

January 2001

*Looking Your Best*  
for  
**2001**

**Medieval Magic Raises  
Funds for Homeless**

**"Love is in the Air" Gala  
to Benefit BYDE's *Coppelia***

**Barrington Cyclist  
Endeavors "A Ride  
with a Reason"**

PRSR STD  
U.S. POSTAGE  
**PAID**  
G.M. McMonigal  
ENTERPRISES

P.O. Box 293  
Crystal Lake, IL 60039-0293

COPYRIGHT 2000 G.M. McMONIGAL ENTERPRISES  
ALL RIGHTS RESERVED \$1/NSP VOLUME 17, No. 4



## The Hair You Hate Gone Forever

A Professional Solution  
to a Most Personal Problem

Medically approved, the newest shortwave electrolysis treatment will **PERMANENTLY** remove unwanted hair.

- Disposable needles used
- Free Consultation without obligation

**Clear Reflections**

HAIR REMOVAL CENTER, INC.

118 Barrington Commons Ct., Suite 216, Barrington

**381-9020**

*In practice at this same  
convenient location since 1976.*

Convenient Hours: Monday thru Thursday 12:00 noon until 8:30 pm

## Electrolysis is the Answer

Anyone who is interested in good grooming and an attractive appearance is likely to read about electrolysis. It is the *only method* which will remove your unwanted hair **permanently**, and it is not a new technique. Successful results have been reported and discussed favorably in the medical journals since 1875, more than a century ago.

Nowadays thousands of women make appointments every week with their electrologists, but very few openly tell their friends or relatives about the positive results. Most people are too embarrassed to mention facial or body hairs, and so the facts about permanent removal must often be learned from responsible beauty editors or medical columnists.

Fortunately, there is a skilled electrologist at **Clear Reflections** in the Barrington Commons who can remove those telltale hairs quickly and conveniently in the privacy of a professional office.

Now past its 100th anniversary, electrolysis is a boon to mankind which goes on making converts every day. The reason is obvious—success and permanence make an unbeatable combination.

Take away those unwanted hairs and what you have left is confidence in your own charm and attractive appearance. Phone **Clear Reflections** at **381-9020** for your appointment.

**Clear Reflections** has provided 25 years of service at the same location.

# AFTER CHRISTMAS

## RELAX AND SAVE



## Shop Barrington

- Wonderful Selection of Merchandise
- Friendly, Personalized Service
- Excellent Store Mix

*"Make shopping in Barrington  
part of your Lifestyle"*

Keep Your Tax Dollars Local

barrington

# LIFESTYLES™

NEWS MAGAZINE

Published by

G.M. McMonigal ENTERPRISES

Glenn M. McMonigal, Editor

P.O. Box 293 Crystal Lake, IL 60039-0293

**(815) 459-4820**

*LIFESTYLES Magazines* can assume no responsibility for statements made or opinions expressed by contributing writers or advertisers. However, comments and corrections or differing opinions are welcomed.

The editorial staff at *LIFESTYLES Magazines* reserves the right to edit and place all editorials accompanying ads. No credits will be issued due to typos, editing or placement of these editorials.

No part of this publication may be reproduced, including but not limited to advertisements and articles without written permission from the publisher. Unsolicited manuscripts without return postage will not be returned.

Prepress Composition  
& Imaging  
by:



**TRIAD COMPUTING INC.**

P.O. Box 1772  
Crystal Lake, IL 60039-1772  
**(815) 479-0695**

## Editor's Ink

January, 2001

Dear Reader,

We begin a new year. Doesn't 2001 look strange to you? But then, when I see dates like 1965, I think that was recent. Where do the years go? I do know as I get older, the years are going by faster.

*Lifestyles* is packed with happenings this issue—past happenings and those about to happen. Take for example Barrington cyclist Bob Lee's 2001 mission, "A Ride With a Reason." Bob will endeavor to cover 3,200 miles on his bike in an attempt to raise \$32,000 for medical research (Lou Gehrig's Disease) and for Hospice programs. That is quite an ambition. We wish him Godspeed come February.

Mark the calendars for Saturday, February 17. That's the date of "Love is in the Air," the theme of Barrington Youth Dance Ensemble's (BYDE) gala to benefit the ballet production *Coppelia*. Galas put on by BYDE are always very special with entertainment that is exceptional. Do plan on attending.

And don't miss reading about "Medieval Magic," Barrington Friends of Home of the Sparrow's fundraiser held last November. The theme was terrific (but they always come up with great ones)! Over \$140,000 was raised.

Happy New Year to you. May 2001 be a healthy, happy and prosperous one for you.

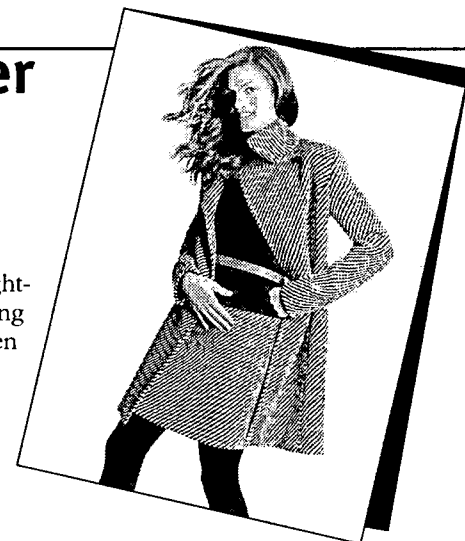
Until next time, may all your thoughts be sunny.

With warm regards,  
Glenn McMonigal  
Editor, *Lifestyles Magazines*



## About Our Cover

Another take on the suit pairs a lightweight coat with skirt in eye-opening diagonal tweed. Linda Allard for Ellen Tracy—Fall 2000.





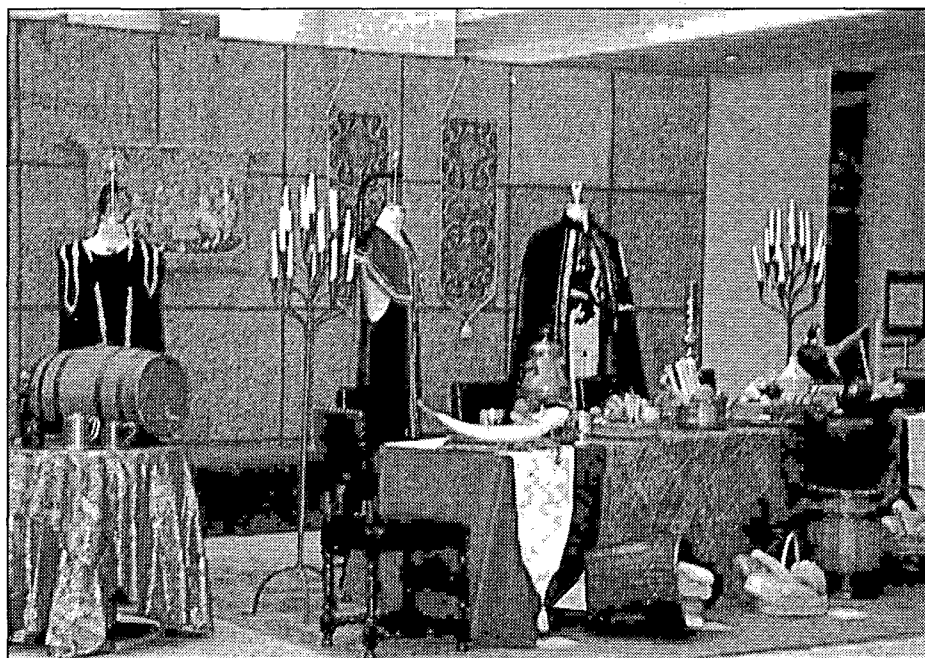
# Medieval Magic Raises Funds for Homeless Women and Children

Over 400 persons attended "Medieval Magic" on November 4 and raised a record amount of monies, over \$140,000, to benefit Home of the Sparrow!

Under flying banners, guests enjoyed the colorful pageantry of a castle marketplace filled with precious items available for purchase through auction. Thanks to the committee headed by Cora Lee Cain and Marilyn Patrick, unusual items were available from all over the world!

The banquet hall was filled with food, music for dancing and a wonderful atmosphere of community joviality. Praise was lauded upon Pat Galus, Christine Traska, Kathy Tallman and the many artists who carried out their commission "to decorate" so perfectly!

The unique gathering of so many richly attired persons and valuable objects necessitated the presence of a special detachment of knights and other officials... easily recognizable by their shining armor and feudal insignia!



The Medieval Banquet was laden with wonderful food.

The generosity of Sears, Roebuck & Co. in providing an adequate and convenient "great hall" site at their Corporate Offices in Hoffman Estates is much appreciated by Barrington Friends of Home of the Sparrow which organized the event, and has seen it sold out every year!

Home of the Sparrow provides transitional housing and counseling services to women and children striving to avoid and/or prevent homelessness. Sparrow is headquartered in McHenry, with additional shelters in Crystal Lake and Palatine, and answers about 1,700 crisis calls annually.

For more information or to donate time or services to Barrington Friends or Home of the Sparrow, please call LeAnn at 847-277-1439 or Home of the Sparrow at 815-344-5171.

Monetary donations to this crucial work are gratefully accepted! Please make your check out to Home of the Sparrow, Box 3393, Barrington, IL, 60011.



Enjoying the dancing of Medieval Magic were Diane and Philip Francis of Barrington Hills.



In a singing processional were the Marion Singers of Lake Zurich.



Christine and Mark Traska take time for a photo. Christine was a co-chair of the auction committee.



Enjoying the community joviality in the banquet hall were John and Michele Gillett, Tower Lakes, with Chuck and Chris Cooper, Hawthorn Woods.



Toasting the gala event were Debbie Repsold, Bill Evans, Mike Rigali, Jeff Wine, Kim Evans, Roger Repsold, Don and Marsha Fitzgibbons and Al Guernsey, all from the Barrington area.

# Winter Clearance

## Save 20% - 50%

### On Fall/Winter Merchandise For Men, Women and Boys



141 W. MAIN • BARRINGTON • PHONE 381-6616  
OPEN MONDAY THROUGH WEDNESDAY AND FRIDAY 9:30-6:00  
THURSDAY TILL 8:30 • SATURDAY 9:30-5:00  
VISA • MASTERCARD • AMERICAN EXPRESS  
DISCOVER • CHUCK HINES CHARGES WELCOME



**I**t was an age of hickory-shaft clubs, of gentlemen in knickers and galleries surging close on the greens. American golfers, just coming into their own, crossed the Atlantic by steamer ship to challenge the dominant, British champions. In that shining era, one player outshone the rest—Robert Tyre Jones, Jr., the only man ever to win the Grand Slam of Golf. Admired for the grace of his character as much as for his grace on the course, Bobby Jones embodied the finest qualities of any age: abiding integrity and dignity, quiet elegance, a courageous spirit. We are pleased to honor his legacy with clothing that echoes the legendary virtues of the man himself.

Bobby Jones solid knit jersey shirts are available at **Chuck Hines** on Main Street in downtown Barrington.

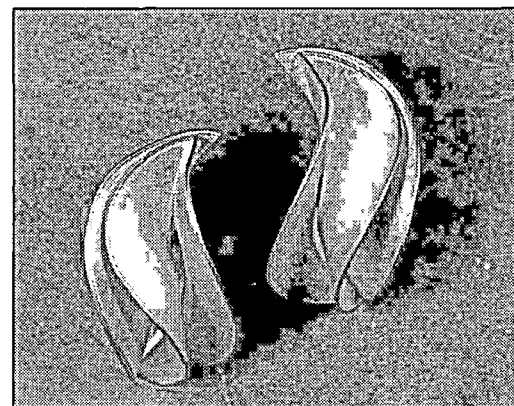
## The Art of Jewelry Creation

"As The Water Flows..." *The Art of Jewelry Creation* is the third program in the Members Present Art Series sponsored by the Barrington Community Associates of the Art Institute of Chicago.

Mariko A. Husain, designer and creator of original jewelry, will present her original, handmade designs. Her work has received awards at Goddard's International Competition in London, England.

The design of Mariko's jewelry is inspired by many fascinating and beautiful creations, especially natural creations like trees, flowers, moss and water—in particular the nature of water—which creates so many variations of form, pattern, texture, power, stillness, rhythm, movement and sound. She uses a combination of silver and 18 ct. yellow and white gold, texture and matte finish to create her work.

Husain's work has been exhibited in galleries in Tokyo, England and Boston, design centers in London and Glasgow and the Victoria & Albert Museum in London.



Original Design Earrings by  
Mariko A. Husain, silver and 18ct. gold.

Her education includes The Central School of Art and Design in London, Barnet College in London and Meiji Gakuin University in Japan.

The lecture begins at 1 PM, Tuesday, January 9, at the Barrington Area Library, 505 N. Northwest Highway. There is no charge. The public is welcome. For more information, please contact Evelyn Richer at 847-381-5349.

## Save! Save! Save! January is Sale Time at Tootsies

Selected styles from all of your favorite brands are on sale. Dress shoes and casuals. Prevata, Stuart Weitzman, Adrienne Vittadini, Donald Pliner, Paul Green and Cole Haan. Walking shoes from Ecco, Born and Mephisto. Boots from La Canadian, Columbia, Nickels, Van Eli and others.

For the kids casual and dress shoes, save on Stride Rite, Elefanten, Jumping Jacks and Nine West Kids. Great gym shoes from Adidas, Skechers, Tommy and

Stride Ride. Sale boots from Kamik, Columbia and Weather Guard.

Our entire stock of Dr. Martens for both teens and children are now on sale!

Our entire stock of jewelry is on sale along with selected handbags and hosiery.

**Resort! Resort! Resort!**  
**January is Resort at Toosties.**

We have a great collection of beach sandals, casual footwear, espadrills and bags for both women and children. DKNY, Birkis and Teva just to name a few.

COLE HAAN • DONALD PLINER • STUART WEITZMAN • ADRIENNE VITTADINI

# Tootsies

A Shop for Women's and Children's Shoes and Accessories

## Semi Annual Clearance

# Sale!

### Women's Shoes

Reg. 69.96 to 197.95 NOW 49.97 to 99.97

### Women's Boots

Reg. 109.95 to 249.95 NOW 79.97 to 174.97

### Children's Shoes & Boots

Reg. 32.95 to 89.95 NOW 22.97 to 59.97

107 E. Main Street Monday-Saturday 9:30am-5:30pm  
Barrington 277-9596 Thursday till 7:00pm

KECHERS • DR. MARTEN • STRIDE RITE • ELEFANTEN • ADIDAS • TEVA

• JUMPING JACKS • MOLLIE MONROE • FRANCO SARTO • BIRKENSTOCK • MEPHISTO •

• NICKELS • BORN • ARIAT • ECCO • DANSKO • BIRKENSTOCK • MEPHISTO •



## What's Happening at Starr Couture

All of us at **Starr Couture** would like to wish you a happy and healthy New Year. It has truly been an incredible year for us and we appreciate your support. We look forward to a new and exciting year as I will soon begin my travels to Europe bringing you the finest fashions and accessories. As always, please watch or stop in for all of our upcoming events. You will not want to miss our semi-annual sale. We look forward to seeing you soon.

—Starr



Starr Kondos, Owner

## Experience the Signature Style of Robert Lee Morris

Clean. Sculptural. Inspired by nature. Just a few ways to describe the signature style of Robert Lee Morris—one of the most recognizable names in fine jewelry for the new millennium—now at **Dalzell & Co. Fine & Antique Jewelry**.

Internationally-known for his work with metals and sculptural forms, Robert Lee Morris' newest collection combines the popular look of yellow gold and sterling silver with rare pearls, creating wearable works of art that are fashion-conscious without looking like the "rest of the pack".

The designs of Robert Lee Morris have earned many prestigious accolades, including Best Design in Pearls—Couture

Collection and Conference 2000, DeBeers "Right Hand Ring" Award 1999 and Grand Prize for Design—Platinum Guild International 1999. In 1995-96, the Fashion Institute of Technology honored Mr. Morris with a 25-year retrospective; most recently, his creations were on exhibit at the Metropolitan Museum of Art in New York.

Experience the signature style of Robert Lee Morris at **Dalzell & Co. Fine & Antique Jewelry**, 23 N. Williams St., historic downtown Crystal Lake. Open Monday through Friday, 9:30 AM to 5:30 PM, Thursday till 8:00 PM; Saturday, 9:30 AM to 4:00 PM; and by appointment. Please call **815-455-3600** or **847-382-3944**.

## Date Set for St. Francis de Sales Fashion Show

Mark your calendars for Sunday, February 4, as the St. Francis de Sales Parent Teacher Organization (PTO) invites you to view the latest fashions at the St. Francis de Sales Luncheon and Fashion Show.

"Essence of Spring" will be held at The Cotillion in Palatine and will unveil the newest spring styles from various local and national retailers. The fashion show

includes lunch and also features a small silent auction and prizes. All proceeds will benefit the St. Francis de Sales school.

So bring a friend and enjoy an afternoon of fashion and fun. Tickets will be available after all masses at St. Francis de Sales parish in Lake Zurich on the week-ends of January 14 and 21 or by calling Patti Korte at 847-438-0818.

## Barrington Welcome Wagon New Year Breakfast

The Barrington Area Welcome Wagon is holding its annual New Year Breakfast for members, potential members, spouses and guests at Wynstone Country Club on Sunday, January 21, 2001, at 11:00 AM.

The cost is \$18 per person and a cash bar will be available.

Reservations are required as numbers may be limited. Call Carol at 847-277-1316.

## Wrap Yourself in Warmth & Luxury

Now that those cold winter days have arrived, you'll find there is nothing like a fur coat for style, warmth and luxury. "Fur is back," says Bill Talidis, owner of **The Mink Barn**. "In the 34 years I've been in business at this location, I've seen many changes. This year, more than 200 fashion designers are working with fur."

Customers from a 150-mile radius have been coming to **The Mink Barn** for years, even though its location is a little out of the way. Bill's reputation is what draws them. Even though **The Mink Barn** is located in a rural area, people are amazed at the large and beautiful showrooms, and equally impressive selection of all kinds of fine furs. Bill was born and raised in the fur business in Kastoria, Greece and started working with them at a very young age. He not only has 50 years experience in the making of the

furs, but also raised mink for 30 years. Therefore, by raising the animals, making the coats and selling them right there on the farm, **The Mink Barn's** overhead is very low. "We eliminate the middleman and pass the savings on to the customers." Bill Talidis has established himself as one of the nation's finest furriers.

Bill and his courteous staff will be happy to help you select a garment from their superb collection of fine quality furs. **The Mink Barn** offers petite to plus sizes and everything from the finest quality mink coats to the practical and casual sheared furs.

You see furriers come and go, but **The Mink Barn** just keeps getting better and better every year.

So come to **The Mink Barn** where you are treated the way you should be—**100% satisfaction, guaranteed!**

## STARR COUTURE January Clearance 40% to 60% OFF

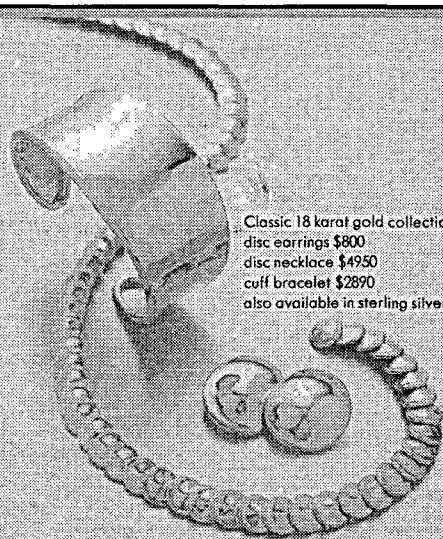


**STARR**  
COUTURE  
Distinctive Apparel  
& Accessories

Your Opportunity to  
Save on the Finest European  
Fashions & Accessories

111 North Cook Street • Barrington, IL 60010  
847.382.2500

Hours: Monday-Saturday 10 a.m. to 6 p.m. • Evenings by Appointment



Classic 18 karat gold collection:  
disc earrings \$800  
disc necklace \$4950  
cuff bracelet \$2890  
also available in sterling silver.

ROBERT LEE MORRIS

AVAILABLE AT



**Dalzell & Co.**

Fine & Antique Jewelry  
Waterford® Crystal

23 N. Williams Street  
Historic Downtown Crystal Lake  
(815) 455-3600 or (847) 382-3944  
Mon. through Sat. & by appointment

## January Clearance Fur Sale Save 20%-50% OFF



**IN BUSINESS FOR 34 YEARS**

We have the largest selection of fine quality American made furs.

Mink is our speciality, but we also offer the best in sheared and long hair beaver, raccoon, coyote, fox of all shades, lynx, sable and an excellent selection of fur-lined jackets, trenchcoats and leathers.

Tuesday - Saturday 9:30-5:30, Sunday 12:00-5:00, Closed Monday

**FURS By BILL TALIDIS**

"The Most Trusted Name in Furs"

at the **the mink barn®**

9 miles west of Crystal Lake off Route 176 on Franklinville Road, Union, IL

**1-800-321-FURS**

Credit Cards Accepted

All furs ranch raised or government controlled and labeled to show country of origin.

*She & I*  
Hair and Nail Salon

## Meet TRINA WIEHR



Mon. - Sat.  
Wed. & Thurs. Evenings

Walk-Ins Welcome • Gift Certificates Available

The Ice House Mall

381-5043

200 Applebee  
Barrington

## SUPER BOWL SUPER SALE

Thursday, January 25th  
9:30am-8pm

Friday the 26th, 9:30am-5:30pm

Saturday the 27th, 9:30-5:30pm

Sunday the 28th, 11am-3pm

Have Your Next Event With Us

Enclosed Mall • 16 Unique Specialty Shops  
Friendly & Personalized Service  
Relaxed Atmosphere • Plenty of Parking  
Convenient Downtown Location

**Barrington  
ICE HOUSE MALL**  
village shops & Chessie's restaurant

200 Applebee Street  
847-381-6661



Rt. 59 (Hough St.) and Lake Cook Rd. (Main St.) Intersection, turn west  
on Main for one block, then turn north on Applebee, next to the Jewel.

Hours: Sun. 11-3, Mon.-Sat. 9:30-5:30  
Thurs. 9:30-8:00

## Chesterfield Glass Galleries



**SAVE**  
up to  
**50% OFF**  
thru Jan. 31

Barrington Ice House • 200 Applebee St. • 382-6677

## Barrington Area United Way Welcomes New Board Members in 2001

The Barrington Area United Way Board of Directors welcome the newest board members: Marty Rogers, VP/Director of Human Resources for Motorola; Debra Papas from Papadakis Photography; Michelle Heider, Director of Business Development for GE Capital Auto Financial Services; Russ Botwin, Vice President of Commercial Banking with Harris Bank Barrington; Daniel Henson, President, GE Capital Auto Financial Services; Charles Carson, Advisory Division Director in the Private Client Group of Merrill Lynch; and Barrington businessman Paul Lee, the Resident Manager for the Merrill Lynch

Private Client Group. Rounding out the board are two new Student Advisory Directors, Debbie Chung, a senior, and junior Jaclyn Mellini, both of Barrington High School.

The Barrington Area United Way depends on your contribution to provide programs which address critical needs. It's a family of local programs chosen by Barrington Area Volunteers who ensure that every penny possible goes to people who really need it, right here in our own community. It's the most efficient and effective way to make your caring count. You can write a happy ending. That's the



**Barrington  
ICE HOUSE MALL**



## She & "I" Welcomes Trina Wiehr

Meet the newest staff member at **She & "I" Nail and Hair Salon**—Trina Wiehr. Trina invites you to come in for a free consultation and discuss some great styling ideas with her. She specializes in hair styling including long hair design, the latest highlighting and coloring techniques or helping you go back to your natural color.

During the month of January, Trina is

offering a **complimentary haircut** with a highlight, color or perm.

**She & "I"** is open six days a week and walk-ins are always welcome. Our professional staff is eager to help you with your hair and nail needs. For an appointment, please call **381-5043**. **She & "I" Hair and Nail Salon** is in the Barrington Ice House Mall at 200 Applebee Street in Barrington.

## Have Your Meeting or Fundraiser at the Barrington Ice House Mall

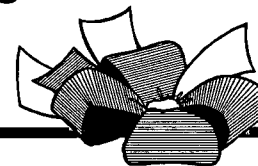
Yes, you can hold a meeting or even a fundraising party at the **Ice House**. Over the past years, organizations and businesses have used the **Ice House** to hold successful meetings and even parties to raise funds for their favorite charities, sport teams, theater groups or special individuals in need. We can even design it so a portion of our sales during a selected period can be dedicated back to you. Just ask the Barrington Area Arts Council, Junior Women's League or the Wellness Place how much fun they had here with us and

how easy it was to raise money and hold a one of a kind meeting. This is a **Barrington Ice House No Charge Community Service** so we create within your budget for a great event. Call Kenney at **847-381-6661**.

**Super Bowl Super Sale** will be held this year on that famous weekend of Bowl activities, **January 25 through 28**. There will be sales of all kinds from our 16 specialty shops with Super Savings Galore.

For additional information on **Barrington Ice House Mall**, call **847-381-6661**.

## Great Shopping at Chesterfield



*Did Santa forget to shop at  
Chesterfield Glass Galleries?*

*Don't worry. Rush in and  
SAVE up to 50% OFF on selected  
glass art and holiday items.*

## Auditions Held for Theatre in the Gallery

Be a part of the golden age of radio. The Barrington Area Arts Council (BAAC) is holding auditions for Theatre in the Gallery on January 16 and 18 with call backs on January 19 at the BAAC Gallery at 207 Park Avenue, Barrington. Please call for audition time. The BAAC is producing a live radio theatre program complete with sound effects, old time commercials and

more. The performance will be held on Friday, March 9, 7:30 PM and Saturday, March 10, 3:00 PM at the BAAC Gallery.

Auditions are open for male and female parts, age 18 and older. Come prepared to do a cold reading. A résumé and photo (head shot) is requested if available. For more information, call 847-382-5626.



power of you and your home town Barrington Area United Way. Local Youth Services include the Northwest Suburban Boy Scout Council and Scout Cabin. Senior Services and Shelters include Catholic Charities and Barrington Area Council on Aging. Community Services include the Barrington Career Center and Volunteer Center. All help with volunteer recruitment and job training. Counseling and Prevention provide bereavement services for Hospice and comprehensive services

with Family Services. Importantly we include opportunities for family support and help for the mentally challenged such as Glenkirk and Clearbrook. For a complete listing of community services that Barrington Area United helps fund, call the local office at 325 N. Hough St. in the Harris Bank for additional information, 847-382-8778, Executive Director, Jo Ann Endorf. Remember your dollars to Barrington Area United Way remain in our own home town.





## Barrington ICE HOUSE MALL



### Values Await You at Tommy-Terri

At **Tommy-Terri**, there are still lots of cold weather days. Come stock up on the values for this winter and the next. And while looking for the special values, be sure to keep spring break in mind. We

have started receiving the first of our early spring selections. Be sure to shop early for the great sale. (It's time to rummage in boxes again!)

### "Just For You!" Personalized Artisan Gifts Ring in the New Year!

Are you looking for an artistic gift that celebrates a special occasion this year in a very personalized way? **The Canterbury Shoppe** offers a beautiful collection of gifts selected from artists around the world that can be designed and personalized to celebrate your special occasion! Perfect for weddings, anniversaries or retirements, sparkling crystal bowls, hand-beveled glass frames and jewel boxes can be engraved with a special message or date.

For a Halcyon Days box collector, **The Canterbury Shoppe** can order a special personalization on select boxes.

For a whimsical artistic gift, festive bride and groom champagne flutes can be customized with individual names and wedding dates! Bridal party patterns are also available! All pieces are available on wine stems also.

And finally, to celebrate a grandmother's love or the birth of a child, beautiful hand-painted platters can be painted with a special name surrounded by all of the names of those who love them! (This is a perfect teacher's class gift!) Offered in dozens of styles and colors, this beautiful pottery line is made for serving!

Any questions? Please call **304-9627**. The staff at **The Canterbury Shoppe** will be delighted to answer any questions and help you create a one-of-a-kind gift of the heart!

**The Canterbury Shoppe** is open seven days a week: Monday, Tuesday, Wednesday, Friday and Saturday, 9:30 AM to 5:30 PM; Thursday, 9:30 AM to 8:00 PM; and Sunday, 11:00 AM to 3:00 PM. Located in the Barrington Ice House Mall, 200 Applebee Street in downtown Barrington (behind Jewel). *Happy New Year!*

### Winter Clearance Now in Progress at Peter Daniel

If Santa didn't bring you everything you wanted, then now is the time to shop **Peter Daniel's Clearance Sale**. All fall and holiday merchandise is **reduced 20 to 50%**.

Heading for warmer climates after all this snow? **Peter Daniel** has the perfect cruise and resort wear for all you snow-



New Wheel-A-Way™ from Tumi

birds. Both men's and women's apparel are available in beautiful pastels, bright lime, pale lavender, rich coral and adventuresome tropical prints. The spring forecast calls for Capri pants to be worn with everything. Look for lots of black and white and classic navy to make a strong comeback in updated looks.

For travel, try our wrinkle-resistant, go anywhere pants for both men and women. And you'll find that there's nothing more comfortable than a pair of Mephisto walking shoes on vacation. Now pack everything in Tumi Luggage and you are ready to escape in style.

**Peter Daniel** is located on the first level of the Barrington Ice House and is open seven days a week for your shopping convenience.



Wrinkle-Resistant Pants from Passport

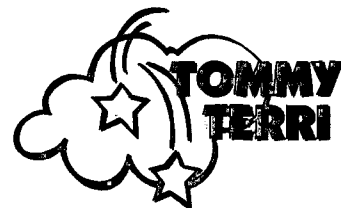
## Super Bowl Super Sale!

&

## New Spring Arrivals!

INFANT TO SIZE 14

200 Applebee • Barrington Ice House



INFANTS & CHILDREN'S APPAREL

Thursday, January 25  
through

Sunday, January 28

381-2005

# DOUBLE YOUR SAVINGS ♦ ♦ ♦



## at Peter Daniel & The Canterbury Shoppe

**SHOP EARLY FOR THE BEST SELECTION**

Hours: MTWF 9:30-5:30 p.m. Thurs. 9:30-8 p.m. Sat. 9:30-5:30 p.m. Sun. 11-3 p.m.

Barrington Ice House

Peter Daniel: 847 382 6676 • The Canterbury Shoppe: 847 304 9627

**peter daniel**  
barrington  
apparel for men and women

Bring this ad for an additional  
**\$10 off** any single purchase of \$100  
or more. Valid through Jan. 14, 2001.  
Limit one per customer.

**THE  
CANTERBURY  
SHOPPE**

Holiday & Home

Bring this ad for an additional  
**\$10 off** any single purchase of \$100  
or more. Valid through Jan. 14, 2001.  
Limit one per customer.

