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**Glancer**<sup>®</sup>

M A G A Z I N E

10

Teacher Moms  
who deserve an A+



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PROGRAMS**  
every parent  
should get to know

**SPECIAL  
NEEDS NEWS**  
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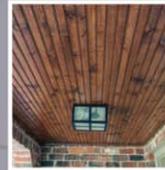
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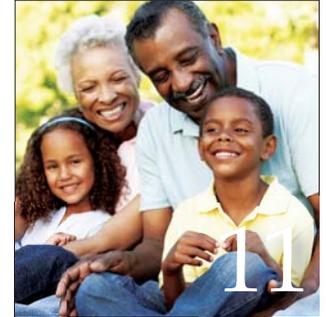
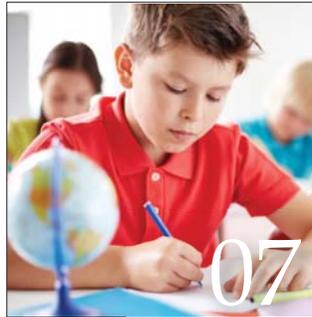
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**West Suburban Edition**  
**SEPTEMBER 2017, Early Edition | Vol 16**  
**Raising Einstein**  
*Honoring Teacher Moms Making a Difference, Back to School & More*

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## Glancer

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**Featuring Local Faces & Places**

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# Hello!

## SCHOOL, TEACHERS, MOMS & MORE

Dubbed our "Back to School" issue, this month we're featuring teachers, school programs, moms, kids and more. But instead of using the cliché term of "Back to School" on our cover, we picked something unique to celebrate our pages—"Raising Einstein"—and the meaning behind it may come as a surprise to you.

Some parents may interpret "Raising Einstein" to mean that this issue focuses on the super intelligent and prodigy-like, but really that is not the case at all. Instead, it focuses on all children, no matter what their academic ability may be, using the term "Einstein" as who they are individually, defined by their own personal goals. And so we invite you to join us in opening your mind to a different perspective when it comes to reading the words "Raising Einstein".



Jaclyn, 2017

As the mom of 3 girls, one with Down Syndrome (pictured), I understand that every child, no matter their academic level, has the ability to reach his or her potential if given the right educational platform and the opportunities needed to succeed. We have decided to mainstream Jaclyn and push for every opportunity possible, and so far she is thriving because of it. Our belief is that no child should be limited, no matter what, and should be given all of the same opportunities as all children.

Because of this, I choose to interpret "Raising Einstein" to mean raising kids to their best ability, encouraging them and giving them the tools that will enable them to use their strengths to help them overcome their weaknesses. That is what this issue is about. This issue is not about pushing kids unrealistically by putting unnecessary pressures on them, but instead about helping them to be their very best. Every child has their very own extra special Einstein-ability. Embrace it!

We hope you love this issue and all that it celebrates. You'll love meeting each Teacher Mom and so much more. Be sure to subscribe online so you don't miss a single issue. Happy #BackToSchool and thanks for reading.

Lindy  
Publishing Director, West Suburban Area  
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WEST SUBURBAN EVENT HIGHLIGHTS

# On the go



**BEST OF THE GENEVA FILM FESTIVAL AT ST. CHARLES 6TH ANNUAL ARTSFEST**  
**Saturday, September 9, St. Charles Public Library**  
 One South 6th Ave., St. Charles  
 Reception 6:00 pm, Screening 7pm • Limited seating, reservations required [www.scpld.org](http://www.scpld.org)

Saturday, September 16, Steel Beam Theater  
 111 W. Main St., St. Charles  
 Screening at 1:00 pm and 3:30 pm • Limited Seating. Refreshments and snacks available. [www.steelbeamtheatre.org](http://www.steelbeamtheatre.org), [www.genevafilmfestival.org](http://www.genevafilmfestival.org)

**SANDWICH FAIR • September 6-10**

Get ready for the 130th Sandwich Fair in Sandwich, Illinois. Located in DeKalb County, it's an exciting destination for all ages. Since the first Fair held in 1888, the fairgrounds have provided the perfect showplace for agricultural exhibits and commercial venues. The 185 acres of well-manicured park-like settings, the charming buildings, and the friendly atmosphere improve with age. Enjoy carnival rides, display booths, a demolition derby and more. [www.sandwichfair.com](http://www.sandwichfair.com)



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OCTOBER 6<sup>TH</sup>, 5-10 PM POLKA PARTY FRIDAY  
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Grab your girlfriends & enjoy a fun day and/or night of shopping & dining Downtown Downers Grove, September 28th, 10am-8pm! Nearly 20 of our unique boutiques and delicious restaurants will open their doors for a night of sales, demonstrations, "tastings" & fun! Check out the latest fall fashions, home décor, gift trends and more, all while supporting a great cause. Our businesses will be donating 10% of the proceeds from Hall Pass purchases to the local participating elementary school PTA's/PTO's/HSA's. *More information as the date gets closer at [www.downtowndg.org](http://www.downtowndg.org).*



**GLEN ELLYN BACKYARD BBQ**  
**September 9**

Start getting excited about the 9th Annual Glen Ellyn Backyard BBQ held in downtown Glen Ellyn. This event benefits Bridge Communities & people love it. [www.glenellynbackyardbbq.org](http://www.glenellynbackyardbbq.org)

**WEED LADIES FALL SALE • September 10**

The Weed Ladies fall sale features creative seasonal floral arrangements with silk and dried florals and the popular dried bouquets. *Naper Settlement, 523 S. Webster St., Naperville. 1-4pm. Free Admission. For more information, call (630) 420-6010. [www.napersettlement.org](http://www.napersettlement.org)*

**WYNONNA & THE BIG NOISE**  
**AT NORTH CENTRAL COLLEGE**  
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Don't miss Wynonna & The Big Noise on Saturday, October 14 at North Central College. Once dubbed by Rolling Stone as "the greatest female country singer since Patsy Cline," Wynonna's rich and commanding voice has sold over 30 million albums worldwide. Five-time Grammy winner and New York Time's best-selling author, Wynonna has received over 60 industry awards, with countless charting singles, including 20 No.1 hits. *For tickets visit [www.northcentralcollege.edu/tickets](http://www.northcentralcollege.edu/tickets).*

**Wynonna & The Big Noise**



**ROARING TWENTIES CASINO NIGHT • October 21**

Join The Downers Grove Junior Woman's Club at "Roaring Twenties Casino Night," on Saturday, October 21. Proceeds from this event will benefit District 99 School Assistance Programming with a focus on providing financial assistance to their local chapter of Operation Snowflake which helps teens make good decisions as it relates to mental health, substance abuse, etc. as well as the Charity Fund of The Downers Grove Junior Woman's Club.

