

January 2000

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for the New*

MILLENNIUM

***Bella Venezia
Magnifico!***

**Lights, Camera,
Compassion in Action!**

**Barrington Goes Hollywood
Raising Funds for BACF**

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

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

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

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

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

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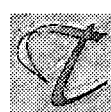
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Editor's Ink

January, 2000

Dear Reader,

Lots of fun events took place the last few weeks. One was an Italian-themed gala, Barrington Sparrow's "Bella Venezia." The event "enveloped sounds, sights, smells and memories of Venice." The decorating committee must have worked long and hard. The event was very successful, having raised over \$100,000 for Home of the Sparrow.

Another fun event was the Grand Opening Party of Hollywood Video in Barrington. Everyone was there, including "W.C. Fields," "Marilyn Monroe," and rugged "Indiana Jones" as well as village officials, business and community leaders and Yapp family members and friends. All proceeds went to the Barrington Area Community Foundation (BACF).

Mark your calendar for another fun event, "Hooray for Hollywood," the 11th Annual Hearts for the Homeless Families Benefit for Catholic Charities' North/Northwest Suburban Services Family Shelter Program. Since its inception, over 130 families have been helped and 12,647 nights of shelter have been given. The date is Saturday evening, February 12 at Northbrook's Allgauer Hilton.

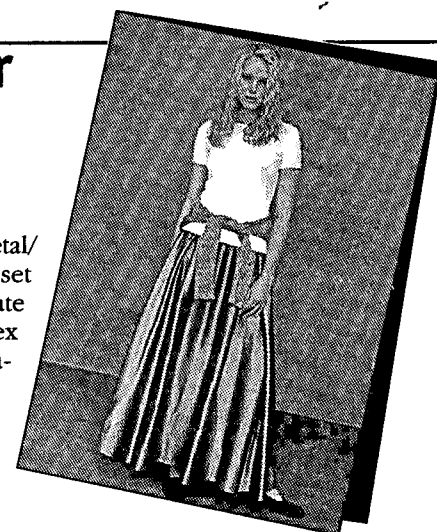
Until next time, may all your thoughts be sunny.

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



About Our Cover

SHIMMER. Liz Claiborne Night gun metal/platinum wool/acrylic/metallic twinset (cardigan shown) with gun metal acetate skirt and white cotton/Lycra® spandex tee. Perfect for formal affairs with a casual flair.



Lights, Camera, Compassion in Action!

On Saturday evening, February 12, 2000, stardust will softly hover like angel wings over the grand ballroom in Northbrook's Allgauer Hilton, providing a glamorous atmosphere for "Hooray for Hollywood," the 11th Annual Hearts for Homeless Families Benefit for Catholic Charities' North/Northwest Suburban Services Family Shelter Program. Amidst dazzling glitz, gaiety and autograph-seeking fans, guests of the gala will promptly gather at 6 PM to accomplish their compassionate goal to raise funds for homeless families with children.

With Honored Guest Reverend Michael M. Boland, Administrator of Catholic Charities of the Archdiocese of Chicago; Honorary Chairman Robert A. Clifford (Inverness), a prominent Chicago attorney; Emcee John Williams, WGN Radio personality; and loyal Catholic Charities' volunteer Gala Chairwomen Cathy Rogich (Arlington Heights) and Patty O'Brien (Mt. Prospect), this Hollywood hurrah promises to be the sensation of the new millennium.

Tickets are \$65 per person (cash bar). Tables of ten are \$650, \$1300 and \$1950. Ticket donations in excess of \$40 (per person) are tax deductible. Hollywood frippery or cocktail attire preferred. Allgauer Hilton is located at 2855 N. Milwaukee Avenue in Northbrook. Complimentary parking and valet parking are available. Please respond by February 6. Make checks payable to Hearts for Homeless Families, c/o Catholic Charities North/Northwest Suburban Services, 1911 Rohlfing Road, Suite E, Rolling Meadows, IL, 60008. Overnight discount packages available by request. Call 847-480-7500 and mention that you are a guest of the "Hooray for Hollywood" benefit.

Founded in 1989, the annual Hearts for



Taking a photo session break at a "Hooray for Hollywood" planning session for the 11th Annual Family Shelter Benefit are Chairwomen Patty O'Brien (back left) from Mt. Prospect and Cathy Rogich from Arlington Heights. Seated is committee member Pat Boho from Barrington Hills.

Homeless Families party to benefit the Families in Transition Program continues to be the major fundraising event for The Catholic Charities' North/Northwest Suburban Shelters based in the Northwest Suburbs. Since its inception in 1989, over 130 families have been helped. In 1999 alone, 12,647 nights of shelter were given to men, women and children. Intensive case management for budgeting, parenting and life skills are provided weekly to each family. This service is just one of The Catholic Charities' North/Northwest Suburban Programs which help people in a compassionate, professional manner regardless of religious, racial, nationality or economic background.

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



Mom! The Threshers Are Coming! on Program

Signal Hill Chapter, National Society Daughters of the American Revolution will meet at the Barrington Area Library, first floor, Room A on Tuesday, January 18 at 11:30 AM. There will be a social period and refreshments served by hostesses Bettye Splitterff, Jeanette Muench, Kay Jones and Mary Ostrom. Signal Hill Chapter member Rebecca Kartalia will present a program of readings from her book *Mom! The Threshers Are Coming!* This book was published in 1999 and is now on the shelf at Barrington Library. Rebecca has written poetry and is now working on a book of genealogy. Also at this meeting, Signal Hill Chapter Member Iva Lea Van Buren will present a commemoration and video on the grave marking of her revolutionary ancestor.

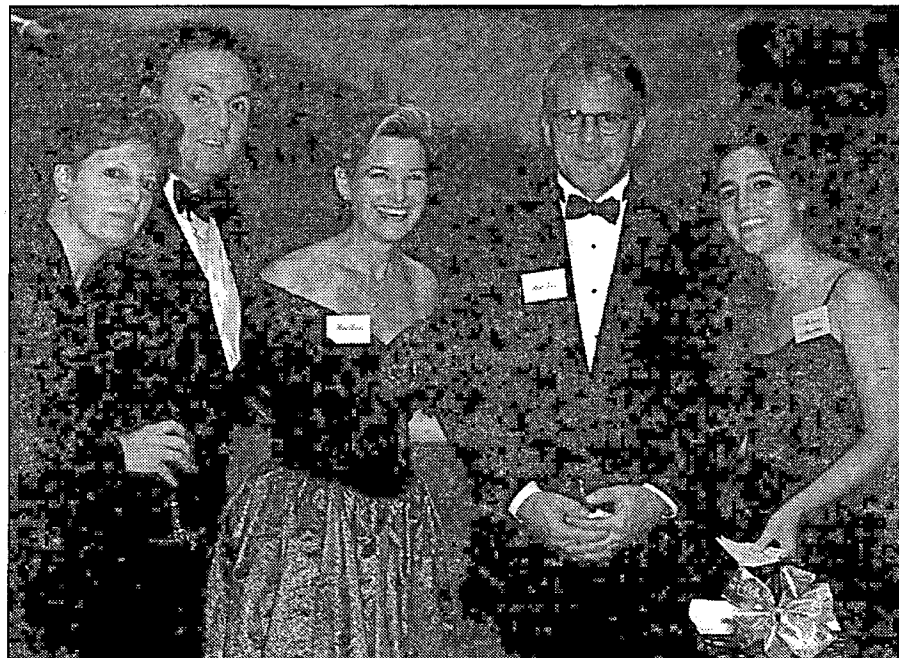
Any woman is eligible for membership in the National Society Daughters of the American Revolution who is not less than



Rebecca Kartalia, Author

18 years of age and has directly descended from a man or woman who served in the united colonies or states as a recognized patriot. For further membership information, call Iva Lea Van Buren at 847-382-4449 or Rebecca Kartalia at 847-381-0133.

Magnifico!



Having fun at the gala were (left to right): Susie Saxman, Oak Park; Peter Labadie, Long Grove; Kate Lewis, Kurt Lewis and Shannon Guernsey, Barrington.

Barrington Sparrow's November 6 dinner/dance "Belle Venezia" was once again a huge success, raising in excess of \$100,000 for Home of the Sparrow!

Guests were enveloped in the sounds, sights, smells and memories of Venice... flower/vegetable carts, Italian opera, a drink of wine on a tree-line plaza, gondolas, the Rialto Bridge, the aroma of garlic and hanging laundry over it all!

Special thanks goes to the generosity of Sears, Roebuck & Co. for providing an outstanding event location at their Hoffman Estates Corporate Offices. The facility allowed for increased attendance and spaciousness for the activities of the evening, yet allowed the party to retain the goal of evoking an intimate community gathering.

"We are so very pleased about increased interest and participation growth at our theme parties," said Sue Guernsey, President of Barrington Sparrow. "Once again, we were surprised to be sold out, with 420 persons attending and a large waiting list!"

The "Tri-Chairs" Cheri Pagonis, Michele Gillett and Jeani Allaway (who headed the fabulous decorating committee) did a great job in bringing us a wonderful evening.

Many thanks also goes to the committee headed up by Cora Lee Cain, Mary Marts and Marilyn Patrick. They and others put in an untold amount of hours, gathering and organizing over 200 items donated by merchants and individuals to the silent/live auctions.

All proceeds benefit Home of the Sparrow, the transitional housing/counseling center for homeless women and their children which is headquartered in McHenry with additional facilities in Crystal Lake and Palatine. Sparrow shelters 70 individuals a night and receives over 1,500 crisis calls per year. Through a structured program of education and counseling, Sparrow endeavors to aid persons in their efforts to become self-supporting and independent. Since 1986, more than 1,600 residents have made this transition. Thanks for your support!



"Tri-chairs" for "Bella Venezia" were (left to right): Cheri Pagonis, Jeani Allaway and Michele Gillett, all of Barrington.



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Happy New Year From Starr Couture

Starr Couture would like to wish all of our clients a Happy New Year and to thank you for your overwhelming response and support since our opening in October.

During my buying trip to Paris, our store will be temporarily closed the latter part of January.

Watch for our upcoming calendar of events for spring.



Starr Kondos, Owner

Luncheon Book Club to Discuss *Cat's Eye*

The Barrington Area Branch of the American Association of University Women (AAUW) Luncheon Book Club will discuss *Cat's Eye* by Margaret Atwood on Wednesday, January 12, 2000 at Taylor Street Steakhouse in Lake Zurich from 12:30 to 2:30 PM.