## Start the New Year Beautifully

Receive a **complimentary paraffin hand treatment** with any color service during the month of January

- Creative Cutting
  - Glamour Packages
  - Texture & Perms
  - Permanent Makeup
  - Full Service Waxing
  - Creative Color
  - Aromatherapy Massage
  - Wedding Parties
  - Facials
  - Manicures & Paraffin Waxing
  - Hair Extensions & Thickening
  - Makeup Application & Lessons
- Walk-ins Welcome**

TRUCCO BLOELEMETS OPI REDKEN R U S K CREW

702 S. Northwest Hwy. Barrington (3 blks South of Main St.) 847.381.3688



## CHICAGO'S MAGNIFICENT BRIDE

on the Magnificent Mile

A Very Special Bridal Show

SUNDAY, FEBRUARY 4, 2001  
1:00 - 5:00 P.M.

Hotel Inter-Continental Chicago  
505 North Michigan Avenue  
Tickets \$40 each (or 2 for \$70)

Fashion Shows by

Ultimate Bride & Mira Couturier  
Champagne, Hors d'oeuvres, Tea Service, Dessert and over  
40 Vendor Displays

For ticket information call  
STUART RODGERS  
PHOTOGRAPHY  
at 847-864-7322  
or 312-787-8696  
or visit [www.srphoto.com](http://www.srphoto.com)

## CARLISLE

Leslie Roberts

Spring Already? YES.

And you'll want to see what's new in women's fashions...

Carlisle's Spring 2001 Collection  
January 9th thru January 22nd

at the home of

Leslie Roberts

409 Elm Rd. • Barrington

Please call 847-381-4959 with questions or  
to have us reserve a time for a private showing.



## Letter to the Editor

To the Editor:

On behalf of the Board of Directors of the Barrington Area Council on Aging, Inc. and the seniors who participated, thank you to all who supported the delightful Thanksgiving Luncheon held on Tuesday, November 21, 2000, at Langendorf Park.

First, a big thank you to the Barrington Noon Rotary for underwriting the traditional Thanksgiving meal that was provided by Maravella's of Fox Lake. Thanks also to Good Shepherd Hospital, which underwrote the cost of decorative plants for each table, and to members of their management team: Alan Iftiniuk, Nancy Luehrs, Jane Ritter, Mike Ploszek, Karen Lambert, George Teufel, Mark Mallinger

and Syl Boeder who helped serve the seniors in attendance. Also helping to serve were Barrington High School Adopt-a-Grandparent club members Laurie Kraft, Jenny Hovde, Ali McKillen, Samantha Kublank, Kelly Deering, Kate McGillem and Tiffany Filippell.

The decorations also included small turkeys at each place setting made by Claire Leininger and party favors for each senior made by St. Anne's Brownie Troop #1216. The Reverend James Wilson from the Barrington United Methodist Church provided our Thanksgiving prayer.

Loxia Hipsky played some of her favorite piano melodies before and during lunch and the Barrington High School

## Start the New Year Beautifully

The New Year is a perfect opportunity to make positive changes in all areas of your life. Our dedicated team of professional hair designers can help you reach your beauty goals. During the month of January, you will receive a complimentary paraffin hand treatment with any color service. We too are making changes for the better. Our new and improved facial and massage therapy room will soon be completed. Book your appointment today.

**In The Spa Light Salon** is looking for talented, professional and dedicated Massage Therapists and Estheticians to join our team. Call us today to set up an interview.

**In The Spa Light Salon** is open six days a week. Gift certificates may be purchased in person or by phone. For more information or to book an appointment, call 847-381-3688. We look forward to being of service to you.

## Year 2001 Chicago's Magnificent Bride Show



Chicagoland's premier wedding professionals combine forces to create Chicago's Magnificent Bride.

The lavish bridal planning seminar and fashion show will showcase the finest wedding service providers available in Chicago. The spectacular show, sponsored by **Stuart-Rodgers Photography** in Chicago and the Hotel Inter-Continental,

will be held Sunday, February 4, 2001, at the Hotel Inter-Continental Chicago at 505 N. Michigan Avenue. Show tickets are \$40 (two for \$70) and can be purchased in advance by calling **Stuart-Rodgers Photography** at 847-864-7322 or 312-787-8696 or visiting their website at [www.srphoto.com](http://www.srphoto.com).

## Carlisle—How Does It Work?

The following provides some insight into how my business works...

We track purchases by customer and by garment. This does two things; it tells us what you like and what you have (which helps us help you at the next show) and this, hopefully, prevents two ladies from showing up at the same event in the same stunning outfit, or two good friends from purchasing the same high-profile item.

**Carlisle** is represented across the U.S., England and Germany by roughly 600 agencies. Each agency is a separate business. Agencies receive a sample set from N.Y. and operate on their own much like a retail store. But unlike a store, the consumer does not pay prices that include "middleman" or advertising costs. Some agencies do this four times a year, two weeks each time showing spring, summer, fall, winter collections. (P.S. The clothes are a good value yet not inexpensive.)



Leslie Roberts, Carlisle Consultant

You schedule an appointment, you try things on. We fit you, and order it from New York in your size.

• Orders can be placed anytime, but inventory can and does change, so beware.

If you are ever "stuck" for an outfit, give me a call and we will try to help you. Meanwhile, come see spring and call me (**Leslie Roberts**) at 847-381-4959. Thank you.



Barbershop Quartet provided entertainment after lunch. Our thanks to their director Nancie Tobison and members Nick Sauer, Jaimie Akerstrom, Dave Bunge, Chris Klizer, Zak Watson, Chip Batko, Jenny Seidsma, Becky Vance, Caitlyn Murphy, and Jenny Murphy.

Thanks again to everyone involved. The seniors enjoyed a delightful luncheon, the company of their friends and the support of our community.

Sincerely,  
Linda Avellon  
Program Coordinator

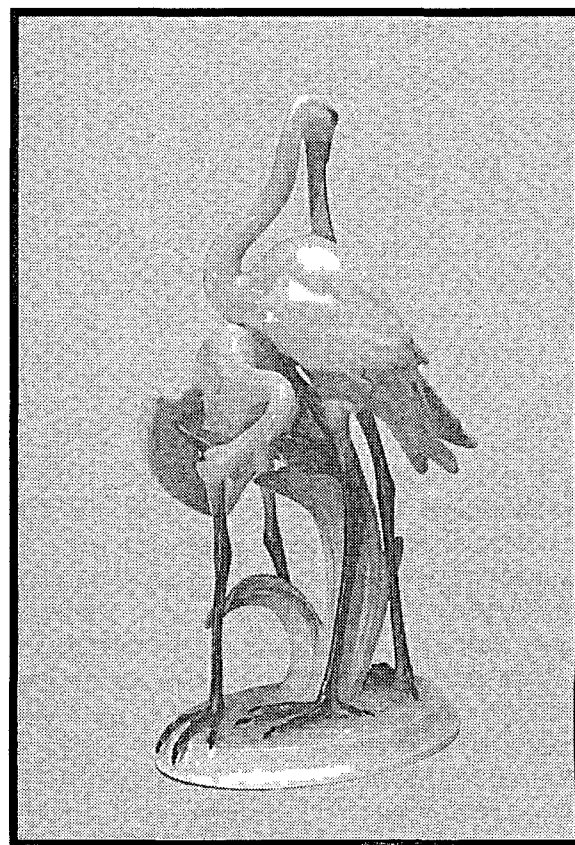
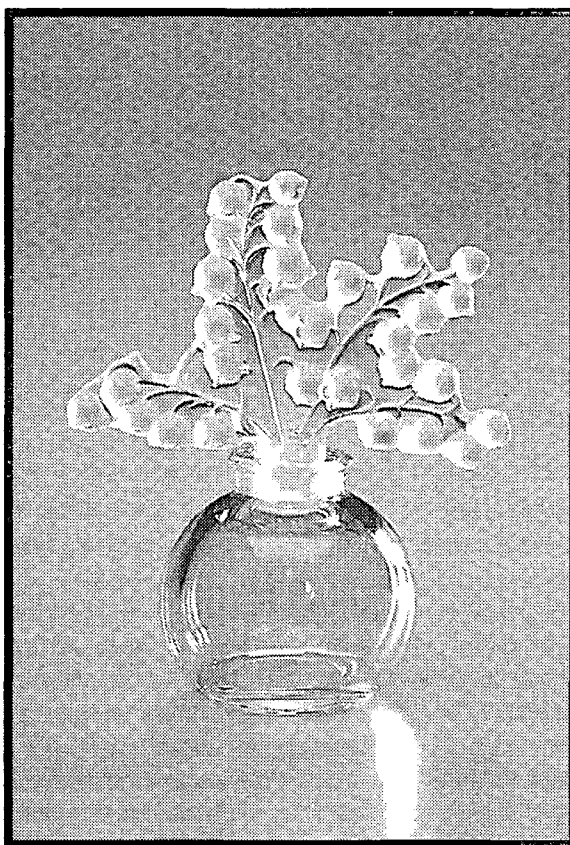
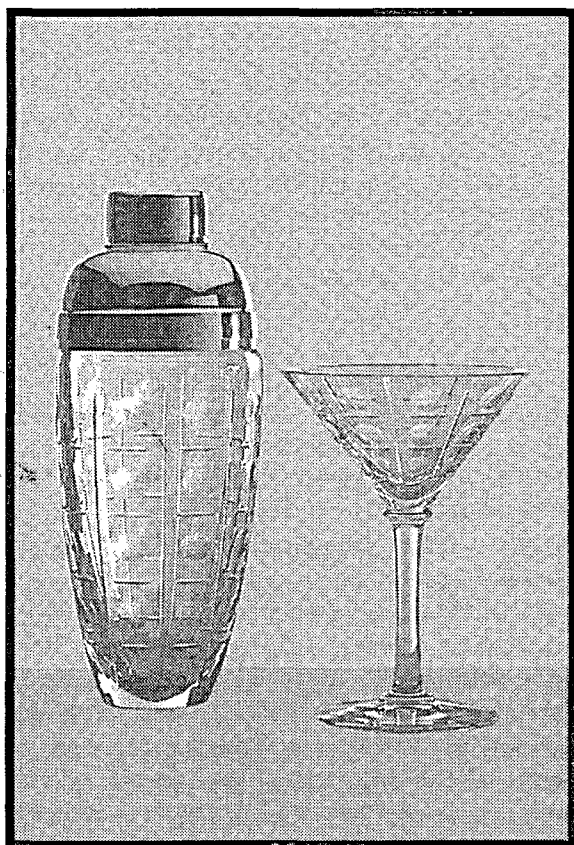


# M.J. Miller & Co.

123 W. Main Street • Barrington, IL 60010

Mon.-Fri. 9:30am-6:00pm, Thurs. till 8:00pm, Sat. 9:00am-5:00pm

847-381-7900



*Our complete line of giftware includes some of the finest lines of crystal and china the world has to offer. Such well-known names as Lalique, Riedel, Herend, Baccarat, Seiko, Caithness, Heritage Irish Crystal, Fabergé, Gernot Schluifer and Mont Blanc are available now at our new location.*

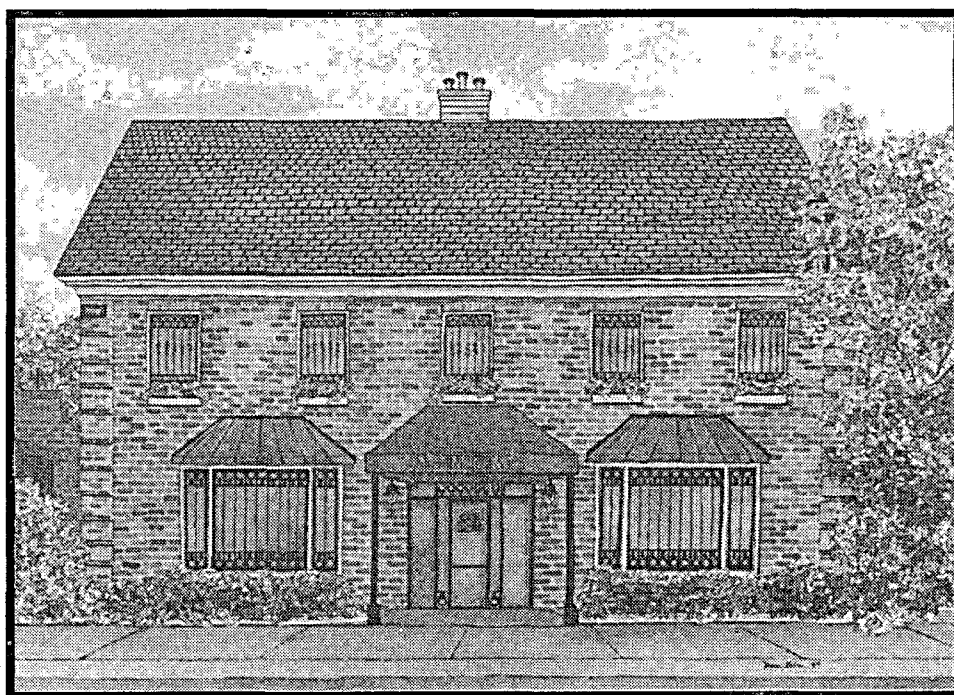
• **Appraisal Service** available by Ellen Kornhauser. Ellen's credentials include a Graduate Gemologist degree (G.G.) from the Gemological Institute of America; she is a member of the International Society of Appraisers (ISA) and is accredited as a Certified Appraiser of Personal Property (CAPP).

• **Custom Design** that one-of-a-kind piece you have always wanted with our full team of award-winning jewelry designers.

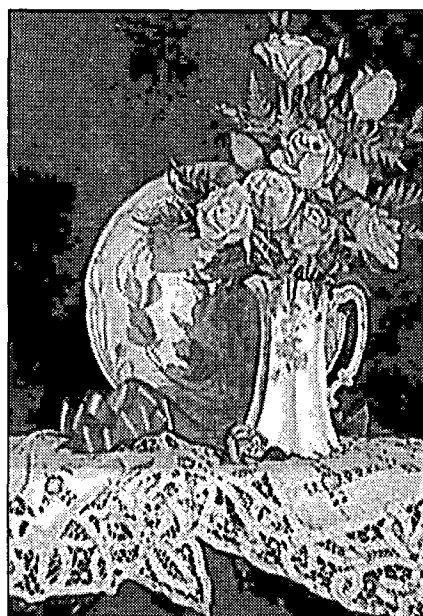
• **Jewelry Repairs** are done quickly and expertly on premises.

• **Watch Repairs** from batteries to a complete rebuild for every brand of watch.

• **Engraving** services available with expert hand engraving or machine engraving.



*Introducing the Remarkable*  
**CHARLOTTE LLOYD**



*Generations Loved* 15 x 11 watercolor

## DUNTON GALLERY

**18 S. EVERGREEN AVE.**

(the Dunton Ave. end of Evergreen Center)

**ARLINGTON HEIGHTS, IL 60005**

**(847) 818-0694 • www.duntongallery.com**

## A Remarkable Watercolorist Joins Gallery

Dunton Gallery proudly announces the arrival of the work of **Charlotte Lloyd**, who is truly a remarkable watercolorist. When one first sees her work, they cannot help but be impressed by her talent, her technique and the breathtaking detail of her still-life, landscape and floral paintings. There are (if they have not sold by the time this is published) two still-life images in which Charlotte has used lace in her setups—in person, you can virtually see the hand stitching—this is really amazing and captivating work best experienced in person.

Charlotte began her art studies at Southern Methodist University and continued painting part-time during her full-time business career. In both her devotion to her art and a strong desire to perfect her technical skills, Charlotte continues to

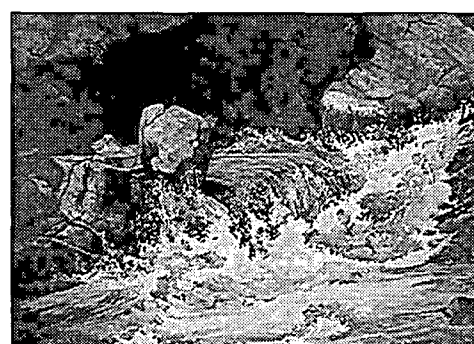


*Forever Yours* by Charlotte Lloyd,  
5 x 7 watercolor.

study with private teachers and to take workshops with various masters in this most difficult (and too often under appreciated) medium.

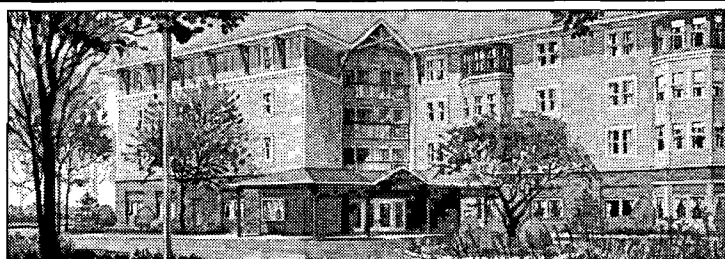
Currently a resident of Estes Park, Colorado, Charlotte is a prolific painter who continues to win both awards and recognition for her incredible work which can now be purchased locally.

Please note that for the month of January, **Dunton Gallery** will be open Wednesdays through Fridays 11 AM to 5 PM and Saturday 10 AM to 4 PM. We will gladly accommodate appointments at other times, so feel free to call us at **847-818-0694**, visit us on the Web at [www.duntongallery.com](http://www.duntongallery.com) or come see us in person at 18 S. Evergreen Ave., (on the Dunton Ave. end of the Evergreen Center) in downtown Arlington Heights.



*Dipper's Delight* by Charlotte Lloyd,  
14 x 19 watercolor.

**Join Us For a Luncheon! Wednesdays at Noon.**  
**RSVP 847-842-8900. Space is Limited.**



## Lake Barrington Woods

*Parkside's Newest Retirement Community*

At Lake Barrington Woods the doors have opened to a new retirement lifestyle. Whether you're looking for independent living or assisted living, you'll find a new home at Lake Barrington Woods.

**You want all the important features and amenities without an entrance fee.**

Lake Barrington Woods is a rental community with one monthly fee so there's less worry about unexpected expenses.

**You want a name you can trust.**

Parkside Senior Services has a 20 year history of commitment and service to seniors. Parkside is a local company that started as part of Lutheran General HealthSystem.

**You want an easy alternative to the chores of home ownership.**

Lake Barrington Woods gives you a choice of apartment styles with no maintenance or yard work. Plus, there's weekly housekeeping service.

**Stop by and see how comfortable your future can be.**

**(847) 842-8900**



**22320 Classic Court • Lake Barrington**  
*Off Northwest Highway, just north of Kelsey Road.*



## Escape the Winter Doldrums at Lake Barrington Woods

The holidays are over—but the weather outside can still be "frightful." Residents at **Lake Barrington Woods**, however, are able to escape the winter doldrums. With fine dining, a fitness center and indoor swimming pool, scheduled programs and events and many other services and amenities, it's easy to forget it's winter outside.

This upscale rental retirement community is located at 22320 Classic Court, just north of Kelsey Road and south of Route 22 off of Northwest Highway in Lake Barrington. Here, winter is an opportunity to get to know your neighbors and do what you want to, knowing that the days of shoveling snow and driving through snowstorms are behind you.

During Chicagoland's winter days, there is no need to go out and fight the cold. **Lake Barrington Woods'** amenities also include a convenience market, library, computer center, card room, arts studio and beauty/barber shop. Residents can buy some milk, find a new book, email their grandchildren, even get their hair done. All without ever venturing outside.

**Lake Barrington Woods** also features a club lounge, a private dining room, a grille for casual dining and underground parking. You'll see that **Lake Barrington Woods** is a beautiful community that has almost everything you need under one roof. Take advantage of the services, like scheduled transportation, that are provided as part of the monthly service fee—

perfect for getting to appointments and shopping.


Developed by Parkside Senior Services, LLC, on a beautifully wooded site, **Lake Barrington Woods** features 150 independent apartments and 42 assisted living apartments in a variety of floorplans including studio and one and two bedroom layouts. Included in the monthly service fee for independent living are: all utilities except telephone; basic cable television service; weekly housekeeping and linen services; scheduled transportation; continental breakfast; your choice of lunch or dinner served each day in the dining room; fitness programming; social, educational, recreational and cultural events; and building and grounds maintenance.

Assisted living services and amenities are similar to independent living. Additional services included in the monthly fee are three meals daily, 24-hour staffing, weekly personal laundry service and personalized assistance with activities of daily living. This assistance may include help with bathing, dressing, grooming or medication monitoring.

In addition to **Lake Barrington Woods**, Parkside Senior Services, formerly part of Lutheran General HealthSystem, recently opened The Seasons at Glenview Place, a rental retirement community in Northbrook, IL.

For more information or to schedule a personal tour, please call **847-842-8900**.



  
**ROLEX**




*A constant  
reminder that  
you can be  
both beautiful  
and strong.*

**RAZNY**  
JEWELERS

*Creators of Fine Jewelry Since 1951*

1501 W. Lake Street • Addison, IL 60101 • (630) 932-4900

Left-to-right: Rolex Oyster Perpetual Lady Datejust in 18kt gold and stainless steel with matching Jubilee bracelet; Rolex Lady Oyster Perpetual in 18kt gold with matching Jubilee bracelet and champagne diamond dial; Rolex Oyster Perpetual Lady Date in stainless steel with matching Jubilee bracelet. Rolex, , Oyster Perpetual Lady Datejust, Jubilee, Lady Oyster Perpetual and Oyster Perpetual Lady Date are trademarks.

## Children's Portrait Special February 1st - March 15th



Call now to reserve your time!

**Buschauer**

(847) 382-8484

SPECIALTY PORTRAITS & CUSTOM FRAMING, INC.

## Annual Children's Portrait Special Early This Year: February 1 to March 15, for Ages 3 to 16

- Sessions are ½ price or \$50 each.
- More than one child is allowed in the portrait sessions.
- Individual photographs of each child are also taken. This means you can actually get three sessions for the price of one normally priced session!
- We've extended the age limits so more children can participate.
- Black and white or color sessions are available at no additional cost.
- We are now offering a more economical black and white portrait similar to that found at other studios. However, for you quality conscious diehards, we will continue to provide you with our trademark archival fiber-based portraits you've grown to know and love.

### What Our Customers Have To Say

"I felt you took the time that resulted in the most wonderful capture of my daughter's youth. Her portraits were stunning and it was the one gift that made her nanny cry at Christmas."

—Nicole Morse

"Truly Awesome work."

—Shayne Bullen



"We were very pleased. We have never seen portraits like these. Al does outstanding work and we continue to refer him to friends and family."

—Laura and Paul Burger

"I don't think it's possible for you to improve the quality of your work. Your photographs speak to our hearts. You capture a person's spirit."

—Carole Miller

"I will never regret the work you did for us. I have two pieces that are treasures. I will forever recommend your studio because of your portraiture and your personal service. Thanks."

—Mark and Caroline Edinburg

"The quality and creativity of your work is outstanding. I always suggest your studio to anyone that asks... and they always do when they see your work in our home. We will be back!"

—Mike and Maryanne Straub

First 10 sessions to book will receive free wallet portraits! Call 847-382-8484.



## Cold, Colder, Coldest... Etc., Etc., Etc...

Shari would like to thank her clientele for the continued support she has received again this year. "Customers telling their friends about our store has made this a wonderful season."

**Shari's Furs & More** offers a full collection of furs, ranging from mink coats and jackets, sheared/unsheared meavers of all lengths and shearlings of various colors in all sizes. Shari has the new 2001 collection of Paula Lishman knitted sheared beavers in her quest to find the perfect garment for each customer's personal taste.

**Shari's** expanded accessories include leather, chenille and shearling gloves. A fabulous variety of hats have been added to the already popular fur headbands and fur earmuffs.

Men have not been overlooked. This year **Shari's** has more men's leather jackets and shearling from small to 4x.

Most remarkable has been customer response to our expanded resale racks.



"My First Fur!"

### Plenty still available for Mom... or Dad!

Over 300 garments are available for your consideration. The word has spread; there is an affordable fur for everyone.

Now with our "after Christmas specials," enjoy large discounts on our entire inventory.

"We feel there is something special for everyone. Thank you for accepting our ideas of a progressive fur salon for 2001 and for telling your friends about us."

Have a Healthy and Happy Year 2001!

## AARP Income Tax Assistance

The Barrington Area Council on Aging, Inc. (BACOA) is once again participating in the AARP Income Tax Assistance Program. Low-to-moderate income seniors will be assisted by a trained AARP volunteer on Wednesdays, by appointment only, beginning February 7 and continuing every Wednesday through April 11.

Appointments are from 9:00 to 11:40 AM at the BACOA office, 200 South Hough Street, Suite 001, Barrington. Appointments fill quickly so please try to call as early as possible.

For more information or to schedule your appointment, please call 847-381-5030.

## Winter Clearance Sale

at  
**Shari's**  
FURS & MORE

**SAVE AN ADDITIONAL  
40%-60% OFF**

**OUR ALREADY DISCOUNTED  
PRICES ON NEW FUR FASHIONS  
INCLUDING SHEARLINGS,  
SHEARED BEAVER &  
THE FINEST OF MINKS!**

&

**FEATURING EXPANDED  
RESALE RACKS WHERE  
YOU GET THE MOST  
FOR YOUR MONEY**

&

**20% OFF ALL  
FUR ACCESSORIES**



22 S. Evergreen  
Downtown Arlington Heights  
847 255-1300

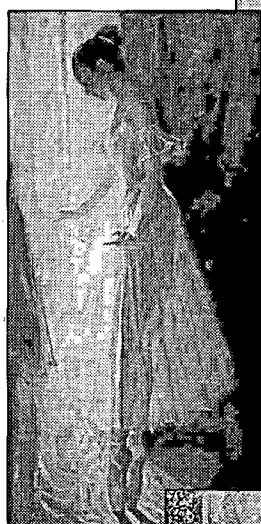
MTWFS 10-5  
TH 10-8  
SUN 12-4



# SUPER SATURDAY 12-Hour Sale

at  
*The Studio of Long Grove*

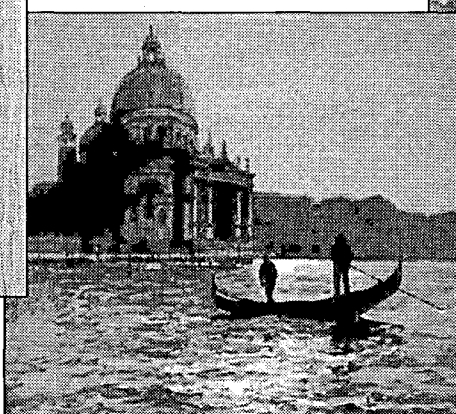
**Saturday, January 27th, 9:00 AM to 9:00 PM**



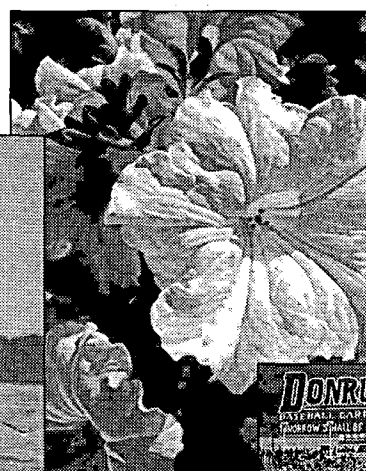
Zhiwei  
Tu



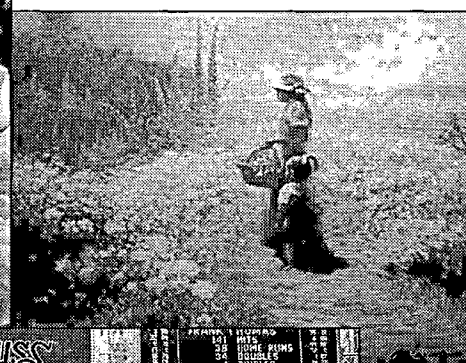
Janet Treby



Alan Wolton



Michael Gerry



Cha Il  
Yong



Csaba  
Markus



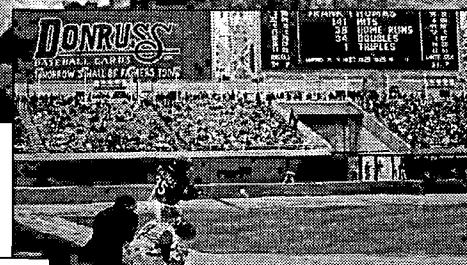
Alush Shima

Prices on selected paintings and limited edition works will be reduced an additional 5%...each hour during the day until final reductions at 8:00 to 9:00 PM.

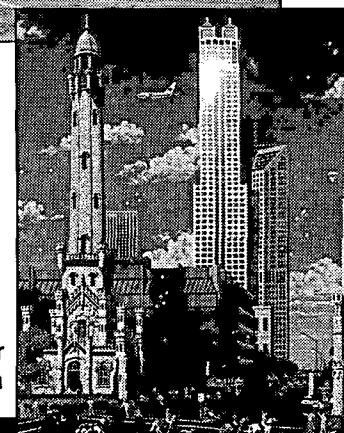
## *Reception*

*Join us for the countdown reception from 6:00 to 9:00 PM and watch as discounts drop from 50% to 60% off retail.*

Works included in the sale will be representative of all artists pictured, but may not include the images in this ad. All artworks are subject to prior sale. All sales are final. Sale only at our Long Grove location.



Brad  
Bennett



Alexander  
Chen



Jin G. Kam

Works by these famous artists will also be presented:

ALAN WOLTON  
JANET TREBY  
ZHIWEI TU  
LAUREL SPIGNOLA  
CHARLES VICKERY  
CSABA MARKUS  
JANUS ROFA GLOWACKI  
ALUSH SHIMA



*The Studio of Long Grove*

AWARD WINNING GALLERIES OF FINE ART  
360 Historical Lane • Long Grove, IL 60047 • 847-634-4244

MICHAEL GERRY  
JÜRGEN GÖRG  
CHA IL YONG  
HOWARD BEHRENS  
BRAD BENNETT  
CHA GUO JUN  
JUAN DIAZ  
JIN G. KAM  
ALI GOLKAR  
ALEXANDER CHEN

## Barrington Community Child Care Center

### Arrange to Enroll Now!

Child Care Openings Available  
for Children 6 Weeks - 6 Years.

Applications Now  
Being Accepted

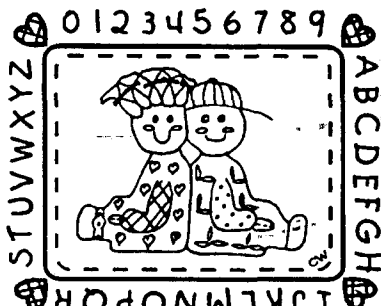
Hours: 7am - 6pm

560 Carl Avenue

(1 blk. west of Burger King  
off Northwest Hwy.)

381-0272

Barrington



## Joette S. Doran & Associates, P.C.

*Practice Concentrated in Employment Law*

DISCRIMINATION CLAIMS: EMPLOYMENT CONTRACTS:

- Sexual Harassment
- Age Discrimination
- Disability
- Severance Agreements
- Non-Compete Agreements
- Policies and Manuals

Call for an Appointment

847-490-5309

2300 N. Barrington Rd.

Suite 400

Hoffman Estates, IL

VISIT OUR WEB SITE AT WWW.JOETTEDORAN.COM

## Why Do Smart Kids Struggle?

Your child may need help with weak study skills or poor reading or math skills. He or she may be unmotivated or lack confidence, despite a good I.Q.

Our certified teachers help children overcome frustration and failure. A few hours a week can help gain the Educational Edge.

