

7 Spectacular! KITCHEN SHOPS THAT MOMS LOVE!

*West Suburban Faces + Places... At a Glance*

# Glancer

M A G A Z I N E

**Early May 2017**  
Vol 16 / Issue 137  
West Suburban Edition  
GlancerMagazine.com  
Publishing Twice Monthly

# MOM'S

# *Kitchen*

# 10

# FOODIE MOMS

# +

Local Women of Strength  
Tasty Places  
Antique Beautiful

# WEEKEND

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2017  
MOM'S  
DAY GIFTS



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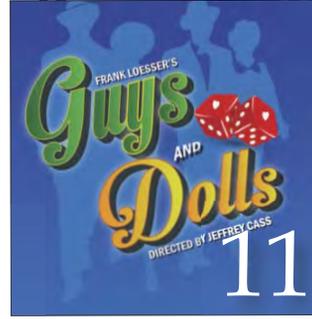
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**West Suburban Edition**  
**MAY 2017, Early Edition | Vol 16**  
**Mom's Kitchen**  
*Celebrating Mother's Day, Springtime Traditions, Spring Events and More!*

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

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# Hello!

**MAY 2017 MARKS A SPECIAL MILESTONE INTRODUCING OUR NEW BIWEEKLY FORMAT**

I'm very excited to announce that Glancer Magazine will now be publishing twice monthly. The new biweekly format will allow us to feature more unique events, more engaging content and more beautiful photos— all highlighting the western suburbs.

In addition to your favorite recurring features such as *7 Spectacular*, *Mom's Little Black Book*, *Savory & Sweet Sisters*, *Hero Residents* and more, we have some new additions. These include *5 Things to Do* focusing on five very cool events or entertainment establishments that we think you'll love; *Decor Trends* highlighting the latest in local home design styles; *Way Back When* featuring a unique historical story with local significance; *Tasty Places* focusing on noteworthy dining out events and restaurants; and so much more. We hope you love this month's pages! Much of our mailing list rotates so be sure to subscribe for just \$21 for 24 issues annually so you don't miss a single column, resident feature or fabulous photo. When you subscribe, Glancer Magazine will be mailed directly to your home 24 times annually (twice monthly).

This issue is one-of-a-kind featuring *10 Foodie Mom's* and everything they love about cooking in their kitchens. #TeamGlancer loved getting to know each mom and touring her kitchen. Each story gives you an inside look at the everyday lives of these talented west suburban foodie moms, inspiring you along the way. We hope you enjoy this feature just as much as we enjoyed putting it together. Be sure to vote for your favorite Foodie Mom on our facebook page. She could win a \$100 gift card to Marcel's Culinary Experience in downtown Glen Ellyn, our cover feature sponsor.

Watch for our mid-May issue featuring *25 Scenic Stops* for you and your family to get a jumpstart on planning your summer adventures. This list is truly awe-inspiring and will unveil many scenic places you never knew were just a short distance away.

In addition to our fabulous print magazine, remember that we also have so much available to you online! Stay connected daily and weekly for west suburban news, events, highlights and more. When you sign up for a **Free Digital Subscription** you will receive a digital copy of the magazine before we mail it out, giving you quicker access to our amazing pages.

Happy Mother's Day and thanks for reading!

*Lindy*



Lindy Kleivo  
 Publishing Director, West Suburban Area  
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Upcoming Issue Covers Featured Here Beginning With June 2017

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## WEST SUBURBAN EVENT HIGHLIGHTS

# On the go

### MOTORCYCLE SUNDAY AT PHILLIP'S PARK IN AURORA • May 7

Motorcycle Sunday is a motorcycle rally, bike blessing, live concert, 60 mile ride - and more! There are bike shops, dealers, & vendors, food vendors, people's choice bike contest, pro bikes photos available. This is a family-friendly event. Admission is FREE! All types of bikes and riders are welcome. Phillips Park, 900 Montgomery Rd., Aurora. 9:30am-4pm. visit [www.motorcyclesunday.com](http://www.motorcyclesunday.com).

### SPRING AT THE FARM IN MONTGOMERY • May 7

Bring the family to experience the simple joys of life on the farm as you pet farm animals, do crafts, enjoy hayrides and sample tasty vittles from the Country Kitchen. Antique trucks and tractor show and traditional bluegrass music will set a nostalgic mood. This event is free and open to the public. Free parking is available and the event will be held rain or shine. 10am-3pm. Dickson-Murst Farm, 2550 Dickson Rd., Montgomery. [www.enjoyaurora.com](http://www.enjoyaurora.com)



### ELMHURST JUNIOR WOMEN'S CLUB

#### PRESENTS: TICKLED PINK • May 5

Mothers, daughters and women of all ages come shop a variety of great vendors and enjoy appetizers, desserts and beverages for a great cause! Join the Elmhurst Junior Women's Club for Tickled Pink a benefit to raise funds to support the Elmhurst Memorial Hospital Breast Health Center. The marketplace will be brimming with purses and handbags, jewelry, makeup, skincare, stationary and so much more. Younger girls will discover games, crafts, dancing, nail and face painting! Diplomat West, 681 W North Ave., Elmhurst. \$30 (adults) \$15 (children under age 10) [www.elmhurst-juniors.org](http://www.elmhurst-juniors.org)

### WATERLINE WRITERS POETRY READING IN BATAVIA • May 21

Waterline Writers Poetry Reading is a monthly event featuring area writers. Each event is a unique opportunity to hear diverse, talented writers reading original published and not-yet-published work. If you are a writer, it's a place to share your very best with an enthusiastic audience. Admission is \$5 / \$3 for students! Writers can join the 5-minute-limit Open Mic at 8:30, or find submission FAQ's at [www.waterlinewriters.org](http://www.waterlinewriters.org). Events are 3rd Sundays at 7pm, September to May, in the art gallery at Water Street Studios. Water Street Studios, 160 S. Water St., Batavia, [www.waterlinewriters.org](http://www.waterlinewriters.org)



### 33RD ANNUAL HOUSEWALK GLEN ELLYN INFANT WELFARE SOCIETY • May 12

The Housewalk is a long-standing Glen Ellyn tradition and the organization's largest fundraiser of the year. This year they will be show-

casing 4 beautiful and unique homes in the area. Each patron receives a Tour Guide Booklet, which includes their ticket to attend, summaries of the four featured homes and a raffle, as well as advertisements from area businesses. The event is held Friday, May 12, 2017, 10am-2pm & 5pm-9pm. Tickets are \$40. Order tickets online. Tickets will be sold on the day of the event for \$45. Last tour begins at 8:45pm. [www.glenellyninfantwelfare.org](http://www.glenellyninfantwelfare.org)

### CIVIL WAR DAYS IN NAPERVILLE • May 20-21

Naper Settlement is transformed into a Civil War encampment where visitors can meet famous figures of the past and experience firsthand a turbulent time period in our nation's history. Civil War Days will take place from 10am-4pm. Hundreds of reenactors participate, culminating in a battle complete with raging cannons and marching infantry. This family-friendly event features food, fun, music and shopping on "Sutler's Row" for traditional Civil War-era reproduction products. The battle begins at 2:30 p.m. each day. The Weed Ladies will be selling spring silk and dried florals in the Daniels House. Advanced tickets are \$13 per adults and \$8 per youth. Admission day of the event is \$15 per adult and \$10 per youth. Free admission for members and children under 4. [www.napersettlement.org](http://www.napersettlement.org)

### 2017 NCAA DIVISION I MEN'S AND WOMEN'S GOLF CHAMPIONSHIPS AT RICH HARVEST FARMS, SUGAR GROVE • May 26-31

Calling all Illinois Golf fans! The 2017 NCAA Division I Men's and Women's Golf Championships are being hosted here in Chicagoland! Host school, Northern Illinois University, invites you to Rich Harvest Farms (Sugar Grove, IL), one of Golf Digest's "America's Top 100 Golf Courses," for the Women's tournament May 19-24, and the Men's finals May 26-31. Currently seeking volunteers for the event. *Anyone interested can email [tickets@richharvestfarms.com](mailto:tickets@richharvestfarms.com). Tickets are on sale now at [NCAA.com/tickets](http://NCAA.com/tickets).*

## Kite Festivals



### GO FLY A KITE

#### ANNUAL WHEATON KITE FESTIVAL • May 6

Come out and help break the record of 843 kites in the air simultaneously! Bring your own kite, or purchase a kite at the event. Concessions will be available. Sponsored by Wheaton Eye Clinic and DuPage Pediatric Dentistry. [www.wheatonparkdistrict.com/events/goflyakite/](http://www.wheatonparkdistrict.com/events/goflyakite/)

### AURORA KITE FESTIVAL AURORA KITE FESTIVAL • May 20

Aurora Kite Festival welcomes everyone and all ages to come fly a kite with other participants! Bring a kite or make a kite. Enjoy a colorful morning in downtown Aurora and create a memory to last a lifetime. 10am-Noon [www.enjoyaurora.com](http://www.enjoyaurora.com)

### FRONTIER KITE FLY FESTIVAL

#### PRESENTED BY NAPERVILLE MOM'S NETWORK • June 4

The 11th Annual Frontier Kite Festival will once again be an event for the entire family to enjoy featuring gigantic kites, professional demonstrations and stunts. Plus, a family kite flying area, an assortment of kids, activities including crafts and jump houses, live music, games and giveaways will add to the experience. Doesn't it sound like so much fun! For more information visit [www.napervilleparks.org/kitefly](http://www.napervilleparks.org/kitefly)



