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Mid Jan 2018

Vol 16 / Issue 153  
West Suburban Edition  
[www.GlancerMagazine.com](http://www.GlancerMagazine.com)  
Publishing Twice Monthly

NOTES OF  
*Friendship*  
Women Share

## THE 1. Besties ISSUE



INSIDE EVERY ISSUE

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





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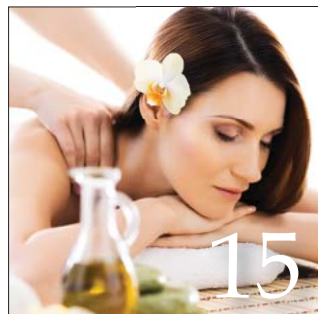
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**West Suburban Edition**  
**JANUARY 2018, Mid Edition | Vol 17**  
**The Besties Issue**  
*Featuring West Suburban Area Best  
Friends, Quotes of Inspiration, Girl's  
Day Out Places, Health Trends & More*

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## TABLE OF CONTENTS

# Mid 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 Best Friends Share Stories  
15 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  
Girl's Day Out Places

# Glancer

M A G A Z I N E

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

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Thank you to the many residents who  
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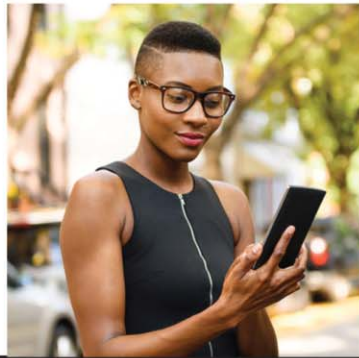
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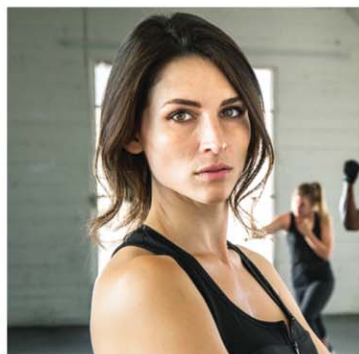
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# Hello!

## THE BESTIES ISSUE

When it comes to having (and being) a best friend I've learned that it's important to spend time together while also understanding that it's OK if days, months or even years may separate us depending on the stages of life we are in. I'm fortunate to be able to call a handful of girls my besties, and even though I wish I could see them more than I do, it makes our time spent together that much more meaningful.

This issue celebrates friendship. As you turn the pages you'll enjoy reading stories about local area women and their best friends, along with inspirational quotes about friendship, fabulous places to celebrate a Girl's Day Out and more. It's beautiful in each and every way – our team of writers and designers loved piecing this one together. We hope you enjoy all that it represents!

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 this issue including *Dream Kitchens*, *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 [lkleivo@glancermagazine.com](mailto:lkleivo@glancermagazine.com) for review.

Wishing you and your besties a fun-filled, meaningful year ahead! Thanks for reading.

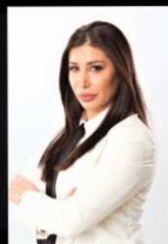
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## WEST SUBURBAN EVENT HIGHLIGHTS

# On the Go

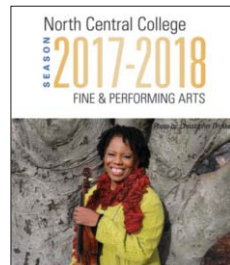
### CHOCOLATE, CHEESE, AND WINE TASTING

**A COMMUNITY EVENT IN GLEN ELLYN • February 2 • 4:30-8pm**

Enjoy an evening of wine, chocolate and cheese tastings from around the world. The admission ticket includes a souvenir wine glass, tastings of over 35 wines, as well as, chocolate and cheese. In addition, local Glen Ellyn restaurants will be showcasing a sample off their menu. Make dinner reservation and pre-order chocolates, cheeses and wines on-site for the Valentine season. All tastings will be available for purchase the day of. A portion of the proceeds is donated to the Glen Ellyn Park District Scholarship program. New this year, the event will be held at Reserve 22 at Village Links.