Individual testing and tutoring in Reading, Study Skills, Writing, Phonics, Spelling, Math and SAT/ACT prep.

Weak Basic Skills

Frustration with School

Lack of Confidence

No Motivation

382-3655

722 W. Northwest Hwy.  
Barrington



THE HUNTINGTON LEARNING CENTER®  
Your child can learn.

## Enroll Now for Child Care and Preschool

**Barrington Community Child Care Center** offers a year-round preschool-type program. No appointment is necessary to tour the center. We are conveniently located at 560 Carl Ave. in Barrington, (one block west of Burger King off Northwest Hwy.)

Registration is now being accepted for all age groups in our child care and preschool programs. Have peace of mind while you work and know that your child is in a safe environment. Being at the **Barrington Community Child Care Center** means fun with music, art activities, water play, sandbox fun, stories and more.

The curriculum for the **Barrington Community Child Care Center** offers age appropriate and challenging activities. Our many activities promote self-esteem, independence and cognitive growth. Individual needs and the child's unique ways of learning are key in the type of planning and structure that is presented in the environment. Program enrichments are also offered, such as "Computer Tots." And, as a convenience, haircuts by a stylist from

a Barrington salon are offered every six weeks. We also have a reading and writing specialist on staff, available for private tutoring.

One less worry for parents, nutritious snacks and a hot catered lunch are offered each day. Daily communication between teachers and parents helps to achieve continuity and consistency between home and school. Our staff is highly qualified and continues their education and training on an ongoing basis. In addition, our staff is certified in CPR and First Aid techniques.

**Barrington Community Child Care Center** is a private center serving children 6 weeks to 6 years. Our facility offers over-sized classrooms with a homey feel and an environment to meet the needs of young children. As well, our large outdoor playground is enjoyed by all.

**Barrington Community Child Care Center** offers year around structured activities and care. Registration is now being accepted! We are happily celebrating our 7th year in the community. *Come join the fun!*

## Evaluating Workplace Harassment

by Joette S. Doran, J.D.



In evaluating whether an actionable claim for workplace harassment exists, the starting point of the analysis is establishing whether the conduct is prohibited by the state and federal laws against discrimination. The most common form of legally impermissible harassment is known as "hostile work environment harassment." Hostile work environment harassment is defined as an intimidating or offensive working environment which unreasonably interferes with an individual's ability to perform their work.

More than two years ago, the U.S. Supreme Court decided extremely important cases which helped define the legal liability of an employer for the conduct of its managers and workers in creating a hostile work environment. In those opinions, the Court addressed the importance of having a well-defined policy against harassment which is distributed throughout the work force. Such a policy can aid employees by instructing them to voice complaints regarding unwelcome conduct without the fear of retaliation. Also, the policy can help protect the employer from legal action in certain circumstances when an employee fails to bring a claim of harassment to its attention.

If you believe that you are being subjected to harassment or that your employment rights are being violated, I encourage you not to delay in receiving information regarding your legal rights. You may start by visiting our website at [www.joettedoran.com](http://www.joettedoran.com) for further information. Until next month, best wishes for a Happy New Year.

*This article is not intended as legal advice. You should consult with an attorney for individual advice regarding your own situation.*

*Ms. Doran is licensed in Illinois and all Illinois Federal Courts. She is the Chairperson of the Employment Law Committee for the Northwest Suburban Bar Association and is the President of Barrington Area Professional Women.*

## Fall Elections and First Report Cards Make Education Priority for Parents

With education the #1 issue in November elections, parents are voicing—and voting—their concerns over the quality of their local schools. And, in many school districts, November means the end of the first marking period. So, report cards bring the education issue home.

Besides the ballot, parents are looking for other effective ways to help their children get a better education. For many parents, learning centers are the answer to low grades and poor classroom performance. With their specially trained teachers and individualized instruction, learning centers can help children do better in school. Moreover, they help parents

feel they are bringing about a change for the better.

According to Dr. Raymond J. Huntington, cofounder and president of the **Huntington Learning Center**, "The end of the first marking period is the perfect time for parent and child alike to take stock of academic performance for the new school year. For many students, the challenges can be overwhelming and this is often reflected in the first report card."

Dr. Huntington offers three suggestions:

- Help your child get back in a school mindset. Make sure that there is a set time for homework each night and a quiet place in which to study.

- Communicate your expectations to your child. Let your child know that you care about his or her schoolwork and you expect an effort to be made.

- Be sure to attend back-to-school nights. Meet your child's teachers and learn firsthand the subject matter, upcoming assignments and their assessments of your child's work.

"For some students, the problems of the new school year are a continuation of last year's problems," says Dr. Huntington. "In this case," he says, "don't get mad, get help. A tutoring program, such as the **Huntington Learning Center**, can help turn a child's grades around by improving skills, confidence and motivation.

When a child has all three, success follows. Our goal is to help children reach their full potential."

**Huntington Learning Center** begins with a thorough diagnostic test to pinpoint a child's exact strengths and weaknesses. Based on the results, a customized program of instruction is prescribed.

**Huntington Learning Center** offers instruction in reading, writing and math, as well as SAT and ACT exam prep courses. Frequent conferences with parents, plus ongoing encouragement for students, are also an important part of the Huntington method. **Huntington Learning Center**, a recognized leader in the

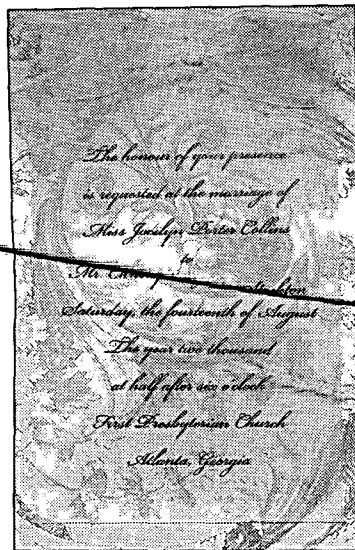
(Please continue on page 42)



## A Beautiful Beginning

The excitement of the holidays is dimming. You've been putting off your wedding. First stop—the **Little Shop of Papers**—to look through their extensive library of wedding invitation books. There's something to please every bride (and their new in-laws)! From fancy, embellished invitations with ribbons and lace, to simple, classic Cranes. Let their experienced staff guide you on the proper wording and style to fit your special day. And every bride who places a wedding invitation order, receives 50 personalized thank-you notes with their compliments.

And while you're at the **Little Shop of Papers**, take a peek at all the beautiful accessories too—guest books, photo albums, wedding planners and frames. Let the **Little Shop of Papers** get your wedding planning off to a beautiful beginning.



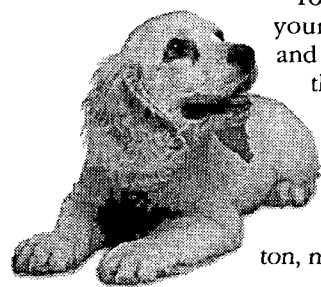
## Children Grow So Fast, They Seem to Change Everyday

At **Portraits by Thomas**, our children's portraits are designed to capture an honest representation of your child's true personality. We believe these images grow exponentially in value as your child grows up. By capturing your child with fine portraiture today, you can preserve the love you have for them forever. We

start every portrait assignment with great expectations for the outcome. **Save \$50 off our regular creation fee** when you book a portrait session during the months of February and March. These sessions book very quickly, so we urge you to call **381-7710** and schedule your child's portrait appointment today.

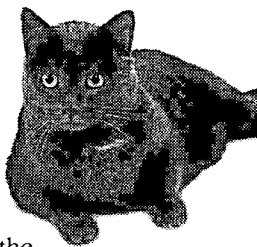
## Eukanuba®—A Decade of Research Results in New Groundbreaking Tradition

After a decade of meticulous research and ongoing studies, the veterinarians and nutritionists that brought you Iams® bring you the most advanced nutrition available for dogs and cats—**Eukanuba® Vital Healthy System™** Formula Dog and Cat Foods.



You can feel confident feeding your pet with **Eukanuba®** Dog and Cat Foods. For over 50 years, the Iams® research team has led the way with formulas that support the optimal health of dogs. Their nutritional advances are years ahead, so your dog will have optimal health in the future.

**Eukanuba®** can be found at **Rick's Pet Shop** located on the southwest corner of Routes 14 and 59 in Barrington, next to Pizza Factory. Call **381-1515** for more information.



## Long Grove-Kildeer Garden Club to Meet on January 8

The Long Grove-Kildeer Garden Club, a Garden Club of Illinois member, is having Mr. Rich Yocum of Joseph's Flower Shop of Libertyville present a program on flower arranging. This will be on Monday, January 8, 2001, at 9:30 AM at the Reed-Turner Woodlands Center, 3851 Old McHenry Road, Long Grove, IL. We welcome all garden club members and gardening enthusiasts to this meeting. A nominal fee

of \$5 is being charged.

We are also having Barbara Bennett, an orchid specialist, on Monday, February 12, 2001. Ms. Bennett will explain how simple it is to grow these beautiful flowers. Everyone is welcome to join us for this meeting at 9:30 AM at the Reed-Turner Woodlands Center.

For more information, please call 550-8020.

## Barrington Welcome Wagon Coffee

The Welcome Wagon Club of the Barrington Area is having a coffee on January 9, 2001, at 10 AM in a member's South Barrington home.

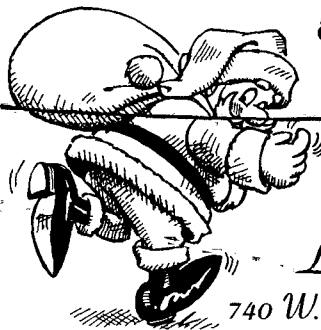
Dr. Gary Churchill, a plastic surgeon, will tell us "All About Facelifts."

All area women are invited to attend.

You need not be a current member. It will be a wonderful and interesting way to spend a morning and meet new friends.

Reservations are required as numbers may be limited. Call Joan at 847-382-0886 or Patricia at 847-462-9032.

New Year's Resolution:  
**Make next Christmas less hectic!**  
**40% OFF All Christmas Items**  
**at the Little Shop of Papers**



Stock up for next year on wrap, ribbon, cards & decorative accessories!

**Closed December 25**

Annual Sale starts Tuesday, Dec. 26 at 9:30 AM.

*Little Shop of Papers, Ltd.*

740 W. Northwest Hwy./The Foundry (847) 382-7733

*Thomas*  
Portraits by Thomas

Children grow so fast, they seem to change everyday.

**Children's Special**

Save \$50 off our regular creation fee during the months of February and March.

Call our studio today to reserve your child's portrait appointment. Limited sessions are available.

**Portraits by Thomas**  
847-381-7710



557 North Hough Street • Barrington, IL 60010  
[www.portraitsbythomas.com](http://www.portraitsbythomas.com)



Get Something Wonderful  
Under the Tree?

Feed Them The Best!  
**Eukanuba®**

**15% OFF**

OUR EVERYDAY LOW  
PRICES ON EUKANUBA  
DOG AND CAT FOODS  
—NO LIMIT—

Good at Rick's Pet Shop only. Must present coupon. Excludes net-priced sale items. Cannot be combined with any other offer. Expires 1-31-2001.



**Rick's Pet Shop**  
381-1515

Corner of Rts. 14 & 59 • Barrington



## A Mind for Music

Research has shown that music makes our kids smarter. Come explore the benefits of music for young children at the PACES (Parent and Child Education Society) meeting Wednesday, January 17, at 9:30 AM at St. Simon's Episcopal Church, 717 Kirchoff Rd. in Arlington Heights. Irene Murphy from Kindermusik will demonstrate music's ability to develop concentration, memorization and sensitivity to patterns and beauty. We will also explore ideas on what parents can do to bring music into their children's lives. Babysitting is available by calling Kelly

Madsen one week before the meeting at 847-854-8149.

PACES is an organization dedicated to providing education and support to parents of newborn through preschool age children. We offer expert parenting information, peer support, social activities and volunteer opportunities. Meet us for a stroller walk on the second Monday of every month by the glass elevators at the center court of Woodfield Mall. Nonmembers are always welcome! For membership information, please contact Trella Bromley at 847-304-0630.

# Happenings!

*in the area*

## Barrington Chapter of Lyric Opera Offers *Musicale* to Community



Rehearsing for Barrington Chapter's *Musicale* are: (from left) Shula Luber, Barrington; Anne Gross, Inverness; and Carol Stephens, Lake in the Hills.

As a gift to the Barrington area communities, the Barrington Chapter of Lyric Opera of Chicago will offer the 5th annual *Chapters Musicale* at 2 PM on Monday, January 15, at the Barrington Area Public Library. The program is free and the public is welcome. Coordinated by Bob Plagemann and assisted by Wanda Hollensteiner, the *Musicale* will feature talented and fun-lovin' chapter members who will provide a variety of entertainment ranging from piano duets, vocal arias and duets (from classical to popular), a trombone solo, a flute, piano and two violin quartet from the Rockford Chapter and much more.

Some of the performers will be: Tressa

Borkon, Wanda Hollensteiner, Shula Luber, Jim Tammi from Barrington; Anne Gross from Inverness; Janet Lareau from Algonquin; Laurel Gibson from Crystal Lake; and Bob Plagemann (formerly from Barrington) from Chicago.

Following the program, Marilyn Hayden, Barrington Hills, and her committee will provide a light dessert buffet with hot beverages. For information, call Bob Plagemann at 312-347-5236 or Wanda Hollensteiner at 847-381-1976.

For inquiries on membership in the Barrington Chapter (213 members and still growing), call Howard Robins, Arlington Heights, at 847-437-2158.

## "Love is in the Air" Gala to Benefit the BYDE's *Coppelia*



Pictured before a planning session for the Barrington Youth Dance Ensemble's "Love is in the Air" Gala to be held at Biltmore Country Club on February 17 are: (from left) Co-Chairwoman Bernadette Gifford, Deer Park; Sharon Curran, Barrington; Co-Chair Julia Conaghan, Palatine; and Karen Spicer, Barrington.

"Love is in the Air" is the theme for the Barrington Youth Dance Ensemble's (BYDE) gala to benefit their June premiere of the ballet, *Coppelia*. BYDE is honored to have Mr. and Mrs. Richard Duchossois as Honorary Chairmen of the gala which will begin with a social hour and silent auction at 6:30 PM on Saturday, February 17, at Biltmore Country Club in North Barrington. For \$100 per person, guests will enjoy an elegant evening of fine dining and entertainment by the BYDE Company dancers who will perform excerpts from *Coppelia* and a new modern work by Winifred Haun from Chicago. A live auction and dancing to music provided by Michael Lerich Productions will conclude the festivities. Chairing the event are Bernadette Gifford from Deer Park and Julia Conaghan from Palatine.

Committee heads are Karen Spicer and Connie Stumbras from Barrington, in charge of invitations; Keely Solimene and Barb Schwartz from Barrington, in charge of the auction; and volunteer coordinator Colleen Mallon from Fox River Grove.

For information on the benefit, please phone Bernie Gifford at 847-540-0795 or Julia Conaghan at 847-359-1644.

The BYDE gratefully acknowledges the generosity of The Duchossois Foundation; Merrill Lynch; Illinois Arts Council, a state agency; Barrington Area Arts Council/Arts Boost; and American Airlines, the official airline of BYDE.

For information on *Coppelia* and BYDE, whose mission is to promote artistic excellence and appreciation through quality dance training and performances, call 847-382-6333.

## Off-Loop Troupe's *The Batting Cage*

The Barrington Area Arts Council is thrilled to announce Theatre at the Gallery featuring Shattered Globe Theatre's production of *The Batting Cage* on Friday, January 26, and Saturday, January 27, at 8:00 PM. Since 1991, Shattered Globe Theatre, an off-loop troupe, has received awards for ensemble, production, directing, acting, new work, set design, costume design, sound design and original score.

"One of Chicago's strongest off-loop companies," says *Chicago Tribune* and "The ensemble work is brilliant," says *Chicago Sun-Times*. Audiences and critics agree—Shattered Globe gives you a bang for your buck. Enjoy an ensemble spirit that doesn't stop at the footlights. They'll send you home different than you came.

*The Batting Cage* is set in a Holiday Inn

in romantic St. Augustine, Florida. Two estranged sisters travel unlikely journeys as they struggle to regain their bearings after the loss of their much loved third sister. One talks a tornado; the other is virtually silent. Their efforts at redefining themselves and their relationship are both poignant and humorous. A dashing conquistador, a lost suitcase and a bellhop with a barnacle growing in his ear are but a few of the many surprises in this unusual and very moving story.

Tickets are \$15 for members, \$18 for nonmembers or \$13 for students and seniors. For tickets or more information, call the BAAC at 847-382-5626. Performance is at BAAC Gallery, 207 Park Avenue, Barrington. Visa and MasterCard accepted.

advocate of the integrated medicine approach. He will discuss the whole health, holistic approach to life including reflexology, homeopathy, yoga, herbs and massage. Everyone is welcome, so bring a friend.

Founded in 1936, BJWC offers women a chance to become involved in the com-

munity through service and philanthropic endeavors while meeting new friends and having a great time. In addition to service, BJWC offers many social and personal growth opportunities. If you can't make the meeting but are still interested or if you have any questions, contact Terri Votaneck at 842-9235.

## Join Barrington Junior Women's Club



Members of BJWC include: Terri Votaneck, Sally Douglas, Jeanne Michaels, and Jenny Dalzell.

Get to know the women of BJWC on Tuesday, February 6, at 7 PM at the Barrington Park District. The speaker will be a physician who is also a homeopath and





## LOOKING YOUR BEST FOR 2001

A Special Focus On

# BEAUTY, Health & FITNESS



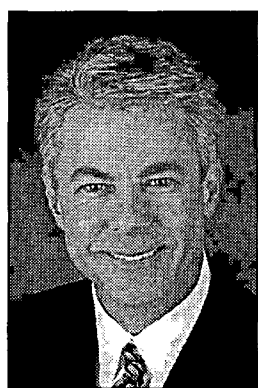
### Tumescent Liposuction—The Time to Plan for Next Summer is Now

Tumescent Liposuction is the advanced technique of permanently removing excess fat from areas that are resistant to diet and exercise. Only local tumescent anesthesia is used. It is called tumescent (which means "to swell") because the fatty areas to be treated are filled until swollen (and completely numb) with a large volume of a special dilute local anesthetic solution.

Each person develops a certain number of fat cells that do not increase in number after puberty. These cells are "containers" that are filled with fat. These cells swell and shrink as a person gains or loses weight, but their number remains the same. Unfortunately, too many fat cells can concentrate in certain body areas. This localization of fat cells is hereditary and the disproportionate shape created by this excess number of fat "containers" does not disappear with diet or exercise.

Tumescent Liposuction allows the doctor to tunnel into the fatty layer under the skin and withdraw the fat using fine cannula instruments. This is all accomplished with the patient awake and comfortable. General anesthesia and IV anesthesia are not needed and are not used. The ingredients in the anesthetic solution also help control bleeding, thus allowing the surgeon to spend more time carefully shaping the areas for optimal results. Recovery is rapid; a return to work or ordinary activity can begin in two to three days.

The results of Tumescent Liposuction are permanent because not only is the fat removed, but the cells ("containers") that store the excess fat are also removed. Since no new fat cells grow to replace



David P. Van Dam, MD

those that were removed, the suctioned areas do not re-expand. Any weight gained after liposuction is distributed more evenly over the body rather than in the problem areas as before.

Most people are good candidates for Tumescent Liposuction. Although this is not a treatment for generalized obesity—people who are obese should lose weight prior to liposuction—patients of almost any age can safely undergo Tumescent Liposuction. Patients between 17 and 78 have benefited from this procedure in our office.

To find out how you may benefit from Tumescent Liposuction, call for a free consultation with David P. Van Dam, MD, at **815-455-4434** or **847-382-5111**. Dr. Van Dam is certified by the American Board of Dermatology and is a member of the American Society for Dermatologic Surgery, the American Academy of Dermatology, the American Society for Liposuction and is Director of **Dermatology Physicians & Surgeons, Ltd.**

### Great Moments in Art History Seminar Series

The Barrington Community Associates of the Art Institute of Chicago sponsors its February Seminar Series, "Great Moments in Art History." All lecturers are members of the Art Institute of Chicago Museum Education Department.

• February 1—*14th to 16th Century Northern European Renaissance* by David Starke

• February 8—*8th to 9th Century China's Tang Dynasty* by Elinor Pearlstein, Curator

• February 15—*14th to 16th Century Italian Renaissance* by Jeffrey Nigro

• February 22—*6th BC to 4th AD Greek/Roman Art* by Jeffrey Nigro

Each Thursday lecture will begin at 1 PM at the Barrington Area Public Library, 505 North Northwest Highway.

The series fee is \$40 members, \$60 guests. Reservations are due by January 22 to Lenore Elsener at 847-255-9492. Individual lecture fee is \$12 for members, \$20 for guests.

• TUMESCENT LIPOSUCTION •

## RESULTS THAT TAKE SHAPE

Very often diets and exercise fail to reduce problem areas. Tumescent Liposuction, developed by a dermatologist, may be the solution to your problem. This practical procedure is performed in a comfortable relaxed environment, without the need for general anesthesia. The procedure allows most patients to return to their regular routines in a matter of days — perfect for those with a busy lifestyle. Tumescent Liposuction can help you achieve the shape you've been hoping for under the care of a board certified dermatologist with years of experience at performing this remarkable procedure.

Isn't it time to look and feel better than you ever have?

  
**dermatology**  
PHYSICIANS & SURGEONS, LTD

Smith Professional Building  
27401 West Highway 22  
Lake Barrington, IL 60010  
**(847) 382-5111**

Crystal Point Office Center  
183 Heritage Drive  
Crystal Lake, IL 60014  
**(815) 455-4434**



David P. Van Dam, M.D.

## Suddenly Slender™ The Body Wrap

**Lose 6-20 Inches Fast!**

**BARRINGTON  
BODYWRAP**

557 N. Hough St.  
847.277.0742

**Make your appointment today!**

## Reshape Your Body...

Lose inches, shape your body, reduce your dress size and remove toxins with our body wrap in the first visit. Both the original wrap and the new anti-aging wrap produce great results with a guaranteed 10 to 20 inch loss with the first wrap.

What personal figure goals do you have? Are you fighting cellulite, an expanding waistline, pouchy stomach or hips and want to get in shape before the holidays? We can help. The Suddenly Slender bodywrap is ideal for achieving rapid inch-loss because it's the only "non-dehydrating" slenderizing wrap in the world. There's no water loss and no "dehydrated feeling." And because the wrap nourishes the skin with soothing all-natural minerals, you will feel wonderfully

refreshed and invigorated.

Give yourself a "lift" for the holidays with our nonsurgical face tightening; you will be amazed at the results, a fresher younger look. We are now carrying the new line of Suddenly Slender anti-aging products. Our no diet-diet carb stoppers and fat stoppers are also available. Have that desert and also stop the carbs and fats from being absorbed into your system. Our new sublingual sprays are the newest in the all-natural fight against anti-aging and cellulite.

**Barrington Bodywrap** is located at 557 North Hough Street in Barrington at the intersection of Routes 59 and 14 (Northwest Highway) next to the Jiffy Lube. Call **847-277-0742** for an appointment or more information.

## The European Art of Nail Care

Are you looking for a way to relieve stress and make yourself beautiful?

If so, you need to treat yourself to a manicure and pedicure. **Nails Design**, located at 557 N. Hough Street in Barrington, has been in business four years. The four licensed technicians, trained in Europe, offer the European art of nail care. The friendly and impeccably clean atmosphere make the experience so enjoyable.

Complete nail services, featuring hand-

filed acrylic, gel and sculptured nails, are available. European pedicures, at a custom design station, offer total relaxation.

Besides up-to-date colors and products being used, complete waxing services are also available.

So, look beautiful and feel wonderful by experiencing all **Nails Design** has to offer.

Call **847-304-9205** for an appointment and additional information.

## How to Get Started on Your Fitness Program

by Bill Phan

The onset of the New Year makes many of us evaluate the past year and set resolutions for the year ahead. Since many of our New Year's toasts are to health and with an ever-increasing emphasis on it, it is no wonder that many of our resolutions pertain to being fit. Unfortunately, these goals either fail or fall short of their desired target leaving many discouraged with how to successfully start and maintain a fitness program.

Fitness is first and foremost a decision, a decision to commit to be fit. Once you have decided to become fit, here are some helpful suggestions to achieving your goals:

**Consult Your Physician**—If you are over 40, have a family history of cardiovascular disease or are sedentary, a physical is a must. It is highly advisable for all others to get a check up as well before starting an exercise program.

**Set Goals**—Make your goals realistic and quantifiable. Don't set yourself up to fail. Create short- and long-term goals. Write your goals down and put them where you will see them and be reminded of them on a daily basis.

**Seek Guidance Regarding Your Diet**—The world is full of fad diets, 'fat burning' pills and bad advice from celebrities. What works for Cher or Madonna may not work for you. A registered dietitian or nutritionist will be able to guide your food selections. Remember, food is the most powerful drug you will ever put in your body. Do you really think your dietary guidelines should come from *Shape Magazine*?

**Seek a Qualified, Certified, Insured Personal Trainer Before Starting Your Program**—I cannot emphasize this enough. There are currently 120 different personal

training certifications available. Many are not worth the paper they are printed on. So when a trainer tells you he or she is "certified", dig a little deeper. Ask for referrals and proof of insurance; only the better certifications offer their people liability insurance. Ask if they are currently certified in CPR. And lastly, ask how long have they been in the personal training business.

**Expect Setbacks!**—There will be times during your "get in shape" process that you may be forced to miss a workout. There will be situations and times where you do not have the healthiest food choices available to you. Don't punish yourself for these things. But recognize them as challenges to be overcome. Work out a little longer next time, or eat nutritious foods before going to a function where the food choices may be less than desirable. You are trying to embrace a new healthy lifestyle; setbacks are normal.

In conclusion, getting started demands a commitment to be fit, a proper medical check-up and goal setting that is realistic, quantifiable, long- and short-term. The support of family or friends, nutritional guidance and a great attitude help as well. The qualified staff at **Personalized Fitness** are ready to help you sort through the confusion and get started. We have three locations in Barrington, Buffalo Grove and Palatine to serve your fitness needs. In-home training is also available. Give us a call to jump-start your program and have your healthiest New Year yet!

Bill Phan is a Certified Kinesiotherapist and one of the many fitness specialists available at **Personalized Fitness**. Call **847-277-SPIN**.



## NAILS DESIGN

### SPECIALS

**Sculptured Nails Only \$45**  
**Manicure & Pedicure Only \$40**

1st Time Clients Only

Gift Certificates Available

- MANICURE • PEDICURE • FRENCH MANICURE
- SCULPTURED NAILS • NAIL WRAP • GEL
- SCULPTURED PINK-AND-WHITE FRENCH ACRYLIC NAILS
- PARAFFIN DIP • WAXING

Call for Your Appointment

**847.304.9205**

557 N. HOUGH  
(INTERSECTION OF 14 & 59)  
BARRINGTON

MON. 10-4, TUE.-FRI. 9-7, SAT. 9-5

improve • build

- pre and post rehab
- weight reduction and nutrition
- corrective exercises
- cycling SPIN classes
- massage and soft tissue therapy
- sport specific training

Call today for your  
**complimentary assessment**,  
including fitness goals, posture,  
strength and flexibility.

improve • build

# Energize YOUR efforts

strengthen • improve • build

**847-277-SPIN**

Barrington • 118 W. Main St.

Buffalo Grove • 364 Half Day Rd.

Palatine • 395 W. Northwest Hwy.

**PERSONALIZED**



**FITNESS**

COMMIT TO GET FIT



## Auditions for Poems, Pints and More

The Barrington Area Arts Council is holding auditions for *Poems, Pints and More*, an evening of poetry, prose and music. Perform in a cozy Welsh Pub atmosphere where pints of brew will flow and readings will fill the air.

Auditions will be held on January 23 and 25 starting at 7:00 PM. Those 21 and over who are interested in auditioning

should bring a résumé and photograph. Readers should bring one or two pieces of poetry and prose to read. Original work is welcome but not required. Instrumental and vocal musicians must have their own accompaniment. For more information or to schedule an audition time, call 847-382-5626.

## BAAC Accepting Applications for Art Fair

The Barrington Area Arts Council is now accepting applications for their 15th Annual Art Fair. The one-day fair will be held along Cook and Station Streets in Barrington on Sunday, June 17, 2001. Estimated attendance for this event is 3,000.

The deadline for receipt of applications by BAAC is April 1, 2001. Applications are available by calling 847-382-5626 or by sending a SASE to BAAC, 207 Park Avenue, Barrington, IL, 60010.

## Look Your Best! Feel Great!— The Goal of Plastic Surgery

An old song once said, "You must have been a beautiful baby. 'Coz, Baby, look at you now." Each of us is born with characteristics and traits that make us uniquely beautiful. However, the passage of time and environmental stresses such as sun, pollution and even gravity tend to distort or mask the beauty that defines us. And the worst part of the aging process involves much more than our appearance. It robs us of our self confidence and gnaws at the way we perceive and feel about ourselves.

At **Valley Plastic Surgery Center**, we understand that consideration of cosmetic surgery involves much more than mere appearance. It touches the very quality of your life. Our board certified plastic surgeons, Dr. Jay Rosenberg, Dr. Philip Lambruschi and Dr. Dean Manus, bring 46 years of combined experience to helping people look better and feel better through the art of cosmetic and reconstructive surgery. From your initial consultation through your post-surgical visits, the understanding and compassion with which they have been treating clients for 24 years will be evident.

Choosing the right surgeon to meet your needs is, of course, of utmost importance. An initial question might be as to whether the doctor performing your surgery is a plastic surgeon. Today, many doctors specializing in other areas of medicine are performing plastic surgical procedures when, in fact, they are not plastic surgeons. At **Valley Plastic Surgery Center**, all three surgeons are certified by the American Board of Plastic Surgery which assures you that a rigorous assessment has been made regarding the expertise, training and qualifications of your surgeon in meeting your personal cosmetic goals. The outpatient surgical facility at **VPSC** is accredited by the Joint Commission on Accreditation of Healthcare Organizations, the same organization that accredits hospitals. Most procedures can be done on site in the state-of-the-art surgical suites, and you can return home the same day to recover in familiar, comfortable surroundings. The experience and knowledge of the physicians and the accredited, comfortable facility combine to assure you of the safest and most enjoyable cosmetic surgical experience available.

For many, the thought of finding the

right surgeon, asking the right questions and overcoming fears and anxieties associated with surgery can be overwhelming. So reluctantly, we put it off until "next year." Can we reasonably afford the time and expense to do this for ourselves is a question we may ask. But what could be more important than looking our best if it means feeling our best also? Whether you are considering cosmetic surgery for professional or personal reasons, the entire staff at **Valley Plastic Surgery Center** understands the natural "inertia" that many people face and are focused on answering your questions and guiding you at every step of the cosmetic surgical experience.

