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THE STYLES

NY'S MAGAZINE

January 1999

A NEW YEAR, A NEW YOU!

Health & Fitness

**Breathtaking Exhibition
of Central African Art**

**"Safari" Bags Big Bucks
for Cancer Research**

**Francis Cardinal George
Guest of Honor for
"Hearts for the Homeless"**

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**The Hair You Hate
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to a Most Personal Problem**

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

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Electrolysis is the Answer

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

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

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

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

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LIFESTYLESTM

NEWS MAGAZINE

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Editor's Ink

January, 1999

Dear Reader,

Now that the holidays are winding down, why not take time out for yourself and view the breathtaking exhibition of Central African art at the Art Institute of Chicago? You'll have a rare opportunity to see 125 examples from the renowned collection of the Tervuren Museum (near Brussels).

From the Democratic Republic of Congo (formerly Zaire), Angola and the Republic of Congo, you'll see sculpted figures, masks, musical instruments, royal regalia, ceremonial weapons and even figures with "spiritual force." This fascinating collection will help in the preservation of the cultural history and artistic legacy of these regions.

Although the traditional "season of giving" may be over, there still are many homeless families who need our help. On February 21, the 10th Annual "Hearts for the Homeless" will be held at the Cotillion in Palatine. This fund-raiser will include a cocktail reception, silent auction, four-course dinner followed by an extravagant live auction. Guest of Honor for the occasion will be Francis Cardinal George, OMI. More details will be in the February issue of *Lifestyles*. But, for now, circle the date on your calendar.

Until next time, may all your thoughts be sunny.

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



About Our Cover

Three-quarter length fully lined camel hair coat over a biscuit ribbed cotton, rayon and nylon shell, with camel wool fully lined flat-front pants.
Elisabeth by Liz Claiborne.

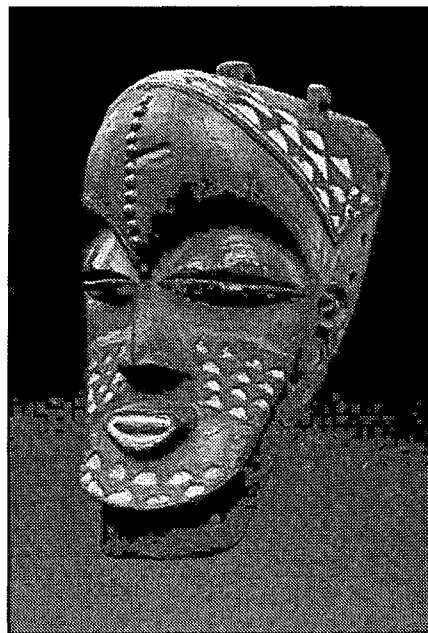


Breathtaking Exhibition of Central African Art Comes to the Art Institute

Visitors to The Art Institute of Chicago have a rare opportunity to see 125 breathtaking works of art from Central Africa, brought to the United States for the first time in the exhibition *Masterpieces from Central Africa: Selections from the Belgian Royal Museum for Central Africa, Tervuren*. Drawn entirely from the renowned collection of the Tervuren Museum (as it is popularly called) near Brussels, *Masterpieces from Central Africa* is a celebration of the art of the diverse region known as Central Africa and of the vision of the artists from many different cultures who created it.

On view now through March 14, 1999, *Masterpieces from Central Africa* brings together works of great beauty, subtlety and power from the Democratic Republic of Congo (formerly Zaire) and neighboring portions of Angola and the Republic of Congo. These masterpieces—including sculpted figures, masks, seats, neckrests, staffs, bowls, cups, musical instruments, royal regalia and ceremonial weapons—bring forth images that range from naturalistic portrayals of humans and animals to fantastic composite beings and abstract motifs.

Most of the works on view were made in the Democratic Republic of Congo during the late 19th or early 20th centuries. These masterpieces display both striking



Mask (Tsimwana); Biombo; Bamuyaja; West Kasai province; Bamuyaja, Democratic Republic of Congo; African nut tree wood (*Ricinodendron heudelotii*), pigments, tacks; H: 14 1/8"; Africa-Museum, Tervuren, Belgium. Collected between 1933 and 1942 by Dr. Tiarko Fourche, RG 43133; Cat. #72.

forms and inventive combinations of materials. Masks offer a stunning range of styles, from an elegantly lifelike Yombe face mask to others that are powerfully abstract. Figures include delicate, naturalistic renderings, as well as those, like a nail-studded *nkisi nkonde* figure, that are layered with medicinal substances to imbue them with spiritual force. The nails were driven into the figure to activate its power against wrongdoers. Similarly, another figure is bound in cloth, knotted fiber and padlocks, a visual metaphor for keeping problems at bay. Many of the artworks combine figural representation with utility in unexpected and symbolic ways. A Mangbetu box has the softly rounded legs and beautiful head of a woman, while a Luba stool is supported by a standing female figure.

Central Africa

An expansive region that straddles the equator, Central Africa extends more than 1,000 square miles, from the Atlantic Ocean to the Great Lakes (Tanganyika, Victoria, etc.) with the Congo River, which has supported and transported people for centuries, arcing upward from the coast into the region's northern reaches. Historically, the rainforest area near the equator has been sparsely populated and politically decentralized. The grassland to the south, however, have invited settlement,

giving rise to dense populations and centralized states, including the Kongo, Kuba and Luba kingdoms.

In the 15th century, trade between Europeans and communities on the Atlantic coast was established, effecting regional economic and political systems. In the 18th and 19th centuries, the slave trade had a profound impact on the region, sending tens of thousands of Central Africans to the Americas. In 1884, what is today the Democratic Republic of Congo was declared the private property of King Leopold II of Belgium. Eventually, after increasing international protest arose against the cruelty of the King's reign, the Belgian government assumed control of the territory in 1908. Harsh and exploitative, colonial rule brought great hardships and, in 1960, mounting protest forced Belgium to grant independence to the country. Since then, political strife and more recently, civil war, have continued to ravage the nation. Amid these difficulties, some artistic practices have lost their relevance. But others thrive as individuals continue to blend traditional practice with contemporary experience.

The Royal Museum for Central Africa

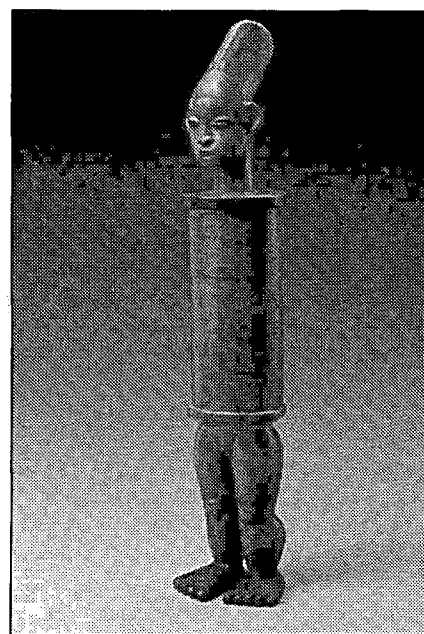
The Royal Museum for Central Africa was founded in 1897-98 by King Leopold II. Its first exhibition, part of the Brussels International Exposition, was intended to



Pendant; Hungaan; Bandundu province; Democratic Republic of Congo; Ivory; H: 3 1/2"; Africa-Museum, Tervuren, Belgium. Collected between 1897 and 1910, RG 16707; Cat. #39.

promote commercial and public interest in Belgium's new colony in the Congo River Basin. In 1910, when the permanent museum building opened, the collection already included more than 30,000 objects. Like other ethnographic museums of the colonial era, the Tervuren Museum bought or acquired objects from European merchants, travelers, colonial representatives and missionaries who had obtained them in a variety of ways. Often, objects associated with ritual or political power were taken by force or coercion; others were gained by purchase or gift, or because they had been discarded. From its inception, the Tervuren Museum also sent scientific missions to Central Africa, thus becoming the primary center for research on all aspects of the area.

When the Congo region won independence in 1960, the Tervuren Museum forged a supportive relationship with the former colony; during the 1970s, for example, the museum helped to return more than 700 objects to the Institut des Musées Nationaux du Zaire. Today, the museum is renowned for its dedication to field research and cooperative work with foreign students, scholars and institutions, particularly those from the Democratic Republic of Congo. Ironically, as the brutal realities of colonization indelibly altered the lives of Africans, the collections of museums such as the Tervuren became an invaluable factor in the preservation of the cultural history and the rich artistic legacy of Central Africa.



Figurative Box; Artist: Gataye; Mangbetu; Uele River region; Upper Zaire province; Democratic Republic of Congo; Pattern wood (*Alstonia boonei*), bark; H: 22 1/2", diameter 4"; Africa-Museum, Tervuren, Belgium. Collected between 1903 and 1907, gift of Mr. Fairpont in 1911, RG 2618113; Cat. #114.

choral singing experience, whether in high school, college, church or synagogue, or a community chorus. Brief vocal exercises and sight-singing will be included in the audition.

The second half of the Elgin Choral Union's 1998-99 concert season includes performances of Mozart's *Requiem* with the Elgin Symphony Orchestra, conducted by Robert Hanson; Brahms' *Alto Rhapsody* with the New Philharmonic; and Beethoven's *Missa Solemnis*. In addition, the

ECU Arts Chorale's final concert will include selections from recent Broadway hits.

ECU will also undertake a 12-day concert tour of southern England and Wales, including performances in Cardiff and London, in the summer of 1999. Both new and returning singers are eligible to participate in the tour.

For more information or to schedule an audition time, call the Elgin Choral Union office at 847-697-1000, ext. 7225.

Elgin Choral Union to Hold Open Auditions for New Singers

The Elgin Choral Union will hold open auditions for choral singers in all voice parts on Monday, January 11, 1999 beginning at 6 PM at Elgin Community College's Visual and Performing Arts Center located at 1700 Spartan Drive in Elgin. Openings for choristers are available in both the Elgin Choral Union, a 110-voice symphonic chorus, and the ECU Arts Chorale, a 30-

voice chamber choir drawn from the ranks of the Choral Union. A paid section leader position for bass is also available.

Prospective singers should prepare one song of their choice; the selection need not be from the classical repertoire. An accompanist will be provided, free of charge. Singers should have a basic knowledge of music reading and some

Fall and Winter Clearance Sale

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50%

peter daniel
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Bring this ad for an additional \$10 off any single purchase of \$100 or more. Valid through Jan. 17 1999. Limit one per customer.

Store Hours: MTWF 9:30-6p.m. Thurs. 9:30-8p.m. Sat. 9:30-5:30 p.m. Sun 12-4p.m.
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Tues. - Sat. 9:30-5:30; Sun. 12:00-5:00. Closed Monday.

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SPRING 1999
CANVASBACKS

So much for so little money. Shop **Peter Daniel's** semi-annual fall and winter Clearance Sale now in progress.

Also arriving daily... look for our great new line of lightweight, highspirited resort wear by Canvasbacks.

The best prices of the season on men's and women's fashions, accessories and much more. Shop early for the best selections.

Peter Daniel is located on the first level of the Ice House, and is open 7 days a week for your shopping convenience.

Baby, It's Cold Outside

Now that those cold winter days have arrived, you'll find there is nothing like a fur coat for style, warmth and luxury. "Fur is back," says Bill Talidis, owner of **The Mink Barn**. "In the 31 years I've been in business at this location, I've seen many changes. This year, more than 200 fashion designers are working with fur."

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

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

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

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

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

Support Groups Offered to Those Experiencing Loss

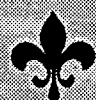
A six-week adult support group is being offered by Hospice of Northeastern Illinois (HNI) in Barrington beginning on Thursday, January 7, 1999 for six consecutive weeks running through February 11, 1999 from 6:30 to 8:30 PM. The Adult Loss of a Parent Group is for anyone who has experienced the death of a parent.

Hospice of Northeastern Illinois will also sponsor three Grief to Hope Groups. These six-week groups are open to anyone who is grieving the death of a loved one. The first Grief to Hope Group will be held in the Barrington area starting Wednesday, January 6 running through February 10 from 9:30 to 11:30 AM. The second group also will be held in the Bar-

ington area starting Thursday, January 7 running through February 11 from 6:30 to 8:30 PM. The third group will start Wednesday, January 13 running through February 17 from 9:30 to 11:30 AM in the McHenry area.

Reservations are required and participant privacy is respected. If you are interested in attending one of these groups, please contact Terry Rasmussen or Chris Mezydlo in the Bereavement Department at Hospice of Northeastern Illinois to register. Please call 1-800-425-4444, for any additional information as well.

There is a \$25 suggested fee for all groups.



Barrington ICE HOUSE MALL



Let 1999 be the Year You Dazzle!

A new year, a new you! Let 1999 be the year you dazzle. And why not? **She & "I" Hair and Nail Salon**, located in the Ice House Mall, can help you look your best from head to toe. With sixteen hair designers and eight nail technicians, we are ready to serve all of your hair and nail care needs. Why not take time out from your busy schedule to try a new "look." You can be bold and go for texture, perming and chunky highlighting or for the more conservative, you can try the classic natural soft body wave. Our stylists are trained by international professionals who specialize in the lat-

est styles, and are always ready to help you.

She & "I" also offers a full service nail salon specializing in acrylic tips, gels, silk wraps, paraffin hand treatments, overlays, manicures and pedicures. Why not try a "full set." This can be completed in one hour, from start to finish, and you will feel like a new person. You can make your day complete by also enjoying a spa pedicure in one of our European whirlpool pedicure chairs.

She & "I" is open six days a week, Monday through Saturday with evening hours on Wednesdays and Thursdays.

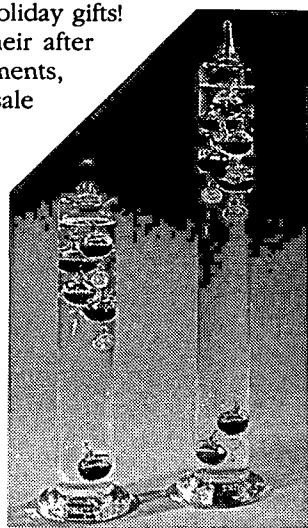
For an Outstanding Collection of Glass Art

Savings: from 20 to 50% off select items and holiday gifts! **Chesterfield Glass Galleries** is now having their after Christmas sale until Sunday, January 31. Ornaments, snowmen and several glass art pieces will be on sale so hurry on in.

Chesterfield Glass Galleries is proud to offer an outstanding collection of glass art. Shown: Perfect for home or office, a Galileo Galilei liquid thermometer. This fascinating, functional instrument is the point at which science meets art. Four hundred years ago, Galileo discovered that specifically weighted floating bubbles would predictably rise or sink in a liquid as the temperature of that liquid changed. These decorative glass reproductions of Galileo's discovery have glass floats precisely weighted in .003 gram increments suspended in a clear, environmentally safe, non-toxic liquid. Simply read the tag on the lowest floating bubble to tell the temperature.

Chesterfield Glass Galleries can also commission a piece of art glass for your home or office. Also available are many pieces suitable for your company including the company logo.

Let our knowledgeable staff assist you in making your selection.



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



Karen Lea Cline
Mrs. Illinois America 1998

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 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



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& I*

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

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Karen Lea Cline

First-Time Parents Class

Family Service of the Barrington Area will be holding a 10-week Parenting/Nurturing class for first-time parents and their children who are between the ages of birth to 18-months old. The program is an interactive/educational time for the entire family, and will cover topics such as communication skills, discipline issues, self-esteem issues, various parenting topics and will also include 30-minutes of family interac-

tive time. The program goes from January 30 to April 3, meeting on Saturday mornings from 9:30 to 11:00 AM at the Community Church of Barrington located at 301 East Lincoln Street. The fee for the entire 10 weeks is \$150 (a sliding fee scale is available). The program is limited to 8 families and pre-registration is necessary by January 22. For more information, call the Family Service Office at 381-4981.

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 im-

provement 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."*

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service and exceptional value. Located in the heart of Long Grove, we're Michigan Avenue without the parking, the traffic or the prices.

'Tis Shakespearish

The Barrington Area Arts Council (BAAC) invites you to become a part of it. Kids, join us on Monday, January 18, 1999 for *'Tis Shakespearish* presented by Kidworks Touring Theatre Company of Chicago. A bouncy upbeat comedy that introduces even the most timid reader to the world of William Shakespeare, it features scenes from *Romeo and Juliet*, *Hamlet*, *Taming*

"All the world's a stage..."

of the Shrew, and an "audience-starred" *A Midsummer Nights Dream*.

Performances will be at 11 AM and 1 PM at the BAAC Gallery located at 207 Park Avenue in Barrington. Tickets are \$6 for BAAC members and \$8 for non-members.

For tickets or for additional information, please call the Barrington Area Arts Council at 847-382-5626.

Find Just the Right Gift for Anyone at Time & Treasures

Time & Treasures Gift Shop & Gallery has opened at 21198 Commercial Drive in Hawthorn Woods/Mundelein. The store's owners are Richard and Kathy Marcus, both residents of Hawthorn Woods and the parents of four children. Born in Libertyville, Kathy is finally realizing her dream of opening an elegant, upscale gift shop near her home. And with Rich's background in the marine supply industry, the store features many gifts with a nautical theme.

What separates this gift shop from the rest is that included here are "gifts for guys." Some men may be a little hesitant to walk into a gift shop, thinking that these stores are geared primarily towards women. The owners know that there are plenty of occasions for men to give gifts, so quite a bit of space is devoted to them.

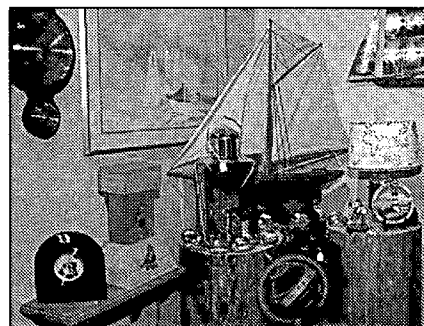


Kathy Marcus in her new store.

These gifts include Howard Miller clocks, Weems & Plath weather instruments and desk sets, Remington Old West statues, Regatta watches and many others.

Kathy plans to include gift baskets for both genders in the very near future. She also displays original artworks and paintings from Door County, Wisconsin artist Kari Anderson and from local artists. Some of the many recognizable brand names available include Aromatique potpourri, Hibbel paintings, Armani statues, Fenton collectible glass, Royal Dalton dinnerware, Reuge jewelry boxes, Linden clocks and Baldwin ornaments.

Time & Treasures Gift Shop & Gallery will be open weekdays and by appointment. Call 847-566-2530 for more information.



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Time & Treasures
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Shari's Furs & More Says, "Thank You!"

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

"We feel there is something special for



everyone. Thank you for accepting our ideas of a progressive fur salon for the '90's and for telling your friends about us. Have a healthy and happy New Year!



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

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

DAR January Meeting

Signal Hill Chapter, National Society Daughters of the American Revolution will meet on January 19 at 12:30 PM at the Barrington Area Library, Room A, First Floor. All members and prospective members are invited to join us to "Amble Thru the Preamble" and play "Presidential Trivia" with Carolyn Rolnik.

The hostesses will be Audrey Sowka, Mary Ostrom, Blue Ackerman and Kay

Jones.

Any woman is eligible for membership in the National Society of the Daughters of the American Revolution who is not less than 18 years of age and who is lineally descended from a man or woman who served in the United Colonies or States as a recognized patriot. For membership information, please call Iva Lea Van Buren at 847-382-4449.

Winter Clearance Sale at **Shari's FURS & MORE**

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20%-40% OFF**

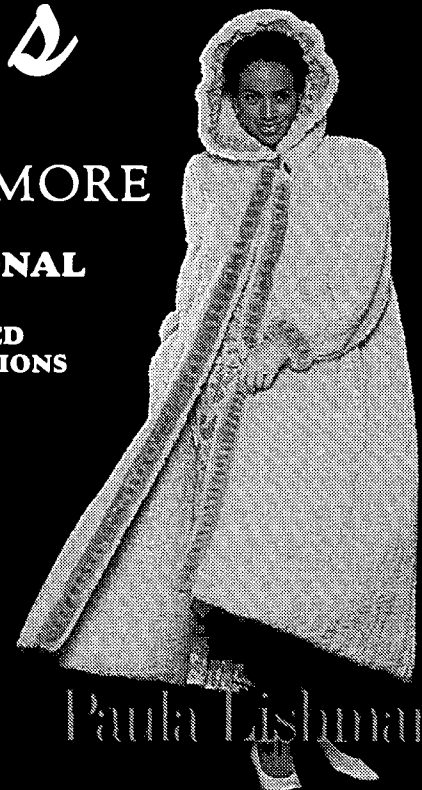
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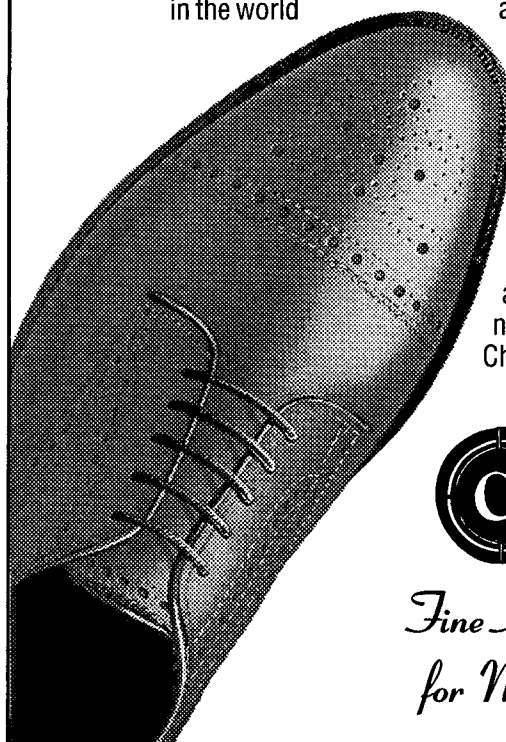
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MTWFS 10-5
TH 10-8
SUN 12-4

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(847) 438-8001



Bonne Année, Bonne Santé!