#### About the Scholarship Fund

The Glen Ellyn Park District recognizes there are community residents who may suffer, at any time, from economic setbacks that might preclude their participation in the Park District programs. For this reason, the Park District established a scholarship fund enabling low income individuals and families to participate in recreational programs. The scholarship fund helps over 150 families annually, right here in Glen Ellyn. In 2016, approximately \$6,000 was raised through events such as "Pumpkins on the Green," the Freedom Four 4-Mile Run, and Afternoon Festivities. [www.glenellynchamber.com](http://www.glenellynchamber.com)



**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](http://northcentralcollege.edu/tickets).

### 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)



### 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. Rated PG-13. [www.paramountaurora.com/events/cabaret/](http://www.paramountaurora.com/events/cabaret/)

### UNMASKING THE FACE OF HOMELESSNESS • January 20

The 3rd annual gala benefiting Lazarus House. Enjoy social hour, silent auctions, games, entertainment, dinner and a live auction. Lazarus House is a 501(c)3 Emergency Shelter, Center for Transitional Living and outreach Program helping our neighbors from St. Charles, Batavia, Geneva, and western rural Kane Country who are homeless or in crisis. *St. Charles Country Club* 1250 Country Club Rd., St. Charles, (630) 587-2144 [www.lazarushouse.net](http://www.lazarushouse.net)



### 22ND ANNUAL INTERNATIONAL FESTIVAL

**February 11 • 8am-5pm**

22nd Annual International Festival: Over 20 educational booths with crafts and activities from all over the world: get a Henna tattoo, make origami, have some tea, learn to paint. Enjoy continuous dance troupes performing dances from Lithuania, India, Poland, Germany, Spanish. *North Central College, Merner Field House, Naperville.*

### THE OLD HOUSE NEW HOUSE HOME SHOW

**February 9-11**

Update, renovate and revitalize home surroundings with The Old House New House Home Show, February 9 - 10 - 11, 2018 at Pheasant Run Resort. The Mega Center and Ballroom will be brimming with displays from 300 award-winning contractors, talented designers, creative craftsmen, national brands and industry innovators. Explore the latest in kitchens, baths, basements, additions, landscaping, interior design, architecture, exteriors, painting, tile, floors and more. Enjoy inspiring daily workshops to spark ideas for spring home improvements. A portion of the ticket proceeds benefits the Habitat for Humanity of Northern Fox Valley. *Pheasant Run Resort, 4051 E. Main Street St. Charles, www.kennedyproductions.com*

### 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)



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WINTER FUN 2018

# 5 Things to Do



## 1. 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.

## 2. CHOCOLATE WEEKEND AT MORTON ARBORETUM

February 10 & 11 • 9am-4pm

Celebrate chocolate and its connection to the natural world at this annual event. Visit, taste, and buy specialty chocolates and treats from a variety of vendors. Yum! [www.mortonarb.org](http://www.mortonarb.org)



## 3. ABBA Mania! January 28 • 8pm

The original tribute from London's West End, ABBA MANIA takes you back in time by recreating one of the world's finest pop groups in a live stage performance. This highly polished and professional production was created in 1999 and played its first shows in 2000. In 2002, ABBA MANIA was invited to perform at London's West End, and played for 18 weeks at the Strand Theatre. The now award-winning show has continued to toured extensively throughout Europe, selling out theatres wherever they perform. *Arcada Theatre*  
St. Charles, (630) 962-7000  
[www.oshows.com](http://www.oshows.com)



## 4. 2018 CHICAGO TRAVEL & ADVENTURE SHOW February 10-11 • Donald E. Stephens Convention Center

Featuring thousands of vacation options, top travel celebrities and new wellness travel offerings. Anyone looking to find, plan and book their next vacation will find thousands of options to explore, destination experts to help them get there and tens of thousands of dollars in savings at the 14th annual Chicago Travel & Adventure Show. You will LOVE this show! It's a blast and fun for the entire family. Taking place February 10-11 at the Donald E. Stephens Convention Center (5555 N. River Rd., Rosemont). [www.TravelShows.com/shows/chicago](http://www.TravelShows.com/shows/chicago)



