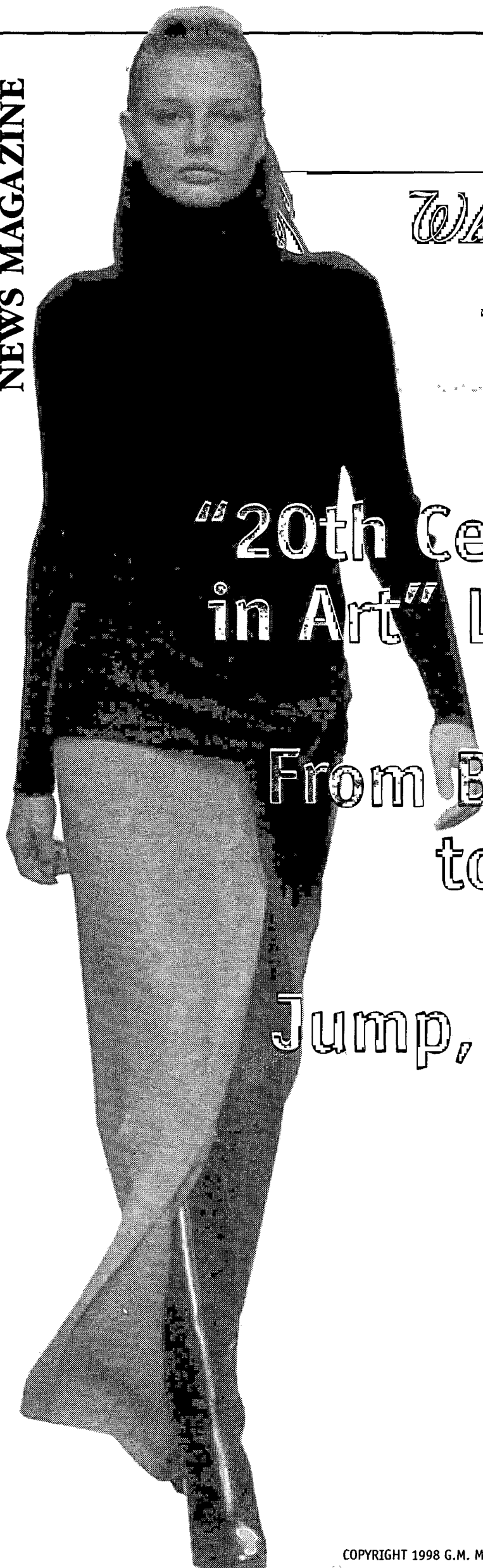


February 1999

LIFESTYLESTM

NEWS MAGAZINE

barrington



*When Cupid Shoots
His Arrow...*

SPECIAL SECTION



"20th Century Women
in Art" Lecture Series

From Boston's Tease
to Goober Peas

Jump, Jive 'n Swing
for BYS!

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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.

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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.

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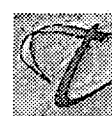
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Editor's Ink

February, 1999

Dear Reader,

Don't let the winter doldrums get you down. There is much to do to perk up your spirits!

Take, for example, the "20th Century Women in Art" lecture series hosted by the Barrington Community Associates of the Art Institute of Chicago. Artists featured will be Georgia O'Keefe, Frida Kahlo, Tamara Lempincka and Faith Ringgold. Not familiar with some of them? Time to make their acquaintance!

Signal Hill Chapter, DAR, has a special program planned this month—"From Boston's Tease to Goober Peas." At the event, the group will be honoring essay winners from local schools.

Jump, Jive 'n Swing at the BYS Auxiliary fund-raiser on February 20. Enjoy a wonderful dinner and fabulous prizes, all for a great cause. Locally, BYS touched more than 4,000 lives last year, counseling individuals and families.

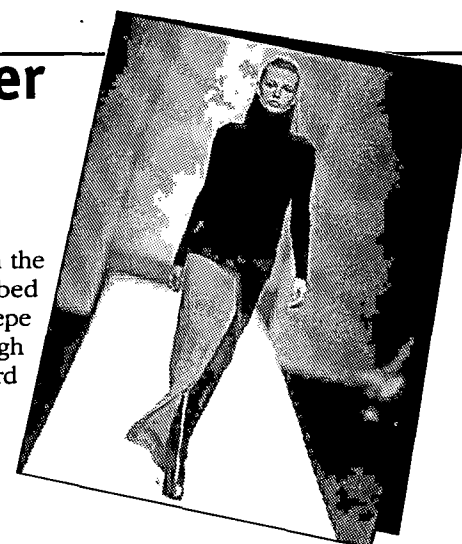
Happy Valentine's Day everyone! Until next time, may all your thoughts be sunny!

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



About Our Cover

The message... long and lean with the new side slice skirt. A black ribbed turtle sweater with a vicuna twill crepe walking skirt. Black leather knee high boots complete the look. Linda Allard for Ellen Tracy.



"From Boston's Tease to Goober Peas"

Regent Linda Wichman of Signal Hill Chapter, Daughters of the American Revolution, will welcome guest Patti Ecker who will present a program "From Boston's Tease to Goober Peas," a musical timeline from colonies united to a house divided, from Revolutionary days to Civil War days. This event is scheduled for February 21 at 2 PM at the Barrington Area Library, Meeting Room A.

Ms. Ecker has been a singer and guitarist for most of her life. After performing in the Ft. Lauderdale area, she returned to Chicagoland to connect with the local folk music scene. She was asked to become a staff member at the Grove National Historic Landmark in Glenview, IL, where she taught children about animals, trees, ecology and pioneers, and developed childrens' musicals and storytelling programs. Ms. Ecker is an artist in residence at Old Town School of Music and is currently on the staff at the Arlington Heights Historical Museum.

At this meeting, Signal Hill Chapter will hold their annual youth awards ceremony. Chairman Margaret McSweeney will present awards to the American History Essay contest winners in Grades 5 through 8. The subject of their essays is "A Naval Hero of the Early American Republic, 1789-1815" The winning students who will read their essays are:

- Grade 5—Willem Paul Van Lancker, Hough Street School
- Grade 6—Paul Kang, Barrington Middle School Station Campus
- Grade 7—Co-winners Thomas Drew Carlson, Barrington Middle School Prairie Campus and Benjamin Renker, Barrington Middle School Prairie Campus
- Grade 8—Ali McKillen, Barrington Middle School Station Campus



Patti Ecker

Chairman Debi Jung will present the DAR Good Citizens Contest awards to High School seniors who demonstrate the qualities of a good citizen; dependability, services, leadership and patriotism in their home, school and community.

Parents and teachers of contest winners as well as guests of members and prospective members are invited to attend.

Dessert will be served by hostesses, Nancy Wiechmann, Linda Brown, Debi Jung, Bettye Splittorff, Carolyn Rolnik and Leslie Eiring.

Any woman is eligible for membership in Daughters of the American Revolution who is not less than 18 years of age and is descended from a man or woman who served in the united colonies or states as a recognized patriot. Anyone interested in membership, please call Iva Lea Van Buren at 847-382-4449.

"20th Century Women in Art" Lecture Series

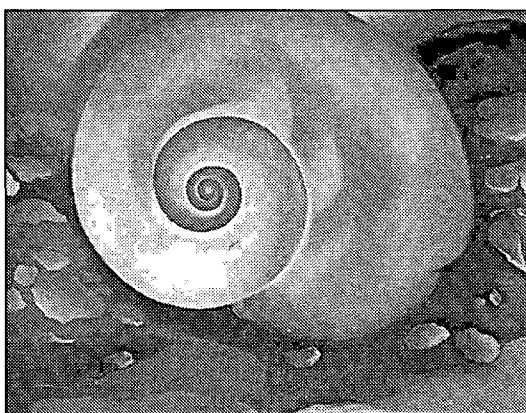
"20th Century Women in Art" is the theme of this year's February Seminar Series hosted by the Barrington Community Associates of the Art Institute of Chicago. Georgia O'Keeffe, Frida Kahlo, Tamara Lempincka and Faith Ringgold are the subjects of four professional speakers on each Thursday in February at 1 PM at the Barrington Area Library, 505 N. Northwest Highway.

On February 4, Paula Wisotzki will lecture on Georgia O'Keeffe. Her slide-illustrated talk will consider O'Keeffe's work and career through issues which have caught the attention of scholars in recent years—especially the multiple

meanings of O'Keeffe's imagery, early critical responses to her work and the impact of her relationship with Alfred Stieglitz.

Wisotzki is an art historian on the faculty of the Fine Arts Department at Loyola University, specializing in Modern and American Art. She received her Ph.D. from Northwestern University and is an Adjunct Lecturer for the Department of Museum Education at the Art Institute of Chicago.

On February 11, Clare Kunny will discuss the work of Frida Kahlo. Kahlo, who died in 1954, painted in a style that was



Georgia O'Keeffe, *Pink Shell with Seaweed*, c. 1937. Pastel, 22" x 28". San Diego Museum of Art.

sometimes shocking to the traditional art world. The Mexican artist, twice married to mural painter Diego Rivera, brought her dramatic life experiences as well as a rich ethnic background to her work. She is most widely known for her many non-smiling self-portraits with the continuous swallow-shaped eyebrows.

Kunny holds an M.A. in Art History from the University of Chicago, with a specialization in Hispanic art and culture. She is a Senior Lecturer with the Department of Museum Education at the Art

Jump, Jive 'n Swing with Barrington Youth Services!



Final plans for the BYS annual event were made during the auxiliary's Christmas meeting held at the Market House Restaurant in Barrington.

Members of the BYS Auxiliary include: Trish Thomas, Leigh Furda, Kathy Maca Mangan, Megan Chody, Deanna Froman and Sheryl Frankenberg.

The Barrington Youth Services Auxiliary will be holding their fund raising event this year on February 20, 1999. The annual dinner and silent auction event will be held at Barrington Hills Country Club in Barrington Hills.

The silent auction, featuring two United Airlines round-trip business class tickets to Europe, will begin at 6:30 PM followed by dinner. Following dinner, guests will be jumping and jiving to the swing music of The Bradley Young Orchestra featuring Rob Curtis.

Tickets for the event are \$150 per person and are available by calling the auxiliary at 847-622-4388. Last year's event brought in more than \$100,000 to the not-for-profit social service agency.

The money was used to fund the many counseling and prevention services of-

fered by Barrington Youth Services. BYS touched the lives of more than 4,000 people last year through counseling for individuals, families and groups and through their prevention programs offered throughout the community.

BYS offers counseling on a sliding fee scale. Their goal is to work with the children and their families of District 220 in the hopes of building healthier families. Counseling is offered in a private, confidential atmosphere.

Prevention programs include a variety of topics such as parent training sessions, Rainbows for children experiencing loss, anxiety and stress related workshops and women's groups.

For more information or a schedule of prevention programs, please telephone the agency at 847-381-0345.

Shelter, Inc. Celebrates 15th Art Auction

The universal language of art benefits abused children as Shelter presents its 15th Annual Art Auction on Friday, February 5 at the Schaumburg Marriott, 50 N. Martingale Road. The auction provides an excellent opportunity to select outstanding art pieces, many from internationally acclaimed artists. Admission to the auction is \$10 per person and includes hors d'oeuvres, wine and other beverages. A

preview of the art will begin at 6:30 PM, with the auction opening at 8:00 PM. Proceeds from the event will benefit Shelter's community based programs of emergency care and housing for abused and neglected children throughout the northwest suburbs. Reservations for the 15th Annual Art Auction are not necessary. To request specific pieces or to obtain additional information, call Shelter at 847-590-6188.

Institute.

On February 18, Miranda Hofelt will lecture on Tamara Lempincka. Lempincka was born in Warsaw in 1898 and died in Cuernavaca, Mexico in 1980. She was a fashionable painter of European and American society. She studied at the Imperial Academy of Fine Art in St. Petersburg, Russia, and was active in New York City and Beverly Hills, California in the 1930s and 1940s. Lempincka had exhibitions of her work in Paris, Milan, Milwaukee and New York City.

Hofelt has been Collection Manager for the Department of European Painting and is currently a lecturer in General Programs for the Art Institute.

On February 25, Andrea Barnwell will present a slide lecture on Faith Ringgold, the acclaimed black artist. Ringgold is a painter, mixed media sculptor, performance artist and writer who lives and

works in La Jolla, California and Englewood, New Jersey.

Professor Ringgold is the recipient of more than 75 awards and her art has been exhibited in museums and galleries on every continent.

She has done mosaic murals in New York City, written five children's books and her current traveling work is a series of quilt paintings, *Dancing at the Louvre*. The quilt paintings combine painted images, handwritten texts and quilted, printed and tie-dyed fabric to produce a pictorial narrative.

The cost of the series of four lectures is \$40 for members and \$60 for nonmembers. Individual lectures are \$12 for members and \$20 for nonmembers. For additional information or to make reservations, please phone La Vere La Rue at 847-526-8514. Tickets may be purchased at the door.

Special Savings **Come Early to Get the Best Deals!**

2nd Annual Clearance Sale **TWO DAYS ONLY February 26 & 27, 1999**

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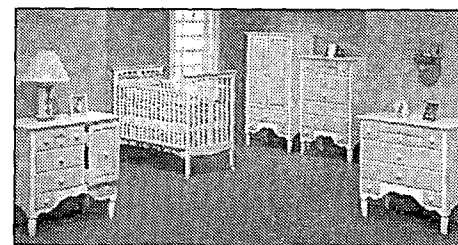
200 North Hough Street • Barrington • 381-3960

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The great sale is two days only—February 26 and 27. Come early to get the best deals! There will be savings throughout the store.

Little Munchkins carries beautiful clothing for sizes preemie to 4 toddler as well as the exquisite, upscale Ragazzi furniture: twin beds, bunk beds, dressers, cribs and bedding along with the latest in



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Riverstone Inspirations

Natures own creations... shaped by the flow of river water, each stone is inscribed with a word of inspiration. Created in 1988 as a project to honor nature. Riverstone's profits were donated to create the Masonry Training Program of the Cathedral of St. John the Divine in N.Y.C. Today, the best mason apprentices led by a third generation English Master Mason has created Stone-works Gallery. Using stones only formed from the elements of nature, each stone is individually hand inscribed. Perfect as a bookcase, desk accent or paperweight, or

to individualize garden and porch designs. Whether it is a custom etched stone or a beautiful pure marble heart, Riverstones make a unique personal gift of inspiration! Custom inscriptions can be ordered... available at **The Canterbury Shoppe!**

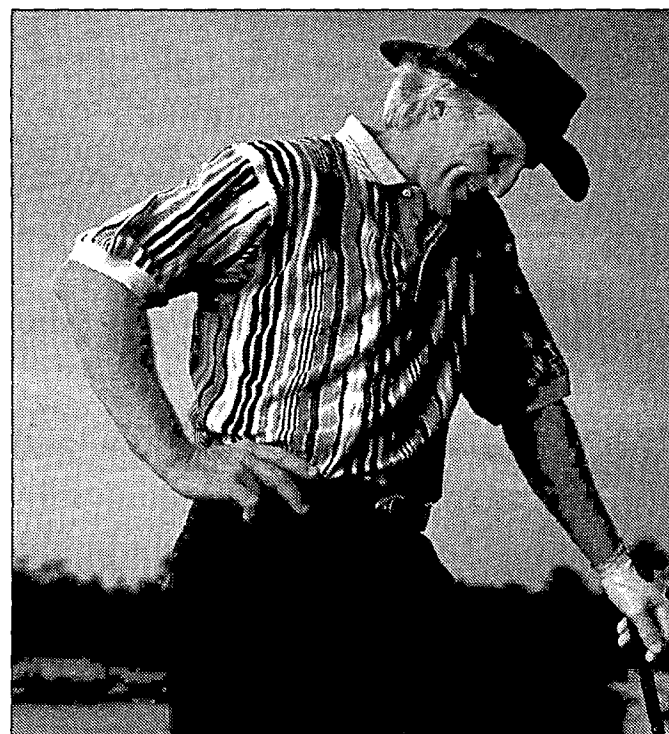
The Canterbury Shoppe is open Monday-Friday 10 AM-5 PM, Saturday 10 AM-4 PM, and is located at 117 East Station Street in downtown Barrington (one block south of Main and Route 59, near Starbucks Coffee). Any Questions? Give us a call at **(847) 304-9627**.

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Inspired by a man they call the Shark... Greg Norman.

The Greg Norman Collection is available at **Chuck Hines** on Main Street, in downtown Barrington.

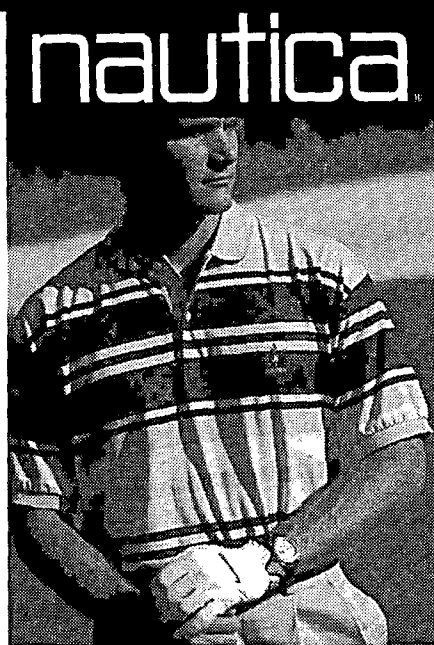
Speakers Present Image Workshop at Next BAPW Meeting

Rica Duffus Cuff, founder of Etiquette Works, and Nancy Matlin of The Image Business discuss how to look and act your best to create a more professional image and achieve respect at home and on the job at the next meeting of Barrington Area Professional Women to be held on Thursday, February 4, 1999.

The dinner meeting begins with a social hour at 6:15 PM at Barrington Country

Bistro in the Foundry Shopping Center, Northwest Highway and Hart Road in Barrington. The cost is \$25 for members and \$30 for non-members and guests. BAPW is open to all women who live and/or work in Barrington and surrounding communities.

For information and reservations, call Jo Ann Mancini at 847-526-3837 or Peggy Curran at 847-381-1860.



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Art that Warms the Heart and Home

It's wall-to-wall love at first sight when you visit **Woodland Art Gallery** and discover the floor-to-ceiling pleasures of this month's featured limited edition prints.

It's the cat's meow for feline lovers with the new release by Charles Wysocki, recognized as today's foremost living painter of Americana. Introducing *Elmer & Loretta Hangin' Out*, the latest follow-up to Wysocki's instant sellouts *Max in the Adirondacks*, *Maggie the Mess Maker* and *Frederick the Literate*. This new work features the cat coziness among the herbs and cures of a pharmacy, further testimony to the artist's endless creativity and skill that delights collectors and admirers. Reserve your copy today.

Woodland Art Gallery is also pleased to unveil a new giclée from Pino, the celebrated master of creating beautiful artwork with tiny sprayed color droplets, then further enhancing each work using oils so that every one becomes unique to the edition. *Stories Told* joins the gallery's extensive collection of serigraphs, giclées, as well as original works by Pino.

From wildlife prints and whimsical works for the young at heart, to romantic land-



Stories Told by Pino

scapes and telling glimpses of life, there's a moment in art that's perfect for someone special at **Woodland Art Gallery**.

Enjoy the wall-to-wall pleasures that await you by stopping by Monday through Friday 9 AM to 5 PM, Saturday until 3 PM. **Woodland Art Gallery and Frame Shoppe** is located at 71-B East Woodstock Street in downtown Crystal Lake and also specializes in museum mounting and custom framing under the direction of master framer and owner Scott Teasdale. The gallery can also ship your art anywhere. For information call **815-459-0460**.

Visit **Woodland Art Gallery** and discover art worth collecting... and giving.

BARNO Meeting March 6

The Barrington Area Registered Nurses Organization invites all RN's to a morning seminar on the Art of Active Listening Program sponsored by Medical Education Resources on Saturday, March 6, 1999 from 8 AM to Noon at JFK Health World,

1301 South Grove Avenue in Barrington. CE Credit is 4.5 contact hours, and a continental breakfast will be served. For additional information or to reserve a seat, contact Kay Werner, RN at 847-381-3901 or Barbara Walt, RN at 847-381-0505.

Skin Cancer is a Year Round Problem—We See It Every Day!

If you're planning a sunny escape from this winter's icy blast, we at **Dermatology Associates** want to pass along a gentle reminder—*Pack Your Sunscreen!*

The sun's ultraviolet rays are the cause of nearly all skin cancers. One in five Americans will develop skin cancer and most of these tumors will occur on the face. Proper application of sunscreen can reduce your chance of developing this potentially serious problem.

Skin cancer occurs in three basic forms: basal cell carcinoma, squamous cell carcinoma and malignant melanoma. While melanoma is the most feared, due to its potential for internal spread, it is also the least common. The other two skin cancers are closely linked with lifetime sun exposure and pose special risks because of their tendency to occur on the nose, ears, eyelids or lips.

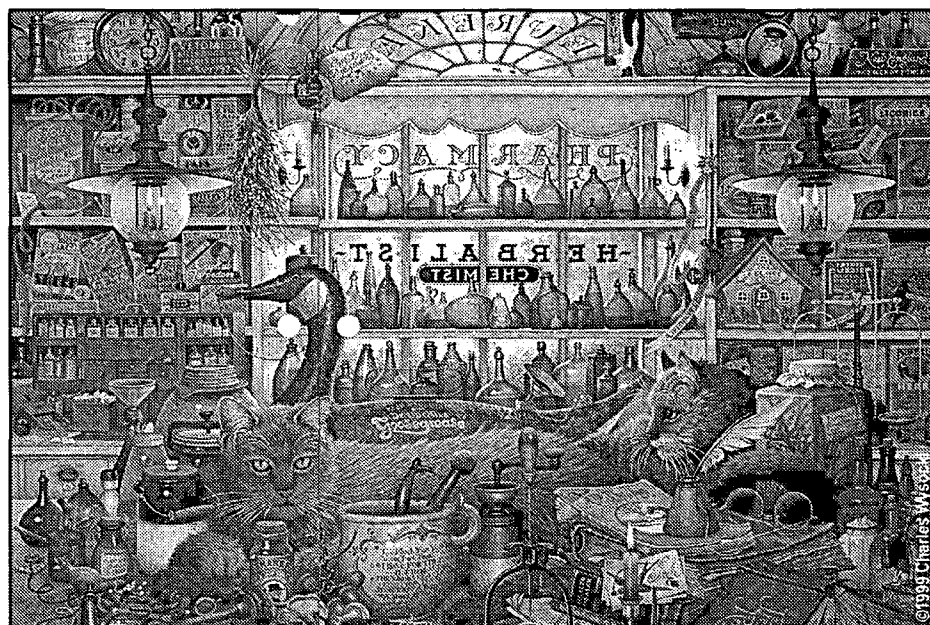
The majority of skin cancers can be eliminated with standard office surgery. More complex tumors call for a more sophisticated technique called Mohs surgery. This treatment is chosen because it can provide the highest cure rate and the smallest scar for the cancers that are the most difficult to treat. Extensive special training qualifies a dermatologist to perform this procedure by carefully removing cancerous tissue in thin layers. These samples are immediately processed and analyzed with a microscope, and a map of the remaining cancer is made. Only areas containing skin cancer are re-



J.D. Fallon, MD

moved in subsequent steps or stages. This process is repeated until no further cancer is found. The result is the smallest wound that will cure the cancer. The final outcome is a "win-win" situation; *the skin cancer is completely removed and there is an excellent cosmetic result!*

Dermatology Associates is committed to providing the best and most advanced skin care, including Mohs surgery for skin cancer. J.D. Fallon, MD has trained in Mohs surgery at Harvard University and is one of 350 American doctors specifically trained in this technique. If you or someone you know is concerned about skin cancer, call **Dermatology Associates** for a private consultation with one of our board-certified dermatologists: David P. Van Dam, MD; J.D. Fallon, MD; or Anthony M. Janiga, MD. Call **815-455-4434** or **847-382-5111**.



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This Valentine's Day **M.J. Miller & Co.** is having a tremendous sale featuring pieces from famous designers like: **Rudolph Erdel**, one of today's finest platinum designers; **Mikimoto**, world-renowned pearls; and **Carrera and Carrera**, romantic and passionate designs from Spain. Heart pendants, bracelets and earrings are also on sale, along with many other items.

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It pays to dine at Chessie's Restaurant! *Starting February 1, 1999 Chessie's will present \$5 and \$10 "Valentine Bucks" with each guest check.* Valentine Bucks can be used at any of the 14 retail shops in the **Ice House** and entitle you to receive \$5 off any purchase over \$25 or \$10

off any purchase over \$50 during the month of February.

Lauren's Lingerie, the newest addition to the **Ice House Mall**, will open in early February. Be sure to stop in and look for some of your favorite lines including foundations, hosiery, sleepwear and activewear. Find unique and beautiful lingerie for those special times as well as the essentials you need for everyday. Lauren's friendly and knowledgeable staff will be happy to assist you with all your lingerie needs.

The Ice House Mall is located in downtown Barrington at 200 Applebee Street where there is plenty of free parking. For further information, please call **847-381-6661**.



What makes a heart grow fonder? **Peter Daniel** has the answer with great golf groupings for him from Ashworth: fashion knits, microfiber windshirts, vests, shorts and pants.

You'll also find gifts straight from the heart with our Brighton collection of belts, watches and accessories. And early spring apparel for women in soft pastels.

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

Lymphedema Support Group

"Exercise After Breast Cancer Surgery—How Much is Too Much?" will be the featured topic at the quarterly meeting of the Lymphedema Support Group at Good Shepherd Hospital in Barrington on Saturday, February 6 from 9:30 to 11:00 AM. Since this will be a fitness class, participants are encouraged to wear comfortable clothing.

Special guest speaker is Elizabeth H. Warren, nationally noted physical fitness trainer and author. Ms. Warren is a breast cancer survivor who works with patients with Lymphedema, a chronic swelling of tissue due to inadequate Lymph drainage. It is caused by the result of Lymph node removal and/or radiation therapy and can

affect both men and women. Men are often affected in the groin and leg areas due to prostate surgery and/or radiation and women who have had breast cancer surgery and/or radiation may find their arms swelling due to Lymphedema.

The Lymphedema Support Group at GSH is the only Lymphedema support group in the northwest suburbs. The group is expected to meet four times a year—in November, February, May and August—and will feature expert speakers on treatment, exercise and other topics. For more information on the Lymphedema Support Group, please call Linda Reimers, Good Shepherd Cancer Program Specialist at 847-381-0123, ext. 5080.

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Please send your press release/advertising materials to:

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Karen Lea Cline

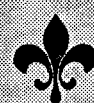
"There is something special about you and it has everything to do with looking and feeling beautiful."

Lea

200 Applebee St. • Barrington, IL • 847.382.6640



20% OFF
All Products
thru Feb!



Barrington
ICE HOUSE MALL



It's All in the Package!—Winter Wonderland of Moisture and Color!

With wintertime, the skin changes dramatically due to the constant exposure to the chill of the outside temperatures and the warmth of the heated indoors. During this time of year, the exfoliation process is very important for the surface of new skin cells, to help it and to maintain its proper balance.

The alpha hydroxy product called Skin Renew and the Lea Ultimate Skin Care routine include a serum to enhance the ability of the skin to heal and retain its surface moisture. A wonderful product for an afternoon pick me up or a night time refresher is Lea Skin Vitality offered in a refreshing spray pump. This provides the important vitamins and minerals needed to replenish the surface. This product can be used over foundation, makeup or alone.

Lea Image Studio offers the finest packaging in products for at home or office demonstrations, wardrobe evaluations or consultations that include facials, deep pore cleansing, makeup applications and makeup lessons. Our staff includes three very qualified women; Shayne Bullen, who has a background in the modeling field along with Tammy Rogan and Shannon Grimm who are all, very talented in



Karen Lea Cline
Mrs. Illinois America 1998

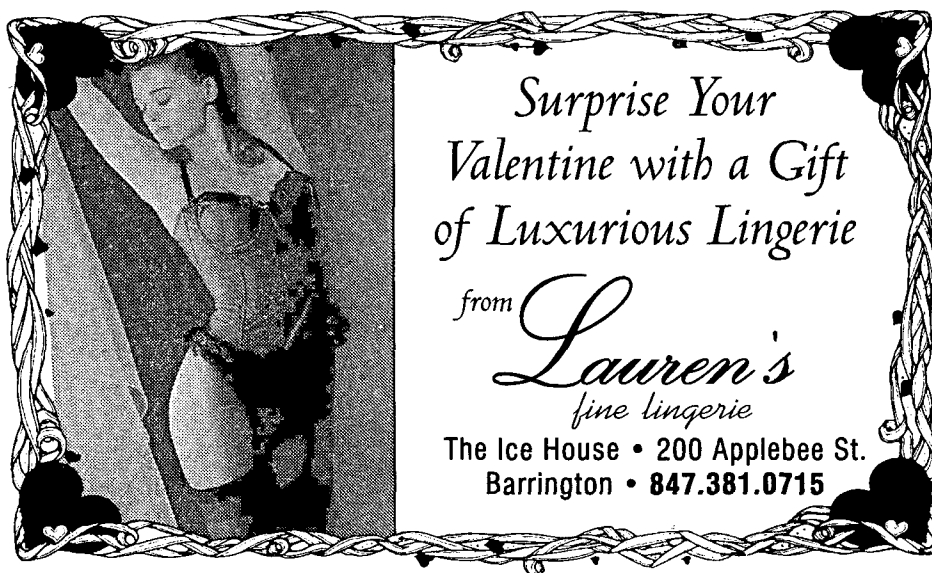
makeup artistry and helping you choose your right colors!

