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U N C O V E R E D

MARCH 2011  
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**1. DAWN JACKSON BLATNER, RD, CSSD, LDN**, joins TCW this month as our newest regular contributor. "My Health 360 column is dedicated to all of us health-conscious Chicago women who want to eat right, be fit and live well," says Dawn, a registered dietitian and author of "The Flexitarian Diet." "Expect real advice and tips you can actually use from me and other top experts in the city." Dawn counsels individual clients on how to feed their body nourishing and wholesome foods, and teaches group vegetarian cooking classes in Chicago. Visit <http://dawnjacksonblatner.com> and follow her on Twitter @djblatner.

**2. LISA PAYNE** is a writer, personal trainer and group fitness instructor. After receiving her bachelor's in Broadcast Journalism and Communications from the University of Iowa, she worked as a writer/producer at KCRG-TV, an ABC affiliate, in Cedar Rapids, Iowa. Lisa then moved back to Chicago to receive her post-baccalaureate degree and MFA in writing from The School of the Art Institute of Chicago. Lisa has since combined both of her loves: fitness and writing.

**3. GAIL SUSSMAN MILLER**, chief obstacle buster at Inspired Choice, specializes in teaching and inspiring senior executives and women and diversity leaders how to more powerfully show up, speak up and move up in their job search and career. Gail is on a mission to create and sustain better workplace relationships, communications and outcomes by helping people to accept and embrace diversity in themselves and others. She helps people gain confidence and motivation by being mission-driven and making conscious choices. Find her on [www.howtolovespeaking.com](http://www.howtolovespeaking.com).

**4. LAURA LEVY SHATKIN** is a 15-year veteran food and wine writer. After 10 years as food and wine critic for the *Chicago Reader*, she served as Emmy-nominated executive producer for "Taste," a 30-minute food and wine show on NBC-5 Chicago and [www.Wine-Peeks.com](http://www.Wine-Peeks.com), which later merged into [www.WineTasteTV.com](http://www.WineTasteTV.com), where Ms. Levy is a partner/owner. Today, she teaches private wine classes and hosts wine parties for consumers and firms in Chicago and continues to tell the video stories of wine, girlfriends and wine travel on her TCW blog, "Wine...ing Women."

**5. MAUREEN JENKINS** is never more comfortable than when she's away from home. This month, the globetrotting freelance travel and food writer takes us to Argentina for fabulous wine (at *bodegas* that offer upscale lodging) in the Mendoza province and to check out hot hotel restaurants in Buenos Aires. A "citizen of the world," she has visited 30 countries and territories for work and pleasure. Travel virtually with Maureen through her "TCW Travel Connection" blog.

**6. VICTOR SKREBNESKI**, a working photographer for over 50 years, has contributed to *Town & Country*, *Harper's Bazaar*, *Florida International*, *Italian Vogue*, *Elle* and *Esquire*. He has published 14 books and has had major exhibitions in Paris, Hamburg, London, New York, Los Angeles, San Francisco and Chicago. He is the Editorial Art Director of *Today's Chicago Woman*.

**7. KAY KAMIN** is a certified financial planner and has been the Money Matters contributor to TCW for nearly 15 years. Money Matters discusses new products and thinking, the basics, mastering jargon and reasons why individuals should learn to manage their own investments. Kay encourages questions from readers.

**8. DEB ARNESON** is a licensed clinical nutritionist and holds degrees in Food and Biochemistry as well as a master's in Psychology. Deborah's passion for helping women has propelled her to the top of the nutrition food chain. Author of "Fries, Thighs and Lies," and a contributing editor to TCW for the past 15 years, Deborah's daily goal is to guide women to reach their fullest potential from the inside out.

**9. JOHN REILLY** is one of America's most prestigious portrait photographers. From major corporations to cultural institutions, celebrities to politicians, Chicago's most notable individuals and families count themselves among his continuing clientele. He is currently working on photographs from his Nepal trip with Operation Walk, a group of Northwestern Orthopedic surgeons who donate their time to the less fortunate in many third world countries.

