HEALTH & WELLNESS ISSUE

SHERIDAN ROAD

NORTH SHORE
STYLE & SUBSTANCE

FEBRUARY 2026

"At the end of the mind, the body. But at the end of the body, the mind."
– PAUL VALÉRY

ERIN COUPE ON *MINDSET*

JILL FOOS' MIDLIFE *REBOOT*

PREMIER DOCTORS

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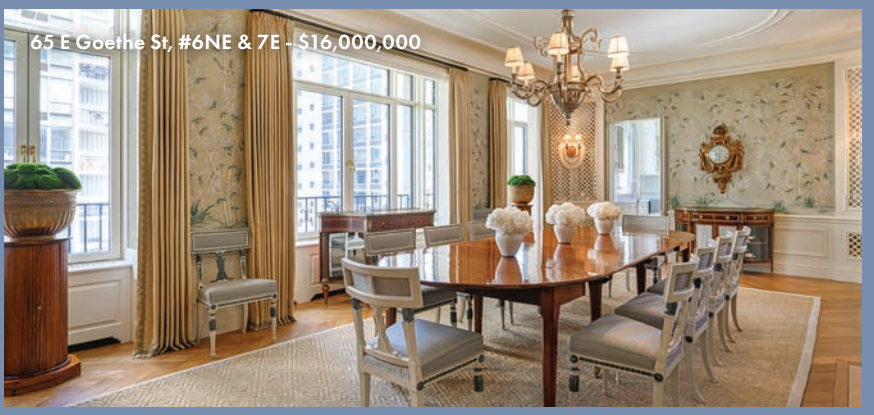
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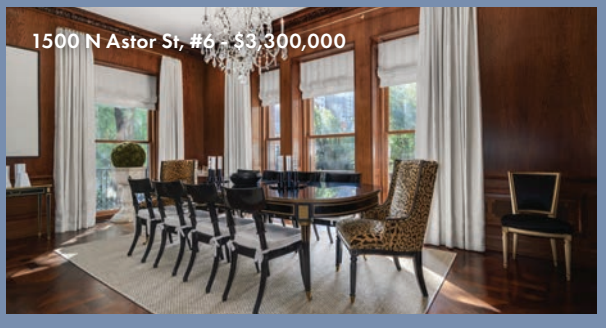












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419 SHERIDAN ROAD, WINNETKA
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SOLD FOR $5,000,000



700 CRAB TREE FARM LANE, LAKE BLUFF
SOLD FOR $11,250,000

Source: MRED/BrokerMetrics LLC. #1 brokerage for luxury sales on the North Shore based on closed sales volume for $1 million + transactions, residential properties, 1/1/2025 –12/31/2025. (North Shore: Evanston, Wilmette, Winnetka, Kenilworth, Glencoe, Highland Park, Lake Forest, Lake Bluff, Northfield, Glenview, Northbrook, & Deerfield).



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Stacy Burgoon

REAL ESTATE, **RETOLD**

Expertise, market insights, and storytelling define Stacy Burgoon's approach.

WORDS BY ***JANIS MVK***
PHOTOGRAPHY BY ***CATHERINE PATTERSON PHOTOGRAPHY***

In luxury real estate, every bit of detail tells a story. From the history of the neighborhood down to the trim of the home, no one knows that narrative better than Stacy Burgoon of Compass. Known for her refined eye, deep market expertise, and innate sense of connection to her clients, Burgoon approaches each property as more than a transaction. For her, it's about the life story that unfolds within it.

"What drew me to luxury real estate was the level of precision it demands," she says. "Every detail matters."

Burgoon's passion for high-end properties began early, when she assisted her brother, a builder, with renovation projects. That experience sparked her appreciation for the layered complexity of luxury residences: the architecture, the design, the refined finishes, and the stories that are ultimately woven into every space. "It felt natural to step aside into the sales side, and I loved the challenge of not just marketing a home, but crafting a narrative around how someone could truly live there."

The balance of storytelling and strategy defines her approach. "Luxury real estate requires deep expertise, from understanding complex systems and custom craftsmanship to anticipating the nuanced needs of high-net-worth clients," she says. "My approach has always been rooted in authenticity, discretion, and thoughtful storytelling." Leveraging elevated marketing tools and data-driven strategies, Burgoon presents each property like a curated experience.

Based in Chicago's North Shore, where she lives and raises her family, Burgoon's reach extends far beyond a single zip code. Her reach spans from Chicago condos to lakefront retreats in Southern Wisconsin. "What I love most is the variety," she says. "Every market and every property type has its own rhythm and personality." Whether it's helping a family sell their longtime home in Winnetka, guiding first-time buyers through the city, or finding the perfect lake house in Wisconsin, each represents a different life chapter. "I find meaning in being part of all those transitions and tailoring my expertise to fit each one," she says.

Looked at not only for her market acumen, Burgoon is sought after for her intuitive understanding of what luxury means today. "Luxury living has evolved far beyond square footage or price tags," she says. "It's now defined by personalization, purpose, and lifestyle fit." From wellness spaces and smart-home integrations to thoughtful sustainability, Burgoon says, "Today's buyers are seeking homes that feel both functional and restorative—true sanctuaries that reflect who people are and what they love."

Her ability to guide clients through that discovery is what distinguishes her. "I am personally invested in every client and in every detail," she says. "I'm extremely hands-on, present at every showing, staying deeply involved at every stage of the transaction, and making sure my clients know they are my top priority."

Ultimately, her success lies in connection. "It's the most natural part of what I do," she says. "Real estate is the vehicle that brings us together, but the connection is what makes the story last."

Stacy Burgoon of Compass can be reached at 773-559-5100, stacyburgoon.com and @stacyburgoonrealestate.

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**Source: North Shore-Barrington Association of Realtors. Based on 2025 Sales Production.



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CONTENTS

FEBRUARY 2026



FEATURES

88 **NOURISHING THE PATH TO PREGNANCY**
Reproductive dietitian Rachelle Mallik forgoes the hype, using science-based evidence to help her clients create fertility-supportive diets.

92 **A STRONGER SECOND ACT**
Jill Foos' mission to transform menopause care.

94 **A DELICATE BALANCE**
Leadership and personal development expert Erin Coupe helps high achievers keep perspective.

96 **THE POWER OF PAUSE**
A wellness weekend in Saugatuck, Michigan, explored how nature, design, and sleep science can help women leaders reclaim real rest.

DEPARTMENTS

26 EDITOR'S NOTE

29 **INSIDER**
30 AGENDA
36 NEWSWORTHY
40 SHORE VS CITY
41 THE PREVIEW

45 **FASHION & BEAUTY**
46 ICONIC STYLE
48 FASHION
50 BEAUTY

53 **CULTURE & ARTS**
54 ART & ARTIST
61 TRENDING

63 **TRAVEL & CUISINE**
64 FIRST CLASS
70 RECIPE
72 A LITTLE SWEETNESS
75 COCKTAIL

81 **HOUSE & HOME**
82 HOME TOUR
86 HOME STYLE

126 **LIVING & GIVING**

136 **PARTING WORDS**

ON THE COVER
Food Therapist Rachelle Mallik wearing Proenza Schouler dress, Neiman Marcus Northbrook. Mallik is featured in *Nourishing the Path to Pregnancy*. Mallik is photographed in front of Patricia Markos Dolan's *Ισχύς* (Power) 60" x 72", *patriciamdolan.com*. Photography by Maria Ponce/Styling by Theresa DeMaria/Makeup by Leanna Ernest

ON THIS PAGE
Leadership and personal development expert Erin Coupe, wearing Toccin top and JACQUEMUS skirt, Neiman Marcus. Coupe is featured in *A Delicate Balance*. Photography by Maria Ponce/Styling by Theresa DeMaria/Makeup by Doria DeBartolo

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EDITOR'S NOTE





Lake Atitlán. ***First Class*** **features a trip to Guatemala.**



Food Therapist Rachelle Mallik, wearing Kobi Halperin, is featured in *Nourishing the Path to Pregnancy*.

Happy New Year! We're kicking off our first issue of 2026 with a celebration of health in all its forms—nutritional, physical vitality, mental wellbeing—and a spotlight on the North Shore's premier doctors.

Winnetka's Rachelle Mallik, better known as The Food Therapist, graces our cover. Chances are you've heard someone rave about her—she's the community's go-to for expert guidance on nutrition for fertility, pregnancy, post-partum, and hormonal health.

Swapping "reproductive years" for the "what's next?" stage of life, our second feature introduces Health Coach Jill Foos, who works with a global clientele in her functional medicine and integrative wellness practice. In our third feature, we meet Erin Coupe, who offers insight into mastering your mindset and discusses her new book, *I Can Fit That In*. Our fourth feature introduces "The Power of Pause," a wellness weekend helping women leaders reclaim real rest.

After our features, you'll find our annual roundup of the North Shore's top doctors—your trusted guide when searching for a new physician.

In *Trending*, we check in with Robin Scheier, parent chair of the Rush Junior Fashion Show. It's heartwarming to watch philanthropic teens rally together for a meaningful cause, supported behind the scenes by their ever-stalwart moms.

If you're dreaming of a winter escape, *First Class* whisks you to Guatemala. Journey from the cobblestone charm of Antigua to the serene beauty of Lake Atitlán, where I took part in a shaman ritual that was one of my life's most spiritual experiences. Pack your bags, it is a must!

Back home, *Home Tour* features a stunning project by Studio W, which transformed a new-construction house into a warm, inviting haven that blends coastal style with Midwestern soul.

We close the issue with *Parting Words* from Catherine Bernardi, a Women's Board member of Northwestern Medicine's Catherine Gratz Griffin Lake Forest Hospital. At its spring benefit on April 18, the board will launch a new initiative to advance the hospital's cardiovascular excellence. Something worth celebrating *heartily*!

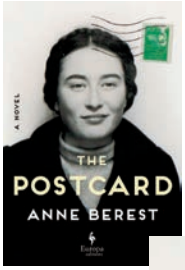
Wishing you all a wonderful, healthy, and heart-filled 2026.



DUSTIN O'REGAN
Editor-in-Chief
dustin@jwcmedia.com

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Anne Berest's
The Postcard



WATCHING
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YOUR GUIDE to the *latest* on PEOPLE, PLACES, and *THINGS* on the **North Shore**

Bella Cosa Jewelers in Wilmette has all you need to make Valentine's Day sparkle.

SAVE *the* DATE

Sheridan Road provides the North Shore's comprehensive social calendar.

EDITED BY ***MORGAN HOGERTY***



Allendale Après Ski Val d'Isère
February 28

FEBRUARY 7

CHICAGO YOUTH SYMPHONY ORCHESTRA GALA

WHERE: Four Seasons Hotel Chicago

Chicago Youth Symphony Orchestra celebrates the power of music at its 2026 Gala. Proceeds support CYSO's acclaimed programs, which engage students from throughout the Chicagoland area. *cyso.org*

FEB 13 – MARCH 15

ADMISSIONS

WHERE: Citadel Theatre, Lake Forest

At an elite prep school, Sherri Rosen-Mason is leading the charge for change—until her own son's Ivy League dreams put her ideals to the test. This sharp, compelling drama digs into the lengths we'll go to protect our children, and the complicated truths that surface when personal stakes get too close to home. *citadeltheatre.org*

FEBRUARY 14

RED CAPE GALA

WHERE: Lincolnshire Marriott Resort

The Super Jake Foundation, a volunteer-run national nonprofit headquartered in Chicago, is dedicated to fighting neuroblastoma by funding critical research and providing financial and emotional support to families affected by childhood cancer. To date, the foundation has raised almost $5 million for children with cancer. The Red Cape Gala raises awareness and funds for pediatric cancer research while honoring the families at the heart of its mission. *thesuperjakefoundation.org*

FEBRUARY 15TH

PARENTCONNECT VILLAGE GATHERING

WHERE: Woman's Club of Wilmette

ParentConnect is hosting a perinatal wellness launch event for their upcoming mom app. Connect with local expecting and new moms, get access to holistic perinatal health experts, and enjoy a chance to recharge with snacks, swag, and wellness experiences. VIP tickets include a Pilates Mat class with The Reform Method. *joinparentconnect.com*

FEB 19 – MARCH 1

AMERICAN ICONS

WHERE: Lyric Opera House Chicago

The Joffrey Ballet presents *American Icons,* a program of dynamic works by four trailblazing artists of the 20th century—The Joffrey Ballet co-founders Robert Joffrey and Gerald Arpino, Joffrey alum Glen Tetley, and dance pioneer Martha Graham. *joffrey.org*

FEB 26 – MARCH 29

TWO SISTERS AND A PIANO

WHERE: Writers Theatre

Trapped under house arrest, novelist Maria Celia and her sister Sofia can still hear rumors of the Russians' departure from Cuba in 1991. While awaiting news from Maria's exiled husband and dreaming of their freedom, the sisters find their small world unexpectedly shaken by the arrival of a romantic young piano tuner and a charismatic military officer infatuated with Maria's writing. Pulitzer Prize-winner Nilo Cruz weaves an authentic tale of oppression, human spirit, and intertwining fates in a world of shifting global politics. *writerstheatre.org*

FEB 27

PAWS FOR A CAUSE

WHERE: Loft 21, Lincolnshire

Paws for Patrick hosts its fifth annual benefit with a dinner, drinks, and an interactive performance by mentalist Sidney Friedman. During the event, you will have the opportunity to bid on both live and silent auctions with exciting items and experiences. All proceeds support Paws for Patrick's mission to improve the mental health of young people through the emotional support of animals. *pawsforpatrick.org*

FEBRUARY 28

A NIGHT AMONG THE STARS GALA

WHERE: Victoria in the Park, Mount Prospect

Join the Midwest Young Artists

AGENDA



Anais Bueno and Stefan Goncalvez
American Icons
February 19 – March 1
Photography by Todd Rosenberg

Conservatory for an evening of extraordinary performances, celebration, and community. The Conservatory helps young musicians shine through scholarships, coaching, and transformative music education. *mya.org*

FEBRUARY 28

ALLENDALE APRÈS SKI VAL D'ISÈRE

WHERE: Conway Farms Golf Club, Lake Forest

Allendale Women's Board is hitting the slopes again this winter, transporting guests to Val d'Isère in the French Alps where the revelry after a ski day is some of the world's most epic. The indoor/outdoor affair will feature specialty cocktails, a club DJ, fire pits, VIP yurts, and alpine-themed decor. Allendale Association is a nonprofit child welfare agency based in Lake Villa. *allendale4kids.org*

MARCH 5

YOUTH OF THE YEAR COMPETITION AND DINNER

WHERE: Aon Grand Ballroom at Navy Pier, Chicago

Youth of the Year is Boys & Girls Clubs of Chicago's flagship effort to foster a new generation of leaders by recognizing the academic achievements and service of exceptional Club members, ages 14 – 18, and their outstanding character and leadership qualities. The event celebrates the stories of the young finalists competing for the title of Youth of the Year. Once awarded, the Youth of the Year will serve as an ambassador and role model for thousands of Club members across Chicago. *bgcc.org/yoy*

MARCH 6

PATHWAY TO A BRIGHTER FUTURE

WHERE: Bryn Mawr Country Club

The Hyde Park Day School's annual gala celebrates more than 25 years of serving bright children with learning disabilities. All proceeds are allocated to the school's Bright Futures Scholarship Fund. *hydeparkday.org*

MARCH 8

STARS OF TOMORROW

WHERE: Highland Park Community House

Pilgrim Chamber Players presents exceptional young musicians—all 18 and under—in this exciting concert of extraordinary talent. *pilgrimplayers.org*

MARCH 10

HUMANITARIAN AWARDS DINNER

WHERE: Hyatt Regency Chicago

The Humanitarian Award is presented by the Illinois Holocaust Museum to individuals and businesses demonstrating a commitment to educating current and future generations about the dangers of hatred, prejudice, and indifference. This year, the museum is proud to recognize Julie Smolyansky, President and CEO of Lifeway Foods and former Ambassador Rahm Emanuel. *ilholocaustmuseum.org/fund-raising-events/humanitarian-awards-dinner/*

MARCH 13 – 15

CORKSCREWS, COILS & CLOCKS

WHERE: University of Chicago, Chicago; St. Luke's Episcopal Church, Evanston; Roosevelt University, Chicago

The Newberry Consort presents music that celebrates the musical and scientific inventions dating from the end of the Middle Ages to the beginning of the Renaissance, like the printing press, flying machines, spring-driven clocks, and more. Medieval and early Renaissance singer-specialists will perform on period instruments while images and drawings of 15th- and 16th-century inventions are projected overhead. *newberryconsort.org*

MARCH 22

RUMC FASHION SHOW

WHERE: Michigan Shores Club, Wilmette

The Junior Board of the Auxiliary of the Woman's Board of Rush University Medical Center will host its annual Fashion Show, featuring styles by area retailers Bunny & Babe, Elena Victoria, Hill House, Lillie Alexander, LoveShackFancy, and Gigi's Closette. All funds raised support The Woman's Board Endowed Fund for Research at Clinical Trials at Rush University Medical Center. *jrboardrumc.org*

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GEN Z **WELLNESS**

Two Highland Park natives are reinventing an overlooked corner of the wellness industry: vitamins for younger women. Their new brand, Body of Work, launched last fall to help Gen Z women who prioritize wellness but still aren't getting enough essential nutrients. The founders, Alex Brown and Jacqueline Maslan, collaborated with doctors and nutritionists to identify the most impactful vitamins and minerals for women ages 18 to 29, ultimately narrowing the formula to 11 clean, purposeful ingredients. Their vanilla-coated tablets aim to support mood, immune strength, skin health, and energy—without the sugar, dyes, or "candy vibes" of traditional gummies. Goodness redefined for a new generation. *For more information, visit bodyofworkvitamins.com.*

RED LIGHT RESULTS



Meet the GroWell Cap, the high-tech headwear that's turning heads for all the right reasons. FDA-cleared and 100 percent clinically proven, it uses cutting-edge laser-LED tech with precision micro lenses to bathe every inch of your scalp in growth-boosting red light. On the lookout for thicker locks? This stylish scalp saver—available in six colorways—delivers results that speak for themselves. *For more information, visit growell.com.*



TICK **TOCK**

In an era of biometric trackers and dopamine-chasing devices, a North Shore father-and-son team has created something radical: a watch that does absolutely nothing digitally. The MADhu, designed by veteran art director Matt Kuttan and his son Rohan, is a handcrafted automatic timepiece that's as analog as it gets. No apps, no alerts, no glowing screens; just the soothing tick of old-school mechanics and minimalist design. More than a style statement, the MADhu has a surprising wellness benefit: it's a detox for the mind. Studies show constant screen-checking fuels anxiety and shortens attention spans. By replacing digital pings with the tactile ritual of a mechanical heartbeat, the MADhu promotes calm, focus, and mindful presence. Made in Evanston in micro batches of 10 per month, it's already becoming a cult object among Gen Z minimalists and design purists alike, a wellness tool disguised as timeless craftsmanship, or vice versa. *For more information, visit watchmadhu.com.*

BEAUTY **SUPERCHARGED**



Dyson has launched the Airwrap i.d.,™ its first connected beauty device and a next-generation update to the brand's best-selling multi-styler. Available in two versions—one for straight or wavy hair and another for curly or coily textures—the new model introduces three attachments engineered for greater versatility, precision, and styling power. The Airwrap i.d.™ pairs with the new i.d. curl™ app, which creates a personalized three-step curling sequence based on a user's hair profile. The app guides wrapping, styling, and setting times, making consistent curls effortless while the device automatically regulates heat and airflow. New attachments include a Blade Concentrator for smoother finishes, a Conical Barrel for tighter, more defined curls, and a Wave + Curl Diffuser that enhances natural curl patterns—all designed to style hair from damp to dry with no heat damage. With smarter technology and customizable styling routines, the Airwrap i.d.™ marks Dyson's biggest evolution in at-home hair care yet. *For more information, visit dyson.com.*

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MEDITATION **IN MOTION**

From heated flow to workshops that explore breath, movement, and presence.

*WORDS BY **JANIS MVK** / PHOTOGRAPHY BY **MARIA PONCE BERRE***

The heat is powered on at Forever Om Yoga, and not because of the freezing temps outside. The heat is on with mindful intention.

Hot power vinyasa sits at the studio's core—a dynamic yoga style practiced in a heated room, where breathwork and flowing sequences build endurance, strength, and sharpen mental focus. In addition to hot power vinyasa, the studio offers other heated classes such as Rise & Shine and Quick Fix.

"We teach dynamic classes in a hot room because it's one of the many ways to get out of one's head and into meditation," says founder, Cilla Stoll. Dubbed as "meditation in motion," Stoll says, "It's not the only way, but it's the Forever Om way."

And while this energizing, heated flow forms the foundation of the studio's approach, it's far from the only way students can fully experience Forever Om Yoga. The studio also regularly offers Athlete's Recovery™ and Sculpt classes to complement mobility, endurance, and overall vitality.

However, students can deepen their practice with its expert teachers through immersive workshops in meditation, sound healing, arm balances, inversions, and the ritual of 108 salutations. Through the workshops, students refine their power, presence, and harmony of body, breath, and mind.

One of the most popular of the workshops is a foundational class where students who are newer to yoga can learn the basics behind what is done in regular practices while asking teachers questions about breath, poses, and philosophy.

Another fan favorite is Unwind & Flow. Set in a warm, softly lit room, this meditative flow is a heat-forward class, but gentler than hot powered vinyasa.

The Winter Solstice 108 workshop blends ritual and rhythm through 108 Sun Salutations—a sacred number in yogic tradition and many spiritual traditions. In the ritual of 108 Sun Salutations, the number symbolizes spiritual completeness and harmony, making the practice a moving meditation of dedication, purification, and renewal. Gently heated and practiced by candlelight, the experience closes with loving kindness meditation, creating a natural space for release, reflection, and the welcoming of new beginnings.

Other workshops strike a balance between strength and surrender with Heart & Hearth, Take Flight, and Ignite Your Year.

While yoga naturally tones and strengthens the body, Stoll emphasizes knowing and living one's most authentic life. "I opened Forever Om Yoga years ago because I wanted a space where everyone feels welcomed," Stoll explains. "I empower people to be who they are through the art of yoga."

Teachers at Forever Om Yoga emphasize guidance over dogma—an approach Stoll says sets the studio apart from more passive or overly choreographed styles. Instructors offer clear direction while allowing freedom of personal expression, encouraging students to explore options, modify poses, or ease the practice when necessary. Rather than prescribing a single way to move, the practice empowers individuals to listen to their bodies.



Cilla Stoll

"We're not afraid to clearly guide students in class," Stoll explains. "Our goal is for everyone to show up, discover where they are in their minds and bodies that day, and do what they're called to do—while still being motivated to give their best as a path toward self-discovery."

Forever Om Yoga is located at 828 N. Western Avenue in Lake Forest, foreveromyoga.com, @foreveromyoga.