In addition to the more major procedures which come to mind when we think of cosmetic surgery, today there are available a number of minor procedures which can bring about dramatic results in aiding us to look and feel younger. For example, in the area of facial rejuvenation, there are a number of materials, such as Collagen, Dermalogen, Cymetra and Botox, which can be injected to reduce or eliminate the wrinkles and lines on the forehead and around the eyes, lips and mouth. Alloderm graft augmentation can restore the lips that have become thinner with age. At **Valley Plastic Surgery Center**, you can also schedule an appointment to see our skin care esthetician who will show you a multitude of techniques and give you suggestions for keeping your skin looking and feeling its best. Of course, our surgeons are experienced and skilled to provide full facelifts, anterior facelifts, endoscopic forehead lifts, eyelid surgery, submental liposuction, laser facial rejuvenation and cheek or chin implants if that is needed or desired.

At **Valley Plastic Surgery Center**, we understand that cosmetic surgery is not simply about appearance. It's about how you feel—your quality of life. We invite you to consider yourself... for a change. With personalized care and attention, we are dedicated to aiding you in achieving your aesthetic goals. We invite you to visit us at [www.valleyplasticsurgery.com](http://www.valleyplasticsurgery.com) to learn more about us. Or give us a call today at **847-836-3200** to arrange your consultation. Put yourself on the road to looking your best and feeling great!

# Deadline!

The deadline for the **February Issue** is **Thursday, January 18.**

Please send your press release/advertising materials to:

Editor

**Lifestyles Magazines**

P.O. Box 293

Crystal Lake, IL 60039-0293

or call: **(815) 459-4820**

*Consider  
Yourself...  
For A  
Change.*



**Valley Plastic V Surgery Center**

*Certified by the American Board of Plastic Surgery*

**JAY ROSENBERG, M.D., F.A.C.S. • PHILIP LAMBRUSCHI, M.D., F.A.C.S.**

**DEAN A. MANUS, M.D., F.A.C.S.**

**350 S. EIGHTH STREET (RT. 31) • WEST DUNDEE, IL 60118**

**847-836-3200**

**[www.valleyplasticsurgery.com](http://www.valleyplasticsurgery.com)**

### FACIAL SERVICES

FACE LIFT  
EYELID RECONSTRUCTION  
NOSE RESHAPING  
LIP AUGMENTATION  
CHIN & CHEEK IMPLANTS  
SUBMENTAL LIPOSUCTION  
OTOPLASTY (EARS)  
LASER RESURFACING

### BODY CONTOURING SERVICES

LIPOSUCTION  
BREAST AUGMENTATION  
BREAST LIFT  
BREAST REDUCTION  
TUMMY TUCK

### SPA SERVICES

DERMABRASION  
BOTOX  
COLLAGEN  
FACIAL PEELS  
BIOMEDIC, OBAGI &  
JANE IREDALE  
COSMETIC LINES

*ALSO, HAIR TRANSPLANTATION*

MEMBER OF THE AMERICAN SOCIETY OF PLASTIC SURGEONS & THE SOCIETY FOR AESTHETIC PLASTIC SURGERY  
SURGICAL FACILITY ACCREDITED BY THE JOINT COMMISSION FOR THE ACCREDITATION OF HEALTHCARE ORGANIZATIONS (JCAHO)

# REIKI

## LEARN HEALING ON ALL LEVELS

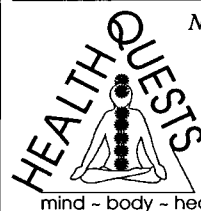
All conditions of disease start on a non-physical plane, whether it be emotional, mental or spiritual. The last place the condition manifests is in the physical body. Reiki is able to go to the origin of the problem and work at that level.

Doing Reiki when you are stressed or overly emotional will keep you from getting the aches and pains associated with the imbalance once it reaches the physical level.

### REIKI LEVEL I TRAININGS NOW FORMING

January 14th - or - May 5th, 10 am - 5 pm

\$150 includes text, material & optional support group meetings • 7 CEUs



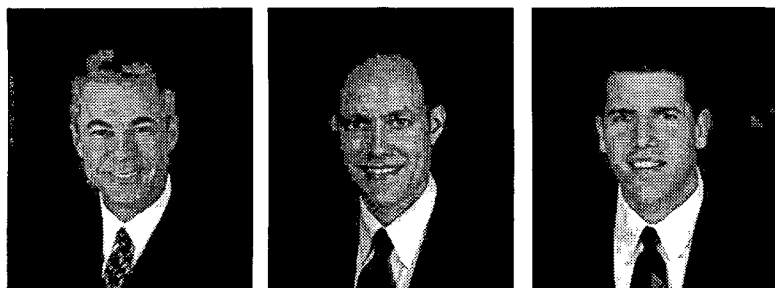
Now Accepting New Clients for Private Sessions—\$50 • 1 Hour

**PAMELA B. ARWINE**

(815) 455-4502

Reiki Master Teacher • Rubenfeld Synergist  
Gestalt Therapist • Clinical Hypnotherapist  
Thought Field Therapist

## FOR YOUR SKIN FOR YOUR LIFE



David P. Van Dam, MD

Jerome D. Fallon, MD

Jeffrey J. Berti, MD

- Trained at the University of Chicago, Harvard University, and the University of Wisconsin
- Certification by the American Board of Dermatology
- 21 Years of medical service to the McHenry County area
- The latest equipment and methods for dermatology and dermatologic surgery.
- Two offices to conveniently serve you
- Comprehensive skin treatments including: skin surgery for moles, cysts, skin cancer; and laser treatments for spider veins on face and legs, cancer diagnosis and treatment, photo therapy for psoriasis, advanced treatment for rashes, acne and other skin disorders
- Complete cosmetic services including: liposuction, laser skin resurfacing, Botox™, DermaPeel and hair removal.

Complimentary consultation on cosmetic services is available.

\*includes Liposuction, Vein Treatment, Laser Treatment, and Hair Removal

  
**dermatology**  
PHYSICIANS & SURGEONS, LTD

Smith Professional Building  
27401 West Highway 22  
Lake Barrington, IL 60010  
**(847) 382-5111**

Crystal Point Office Center  
183 Heritage Drive  
Crystal Lake, IL 60014  
**(815) 455-4434**

## Reiki... A Responsibility, A Gift, A Powerful Ancient System

Reiki classes are now being offered in Crystal Lake through **Pamela Arwine**, Reiki Master Teacher, Certified Rubenfeld Synergist, Thought Field Therapist and Hypnotherapist. Private sessions, class schedules and locations can be obtained by calling her at **815-455-4502**.

Reiki (Ray-Key) means "spiritually guided universal life force energy." Life force energy (ki) animates matter, balances our body, mind and spirit; it keeps us healthy when in balance; it makes us ill when out of balance. Imagine what learning to vitalize, enhance and guide this life force can do for the state of your emotional and physical health!

The practice of Reiki was lost for many centuries, but Dr. Mikao Usui rediscovered this ancient healing method in the middle of the 19th century. Whether your goal is self-healing, providing assistance to loved ones or becoming a professional Reiki Master Teacher or Practitioner Level, all that is required is the desire to learn Reiki and use it ethically. It was intense desire which led Dr. Usui to his discovery. Reiki is a holistic method which reaches all levels of one's existence and works to bring them into balance, thereby addressing the cause rather than the symptoms of disease or disharmony. You may experience Reiki as love, the original home of the soul. Although it is not linked to any specific faith, religion or belief, Reiki greatly enhances your spiritual connection.

"I believe Reiki is a great gift which engenders great responsibility," states Ms.

**Arwine**. Reiki is taught in four levels, each requiring a full day seminar at a cost of \$150 per day. "Simple to learn, it is in no way simplistic," she continues. "We learn most deeply from that which we experience directly both from being the giver and the receiver. Our Reiki work will be refined as we use it and questions will arise. Therefore, I offer supplemental classes two evenings a month for sharing, practice and further development. These very beneficial classes are offered to all my Reiki students free of charge. It is a unique bonus and my way of giving back for all that I have received through learning, practicing and teaching Reiki. I have also developed two, two-day advanced spiritual healing workshops which help my students deepen their work, both personally and professionally.

**Pamela Arwine** brings a rich blend of experience to this work dedicated to health and balance with the focus on unity of mind, body, spirit and emotion.

"When I was 20," she says, "I was determined to change the world. When I became 30, I had given up that childish enthusiasm but determined to change my family. By 40, I realized that was a futile pursuit and channeled my determination into changing myself. Now, at 50, I know that by changing myself I am changing the world. This is true for all of us as we progress through these exciting new times. True healers are in deep demand and more is expected of each of us spiritually. It is

(Please continue on page 43)

## The Time to Eliminate Varicose Veins is Now

Don't spend another summer trying to hide the veins on your legs. Winter is the best time to treat varicose veins that can mar the appearance of your legs. Ambulatory Phlebectomy is a "custom made" office procedure that removes leg veins too large for other treatments such as sclerotherapy (injection treatments).

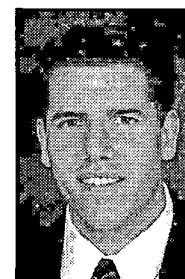
Ambulatory Phlebectomy (am'-bew-luh-tor'-ee flee-beck'-toe-mee) can safely and permanently remove those painful and/or unattractive varicose veins from your legs without the inconvenience or expense of hospital-based surgery.

This procedure is performed entirely with a local anesthetic that produces complete and long-lasting numbness in the areas treated. No narcotics, intravenous drugs or inhalation anesthetics are needed.

Ambulatory Phlebectomy is performed in the privacy of our office by Jeffrey J. Berti, MD. The procedure can eliminate even the most complicated cases of varicose veins and produces the long-term results with less inconvenience, better cosmetic results, a lower cost than traditional vein-stripping surgery and no interruption of your work or social activities.

Advantages of Ambulatory Phlebectomy for the treatment of varicose veins include:

- Safety
- Minimal pain
- No stitches



Jeffrey J. Berti, MD

- Normal activities are resumed on the day of surgery
- Cost-effectiveness

If your legs feel heavy and tired at the end of the day and you have varicose veins, relief can be possible with Ambulatory Phlebectomy. If you are dissatisfied with the appearance of your legs because of spider veins, varicose veins or both, Ambulatory Phlebectomy may help improve the appearance of your legs so that you can be free to wear the clothing you want all year round.

Doctor Berti is certified by the American Board of Dermatology, is a member of The American College of Phlebology and has trained with some of the world's leading authorities in Ambulatory Phlebectomy.

Call **Dermatology Physicians & Surgeons, Ltd.** at **847-382-5111** or **815-455-4434** for a complimentary consultation with Dr. Berti to learn how you may benefit from Ambulatory Phlebectomy.



## Fibromyalgia Treatment

Fibromyalgia is a common condition characterized by muscular pain, fatigue and poor sleep. Despite its prevalence, it remains unfamiliar to most people. Fibromyalgia is difficult to diagnose. Diagnosis depends on the identification of symptoms and the exclusion of other possible conditions. Rheumatologists are often best equipped to handle this problem. Women are 10 times more likely than men to get fibromyalgia.

People with fibromyalgia can reap enormous benefits from regular exercise, although they may be reluctant to because they are tired and in pain. Walking, swimming or water aerobics are a few recommended ways to start. Gentle stretching is also recommended. It will help increase endurance and relieve muscular tension.

Physical therapy can help by:

- Evaluating your individual needs
- Designing a customized exercise program
- Providing instruction and treatment to manage pain—massage, heat, ice
- Posture and body mechanics training
- Keeping your muscles strong and your joints from becoming stiff

**Women's Physical Therapy Institute** is a unique facility dedicated to serving the rehabilitation needs of women of all ages. They specialize in treating fibromyalgia, osteoporosis, orthopedic conditions, lymphedema, incontinence, pelvic pain and pre & post childbearing conditions. **WPTI** also offers exercise groups with small class sizes. It is located at 715 Ela Road, Suite 2A, in Lake Zurich. They can be reached at **847-550-9784**, by email at [wpti@earthlink.com](mailto:wpti@earthlink.com) or fax at 847-550-9780.

## Forest Grove has Suggestions for De-Stressing the Holidays

The holidays are here and now is the time to put a plan in action to minimize the effects of holiday stress on our bodies. The holidays are a time of festivity, parties, shopping, entertaining, religious observances, family gatherings, decorating and ...stress! With all of the extra demands we put on ourselves and the expectations of the season, is it any wonder that most of us feel some stress during the holiday season? The source of holiday stress is simple; when it comes to time, money and social and family commitments, most people try to do too much. There are steps you can take to fight back and minimize the effects of the holidays.

We've all seen those depressing news items about how much weight most Americans gain between Thanksgiving and New Year's. Previous estimates say between five to ten pounds. Researchers at the National Institutes of Health set out to see if this was true. The good news is, although holiday weight gain is a fact, it is usually about 0.4 kg or less than one pound. A word of caution before you celebrate with some chocolate cake—this weight gain, though small, has a tendency to stick around.

Holiday pounds aren't inevitable. The same study found that accumulating 30 minutes of moderate physical activity on most days of the week could help prevent weight gain. Better yet, schedule regular exercise—at least 20 minutes three times a week.

A physically fit body is able to withstand the stresses of modern life. Non-aerobic exercises like yoga also help by stretching and relaxing the muscles and inducing deep breathing and a state of meditation. The specific type of exercise or the amount of time spent exercising is not as important as whether or not you can make it a regular part of your life. Choose an exercise that is enjoyable; the more enjoyable it is, the more likely you will succeed.

Although physical activity and improved fitness can help you deal with the physiological aspects of stress, regular workouts also provide a psychological boost. Exercise wields a positive influence over our

moods. The rhythmic nature of aerobic exercise has a naturally calming effect, which boosts your sense of self-esteem and enhances the functioning of your brain. For those in search of mental as well as physical motivation, here are ten reasons to begin a workout program:

1. Working out can give you a sense of exhilaration and accomplishment as well as the increased self-esteem that results from doing something you know is good for you.

2. Exercise causes your body to produce endorphins, the chemicals that dull pain and help produce what is known as the exercise "high."

3. A single workout can raise your brain's levels of antidepressant chemicals such as dopamine and serotonin, according to Dr. John J. Ratey, M.D.

4. If you're feeling down, exercise may help pick you up. Review of past studies found that long-term exercise programs have about as much of an effect on depression as psychotherapy.

5. According to a Duke University study, bouts of intense exercise are very effective in reducing feelings of depression, tension and anger.

6. Working out helps you deal with stress in your job or any area of life.

7. Even a little exercise can make you less anxious. Studies have shown that any amount of exercise seems to decrease feelings of anxiety.

8. Aerobic exercise may make you think better. Over time, cardio exercise (coupled with a healthy diet) improves the flow of blood that carries oxygen and nutrients to your brain.

9. Regular weight training or aerobic exercise is shown to improve the quality and duration of sleep.

10. Like meditation, exercise gives your mind a needed break from everyday thoughts, responsibilities and commitments.

Finally, there is one more reason to keep exercising. When you work out regularly, your body simply functions better—you're fitter, healthier and less likely to suffer painful physical conditions. And that just feels good!

## Suffering From Fibromyalgia?

*Women's Physical Therapy Institute* offers personalized exercise and pain management techniques to deal with fibromyalgia. Call today for your appointment.

*Women's Physical Therapy Institute*  
A Medicare Approved Facility

**Specializing in:**

*Osteoporosis, Incontinence, Fibromyalgia, Orthopedics*

715 Ela Rd., Suite 2A, Lake Zurich • 847-550-WPTI (9784)

FOREST GROVE  
ATHLETIC CLUB



**We're Expanding!**

**We have the  
MOST solutions  
to your  
exercise needs.**



• Free Pilates! • New aerobic studio! • Expanded weights area!

- 110,000 sq. ft. club on 17 acres
- 125+ pieces cardio equipment
- 3 lines of weight equipment
- 5,000 sq. ft. free weights area
- 3 aerobics studios—72+ classes per week
- Indoor track
- Indoor & outdoor pool
- #1 tennis program in the northwest suburbs (indoor/outdoor)
- Full-size basketball court
- Racquetball
- Personal Training
- Sauna, steam room
- Largest Kid's Club in the midwest
- Café, Pro shop

**Stop by today! (847) 991-4646 • [www.fgac.com](http://www.fgac.com)**

1760 N. Hicks Rd., Palatine (between Dundee & Rand Roads)

FOREST GROVE  
ATHLETIC CLUB



**Complimentary  
2-Week Membership**

Ask about our  
30-day money  
back guarantee!

**Join by 1/31/01  
and receive over 50% off  
the enrollment fee.**

**Stop by today! (847) 991-4646**

1760 N. Hicks Rd., Palatine (between Dundee & Rand Roads)

EXPIRES 1/31/01

## Estetica™

Advanced Clinical Skin Care



### "Now You Can Restore And Enhance The True Beauty Of Your Skin"

Estetica takes a very personalized, customized approach to each and every patient. *"We believe that the skin is like a fingerprint...no two individuals are alike."*

Our skin care specialist, Catherine Zedan Grandi is certified and extensively trained in medical aesthetics.

For Your Private Consultation With  
**Catherine Zedan Grandi, L.E.**

Please call us at  
**847• 438 • 2100**  
45-A South Old Rand Rd.  
**LAKE ZURICH**  
(by appointment only)

Body Massage is now available. Enjoy a 30-, 60- or 90-minute massage with a complimentary extra 15 minutes with your first visit. Custom massage includes Swedish, Lymphatic, Myo-fascial, and Deep Tissue.

**Custom Gift Certificates Available!**

## COMMITTED to the HIGHEST STANDARDS of ORAL HEALTH

Your looks and smile are as important to us as they are to you—*always*. Whether educating you to prevent problems or returning your mouth to optimum oral health, we are committed to taking whatever time is necessary to ensure an aesthetic approach to your appearance.

### Adult Dental Services of Barrington

**Raymond P. Kotz, DDS, PC**  
**James T. Gavrilos, DDS, PC**

129 Park Avenue  
Barrington, Illinois 60010  
**847-381-4040**

AESTHETIC, RECONSTRUCTIVE AND GENERAL DENTISTRY



## Stressed from the Holidays?

Estetica, staying true to their belief that you must consider the whole person for optimal skin care results, now offers massage therapy!

Massage therapy offers many benefits and provides relief to people of all walks of life. Numerous research studies have documented that massage therapy provides benefits well beyond just feeling good! It offers an impressive range of physical, mental and emotional benefits.

In addition, massage therapy helps im-

prove skin tone. The sun, smog, poor diet and the natural aging process all contribute to the drying and wrinkling of skin. Massage therapy dilates blood capillaries of the skin increasing the uptake of vital skin repairing nutrients and speeding the removal of harmful toxins. The end result is improved circulation which helps with enhancing the tone of your skin.

Please join us in welcoming our new massage therapist, Georgia Hansen.

## "An Affair to Remember" Theme of BJWC Gala

A \$1,000 shopping spree at Deer Park Town Center, the new upscale lifestyle center at 20530 N. Rand Road in Deer Park, will be up for bid at the Barrington Junior Women's Club Hollywood-themed gala appropriately named "An Affair to Remember." The elegant charity event will be held Saturday evening, April 21, 2001, at the magnificent Stonegate Conference and Banquet Centre in Hoffman Estates.

The shopping spree, reminiscent of Julia Roberts' shopping extravaganza in the hit movie *Pretty Woman*, will be one of many movie-themed items in an extraordinary silent and live auction at the event. Included are other unusual items such as: a body wrap from Barrington Body Wrap themed "The Mummy"; a three-hour Lake Michigan sail from Bill Gladstone's Chicago Sailing Club themed "The Perfect Storm"; and a Hollywood-style "Walk of Fame" lined with stars containing names of individual and corporate sponsors. There will also be hors d'oeuvres, six-course dining, an open bar and live entertainment provided by the world famous band Afro-Disiacs. A significant portion of the proceeds are earmarked for The Union, a new multigenerational community center that will be built on Barrington Park District land but will be privately



**Karla Rubly of Deer Park Town Center (left) and Karen Daboll of the Barrington Junior Women's Club invite you to "shop 'til you drop" at Barrington area's newest "lifestyle center" if you are lucky enough to be the highest bidder of a \$1,000 shopping spree at BJWC's April 21st fundraiser.**

funded and operated.

BJWC, a nonprofit organization serving women, seniors and children as well as homeless, abused and disadvantaged individuals, is selling tickets to "An Affair to Remember" for \$100 per person. For an invitation or more information or to inquire about making a charitable contribution, please call 847-622-3838.

## Optimum Oral Health— A Joint Responsibility

by **Raymond P. Kotz, DDS**, and **James T. Gavrilos, DDS**

When a patient desires to keep their teeth and their mouth in optimum oral health, advances in dentistry have generally made it possible for a qualified dental team to help them achieve their goal. Teeth can usually be restored to a strong, maintainable and aesthetic condition. Care in our office allows considerable time for our hygienists and assistants to educate patients in proper home care; time is always allowed for thorough home care education. We recommend the use of preventive prescription home fluoride in adults as well as children. The frequency of recare appointments varies from one month to one year depending on the needs of our patient.

The responsibility then shifts more to the patient and less to the dental team. Regular home care really makes the difference. Adults usually have more problems with their gums and with root area decay.



**Dr. James Gavrilos, DDS**



**Dr. Raymond Kotz, DDS**

Keeping the edges of crowns and the surfaces of roots clean means dental restorations last longer and the effects of gum disease are minimized.

If you follow these suggestions, you will generally save money as well as saving your teeth.

For a better understanding, call **Dr. Raymond Kotz** and **Dr. James Gavrilos** at **847-381-4040** in Barrington.

## What Age is Best for Certain Procedures?

by Gary S. Churchill, MD

Patients often ask at what age it is best to get certain procedures done. This will vary from patient to patient, but there are some general guidelines that apply in most cases. Ultimately, only the patient along with their surgeon can determine if a certain procedure is right for them or if the timing is appropriate.

### Eyelid Rejuvenation

Most people will notice the aging process first around their eyes. Some puffiness beneath the eyelids, especially in the morning, will get more and more noticeable. This can create a tired look even when the person is well rested. Although some people will notice this in their twenties, this usually becomes more apparent in the thirties and forties. Although both upper and lower eyelids may age simultaneously, some people will notice only one or the other aging sooner.

Fine lines will begin to appear around the eyes in the late twenties or early thirties. These can be treated with light chemical peeling or the newer glycolic acid creams at home.

### Facial Rejuvenation—Facelifting

Facial rejuvenation involves a number of different procedures. The most common is facelifting. Facelifting improves jowling and looseness of the neck through incisions around the ears. This procedure is rarely done on patients in their thirties. Most patients are in their forties and old-



Gary Churchill, MD

er. It is common to perform facelifting at the same time as eyelid rejuvenation.

### Facial Rejuvenation—Forehead Lifting

A forehead lift allows the brows to be elevated as well as the frown lines smoothed. This is done through an incision behind the hairline. Although some patients may have low lying brows in their thirties, most do not seek forehead lifting until their forties. It is common to perform forehead lifting along with a facelift.

### Facial Rejuvenation—Chemical Peeling

Chemical peeling is designed to smooth the skin. A number of new light and medium depth chemical peels have become available for younger patients with early, fine lines. Patients in their twenties may undergo light chemical peeling. The more sun damage there has been to the skin, the deeper the lines will be and the deeper

(Please continue on page 43)

## Claude Thomas' Wishes A Happy New Year!

**The Smart Peel, The Non-Surgical Facelift, Glycolic Peel, Permanent Make-Up, Hair Extensions and Add-On Hair & Wigs**

Along with hair, nail and spa services, **Claude Thomas** is introducing exclusive and exciting new services. One is **The Smart Peel**. Compared to a chemical peel, this exfoliation treatment offers higher precision. Other benefits of this treatment are many:

- Works on all skin types
- Elimination of fine lines and wrinkles
- Lightens and can even eliminate age spots and hyperpigmentation from sun damage
- Reduction of open pores
- Reduction and/or elimination of broken capillaries, scars, stretch marks, whiteheads and blackheads
- Restores sun damaged skin

Along with **The Smart Peel**, **Claude Thomas** has the **Stimulating Lift Treatment**. This program will help take years off the appearance of aging skin without surgery. The most important function of the **Stimulating Lift** is to tone up and contract the underlying muscles of the face and neck, helping to restore and recondition the tone and elasticity of both the skin and muscles of the face and neck.

Another one of our exclusive services is **Hair Extensions**. Not all hair extensions are alike. We only carry the most innovative methods in our industry. Our system is the same one that celebrities and models use. Our system does not damage your own hair like so many systems in




**Taking care of you is serious business... but we make it fun too.**

other salons. We only use the best hair in our industry. The **Polymer Attachment System** attachments are polymers equal to the human hair structure, not glue, wax or twisting and braiding that damages your own hair. We use 100% human hair, with the cuticles all going the same direction. We do not use synthetic hair. This hair is easy to perm or color. After a consultation, we would determine what would be right for you.

**Permanent Make-up** is now at **Claude Thomas**. This service will be done by Claudia. Who benefits from Intradermal cosmetics?—Busy people with little time to apply make-up; people with allergies to make-up; people who seek corrections of asymmetrical facial features; people who wish to look their best all the time; athletic people; entertainers; actresses and models; and those who are physically incapable of applying make-up. Call and find out more about this service.

**Claude Thomas specializes in wedding and special occasions! Gift certificates available.**

Not sure what style you want for winter? Come in for the **computerized virtual make-over** for \$30.



**GARY S. CHURCHILL, MD**  
Specializing in cosmetic and reconstructive surgery of the face and neck.

Board-Certified by the American Board of Facial Plastic Surgery

Accredited by  
Accreditation Association for Ambulatory Health Care, Inc.

**The Center for Facial Plastic Surgery**  
515 W. Old Northwest Highway  
Barrington, IL 60010  
**304-1000**

*The Hair* *The Skin* *The Nails*

**Claude Thomas**

**R e l a x.**

*You Deserve Us*

Claude Thomas has exciting and innovative services that are new to our industry. Check out these exclusive services and our January Specials in our editorial.

**20% OFF to All New Clients**

Does not apply to already discounted services, products, massage, hair extensions, wigs, virtuals, permanent makeup & exclusive services.

← See Our Editorial For January Specials

We now have Metabolife for \$25 per bottle.

**REDKEN**  
5th AVENUE NYC

**847-705-5999**

377 W. NORTHWEST HIGHWAY (CENTURY PLAZA) • PALATINE

SUNDAY 11-4  
MONDAY 1-9  
TUES-FRI 9-9  
SAT 9-5



## "Brasil" Benefits Cancer Research



Reminiscent of "Rio," the ballroom of the Four Seasons Hotel was transformed into a South American paradise. Enjoying the ambiance were Bill and Myrt Rose of Barrington.

Soft tropical breezes blew into the Four Seasons Hotel on November 11 when Cartier and Marsh & McLennan Companies joined the University of Chicago Cancer Research Foundation Women's Board as sponsors of their 34th Annual Grand Auction.

Guests sipped caipirinhas among the palm trees and parrots as they admired the exquisitely jeweled Cartier models. The energy was heightened by the Brazilian Capoeira dancers and the sensuous music of the Bradley Young Orchestra. Reminiscent of "Rio" nights, the ballroom was transformed into a South American paradise complete with cascading canopies of tropical orchids, pink ginger and lush jungle foliage set off by vibrant jewel

box colors.

Guests bid on live auction items, such as: first class trips to Rio de Janeiro and Paris compliments of United Airlines; an elegant Cartier Tank Francaise watch; and an exclusive dinner for twelve prepared by Four Seasons Executive Chef Mark Baker. The silent auction had more than 600 items including: a Viking stainless steel grill provided by Frontgate; accommodations at the luxurious George V Paris; and a custom-made men's Oxxford tuxedo.

Mrs. John Atchison is President of the Women's Board. Mrs. Darcy Robert Bonner and Mrs. Benjamin Chereskin were the Co-Chairmen for the event. The party was a sellout.



Also enjoying the gala were Tom and Amy Weigand of Barrington, Mark and Jeannine Stadler of Barrington, Bob and Karen Greenbaum of Lake Forest and John and Missy Derse of Lake Forest.



Sipping caipirinhas among palm trees and parrots were Rusty and Priscilla Rose of Barrington, Marta and Darcy Bonner of Chicago and Ramona Rose of St. Charles. Marta was a Co-Chairman of the event.

## Shepherds Gala Honors Hospital Donors

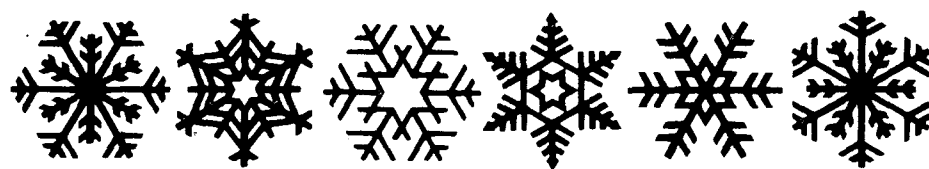


Alan and Karen Darch present Christine Black with a major prize at the Shepherds Gala.

"Passport to the World," the Shepherds Gala, Good Shepherd Hospital's most prestigious event, was held recently to

honor donors to the hospital.

Hospital chief executive Alan Iftiniuk made the presentations during the annu-



al Shepherds Ball held recently at the Wyndham Hotel in Itasca. Over 400 attendees were present for this year's annual event.

The chairman of the event was Gail Wickstrom of Wickstrom Ford in Barrington. She is a member of Good Shepherd's Development Council. This is her fourth and final year as chairman of this event. The co-chair of the event was Karen Darch of the Barrington Board of Trustees. She has been a member of the Gala Committee for four years and will chair the committee for the 2001 Shepherd's Gala.

The goal of the gala was to raise money for Good Shepherd's Cancer Care program. Good Shepherd's Cancer Care Program currently offers a wide range of inpatient and outpatient services, including a full complement of medical, surgical and radiation oncology treatments. During the coming year, Good Shepherd plans to

make significant enhancements in its Cancer Care Program to anticipate and better meet the care needs of the growing community.

The gala raised \$109,000 which represents a fundraising record for the Shepherd's Gala.

Major donors to the gala included Merrill Lynch, the premier underwriter for the event. Other major donors include: Associate Radiologists, the Retail Division of Bridgestone/Firestone, Duchossois Foundation, Dr. and Mrs. Benjamin LeCompte III and Mr. and Mrs. Hamilton Traylor. Seventy physicians from Good Shepherd supported the gala through attendance, benefactor gifts, prizes and ticket purchases.

The Shepherds Gala offers the hospital the opportunity to recognize the many financial contributors, volunteers, employees and individuals who are important to Good Shepherd.

## How to Choose a Dance School for Your Child

Many parents of young children who desire to take dance lessons find themselves unsure as to how to choose a school. Frankly, a recommendation from a neighbor or friend is not enough. You should always visit the school in person. The following are some guidelines as to how to choose a school in order to insure your child's proper instruction and personal safety.

**Facility**—The dancers should have a large room with a special sprung floor. Dancing on concrete covered with tile or other hard surfaces is dangerous. There should be ample mirrors and well-constructed ballet barres for older students.

**Observation of Classes**—Before enrolling in any school, you should make an appointment to observe a class. Even if you are not knowledgeable, you will be able to judge certain critical things.

1) *Is the teacher well organized and pleasant?*

2) *Is he/she knowledgeable?* (Check the school brochure for teachers' backgrounds.)