### [www.GLANCERGOTOGUIDE.com](http://www.GLANCERGOTOGUIDE.com)

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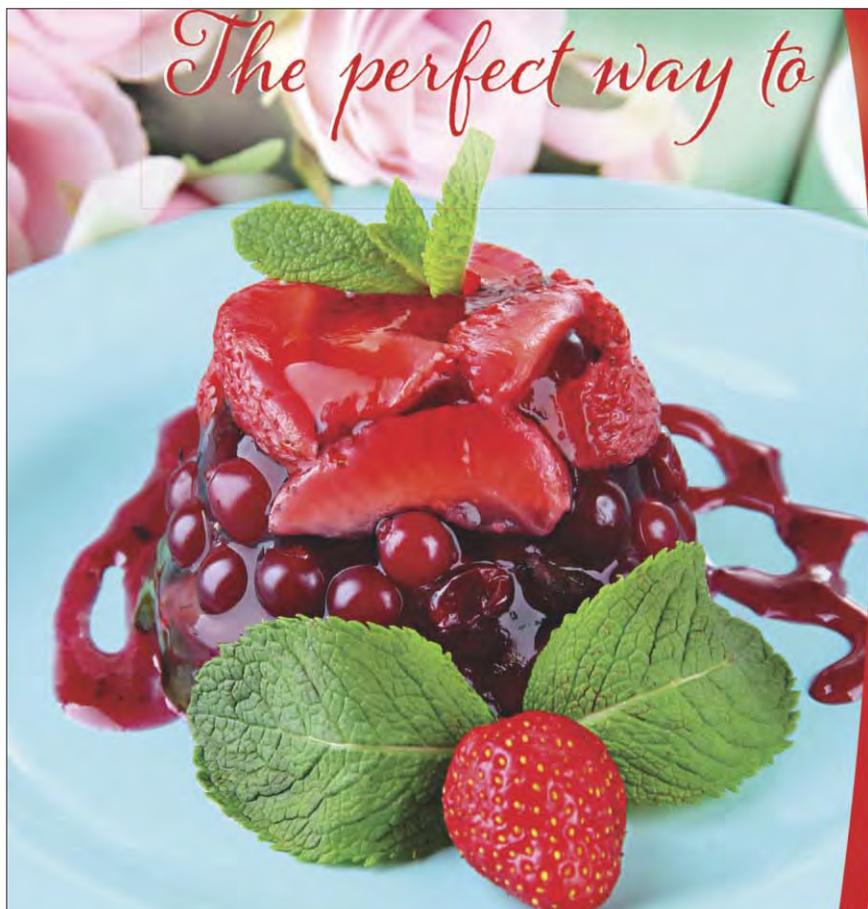
FRIDAY	SATURDAY	SUNDAY	MONDAY
 <p><b>TOBY KEITH</b></p>	 <p><b>THE B-52'S</b></p>	 <p><b>SHINEDOWN</b></p>	 <p><b>BETTER THAN EZRA</b></p>
 <p><b>COLT FORD</b></p>	 <p><b>DREW BALDRIGE</b></p>	 <p><b>A FLOCK OF SEAGULLS</b></p>	 <p><b>THE WALLFLOWERS</b></p>

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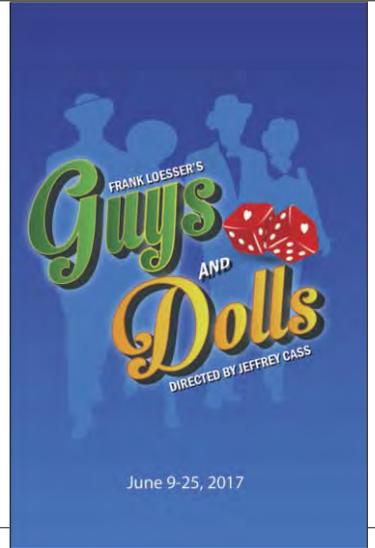
SPRING & SUMMER 2017

# 5 Things to Do



## VILLAGE LINK OF GLEN ELLYN Perfect for Spring & Summer

Reserve 22 at the Village Links of Glen Ellyn offers a beautiful and unique setting to join together with friends, family and colleagues. The restaurant's 134-seat patio boasts the most serene, scenic view in all DuPage County, with two fire pits, a covered outdoor bar and flat screen televisions — quite the popular spot in summer months. Come dine al fresco where menu choices include sandwiches, soups and salads, as well as pasta, fish and steak choices. [www.reserve22.com](http://www.reserve22.com)



## GUYS AND DOLLS A BROADWAY FABLE

June 9-25, 2017  
Fri/Sat at 8 pm- Sundays at 3 pm

BrightSide Theatre, Naperville's only professional theatre performing in the historic downtown district, wraps up their 6th Season, *A Season of Classic Broadway Shows*, with the American classic Broadway musical *Guys and Dolls*. *Guys and Dolls* performs at the Theatre at Meiley-Swallow Hall at North Central College, 31 S. Ellsworth Street in Naperville June 9-25. Tickets are on sale now at [www.brightside-theatre.com](http://www.brightside-theatre.com), or by phone at 630-447-TIXS (8497).



## OPEN HOUSE AT CANTIGNY GREENHOUSE

Sunday, May 7 • 10am-3pm  
Bring the family and your green thumb to this popular annual event! Enjoy tours, exhibits and get answers to your gardening and plant questions from the Cantigny Horticulture staff. Admission is free with paid parking (\$10). Use Cantigny's main entrance on Winfield Road, then walk to the greenhouse or use the complimentary tram service. [www.cantigny.org](http://www.cantigny.org)



## DINOS & DRAGONS AT BROOKFIELD ZOO • May 6 to Sep 17

Dinosaurs & their mythical dragon friends are roaring back to life, bigger and better than ever! Featuring 17 animatronic creatures, including the Stegosaurus, Apatosaurus, Tyrannosaurus rex, and Chinese dragon along the educational paths. Inside a tented area, get up-close views of live reptiles, including a 6-foot-long Komodo dragon, plus more activities. Admission \$5 for adults and \$3 for children ages 3 to 11 and seniors 65 and over. [www.czs.org/dinosdragons](http://www.czs.org/dinosdragons)

## LILAC TIME IN LOMBARD May 6-21

The perfect Springtime event with happenings all month long. From the Little Lady Lilac Ball for Dads and daughters ages 3-11 and the Lilac Parade Wine Walk, to the Lilac Time Art & Craft Fair, the Lilac Bush sale, a Kids Day in the Park and more—there is something for everyone to enjoy! The Lombard Park District's Lilia Park is an 8.5-acre horticultural showcase featuring 700 lilacs and 25,000 tulips. *Lilia Park*, 150 S. Park Avenue, Lombard, Free Admission. [www.lombardlilac.com/event-calendar/](http://www.lombardlilac.com/event-calendar/)





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	<b>PLAY</b>	<b>WINES &amp; FINDS</b> Thursday, June 15

[www.glenellyn.org/spring](http://www.glenellyn.org/spring)

Events Presented by: The Village of Glen Ellyn, The Glen Ellyn Chamber of Commerce and The Alliance of Downtown Glen Ellyn

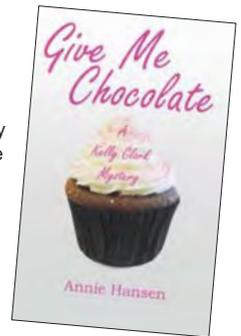



MONTHLY FEATURE

# Literary Local

**ANNIE HANSEN, BATAVIA**  
**Give Me Chocolate and**  
**The Kelly Clark**  
**Mystery Series**

Annie Hansen's inspiration for her first mystery novel in The Kelly Clark Mystery Series, Give Me Chocolate, was in part inspired by the famous 2001 Laci Peterson case where Laci and her unborn child were murdered by her husband. "What if the murder was avoided, lives were saved," wondered Annie, "and families had to go on knowing a family member planned to kill within that intimate circle?"



The other part of this Batavia resident's inspiration was influenced by the town next door - Geneva, in which the story is set. "I fell in love with Third Street and Graham's Chocolates," says Annie. "I was always fascinated with the staircase in Graham's and thought, what if there were apartments up there and possibly an amateur sleuth?" She wanted to combine her love for Nancy Drew and Murder, She Wrote and came up with a new heroine, Kelly Clark, who lives over her sister's dessert shop.

In Give Me Chocolate, Kelly Clark flees California and returns to her hometown of Geneva, Illinois to re-start her life after a horrific divorce from an abusive husband. Just when it looks like she's getting her life back on track, she stumbles over a dead body. The suspicious death sends her hopes for a better future plummeting, making her wonder if the danger she faced in California followed her home to Geneva.

Annie has two more books currently in The Kelly Clark Mystery Series, Bean in Love and Take the Donut. Take the Donut has just recently been nominated and selected in the final three for the Soon to be Famous Illinois Author Project Award.