A warm welcome to our newest member of The Endoscopy Center of the North Shore, Dr. Rebecca Tsang

Dr. Tsang practices general gastroenterology and cares for patients with a broad range of GI symptoms and conditions. She takes a holistic, patient-centered approach, recognizing that GI health is closely connected to daily life, mental well-being, and even other medical conditions. Her goal is not only to diagnose and treat disease, but it is also to enhance the overall quality of life. She values compassion and collaborative communication so patients feel heard, supported, and empowered in their care.



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SHORE VS CITY



Founder of Green Life Swaps, Lindsey Handrinos, wearing alice + olivia, Neiman Marcus Northbrook

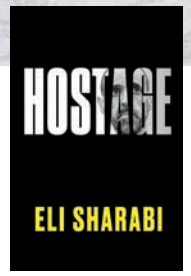
LINDSEY HANDRINOS is the founder of Green Life Swaps, an in-home wellness company that helps families create cleaner, healthier living spaces without the overwhelm. Her wellness journey began long before motherhood, when she started making small, intentional changes to ensure her mind, body, and home were in the best shape for the next chapter of her life. What began as a personal commitment soon became a deeper passion. Once her three children were in full-day school, Handrinos turned that passion into a business. Through Green Life Swaps, she works with clients to replace everyday toxins with safer, high-performing options that fit seamlessly into their routines. She likens her role to a professional organizer, but instead of closets, she's helping clients clear out what's under their sinks. Many want to live cleaner but feel unsure where to begin, so she handles the research, simplifies choices, and offers personalized guidance. At its core, Green Life Swaps is about empowerment and attainable change. Handrinos believes a cleaner home leads to a clearer mind and a healthier family, and that steady progress matters more than perfection.

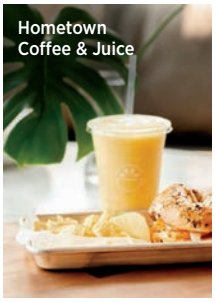
*EDITED BY **MORGAN HOGERTY***
*PHOTOGRAPHY BY **IAN MCLEOD***
*STYLING BY **THERESA DEMARIA***
*HAIR & MAKEUP BY **LEANNA ERNEST***



Westport, Ontario, Canada

What's on the horizon? An eBook for clients who want to make swaps on their own **Mantra?** Be a leader, not a follower **Best grooming tip?** Less is more **Guilty pleasure?** Sweets **Favorite foods?** A horiatiki "village" salad made the Greek way **Music you love?** Dance music. The sound raises your vibration **Best advice ever given to you?** "Let go of what you can't control so you can focus on what you can" **Best advice you've given?** "Heal your habitat and your habits will follow" **Earliest memory?** Spending summers in Westport, Ontario, Canada **When you wake up, you?** Meditate **Before bed, you?** Use my red light therapy LUMEBOX **What's on your bookshelf?** *Sustain Me* by Barbara O'Neill and *Hostage* by Eli Sharabi **You can't live without?** My crew—my husband, our three amazing kids, and our Alaskan Klee Kai, Jax **Love to escape to?** Guatemala. I recently visited and fell in love with everything **Advice you would give to your younger self?** Get married and start a family sooner





Hometown Coffee & Juice

ON THE SHORE

Your style is? Denim, a cashmere sweater, and loafers **Can't leave the house without?** My wellness pouch with supplements, salt, Tesla rocks, and biohacks **Driving music?** Usually, a dance music playlist from my travels **Places to eat?** Hometown Coffee & Juice and Le Colonial **Transportation?** Car **Shop?** athene **Best thing about the Shore?** The lake **Worst thing about the Shore?** The taxes **The perfect day is?** A morning juice from True Juice. Sole + Luna for a wellness treatment. Coffee and shopping at SPACE 519. Meet friends for a late lunch at Pomeroy and pick up soup to go from Soupicurean for dinner

IN THE CITY



Your style is? Slip dress, sweater, combat boots with a suede jacket **Can't leave the house without?** My glass bottle of Icelandic water **Transportation?** Car **Driving music?** *Culture Apothecary with Alex Clark* podcast **Place to eat?** Andros **Shop?** Neiman Marcus **Best thing about the City?** Amazing restaurants **Worst thing about the City?** Crime **The perfect day is?** A morning workout at Common Language. Followed by a hair appointment at RMCM Salon. Coffee at NOMAD Chicago. Lunch with friends at Andros. Next, acupuncture by Gráinne McKeown and a quick pick-me-up at HI-VIBE Superfood Juicery. Dinner at Asador Bastian



Cassie Mancuso Carver, Whitley Bouma Herbert, Karen Anderson, Meredith Mitchell, Samantha Trace, Claire Concannon

LA FOLIE DOUCE IN VAL D'ISÈRE

*EDITED BY **MORGAN HOGERTY** / PHOTOGRAPHY BY **ROBIN SUBAR***

Allendale Women's Board is hitting the slopes again this winter, transporting guests to Val d'Isère in the French Alps, where the post-run revelry is epic. At La Folie Douce in Val d'Isère, the après ski scene is a blend of fashion and theatrics, including amazing DJs, costumed characters, smoke guns, and dancers. Top event production company ESP Presents will again set the scene, both indoors and out, at Conway Farms Golf Club, where Allendale Women's Board debuted the Après Ski theme last February. Also returning will be beats spun by Chicago club DJ Sleepy Eagz and Chef Paul Kahan of One Off Hospitality, who will design a menu based on Alpine favorites and dishes from avec, the acclaimed restaurant opening a Highwood location this summer. Allendale is a nonprofit child welfare agency dedicated to the care, education, treatment, and advocacy for disadvantaged youth in Illinois. *To learn more, visit allendale4kids.org or follow @allendalewomensboard on Instagram.*

THE WHO
The North Shore's most fabulous folk

THE WHERE
Conway Farms Golf Club, Lake Forest

THE WHEN
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THE WHY
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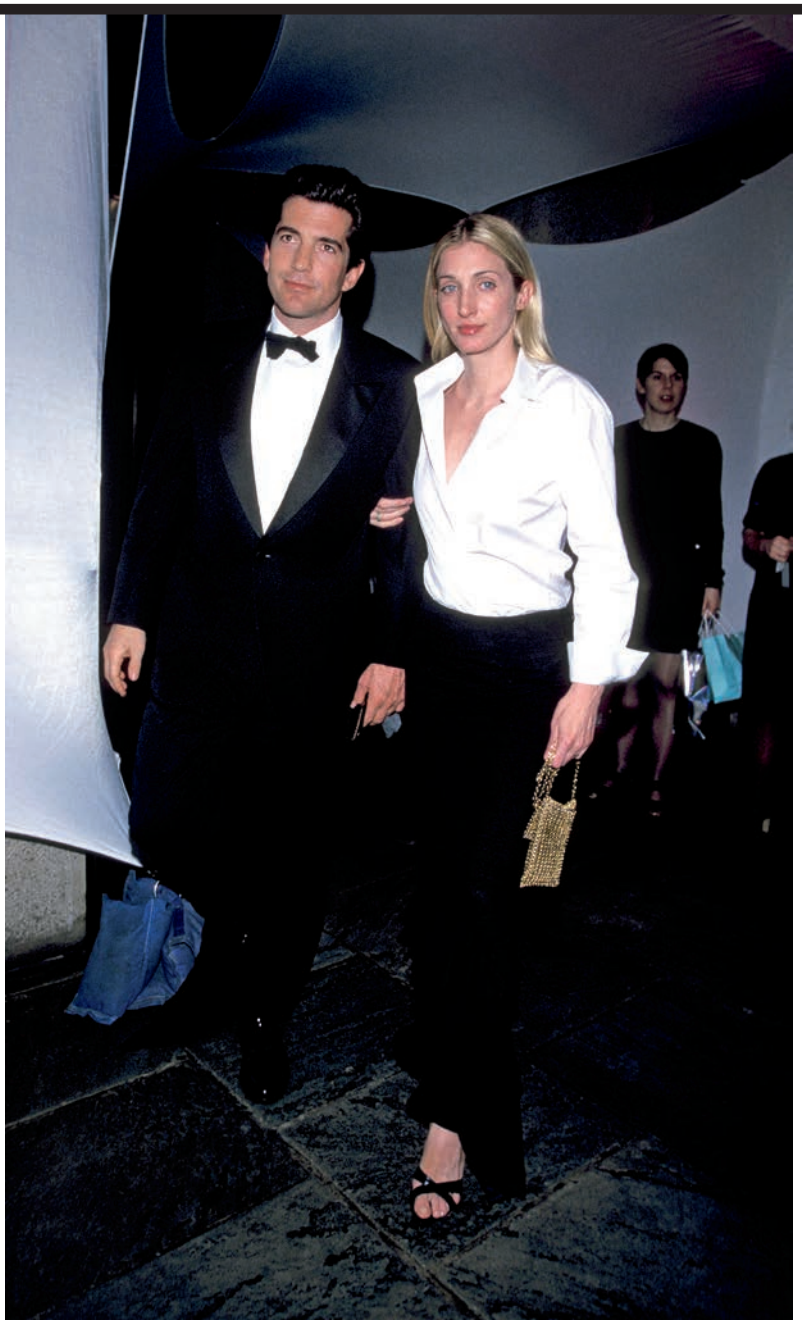
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John F. Kennedy Jr. and Carolyn Bessette Kennedy. Read about how you can recreate Carolyn's looks using pieces from Lake Forest's Lillie Alexander in *The CBK Effect*. Photography courtesy of Getty Images.

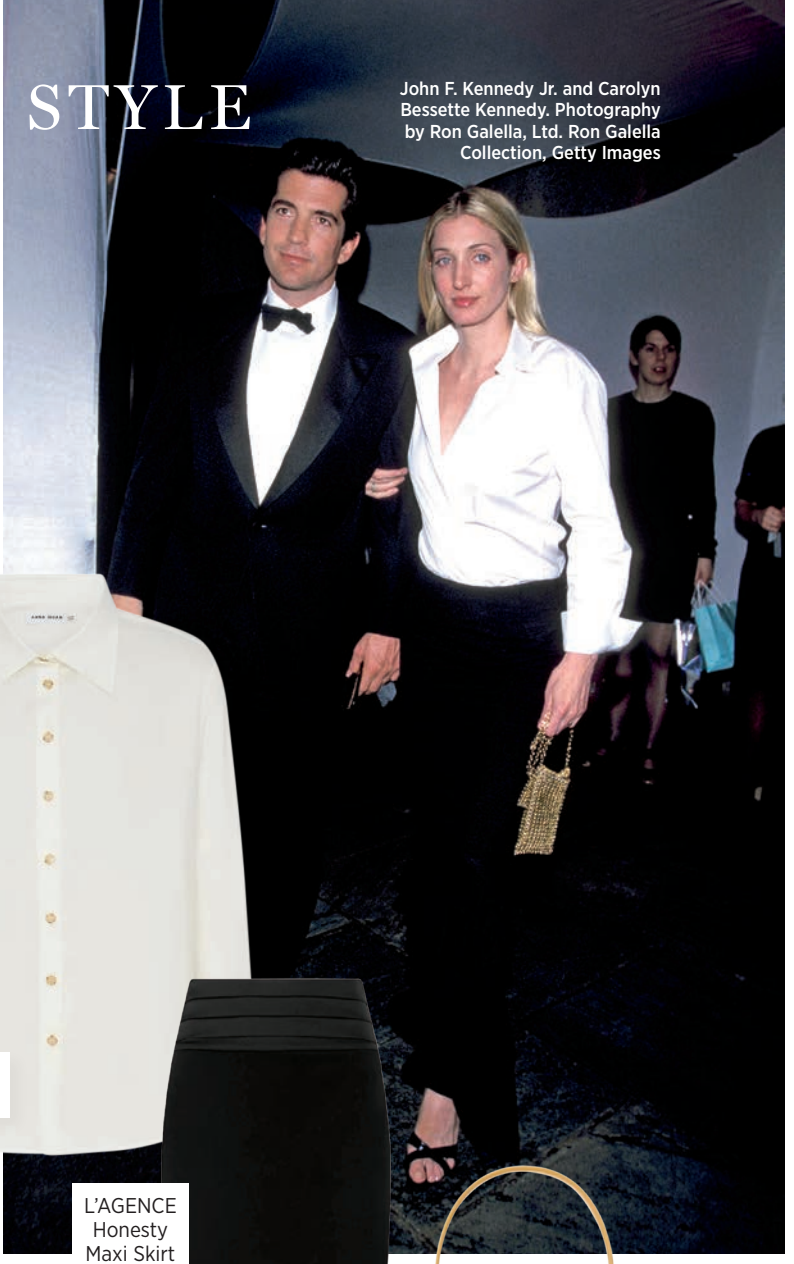
TIMELESS BY DESIGN

Carolyn Bessette Kennedy's influence *endures*, inspiring a new season of **refined essentials** and **modern beauty.**

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Effortless yet impeccably refined, Carolyn Bessette Kennedy's style continues to captivate. As *American Love Story* rekindles the allure of her iconic '90s romance with John F. Kennedy Jr., Lillie Alexander invites you to rediscover the minimalist elegance she embodied. Explore a curated selection of luxe, understated pieces from Lake Forest's luxury boutique—timeless essentials that echo Kennedy's quiet sophistication. *lillielexanderboutique.com*

EDITED BY ***MORGAN HOGERTY***



John F. Kennedy Jr. and Carolyn Bessette Kennedy. Photography by Ron Galella, Ltd. Ron Galella Collection, Getty Images

ANNA QUAN Odessa Shirt

St. Agni 90s Belt Bag

Malina Athina Blouse

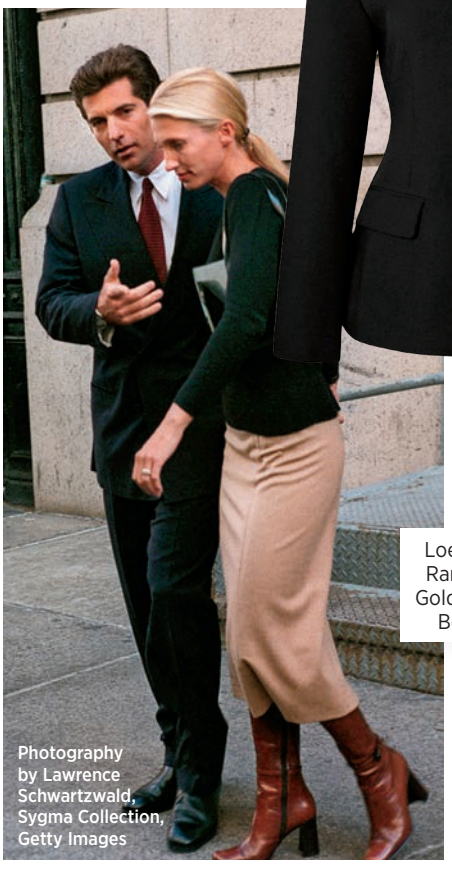
L'AGENCE Honesty Maxi Skirt

STAUD Lila Mini Bag in Goldenrod

Loeffler Randall Goldy Tall Boot

ANNA QUAN Campbell Skirt

Loeffler Randall Malia Satin Sandals



Photography by Lawrence Schwartzwald, Sygma Collection, Getty Images

ICONIC STYLE



Photography by Brooks Kraft, Sygma Collection, Getty Images



STAUD Orion Dress



SALONI Flora Dress



The Garment Vivaldi Shift Dress



Flattered Franchesca Suede Heel



Dear Frances Lillie Mule



Gucci Black Oval Sunglasses



Linda Richards Rex Dolman Coat



Linda Richards Knit Mink Mittens



Nili Lotan Florence Jean

Emi Jay Scarlet Headband



Sophique Essenziale Leather Heeled Penny Loafers



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01





02



03

04





11



05



09



06

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08

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12

14



15



13



01 Saint Laurent Sunglasses, *Saint Laurent Chicago, 312-202-0166* **02** On Versa Sneaker, *Nordstrom Old Orchard, 847-677-2121* **03** Beyond Yoga Spacedye Racerback Top, *Nordstrom Old Orchard, 847-677-2121* **04** Saint Laurent Pullover, *Saint Laurent Chicago, 312-202-0166* **05** Saint Laurent Sweatshirt, *Saint Laurent Chicago, 312-202-0166* **06** Les Tien Eazy Cotton Pant, *modaoperandi.com* **07** Saint Laurent Baseball Cap, *Saint Laurent Chicago, 312-202-0166* **08** Saint Laurent Bag, *Saint Laurent Chicago, 312-202-0166* **09** Left on Friday Weekender Playsuit, *modaoperandi.com* **10** Loeffler Randall Sneaker, *loefflerrandall.com* **11** Old Navy Collection, *oldnavy.gap.com* **12** Left on Friday Frame Crop Top, *modaoperandi.com* **13** Loeffler Randall Scrunchie, *loefflerrandall.com* **14** By Malene Birger Alba Shell Jacket, *modaoperandi.com* **15** By Malene Birger Beata Onesie, *modaoperandi.com*



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EDITED BY ***ALLISON MELONE***



01 Oribe Dry Texturizing Spray, *Nordstrom Old Orchard, 847-677-2121* **02** IGK Good Behavior Smoothing Spray, *Nordstrom Old Orchard, 847-677-2121* **03** Eva NYC H2-Whoa Hydra-Jelly Hair Mask, *evanyc.com* **04** Fenty Hair The Imposter Dry Shampoo, *fentybeauty.com* **05** Dyson Special Edition Airwrap, *Nordstrom Old Orchard, 847-677-2121* **06** Obagi Scalp Serum, *obagi.com* **07** Dyson Omega Oil, *dyson.com* **08** T3 2-in-1 Styling Iron, *Nordstrom Old Orchard, 847-677-2121* **09** Eva NYC Reset Ready Detox Clarifying Shampoo, *evanyc.com* **10** R+Co Television Perfect Hair Shampoo, *Nordstrom Old Orchard, 847-677-2121* **11** Bur Bur The Mermaid Brush, *Nordstrom Old Orchard, 847-677-2121* **12** Moroccanoil Treatment Mist, *moroccanoil.com* **13** Fenty Hair Comeback Kid Repair Treatment, *fentybeauty.com* **14** Rhute's The Density & Repair Serum, *rhutehair.com*

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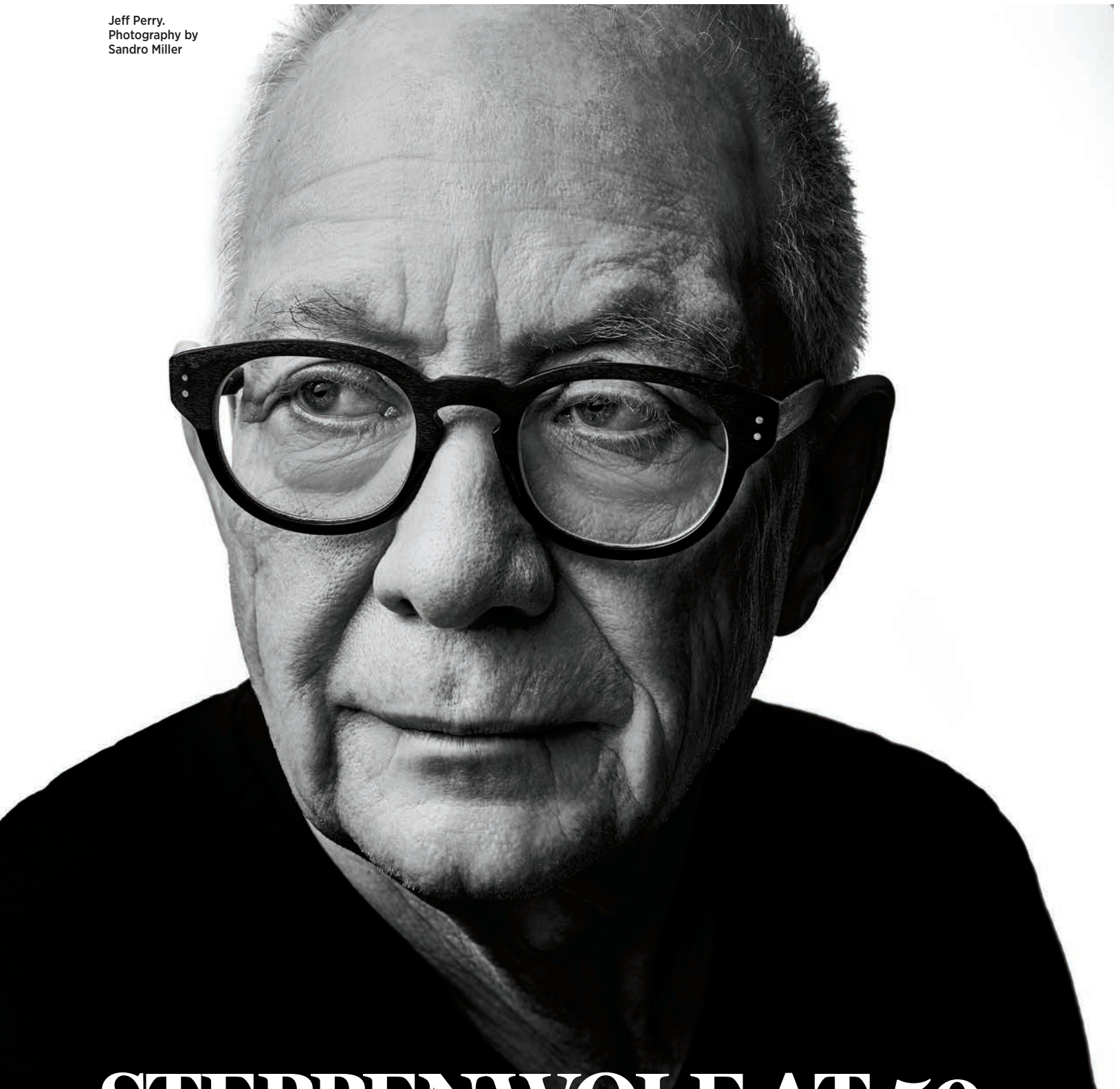

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Steppenwolf Theatre Ensemble 1980. Photography by Lisa Howe-Ebright

THE NEXT ACT: STEPPENWOLF THEATRE **TURNS 50**

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Jeff Perry. Photography by Sandro Miller

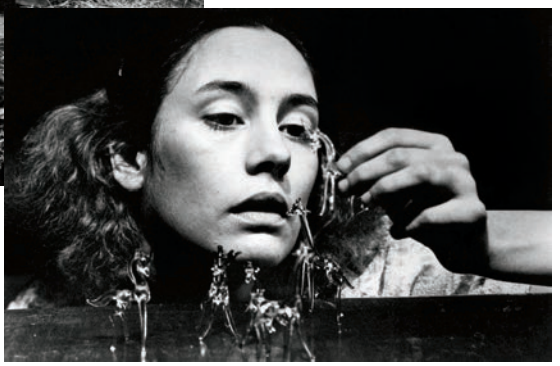
STEPPENWOLF AT 50

Founding member Jeff Perry looks back at the little ensemble that could.

