

March 2001

TM

NEWS MAGAZINE

barrington

THE STYLES



It's Time For  
*Spring*  
Home Improvements

**April in Paris to Benefit  
Michael Joseph Foundation**

**Friends of BAAC's  
"Stepping Out With Pizazz"**

**Art Associates to View  
European Decorative Arts**

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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.

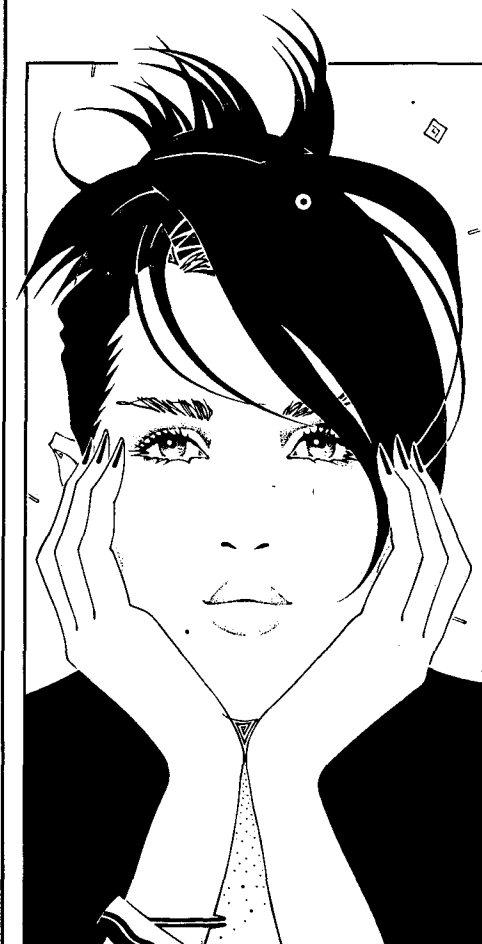
Fortunately, there is a skilled electrologist at **Clear Reflections** in the Barrington Commons who can remove those telltale hairs quickly and conveniently in the privacy of a professional office.

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.

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NEWS MAGAZINE

Published by

**G.M. McMonigal ENTERPRISES**

Glenn M. McMonigal, Editor

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

**(815) 459-4820**

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## Editor's Ink

March, 2001

Dear Reader,

Spring anyone? I'm ready. This past winter reminded me a lot of "the good old days." Remember... snow on the ground for months and cold that bites the nose and fingers.

There are some fun happenings this spring, sure to welcome in the new season.

Take, for example, *April in Paris* to benefit the Michael Joseph Foundation. As the theme suggests, the event is slated for April 21 at Victorian Palace, the beautiful estate of Jasper and Marian SanFilippo in Barrington Hills. Dinner, dancing, live and silent auctions take place in the Carousel House following a tour of the magnificent home. Proceeds go for a wonderful cause. The Foundation provides shelter, job and family counseling for residents in need throughout Cook, Lake and McHenry counties.

The Art Associates (Barrington Community Associates of the Art Institute) are planning a wonderful trip to the Chicago Art Institute on April 12, so mark your calendar. This time, they will be focusing on European Decorative Arts. This will include ceramics, furniture, silver and other works of art. The Art Associates hold wonderful seminars on various artists and their works, plus plan frequent trips to the Chicago Art Institute and other notable places. If you are not already a member, why not call them? Most of the members are from the Barrington and Crystal Lake areas. It's educational and great fun.

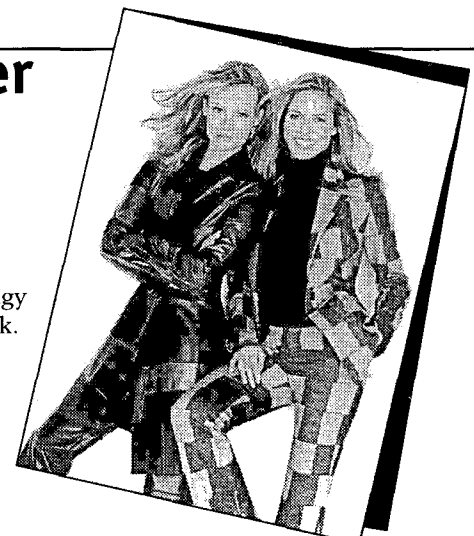
Happy St. Patrick's Day! Until next time, may all your thoughts be sunny.

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



## About Our Cover

COMPANY goes rock & roll with edgy leathers and funky denim patchwork.  
COMPANY by Ellen Tracy.





## April in Paris to Benefit Michael Joseph Foundation



**April in Paris Co-Chair couples are: (left to right) Bill and Colleen Noyes, Barrington Hills; and Marita and Marty Maude from the Village of Barrington.**

It's not too early to save the date for the 8th Annual Gala Fundraiser, *April in Paris*, to benefit Michael Joseph Foundation. The popular event will once again be held at Victorian Palace, home of Jasper and Marian SanFilippo on the rolling grounds of their lovely Barrington Hills estate. The evening begins on April 21 at 6:30 PM starting with a tour of the magnificent home to view their outstanding collections, followed by dinner, dancing and live and silent auctions in the Carousel House.

Invitations will be mailed in the coming weeks. If you are not currently on the

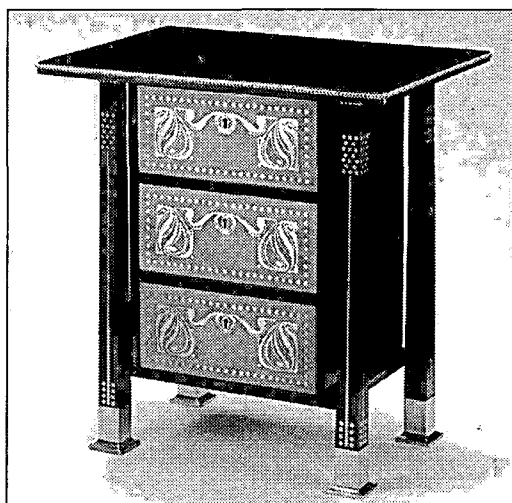
mailing list for this auxiliary hosted event and would like to be, contact Dana Eilertsen at 847-381-2344. The auxiliary is still graciously accepting donations for the silent auction. If you have a gift or service to contribute, call Darlene McGurn at 847-304-4365 or Colleen Noyes at 847-381-3165.

The Michael Joseph Foundation is a not-for-profit organization founded in Barrington that provides shelter, job and family counseling for people in need throughout Cook, Lake and McHenry counties.

## Art Associates to View European Decorative Arts

The quality of the European Decorative Arts Collection at The Art Institute of Chicago has been greatly enhanced by a series of new acquisitions in the last ten years—additions that have come through gifts, bequests and purchases. On Thursday, April 12, the Barrington Community Associates of The Art Institute will sponsor a trip to view the collection. Ghenette Zelleke, curator, will highlight some of the wonderful ceramics, furniture, silver and other works of art and discuss how and when they entered the museum's collection and their technical and aesthetic significance.

From 1991-1998, Ms. Zelleke was Associate Curator and is currently the Samuel and M. Patricia Grober Curator of European Decorative Arts in The European Decorative Arts, Sculpture and Ancient Art Department. She researches the permanent collection (1600 to the present); makes new acquisitions; develops in-house and traveling exhibitions; writes catalogues, articles and gallery guides; and meets with a broad range of collectors and donors both for works of art and financial support.



**Chest for Photographs, Austrian, Vienna, 1902. 1992.93, Restricted Gifts of The Antiquarian Society. Courtesy of The Art Institute of Chicago.**

Miss Zelleke earned a Master of Arts in History of European Decorative Arts from Cooper-Hewitt Museum/Parsons School of Design, New York City. She also has a Bachelor of Arts (with Honours), History of Art and a Master of Arts from The University of Cambridge, Cambridge, England. She was Assistant Curator at The

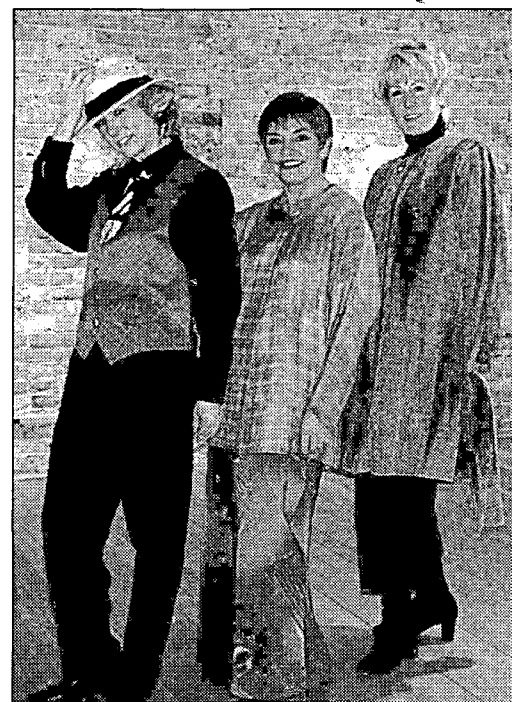
## Wearable Art Fashion Show "Stepping Out With Pizazz"

Say good-bye to Old Man Winter by making plans to attend the annual wearable art fashion show and luncheon sponsored by Friends of BAAC (Barrington Area Arts Council) on Thursday, April 26, at Biltmore Country Club. "Stepping Out With Pizazz" begins at 11 AM with social hour and luscious boutique shopping time. Gather your friends and join in the fun of keeping arts alive in the Barrington area.

Committee member/fiber artist Jan Macklin, in her role of show coordinator, promises an extravaganza of spirited fashions on the runway, thanks to her association with fiber artists who are eager to have an ensemble or two in the show. Artistic fashions and creative pieces will also be chosen from fiber artists exhibiting in the BAAC Gallery during April and selected retailers offering a one-of-a-kind design, including Starr Couture, Peter Daniel Apparel and a special treat from Dyllis Braithwaite of Finn's Fabrics by Dyllis. Thanks to the enthusiastic cooperation of Nick Fletcher, owner of Tootsies shoestore in Barrington, the latest and greatest in spring footwear will be creatively featured throughout the day's venue.

Barrington area models, among them event co-chairman Sharon Kantanen, Gretchen Grant, Claire Grant, Janesé Killian, Jan Macklin, Dyllis Braithwaite, Zola Settler and Melanie Neal (former fashion model now owner of the exciting shop Eminent Domain), will be accompanied musically by Lake Barrington Shores resident David Morgan at the piano.

New this year is an emphasis on multiple prizes and the boutique shopping area, fine-tuned to include a select few artisans offering unique wearable art and accessories at affordable prices. Stay tuned next month for final listings, but among the boutique offerings will be: embroidered fabric jackets from Deborah Stromsdorfer of Rockford; silk scarves and



**Outfits vary but "pizazz" is the name of the game for (left to right) Jan Macklin, Arline Aalfs and Sharon Kantanen.**

Photo courtesy of BAAC.

shawls from Linnie Freeman of Deerfield; elegant wraps from Elaine Kusch; and Asian-inspired jewelry by Sarah Itami, many of them one-of-a-kind pieces.

Among the prizes are: a Spa Day at Ben E. Salon, whose staff will do models' hair and makeup this year; a unique accessory for the home from Eminent Domain; a jewelry piece from Estate Jewelers; and a mixed case of fine wine from Chalone Wine Foundation, Napa, CA.

If you are new to town or to otherwise ensure your place at "Stepping Out With Pizazz," please call the BAAC office at 847-382-5626. Tickets are \$40. Meanwhile, think shoes... beautiful shoes! Thanks to Tootsies and the centerpiece creativity of Sue Abare and Kitty Keigher, they will be everywhere! Plan to attend. It will do your sole good!

## "Old Time Radio Hour"

The Barrington Area Arts Council is delighted to announce "Theatre at the Gallery, Old Time Radio Hour" on Friday, March 9, at 7:30 PM and Saturday, March 10, at 3:00 PM. Join us for the old-time charm and excitement of live radio theatre with two western classics, *Hopalong Cassidy* and *Red Ryder*. Join Hopalong

and Red as they pursue justice in the Old West. Bring the entire family for an evening or afternoon of old-fashioned fun.

Tickets are \$15 for members, \$18 for nonmembers or \$13 for students/seniors. For tickets or more information, call the BAAC at 847-382-5626. Visa and MasterCard accepted.

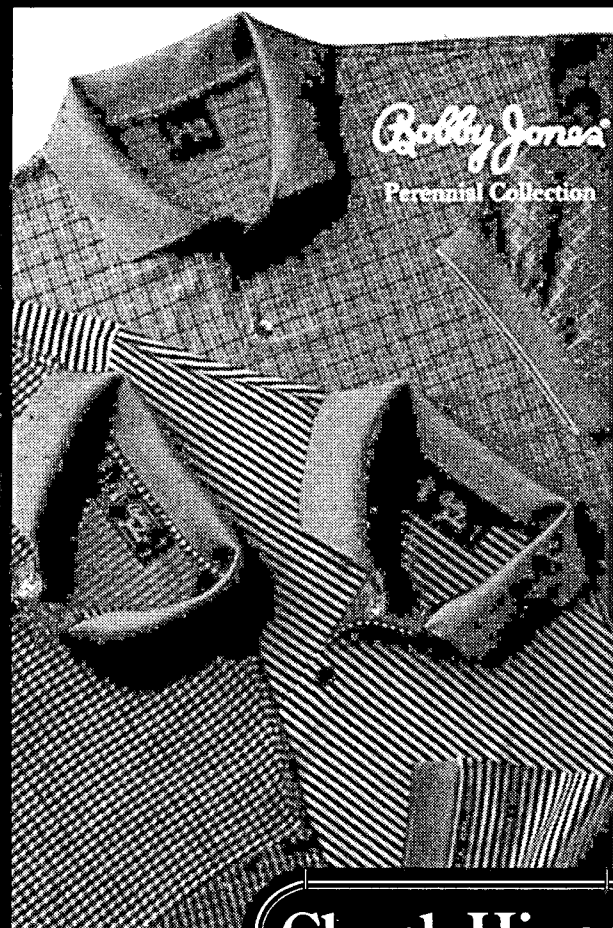


Carnegie Museum of Art, Pittsburgh, 1987-1990, and Curatorial Assistant, Saint Louis Art Museum, 1984-1987.

Lunch will be at the Beyond Words Café, Harold Washington Library. After lunch, there will be time to explore the library. Opened October 7, 1991, it appears in *The Guinness Book of World Records* as the largest public library building in the world. The neo-classical building, designed by Thomas H. Beeby, uses

elements of Ancient Greek and Roman structures. Of special interest is the art and architecture collection on the 8th floor and The Harold Washington Archives on the 9th floor.

Buses depart from Langendorf Park in Barrington at 9 AM and from downtown at 2:45 PM. The fee, 60\$ for members or \$70 for guests, includes lunch. To register, contact Bonnie Murray at 847-526-0911 by March 28.



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Relax with the purveyor of island life styles, Tommy Bahama, wherever you may be. Available at **Chuck Hines** on Main Street in downtown Barrington.

## Catchpenny Spring Open House

Catchpenny resale shop will hold its Spring Open House on Tuesday, March 13, from 10 AM to 4 PM. The Spring Open House is planned by the Day Managers, coordinated by Pat Larsen and will feature spring children and adult attire as well as housewares and floral arrangements of the season.

A major ongoing project of the Auxiliary of Good Shepherd Hospital, the shop is staffed by men and women volunteers and is located at 118 East Main Street, Barrington. New volunteers are always welcome; call Linda in the hospital volunteer office at 381-0123, extension 5093.

## Delta Zeta Alumnae Meeting

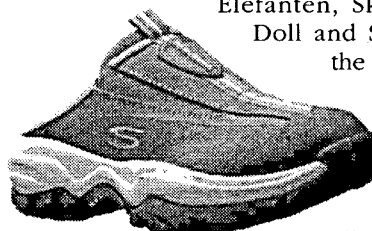
The Delta Zeta Alumnae Chapter will host a pizza party for members on Wednesday, March 7, at 7 PM. We'll be holding the event at a member's home in Arlington

Heights. Call Michelle at 843-9052 or Laura at 358-0135. All area DZ alums are welcome to attend this and future monthly functions.

## There's a Whole Lotta Shakin' Going On ...at Tootsies!

March is a transitional time at **Tootsies** in Barrington. Spring break is the last week of the month, and we're ready with great sandals from Teva, Adidas,

Elefanten, Skechers, Nina Doll and Stride Rite for the beach and sun.



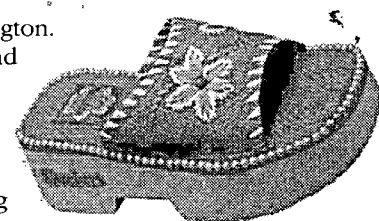
For walking and standing in line, gym shoes are available from Skechers, Stride Rite, Teva and Adidas.

Easter and First Communion are just around the corner, and for those who shop early, we're offering a group of girls dress shoes at **20% off** during the month of March.



For the ladies, we have new arrivals from your favorite shoe designers André Assous, Born Cole Haan, Adrienne Vittadini, Prevata, Mephisto, Ecco, DKNY as well as Stuart Weitzman and Donald Pliner.

Don't forget **Back Room Bargains** at **Tootsies** offering great shoes and sandals at **50% to 70% off** every day.

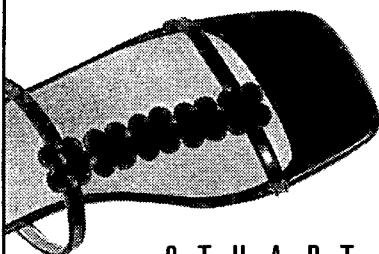


COLE HAAN • DONALD PLINER • STUART WEITZMAN • ADRIENNE VITTADINI

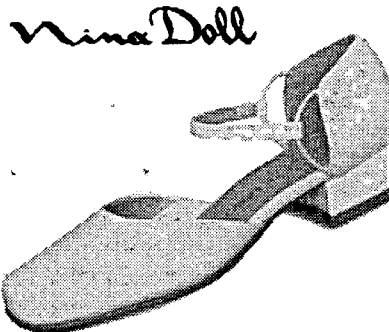
• JUMPING JACKS • MOLLIE MONROE • FRANCO SARTO • BIRKENSTOCK • MEPHISTO • NICKELS • BORN • ARIAT • ECCO • DANSKO • BIRKENSTOCK • MEPHISTO •

# Tootsies

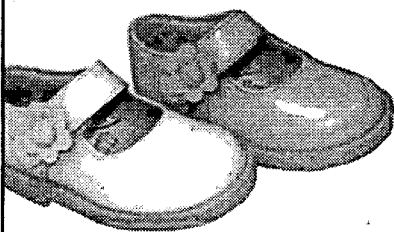
A Shop for Women's and Children's Shoes and Accessories



STUART  
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Barrington **277-9596**

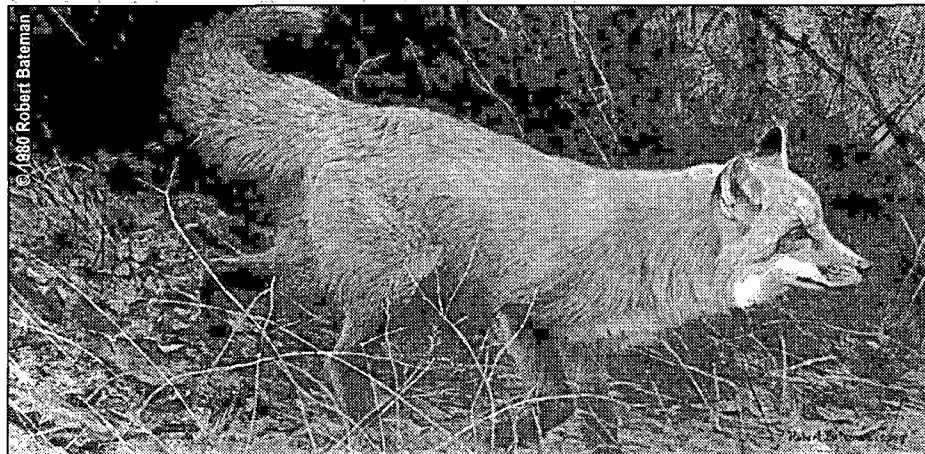
Monday-Saturday 9:30am-5:30pm  
Thursday till 7:00pm

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





## Artist Sees Red



*On The Move—Red Fox* by Robert Bateman

A flash of red fur... a glimpse of the sly, red fox... it's one of the thrills in the world of nature. It's also one of the latest thrills in the world of art with the release of *On The Move—Red Fox* from world-renowned wildlife artist Robert Bateman. Catch a glimpse of this incredible limited edition print now available at **Woodland Art Gallery and Frame Shoppe**.

As one of the premier sources for Bateman artwork, **Woodland Art Gallery** takes pride in its collection of limited edition prints by the artist. Owner Scott Teasdale also specializes in locating sold-out works by Bateman, as well as other artists, on the secondary market. Bateman collectors are assured of finding something special when they visit the gallery, such as the 1999 limited edition release

*Scarlet Tanager—Alder Blossom*.

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. Master framer Teasdale provides museum quality mounting for your artwork to preserve its value for generations. Custom matting and framing of your artwork is also available.

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



## Diamond Quality, Selection and Prices—Simply the Best at Dalzell & Co.

Considering a purchase of diamond jewelry? Make your first visit to **Dalzell & Co. Fine & Antique Jewelry**—a *direct diamond importer*—for the best quality, selection and prices on fine diamond jewelry and loose diamonds.

At your service are Steven and Jennifer Dalzell, a husband and wife team with 21 combined years of jewelry experience. Both are Graduate Gemologists and Graduate Jewelers of the renowned Gemological Institute of America (GIA), which means they've got the education and expertise to guide you through every step of your important diamond purchase.

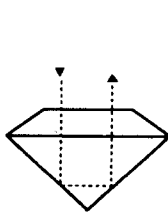
The cut of a diamond is important because it determines the optimum combination of brilliance, dispersion and scintillation. If a diamond isn't ideally cut, light will "leak" out through the side or bottom of the diamond. The ideal proportions of a Lazare Diamond ensure the optimal balance of brilliance, sparkle and fire. When light enters a properly cut diamond, it is reflected from facet to facet and comes

back through the top in a rainbow blaze. In a diamond that is cut too deep, much of the light is reflected to opposite facets at the wrong angle and is lost through the sides. The diamond may appear black in the center. In a diamond cut too shallow, light "leaks" through the bottom, and the eye may see a dull reflection in the diamond.

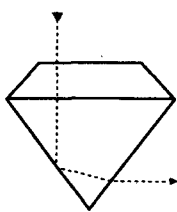
**Dalzell & Co.** is a full-service jewelry store, also offering McHenry County's largest selection of Waterford® Crystal; the latest styles in gold, sterling silver and platinum jewelry; creations in dazzling colored gemstones; watches by Cyma, Maurice LaCroix and Swiss Army; antique estate pieces; and custom jewelry designed to your specifications. Bridal gift registry service is also available.

Quality for quality, **Dalzell & Co.** offers simply the best in diamonds and so much more! Come in and let the Dalzells show you what makes the difference.

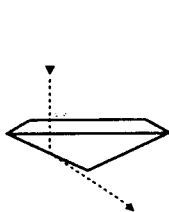
**Dalzell & Co. Fine & Antique Jewelry** is at 23 N. Williams Street in Old Downtown Crystal Lake. Their business hours are Monday through Friday from 9:30 AM to 5:30 PM, Thursday from 9:30 AM to 8:00 PM, and Saturday from 9:30 AM to 4:00 PM, and also by private appointment. Please call **847-382-3944** for more information to set up an appointment.



Ideal Cut



Deep Cut



Shallow Cut

## the Birds of Bateman



### Scarlet Tanager & Alder Blossom

by Robert Bateman

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# PEGGY KARR

IS COMING TO BARRINGTON!

Thursday, March 22nd, 12-4 p.m.

*A once-in-a-lifetime opportunity!*

Meet Renown American Glass Artist PEGGY KARR during her personal appearance & trunk show at The Canterbury Shoppe!

She will be showcasing her beautiful line of floral & holiday plates and signing pieces purchased only during this celebration!

**THE  
CANTERBURY  
SHOPPE**

Holiday & Home

Located at the Barrington Ice House Mall  
200 Applebee Street, Barrington

Phone (847) 304-9627

Call for Directions!

Bring a friend...

*we'll be serving gourmet appetizers!*



Call ahead to reserve your plates and patterns to be signed at the show.

A perfect gift for Mother's Day!  
And plan ahead for the Holidays!

## Newcomers will Break the Ice at Ice House Mall



Welcoming members to the sneak preview are (left to right) Rosemary Doherty and Linda Kalebic of Savvy Spirit, Beth Johanson of Peter Daniel and Cynthia Baer of The Canterbury Shoppe. Not shown, Pat Hunsaker of Tommy-Terri.

Barrington Newcomers invites all members and those new to the area to attend a "Night at the Mart" at the Ice House Mall in Barrington. This well-known landmark and collection of specialty shops will be open only to Newcomers on Wednesday evening, March 21, from 7 to 9 PM. Come for a sneak preview of new fashions, artisan collections and fresh gourmet appetizers straight from the markets in New York, Dallas, Atlanta and Chicago.

If you're planning a spring break or just need a little pick-me-up, our hosts Cynthia Baer of The Canterbury Shoppe,

Beth Johanson of Peter Daniel, Rosemary Doherty and Linda Kalebic of Savvy Spirit and Pat Hunsaker of Tommy-Terri have just the thing. Guests will receive complimentary gifts from the shops. Bring a friend or make a new one at this fun-filled evening.

Also, couples, mark your calendars for an exciting champagne tasting evening on April 7.

For more information about these events, other Newcomers activities or membership, please call 847-842-0733. We look forward to meeting you!



*Barrington*  
**ICE HOUSE MALL**



## Peggy Karr Comes to The Canterbury Shoppe!

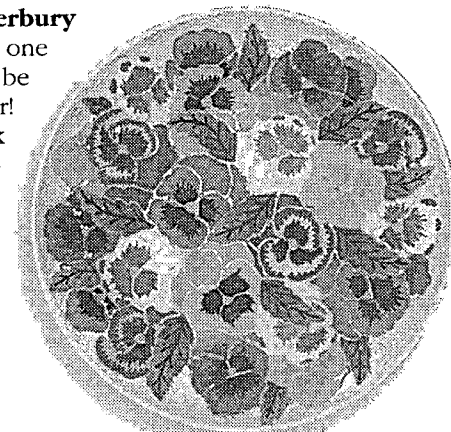
Calling all Peggy Karr collectors! **The Canterbury Shoppe** in Barrington is thrilled to be only one of two stores in Illinois to be selected to be visited by American Glass Artist Peggy Karr! She will be hosting her own personal Trunk Show on Thursday, March 22, from noon to 4 PM, showcasing her gorgeous collection of floral and holiday plates including her newest designs *Morning Glory*, *Geraniums* and the limited edition, signed and dated, year 2001 plate, *Carla Lily*. (This plate was inspired by the simplistic beauty of Georgia O'Keefe's work.) Register to win! **The Canterbury Shoppe** will have a drawing during the trunk show for one of these limited editions! No purchase necessary.