Annie, who also runs Hansen Search Group, a staffing company, with her husband, Brent, hopes to still find time to add two more books to the series. The books can be purchased through Amazon and Barnes and Noble and just recently became available at Anderson's Bookstores. -Mindy Kyle, Photo Submitted

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**YOU'VE BEEN GLANCED AT....**  
**The State of the City Address (Mar 20)** NAPERVILLE—Countless area professionals were in attendance at The State of the City Address presented by Mayor Chirico of Naperville held at Embassy Suites by Hilton Chicago-Naperville. He provided an inspiring recap of the year's events while highlighting the monumental progression of the area's quality of life. He also touched on what's ahead in Naperville's future and used this time to not only to recognize Naperville's accomplishments, but also the people who made it possible.  
*Photos by Mike Catuara*



# scene around

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## Suburbia™

You've Been Glanced!®



**YOU'VE BEEN GLANCED AT....**  
**H4 Training's 2nd Annual Fashion Show (Mar 9)** WHEATON—H4 Training gathered four favorite local women's boutiques together to showcase their latest spring trends! Jeans and a Cute Top Shop, Bella Roba, Chic Boutique and AliKat Boutique Glen Ellyn rocked the H4 Training Runway and Glancer Magazine was there to capture the fashion fun! Refreshments, prizes, and girls night out fun made this event every bit as fabulous as last year. We hope to Glance you at next year's event. See you in 2018!  
*Photos by Mike Catuara*



10  
FOODIE  
MOMS

# MOM'S *Kitchen*

Vote For Your  
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[www.facebook.com/glancermagazine](http://www.facebook.com/glancermagazine)

Stories by Kristen Kucharski & Mindy Kyle  
Photos by Mike Catuara



## Betsy Champion

Downers Grove Foodie Mom

FROM BACKYARD GARDEN TO TABLE—About a decade ago, Betsy Champion and her husband, Franco made a huge shift in the way they eat. They wanted to teach their boys, Michael (11) and Ethan (10) the importance of eating healthy and responsibly. They have had fun turning their backyard into an organic garden full of as many edible plants as possible including berry bushes and fruit trees. Their goal is to grow all their family vegetable needs for the year. They have recently renovated their kitchen with all the amenities to successfully store their healthy fare. “We make all our meals from scratch,” says Betsy, “and try to involve our kids at every stage of the process.” -MK



## Rebecca Malotke-Meslin

Naperville Foodie Mom

**TRY EVERYTHING**—Inspired by her mother and sister who love to swap recipes and devour delicious food, Rebecca thinks about cooking constantly—from making her most fabulous dish, Vanilla Mousse Cheesecake, to sharing ideas with her vegan sister via [www.sistersconsuminglife.blogspot.com](http://www.sistersconsuminglife.blogspot.com). Rebecca enjoys preparing comfort foods for her husband, Jason, and two sons Jonah (7) and Elijah (5). She gravitates towards hearty dishes – meatloaf, meat pies, stews, and roasts; and loves to experiment, generating family faves such as Black Bean and Sweet Potato Enchiladas, Chicken Tikka Masala, and Jambalaya. Her prized appliance, the deep fryer, provides awesome fritters, hush puppies, doughnuts, southwestern egg rolls, and more! –KK

## Susan Reid

Naperville Foodie Mom

**SHARING IS CARING**—When Susan Reid was in 6th grade, her mother went back to college, and Susan began cooking for the family. This is when, with the encouragement of her father and her family, she began to create her own foods and meals. Cooking to share is her philosophy. She has been known to leave cups of soup, slices of cake and even a mason jar or two of pickled beets on her front porch for her neighbors to sample. Susan shares her short stories and “keeper” recipes on her food passion blog, [www.suebthefoodie.com](http://www.suebthefoodie.com). She considers herself her family food historian, being able to preserve all the favorite family recipes. –MK



## Indrani Hausner

Downers Grove Foodie Mom

**TRY EVERYTHING**—Indrani Hausner absolutely enjoys the entire cooking and dining experience. She believes food is one of the most intimate experiences you can have. It was her father that inspired her when she was young. “He cooked to share his passion,” says Indrani. “He carefully chose ingredients, mastered techniques and presentation.” Following that passion, Indrani now makes a career out of teaching in-home Indian cooking lessons. Her favorite advice is to try everything; enjoy the adventure of trying different types of cuisine. She believes you will be amazed at how many more foods you will like. –MK



10  
FOODIE  
MOMS



## Mamta Pruthi

Naperville Foodie Mom

**INDIAN CULTURAL COOKING**—Meals first, desserts later; yet, there is always time to make birthday cake! That is Mamta's mantra inspired by her mother and husband. Growing up in a vegetarian family, where they did not eat eggs regularly, Mamta challenges herself to bake eggless breads and cakes without altering the taste or texture. She also bakes healthier with the use of vegetables and fruits in her goodies, such as carrot cake, beetroot cake, date cake, and strawberry cake. Mamta updates her blog [lightfooddesires.blogspot.com/](http://lightfooddesires.blogspot.com/) to share her baking ideas as well as her Indian cultural cooking which also brings her family's heritage into her recipes, using staple foods such as roti, dosa, and rice. —KK



## Mandy Knapp

Batavia Foodie Mom

**LOCAL BLOGGER**—With four daughters, ages 8, 5, 4, and 5 months, one might wonder how Mandy find times to cook for her husband and kids while also maintaining her blog, [www.indisposablemama.com](http://www.indisposablemama.com); but preparing healthy meals is truly important to her. Mandy joined a CSA at Spring Bluff Nursery in Sugar Grove to ensure she always has fresh herbs on hand and uses her slow cooker readily guaranteeing dinner even on busy activity nights. Because her two oldest daughters are lactose intolerant, Mandy snips creative recipes from Pioneer Woman and the Milk Free Mama blog. She feels lucky that her kids tolerate many different foods and receives pure pleasure from providing home cooked meals. —KK



## Michelle Adams

Geneva Foodie Mom

**SUGAR MOMMA**—When she was just a young girl, Michelle Adams used to follow her Italian grandmother around the kitchen developing her cooking skills and learning that "food is love". However, it was after her first son was born and the want to make her own kids their birthday cakes, that she decided to really hone her baking skills. It became a passion for her and her sister, Nina. They would get together on weekends, develop their own recipes and sell items at farmer's markets. In 2012, the two opened their own bakery, The Sugar Path in downtown Geneva where they bake from scratch with the best and freshest ingredients. —MK



## Caroline Shields

Downers Grove Foodie Mom

**SIMPLE RECIPES, BIG FLAVOR**—Eight years ago, Caroline Shields decided to quit her day job and enroll in culinary school. Her love for food paired nicely with her talent to make meals with big flavor. However, she admits “perfect is not her thing” and is attracted to great tasting simple recipes. She started her own foodie blog, [www.carolineskitchentable.com](http://www.carolineskitchentable.com) to share approachable recipes and her philosophy on food – use quality ingredients and cook with simplicity. Caroline used to work as a personal chef cooking for small dinner parties, but now with three children under the age of six, she spends time trying to get dinner on her own table. —MK



## Caroline Colley

Wheaton Foodie Mom

**FIT N' FUN**—As a fitness instructor with FIT4MOM Dupage County and a healthy foods blog writer at [www.dupagecounty.fit4mom.com/healthy-recipes-reviews#/today](http://www.dupagecounty.fit4mom.com/healthy-recipes-reviews#/today), Caroline tries to maintain a balanced and healthy diet for her husband and three young children. She believes that cooking at home helps children develop a healthy lifetime relationship with food. Growing up in a large family, Caroline's mother and father prepared daily meals and encouraged the five kids to create their own recipes inspired by flavors they loved, fostering Caroline's affection for Mediterranean Meals and family favorites such as feta and tomato salads. Caroline enjoys cooking with her own children and discovering their fondness for green veggie muffins; and tomato, black bean and bison chili! -KK



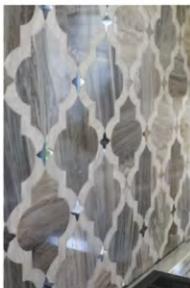
## Ashley Iovinelli

Woodridge Foodie Mom

**THE REAL FOOD DIET**—Ashley has lived with multiple chronic illnesses for the past 10 years and was tired of medications, so she decided to take the nutritional approach. She's on the “real food diet” and feels better after sticking to a very clean and organic diet which still includes pizza, pasta, and even bread. She is inspired to share her story via Instagram and swaps recipes and tips with renowned chefs, trainers and nutritionists. Ashley makes healthy eating fun for her husband and 2-year old son by making things like Organic Rainbow Pizza, plus Fruit and Veggie Smoothies, and homemade sauces and dips in her Food Ninja. -KK

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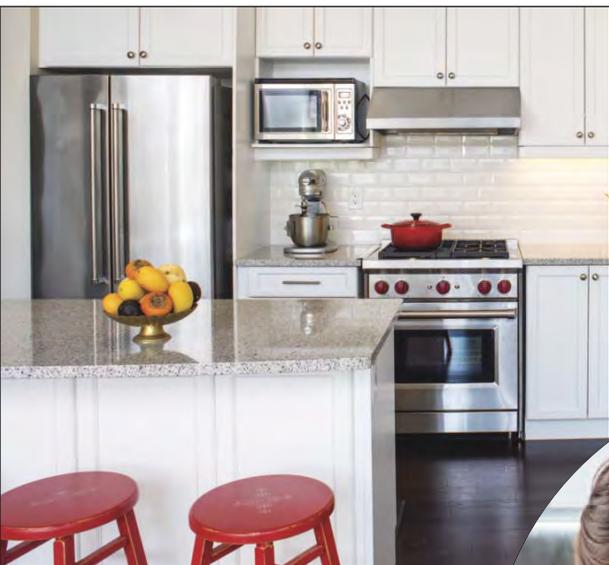


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## MOM'S KITCHEN

# Decor Trends



### THE ISLAND...SO MUCH MORE THAN JUST A COUNTER TOP

Gathering in the kitchen at the end of the day is something many families often do, finding themselves at the island more often than not. Many new kitchen designs are incorporating an oversized kitchen island to provide for casual family meal time, entertaining friends and more. If you're looking to redesign your kitchen, keep this trendy tip in mind. Glance our pages for fabulous kitchen designers who can help.



