Forest & Bluff

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WELCOME HOME

Designer Katy Evans shares the warmth and wonder of her home on the Lake Bluff History Museum Holiday Home Tour.

NOVEMBER 2025

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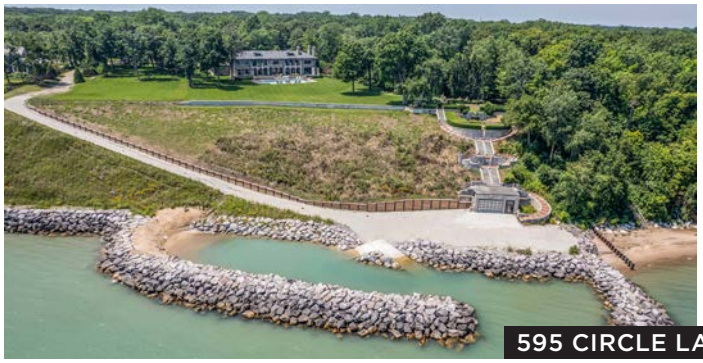
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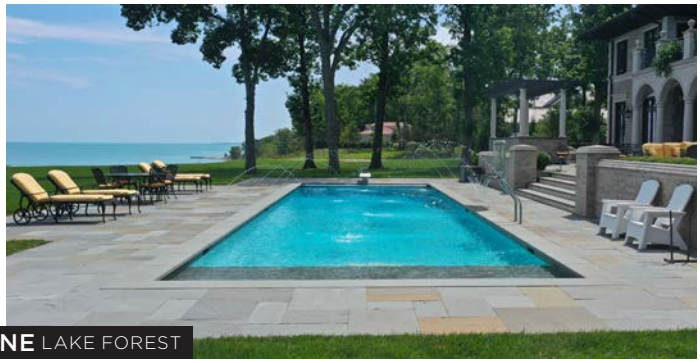


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595 CIRCLE LANE LAKE FOREST

5 + 1 BEDS, 6.3 BATHS, GARAGE SPACE FOR 22 CARS // $27,500,000

Once-in-a-lifetime opportunity to own this spectacular Lake Forest estate spanning 5.27 breathtaking acres with 570 feet of Lake Michigan frontage and a private cove beach. Completed in 2019 after four years of planning and construction, this magnificent home includes 5 en-suite bedrooms, a Christopher Peacock kitchen, library, theater, amazing wine cellar, luxurious spa room, elevator, pool, spa, and a boathouse accessed by a gated driveway or historic grand staircase. Heated garage space for 22 cars—ideal for collectors. Smart home features, geothermal HVAC systems, radiant heat floors, and panoramic lake views complete this masterpiece of luxury living and craftsmanship. Absolute perfection!





111 MAYFLOWER ROAD LAKE FOREST

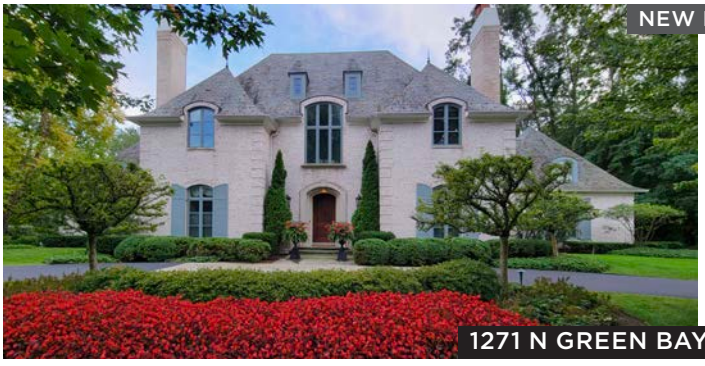
7 BEDS, 6.1 BATHS // $6,250,000

Beautiful 7-bedroom, 6.1-bath lakefront estate on nearly 4 acres with 300 feet of Lake Michigan shoreline along coveted Mayflower Road. This stately brick residence blends timeless elegance with modern updates, featuring original millwork, 6 fireplaces, high ceilings, a gourmet kitchen with commercial-grade appliances, elevator, and a newer slate roof. Walls of windows in the family room offer panoramic lake views, while the expansive side yard, stone terraces, and private beach access with gazebo create an unmatched setting for entertaining and relaxation. A truly rare and private lakeside retreat!

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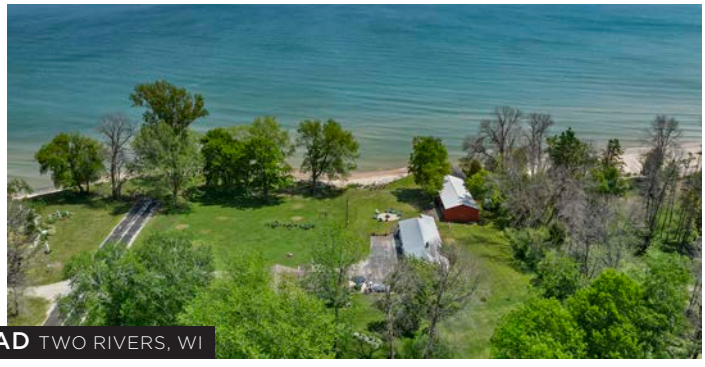


1271 N GREEN BAY ROAD LAKE FOREST

5 BEDS, 7.1 BATHS // $3,350,000

Set on 1.4 private acres just minutes from downtown Lake Forest, this stately French Normandy–style home was custom built by Gene Martin. The brick residence offers 10'+ ceilings, hardwood floors, and a de Giulio kitchen designed for both beauty and function. Two primary suites with morning kitchens provide comfort and flexibility, while additional features include a finished lower level, screened porch, slate roof, and 4-car garage. A timeless blend of craftsmanship and livability, this home offers both elegance and everyday ease. Its private setting and thoughtful design make it ideal for both grand entertaining and quiet retreat.



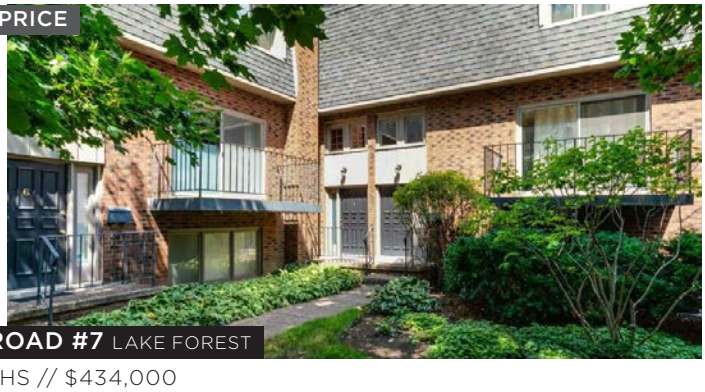


7907 IRISH ROAD TWO RIVERS, WI

SLEEPS UP TO 20+, 4 BATHS // $1,299,000

Just 30 minutes from Door County and a little over two hours from Lake Forest, this 2.66±-acre Lake Michigan retreat offers 292± feet of sandy, bluff-free shoreline and sweeping lake views. The updated main home features a vaulted family room, bright kitchen and dining area, two new baths, and four bedrooms plus a lower-level den. A 24x60 party barn offers exceptional entertaining space with gaming, dining, and guest quarters. Very close to the beach, a private guest house and a 24x70 garage for six+ cars complete this rare blend of comfort, space, and waterfront luxury.





1111 S WAUKEGAN ROAD #7 LAKE FOREST

3 BEDS, 2.1 BATHS // $434,000

This spacious corner-unit townhome offers over 2,100 sq. ft. of light-filled living space with serene pond views. The open main level features generous living and dining areas, a spacious kitchen, and a versatile office or den. Upstairs, the primary suite includes a large walk-in closet and double vanity, accompanied by two additional bedrooms and a full hall bath. The walk-out lower level provides extra living space or recreation area with direct access to the outdoors. Freshly painted with thoughtful updates throughout, this home includes an attached 2-car garage and offers easy access to schools, train, shopping, and parks—effortless, maintenance-free North Shore living.

#1 AGENT IN LAKE FOREST 2020, 2021, 2022 #1 TEAM IN LAKE FOREST 2020, 2021, 2022 & 2023*

*MRED, LLC, based on closed sales data in Lake Forest, 1/1/2020 to 12/31/2023

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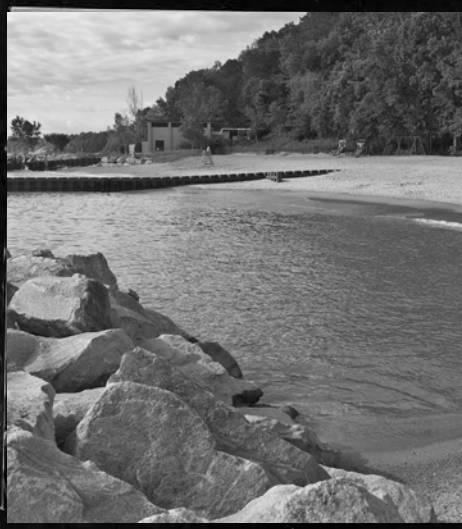















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Source: MRED/BrokerMetrics LLC. #1 brokerage on the North Shore based on closed sales volume, residential properties, 10-1-2024 to 9-30-2025.
(North Shore: Evanston, Wilmette, Winnetka, Kenilworth, Glencoe, Highland Park, Lake Forest, Lake Bluff, Northfield, Glenview, Northbrook, & Deerfield).

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261 E. ONWENTSIA

8 BED | 10.3 BATH | $6,500,000

Step into timeless elegance at this remarkable Lake Forest estate, set on 3 private acres along one of the area's most coveted streets. Surrounded by mature trees and just moments from Lake Michigan, this home blends refined architecture with modern comforts—perfect for today's luxury buyer.

Designed in collaboration with renowned architect Darcy Bonner in 2010, the residence embodies Santa Barbara-inspired living with a harmonious fusion of style and functionality. A sweeping drive and stately façade welcome you to expansive interiors filled with natural light, custom millwork, and thoughtfully curated finishes.

Highlights include a chef's kitchen that opens to inviting gathering areas, elegant formal rooms, and a first-floor primary suite with spa-like bath, dual dressing rooms, and serene views. Additional bedrooms and flexible spaces accommodate guests, work, or fitness needs. Outdoors, enjoy a resort-style pool, lush landscaping, and private patios ideal for entertaining or relaxation.

All of this within minutes of Lake Forest's charming downtown, award-winning schools, golf and country clubs, and easy access to Chicago.







85 SUNSET

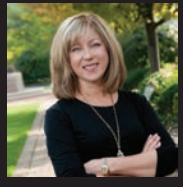
4 BED | 4.1 BATH | $2,999,000

Nestled across from a charming park, this designer-owned residence is a truly exceptional find—ideal as either a pied-à-terre or a year-round residence. Thoughtfully renovated for simplicity and minimal upkeep, the home offers nearly 4,000 square feet of finished space without the burden of costly maintenance.

As the recipient of the 2025 Lake Forest Historic Preservation Award, it perfectly marries timeless elegance with striking designer touches. Inside, you'll discover a warm and inviting atmosphere featuring carefully curated color palettes, expertly placed custom lighting, stunning wall and window treatments, cozy fireplaces, arched doorways, gleaming hardwood floors, and expansive windows.

Step outside to enjoy beautifully landscaped grounds accented by new landscape lighting, a private fenced yard, and bluestone patios perfect for gatherings or a leisurely morning coffee. A generator ensures uninterrupted comfort and convenience.

Additional highlights include a finished lower level, heated bathroom floors, seamlessly integrated built-in speakers, a heated garage with epoxied floors, and new windows. This gem in the heart of Lake Forest offers both charm and the conveniences of in-town living.