As the owner, Karen Lea Cline keeps busy helping clients understand the business of modeling and acting. Of course the initial evaluation is the most important, and once they qualify she will begin improving all aspects of their image and preparation towards their career. Another aspect of **Lea Image Studio** is self improvement and etiquette. Let us help you determine your specific needs. Our motto is "There is something special about you and it has everything to do with looking and feeling beautiful."

Surprise Your Valentine with a Gift of Luxurious Lingerie

from *Lauren's*
fine lingerie

The Ice House • 200 Applebee St.
Barrington • 847.381.0715

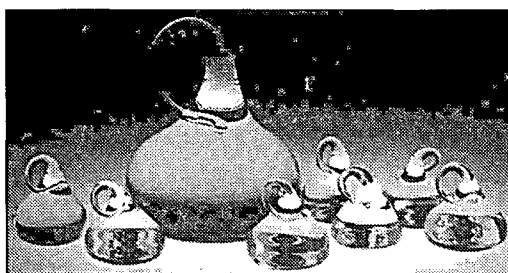


Chesterfield Glass Galleries

Remember Your Valentine with a Kiss



A kiss
is just
a kiss ...
or is it?



Barrington Ice House

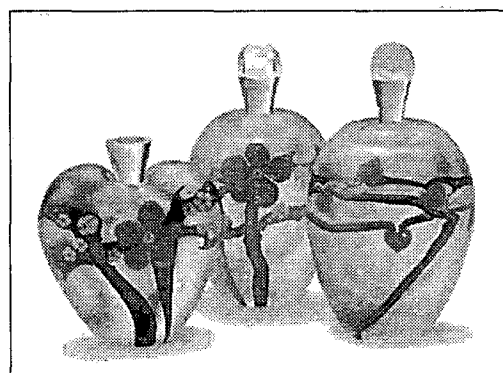
200 Applebee St.

382-6677

Gifts to Cherish

Is your Valentine so special traditional gifts simply don't express your true affection? Then visit **Chesterfield Glass Galleries** in the Barrington Ice House Mall and choose the perfect treasure for your special someone.

Featuring the finest glass art of over 100 nationally-recognized studios, **Chesterfield** offers truly unique, hard-to-find Valentine gifts. This year, show your affection with a special heart-shaped glass necklace finished in sterling silver, or choose from our distinct line of Valentine perfume bottles by Zellige, Nourrot, Vines, Nazlo, and many more. *The perfect little Valentine gift is a clear glass chocolate drop as*



shown in our ad!

Chesterfield offers exceptional gifts for everyone in every price range. Your Val-

Opening Early February—Lauren's Lingerie Joins the Ice House

We are pleased to announce the opening of the latest Barrington Ice House boutique, **Lauren's Lingerie**. Opening in February, **Lauren's** will feature distinctive lingerie, sleepwear, hosiery and active-wear. Look for lines such as Bali and Wacoal, Hanes, Miss Elaine, Farr West, Canyon Group and many more lines you've been waiting for.

We will stock pure cottons and silks, terries and lace, bodywear for all your fashion needs, softly romantic and sumptuously luxurious. We will help you find real solutions for real bodies with our talented and helpful staff.

Watch for our early February opening and stop in to see who is back in town and part of **Lauren's Lingerie**. We look forward to helping you find just the right items for all your lingerie needs.



entine will forever treasure a beautiful hand-blown piece of glass art signed by the artist and certificated for authenticity.

Visit **Chesterfield** to view the area's largest selection of one-of-a-kind glass vases and sculptures. Featuring work from renown studios such as Lotton, Orient & Flume, and others, **Chesterfield** can

make this Valentine's Day a lasting memory.

Chesterfield Glass Galleries is located in the Barrington Ice House Mall, 200 Applebee Street, next to the Jewel Food Store. Hours are 9:30 AM to 5:30 PM Monday through Saturday, Thursday until 8 PM, and Sunday 11 AM to 3 PM.

February's News!

In the **Spa Light Salon** has great specials this month for you or your valentine. To introduce our new hair color line, Keune Color, the salon is extending 10% off for Keune Color services in the month of February. This color line comes from Holland, giving excellent gray coverage while leaving hair lustrous and in great condition.

Also new for February, we're offering \$5 off on any glamour package booking. Call for a free consultation or to plan wedding party services. You will receive \$5 off any glamour packages planned for you or your bridesmaids.

For all current clients, we are giving away a free make-over and hairstyle monthly. Sign up every time you are in the salon and at the end of every month we will pull out the lucky winner. Before and after photos will be made available to all winners.

The Client VIP program has been a great success. Many of you have reached your free haircut and products!

In the **Spa Light Salon** is extremely proud to announce that Terry Bley has joined our team. Terry has been a stylist



**Terry Bley, Hair Stylist,
In the Spa Light Salon.**

in the Barrington area for over 20 years. Her experience in coloring, cutting and styling has earned her a fantastic reputation in the industry. We are very happy to have Terry with us.

In The **Spa Light Salon** is located at 702 South Northwest Highway. Salon hours are: Monday, reception only, 10 AM to 5 PM; Tuesday, Wednesday, Thursday, 9 AM to 9 PM; Friday, 9 AM to 7 PM; and Saturday, 9 AM to 5 PM. For more information, please call **847-381-3688**.

Walk-ins are Welcome!

Capture Your Child's True Personality

Your children are your greatest investment. Life is short and kids grow so fast. As a parent, you have to help your children find out who they are, what they love to do, and which direction their life will take. Capture your child's true personality at this wonderful stage in life with a portrait.

Fine portraiture captures key elements of a person's life—their personality and their relationships with others—through eyes, hands and feet. The investment of time and energy put in to creating your child's portrait will pay you back with a lifetime of enjoyment. Don't let this precious opportunity slip away.

Call **Portraits by Thomas** at **381-7710** for scheduling today.



BAAC Gallery Opens "Urban Edges III"

The Barrington Area Arts Council (BAAC) announces the opening of the BAAC Gallery exhibit for February entitled, "Urban Edges III," on February 5, 1999. The exhibit is a juried show featuring 58 works of original two- and three-dimensional art by 33 artists from the Chicagoland area. The competition was open to all artists 18 years and older who reside within a 125 mile radius. There were no media or theme restrictions.

The selected works were juried and judged by Mary K. O'Shaughnessy, founder and director of Wood Street Gallery, Ltd., a fine art gallery located in the Wicker Park area of Chicago. Ms. O'Shaughnessy is a sculptor, in her own right.

Exhibiting artists all reside in Illinois and include: Dee Abate, Cary; Barbara Albin, Cary; Cynthia Caplan, Highland Park; Gail Collier, Barrington; Joseph



**Brutal Honesty, acrylic on canvas,
by Amy Huisinga**

Crosetto, Berwyn; Robert Dixon Kolar,

Planning a Wedding?

Let our professionals pamper you and your wedding party by providing hair, makeup, and nails on your wedding day. It makes a great bridesmaid gift!

Call for a complimentary consultation.

Salon Client Joy Dillman, Bride, & Bridesmaids >



**Creative Color • Creative Cutting • Hair Extensions & Thickening
Texture & Perms • Glamour Packages • Make Up Application & Lessons
Manicures, Pedicures, Nails, & Paraffin Waxing Walk-ins are Welcome**

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

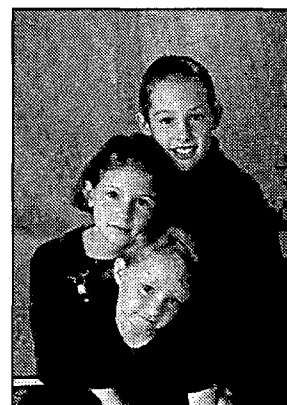


**In the
Spa Light Salon**

Portraits by

Thomas

*Fine portraiture
accurately pinpoints
the qualities about your children
that you love most.*



Children's Special

*Save \$50 towards your portrait purchase during the months of February and March.
Limited sessions available.*

557 North Hough Street Barrington 381-7710

Fox River Grove; Linda Hall, Deer Park; Donna Holz Hirsch, Barrington; Erin Hirsch, Barrington; Amy Huisinga, Chicago; Paula Kuehl, McHenry; Robert Lait, Chicago; Kevin Luthardt, Schaumburg; Eugenia Makowski, Palatine; Doris May, Elk Grove Village; Kelly Mueller, Chicago; Stephanie Nadolski, Barrington; Jimi Nalani-Mirsberger, Barrington; Mary Obodzinski, Crystal Lake; William Peck, Mount Prospect; Keith Peterson, Rolling Meadows; Renee Poblacion, Des Plaines; Dolores Preston, Crystal Lake; Richard Richter, Rolling Meadows; James Root, Barrington; Jeanine Hill Soldner, Algonquin; Lee Stanton, Palatine; Nancy Steinmeyer, Woodstock; Masako Van-Leijenhorst, Evanston; Gina Vassey, Palatine; George Voegel, Crystal Lake;

Kenneth vonKluck, Glencoe; and Dan Wroblewski, Burbank.

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

The Barrington Area Arts Council invites the public to attend a Preview Opening and Artists Reception on Friday evening, February 5 from 7 to 9 PM at the BAAC Gallery, 207 Park Avenue, Barrington, IL.

The exhibit will be on view from February 5 through February 27, 1999. 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.

Claude Thomas

Hair Design & Spa

Claude Thomas specializes in repairing \$8 haircuts, nightmare hair color and botched-up nail work!

Time to make a change but afraid of how you might look?

Claude Thomas has the answer...

The virtual make-over.

See how you look in all kinds of styles.

We Customize Valentine Gift Packages

See Our Editorial For February Specials →

REDKEN
5th AVENUE NYC

847-705-5999

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

377 W. NORTHWEST HIGHWAY (CENTURY PLAZA) • PALATINE

Tootsies

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

PREVATA



Introducing **PREVATA** to the designer labels at **Tootsies**. Pictured is one of several designed for the new Millennium and made in Italy from the finest materials. Available in narrow and medium widths.

107 E. Main Street
Barrington **277-9596**

Tuesday-Saturday 9:30am-5:30pm
Thursday till 8:00pm

Let Claude Thomas Help You Look Great for Your Winter Vacation



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

It's the start of a new year and **Claude Thomas** can help you start it out right. We have the latest, innovative concepts in hair and fashion.

If you're not sure of what to do, come in for a virtual make-over. This consultation is just \$20 and \$3 for each print out.

Come in for a hair color change and receive a 20 % discount.

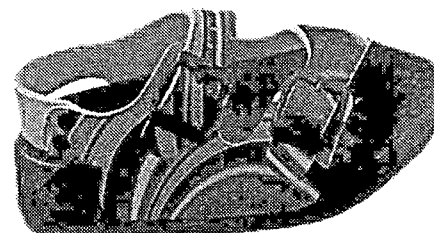
Now is the time to start thinking about vacationing. **Claude Thomas** has a special on a manicure and pedicure package. This is regularly a \$45 value but, in the month of February, it is \$38.

Want something fun and different?

Then try nail art or nail charms! Want long nails but not the upkeep? **Claude Thomas** has weekend nails that last for just a week or more without damaging your natural nails. The cost for weekend nails is \$40.

Why not pamper yourself with a beneficial facial and/or a body wrap? **Claude Thomas** makes this easy by offering you a 20% discount this month. Also this month, we have a 10% discount on any waxing.

Claude Thomas's doesn't follow fashion... we create it! We are looking forward to another year of serving you.



BIRKENSTOCK.

What's new at Tootsies? The original comfort shoe.

A complete collection for both women and children, including clogs and sandals, just in time for winter vacation and spring break.

Tootsies just received their Spring Collection of **elefanten**. They are classics—truly shoes that are worth tying. They range from sandals and play shoes for both boys and girls.

Soon to arrive are complete women's and children's **SKECHERS®** for the new and **adidas** for the classics collections.

Stop by and see all the new merchandise arriving daily.

Luncheon Book Club

The Barrington Area Branch of the American Association of University Women (AAUW) Luncheon Book Club will discuss *The Bear Went Over the Mountain* by William Kotzwinkle on Wednesday, February 10, 1998 at Chessie's Restaurant in Barrington from 12:30 PM to 2:30 PM.

AAUW is a national organization com-

mitted to educational equity for women and girls. 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 847-381-5012.



CLIX Winter Class Schedule

• Tuesday, February 2, *Electronic Camera—Get to know me!* How about that new camera you received for Christmas? How does it work? (No digital cameras, please.)

• Wednesday, February 3, *Make-A-Memory Album Design.* Take all those Christmas and New Year's memories and put them in an unforgettable album. Bring your pictures and memories for idea sharing with Michelle Yerkes.

• Thursday, February 4, *Photographing Your Art.* Are you ready for those art fairs and competitions? Learn the basics for photographing your art work with Ann Nevills.

• Tuesdays, February 9, 16 and 23, *Basic Camera.* Learn the fundamentals of working with a manual 35mm camera with professional photographer Justine Runvik.

• Thursday, February 11, *Handcolouring Black & White Photos/Open Studio.* This class is an open studio for hand-colouring black and white photos. Learn new techniques or work with your current ones with artist/photographer Syndi Simon.

• Wednesday, February 17, *Bookbinding II.* Work with the sewn technique of bookbinding. You will make your own journal using a variety of materials including hand made papers.

• Thursday, February 18, *Photo Presentation: Contemporary & Historical Framing.* Learn preservation framing. Choosing the right materials, mats and frames can make all the difference in the world. The class will be taught by Kris Doherty of A Thousand Words.

• Thursday, February 25, *Polaroid Transfer/Open Studio.* Bring your slides

and explore the Polaroid Transfer and Polaroid Emulsion technique with Syndi Simon in a 3-hour open studio.

• Tuesday, March 2, 9, 16 and Field Trip on March 14, *Creative Camera.* Develop your photographic concept and creative expression in this 3-night (and 1 field trip) class. Two assignments will be given. Questions and ideas welcome.

• Tuesday, March 9, 16, and 23, *Exploring Black & White Photography/Adults.* This class teaches the basics of good picture taking and includes all supplies.

Tuesday, March 9, 16, and 23, *Rediscover Black & White/Adults & Seniors.* Let's rediscover the world of black and white photography. Using a disposable camera, you will learn the basics of good picture taking and develop your creative eye. Class includes supplies

• Tuesdays, March 9, 16, and 23, *Black & White Discovery/ages 9-13.* Let's explore the world of black and white photography together. Class includes a picture journal and an introduction to hand coloring.

• Thursday, March 4, *The Art of the Invitation.* Bored with commercial invitations and notecards? Design your own with handmade papers and enhancements. Graphic Artist Robin Schitkovitz will share ideas and information on papers and materials while you make your own personalized invitation

• Wednesday, March 31 (Spring Break), *Making of a Memory Book/ages 9-14.* Make a fun handmade book that you will use to keep your treasured keepsakes, photos or a diary for your thoughts. While you are learning to make this basic book, you will use a variety of materials. Come create your own special book.

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

Julio's Latin Cafe invites you to their annual **Carnival celebration!** *A Night in Rio* will be celebrated on **Sunday, February 21, from 4:30-8:00 PM.** Don't miss this spectacular event featuring a three-course meal with appetizer, a feijoada buffet and dessert. Feijoada, a traditional Brazilian dish, has evolved from a simple pot of black beans with bits of pork into an elaborate stew built around the beans, cooked with assorted meats, smoked pork and sausage. Featured in a buffet, the feijoada is complemented by beautiful displays of fresh fruit, a variety of salads and vegetables and warm rolls. This gala evening will feature Brazilian music by the Paulinho Garcia Band, masques for all of

the guests and party favors. The cost will be \$28.75 per person and reservations should be made early by calling **847-438-3484.**

Of course, you'll also want to celebrate **Valentine's Day**, the traditional day for lovers on **Sunday, February 14.** Normally closed on Sundays in the winter, Julio's offers a romantic place to celebrate this Valentine's Day. Just be sure to call for reservations!

Julio's Latin Cafe is open for lunch Mondays through Fridays from 11:30 AM-2:00 PM and dinner is served Monday through Saturday nights beginning at 5:00 PM. Reservations are always recommended on the weekends and can be made by calling **847-438-3484.**

BARNO Offers Scholarships

The Barrington Area Nurses Organization is offering two \$600 scholarships to assist individuals who have been accepted and seated into an accredited school of nursing, students presently enrolled full time in a nursing program or any registered nurse pursuing a bachelor degree in nursing, a master's in nursing or an advanced practice nursing degree. Applications will be accepted from students residing within the primary Good Shepherd Hospital service area. This includes Barrington,

Algonquin, Cary, Fox River Grove, Lake Zurich, Wauconda, Island Lake, Crystal Lake and the Palatine Area with zip code 60067/74. Money from these scholarships will be applied toward payment of tuition for the 1999-2000 school year. Further information may be obtained by contacting: Josette Carpenter at 847-639-7343; Susan Jillian at 847-382-9284; Sharon Lundstrom at 847-382-5653 or Mary Anne Palumbo at 847-382-2658; Judy Ritter at 847-382-5345; or Marilyn Woodruff at 847-550-1898.

The Classic Blitz

BLACK & WHITE



WARNING!
CLIX ANNUAL
ALBUM SALE COMING
MARCH 11-MARCH 20.
25% OFF!

This popular CLIX BLITZ is back! Photos with a classic look, a timeless look, the Black & White look!

**Friday & Saturday
February 26 & 27!**

One 5 x 7 and four wallets from the image of your choice. **For only \$42.00.** Call CLIX to schedule an appointment time. 815.455.1092.

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CLIX
photographs & savables, inc.

30 N. Williams Street • Brink Street Market • Downtown Crystal Lake
815.455.1092 • Toll Free 888.345.CLIX

Julio's Latin Cafe

PRESENTS



MENU

Appetizer
Feijoada Buffet
Dessert
\$28.75 PER PERSON

- CARNIVAL MASQUES AND NOISE-MAKERS
- BRAZILIAN RECORDING STAR—PAULINHO GARCIA

Sunday, February 21, 4:30 - 8:00 p.m.

99 SOUTH RAND ROAD, LAKE ZURICH, IL

FOR RESERVATIONS CALL

(847) 438-3484

DON'T FORGET VALENTINE'S
DAY ON FEBRUARY 14!

Ten Secrets To Having Your Children Photographed

Parents are often unaware of all there is to know when having their children's portraits made. Understanding what to look for, will insure your child a very successful photographic session. Keep in mind the following points.

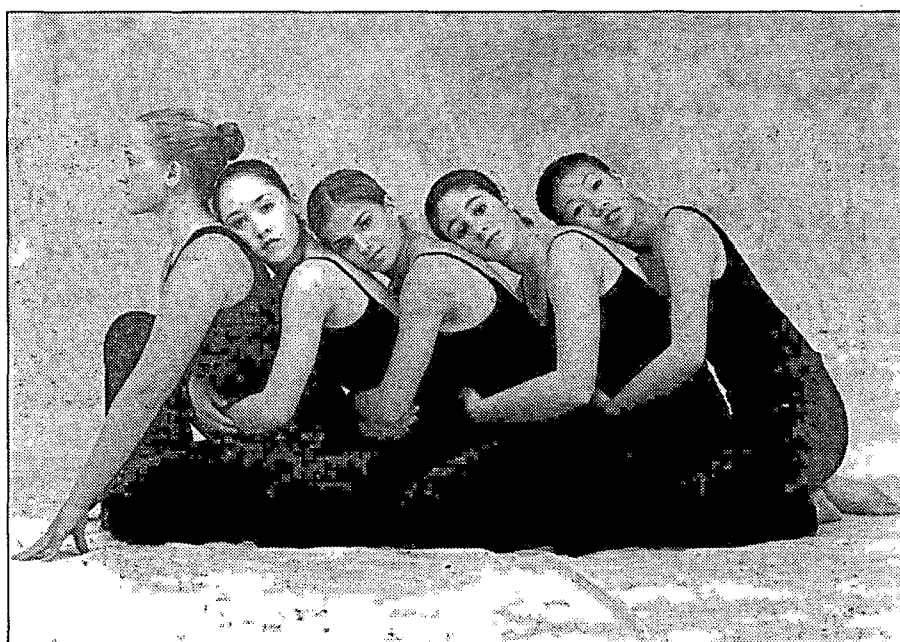
1. Research photographers. It's not enough to call on the phone. You must go to see the photographer's work. You will notice vast differences in the style and quality of individual photographers. Your photographer should insist on a pre-portrait consultation.
2. It is important not to prime your children before their session. A conscientious photographer will want to work with your child from a level playing field...meaning the child should not be anticipating anything. This will avoid cheezy or fake looking expressions.
3. Decide on a location to hang your portrait first. Knowing this will guide you as to the clothing style, color and mood of the portrait.
4. Measuring the size of this display space will help determine if the portrait should be a closeup, half or full length.
5. Be certain your child is not sick, hungry or overly tired for the session. It's important that children feel good in order to look good. Don't let a photographer talk you into coming in anyway if your child is under the weather. Simply reschedule.
6. Unless you want a trendy portrait (which will be dated in a few years) adhere to the photographer's clothing recommendations. In a successful portrait, clothing should not draw attention. The primary focus should be your child.
7. Notice if the photographer's props and backgrounds are cheap looking or gimmicky. Simple is better.
8. Choose a photographer whose primary goal is **not** to make your child laugh. The most thought provoking portraits tend to be those that are serious. Long term, these portraits will yield more satisfaction and be regarded as works of art. Chances are you already have plenty of big grin and smiley pictures.
9. Don't be misled by the cheapest price. You really do get what you pay for.
10. Give us a call. Our children's special begins next month, but time slots fill quickly. You've seen our work locally such as outside of Chessie's Restaurant in Barrington. Now it's your turn to own a Buschauer original.

Buschauer

Barrington (847) 382-8484

SPECIALTY PORTRAITS & CUSTOM FRAMING, Inc.

Midwest Dance Collective to Perform



Dancers to perform include: (left to right) Meghan Karins of Tower Lakes; Chrissy Phillips of Barrington; Amy Gish of Lake Zurich; Michelle Avi of Palatine; and Thelma Wong of Lake Zurich.

Midwest Dance Collective announces their Premiere Gala Performance on February 7, 1999 at Barrington High School Auditorium, Barrington, Illinois. The performance will begin at 3 PM and features dancers from Mount Prospect, Barrington, Chicago, Palatine, Schaumburg and other surrounding suburbs. Guest Artists from various professional dance companies are scheduled to appear.

Tickets are \$12 for Adults and \$8 for Senior Citizens and Children under 10. To

order tickets, call 847-381-1459, Ext 2. Leave your name and number; our Ticket Sales Coordinator will call you back. Or stop in at Bataille Academie, Barrington or Mount Prospect.

The performance will premiere new works such as *The Glory Of Gershwin* and *Satrianni*. Other selections include *Introspect* and *It's A Mad Mad World*, which premiered at Columbia College Young Artists Showcase, and *Deep Forest* and *C'est La Vie* which premiered at Chicago

Record Turnout Expected for the 1999 Annual "Cute Kid" Portrait Contest

By Booking Now You will be Guaranteed:

Getting in on this Year's Promotion (We had to turn some away last year)

Receiving \$25 OFF the Already Low Price by Booking Early!

This sixteen-year-old concept, (first begun in my previous studio), has grown from its original two weeks to the current six weeks, just to accommodate all who want to participate. This event is rated by clients as a highlight event of the year, on all accounts.

My Thoughts as the Photographer

Many might suppose that photographing children virtually nonstop for six weeks straight... would afterwards qualify me for a recovery stint in an institution of some sort. But honestly, I eagerly anticipate this time every year. The kids have a way of exhausting and energizing me at the same time. I am continually amazed at how smart they seem to be compared to when I was a kid! These days, nary a child forgets to collect on the promised treat at the end of their session.

Here's How It Works

Contest Dates: March 1 - April 16

• Children must be between the ages of 3 and 14 years old.

• All photographs must be taken by **Buschauer Photography**.

• Pre-portrait consultations are necessary.

• A fee of \$75 (\$50 if you book early) is due when you register, which covers the consultation, session, a hand-signed original miniature portrait and the contest



entry fee.

• Prizes are awarded to the first place winners in each category.

• Photographs will be judged by Pat McBlaine Modeling Agency.

• Black & White or color sessions are available.

Our staff and I look forward to serving you again for this portrait extravaganza. Avoid disappointment. Make your reservations early.

Spring Fashion Show February 9



Newcomer member Susan Thiess (left) and Welcome Wagon member Marie Carfagno (right) are shown choosing their fashion show outfits from Talbots with the help of assistant manager Missy Wagner.

Barrington area Welcome Wagon and Newcomer Clubs are cosponsoring a spring fashion show, "Get Ready for Spring" on Tuesday, February 9, 1999 at the Hilldale Country Club in Hoffman Estates. Members from both organizations will model the newest spring fashions featuring ensembles from 11 Barrington merchants. Welcome Wagon's Alice Ann Halverson and Newcomer's Reann Scott

will commentate the show. Shake out your winter doldrums and join us at 11 AM for social hour, a delicious luncheon at noon with the fashion show to follow. Club members and new residents of the Barrington area are welcome. The cost for the luncheon is \$18. For reservations and information, call Janet (382-2802) at Newcomers or Joan (382-0886) of Welcome Wagon by February 5.

National Association of Dance Masters Gala Performance.

The troupe is under the direction of Ellen Werksman, a native of Barrington, director of Dancewerks Dance Production

Company and a professional dancer in Chicago, and co-directed by Dee Dee Gallagher-Johnson, the owner of Bataille Academie of the Danse, Barrington and Mount Prospect.

IK Design Jewelry Shifts Focus to Custom Design by Appointment Only

IK Design Jewelry, the Barrington area's showplace for original creations by jewelry designer Isaac Kornhauser, will open its doors beginning this March by appointment only to sophisticated buyers who are interested in commissioning original pieces.

"This new focus will allow us to concentrate in an area where we are in most demand, creating one-of-a-kind jewelry for clients interested in acquiring quality heirloom pieces," Kornhauser said. "This jewelry will become unique treasures for generations to come."

IK Design Jewelry opened in 1987 as a retail outlet for original designs by Kornhauser using a variety of precious and semiprecious stones in gold, sterling and platinum. Through the years, they have also provided general repair and appraisal services.

"To devote full attention to contractual custom design, we will continue to work with clients one-on-one by appointment only as of March 1, 1999," Kornhauser said. Because of the lifetime guarantee of pieces created by Kornhauser, he will provide jewelry repair services to those clients only.

In addition to serving customers by appointment only, Kornhauser will create his original work for both local and national jewelers. And he will continue the operations of The Golden Orchid, a com-

pany he developed to market a line of stunning 18K gold and sterling silver orchid jewelry including earrings, pendants, brooches, pins and tie tacs, as well as orchid sculptures which have become exotic accessories for the home. The Golden Orchid uses a proprietary process called lost-wax casting to create exact replicas of orchid blossoms and plants in precious metals.

"These pieces represent a new level in nature-inspired jewelry," Kornhauser said. "Until now, most organic jewelry depicts an artist's rendition of what only Mother Nature can create. These sculptures and jewelry have the texture of the actual flowers they were derived from and capture the true essence of nature."

The son of a diamond setter, Kornhauser studied at the Fashion Institute of Technology in New York under head jewelry designers from Bulgari and Van Cleef and Arpels. He worked for Gimbels of New York; Black, Star and Frost in New Jersey; The Jewelers of Bond Street in Long Island; and OC Tanner of Salt Lake City.

IK Design Jewelry is located at 141B Northwest Highway in Barrington. Their hours are Tuesday from 9 AM to 6 PM; Thursday from 9 AM to 8 PM; and Monday, Wednesday, Friday and Saturday by appointment only. To make an appointment, call **847-381-8626**.

Shari's Furs, "Fur a Great Deal"

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

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

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

Men have not been overlooked. This year **Shari's** has more men's leather jackets and shearling, even awesome cashmere/fur-lined coats 53 inches long.

Most remarkable has been customer response to our expanded resale racks. Over 300 garments are available for your consideration. The word has spread; there is an affordable fur for everyone.

Now, enjoy end of the season discounts on our entire inventory. Even an extra 10% OFF on our resale merchandise.

Four Seasons Garden Club

On Tuesday, February 2, 1999 the Four Seasons Garden Club will meet at the Barrington Area Library, 2nd floor.

The featured speaker will be Patrick T. Burke, Sr. who will be discussing "Ornamental Ponds and Waterfalls." Mr. Burke,

owner of Burke Landscaping, will show a video tape and answer questions on the construction of garden ponds and waterfalls.

Please call Marilyn Dempsey at 304-9328 for more information.





NEW STORE HOURS

Tuesday 9-6 & Thursday 9-8 Only

To continue our quality service, Isaac is available for custom designing by appointment only.