Though admired for their artistic beauty, these plates and platters were meant to be used, to set a spectacular table or as accent serving pieces! Food safe and fired at 1,500 degrees, these plates are both functional and durable. Starting at \$12 for an ornament to \$300 for an occasional table, Peggy Karr offers beautiful pieces for every collector.

Peggy Karr will personally sign each piece purchased that day, adding additional value to an already beautiful collectible. Knowing what a wonderful gift these plates make for Mother's Day or even the holidays, **The Canterbury Shoppe** will allow customers to pre-purchase or reserve any plates to be signed at this event!

As part of this incredible celebration, **The Canterbury Shoppe** will be hosting Becky Jordan, a representative from Rothchilds Farms Kitchens. She will be demonstrating and serving an array of delicious gourmet appetizers. So don't eat lunch. Grab a friend and come out to meet a true American artist and entrepreneur! To RSVP and reserve a special gift for that day, call our store at **847-304-9627**. The staff at **The Canterbury Shoppe** will be delighted to help you!

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



Known for her gorgeous flowers, Peggy Karr's fused glass pansy plate is filled with the vibrant colors of spring. Mix & match flower plates and set a spectacular garden table!

## Savory Springtime for Garden Club of Inverness

March warms our landscape and robins slowly reappear. We once again think green! Why not celebrate spring's arrival with plans for a fresh and fragrant herb garden?

The Garden Club of Inverness can help along with guest speaker Joan Keyes. On March 15, 2001, Joan will share with members the secrets for successful herb gardening. Her presentation is entitled, "Herbs I have Known and Loved." She will include handouts and recipes.

In addition to being a lifelong gardener, Joan is also a teacher, a past president of

her local garden club and current chairman of its Community Beautification Committee. Please plan to attend our meeting at Holy Family Church, 2515 W. Palatine Road, Inverness. Our morning begins at 9:30 AM. Refreshments will be served. Call Phyllis Ewert at 842-1695 for more information.

The Garden Club of Inverness is a member of District IX, Central Region, of the Garden Clubs of Illinois, Inc. and the National Council of State Garden Clubs, Inc.

## Barrington Area Handbell Concert to Feature 82 Ringers

The third annual Barrington Area Handbell Festival Concert is set to take place on Sunday, March 18, at 7 PM at Lutheran Church of the Atonement in Barrington. This exciting concert will involve six Barrington church bell choirs with a total of 82 ringers and over 240 bells! Music for the evening will include four massed pieces and several solo pieces. This year's dynamic program will open with a majestic setting of *Holy, Holy, Holy*. Also

included in the program will be the exhilarating *Fantasia on Forest Green* and the very lovely *Thy Holy Wings* with wind chimes and narration. The concert will close with a rousing rendition of *Praise to the Lord, the Almighty* which will include organ and congregational singing. This is a free concert. Lutheran Church of the Atonement is located at 909 E. Main Street in Barrington.



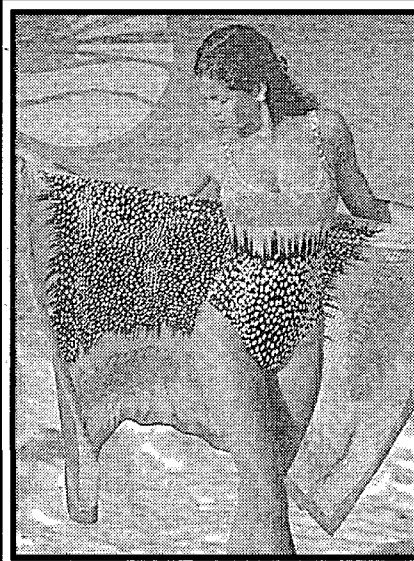


## Barrington ICE HOUSE MALL



### Get in the Swim!

Sunflair's® Bora Bora group of swimwear features a dress with hidden underwires for a wonderful fit. This is just one of our many swimsuit cover-ups featured at **Lauren's Lingerie** in the Ice House Mall in Barrington.



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Great Fit with  
**SUNFLAIR®**  
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*Lauren's*  
lingerie

The Ice House • 200 Applebee St.  
Barrington • 847.381.0715

### Peter Daniel to Host a Garden Party This March

Please join us for a "Garden Party" of accessories on Thursday, March 22, from noon to 4 PM at **Peter Daniel**.

Stroll through **Peter Daniel's** "garden" of jewelry, scarves, purses and belts and discover all the ways you can accessorize your wardrobe this spring. Refreshments will be served on the "verandah," and don't miss a chance to win a beautiful piece of Patricia Locke jewelry. No purchase necessary. Stop by and register by March 22.

Discover femininity in full bloom with beautiful beaded fabric rose pins in soft pastels. Seductive to the eye, soft to the touch, this collection of "flowers" offers an endless bouquet of accessory possibilities. The flower pin is a "must-have" accessory for spring.

Also look for beaded detailing on apparel, beaded handbags in different shapes, sizes and colors and beaded jewelry in semiprecious stones. Wherever you go this spring, you'll be "BEADazzled" with all the beads accessorizing the fashion scene.

Have you discovered the wonderful collection of spring apparel from **Layfayette 148-New York**? These classic American-styled clothes mix tailored elegance with feminine sensuality and are all created with luxurious fabrics in subtle colors and hues. We are also introducing a new Eu-



**Christine Foley Sweaters—  
available at Peter Daniel.**

ropean collection—Olsen. This easy-to-wear casual line flatters any figure. Colors are bright limes, lavenders and pinks. Spring break is just around the corner; "must-haves" for your "getaway" include capri pants in solids, florals, checks or plaids and wrap tops in every fabric including knits. Stop in and see us and have a great trip.

**Peter Daniel** is open seven days a week for your shopping convenience and is located in the Barrington Ice House on Applebee Street.

### "Step Into the Future!" with WC of Inverness

It's time to start thinking about setting aside a day in your spring calendar for one fantastic event. The date this year is Friday, April 20, for the Women's Club of Inverness Annual Fashion Show Event and Luncheon. Held every year in the spring, the Fashion Show and Luncheon is one of the most popular events in the suburbs, where 500+ women enjoy a

fabulous luncheon and show with friends. Funds from the event support many philanthropic groups that the Women's Club of Inverness assists. This show is one of the great ways to say "hello" to the season in the company of friends.

Hyatt Regency Woodfield in Schaumburg is the location that will be buzzing on April 20. Chairman Bo Tyler is ready

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Sat 9:30-5:30 pm • Sun 11-3 pm  
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to help everyone "Step Into the Future!" The day begins at 10:30 AM with the very popular boutique, followed by cocktails with shopping at 11:00 AM and luncheon at 12:30 PM. The fashion show, by Fashions with Flair, will begin as lunch finishes. Fashions With Flair always provides a show with some items to wear and some items that show what this year's spring and summer trends will be. It's always entertaining.

The Women's Club of Inverness will be offering exquisite prizes, such as travel

packages, magnificent jewelry and fantastic themed baskets. Tickets are available for \$45 per person, which includes the meal and show. Tickets can be purchased at the event or ahead of time by contacting Lisa at 304-6544. You may reserve a ticket for the event for \$45 or reserve a table starting at \$90. For information concerning the event, please contact event chairman Bo at 382-7169 or co-chair Eileen at 202-0044. The earlier you make your reservations, the better. Great seats fill quickly, so mark your calendars now!

## MARY RASMUSSEN O.P.A.



*Eight Alike and 2 of a Kind*

24 x 36 oil

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## Enjoy Some Truly Fine Art from a Truly Fine Artist

Among the many accomplished artists to be represented here at **Dunton Gallery**, it is our pleasure to feature Mary Rasmussen as this month's focus artist. We were first introduced to Mary's considerable talent when we hosted the 1998 Midwest Regional Oil Painters of America show.

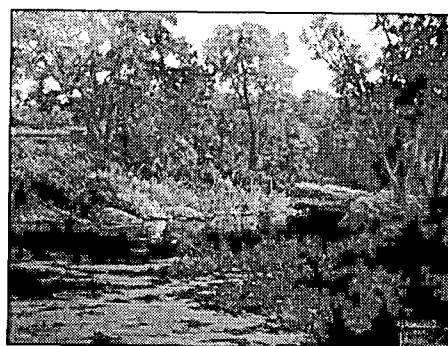
A signature member of the OPA, Mary's work continues to be invited into several coveted regional and national shows. With an ever-expanding list of awards and recognition, Mary has distinguished herself and her work with such prestigious organizations as the American Women Artists, the Jackson Hole Alliance Show, the Mountain Oyster Show as well as being featured in an invitational show in Dongying, China.

Although born in Iowa, Mary is now a "dyed in the wool" Texan who travels extensively and paints *plein aire* in both oils and watercolors. Mary's landscapes literally transport the viewer to the location and often, as in *Just Peckin' Around*, her subjects even evoke a smile. We encourage

one and all to come see her still-life, *Eight Alike and 2 of a Kind*, in person for it too delights all who behold it.



*Just Peckin' Around* by Mary Rasmussen, 16 x 20 oil.



*Sunrise Peace* by Mary Rasmussen, 24 x 30 oil.

**Dunton Gallery** can be visited in the heart of the newly revitalized downtown area of Arlington Heights. Specifically, we are at 18 South Evergreen Avenue (at the Dunton Avenue end of the Evergreen Center, two blocks south of Northwest Highway and two blocks west of Arlington Heights Road). The gallery is open Tuesday through Friday, 11 AM to 5 PM, and Saturday, 10 AM to 4 PM. Appointments gladly accommodated at all other times. We can be visited in person, by phone at 847-818-0694 or on the web at [www.duntongallery.com](http://www.duntongallery.com).

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the Difference!*

## RIEDEL CRYSTAL

Seminar and Wine Tasting

Featuring the Vinum Extreme Series

Wednesday, March 14, 2001

Hor d'oeuvres 6:30 - 7:00 p.m.

Seminar and Tasting 7:00 - 8:00 p.m.

HOSTED BY

## M.J. Miller & Co.

and Barbara Fredell from Riedel Crystal

at the Barrington Country Bistro

700 W. Northwest Highway, Barrington, IL 60010

Seating is Limited • Reservations Required

\$80 per person

Everyone participating in the event on 3/14/01 will receive a set of four Vinum Extreme full lead crystal wine glasses—a Riesling, a Pinot Noir, a Chardonnay and a Cabernet—a \$118 value.

For reservations or more information  
please contact Lynnette or Sharon at

847-381-7900

## Riedel's Vinum Extreme Series Wine Tasting

On Wednesday, March 14, **M.J. Miller & Company** will be hosting a Wine Tasting at the Barrington Country Bistro. We are very excited to host this special event. A representative from Riedel, Barbara Fredell, will help us explore the difference a wine glass can make in the taste of a wine.

Robert Parker Jr., publisher *The Wine Advocate*, praised, "The finest glasses for both technical and hedonistic purposes are those made by Riedel. The effect of these glasses on fine wine is profound. I cannot emphasize enough what a difference they make." Each glass is individually made; the upper parts blown into a mould; the stem and base hand-crafted using methods developed at the time of Christ's birth. Riedel's glass-makers invest their talent, know how and meticulous craftsmanship in making glasses of the impeccable quality consumers expect. Sommeliers are made with 24% lead crystal.

Everyone participating in the event on Wednesday evening will receive a glass of 1998 Gustave Lorentz Pinot Blanc from the Alsace as soon as you check in. Each place setting will be set up with four different wine glasses: a Chardonnay, a Riesling, a Cabernet and a Pinot Noir from the Vinum Extreme Series. This tasting set is yours to keep at the end of the evening, a \$118 value! Each stem is specifically designed to enhance the unique qualities of a specific grape varietal.

A buffet table will be set up and hor d'oeuvres will be served from 6:30 to 7:00 pm. We will be serving Smoked Salmon Quiche, Assorted Pates on Croutons, Mini-Crabcakes with Basil Aioli and Cucumber with Mousse of Boursin Cheese.

Promptly at 7 pm, our tasting will begin. We will be serving four wines in addition to the Pinot Blanc: a 1998 Chardonnay, Bernardus, from Monterey County; a 1999 Ferrari Caranc Fume Blanc; a 1998 Cabernet, Beckman Vineyards from Santa Barbara County; and a 1998 Pinot Noir, Acacia Carneros from the Napa Valley. We will experience the aroma, taste and tone that a stem designed for each grape varietal can make.

After the tasting, we will be providing a box specifically designed for your new stemware along with a handled bag for you to carry them home. Barbara will be available after the tasting to answer any questions you may have about Riedel crystal. A table with additional Riedel crystal will be set up and you can view other decanters and stems along with accessories. These items are readily available for purchase at **M.J. Miller & Company**.

The Wine Tasting has a limited seating of 35 people and seating is only guaranteed with a reservation. Please contact Lynnette or Sharon at 847-381-7900 for your reservations. Cost per person for the event is \$80.

(Please continue on page 46)



## What's Happening at Starr Couture

I just returned from a three-week buying trip to Europe. I am more excited than ever as we begin the spring season. The colors are bright, the fabrics are beautiful and the styles are soft and feminine, chic, sophisticated and elegant along with fun looks. Some of the trends to watch for this spring are polka-dots, geometric prints, asymmetrical hemlines, ruffles and soft fluid fabrics especially silk chiffon. Don't miss seeing our baby-soft Italian linen with beautiful embroidery and beading, our Italian knitwear from Marsil that our customers love so much, Marie Louise, Polvare, Gemma Zanzani along with beautiful, unusual and textural fabrics from Teatro by Beppe Bondi. We represent over 100 designers from daytime sportswear to evening and one-of-a-kind couture pieces completely accessorized. Tell us what your needs are, and you can be sure we will find the perfect look for you. Don't miss our Mother of the Bride-Groom and any special occasion Focus Days on March 9 and 10 from 10 AM to 6 PM. We look forward to seeing you soon.

—Starr



Starr Kondos, Owner

## Finally... a Diet That's Healthy, Convenient and Delicious

Meet Seattle Sutton, RN, BSN, President and Founder of **Seattle Sutton's Healthy Eating**, the revolutionary meal plan that has swept the Chicago metropolitan area and captured national attention.

Whether you're trying to shed excess weight or simply want nutritious, freshly-prepared meals (not frozen or dried), **Seattle Sutton's Healthy Eating** is for anyone wanting to eat healthy.

**Seattle Sutton's Healthy Eating** follows guidelines set by health and nutrition.

(Please continue on page 46)



Seattle Sutton, RN, BSN,  
President and Founder of  
Seattle Sutton's Healthy Eating

## Spring into a New You

The season is changing and the flowers are blooming, so why not rejuvenate yourself this spring with a younger, fresher looking you. Here at **Syd Simons**, we have many options to help you do just that. Try our wonderful facials, one of our new nail treatments, a relaxing body massage or the fabulous microdermabrasion.

**We are introducing our new lifting facial this month. You will see and feel a difference in your skin with the very first treatment. The drastic results are truly amazing! You do not have to accept aging, sun-damaged skin. We at Syd Simons are committed to helping you look and feel younger. The lifting mask is also sold in a series, providing incredible results!**

This spring, don't take your feet for granted—give them the attention they need so they can always look good, feel great and take you, without complaints, wherever you want to go. We all want soft, pretty feet that feel good, yet we tend to ignore our feet. And we often pay the price in pain and discomfort when some simple, good sense precautions are all that's needed to prevent foot disasters. When it comes to problem feet, women are at more risk than men. Women make up 90 percent of the client list for foot related surgical operations for bunions and other foot problems. Problems begin in women in their twenties, then increase dramatically in their forties, fifties and sixties. Pedicures are a refreshing, relaxing way to pamper yourself and to help keep your feet healthy. Treat your feet to a pedicure today!

The next time you schedule a manicure, try an acrylic set or our new fiberglass nails. Fiberglass is a great alternative for those who like the look of acrylic nails but have an allergy to the products or do not wish to cause as much damage to the natural nail. The acrylics are wonderful for today's working woman or a busy mom. Acrylic is a little stronger than other types of artificial nails, and with our new Clarite odor and dust free system, it is a purely enjoyable experience. The Clarite system has an anti-yellowing system that keeps colors clear and true. Our nail-tech Veasha really loves this product!

Why not start off this season with a fresh face? To help you do so, we are offering a special on our microdermabrasion. Through the month of March, we will be offering seven treatments for the price of five. That's a **\$300 savings!** To help you reveal a fresh face, the microdermabrasion exfoliates the dead skin cells, letting newer, fresher skin appear. It also helps reduce fine lines and wrinkles, blackheads and comedones, superficial scarring, some stretch marks, sun-damaged skin and even helps balance out uneven and granular skin. This works in part by stimulating the skin's production of collagen and elastin, consequently improving skin texture and elasticity.

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! *Have a happy, healthy St. Patrick's Day, & most of all, have fun.*

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

## STARR COUTURE

**Mother of the Bride – Groom  
& Special Occasion Focus Days**

**Friday, March 9  
& Saturday, March 10  
10:00 AM to 6:00 PM**



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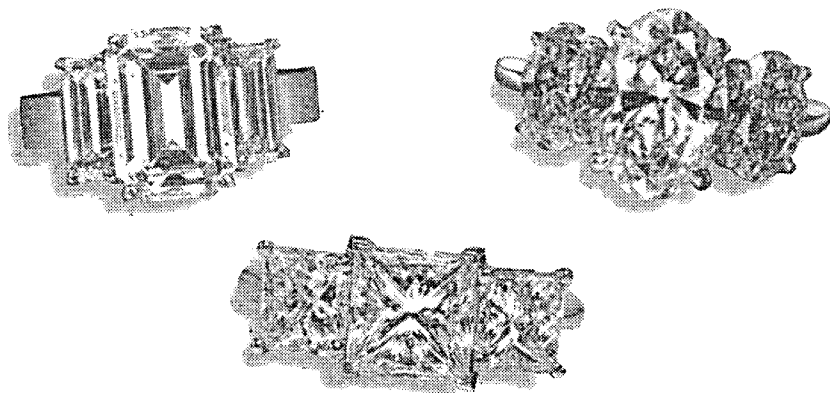
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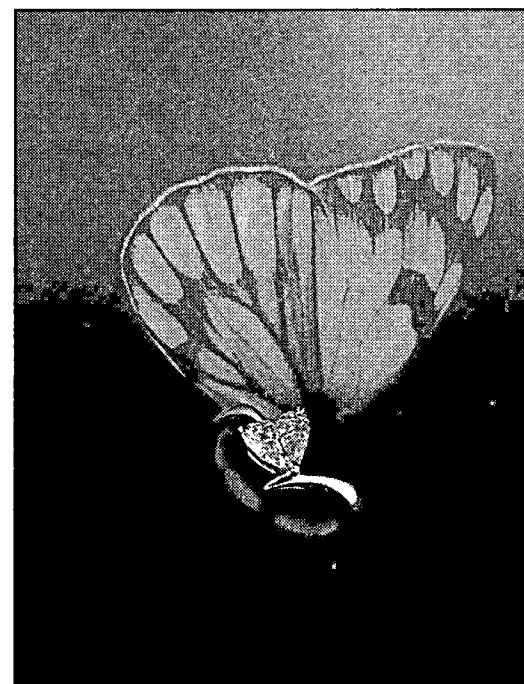
847-478-1823 . FAX 847-478-1825

www.CelineFineJewelry.com

## Celine Fine Jewelry's Fresh, Clean Colors for Spring

Spring is almost here and with it, we are seeing fresh, clean colors in fashion and in jewelry—French pink (pink sapphire, pink tourmaline, pink spinel), mint green (sea-foam green tourmaline), lemon yellow (yellow sapphire, citrine) and cornflower blue (ceylon sapphire) to name but a few. **Celine's** owners are returning March 6 from one of their many overseas buying trips; they will arrive directly from the mines with stones of exceptional quality and beauty. Our owners, eliminating the middlemen, hand-pick only exceptional quality, loose stones. The savings from this are then passed along to you. We will assist you in creating a setting to enhance the beauty of the stones you have selected. Our designers will work with you to make your selection unique. All of our design work is done on the premises. Stop in this month to see the vast array of exciting fresh colors to complement the upcoming season.

Another exciting event this month is that **Celine Fine Jewelry** is going to their diamond cutters in Antwerp, Belgium. This is a great time for us to handpick that



special diamond you have been considering at a considerable savings to you. Please call or stop in for details.

**Celine Fine Jewelry** is located at 203 Robert Parker Coffin Road, Long Grove, IL, 60047. Call 847-478-1823.



## Claude Thomas' Exclusive Services—

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 re-condition 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 other salons. We only use the best hair in our



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

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—not synthetic—with the cuticles all going the same direction. 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 spring? Come in for the **computerized virtual make-over** for \$30.

The Hair      The Skin      The Nails

# Claude Thomas

R e l a x .

Bioelements

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

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See Our Editorial For March Specials →

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## It's a 25% Off Sale! It's Albums & Frames! It's from March 9 to 24, and You Won't Want to Miss it!

**CLIX Photographs & Savables, Inc.** has searched high and low to find, discover and uncover the finest and most diverse variety of memory albums ever gathered in one place. If you are looking for a custom leather album for your son's wedding pictures, you'll find it at **CLIX**. If you want one covered in a delicate plum velvet with handmade French ribbon flowers or hand-bound Italian leather, you'll find it at **CLIX**. Or if you want an easy pocket album or one that's half scrapbook, half album, **CLIX** has that too. There are over 150 styles of albums to consider. And they're on sale!

Perhaps you've got a few treasured photos to frame. Your once-in-a-lifetime

images have been sitting around, getting beatup. Maybe they're even stuck to the refrigerator by magnets. Does that sound like your house? **CLIX** has a whole range of frames for traditional, country cottage, craftsman and modern homes. Everything in inlaid woods, shabby chic tin, suede, handmade colored glass and Italian finished wood, in standard and odd sizes like 4x5, 5x5 and 2x3, are here. And they're on sale!

The Annual **Get-It-Now-Or-Miss-Your-Chance Sale**. All albums (custom or stock), refills, page protectors and frames are **25% off**. (Does not include custom frames.)



## "Egg"-citing New Egg People to Crop Up at Country Collections' Spring Show

Mom's Enterprises of Elmhurst is hatching an all-new crop of wooden egg people dressed as garden-fresh vegetables for the **16th annual spring Country Collections Traditional Craft and Folk Art Faire**, April 6 to 8, at Harper College, Algonquin and Roselle Roads in Palatine.

Lettuce, tomatoes, radishes, egg-plants, corn people and even pomegranates will be among the eggy vegetation carved and painted by Laura, Lorenzo and Janet Ravenna, an accomplished family of folk artists who have worked together for 18 years.

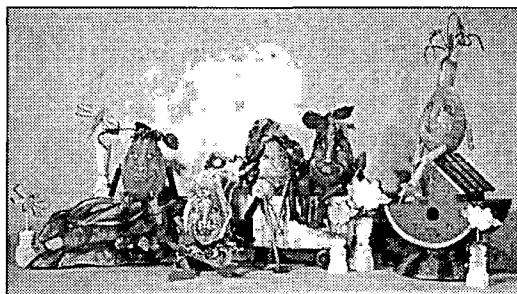
"The egg people are our babies," says designer and painter Laura Ravenna. "If you do something different and unique and one-of-a-kind, people love it." Equally "egg"-citing, the Ravnennas also will bring their all-new, four-foot-tall rabbit gourds. These fanciful creatures have wooden bodies, table spindles for legs and gourds for heads. Their ears are leather, and they are all dressed up for gardening.

The Ravnennas also are bringing back their popular, painted potting benches. These all-purpose cabinets are cropping up in sun rooms, kitchens, bathrooms and even dining rooms.

They begin with a vintage window discovered in an antique shop. Lorenzo then builds the window into the potting bench, enclosing the sides with old tin ceiling material and building a storage cabinet in the bottom. Laura and Janet paint them with roosters, rabbits and gardening scenes.

Featured in *Country Living Magazine*, Mom's Enterprises is "100 percent a family business," says Laura. "I don't know that any one of us could do it by ourselves."

Mom's Enterprises will join an impressive gathering of 100 other folk artisans and country crafters from 10 states at the **Country Collections** show this spring.



They will be offering thousands of hand-crafted items, including: bird houses in a variety of motifs, pressed flower artwork, whimsical wood carvings, reproduction furniture, heirloom stitchery, hand-crafted and painted furniture, stenciled boxes and Northwoods nostalgia.

For the first time, Laurie Pollpeter-Eskenazi of Naperville will bring her funky, hand-thrown works in clay with floral or grapevine motifs. Sheila Bernier (Pine Creek) of Wisconsin will bring her highly detailed, hand-painted furniture. And Cindy Crawford (Sara Boo Creek) of Plainfield will offer wooden and architectural crafts.

Folk music will be performed by Joe Rubak on dulcimer and mandolin and David Fox on fiddle, guitar and washboard. Food and beverages will be available. The **Country Collections** spring show will be held in the Wellness and Fitness Center of Harper College, 1200 W. Algonquin Road. The show will be open Friday, April 6, from 3 to 9 PM; Saturday, April 7, from 10 AM to 5 PM; and Sunday, April 8, from 11 AM to 4 PM. Admission is \$5 or \$4 for seniors and is valid for all three days. Children under 12 enter free. The building is handicapped accessible. Extensive, free parking is available. Harper College is located just off the Northwest Tollway at Algonquin and Roselle Roads.

For more information, call **630-268-8067**.

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*Country Collections*

*Traditional Craft and Folk Art Faire*

**April**  
**6th, 7th, 8th**  
**Friday 3-9pm \* Saturday 10-5pm**  
**Sunday 11-4pm**

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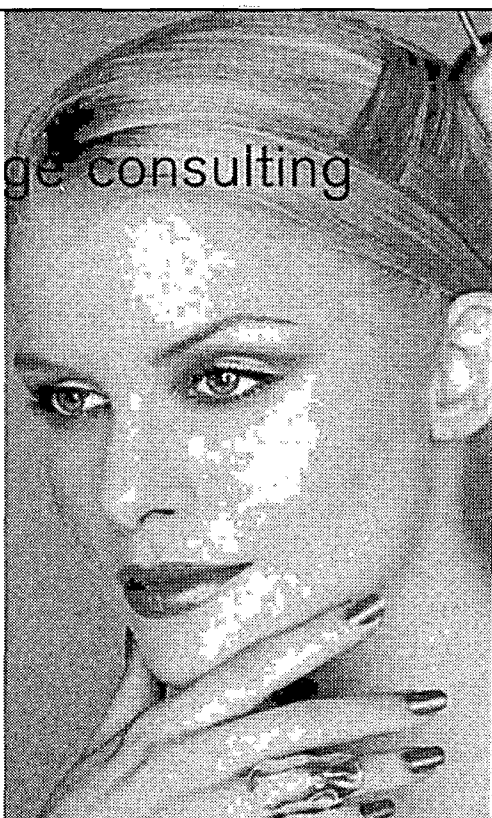
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## Enjoy a Luxurious Facial at International Hair Designs

### 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.

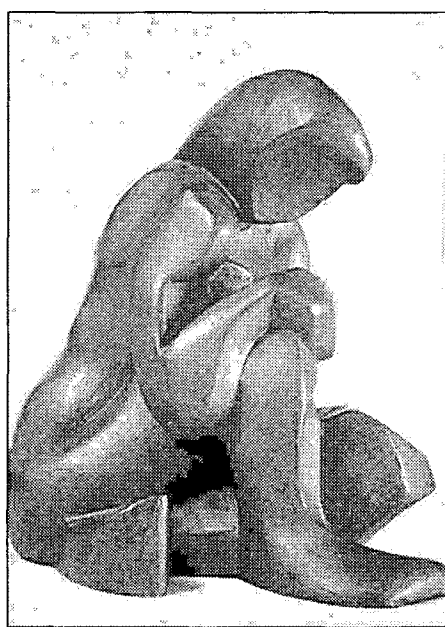
Call **International Hair Designs, Inc.** at 847-438-8636.