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Photography by **Maggie Ponce**
Styling by **Theresa DeMaria**
Hair and Makeup by **Leanna Ernest**

ON THIS PAGE
Liam Sheridan headlines the Paddle for a Purpose Fundraiser at Exmoor Country Club on November 21.
Photography by **Katrina Wittkamp**
Styling by **Theresa DeMaria**

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Premium south-facing lot in Lake Forest's Whitehall Meadows. Lot 9 features an expansive 1.64 acres, making it an optimal place to build your custom home. Lot 9 partially abuts LF Open Lands on the west side. Concept drawing by Frank Klepitsch, Architect.



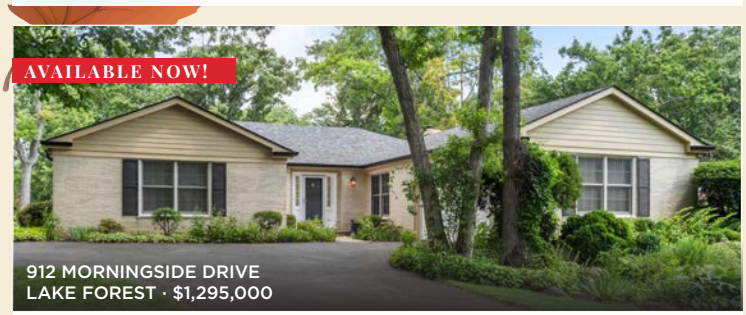
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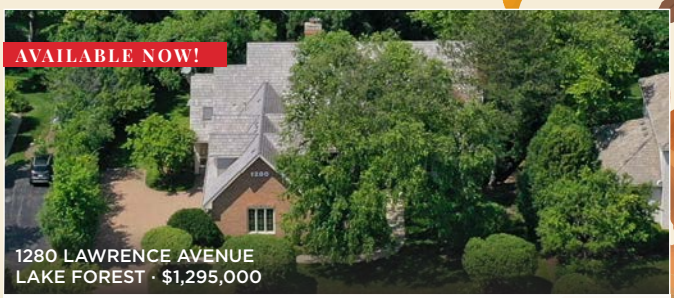
Pretty white Chicago bungalow with fenced yard is located on a quiet tree-lined street.



Rarely available corner condo offers panoramic lake views from three private balconies.



Lake Forest gem offers spacious single-level living with an updated, open layout and a private backyard oasis, minutes from Lake Michigan beach access at Fort Sheridan.



Quality-built, brick and cedar Cape Cod-style home, situated on an interior lot in the highly sought-after Arbor Ridge subdivision.



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Editor's Note



What does it mean to come home? For our cover story this month, interior designer Katy Evans provides a beautiful answer.

Turn to our *Coming Home* feature to follow Evans' journey from riding bikes through Lake Bluff summers and grabbing candy at the Village Market to returning as an adult to give her daughters the same idyllic childhood she treasured. On December 7, she'll be among three families to open her home as part of the Lake Bluff History Museum's 15th annual Holiday Home Tour—a celebration of longtime Bluffers who've chosen to return to the village.

We pay tribute to the late Brian Vandenberg in *Behind The Wall,* honoring the visionary whose "what-if" mindset helped transformed a blank wall at Lake Forest High School into the powerful Wall of Excellence that continues to inspire student achievement today.

In *Brava, Bravo!,* composer Jim Stephenson retraces his path from a wide-eyed 9-year-old kid opening a trumpet case on Christmas morning to his role as guest conductor of the Lake Forest Civic Orchestra. His story reminds us of music's transformative power and the vital importance of passing that gift to the next generation through organizations like Bravo Waukegan.

Forest Park has been welcoming generations for more than 150 years, and *Crown Jewel* celebrates a decade since its transformative renovation—a milestone that reminds us how public and private partnership can preserve something precious for everyone to enjoy.

In this month's *The Portrait* column, we meet 16-year-old Liam Sheridan—a young performer whose talent is matched only by his commitment to giving back. From magic shows to solo gigs across the North Shore, Liam represents the best of what our community cultivates—young people who are not only gifted, but generous with those gifts. Follow this rising star on Instagram, @liamsheridanmusician.

As we enter the season of thanks giving, these stories remind us why we're so grateful to live where we do—surrounded by people who don't just appreciate beauty, tradition, and excellence, but actively work to create and sustain it.



Jim Stephenson guest conducts Lake Forest Civic Orchestra on November 9, debuting an original work written in honor of Bravo Waukegan.

Here's to coming home, to legacy, and to the extraordinary individuals who make this community shine.

With gratitude,

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L|A

LILLIE ALEXANDER



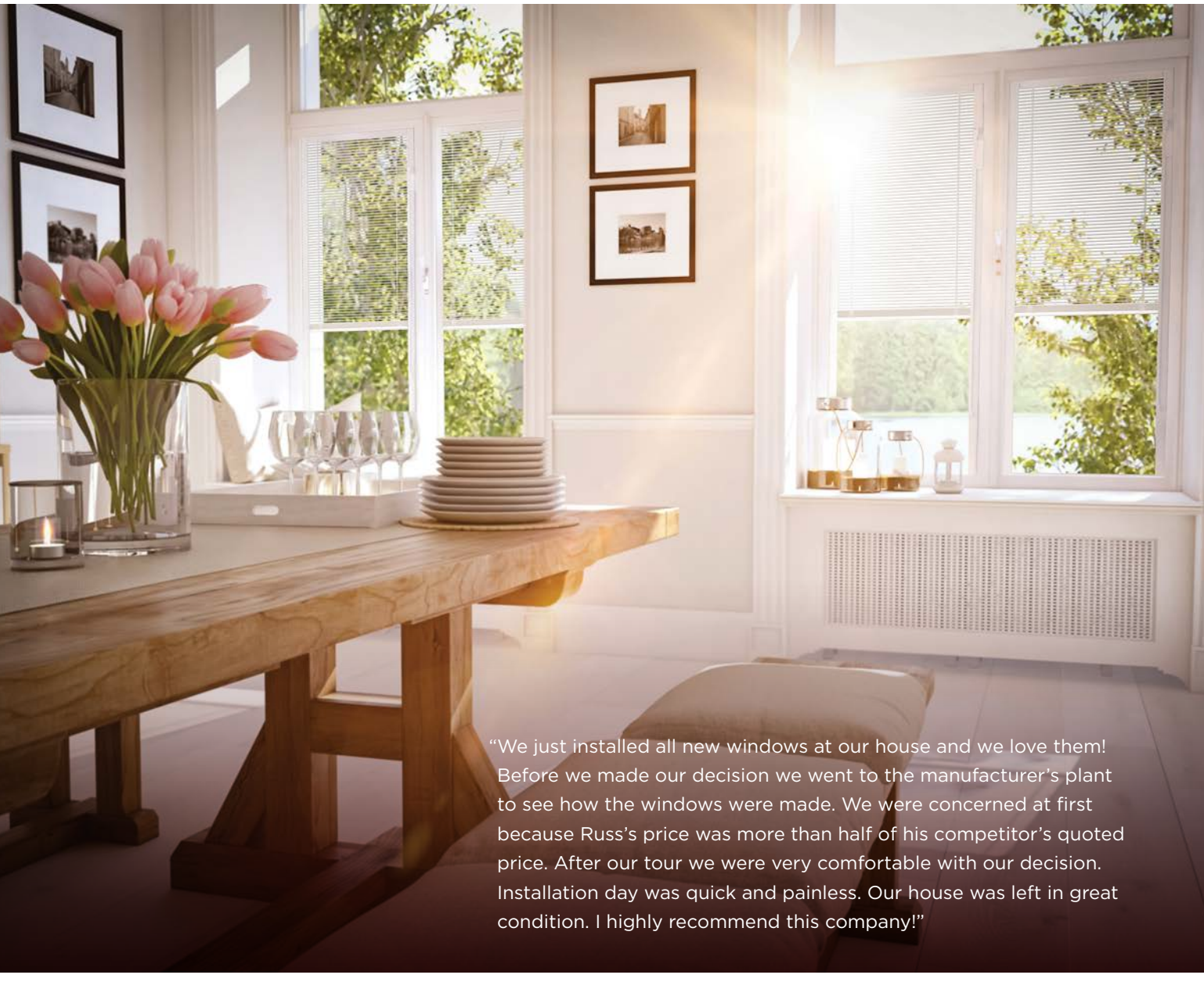




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The Good Life

Musings on What's Doing And Who's Doing It



The HOW on living your best life, engaging in meaningful activities, and building relationships in the community

Brooke Kuehnle, Pim Alley, and Emily Grace co-chaired the Forest Park Conservancy Gala on September 27.

Photography by Robin Subar

Holiday Boutique Preview

This month, the Women's Board of Northwestern Medicine Lake Forest Hospital invites you to their highly anticipated Holiday Boutique. Here's a preview of the buzz-worthy offerings you'll find.

The Buzz

BAFFIE GOLF This luxury children's golf apparel brand brings timeless elegance to the next generation of golfers. Founded by mother-daughter duo Mary and Molly, the line takes its name from a 19th-century Scottish 5-wood and features crisp collars, classic knits, and heritage-inspired details with thoughtful construction. Drawing from the charm of storybooks and the spirit of family tradition, Baffie celebrates golf as more than sport—it's a shared experience of discovery, growth, and memories passed between generations. Each piece embodies lessons in patience, respect, and confidence, inviting families into a space where tradition isn't just inherited—it's worn, shared, and carried forward, one round at a time.







BILLET-DOUX French for "sweet note"—this playful, high-quality paper goods brand is designed to save time and spread cheer. Offering personalized and grab-and-go essentials from note cards, notepads, and gift tags to wrapping paper, coordinating coasters, placemats, wine tags, and tent cards, each piece features multi-layered patterns for a unique statement. Every product is intentionally designed with a fresh twist on what's available, making last-minute gifting and setting a beautiful table more effortless and fun. Billet-Doux brings special moments to life with charm and creativity. Custom orders ship within two weeks, perfect for holiday entertaining.



HART We love this meaningful, soul-boosting jewelry, designed as wearable reminders of your intentions and values. Each piece is embedded with purpose, channeling spiritual themes—from good luck and resilience to motherhood and courage—in a modern, fresh way. Whether celebrating a major milestone, navigating a life transition, or simply craving a little sparkle, Hart's joyful designs empower you to feel stylish and authentic with each wear.