AAUW is a national organization com-

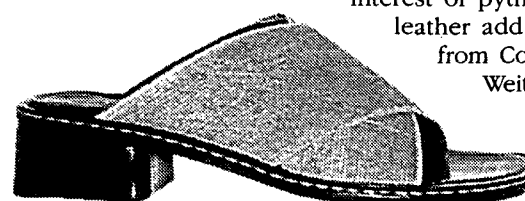
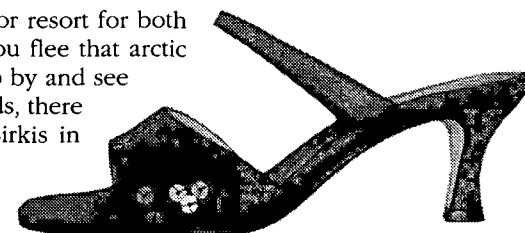
mitted to educational equity for women and girls. The Barrington Area Branch sponsors monthly programs, hosts social activities and is active in the Barrington community. Membership is open to anyone with a baccalaureate or higher degree from an accredited college or university. For further information, call 847-381-5012.

Tootsies Goes to the Beach!

We have all of the right footwear for resort for both women and children. So, before you flee that arctic blast that you know is coming, stop by and see your friends at **Tootsies**. For the kids, there are new shipments of Teva and Birkis in water sandals, Aqua Shoes from Stride Rite and clogs from Dansko. For walking and the theme parks, they will need a new pair of gym shoes from Adidas or, just for fun, a new pair of Skechers.

The year of 2000 ventures in ethnicity from all over the world. The one thing in common is almost everything is strappy or sandalized and more feminine. The material interest of python, raffia, hemp, luster and woven leather add to the excitement. New collections from Cole Haan, Donald Pliner, Isaac, Stuart Weitzman, Prevata, Adrienne Vittadini and Andre Assous are on hand for your shopping needs.

And for those who choose to go to the mountains, we have warm and dry boots and slippers for after skiing for both women and children. While at **Tootsies**, be sure to check out the back room bargains.



Quality Child Care & Preschool Offered

Barrington Community Child Care Center is now offering a 5-day preschool program. The classes are for children ages 3 through 5 years who are toilet trained. The hours for the preschool day are 9:00 to 11:30 AM or 9:00 to 12:30 PM with a hot lunch provided. No appointment is necessary to tour the center. We are conveniently located at 560 Carl Avenue in Barrington, (one block west of Burger King off Northwest Highway).

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

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

vironment. Program enrichments are also offered, such as "Computer Tots" and "Kids in Action" gymnastics class. And, as a convenience, haircuts by a Barrington salon owner are offered every six weeks.

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

Barrington Community Child Care Center is a private center serving children 6 weeks to 6 years. Our facility offers over-sized classrooms with a homey feel and an environment to meet the needs of young children. As well, our large outdoor playground is enjoyed by all. **Barrington Community Child Care Center** offers year around structured activities and care. Registration is now being accepted! We are happily celebrating our 6th year in the community. *Come join the fun!*

Barrington Community Child Care Center

Quality Child Care & Preschool Offered

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

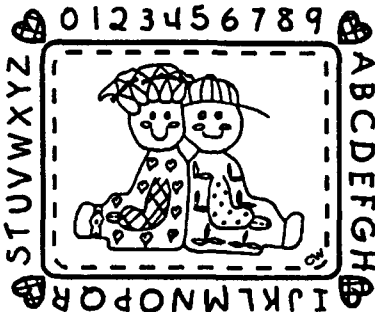
Applications Now
Being Accepted

Hours: 7am - 6:30pm

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

381-0272

Barrington



The New Year Brings a Renewed Excitement at A'L'Amour

Bridal gowns have become more spectacular and unique for the new millennium and A'L'Amour is proud to announce the addition of such exclusive designers as Ann Barge, Alvina Valenta, Romona Keveza and Giverny to compliment their current designers.

"Bridesmaids to wear again"—the wish of everyone asked to be an attendant in her friend's wedding. The companies are listening with the addition of separates and contemporary looks. A'L'Amour proudly introduces MSBC, a new line of separates to compliment such fine designers as Nicole Miller, Watters and Watters, Vera Wang and Siri to name but a few.

Dresses for blacktie, mothers of the wedding and prom are an ongoing specialty at A'L'Amour and the newest trends in fabrics and designs are showcased as well as beautiful and unique accessories.

Visit soon and experience A'L'Amour.



Wrap Yourself in Warmth & Luxury

Now that those cold winter days have arrived, you'll find there is nothing like a fur coat for style, warmth and luxury. "Fur is back," says Bill Talidis, owner of **The Mink Barn**. "In the 32 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!**

"Great Moments in Art History"

Kitagawa Utamaro, Japanese, 1754-1806, Somenosuke of Matsuhaya (house) from the series *Toji zensei bijin-zoroe* (Parade of Popular Present-day Beauties), ink and color on paper, Oban, published by Wakasaya Yoichi, c. 1797, 37.8 x 25.4 cm, Clarence Buckingham Collection, 1925.3041. ©1999, The Art Institute of Chicago, All Rights Reserved.



"Great Moments in Art History" is the theme of this year's February Seminar Series hosted by the Barrington Community Associates of the Art Institute of Chicago. The lectures begin at 1 PM each Thursday in February at the Barrington Area Library, 505 N. Northwest Highway. All lecturers are members of the Art Institute Museum Education Department:

- February 3—17th Century Baroque in Spain and Holland by David Stark
- February 10—18th Century Flowering of the Edo Period, Japan by Miranda Hofelt
- February 17—19th Century French Impressionism by Miranda Hofelt

• February 24—20th Century Paris Before the Great War by Celia Marriott

The cost of the series of four lectures is \$40 for members or \$60 for non-members. Individual lectures are \$12 for members or \$20 for non-members.

Reservations are due by January 21 to Lenore Elsner at 847-255-9492.





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Elgin Youth Symphony Orchestras Hold Auditions

The Elgin Youth Symphony Orchestra and its affiliated Preparatory String Orchestra and Brass Choir will hold midyear auditions by appointment from 9:00 AM to 3:00 PM on Saturday, January 8 in Room 165M in the Visual and Performing Arts Center at Elgin Community College, 1700 Spartan Drive, Elgin. The Elgin Youth Symphony Orchestra seeks young musicians who play brass instruments, string instruments, oboe or bassoon.

Audition appointments are available by calling the ECC music office at 847-214-7240 from 8:00 AM to 5:00 PM, Monday through Friday.

Musicians wishing to audition for the

Youth Orchestra should prepare one three-minute piece which demonstrates musicianship (phrasing, tone quality) and technical ability (accuracy, rhythm), scales and sight reading. Those auditioning for the String Orchestra should prepare one short piece and be ready to sight read.

The Youth Orchestra rehearses from 6:30 to 9:00 PM, Tuesdays; the String Orchestra rehearses from 5:00 to 7:00 PM, Tuesdays.

The Elgin Youth Symphony Orchestras are preparatory programs at the ECC Institute for the Performing Arts.

Information is available by calling Kathy Matthews, manager, at 847-214-7240.

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Happy New Year from She & "I" Salon

Thinking about a new style or color for the New Year? Let **She & "I" Salon** help make the change.

All over condition color, a few highlights, something to brighten the winter dulls... **She & "I" Salon's** trained associates can create a fresh look.

She & "I" Hair and Nail Salon offers hair styling and cutting, perms, color, facial waxing, manicures and pedicures and is located in the Barrington Ice House Mall in downtown Barrington. Please call **381-5043** for your next appointment.



A Special Thank You

The stores at The Barrington Ice House and Chessie's Restaurant would like to thank our customers for their patronage, which in turn allows us to support these worthwhile organizations in our community this year.

American Cancer Society
Barrington Area Professional Women
Barrington Basketball Booster Club
Barrington Football Booster Club
Barrington High School Pre-School Program
Barrington Park District
Barrington Youth Dance Ensemble
Bear Necessities Pediatric Cancer Foundation
Brooks Mann Fund
Catholic Charities
Citizens for Conservation
Cub Scouts of America
District 15 Educational Foundation
Fox Valley Pony Club
Girl Scouts of America
Harper College Foundation
Hospice of Northeastern Illinois, Inc.
Infant Welfare
Junior Women's League
Lake Barrington Shores Ladies' Group
Make a Wish Foundation
Misericordia
Newcomers Club of Barrington
Northwest Suburban Christian Women's Club
PHD
Riding Club of Barrington Hills
Safety Town
St. Anne Catholic Community
St. Marks
St. Theresa Youth Ministry
United Way Crusade of Mercy-GE Capital
Walter Payton Foundation "Wishes for Santa" Program
Y-Me

Andrew's Buddies
Barrington Area Soccer Association
Barrington Chamber of Commerce
Barrington Friends of Home of the Sparrow
Barrington Historical Society
Barrington Suzuki Strings
Barrington Youth Services
Boy Scouts of America
Brownies
Chicago Art Institute
Countryside School PTO
Daughters of Charity/Ladies of Charity
Ducks Unlimited
Friends of the Sparrow
Good Shepherd Hospital
Holy Family Lutheran School
Hough Street School
Jazzercise Breast Cancer Fund
Kiwanis Club of Barrington
Lines School PTO
March of Dimes
Mothers of Twins Club
NISRA
Northwest Suburban Hospice
PHD Society for the Preservation of Human Dignity
Roslyn Road PTO
Salvation Army
St. Anne's Women's Club
St. Michael's
The New Oratorio Singers
VFW
Welcome Wagon

BACOA
Barrington Arts Council
Barrington Children's Choir
Barrington High School
Barrington Junior Women's League
Barrington Women's Club
BASA
Broncos Sports Events
Cary Firefighters
Children's Home & Aid Society
Creative Children's Academy
Daughters of the British Empire
Faces of Fatherhood
Garden Club of Barrington
Grove Avenue PTO
Home of the Sparrow
Illinois Spina Bifida Association
Juvenile Diabetes Foundation
Knights of Columbus
Lions Club
Michael Joseph Foundation
Mount St. Joseph's Home
Northwest Community Hospital
PADS
Prairie Middle School
Rotary Club of Barrington
Spina Bifida Association
St. Matthews Lutheran School
St. Peters UCC
Trinity Irish Dance Academy
Volunteer Center of Greater Barrington
Wellness Place

That's what makes hometowns special, people within a community supporting each other. Thank you for shopping Barrington. Happy New Year from the Barrington Ice House Merchants!