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(next to Pittas)
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D & J Bistro

Est. 1987 "Where Things Are Happening"

12th Annual Couscous BUFFET

Sunday, March 7, 4 - 8 PM

Reservations Required

Gourmands & Gourmets—
Don't Miss This Opportunity!



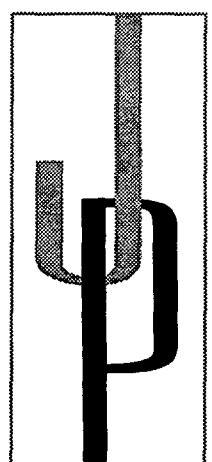
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Etc... 25-50 People

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Skin Care • Make Up
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Join Us
for an Evening
of Luxurious

— FUN —

Thursday,
February 11, 1999
4:30 - 8:00 PM

Call for Your
Appointment Today.

Gift Certificates & Gift Baskets Available

120 West Northwest Highway, Palatine, IL.
(Clock Tower Plaza—Next to Euro Fresh)

Salon Hours: Tues-Thurs 9-9, Fri 9-7, Sat 9-4

New Year New You with BJWC

Barrington Junior Women's Club is starting 1999 off on the right foot with their first meeting on Tuesday, February 2 at JFK Healthworld in Barrington. All of their meetings are open to those who might be interested in joining this fun and hard working, non-for-profit group. All meetings are held the first Tuesday of each month at JFK at 7 PM and include a program of some sort.

BJWC has been serving the area for over 60 years through philanthropy and social events such as "An Evening of Love" at Maggiano's at the end of February. The event is being chaired by Sue Randall and Becky Monek. Some of the organization's fund-raisers include Cornu-

copia which raised over \$15,000, the Designer Showcase House and also the Spring Luncheon coming this March 13 featuring Marci Shimoff, co-author of numerous *Chicken Soup* books.

The group also provides support to Safteytown, Service to Seniors, United Way and numerous other organizations in the area. Funds raised from their annual events are allocated to BAAC, DARE, Home of the Sparrow and two high school scholarships to name just a few.

Start 1999 off on the right foot and join BJWC to help the community and meet new friends. Please feel free to come to any meeting or contact us for more information at 847-622-3838.

Chers Amis...

If you have never had a true "couscous," please read on...

First of all, do not confuse the complete dish called couscous with the simple semolina grain; that is just one part of the dish.

Originally from the countries of north Africa, couscous (the dish) made its way into France through colonization and its aftermath. Ten vegetables are cooked in a cummin broth, separately. Four meats (lamb, chicken, beef, merguezes) are then

cooked separately in the vegetable/cummin broth... (lean, healthy, tasty, unique). We present these foods buffet style—all you can eat.

In addition, for appetizers, you will be served a Mediterranean seafood salad and, at dessert time, an individual assortment of desserts. The cost of \$34.50/person includes a bottle of wine for two.

D & J Bistro is the only restaurant offering this beautiful dish.

Hope to see you there!

Time to Take Care of You!



Ready for a change! Let our full service staff offer you a winter lift.

Indulge yourself in a manicure and creative spa pedicure, now \$45, (regularly \$55). Introducing our spa manicure, luxurious essential oils rubbed into the hands, exfoliated with pure Chinese herbs, warmed in hot mitts, slathered with an emollient cream, only \$20. Brighten your hair color with 6-8 foil highlights, only \$25, (regularly \$40).

We're now offering all wax services, including amber hard wax and classic wax.

Full service bridal packages and consultations for hair, nails and make-up are

available.

Join us for a **FREE** skin care clinic! See your skin under the skin scanner. Enjoy free customized samples of your skin care agenda. Get a new mini-make-up look from our bioelements specialist—**FREE**. Or, try a free paraffin hand treatment. The clinic will be on Thursday, February 11, 1999 from 4:30 to 8:00 PM. RSVP.

Your search for the perfect Valentine gift is over! We offer gift certificates and gift baskets filled with skin, body or hair-care products. Indulge a loved one with a full body massage, facial, make-over or nail service. Call for an appointment today!

BWC Luncheon to Feature "Knox and Zelnis in Concert"

The Barrington Woman's Club luncheon and program meeting on Wednesday, February 17 at Biltmore Country Club will feature the music of Janis Knox and Edward Zelnis. A friendship hour begins at 11 AM which will include Lee Bassett at the keyboard, followed by the Noon luncheon and the 1 PM program.

"Knox and Zelnis in Concert" combines a wide variety of musical styles with the performers' unique vocal arrangements and orchestrations. Janis Knox is a former operatic singer with the Metropolitan and Lyric Opera Companies who has expanded into the area of popular music. She has a Bachelor of Music Degree from the Eastman School of Music.

As a singer, pianist and arranger, Edward Zelnis is a Joseph Jefferson award winner who has also served as musical director for Eartha Kitt, Paul Winfield and Marni Nixon and for many Chicago area theaters. He is organist and choirmaster at Christ the King Church, Chicago and choir director for Congregation Rodfei Zedek.

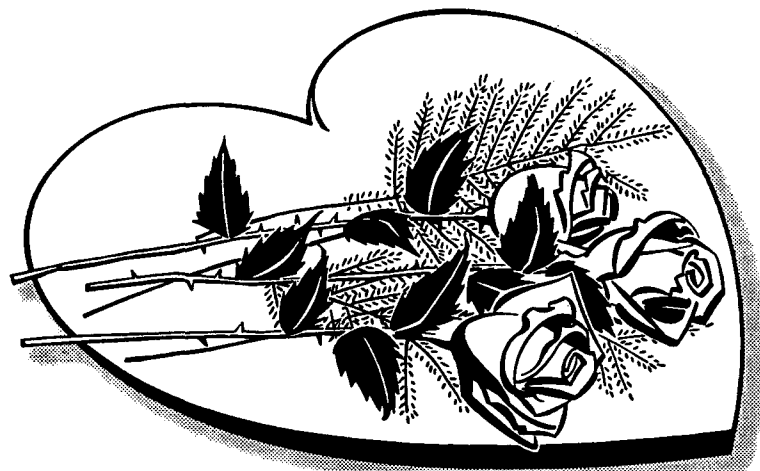
Together, Knox and Zelnis appear in their own concert series and in Chicago nightclubs.



BWC will feature "Knox and Zelnis in Concert" at its luncheon meeting on Wednesday, February 17 at the Biltmore Country Club.

A special Lenten luncheon will be served.

Barrington Woman's Club members may send a check for \$25 made to BWC to Betty Captain, 1217 Lake Shore Drive, Barrington, 60010 by February 12. Your check is your reservation.



*When Cupid
Shoots
His Arrow..*



Special Events for Spring at A'L'Amour

A'L'Amour presents special events for Spring 1999, beginning with their 9th Anniversary Sale, February 6 through 13. During this storewide sale, our customers will enjoy spectacular savings on all special occasion dresses and accessories as well as bridal.

On February 11 through 13, the entire Vera Wang Bridesmaid Collection will be showcased at **A'L'Amour** for brides to view for their attendants—and also for early prom shopping. Every dress in the collection may be ordered in the size and color desired to make Prom 1999 very special. Vera Wang Designs are world renowned for their fabrics, style and fabulous fit.

On February 21, **A'L'Amour** presents "Hairstyles and Headpieces," a seminar

provided to show brides a variety of options for their hair as well as the headpieces and veiling types that work best with their features and their gown.

On Sunday, February 28, **A'L'Amour** presents a "Mothers of the Wedding" Fashion Show featuring styles modeled from sizes 4-24 and providing an informal setting for moms to prepare for a most important day.

Additional events scheduled for later in the spring include a Watters and Watters Trunk Show and a second Mothers Fashion Show.

All of our events will be held at **A'L'Amour** and you may make your appointment or reserve your seat now by calling **847-381-5858**. Call early—space is limited.

A'L'AMOUR

Special Occasion • Bridal

Presents... **VERA WANG**

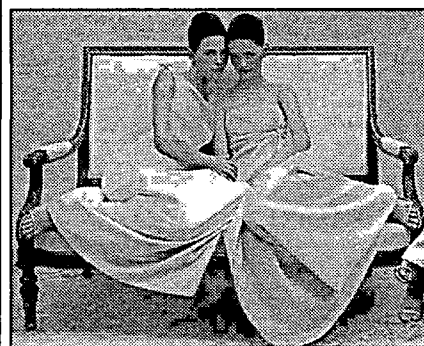
*Your Chance to View the Entire
Bridesmaid Collection
February 11, 12 & 13*

*Perfect for Informal Bridal
and Bridesmaids*

Fabulous for Prom '99

*The Special Dress in the Perfect Color
by Vera Wang*

Order Early to Assure Delivery

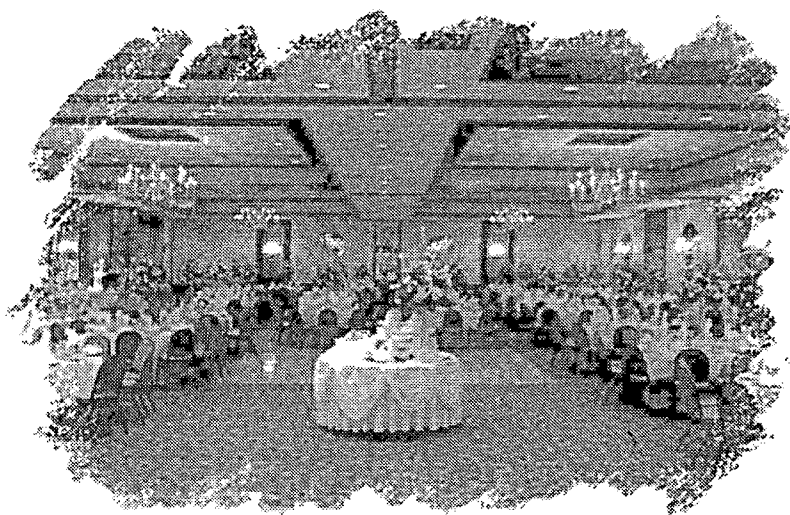


236 W. NW Hwy.
Barrington

847-381-5858
Bridal by Appointment

Mon. & Thu. 10-8
Tue., Wed., Fri. & Sat. 10-5

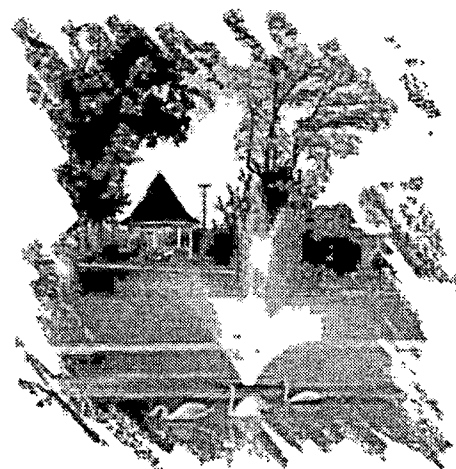
For a Wedding of Elegance and Tradition



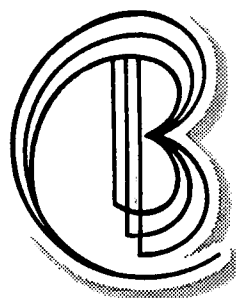
Concorde Banquets, surrounded by beautiful grounds and secluded from everyday intrusions, lets one escape into a world of elegance and fine banquet dining.

Concorde Banquets is the perfect place for your wedding reception, awards dinners or corporate breakfasts, luncheons or dinners. Facilities are available for groups of 25 to as many as 1,000 people. At **Concorde Banquets**, every occasion is special, no matter how large or small. Their expert staff takes pride in helping you plan your function with their personal touch. A variety of affordable and distinctive package plans are available. For more information and a personal meeting, please call **438-0025**.

Concorde Banquets is located one



mile north of Lake-Cook Road on Rand Road just west of Quentin Road in Kildeer.



**Concorde
Banquets**



*A Wedding of
Elegance and Tradition*

*Our expert staff takes pride in Planning Your
Wedding Reception or Banquet with our Personal
Touch. We have a variety of affordable and
distinctive package plans to choose from. Let us
make your special day a memorable one.*

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Kildeer



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A. Golden Day Spa & Salon

Buy Your Sweetheart
 a Gift Certificate in February
 and Receive a Coupon for
10% OFF a Product when You
 Redeem the Gift Certificate

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Barrington **847-277-7000**
Tues. & Thurs. 9-8, Wed., Fri. & Sat. 8:30-5

The Garden Path Florist of Long Grove

*For the finest fresh & custom silk
floral designs. New personalized home
decorating service available.*

- * Roses
- * Blooming Plants
- * Gift Baskets

144 Old McHenry Road, Long Grove
847-821-0591

Dear Cupid,
 All I want for
 Valentine's Day is a
 clean home so I can spend
 more time with my
 special valentine!

America's Maid Service®

The Maids®

Our Healthy Touch® Service includes:

1. Edge/Vacuum Carpeting	12. Clean Bathroom Sinks & Counters
2. Vacuum Stairs	13. Clean & Disinfect Bathroom Floors
3. Vacuum Upholstered Furniture	14. Make Beds/Change Linens
4. Dust Furniture	15. Change Towels
5. Vacuum Hard Surface Floors	16. Wash/Wax Kitchen Floors
6. Remove Cobwebs	17. Clean Kitchen Sinks
7. Dust Sills & Ledges	18. Damp Wipe Cabinet Doors
8. Dust Wall Hangings	19. Clean Outside of Appliances
9. Pick Up & Straighten	20. Load Dishwasher
10. Clean Entry & Patio Door Windows	21. Wash Counters
11. Clean & Disinfect Toilets, Tubs & Showers	22. Remove Trash

An Independent Franchise of THE MAIDS International

House cleaning is a time-consuming chore that cuts into relaxation and quality time with loved ones. Get to the *heart* of the matter and call THE MAIDS!



- Trained cleaning professionals
- Bonded
- Insured
- Employment taxes paid

Call for a FREE estimate:
847-368-1250





Take Care of Your Valentine

This month, take care of your Valentine with a gift certificate from **L'Auberge**.

L'Auberge takes great pride in customer service and dedication. We are absolutely positive we will indulge your Valentine.

We suggest some of the following—a repackage, 4-Layer facial is one of the finest tools in detoxifying the skin. How about a deep therapeutic massage? And, to go one step further, include an aroma-

therapy wrap; your Valentine can choose between an invigorating or calming scent. Other services to choose from are manicures, pedicures or even a new cut and style. Our stylists have all received certification in advanced cutting and are well up to date on the latest trends. Let **L'Auberge** take care of the Valentine's Day gift this year. Call **847-277-7000** and call today! We'll even be happy to send your gift in the mail.

Is February Giving You Cold Feet?

Has winter's chill left you speechless? Well, **The Garden Path Florist of Long Grove** has just what's needed to warm your heart.

Valentine's Day is a wonderful opportunity to brighten your loved one's day with fresh flowers. From the Classic Dozen Red Roses in a gleaming vase to a glorious rose arrangement with beautiful spring blossoms, we know the way to show how much you care.

Our Ivy Heart Topiary with a stunning spray of flowers is a fabulous gift for any garden lover. And, if your sweetie has a sweet tooth, we have the perfect gift—a red Hershey's Kiss Candy Dish filled with a beautiful bouquet.

So, for all your loved ones close to home or far away, let **The Garden Path** warm up even the chilliest winter heart.



Give the **HERSHEY'S KISSES™**
Bouquet by Teleflora

Treat Your Valentine and Yourself with a "Get-Away" from House Cleaning

This Valentine's Day, treat yourself and your sweetheart to leisure time, free of guilt from the dusting and vacuuming to be done.

The Maids, Barrington's premier maid service, will stimulate your senses. You'll come home to a fresh smelling, sparkling clean house, leaving you more free time to share with your special valentine. **The Maids'** 22-step Healthy Touch clean will bring back the luster to your floors, the shine to your appliances and the reflection to your mirrors.

As you and your true love spend quality time together, you are rest-assured **The Maids'** four-person team will provide your home with a professional cleaning that utilizes environmentally-safe cleaning products. **The Maids** team members are bonded and insured, and **The Maids** pays all employment taxes. All of these things guarantee you a heartfelt and worry-free gift.

Call **The Maids** today at **847-368-1250** to give the present of "TIME" wrapped with a sparkling clean Healthy Touch.

Marci Shimoff, Co-Author of Chicken Soup for the Soul Books to Speak at Charity Luncheon!

Hear the enlightening words of Marci Shimoff on March 13 and enjoy an enticing lunch created by the chefs at Marriott's Lincolnshire Resort along with a live and silent auction of many fabulous items, a book sale and a signing session.

The Barrington Junior Women's Club (BJWC), invite you to their annual spring event, Saturday, March 13 entitled, "Rekindle Your Spirit." With Marci Shimoff speaking, the event is sure to do just that.

Marci Shimoff, co-author of several of the *Chicken Soup* books, including the new *A Second Chicken Soup for the Woman's Soul*, is a dynamic speaker who specializes in inspirational programs for women. She provides joy, laughter, motivation and assurance to women of any age or life situation.

BJWC is a not-for-profit organization providing community services and funds to organizations such as PADS, Meals on Wheels, Service to Seniors, Shelter, inc.,



**Marci Shimoff, Co-author
of Chicken Soup for the Soul Books.**

Hospice Foundation, Lake Co. Council Against Sexual Assault and Children's Advocacy Center, just to name a few.

Join us for this exceptional opportunity. Tickets are \$45. Seating is limited. Reserve your spot now. Call 847-622-3838.

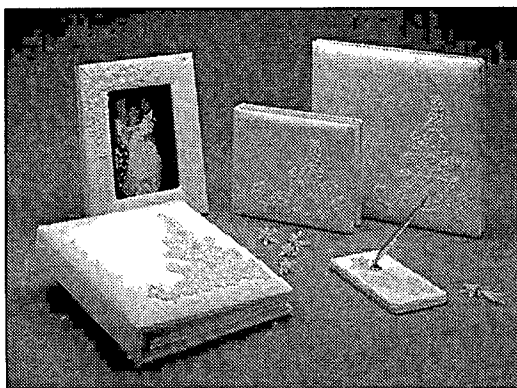
The FOUNDRY of BARRINGTON

Engaged? Then It's Time to Select Wedding Invitations

If he popped the question over Christmas, then it's time to pop over to **Little Shop of Papers** to choose wedding invitations. With so many gorgeous albums to choose from and a helpful, experienced staff to guide you, your only dilemma will be deciding.

In addition to outstanding wedding invitations, **Little Shop of Papers** has elegant bridal guest books, photo albums and picture frames. You'll also receive **50 complimentary** personalized thank you notes with every order of wedding invitations.

Little Shop of Papers is located in The Foundry on the corner of Hart Rd. and Northwest Hwy. in Barrington. 847-382-7733.



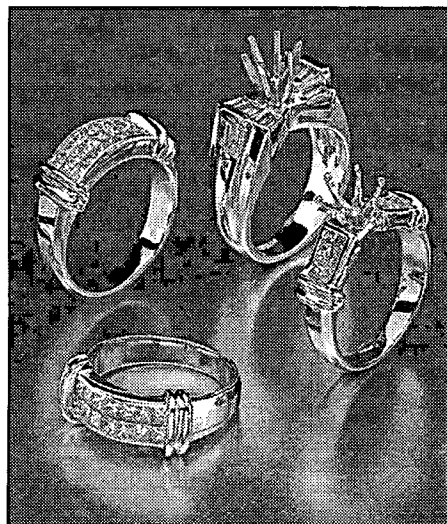
Brides-to-be, clip this ad for your wedding file. (It's where you'll want to shop!)

Prepare for the New Millenium

Start the new century with a new style of jewelry. Turn your old jewelry into something new and different—a design that you have always dreamed of.

At **FK Jewelers**, we offer 40 years of experience in creating beautiful and unusual pieces of jewelry. We have the finest jewelry repair, restyling, enhancement and remount services. Our design and repair work is done on the premises. No repair is too small or too large.

Come and visit our beautiful showroom in The Foundry of Barrington and discuss your jewelry dreams and desires. We can create the perfect piece just for you. Our store hours are: Monday, Tuesday, Wednesday and Friday, 9 AM-7 PM; Thursday 9 AM-9 PM; Saturday 9 AM-5 PM; and Sunday by appointment.



A Gift for Everyone

Valentine's Day doesn't have to be a handful of flowers or a box of chocolate. At **G. Whiz**, we're filled with unique and wonderful gifts for all of those who hold a special place in your life!

From jelly beans with love messages to new frames and fantastic jewelry, let this Valentine's Day be filled with imagination! Patricia Locke jewelry is sure to please. With bright jewel tones, softer pastels or golds and neutrals, there's a color combination that's right for any new spring fashion! We also have three styles of fantastic, handmade glycerin soaps; Each one filled with a heart motif make a playful gift. Wonderful handpainted baskets can be used for holding napkins, a tissue box or for a special Valentine's Day plant.

How about a flag for outside or a pin to brighten up your winter coat? A chime to ring in spring or a singing gorilla who's

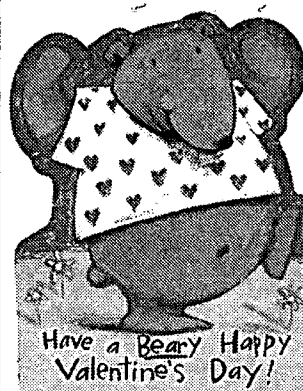
got a "bad case of lovin' you"! For more sophisticated tastes, we have glass flower frames to place a picture of your loved one in or a pressed flower votive with a scented candle!

And don't forget the kids! We have fun bath products, sparkling heart pens, classroom valentines that *don't* feature an action hero, and a wonderful selection of Ty plush, pillow pals and beanies.

We even have homemade heart bones for your favorite pooch!

But if you still feel that chocolate is the best gift of all, we have a fantastic homemade truffle fudge bar—delicious fudge topped with caramel and then dipped in decadent chocolate.

Our selection may seem overwhelming, but we guarantee to have a gift for everyone in your heart—right here at **G. Whiz** in Barrington!



VALENTINES! VALENTINES! VALENTINES!

For Everyone

Children Will LOVE Our Valentine Packages
...Perfect for School Exchanging

A Great Selection of Cards
for All Your Special Sweethearts

Ribbon and wrap
to dazzle your
Valentines!

Little Shop of Papers, Ltd.

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

FK JEWELERS

Jewelry for the New Millennium!

Let us redesign your
old jewelry into
something new & stylish.

REPAIRS • ENHANCEMENTS • RESTYLING

Barrington's most service-oriented jewelry store.
All work is done on premises.

"Let our 40 years of experience be your guarantee of satisfaction."

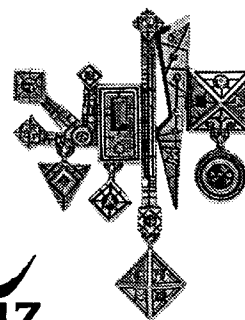
Mon./Tue./Wed./Fri. 9-6 • Thu. 9-9 • Sat. 9-5 • Other Times by Appt.

FOUNDRY OF BARRINGTON 847/842-9430

How do I love thee?

One bracelet.
Two earrings.
Three kisses.

Let me count
the ways...



G. Whiz

a imaginative collection of artisan jewelry, unique gifts & really neat stuff
724 W. Northwest Hwy., The Foundry, Barrington
Open 7 days. Hours: Mon-Sat 10-5:30 Thur 10-7 Sunday 12-4
304-0255

Featuring Patricia Locke Jewelry.

Registration is Now Being Taken for BYS's Rainbows Program

Registration is now being taken for Barrington Youth Service's Rainbows Program. The program is offered free of charge to elementary and middle school students who reside within District 220. Rainbows is a support group for children and preteens who have suffered a significant loss in their lives due to divorce or any other painful transition. Rainbows gives these children an opportunity to meet with other children their own age who are dealing with similar situations.

This Rainbows session will continue until February 22. Rainbows will meet for

45 minutes on Mondays at 7 PM at the BYS facilities at 110 South Hager Avenue in Barrington.

In addition, adult support sessions will be held at the same time as the children's sessions. This provides parents an outlet to also share their feelings and experiences.

Barrington Youth Services is a not-for-profit agency servicing Barrington area youth and their families. They provide counseling and prevention services for a variety of life situations. For more information about BYS or their services, please call 847-381-0345.

Barrington LIFESTYLES February 1999 17



Say it with Flowers...

LORI GRAGNANI



Rhapsody in Violet Oil 16" x 20"

DUNTON GALLERY

Original Paintings • Limited Edition Bronzes

(847) 818-0694 Fax (847) 818-0695

18 S. Evergreen, Arlington Heights, IL 60005

Web Address: www.duntongallery.com

Valentine Gifts to Treasure a Lifetime

Dunton Gallery invites you to delight the one you love in the form of a timeless valentine such as...

...flowers painted with loving care by Lori Gragnani that will last for years to come...

...for the fisherman in your life, perhaps you'd enjoy giving him a boat by Doug Gorrell in which to imagine yourselves going after the "big one"...

...or a swan that's as graceful as your beloved, such as the one depicted here by Deborah Johnson.



Dinner Cruise, Oil, 6" x 8"

What better way to express your timeless love than with an original artwork from Dunton Gallery?

Genuinely one-of-a-kind pieces from

local, national or international artists await you. These most talented people express themselves through representational art in the media of oils, watercolors, acrylics, pastels and bronzes. Truly fine art can be yours, ranging from small to life-sized bronzes or from postcard size to monumental size original paintings.

Dunton Gallery is located at 18 South Evergreen Avenue in downtown Arlington Heights, (specifically on the Dunton Avenue end of the Evergreen Shopping Center). Our winter operating hours are Tuesday through Friday, 11 AM to 5 PM; and Saturday, 10 AM to 4 PM. Appointments are gladly accommodated at other times. Just call us at 847-818-0694 or fax us at 847-818-0695.



View of Gloucester Harbor, Oil, 16" x 20"

Faith Ringgold Featured Guest Artist



Faith Ringgold, *The Picnic at Giverny*, 1990s. Quilt painting.
Courtesy of the Art Institute of Chicago.

Faith Ringgold is the featured guest artist at the Art Institute's Combined Associates Annual Lectures Day on Thursday, March 11. The Barrington Community Associates of the Art Institute of Chicago is sponsoring a bus trip to the event with buses leaving Langendorf Park in Barrington at 9 AM.

Faith Ringgold will discuss "More Than 30 Years of Making Art." She is noted for her dynamic, politically charged art which addresses issues ranging from African-American history and Western cultural hegemony to feminism and racism. She uses media as diverse as oils on canvas,

masks, dolls, costumes, quilts and children's books.

Ringgold began a series of quilt paintings in 1990 in France. The quilts depict the fictional adventures of Willia Marie Simone, an African-American woman who goes to Paris in 1920 at the age of 16 and becomes one of the most celebrated expatriate artists in Europe. Willia dances in front of the Mona Lisa at the Louvre, dines at Gertrude Stein's home and paints in Monet's garden at Giverny.

The quilts are peopled with her family and African-American women activists like Harriet Tubman and Sojourner Truth.

"Red Hot FebruART Show"

Barrington's own Kaleidoscope School of Art will be holding a fine art sale this mid-winter. Mark your calendars for Valentine's Day, February 14, 1999 from 10 AM to 5 PM (and continuing through Wednesday, February 17). Watch for signs of the "Red Hot FebruART Show"!

The artists and teachers at Kaleidoscope have a passion for sharing their love of the arts and have long sought ways to offer exposure to the many would-be students, to provide the opportunity to learn skills which are vital in the art world. That is their driving force behind their Scholarship Fund Raisers. The sale of the art work this Valentine's Day will go to the Scholarship Fund. With more than 25 artists who will be participating, this event promises to be a cultural treat for our area residents and guests.

To tantalize your taste buds in an artistic way, there will be an Edible Art Gallery featuring unique and "taste" fully designed goodies. Kaleidoscope will also be featuring sensational Red Hot FebruART prizes including: a color TV, a 2-hour design consultation for your dream house, a dinner



for two at Biloxi Grill in Wauconda, a private riding lesson at Sunny Day Farms, a 1-night stay at Double Tree Guest Suites, a \$100 gift Certificate for a class at Kaleidoscope, a 1½-hour Lake Michigan cruise aboard the "Windy of Chicago" tall ship, a ½-hour airplane ride from Blue Skies Flying Services and an hour free interior design consultation from "Victorious Designs" in Fox River Grove.

To learn more about the "Red Hot FebruART Show," call Kaleidoscope School of Art in Barrington at 381-4840.

The show will continue the following Monday and Tuesday from 10 AM to 4 PM and Wednesday from 10 AM to 8 PM.

Willia's letters home to her Aunt Melissa are stitched into the borders of the quilt paintings.

Prior to Ringgold's talk, Kymberly Pinder, Professor from the School of the Art Institute, will lecture on "Art, Labor and Liberation—the African-American

Decorative Arts Tradition."

Lunch at the Art Institute is included in the \$55 fee for the trip. This event is for members only. Reservations are due February 4. Please phone Mary Lou Iverson at 847-359-0941. For information on membership, phone Pat Fein at 847-382-5953.