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Noteworthy in November

SCOUTS HOCKEY 50TH TREE & GREENS SALE
WHEN: Through November 30
WHERE: The Farm System in Lake Bluff
Lake Forest Hockey Club players welcome back the return of their annual sale featuring the highest quality holiday trees, wreaths, garland, and other décor to help raise money to fund the hockey season. Fulfillment of orders is managed from The Farm System in Lake Bluff, where players unload trucks filled with trees and other merchandise, organize it all by name, and hand-deliver all items across Lake Forest and Lake Bluff. White Glove service is also offered and includes a fresh cut and in-home tree set up. While most orders are placed weeks in advance, some merchandise can be purchased at the lot November 29 and 30. *scouthockey.com*

LAKE FOREST READS
WHEN: November 2 to 3
WHERE: Gorton Center and Lake Forest Library
The Lake Forest Library invites you to join your friends and neighbors in reading *The River We Remember* by William Kent Krueger as part of Lake Forest Reads, One Book One Community. Join in conversation with the author at one of the offered events. Although free, registration is required. *lakeforestlibrary.org/lake-forest-reads*

REVEL HOLIDAY BOUTIQUE
WHEN: November 5
WHERE: North Shore Country Club
Club of Hearts Presents REVEL 2025, its fourth annual holiday shopping boutique from 12 p.m. to 8 p.m. Gather your friends for a day of festive holiday shopping featuring more than 25 specially curated vendors, raffle, and a fun-filled community atmosphere. All proceeds benefit Charles H. Walsh Sr. Academy & Career Tech High School. *clubofheartsil.com*

MOTHER'S TRUST SEASONAL SOIRÉE
WHEN: November 8
WHERE: Knollwood Club
Mother's Trust presents its second annual Seasonal Soirée, featuring exquisite tablescapes created by the area's most distinguished designers. The evening will include a compelling guest speaker and live auction featuring European getaways—from Greek islands to rolling Italian hillsides—alongside exclusive dining experiences. Guests are encouraged to don elevated evening attire for this sophisticated fundraiser supporting the Children of Lake County. *motherstrustfoundation.org/2025-seasonal-soiree*

SYMPHONIC CASCADE
WHEN: November 9
WHERE: Gorton Center
As part of its Postcards from America series, Lake Forest Civic Orchestra will perform "Symphonic Cascade" at 4 p.m. on Sunday, November 9 at Gorton Center. The concert will include a piece by Lake Forest composer Jim Stephenson, written in honor of Bravo Waukegan's 15th anniversary. *lakeforestcivicorchestra.org*

MIRACLE ON SOUTH DIVISION STREET
WHEN: November 14 to December 14
WHERE: Citadel Theatre
The Nowaks of Buffalo, New York, have always believed in their family's miraculous Christmas Eve story—until Ruth decides to turn it into a one-woman show, only to have a deathbed confession threaten to unravel the legend. As the truth emerges, the Nowaks must face their faith, family and hilarious truths in *Miracle on South Division Street,* a heartfelt comedy at Citadel Theatre. *citadeltheatre.org*

LIGHTSCAPE
WHEN: November 14 to January 4
WHERE: Chicago Botanic Garden
The enchanting after-dark illuminated trail created just for the Chicago Botanic Garden dazzles with brand-new installations from around the world and vistas transformed with light, art, and music. On November 19, December 4, and January 2, enjoy a festive, adults-only evening where you can let your merry side shine, complete with specialty cocktails and mocktails. *chicagobotanic.org/lightscape*

HOLIDAY BOUTIQUE OPENING NIGHT
WHEN: November 20
WHERE: The Forester Hotel
The Women's Board of Northwestern Medicine Lake Forest Hospital hosts its annual Holiday Boutique with an opening night on Thursday, November 20, followed by two full days of shopping on Friday, November 2, and Saturday, November 22. Proceeds will help palliative medicine and supportive care services grow with the expansion of Lake Forest Hospital. *lfhwomensboard.nm.org*



Kick off the holiday season at the REVEL Holiday Boutique on November 5

HOW NOT TO AGE
WHEN: November 20
WHERE: Gorton Center
Dr. Michael Greger presents groundbreaking insights from his newest book, *How Not to Age*. In this dynamic talk, he explores the science of healthy aging, breaking down recent medical research and offering practical, evidence-based tips to boost both lifestyle and health span. You'll walk away with powerful tools for preventing age-related diseases and promoting lifelong vitality through diet and lifestyle choices. *gortoncenter.org*

PADDLE PARTY FOR A PURPOSE
WHEN: November 21
WHERE: Exmoor Country Club–The Oak House
Team Ryan O'Connor invites you to an evening of paddle, fellowship, and philanthropy in support of groundbreaking research to cure Angelman Syndrome. Guests will enjoy open play, a delicious dinner, and an open bar—all while advancing the Foundation for Angelman Syndrome Therapeutics' mission to deliver life-changing treatments and renewed hope for families worldwide. *give.cureangelman.org/paddlepartyforapurpose*


Allendale Youth Board hosts its Polar Plunge on November 22

ALLENDALE POLAR PLUNGE
WHEN: November 22
WHERE: Forest Park Beach
Take the plunge—or cheer from shore—at the Allendale Youth Board's Polar Plunge! Join fellow plungers at 9 a.m. (or enter the stair climb competition) and warm up afterward with donuts, hot chocolate, and cider from Donut Jester. All proceeds benefit the children of Allendale Association in Lake Villa, a school and residence supporting behavioral, emotional, and mental health needs. *onecau.se/polarplunge*

PUCKS & POMS FOR GLASA
WHEN: November 26
WHERE: Alumni Memorial Fieldhouse at Lake Forest College
Lake Forest Scouts Hockey kicks off the holiday break with its annual Pucks & Poms fundraiser benefitting Great Lakes Adaptive Sports Association (GLASA). Fondly referred to as "Hockey Homecoming," hundreds of fans pack into Alumni Memorial Fieldhouse for an action-packed evening of hockey camaraderie. Three of the four Scouts Hockey teams play back-to-back games from 5 p.m. to 10 p.m. During intermission of the Varsity Gold game, the Lake Forest High School Dance Team performs. This is a free event with opportunities to give to GLASA throughout the evening. *scoutshockey.com*

LAKE FOREST TREE LIGHTING
WHEN: November 28
WHERE: Market Square, Lake Forest
The annual Lake Forest Tree Lighting Celebration returns on Friday, November 28, from 3 p.m. to 6 p.m. Enjoy an afternoon and evening of live music, kids activities, food and beverages, carolers, Lake Forest Dance Academy dancers, Santa Claus, and more at this beloved Lake Forest tradition. *lfparksandrec.com*

KIDS ONLY HOLIDAY SHOP
WHEN: December 3
WHERE: Gorton Center
The Kids Only Holiday Shop gives children ages 4 to 10 a chance to shop for loved ones—without mom or dad. High school students—cheerful Santa's Helpers—escort each child through the boutique. Along the way, kids explore booths from local vendors and artisans, all offering gifts priced at $10 or less. Gorton's elves help young shoppers manage their money and make thoughtful choices. Finally, the Wonder Wrappers step in to wrap each purchase —so every gift is ready to be placed under the tree. *gortoncenter.org*

JOY & WONDER
WHEN: December 6
WHERE: Market Square
"Santa's Workshop" is coming to Lake Forest's Market Square as part of its Joy & Wonder event on Saturday, December 6, from 12 p.m. to 3 p.m. There will be something for everyone—horse-drawn sleigh rides, storytime with Mrs. Claus, nativity animals and a Christmas camel, Frosty's Bounce 'N' Blizzard Slide, Santa's favorite sips and snacks, and more. Admission is free. *shopmarketsquare.com*

IT'S A WONDERFUL LIFE
WHEN: December 6
WHERE: Downtown Lake Bluff
Kick off the holidays with a delightfully festive and fun family day. Enjoy specials and treats around town and gather with the community as the infamous "light orbs" are turned on for the season. *lflbchamber.com*

MAKING THE MOVIE: HOME ALONE
WHEN: December 6
WHERE: Gorton Center
Enjoy a captivating docu-story on the making of the movie *Home Alone* and other films shot on the North Shore created by Winnetkan John Abendshein, owner of "the *Home Alone* house" when the film was being created. Hear scintillating stories from family members who lived in the house during the shoot, view never before seen footage taken by a neighbor, and hear from local actors and extras on their experiences on set. This event is co-presented with The Winnetka Historical Society. *gortoncenter.org*

HOLIDAY HOME TOUR
WHEN: December 7
WHERE: Start at Lake Bluff History Museum
Looking for holiday decorating inspiration or just want something fun to do to jump start the season? The Lake Bluff History Holiday Home Tour is a great opportunity to gather new ideas while enjoying the creativity and traditions of neighbors who dress their homes up in their holiday best. Guests also can visit Holiday Boutiques in historic homes featuring a variety of home décor, jewelry, sweet and savory gifts, and more. *lakebluffhistory.org/events*

Routines That Win: Pre-Game Rituals That Prime the Brain for Success

Why great athletes don't leave game day up to chance, and how your athlete can start doing the same.

words by **Dr. Elizabeth Lombardo** / photography by **Maria Ponce Berre**
styling by **Lillie Alexander** / hair & makeup by **Rabecca Ann**


Dr. Elizabeth Lombardo

Each month, peak performance sports psychologist (and fellow North Shore parent) Dr. E tackles your toughest questions head-on.

Dear Dr. E.—
My athlete's physical prep is solid—they eat right, train hard, and warm up before every game. But mentally, it's hit or miss. Some games they're locked in, others they're distracted and slow to settle in. What can we do to help them show up focused and ready every time?

—Looking for Consistency

Dear Consistency—
You've pinpointed something elite performers swear by—but most youth athletes overlook: Pre-game routines. And I'm not talking about superstition or lucky socks. I mean intentional, repeatable habits that prime the mind and body to sync under stress. These routines aren't extra. They're essential. And often the missing link between potential and peak performance.
Performance doesn't start at the first whistle. It starts with how your athlete shows up—mentally and physically—before the whistle blows.
The brain loves patterns. It looks for cues that say, "This is what we do now." A consistent pre-game routine sends that signal: Dial in. Compete. Deliver. And the more often they rehearse that sequence, the more their mind and body respond—automatically.

Here's what happens when they don't:

- They rush warm-ups, unfocused and uncentered.
- They carry the chaos of the day—school stress, social drama, the drive over—right onto the field.
- They rely on adrenaline to "feel ready," instead of using a strategy to be ready.

And that inconsistency? It shows up in their performance. So, what does a strong pre-game routine actually include?

1. Shift Into game mode
Use the 30–60 minutes before competition to transition with intention. Cut the noise; no scrolling, no distractions. Let the mind settle while the body prepares. Game day starts by arriving mentally, not just physically.

2. Step into performer mode
Elite athletes don't wait to feel ready—they train to be ready. That starts with consistent cues: A short visualization, a power phrase, a specific song, even how they lace their cleats. These aren't superstitions. They're brain-based habits that signal: Lock in and lead.

3. Find the focus zone
Too hyped, and they force it. Too flat, and they fade. Peak performance lives in the Optimal Zone—energized but composed. With mindset training, athletes learn to turn nerves into fuel, manage intensity, and flip the switch—on command.

4. Own the mental mic
The voice in their head is the loudest one on the field; it needs to lead. Not generic hype, but precise, practiced language:

Not: *"What if I mess this up?"*
Instead: *"Let's lock in."*
Not: *"I don't want to fail."*
Instead: *"Focus. Trust. Attack."*

When athletes learn to lead that voice with purpose, confidence replaces doubt—and it shows in how they play.
These rituals aren't fluff. They're how the brain learns to respond to pressure with consistency and control.
And here's the truth: Routines give athletes agency.
Instead of hoping they "feel ready," they create readiness.
Instead of reacting, they lead.
Because when the brain knows what to expect, performance becomes a pattern—not a gamble.
Let's help your athlete stop leaving mindset up to chance—and start stepping into every game fully primed to win.

—Dr. E

Consistency isn't just about discipline—it's about design. Dr. E helps athletes build routines that rewire focus, confidence, and performance under pressure. Learn more at EleVive.com.

