

February 2001

*Gifts for Your  
Valentine*

**SELECTIONS**

School Fundraiser  
Has Circus Theme

2001 Barrington Relay  
for Life Kick-Off

Kinetosaurs:  
Putting Some Teeth  
into Art & Science

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## 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.



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NEWS MAGAZINE

Published by

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Glenn M. McMonigal, Editor

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## Editor's Ink

February, 2001

Dear Reader,

Lots of happenings this month, and much includes the entire family.

Lines Elementary School's Spring Fundraiser takes on the theme of a circus this year. The dinner dance and auction takes place March 16. Over 600 children will benefit with funds going toward complete installation of cable/computer-ready monitors and VCRs in various classrooms.

The 2001 Barrington Relay for Life kick-off will be held February 15 at the Good Shepherd Health and Fitness Center. Team registration will take place at that time. Last year, Barrington's Relay was the largest in the state of Illinois, raising over \$500,000 for the American Cancer Society, with over 3,000 people participating. That's impressive... and wonderful!

Children love dinosaurs. Is it because they are so huge or awesome looking? Well, the kids are in for a treat at the Field Museum in Chicago beginning March 23. That's the date *Kinetosaurs: Putting Some Teeth in Art and Science* will be waiting for them. Children will be able to activate dinosaur sculptures through a system of wires, pulleys, rings and levers. The dinosaurs appear to come to life. What fun!

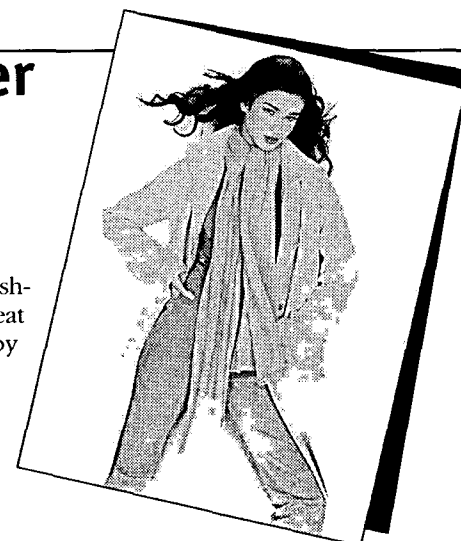
Happy Valentine's Day everyone. Until next time, may all your thoughts be sunny.

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



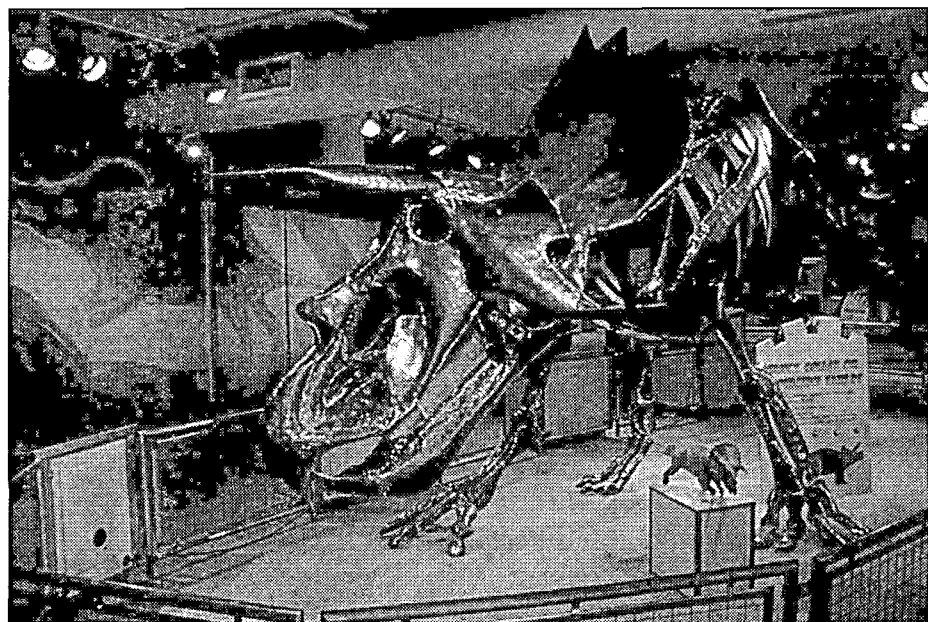
## About Our Cover

Creamy, cozy textures like suede, cashmere blends and felted wools are great for this time of year. COMPANY by Ellen Tracy.





## Kinetosaurs: Putting Some Teeth into Art and Science



With its menacing horns and bony head plate, Triceratops looks ready to attack. This 23-foot-long Kinetosaur shows visitors how real Triceratops might have used their built-in weapons to scare off predators and defend their herd. John Payne and The Children's Museum of Indianapolis developed Kinetosaurs—dinosaur sculptures modeled after scientific research and then put into motion to show how dinosaurs might have moved. The exhibition is complete with learning stations that offer a host of opportunities to apply dino-insights to anatomy, art, engineering and life sciences.

Has Sue finally met her match?

Sue—the world's largest, most complete *T. rex* fossil—is a Chicago icon, the pride of The Field Museum, the real thing. But don't you sometimes wish, as you gaze at those 67-million-year-old bones, that she could, well, ...come to life?

Your wish is granted! Sculptor John Payne has created a 44-foot-long *T. rex*, along with a small army of other life-size dinosaurs, as moving, clanking, roaring creatures of salvaged steel. They're Kinetosaurs, and they're inhabiting The Field Museum from March 23 to July 8.

And here's the coolest part: You can make them move!

### Dynamic Dinosaurs!

What's a kinetosaur? They're dinosaur skeleton sculptures. They're kinetic. And they're a heck of a good time.

This is your chance to ponder how dinosaurs might have looked in motion millions of years ago, not on a movie screen but up close and personal. These giant skeletons are built with uncanny anatomical accuracy. It's not hard to imagine them grazing in prehistoric vegetation, hunting for prey or defending themselves from predators.

Visitors and gallery assistants activate the sculptures through an ingenious system of wires and pulleys, rings and levers. Imagine the thrill of a dino-smitten child who brings the dinosaurs to life, making giant heads turn and mouths open wide, causing feet to stomp and tails to swing.

A documentary video in the exhibition shows John Payne in his studio, constructing and talking about these mighty creatures. Hammering away with a ball-peen, using a tree stump for an anvil, Payne constructs the enormous marionettes from tons of salvaged scrap metal and discarded industrial parts. The tail of the giant *T. rex* was originally a utility pole that he chopped up into vertebrae; the springs

that open its 100-pound jaw came from a garage door opener; and the hip sockets of the 20-foot-long *Utahraptor* began as trailer hitches.

Kinetosaurs puts to work our knowledge of how kids learn: not just by looking and reading but by touching, hearing, moving and, most of all, doing. Using light, sound, touch and inspired artistry, Kinetosaurs involves and helps visitors appreciate dinosaurs not just as museum fossils but as living, breathing animals.

Of course, there's fascinating science behind it all. Around the sculptures, interactive displays and computer simulations link the realms of art and science through shared concepts such as shape, line, movement, sound, texture and color. For example, visitors can learn about balance by putting together assorted parts to create a dinosaur that won't fall over. They can test different instruments to discover what the shape of a horn tells us about the sounds an animal might have made. And they can color a *Utahraptor* to blend with its surroundings and help it hide from a hungry *T. rex*.

Throughout the exhibition, smaller sculptures by Charlie McCrady flesh out the dinosaurs and help us imagine their appearance, while backdrops by Jan Sovak recreate the ancient Cretaceous landscape. Kinetosaurs was created by The Children's Museum of Indianapolis. Sculptures are by John Payne of Payne Studios, Asheville, NC, 1998, 1999.

### General Information

Tickets to Kinetosaurs are Basic Admission plus \$6 for adults, \$4 for children (3 to 11) or \$5 for seniors and students with ID. Discount combination tickets are available. Basic admission to the Museum is \$8 for adults or \$4 for children (3 to 11), seniors and students with ID. For more information, call 312-922-9410. The Field Museum is located at 1400 S. Lake Shore Drive in Chicago.

## 2001 Barrington Relay for Life Kick-Off



Representatives for the 2001 Barrington Relay for Life "kick-off" party: (left to right) Peg Campana, Director, Good Shepherd Hospital Health and Fitness Center; Sue Geshwender, Co-chairman Barrington Relay for Life; Sue Amsler, Fitness Manager, Good Shepherd Hospital Health and Fitness Center; Dr. Bob Skopek, Co-chairman Barrington Relay for Life; Peter Herrera, Accounting Coordinator, Good Shepherd Hospital Health and Fitness Center.

The kick-off party for the 2001 Barrington Relay for Life to support the American Cancer Society will be held Thursday, February 15, at the Good Shepherd Health and Fitness Center located at 1301 S. Barrington Road. Refreshments will be served at 6:30 PM, and the program and team registration will take place from 7:00 to 8:30 PM. Those of you who have attended in the past know, the evening is full of food, fun and fellowship as we prepare for another Barrington Relay to fight cancer. We are very excited about holding this party at the fitness center, and everyone who attends will receive a free one-day pass to use the Health and Fitness Center.

The evening will have presentations from our honorary Co-chairmen Connie Payton and Kim Duchossois; Dr. Suzanne LaFollette; cancer survivor Carol Andler;

and Ron Hamelberg, Village of Barrington president. This is a perfect opportunity to sign up your teams and have all of your relay questions answered. We hope that all of the relay veterans as well as newcomers who would like to get involved in the event will attend.

The 2000 Barrington Relay was the largest in the state of Illinois, raising over \$500,000 for the American Cancer Society. But even more importantly, it brought together over 3,000 people in one place, at one time, in a demonstration of community togetherness. Barrington has truly been a "community that takes up the fight" and we hope that the 2001 Barrington Relay will be even bigger and better. Please RSVP or, if you have any questions, please call the American Cancer Society at 847-358-3965.



## Feather Your Nest with Barrington Newcomers

The Barrington Newcomers Club invites all current members and those new to the area to an elegant presentation at Barrington's Gilded Nest followed by lunch at the Barrington Country Bistro on Wednesday, February 21, at 11 AM.

Gilded Nest owners Beth Dudney and Pam Vogel will demonstrate dining décor from fine French and English linens to china, flowers and accessories. Guests are invited to bring a favorite (or ugly duckling) plate, vase or pottery item and let the experts create a beautiful setting. Enjoy it all among The Gilded Nest's wonderful display of furniture, rugs, artwork, floral arrangements and more.

Newcomers has regular monthly meetings for its 100+ members: Mom & Tots, Couples Gourmet, bunko and much more. For more information about the February program at The Gilded Nest, other Newcomer activities or membership, please call 847-842-0743. We look forward to meeting you!



The Gilded Nest owner Beth Dudney and her staff will showcase creative table settings and dining décor at the Barrington Newcomers meeting on Wednesday, February 21, at 11 AM at The Gilded Nest in Barrington.

## Special Savings!

**4th Annual Clearance Sale**  
savings throughout the store!

**February 9th & 10th**

Save on winter clothing, summer clothing, selected furniture, bedding, accessories and more!

**Two Days Only!**

## Little Munchkins

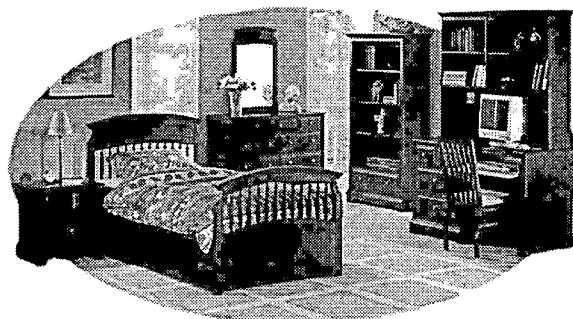
141 S. Northwest Hwy. • Barrington  
847-381-3960

Hours:

Monday thru Friday 10-5:30  
Saturday 10-5



## Special Savings at Little Munchkins



Don't miss **Little Munchkins'** 4th Annual Clearance Sale. Save on winter clothing and snowsuits, summer clothing, selected furniture, bedding and accessories!

The great sale is **TWO DAYS ONLY**—February 9th and 10th. Come early to get

the best deals! There will be savings throughout the store.

While you're perusing great bargains, be sure to look over the great new spring lines that just arrived!

## Barrington Community Child Care Center

### Now Enrolling Infants & Toddlers

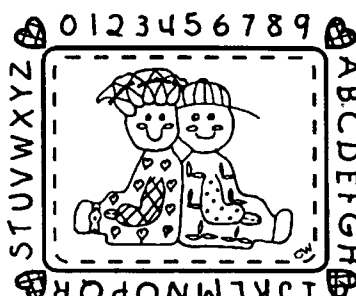
Child Care Openings Available for Children 6 Weeks - 6 Years.

Applications Now Being Accepted

Hours: 7am - 6pm

560 Carl Avenue

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



381-0272

Barrington

### Now Enrolling Infants & Toddlers

**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.

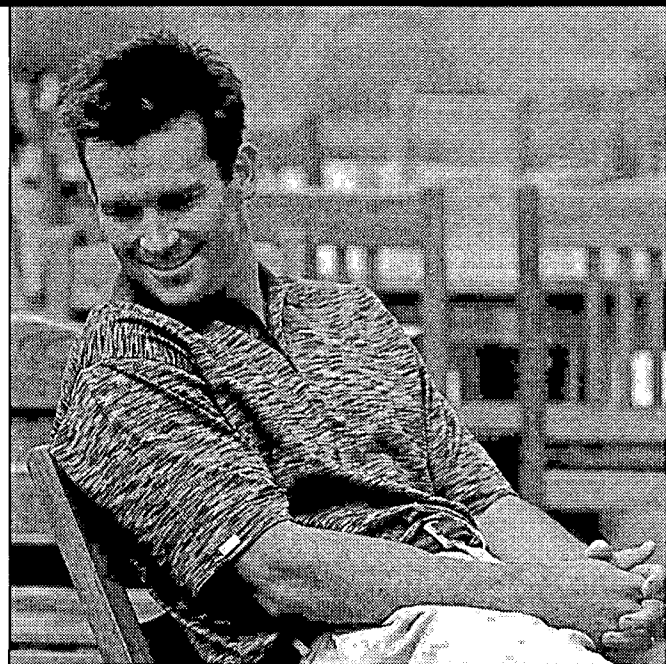
The curriculum for the **Barrington Community Child Care Center** offers age appropriate and challenging activities. Our many activities promote self-esteem, independence and cognitive growth. Individual needs and the child's unique ways of learning are key in the type of planning and structure that 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!*

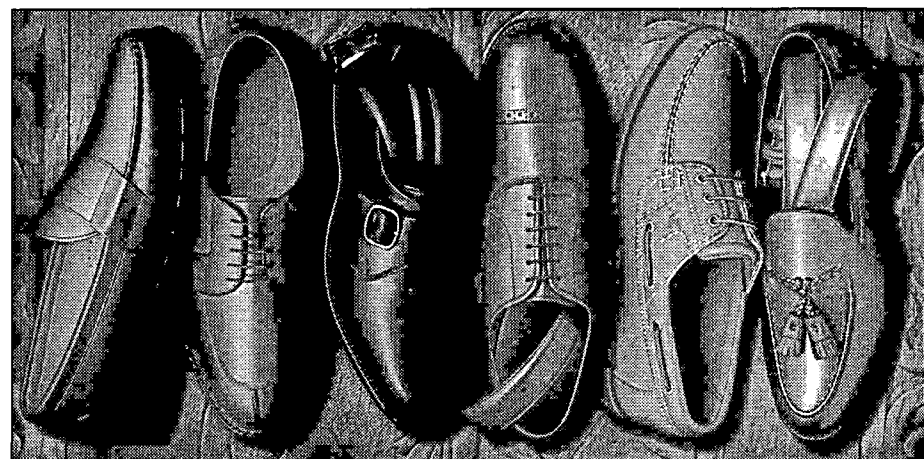


Joining forces to create a dynamic new concept in sportswear are industry insider Nancy Haley and screen legend Clint Eastwood. See the TEHAMA collection of men's and women's designer sportswear today, at Chuck Hines.



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**F**rom wingtips to golf shoes, Allen-Edmonds deserves some space in your closet.

Stop in at **Chuck Hines** today and let our experienced sales associates explain the benefits of this superior product. With sizes from 5 to 18 and widths from AAAA to EEE, it allows us to fit most any foot.

**Chuck Hines** is located on Main Street in downtown Barrington.

### Barrington Women's Club to Enjoy Perfect Harmony

Save this date—February 21, 2001. The Melodeers, a group of 15 harmonizing females singing without instrumental accompaniment, will be performing for us at Millrose Brewery and Restaurant in

South Barrington. Social hour begins at 11 AM. A check for \$25 will be your reservation. Please send to Ginny Schomberg, 986 Hampton Park, Barrington, IL, 60010.



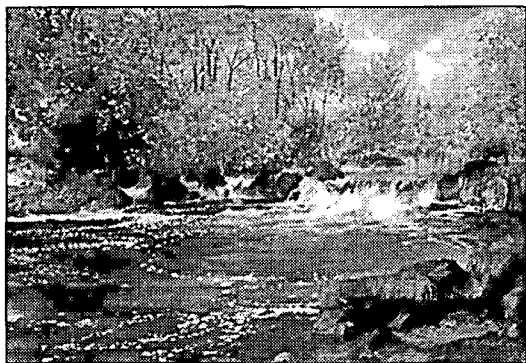
## Gallery Locates Out-of-Print Works by Bateman, Other Artists

Finding a 20-year-old, never-framed, out-of-print work by Robert Bateman is like finding buried treasure to Scott Teasdale, owner of **Woodland Art Gallery and Frame Shoppe**. Finding six is especially uncommon.

"It's an extremely rare find," says Teasdale, whose gallery boasts the largest inventory of Bateman limited edition prints in the Midwest.

Teasdale, who is a nationally-known expert when it comes to locating sold-out works on the secondary market, is referring to his recent acquisition of a half-dozen out-of-print works by Bateman from the early 1980s. One work is an artist's proof of *Chapel Doors*, published in 1980 and is in 'pristine condition' according to Teasdale. He estimates that only 20 artist's proofs were published, all signed by the artist but not numbered as they are today.

Although Bateman usually chooses nature as the subject for his paintings, *Chapel Doors* is an excellent example of his interest in recording the remnants of our roots and a time when craftsmanship and care were more important than today. He focused on the doors of a rural church that showed the economy and simplicity of the pioneer spirit, but the finish in the molding and care in detail show the re-



**First Color by Nita Engle**

spect for the quality of work found in our forefathers. *Chapel Doors* is now on display at the gallery and is available museum-mounted, custom matted and master framed along with the other recent and rare acquisitions of Bateman works.

The gallery specializes in limited edition prints, serigraphs and giclées by a variety of today's most-respected artists including David Armstrong, Nita Engle, Pino, Carl Brenders, Dean Morrissey, Don Hatfield and many, many others.

**Woodland Art Gallery and Frame Shoppe** is located at 71-B East Woodstock Street in downtown Crystal Lake. Open Monday through Friday, 9 AM to 5 PM, and Saturday from 9 AM to 3 PM. Call **815-459-0460**.

## Julio's Latin Cafe—The Perfect Place to Celebrate Carnival

Carnival!

If you've been to Rio during the world-famous pre-Lenten celebration, you'll never forget the experience! Every year, during the four days preceding Ash Wednesday, the most chaotic celebration in any city in the world gets under way. There are gala balls, parades and costumed revelers dancing in the streets. Participants plan their colorful, exquisite costumes for a year! Carnival activities begin this year on Saturday, February 24, and end Tuesday, February 27, the day before Ash Wednesday which is a holiday in Brazil.

Sounds exciting, right? There's no need to fly to Brazil to celebrate Carnival. **Julio's Latin Cafe** is offering their own

version of Carnival, "A Night in Rio," on Sunday, February 25, from 4:30 to 9:00 PM with lots of good food, masques, party favors and Brazilian music by Paulinho Garcia. Paulinho Garcia is a Brazilian recording artist who plays regularly at **Julio's** on the weekends.

**Julio's** Carnival celebration will feature a three-course meal with appetizer, *Feijoada* buffet and dessert. *Feijoada* is a traditional Brazilian dish which has evolved from a simple pot of black beans with bits of pork into an elaborate stew built around the beans, cooked with assorted meats, smoked pork and sausages. Reservations are recommended and can be made by calling **438-3484**. The cost will be \$28.75 per person.

## Artists and Craftsmen Invited

Artists and Craftsmen are invited to apply for participation in the Good Shepherd Hospital Auxiliary's 27th Annual Juried and Invited Exhibition "Art in the Barn, 2001," scheduled to be held September 22 and 23, 2001, from 10 AM to 5 PM. The Artists Committee has announced that the deadline for entry is April 1, 2001, and all applications should be postmarked by that date.

Acceptance into the show will be judged from quality slides that artists submit for jurying. The Jury makes the final decisions on participants. The show will feature works ranging from oil and acrylic paintings, etchings, serigraphs, photography and watercolors to jewelry, sculpture, metal work, ceramics, woodworking, hand-woven fabrics, leather, baskets and

limited edition prints.

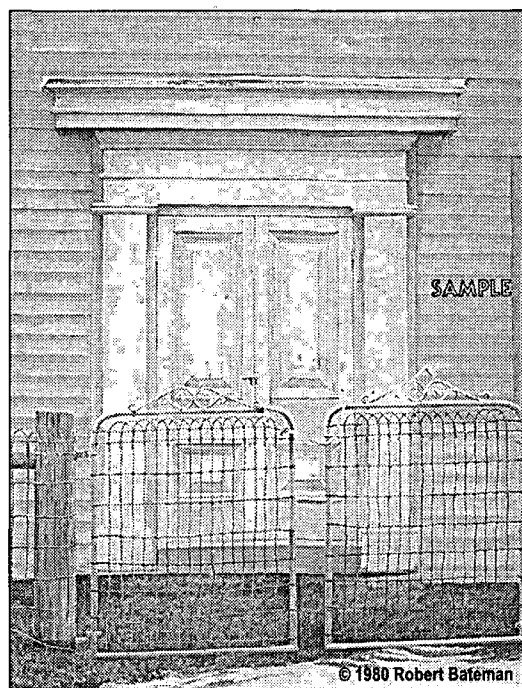
There will be private and corporate Purchase Awards.

"Art in the Barn" is held in the barn and other rustic buildings on the Good Shepherd Hospital campus, Route 22, two miles west of Highway 59, northwest of Barrington.

Fine arts and fine crafts are displayed in a farm setting, and the annual event has become a favorite family outing as well as a primary fundraiser for the Auxiliary. Attendance of 8,000 is expected this year.

To obtain an Entry Form, artists should write to: Art in the Barn, 2001, Attention: Artists Committee, Good Shepherd Hospital, 450 West Highway 22, Barrington, IL, 60010.

## Rare Prints Located.



*Chapel Doors by Robert Bateman*

RELEASED IN 1980, A NEVER-BEFORE-FRAMED ARTIST'S PROOF OF THIS LIMITED EDITION PRINT IS NOW AVAILABLE ALONG WITH A COLLECTION OF OTHER RARE PRINTS BY THE ARTIST.

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presents

**CARNAVAL!**  
"A NIGHT IN RIO"

Don't miss this spectacular event featuring a four course meal with appetizer, a feijoada buffet and dessert.



Join us for this gala evening:  
**Sunday, February 25**  
**4:30-9:00 P.M.**

- Brazilian Music by the Paulinho Garcia Band
- Carnival Masques for all guests

Make your reservations early, call....

**847.438.3484**

99 South Rand Road, Lakeview Plaza • Lake Zurich, IL  
[www.julioslatincafe.com](http://www.julioslatincafe.com)

# Chesterfield Glass Galleries

PRESENTS

## Sergio Bustamante Jewelry

*romantic & thoughtful...  
...warm & touching*

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Barrington  
**ICE HOUSE MALL**



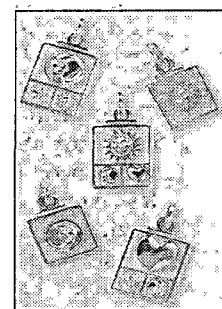
## Sergio Bustamante Arrives at Chesterfield

**Chesterfield Glass Galleries** is proud to announce our newest addition to our gallery—Sergio Bustamante Jewelry. And it's just in time for Valentine's Day.

Jewelry, the adornment of kings, queens and paupers alike, enhances the feeling of pride and self-expression. Imagine the pleasure of wearing a piece of jewelry patterned after the elements of the universe and molded in the style of a master craftsman in a bold and innovative design.

Sergio Bustamante, born in Mexico, began his career in the mid-70's. Bustamante's works initially focused on painting, paper maché, furniture designs and ceramic sculptures. In 1992, the initiation of an extensive line of exquisite jewelry in gold and silver marked a new and expansive direction for his creations.

Stop in **Chesterfield Glass Galleries** and see the 175 rings, bracelets, pendants and earrings of Sergio Bustamante jewelry. Jewelry for a lifetime.

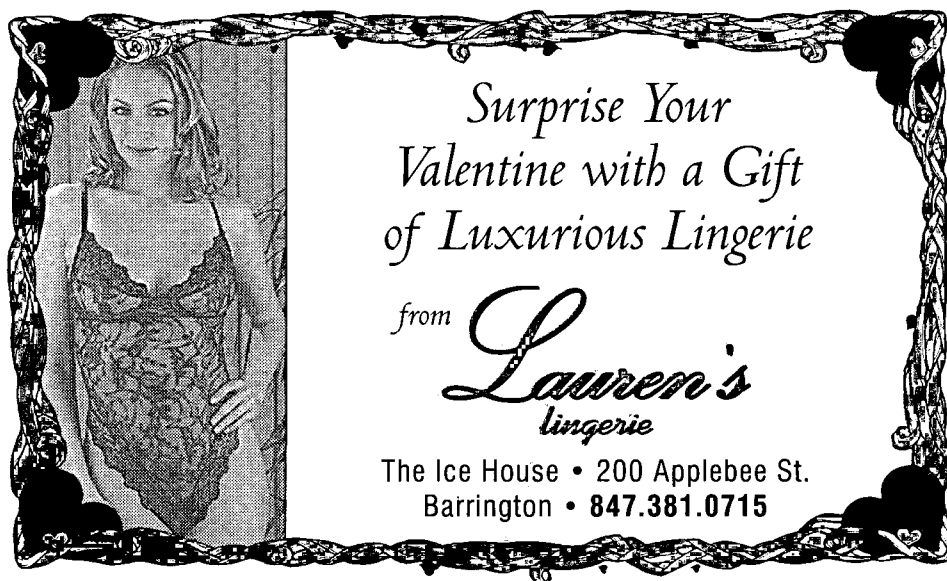


heavenly and celestial...  
...universal and enduring

## Surprise Your Valentine with a Gift of Luxurious Lingerie

from *Lauren's lingerie*

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Barrington • 847.381.0715



## Guess Who's Coming to Dinner?



Guessing who's coming to Barrington Chapter of Lyric's dinner program at Fritz's Country Inn in Lake Zurich on Sunday, February 15, are Chapter members: (from left) Vice-President Howard Robins, Arlington Heights; Nominating Chairman and Program Committee Wanda Hollensteiner, North Barrington; Chapter President Mary Robins, Arlington Heights; Betty Fjortoft, Barrington Hills; and Second Vice-President and Program Chairman Bob Plagemann, Chicago (formerly of Barrington).

The Barrington Chapter of Lyric Opera of Chicago will host a *gemutlich* get together on Sunday, February 15, at Fritz's Country Inn, 337 North Rand Road in Lake Zurich.

Offered will be *prosits* at 4 PM, (German wines and beers, cash bar), followed by *abendessen* (liver dumpling soup, spaetzle, sauerbraten, red cabbage and apple strudel for dessert) *und programme* (lively dialogue between two surprise "guest composers" and other fun). Cost is

\$35 per person. Reservations are limited and will be filled in the order that checks are received. For reservations, please respond by February 10 to Susanne Wells, 225 Timber Ridge, Lake Barrington, IL, 60010. Or call 847-382-2613. For program information, please call Bob Plagemann at 312-347-5236.

For inquiries on membership in the Barrington Chapter (215 members to date), please call Howard Robins, Arlington Heights, at 847-437-2158.

## Romantic Sensations!®—a Game of Romance and the Senses

Romantic Sensations!® is a game that creates a wonderful romantic experience for a couple as they explore their senses of touch, taste, sound, sight and scent.