### ADD PIZAZZ WITH COLORFUL MINI-APPLIANCES

Who says mini-appliances have to be black, white or stainless steel? We all can agree that they don't last forever so next time you're in the market to replace yours, why not choose the colorful option, like this Hamilton Beach 2-Slice Warm Mode Red Toaster (\$24.99) or this KitchenAid® 5-Speed Diamond Blender (\$99.99) - both available at Target. How cute are these? Mini-appliances sure have come a long way!



### Wolf Stainless Steel Gas Range With Griddle

You'll never know how well you can cook – or what delicious results you can achieve – until you cook on the Wolf Gas Range. Visit Young's Appliances in Glen Ellyn for a variety of appliance to choose from. [www.youngsappliances.com](http://www.youngsappliances.com)



### FANCY IT UP FROM TOP TO BOTTOM

The kitchen floor and ceiling are often the most under utilized decor points in our kitchens. Floor decor is a great way to add some color, tie together your counter top decor, compliment your wall designs and offset your windows treatments, while a unique lighting piece or trendy pendant lighting can change your entire look. Check your favorite local home decor boutique for unique rugs, chandeliers and more.



### USE COLORFUL ADDITIONS

Nothing says "happy" like a splash of color. Add some unique pieces to your kitchen like these Red Canisters from Pier One. You can always check your favorite local kitchen decor shop. They may have a unique variation.



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GUEST BLOGGERS

# Pedis-n'-Passports

### SOAKING UP SUNSETS

Something surreal occurs at dusk that many unfortunately neglect to take part in--perhaps too engulfed in obligation, or strapped with stress to take notice of these aesthetic symphonies in the evening sky. However, research shows that people who feel connected with nature report being happier and having more positive emotions than those who don't share this connection. So if you are one who does not readily partake in this experience, we highly recommend you start.

For Brooke and I, this is our absolute favorite time of the day--the setting of the sun. It is a brief miraculous moment to pause in wonderment and awe, witnessing the world transform as the sun casts its gentle glow. The celestial scene allows us to put the troubles of the day behind us-- the turning of an earthly page--a metaphorical portal into tomorrow. Then suddenly as nature's brush paints its kaleidoscope...time stands still. We get a break from fretting over the past or fearing an uncertain future. The sunset we are seeing, we will never see again; now is all that exists.

With every shifting shadow, the sky becomes a canvas of rose swirled with deep plum, a brush of crimson crosses a captivated cloud which melts into a soft golden hue. Each fleeting moment the sky changes, and this change is neither good or bad -- it just is. It will happen, and continue to happen, and therein lies the beauty of change.

Whether you savor a cozy cup of coffee while gazing out of your window, or take an evening stroll, be sure to take several slow, deep breaths to relax your body and calm your mind. Intentionally focus on the sunset; be cognizant of the changing colors and light, as the vivid hues crescendo and then fade into a shadowy silhouette...until darkness envelopes the world.

For Brooke and myself, each sunset is just like a vacation, healing our physical, mental and spiritual being. Well done, Universe!

**Gift Card Giveaway Contest:** Send your most beautiful West Suburban Sunset Photo to our email: [pedis.n.passports@gmail.com](mailto:pedis.n.passports@gmail.com) to win a \$100 Meson Sabika Gift Card. 2nd and 3rd Place will receive \$25 Meson Sabika Gift Cards. See rules and details on our "Soaking up Sunsets" blog on [www.pedisnpassports.com](http://www.pedisnpassports.com) for entry.

*Final image by Nicole Cappola*

**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 Glander Magazine in 2017.



SPRING  
GIFTS 2017

# FOR Mom



**Emroidered Decorative Pillows**  
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Spring is the perfect time to change out your throw pillows and add some fresh color to your home decor. Help mom by giving her a beautiful throw pillow...or two! Many local area boutiques have different designs and such. The pillow that is pictured is available online.  
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UNIQUE WEST SUBURBAN BUSINESS

## The History of Marcel's

GLEN ELLYN—Downtown Glen Ellyn is home to one of the freshest and most innovative stores for cooking and food lovers. Marcel's opened in 2011 and has a unique historical inspiration behind it.



Jill Foucré, a longtime resident of Glen Ellyn, realized her life-long dream to combine her family heritage, her love of cooking and entertaining, and her highly successful business skills into a retail and cooking school destination.

Named after Jill's grandfather, a French chef and restaurateur (pictured above 3rd from the left and below with her grandmother at their cafe), Marcel's is a gathering place to cook, create and celebrate. A welcoming state-of-the-art kitchen offers over 200 classes annually for cooks of all ages and skill levels; it is a place to learn, watch, meet new people and old friends – a place to pull up a chair, gather around the table and discover fabulous food adventures. Company parties, family celebrations and girl's nights out are all fabulous occasions to experience the magic of the Marcel's kitchen. The Marcel's team crafts the menu, libations and special touches to make the event uniquely yours.



Stocked with fine cookware and hardworking professional tools, exquisite table wares, specialty foods, and one-of-a-kind items, Marcel's caters to all of your culinary wishes. The Market is the latest addition to Marcel's: fine cheeses, charcuterie, freshly baked breads and select wines await for effortless entertaining and lunches on the go.

Open since September 2011 at 490 North Main Street, Marcel's has already garnered several awards including 2014 U.S. Kitchenware Retailer of the Year, and received international recognition as the recipient of the U.S. Global Innovator Award.

Marcel's is a contemporary purveyor of food, fun and learning for the community and the Midwest. Cook, create and celebrate with Marcel's today!

Join Marcel's blog and download scrumptious recipes. Also, be sure to check out their latest class availability. [www.marcelsculinaryexperience.com](http://www.marcelsculinaryexperience.com) Marcel's is located at 490 N. Main Street in Glen Ellyn.

# Dining

## CABARET



FOR WEST SUBURBAN WINE LOVERS

## The Chicago Wino

### A NEW PINOT & FRIEND

I recently conducted a private wine tasting which allowed me to meet some really cool people, eat a fair helping of charcuterie, and share some delicious bottles of wine with them. The evening was fantastic and after some discussion about Pinot Noir with my new friend, Kristin, she gifted me a super cool bottle which I've not had – shocking, I know. I could not wait to open this.

Mueller Pinot Noir "Emily's Cuvée", 2013 is a stunning expression of what Russian River Valley can do with Pinot Noir. Named "Emily" because the fruit arrived the same day their daughter, Emily, was born in 1994 (their first vintage). Wine Spectator rated it 90 points but I'd give it a bit more. I was lucky to have experienced this as only 434 cases were made. This had supple aromas of Bing cherry, black cherry, orange marmalade (which was totally cool!), vanilla extract, and some earthiness. The flavors were complex with cherries, blueberries, and strawberries. Oak had some presence, as if you knew it is there, hanging out, but it was not overbearing at all. This Pinot had a TON going on and evolved wonderfully over time in the glass.

I really appreciate and enjoy the fact that I get to work in the wine industry. Not only is it my passion, but it provides an opportunity to learn something new each day. Even more than that, I LOVE the fact that I get to meet people and gain new experiences. Wine is delicious on its own, but it is even more delectable and often more memorable when shared with friends. 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 [thechicagowino.com](http://thechicagowino.com) for a simple look at some complex flavors. "Like" Eric on Facebook—The Chicago Wino

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WEST SUBURBAN EDIBLES TO LOVE

## Savory & Sweet Sisters

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Executive Chef: Nick Landeweer

### SCINTILLATING SUNDAY BRUNCH

Located inside the Hilton of Lisle, Allgauer's Chef Nick Landeweer has been creating culinary masterpieces for over 25 years. He recently unveiled a new menu while keeping the favorites guests have been enjoying for years. Allgauer's is known for quality cuisine and exceptional service. With Mother's Day coming up we decided to indulge in their award-winning champagne Sunday brunch.

While we have always enjoyed a nice Sunday Brunch, this one was unlike any other. Greeted by restaurant supervisor Shari Landeweer, we were shown to our seats by the window, overlooking the tree-lined lake. What a beautiful view and a warm first impression. Our delightful server, Mario, was attentive and friendly and kept the champagne filled at all times.

The brunch boasts over 100 items including a carving station, a Belgium waffle station and made-to-order omelet station. The set up was easy to get around and a wonderful sight. With in-house ice carvings, fruit sculptures, and oysters overflowing on a bed of ice, along with crab legs, we were quite impressed.

Starting with the cold dishes, we indulged and found that the strawberries and cream was a favorite by all. Such a simple treat but executed perfectly. The fresh salmon, cheese platters, ceviche, Spanish shrimp cocktail, Allgauer's salad, shrimp in a light dill cream, bowtie seafood pasta and avocado mango salad were just a few of our favorites.

As we made our way through the room and tasted the warm dishes we couldn't get over how well maintained it was. Each dish was fresh and filled promptly. Our waiter, Mario and staff kept our table clear and refilled orange juice, tea, and coffee as needed. This brunch was well orchestrated. Along with the typical breakfast items like eggs, bacon, sausage, biscuits and gravy and French toast with strawberry compote, offerings included parmesan chicken with tomato vodka sauce, pork loin, and New York strip steak with a béarnaise sauce, many pastas and seafood dishes. There also were plenty of child-friendly food selections available.