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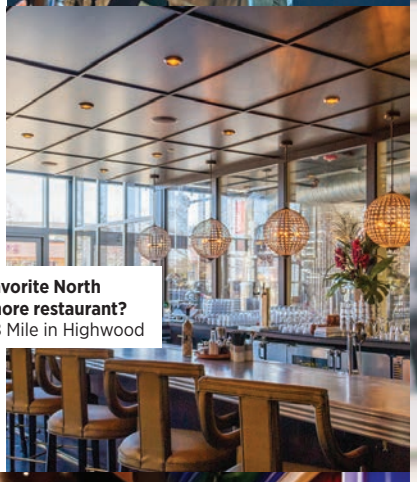


Favorite musical artist or band? Noah Kahan

The Music Man

Liam Sheridan of Lake Forest does it all, from magic tricks to performing his live solo act all over the North Shore. This month, the 16-year-old wunderkind lends his time and talent to the Foundation for Angelman Syndrome's Paddle Party for a Purpose fundraiser.

edited by **Bronte Starling**
photography by **Katrina Wittkamp**
styling by **Theresa DeMaria**



Favorite North Shore restaurant? 28 Mile in Highwood



Best local place to see magic is? Chicago Magic Lounge, near Andersonville



What is your dream car? A red Corvette



TV show you can't stop binging? Netflix's Stranger Things

There's something special about Liam Sheridan. Everyone in town can feel it. Even his peers at Lake Forest High School (LFHS) can sense that whatever this teen ends up doing in the future, it's going to epic. And yet, ask the 16-year-old Lake Forest native a few questions and all you'll get is humility—and a list of professional credits that will leave you in awe. "My passion for performing started when I was in kindergarten and my parents signed me up for a musical theater class," says Sheridan, who taught himself how to do magic in the third grade and turned it into a small business. "As time went on, I began playing violin through school. This instrument was foundational to reading sheet music and learning about rhythm. At the start of my freshman year, I taught myself guitar and harmonica," he continues. "By the spring of my freshman year, I was invited to play rhythm guitar in Battle of the Bands at CROYA. By the time I finished the first song, I knew this is what I wanted to do." There isn't enough space in this feature to describe all he's accomplished since, from productions at the Gorton Center to a solo gig at Lake Forest Days. "In the last year, I've played over 50 shows from local venues like 28 Mile, Duffer's, Toadstool, Billy Bricks, Nite 'N Gale, and Up North Axe and Tap, as well as many private events such as Paddle for a Purpose, an event that supports the Angelman's Syndrome cause," he says. "This event is extra special because I've known Ryan O'Connor and his family for many years. I remember chasing Ryan around when I was about his age now! To perform at this event is such an honor as I've always been drawn to helping the special needs community." That's right. In addition to school, friends, and all of his musical and magic performances, Sheridan connects to special needs campers at Camp SOAR each summer through the gift of sound. "Although some campers cannot communicate in a traditional manner by speaking, we find a common ground through music—which gives people a voice when maybe they don't feel like they have another way to express themselves," says Sheridan. "Music is my outlet to be who I am and can't wait to see where this journey takes me. Right now, I'm just enjoying the ride." This dynamic LFHS junior recently took time from his busy schedule to share a few of his favorite things.

Favorite musical artist or band and why? Noah Kahan. During my freshman year I discovered his music and it changed my life. He writes about mental health and real issues that not many mainstream artists cover. His melodies and lyrics are so creative and I take after his style in some of my own writing. **Favorite North Shore restaurant?** 28 Mile in Highwood. They have amazing pizza and great live music venue. They support young musicians too! **Best local place to see magic is?** Chicago Magic Lounge, near Andersonville. They have amazing adult and kid-friendly shows. **Favorite way to give back to the community?** Volunteering at different local organizations like Bernie's Book Bank, Feed My Starving Children, and CROYA. I am also involved in Scout Buddies at LFHS. **Song you play at your gigs that gets the most applause?** "Take Me Home, Country Roads" by John Denver. It's a crowd pleaser and singalong song. It's also a sentimental song for my family. **Favorite weekend activity?** Playing live gigs. I've been performing on a stage since I was 5 years old. **Who is your role model?** My parents (Bill and Trish Sheridan). They have always been supportive of my music career and they are very hard working. They juggle a lot with me and my three brothers and still find time to have fun. **What is your dream car?** A red Corvette. I think they are really sleek, stand out, and would also get me to where I need to go quickly. **Favorite place to take a vacation?** My trip to Nashville this past summer, when I spent a week at a songwriting camp at the Country Music Hall of Fame. I had the time of my life! **TV show you can't stop binging?** Netflix's *Stranger Things*. It is my escape from stress. **Best subject in school?** Robotics. It allows me to use the creative mind in a different way than music. **Favorite Thanksgiving food?** Grandma Nancy's stuffing. It is my absolute favorite part of the holiday.

The Portrait



Liam Sheridan

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The *ULTIMATE* FASHION Gift Guide



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Whether you're gifting a statement splurge or a perfectly chosen treasure under $50, these are the fashion moments worth celebrating this holiday season.

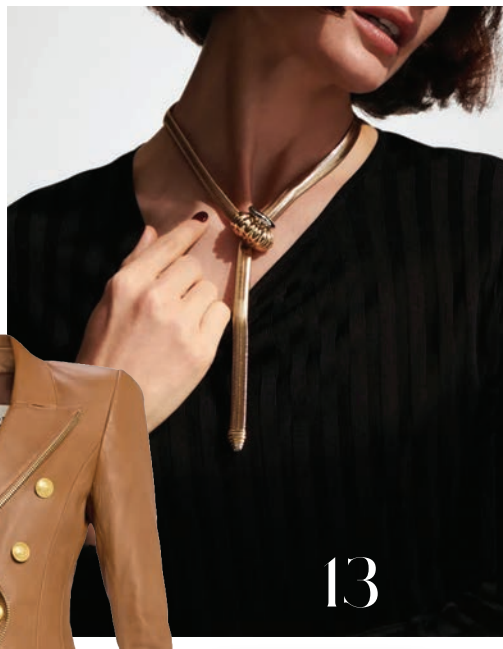
edited by **Theresa DeMaria**


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1. Brunello Cucinelli Wool-Cashmere Paillette Open-Knit Zip Cardigan, $7,800, *neimanmarcus.com* 2. Ramy Brook Ellen Ribbed Tweed Mini Shirtdress, $545, *saksfifthavenue.com* 3. Prada Floral-Print Quilted Satin Bow Hair Clip, $725, *prada.com* 4. Sun Chlorella Skin Cream, $103, *sunchlorella.com* 5. New Favorite Pajamas by A Domani, $95, *adomanisleep.com* 6. Anine Bing Jackson Cashmere Cardigan, $600, *thelakeforestshop.com* 7. Ben-Amun Pearly Bead Link Necklace, $470, *neimanmarcus.com* 8. Goat's Milk Body Cream, $25, *serenitygoats.com* 9. Sans Faff Half Moon Evening Dress, $500, *saksfifthavenue.com* 10. Veronica Beard Ava Silk Maxi Skirt, $598, *lillielexander.com* 11. Rebecca Vallance Dahlia Blossom Strapless Silk Maxi Dress, $950, *saksfifthavenue.com* 12. L'Agence Ottilie Leather Zip Blazer, $1,625, *lillielexander.com* 13. Ben-Amun Pearly Bead Link Necklace, $385, *neimanmarcus.com* 14. La Canadienne Julieta Suede Ankle Boots, $535, *neimanmarcus.com* 15. Staud 90mm Wally Shearling Foldover Suede Knee-High Boots, $995, *neimanmarcus.com* 16. Ben-Amun Pearly Bead Link Necklace, $255, *saksfifthavenue.com* 17. The Row Bindle Small Shoulder Bag in Suede, $950, *neimanmarcus.com* 18. Missoni Chevron Drawstring Chain Pouch Top-Handle Bag, $495, *neimanmarcus.com* 19. Max Mara New Manto Wool-Blend Cape, $2,200, *lakeforestshop.com* 20. A.L.C. Ezra Argyle Crewneck Sweater, $495, *neimanmarcus.com*

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Butternut Bisque

words and photography by **Monica Kass Rogers**

Matching the golden hues and spicy scents of autumn, this velvety-smooth butternut bisque makes a nice start to a holiday meal or works well for a light lunch. As with other traditional bisques, ours includes shallots, garlic, and vermouth for depth of flavor. A swirl of crème fraiche adds richness. And for textural contrast, we've finished the soup with a crunchy topping of roasted squash seeds and quick fried sage leaves. You can either peel and cube the squash for slightly quicker roasting or simply slice it in half and invert it.





INSTRUCTIONS

ROAST SQUASH, GARLIC AND SQUASH SEEDS: Preheat oven to 350 degrees. Cut squash in half lengthwise. Scoop out seeds and set them aside. Brush squash with 1 tsp. olive oil and invert on a rimmed baking sheet OR for slightly quicker roasting: Peel the squash, cube it, toss with 1 tsp. olive oil and place on rimmed baking sheet. Cut the top off the head of garlic, exposing the garlic cloves. Flip this over onto the roasting pan next to the squash. Add 1 cup of water to the roasting pan and cover pan with foil.

Rinse and pat the squash seeds dry, removing any squash threads. In a small bowl, toss the cleaned and dried squash seeds with remaining ½ tsp olive oil and the 1/8 tsp salt. On a second sheet pan, spread oiled and salted squash seeds.

Place both sheet pans in oven. Roast squash seeds until crisp, golden and popping; about 15 minutes. Remove from oven. Leave pan of squash and garlic in oven for full 1 to 1 ½ hours until squash and garlic are very soft. When squash and garlic are finished roasting, remove from oven. (While the squash roasts, work on next recipe step.)

MAKE BISQUE BASE: In a large stock pot over medium heat, melt the butter and add shallots. Stir, sautéing until very soft and pan is almost dry. Add the vermouth. Stir and continue cooking until vermouth has mostly cooked off. Add the 6 cups of stock, and simmer until the liquid has reduced to 4½ cups: about 30 minutes. While the stock reduces, scoop the roasted squash out of the squash skins. Discard skins.

FINISH BISQUE: Stir in the roasted squash. Pinch out the soft roasted garlic cloves and add to the pot. Blend soup until very smooth. Stir in grated nutmeg. Season with salt and pepper. Set aside, keeping warm.

FRY SAGE LEAVES: In a small saucepan over medium heat, add 2/3 cup of olive oil. Working quickly, when oil begins to shimmer, add small handful of sage leaves and fry for a few seconds until crispy. Scoop fried leaves out of the oil to drain on paper toweling. Repeat until all sage leaves have been fried. Turn off heat. Reserve sage oil for garnish.

GARNISH & SERVE: Ladle bisque into bowls, drip a few drops of the reserved sage oil on to the top of each and attractively swirl in a few dots of crème fraiche. Sprinkle with reserved roasted squash seeds and top with fried sage leaves. Serve immediately.

SERVES 6

INGREDIENTS

FOR SOUP:

- 1, 2 ½ to 3 lb. butternut squash with the squash seeds scooped out, threads removed, washed and patted dry
- 1 tsp. olive oil, plus ½ tsp for roasting squash seeds
- 1/8 tsp salt
- 1 head of garlic
- ½ stick unsalted butter
- 4 shallots, diced fine
- ¼ cup dry vermouth
- 6 cups chicken stock
- ½ tsp freshly grated nutmeg
- Salt & pepper to taste

FOR GARNISH:

- ¼ cup crème fraiche
- 2/3 cup olive oil
- 20 fresh sage leaves

Wishing You a Merry Christmas and Happy Holidays





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Katy Evans wearing Forte Forte Sweater, Sylvia Tcherassi Blouse, Tonya Taylor Suede Skirt, and Manseur Gavriel Loafers from The Lake Forest Shop

Coming Home

Interior designer Katy Evans is among other longtime Bluffer who will be opening their homes for the annual Lake Bluff History Museum Holiday Home Tour on December 7.

words by **Bronte Starling** / portrait photography by **Maggie Ponce**
interiors photography by **Heather Talbert** / styling by **Theresa DeMaria**
hair and makeup by **Leanna Ernest**





KATY EVANS' DESCRIPTION of her childhood growing up in Lake Bluff is like something from a storybook—an idyllic snapshot of life in a great American small town.

"We rode our bikes everywhere in the summer, grabbed candy at the Village Market, ran in the Pumpkin Chase, spent every Fourth of July here, and built lifelong friendships," says Evans, a professional interior designer who chose to return to her hometown with husband, Mike, to raise their family. "I love that I'm able to give my kids the same childhood I had and that we can create our own memories and traditions in this town."

She's not alone.