WORDS BY ***THOMAS CONNORS***







FAR LEFT: Steppenwolf Theatre Ensemble 1980. Photography by Lisa Howe-Ebright. **LEFT:** *Of Mice and Men*. Photography by Lisa Howe-Ebright **BELOW:** *The Glass Menagerie*. Photography by Lisa Howe-Ebright

Plenty of young actors want nothing more than to be "discovered" and enjoy unending fame and fortune. But some performers just want to do the work, to get up onstage and tell a story. Such was the case with the crew that founded Steppenwolf Theatre, now marking its 50th anniversary. While many of their creative peers were determined to strike out on their own and find stardom in New York or Los Angeles, Jeff Perry and his pals—Gary Sinise and Terry Kinney—opted for a different path. "We chose, decidedly, a preference for a family, for the protection and invigoration of each other."

Like many Steppenwolf members, including Sinise, Laurie Metcalf, John Malkovich, and Joan Allen, Perry went on to a successful career in film and television, appearing most recently in the ABC drama series *Alaska Daily.* But like many of the Steppenwolf cohort, he too has returned again and again to North Halsted Street. Over the years, he has acted and directed more than 40 productions at Steppenwolf and is once again onstage in Conor McPherson's adaptation of August Strindberg's *The Dance of Death*, featuring fellow ensemble members Cliff Chamberlain and Kathryn Erbe.

The Steppenwolf story is one of the more legendary in Chicago's theater scene. Its first production was a 1974 staging—directed by a 19-year-old Sinise—of Paul Zindel's *And Miss Reardon Drinks a Little*. The following year, Steppenwolf, which took its name from the title of a 1927 Hermann Hesse novel, incorporated as a nonprofit and, in 1976, set up shop in the basement of the Immaculate Conception Catholic School in Highland Park. In 1980, the company moved to the city, settling in at the Jane Addams Hull House Center on North Broadway, where Malkovich directed Lanford Wilson's *Balm in Gilead*, with a cast that included John Mahoney, Ora Jones, and Glenne Headly; Tracy Letts, who would go on to win a Tony Award and the Pulitzer Prize for his play *August: Osage County,* served as stage manager for the production.

When asked what made the place tick from the start, Perry recalls, "Gary operated at such an instinctive and musical level, with sheer willpower and drive. Terry had gigantic empathy and identification with what Lanford Wilson said of his characters in *Balm in Gilead*, 'losers who refuse to lose.' That was a real strength. And me, I think the most notable thing was I was such a theater communist; I just loved the collaborative, familial way of working."

The early years were a mixture of fearlessness and folly. "We did a couple of one-acts, *The Indian Wants the Bronx* by Israel Horowitz and Eugène Ionesco's *The Lesson*, playing to an audience of eight or 10 people," recalls Perry. "So, after that, we decided to do a jukebox musical combining the music of Harold Arlen, Cole Porter, and Kurt Weill. We all wore grey turtlenecks and sort of sang and danced, but almost nobody could sing, almost nobody could dance." By the mid-80s, the ensemble, then in residence on Halsted Street, had found its footing and saw its profile rise when its productions of *True West* and *Balm in Gilead* transferred to New York. In 1985, Steppenwolf was awarded a Tony for Regional Theatre Excellence. The organization has gone on to receive 14 Tony Awards, debut two Pulitzer Prize-winning commissions, and seen its productions play in New York, London, Sydney, Galway, and Dublin.



RIGHT: Steppenwolf Theatre Ensemble 1976. Photography by Lisa Howe-Ebright. **BOTTOM RIGHT:** *Balm in Gilead*. Photography by Lisa Howe-Ebright **BELOW:** *The Caretaker*. Photography by Lisa Howe-Ebright





From the start, the company's values derived from a commitment to the idea of an ensemble—a group of like-minded artists exploring together. "In the early and mid '70s, the Goodman existed, there was a little bit of dinner theater and a touring Broadway show or two, but that was about it," notes Perry. "So, our heroes were from TV and the film world—Martin Scorsese and Robert De Niro, Elia Kazan and Marlon Brando, John Cassavetes, and Gena Rowlands, the first cast of *Saturday Night Live*, SCTV." But when Hollywood came calling, stress followed. In 1992, Sinise directed and co-starred with John Malkovich in a film adaptation of John Steinbeck's *Of Mice and Men*. "Having done the piece as a play, I felt left out, I felt a certain jealousy," shares Perry. "Gary and I go back to age 15 as best friends, brothers. That led to an estrangement between us. We got over it. This group was destined to have both individual careers in film and television, combined with ensemble work. It was never going to be just one or the other."

At 50, Steppenwolf is an institution. But season after season, it continues to take risks with material old and new. Last year, it premiered Branden Jacobs-Jenkins' *Purpose* and Samuel D. Hunter's *Little Bear Ridge Road*. Now comes Strindberg's darkly humored 1900 drama, *The Dance of Death*. "I've long had a fascination with Strindberg's *Miss Julie*, but I didn't know this play," admits Perry. "But I'm nuts for it. And it is absolutely up the bitter, passionate, effed up domestic territory that is the Steppenwolf ethos."

For more information, visit steppenwolf.org.

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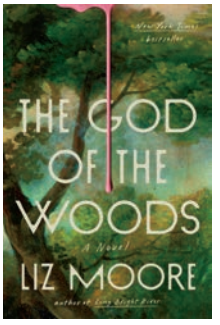
RUNWAY READY

Balancing her passions for tennis, fashion, and nutrition with an unwavering commitment to family and community involvement, Robin Scheier is a vibrant presence in her hometown of Winnetka. This year, she is serving as the Parent Advisor Chair of the highly anticipated Rush Junior Board Fashion Show, collaborating with Junior Board Chairs Maggie Elvart and Margee Bâby to create an unforgettable event. On March 22, Michigan Shores Club will be transformed into Palm Paradise with Junior Board members taking the runway to showcase the latest spring styles from beloved local boutiques—including Bunny & Babe, Hill House, Gigi's Closette, Lillie Alexander, and more. All proceeds from the event will benefit Rush University Medical Center, furthering Scheier's conviction to use her leadership opportunities to make a lasting impact.



Robin Scheier wearing SALONI dress, Bunny & Babe

EDITED BY MORGAN HOGERTY/PHOTOGRAPHY BY MARIA PONCE/STYLING BY THERESA DEMARIA/HAIR & MAKEUP BY LEANNA ERNEST



ON HER NIGHTSTAND

"With the daily drama that comes from raising teenage daughters, I gravitate toward books that are light and entertaining. I recently finished Liz Moore's *The God of the Woods*—a suspenseful thriller with rich character development and enough unexpected twists to keep me turning pages late into the night. Next up is *Workhorse* by Caroline Palmer, a wickedly funny page-turner about a young woman navigating the world of fashion magazines in the early 2000s. It's the perfect mix of sharp social commentary and nostalgia, exploring themes of class and ambition while bringing back memories of my own early career days in a new city."



IN HER EARBUDS

"Mornings start with a news fix—*The Daily* and *Up First*—while I walk my dogs, Moose and Buddy. In the car, it's all about fun and inspiration, from Molly Sims' *Lipstick on the Rim* to the laid-back sounds of Caamp and Mt. Joy. At night, I unwind with *The Diary of a CEO*, soaking up insights from British entrepreneur Steven Bartlett and his fascinating guests. And recently, I've been enjoying the Rush Junior Board Fashion Show playlist that Margee and Maggie curated; their mix of songs perfectly captures our event's theme and sets just the right vibe for the runway."



ON HER MOBILE

"My phone is my go-to for catching up on the latest arrivals at my favorite boutique, Bunny & Babe, and keeping up with my daughters' new Instagram posts. When it comes to working with teens, staying connected through texts is essential, and my phone has truly become my lifeline as I collaborate with the Rush Junior Board chairs, ensuring every detail for the upcoming fashion show comes together seamlessly."

For more information about the Rush Junior Board Fashion Show, visit jrboardrumc.org.

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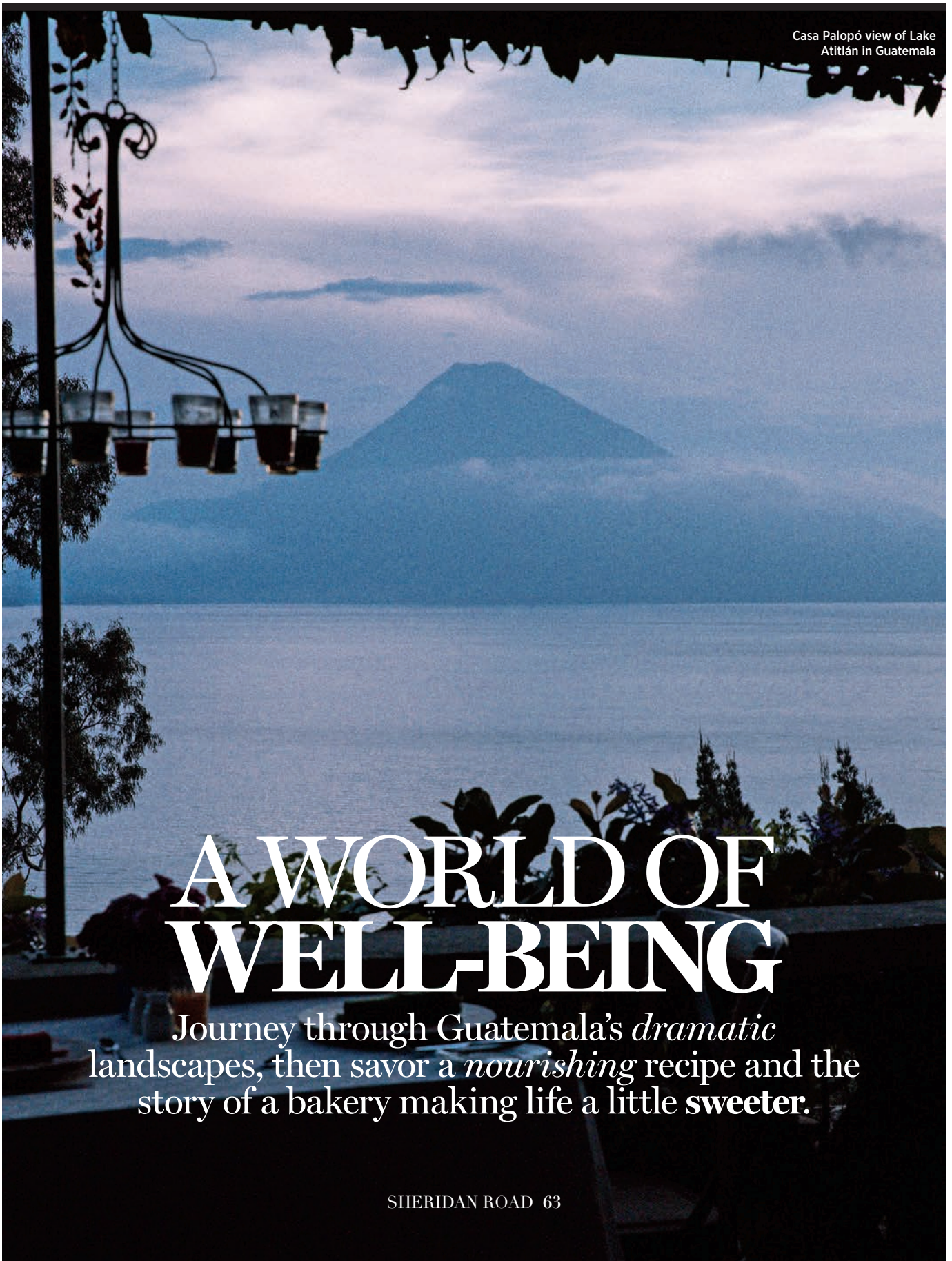
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Casa Palopó view of Lake Atitlán in Guatemala

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Villa Bokéh's Casa del Alma in Antiqua

TAPESTRY OF CULTURE

Traveling from Antigua's colonial charm to the spiritual calm of Lake Atitlán, a Guatemalan journey weaves incredible experiences into a fabric of beautiful memories.

WORDS BY ***DUSTIN O'REGAN***

Like a handwoven *huipil,* the traditional, embroidered, loose-fitting tunic worn in Central America, our journey through Guatemala was threaded with history, beauty, nature, and culture. From the baroque streets of Antigua to the serenity of Lake Atitlán, each stop added a new strand to the fabric of our experience.

ANTIGUA

We began in Antigua, the former capital of the Kingdom of Guatemala—shaped by earthquakes, twice abandoned, and ultimately reborn as one of the world's most beautifully preserved colonial cities. Nestled between three volcanoes, this UNESCO World Heritage Site is a baroque treasure of cobblestone streets, pastel facades, and crumbling convents. Within its tight one-kilometer grid are 73 Catholic structures built by 13 different religious orders, making it both spiritually and architecturally enchanting. Strolling the streets, I couldn't help but be reminded of Mexico's San Miguel del Allende, Antigua's "twin city."

Our home base, Villa Bokéh, is Antigua's most refined retreat and was recently recognized by the *50 Best Discovery* list, an international guide highlighting the world's top accommodations. Founder Claudia Bosch and her three daughters have transformed the former private home into a Relais & Châteaux luxury boutique hotel that is a soulful refuge where art and hospitality converge. Surrounded by 6 acres of lush gardens, it is the largest hotel property in the city and a haven of thoughtful design. The

FIRST CLASS



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Villa Bokéh staircase



Pillow menu in a Villa Bokéh suite

hotel's sophisticated blend of Guatemalan colonial architecture and modern detail was envisioned by Katy Jay, Claudia's daughter, in collaboration with Paliare Studio, and the family's personal art collection infuses the space with warmth and personality.

Each of the 15 rooms is distinct, brimming with vibrant local textiles and artisanal ceramic tiles. My suite, Indigo No. 8, featured a cozy loft for children above an expansive primary suite and two balconies with glorious views of the pond, cypress trees, gardens, and volcanoes. The light-drenched bathroom featured bird motif tile and an enormous tub beneath tall French doors, which flung open for the most scenic of soaks. Even the room key, adorned with a handmade tassel, was a small work of art.

Our first evening, we gathered around a round table for a welcome dinner with Chef Javier in the hotel's dining room. Seated beneath a vaulted brick ceiling and beside a roaring fireplace, we feasted on a menu celebrating Guatemalan ingredients and culinary flair. The first course was an upside-down puff pastry tart with heirloom tomatoes, oranges, smoked beetroot, goat cheese mousse, toasted pumpkin seeds, watercress, Maldon salt, a honey-lemon emulsion, and chili dust. This was followed by oven-roasted chicken breast with black mole, baby potatoes, and avocado mousse with jalapeño and cilantro. Dessert? A heavenly chocolate mousse with cypress-infused white chocolate ganache, cookie crumble, lemon purée, and pistachio sponge.

That night, I discovered a tiny Worry Doll resting on my pillow. Tucked beside it was a note explaining the Guatemalan legend that if you whisper your worries into the doll's ear and place it beneath your pillow, it will carry your troubles away as you sleep. I followed the ritual, and the next day I awoke with a mind free of concern.

On our first morning, we were invited to visit the chicken coop to retrieve eggs for a custom-made omelet. Following breakfast, Antigua's colorful streets beckoned. Highlights included stopping beneath the iconic yellow clock tower and peeking into vibrant doorways filled with artistic treasures. Don't miss Colibrí for exquisitely hand-crafted textiles or a coffee stop at Artista de Café, where the espresso is extraordinary. Call ahead to arrange a barista-led coffee tasting where you will learn the art of coffee-making and enjoy the finest Guatemalan coffees paired with traditional local sweets. For lunch, we reunited at Villa Bokéh's Casa Cristal, a contemporary reimagining of a greenhouse where Chef Marcos Saenz served family-style dishes showcasing modern Guatemalan flavors.



Villa Bokéh view of the pond, gardens, and volcano



Historic city center of Antigua with a view of the Santa Catalina arch. Photography by St_Photography

> "ATITLÁN IS COMO WITH ADDITIONAL EMBELLISHMENTS OF SEVERAL IMMENSE VOLCANOES. IT REALLY IS TOO MUCH OF A GOOD THING."
>
> –ALDOUS HUXLEY

As the sun dipped behind the volcanoes, we returned to the city center to visit UL'EW, a hidden speakeasy named after the K'iche' word for "earth." Accessed through a phone booth and hidden curtain, UL'EW is all mystery and alchemy—cardamom-scented water served on coffee leaves, no menus, just mood-based cocktails conjured on the spot. Each drink is unique, both in its ingredients and presentation.

Following this chic cocktail hour, we returned to Villa Bokéh to dine under the stars at 3.1, the property's fine dining restaurant, where we savored a tasting menu that beautifully fused Guatemalan heritage with French culinary technique.

LAKE ATITLÁN

The next morning, we departed for Lake Atitlán where we would stay at Casa Palopó, the Bosch family's second Relais & Châteaux property, an intimate boutique hotel perched high above the lake.

The three-hour drive was beautiful, taking us through highland roads framed by purple wildflowers and swaying trees. For those preferring a faster arrival, the hotel offers helicopter service, landing guests on its private helipad in under an hour. Eventually, we caught our first glimpse of Lake Atitlán. The lake, Central America's deepest, is vast and still and encircled by three volcanic peaks—Tolimán. Atitlán, and San Pedro.

Each of Casa Palopó's 15 rooms is a vibrant expression of place—bold colors, reimagined local furniture, vivid textiles, hand-selected Guatemalan art, and balconies with mesmerizing views. Even the amenities impress—hello, Dyson hairdryers. The atmosphere is hushed, and the lake view is dreamlike.

We began our visit at Kinnik, the hotel's lakeside beach club and open-fire restaurant. Built entirely from Guatemalan-sourced materials, the restaurant's mustard yellow walls, volcanic stone, and rich woods create an atmosphere that feels grounded in tradition but contemporary in spirit. Just below Kinnik, bright yellow loungers and striped umbrellas offered sunbathers a spot to watch paddleboarders skim across the crystalline lake.

Over the course of two days, we savored two very different lunches at Kinnik courtesy of Chef Jorge Peralta. The first lunch featured an array of charred, grilled, and smoked meats, served family-style beside the water, while the second lunch offered treasures from the sea paired with house-made sauces and warm tortillas.

After our pescetarian lunch, we rode the hotel's private funicular up the mountain—a cinematic ride through a lush garden path—to reach the main property. Climbing a cobblestone footpath, we reached a broad wooden deck just beyond the hotel's helipad, where we took part in a traditional Mayan ceremony. With volcanoes rising in a perfect ring around us, Tomás, the hotel's resident shaman, lit a great fire encircled with ears of corn and bright petals and then invited us to set intentions. I can't explain what caused tears to stream down our cheeks or how all six of us felt our collective energy feed the fire but it was a beautiful journey of gratitude and reflection. The most powerful moment of the hour-and-a-half ceremony came as Tomás chanted to the wind spirit, and a sudden gust lifted the flames skyward. This was the most emotional ceremony of all my travels—pure, spiritual, and deeply moving.

FIRST CLASS


Casa Palopó view from my terrace


Casa Palopó shaman


Casa Palopó entrance to my suite

From the platform, the view stretches toward Cerro de Oro, the small mountain across the lake whose rounded shape inspired the famous drawing of a boa constrictor digesting an elephant in *The Little Prince* by Antoine de Saint-Exupéry, who once stayed nearby. This classic story recounts how the cares of the adult world can dull imagination. A visit to Casa Palopó rekindles a childlike wonder as guests are encouraged to slow down, breathe, and reconnect to nature's beauty. One tool in this journey of reconnection is the painting kit found in each guest room. I set mine up on the terrace overlooking the lake and let the scenery guide my brush.

Following the ceremony, we visited the villa and its infinity pool, where we sipped tea and watched the sun set in a blaze of gold and lavender. Dinner followed at 6.8 Palopó, the hotel's signature restaurant named for its kilometer marker on the lakeside road. There, we dined on creamy corn soup, Guatemalan ceviche, and a standout, handmade ravioli filled with Icha-J Pá Sakil, a traditional herb-and-pepita sauce from Santa Catarina Palopó.

The next morning, we enjoyed a leisurely breakfast beneath a vine-covered trellis, where hummingbirds flitted from flower to flower. Then we boarded a boat bound for San Juan La Laguna, one of the area's most artistic villages. We explored artisan co-ops and workshops, browsed hand-dyed fabrics, toured honey, cacao, and coffee producers, and climbed the hill to the town's ancient church before strolling back down its painted streets. Our guide shared that each of the 12 surrounding Mayan towns has its own language, textile traditions, and customs.

Later that day, we visited Pintando Santa Catarina Palopó, a community revitalization project supported by the Bosch family and championed by Claudia. The initiative transforms homes with color and pattern, engaging locals in art, identity, and pride.

Our final stop was Katy Jay's concept store, where the creative force behind Villa Bokéh and Casa Papoló has created a vision that beautifully intertwines design, culture, and philanthropy.

Our farewell meal was a fun, interactive "make and build-your-own tortilla" dinner with fresh tortillas! Before bed, I sat on my terrace and lit my meditation kit on the eve of a Mayan new moon, feeling eternally grateful for this trip. With the scent of burning sage and the twinkling lights across the lake beneath a hazy full moon, I set my intentions and sent gratitude into the universe.

Like the *huipil*, our time in Guatemala was layered and entirely one-of-a-kind. What began as a vacation became a meaningful journey. The best news for those seeking their own Guatemalan adventures is that American Airlines recently introduced a direct flight from O'Hare to Guatemala City, making visiting this amazing country easier than ever.

For more information, visit villabokeh.com, casapalopo.com, and plansouthamerica.com.

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ALL-THE-GOOD-STUFF **BROCCOLI SALAD**

WORDS, STYLING, AND PHOTOGRAPHY BY FOOD EDITOR ***MONICA KASS ROGERS***

When the local grocer puts an enormous box of gorgeous broccoli out for 69 cents a head, I donned my brainstorm beanie and hoped for florets of inspiration! The result? My best broccoli effort to date.

To make this composed salad, you'll roast the florets, oven-crisp and maple-glaze the chickpeas, mix in some chopped nuts, dates, and red onion, and toss everything together with a creamy lemon tahini dressing. For the best texture, be sure to eat the salad right after adding the chickpeas.

RECIPE







Serves 4

INGREDIENTS

For the roast broccoli
- 2 large heads fresh broccoli
- 2 tablespoons olive oil
- Sprinkling of salt and garlic powder
- 1 tablespoon fresh minced oregano leaves

For the salad
- Roast broccoli from above
- 1/2 cup finely chopped pitted Deglet Noor dates
- 1/2 cup chopped cashew nuts or roasted pecans
- Small bunch fresh cilantro, stems discarded, leaves chopped to make 1/2 cup
- Small bunch fresh parsley, stems discarded, leaves chopped to make 1/2 cup
- 1 small red onion, finely chopped

For the crispy chickpeas and glaze
- 1 29-ounce can of chickpeas, drained and rinsed well
- 1 tablespoon olive oil
- 1 tablespoon maple syrup
- 1 teaspoon smoked paprika
- Pinch salt

For the tahini dressing:
- 1/2 cup tahini, stirred well before measuring
- 1/2 cup very finely grated Parmesan cheese
- 1 tablespoon maple syrup (or a bit more to taste)
- Juice of a large, fresh lemon to make 3 tablespoons
- Pinch of salt
- Several grinds of black pepper
- 1/4 cup water, or more as needed to make a smooth dressing

METHOD

With two racks as near to center position as possible, preheat oven to 425 degrees. Cover two sheet pans with parchment paper.