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Ice House Management Office & Promotions 381-6661 & 382-5538

Aubreys of Barrington 382-3838
Forever Yours 842-0384
Once in a Blue Moon 381-7525
She & "I" Hair and Nail Salon 381-5043
Tina Han Gallery 382-1030
Village Hallmark 381-3202

Chessie's Restaurant 382-5020
Lauren's Lingerie 381-0715
Peter Daniel 382-6676
Snail's Pace 381-8680
Stay Tooned Gallery 382-2357
Chamber of Commerce Representative 382-6676
Jim Nelson 381-8452 & 381-1257



Barrington
ICE HOUSE MALL



Sidewalk Sales at Chesterfield

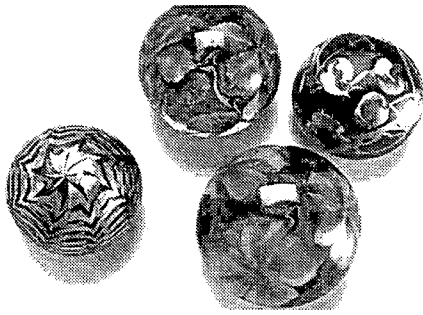
Chesterfield Glass Galleries exhibits the works of over 130 glass artists. **Chesterfield** is one of the largest glass galleries in the Chicago area with over 450 pieces of glass art.

Several techniques are represented by the artists at **Chesterfield**: lampworking, veiling, cameo glass, miliflore and many artists using dichroic glass in their hand-blown pieces.

Chesterfield is proud to announce our new website: www.chesterfieldgalleries.com. Introducing this site will enable you to shop at home at your convenience.

We pride ourselves with the special attention we give to each of our customers. If you have not experienced visiting our gallery, we think you will be pleasantly surprised. Stop in to say hello and browse.

Mark your calendar for our winter **Sidewalk Sale** on January 13 through 17. We will have savings up to **50% off** on selected items. Shop early for the best selection. Time to take advantage of some great buys!



Two great reasons to shop at the Barrington Ice House—**The After-Christmas Clearance Sales at The Canterbury Shoppe and Peter Daniel of Barrington**. The Clearance Sales of the Season start now at both stores.

At **Peter Daniel**, you'll find the best prices on fall and holiday apparel for men and women. Great savings on sportswear, dresses, suits, sportcoats, outerwear, accessories and more!

Ready to escape to a warmer climate? Resort wear is arriving daily at **Peter Daniel**. Look for white-on-white separates, cool pastels and vibrant tangerines in cotton silk, and linen. A great selection of gorgeous new resort and spring collections.

The Canterbury Shoppe is having its first **Merchandise Mart Showroom Sample Sale** on selected pieces of Laurie Gates Designs/LA Pottery, January 6 through 10th. LA Pottery has been making the finest hand-painted serving pieces and home accessories for over 40 years; Laurie Gates Designs pottery is known for its originality and durability. LA Pottery can be used in the microwave, oven and dishwasher. **Save 50-75%** on selected pieces of spring and holiday patterns.

For those folks who love to save, starting December 26, **The Canterbury Shoppe** and **Peter Daniel** are filled with selected holiday clearance items and apparel that are **50-75% off**.

Shop early for the season's best prices and best selections.

Peter Daniel and **The Canterbury Shoppe** are located on the first level of the Ice House Mall and are open seven days a week for your shopping convenience.

Long Grove-Kildeer Garden Club

The Long Grove-Kildeer Garden Club cordially invites you to a membership coffee on Valentine's Day, Monday, February 14, 2000 at 9:30 AM. The coffee will be held at Reel Turner Woodlands on McHenry Road just south of Route 22 in Long Grove. Come and meet your neighbors and friends and see what we are all about. Our program will be "Versatile Miniature Roses," a 60-minute, hands-on demonstration on potting a rose given by

Elizabeth Abler. You may win our door prize of a beautiful red miniature rose.

If you have an interest in gardening but, like most of us, need some pointers, moral support or just a nudge, we are all looking forward to meeting you. If you like to feel you've done a little something for someone to beautify their world, come help us.

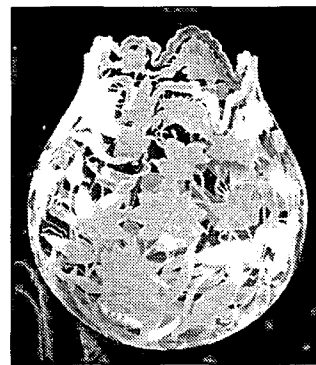
Please call June Treanor at 438-8192 or Sue Lyons at 550-8020 to reserve a spot.

Chesterfield Glass Galleries

PRESENTS

www.chesterfieldgalleries.com

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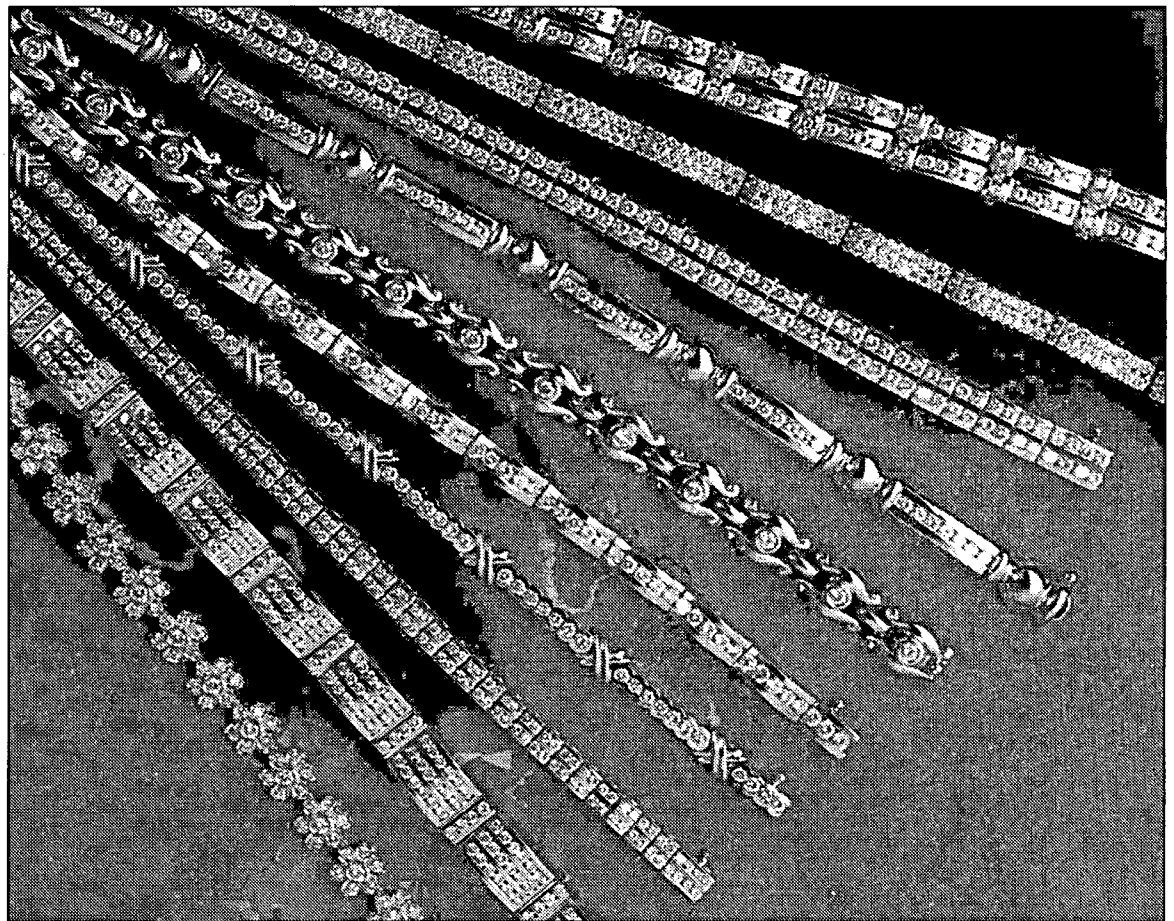
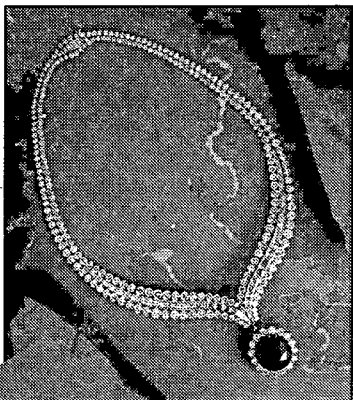
THE CANTERBURY SHOPPE

HOLIDAY & HOME

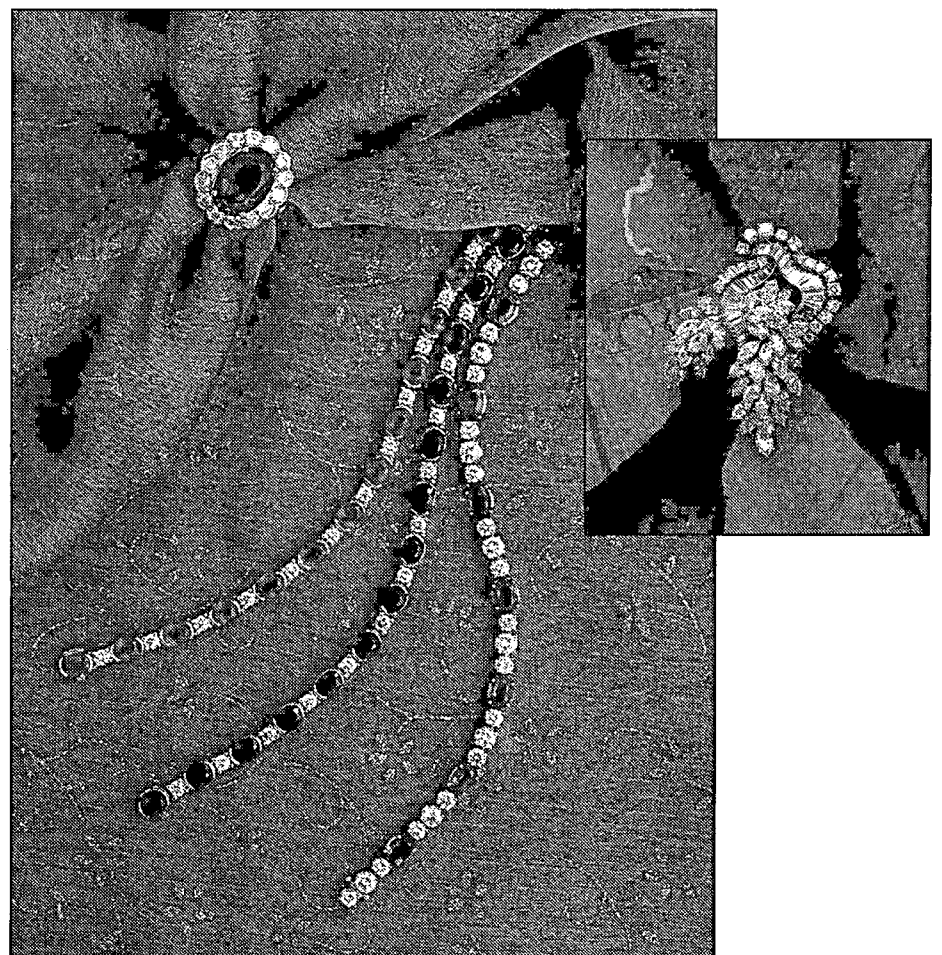
Bring this ad for an additional
\$10 off any single purchase of \$100
or more. Valid through Jan. 16, 2000.
Limit one per customer.