## In Between: Art from Poland, 1945-2000

The first comprehensive survey of Polish art created since World War II has come to the U.S. and on view only in Chicago. Organized by the Chicago Department of Cultural Affairs and the Zacheta Gallery of Contemporary Art in Warsaw, *In Between: Art from Poland: 1945-2000* is currently featured through March 25 at the Chicago Cultural Center, 78 E. Washington St. The exhibition introduces American audiences to significant artists and aesthetic issues that have shaped the contemporary art of Poland. The exhibition is the centerpiece of a citywide collaboration of satellite exhibitions and programs taking place concurrently at various sites.

"The Chicago Cultural Center has earned a distinguished reputation as a venue for a broad range of noteworthy and ground-breaking exhibitions," said Chicago Cultural Affairs Commissioner Lois Weisberg. "This exhibition is a fitting successor to the recent exhibition of historic Russian avant-garde art treasures, and it is appropriate that we host it in Chicago, where the largest population of Poles reside outside of Warsaw."

On view in four galleries—the Exhibit Hall, the Sidney R. Yates Gallery and two of the Michigan Avenue Galleries—will be works by 40 artists, including: Magdalena Abakanowicz, Mirosław Balka, Tadeusz Kantor, Katarzyna Kozyra, Edward Krasinski, Zofia Kulik, Roman Opalka, Krzysztof Wodiczko and others. Most of the works have never been shown before in the U.S. They are on loan from museums, galleries and private collections



Katarzyna Kobro, *Nude*, 1948, bronze.

in Poland and the U.S. This is the largest exhibition ever presented at the Chicago Cultural Center, filling approximately 16,000 square feet of gallery space. An exhibition catalog and related merchandise will be available for sale in the shop at the Cultural Center. A variety of related programs will be scheduled.

"We are grateful for the vision and organizational talents of the international curatorial team for helping us to make this ambitious and important exhibition a reality," said Gregory G. Knight, Project Director for *In Between* and Director of Visual Arts for the Chicago Department of

## Auction Event Keeps Elgin Choral Union Singing

The Elgin Choral Union, the Fox Valley's oldest performing arts organization, will host its 16th annual Dinner-Dance-Auction on Saturday, March 24, in the Empire Room of Villa Olivia Country Club in Bartlett.

The theme of this year's elegant fundraiser is "2001: A Swing Odyssey." It will feature many of the aspects of last year's highly successful and fun-filled gala. According to Chairman Lorraine Gornick, "Nearly everyone attending last year's fundraiser asked us to change very little; they had a fantastic time."

One of the biggest attractions at this year's benefit will be the return of the big band sound of The Larry Bembien Orchestra. This high-energy orchestra plays music from the 1940's and 50's, embracing the tunes of Duke Ellington, Frank Sinatra and Glenn Miller.

The black-tie-optional affair will offer

an outstanding array of items in both silent and vocal auctions. Included will be two United Airline tickets, a week at an Arizona resort, a three-hour dinner cruise on "The Odyssey" out of Navy Pier and a day of sailing on Lake Michigan complete with a gourmet lunch.

The Saturday evening festivities start at 6:00 PM with silent auction bidding during the cocktail hour, open bar and appetizers. A mouth-watering dinner will be served at 7:30 PM. Dancing begins at 9:30 PM and "the beat goes on" until midnight.

Tickets cost \$65 per person on reservations postmarked by February 28 or \$75 thereafter.

Arrangements for tax-deductible donations of goods and services to be included in the auction may be made by calling 847-741-6705 or through any member of the chorus.



Cultural Affairs. The curatorial team includes Chicagoans Susan Snodgrass and Bohdan Gorczynski, who initiated the project, and Anda Rottenberg, who serves as chief curator for the exhibition with assistance by Aneta Prasal, both in Warsaw. LOT Polish Airlines is the official carrier of the exhibition.

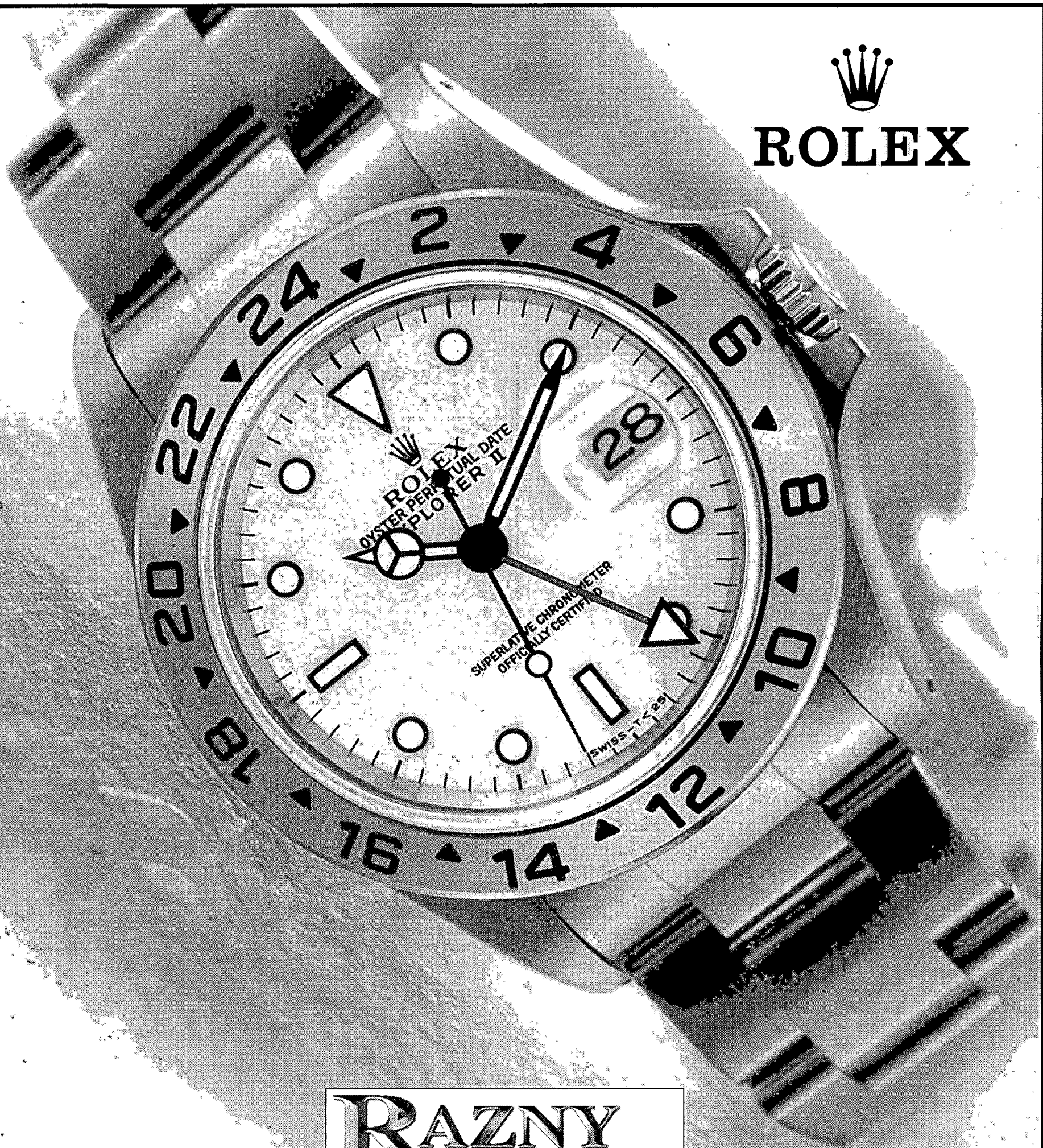
A citywide collaboration of several satellite exhibitions and related programs

will take place concurrently at The Renaissance Society at the University of Chicago; Gallery 400 at the University of Illinois at Chicago; Museum of Contemporary Art; The Art Institute of Chicago; and The School of the Art Institute of Chicago, among others.

For information, call 312-744-6630, TTY 312-744-2947. For special group tours, call 312-744-8032.




  
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**In the  
Spa Light Salon**

## Spring 2001 at In the Spa Light Salon

Congratulations! Thanks to the support and patronage we have received from all of you, **In the Spa Light Salon** is celebrating its 3rd anniversary. We will continue to provide you with the most innovative techniques and products to assure that you look and feel your best! Stop by in March and take advantage of our anniversary special (see our ad).

**Spring Hair Trends**—Razor Cutting, Tornado Texture and Talking the Shears!

**Traffic-Stopping Hair Color**—Flaming Reds, Bodacious Blondes and Sandy Brunettes!

Come in and meet the staff: (L to R, front) Mary Barna, Michelle Szczesny, Brenda Thompson, (back) Vicki Settler, Athena Moore, Tina Mui, Courtney Behney, Paula Kivland, (not pictured) Sharon French, Ashlee Mangus and Angie Patel.



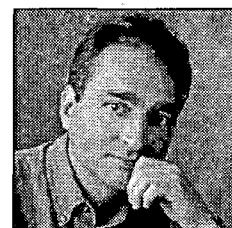
## Comments by Thomas

I have learned much of what I know about portraiture in the last two decades. My clients gave me the privilege of allowing me to capture their families and children growing up, and I have learned the value of true and accurate portraiture. A person's eyes are the windows to their soul and the more we are able to capture this essence, the more valuable the piece of work becomes. By encouraging me to work hard to capture these moments accurately, my clients have pushed me to excel. My work now provides me with such joy and pride because it seems to really touch the heart of my clients. This is success to me.

Another wonderful benefit of my work has been the incredible long-term relationships that I have developed with my clients. I have literally seen their children grow up. My commitment to them and respect for them is very deep and very strong. These are the wonder years for their families and they can never be repeated. They are recording their family's history with portraits, and have allowed me the privilege of helping them.

One of my personal favorite images is one that I captured of my grandma, Mary. Every time I view it I think of her spaghetti sauce. I am glad I took the time to create that portrait of her because even though she is gone, it reminds me how much I loved her. That proves to me that fine portraiture is more valuable than gold because it is valued in the heart.

To view more of our work, please visit our web site at—  
[www.portraitsbythomas.com](http://www.portraitsbythomas.com).



## "The Art of Papermaking"

"The Art of Papermaking" by Veronica Potter is the next program in the popular Members Present Art Series sponsored by The Barrington Community Associates of The Art Institute of Chicago. The program will be on Tuesday, March 6, 1 PM, at the Barrington Public Library, 505 N. Northwest Highway.

Paper is made from the cellulose found in plant fibers or from recycled papers. There are basically two methods of making a sheet of paper—the Dip Method and the Pour Method—both requiring a mould and a deckle. The mould is a screen stretched over a wooden frame. The deckle is an open frame that prevents the pulp from running off the mould while the sheet is forming and gives the "deckled edge" to handmade paper.

Ms. Potter will demonstrate how a sheet of paper is formed by dipping the mould and deckle into a pan or vat and picking up a small quantity of pulp. The water drains through the screen and a wet sheet of paper is formed.

Veronica S. Potter has a BFA from Carnegie Mellon University. She also studied at Harper College, the School of the Art Institute and numerous workshops in France, Canada and the USA. Currently on the adjunct faculty at Harper College



**Veronica Sebastian Potter**

in Palatine and The College of Lake County in Grayslake, she also conducts workshops on monoprints, hand papermaking, collage, mat cutting, silkscreen, silk painting, mandala and mixed media.

Veronica has exhibited at numerous art fairs and exhibits and is in the permanent collection of Harper College as well as the Arlington Heights, Mt. Prospect and Barrington Libraries. She is represented by The Dunton Gallery, Arlington Heights.

Guests are welcome and reservations are not necessary. There is no charge for this lecture. For more information, call Evelyn Richer at 847-381-5349 or Mary Wajda at 847-991-1207.

## Portraits by Thomas

**Children's Special**

Now through March 31st

**Family Special**

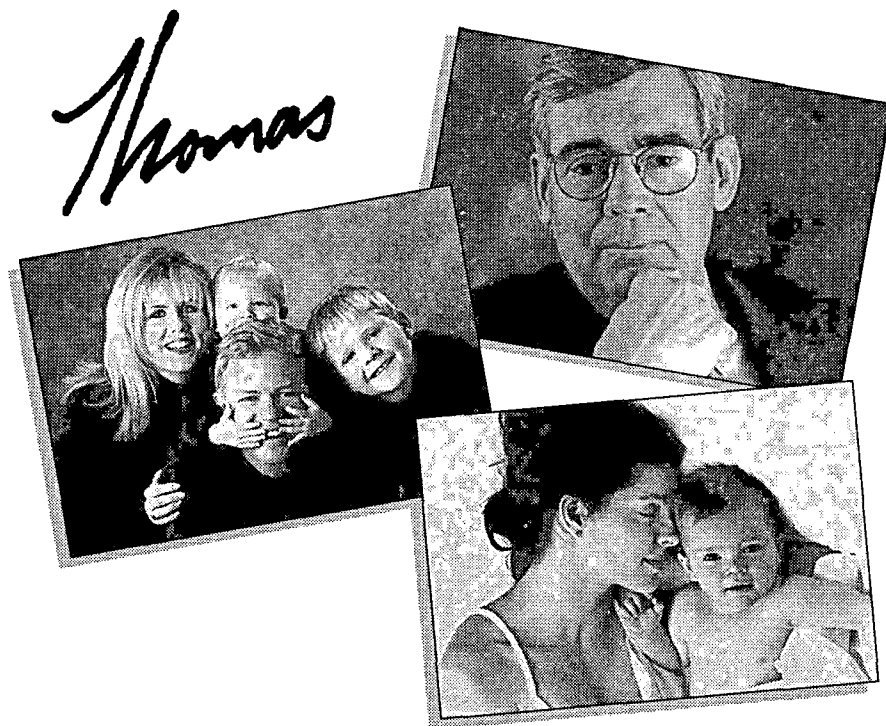
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## Senior Citizens Hall of Fame

The Barrington Area Council on Aging, Inc. (BACOA) is planning for the Sixth Annual Barrington Area Senior Citizens Hall of Fame to be held on Wednesday, May 16, 2001, at the Barrington Area Library. The Hall of Fame honors outstanding seniors from the Barrington Area for their many years of service to enhance the quality of life in our community. Corporate Angel Sponsors for this year's event are Barrington Bank & Trust, their affiliate Wintrust Asset Management and Good Shepherd Hospital/Advocate. The Davenport Family Funeral Home is an additional business sponsor.

Local service organizations are encouraged to nominate a deserving senior from

their organization to be recognized at the Hall of Fame. To be considered, the senior must have celebrated their 60th birthday by December 31, 2000. In addition, your selections should take into consideration the senior's contribution and active participation in your organization, outstanding service to the community, the years and nature of service in a specific area and other recognition received over the years. Nomination forms should be returned to the BACOA office at 200 South Hough Street, Suite 001, Barrington, IL, 60010, by March 16, 2001.

For more information or a nomination form, please contact the Council on Aging at 847-381-5030.



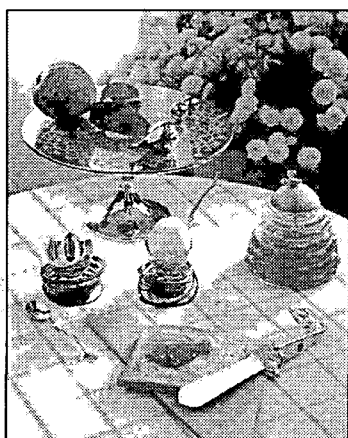
## Stop In and See All the New Indulgences Waiting to be Discovered at Eminent Domain

It's spring... a time to "renew" your home with accessories, a time for showers and weddings. **Eminent Domain** has new and exciting giftware and accessories arriving daily.

Discover the sophisticated whimsy of metalware from designer Michael Aram or bud vases which are little works of art by blacksmith Steven Bronstein.

Add some drama to a room with rustic storage jugs from Turkey, antique candlesticks from India or stoneware from potter Jim McClland. Also, look for art glass and stemware in the latest color trends. Not sure how your new discovery will look in your home? Don't forget about our free in-home consultation. We also offer a gift and bridal registry.

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## Riedel's Sommeliers Series Wine Tasting

On Wednesday, March 28, **M.J. Miller & Company** will be hosting a Wine Tasting at the Barrington Country Bistro. We are very excited to host this special event. A representative from Riedel, Barbara Fredell, will help us explore the difference a wine glass can make in the taste of a wine.

Robert Parker Jr., publisher *The Wine Advocate*, praised, "The finest glasses for both technical and hedonistic purposes are those made by Riedel. The effect of these glasses on fine wine is profound. I cannot emphasize enough what a difference they can make." Each glass is individually made; the upper parts blown into a mould; the stem and base hand-crafted using methods developed at the time of Christ's birth. Riedel's glass-makers invest their talent, know how and meticulous craftsmanship in making glasses of the impeccable quality consumers expect. Sommeliers are made with 24% lead crystal.

Everyone participating in the event on Wednesday evening will receive a glass of 1998 Gustave Lorentz Pinot Blanc from the Alsace as soon as you check in. Each place setting will be set up with four different wine glasses: a Chardonnay, a Hermitage, A Bordeaux Grand Cru and a Vintage Port from the Sommeliers Series. This tasting set is yours to keep at the end of the evening, a \$282 value! Each stem is specifically designed to enhance the unique qualities of a specific grape variety.

A buffet table will be set up and hors d'oeuvres will be served from 6:30 to 7:00 pm. We will be serving Carpaccio of Beef

with Arugula and Parmesan, Pissaladières, Assorted Pates on Croutons and Mini-Crabcakes.

Promptly at 7 pm, our tasting will begin. We will be serving four wines in addition to the Pinot Blanc: a 1997 Chardonnay, Meursault "Le Limozin" from Domaine Michele Caillot; a 1998 Cabernet Justin Justification from Paso Robles; a 1997 Chateaufort-du-Pape from Chateau de Beaucastel; and a 1995 Late Bottled Vintage Port "Heredias" from Portugal.

After the tasting, we will be providing a box specifically designed for your new stemware along with a handled bag for you to carry them home. Barbara will be available after the tasting to answer any questions you may have about Riedel crystal. A table with additional Riedel crystal will be set up and you can view other decanters and stems from the Sommeliers Series along with accessories. These items are readily available for purchase at **M.J. Miller & Company**.

The Wine Tasting has a limited seating of 35 people and seating is only guaranteed with a reservation. Please contact Lynnette or Sharon at 847-381-7900 for your reservations. Cost per person for the event is \$180.

We do recommend that if you are interested in dining after the wine tasting, you can make a reservation with the Barrington Country Bistro at 847-842-1300 at this time. They will be taking their last orders for the evening at 8:30 pm.

We hope you enjoy the evening, and we look forward to sharing this experience with you.

## Barrington Community Foundation Sets Grant Amount

The Barrington Area Community Foundation, at its meeting on February 7, approved a grant fund of \$7,500 to be made available to Barrington area charities in 2001. This is a 50% increase over 2000.

"Our commitment is to distribute 5% of our net assets averaged over the past 12 quarters. But since we have not been in operation 12 quarters, we voted on this amount based on our earnings and growth last year," according to Norval

Stephens, President. The Foundation has \$211,000 under management as of the end of December 2000, its ninth quarter.

"Request for grant forms are being mailed to all listed Barrington area charities," reported George Yapp, Chair of The Grant Review Committee. "Last year, we made grants totaling \$5,000 to the Barrington Area Council on Aging to start a new lunch program, Barrington Career Center to upgrade equipment, Barrington

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## RIEDEL CRYSTAL

Seminar and Wine Tasting  
Featuring the Sommeliers Series  
Wednesday, March 28, 2001  
Hors d'oeuvres 6:30 - 7:00 p.m.  
Seminar and Tasting 7:00 - 8:00 p.m.

HOSTED BY

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and Barbara Fredell from Riedel Crystal

at the Barrington Country Bistro  
700 W. Northwest Highway, Barrington, IL 60010

Seating is Limited • Reservations Required  
\$180 per person

Everyone participating in the event on 3/28/01 will receive a set of four Sommeliers wine glasses that are hand-blown and full lead crystal—a Bordeaux Grand Cru, a Hermitage, a Chardonnay and a Vintage Port—a \$282 value.

For reservations or more information please contact Lynnette or Sharon at  
**847-381-7900**

Rotary for the lightning warning system, Citizens for Conservation for a local field guide and to the Wellness Center to assist its start-up," Yapp added. Audits were completed on the expenditure of the funds and reported to The Board at its meeting. In addition to Yapp, The Grant Review Committee includes Frederica Smith-Pederson, James Fitzgerald and Kim Duchossois.

Grants are made to address unmet needs in the Barrington area. They only go to local charities and a major portion must be spent only in the Barrington community. Grants are not made to organizations that are primarily tax-supported.

Forms may be requested from George Yapp, 83 Brinker Road, Barrington, IL, 60010, or by phone at 382-6494. Deadline

for submission is the end of March. The grants will be announced in April.

The Board also elected two new Directors, Connie Payton and Robert Jensen. The other directors include Kim Duchossois, James Fitzgerald, Paul Hills, James Lancaster, Richard McDonough, David Nelson, Glenn Reed, Frederica Smith-Pederson, Norval Stephens, Tim Wickstrom and George Yapp.

The Barrington Area Community Foundation is the only area-wide endowment fund that raises and distributes money locally. "We make the promise that we will never spend the money given to the foundation, only the proceeds at the 5% rate over the years," Stephens indicated. The local foundation is one of only seven in the metropolitan area.



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## New Generations Board Members



Pictured before one of their weekly meetings for The Union are the Langendorf Park Director, members of New Generations' adult and teen Board of Directors and members of The Union Committee.

Pictured are: (back row from left) Adam Freeman, Christy Flanagan, Trevor Gibbons, Kyle Shamberg, Brian Waxler, Dan Steelman, John Kim, Rishi Jain, John Meier, Steve Welch, (middle row) Brad Stetson, Alex Rothschild, Suzanne Knell, Kim Duchossois, John Vosnos, Clare Cragan, Dave Nelson, Melanie Thakkar, Helen Hawthorn, John Hipsky, Diane Stephens, Catherine Mura, Linzee Fortunato, Andy Riahe, Terry Jennings, Jim Otis, (kneeling) Brie Betz, Lauren Hoehlein, Joy Bisbee, Sunny Thorton, Amanda Dorion and Libby Rieke.

New Generations is an adult-sponsored, teen-governed organization for youth

activities and responsible involvement within the greater Barrington area. For information, phone Executive Director Libby Rieke of Barrington Hills at 381-7945.

New Generations will be headquartered at The Union, an intergenerational facility that potentially will be located at Langendorf Park and completed in 2002. For information, phone The Union Chairman Dave Nelson at 381-6504.

### A Date to Remember

On April 21, The Barrington Junior Women's Club will host "An Affair to Remember," an elegant Hollywood-themed fundraiser to be held in a magnificent ballroom in the Stonegate Conference Centre in Hoffman Estates. A significant portion of proceeds raised will be given to support The Union. For information on the fundraiser, phone 622-3838.

## Make-Over Magic

If you're having the between winter and spring blahs and want to reinvent yourself, let **The Right Dimension Salon and Spa** come to your rescue and do what they do best. Let their "beauty" experts perform their magic, from the top of your head to the tips of your toes, to transform your appearance and lift your spirits. They have a complete menu of services to choose from and, whether it involves major or minor work, their goal is to make you look better and feel better about yourself.

If you're stressed-out from coping with all the bad weather we've been having, you might want to select a Full Body Massage designed to improve overall well-being. They use lightly scented oil to smooth and soften the skin. Enjoy the benefits of deep relaxation, increased circulation, loosening of tight muscle groups and a balancing of the body as a whole—an hour well-spent. Or, perhaps you need only a half-hour Back Massage where extra attention is paid to the neck and shoulders to soothe muscle tension and stiffness and melt away the stress of the day. Or, if you're just looking pale and yearning for last summer's tan, consider one of their Tanning Packages. This can be tailored to suit your needs and your budget.

Perhaps your hands and nails are in need of some special attention. Let their Nail Technician apply her special talents beginning with a Hand Paraffin Treatment followed by a manicure. Polish this off with a professional Pedicure—makes you feel like a million. Then there's Waxing to remove unwanted body and/or facial hair. And for those who don't want the bother of applying mascara or brow pencil, why not indulge in a Lash and Brow Tint?

If you're tired of your hair-style, consult with one of their experienced stylists. They are conversant with all the latest fashions and can suggest a style based on your hair's texture and the shape of your face. You might want to begin with a con-



**Esthetician Michelle Arnold**

ditioning treatment, then a shaping, a perm and, if you feel you really want a different look, try a color change or highlight. This is guaranteed to bring a lift to your life.

Skin care is a top priority on your list of "to-dos". Let their highly qualified and experienced Esthetician, Michelle Arnold, analyze your skin and design a program specifically for you. It should begin with a good exfoliating treatment. There are various types of facial masks and a complete menu of facials from the gentle Enzyme Peel, or Glycolic Peel, to the vacuum-based dermabrasion Cellabrasion™ Series. The latter consists of a series of six weekly sessions, and the result is younger, firmer, more beautiful skin.

The response to the February promotion of the **Cellabrasion™** series was so overwhelming, it has been extended. For a limited time, you may still receive the entire **six-week series and the home-care creams for \$600**—a \$782.50 value. An appointment will be necessary, so call Michelle to reserve your time.

**The Right Dimension Salon and Spa** uses only the highest quality products for all their services and are proud of the competence and professionalism of the entire staff. **The Right Dimension Salon and Spa** is located in the Foxfire Plaza at Hicks and Route 12 just south of the new Deer Park Town Center. Call for an appointment at **847-934-1112**. This is one call you'll be glad you made when you see the "New You"!



## The Best Seat in the House... at the Right Price

*The Best Seat in the House*, a presentation by Lyric Opera of Chicago's Timothy Shaindlin, will be offered by Barrington Chapter of Lyric Opera at 2 PM, Friday, March 16, in a private Inverness residence. Only \$20 per person. Limited reservations. Please reply by March 14. Send checks to Susanne Wells, 225 Timber Ridge, Barrington, IL, 60010.

Mr. Shaindlin will share many humorous anecdotes from his up-close and personal role as a prompter and diction coach for Lyric Opera of Chicago. He has served seven years on their music staff and has coached ten seasons for Lyric Opera Center for American Artists.

Following the program, Marylin Hayden, Barrington Hills, and her committee will offer wine and a fresh fruit and dessert buffet with hot beverages. For information, call Program Chairman Bob



**Lyric Opera of Chicago's  
Timothy Shaindlin**

Plagemann at 312-347-5236.

