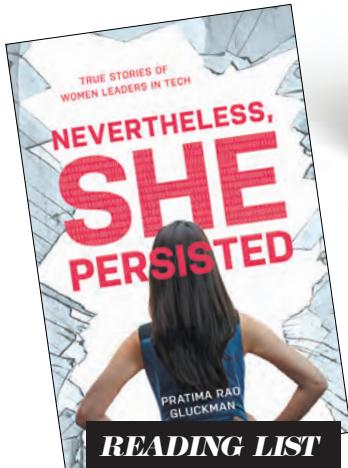


## kudos

**Sandra Cordova Micek** was recently named the first woman president and CEO of Window To The World Communications, Inc. (WWCI), parent organization of WTTW and WFMT. Starting her career at Turner Broadcasting in New York, Micek most recently served as vice-president, Global Brands for Hyatt.



### SHE PERSISTED

Achieving parity in the tech industry is a long-term project, and learning from the experiences of other women in the field is key. Author **Pratima Rao Gluckman**, herself a tech exec, has gathered the stories of female tech executives in her new book, *Nevertheless, She Persisted: True Stories of Women Leaders in Tech*. The book features 19 women detailing their encounters with bias, their influences and inspirations, and their strategies for success.



**SANGRIA BOX**  
Sangria is having a moment and you can bring every one of those delicious moments to your picnic. Sangria LOLEA Portable Picnic Packs come complete with 8 bottles of red and white sangria (4 of each), 8 black plastic straws, 8 plastic glasses, and a bottle opener.  
**\$47.95 at [sangrialolea.com](http://sangrialolea.com)**

## NotOk App

Those suffering from mental illness have one more tool at their fingertips, thanks to the notOK™ app. Designed by teen siblings Hannah and Charlie Lucas, the app allows anyone who is in distress due to depression, anxiety and other conditions to immediately request help when they are feeling vulnerable by pressing a button. To use notOK™, simply open the app, tap the red button and a text message will be sent to up to 5 pre-selected contacts that reads: "Hey, I'm not OK. Please call me, text me, or come find me," along with a link to their current GPS location. [notokapp.com](http://notokapp.com)



## take it outside

Don't remember the last time you had an old-fashioned picnic? Remington's makes picnic prep easy with its Summer Picnic Basket special. The Michigan Avenue restaurant just debuted their curated picnic program. You can customize your basket by selecting from a variety of package options that are housemade in the kitchen, including artisanal meats and cheeses, hot and cold sandwiches, salads, snacks, dips, and beverages. [remingtonschicago.com](http://remingtonschicago.com)