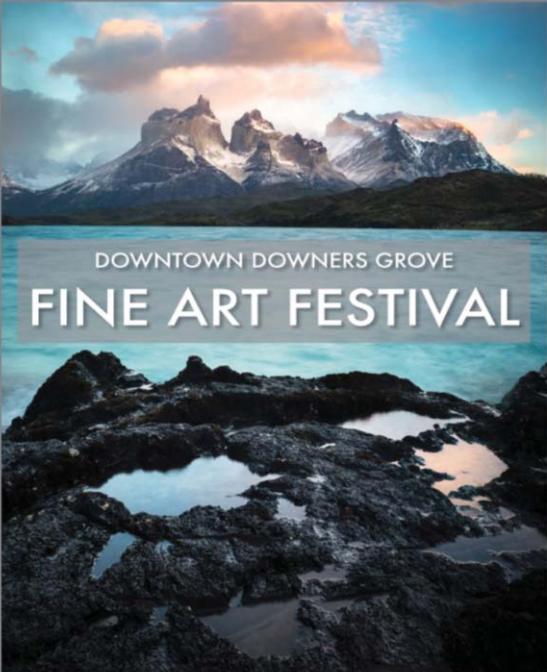
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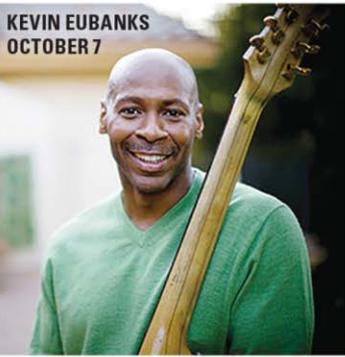
Visit the renovated First Division Museum featuring the new Duty First gallery, updated First in War gallery, redesigned lobby space and, outside, a fully restored tank park. Visitors can encounter, question and form their own views of our military past and present.

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**Downers Grove Sidewalk Sale (Jul 30)**  
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*Photos by Mike Catuara for Glander Magazine*

# scene around

## Suburbia™

You've Been Glanced!



More Event Photos:  
[www.facebook.com/GlanderMagazine](http://www.facebook.com/GlanderMagazine)



**YOU'VE BEEN GLANCED AT....**  
**Shop Local Fair, Elburn (Aug 6)**  
 Glander Magazine was on the scene for this unique event held on a beautiful farm located in Elburn. With over 50 local vendors, cash & carry items and more, this FREE family event was the talk of the western suburbs for weeks following. With over 600 guests shopping, mingling and enjoying the outdoors- it was a fabulous afternoon! Sponsored by Patriot Heating and Cooling Services Inc., Glander Magazine and many more area businesses. *Photos by Mike Catuara for Glander Magazine*



FALL 2017

# 5 Things to Do



## 1. LOVE HEALS EVENTS TO HOLD FUNDRAISER • September 15 • 7pm

Held at Compass Church in Naperville, the evening will include a hair and fashion show, inspirational messages, education, awareness, live music, makeup, choreography, comedy and more. The event will support Eyes and Cancer and Reclaim 13, both bring awareness, education and services to our communities. Featured sponsors to date include: Pivot Point Academy, Paul Mitchell the School, Ulta Beauty, Amber Waves, Zano Salon, Modern Salon Magazine, The Compass Church, Intersog Inc. and Hilton Lisle.

[www.lovehealsevents.com/tickets-donations](http://www.lovehealsevents.com/tickets-donations)

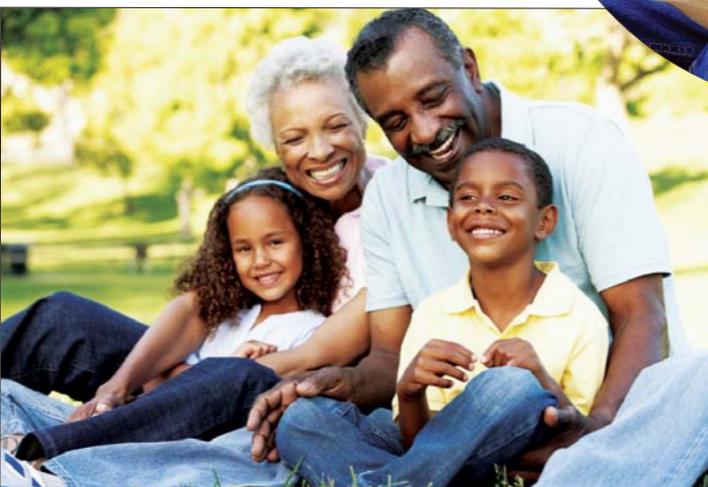
## 2. GIVE CANCER THE BOOT LADIES LUNCHEON October 15 • 11-2pm • Cantigny Park

The inaugural Give Cancer The Boot Luncheon will have raffles, entertainment, prizes and more. Support Cal's Angels and wear your favorite boots to the luncheon. Help stomp out pediatric cancer! Come meet the host Fred, from 103.5 KissFM's 'Fred and Angi' in the morning. Presented by: New York Life. [www.calsangels.org/upcoming-events/](http://www.calsangels.org/upcoming-events/)



## 3. SOUNDS OF THE STREETS Friday, September 1 • Glen Ellyn

On the Friday before Labor Day come join the thousands who simply want to savor the perfect end to summer. Celebrating the end of the summer in Downtown Glen Ellyn will never be better! Come on out to a free LIVE concert on Main Street (between Hillside and Duane) and enjoy bringing your local fare and libations out from Glen Ellyn's restaurants into the street to celebrate summer's finest in Downtown Glen Ellyn. [www.downtownglenellyn.com](http://www.downtownglenellyn.com)



## 4. ST. CHARLES JAZZ WEEKEND September 7-10 • St. Charles

Join the Downtown St. Charles Partnership as they host the 6th Annual St. Charles Jazz Weekend September 7-10. This four-day event coordinates and promotes live free jazz music in 16 different Downtown St. Charles establishments. The venues will host many performances from jazz soloists to quintets that cover a range of jazz styles complementary for their in-house guests. This year, you can enjoy performances by local Chicago musicians Dana Hall, John Wojciechowski, Riley Elmore and Grammy Award winning Saxophonist Frank Catalano. Come enjoy live free jazz for brunch, dinner or late night entertainment! For the Full Jazz Weekend Schedule visit [www.stcjazzweekend.com](http://www.stcjazzweekend.com) or call the partnership at (630) 443-3967.



## 5. GRANDPARENTS WEEKEND September 9 & 10 • Naper Settlement

Make memories and enjoy fun, intergenerational family activities in the historic buildings, including an antique tractor display and a visit from "John Deere" as part of the History Speaks series on Saturday. For National Grandparents Day on Sunday, be inspired to preserve your family artifacts and traditions with information on "Collecting Family Folklore," plus learn about Illinois agriculture from the Future Farmers of America and the DuPage County Farm Bureau. [www.napersettlement.org](http://www.napersettlement.org)



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# 10

# Teacher Moms who deserve an A+

These area moms are dedicated and devoted both at home and at school, where they teach today's youth, giving them the tools to achieve their dreams in life.

## Colleen Stillwagon naperville

Colleen Stillwagon can't remember ever wanting to be anything else but a teacher. She remembers playing school in her basement as a teacher with her stuffed animals and little brother as her students.

She began teaching at Benjamin Middle School in West Chicago, and twenty-one years later, is still a part of the "Benjamin Family". Being a mom and a teacher, Colleen has a great back-and-forth with her children and students. Her kids tell her stories from school and hear what she would do when it comes to teaching, grades and friend conflicts.

Colleen's students sometimes become her advisors. "When my kids are not behaving, I'll ask my students what they think would be a suitable action. They can relate to my stories, and I can relate to them." -MK

by Kristen Kucharski & Mindy Kyle  
Photos by Mike Catura





## Danielle Reuterskiold plano

As a teacher at the non-secular, not-for-profit, Grace Holistic Center for Education in Yorkville, Danielle Reuterskiold had the joy of watching the school grow from the ground-up. She also has the fabulous opportunity to teach in the same school that her three children attend. "I get to see my children grow at school as I peek in their classrooms," says Danielle.