# ReAlign

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Inside and Out



Dr. Peter Georgiou, CCSP  
Clinical Director  
Doctor of Chiropractic Medicine  
Chiropractic Sports Physician



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- Acupuncture Therapy
- Nutritional Counseling
- Headaches
- Herniated Disc
- Neck and Back Pain
- Shoulder and Arm Pain
- Pinched Nerves
- Sports Injuries
- Stress Management
- Whiplash
- Carpal Tunnel Syndrome
- Sciatica
- Pregnancy-Related Low Back Pain

St. Patrick's Day March Madness - For the entire month of March, we will be offering New patient exams for \$17, this will include full exam, one set of x-rays, and a report of findings with the doctor.

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## GUILT-FREE GET-TOGETHERS

BY DAWN JACKSON BLATNER

Lucky for us health-conscious women, there are ways to have a good time that don't revolve solely on overindulging on fatty foods and throwing back one too many cocktails. I asked two of our city's health gurus for their personal ideas (and threw in a few of my own) for fun you can feel good about in the morning. Here's what Christie Hwang Jordan, owner and acupuncturist at Source Healing; Diana Ozimek, owner of Windy City Adventure Boot Camp; and I recommend for guilt-free girls' get-togethers.

**HAVE A DANCE DANCE PARTY PARTY** With a tagline like "No boys, no booze and no judgment," you can't go wrong! This is a perfect outing if you love to dance but don't want to stay out late, drink or hit the club scene. Just show up to **Perceptual Motion Dance Studio** Wednesdays 7-8PM or Sundays 4-5PM to shake your groove thing in comfy workout wear. 4057 North Damen Avenue, [ddppchicago@gmail.com](mailto:ddppchicago@gmail.com), <http://ddppchicago.wordpress.com>.

**MEET FOR A "DRINK"** Belly up at the **Green Corner** juice bar for organic fresh drinks with names like 'Limelight' and 'Sunrise.' There's no healthier way to catch up with your girlfriends' gossip and life drama. 1880 North Damen Avenue, 773.292.4393, [www.greencornerchicago.com](http://www.greencornerchicago.com).

**COOK IT UP** Take a cooking class at **The Chopping Block** to hone your culinary know-how. Sign up for healthy classes such as sushi, vegetarian or chicken 101 and hold off on the more decadent baking and pasta classes. *The Merchandise Mart and Lincoln Square locations*, 312.644.6360 or 773.472.6700, <http://thechoppingblock.net>.

**EXPLORE THE LAKEFRONT PAR COURSE** You've probably seen the **fitness stations** along the lakefront path (called a par course) where signs instruct you to do everything from pull-ups to sit-ups. This is a fun way to mix-up a regular jog by figuring out how to do the exercise at each stop heading north from Diversey Harbor to near Belmont Avenue.

**MAKE A RACE DATE** Jog a 5K with friends for more than just fitness – get matching tee shirts, a bag of race day give-aways and usually an after-run party with music, food and drinks. If that's not enough, typically proceeds go to a deserving charity, which is the philanthropic icing on the cake. To find a run, visit **Chicago Area Runners Association** at [www.cararuns.com](http://www.cararuns.com).

**GET A GOOD LAUGH** Yes, wellness is about eating well and exercising, but don't forget laughter is key to longevity, stress management and life balance! Buy tickets to a **Second City** show to have some of the country's most talented comedians tickle your funny bone. 616 North Wells Street, 312.337.3992, [www.secondcity.com](http://www.secondcity.com).

**MEET FOR A MATCH** Reserve an indoor or outdoor tennis court (depending on weather) at Chicago Park District's **McFetridge Sports Center**. 3843 North California Avenue, 773.478.2609.

**KNOCK OVER SOME PINS** Bowling gets an adult upgrade with black lights, a fog machine and dance music at **Waveland Bowl**. "Cosmic Bowling" on Mondays 7PM-12AM, Thursdays 10PM-12AM, Sundays 8PM-12AM. 3700 North Western Avenue, 773.472.5900, [www.wavelandbowl.com](http://www.wavelandbowl.com).

**PAMPER UP** Break up a work week by meeting the girls at a salon on a "school night" since many offer Monday – Wednesday specials on manis/pedis. Check outseek out more natural nail care at places like **Cici Nails Lakeview**, for nail polish brands without toluene, formaldehyde and DBP chemicals. 3323 North Lincoln Avenue, 773.880.0989, <http://cicinailslakeview.com>. ■

Dawn Jackson Blatner is a Registered Dietitian and author of "The Flexitarian Diet."