3) *Are the teacher's corrections made clearly and in a positive way?*

4) *Are the students well behaved and attentive for their age?*

**Performing Opportunities**—As dance is a performing art, it is imperative that the students get the chance to dance for an audience. However, a good school should stress education and not detract from that for the sake of performing. A fancy costume will never cover up poor dancing!

**Tuition**—Do some comparison shopping as to class rates. Classes should be competitively priced but one should not think that the cheapest class means more for your money. As with everything, quality costs more. Schools should have discounted tuition for multiple classes if your child is a serious student. Family discounts may also be available.

Even pre-schoolers taking lessons should have a fun, interesting and beneficial class. A little extra time will result in a decision that you and your child will be happy with for years to come!

## Senior Pen-Pals Needed

The Barrington Area Council on Aging, Inc. (BACOA) is partnering with Roslyn Road School in a new pen-pal program and needs senior volunteers. If you would

like to exchange four to five letters over the course of the year with a student in Kindergarten through the 5th grade, call BACOA at 381-5030.

## Feel Good and Look Great

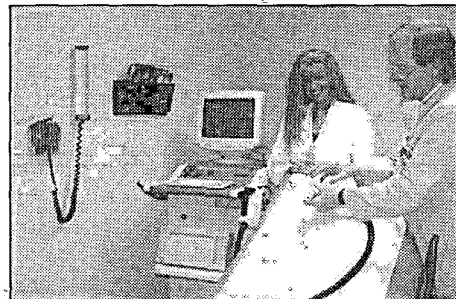
The doctors at **Total Health Concepts, Ltd. Aesthetic & Laser Surgery Center** are proud to introduce Foto Facial, Wrinkle Light & Laser Laxity Vector Treatment and Skin Rejuvenation—the outstanding new procedure for an aging skin treatment.

W. Mark Iwanicki, MD, the founder of the corporation, is one of the only few physicians in Illinois who are fully trained and licensed to perform this procedure.

**Photorejuvenation** is a new and very unique procedure that visibly improves the appearance of the skin and reduces signs of aging, rosacea, enlarged pores, irregular pigmentation, spider veins, fine wrinkles and flashing of the face. We are very excited about this procedure which has gained tremendous acceptance because it appears to be a non-invasive alternative to laser facial skin resurfacing and has an excellent safety record and no down time. A patient can return to work right after treatment. There is practically no pain. More sensitive patients can use local anesthetic cream. Treatment of the face is most common but other parts of the body, such as the neck, chest and arms, can also be successfully treated. This procedure is suitable for both women and men.

The treatment usually consists of few sessions lasting about 30 minutes.

**Advanced Vein Treatment Center at Total Health Concepts, Ltd.**, provides the patient with the most advanced and contemporary varicose vein diagnosis and treatment: laser treatment of spider veins, sclerotherapy, advanced ultrasound guided sclerotherapy, non-invasive evaluation of venous flow and insufficiency, etc.



**At Total Health Concepts, Ltd. their doctors combine years of medical experience with the latest techniques in 21st century technology. For more information, call 847-228-3151.**

The clinic also provides several procedures to improve your appearance.

**Botox Injections**—This relatively simple medical procedure helps eliminate wrinkles, especially those frown lines and crow's feet around the eyes, and takes not more than 15 to 20 minutes of your time.

**Hair Removal**—Permanent hair reduction from all parts of the body with a "flash of gentle light".

We also offer treatments for age spots, stretch marks, warts, scars, portwine stains and many others.

Dr. Iwanicki and associates have been practicing medicine in the Schaumburg area for over 20 years. "We get older together with our patients and we understand their needs." Their friendly staff is waiting to help you.

The office is located at Wimmer Plaza—Professional Building, 810 Biesterfeld Road, Suite 104, adjacent to Alexian Brothers Medical Center in Elk Grove Village.

For additional information or directions, call 847-228-3151.



**The Studio's  
BARRINGTON  
DANCE ACADEMY**  
117 E. Northwest Hwy.  
Barrington

**Faculty**  
Jessica Gumowski  
Roberta Pfeil Begley  
Randi Neebe  
Karen Janet  
Kristi Lowe Murphy  
Chris Smith  
Valerie Murray  
Julie Sulak  
Mary Brennan, Director

ANNOUNCES

## Winter Registration

CLASSES BEGIN JANUARY 3RD

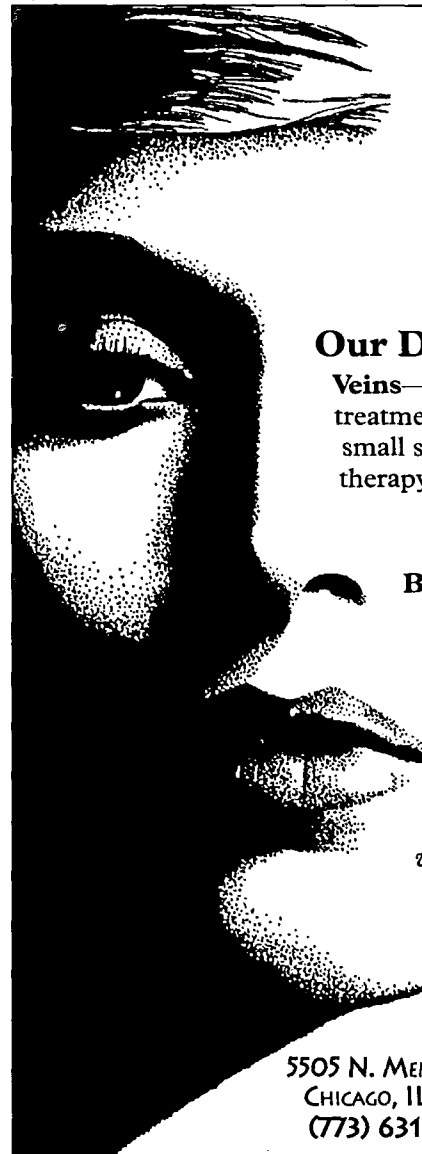
**Ballet • Creative Movement • Pre Ballet  
Character Dance • Jazz • Drama  
Exercise (First Class FREE) • Ballroom Dancing**

CLASSES FOR AGES 3 THROUGH ADULT

Now Offering **Drama Classes**  
for all ages and groups. Call Valerie Murray: 359-7038

Home of the Barrington Youth Dance Ensemble

**382-6333** Brochure Available Upon Request



**TOTAL HEALTH  
CONCEPTS, LTD.**

AESTHETIC & LASER SURGERY CENTER  
ADVANCED VEIN TREATMENT CENTER  
W. MARK IWANICKI, M.D.  
MEDICAL DIRECTOR

### Our Doctors will provide for you:

**Veins**—advanced contemporary diagnosis and treatment of large unsightly varicose veins and small spider veins. Ultrasound guided sclerotherapy, laser, intensive pulse light or surgery.

**Foto Facial Rejuvenation**—  
with no patient downtime.

**Botox**—instant wrinkle treatment.

**Hair Removal**—permanent hair reduction with "touch of light."

**Foto Facials. Age Spots.**

**Warts. Removal of Tattoos.**

**Portwine Stain Treatment.**

**Scars & Stretch Marks.**

*Patients will be seen by Physicians  
whose goals are 'total patient' care and  
the use of state-of-the-art technology.*

**FIRST CONSULTATION FREE**

ALEXIAN BROTHERS MEDICAL CENTER  
WIMMER PLAZA

5505 N. MENARD AVE.  
CHICAGO, IL 60630  
(773) 631-9306

810 W. BIESTERFELD RD., SUITE 104  
ELK GROVE VILLAGE, IL 60007  
(847) 228-3151

## Struggling To Lose Weight?



Have books, fad diets, trendy exercise equipment, or self-help programs failed to get you off the weight-loss roller coaster? Dr. Barry Berger may have the answer for you. Dr. Berger's revolutionary long-term weight reduction program incorporates all of the following components:

- 40-30-30 diet plan
- Safe and effective prescription medication
- Monthly, face-to-face follow ups to monitor progress
- Documented 93% success rate!

Dr. Berger has spent 13 of his 17 years practicing in Lake Zurich. He is board certified in internal medicine, and prides himself in his long list of satisfied patients. Dr. Berger sees all of his patients in person. Much of his services are covered by most insurance companies (sorry, no HMO).

**Barry Berger, M.D., D.O.**

*Specializing in Weight Control and Nutrition  
American Society of Bariatric Physicians*

**847-438-2454**

290 N. Rand Road  
Lake Zurich, IL

**630-789-9495**

908 N. Elm Street  
Suite 204  
Hinsdale, IL

**LOSE THE WEIGHT...AND KEEP IT OFF!**

## New Weight Loss Program Shows Dramatic Results

Dr. Barry Berger, a Board Certified Internist practicing in Lake Zurich for the past 12 years, introduces a new weight loss program. This program is based on the 40/30/30 nutrition plan which consists of 40% carbohydrates, 30% protein and 30% fat. By increasing protein while decreasing fat and carbohydrates, weight loss success increases. University studies using this diet method along with the latest advances in prescription medication have shown safe and effective weight loss results.

Unlike other programs for which you need to buy food or count calories, this method offers the most freedom and achieves the best long lasting results available today. Fat comes off and stays off! Dr. Berger custom designs a program for each patient and discusses proper exercise, nutrition and overall weight status while considering your current lifestyle, exercise and diet habits.

Dr. Berger has had hundreds of satisfied patients and has incorporated the use of a new fat blocker, Xenical®, and an appetite suppressant into this diet. Insurance usually pays for some or most charges, (sorry, no HMOs).

To begin a weight loss program that really works for you, call **847-438-2454** in Lake Zurich or **630-789-9495** in Hinsdale to make an appointment for your consultation today.



## Good Shepherd Manor Luncheon

The Barrington Area Council on Aging, Inc. (BACOA) invites you to attend the senior activity and lunch program being held at Good Shepherd Manor, 445 East Main Street, Barrington, on Thursdays. The program is now being held on Mon-

day's at Langendorf Park and on Thursday's at Good Shepherd Manor. Lunch will be served at noon. To make a reservation, call 847-381-5030. This program is a partnership between BACOA, Good Shepherd Manor and Catholic Charities.

## BJWC Hosts Senior Party

On November 17, Barrington Junior Women's Club hosted a party for the residents at Good Shepherd Manor Senior Center. The seniors enjoyed playing games and listening to the Madrigal Singers and Bar-

bershop Quartet from Barrington High School. This is an annual event that many members look forward to and was a great afternoon enjoyed by all.

• TCA PEEL • GLYCOLIC PEEL • FACELIFT • TUMMY TUCK • LIPOSUCTION • BREAST ENHANCEMENT • PHYSICIAN

## OPEN HOUSE

Saturday, January 20, 2001, 1:00 to 4:00 PM • R.S.V.P.

### • PLASTIC SURGEON

Ask Questions

Have a FREE Private Consultation

### • MAKE-UP ARTIST

Tips and Secrets

Mini Make-Up Workshop

### • OBAGI SKIN RESTORATION

Giveaways

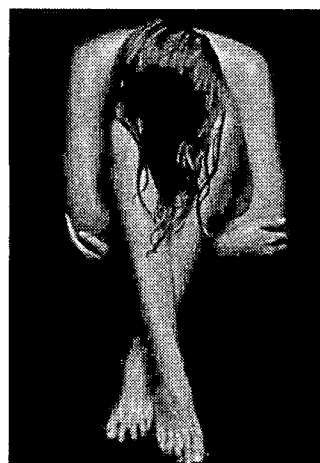
Meet the Rep

50% Discount at Open House

### • M.D. LASER SPECIALIST

FREE Consultation

See Demonstration



### • FREE COLLAGEN TEST SPOT

Ask Questions

Have a FREE Private Consultation

### • FREE PRIZES

Skin Care Products

Chemical Peel

Botox

Microdermabrasion

### • REFRESHMENTS SERVED

### • COME AND HAVE FUN & BRING A FRIEND

VISIT OUR WEBSITE: [www.clnw.com](http://www.clnw.com)



**Cosmetic Surgery & Laser Center**

28662 W. NORTHWEST HWY., LAKE BARRINGTON, IL 60010

**842-9000**

• LASER HAIR REMOVAL • LASER VEIN REMOVAL • SCLEROTHERAPY • MICRODERMABRASION • DERMABRASION •



## Is It Ever Too Late for a Person to Get Braces?

Adult orthodontics has become very prevalent in our society today for many reasons. One such reason is that orthodontic technology has developed more aesthetic appliances. When a patient has their initial evaluation for orthodontic treatment, one of the most commonly asked questions is, "Am I too old for braces?" Unfortunately, orthodontics has always been geared for children. But now, we have more to offer adults in the way of clear brackets and clear removable aligners.

There are many factors that need to be considered before an adult patient can begin orthodontic treatment. A thorough examination will be done by the orthodontist to evaluate the health of gingival tissue, bone support and how your bite fits together (occlusion). Even though as adults we are not growing anymore, this doesn't prevent tooth movement. If your mouth is in good overall health, orthodontics can be achieved at almost any age.

After your initial examination, your orthodontist will recommend diagnostic records which include X-rays, photographs and plaster study models of your teeth. These diagnostic records will enable your orthodontist to tailor a treatment plan to meet your individual needs.

If you have any questions regarding orthodontics or would like to schedule an initial exam for yourself, please contact us at either our Barrington, 847-382-5588, or Palatine, 847-359-7980, offices or visit our website at [www.haywardorthodontics.com](http://www.haywardorthodontics.com).



Dr. Michael Hayward

## New Skin Technology Debuts at Northwest Dermatology

**Northwest Dermatology** is pleased to announce the addition of the Diamond Peel™ microdermabrasion system to their practice. Microdermabrasion, the most progressive new therapy in skin care, is being widely recognized by professionals throughout the U.S. for its effective, gentle skin peeling capabilities. It's been featured in all the major magazines including *Vogue*, *New Woman*, *Allure*, *Elle* and others and continues to be the most talked about new treatment for people in search of a more youthful appearance and healthy looking skin.

The Diamond Peel™ uses micro diamond-shaped crystals to remove dead skin cells and rejuvenate the health of the skin. Treatments are fast and pain-free, leaving little or no redness. They last less than an hour and do not interrupt your busy schedule.

The Diamond Peel™ can treat aging and sun-damaged skin, some types of acne and acne scarring, altered pigmentation, fine lines, melasma and enlarged and clogged pores.

According to the American Society for Dermatologic Surgery, microdermabrasion is "skin care for the new millennium. It greatly enhances poor, dull skin texture by gently resurfacing the superficial skin layers; softens and modifies fine 'expression' lines typically seen on the forehead and around the mouth; and it polishes and reduces fine lines on the cheeks generally caused by aging and sun damage."

The Diamond Peel™ treatment erases epidermal layers at varying depths in a safe, controlled manner, minimizing skin trauma. This approach respects the integrity of the skin and promotes even healing. Maintaining level cellular growth on the surface aids in the freshness of the skin's appearance. Regular treatments support a healthy, balanced skin surface.

The Diamond Peel™ complements other treatments offered at **Northwest Dermatology**, such as EpiLight hair removal, Botox, Collagen, Beta-Life peels as well as general and surgical dermatology. Please call our office in Hoffman Estates at 847-884-8096 for more information.

## Enjoy an Aveda Foot Relief Treatment.

**Ben E. Salon Spa** features the Aveda Foot Relief Treatment in January. This very unique pedicure is on special for \$50. You will save \$5 from the regular price. (A polish application is an additional \$10.)

What is the Aveda Foot Relief Treatment?

It is a pedicure/treatment that requires "certification" for our Nail Technicians from the Aveda Corporation. It is a treatment that will last about an hour and a half. Your visit will begin with an analysis of your feet and a recommendation of an essential oil to balance any foot condition that may appear, i.e. dry, cracked, hot, itchy, tired, blistered, etc. You will soak in our pedicure whirlpool with Aveda Aqua Therapy Salts combined with

the appropriate essential oil. Both foot and leg will be deeply cleansed and exfoliated with emphasis on callused areas. Your feet will be wrapped in hot towels. Your toes will be groomed including cuticles. All this will be followed by a 19-step foot and leg massage! Toes will be buffed or you may choose a new Fall/Winter shade of color from OPI.

Don't miss this very special treatment! It's a "must do" during the cold, dry months ahead. Gift Certificates are also available for this service.

**Ben E. Salon Spa** is located at the intersections of Highways 14 and 59 in Barrington. They are open Tuesday through Saturday, Tuesday and Thursday nights until 8 PM. Call for your appointment at 847-381-2160!



Creating a lifetime of smiles  
**ORTHODONTICS**

600 N. NORTH CT. • SUITE 220  
PALATINE, IL 60067

847-359-7980 • FAX: 847-359-7585

133 PARK AVENUE

BARRINGTON, IL 60010

847-382-5588 • FAX: 847-382-6044

EMERGENCY PAGER:  
847-210-1850

Renew, Refresh, Restore, Rejuvenate,  
Revitalize ...Remember



**Remember** how your skin felt and looked when you were younger? **It can again** with the new Diamond Peel treatment series.

Microdermabrasion, a breakthrough new skin therapy program embraced by men and women of all ages, is a simple, easy way to have a youthful, healthy complexion. No chemicals, discomfort, or down time, just a quick 30 min. treatment to look fantastic and feel terrific.

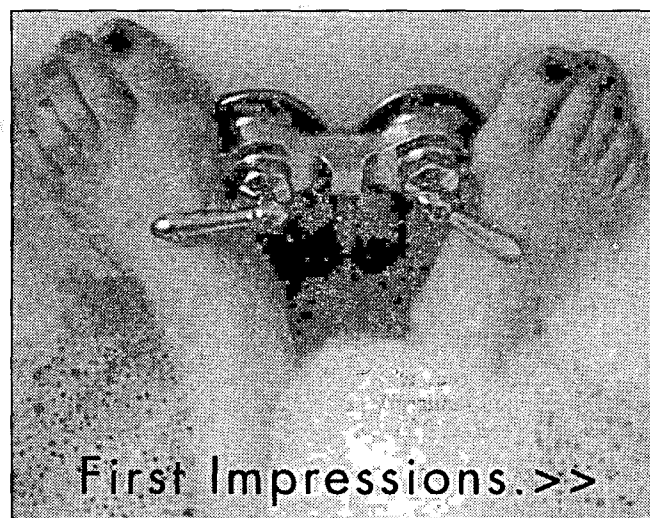
Call us now to find out how you can benefit from this exciting new program.

**Northwest Dermatology**

2500 W. HIGGINS RD., SUITE 1040  
HOFFMAN ESTATES, IL 60195

847-884-8096

**AVEDA**™  
the art and science of pure flower and plant essences™



First Impressions.>>

During  
January  
Enjoy an  
Aveda  
Foot Relief  
Treatment  
SAVE \$5.00  
(reg. \$55)

Aveda pure plant products and services for hair, skin, body and lifestyle. A complete collection of personal care products with the benefits of pure flower and plant essences. A unique approach to personal style that celebrates the individual. An innovative way of looking at beauty. That's Aveda—pure and effective.

**BEN E. SALON  
SPA**

123 W. Northwest Hwy.  
(Intersection of 14 & 59)  
Barrington  
381-2160

Hair Care | Skin Care | Natural Colour™ | Plant Pure-Fume® | Body Care

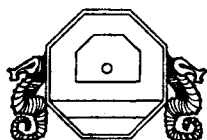
Massage | Manicures | Pedicures | Make-up



# Saunas Are Hot!

All You Need Is Electricity

- Spas • Hot Tubs • Saunas • Jacuzzi Whirlpool Baths
- Custom Hot Tub Covers • Ozone Water Purification
- "Rubber Duckies" • 24 Hour Service • Installation
- Chemicals • Accessories • Scheduled Maintenance



## SWANSON'S SPAS & SAUNAS

1077 S. Rand Road, Lake Zurich • 438-4582

Eric & Jeri Swanson

HOURS: Tues.-Fri.: Noon-4:00; Sat. 11-3:00; Evenings by Appt.



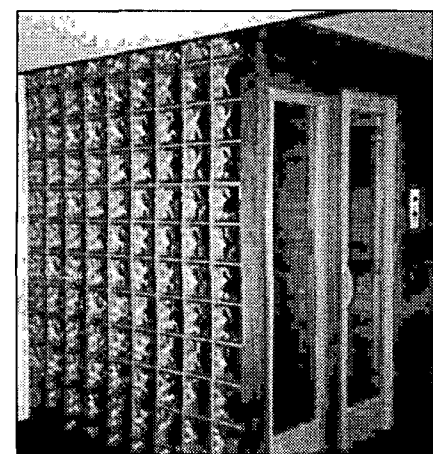
## The Many Benefits of Sauna

"Old Finnish proverbs consider sauna to be the 'medicine of the poor, the hospital and of Finland,'" according to *Spa and Sauna Magazine*.

"Saunas promote the perspiration of body toxins, stimulate circulation, increase body metabolism, keep skin glowing and youthful and alleviate sinus congestion due to colds, asthma and allergies.

In fact, many feel it's one of the most effective detoxifying treatments available.

Today, in many research laboratories around the world, saunas are being tested as therapy for chemical poisoning. Because of the mental relaxation saunas are able to induce, it's said to be the perfect environment for intimate conversations with spouses, friends and children," *Spa and Sauna Magazine* continues.



For more information about the benefits of sauna, see **Swanson's Spas & Saunas** on Rand Rd. in Lake Zurich.

## Judy Kaplan, MS

Individual, Marital & Family Therapy  
Psychoeducational Training

Associate Member of The American Association of Marital & Family Therapists  
Graduate degrees from Northwestern University & The Family Institute



If your family is in crisis... **Counseling may help.**

My specialty is helping people through difficult times...

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> assessing the problem           | <input checked="" type="checkbox"/> collaborating on solutions        |
| <input checked="" type="checkbox"/> lending clarity to the problem  | <input checked="" type="checkbox"/> establishing goals                |
| <input checked="" type="checkbox"/> providing education & awareness | <input checked="" type="checkbox"/> providing feedback                |
| <input checked="" type="checkbox"/> offering support & objectivity  | <input checked="" type="checkbox"/> consulting with schools or others |

Occasionally we all need a little help.

525 W. Old NW Hwy, Suite 202A • Barrington, IL

(847) 842-9365

## New Year's Resolutions— Action Plans or Wish List? by Judy Kaplan, MS

So many of us figure that the new year is a time for a fresh start, a clean slate, a new opportunity to tackle those objectives that we just didn't accomplish in the year gone by. We all "resolve" to do the things that we have put off, commit to the new agenda and get excited by the possibilities of actually achieving these ideals. Unfortunately, by the first week in February, most of us will be on our usual track with our resolutions getting dusty along with the resolutions of the past. What holds us back? What prevents us from actually accomplishing some of these goals?

Many times, people "want" certain things. Simply wanting things is not enough. If they don't make an action plan about how to accomplish those things, then they have simply created a wish list. So, although these people are filled with great intentions, they are doomed to fail. An action plan must be in writing and include the steps necessary to achieve the goal and the time frame in which those steps will be taken. This plan requires great care and thought to be useful to you.

Setting realistic goals that fit into your lifestyle is an important consideration to assure success. In their zeal to accomplish their vision, some people will move forward in a way that is excessive. They wind up burning themselves out before achieving what they set out to do. This is discouraging and esteem damaging. It is a matter of pacing yourself. If you are in a race and use all of your energy in the beginning, you may run out of steam and not be able to finish. Like the tortoise and the hare... slow and steady wins the race.

Resolutions are a great idea if you really take some time to think about them carefully and realistically. Strategically planning what you want for yourself in the coming year is a wonderful gift from you to you. With some time and some effort in the planning stage and determination to stay on the path at a realistic pace, those resolutions will be attainable. This is an esteem building process.

If you would like any help on building an action plan for your future, perhaps I can help. Please call me at **847-842-9365**.

pharmaceutical companies have over the types of medicines we take, over the FDA's rulings and even over the headlines that we read.

As reported in a recent *USA Today* article, more than half of the experts hired to advise the government on the safety and effectiveness of medicine have financial relationships with the pharmaceutical companies that will be helped or hurt by their decisions.

Federal law generally prohibits the FDA from using experts with financial conflicts of interest, but the FDA has waived that restriction more than 800 times since 1998. The conflicts of interest typically include stock ownership, consulting fees or research grants.

According to a recent issue of Dr. Julian Whitaker's *Health & Healing Newsletter*, "There is no greater testament to the heavy-handed dominance of allopathic medicine and the pharmaceutical industry in the country than the fact that herbal medicine is relegated to the fringes of our culture—branded by conventional physicians as an unproven remnant of our primitive past..."

But for a different picture, just look at these facts:

- More than ¾ of the world's population today relies on herbs as their primary source of medicine.
- In a 1999 survey, almost half of all Americans used herbal supplements.
- 25% of all "proven" prescription drugs contain compounds originally derived from plants.

While herbal medicine has much to support it, keep in mind that herbs, unlike vitamins and minerals, should be used only for specific health concerns. Also, people with certain medical conditions should avoid specific herbs. Women who are pregnant or nursing should only use them under the guidance of their health practitioner. Herb-drug interactions are often the source of some finding's concerns. In most cases, the culprit is the drug, not the herb, as they are much more pharmacologically active.

When it comes to comparing herbal remedies to prescription drugs, very little media attention is paid to the more than 100,000 deaths and millions of hospital-

(Please continue on page 42)

# SAVE 10%

ON ANY PURCHASE  
WITH THIS  
COUPON ONLY\*

Come In and See Us and  
**Get in Shape!**

## All Ways Healthy

Lakeview Plaza  
123 S. Rand Rd.  
Lake Zurich, IL  
438-9200

Natural Foods Center  
Certified Nutritionist Available

\* Coupon not good with any other offer.  
Offer expires January 31, 2001.

## Are You Getting the Right Information When it Comes to Herbs and Nutritional Supplements?

by Carole Childers, C.N., L.N.C., All Ways Healthy

There has been much in the press regarding the safety of nutritional supplements, especially herbs. Consequently, there seems to be growing public concern. This shouldn't come as a surprise however, considering the press tends to pick up on whatever it is fed by the medical establishment.

The reality is that herbal medicine has caught on like wildfire in this country and studies of these natural compounds are being published in even the most conser-

vative of medical journals. The overwhelming majority of these studies confirm the safety and efficacy of herbal remedies. Even so, alarmist stories appear in consumer headlines, all too often based on just a single report of suspected problems with an herb or supplement.

While it is imperative that the American public be informed of any problems associated with the uses of herbs, it's also important to remember, as a consumer, to consider the power and influence that

## Now is the time to Eliminate Unwanted Hair

**Northwest Dermatology** in Hoffman Estates is happy to announce we now have available the EpiLight Hair Removal System, the latest and most effective technology to treat undesired hair growth. We have had remarkable results treating both men and women. The EpiLight System enables pulsed light to penetrate deeply and with sufficient energy to damage the hair follicle without damaging the surrounding tissue. Our most enthusiastic patients have had electrolysis in the past and are singing the praises of the impressive results with minimal discomfort. We are able to treat all parts of the body in a safe, effective way. We are pleased to make the EpiLight treatment available to

you at new reduced pricing. We are confident that you will be as excited with the results as we are. The EpiLight treatment works best on dark hair. For every blond or white hair, we have waxing and electrolysis available. Please call **847-884-8096** to schedule a free consultation appointment.

We also have betahydroxy peels available at a special promotion of \$50. The light peel uses salicylic acid to unclog pores, clear up acne, soften fine lines around the eyes and lighten brown spots.

If you have any questions regarding our services or would like to set up an appointment, please contact our office at **847-884-8096**.

## Wellness International Marketing

This is the opportunity for anyone with desire! After being a stockbroker/financial consultant for over 15 years, I came across an exceptional opportunity for physical, mental and financial well-being. It has changed my life.

I am looking for people that are truly interested in changing their lives to come

and join me in this incredibly fun, exciting and growing business.

If you are ready to start something new, I promise you that I have got all the necessary tools to train and teach you!

Come on! Let's live our lives to the fullest and let's talk! Call Patty Stewart, CEO, at **847-927-8776**.

## Make Your New Year's Resolutions With Us

Now that all the fun and festivities are over and the holidays are past, let's harbor some "selfish" ideas and do something to make us feel really good about ourselves. I think we've earned it, don't you? So why not make a New Year's resolution to let **The Right Dimension and Spa** do a makeover. Set aside some time and let us do what we do best—pamper you.

Starting at the top, maybe a new hairstyle would give your spirits a lift. Our stylists are experienced and trained in the latest hair trends. Let them suggest a style that would best compliment you, taking into account the shape of your face, condition of your hair and its texture. Or perhaps you would like to change or brighten the color, whether a total color or highlighting. There's also the option of various types of perms. Let them help you with these decisions. If your hair is showing the effects of the winter weather, you might wish to consider an intense conditioning treatment. Whatever your needs, you can be sure we will address them and, further be assured, the products being used are top-of-the-line, including Redken and Rusk. They also do hair straightening, braiding and styles for special occasions such as up-dos.

With this cold air, your hands need attention! How about letting the Nail Technicians work their wonders? This could include a warm, moisturizing hand Parafin treatment and a manicure. Or, if your acrylic enhancements need to be redone or repaired, let her take care of it. You may want to finish off with a relaxing pedicure.

If you're among those who like to keep that golden tan all year long, you may



**Esthetician Michelle Arnold**

want to consider our tanning services. You can be sure we have a package that will fit your needs and your budget. Also available to relieve stress and tension, we would recommend our massage services.

And lastly, but possibly most critical to your appearance, is your skin care. Because it is exposed to the elements all year long, it demands special attention to keep its youthful appearance and healthy glow. Take advantage of the knowledge and experience of our Esthetician, Michelle Arnold. Let her analyze the type and condition of your skin to design a program that will address your specific needs. There is an extensive menu of facials from a gentle Enzyme Peel, a Glycolic Peel or the vacuum-based microdermabrasion, Celebration™ series. The latter is a skin renewal process which, unlike the laser procedure, is the only skin renewal process where there is minimal redness, no "downtime", bruising or streaking. Michelle can also address waxing and tinting eyebrows and lashes.

**The Right Dimension** welcomes the opportunity to serve you and share the expertise of its staff. To get you started on the "road to beauty", call **847-934-1112** to set up an appointment. We're located just south of the new Deer Park Center.

## Eliminate Unwanted Hair

with **EpiLight™**  
HAIR REMOVAL SYSTEM

*The most advanced hair removal process available.  
Hair removal on any part of your face or body  
is possible without shaving, plucking or electrolysis.*

WAXING &  
ELECTROLYSIS  
NOW  
AVAILABLE

**FREE CONSULTATION • New Discount Pricing**

**Northwest Dermatology**

2500 W. HIGGINS RD., SUITE 1040  
HOFFMAN ESTATES, IL 60195

**847-884-8096**

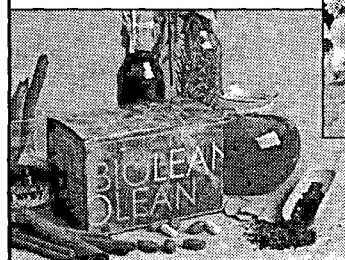


Explore the  
opportunities...