For inquiries on membership in the Barrington Chapter (214 members and growing), call Howard Robins, Arlington Heights, at 847-437-2158.





## Chers Amis...

I am quite frequently asked if we offer, or plan to offer, cooking classes. Well, the answer is no, we are just too busy here, and adding such strain to our heavy schedule would be detrimental to other areas of our business. And in turn, you, our esteemed customer, would be short-changed somewhere along the line. But I recommend that you consider the following school, owned and operated by two chefs, friends of mine (and others!)—"French Culinary Experience" in Wheeling, 215-1931. They offer a number of programs, some for beginners, others more elaborate that even some of my cooking staff have been attending with great results.

And what's going on at **D&J Bistro** this

month? Our recently introduced, monthly "True Bistro Dish" is "La Choucroute Garnie," a delicious specialty of Alsace that is very difficult to find in its original form in the Chicagoland area. It's a complex assemblage of various pork cuts and special sausages braised with our home-cured sauerkraut in champagne... cost is \$19.50. Each month, we will be featuring an original Bistro dish in order to combat standardization and culinary boredom. Come and rediscover what made Bistros so popular in the first place.

Thank you for reading me, and thank you for your support.

—Merci, Dominique

P.S. We are working on a "live" website. Stay tuned!

## Whatever the Forecast, Shower the Bride with Gifts from Little Shop of Papers

Gift the bride-to-be with a gorgeous wedding book to keep track of all the exciting activities associated with the wedding day.

You'll see lots of unique and handmade accessories for the big day: beautiful handmade satin and lace garters (you keep these with the gown), natural papers with pressed flowers fashioned into guest books, a selection of beautiful unity candles and even satin pillows for the ring bearer!

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**Little Shop of Papers** is located in The Foundry, 740 W. Northwest Highway in Barrington. Call them at **847-382-7733**.



## 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**.



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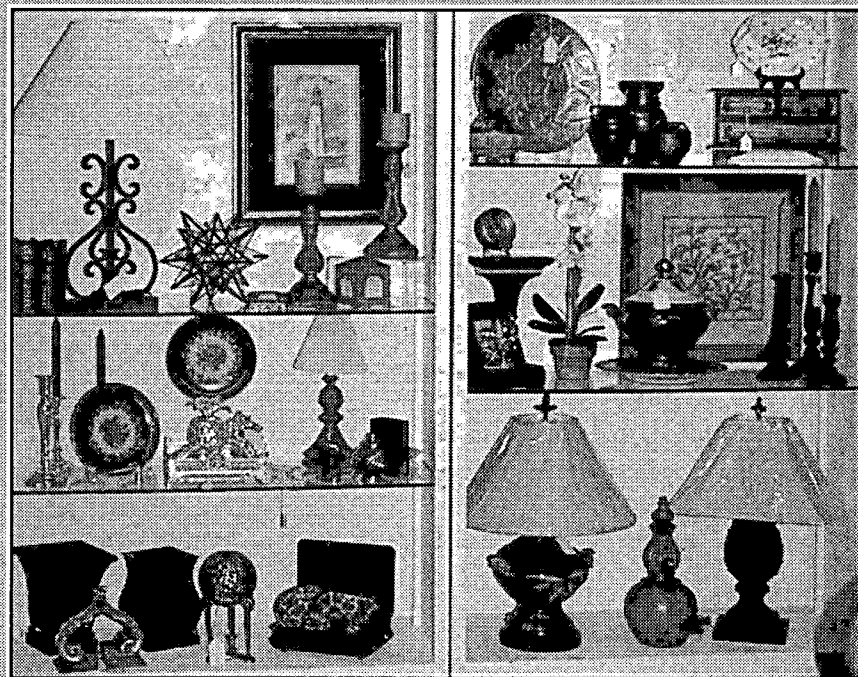
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**Wednesday**  
**April 11, 2001**  
**10:00 a.m.**



**LORETTA LAROCHE**  
How to Prevent  
"Hardening of the Attitude"

**Tuesday, May 1, 2001**  
**7:30 p.m.**  
**Wednesday, May 2, 2001**  
**10:00 a.m.**

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<p><b>David P. Van Dam, M.D.</b></p> <p><b>Jeffrey J. Berti, M.D.</b></p> <p>Crystal Point Office Center 183 Heritage Drive, Crystal Lake, IL 60014 (815) 455-4434</p>	<p><b>Jerome D. Fallon, M.D.</b></p> <p><b>Anthony M. Janiga, M.D.</b></p> <p>Smith Professional Building 27401 West Highway 22, Lake Barrington, IL 60010 (847) 382-5111</p>
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## Travel Czar Arthur Frommer and Humorist Loretta La Roche Continue Elgin Enrichment Series This Spring

The Elgin Enrichment Series looks forward to its upcoming spring presentations with travel czar Arthur Frommer and humorist Loretta La Roche to be held at the Elgin Community College/Visual Performing Arts Center, 1700 Spartan Drive, Elgin.

Arthur Frommer, America's Travel Czar, presents "Unusual, Exotic & Dream Vacations" on Wednesday, April 11, 2001, at 10:00 AM. Frommer is famous for his novel vacation ideas which bring high romance and adventure to the most standard destinations. In a colorful and fast-paced presentation, he'll roam the world from the Florida Keys to the island of Bali, describing resorts that are both full of value and fun... and attractions that are full of learning and growth for the viewer.

Loretta La Roche presents "How to Prevent Hardening of the Attitude" on Tuesday, May 1, 2001, at 7:30 PM and Wednesday, May 2, 2001, at 10:00 AM. La Roche is a bundle of dynamite who's got audiences of usually sane people rolling in the aisles with uncontrollable laughter. Chances are, she's unlike anything you've ever seen! We are fast becoming a nation of crazed and humorless individuals. The message we constantly receive is to do as much as we can in one day, do it perfectly and then feel guilty for not doing more.

La Roche says it is possible to create excellence, play along the way and enjoy life! She was featured on PBS providing her wacky sense of humor to promote a happier, healthier society.

"Our Series ticket holders have given us very positive feedback about the variety of our nationally recognized presenters," said Donna Burnidge, Board President of The Elgin Enrichment Series. "We are eagerly anticipating Arthur Frommer and Loretta La Roche and will also be ready to announce our new 2001-2002 Series presenters following Ms. La Roche's presentation. The best is still yet to come!"

Ticket information for both presentations can be obtained by calling the Elgin Community College Box Office at **847-622-0300**. A limited number of luncheon tickets are still available for each morning presentation at \$18 for each Luncheon by Series Ticket holders only. All luncheons are held at the Elgin Country Club in Elgin immediately following the presentation. Seating is limited to 200 people. Visit the website at [www.elginenrichment.org](http://www.elginenrichment.org).

This 2000-2001 Series kicked-off successfully with legendary film critic Roger Ebert of the *Chicago Sun Times* and "Ebert (Please continue on page 46)

## N-Lite™ Wrinkle Reduction Laser and CoolGlide™ Laser for Hair and Vein Removal

Imagine going to your doctor's office and relaxing in a reclining chair. For a few minutes, the doctor shines a beam of light on your skin. No anesthetic, no pain, you feel just a slight, pleasant, warm sensation. You leave the office and go back to your day's activities immediately with no signs of having undergone a treatment and no post-op care. In 30 days, your wrinkles are disappearing. In three months, most of them are gone.

This is the N-Lite™ wrinkle reduction story, and we think this may be "the one"—the one-time laser treatment for removing wrinkles that works for your life and for your skin. With no down time and no visible wound, and for a remarkably reasonable cost, your wrinkles can be comfortably and discretely eliminated.

N-Lite™ is FDA-approved, and this amazing treatment is available now at **Dermatology Physicians & Surgeons, Ltd.** in Crystal Lake and Barrington. The demand for this procedure has been very high, and our office currently has only a few openings left for our March treatment sessions. If you would like to take advantage of this extraordinary new laser innovation, we encourage you to call now to reserve your spot. For more information about N-Lite™ and for "before" and "after" pictures, you may go to the manufacturer's website at [www.wrinklereduction.com](http://www.wrinklereduction.com).

At **Dermatology Physicians & Sur-**



**David P.  
Van Dam, MD**



**Jerome D.  
Fallon, MD**



**Jeffrey J.  
Berti, MD**

**geons**, we now offer **CoolGlide™**, a new laser system for hair removal and vein removal. CoolGlide™ is gentler, faster, more effective and more economical than other lasers for hair removal. CoolGlide™ is so special that, for a limited time, **Dermatology Physicians & Surgeons** is offering **one free CoolGlide™ hair removal treatment** (a \$200 value) to anyone who can show proof of previous treatment with any kind of laser or light-based hair removal system by any physician's office. Call now for a free consultation about hair removal and, if you qualify, for your free introductory treatment with CoolGlide™.

Remember, **Dermatology Physicians & Surgeons, Ltd.** is your full-service source for skin care, anti-aging skin treatments, skin cancer surgery, mole removal, liposuction using only local anesthetic, spider and varicose vein removal and diagnosis and treatment for all diseases of the skin, hair and nails. Call **815-455-4434** or **847-382-5111**.

For your life... for your skin.

## Deadline!

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

Please send your press release/advertising materials to:

Editor  
**Lifestyles Magazines**  
P.O. Box 293  
Crystal Lake, IL 60039-0293  
or call: **(815) 459-4820**



## The European Art of Nail Care

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

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

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

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

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

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

## 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. 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.

### Give a 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.

## Art Associates to Attend *Beyond the Easel*

On Friday, March 30, members of The Barrington Community Associates of The Art Institute of Chicago will attend a special presentation, *Beyond the Easel: French Decorative Painting and Salon Music*, sponsored by The Women's Associations of The Chicago Symphony and The Art Institute.

This exhibition of 85 works from public and private collections around the world is the first ever to focus exclusively on decorative painting as a new visual language at the turn of the last century. Pierre Bonnard, Edouard Vuillard, Maurice Denis and Ker Xavier Roussel took from Gauguin the idea that all art should be decorative. Decorative painting implied works whose format, medium, scale and subject distinguished them from traditional oil painting on canvas. They were highly successful as "painter decorators."

The exhibit features the large-scale, boldly colored and patterned works that

were meant to integrate art into everyday life.

The day will be enhanced by two lectures; one by Gloria Groom, Exhibition Curator and author of the 312 page exhibition catalog; the other by Music Professor Hugh MacDonald, Washington University. Salon music, intended to be performed at home for friends and colleagues rather than the concert hall, will be presented by musicians from The Chicago Symphony Orchestra.

The bus will depart from Langendorf Park in Barrington at 8:15 AM. Coffee will be served in The Art Institute Trading Room. Participants must show an Art Institute Membership Card to enter the "Beyond the Easel" exhibit.

Cost of this members-only event is \$30. Contact Mary Lou Iverson at 847-359-0941. For membership, contact Pat Fein at 847-382-5953 or Mary Wajda at 847-991-1207.





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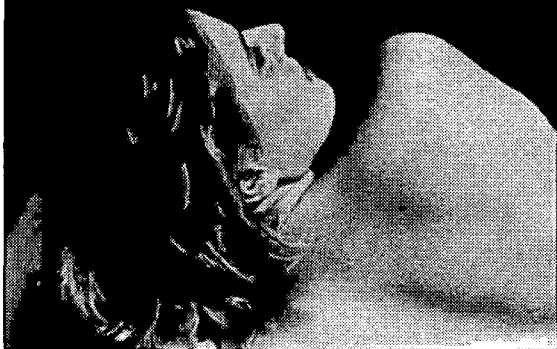
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## Four Seasons Garden Club

The Four Seasons Garden Club will meet on Tuesday, March 6, at 9:30 AM at the Barrington Area Library.

The University of Illinois Extension Service is sending Sharon Viesla to speak to

club members on garden design and landscaping basics. The 1½-hour program will cover the basics of designing with flowers as well as proper placement of trees and shrubs for the best effect.

## Lines School Book Fair— March 6, 7 and 8

A wide selection of books for both children and adults will be offered, March 6, 7 and 8, at the Arnett C. Lines School Book Fair. The book fair is being held in the Media Center at Lines School which is located in Barrington at 217 John Snow Avenue. Hours of the fair are: Tuesday,

March 6, from 8:30 AM to 3:30 PM; Wednesday, March 7, from 8:30 AM to 7:00 PM; and Thursday, March 8, from 8:30 AM to 4:30 PM. For more information, please call Lines School at 381-7850 or Claudia Gerard at 381-3121. The book fair is sponsored by the Lines PTO.

## 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.**

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## 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 carbo-



hydrates, 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.

## Garden Club of Inverness Holiday Fundraiser



**Christmas Luncheon, Garden Club of Inverness attendees pictured are: (left to right) Phyllis Ewert, Membership Chair; Wanda Tieman, Corresponding Secretary; Mary Jo Bregenzer, President; and Eileen Mahoney, member and past Publicity Chair.**

The Garden Club of Inverness Christmas Luncheon was a wonderful success! More than 180 attendees filled Medinah Country Club for the year's annual fundraiser. The entire day was a delight to the senses! Greeted by the grandeur of sparkling trees adorned for the season, guests and members went on to view the dazzling display of baskets and special items for "silent auction." The flurry of social activity was accompanied by the festive sounds of pianist and member Shula Luber. Guests dined at elegant tables dressed in a winter garden theme, where birds of stone nested among evergreen boughs, pine-

cones and jewel colored roses. The chocolate truffle dessert cued Glen Egland of Barrington Flower Shop's floral presentation. Glen's holiday creations closed the afternoon in spectacular fashion.

The Garden Club of Inverness thanks everyone for their overwhelming generosity and support, making it possible to continue projects and charitable endeavors throughout the coming year. The Garden Club of Inverness is a member of District IX, Central Region, of the Garden Clubs of Illinois, Inc., and the National Council of State Garden Clubs, Inc.



**Toasting the day at the Garden Club of Inverness' Christmas Luncheon were: (left to right) Barbara Hidding, Event Co-Chair; Laura Hoover, member; Adele Walker, member; Janet Sholiton, member; and Sharon Wagner, guest.**



**Also attending were: (left to right) Barbara Hidding, Co-Chair; Donna Schuld, 1st Vice President; and Jill O'Connell, Co-Chair.**





## Ear Candling... One Ear at a Time

Your ears are organs for hearing and balance. The most common symptoms affecting the ears are earache, hearing difficulties, tinnitus (constant sounds in the ear) and labyrinthitis (a spinning sensation). Some ear problems affect only the structural parts of the ear, while others affect hearing as well. Although ear problems can be distressing, most are not a serious cause for concern and seem to benefit with **Ear Candling**.

The healing method now called Ear Candling has been around for centuries. Many nations have used the method for thousands of years. The ancient Egyptians employed reeds in this technique. Native Americans have also done Ear Candling using cornhusks, dipping them in beeswax to make a hollow candle. The process was also known in ancient India, Tibet and in the Aztec culture. This process is still being handed down orally today in many centers of traditional medicine, and with the recent increased interest in traditional medicine, has been gaining in general popularity too.

Given its name because the practitioner uses a hollow waxed-cloth candle, this simple home remedy assists in the removal of ear wax and may improve any of the following conditions: sinus problems, sore throat, ear ache, swimmer's ear, some chronic headaches, allergies and hearing difficulty.

There is no discomfort to the person receiving the treatment; old earwax and noxious toxins are drawn up into the candle, which has been placed gently in the ear and lit. The low flame of the wick creates a slow vacuum, which softens and pulls the old wax into the base of the candle. When the candle has burned down sufficiently, one can then examine the base of the candle to see just what was in the ear.

Theoretically, such effects are possible because all the passages in the head are interconnected, allowing the candles to drain the entire system osmotically through the membrane of the ear. Ear Candling also acts as a catalyst to clear out debris accumulated on nerve endings. This allows for clear vibrational flow to the corresponding area of the mind, body and spirit. This clears the way for other methods of healing.

A typical candling client is one searching for a more "natural way" to alleviate pressure in their head or upper respiratory area, or someone in search of relief from pain in their children's ears, or to hear, smell, see or just "plain" feel better.

Excerpts taken from the book *Candling* by Anne Tatum.

For more information on this gentle, relaxing procedure, please call **Estetica Advanced Clinical Skin Care** at 847-438-2100.

## Citizens for Conservation Native Plant Sale

Citizens for Conservation will be accepting advance orders for trees, shrubs and forbs until March 23. Advance orders insure delivery of your favorite choices for the day of the Native Plant Sale to be held on May 5. You will be asked to pick up your order either Friday, May 4, or Saturday morning, May 5, at CFC's headquarters, 459 W. Highway 22, across from Good Shepherd Hospital in Lake Barrington. If you are unable to make these dates,

please call. CFC will attempt to make special accommodations to fit your schedule.

All proceeds from this sale will be used to support CFC's mission of "saving living space for living things through protection, restoration and stewardship of land, conservation of natural resources and education."

To obtain an advance plant sale order form, please call Citizens for Conservation at 847-382-SAVE (7283).

## Infection Control and Your Dental Visit

by James T. Gavrilos, DDS

Some people are so concerned about contracting the HIV or AIDS virus and other diseases that they are avoiding dental visits and neglecting their oral health. Dentists are frequently silent about the infection control methods in their office because they think bringing up the subject will worsen a patient's fears. If you have any doubts, ask your dentist about his infection control procedures. He should willingly discuss them with you.

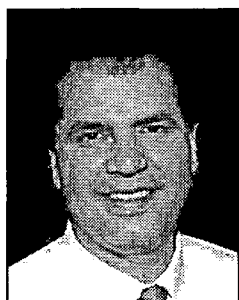
The Center for Disease Control has set up what are termed Universal Precautions to be used by all staff involved in patient care. These precautions include the use of gloves, masks, needles, saliva ejectors and other items that are disposed of after each patient.

Instruments which are not disposable are sterilized with high heat or gas sterilization. In our office, dental instruments are kept in cassettes. These cassettes are first immersed in a large ultrasonic cleaner to remove debris and then rinsed and transferred to the autoclave for high-heat

sterilization.

Water lines, countertops and other surfaces which are not disposable or heat sterilized are cleaned and disinfected chemically. The result of these efforts by your dental team should be a safe environment for your dental care. Talk about this with your dentist to increase your confidence. Don't let fear rob you of your oral health.

For a thorough oral evaluation, see **Dr. James T. Gavrilos** in Barrington at 847-381-4040.



Dr. James Gavrilos

Photo by Lea Image Studio

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

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**Raymond P. Kotz, DDS, PC**  
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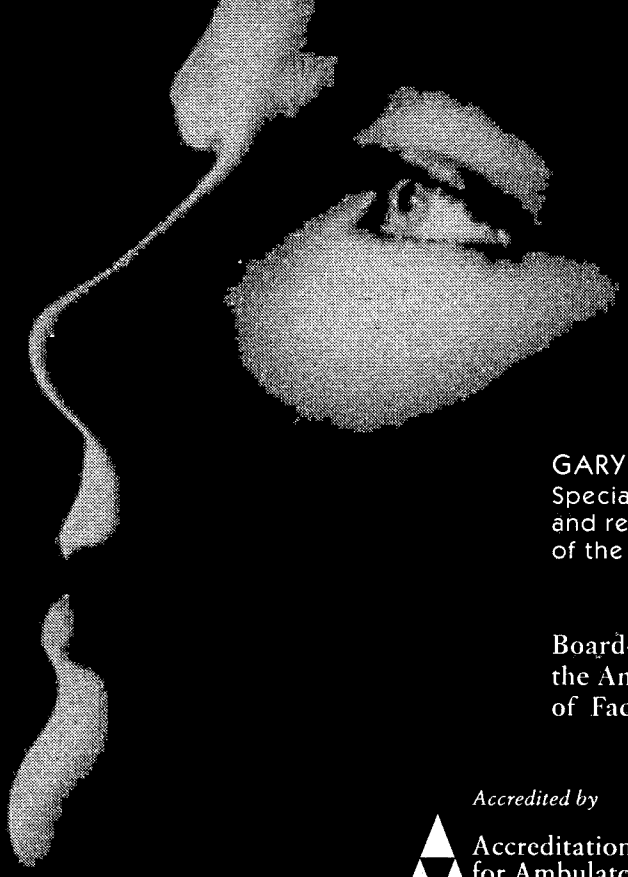




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## Time for Learning, Volunteering at Safety Town

Safety Town walk-in registration for District 220 students will be held on Saturday, April 7, from 8:30 to 11:30 AM at Health World in Barrington. Mail-in applications will be accepted after April 7 for 220 students and out-of-district students. The Early Childhood Safety Education Program is open to any child who has just completed kindergarten or will be entering kindergarten this fall. Session dates are June 18 to 29 and July 9 to 20. Classes are offered during each session at 8:30 to 11:30 AM, 11:15 AM to 1:15 PM and 2:15 to 4:15 PM. The program is held Monday through Friday during each session of Safety Town at Health World. Fee for the

course is \$40. Applications will be available at the Barrington Library, Park District, area preschools and District grade schools. For further information, please call Barrington Junior Women's Club at 622-3838.

Students entering 6th, 7th and 8th grade in the fall are needed to volunteer at Safety Town this summer as team leaders. Volunteers work under the direction of a Site Director to guide kindergartners in this early childhood safety education program. One hundred and eighty volunteers are needed.

For further information, please call Barrington Junior Women's Club at 622-3838.

## Tobacco Use Among Teenagers

Everyday, nearly 5,000 young people begin smoking. According to the American Lung Association, nearly one-third of these smokers will die prematurely as a result of their tobacco use. While this addiction is definitely a health threat to adults, the fact is that 80% of adult smokers started before the age of 18. Clearly, the best time to help people avoid the dangers of tobacco use is in their youth.

This is an extremely important issue that we, as an orthodontic office, can educate our young patients about since we are a consistent presence in their lives for many of their formative years.

Of course, tobacco use can cause tooth stains and contribute to periodontal disease, but from an orthodontic standpoint, it can wreak havoc on a smile that they worked so hard to achieve. Beyond that, a survey of 15,000 adolescent orthodontic patients revealed that adolescents who smoke are more likely to use drugs and alcohol than their nonsmoking peers.

Our office is pleased to join the American Association of Orthodontists and the American Lung Association in bringing the topic of tobacco use among teens into the spotlight. If we can influence just one patient to quit smoking or to never start, we will have made a significant contribution to that patient's life in years and quality.

If you would like further information regarding tobacco use among teenagers, please contact the American Lung Association at 1-800-Lung-USA. If you have any questions regarding orthodontics, please call our Barrington, **847-382-5588**, or Palatine, **847-359-7980**, offices. Or visit our website at [www.haywardorthodontics.com](http://www.haywardorthodontics.com).



**Dr. Michael  
Hayward**

## 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.

### 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.



## Help for Bladder Control Problems

Do you have bladder control problems? Take this test:

- Do you lose urine when you laugh, cough, sneeze or exercise?
- Do you get a strong urge to urinate that makes you afraid you might have an accident?
- Do you limit your activities or traveling because of urine loss?
- Do you awaken many times during the night to use the bathroom?
- Do you wear a pad because you are afraid you'll lose urine?
- Do you locate a toilet as soon as you enter a new environment?

If you answered "yes" to any of these questions, you are not alone. Bladder control problems (incontinence) are common and affect 15 to 25 million people in the United States. Bladder control problems are not a normal part of aging or childbirth and are not something you have to just "live with".

There is assistance available. Physical

therapists can help control bladder problems by instructing you in changing your habits and retraining your bladder. A physical therapist can also educate you in exercises for your pelvic floor muscles (more than just Kegel's). Biofeedback can be helpful in retraining the pelvic floor muscles. Medication or surgery might also be an option. So seek help today. Don't put it off.

**Women's Physical Therapy Institute (WPTI)** is a unique facility dedicated to serving the rehabilitation needs of women of all ages. They specialize in treating incontinence, fibromyalgia, osteoporosis, orthopedic conditions, lymphedema, 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 Rd., 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.

## Which Stress Reliever Works for You?

Stress is one of the leading Public health problems in the United States today. That's why learning how to respond to the pressures in your life is so important.

**All Ways Healthy** in Lake Zurich has some suggestions for you.

1. **Supplements-Herbs.** Certain herbs can help to relax you, many people report that drinking teas made from herbs reduces stress, also B vitamins help support the nervous system.

2. **Massage.** Studies show that massage can lower certain stress hormones in the body, have a calming effect on the central nervous system, and soothe muscle. There are different kinds of massage. Shiatsu, deep muscle and Swedish.

3. **Visualization.** There are many ways to relax your mind... a) close your eyes and picture a [sunset over the ocean]; b) concentrate on slowing your breathing down; c) focus on a word or phrase always slows your breathing.

4. **Hydrotherapy.** Immerse your body in a warm water bath, whirlpool or hot tub, add oils for an extra treat. Your body

becomes weightless and the warmth of the water soothes and calms.

5. **Exercise and Yoga.** Exercise 20-30 minutes at least three times a week (walking, swimming, dancing) or whatever you enjoy. This helps to release endorphins for a calming effect.

Yoga can help with mental fatigue, as well as increasing your flexibility.

6. **Muscle Relaxation.** This can be done any place, sitting or lying down. Start by making your exhaling breath last twice as long as inhaling breath. Then contract each muscle group, starting with the feet and working your way up to the head. Learn to recognize the difference between tension and relaxation.

7. **Aromatherapy.** It seeks to induce relaxation, increase energy, reduce effects of stress and restore balance to mind and body through the use of essential oils. The oils can be applied to the body or simply put into water.

Visit **All Ways Healthy** and let our experienced staff help you or, for a consultation with Carole, call **847-438-9200**.

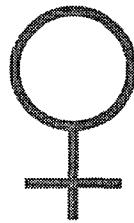
## AAUW Presents "Women's Effect on Medicine, Medicine's Effect on Women"

From ancient times, women have been considered to be the nurturers and healers. But when medicine became a profession, women were thought unfit to practice it. In celebration of Women's History Month, The Barrington Area Branch of The American Association of University Women (AAUW) presents "Women's Effect on Medicine, Medicine's Effect on Women" on Saturday, March 10, 2001, at The Barrington Area Library from 2 to 4 PM.

This program will be a combination of dramatizations and discussions about several women who fought the barriers of professional tradition or fought to have women's health issues addressed. It will also include a personal retrospection by one of our own Barrington citizens who joined the ranks of female physicians over 50 years ago. Join us to learn more about Margaret Sanger, Mary Baker Eddy, Eliz-

abeth Blackwell and others as we portray their struggles to change the medical world for women. Our own Dr. Shirley Peterson will close the program by sharing her unique perspective on being a woman in the medical profession before the middle of the last century. This program is open to the public and free of charge. Refreshments will be served. No reservations are necessary. For more information, call Deb Etzel at 847-842-8452.

AAUW is a national organization committed to educational equity for women and girls, life-long education and positive societal change. The Barrington Area Branch sponsors monthly programs, hosts social activities and is active in the Barrington community. Membership is open to anyone with a baccalaureate or higher degree from an accredited college or university. For further information, call 847-540-8719.