Danielle teaches language arts, history, yoga and meditation for 6th, 7th and 8th graders. Since GHCFE has three grades in one classroom and the classes are small, she has flexibility to be creative with outdoor lessons or a forest recess. The environment also allows her to form longer relationships with her students. "My heart is happy seeing growth in these students over the years they are in my class."  
—MK

## Jennifer Steffen aurora

The daughter of a former Naperville teacher, Jennifer Steffen is walking in her mother's footsteps. Jennifer always knew she liked working with children, but it wasn't until she volunteered with Special Olympics in college that she found her love for working with special needs kids.

"I love seeing the joy on these kids' faces when they've mastered a skill that they've been working on," says Jennifer, who has been in the field of special education for nineteen years and teaching in a self-contained classroom in Naperville's Still Middle School for nine.

To be able to spend more time with her daughter, Leah (8), Jennifer tries to include her. "Some of my daughter's favorite things to do are help me set up the classroom for the year and coming into summer school to say 'hi' to all the kids." —MK



## Meredith Jordan elburn

Meredith has great time-management skills and requires little sleep allowing maximum quality time with her two children Makenna (6) and Jake (4) while working full-time as an Adapted P.E. and Health Education teacher at Metea Valley High School.

Running half-marathons, biking, and living a healthy lifestyle is her way of being an active role model to her students and children. She sets high expectations for both and believes it is her job to provide the necessary tools and learning experiences for them to do so. Meredith is also the spirit sponsor at Metea and coordinates school wide pep assemblies/spirit weeks/mascot/tailgate themes/school dances, while also finding the time to teach at The University of St. Francis. Time management at its finest! —KK



## Allison Thomas geneva

Allison Thomas first started teaching elementary school in Maryland in the 90's. When she moved to Illinois in 2000 and had her third son, she enjoyed life as a stay-at-home mom until 2010, when she was faced with a divorce of a seventeen-year marriage. She took on a full-time job as a paraprofessional while taking many classes and tests to recertify her teaching license to Illinois standards.

"I had to jump through many hoops, and I had many doors close until I was provided the opportunity to teach in St. Charles," says Allison, who will be teaching second grade at Davis Primary for her third year in the district. "I feel this experience has shown my children, if you work hard, you will find what brings you happiness." —MK



## Tina Michaels glen ellyn

After 16 years of instructing Language Arts, Tina has learned the art of engaging today's students with classics like "The Great Gatsby". She loves the complex and curious minds of teenagers; and although Tina plans her curriculum obsessively, she welcomes the unexpected - including hearing various students' insight and analysis of texts and connections to their own lives and society. She prides herself on teaching success in AND out of the classroom, teaching her students to love life and love themselves.

Teaching requires hefty hours of grading, so balancing time at home with her 6-year-old twin sons and 8-year-old daughter is always her biggest challenge. The key to Tina's sanity is regularly practicing vinyasa yoga and having a husband who doubles as a great chef! —KK



## Alysha Glover naperville

Having a background in social work, Alysha attends to her student's social and emotional needs as well as their academic needs. Building relationships effectively allows her to educate 100+ students at Jane Addams Middle School, Benedictine University, University of St. Francis, and College of DuPage.

Alysha sets high expectations for her students and her three children Isabelle (11), Kai (9), and Giuliana (7), expecting manners, respect, and strong communication skills from all. After juggling pupils all day, Alysha is mindful to spend quality time with her kids at home and in their extra-curricular activities, even coaching her daughter's volleyball team.

It has always been important to Alysha that her children are taken care of no matter what the circumstances, and she strives to live by example. —KK

## Kathy Tichelbaut naperville

Raised in a dual language home, Kathy was constantly acquiring new skills while honing her Polish heritage. She perfected her teaching skills early on through hours of playing school with her little brother.

Kathy's high school cheerleading coach and FACS teacher inspired her to pursue these same interests catapulting her career in Senior Foods and Child Development at Neuqua Valley High School for the past 11 years, while simultaneously coaching the varsity cheer team.

Making time to get to know her students and athletes, ensuring she is caring for their many different needs and personalities, is as important as being present and compassionate to her own children, Olivia (3) and Ava (5 months). Kathy values the importance of family, loves the diversity each day brings, and enjoys entertaining with homemade baked goods. -KK



## Autumn Gilchrist sugar grove

Autumn Gilchrist's two little boys, Austin (4) and Jason (2), keep her on her toes, smiling, laughing and patient. She is positive being a mom has shaped her to be a better teacher. A twelve-year veteran educator, Autumn currently teaches Kindergarten at Blackberry Creek Elementary School.

Autumn feels like being a teacher mom is an impossible combination at times. She is fortunate to be surrounded by an amazing village, one she has to rely on when work has to come first. "That's the hard reality," says Autumn. "I often have to put my family second. It's a constant balancing act, but I'm so grateful that my boys will grow to see me doing something I love – being a mom and a teacher!" -MK



## Marianne Leahy bolingbrook

Attitude is everything and that's what has gotten Marianne through her 23 years of teaching Language Arts while raising her sons now 18 and 19 years old. Her secret to balancing work and home life while also serving as Vice President of the IPSD 204 newly formed STEPS PTSA, is never bring papers or projects home to grade. This theory has allowed her to remain active in the community and commit to a healthy lifestyle kayaking, running, hiking, biking, and yoga with her family.

Marianne also volunteers for Special Olympics supporting her son who has Down Syndrome; is a member of Naperville's St. Raphael Church CHRP women's retreat planning group, and supports her passion for reading while relaxing in her hammock! -KK



# KID STUFF

Fall is such a fun time for kids! With back to school excitement, autumn traditions, Halloween and more, let us help make the season that much more fun. Featuring high-energy events and activities, filled with F-U-N! Share this feature with friends online and in social media. Visit us today! [www.glancermagazine.com](http://www.glancermagazine.com)



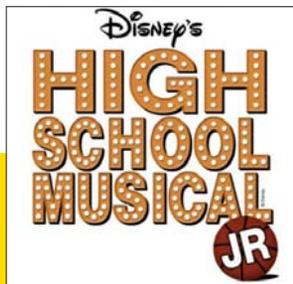
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## Town Square Kids Day Off On Columbus Day In Wheaton

WHEATON— Columbus Day - October 9th, 11am-1pm Hang out at Town Square Wheaton with the kids while school is out on Columbus Day. FREE Magic Show, Face-painter, Balloon Artistry, Pumpkin Decorating, Games & Prizes and Store Discounts. Bring a healthy, non-perishable food item to benefit the People's Resource Center Stuff-A-Truck program.