## 5. CHICAGO BACON BASH 2018 Presented by 97.1FM The Drive Feb 3 • The Drake Hotel • Oak Brook

Dig into a veritable pork-a-palooza of delectable treats! Bacon and pork-inspired dishes from some of the best restaurants and chefs in the Chicagoland area including: Pork & Mindys, Michael Jordan's Restaurant, Katie O' Reilly's Food Carnival, Ronero, Eddie Merlot's, Cupcakes for Courage, Adobe Gilas, Famous Dave's, Lee N' Eddies, Two Fat Guys and more to be announced! Also, plenty of beer, several full bars, and FREE parking. General admission tickets are \$50. [www.eventbrite.com/e/bacon-bash-tickets-40112313008](http://www.eventbrite.com/e/bacon-bash-tickets-40112313008)



# Notes of friendship

## WOMEN SHARE

by Kristen Kucharski  
Photos by Mike Catuara

"ONE OF THE MOST BEAUTIFUL QUALITIES OF TRUE FRIENDSHIP IS TO UNDERSTAND AND TO BE UNDERSTOOD."

-LUCIUS ANNAEUS SENECA

These west suburban women each share a friendship so special and a bond so beautiful. Lifelong friendship is a treasure that is so valuable to the heart, mind and spirit and it the beauty if it should be celebrated always. Enjoy these stories of beautiful friendships built on love, laughter and loyalty.

### *Suzanne Fallon and Jennifer Holloway*

NAPERVILLE— Hailing from Massachusetts and England and having met six years ago through a Naperville Moms Network playdate, Suzanne and Jennifer sum up their relationship with a quote from Shanna Rodriguez, 'the great thing about new friends is that they bring energy to your soul'.

Their friendship makes them feel like giggling teenagers. They have celebrated many milestones together from having babies, Jennifer's 30th, Suzanne's 40th, and the true test of friendship, living together with their husbands and five kids, Suzie (7), Stanley (5), Sam (4), Charlotte (6), and Abigail (7) while Suzanne's family waited for their new home to close.

"Living under the same roof for a week was so much fun and I remember we ate so much froyo and drank a lot of wine," Jennifer laughs. "Not a minute goes by without her making me laugh, cry or even get crazy."

Strangely enough, the two besties are different in so many ways – Jennifer's a tall, tea drinking introvert, and Suzanne is a short, coffee drinking, social butterfly; yet, they cheer each other on in life and consider each their spirit sister.

In Naperville, they love to hang out at the CUBE at Standard Market, Egg Harbor, Starbucks, and especially Hollywood Palms since its dark and no one can see them in their comfy mom clothes. When the kids grow up, they look forward to traveling to the tropics together and relaxing on the beach!

*Photo taken at Standard Market in Naperville. Suzanne is pictured on the left, Jennifer on the right.*





## Patty Wardlow and Wendy Balk

DOWNERS GROVE/WOODRIDGE—The 38 year friendship between Patty and Wendy dates all the way back to kindergarten at Meadowview School in Woodridge. The girls went to the same schools together for next twelve years, and stuck by each other's sides no matter what – like going AWOL at the nearby girl scout camp in elementary school, climbing the fence and dragging their gear home in the middle of the night. “No bugs or latrines for us,” Patty says. “It was totally my idea, but Wendy was a true friend to come with me!”

Wendy recalls the same loyalty from Patty during an outdoor education trip in the fifth grade. “I was scared to do the horse riding activity, so Patty sat out and did something else with me so I wouldn't be alone.”

They describe each other as strong and loyal, giving and selfless, agreeing they are not sisters by blood; but, most certainly sisters by heart, remaining Besties through every stage of life. Although life keeps them busy with travel sports and full time jobs, they enjoy getting together to catch up with a girl's night at home or boating and skiing at their lake houses in the summer. They also enjoy a night out at Emmett's or the Cellar Door in downtown Downers Grove.

As soon as life slowdowns, they foresee a group of their longtime friends building small houses, somewhere warm, in their own mini subdivision called “Bestie Row”.

*Photo taken at the Emmett's in Downers Grove. Wendy is pictured on the left, Patty on the right.*



## Mary Carol Arazan, Mellissa DiCarlo & Kristin Anderson

WHEATON—This Bestie Trio is perfectly described in JK Rowling's, Harry Potter, “Why is it that whenever anything happens, it's always you three?”