Drain, rinse, and dry chickpeas with paper towels. Spread the chickpeas on one of the prepared sheet pans and roast for 10 minutes. Remove chickpeas from oven. In a large bowl, combine oil, salt, paprika, and maple syrup. Stir in the chickpeas to coat well. Pour glazed chickpeas back onto the parchment-lined pan and place in oven for another 20 minutes until very well crisped.

Trim and discard the exterior of each head of broccoli's main stalk. Cut broccoli into medium-sized florets (a bit bigger than bite-sized). Add all to a large bowl and toss with the olive oil, salt, minced oregano, and garlic powder. Spread florets on one of the prepared sheet pans. Roast for 30 minutes, tossing occasionally for even browning.

While the vegetables and peas roast, make dressing. In a medium bowl, combine tahini with finely grated parmesan, maple syrup, lemon juice, and garlic. Add water and blend well. Add more water if too thick. Season with salt and pepper.

In a large serving bowl, toss roasted broccoli with dates, nuts, cilantro, parsley, and red onion. Right before serving, add crispy chickpeas and toss with dressing, or plate individually and add a few dollops of dressing to each serving bowl.

A LITTLE SWEETNESS

SWEET MIGAS

*EDITED BY **MORGAN HOGERTY** / PHOTOGRAPHY BY **BRENDA ROBLES***



Sweet Migas founders Ana Cohn and María José Estrada



Sweet Migas began with two friends, a shared love of baking, and a desire to make life a little sweeter. For founders María José Estrada and Ana Cohn, baking isn't just about treats; it is about the belief that food has the power to heal, energize, and connect. From their certified kitchen in Highland Park, Estrada and Cohn craft cookies and cakes that are both nourishing and indulgent. Using almond flour, avocado oil, and monk fruit, they've reimagined classic sweets for anyone who can't—or chooses not to—eat sugar or refined flours. Each batch is made by hand, baked with heart, and proof that "healthy" doesn't have to mean "boring." In addition to their line of wholesome desserts, the duo hosts healthy cooking classes and private events, teaching simple ways to bring balance and joy back to the table. Whether you're savoring one of their soft, golden cookies or learning how to cook with better-for-you ingredients, Sweet Migas invites you to slow down, share, and savor the sweetness of real nourishment. You can find these sweet treats at Double Cup Coffeehouse in Highland Park and at Elawa Farm on Fridays. *For more information, visit sweetmigas.com or follow @sweet_migas on Instagram.*

BEETROOT LOVE COOKIES

Share a little guilt-free sweetness this Valentine's Day. These heartwarming cookies are gluten-free, sugar-free, and rich in antioxidants thanks to the addition of beetroot, which supports circulation and lends the skin a natural glow.

Ingredients

- 1 organic egg
- 1 cup almond flour
- 3/4 cup monk fruit sweetener
- 2 tablespoons beetroot powder or 3 tablespoons freshly grated beetroot
- 1/4 cup avocado oil
- 1/4 teaspoon baking soda
- Sugar-free dark chocolate chips, to taste

Directions

1. Preheat the oven to 350 degrees and line a baking sheet with parchment paper.
2. In a bowl, mix the egg, monk fruit, avocado oil, and beetroot until well combined.
3. Add the almond flour and baking soda and stir until a soft dough forms.
4. Fold in the sugar-free dark chocolate chips.
5. Scoop small portions onto the baking sheet, flatten slightly, and shape into little hearts.
6. Bake for 15-20 minutes, or until lightly golden around the edges.
7. Cool, then enjoy with someone you love.

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- KARI R.

L&J

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RECIPE AND PHOTOGRAPHY COURTESY OF ***TWISTED ALCHEMY***



INGREDIENTS

- 2 ounces Twisted Alchemy 100 percent Cold-Pressed Persian Lime Juice
- 1.5 ounces Twisted Alchemy 100 percent Cold-Pressed Pineapple Juice
- 2 ounces fresh cucumber juice (or blend and strain half a cucumber)
- 4–5 fresh mint leaves
- Top with sparkling water or coconut water
- Cucumber ribbons or lime wheel for garnish

INSTRUCTIONS

In a shaker, muddle the mint leaves. Add the cucumber, lime, and pineapple juices with ice, then shake gently to combine. Strain the mixture into a chilled glass filled with ice, and top with sparkling water for a crisp finish or coconut water for extra hydration. Give it a light stir and garnish.

For more information, visit twistedalchemy.com.



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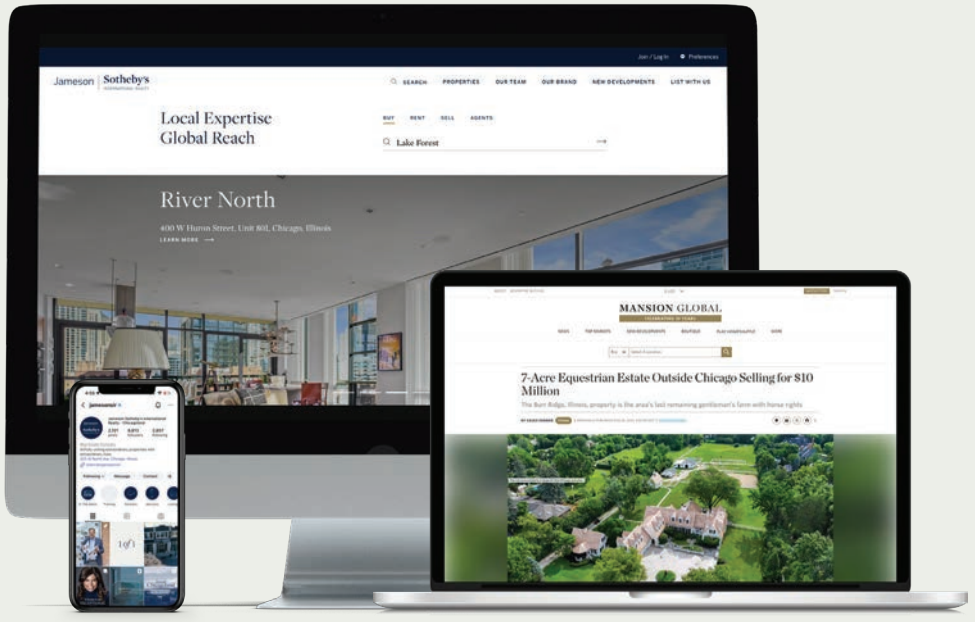
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AN INSIDE LOOK AT CHICAGO'S MOST EXCLUSIVE ADDRESS—THE NORTH SHORE



COASTAL CALM, MIDWESTERN WARMTH

Inspired by California's sun-soaked coast, design firm Studio W transformed a new construction build into a home that blends warmth with a touch of glam.



A custom banquette for the eat-in kitchen made by JH Custom Furniture uses performance vinyl from Kravet for the interior and a beautiful performance linen from Kravet for the back contrast.

A LIGHT *TOUCH*

Studio W Interiors principal and founder Diana Wagenbach brings a measured approach to a Wilmette home steps from Lake Michigan.

WORDS BY ***THOMAS CONNORS*** */ PHOTOGRAPHY BY* ***RYAN MCDONALD***



In the entry, artwork with rich, tactile textures adds depth without overpowering the serene atmosphere.



In the powder room, the finishes come together to bring a modern, coastal-influenced warmth to this small but impactful room.



The dining area is a prime example of Studio W's "Midwest version" of California coastal, using light woods, warm linen textures, and a muted, sun-washed palette that feels relaxed yet refined.

In the right hands, less *is* more. And this Wilmette home, fashioned by Hinsdale-based interior designer Diana Wagenbach, is a fine testament to that fact. Cast in a spectrum of neutral tones and richly tailored in a variety of textures and materials, it is a highly articulated expression of livable comfort. "We refer to it as North Shore Coastal, a nod to the home's proximity to Lake Michigan," shares Wagenbach. "The homeowner and the original designer—Sterling Wilson Design and Development—had already made thoughtful architectural choices, like wainscoting mixed with modern steel doors and black mullions. I wanted to reflect that balance in the interiors by layering soft textures, relaxed materials, and subtle coastal tones. It was about honoring those classic elements while giving the home an effortless, modern warmth."

Wagenbach points to the dining room, entry, and great room as especially expressive of this Midwest-meets-Malibu aesthetic. "In each space, we embraced light woods, warm linen textures, and a muted, sun-washed palette that feels relaxed yet refined. Artwork with rich, tactile textures adds depth without overpowering the serene atmosphere. And we were intentional about selecting fewer but more impactful pieces that can stand on their own, allowing each room to breathe while still feeling layered and complete."

Although Wagenbach was engaged after the architectural shell was complete (designed by Michael Venechuk Architecture), she was able to add her own substantive touches with a custom banquette for the eat-in kitchen and a dramatic, wall-scaling fireplace in the double-height great room. And while gold-toned accents invest the home with a touch of glam, Wagenbach's design—keyed to the daily life of a family with teenagers—is underscored by performance fabrics and durable finishes, ensuring the design would be both beautiful and practical for years to come.

Before launching Studio W Interiors, Wagenbach, who holds a marketing degree from Loyola University Chicago, worked in marketing for a mortgage firm led by a client-focused executive who worked with professional athletes. "It was a fast-paced, elevated environment that taught me a lot about service, communication, and building trust with clients, which are skills that have translated directly into how I run Studio W Interiors." Her path to design came from the experience of designing her own homes, which then led her to pursue formal training at the School of the



In the primary bathroom, lighting and styling bring a spa-like serenity to the space.



In the office, lighting, furnishings, and styling shape a serene retreat for reading, working, or quiet focus. Clean lines, layered textures, and the home's soft coastal palette give the space a refined sense of calm while maintaining a cohesive connection to the rest of the interiors.

Art Institute of Chicago. Wagenbach's first professional project was a renovation in Chicago's Lakeview neighborhood. "My clients were incredible," she recalls. "They trusted my vision from the start. We reworked the layout by closing off an awkward hallway, which allowed us to add a walk-in pantry and improve the flow dramatically. That project confirmed for me that thoughtful design is equal parts beauty and function. Travel also plays a big role in my design process. Experiencing different cultures, materials, and architectural styles gives me a deep library of ideas and textures that I love weaving into my work."

Wagenbach's commitment to the balance of form and function is always tailored to the homeowner's needs. "A space should be beautiful, yes—but it also needs to work hard for the people who live there." We hear so much these days about generational differences—Millennials don't do email, Gen Z doesn't use cash—but when it comes to interior design, Wagenbach tends to see the differences between one client and another not so much in terms of generations, but life stages. "Families with young children often prioritize durability and flexibility, while others may be more focused on creating spaces that feel calm, tailored, or reflective of how they like to entertain or unwind," she observes. "Across the board, I'm grateful to work with clients who embrace the design process and trust the vision, no matter their age or stage of life."

For more information, visit studiowchicago.com.

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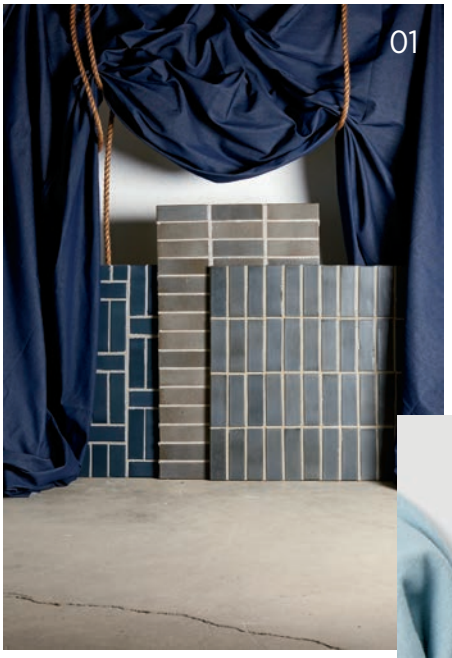
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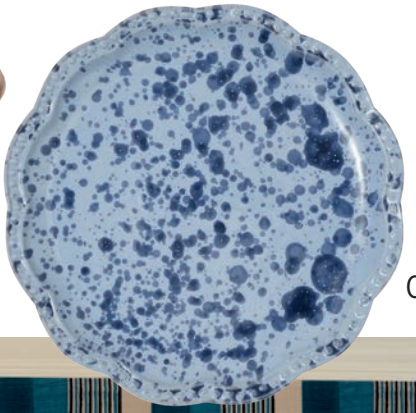
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HOME STYLE



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Food Therapist Rachelle Mallik wearing alice + olivia, Neiman Marcus Northbrook

NOURISHING *THE PATH* TO PREGNANCY

Reproductive dietitian Rachelle Mallik forgoes the hype, using science-based evidence to help her clients create fertility-supportive diets.

WORDS BY ***MONICA KASS ROGERS*** */ PHOTOGRAPHY BY* ***MARIA PONCE***
STYLING BY ***THERESA DEMARIA*** */ HAIR & MAKEUP BY* ***LEANNA ERNEST***

A woman seeking help from reproductive dietitian Rachelle LaCroix Mallik was desperate for expert nutritional guidance. She'd been trying to conceive for more than a year and, with every failed IVF cycle, had become more fixated on what she should or shouldn't eat. Stressed by a growing list of supplement recommendations and the pressure to make the right choices, "she just wanted to stop overthinking food, and to simplify with meal planning she could actually stick to," Mallik recalls.

In the months that followed, Mallik helped her client align her eating patterns with a research-backed, anti-inflammatory approach centered on vegetables, fruits, whole grains, legumes, nuts, and seafood. She also guided her through the maze of social media misinformation, separating credible insights from baseless claims. And she refined the woman's supplement list, keeping only those supported by solid research.

"By the time she began her next IVF cycle, she felt more confident in her food choices, less overwhelmed by mixed messages, and clearer on how to support her body throughout treatment," Mallik recalls. "All positive things."

Even better? The client conceived and went on to have a healthy pregnancy and baby. For Mallik, owner of Winnetka-based The Food Therapist, stories like these are what prompted her to become a dietitian specializing in reproductive health. Her mission: to provide evidence-based nutritional guidance as a therapeutic tool for people in their childbearing years.

The seed was planted years earlier, when Mallik was a pre-med graduate working as an IVF patient coordinator at the Weill Cornell Center for Reproductive Medicine and Infertility in New York. Guiding thousands of patients through the uncertainty of fertility treatment deeply impacted Mallik. "There were so many factors outside their control," she says. Yet, armed with an undergraduate degree in nutrition, Mallik recognized that people could control their food and lifestyle choices, and these choices could help relieve stress, improve conception odds, and enhance overall well-being.



Wanting to deepen her knowledge of nutrition's role in fertility, conception, hormonal health, and postpartum wellness, Mallik returned to school to complete her dietetics training and became a Registered Dietitian.

She founded her practice in 2017, centering her work on health-promoting behaviors and intuitive eating rather than restriction. "The weight-inclusive care I offer emphasizes health-promoting behaviors rather than focusing solely on weight or weight loss," Mallik explains. "This approach respects body diversity, reduces weight stigma, and recognizes that weight and health are not the same thing."



Mallik wearing alice + olivia, Neiman Marcus Northbrook. Behind Mallik above the orchid is Patricia Markos Dolan's ***Τότε*** (Then), 12" x 12", *patriciamdolan.com*.

This represents a meaningful shift from weight-centric conceptions of health. "The American Medical Association has said that BMI alone is not a reliable way to assess health and that other markers should be used," she notes. In fertility care, weight and BMI may be associated with outcomes, but high-quality studies have not shown that short-term weight loss before IVF improves success rates.

Instead, Mallik focuses on identifying habits that may be hindering a client's health, like consuming sugary drinks, lacking sufficient fiber or balance in their diet, or chasing the latest nutrition fad. Those fads and unsubstantiated claims spread with dizzying speed on social media. "People hear things like, 'You have to eat McDonald's French fries after retrieval,' or that they need to eat pineapple core or drink pomegranate juice every day," says Mallik. "It's the Shiny Object Syndrome. There's no research showing these foods improve IVF outcomes, but when people are struggling to conceive—especially after years of treatment—they'll try anything."

While some fads are harmless, others can encourage harmful behaviors like restrictive eating, avoidance of social situations, or unnecessary spending on ineffective supplements. To counter this, Mallik's guidance is grounded in a robust body of scientific evidence rather than "just cherry-picked studies," she emphasizes. "We know that anti-inflammatory and Mediterranean-style diets are linked to shorter times to conception and improved IVF outcomes. That may seem boring, but adding trendy 'fertility foods' and supplements won't help if you're not eating enough or meeting your body's needs for macronutrients and micronutrients—the vitamins, minerals, proteins, fats, and carbohydrates required to support the reproductive system."

To help clients build this foundation, Mallik created "Fertility Foundations," a course that breaks down how to create a nutrient-dense, fertility-supportive diet. In addition to her one-on-one counseling, Mallik is a leading voice in reproductive dietetics. She regularly speaks at major forums, including the Academy of Nutrition and Dietetics Food and Nutrition Conference and the American Society for Reproductive Medicine Scientific Congress, and she serves as the reproductive content expert updating clinical nutrition guidelines used across the industry.

"Reproductive dietetics is an emerging field," she observes. "Especially the preventative, fertility-specific side of prenatal health. I'm doing all I can to help grow the field so doctors appreciate the intrinsic value of nutrition in reproductive health, and so that more dietitians can feel confident making evidence-based recommendations. More people deserve access to this support. Reproductive dietitians can have a meaningful impact on people's paths to building their families."

For more information, visit rachellemallik.com.

CHOOSING A **SENIOR LIVING** COMMUNITY

*WORDS BY **CHIRAG PATEL, M.D.**, CEO, HANSA MEDICAL GROUPE*
*PHOTOGRAPHY BY **MONICA KASS ROGERS***



As seniors age, their medical needs and daily activity needs increase as well. In my practice, we often see seniors that were independent and living in their homes have medical issues that require more help, support, and medical care. Fortunately, there are wonderful senior living communities with an array of services on-site to choose from. Sometimes navigating all the options and choices can be very stressful to families dealing with their aging loved one.

There are various types of senior living care levels. These include Independent Living, Assisted Living, Memory Care, and Nursing Homes or Skilled Care. Each provides a different level of service and care.

Independent living is basically an apartment, rented by an individual or couple, with no additional health care services. Other on-site services like dining, laundry, and activities may be available but this can vary from one community to the next. All medication needs, doctor appointments, testing, and services are the responsibility of the senior to figure out.

Assisted Living includes levels of nursing care, CNA (certified nursing assistant) support, and medication management. Ask about staff to resident ratios, hospitalization rates, and other available services such as physical therapy.

Memory Care, is typically assisted living support level, in a secured or locked area of the community. This is to prevent residents from accidentally leaving due to cognition issues or decline.

Nursing homes are typically reserved for the highest level of care needed. This includes treatments like IV antibiotics, tracheostomy care, chronic large wounds, and post-surgical therapy. Many patients use nursing home skilled care for short-term medical needs. There are long term residents of nursing homes as well, that reside there on a fulltime basis.

At Hansa Medical Groupe, we provide a preventative care model at the assisted living, memory care, and nursing home levels. However, we also provide care for independent living seniors as well and that is gaining popularity. It has made health care convenient by bringing our services to the senior, preventing many common issues like falls, and keeping folks independent longer. We have reduced ER visits and hospitalizations by up to 60 percent in buildings we currently service.

Shopping for your aging loved one for a place to live can be challenging. It's also stressful relocating from a home they have loved and lived in most their lives to a smaller condo or apartment. Most families prefer a location close by to easily visit and within their budget. However, there are many other factors and services to consider. Visiting various communities is key to making the final decision. Factor in the ancillary services, food quality, activity programs, and in my opinion most importantly the medical care available on site.

Hansa Medical Groupe has offices at 5250 Old Orchard Road, Suite 300, in Skokie, and in Chicago, 847-920-0902, hansamedicalgroupe.com.





A STRONGER SECOND ACT

Jill Foos' mission to transform menopause care.

WORDS BY ***MONICA KASS ROGERS*** */ PHOTOGRAPHY BY* ***KATRINA WITTKAMP***
STYLING BY ***THERESA DEMARIA*** */ HAIR & MAKEUP BY* ***LEANNA ERNEST***

Long before biofeedback was a thing, Jill Foos knew how to listen to her body. Pairing that intuition with a dogged pursuit of scientific data, a degree in psychology, and top-level certifications in health and wellness coaching, Foos has used evidence-based strategies to enhance every phase of her life—and now helps others do the same. "I've always had a real passion for healthy living," says Foos of Jill Foos Wellness. "Not just for myself, but for my kids, my family, and anyone who crossed my path looking for support. I paid attention, experimented, and shared what I learned because I wanted people to feel better in their bodies."

From her youth as a competitive equestrian show jumper, to raising five children, to navigating a partial thyroidectomy and the menopause transition, Foos consistently asked hard questions and persisted until she found answers. Those experiences ultimately led her to establish her wellness practice in 2019. "I was in perimenopause myself, dealing with symptoms without fully understanding what was happening," she says. Working closely with a functional medicine doctor helped her connect the dots, moving beyond the generic advice most women receive.

"Most women don't have a solid understanding of the menopause transition," says Foos. "They get mixed messages from friends, pick up false information online, and often experience a lack of empathy from physicians. It leaves them confused and unsure about what's normal, and what their options are."

That gap inspired the work Foos does now: helping women navigate the second act of life with clarity, confidence, and support.

Foos does this through her own practice, as a head coach at Respin Health, Halle Berry's app-based platform, and through the Chicago Menopause Collective, a nonprofit she co-founded with Dana Russo, which hosted its inaugural event February 3 at the Winnetka Community House.

"Women in the Chicago area have felt helpless when it comes to finding trusted local resources for menopause care," she explains. "There's been a disconnect between women in midlife and the experts who can help them. We created the Chicago Menopause Collective to bridge that gap by providing resources like fitness trainers, health coaches, pelvic floor therapists, sex therapists, preventative cardiologists, obesity medicine doctors, and more." Many of these experts were at the Collective's February 3 event, which featured three panel presentations, a light dinner, swag bags, and a raffle. Future events are already in the works.

In her private practice, Foos says the top three reasons women seek coaching in midlife are menopause education, weight management, and overall wellness. "They're tired of not seeing results from a prescribed treatment. They come curious about other options." Foos is well-equipped to guide them. A national board-certified health and wellness coach, she is skilled in evidence-based strategies for behavior change and is a member of MINT (Motivational Interviewing Network of Trainers). She also holds certifications from the Institute for Integrative Nutrition and the Functional Medicine Coaching Academy.

Her commitment to nutrition started even earlier. At 16, when her performance as a competitive equestrian faltered, "food was the first place I turned to bring change," she recalls. "There was no data then. Doctors didn't believe food had anything to do with how you felt. There were no apps, no wearables, no VO2 testing, and no DXA scans. I learned to track my health through feel and performance."