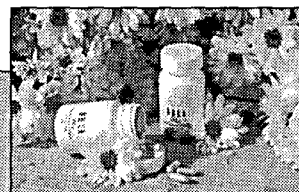
847.927.8776



**Patty Stewart**  
CEO



BioLean® for high energy levels



DHEA Plus™ for  
age management

StePHan™  
Bio-Nutritional  
Skin Care Range



• HAIR DESIGN • TANNING • NAIL ENHANCEMENT • FACIALS • PEDICURES •

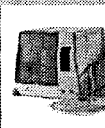
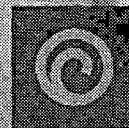


You can look younger. We can prove it.  
Introducing:



**CELLABRATION™**  
epidermal renewal system™

- Reduces the appearance of fine lines, wrinkles and skin discolorations; reduces skin oiliness and acne breakouts; exfoliates dry, rough, sun-damaged skin.
- Provides safe, effective and fast "lunchtime" treatments.
- Clinically proven.



www.mdfomulations.com  
© 2000 M.D. Formulations, San Diego, CA 92130.  
Cellabration is a registered trademark of M.D. Formulations

**Happy New Year!**

**Take Time to Treat  
Yourself Right. You are  
Special. Let The Right  
Dimension Pamper You.**

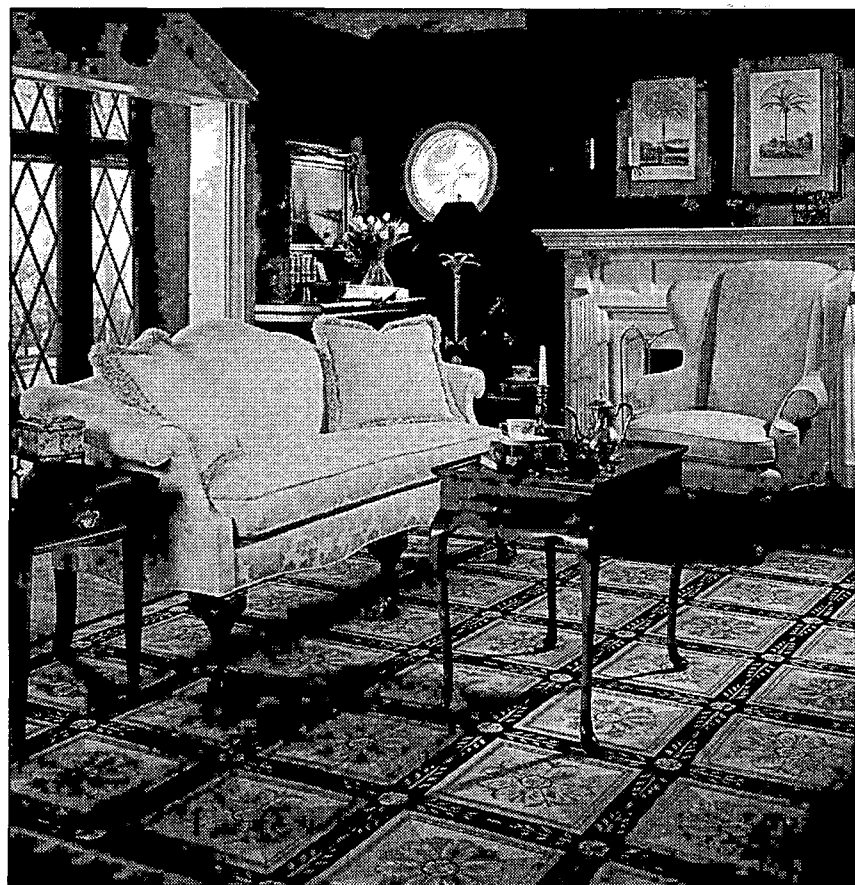
Just Minutes South of Deer Park Center

**Fox Fire Plaza • Palatine • 847.934.1112**



• HAIR DESIGN • TANNING • NAIL ENHANCEMENT • PEDICURES •





# Red Oaks' Winter Sale

NOW IN PROGRESS

*Savings up to 40% OFF*

**Selected Upholstery  
& Other Fine Furniture**

We are proud to offer you the legendary collections of many fine furniture manufacturers, giving you a wealth of choices for making your home an expression of your own unique personality. Explore the range of colors for painted finishes and the beauty of solid woods. We are looking forward to showing you our beautiful furnishings and helping you create extraordinary rooms for your home.

Sale ends February 28



340 Old McHenry Rd., Long Grove, IL • 847-634-3044

Hours: 10:00 - 5:00 Monday thru Saturday, Sunday 11:00 - 5:00

[www.redoaks.com](http://www.redoaks.com)

## Cyclist Bob Lee Pedals into His Future by Way of "A Ride With a Reason"

by Teddi Martin



**Bob Lee of Barrington prepares for his upcoming bicycle trek from California to Florida. Photo by Marla Halerz.**

Perhaps his yen for long-distance biking began with the two-week ride through the Green and White Mountains in New Hampshire and Vermont when Bob Lee was a young student at Hackley School in Tarrytown, NY. He clearly and fondly remembers that ride with some of his fellow classmates and teacher Bill Dexter. Next month, however, he expands his ride from two weeks to two months, the time he figures it will take him to cover 3,200 miles between San Diego, CA and St. Au-

gustine, FL.

Such an endeavor may be an unusual way of transitioning into retirement, you could say, but for this Barrington resident who was born 58 years ago it seems perfectly clear. He is a passionate man on a well-defined mission. His goal? To raise a minimum of \$32,000 to be used in research funds for amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease) and for the National Hospice Foundation's education and awareness programs concerning

quality end-of-life care.

Yes, but how did Bob Lee get to this place from his years at Hackley School, followed by a degree in psychology from DePauw University in Greencastle, IN, meeting and marrying DePauw classmate Anne Self, helping to nurture their two children, Laura and Scott, while building a successful career as an executive in the window covering business? He will tell you "A Ride With a Reason" is born of a serious contemplation of life, his natural inclination to help others, and, in part, by his reading the book *Tuesdays with Morrie*. (Morrie had ALS and Bob's father's name was also Morrie.)

While he is still involved on a limited basis with Hunter Douglas window covering products, such as Duettes, Silhouettes and Luminettes, Bob began his transition into retirement last year, stepping away from the presidency of then Eastern Standard Corp. He is an avid gardener and photographer (witness the Photo By Lee cards and notes you may have seen at Pasquesi Home and Garden Center, Barrington Flower Shoppe, Marcene's Frame Shop and Tina Han Gallery in the Ice House). A fitness buff personified, he constantly asks himself how he can stay even healthier.

In the final weeks now of intensive training afforded him by Good Shepherd Hospital Health and Fitness Center, Bob plans to depart in mid-February from San

Diego on a Cannondale T800 touring bike, headed for St. Augustine on a route that will take him through parts of California, Arizona, Texas, Mississippi, Alabama and Florida. He will pedal approximately 60 miles each day in the solitude of the open road. Along the way he hopes to visit with ALS patients and those associated with Hospice. His home away from home until mid-April will be a tent and sleeping bag lashed to his bike. Everything else he plans to carry in the front and rear panniers.

Bob believes the time has come in his life to respond personally to his own good fortunes and to the overwhelming desire expressed by the theme song of the 2000 Olympics, "The Power of One." It is his hope to experience the oneness of people working together to make a difference in other people's lives. He rides solo on "A Ride With a Reason," but with him in spirit will be Anne, their two children and two grandchildren. Additionally, Bob carries the encouragement of unlimited supporters and "spokespersons" who, through their interest and pledges, will help him take the power of one to the power of many, helping others.

Log onto [www.aridewithareason.org](http://www.aridewithareason.org) and see all the particulars, including how to join others as a supporter or "spokesperson." Envision his journey through his own words. Learn more about ALS and Hospice and what you can do to help.



# LIFESTYLES

## Homes & Interior Designs

### SECTION

### Simplify! Organize! Beautify!

Life too complex? Simplify with **Closet Masters**. Organize your closets, home office, pantry, utility room and garage. When your surroundings are organized and in order, it removes one of our everyday causes of stress—confusion.

There's a place for everything. **Closet Masters'** closet and storage systems are professionally designed and installed. **Closet Masters** take pride in every job and provide a reference sheet with every

brochure.

A new product for **Closet Masters** is the Wall Bed—a real bed, hidden when not in use behind an attractive cabinet. It easily pulls down to provide a comfortable rest for your guests. Available in twin, full or queen sizes. The queen only takes 66" of wall space. Drawers and shelves can be added to the sides of the cabinet.

Call **Closet Masters** at 847-669-7015 and simplify your life.

### Decorating Den Report from the High Point International Home Furnishings Market

#### The Top Ten Trends For 2001

I. *Individuality Reigns*—Personal, special and unique characterize how worldly 21st Century consumers picture their homes. A sense of eclectic, the style where individuality reigns, prevails to some degree within all home furnishing styles, be it traditional, country or contemporary.

II. *New Traditions*—The strict formality once associated with traditional furniture has been relaxed and spiced with individuality. Updated classic designs offer alternative combinations: cherry wood, green, cream and antique black finishes. Entertainment armoires, metal tables and tiered tables are more of the multiple options within the "New Contemporary" styling.

III. *Old World European*—Antique furniture and elegant accessories, divine wallpapers and ornate patterns, along with rich textures and luxurious passementerie (tassels & trims) define our image of Old World European.

IV. *Coastal Cottage*—Home furnishings manufacturers have identified "Coastal Cottage" as a look to satisfy everyone's dream of getting away to a cottage by the sea. Painted furniture and denim upholstery, wicker and rattan, shutter designs and lighthouses, linens and sheers, pastel braided rugs and paintings with a water view are just a few ways to make your home of seaside living materialize even in the cold Midwest climate.

V. *Rustic Lodge*—The popularity of Western flavored country style is based on the grand lodges discovered by the adventurous. Leather and nailheads, natural twigs and rough textures, western mountains and horned animal motifs por-

tray the universal appeal associated with cabins in the wild, nature and outdoors.

VI. *Authentic Provence*—Manufacturers are producing more authentic versions of French Country furniture and fabrics. Gone are the cutesy prints and white provincial furniture. Instead, we are seeing smart and sophisticated choices like the subtlety curved French styled dining tables and wheat back chairs, the Regency chest and curved pewter based coffee tables and pie safe/armoires.

VII. *Urban Contemporary*—The cutting edge shift to contemporary is both retro and avant-garde. The furniture style is sleek and the design story is line. Subtle curves, mixed media, dark Merlot stains, bleached blonde woods this style.

VIII. *Tropical Havens*—The fascination with the tropical cultures of the Bahamas, the British Colonies, the West Indies and exotic Asia continues to grow. The Palm Tree is the ubiquitous motif, with the monkey running a close second. You see these designs on fabric, wallcovering, borders and lamps and, of course, framed art.

IX. *Hot Spots*—Animal spots have never been more visible and shown with every lifestyle. Like in apparel fashion, spots are no longer mere accents. Fabrics, rugs, framed prints and upholstered pieces are sporting a lot of spots. The cats are out of the bag and roaming all over the best of furnishings.

X. *Home Accents*—Important to making all the other trends feasible is the proliferation, diversity and availability of quality home accent products. No longer do you have to travel the world to fill your home with exotic accents. Today's global mar-

(Please continue on page 43)

### Closet Masters

"Family Owned"

Custom-Designed Closets & Storage Systems

WITH

• DRAWERS • BASKETS  
• SHOE STORAGE

PLUS

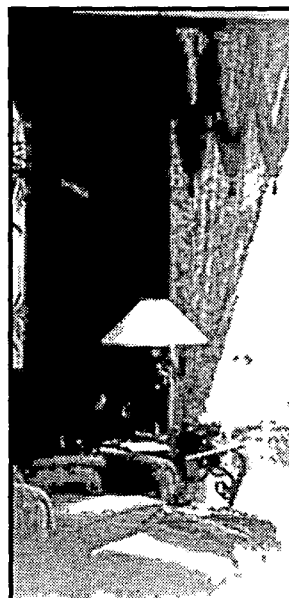
Laundry Rooms, Pantries  
Home Offices, Wall Beds



(847) 669-7015

FREE IN-HOME  
ESTIMATES

SAVE  
20%



Marya Taylor  
Owner/  
Decorator

**Convenience.  
Affordability.  
Quality.  
Service.  
Custom Work.  
Selection.  
Reputation.  
Complimentary  
Consultation.**

How many more reasons do you need to call in your local Decorating Den Interiors decorator?

Call me today!  
(847) 934-9215



*Decorating Den*  
INTERIORS

WE COME TO YOU!

EACH FRANCHISE INDEPENDENTLY OWNED AND OPERATED.  
VISIT OUR WEBSITE FOR CAREER OPPORTUNITIES.  
© 1999 DDSI

CUSTOM INTERIORS SINCE 1969.





# Callalily

Fine Home Accessories



10 S. Dryden, Arlington Heights  
in the Arlington Market

10-5 Monday-Friday, 10-4 Saturday 847.255.2500

## New Home Accessory Store Opens in Arlington Heights



**Callalily Fine Home Accessories** opened its doors in 1999 with a wide assortment of high-quality home accessories. Susan Presutti and Bonnie Chaput, both interior designers, are co-owners. After years of accessorizing homes in the northwest suburbs, they realized a need for a store dedicated to accessories and staffed by experienced designers. They will work with customers to select and place acces-

sories that complement your existing furniture. Many manufacturers' catalogs are available for ordering that 'just right' item.

**Callalily Fine Home Accessories** is located at 10 S. Dryden in Arlington Hts. in the Arlington Market. From Rte. 14, approximately 1/2 mile east of Arlington Heights Rd., turn north on Dryden St. and go one block. Call 847-255-2500.

## New Generations Presents Check



Before one of their recent weekly meetings, members of New Generations excitedly displayed a mock check for \$1,400 to Mr. Brad Stetson (front left), president of the Barrington Bank & Trust Co. The actual dollars were raised during A Concert in the Park, a recent benefit sponsored by New Generations. The money will be used to furnish New Generations' future home in The Union. The Union, an intergenerational facility, will be located at Langendorf Park. Mr. Stetson serves on the Adult Board of Directors of New Generations.

Pictured, front row from left, are: Mr. Stetson, Lauren Hoehlein, Brie Betz, Joy

Bisbee, Sunny Thorton, Amanda Dorian, Alex Rothschild, Melanie Thakker and Linzee Fortunato, back row from left, Adam Freeman, Christy Flannagan, Trevor Gibbons, Brian Waxler, Kyle Shamberg, Dan Steelman, Riche Jain, John Kim, Clare Cragan and Andy Riahe.

New Generations is an adult sponsored, teen governed organization for youth activities and responsible involvement within the greater Barrington area. For information, phone Executive Director Libby Rieke of Barrington Hills at 847-381-7945. For information on The Union, contact Chairman Dave Nelson at 847-381-6504.

## A Spot of Tea for Wellness



Attending the holiday open house were: (from left to right) Diane Wickstrom; Bette Bilton holding Grace Wickstrom; Myrna Porter, co-founder; and Amy Wickstrom.

Amy, Diane and Gail Wickstrom hosted a holiday open house last month to herald the holiday season with friends. Guests opened their hearts and purse strings for Wellness Place and over \$15,000 was raised in this unique combination of social event and charitable fundraiser. Among the guests were Wellness Place co-founders Linda Murphy and Myrna Porter.



Taking time out for a photo are Barbara Hills (left) and Linda Murphy, co-founder.

## BAAC Hosts Magic Show

Now you see it, now you don't! Join us on Friday, January 19, (no school), as the Barrington Area Arts Council presents Children's Theatre at the Gallery. Children will be amazed as Steve Belliveau, magician, awes the audience with his fun and high energy show. The show includes live animals, zany props, music, audience participation and always contains the element

of surprise. Screams of delight and disbelief are sure to be heard throughout the shows.

Performances are at 11:00 AM and 12:30 PM at the BAAC Gallery, 207 Park Avenue, Barrington. Tickets are \$6 for BAAC members or \$8 for nonmembers. For tickets or for more information, call the BAAC at 847-382-5626.



## K.D.A. Kitchen Distributors of America "for the Heart of Your Home"



K.D.A., 7107 Pingree Rd., Crystal Lake, can open up a whole new world of beauty and convenience for your new kitchen with Merillat cabinetry. Your kitchen is the heart of your home and everything you put in it should reflect warmth and timeless quality. That's just what you'll get with Merillat cabinets

from K.D.A.

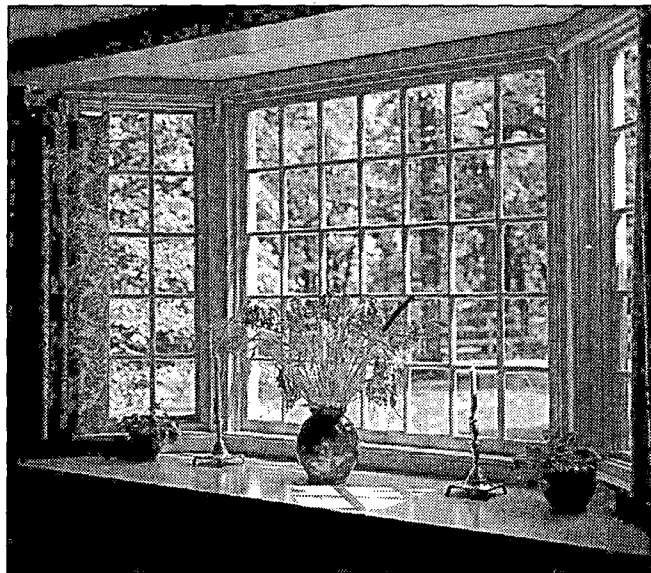
Beautiful, meticulous construction, easy care features and plenty of storage space make Merillat a perfect fit with your life style. When it's time to remodel or build your new kitchen, choose the quality cabinetry of Merillat from K.D.A., 815-477-4800.

## Barrington Writers Workshop

Barrington Writers Workshop, sponsored by the Barrington Area Arts Council, meets every Tuesday from 9:15 AM to 12:30 PM at the Barrington Library and

every Wednesday from 7:00 to 10:00 PM at the BAAC Gallery in Barrington. For more information, call Jean at 847-381-9467 or Jan at 847-487-0315.

## Come Visit Us at Our New Location



If you're planning to build a new house, add an addition to an existing home or simply replace a window or patio door, **Blue Ribbon Millwork** and **Marvin Windows** have the answer for you.

With a showroom full of Marvin window and patio door displays, the knowledgeable sales staff at **Blue Ribbon Millwork** can lead you through the vast amounts of options available to you. Marvin windows are aluminum clad and come in five standard colors with special colors available. All windows and doors are custom made just for you. With so many options on colors, glass, grilles and hardware, Marvin has the door or window for your project.

Looking for a new front door? Whether

you're looking for steel, fiberglass or wood, **Blue Ribbon Millwork** can help you find the perfect one. Therma Tru Classic Craft fiberglass doors and Simpson wood doors are just some of the options.

Considering new kitchen or bath cabinet this year? **Blue Ribbon Millwork** offers Bertch and Legacy cabinets for your home. These all wood cabinets offer a variety of door styles and colors to choose from. They offer excellent quality at an affordable price. **Blue Ribbon** offers free estimates and computer drawings to help you select your cabinet look.

**Blue Ribbon Millwork** is now located at 1401 S. Eastwood (Rt. 47) in Woodstock.

## Merillat Makes The Kitchen Of Your Dreams



**Merillat**  
AMERICA'S CABINETMAKER™

If you've always wanted an attractive kitchen with lots of convenient storage space, look at cabinets and accessories from Merillat. Set your imagination free with the wide variety of styles and materials to choose from. And you can count on years of trouble-free performance with "standard" features like WhisperGlide® drawer and tray guide systems and easy-clean interiors. Create your ideal kitchen with Merillat — America's Cabinetmaker.

Kitchen Distributors of America, Inc.



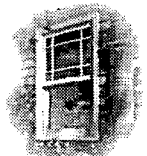
7107 Pingree Rd., CRYSTAL LAKE, ILLINOIS 60014  
(Rt. 14-Northwest Hwy.)  
(815) 477-4800  
FAX (815) 477-4830

HOURS:  
MON. & THU. 9:00 a.m.-8:00 p.m.  
TUE., WED., FRI. 9:00 a.m.-5:00 p.m.  
SAT. 9:00 a.m.-4:00 p.m.



**MARVIN**  
Windows and Doors  
Made for you.

The new **Clad Ultimate Double Hung**. Clean, traditional lines. An all-wood interior. No unsightly vinyl jamb liners. Over 100 design changes in all. Including our exclusive, integrated sash tracking and locking system which makes the window easier to open, close and clean. Visit our showroom to see the new Clad Ultimate Double Hung from Marvin Windows and Doors. It's out of this world.



**Blue Ribbon  
Millwork**

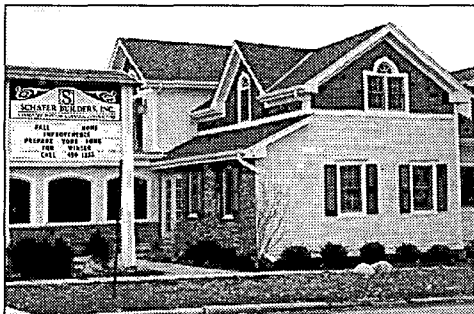
1401 S. EASTWOOD (Rt. 47)  
WOODSTOCK, IL 60098  
(815) 338-8900

Come Visit Us  
at Our New  
Location

FREE ESTIMATES

INSTALLATION  
AVAILABLE

# START OFF YOUR NEW YEAR RIGHT!



- INTERIOR PAINT & WALLPAPER
- KITCHENS
- BATHROOMS
- BASEMENTS
- HANDYMAN REPAIRS

**Low-cost, Tax-deductible, Easy Financing**

Fully Licensed, Bonded and Insured  
**Residential • Commercial • Industrial**

*Providing over 25 years experience to the Northwest Suburban area.*

**All Our Work 100% Guaranteed — Call Now!!!**

**800-564-1339 or 815-459-1333**



**SCHAFFER BUILDERS, INC.**

CARPENTRY, PAINTING & GENERAL CONTRACTORS

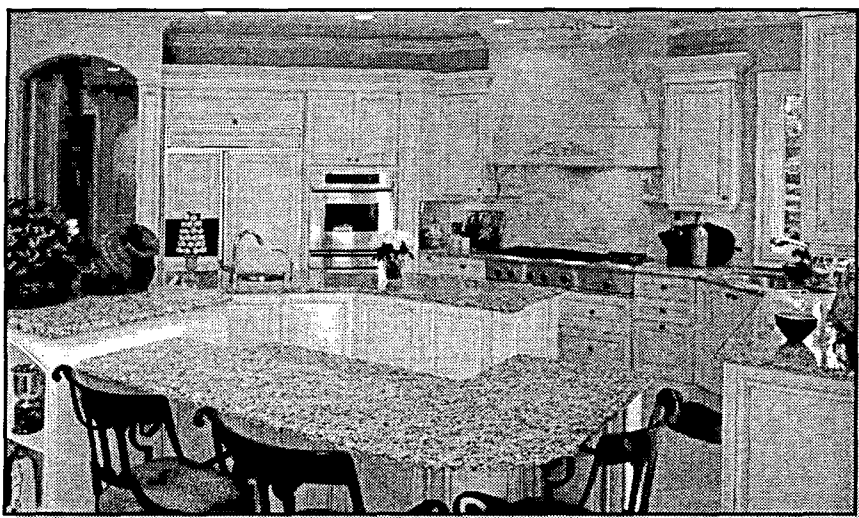
*"Building Clients For Life"*

Call or Visit our Award-Winning Office

43 E. Crystal Lake Ave., Crystal Lake, Illinois 60014

<http://www.schaferbuilders.com>

## Your Vision - Our Craft. A Natural Combination.



FINE HANDCRAFTED GRANITE & MARBLE

**Specializing in custom stone  
countertops and furnishings  
for finer Chicagoland homes...**

**Custom fabrication and  
installation of natural  
Granite, Marble and  
Limestone countertops.**

**25 colors of Granite  
in stock.**

**Select your own slab!**

388 HOLLOW HILL RD. WAUCONDA, IL 60084 • [WWW.STONECRAFTERS.COM](http://WWW.STONECRAFTERS.COM)  
PH (847) 526-9594 • FAX (847) 526-9507

## Resolve to Let Schafer Builders Help You Create a New Look for the New Year



**Bill Schafer—President**

New Year's Day has come and gone; and resolutions are always a good way to make changes for the New Year. Take a look at some of those yearly resolutions a lot of us make. More time with our families, less time at the office, plans to drop 10 extra pounds, and sprucing up our homes. Why not let **Schafer Builders, Inc.** help with the "sprucing up" resolution.

Look around your house and see what you've been putting off. A new coat of paint in one of the hot new designer colors can make your room a relaxing getaway after a hectic day. If wallpaper is more your style, we can help you there too. Our professional painters are experts at installing wallpaper and borders. Don't forget about the moulding—a chair rail or crown moulding can add pizzazz!

Roll out the old year along with your old carpets and let **Schafer Builders, Inc.** replace them with hardwood flooring,



**Joe Schafer—Vice President**

ceramic tile, or vinyl flooring. Nothing brightens up a room more than the warm look of hardwood floors. They are easy to care for and look great.

Perhaps some high fashion lighting to brighten the area. With all the choices, picking the right design and style is our expertise. Whatever your home improvement needs are, you can be assured **Schafer Builders, Inc.** will help with all the details.

From small handyman jobs to complete room additions from start to finish **Schafer Builders, Inc.** are your home improvement professionals.

Don't delay! Call **Schafer Builders Inc.** now for your free, no-obligation consultation at **815-459-1333**. Better yet, stop by our national award-winning office located in downtown Crystal Lake at 43 E. Crystal Lake Ave., where a member of our experienced staff can work with you to create a new look for the New Year.

## Art Associates Celebrate 40th Anniversary

The Barrington Community Associates of the Art Institute of Chicago was founded in 1961 with Mrs. Newton Noble as the first chairwoman. Membership soon grew from the initial 42 women to 60 in the first year and to 300 members within six years. Currently, the membership is over 400 women and men throughout the Northwest Suburbs of Chicago.

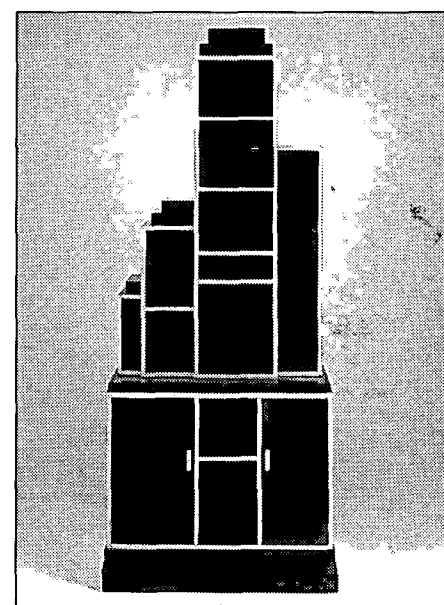
The Barrington Community Associates aims to encourage membership in the Art Institute of Chicago and to support and promote adult education in the visual fine arts.

On January 18, 2001, the Associates will begin this celebratory year with a luncheon at the Barrington Country Bistro, the first of several events recognizing its 40th Anniversary year.

Following the luncheon, Jennifer Downs, Research Assistant for American Decorative Arts, will highlight the Art Institute collection of 19th and 20th century American furniture, ceramics, glass and metal work; placing them within a historical, social and aesthetic context.

This illustrated lecture will emphasize important designers such as Herter Brothers, Louis Comfort Tiffany and Paul Theodore Frankl and focus upon the major themes, styles, materials and historical events that shaped American Decorative Arts.

The 40th Anniversary Luncheon on Thursday, January 18, at The Barrington



**Skyscraper Bookcase, Paul T. Frankl, c. 1927-28. Mr. and Mrs. Thomas B. Hunter III, Mr. and Mrs. Morris S. Weeden and The Antiquarian Society of The Art Institute. Courtesy of The Art Institute of Chicago.**

Country Bistro located in The Foundry on Northwest Highway begins with a social hour at 11:00 AM, luncheon at 11:30 AM and lecture at 1:00 PM.

The fee for members and guests is \$45. Reservations are due on January 11 to Sue Johnson at 847-381-4551.



## Rainbows Registration Now Being Taken

Registration is now being taken for Barrington Youth Services Rainbows program. The program is offered free of charge to elementary and middle school students who reside within District 220. Rainbows is a support group for children and preteens who have experienced a significant loss in their lives due to divorce or any other painful situation. Rainbows gives children an opportunity to meet with other children their own age that are dealing with similar situations. In addition, adult support sessions are held at the same time as the children's sessions. This provides parents an outlet to

also share their feelings and experiences.

Registration is now being taken for the second session of The Rainbows Program. The session is six weeks long, and begins January 8 and continues through February 12. Rainbows will meet for 45 minutes on Mondays at 7 PM at the BYS facilities, 110 S. Hager Ave., Barrington.

Barrington Youth Services is a nonprofit agency serving Barrington area youth and their families. They provide counseling and prevention services for a variety of life situations. To register or for more information, please call BYS at 847-381-0345.

## DOTI Grand Opening Weekend February 2-4, 2001

### Schedule of Events

• **Friday, February 2, 5:30 to 8:30 PM, Opening Night Cocktail Reception**—Ribbon Cutting, Cocktails and Appetizers

• **Saturday, February 3, 10:00 AM to 3:00 PM, Design Dilemma Day**—Reserve a few minutes with a DOTI Designer by completing a simple project guide at the store in advance. Feel free to bring along photos of your dilemmas.

• **Sunday, February 4, 10:00 AM to Noon, Trunk Show**—Enjoy an exciting Spring 2001 preview of fabrics, throws and other home accents from around the world, featuring representatives from Stroheim & Romann and Kravet

• **Sunday, February 4, Noon to 2:00 PM, Home Theatre Presentation**—The

DOTI Home Theatre presentation will give the movie and sports enthusiast in the family a unique look into the possibilities surrounding tomorrow's home theatre options.

**Designs of the Interior (DOTI**, pronounced "dottie") is an award-winning, full-service interior design company that has served Chicagoland for the past 17 years. In celebration of its relocation to a larger store at 104 S. Cook Street, Barrington, a special Grand Opening Weekend of events has been planned.

We look forward to learning about your design needs, no matter how small or large. In addition, you will notice that we do something rarely seen in the industry. We listen!

## Wellness Place Programs Herald Bright New Year

The following courses, lectures, stress management programs and support groups are among those being offered in January and February by the staff and guest speakers at Wellness Place Cancer Support Center to empower people living with cancer. All programs are offered without charge and are held at Wellness Place, 1619 W. Colonial Parkway, Palatine.

### Core Course

Lara Krawchuk, LCSW, Susan Ash Lee, LSW, and Marnie McHale, RN, MS, will present *Strength for Caring* on Saturday, January 20, from 9:00 AM to 2:30 PM. This program is offered in partnership with Ortho Biotech Oncology and is designed for cancer survivors, their families and friends. Learn about the emotional impact of cancer, strategies for managing stress, improving communication and locating useful community resources. Lunch provided. Registration from 9:00 to 9:30 AM; activities from 9:30 AM to 2:30 PM. Please RSVP to 847-221-2400.