We made sure to save some room for dessert, as they were just as impressive. Pastries, pies, mousse and many tasty sweet treats were surrounding a chocolate fountain for dipping. With so much to offer, along with great quality, we encourage you to try and taste everything at least once!

**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 Glancer Magazine. Invite them to your eatery at [editorial@glancermagazine.com](mailto:editorial@glancermagazine.com).



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Katie's Beet Slider

RESIDENT FEATURE

## Meet Katie O'Reilly

### Master Culinary Artist and TV Show Host Written by Sabrina Medora

WHEATON— The earliest memories Katie O'Reilly has of Wheaton are of feeding the animals on the Rathje Farm. Katie, along with her parents and four siblings, moved into a house behind Rathje Farm when she was just six years old. Her childhood in Wheaton shaped Katie's future in a big way. "I saw the whole world as the carnival...the colors, the animals..." Katie reminisces.



Her father, Roger O'Reilly was a prominent attorney in the area and often took the family out to eat. "We'd go to Bayless' Frontera Grill, back when it first opened, every single Saturday," Katie's eyes light up at the memory. "My palate was developing at the same time as the Chicago restaurant scene."

Fast forward to 2017, Katie O'Reilly still lives in Wheaton, now with her husband and four children. Her mother, Dorothy O'Reilly remains in the beautiful house behind Rathje Farm. Katie's love of food and creativity came together to form her unique career as Co-President and Culinary Artist of Kenmare Catering.

"I sit with people and design food with them," Katie says of her job at Kenmare Catering. "I get to know them for hours. We talk food. We eat food. And then I help bring to life what they're envisioning."

And that's not all. Katie is also the host of the popular Women's Broadcast TV Network, Katie O's Food Carnival, which she refers to as "the most soul-f fulfilling learning process and creative outlet." Her warmth and enthusiasm exudes not just from the fact that she's filming from her own home but also because the idea of having fun with food at home is not just for show—it's how Katie and her family live. The show airs Wednesdays nights at 7pm on the OTT Network WBTVN and on ROKU, and Friday Nights at 7pm on Comcast Channel 392. For WBTVN, go to wbtvn.tv, or download the free app "Women on TV". The ROKU listing is also "Women on TV".

#### ABOUT THE WRITER

Sabrina is a food writer with ChicagoNow and author of Food Fiction Project, a writing endeavor that pairs bite-sized short stories inspired by food. In her spare time, Sabrina enjoys yoga, reading, exploring big cities, collecting Harry Potter books, and binge-watching competitive cooking shows like Top Chef and Chopped..



## Tasty Places



### MOTHER'S DAY BRUNCH AT CANTIGNY Sunday, May 14

Celebrate Mom with a lavish, award-winning Mother's Day Brunch featuring a distinctive blend of contemporary and traditional fare and just about every other delicious thing you can imagine. The

Mother's Day Brunch is presented in both the Red Oak Room (at Cantigny Golf) and Le Jardin (at Cantigny Park). Reservations for groups of up to 7 people require a \$50 deposit to hold seating. Reservations for groups of 8 or more require a \$100 deposit. Deposits must be made at the time of making the reservation (or within 24 hours). The deposit will be applied to your final bill and will be refunded with a week's notice of cancellation. 10 am, 12:30 pm and 3pm. Adults: \$43 | Seniors: \$40 | Ages 4-10: \$18 | 3 & under: Free (630) 260-8194 or email [pduquette@cantigny.org](mailto:pduquette@cantigny.org).

### TASTE OF AURORA • May 9 ANNUAL FUNDRAISER IN AURORA

This annual event kicks off the spring for downtown Aurora. The Aurora Taste hosted by the Exchange Club of Aurora encourages residents and visitors to "taste" the variety of food offered by participating downtown Aurora restaurants. Proceeds benefit area youth via scholarships and philanthropic contributions to local agencies that serve children. For a \$25 Donation, you receive four (4) tickets to use at our participating Downtown Aurora restaurant.

Visit online today for a list of participating restaurants— you will find many of your favorites! [www.exchangeclubofaurora.org/events/taste](http://www.exchangeclubofaurora.org/events/taste)



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Submit Your Tasty Places to [editorial@glancermagazine.com](mailto:editorial@glancermagazine.com) and be sure to post your event at [www.GlancerGoToGuide.com](http://www.GlancerGoToGuide.com), the hottest Go-To Guide in the Western Suburbs



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# Antique BEAUTIFUL

**W**hether you're on a mission for something so specific it might take you years to find it, or you have that moment of shopping serendipity in an unexpected place, antiques can be both a pursuit and a surprise. And for someone who loves antiques, nothing is more satisfying than finding a \$2 curio and a priceless piece of furniture in the same place on the same day. Of course, knowing how to ask for what you like and paying the price you want to pay can make it even better. Here's a list of 5 things you should know about antiques so you can end up getting those priceless treasures you want -- every time.

## 1. Old School

There are some basic names for the old stuff we buy. If you're a fan of vintage items, that means you like things that are typically less than 100 years old, but identifiable by their decade or period style, like a vintage car. Collectibles, on the other hand, are sets of like items from the same period or maker -- think collectible toys. Classics are archetypes of good design from a specific era or of a specific use. A leather riding boot, for example, is a classic.

And sometimes neat items such as farming or kitchen implements of mysterious origin are not valuables or antiques, but they're just plain old and interesting nonetheless.

## 2. Age Is Good

Antiques have a history of about 100 years -- they can be older or newer, but generally the century-old mark makes something an antique. Most items that have been around that long are documented or cataloged by type and carry value estimates based on condition. Markings from the maker or manufacturer, or just evidence of quality craftsmanship, can authenticate something.

Books, Web sites and local experts have knowledge of history and values. Once familiar with a period or style, spotting a fake among the authentic becomes almost second nature -- and a fun bit of sleuthing for buyers.

## 3. Valuable (or Value "Bull")?

While the condition of antiques impacts the values, good looking junk is still junk. If an item is valuable or authentic and well-preserved, it will show in both quality and details. Its history will be on display. If it looks great but has tags or a selling pitch including "in the style of," "influenced by" or "of the same period," it likely is a knockoff. Solid replicas are out there, but if you're looking for true antiques, ask for information about provenance.

## 4. Haggle Friendly

While retail stores have percentage formulas for marking up products, that isn't typical of antiques sellers. Condition and comparison against like items determine pricing in the antiques or collecting world.

Sellers have marked up prices for haggling and most expect it. Many even enjoy it as a friendly, fun way to talk about what they love. Haggling over something of value that seems overpriced to you is not a sign that you're "cheap." It's part of the antiques experience to see how low you can get the dealer to go.

## 5. Appraise the Appraiser

Good word of mouth, online presence and street level appeal draw us to great antiques shops, but the proprietor completes the antiques experience. Even if a shop is clean and beautiful, low-quality items and pushy or condescending sellers can dampen the shopping itself. With countless stores -- some cluttered and dusty yet full of the best goods -- it isn't hard to find an enthusiastic dealer with amazing stock. What and how they sell can matter more than where they're selling. A willingness to provide detailed appraisals and original receipts (paper pedigrees of sorts) also says a lot about the deals and the dealer.

*Reprinted with permission. For 5 more great antiques tips, visit [www.home.howstuffworks.com/home-decor/accessories/10-things-you-should-know-about-antiques6.htm](http://www.home.howstuffworks.com/home-decor/accessories/10-things-you-should-know-about-antiques6.htm)*

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# Weekend Entertaining

## IN 5 EASY STEPS

Hosting a large group of family and friends can be overwhelming, especially if entertaining isn't something you do often. No matter the occasion, these tips can help you avoid common party pitfalls so you can keep the focus on having fun.



### 1. Offer an assortment.

Rather than attempting to plan the menu around a wide range of likes, dislikes, allergies and other considerations, simply create a menu that satisfies everyone's cravings. If you're serving a buffet, provide a mix of hot and cold dishes in a variety of tastes and textures. For a plated meal, offer several robust sides so if the main dish misses the mark for one or two guests, there's no chance of anyone going hungry.

**2. Create a beverage cart.** The kitchen is likely to be a hotbed of activity, but setting up a remote beverage cart can help redirect some of that traffic. A cart or table with multiple shelves is ideal. Stock the cart with an ice bucket and tongs; garnish such as lemons, limes, olives and cherries; and an assortment of glasses. Offer a couple of bottled beers on ice (one light and one with a bolder flavor), at least one white and one red wine, and a couple of liquors that work with a wide array of mixers, such as vodka and rum. Round out the cart with a few mixers, including fruit juice so non-drinkers can enjoy mocktails as well.

**3. Never compromise on wine.** Lots of times, guests have wildly different tastes

in wine and it can seem impossible to select a couple bottles that everyone will like. If you want to please everyone but worry you'll end up with a stash of partially poured bottles, there is an alternative to pulling all those corks. The Coravin Wine System lets you serve wine without removing the cork, allowing your guests to pour as

much or as little wine as they like (you can save the rest or what's left for another day). Using a Coravin System is like having a wine bar in your house. Rather than settling for what is open, everyone can drink whatever they like, even if the entire group has dramatically different tastes. If someone wants to taste lots of different wines, they will have the freedom to do just that. Learn more at [coravin.com](http://coravin.com).