After experimenting with whole-food approaches such as macrobiotics, veganism, local organic dairy and eggs, Foos eventually determined that simple, natural ingredients and home-cooked meals were best. As she progressed through five pregnancies and raised her children, she refined her methods, adding ancient gluten-free grains, creating recipes, and making everything from scratch. This not only helped her kids thrive but also inspired her to create Zemas Madhouse Foods, an ancient-grain, allergen-free baking mix company with products found at Whole Foods and other national retailers before she closed it to focus on health coaching.

As a coach, Foos has been thrilled to witness real change in the lives of her clients. "Health coaching transforms people from passive patients to confident, well-informed, active participants in their own health journey," she says. "Science shows that simply telling people what to do doesn't create long-term behavioral change," Foos explains. "My job is to help clients find their own reasons for change using science-backed tools, motivational interviewing, and strategies that support sustainable habits. I am really an accountability partner, helping clients build changes that feel sustainable."

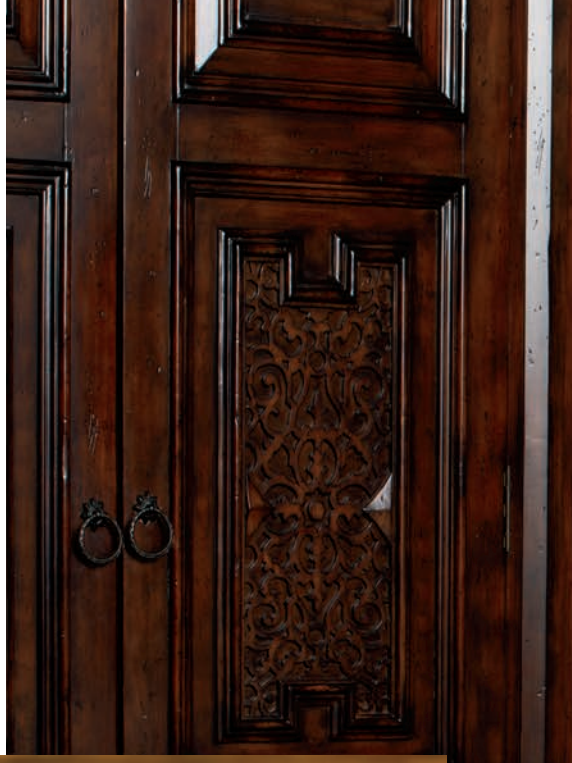
To help them get there, Foos offers three distinct packages: Menopause; Health Coaching; and Hair Loss. She dives deep into nutrition, sleep, stress, and exercise with each of her clients, taking into consideration their current health status, short-term and long-term health goals, and home, family, and work life. And, because each person absorbs information differently, Foos' website includes information-rich blog posts and Health Trip podcasts. "Over time, each person develops their own way of navigating their wellness routine," Foos concludes. "Not a plan they were told to follow, but a rhythm that actually fits into their life. That's where the real transformation happens."

For more information on coaching, visit jillfooswellness.com. For information about the Chicago Menopause Collective, visit chicagomenopausecollective.org.

A DELICATE BALANCE

Leadership and personal development expert Erin Coupe helps high achievers keep perspective.

WORDS BY ***THOMAS CONNORS***
PHOTOGRAPHY BY ***MARIA PONCE***
STYLING BY ***THERESA DEMARIA***
HAIR & MAKEUP BY ***DORIA DEBARTOLO***





Some people are naturally Type A personalities. They manage to thrive, filling every minute of the day with achievement. They make sacrifices to be the best they think they can be and never look back. But for most of us, success at home and work and everywhere in between doesn't come easy. Doing one thing means not doing another, and triumph is often tinged with regret.

For much of her professional life, Erin Coupe—a fast-tracking Wall Streeter with almost two decades at Fortune 200 companies—was her own worst enemy. "Whenever things were going well—at work or in life—I'd find a way to sabotage it. I didn't yet believe that things could be good for an extended period of time. Peace felt foreign, so I'd stir things up: overwork; overthink; overextend. Beneath it all was self-doubt and a deep need to prove my worth." It didn't help that she was often working under individuals who led from insecurity, fear, and ego. "Their behavior was often demeaning or dismissive, and it left a mark. I remember thinking, *I will never lead like that.* But while I didn't emulate their actions, I carried the residue. My unspoken resentment and exhaustion started leaking out sideways—in sarcasm, irritability, and emotional distance. Eventually, I realized that both my own self-sabotage and the toxic leadership I'd endured were rooted in the same thing: disconnection. Disconnection from self, from truth, from humanity."

That realization was transformational. "Learning to trust myself, to release resentment, and to lead from groundedness rather than fear," set Coupe on a whole new path as CEO of Authentically EC Inc., and the founder of I Can Fit That In, a movement and methodology that helps high-achieving professionals shift from overdrive and disconnection to clarity and fulfillment.

She has recently codified her philosophy and strategies with the publication of *I Can Fit That In: How ~~Routines~~ Rituals Transform Your Life* (H2lsquared Media). The book has already received global recognition, including being selected by J.P. Morgan for its prestigious *NextList2026*.

"Writing *I Can Fit That In* was both a natural extension of my work and a deeply personal calling," shares Coupe, who, as speaker and coach, helps executive-level individuals connect with joy and purpose while pursuing high-performance careers. "Organizations and leaders bring me in when they recognize that performance without well-being is no longer sustainable and that 'business as usual' is costing them their people, creativity, and culture. I work with executives, teams, and educators who are ready to move beyond outdated models of productivity and success, and into more conscious, human-centered ways of leading and living. My own wake-up call came when I realized I was living at a pace that looked impressive from the outside but felt empty and unsustainable on the inside."

Raised in St. Louis, Coupe's career trajectory took her from business analyst at Goldman Sachs to a vice presidency at CBRE, a global leader in commercial real estate services and investments. When she realized the workload and rewards of the corporate world left her less than fulfilled, she set about finding ways to help others "rewrite the outdated beliefs that control their actions—and inactions" and to demonstrate that "you can be ambitious without abandoning yourself, and that true success isn't about proving your worth, it's about living from it." Her learning curve ranged from focusing on meditation, transformational breathwork, and energy healing techniques to studying Neuroscience



Erin Coupe wearing Toccin top and JACQUEMUS skirt, Neiman Marcus Northbrook

for Business at MIT Sloan Executive Management and attending master classes in quantum mechanics and energy dynamics.

"I've come such a long way that when I think about the person I once was, it feels like she lived in a different lifetime," says Coupe, who lives with her husband, Craig, and their two young children in Northfield. "What's changed most is my recovery time. When I get off-center, I notice it faster and have rituals that help me recalibrate, like quiet mornings, meditation, salt baths, hot yoga, time in nature, or simply saying 'no' to what doesn't align. I don't get stuck in an emotion for long. I am able to see it for what it is, realize how my mind is trying to control the narrative internally, and navigate my way back to center." With *I Can Fit That In,* she offers others a guide to becoming more intentional about time and energy. "I want people to know that sustainable success is possible. You don't have to burn out to prove your worth, and fulfillment doesn't have to be something you chase outside yourself. When you reconnect to your energy, your truth, and your purpose, everything you choose to 'fit in' begins to serve you instead of draining you. Life suddenly feels clearer, richer, and more vibrant—as if the fog has lifted and you can see what really matters."

For more information, visit erincoupe.com.

THE POWER OF PAUSE

A wellness weekend in Saugatuck, Michigan, explored how nature, design, and sleep science can help women leaders reclaim real rest.

EDITED BY ***MORGAN HOGERTY*** */ PHOTOGRAPHY BY* ***CRAIG WATSON***



Mar Soraparu, Co-Founder and Chief Wellness Officer at BIÂN, leads a yoga session



Soraparu leads a discussion on sleep strategy



In a world where women often carry more than their share, both professionally and personally, sleep and rest are the first things sacrificed. Unfortunately, insufficient rest affects nearly everything: clarity; resilience; mood; and long-term well-being. It's a quiet risk that too often goes unnoticed.

That understanding set the tone for The Power of Pause, a three-day sleep, rest, and wellness retreat hosted by BIÂN, Soucie Horner Design Collective, and The Luxury Bed Collection at the charming Wickwood Inn in Saugatuck, Michigan. Designed for women in leadership roles, the weekend explored how a connection to nature, thoughtful interiors, and evidence-based sleep strategies can help restore what busy lives tend to erode.

Guests arrived on a Friday afternoon and were encouraged to unwind at their own pace, either by strolling through Saugatuck's boutiques and galleries or settling into their rooms, each appointed with Vispring beds and calming details chosen to support sleep. The first gathering centered on an unwinding and focusing of the mind and body through a thoughtful yoga and meditation practice led by Mar Soraparu, co-founder and Chief Wellness Officer at BIÂN, followed by a guided journal practice.

The women then experienced a pillow consultation and introduction to Vispring's heritage, opening the door to a warm, candid conversation about personal sleep habits. Mary Pat Wallace, founder of The Luxury Bed Collection and a longtime advocate for quality sleep, guided the discussion, sharing how something as simple as the right pillow and mattress can reshape well-being.

The evening unfolded with a chef-led cooking class and seasonal dinner in nearby Fennville, where guests cooked together in a cozy cabin kitchen, trading stories over simmering pots and shared plates. Back at the inn, a pajamas-clad Yoga Nidra session and herbal tea created a soft landing to the day, easing everyone toward a night of unusually restorative sleep.



Wickwood Inn bedroom



Wickwood Inn gardens



Nourishing food

Saturday began with a nourishing breakfast and a deep dive into sensory design. Using the principles of biophilia, the session emphasized how interiors that echo nature can meaningfully influence rest quality—offering guests inspiration for creating more restorative spaces at home. The importance of creating an environment that supports rest and sleep is a skill that Soucie Horner masterfully cultivates, and the women were educated on the how and why. Blackout curtains, adjustable lighting, hand-pressed linens, and even fresh flowers were discussed as key elements of a soothing space.

Sorapura then led the day's anchor session, which centered on the fundamental principle of choosing rest and offered suggestions on how to consistently build that choice into everyday life. She explored how stress, environment, and behavioral lifestyle patterns shape rest and the beliefs behind it, offering thoughtful strategies for cultivating long-term health in a world not designed for slowing down. Strategies included micro-approaches to wellness, mindset resets, rituals for resilience (morning and evening anchors to regulate the nervous system), and simple, nonrestrictive practices to nourish the body and maintain a steady flow of energy. One particular focus was breathwork. She shared that breath is a life force and a direct contributor to mental state and regulation. For example, to stop racing thoughts, say to yourself, "I am inhaling … I am exhaling … this can wait." Another technique discussed was "box breathing," where you inhale for a count of 4, hold for 4, and exhale for 4, and repeat. Soraparu emphasized that choosing rest in all its forms doesn't diminish productivity or impact; it strengthens it.



Journaling

Late morning brought time outdoors—hiking, forest bathing, and a walking meditation beneath the quiet canopy of Saugatuck's landscape.

Throughout the weekend, the retreat emphasized the importance of sleep not as an afterthought, but as a foundational element of well-being—particularly for women accustomed to busy schedules and constant demands. From gourmet meals and design inspiration to evidence-based techniques and nature immersion, The Power of Pause offered attendees a rare chance to reset and recharge.

The Power of Pause was the inaugural sleep, rest, and wellness retreat. For more information, call 269-857-1465.

PREMIER *Doctors*

Health and well-being deserve nothing less than extraordinary care—and this year's Premier Doctors are raising the bar. Along the North Shore, these distinguished physicians are delivering world-class expertise powered by leading-edge technology, innovative diagnostics, and a deeply human approach. From cardiology and oncology to dentistry, dermatology, and beyond, they are redefining modern medicine by elevating the patient's goals, comfort, and long-term wellness at every step.

With thoughtfully tailored treatment plans and a commitment to addressing the root cause—not just the symptoms—these doctors exemplify what exceptional, precision-driven care can be. Join us in celebrating the North Shore's trusted medical professionals and experience how their individualized, top-tier care inspires health, vitality, and a renewed sense of well-being.

PRODUCED BY ***KEMMIE RYAN***
PHOTOGRAPHY BY ***JAMES GUSTIN, IAN MCLEOD, AND KATRINA WITTKAMP***
STYLING BY ***THERESA DEMARIA***
HAIR & MAKEUP BY ***DORIA DEBARTOLO AND LEANNA ERNEST***

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JOHN Q. COOK, M.D.

WHOLE BEAUTY INSTITUTE
RUSH UNIVERSITY MEDICAL CENTER,
ATTENDING SURGEON, DIVISION OF PLASTIC AND RECONSTRUCTIVE SURGERY

SPECIALTY: Plastic Surgery
EDUCATION: B.A., cum laude, Yale University; M.D., Northwestern University Medical School; M.S., Surgical Research, University of Illinois; post-graduate training, Rush University Medical Center and Northwestern University Medical Center
AWARDS/HONORS: U.S. News & World Report Top Doctor; Castle Connolly Top Doctors (over 10 consecutive years); Best Doctors in America; America's Best Surgeons; Healthgrades Recognized Doctor; New York Times Super Doctors List; Marquis Who's Who List

The foundation of Dr. John Q. Cook's approach to plastic surgery and aesthetics is a passionate commitment to naturalism. For both surgical and aesthetic treatments, his goal is to create a result that looks like it belongs to the patient's natural structure. "I love making people feel better about themselves. When we make a person look better, this enhances their self-image, and they take better care of themselves," he says, explaining that his purpose is to be a trusted advisor to his patients. "In this way, plastic surgery and aesthetic treatments can be a gateway to better health and well-being, especially if we provide gentle encouragement along the way. As someone who is deeply interested in aesthetics, I want to find a way to help each person achieve their very best form, and always in a way that respects each person's natural structure."

Dr. Cook has lectured at national and international meetings about his facelift technique under local anesthesia, the structural technique of breast lift, which repositions natural tissue, the integration of facial surgery with medical aesthetics, and advanced techniques of body contour. "People have gone through a lot of extra stress over the past few years. I have changed my approach so that much of my surgery is done under local anesthesia, which has significantly improved safety and the overall patient experience," says Dr. Cook, who along with his team at the Whole Beauty® Institute in Chicago and Winnetka offer a continuum of surgical and medical aesthetic treatments individualized to each patient's needs.

John Q. Cook, M.D.

WHOLE BEAUTY®
INSTITUTE

Whole Beauty® Institute is located at 737 N. Michigan Avenue, Suite 760, in Chicago, and at 118 Green Bay Road in Winnetka, 312-751-2112 (Chicago), 847-446-7562 (Winnetka), johnqcookmd.com, wholebeautyinstitute.com, skinshopmd.com.





KRISTI DESAPRI, M.D., MSCP, CCD

BONE & BODY WOMEN'S HEALTH

SPECIALTY: Internal Medicine, Women's Health, Menopause & Osteoporosis
EDUCATION: B.S., Tufts University; M.D., University of Texas Health, San Antonio; Internship, New York University; Residency, Lenox Hill Hospital, Zucker School of Medicine at Hofstra University; Fellowship in Specialized Women's Health, Cleveland Clinic
AWARDS/HONORS: Board Certified, Internal Medicine; Menopause Society Certified Provider; Certified Clinical Densitometrist, International Society for Clinical Densitometry

Dr. Kristi DeSapri has become one of the nation's leading voices in women's midlife health, redefining how women experience perimenopause, menopause, and beyond. As founder of Bone & Body Women's Health in Winnetka, she has built a practice grounded in compassion, science, and empowerment—helping women age with strength, confidence, and vitality.

A board-certified internist and Menopause Society Certified Provider since 2010, Dr. DeSapri offers expert, evidence-based guidance on hormone therapy, bone health, and prevention of chronic conditions such as osteoporosis and sarcopenia. "Women deserve care that recognizes their changing needs and honors their voice," she says. "The menopause revolution is long overdue."

Her membership-based practice blends advanced diagnostics, including bone density testing, with deeply personal consultations that prioritize education and self-advocacy. A national lecturer and published researcher, Dr. DeSapri continues to lead the conversation on women's health—proving that midlife is not a decline, but a powerful new beginning.

BONE & BODY
WOMEN'S HEALTH

Bone & Body Women's Health is located at 570 Lincoln Avenue, Suite 4, in Winnetka, 847-999-7171, boneandbodywh.com, @boneandbodywh.

SARA DICKIE, M.D.

SURGICAL AESTHETICS + RECONSTRUCTIVE ARTS

SPECIALTY: Aesthetic Plastic Surgery of the Face, Breast, and Body
EDUCATION: University of Chicago, Pritzker School of Medicine; Integrated Plastic and Reconstructive Surgery Residency, University of Chicago Hospitals
AWARDS/HONORS: President-Elect, Plastic Surgery Foundation of the American Society of Plastic Surgeons; Diplomate, American Board of Plastic Surgery; Maliniac Fellow, Plastic Surgery Foundation; Castle Connolly Top Doctor 2025 & 2026; Volunteer Surgeon, Fresh Start Surgical Gifts; Medical Director, One Magnificent MedSpa (Wilmette, IL)

In the evolving world of modern medicine, Dr. Sara Dickie is known for her exceptional surgical technique and consistently outstanding outcomes by blending precision, insight, and empathy into every patient encounter.

A self-described realist, Dr. Dickie approaches her work with both scientific rigor and compassionate clarity. "My goal is to help each patient truly understand their options," she says. "Education allows people to take an active role in their care, and that leads to better outcomes." Her individualized approach ensures that every patient receives the highest level of surgical expertise, along with enhanced confidence and trust.

Reflecting today's appreciation for *Quiet Luxury,* Dr. Dickie believes subtle, refined results make the most meaningful impact. A delicate enhancement restores confidence, boosts energy, and elevates everyday life. "The art of surgery creates harmony and is more natural than noticeable," says Dickie. Beyond her clinical practice, Dr. Dickie extends her expertise serving on the board of directors for the American Society of Plastic Surgery (ASPS), actively engaging in the advancement of quality patient care and safety, physician training, ethics, research, and innovation in plastic surgery at the national level.

Beyond the operating room, Dr. Dickie stands out as a physician who pairs precision with purpose—a trusted expert with steady hands and generous spirit who makes a profound difference locally and beyond.

sara
Surgical Aesthetics + Reconstructive Arts

Surgical Aesthetics + Reconstructive Arts is located at 9000 N. Waukegan Road, Suite 130, in Morton Grove, 847-999-7800, website: sara.surgery, email: scheduling@sara.surgery, Instagram: @sara.surgery.





LORI A. HALVORSON, AUD, FAAA, ABAC, CH-TM
DOCTOR OF AUDIOLOGY
DUET HEARING PRESERVATION

SPECIALTY: Ear-to-Brain Hearing Health
EDUCATION: Doctor of Audiology, Arizona School of Health Sciences
AWARDS/HONORS: Mensa Member; Official Safety Partner, Road America Racetrack; Adjunct Speaker, Northwestern University

Dr. Lori A. Halvorson has redefined what it means to hear well. Founder of DUET Hearing Preservation, she pioneers an Ear-to-Brain approach that strengthens the brain's listening pathways rather than simply amplifying sound. With more than 25 years of clinical experience, Dr. Halvorson blends expertise, curiosity, and compassion in a practice that bridges medicine, neuroscience, and longevity.

At the heart of her work is the DUET Method of Care™, a proprietary, biologically driven system for optimizing hearing and cognitive health. Integrating advanced biologic testing, functional auditory neuroscience, patient education, and personalized treatment, it addresses the complete pathway from Ear to Brainstem to Brain. Its guiding principles—Diagnostic Precision, Understanding Biologic Function, Education and Engagement, Treatment and Transformation—redefine hearing care, emphasizing measurable outcomes and lifelong auditory fitness.

Dr. Halvorson's interventions enhance speech timing, reduce background noise, and preserve long-term auditory function. The DUET Method™ combines structured educational modules, biologic testing frameworks, and reproducible treatment protocols to optimize hearing and cognition.

An Adjunct Lecturer at Northwestern University and humanitarian volunteer with Hearing the Call, Dr. Halvorson embodies her philosophy: "Fitter, Not Just Louder™." She sees patients at DUET Hearing Preservation in Lake Forest, Lake Forest Hearing in Northfield, and Chicago, helping individuals preserve clarity, cognition, and confidence for life.

DUET™

DUET Hearing Preservation is located at 267 E. Westminster Road in Lake Forest, 847-295-1185 and Lake Forest Hearing is located at 400 Central Avenue, Suite 100, in Northfield, and 1030 North Avenue, Suite 300, in Chicago, 847-295-1185.

JEREMY WARNER, M.D. FACS & KRISHNABHAI PATEL, M.D.

WARNER AESTHETIC & RECONSTRUCTIVE INSTITUTE

SPECIALTY: Plastic & Reconstructive Surgery
EDUCATION:
Dr. Jeremy Warner: M.D., George Washington University School of Medicine & Health Sciences; Plastic Surgery Residency, University of Wisconsin – Madison; Facial Plastic Surgery Fellowship, Adamson Associates – University of Toronto
Dr. Krishnabhai Patel: M.D., University of Illinois Chicago; General Surgery Residency, Tufts Medical Center Boston; Plastic Surgery Fellowship, University of Illinois Chicago; Aesthetic Fellowship, The Warner Institute
AWARDS/HONORS:
Dr. Warner: Board-certified, American Board of Plastic Surgery; board-certified, American Board of Facial Plastic & Reconstructive Surgery; Clinical Associate, University of Chicago Section of Plastic & Reconstructive Surgery; Director and Founder, Chicago Rhinoplasty Symposium; Director, Warner Institute Fellowship Program; Mission Director of Nepal Surgical Mission, Face The Future Foundation; Member of Board Of Directors, Face The Future Foundation; National American Society of Aesthetic Plastic Surgeons Instructor in Rhinoplasty; Patented SWIFT LIFT® Procedure; The Volunteer Center Superhero Award Recipient
Dr. Patel: Assistant professor of clinical surgery at University of Illinois Chicago Division of Plastic Surgery; Director of Aesthetic Surgery and Body Contouring at Mount Sinai Hospital Chicago; Course organizer for Chicago Rhinoplasty Symposium

At the Warner Aesthetic & Reconstructive Institute, artistry meets innovation. Dr. Jeremy Warner and Dr. Krishnabhai Patel are redefining aesthetic surgery—elevating confidence, restoring natural beauty, and crafting results that endure.

Board-certified and internationally acclaimed, Dr. Warner is celebrated for rhinoplasty, revision rhinoplasty, and facial rejuvenation. His patented SWIFT LIFT®—a deep plane facelift and necklift performed under local anesthesia—delivers natural, long-lasting results with minimal downtime. For Dr. Warner, the evolution of office-based, patient-centered procedures has transformed what's possible in cosmetic surgery: safer, efficient, and empowering for patients.

Dr. Patel brings complementary mastery across body, breast, and facial procedures, including post–weight-loss body sculpting, abdominoplasty, liposuction, breast augmentation and lifts, and advanced facial rejuvenation. Trained at Tufts Medical Center and the University of Illinois, with fellowship training in aesthetic surgery, he emphasizes individualized treatment plans that honor each patient's unique anatomy and goals. Whether through minimally invasive techniques or traditional surgery, Dr. Patel blends precision with artistry to achieve results that are subtle, elegant, and natural.

