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JUNE 2010
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PUTT IT FOR PINK

Looking for an excuse to get back on the green? Dust off the clubs and play 18 holes for a cause this month. The Lynn Sage Cancer Research Foundation hosts the 19th Annual Play for the Cure Golf Outing on Monday, June 21 at Glen View Club. Golfers of all skill levels are invited to the event, which will donate all proceeds to breast cancer research. 11AM. Glen View Club, 100 Golf Road, Golf, Illinois. For information call 312.926.7133 or visit www.lynnsage.org. C.H.

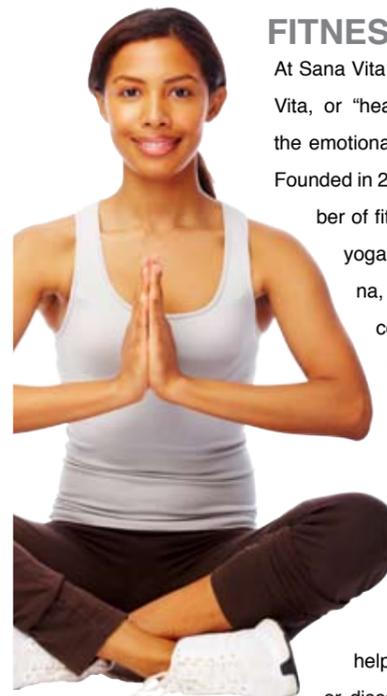
HEALTH NOTES

GOOD TASTE, BAD EFFECTS

More bad news for sweets lovers – sugar can have an adverse effect not only on your waistline, but on your skin. According to Deborah Arneson, licensed clinical nutritionist, “High sugar food breed bacteria and candida growth while driving water out of your skin cells, leaving you tight and dry.” Karyn Calabrese, a vegan for 40 years and owner of four vegan restaurants including Karyn’s on Green, states that the “sugar attaches to your cells and increases the aging process.” T.S.

GIFT OF LIFE WALK

Lace up your shoes and get ready to move. The National Kidney Foundation of Illinois (NKFI) is holding the Gift of Life Walk and Family Health Fair on Sunday, June 27 at Soldier Field Great Lawn. Marion E. Simon, a former member of the NKFI Board, says there are 800,000 people with chronic kidney disease (CKD) in Illinois alone, and over 26 million in the U.S. with CKD. Marion became involved with NKFI after her daughter Kathy was diagnosed with kidney failure. There were signs of Kathy’s sickness but the doctor never verbally brought it to her attention. “I decided I wanted to save some people from going through this, so I helped develop the Kidney-Mobile,” Marion says. A bright blue bus decorated with superheroes, the KidneyMobile cruises around Illinois to raise awareness and provide free screenings for hypertension, diabetes and kidney disease. Money raised from the three-mile walk will benefit awareness programs, including the KidneyMobile. The event is free and participants who raise \$50 or more will receive a free t-shirt. Registration begins at 9AM; the walk begins at 10:30AM. Register at www.firstgiving.com/nkfi. T.S.



FITNESS VARIETY AT SANA VITA

At Sana Vita Studio, the mission matches their name. Sana Vita, or “healthy life” in Latin, is dedicated to promoting the emotional, spiritual and physical fitness of their clients. Founded in 2004 by Marilyn Glielmi, the center offers a number of fitness classes, including Pilates, yoga, prenatal yoga and boot camp fitness, plus yamuna. Yamuna, which began in New York over 10 years ago, consists of routines that work specific muscles using six to 10 inch balls. Marilyn describes it as “literally rolling your body out, almost like dough. You’re stretching and elongating your muscles.” The stretch begins by focusing on the muscle origin and then working your way down to the end point. It can even be applied to the face, hands and feet. Any age can participate and the class is especially helpful for anyone who has areas of tightness, pain or discomfort, says Marilyn. 1357 West Grand Avenue. 312.829.8482. www.sanavitalstudio.com T.S.

JUNE EVENTS

The Robert H. Lurie Comprehensive Cancer Center of Northwestern University’s **Cancer Survivors’ Celebration and Walk**, beginning in Grant Park, will be held on Sunday, June 6 with registration at 8AM and the walk at 9AM. Registration for the 4-mile walk is \$15 in advance and \$25 the day of. No pledges required. www.cancer.northwestern.edu or call 312.695.1304.

The Professional Women’s Club of Chicago will hold their June 2010 luncheon on Wednesday, June 9 at 11:45AM at the Union League Club of Chicago. Tickets are \$55 for guests and \$40 for members. Sandy Goldberg, Ph.D., will discuss approaches for healthy eating and weight control. 312.263.1808 or visit www.pwcc.org.

The American Blood Centers and Nexcare Bandages Give Campaign is the focus during the week of June 14, World Blood Day. The Give campaign strives to thank the “everyday heroes” who give blood and inspire others to do the same. Visit www.nexcaregive.com to find a nearby center to give blood and learn more. n

PASCAL LAUNCHES A PRODUCT LINE

Pascal has been in the beauty industry for 25 years, but this fall marks a first for the renowned owner of Pascal Pour Elle salon and spa in Glencoe and Glenview. That’s when the French-born hair expert’s first line of styling products, Nature Effects, will be available in high-end department and specialty stores. “It’s like a child you teach how to learn, how to walk,” he says of launching the line, which he’s been developing over the past four years.

The result, an organic, unisex line of 13 products consisting of gels, waxes, sprays and other styling agents, is based on feedback from Pascal Pour Elle clients as well as desire to create a product that benefits the environment.

“Over the years, my clients felt that styling products had a perfume that would follow them the whole day,” Pascal explains. “I looked for the best scent – a scent that fades away – and came back to a very classic scent, eucalyptus. When you smell eucalyptus, it gives you a boost of energy.” And as the styling products are all organic, they’re not only great for the environment, but also for your hair.

The other core belief behind the new line, Pascal says, is that hair care should be simple. “I’ve realized that (other salon) lines are so extensive and complicated,” he says. “I wanted to create a direct line. You want straight hair? Use Smooth It. You want shine? Use Shine It. My line is direct, to the point, simple, user-friendly and has the quality behind it.”

And though the line is at home in Pascal’s luxurious salon, the price point will be competitive, ranging from around \$18 for a wax to \$28 for a hairspray. Pascal is proud to note that everything about the products, from the ingredients to the packaging, was made in America. Check back to www.pascalpourelle.com for updates on when and where you can purchase Nature Effects. C.G.



CHANGING LIVES... ONE SMILE AT A TIME™

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Actual Patient's Unretouched Photos. Photography by John Reilly.

Dr. Fiss is the recipient of the 2009 Best of Chicago Award in the Dentists’ Office category by the U.S. Commerce Association and included in “Guide to America’s Top Dentists” 2003-2010. 2010 Talk of the Town Award Winner for Excellence in Customer Satisfaction. 2010 advanced accreditation in the treatment of snoring and sleep apnea.



Dr. Fiss - One of Chicago’s Premier Cosmetic Dentists

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