The Perfect Setting for Your Perfect Day



Experience the luxury, exquisite food and attentive service at the most desirable location in McHenry County for special occasions—**Bull Valley Golf Club**. The magnificent clubhouse provides panoramic views of the splendid golf course, colorful English gardens and the pristine valley below. Banquet facilities provide the perfect combination of elegance and comfort for your special day.

Bull Valley Golf Club's knowledgeable, experienced catering professionals will assist you in planning every detail of your wedding ceremony, bridal shower, reception or rehearsal dinner. Enjoy the

convenience of the wedding package, specially planned to provide the most popular menu selections and amenities at a tremendous value. If you prefer to design your perfect day, **Bull Valley Golf Club** has a variety of hors d'oeuvre, dinner and buffet selections to create the wedding of your dreams. Make your wedding an unforgettable experience with the quality and elegance that are synonymous with **Bull Valley Golf Club**.

To reserve the perfect setting for your perfect day, please call **Bull Valley Golf Club** at **815-337-4411** or visit the web site at **www.bullvalleygolfclub.com**.

A Valentine Celebration—Feb. 5-6-7

Rob and Jeri Brooke of **Tribal Expressions** invite the public to share in their Valentine Celebration with two contemporary Navajo artists. Working beyond the imaginations of their ancestors, these Navajo artists have developed unmistakable personal styles. Fresh expressions in silver and on paper are designed to bring enjoyment and satisfaction to a diverse audience.

Using traditional methods of jewelry fabrication, Kay Begay Rogers' emphasis is on simple design. Utilizing petroglyph designs found in Canyon De Chelly, Kay's bracelets, pins, pendants and earrings reflect her own creativity. Her jewelry is at home on and off the reservation and has the distinction of being perpetually fashionable.

Whether using watercolors, acrylics or pen-and-ink, Clifford Brycelea evokes images of the land and spirit of Native America. He is an award winning Navajo artist who realizes that he has the power to influence and to reach many people with his painting. He regards his ability to



A Quiet Thunder
by Clifford Brycelea, Navajo

make a visual statement with great respect. In every Brycelea painting there is a story, and for every person the story is different.

Bring your valentine to meet the artists at **Tribal Expressions**. The opening reception will be Friday, February 5, 1999 from 6 to 9 PM. The celebration will continue Saturday and Sunday, February 6 and 7, from noon to 5 PM. Please call **847-590-5390** for details.

Barrington Lyric Presents *Toujour L'Amour*

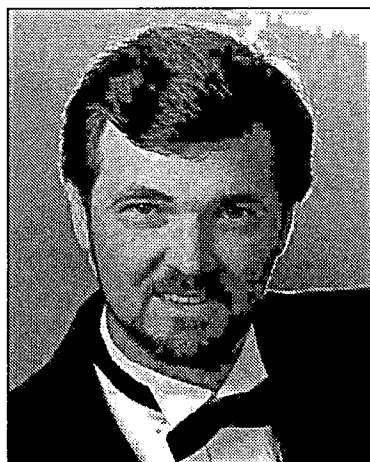
The Barrington Chapter of Lyric Opera of Chicago will present *Toujour L'Amour* at 2 PM on Sunday, February 7, 1999 in a lovely Barrington Hills residence.

The program will feature Lyric Coloratura Soprano Sunny Joy Langton and Baritone Bruce Hall.

Coordinated by Bonnie Westphal of Hoffman Estates and Barbara Keegan of Schaumburg, a sweet table will be offered. The cost is \$20 for members or \$25 for guests of members.

All reservations must be made by February 1. Please call 847-985-0837 or send checks to BCLO (The Barrington Chapter of Lyric Opera) to Susan Obermaier located at 198 Farmgate Drive, Schaumburg, Illinois 60193.

For inquiries on the Barrington Chapter—well over 200 members and still growing—please phone Mary Robins of



Bruce Hall, Baritone

Arlington Heights at 847-437-2158. To share rides, call Evelyn Hammond of Palatine at 847-359-3545.

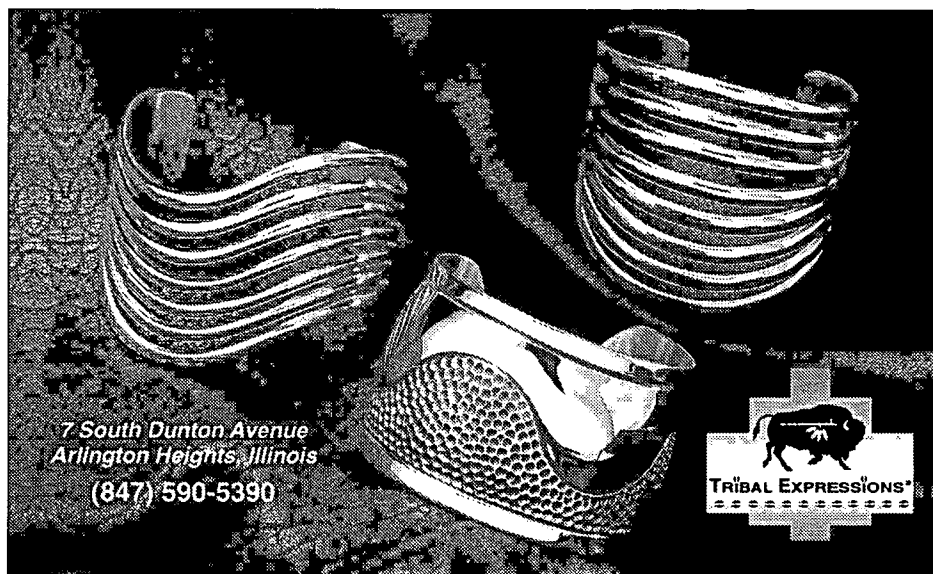
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Happenings!

in the area

"Hearts for the Homeless" Plans a Win for the 10th Round!



Shown during a planning session for the *Sunday Sports Spectacular!*, the 10th Annual "Hearts for the Homeless" Party to benefit The Catholic Charities' Northwest Suburban Shelters, are committee members, from left: Chairwoman Diane Kordecki of Vernon Hills; Joan Kroll of North Barrington; Co-Chairwoman Cathy Rogich of Arlington Heights; and Patricia Boho of Barrington Hills.

For 10 years, 'Hearts' continue to beat for the homeless. Founded in 1989, the annual "Hearts for the Homeless" Party to benefit the Families in Transition Program continues to be the major fund-raising and fun event for The Catholic Charities' Northwest Suburban Shelters based in the Northwest Suburbs.

The *Sunday Sports Spectacular!* starting play is 4 PM on Sunday, February 21, at the Cotillion in Palatine at 360 South Creekside Road, north off Route 14 just west of 53. The social hour will provide time for the review of, and bidding on, the Parade of Prizes and Silent Auction items. Dinner will follow with entree choices of Beef Tenderloin, Chicken Teriyaki and Pasta Marinara. As parfait sundaes are served, auctioneer extraordinaire Harlan Dam from Crystal Lake will be gearing up his vocal chords for the live auction. The cost of the benefit is \$60 per person. Tables of 10 are available at a cost of \$600, \$1,200 or \$1,800. Please respond by February 6 to The Catholic Charities, 1911 Rohlwing Road, Suite E, Rolling Meadows IL 60008. For an invitation or more information, please phone 847-870-0560.

Honored Guests will be Francis Cardinal George, OMI and Reverend Michael M. Boland, Administrator of Catholic Charities of the Archdiocese of Chicago. Mr. Harry

M. Jansen Kraemer, Jr., President & CEO of Baxter International, Inc. in Deerfield will serve as Honorary Chairman.

Former Chicago Bear Jim Morrissey from Lincolnshire will be the Master of Ceremonies. Chairwomen for the benefit are Diane Kordecki from Vernon Hills and Cathy Rogich from Arlington Heights. This benefit is dedicated to the memory of "Hearts for the Homeless" volunteer Stephanie Nuzzo, formerly of Barrington.

According to Rita Wiley, Northwest Suburban Regional Services Representative, "All proceeds from this benefit will be used to support the Catholic Charities' Northwest Suburban Families in Transition Shelter program, which places homeless families with children in apartments to stabilize their lives while they receive employment and education support. This service is just one of the Catholic Charities' northwest suburban programs which help people in a compassionate, professional manner regardless of religion, race, nationality or economic background. Ninety-eight percent of "Hearts for the Homeless" contributions go directly into the service program."

For information on The Catholic Charities Northwest Suburban Services and how they may help you or someone who needs help, please phone 847-870-0560.

"On the Road to Equality"

"On the Road to Equality" will be the program for the Barrington Area Branch of the American Association of Women (AAUW) Annual Winter Luncheon on Saturday, February 27, 1999 at the Biltmore Country Club in North Barrington at 11:30 AM. The cost of the luncheon is \$25 with a choice of salmon, beef tenderloin tips in puffed

pastry or vegetable pasta. The luncheon is open to the public.

AAUW, founded in 1881, promotes equality for all women and girls, life-long education and positive societal change. For more information or to make reservations for the luncheon, contact Bobbie Svacha at 381-3315 by February 19.

Friends of Clearbrook to Celebrate the Century at Annual Dinner Dance



Friends plan their "Celebrate the Century with Friends" Dinner Dance and Auction. Front row: Sue Viecegli, Sue Sharp, Nancy Shadis. Back Row: Nancy Algyre, Marilyn Olin and Jolene Zimmer-Feuerborn.

"Celebrate the Century with Friends" is the theme of the Friends of Clearbrook Dinner Dance and Auction. The 35th annual benefit will be held on Saturday, February 27, 1999 at the Wyndham Hotel in Itasca.

Each decade of the century will be remembered in nostalgic ways. The evening will include a silent and regular auction, prizes and an ad book. New this year are celebrity items that will be included in the silent auction. Stars such as Ed Asner, Andy Garcia, Mark Harmon, Ann Rice and John Travolta have donated items. The grand prize is a trip to the new "The Buttes" resort in Tempe, AZ. Music is being provided by Roy Vombrack and Pulse.

Clearbrook is a not-for-profit agency creating opportunities for more than 500 children and adults with developmental disabilities and their families. The agency is based in Rolling Meadows but provides services in the northwest and northern

suburbs. Programs include early intervention, developmental training, employment and job training and residential services.

The Friends of Clearbrook is a 35 year-old volunteer group that is dedicated to raising funds for Clearbrook's programs and services. The proceeds of this year's event will support Clearbrook's Employment and Training Services that provide people with disabilities job training and a chance to lead productive lives. Sue Viecegli of Arlington Heights is chairing this year's event. She commented on the importance of the event saying, "I am a big believer that the community should embrace the developmentally disabled. Clearbrook's Employment Training Services gives clients a place to work and to be a part of the community."

For further information about the event or about Clearbrook, call Sheila Schwartz, Director of Public Relations at 847-870-2233, ext. 251.

Barber of Seville Presented to Young Audiences

Coordinated by Mari Harrer (pictured) from Barrington, Education/Youth Program Chairwoman for the Barrington Chapter of Lyric Opera of Chicago, the Barrington Lyric will present Gioachino Rossini's *The Barber of Seville*. The performance is adapted and directed for young audiences by Opera for the Young from Madison, Wisconsin. The single performance will begin at 5 PM on Saturday, February 6, 1999 in the Richard C Johnson auditorium at Barrington High School at 616 West Main Street in Barrington. Tickets can be purchased at Peter Daniel in the Ice House Mall for \$5, or may be purchased at the door for \$6. For more information, please call Mari Harrer at 847-381-1675.



Fritzl's Country Inn Presents "Swing Night"

On Saturday, March 6, 1999, **Fritzl's Country Inn** will be hosting "Swing Night." Enjoy the upbeat tempo of the 40's and 50's with Jerry Dittman and his Big Band. Cocktails begin at 6:30 PM; dinner at 7:30 PM and dancing at 8:30 PM. There will be free dance lessons! The evening is sure to brighten up the winter doldrums!

The dinner that evening will include tossed salad, oven baked chicken, roast loin of pork, roast sirloin of beef, fresh mashed potatoes, green beans almondine, dinner at 7:30 PM, coffee and apple strudel.

The cost for this fun evening is \$29.95 per person which includes dinner, live band, tax and gratuity. There will be a cash bar.

For reservations, call **847-540-8844**.

Regular Dinner hours at **Fritzl's** are:



Tuesday through Saturday from 4 to 10 PM and Sunday from Noon to 9 PM.

Make your reservations now for Sunday, Valentine's Day. We will be open at noon. Enjoy our wonderful specials that day!

And remember, **Fritzl's** elegant banquet facilities accommodate up to 150 people. The facilities are perfect for weddings, rehearsal dinner, wedding showers and anniversaries.

Fritzl's has the friendliest staff in town!

Taylor Street Steakhouse Serves Elegance and Romance for the Month of Lovers

During the month of February, enjoy the ambiance of **Taylor Street Steakhouse**. Let our staff lavish service on you and your sweetheart for Valentine's Weekend.

Executive Chefs Joel Aguirre and Gregg DeZutti have prepared a special menu for your dining enjoyment. Some of the highlights are: Champagne Toast for Two; Choice of Shrimp Cocktail or Crab Cakes Appetizer; Choice of Ceasar Salad or Taylor Street House Salad; and entrées include Grilled Pepperloin, 14 oz. NY Strip finished with Roquefort cheese, Honey Dijon Chicken, Fresh Norwegian Salmon, Shrimp Scampi, Broiled Lobster Tail or Surf & Turf (Pepperloin & Lobster Tail).

After dinner, we have prepared our homemade **Taylor Street** desserts such as Carrot Cake, German Chocolate Cake, Flourless Chocolate Cake and Tiramisù. Our famous Flaming Coffee is not to be missed.



Taylor Street Steakhouse is now available on Saturday and Sunday afternoons for your private party functions.

Gift certificates are always available in person or by mail. For additional information about Valentine's Weekend, please call **847-438-4499**.

Come Feel the Warmth of Biloxi Grill

Come to **Biloxi Grill** and feel the warmth this winter. Sit by our wood burning fireplace and enjoy one of our warm Southern libations, such as our Buttercrunch or Moon Pie. Or feel the heat with our BBQ Shrimp with Sweet Corn Sticks. Look over frozen Bangs Lake and delight in our "Great Food with a Southern Accent" for supper Tuesday through Friday at 5:00 PM, and Saturday and Sunday at 4:00 PM. And right now, look for our late night bar menu on those cold winter nights.

Mark your calendar for our **2nd Annual Cakebread Cellars Ice Fishing Derby and Vintner Dinner** on Sunday, February 7, 1999. Dennis Cakebread will return to **Biloxi Grill** for this special day. The schedule of activities are as follows:

- 11:30 AM to 1:00 PM, Family Style "Shore" Lunch and Cooking Demonstration.

- 1:00 to 3:00 PM, Ice Fishing Derby on Bangs Lake.

- 5:00 PM, Vintners Dinner.

The afternoon event is \$25 per person, the Vintners Dinner is \$65 per person. Or

\$85 per person for both event and dinner. (Prices do not include tax or gratuity). Make your reservations early.

The **Mardi Gras** festivities begin Friday, February 12 at **Biloxi** and continue through Fat Tuesday, February 16. We will have live, nightly music, a Mardi Gras menu and decorations, costume contests and lots of fun.

Valentine's Day is Sunday, February 14. Come enjoy our special Valentine's Day menu featured that evening, which includes Shrimp and Crawfish Etouffe, Gulf Flounder en Papillote and Gumbo Ya Ya. The dining room opens at 4:00 PM. Call today for reservations.

Don't forget, Thursday night is "**Jazz and Jambalaya**" night at **Biloxi Grill**. We feature different renditions of that Southern classic dish, Jambalaya, and live jazz in our Pecan Room at 7:00 PM. You should not miss this fabulous evening! Friday night, enjoy the sounds of Southern music beginning at 7:00 PM. After a busy week, relax in our Pecan Room listening to great music while enjoying our Southern creations.

Fritzl's Country Inn

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Evening Book Group

The Barrington Area Branch of the American Association of University Women (AAUW) Evening Book Discussion Group will discuss *Reflected Glory—The Life of Pamela Churchill Harriman* by Salley Bedell Smith on Tuesday, February 23, 1999 at 7:30 PM at a member's home.

AAUW is a national organization com-

mitted to educational equity for women and girls. 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 additional information, please call 847-381-4791.

Remember **Biloxi Grill** when you are planning your next personal, corporate or holiday event. The Magnolia Room, which overlooks beautiful Bangs Lake, accommodates from 30 to 120 guests. This spectacular room has a separate entrance, dance floor and private bar. Whatever the

occasion, **Biloxi Grill** will make your function truly memorable. To reserve the Magnolia Room at **Biloxi Grill**, please phone Chris Cotter or Lori Blackman at **847-526-2420**.

We look forward to spending this winter with you at **Biloxi Grill**.

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Bonjour...

During December we celebrated our 2nd anniversary. We thank all of you who have helped make our first two years so successful.

On Saturday and Sunday of the Valentine Day weekend, **Salt & Pepper Bistro** will offer a special Valentine Menu or you may order from the regular menu. Make your reservation soon.

For those who have already visited us, we hope you have enjoyed **Salt & Pepper's** unique atmosphere and cuisine. For those of you who have yet to stop in, we are confident you will be pleasantly surprised. We specialize in Mediterranean cuisine—French, Italian and Spanish. Our menu features such appetizers as Crab Cakes and Grilled Calamari with a light basil pesto sauce. We have a large selection of salads, Duck Salad Mimosa with a raspberry vinaigrette being the highlight. Our varied selection of entrees include



Shrimp and Scallops Michael Angelo and Grilled New Zealand Rack of Lamb. We also feature an extensive wine list with over 31 wines by the glass.

We are open for lunch Monday through Friday, dinner Monday through Saturday. Bring us a unique salt and pepper shaker to be displayed in the restaurant and receive one free appetizer per table. We look forward to seeing you soon!

Cheers in Barrington?

Hello again and Happy New Year Barrington from **Lydia's Kitchen**! We got such fun reviews from our last article that we thought we'd give it another shot. Actually, there were customers who were upset that we did not include them in the last article, so I promised I would do another one just for them.

We must first wish Jimbo a happy, happy birthday! He is a sweetie and a very good sport about allowing us to play around with the nickname "Jimbo the Cheapo"; he was afraid that since it was in print, people would believe it. So I promised I would let you all know that that was just a play on words and NOT the truth. We love you Jimbo!

We have a round table around which up to ten guys show up for coffee and conversation in the mornings. Dick is one of them, and we are all badgering him to quit smoking. Then there is Bill, who eats the same thing 365 days a year, and his brother Buck. Now Buck comes in and has a light breakfast and leaves just in time to get to work for breaktime! Then we have Ray—he owns RSVP's (the best pizza in town, my opinion), but we'll go easy on him cuz he

is recuperating from a very bad motorcycle accident. We have Bah Humbug Dale and our man Jules who hits on every waitress and me, but gives good cooking advice. Speaking of advice, we have a wonderful couple who comes in on a regular basis, Mog and Diane, who are presently our best critics. If it stinks, they'll tell you; but if it's good, They'll Tell Ya!!

People still have the misinterpretation that we are a truck stop. Heck no! We have done a lot of redecorating and continue to do so. Our food is fresh and good and made daily by myself. We have a very successful Friday Fish Fry, children's menu and senior discounts, and you can't beat our prices—especially our new "Priced Right" Lunch Specials. We have a healthy catering business also. We do from the elegant to the simple and from a romantic dinner for 2 to "?"

Bottom line is that, for the price you pay, you can't get better food or service anyplace else other than **Lydia's Kitchen**. That's no brag; it's just fact. Hey! Just ask our customers! I finally want to thank all who helped us have a good year. Your loyalty has been most appreciated.

Ambassadorial Scholarships

Applications for 2000-2001 Rotary ambassadorial scholarships are now available from Rotary Clubs throughout Northern Illinois.

The scholarships, which are designed to further international understanding and goodwill, provide for study abroad in more than 150 countries where Rotary Clubs are located. Some 1300 scholarships of various types will be available from clubs worldwide.

For an application, those interested are to contact a local Rotary Club or Jerry Piper in Barrington at 847-381-6341. The application process began in January for scholarships to be awarded for the 2000-2001 school year.

Academic-year ambassadorial scholarships are for one academic year abroad and provide funding for round-trip transportation, tuition and fees, room, board, some education supplies and language training (if necessary) up to a maximum

award of \$23,000.

Also available are cultural ambassadorial scholarships, which provide funding for three or six months of intensive language study and cultural immersion in another country, including transportation, tuition and homestay expenses, up to a maximum of \$10,000 and \$17,000 respectively.

During their studies abroad, Rotary Foundation scholars act as "ambassadors of goodwill." Through appearances before Rotary Clubs and districts, schools, civic organizations and other forums, the scholars represent their homelands and work to further international understanding.

The Rotary Foundation scholarship program is the world's largest privately sponsored international scholarship program. Focused on humanitarian service, personal diplomacy and academic excellence, the program has sponsored more than 30,000 Rotary Scholars abroad since it began in 1947.

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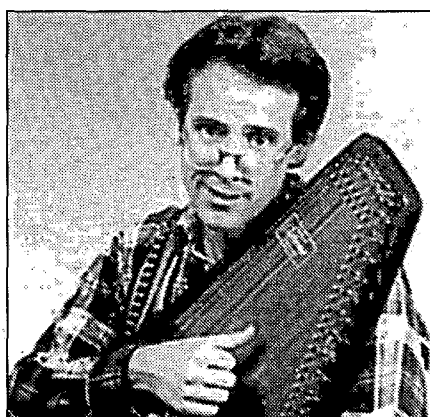
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Folk Songs and Foolery

The Barrington Area Arts Council (BAAC) invites you to *Folk Songs and Foolery* with Dan LeMonnier on Monday, February 15, 1999 (a school holiday) at the BAAC Gallery, 207 Park Avenue in Barrington.

As a singer, actor, storyteller and writer, he performs world wide, delighting audiences of all ages with his renditions of American folklore, literature, tall tales and music. LeMonnier has been caught telling stories all his life, but began professionally in 1983.

Show times are at 11 AM and 1 PM. Tickets are \$6 for BAAC members and \$8 for nonmembers. For tickets or more information, call the BAAC at 847-382-5626.



Dan LeMonnier, singer and storyteller

All The Conveniences of Home... Fitness

By Jeff Bobek, C.S.C.S., C.P.T.

You're committed to starting an exercise routine. Or maybe you're already exercising, but not getting the consistency or results you want. Unfortunately, 50% of those who start an exercise routine drop out before the end of six months. What will give you the best chance of staying with an exercise program and achieving your fitness goals? The answer may be no farther away than home.

One of the biggest fitness trends of the 90's remains exercising at home because of its many advantages, most of which relate to convenience. Home exercise permits you the flexibility of choosing when, how often and how long you work out. Would you choose to go for a quick workout if you had to drive 15 or more minutes to your health club and spend several more minutes finding a parking space? Home exercise eliminates that unproductive time. In addition, you're able to focus your attention on the task at hand—your workout. There are no crowds, no waiting, no excessive noise, no sweaty upholstery, no distractions.

Maybe even more significant though is the improvement in results that exercising at home can yield. *Numerous studies show that home exercise improves exercise compliance and effectiveness compared to exercising at health clubs or other institutional settings.* Whether you exercise at home or elsewhere, you are more likely to succeed if you first analyze your fitness needs, set some realistic goals and develop a plan of action. High fitness dropout rates can, at least in part, be attributed to impulsive decisions to join a health club or buy a piece of exercise equipment without first analyzing significant personal or practical needs.

While home exercise can be more convenient and suitable to your needs, you may be hesitant to buy another piece of fitness equipment since you haven't

touched that Bun-Master or Power-Rower in the last year. But often, the reason many fitness products go unused is because they lack quality, flexibility or utility.

A quality home exercise program doesn't require lots of expensive equipment. There are several high-quality, low-cost items available to create an effective home gym. Dumbbells, resistance tubing, a stability ball, a jump rope and an aerobic step have great utility at low cost. And, weather permitting, outdoor walking and jogging are excellent, low-cost aerobic activities. If you have the space and the resources, adding quality pieces of equipment in a thoughtful manner, such as a treadmill or multi-station weight machine, is *an investment in you and your health* that will pay off.

Another factor that research proves will contribute to the success of a fitness program is professional guidance. While exercise isn't brain surgery, it is a science. *Knowledgeable fitness professionals can make your workouts more effective, time-efficient and balanced* as well as guide you on fitness equipment purchases and appropriate nutrition. In-home personal training sessions provide an environment that is conducive to learning, focus and productivity and can best serve your fitness needs.

The keys to achieving your fitness goals are commitment, thoughtful planning and proper guidance and **Fitness Partners, Inc.** provides personal training services to guide you in a strength and cardiorespiratory program designed to improve muscular strength and endurance, cardiorespiratory fitness and flexibility and to reduce body fat. Call Jeff Bobek, certified strength and conditioning specialist and certified personal trainer at **847-991-5230** to discuss your fitness goals.

"Relaxation"

Don't You Owe It to Yourself?

I love Valentine's Day because it projects love and caring to your sweetheart, friends, children and family. Gifts are always ones of caring: flowers, candy, cards, diamonds and **Syd Simons** Gift Certificates.

One of the very best gifts you can give a person is a day of *relaxation*. A whole day to themselves, to relax with a Body Massage, Spa Glow, Wrap, Facial, Manicure and Pedicure, Steam and Make-up.

Winter has been very stressful so far, with snow, rain and sleet. It is hard on our bodies and souls. We must escape for awhile to refuel.

Our Wonderful Day Spa is going very well. People are coming for the Vichy Shower to have a Spa Glow and great treatment! Having the warm Parfango

Mud on their back, or placed on problem areas of the body is a great stress reliever.

Clients are losing 12, 16, 20, etc., inches in our Body Wrap. The whole process gives you energy and you look better in your clothes.

When I opened the Day Spa, I wanted most of all for it to be a Wellness Center for Barrington to heal the body and soul, and it is working. We have many packages available, or you can pick and choose and make your own.

I hope to see all of you in our Studio and Day Spa soon. Have a happy, healthy Valentine's Day, and most of all have fun!

Sincerely,
Cathy Ramstadt, owner
Syd Simons Day Spa

Pi Beta Phi Alumnae Club

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

next meeting is our annual Beaus and Arnolds Brunch on Sunday, February 14th at 11:30 AM.

Please call Sherrill at (847) 358-4147 for more information.

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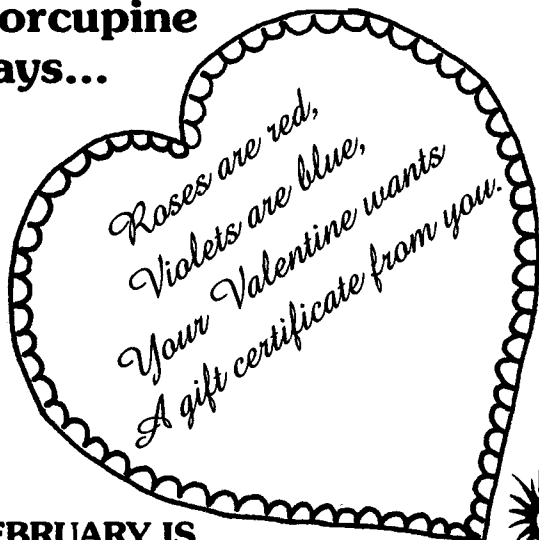
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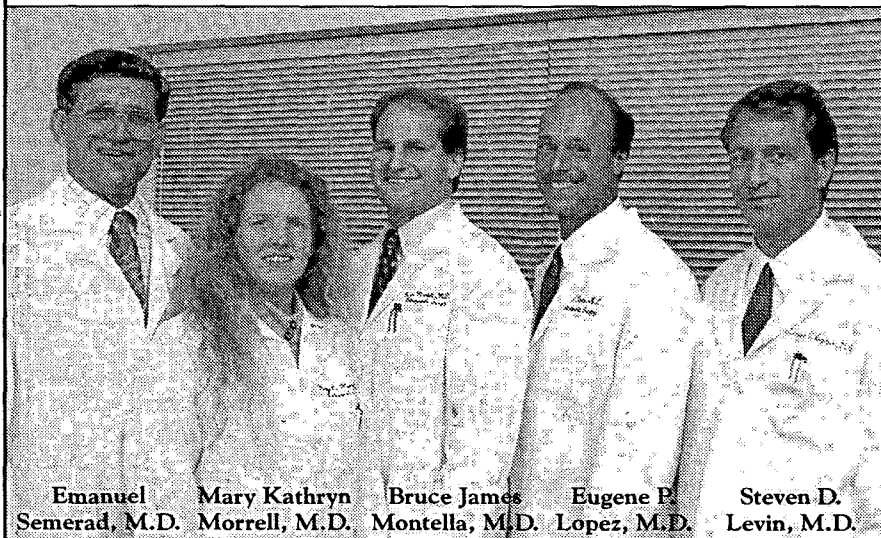


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GIFTS OF A LIFETIME

Old Master Drawings



François-André Vincent, French. *Portrait of Marie-Gabrielle Capet*, n.d. Black and white chalks, with touches of red chalk on tan laid paper; 46.2 x 43.6 cm. The Art Institute of Chicago: Promised Gift of Dorothy Braude Edinburg to the Harry B. and Bessie K. Braude Memorial Collection, 64.1997.