## Bladder Control Problems?

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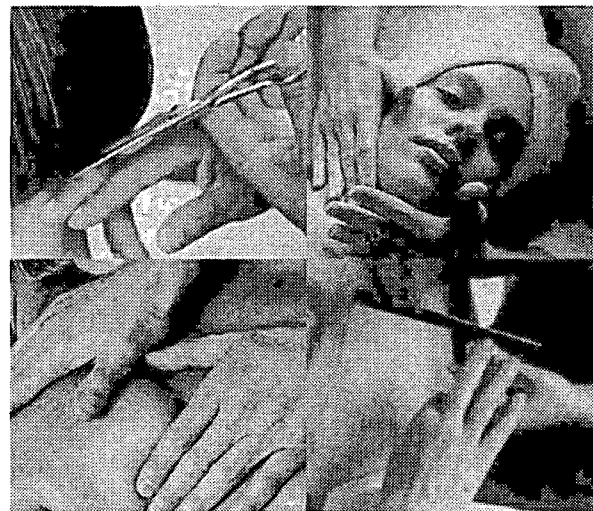
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# Michael Gerry

The flower... enduring symbol of life, love and romance... possessing an air of mystery and dynamic beauty.

No other contemporary artist has captured this beauty with as much elegance and vitality as Michael Gerry. Michael's style goes beyond realism to capture the abstract essence of nature itself, creating an image that seems to change and grow before your eyes.

Michael Gerry's lifelong study of the painting of natural subjects has led to a highly developed focus in florals. Working from his own photography to catch the perfect position of the sunlight, to capture the texture and shapes of the beautiful compositions created by the infinite positions that the flowers and their settings create, Michael paints blossoms



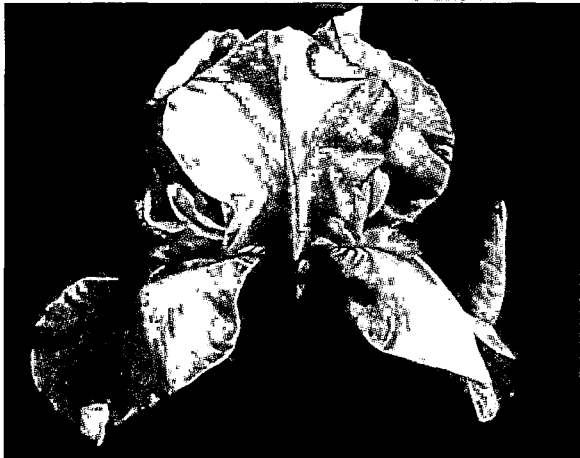
*Casa Blanca Lilies*

in a photo-realistic style that are as much as 60 times their actual size.

As a painter, Michael's work reflects the influence of the masters whom he cites as a source of inspiration, among them turn-of-the-century American painter John Singer Sargent and several of the French Impressionists, notably Monet, Degas and Renoir. Michael's work fuses their styles with his own to create a uniquely contemporary vision of nature, bringing together a studied realism with an appreciation for the abstract and mysterious beauty of natural forms. It is the originality and technical precision rendered in Michael's vision on canvas that has led to the unforgettable impression his work leaves on art-lovers everywhere.



*White Petunias with Red*



*Lavender Orchid*



*Rose Partners*



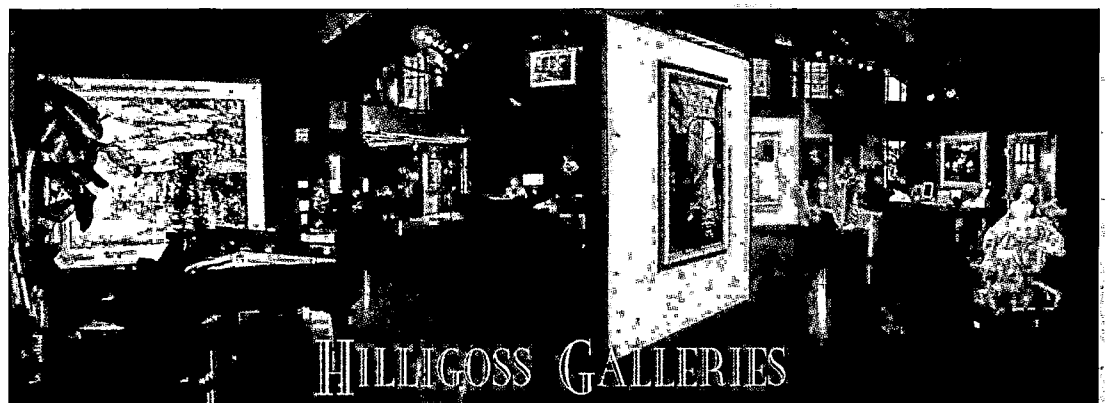
*Back to Back*



*Blossoms of Spring*



*Cherry Blossom Time*



HILLIGOSS GALLERIES

## HILLIGOSS GALLERIES

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# SHERI MEKETA

Serious art collectors discovered Sheri Meketa's brilliant floral landscapes ten years ago at The Studio of Long Grove. Their special quality is the way they communicate the brightness and energy of the artist. Her enthusiasm and passion for her work gives the palette knife paintings a bold and powerful expression.

This exhibit will be the largest showing to date of this major artist's work, including over 30 paintings to choose from to supply two shows (in Long Grove and on Michigan Avenue).

The City of Chicago will appreciate the trip down many garden paths to greet their fantasy landscape



Doorway-Turquoise Blue

40 x 30

## Invitation to Spring

Michael Gerry and Sheri Meketa

The two artists that have sold more than all of our other artists are Sheri Meketa and Michael Gerry. You are invited to attend an Artists' Reception of these uniquely gifted people who have given so much joy to so many.

Join us at either gallery for an evening loaded with light, color and beauty

at *The Studio of Long Grove*

Friday, March 9th, 6:00 - 9:00 pm

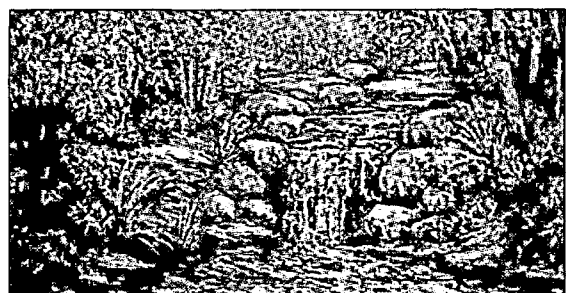
Saturday, March 10th, Noon - 2:00 pm

at **HILLIGOSS GALLERIES**

Saturday, March 10th, 5:30 - 8:30 pm

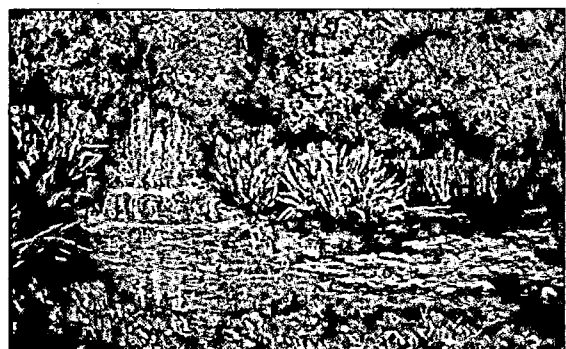
Sunday, March 11th, Noon - 3:00 pm

Confirmation that you plan to attend would be appreciated.



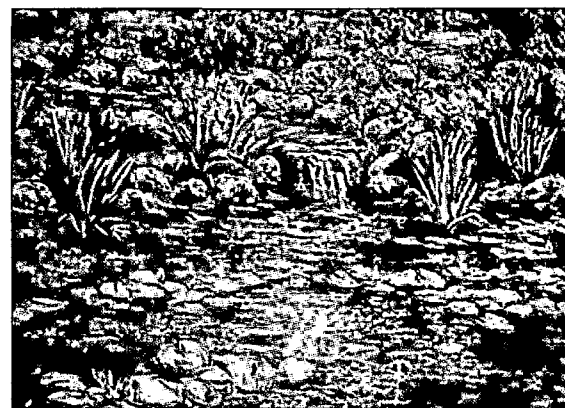
Boulders with Waterfall

18 x 34



Nature's Reflection

30 x 48



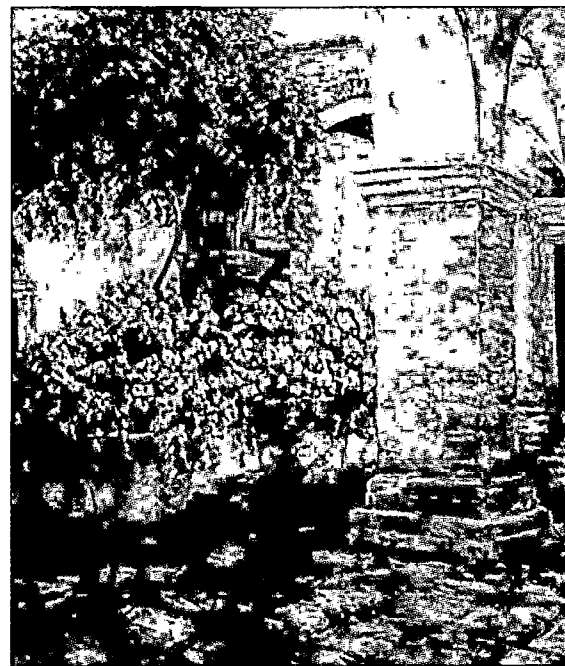
Pond with Waterfall

30 x 40



Sunflowers Up Close

20 x 24



Arches of Calistriano

54 x 46

*The Studio of Long Grove*

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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**.

## Forest Grove Athletic Club

Owned and operated by TCA, a recognized leader in the fitness and recreation industry for 29 years, **Forest Grove Athletic Club** offers its members not only a state-of-the-art fitness facility, but the personal touches and comfortable surroundings that set it apart from the crowd.

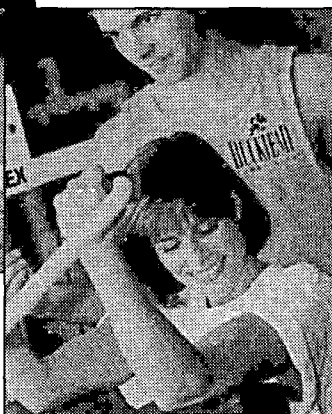
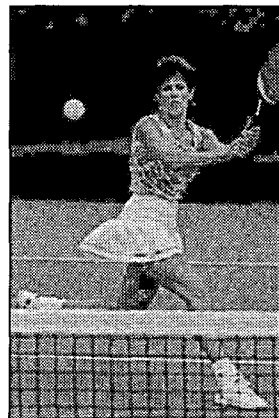
Just step into our beautiful lobby, with its soaring ceiling and contemporary furnishings, and you can tell this place is different. We are a serious health facility with a fun atmosphere.

Trial memberships are available—some restrictions apply. And, the club offers a 30-day, unconditional, money-back guarantee.

If you are not completely happy with the club during your first month of membership, we will refund your initiation fee and every dollar you have paid for monthly dues—no hassles, no pressure, no questions asked. Why would we make an offer this bold? Because we believe that **Forest Grove** is everything you could want in a full-service athletic club.

We at **Forest Grove Athletic Club** are committed to producing happiness for people by providing the finest in athletic club services, facilities and our professionals to serve your needs.

Call or visit our club soon. See the adjoining ad for information about special enrollment programs and generous trial memberships throughout the month. Hope to see you soon at **Forest Grove Athletic Club**.



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## Making Assumptions

How often do you make an assumption about what someone is thinking or about what someone is doing or about why they are behaving in a certain way? If you are like most other people, the likelihood is pretty good that occasionally you do that.

Have you ever considered what message that gives to the other party who you made the assumption about? Or have you ever considered that there is more than a 90% chance that your assumption is actually inaccurate? Lastly, have you ever stopped to think about the damage that assumptions can do to relationship health?

One of the largest relationship pitfalls that people find themselves in is "guessing" what is going on in the mind of the other person. The impact to both parties is great if you play out the damage. For instance, when you assume something about the other person, you are actually taking away his or her right to communicate what is really going on for them. This can feel disrespectful for that person, certainly not endearing you to him. When you figure that you "know" what is going

on in the mind of the other, your actions or words will reflect that "assumed" knowledge. If you are wrong, which in most cases you are, then your attitude toward that person will be incongruent or inappropriate to the situation. A misunderstanding occurs, or worse yet, a blow-out happens—both of which could have been avoided by asking the person what was going on with him or her in that situation. Hurt, anger and frustration are three very common outcomes of making the mistake of assuming you know what is in the mind of another person without checking it out with him for accuracy.

Sometimes, the simplicity of asking is the thing that is most overlooked. In an effort to improve relations with spouses, friends, co-workers or children, make a concerted effort to determine what is true for them rather than figuring that you know the answer. I am certain you will be surprised by some of the positive results. If you are in the habit of making assumptions and want some help curbing the problem, call me at 847-842-9365. Perhaps I can help.

## Feel Good and Look Great

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

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

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

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

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



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

The clinic also provides several procedures to improve your appearance.

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

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

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

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

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

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

## 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 at our next meeting on Wednesday, March 14, at 7:30 PM. For more information, call Angie at 847-478-5140.

by Judy Kaplan, MS

## Judy Kaplan, MS

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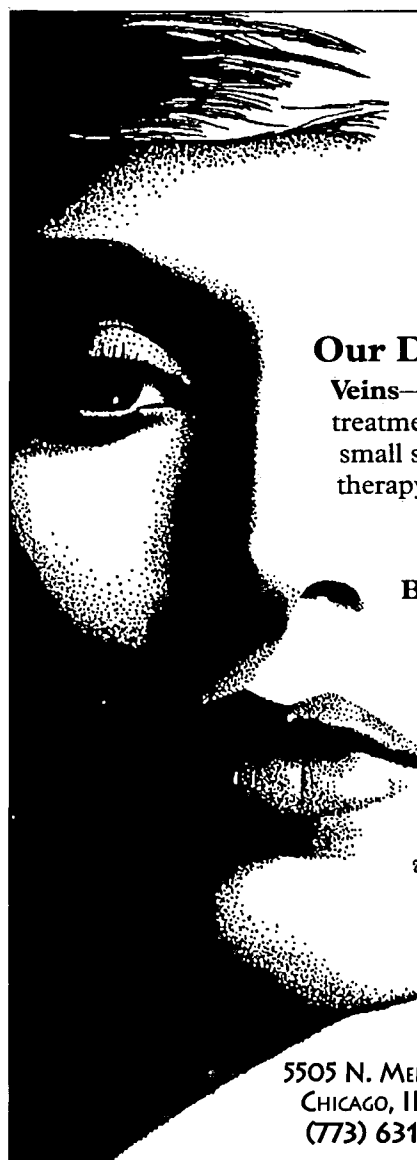
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|---|---|
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| <input checked="" type="checkbox"/> lending clarity to the problem  | <input checked="" type="checkbox"/> establishing goals                |
| <input checked="" type="checkbox"/> providing education & awareness | <input checked="" type="checkbox"/> providing feedback                |
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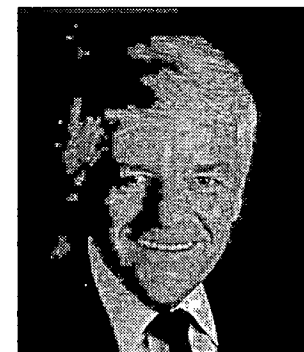
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ELK GROVE VILLAGE, IL 60007  
(847) 228-3151

## BWC Luncheon Speaker Don Beveridge

Don Beveridge will be the guest speaker at the Barrington Woman's Club Luncheon on Wednesday, March 21, at 11 AM. This will be held at Ivanhoe Country Club located on 176 in Ivanhoe.

In 1973, Don was a resident of Barrington where he started Beveridge Business Systems, a management and sales consulting firm. He is a nationally acclaimed motivational speaker, author and consultant. He has addressed many of the world's leading fortune 500 firms such as General Motors, Pillsbury, Continental Grain and many others. If you have not heard him speak, this is a wonderful opportunity.

Please send a check for \$25 to Ginny Schomberg, 986 Hampton Park, Barrington, IL, 60010. Men and non-members are welcome. Your check is your reservation.



**Motivational speaker, author and consultant, Don Beveridge**

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



**Remember** how your skin felt and looked  
when you were younger? **It can again**  
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Microdermabrasion, a breakthrough new  
skin therapy program embraced by men  
and women of all ages, is a simple, easy  
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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**

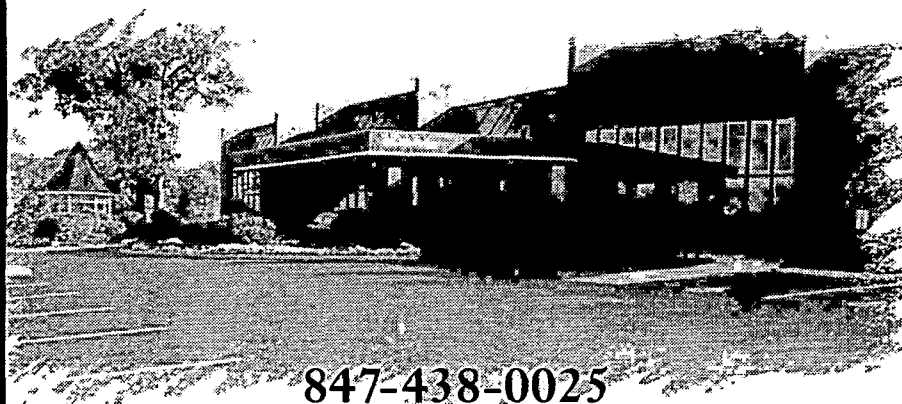
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West of Quentin Rd., 1 1/2 Miles North of Lake-Cook Rd.

## American Glass Artist Peggy Karr Comes to Barrington!

World-renowned American Artist Peggy Karr is coming to Barrington!

Selected as one of only two stores in Illinois, The Canterbury Shoppe is thrilled to be hosting a personal appearance and Trunk show for Peggy Karr on Thursday, March 22, from noon 4 PM at their store in the Ice House Mall. During this show, Peggy Karr will sign every piece purchased.

Formally trained in fine art and ceramics, Peggy Karr's fascination with stained glass art in 1987 led her to exploring fused glass art techniques that were developed by the Mesopotamians over 3,500 years

ago. This passion was further fueled when she discovered an enameled fused glass piece by Maurice Heaton in an antique shop. Earning her living as a church sextant and by cleaning houses, she perfected this artform at night, working long hours in a small attic studio above her living quarters in the church. This process involves sifting dry glass enamels through stencils onto clear glass and kiln firing it at 1,500 to 1,600 degrees.

Although a beautiful work of art, each piece is made to be used on the table. Peggy Karr's art captures the essence of Cottage and English garden flowers and

## New Skin Technology Debuts at Northwest Dermatology

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

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

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

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

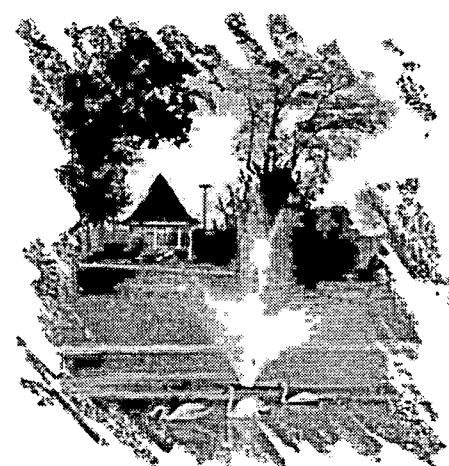
The Diamond Peel™ treatment erases epidermal layers at varying depths in a safe, controlled manner, minimizing skin trauma. This approach respects the integrity of the skin and promotes even healing. Maintaining level cellular growth on the surface aids in the freshness of the skin's appearance. Regular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

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

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

**Concorde Banquets** specializes in hosting your corporate proceedings. Breakfasts, luncheons, dinners, business conferences, or whatever your needs, all are accomplished with the utmost style. Our objective is complete success for your conference that will reflect positively on your company's image.

Our expert staff takes pride in helping you plan your business event with a per-



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.

Every occasion is important to us, no matter how large or small. Choose from six conference rooms, accommodating from 25 to 1,200 people. For more information and a personal meeting, please call **847-438-0025**.

**Concorde Banquets** is located at 20922 N. Rand Road, one mile north of Lake-Cook Road and just west of Quentin Road in Kildeer.



holiday celebrations. Ranging from \$12 for a glass ornament to \$300 for glass top tables, Peggy Karr has something to offer every collector. Little did she know that, 15 years later, her artistic success would grow into an American Artisan company that offers over 60 patterns in 19 shapes

and sizes or that her art would be commissioned by The Metropolitan Museum of Art, The Boston Museum of Fine Arts and Christian Dior of Paris among other private collections.

So come out and meet a true American artist and entrepreneur!



## New Officers Installed to Lead the Barrington Area Chamber of Commerce

The installation of new officers highlighted an evening gathering at Watercress Banquets, January 26, that brought more than 140 Barrington Area Chamber of Commerce members and guests for the annual Academy Awards Night and Installation Dinner.

As the guest speaker, Dr. Richard Lederer humored the crowd. State representative Sidney Mathias was in attendance along with many of the local government dignitaries present.

The 2001 Chamber elected officers are: Larry Irwin, The Burton Group, Chairman;

Carol Thompson, Attorney at Law, and Larry Marquardt, Marquardt Barrington Buick/GMC, Vice-Chairs; Jim Bishop, Barrington Bank & Trust Co., N.A., Treasurer; Wm. Jack Davenport, Davenport Family Funeral Home, Beverly Duke, Duke Financial Services, and Chuck Olker, Forrest Press, Inc., Directors; Kathleen Connelly, Strategic Partnerships, Inc., Past-Chairperson; and Janet Meyer begins her tenure as President of the organization, which represents businesses located in the 90-square-mile Barrington area.

## Eukanuba®—Sized to Fit the Needs of Your Puppy

The improved formulas of **Eukanuba®** dog foods are now fortified with **more Vital Health System™ Components**. All four puppy formulas—Small Breed, Medium Breed, Large Breed, and Lamb & Rice—contain the **ImmunoHealth Antioxidant Defense System™**. This system includes lutein, beta-carotene and vitamin E, which help promote a strong immune system and boost cell function to help the body fight against viruses and bacteria.

The **Joint Management System™** is now part of Large Breed Puppy Formula. It meets the special nutritional needs of large breed puppies with guaranteed levels of glucosamine and chondroitin sulfate to help the development of healthy joints.

Eukanuba puppy formulas, as well as their whole line of dog and cat foods, 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.



## Barrington Animal Hospital for Your Pet's Finest Health Care

The veterinarians and staff of **Barrington Animal Hospital** are dedicated to providing your pets with the finest possible health care, so that you may enjoy the bond with your special friends for many years. Our clinic provides state-of-the-art diagnostics, surgery and medicine for dogs and cats.

You will find that our veterinarians, technicians and office staff are available and more than willing to answer your questions and offer advice on how to best care for your pets. We know that they are important family members who do much more than just "share your space."

Whether you need routine preventative health and dental care for your pets, health problem diagnostics, treatment of a specific condition or specialized dental care, you will find that all of us at **Barrington Animal Hospital** will strive to meet your highest expectations for medical excellence and quality care.

**Barrington Animal Hospital** is fully equipped with the instruments necessary to administer advanced medical care, including isoflurane gas anesthesia; cardiac, pulse and blood pressure monitors; pulse oximeters; and other sophisticated equipment. And though it is an often overlooked aspect of preventive health care, dental care for your pet could lead to a happier, more comfortable animal. The facility is equipped to provide complete dental services, including regular prophylactic cleaning and restorative procedures.

**Barrington Animal Hospital** is conveniently located on the west side of Northwest Highway about two blocks south of Lake Cook Road in Barrington. We recently expanded our office hours for the convenience of our clients' busy schedules. Our office hours are: Monday, Wednesday and Thursday, 8 AM to 8 PM; Tuesday and Friday, 8 AM to 6 PM; and Saturday, 8 AM to 2 PM.

## April Showers Bring... The Barrington Woman's Club Annual Card Party

The Barrington Woman's Club Annual Card Party will be held on Wednesday, April 18, at Inverness Country Club, Roselle Road, Inverness. This is a major fundraiser for girls' and women's scholarships.

Ladies! Organize your tables now! Not just bridge. Any card and/or board game

will do! Breakfast and a wonderful lunch are included with prizes galore!

More information will be available next month. Check your newsletter. Mark your calendar.

Call Nancy Anderson at 382-5818 or Claire Lee Erickson at 382-4234 with questions.

## Moon Wink

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**12½# OR LARGER BAGS & FULL CASES OF CANS EUKANUBA DOG & CAT FOOD —LIMIT 5—**

Good at Rick's Pet Shop only. Must present coupon. Excludes net-priced sale items. Cannot be combined with any other offer. Expires 3-31-2001.



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



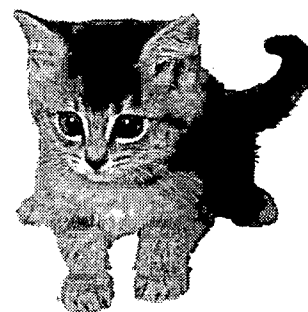
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the human  
and animal  
bond*



**Veterinary Dental Specialist:**  
Barbara Stapleton,  
DVM, FAVD, Dip, AVDC  
**Professional Staff:**  
Laura Clarke, DVM  
Cheryl Stroud, DVM, PhD  
Molly Flaherty, DVM

**Don't forget  
heartworm season!**

# Happenings!

*in the area*

## 2001 Barrington Relay for Life Kick-Off Event was a Grand Success



Shown are: (left to right) Bob Skopek, Chairman; Connie Payton, Honorary Chair; Sue Geshwender, Chairman; Kim Duchossois, Honorary Chair; and Karen Lambert, Acting Interim CEO. Photo by Bridget Daehler.

On Thursday, February 15, Good Shepherd Health and Fitness Center hosted Barrington's Relay For Life kick-off event for The American Cancer Society. Over 160 attendees filled the room to hear remarks from our honorary Co-Chairmen Connie Payton and Kim Duchossois and to see Good Shepherd Hospital's acting interim CEO, Karen Lambert, present a \$10,000 check to The American Cancer Society. Dr. Suzanne LaFollette from Northwest Oncology and Hematology spoke along with cancer survivor Carol Andler, who is a second grade teacher at Barrington's Lines elementary school. Carol gave a very emotional but inspirational message to the attendees. To round out the evening, Village President Ron Hamelberg gave a proclamation.

Over 100 teams signed up to surpass our evening's goal and kick-off our event for May 11 and 12 at Arlington Park Race Track. The Relay For Life brings together

teams from local businesses, schools, churches and families for camaraderie, food, music and entertainment and a night under the stars—all while team members take turns walking or running at Arlington Race Track.

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. Come be a part of the 25th year anniversary for the American Cancer Society Northwest Chapter. For additional information on team signups, corporate sponsorship, volunteer opportunities or to be a part of our evening's entertainment, contact Tim Schulz at The American Cancer Society at 847-358-3965. Come and be a part of a "community that takes up the fight!"