**4. Plan ahead for refills.** Clear as much space as possible in the refrigerator for extras so you can easily replenish anything that runs out. Make extra pitchers of punch, and have bowls of popular items ready to replace as needed. For warm items, use the warming feature on your oven to hold dishes at serving temperatures, or simply leave the oven off and contain the precooked dishes' warmth.

**5. Remember to enjoy yourself.** Your guests can easily sense when you're frazzled or stressed, so plan ahead and get all your preparations completed well before anyone arrives. Then you'll be ready to mingle, visit and set a warm and inviting tone for an event that everyone can enjoy.



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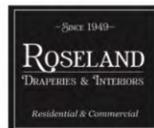


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**INSPIRED TO EDUCATE**

As the mother of two girls and full time LMC Director at Granger Middle School, I am inspired daily by the educators who raised me: my mom, godmother, and family friends. These people modeled for me what it means to be passionate about education and driven to implement cutting edge programs. This takes a lot of energy, but seeing the benefits for students fuels my desire to put my next idea into action. Some of my latest projects include virtual book clubs, greenscreen video projects, robot coding, and my newest venture, Breakout EDU, an escape room-like learning experience.

-Lynne White, Aurora/Oswego

**RESPIRE TO REJUVENATE**

I find my strength through my girls who encourage me to take care of myself so I can be here to raise them and see them become great women in the future. As a parent of children with special needs, founding Respite Endowment Organization has given me purpose outside the home. I get stronger helping others empower themselves by providing group respite, every 3rd Sunday of the month at Alive - A Teen Center Naperville. Trained volunteers act as 1:1 care mentors to special needs children and siblings ages 3 – 13. We also support social skills groups, parent education seminars and art/music therapy.

[www.respiteendowment.org](http://www.respiteendowment.org) -Becky Pundy, Lisle



**EYE ON THE PRIZE**

My number one priority has always been feeding my son organic, steroid/antibiotic free food, prompting the creation of my own company, OrgaNums when he was a baby. Even though OrgaNums is thriving, if I’m being transparent, OrgaNums has survived a divorce, two moves, and some very personally trying times for me. I’ve never been someone who is willing to quit on something that deserves my efforts, and so the more challenges that are thrown my way, the more I dig my heels in. I feel that tiny humans truly deserve a much healthier option and that gives me a sense of purpose when everything else feels utterly chaotic.

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Choose a water-repellant or waterproof fabric and one that is protected against the formation of mold and mildew. Fabrics which are stiff, heavy or even vinyl-coated hold up well. Roseland stocks many outdoor upholstery fabrics which are tough, but really look great. *Call (630) 355-1565 and we'll bring the best choices to you!*

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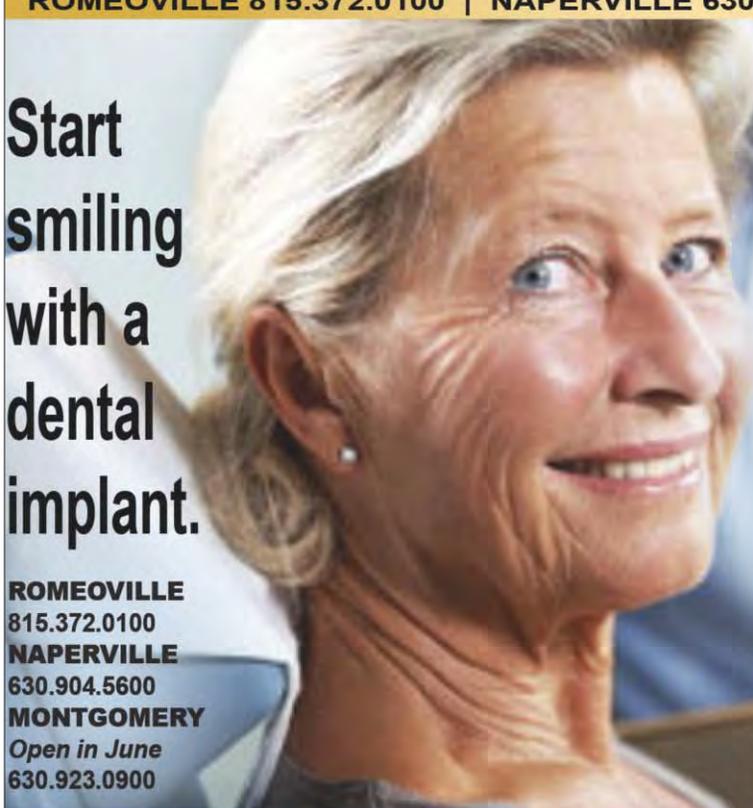
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# Giving Back



## Naperville Woman's Club Announces Dates for its 58th Annual Fine Arts Fair

NAPERVILLE – Mark your calendars for Saturday and Sunday, June 24 and 25, 2017 for the 58th annual Naperville Woman's Club juried Fine Art Fair. The Fine Art Fair will be held again this year at the Naper Settlement in downtown Naperville at 523 S. Webster St., from 10am-5pm daily. Ad-

mission is free.

The Fine Art Fair attracts artists using a variety of mediums from all over the country. Artwork, live music, children's activities, a silent auction, and an Empty Bowls fundraiser which supports local food pantries, are among the many family-friendly events that will be included.

Founded in 1897, the Naperville Woman's Club is dedicated to promoting community improvement by enhancing the lives of others through volunteer service. The NWC meets August through June at their club house, The Old Stone Church, 14 S. Washington St., Naperville.

For more information and how to join, contact the NWC at (630) 420-9680 or [naperartfair@yahoo.com](mailto:naperartfair@yahoo.com); [www.NapervilleWomansClub.org](http://www.NapervilleWomansClub.org).



## Ribfest Announces Entertainment Lineup

NAPERVILLE – The Exchange Club of Naperville and the 2017 Ribfest Committee are pleased to announce the Navistar Main Stage line up for 2017 Ribfest. The 30th Annual

Ribfest will open on June 30th and closes with a fireworks finale on Monday, July 3rd in Knoch Park, Naperville. The family festival is set to return with four days of food, fun and music, all with a purpose.

Over the past 30 years, \$15.5M has been donated from Ribfest proceeds to more than 50 local agencies, all working to prevent and eliminate child abuse and domestic violence.

- Friday, June 30: Toby Keith, Colt Ford, Drew Baldridge
- Saturday, July 1: The B-52s, Flock of Seagulls
- Sunday, July 2: Shinedown, Collective Soul
- Monday, July 3: Wallflowers, Better than Ezra

Tickets are now on sale. For more online ticket and event information visit [www.ribfest.net](http://www.ribfest.net).

Ribfest is produced by the Exchange Club of Naperville and sponsored, in part, by Navistar, Exelon Nuclear, Meijer, Miller Lite, Gerald Kia, US Bank, Baird & Warner, Naperville Bank and Trust, Great Lakes Coca-Cola, ABC 7 Chicago, Glancer Magazine and many other wonderful sponsors in conjunction with the City of Naperville and the Naperville Park District. Volunteer run and mission driven, the Exchange Club of Naperville welcomes volunteers to assist in making Ribfest the premier outdoor summer festival in the area.



MONTHLY COLUMN

# To Give, To Inspire

## SHARING CONNECTIONS

"Tonight, everyone eats at a table and sleeps in a bed." This is the vision statement that inspires many in Downers Grove and the surrounding neighborhoods to get involved with Sharing Connections, an organization that tries to make a difference with local homelessness. The organization began in 1986 when their founder, Leanne McGrath, heard about a woman with a baby and no crib or baby items. She took up a collection from her neighborhood to get what she needed, and a mission was born.



people who have so little is really inspiring."

There are so many ways you could get involved including donating slightly used furniture and household items, working at the warehouse, at events or working directly with clients. Sharing Connections has a very small staff so they rely heavily on their volunteers. If you are a runner, Midwest University will be holding the 28th annual Groovin' in the Grove 5K and one mile fun run on May 13th in Downers Grove. All the proceeds benefit the Sharing Connections. In September, the organization's annual golf outing will be held at the Seven Bridges Golf Course. "It's great to have events like these," says Deb, "where people can have fun while still making a difference and serving the needs of those less fortunate in their own community."

Thirty plus years later, Sharing Connections is continuing to collect used furniture and household items from the community, bringing it back to their warehouse in Downers Grove to clean, treat and place on their "showroom floor". The organization partners with social services agencies that serve populations dealing with homelessness, general poverty, domestic abuse and veteran transition. "As they move out of homelessness, we provide the items they need to create stability in their new home," explains Deb Rickert, CEO of Sharing Connections.

**Mindy's May Giving Inspiration:** Try complimenting the first three people you see after reading this.

## 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.



In 2016 alone, over 6600 individuals were served through the foundation, over 3,700 of them were children and 51% came from DuPage County. "None of this could work without the dedication of our volunteers," says Deb. "Coming to work each day and seeing these people who give so much of their heart to

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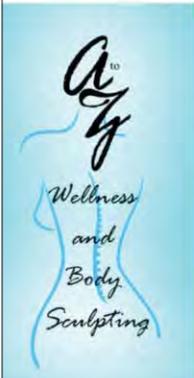
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## Summer Educational Activities

LEARNING RX— *Mental Tic Tac Toe*: using a "mental" grid numbered 1 to 9. Players remember where their opponent has already been and call out an unoccupied space.