*Who can Play?*—Any couple, any age. It makes a thoughtful, tasteful gift for weddings, anniversaries, birthdays, Christmas, Valentine's, vacations or "just because".

*What is it About?*—The senses... they give texture and substance to romance. They are how we experience each other and how we communicate our love and affection. They enrich our lives, deepen our feelings and intensify our pleasure.

When you play this game, you can enhance your romantic atmosphere by using the included massage lotion and bath gel and adding soft music, candlelight and your favorite foods and beverages.

*How is the Game Played?*—To start, the players read the list of prizes—romantic, sensuous activities to be enjoyed together. The cards are shuffled and dealt. Players then take turns picking a card from the deck, reading it aloud and responding. Some cards ask for verbal responses, posi-



tive and supportive. Others suggest gentle touching, some playful, some subtle and ambiguous.

When "like" cards are matched, they are placed down. The first player to match the required number of cards wins.

*What does the "winner" win?*—The "winner" chooses his/her prizes (one for when the game is played and the other for a future date). The "loser" then arranges the prize. Of course, since the prizes are shared, both players really win.

Available at **Lauren's Lingerie** in the Barrington Ice House.

## World Day of Prayer Planned

At the February annual meeting of Church Women United of the Barrington Area, the following persons were elected to office: president, Betty Reed, Barrington United Methodist Church; president-elect, Bonnie Floor, Cary United Methodist Church; vice-presidents for program, Sandie Paxton, Presbyterian Church of Barrington, and Faith Semla; recording secretary, Mindy Fransen, St. Anne Roman Catholic Church; corresponding secretary, Irene LaCesna, St. Anne Roman Catholic Church; treasurer, Margie Blomquist, Presbyterian Church of Barrington. Other churches sharing in this CWU unit include: Community United Methodist in Fox River Grove; Federated Church of Wauconda; Messiah Lutheran Church, Wauconda; Faith Community United Church of Christ, Prairie Grove; St. Mark's Episcopal Church and St. Michael's

Episcopal Church, Barrington; Sts. Peter & Paul Roman Catholic, Cary; St. Paul United Church of Christ, Barrington; and Community Church of Barrington.

World Day of Prayer, the first celebration of the year, will be held at 1 PM on Friday, March 2, at Community Church of Barrington at the corner of Lincoln and Grove Avenues.

Christians in 170 countries will celebrate in a worship service written by Christian women of Samoa. The worship service focuses on the theme "Informed Prayer, Prayerful Action," and is based on the Scriptural passage found in Esther 4:1-16. The Reverend Michelle Prentice-Leslie, pastor at St. Peter United Church of Christ, Lake Zurich, is guest speaker.

The public is invited to attend; child care will be provided.







Barrington  
**ICE HOUSE MALL**

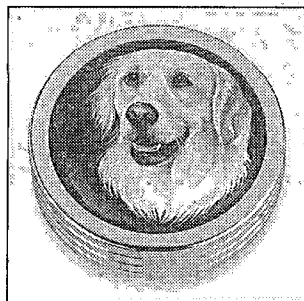


## Bilston & Battersea Customizes Halcyon Days Boxes

Created in their London Studio, Halcyon Days' enamel boxes have been cherished by collectors for over 50 years. Known for their artistry and beautiful messages, these boxes are a joyful gift of love meant to celebrate life's special occasions.

Through **The Canterbury Shoppe**, the artists of Bilston & Battersea have offered personalizations of these boxes to celebrate your special occasion. Whether you are celebrating a wedding, anniversary, graduation or new baby, they will custom inscribe the message of your choice!

For the one-of-a-kind collector, Halcyon artist Christine Roden will paint your favorite pet, house or person (working from a photograph) to create a custom box. Each box is issued with a certificate of authenticity and signed by the artist. It's a perfect gift to life's unique occasions! Call our store at **847-304-9627** for more details. The staff will be delighted to help



Through **The Canterbury Shoppe**, Halcyon Days artist Christine Roden will custom create a box with your favorite person, pet or home!

you!

**The Canterbury Shoppe** is open 7 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 Valentine's Day!*

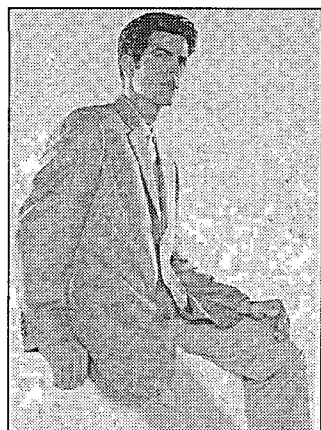
## Take Heart with Valentine Gifts from Peter Daniel

**Peter Daniel** of Barrington has dazzling treasures that are sure to make her heart sing this Valentine's Day. Our jewelry selection is bright and beautiful for spring. Unique pieces from Patricia Locke, Judith Jack and Brighton are sure to win a place in her heart. Leather purses and accessories from Perlina and Brighton are also gifts she'll cherish. Don't miss beaded bags in bright colors from Inge Christopher to accent any spring outfit. We'll be happy to assist you with your selections and wrap your gifts specially for Valentine's Day.

**Peter Daniel** has gifts picked just for you too! Our spring collection of ladies' apparel is as colorful as an English garden with bright yellows, vivid oranges, deep purples and vibrant limes. There are also plenty of checked, floral and plaid capri



From our heart to yours.  
Jewelry from Brighton.



Classic men's sportcoat  
from Jack Victor.

pants on this spring's fashion scene. Look for exciting new collections in our ladies' department this spring: Dana Buchman, Lafayette 148 and Collette Mordo.

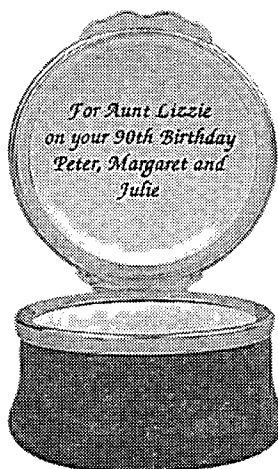
Color is back in menswear as well, and **Peter Daniel** has the right selection for you. Why not update your wardrobe with a sport coat from Jack Victor, Zanella, Tallia or Matteo Mass. We've also expanded our golf selection to include Johnnie Walker, a favorite on the PGA Tour this season, along with Como and Polo—perfect gifts for the golfer on your Valentine list.

P.S. Don't forget our **Clearance Sale** is still in progress with savings up to **75% off**. **Peter Daniel** is located in the Barrington Ice House and is open seven days a week.

## 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.

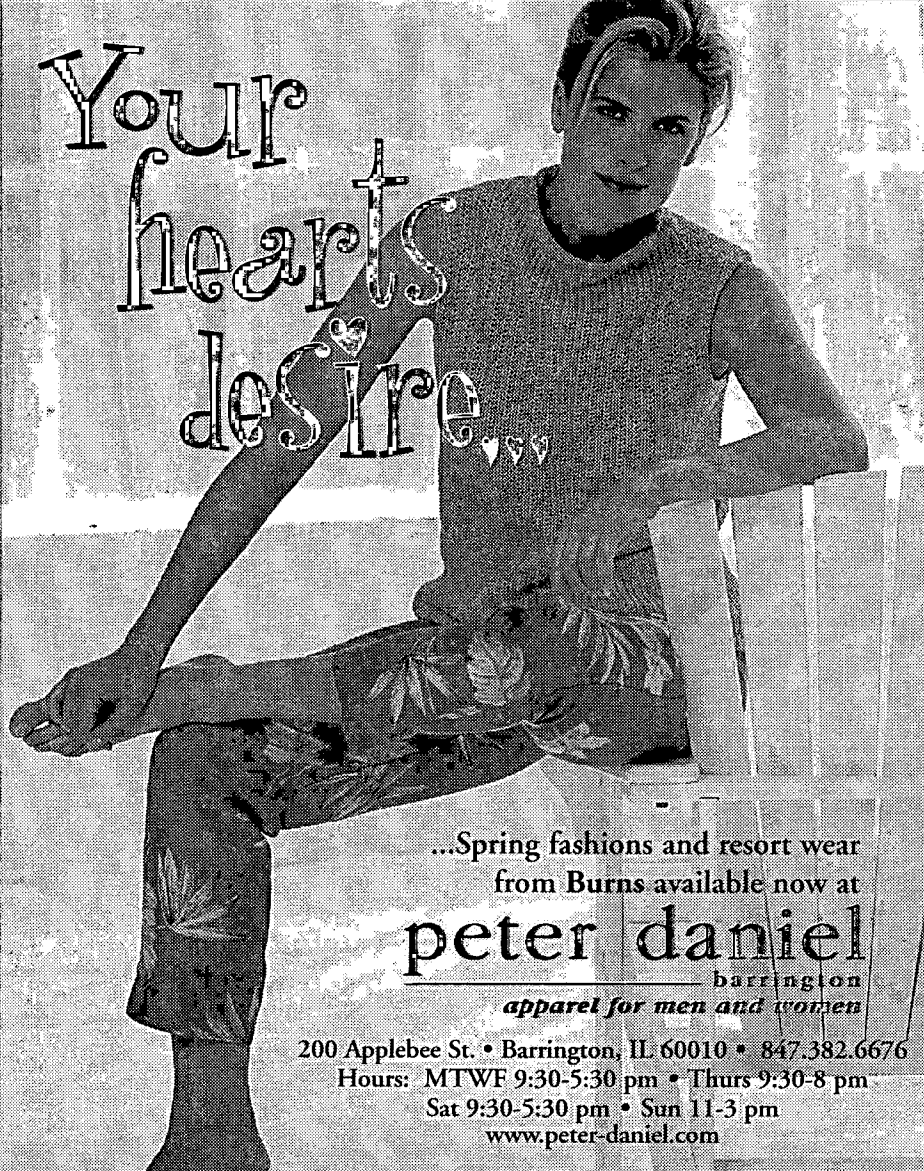


## HALCYON DAYS Custom Inscriptions

Create a message of love with a personalized Halcyon Days Enamel Box. Made in England, these boxes can be customized through The Canterbury Shoppe for your special birthday, anniversary or Mother's Day celebration!



Barrington Ice House Mall, 200 Applebee St.  
Barrington, IL • (847) 304-9627 • Open 7 Days a Week!



...Spring fashions and resort wear  
from Burns available now at  
**peter daniel**  
barrington  
apparel for men and women

200 Applebee St. • Barrington, IL 60010 • 847.382.6676  
Hours: MTWF 9:30-5:30 pm • Thurs 9:30-8 pm  
Sat 9:30-5:30 pm • Sun 11-3 pm  
[www.peter-daniel.com](http://www.peter-daniel.com)

## "Stepping Out With Pizazz"

Friends of BAAC (Barrington Area Arts Council) invite you to mark April 26 on your calendar and know that, on that date, you will be "Stepping Out With Pizazz"!

Thanks once again to the sponsorship of Friends member Crickett Kelly, this annual wearable art fashion show and luncheon will be held at Biltmore Country Club in North Barrington beginning at 11 AM.

Co-chairmen Arline Aalfs and Sharon Kantanen are hard at work with their committee of Sue Abare, Kathy Ard, Susan Barrera, Sarah Bowers, Trowby Brockman, Jody de la Chapelle, Dorothy Dobrath, Donna Hannay, Kitty Keigher, Teddi Martin, Nancy Spaulding and Kiki Stinek.

New this year is an emphasis on multiple prize opportunities and a boutique shopping area featuring a select few artisans offering unique wearable art and accessories at affordable prices.

Artistic fashions and creative ensembles, chosen from fiber artists exhibiting in the BAAC Gallery and selected retailers carrying one-of-a-kind designs, will be shown on the runway during lunch. Barrington area models will be accompanied musically by Lake Barrington Shores resident David Morgan at the piano.

If you are new to town or wish to ensure your place on the "Stepping Out With Pizazz" mailing list, please call the BAAC office at 847-382-5626.

## DEE CLEMENTS



*Particulars and Universals Forgotten*  
14h x 24w x 21d #5/21 bronze

## DUNTON GALLERY

18 S. EVERGREEN AVE.

(the Dunton Ave. end of Evergreen Center)

ARLINGTON HEIGHTS, IL 60005

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

## Superb Sculptures Now at Dunton Gallery

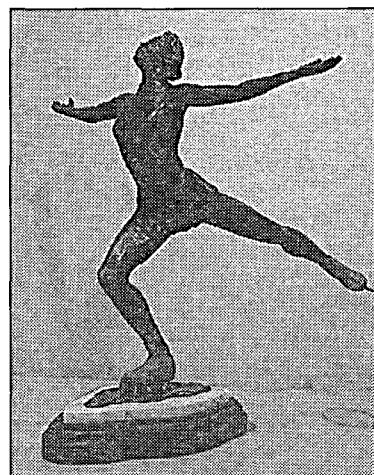
In our quest to provide the finest quality of art possible, **Dunton Gallery** is delighted to announce the arrival of several sculptures from the very talented Dee Clements. Whether capturing miniature or monumental subjects, Dee is a master of detail, proportion and heart.

Although originally from South Dakota, Dee and his wife now reside in Loveland, Colorado, where he has his studio. Much of his work is commissioned for individuals or corporations including one remarkable series of truly moving images honoring the victims of the Holocaust.

Once he's inspired, Dee usually sculpts a series of pieces in support of his chosen theme. His primary areas of focus are in



*Longevity*, 8½h x 7w x 15d,  
#7/24 bronze



*Polished Performance*,  
15h x 14½w x 12d, #2/35 bronze

Americana, historic, performance, Asian and athletic figures. Several of the pieces now available from **Dunton Gallery** are from his Asian series, such as *Longevity*, a lovely *Bamboo Shoots Relief* and the piece featured in our ad, *Particulars and Universals Forgotten*, depicting a Zen garden. From his athletic series, we also have two "Perfect Ice" images of *Polished Performance* and *Going for the Goal*.

**Dunton Gallery** is located at 18 South Evergreen Avenue in the heart of Arlington Heights. (Specifically, we are on the Dunton Avenue end of the Evergreen Center, two blocks south of Northwest Highway and two blocks west of Arlington Heights Road.) Feel free to visit our website at [www.duntongallery.com](http://www.duntongallery.com) or call Tuesday through Saturday from 11 AM to 5 PM at **847-818-0694**. If that's not convenient, appointments are gladly accommodated any time.

## Claude Thomas'—for Valentine's Day!

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



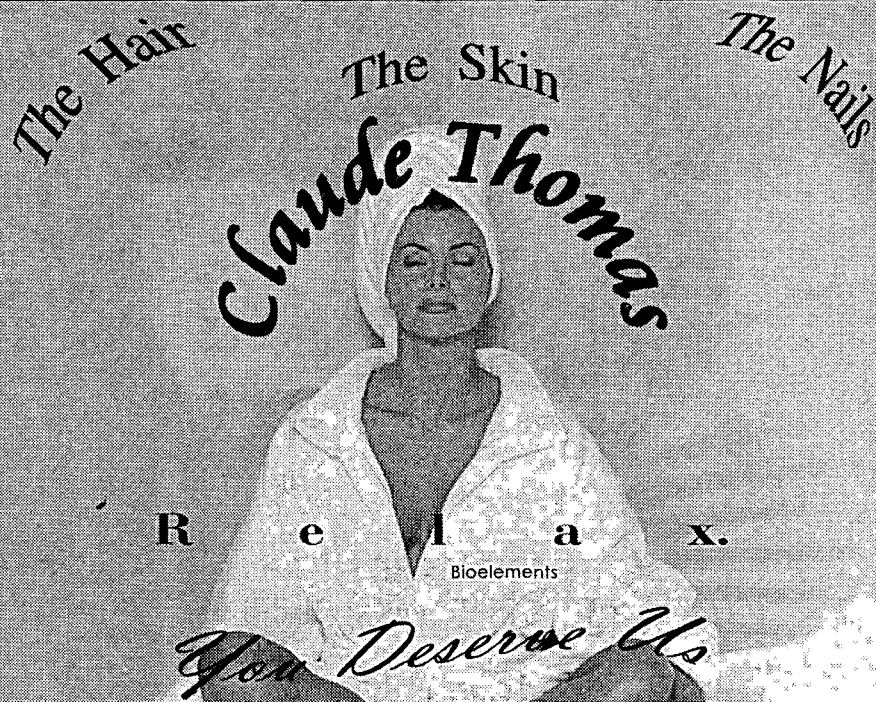
**Taking care of you is serious business... but we make it fun too.**

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.



Claude Thomas has exciting and innovative services that are new to our industry. Check out these exclusive services and our February 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 February Specials →

We now have Metabolife for \$25 per bottle.

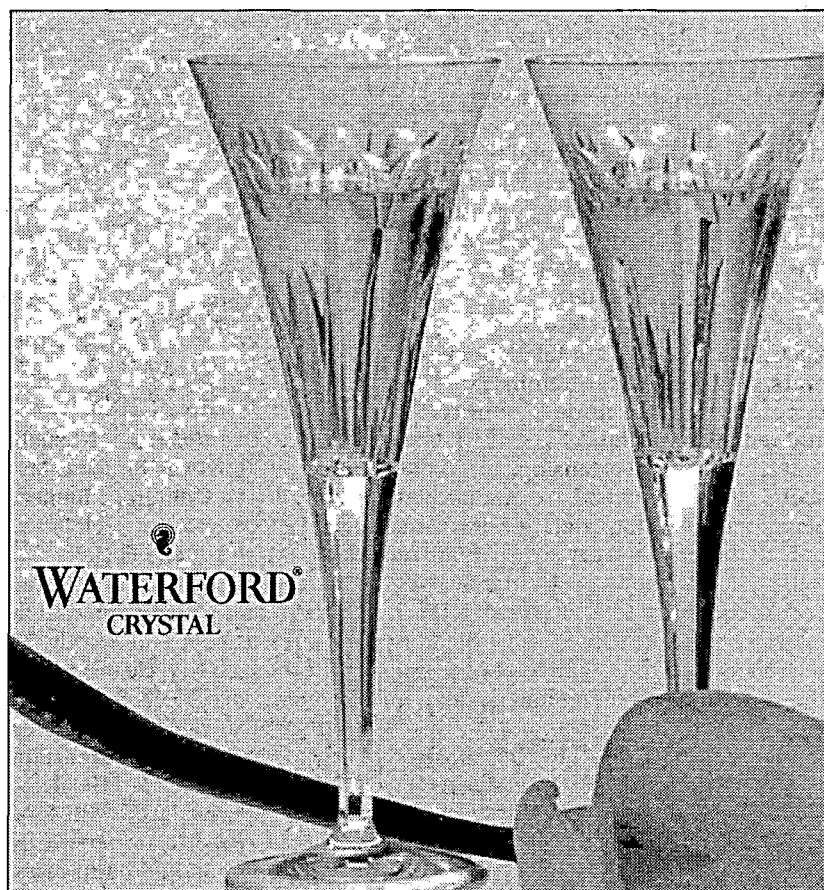
**REDKEN**  
5th AVENUE NYC

**847-705-5999**

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

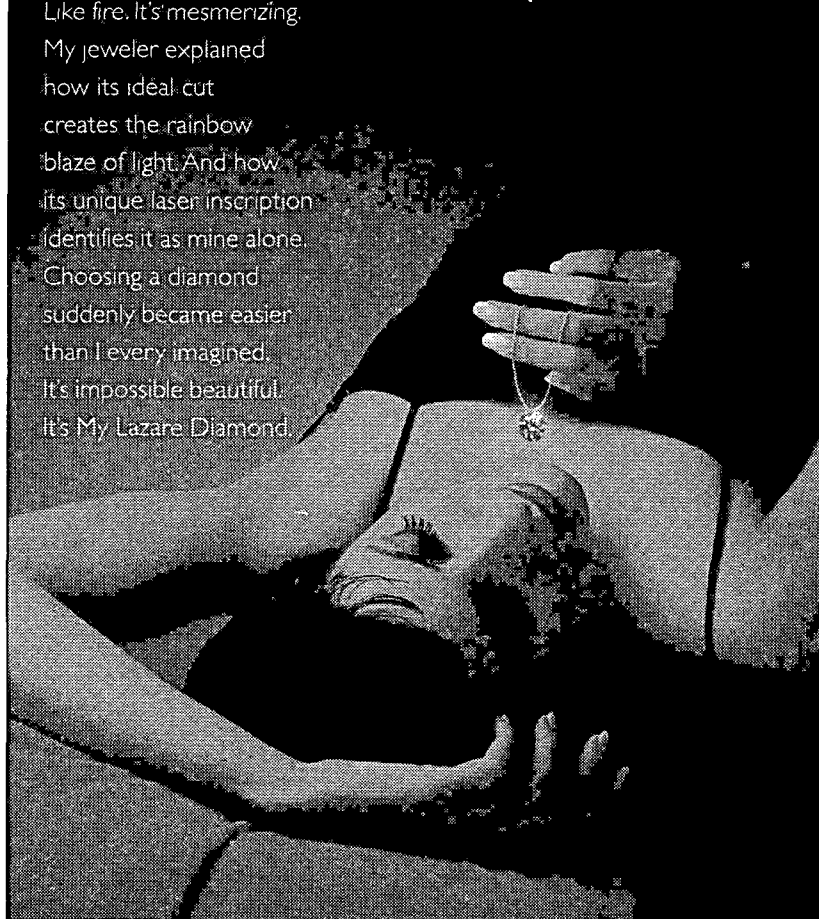
377 W. NORTHWEST HIGHWAY (CENTURY PLAZA) • PALATINE



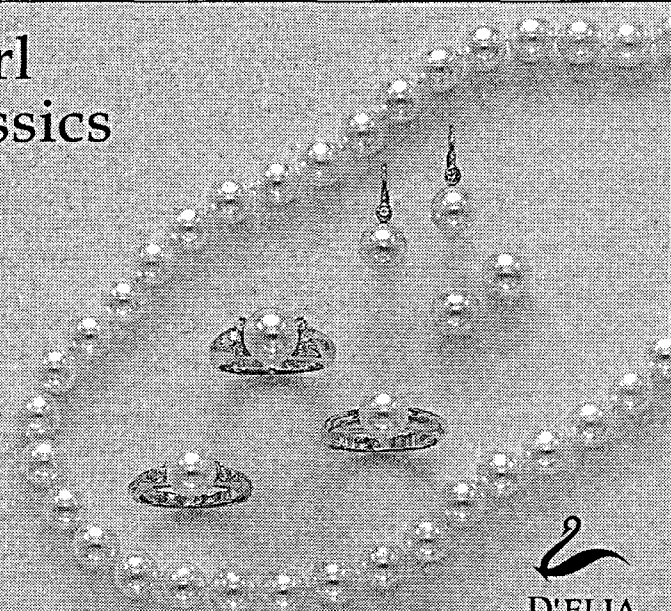


I love the way it sparkles.  
Like fire. It's mesmerizing.  
My jeweler explained  
how its ideal cut  
creates the rainbow  
blaze of light. And how  
its unique laser inscription  
identifies it as mine alone.  
Choosing a diamond  
suddenly became easier  
than I ever imagined.  
It's impossible beautiful.  
It's My Lazare Diamond.

My Lazare Diamond.



## Pearl Classics



The beauty and luster of fine cultured pearls make them  
the foundation of any jewelry wardrobe.  
Outfit yourself from our extraordinary selection  
of cultured pearl necklaces and jewelry.

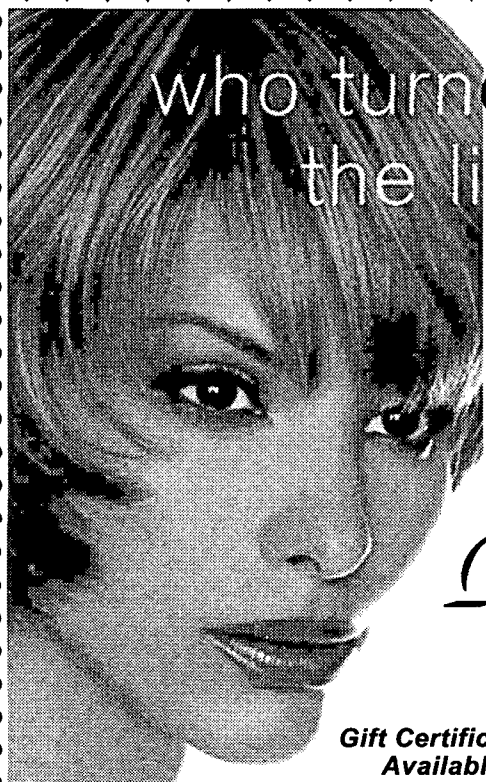


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**Fine & Antique Jewelry ♦ Waterford® Crystal**

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Monday through Saturday and by appointment





who turned on  
the lights?

Highlights...  
Sheer. Sensual.  
Seductive.  
Day or night.  
Instant Attitude.



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Available

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— Full Service Salon & Day Spa —

Consultation,  
Cut & Style

**\$25**

(Long Hair \$30)  
First Visit Only

Customer  
Appreciation

**10% OFF**

Any One Hair Service Over \$40  
EXPIRES 2-28-01

**\$5 OFF**

Spa/4-Layer Facial

Manicure/Pedicure

**Combo \$40**

(Monday & Tuesday Only)

NORTHLAKE COMMONS (NEAR DOMINICK'S)  
860 W. MAIN ST. (RTS. 12 & 22) • LAKE ZURICH

## Enjoy a Luxurious Facial at International Hair Designs

### Repêchage

The Repêchage Four Layer Facial recently arrived in America with a list of superstar clients and confident claims about perfect skin and firmer faces. But while this comes with the usual beauty hype that we've all heard before, the difference is that this facial appears to work and to the most astounding degree.

Based on organic seaweed extracts, the products are full of minerals, amino acids, vitamins and trace elements to nourish, purify and remineralize the cells.

After the usual cleansing, toning and scuffing, the seaweed treatment starts. Stage one is a light, cooling seaweed serum that sinks into dry skin within seconds. This is followed by the seaweed cream and a wonderful massage. Facial massage can be tricky as most therapists rely on a few strokes and a bit of patting. But this is serious lifting and de-stressing muscle work.

Stage three (if you are still conscious and counting) involves a sea-green face mask which sets to a stretchy, plasticine consistency. This layering of lotions, potions and masks creates a feeling of cozy, warm envelopment, which the fourth and final mineral mask completes. Applied in a thick paste, it sets hard and, after 15 minutes, is removed rather like a death mask—one Repêchage client now has a wall covered in her masks—to reveal the sort of skin you had always hoped for.



*Tester's comments*—"I usually hate facials, but this was brilliant. My skin definitely looked different immediately and this lasted almost a week."

### Spa Facial

This luxurious facial is designed to smooth and soften your complexion as it de-stresses your entire body. You'll enjoy a customized skin cleansing, an extremely soothing face, neck and shoulder aromatherapy massage, relaxing steam inhalation therapy, a gentle exfoliation treatment and a custom blended Bioelements serum and facial mask laced with soothing plant extracts. You'll also benefit from a skin smoothing hand and arm massage to the elbows followed by a moisturizing treatment in comfortably warm mitts. Emerge from this deeply relaxing facial with smooth, soft skin that is glowing with radiant health.

Call **International Hair Designs, Inc.** at 847-438-8636.

## Shari's Furs, "Fur A Great Deal"



**Shari's**  
FURS & MORE

**February 1st  
thru 14th**

**MAD RACK**

**SALE**

**75%  
OFF**

*Selected New  
Furs, Shearlings  
& Leathers*

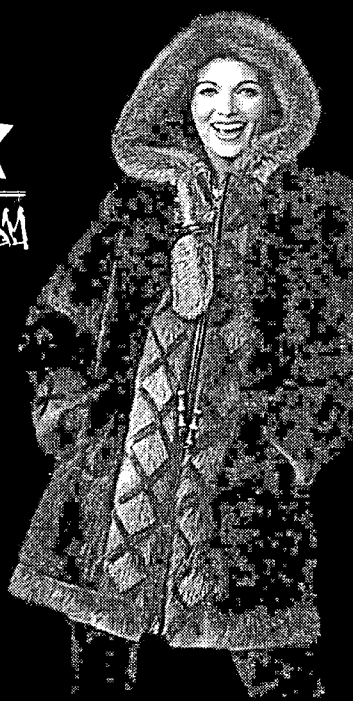
**All Other  
New Merchandise:**

**60% OFF**

*New Furs & Shearlings*

**50% OFF**

*Remaining New Leathers*



**MENS & LADIES  
APPAREL**

22 S. Evergreen, Downtown Arlington Heights  
847 255-1300

MTWFS 10-5, TH 10-8, SU 12-4

As predicted, this is the coldest winter in over 20 years! Warm up with a great deal on a luxurious fur or stylish leather during **Shari's Mad Rack Sale!**

This once-a-year sale offers **75% OFF** selected new furs, shearlings and leathers. New remaining merchandise is also clearance-priced—**60% OFF** furs and shearlings; **50% OFF** remaining leathers. Hurry in for the best selection.