### Expert Advice Lectures

These are designed to offer opportunities to hear current, cancer-related information:

• **Herbs and Supplements**, Wednesday, January 10, 7:00 to 8:30 PM, presented by Karen Koffler, MD, director of Integrative Medicine Program at Evanston Northwestern Healthcare and a graduate of Dr. Andrew Weil's Integrative Medicine Fellowship at the University of Arizona. Space is limited. Please RSVP.

• **Hope, Forgiveness and Spirituality: A Learning Experience**, Wednesday, Feb-

ruary 7, 7:00 to 8:30 PM, presented by Harvey Wolf, PsyD. Explore how to incorporate hope and forgiveness into a broader spiritual life of meaning and purpose. Space is limited. Please RSVP.

• **Music for Healing**, Wednesday, February 28, 7:00 to 8:30 PM. Join Bryn McCabe-Weiland, a board certified music therapist, to learn how to use music for stress management and well-being. No musical training required. Please RSVP.

### Stress Management

These are programs developed to educate participants in stress management skills:

• **Address the Stress**, four-week series, 10:30 AM to noon, February 1, 8, 15 and 22. Presented by Susan Ash Lee, LSW, this is an experimental series open to cancer survivors, their family and friends to learn and build upon a variety of techniques to help manage stress and promote relaxation.

• **Tai Chi Chih** with Sally McLaughlin, Wednesdays, four-week series, 10:30 to 11:45 AM, January 10, 17, 24 and 31; Tuesday, February 6, 13, 20 and 27, from 6:00 to 7:15 PM. Involves gentle movements to soothe the body and mind, done standing or seated. Due to limited space, this class is reserved for cancer survivors and their caregivers. Please RSVP.

• **Writing for Healing** (no writing experience necessary), Mondays, three-week series, January 29 and February 5 and 12, 12:30 to 2:00 PM. Presented by Lara Krawchuk, LCSW.

Please RSVP to 847-221-2400 for all lec-

*Painting Barrington Beautiful  
One Home at a Time...*

**Affordable  
EXCELLENCE  
PAINTING**

- NEAT
- PROMPT
- INSURED

*Providing high quality  
interior & exterior painting  
& wallpaper removal*

**(847) 382-3040** CALL PETER HOYT FOR AN ESTIMATE

[www.affordableexcellence.com](http://www.affordableexcellence.com)



DESIGNS OF THE INTERIOR



## DISTINCTIVE DESIGN STORE OPENING JANUARY 2001

S. COOK & MAIN ST. - DOWNTOWN BARRINGTON  
847.382.7488

MONDAY-FRIDAY 9:30-6 THURSDAY UNTIL 8  
SATURDAY 10-3 SUNDAY 10-2

tures and stress management programs.

### Support Groups

These are facilitated by licensed clinical professionals to support cancer survivors, their families and friends:

• **Cancer Survivor Weekly Support Group** meets every Wednesday, 12:30 to 2:00 PM, Thursdays from 7:00 to 8:30 PM. Facilitated by Lara Krawchuk and Susan Ash Lee for cancer survivors to support one another and explore ways to manage their cancer experiences.

• **Family and Friends**, Thursdays, January 11 and 25, February 8 and 22, 7:00 to 8:30 PM. Ongoing emotional support for family and friends of persons with cancer. Susan Ash Lee is facilitator.

### Monthly Networking Groups

These are facilitated by Wellness Place clinical staff:

• **Breast Cancer Networking**, Tuesday, January 9 and February 6, 7:00 to 8:30 PM. Please RSVP.

• **Prostate Cancer Networking**, Tuesday, January 23 and February 20, 7:00 to 8:30 PM. Please RSVP.

• **Lymphoma Networking**, Tuesday, January 23 and February 20, 7:00 to 8:30 PM. Offered in partnership with Leukemia and Lymphoma Society. Family and friends invited. Please RSVP.

Wellness Place also provides drop-in hours on Mondays, Wednesdays and Fridays from 9:30 AM to 1:30 PM and Tuesdays and Thursdays from 2:00 to 6:00 PM. Have a tour of Wellness Place and sign up to attend one of the welcome sessions for those interested in learning more about services and programs. Please call 221-2400 for specific information.



# REMODELING 2001...STORY #1

As an experienced designer working in a traditionally-oriented area like Barrington, Debbie Vinopal of **Barrington Kitchen & Bath Studio**, recently completed a project that allowed her to spread her creative wings a bit. Andrew Kezeli approached her with plans for a major remodeling to expand the home he had recently purchased in Barrington Hills. Mr. Kezeli, who loves to cook, wanted to include a new kitchen in the project. He envisioned a clean-lined contemporary looking space designed to provide maximum efficiency. He also wanted to open up the room to the new stepped down eating area which was built to take advantage of the view.

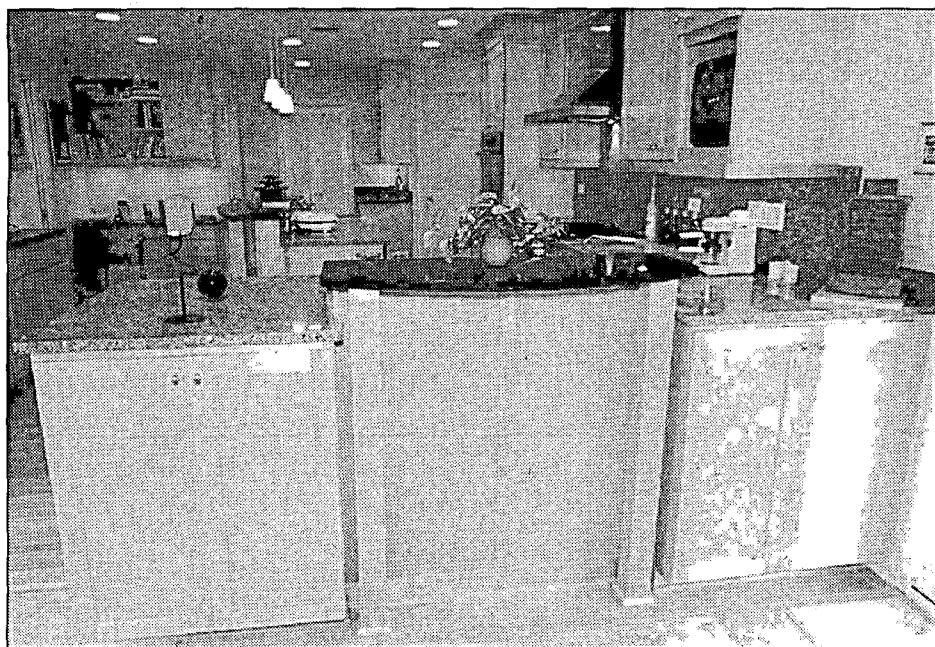
Debbie, a certified interior designer and member of ASID, recommended using Crystal cabinets in a simple framed door design in a Natural finish on Birch wood. Birch is similar in color and grain pattern to Maple but is a bit less expensive. When used with Crystal's Quest cabinet series it provides excellent value while still offering the famous Crystal lifetime-limited warranty.

Debbie's plan for Mr. Kezeli incorporated an L-shaped main work area with a stainless steel cooktop and warming drawer on one leg. An under-mounted sink on the peninsula leg faces out into the new eating space, taking advantage of the wonderful rear yard views. Ingeniously, to mask any mess on the counter from the view of the table, Debbie raised a portion of the counter behind the sink on simple columns and rounded the black granite top, providing a combination snack bar/serving counter. She incorporated a similar detail into the kitchen's island—again using the Absolute Black granite to provide contrast with the Yellow Classic granite used on the rest of the countertops. The same granite was used as a full-height back-splash, adding luxurious contrast to the simplicity of the cabinetry. Also, worth noting is the TV cabinet topped with a lighted display area behind an arched door, and the arched top bookcase over the message center. Debbie says, "I used the arches here and on the accent countertops to contrast with the straight lines of the cabinets and moldings. Controlled design elements like that add a lot of personality! We wanted the kitchen to be interesting and make a statement without being so avant garde as to discourage future buyers if the house is put on the market."



**Andrew Kezeli's beautiful new kitchen. Note the strong lines of the crown molding. Designer, Debbie Vinopal, stacked several of Crystal's standard moldings to achieve this dramatic effect.**

Every kitchen has its unique challenge. Each of the designers at **Barrington Kitchen and Bath Studio** has had many years experience in providing special spaces for special people. If you are considering a new kitchen or a major bath remodeling we invite you to put our team on your team. Visit our beautiful showroom at 319 W. Northwest Highway (next door to Idlewood Electric) or call **Barrington Kitchen and Bath Studio** at 847-381-3084 to discuss your project.



**Cabinets on each side of the raised snack bar provide extra storage for items used when Mr. Kezeli is entertaining.**



**The TV cabinet was placed so it could be seen from the kitchen or the eating area.**



professional remodeling contractors

**(847) 277-1305**



319 W. Northwest Hwy. • Barrington  
www.barringtonkitchen-bath.com

SHOWROOM HOURS: TUESDAY - FRIDAY 9:00 AM TO 5:00 PM  
SATURDAY 10:00 AM TO 3:00 PM OR BY APPOINTMENT  
APPOINTMENTS ARE SUGGESTED FOR DESIGN AND PLANNING CONSULTATIONS.



**BARRINGTON KITCHEN & BATH STUDIO**

**(847) 381-3084**

## Start Your Planning Now!

Now that the holidays are over, most people begin to "Think Spring." And if those thoughts are directed towards improving your home or even building a new one, then these next few months are an ideal time to get started. Most people think that in March or April they will call an architect to get some ideas on remodeling or building a new home. Unfortunately, most design firms at that time are deluged with these types of requests from homeowners and builders. By the time the plans are finalized, permits pulled and contractors scheduled construction is pushed back to August.

We suggest that you schedule to talk with us about your plans as soon as possible. We would then be able to get your plans done, construction bids in and permits pulled by April or early May. You would then be able to enjoy your new space for the majority of this new year



and not have your Summer "under construction."

Our firm is dedicated to the intricacies of residential architecture. We specialize in the designing of spaces that meet our client's desires as well as their budget. There is no obligation to have us meet with you to discuss your project or to help you select your building lot. Please feel free to contact John C. Cazzetta at **Kemper Cazzetta Architects** to arrange an appointment and to preview our extensive residential portfolio.

## Glare-Not Window Tinters Provides Savings Year Round

Improve appearance with the elegant look of window film. Residential films are now backed by a manufacturer's lifetime warranty. Solar Gard, Sun Gard and 3M films come in a variety of densities from clear to blackout or neutral to reflective with a natural and beautiful look. Neutral films keep the same look of the trees, grass, and blue sky.

Window film rejects up to 98% of harmful ultra violet rays which is a major contributor to fading of furnishings, carpets, drapes, pictures, etc. -

Solar Gard, Sun Gard and 3M also improves efficiency by rejecting up to 79% of the sun's solar energy in the summer and insulating your home to retain heat in the winter, meaning less money going to our favorite people (electric co.) and remaining in your pocket.

Window film also increases safety with

pressure sensitive adhesive. The adhesive bonds the film to the glass helping to hold fragments in place if glass breakage were to occur by a golf ball, baseball, or burglar, making glass shatter resistant.

**Glare-Not Inc.** has provided savings and security for 10 years in Barrington, Long Grove and the north shore area. Remember all Solar Gard, Sun Gard and 3M films are backed by a manufacturer's lifetime residential warranty. Many locations are tinted by **Glare Not**, including: Brach's Candies in Chicago, Avon Corp. in Morton Grove, two Ace Hardware corporate offices, four Armcore banks, First National Bank of Chicago, plus 1,000's of homes. References are available upon request.

We look forward to saving you money!!!

For further details, please call 847-382-8468 or 815-363-8468.

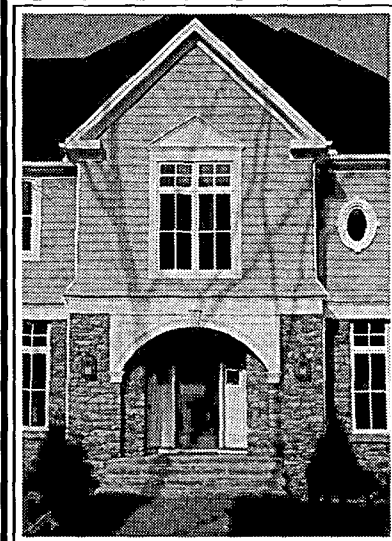
## Dancers Selected for BYDE's Coppelias

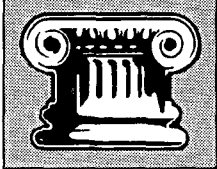


Posing for a photo are Swanilda and her friends who will dance in Barrington Youth Dance Ensemble's (BYDE) new ballet, *Coppelia*. The full-length ballet will premiere June 15 and 16 at Barrington High School's Richard C. Johnson Auditorium. Standing are: (from left) Kelsey Allison, Barrington; Carly Czach, Hoffman Estates; Abigail Watson, Deer Park; Kerry Bradley, Palatine; and Katelyn Schmidt, Barrington. Seated are: (from left) Katrina Stumbras, Michelle Niaki, Stephanie Baer and Shannon Spicer, Barrington.

Auditions are over and dancers for BYDE's June production of the ballet *Coppelia* are:

• Arlington Heights: Jennifer LaMantia, Kate Schoell and Amy Satoh





**KEMPER CAZZETTA**  
ARCHITECTURE • LANDSCAPE ARCHITECTURE  
PLANNING • INTERIOR DESIGN

209 East Franklin Street  
Barrington, IL 60010

Office (847) 382-8322  
Fax (847) 382-4852

**STOP THROWING YOUR MONEY OUT THE WINDOW!**  
Start being energy saving conscientious

**Increase your living comfort while decreasing utility bills!**

- High tech/Low emissivity coating helps retain winter heat
- Reduces heating and cooling costs
- Reduces glare
- Increases living comfort

E-Mail: [sportspt@imaxx.com](mailto:sportspt@imaxx.com)

AUTHORIZED DEALER & INSTALLER OF SOLAR GARD, SUN GARD, & 3M FILMS



**LIFETIME MANUFACTURER'S WARRANTY ON RESIDENTIAL WINDOWS**

- Allows in maximum light
- Makes glass shatter resistant
- Reduces furniture and carpet fade
- Comes with scratch resistant coating

**GLARE-NOT, INC. WINDOW TINTING**  
(847) 382-8468 • (815) 363-8468 • Fax (815) 653-8468

## CFC Adventures in Nature Study

"Learning From Owl Pellets" will be held on Monday, January 15, at Crabtree Nature Center from 2:00 to 3:30 PM. Come learn more about owls and their habitat by dissecting owl pellets. The class is gear-

ed for ages 7 and up, but younger children are welcome with parents.

Please call CFC at 847-382-SAVE (7283) with any questions.



- Barrington: Kelsey Allison, Stephanie Baer, Michelle Niaki, Alicia Gamze, Christie Schmidt, Katelyn Schmidt, Stephanie Schwartz, Whitney Schwartz, Meredith Sislow, Arianna Solimene, Shannon Spicer, Katrina Stumbras, Abigail and Ashley Watson, Alyssa Avedon, Leigh Biddlecome, Lauren Baloun, Kelsey Gifford, Emily Hoehlein, Alex Rast, Mary Ellen Richardson, Charlotte Richardson, Diana Sislow, Catherine and Rebecca Baer, Lauren Butler, Natalie Horween, Kelsey Mazeski, Alyssa Schardt, Ashley Sheehan, Kate Lamberta, Emily Bleibol, Anna Burnidge, Megan Crowley, Samantha Frank, Olivia Graham, Molly Hendrickson, Monica Hernandez, Lissa Mandell, Ashley Mather, Catherine Moran, Leslie Murray, Emily Rose Nelson, Lindsay Peterson, Kristina Sinclair, Victoria Solimene, Lauren Swanson, Andrea Swanson, and Minda Sulak

- Crystal Lake: Sarah Menning
- Fox River Grove: Nikki and Nina Butler, Allison and Haley Mallon
- Hawthorn Woods: Amy Mason and Haley Packer
- Hoffman Estates: Carly Czach and Courtney Wodarski

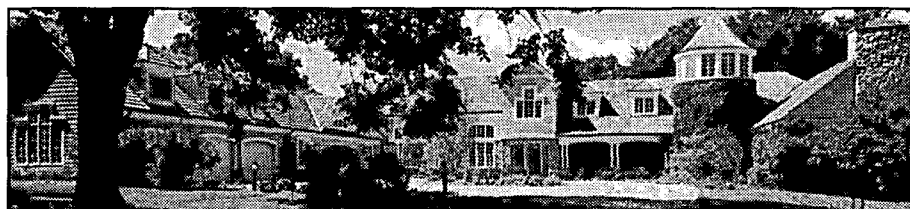
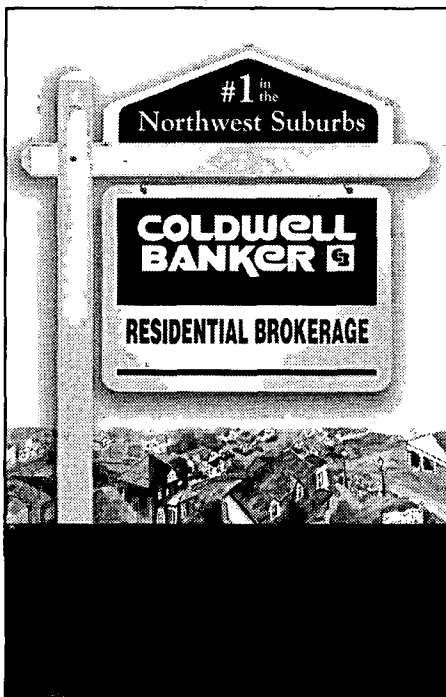
- Inverness: Kara Olaes and Lucy Westcott
- Long Grove: Ashley Sintetas
- Mt. Prospect: Mary Gray
- Palatine: Kerry Bradley, Shannon Bullen, Carol Conaghan, Niccole Pattee, Anne Recher, Vanessa Castellano, Elizabeth Reguera and Sally Wippman
- Round Lake: Rosey LaVine, Kaelin Gill and Kierstin Gill
- Schaumburg: Spencer Davis
- Wheeling: Renee Cardani
- Woodstock: Kristi Herrald

The cast of *Coppelia* will be comprised of BYDE dancers as well as professional guest artists and younger children from the Barrington area. James Estes, Barrington, is designing sumptuous sets and Patricia Whitmore, Palatine, will be creating brilliant costumes. Everyone is invited to attend a performance of *Coppelia*, a ballet which weaves a comical love story through the three acts of delightful music and magical dance.

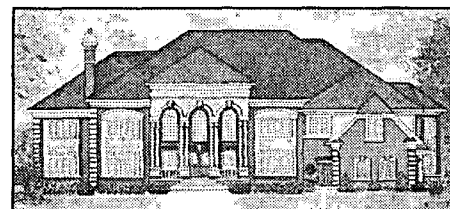
For information on *Coppelia* and BYDE, whose mission is to promote artistic excellence and appreciation through quality dance training and performances, please call 847-382-6333.



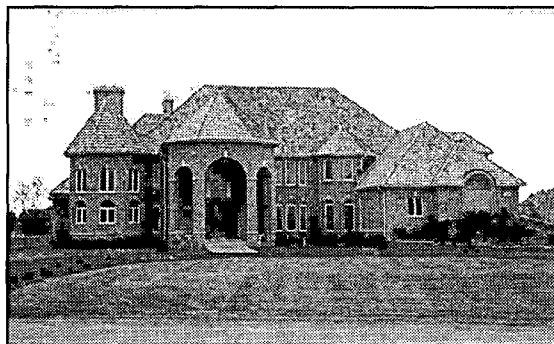
# BARRINGTON AREA OFFICE



**Barrington Hills** Incomparable estate set on 17 rolling, wooded acres. Designed to accommodate a gracious lifestyle, this stone & cedar residence offers only the finest custom finishes throughout its substantial yet comfortable interior. This beautifully-presented estate also includes two delightful guest houses, pool, tennis court & 4-stall barn. Its location is prime & protected, its appeal, timeless. Also available on approximately 10 acres for \$3,999,000.  
**Meg Cleavenger \$4,999,000 847/465-2259**



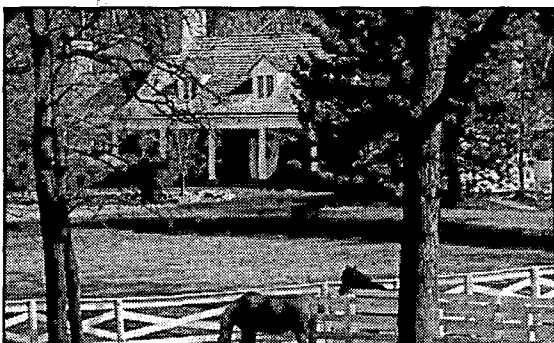
**Barrington Hills \$3,600,000**  
 Magnificent proposed construction set on 10 private, heavily-wooded acres, minutes from the village. Elegant in design & detail. Beautiful 5 BR, 6+ BA home w/ 5 frpls.  
**Meg Cleavenger & Greg Bradley 847/465-2259**



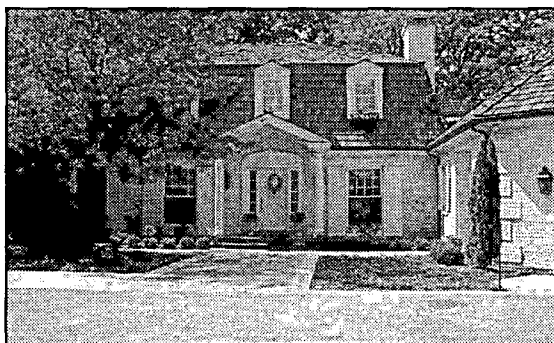
**Barrington \$4,600,000**  
 No expense was spared in creating this outstandingly beautiful waterfront home in Braymore. Offering state-of-the-art operational features, the home reflects the finest architectural design & detail throughout. Volume ceilings, 5 fireplaces, 2 gorgeous kitchens & indoor pool. A remarkable home on a lovely site in a wonderful neighborhood.  
**Meg Cleavenger 847/465-2259**



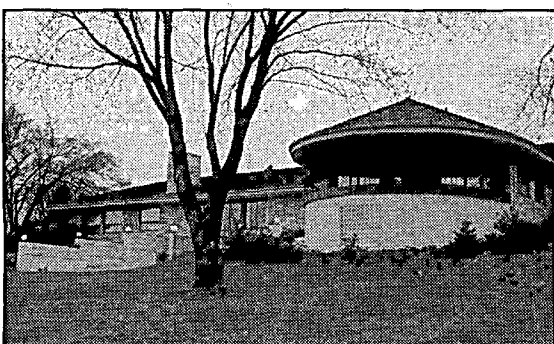
**Barrington Hills \$1,897,000**  
 Gated private wooded site, pristine authentic BH estate lends elegance w/ traditional charm. Guest house, 25x50 pool, cedar gazebo, horse pasture.  
**Jack Sanderson 847/465-2278**



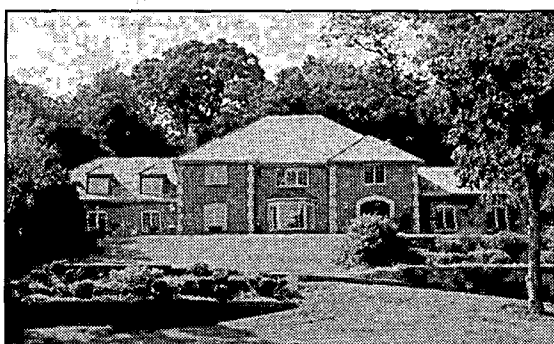
**Barrington Hills \$3,995,000**  
 An Idyllic Country Retreat w/ every amenity. Set on 22 secluded wooded acres, this genteel estate of landmark status exudes charm. The main residence offers 6 bedrooms & 7 fireplaces plus a dramatic coach-house loft of generous proportions. A spring-fed lake, pool, tennis court, stable & pond complete this unique offering.  
**Donna Veller 847/465-2228**



**Barrington Hills \$2,775,000**  
 Exceptionally beautiful lakefront home set on over 7 private, wooded acres. 5 bedrooms, 4+ baths. Abundant in character & charm, it has been extensively renovated & expanded to delight the most discerning individual. Surrounded & enhanced by nature's beauty, the property also includes a tranquil pool, pool house, & 1-bedroom guest house.  
**Meg Cleavenger 847/465-2259**



**Barrington Hills \$2,175,000**  
 This exceptional lakefront estate on 12+ acres features expansive views of Hawley Lake. Designed for entertaining on a large scale, the stone residence offers 5 bedrooms, 5 full & 2 half baths, enormous room sizes, full finished walkout lower level. Quality finishes & superior construction. Situated to capitalize on the unobstructed lake views. Heavily wooded. Absolute privacy!  
**Meg Cleavenger & Greg Bradley 847/465-2259**



**Barrington Hills \$1,999,000**  
 Stately 5-bedroom, 5.5-bath all-brick French Provincial residence set high on a wooded ridge. Beautiful millwork, mouldings & architectural detail. 5 fireplaces, solid mahogany woodwork. Fire-lit custom cherry kitchen. Master suite w/ sitting room, fireplace & sumptuous bath. Sparkling pool, beautiful gardens, gorgeous setting.  
**Meg Cleavenger 847/465-2259**



**Barrington Hills \$1,975,000**  
 Absolutely stunning 4-bedroom, 4.5-bath home. Elegant, warm & very livable. Highest-quality finishes throughout. Kitchen w/ fire-lit hearth room, delightful sunroom, finished walkout lower level, 4 fireplaces & 5-car garage. The magnificent private grounds offer lovely gardens, sparkling pool, extensive patio areas and beautiful views. A truly special retreat!  
**Meg Cleavenger 847/465-2259**



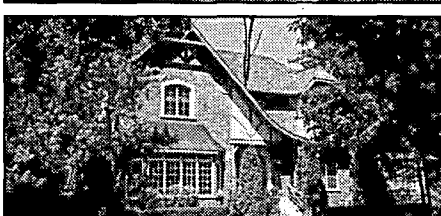
**Barrington \$1,349,000**  
 Oak shade estate nestled amid 10 rolling, wooded acres epitomizes warmth & charm. Features include spacious rooms w/ gleaming pine flooring, newer country kitchen & baths, gated entry & for the hobbyist—facilities for 7 cars. Picturesque landscaping & sweeping views grace the pool & patio area in harmony w/ nature. A rare find!  
**Donna Veller 847/465-2228**



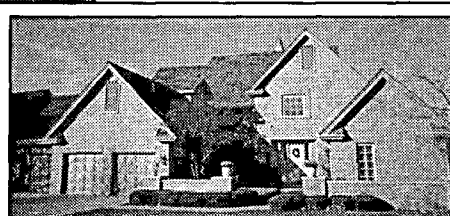
**Barrington Hills \$836,000**  
 Unique & open 4-BR, 4.5-BA home in priv setting. 2 lofts & 2 frpls. Sun/sitting rm, wet bar, inground pool, balcony, deck & patio. Fin LL w/ walkout. Balconies off BR.  
**Donna Lavin 847/465-2270**



**Barrington Hills \$799,000**  
 Historic 5-BR, 4-BA home on 3 wooded acres. Offers character & charm of 1875 classic, updated & expanded to suit today's needs. 3-stall barn, lovely gardens.  
**Meg Cleavenger & Greg Bradley 847/465-2259**



**Barrington \$757,000**  
 Quality 4-BR English Tudor w/ 3 full & 2 half BA on 2+ ac of wooded land. Hrdwd trim, doors & flrs. Full fin walkout bsmt w/ BA. Great loc! Also available 5 ac.  
**Jack Sanderson 847/465-2278**



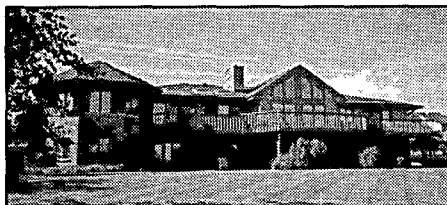
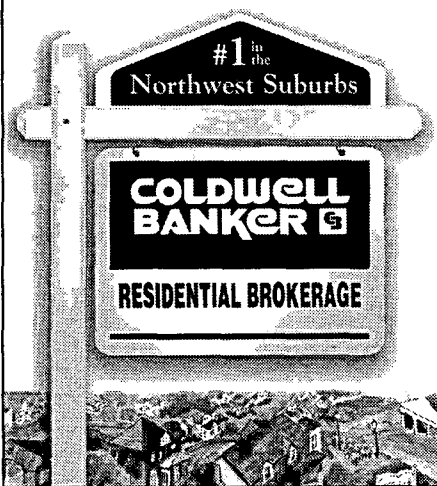
**Barrington \$749,900**  
 Waterfront 3-BR, 3.1-BA home in Wynstone. Maint-free. Granite countertops. Open flrpln, 2-story marble foyer. 1st floor MBR. Deck w/ hot tub over pond. 3-car gar.  
**Ron & Jeanine VanDeVelde 847/465-2282**



Independently Owned And Operated by NRT, Inc.



# BARRINGTON AREA OFFICE



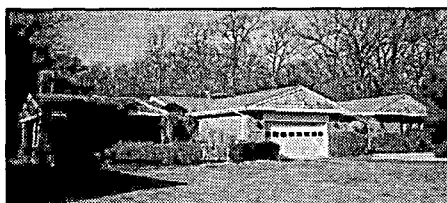
**South Barrington \$749,000**  
Spectacular 5-bedroom, 4.5-bath waterfront California ranch. Dramatic vaulted ceilings & updated gourmet kitchen, fireplace & huge finished walkout lower level.  
**Donna Veller 847/465-2228**



**Barrington \$689,000**  
Beautiful traditional 4-BR, 3.5-BA home. Gourmet kit w/ granite, gleaming hrdwd flrs, 2 frplcs & fin ll w/ BA are just a few of many special features. Fine appointments.  
**Donna Veller 847/465-2228**



**Barrington \$669,000**  
Handsone stone hillside ranch set on 2 wooded acres w/ pond offers an open floorplan, soaring ceilings & great finished walkout lower level w/ 2nd kitchen.  
**Suzanne Luby 847/465-2211**



**Barrington Hills \$630,000**  
Spacious country ranch w/ 4 BR, 4.5 BA, ultra master suite, huge FR, 3 fireplaces & rec room w/ sauna. 5 acres w/ fenced pastures, 5-stall barn. A horse lover's delight!  
**Donna Veller 847/465-2228**



**Inverness \$624,500**  
4-BR, 3.5-BA Cape Cod on 2+ acres in Macintosh Inverness is near schools, shops & trains. Updates include new carpet, a/c, furnace, roof & Pella windows.  
**Suzanne Luby 847/465-2211**



**Barrington Hills \$599,700**  
4 BR, 4+ BA Colonial on private 1.3 acre setting. 8-yr-old beauty w/ hardwood floors, 4 fireplaces, white kit, FR, master suite w/ sumptuous BA, fin ll & 3-car garage.  
**Meg Cleavenger 847/465-2259**



**Barrington \$595,000**  
Sleek sophistication awaits you in this stunning contemporary w/ 4 BR, 2.1 BA w/ fin basement & 3-car garage on a premium interior lot in Barrington schools.  
**Suzanne Luby 847/465-2211**



**Lake Barrington \$595,000**

This enchanting 4-bedroom traditional home is nestled on a gorgeous acre+ lot. Quiet cul-de-sac. Features include volume ceilings, hardwood floors, 1st floor deluxe master suite, 2 fireplaces, 3-car garage & basement. Lovely neutral decor.