*Needle in a Haystack*: Select a magazine article and time your child as they circle all occurrences of a letter. Focus on increasing accuracy and speed.

*20 Questions*: Think of a person or object and give your child 20 yes or no questions to narrow it down.

Use good strategizing questions that narrow down the categories, such as "Are they alive?"

*Poetry*: Have your child choose four words that rhyme and then ask them to use them to create a poem or rhyming song. If you would like to learn more about summer brain training opportunities contact LearningRx.

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# Water HAPPINESS

## IT'S NOT TOO LATE TO JUMPSTART A HEALTHY LIFESTYLE FOR 2017

Each year, millions of Americans make New Year's resolutions to achieve personal or professional goals. For many, that means focusing on improving health and wellness. You tell yourself this is going to be the year you join a gym, eat better or drink more water. Yet that commitment often falls short, as a recent survey suggests less than 10 percent of Americans achieve their resolutions.

There are many reasons people fall short of their goals, including setting the bar too high or being overly restrictive, which can lead to small failures and setbacks. However, there are easy ways to get back on track. A Global Water Survey, published by Nestlé Waters and Kantar TNS, revealed 94 percent of American respondents believe drinking water helps maintain a healthy lifestyle.

One key to jumpstarting a healthy lifestyle is staying hydrated by drinking more water. With so much focus on food, beverage choices are often overlooked. With no calories or added sugars, water is a smart choice to stay hydrated. Here are four tips from Sarah Ladden, a registered dietitian and Director, Nutrition, Health and Wellness at Nestlé Waters North America, to help you stay hydrated in 2017 and beyond.

**1. Good habits shouldn't feel bad.** Overly restrictive commitments can set you up for failure. Instead, adopt small and manageable changes to your daily routine and they can add up to big changes over time. For example, swapping just one 12-ounce (140 calorie), sugar-sweetened beverage with water each day could cut up to 50,000 calories and more than 65 cups of sugar from your diet in a year.

**2. Replace what you lose.** Adults are made up of 60 percent water, which needs to be replenished throughout the day to help you maintain a proper fluid balance. Keep water within reach all day – a pitcher on the kitchen counter, a bottle in your car's center console, a refillable bottle at your desk – to keep healthy hydration top of mind.

**3. Add some sparkle to your day.** Sparkling water is a great option for those who favor something other than plain water. With zero calories and no added sugar, sparkling water is a delicious, refreshing choice for healthy hydration. When entertaining, consider adding a DIY sparkling water bar to your repertoire – just put out some sparkling water, sliced fruits, vegetables and herbs, and your guests can do the rest.

**4. Turn your water bottle into your travel companion.** The survey revealed that American consumers are 72 percent more likely to drink water in their cars. Whether you're commuting to work or running errands, you're constantly on the go and a bottle of water could be your best companion.

To learn more about healthy hydration, visit [nestle-watersna.com/en](http://nestle-watersna.com/en).  
Photo courtesy of Getty Images

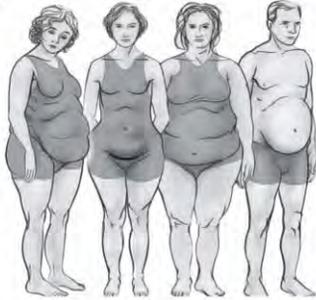


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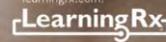
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# Anti-Aging



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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.

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#### 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 or call (630) 420-8080.

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**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.

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MONTHLY COLUMN

# Mom's Little Black Book

**MOTHERHOOD WITH TEENS**

I am blessed that over the years of writing Mom's Little Black Book, my girls and their friends have always enjoyed participating in all the adventures.

Growing into their teenage years, I worried about finding activities that would be equally as entertaining; since I had heard many stories about hormonal teenagers wanting nothing to do with mom – especially, God forbid, in public!



rience of getting completely drenched. With music blaring, there were moments we were going so fast; I think we were actually airborne!

The day ended with dinner at the completely inappropriate Dick's Last Resort where the girls enjoyed being totally insulted wearing paper hats depicting their future life! Motherhood with teens brings a whole new meaning to Mother's Day this year!

My daughter, Marissa, had put Dick's Last Resort in Chicago on our To-Do List last summer and I reluctantly agreed on the premise that we make it a day in Chicago and find something else fun to do. I Googled, "Fun Things to Do with Teenagers in Chicago" and found Seadog Extreme Thrill Ride. Eureka! Anything including the term, "Thrill Ride" should do the trick; and so the planning began....

Since doing anything with just dear old mom would be repulsive, the girls gathered a group of friends and I hijacked another unsuspecting mother to join us. We took the train to the city; hopped on the Shoreline Water Taxi; enjoyed an awesome journey down the Chicago River; disembarked on Navy Pier to climb aboard the big, giant, red Seadog Extreme Thrill Ride!

Thanks to pre-planning, we came prepared with a change of clothes, flip flops for the ride, and Ziploc bags to protect our precious phones! Do not leave home without a change of clothes and plastic bags. Read that twice!

The Seadog Extreme Thrill Ride lived up to its name and instantly turned a group of hormonal teenagers into laughing, giggling, screaming, clapping, singing human beings; as we chose to sit in the back of the boat to take in the full expe-

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**Hours:** March/April-October (weather permitting); multiple daily departures.

**Price\$:** \$19.95-38.95 depending on tour. Check Groupon for deals.

**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.



CARING + SHARING

# Hero Kid

**JACK MAYOR AND JOSIE RUND NAPERVILLE**

There were signs along the way - Jack's lack of eye contact at 3 months old, tapping toys to his mouth at 7 months old, early invention at 15 months; yet multiple doctors continued to tell mom, Diana that Jack didn't have autism, he was simply developmentally delayed.

"At the age of 6, we received his official diagnosis. I knew in my heart that it was autism," Diana says. "We lived with false hope for 5 years, and it was a really hard time for our family." Jack was also diagnosed with a severe form of OCD making routines mandatory and spontaneity impossible, which is often difficult living in a family of seven. Social relationships and friendships were challenging and Diana had to let go of the stereo typical dreams a parent may have for their children, and take heed to the many blessings in Jack's future.

Jack has calendar memory and super memory allowing the ability to recall precise details of any given day or moment since he was young. Jack is kind, polite, honest, and has an amazing ability to give speeches in public forums, but as he entered his freshman year at Neuqua Valley High School, he had no friends, sat alone and cried during lunch, and didn't want to go to school.

"We were then peered with an amazing girl named Josie Rund through Best Buddies," Diana shares. "She changed my boy's life. She brought happiness to him. She gave him something that is priceless... her true friendship." Jack is now active in Best Buddies, Special Olympics, and Young Life Capernaum. He plays basketball and swims. As an ambassador for Best Buddies, Jack had a wonderful opportunity to speak in front of nearly 500 freshmen at Whitney Young HS and share his story with confidence. *Watch, listen, be inspired:*  
[www.youtube.com/watch?v=kJO1dcGdaUM#LookAtMeNow](http://www.youtube.com/watch?v=kJO1dcGdaUM#LookAtMeNow)  
-Kristen Kucharski



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Summer Camp Connection

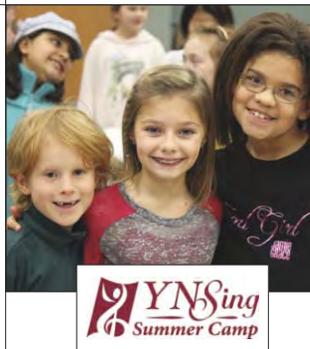
OSWEGOLAND PARK DISTRICT SUMMER– The Oswegoland Park District's Summer Camp Connection program provides a safe, fun, and educational place for your kids to spend their summer days. Swimming, field trips, cooking, nature hikes, and guest speakers will all be part of the fun. Kids, ages 4 to entering 6th grade, can attend any number of days you choose, allowing you the flexibility to plan summer vacations. Breakfast, lunch, snacks, and all activities are included in the \$50.88 daily fee. [www.oswegolandparkdistrict.org](http://www.oswegolandparkdistrict.org)

GreenApple Campus

STEM + INNOVATION + ENTREPRENEURSHIP GreenApple® Campus is an educational NFP with a mission to inspire the innovators of the future through creative, challenging STEM, Innovation and Entrepreneurial programs for kids. Camps include: Robotics, Coding, AR/VR Mobile Game & App Design, Minicraft, Maker in the FabLab and GirlsTech. Kids 5 - 14 years.

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Young Naperville Singers Camp for Grades 1-4

YNSing Summer Camp with Young Naperville Singers June 12 - 16 At YNSing, campers in grades 1 - 4 will have the opportunity to find their voice through songs, movement, and games. Fun activities are planned to foster healthy singing skills, encourage expression, and make new friends. There will be a short informal performance at the end of the week for family and friends! For more information, visit our website at [www.ynschoirs.org](http://www.ynschoirs.org) or call (630) 369-9679.