Together, Drs. Warner and Patel unite technical mastery, creative vision, and compassionate care. Their shared philosophy is clear: every patient deserves an experience as exceptional as the results themselves, leaving them confident, radiant, and poised to enjoy life at its fullest.

warner institute
TSL THE SKIN LOUNGE

Warner Aesthetic & Reconstructive Institute is located at 436 W. Frontage Road in Northfield, 847-558-8888, warnerinstitute.com.



Dr. Jeremy Warner and Dr. Krishna Patel



Dr. Laura K. Bianchi and
Dr. Manoj K. Mehta

MANOJ K. MEHTA, M.D. & LAURA K. BIANCHI, M.D.

THE ENDOSCOPY CENTER OF
THE NORTH SHORE

SPECIALTY: Gastroenterology
EDUCATION:
Dr. Manoj K. Mehta: Medical school, Residency, and Fellowship, Rush Presbyterian St. Luke's Medical Center
Dr. Laura K. Bianchi: B.A., magna cum laude, University of Notre Dame; Medical school and Residency, Northwestern University Feinberg School of Medicine; Fellowship and Chief GI Fellow, Cleveland Clinic
AWARDS/HONORS/ACCOLADES:
Dr. Mehta: FACG; FASGE; AGAF; Castle Connolly Top Doctor; *Chicago Magazine* Top Doctor; Featured Speaker, Becker's ASC and ACG Annual Meetings
Dr. Bianchi: Clinical Director, NorthShore Women's GI Cancer Risk and Prevention Clinic; NIH, NCI, and ACG Research Grant Recipient

At The Endoscopy Center of the North Shore, patients find more than exceptional gastrointestinal care—they find physicians who listen. Board-certified gastroenterologists Dr. Manoj K. Mehta and Dr. Laura K. Bianchi have built a reputation for delivering highly personalized, evidence-based medicine in a tranquil, spa-like environment.

Dr. Mehta brings decades of clinical expertise, and a patient-centered philosophy shaped by his own experiences as both a doctor and a patient. "Medicine should never feel rushed," he says. "Patients deserve to be heard and understood."

Dr. Bianchi's nationally recognized work in hereditary GI cancer syndromes and early detection reflects her commitment to prevention. "We're seeing rising rates of colorectal cancer in younger adults," she notes. "Lifestyle, genetics, and screening all matter—and when we focus on prevention, we save lives."

Fully accredited and equipped with advanced technology, the Center offers compassionate care rooted in science, collaboration, and the belief that the best medicine begins with time and trust.

ENDOSCOPY CENTER
of the North Shore, LLC

The Endoscopy Center of the North Shore is located at 1732 Central Street in Evanston, ginorthshore.com.

GEORGIA G. SPEAR, M.D., M.S. & SONYA BHOLE, M.D.

NORTHWESTERN MEDICINE - FEINBERG SCHOOL OF MEDICINE, LYNN SAGE COMPREHENSIVE BREAST CENTER

SPECIALTY: Breast Imaging
EDUCATION:
Dr. Georgia G. Spear: B.S., Northwestern University; M.D., University of Miami Miller School of Medicine; Residency (Chief Resident) and Fellowship in Breast Imaging, Northwestern Memorial Hospital
Dr. Sonya Bhole: B.S., Biology, Summa Cum Laude, Virginia Commonwealth University; M.D., Virginia Commonwealth University School of Medicine; Residency and Fellowship in Breast Imaging, Northwestern Memorial Hospital
AWARDS/HONORS:
Dr. Spear: Chief of Breast Imaging and Vice Chair of Women's Imaging, Northwestern Medicine; Professor of Radiology; Medical Director, Lynn Sage Comprehensive Breast Center; Susan G. Komen Civic Award; Phi Delta Epsilon Honoree; Alpha Omega Alpha Medical Honor Society; Iron Arrow Honor Society
Dr. Bhole: Director and Physician Lead, Ambulatory Breast Radiology, Evanston, Northwestern Medicine; Associate Professor of Radiology; Founder and Host, *You're a Doctor, Right?* Podcast

At the forefront of women's health, Dr. Georgia G. Spear and Dr. Sonya Bhole are shaping the future of breast health through early detection, advanced imaging, equitable access to care, and patient empowerment.

Dr. Spear, a national leading expert in breast cancer screening and early detection has advanced equitable access to care through innovation, research, education, and legislative advocacy. Dr. Bhole, an accomplished educator and clinician, is dedicated to empowering patients through information and engagement—bridging the gap between science and everyday understanding.

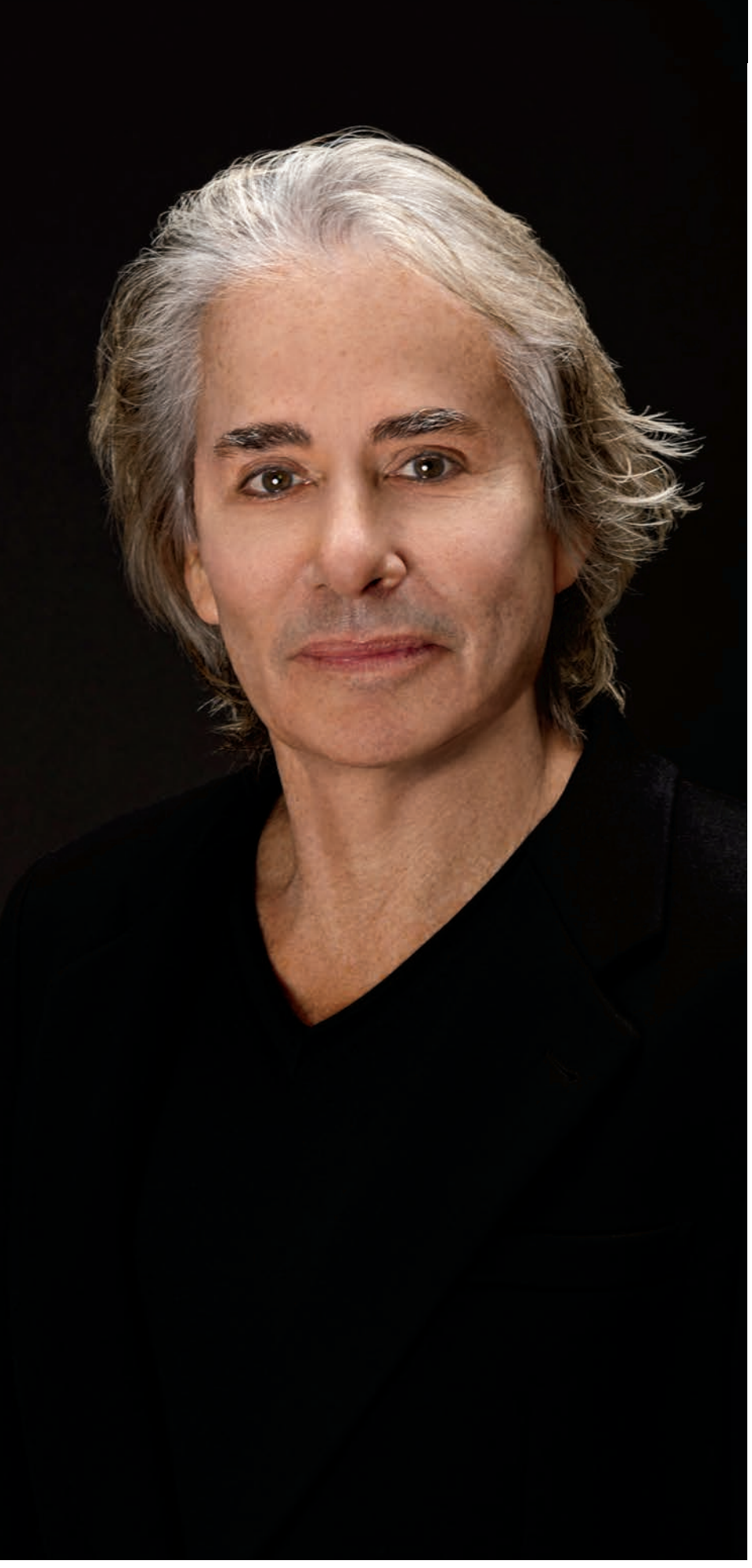
Their shared philosophy is simple yet profound: every woman deserves timely, compassionate, and personalized care. Through innovation, mentorship, and advocacy, they continue to redefine excellence in breast imaging—ensuring that every patient feels informed, supported, and seen.

Northwestern Medicine®

Northwestern Medicine – Lynn Sage Comprehensive Breast Center is located in Northwestern Memorial Hospital 250 E Superior Street, Fourth Floor, in Chicago, nm.org, Instagram: @youreadoctorright.



Dr. Sonya Bhole and
Dr. Georgia G. Spear



STEVEN BLOCH, M.D.

BODY BY BLOCH AND SKIN DEEP MEDICAL SPA

SPECIALTY: Plastic Surgery
EDUCATION: B.S., Syracuse University; M.D., Downstate Medical Center; General Surgery residency, Northwestern University; Plastic Surgery residency, University of Wisconsin
AWARDS/HONORS/DISTINCTIONS: Top Doctor, Castle Connolly; Top Doctor, *U.S. News & World Report;* Former President, Chicago Society Plastic Surgery

With an appreciation for classical art and sculpture, Dr. Steven Bloch is a master at working with the form and function of the human body. It's this infusion of art and science that expertly guides his work as a leading plastic surgeon in the Chicago metropolitan area. "Our appreciation for beauty remains steadfast in our desire to create the perfect 'line,'" says Dr. Bloch. He is the founder of Body by Bloch and Skin Deep Medical Spa in Highland Park where his patients, each with varying visions for what they hope to achieve, come to him for his distinct craft and industry knowledge. "The trust that the patient puts in me to alter their appearance is a bond between us," he shares. "I usually start my consultation with a new patient by asking them what bothers them and what their expectations are." It's this degree of care and expertise that has fueled Dr. Bloch's stellar reputation in the industry, resulting in appearances on *The Oprah Winfrey Show,* Discovery Health Channel, NBC, CBS, WGN, and Fox News, as well as print features in *Vogue* and *Allure.*

With four decades of experience in plastic surgery, Dr. Bloch has a unique ability to understand a patient's vision based on skill, art, technique, and experience. He finds that his work offers patients added confidence to engage with the world around them. In younger patients, Dr. Bloch works with integrity to modify their anatomy and match their vision for how they wish to look. Working to undo the ravages of time is typically the ambition for his older patients, in which case, Dr. Bloch expertly restores a more youthful body, which, as he shares, can "translate into a more vigorous and engaged interaction with the world around them."

bodybybloch™

Body by Bloch and Skin Deep Medical Spa are located at 1160 Park Avenue West, Suite 2E, in Highland Park, 847-432-0840 (Body by Bloch), 847-432-0426 (Skin Deep Medical Spa), bodybybloch.com, skindeepmedicalspa.com.

MOIZ DAWOOD, M.D., FACS
NORTHWESTERN MEDICAL GROUP

SPECIALTY: General Surgery, Bariatric Surgery
EDUCATION: B.S., University of Illinois at Chicago; M.D., Southern Illinois University; Residency, Wayne State University/DMC; Fellowship, MIS/Bariatric Surgery, Banner Gateway Medical Center
AWARDS/HONORS: Fellow of the American College of Surgeons; Board-Certified General Surgery; ASMBS Fellowship Trained Bariatric Surgery; Robotic Surgery Trained

At his practice, Dr. Moiz Dawood transforms lives through bariatric and general surgery, combining advanced surgical precision with patient-centered education. "I have a very strong passion in making sure people understand their disease process and how it connects to their potential surgery as a treatment option," he says. "It is absolutely enlightening when a patient understands how a potential surgery can help them feel better, and it makes for a powerful healing environment."

Dr. Dawood is trained in minimally invasive and robotic surgery, helping patients recover faster and with less pain. "The absolute gratification I receive when a patient receives a targeted surgical intervention and you get to hear the improvement that was made in a patient's symptoms," he explains, "drives my work every day."

Addressing obesity as a growing global concern, Dr. Dawood emphasizes a multidisciplinary approach that blends lifestyle, medication, and surgical interventions. "Combined with minimally invasive surgical techniques, bariatric surgery in conjunction with these medications will allow patients to turn their lives around for the better," he notes.

Through expertise, compassion, and a commitment to patient understanding, Dr. Dawood creates an environment where transformation is possible—body, health, and life.

Northwestern Medicine®

Northwestern Medical Group is located at 800 N Westmoreland Road, Suite 100, in Lake Forest, 847-234-4310, nm.org.



MICHAEL A. HOWARD, M.D.; CHAD M. TEVEN, M.D., MBA, FACS, HEC-C

NORTHWESTERN MEDICINE PLASTIC SURGERY

SPECIALTY: Women's Plastic and Breast Reconstructive Surgery
EDUCATION:
Dr. Michael A. Howard: B.A., Illinois Wesleyan University, cum laude; M.D., Emory University School of Medicine; residency, Plastic Surgery, Georgetown University; fellowship, Microsurgery/Breast Surgery, Memorial Sloan-Kettering Cancer Center
Dr. Chad M. Teven: M.D., University of Chicago Pritzker School of Medicine; residency, University of Chicago; fellowship, Memorial Sloan Kettering Cancer Center
AWARDS/HONORS/ACCOLADES:
Dr. Howard: American Association of Plastic Surgeons; Martin R. Sullivan Teaching Award; Northeastern Society of Plastic Surgery, Outstand¬ing Paper, Resident/Fellow Competition; Medical Director Plastic Surgery, Northwestern Medicine Lake Forest Hospital; 2025 Castle Connolly Top Doctors
Dr. Teven: Healthcare Ethics Consultant-Certified; HCEC Certification Commission; Young Fellows Association Liaison Representative, American College of Surgeons Commission on Cancer; Faculty Research Mentor Award, Department of Surgery, Northwestern University Feinberg School of Medicine; Judicial Council Member, American Society of Plastic Surgeons; 2025 Castle Connolly Top Doctors

At the leading-edge of both aesthetic and reconstructive plastic surgery, the Northwestern Medicine team blends innovative microsurgical techniques with compassionate, patient-centered care. Spearheaded by Dr. Michael A. Howard, Medical Director of the Microsurgical Breast Reconstruction Program, Lake Forest Hospital has become a true center of excellence, offering patients local access to advanced reconstructive surgery and highly customized surgical plans.

Trained at institutions including Memorial Sloan Kettering Cancer Center and Georgetown University, Dr. Howard is widely recognized for his expertise in complex microsurgery, while his personal family experiences with breast cancer fuel his dedication to pioneering new techniques that restore a woman's natural shape, confidence, and sense of wholeness.

"Breast cancer, trauma, and risk reducing surgical procedures profoundly impact countless women each year," says Dr. Howard. "Our rapidly expanding program is grounded in a shared mission: restoring form, function, and confidence for every patient."

Dr. Chad M. Teven, an accomplished reconstructive surgeon, also brings expertise in advanced microsurgical procedures, including modern approaches to lymphedema surgery. Trained at institutions including Memorial Sloan Kettering Cancer Center and University of Chicago, Dr. Teven is dedicated to personalized care paired with academic research. "The evidence-based care we provide is grounded not only in science, but in an understanding of the physical and emotional impact of surgery, and guiding patients toward renewed health and hope," says Dr. Teven.

Microsurgical breast reconstruction achieves top outcomes through a highly skilled, team-based approach. Drs. Howard and Teven are advancing Northwestern Medicine's mission by delivering this expertise closer to patients' homes and workplaces in the North Suburbs, while also supporting the program's expansion into the Western Suburbs.

Northwestern Medicine®

Northwestern Medicine Plastic Surgery is located at 1000 N. Westmoreland Road, Pavilion B, Level 2, in Lake Forest, 224-271-4250, nm.org.





Dr. Michael A. Howard and
Dr. Chad M. Teven



Dr. Kaitlin Lima and
Dr. Biana Modilevsky Polak

BIANA MODILEVSKY POLAK, D.O. & KAITLIN LIMA, M.D.

NORTHWESTERN MEDICINE
RHEUMATOLOGY

SPECIALTY: Rheumatology (Board Certified in Rheumatology and Internal Medicine)
EDUCATION:
Dr. Biana Modilevsky Polak: B.S., Nova Southeastern University; D.O., Midwestern University's Chicago College of Osteopathic Medicine; Residency, Swedish Hospital Part of NorthShore (Chief Resident); Fellowship, University of Arizona Arthritis Center
Dr. Kaitlin Lima: B.S., Indiana University; M.D., University of Cincinnati College of Medicine; Residency and Fellowship, Northwestern University

At Northwestern Medicine Rheumatology, Drs. Biana Modilevsky Polak and Kaitlin Lima redefine care for patients navigating complex autoimmune and rheumatologic conditions. "I take the time to listen carefully to each patient's symptoms and craft an individualized plan," says Dr. Polak. Dr. Lima adds, "By combining the latest medical treatments with lifestyle strategies, we help patients reclaim wellness and quality of life."

Their expertise spans rheumatoid arthritis, psoriatic arthritis, lupus, vasculitis, osteoporosis, gout, myositis, and osteoarthritis. Using advanced biologic and targeted therapies, they craft personalized plans to prevent joint damage, control inflammation, and restore function. Dr. Polak emphasizes the power of early intervention: "The goal is to get people feeling so well, they forget they have an autoimmune condition."

Through education, collaboration, and compassionate guidance, Drs. Polak and Lima empower patients to understand the roots of their symptoms and achieve lasting health, vitality, and confidence.

Northwestern Medicine®

Drs. Polak & Lima see patients at Northwestern Medicine Catherine Gratz Griffin Lake Forest Hospital, 800 N Westmoreland Road, Ste 201, in Lake Forest, and Northwestern Medicine Grayslake Outpatient Center, 1475 E Belvidere Road, Ste 388, in Grayslake, 847-535-7647, nm.org.

LINDSAY N. MOY, D.O.
NORTHWESTERN MEDICINE RHEUMATOLOGY

SPECIALTY: Rheumatology (Board Certified in Rheumatology and Internal Medicine)
EDUCATION: B.S., University of Wisconsin – Madison; M.A., Midwestern University; D.O., Arizona College of Osteopathic Medicine; Internal Medicine Residency, Advocate Lutheran General Hospital ; Rheumatology Fellowship, University of Iowa

Dr. Lindsay Moy brings a nuanced, patient-centered approach to Northwestern Medicine Rheumatology, combining scientific rigor with compassionate care. "I am inspired daily by my mentors and the resilience of our patients. Their courage motivates me to provide care with empathy, precision, and insight," she says.

Dr. Moy specializes in rheumatoid arthritis, psoriatic arthritis, autoimmune connective tissue diseases, and vasculitis. She blends advanced biologic and targeted therapies with personalized treatment plans designed to prevent joint damage, control inflammation, and enhance quality of life. Her practice emphasizes patient education and collaboration, helping individuals understand their diagnosis and take an active role in achieving wellness.

With a focus on precision, innovation, and holistic guidance, Dr. Moy ensures every patient navigates complex autoimmune and inflammatory conditions with confidence, clarity, and renewed vitality.

Northwestern Medicine®

Dr. Moy sees patients at Northwestern Medicine Catherine Gratz Griffin Lake Forest Hospital, 800 N Westmoreland Road, Ste 201, in Lake Forest, and Northwestern Medicine Glenview Outpatient Center, 2701 Patriot Boulevard in Glenview, 847-535-7647, nm.org.





MEENA T. MALHOTRA, M.D.

HEAL N CURE MEDICAL WELLNESS
AND ANTI-AGING

SPECIALTY: Functional and Integrated Medicine
EDUCATION: ABIM, ABOM

Dr. Meena T. Malhotra, Medical Director at HealnCure brings a refreshing, patient-first approach to health care for the North Shore community—one rooted in compassion, clarity, and personalized care. She believes true healing begins with listening, and her practice reflects a deep commitment to understanding each patient's unique story, goals, and challenges. In a time when health care often feels rushed and impersonal, Dr. Malhotra offers something different: thoughtful, unhurried visits and evidence-based care plans designed to support long-term wellness, not just short-term fixes.

At HealnCure, Dr. Malhotra blends modern medical expertise with a holistic perspective, focusing on prevention, education, and sustainable health at every stage of life. Whether patients are managing chronic conditions, optimizing metabolic or hormonal health, or seeking proactive guidance to feel their best, they are met with warmth, transparency, and respect.

At HealnCure the team wants medicine to feel empowering rather than overwhelming. Dr. Malhotra explains complex health issues in clear, relatable terms and partners closely with patients in their care decisions. Through HealnCure Dr. Malhotra has created a trusted, welcoming medical home for North Shore families—one guided by integrity, compassion, and a genuine desire to help people heal, thrive, and live healthier, more vibrant lives.

Heal n Cure
Medical Wellness Center

Heal n Cure is located at 2420 Ravine Way in Glenview, 847-686-4444, healncure.com, @healncure.

MATTHEW B. LEVINE, M.D.
NORTHWESTERN MEDICINE

SPECIALTY: Internal Medicine - Concierge Medicine
EDUCATION: Undergraduate, Northwestern University; M.D., Virginia Tech Carilion School of Medicine; Internal Medicine Residency, University of North Carolina
AWARDS/HONORS: Alpha Omega Alpha Honor Medical Society; Gold Humanism Honor Society

Dr. Matthew B. Levine delivers deeply personalized care at Northwestern Medicine, combining the precision of internal medicine with the accessibility and focus of concierge practice. "I have been fortunate to be mentored and surrounded by exceptional colleagues," he says. "Ultimately, the most distinguishing factor in delivering the highest level of care is the model within which I practice. Concierge medicine affords me the space to slow down and truly understand the context of someone's life and health. My goal is simply to care for people the way I'd want my own family cared for."

Inspired by his parents—a physician and a nurse—Dr. Levine embodies their commitment and steadiness. "Their example reminds me daily that this work is a privilege," he notes. He emphasizes that primary care remains essential in today's complex, subspecialty-driven health care landscape. "A primary care physician can serve as an anchor—someone who understands the person, not the patient; who coordinates, advocates, and helps ensure care remains personalized rather than fragmented," he explains.

Dr. Levine prioritizes long-term, trusting relationships, tailoring each treatment plan to the individual. By understanding patients' unique contexts, he provides thoughtful guidance, coordinates care, and empowers them to make decisions with clarity and confidence—reflecting the expertise, empathy, and attentiveness that concierge medicine allows.

Northwestern Medicine®

Dr. Levine sees patients at Northwestern Medicine's Concierge Medicine practice in Lake Forest. For more information, please call 312-694-4900 or email ppcenrollment@nm.org.





Cheryl McCarthy, R.N. and
Dr. Faris M. Murad

FARIS M. MURAD, M.D., FASGE & CHERYL MCCARTHY, R.N.