The M.J. Miller & Co. Moving Sale Begins January 15

M.J. Miller and Company is moving to new, larger, more luxurious quarters in the new building at 123 West Main. To create a showroom like no other, **M.J. Miller** is adding a number of new lines to complement its already extensive collection of fine jewelry, gems and giftware.

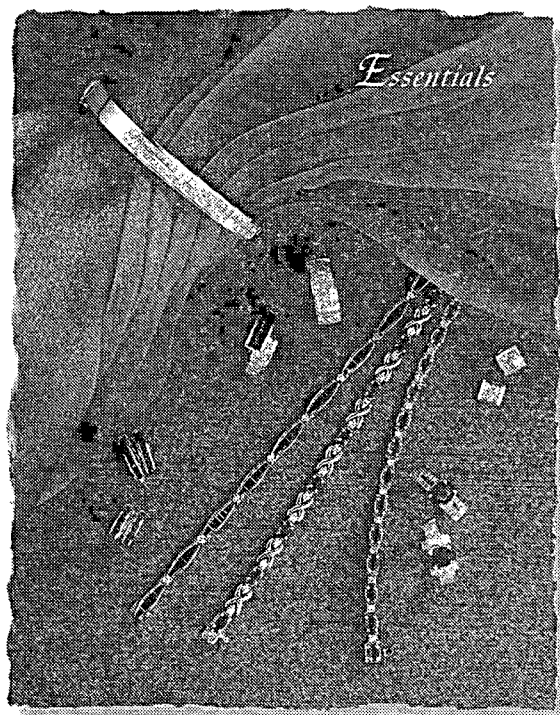
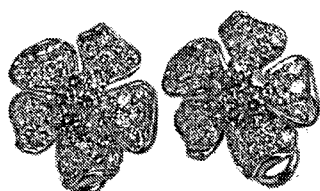


In order to accommodate these new lines, **M.J. Miller & Co.** will have a monumental sale of its already extensive inventory. There will be no other sale like it, starting January 15 and continuing until February 15. Take advantage of this once-in-a-lifetime opportunity and enjoy fabulous savings.

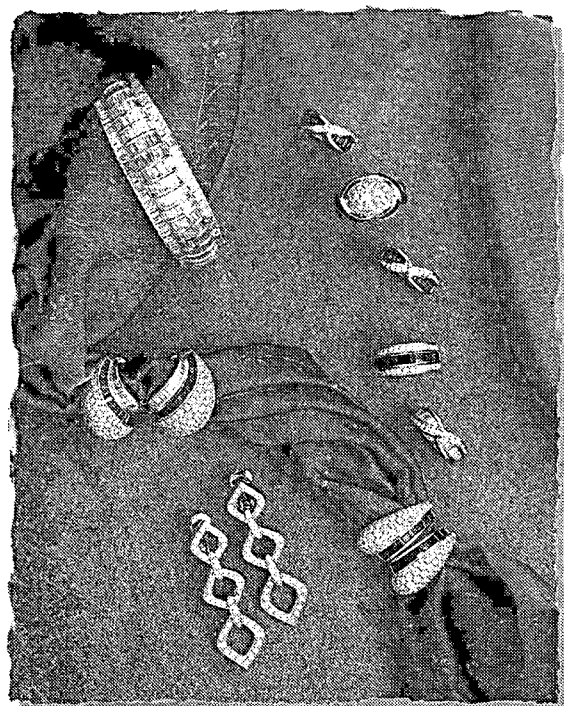


MOVING SALE

**JANUARY 15th
TO
FEBRUARY 15th**



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SPECTACULAR PRICES"
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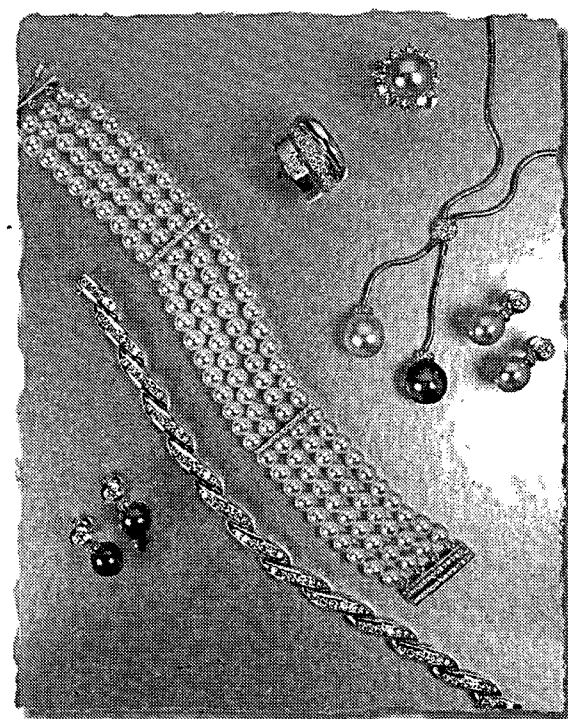


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Supplies Limited. In-Stock Items Only.
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Sat. 9:00-5

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Surprise her in the
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 the ring of her dreams!
 Dalzell & Co. is a Direct
 Diamond Importer
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 wedding and
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Wedding Dreams Begin at Dalzell & Co. Fine Jewelry

Considering the very important purchase of an engagement ring, wedding band or anniversary band? Surprise her in the new millennium with the ring of her dreams from **Dalzell & Co. Fine & Antique Jewelry**—a direct diamond importer—offering superior quality and competitive prices on styles from classic to extraordinary.

Dalzell & Co. features breathtaking creations by Oscar Heyman & Brothers, one of the most prestigious names in fine jewelry since 1912. Select from an exquisite collection of rings comprised of carefully matched round diamonds set within an elegant channel of gold or platinum... the distinctive look of alternating square diamonds and precious colored gemstones... and additional styles that look stunning

worn alone, stacked together or alongside an engagement ring.

Dalzell & Co. is a full-service jewelry store also offering Waterford® Crystal giftware and stemware (gift registry service is available); fine watches; and antique estate pieces. Three GIA Graduate Gemologists, two Designers and three Graduate Jewelers are at your service to assist you with custom jewelry design or to perform repairs on the premises.

Dalzell & Co. Fine & Antique Jewelry is located at 23 North Williams Street in nearby Historic Downtown Crystal Lake. Business hours are Monday through Friday, 9:30 AM to 5:30 PM; Thursday, 9:30 AM to 8:00 PM; Saturday, 9:30 AM to 4:00 PM; and also by appointment. In Barrington, please call 847-382-3944.

Our Furs Are Guaranteed Y2K Proof!

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

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

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

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

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



"My First Fur!"

Plenty still available for Mom... or Dad!

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 millennium and for telling your friends about us."

Have a healthy and happy Year 2000!

Ambassadorial Scholarships

Applications for 2001-2002 Rotary International Ambassadorial Scholarships are now available from Rotary Clubs throughout Northern Illinois.

The scholarships, which are designed to further international understanding and goodwill, provide for study abroad in more than 150 countries where Rotary clubs are located. Some 1,300 scholarships of various types will be available from clubs worldwide.

For an application, those interested are to contact a local Rotary club or Jerry Piper in Barrington at 847-381-6341. Application process should begin in January for scholarships to be awarded for the 2001-2002 school year.

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

award of \$25,000.

Also available are cultural ambassadorial scholarships, which provide funding for three or six months of intensive language study and cultural immersion in another country, including transportation, tuition and homestay expenses up to a maximum of \$12,000 and \$19,000 respectively.

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

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

Winter Clearance Sale
 at
Shari's
FURS & MORE

SAVE AN ADDITIONAL
30%-60% OFF
OUR ALREADY DISCOUNTED
PRICES ON NEW FUR FASHIONS
INCLUDING SHEARLINGS,
SHEARED BEAVER &
THE FINEST OF MINKS!

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

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20% OFF ALL
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Downtown Arlington Heights
847 255-1300

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

Alan Iftiniuk Named Chief Executive of Good Shepherd Hospital

Alan Iftiniuk has been appointed Chief Executive of Advocate Health Care's Good Shepherd Hospital in Barrington.

Iftiniuk has worked for Advocate Health Care since 1992. Most recently, he served as Vice President of Operations at Good Shepherd Hospital where he has been instrumental in the design and construction of the Good Shepherd Hospital Health & Fitness Center, the hospital's new outpatient services expansion and emergency services redesign.

He has also held the positions of Director, Information Systems for Advocate Health Care and Vice President of Administrative Services and Systems for Advocate

Home Health Care Services, Inc.

Prior to joining Advocate Health Care, Iftiniuk worked for the United States Government Command Research, Development and Engineering Center in Warren, MI and Washington, DC. He also was a consultant with KPMG Peat Marwick.

Iftiniuk is completing his MBA at Benedictine University in Lisle, IL. He also holds a Bachelor of Arts from Oakland University, Rochester Hills, MI. He also holds a noteworthy portfolio of professional achievements and special awards.