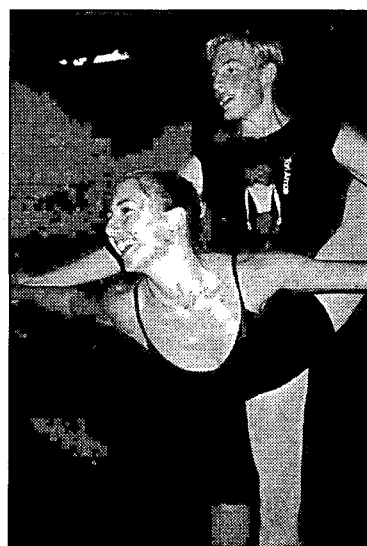
## Only One Audition for BYDE Company Members

The Barrington Youth Dance Ensemble's (BYDE) annual audition to select BYDE company members for the upcoming year will be on Sunday, March 11, at the Barrington Dance Academy located at 117 E. Northwest Highway (just east of Kurt Saphire Pianos, Inc.) in Barrington.

The auditions will promptly begin at 1:00 PM. Auditioning dancers must register by 12:30 PM. Dancers should arrive dressed in ballet attire, hair secured and have ballet and pointe shoes. There is a \$10 registration fee.

Auditions will be open to all intermediate and advanced level boy and girl students, aged 11 and older. They will include a full-length ballet/pointe class conducted by a professional guest instructor. Dancers will be notified of audition results within the following week.

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



Rehearsing the pas de deux are Meredith Sislow of Barrington, a Barrington Youth Dance Ensemble (BYDE) full-company member, and Wade Schaaf of Elgin, BYDE guest artist in residence.

## OMNI Youth Services "Captures the Magic" in LifeModels Gala



Barrington resident Mike Patterson is heading a team of volunteers (along with Tom Dailey of Discover Financial Services) who are conjuring up an evening of magic to benefit OMNI Youth Services. "Capture the Magic" will be held on Saturday, March 17, in the Grand Ballroom at Navy Pier.

The annual OMNI Society of LifeModels Gala will be held on Saturday, March 17, in the Grand Ballroom at Navy Pier. Titled "Capture the Magic," the event—which benefits OMNI Youth Services—will feature a magic theme and the induction of five individuals into the Society of LifeModels.

LifeModels are people who have overcome challenges and became accomplished and recognized in their field while maintaining a strong commitment to community leadership. The Gala 2001 LifeModels are: Sam Akainyah, artist, composer and author; Dr. Aida Gjachello, Director of the Midwest Latino Health Research Training and Policy Center, Uni-

versity of Illinois at Chicago; Dr. Bruce Illingworth, youth mentor and retired physics teacher; Steve Matuszak, actor and comedian; and Marcello Robinson, student leader at Maryville Academy and Hersey High School, now attending UCLA on full-tuition scholarship. All five LifeModels will be at the Gala.

The evening's Master of Ceremonies is John Callaway, award-winning journalist and commentator and the host of *Chicago Stories* on WTTW-Channel 11. Tickets are \$250 per person for cocktails and magic, dinner, dancing to the music of Terre Cohen's Escapade and silent and live auctions. For more information, call 847-353-1604.

## Barrington Lyric's "Do-It-Yourself" Easter Messiah



Pictured in the magnificent St. Anne Church in Barrington are: (from left) Father Jack Dewes, Pastor, St. Anne Church; Barrington Chapter Board members Mary Wajda, liaison for Lyric Opera of Chicago's all-chapter Operathon, from Palatine; Tressa Borkon, Development Co-Chairman, from Lake Barrington; Chapter President Mary Robins from Arlington Heights; and Ray Schme, Managing Director of the Northern Trust Bank in Barrington which is sponsoring the "Do-It-Yourself" Easter Messiah, from Glen Ellyn.

Everyone is invited to participate in a "Do-It-Yourself" Easter Messiah at 7:30 PM on Friday, April 6, 2001, in the beautiful, new St. Anne Church, 120 North Elia Street, in downtown Barrington.

Produced by Barrington Chapter of Lyric Opera of Chicago and generously underwritten by Northern Trust Bank in

Barrington, the oratorio will be conducted by Douglas Schneider, Music Director for St. Alphonsus in Chicago (formerly with Holy Name Cathedral in Chicago). There will also be guest soloists and a chamber ensemble of trumpet, harpsichord and string quartet. Limited scores will be available for sale. Admission is Free.



## 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 8th year in the community. *Come join the fun!*

## Lake Barrington Woods Announces Spring Into Savings Program

Spring is a time for new beginnings, and it's just around the corner. Now is the time to make a move to **Lake Barrington Woods**, a new retirement community in Lake Barrington. Availability is limited, and some apartment styles are going fast. **Lake Barrington Woods** is encouraging people to act now to take advantage of the Spring Into Savings program.

With the Spring Into Savings program, the sooner you move in, the more you save. Reserve an apartment by March 31 and enjoy savings of up to \$3,000. As part of the savings, new residents will receive a "Parkside Passport to Savings". The "Parkside Passport to Savings" gives credit towards guest meals, the beauty/barber shop, the general store and the Grille at **Lake Barrington Woods**.

Don't pass up this opportunity to experience

quality of life at **Lake Barrington Woods** and save money in the process. If you have never been to **Lake Barrington Woods**, plan to stop by and tour the community, meet the residents and see what the community has to offer. If you have already been to **Lake Barrington Woods** and know it's the place for you, now is the time to reserve your apartment.

**Lake Barrington Woods** is a new rental retirement community featuring independent and assisted living in a variety of floorplans including studio, one- and two-bedroom layouts. **Lake Barrington Woods** is owned and operated by Parkside Senior Services, LLC of Skokie, IL.

For more information or to take advantage of our spring savings, please call 847-842-8900 or 888-223-9663 today.

## Richard Duchossois Continues as Honorary Director of BYDE

For the eleventh year, Richard Duchossois will serve as Honorary Director for the Barrington Youth Dance Ensemble (BYDE). Through a generous grant from The Duchossois Foundation, the Barrington Youth Dance Ensemble (BYDE) was founded in 1989. The BYDE, a nonprofit organization, has gained recognition by fulfilling its mission to promote artistic integrity, prosperity and knowledge through quality performances in Chicago's Northwest Suburban area, and to provide performance opportunities for talented young dancers in the greater Barrington area.

Mary Brennan-Greco, founder of the BYDE, is the Artistic Director. Serving on the Executive Board are: Executive Director Jessica Gumowski, Barrington; Co-Presidents Shayne Bullen, Palatine, and Sharon Curran, Barrington; Vice-Presidents Barbara Schwartz (Operations) and Michael Killian (Finance); Secretary Anne Harner and Treasurer Lisa Malovance,



**Richard Duchossois,**  
Honorary Director of BYDE

Barrington.

The Board of Directors include Kimberly Duchossois, James Estes and Donald Miller, Barrington; Bernadette Gifford, Deer Park; Colleen Mallon, Fox River Grove; David McLean, Crystal Lake; and Debra and Todd Schoell, Arlington Heights. The Advisory Board includes:

### 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

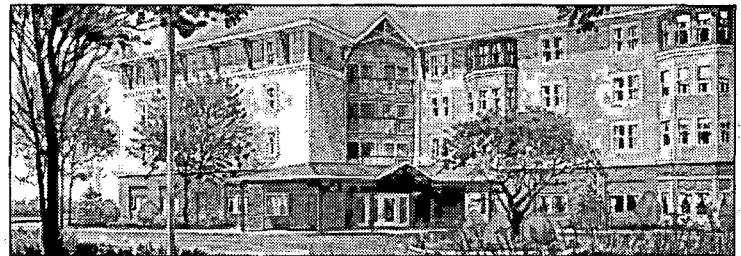
560 Carl Avenue  
(1 blk. west of Burger King off Northwest Hwy.)

**381-0272** Barrington

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



## Lake Barrington Woods

### Parkside's Newest Retirement Community

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

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

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

**You want a name you can trust.** Parkside Senior Services has a 20 year history of commitment and service to seniors. Parkside is a local company that started as part of Lutheran General HealthSystem.

**You want an easy alternative to the chores of home ownership.** Lake Barrington Woods gives you a choice of apartment styles with no maintenance or yard work. Plus, there's weekly housekeeping service.

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

**(847) 842-8900**



**Lake Barrington Woods**

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



Michael Glavich, Mary Jo Gumowski, Catherine Mura, Timothy Murray, David Nelson, Lee Potter-Murray, Julie Salk, Daria J. Sislow, Barrington; Dr. David O'Brien, Roselle; and Patricia Whitmore, Palatine. Artistic Advisors are Daniel Duell, Randy Duncan, Keith Elliot, Winifred Haun and Harriet Ross, Chicago. Chairwomen for the annual benefit are Bernadette Guifford from Deer Park and Julia Conaghan from Palatine.

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

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

# Oakview Kennel & Cattery

"Your Pet's Country Home"

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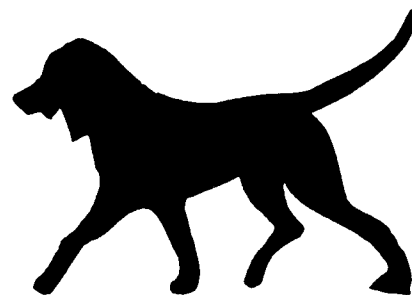
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## Oakview Says, "Be Sure To Make An Early Reservation For Your Pet's Vacation Over Spring Break"

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.

## THE LEARNING TREE CENTER

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Lake Zurich



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**The Learning Tree  
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Ages 6 Weeks to 10 Years  
Telephone 438-1945

Karen Logan, M.S. Early Childhood/Special Education, Owner

## The Learning Tree Center Receives NECPA Accreditation



Shown holding their accreditation certificate are: (left to right) Kathleen Johnson, Director of the Learning Tree in Island; Karen Logan, Owner and Educational Consultant of the Learning Tree; and Jennine Harrington, Director of the Learning Tree in Lake Zurich.

**The Learning Tree**, a preschool and child care center, has recently been awarded the National Early Childhood Program Accreditation (NECPA). This nationally recognized accreditation follows a rigorous process of self-study, surveys of parents and staff, verification by early childhood education/child care professionals and a final review by the NECPA Board of Commissioners.

NECPA Accreditation is reserved for exceptional, early childhood programs that

substantially exceed minimum state licensing requirements. Parents seeking care and education for their young children can use national accreditation as a means of locating the highest quality programs.

As an NECPA accredited program, **The Learning Tree** has taken its place among a select nationwide group of early childhood education centers distinguished by their quality, their commitment to young children and their dedication to excellence.

## 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 14 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 additional information or to schedule your appointment, please call 847-381-5030.

## Delta Delta Delta Meeting

The Chicago Northwest Suburban Alumnae Chapter of Delta Delta Delta Sorority meets the second Tuesday of every month, September through May. Meetings are scheduled to begin at 7 PM in members'

homes.

The Tuesday, March 13th meeting will be held at the home of Janeen Winnike in Palatine. For information and directions, call Genny Ellefson at 381-5228.

## American Needlepoint Guild to Meet on March 13

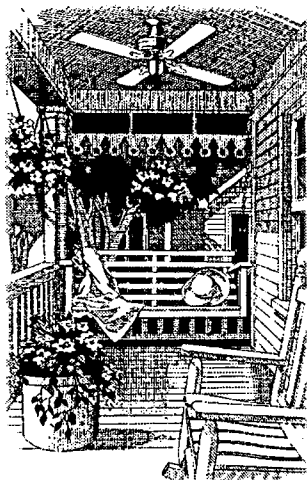
The Fox Chapter of the American Needlepoint Guild will meet on Tuesday, March 13, at 6:30 PM at the Dundee Public Library, 555 Barrington Ave., East Dundee, Lower Level. We will be doing an original design of Stephen Meyer (one of our members) called *Coal Hill*. The design, if done on 10" x 10" 18-mesh canvas, calls for one overdyed thread and three solids that compliment the overdyed.

A short meeting will be held. We will

discuss future programs and have a show and tell. If anyone is having a problem with a stitch or pattern, someone is always there to help.

Membership is open to all levels of stitchers and guests are welcome at no charge. Bring some stitching and join us. For further information, please phone Robin at 847-383-2926 or Dawn at 815-459-4889.





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## Spring—The Perfect Time to Update

Before you know it, spring will be here, complete with holidays and family gatherings for weddings and graduations. Imagine your home with a fresh look for these important family times. Spring is a wonderful time to rearrange your furniture, update your window treatments or add fun, interesting color to your walls. Spring is the perfect time to call **JMA Interiors** for help with all of this and more.

**Jeani Allaway**, ASID and owner of **JMA Interiors**, can make suggestions using your existing furniture and accessories as well as provide ideas for adding a touch of something new. Your comfort-

able chairs may be perfect candidates for great slipcovers—a definite design trend for today's interiors. Your family room can come alive with the "European Old World" look of faux finished Tuscan frescos. Few changes or many, you decide. **Jeani** believes that good design starts with listening to every detail of her client's needs and giving them one-on-one personal attention.

Call today at **847-382-7309** to arrange a consultation, or drop by her design studio at 121 S. Cook Street, Barrington, IL. You are welcome to browse the shop for distinctive items for your beautiful home.

## Fine Custom Cabinetry

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Whatever your taste and design preference, Wood-Mode can bring your dreams to life. Why not view the new Wood-Mode cabinetry at **Distinctive Kitchen Design**? You'll see exciting display ideas in a variety of decorating styles and finishes to stimulate your own creative thinking.

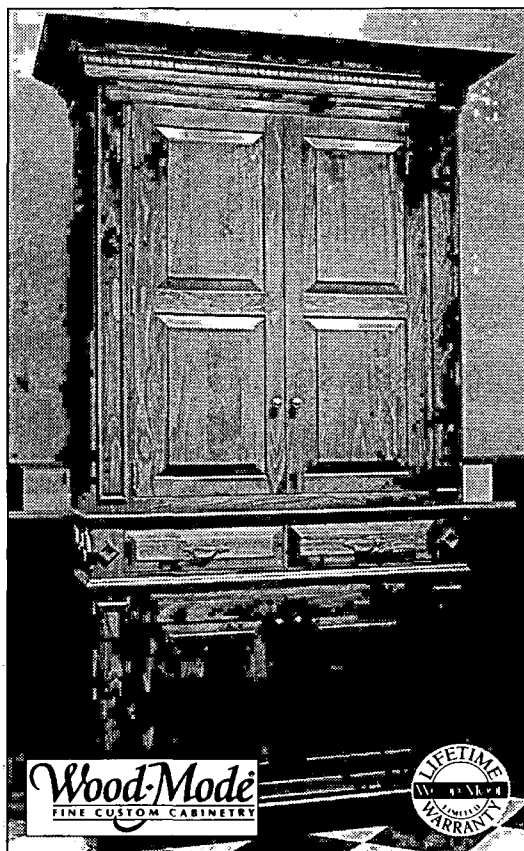
You'll talk with professional designers specially trained to help solve the unique decorating and storage needs of your home environment. Working within your budget requirements, you'll receive design and installation assistance from experts whose primary goal is your complete satisfaction.

Comfortable homespun pleasures that reflect country heritage, elegant refinements of quiet traditional timelessness, cool architectural simplicity of clean style contemporary—the possibilities are endless.

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Wood-Mode fine custom cabinetry satisfies the needs of discerning homeowners as they seek to express their lifestyles. And because Wood-Mode is completely custom, those homeowners enjoy total design flexibility and freedom.

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.



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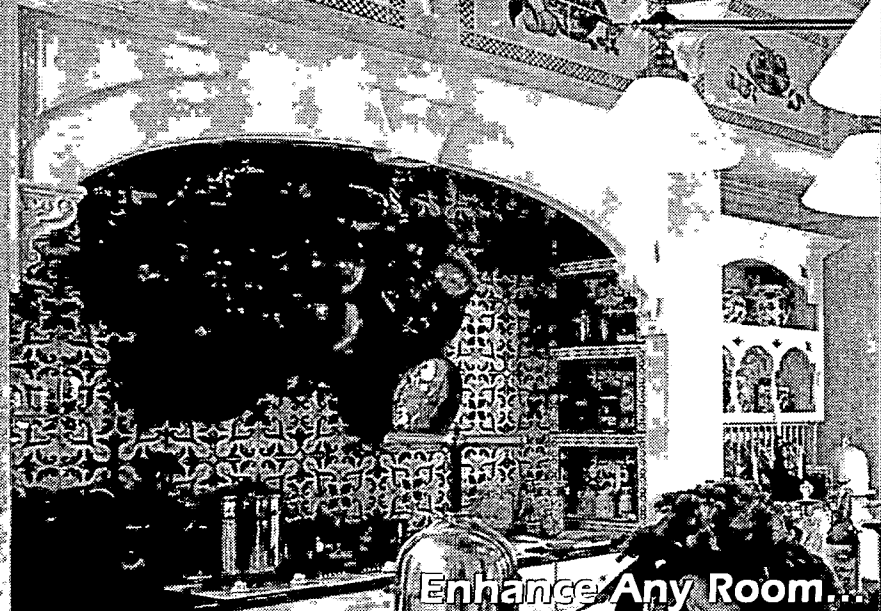
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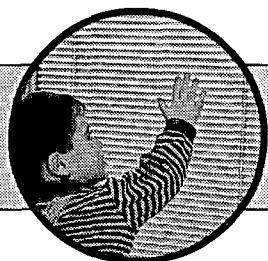
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## Auxiliary Installs New Officers



Shown are 2001 Leaders of Auxiliary of Good Shepherd Hospital: Co-President Wini Schenzinger, President Elect Jerry Menzel, and Co-President Lillian "Pepper" Wichman.

At its annual meeting, the Auxiliary of Good Shepherd Hospital welcomed newly elected officers for the year 2001. Those installed were: Wini Schenzinger and Lillian "Pepper" Wichman, Co-Presidents; Jerry Menzel, President Elect; Jan Broders, first Vice President; Shari Worrell, second Vice President; Mary Giangrosso, third Vice President; Pat Houlihan, Recording Secretary; Cecelia Kotlaba, Corresponding Secretary; Paula Radke, Treasurer; and Sam Oliver, Advisor.

The Auxiliary provides many patient services and scholarships for students in the health field with funds raised through its Catchpenny Resale Shop, Pear Tree Cafe, Pear Tree Gift Shop and Art in the Barn. In addition, the group has pledged one million dollars toward the completion of the Outpatient Pavillion now under construction.

For Auxiliary membership information, call 847-381-0123, ext. 5093.

## Countryside Center Celebrates with Open House



Countryside Center had an Open House on January 19, 2001, in honor of Ralph Walberg's 35th anniversary as Executive Director of Countryside Association. It was an opportunity to invite families and the public to The Center to see all the improvements made during the last year. These improvements were made possible

through private donations and a Member Initiative Funds grant sponsored by William E. Peterson, Senator of District 26. Shown above is Ralph Walberg, Executive Director; Darrell Schultz, Board Member; and Suzi Bassi, Representative of District 54. Countryside serves over 800 disabled adults a year.

## HWWC Spring Charity Luncheon and Fashion Show

Please join the Hawthorn Woods Women's Club for its Spring Charity Luncheon and Fashion Show on Saturday, April 7, 2001. This event will be held from 11 AM to 2 PM at Kemper Lakes Golf Club in Hawthorn Woods. Ticket prices are \$35 which include mimosas, a delicious lunch, exquisite fashion show, door prizes and crafters selling unique jewelry, beaded

scarves, personalized stationery and much more! All proceeds will benefit A Safe Place, Lake County Haven and The Staben House. Please send your checks to Kim Penny, 50 Carlisle Rd., Hawthorn Woods, IL, 60047. Please include the names of friends with whom you would like to be seated.



## Don't Wait Any Longer to Get the Kitchen of Your Dreams!



Bill Schafer—President

Even though the calendar says March and you're longing for spring, the weather outside still says winter. As you're in the kitchen making hot chocolate to warm up the kids, you realize that your kitchen doesn't look so hot itself.

Are your cabinets dark and dingy with doors that are loose or hanging? And how about the counter tops? The worn out, harvest gold counter tops are definitely something that should go out with the new millennium. As you go from the kitchen into the dining room, you wish you didn't have to look at the outdated, vinyl floor one more day.

Let **Schafer Builders, Inc.** help you get the kitchen of your dreams! Today's kitchens not only combine quality and style, but are also designed for how you and your family live. Who wouldn't love to have additional storage and counter space? We can make sure the new cabinetry includes a pantry and other great storage. If you have limited space for a



Joe Schafer—Vice President

table, why not add a center island with a breakfast bar? Gain needed counter space with a new spacesaver microwave. Add a little sophistication with a plate rack, wine rack and decorative crown moulding. As for those worn-out counter tops, you can choose from a variety of laminate, Corian or granite tops in your favorite color! And a beautiful, new hardwood floor adds warmth and timeless style to any kitchen.

Not only can you enjoy cooking a gourmet meal, entertaining or just simply making a family dinner in your new kitchen, you'll also be adding to the value of your home. We have a kitchen to fit your budget, and we offer easy, low-cost, tax-deductible, in-your-home financing. Our work is always 100% guaranteed. So stop by our award winning office at 43 E. Crystal Lake Avenue in downtown Crystal Lake or call **Schafer Builders, Inc.** now at **1-800-564-1339** or **815-459-1333** for a free consultation or visit us on the web at <http://www.schaferbuilders.com>.

## Faux-Nominal School Opens Doors to All

**Capé Designs Ltd.** is proud to announce the opening of our new Decorative Faux Finishing School.

It's clear; decorative finish is reaching a more mature stage. We have taken sponging and ragging with paint products to a whole new level of incredible finishes such as Stone, Marble, Wood Textures, Dimensional Applications along with Old World and Millennium finishes that appeal to everyone from the professional painting contractor to the Interior Designer to the "do-it-yourselfer."

The demand on these finishes is not just for the homeowner. Retail stores of all types, restaurants, business establishments and interior designers are choosing faux finishes in their designs. People looking for knowledge of these finishes have been limited to how-to-books, videos and HGTV. That's where we come in. John and Jan Cappi, owners of **Capé Designs Ltd.**, have a reputation for constantly keeping in touch with the latest techniques by learning the most desired designs in faux finishing.

### A Little History

In the early 1900s, the Capé family immigrated to the United States via Ellis Island from their homeland Italy. As often was the case with many of the immigrants in those days, their name was misspelled to Cappi. John, who had been striving to

bring the old family name and the Old World flair, added the accent for its artistic touch. The school's Old World design was reminiscent of the textures and finishes of Italy. Hence the name **Capé Designs Ltd.** was born.

### Quality Reputation

John knows paint! With nearly 20 years of experience and a reputation in the field for quality work, he is excited and eager to share his techniques and tips that will help students realize hands-on training can achieve their passion.

Our ongoing classes will include guest instructors as well as local artisans that will also be offering workshops in Advanced Faux, Painted Furniture, Metallic Finishes, Stenciling, Painted Floor Cloths, Murals, Tromp L'oeil, Marbles and Textures.

For those of you who would rather have a professional create a perfect looking finish for your home or business, come on in and see all the possibilities we offer in our showroom. Or ask about our free in-home estimates.

John and Jan of **Capé Designs Ltd.**, along with their associates, welcome you to experience an opportunity that could change your life and home. We are located at 406 Northwest highway (Route 14) in Fox River Grove. Call today and register or ask for our new schedule at **847-516-0400**.

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## Sex—What Your Child Should Know and When

How do you talk to your child about sex? When do you start? How do you field those tough questions? At the PACES (Parent and Child Education Society) meeting, Wednesday, March 21, at 9:30 AM at St. Simon's Episcopal Church, 717 Kirchoff Rd. in Arlington Heights, Linda Lucatorto, Director of Education for the Care and Counseling Center in Westmont, will explain smart, no-nonsense ways to create an open atmosphere in which to raise a sexually healthy child.

Baby-sitting is available by calling Kelly

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

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

## Dance Fashion Show Luncheon

Barrington High School's Orchesis Dance Company will host a luncheon with dance fashion show on Sunday, March 18, 2001, from 11:30 AM to 3:00 PM at the Concorde Banquet Facility, 20922 North Rand Road in Kildeer.

Members of the Barrington High School Orchesis Dance Company will model this year's latest spring fashions from stores in and around the Barrington area including Filly's, Old Navy, Speedo, Arden B,

Gaylans, Aeropostale, Contempo and others in conjunction with the luncheon.

Tickets are \$25 and include lunch and the fashion show. Proceeds from this fundraiser will supplement future dance programming at Barrington High School, including guest artist stipends and performance budgets.

Reservations must be made by Wednesday, March 7, 2001. For reservations and information, call Julie Salk at 842-3213.

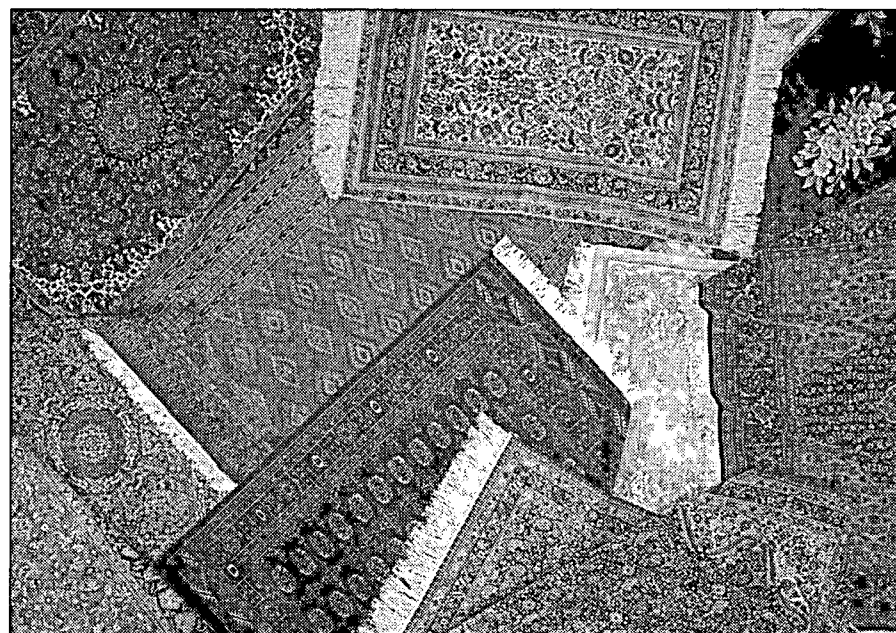
## "Social-Emotional Needs of the Gifted Child"

Bring your questions and ideas and join the Barrington Council for the Gifted and Talented at 9:30 AM on Tuesday, March 13, for an informal coffee-discussion. The topic will be "Social-Emotional Needs of

the Gifted Child."

The BCGT supports excellence in our schools and invites the general public to this and other programs.

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

## Kildeer Women's Club Luncheon

Kildeer Women's Club will host its second fundraiser luncheon on Thursday, May 17, 2001, at 11 AM at the Wynstone Country Club in North Barrington. Please mark your calendars. Members and non-mem-

bers are welcome. The affair will feature a fashion show compliments of Talbot's and a unique prize. Call 847-550-8274 for information about the event and reservations.

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## REMODELING 2001...STORY #3

When Russell and Jean Arsaga moved into their 10-year-old house in North Barrington, Jean knew she wanted to replace the kitchen. The oak cabinets and beige laminate countertops were much too boring. The desk was too big, and the poorly designed cabinet layout provided inefficient storage. The small island was just big enough to hold the cooktop with little working counter. Jean loves to cook (her chocolate cherry bread pudding is to die for), and she needed an efficient kitchen. Of course, it had to look beautiful too!