SANTÉ INTEGRATED HEALTH AND WELLNESS

SPECIALTY: Gastroenterology (Interventional Gastroenterology)
EDUCATION:
Dr. Faris M. Murad: M.D., Trinity College Dublin; Residency and Gastroenterology Fellowship, University of Minnesota; Advanced Fellowship, Mayo Clinic, Rochester, MN; B.S. and M.S. in Biotechnology, Northwestern University; MBA, University of Michigan Ross School of Business
Cheryl McCarthy, R.N.: B.S. in Nursing, Bradley University
AWARDS/HONORS:
Dr. Murad: Associate Professor of Medicine, Washington University in St. Louis; Professor of the Year, Washington University School of Medicine

At Santé Integrated Health and Wellness in Winnetka, Dr. Faris M. Murad and Cheryl McCarthy, R.N., are shaping a new standard in digestive and preventative care, one built on coordination, medical rigor, and meaningful patient relationships.

Trained at Mayo Clinic, Dr. Murad built his practice around a philosophy learned early in his career: the needs of the patient come first. That principle guides every aspect of Santé. His approach looks deeper than symptoms to understand the full picture of a patient's biology, lifestyle, and long-term risk, recognizing that gastrointestinal health is interconnected with metabolism, hormones, inflammation, and the factors that influence longevity.

With more than 20 years of experience in advanced gastroenterology, including positions at Washington University in St. Louis, NorthShore/Endeavor Health, Advocate Health, and the University of Chicago, Dr. Murad brings world-class expertise to complex digestive disorders while emphasizing prevention and early detection. His focus reflects a growing concern in medicine, as gastrointestinal cancers and chronic conditions continue to rise among younger adults.

Joining him in this mission is Cheryl McCarthy, R.N., a highly skilled gastrointestinal nurse with more than 15 years of clinical experience. After working closely with Dr. Murad for half a decade, she was recruited to Santé for her clinical judgment, meticulous attention to detail, and unwavering commitment to patient-centered care. Her presence reinforces the supportive, approachable, team-based environment that defines the practice.

Together, they deliver care that is precise, proactive, and connected to the whole person. "The goal is not simply to slow aging," Dr. Murad says. "It is to help people stay strong enough to keep doing the things that make the later stages of life meaningful."

SANTÉ
INTEGRATED HEALTH & WELLNESS

Santé Integrated Health and Wellness is located at 914 Green Bay Road, Suite 201, in Winnetka, 847-235-0087, sante360health.com.

MARK NEAULT, M.D. & CHERISE RUSSO, D.O., CAQ-PCSM

NORTHWESTERN MEDICINE LAKE FOREST ORTHOPAEDICS & NORTHWESTERN MEDICINE CATHERINE GRATZ GRIFFIN LAKE FOREST HOSPITAL

SPECIALTY:
Dr. Mark Neault: Orthopaedic Surgery, Sports Medicine
Dr. Cherise Russo: Primary Care Sports Medicine
EDUCATION:
Dr. Neault: M.D., Northwestern University; Orthopaedic Surgery Residency, University of Massachusetts; Sports Medicine Fellowship, Minneapolis Sports Medicine Center
Dr. Russo: D.O., Midwestern University Chicago College of Osteopathic Medicine; Family Medicine Residency, Resurrection Medical Center; Primary Care Sports Medicine Fellowship, Harbor-UCLA
AWARDS/HONORS:
Dr. Neault: Clinical Assistant Professor, Rosalind Franklin University of Medicine and Science
Dr. Russo: Dr. Michael Schafer Award Certificate of Recognition, 2023; *Chicago Magazine* Top Doctor

At Northwestern Medicine Lake Forest Orthopaedics, Dr. Mark Neault and Dr. Cherise Russo provide a patient-centered approach to sports medicine, combining advanced surgical expertise with thoughtful, non-operative care.

A fellowship-trained orthopaedic surgeon with more than 20 years of experience, Dr. Neault emphasizes safety, prevention, and clear communication. "I always start by listening," he says. "Even as a surgeon, non-operative care is often the best first step." As a team physician for multiple area schools and a clinical educator, he remains at the forefront of shoulder reconstruction, arthroplasty, and complex knee injuries. "My goal is to make sure every patient truly understands their diagnosis and options," he notes.

Dr. Russo, a primary care sports medicine physician on the North Shore for nearly two decades, treats patients with a whole-person perspective. "Patients aren't just an injured joint—they're whole people with goals, routines, and active lives," she explains. With previous leadership roles at Loyola Academy and North Park University, medical support for the Chicago Bears, and over 15 years with the Chicago Marathon, she prioritizes empowerment and collaboration. "When patients understand the roadmap, they become partners in their recovery."

Together, Drs. Neault and Russo deliver a full spectrum of care designed to restore strength, prevent injury, and support lifelong movement. Their combined expertise ensures patients achieve optimal outcomes safely while remaining active and independent.

Northwestern Medicine®

Northwestern Medicine Lake Forest Orthopaedics is located at 1000 N. Westmoreland Road, Pavillon B, 3rd Floor, in Lake Forest, 847-535-8500, nm.org.



Dr. Cherise Russo and Dr. Mark Neault



GAURAV SINGH, M.D., MPH, FAAD, FACMS

CITY OF HOPE® CANCER CENTER

SPECIALTY: Dermatology & Mohs Micrographic Surgery
EDUCATION: M.D., M.P.H., University of Miami; Dermatology Residency, New York University; Fellowship in Micrographic Surgery and Dermatologic Oncology, University of California, San Diego
AWARDS/HONORS: Most Cited Researcher, Doximity; Presidential Volunteer Service Award; American Medical Association Research Award; U.S. Army Corps of Engineers Research Award; Jefferson Award for Public Service

A leading expert in skin cancer management and treatment, Dr. Gaurav Singh brings world-class surgical skill and a deeply human approach to dermatologic care. As a double board-certified dermatologist and fellowship-trained Mohs micrographic surgeon at City of Hope Cancer Center, he combines innovation, precision and compassion to deliver the best possible outcomes.

Dr. Singh's philosophy is simple: medicine works best when it's a partnership. Known for his calm, communicative style, he takes time to listen and craft personalized treatment plans that fit each patient's goals and lifestyle. Having performed more than 10,000 Mohs and reconstructive procedures, he has extensive experience in treating both routine and highly complex skin cancers.

Regularly invited to lecture at national and international conferences, Dr. Singh also mentors future physicians and leads research in skin cancer management. "Earning a patient's trust is a privilege," he says. "My goal is always to treat the disease while restoring confidence, comfort, and quality of life."

The experts at City of Hope Chicago's robust skin cancer and melanoma program treat all stages of disease from initial diagnosis to advanced stages, which spans recurrent and metastatic disease and skin reactions from certain cancer treatments.

City of Hope® | CANCER CENTER

LAKE COUNTY | DOWNTOWN CHICAGO | NORTH SHORE

Dr. Singh practices at all three Chicago-area City of Hope locations: 2520 Elisha Avenue in Zion, 833-466-0843; 160 Upper E. Illinois Street in Chicago, 312-477-2400; and 9300 Waukegan Road in Morton Grove, 847-675-3900, cityofhope.org/chicago.

ADAM E. PRESCOTT, M.D.

NORTHWESTERN MEDICINE LAKE FOREST HOSPITAL CANCER CENTER & NORTHWESTERN MEDICINE GRAYSLAKE OUTPATIENT CENTER

SPECIALTY: Hematology & Medical Oncology
EDUCATION: M.D., Chicago Medical School at Rosalind Franklin University; Internal Medicine Residency, University of Iowa Hospitals and Clinics; Hematology & Medical Oncology Fellowship, University of Iowa Hospitals and Clinics
AWARDS: Iowa Oncology Society Allied Health Professional Award; Community Oncology Alliance Scholarship Award

At Northwestern Medicine Lake Forest Hospital Cancer Center and the Grayslake Outpatient Center, Dr. Adam Prescott is known for a steady, patient-centered approach defined by reliance, collaboration, and genuine connection. Though he's quick to downplay the idea of "reputation," colleagues rely on him for his consistency, preparation, and unwavering commitment to doing what's best for the patient.

Dr. Prescott's philosophy is simple: be thorough, responsive, and fully engaged—with patients and with the physicians, nurses, and specialists who support their care. "People notice when you follow up on difficult cases or take time to make sure everyone is aligned," he says. "Trust is built in those small moments."

His inspiration is deeply personal. He credits his mother's resilience and quiet strength with shaping his values and his understanding of compassion. He sees that same perseverance in his patients and in the multidisciplinary teams that surround them. "Oncology requires extraordinary collaboration," he notes. "Their dedication motivates me to bring my very best to every encounter."

In a field rapidly transformed by precision medicine and targeted therapies, Dr. Prescott believes one thing remains constant: the responsibility to guide patients through their most challenging moments with clarity, honesty, and humanity.

Northwestern Medicine®

Northwestern Medicine Lake Forest Hospital Cancer Center is located at 1000 N. Westmoreland Road in Lake Forest, 847-582-2134, nm.org.





ANTHONY P. TERRASSE, M.D., FACS

TERRASSE AESTHETIC SURGERY & ERASE MEDISPA

SPECIALTY: Plastic Surgery
EDUCATION: B.S., University of Notre Dame; M.D., Vanderbilt University School of Medicine; M.D., General Surgery and Plastic Surgery, Northwestern Medicine; certification, American Board of Plastic Surgery
AWARDS/HONORS/ACCOLADES: Top Doctor, plastic surgery, *Newsweek* and *U.S. News & World Report;* top aesthetic surgeon, Castle Connolly; guest expert, radio and TV broadcasts including ABC, CBS, Fox, and NBC, as well as *People, Fitness, Satisfaction, Crain's Chicago Business, Chicago Sun-Times,* and *Chicago Tribune.*

Throughout more than 25 years in practice on the North Shore, Dr. Anthony P. Terrasse has been motivated by the desire for patient satisfaction while respecting the integrity and natural beauty of each individual.

Inspired by artistry and form, he is recognized locally and nationally for his leadership, experience, and expertise in aesthetic and reconstructive plastic surgery and skin care. "I derive great satisfaction in providing my patients with improved self-esteem and confidence," says Dr. Terrasse, whose credentials include serving as past chairman of the Department of Surgery of Northwestern Lake Forest Hospital, as well as being on staff at Endeavor Health and Advocate Aurora Health hospitals.

ERASE MediSpa's team includes a talented group of licensed medical aestheticians, who are all revered for their knowledge, care, and skill. ERASE MediSpa offers noninvasive procedures that provide effective skin care and laser treatments for body contouring, skin tightening and rejuvenation of the face and body, and hair removal.

"For many potential cosmetic surgery patients, looking at their reflections is like peering in an amusement park mirror—what's portrayed on the outside is not what's felt on the inside," he says. "I understand the effect of body image on self-esteem, and I treat it seriously by designing patient refinements with the newest effective technology, keeping the whole individual in mind."

TERRASSE AESTHETIC SURGERY

erase MEDISPA

Dr. Terrasse's practice is located at 700D North Westmoreland Road in Lake Forest, 847-234-2400, terrasse.com.

DR. MICHAEL STOSICH & DR. GEREL EMGUSHOVA

DEERPATH ORTHODONTICS AND FAMILY DENTAL

SPECIALTY:
Dr. Michael Stosich: Board-Certified Orthodontist
Dr. Gerel Emgushova: Family & Cosmetic Dentistry
EDUCATION:
Dr. Michael Stosich: B.S. in Biomedical Engineering, University of Illinois; M.S. & PhD Candidate in Biomedical Engineering, Columbia University; DDS, Temple University School of Dentistry; Orthodontics and Dentofacial Orthopedics Residency, Temple University School of Dentistry; Craniofacial Fellowship, Children's Hospital of Philadelphia at the University of Pennsylvania
Dr. Gerel Emgushova: B.S. in Neuobiology and Life Sciences, Pennsylvania State University; DMD, Temple University School of Dentistry; Surgical Implant Fellowship, Misch Resnik Implant Institute; Advanced oral surgery and dental implant training, Pikos Institute
ACHIEVEMENTS:
Dr. Michael Stosich: Director of Orthodontics, University of Chicago; renowned orthodontist; more than 15 years of clinical excellence in complex surgical orthodontics, craniofacial care, and advanced orthodontic treatment for children and adults. Editorial board member of multiple peer-reviewed journals
Dr. Gerel Emgushova: More than a decade of experience; recognized for her precision, artistry, gentle touch, and compassionate patient care in family and cosmetic dentistry

At Deerpath Orthodontics and Family Dental, Drs. Michael Stosich and Gerel Emgushova opened their Lake Forest practice with a clear purpose: to bring world-class, highly specialized orthodontic and dental care to the North Shore—care that patients often travel across the country and around the world to receive.

Dr. Stosich is recognized for his expertise in advanced surgical orthodontics, jaw-surgery planning, and the treatment of craniofacial differences and complex syndromic cases. He is sought out for achieving exceptional outcomes in braces and aligners, from routine to highly complex situations. By establishing the practice in Lake Forest, he aimed to give local families convenient access to this caliber of care while continuing to serve patients who travel great distances for his specialization.

To ensure comprehensive treatment under one roof, Dr. Emgushova—Family and Cosmetic Dentistry—joined the practice. Known for her gentle touch, clinical excellence, and aesthetic artistry, she provides seamless family and cosmetic dental care that enhances and supports even the most advanced orthodontic plans. Patients frequently remark on the comfort and confidence she brings to their visits.

Together, Drs. Stosich and Emgushova offer a rare combination of innovation, precision, and patient-centered care. Their shared goal is to provide Lake Forest families—and those who seek them out from afar—with exceptional orthodontic and dental treatment delivered with warmth, integrity, and a commitment to truly comprehensive, world-class results.

Deerpath Orthodontics and Family Dental is located at 560 Oakwood Avenue, Suite 102, in Lake Forest, 847-579-4979, dodlf.com, @deerpath_ortho_and_dental.



Dr. Michael Stosich and Dr. Gerel Emgushova



GREGORY TUROWSKI, M.D., PH.D., FACS

NEW HORIZONS CENTER FOR COSMETIC SURGERY - *A MEMBER OF THE QUALDERM FAMILY*

SPECIALTY: Plastic Surgery
EDUCATION: General Surgery, Yale Medical School Affiliate, St. Mary's Hospital; Plastic Surgery, Harvard Medical School
AWARDS/HONORS: Castle Connolly Top Doctor; *Chicago Magazine* Top Doctor

For more than three decades, Dr. Gregory Turowski has set the standard for refined, natural results in cosmetic plastic surgery. A double board-certified surgeon with Ivy League training from Yale and Harvard, Dr. Turowski combines European artistry with American innovation—offering a depth of expertise few can match. Known for his calm precision and meticulous eye, he approaches every procedure as both a science and an art form, focusing on harmony, proportion, and subtlety to achieve enduring beauty.

At New Horizons Center for Cosmetic Surgery, he specializes in facial and body rejuvenation, including advanced deep plane facelifts, rhinoplasty, and "mommy makeovers." A world pioneer in robotic hair restoration and a leader in endoscopic breast augmentation, Dr. Turowski is recognized for delivering elegant, natural outcomes with minimal scarring and recovery time.

"Experience and precision are the foundation of beautiful, lasting results," he says. "My goal is always the same—to help each patient look their absolute best while maintaining a natural, timeless appearance."

With more than 30 years of surgical experience, Dr. Turowski's reputation is built on impeccable credentials, meticulous attention to detail, and a relentless commitment to innovation in aesthetic medicine.

NEW HORIZONS CENTER FOR COSMETIC SURGERY
A MEMBER OF THE QUALDERM FAMILY

New Horizons Center for Cosmetic Surgery is located at 9843 Gross Point Road, in Skokie, 847-674-4646, drturowski.com, @dr.turowski.plasticsurgery.

KEVIN TSUI, M.D.
NORTHWESTERN MEDICAL GROUP

SPECIALTY: Pulmonary & Critical Care Medicine
EDUCATION: M.D., New Jersey Medical School; Internal Medicine Residency, Washington University in St. Louis / Barnes-Jewish Hospital; Pulmonary & Critical Care Fellowship, Washington University in St. Louis / Barnes-Jewish Hospital

At Northwestern Medical Group, Dr. Kevin Tsui provides expert pulmonary and critical care, combining advanced expertise with a patient-centered approach to long-term respiratory health.

Dr. Tsui provides pre- and post-lung transplantation care, underscoring his commitment to continuity and comprehensive management for patients facing complex respiratory challenges. His approach emphasizes individualized treatment plans tailored to both acute needs and chronic wellness, ensuring each patient receives precise, attentive care.

He draws inspiration from the impact of his work. "Helping patients to improve their quality of life" is what motivates him daily, whether guiding a patient through recovery, managing chronic lung disease, or supporting post-transplant rehabilitation.

For aspiring physicians, Dr. Tsui offers a guiding principle: "Always be curious and always keep pushing yourself to continually learn." Lifelong curiosity and rigorous training, he notes, are essential to navigating the evolving landscape of pulmonary medicine and critical care.

"The pandemic and the threat of future respiratory infections have led to increased demand for critical care services," Dr. Tsui observes, highlighting the growing importance of pulmonology in modern health care. He is equally optimistic about the future: "Advancements in care provide a more personalized approach, targeting underlying mechanisms rather than just treating symptoms," reflecting a focus on precision medicine and innovative therapies that improve outcomes and quality of life for every patient.

Northwestern Medicine®

Northwestern Medical Group is located at 1475 E. Belvidere Road, Suite 185, 1st Floor, in Grayslake, 312-695-1800, nm.org.





Dr. Sahishnu Patel and
Dr. Stefanie Vamenta

STEFANIE VAMENTA, M.D. & SAHISHNU (SASH) PATEL, D.O.

NORTHWESTERN MEDICINE – BLUHM CARDIOVASCULAR INSTITUTE

SPECIALTY: Cardiology
EDUCATION:
Dr. Vamenta: Cardiology Fellowship, UMKC–Mid America Heart Institute; Internal Medicine, University of Alabama at Birmingham
Dr. Patel: B.A. in Economics & Biology, Northwestern University; D.O., Midwestern University; Internal Medicine Residency, Medical College of Wisconsin; Cardiology Fellowship, Rush University Medical Center

At Northwestern Medicine, Drs. Stefanie Vamenta and Sahishnu (Sash) Patel provide expert cardiovascular care with a focus on prevention, wellness, and personalized attention.

"I enjoy encouraging healthy habits," says Dr. Vamenta, who guides patients with prior cardiac diagnoses or weight management goals. She also has an interest in valvular heart disease and is excited to be helping the valve team manage these complex patients. "Obesity has reached epidemic levels, and these treatments, combined with lifestyle changes, can truly reshape health trajectories," she adds.

Dr. Patel centers his care on empathy and understanding. "I take the time to meet people where they are and see their story beyond their symptoms," he explains. Focused on prevention, he helps patients reduce cardiovascular risk, stay active, and maintain independence. Inspired by his community and his role as a mentor, he strives to combine precision cardiology with compassionate guidance.

Together, they deliver care that balances innovation with individualized support. Through advanced diagnostics, minimally invasive procedures, and lifestyle-tailored treatment plans, Drs. Vamenta and Patel help patients achieve both heart health and improved quality of life.

Northwestern Medicine®

Northwestern Medicine – Bluhm Cardiovascular Institute at Lake Forest Hospital is located at 1000 N. Westmoreland Road in Lake Forest, 847-534-3278, nm.org.

PREMIER DOCTORS DIRECTORY

BREAST IMAGING

Sonya Bhole, *M.D., Northwestern Medicine – Feinberg School of Medicine, Lynn Sage Comprehensive Breast Center, Specialty: Breast Imaging, nm.org, @youreadoctorright*

Georgia G. Spear, *M.D. M.S., Northwestern Medicine – Feinberg School of Medicine, Lynn Sage Comprehensive Breast Center, Specialty: Breast Imaging, nm.org*

CARDIOLOGY

Sahishnu (Sash) Patel, *D.O., Northwestern Medicine – Bluhm Cardiovascular Institute, Specialty: Cardiology, 847-534-3278, nm.org*

Stefanie Vamenta, *M.D., Northwestern Medicine – Bluhm Cardiovascular Institute, Specialty: Cardiology, 847-534-3278, nm.org*

DERMATOLOGY

Gaurav Singh, *M.D., MPH, FAAD, FACMS, City of Hope® Cancer Center, Specialty: Dermatology & Mohs Micrographic Surgery, 847-675-3900, cityofhope.org/chicago*

FAMILY & COSMETIC DENTISTRY

Dr. Gerel Emgushova, *Deerpath Orthodontics and Family Dental, Specialty: Family & Cosmetic Dentistry, 847-579-4979, dodlf.com, @deerpath_ortho_and_dental*

FUNCTIONAL MEDICINE

Meena T. Malhotra, *M.D., HealnCure Medical Wellness and Anti-Aging, Specialty: Functional and Integrated Medicine, 847-686-4444, healncure.com, @healncure*

GASTROENTEROLOGY

Laura K. Bianchi, *M.D., The Endoscopy Center of the North Shore, Specialty: Gastroenterology, 847-256-1855, ginorthshore.com, info@ginorthshore.com*

Cheryl McCarthy, *R.N., Santé Integrated Health and Wellness, Specialty: Interventional Gastroenterology, 847-235-0087, sante360health.com*

Manoj K. Mehta, *M.D., FACG, FASGE, AGAF, The Endoscopy Center of the North Shore, Specialty: Gastroenterology, 847-256-1855, ginorthshore.com, info@ginorthshore.com*

Faris M. Murad, *M.D., FASGE, Santé Integrated Health and Wellness, Specialty: Interventional Gastroenterology, 847-235-0087, sante360health.com*

GENERAL SURGERY

Moiz Dawood, *M.D., FACS, Northwestern Medical Group, Specialty: General Surgery, Bariatric Surgery, 847-234-4310, nm.org*

HEARING HEALTH CARE

Lori A. Halvorson, *AUD, FAAA, ABAC, CH-TM, Duet Hearing Preservation and Lake Forest Hearing, Specialty: Ear-to-Brain Hearing Health, 847-295-1185 (Duet Hearing Preservation); 847-295-1185 (Lake Forest Hearing), lakeforesthearing.com, @duethearing; @lakeforesthearing*

HEMATOLOGY & MEDICAL ONCOLOGY

Adam E. Prescott, *M.D., Northwestern Medicine Lake Forest Hospital Cancer Center & Northwestern Medicine Grayslake Outpatient Center, Specialty: Hematology & Medical Oncology, 847-582-2134, nm.org*

INTERNAL MEDICINE

Kristi DeSapri, *M.D. MSCP, CCD, Bone & Body Women's Health, Specialty: Internal Medicine, Women's Health, Menopause & Osteoporosis, 847-999-7171, boneandbodywh.com, @boneandbodywh*

Matthew B. Levine, *M.D., Northwestern Medicine, Specialty: Internal Medicine – Concierge Medicine, 312-694-4900, ppcenrollment@nm.org, nm.org*

ORTHODONTICS

Dr. Michael Stosich, *Deerpath Orthodontics and Family Dental, Specialty: Orthodontics, 847-579-4979, dodlf.com, @deerpath_ortho_and_dental*