Mary Carol, Mellissa, and Kristin have 8 children between them, so their idea of fun can be as simple as a five minute adult conversation without interruption walking the kids to and from school. They all agree that Kristin can also throw some amazing lavish parties, but they most enjoy the simple pleasures of unplanned warm, summer nights sitting in the backyard until the wee hours, sipping kiddie cocktails, and hashing through life together.

“It's so nice having someone to talk to when the going gets tough; and someone to celebrate the good times with as well,” Mary Carol says. “We're all going through this crazy mom thing together and supporting each other.”

The past four years has reminded them that a friend is God's way of proving he doesn't want us to walk alone. “God places people in your life with perfect timing,” Mellissa says. “How comforting it is to know there's someone out there in this big world, who cares about even the little things in your life?”

The ladies enjoy grabbing a quick coffee together, but appreciate the ambience and food at Fire + Wine in Glen Ellyn; the comfy seating and tasty beer at Warren's Ale House in Wheaton; and the great music at Ballydoyles in Downers Grove and Even Flow in Geneva. *Photo taken at Briar Glen School in Wheaton.*

“HOLD A TRUE FRIEND  
WITH BOTH YOUR HANDS.”

—NIGERIAN PROVERB



## Jane Rio and Georgia Koch

GLEN ELLYN—After meeting when they were both members of the Glen Ellyn Junior Woman's Club in 1975, Jane and Georgia have been friends for over 42 years. They have done it all together from having babies only three weeks apart in July 1976, to picking up compost, comforting injured children, attending family weddings, supporting each other through doctor's appointments, and enjoying the benefits of grandchildren.

One moment they may never forget is sitting at the lake while relaxing and appreciating a libation, and having a sudden visit by a snake! As one can only imagine, the years have been filled with vibrant memories while they traveled through town with their 7 boys all together.

They laugh at all the memories and both agree true friendship just happens naturally. "One meets many people, and may call many 'friends'; but, a best friend stands out," Georgia says. "It does not matter time or distance. The connection remains and does not change through good times or bad times."

These two can solve the world's problems (and their own) over a glass of wine or a cup of tea, whether in the comfort of their own homes or out at one of their favorite local places, such as Barone's or Fire + Wine in Glen Ellyn.

No matter what, both know each will always be there for the other. "If I called in the middle of the night and said 'I need you now', she would come, no questions asked. She would just come." *Photo taken at the Glen Oaks Restaurant in Glen Ellyn. Georgia is pictured on the left, Jane on the right.*



## Candice Tinson and Angela Trull

SUGAR GROVE—In 1978, Candice's grandpa worked for Angie's dad at Alexander Lumber in Earlville. He introduced their moms who became best friends. The girls were only 2 and 4 at the time and neither can remember life without the other.

"She stars in so many of my memories; laughing with me in the good times and helping me through the bad," Candice says. "With Angie, there is no back story needed because she knows it all, and advice is never sugar coated."

Angela says that although they may struggle to balance their separate careers and friendship circles to make time for each another, the famous quote by Elizabeth Foley sums up their relationship perfectly: "The most beautiful discovery that true friends can make is that they can grow separately without growing apart."

These ladies have kept childhood promises, such as serving as each other's Maid-of-Honor at their weddings; being at each other's side during child birth; and both currently find solace in free couch therapy session to talk about life's busyness while raising each of their two children, Landon (11), Maya (9), Robbie (7), and Mackenzie (5). When they get the chance to escape, they love to have breakfast at Apple Villa in Batavia and go craft supply shopping at Michaels in North Aurora.

Since Candice and Angela were teens, they envisioned what their future life might look like and have always joked about retiring to houses next door to each other and rocking on the front porch together. *Photo taken at the Sugar Grove Library in Sugar Grove. Angela is pictured on the left, Candice on the right.*

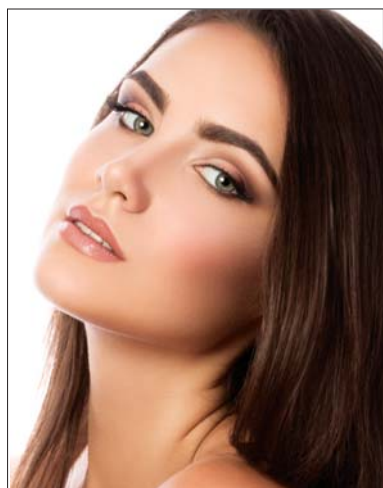
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—HUBERT HUMPHREY



# 2018 HEALTH GUIDE

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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)

### 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 @fitnaperville. Mention this ad and your first session is free.

j-fit • (630) 512-7072 • [jen@j-fit.com](mailto:jen@j-fit.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/fhac](http://www.napervilleparks.org/fhac) for fees and to learn about other Fort Hill facility amenities and programs.