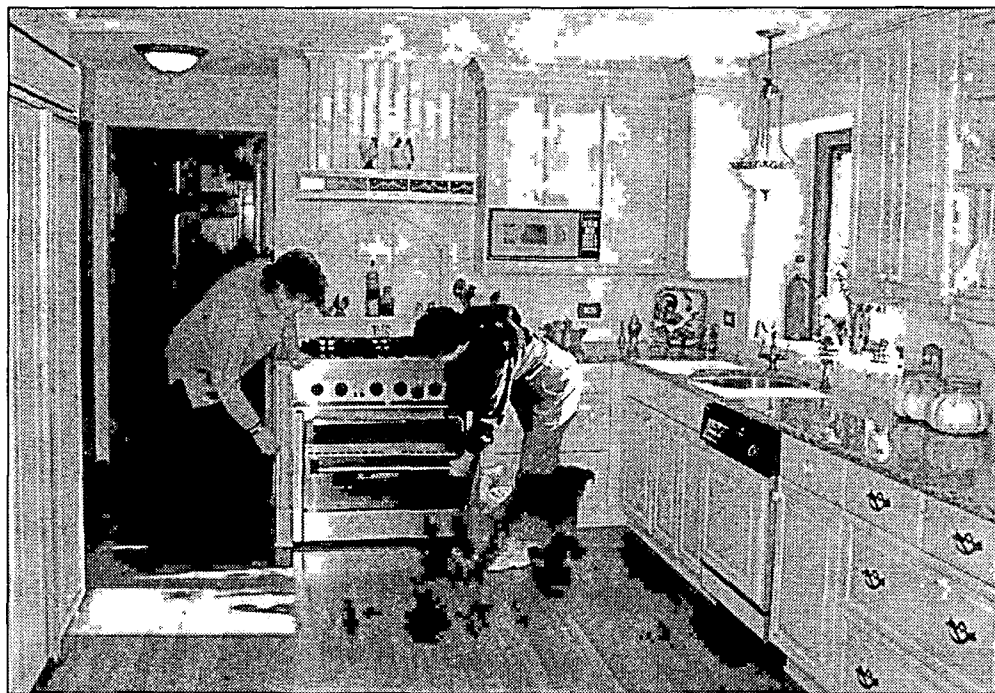
Jean put her thoughts together, decided on a budget, and contacted **Barrington Kitchen & Bath Studio's** Kaye Hathaway, a Certified Kitchen Designer and Certified Interior Designer, to help her develop a new plan. "Jean was very frustrated by her island," Kaye explains. "The builder had obviously put it in because 'island's are hot'. She felt it made her kitchen into a racetrack. She was always running around it. Similarly with the desk; builder's often include generically popular items so the house 'shows well'. One of the advantages of remodeling is having had the chance to live with those 'hot' items and find out if they are working for you. If they're not working, we can change them."

So the island was kissed good-bye. The built-in oven and cooktop were replaced by a 36" commercial style range with a custom wood hood. A built-in hutch with wire-mesh doors replaced the desk. "I replace many desks with message centers, which contain desk-type storage but no seating," Kaye says. "With cordless phones, we're no longer tied to a particular area. Often that space can be put to other uses."

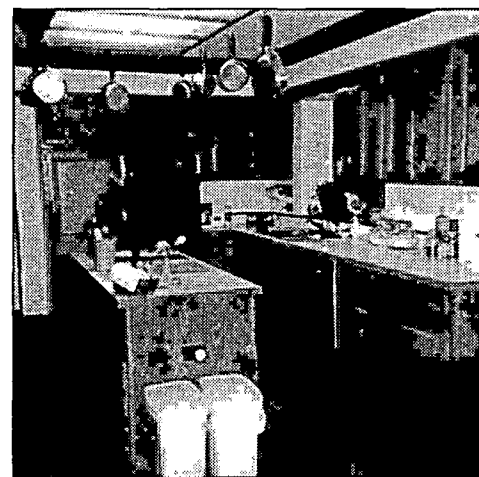
Jean wanted a light country-French look in her new kitchen. The glazed painted cabinets she had

seen carried a big price tag. Kaye showed her a new finish from Crystal Cabinets which could be done on a routed raised-panel door. This process not only eliminates concerns about stress cracks but is priced about 20% less than a comparable finish on a standard raised-panel door. The savings allowed Jean to include the decorative details she craved like reeded posts, fluting, a multi-piece crown with pencil mold detail and a doveled plate rack.

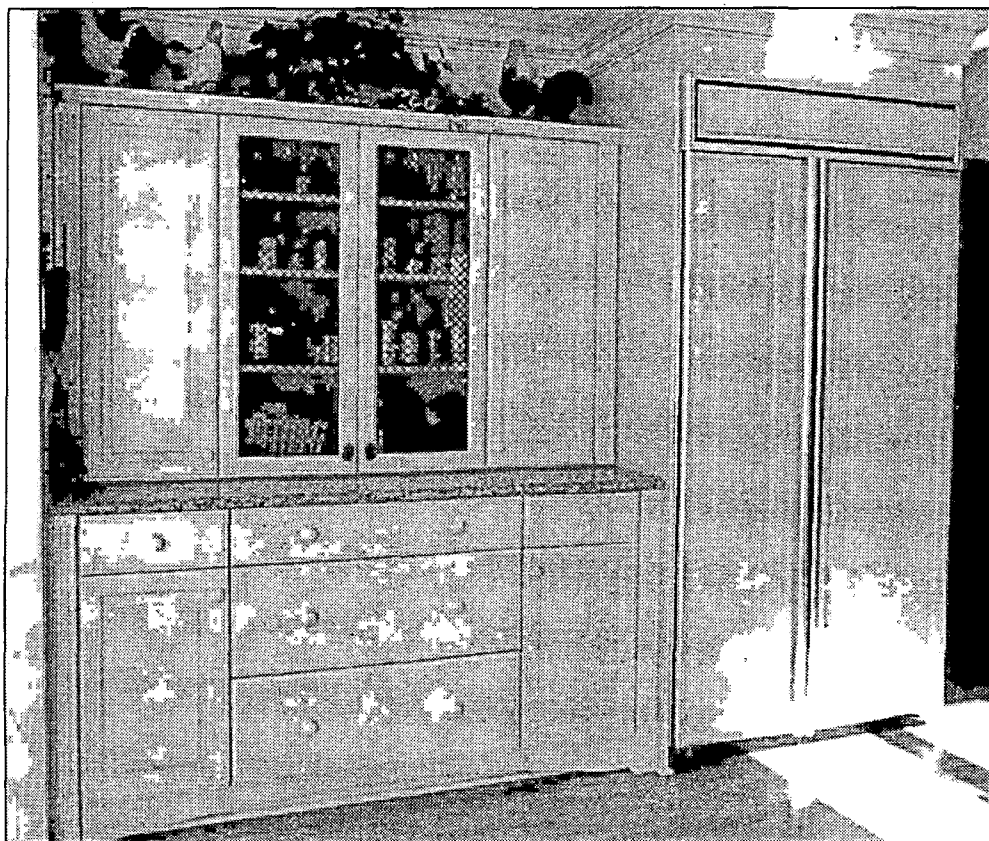
If your kitchen is not meeting your family's needs, it may be time to start fresh. Each of the designers at **Barrington Kitchen & Bath Studio** has had many years experience in providing special places for special people. We invite you to put our team on your team. Visit our beautiful showroom at 319 W. Northwest Highway (next to Idlewood Electric) or call us at **847-381-3084** to discuss your project.



Homeowner Jean Arsaga (right) and designer Kaye Hathaway checkout the new stainless steel range. Note the built-in tiled niche, so handy for oils & spices.



The Arsaga's old kitchen was dark and cramped.



This built-in hutch replaced the old desk (right). Notice the wire-mesh doors, fluted trim and top display area.



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## BHS Fine Arts Department Will Host Illinois Arts Council Artist

Barrington High School's dance program has been awarded an Illinois Artist in Education grant. This year's selected artist is musician/drummer David Stocker of Rockford, IL. Mr. Stocker will be in residence in March. He will work in three performing art areas—movement, music and theatre. "Origins of Percussions," is an interdisciplinary residency focusing on the creation of percussion instruments from found objects and the development and performance of a student's work. The residency will also address the collaborative efforts of students and faculty from a variety of curricular disciplines.

David Stocker is a professional musician currently residing with his family in Rockford, IL. He was a finalist at the 1999 South Florida songwriters' competition, nominated for the Rockford Area Arts Council's 1999 Mayor's Arts Awards and received the "Best of Rockford" award at the On the Waterfront Festival in 1997. In 1997, he produced a CD of original music entitled *Moondog Anthology*. He has served as a guest guitar soloist with the Rockford Symphony Orchestra in 1995 and 1997. Most recently, he tours "Around the World in Fifty Minutes," a musical program presented to students throughout

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## Bring The Outdoors In!

The residents of the Barrington community are surrounded with the magnificent views of nature's beauty.

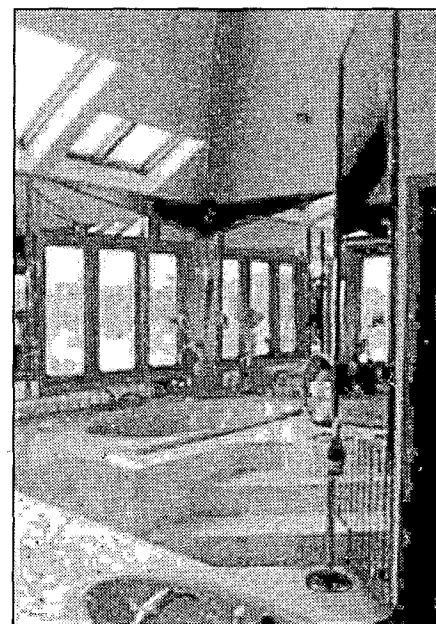
Some of us look out our windows to see the parklike settings of lovely landscape greens. Others enjoy looking upon the rippling blue waters of a lake or pond. And still others are treated to the sights of a well manicured golf course.

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## BWC to Enjoy Mame

Warn the stuffy, the snobs and the stodgy. *Mame* is coming to town to prove once and for all that "Life's a Banquet." She's everyone's favorite Auntie Mame—eccentric, outspoken and totally outrageous. Three of Chicago's favorite leading ladies of theatre will bring this classic musical to life at the Marriott Theatre in Lincolnshire on May 9. Included in our theatre day will be bus transportation from Langendorf Park at 10:45 AM and lunch at King's Wharf: (one of the following) Chicken

Vegetable Pot Pie with Dilled Biscuit Topping, Baked Salmon with Cucumber and Watercress Relish or Smoked BBQ Beef Brisket with Horseradish Mashed Potatoes.

Cost for the day is \$50. Reservation deadline is April 9. Send Check made out to Barrington Woman's Club to: June Dienes, 326 Old Sutton Road, Barrington Hills, IL, 60010. Please include a note on your lunch selection. You do not have to be a member to attend.

## Senior Activity and Lunch Program

The Barrington Area Council on Aging, Inc. (BACOA) invites you to join us for lunch and the following programs scheduled for March.

Lunch is served at noon at Langendorf Park. Programs begin at 12:30 PM unless otherwise indicated. Suggested donation for lunch is \$2.50 per person and requires advance registration.

• Monday, March 5—Lunch & Games

• Monday, March 12—Lunch & St. Patrick's Day theme program presented by

the Barrington High School Adopt-a-Grandparent students

• Monday, March 19—Lunch & program on Medicare Changes 2001 presented by State of Illinois-Dept. of Insurance, Education Specialist Ivette Camarano

• Monday, March 26—Lunch will be held at Good Shepherd Manor instead of Langendorf Park due to Spring Break. Good Shepherd Manor is located at 445 East Main St. in Barrington. March Birthdays will be celebrated.



Illinois and Wisconsin.

Mr. Stocker will be in residency at Barrington High School through the month of March. The residency will culminate with a performance of Mr. Stocker's ensemble "One Drum".

This residency is partially supported

by grants from the Illinois Arts Council, the Barrington area Arts Council and the District 220 Educational Foundation PIE grant. For more information, please contact Julie Salk at Barrington High School, 847-842-3214.



## New Garden Center Opening in Long Grove

Construction is underway on **Geimer Greenhouses'** new 14-acre garden center and nursery complex in Long Grove. After 73 years in Arlington Heights, the family-run garden center is pulling up its roots and transplanting itself three miles away on old IL State Rte. 53 (Hicks Road), half-mile north of Lake-Cook Road.

Curious commuters have wondered for months about the tall steel forms jutting out of the former soybean field like some sort of modern Stonehenge. It will be gardening enthusiasts though, and not Druids, that the structure will soon be attracting.

In fact, **Geimer's** has already completed the first phase of its big move by relocating its nursery and landscaping operations to Long Grove last summer. "Weather permitting, we hope to reopen as early as this weekend for tree and shrub sales," says third-generation owner Mike Geimer.

## When You're Hot, You're Hot... or Maybe It's Your Window Treatments

Window treatments play an important role in controlling the temperature of your home. The right summertime treatment saves you dollars in air-conditioning bills, just as good wintertime window treatments help cut heating costs. Plus, with energy efficient treatments, your room will simply be more comfortable.

In the summer, solar heat gain can be a big problem, especially for a room with a southern or western exposure. Not only is it uncomfortable and expensive to cool, but draperies and furnishings are at risk of damage from the sun. Did you know that when the sun hits the glass, temperatures could reach 300 degrees F. between the window and the treatment? Your best solution for this challenge is fabric or pleated shades (metallized) or light-colored treatments that will actually reflect sunlight back through the glass. Room-darkening treatments, such as roller shades, horizontal and vertical blinds, will also control heat as well as brightness.

Winter poses just the opposite problem—how to keep the heat in. When heat rises, it meets the cold glass window, which cools the air, causing it to drop to floor level again creating a draft. The solution sounds easy; just prevent the air

"The garden center and the rest of our operations we anticipate having up and running sometime in April," Geimer continues.

The family-owned garden center has long been known for its immense selection of nursery stock, including many eclectic varieties of trees and shrubs in hard-to-find sizes, as well as one of the Chicago area's largest selection of annuals and perennials.

"We'll be open for business while construction progresses, and we hope our customers really grow with us as our new garden center takes root," Geimer muses. "No pun intended," he adds.

**Geimer Greenhouses, Inc.** is a family-owned nursery and garden center serving the Northwest suburbs since 1928. **Geimer's** is located at 2727 IL Rte. 53, half-mile north of Lake-Cook Rd. in Long Grove. For more information, call **847-358-6363**.

from hitting the glass. This is where **Decorating Den** of Barrington can help you select the right option. Perhaps well-made, lined and interlined draperies will tackle the problem. Fabric shades that are sealed on all sides, such as balloon or Roman shades, are also a nice choice. The rule of thumb is the heavier, the better. However, there are many lightweight options available on the market today.

Energy efficient window treatments can be difficult to achieve. This quality cannot be found on the ready-made shelf of a department store. When you choose a custom-made service, that service, along with the selection and quality you receive, are unequalled. And with **Decorating Den**, you can make your selection in the comfort and convenience of your own home. Call Marya Taylor, owner of **Decorating Den** of Barrington, today at **847-934-9215** to schedule your complementary consultation. She can work with your existing color palette or create a brand new theme for your home including new furniture, carpeting, wall-coverings and accessories.

Now through April 1, mention that you read her column in *Lifestyles* and **receive \$100 off your order of \$500 or more.**

## Caregiver Support Group

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

On Wednesday, March 7, Natasha

LaBlaine, a social worker from The Wealshire, will do a presentation on "Conflict Resolution Among Family Members." Discussion, questions and sharing will follow the presentation.

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

## Welcome Wagon Coffee

The Welcome Wagon of Barrington is having a coffee morning on March 13, 2001. The speaker will be John Moschetto, an investigator in the Public Defenders Office.

All area women are invited to attend.

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

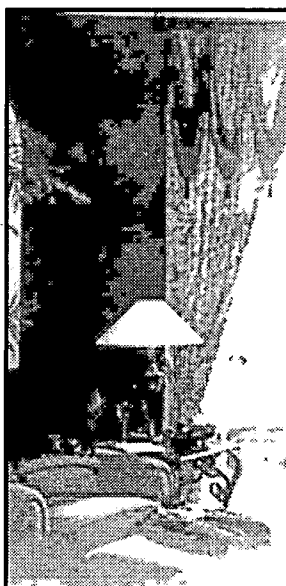
For information and reservations, call Joan at 847-382-0886 or Patricia at 847-462-9032. Numbers may be limited.



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2727 IL Rte. 53, Long Grove



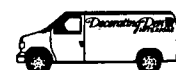
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## Volunteers Needed for the MS Walk®

The Greater Illinois Chapter of the National Multiple Sclerosis Society seeks volunteers to help with every aspect of The Mercedes-Benz MS Walk®. The event takes place Saturday, March 31, and Sunday, April 1, 2001, at 23 sites in northern Illinois. The success of this event not only depends on the 10,000 participants projected to participate in the event but also on the attention to detail provided by volunteers who help the event run smoothly. This year's event is title sponsored by Mercedes-Benz.

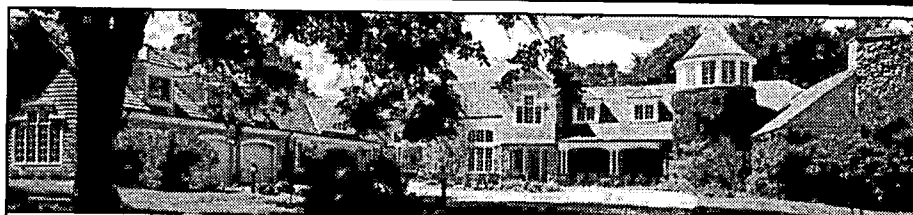
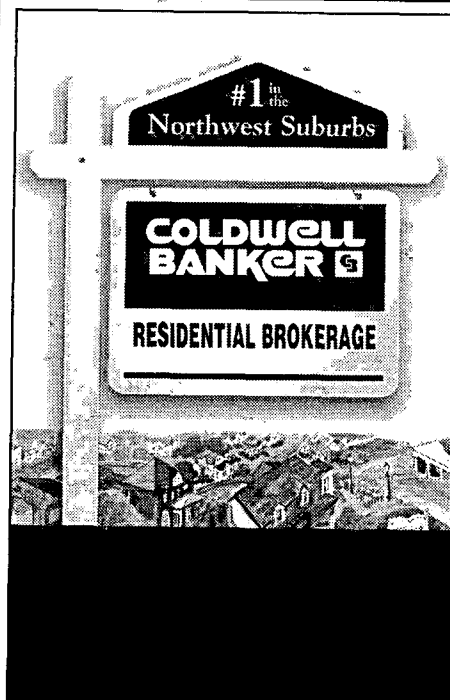
Each Walk site needs volunteers for every aspect of the event. Volunteers may

help with securing sponsorships, organizing food and entertainment, developing promotional ideas and assisting with operations on the day of the event. Event committee meets monthly for about an hour and a half.

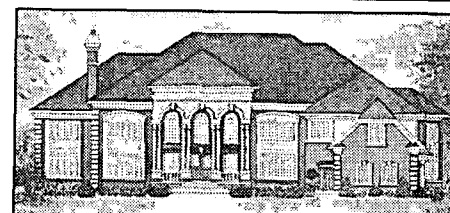
Prospective volunteers can learn more about the MS Walk® and the needs of the Naperville site by calling Pat Irick at 312-423-1102. There are jobs for everyone in support of the event, which supports multiple sclerosis research and programs offered to 11,000 men and women in northern and central Illinois who have this disease of the central nervous system.



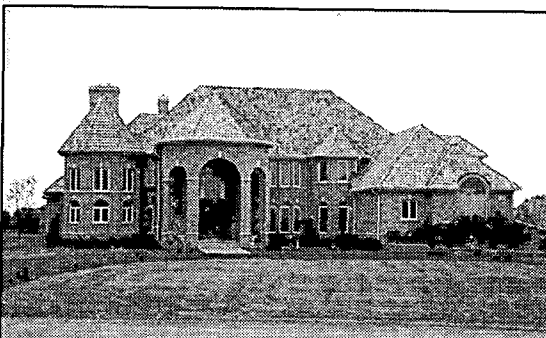
# BARRINGTON AREA OFFICE



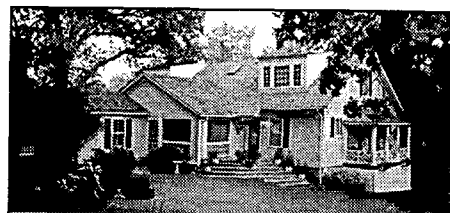
**Barrington Hills** Incomparable estate set on 17 rolling, wooded acres. Designed to accommodate a gracious lifestyle, this stone & cedar residence offers only the finest custom finishes throughout its substantial yet comfortable interior. This beautifully-presented estate also includes two delightful guest houses, pool, tennis court & 4-stall barn. Its location is prime & protected, its appeal, timeless. Also available on approximately 10 acres for \$3,999,000.  
**Meg Cleavenger \$4,999,000 847/465-2259**



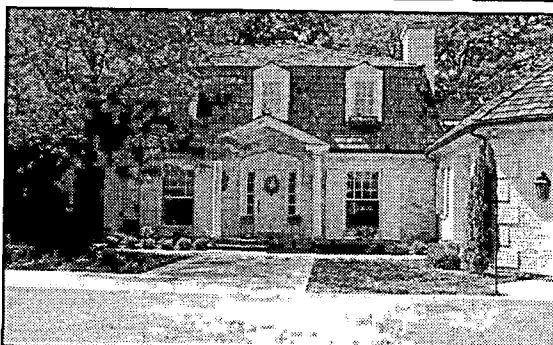
**Barrington Hills \$3,600,000**  
 Magnificent proposed construction set on 10 private, heavily-wooded acres, minutes from the village. Elegant in design & detail. Beautiful 5 BR, 6+ BA home w/ 5 frplcs.  
**Meg Cleavenger & Greg Bradley 847/465-2259**



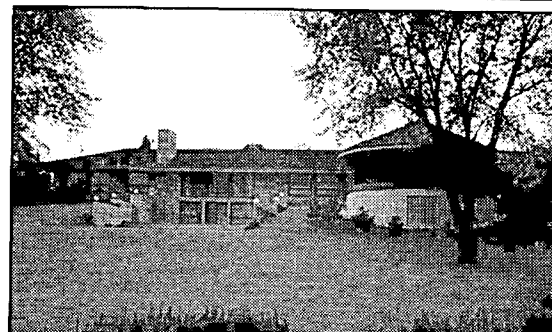
**Barrington \$4,600,000**  
 No expense was spared in creating this outstandingly beautiful waterfront home in Braymore. Offering state-of-the-art operational features, the home reflects the finest architectural design & detail throughout. Volume ceilings, 5 fireplaces, 2 gorgeous kitchens & indoor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



**Barrington Hills \$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 \$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**



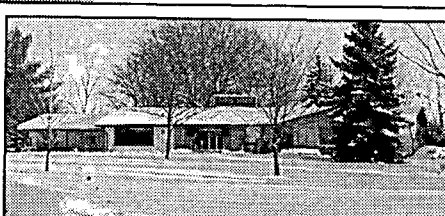
**Barrington Hills \$1,999,000**  
 Stately 5-bedroom, 5.5-bath all-brick French Provincial residence set high on a wooded ridge. Beautiful millwork, mouldings & architectural detail. 5 fireplaces, solid mahogany woodwork. Fire-lit custom cherry kitchen. Master suite w/ sitting room, fireplace & sumptuous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



**Barrington Hills \$1,775,000**  
 Outstanding 4-bedroom, 4.5-bath home. Elegant, warm & very livable. Highest quality finishes throughout. Kitchen w/ fire-lit hearth room, dramatic family room, delightful sunroom, finished walkout lower level, 4 fireplaces & 5-car garage. The magnificent private grounds offer lovely gardens, sparkling pool, extensive patio areas & beautiful views. A truly special retreat!  
**Meg Cleavenger 847/465-2259**



**Barrington \$749,900**  
 Waterfront 3-BR, 3.1-BA home in Wynstone. Maint-free. Granite countertops. Open flrpln, 2-story marble foyer. 1st floor MBR. Deck w/ hot tub. 3-car gar.  
**Ron & Jeanine VanDeVelde 847/465-2282**



**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**



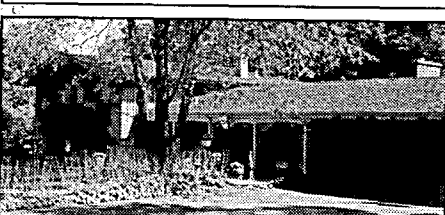
**Barrington \$479,000**  
 Fabulous 4-BR, 2.5-BA Colonial. Hardwood floors, study on 1st floor, English basement is beautifully finished, master w/ volume ceilings, end of cul-de-sac, pond view.  
**Sheri Wheeler 847/465-2290**



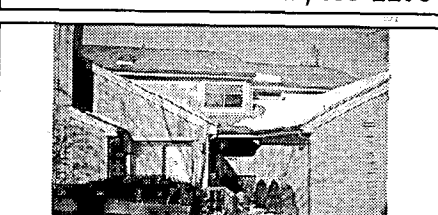
**Lake Barrington \$479,000**  
 3-BR, 3.5-BA Augusta. Neutral w/ new carpet. 1st floor master. 1st floor laundry w/ entrance from garage. Loft area. English basement. Great golf course location.  
**Sheri Wheeler 847/465-2290**



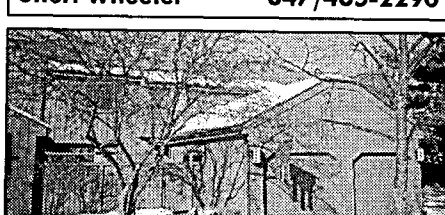
**Barrington \$389,900**  
 3-BR, 2-BA skylit farmhouse in historic district. Restored & enlarged to perfection. FR w/ fireplace, updated kit, wood floors, deck & patio, fenced yard & 2-car garage.  
**Sheri Wheeler 847/465-2290**



**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**



**Barrington \$315,900**  
 2 BR, 2+ BA Salem model in Lake Barrington Shores. Open floorplan & great golf course view. Fin walkout LL w/ office, frplc & rec room. 2-car gar. Home warranty.  
**Ron & Jeanine VanDeVelde 847/465-2282**



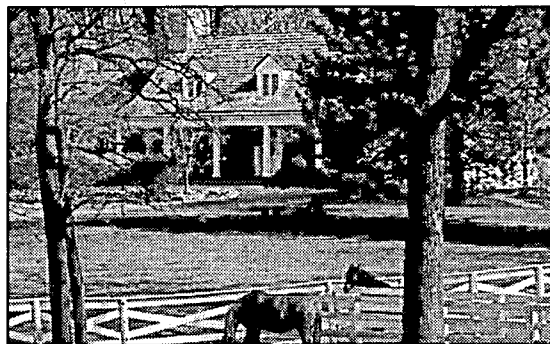
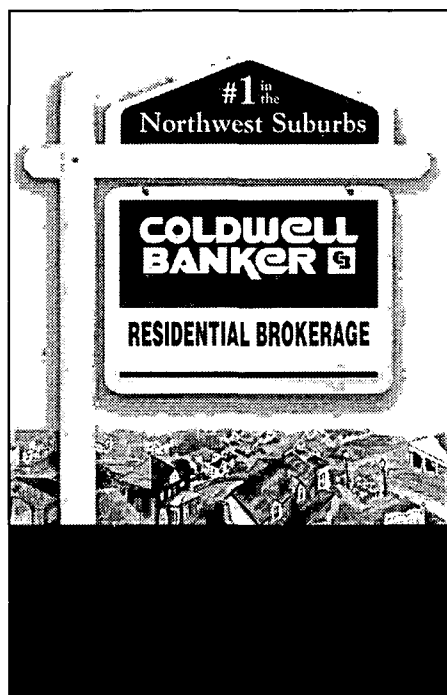
**Barrington \$279,900**  
 3-level, 2-BR, 2.5-BA Townhome in Lake Barrington Shores. New kit w/ white cab. Sunroom, 2 frplcs, vaulted ceils, skylights, central vac. Finished walkout LL.  
**Ron & Jeanine VanDeVelde 847/465-2282**



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# BARRINGTON AREA OFFICE



## 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



## Frankfort \$1,995,000

"AN EQUESTRIAN ESTATE EXTRAORDINAIRE." Lavish yourself in this spectacular & dramatic 10,000-square-foot custom contemporary w/ indoor pool & spa. Sited on 11 expansive acres, this superb equine facility features a 72 x 200 Morton Building w/ 11 stalls & indoor riding arena. Amenities abound & the opportunity is rare!