## High School Musical Jr. Auditions Hosted by Steel Beam Theatre

ST. CHARLES—Steel Beam Theatre is hosting auditions for their NEW Youth Program: High School Musical Jr. on Wed. September 13 (Performances: Nov 11-19). Ages 8-18. Contact Steel-BeamYouthT@gmail.com to sign up for an audition slot. 111 W. Main St., St. Charles, [www.steelbeamtheatre.org](http://www.steelbeamtheatre.org)

AUDITIONS SLOTS: Group A: 5-5:30pm Group B: 5:30-6pm  
Group C: 6-6:30pm Group D: 6:30-7pm  
Group E: 7-7:30pm Group F: 7:30-8pm



## Play, Learn & Have a Blast at DuPage Children's Museum

NAPERVILLE—Feel the force of wind on your body, and don capes to "fly" in pretend play through the Wind Tunnel in AWESome Air. Get energized in AWESome Electricity. Hear the bubbling of the lazy river at the Stream Table in AWESome Water and splash until your heart's content. Play, learn, and have a blast, at DuPage Children's Museum where every visit is a new adventure. Please note: the Museum is closed September 4-15 for annual maintenance. [www.dupagechildrens.org](http://www.dupagechildrens.org), (630) 637-8000



## Building Grit, Self Discipline & Confidence with Kumon

KUMON—According to University of Pennsylvania psychologist and MacArthur 'genius' Angela Duckworth, grit, defined as a child's "perseverance and passion for long-term goals," is a better indica-

tor of future earnings and happiness than either IQ or talent. How do we teach our kids to push themselves? What can we do to help our kids be receptive to these tough lessons? One of the best ideas, according to Duckworth, is to implement a "Hard Thing Rule," which says that every member of the family has to be working on something difficult at any given time. Each person can choose his or her "thing" but it should require "deliberate practice daily." And everyone has to stick with that activity for a set period of time. No one is allowed to quit because things seem too hard. The idea is to teach kids to commit to something and work hard. The learning process is not always fun, and improvement does not come without effort. The Kumon Method is designed to improve confidence, study habits, discipline, and their problem solving and critical thinking skills which are so important in life. Consistently ranked as Kumon's top instructor Nationally, Ms. Bhamini Makwana has been developing Grit and Confidence in students for last 17 years! Come see how their dynamic team can help your child succeed at Kumon of Naperville South (95 & Rt. 59) and Kumon of Aurora S.E (Eola & Ogden) at (630)-926-8538 or visit [www.grittychild.com](http://www.grittychild.com). Mention GLANCER & Save \$25



MONTHLY FEATURE

# Literary Local

## Calvin Reed GOLDFISH ARE LEMONY COMIC BOOK

Calvin Reed from St. Charles has been illustrating digital comics on his daily comic strip blog for the past three years. With selected comics from his 2015 and 2016 blogs, he has been able to publish a Daily Comic Book titled, Goldfish are Lemony. This is his first comic book, and he has all intentions to create a second. The great thing for Calvin is, if he would like to create several comic books, time is on his side. Calvin is only 9-years old!



Goldfish are Lemony is a collection of Calvin and his father's favorite comics depicting the hilarious view of the world from the perspective of two cats, their owners and an extended family of characters. The book contains 130 comic strips, included the full original version from his Home Alone series from early 2016.

"I was inspired by other comic creators, such as Bill Watterson of Calvin and Hobbes," says Calvin. "I come up with my ideas and draw while I'm at home in my room." Calvin doesn't currently own a cat, but Garfield was one of his favorite comic characters. It is also one of his favorite animals, so he wanted to create Leo the cat as his main character.

Calvin lives with his parents, David and Rheanna Reed who have lived in St. Charles for eleven years. He also spends free time playing piano and viola and traveling with his family.

Goldfish are Lemony can be found on Amazon.com and Createspace.com. You can visit Calvin's current comics on his blog spot, [www.dailycomicstrip.blogspot.com](http://www.dailycomicstrip.blogspot.com). —Mindy Kyle

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## Parents: Who Are You Sending Back to School?

LEARNING RX— Which of these best describes your child as you send them back to school:

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**Distracted and Inconsistent** - Are there tools to help them focus and learn?

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Lori Bloomfield, Center Director (Pictured)  
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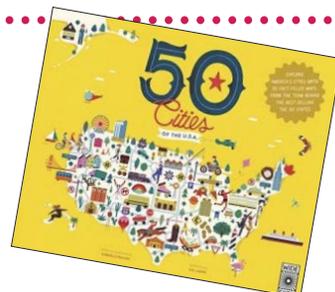
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Career Vision builds confidence, motivation.  
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## New Book Celebrates Fun!

CHICAGO—50 Cities of the U.S.A. shares what's best about Chicago with kids! A fun book filled with lots of fun facts about Chicago like "Ray Kroc opened the first McDonald's franchise here in 1955; it's now the McDonald's #1 Store Museum." and more. The book also shows kids tons of things to do in the area as featured in "A Day in Chicago." Find it at your favorite bookshop today!



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## SPECIAL NEEDS NEWS

# Inclusion Counts



### The Value of Inclusive Education

Around the world, children are excluded from schools where they belong, such as their neighborhood school, because of their disability. But every child has the right to be supported by their parents and community to grow, learn, and develop in the early years, and, upon reaching school age, to go to school and be welcomed and included by teachers, peers and siblings. When all children, regardless of their differences, are educated together, everyone benefits—this is the cornerstone of inclusive education.

#### What is inclusive education?

Inclusive education means different and diverse students learning side by side in the same classroom. They enjoy field trips and after-school activities together. They participate in student government together. And they attend the same sports meets and plays. Inclusive education values diversity and the unique contributions each student brings to the classroom. In a truly inclusive setting, every child feels safe and has a sense of belonging. Students and their parents participate in setting learning goals and take part in decisions that affect them. And school staff have the training, support, flexibility, and resources to nurture, encourage, and respond to the needs of all students.

#### Why is inclusive education important?

Inclusive systems provide a better quality education for all children and are instrumental in changing discriminatory attitudes. Schools provide the context for a child's first relationship with the world outside their families, enabling the development of social relationships and interactions. Respect and understanding grow when students of diverse abilities and backgrounds play, socialize, and learn together.

Education that excludes and segregates perpetuates discrimination against traditionally marginalized groups. When education is more inclusive, so are concepts of civic participation, employment, and community life. Promote inclusion in your school district. [www.opensocietyfoundations.org](http://www.opensocietyfoundations.org)



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MONTHLY COLUMN

# Mom's Little Black Book

## SEGWAY IN THE SUBURBS

I love Chicago but can do without the traffic and parking fees or having to depend on a train schedule on days when I just want to have a little fun for a couple hours; so, it was so awesome to find city fun right here in the west suburbs! With plenty of Segway tour option times available at Oswego Segway, even my husband was excited that he could come too without having to worry about travel time to do a simple couple hour tour.



At the end of our tour, Chris let us free play on the Hudson Bridge. We loved flying around the roundabout circle and simply horsing around safely on the Segway - simply enjoying the evening.

The best part is - they are open year-round, so any time is a good time to Segway in the Suburbs!

### Overview

Enjoy the Fox River Trail that runs along the routes of historic railroad lines and take in the taste of nature preserves and charming towns and villages while cruising on a Segway.

Oswego Segway  
57 S. Main Street, Oswego  
(630) 636-6209  
www.OswegoSegway.com

**Hours:** 10 a.m. to 6 p.m. Tuesday through Friday; 10 a.m. to 3 p.m. Saturday; 9 a.m. to 3 p.m. Sunday (Open Year-Round; Tour Times change by season)

**Price \$:** \$30 for 1.5 Hour Tour plus \$2 Park Maintenance Fee

### 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 all followed Chris through Hudson Park and onto Fox River Trail which ran along the Fox River. Beautiful - simply beautiful, as we went over bridges and enjoyed the scenery as much as the cool cruising vehicle we were riding upon.