**Shari's Furs & More** offers a full collection of furs, ranging from mink coats and jackets, sheared/unsheared beavers of all lengths and shearlings of various colors in all sizes. Shari has added the 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 shearlings.

**Shari's Furs & More** is located at 22 South Evergreen in downtown Arlington Heights. 847-255-1300. Store hours are Monday through Saturday 10 AM to 5 PM; Thursday till 8 PM; Sunday 12 to 4 PM.




  
**ROLEX**



**RAZNY**  
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*Rolex Oyster Perpetual Lady-Datejust 18kt gold chronometer. President bracelet. Pressure-proof to 330 feet.  
Self-winding. Synthetic sapphire crystal. Dial and bezel set with diamonds.*

*Rolex, , Oyster Perpetual and Lady-Datejust are trademarks.*





DESIGNS OF THE INTERIOR



*A Distinctive Design Store  
for Discriminating Tastes*

S. Cook & Main St. – Downtown Barrington

847.382.7488

Monday-Friday 9:30-6 Thursday until 8 Saturday 10-3 Sunday 10-2

## The New DOTI Design Store is Open in Downtown Barrington!

Since 1983, **Designs Of The Interior (DOTI)** has been serving Barrington and its surrounding communities with the widest selection of the most treasured home furnishings from around the world. Come into the new store and see for yourself.

Do you have a need to update your home office? We can help with a wide variety of executive choices.

Are you tired of looking at those same old walls? Let us show you our faux finishing solutions.

Have you recently moved into your new house and ready to do something about those window treatments? Our designers can help.

**DOTI** will not only provide you with upholstered furniture, accessories, window treatments, rugs, lighting, wall/floor coverings and case goods, but you will receive the attention of the most admired design staff in all of Chicagoland.

We look forward to seeing you at the new **DOTI Design Store** at the corner of S. Cook and Main Streets downtown!

## Rotary Club Offering Scholarships

The Rotary Club of Barrington (Noon Club) is seeking 2001 graduates or post-high school young men and women who are preparing for careers which require less than a four-year baccalaureate degree (an Associate Degree, Diploma or Certificate) to apply for \$1,500 vocational scholarship awards for the 2001-2002 school year. Fifteen scholarships will be awarded to young people who live in Rotary International District 6440, which includes the Barrington Area.

High School graduates or those with GEDs who are permanent residents of the Barrington area and who are accepted (or anticipate acceptance) at an accredited school to pursue an Associate Degree or certificate program may apply to the local Rotary Club for sponsorship.

Two applications will be selected by the

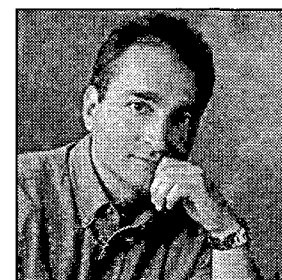
Rotary Club of Barrington (Noon Club) for submission to the District 6440 selection committee. Some criteria for selection include high school or college grades which are related to the applicant's chosen field. Employment experiences, volunteer work and extra curricular activities, including leadership roles and honors, related to the chosen field will also be considered. At least two recommendations by counselors, teachers or other individuals relating to the applicant's character, skills, interests and special activities must be submitted with each application.

Interested Barrington area persons may call Carol Thompson, Secretary of the Rotary Club of Barrington, at 847-382-7240 for application forms or other information. Applications must be submitted to the Barrington Rotary Club by February 23, 2001.

## Comments by Thomas

Over the last 20 years of creating portraiture, I have learned the potential intrinsic value of images that are accurate and true about my subjects. I have come to understand the incredible value they can have for their owners over time. Clients who have made the decision to put time and energy into assisting us in creating one-of-kind, real images (not merely physical records) of their children and families understand what I am speaking about. I encourage you to make the decision and start a collection of images that are genuine representations of the subject's soul through their eyes. These images will be proudly displayed for decades.

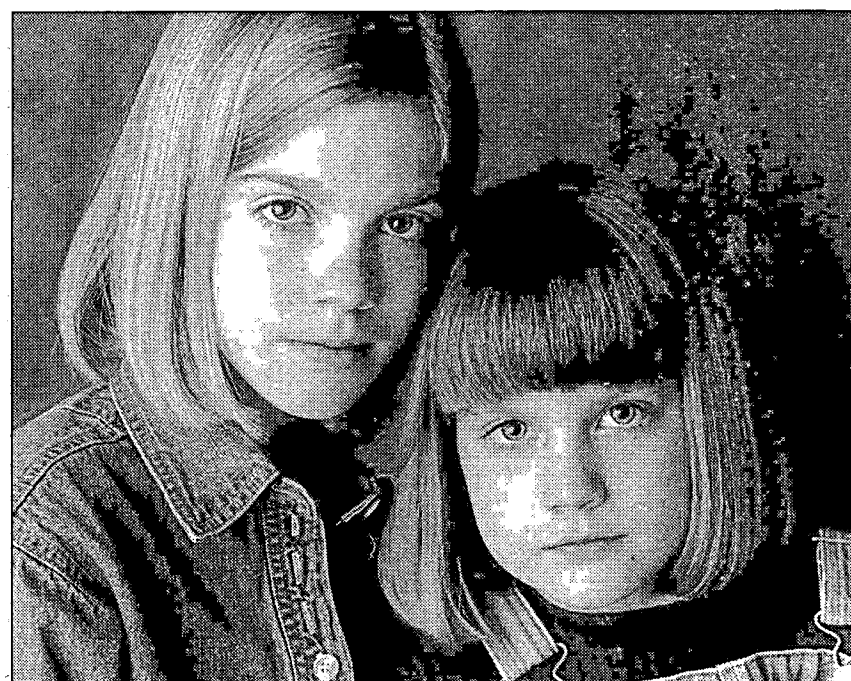
Please call our studio at **381-7710** to set up a pre-portrait consultation appointment so we can discuss the best approach to capture your loved ones accurately and truthfully.



### Portraits by Thomas *Children's Special*

Save \$50 off our regular session fee February 1st through March 31st. These limited sessions book very quickly, so we urge you to call our studio and schedule your children's appointment today

557 North Hough Street, Barrington 847-381-7710 [www.portraitsbythomas.com](http://www.portraitsbythomas.com)





## What's Happening at Starr Couture

For all of us who are stuck in the cold and snow, things are starting to look brighter, at least at our store. We are beginning to receive our cruisewear and spring shipments from Europe. This means we are making room for all the new merchandise coming in. So we want to give you one last chance to take advantage of our reduced fall and winter collections.

We have taken additional and final markdowns. So be sure not to miss out on some great buys. Several of our customers suggested we let you know we carry in stock merchandise ranging from sizes 2 to 18. Larger sizes are available by special order or during our trunk shows. If you are looking for mother of the bride, groom or any special occasion, we encourage you to stop in or call us for dates on Focus Days in March and April. Be sure to watch for upcoming events. As always, we look forward to seeing you and serving you with complete and prompt attention.

—Starr



Starr Kondos, Owner

## 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-

filled 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.



## A New Year... A New You

**Reshape your Body—A Perfect Solution for Your New Year's Resolution**

The holidays have taken their toll. Unwanted inches! "I don't like what I see in the mirror." "Can't fit into my favorite clothes." "I feel bloated!"

We are your solution—the bodywrap. Lose inches, shape your body, reduce your dress size and remove toxins with our bodywrap 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, a paunchy stomach or hips that bulge? Need to get back in shape for the coming summer? How will that bathing suit look on the upcoming cruise you're taking? 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 minerals. You will feel wonderfully refreshed and invigorated. How many dress sizes would you like to reduce? We can help you achieve your permanent goal, a new you for the new year.

Give yourself a "lift" for the new year 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 stopper and fat stoppers are also available. Have that dessert 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 aging and cellulite.

### FEBRUARY SPECIALS

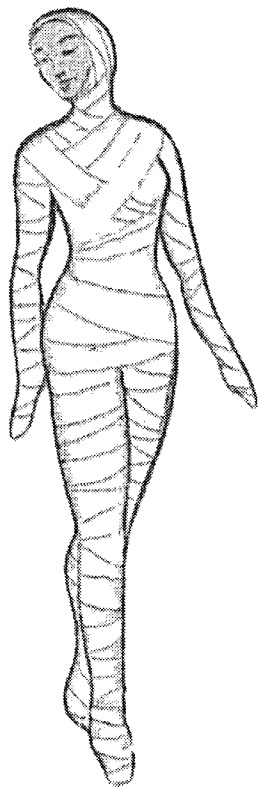
**\$10 Off a Single Bodywrap • \$5 Off of a Single Face Taping**

Other February specials are available on our wrap packages.

### Give a Valentine Gift Certificate

Give Mom a gift certificate for a face taping, and she will look and feel younger. For your wife, your sister, your husband, take the wrinkles away painlessly and have a refreshed look.

**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 and more information.



## STARR COUTURE LAST CALL

Final Clearance • One Week Only

**50% to 70% OFF**

Monday, February 5  
to Saturday, February 10

111 North Cook Street • Barrington, IL 60010

847.382.2500

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



**STARR**  
COUTURE  
Distinctive Apparel  
& Accessories



## 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

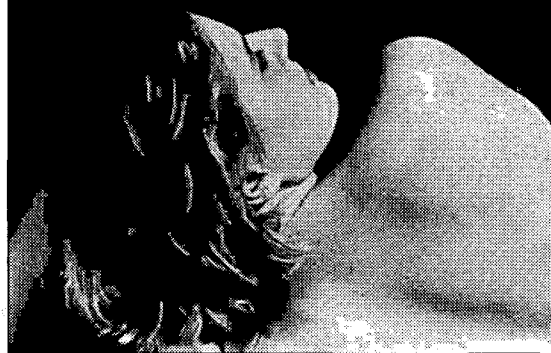
Call for Your Appointment

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

**847.304.9205**

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

## Suddenly Slender™ The Body Wrap



**Lose 6-20 Inches Fast!**

**BARRINGTON  
BODYWRAP**

557 N. Hough St.  
847.277.0742

**Make your appointment today!**

# Happenings!

*in the area*

## The Circus is Coming to Town Via Lines School's Spring Fundraiser!



Emelie Ventling (left) and Michelle Rosenfeld are the busy co-chairs of Lines School's spring fundraiser, "Lines Roars Under the Big Top!", coming to town March 16.

Lions and tigers and bears, oh my! The smell of popcorn, the roar of a crowd... is there a circus in town?

Not quite, but it is almost time for the Arnett C. Lines Elementary School Spring Fundraiser. The theme this year is, "Lines Roars Under the Big Top!" and a full three-ring circus will consist of silent auction items, furniture auction (beautifully hand-painted by Lines School students) and teacher offerings. Funds raised will directly benefit over 600 children of Lines School in countless ways. A significant portion of the funds will be used to complete installation of cable/computer-ready monitors and VCRs in the Kindergarten through 3rd grade classrooms. These ma-

terials are already successfully employed in the 4th and 5th grade classes, allowing students to take advantage of cutting edge teaching technology. New computers for the computer labs will also be funded by any remaining proceeds from this event. This dinner dance and auction will be held Friday, March 16, 2001, at Stonegate Conference & Banquet Centre in Hoffman Estates with over 250 parents expected to attend. Come join the fun and help out a great cause. Get together a table from your neighborhood!

For an invitation or more information or to inquire about making a charitable contribution, please call 847-382-2721.

## Please Join us for *Amore!* —Dinner, Dancing, Romance and The Barrington Children's Choir

Please join us for *Amore!* on Saturday, February 10, 2001, at the Biltmore Country Club, 160 Biltmore Drive in North Barrington. Hors d'oeuvres and cash bar will be at 6:00 PM. The dinner follows at 7:30 PM. Valentine attire or black tie optional. Tickets are \$75 per person. Call 847-551-1908 for reservations.

*Amore!* is a fundraiser to support the Choir's scholarship program, pay operating expenses and help fund BCC's trip to Italy this June. The trip will include some remarkable venues, including a Sunday mass at St. Peter's Basilica in the Vatican. Bring your sweetheart and enjoy an evening of great food, sizzling romance, dancing and marvelous singing... all while supporting a wonderful cause! *Amore!*

Established in 1986, The Barrington Children's Choir is comprised of over 100 talented children ranging in age from nine to eighteen. Peggy Crawford, a nationally recognized teacher and conductor of children's voice, directs the Chamber Choir, Bel Cantos and Madrigals. Notable Choir performances include Carnegie Hall in New York City, Orchestra Hall in Chicago, *The CBS Morning Show*, the Democratic National Convention and Ravinia (with the Chicago Symphony Orchestra). The Choir was featured in the Chicago Theatre performance of *Joseph and the Amazing Technicolor Dreamcoat* and has participated in choral festivals in England, Austria and Hungary.

## BYDE's Winter Gala to Benefit Premiere of *Coppelia*



With Barrington Youth Dance Ensemble's (BYDE) full company member Meredith Sislow of Barrington (right) are: (front from left) Dance Academy student and *Coppelia* cast member Haley Mallon, Fox River Grove; BYDE trainee Carol Conaghan, Palatine; Dance Academy student and *Coppelia* cast member Allison Mallon with little sister Ashley, Fox River Grove. Standing are BYDE Board and Gala committee member Colleen Mallon, Fox River Grove (left) and BYDE Executive Director Jessica Gumowski, Barrington.

"Love is in the Air" is the theme for Barrington Youth Dance Ensemble's (BYDE) Winter Gala to benefit the company's June premiere of the ballet *Coppelia* at Barrington High School's Richard C. Johnson Auditorium. The elegant dinner dance will begin at 6:30 PM on Saturday, February 17, at Biltmore Country Club in North Barrington. Black tie optional. Cost

is \$100 per person. Reservations are limited. Please respond to Sharon Curran, 130 Tudor Drive, Barrington, IL, 60010.

For information on "Love is in the Air," please phone Chairpersons Bernie Gifford at 847-540-0795 or Julia Conaghan at 847-359-1644.

For information on *Coppelia* and BYDE, call 847-382-6333.

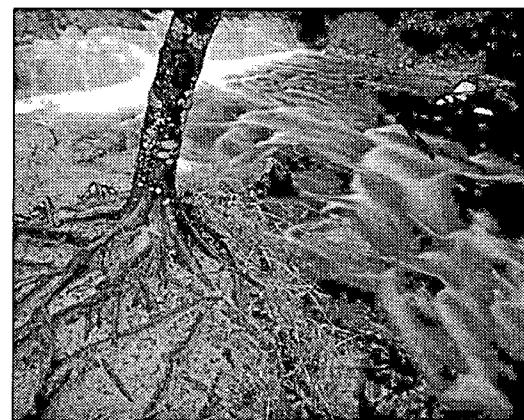
## BAAC Gallery Presents "A View with a Hue"

The Barrington Area Arts Council (BAAC) announces the opening of the BAAC Gallery March exhibit, "A View with a Hue," on February 2, 2001. The exhibit features original color photography by Gerard Bauer, Ray Hartl and Nancy Schieferstein.

Gerard Bauer is a resident of Barrington and considers himself to be a self-taught photographer. He has been exhibiting his work under the aegis "Outdoor Photographic Imagery." This includes landscapes, nature portraits and abstracts of natural and architectural subjects.

A resident of Salem, WI, Ray Hartl studied photography at the University of Wisconsin. After serving in the army for two years, he decided to pursue fine art photography as an occupation. Since 1977, Hartl has traveled extensively through the United States, Japan, Europe, Central and South America.

Nancy Schieferstein graduated from Kent State University with a BFA. She opened a pottery studio in Ohio and worked as a clay artist for 12 years. After



*Grand Sable Creek, silver dye bleach print by Gerard M. Bauer*

moving to Salem, WI, she developed an interest in gardening and the colors and textures of flowers. This, combined with trips to Mexico, sparked her interest in capturing visual images on film.

The exhibit will be on view from February 24, 2001. BAAC Gallery hours are Tuesday through Friday, 10 AM to 4 PM, and Saturday, 10 AM to 2 PM. The Gallery is closed Sundays and Mondays. For more information, call 847-382-5626.







# When Cupid Shoots His Arrow

*A Special Focus on Brides  
and Valentine's Day*



## Chers Amis...

Jacqueline, Masato and Dominique, the three working partners/owners of **D & J Bistro** for the past 13 years, wish to thank you for helping us make 2000 a record year for customer count. Of course, three people is not enough to run such a restaurant to success. Masato, head of the kitchen, is assisted by chef David Esau, with us for five years, and 12 more very dedicated cooks. In the front of the house, Jacqueline and Dominique are assisted by Stephane, dining room manager for three years; Ken, bar manager for five years; Mike, assistant manager for three years; and 14 more service people for a total of 36 employees (that does include the three owners). That is a lot of people for a fairly small restaurant, yet we would have it no other way. They play an integral part in the success of **D & J**, and we are convinced that you, the consumer, can tell the difference!

Here is a list of "extra" reasons to come and visit us in 2001:

- Sunday, March 4, "Travel to Eastern France", informative slide presentation, regional dinner featuring "choucroute garnie"
  - Sunday, April 29, "A Passion for Paris," through slides and a Parisian Bistro dinner
  - Wednesday, May 2, My Mother's Birthday!
  - Sunday, May 13, Mother's Day
  - Sunday, June 10, "Wheels and Meal" car rally, followed by dinner, quizzes and prizes
  - Saturday, July 14, "Bastille Day" Celebration
  - Friday, October 12, **D & J** is 14 years new
  - Sunday, October 28, "Spectacular Southern France," slide presentation, regional dinner
  - Thursday, November 15, "Beaujolais Nouveau"
- Thank you for your continued interest!  
—Merci, Dominique

## Tickets on Sale for BJWC Gala

Tickets go on sale February 6 for Barrington Junior Women's Club spectacular Hollywood-themed gala, appropriately named "An Affair to Remember," which will be held Saturday evening, April 21, at the magnificent Stonegate Conference and Banquet Centre in Hoffman Estates.

BJWC has lined up a unique array of auction items and prizes for the spring charity event and will donate a significant portion of the proceeds to The Union, a new multigenerational community center that will be built on Barrington Park District land but will be privately funded and operated. This center will be the first of its kind in the community and will be a safe harbor for District 220 (or Barrington area) seniors and teens. It will offer a place to meet, socialize and gather for activities such as concerts, book discussions, games and parties.

While efforts are currently underway to secure more charitable donations to support The Union, already on the silent and live auction block for the movie-themed event are the following items: a thrilling Fighter Pilot for a Day experience themed *Top Gun* provided by Air Combat U.S.A.; a live in-home radio broadcast of the Oldies WJMK 104.3 FM show hosted by John

"Records" Landecker themed *American Graffiti*; a \$1,000 *Pretty Woman* shopping spree from Deer Park Town Centre; a body wrap from Barrington Body Wrap themed *The Mummy*; and a three-hour sail on Lake Michigan themed *The Perfect Storm* from Bill Gladstone's Chicago Sailing Club. In addition, Motor Werks of Barrington will sponsor an exciting prize of a BMW Z3 Roadster themed to the James Bond movie that first introduced this car, *The World is Not Enough*.

The charity event will also feature a Hollywood-style "Walk of Fame" lined with stars containing names of individual and corporate sponsors, including Motorola, Inc. and Lakewood Homes, Inc. In addition, guests will enjoy hors d'oeuvres, six-course dining, an open bar and live entertainment provided by the Barrington High School Jazz Combo and the world famous band Afro-Disiacs.

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



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Valentine's Day

Sunday, March 4

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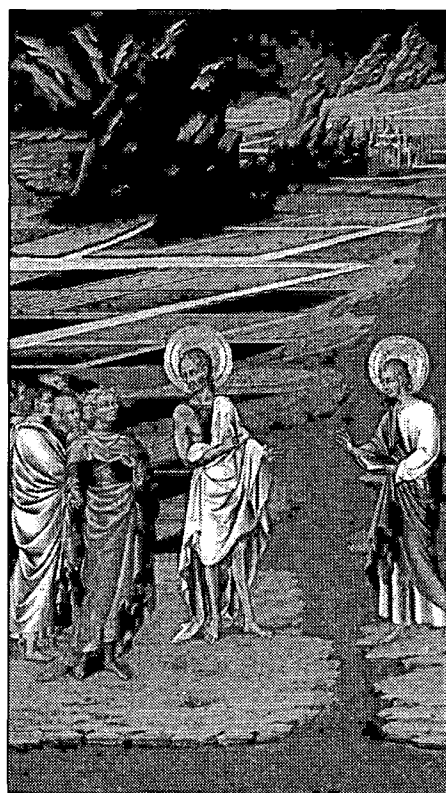
**HIGHLIGHTING • TEXTURIZING • COLORING • WAXING • FACIALS • MASSAGE THERAPY**

## 14th-16th C. Italian Renaissance

Jeff Nigro, lecturer in the Department of Museum Education at the Art Institute of Chicago, will present the final two seminars in the February series "Great Moments in Art History" sponsored by the Barrington Community Associates of the Art Institute of Chicago.

On Thursday, February 15, he will present *14th-16th C. Italian Renaissance*, a brilliant, turbulent age in which the arts and the life of the mind flourished in the midst of political and social upheaval. This lecture will use the rich imagery of the period to set the arts into their historical context. The innovations of Renaissance style will be discussed: naturalism, perspective, the revival of interest in classical antiquity and the focus on the human form as the center of artistic expression. The lecture will include great masterpieces of the period by Giotto, Masaccio, Botticelli, Leonardo Da Vinci, Michelangelo and others, as well as Italian Renaissance works from the collections of the Art Institute of Chicago.

*6th BC-4th AD Greek/Roman Art* is the subject on February 22. Many of the artistic ideals of Western Civilization began in Ancient Greece. From the first stirrings of interest in the human figure through the golden age of Classicism in Athens in the 5th century BC to the realism and emotional energy of the Hellenistic era, Greek artists created a legacy that has inspired the west ever since. Among the first to be dazzled were the Romans, who adopted Greek styles in art and architecture while introducing important in-



**Ecce Agnus Dei by Giovanni Di Paolo, The Life of Saint John the Baptist Series, c. 1450-60. The Art Institute of Chicago, Mr. and Mrs. Martin A. Ryerson Collection. Courtesy of the Art Institute of Chicago.**

novations of their own. This lecture will examine some of the greatest monuments of classical antiquity from the Parthenon to the Coliseum, as well as the heights

## Candy—Sweet and Calorie-Free

Valentine's Day is just around the corner! Are you wondering how you can show your love for that most important person in your life? **The Right Dimension Salon and Spa** has the perfect answer—a gift certificate tailored to suit your budget that allows the recipient to select from our complete menu of services or possibly an item from our boutique.

Our menu includes all phases of hair care from styling to hair design and shaping, hair coloring or highlighting and various types of perms. Our stylists are experienced and conversant with the latest hair fashions, whether for day-to-day needs or special occasions. Their only goal is client satisfaction.

Our nail technician services are another option you may want to consider. Who wouldn't love to have a hand paraffin treatment and a professional manicure and pedicure? And then, there's also acrylic procedures to create the perfect nails. Other available services include tanning packages, waxing, lash and brow tinting and massage to relieve tension and stress.

Then there's skin care, very important to overall appearance and in need of attention with all the harsh weather we've been experiencing this winter. Our experienced esthetician, Michelle Arnold, will analyze the skin and design a program that will address specific needs. Various types of facial masks could be considered. Or there is an extensive menu of facials, from the gentle Enzyme Peel or a Glycolic Peel to the vacuum-based micro-dermabrasion, Celebriation™ Series. Unlike the laser procedure, this skin renewal process is the only one where there is no "down-



**Esthetician Michelle Arnold**

time," bruising or streaking. Take advantage of our February promotion when we will be offering a series of six Celebriation™ treatments for \$600, a significant savings of \$100 for the entire series extending over a period of six weekly sessions. We will also include both an anti-oxidant cream and a repair barrier cream—an additional \$82.50 value—for home care. Who wouldn't love to receive this Valentine present, revitalized, glowing skin and a youthful appearance?

**The Right Dimension Salon and Spa** is committed to the highest quality in the products we use for all our services, and we are proud of the competence and professionalism of our entire staff. We would suggest that you stop in and meet with one of our consultants. You can select a gift certificate that best suits your budget from our extensive menu of services. Believe me, a gift that enhances the appearance is the most welcome and treasured gift you can give.

**The Right Dimension Salon and Spa** is located in the Foxfire Plaza at Hicks and Rand Road just south of the new Deep Park Town Center. Or call for an appointment at **847-934-1112**.

## 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.

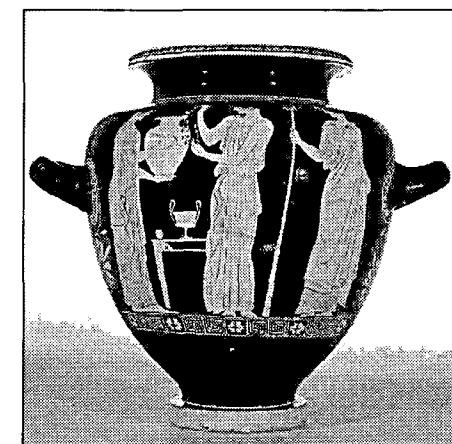


achieved in sculpture and vase painting, to present the richness of our classical heritage.

Jeff Nigro received his BA at Oberlin College in 1983 and his MA in Art History at the University of Virginia in 1986. He began lecturing on the Art Institute's collections in 1988 and became a full-time staff lecturer in 1993. In addition to lecturing at the museum, Jeff has spoken to the Peoria Fine Arts Society, the Alliance Francaise of Chicago, the Jane Austen Society of North America and the Richard III Society. He has been designated as the Jane Austen Society's traveling lecturer for the Midwest Region for the year 2001. Jeff has acted as study leader on Art Institute sponsored trips to Italy, Greece and Germany. He is also the Museum Education Department Liaison with The Community Associates of the Art Institute.

Both illustrated lectures will be at 1 PM at the Barrington Area Public Library, 505 N. Northwest Hwy. Cost per lecture is \$12 for members or \$20 for guests. For more

information or to register, please contact Lenore Elsener at 847-255-9492. Payment by check is preferred. Tickets may be purchased at the door.



**Attic Red, Figured Stamnos (Wine Jar), c. 450 BC. The Art Institute of Chicago, gift of Philip D. Armour and Charles L. Hutchinson. Courtesy of the Art Institute of Chicago.**



## Preserve Your Memories

You can put off filing your taxes. You can put off learning to putt. You can even put off getting married, but you can never put off the moment your baby boy manages to sit by himself; or the day your mother turns 80; or when your girls wear their first soccer uniforms. These are the threads that become the fabric of your family's history, and a quick trip to **CLIX photographs & savables** may be just what you need to record their importance. And now's the time to make your appointment.

On Friday, February 23, from Noon to 5 PM and Saturday, February 24, from 10 AM to 2 PM, **CLIX** is having their Black and White Blitz. A blitz is a 10-minute, preset, mini-portrait session where three black and white pictures are taken of you or your kids, your dog or both. The cost is just \$49 and includes one 5" x 7" enlargement. The whole process is short and sweet, lean and mean, down and dirty. (Get the picture?) Even the most unenthusiastic family member can't complain too much because it's over in... well... a flash.

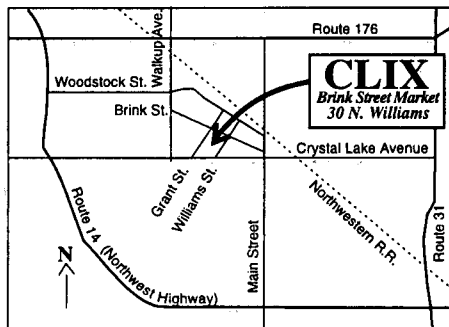
Don't put it off. You can't stop your loved ones from changing, and once the moment is gone, it's gone. Use **CLIX** to preserve your memories. The only way you'll have these images tomorrow is by

getting the portrait now.

If you are looking for a custom portrait with clothing changes, a variety of poses and more options, **CLIX** will be happy to work out a plan for you. We are a store for memories, and, along with the largest selection of photo albums in the Midwest, we are always happy to help our customers create the photos to put in them.

Oh, and by the way, join our *Hand-made Lampshade Class* on February 27, 7 to 10 PM. You provide the enthusiasm, and we'll handle the rest. It's a way cool class for a few cool people.