An exhibition of 50 Old Master drawings, representing 28 gifts and 22 promised gifts to The Art Institute of Chicago, is on view now through March 28, 1999. *Gifts of a Lifetime: Old Master Drawings from the Dorothy Braude Edinburg Collection to the Harry B. and Bessie K. Braude Memorial Collection in The Art Institute of Chicago* presents a major portion of the Old Master drawing collection of Dorothy Braude Edinburg, with works ranging from Gothic-style drawings of the 15th and 16th centuries to early 19th-century Romantic works.

Dorothy Braude Edinburg is one of the most energetic and discriminating collectors of the second half of the 20th century. For almost 50 years, Edinburg—a graduate of Wellesley College and lifelong resident of the Boston area—has passionately pursued distinguished art works in two very different and specialized fields: Chinese ceramics of the Tang and Song dynasties and prints and drawings of the 15th through 20th centuries. She inherited the first of these interests from her parents, Harry B. and Bessie K. Braude, and it is in their memory that Edinburg is making a gift of her collection in the second arena to the Art Institute. *Gifts of a Lifetime* represents the first time a major portion of Dorothy Edinburg's Old Master drawings have gone on public display.

Gifts of a Lifetime ranges widely in time and place, across 300 years and throughout Europe and Great Britain. The earliest pieces are an illuminated Northern Italian Nativity drawing, heightened with gold, c.

1450, and two pen and ink drawings from the first half of the 16th century by the great Mannerist artist Giulio Romano. There follow highlights from Renaissance and Baroque masters such as Federico Zuccaro, Pietro da Cortona, Bartolomeo Murillo and the Carracci brothers. In addition to French sheets by Jacques Callot, Claude Lorrain and Jacques Stella, works from the 17th century also include drawings by Italian printmakers Stefano della Bella and Salvator Rosa.

The 18th-century pieces in the Edinburg collection are especially strong, including masterful examples by Venetian draftsmen Giovanni Battista and Giovanni Domenico Tiepolo, Francesco Guardi and Giovanni Battista Piazzetta, and characteristic sheets by Alessandro Magnasco and Pier Leone Ghezzi. Superb, rare drawings in the French Rococo style include works by Jean-Antoine Watteau, Jean-Baptiste Oudry, Francois LeMoyne, Francois Boucher, Quentin de la Tour, Gabriel de Saint-Aubin and others. More sober, Neo-classical works in Edinburg's collection include drawings by Jean-Jacques de Boisseu, Francois-Andre Vincent, Jacques-Louis David, Claude Hoin and two superb sheets by Pierre-Paul Prud'hon.

To round out the artistic scene at the dawn of the Romantic era, Edinburg added Dutch, British and American drawings to her already remarkable collection. These include pieces by Paulus van Liender, John Constable, William Blake, Henry Fuseli, John Singleton Copley and Benjamin West.

New Senior Discussion Group

The Barrington Area Council on Aging, Inc. (BACOA) is sponsoring a New Senior Discussion Group. The first meeting is scheduled for Thursday, February 11, 1999 at 10 AM at the Barrington Area Library, 505 North Northwest Highway.

"Valentine's Day Past & Present" will be our opening theme.

Please come for a lively discussion and help us name this new group. Call Carol at 381-5030 by Monday, February 8 for your reservation.

Barrington's Seattle Sutton's Healthy Eating Brings You Good Nutrition and Much Convenience

Did you know that nearly 34 million US adults are obese? Nearly one million adults die of cardiovascular disease annually. When you begin to look at the effects diet has on your body, you see you must EAT right to LOOK and FEEL right. Diet plays a major role in your health.

Seattle Sutton's Healthy Eating, located at 301 E. Main St., #107, Barrington, brings you fresh meals—not frozen, canned or dried—in two different calorie portions. Fresh fruit and salads are included. The food is low in cholesterol, low in fat and sodium controlled. And it's tasty, too! The three daily meals are individually packaged, ready to be taken to your home or office.

Anybody who wants the convenience of healthy eating but doesn't have the time or ability to plan, shop and prepare nutritious meals finds **Seattle Sutton's Healthy Eating** a Godsend. No more trips

to the store, no more standing in line and no more kitchen cleanups. Wouldn't you rather spend the saved time with your family or friends?

For those who wish to lose weight, we can help you **ACHIEVE** and **MAINTAIN** your weight loss goal. **Seattle Sutton's Healthy Eating** offers the perfect solution to everyone's needs. The food follows the guidelines of the American Heart Association, the American Cancer Society and the American Diabetes Association.

Northwestern train commuters: we're located in walking distance of the depot. After a very long day, wouldn't it be easy to pick up your week's quality food and relax? Call us at **382-9040**.

Our food showings are Mondays and Thursdays from 3 to 6:30 PM at 301 E. Main Street, #107. We accept MasterCard and Visa. Home or office deliveries can be arranged for a nominal fee.

How is the New Year Treating You?

by Judy Kaplan, MS

Well, we are one month into the new year. Is 1999 bringing you a fresh new start? So often, we look at the new year as a time to begin again, to get organized, to reassess our goals or make some goals, to lose weight or get in shape—to do whatever it is that we haven't been accomplishing in the past year. But, as the time continues to move forward, things just move on in the same old way. We are rushed, harried, pressured or frustrated.

The snow storm of January certainly threw a monkey wrench into most of our plans. It was a forced slowing down of our activities, causing us to prioritize what we can and cannot get done. For many of us,

being trapped at home allowed us some extra time to reflect—that is if we did not have any frozen pipes or stuck vehicles.

Is the letdown of the Christmas season causing you stress? Are the exciting goals and aspirations you had as New Year's resolutions getting dampened by the weather, ongoing problems or stress? If so, you are not alone. So many of us have a rough time at this time of year.

Help is out there for the asking. Sometimes a new perspective or a different idea can make a big difference in how you feel about your situation. Give me a call if perhaps you think that another point of view will help. I am at **847-842-9365**.

Do Your Values Match Your Dentist's?

by Raymond Kotz, DDS

Many patients do not realize that the practice of dentistry is not the same in all dental offices. Like other businesses, dental practices are directed at certain "markets." Some direct their practice primarily towards children and young family dentistry. A few dentists emphasize making dentures. Some dentists try to be all things to all people and rarely excel at anything. Our practice emphasizes helping patients achieve the highest standard of oral health and esthetics. This involves considerable continuing education by our entire staff.

Some dentists rely on insurance reimbursement or HMO participation. As third parties (insurance companies, HMO and Preferred Party Organizations) attempt to gain greater profits, they annually lower their reimbursement fees and disallow various claims. In an attempt to attract or retain patients with competitive pricing, dentists relying on third party payment take short cuts with materials, time and employee quality.

Although esthetics should always be considered in dental treatment, we see practices using weaker and shorter lasting materials in an effort to use cosmetics as



the basic "draw" for their marketing.

What practice is best for you? The answer is probably found in your own personal values and economic reality. Don't be afraid to talk to your dentist or any of his or her employees about this.

Your values should match your dentist's as well as that new front crown matches your other teeth.

For careful evaluation and treatment, see **Dr. Raymond P. Kotz** in Barrington at **847-381-4040**.

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| <input checked="" type="checkbox"/> offering support & objectivity | <input checked="" type="checkbox"/> consulting with schools or others |

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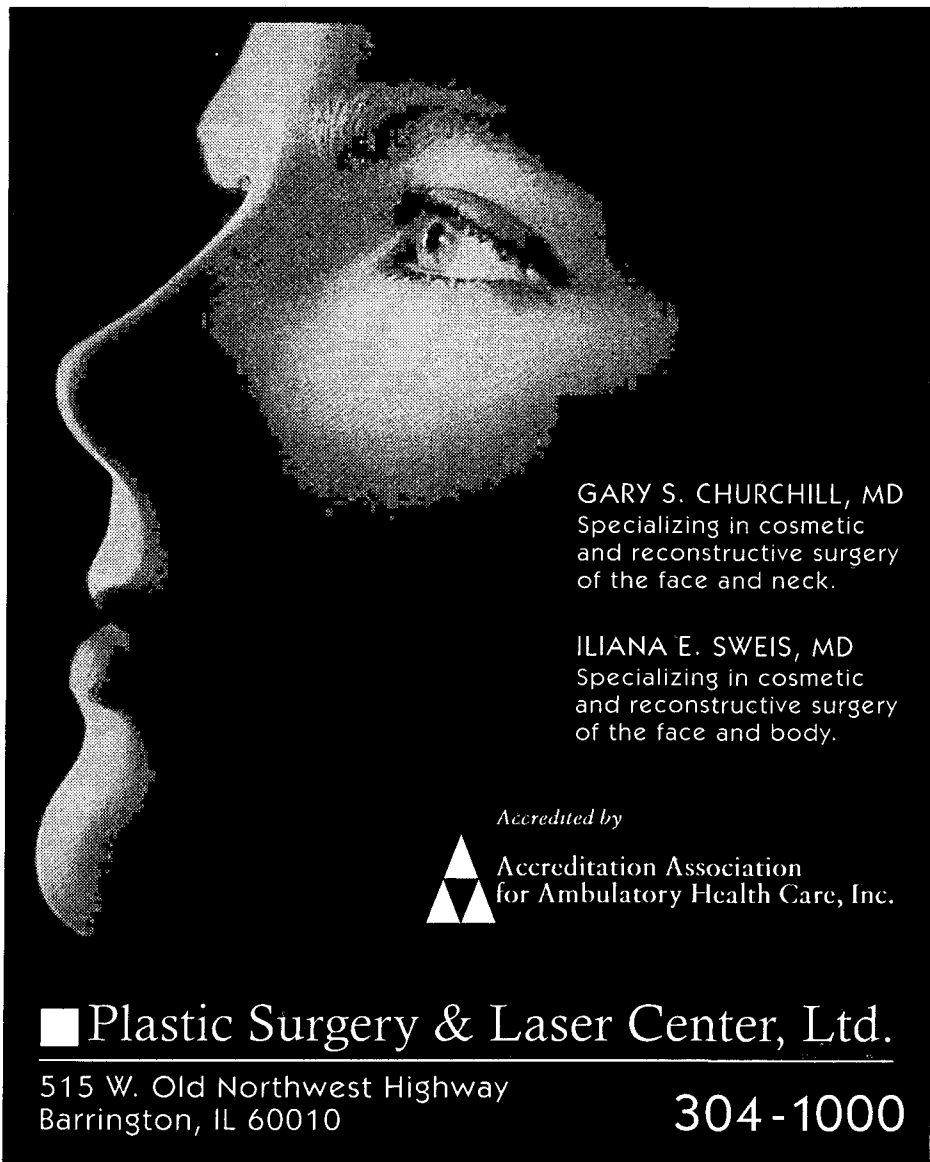
Your looks and smile are as important to us as they are to you—*always*. Whether educating you to prevent problems or returning your mouth to optimum oral health, we are committed to taking whatever time is necessary to ensure an aesthetic approach to your appearance.

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Focus on Botox... an Alternative to Surgery

by Gary S. Churchill, MD



Gary Churchill, MD



Iliana Sweis, MD

How is a Treatment Done?

The Botox is mixed from its freeze dried state and diluted to the strength desired. Usually two injections are done on each side of the eyebrows to reduce frowning or on the sides of the eyes to reduce the crows feet. The effects are not seen immediately but take place over two to three days. Over that time the muscles will gradually become weaker until there is almost no ability to frown. If the crows feet area is injected the crinkling of the skin in that area will be reduced as well. If further weakening is desired, a second injection can be done after one week. This is rarely necessary.

Who is a Candidate for Botox?

There are no absolute contraindications for using Botox. Allergic reactions are virtually nonexistent. To see if you are a candidate for Botox, please schedule an appointment with our office by calling 847-304-1000.

What is Botox and How Does it Work?

Botox is a highly purified form of the protein botulinum toxin. When it is injected into a muscle it blocks the nerve signals coming into that muscle resulting in complete or partial paralysis lasting from 3 to 6 months. Although it sounds scary, Botox is very safe and has been used effectively for years to treat spasms of the eye and face. Over the last few years many studies have been conducted and many patients treated with good results in reducing the frown lines and crows feet at the outer corners of the eyes.



Record Turnout for Christmas Luncheon



The Garden Club of Inverness held their annual Christmas luncheon on December 3, 1998 at the beautiful Biltmore Country Club in Barrington. Nearly 200 members and guests attended—a record turnout for this annual fundraiser! Pictured above, enjoying the occasion, were Joan Stearns, Treasurer; Mary Jo Bregenzer, Membership Chair; and Laura Hoover, Director.



After a delicious luncheon, David Swanson, AIFD of Park Ridge, IL presented a Floral Design Program. The lovely floral and fruit arrangements were given away to attendees. The success of the luncheon was due in large measure to the talents of four cochairs pictured above (L to R): Cathleen Laskov, Charlotte Delillo, Sharon Wagner and Rose Schneider.



Adele Walker, President of the Garden Club of Inverness, and Carolyn Grosch, Plant Therapy Chair, promote prizes for the event. Over 30 theme baskets were contributed by the members for the festive fundraiser. Proceeds will benefit horticultural scholarship funds and other charitable endeavors sanctioned by the Garden Clubs of Illinois, Inc.

All Day Preschool

Barrington Community Child Care Center is a private center serving children six weeks to six years. This neat-as-a-pin facility is 5,300 square feet featuring oversized classrooms with lots of natural light and an environment designed to meet the needs of young children. The facility is also equipped with a large outdoor playground.

Maximum security and safety are very important. The Center has an entry system that allows authorized people to enter the facility through a locked door from the building's vestibule. Sprinklers are installed throughout and smoke detectors are in each classroom, restroom and closet.

The curriculum for the Center is theme oriented and age appropriate to each group of children. 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. The

amenities that are offered are many: "Computer Tots" classes are available as well as "Kids in Action" gymnastics class. Haircuts, by a Barrington salon owner, are offered every six weeks. There is daily communication between teachers and parents, catered lunches, nutritious snacks and flexible scheduling is available. Our staff is highly qualified and continue their education and training on an ongoing basis. In addition, our staff is certified in CPR and First Aid techniques.

No appointment is necessary to tour the **Barrington Community Child Care Center**. Registration is now being accepted for all age groups. They are conveniently located at 560 Carl Avenue in Barrington (one block west of Burger King off Northwest Highway).

Barrington Community Child Care Center is celebrating its 5th year in the community.

Breaking Down the Weight-Loss Brick Wall

It's not uncommon after a few months on a weight-loss program to suddenly stop seeing results. This phenomenon—called hitting a plateau—isn't unusual. As a matter of fact, unless you're constantly updating your program to reflect the changes your body has already experienced, it's almost certain you'll hit a weight-loss plateau.

"You need to look at a variety of factors: diet, specifically the number of calories consumed and the amount and intensity of exercise," says Jennifer Clark, president and owner of Barrington-based **Body Constructors**. "One of the first things we do is analyze clients' diets. Most people underestimate the number of calories they eat, simply because they're unsure how to accurately assess how much they're eating."

"Additionally, many people drop their calories in an attempt to lose weight when, in fact, they are causing their metabolic rate to slow down in response to their low caloric intake, therefore making it that much harder to meet their weight-loss goals in spite of an increase in activity."

"It's important to remember that as weight is lost, the body's metabolism slows because there's less body mass to fuel during rest as well as periods of activity," according to Clark. "Even if a 1,800 calorie-per-day diet aided in a certain level of weight loss, once a plateau has been reached, that 1,800 calories could very well be the exact amount needed to maintain your current weight."

"So, you need to either lower your calorie intake further or change the way you exercise," Clark says. "The first option isn't recommended. People find low-calorie

diets unsatisfying and these diets also are nutritionally deficient."

"It's much better to slightly reduce calories to a point that you can keep when you reach your goal weight," she said. "The exercise component is the best way to move beyond the plateau. That doesn't mean that you have to exercise several hours each day to burn more calories. What it does mean is that exercise needs to be an integral part of the weight-loss routine."

"Start with 30 minutes of continuous activity several times a week, gradually increasing the intensity and duration of those exercise sessions. Activities that individuals find enjoyable, such as basketball or in-line skating, should be included. Those who have been exercising for much longer will need to incorporate cross-training and interval training into their regimen."

"Another means for getting off the plateau is strength-training. The added muscle increases your metabolic rate, which offsets the metabolism-lowering effects of diet and weight loss. The more muscle you have, the higher your metabolism will be."

"If you've stopped losing weight, the way to get back on track is to vary your program," Clark says. "By mixing things up and changing your program with new techniques and workout formats, **Body Constructors**' trainers help break down the weight-loss brick wall."

If you have any questions or are ready to begin your own personal training program, please call **847-277-0707** or e-mail **Body Constructors** at bodyconstructors@prodigy.com.

BHS Colorguard

The Barrington High School Winter Guard will once again be thrilling Barrington and Midwest audiences with their 1998-1999 show featuring *Overture to 'Candide'* by Leonard Bernstein. The program design concept will be adapted by Mr. Andy

Toth, designer of last year's scholastic "A" division world championship program. The performers will be portraying various statues and works of art, as they bring the art museum to life. This year's Barrington home show will be on Sunday, March 7.



Barrington Community Child Care Center

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Openings Available
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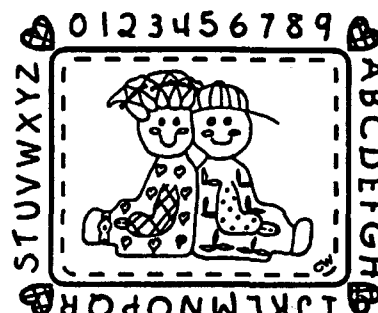
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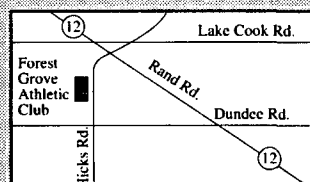


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Forest Grove Athletic Club

Owned and operated by TCA, a recognized leader in the fitness and recreation industry for 28 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.

Several membership programs are available for your consideration. One possibility is the "Matinee Membership."

At the **Forest Grove Athletic Club** we think that any time is a good time to workout. But some times are slightly better than others.

That's why we've created the "Matinee Membership"—which allows full club privileges between the hours of 11:30 a.m. and 4 p.m. every day of the week.

In an effort to encourage more afternoon participation, we are offering the same facilities and programs (such as land and water aerobics) that exist at other hours, but at about 60% of the cost.

So if you are one of these special people

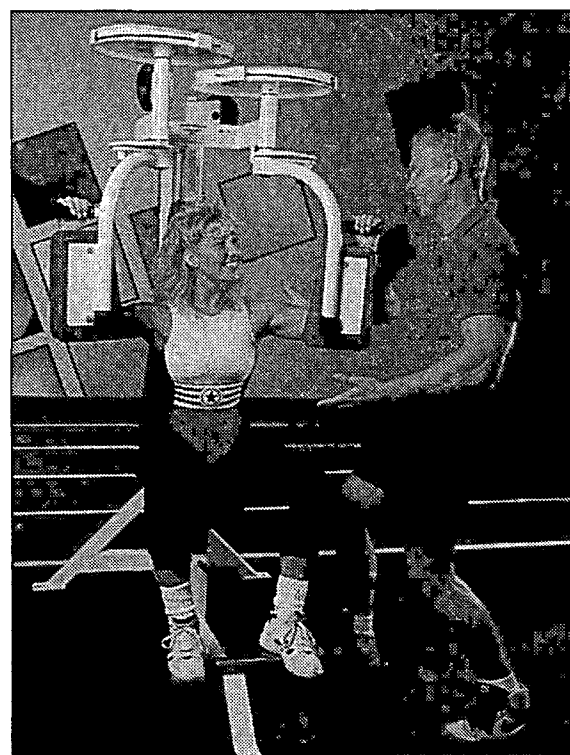
that have afternoon availability and are interested in a great value, we recommend you stop by the **Forest Grove Athletic Club**. You see, we think it will be well worth your effort.

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 being offered during February and very generous trial memberships. Hope to see you soon at **Forest Grove Athletic Club**.



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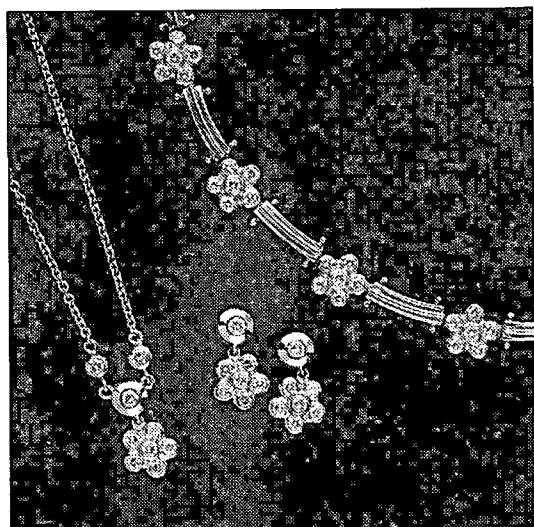
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Spend \$10,000 on your wife or girlfriend for a fur coat or a car. In ten years she has a rag or a wreck. Use the same money to buy her a fine gem, and she has a treasure worth even more over time, which she can pass along to her children.

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jewelry that is sure to please even the most discriminating taste. In addition, we have many other beautiful styles of jewelry to choose from. As always, our quality and service is irreproachable.

Whatever your preference, loose gemstones or finished pieces, jewelry is better than a bouquet of flowers or a box of candy, gaily colorful and satisfying—and much longer lasting.



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- .60 ct. **Diamond Flower Earrings** 14K White
- 4.25 ct. **Diamond Flower Necklace** 14K Yellow and White

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L to R

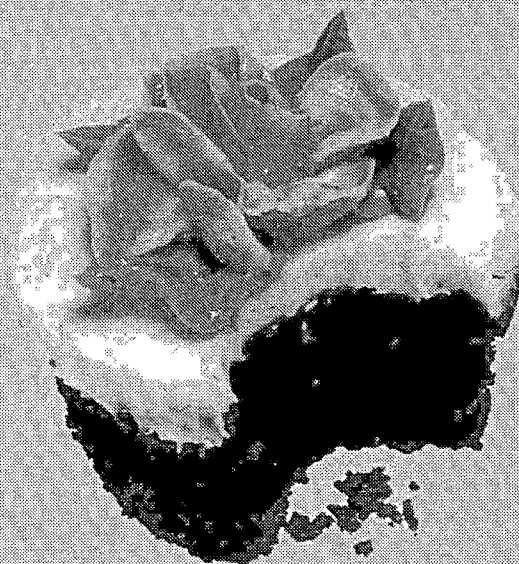
- 1.72 ct. **Diamond Princess-Cut Invisible-Set Pendant** 18K Yellow
- 2.25 ct. **Diamond Princess-Cut Invisible-Set Earrings** 18K Yellow
- 2.82 ct. **Yellow Sapphire** surrounded by .70 ct. **Diamonds** on 6.5mm **Pearls**
- .92 ct. **Pink Tourmaline Heart Earrings** surrounded by .99 ct. **Diamonds**
- .34 ct. **Diamond Heart Pendant** 18K White
- .44 ct. **Diamond Heart Earrings** 14K Yellow

L to R

- 1.00 ct. **Diamond Star Earrings** 18K White
- .50 ct. **Diamond Moon Necklace** 14K White
- .50 ct. **Pare Diamond Star Necklace** 14K White
- .60 ct. **Diamond Large Star Necklace** 14K White



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Valentine's Day—February 14

February is Sweetheart month. The day of hearts and flowers and love is February 14. Give the love and/or loves of your life a **Gift Certificate** from **Applause**.

A Gift Certificate from us can be very small to very large and can cover all or any of the services which we provide. Our services include Facials and Massages which are things your love would like to experience but because she considers them luxuries, she doesn't often treat herself to them. So why don't you get your Valentine one?

How about a new haircut, style, perm or color to perk that wonderful person up during these cold, bleak winter days. A manicure with a hot paraffin dip or a pedicure is great to have now, especially during our cold weather when skin is dry



and chapped.

Be good to your loved one and also yourself and enjoy one or more of our services which will make you feel better during the winter blahs.

Ladies, don't forget men like to have a good massage or facial too or a manicure with a paraffin dip. At **Applause**, we are not a salon for women only!

Keep Your Heart Healthy— What Women Need to Know

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

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

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

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

- Follow a healthy diet and reduce your intake of cholesterol and fat. Our bodies manufacture a cholesterol from dietary fat. Saturated fat increases clotting, raises LDL ("bad" cholesterol) and lowers HDL

("good" cholesterol). Saturated fats are found in animal foods, coconuts, cocoa, margarine and palm and coconut oils. Cholesterol only occurs in the animal kingdom; if you're a strict vegetarian, you won't ingest any. By replacing animal protein with soy protein, you can significantly decrease your total cholesterol.

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

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

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

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

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 Offer expires February 28, 1999.

Good Shepherd Auxiliary Donates \$200,000 to Hospital



The Auxiliary of Good Shepherd Hospital recently presented Russell Feurer, Good Shepherd chief executive, a check for \$200,000 representing a significant part of their fund-raising pledge for 1998 to the hospital. The funds will be used to help support a new Point of Care computer system adding sophisticated documentation

abilities to the patient bedside in all patient rooms including all medical/surgical units, intensive care and the special care nursery.

Pictured accepting the check is Russell Feurer, Good Shepherd chief executive; Wini Schenzinger (center), Auxiliary co-president; and Pat Lenhart, Auxiliary co-president.

BHS Students Chosen for District VII Honor Groups

Nine Barrington High School band students were named to the Illinois Music Educators Association District VII Honor Jazz Bands, Honor Band and Honor Orchestra Winds. They are: Jazz Bands—Andy Malovance, trumpet; Jason Gross, trumpet; Elliot Bergman, tenor saxophone; Katie Wiegmann, vibraphone; and Brad Amundsen, drum set. Honor Band—Alana Mariano; clarinet; Molly McGinn-Shapiro;

french horn; Orchestra Winds—George Holdcroft, bassoon; and Melody Velleuer, french horn.

All students were chosen by virtue of audition on October 14. The District VII Jazz Festival took place on November 14 at Maine South High School, and the District VII Band, Choir and Orchestra Festival took place on November 21 at Maine East High School.



We Mk U Fit

How can it be that weight training for 1 hour is more beneficial to fat loss than 1 hour of cardiovascular training?

The certified trainers at **Personalized Fitness, Inc.** believe the #1 job of a personal trainer is to educate. You want to know what exercises to do, how many, for how long, what to eat and when to eat it. We not only provide information to over 250 clients per week, but we host continuing education seminars for trainers from all over the city and suburbs. We also offer 13 group cycling classes per week. The learning doesn't stop with

training and Spin classes; if you have an injury or imbalance, we recommend one of our soft tissue specialists where they can teach the true meaning of natural pain relief. If you want to learn something about the body, we will get you the answers—answers from the top researchers and therapists themselves, not from the infomercial on the latest fad or craze on the market today. For more information on our services or to set up an assessment, phone **Personalized Fitness, Inc.** at **847-277-SPIN**. We are located at 118 West Main Street in Barrington.

60 Minute Mineral Wrap Can Take Off 6-20 Inches Fast

Barrington Bodywrap offers a safe, effective way to help you lose six to twenty inches fast.

The Body Wrap, as seen on Fox television and Extra, is a rehydrating mineral wrap that takes off the inches in the hips, waist and thighs.

The Body Wrap is not a dehydration wrap, but a mineral wrap that soaks into the skin, pulls out the toxins and shrinks the space between fat cells. Lost inches will not come back unless you gain weight.

The Body Wrap, invented by Victoria Morton nearly 30 years ago, works to

detoxify the body while it takes away inches. It involves wrapping the body like a mummy in Ace bandages that have been soaked in the special mineral solution. After an hour of mild movement, the bandages come off as do the inches.

Barrington Bodywrap also offers a wide variety of helpful vitamins and gift certificates. **Barrington Bodywrap** is located on Rt. 59 (Hough Street) and Rt. 14 in the mall next to the Jiffy Lube. Parking and entry are at the rear of the building. If you would like more information, a brochure or an appointment, please call **847-277-0742**.

A Gentle, Safe, Fast Solution

Cosmetic Laser Centers are pleased to offer the most recent advance in laser treatment for patients desiring a comfortable, effective way to remove unwanted hair. We are one out of only three that provide this service using the Advanced Apogee Laser in the whole Chicagoland area.

This recent scientific advance in medical laser technology gives us a gentler, safer and faster solution to the problem of unwanted hair. It's called TKS and it's only available in the type of laser used at this facility. Our advanced technology makes it possible for laser energy to "select" only hair follicles, while sparing surrounding skin from damage. Most patients describe the treatment as a series of slight pin pricks to the skin that is easily tolerated. Minimal red-

ness in the treated area disappears quickly. This brings the cosmetic results you want with the clinical results you need.

Unlike traditional methods of hair removal, this clinically-advanced procedure is performed under the guidance of a qualified physician, with whom you will have a **free** initial consultation. It would take only 15 minutes out of your busy schedule to be treated for an area such as the upper lip or the chin. The results are amazing!