Along the way there were some secrets and surprises that only those that go on the tour will ever know! Let's just say, we all thoroughly enjoyed the impromptu entertainment and the teens were like little kids playing tag in the meadows again!

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MONTHLY COLUMN

# To Give, To Inspire

## MEYER WEALTH ADVISORS IN AURORA, IL

Last spring, East Aurora High School alumni, Jack Meyer (1971) and his business partner, Craig Anderson, watched the school's 2017 graduating class accept their diplomas.

The two owners of Meyer Wealth Advisors, an Aurora-based wealth consulting firm, proudly took the stage to award two \$500 scholarships to new EAHS graduates, Oscar Zepeda and Jonathan Ojeda.

"With these scholarships, we are interested in people who are going into the business field, show some interest in coming back to Aurora and become impactful and influential in the business community," says Jack. "We want to help these kids get started with their careers just as people did for me 45 years ago."

Meyer Wealth Advisors is located on Aurora's west side, and as Aurora natives, they have a giving philosophy centered on giving back to the people of their community so that together, they can work to grow and improve the city. "Our job is to help individuals create and maintain wealth," states Jack. "Over the years, we have seen these clients not only improve their lifestyle, but also give back to the community to give a helping hand to others."

The entire Meyer Wealth staff is born and raised in Aurora and educated at either East or West Aurora High School. The company reached out to Waubensee Community College's Upward Bound Program, a college completion program based at the Aurora High Schools. The program gives first-generation, low-income high school students the motivation and support necessary to go to col-



lege. Scholarships such as the ones Meyer Wealth Advisors provided motivates students to see the opportunities available to them for continuing their education.

Along with the application process, the students wrote essays. Zepeda, whose family came from Mexico, described how he viewed his family as role models and how his father started his own business. Ojeda, whose family also comes from Mexico, envisioned himself helping his family, especially after his father's death in 2014.

"By lending a hand to help these students succeed, we hope one day they will pay it forward," explains Jack. Meyer Wealth plans on continuing the scholarship program not only at East Aurora High School but also next year at West Aurora High School, Craig's alma mater.

**Mindy's September Giving Inspiration:** The next time you have a particularly good waiter/waitress, give an over-generous tip. This may be how they make their living or how they are paying for their schooling.

## 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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RECURRING FEATURE

*Tasty Places*

**ABBY'S BREAKFAST AND LUNCH NAMED ONE OF THE TOP 10 LUNCH PLACES IN ILLINOIS**

CHICAGO – Best Things Illinois.com, powered by American Towns Media has named St. Charles's Abby's Breakfast and Lunch one of 10 best lunch spots in Illinois.

The mention characterizes Abby's as a "quiet, cozy place to have lunch in the St. Charles area," accenting the features and benefit of its recent expansion and remodel. Also highlighted was the quality of Abby's breakfast dishes and uniqueness in the plethora of lunch items. Founded in the spring of 2015, by owner Rob Mondy, Abby's provides a provocative twist on fresh, home-style breakfast and lunch each day of the week. The restaurant also features a drink menu of handcrafted cocktails, craft beer, and specialty drinks.

As business for the restaurant grew, Mondy made a move in the fall of 2016 to expand Abby's Breakfast and Lunch, doubling the seating capacity as well as the size of its kitchen. Mondy says, "This new, upscale layout and welcoming atmosphere is perfect to host your private party or special evening event. We offer catering, too! To learn more about our services, give us a call."

The GSCCVB is funded by the Illinois Office of Tourism and a portion of the hotel/motel tax collected by the City of St. Charles hotels to promote the Greater St. Charles area as a destination for leisure tourists, conventions, sports events, and meetings. For additional information regarding the bureau's marketing and sales activities, contact the bureau at (630) 377-6161 or [www.visitstcharles.com](http://www.visitstcharles.com).



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# Dining

## CABARET



FOR WEST SUBURBAN WINE LOVERS

## The Chicago Wino

### ENDING MY SUMMER WITH SOME SPANISH

It is not by accident that Spain is the top exporter of wine in the world. There are over 400 grape varieties grown there so it's easy to find a bottle that pleases every palette. From a sparkling Cava to a smooth Tempranillo, Spanish wines are versatile, approachable, and easy on the wallet.

Spanish reds in particular are one of my favorite choices when introducing red wine to someone that usually prefers white. Spanish reds tend to be lighter than robust cabernets and merlots, but still bolder than typical pinot noirs which positions well as an intro into the world of reds.

As I write this, it's a cool summer evening perfect and I'm guzzling down a Garnacha Carinena blend by Corona D Aragon which is delicious! This has aromas of clove, paprika and black pepper. The flavors are balanced with raspberry and cinnamon. This is a great bottle to share with friends at a BBQ or around the fire, without breaking the bank (retailing at around \$14). This bottle is really pairing nicely with the Filipino BBQ turkey burgers I made this evening, but it would also partner well with salmon, pork, red meat, or almost anything else on the grill!

Enjoy the last few weeks of summer. Those chores around the house will still be there a few months from now when it is 30 below zero. Take some time for yourself and savor that outdoor patio and some Spanish red wine!! Sláinte!



**ABOUT THE WRITER** Eric McMillan, The Chicago Wino, is your source for light-hearted reviews of wine. [thechicagowino.com](http://thechicagowino.com) also features links to fun tools like wine/food pairing, ideal serving temperatures, and "must try" bottles! Visit [www.thechicagowino.com](http://www.thechicagowino.com) for a simple look at some complex flavors. "Like" Eric on Facebook—The Chicago Wino



WEST SUBURBAN EDIBLES TO LOVE

## Savory & Sweet Sisters

**Chuy's**  
28244 Diehl Road, Warrenville  
(630) 393-0911 [www.Chuys.com](http://www.Chuys.com)  
Cofounders: Mike Young & John Zapp  
General Manager: Larry Cappos

### FUNKY, FUN, FRESH TEX-MEX

Texas is the birthplace of this hip, casual Tex-Mex eatery where the food isn't the only scintillating thing. In 1982 Co-founders Mike Young and John Zapp had a vision to combine fresh, fun and funky and a menu that is made up of a combination of southwest flavors. That became a reality with their first location of Chuy's in Austin. Today, with over 80 locations, a made-from-scratch menu, an Elvis Shrine, and an eclectic ambiance, Chuy's is a destination not just a pit stop.

We were promptly greeted by our server, John Boehm brandishing Chuy's sauce tour. With pep in his step he explained each sauce before placing it on the table for us to try. From mild to exhilarating there is a sauce for everyone. The Chile Con Queso blends melted cheese, green Chile and ranchero sauce and is a great way to start tantalizing your taste buds. The Big as Yo' Face Burritos won't leave any room for dessert!