May this new year bring health and peace to everyone! Since most of the real columnists at this time of year are reflecting over the past year, I will spare you; yet Jacqueline, Masato, our entire staff and I do wish to express our most sincere Merci for a great 1998.

And now, on to 1999... here is a partial list of what special/unique events you can expect at **D & J Bistro** this year:

- Sunday, March 7—12th Annual Caus-cous Buffet
- Sunday, April 11—6th Annual Travel to Paris—slide presentation and dinner
- Sunday, June 6—4th Annual Wheels and Meal Car Meet
- Wednesday, July 14—11th Annual Celebration of Bastille Day



- Thursday, November 18—12th Annual Beaujolais Nouveau Festival
- And Not Yet Scheduled—Travel to Normandie and Travel to Provence

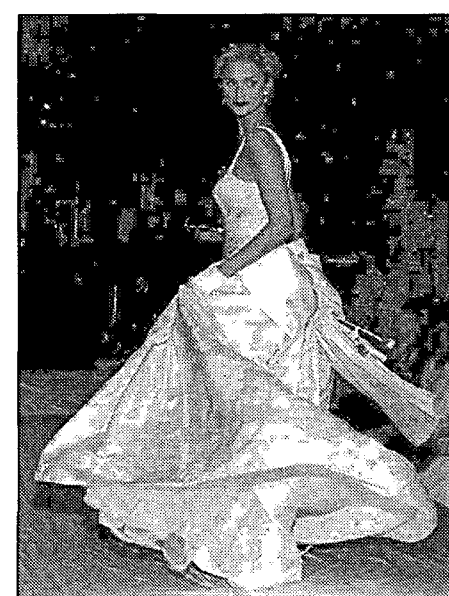
Please keep posted through this fine publication, or call us. We'll be happy to provide you with more information.

Premier Wedding Professionals Combine Talents for "Chicago's Magnificent Bride" Show

For the eighth year, Chicagoland's premier wedding professionals combine forces to create "Chicago's Magnificent Bride." The lavish bridal planning seminar and fashion show will showcase the finest wedding service providers available in Chicago. The show, sponsored by **Stuart-Rodgers Photography** in Chicago and the Hotel Inter-Continental, will be held Sunday, February 7 at the Hotel Inter-Continental Chicago at 505 N. Michigan Avenue.

From 1:00 until 2:45 PM, guests are invited to view the three complete "price is no object" mock wedding setups and discuss their wedding plans with vendors displaying the most exclusive bridal services. Throughout the day, champagne and hors d'oeuvres will be served among the lush flowers, ice sculptures, covered tables and old world charm of the hotel.

At 2:45 PM, guests are invited to attend the fashion show produced by The Ultimate Bride, Mira Couturier and Modern Tuxedo. The Grand Ballroom will be lavishly decorated with linen table and chair coverings, floral centerpieces and live music from the Michael Lerich Orchestra. Afternoon tea will be served during the



3:00 PM fashion show and gourmet wedding cake with coffee and espresso will be served following the show.

Show tickets are \$40, (2 for \$70) and can be purchased in advance by calling **Stuart-Rodgers Photography** at 847-864-7322 or 312-787-8696.

BHS Band CD's Available

Last year's "Best of" Band and Jazz CD is available for purchase for \$10.

The CD features highlights from all of our concerts from the '97-'98 season including Concert and Symphonic Bands,

Jazz Combo, Jazz Ensemble and Rhythm Machine.

Please contact any Barrington High School Band member, or contact band director Randy Karon at 842-3250.

planned for the fledgling beginner—a two-part series on Tuesday mornings from 9 AM to noon on February 16 and 23 titled "Introduction to Flower Arranging." Three Tuesday mornings in April from 9 AM to noon are planned as either a follow-up of the introductory class or for women who still feel like novices even though they've been "dabbling" with cut flowers for some years. A repeat of this 3-part series will be available in the fall for those who want an evening class. The 7 to 10 PM sessions will be held September 13, 20 and 27. They are titled "Just Beyond Beginning."

All classes are \$25 per session; thus the introductory class is \$50 and the others are \$75. The fee includes all plant material, mechanics and a plastic container.

Students will need to bring clippers or a grafting knife. The location for all the classes will be the Holy Family Church located at 2515 Palatine Road in Inverness, (just west of Ela Road). Each class is limited to 15 students.

Early registration is essential. If registration two weeks prior to the first session is inadequate to meet expenses, the class will be cancelled. Checks payable to the Council of Barrington Garden Clubs may be sent to 1517 Lakeshore Drive South, Barrington, IL 60010. An acknowledgment will be sent two weeks before the class begins, with reminders to students of time, place, directions, etc. Those with questions are welcome to call 847-381-3862, 381-0085 or 526-2590.

CHICAGO'S MAGNIFICENT BRIDE

on the Magnificent Mile

A Very Special Bridal Show

SUNDAY, FEBRUARY 7, 1999
1:00 - 5:00 P.M.

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

Fashion Shows by

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

For ticket information call
STUART-RODGERS
PHOTOGRAPHY
at 847-864-7322
or 312-787-8696

For Area Women—An Invitation to Learn

Once again, the holiday season reminds us of the visual riches afforded by fresh plant material in the house. Evergreens, which we may scarcely notice outside, impress us indoors with the loveliness of their texture, myriad hues of green and the surprising designs they produce with nearby objects.

Flower arrangers know well the satisfactions that come with fresh foliage and flowers. The woman who can take a sprig of this, a stem of that and a blossom or two and make them into something that pleases her has more than "home decor" at her fingertips. She has a hobby that offers fun, challenge and creative outlets for as long as she lives.

During 1999, opportunities for the novices to develop skills in flower arranging will be offered by the Council of Barrington Garden Clubs. Open to all women of our area, each class is a series of either two or three sessions. The two-part introductory class conveys the "how-to" knowledge of plant material that underlies any successful "arranging". In subsequent series, students learn design principles which permit them to critique their work and pinpoint changes which could produce a more pleasing result.

The instructor for the three classes planned to date is an expert both in floral artistry and in educating others on these skills. For nine years, Joyce Grattoni has been teaching classes in floral design at Harper College. As manager of the Flower Shop there, she has the additional knowledge of what the commercial world offers—both in international plant material



Joyce Grattoni, Harper College Instructor, brings her skills to council classes.

and the amazing "mechanics" now available to help the arranger. Grattoni was inducted last summer into the prestigious American Institute of Floral Designers, a select group of 1100 members nationally. Through her various classes at Harper, she can take her students from the beginner's stage to that of working with very new and complex designs. Also important, she sets them on a path to confidence in what they do.

One of the three Council classes is

Pillow Prayers, a Welcoming New Year Gift

Looking for a gift to welcome a new baby or comfort a friend? Then stop by **The Canterbury Shoppe** to see the fine selection of bright Pillow Prayers. These original designs are made in America and are washable. Available in Posters, travel pillows and pillow cases, selections include: Jesus Loves the Little Children, Psalm 23—The Lord is My Shepherd, The Lord's Prayer and many other favorite psalms and graces.

They are perfect for a christening, first communion or birthday gift for a young child as well as a special pick me up for a friend! (These have been very popular for sleep-overs at Grandma's house!) They are certain to be a gift of peace to treasure!

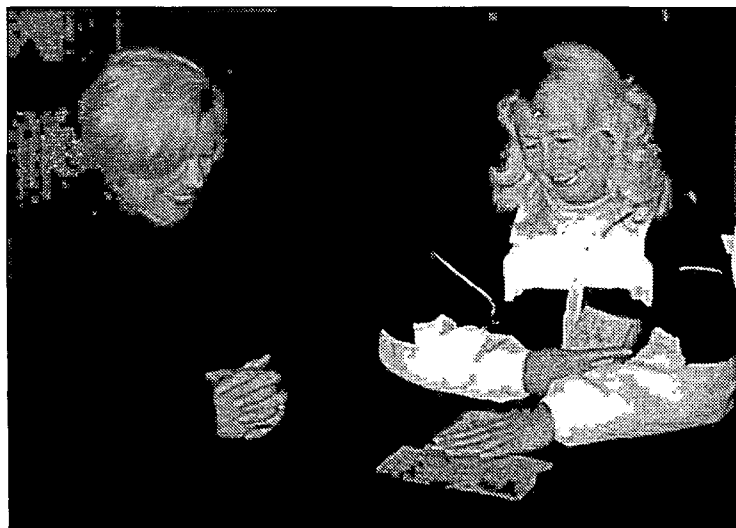
The Canterbury Shoppe is open 6



days a week, Monday through Friday from 9 AM to 5 PM, Saturday from 10 AM to 4 PM and is located at 117 East Station Street in downtown Barrington (across from Starbucks Coffee). Any Questions? Give us a call at **847-304-9627!**

Happy New Year!

Barrington Newcomers January Coffee—Psychic Beginnings for 1999



Barrington Newcomers member Carol Sheehan (left) having a Tarot Card reading with Nancy Wallace.

On Wednesday, January 13, Barrington Newcomers Club will kick-off the new year with a morning coffee for members, guests and new residents of the Barrington area. The Coffee will be held at 9:30 AM in a member's home. The featured presenter is Nancy Wallace, owner and founder of Psychic Resources & The Inner Awareness Center. A highly-regarded professional psychic, Nancy is clairvoyant and has 17 years experience reading tarot cards. She will perform readings for a

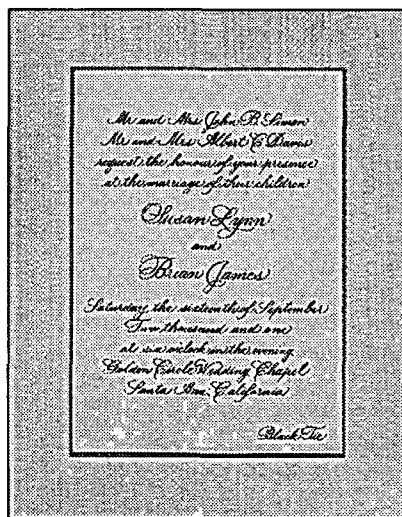
handful of ladies attending the coffee and provide great insight for 1999. For information about the coffee, contact Lynne at 842-9709 or Margaret at 277-1520.

Barrington Newcomers Club is a social and civic organization open to new residents living within the Barrington school district. The club offers monthly coffees, luncheons and social activities for women, couples and their families. For membership information, contact Darlene at 382-1331.

A Beautiful Beginning

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

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



☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆



Canterbury Shoppe
Holiday & Home

117 East Station Street
Downtown Barrington
(across from Starbucks)
(847) 304-9627

Hours: Mon-Fri 9-5, Sat: 9-4, Closed Sunday

New Pillow Prayers have arrived!

So that every child may go to sleep with peace. Bright travel pillows, pillow cases illustrated with

The Lords Prayer, Bedtime Prayers and other beloved prose have arrived for the New Year!

A perfect gift for birthdays, Christenings & Grandmas House!

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆


Portraits by *Thomas*

Take this opportunity to capture your child at this wonderful stage of their life with a portrait that tells the truth about their personality.

Children's Special

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

557 North Hough Street
Barrington 381-7710



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New Year's Resolution:

Make next Christmas less hectic!

40% OFF All Christmas Items

at the Little Shop of Papers



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

Little Shop of Papers, Ltd.

740 W. Northwest Hwy./The Foundry
(847) 382-7733
Hours: Mon.-Sat. 9:30-5:30, Thurs. til 7:00

Happenings!

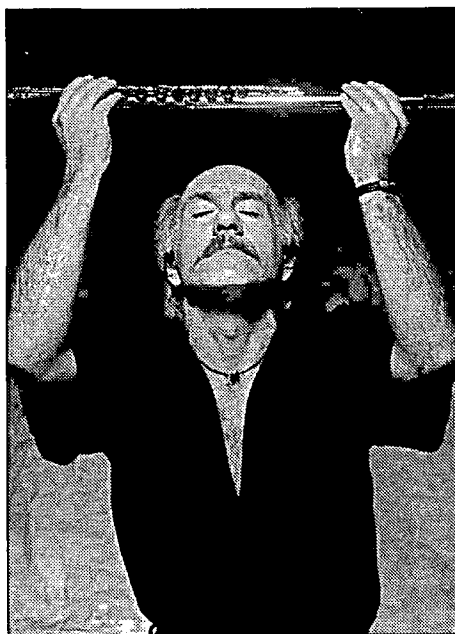
in the area

BAAC Presents Jazz Artist Michael Mason

The Barrington Area Arts Council (BAAC) invites you to experience the hard hitting, cutting edge, progressive and modern jazz sounds of Michael Mason, flutist, arranger and composer on Saturday, January 23, 1999 at the BAAC Gallery at 207 Park Avenue in Barrington. Mason, to date, has recorded three compact discs for the Chicago based Southport Records and studied with Joseph Zerov of the Chicago Lyric Opera and other accomplished musicians. His first influence as a flutist was Ian Anderson of the rock group Jethro Tull. Along with early influences by jazz masters Rahsaan Roland Kirk, James Newton and Miles Davis, Mason's personal style is constantly evolving from somewhere deep within him.

The performance is at 8 PM. Tickets are \$18 for BAAC members, \$20 for non-members and \$15 for students and seniors.

For tickets or for more information, call the BAAC at 847-382-5626.



Michael Mason, flutist, arranger and composer

Malta is Focus for Art Associates

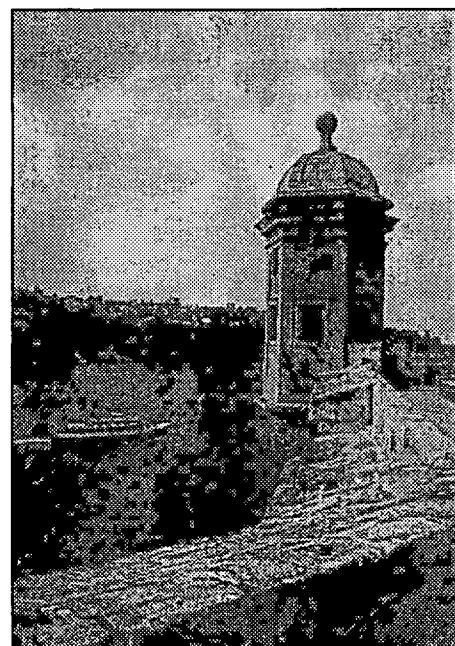
"Malta—an Island of History and Mystery" is the Members Present Art program sponsored by the Barrington Community Associates of the Art Institute of Chicago on Tuesday, January 12, at 1 PM at the Barrington Library.

Virginia Tolk will give a slide presentation that will acquaint the audience with the rich historical and cultural heritage of the island.

Malta, and its sister island Gozo, lie in the center of the Mediterranean, halfway between Europe and Africa. Due to the heroism of the Maltese people during World War II, it was the only nation to be awarded the George Cross for bravery.

The Knights of the Order of St. John of Jerusalem came to Malta in 1530 and greatly influenced the art and architecture of the island. Prehistoric temples date from 3600 BC.

The program is free and the public is invited. For more information, please phone Evelyn Richer at 847-381-5349.



Senglea Vedette overlooks the entrance to Grand Harbour on the Island of Malta.

A Very Young Winner

Pictured following the Sunday, December 6, matinee of the Barrington Youth Dance Ensemble's (BYDE's) performance of *The Nutcracker* are Christine Altenberger, (left), and BYDE's Artistic Director Mary Brennan, (right), of Barrington.

Christine is holding her sleeping 2 week-old Kelly Marie, the winner of a lovely wrought iron sleigh filled with a collection of rare Beanie-Babies graciously donated by Cynthia Baer, owner of The Canterbury Shoppe in Barrington.

Christine is President of the Moser-Altenberger Family Foundation which, for the last two years, has supported the BYDE. For information on the BYDE, please phone 847-382-6333.



Northwest Area Arts Council Announces 2nd Annual Gala Fundraiser for the Arts

After the hustle and bustle of the holiday season is only a recent memory, don't despair that you must wait another year before donning those festive party clothes. The Northwest Area Arts Council will offer their second annual Gala Fundraiser for the Arts on Sunday, January 17, 1999 from 5 to 8 PM. This black-tie optional event held at Port Edward Restaurant in Algonquin will feature a silent auction of original art, showcasing the work of over 30 visual artist members of NAAC. The evening's entertainment includes Nicole Kirley on harp, selected members from the Judith Svalander School of Ballet and soprano Hollace Emrich. Wine tasting and a lavish hors d'oeuvre buffet will be available throughout the affair. The cost for this evening of support for the Fine Arts is \$60 per person or \$110 per couple. For ticket information, call Holly Emrich at the NAAC office at 815-356-3655.

Executive Director of the Northwest Area Arts Council, Hollace Emrich, poses with "Mr. Mime" Kenney DeCamp at the 1998 Gala Fundraiser for the Arts.



Barrington Lyric Brings a Madcap "Barber" to Town



Pictured are cast members: Merrette Rentmeester, mezzo soprano, who will be singing the role of Rosina; Raymond Koepcke, a student at Preschool of the Arts in Madison; and Dave, a patron of Hilldale Barber Shop, who graciously agreed to participate in our photo shoot.

The Barrington Chapter of Lyric Opera of Chicago will present Gioachino Rossini's *The Barber of Seville*, an updated opera for school age children, at 5 PM on Saturday, February 6, 1999 in the Richard C. Johnson Auditorium at Barrington High School located at 616 West Main Street. Tickets can be purchased by mail or at Peter Daniels

in the Ice House. The cost is \$5 prepaid, \$6 at the door. Groups of 15 or more must have reservations on request by January 15. Checks should be written to BCLO (Barrington Chapter of Lyric Opera), c/o Mari Harrer, 26747 W. Apple Tree Lane, Barrington IL 60010. For information, call 847-392-0388 or 847-381-1675.

Murder Mystery Dinner Party

On Saturday, January 30, **Fritzl's Country Inn Restaurant and Bar** in Lake Zurich will be hosting a great night of fun and wonderful food.

The Tschurtz Family is planning an evening of hilarity, when murder occurs during dinner and the guests are called upon to solve the crime.

Lt. Frank Clodumbo and his beautiful assistant Sylka Stalker supplied by *A Party to Murder Productions* will be quizzing the guests to unravel the mystery.

Guests will enjoy a cash bar, a complete dinner of rolls, soup, salad and all you can eat baked chicken, roast sirloin of pork, sauerbraten, spaetzle, red cabbage and seasonal mixed polonaise vegetables.

Topping off the meal will be Colombian coffee and warm apple strudel. Cocktails at 6:30 p.m.; dinner at 7:00 p.m. All seating is non-smoking.

Cost for dinner and show is \$39.95 per person. Tickets must be purchased in advance. Call **Fritzl's** at (847) 540-8844 for your reservations.

Regular Dinner hours at **Fritzl's**: Tuesday-Saturday 4-10 p.m.; Sunday Noon-9 p.m.

And remember, **Fritzl's** elegant banquet facilities accommodate up to 150 people.

The facilities are perfect for weddings, rehearsal dinners, wedding showers, and anniversaries.

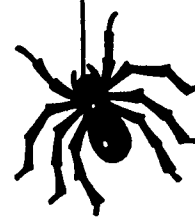
Fritzl's has the friendliest staff in town!

MURDER MYSTERY DINNER PARTY

Help Lt. Frank Clodumbo and his beautiful assistant Sylka Stalker solve the crime!

Sat., January 30th

Cocktails 6:30; Dinner 7:00



An evening of hilarity, when murder occurs during dinner. Guests are called upon to solve the crime. **Great Food! Great Fun!**

540-8844

Handicap Accessible

Fritzl's

• COUNTRY INN •
restaurant & bar
European Specialties

**Cash Bar
Complete Dinner
\$39.95 pers.**

Reservations a must!

377 N. Rand Rd., Lake Zurich
2nd Stop Light, N. of 22 on Rt. 12
Dinners Tues.-Sat. 4-10 p.m.; Sun. Noon-9 p.m.

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 Southern libations, such as our Hurricane Hugo or Biloxi ale. 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.

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. It's a fabulous evening you should not miss! 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.

Don't forget to celebrate New Year's Eve at **Biloxi Grill** this year! We will be offering three seatings in our dining rooms with festive decorations and menus. We will have live jazz music from 6:00 to 8:30 PM and Southern Rock/Zydeco from 9:00 PM to 2:00 AM. Make your reservations now so you don't miss out on the fun!

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 functions truly memorable. Please call Chris Cotter or Lori Blackman to reserve the Magnolia Room at 847-526-2420.

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

Biloxi Grill

Great Food
with a
Southern Accent

- ◆ Wood-burning Fireplace in Pecan Room
- ◆ Live Music Thursday and Friday Evenings
- ◆ Spectacular Private Dining Room
Overlooking Beautiful Bangs Lake

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Local Artist Joins Gallery

It is with great pleasure that **Dunton Gallery** announces that **William Schneider**, a Crystal Lake artist, has joined its family of fine artists.

From the moment his two pieces were put on display in the recent regional Oil Painters of America show, it was evident that the caliber of his work is ideally suited to the gallery.