ORTHOPAEDIC SURGERY

Mark Neault, *M.D., Northwestern Medicine Lake Forest Orthopaedics & Northwestern Medicine Catherine Gratz Griffin Lake Forest Hospital, Specialty: Orthopaedic Surgery, Sports Medicine, 847-535-8500, nm.org*

PLASTIC SURGERY

Steven Bloch, *M.D., Body by Bloch and Skin Deep Medical Spa, Specialty: Plastic Surgery, 847-432-0840 (Body by Bloch); 847-432-0426 (Skin Deep Medical Spa), bodybybloch.com; skindeepmedicalspa.com*

John Q. Cook, *M.D., Whole Beauty Institute; Rush University Medical Center, Specialty: Plastic Surgery, 312-751-2112 (Chicago); 847-446-7562 (Winnetka), johnqcookmd.com; wholebeautyinstitute.com; skinshopmd.com*

Sara Dickie, *M.D., Surgical Aesthetics + Reconstructive Arts, Specialty: Aesthetic Plastic and Reconstructive Surgery of the Face, Breast, and Body, 847-999-7800, Website: sara.surgery, scheduling@sara.surgery; @sara.surgery*

Michael A. Howard, *M.D., Northwestern Medicine Plastic Surgery, Specialty: Women's Plastic & Breast Reconstructive Surgery, 224-271-4250, nm.org*

Krishnabhai Patel, *M.D., Warner Aesthetic & Reconstructive Institute, Specialty: Plastic & Reconstructive Surgery, 847-558-8888, warnerinstitute.com*

Anthony P. Terrasse, *M.D., FACS, Terrasse Aesthetic Surgery & ERASE MediSpa, Specialty: Plastic Surgery, 847-234-2400, terrasse.com*

Chad M. Teven, *M.D., MBA, FACS, HEC-C, Northwestern Medicine Plastic Surgery, Specialty: Women's Plastic & Breast Reconstructive Surgery, 224-271-4250, nm.org*

Gregory Turowski, *M.D., PH.D., FACS, New Horizons Center for Cosmetic Surgery; Qualderm & Robotic Hair Restoration Center, Specialty: Cosmetic Plastic Surgery, 847-674-4646, drturowski.com*

Jeremy Warner, *M.D. FACS, Warner Aesthetic & Reconstructive Institute, Specialty: Plastic & Reconstructive Surgery, 847-558-8888, warnerinstitute.com*

PULMONARY & CRITICAL CARE MEDICINE

Kevin Tsui, *M.D., Northwestern Medical Group, Specialty: Pulmonary & Critical Care Medicine, 312-695-1800, nm.org*

RHEUMATOLOGY

Kaitlin Lima, *M.D., Northwestern Medicine Rheumatology, Specialty: Rheumatology, 847-535-7647, nm.org*

Lindsay N. Moy, *D.O., Northwestern Medicine Rheumatology, Specialty: Rheumatology, 847-535-7647, nm.org*

Biana Modilevsky Polak, *D.O., Northwestern Medicine Rheumatology, Specialty: Rheumatology, 847-535-7647, nm.org*

SPORTS MEDICINE

Cherise Russo, *D.O, CAQ-PCSM, Northwestern Medicine Lake Forest Orthopaedics & Northwestern Medicine Catherine Gratz Griffin Lake Forest Hospital, Specialty: Primary Care Sports Medicine, 847-535-8500, nm.org*



Billy Corgan and Chloé Mendel Corgan, Karen Z. Gray-Krehbiel, Gilles Mendel



Billy Corgan, Karen Z. Gray-Krehbiel

BY MOONLIGHT

PHOTOGRAPHY BY JACLYN SIMPSON

After the much-anticipated world premiere of *A Night of Mellon Collie and Infinite Sadness* — the orchestral and operatic reimagining of The Smashing Pumpkins' iconic 1995 double album—Chicago's foremost community leaders and esteemed philanthropists gathered at Lyric Opera of Chicago for "By Moonlight," an exclusive celebration. The night began with a lively pre-show reception featuring cocktails and hors d'oeuvres on the American Airlines Mezzanine before attendees took their seats for the historic performance. After the final notes sounded, guests packed the Rice Grand Foyer for a glamorous post-concert event hosted by the Lyric Women's Board, where they were immersed in atmospheric décor created by J&L and artistic scenic elements inspired by the *Mellon Collie* universe, including one-of-a-kind custom paintings created by renowned artist Jeff Ritchie. *lyricopera.org*



Chloé Mendel Corgan, Gilles Mendel



Grant Achatz



John Mangum, Sylvia Neil, Billy Corgan, Karen Z. Gray-Krehbiel



Cake by Alliance Bakery



Billy Corgan thanking guests



Decor by J&L


Cate Cruz, Libby Holdren


Whitney Huffsmith, Isabel Carpenter


Sue Postaer, Anne Edwards, Kate Lane Ferraro

WINTER WISHES

PHOTOGRAPHY BY ROBIN SUBAR

The Founders' Board of Ann & Robert H. Lurie Children's Hospital of Chicago hosted its annual Winter Wishes Holiday Cocktail Celebration, presented by Packaging Corporation of America and Sterling Bay. More than 425 guests filled a private club in Chicago's Gold Coast for a festive evening benefiting the Edwards Family Division of Genetics and Rare Diseases and the Department of Pathology and Laboratory Medicine. Co-chaired by Nicole Scheer Barry and Anne Edwards, alongside Founders' Board President Margie Stineman, the event set a fundraising record—bringing in $638,602 toward the Board's three-year, $3 million commitment. *foundersboard.luriechildrens.org*


Briana Fosnaugh, Lindsay Walter Carlton


Dr. Michelle Butler, Dr. David Winlaw


Nicole Scheer Barry, Margie Stineman, Anne Edwards


Megan Hoffmann, Jenny Morehead, Abby Dunn, Jennifer Cunningham


Caroline and Keating Crown


Mayor Brandon Johnson, Marilynn Kelly Gardner, Former Mayor Richard M. Daley, Eric Smith, Kelly Welsh



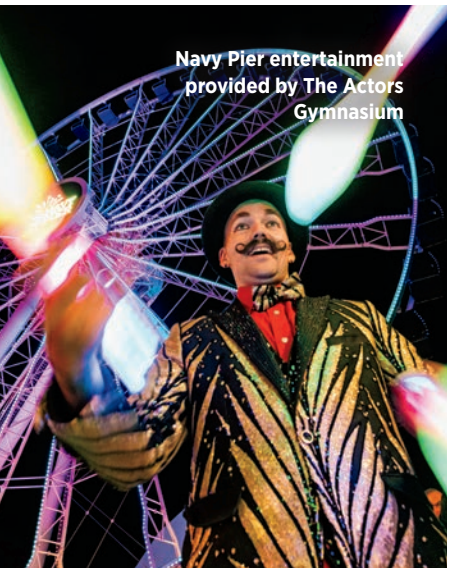
Former Mayor Richard Daley enjoys fireworks and drone show by Pyrotecnico.

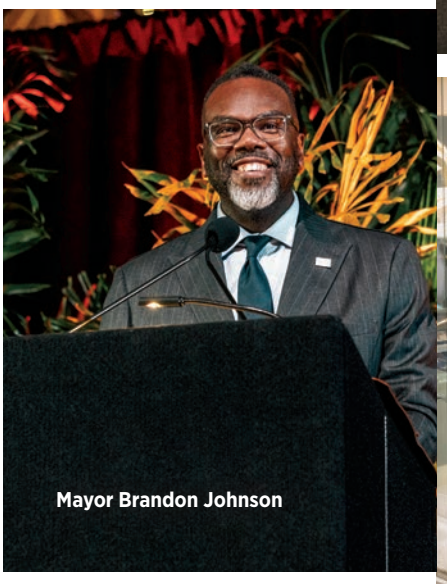

Navy Pier entertainer Sam Thousand

A CHICAGO EXPIERIENCE GALA

PHOTOGRAPHY BY KYLE FLUBACKER

Celebrating the 30th anniversary of Navy Pier's 1995 redevelopment, the Navy Pier "A Chicago ExPIERience" Gala honored former Mayor Richard M. Daley for his visionary leadership intransforming the Pier into a world-class civic landmark and beloved community resource. The event raised more than $1.65 million to advance the mission of the "People's Pier," a commitment to providing welcoming and moving experiences through free programs and standout partners that inspire discovery, wonder, and, most importantly, fun. *navypier.org*


Navy Pier entertainment provided by The Actors Gymnasium


Mayor Brandon Johnson


Nick Vallorano


John Schmidt, Eric Smith, Marilynn Kelly Gardner, Jennifer Steans, Kelly Welsh




Co-chairs Shayne Welch, Laura Senner


Melissa Carter


Cindy Gibson, Adrianna Stasiuk, Jenn Barry, Cassandra Hornbuckle

A+M WINNETKA SHOW

PHOTOGRAPHY BY WIDIA VITI

The Antiques + Modernism Winnetka Show, chaired by Shayne Welch and Laura Senner, began with a Preview Party where guests enjoyed a first look at the spectacular pieces from more than 40 dealers, some of whom traveled from across the globe. Presented by the Woman's Board, all proceeds benefit Winnetka's Community House. *thewinnetkashow.com*


Paige Dooley, Dr. Julia Yen


Michael and Liz Bearwald


Brenda and Steffen Jacobsen


Enrique Useche, Tim VanTassel, Luke Palese


Tria Thomas, John Martin, Kristen Hayes, Tara Maher





Moderator Emily Groden, Author Betsy Fore


Lina Tarantul, Megan Olson


Mary Vitt, Kim Moore, Kristin Ryan

BETSY FORE & SUITE ESCAPE

PHOTOGRAPHY BY WIDIA VITI

Suite Escape's Morning Brew at Towne & Oak featured bestselling author and founder Betsy Fore. Fresh off the *USA Today* bestseller list, Fore shared powerful insights from her book *Built on Purpose,* which outlines her three-step method for uncovering your true why, turning vision into reality, and weaving work, family, and meaning into a life with intention. Interviewed by fellow entrepreneur Emily Groden, Fore reminded guests that purpose is both a compass and a catalyst. Attendees were caffeinated, inspired, and elevated by Fore's story and the dynamic Suite Escape Community. *lfsuite-escape.com*


Kelly Alamonte



Tristan Jones, Betsy Fore, Carolyn Lvoff


Erin Donaldson, Sarah Neukom, Julie Hoffmann


Anne Loucks, Olivia Loucks


Pim Alley, Emily Groden, Betsy Fore, Kate Holland


The Ghai Family


Chicago Founding Board Members Rohan and Masha Sajdeh


Varsha Kaura, Ritu Jain

AIF GALA

PHOTOGRAPHY BY ANA MIYARES

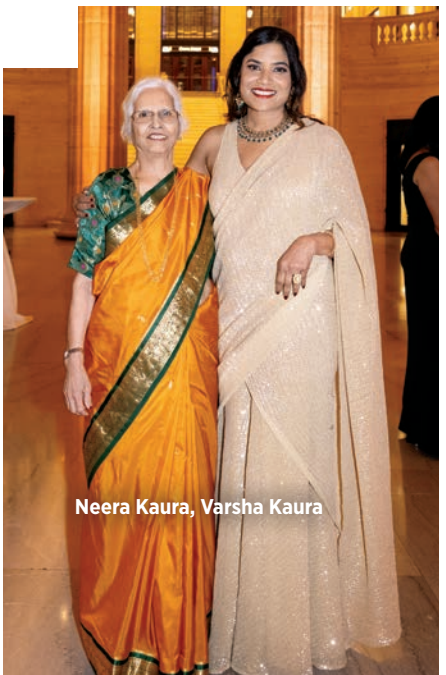
The American India Foundation's (AIF) Chicago Chapter hosted its 20th Anniversary Gala at the Field Museum, welcoming more than 300 guests and raising more than $1 million for its Women's Empowerment initiatives in India. The evening, hosted by Northwestern Professor Mohanbir Sawhney and honoring Bulbul and Vimal Bahuguna, featured a moving program, a live auction, and first-class musical performances. The AIF is the largest US-based international development organization dedicated to poverty alleviation in India. Established in 2001 as a collective philanthropy platform to build a bridge of engagement between India and the United States, its multidimensional public health, education, and livelihood programs have positively affected more than 18 million lives across 35 Indian states and union territories connections. *aif.org*


Gala Emcee Mohanbir Sawhney


Global Board Co-Chair Harit Talwar


Seema Bhatia, Ariana Bhatia


Gala honorees and AIF Chicago Co-Founders Vimal and Bulbul Bahuguna


Neera Kaura, Varsha Kaura


Margaret Hermes, Katharine Dunn


Tracey Mayer, Stacey Woehrle, Lizzy Frost


Kerri Schoonyoung, Mar Soraparu, Christie Jordan, Anna Assenmacher

CULTIVATING WHOLENESS

PHOTOGRAPHY BY ROBIN SUBAR

The North Shore Network hosted a sold-out evening and welcomed more than 50 women leaders from across the North Shore to "Cultivating Wholeness: Women's Health, Wellness & Spirituality." The evening featured an inspiring conversation with three remarkable thought leaders: Mar Soraparu, Co-Founder and Chief Wellness Officer at BIÂN; Christie Jordan, healer and founder of Source Healing; and Kerri Schoonyoung, founder of Dept. 11 Inc. and Seekers Field Guide, who also generously sponsored the event. Together, the trio explored the intersection of mind, body, and purpose—and how modern women can regain a sense of balance and alignment amid demanding personal and professional lives. *northshorenetwork.org*




Robyn Miller Brecker, Sarah Austin




Courtney Wright, Christie Jordan, Charlie Saffro, Kerri Schoonyoung, Courtney Olson



Mar Soraparu, Kerri Schoonyoung



King Harris receiving the 2025 Arts Philanthropy Award on behalf of the Harris Family Foundation from MCA Board Chair Bill Silverstein

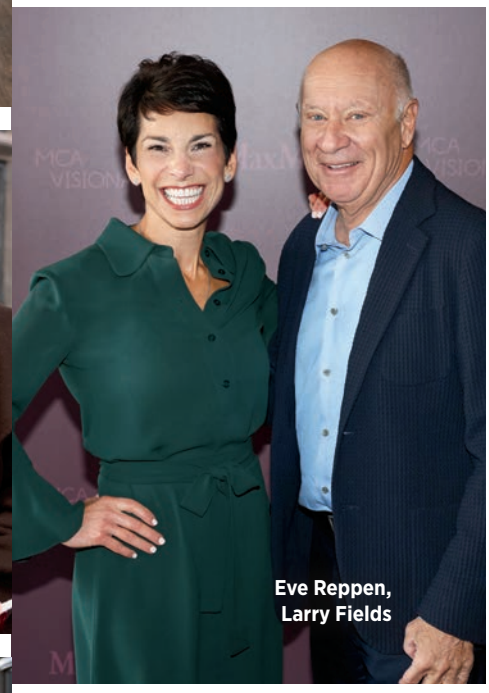


MCA Chicago Women's Board

VISIONARY LUNCHEON

PHOTOGRAPHY BY JEREMY LAWSON

The Museum of Contemporary Art Chicago (MCA) held its annual Visionary Luncheon, celebrating leadership in the arts. Nearly 400 guests—including cultural, business, civic, and artistic leaders—were in attendance to celebrate the museum's education initiatives, hear a dynamic conversation between Pritzker Director Madeleine Grynsztejn and artist Julie Mehretu, and recognize this year's honorees. King Harris of the Harris Family Foundation received the 2025 Arts Philanthropy Award for decades of generous support of arts education at the MCA. The Arts Philanthropy Award also recognized Harris for his work supporting Chicago's arts and culture institutions. The event was presented by Max Mara, and the MCA raised nearly $600,000 in support of its Learning programs, which support teachers, students, and families all over Chicago. *mcachicago.org*



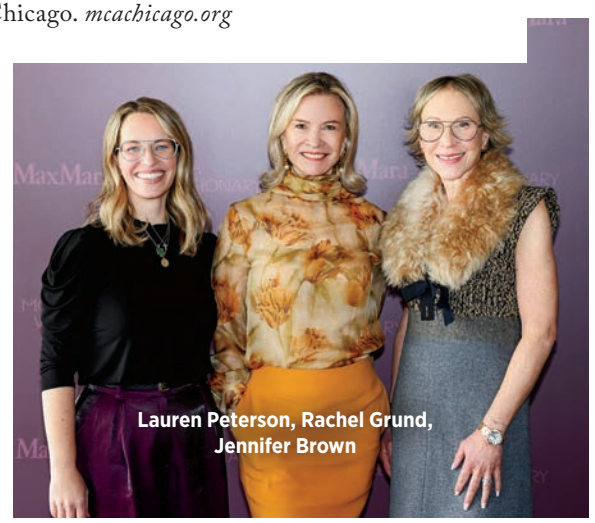
Eve Reppen, Larry Fields



Dusty Stemmer, Robyn Tavel



MCA Chicago Pritzker Director Madeleine Grynsztejn in conversation with artist Julie Mehretu



Lauren Peterson, Rachel Grund, Jennifer Brown



Anne L. Kaplan, Dia S. Weil



Carrie Smart, Anne O'Brien Praeger, Susan Marren



Addie and Riley O'Gara



Meg Phelan, Beth Sawyer, Bill Phelan

SHINING STARS FOR YOU TO SEE

PHOTOGRAPHY BY WIDIA VITI

The Hadley Woman's Board gathered the community for a joyful evening of cocktails, dinner, and connection in support of Hadley, the Winnetka-based nonprofit supporting adults with vision loss across the country. Proceeds fund free programs that help those adjusting to vision loss adapt and thrive through practical help and emotional support. The Woman's Board has supported Hadley's mission for more than 70 years. *hadleyhelps.org*



Megan Roche, Mary Clifford



Laura Glenn, Chris Tribe



Patrice Power, Charlotte Eirich, Sarah Mouasher, Ashley Gagnon, Sofie Nardi, Kimi Krasner



Barbra Bukovac, Cathy Kestler, Nicki Bukovac


Dr. Jessica Cohen with guests


Brittany and Dr. Jeremy Warner




N'Crai Pittman with SkinMedica

THE SKIN LOUNGE GRAND OPENING GALA

PHOTOGRAPHY BY MARTINA HAVLICKOVA AND WIDIA VITI

The North Shore welcomed a new standard of luxury and care in aesthetic medicine, The Skin Lounge. This exclusive medical spa within the Warner Aesthetic & Reconstructive Institute is redefining the way the community experiences beauty, wellness, and skin health. The Skin Lounge has its sights set on cultivating community connections. The grand opening gala in November featured treatment demonstrations, prizes, cocktails, hors d'oeuvres, music, and giveaways. The event also highlighted partnerships with local, privately owned vendors such as Fields Auto, Cohen Orthodontics, Luxe & Lilac Artisanal Cupcakes, The Volunteer Center, and Raphael Jewelers, reinforcing the medspa's commitment to supporting and celebrating the North Shore community. *warnerplasticsurgery.com*


Brenda Arelano, Adrianna Ghilarducci


Sandra Huerta



Emma Capet, Camille Franklin



Luxe & Lilac Team


Mellisa Feldman, Kara Cardelli, Shannon Wypych





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A LIFELINE ON THE NORTH SHORE

Northwestern Medicine Bluhm Cardiovascular Institute comes to Northwestern Medicine Catherine Gratz Griffin Lake Forest Hospital.

WORDS BY ***THOMAS CONNORS*** */ ILLUSTRATION BY* ***ROBERT RISKO***

To see a family member whisked away in an ambulance is bad enough. But when a son or daughter, mother or father, husband or wife, is transported from a nearby facility to one in the city, that distance only heightens the stress and uncertainty of an unsettling situation. In April of 2025, along with her parents, husband, and sister-in-law, Catherine Bernardi watched as her brother was taken by ambulance from Northwestern Medicine Catherine Gratz Griffin Lake Forest Hospital to the Northwestern Medicine Bluhm Cardiovascular Institute in Streeterville. It was a day she'll never forget.



As a member of The Women's Board of Northwestern Medicine Catherine Gratz Griffin Lake Forest Hospital, Bernardi co-chairs the group's annual benefit held at Shoreacres in Lake Bluff on April 18. As the months-long preparations for the event began, she assumed proceeds would benefit the hospital's addition of two new inpatient pavilions. In October, the hospital was renamed Northwestern Medicine Catherine Gratz Griffin Lake Forest Hospital in honor of philanthropist Kenneth C. Griffin's mother and in recognition of his generous philanthropy for Northwestern Medicine. "Then, just a few months ago," Bernardi shares, "we learned the proceeds from the event will be dedicated to advancing surgical excellence and cardiovascular care. This means we are expanding capacity in Lake Forest, so more patients in our community can receive the advanced care they need, closer to home. When I heard that, I couldn't believe it. I had to leave the room. The fact that patients requiring serious cardiac care will no longer have to be transported out of Lake Forest really hit home for me, because that night, when we had to see my brother leave, not knowing his fate, was so traumatic for us. And knowing that families will no longer have to endure that, it's an amazing gift."

Last April, Bernardi's brother and two friends were playing at Conway Farms Golf Course. On the third hole, his buddies noticed something odd about his drive, but they shrugged it off. Two swings later, their friend was on the ground. "They called 911 and, with the guidance of medics over the phone, started CPR and continued until the paramedics arrived," recalls Bernardi.

The paramedics administered immediate defibrillation with an automated external defibrillator, shocking his heart twice. He was transported to Catherine Gratz Griffin Lake Forest Hospital Emergency Department, where he was put into a medically induced coma to keep his body still and calm to prevent any further injury and placed on a ventilator. "The interventional cardiologist told us that one of his main arteries was 100 percent blocked," Bernardi explains. "He performed a procedure to try to clear the blockage, but it was unsuccessful."

That same night, Bernardi's brother was transferred to the critical care unit of Northwestern Memorial Hospital's Northwestern Medicine Bluhm Cardiovascular Institute in Chicago. After five days in a coma, he miraculously started to wake up. Three weeks later, while still in Chicago, he underwent triple bypass surgery and had a defibrillator implanted. It was rough going, but as Bernardi reports, "Today, my brother is back to himself, which is nothing short of a miracle."

Once only available in downtown Chicago, the expertise of the Northwestern Medicine Bluhm Cardiovascular Institute—nationally recognized by *U.S. News & World Report* for top performance in heart failure care and renowned as an innovative center of cardiovascular medicine for delivering pioneering treatments and heart disease research—will soon be available on the North Shore.

This enhancement of services is the latest chapter in the institution's accelerating commitment to cardiovascular care. Launched as part of Northwestern Medicine Bluhm Cardiovascular Institute only a decade ago with a handful of physicians, the cardiology program at Catherine Gratz Griffin Lake Forest Hospital has grown into a thriving and expanding program that sets new standards for excellence, has treated more than 50,000 patients, and expects to have 20 cardiologists on staff by 2026. As the hospital continues to advance its cardiovascular care, families will no longer have to endure the heartbreaking uncertainty Bernardi experienced as she saw her brother driven away that April night. "In the scheme of things, that moment may sound silly," says Bernardi, "but to be suddenly separated, without any glimmer of an outcome, is extremely tough. It's such a gift to our community to now have advanced cardiac care right in our backyard."

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