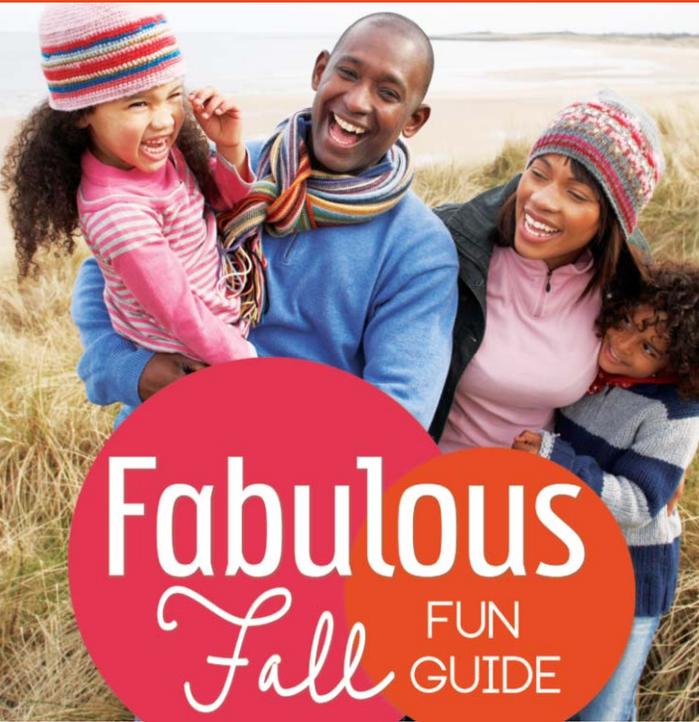
Try it with the famous Boom-Boom Sauce to add a cheesy tangy kick! One of our favorites is the Elvis Green Chile fried chicken coated in Lays potato chips then topped with green hatch chile sauce and melted cheese. I'm sure Elvis would love it! Add a Grandma's Rockin Rita and take your meal to the next level. If you have room for dessert or even if you don't, you have to try the Tres Leches. Served with a side of fresh strawberry puree the combination makes the perfect light sweet treat.

Not only is the food and staff fabulous, but Chuy's is fun for the whole family. Step inside and check out the Elvis shrine or watch the tortillas being made. Once you are seated we challenge you to find all twenty-four tiny hidden sheep among the hubcaps and zany décor. You will find there is a story behind everything at Chuy's—from the sauce that isn't even on the menu to the Green Hatch Chiles. This unique dining destination will soon become a family favorite!

"If you've seen one Chuy's... you've seen one Chuy's"

**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).





## DOWNTOWN NAPERVILLE Fall Style Weekend & Wine Walk 2017!

Friday, Saturday & Sunday, Sept 29, 30 and October 1

Back by popular demand, ladies of all ages will be heading to Downtown Naperville for Fall Style Weekend, 2017. Celebrating style and the new colors of the season, gals and their pals can enjoy a weekend of fashion, food and fun during Fall Style Weekend, September 29, 30 and October 1. Events and great fall sales take place all weekend enabling gals and their pals to join in at any point. Don't miss the Brunch/Fall Fashion Show on Saturday, September 30, at 10am, at Sullivan's Steakhouse featuring incredible fall fashions from downtown shops. (Reservations limited; call (630) 305-0230). Also, on Sunday, October 1, 12noon - 5pm, attend the Downtown Naperville Fall Wine Walk benefitting Arranmore Arts! Tickets are required by age-appropriate attendees. Come sip and shop on a beautiful fall day. Don't miss this popular style weekend! For information, visit [www.downtownnaperville.com](http://www.downtownnaperville.com)



## AURORA • Pumpkin Weekends at Blackberry Farm

**Weekends In October** – Pumpkin Weekends bring the spectacular fall season to life with autumn festivities amid the dazzling fall colors each weekend in October (plus Columbus Day) – 11 days in all. Carousel rides, hay wagon rides, pony rides, paddle boats, Adventure Playground (with zip line), Little Farmer's Junction (6Y & under) and tours on the "Pumpkin Train" are part of each weekend's festivities, along with historic museums and interactive farm animal areas. More highlights include Pumpkin Princess appearances, professional pumpkin carvers, world's tallest scarecrow, trick-or-treating and pony parade with costumed horses. Enjoy seasonal craft-making, harvest decor and pumpkin stories galore! Special events and guests every weekend. It's all the best of autumn in one place! 11am-4pm. Admission \$7. Tickets at [www.foxvalleyparkdistrict.org](http://www.foxvalleyparkdistrict.org) or at the door.

### IF YOU GO...

**When:** Weekends in October  
(Sept. 30-Oct. 1, Oct. 7-8, Oct. 15-16, Oct. 22-23,  
Oct. 29-30) & Columbus Day (Oct. 9)  
11am-4pm each day

**Where:** Blackberry Farm  
100 S. Barnes Road, Aurora

**Ages:** All

**Admission:** \$7 per person. Buy online at  
[www.foxvalleyparkdistrict.org](http://www.foxvalleyparkdistrict.org).

## GLEN ELLYN Glow In The Park Lantern Walk

**September 17** – As night falls on September 17 at Lake Ellyn Park, the Glen Ellyn Park District will present an illuminated lantern parade around Lake Ellyn to benefit Ann & Robert H. Lurie Children's Hospital of Chicago. The lantern parade will be preceded by kid-friendly music from Dave Rudolf, food, and activities (including an inflatable climbing wall) from 5pm-7:30pm. Decorate a lantern at the event (\$10 fee; supplies provided) or bring your own creative creation! Lanterns are lit with LEDs, not flames. This event is in partnership with Charlie's Corner Foundation and sponsored in part by Aqua Tots Swim School, Bottles & Bottega, and The Stand. Admission to the event is free. [www.gepark.org](http://www.gepark.org)



## AURORA Fall Family Fun at The Growing Place

September 23 & 24  
October 7 & 8

Don't miss the annual Fall Fest on September 23 & 24. It's going to be a hoot with hayrides, games, crafts and activities for the whole family.

Then, on October 7 & 8 get ready for PumpkinPalooza! It's a weekend filled with pumpkin painting, pumpkin treats, pumpkin crafts, a pumpkin bounce house, hayrides, and giant pumpkins. Both Fests are free to enter with activities priced individually. Visit the website for full schedule.

The Growing Place  
2000 Montgomery Rd, Aurora  
(630) 820-8088  
[www.thegrowingplace.com](http://www.thegrowingplace.com)





## OSWEGO Fall In Love With All Things Beautiful

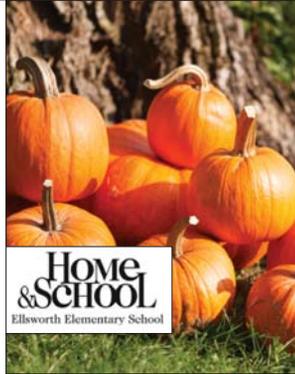
VELVET GRACE—This boutique beautifully combines unique home décor using textures, woods, metals, inspirational art and the perfect amount of sparkle that speaks to the heart and soul. Layered in the décor are unique gifts and personal accessories to treat yourself or someone

special. Attention Ladies... check out Velvet Grace's creative classes, perfect for a ladies night out! No artistic ability required.

4025 US 34 Oswego , (630) 636-6570, [www.velvetgrace.net](http://www.velvetgrace.net)

## NAPERVILLE Ellsworth's Harvest House Walk

**October 1** – Take a stroll through some lovely homes in historic downtown Naperville for Ellsworth's second Harvest House Walk. This self-guided walking tour takes you through several distinguished homes in our well-preserved historic district. Your ticket purchase directly benefits Ellsworth Elementary by helping Home & School continue to fund and support resources for students, teachers, and staff. \$35 per person in advance and \$40 at the door. Purchase tickets at [www.eventbrite.com](http://www.eventbrite.com)



## WHEATON 15% Off Public Canvas Events at The Sipping Muse

Enjoy a fun time this fall and winter at this paint and sip studio in Wheaton. The Sipping Muse is a creative arts & BYOB studio where FUN is your Muse!