If you are concerned about unwanted hair, you are probably a good candidate for laser hair removal.

The Apogee laser with TKS has helped thousands of patients around the world unveil their beautiful skin. Why not unveil yours too!

Master Dance Class Series Continues

Ms. Paula Frasz will conduct a master dance class in modern technique on Saturday, February 20, 1999 at Barrington High School. She has been a faculty member at the Columbia College Dance Center for 8 years, where she has been choreographer for the college's Theatre/Music departments and an instructor of modern, jazz, tap, independent dance studies and dance workshops. She is currently Associate Professor of Dance at NIU in DeKalb where she teaches advanced modern technique, choreography, improvisation, professional seminar in dance and tap.

She is also a member of the Actor's Equity Association. She is a founding member of Chicago's next Dance Festival.

Developing technical skill and enhancing performance techniques will be the primary focus of these classes. The master dance classes will be on Saturday mornings from 10 AM to noon; February 20 and May 22, 1999. Class fee is \$15 each.

Class listings are subject to change due to guest artist scheduling. For information and registration, contact Julie Salk at Barrington High School at 847-842-3213.

AARP Income Tax Assistance

BACOA will again be coordinating AARP Income Tax Assistance for low-to-medium income seniors beginning February 3 and continuing every Wednesday through April 14. The tax assistance will be pro-

vided at the BACOA office at 301 East Main Street, Suite 111, Barrington, by appointment only.

For more information or to make an appointment, please call 847-381-5030.

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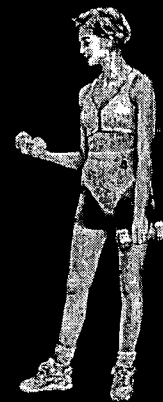


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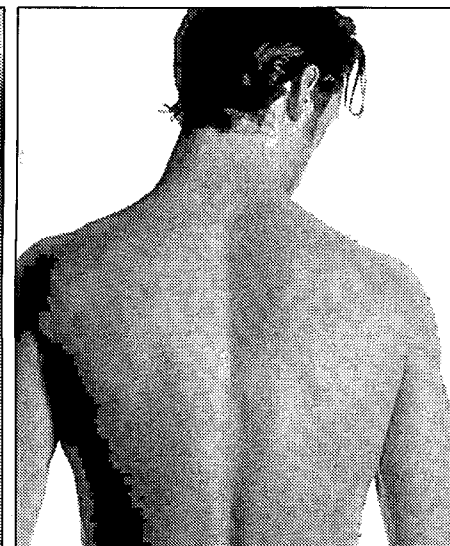
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Dr. Douglas Sandburg
509 Old Northwest Hwy.
Barrington, IL

Vegetables—Fresh and Beautiful

Just as surely as the first sighting of a robin is a harbinger of spring's approach, the arrival of nursery catalogues in our mailboxes signals the same promise. In words and pictures, they extol the merits of planting varieties of flowers, fruits and vegetables. Suddenly the desire, and perhaps the primal need, to dig in the garden stirs within us.

For those of you who enjoy vegetable gardening and others who wish to learn more about that form of gardening, the next meeting of the Garden Club of Inverness will inform and educate on that subject. Club favorite, Mary Walker, returns to discuss "Vegetables—Fresh and Beautiful." Mary is a nationally accredited flower show judge, whose gardens in Woodstock comprise some 20 acres. She is a dirt gardener with over 40 years of experience who maintains her gardens without outside help. Her professional memberships include the American Horticultural Society, Chicago Botanic Garden, Northern Illinois Botanic Society, North American Lily Society and North American Rock Garden Society.

Mary will give a slide presentation on how vegetables can be grown in gardens of their own or integrated into flower beds. Soils, planting times and direct seeding vs. started plants will also be discussed.

If you are thinking ahead to spring (and who isn't) and gardening plans are beginning to form, drop in at this meeting of the Garden Club of Inverness on Thursday, February 18, 1999 at 9:30 AM at Holy Family Church, 2515 West Palatine Road in Inverness. After a short business meeting, refreshments of coffee and tea and delicious baked goods from the members will be served. The program follows and will likely conclude around 11:30 AM. As always, membership is not necessary to attend any meeting and guests are always welcome. For more information about the club, contact Membership Chair, Mary Jo Bregenzer, at 776-6557.

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

BHS Bands Chosen for Recording Project Grant

The Bronco Marching Band, BHS jazz bands and concert bands have been chosen to participate in an educational grant project to promote schools bands across the country. Throughout the year, the various ensembles at Barrington High School will be recorded by engineer Doug Tideback, and our music will be part of

three promotional CD's of music highlighting various band programs throughout the state of Illinois. These CD's will be distributed nationally to all National Public Radio stations and will receive air play for a year after their release date. Students will have the opportunity to purchase a copy of each CD for their personal use.

Mineral Wrap Can Slim You Down

You'll love the instant trimming technique invented by celebrity slenderizing pro, Victoria Morton.

This original Body Wrap melts 6 to 20 inches off hips, waist and thighs in just 60 minutes.

"And the inches stay off," explains Cindy Krebeck, Manager of **Wrap Me Slender, Inc.** in Lake Zurich.

"This wrap is not a dehydration wrap," says Krebeck. "There's no water loss, so you won't feel the urge to drink back the inches." It's the minerals in the wrap that make it work.

It is a cool process that works to detoxify the body while it takes away inches. It involves wrapping the body up like a mummy in Ace bandages that have been soaked in the special mineral solution. After an hour of walking and moving about, the bandages come off. The new body mea-

surements are compared with the before measurements for a grand sum of overall body inch loss. "The overall inch loss is usually around 10 inches," says Krebeck, "however, we've been known to take off a whopping 28 or more inches in just a single hour. On your first visit, 6 to 20 inches is guaranteed. It depends on the body and how much there is to lose in the first place."

Many customers get wrapped regularly because of the calming and de-stressing effect that the wrap gives them. This body wrap even gets rid of cellulite. Krebeck reports that this unsightly condition can disappear in a matter of days after a single wrap or a series of wraps. One wrap is enough for some people, whereas others enjoy them regularly.

Want to hear more about The Body Wrap? Call **Wrap Me Slender, Inc.** at **847-550-8978** today!

Nu-trition Diet Helps Burn Fat

The Nu-trition Diet is unique. It is an integration of food and fitness. We will discover which foods are your body's optimal fuels. The Nu-Diet helps you regain your awareness about the kinds of food you should eat to be fit and healthy. It is designed to increase your metabolism and improve your fat-burning ability. It is easy, tasty and hunger free.

Low-Fat Can Make You Fat

As consumers, we tend to be fooled by clever advertising in thinking that no fat means healthy. Today's school of thought on low-fat, high-carbohydrate diets is quickly changing, as people begin to realize that even with exercise they are not losing body fat. Since most carbohydrates contain little or no fat, you may not think that carbohydrates can add to your fat stores. Yet, at least 40% of the carbohydrates you eat are stored as fat.

The key of the Nu-Diet is to use more stored body fat for energy, to become leaner and to have more energy. You can control what fuel your body burns through diet and easy exercise.

Natural fats are one of the most beneficial substances in our diet. Fat is often the missing ingredient in maintaining good health.

You are eating too many carbohydrates if you cannot go approximately four hours without eating at work or home. Common symptoms of excess carbohydrates include sleepiness after eating, craving for sweets, hunger within two hours of a high-carbohydrate meal and the need to snack all day.

The Nu-trition diet is based on unprocessed food, enzymes and exercise. This ensures that your body will burn fat. A physician will determine your nutritional and exercise requirements and provide a personalized program based on your needs. One primary focus is identifying and removing the foods to which you are intolerant. This test, given at the onset, will also discover under active thyroid or adrenals that may be contributing to your slow metabolism.

Each program contains a personalized meal and exercise program. You will receive one-on-one coaching for twelve consecutive weeks. Every three weeks you will be tested and measured for health and fitness gains.

Don't let the low-fat myth fool you. Call **Dr. Douglas Sandburg** today by phoning **847-382-0800** and find out how the Nu-trition Diet can help you burn fat.

Barrington Woman's Club Fashion Show



BWC's members Arline Aalfs and Delores Lessman greet Betty Talidis of The Mink Barn at the Club's fashion show recently to benefit its scholarship fund.

Scotty's—Groceries and More... Right to Your Door!

Don't have time to get to the grocery store? Hate those long, frustrating lines? Fine it difficult taking the kids? **Scotty's Home Market** can help. For more than eight years, **Scotty's Home Market** has made shopping easier. We deliver to thousands of customers in 70 suburban Chicago communities. Best of all, you pay grocery store prices and, most times, no delivery fee to have everything brought to your door!

All of our customers receive our free catalog of more than 7,000 items. It includes all your favorite brands and specialty items, such as fresh butcher meat, seafood and whole grain breads and bagels baked daily. In fact, we feature the finest fresh produce received daily from Chicago's South Water Market.

Ordering is simple. You can call, fax or use our free computer software to place your order. You can pay by check or credit card. You don't even have to be

home to accept delivery, (and 50% of our customers are not). We deliver all of our refrigerated and frozen items in temperature-controlled coolers with dry ice packs, so even ice cream stays solid for up to 12 hours. Dry products are delivered in waterproof boxes with lids. If you are not going to be home, just tell us where to leave your groceries, such as in the garage or back porch, and everything will be waiting for you when you arrive. If you are home, we unload everything on your counter for you. It's that simple!

Scotty's guarantees your satisfaction. We also provide weekly specials, **Scotty's Diner** fully prepared meals and a special kids menu. We make it easy to plan and order meals for an entire week, and provide suggestions for our wine and dessert selections to accompany them.

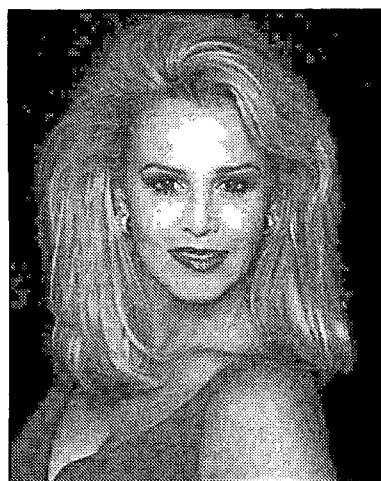
For more information and our free catalog, just give us a call at **1-847-SCORRYS (726-8897)**. We are here to help!

Good Shepherd Hospital Y-ME Support Group Presents Image Consultant

"Image Improvement, My Story" is the topic of a special free program offered by the Y-ME Breast Cancer Support Group of Good Shepherd Hospital on Thursday, February 18 from 7:30 to 9:00 PM in the Lakeview Room at the hospital. The talk is open to the general public.

Guest speaker for the event is Karen Lea Cline, Mrs. Illinois America, 1998 and developer of her own skin care cosmetic line called "Lea Skin Care and Cosmetics." Cline will speak to the Y-ME Support Group on the importance of looking and feeling good as part of the recovery process for cancer survivors. A former nurse, Cline moved into the modeling and acting field and has over 15 years of experience in television, advertising, movies and commercials. She is a resident of Barrington and the owner of "Lea Image Studio" in the Ice House Mall.

The cancer program at Good Shepherd Hospital has been recognized as offering the very best in cancer care by the Commission on Cancer of the American College of Surgeons. The hospital received this recognition because of the comprehensive, multi-disciplinary program in improving the lives of people with cancer. The program includes a multi-disciplinary approach to cancer care including cancer screenings and mammograms; referral to board certified oncologists and surgeons; and an inpatient oncology unit.



**Karen Lea Cline,
Mrs. Illinois America, 1998**

The Good Shepherd Y-ME chapter meets monthly on the third Thursday of each month at the hospital from 7:30 to 9:00 PM. Breast cancer patients, their families and friends and health professionals interested in the meeting are welcome at all meetings. The sessions are free of charge and reservations are not necessary.

Good Shepherd Hospital, located on Route 22 in north Barrington, is a 156-bed health care facility offering comprehensive cancer care to patients in the hospital service area. The hospital is part of Advocate Health Care, one of the Chicago area's largest health care organizations.

Hubbard Street Returns to ECC

The Visual and Performing Arts Center at Elgin Community College welcomes the acclaimed Hubbard Street Dance Chicago for the 5th consecutive year at 8 PM, Saturday, February 20, and 3 PM, Sunday, February 21, on Stage 1 of the Visual and Performing Arts Center, 1700 Spartan Drive, Elgin.

Tickets to Hubbard Street Dance Chi-

cago are \$26 for adults, \$25 for students and seniors, and are available at the ECC Ticket Office located in the Visual and Performing Arts Center. Office hours are 10 AM to 5 PM, Monday through Friday and noon to 4 PM on Saturday. To purchase tickets by phone, please call 847-622-0300. Visa, MasterCard and Discover are accepted.





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Health Advocate

Health & Wellness Programs—February

Freedom from Smoking

Thursdays, February 4 - March 11, 7:30 to 9 p.m.—\$150

This program developed by the American Lung Association helps smokers kick the habit permanently! During the six sessions, participants will learn behavior modification and relaxation techniques. Open to teens with the consent of the instructor.

"Exercise after Breast Cancer Surgery—How Much is Too Much?"

Saturday, February 6, 9:30 to 11 a.m.—FREE

Nationally-recognized fitness trainer and author Elizabeth Warren is the guest speaker for the Lymphedema Support Group. This is an exercise class for breast cancer survivors and others suffering from lymphedema.

Depression Workshop

Thursdays, February 18 & 25, 6:30 to 8:30 p.m.—\$60

Learn the symptoms, signs and types of depression and how they can be treated. Medication and other therapies will be discussed, and referrals provided, if needed. The class is led by a licensed behavioral health social worker.

Tai Chi Workshop

Saturday, February 27, 1 to 5:30 p.m.
Barrington Park District, Langendorf Park

Co-sponsored by Good Shepherd Hospital and the Barrington Park District, this class will introduce you to this ancient Chinese exercise and movement program to relieve stress. Call for fees and reservations.

"Maybe... a Baby?"

If you are considering a pregnancy in the near future, then this two-hour class, taught by childbirth instructor Joy Wagner, R.N., will help you learn about pre-natal nutrition and exercise, infertility, financial issues, day care decisions and role expectations. \$25 per couple. Call for dates, times and reservations.


"Twins or More: What to Expect"

Parents expecting twins or multiple births can build confidence and learn parenting skills necessary for caring for multiple babies. Taught by a childbirth instructor. \$35 per couple. Call for dates, times and reservations.

"Baby is Here"

This class addresses the needs of new moms and dads in caring for their newborn. Learn about bathing, soothing, cuddling, feeding and development. Also includes returning to work, post-partum blues and parental support groups. Call for fees, dates, times and reservations.

To register for any of Good Shepherd's Health & Wellness Programs, call Health Advisor at 1-800-323-8622.

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Charitable Lead Trusts

by Sharon L. Keller, J.D., LLM

Charitable Lead Trusts are rarely discussed, but for certain individuals, they provide a vehicle that allows them to transfer more to family members than if they gifted the property during their life or transferred it to them at death.

A Charitable Lead Annuity Trust (CLAT) is a split interest gift in trust of an annuity interest to a charity for a specified term, followed by a non-charitable (family member) remainder interest. The Grantor is entitled to an immediate income tax charitable deduction and a gift tax charitable deduction. The amount of these deductions is the present value of the charity's "lead" interest. Actuarial tables are used to determine life expectancies to determine the charity's "lead" interest.

When an individual sets up a CLAT with the "lead" interest to last for the individual's life, and the individual dies prematurely, the "lead" (charitable) interest turns out to be overvalued and the remainder (taxable) interest turns out to be undervalued for transfer tax purposes. This means that the amount of the gift tax charitable deduction turns out to be too high and the amount of the taxable transfer and gift tax paid on the transfer too low.

Income tax savings are also produced when this happens. When the CLAT is set up, the individual (Grantor) receives an immediate income tax deduction for the full present value of the annuity stream the charity is expected to receive. If the Grantor lives for a relatively short time after creating the CLAT, however, the charity will receive only a few payments taxable to the Grantor. Thus, the income tax deduction that was previously taken by the Grantor is overstated and a benefit to the Grantor.

Thus, the shorter the Grantor's actual life expectancy is in relation to his or her actuarial life expectancy, the greater the tax savings that can be produced. To use the actuarial tables, there must be more



than a 50% chance at the time the CLAT is created that the Grantor will live for at least one year.

The following example may clarify the use of a Charitable Lead Annuity Trust:

W is a wealthy widower who wants to transfer property to his daughter, D. Although W is suffering from terminal cancer, W has a statement from his doctor indicating that W has more than a 50% chance of survival for more than one year. W is 60 years old and in a combined 42% federal and state income tax bracket and a 55% transfer tax bracket. The CLAT pays an annual annuity of 10% during the life of W to the charity, the trust assets produce 10% annual return.

Using the annuity factor from the tax code, the value of the lead interest is \$86,443, producing an income tax deduction of \$36,306 (.42 x \$86,443). The value of the remainder (gift) interest is \$13,557 (\$100,000 - \$86,443). The gift tax payable on the transfer is \$7,457 (.55 x \$13,557).

(Please continue on page 44)

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Physical Design Critical to Alzheimer's Care

The early stages of Alzheimer's disease can be characterized by memory loss, nervousness, and depression, but the impact of the disease is truly felt when a loved one fails to recognize friends and relatives or cannot perform ordinary tasks.

Many individuals and families turn to long-term institutional care at this stage. However, experts have questioned the suitability of a nursing home's design for those persons with dementia. With nursing homes, several factors are known to aggravate the disease and induce disorientation, including noise levels and the lack of visual cues among others. A building layout can increase the confusion people with Alzheimer's disease already experience.

A new trend in dementia care focuses on residential living, thus shifting the care away from the nursing home model. Located in Wheeling, **New Perspective, Inc.**, is one such innovator. Established in 1994, **New Perspective** is the first dementia-specific sheltered care facility in Illinois. Their mission is to offer persons with Alzheimer's and their fami-

lies a homelike setting and an alternative to traditional long-term care. **New Perspective's** uniqueness is in its physical design—three small, freestanding cottages.

Each cottage has only 16 residents, which encourages social interaction and makes it easier for residents to orient themselves. The short hallways have no dead ends, accommodate just 12 rooms, and are filled with pictures, quilts, and artwork done by the residents.

New Perspective designed the yard to encourage residents to safely enjoy the outdoors. A secured walking path joins the three houses so residents can stay active by taking a walk, joining in group activities at another cottage, or caring for a garden.

The residential design for Alzheimer's care maximizes independence, supervision, orientation, and functioning, which results in decreased anxiety and agitation for the resident as well as peace of mind for the family.

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Take advantage of our fabulous "Lunchtime Spa" February Valentine Special this month! Come in for a Glycolic Peel with a collagen treatment for only \$30!

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Why Do Some Children Require Two Phases of Orthodontic Treatment?

by Drs. Michael Hayward & Robert Skopek

Children sometimes exhibit early signs of jaw problems as they grow and develop. An upper or lower jaw that is growing too much or not enough, or is too wide, too narrow, or crooked can be recognized at an early age when children are growing rapidly and are beginning to lose their baby teeth. Orthodontic and orthopedic appliances can be used to correct jaw shape and direct the growth toward an ideal relationship between the upper and lower jaws, thus providing a good foundation for the remaining permanent teeth to erupt into. This type of early "phase one" or interceptive treatment can prevent the need for later removal of permanent teeth to correct overcrowding or possible surgical procedures to align the upper and lower jaws. Leaving a bad bite untreated until all of the permanent teeth erupt could result in a jaw discrepancy too severe to allow achievement of an ideal result with braces alone.

It is important to understand that, at the end of the interceptive phase of treatment, teeth are not in their final positions, and patients will wear retention or tooth guidance appliances until all of the permanent teeth erupt. At this time, the second phase of treatment will begin and the teeth will be placed in their exact locations in the mouth in harmony with the cheeks, tongue, jaws, jaw joints and other teeth.

Two phase orthodontic treatment is a very specialized process that encompasses



Dr. Michael
Hayward



Dr. Robert
Skopek

jaw and facial changes (orthopedics) and tooth straightening (orthodontics). The emphasis today on staying healthy and looking attractive requires optimum treatment results. The major advantage of two-phase treatment is to maximize the opportunity to accomplish the ideal healthy, functional, aesthetic and comfortable result that will remain stable.

Recognizing an orthodontic problem at an early age does not always mean that your child will need two phases of orthodontic treatment. However, an early examination allows the orthodontist to determine how and when a child's particular problem should be treated to provide the greatest benefit to their appearance and oral health. **Drs. Michael Hayward and Robert Skopek** are specialists in orthodontics and can answer any further questions you may have. Their offices are in Barrington, 847-382-5588, and Palatine, 847-359-7980.

Glamour Photography is Glamorous!

After acquiring the best in wardrobe, sets, technique and equipment, my husband Roland and I opened **Fantasy Photography Ltd.** at 67 South Old Rand Road in Lake Zurich. We specialize in feminine portraiture. In advertising ourselves as the 'ultimate in glamour photography,' we quickly discovered a perception barrier. By using 'glamour' to describe our soft focus approach to imagery, we have alienated the majority of our intended mature clients. Fortunately, our works have spoken for us and the word is spreading that something special in feminine portraiture is occurring within the studios of **Fantasy Photography Ltd.**

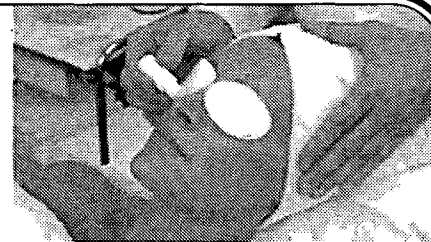
What does it take to capture that perfect,

creative, intimate, sensitive expression of feminine beauty in a delicate and soft manner?

Each woman possesses that unique gift of adopting a different personality throughout the changing sets of a shoot. The camera reveals the details in close up portraiture and softens the allure for full-length poses. The emphasis in achieving spectacular and stunning portraiture is not in the intimacy or appeal of the gown or set, but rather, the capturing of the right complimentary expression for that setting. For this reason, non-prescribed shoots can extend to several hours of shooting time.

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Graduation Reunion

The January 1954 graduation class from Austin High School will be holding its 45th reunion on February 27, 1999 at Alta Villa in Addison, IL.

For further information or to make reservations, call Shirley (Holmes) Rogers at 708-386-9181 or Pat (Kopp) Draper at 847-895-2828.



cedence and allows the opportunity for creative interface, photo scripting and wardrobe selection. My concept is to accentuate through elaborate and extensive use of fine apparel: a blazer by Gucci; gowns from Nordstrom's Gallery; furs from Dions; and racks and racks of wardrobe to choose from. And finally, I desire to place each composition on location with the depth of real sets: a marble fireplace; a claw-footed bathtub; mirrored

sets; health club apparatus; and so on.

Stop in and judge for yourself. Discover what's new in couples photography. Our bridal package is now available. We also have a new student glamour section which fills half of our studio. See what is new in student glamour and business/professional packages. Visit our website, <http://www.execpc.com/~keri>, or Email us at keri@execpc.com. Gift certificates are available.

Barrington LIFESTYLES February 1999 35



Hand Painted Furniture & More

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Next to Red Oaks)

Beat Cabin Fever—Redecorate the Cabin!

The Painted Attic offers an elegant collection of hand-painted furniture and decorative accessories for your home. Choose from antique or new pieces including dressers, hutches, desks, bookcases, tables, chairs, cabinets or mirrors. Styles include shabby-chic, whitewashed, cracked, color-washed, glazed, trompe l'oeil, distressed or just plain stained.

There is lots of small stuff, too—candlesticks, clocks, mobiles, accent antiques, plant stands and framed prints.

Browsers are welcome at **The Painted Attic**. Stop by and visit us at 330 Old McHenry Road, next to Red Oaks Furniture. We're open seven days a week. Or give us a call at 634-3440.



Mid-Year Report Cards are Catalyst for New Year's Resolutions

While January marks the beginning of the New Year, it is also the halfway point in your child's school year. The skills developed during the first half of the year will be your child's foundation for the more difficult work ahead. Shortly, schools will be distributing midyear report cards. What should you do if you are unhappy with your child's midyear report card?

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

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

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

1. *Examine the situation realistically.* It's important to remember that every drop in grades indicates that valuable skills are being missed. An effort should be made to learn and reinforce those missing skills. But while this is being

done, it's also important to identify and remedy the basic problem, so it does not continue to hurt your child's education.

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

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

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

It is important to remember that the difficulty that caused these poor grades may be a serious problem. Your child may have missed one or more important basic skills. It's vital that you get help for your child as soon as possible, before the problem gets worse.

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

Youth Downhill Ski and Snow Board Trips

Winter has blasted and we are skiing! BCPD will host Ski & Snow Board, all day bus trips on February 15 and March 5. The After School Program ski dates are February 2, February 10 and February 25.

New this season—the bus is leaving from both Countryside School (Lake Cook and Brinker in Barrington Hills) and North Barrington School (Route 59 just north of Miller). Choose any date or combination. Ages from 6 to 96 are welcome, beginners through advanced! The packages can include rental equipment and do cover

transportation, lift tickets and 1-hour lessons for all ski and board abilities. Parent skier's fees are discounted and car pools are welcome. There are no in/out district fees; all suburbs are invited.

Mail registration forms and checks to: BCPD Ski, 17 Country Oaks Ln in Barrington Hills, IL 60010-9620.

Need more information or forms? Please call P. Denise at 381-9414 or fax at 381-9487. And BCPD now has websites at: nsn.nslsilus.org/bakhome/BCPD/skiing or www.chicagotribune.com/link/bcpd.



Why Do Smart Kids Struggle?

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

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

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

Weak Basic Skills

Frustration with School

Lack of Confidence

No Motivation

382-3655

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Barrington



THE HUNTINGTON LEARNING CENTER®
Your child can learn.

Barrington Attorney Becomes Officer of Kiwanis International

John Peter Curielli, a practicing Barrington attorney, took office as Governor of the Illinois-Eastern Iowa District of Kiwanis International on October 1, 1998. John Peter was elected Governor at the District Convention in August of 1998.

Kiwanis is an international organization devoted to community service. The District which John Peter serves as Governor includes approximately 11,000 members and over 300 clubs divided into 35 Divisions. John Peter and his wife Cathy have already visited over 75% of the Divisions and will complete their visits in January. Governor John Peter has introduced a new program into the I-I District of Kiwanis called "Reading is a Priority." This program is designed to help economically disadvantaged children develop reading skills and vocabularies prior to entering grade school. It has been found that economically disadvantaged children come to grade school knowing 3,000 words as opposed to the non-economically disadvantaged child, who comes to grade school knowing 8,000-10,000 words.

At a District level, the Kiwanis organization has a foundation known as the Spastic Paralysis Foundation which was founded in 1952 and since that date has supported researchers in the development of procedures and tools to help children born with Spina Bifida.

At an International level, Kiwanis has committed to raise \$75,000,000 by the year 2000 in order to rid the world of the



John Peter Curielli

greatest cause of mental retardation in children, namely the lack of iodine in their diets. A nickels worth of iodine per year can prevent mental retardation in these children. Kiwanis has already raised \$36,000,000 for this worthwhile project.

Governor John Peter's personal goal is to build 25 new clubs in the Illinois-Eastern Iowa District and raise membership by 15% during 1998-99 Kiwanis year.

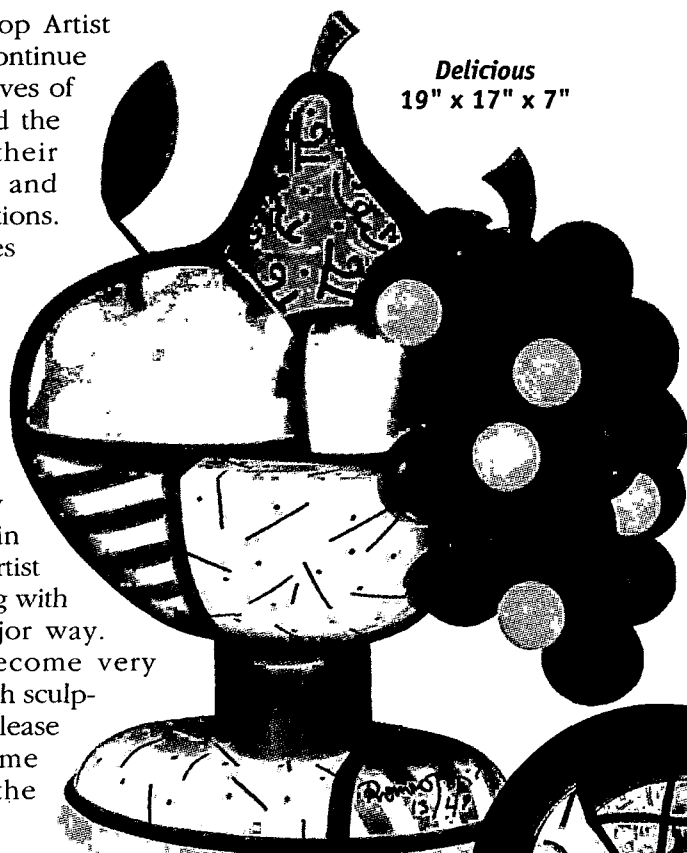
Prior to his election as Governor, John Peter was honored with The George F. Hixson Award, Life Membership, Distinguished Secretary, Distinguished President and Distinguished Lieutenant Governor, amongst other honors.

