 630.904.5600 | MONTGOMERY 630.923.0900

# The Secret Is Out

The Procedure sweeping The Nation

*Vaginal Rejuvenation*

Vaginal Tightening  
Labiaplasty  
Perineoplasty

Tighten the Vaginal Canal  
Improve Sexual function  
Improve Aesthetic Appearance of Genitalia  
\*\* Gift Certificates Available \*\*

Renaissance Cosmetic Laser and Aesthetic Surgery  
17W300 22nd Street  
Oakbrook Terrace, IL 60181  
630-322-9090

Call for a Complimentary Consultation with Dr. Taek Kim Board Certified Gynecologist

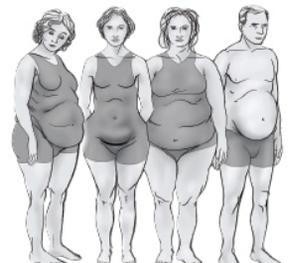


FREE SEMINAR.....DON'T PUT IT OFF ANY LONGER!

## Got Belly Fat?

Hoping you'll someday lose weight? Learn how!

- JAN 23 Aurora Public Library\*  
555 S. Eola Rd. • 7pm-8pm
- JAN 30 Naperville Public Library 95th St.  
3015 Cedar Glade Dr. • 7pm-8pm
- FEB 20 Wheaton Public Library  
225 N. Cross St. • 7pm-8pm



- Learn HOW to burn stomach fat, not merely a few temporary water weight pounds.
- Learn WHY many people EXERCISE with ZERO results.
- Learn WHAT is really behind a resistant metabolism.
- Only 2% of overweight people are successful--FIND OUT WHY!

Space is Limited.  
Call or Email to RSVP  
(630) 505-4040 or  
[Jill@gelbandhealth.com](mailto:Jill@gelbandhealth.com)

Presented by  
The Foundation for Wellness Professionals  
Speaker: Dr. Richard Gelband, DC  
Refreshments Served  
Thyroid Recovery Workshop - Feb 13  
Naperville Public Library 95th St. @ 7pm

\*The Aurora Public Library provides meeting space as a community service. The library neither sponsors nor endorses this event, the speaker(s), or the organization.

# Healthy Body



## The Secrets to Permanent Weight Loss

**GELBAND NATURAL HEALTH & CHIROPRACTIC**

Got belly fat? Hoping you'll someday lose weight? There are natural and effective methods that can dramatically improve your health and well-being.

Join one of Gelband's free workshops in January to discover ways of burning stomach fat, why people exercise with zero results, and what is behind a resistant metabolism. Learn unique, non-invasive ways to restore your health from the inside out. Call today to take your first step on the path to wellness for healing your body, mind and spirit!

Gelband Natural Health & Chiropractic  
603 E. Diehl Rd., Ste 135, Naperville • (630) 505-4040 • [www.gelbandhealth.com](http://www.gelbandhealth.com)

## All About Alopecia

**TUBELLA HAIR STUDIO**—Alopecia is a misunderstood autoimmune condition that includes Alopecia Areata, Alopecia Totalis, or Alopecia Universalis. Nearly 5 million Americans (2% of the population) are affected. The cause is unknown and there is no cure.

Alopecia is highly unpredictable, as hair loss and regrowth can occur at any time. The only positive is that there is new technology to recreate someone's natural hair and scalp and it's available at TuBella Hair Studio in Lisle through their new partner company Cesare Ragazzi. They have developed a 3D printed hair prosthetic. Visit online today for more details! [www.tubellhairstudios.com](http://www.tubellhairstudios.com)



## Welcome to Wellness

**A TO Z WELLNESS AND BODY SCULPTING**

Since 1989, Dr. Adriana Zabrosky has been serving patients by delivering excellent chiropractic care and helping them maintaining a healthy nervous system. "I am so pleased to have had a long relationship with my patients, their family members, their friends and neighbors. I decided to add body-contouring technology to my practice and the results have been terrific! Now, not only do they feel good, but they look good too!" said Dr. Zabrosky.

A to Z Wellness and Body Sculpting  
at Zabrosky Chiropractic • (630) 515-000 • [www.zchiro.com](http://www.zchiro.com)

## Personal Training

**Q** Is breakfast as important as people say?

Yes breakfast is that important for many reasons. Research has shown that those who miss out on breakfast generally eat more later in the day and generally lose less fat. Breakfast ideally would be one of your larger meals during the day. The emphasis should be protein heavy. Eggs any way, smoothies with protein and fruit, steel cut oatmeal with nuts and protein power all are great options. If you workout in the morning that you should eat this type of meal after your workout. If you need something prior to a morning workout go with a bar or a few almonds.