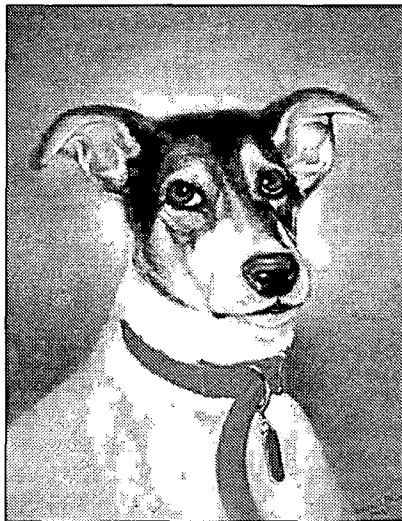
Iftiniuk and his wife, Cathleen, have two daughters, Jennifer and Melissa.

Cherish the Memories

Your dog is your best friend, your companion—always loyal and true. Whether he/she's silly or dignified, you can honor your dog's presence in your life by having a portrait created by pastel artist **Laura Brown**. Working from photos that she takes, she'll create a permanent family heirloom of your beloved pet.

For more information or to set up an appointment, call **Laura Brown** at 847-304-4906.

Ted, 1999, by Laura Brown



AAUW Hosts International Issues Discussion Group

The Barrington Area Branch of the American Association of Women (AAUW) will host two Great Decisions Discussion Groups for 2000. Great Decisions is a program of weekly study and discussion of current international issues based on materials prepared by the national, non-partisan Foreign Policy Association.

The daytime sessions will be on Tuesdays beginning January 25, 2000 and the evening sessions will be held on Thursdays beginning January 27, 2000. Both series of sessions will be held for eight consecutive weeks. Both groups will meet at the Barrington Area Library and are open to the public. A book containing the background reading material for each session is available for purchase. If you would like a copy of the book or have questions regarding Great Decisions, contact Bobbie Svacha at 847-381-3315.

The topics for the eight week program are:

- Week One—Defining U.S. Interests
- Week Two—Russia: Report Card on Survival
- Week Three—Indonesia: South East Asia Role Model?
- Week Four—Africa's Place in the World
- Week Five—Middle East Realignment
- Week Six—The Euro's Challenge to the Dollar
- Week Seven—The Military and U.S. Foreign Policy
- Week Eight—Humanitarian Intervention

AAUW, founded in 1881, promotes equality for all women and girls, lifelong education and positive societal change. Membership is open to anyone with a baccalaureate or higher degree. For membership information, call 847-540-8719.



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.



Portraiture by Laura Brown

*Cherish the
Memories*

(847) 304-4906

BARRINGTON/FOX RIVER GROVE

Trouble by Laura Brown

CHICAGO'S MAGNIFICENT BRIDE

on the Magnificent Mile

A Very Special Bridal Show

SUNDAY, FEBRUARY 6, 2000

1:00 - 5:00 P.M.

Hotel Inter-Continental Chicago

505 North Michigan Avenue

Tickets \$40 each (or 2 for \$70)

Fashion Shows by

Ultimate Bride & Mira Couturier

Champagne, Hors d'oeuvres, Tea Service, Dessert and over
40 Vendor Displays

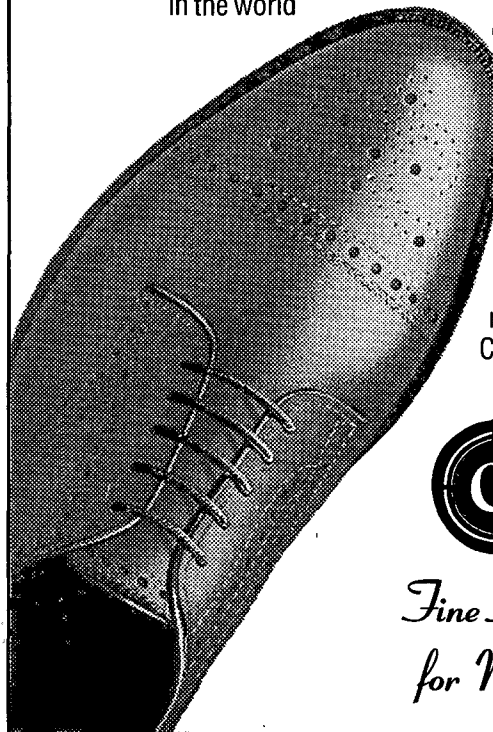
For ticket information call
STUART RODGERS
PHOTOGRAPHY
at 847-864-7322
or 312-787-8696

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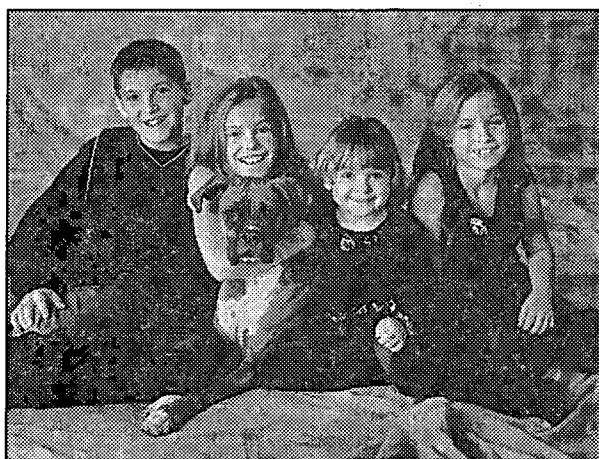
MONDAY-FRIDAY 9:30-6:00 THURSDAY 9:30-8:30 SATURDAY 9:30-5:00

Thomas
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Life is short. Time is valuable. Children grow so fast, they seem to change everyday.

Children's Special

Save \$50 off our regular session fee during the months of February and March. Sessions book very quickly so call and schedule your child's appointment today.



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Rick's Pet Shop

381-1515

Corner of Rts. 14 & 59 • Barrington

Another Nutcracker Supreme



Barrington Youth Dance Ensemble presented their 6th Annual *Nutcracker* in December to the delight of four sold-out audiences, a total of over 3,000 children and their families and guests. Act II's new set, stage lighting and seamless music were a spectacular addition to the lush performances.

Pictured during the Snow Scene are BYDE's full company members. Lisa Huxhold from Palatine is the Snow Queen

and Keith Elliott is the Snow King.

Supporting the 6th Annual BYDE's lush production of *The Nutcracker* were Merrill Lynch (this year's star corporate sponsor), The Duchossois Foundation, CAP & Associates, Illinois Arts Council and American Airlines, the official airline of the BYDE.

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

Artists and Craftsmen Invited

Artists and Craftsmen are invited to apply for participation in the Good Shepherd Hospital Auxiliary's 26th Annual Exhibition "Art in the Barn, 2000" scheduled to be held September 23 and 24, 2000 from 10 AM to 5 PM. The Artists Committee has announced that the deadline for entry is April 1, 2000 and all applications should be postmarked by that date.

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

limited edition prints.

There will be private and corporate Purchase Awards.

"Art in the Barn" is held in the barn and other rustic buildings on the Good Shepherd Hospital campus, Route 22, two miles west of Highway 59, northwest of Barrington. Fine arts and fine crafts are displayed in a farm setting and the annual event has become a favorite family outing as well as a primary fund-raiser for the Auxiliary. Attendance of 8,000 is expected this year.

To obtain an entry form, artists should write to: Art in the Barn, 2000, Attention: Artists Committee, Good Shepherd Hospital, 450 West Highway 22, Barrington, Illinois, 60010.

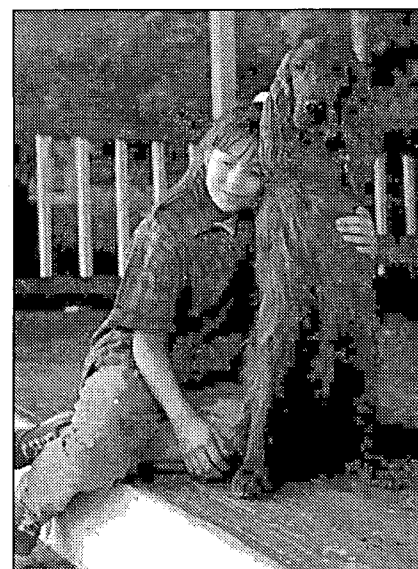
Join the Frequent Buyer Club

Rick's Pet Shop, on the corner of Rts. 14 and 59 in Barrington, invite you to try the best in dog and cat nutrition—Iams Pet Foods!

Rick's will enter you in our Frequent Buyer Club where you receive 1 free bag for every 12 you purchase. There is no charge to you and no card to keep; we keep track of it for you.

Excellent personal service! Competitive prices! Visiting pets always welcome!

Visit **Rick's Pet Shop** or call **381-1515**.



Barrington Businesses Recognized for Beautification Efforts



Local Barrington merchants were recognized for their beautification efforts by The Council of Barrington Garden Clubs at a recent Chamber of Commerce meeting.

The Council of Barrington Garden Clubs recently awarded certificates of recognition to a number of local merchants. Businesses were selected for their outstanding efforts in beautifying and maintaining their landscapes.

The 1999 Council Awards for Excellence in Design went to Chau Chu Chinese Restaurant, Barrington Bank and Trust and Page One Interiors.

Continued Excellence Awards were given to Pasquesi Home and Farm Suppliers as well as Suburban Bank of Barrington. The following businesses received Honorable Mention awards: Tastefully Yours, Kaleidoscope Gallery and School of Art, Marcene's Frame Shop and Art Gal-

lery, Recon Optical and the Quaker Oats Company.

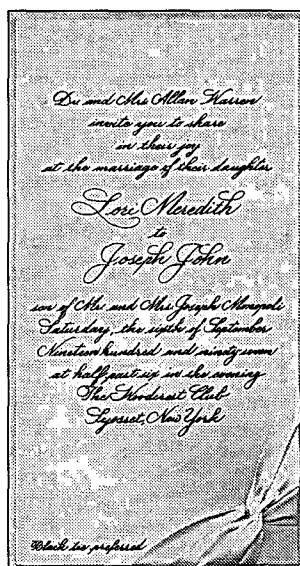
Awards for Container Plantings went to The Bread Basket Restaurant, Dr. Kotz, Dr. Hayward, Fancy Art, Tootsies and Barrington Bistro.