Mr. Schneider has studied at both The School of the Art Institute and the American Academy of Art in Chicago, yet he continues to pursue the refinement of his talent by studying with many of our modern masters. To deepen his skills, he has taken figure drawing with William Parks, oil painting with Ted Smuskiwicz and Dan Gerhartz, and portraiture with Jeffrey Timander Cote de Luna. Additionally, he has participated in workshops with the likes of Richard Schmid, Harley Brown



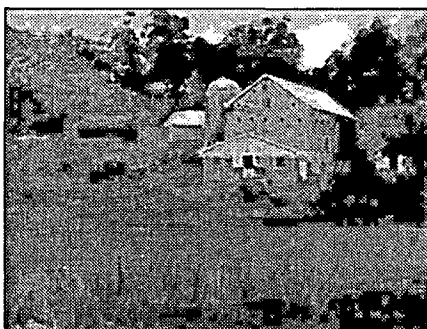
The Prettiest Flower, Oil, 24" x 30"

and David Leffel.

It is no cliché to say this artist's work ought to be seen to be fully appreciated because no photo can do it justice. He has been exhibited at various shows in the Midwest and in national Oil Painters of America shows in Texas and Washington, DC.

In addition to developing his *plein air* techniques and his still-life studies, Mr. Schneider is also available for portrait commissions that can be arranged through **Dunton Gallery**.

The gallery is located at 18 South Evergreen Avenue in downtown Arlington Heights. Normal gallery hours are 11 AM to 5 PM, Tuesdays, Wednesdays, Fridays; 11 AM to 8 PM, Thursdays; and 10 AM to 4 PM Saturdays. And appointments are gladly accommodated at other times. Just call us at 847-818-0694 or visit our Web site at www.duntongallery.com.



Near Castle Rock, Oil, 11" x 14"

Introducing...



"Her Favorite Things" Oil 18" x 30"

by

William Schneider

now available at

DUNTON GALLERY

Original Paintings • Limited Edition Bronzes

(847) 818-0694

18 S. Evergreen, Arlington Heights, IL 60005

Web Address: www.duntongallery.com

Barrington Community Child Care Center

"Celebrating Our 6th Anniversary"

**Openings Available
for Children 6 Weeks - 6 Years.**

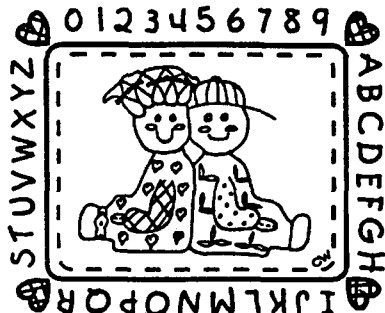
**Applications Now
Being Accepted.**

Hours: 7am - 6:30pm

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

381-0272

Barrington



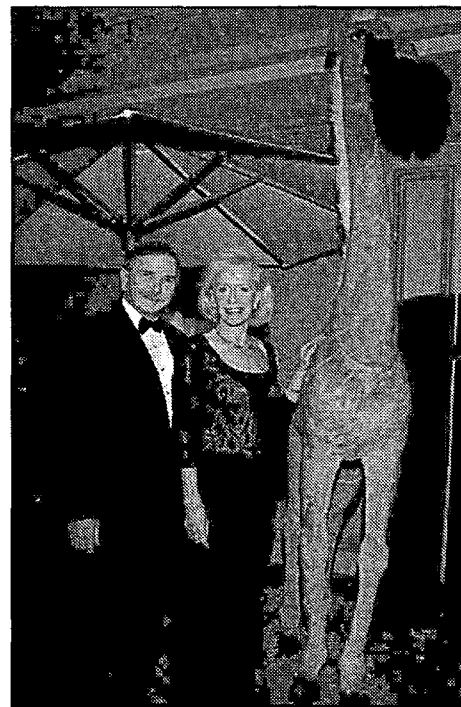
Kildeer Women's Club

The Kildeer Women's Club meets the third Thursday of every month. Luncheon program topics vary. For more information, please call Arlene Krock at 540-0392.

"Safari" Bags Big Bucks for Cancer Research

The "social" tribes of Chicago responded to the beat of African rhythms as they passed by towering giraffes on their journey into deepest Africa. The University of Chicago Cancer Research Foundation Women's Board celebrated its 32nd annual Grand Auction with a sold-out crowd which left scores of adventurers wandering back at camp. Big-game hunters armed with high-powered checkbooks set their sights on and bagged such "live" auction prey as: a Kenya safari for two; an adorable German shorthair pointer; a week at the Bitter End Yacht Club; a fur coat; a British Isles golf tour in England and Scotland; and a baseball signed by Sammy Sosa. Five very lucky hunters found a hidden treasure from Cartier stashed in their desserts—the Cartier Trinity ring! With the beating of native drums, Muntu dancers lead the lucky safari travelers to a village for much-needed replenishment. Tables swathed in layered African prints groaned under the weight of the treasured bounty of Safari country.

Anne Hokin, a member of the Women's Board, created the extraordinary setting. Event co-chairs, Mrs. Michael Crouch and Mrs. Andrew DaMiano were thrilled to preside over their 550 guests, indulging them with custom-designed stationery from Cartier for party favors. Mrs. Thomas Reusché is President of the Women's



Entering their journey to "deepest Africa" were Bill and Myrt Rose of South Barrington.

Board.

"Safari" was held at the Four Seasons in Chicago and raised over \$400,000 for the University of Chicago Cancer Research Foundation.



Kay Gillespie, Lois Adams and Dawn Duquaine look over the fabulous list of prizes.

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.



Jim and Sue Vandenberg peruse the silent auction items.



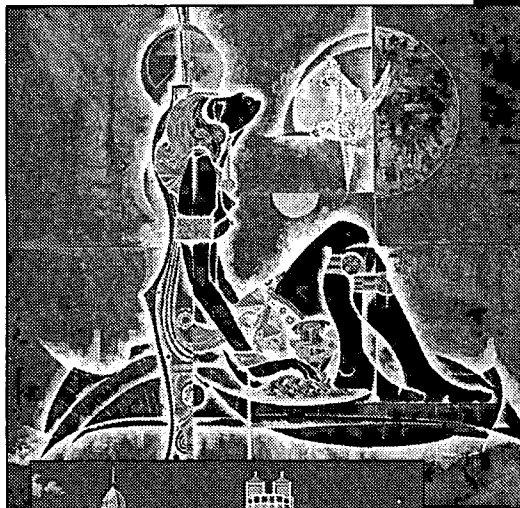
Among the 550 party goers were Mike and Bonnie Murray with Darcy and Gery Herrmann.

JANUARY SALE-A-BRATION

at *The Studio of Long Grove*

Blue Love by Lu Hong

24" x 24" ▼



Rive Gauche by Tarkay

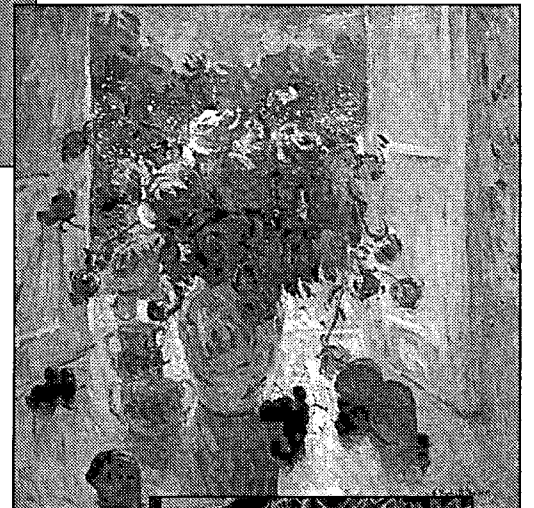
25" x 51" ▲



Morning Roses

by S. Burkett Kaiser

24" x 24" ▼



Sale at The Studio Galleries

In the 8½ years we've been in Long Grove, we've accumulated many original paintings and limited edition prints that need a home. We're going to price them so low that you will not pass up this opportunity to acquire some great art at a real bargain price. We will offer something from nearly every artist that we have represented—over a hundred works. Most are framed.

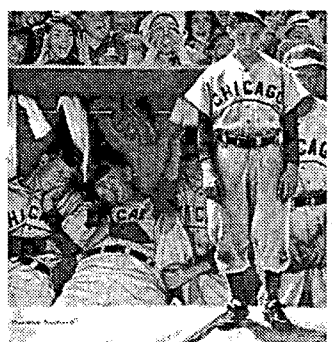
Appreciation Night at The Studio

If you are up for a fun evening, join us for a **Special Auction**. Enjoy our hospitality, hors d'oeuvres and mixing with some of the finest people in the North and Northwest Suburbs... our customers!

FRIDAY, JANUARY 22, 6:00 - 9:00 PM

A number of donated items and artworks will be auctioned for the benefit of the **Long Grove Cultural Arts Association**. This will also be an opportunity to learn more about how the arts can become a bigger and better part of the Long Grove experience.

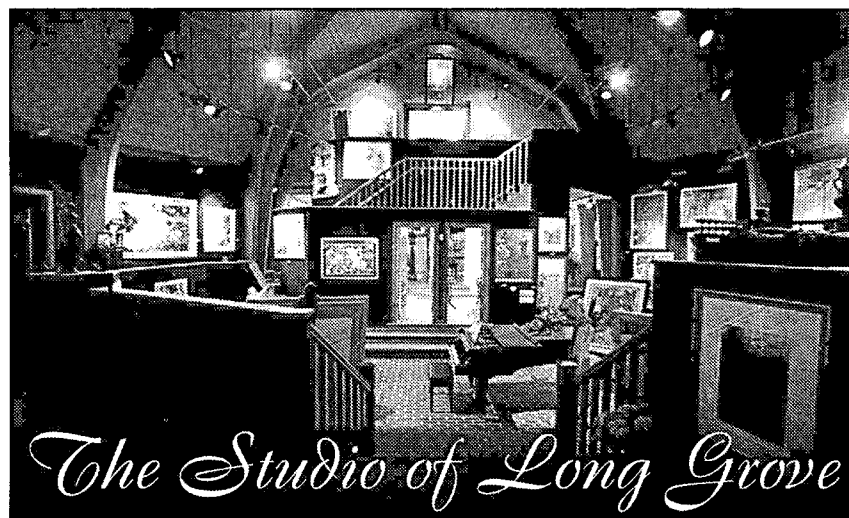
▲ *Old Water Tower* by Alexander Chen
22" x 17"



The Dugout 9" x 11" ▲
by Norman Rockwell

Works by these famous artists
will also be presented:

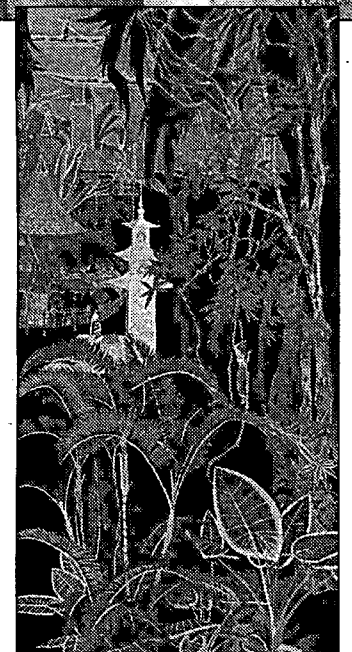
ALAN WOLTON
JANET TREBY
ZHIWEI TU
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CHARLES VICKERY
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James Estes Exhibit in the Clair E. Smith Art Gallery

Jim Estes, resident set and costume designer for the Barrington Youth Dance Ensemble, will exhibit costumes and set sketches and blueprints in the Clair E. Smith Art Gallery at Barrington High School from January 25 to February 12, 1999. Estes' previous design credits include The Joel Hall Dancers performance of *Nuts & Bolts*, Lyric Opera of Chicago, Chicago Opera Theatre and the display windows for Carson Pirie & Scott in downtown Chicago. Estes is a Barrington

resident and can often be seen in a cameo for the Barrington Youth Dance Ensemble's holiday performance of *The Nutcracker* ballet.

The Clair E. Smith Art Gallery is located at the front of the high school to the left of the Johnson Auditorium. Gallery hours are 8 AM to 3 PM weekdays when school is in session and from 7 to 9 PM on January 26.

For additional information, please call 842-3214.

Register Now for Winter Semester Kindermusik

Through the sheer joy of music and movement, **Kindermusik** encourages early learning and creativity in children 18 months to 7 years of age. It allows children to explore the world in a secure, stimulating environment, filling them with a sense of curiosity and the delight of self-expression. **Kindermusik** provides a three-stage curriculum carefully designed to reflect and match your child's age and developmental level. There are no prerequisites since each stage provides unique learning opportunities.

Kindermusik Beginnings: Children 18 months through 3 years of age. This class introduces sounds and rhythms. Children and their parents or caregivers meet weekly for a 30 minute class of singing, chanting, moving, listening and playing with simple instruments.

Kindermusik Growings: Children 3½ to 5 years of age move from being receptive to being more expressive in their

learning. This fascinating musical exploration program is presented in two non-sequential semesters with a 45 minute class each week. There are "at home" activities and children gradually become accustomed to being in class on their own.

Kindermusik Young Child: Children 4½ to 7. The youngsters explore the world of music; speaking, singing, moving, listening, playing percussion instruments and learning about writing and reading music.

Please call **Barrington Kindermusik and Piano** for a brochure quoting price and class availability. The semester's classes (lasting 15 weeks) begin the week of February 1, 1999. **You must be enrolled by January 16.** All classes have a minimum enrollment of 7 and a maximum enrollment of 10 children.

We're located on Pepper Road, east side of the street, two blocks north of Northwest Highway. For more information, call 847-842-1440.

Family Violence Topic for Welcome Wagon Coffee

The Welcome Wagon Club of Barrington will hold their January Coffee on January 12, 1999 at 10 AM.

Susan Murphy Milana, author of *Defending Our Lives*, will give a talk on protesting violence against women and

protecting the lives of families across America. The coffee will be held at the home of Joy Strickland.

For information, call Marie at 381-6815. All ladies in the Barrington area are invited to attend.

Francis Cardinal George is MVP for 10th Annual "Hearts for the Homeless"

"Hearts for the Homeless" coaches Diane Kordecki and Cathy Rogich are enthused to announce that Francis Cardinal George, OMI and Reverend Michael M. Boland, Administrator of Catholic Charities of the Archdiocese of Chicago, will be the Guests of Honor for the 10th Annual Catholic Charities' Northwest Suburban Services Family Shelter benefit. Harry M. Jensen Kraemer, Jr., President and CEO of Baxter International, Inc. in Deerfield will serve as Honorary Chairman. This event is dedicated to the memory of Stephanie Nuzzo, a loyal and compassionate volunteer for "Hearts for the Homeless" who always put others' needs before her own.

The sensational "Sunday Sports Spectacular!" will kick-off at 4 PM on Sunday, February 21, 1999 at the Cotillion in Palatine (Route 14, just west of Route 53). Guests will be heartily welcomed to enjoy a lively cocktail reception with hors d'oeuvres, parade of prizes and silent auction.



Francis Cardinal George, OMI, will be Guest of Honor.

A four-course dinner will be followed by an extravagant live auction conducted by renowned auctioneer Harlan Dam from Crystal Lake. The cost per ticket is \$60 per person (cash bar), and tables of ten are \$600, \$1200 and \$1800.

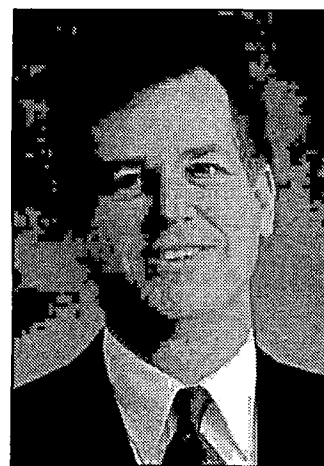
In the past ten years, Catholic Charities Northwest Suburban Services Family Shelter has provided new life for 105 homeless families with 241 children. The families live in scattered site apartments and receive professional counseling in budgeting, parenting and health assessment and in the development of job and educational skills.

Volunteer teammates helping Kordecki of Vernon Hills and Rogich of Arlington Heights are: Dulce Bernard, Debbie Crane, Laura DeWald, Helen Leadley, Mary McGuire and Mary Jane Nelson, Arlington Heights; Patricia Boho, Joan Kroll, Catherine Mura and Sharon Thompson, Barrington; MaryJo Chamberlain, Elk Grove Village; Thomas Dahlborn and William A. Dahlborn, Jr, Palatine; Patty DeWald, Lincolnshire; Jeanne Durkin, Carol Marsh and Glenne McMonigal, Crystal Lake; Sally Garrett, Lake Zurich; Donna Hoffman, Des Plaines; Mary Nicholson and Patty O'Brien, Mount Prospect; Meg Zirkelbach, Vernon Hills; and Chris Childs, Schaumburg. Rita Wiley, Regional Services Representative of Northwest Suburban Services based in Rolling Meadows, will serve as advisor.

Actively supporting the "Hearts for the Homeless" benefit are members of the Northwest Suburban Regional Advisory Board: Ronald Maskalunas, chairman, Long Grove; Reverend Michael Ahlstrom, Rolling Meadows; Rev. Charles Rubey, Chicago; Mike Abruzzini, Hoffman Estates; Paul Christin, Schaumburg; Patrick Cox and Sue Langowski, Palatine; Lawrence Ewing and Romeo Mura, Barrington; Christopher Saternus, Arlington Heights; and Gary Long, Buffalo Grove.

For information on the "Sunday Sports Spectacular!" or The Catholic Charities Northwest Suburban Services, please phone 847-870-0560.

Watch for more information in the February edition of *Lifestyles*.



Harry M. Jensen Kraemer, Jr., President and CEO of Baxter Intl., will serve as Honorary Chairman.



Stephanie Nuzzo. This event will be dedicated in her memory.

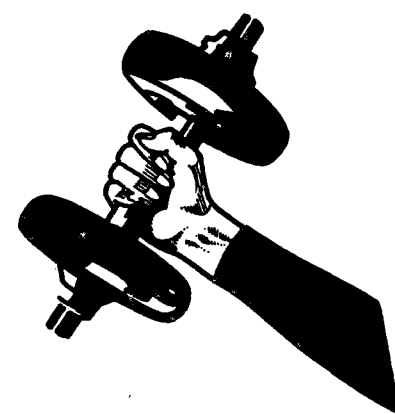


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□ Fitness



About Body Constructors Inc.

Body Constructors Inc. has been serving companies as well as individuals since its incorporation in April of 1992.

Corporate services include fitness center management and staffing, group and individual exercise instruction, nutrition and smoking cessation programs and a full range of exercise classes and lectures.

Individual fitness services are conducted in the client's home or office. Clients are given personalized exercise programs to meet specific goals. Progress is tracked through fitness evaluations that are also held in the convenience of home. Portable exercise equipment of all types is brought in by the trainers. Diet analysis and strategies are included within the program. **Body Constructors, Inc.** is a member of IDEA, the Association for Fitness Professionals.

About the Owner

Lake Barrington resident, Jennifer Clark, began her career in fitness during college as an aerobics instructor. Although a Psychology major, she found her love to be fitness. She continued her education with this in mind and her studies included anatomy and physiology, nutrition and other related courses. This assisted in preparing her for gaining nationally recognized certifications as a group fitness instructor and personal trainer. The following years found her in positions such as: aerobics instructor throughout Chicago and the suburbs; aerobics coordinator for the largest health club chain; and fitness program director for a large corporation.

During this time, she had her vision to start a business, providing exercise programs to other corporations and residential fitness facilities. Inspired by the progress of individual participants in those programs, she decided to work with individuals one-on-one in another convenient location—their homes.

Starting small with one other personal

trainer, four additional group fitness instructors and a registered dietitian, the business grew within three years to include six trainers and fourteen group instructors. However, seven years from the start, Jennifer still believes in running her company as a small, personal business where she has regular contact with all clients. As part of the personal training program, clients have a session with both their trainer and Jennifer no less than every quarter. She does this to maintain standards of excellence and ensure clients are meeting their goals. Essentially, each client has not one, but two experienced trainers working for them. She is currently preparing for the certification exam for Clinical Exercise Specialist. She travels nationally several times a year to continue her education and bring new research equipment and ideas back to her staff. Her philosophy is to give each client the tools (education and motivation) to live a healthy life.

About the Staff

Each trainer is nationally certified or holds a degree in the field of health/fitness or nutrition with a minimum of five years experience. Continual education and CPR certification are required. Trainers are matched with clients based on the trainer's specialty, the client's needs and personality.

About the Clients

Body Constructors Inc. has clients from 9 to 68 years old. Clients range from those seeking general fitness to pre/post natal and post-rehab. Clients work with **Body Constructors** trainers for the knowledge they provide, on-going motivation, convenience, flexibility in scheduling and results.

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

Expanded Programs and Activities at BACOA

The Barrington Area Council on Aging, Inc. (BACOA) announces expanded activities and programs for the New Year, in conjunction with the Lunch program held at Langendorf Park on Mondays and Tuesdays. A Post New Year Celebration is scheduled for Monday, January 4, 1999, with live musical entertainment.

Seniors are invited to share their New Year's Resolutions and their ideas for making 1999 a Great Senior Year! Resolve to join us on Mondays and Tuesdays (10:30 AM to 2:00 PM) at Langendorf Park for fun, food and festivities!

For more information, please call BACOA at 847-381-5030.

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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-SCOTTYS (726-8897)**. We are here to help!

Health Advocate

Health & Wellness Programs—January

"Walking Off Weight and Stress"

Wednesday, January 13, 7 to 9 p.m.—FREE
Barrington High School Auditorium

Nationally renowned walking expert Rob Sweetgall will present a practical and easy format to better health through a walking program.