## Think BIG In Museum Summer Camps

Today's kids are tomorrow's innovators, problem-solvers, and trailblazers! Think BIG while having fun with summer enrichment camps at DuPage Children's Museum (DCM). Research has shown that immersing children in STEAM learning experiences early on helps to inspire life-long curiosity, creativity, and problem solving skills. Choose from Preschool camps, STEM Labs for grades 1-5, and Art Camps for grades 1-2. Find the right camp for your young explorer today! (630) 637-8000 [www.dupagechildrens.org](http://www.dupagechildrens.org)



## Camps for Kids 3-17 at Naperville Park District

Naperville Park District offers a wide array of summer camps for kids ages 3-17 with a focus on fun and making new friends! Little ones will thrive in developmental, play-based camps. Activity-filled, summer-long day camps are great for school-age students. Kids who love sports can choose from soccer, football, tennis, lacrosse, golf, fitness and much more. Those with a rich curiosity and love for hands-on activities will enjoy culinary, nature and science-based camps. [www.napervilleparks.org/summercamps](http://www.napervilleparks.org/summercamps)

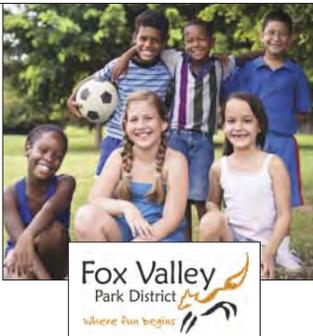
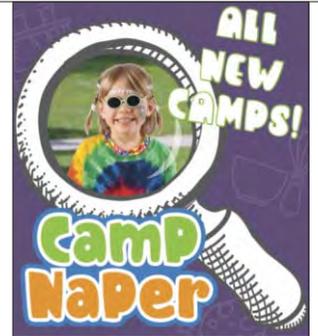
## Naperville Indoor Playground & Party Place

Indoor Playground, where kids and parents can play together and fun is endless for all. It is safe and clean, filled with movement encouraging activities. We host the best birthday parties. Ball Factory is a great space for children up to 12 years old, while at the same time, offering moms and dads the opportunity to have some personal time. You can play together or watch them play, sit back on comfy sofas, watch TV, work using our FREE WI-FI or have a nice meal with a cup of coffee in our Cafe. (630) 445-8365 or visit [www.BallFactoryFun.com](http://www.BallFactoryFun.com).



## Camp Naper!

NAPER SETTLEMENT – Sign up your curious camper for Naper Settlement's all-new season of exciting summer day camps that are sure to capture a child's imagination! The Camp Naper programs are fun and educational experiences that will teach campers about topics such as science, art and engineering. Programs range from 1-5 day camps and last from 8 a.m. to 3 p.m. Camps begin in June. Registration is required. To register, call (630) 420-6010. For info, [www.napersettlement.org/camp](http://www.napersettlement.org/camp).



## All-Day, All Fun – Camps at Fox Valley

Fox Valley Park District offers more than 75 unique camps at the region's top facilities. Adventures abound at Eola Community Center, Blackberry Farm, the Vaughan Athletic Center, Prisco Community Center, and Red Oak Nature Center. Go all-in with our all-day camps, or enjoy specialized programs in sports, swimming, performing arts, science, tech, nature and other exciting areas. Max out on fun, and value - most of our camps cost less than \$5 an hour. [www.wherethefunbegins.org](http://www.wherethefunbegins.org)



## B.R. Ryall YMCA

#BESTSUMMEREVER– The B.R. Ryall YMCA Summer Camps provide children with exciting and educational activities that nurture their spirits, challenge their minds and strengthen their bodies—while teaching values, teamwork, and the importance of healthy choices and an active lifestyle. Our Y offers a range of camp options—from traditional full-day camps for children entering grades K-8 to sports and specialty mini camps for kids as young as age 3. [www.brlyallymca.org](http://www.brlyallymca.org)

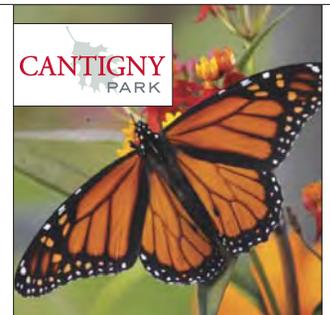
## Create & Paint for Summer FUN at Bottle & Bottega!

We're creating summertime fun at Bottle & Bottega Glen Ellyn and LaGrange. Public painting parties offered daily for all ages. Be sure to check out our calendar of events to see what we'll be painting! Daytime and evening sessions with canvas painting, pallet painting and more! Enter PROMO Code SUMMERFUN to receive 10% OFF. Glen Ellyn, 498 Crescent Blvd., Glen Ellyn, (630) 984-4955 [www.bottleandbottega.com/glenellyn](http://www.bottleandbottega.com/glenellyn) LaGrange, 1 West Harris Ave, LaGrange, (708) 441-4300 [www.bottleandbottega.com/lagrang](http://www.bottleandbottega.com/lagrang)



## Science Camps at Cantigny

New for 2017, Cantigny Park offers two camps July 10-14 for students entering grades 4 to 6. "Nature Explorers" is 9:30am to noon. "Water Explorations" meets 1 to 3:30pm. Each hands-on camp is priced at \$75. Also at the park, "Girls Make History Camp" is June 26-30 (9am to noon) for girls ages 7-11. Cost is \$95. For details or to register, call (630) 260-8162 or visit [www.cantigny.org](http://www.cantigny.org).





# Spectacular

## Kitchen Shops that Local Moms Love!

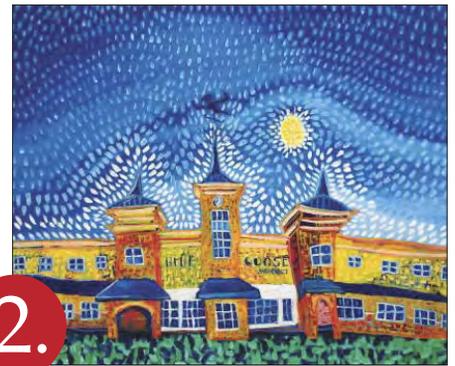
The kitchen is the heart of the home, where families gather together to talk about their day, plan their weeks ahead, enjoy meals together and more. Moms often spend much of their time at home in their kitchen and that's why we wanted to put together a list of 7 Spectacular Kitchen Shops in the area, to celebrate many of the wonderful shops & grocers that west suburban moms love to shop at for their kitchen. Enjoy!



1.

### Blue Goose Market | ST. CHARLES

Located in the heart of St. Charles, this local gem is loved by many moms for the wide range of produce, groceries, frozen foods and fresh deli selections that are available at competitive prices. Moms also love the new coffee bar and fresh sandwiches, along with how much Blue Goose does for the community. Family owned and operated for over 80 years, it's one of the best-loved grocery stores in St. Charles. [www.bluegoosemarket.com](http://www.bluegoosemarket.com)



Crista Bell Blue Goose Oil Painting - gretabell.com

2.

### Casey's Food Shop | NAPERVILLE

When visiting this popular store, moms often run into other moms from their neighborhood, making their shopping experience that much more fun. Naperville's alternative for service and quality, Casey's features the finest meat, poultry, and seafood; extensive Deli with entrees & salads to go, plus Boar's Head meats & cheeses; top quality produce and full service Grocery. Mom's also love visiting their website for countless recipes & much more. [www.caseysfoods.com](http://www.caseysfoods.com)



3.

### Mariano's | MULTIPLE LOCATIONS

Many moms love this place, inside and out! Known for the freshest high-quality foods from just about everywhere in the world, their website is loved for the many coupons and unique promotions that aer always going on. Wow! Aurora, Naperville, Wheaton, Westmont and more. [www.marianos.com](http://www.marianos.com). NOTE: Website image pictured features a promotion that is no longer valid. Check online for current promotions.

### Marché | GLEN ELLYN

Packed to the brim with venerable, old world classics and new wave local standouts offering favorites— from cheese and charcuterie to wines, craft beers, spirits and a distinctive array of complements, there is always something new to taste and sip. It's no wonder west suburban moms LOVE this place! There are cheese plates to eat in, share or take home; and artfully arranged cheese and charcuterie boards for parties and special occasions to serve 2-100. Party perfect! Be sure to grab your favorite gal pal and register for one of the classes. [www.marche496.com](http://www.marche496.com)

4.



Marché



5.

### Vom Fass | NAPERVILLE

Many moms from all over the suburbs love visiting this charming shop in downtown Naperville where they enjoy a world of flavors and you'll love it, too. Oils, vinegars, gourmet foods, and spirits including unique liqueurs made by small artisan producers from around the world are a few of what makes it so great. If you're looking for a new shop for your kitchen to love, you've found it! [www.naperville.vomfassusa.com](http://www.naperville.vomfassusa.com)

### The Olive Mill | GENEVA

Moms love celebrating the Olive with the gourmet spices, gift baskets and recipes found at this favorite Geneva shop. Visit to experience a European tradition of sampling the freshest selection of small batch and artisan Extra Virgin Olive Oils and Balsamic Vinegars from all over the world. Choose from an assortment of imported and stuffed olives and other gourmet food products. [www.theolivemillstores.com/content/10-the-olive-mill-geneva](http://www.theolivemillstores.com/content/10-the-olive-mill-geneva)

6.



Marcel's Culinary Experience

### Marcel's Culinary Experience | GLEN ELLYN

A favorite for many west suburban moms, this food-lovers destination spot in the heart of Glen Ellyn is stocked with fine cookware and hardworking professional tools, exquisite table wares, specialty foods, and one-of-a-kind items. Marcel's caters to her culinary wishes. The Market is the latest addition to Marcel's: fine cheeses, charcuterie, freshly baked breads and select wines await for effortless entertaining and lunches on the go. Marcel's also offers a wide array of culinary classes, which moms love. [www.marcelsculinaryexperience.com](http://www.marcelsculinaryexperience.com)



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