These businesses, all members of the Barrington Area Chamber of Commerce, go the extra mile to enhance the community through their beautification efforts. In addition, a special award was given to the Barrington Area Library for excellence in landscape design. Winners were selected by members of The Council of Barrington Clubs after observing sites during the growing season from Memorial Day to Labor Day.

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 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.



January Clearance Sale at Mitchell's Jewelers

During January **Mitchell's Jewelers** is having a store wide **Clearance Sale**, offering **20% to 50% OFF** on almost all items in the store.

Enjoy fantastic prices and a wide selection of beautiful jewelry including watches, gold chains, earrings, pearls and rings with all the precious stones—diamonds, emeralds, rubies, and sapphires.

Mitchell's Jewelers was started in 1969 and has been at its present location in downtown Arlington Heights since

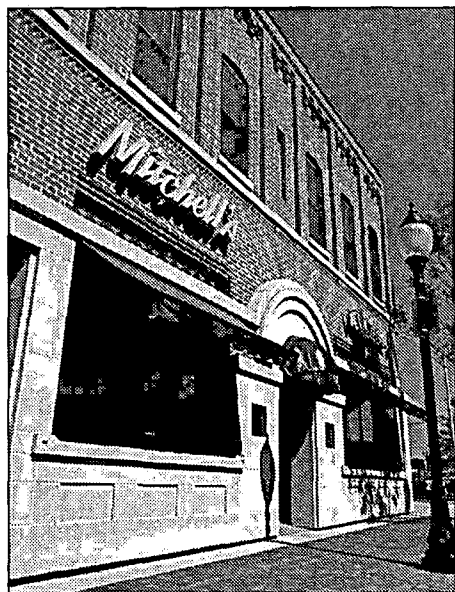
1984. During this time we have become one of the largest jewelers in the area. We do much of our own manufacturing on premises and also do jewelry repair, stone setting and custom hand-wrought jewelry.

Mitchell's Jewelers, as always, will take the time to educate you in what to look for in quality merchandise. We stand on our 30-year reputation of serving the community with honesty, integrity and fair pricing.

Buying a diamond can be confusing with all the different grading systems out there. In fact, it is probably one of the most blind items you will ever buy. So, you need to know more than just the four C's: *Carat, Color, Clarity, and Cut*—you need to know what these words mean. I've always said that there is a fifth "C" and that is *Confidence*! If you don't have confidence in the jeweler, then the other four C's don't mean a thing. When you stop by **Mitchell's Jewelers** we take the time to show you under a microscope what to look for in a quality diamond.

So I would like to invite you to visit **Mitchell's Jewelers**, where old world craftsmanship and honesty are our only policy. A great time to visit would be during our **January Clearance Sale**.

Douglas A. Mitchell, Co-owner
Recipient: GIA Diamond
Grading Certificate



Hospice Grief Support Groups

Saying "good-bye" to a person we love is one of the greatest costs of a relationship. Whether it is the death of a spouse, a parent, a child or a close friend, the loss can be overwhelming for those left behind. People suffering from the loss of a loved one may benefit greatly from attending a support group on grief.

One of the benefits of support groups is that they are made up of individuals who are at different stages of their own mourning and they can learn from or help others. But each individual must find his or her own best time to participate. The groups are led by Hospice Bereavement Staff or other trained professionals who are specially trained to assist individuals with grief.

Hospice of Northeastern Illinois is offering several support groups designed for

those grieving the death of a loved one, whether it is a spouse, parent, child, other relative or close friend. Topics to be covered include normal grief reactions such as anger, blame, anxiety and fear, how to help yourself cope, develop support systems, sharing keepsakes and memories and saying "good-bye."

The support groups include:

- **Grief to Hope**—six-week adult support group for those who are grieving the death of a loved one; Mondays (mornings or afternoons); January 10 through February 14; either 10:30 AM to Noon or 1:00 to 2:30 PM; Woodstock area.

- **Children's Grief Support Program**—six-week group which supports children, ages 6 to 12 years, and their parents who are grieving the death of a loved one; offered in conjunction with Barrington Youth Services; Tuesdays; January 11 through February 15; 5:30 to 7:00 PM; Barrington area.

New Year's Resolution:
Make next Christmas less hectic!
40% OFF All Christmas Items
at the Little Shop of Papers
Stock up for next year on wrap, ribbon, cards & decorative accessories!
Closed December 25 & 26.
Annual Sale starts Monday, Dec. 27 at 9:30 AM.
Little Shop of Papers, Ltd.
740 W. Northwest Hwy./The Foundry (847) 382-7733



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Save 30% on Selected SWATCH WATCHES
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Six generations of experience in the art of jewelry.
10 North Dunton • Downtown Arlington Heights • 394-0820
Hours: M, T, W, & F 9:00-5:30 • Th 9:00-8:00 • Sat 9:00-5:00



Entertainment 2000 Books

The Barrington Area Council on Aging, Inc. (BACOA) is again selling Entertainment Books. There are three Chicagoland editions—North/Northwest, West/Central and South/Southwest—as well as out-of-

state books that can be ordered. Books are \$35 each and are valid until November, 2000. Call 381-5030 or come by our office at 301 East Main Street, Suite 111 in Barrington to reserve your book.

ton Youth Services; Tuesdays; January 11 through February 15; 5:30 to 7:00 PM; Barrington area.

- **Adult Loss of a Parent**—six-week adult support group for those whose parent(s) have died; Wednesday; January 12 through February 16; 6:30 to 8:00 PM; Barrington area.

- **Young Widow and Widowers**—six-week support group for those mourning the loss of a spouse; childcare is available

upon request; Tuesdays; February 29 through April 4; 7:00 to 9:00 PM; Barrington area.

There is a suggested fee of \$25. However, the classes are open to anyone regardless of ability to pay. To register for a Hospice Support Group or for more information on hospice or bereavement programs, contact Hospice of Northeastern Illinois Bereavement Department at 847-381-5599 or 1-800-425-4444.

Happenings!

in the area

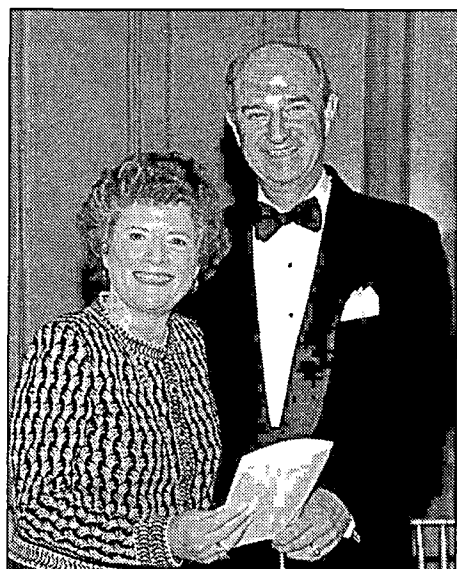
"Dancing Through The Decades" Raises Funds for Cancer Research



Taking time out for a picture were (L to R) Bill and Colleen Noyes, Lt. Gov. Corinne Wood, and Bonnie and Michael Murray. All are from Barrington. The Lt. Gov. Wood is from Lake Forest, but is a Barrington High School graduate.



Attending "Dancing Through The Decades" were (L to R) Myrt and Bill Rose with Darcy and Gery Herrmann, all from Barrington. Toys were a very popular item at the Grand Auction.



Looking over the auction item selections were Beverly and Jack Fisher of Barrington.

"Dancing Through The Decades" was the theme of the University of Chicago Cancer Research Women's Board Grand Auction this year.

The recent event, Chicago's original charity auction, was declared a big success.

The Four Seasons Hotel was a perfect background for a fabulous evening of fun and fund-raising which celebrated the ending of one century and the beginning of another.

Many "Thank You's" go to Marsh and McLennan Companies, the Woman's Board, donors and sponsors and the 550 guests for their generous support. They all share a common vision—the day when cancer will be a thing of the past.

Among the awards recognizing the university's research efforts are The Nobel Prize in Medicine and Physiology, The Charles F. Kettering Prize for Cancer Research and the National Cancer Institute Outstanding Investigator Award.



Selecting a live auction item were Bob and Marge Orbesen from Barrington.

Barrington Lyric Presents "Chapter Musicale IV"



Some of the entertainers for "Chapter Musicale IV" include Bonnie Westphal, Janet Lareau, Connee Plagemann, Jim Tammi and Jan Semerad.

As a gift to the Barrington area communities, the Barrington Chapter of Lyric Opera of Chicago will offer the fourth annual "Chapter Musicale" at 2 PM on Monday, January 17, 2000 at the Barrington Area Public Library.

The program will feature talented and

fun lovin' chapter members who will provide a variety of entertainment ranging from piano duets, vocal arias and duets (from classical to popular), a trombone solo and much more. Some of the performers will be Tressa Borkon, Wanda Hollensteiner, Shula Luber, Connee Plage-

Upcoming Shelter Events

Shelter's social calendar for the Year 2000 includes something for everyone. Included are an auction of fine art for home or office, a sumptuous buffet brunch honoring mothers, an opportunity for the whole family to help abused and neglected children during Shelter's Tag Days and two golf outings.

All events benefit Shelter's community-based child welfare and child abuse prevention programs in the Northwest Suburbs. Shelter is the only child welfare agency providing community-based care and housing for children and adolescents in the Northwest Suburbs through foster care and group homes. They also provide child abuse prevention through Shelter's Healthy Families Program. For more infor-

mation, contact Shelter at 847-590-6188.

- Friday, February 4, 2000—16th Annual Art Auction, Schaumburg Marriott, 50 N. Martingale Road, Schaumburg, IL—Preview: 6:30 PM. Auction: 8:00 PM.

- Sunday, May 14, 2000—3rd Annual Hyatt Regency Woodfield, Mother's Day Brunch, 1800 E. Golf Road, Schaumburg, IL. (A portion of the proceeds benefit Shelter.)—10:00 AM to 2:00 PM.

- May 12, 13 and 14, 2000—10th Annual Shelter-A-Child Tag Days, stores located throughout the Northwest Suburbs—9:00 AM to 6:00 PM.

- June 8 and June 22, 2000—Shelter Golf Outings, Itasca Country Club, 400 E. Orchard, Itasca, IL—Noon.

mann, Bob Plagemann, Jim Tammi and David Whitehouse, Barrington; Anne Gross, Inverness; Janet Lareau, Algonquin; members of the Rockford Chapter of Lyric Opera of Chicago; and Pat Steed, program coordinator, Schaumburg.