"Walking and Longevity"

Wednesday, January 13, 2:30 to 4 p.m.—FREE
Barrington Area Library, 505 North Northwest Hwy., Barrington
Rob Sweetgall will give a highly motivational, common sense program to help older adults begin an exercise program to improve health and longevity.

Heartsaver Basic Life Support

Thursday, January 7, 6 to 10 p.m.—\$30

Designed for laypersons interested in learning about CPR, rescue breathing and choking signs, as well as risk factors and symptoms of a heart attack. Participants will also learn about healthy heart living.

Anger Management Workshop

Tuesdays, January 12 - February 16, 7 to 9:30 p.m.—\$120

A workshop designed to help individuals learn to understand and control anger and the destructive behavior that can follow.

Anxiety & Panic Workshop

Wednesdays, January 13 - February 17, 7 to 9:30 p.m.—\$130

Participants learn to reduce anxiety through stress management and relaxation techniques.

Depression Workshop

Thursdays, January 14 - February 4, 7 to 8:30 p.m.—\$80

With the assistance of a registered therapist, participants will learn how thoughts and events can lead to depression and learn healthier ways to communicate. A free depression screening is required.

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

Good Shepherd Hospital

Advocate

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Related to the Evangelical Lutheran Church in America and the United Church of Christ

Rob Sweetgall Returns to Barrington January 13 for Free Walking Programs

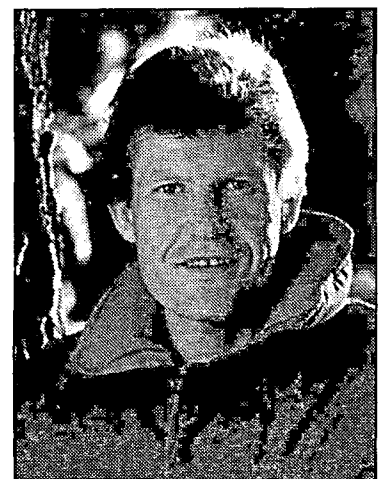
Good Shepherd Hospital is sponsoring two, free walking and motivational programs on Wednesday, January 13 featuring Rob Sweetgall, nationally recognized author, fitness walker and speaker.

For older adults, Sweetgall will present "Walking and Longevity" from 2:30 to 4:00 PM at the Barrington Area Library located at 505 N. Northwest Highway. This program will outline a common sense walking program designed for seniors. Sweetgall will demonstrate how regular walking can help improve general health and longevity. He will also discuss nutrition and the enjoyment of exercise.

"Walking Off Weight and Stress" is the second program designed for a general audience. It will be held from 7:00 to 8:30 PM on Wednesday, January 13 at the Barrington High School Auditorium located at 616 W. Main.

Rob Sweetgall's presentation includes how walking impacts cardiovascular health, weight and stress levels; how to get motivated; how to start a personal cross-training program and how to get the most from exercise in a small amount of time.

Since 1982, Rob Sweetgall, known as the Pied Piper of American Walking, has walked across the United States seven times covering 22,000 miles of US highways, stopping at schools to present motivational assemblies on walking, cardiovascular health and wellness. He is also recognized in the Guinness World Book of Records for his 10,608 mile foot journey along the US perimeter between 1992 and 1993. He has appeared on NBC Today,



Rob Sweetgall
for Good Shepherd Hospital

CBS Morning News, Evening Magazine and numerous television and radio talk shows. He also is the author and coauthor of eight books on walking and wellness.

In his former life, Rob Sweetgall was an overweight Brooklyn boy, high school valedictorian and DuPont Chemical Engineer. Motivated largely by the death of his father (heart attack), Rob gave up cheesecake and his 11-year career at DuPont to take his message across America on foot in 1982.

Good Shepherd Hospital offers a full range of community wellness programs and outreach services, education programs and support groups. Good Shepherd is affiliated with Advocate Health Care, one of the largest health care systems in the Chicago area.

Quit Smoking Course

Good Shepherd Hospital's Occupational Health Center is offering a Quit Smoking through Hypnosis program to help smokers kick the habit permanently. The next session will start from 7:30 to 9:00 PM on Tuesday, January 5 and continue through January 12 and 19 in the Private Dining Room of the hospital.

Participants will learn hypnosis techniques that will help them feel calmer, more confident and in control of their smoking habit. In addition, they will learn how to apply these new skills to their everyday lives. The cost of the course is \$120. To register, call HealthAdvisor at 1-800-323-8622.

Cosmetic Laser Centers, L.L.C.— Celebrating 3rd Year in Laser Hair Removal

Dr. Barry Berger is a Board Certified Internist, and the first licensed MD to use the Soft Light Laser System for hair removal in Illinois. He has successfully treated hundreds of patients with different skin and hair types. **Dr. Berger** performs all initial procedures himself, rather than the treatments being done by an unsupervised technician.

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Dr. Berger has experience with most of the lasers used on the market today. Get the true facts about these lasers and other methods of hair removal. Find out why he prefers the Soft Light YAG Laser.

Call today for a free consultation at **847-550-0600**.

Barrington Lyric Presents a "Chapter Musicale III"

As a gift to the Barrington area communities, the Barrington Chapter of Lyric Opera of Chicago will offer the third annual "Chapter Musicale" at 1:30 PM on Monday, January 18, 1999 at the Barrington Area Library. The program will feature talented, fun lovin' chapter members who will provide a variety of entertainment ranging from piano duets, vocal arias and duets (from classical to popular), a trombone solo and much more. Some of the performers will be Tressa Borkon, Wanda Hollensteiner, Shula Luber, Connee Plagemann, Bob Plagemann, Jim Tammi and David Whitehouse, Barrington; Anne Gross, Inverness; Janet Lareau, Algonquin; and Pat Steed, program coordinator, Schaumburg.

Coordinated by Bonnie Westphal of Hoffman Estates and Barbara Keegan of Schaumburg, a light dessert buffet will be served. The program is free. Please place reservations by January 13 to Maribeth Totten at 847-202-1753. For inquiries on the Barrington Chapter (over 200 members and still growing), please phone Mary Robins of Arlington Heights at 847-437-2158. To share rides, please call Evelyn Hammond of Palatine at 847-359-3545.



Robert Plagemann, trombonist and principal chair of the Northbrook Symphony Orchestra, will be among the performers at "Chapter Musicale III." Robert is also a composer, arranger and teacher.

How to Choose a Dance School for Your Child

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

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

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

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

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

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

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

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

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

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

"Hello laser, goodbye razor."

Alexandra Parnass
Beauty Editor
Marie Claire Magazine

The hair removal process that has everybody talking:

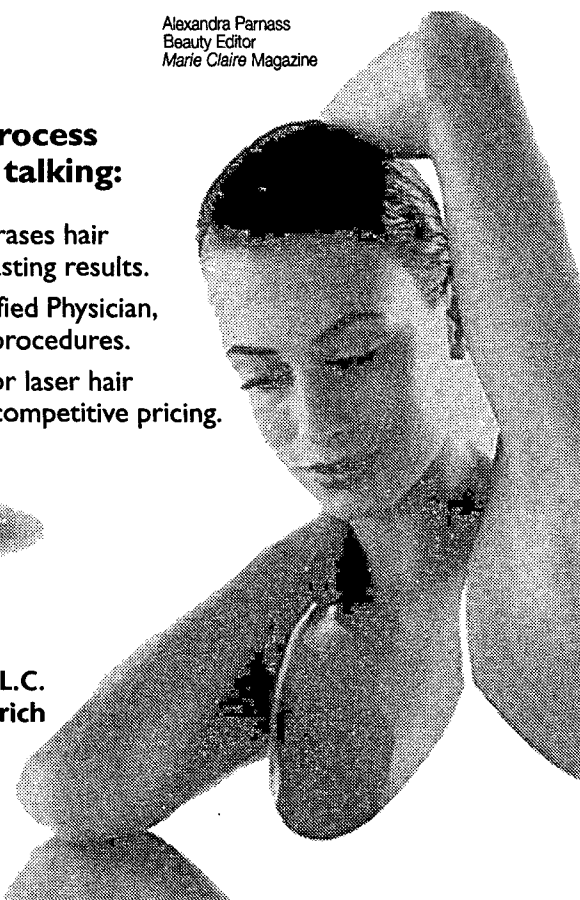
- Patented laser process erases hair quickly and gently with lasting results.
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- First licensed physician for laser hair removal in Illinois. Very competitive pricing.


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Adler Planetarium & Astronomy Museum Unveils Sky Pavilion in January, 1999



Soon to be unveiled, the Adler Planetarium & Astronomy Museum's Sky Pavilion.

On January 8, 1999 the Adler Planetarium & Astronomy Museum will unveil a stunning addition to Chicago's lakefront—the Sky Pavilion. Combining an impressive architectural design with a spectacular view of the Chicago skyline, the Sky Pavilion will showcase four new exhibition galleries; the world's first StarRider™ Theater; Galileo's, the Adler's new cafe; and Shooting Star, the new gift shop.

The centerpiece of the Sky Pavilion is the StarRider™ Theater, a spectacular interactive virtual reality environment. "Journey to Infinity," the first show in the new theater, will propel visitors on an exhilarating voyage of discovery into the infinity of space as they actively participate in the journey by operating controls located in the armrests of their seats. This revolutionary projection technology, which allows for real-time audience participation, owes its capabilities to a powerful computer originally developed

for utilization in aircraft flight simulators.

The Sky Pavilion's four new galleries launch Planetarium visitors on an active exploration of the universe as they experience exciting new exhibits. The Ameritech exhibition gallery, "The Milky Way Galaxy," will acquaint visitors to the wonders of our own galaxy in an immersive 3-dimensional computer animated fly-through. Formations Theater's sophisticated computer animations will introduce visitors to the birth of the solar system in "Our Solar System" gallery. "From the Night Sky to the Big Bang," located in the Pritzker Cosmology Gallery, is a part of the Chicago Millennium Celebration. It traces our ever-changing views of the cosmos and highlights 1,000 years of astronomical discovery. Treasures from the Adler's world-renowned collection of historical astronomical instruments, including the newly restored Dearborn Telescope, will be exhibited in this gallery.

Get Past the Myths, Experience the Benefits of Resistance Training to Achieve Fitness

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

What is the most effective way to improve your physical fitness and health? How can you maintain a youthful physique and your physical abilities? How can you maximize the loss of body fat? According to many experts, the answer is to include resistance training as a part of your fitness activities. What is resistance training? Resistance training is simply a more descriptive term that is used to categorize the anaerobic exercise traditionally referred to as strength training.

Certainly, proper nutrition and participation in aerobic exercise, such as brisk walking or jogging, play an important role in achieving fitness. However, what you don't know or haven't considered about resistance training may be preventing you from achieving your optimal fitness goals. Unfortunately, there are some unfounded myths inhibiting fitness seekers from including this valuable training method in their exercise routines.

Myth #1, resistance training is only for young men or athletes!—Resistance training for general fitness is considered by many experts to be the most effective way to stay fit, regardless of age or gender. To some, strength training conjures up notions of massive bodybuilders painfully hoisting heavy weights above their heads. Resistance training can be done in a variety of ways with varying intensities that need not involve either pain or overly heavy weights. Equipment can range from simple, inexpensive devices to elaborate machines, but much can be achieved with resistance tubing or some dumbbells and a bench. In short, resistance training is for everyone!

Myth #2, strength training bulks you up!—Concerns of bulking up or becoming overly muscular due to resistance training are not well founded, especially for women. Women are simply unable to experience muscle growth similar to men because of their relatively low levels of the hormone, testosterone. For men or women, large gains in muscle mass are unlikely to occur without high intensity

weight training methods and a genetic tendency for sizable gains.

Proper resistance training is likely to improve one's physical appearance by improving the body's size, shape and posture. Gains in muscle size and shape are generally offset by a greater loss of body fat, and in most cases, result in a reduction of body measurements at the waist and hips. In addition, resistance training is likely to improve flexibility, range of motion and endurance; and is the only way to increase muscular strength.

Myth #3, muscle turns to fat when you stop exercising!—Muscle and fat are two distinctly different substances. A lack of resistance activity will simply cause muscle to atrophy (shrink), not turn into fat. However, this fact points out the importance of maintaining the body's muscles as we grow older.

Muscle and other lean body mass regulate the body's metabolism, or rate of energy use. Muscles shrink as a person ages, which causes metabolism to slow down. Unless calorie consumption is reduced and/or physical activity is increased, a slower metabolism will result in a gradual increase in body fat.

Not only is resistance training an effective calorie burner, it also serves to boost metabolism by increasing muscle tissue. Experts estimate that for each pound of lean body mass gained, the body will burn approximately 50 extra calories per day. Added muscle means more calories burned, even during rest!

Resistance training can also inhibit the effects of osteoporosis, protect the skeletal joints, improve balance and coordination and prevent injuries.

Fitness Partners, Inc. provides personal training services to guide you in a fitness program designed to meet your specific goals and improve your strength, endurance, cardiorespiratory fitness and flexibility. Call Jeff Bobek, certified strength and conditioning specialist and certified personal trainer, to discuss your fitness goals at 847-991-5230.



Also on display will be Chicago's oldest planetarium, the Atwood Sphere, constructed in 1913. The Atwood is 15' in diameter with 692 holes drilled through its metal surface, allowing light to enter and show the positions of the brightest stars in the night sky. Visitors will experience the restored Atwood through a brief "The Sky Tonight" presentation.

As a special gift to visitors, general admission to the Museum will be free during the opening events of the celebration of the Sky Pavilion on January 8 through 12, 1999 (there will be a fee for StarRider Theater tickets).

The second phase of the Adler's extensive expansion and renovation project will begin as the Sky Pavilion debuts. In mid-January, the landmark 1930s Planetarium

building closes for extensive renovation and the installation of entirely new exhibition galleries. It will reopen in October 1999, concluding the Adler's exciting and innovative transformation.

The Adler Planetarium & Astronomy Museum opened in 1930 as the first Planetarium in the Western Hemisphere. Fueling the imagination of museum visitors with all new exhibits and state-of-the-art computer technology in the world's first StarRider™ Theater, while showcasing the Adler's renowned collection of historical astronomy artifacts, the Adler remains dedicated to its mission to be the leading center for interpreting the exploration of the universe.

For additional information, please call 312-922-STAR.

If You're Looking for Someone Special to Take Care of You...

L'Auberge wants to introduce two of our stylists to you—Lisa Rambert and Michelle Canale.

Lisa's talent began years ago as she grew up in the business. Lisa has an extraordinary strength in precision cutting, especially men's cuts. She won an award for platform work at the Midwest Show 1998 and is once again going to perform at 1999's show. Lisa's excitement and enthusiasm for the business is exceptional. She really enjoys meeting clients and taking the time to communicate to meet their needs.

Michelle has been with the **L'Auberge** team for a while now. Michelle worked in the city and moved her career to Barrington. Her precision cutting skills are of elite quality, as is her talent for updos. Whenever the occasion calls for an outstanding style for a special occasion, Michelle is who to talk to.



L'Auberge introduces their new stylists Michelle Canale and Lisa Rambert.

Both Lisa and Michelle have had advanced training with Goldwell Color and Highlighting as well as hands on training with the Marianne Strokirk Educational Team. If you're looking for enthusiasm and a fresh new energy to cut your hair, look no further.

You Promise to Get Fit and We Promise to Help

How many years have you made resolutions only to see them disappear before Valentine's Day? **Personalized Fitness, Inc.** has a simple theory... you set a realistic goal and we help you obtain it. Listed below is our top ten list for making your goal a reality.

1. Set measurable, attainable goals.
2. Break goal into steps.
3. Set specified time to achieve each step.
4. Staying positive will build confidence.
5. Develop a consistent schedule, the earlier in the day, the better.

6. Make your resolution a priority.
7. Focus on progress, review weekly.
8. Use leisure time to promote a healthy lifestyle.
9. Look for ways to increase your activity level, (e.g., stairs over the elevator).
10. Reward yourself.

Call **Personalized Fitness, Inc.** today at **847-277-7746** to schedule an assessment or your first training session.

Our staff of certified trainers and therapists are ready to help you commit to get fit.

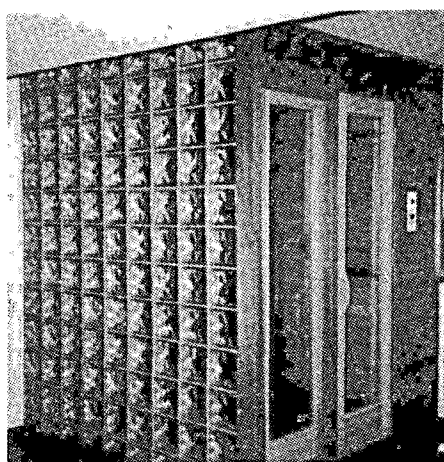
The Many Benefits of Sauna

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

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

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

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



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

Master Dance Class on January 9

The Master Dance Class Series continues as The Barrington High School Fine Arts Department welcomes former Bolshoi Ballet soloist Dimitri Roudnev.

Dimitri Roudnev will conduct a master class in ballet, Vaganova style on Saturday, January 9, 1999 from 10:00 AM to noon at Barrington High School. Mr. Roudnev is director and founder of Ballet Intensive from Moscow, a select organization of Master Russian Method teachers worldwide. Since its inception, Ballet Intensive from Moscow has held workshops

in over 14 different states throughout the country.

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 on January 9, 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.



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Eric & Jeri Swanson
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Shelter Needs Foster Families to Care for Local Children

Shelter, Inc. urgently needs families in the northwest suburbs to serve as foster parents for local children. These young victims have frequently been subjected to abuse, neglect, and/or abandonment. As a result, they suffer from low-self esteem and other problems stemming from abuse. To address these children's needs, Shelter's professional staff provides ongoing training and supervision for all foster parents.

Shelter's most pressing need at this time is for families who are willing to care for brothers and sisters who need to remain

together. Foster parents of all racial, ethnic and religious backgrounds are needed.

Shelter is the only nonprofit child welfare agency in the northwest suburbs providing community-based emergency and temporary housing for children and adolescents, birth through age 17. Children who are abused, neglected or in need of supervision are cared for in Foster Homes or Group Homes in the northwest suburbs.

For more information on becoming a foster parent, call Shelter's Foster Care Department at 847-590-6190.



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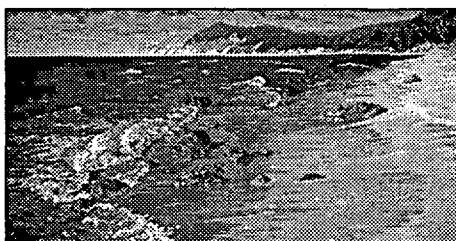
BAAC Gallery Exhibit "Emerging Artists"

The Barrington Area Arts Council (BAAC) announces the opening of the BAAC Gallery March Exhibit, "Emerging Artists" on January 8, 1999. The exhibit features original two- and three-dimensional work by Esther Aron, Mike Barret Kolasinski, Tom Vician and Michael Yglesias. The theme of the show revolves around "developing artists who are breaking out of anonymity and standing on the edge of discovery."

Esther Aron resides in Woodstock, IL and received a Bachelor of Arts from Mundelein College, Chicago. Ms. Aron's pastel paintings are soft in composition but bold in expression. In 1998, Ms. Aron received awards in the following juried exhibitions: Urban Edges II, Award of Merit, Barrington Area Arts Council; and Women's Work, Best of Show, Northwest Area Arts Council.

Mike Barret Kolasinski lives in Chicago, IL and was educated at the Chicago Academy of Fine Arts. Currently, Mr. Kolasinski's pastel paintings focus on endangered wildscapes. The intensely bright, pure colors achieve a reality inspired by the lights and darks of nature. Mr. Kolasinski was awarded Best of Show in the Barrington Area Arts Council's Urban Edges II, 1998.

Tom Vician grew up in Crystal Lake. Mr. Vician received a Bachelor in Fine Arts from Northern Michigan University, Marquette, MI and is currently working on his Master of Fine Arts at Illinois State University, Normal, IL. Vician's area of concentration is ceramics using a variety of hand-building techniques. This method



Sand Song by Mike Barret Kolasinski,
soft pastel.

allows him to create abstract shapes in an unrestricted fashion. In 1998, Mr. Vician received 1st Place Three-Dimensional at the 12th Annual BAAC Art Fair.

Michael Yglesias is studying art at the Kansas City School of the Art Institute and is a graduate of Barrington High School in Barrington, IL. Mr. Yglesias received the 1994 BAAC/Fuerestein Scholarship which is presented annually to a Barrington High School senior for his excellence in visual arts. Yglesias's wood sculpture takes the traditional issues of basketry, woodworking and weaving and combines them with welding, slip casting and concrete molds.

The BAAC invites the public to attend a Preview Opening and Artists Reception on Friday evening, January 8 from 7 to 9 PM at the BAAC Gallery located at 207 Park Avenue in Barrington.

The exhibit will be on view from January 8 through 30, 1998. The BAAC Gallery hours are Tuesday through Friday, 10 AM to 4 PM and Saturday from 10 AM to 2 PM. The Gallery is closed Mondays.

For additional information, please call 847-382-5626.

Slenderizing Expert Shrinks Bodies in 60 Minutes with Mummy-Style Mineral Body Wrap

As Seen and Heard on "Entertainment Tonight,"
"Extra," "Crook & Chase," and Hundreds
of Radio and TV Stations Nationwide!

A dress-up event is approaching but you can't quite squeeze into your favorite outfit. How do you shed those embarrassing inches?