**ABOUT THE WRITER** Hank Ebeling is the Owner and Lead Coach at H4 Training. His training systems have helped countless clients achieve their goals and get into the best shape of their lives. Hank has a Bachelor of Science degree in Kinesiology from University of Nevada-Las Vegas, and is certified by the American College of Sports Medicine. Hank has been in the training industry for 8+ years working on his craft at numerous health clubs and private training studios. With a passion for fitness, he strives to empower his athletes and clients with knowledge so that they may continue to improve throughout their lives.



Photos by Mike Catuara

## Exceeding the Trust & Respect of Patients

**WEST SUBURBAN CHICAGO**—For nearly 20 years, founders, Dr. Paul Singh and Dr. Pradeep Khurana have shared their vision of uncompromising excellence in dentistry by offering superior service and the latest in dental technology, innovation and training.

With three west suburban Valley View Dental locations, it has fast become a preferred dental practice in the area.

Valley View Dental recently opened a location on Route 34 in the Ogden Hill Shopping Center in the Montgomery-Oswego area which offers a modern, comfortable & relaxing environment with enough space for staff to achieve overall productivity. Each exam room is complete with comfortable, soft leather seating, flat screen TVs & free Wi-Fi. The new reception area is equipped with a complimentary beverage station with flavored coffees and hot chocolate.

"Beautiful office, friendly staff. First visit as a new patient, I needed a root canal. They took care of it right away and explained everything from treatment to payments." said Synthia Flynn of Montgomery.

The practice offers general, cosmetic, periodontal, implant and orthodontic procedures, in addition to Invisalign, BOOST Teeth Whitening, CEREC one-day crowns and even same day emergency visits. For a complete list of services visit their website.

As a family practice, Valley View Dental listens to and cares for their patients, just as they do for their own family members—extending the philosophy of family in every treatment, integrated with on-site labs, a large staff of doctors and extended business hours, Valley View Dental meets all your family's needs. Call or visit the location nearest you to discover what Valley View Dental is doing right!

Valley View Dental • [www.vvdental.com](http://www.vvdental.com)  
Located In Naperville, Montgomery & Romeoville

# Healthy Mind

## Introducing a Revolutionary Depression Treatment

**HINSDALE**—HPR Treatment Centers recently brought their revolutionary depression treatment TMS Therapy to Hinsdale. TMS is a non-invasive, medication-free, FDA cleared treatment that uses magnets to stimulate areas of the brain

associated with depression. It is very well tolerated with few if any side effects, and has helped thousands of people achieve long lasting relief from depression.

HPR Treatment Centers • (800) 604-0208 • [www.hprtc.com](http://www.hprtc.com)  
201 East Ogden Ave., Suite 127, Hinsdale





# Spectacular

## FEEL GOOD PROGRAMS IN 2018

We all want to feel our best and even though we might be entering into 2018 feeling pretty good, we may want to enroll in some new programs to help us stay on track throughout the year. From working with a personal trainer and enrolling in an aquatics program, to treating yourself to a monthly massage and doing recurring detox treatments— we have unveiled 7 Spectacular Feel Good Programs In 2018 that we think you'll love!

1.



### 1. CHIROPRACTIC CARE & WEIGHT LOSS AT NAPERVILLE HEALTH CENTER

By integrating chiropractic care with nutrition and weight loss, this local chiropractic office helps you understand your body's capacity for natural healing. Offering 18 steps to wellness while educating you on those steps, they help you lead a lifetime of health. Voted as one of the top Naperville chiropractic practices, verified by Opencare.com Dr. Jeff Rebarcak, Naperville Chiropractor, (630) 820-0800. [www.napervillehealthcenter.com](http://www.napervillehealthcenter.com)

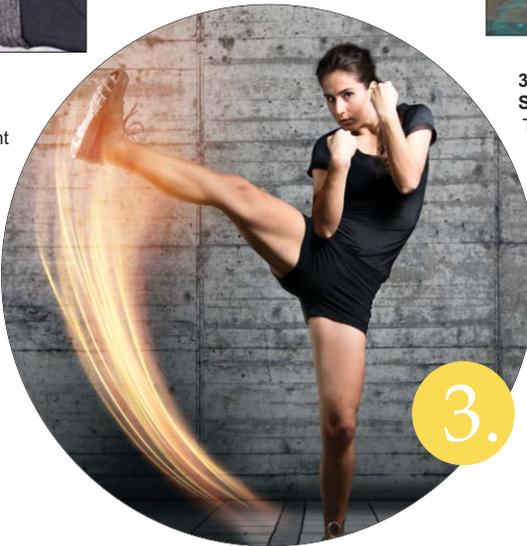
4.

### 4. HEALTH SCREENING & LIFE SCANS AT LIFELINE SCREENING

Be proactive and get screening done before your health starts to diminish. Screens include:

- Carotid Artery Screening (Plaque)
- Peripheral Arterial Disease Screening
- Abdominal Aortic Aneurysm
- Atrial Fibrillation
- Osteoporosis Risk

Visit online to learn more and to schedule a scan in your area. [www.lifelinescreening.com](http://www.lifelinescreening.com)



2.