**Bonnie Paice Legue 847/465-2223**



**Barrington \$579,900**  
Custom new construction. 4-BR, 3.5-BA. Quality 2-story foyer. Gourmet kit w/ Corian. Luxury MS. Professionally-landscaped 1-acre site, adjacent to forest preserve.  
**Donna Veller 847/465-2228**



**Lake Barrington \$569,000**  
4-BR, 2.5-BA Colonial on prime waterfront in Wedgewood Trails. 2-story foyer, 1st flr study, spac kit, vaulted ceiling & skylights. Deluxe master, 3-car garage, deck.  
**Bonnie Paice & Shannon Paice 847/465-2223**



**Barrington \$555,000**  
This charming 4-BR, 2.5-BA updated farmhouse set on 6 acres is perfect for family & pets. The horses & animals can call the 6-stall barn, paddocks & kennels home.  
**Suzanne Luby 847/465-2211**



**Barrington Hills \$499,900**  
3-BR, 3.5-BA custom-built home. On 6+ heavily wooded acres. Comfortable flrpln, vault ceil & scrnd porch. Designed for entertaining & relaxation. Also avail for rent.  
**Meg Cleavenger 847/465-2259**



**Barrington \$499,900**  
Exceptional property in Fox Point. Beautifully-landscaped interior lot. 4-BR, 2.5-BA brick Georgian expanded w/ spacious FR w/ fireplace. Finished ll, deck & study.  
**Suzanne Luby 847/465-2211**



**Lake Barrington \$479,000**  
3-BR, 3.5-BA Augusta. Neutral w/ new carpet. 1st floor master. 1st floor laundry w/ entrance from garage. Loft area. English basement. Great golf course location.  
**Sherl Wheeler 847/465-2290**



**Barrington \$469,900 to \$562,900**  
"SAVANNAH"—Barrington's New Construction Opportunity! 10 lux designs on min 2-acre sites. Space & quality w/ extensive amenities. Location is choicel  
**Donna Veller 847/465-2228**



**Barrington \$389,900**  
3-BR, 2-BA skylit farmhouse in historic district. Restored & enlarged to perfection. FR w/ fireplace, updated kit, wood floors, deck & patio, fenced yard & 2-car gar.  
**Sherl Wheeler 847/465-2290**



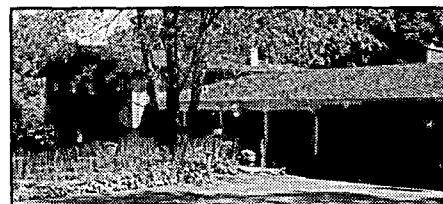
**Barrington \$376,900**  
Fab 4-BR, 2.5-BA home near town & train. Lrg kit opens to FR. 1st flr laundry & office. 2-story double door entry. Vltl ceil, lrg walk-in closets. Desirable Steeplechase.  
**Meg Cleavenger 847/465-2259**



**Barrington \$366,000**  
This traditional New England Colonial offers a walk-to-everything location, 3 frplcs, gleaming hrdwd flring & updated kit. 4 BR, 2 BA & low Cook County taxes.  
**Donna Veller 847/465-2228**



**Barrington \$329,900**  
Super 3-bedroom, 2-bath brick/cedar ranch. Fresh paint. Pond view, 2-sided fireplace in family room & LR, hardwood floors, full basement, 3-car garage & more.  
**Renee Novekoff 847/465-2241**



**Barrington Hills \$319,900**  
Charming 4-BR, 2.5-BA home on 1.75 priv acres. Newer BAs & white kit. Fin walkout ll w/ FR, study. Scrnd porch, oversized 2-car gar w/ large workshop, lovely yard.  
**Meg Cleavenger & Barb Wessberg 847/465-2259**



**Barrington \$295,000**  
Great 3-bedroom, 2.5-bath model w/ 9' volume ceil in large foyer & living room. Unique interior kit w/ island, cast-iron sink. Dramatic stairway, huge master walk-in.  
**Donna Lavin 847/465-2270**



**Art & Tradition**

**QUALITY & PRICE GUARANTEE**

**\$20 Million Collection of Fine Handmade Oriental Rugs**

Services:

- SALES • TRADES
- APPRAISALS
- CLEANING • REPAIR
- RESTORATION

**SINCE 1979 IN BUSINESS**

**Rugport**

**FINE HANDMADE RUGS**

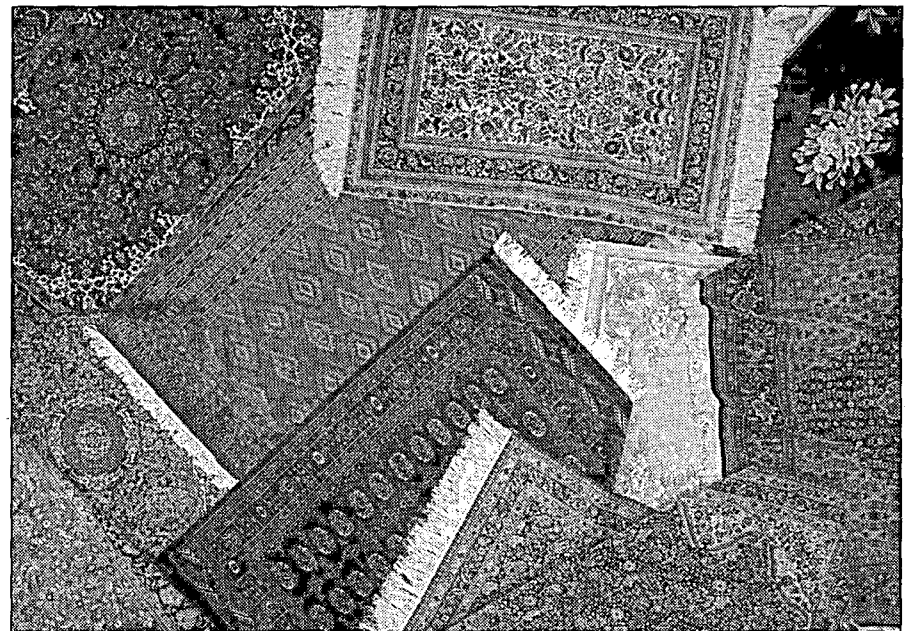
**PALATINE OAKBROOK**

23 S. Northwest Hwy. 18W050 22nd St.  
(847) 202-0600 (888) 784-7678

**Toll Free 1 (888) R-U-G-P-O-R-T (784-7678)**

Hours: Mon-Fri 10-8, Sat 10-6 & Sun 12-5

## Fine Handmade Persian & Oriental Rugs



A thing of beauty is a joy forever. Handmade oriental rugs are known to last for hundreds of years while beautifying your home. As the rugs are passed from generation to generation they appreciate in value.

**Rugport** provides one of the area's largest selections of silk and wool estate and palace-sized rugs—over a 20 million dollar inventory. Now is a good time to beautify your home with a fine handmade oriental rug.

**Rugport** is able to offer low prices on quality handmade Oriental rugs because **Rugport** is a direct importer and sells retail and wholesale. Compare our price, selection and quality on fine Persian rugs

which include Tabriz, Heriz, Serapi, Isfahan, Nain, Kashan, Sarouk, Mashad, Qum and many more. **Rugport** is a family-oriented business which prides itself on being professionals in the art of handmade rugs.

The owner representatives at **Rugport** will be happy to provide a **FREE** appraisal of your oriental rug. **Rugport** provides full service and care for Oriental rugs, including cleaning, restoration, buying old and antique rugs, and appraisal. Handmade rugs last for years, so **Rugport** provides long-term customer satisfaction.

Visit **Rugport** for the largest selection of nomadic and city-made Persian and Oriental rugs. SEEING IS BELIEVING!

## GSH Auxiliary Presents \$300,000 to Hospital



**Alan Iftnuik, Good Shepherd Hospital Chief Executive, shown with out-going Auxiliary President Sam Oliver.**

Sam Oliver, out-going president of the Auxiliary of Good Shepherd Hospital, presented a check for \$300,000 to the hospital's Chief Executive Alan Iftnuik. The

## Senior Activity and Lunch Program

The Barrington Area Council on Aging, (BACOA), invites you to join us for lunch and to participate in the following special programs scheduled for January.

Programs are held at Langendorf Park at 12:30 PM and there is no charge (unless otherwise indicated). Suggested donation lunch is \$2.50 per person and requires advance registration.

• Monday, January 8—lunch, games and "Holiday Reminiscing"

• Monday, January 15—BACOA closed For Martin Luther King Holiday. No lunch and programs.

• Tuesday, January 16—lunch and games

• Monday, January 22—lunch and a "Surprise Party"

• Wednesday, January 24—lunch and a movie *You've Got Mail*

• Monday January 29—lunch, games and a celebration of January birthdays

## January's Not Boring at Garden Club of Inverness

Don't let packing up the tree trimmings get you down! Celebrate the new year with the Garden Club of Inverness' unique and entertaining presentation at its January 18th general meeting. Actress Carolyn S. Stillman will perform a costumed, one-woman show—the dramatic book review of *The Gardeners Gripe Book* by Abby Adams. Program chairman Donna Schuld chose this program because it seemed "a

great way to bring all the members and guests together for some fun after the hustle and stress of the holidays!" Plan to join us at 9:30 AM at Holy Family Church, 2515 W. Palatine Rd. in Inverness and take the "ho-hum" out of January! As always everyone is welcome. Refreshments will be served following a short business agenda. For information, call Phyllis Ewert at 842-1695.



amount represents the proceeds from Auxiliary projects Art in the Barn, Catchpenny Resale Shop, Pear Tree Cafe and Pear Tree Gift Shop.

This achievement will be celebrated at the annual meeting of the Auxiliary of Good Shepherd Hospital to be held January 18, 2001, at the Barn of Barrington. A fashion show featuring apparel from Peter Daniel, located in the Barrington Ice

House Mall, will follow annual reports and installation of officers for the 2001-2002 term. Social hour begins at 11:30 AM followed by noon luncheon.

All auxiliary members are invited; guests are welcome. Send your checks for \$20 per person, made to Auxiliary of GSH, to Jan Broders, 250 Cold Spring Road, Barrington, IL, 60010, by January 10.





Tom Mitchell



## REACH BUYERS 24 HOURS A DAY – 7 DAYS A WEEK!

**Grand Tour** Our listings are on the Internet for buyer convenience. Each listing contains color photos and information. To view our properties on-line simply contact: <http://www.homesbymitchell.com>

**Tom & Joanne Mitchell**  
*Barrington's Home Town Realtors*



Joanne Mitchell



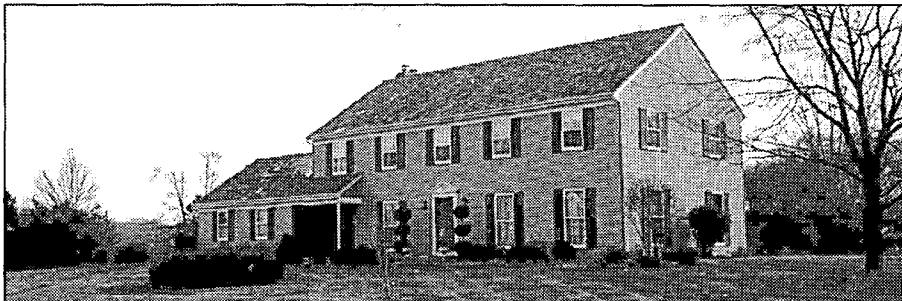
### BARRINGTON HILLS

A perfect blend of house & nature with tennis court, inground pool & lake frontage on Mirror Lake. Spacious 4 bdrm, 4.1 bth home includes walls of glass, new dream come true kitchen, 1st floor private master suite, 2nd floor bonus rm, finished lower level.

[www.00203071.emailhomes.com](http://www.00203071.emailhomes.com)

Ask for Tom or Joanne Mitchell

**\$1,195,000**



### LAKE BARRINGTON—TWIN PONDS

Executive living at its best in this spacious 4 bdrm home nestled on 1+ acre lot with pond views. Deluxe new gourmet kitchen, ultra master suite with sitting rm & lg bath. Family rm with cozy brick fireplace opens to 20x15 screened porch. Superb location.

[www.00197801.emailhomes.com](http://www.00197801.emailhomes.com)

Ask for Tom or Joanne Mitchell

**\$467,000**



### BARRINGTON VILLAGE

Shades of New England enhance this village charmer on large lot. Spacious rooms, 5 bedrooms, 2 full baths, 9' ceilings, hardwood floors & finished lower level. You'll love this newer kitchen, will host homework to mealtime. Walk to train & shopping.

[www.00201592.emailhomes.com](http://www.00201592.emailhomes.com)

Ask for Tom or Joanne Mitchell

**\$409,000**



### BARRINGTON

Solid as only brick can be! 3 bedroom, 2 bath Ranch on large lot with beautiful yard and pond views. Neutrally decorated, updated kitchen, hardwood floors and open floor plan. Close to shopping and schools. Quality at the right price.

[www.00199475.emailhomes.com](http://www.00199475.emailhomes.com)

Ask for Tom or Joanne Mitchell

**\$339,000**



### NORTH BARRINGTON—BILTMORE

Nestled high on a hill this spacious 3/4 bdrm, 2 bth Ranch is just what you have been looking for. Open flr plan, vaulted ceilings, neutrally decorated. Walls of glass enhance the 25x12 family rm and newer kitchen. Den could be 4th bdrm. Warm & inviting.

[www.00193052.emailhomes.com](http://www.00193052.emailhomes.com)

Ask for Tom or Joanne Mitchell

**\$264,900**



### BARRINGTON—RIVER GLEN

A home for all seasons! It's all here for you in this updated 2-story home on lg 1.2 acre private lot. 4 bedrooms, 2.1 baths, great kitchen opens to spacious family room. Large screened porch. Private marina & deeded boat slip.

[www.00185663.emailhomes.com](http://www.00185663.emailhomes.com)

Ask for Tom or Joanne Mitchell

**\$345,000**



### BARRINGTON—TOWER LAKES

A priceless combination of privacy & serenity on 1.7 acres in much sought after Tower Lakes. Contemporary flair sets the stage for an open dramatic floor plan. 1st floor master suite with fireplace adds privacy. Pristine condition and perfectly decorated.

[www.00110803.emailhomes.com](http://www.00110803.emailhomes.com)

Ask for Tom or Joanne Mitchell

**\$439,000**



### LAKE BARRINGTON SHORES

First floor, 2 bedroom, 2.1 bath Manor home with serene lake and pine tree views. Move right in, all new carpeting, newly decorated, finished lower level. Great location, walk to rec center and pool.

[www.00185181.emailhomes.com](http://www.00185181.emailhomes.com)

Ask for Tom or Joanne Mitchell

**\$206,000**

**Tom or Joanne Mitchell**  
**(847) 381-8800 or (847) 381-3535**  
OFFICE HOME

Visit Our Website: <http://www.homesbymitchell.com>



**RE/MAX**  
of Barrington

**306 W. Northwest Hwy.**  
**Barrington**



Equal  
Housing  
Opportunity



# Be The Best Informed

We know what buyers want to know. Learn why buyers chose Coldwell Banker and about the Buyer Services Guarantee.

He who hesitates is going to miss out on one of the best home-buying climates... with beautiful homes, inviting prices, and mortgage rates that get you more house for your money.

Not that you shouldn't make a reasoned decision, of course. That, we help you do. With real estate knowledge and our Buyer Services Systems, you'll have every resource at your fingertips.

**We're the real estate professionals with the business expertise.**

**COLDWELL  
BANKER**

**BARRINGTON OFFICE**

**330 E. Main St.**

**382-3600**

**RESIDENTIAL BROKERAGE**



Independently owned and operated by NRT Inc.



## CFC Brush Cutting Schedule

All brush cleaning is done on Saturdays from 9 to 11 AM. Meet at The Foundry shopping center (north of the construction in the middle of the parking lot), Route 14 and Hart Road, in Barrington. Bring work gloves and loppers (if available). Dress for the weather and wear waterproof boots for the fen or bog. If you plan to meet at the work site, call Tom Vanderpoel at 847-462-0358 or Bob LeFevre at 847-438-3760 to confirm the work site location. New volunteers welcome.

### CFC Work Schedule

- January 6—Farm Trails North
- January 13—Flint Creek Savanna
- January 20—Wagner Fen (east side)
- January 27—Wagner Fen (west side)
- February 3—Barrington Bog
- February 10—Wagner Fen (west side)
- February 17—Baker's Lake
- February 24—Flint Creek Savanna
- March 3—Flint Creek Savanna
- March 10—Ela Road Prairie
- March 17—Open
- March 24—Grigsby Prairie

## Spoon River Anthology Selected to Perform at State Theatre Festival

Barrington High School's fall play, Edgar Lee Masters' *Spoon River Anthology*, has been selected as one of the best high school plays in the entire state of Illinois and is scheduled to perform at the Illinois High School Theater Festival. The Barrington High School cast will perform on January 5 at the Krannert Center for the Performing Arts at the University of Illinois, Champaign-Urbana.

This is the highest honor a high school

theater department can achieve. Along with this remarkable honor comes the arduous task of remounting the entire production and raising the money needed to move it downstate. Although it will require a lot of extra work, Jon Lynn, the play's director, states, "I think I speak for all the students involved when I say that we won't mind the extra work when it means that we will be recognized at the State Theater Festival!"

## Nutritional Supplements

(Continued from page 28)

izations each year caused by prescription drugs. Remember, these are real numbers, not just "hints" of toxicity.

Nutritional supplements and herbal remedies have their place in our society.

It's up to each one of us to be responsible, open-minded and careful about the opinions we form based on the information we read.



## Tips from the Top

Margaret R. Semrad  
Broker/Manager  
Barrington Office

**COLDWELL  
BANKER**

**RESIDENTIAL BROKERAGE**

The weather outside may be frigid but the real estate industry is heating up. January starts our spring market and the indications look good for another strong year. According to the National Association of Realtors, the forecast for existing-homes sales will be 4.97 million in 2001, making this an excellent real estate year.

With all the good news about real estate, I was not surprised when my friend Napoleon called. After we caught up on each other's families, he asked about purchasing property. Napoleon is extremely cautious and before he does anything, he makes absolutely sure he is making the right decision. Napoleon had started to do his research and, even though we have known each other for many years, he wanted to know what I would do for him as a buyer.

Buyers have many questions, but knowing Napoleon, I knew I had better get ready and be prepared for our meeting. His call stimulated me as I had wanted to write an article about **Coldwell Banker's** Buyer Services Guarantee for some time. This **Coldwell Banker** Buyer Services Guarantee is the commitment that **Coldwell Banker Residential Brokerage** and your Sales Associate will make in performing the services that I will outline.

The day came for our meeting. Napoleon and his wife came to my office and we did a buyer counseling session. We discussed their needs and goals so that I could start the search for the property.

We then discussed buyer agency. Today's buyer has a special relationship with the Realtor. The Realtor for the buyer has the duty and responsibility of protecting the buyer's interest. The buyer benefits enormously by working with a Buyers Agent.

I then gave Napoleon and his wife a

HomeBuyer's Kit. The kit provides a HomeBuyer Guidebook which explains the home-buying process, a copy of the sales contract, a Home Protection Plan, the Concierge Savings Program with coupons from our National Alliance vendors and other pertinent information. Now Napoleon is armed with information. This truly delights him. He just loves knowing all there is to know.

The sales contract references the property disclosure form, a lead paint inspection if the home was built before 1978 and building and termite inspections. We discuss why all of these disclosures and inspections are important to the buyer. Napoleon begins to feel at ease. He knows I am his exclusive agent and strong advocate. He and his wife decide that, based on what they have learned in this counseling session, it's time for us to begin the search for a new home.

Before we start though, I have Napoleon and his wife pre-approved for a loan by Cendant Mortgage, **Coldwell Banker's** in-house mortgage company. If we see a home that is exactly what they want and wish to put a written offer on, we are already pre-approved for a mortgage. Having a pre-approval letter makes a significant impact on the seller of the selected property when the negotiation process starts. This is one aspect of the negotiation strategy that Napoleon, his wife and I will discuss as we go further.

I'm glad Napoleon called as it gave me the opportunity of telling you about our home-buying services. However, the best way to learn about the home-buying process is in person with one of our **Coldwell Banker** Sales Associates. So pick up the phone today and call **847-382-3600**. You will be calling the Dream House Headquarters.

## Priority for Parents

(Continued from page 14)

field of supplemental education, was established in 1977 and now has hundreds of centers nationwide.

Parents who would like additional in-

formation or who wish to discuss a specific problem, are encouraged to call the **Huntington Learning Center** in Barrington at **847-382-3655**.

## Country Guitar Performance on Sunday, January 14, 3 to 5 PM

Barnes & Noble welcomes local country guitar artist Del Hadaway. He will be sharing his talents with us. Del is an excellent guitar player and is well-admired by local musicians in the area. Del will be captivating us with many of his original compositions. Bring a friend and come join us in the Cafe for a relaxing Sunday afternoon. Barnes & Noble is located at 5380 Northwest Highway in Crystal Lake. For further information, call the store at 815-444-0824.



## From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

With a new three-seat Ford Explorer coming out in February and the addition of the smaller Escape in the Ford line-up, it's pretty hard not to find one of our sport utility vehicles that fits your lifestyle.

Living out in the country, we all want to drive four-wheel drive vehicles. But we really only need the four-wheel drive feature a few days a year. Well, yesterday was one of those days. We got hit with our first major winter snowstorm of the year and it was a dilly.

Four-wheel drive is very useful to get you out of your plowed driveway and up the hills in the snow. But as I can attest from driving around in the storm yesterday, some drivers think they are invincible, because they are in a four-wheel drive vehicle, and don't need to slow down and keep a larger distance between other vehicles in a snowstorm.

Just remember, four-wheel drive will



not keep you from skidding off the road when you hit a patch of ice. You just have four wheels skidding instead of two. So slow down and use good sense in any snowstorm.

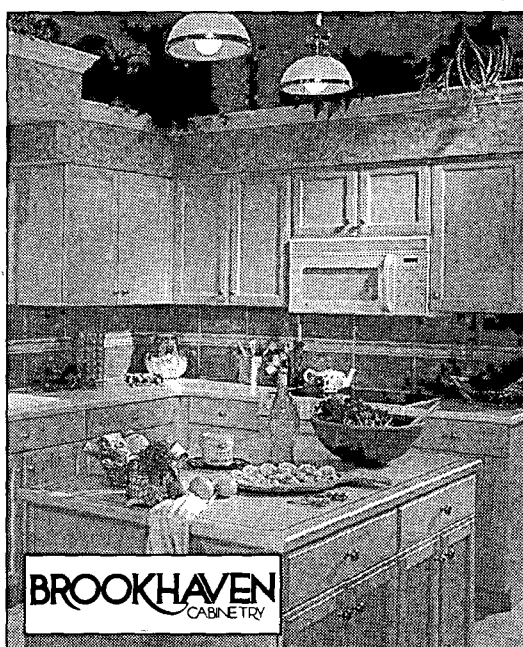
## Made-to-Order Cabinetry at a Less-than-Custom Price

from Distinctive Kitchen Design

The versatility of built-to-order cabinetry. The superb quality of fine craftsmanship. Together, they make **Brookhaven** the outstanding value in kitchen cabinetry. Cabinetry designed to be well-used and well-loved, year after year. Cabinetry built to look as good "down the road" as it does today.

Why should you choose **Brookhaven** over other kinds of cabinetry? Simple: it's made by **Wood-Mode**. That means it's backed by almost 60 years of woodworking experience and manufactured to extremely demanding standards using the most modern technology. You don't have to settle for mass-produced stock cabinetry. Affordable, built-to-order **Brookhaven** gives you greater flexibility, more variety, and more choices in sizes, finishes and special-purpose units.

You'll select the style you want—anything from traditional to contemporary. You'll select the hardware... the finish... the style. And, from design through installation, **Distinctive Kitchen Design**, your professional **Brookhaven** dealer, will be right there with you, helping you get exactly what you want. All in all, you'll feel just like buying custom-built cabinetry. Until you see the low price.



**BROOKHAVEN**  
CABINETRY

The design staff at **Distinctive Kitchen Design** can help renovate your home into a haven for work, play and display! Visit our showroom nestled among charming antique stores and boutiques at 201-A South Main Street in downtown Wauconda. Our hours are Monday through Friday, 9 AM to 5 PM; evenings and Saturday by appointment.

(Continued from page 23)

### Our Philosophy




The decision to undergo any surgical procedure is not taken lightly. Only a fully informed patient can make such a decision. The best time to undergo a particular procedure is when that procedure will result in a noticeable improvement in whatever features are undesirable to the patient. If no change will be apparent, it may be best to wait. These issues are addressed fully during the consultation. This is the best way for a patient to become fully informed.

## What Age is Best

the chemical peel needed to affect them.

### Rhinoplasty

Rhinoplasty or nasal recontouring is commonly performed on teenagers and young adults though older patients are candidates as well. The younger patients typically seek a smaller, more attractive nose than the one they were born with. Older patients, however, may notice signs of aging in the appearance of their noses. The tip of the nose tends to droop with age. Simply elevating the tip will give the aging patient a younger look.

847/381-8850      BARRINGTON      Route 14  
[www.wickstromford.com](http://www.wickstromford.com)      Northwest Highway

## The Possibilities Are Endless



Enhance Any Room...

**Wood-Mode**  
FINE CUSTOM CABINETRY

**PLATO**

**BROOKHAVEN**  
CABINETRY

**KraftMaid**  
Cabinetry

### Distinctive Kitchen Design

NORTH HAVEN CORPORATION  
 201-A S. MAIN STREET - WAUCONDA, IL 60084  
 847 526-7822      FAX 847 526-7860  
[WWW.DISTINCTIVEKITCHENS.COM](http://WWW.DISTINCTIVEKITCHENS.COM)  
 Fine Custom Cabinetry - Excellent Design Service

## Reiki... A Responsibility

(Continued from page 20)

time for each of us to take responsibility for our own physical/emotional/spiritual well-being; it is time for us to learn to support others in doing the same. If this is the path you wish to travel and my experience in Rubenfeld Synergy, Reiki,

Metaphysical Hypnotherapy and Thought Field Therapy can be of assistance to you, please call. Together, we'll walk a path of discovery to a life rich in health, harmony and balance."

## Decorating Den Report

(Continued from page 31)

ketplace makes available unique and distinctive treasures to fill your home today.

**Decorating Den Interiors** of Barrington provides the very finest in custom window treatment, furniture and accessories to suit whatever decorating lifestyle you prefer at competitive prices. My per-

sonalized design service is complementary with products purchased to complete your custom interior. You will be amazed at how quickly and affordably I will be able to translate your dream environment into reality while in the comfort and convenience of your own home.

# Manufacturers of Granite Counter Tops

**G  
R  
A  
N  
I  
T  
E**

**Granite Competitively Priced with  
Solid Surface Products with the Lifetime  
Durability and Beauty of Natural Stone**

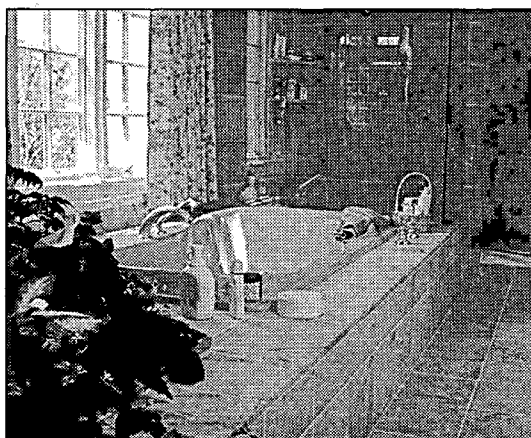
**G  
R  
A  
N  
I  
T  
E**

*Quality Installation of:*

- Granite & Marble Counter Tops
- Limestone, Marble & Ceramic Floors & Walls
- Fireplace Surrounds
- Hardwood Floors

*Our Showroom  
Features  
200 Different  
Marble & Granite  
Samples*

❖ *Ceramic Tiles*

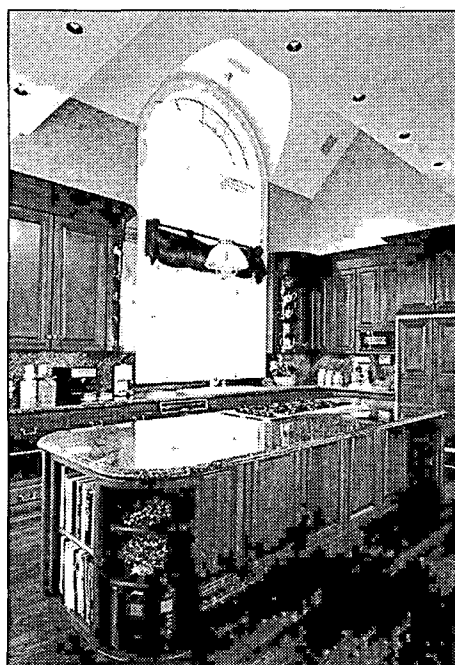


**Andian Limestone with Hand-Rolled  
Edges for Extraordinary Beauty.**

❖ *Limestone  
& Travertines*

❖ *Many Wood  
Floor Samples*

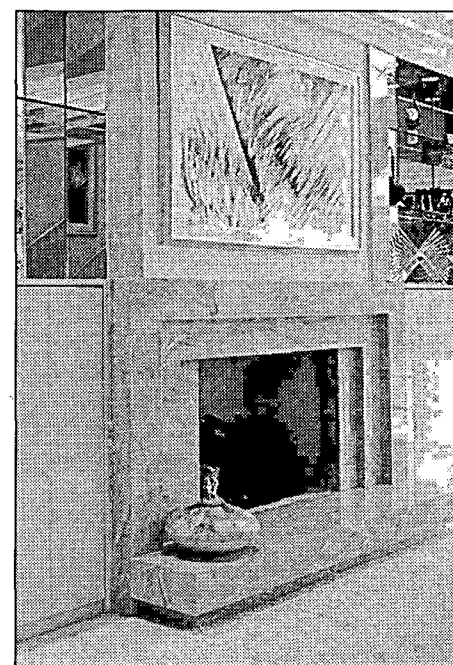
**COMPETITIVE  
PRICING**



**Uba Tuba Counter Tops  
with Oak Floors.**



**18" x 18" Crema Marfil  
with Black Granite Dot.**



**A Stone Surround Fireplace  
Enhances the Beauty  
of Any Room.**

## **CERAMIC WORKS/MARBLE TECH, INC.**

**811 W. NW Hwy.**

**382-1120 Phone**

**382-1152 Fax**

**Barrington**

**Hours: Monday-Wednesday-Friday 9am-5pm, Tuesday & Thursday 'til 8pm, Saturday 10am-4pm**