With the instant trimming technique now available at **Wrap Me Slender** located at 9 S. Old Rand Rd. in Lake Zurich. This original Body Wrap formula and process, invented by Hollywood figure consultant Victoria Morton, is guaranteed to melt 6 to 20 inches off overly-plump hips, waists, thighs and tummies—in just 60 minutes. "And the inches stay off," reports Victoria Morton, inventor of Suddenly Slender, The Body Wrap.

Inventor, Ms. Morton explains how the one-hour, inch-loss procedure works. "First, we carefully measure 18 key areas on the client's body. Next, we wrap the client head-to-toe, like a mummy, in Ace bandages which have been soaked in an all-natural mineral solution. The liquid minerals soak into the skin, pull out toxins and shrinks the tissues. After one hour, we unwrap the client and measure the inch loss. Clients typically see a one or two inch reduction in their waistlines after the

first wrap. The largest waistline reduction ever reported after one wrap was an astonishing 13 inches!" This Body Wrap is unlike other wraps that use dehydration to shrink the body. "There's no sweating and no water loss and clients don't feel any urge to 'drink back the inches'. Which means they won't balloon back to their previous size a few days after the wrap is complete." Clients receiving Victoria Morton's Body Wrap include everyone from models to mechanics and some of Hollywood's biggest names.

Even puffy pets have been wrapped with great results. The wrap has slimmed down a show horse and even firmed up a hound dog. "We know the wrap is safe for animals," says inventor, Victoria Morton, "because it's been tested on humans for nearly 30 years."

By popular demand, Victoria Morton has released her all-natural mineral Body Wrap locally to **Wrap Me Slender**, in addition to the 700 health and beauty spas around the world. For more information or to schedule an appointment, please call 847-550-8978.

Make a Commitment to Yourself

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

Your number-one resolution for the new year should be to take care of yourself, emotionally, physically and spiritually. You owe this to yourself. People on the fast track tend to forget to take care of themselves, and then wonder why they get sick. Make the commitment for 1999!

It's a good idea to check with your doctor before starting any new program. Then, start by taking a look at your lifestyle. What changes need to be made to improve your health? What's happening that's detrimental to your well being?

Take a good look at what you're eating. How many fast food "meals" a week are you eating? How is your carbohydrate and protein balance? Start by keeping a food diary for a week. Evaluate your choices and be prepared to make changes. If you're tired all the time, maybe you're not getting enough protein. Protein feeds your brain cells with chemicals responsible for mental acuity and endurance. Without them, mental foggi-ness and confusion can result.

Perhaps you're using sugar for quick energy instead of necessary protein for endurance. Often, calorie counting becomes so important that people drop the necessary protein in order to save calories. Be knowledgeable about food and bad fat. It's very important to include eight glasses of water daily.

Where do whole grains and fruits fit

into your daily meal plan? How much actual fiber are you getting? When was the last time you took the time to sit down and enjoy a well-prepared meal?

Perhaps while tracking your food intake, you should also note the amount of daily exercise you're getting. This does not include what you do at work. You must have an increase in heart rate for 20 to 30 minutes for it to count as exercise.

Many times, negative moods are a result of brain chemical deficiencies, whether it's from skipping meals or eating "bad mood" foods. Serotonin is responsible for sleep regulation, mood and appetite. Carbohydrate rich foods are partially responsible for serotonin levels. Carbohydrates in the evening can help calm you down after a hectic day.

Endorphins are the body's natural pain killers, whether it's emotional or physical. Eating properly, as well as exercise, produces endorphins. When your brain is deficient, it can cause depression. Brisk walking for 20 to 30 minutes a day can do wonders for stress.

It's very important to take personal time every day. Do something nice for yourself. Read a book, listen to music or take an aromatherapy bath. Let your last thought for the day be a positive one.

If you need an individual plan or help getting started, please feel free to call me at **All Ways Healthy, 438-9200.**



Keeping Love Alive! Seminar Offered

A new trend is sweeping our country! Couples are flocking to marriage education courses in droves... with good reason. One out of every two marriages ends in divorce. But proponents of these skill-based courses firmly believe that what separates the winners from the losers in love are relationship skills, skills that can most definitely be learned. Recent research on the effectiveness of these courses offers cause for optimism—these classes work. Couples really can learn the fundamentals of effective communication, how to handle conflict and anger productively, how to increase intimacy and closeness, and so on. The great news is that unlike therapy, which takes a long time and carries with it an embarrassing stigma, marriage education classes are now the “in thing” to do. In other words, be there or be square.

Leading the pack in terms of divorce prevention is Chicagoland's very own, Michele Weiner-Davis, author of the best-selling *Divorce Busting*. Through her books, relationship classes and private practice, she has been helping couples overcome problems both big and small and make their marriages more loving. Her work has been featured in major newspapers and magazines. She has been a frequent guest on television and radio talk shows.

Based on her revolutionary program that has helped thousands of couples over the years, Michele offers relationship classes locally. In fact, one such course, *Keeping Love Alive*, will be offered in Schaumburg soon.

For more information on the course *Keeping Love Alive*, to be held January 23, 1999 at Maggiano's Restaurant in Schaumburg, please call 815-337-8000 or www.divorcebusting.com. Cost is \$89 per person or \$159 per couple. Or, make a



check payable and mail it to: Michele Weiner-Davis Training Corp., PO Box 197, Woodstock IL, 60098.

About Michele Weiner-Davis

Michele Weiner-Davis is an internationally renowned relationship expert, author and marriage therapist, specializing in a revolutionary approach aimed at helping people change their lives quickly and painlessly.

Besides her bestselling book, *Divorce Busting*, she is the author of *A Woman's Guide to Changing Her Man* and *Change Your Life and Everyone In It*. Her work has been featured in major newspapers and magazines. She is a regular guest on radio and television including such shows as Oprah, 48 Hours, The Today Show and CBS This Morning.

Michele offers life changing seminars for the general public and mental health professionals.

Theatre Fest '99

The largest delegation of Barrington High School students ever (except for when we presented a show) will be making the trip to the 24th Annual Illinois High School Theatre Festival on January 7 through 9. The Festival will be at the University of Illinois at Urbana, housed in the magnificent Krannert Center for the Performing Arts. This year's theme will be “Creativity Through Collaboration.” Thanks to the

generosity of the Barrington High School Fine Arts Boosters, the drive will be a warm and comfortable one, with more students able to attend and a higher margin of safety, since their donation will allow us to take a charter bus. The students will take workshops, see exhibits, audition for college scholarship money and see some of the best plays available in the state.

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 redness in the treated

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

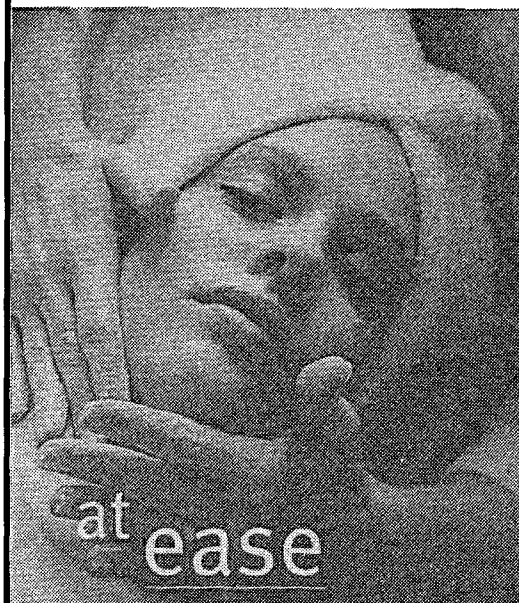
Unlike traditional methods of hair removal, this clinically-advanced procedure is performed under the guidance of a qualified physician, with whom you will have a **free** initial consultation. It would take only 15 minutes out of your busy schedule to be treated for an area such as the upper lip or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

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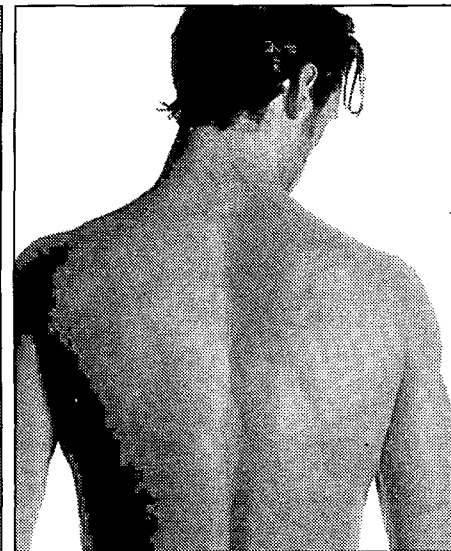
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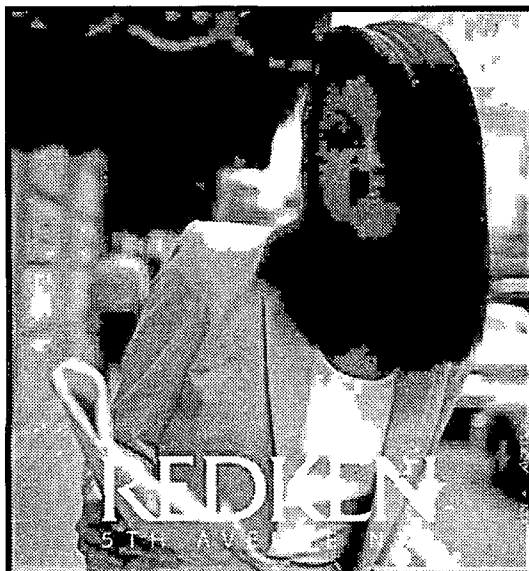
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Celebrate the New Year In the Spa Light!

The staff at **In the Spa Light Salon** would like to wish a happy and prosperous New Year to all! If you have any resolutions about changing the style you have, now is the time to change it. New clients receive \$5 off on a wide selection of fine salon and spa services for the month of January. Enhance your appearance with hair extensions! The salon uses the patented single strand bonding technique. This unique method adds length and thickness to any style. Only authentic human hair is used and is available in straight, wavy or curly styles. Michelle Szczesny, owner of the salon, is the Mega Hair Chicagoland Representative. We are also proud to announce that Marlaina Mariano has completed training in extensions and weaving. She can now accommodate all of your styling needs. Please call if you would like more information and book a free consultation. Before and after photos are available.

Our goal is to create a warm friendly environment providing innovative techniques to meet all your image needs. You can always count on monthly specials and



Asia Gajderowicz,
In the Spa Light Hair Extension Client

VIP programs. The salon's hours are: Monday, reception only; Tuesday and Thursday, 9 AM to 9 PM; Friday and Saturday, 9 AM to 6 PM. Please give us a call at **847-381-3688** for more information on our services. Walk-ins welcome.

Rekindle Your Spirit!

The Barrington Junior Women's Club cordially invites the public to their spring luncheon. Headlining the event is speaker and trainer, Marci Shimoff, co-author of several of the *Chicken Soup for the Soul* books, including *Chicken Soup for the Woman's Soul*.

The cost is \$45 which includes a wonderful luncheon menu created just for this event by chefs at the Marriott Lincolnshire. Also, a silent and live auction, book sales, autograph sessions and a cash bar will be available. Call 847-622-3838 to reserve your spot now.

Friends of Home of the Sparrow Does It Again!



Sal Hernandez and Elia Martinez
of Barrington Hills.

From Barrington: Mary Marts, Corrine Anderson,
Lew Robert and Jim Anderson.



Norm and Nancy Gotsch of South Barrington
with son-in-law Nate Jackson of Wheaton.

"Another great party," "good music," "such fun seeing everyone," were comments heard regarding the "ALL THE JAZZ" dinner/dance held November 7 by Barrington-based Friends of Home of the Sparrow at Biltmore Country Club, North Barrington.

Not only was it a good party, but thanks to the efforts of Dina Bair-Kleinberg, WGN-TV News Anchor who presided as Auctioneer, and the wonderful array of over 115 items assembled by the FOS Live/Silent Auction Committee, a new

record was set in monies raised... over \$75,000 for the benefit of Home of the Sparrow!

Barrington High School music students George Holdcroft and Jason Gross added to the atmosphere, while the Gold Coast Orchestra provided exceptional sounds for dancing. (A unique, jazz club setting had been created by the talented high-energy decorating committee.)

FOS Chair Sue Guernsey: "the most wonderful thing about all of this is that such community support and interest has

developed! People recognize the cause as worthwhile and look forward to attending, with their friends and neighbors, our annual fall theme party dinner/dances for the good times they offer! We were actually sold out, with a large waiting list, three weeks ahead of deadline!"

Home of the Sparrow provides transitional housing and support services to homeless women and their children... aiding in their efforts to become self-sufficient through education and employment. These funds raised will be used to sup-

port: the new educational training center in McHenry, continuation of the Graduate House, expansion and maintenance of existing program and facilities, plus support of the new program in Cook County.

Friends of the Home of the Sparrow, based in Barrington, provides advocacy, financial and volunteer support to Home of the Sparrow.

For more information, or to volunteer time or services to either group, please contact: for FOS, Michele 847-526-8123; for Home of Sparrow 815-344-5171.

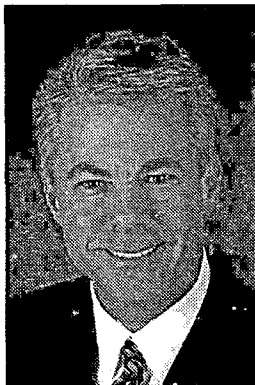
The Hair Removal Method You've Been Searching For!

Wouldn't you like to show hair in only the right places? Thanks to EpiLight™, thousands of men and women now do. **Dermatology Associates** has completed its first year of providing the advanced technology of the EpiLight™ Hair Removal System, the finest hair removal treatment available. This amazing instrument uses split-second flashes of light to remove hundreds of hairs. And the results have been nothing short of amazing.

The EpiLight™ System allows unwanted hair of all colors to disappear from all parts of the body: the upper lip, bikini line, underarms and even large areas like the legs, arms, back and shoulders. What's more, this non-invasive treatment goes beyond a laser to personalize treatment according to your unique features, such as hair color, texture and skin tone. In just a few treatment sessions, you can have the smooth beautiful skin you've always wanted.

Here's What Makes EpiLight™ So Great:

- Successfully and safely removes unwanted hair of all colors from all parts of the body on most skin types with excellent results and minimal thermal injury to surrounding skin tissue.
- Low incidence of side effects: Reported adverse effects are substantially fewer and less severe than those of other treatment modalities. Moreover, most side effects are temporary and usually resolve within 2 to 4 weeks.
- Less likely to cause pigment changes
- Less likely to cause scarring or other lasting effects
- Less likely to cause blistering
- Virtually no burning



David P. Van Dam, MD

• **No needles or injections:** The treatment is non-invasive. There is no use of needles and no skin punctures associated with the procedure, thereby eliminating the risk of infection.

• **Less discomfort:** Treatment causes only slight discomfort compared to other hair removal methods.

• **Local anesthetic or other pain medications** are not required.

• **No waxing or coloring** with a black carbon substance prior to treatment.

• **Faster treatment time:** The device's large spot size allows removal of a very large number of hairs per flash and permits safe and effective removal of hair from large body areas.

• **Convenient:** There is no need to suffer the daily grind and irritation of shaving, the pain of waxing or the tedious commitment of electrolysis.

Call **Dermatology Associates** at **815-455-4434** for your private consultation with our EpiLight™ Specialist.

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**.

Home of the Sparrow Opens Thrift Store

McHenry-based Home of the Sparrow, Inc. opened a third Sparrow's Nest Thrift Store at 1818 W. Northwest Highway in Arlington Heights on December 16.

Home of the Sparrow provides transitional housing to homeless women and children at its four shelters in Palatine, McHenry, Woodstock and Crystal Lake. The agency also operates thrift stores in McHenry and Cary.

Home of the Sparrow is seeking volunteers to staff the Arlington Heights store. Duties include pricing and sorting dona-

tions, as well as operating the cash register and assisting customers.

The store's hours are Monday through Wednesday, Friday and Saturday from 10 AM to 4 PM and Thursdays from 10 AM to 8 PM.

Donations of clothing, household items and furniture are being accepted from 10 AM to 3 PM, Monday through Saturday.

For more information or to volunteer, call Laura or Rob at the Sparrow's Nest at 847-705-6852 or at Home of the Sparrow's Barrington office at 847-705-6850.

millions of hair follicles
cover the human body,...

you may
not want
all of them.

Dermatology Associates of Crystal Lake/Barrington offers EpiLight™... the most advanced hair removal process available.

Hair removal on any part of your face or body is possible without shaving, waxing, plucking or electrolysis...and without the usual frustration or discomfort of these obsolete methods. Fast and efficient, EpiLight™ eliminates undesired hair with flashes of light. It may seem a little like magic, but this 21st century technology is here today and it really works!

Call for your private consultation with our EpiLight™ specialist today.



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MENU

Appetizer
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\$28.75 PER PERSON

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See Our Editorial For January Specials →

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

Players and Coaches Saluted for Extraordinary Year

At a luncheon at the Barn of Barrington, the Barrington Noon Rotary Club entertained and saluted the Broncos football team for their second place finish in the state tourney.

In attendance representing the team were Dave Burton, Tom Burton, Joe Debord, Pete Debord, Kyle Derickson, Tim Meyer, Dan Pohlman and Scott Sagehorn. Also in attendance were high school athletic director Al Kamradt, assistant director Robert Carpenter, high school Principal Ed DeYoung, School Su-

perintendent John Lamberson, as well as the village presidents of Barrington, North Barrington, South Barrington and Barrington Hills.

Club president Ron Dockery presented a certificate of appreciation to Kamradt. James Kempe, President of Barrington Hills, also presented the coach with a certificate of appreciation. Coach Kamradt saluted the young men as student athletes and good citizens as well as football players—"Win with character, not characters!" he said.

Happy New Year!

It's hard to believe 1998 is over and once again we are beginning a new year. It has been a wonderful year for me both professionally and personally. I have watched my daughter turn one-year-old and I have finished my first year as an official partner and co-owner of our orthodontic practice. It has been two and one-half years since I joined Dr. Hayward's practice and I would like to thank our patients and the people of Barrington for welcoming me and my family.

The year 1999 will be even more exciting than 1998. Our wooden nickel incentive program is now in full swing and our patients are having fun earning prizes while they improve on the care of their teeth and orthodontic appliances. We have plans to expand the number of days our offices are open to increase the convenience for our patients. The purchase of a new digital imaging system will help us to provide state of the art diagnostic records.

As usual, Dr. Hayward and I have been busy attending numerous continuing education courses, which will enable us to provide the best treatment for our patients. Many courses are planned for 1999 as well, including several in which the entire staff will take part. A very strong effort has been made to assemble a first rate team of professionals and we will continue to strive for excellence together. We are very fortunate to have such a car-

by Robert Skopek, D.D.S.



**Dr. Michael
Hayward**



**Dr. Robert
Skopek**

ing and dedicated group.

In 1998, Dr. Hayward completed his term as president of the Illinois Society of Orthodontists. He has been involved with the society for many years and has made many significant contributions to orthodontics in the state of Illinois. With the completion of his term and the marriage of his only daughter in October, he is looking forward to more time for himself in 1999. I have also been involved in the Illinois Society of Orthodontists as the editor of the newsletter and the Chicago Dental Society as the dinner chairman for our northwest suburban branch.

We consider it a privilege to serve our patients and our community. We thank you for your support in 1998 and wish all of you health and happiness in 1999. Our offices are in Barrington, 847-382-5588, and Palatine, 847-359-7980.

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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 January, it is \$38.

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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.

After the holidays, 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 staff wishes Happy New Year to all. We are looking forward to another year of serving you.

Antiques Show— The Show for Discriminating Buyers

The 17th Northwest Suburban Antique Show and Sale is returning to Harper College at the Wellness & Sports Center, Building M on January 22 through 24, 1999.

This unique, diverse and exciting antiques show offers something for the novice as well as the advanced collector. The show's furniture dealers are complemented by exciting merchandise such as glassware, china, silver, jewelry, porcelain, linens, textiles, pottery, stoneware, clocks, toys, primitives and a variety of collectibles—in all, 85 dealers from 10 different states! Spend an enjoyable time browsing through our booths. And while you are there, bring those chipped pieces of glassware to be repaired by our glass repair service. Silver Match Service will be available, appraisal will be performed on Saturday between 4 to 7 PM, one free with admission and additional items will

be \$5 each. If you would like to learn more about the items you collect, be sure to visit the booth of Julia's Book's for that special reference book or current price guides.

The 17th Northwest Suburban Antique Show and Sale, will be presented Friday the 22nd from 4 to 9 PM; Saturday the 23rd from 11 AM to 8 PM; and Sunday the 24th from 11 AM to 5 PM. The show is located in Harper College, Building M (now known as the Wellness & Sports Center) located at 1200 West Algonquin Road in Palatine, Illinois. Admission is \$5 (and save \$1 with this ad) and parking is free. **The 17th Northwest Suburban Antique Show and Sale** has high quality exhibitors and is presented by Cherubim Productions, Ltd. For more information, call 630-584-0057 or 630-377-1041. At the time of the show, call 847-925-6000, ext. 2445.

Facelift Surgery

Aging of the face is inevitable. With time, the effects of gravity, genetics and sun exposure begin to demonstrate their impact on our appearance. Fine wrinkles begin to appear at the corners of the eyes. The sharply demarcated jaw line becomes less defined with the appearance of jowls and the smooth contours of the neck are lost. The actual timing of when these events take place varies from person to person. Once these signs of aging become apparent, a facelift, also known as rhytidectomy, could provide the desired facial rejuvenation.