Receive 15% off towards Public Canvas Events with code GLANCER15OFF. Valid through 12/31/2017, some restrictions apply.

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

WATCH FOR  
OUR FALL FUN  
GUIDE IN  
OCTOBER,  
TOO!

## GLEN ELLYN Poochpalooza September 23

All the cool characteristics that make canines great companions will be on display at this Glen Ellyn Park District event for dogs and their owners. Performances, demonstrations and pet-related vendors will be on hand at the Spring Avenue Dog Park from 1-4pm on September 23. It's free admission and the first 200 dogs at the gate get a goody bag! There's a costume contest, too, so dogs can strut their stuff in their finest attire. [www.gepark.org](http://www.gepark.org)



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# 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](http://www.myhomewerks.com)

## Celebrating Two Years this September

**LOMBARD PLACE ASSISTED LIVING**—This September, we are excited to celebrate our two-year anniversary since we first opened our doors to residents living in the Village of Lombard, IL. We wouldn't have been successful without the family, friends, partners and committed team members here at Lombard Place Assisted Living.

"From the moment we walked into [Lombard Assisted Living] we felt right at home... something separated Lombard Place from the rest....well that was the staff at Lombard Place. The treat the residents with respect and dignity. They treat each resident as if it was their own loved one. Regardless of the position that they hold at Lombard Place they all have a role in caring for your loved one." – Senior Advisor Review. Having the freedom to live life on your terms means more than choosing an apartment layout. We believe in encouraging our residents to live life to the fullest by developing new friendships, participating in activities, and feeling secure enough to step outside their comfort zone.

Lombard Place Assisted Living is located at 300 West 22nd Street, Lombard, IL 60148. Call 630-282-4001 or stop by to see how you can save!



## Luxury Home Marketing Specialist

**CHRISTINE THOMPSON** – 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. Each of her high-end properties enjoys its own finely tuned campaigns.

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. Check her out online and see why elite clientele entrust Christine with their distinctive properties.

Christine Thompson, Baird & Warner-Founders' Club  
Institute for Luxury Home Marketing-Million Dollar Guild  
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[www.ChristineThompsonSellsHomes.com](http://www.ChristineThompsonSellsHomes.com)



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"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."

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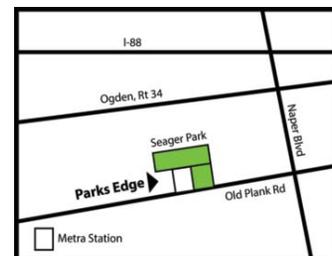
109 W. Jefferson Avenue, Naperville  
(630) 305-8230

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

## Tour Parks Edge Model Home

**PARKS EDGE**— Parks Edge is an enclave of 10 luxurious townhomes nestled against the Seager Park forest preserve on Plank Road. This tranquil, quiet campus is only ¼ mile from the Metra station, close to I88 entrances and in school district 203. The units have maintenance free exteriors.

Parks Edge is designed and built by award winning architect, Frederick P. Conforti. It is intended for folks that want to enjoy a more leisurely, yet upscale life style. Each unit has GE stainless steel appliances, most have walk-out lower levels, over 3000SF of living space plus a finished lower level. The model is done in a Country French motif and is open on Saturdays and Sundays from noon till 4PM. If you want to see the model at other times call 312-388-3030.





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# Autumn

AT HOME

## Why Buff & Coat Hardwood Floors

**BUFF & COAT HARDWOOD FLOORS**—Over time, all wood floors start to look tired and dull after years of wear and tear. Buff & Coat makes wood floor refinishing less invasive and more affordable. They simply buff away surface scratches and scuffs, make spot repairs as needed and then apply a new top coat of quality finish with a sheen chosen by the customer: i.e. satin, semi-gloss or gloss. When done, beauty is restored to the floor which will now have a new finish providing years of protection. The local Buff & Coat business was started as a small family business in Naperville in 2010. Today they are headquartered in Plainfield and service all of Chicagoland. Owner, Ray Horan (pictured), saw an under served market and brought his three decades of management experience and passion for excellent customer service to the Hardwood Floor Business. Horan grew up in New York, married a Chicagoan and has lived with his family in Naperville since 1992. He is an avid sports fan who enjoys baseball history and trivia when not working on floors. His motto is: "Love your floor again!"



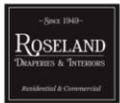
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(630) 848-2119, [www.interiorplanning.com](http://www.interiorplanning.com)

## The Pickens & Placko Team

The Pickens & Placko Team have reason to be proud of their accomplishments as they have proved to be one of Baird & Warner's Top Teams in Chicagoland. They take great pride in their Clients' comments. "The BEST part about working with Margaret and Holly is that they always have the Client's best interest in mind. They advocate for their Clients." Dedication and Trust create Success!



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)



## Preparing Your Home for the Upcoming Cold Months

**OPAL ENTERPRISES**— Fall. The time of year that we send our kiddos back to school! It is also the time to begin preparing your home for the colder months. We tend to use fall as a reminder to winterize our homes because we start to feel the first chills in the air and we remember those cold rooms in our home from last winter. The reason we make improvements to our homes...is ultimately for comfort and not really for savings on our energy bills (while that is a secondary benefit). We really want to be comfortable in all of the rooms in our home. Does your family avoid the room where your patio door or fireplace is located in because the room is just cold and uncomfortable? These avoidances are reasons to consider making upgrades and improvements! Contact Opal today to help with those upgrades to windows, siding and roofing!



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**DAN FIRKS / DEFINED REALTY GROUP**  
 Dan Firks and the Defined Realty Group specialize in real estate for Chicago's western suburbs and won Glander Magazine's Readers' Choice Award for 2014 and 2015. As a Naperville resident and Realtor, Dan has been named a 5-Star Mega Agent by Chicago Magazine and is a 5-

Star Premier Reviewed Agent on Zillow. Have a question or want a free market analysis? Contact Dan at (630) 637-9009 or Dan@DanFirks.com or get your homes estimated value instantly at [www.FindMyPropertyPrice.com](http://www.FindMyPropertyPrice.com).



## Get Ready for the Holidays with Roseland Draperies!

**ROSELAND INTERIORS**—It's not too soon to start getting your home ready for the holidays! Roseland Draperies can make it stress-free with a free shop-at-home consultation this fall, with our interior designers! Although we are the expert in window treatments, we're also the go-to company for complete room make-overs.

Our shop-at-home service includes reupholstery, bedding, table linens, paint consultations, interior design guidance and yes, window treatments. Choosing everything in your home, and sourcing all the materials together, can make all the difference in the results. Get a jump on the holidays this year and call for a free quote to start putting together your holiday budget! Schedule an appointment today by calling (630) 355-1565. Photo Courtesy of Lafayette Interior Fashions



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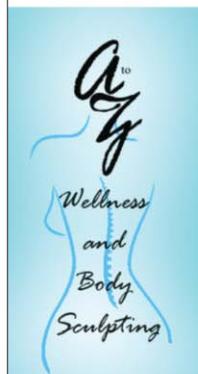
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\* Ultrasonic Cavitation – Introductory Price of \$69 ( a \$250 value) for one session of three step process: Liposculpt (15 minutes), Ultrasonic Cavitation (15 minutes), and Thermalift (15 minutes) on abdomen. One per person. New clients only. Choose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

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# Spotlight On!