John Peter has been a Kiwanian for 25 years and devotes much of his free time to community service primarily in the area of Kiwanis and Shriners Crippled Children's Hospital.

Britto Encore...

The works of Pop Artist Romero Britto continue to brighten the lives of collectors around the world with their energy... fun... and striking compositions. The fun continues at **The Studio of Long Grove**. Brighten your Valentine's Day weekend with Britto's works.

Since Romero Britto's last show at **The Studio**, in June of '96, the artist has been working with Disney in a major way. He has also become very accomplished with sculpture as you see. Please help us welcome him back to the Chicago market.



Delicious
19" x 17" x 7"

Britto Museum Shows are Non Stop Pop!

A traveling exhibition showcasing the evolution of Britto's remarkable career through his works on canvas, serigraphs and sculpture first opened at the Fine Arts Museum of Long Island in Hempstead, New York and then traveled to the Florida Museum of Hispanic and Latin American Art in Miami, Florida. These were the first two museums in the United States to host this dynamic exhibition.

Both museums transformed their exhibition spaces with walls painted in primary colors and accented with Britto's distinctive signature. Patrons could easily view Britto's early works as well as his most recent. Original commissions from the collections of Pepsi Cola International, Absolut

Vodka/House of Seagrams and Benihana were displayed along with paintings on loan from numerous other collectors. In addition to the more than 50 original canvases on display, the exhibition also included a unique look into the artistic process involved in the evolution of both a canvas and a serigraph. A series of 24 large color photographs illustrated the creation of the original canvas *Only You* and the serigraph *Golden Beaches*.

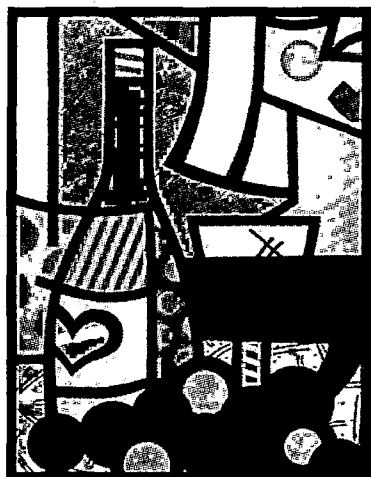
This year already proves to be as exciting as 1996 for Romero Britto. More one-man Britto exhibitions are scheduled in the United States as well as in Europe and Asia.



Happy Cat
13" x 19" x 11"



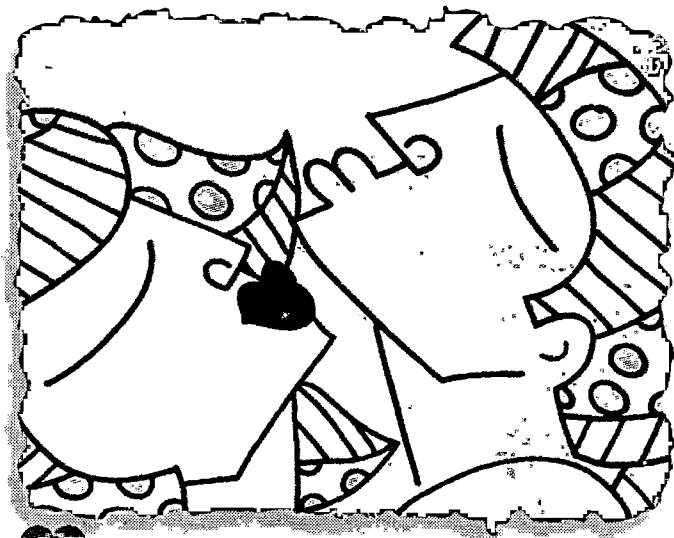
Behind the Bushes 19½" x 16"



Taste of Love 26½" x 19"

A Valentine Celebration with Romero Britto

at
The Studio of Long Grove
GALLERIES OF FINE ART



Passion

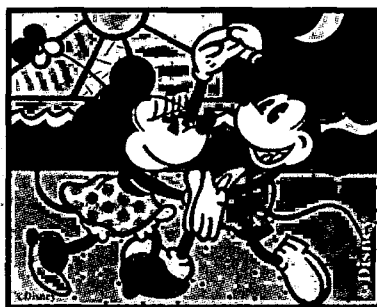
17" x 22"

Join us for an Artist's Reception
Friday evening, February 12, 6:00 - 9:00 pm

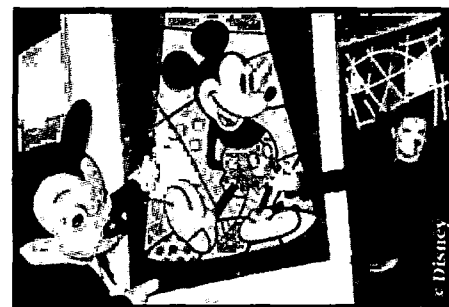
RSVP Please

The Artist will also be with us
from 1 - 4 pm, Saturday, February 13, 1999

• BRITTO DOES DISNEY •



Mickey Mouse's Greatest Love
Silkscreen 21" x 26"

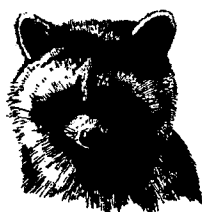


Mickey and Romero unveiling
the canvas, *Britto Mickey Mouse*.



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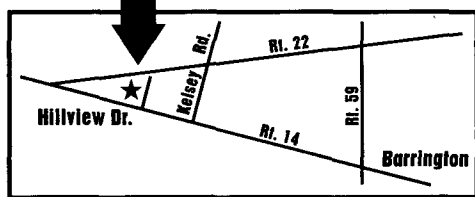
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Barrington

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<http://www.lamico.com>



**16
KITCHENS
ON DISPLAY**

Support Group Offered to Those Experiencing Loss

A six-week support group in the Elgin area is being offered by Hospice of Northeastern Illinois (HNI) beginning on February 2. The group is called "From Grief to Hope" and will be meeting on consecutive Tuesday afternoons from 1 to 3 PM through March 9, 1999. The group is open to anyone who is grieving the death of a loved one. There is a \$25 suggested fee for the group of six sessions. Reservations are required and participant privacy is respected.

The HNI is a not-for-profit, community-based organization accredited by the Joint

Commission on Accreditation of Health-care Organizations (JCAHO). The purpose of HNI is to support terminally ill patients and their families in all of Boone, DuPage, Kane and McHenry counties as well as in western Lake and Cook Counties. Hospice is dedicated to easing the emotional, physical and spiritual pain that often accompanies terminal illness, ensuring a higher quality of life for both patients and their families.

For additional information or to register, please call Terry Rasmussen or Chris Mezzydlo at 847-381-5599.

Nuisance Wildlife Management

With the population of wildlife on the increase and their natural habitat on the decrease, wildlife such as raccoons and squirrels have fast become a major nuisance to the home owner. Raccoons enter attics via gable or roof vents that are not properly protected or through chimneys that have not been secured. **Smithereen** (one of the oldest pest control companies in Chicagoland, est. 1888) can stop them.

Nuisance Wildlife Control is one of the many services offered by **Smithereen**. This type of service is specialized, not

only to ensure public safety, but to limit the amount of stress on the animal being removed from structures it tries to claim as its new home, (i.e. your home).

Smithereen employs Special Service Technicians who have passed the state's exam process and are permitted by the Illinois Department of Natural Resources to trap and relocate animals.

For more information on this or other services offered by **Smithereen**, just call **847-382-3088**. They will be happy to help you.

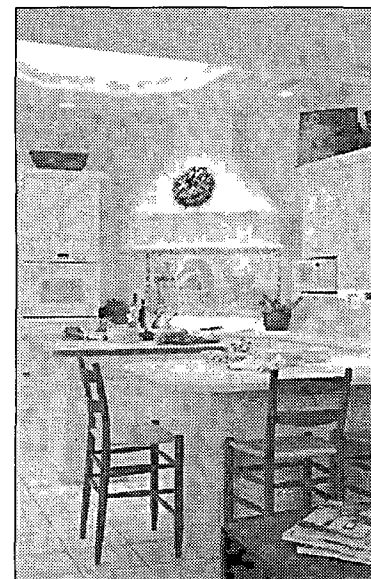
Quality Cabinetry and Solid Surface Countertop Specialists

Lamico Designers in Barrington offers high quality cabinetry and countertops for kitchens or baths—and at affordable prices.

Jim Kill is our award-winning designer. He will be glad to show you what is available in new kitchen products and what can be done with these products to make a better kitchen for you. **Lamico Designers** uses specialized computer software, so that you can see your dream kitchen and how great it will look before it is even installed in your home. All estimates are at no charge to our customers. Come in and see what your dream kitchen can look like.

Now is the time to update your kitchen with new cabinets and countertops. **Lamico Designers** is a specialist in Corian, Fountainhead, Surell and Avonaite solid surface countertops. We have invested in special equipment so as to be able to custom build your solid surface countertops in our own warehouse. **Lamico** also carries a complete line of laminate surface countertops. Choose either oak edging or beveled edging—which ever suits your needs.

Remember over your lifetime you will spend almost 12 years in your kitchen. And when you entertain, where do most of your friends end up? In your kitchen. So



feel proud to have friends in your kitchen. Come into our Barrington showroom and have Jim design your dream kitchen just for you with your needs in mind.

And don't forget our "Sweetheart Special" Sale during February. We are offering **FREE** laminate countertops with the purchase of a complete kitchen. Ask our designer for details.

We're also on the Internet—Web page <http://www.lamico.com>. COME JOIN US!

TNOS Ensemble to Perform *Requiem*



Alto Beth Ellis of Fox River Grove and Soprano Janet Lareau of Algonquin will be among the singers on Sunday, February 7.

The New Oratorio Singers Ensemble will perform Anton Bruckner's *Requiem* on Sunday, February 7, 1999 at 7:30 PM in North Shore Center for the Performing Arts in Skokie as part of the Ars Viva! Subscription series.

Music Director Alan Heatherington will

conduct the 30-voice Ensemble (chosen from The New Oratorio Singers main chorus of 120 voices), the Ars Viva! Orchestra and soloists Diane Ragains, Emily Lodine, Cal Metts and Peter Van De Graaff in Bruckner's early choral masterpiece. Call 847-677-8482 for tickets.



LIFESTYLES

Homes & Interior Designs Section

Store Firewood Properly

As winter approaches each year, many homeowners cut and split firewood for use in their stove or fireplace. Bob Frazee, U of I Extension Educator, Natural Resources, Peoria, cautions homeowners, "that a lot of hard work and sweat may be wasted if firewood isn't stored properly."

According to Frazee, "storing firewood involves more than space. Other considerations, such as location, seasoning, rot, exposure and termites are also important. For example, firewood stored in a shady corner near buildings or surrounded by shrubs and vegetation deteriorates more quickly than wood stored in a sunny, exposed location. Also, wood in contact with the soil is soon infected with decay, and decayed wood has considerably less fuel value than sound wood. To prevent stored

firewood from rotting, it is recommended that it be placed on a rack that allows air movement on both the bottom and sides of the woodpile." Plastic sheeting or closer stacking of the top pieces will help to protect firewood from rain and snow.

Wood seasons faster without bark, and pieces with small diameters air-dry faster than large chunks. "To speed the drying time for firewood," Frazee recommends, "halving or quartering the large pieces will help the seasoning process."

Firewood should not be stacked against buildings, because of the danger that termites or other insects may attack the wood and thereby gain entrance to the building. And the general dampness and decay of the wood should not come in contact with the structure.

Caregiver Program

BACOA is sponsoring a program on Long Term Care Insurance on Tuesday, February 23, 1999 from 7 to 9 PM in the Zimmerman Room at the Barrington Area Library, 505 North Northwest Highway.

Robert Miller will host an open discussion with time provided to answer

questions and clarify issues.

There will be no selling of any specific benefit plan. A free Shoppers Guide and workbook will be provided to all in attendance. Refreshments will be served.

RSVP by calling 381-5030 by Friday, February 19.

What Keeps the Lights Burning Far into the Night in the Wood Shop?

Several months back, a new customer called to see if I could come by and discuss a home entertainment unit to house their video equipment. After a casual discussion about their taste in style and statement, and preferences in period design, I came away with a sense of what they really wanted. Often times I feel the client becomes almost too focused on the single focal aspect of the furniture and can't visualize the final dramatic impact and improvement in their home when selecting a custom piece or ensemble.

As it turned out, they had also discussed the possibility of a mantle to complete their beautiful granite fireplace. The home was well furnished with predominately oak pieces; and frequently clients will express feelings of apprehension about mixing different woods in the same room. At our next meeting, they selected a natural cherry from Wisconsin and a tongue oil and polyurethane satin

finish to blend with the pegged oak flooring and the rest of their furnishings.

In the end, I was able, with their input, to design both pieces to blend into the home without upsetting the mood or tempo and was able to witness, after the installation, the expressions of complete heartfelt satisfaction from the clients in both form and function.

This is the magic chemistry that simply does not fit into just an 8- or 10-hour day. In my profession comprised of woods and clients from around the world, each with their own unique dreams and needs the extra special care I feel every customer deserves, is not something you can always calculate with a formula. And it rarely ever works into just an 8-hour day. That's why my shop lights so often burn on well into the night. Excellence often takes longer.

Give Bill Suttie at **Classic Woodworks** a call if you'd like to discuss a dream project of your own.

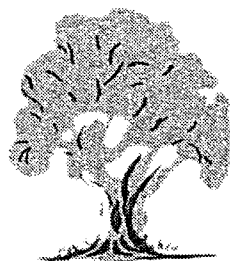
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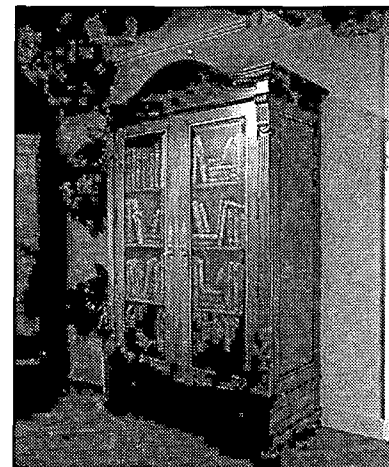
Interior Design the Easy Way

There is no need to frustrate yourself making hasty decorating decisions. The experienced interior design team at **Decorating Connections** would love to help you create your dream home. Call and schedule a consultation with one of our talented designers and treat yourself and your home to a magnificent, fun and pressure-free interior design transformation.

Decorating Connections is a dealer for a vast array of fine furniture manufacturers such as: Lexington, Pearson, Stanford, Habersham, Johnston Casuals, Decorative Crafts, Council, Wesley Allen, Charleston Forge and more!

Save 30% on Charleston Forge Wrought Iron Furniture, Pearson Custom Upholstery and Habersham Hand-Painted Furniture during the month of February.

If you are looking for interior design, commercial design, furniture, artwork, lighting, carpeting, area rugs, decorative



painting or accessories, then please visit us at **Decorating Connections Inc.**

We are located in The Marketplace Shopping Plaza on Route 59 and Kelsey Road.

Studio 13 at Gallery Northwest

Experience nature as seen through the eyes of 14 award winning artists. These creative women will delight you with their different approaches to painting nature.

The Studio 13 Show "Impressions of Spring" opens March 3 and runs through March 20. Join us for a champagne reception with the artists of Studio 13 on Friday, March 5, from 5 to 9 PM, and Saturday, March 6, from 12 to 4 PM.

Gallery Northwest also offers a wide selection of custom frames with an emphasis on conservation framing for all your priceless artwork.

Gallery Northwest has a wide selection of unique contemporary as well as traditional pieces of art.

Gallery Northwest is located at 234 North Northwest Highway, just two blocks north of Palatine Road in Palatine. The phone number is 847-991-0014.



Circe Nova by Tomasz Rut


80th Birthday Celebration



Hildegard Zimmerman, Executive Director and one of the founders of the Michael Joseph Foundation, was recently honored with a birthday celebration for her 80th birthday by members of the foundation's board and fundraising committee.

The Michael Joseph Foundation is a

not-for-profit organization whose focus is to provide housing for the homeless and those in danger of becoming homeless. The Barrington-based foundation works to provide housing, furniture, utilities, support and counseling until families have enough income to become self-sufficient.


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Heads Covered for a "Shower of Giving"



Preparing to serve Thanksgiving dinner to nearly 500 guests and volunteers at Salvation Army's Thomas Seay Uptown Corps Service Center in Chicago are, from left: Dave DiGangi, Chicago; Romeo Mura, Barrington; Trina Mura, Barrington and Chicago; and Roger Young, Barrington. This is the fourth year of service for

Romeo, Catherine and Trina Mura; the second for Roger, Char and Lynn Young; and the first for Dave.

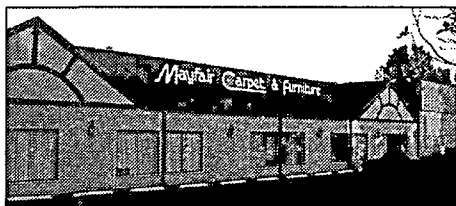
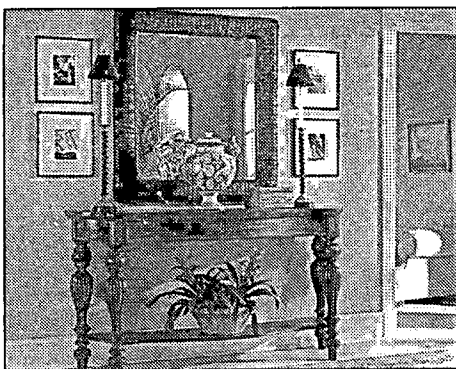
Seven days a week, the Thomas Seay Uptown Corps Service Center provides breakfast and lunch. Each evening, a canteen provides meals in 12 different neighborhoods.



Let Mayfair Brighten Up Your Home this Winter!

While the outdoors remain cold, wet, and dreary, **Mayfair Carpet & Furniture** offers plenty of possibilities to brighten the *inside* of your home. A large selection of colorful pictures and accessories have just arrived. And you could warm up just about any room with a cozy new sofa, bright new upholstery, candles, lamps, area rugs, and so much more... new furnishings are arriving daily. You'll be over the wintertime blues in no time.

Right now you'll find **GREAT SAVINGS**, as a large selection of floor samples are at their final markdown! **Mayfair** carries designs from such other top makers as Berne, Bernhardt, Hooker, Bob Timber-



lake, Lexington, Leeazanne, and many more.

If the winter mess is taking a toll on your flooring, you'll want to get your order in at **Mayfair's** full-service flooring department. They carry a broad selection of carpet, wood, vinyl, ceramic, and Pergo®. A surface for every room in your home.

Let **Mayfair Carpet & Furniture** brighten your home this winter. Quality furnishings, an exceptional selection of accessories, a full-service flooring department and affordable prices—all in one stop. They are conveniently located on Main St., just south of Route 14 and west of Route 31 in Crystal Lake. Showroom hours are Monday-Thursday 9 AM-8 PM, Friday and Saturday 9 AM-5 PM, and Sunday 11 AM-4 PM.

Mayfair Carpet & Furniture, Floor-covering & Furniture for Every Lifestyle!

How About a New Bath for Your Valentine?



Bill Schafer—President



Joe Schafer—Vice President

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

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

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

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

Give us a call at **815-459-1333** or **800-564-1339** for a free consultation or stop by our beautiful, award winning office at 43 East Crystal Lake Avenue in downtown Crystal Lake. You can also visit us on the web at <http://www.schaferbuilders.com>.

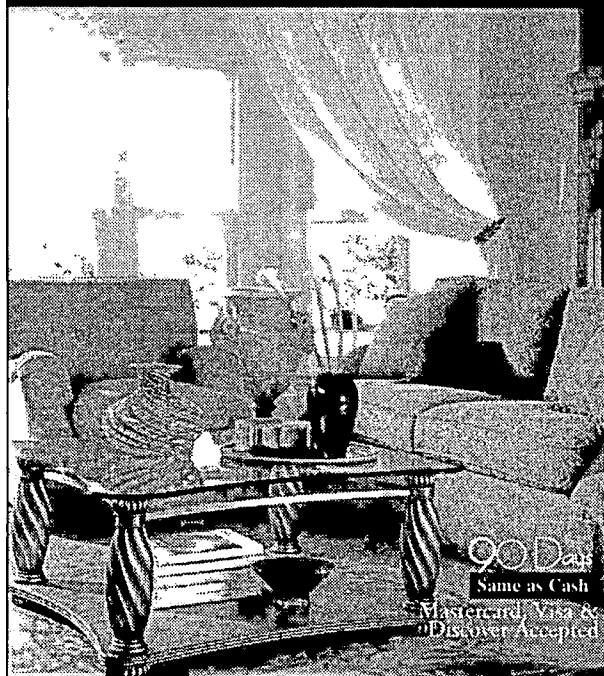
Heartsaver Course

The Advocate Occupational Health, Barrington Center, part of Good Shepherd Hospital, sponsors the Heartsaver Basic Life Support Class, a class held monthly for the general public. The four-hour course focuses on adult skills including basic cardiopulmonary resuscitation (CPR), rescue breathing and conscious

and unconscious choking signs.

Participants will learn about heart-healthy living, risk factors for heart disease and the signs and symptoms of a heart attack. Infant and child life support skills will also be demonstrated. There is a \$30 fee. For information and dates, or to register, call HealthAdvisor at 1-800-323-8622.

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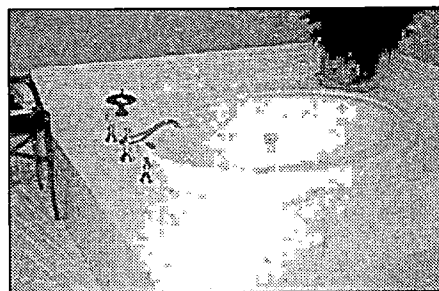
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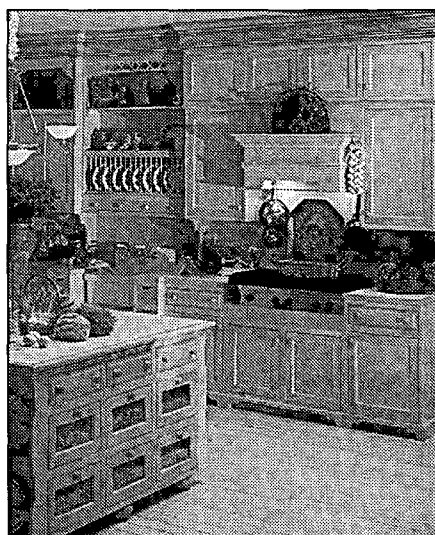
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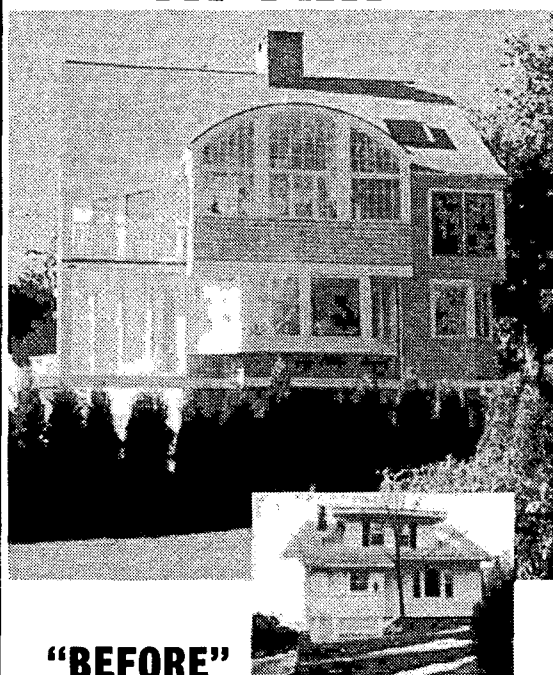


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SHOWROOM HOURS: MONDAY - FRIDAY 9:00 AM TO 5:00 PM, THURSDAY TILL 8:00 PM
SATURDAY 10:00 AM TO 3:00 PM OR BY APPOINTMENT
APPOINTMENTS ARE SUGGESTED FOR DESIGN AND PLANNING CONSULTATIONS.

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If your home needs a "before and after" transformation, bring your plans before us. Because here, great "afters" are our specialty. With beautiful, made-to-order Marvin windows and doors, we'll help make your home come alive with space and light. To get started on your "before and after" project, call or stop by today.

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professional remodeling contractors

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Ask Our Designer...

Question: I have no idea what I want as far as a style for my kitchen. How do I start?

Answer: To start, you need to get an idea of what is available. By visiting **Barrington Kitchen and Bath Studio** you will get a chance to see many of the trends for kitchen and bath design. "We try to show numerous aspects of good kitchen design," says designer Daniel Park of **Barrington Kitchen and Bath Studio**. "Magazines such as *Kitchen and Bath Ideas* and others are also an excellent way of putting together ideas. We have pictures in our showroom as well as projects we have done in the past, all of which will give you a chance to see just what we are capable of doing with cabinetry."

By pulling all of these concepts together and with help from one of our talented **Barrington Kitchen and Bath Studio** designers, you will be amazed at how easy it is to come up with just the right look for your specific space. Whether it be a kitchen, bathroom, laundry room or any other space in your home.

Question: I have a difficult time visualizing what the end result of the remodeling will look like. Can you help?

Answer: Our computer designs can play a big part in helping you see what the end result will be. "We can give you perspective views, overhead views and elevations from any angle of your space," says Park. "With the computer we can program the wood door style and stain you have chosen, so in a sense you see your space remodeled before the work even begins."

Another visual aid we use at **Barrington Kitchen and Bath Studio** is sample doors. With each remodeling job, your designer will order a sample of the door in the wood and finish you have selected. What an easy way to visualize!

If you have any questions for our designers, feel free to give us a call. Or stop by our showroom at 319 W. Northwest Highway in Barrington and speak with us in person. Our hours are Monday through Friday from 9 AM to 5 PM; Thursday from 9 AM to 8 PM; and Saturday from 10 AM to 3 PM.

Spending More Time Indoors?

Now that the weather has turned colder we are spending a lot more of our time inside of our homes. This also means you may be noticing it could be time for a change.

Make 1999 the year your dreams come true. Whether it be a room addition, a new kitchen or just an overall facelift, **Delta Renovations** can fulfill that dream.

Delta Renovations is a full service home renovating firm with the beautiful kitchen and bath showroom of its sister company, **Barrington Kitchen and Bath**. This gives the advantage of having experienced, knowledgeable experts all in one place and in every step of the remodeling process.

eling process.

How do you get started? First take a good hard look at your house. What do you like about it? What do you dislike about it? Getting the whole family involved in this first step of the process is very important. Next, write out a list of the areas you want to change, add or get rid of. The third step is as easy as bringing that list into **Delta Renovations** to get the whole planning stage started.

We invite you to come into our showroom to browse, ask questions and develop ideas for your remodeling project or give us a call at 277-1305 to set up an appointment.

Hawthorn Woods Women's Club Art Auction

The Hawthorn Woods Women's Club invites the community to its annual Art Exhibition and Fund Raising Auction on March 6, 1999 at 7:30 PM. This event is conducted by Regency Fine Art and is held at the Hawthorn Woods Barn, 2 Lagoon Drive, Hawthorn Woods. The cost is \$5 per person at the door. Fine wine, champagne and beer will be available for

purchase. Complimentary gourmet desserts and complete espresso bar will be offered during the auction. Art work in all media and price ranges will be offered. The artwork is unconditionally guaranteed and carries a 15-year exchanged privilege. All proceeds will be donated to Lake County Charities. Please join us for an enjoyable evening.

Barrington Area United Way Seeks Volunteers to Allocate Funds

Volunteers are needed to evaluate funding requests submitted by health and human service organizations who desire funding from BAUW during 1999. Approximately 40 individuals are needed to take on this important project during the months of February and March. The proceeds from this fall's campaign will provide funding for the 1999 allocations.

Volunteers are divided into services areas that are funded by the Barrington Area United Way. They visit the health and human service organizations, observe programs, review their annual reports and

budgets and interview the agency representatives at the allocation request meetings. The volunteers take the information they have gathered and weigh it against the community needs assessment, the impact the program would have on this community and the amount of available funds. A recommendation is made for each agency and these recommendations are brought before the Board of Directors of BAUW for consideration and a final vote. Interested volunteers may call Karen Atkinson at 847-382-8778 for additional information.

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Thought

The development of a personal landscaping plan is the cornerstone of your gardening success. We specialize in thoughtful coordination between the natural setting of your property and the architectural features of your house.

We can combine your ideas with creative and cost effective plans to create unique and beautiful landscapes. Our experienced construction staff completes the design process.

- Entrances
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- Patio Terraces
- Natural Stone Walls
- Garden Structures
- Outdoor Living Areas
- Intimate Gardens
- Privacy

Trust

George Kay and Associates, established in 1979, holds the highest standards in the industry. We specialize in landscape design and construction for individual homeowners.