What is a Facelift?

A facelift allows rejuvenation of the lower two-thirds of the face. It addresses the sagging neck, jowls and cheeks. It may be combined with liposuction and tightening of the muscles in the neck to provide a tighter, smoother contouring. The incision for the facelift extends from the patient's temple hairline down in front of and then just inside the ear, and continues around the lobe behind the ear into the hairline. All incisions are placed where they would fall in a natural crease or hidden within the patient's hair. The skin is then raised and the underlying soft tissues are tightened. This places the tension beneath the skin and prevents a pulled or too tight look. The skin is then redraped over the underlying tissues. The excess skin is trimmed and the incisions are closed with fine sutures. Depending on the extent of surgery, the procedure can last from two to four hours. Following the surgery, the patient will have a dressing placed to protect the entire area where the incisions have been made and the skin has been raised. A

by Gary S. Churchill, MD



Gary Churchill, MD



Ilana Sweis, MD

facelift may also be combined with eyelid and forehead surgery to provide rejuvenation of the upper one-third of the face.

What Can the Patient Expect After Surgery?

Most patients report very little pain after surgery, however, there is some degree of discomfort due to the swelling. The patient will be instructed to sleep with the head elevated on two to three pillows. Medication is prescribed to allow the patient to tolerate the mild pain. The dressing that was applied immediately following surgery is removed on the first day after surgery. Recovery usually takes between two to three weeks although most patients are able to go back to work in one to two weeks. The incisions are barely noticeable even early on since they are hidden in natural contours and the hair.

Where Can This Procedure be Performed?

Facelifts are commonly performed at the **Plastic Surgery and Laser Center**. Some patients prefer to spend the night there while others go home following surgery. Either twilight or general anesthesia is used. Facelifts can also be done in the hospital.

Jim Gibbons Memorial 5K Run and Walk

The 5th Annual Jim Gibbons Memorial 5K Run and Walk of the Leukemia Research Foundation will hold the January Committee Meeting at Marcello's Restaurant located at 645 West North Avenue in Chicago on Wednesday, January 13, 1999 beginning at 6:30 PM. The committee will begin making plans for the annual event which will be held on Thursday, June 17, 1999 along Chicago's downtown lakefront.

The event is held in memory of Jim Gibbons, an Investigative Reporter at WLS TV, Channel 7, who died of leukemia in 1994. Proceeds from the event will benefit the Leukemia Research Foundation in its efforts to find a cure for Leukemia.

All who are interested are invited to attend and help plan the 1999 event.

For further information, call Debbie Hamilton at 847-424-0600.

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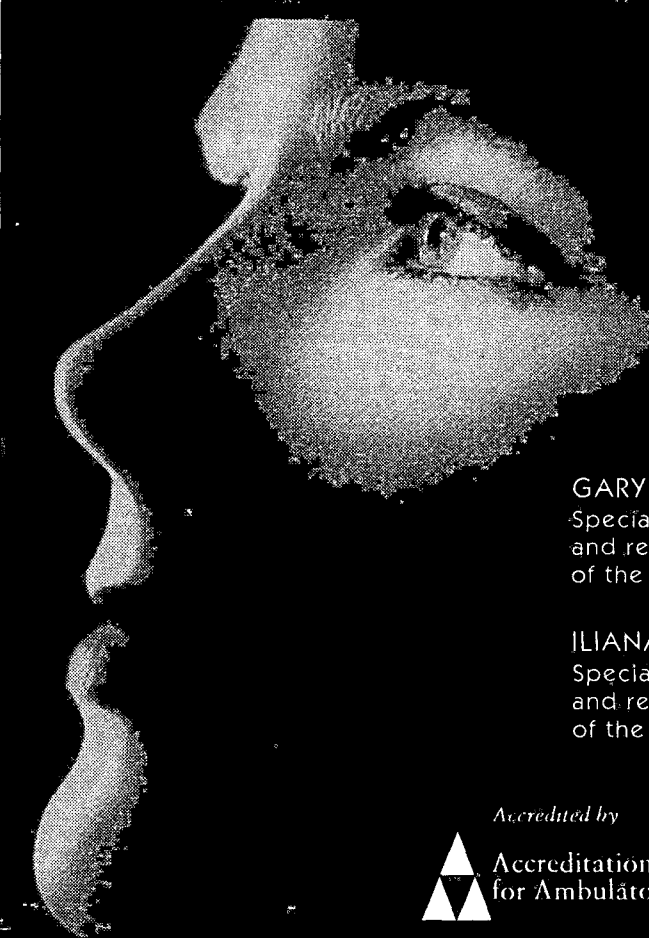
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Senior Activity and Lunch Program

Join us at Langendorf Park for these activities in January and February. All activities begin at 12:30 PM.

• Monday, January 4—Seniors are invited to share their New Year's Resolutions and enjoy live musical entertainment at a Post New Year Celebration.

• Monday, January 11—Aloha! Sunny skies and blue waters await you right here at Langendorf Park. Enjoy Hawaiian treats and watch our Hawaiian travelogue. Don't forget your sunglasses and tanning lotion!

• Tuesday, January 19—Bring a friend to our Get Acquainted coffee hour. Introduce your friends to the BACOA Lunch

program. Let them learn about BACOA activities including bingo, lunch and special door prizes.

• Monday, February 8—Roses are red. Violets are blue. On February 8, we want to see you! Celebrate Valentine's Day with your BACOA friends. Have lunch and "make your own valentine" with the Barrington Park District preschoolers! There will be flowers for the ladies and kisses for all!!

The Barrington Area Council on Aging, Inc. (BACOA) is a private, not-for-profit organization. Its mission is to promote the independence, dignity and well-being of older adults in the Barrington area.

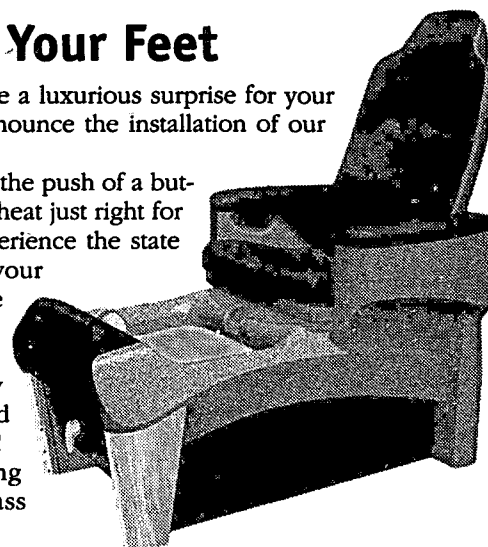
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Come and celebrate with us. We have a luxurious surprise for your tootsies. **Tranquility** is proud to announce the installation of our new pedicure chair!

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We are looking forward to seeing many of Barrington's finest feet pass through our doors.

Happy New Year!



New Year's Resolutions and After Holiday Blues

by Judy Kaplan, MS

As 1999 has rolled in, many of us have been inspired to make New Year's resolutions. We have great expectations for ourselves and others at the beginning of a New Year. The slate is clean and fresh and ready for "a new start." But, as the hustle and bustle of another holiday season ends, many different kinds of feelings surface for people.

There is often an anti-climactic feeling in January, known as the post holiday blues. Occasionally, people feel disappointment or loneliness at the holiday time, which is heightened during January. It is a quieter time, and the time for cleaning up and clearing things out. It is the prelude to "spring cleaning." Not only for our houses and our stuff, but for our minds as well. There is more time for thoughtful reflection about the past year and the changes we would like to make in this New Year.

For some of us, it is a time that breeds depression—with all of the excitement, family and friends gone—many of us are alone with our thoughts to an uncomfortable degree. For many, it is a time to go

off on a holiday and relax and come down from the stress of November and December. Others find this time one of great inspiration and new hopes and aspirations for the future. And, finally, for some, the reality of financial stress, ongoing problems and issues, mundane daily chores and routine become all too present.

With the diverse feelings that are triggered by the holiday season and the "lull" following it, don't be too hard on yourself. It is natural to have some shift in your feelings. Have you made some New Year's resolutions? Have you made some lofty goals for yourself? Have you made resolutions in the past only to be disappointed in yourself for not living up to your own expectations? What can you do to be more realistic about your expectations for yourself, others and the coming year? If you are struggling with the "after-shock" of the holidays, perhaps I can help you gain some perspective. You can call me at **847-842-9365**. Sometimes an objective look can light the path for you.

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.

St. Mary's Music Festival

The ladies of the Barrington High School vocal music program participated in the St. Mary's College Treble Choir Festival on November 20. Choirs from four surrounding states shared their musical programs with one another and were then critiqued

by university choral directors. Nearly 100 young ladies from the BHS vocal music program had an opportunity to sing in this festival. The groups were conducted by Pam Hanley and Nancie Kozel and accompanied by Mrs. Cindy Sander.

Business Asset Valuations

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

One year to the millennium! Happy New Year to all my friends who have followed my articles over the past few years and to all the new readers of my articles. Thank you for all your support. I hope I can continue to deliver topics that are of interest to you. If there are any specific items that you wish discussed concerning estate planning, business planning, elder law or other related legal and tax issues, please let me know.

Business valuations and appraisals vary depending on the purpose for such valuation. For example, one might want to know the fair market value for estate tax purposes rather than the maximum investment value of the property. Investment value takes into consideration the possibility of increase in profitability and/or value of the property. "Fair market value" is defined by the Treasury Department as "the price at which the property would change hands between a willing buyer and a willing seller, neither being under any compulsion to buy or to sell and both having reasonable knowledge of relevant facts." (Reg. 20.2031-1(b)).

The valuation of actively traded stocks and bonds is not difficult to determine. However, the determination of the value of stock that is not actively traded is more complex. The use of restrictive agreements, i.e., buy-sell agreements, redemption agreements, etc., may be effective in determining the value of a business only if certain conditions are met in the agreement.

Three requirements are necessary to fix a stock price for estate tax purposes between unrelated persons: 1) during the life of the shareholder, he/she must first offer any shares he/she owns to the business or other shareholders at the fixed price in the agreement before selling the shares to an outsider; 2) upon the death of the shareholder, his/her estate must sell the shares at the agreed upon price; and 3) the agreement must set for the price or a method for valuation of the shares. (Regs. 20.2031-2).

However, when the agreement is between related persons, three additional items are considered to protect the value as stated in the agreement for estate tax purposes: 1) the agreement must be an arm's length business arrangement supported by adequate consideration; 2) the agreement cannot be a device to transfer property for less than adequate consideration to the shareholder's beneficiaries; and 3) the agreement must be similar to other arrangements entered into in an arm's length transaction. (Reg. 25.2703-1(b)(i)).

Where there is no active market for stock and no agreement fixing the value,



the Treasury has set forth valuation factors. These factors must be considered in determining the fair market value: the business' net worth; prospective earning power; the capacity to pay dividends; goodwill of the business; the economic outlook of the particular industry involved; the management; the control represented by the stock to be valued; the value of actively traded securities of businesses in a similar line of business; proceeds of life insurance policies payable to or for the benefit of the business; restrictions or options on the sale of the stock; and other "relevant factors." (Reg. 20.2031-2(f)).

Each factor must be weighed to determine its importance. The type of business will determine the weight of each factor. The guidelines for this method of valuing closely held securities are from the Treasury Department. Other methods are being used by appraisers which are sure to be tested in the future.

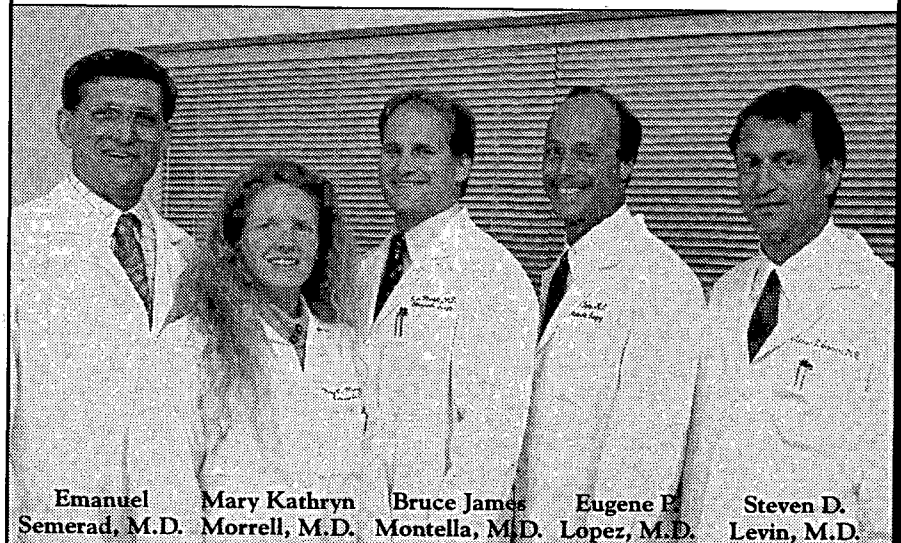
Once the value of the business is determined, then the value of the specific stocks must be determined. With closely held businesses, the value of ownership interests depend on the control represented by the stock interest in addition to the marketability of the stock. A minority interest may be allowed a minority interest discount, even when the transfer is within a family. Most courts have found that a 50% shareholder may obtain some minority discount.

When there is no active market, the valuation is subject to an appraiser balancing the above identified factors and is not easy to determine. A buy-sell agreement or redemption agreement is your best insurance at setting a value of a closely held business.

Have a safe and healthy January! See you in February, 1999!!

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New Year's Resolution Time

by Raymond Kotz, DDS



It's New Year's resolution time—time for promises to others and time for promises to ourselves. Keeping resolutions means changing habits and changing habits is tough. Psychologists tell us that to effectively form a new habit, we must practice that behavior for at least 30 days straight.

My New Year's resolution was to nag no one about brushing and flossing their teeth, but instead try to make these chores easier.

When it comes to brushing, electric toothbrushes make the chore easier or at least make it seem more efficient. If you want to be "low tech", use a dry, regular brush and take the project out of the bathroom to the front of your television, a good book or even your automobile... yes, your car! My wife brushes very effectively while she commutes. Doing this will allow you to do two things at once and promotes spending a longer time brushing.

Flossing is a little tougher unless you are very good at steering with your knee. Electric flossing devices are not very effective. You can still floss "low tech" in front of the television or that good book. The

trick is to learn to do it well in front of a mirror before you try it without looking.

Remember, based on scientific facts, you only have to brush and floss once in 24 hours, not after every meal. If your dentist and hygienist haven't taken the time to teach you these things... well, consider this my New Year's gift to you.

Happy New Year!

Dr. Raymond P. Kotz can be reached by calling **847-381-4040** in Barrington.

Learning Centers Can Keep Kids on Track During School Holidays

Since learning centers stay open when schools are closed for the winter holidays, parents can schedule supplemental instruction to keep their children on track or to help their children catch up in school. Also, with the results of fall PSATs, SATs, and ACTs coming in, the holidays are a good time to work on improving scores in exam prep courses offered at learning centers. Dr. Raymond J. Huntington, co-founder and president of **Huntington Learning Center**, recommends that parents help keep their children interested in learning while on their winter break. In addition to enrollment at a learning center, he offers the following advice for parents during the holidays:

- **Create an agenda for your child.** This will maintain structure while not on a school schedule.

- **Participate in your child's time off.** As Dr. Huntington explains, "The effect that a parent's involvement has on a child's learning process is profound. As a parent, being part of your child's learning experience raises your child's self-esteem and helps him or her achieve true growth."

- **Make a special occasion of a trip to the library.** Select a topic or story category prior to getting to the library so you and your child have a focus.

- **Coordinate group trips.** Plan a trip for your child and a few friends to attend an exhibit or tour a museum. Science museums, for example, are a great way to involve your child with hands-on learn-

ing. If your schedule does not permit you to host the trip, perhaps a few of the other parents can be the guides while you assume the responsibility of planning.

- **Work with your child.** According to Dr. Huntington, "Performing tasks and doing chores are great ways to approach learning sensibly. Find fun and engaging jobs around the house, particularly ones that will create family togetherness." He says, "Break down complex tasks into simple steps. As the child accomplishes the task, he or she will feel the rewards of completion and a higher sense of self-confidence."

At **Huntington Learning Center**, specially trained teachers work with children to build study skills, confidence and motivation. A customized instructional program is prescribed, based on the results of an initial diagnostic test. "As advocates of the child," Dr. Huntington says, "our goal is to help a child reach his or her full potential. Our mission, since 1977 when we opened our first learning center, is to give a child the best education possible."

With hundreds of learning centers across the country, **Huntington Learning Center** offers instruction in reading and math, as well as SAT and ACT exam prep courses.

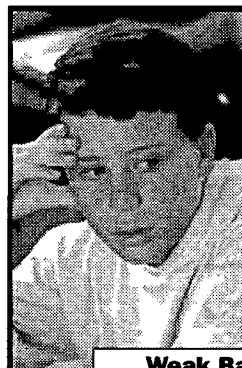
Parents who would like additional information, or who are concerned about a specific aspect of their child's academic performance, are encouraged to call the **Huntington Learning Center** at **847-382-3655** in Barrington.

BWC to Review A Walk in the Woods

Barrington Woman's Club literature program for Monday, January 11, 1999 will feature Suzanne K. Hales reviewing Bill Bryson's best selling book *A Walk in the Woods*.

Barrington Woman's Club members,

guests and the public are welcome to attend at the Barrington Area Library, beginning with snacks at 12:30 PM and the program at 1:00 PM. There will be no charge, but reservations are requested. Please call Sue O'Brien at 381-1440.



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Regulating Sleep Patterns Topic for PACES

Sleep, sweet sleep, a luxury parents of young children can only (day)dream about.

Those long nights of uninterrupted sleep disappeared with the first cry of a newborn, but they are not gone forever. Pediatrician Jonathan Kaufman will discuss ways for parents to regulate the sleep patterns of their infants and young children at the January meeting of PACES (Parent and Child Education Society) on Thursday, January 21 at 9:30 AM at the Wellness Center located at 900 West Central Road in Arlington Heights. Dr. Kaufman will explain the sleep problems common to

young children and offer suggestions to bleary-eyed parents to help their children go to sleep and stay asleep all through the night. PACES members and non-members are invited to attend. Baby-sitting is available by contacting Janine Goodsite at least three days in advance of the meeting at 397-7559.

PACES is dedicated to providing education and support to parents of newborn through pre-school age children. It offers expert parenting information, peer support, social activities and volunteer opportunities. For membership information, contact Diane Thorsen at 931-4816.



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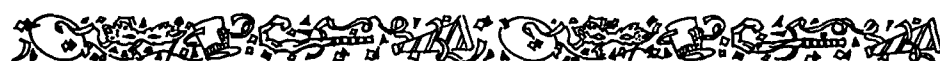
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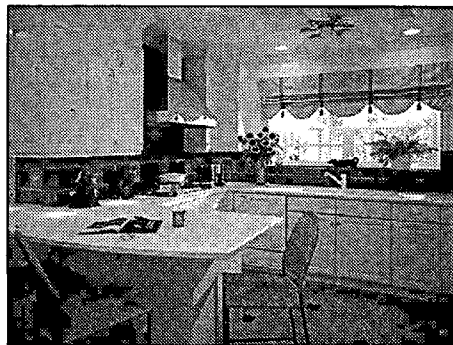
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APPOINTMENTS ARE SUGGESTED FOR DESIGN AND PLANNING CONSULTATIONS.

Here's to the New Year!

Barrington Kitchen and Bath Studio wants to hold you to your New Year's resolutions this year. (Well, one of them anyway.) We may not be able to help you lose those 10 pounds you gained last year or drag you out of bed and make you run 5 miles every morning, but we can shape up another area of your life—your kitchen!

I'm sure there are plenty of you out there that have cabinet drawers falling apart because you've crammed so much in them or are having a hassle using that favorite casserole dish because it is beneath piles of cookie sheets, pots and mixing bowls. It's time to beef up your kitchen's storage space!

Barrington Kitchen and Bath will give your kitchen the workout of a lifetime, making certain that it is as usable as it is attractive.

The 2500 square foot showroom gives you the ability to view a number of bathroom and kitchen vignettes of both traditional and contemporary designs in addition to getting advice from experienced designers.

Come visit us at 319 W. Northwest Hwy. in Barrington. Our office hours are Monday through Friday from 10 AM to 5 PM and Saturday from 9 AM to 3 PM. Appointments are suggested for design consultations.

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 remodel-

ing 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.

FamJam for the Bridge



More than 70 families participated in an evening full of family fun activities during Forest Grove Athletic Club's FamJam charity event last year. This year's event is scheduled for Saturday, January 16 from 5 to 9 PM. Designed to give children and parents the chance to play together, FamJam fun includes laser tag, face paint-

ing, hot dogs, pizza and more.

Proceeds from the event benefit the Bridge Youth and Family Services, a local not-for-profit organization that offers problem-solving services and prevention programs in the northwest suburbs. For additional information, call The Bridge at 847-359-7490.