Call today for your appointment at **815-455-1092**. Check out our website at [www.clixville.com](http://www.clixville.com).



**CLIX is located in downtown Crystal Lake.**

## HealthQuests Mind Body Healing Arts Now Open in Crystal Lake

If you are interested in self-empowerment, physical well-being and spiritual growth, check out the practitioners of **HealthQuests**, a new local network of holistic therapists, teachers and Reiki Masters. **HealthQuests** reflects the fundamental belief that true, lasting and meaningful healing occurs when issues are addressed on all levels: mental, physical, emotional, energetic and spiritual. All HQ practitioners are dedicated to the ideal that healing best occurs when the modality is matched to the specific needs of the client.

Reiki is a holistic method of healing that supports the body's natural tendency to heal itself. It feels like a wonderful flow of love radiating throughout your body as it balances mind, body, emotions and spirit, thereby releasing blocked energy and emotion which promotes relaxation, peace and deep core-level healing. It stands alone as an effective healing modality or can be blended effectively with other alternative or traditional treatments. All HQ practitioners are gifted Reiki Masters and also bring their own unique skills to the table. They are all well-educated and fully accredited in their specific field. Let's meet them and explore what they have to offer.

Pamela Arwine, founder of **HealthQuests**, is a dedicated Reiki Master Teacher, Ct. Rubenfeld Synergist, Gestalt Therapist, Thought Field Therapist and Ct. Hypnotherapist with an emphasis on accessing and unplugging the original root cause of disease, dysfunction or discomfort. In private practice in Crystal Lake since 1994, she also teaches professional certification programs in all levels of Reiki and all levels of Metaphysical Hypnotherapy. She is the area coordinator for the

International Association of Reiki Practitioners and is certified by the NCBTMB as a Category A Provider for CEU's.

Holding a masters in social work, Rayma Dinnen blends her traditional experience as a nurse with her alternative practice as a Reiki Master Teacher, Ct. Hypnotherapist and Thought Field Therapist. She relies on her training as a Silva Graduate to heighten her intuitive senses, enhancing the effectiveness of her work which is dedicated to healing through mental, emotional, energetic, spiritual balance. This is Rayma's second location; she also does private practice work in Round Lake, IL.

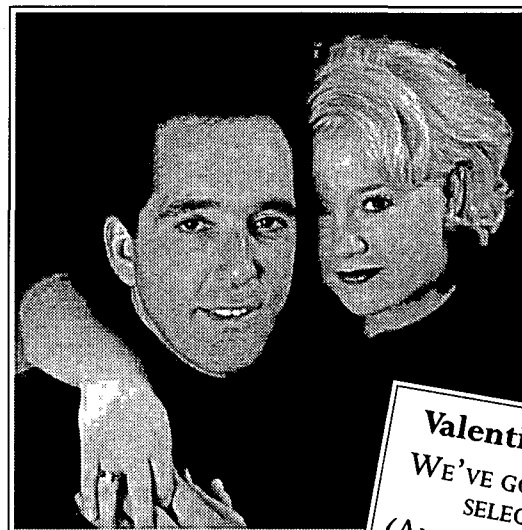
Kathy Everitt, MS, M.Ed., brings a rich history of experience in education, leadership and administration to her healing practice. Kathy is fully trained and accredited as a Reiki Master Teacher and Ct. Hypnotherapist. Her focus is on core-level healing of the body, mind and spirit through the use of Reiki, balancing and revitalizing the ki (life force energy). She also is co-facilitating, with Rayma Dinnen, a Tuesday evening women's group, "Living Without Limits", to assist women in dealing with the issues they must face in today's world.

Kathy Hohns comes to **HealthQuests** with four years experience as a Ct. Reflexologist as well as full accreditation as a Reiki Master Teacher and Ct. Hypnotherapist. She accesses all systems and functions of the body through the feet which, as taught in Chinese Medicine, hold the blueprint of the entire physiology. She utilizes Reiki while introducing another healing energy. She has a wonderful gift for honing in on a challenge and making suggestions to work with it. Kathy also

(Please continue on page 44)

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• Hypnotherapist



**Rayma Dinnen, MSW.**  
(847) 740-7479  
• Reiki Master Teacher  
• Nurse  
• Hypnotherapist  
• Thought Field Therapist  
• Silva Graduate



**Ann Waring**  
(815) 356-1760  
• Reiki Master  
• Registered Yoga Teacher  
• Thai Yoga Therapy Practitioner



**Kathy Hohns**  
(847) 577-9221  
• Reiki Master Teacher  
• Reflexologist  
• Hypnotherapist  
• Silva Graduate



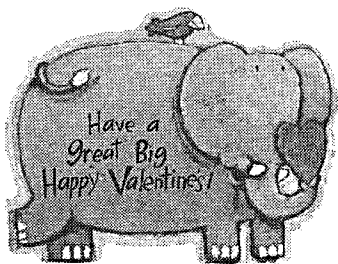
**Pamela B. Arwine**  
(815) 455-4502  
• Reiki Master Teacher  
• Ct. Rubenfeld Synergist  
• Hypnotherapist  
• Gestalt Therapist  
• Thought Field Therapist



**Laura Kreassig**  
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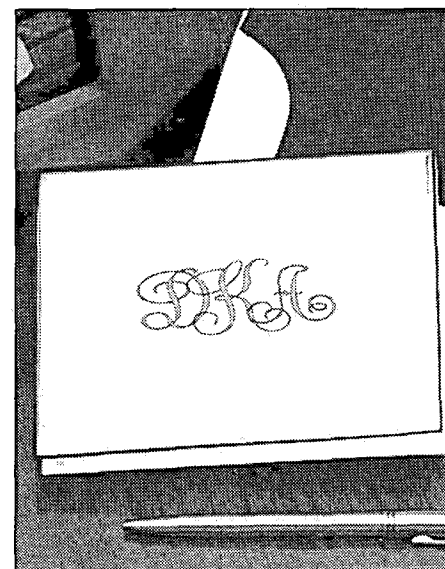
## Gifting Your Sweetheart

Compacts, pill boxes and letter openers covered with sparkling gemstones in a dazzling array of colors... what a beautiful gift for the lady in your life!

To make it even more special, present your gift in a satin lined box with a ribbon rose topper.

Consider monogrammed stationery to show your special someone how much you care. There is a fast turnaround time for stationery... just in time for Valentine's Day!

**Little Shop of Papers**, located on Hart Road and Northwest Highway in Barrington, has many great ideas for gifting your sweetheart.



## Start Loving Your Skin

Love... the thought for February.

It may be time to start loving your skin! Through February, purchase a series of Four "Essential" One-Hour Facials and receive the fifth **free**! The cost is \$220—a savings of \$55.

Enjoy the aromaology of pure flower and plant essences during your Aveda facial. Reconnect with yourself as you experience the nurturing of your skin with

Aveda plant-based products. Escape the stresses of the day... instantly. Stop in or call to purchase your series. Schedule an appointment today.

Gift certificates now available for your Valentine!

**Ben E. Salon** is located at the intersections of 14 and 59 in Barrington. Call **847-381-2160**.

## Barrington Suzuki Strings Presents "Festival de Musica"



Naomi Hansen and Kyle Biggs invite you to "Festival de Musica."

Naomi Hansen and Kyle Biggs invite you to join them on March 10, 2001, for Barrington Suzuki Strings' "Festival de Musica." This gala event, being held at the lovely Biltmore Country Club, 160 Biltmore Drive in Barrington, will include a dinner, dance and silent auction. The fun will begin at 6:30 PM with hors d'oeuvres, cash bar and silent auction. At 7:30 PM, dinner will be served while guests enjoy lovely classical music by the Barrington Suzuki Spain Travel Group. The event will close with an opportunity to dance to fine music with a Spanish theme.

At this time, you may call Laurie Sherman at 847-639-1209 to receive an invitation. Proceeds from this auction will go toward nurturing the musical endeavors of children. Barrington Suzuki Strings is a nonprofit organization that sponsors educational workshops, parent gatherings, concert opportunities and travel experiences, allowing young musicians to excel and share their music with others. Individuals and businesses wishing to make a tax deductible donation or item to the silent auction are welcome to do so by calling Laurie at 847-639-1209.

Chicago Blackhawk **Tony Amonte**  
and **Laurie Amonte**, Honorary Chairpersons

Invite you to enjoy, dine and dance at the

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dinner dance

**FEBRUARY 24, 2001**

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## Make it a Special Valentine's Day

**Taylor Street Steakhouse** offers mouth-watering homemade Italian specialties, fresh seafood and succulent steaks and chops. See for yourself why the *Daily Herald* said, "Taylor Street Steakhouse char-grills the finest beef this side of the city."

**Taylor Street Steakhouse** also has exquisite banquet and meeting room accommodations along with on or off premise catering. We can help you create the most memorable event no matter what the occasion! If you want to impress the very

best, **Taylor Street Steakhouse** is the choice for your future parties and meetings.

**Taylor Street Steakhouse** is located in the North Lake Commons at 235 S. Rand Road in Lake Zurich. Lunch is served Monday through Friday and dinner begins at 5 PM every night. For reservations and inquiries, call **847-438-4499**. Visit our website @ [porterssteakhouse.com](http://porterssteakhouse.com) for a listing of locations and a preview of "Special Incentives" you can use on your next visit!

## Enjoy a Unique and Traditional European Menu at Fritzl's

Do you enjoy traditional European dining, something unique, a little different? Who doesn't? No need to head to Chicago or Milwaukee when **Fritzl's Country Inn** is nearby in Lake Zurich.

**Fritzl's Country Inn** of Lake Zurich offers the discriminating diner exquisite ethnic and continental cuisine, served in quaint chalet surroundings. At **Fritzl's Country Inn** enjoy savory soups and juicy steaks, mouth watering seafood and delightful Austrian, German and Swiss entrees such as Wiener Schnitzel, Sauerbraten, Roast Duck and Rouladen of Beef. Leave room for a luscious dessert such as Apple Strudel or one of the elegant Viennese pastries.

Didn't I tell you **Fritzl's** is unique, a

little different and wonderfully European? Call **847-540-8844** for reservations.

Designated smoking areas are available. There are banquet facilities available for groups of 20 to 150 people, perfect for weddings, anniversaries and rehearsal dinners. The meals are lovingly prepared from scratch and made to order just prior to serving. They are then served hot, fresh and delicious. If you are tired of those stuffy "foreign" waiters, try **Fritzl's** restaurant and pub. They have the friendliest staff in town.

**Reviewed and recommended by Zagat Survey.**

**Fritzl's will be open at 4:00 PM Wednesday, February 14 to help you celebrate Valentine's Day!**

## This Valentine's Day, Make it Special!

Join us at **Porter's Steakhouse** for lunch or dinner. Our house specialties will tantalize your taste buds! "The Famous Grilled Pepperloin" is marinated 48 hours, rolled in cracked peppercorn and served with our "secret" mustard sauce. Treat your Sweetheart this Valentine's Day or anytime!

**Porter's Steakhouse** is the choice for your parties, meetings and special events. We feature exquisite banquet and meeting room accommodations, along with on and

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## Infant Welfare Society Awards Service Award



**Jerilyn Ugaste, winner of the Infant Welfare Society Service Award.**

Before Jerilyn Ugaste was born, her father was so convinced that she would be a boy that he named his company "Charles Ugaste and Son." The President and CEO of Blue Cab Company of Oak Park not only proved herself to her father but also to her peers, being elected in 1996, the first female President of the International Taxicab and Livery Association. It is with her dedication and tireless effort that she has recently been awarded the prestigious Infant Welfare Society of Chicago Service Award.

This mother, grandmother and successful business owner managed to contribute countless hours of service to the Infant Welfare Society Clinic on north Halsted St. and the children and families it benefits.

After attending a wine-tasting event held by the 60-year-old Barrington Chapter in 1998, Jerilyn took the group by storm. She signed on as a co-chairman of the auxiliary Carnival Gala's silent auction and has

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been an integral part of the annual Reading Fiesta, a daylong circus-like event encouraging children to read. She has also been active with the Adventure Club as well as a part of the Christmas stocking committee.

For the past 21 years, Jerilyn has been running her family business, which is associated with the Blue Cab, Village Cab, Northwest Cab and Northwest Package delivery companies encompassing over 100 cabs and 20 vans.

Her numerous professional awards, as well as important positions, include: the 1997 Taxicab Service Large Fleet Award; past co-chair of the Private Providers Committee of the Chicago Area Transportation Study; committee member of the Governor's Task Force for the physically chal-

lenged; past committee member of the International Taxicab and Livery Association; and founded and serves as chair of the Pizzazz Committee, whose function is to add excitement and ingenuity to the ITLA Annual Convention and Tradeshow.

The company is now in its third generation with Jerilyn's son on board. Jerilyn believes if you give good service and a clean cab, they will call you back. Her recent efforts for the Infant Welfare Society include donating use of her company vehicles to transport Christmas gifts to the clinic for sorting and wrapping.

Her high standards and tireless efforts have benefited countless children. The Barrington Chapter is happy the "boy" turned out to be a successful, dedicated and generous lady.



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## Feel Different!

"There's something about massage that makes all the difference."

Therese Maria Pol, nationally certified massage therapist and owner of **Massage Movement**, located at 202 S. Cook Street in downtown Barrington, hears this again and again from those who have discovered the wonderful and healthful benefits of massage therapy and bodywork.

Certainly the widely acknowledged short-term benefits of massage, such as the temporary stimulation of circulation and lowering of blood pressure, contrib-

ute to the fact that massage therapy is one of the most sought-after forms of alternative health care.

There's another vital reason: massage therapy and bodywork coaxes the body into new feeling states. With repeated massage sessions, inhibiting muscular tensions give way to increased sensation and freer movement.

Ms. Pol invites you to experience her unique style of massage therapy at **Massage Movement**.

Feel Different!

## Studio 2015 Jewelers on the Historic Woodstock Square is More than Just a Jewelry Store

While diamonds and colored gems sparkle throughout the showroom, one quickly notices that **Studio 2015 Jewelers** can respond to gift giving needs for all occasions. **Studio 2015's** "diamonds of distinction" and unique colored stones are featured in rings, earrings and pendants. Custom designed pieces are a specialty!

Unique gift ideas are plentiful, including his and hers watches, artwork, light-

ing, deer and elk antler desktop and lighting designs and a variety of puzzles.

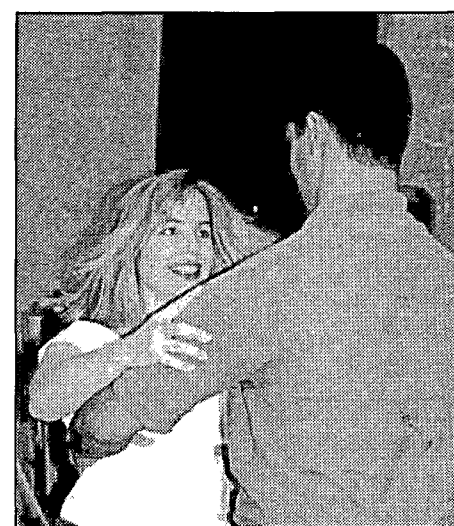
All major and minor jewelry repair is completed in-house. Valuable jewelry can be appraised and archived on compact discs for your insurance files.

**Studio 2015 Jewelers** is the exclusive retailer of the 24K Gold Keepsake Rose. Available in variety of colors, the rose will forever commemorate any special event.

## Valentine Treat for Musical Theatre Lovers

Music on Stage, Palatine's community theatre troupe, presents the musical *She Loves Me*, a Valentine treat for everyone who loves a little romance, a lot of laughs and beautiful music.

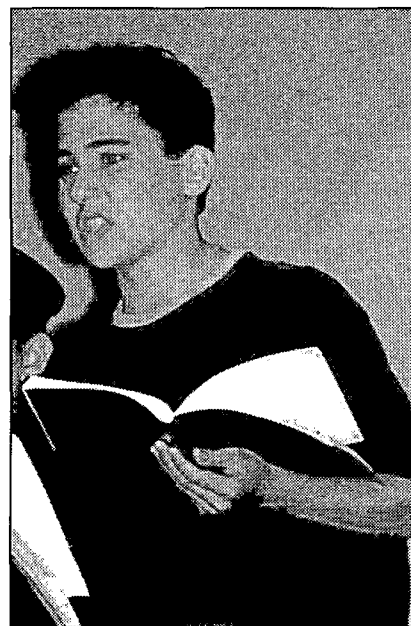
*She Loves Me* is an intimate musical tribute to love and ordinary life in all its charming unpredictability. This story of battling loves joined by letters is most re-



Julie Koerner and Tony Calzaretta  
rehearse a scene from *She Loves Me*.

cently remembered in the technologically updated film version *You've Got Mail* starring Tom Hanks and Meg Ryan.

*She Loves Me* opens on Friday, February 23, and runs weekends to March 11 at Cutting Hall, 150 E. Wood Street, Palatine. Friday and Saturday performances begin at 8 PM. Sunday matinees will be at 3 PM. Tickets are from \$12 to \$14 at the door, or save \$2 by ordering in advance. Groups rates are available. For information or to order tickets, call 847-289-4419, or visit [www.music-on-stage.com](http://www.music-on-stage.com).



Barrington resident Tom Vendafreddo  
rehearses a scene from *She Loves Me*.

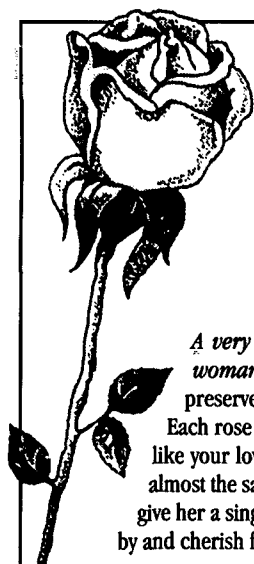
## "Some Enchanted Evening" Dinner

The Northwest Suburban Christian Women's Club invites you and your friends to our "Some Enchanted Evening" Dinner on Friday, February 9, 2001. It will be held at Concorde Banquets in Kildeer from 7:00 to 8:30 PM. Cost is \$20 inclusive. This is a special dinner planned for both men and women.

There will be a surprise musical package!

Dr. John Prabhakar, a surgeon from India who enjoys golf and deer hunting, will be our speaker for the evening.

Dinner reservations are needed as soon as possible. Call Carol at 359-5089 or Lisa at 478-5358.



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## One Brow at a Time

*"After her soul, the first things I check out in a woman are her eyebrows."*

—Jamie Lee Curtis

As mother always said, "You *pluck* a chicken; you *tweeze* a brow." What an understatement!

There is no other facial feature that is as easily changed yet can have such dramatic impact on one's beauty than the eyebrows. By changing the shape of your eyebrows, you can totally change the look of your greatest assets, not take away from them.

Many famous people have been noticed for their unique eyebrow shapes. For example, Brooke Shields, Cindy Crawford, Madonna and Ashley Judd all have unique looks that were achieved by design.

Eyebrow shaping and design involves a knowledgeable and skilled professional

who has an artistic eye and listens to the needs of her clients. Shaping and design is serious business to Catherine Zedan Grandi of **Estetica** in Lake Zurich. After completion of your consultation, you will lay back and close your eyes. Depending on one's physique, lifestyle and intentions, the look desired will be achieved.

With the use of precision tweezers, a magnified overhead lamp and soothing music, the transformation starts to take place. Single hairs will be identified for tweezing; irritation to the skin can result if multiple hairs are tweezed with one stroke. Before you know it, the brows are finished and the result is very pleasing.

To achieve the perfect eyebrows for your own unique face, please phone **Estetica Advanced Clinical Skin Care** at 847-438-2100.

## An Evening at the Mardi Gras

The second concert of the 2000-2001 Countryside Concert Series, "An Evening at the Mardi Gras," will be held on Saturday, February 10, 2001, at 8 PM at Countryside Church in Palatine. It will feature one of Chicago's top combos of jamboree musicians, Keith Bauman and his Dixie Tornadoes. For this concert, the audience will sit at cabaret tables in a New Orleans-style setting, listening to music ranging from Ragtime to Dixieland, to Jazz, Swing and Folk, with standards and favorite tunes for all ages. Mardi Gras beads and bright balloons will color the room as it fills with toe-tapping music.

This unusual concert will transport you from a northern winter clime to the sultry south, to the bayou land where the blues was born. Typical Mardi Gras refreshments—wine, beer and soda—will be available from the cabaret bar for enjoyment at your table as the music of New Orleans fills the room. With the use of cabaret tables, however, seating is limited.

Tickets are now on sale from Countryside Church. Single tickets are \$15 each or \$12 for students or seniors. Tickets can be held in your name at the ticket desk or mailed upon receipt of a check. Tickets also may be purchased at the door.

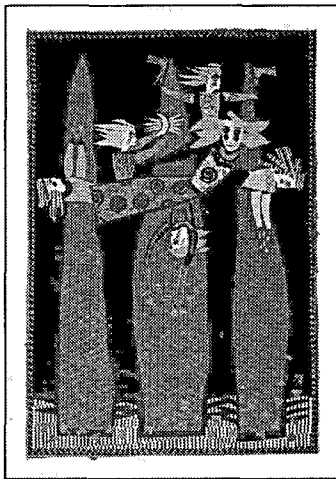
## Pairing Art and Philanthropy, Bensen Galleries Drives Sales by a Path Less Travelled

### 11-Month-Old Gallery Thrives with Unique Formula

Located in the heart of a suburban central business district that is more known for banks and restaurants than fine art, **Bensen Galleries** has been able to turn a profit in just a few months in part by establishing partnerships for local charities, foundations and the public at large. "Social consciousness and marketing savvy are key in any business' success," says Gallery Director Brian Puzey. "Many of our promotions provide a benefit for local philanthropic organizations. The publicity and excitement of a business doing well by doing good brings patrons into the Gallery who might otherwise not have known of its existence."

"The new series of lectures coming up addresses the ability to obtain art originals within the perspective of any living style. We do not intimidate; we facilitate our clientele with warmth, hospitality and the ability to guide their needs through our expertise."

"The total point of art is to be felt, not just a commodity but an experience that heightens awareness. This can be compared to a waterfall that relaxes you as well as being exciting to the eye and emotions, giving you another avenue of contentment, surprise, passion or a touch of the divine. To all who enter, the Gallery becomes a path you have never seen before, much less walked down, a path to



**All the Things You Are—Tribute to Jerome Kern by Andrew J. Lidgus**

experiencing the beauty of life and all its natures.

"Some people can afford to spend \$15,000 or \$20,000 on a canvas, but others can only spend \$500. We look for work with good composition, good technique, images that people can live with or invest in. We believe in giving back to the community, and the Gallery has provided us with the ideal vehicle to do that. You read so much in the media about business people who lie and cheat, and we'd like to provide a role-model showing that there is another way."

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## Presenting Artist Ann P. Ingerson

With winter pretty well entrenched, it's a good time to spruce up the walls in your house with some beautiful yet affordable artwork. **Art and Frame Galerie**, of course, has the widest selection of quality home decor at the most inexpensive prices.

For the next couple of months, **Art and Frame Galerie** will be featuring a show for the artwork of Ann P. Ingerson. Ann is a printmaker, creating original designs in both contemporary and traditional modes. She will be featuring framed and unframed artwork suitable for any room in the house. Her black & white etchings and heavy embossments are among her trademark works. She can custom color most of her designs to match the decor of any room. She will be available for consultations during the show.

**Art and Frame Galerie** is again presenting its **20% Off** promotion with this ad coupon. The discount applies to all artwork you bring in for custom framing. **Art and Frame** is located at Rand Road and Rt. 22 (SE corner) behind Bank One and next to D & J Bistro Restaurant.



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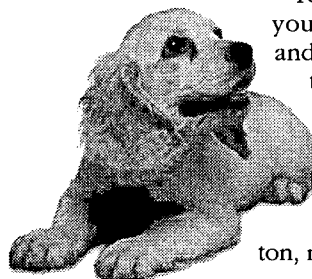
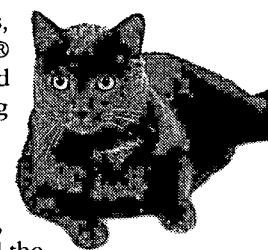
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**Eukanuba®** can be found at **Rick's Pet Shop** located on the southwest corner of Routes 14 and 59 in Barrington, next to Pizza Factory. Call **381-1515** for more information.

## Hosea Sanders Visits Barrington!



Ruth Kern, Hosea Sanders, Stella Wenner and Betty Brown offer a toast to the season and rejoice that Americans are once again interested in learning the rules of American dining etiquette.

Hosea Sanders, host of ABC's *The Morning Show*, visited Barrington in December to get a lesson on American Dining Etiquette from Ruth L. Kern. Ms. Kern is the author of two books and three videos on the subject of American etiquette.

Stella Wenner, who grew up in Germany, gave Hosea some tips on eating European style. She emphasized that either style is correct, however, if done correctly.

Ruth Kern explained how the American style of eating is actually the original way of dining properly and that even George Washington "put his knife down before he put his meat to his mouth." The French aristocracy changed the etiquette of dining during the late 18th century, before they were beheaded of course. The French way of eating swept all of Europe, but properly raised Americans continued to

dine as they had always done. Our style of eating became known as the American style and Americans, who were taught dining etiquette as children as Ms. Kern was, learned this method.

Ms. Wenner also mentioned that when she is at a restaurant, it bothers her that ladies are not served first as they should be. Ms. Kern pointed out that this is indeed proper in a purely social situation. But in America, if people are dining together in a business capacity, the service should be gender neutral.

Ms. Wenner then added that she finds it offensive when waiters remove the dishes from the table before everyone at the table has finished that course. Ms. Kern agreed that this is not only improper but offensive to her too, whether people are dining socially or for business rea-

## LWV to Examine Position on Charter Schools

In 1996, the Illinois Legislature created a provision for charter schools in Article 27A of the School Code. By law, 45 charter schools could be created in Illinois: 15 in Chicago, 15 in collar counties and 15 downstate. Only three have been established in the collar counties. The purpose for their creation was to establish "an avenue for parents, teachers and community members to take responsible risks and create new, innovative and more flexible ways of educating children within the public school system."

Throughout the state of Illinois, all of the local Leagues of Women Voters have spent the past year studying the pros and cons of charter schools. Some of the top-

ics included in the study were: how charter schools are funded, how their performance is measured, how they are permitted and the advantages and disadvantages of having a charter school within the local public school system. At its February meeting, the League of Women Voters of the Barrington Area will participate in a statewide consensus to determine the League of Illinois' position on charter schools.

The public is invited to attend the meeting which will be held on Tuesday, February 20, at 9:30 AM at the Barrington Area Library, 505 Northwest Highway in Barrington. For more information, call 847-381-5358.



sons. The diners who are not finished with that course are made to feel that they should hurry up if some of the dishes are removed from the other diners' places.

Betty Brown, society columnist for the *Copley Press*, told Hosea some of her pet peeves such as seeing men and boys wearing caps into restaurants. She said that it doesn't matter if your cap is turned to the front, backwards or to the side, a gentleman removes his hat when entering a restaurant, a home or church! She also mentioned that she prefers to eat in restaurants that have linen tablecloths and napkins as well as properly trained wait-

ers. Don't we all!

Ruth Kern's biggest pet peeve is seeing Americans wearing blue jeans to church. When she was growing up, people dressed for church to show their respect for the institution and the God they worshiped. She said that she would like to see Americans embrace this tradition again.

This special segment on American Dining Etiquette was shown December 14 on Channel 7 at 6:50 AM, just before *The Good Morning America* show. For more information, visit Ruth on the web at [www.ModernEtiquette.com](http://www.ModernEtiquette.com) or from ABC's website, [www.ABC7Chicago.com](http://www.ABC7Chicago.com).



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Paula Kivland

Paula Kivland is a certified massage therapist. She will be offering **complimentary mini-chair massages** with any color service booked during February.

Esthetician Brenda Thompson offers a wide range of skin-care services as well as waxing. She will be offering complimentary skin-care analysis and **20% off** any skin-care service during February.

**In the Spa Light Salon** is located at 702 S. Northwest Hwy. in Barrington.



Brenda Thompson

## Healthy Choices

by Judy Kaplan, MS

How much thought do you ever give to the everyday choices that you make? It is only logical that a great deal of thought goes into life-changing, big decisions. But think about the smaller, more mundane decisions that you make on a daily basis. They have a great impact on your life too: quality, longevity, simplicity and harmony.