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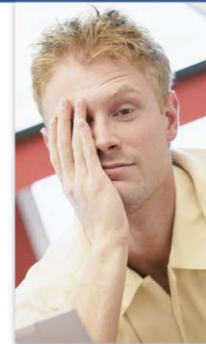


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## Health Trends

### 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 Jenski, 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.

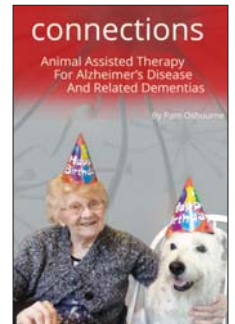


MONTHLY FEATURE

## Literary Local

**Pam Osbourne, Naperville**  
**CONNECTIONS: ANIMAL ASSISTED**  
**THERAPY FOR ALZHEIMER'S**  
**DISEASE AND RELATED DEMENTIAS**

Rufus is Pam Osbourne's therapy dog. Together, they visit hospitals to provide affection and comfort to patients. When Pam's mother was diagnosed with Alzheimer's Disease, it was the connection she had with Rufus that made a light bulb go off for Pam. "My mom was given some functional fitness rehab exercises and Rufus was able to provide motivation by doing the exercises with her," says Pam. "Not only did SHE benefit, but other residents in her community were encouraged by Rufus to move, talk and communicate."



Inspired by what Rufus and her mom accomplished together, Pam was driven to write, *Connections: Animal Assisted Therapy for Alzheimer's Disease and Related Dementias*, a user-friendly guide for Animal Assisted Therapy teams, health care professionals, family members, and caregivers. A major portion of the book is devoted to specific activities that can be used to stimulate cognition, reinforce motor skills and create meaningful interactions. It includes over 40 Animal Assisted Therapy Activities and 150 color photographs. It is set in the context of a sometimes funny, sometimes heart-breaking story line that describes Pam's own personal journey with her mom and Rufus.

*Connections: Animal Assisted Therapy for Alzheimer's Disease and Related Dementias* is available online through Amazon and Barnes and Noble and Pam's website, [pyowpublishing.webs.com](http://pyowpublishing.webs.com). —Mindy Kyle

Know a Local Author? Introduce Us at [editorial@glancermagazine.com](mailto:editorial@glancermagazine.com)



## 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)



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

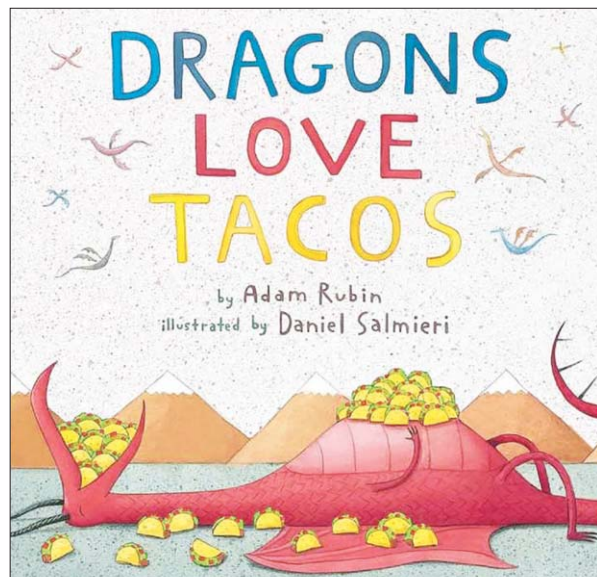


### 800ft of Snow Tubing Fun!

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)

# 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)



### 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](http://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

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.