Young Writers Project

The kick off for the Barrington Area Arts Council's (BAAC's) 20th Annual Young Writers Project, underwritten by First Chicago of Barrington, will begin on Wednesday, January 6, 1999. Students in grades K through 12 who reside in Barrington District 220 boundaries are invited to submit their original work of poetry, fiction, non-fiction or plays. Each manuscript will be read by qualified professionals, given a brief critique and be considered for publication in a bound booklet. Applications are available at all

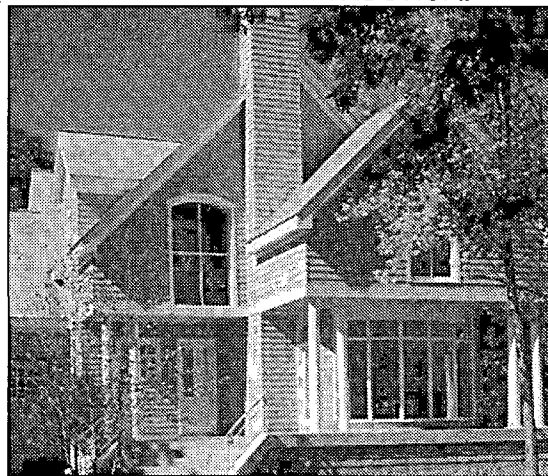
District Schools and the BAAC Gallery at 207 Park Avenue in Barrington. Manuscripts must be received at the BAAC Gallery by 4 PM on Wednesday, February 3, 1999.

Volunteers are needed to assist with this project. Needs include sorting and coding manuscripts, preparing manuscripts for publication and planning and working at a reception for the students.

If you can help in any capacity or need more information, please call BAAC at 847-382-5626.

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Sharon Prassel Interiors is a full service interior design business offering consultation, space planning as well as purchasing services for furniture, accessories, floorcoverings, wallcoverings, lighting, fabrics, window and bedcoverings. Also works well with architects and contractors to bring a successful interior design project to your new home or your remodeling project.

Sharon Prassel Interiors also specializes in taking existing furniture and accessories found in your home to create a stunning and inviting new look. Your own furnishings can hold the key to a brand new decorating scheme in your home.

Whether you require an hourly consultation or are in need of full design service, **Sharon Prassel Interiors** has the creativity to help you in creating a look for your home that is uniquely yours and within your budget. Let **Sharon Prassel Interiors**, along with her experience and her contacts, take the confusion and costly mistakes out of decorating your home.



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.

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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

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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!

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

Gail Collier—Colored Pencil Still Life

The Clair E. Smith Art Gallery in Barrington High School is proud to announce Gail Collier's Colored Pencil Still Life Show beginning January 5 and running through January 22. Collier, a longtime Barrington resident, states, "Beauty can be found in the most common objects if only the eye will linger long enough to discover it." Her delicately, intricate drawings

portray shape and form in a most beautiful manner.

The Clair E. Smith Gallery is located to the left of the Johnson Auditorium and is open to the public from 8 AM to 3 PM weekdays when school is in session. This show will also be open from 7 to 9 PM on January 26. For more information, call 842-3214.

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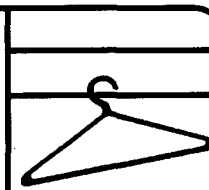
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In Place of Prairie: Photographs by Terry Evans

The beauty, grandeur and resilience of the prairie lands of America's Great Plains is the subject of a photography exhibition on view at The Art Institute of Chicago through January 17, 1999. *In Place of Prairie: Photographs by Terry Evans* presents approximately 50 color and black-and-white prints by Chicago-based photographer Terry Evans that capture both vast and minute features of the North American continent's heartland in its various transformations by the human hand. Taken between 1990 and 1997, these remarkable aerial and ground views comprise an intensive ecological study of the mixed-grass prairie lands that spread from central Saskatchewan to central Texas. Combining a gorgeous formal rigor with a penetrating and sympathetic eye, the photographs alternate viewpoints that crane from sky to land to sky, exploring the impact—both positive and negative—of human settlement on this great expanse.

The exhibition was organized by the Art Institute in collaboration with Openlands Project, a nonprofit conservation group dedicated to preserving and enhancing open space in northeastern Illinois, in celebration of its 35th anniversary.

The original tallgrass prairie of North America was likened to both sea and desert. In less than two centuries, it has become one of the most fertile agricultural and grazing regions in the world. Since the explorations of Lewis and Clark, the prairies have undergone tremendous change



Terry Evans, American; Solomon River oxbow, Ottawa Country, Kansas, 1990; Gelatin silver print; 77 x 77.4 cm. On loan from the photographer.

—gone are the herds of countless bison, the rich biodiversity and the unadulterated horizons of waving grasslands, replaced by the enhancements and depredations of cities, farmland and industry.

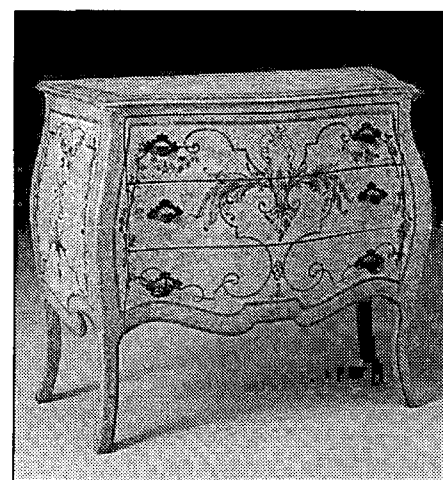
Terry Evans's photographic inquiry into the remaining undisturbed native prairies began in her home town of Salina, Kansas in 1978. At first, she was interested in capturing details of the landscape solely from ground level. Then, in 1989, Evans realized that aerial exploration would allow her to see the pattern of human marks left on the prairie: effects of planting, rotational grazing, old cemeteries and a military bombing range. A 1997-98 Guggenheim Fellowship helped Evans

A New Year... A New Look!

Rejuvenate the appeal of your home with the assistance of an experienced interior designer. **Decorating Connections** can give your home a facelift with solutions as simple as rearranging furniture or placing a few key accessories in the right locations! Be it super-traditional or ultra-contemporary, **Decorating Connections** has something for everyone.

Decorating Connections is offering free in home accessorizing with purchase*. And all holiday merchandise is 50% off this month. So stop in and see what **Decorating Connections** has for you!

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



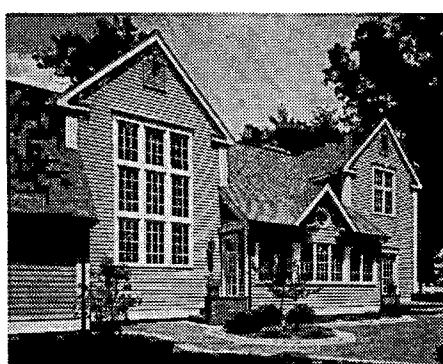
are located in The Marketplace Shopping Plaza on Route 59 and Kelsey Road.

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 ground-breaking. 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.

Upcoming Shelter Events

All upcoming events benefit Shelter's community-based programs for abused and neglected children and adolescents in the northwest suburbs. Shelter is the only child welfare agency providing community-based care and housing for these children. For additional information or to make reservations, please contact Shelter at 847-590-6188.

- Friday, January 15, 1999, Community Education Seminar: "Helping Youth Cope When They Feel Out of Control" Anger Management Workshop—Northwest Community Healthcare Wellness Center, 900

W. Central Road, Arlington Heights, 1:00 to 4:00 PM.

- Friday, February 5, 1999, 15th Annual Art Auction—Schaumburg Marriott, 50 N. Martingale Road, Schaumburg, Preview at 6:30 PM, Auction at 8:00 PM.

- May 14, 15 and 16, 1999, 9th Annual Shelter-A-Child Tag Days—store locations throughout the northwest suburbs, from 9:00 AM to 6:00 PM.

- June 10 and 24, 1999, Shelter Golf Outings—Itasca Country Club, 400 E. Orchard, Itasca, lunch at Noon, tee-off at 1:30 PM.

offset the considerable costs attendant upon aerial photography and enabled her to further explore this aspect of her work, and expand her own "horizons."

In place of the original prairie, Terry Evans discovered contradictions of use and expectation. For example, at the Smoky Hill Weapons Range in central Kansas, Evans discovered that the 34,000-acre bombing target practice range preserves two-thirds of its area as a grassland for pasture and wildlife. Similarly, she shows that the destruction of prairie grasses

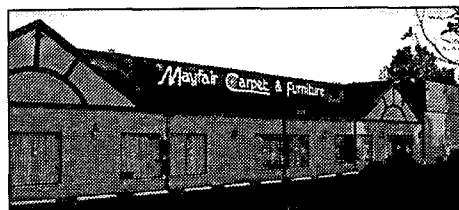
through spring burnings—and the subsequent revivification of the land—once caused by lightning strikes or Native American hunters, has become a planned conservation practice. It is these types of observations that have strengthened Evans's commitment to more than just formal issues. In her words, "My photographs are not about abstract visual design; they are about specific places. They show marks that contain contradictions and mysteries which raise questions about how we live on the prairie."

Make Your Home Positively Stunning!

Make a change for the positive this New Year. Make your home positively stunning, with floorcovering and fine furnishings from **Mayfair Carpet & Furniture** in Crystal Lake. As you wander through Mayfair's beautiful showroom, you'll discover endless tasteful solutions: exotic area rugs; a huge selection of distinctive lamps; wall hangings; expressive art pieces; and so much more. **Mayfair** has everything you could imagine for your home.

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Let **Mayfair Carpet & Furniture** help



make a stylish change in your home this year. Quality furnishings, an exceptional selection of accessories, a full-service flooring department and affordable prices—all in just one stop. They are conveniently located on Main Street just south of Route 14 and west of Route 31 in Crystal Lake. The showroom hours are Monday through Thursday from 9 AM to 8 PM, Friday and Saturday from 9 AM to 5 PM, and Sunday from 11 AM to 4 PM.

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ECC Holds Auditions for Shakespeare's *Taming of the Shrew*

Elgin Community College Institute for the Performing Arts will hold open auditions for Shakespeare's comedy *Taming of the Shrew* from 6 to 9 PM on Thursday, January 14; 6 to 8 PM on Friday, January 15; and 11 AM to 2 PM on Saturday, January 16, 1999. All auditions will be in the Recital Hall (Room 191 D) of the ECC Visual and Performing Arts Center located at 1700 Spartan Drive in Elgin. Audition times must be scheduled and appointments will be available by calling 847-697-1000, ext. 7240 after January 4, 1999.

The director is Terence Domschke.

Twelve male and three female roles will

be cast. All ages are needed. Those auditioning should be prepared to give a memorized one to two minute monologue from any Shakespearean comedy other than *Taming of the Shrew* (or a cold read of a monologue from Shakespeare provided at the audition) and do a cold reading of a selected scene from *Taming of the Shrew* which will be assigned at the audition.

Performance dates are 8 PM, Fridays and Saturdays, April 23, 24, 30, May 1, 7, 8, 1999, and 3 PM, Sundays, April 25 and May 2, 1999. Rehearsals will start the second week of February.

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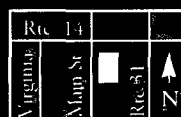
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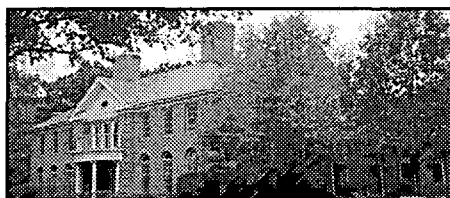
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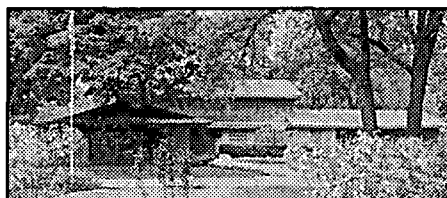




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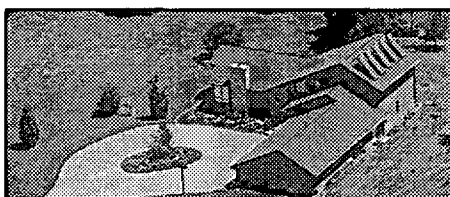
Barrington \$599,900
Private setting nestled on 2+ acres, 4 BR, 3.1 BA, 3-car garage, bonus room, 2 staircases, gourmet kitchen, 3 fireplaces, spacious rooms & ample closets. Come see!
Donna Lavin 847/465-2270



Barrington Hills \$599,000
Great horse property w/ 4-stall barn & pool. The lovely 4-BR home offers 3 fireplaces, 1st floor study, sun-filled Florida room & finished lower level w/ 2nd kitchen.
Meg Cleavenger 847/465-2259



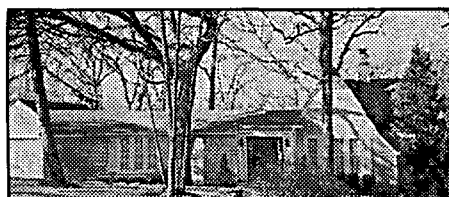
Barrington \$549,900
4 bedrooms, 3+ baths, 3-car garage, 2-story Tudor on 2 acres. Kitchen—Jenn Aire, octagon eat-in & finished lower level.
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Barrington Hills \$469,000
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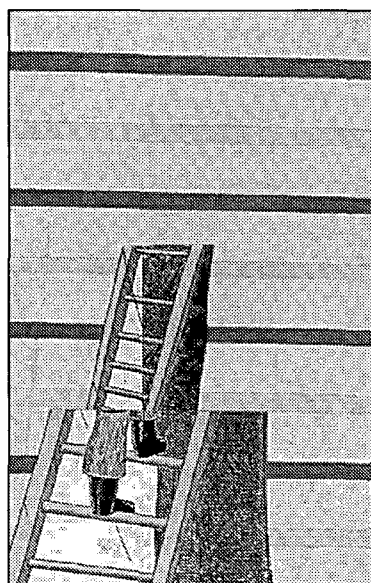


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(Un)Conscious Articulations: Fifty Drawings by Arturo Herrera

An exhibition of recent works on paper by Chicago artist Arturo Herrera is on view in The Art Institute of Chicago's Galleries of Prints and Drawings (G. 120) now through January 31, 1999. The 50 small-scale pieces in *(Un)Conscious Articulations: Fifty Drawings by Arturo Herrera* draw on the venerable Dada/Surrealist tradition of collage to create images suggestive of early childhood memories that are at once provocative, disturbing and often hilarious. All untitled and all dated 1997-98, the small-scale (10½" x 13½") collage/drawings are made of commercially prepared papers and mixed media, laid down on white envelopes. The pieces have been generously lent by Chicago collectors Susan and Lewis Manilow.

For the works featured in *(Un)Conscious Articulations*, the Venezuelan-born (1959) Herrera takes his imagery from American popular culture, appropriating illustrations from fairy tale and other children's books that he cuts up and reassembles—sometimes painting or drawing over them. The recombined forms coalesce into fantastic hybrids that mine the same rich psychological vein that can be seen in some classic Surrealist images. Amidst the fragmented figures created by the artist, one can recognize



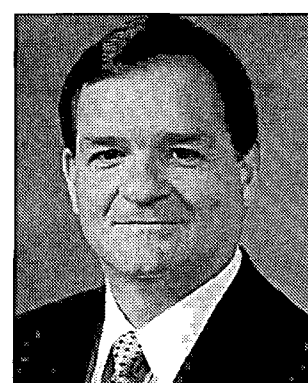
**Arturo Herrera (American),
Untitled, 1997-98, Collage/drawing:
commercially prepared papers; mixed
media; laid down on white envelopes;
10½" x 13½". Courtesy of Susan
and Lewis Manilow.**

such fabulous childhood icons as Snow White, Peter Rabbit and Santa Claus, as well as various pictorial elements evocative of coloring and story books. Herrera's reconfiguration and recontextualization of

Barrington Hills Resident Joins Chicago Youth Center's Board of Directors

Michael Freeborn of Barrington Hills has joined the board of directors of Chicago Youth Centers (CYC), a nonprofit organization whose programs enhance educational opportunities, provide support systems and strengthen family life for more than 10,000 youth living in Chicago's underserved communities.

Freeborn has been a partner at the Chicago law firm of Freeborn & Peters since 1983. Previously, he was a partner at Rooks, Pitts & Poust. Active in the community, he serves as vice chair of Voices for Illinois Children and is a board member of the Constitutional Rights Foundation of Chicago. Freeborn received a BS from the US Air Force Academy in 1968, a JD from



Michael Freeborn

Indiana University in 1972 and an MBA from the University of Chicago in 1975.



familiar characters and settings render his drawings ambiguous, challenging and not infrequently disturbing.

Herrera's working mode reflects the juxtaposition of the intuitive and the methodical clearly visible in his art. Although his drawings can be seen to represent the unfettered creative energy of a child's imagination, they also embody the thought processes and working methods of a mature artist. Likewise, while the rapidity

with which he assembles the drawings assures a more intuitive result—greater "psychological truth"—a well-honed craft is at work in the tight, multilayered compositions of the drawings. The psychological dimension (memory, desire, aggression) in Herrera's work is accentuated by his manipulation of color, form, scale and texture elements through which the artist aims to provoke a personal, individualized response in the viewer.

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 Avonite 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 show-



room and have Jim design your dream kitchen just for you with your needs in mind.

Visit the **Lamico** showroom during January and receive a FREE cutting board. And remember, we will come to your home, measure your kitchen and give you an estimate absolutely free, too. Ask the designer for details. He can make your dream of a new kitchen come true.

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

Bring Your Home Back to Pre-Holiday Condition

As the buzz of the busy holiday season draws to an end, you're left with fond memories, cherished gifts and a dirty house.

It's time to get your house back into pre-holiday condition. But who has the time? Help is only a phone call away. Enlist **The Maids'** expertise in house cleaning to bring that sparkle and shine back to your home.

The Maids, listed in *Success* magazine as the number one maid service in the US, is the only housecleaning business that cleans for health purposes as well as aes-

thetics. In fact, their exclusive Healthy Touch system will be used in your home at no extra charge.

The Maids' uniformed and professionally trained four-person teams follow a rigorous 22-step process each time they clean a home. **The Maids'** system utilizes environmentally-safe cleaning products and a scientifically-engineered cleaning process to ensure your home gleams.

For more information about **The Maids**, contact Howard or Sharon Wagner at 847-368-1250 or visit **The Maids'** web site at www.maids.com.

Art Fair Applications

The Barrington Area Arts Council (BAAC) is now accepting applications for their 13th Annual Art Fair.

The one-day fair will be held along Cook and Station Streets in Barrington on Sunday, June 20, 1999. Estimated attendance for this event is 3,000. The deadline for receipt of applications by BAAC is April 1, 1999. Applications are available by

calling 847-382-5626 or by sending a SASE to BAAC, 207 Park Avenue, Barrington, IL 60010.

The BAAC is a not-for-profit arts organization that supports, promotes and sustains programs in the visual, literary and performing arts. It is partially funded by a grant from the Illinois Arts Council, a state agency.

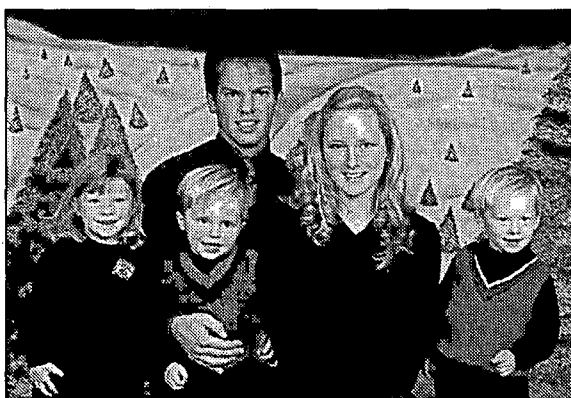
Four Seasons January Meeting

The next meeting of The Four Seasons Garden Club will be held on January 5, 1999 at the Barrington Area Library, 2nd floor. The speaker will be a representative of the University of Illinois-Cooperative Extension Service. The topic will be "Indoor Gardening (Houseplants)." The presentation will include the proper care

of houseplants: water, fertilizer, light and humidity. It will also include information on propagation and pests that may affect indoor plants. Call Marilyn Dempsey at 304-9328 for more information.

The topic for the February 2 meeting will be "Ornamental Ponds and Waterfalls."

Thank You for a Wonderful 1998!



Jim & Kim Kill
and family
Heather, Brian
& Austin

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Lamico Designers
Kitchen & Bath Showroom

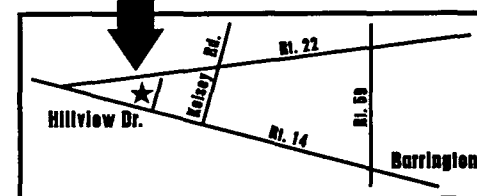
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Barrington

Internet: Web Page

<http://www.lamico.com>



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the dust has settled . . .



and we'd be happy to clean it up for you!