Rushing is a great example of how we choose to invite stress into our lives. This is an outcome of poor planning (or, worse yet, no planning) of our schedules, committing to too many things that cannot be done within a reasonable time frame or saying "yes" to things that we don't want or need to do. When we "rush" around, feeling as though we are on a treadmill with little or no time for our meals, our thoughts or ourselves, we deplete our energy and our self-esteem. Living in that manner is a setup for feeling incompetent, frustrated and harried.

Eating poorly and not getting the exercise we need is another common way that our everyday choices can detract from the health of our lives, both emotionally and physically. When you choose to eat quickly, eat unhealthy foods or not take time to eat at all, you deplete your body, mind and spirit of the fuel they need not

only to survive but also to thrive. Our minds and bodies are created to function best when nurtured in healthy, loving ways. Weight gain or loss is only one of the outcomes of poor eating habits. Feeling weak, tired, unstable or out of control is another outcome of unhealthy eating habits.

Exercise has been proven to be an effective way to reduce stress, clear the mind, produce the endorphins needed for uplifting positive thinking and maintaining good bodily functioning. In addition, when people feel that they are in good physical condition, they feel better about themselves, have good self-esteem and are confident. Conversely, those who don't have an exercise plan feel less confident, not as good about their appearance and not as physically strong.

These are just a few of the ways our little, seemingly inconsequential ways of daily living can affect us. We hold the power to change the things that adversely affect our lives. If you are having any difficulty in making some healthier choices, give me a call. Perhaps I can help. The year 2001 has just begun, and now is a great time to make a new start. I can be reached at **847-842-9365**. I look forward to hearing from you.



Dr. Michael Hayward

## Orthodontic Extractions Are Becoming a Thing of the Past

If you had orthodontic treatment when you were growing up, it was very likely that you had permanent teeth extracted. This was done very commonly to create room for all the other teeth to fit in and to reduce the patient's overbite.

Orthodontic treatment today is much more conservative. For most patients, if they are seen by an orthodontist at an early age, enough room can be created through expansion, other forms of tooth movement or jaw development, to eliminate the need for later permanent tooth extraction. It is recommended by the American Association of Orthodontics that a child be evaluated by an orthodontist by age seven for interceptive orthodontic treatment.

Through the use of interceptive treatment, the upper and lower jaws can be altered to create more room for the remaining permanent teeth that will be erupting. After the desired change is achieved, the patient will be observed by the orthodontist for any further treatment that may be necessary.

For certain patients, there may be a valid reason for extractions as part of their orthodontic treatment. One reason may be to improve facial esthetics and profile. A second reason might be extractions could not be avoided due to severe crowding.

If you have any questions regarding orthodontics or interceptive treatment, please contact us at either our Palatine, **847-359-7980**, or Barrington, **847-382-5588**, offices or visit our website at [www.haywardorthodontics.com](http://www.haywardorthodontics.com).

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## Home of the Sparrow Volunteers

Volunteers are needed for Sparrow's Nest Thrift Stores located at: McHenry, 3714 W. Elm St., McHenry, 815-363-6008; 378 N. NW Hwy., Cary, 847-639-4082; and 275 E. NW Hwy., Palatine, 847-705-6852. Volunteer tasks include pricing, sorting, displaying and selling donated merchandise. If you or anyone you know is interested in these or other volunteer opportunities at Home of the Sparrow, contact the volunteer hotline at 815-344-5171, ext. 52, or call the store closest to you.

Sparrow's Nest Thrift Stores are open Tuesday through Saturday. McHenry and Cary store hours are: Tuesday and Wednesday, 10 AM to 4 PM; Thursday, 10 AM to 6 PM; and Saturday, 10 AM to 5 PM. Donation hours at McHenry and Cary are

Tuesday through Saturday, 10 AM to 3 PM. Palatine store hours are Tuesday through Saturday, 10 AM to 4 PM, with the exception of Thursday, 10 AM to 8 PM. Donation hours at Palatine are Wednesday through Saturday, 10 AM to 2 PM.

Sparrow's Nest Thrift Stores support Home of the Sparrow, a nonprofit organization established in 1986, which provides shelter homes, social services, life skills training, vocational/educational assessment and independent living support services to homeless women and their children or those at risk of homelessness. For more information about Home of the Sparrow, call 815-344-5171 or fax 815-363-6001.



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a necessity."

## Give the Gift of Relaxation

This Valentine's Day, why not give the one you love a gift she will really appreciate—the gift of relaxation. We have many wonderful things for your loved ones to enjoy, such as facials, manicures, pedicures and massage.

Why not try a spa glow treatment in our invigorating vichy shower? The sea salt exfoliates the dead skin cells, leaving your skin with the appearance of being soft as a baby's. For an extremely relaxing experience, have an ultimate stress reduction massage. It includes steam, a parafango mud application (on the back) and a one-hour massage. Pure heaven!

Every woman would love the gift of a facial. Our collagen fiber facial is superb; it adds moisture to the skin and can help prevent some signs of aging. Also, one of our popular facials is the new special treatment facial. It has mandarin orange extract for tightening and squalene oil for hydrating.

The face and neck are important, but we tend to forget the importance of our hands. Just as the face is exposed to the damaging elements such as wind, sun and the cold, our hands are as well. When you schedule your loved one for a manicure, add in a glycolic hand treatment. The glycolic will exfoliate the skin on the hands, allowing fresh new skin to appear. By bringing out the new skin, the moisturizing massage is able to penetrate deeper into the skin cells, allowing for a

more complete hydration. Followed by hydrating mask, this is a must in the winter months.

Give her a chance to rediscover her skin with microdermabrasion, a non-invasive procedure for skin resurfacing. The micro-peel works in two ways, correction and stimulation. For correction, the speed of the crystal flow causes an abrasive action that gently removes the surface layers of the skin, allowing smoother, fresher skin to emerge. In stimulation, the vacuum action helps to stimulate microcirculation, increasing the blood supply that provides nutrients needed for skin regeneration. It also stimulates formation of new collagen and elastin to improve skin texture and elasticity.

Many different skin problems can be treated with microdermabrasion, including sun-damaged skin, uneven and granular skin, fine lines and wrinkles, enlarged pores, blackheads and comedones, superficial scars and some stretch marks.

When I opened the day spa, I wanted, most of all, for it to be a wellness center for Barrington to heal the body and soul. And it is working! We have many packages available, or you can pick and choose to make your own.

*Have a happy, healthy Valentine's Day and, most of all, have fun.*

Sincerely,  
Cathy Ramstadt, Owner  
**Syd Simons Day Spa**



## Barrington Career Center Thanks Its Volunteers



Pictured are: (left to right) Mary Young, Maureen Brown, Duncan Swenson, Marj Larson and Jenny Sprenger. Not pictured is Lauren Tripp. These volunteers devote several hours each week to greet clients, answer questions about the Center and complete light office work.

The Board of Directors of the Barrington Career Center hosted a holiday "Thank You" coffee to recognize and show their appreciation to their volunteers. During the past year, the Center has benefited from over 560 volunteer hours.

The Barrington Career Center is a non-profit, volunteer driven organization that offers a range of traditional outplacement services, including one-on-one consultations, a job networking forum that meets

on Tuesday mornings, a job search skill-building seminar series on Thursday evenings, internet access and the use of resource library, PCs, printer, fax, copier and telephones. The Center, which is housed at Lutheran Church of the Atonement, has served the unemployed and those in career transitions since 1994.

For information, call 847-304-4157 or visit the Center at 909 E. Main St., Barrington, Illinois.

## Local Lady is Supernumerary



Mary Robins, (Sister Mary Martini), President of Barrington Chapter of Lyric Opera, is shown above in one of her three supernumerary roles in Lyric Opera of Chicago's present production of *Attila*. Pictured

with her is Samuel Ramey, the renowned American bass, who sings the title role of Attila, the "scourge of God" who has invaded Italy.

## Pi Beta Phi Alumnae Club

The Arlington Heights Pi Beta Phi Alumnae Club meets monthly, usually the second Wednesday of the month, at various members' homes in the Northwest Suburbs. All Pi Phis are welcome.

The next meeting is our annual Beaus and Arrows Brunch on Sunday, February 11, at 11:30 AM. Please call Angie at 847-478-5140 for more information.





Romantic and elegant, the mixed-media paintings of Csaba Markus are masterpieces in the classical tradition. Drawing on the rich artistic heritage of his native Hungary, Csaba's work evokes the grace and beauty of the great masters of the Renaissance, combined with a uniquely contemporary vision which distinguishes his work among prominent artists of the past decade. In addition to his paintings, this artist works in metallics on glass.

Csaba's first show as a published artist was held at The Studio in June 1995 and was extraordinarily successful. In 1996, additional shows allowed more collectors to meet this charismatic artist. The works of Csaba Markus are rapidly growing in popularity and demand throughout the world. The Studio of Long Grove and Hilligoss Galleries are honored to present Csaba Markus in his fourth appearance in the Chicago area.

**Adoration of Beauty**

*An exhibition of original and limited-edition works  
in the classical Renaissance tradition*

*You are cordially invited to attend the Artist's Reception*

*at The Studio of Long Grove*

*Friday, February 9, 6:00 - 9:00 pm.*

*Saturday, February 10, 1:00 - 3:00 pm*

*at HILLIGOSS GALLERIES*

*Saturday, February 10, 5:30 - 8:30 pm*

*Sunday, February 11, noon - 2:00 pm.*

*Reservations are appreciated, but not required*



**Kimberlia**



**Domina**



*The Studio of Long Grove*

360 Historical Lane, Long Grove, IL 60047

(847) 634-4244

Located in the historic shopping village of Long Grove



**HILLIGOSS GALLERIES**

*The Shops at North Bridge.  
First & Fourth Levels*

520 N. Michigan Avenue, Chicago, IL 60611 • (312) 755-0300

## Annual Children's Portrait Special Now In Progress Ages 3-16



Photo by Al Buschauer 2000

Call now or you might have to wait till next year!

**Buschauer**

(847) 382-8484

SPECIALTY PORTRAITS & CUSTOM FRAMING, INC.

## Ten Reasons Some People Drive for Miles to Have Their Kids Photographed by Buschauer Photography During Our Annual Portrait Special

1. They know of our work. Because this event only takes place once a year, it's worth the drive.

2. They know that they will never have to wait in long lines or be brushed aside as in some department stores and other studios.

3. They know of our ironclad guarantee. If you don't like the portraits we take, you don't pay. It's really that simple.

4. They will be treated as an honored guest. You will be offered a refreshment and somebody will always greet you with a warm and genuine smile.

5. They know that we do award-winning photography. They know that our photography is recognized both locally and nationally.

6. They understand we will not do gimmicky photography... no cheap or distracting props to ruin the true beauty of your child.

7. They appreciate an artistic approach to portraiture. Head and shoulders and fake smiles looking at the camera can be had almost anywhere. If that's all you want, this may not be for you.

8. They know we are versatile in black & white and color. That means you can decide confidently what will be best for your own decorating needs.

9. They know that they will never be steered wrongly in choosing the correct size portraits. Our method of projection takes the guesswork out of sizing.

10. They would have to travel far and wide to find the styles of beautiful frames we offer for your finished portraits. One stop shopping is surely the way to go with your very busy lifestyles.

11. ONE FREE BONUS REASON—they know with confidence that we will work hard for you, that we love our profession and that your children will have a great time here.

*"Bringing out the personality and telling a story is what makes Buschauer stand out from the mass of 'anyones' in their business. Through the years, they have created a treasured visual record of our lives. So, if a picture is all you want, go somewhere else. But if capturing the essence of your child is what you want... you should go nowhere else."*

—Tom and Julie Godar

• \$50 for each child photographed. These are full sessions!

• Children can be photographed individually and together as well.

• Limited appointments available.

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

## For Beautiful Skin

by Gary S. Churchill, MD



Gary Churchill, MD

It is inevitable. We will all age. And as we do, we will all experience certain signs of aging such as fine lines and uneven discoloration of the skin. Almost everyone has some degree of damage on their skin, whether it is from the sun or some skin condition such as acne. The good news is that usually even problem skin that hasn't responded to the common treatments can be improved through the modern products and techniques employed by our esthetician.

The first step in improving your skin is to design a custom treatment program that addresses your particular needs and desires. This is done in consultation with our licensed esthetician. You may want to start with a simple home skincare regimen for which there are many new and effective products available. If you would like to go further, our esthetician can offer a number of different techniques that would enhance the results of your home care. We would like to highlight two of these new treatments—The Micropeel and Microdermabrasion.

### The Micropeel Treatment

It is a 30-minute non-abrasive treatment that will leave your skin free of dead, flaky cells and bring your skin back to a smoother texture.

• Step One—The Micropeel treatment begins by cleansing the face with a mild medical cleanser and a toner. The first process is called dermaplaning and consists of exfoliating the outer epidermis. The esthetician accomplishes this by using a scalpel edge to exfoliate or slough off dead skin on the surface of the face.

With each scrape, flaky, dead skin accumulates on the scalpel, and although the procedure sounds painful, it is not.

• Step Two—During this step, the esthetician will decide what chemical solution to use. Everyone's skin type and concerns are different. The most common skin types treated are hypersensitive, environmentally damaged, hyperpigmented, acne prone or active acne. The solution will be applied and left on the face anywhere from 30 seconds to two minutes and followed by a cold water rinse. Most patients claim they feel a light tingle or a light burning sensation which subsides once the cold water rinse is applied.

• Step Three—The final step consists of extracting any blackheads or whiteheads. At this point in the treatment, the extractions are easier because the pores are free of any skin blocking their way out. Once the extractions are complete, a smoothing moisturizer along with a sunblock is applied.

Following Micropeel treatment, the skin feels refreshed and appears to have a healthy, pink glow.

(Please continue on page 44)

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



## Pamper Your Valentine at L'Auberge

### Give your Valentine a Paraffin Treatment

This winter, we have found a way to help hydrate your skin and relax you at the same time. Enjoy a rich moisturizing crème as it is massaged into the skin. Then, a warm paraffin is applied. This will leave your skin soft and supple. Winter dryness will become just a memory.

### Remember your Valentine with a Gift Certificate

L'Auberge offers many different services including hair, facials, massages, manicures and pedicures. As a special treat, give your Valentine a gift certificate for \$200 or more and get a **coupon for \$20** towards product.

Call **847-277-7000** for details.

## Holiday Psychological Services Becomes The Grace Center

Visit **The Grace Center** for mind, body and spiritual healing. Serving the Barrington communities since 1981, the new Grace Center combines traditional psychological services with holistic approaches appropriate for helping people heal their emotional and psychological difficulties.

**The Grace Center** offers many traditional services including psychological assessment and treatment for a variety of problems: attention deficit disorder, learning disabilities, emotional and behavioral problems and underachiever issues for children, adolescents and adults. Psychotherapy with individuals, couples and families focuses on issues such as depression, anxiety, excessive anger, stress management, codependency and addictions.

In addition, **The Grace Center** has added Life Coaching for people without psychiatric issues who want help with their problem solving skills regarding difficult life issues at any age. The Life Coaching process teaches you how to improve your quality of life in whatever area(s) you wish to make changes. You move at your own pace while you look at: career, money management, health issues, relationships with your children (any age), romantic relationships (or lack of one), aging parents, leisure time, spiritual growth, etc.

If you would like to discuss your particular situation, Dr. Grace (formerly Dr. Holliday) offers one free phone consultation. **847-382-3232**.

## February Garden Delight!

Gardeners take heart! February is here!

As the mere turn of the calendar page sends avid gardeners everywhere to the nearest seed catalogue, the Garden Club of Inverness is pleased to present "Geraniums and Companion Plants" at their February 15 general meeting. The guest will be Joe Heidgen of Shady Hill Gardens in Batavia. His family owned nursery is a well known source for a wide variety of these "garden delights", the common and the unique! Joe has taught courses at the

Chicago Botanic Garden, Morton Arboretum and is a popular speaker at garden clubs throughout the Chicago area. He is a regular guest on WGN Radio's *Let's Talk Gardening* show and has appeared on Martha Stewart Living.

Don't miss this! Join us at Holy Family Church, 2515 West Palatine Road in Inverness. Our morning lineup begins at 9:30 AM. Guests and new members are most welcome. For details, call Phyllis Ewert at 842-1695.

## New Weight Loss Program Shows Dramatic Results

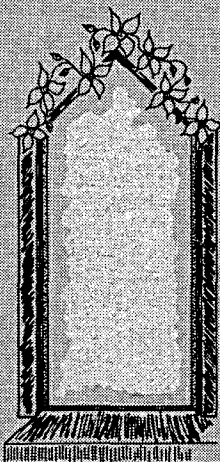
Dr. Barry Berger, a Board Certified Internist practicing in Lake Zurich for the past 12 years, introduces a new weight loss program. This program is based on the 40/30/30 nutrition plan which consists of 40% carbohydrates, 30% protein and 30% fat. By increasing protein while decreasing fat and carbohydrates, 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.





## L'Auberge

*A. Golden Day Spa & Salon*

### L'Auberge Has Paraffin!

30 min. Hand Treatment \$30  
30 min. Foot Treatment \$30  
Combination Special \$50  
Call for details and make  
your appointment now!  
**Great Gift for Your Valentine!**


764 W. Northwest Hwy.  
Barrington **847-277-7000**

## THE GRACE CENTER, P.C.

*Mind, Body & Spiritual Healing*

Traditional Psychological Services Integrated with Holistic Approaches

**BARBARA R. GRACE, Ph.D.**  
*Clinical Psychologist • School Psychologist  
Certified Hypnotherapist*



**EVALUATIONS FOR:**

- Attention Deficit Disorder
- Learning Disabilities
- Emotional Problems
- Behavior Problems
- Underachievers

**PSYCHOTHERAPY WITH:**

- Children
- Adolescents
- Adults
- Couples
- Families

**AS WELL AS:**

- Spiritual Growth
- Life Coaching
- Meditation
- Life Purpose Work
- Stress Management

*Serving the Barrington Area Since 1981 • Feel Free to Call with Questions*


118 Barrington Commons, Suite 217 • Barrington, IL
**847.382.3232**

## Four Seasons Garden Club

On Tuesday, February 6, Sandy Braun will demonstrate her talents in floral painting on glass. For a \$15.95 fee, attendees may participate in a hands-on workshop. Sandy is the owner of Ban-

bury Fair, a quaint shop nestled in Old Downtown Bartlett. She has taught classes and worked in floral folk art painting for 25 years. Sign up early to learn this decorative skill.

## 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!

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.

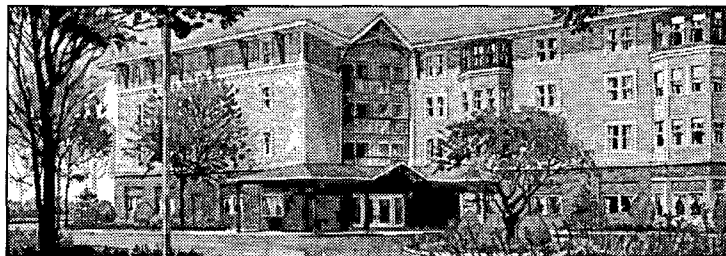
## Northwest Dermatology

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

847-884-8096

## Celebrate Mardi Gras! • February 27

RSVP (847) 842-8900



## 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 unex-  
pected 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.



## Hawthorn Woods WC Art Auction

The Hawthorn Woods Women's Club in-  
vites the community to its annual Art  
Exhibition and Fund Raising Auction on  
Saturday, March 3, 2001. Preview begins  
at 6:30 PM with bidding commencing  
at 7:30 PM. This event is conducted by  
Regency Fine Art of Norcross, GA. This  
event will be held at the Hawthorn Woods  
Barn, 2 Lagoon Drive, Hawthorn Woods.  
The cost is \$5 per person at the door. Fine  
wine, champagne and beer will be avail-  
able for purchase. Complimentary refresh-  
ments and complete espresso bar will be  
offered during the auction. Art work in all

media and price ranges will be offered.  
The artwork is unconditionally guaran-  
teed and carries a 15-year exchange privi-  
lege. If you wish to take advantage of the  
exchange policy, bring your artwork and  
receipt to the barn before the start of the  
auction. Artists showcased include: Alvar,  
Boulanger, Buckels, Delacroix and Nei-  
man. Checks and credit cards accepted. A  
next day walk-in sale will be held Sun-  
day, March 4, from 11:00 AM to 2:00 PM.  
All proceeds will be donated to several  
Lake County Charities. Please join us for  
an enjoyable evening.



## 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, gen-  
tle skin peeling capabilities. It's been fea-  
tured in all the major magazines includ-  
ing *Vogue*, *New Woman*, *Allure*, *Elle* and  
others and continues to be the most talk-  
ed about new treatment for people in  
search of a more youthful appearance  
and healthy looking skin.

The Diamond Peel™ uses micro dia-  
mond-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 pigmen-  
tation, fine lines, melasma and enlarged  
and clogged pores.

According to the American Society for  
Dermatologic Surgery, microdermabra-  
sion 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 'expres-  
sion' lines typically seen on the forehead  
and around the mouth; and it polishes  
and reduces fine lines on the cheeks gen-  
erally 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 integ-  
rity of the skin and promotes even heal-  
ing. Maintaining level cellular growth on  
the surface aids in the freshness of the  
skin's appearance. Regular treatments sup-  
port a healthy, balanced skin surface.

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

## "Fit Into the Future" at Lake Barrington Woods

**Lake Barrington Woods**, a new retire-  
ment community in Lake Barrington, em-  
phasizes the importance of fitness for  
older adults through its "Fit Into the Fu-  
ture" program. Fitness programming is  
offered five days a week in the state-of-  
the-art fitness center and indoor pool.  
**Lake Barrington Woods** offers different  
types of exercise for all abilities including  
weight training, water aerobics and arm  
chair fitness.

"Residents feel positive changes, both  
physically and mentally," explained Vivian  
Eickenberg, personal trainer with Vital  
Enterprises, Inc. "The benefits range from  
an increase in strength, balance and co-  
ordination to confidence and energy."

Ms. Eickenberg teaches a weight train-  
ing class twice a week at **Lake Barring-  
ton Woods**. The class is open to all res-  
idents and consists of an hour of circuit  
training in the fitness center. She runs her  
program with the American College of  
Sports Medicine's guidelines.

"Before any of the residents participate,  
I have them fill out a health history ques-  
tionnaire and get approval from their doc-  
tors," says Ms. Eickenberg. Each workout  
is personally designed for each resident  
with his or her history taken into consid-  
eration. The strategy in a fitness program  
for older adults is to do more repetitions  
with a lighter load. They typically do two  
sets of 15 repetitions and make their way

around to each piece of equipment.

The equipment in **Lake Barrington  
Woods'** fitness center is designed for se-  
niors. The fitness center has six stationary,  
weight-training Keiser machines that are  
adjustable for height and comfort. The  
tension is easily adjusted with a push of  
a button. There is also a treadmill and a  
Nustep for cardiovascular workouts.

The benefits of "Fit Into the Future" are  
functional. Older adults may not all be  
trying to lose weight or gain muscle mass.  
But the weight training can help with  
simple tasks like opening jars, lifting bags  
of groceries or other daily tasks.

"The residents are very excited about  
exercising," explains Vivian. "They are my  
best cheerleaders. They are always en-  
couraging other residents to join in the  
fun. Many of the other residents come  
into the class for the first time and say  
they are too old for exercising. I just keep  
encouraging them and as soon as they get  
into a routine, they feel the benefits and  
start enjoying themselves."

**Lake Barrington Woods**, a rental re-  
tirement community, offers both inde-  
pendent and assisted living. In addition to  
the exercise program, **Lake Barrington  
Woods** offers other educational, cultural  
and recreational activities. **Lake Barring-  
ton Woods** is owned and operated by  
Parkside Senior Services, LLC, of Skokie.

## Caregiver Support Group

The Barrington Area Council on Aging,  
Inc. (BACOA) invites you to attend our  
Caregiver Support Group meetings which  
are held the first Wednesday of each  
month at the Barrington Village Hall  
(Community Meeting Room), 200 South  
Hough St., from 7 to 9 PM.

Wednesday, February 6, the discussion

topic will be "What You Need to Know  
When Making Long Term Care Choices."  
Discussion, questions and sharing will  
follow the presentation.

For more information or to register, call  
BACOA at 847-381-5030. Registration is  
not required.



## Don't Let Preexisting Medical Conditions Stand in Your Way of Exercising

As we look ahead into February, Valentine's Day is a great reminder to keep our hearts healthy. One of the best ways to do this is to exercise. But for many of us, that can be difficult or scary. If you have had a previous orthopedic injury or medical condition, such as a surgical procedure or cancer, you may not know where to start.

Physical therapy can help. Physical therapists have the unique training to assess your individual needs and take into account preexisting conditions in order to design an individual exercise program for you. It is important not to aggravate conditions that you already have and, at the same time, exercise enough to make a difference.

After a thorough evaluation, a physical therapist can design a personal program for you. The equipment you have at home or at a health club can be utilized. Or a program can be designed with minimal equipment. Your particular lifestyle

should also be taken into account. Maybe it is difficult to find an hour to exercise. Perhaps a 20-minute program would better meet your needs?

So don't let past problems stand in your way of exercising. Contact a physical therapist today and get an exercise program designed for you. You'll be glad you did!

**Women's Physical Therapy Institute** is a unique facility dedicated to serving the rehabilitation needs of women of all ages. They offer individually-designed exercise programs and customized videotapes. They specialize in treating fibromyalgia, osteoporosis, orthopedic conditions, lymphedema, incontinence, pelvic pain and pre- and post-childbearing conditions. **WPTI** also offers acupuncture, exercise groups and yoga 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.

## 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.

## Boot Camp

Boot Camp, a no-nonsense training class which incorporates endurance, strength and cardiovascular exercises, will be offered at the Good Shepherd Hospital Health & Fitness Center. This is a 6-week class that meets in the gymnasium.

Boot Camp will take place on Mondays,

Wednesdays and Fridays from 6 to 7 AM. The fee for this training class is \$140 for members or \$200 for nonmembers. To register, please call HealthAdvisor at 1-800-323-8622 or the Good Shepherd Hospital Health & Fitness Center at 847-620-4500.



**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.

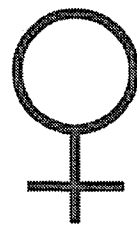
**Hair Removal**—Permanent hair reduction from all parts of the body with a "flash of gentle light".

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 Biesterfield Road, Suite 104, adjacent to Alexian Brothers Medical Center in Elk Grove Village.

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



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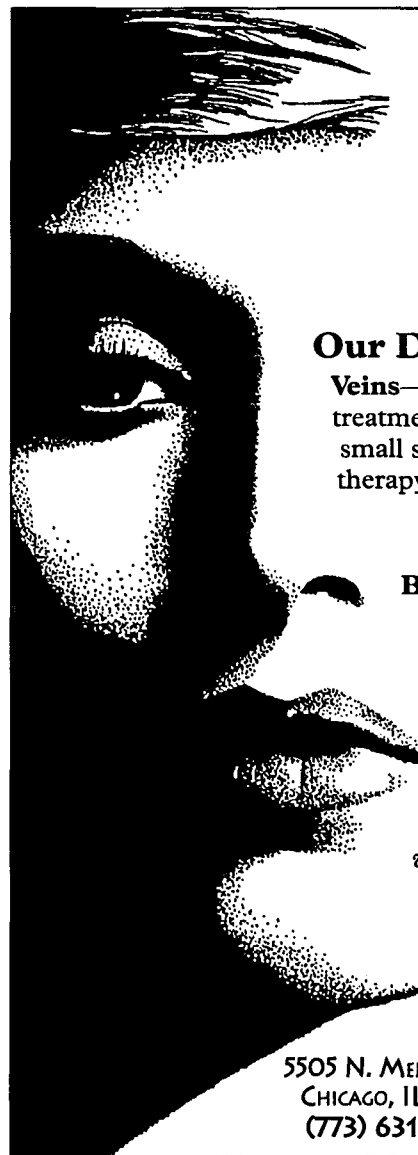
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## Parents Do Make A Difference

Every parent wants their children to succeed. At this year's Parent University, Dr. Michele Borba, Ed.D., internationally recognized author, offers simple, proven strategies and real life examples of how to teach your kids the skills they need.

Now, in its seventh year, Parent University is coming on Saturday, March 17, at Lake Zurich Middle School North. It's a day for parents to sharpen their skills by hearing from experts and discussing with other parents the issues they are facing with their children. As an added attraction, door prizes will be given away including a downtown getaway package.