The importance of beginning with a coherent plan developed by professionals with knowledge and experience in landscape architecture and construction materials cannot be overestimated. Our steady workforce is experienced in all the aspects of landscape construction. Your

landscaping will increase in value as it matures.

George Kay and Associates offers an on-site consultation at no cost. We would enjoy showing you photographs of our completed work at our office.

Experience

- Registered Landscape Architects
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- Plant Care Specialists
- Nursery Experts
- Experienced Construction Staff
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- Established 1979

Efficient

- Site Consultation
- Design
- Cost Estimating
- Construction
- Sub-Contractor Coordination

Considerations

- Priorities
 - Annual Construction Budget
 - Number of Years to Complete Project
 - Areas of Concern (front, back, etc.)
 - Sun/Shade Exposure
 - Lot Size
 - Patio Size
 - Special Activities
- Call 630-232-6890.



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The creation of a beautiful landscape can prove to be one of the most rewarding personal pleasures a homeowner undertakes. Whether developing an intimate garden or grand estate, your landscape should be an extension of your personality. **GEORGE KAY AND ASSOCIATES** is dedicated to giving you and your landscape the highest level of personal attention. Through quality landscape design and construction, your landscape will develop into what you have imagined.

To schedule a no-cost site consultation, call 232-6890.



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Storage Solutions for the Entire Home

In a world of changing lifestyles and rising construction costs, today's homeowner requires careful use of space throughout the home. To date, homeowners wanting to maximize closet, home office, and garage storage spaces have endured and accepted low-grade options.

Now, there is a better way!

Closet Masters closet and storage systems.

Organize the entire house with **Closet Masters** storage systems. **Closet Masters** closet systems are professionally designed to meet your needs and your budget. **Closet Masters** looks at how you want to use your closet and then determines how we can help you make the best use of your space. **Closet Masters** systems are expertly installed, using the highest quality materials. **Closet Masters** systems are

completely flexible and adjustable. Even after your closets are installed, you can move shelves and wardrobe rods or add additional accessory items. To complete your custom storage system you can easily add drawers, baskets, velvet-lined and clear-lucite jewelry inserts, tie and belts racks, and finally laminate doors.

Closet Masters systems work wherever there's a need to get organized. You can organize the entire house with **Closet Masters** closet, home office and garage storage systems... master bedrooms, children's bedrooms, pantries, linen closets, laundry rooms... THE POSSIBILITIES ARE ENDLESS!

Discover hidden storage potential!

Closet Masters systems can be designed to fit your SPACE, your POSSESSIONS, your LIFE!

Interpretations of Nature Art Exhibit

Stephanie Nadolski paints *Interpretations of Nature* inspired by the beauty and mystery of the places she visits: the jungles and reefs of Costa Rica and the Caribbean, the Mayan relics of Mexico and the coasts and prairies of America. Her recent works integrate handmade papers and found objects with paintings and monotypes.

Nadolski's exhibit will be on display in the Clair E. Smith Art Gallery in Barrington

High School, 616 West Main Street, Barrington from February 16 through March 12, 1999. The Smith Gallery is located to the left of the Johnson Auditorium at the front of the school. Gallery hours are 8 AM to 3 PM weekdays when school is in session. This show will also be open from 7 to 9 PM on March 3, 4, 5, 6 and 9.

For additional information, please call 842-3214.

Is There a Baby in Your Future?

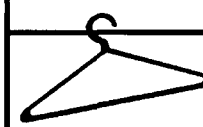
The most critical stages of a baby's development occur during the first eight weeks of pregnancy, which is before many women see a doctor or even realize they are pregnant. As a result, Good Shepherd Hospital in Barrington is offering a class called "Maybe... A Baby?" that is designed

for couples who are considering a pregnancy in the near future. The two-hour class is taught by childbirth educator Joy Wagner, RN. The cost is \$25 per couple and the class limit is 30 people (15 couples). Call HealthAdvisor at 1-800-323-8622 for dates, times and reservations.

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Poems and Pints

The Barrington Area Arts Council (BAAC) invites you to attend Poems and Pints, an evening of poetry, prose and music, at the BAAC Gallery at 207 Park Avenue in Barrington on Saturday, February 20 at 7:30 PM. Enjoy exciting readers, writers and musicians while they perform in a casual Welsh Pub atmosphere where pints of brew will flow and music and readings will fill the air.

The doors will open at 7:00 PM. Tickets are \$18 for BAAC members, \$20 for nonmembers and \$15 for seniors. Unlimited refreshments are included in the

price. Due to limited seating, reservations are suggested by calling 847-382-5626.

Auditions for Poems and Pints will be held on February 1 and 2 at 7:00 PM. Those 21 and over who are interested in auditioning should bring a resume and photograph. Readers should bring one or two pieces of poetry and prose to read. Original work is welcome but not required. Instrumental and vocal musicians must have their own accompaniment. For more information or to schedule an audition time, call 847-382-5626.

AAUW Investment Club Dinner

The Barrington Area Branch American Association of University Women (AAUW) will welcome Dr. Bob LaLonde, Professor of Economics at the University of Chicago, Harris School of Public Policy, MBA Program at its annual Investment Club Dinner on Friday, February 5, 1999 at the Biltmore Country Club in North Barrington. Dr. LaLonde will discuss "The Direction of the US Economy, Five and Ten Years Out." Cocktails begin at 6:30 PM followed by dinner at 7:00 PM. The cost of the program is \$38 which includes a dinner choice of

veal or salmon. The dinner and program is open to the public.

The Barrington Area Branch sponsors six investment clubs which meet monthly and you must be a member of AAUW to join. Membership is open to anyone with a baccalaureate or higher degree from an accredited college or university. In addition to the monthly investment club meetings, the branch sponsors workshops on topics of interest to investment club members. For additional information, call 847-381-2118.

The Carpet Mart, Your Neighborhood Abbey Flooring Store, Wishes You a Happy New Year

The Carpet Mart has moved into the former Habitat building in the Deerpath Shopping Center and is celebrating the new year with values galore on all carpets, rugs, ceramic, wood, laminates and sheet vinyl flooring.

Why Shop The Carpet Mart?

- Top quality merchandise from brand name manufacturers at great values
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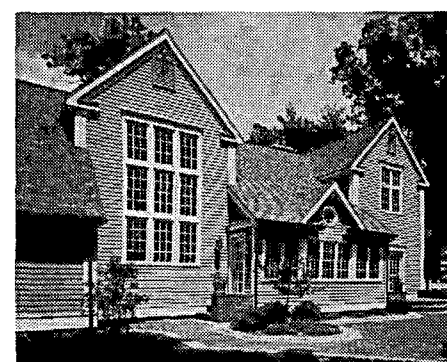
- Compare our "base" rebonded pad to the competitor's base pad
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Start Your Planning Now!

Now that the holidays have concluded, most of us are looking to spring. If your desires are in the direction of constructing a new house or improving your existing home, then now is the ideal time to get started with your design.

Why now? January and February are ideal months to commence with your plans to assure an early spring groundbreaking. Too often it is thought that March or April is the ideal time to contact an architect. Not so. Waiting wastes valuable time, which could be used to finalize your plans, pull building permits, and secure contractors during the winter months. Plan now so you can spend the summer months enjoying your new home!

We suggest that you schedule a time soon to meet with us to discuss your ideas and the scope of your project. We will be happy to visit your home or site for a first-time consultation, at no charge. **Kemper Cazzetta, Ltd.** is experienced in the complexities of residential architecture and specializes in designing spaces that meet



its clients' needs, desires and budgets.

To learn more about our firm or schedule a convenient time to review our portfolio, please call principals Cheryl Ferguson or John C. Cazzetta, Architect, at **847-382-8322**.

By the way, don't forget about landscaping. John C. Cazzetta is also a Landscape Architect thereby offering a unique combination of expertise to provide the finishing touch to your new home design! We look forward to hearing from you.

Auto Dealers Challenge Each Other to Benefit Barrington Area United Way

Five local automobile dealers will be combining efforts during the month of January to see who can raise the most dollars for the Barrington Area United Way. Participating dealers include Wickstrom Ford, Barrington Dodge, Marquardt Buick, Barrington Volvo and Motor Werks of Barrington.

Each dealership agreed to pledge \$5 for every vehicle sold during the month of January. This will be the final effort to raise \$426,500 by January 31, when the United Way campaign officially closes.

Monies raised will benefit health and human service organizations serving the Barrington Area. Meals with wheels, bereavement services, counseling for drugs and alcohol and activities for youth are a sampling of programs funded by the Barrington Area United Way.

Says event coordinator Kent Salisbury, "We encourage community members to visit these participating dealers if they are looking to purchase a vehicle. Every one sold will assist your local United Way in providing assistance to those in need."

Charitable Lead Trusts

(Continued from page 34)

If W lives for one year after establishing the CLAT, the amount that will pass from the CLAT to D at the end of the year is \$100,000! The CLAT produces income of \$10,000 during the year, increasing the total assets to \$110,000 and, at the end of the year, a payment of \$10,000 is made to the charity leaving \$100,000.

For many individuals with shorter-than-

average life expectancies, a transfer to a Charitable Lead Annuity Trust produces results that are extremely beneficial to the Grantor and his family, while at the same time contributing significant amounts to a worthwhile charity.

Happy Valentine's Day. Spring is soon approaching. Have a healthy and prosperous February! See you next month.





Tips from the Top

Margaret R. Semrad
Broker/Manager
Barrington Office



Webster defines lovable as "having the qualities that attract affection." This month's column concerns the topic of lovable homes.

Question: Does your home possess the qualities that you love?

Today, I had an interesting conversation with my friend Napoleon. He called, inviting me to lunch with he and his wife on Valentine's Day. He is a special person. While I had him on the phone, talking about life and asking about his, I asked if he loved his home and why? He told me, "Margaret, my home is comfortable." This is important as Napoleon has oversized furniture, commensurate with his large frame and his home has the space necessary for the possessions he loves. Also, the fact that his home had enough room for each family member to have personal space to relax and regroup was important.

When I talked with him about his home and the enjoyment that he has had as its owner, I asked if it now satisfied his current lifestyle? He gave me a resounding YES. (Of course, he may have done so thinking that I would have him out look-

ing at homes if he hesitated.) After he thought about it though, he said he would like to have a larger piece of property to pursue his hobbies, landscaping and gardening. He missed doing that.

In further conversation, I asked why he hesitated doing something about it. He said it was "just too much trouble."

"But Napoleon," I said, "why is it too much trouble? Life is just too short not to have it just the way you want it. And, that means living in the house that is just right for you."

Napoleon talked about missing the space needed to pursue his hobby of gardening. However, each of us has unique and special housing needs. We may only dream about having them, but, in actuality, it's absolutely possible to have them. You might find that large luxury bath (where you can shut out the world) or that beautiful view overlooking a pond or a lake or that home nestled on a hillside or in a bank of trees providing a private retreat. Yeah! As in life, your home is constantly evolving... a work in progress. Lifestyles do not last forever; they change

(Please continue on page 47)

Getting to "Wow!"

"Wow! Every time we walk into the kitchen, it takes our breath away!"

"...the crown jewel of my home."

"I can't believe I'm living in something this beautiful."

"Thank you for our fabulous new kitchen... We love what you've done for our lives."

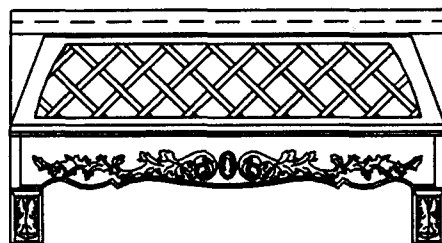
At **McCauley Design**, we change the way people live by transforming old, out-of-date kitchens, libraries, family rooms and home offices into beautiful, state-of-the-art living spaces that express our clients' unique personalities and the unique character of their homes.

When we design a kitchen, our focus is on the joy of cooking. When we create a home theater, we are creating a setting for art. When we go to work on a library, we are giving our clients a place to think, relax and produce. Only by focusing on how our clients live can we consistently produce designs that inspire comments like, "We love what you've done for our lives."

Details Make the Difference

No two **McCauley Design** kitchens are ever alike. It is our attention to detail that makes the difference between an ordinary kitchen and a **McCauley Design** kitchen.

Each **McCauley Design** kitchen is meticulously crafted out of unique pieces of furniture which we design after exhaustive consultation with our clients. Whether your home is Georgian Colonial, French Chateau, Prairie School, Eclectic or any other style, our people have the background and experience to fit the kitchen



Scale - 1/2" = 1'-0"

Unique details like this hood, specially designed for a North Barrington home, make the difference between an ordinary kitchen and a kitchen by **McCauley Design**."

to your home.

Having produced hundreds of kitchens at the highest standards, **McCauley Design** knows how to use elements that bring a sense of richness to your project. We provide special moldings, valances, corbels and other details that speak of history and unique craftsmanship.

That's why we can say with confidence, "You'll love what we do for your life!"

Come See Us

McCauley Design is located in Barrington Village at 220 South Cook Street one block east of Hough Street (Barrington Road) and two blocks south of Main Street (Lake Cook Road). We're open Monday through Friday from 10 AM to 5 PM, and Saturday from 10 AM to 3 PM. Or call for further information or an appointment at 381-2742.

Life is too short not to love where you live.

Everyone doesn't love the same thing. You might yearn for a charming cape cod with a yard full of roses. Someone else, a sleek townhouse at the edge of a lake. Or a family-seat kind of home with acres of space for pets and projects and friends.

The point is, you should try for what you yearn for. The challenge is tracking down those lovable places. Which happens to be our specialty. Come see. Underneath our business heads beat the hearts of matchmakers.

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

The new

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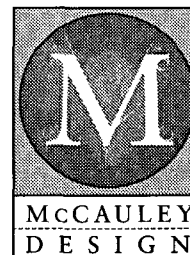


Each and every **McCauley Design** project is individually created to reflect the unique architectural character of its surroundings and the unique personalities of its owners.

No two projects are ever the same.

Kitchens - Libraries
Entertainment Centers

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Featuring

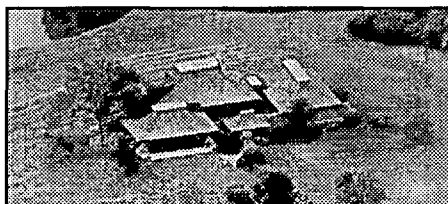


"America's foremost
producer of high-end
custom kitchens."
—Forbes Magazine

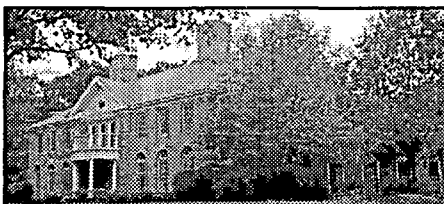
COLDWELL BANKER



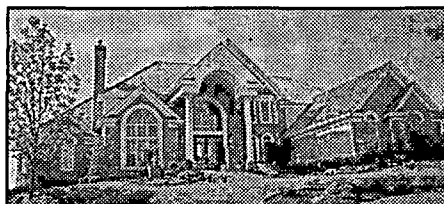
South Barrington **\$2,500,000**
Luxury residence overlooking the pond, boasting outstanding quality, featuring 5 fireplaces, 7 bedrooms, 8.5 baths.
Darinka Povrzenic 847/465-2268



Barrington Hills **\$1,700,000**
Waterfront Shangri-La on 10 acres w/ idyllic views, winding drive, 4 fireplaces, 4 BR, 4 BA, gourmet kitchen, private master suite, handsome decor, indoor pool.
Meg Cleavenger & Barb Wessberg 847/465-2259



Barrington Hills **\$1,300,000**
Brick Georgian, 5 wooded lakefront acres features outstanding detail, 4 fireplaces, handsome study, solarium & grand foyer.
Meg Cleavenger 847/465-2259



Inverness **\$1,299,000**
Magnificent traditional home. Exceptional appointments of marble, granite, hardwood flooring, 4 BR, 5.2 BA, 5 fireplaces, finished walkout & 4-car garage.
Bonnie Paice Legue 847/465-2223



Barrington **\$1,295,000**
Charming European elegance & outstanding presence distinguish this 10+ room estate. 4/5 BR, 4 fireplaces, white kitchen, volume ceilings, walkout lower level.
Bonnie Paice Legue 847/465-2223



North Barrington **\$890,000**
Wynstone—lovely courtyard entry—charming country English home. Fabulous great room w/ vaulted ceiling, outstanding brick fireplace, 1st floor master.
Nancy Herr 847/465-2267



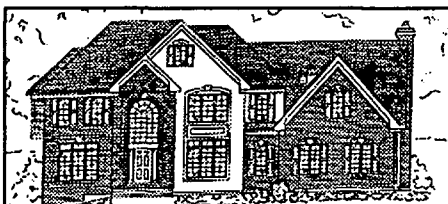
Barrington Hills **\$849,000**
Set on a rise on a quiet lane, this delightful colonial offers 1st floor master suite, 5.1 BA, study, huge kitchen w/ fireplace, inviting FR w/ beamed ceiling & fireplace.
Meg Cleavenger 847/465-2259



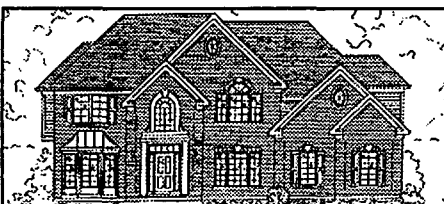
Barrington Hills **\$825,000**
A long drive leads through nature's beauty to this 4-bedroom home offering high ceilings, enormous rooms, 3 fireplaces, finished walkout lower level & barn.
Meg Cleavenger 847/465-2259



Barrington Hills **\$799,000**
On a tranquil pond this 7-year-old home offers 9' ceilings, 4 fireplaces, gorgeous kitchen, finished walkout lower level, 4-car garage & in-law apartment.
Meg Cleavenger 847/465-2259



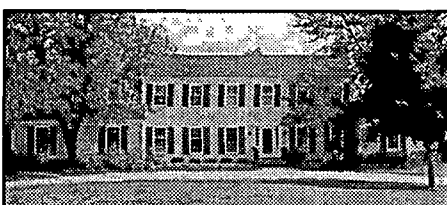
Barrington **\$649,000**
Thinking ahead? This stunning new home w/ wooded privacy, can be built w/ your choices in mind. Quality abounds in 12 spacious rooms.
Donna Veller 847/465-2228



Barrington **\$649,000**
Like a head start? This stunning 11-room new home is waiting for your personal choices! Situated on 1+ wooded acres, privacy abounds.
Donna Veller 847/465-2228



Lake Barrington **\$629,000**
Outstanding brick colonial w/ over 4500 square feet! Features include 2-story foyer, den, 4 bedrooms, 4.1 baths, finished lower level, 1.2 acre interior lot.
Mary Spinner & Bob Untch 847/465-2284



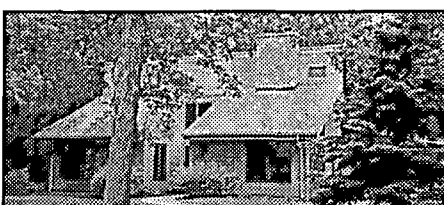
Barrington Hills **\$599,000**
Great horse property w/ 4-stall barn & pool. The lovely 4-bedroom home offers 3 fireplaces, 1st floor study, sun-filled Florida room & finished lower level w/ 2nd kitchen.
Meg Cleavenger 847/465-2259



Barrington **\$500,000**
Set on 5 rolling & wooded acres overlooking a tranquil lake, 5-bedroom home offers volume ceilings, finished lower level, 5-car garage & idyllic views.
Meg Cleavenger 847/465-2259



Lake Barrington **\$495,000**
Light & bright home w/ volume ceilings, hardwood floors, romantic 1st floor master suite w/ fireplace & stunning BA. Study, outstanding kitchen & 3-car garage.
Meg Cleavenger 847/465-2259



Barrington Hills **\$469,000**
Custom contemporary home set on 6+ wooded acres w/ 3 BR, 3.5 BA, vaulted ceilings, 2-story living & family rooms, 2 wood-burning fireplaces & screened porch.
Meg Cleavenger 847/465-2259

Barrington Area Office



Barrington **\$405,000**
Looking for a home that feels like new but has everything done for you? Come & delight in this stunning home w/ vaulted ceiling, skylight, lake rights.
Tressa Borkon 847/465-2256



Barrington Hills **\$389,000**
Charm & character are found in this updated Cape Cod featuring a white kit, hrdwd flrs, updated baths & 3-car garage on a wooded lot. Barn w/ water & electric.
Bonnie Paice Legue 847/465-2223



Cary **\$369,000**
Trout Valley hideaway. 4 bedrooms, 3 baths, beamed ceiling, floor to ceiling windows, newer kitchen appliances, maids quarters. AudioAd #16832.
John Nemz 847/465-2289



Palatine **\$312,900**
Spectacular luxury 3-level townhome featuring 3 BR, 2.5 BA, fireplace & finished walkout LL. Upgrades galore, hardwood floors, security, sound & central vac.
Bonnie Paice Legue 847/465-2223



Wauconda **\$205,000**
Traditional colonial features 4 BR, 2.1 BA, kitchen open to family room w/ fireplace, full appliances, deck, screened porch, fenced yard, 2-car, move-in condition!
Bonnie Paice Legue 847/465-2223



Wauconda CAPE—1-level w/ 2 BR, 2 BA, den, FR, vltl ceilings, lots of closets & 1-car gar. **\$159,000**
REGATTA—2-level w/ 2 BR, 2.1 BA, loft, vltl ceilings, lots of storage & 2-car gar. **\$174,900**
Barbara Wessberg 847/465-2298

From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

We're finally starting to see a little daylight after digging out from last week's snow storm.

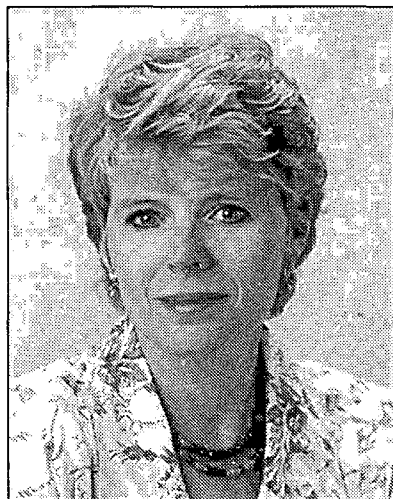
My husband, Tim, is one of those strange, perverse people that really enjoys a good snow storm. And, in our line of business, that's exceptionally unusual.

The logistics of digging out an automotive dealership from a major snow storm are overwhelming. Tim was up and plowing by 5 AM Sunday morning. It took him about eight hours of plowing to clear the entrance, aisles and employee parking. Then someone else took over for another five or six hours.

Then, Monday morning when the salespeople and anyone else we could spare arrived, the real work began. First, you have to get the snow off the vehicles so that you can identify them. If you get 20 inches and push it off each car, you now have 40 inches between each pair.

Now you have to match 400 sets of keys to 400 vehicles.

Next, you move a row at a time and



plow. Then move the next row until one area is finished and you can replace the vehicles in their rows.

It took 20 people about a day and a half to clear most of the lot.

So next time you think your driveway is overwhelming, think about us.

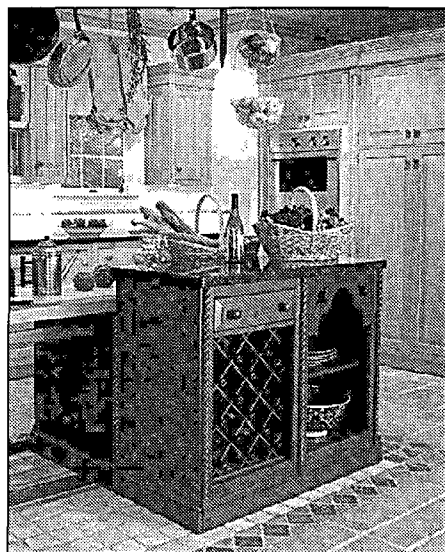
Happy New Year from Distinctive Kitchen Designs, Inc.

As we begin our 9th year in Wauconda, it is time to say good-bye to 1998 and hello to 1999. The year 1998 was a great year for **Distinctive Kitchen Designs, Inc.**

Some of our projects presented design challenges, which suits us just fine. Our design consultants enjoy an unusual situation because it allows them to be innovative and creative. The results can be dramatic, yet extremely functional for your kitchen and baths.

Let's not forget the other rooms in the house that have special cabinetry needs. For example, entertainment centers or computer/work areas have become popular home improvement options. Work areas can be integrated with cabinetry to have a furniture appearance, where the working components of these areas are hidden away until you need to use them. Proper planning and design can often find extra storage space for games or other leisure activity items and glass doors can allow for a display of your treasures or collectibles.

At **Distinctive Kitchen Designs, Inc.** We are ready to help you with any design problems or cabinetry needs that you might have. You can give us a call at **847-526-7822** or visit our showroom at 201-A South Main Street in Wauconda. The showroom



hours are Monday through Friday from 9:30 AM to 5:00 PM; Saturdays from 9:30 AM to 1:00 PM; and the showroom is closed on Sunday. We are available evenings by appointment, and will make every effort to meet with you at your convenience. Please give us a call at **847-526-7822**.

And by the way, may you and your family be blessed with happiness and prosperity in the New Year.

BAAC's Artist's Forum

Artists, join the Barrington Area Arts Council's (BAAC's) Artist's Forum on Tuesday, February 9, 1999 at 7 PM at the BAAC Gallery located at 207 Park Avenue in Barrington. February's gathering will feature Mary K. O'Shaughnessy, juror for the February BAAC Gallery exhibit *Urban Edges III*. She will critique the show and discuss her process for selecting the exhibited work.

O'Shaughnessy is founder and director of Wood Street Gallery, Ltd., a fine art gallery located in the Wicker Park area of Chicago. Born and raised in the Chicago area, Mary has a BA in Theatre and Dance

from Barat College, a Masters in Architecture from the U of I at Chicago and has completed studies at Harrington Institute of Interior Design. She is a sculptor, in her own right, and has an extensive personal art collection, which includes primitive sculpture and Oriental art objects.

Artists Forum gives visual artists the opportunity to share ideas and experiences about art and the creative process. The group is open to all artists. An artist may attend one gathering free of charge to determine if they would like to join. The membership fee is \$15 for BAAC members and \$35 for nonmembers.



BARRINGTON

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(847) 526-7822 Monday-Friday 9:30-5, Saturday 9:30-1

Coldwell Banker

(Continued from page 45)

as we change and we should move on.

Partnering with you to attain the home you need with the personal spaces you want is what we at **Coldwell Banker** do best. We listen and then we counsel. We fill many roles as professional Realtors. Not only do we locate the home where you have space for all your interests, space for doing the things that you have visualized, a home where you can cel-

ebate with family and friends but we also explain home values as well as the security of the investment. We do it all.

With Valentine's Day approaching, why not put more magic in your life? Call one of our professional Realtors at **Coldwell Banker**. It's a great idea to be in a home that you really are "in love" with by spring. Call us today at the Dream House Headquarters of the new **Coldwell Banker**.



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**Andian Limestone with Hand-Rolled
Edges for Extraordinary Beauty.**

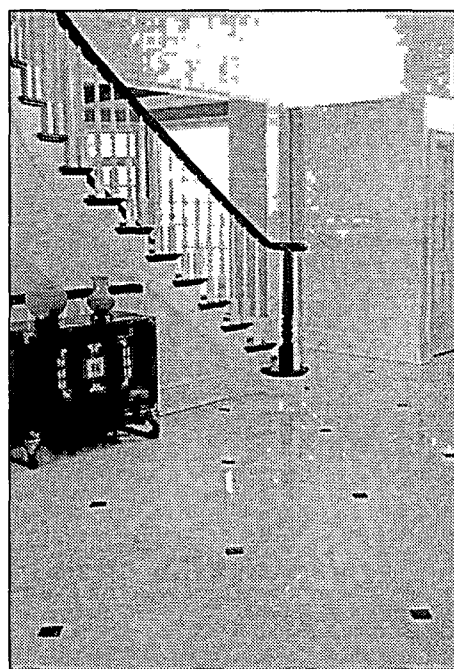
❖ *Limestone
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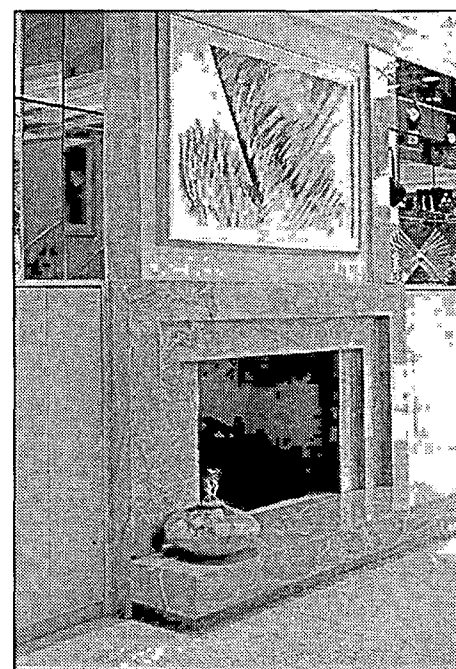
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