

Contributors



1. **EVA YUSA**, shopping expert for the Chicago-based comparison shopping site ShopLocal.com, has a talent for spotting what's hot and a gift for helping people find the best deals. Eva maintains a national shopping blog and appears on TV and in online videos under the moniker "Eva the Shopping Diva" (evatheshoppingdiva@shoplocal.com). Prior to becoming Eva the Shopping Diva, Eva served as a fashion stylist for catalogues and print and broadcast advertising. She also has extensive experience working in theater, commercials and film. See Eva's tips to keeping a well-stocked purse on page 31.

2. **DR. GAIL GOLDEN**, a consultant with Chicago's RHR International—world leader in executive and organizational development, has more than 20 years of experience in consulting and clinical psychology in multiple arenas, including a stint as the Chief Psychologist of Golden Psychology Services in London, Ontario. Currently, Dr. Golden coaches Chicago female executives on how to be more effective in the male-dominated executive setting. Get her advice on how to survive the First 90 Days in a new position on page 38.

3. **DON NEWCOMB** is founder of Chicagourmet (www.chicagourmet.org) a food and wine society launched in 1997 that now hosts 60+ events annually for its 400 members. Don is also vice president of the Culinary Historians of Chicago and serves on the board of the Green City Market. For 19 years he served on the board of the American Institute of Wine & Food, Chicago chapter and he is the recipient of the Chicago Tribune's Good Eating Award. Don, a graduate of the University of Illinois, retired from Triton College after 30 years as chairman of the Horticulture Department. Don dishes on the right wine glasses on page 84.

4. When **JOY LOVERDE** isn't traveling the world fulfilling speaking engagements and media interviews, she's consulting with creators of eldercare products and services as a way to improve the lives of elderly people everywhere. A leader and visionary in the field of parent-care, Joy feels particularly passionate about helping families stay connected. You can find her article Is Spirituality Good Medicine on page 72.

5. **BOB REID** will travel anywhere for good eats, but when he gets a chance there's nothing Bob loves more than to sit, talk and eat with Chicago's top chefs and restaurateurs. This month Gina Capitanini of The Italian Village restaurants told Bob about being part of an 80-year-old family legacy, their famous tomatoes and how she plans to carry on the tradition. When he's not busy writing and researching, you can find Bob at Ditka's (yes, he loves a good cigar) or scouting out many of the city's other dining establishments. Look for his article on page 80.

6. **DANIELLE TULLIER** is a former managing editor of Today's Chicago Woman, who's now a freelancer and full-time mom to a one-year-old. Her articles have appeared in Country Living, Complete Woman and the Chicago Tribune. In this issue, she interviews City Treasurer Stephanie Neely and picks up some savvy money-management tips to pass on to her daughter. Read Danielle's one-on-one interview on page 98.

7. **DEBORAH S. BUSSERT** is a civil and commercial litigator at Meltzer, Purtill & Stelle LLC, a law firm with offices in Schaumburg and downtown Chicago. Deborah represents clients in mediation and also acts as a mediator. First trained as a mediator in 1999, she has extensive experience using various alternative dispute resolution techniques, and has worked with the owners of many businesses to help them resolve disputes of all types. Deborah helps you decide whether or not you Really Need a Lawyer on page 36. ■



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The Right Wine Glass?

It depends... *By Don Newcomb*

Most people, when plotting out a dinner party menu, focus first on food, second on wine and third on details such as which wine glass is best to serve with your chosen vin. To answer that last-considered question, all I can offer is: It depends.

From the perception of the oenophile, the “right” glass should be: **Clear**, in order to permit the drinker’s gaining knowledge about the wine’s age, viscosity, presence of oak (in whites), etc. “The clear bowl gives us lots of visual clues about what we are going to experience,” says Lee Schlesinger, director of marketing for Winesellers Ltd., Skokie. Lead crystal or part-lead is usually preferred because of the higher index of refraction for greater visibility.

Correctly proportioned. The bowl of the glass should be larger than the mouth to help capture the aromas and heighten the perception of the wine’s bouquet. The lip of the glass should be thin and smooth, allowing an unobstructed path from wine to palate. Glasses for white wine are generally smaller than for reds, in part to control the amount of the pour, thus helping to hold the chill. There are specific shapes that manufacturers suggest for whites, reds, sparklers (e.g., champagne), rosés and sweet and fortified (e.g., sherry) wines. Scientific research is often quoted to prove that one shape and size is better than another for pinpointing the spot on the palate to which the wine is delivered (local celebrity Chef Michael Foley calls that “the sweet spot”). The shape of Champagne flutes indisputably helps keep those little bubbles bubbling better than a wide-mouth glass.

Stemmed and stable. Stemware is desirable, because stems are used to hold the glass, preventing fingerprints on the bowl of the glass, which obscure the view of the wine. Stems also prevent the hand’s warmth from increasing the wine’s temperature, thus altering the taste. The base of the glass should be large enough to prevent tipping and to make the glass stable on the table.

That’s the expert perspective. But choosing the right wine glass doesn’t need to be so complicated. It’s just as important to think about what you want:

- How focused are you on the experience of drinking wine?
- Is your choice at the market generally limited to white for fish and red for meat, or just something that tastes good?
- Are you serving wine for a backyard BBQ or a picnic, along with beer, spirits and soft drinks, or are you going to great lengths (and expense) to prepare a multi-course dinner to honor your guests?

If you’re feeding the boss, who herself may be an oenophile, you may want to pay a little more heed to your choice of glassware. But aside from that, feel free to choose most any glass you want, or have!

What glasses do I recommend? Personally, I enjoy a smart-casual entertaining style at home. I want the focus to be on the camaraderie of the assembled group and I want decent glassware for wines, whether fine or fair, and I want to be able to throw them in the dishwasher. So, for me, the Riedel ‘O’ series works just fine. No stems to worry about fitting in the dishwasher—use a napkin to keep your fingers clean, and keep the glass on the table when you’re not drinking from it. And I don’t buy three different glass styles each for reds and whites. One all-purpose glass each for reds and whites does fine for me—and my guests have never complained! (My exception to the rule? Champagne flutes. I started collecting Masséna patterned Baccarat flutes years ago, and now that’s all I’ll use for serving champagne or other sparklers.)

Bottom line: The right glass for the right wine depends on your sensibilities, your preferences and your style of entertaining. Indeed, like almost anything, it depends! Cheers! ■

For more information visit www.thewinedoctor.com (search: wine glasses); www.wineglasses.com; www.winetours.com

Don Newcomb is founder of ChicaGourmets (www.ChicaGourmets.org), a food and wine society which hosts 60+ events annually for its 400 members. Contact Don at DonaldNewcomb@comcast.net