On Sunday, December 7, Evans' stylish, eclectically accoutered late 20th-century house will be one of several seasonally decorated properties to be featured on the Lake Bluff History Museum Holiday Home Tour. This year's event has a special twist, as several of the homeowners were raised in Lake Bluff and have chosen to return to their hometown. Now in its 15th year, the "Coming Home" tour serves as both a celebration of the village's welcoming spirit and a key fundraiser for the museum.

Evans says she's thrilled to be a part of the house walk and looks forward to decorating her home for the holidays with daughters Olivia, 5, and Millie, 17 months.

"We are bringing back wallpaper and more patterned upholstery,





Katy Evans wearing Alemay dress from The Lake Forest Shop



"I love hosting Christmas Eve at our house and trimming our tree with my girls," says Evans, who is Founder and Principal of Katy Evans Design—a full-service residential interior design firm known for enlivening outdated or newly constructed spaces by giving them a polished, timeless feel. "For the home tour, my home will be woodland themed. It will be whimsical with a touch of vintage Christmas."

The fun, yet classic, design aesthetic participants will see on the tour reflects the natural transition that comes when families relocate back to the North Shore from the city or other locales. It also happens to be one of Evans' specialties.

"We love to mix old and new together," she explains. "We use vintage or antique pieces that already have a natural patina and lot of performance fabrics for the littles."

When Evans met her husband on the sandbar at Torch Lake, Michigan, they both happened to (very conveniently) live in Chicago. However, similar to other couples featured on the "Coming Home" tour, their design needs changed when they became parents and moved back to the North Shore.

That's when urban chic décor naturally evolves into a more elevated elegance with modern sensibilities.

"At Katy Evans Design, we want your home to have soul and be a reflection of you," says Evans, who earned a BS in Interior Design from the University of Alabama and has worked on projects throughout Chicago, Michigan, Florida, and Massachusetts for more than a decade. "We like to incorporate items that have meaning to our clients, whether that is a piece of art or a piece of furniture that has been passed down for generations."

One thing she sees trending with her own personal design and that of her contemporaries is a return to the classics.

"We are bringing back wallpaper and more patterned upholstery, along with brown wood and patterned lampshades," explains Evans.



"At Katy Evans Design, we want your home to have soul and be a reflection of you."



And while she says that mixing patterns, good lighting, and vintage rugs are elements that will never go out of style, she has opinions on what trends she'd most like to see slide into the sunset—"all-white interiors, solid pattern furniture, and accessories that have no meaning."

Evans was tapped to participate in this year's tour by Penny Marsh, owner of the Beyond the Bluff Conducted Sales estate sale business and a past chair of Lake Bluff History Museum Holiday Home Tours. Other homes on the tour span the centuries and like Evans' house, they will be dressed in holiday style.

In addition to volunteering her time and talent for the December 7 home tour fundraiser, Evans is also involved with The Woman's Board of Northwestern Memorial Hospital and will be helping with the November 8 Seasonal Soirée for the Mothers Trust Foundation.

"It's great being back," she says, reflecting on how the town has changed since she was growing up here. "The downtown is bigger now with more shops and restaurants and they have a lot more social events than I recall. And though there has been change, some things remain the same—the beach, the Lake Bluff pool, Bluffington's, the historic homes, and the charm of a small town."

There is, after all, no place like home for the holidays.

The Lake Bluff Holiday Home Tour will be held from 11 a.m. to 4:30 p.m. on Sunday, December 7. Tours are self-guided and leave from the Lake Bluff History Museum, where you will receive a map and guidebook. It is suggested that you start no later than 3 p.m. to ensure you have sufficient time to see all the houses and holiday boutiques. Tickets are $65 and may be purchased at lakebluffhistory.org.

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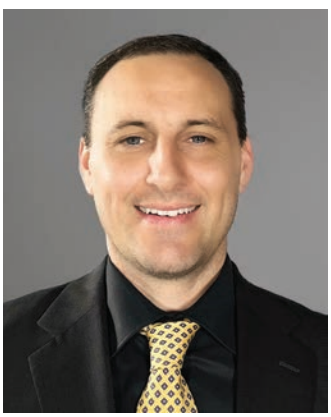


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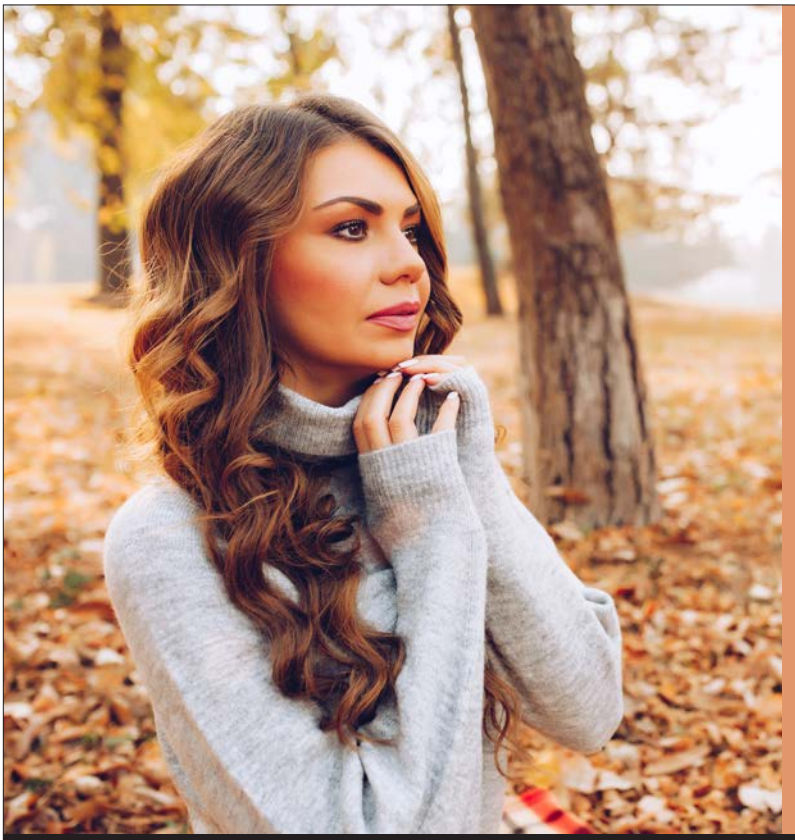
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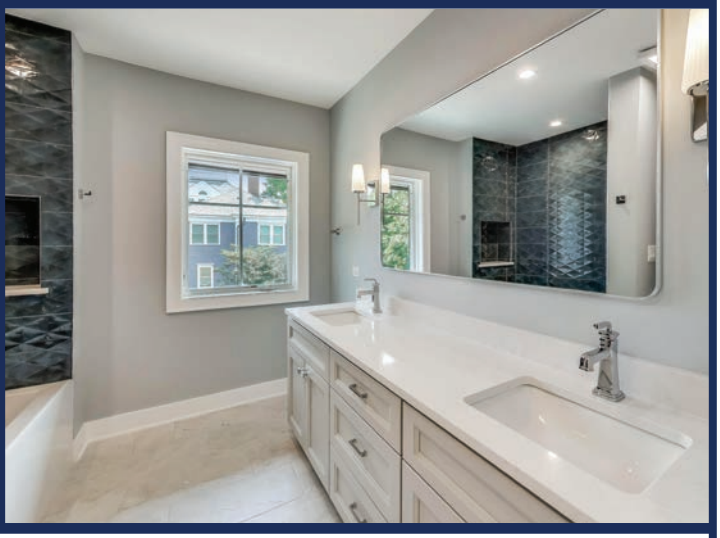
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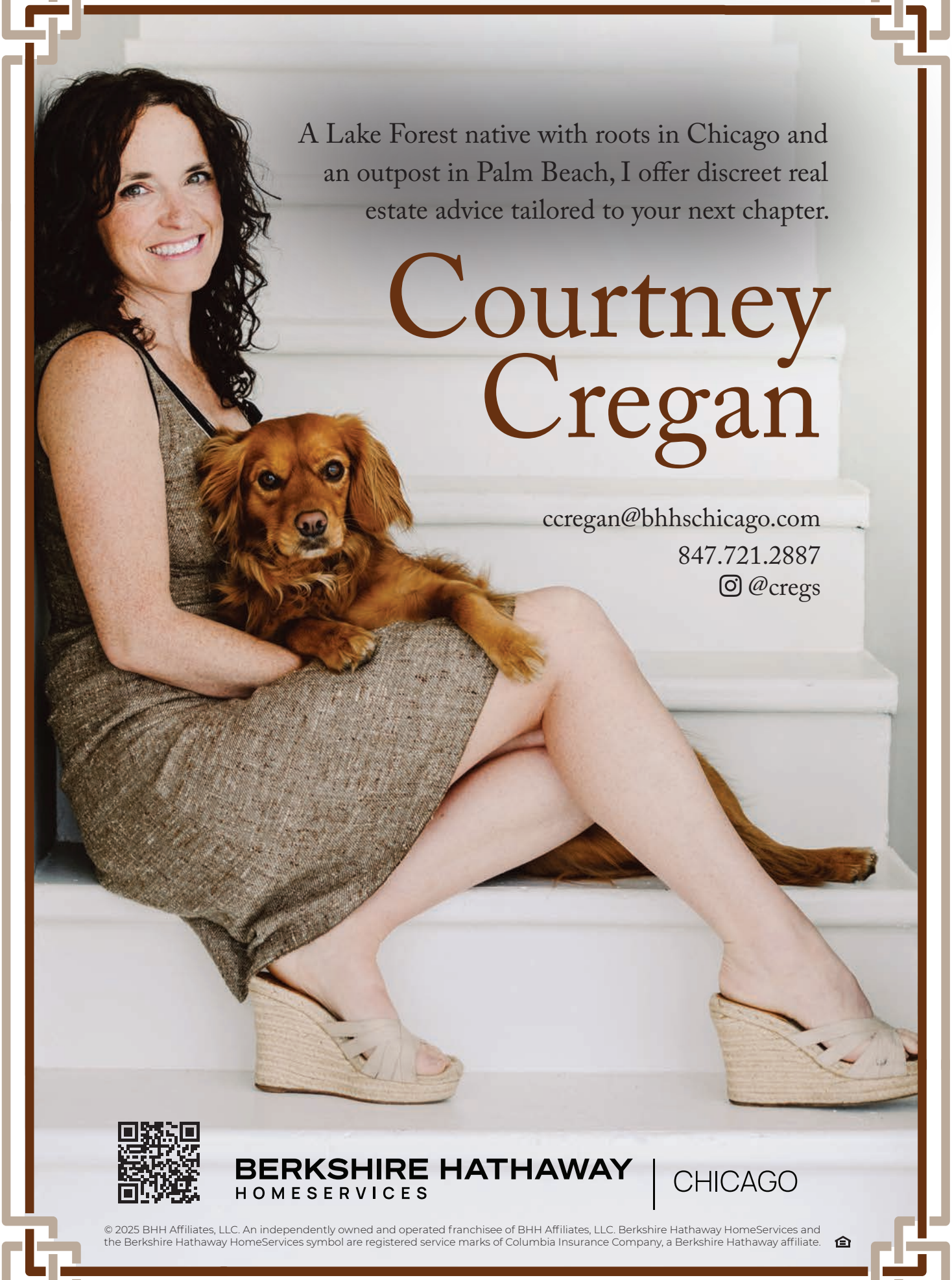




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Jim Stephenson wearing Brunello Cucinelli from Neiman Marcus Northbrook

Brava, Bravo!

