

CHICAGO SOUTH SUBURBAN WOMAN

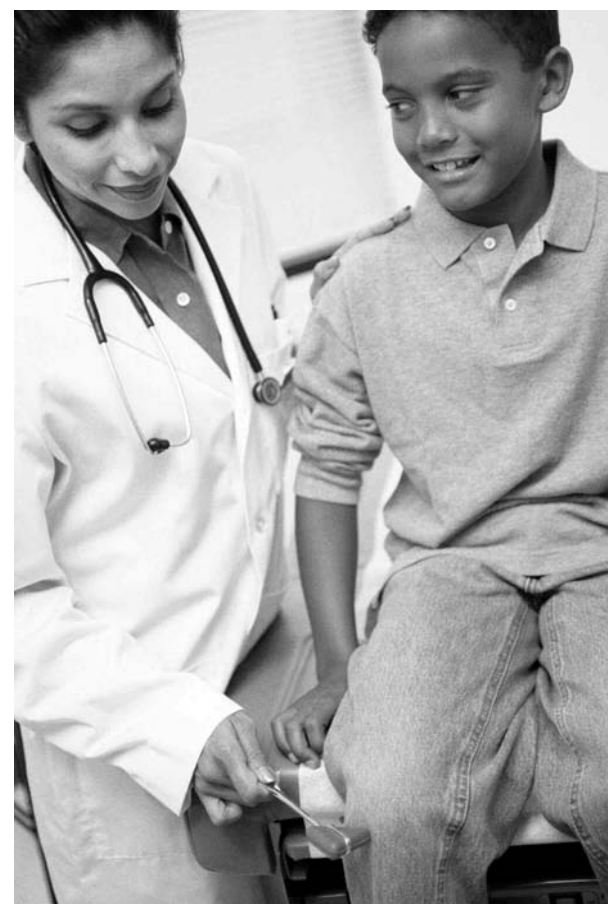
NEWSPAPER™

The #1 Woman's Educational Newspaper

*Meet Eleven
Dynamic Women
Breaking Ground
in Medicine Right
Here in the
Southland!*

TABLE OF CONTENTS

HEALTH	FASHION
Breast Reconstruction Following Mastectomy: A Rewarding Procedure.....6 <i>Michael Harrison</i>	The Aquamarine17 <i>Regina Greer-Smith</i>
Local Geriatrician Focuses on Special Health Needs of Patients 65 and Older7 <i>Michael Harrison</i>	Designer Spotlight: Cyndi Chan24 <i>Staci Demierre</i>
Community Health: Education, Prevention, Inspiration.....8 <i>Jennifer Zimmerman</i>	FEATURE
Alignment for Life9 <i>Dr. JeriJo Vandenhoven</i>	A Salute to Women in Medicine!.....18
Why Eye Exams Are Important10 <i>Susan Martonik</i>	DINING OUT
It's Picnic Time!11 <i>Eileen Conneely RD, LD</i>	Restaurant Review: Oliverio's Italian Chop House20 <i>Reviewed by Regina Greer-Smith</i>
BUSINESS	ONE OF OUR NEIGHBORS
Professional Women's Network Third Annual Conference12 <i>Vivette Payne</i>	Lemont: Past, Present and Future21
FINANCE	BEAUTY
Protecting Your Assets as You Grow Wiser.....13 <i>Marla V. Brady</i>	Redefining Beauty23 <i>Carolyn Brundage</i>
HOME	MOTHER WIT
Home Space Spotlight: The Dining Room15 <i>Julea Joseph</i>	Fighting Childhood Obesity25 <i>Shaun Wiley</i>
LIFESTYLE	GOLDEN WOMAN
Finding Your Balance16 <i>Anise D. Wiley-Little</i>	My Yoga Walk: From Student to Teacher.....26 <i>Eileen Olson</i>
	YOUNG WOMAN
	So You Want to Be a Doctor27
	BOOKS
	The Road From Coorain28 <i>Reviewed by Debbie Somchay</i>
	Our Favorite Books28
	TRAVEL
	Before You Hit the Road this Summer32
	How to Stay Healthy During Your Vacation32



**Advertise In The
Only Publication
In The Southland
Devoted To
Women!**

Reserve Your Space Now!

info@csswpaper.com

708-748-5306

708-748-8307 fax

Advertising Deadlines

Issue	Deadline
Sep/Oct 07	Aug 10, 07
Nov/Dec 07	Oct 12, 07
Jan/Feb 08	Dec 7, 07
Mar/Apr 08	Feb 8, 08