### 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.





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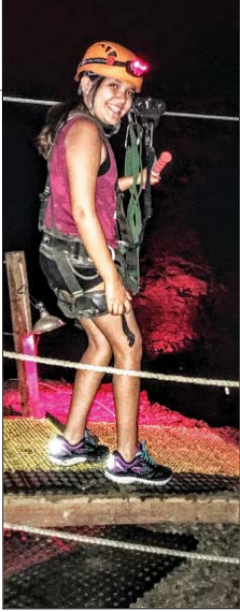
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## GUEST BLOGGERS

# Pedis-n'-Passports

## MEGA FUN AT MEGA CAVERNS

Hi All,

It's Brooke and I am beyond excited to tell you about an epic experience that I had on our drive home from Nashville. We made a pit stop at Mega Caverns in Louisville, Kentucky. My mom didn't tell me much about it, and honestly when we pulled up, I was confused. I knew we were going ziplining, so my eyes were fixed on the treetops. Boy, was I definitely looking in the wrong direction!

At Mega Caverns, you will be ziplining in dark caves a hundred feet beneath the earth's surface! I didn't even realize this was a thing and it is apparently the only one in the entire world! How cool is that?!

Our guides spent a good 20 minutes going over safety instructions and ensuring our equipment was properly in place. The age range of people in our group was 8-year-olds to about 60 year-olds, and there was a mix of people who had never zipped to those who had ample experience. We had two French exchange students with us who had both never zip lined before and were quite apprehensive to say the least. Nevertheless, everyone felt completely safe the entire time. The tour lasted 2 1/2 hours and each second was mind-blowing and blood-tingling!

With our miner's helmets on, we headed deep into the dark caverns after practicing on the bunny zip. There are a total of six ziplines and each one offers something unique. All had incredible scenery. If you are terrified of heights, like my mom, your knees may be a bit weak, because you will definitely be up high, but the guides will make sure to help you muster up the courage to take flight. They are also quite funny and put you at ease.

Thrilling suspension bridges and glowing colorful lights mixed with total darkness and a mysterious aura await you as you zoom across hundreds of feet of cable. You even get to see your shadow as you zip across the gorges. Just being in the cave itself was amazing—hearing the water flowing, seeing the budding stalactites, learning about the history of the caverns—a total exhilarating and one-of-a-kind experience!

Only five hours from Chicago, Mega Caverns is absolutely a must do for your family. Be prepared to say "WOW" a lot!

## 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.



## CELEBRATE DIFFERENCES, OSWEGO

Celebrate Differences started out as a small organization with a goal to offer a support group with families of children with disabilities, but has grown to be so much more. Founder, Rebecca Christiansen, is a mother of fraternal twins, Kyle and Ryan. Ryan was born with Down Syndrome, and she became heavily involved with the Down Syndrome community. "I met so many families who would ask me why I only helped families who had children with Down Syndrome," says Rebecca. "I realized I could help other families and so Celebrate Differences was founded. It has been an amazing ride." Celebrate Differences is an all-inclusive Disability Awareness Center, welcoming all children and their families regardless of age or disability. The organization offers services such as monthly workshops, a resource library, support groups, play groups, and fun family events. It is a community where those with disabilities can celebrate their uniqueness, utilize their gifts and truly be themselves.

One of the organizations goals is to inspire growth in the social skills of their participants. Their MORE program (More Opportunities for Recreation and Employment) is focused on immersing their participants in the local community by having them engage in volunteer and job positions. MORE is focused on several key aspects: health and wellness, improving life skills, improving vocational skills, and community integration.

## MONTHLY COLUMN

# To Give, To Inspire



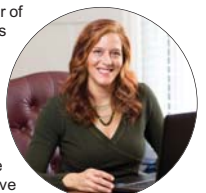
Celebrate Differences has many fundraiser events including a 5K in April, a car show in September, and an upcoming golf outing. However, something they are very excited about is their recently purchased spice shop in Oswego, A Pinch of Happiness. "The store provides the highest quality, freshest and most flavorful spices, teas, extracts and coffee, while providing meaningful employment to those with disabilities," explains Rebecca. "Our workers with disabilities are involved in every aspect of the business from blending, packaging and sales. Our mission touches the hearts of our customers while improving the lives of these individuals like no other business in our community."