As Jim Stephenson prepares to guest conduct the Lake Forest Civic Orchestra at a November 7 Bravo Waukegan event, he reflects on receiving his first musical instrument and what it meant to him.

words by **Bronte Starling** / photography by **Maria Ponce** / styling by **Theresa DeMaria**

JIM STEPHENSON REMEMBERS that Christmas like it were yesterday. Small town kid in Lockport, Illinois—son of an electrical engineer who also happened to be a phenomenal keyboard player—ripping paper off a present that would change his life.

"I'll never forget getting that trumpet under the Christmas tree," says Stephenson, today an accomplished composer who lives in Lake Forest with wife, Sally Stephenson, a professional violinist. "You open that case and it has this smell to it. You see this shiny silver instrument and it's the best thing in the world. If you want a picture of a wide-eyed kid at Christmastime, that was me."

He was just 9 years old.

"My father was a brilliant man whose first love was always music," Stephenson recalls. "He started a company and was very successful in the electrical engineering world but when he had someone like me as kid, he supported it from the get-go. Both my parents never stopped supporting me."

So, when Stephenson met Pat Sikorovsky—cofounder and a board director of Bravo Waukegan, a nonprofit organization that provides opportunities for Waukegan students to grow through music—he was inspired.

"My wife and I ended up sharing studio space with Bravo Waukegan at Gorton Center," he explains. "They said 'hey, you can use half of our room if you want.' In many ways, we were neighbors so I got to know some of their staff and comings and goings of Bravo. What they were doing was right up my alley."

In addition to attending the same Lake Forest church as Sikorovsky, The Church of the Holy Spirit, the couple was invited to her annual Christmas parties and quickly became an extension of the Bravo Waukegan family. He was also part of a church organization called Young Pups and saw how they became active in Bravo's mission to bring music opportunities to young people.

"Being a musician myself, knowing how I had the chance to get an instrument in my hands at 9 years old, to have something like Bravo that's giving this opportunity to young kids is amazing," adds Stephenson, who served as a long-time trumpeter with the Naples Philharmonic in Florida before returning to Lake Forest to focusing on composing full time.

Earlier this year, Waukegan music teacher Karen Griffin—who famously provided a "wish list" of what her students needed when the organization was founded 15 years ago—asked Stephenson to write a piece to honor the now 94-year-old Sikorovsky.

Aptly titled "Bravo," the piece will be performed by the Lake Forest Civic Orchestra (LFCO) at Gorton Center on November 7 in a showcase of current Bravo Waukegan students. The LFCO will perform the piece again as part of LFCO's November 9 "Symphonic Cascade." Stephenson is guest conducting both concerts.

"Karen called me in May and I had a slot in my writing schedule to do it and wrote it in the following week. I had the sounds in my head and wrote it all in one fell swoop, which for me is the best way to compose," he says, adding that Sikorovsky's husband, Gene, has also been a shining light behind the scenes. "I thought of my impressions of Pat and as a beautiful woman who is strong, won't take 'no' for an answer. I wanted to write a piece that represented that grit and determination. It's a slow piece ... very American sounding but has these qualities that show that strength that Pat embodies."

Stephenson says it is an honor to be guest conducting as part of LFCO's 2025-26 season, which has a "Postcards from America" theme that features composers who lived or worked in a certain region of the country or whose work is evocative of iconic American locations.

As far as conducting a piece of his own creation, he says there are up sides and down sides.

"Obviously I know how it goes so there's no question about tempo and what parts are important. I can cut to the chase right away, so that's the good part," he explains. "The other side of the coin is missing out on seeing another conductor's approach to my music. They might come at it from a different angle, which is always interesting to see how they 'hear" my music."

Most of all, Stephenson says he is looking forward to providing the same level of support to Sikorovsky and the students at Bravo Waukegan that he received as a 9-year-old growing up in central Illinois.

"Music can be transformative," he adds. "If everyone has access to music at some point in their life, I can't help but think the world would be a better place."

For more information about Lake Forest Civic Orchestra, the November concerts, and the upcoming season, visit lakeforestcivicorchestra.org. For more information about Bravo Waukegan, visit bravowaukegan.org.



Jim Stephenson

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– ELEANOR ROOSEVELT



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What conversations are you passionate about bringing to the table? I would like to focus on helping women by encouraging them to stand up for themselves. I want to empower women to achieve their goals that they decide to have for themselves. I would do this by giving them positive things to focus on and finding out what is holding them back and helping them overcome any issues they have with giving it their all.

How do you give back to your community or industry? I am always doing programs to help communities in need when I can. Ten years ago, I went to the Dominican Republic for a week and did implants on over 100 Dominicans. This fall I am going to Tijuana, Mexico to do something similar to give back to the Mexican community there.

How do you define confidence—and how have you built it? Confidence comes from within a person. You must feel confident in your skin, in your clothes, and know that no matter what happens "you got this!" I have always been one to help others feel better about themselves and I think what I do for a living is just that—I help people get their smile back.

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Behind The Wall



When members of the Lake Forest High School community celebrated the latest group of students to be added to the Boosters' annual Wall of Excellence in early September, they also paid tribute to the selfless visionary who conceived it—the late Brian Vandenberg.

words by **Bill McLean** / photography courtesy of **Lake Forest High School**



MORE THAN 15 YEARS AGO, while sitting in a golf cart with Lake Forest High School (LFHS) Athletic Director Tim Burkhalter at the school's West Campus, Brian Vandenberg—a past LFHS Boosters board member and president—looked around and started doing what he did regularly.

"What-if-ing," recalls Burkhalter. "He loved doing that. We'd been talking sports and Boosters business that day when Brian said, 'What if we did this to honor students or what if we did that?' He was always thinking of ways to celebrate students' successes at our school."

One of Vandenberg's grandest ifs—turning the nondescript side of the building housing the Lake Forest Community High School District 115 office, overlooking the school's West Campus stadium, into the anchor for nine large vinyl banners featuring mostly action photographs of outstanding senior students and student-athletes—became a reality in 2010.

The formerly bland building side transformed into the prominently picturesque Wall of Excellence, thanks to Vandenberg's zeal and relentless resourcefulness.

Each year, Boosters recognizes more than 15 recent LFHS students, including four students (two females and two males) as Outstanding Senior Athlete Award ($1,000) recipients for having demonstrated excellence



Brian Vandenberg flanked by recipients of the 2011 Outstanding Senior Athlete Award

through their athletic performances, leadership, spirit, and sportsmanship.

Honorees from the 2024-2025 academic year were celebrated at halftime of Lake Forest High School's 2025 home football opener on September 5.

But the occasion also was a solemn one for the first time. Vandenberg, a lawyer and former track and field athlete who raised three children (Mykel, Cody, and Tyler) with wife Jamie in Lake Forest, passed away on March 20 at age 63.

In the middle of this year's Wall of Excellence is a circular band of words: IN MEMORY OF BRIAN VANDENBERG WHOSE SPIRIT & ENDURING LEGACY CONTINUE TO INSPIRE US ALL.

"My dad understood the importance of curating an experience, and saw the Wall of Excellence as an opportunity to create an experience that invoked feelings of inspiration and awe," says Tyler Vandenberg, a 2014 LFHS graduate who played lacrosse for the Scouts and at Dartmouth College. "Whether you are a Lake Forest Scout or an opposing team member, when you look up at the wall, you feel something… maybe it's a feeling of excitement and adrenaline, honor, intimidation, and hopefully, excellence. It was important to my dad that the wall was representative of the excellence our students embodied as a whole, not just athletically. The inclusion of band members and student body leaders was not only intentional, but critical in delivering a message to visitors at our stadium—these students are what being a Lake Forest Scout is all about."

Only photos taken by award-winning photographer Joel Lerner have adorned the vinyl banners. For the first four or five years of the unique tradition, he notes, action images from athletic contests were displayed. For more than 10 years since then, usually in early June, Lerner has arranged photo sessions for each of the honorees.



LFHS Atheltic Director Tim Burkhalter and Wall of Excellence Photographer Joel Lerner



PHOTO BY JOEL LERNER

The Wall of Excellence serves as a inspiration for Lake Forest and visiting athletes alike.

PHOTO BY JIM PRISCHING

Ellen Funk, Brian Vandenberg, and Sharon Golan in front of the inaugural Wall of Excellence.

Lerner captures them in action and in full-uniform, making sure each face and all limbs are visible. Vandenberg had admired Lerner's prep-sports artwork for years before choosing him to produce the wall's striking images of fiercely competitive athletes sporting the Scouts' blue and gold colors.

"If a football player had worn a knee brace during the season in the fall, Brian insisted that the player wear that same brace for the photos I took of the player in June, even if his knee had healed," Lerner says. "Brian cared deeply about the wall's photos.

"I've talked to students at Lake Forest High School about the Wall of Excellence," he continues. "I hear great reverence whenever it's discussed. It's a huge deal—those banners are up there for a full school year."

Former LFHS basketball standout Billy Douglass raised four children (Jackson, Olivia, Halle, and Ava) who attended his alma mater. Half of them (three-sport star Olivia and the best female hoopster to have ever laced 'em up for the Scouts, Halle) are Wall of Excellence alumni.

He, too, was a Boosters board member and president.

"I've never known a more selfless person than Brian," says Douglass. "The man had great visions. But even greater than his visions was Brian following through on them and making them happen. That's Brian, all Brian, that Wall of Excellence. The community rallied around his idea and it continues to embrace such a cool, wonderful tradition."

The wall's banners also feature words each year that you'd associate with fine citizens, not just all-state athletes or team Most Valuable Players. Words such as EMPATHY, COURAGE, RESPECT, HUMILITY, CHARACTER, AND INTEGRITY, among others.

"The wall is a way to annually recognize and celebrate youth excellence in a number of areas," says Tyler Vandenberg, 29. "My dad loved watching future college athletes compete for the high school and coming up with ways to honor them. But he truly believed that the wall should really spotlight students' leadership through community involvement."

Parents of a visiting team arrive at LFHS's West Campus for the first time. They exit their car and head toward the stadium's entrance. Something—a car's honk, a voice, or a flapping banner—makes them turn around. They look up. They see images on a wall of a diver plunging, of a lacrosse player about to unleash a shot, of a soccer player in mid-kick.

One parent nods. The other says "Wow."

"Brian also thought a lot about our school's guests," says Burkhalter. "His son Tyler was right; Brian was all about creating a memorable experience for others. He wanted guests to be treated well, to feel welcome in a first-class setting, and when I see our Wall of Excellence—especially when it's lit up for our spectators at our team's football home opener—I think, 'Now that's first-class.'

"Brian," he adds, "was a special guy, a visionary."

And a mentor to all, Tyler Vandenberg remembers.

"My dad had an incredible gift for connecting with people—so many people—because he was truly interested in everyone he met," his son shares. "He was approachable, easy to talk to, and always eager to help in whatever way he could. My mom, my siblings, and I all feel the same deep gratitude: we were incredibly fortunate to share the time we had with him."

Nobody knows how many more times Billy Douglass will gaze at the Wall of Excellence.

But Douglass knows one thing for sure.

"I'll think of Brian each time I look at it," he says.

The 2024-2025 recipients of the Outstanding Senior Athlete Awards were Danny Van Camp (lacrosse), Marty Hippel (football), Lulu Keil (lacrosse), and Maeve Farrell (lacrosse).


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CROWN JEWEL

A decade after its landmark renovation, Forest Park continues to thrive as one of Lake Forest's most cherished green spaces.

words by **Ann Marie Scheidler**
photography by **Robin Subar** and **DT Kindler Photography**

Co-chairs Brooke Kuehnle, Pim Alley, and Emily Grace



TUCKED AT THE CORNER OF DEERPATH and Lake Roads, Forest Park has long been considered a crown jewel of Lake Forest. For more than 150 years, families, dog walkers, picnickers, and daydreamers alike have wandered its trails and admired its sweeping views of Lake Michigan. What many don't realize, however, is that this beloved park is not simply a patch of protected green space—it's the product of vision, collaboration, and constant care.