Hosted by Jan Semerad from Inverness, a light dessert buffet will be served. The program is free. Reservations must be

made by January 10 to Judy Allen at 847-382-6750. For information, please phone program chairwoman Bonnie Westphal at 847-885-2794.

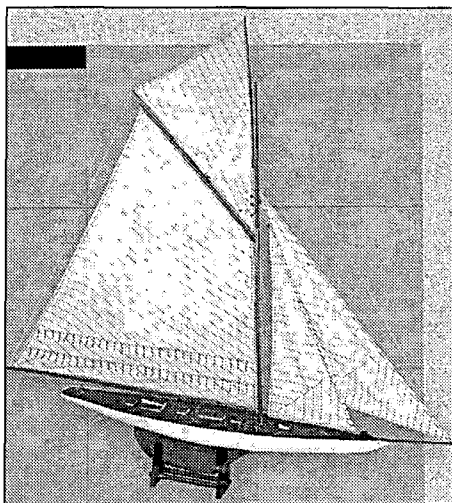
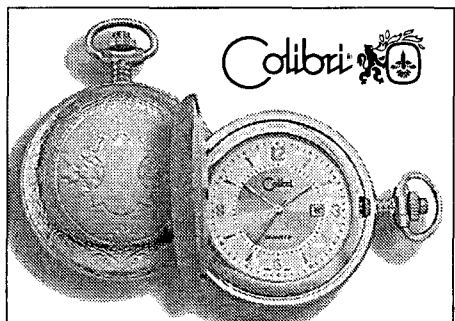
For inquiries on the Barrington Chapter (over 225 members and still growing), please phone Howard Robins in Arlington Heights at 847-437-2158. To share rides, call Maureen Brown at 847-382-7015.

The Right Gift for Every Occasion

Visit **Time & Treasures Gift Shop and Gallery** during their **After-Christmas Sale**. You'll find price reductions from 10% to 50% on quality gift items from such companies as Royal Doulton, Ruege, Armani, Howard Miller, Fenton, Aromatique and Hibel. The sale ends January 15.

Time and Treasures also has many items suitable for the man in your life—model ships, Remington old west statues, Regatta watches, nautical weather instruments and more.

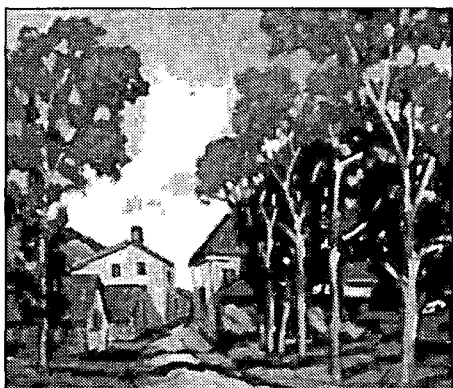
Come in soon.
You'll find gifts for every occasion.



New Artist—Caroll Callaway —Joins Gallery

Dunton Gallery proudly announces that Caroll Callaway has joined its family of fine artists. Caroll has had various relationships with the gallery since shortly after it opened in 1996. First, he was a supplier of display equipment. Then, his work was juried into both the Regional Oil Painters of America Show in 1997 and the Mainstreet Art Centre Show early in 1999. Now, luckily, several of his paintings are available for purchase through the gallery.

During his initial career in administrative law, Caroll had the opportunity to travel extensively throughout the United States, providing him with considerable inspiration for his paintings. Many of his paintings are from on-site sketches that he finishes in his studio in Barrington Hills. Others are painted plein-air or on location.



French Village by Caroll Callaway,
16" x 18", oil.



Country Lane by Caroll Callaway,
20" x 24", oil.

"Bold expressive brush-strokes, bright color harmonies and distinctive contrasts of light and dark tonalities," characterize Caroll's paintings. Unlike some impressionists, Caroll's work leaves little doubt as to what it represents. The still-life and landscape work boldly declare themselves and appeal to a wide cross-section of collectors.

See Caroll's work along with that of our other local, national and international artists. **Dunton Gallery** is open Tuesday, Wednesday and Thursday, 11 AM to 5 PM; Friday, 11 AM to 8 PM; Saturday, 10 AM to 4 PM. Appointments are gladly accommodated at other times. We will also consult on-site to suggest and place art for your home or office. Feel free to visit us at 18 S. Evergreen in Arlington Heights, by phone at 847-818-0694 or through our website at www.duntongallery.com.

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New Home Accessory Store Opens in Arlington Heights



Callalily Fine Home Accessories opened its doors in August with a wide assortment of high-quality home accessories. Susan Presutti and Bonnie Chaput, both interior designers, are co-owners. After years of accessorizing homes in the northwest suburbs, they realized a need for a store dedicated to accessories and staffed

by experienced designers. They will work with customers to select and place accessories that complement your existing furniture. Many manufacturers' catalogs are available for ordering that 'just right' item.

Callalily Fine Home Accessories is located at 10 S. Dryden in Arlington Hts.

Four Seasons Garden Club

The Four Seasons Garden Club will hold their January meeting at the Barrington Library on January 4, 2000 at 9:30 AM. The topic will be "Starting from Seed" with speaker Glenn Grosch.

Starting many vegetables, annuals and perennials from seed can add significantly to the pleasure of gardening. This pro-

gram will focus on the steps to success. Included will be seed selection, containers, soil mixes, watering, and heat and light requirements. It will be a fun session guaranteed to increase your "luck" at seed starting.

For more information, please call Judy Palmer at 304-8801.

No New Tax Breaks by Sharon L. Keller, J.D., LLM

Welcome to the new millennium! I hope you all enjoyed the holiday season. It is now time to revitalize and focus on the new year ahead of us. Since this is an election year, it will be interesting to see what Congress will do with legislation concerning the estate tax.

It has been said that when it appears that very little is happening in Congress, you need only to look a little closer to see that nothing is happening. The recent experiences with federal tax legislation take this observation to the next level—even when a lot of activity seems to be taking place, the ultimate outcome is close to nothing.

In 1999, a bill that would repeal the estate, gift and generation skipping transfer taxes (GST) was passed by both houses of Congress and sent to President Clinton, only to be vetoed by the President. He stated that the bill was too expensive. Congress also included a long term phase out of the individual alternative minimum tax, rules allowing considerably more flexibility in the allocation of the generation skipping transfer tax exemption, expansion of the favorable tax treatment of conservation easements, relief from the marriage penalty, various rules expanding the availability and utility of IRAs and a general reduction of tax rates. All of these items were vetoed.



It is doubtful we will see any estate tax relief, even though there is still talk about an immediate introduction of the million-dollar exclusion now scheduled for 2006 and for some relaxation of the rules governing allocation of the generation skipping tax exemption.

We will have to wait and see if Congress and the President can come to any consensus on the various tax issues prior to the elections in November. Until then, it is business as usual. There is still the necessity to plan your estate to minimize taxes and avoid probate.

I am attending a week-long estate tax conference this month. Next month, I will report new and interesting material for your enjoyment! Until then, Happy New Year! *Have a very safe, healthy and prosperous January 2000!*

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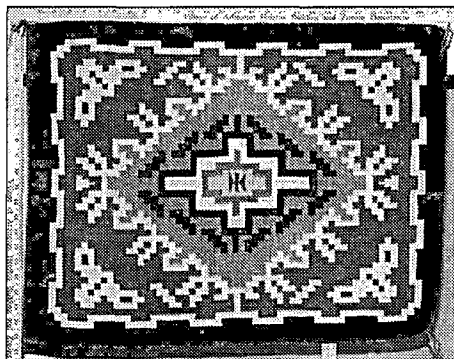
847-381-7522
FAX 381-7574

Indian Art Appraisal and Navajo Rug Trunk Show and Seminar

To brighten and enlighten, that is the goal at **Tribal Expressions** for the snowy cold days of January. We invite you to join us on January 22 and 23, 2000 in welcoming Marilyn George Vatter to **Tribal Expressions**. Marilyn has 31 years of association with Native American Arts as an appraiser, consultant, researcher and collector. She was also an associate at Shiprock Trading in northern New Mexico and the owner of Deer Dancer Gallery. She is a Senior Appraiser of the American Society of Appraisers and has successfully completed examinations in General Value Theory, Technical Expertise and Professional Ethics.

At 1 and 3 PM, Marilyn will present weaving lectures supplemented with video and slide images of Navajo weaving. A small loom will also be shown to demonstrate Navajo weaving methods.

Marilyn will be available to provide an appraisal of your favorite Native American piece of art. You are welcome to bring in an item you wish to have evaluated and Marilyn will be delighted to help you with a free thumbnail analysis. Private appraisals for insurance purposes can be arranged. Marilyn George Vatter will be in



Two Grey Hills by Eleanor Tispaï, Navajo. 21" x 27", NR-ET, \$560.

the gallery between noon and 5 PM on Saturday and Sunday, January 22 and 23.

During this event, we will supplement our Navajo rug inventory with antique and contemporary rugs from several suppliers. We hope to have work from all areas of the Navajo reservation. In addition, we will have Navajo rug books and handouts which explain traditional techniques for shearing, cleaning, carding, spinning, washing, dyeing and weaving.

Please join us for this opportunity to learn more about Navajo rugs and obtain an analysis of your favorite article.

Chers Amis...

Welcome to the new millennium... My personal wish for the 21st Century is that different people, different cultures from across the world, find some common ground of understanding, recognition and respect so that we perhaps create more equity between people and peace... Most probably a farfetched wish, but who knows?

With Jacqueline and myself being French-born, we encourage you to visit France. It's a beautiful, very civilized country and who knows? Like so many of my customers, you may come back wondering why some people believe the French don't like Americans... they are "snotty" and they smell bad... so far from reality!

So for the past 6 years, **D & J Bistro** has offered a "Travel To" Series—a slide presentation of a region of France, followed by a regional dinner. It starts at 5:00 PM and ends around 7:30 PM... a unique way to spend a Sunday evening, eat well and be educated, all for about \$45 per person all inclusive (including presentation, good



Jacqueline and Dominique

wine, tax and gratuity). Here is a calendar of the ones forthcoming:

- Sunday, February 20—Travel to Provence and Côte D'Azur
- Sunday, March 19—Travel to Alsace and Eastern France
- Sunday, April 30—Travel to Paris

Other events include: Monday, February 14, Valentine's Day and Sunday, March 5, our 14th Annual Couscous Buffet (unique throughout Chicagoland).