### 2. GROUP SWIM LESSONS AT HEALTHTRACK FITNESS

This new class group swim class is just for adults and is offered in Intermediate, Advanced and Triathlon training levels. Swimming is so great for your health! Visit online for more details at [www.htsw.net/classes/adult-group-swim-lessons/](http://www.htsw.net/classes/adult-group-swim-lessons/)



3.

### 3. B1 BRAZILIAN JIU-JITSU & SELF DEFENSE CLASSES

The Fundamental Brazilian Jiu Jitsu Program is designed to teach the overall self-defense strategy of Brazilian Jiu-Jitsu as well as ground techniques in a simple and structured manner so that ANYONE can participate, learn, experience and see the results! This will include self defense, ground work, wrestling takedowns and Judo throws. During this time, you will gradually build up your endurance, flexibility, core strength, hip movement, self confidence and most importantly, your Brazilian Jiu Jitsu skills! Check out the many programs today at this Naperville self defense studio. [www.b1bjfitness.com/adult-classes](http://www.b1bjfitness.com/adult-classes)

5.

### 5. THE LIFESTYLE PROGRAM AT HAND & STONE MASSAGE

Getting a massage, a facial, or both on a regular basis is one of the healthiest things you can do for yourself. At Hand and Stone, the Healthy Lifestyle Program is easy and affordable. For just one low price each month, you'll enjoy your choice of a One Hour Massage or a Signature Facial. Available in Naperville. Visit online for more program details. [www.handandstonenapervilleil.com](http://www.handandstonenapervilleil.com)

7.

### 7. EAR CONING AT KORCARE SPA

Ear coning is an age-old cleansing technique used to clear the ear canal of impurities. This treatment is great for blocked ears, earaches, colds and flu, headaches, stress or for those that travel often. A spiral cone and herbal smoke together work to draw out any debris in the ear canal. This is a relaxing, non-invasive treatment that can benefit a wide array of problems related to the head, ears and sinuses. [www.korcarespa.com/services/detox.html](http://www.korcarespa.com/services/detox.html)

6.

### 6. 1-ON-1 PERSONAL TRAINING AT H-4 TRAINING

It's time to take care of #1! This program is best for individuals with very specific needs who require dedicated attention. H-4's sessions focus on the specific goals of each client with workouts tailored to each person. Visit online to learn more and to check out the many other programs available to you. *H4 Training, Wheaton & Geneva locations.*

[www.h4-training.com/services/personal-training/](http://www.h4-training.com/services/personal-training/)





# Chicago CoolSculpting Center



Forever25  
MEDICAL CENTER

**Freeze 25% of Stubborn Fat Away Permanently!**  
**One Treatment • One Hour**  
**No Anesthesia • No Surgery**  
**No Downtime**  
**BETTER THAN LIPOSUCTION**



Up to  
25% Off

**To Schedule Free Consultation Please Contact**  
Dr. Nesreen Suwan at (630) 420-8080 • Forever25.com



Dr. Suwan

# Chicago CoolSculpting Center



BEFORE

12 WEEKS AFTER

Second CoolSculpting\* Session  
Photos courtesy of A. Jay Burns, MD

**Love what you see**  
with our new non-invasive  
treatment to reduce fat under the  
chin and contour the neck.

>> *The #1 non-invasive fat reduction treatment  
can now treat under the chin*

>> *Results in just 1-2 visits*

>> *Requests no needles, surgery, or downtime*



Molly Sims

"CoolSculpting Is Hollywood's  
Best Kept Secret"

**CoolSculpting**  
is partnering with  
celebrity plastic  
surgeon from the  
hit reality TV  
series "Botched"

UP TO 25% OFF  
**CoolSculpting  
Open House**

Call for date  
of open house  
and winter specials  
(630) 420-8080



Forever25  
MEDICAL CENTER



**(630) 420-8080**  
**forever25.com**

Dr. Nesreen Suwan  
Cosmetic and Anti- Aging Specialist



FREEZE 20-25% of  
Stubborn Fat Away in  
One Treatment

No Anesthesia  
No Surgery  
No Down Time

Don't Let Your  
Double Chin Be the  
Single Thing You See

# Glancer

M A G A Z I N E

24 ISSUES ANNUALLY

SUBSCRIBE TO RECEIVE EVERY ISSUE

Naperville • Lisle • Wheaton • Glen Ellyn  
Downers Grove • Hinsdale • St. Charles  
Geneva • Batavia • Sugar Grove • Oswego

[www.GlancerMagazine.com](http://www.GlancerMagazine.com)



# REDSTART

design • build • live

630.305.8230

[www.redstartconstruction.com](http://www.redstartconstruction.com)