The morning will start out with keynote speaker Dr. Borba talking about "Parents Do Make A Difference: How To Raise Kids With Solid Character, Strong Minds and Caring Hearts" (go to [micheleborba.com](http://micheleborba.com) for details). After a short break, parents will break out into their choice of smaller sessions—13 to choose from.

Cost for the day is \$18 per person or \$25 for two (friends and spouses). Child care is available for \$5 per child. A continental breakfast and lunch will be served.

For more information, call 847-540-4702, or go to [www.lz95.org](http://www.lz95.org).



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## Don't Lose Your Teeth to a Silent Disease

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

Periodontal disease is the leading cause of tooth loss in adults. It affects three out of four people at some point in their lives. But it can be treated successfully if detected in time.

Some of the signs are:

- Bleeding gums during tooth brushing or when you have dental cleanings
- Red, swollen or tender gums
- Gums that have pulled away from the teeth

- Persistent bad breath
- Pus between teeth and gums
- Loose or separating teeth
- A change in your bite
- A change in the fit of partial dentures

However, you may have gum disease and not have any of these signs. Most people do not experience pain due to gum disease. It is silent and can go unnoticed. That is why it is important to have regular dental checkups including periodontal examinations.

A thorough periodontal examination involves a medical history, full mouth x-rays, a careful analysis of your bite and measurements of the position of your



**Dr. James Gavrilos, DDS**



**Dr. Raymond Kotz, DDS**

Photo by Lea Image Studio

gums and bone at over 150 positions around your teeth. This data is transferred to a baseline chart to help guide treatment and record changes that occur later. This information may easily be transferred and understood by another competent dentist.

Our office uses this careful examination and frequent updating to customize a program which both treats and prevents gum disease. If necessary, we may refer you to one of the periodontal specialists we work closely with. Saving your teeth is a great benefit to your health!

For evaluation, call **Dr. James T. Gavrilos** in Barrington at **847-381-4040**.

## LWV Sponsors Candidates' Forum

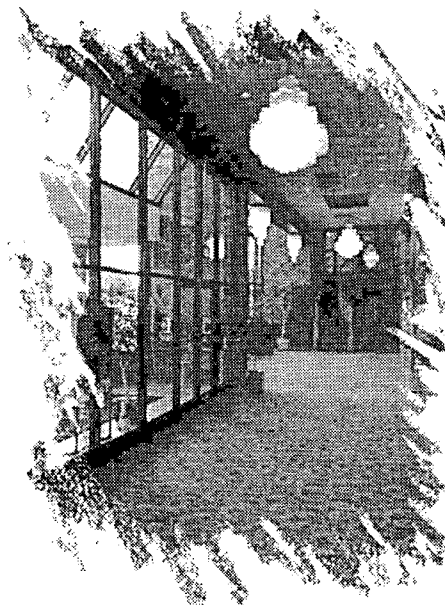
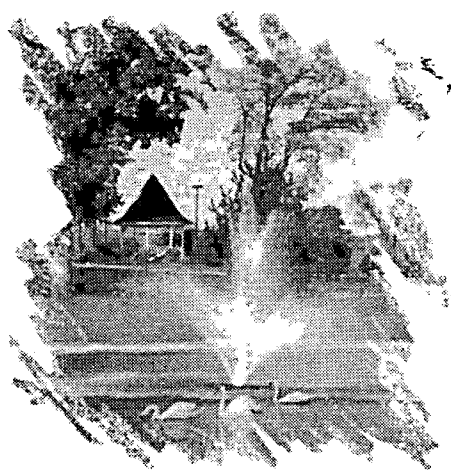
During the April 3rd elections, the residents of the Barrington Area will be asked to select candidates to serve on the District 220 School Board. To help residents make a more informed choice, the League of Women Voters of the Barrington Area will sponsor a Candidates' Forum for the upcoming School Board election. Candi-

dates hoping to be elected will be present to state their views and to take questions from the audience. The Candidates' Forum will be held on Tuesday, March 6, at 7 PM at the Barrington Middle School-Eastern Campus on Eastern Avenue in Barrington. All residents are encouraged to attend.

## Corporate Events at Concorde Banquets—Reflecting Positively on Your Company's Image

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sonalized touch. We are dedicated to providing you the utmost in professional consulting services. We will accommodate all catering, audio/visual, staging and seating requirements.

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## CoolGlide™ Laser Hair Removal System Provides Fastest, Easiest Permanent Hair Reduction

If you would like to make unwanted body hair a thing of the past, **Dermatology Physicians & Surgeons, Ltd.**, has something new we think you're going to like.

Our office now offers the latest in hair removal technology—the CoolGlide™ Aesthetic Laser System. This innovative product provides the fastest and easiest hair removal treatments available.

Here is how CoolGlide™ works: short pulses of laser light disable hundreds of unwanted hair follicles in seconds. The laser's handpiece is cool to the touch. When placed on the skin, it glides along, providing extremely gentle, soothing and comfortable treatment with permanent hair reduction.

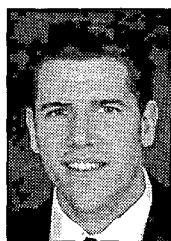
In the past, only fair skinned people could successfully have unwanted hair removed with a laser. CoolGlide's™ breakthrough technology allows treatment of a wide range of skin types (even tanned skin) for both men and women. Unwanted hair can be permanently removed from virtually all body parts, including the legs, arms, face, underarms, back and bikini lines and more.



David P. Van Dam, MD



Jerome D. Fallon, MD



Jeffrey J. Berti, MD

At **Dermatology Physicians & Surgeons**, we take pride in offering innovative appearance-enhancing treatments that make you feel better and look younger. CoolGlide™ is just another example of our efforts toward this end.

We offer free consultations for laser hair removal. And if you can provide documentation of previous treatment for unwanted hair with another laser system by any medical office, we will perform a **free initial treatment**—a \$200 value—with CoolGlide™ just so you can experience how much better it is.

Call **Dermatology Physicians & Surgeons, Ltd.** at **815-455-4434** today for your CoolGlide™ experience and see how we can have you looking better and feeling better fast!

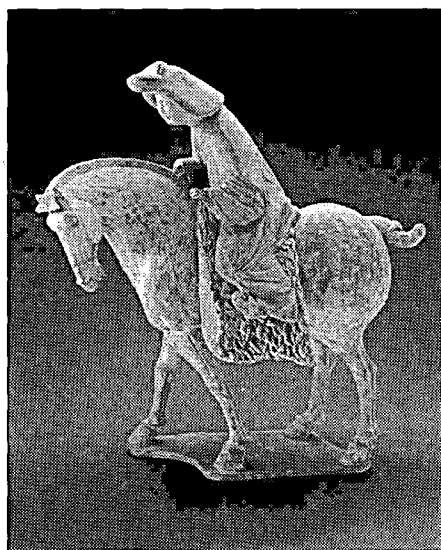
## 8th-9th C. China's Tang Dynasty

"Great Moments in Art History" is the theme of the February Seminar Series sponsored by the Barrington Community Associates of the Art Institute of Chicago.

*8th-9th C. China's Tang Dynasty* will be discussed by Elinor Pearlstein on Thursday, February 8. Under the powerful and expansive Tang Dynasty (618-906 AD), China became the economic, cultural and spiritual center of Asia. The splendors of this cosmopolitan empire will be explored through the Art Institute's very rich collection of Tang works of art as well as in spectacular archaeological finds recently unearthed from tombs, temples and palace sites in China.

Elinor Pearlstein has served as Associate Curator of Chinese Art at The Art Institute of Chicago since 1987, following ten years at the Cleveland Museum of Art and graduate study at The University of Michigan. Her research interests focus on jade, bronze and ceramics in context of recent excavations and on early collectors and scholars of Chinese art in Chicago.

The program begins at 1 PM at the Barrington Area Public Library, 505 N. Northwest Hwy. The fee is \$12 for members or \$20 for guests. Checks are preferred. To register or to obtain more information, please contact Lenore Elsener at 847-255-



**Equestrienne (Tomb Figure)**, earthenware with polychromy, China, Tang Dynasty, 8th century AD. The Art Institute of Chicago, Mr. and Mrs. Potter Palmer Collection, 1970.1073, H. 56.2 cm, L. 48.2 cm. Photo courtesy of Art Institute of Chicago.

9492. For information on membership, please contact Pat Fein at 847-382-5953. Membership is open to interested persons throughout the Northwest Suburbs.

## BAAC's Mardi Gras Celebration

The Barrington Area Arts Council (BAAC) invites you to be a part of the Mardi Gras celebration at the BAAC's Gospel Brunch on February 25, 2001, at the BAAC Gallery at 207 Park Ave., Barrington. Relish a light southern style brunch as we raise the roof with the gospel sounds of En-

dowed. Mardi Gras beads and masks will be provided.

Doors open at Noon. Tickets are \$20 for BAAC members or \$25 for nonmembers. Seating is limited. For tickets or for more information, call the BAAC at 847-382-5626.

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## Deadline!

The deadline for the **March Issue** is **Thursday, February 15.**

Please send your press release/advertising materials to:

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Your child can learn.

## Poor Report Cards—What to do?

While January marks the beginning of the new year, it is also the halfway point in your child's school year. The skills developed during the first half of the year will be your child's foundation for the more difficult work ahead. Shortly, schools will be distributing midyear report cards.

Report card day brings stress to many families. If you and your child are unhappy about a report card, what should you do? When you look at your child's report card and performance record, the most important things to evaluate are these: Is your child doing his or her best? Is he or she achieving his or her highest potential?

According to Dr. Raymond Huntington, founder and president of **Huntington Learning Centers**, "Parents know their own children. If you believe your child could be doing better than his or her grades show, you owe it to your child to remedy the situation."

"More than current grades are at stake," Huntington continues, "If grades are mediocre or poor, it means your child is not gaining valuable skills. This can come back to haunt your child later. The skills children learn in school are like building blocks. If a skill is not learned adequately, future skills will suffer. When a child tries to build advanced skills on a shaky foundation of knowledge, there is likely to be trouble ahead."

Mediocre or poor grades can result from a variety of problems. Dr. Huntington offers the following suggestions for what to do when a child brings home a

poor report card:

1. *Examine the situation realistically.* It's important to remember that every drop in grades indicates that valuable skills are being missed. An effort should be made to learn and reinforce those missing skills. While this is being done, it's also important to identify and remedy the basic problem, so it does not continue to hurt your child's education.

2. *What is really the problem?* Is there a behavior problem? Sometimes, bright students get bad grades for behavior related activities. Does your child hand in homework? Is it correct and on time? Is your child bored with schoolwork, and so is not paying enough attention? These are not excuses; they are symptoms of different problems. You must identify the problem before you can remedy it.

3. *Talk with your child.* Why does your child think he or she got poor grades? Does he or she take the situation seriously? How does he or she plan to do better? It is important that your child knows you take the situation seriously. Work with your child to develop a plan that will help him to achieve better grades. Let your child know that you are supportive and that you believe in his or her abilities.

4. *Talk with your child's teacher or counselor.* Your child's teacher or counselor is a professional educator. What are his or her observations? What does he or she recommend?

It is important to remember that the difficulty that caused these poor grades may

## Keep Your Heart Healthy— What Women Need to Know

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

Each year, more women die from cardiovascular disease, including stroke, than men. In fact, it kills more women than any other disease in America. That's the bad news. The good news is that heart disease is preventable. In fact, comprehensive lifestyle changes, without drugs or surgery, can actually reverse the process of heart disease. According to Dr. Dean Ornish, author of *Dean Ornish's Program for Reversing Heart Disease*, you can prevent heart disease 90% of the time and reverse it 80% of the time.

A study in the *British Medical Journal* showed that even though American women feared breast cancer more than any other illness, in fact older American women succumb to heart disease eight times more often than they die of breast cancer. In post-menopausal women over age 55, estrogen deficiency is commonly believed to be a significant cause of heart disease. However, many other characteristics also create the risk of heart disease such as stress, diet, high blood cholesterol levels and life-style (smoking, alcohol consumption, etc.) Though hormone replacement therapy can reduce heart attack risk, synthetic hormones have their own risks, including cancer.

The safest and most effective way to prevent and reverse heart disease is to practice healthy habits. Here are some steps you can take towards combating heart disease.

- Follow a healthy diet and reduce your intake of cholesterol and fat. Our bodies manufacture a cholesterol from dietary fat. Saturated fat increases clotting, raises LDL ("bad" cholesterol) and lowers HDL ("good" cholesterol). Saturated fats are found in animal foods, coconuts, cocoa,

margarine and palm and coconut oils. Cholesterol only occurs in the animal kingdom; if you're a strict vegetarian, you won't ingest any. By replacing animal protein with soy protein, you can significantly decrease your total cholesterol.

- Stop smoking. Cigarette smoking injures the arterial lining, constricts coronary arteries, lowers HDL cholesterol and increases the formation of blood clots. Alkalizing foods such as spinach, beets, greens, figs, raisins and almonds can help you gradually wean yourself from smoking by keeping nicotine circulating in your blood longer.

- Manage stress. Stress leads to high blood pressure which significantly increases your risk of heart attack. Although stress is an unavoidable part of life, the ideal response is to respond to difficult situations quickly and then relax. Try to laugh more. Join a yoga class or simply take a long walk.

- In addition to a healthy diet, the following supplements have been shown to be effective in maintaining a healthy cardiovascular system: Folic Acid, Vitamins B6 and B12, Carotene, Vitamin C, Vitamin E, Chromium and Coenzyme Q10. Also Garlic, Onion, Ginger, Cayenne and Hawthorn have long been associated with cardiovascular benefits.

Remember, it's never too late to care for your heart, even if you already have arteriosclerosis or have suffered a heart attack. By taking the time to practice healthier habits, you'll be paving the way for a healthier heart.

For more information or a personal consultation, call 438-9200 or visit **All Ways Healthy** at 123 S. Rand Rd., Lake Zurich.

## Local Host Families Needed for Exchange Students

World Heritage, a nonprofit public benefit organization, is seeking local host families for high school boys and girls from Spain, Mexico, France, Germany, Thailand, Brazil, Japan and the NIS (Newly Independent States of the former Soviet Union) coming to this area for the upcoming school year. These personable and academically-select exchange students speak English, are bright, curious and eager to learn about this country through living as part of a family and attending high school. This is a wonderful opportunity to share in the fostering of intercultural friendships.

The exchange students arrive from their home country shortly before school begins and return at the end of the school year. Each World Heritage student is fully insured, brings his or her own personal spending money and expects to bear his or her share of household responsibilities

as well as being included in normal family activities and lifestyles. At the same time, the student will be teaching their newly adopted host family about their own culture and language. The students are well screened and qualified by World Heritage. Families may select the youngster of their choice from student applications, photo collages and biographical essays. Once paired, students and families are encouraged to begin corresponding prior to the student's arrival.

Those persons interested in obtaining more information about becoming a host family for a semester or an academic year or anyone interested in becoming an exchange student should contact World Heritage's local representative Dorothy Rosario at 847-546-0592, call 1-800-785-9040 or check out our website at [www.world-heritage.org](http://www.world-heritage.org).



be a serious problem. Your child may have missed one or more important basic skills. It is vital that you get help for your child as soon as possible, before the problem gets worse.

Parents who want additional information or who wish to discuss a specific problem are encouraged to contact the **Huntington Learning Center** in Barrington at 847-382-3655.



## Love is in the Air

This Valentine's Day, don't spend countless hours trying to find the perfect card to show your feelings or the sweetest chocolates to show your love. Instead, present a gift that will remind your loved one just how important he or she is to you every day. **Maura's Frame Shop & Art Gallery** of Lake Zurich proudly presents five beautiful and clever prints that will be individually personalized with names or initials. The prints are priced from \$35 to \$55. The framing is offered at a **15% discount** for Valentine's Day.

Relive those early days when love was new with Charles Wysocki's *Lover's Waltz*. Concentrating more on each other than the ice below, a couple skates close together in the crisp winter air. Rekindle the fire with Steve Hanks' embracing couple in *The Kiss*. Or carve your initials in birch bark in one of two bird prints. Your Valentine will never forget this special day with a personalized art print. Some are suitable for wedding and anniversary gifts also. **Maura's Frame Shop & Art Gallery**, 91 S. Rand Rd., Lake Zurich, can be reached at **847-438-6878**.



*The Kiss*  
by Steve Hanks



## Romantic Personalized Prints for Valentine's Day

(have *your* initials added to the tree!)

"Love Birds"  
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We are not just another antique store. Come visit us at **Antique Gallery**, 108 N. Benton, on the Square in Woodstock, **815-337-1490**. Discover why we're referred to as the "quality antique store". You'll realize the difference as soon as you walk through the door.

We know the holidays were not that long ago and shopping is not something you're ready to do again. Well we, literally, shop 'til we drop. We have inventory arriving, and we need room. You will not want to miss our February Storewide Sale—**save 10 to 35%**. We have a great number of furniture pieces on sale from **15 to 30% off** regular prices. We are offering all vintage and estate jewelry pieces (there are over 500 to choose from) at a **20% discount**, so take advantage of these prices. Sale is effective February 1 through 28. We do offer a Layaway Program, so get the best prices now.

Buying a gift for a friend and can't decide? We offer Gift Certificates to make your gift giving easy. Choose from vintage textiles, vintage and estate jewelry vanity items, fine porcelain china, silver and glass. Shop for fine furnishings for your home. We carry the finest imported European, Asian and American antiques. We always maintain the finest assortment of art including paintings and sculptures.

You will find shabby chic to exquisite oil paintings and lithographs. Lighting is always brightening the **Antique Gallery**, and we keep a constant assortment of decorative items for all rooms in your home and always include something for the gentlemen and the lady.

We acquire a limited number of current production pieces and accept the finest quality for consignment. Our professional staff will guide you as you shop for the quality antique. The assortment changes weekly. So whatever your preference, visit often.

Visit on Saturday and meet our resident Japanese Collector who specializes in Japanese Ancestral and WWII Samurai Swords and artifacts. We are expanding our Military Collections to include European and Civil War items as well.

At **Antique Gallery**, we provide appraisals and estate liquidation. We sell, we buy and we're always looking for consignments of the finest quality antiques and current production items. Please phone us for information and details at **815-337-1490** or **815-243-2547**. Ask for Stephanie.

Enjoy your visit to **Antique Gallery** and take the afternoon to enjoy The Historic Woodstock Square. Bring your friends and enjoy the day. We at **Antique Gallery** look forward to meeting you.

## 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**.

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## BARNO Offers Scholarships

The Barrington Area Nurses Organization is again offering scholarships to assist individuals who have been accepted and seated into an accredited school of nursing, students presently enrolled full time in a nursing program or any registered nurse pursuing a Bachelor Degree in Nursing, a Masters in Nursing or an Advanced Practice Nursing Degree. Applications will be accepted from students residing within the Good Shepherd Hospital Service Area. This includes the following zip codes: 60010, 60012, 60013,

60014, 60021, 60042, 60047, 60050, 60060, 60067, 60073, 60074, 60098, 60102, 60110, 60118 and 60156.

The deadline for receipt of applications is March 31, 2001. Money from these scholarships will be applied toward payment of tuition for the 2000-2001 school year. Further information may be obtained by contacting: Josette Carpenter, 847-639-7343; Susan Julian, 847-382-9284; Sharon Lundstrom, 847-382-5653; Judy Ritter, 847-382-5345; or Jan Durell, 847-304-4776.

Barrington LIFESTYLES February 2001 **33**



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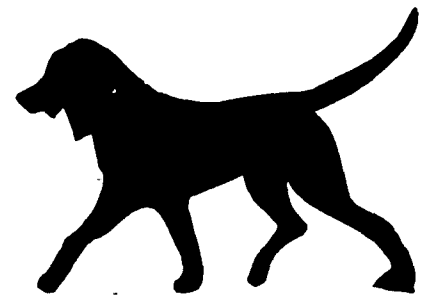
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Here at **Oakview Kennel and Cattery** we pride ourselves by doing a good job for a fair price. Call us here at the Kennel and check our rates. We do bathing daily and our professional groomer is here most weekdays and Saturdays.

Our "Cozy Cottages" are definitely a hit! This is a special room for our small dogs, puppies or cats that are elderly, have special needs or just need very pampered care. Pets are hand-walked and played with three to four times daily and given lots of T.L.C. Cottages are all indoors (for better climate control) and are fully carpeted. Bring your own bed, toys, chews, etc., if you like. Call for rates.

Spring Break will be here soon, so



make your reservations early here at **Oakview**. We are Veterinarian-recommended and we provide a clean and bright atmosphere for your pet. Trust your pet with us at **Oakview Kennel**. Call **526-1388** for your reservation.

## FAMILY FAPE

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Presented by the Schaumburg Dance Ensemble

Saturday, March 3 & Sunday, March 4 -- 2 p.m.

Mozart's "Magic Flute" is adapted into a colorful dance production, complete with live music and young vocalists. The fairy-tale of a young bird catcher who falls in love with a beautiful queen's attendant is a winsome fantasy piece, inspiring eclectic choreography combining elements of classical ballet with touches of jazz and contemporary dance. A visual and musical treat.

Tickets: \$16 (\$10 students and seniors)

## Storytelling at the Prairie Center

presented by Motorola

Saturday, March 10

A celebration of our language, our history and ourselves, the Prairie Center's third annual Storytelling Festival features five nationally renowned tellers: Bill Harley, Beth Horner, Jon Spellman, Janice Harrington and Susan O'Halloran. These talented artists unleash the power of words and expressions in sharing with us their life-affirming experiences. The day-long festival will feature a special Family Story Sampler at 12 Noon, geared for younger audiences. Tickets: \$7.00



Bill Harley

FOR TICKETS, CALL  
(847) 895-3600

## Prairie Center for the Arts

201 Schaumburg Ct. Schaumburg, IL

Presented by the Village of Schaumburg.

Sponsored in part by a grant from the Illinois Arts Council, a state agency.

## Schaumburg Prairie Center Offers Two Family Programs

Stories told through dance and words sum up two programs offered for families at the **Schaumburg Prairie Center for the Arts**, located at 201 Schaumburg Ct., Schaumburg, IL.

First, *Papageno*, a choral adaptation of Mozart's *The Magic Flute* is set to dance by the Schaumburg Dance Ensemble at 2 PM, Saturday, March 3, and Sunday, March 4. The fairytale of a young bird catcher who falls in love with a beautiful queen's attendant is a winsome fantasy piece, inspiring eclectic choreography that combines elements of classical ballet with touches of jazz and contemporary dance. The colorful full-scale production, accompanied by live music and vocalists, features a cast of professional dancers and area students. Tickets cost \$16 (or \$10 for students and seniors 62 and over). *Papageno* is sponsored by First Penn-Pacific Life Insurance Company.

Then, Motorola presents the **Prairie**

Center's third annual "Storytelling at the Prairie Center" on Saturday, March 10. This celebration of one of the world's oldest art forms will feature five nationally renowned tellers: Bill Harley, Beth Horner, Jon Spellman, Janice Harrington and Susan O'Halloran. These talented artists unleash the power of words and expressions in sharing with audiences their life-affirming experiences. The day-long event will offer a variety of stories, from a Family Storytelling Sampler at noon to Storytelling for Adults at 8 PM. Tickets range from \$7 for the Family Sampler to \$22 for a full-day pass.

For tickets or more information, contact the Prairie Center box office at **847-895-3600** on weekdays from 8 AM to 6 PM.

Programs at the **Prairie Center for the Arts** are presented by the Village of Schaumburg and partially sponsored by the Illinois Arts Council, a state agency.



## Chicago Crime Commission Honors Bill Kurtis



At their October 26th Awards Dinner, the Chicago Crime Commission recognized television personality Bill Kurtis with a Special Media Award for his many contributions in the area of criminal justice. Mr. Kurtis also acted as Master of Ceremonies

for the event and is shown here with George and Peggy Curran of Barrington; their daughter, CCC Director of Development and Programs Katherine Kirby (center) of West Dundee; and CCC Vice Chair Douglas Kramer of Winnetka.

## Allstate Benefits Barrington United Way

Chairman of Allstate's Giving Campaign and Vice President of Allstate, James M. Plotts, spread holiday joy by sharing Allstate's record campaign in the year 2000.

One of the outcomes was a generous donation of \$19,956.88 from an event sponsored at Allstate's Northbrook headquarters.

"Allstate believes in building a stronger community and keeping dollars in our hometown to help fund local health and social services," said Plotts. "We are all, in some way, touched by the programs that

serve our community and the agencies that provide those programs. We wanted to direct these funds specifically to Barrington in support of our employees who live in that community."

"This generous donation will help more than 20 local agencies that Barrington Area United Way supports," said Jo Ann Endorf, Executive Director.

For questions or volunteer opportunities, please contact the Barrington Area United Way office at 847-382-8778 or stop in to visit at the Harris Bank, 325 Hough St., Barrington.







# LIFESTYLES

## Homes & Interior Designs

### SECTION

### Small Space—Big Ideas!

Jeani Allaway, ASID, licensed interior designer and owner of **JMA Interiors**, prides herself in the fact that she generates big ideas out of her small (330-square-foot) studio in downtown Barrington. "Working with what you have and adding to it" is her motto.

She goes on to say, "Interpreting the needs of my clients is the single most important part of a good relationship between client and designer."

Whether the project is a single room or an entire home, Jeani determines how her clients live in their spaces. Her clients are involved in every aspect of the project and

this reflects in a beautiful end result. If you are looking for an interior designer with experience and concern for your needs and ideas, stop by the studio to meet with Jeani personally.

Take advantage of our sale as we celebrate our first year anniversary at our new location. We have beautiful handmade Aubusson tapestries, unusual one-of-a-kind painted pieces and many interesting accessories. Jeani also provides consultations by the hour. To arrange an appointment or browse our studio, please stop by. We're located at 121 South Cook St., Barrington, Illinois, 60010. **847-382-7309**.

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



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### Peter Rabbit Visits Barnes & Noble

Barnes & Noble welcomes the adorable storytime character Peter Rabbit on Saturday, February 10, and Sunday, February 11, at 2 PM. Please come join us in the children's department as we share the classic story of *Peter Rabbit*. After story-

time, children will have the chance to meet Peter Rabbit

Barnes & Noble is located at 5380 Northwest Highway in Crystal Lake. For further information, call the store at 815-444-0824.

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## REMODELING 2001...STORY #2

A brand new house with a big kitchen is a dream that most of us share. For Palatine's Joseph and Laura Quinn and their two teenaged children it was a dream soon to come true. But turning the dream into reality can be somewhat daunting. Most architects don't do the final detailing and specifying of the kitchen. Instead they do a general layout including the generic things that their clients request (for the Quinns that meant an island, a big built-in refrigerator and built-in ovens) and suggest that the clients find a kitchen planner that they feel comfortable with to do the final technical planning. Because the actual room on the architect's blueprint was difficult for them to visualize and they knew this was a once-in-a-lifetime opportunity, the Quinn's wanted to get it right. They approached **Barrington Kitchen & Bath Studio's** Ross Gerami with their architect's basic plan and together designed a kitchen that not only met all their basic requirements but gave them all of the charm and coziness they desired to make their family feel at home in the big new space.

Ross used his expertise with the 20/20 CAD system to lay out the kitchen and actually allow the Quinns to 3-dimensionally put themselves into various sections of the space. Ross says, "It is important to me that my client's totally visualize what the finished kitchen will look like. Most people cannot really picture what the space is like from the floor plans and elevations. I love to see the excitement that the 3-dimensional drawings create. Once they see that, the ideas really start to flow and we work together to fine tune the layout."