To support Celebrate Differences and their mission, be sure to stop into A Pinch of Happiness for a little spice shopping. There is always a need for volunteers in the shop as well as any of their fundraisers and programs. To learn more about Celebrate Differences, visit [www.celebratedifferences.org](http://www.celebratedifferences.org).

Mindy's January Giving Inspiration: Leave a copy of a really good book that you've read in a café for someone else to enjoy.

## 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.







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# 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.

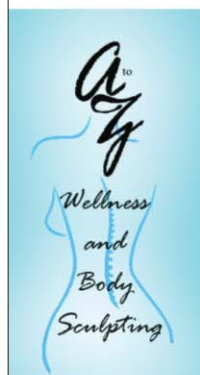
Esmeralda Park, MD, a board-certified neurologist/epileptologist with AMITA Health Medical Group who sees patients 12 yo and older in her office in Hinsdale, IL. For more information, call 855.MyAMITA (855.692.6482).



**COMING**  
Early May 2018

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



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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?

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## 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."

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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

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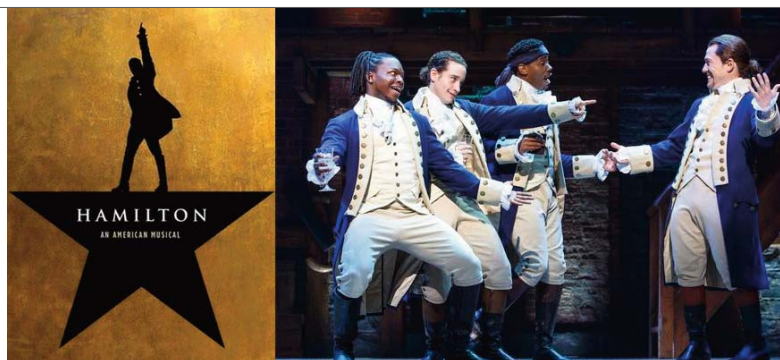
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## Center Stage

### 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

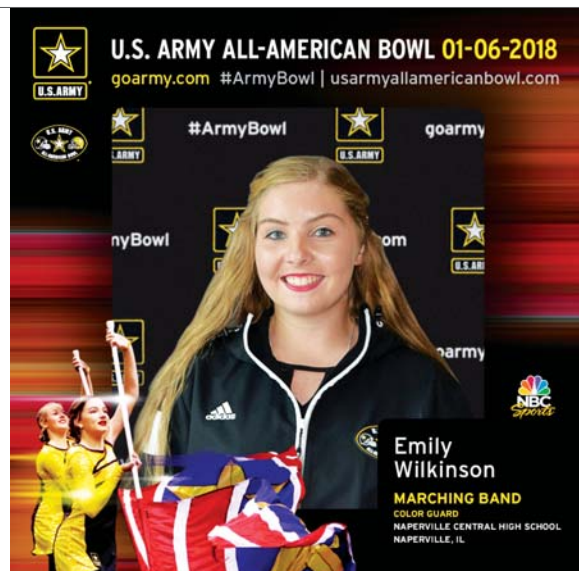
[www.chicago-theater.com/theaters/cibc-theatre/hamilton.php](http://www.chicago-theater.com/theaters/cibc-theatre/hamilton.php)

### 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. [erincustombakedgoods@gmail.com](mailto:erincustombakedgoods@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).







  
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# Spotlight On!



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

### Fol- lowing 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 excellence; 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."

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—Kristen Kucharski

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## 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  
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## 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!

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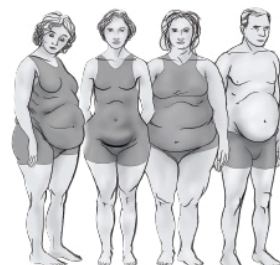
Call for a Complimentary Consultation with Dr. Taek Kim  
Board Certified Gynecologist

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 Synethia 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*





# 7 Spectacular

## GIRLS DAY OUT MUST-VISIT PLACES

After the rush of the holiday season, we KNOW you and your besties are ready for some girl time out on the town, but where to start? We've uncovered some perfect places throughout the western suburbs— from charming and quaint to fun and fabulous— there's a place listed here that will for sure spark that “let's get planning” fire in you and your besties. Enjoy ladies, and be sure to take lots of photos to savor your GDO memory♥

1.