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## 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.tubellahairstudios.com](http://www.tubellahairstudios.com)

### At Travase Living™ In Wheaton

Now open, Travase Living™ at Wheaton invites seniors to experience Life. Uplifted! Our fresh perspective is centered around VIVA!SM wellness programming. This isn't just a calendar of events; VIVA! is a bold approach to living an active and fulfilling lifestyle.

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Assisted Living is perfect for those who want to continue enjoying a social lifestyle but may need help with everyday activities such as getting dressed, taking a shower, or correctly taking medications.

#### Enlight Memory Care

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#### VIVA!SM Wellness Programming

Award-winning VIVA! programming by Pathway to Living™ offers a new way of aging healthfully and happily. With personalized programming that caters to differing interests and abilities, Travase Living truly allows residents to Live Well. Age Well. Be Well. From various clubs, art and music classes, off-site excursions and virtual travel programs to SenseSations dining, exercise classes, continuing education and more, VIVA! fills our residents' days with purpose and joy.

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Submitted by Nesreen Suwan, M.D.



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We also provide Dermal fillers that provide an FDA-approved solution to smoothing out unwanted age lines and adding volume beneath the surface of the skin, where volume loss caused sagginess and aging features. There is no downtime, and their effects can be seen immediately, and patients are wowed with the way they look after injections.

There are many types of dermal fillers. The right product is chosen based on the condition you wish to address. Botox works very well in smoothing expressive wrinkles in the upper face. PDO thread lifting is considered the best non-invasive procedure for neck & jawline treatment.

Although PDO Threads can be inserted almost anywhere, one area where they are especially effective is the neck and jawline. The lower third of the face is challenging to treat effectively with botulinum toxin or injectable fillers, which are most effective in the upper and middle third of the face, respectively.

Threads are fully absorbed by hydrolysis within 4 to 6 months and doesn't create any scar tissue. The foreign body stimulates collagen synthesis and the skin structure created will hold for another 12 to 15 months.

### ABOUT THE DOCTOR

Dr Suwan is a medical doctor, cosmetic and anti-aging specialist with extensive certifications in cosmetic procedures, Botox, Dermal fillers/ liquid facelift, vampire PRP facelift, PDO thread face / neck lift, FRACTORA and Radio Frequency face/ neck lift and tightening. Medical and cosmetic laser procedures, laser and PRP hair restoration. Prescription med for weight loss, supplements, meal replacement programs. Laser, CoolSculpting, ultrasound and Radio frequency, for body contouring. For more info [www.forever25.com](http://www.forever25.com) or call (630) 420-8080.



## Q Personal Training

What is the best time to workout?

There really is no magic time to workout. The best time is whatever time fits best for your schedule. If your evenings are busy and hectic for you like most, then you should workout in the morning or mid afternoon. Evenings for some might be better as you can blow off some stress from the day and end your day with a good sweat. Bottom line is to not worry too much about when but just worry about working out when you can.

**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.

## 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 and Waterpiks. Now offering extended hours, contact Glen Ellyn Dentistry today. -Kristen Kucharski

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# Spectacular

## EDUCATIONAL HELPING HANDS TO KNOW

School's back in session and as parents, we want to give our kids the tools to help them succeed. From brain training and test prep, to tutoring and cognitive assessment, there are many educational helping hands right here in the western suburbs. Outside help is often an important part of a student's education, providing one-on-one attention, enrichment, and other support. Here are 7 Spectacular Educational Helping Hands to Know.

1.



### 1. LearningRX | NAPERVILLE

LearningRx works with struggling students and even adults, training the cognitive skills the brain uses to read, remember, learn, and pay attention. Many struggles with learning, reading, memory, and attention are caused by weak cognitive skills. At LearningRx, they identify weak skills using a comprehensive Cognitive Assessment, and then we target and train those skills by pairing clients with personal brain trainers for fun, challenging exercises for the brain. They call it brain training. Their clients call it life changing. [www.learningrx.com/chicago-naperville/](http://www.learningrx.com/chicago-naperville/)

### 2. C2 Education | Western Suburbs

Their award-winning tutors create personalized test prep and tutoring curricula to help you achieve your dreams. With C2's 20 years of experience, your dream school – and dream life – is just one call away. C2 offers fully customized curricula, so our program is different for each student. We begin the process with an assessment that reveals each student's strengths and weaknesses, then tailor lessons accordingly. *Receive a free consultation online today at [www.c2educate.com](http://www.c2educate.com).*

2.

3.



### 3. KUMON LEARNING CENTER | South Naperville

At Kumon students advance through the program at their own pace. The emphasis on individualized learning helps your child become focused, motivated and self-reliant. Kumon monitors each child's progress to ensure comprehension before moving on to a new concept. With a strong academic foundation, critical thinking and problem solving abilities, your child has the potential to achieve whatever he or she desires. The Kumon Math Program is a comprehensive curriculum that develops the necessary skills to help children progress from counting through calculus. The Kumon Reading Program begins with basic phonics and progresses all the way through advanced reading comprehension. *Call today to learn more (630) 926-8538.*

4.

### 4. Elite Tutoring Place | NAPERVILLE

At Elite Tutoring Place, they recognize that each student is unique. That is why their team tailors individualized programs to fit your student's needs. With their one-to-one instruction, devoted tutors, and flexible scheduling, your child's academic standing will advance. This is guaranteed by the company. They offer a free ACT test, free diagnostic assessment and they follow Common Core. *Learn more today!* [www.elitetutoringplace.com](http://www.elitetutoringplace.com)

5.

### 5. Mathnasium | DOWNERS GROVE

Helping kids in grades 2-12 understand math by teaching the way that makes sense to them. When math makes sense, kids leap way ahead – whether they started out far behind or already ahead in math. Their formula for teaching kids math, the Mathnasium Method™ has transformed the way kids learn math for over a decade across 700+ centers in the US and Canada. *Read more online at [www.mathnasium.com/downersgrove](http://www.mathnasium.com/downersgrove)*

### 6. Learning Ascent Tutoring | ST. CHARLES

Founded in 2002 to offer better tutoring solutions, their tutors have helped hundreds of students in the Tir Cities. Their professionals know and work with local school district curricula. Familiarity with the curriculum allows tutors to identify and correct the root of problems. They can even help your child to better comprehend and complete homework assignments. *Visit online to learn more, [www.learningascent.com/about-us/](http://www.learningascent.com/about-us/), (630) 587-2795, 720 N 17th Street, Unit 9, St. Charles*

6.

7.



### 7. ESGETutoring | Glen Ellyn

Offering a variety of tutoring services; Academic, Tutoring for Dyslexia & Learning Disabilities, Test Prep (ACT, SAT, HSPT) Catholic High School Entrance Exam (HSPT), Diagnostic Testing and more. Educational Therapy is a type of tutoring that is more complex than just addressing an academic concern. Tutors must be qualified to work with students who demonstrate a wide range of exceptionalities, not found in typically developing students. To help students uncover their best learning styles and strategies to maximize their potential, tutors work on academic content and present material in a modified manner depending on the students' needs. See online for examples of students who would benefit from Educational Therapy. (630) 469-1479 [www.esgetutoring.com](http://www.esgetutoring.com)





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