The Quinns chose Crystal Cabinets with an applied molding door style. Maple wood with a light stain provided warmth while still

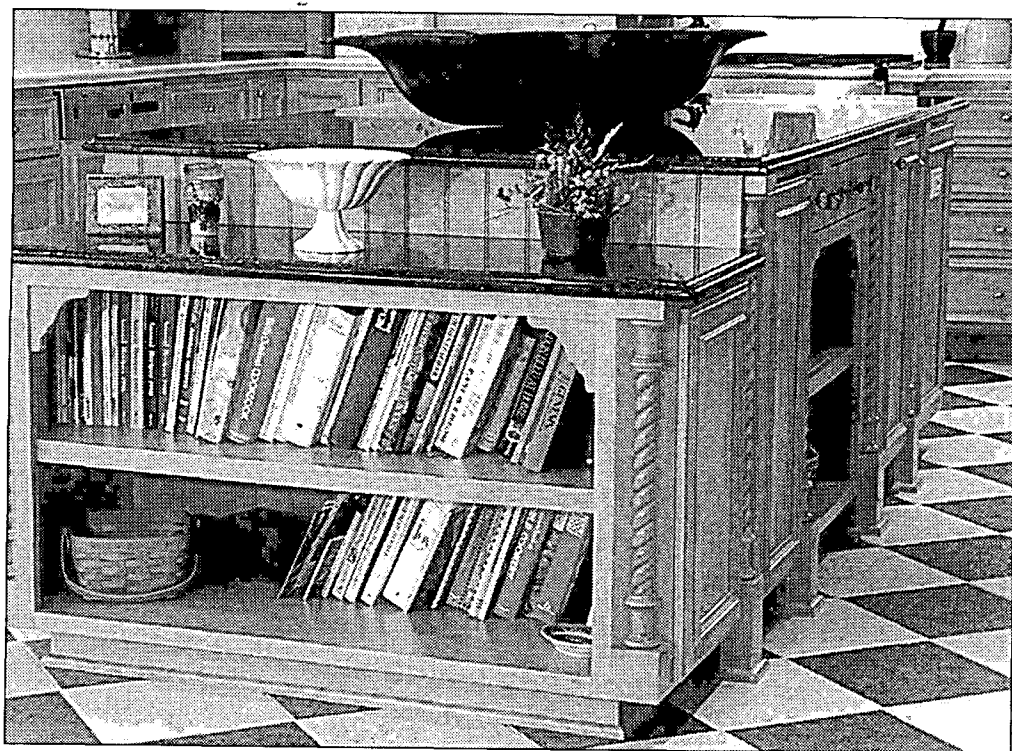


The Quinn's new house gave them a once-in-a-lifetime chance to have the kitchen of their dreams.

keeping the kitchen light. To provide the Country French influence the Quinns wanted, Ross used Crystal's touras assemblies—special rope moldings that are integrated into the base and wall cabinets to accent special areas. Laura Quinn requested lots of space for displaying cookbooks and the special pieces she has collected over the years. Ross incorporated several special open cabinets and kept the top of the cabinets about a foot from the ceiling to provide maximum display area. An impressive 3-piece crown molding tops the upper cabinets. Crystal's special beadgroove paneling was used on exposed cabinet sides. This paneling with its wider spacing has a more European feeling than the usual beadboard paneling seen so often today. The refrigerator and dishwasher were given wood fronts to match the cabinets, totally integrating them into the kitchen. The cooktop is set off by a beautifully detailed maple hood. A combination of Corian and granite was used for the countertops. The striking checkerboard floor is ceramic tile.

The Quinns contracted with **Barrington Kitchen & Bath's** sister company, **Delta Renovations**, to do the cabinet installation. Delta's reputation of fine craftsmanship allowed the Quinns total peace of mind because all of the many details involved in the kitchen could be handled by one source.

Every kitchen, whether it's new construction or a remodeling, has unique challenges. Each of the designers at **Barrington Kitchen & Bath Studio** has had many years experience in providing special places 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 to Idlewood Electric) or call us at **847-381-3084** to discuss your project.



This two-level island gave Laura Quinn plenty of space to display her cookbooks. Note the unique touras assemblies with rope detail.

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## The Psychology of Color

Color is a powerful tool. Everyone has his or her "power color"—that one color that brings out the best. Some people won't wear red to a job interview because of its strong or passionate impact. How can something as simple as the color you wear make such a strong statement about you?

We may never know the answer to that question because it's a factor of human emotion—a subject that has been under scrutiny since the dawn of time. However, we do know that certain colors have definite positive and negative impacts, and we should use them to our benefit in not only our clothing but in our interior decorating as well.

Think of the colors in your home as a complement to your own coloring and personality. The latest, trendy colors are great. But unless you really love them, beware; you will be living with them long after their fashionable day is done.

The following color analysis is a fun way to look at color. Here is just a sampling of basic colors to give you an idea of color impact:

**Blue** seems to have a calming effect, symbolizing still waters and clear skies. Interestingly, those who like blue tend to display good judgment and strong execu-

tive ability.

**Green** expresses constant self-awareness and environmental consciousness. If you love green, you may be someone who is persistent in the face of opposition.

**Red** is results-oriented, a vital force. This color represents excitement and charisma, and it speeds up the pulse!

**Yellow** manifests spontaneity. Fans of this sunny shade like action and have a positive outlook on life.

**Violet** tends to appeal to people who place high value on intuitive and sensitive understanding. Those who enjoy violet are usually artistic and sometimes mystical.

Isn't it interesting how color makes such a statement without saying a word? It's almost mysterious how it works and yet so much fun! Before choosing your favorite color or charging ahead with an expensive room makeover, share your preferences with the family and with an interior decorating professional. Your outcome should be a pleasing combination of colors that you and your family can live with for many years to come. Call **Decorating Den** at 847-934-9215 to make your home come alive with just the right colors for you.

## 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.

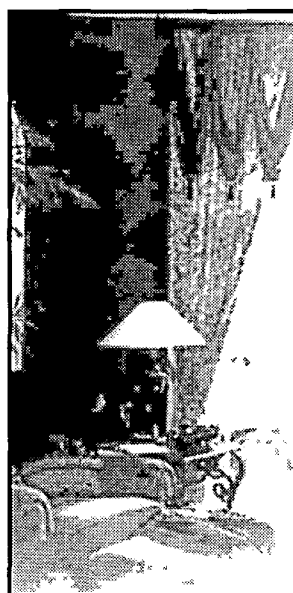
**Callalily Fine Home Accessories** is located at 10 S. Dryden in Arlington Hts. in the Arlington Market. From Rte. 14, approximately ½ mile east of Arlington Heights Rd., turn north on Dryden St. and go one block. Call 847-255-2500.

## Green Thumbs Garden Club

Though there is still snow on the ground, it is time to be thinking about renewing or upgrading the landscaping in the garden. The Green Thumbs Garden Club has invited Sharon Yiesla, an accredited horticulturist who has worked for the University of Illinois Extension Service for the past seven years, to its next meeting to give its members tips on creating special landscapes. Included in her slide presentation will be examples of where and

how to properly position large trees and shrubs in the landscape to create the most pleasing effect. She will also discuss and show examples of how to effectively use flowers among the larger elements of the landscape.

Guests interested in membership are welcome to attend the meeting on Monday, February 19, at 12:30 PM at the Barrington Area Library, 505 NW Hwy., Barrington. For information, call 847-381-5358.



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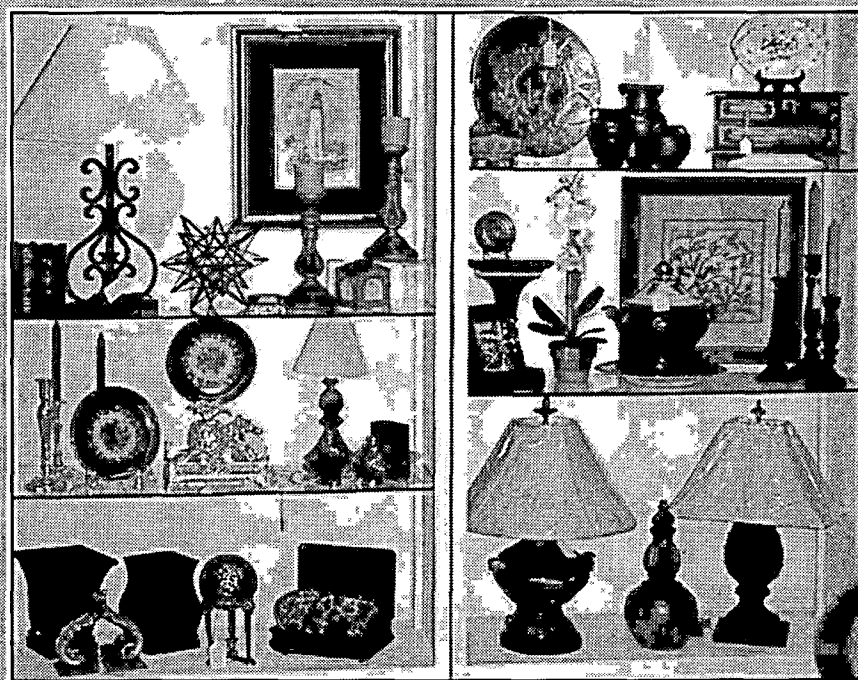
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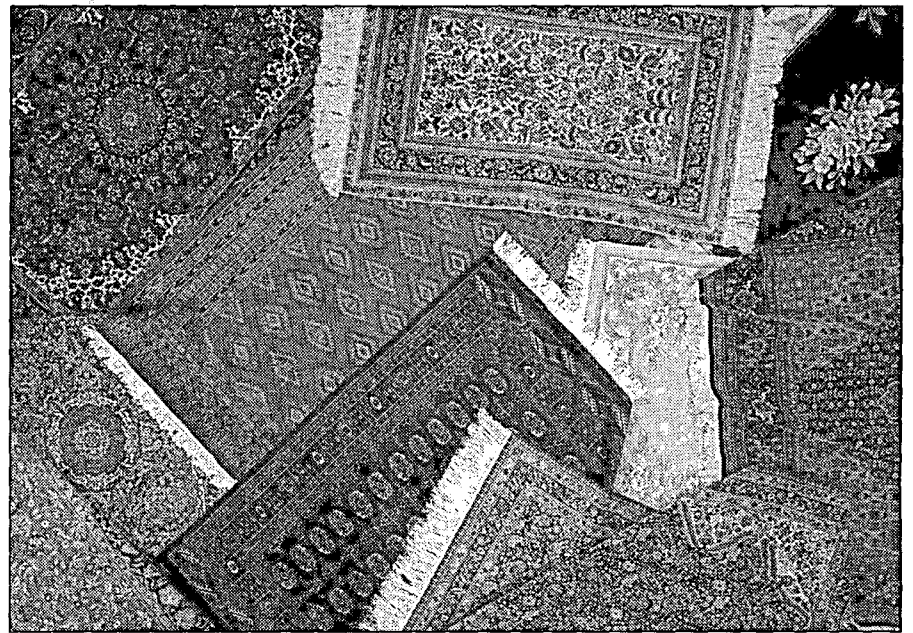
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which include Tabriz, Heriz, Serapi, Isfahan, Nain, Kashan, Sarouk, Mashad, Qum and many more. **Rugport** is a family-oriented business which prides itself on being professionals in the art of handmade rugs.

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.

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## Welcome Wagon Holiday Luncheon



Carolyn Walton (left) and Annette Fitzgibbons with some of the items in the Welcome Wagon Club of Barrington's Silent Auction at the Annual Holiday Luncheon which was held at the Inverness Country Club on November 28, 2000.

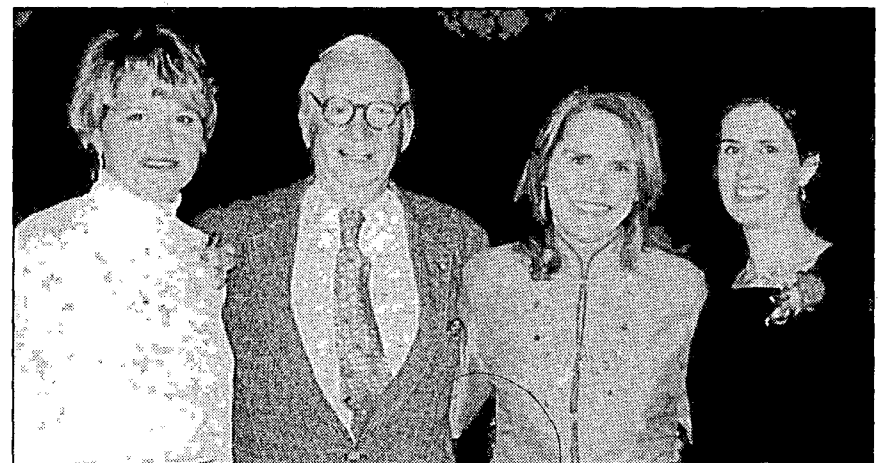
## Poems and Pints

The Barrington Area Arts Council invites you to attend Poems and Pints, an evening of poetry, prose and music, at the BAAC Gallery, 207 Park Ave. in Barrington on Saturday, February 10, at 7:30 PM. Enjoy exciting readers, writers and musicians while they perform in a cozy Welsh Pub atmosphere where pints of brew flow

and music and readings fill the air.

Doors open at 7:00 PM. Tickets are \$12 for BAAC members, \$14 for nonmembers or \$10 for seniors. Unlimited refreshments are included in the price of admission. Due to limited seating, reservations are suggested by calling 847-382-5626.

## BJWC Luncheon with Alexandra Stoddard



Attending the luncheon were: Alexandra Stoddard (center) with her husband, Peter Brown, and BJWC luncheon co-chairman Beth Harris (left) and Stephanie Skopek.

On Saturday, November 18, Barrington Junior Women's Club hosted a spectacular luncheon featuring speaker Alexandra Stoddard at the Hyatt Woodfield in Schaumburg. This day of fun had something for everyone: award-winning interior designer Alexandra Stoddard, craft show and live auction.

All proceeds from the luncheon, as well as all BJWC fundraisers, are going to local nonprofit organizations such as Safety Town, Barrington High School scholarships, Barrington Area Arts Council, the WINGS Program, Good Shepherd Hospital and many other deserving charities. For more information, call 847-622-3838.





## How About a New Bath for Your Valentine?



Bill Schafer—President

Now that the holiday rush is over and Valentine's Day is upon us, wouldn't it be nice to give your sweetheart something she has been dreaming about? Who wouldn't love the gift of being able to relax in a new whirlpool tub? So, light the scented candles, pop a CD in, chill the wine, put the flowers in a vase, fill the tub, turn on the jets and give a Valentine's Day gift that will be remembered long after the chocolate candy and flowers are gone.

As you start to look around your bathroom, you notice that the powder blue toilet and tub really do need updating, the vanity and medicine cabinet are starting to show wear and tear, not to mention that the wallpaper on the walls is something that any 70's buff could appreciate. Why not replace that worn vinyl flooring in your bathroom with new ceramic tile



Joe Schafer—Vice President

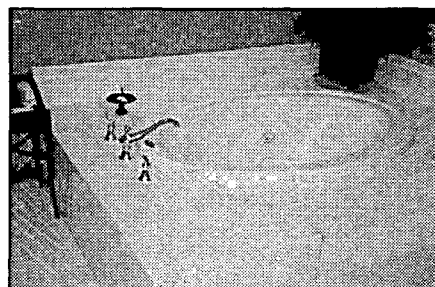
in just about any size and color your heart desires? Can't you just imagine all the possibilities?

A few changes can transform an ordinary bathroom into a beautiful space you can be proud of. It can be as simple as adding a new vanity, counter top and faucet. Or, you may need to completely remodel the bathroom and include that whirlpool tub you've always dreamed of! You can be confident that even a minor bath remodeling can add value to your home. Also, you can rest assured that with **Schafer Builders, Inc.**, all of our work is 100% guaranteed.

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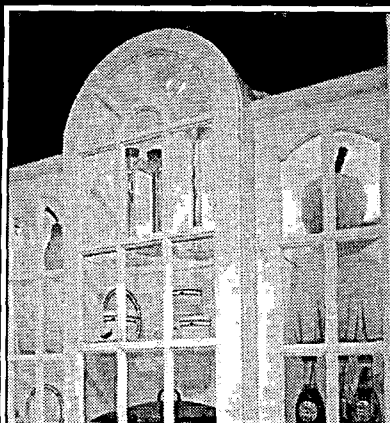
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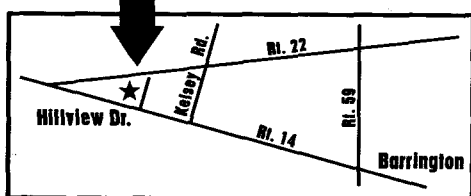
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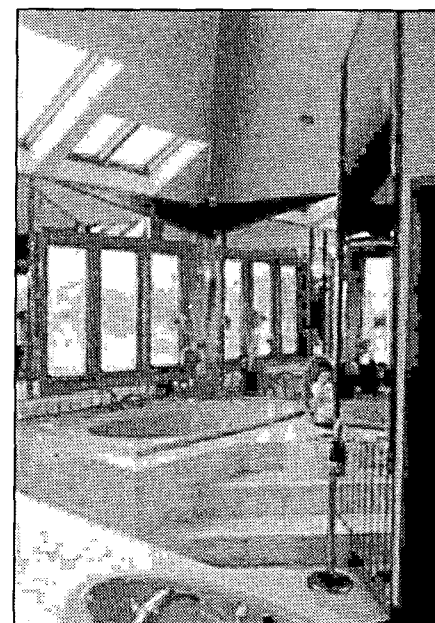
Some of us look out our windows to see the parklike settings of lovely landscape greens. Others enjoy looking upon the rippling blue waters of a lake or pond. And still others are treated to the sights of a well manicured golf course.

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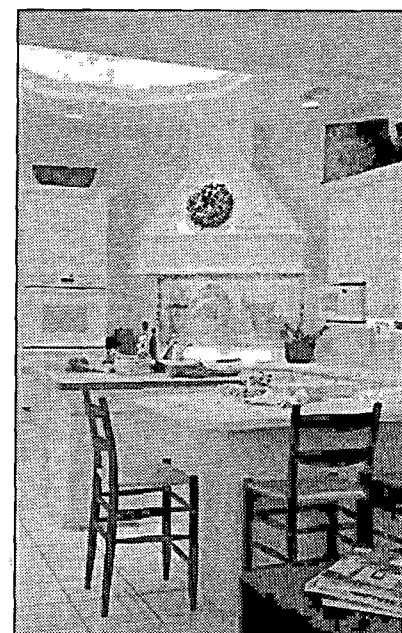
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**Lamico Designers** uses specialized computer software so that you can see your dream kitchen and how great it will look before it is even installed in your home. All estimates are at no charge to our customers. Come in and see what your dream kitchen can look like. We're also on the internet—[www.lamico.com](http://www.lamico.com). Come join us!



## BJWC Designer Showcase House 2002

"One Dream Home Building Another" is the focus of The Barrington Junior Women's Club's Designer Showcase House 2002. BJWC is proud to be partnering with Habitat For Humanity. A portion of the proceeds from this Showcase House will help build a Habitat For Humanity Home in Barrington School District 220.

"One Dream Home Building Another" marks the third endeavor into Showcase Houses for BJWC. "We are extremely excited to be working with Habitat For Humanity. This takes us to a new level," says BJWC President Sue Randall.

BJWC's previous Designer Showcase House "Una Bella Vista" premiered in the spring of 2000 and was featured in *Chicago Magazine*. Interior Designers Marsha Jones of Marsha Jones Interior Design, Cathy Michiels of Decorating Connections, Hollie Free of Hollie Free Ltd. and 20 other top designers in the Chicago area

participated in transforming a new 9,200-square-foot villa into a warm and beautiful Tuscan style showplace. Over 3,000 people toured this magnificent home during the three weeks it was open to the public.

BJWC is currently previewing homes for the spring 2002 Showcase House. We are seeking a home in need of remodeling, redecorating or new construction in the Barrington area. This project affords many benefits to the homeowner, including product discounts and professional interior design by industry leaders. Also, builders and architects are encouraged to contact us with appropriate projects. Previous exposure was national.

If you would like more information or would like to have your house or project considered, please contact Angie Wallin at 847-622-3838.

## 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 this 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 complete your plans, collect construction bids, and pull permits 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. Please feel free to contact John C. Cazzetta at **Kemper Cazzetta Architects**, to arrange an appointment and to preview our extensive residential portfolio.

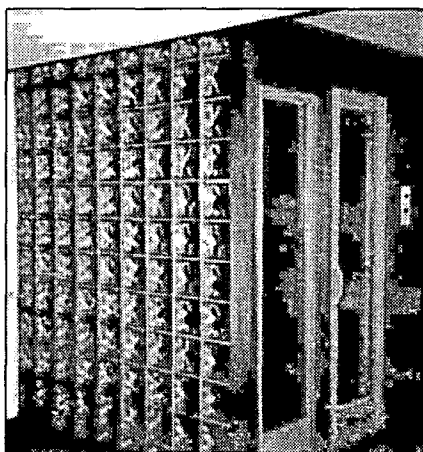
## The Many Benefits of Sauna

"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.

## 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.

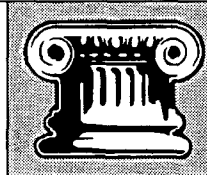
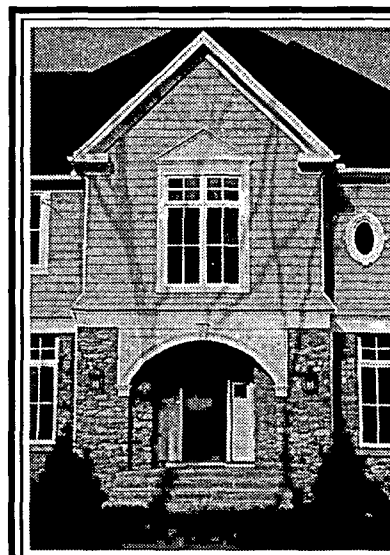
## Open House Planned as Bob Lee Send-Off

Only days remain before Barrington cyclist Bob Lee heads west to California to begin his solo bicycle journey across country to St. Augustine, FL. His mission is to raise a minimum of \$32,000 (a penny for each mile) for ALS (Lou Gehrig's Disease) research and for the National Hospice Foundation's Public Engagement Campaign to raise awareness regarding quality end-of-life care.

For the past three months, Lee has been training for "A Ride With A Reason" at Good Shepherd Hospital's new Health & Fitness Center in Barrington, thanks to the generosity of the staff there. To further encourage support from the community, they have planned an open house from 6 to 8 PM, Monday, February 5, at the Bar-

ington Road center just south of the village. Bob will be on hand with his touring bike from the Cannondale Bike Company, loaded as it will be with necessities for two months on the road. He will also describe his upcoming ride and its reason for being.

As the countdown continues toward departure, Lee is within sight dollar-wise of his minimum goal. In addition to the friends and family members who support his endeavor, the Hunter Douglas window covering business is offering to match funds up to \$5,000 raised through the Health & Fitness Center between mid-January and the open house on February 5. Forms are available there for pledging per mile support or making a lump sum



**KEMPER CAZZETTA**

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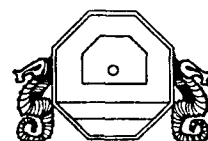
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donation.

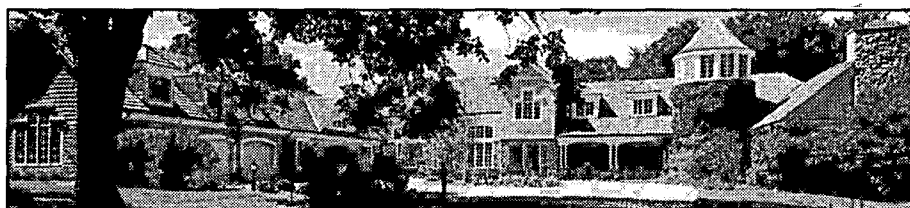
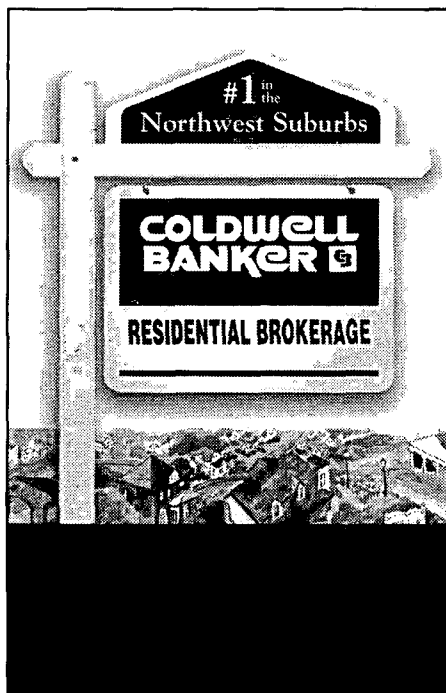
Other sponsors to date include United Airlines, Cannondale Bike Company, Harris Bank Barrington and Barrington Area Development Council, under whose umbrella "A Ride With A Reason" is organized. Palm Inc. is contributing a Palm VII so Bob can stay in touch through the internet. Kinko's has been generous with promotional fundraising materials. Thanks to Dr. Mark Rosenberg of Pediatric Specialists for first aid supplies and Motorola Corp. for its Timeport cell phone to keep Bob connected to family and friends.

Pentax will help him document the journey digitally and share it with others via his website, and Rand McNally will keep him on track with a GPS and mapping technology. Quality outdoor apparel from Marmot will be his daily wardrobe.

It's not too late to get behind Bob Lee and help him take his Power of One to the Power of Many helping others. Pick up a donation form at Good Shepherd's Health & Fitness Center, or log on to [www.aridewithareason.org](http://www.aridewithareason.org). It takes many spokespersons to make meaningful tracks down each road.



# 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**



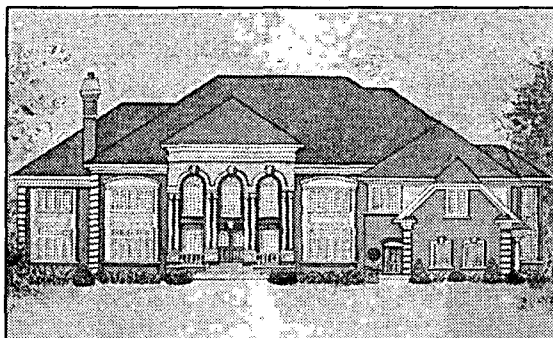
**Barrington Hills \$1,975,000**  
 Outstanding 4-BR, 4.5-BA home. Kit w/ fire-lit hearth room, dramatic family room, sunroom, fin walkout LL, 4 frplcs & 5-car gar. Lovely gardens, pool & beautiful views.  
**Meg Cleavenger 847/465-2259**



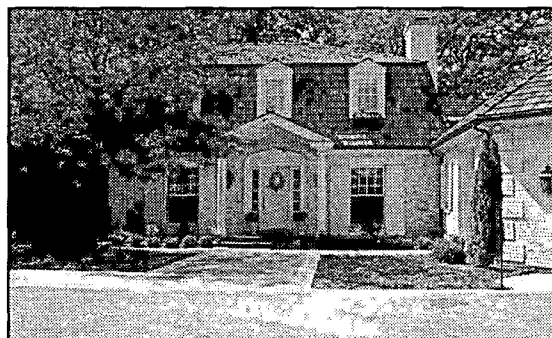
**Barrington \$4,600,000**  
 No expense was spared in creating this outstandingly beautiful waterfront home in Braymore. Offering state-of-the-art operational features, the home reflects the finest architectural design & detail throughout. Volume ceilings, 5 fireplaces, 2 gorgeous kitchens & indoor pool. A remarkable home, on a lovely site, in a wonderful neighborhood.  
**Meg Cleavenger 847/465-2259**



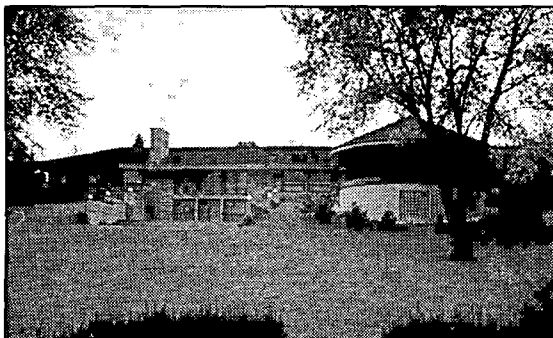
**Barrington Hills \$799,000**  
 Historic 5-BR, 4-BA home on 3 wooded acres offers charm of an 1875 classic updated for today's needs. 3-stall barn, ample turnouts, gardens & outdoor areas.  
**Meg Cleavenger & Greg Bradley 847/465-2259**



**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 bedroom, 6+ bath home w/ 5 fireplaces.  
**Meg Cleavenger & Greg Bradley 847/465-2259**



**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**



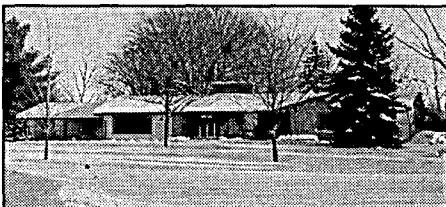
**Barrington Hills \$1,999,000**  
 Stately 5-bedroom, 5.5-bath all-brick French Provincial residence set high on a wooded ridge. Beautiful millwork, mouldings & architectural detail. 5 fireplaces, solid mahogany woodwork. Fire-lit custom cherry kitchen. Master suite w/ sitting room, fireplace & sumptuous bath. Sparkling pool, beautiful gardens, gorgeous setting.  
**Meg Cleavenger 847/465-2259**



**Barrington Hills \$1,439,000**  
 Enter this magnificent estate on 5 acres through private electric gates. Beautiful grounds w/ wooded border. Light & bright, high volume ceilings t/o. Painted woodwork, great floorplan, beautiful kitchen w/ octagonal center island. Master suite w/ sitting room, fireplace, luxury bath w/ steam shower & whirlpool. Fully finished LL w/ exercise room, 2nd family room, more! A 10+!  
**Celeste Lockhart 847/465-2272**



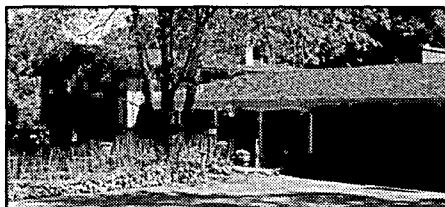
**Barrington Hills \$995,000**  
 Larch Hill Farm. A breathtaking property. This residence has won many awards. Historic background is enthralling. 5 bedrooms, 4 baths, high ceilings, hardwood floors. A truly enchanting Victorian.  
**Celeste Lockhart 847/465-2272**



**Barrington Hills \$624,900**  
 Brick & stone ranch set on private, wooded site. Renovated to perfection, flowing floorplan, quality finishes & construction. Gardens, extensive patio & 3-stall barn.  
**Meg Cleavenger 847/465-2259**



**Barrington Hills \$499,900**  
 3-BR, 3.5-BA cust-built home on 6+ wooded acres. Comfortable flrpln, vault ceil & scrnd porch. Designed for entertaining & relaxation. Also available for rent.  
**Meg Cleavenger 847/465-2259**



**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 garage w/ large workshop, lovely yard.  
**Meg Cleavenger & Barb Wessberg 847/465-2259**



**Wadsworth \$74,900**  
 Perfect 1-acre site to build your dream home! Established neighborhood w/ excellent schools. Premium southern exposure. All tests done. Great opportunity.  
**Celeste Lockhart 847/465-2272**



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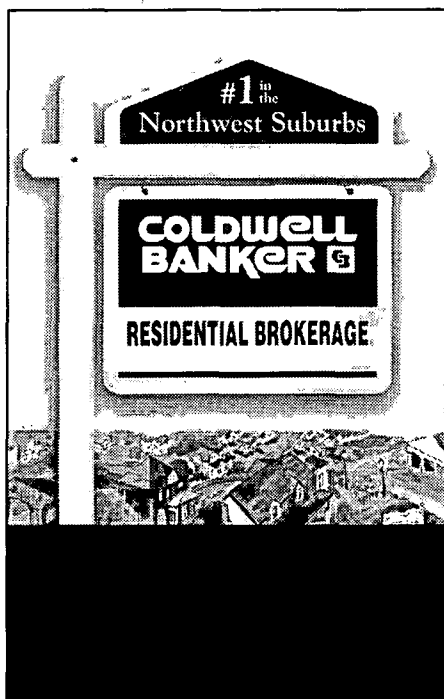


# BARRINGTON AREA OFFICE

**#1 in the Northwest Suburbs**

**COLDWELL BANKER**

**RESIDENTIAL BROKERAGE**




## 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 \$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 \$749,900

Waterfront 3-BR, 3.1-BA home in Wynstone. Newer granite cntpts. Open flrpln. 2-story marble foyer. 1st flr MBR. Deck w/ hot tub overlooking pond. 3-car gar.