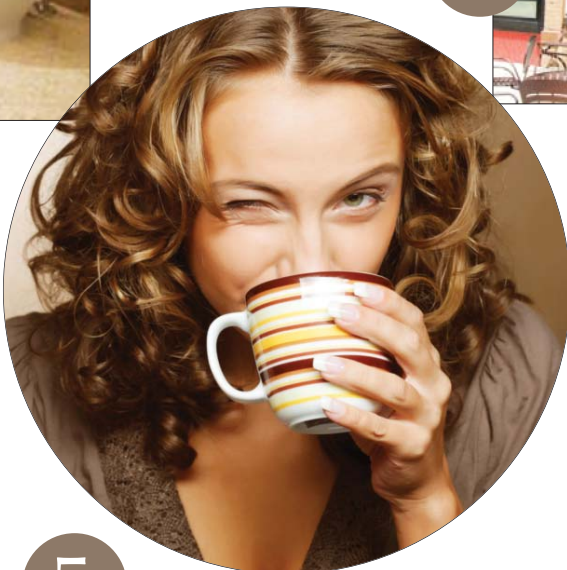
### 1. ARISTA SPA & SALON | Naperville

Artfully designed with attention to the finest details to soothe the body and enrich the soul- this is the perfect place for you and your bestie to relax and unwind. The spa brings together ancient Mediterranean healing with modern innovation, cherished rituals for cleansing and wellness with the best science has to offer your skin, hair and body. All in inspiring surroundings with a staff that is both nurturing and world class. Visit online to choose your spa treatments today. You'll be so happy you did. Located inside Hotel Arista, [www.aristaspasalon.com](http://www.aristaspasalon.com)

### 2. ADIAGO TEAS | Naperville

Plan a trip downtown Naperville to this adorable tea shop & cafe and explore new teas in a one-on-one session with their knowledgeable staff. \$19. Locations also in Chicago and Skokie at Old Orchard Mall. [www.adagio.com](http://www.adagio.com)

2.



3.

### 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. EMERSON CREEK POTTERY AND TEA ROOM | Oswego

Located inside a renovated 100 year old farmhouse, Emerson Creek Pottery Shop offers a wide array of hand crafted gifts and accessories as well as their namesake hand painted pottery. Inside the Tea Room they serve a full lunch menu that can fill even the heartiest appetites! We strive to offer the tastiest dishes, each prepared using the freshest ingredients. Plan a girl's day out in the new year! You'll love it♥ [www.ecreekpotteryandtearoom.com](http://www.ecreekpotteryandtearoom.com)

4.



5.

### 5. KANE COUNTY FLEA MARKET | St. Charles

Dubbed “Best in the Midwest or Anywhere” this is THE. FLEA. MARKET. TO. SHOP. AT. Plan on arriving early and spending the day there. The displays are endless and the selection is amazing. There's something for every gal to love—whether antiques are her thing or upcycled vintage finds, crafts, signs and more. It's amazing! The 2018 season kicks off Mar 3 & 4. [www.kanecountyfleaemarket.com](http://www.kanecountyfleaemarket.com)

6.

### 6. VINTAGE MARKET | Aurora

Offering skin care to help you look and feel your best, this Glen Ellyn studio is the perfect place for your holiday facial. Their Signature Facial is 1 hour, 15 minutes and consists of nurturing and pampering the skin using enzymes, mild exfoliants, light therapy and nourishing ingredients. \$80. Private studio by appointments and referrals only. [www.theskinstudioge.com](http://www.theskinstudioge.com)

7.

### 7. GENEVA COMMONS | Geneva

Plan a shopping day! Park somewhere in the middle and just browse from shop to shop then enjoy lunch together at Bar Louie or Houlihan's – both are scrumptious. Favorite shops include Barnes & Noble, Charming Charlie, COACH, Mac, Victoria's Secret, William Sonoma and more. [www.genevacommons.com](http://www.genevacommons.com)







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Dr. Suwan

## Chicago CoolSculpting Center



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Molly Sims

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