**Donna Veller**  
847/465-2228



## Barrington Hills \$1,897,000

Gated, private wooded site, pristine authentic Barr Hills estate lends elegance w/ traditional charm. Guest house, 25x50 pool, cedar gazebo, horse barn.

**Jack Sanderson** 847/465-2278



## Barrington Hills \$1,398,000

Priv. gated estate on 5 acres w/ wooded brdr. Vol ceil, painted wdwrk, kit w/ oct island. MS w/ sitting rm, frplc, lux BA w/ steam shwr & whrlpl. Fin LL w/ ex rm, more!

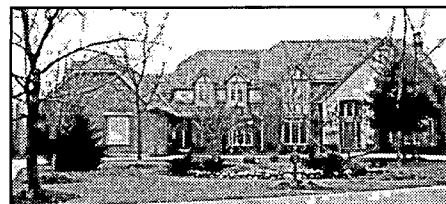
**Celeste Lockhart** 847/465-2272



## 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 Hills \$1,240,000

Lakefront. 10-year-old English country home on wooded cul-de-sac w/ priv lake. 5 BR, 5.5 BA, marble & oak flrs. 2-story stone frplc in FR. Fin walkout LL w/ frplc & BA.

**Tressa Borkon** 847/465-2256



## Barrington Hills \$995,000

Designated-historical Victorian home. Breathtaking 5+ acres in Barrington Hills. 5 bedrooms, 4 baths, fenced paddock. High ceilings & charming throughout.

**Celeste Lockhart** 847/465-2272



## Long Grove \$909,900

Enchanting home on 3/4 acre overlooks golf course. Professionally-landscaped. Hardwood floors, columns & detailed architecture. Dream kit, 2-story FR, lux master.

**Celeste Lockhart** 847/465-2272



## Lake Barrington \$869,000

Special 4-bedroom, 3 1/2-bath home w/ poetic views in every direction. 2+ acres w/ serene pond. 2 expansive lofts overlooks LR. Cook's kit, FR w/ fireplace & more!

**Bonnie Paice Legue** 847/465-2223



## Barrington \$749,900

5-BR, 3.5-BA waterfront home. Beautifully updated & expanded. New exterior. Kit w/ custom cabinet & appl. Fabulous new great rm. 2 master suites. Fin lower level.

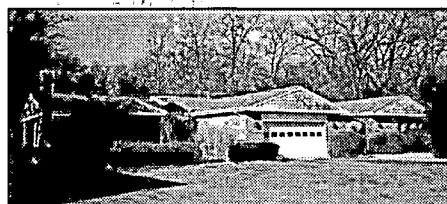
**Celeste Lockhart** 847/465-2272



## Barrington \$689,000

Beautiful traditional 4-BR, 3.5-BA home. Gourmet kit w/ granite, gleaming hardwood floors, 2 fireplaces & finished lower level w/ BA, plus more. Low, low taxes.

**Donna Veller** 847/465-2228



## Barrington Hills \$630,000

Spacious country ranch w/ 4 BR, 4.5 BA, ultra master suite, huge FR, 3 fireplaces & rec room w/ sauna. 5 acres w/ fenced pastures, 5-stall barn. A horse lover's delight!

**Donna Veller** 847/465-2228



## Lake Barrington \$595,000

Enchanting 4-BR traditional home on gorgeous acre+ lot. Quiet cul-de-sac. Vol ceil, hrdwd flrs, 1st flr deluxe MS, 2 frplcs, 3-car gar & basement. Lovely neutral decor.

**Bonnie Paice Legue** 847/465-2223



## Barrington \$539,900

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

**Donna Veller** 847/465-2228



## 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 \$479,900

4-BR, 3 1/2-BA brick Georgian in Fox Point. Hardwood floors, newly finished lower level w/ bedroom & full bath, 1st floor study. Many improvements. Much more.

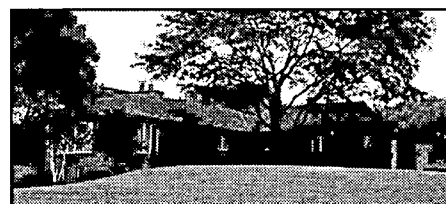
**Bonnie Paice Legue** 847/465-2223



## Barrington Hills \$449,000

Very spacious 5-BR, 3.5-BA Colonial. Huge 1st floor study w/ full bath. Enjoy the country lifestyle. Space, privacy & quiet surroundings. Huge 1st floor study.

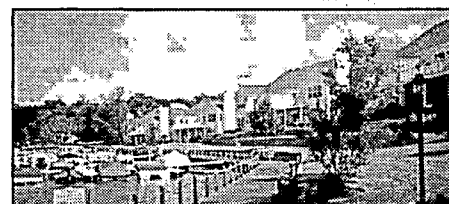
**Donna Veller** 847/465-2228



## Kildeer \$395,000

Spectacular views of woods & pond. 3 bedroom, 2 full, 2 half bath, brick home. Cul-de-sac location, 1.7 acres. Oak floors, Corian counters. Finished English basement.

**Lois Olivari** 847/465-2258



## 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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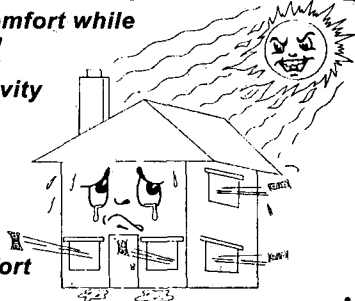
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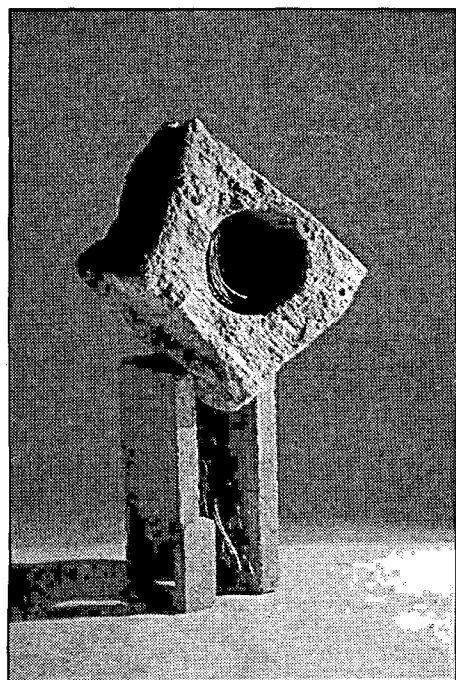


## BAAC Gallery Opens *Urban Edges V*

The Barrington Area Arts Council (BAAC) is pleased to announce the opening of the BAAC Gallery exhibit for March entitled *Urban Edges V* on March 2, 2001. The exhibit is a juried show featuring original two- and three-dimensional artwork by 41 artists. The competition was open to



*Shady Side* by Patricia Reeve Mead, Watercolor.



*Opaque Sunshine*  
by J. McIlhany, Sculpture.

all artists 18 years and older who reside within a 125-mile radius. There were no media or theme restrictions.

Cash awards will be given in the following categories: Best of Show; Award of Excellence; Award of Merit; and People's Choice. Two awards of Honorable Mention will also be recognized. The awards are presented by the Barrington Area Arts Council.

The exhibit is on view from March 2 through March 31, 2001. BAAC Gallery hours are: Tuesday through Friday, 10 AM to 4 PM, and Saturday, 10 AM to 2 PM. The Gallery is closed Mondays. For more information, call 847-382-5626.

## A Mad Hatter's Tea Party at the Metropolis

The Junior League of Chicago invites the children of Chicagoland, and the adults who love them, to travel "over the rainbow and through the looking glass" to join the Mad Hatter for tea and a performance of *The World of Pooh*.

*Over the Rainbow and Through the Looking Glass—A Mad Hatter's Tea Party*, the JLC's first fundraiser geared toward families, will be held Saturday, March 10, at the Metropolis Theatre in Arlington Heights with tea seatings at 12:30 and 2:30 PM. *The World of Pooh*, generously sponsored by Transwestern Investment Company, will be performed by American Eagle Productions at 1:30 PM.

Other founding sponsors include: Scholastic Books—Read Street, The DEMAR Family Foundation, Metropolis Theater and AlphaGraphics Schaumburg. Silent

auction donors include: Barrington Martial Arts, Chicago Symphony Orchestra, Harpo Productions, Sears Roebuck & Co., Second City/ETC., Rhapsody, Nails by Maria & Daughter, Country Classic, Kramer Photography, Portraiture by Michele, The Gilded Nest, G. Whiz, Jump Street, The Toy Connection, Tootsies, The Ravinia Festival, Palatine Hobby and Raintree Resort.

Children of all ages who are accompanied by an adult are invited to attend. Tickets are \$35 for adults and \$15 for children and can be purchased by calling the JLC at 312-664-4462, ext. 637, and leaving your name, number of adult and children's tickets desired, preferred tea seating time (12:30 or 2:30 PM) and phone number. A portion of the ticket price is tax deductible.

## 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.

## Northern Trust to Host Foundation Benefit on April 22



Members of the Board of the Barrington Area Community Foundation tour the new Northern Trust Company office in the Foundry Shopping Center to plan for the preview opening benefit to be sponsored by the bank on April 22. Shown are: (from left) Ray Schmeh from Glen Ellyn, Managing Director of the office; and Board members George Yapp, Connie Payton, Tim Wickstrom, Kim Duchossois, Dave Nelson and Norval Stephens from Barrington.

The preview opening of the new Northern Trust Company office in the Foundry Shopping Center on April 22 will benefit the Barrington Area Community Foundation, Managing Director Ray Schmeh announced.

Foundation President Norval Stephens said, "We could not be more pleased to have the first public event in the new Northern Trust office be a benefit for the Community Foundation." Stephens had earlier announced that the Foundation had exceeded its goal of \$200,000 by the

end of 2000. Grants to local charities will be made in April.

A committee of Kim Duchossois, Frederica Smith-Pedersen and George Yapp is planning the event. They are working with Sue Blakely and Cathy Hugenberg from Northern Trust. Invitations will be mailed shortly to donors and friends in the Barrington area. Northern Trust will also invite their local customers.

For more information, call Sue Blakely at 630-932-6942.

## Music Scholarship Competition

The Barrington Area Arts Council (BAAC) announces the Wally A. Horban 6th Classical Music Scholarship Competition for piano, winds and strings which will take place on Saturday, June 9, 2001. This competition is held to support and encourage the continued education of talented young musicians by presenting five monetary awards.

The competition is open to students, age 14 to 21, who are residents of Bar-

ington, Barrington Hills, North Barrington, Lake Barrington, Tower Lakes, Deer Park and all of School District 220. Also eligible are residents of McHenry County, Inverness, Kildeer, Lake Zurich and Long Grove.

Applications are available at the BAAC Gallery, 207 Park Avenue, Barrington. Applications are due on April 30. For more information, call 847-382-5626.

## From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

**Wickstrom Ford** has recently become one of the first Ford dealers to become Blue Oval Certified in Illinois. Tim and I are very proud of this accomplishment, and we want to thank all of our employees for the effort they put forth for **Wickstrom Ford** to achieve this status from Ford Motor Company.

The best thing about being Blue Oval Certified is that our customers are the true winners. Certification means that **Wickstrom Ford** has passed a rigorous facility inspection, sales process review and superior customer satisfaction criteria. Ford Dealers that become Blue Oval Certified are considered the elite in customer satisfaction. We've worked hard all along to provide the type of customer service that Tim and I like to receive. It's rewarding to know that our standards of satisfaction meet the requirements for Blue Oval Certification!



P.S. We're beginning to receive the newly redesigned 2002 Explorer. This model has a third seat in the back and folding middle seats! Stop by and take one for a test drive!

## Specialty Vehicles for Short-Term Rent

**Emkay Car Rental** offers a great selection of specialty vehicles for short-term rent. **Emkay** has the Jeep Cherokee LTD, Volvo S-40, Saab 9.5 or the Mercury Mountaineer. If you want to drive something sporty, the Saab 9.3 convertible or the BMW 5 series are available. If a van is needed for the family vacation, the Oldsmobile Premier with built-in VCR or

the Chrysler Town & Country Lxi will fit your needs. Call us for other unique selections, availability and price. In addition to **Emkay's** great rental selection, we also have an outstanding inventory for sale. (These are from **Emkay's** corporate lease returns.) **Emkay** also offers maintenance and body shop services for all your automotive needs.

## Landscaping...Dumb Money/Smart Money

**Dumb money** goes for free design advice from lawn maintenance services and relatives. **Smart money** knows that life-style-compatible design concepts of the non-cookie cutter variety are had from a design professional.

**Dumb money** buys what looks good today, on sale, and often guided by the label or sales clerk. **Smart money** knows labels are often incomplete and misleading; and aims for long term and low maintenance color for all the seasons.

**Dumb money** downsizes materials to excess, sacrifices quality, and puts off fundamental problems when the budget is squeezed. **Smart money** takes on one area at a time, does it well, then moves on as budget allows.

**Dumb money** is cutting back, digging out, and replacing what died or overgrew their bounds in just a few years. **Smart money** is lining up the next putt.

Spend wisely... **the naturalizing landscapes**. 847-438-8890.

## Book Group to Discuss *Has Feminism Changed Science?*

The Women's Issues Book Group of The Barrington Area Branch of The American Association of University Women (AAUW) will discuss *Has Feminism Changed Science?* by Londa Schiebinger on Wednesday, March 14, 2001, at 7:30 PM at a member's home.

AAUW is a national organization committed to educational equity for women




and girls, life-long education and positive societal change. The Barrington Area Branch sponsors monthly programs, hosts social activities and is active in the Barrington community. Membership is open to anyone with a baccalaureate or higher degree from an accredited college or university. For further information, call 847-540-8719.

## Humongous Used Book Sale

The Humongous Used Book Sale, sponsored by The Friends of the Barrington Area Library, will be held on March 17 and 18. The sale will offer a large selection of books on a wide assortment of topics, from old and rare books to newer first editions. The proceeds from the sale are used to purchase materials and for The Barrington Area Library which are not

covered in The Library's operating budget. The sale will be held from 9 AM to 5 PM on Saturday, March 17, and from 1 to 5 PM on Sunday, March 18, at The Barrington Area Library, 505 N. Northwest Highway in Barrington. For more information about the book sale or membership in The Friends, call 847-381-5358.



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Ray Canaday, Proprietor Lake Zurich, IL

## Up the Down Staircase at BHS

*Up the Down Staircase* is the choice for the BHS winter play.

Performance dates are March 7, 8 and 9 at 7:30 PM and March 10 at 2:30 and 7:30 PM. Ticket prices are \$5 for adults, \$4 for those 18 and under and those 65 and

over are admitted free of charge. Tickets are now available from Nancy Vonan in The Guidance Area from 10:00 AM to 1:00 PM on weekdays. For more information, call 812-6500.

## Book Group to Discuss *The Red Tent*

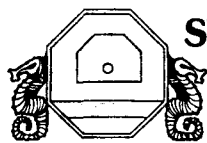
The Evening Book Group of The Barrington Area Branch of The American Association of University Women (AAUW) will discuss *The Red Tent* by Anita Diamant on Tuesday, March 20, 2001, at 7:30 PM at a member's home.

AAUW is a national organization committed to educational equity for women

and girls, life-long education and positive societal change. The Barrington Area Branch sponsors monthly programs, hosts social activities and is active in the Barrington community. Membership is open to anyone with a baccalaureate or higher degree from an accredited college or university. For information, call 847-540-8719.

## Summer Means Hot Tubs/Spas

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



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## Riedel's Vinum Extreme

*(Continued from page 8)*

We do recommend that if you are interested in dining after the wine tasting, you can make a reservation with the Barrington Country Bistro at 847-842-1300 at this time. They will be taking their last

orders for the evening at 8:30 pm.

We hope you enjoy the evening, and we look forward to sharing this experience with you.

## A Diet That's Healthy

*(Continued from page 9)*

tion experts. Meals are calorie controlled, low fat, low cholesterol and sodium restricted.

Delivery is available to your home or office, which makes **Seattle Sutton's Healthy Eating** truly convenient.

**Seattle Sutton's Healthy Eating** does not operate on a contractual basis; you decide when you want to order. There are

no contracts, no gimmicks and no counseling sessions to attend.

Our Barrington location is 132 S. Northwest Highway—The Epco Paint Building. Food showings are every Monday and Thursday from 3 to 7 PM. Call **847-382-9040** for more information. We accept MasterCard and Visa. To receive a **\$5 savings**, mention this article from *Lifestyles*.

## Would Your Family Enjoy This?



Summer will soon be here. With it comes carefree days for family fun. Wouldn't a spa on your deck be great? Spas don't have to be hot in Summer. You can have them cool and refreshing. And, on a cool

Summer night, turn it steamy again.

For a spa set in a perfect setting (your design or theirs), call **Swanson's Spas & Saunas** on Rand Road in Lake Zurich. Why put it off any longer?



## Tips from the Top

Margaret R. Semrad  
Broker/Manager  
Barrington Office

**COLDWELL  
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**RESIDENTIAL BROKERAGE**

Today's very tricky stock market brought a long awaited call from my friend, Napoleon. This was his first call for the year 2001. Napoleon invests heavily in stocks, so I was curious as to how his portfolio was faring. Napoleon told me that by the end of 2000, the stock market's performance had been the most disastrous for investors in a decade.

Napoleon and I discussed the article written by David Lereah, Chief Economist of the National Association of Realtors, in which he wrote that the Bush Administration and his economic advisors would offer short-term policies directed toward lowering interest rates and stimulating consumer demand. Mr. Lereah stated, "The good news (for the housing market) is that the Fed has lowered the Federal Funds rate by one-half of a percentage point, providing a needed boost to home-buying."

One thing David Lereah mentioned in his article about the Bush tax cut proposal which is positive—the labor force will take home larger paychecks hence stimulating consumer spending. However, he warned, "Lower taxes could do some harm to the bond markets." So the big question is, where should people invest?

The answer is real estate!

I am very surprised that financial planners do not talk to their clients about investing in real estate. When you consider the leveraging factor (down payment vs. purchase price) as well as the tax benefits (Uncle Sam's contribution), real estate makes a great investment.

Napoleon hadn't considered the return on investment until we talked about his home. He bought his home seven years ago for \$225,000, putting down the standard 20%. Napoleon and his family moved into their dream home for \$45,000. In 2001, Napoleon's home is now worth \$400,000. Napoleon thought he would only make \$175,000 profit, which to him was disappointing. However, when we analyzed it, Napoleon actually made \$355,000 (\$400,000 - \$45,000), a return on investment of almost 900%! Since Napoleon had paid off his mortgage, the 900% was his. Wow! Napoleon was impressed.

Real estate is the best investment in all economic environments. Do not hesitate to call one of our **Coldwell Banker Realtors** to show you what you might invest in.

We are The Dream House Headquarters.

## Elgin Enrichment Series This Spring

*(Continued from page 18)*

& Roeper at the Movies" and Chicago restaurateur Chef Rick Bayless of Fronterra Grill and Topolobompo restaurants.

**The Elgin Enrichment Series**, recipient of the 2000 Elgin Image Award, is an independent nonprofit organization established in 1995 by a board of 10 volunteers. Its purpose is to bring to the Fox Valley

area a variety of high-profile speakers from the fields of education, entertainment, communications and other professions, to truly enrich the lives of community members. First Community Bank in Elgin sponsors **The Elgin Enrichment Series-Morning Forum**. IHC Group in Elgin is this year's Evening Series sponsor.



## Never Buy Bottled Water Again!

Water is essential to life. It's the solvent for the foods we eat, helping the body to metabolize or assimilate them throughout the system. It holds the products of digestion in solution, carrying them through the intestinal wall into the bloodstream. Blood plasma, which is 90% water, passes through the human vascular system, carrying nutrients to cells and waste product through the skin, kidneys and bowels. The main source of energy for the circulatory pressure to perform these tasks is the heart, which pumps in excess of 2,000 gallons of blood through the body per day.

It takes less than 1% deficiency in the

body's water to make us thirsty. A 5% deficit causes a slight fever. An 8% shortage causes the glands to stop producing saliva and the skin to turn blue. If the deficiency reaches 10%, it deprives a person of the ability to walk; a 12% deficiency is fatal.

So, let's all drink more water! But since water is so important to our health, shouldn't we be concerned with the source and quality of this life giving liquid?

### PiMag Water System

This patented, breakthrough technology is now available through a non-electric, four part system that easily attaches to a kitchen faucet. It is the only filtering sys-

tem that turns tap water into oxygenated calcium and magnesium rich, clean water.

And for people on the go, there is the **PiMag Ionic Filtration Water Bottle**. This system, used by the Red Cross field group, filters giardia, cryptosporidium, E.coli and volatile organic compounds as well as cholera and dysentery pathogens. Where else can you get water from any source, know it's free of bacteria and chlorine, all for as little as 7¢ per 32oz. bottle?

### Free Water

I want to give you a sample of this wonderful water along with more information. Please call **Eileen SanFilippo** at **847-382-4973** to learn more.



**Eileen SanFilippo, Nikken  
Independent Distributor**  
Call for a free gallon—847-382-4973.

## Take a Landscape Journey Life is what you make it... and so is your landscaping!

Our purpose as a 23-year-old landscape company is to help you discover the outdoor dream space that you've always wanted and to help you turn that dream into a reality.

We so often read about "purpose" and how, when we know the "why," we will be happy, fulfilled and able to deal with life's stresses.

I believe that's a good way to look at any situation, including decisions about your landscape. Ask yourself, "Why? ...what's the purpose?" And if we answer ourselves honestly, our path is clear and the answers come.

So, my question to you is, "Why are you choosing to change your present landscape? What is your dream?" Because only when you know your why will you ever be happy with the changes you make.

### Our Approach

Our approach in designing a successful landscaping project is no different than how you have created other accomplishments in your life. All success—and that

includes a successful garden—is composed of four steps:

- Determine what you want
- Decide what you're willing to trade for what you want
- Associate with people who can help you achieve your goal
- Have a plan that works/work your plan

### Determine What You Want

Always be clear in what you expect to get. Ask yourself questions. Is your outdoor environment grass to cut and trees to trim, or is it a lesson in life, always challenging because it offers constant change? Are you concerned about privacy, seasonal or year round? What's important to your family: throwing a ball, relaxing by a pool or enjoying the birds? Whatever your answers to these and other questions, please remember the only right answer is yours.

### The Trade-Off

Don't fool yourself. Everything costs either time or money. That is an inescapable fact. Know what you're willing to spend

both now and in the future. Your gain will be commensurate with how you spend your time and money.

### Your Associations

When hiring a contractor, make sure their vision and ability can fulfill your dreams and goals. Do your due diligence. Read books. Get recommendations. Meet with the contractor. Ask yourself if this is someone who is capable of doing what you want or looks at this as "just another job."

### The Plan

Once you've addressed the first three elements, now it's time for action. Create your plan while always keeping the end in mind... your purpose. If you can't make up your mind about something, maybe it's because it doesn't feel right and you've veered off course, away from your "why." Life/landscaping is an adventure and to be enjoyed. Surround yourself in beauty and success will be yours!

We hope you found this information helpful. If we can be of service for any landscape needs, give **Mike SanFilippo** a call at **847-381-1611**.

It's unwise to pay too much, but it's worse to pay too little.

When you pay too much, you lose a little money, that's all.

When you pay too little, you sometimes lose everything because the thing you bought was incapable of doing the thing it was bought to do.

The common law of business balance prohibits paying a little and getting a lot—it can't be done. If you deal with the lowest bidder, it is well to add something for the risk you run. And if you do that, you will have enough to pay for something better.

—John Ruskin

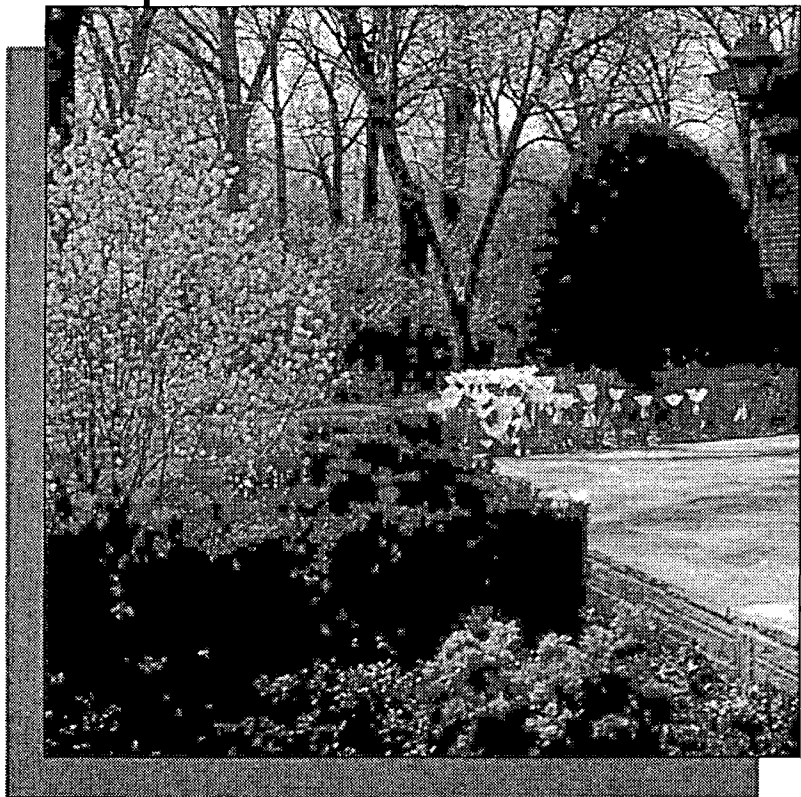
# Imagine having your outdoor spaces designed as beautifully as the inside of your home.

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