On September 27, the community gathered at Forest Park for a celebration of the park's most recent milestone—the 10-year anniversary of its transformative renovation.

"The Forest Park Conservancy is such a wonderful joint effort between the City of Lake Forest and the Forest Park Conservancy board," says Brooke Kuehnle, who with Pim Alley and Emily Grace, chaired the September celebration—"Ten Years: One Epic Night." "The legacy of Forest Park only continues through the generosity and care from both the public and private sectors working together."

That spirit of collaboration was beautifully reflected throughout the evening. Guests enjoyed wine donated by Terlato Wines, beer provided by Towne & Country Distributors, and an extraordinary dinner prepared by Ballyhoo Catering—a remarkable culinary feat given the team created a full kitchen right in the park. Under a canopy of lights and lake breezes, ESP Presents orchestrated the celebration from start to finish, ensuring every detail came together seamlessly for a truly spectacular night.

The Forest Park Conservancy is a volunteer-led nonprofit organization dedicated to land management,



Dawn Talma, Meghan Norton, Katy Collins



Maeve and Erik Curran, Steven and Emily Krall

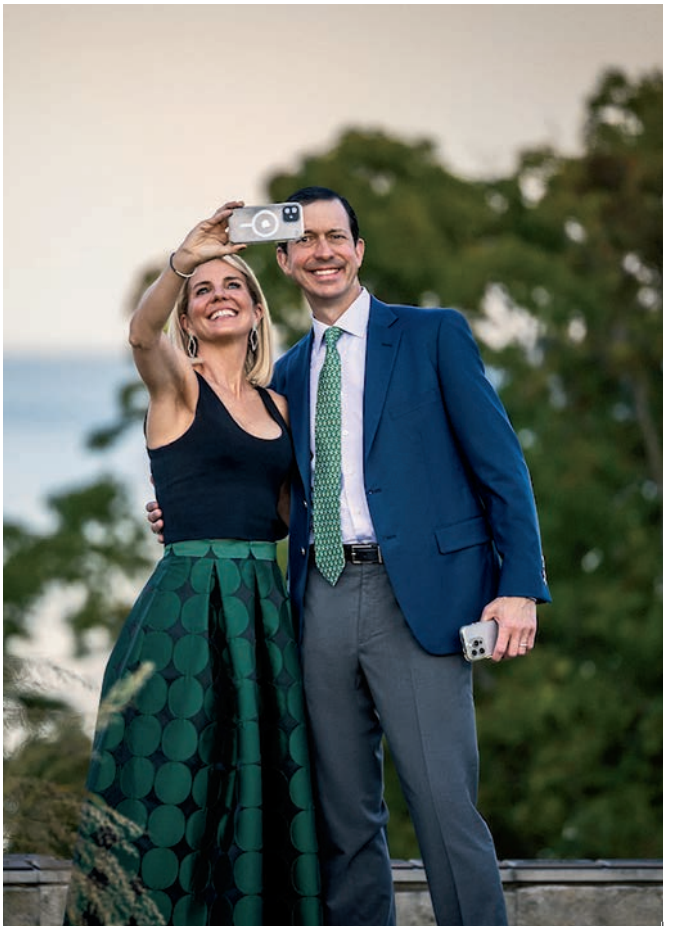
financial stewardship, community engagement, and fundraising to support the Park's future. While the City of Lake Forest provides general park maintenance, the Conservancy takes on special projects and improvements to elevate the Park experience.

When the Forest Park Conservancy (once called the Forest Park Project Board, later the Preservation Board, and now the Forest Park Conservancy) first imagined a major renovation to the park more than a decade ago, their goal was simple: to preserve the park as a passive space, a place for reflection, community, and beauty.

"For every person strolling the bluff path or pausing on a bench to gaze at the lake, there are countless hours of unseen labor keeping the park so serene," explains Grace. "Invasive plants have been cleared to open windows to the water and beds of native flowers have been carefully managed. When I joined the board, I learned that the the oak tree in the center of the park—though no longer living—remains intentionally in place, reminding visitors that every part of the ecosystem has a purpose."

"It takes an incredible amount of expertise to maintain these spaces," adds Kuehnle. "Prairie plants can be overtaken by weeds in a single season. That's why we have landscape artists like Cliff Miller, horticulturists from the Chicago Botanic Garden, and dedicated forestry professionals lending their time and







Nick and Kristan Griesbach

talent to Forest Park."

The City of Lake Forest plays a pivotal role, too, with its forestry team treating trees and caring for the land in close partnership with the Conservancy. Representatives attend every Conservancy meeting, making Forest Park a model for how city leadership and passionate volunteers can steward something greater together.

What makes Forest Park so extraordinary isn't just its history or its breathtaking views—it's the people who've poured their hearts into it. Names like Jane O'Neil, Joan DePree, Mary Hoffman, and Bob Crawford are woven into the park's legacy, each ensuring that this land would remain a treasured space for the whole community.

"Bob likes to remind the board at every meeting: This park is for everyone," Alley says. "Everyone should be able to find their peace and their happiness at Forest Park."

And they do. From the middle schoolers who still gather for bike rides and picnics, to the dog owners making their morning loops, to families taking in fall's vibrant colors, Forest Park is a shared gem that bridges generations.

As the Forest Park Conservancy looks to the future, momentum continues to grow. A new Heritage Tree Endowment is being launched, offering residents the opportunity to leave a living legacy by planting trees. The Conservancy's website and newsletter serve as touchpoints for education and engagement, helping residents better understand the thoughtful stewardship required to maintain such a space.

"From enjoying a walk with a friend to watching the change of season from this extraordinary vantage point, Forest Park is a Lake Forest treasure," says Tom Donovan, board president of the Forest Park Conservancy. "Our hope is that people take advantage of this beautiful open space year-round."

To learn more about the Forest Park Conservancy, visit forestpark1856.org.



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Julian Siggers and Marianne Lovink



James and Ann Pasquesi, Bob Pasquesi, Rebecca and Robert Toton, Mary and Rob Pasquesi

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ELAWA HARVEST DINNER

photography by **Robin Subar**

Elawa Farm Foundation celebrated its annual Harvest Dinner fundraiser on September 13. Elliestyled transformed Elawa's campus into an enchanting autumn celebration with lush floral arrangements and meticulously curated tablescapes. Guests enjoyed botanical cocktails, dueling pianos by Howl at the Moon, and a seasonal, farm-to-table dinner by Executive Chef Lee Kuebler. *elawafarm.org*



Elizabeth De Wet, Alicia Phillips

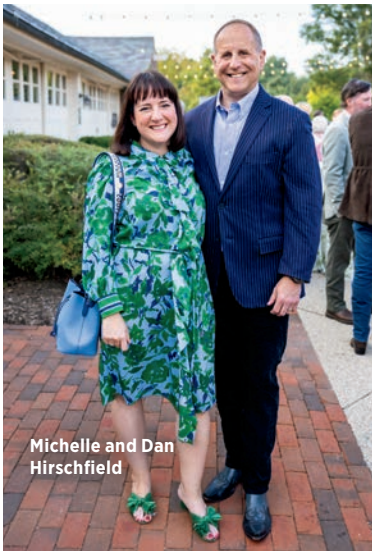


Ben Smart, John Plant, Benjamin Olson, Mimi and Michael Doyle



Megan Olson, Jessi Mather, Field Carton





Michelle and Dan Hirschfield



Beth Bogdewic, Stacy Terpsma





Diane Weinberg, Ellie Nottoli, Maggie Sinz, and Gisellie Sagastume of elliestyled

SOCIAL LIFE


Meghan and Joseph Leggero, Mike and Katy Salgat


Susan Garrett, Gene Cartwright




Lucinda Sheffield, Whitney Jones


Paul Reaumond, George Brown, Gardner Mather, Matt Phillips


Mary Hoffman, Gail Miller, Nancy Fletcher, Robin Stuart


Whitney McCoy, Maeve Curran


Laura Calvert, Hassan Obaye


Dan and Maria Kucera


Phoebe Reaumond, Debbie Jimenez


Julie Kuhn, Maureen Doyle

FERRARIS AND FEDORAS

photography by **Ian McLeod**

As part of the 2025 Revelry Food & Wine Festival, Celebrity Chef Joe Flamm hosted an Italian al fresco night under the stars at the David Adler Estate of Adrian and Nancy Smith. Local and national chefs served Italian inspired dishes while Ferrari Lake Forest showcased some of its finest machinery. *revelryfoodandwine.com*



Brittney Minorini, Christy Lambropoulos, Robin Leighty



Graham Garcia & Allison Hedger



Peter & Vidya Puthenveetil, Anuja & Connor Walsh





Trevor Brossart, Ted Rink, Joe Flamm



Amy & Mark Lawrence



Andrew & Ashley Curto, Frank & Kara Callero



Chef Beau MacMillan, Chef Brian Duffy



PLAY FOR LITERACY

photography by **Ian McLeod**

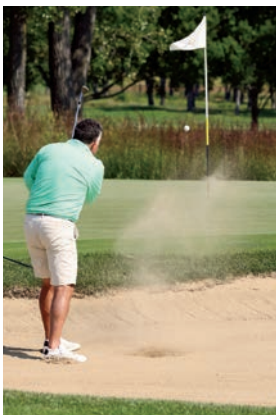
On Monday, September 8, Reading Power proudly hosted its Fifth Annual *Play for Literacy* at the beautiful Onwentsia Club. The day was filled with excitement as supporters came together for pickleball, golf, and an inspiring evening reception highlighted by heartfelt words from Reading Power students. Thanks to the generosity and spirit of all who attended, the event was an incredible success. *readingpowerinc.org*



Kiersten Citzsinper, Erin Buelt, Maggie Wehmer, Ina Anderson, Courtney Parry



Hilton Green, Brian Fahren Bach, Kevin Kearney, Tim Kowalski, Kirk Dailey







Catherine Lamb, Kristen Esplin, Courtney Parry



Lynn Heizer, Joanie Alley, Christine Taubensee, Janie Taubensee



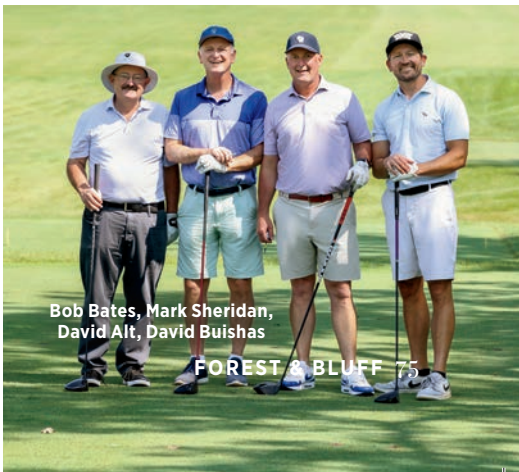
Daniela Cruz, Kate Burke, Katie Taylor, MT Barkhausen, Camila Mendoza



Nicole Hobson, Katie Fitzgerald, Ina Anderson, Maggie Wehmer



Nadine Johnson, Sara Poticha, Senator Adriane Johnson, Lisa Bulzoni



Bob Bates, Mark Sheridan, David Alt, David Buishas

ART IMPACT PROJECT

photography by **Widia Viti**

Art Impact Project's Benefit of Art 2025: Tour D'Artistes offered exclusive, private art studio tours of Highland Park's Caren Helene Rudman, and of Deerfield's Karen Ross and Roslyne Smith, culminating in a lively reception at Genesis of Highland Park's showroom. Volunteer Rose Kostan-Schwartz received the 2025 Vickie Marasco Impact Award. *artimpactproject.org*



Greg Mauro, Kathy Mauro Gesualdo, Serra Vonderhorst, Nate Griffin (back), Pat Roche


Jayme McKollop, Roslyne Smith, Vicky Trello


Jolida Smit


Johnna Deering, Christy Rodriguez


Rose Kostan-Schwartz, Beth McKenna


Greg Mauro, Liz Fales, Vickie Marasco, Serra Vonderhorst, Pat Roche, Nate Griffin


Donna Bliss, Liz Fales, Karen Ross, Caren Helene Rudman, Roslyn Smith, Vickie Marasco, Cassandra Anzelone


Tadeus Zubek, Kasia Gorecka, Malgorzata Gorecka


Maggie Batt, Karen Ross, Suzanne Falk



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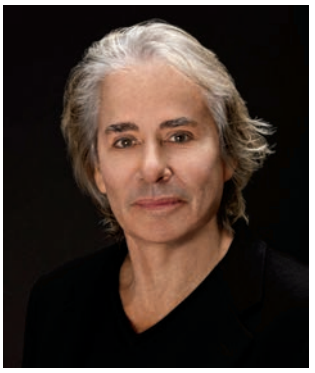
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Publisher's Profile

WORDS BY
STEVEN BLOCH, M.D.
PHOTOGRAPHY BY
MONICA KASS ROGERS

PLASTIC SURGERY UPDATE:

Sofwave

We are happy to introduce the next generation ultrasound technology to stimulate the production of new collagen and elastin fibers. The result of that is a lifting of the eyebrow, submental and neck. Improvement of fine lines and wrinkles. This is also a treatment that can be used on the body to improve skin tone, texture, and the appearance of cellulite.