**Ron & Jeanine VanDeVelde** 847/465-2282



## Barrington \$699,000

3-BR, 4-full-, 3-half-BA custom home. Exposed brick walls, flr-to-ceiling windows. Kohler environment rm, tennis court, in-ground pool. Separate 3-rm apt. 5 acres.

**John Nemz** 847/465-2289



## 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. Low, low taxes.

**Donna Veller** 847/465-2228



## Lake Barrington \$654,000

4-BR, 3-full-, 2-half-BA traditional-style home wooded w/ great views. 9' ceilings 1st floor. Eat-in kitchen. Luxury MS. Fin walkout LL w/ exercise rm, yard w/ huge deck.

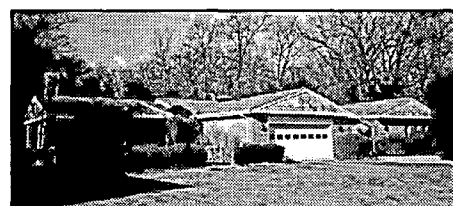
**John Nemz** 847/465-2289



## Barrington \$649,999

Handsome 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 MS, huge family room, 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. Gorgeous sunroom addition w/ vaulted ceiling & skylights.

**Suzanne Luby** 847/465-2211



## 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.

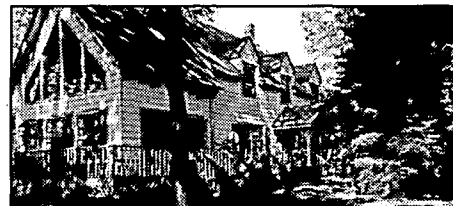
**Suzanne Luby** 847/465-2211



## Barrington \$579,900

Custom new construction. 4-BR, 3.5-BA home. Quality. 2-story foyer. Gourmet kit w/ Corian. Luxury MS. Professionally-Indscpd 1-acre site, adj to forest preserve.

**Donna Veller** 847/465-2228



## 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 \$479,000

Fabulous 4-BR, 2.5-BA Eastwood Colonial. Hrdwd flrs, study on 1st flr & English basement is beautifully finished. Master w/ vol ceilings. End of cul-de-sac w/ pond views.

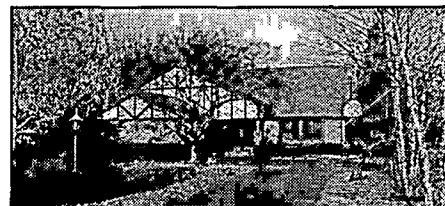
**Sherl Wheeler** 847/465-2290



## 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 choice!

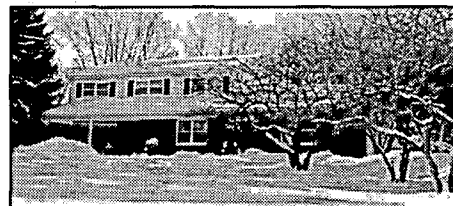
**Donna Veller** 847/465-2228



## Barrington \$445,000

4-BR home in super Barrington location on 1 acre lot! Paver patio w/ spa, 1st flr laundry, open kit & FR w/ frplc! Newer furnace, roof. \$5000 buyers decorating bonus!

**Erin Kosirowski** 847/465-2271



## Barrington \$389,000

4 BR, 2.1 BA home on quiet, picturesque 1/5 acres. River rights & marina. Hrdwd flrs, central vac, spacious cozy kit w/ eat-in area, 1st flr office. Full bsmt, 2-car gar.

**Ron & Jeanine VanDeVelde** 847/465-2282



## 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 garage.

**Sherl Wheeler** 847/465-2290



## North Barrington \$349,000

Upd 3-BR, 3-BA contemp ranch in priv, wooded Biltmore area. Hrdwd, upd kit & BA. Newer skylights, roof, windows, more. Greenhouse, satellite dish, speaker system.

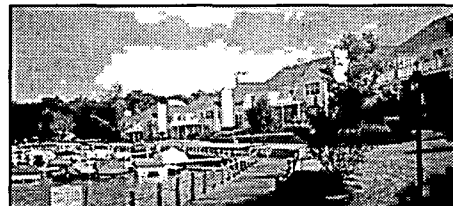
**Holly & Wayne Wyckoff** 847/465-2291



## Algonquin \$249,900

4-BR, 2.5-BA home w/ priv sunroom. Skylights & hrdwd flrs, frplc. 2-story foyer, powder rm. Gourmet island kit. Master w/ lg whirlpool, ultra BA. Cust patio, Indscpng.

**Suzanne Luby** 847/465-2211



## Wauconda \$203,900

Harbor model w/ 2-story LR w/ frplc. 1st flr den, hrdwd flring in foyer, kit & brkfst rm. MBR w/ vault ceil, walk-in clst & lux MBA. Appl stay! Enjoy pool, beach & marina.

**Barbara Wessberg** 847/465-2298



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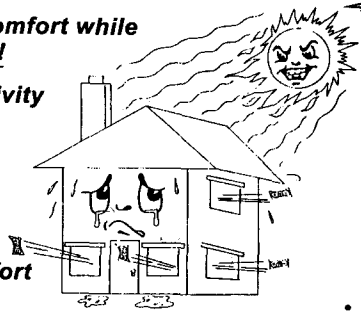
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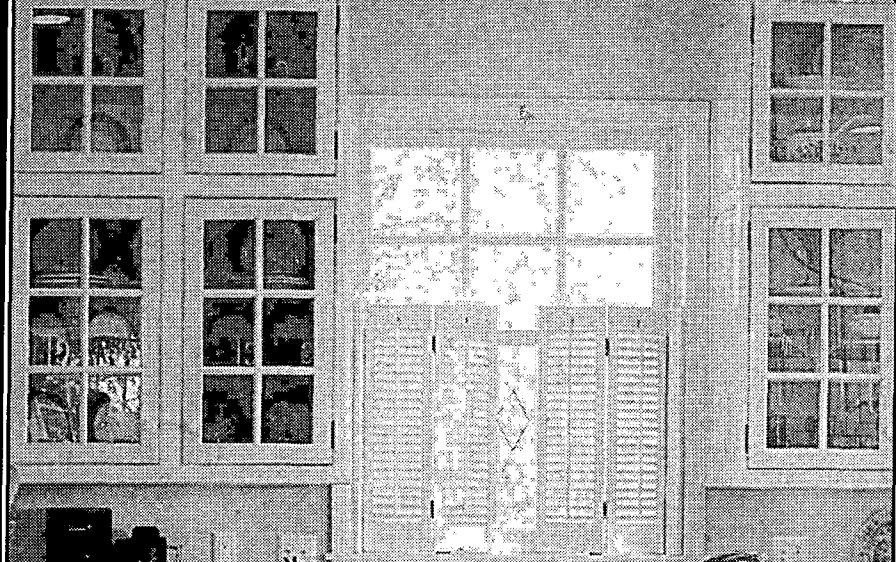
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## Glare-Not Window Tinters Provides Savings Year Round

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**.

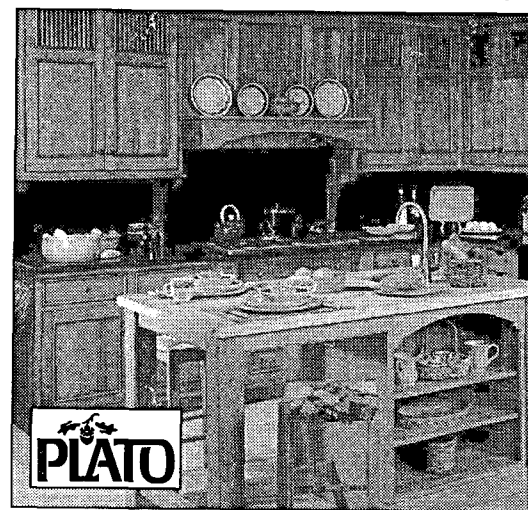
## The Possibilities Are Endless

from Distinctive Kitchen Design

Thanks to groundbreaking design and remarkable advances in 21st century technology, Plato opens up brand new territory for your creative vision, making it possible to create or transform any room of your home into the realm of our dreams. Every detail in Plato cabinetry—from choice of woods, stains and selection of counter tops—is carefully selected and integrated to create a lasting effect of timeless beauty.

For more than 100 years, discriminating customers have made Plato their number-one choice in fine custom cabinetry. Any style, any color, any wood, any size, anywhere—allowing you to create a living environment that reflects everything you want it to be with a signature that is distinctively your own.

Plato kitchens are known for their easy living, with all of the conveniences one could desire and gracious design motifs that will irresistibly draw you home. Whether the room brings treasured memories or initiates daring design innovations, you can be sure it will also provide an environment of solid comfort. Plato



cabinetry doesn't just reflect the atmosphere of a home; it creates it.

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.

## HealthQuests Now Open

(Continued from page 17)

does private session work and teaches all levels of Reiki in her Rolling Meadows location.

Before starting her family, Laura Kreassig was co-owner of McHenry's Past Tense Massage Therapy. She is certified in Swedish Massage Therapy and Reiki and is an independent distributor for Nikken Magnetics, far-infrared technology used to balance earth and solar energy to promote physical well-being. She has truly mastered the healing art of relaxing the body while facilitating its release of toxins. Laura is a member of American Massage Therapy Association and is nationally certified in Therapeutic Massage and Bodywork.

Ann Waring, owner of Yoga Seva, is a well-known local Yoga Teacher who re-

cently completed her training in Thailand in Thai Yoga Therapy. She has a unique capacity to access the current level of flexibility of her students and work from there. Ann expands on the theme of compassionate action as a way to reduce stress and restore balance. She is a Registered Yoga Teacher, Thai Yoga Therapy Practitioner and Reiki Master. In addition to her private practice work at **HealthQuests**, Ann will continue teaching Yoga at various locations in Crystal Lake, Barrington and McHenry.

We all wish to support you in exploring your full potential for health and happiness in a new way. Private sessions and classes are available by appointment only. Please call your independent practitioner directly.

## For Beautiful Skin

(Continued from page 26)

### Microdermabrasion Treatment

• Step One—The skin will be cleansed using a medical cleanser and toner. Once the skin is completely dry, step two will begin.

• Step Two—This step is the most beneficial part of the treatment. During this step, aluminum oxide crystals are circulated through a plastic handpiece and are projected through a small opening in the handpiece, allowing the crystal particles to come in contact with the skin. This is a suction-like motion as the handpiece glides over the area being treated. Once

this process is completed, the crystals are either brushed off or vacuumed.

• Step Three—The final step consists of extractions of any blackheads or whiteheads. Once completed, a soothing moisturizer is applied with a sunblock.

Once the moisturizer has been absorbed, makeup can be applied and the patient can resume normal daily activity.

There is virtually no downtime with either procedure. Monthly treatments are recommended to accomplish desired skin rejuvenation results.



## From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

I started dating Tim when I was 15 years old. His father just opened the Chevrolet dealership in Roselle, where I grew up.

From that day forward, we have spent many hours driving through automobile dealerships. We drive through the Ford dealership in almost every town we visit.

Even now, we still go through them. This time of year, Tim likes to see what kind of a job they have done with snow removal, how well they cleaned off the vehicles, and how properly they are aligned. In summer time, we see if there are any weeds in the cracks, if the lot needs to be seal coated, or if there is any garbage. Last Sunday, I think he set a new record. We went to seven dealerships, besides driving around our own lot two different times. He turned to me and asked if I was sick of driving through dealerships. Luckily, I do find it interesting or God knows how we would have stayed together all these years.

Colin, Richard and I tease Tim about it, but you really need a driving force like Tim to keep everything neat and clean.



You can spend a lot of money upgrading your facility, but if you are not constantly vigilant, things pile up quickly. He is always looking for new and better ways for service entry. So far, he hasn't seen anything that he likes better than our new drive-through area for service write-up. But that certainly doesn't mean we stop looking.



## Tips from the Top

Margaret R. Semrad  
Broker/Manager  
Barrington Office



February means the approach of spring—pleasant weather, beautiful flowers, chirping birds and the hustle and bustle of opportunity. And at **Coldwell Banker Residential Brokerage**, there is an atmosphere of excitement. It's the beginning of our spring market. The telephone is ringing—buyer and seller inquiries, Realtors making appointments for their clients to see our current listings, appraisers wanting an appointment to appraise a property recently sold and on and on. As I mentioned in January's column, 2001 promises to be a great real estate year!

This year, I have had time to reflect. During the holidays, I did some downhill skiing (and falling). With the falling came a leg injury which has allowed me lots of quiet time for contemplation. One of my thoughts had to do with the many ways a home must accommodate everyday "life changes". For me, having to use a walker and crutches, a bedroom with a full bath on the first floor became extremely important for my mobility and independence.

In many *Lifestyle* columns, I've talked about choosing a home based on the type of life you envision for yourself and your family. However, I never talked with you about the needs of a family based on medical comfort or any other social change. One thing is sure; there is never status quo. Changes occur constantly.

So I got to thinking about what a wonderful thing change is for the real estate

industry. A home that was apropos when you purchased it may not be at all appropriate for you today. Times change and so do we. Sometimes, we live with circumstances (meaning a home or space) that are ill-fitting because we do not recognize the fact that we are due for a change. What we need is a video of the way we live to see how, by purchasing a different home with more ideal living arrangements, our lives could greatly improve.

Can you anticipate some of the changes coming your way? Is it having another baby where you need more space or another bedroom, or being an empty nester having a home larger than you need or want, or having the need for increased private space for parents who are coming to live with you? Today is the day to direct some attention to what is needed in your home and/or what will be needed in the year ahead. Sometimes, we just need a little nudge to get us headed in the right direction.

So here's what you do. Call the Barrington office of **Coldwell Banker** and talk with one of our professionally trained Realtors. Make an appointment to meet either at the **Coldwell Banker** Office or your home. Explain what is going on in your life and what may be needed in your next home. Do it and get moving in the right direction. It's a lot easier than you think because **Coldwell Banker** is *The Dream House Headquarters*.

P.S. Happy Valentine's Day



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## How Not to Get Caught Short!

Be ahead of the need! Don't wait until change is forced on you. Sneak a peek into the future with a real estate professional. Start with a plan. We urge you to make one. Starting with the home you're in today and the home you want to be in tomorrow. Let us help you understand the possibilities so that you can make the wisest decisions.

We're the real estate professionals with the business expertise.



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## 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 February.

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, February 5, Lunch & Games
- Wednesday, February 7, Lunch and a

Movie

• Monday, February 12, Valentine's Day Party—Bring your favorite valentine and listen to "Marvelous Marvels" tunes. Cost is \$5 per person.

• Monday, February 19, BACOA closed for Presidents Day Holiday—No lunch and no program.

• Monday, February 26, Lunch, Games and a Celebration of February Birthdays







Tom Mitchell



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**Tom & Joanne Mitchell**  
*Barrington's Home Town Realtors*



Joanne Mitchell



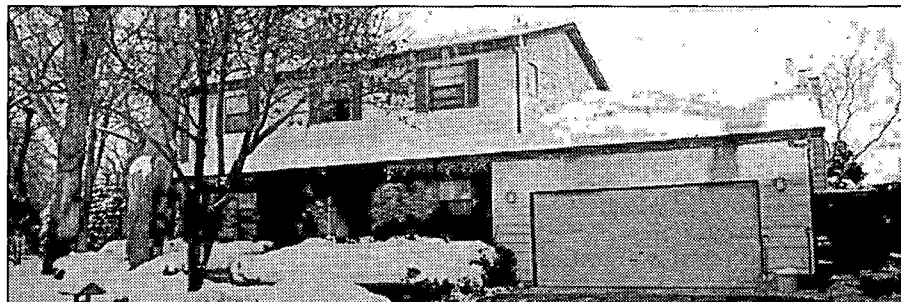
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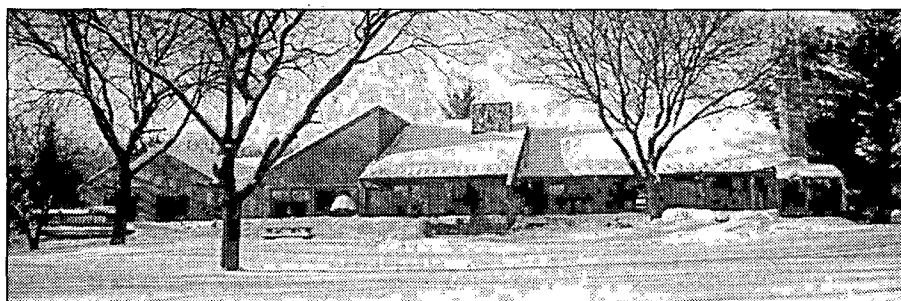
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A circular drive paves the way to a custom all brick traditional home on 5 wooded acres. Beautiful craftsmanship, fine detailed woods, moldings & hardwood flrs. Spacious gourmet kitchen with Viking stove, Sub Zero & all the Bells & Whistles!

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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.

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A home for all seasons! Updated 2-story home on large 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.

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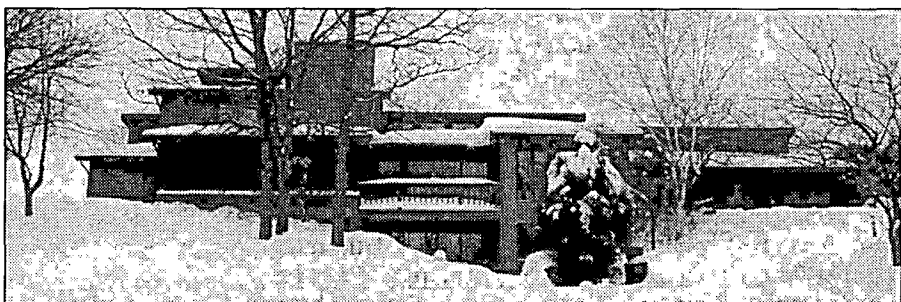
**BARRINGTON HILLS**

In the heart of Barrington Hills set on a rise of velvety lawns & plush landscaping sets this magnificent all brick Colonial. Grand entry foyer, spacious rms, custom detailed moldings, finely crafted cabinetry.

[www.00107860.emailhomes.com](http://www.00107860.emailhomes.com)

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Natural attributes in Barrington Hills paradise on 10 wooded acres, this solid all brick custom 5 bdrm estate is nestled comfortably among mature trees & lush landscaping. Master suite with stone fp & ultra bath. Huge windows that melt the outdoors to the interior.

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## Don't Drink Your Water, Drink Mine... and Be Healthier!

It's a fact. Industrial society has compromised our natural water supply. This contaminated water is recycled through nature and affects our health as we cook, drink, wash and irrigate. In an attempt to make it safer, we add chlorine which creates other dangers. At the same time, health professionals tell us to drink more water! What's person to do?

**"Living Energy Water" or Pi-Mag Water**  
In 1964, Japanese physicians studying botanical physiology discovered that water run over ceramic materials became rich with minerals and nutrients and promoted plant growth. This purified/activated water was found to protect cells from stim-

ulants and increased the cells' immunity.

Dr. Mischio Kushi, nominated for the Nobel prize, teamed up with Nikken to bring this energy water to the U.S. Their NSF-approved filter is a four-step patented process that allows everyone to enjoy healthy water from a faucet attachment.

1. First, the filtration step passes water over coral sand and chips which normalizes pH and adds minerals and nutrients.

2. Next, multiple carbon filters are used to remove pesticides, chlorine, metals, etc.

3. Last, ultra-filtration uses the same material as an artificial kidney to remove particles of 0.1 microns.

**Pi-Mag Energy Water vs. Other Methods**

If you currently use reverse osmosis, distilled or faucet/pitcher filters, please call me to find out what you're missing. I would be glad to supply you with a gallon of pi-water so you can experience the difference. (You supply the jug.)

### Pi-Mag Living Water Advantages

- It's the only filtration system that removes virtually all organic matter and heavy metals and is virtually sterile while adding calcium and magnesium.

- It has an optimal pH of 7.2 allowing for absorption by cells. This optimizes our nutrition.

- No electricity is required. It's inexpensive to operate at 59¢/gallon the 1st year

and 15¢/gallon thereafter.



**Eileen Sanfilippo, Nikken Independent Distributor**

## Spring Planning with SanFilippo Landscape

No matter what you do in life, planning is important. It gives you direction and helps you get where you want to go. Sometimes, the planning can be done without help, but a professional is needed more often than not.

At **SanFilippo Landscape**, we offer the help you need when it comes to planning the landscaping of your home or office. Through education and experience, we take an existing situation, blend it with a client's needs and still make it look good and feel right. Picture a juggler with three or more balls, and you get the idea of what creating a design is all about. Everything must be considered: building location, drainage, lot size and direction, neighbors, existing plantings, budget, etc. And don't forget the most important con-

sideration—what you want! Do you entertain, enjoy gardening, have plans for a pool or require low maintenance? Remember, no one can give you what you want until they know what's important to you.

### The Plan

Many people have a hard time understanding what those symbols on a plan represent. We'd like to share with you some ways to understand what the drawing is trying to tell you so you'll be better able to judge the quality of your landscape design.

All plans should place your residence and all other structures on the property in their proper location—a survey is required to do this—and drawn to scale. The diameter of each circle represents a tree's or shrub's spread. Architects/designers

usually have a style of drawing that helps you differentiate the different types of plants used, i.e. deciduous, evergreen and groundcovers. And always keep in mind "the right plant for the right location". A plant's mature size must always be considered so you don't have a too large or too small a plant for a given area.

### Plant Materials

All plants are not created equal. In your design, try to pay attention to variety in the texture, color and size of your plant materials. A good mix of heights give a landscape dimension, while large groupings of the same plant can help create variety in texture and color throughout all seasons. Also, once the choice of plants is made, ensure that they are adapted to our climate. We recommend materials that

have been grown in Northern Illinois/Wisconsin nurseries. Many lawn and garden centers sell bulk plant materials with undersized root systems to accommodate volume shipping. Many of these same plants often come from the South, allowing them to be more prone to disease and unable to handle our winters. Another consideration is plant size. Professional nursery stock is larger and helps create a more pleasing look during the first season before the plants are established.

Ask lots of questions: Where do your plants come from? Are you primarily in the maintenance business? Can you help me with grading and drainage? Are your designers licensed Architects?, etc.

So start with a plan and give **Michael SanFilippo** a call at **847-381-1611**.

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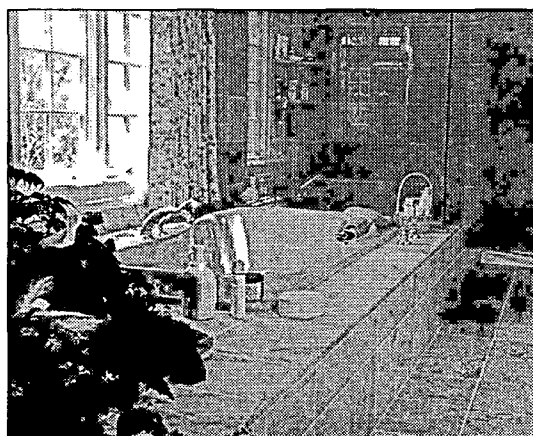
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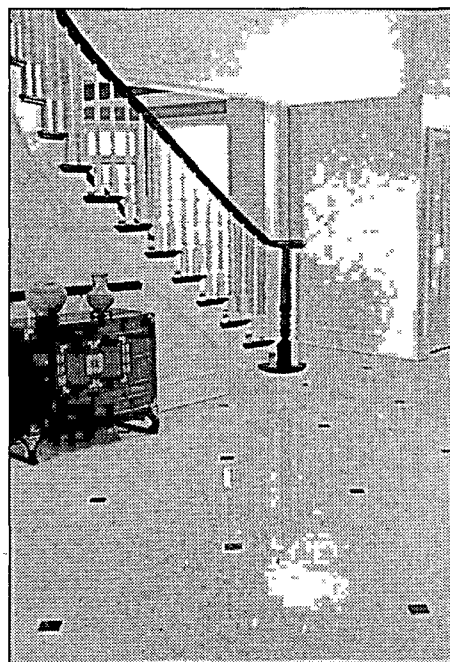
❖ *Limestone  
& Travertines*

❖ *Many Wood  
Floor Samples*

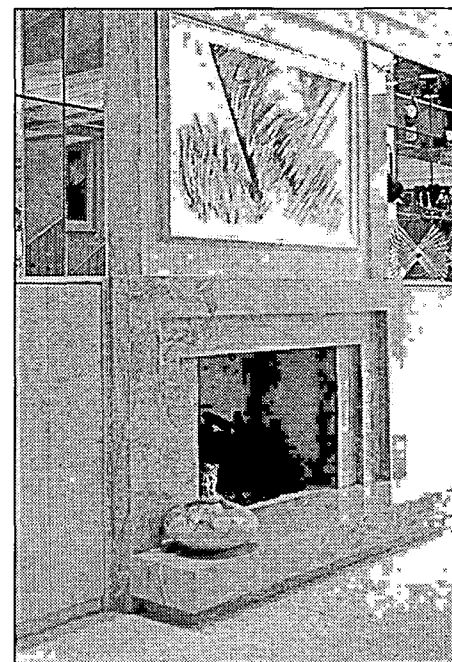
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