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

An Independent Franchise of THE MAIDS International

The holidays are over. You have to go back to work, but the house is still a mess from all the decorations and celebrations. Don't worry! Leave the housework to THE MAIDS!®

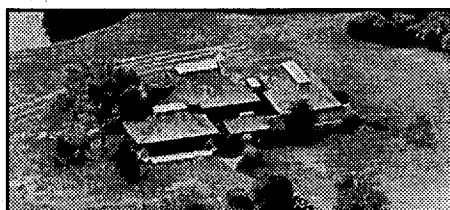
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- Trained cleaning professionals
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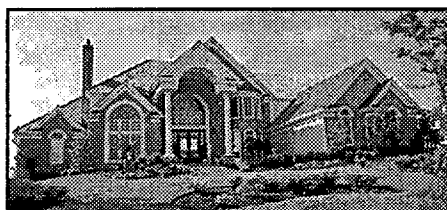




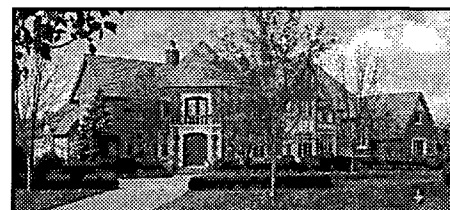
Barrington Hills \$1,700,000
Waterfront Shangri-La on 10 acres w/ idyllic views, winding drive, 4 fireplaces, 4 BR, 4 BA, gourmet kitchen, private master suite, handsome decor, indoor pool.
Meg Cleavenger & Barb Wessberg 847/465-2259



Barrington \$1,575,000
Authentic 5-bedroom Chesapeake traditional designed by renowned architect Glen Hjort. A work-of-art in Wynstone Golf Course Community. Exquisite!
Mary Balistreri 847/465-2296



Inverness \$1,399,000
Magnificent traditional home. Exceptional appointments of marble, granite, hardwood flooring, 4 BR, 5.2 BA, 5 fireplace, 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



Barrington \$989,000
A parklike waterfront setting enhances this spacious 12-room estate home. Amenities abound w/ dramatic flair in a superb location.
Donna Veller 847/465-2228



North Barrington \$890,000
Wynstone—just listed—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 \$799,000
On a tranquil pond this 6-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 Hills \$659,000
French colonial on 8.9 acre. Beautifully landscaped, very private. New carpet, hardwood floors in family room & kitchen. Backs up to Hill & Dale Farm.
Barbara Wessberg 847/465-2298



Barrington Hills \$624,000
Wonderful 5-bedroom home, horse property, updated throughout, outbuilding, screen porch, in-ground pool. Enjoy the lifestyle!
Mary Balistreri & Greg Bradley 847/465-2296



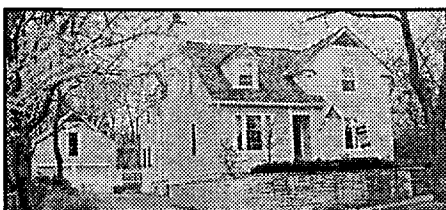
Barrington \$619,900
Colossal waterfront! Enjoy lake views from every window & 300' of shoreline. A dramatic interior w/ finished walkout is very spacious.
Donna Veller 847/465-2228



Barrington Hills \$549,000
Brick & stone English Tudor, 5 acres, 4 BR, 3.1 BA, 2 frplcs, 3-car garage, 2-story entry. Master suite w/ whirlpool. Landscaped w/ stocked pond. Horses, private views.
Mary Spinner 847/465-2284



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 \$479,900
Charm! Charm! Charm! You'll appreciate perfect restoration of this 3-bedroom + sitting room. Home built in 1915. Elegant decor, new everything!
Donna Dugan 847/465-2263

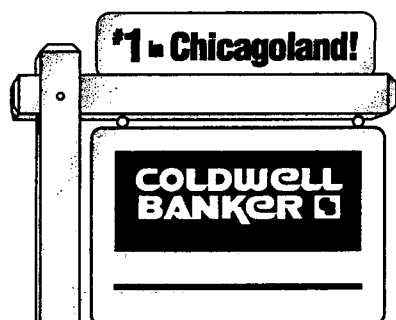


Barrington \$415,000
Looking for a home that feels like new but has everything done for you? Come & delight in this stunning home w/ vaulted ceiling, skylight, lake rights.
Tressa Borkon 847/465-2256

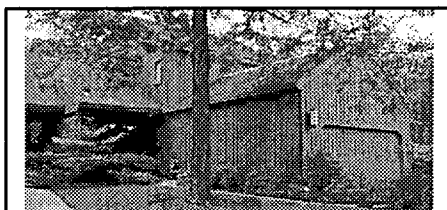


Barrington Hills \$389,000
Charm & character are found in this updated Cape Cod w/ white kitchen, hardwood floors, updated baths, & 3-car garage on a wooded lot. Barn w/ water & electric.
Bonnie Paice Legue 847/465-2223

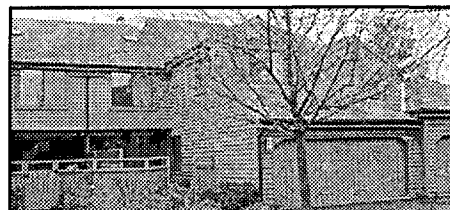
Barrington Area Office



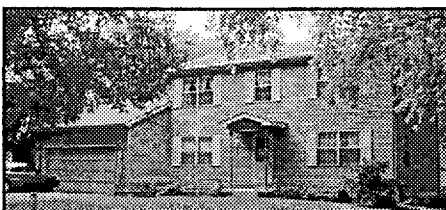
Barrington \$369,900
Biltmore at its finest—perfect setting w/ a wall of windows to enjoy the view of pond & lush gardens. 4 bedrooms, 2.1 baths, updated kitchen.
Greg Bradley 847/465-2232



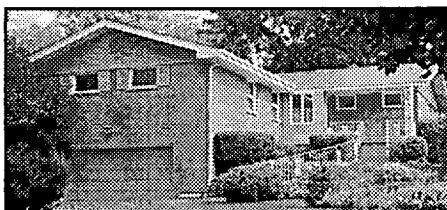
Lake Barrington Shores \$345,000
Prime lakefront location! Some of the many amenities include 2 pools, marina & private beach. Open floor plan. 4 bedrooms, 3+ baths & walkout lower level.
Kathy Staes 847/465-2288



Lake Barrington \$284,900
Resort style living! Overlooking 2nd green. Pristine! 3 bedrooms & den, southern exposure, English basement, direct entry garage, lovely courtyards.
Mary Balistreri 847/465-2296



Barrington \$279,900
Village colonial, low Cook County taxes, formal living & dining. Family room w/ sliders to private deck. Master w/ walk-in & bath.
Greg Bradley 847/465-2232



Barrington \$259,900
Priced to sell! Attractive brick hillside ranch in the heart of the village. 4 BR, 2 frplcs. Beautiful hrdwd flrs. Wooded lot. Move-in condition. Finished rec room in LL.
Tressa Borkon 847/465-2256



Crestview Estates \$101,500
Condo overlooking forest preserve, 2 BR, 2 BA & gar.
Lakepointe \$174,900
Townhome w/ lake amenities, 2 BR, 2.1 BA, loft & 2c gar.
Barbara Wessberg 847/465-2298

Glare-Not Window Tinters Provides Savings Year Round

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

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

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

Window film also increases safety with

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

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

We look forward to saving you money!!!

For further details, please call (847) 382-8468 or (815) 363-8468. **UltraSonic blind cleaning available.**

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."

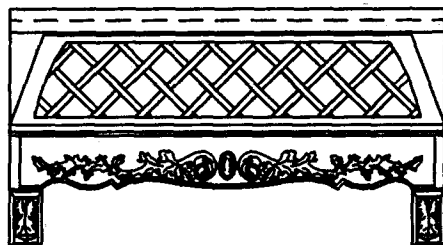
At **McCauley Design**, we change the way people live by transforming old, out-of-date kitchens, libraries, family rooms and home offices into beautiful, state-of-the-art living spaces that express our clients' unique personalities and the unique character of their homes.

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.

Unusual Annuals Topic for Garden Club

While visions of sugar plums still dance in our heads and the warm memories of Christmas linger, reality enters and our thoughts turn to a brand new year to anticipate and contemplate.

Those shiny new calendars beg to be opened. While doing so, mark the date of Thursday, January 21, 1999 for the next meeting of the Garden Club of Inverness. The topic of the meeting will be "Unusual Annuals" and will be presented by Karen Thompson who owns Thompson Topiaries in West Chicago. She also works with her husband, designing the annual and

perennial flower beds at the various golf courses where he has been employed. He is currently at the Biltmore Country Club where they have done the flower beds for the past three years. Karen will give a slide presentation of unusual annuals for our gardens. She will answer questions regarding specific annuals and discuss the best place and technique to plant the flowers.

The location for the meeting continues to be the same—Holy Family Church, 2515 West Palatine Road, Inverness. A short business meeting will begin at 9:30

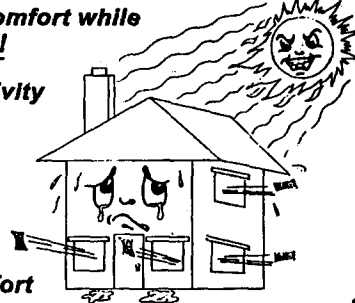


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Increase your living comfort while decreasing utility bills!

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- Allows in maximum light
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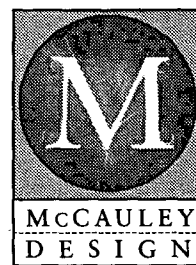


Each and every McCauley Design project is individually created to reflect the unique architectural character of its surroundings and the unique personalities of its owners.

No two projects are ever the same.

Kitchens - Libraries
Entertainment Centers

220 S. Cook Street
Barrington
381-2742



"America's foremost producer of high-end custom kitchens."

—Forbes Magazine

Pi Beta Phi Alumnae Club

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

All Pi Phis are welcome at this Wednesday, January 13 meeting at 7:30 PM which will feature a massage therapist.

Please call Sherrill at 847-358-4147 for additional information.

AM followed by a break for refreshments, and the program will follow. Membership is not necessary to attend and guests are always welcome. Any questions? Please contact Membership Chair Mary Jo Bregenzer at 776-6557.

Garden Club of Inverness wishes to thank all who attended the very successful Christmas Luncheon at Biltmore Country Club in December. We set a record for our club with close to 200 at-

tending! All proceeds will go toward the horticultural scholarship funds which we support, so be assured, you all contributed to a worthwhile cause. Plaudits to the very capable Co-Chairs: Cathleen Laskov, Charlotte Dillillo, Rose Schneider and Sharon Wagner.

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.

WE BELIEVE IN BUILDING THE DREAM OF OWNING A HOME.



Here at Coldwell Banker, we've built our reputation by doing our best to assist people in the buying or selling of a home. That's why we actively support the efforts of Habitat for

Humanity to build houses with those who otherwise would never realize their dream of home ownership. It's easy to help, even if you don't have construction skills. So if you'd like to lend a hand in building a Habitat home, give us a call. Because dreams are something to believe in. And to help build.



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

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330 E. Main St.

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"Your Future Holds Fun!"

"Your Future Holds Fun!" is the theme of Barrington Woman's Club luncheon and program meeting on Wednesday, January 20 at The Barn of Barrington. Lee Bassett of Long Grove will provide an hour of fine background keyboard music during the social hour beginning at 11 AM. After the luncheon, the program will be presented by Marlena Rocklady and five of her associates in a Psychic Fair.

Marlena is a native of Hoffman Estates. A teacher of music for 40 years, she got her start in "rockology" when she attended Clifford Royse's class in meditation in 1972. Marlena was "turned onto" the power of the eternal stones, first using her son's collection of gemstones. For a reading of the future, a person chooses 15 rocks from Marlena's collection of 72 stones, which includes stalactites believed by the Sioux to be the most powerful of all rocks.



Amazing Leonard will tell how he predicts your future on January 20.



Barrington Women's Club program is Rocklady Marlena and five associates in a Psychic Fair "Your Future Holds Fun!"

Marlena, a licensed medium, is well known in the greater Chicago area. Since 1972, she is founder and co-owner of J & M Enterprises, an influential group of psychics and metaphysical leaders. In addition to lectures and readings, she is the author of *Lucky Stones with Meanings* and a weekly column in 16 area newspapers called "Astrology and Lucky Gem Predictions." She regularly appears on numerous radio and TV shows with a call-in format.

The Psychic Fair also includes those who demonstrate other psychic disciplines: palmistry, card reading, astrology, numerology, aura photography and clairvoyance. Amazing Leonard has 20 years experience and claims "it is never too late to change your life." JoAnn Fabritz, a third generation spiritual mentor and psychic counselor, assists her clients through teachings of universal truths, prayer and



Tips from the Top

Margaret R. Semrad
Broker/Manager
Barrington Office

The
new

**COLDWELL
BANKER**

Happy New Year! The last year of the 1900's! Wow! What is your new year going to look like? What have you envisioned as a goal for your family and what will it take to accomplish it by New Year's Eve, 1999?

In the last month of 1998, our **Coldwell Banker Realtors** have been putting together our goals and our vision of what we want to accomplish in the coming year. Individually, each of our Realtors visualize the way he/she wants their business to be at the end of the year. With that in mind, they determine what is needed to be done each month to accomplish their dream. It's exciting because nothing is ever accomplished until there is an idea and then action and accomplishment.

An Idea

This thought was highlighted for me recently when I read the life story of Millard and Linda Fuller who traded a fortune for a hammer and saw. Millard, at the age of 30, was earning over a million dollars a year and had ambition to make over \$10 million. He had all the luxuries: beautiful home, a cabin on a lake, speed boats and luxury cars. He also had an unhappy family. He gave them everything money could buy... but not his time. He had forgotten the purpose of life.

The Fullers sold everything—the business, the houses, the boats and donated the proceeds to churches, colleges and charities. Everyone thought they had gone crazy but they felt much stronger and happy. Then the question came; what to do next?

The answer came during a visit with a theologian friend in overalls. There was a community in a small Southwest Georgia town of Americus, 140 miles south of Atlanta. Millard was shown the dilapidated shacks that lined the dirt roads of the surrounding countryside. These shanties, which often leaked and lacked heat and plumbing, were homes to hundreds of impoverished families—a scene duplicated countless times throughout the United States and beyond since 25% of the world's population live in substandard housing or have no homes.

Millard and several co-workers began to build houses for these needy people, one

or two at first and then more and more. He continued building for four and a half years.

Moved by the impact that simple but decent houses had on the families that received them, Millard wanted to see if the concepts pioneered in south Georgia would be applicable in other parts of the country and the world. Millard launched Habitat for Humanity International.

Millard once had a goal to make \$10 million. Now he had a new goal. Could he dare believe he could build houses for 10 million people? Why not? The idea was born and Habitat for Humanity became possible. Skeptics called the idea unrealistic, even insane. "It would never work." But Habitat does work. It provides individuals who have inadequate housing and modest income an opportunity, for the first time, to purchase homes with payments they can afford.

Helping People Achieve the Dream of Home Ownership

Coldwell Banker decided to make Habitat for Humanity its humanitarian cause. The **Coldwell Banker** organization and our agents donate a wide range of resources including their time and skills to help build homes in cooperation with the future homeowners. The new homeowners give hundreds of hours of sweat equity, building their own homes and the homes of their neighbors. When the new homeowners make the payments on their no-interest, no-profit mortgages, Habitat uses the money to build more homes.

By the end of the century, Habitat for Humanity will be the largest homebuilder in the world in terms of number of homes built. All the mortar and brick that go into a Habitat house build not just a home but new lives. It began with one man and one woman who had an idea and took action.

What about you? What idea do you have for 1999? How are you going to accomplish it? I hope one idea is to buy real estate either as a new personal home or an investment property. Whatever it is, just do it! See the vision, do the action by calling one of our Realtors at the Barrington office of **Coldwell Banker** and achieve the goal.

We are your dream house headquarters.



meditation. Melody Joy gives future readings through cards. Heads of State, radio and TV personalities and police consult with psychics—who are they? Through lectures and demonstrations, a fascinating and entertaining program will fill a cold

afternoon.

Barrington Woman's Club members may send a check for \$20 made out to BWC to Betty Captain, 1217 Lake Shore Dr., Barrington, 60010, by January 15. Your check is your luncheon reservation.

From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

About six years ago, we started a Fast Lube Department. It quickly grew by leaps and bounds. Now, it's our Quick Lane Department which does oil changes and light maintenance without appointments. We made it a separate department about a year ago to take some of the traffic away from the main service desk.

Mike Allen is our Quick Lane Manager. Mike came to work with us almost seven years ago when he was only 21 years old. His first job with us was as a porter in our new car get ready. Then a few years later, he went to work in our parts department. When we decided to separate the Quick Lane, we put Mike in charge as the Quick Lane Manager.

Since starting work with us, Mike has gotten married and he and his wife now have two children, Kyle and Savannah. The Quick Lane Department has grown so fast that it has really pushed Mike to develop his potential as a manager.

Quick Lane has extended hours of operation: 7:30 AM to 7:00 PM, Monday through Thursday; 7:30 AM to 6:00 PM,



Friday; and 8:30 AM to 1:00 PM, Saturday.

We don't feel that our competition for our Quick Lane Department is other car dealers, but the local quick lube and light maintenance chain stores, including tire stores. We are as convenient and as competitively priced, if not more so, than most of our competition.

Your First New Year's Resolution— Call Schafer Builders, Inc.!



Bill Schafer—President

Now that the Christmas decorations are down and the house looks bare and empty, you can really see the need for our services! The living room needs painting, the kitchen needs new cabinets and the basement needs finishing for the extra space.

Resolve to call **Schafer Builders, Inc.** now, and take care of all those home improvement projects that you've put off. Why let the little problems grow into big ones? Home maintenance is easy when you call us. We will come out and fix the siding, replace the windows and take care of all those small jobs that you never seem to get around to.

Interior projects can be done right now. If you need drywall repairs and painting, wallpapering or faux finishes, call now to get your project scheduled. You'll have your new look before you know it and all our jobs come with a 100% guarantee.

Topinka Introduces "Rainy Day" Fund Legislation

Illinois State Treasurer Judy Baar Topinka announced the introduction of legislation designed to earmark a \$600 million revenue stabilization—or "rainy day"—fund to help Illinois through tough economic times. The bill, HB 3906, is sponsored by Representatives Bill Black of Danville and Larry McKeon of Chicago.

"Just like prudent wage earners who

And daily cleanup is always included.

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save money to protect against bad times, the State of Illinois should be setting aside money to deal with an inevitable downturn in the economy," Topinka stated. "A Rainy Day Fund would allow state government to guard against the expense of short-term borrowing and could help prevent tax increases. We simply cannot afford to return to the days of not paying



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The bill calls for an automatic transfer of money to a special revenue stabilization fund in any fiscal year in which general fund revenues are estimated by the Governor to exceed the prior year's general fund revenues by at least 4%. The amount transferred would be .25% of the anticipated general fund's revenues. The proposed fund would be capped at \$600 million.

According to the Illinois Economic and Fiscal Commission, in the last ten fiscal years revenue growth increases have ranged from a high of 9.1 percent in 1995 to a low of 3.3 percent in 1991. If such a law was in place during a fiscal year with

a \$38 billion budget, about \$95 million would have been placed in the fund.

The only states without such contingency funds are Illinois, Montana, Hawaii, Arkansas and Oregon. Thirty-two states have capped the size of their revenue stabilization funds.

According to Topinka, she remains flexible concerning the cap size, methodology and other technical aspects of the fund.

"Illinois needs to have a statute-based contingency fund, and the time to do it is now," Topinka said. "I remain open-minded on how it is accomplished, but it is clear that this state needs to catch up with the rest of the nation by concentrating more on saving instead of spending."

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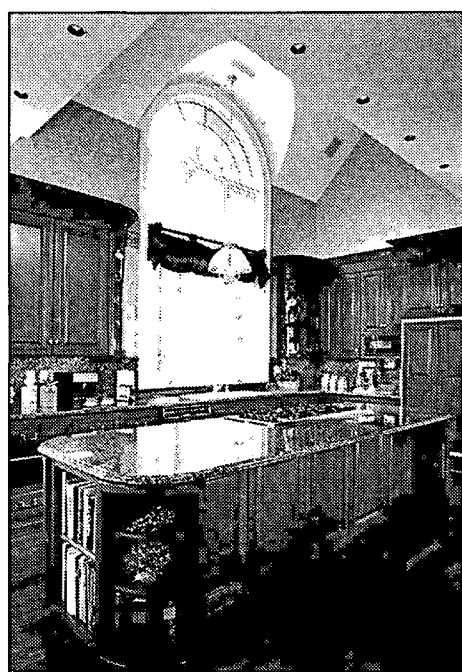


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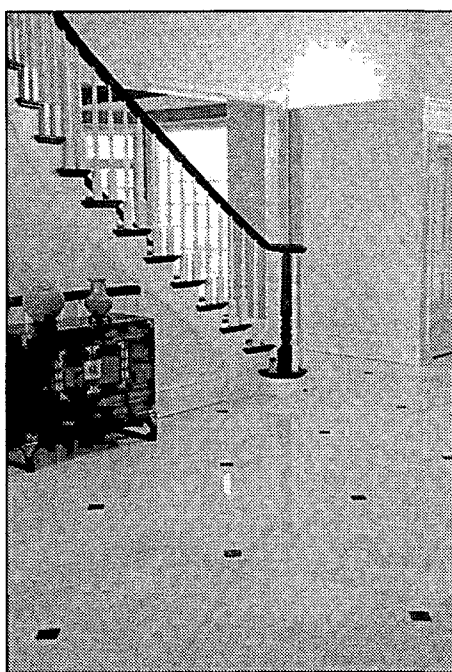
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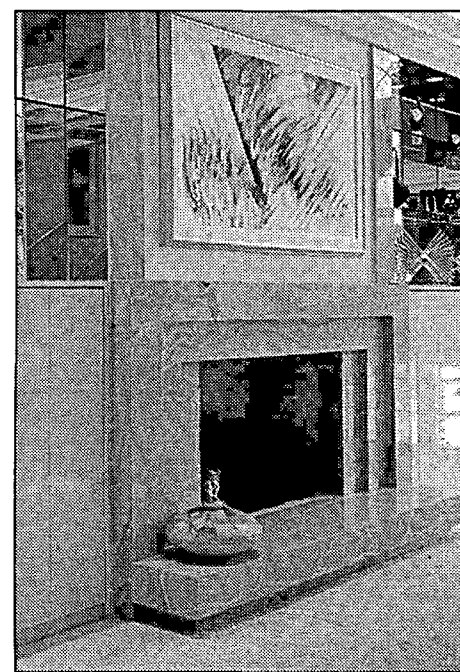
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