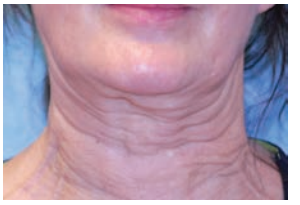
Starting in our mid-20's, collagen and elastin begin to break down causing our skin to wrinkle and lose its elasticity. Sofwave is clinically proven, FDA cleared, non-invasive approach to remodel and tighten skin.

Using proprietary Synchronous Ultrasound Parallel Beam SUPERB tm technology. Ultrasound energy precisely passes through the skin's surface (epidermis), heating the mid-dermal tissue at just the precise depth and temperature to rejuvenate collagen fibers and improve the overall appearance of the skin. Unlike other ultrasound treatments Sofwave is precise in focusing the energy in the mid-dermis for optimal results.

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- Can treat anywhere to improve skin elasticity
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For additional information, visit www.skindeepmedicalspa.com or call Dr. Bloch at his Highland Park office at 847-432-0426 or Glenview location 847-901-0800.

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#20 MEGA TEAM IN THE NATION AMONGST ALL BROKERAGES[2]

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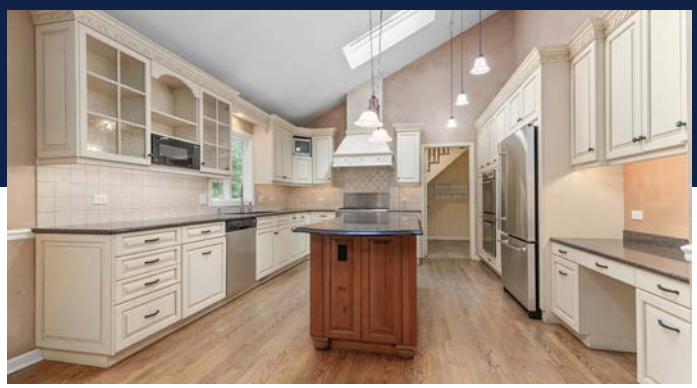
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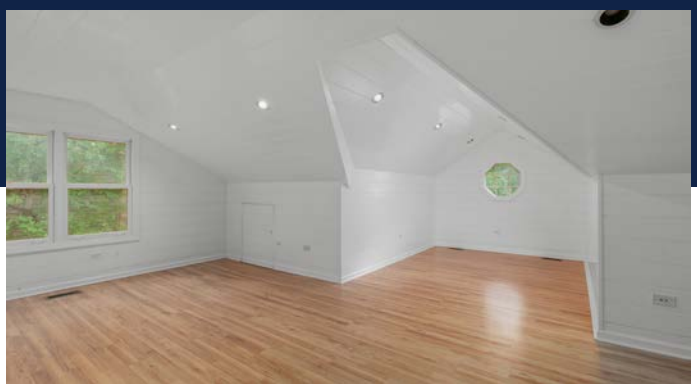
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Winter-Proof Your Windows

Chicago Window Guys helps homeowners beat winter chill with fall window installations.

words and photography by **Monica Kass Rogers**

When the owners of a 100-year-old Lake Forest home decided they couldn't face another drafty winter, they called Russ Armstrong, owner of Chicago Window Guys (CWG).

"They'd been thinking about replacing their windows for years," says Armstrong. "But with 25-year-old, leaky windows and another brutal winter on the way, they didn't want to wait any longer."

Quotes from other providers had come in sky-high. But Armstrong—who personally handles all sales calls—was able to offer a significantly better price. By eliminating sales commissions, manufacturing windows locally, and using a trusted in-house crew, CWG keeps overhead low and quality high.



Russell Armstrong

While price mattered, keeping the integrity of the home's design intact was also important. CWG's experienced installers carefully maintained the original woodwork and interior casing, preserving the home's character while dramatically improving energy efficiency.

"The homeowners were thrilled," says Armstrong. "And their referrals brought in a dozen more window jobs. That's the kind of word-of-mouth we've built our reputation on."

Although CWG installs windows year-round, Armstrong says autumn is a great time to have the work done. "You want to get the new windows in before it gets too cold," he says. "That way, you enjoy a warmer, more comfortable winter—and start saving on energy bills right away."

High-quality windows offer more than just curb appeal and clear views. They're critical to a home's energy performance and can reduce heating and cooling costs by up to 30 percent. They also eliminate drafts, leaks, and moisture problems like mold—issues common in older windows.

All CWG windows are custom measured, and custom made—whether you're replacing classic double-hung windows or upgrading to bow, bay, garden, or projection styles. The products incorporate the latest energy-efficient technologies, including:

- Argon/Krypton gas fills
- Triple low-E silver coatings
- Foam-filled frames
- Non-metal spacing systems that prevent seal failure

"We build a barrier to keep your energy in and the elements out," Armstrong explains. "We can't stop the polar vortex from hitting Chicago—but we can definitely keep it out of your living room."

With a manufacturing facility in Chicago and decades of experience throughout the city and suburbs, CWG understands the demands of Midwest weather and architecture.

The company backs its work with a lifetime warranty on all parts and labor—including glass breakage—and offers a price-match guarantee. "We don't play the 'buy-one-get-one-free' game," says Armstrong. "That's just a gimmick. Our prices are fair from the start—for a better product and better installation."

Armstrong emphasizes that expert installation is just as important as window quality. That's why CWG doesn't use subcontractors. "You can have the most expensive window in the world, but if it's installed poorly, you're back to square one," he says. "We use our own crew—people we know and trust—so we can ensure every job is done right."

He also cuts the fluff from the sales process.

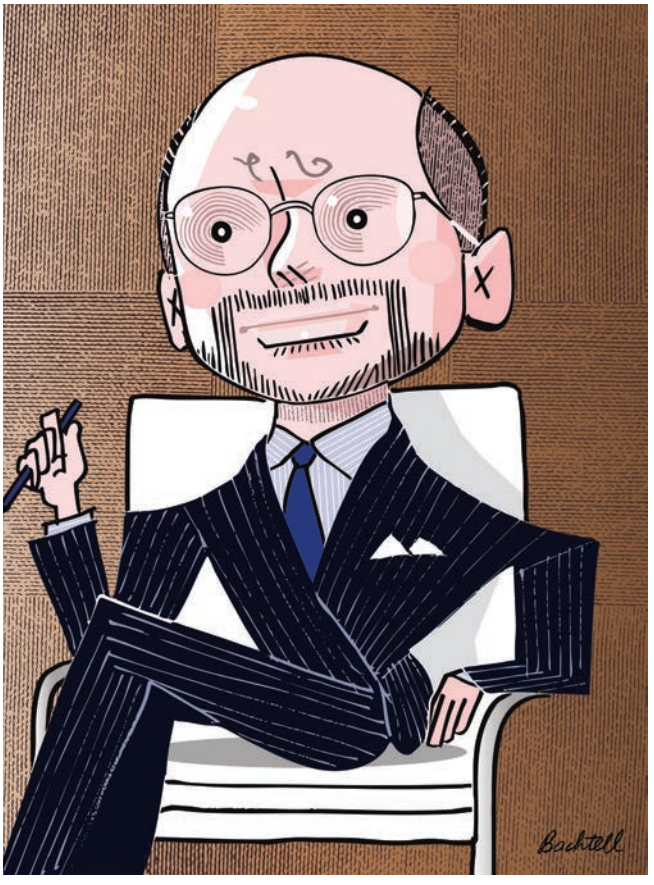
"No three-hour presentations. No pressure to 'buy today.' I handle all sales calls myself, so you get straight answers, not sales tactics," says Armstrong. "Over the years, we've built a loyal customer base," he reflects. "People refer their friends and family, and many become friends themselves. That means everything to us."

Ready to winter-proof your home with new windows? Call Armstrong directly at 847-302-9171 or visit chicagowindowguys.com.

Sage Wisdom

Best-selling author Michael Greger, M.D. is set to share the science of healthy aging contained in his book *How Not to Age* at a November 20 event.

words by **Bill McLean** / illustration by **Tom Bachtell**



Physician and best-selling author Michael Greger, M.D., admits he doesn't get out much. But when he does—on book tours in particular, for his *How Not to …* series of works—he gets a kick out of human interactions. Greger, a rural Virginia native dedicated to public health education and accessible wellness, typically receives rounds of hugs and occasionally sees folks leak grateful, happy teardrops at speaking engagements. "One attendee told me, while crying, 'Your book saved my uncle's life,'" recalls the 53-year-old Greger, also an internationally recognized speaker on nutrition who founded the nonprofit *nutritionfacts.org,* a free online resource offering 2,000 videos and articles on a wide range of health topics. "For someone who works seven days a week every week, mostly looking at a screen, meeting people on the road is certainly a reward for me." His November 20 stop on the *How Not to Age* (Flatiron Books, 2023, 640 pages) book tour will be from 7 to 8:30 p.m. at Gorton Center's John & Nancy Hughes Theater. His book contains groundbreaking insights and explores the science of healthy aging, breaking down recent medical research and offering practical evidence-based tips to boost both lifestyle and lifespan. The United States ranks a startlingly low 45th in the world in life expectancy and is expected to dip to 66th globally by 2050, per the University of Washington's Institute for Health Metrics and Evaluations. "We should be No. 1," insists Greger. "That's embarrassing." *How Not to Age* provides readers with tools for preventing age-related diseases and promoting lifelong vitality through diet and lifestyle choices. Eleven pathways for aging exist in our bodies' cells, but strategies, or processes, can interrupt each of them. "A trillion cells, each doing their own thing," says Greger, who, as a puzzle-loving youngster growing up in Upstate New York, thought he'd be a cancer researcher. "We all have tremendous power to increase our age longevity. My main message is good news: You don't need to make drastic changes in your life in order to feel better physically and mentally. It's never too late to stop smoking, to move, to eat better." Among Greger's other books are *How Not to Die* (2015), *The How Not to Die Cookbook* (2017), and *The How Not to Age Cookbook* (2025). All proceeds from his books and speaking engagements go to charity. "The altruistic part of my brain wants to make the world a better place," he says.

Gorton Center is located at 400 East Illinois Road, Lake Forest. For more information, and to purchase tickets to Dr. Greger's "How Not to Age" presentation, visit gortoncenter.org.

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