I hope you take advantage of these "events." No other restaurant offers anything even close to this.

Merci,
Dominique

Start the Millennium with Kindermusik Classes for Your Youngsters

Register now at **Barrington Kindermusik & Piano** for children's Kindermusik classes beginning February, 2000.

Kindermusik Village is a class for newborns to 18 months of age—from lap baby to a crawler to a walker! This class provides the natural learning your child is ready for from the first days of life. With you at the center of his discovery, Village engages all his senses and rewards his curiosity with object and instrument exploration, vocal play, singing, creative movement and a colorful literature component. Kindermusik Village at Home materials include state-of-the-art music on

CD, Baby's Home Journal, beautifully illustrated Baby's Books, art banners and a carry bag.—45 minute class, 8 weeks, \$95.

Kindermusik's Our Time replaces the Beginnings Classes for ages 18 months to 3 years of age. The new curriculum allows the educator and parent to follow the child and is highly empowering—to the teacher, the adult and the child. Our Time integrates music and a new literature component. The latest research shows that music and verbal skills are closely linked. The 15-week class has been expanded to 45 minutes. And more materials are provided: two CDs, two Music



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and Movement Books, a Home Activity Book and a specially designed instrument.—45 minute class, 15 weeks, \$170.

The **Growings** class for children ages 3½ to 5 years will continue to be a part of **Barrington Kindermusik & Piano**. This class continues the child's creative musical development while building on his preschool learning. In a small-group setting, instrument play is introduced to foster fine motor skills. Basic concepts like rhythm, pitch, timbre, creative movement, listening activities, memorization skills and social skills are explored. Crafts and home activities will be included to emphasize the musical concepts learned. At home materials include: an illustrated songbook, child's activities and crafts, a music CD and a carry bag.—45 minute class, 15 weeks, \$170.

Kindermusik for the Young Child for the 4½ to 6-year-old brings together all that the child has learned. This class provides a pressure-free, developmentally appropriate transition where she can musically succeed before taking on more formal instruction. She will begin to read music and to create musical compositions—tangible accomplishments that instill positive emotions about her own musicality. Materials include a folder full of activities, a family songbook, a games bag, music CD, a glockenspiel and a carry bag.—1 hour class, 15 weeks, \$220.

For more information, class schedule and to register, please call **Barrington Kindermusik & Piano** at 847-842-1440. Registration is on a first-come basis. Private piano lessons are also available.



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\$1.00 OFF

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\$2.00 OFF
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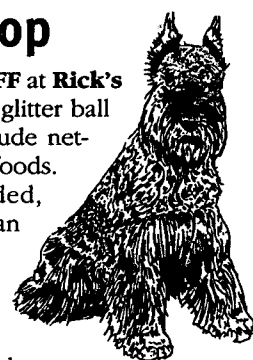


Keep Your Dog Warm with a New Coat or Sweater from Rick's Pet Shop

Now through February 1, dog coats and sweaters are **20% OFF** at Rick's Pet Shop. Plus, bring in our AD and get a **FREE** pig ear or glitter ball with any dog or cat supply purchase over \$10. Offers exclude net-priced sale items and dog and cat foods.



With our newly-expanded, state-of-the-art store, we can supply all your pets' needs! We have a Fish Room, ferrets, rabbits, sugar gliders, hamsters, guinea pigs, small birds, reptiles and all the supplies you can imagine! And



we also have unique pet cages at great prices!

Rick's Pet Shop is located at the corner of Rts. 14 and 59. Call **381-1515**.

Fall Elections and First Report Cards Make Education Priority for Parents

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

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

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

Dr. Huntington offers three suggestions:

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

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

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

"For some students, the problems of the new school year are a continuation of last year's problems," says Dr. Huntington. "In this case," he says, "don't get mad, get help. A tutoring program, such as the **Huntington Learning Center**, can help turn a child's grades around by improving skills, confidence and motivation. When a child has all three, success follows. Our goal is to help children reach their full potential."

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

Huntington Learning Center offers instruction in reading, writing and math, as well as SAT and ACT exam prep courses. Frequent conferences with parents, plus ongoing encouragement for students, are also an important part of the Huntington method. **Huntington Learning Center**, a recognized leader in the field of supplemental education, was established in 1977 and now has hundreds of centers nationwide.

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



and May 16. All sessions will run from 3:30 to 5:30 PM.

On January 18, Karen Chapman-Novokofski, U of I Extension specialist in nutrition, will give an update on calcium, vitamin D and osteoporosis. Biotechnology and antibiotic resistance are food safety topics for the February 15 session presented by Susan Brewer, U of I associate professor of foods.

On March 21, Keith Singletary, associate professor of foods and nutrition, will cover diet and lifestyle in the prevention of cancer. Robert Reber, U of I Extension nutrition specialist, will discuss diet choices as they relate to sustainable food systems on April 18.

The topic of the final session on May 16 is the potential association between physi-

cal activity and chronic disease, presented by Richard Washburn, associate professor of kinesiology.

Participants can register for individual sessions or for the entire series. The registration fee is \$10 per session or \$45 for the series.

For information on the Extension link site nearest you and registration forms, contact Robert Reber at 217-244-2851 or e-mail at r-reber@uiuc.edu. Or, you can contact a nutrition and wellness educator at any of the U of I Extension center offices.

This in-service opportunity is cosponsored by the U of I Extension Nutrition and Wellness Team and the Department of Food Science and Human Nutrition, College of ACES.

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

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

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

Weak Basic Skills

Frustration with School

Lack of Confidence

No Motivation

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Barrington



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Your child can learn.

Professional Women's Group Raises \$10,000, Seeks Scholarship Applicants

At its annual live and silent auction held this November, Barrington Area Professional Women raised nearly \$10,000 to benefit its scholarship fund. Scholarships are given to girls graduating from high school and women reentering the work force to cover tuition and fees at an accredited college or trade school.

"Because of the success of this year's event, the Foundation Committee will attempt to expand the philanthropic efforts by either increasing the number or size of the scholarship awards," says BAPW president Jane Washburn.

Applicants for scholarship awards must live in the greater northwest suburban Chicago area and be able to demonstrate financial need. For additional information and application forms, contact Barbara Ayres at 847-526-8876 or Laurie Grand at 847-842-8929.



BAPW foundation committee members Claire Hyman (left) and Barbara Tomasello set up one of the silent auction tables.

More than 100 area merchants and professionals donated goods and services.

In-Service Features Current Topics in Nutrition

A University of Illinois Extension in-service series on current nutrition issues for dietitians, home economists and health care professionals will be starting in mid-January.

One session will be offered each month for five months through various link sites

throughout Illinois. Two CPE hours of credit from the American Dietetic Association has been approved for each session, with a total of 10 hours of credit for the series.

The in-service sessions will be held January 18, February 15, March 21, April 18

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 housecleaning to bring that sparkle and shine back to your home.

The Maids is the only housecleaning business that cleans for health purposes as well as aesthetics. 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 information about **The Maids**, please contact Howard or Sharon Wagner at **847-368-1250** or visit **The Maids'** website at: www.maids.com.

NISRA Holiday Fashion Show Generates \$31,000

This year's NISRA Holiday Fashion Show exceeded everyone's expectations. Proceeds grew by \$12,000 over last year, with a total of \$31,000 generated to support year-round training and competition for local Special Olympic athletes. A crowd of 500 contributed to the event's success and festive atmosphere, held at the Holiday Inn-Crystal Lake on November 20.

A main attraction was the opportunity to win one of six Christmas Trees on display. Each tree was valued at approximately \$2,000 and had decorations and gifts based on a theme, with costs underwritten by generous sponsors: Dana Brake & Chassis (Brake Parts, Inc.), Grand National Bank, Home State Bank, Kemper Insurance Companies, Sage Products, Inc., and Reil Construction, Inc. A seventh tree,

the Millennium Tree, was unveiled and auctioned at the end of the day. Local businesses and individuals contributed over 200 items for the silent auction.

Six upscale clothiers provided seasonal clothing and holiday fashions, including special outfits perfect for celebrating New Year's Eve. The stylish models included NISRA supporters, Special Olympic athletes and Mayors Steve Cuda of McHenry and Aaron Shepley of Crystal Lake.

The NISRA Foundation supports the year-round activities of the Northern Illinois Special Recreation Association, a partnership of nine park districts and city recreation departments providing Special Olympics and recreation programs for local residents with disabilities. Call NISRA at 815-459-0737 for more information.

Greet the New Millennium at Julio's Latin Cafe

Planning a night out to celebrate the new millennium? Try **Julio's Latin Cafe** in Lake Zurich for a wonderful change of pace. Reserve a table for their elegant New Year's Eve Celebration, "**La Vida Loca**." The cost of \$200 per couple includes a specially prepared prix fixed five-course dinner, party favors, "Millennium Memento" dinner plate and champagne flute, champagne toast at midnight and entertainment by the Paulinho Garcia Duo.

Whether you're celebrating a special occasion or looking for a new restaurant to try, you will enjoy their excellently prepared dishes from countries throughout South America including Mexico, Cuba, Brazil, Argentina, Chile and the Caribbean. Enjoy live entertainment on the weekends:

- January 1—Steve Sandner, Piano
- January 7—Paulinho Garcia, Guitar
- January 8—Steve Sandner, Piano
- January 14—Paulinho Garcia, Guitar
- January 15—Jose Pendera, Piano
- January 21—Steve Sandner, Piano
- January 22—Jose Pendera, Piano
- January 28—Steve Sandner, Piano
- January 29—Paulinho Garcia, Guitar

If you are a tequila aficionado, **Julio's** is proud to own one of only six bottles of Cuervo 1800 Coleccion 1998, the jewel of all tequilas. The 1800 Coleccion is a total experience. It is the result of a lengthy handcrafted production process that begins with the best selection of quality agaves which have reached maturity in no



less than 10 years. The agaves are steam cooked in stone ovens obtaining a very selected extract, which is distilled twice and followed by several years of slow aging in new French oak casks. When it reaches the peak of aging, the Tequila Master performs the "marriage" of the finest selection of aged tequilas. The result is a silky consistency, a deep golden color and a smooth mellow taste with a subtle touch of almond revealing a very special, distinctive flavor. You are invited to visit **Julio's Latin Cafe** and be one of the few to experience a treasured work of art that touches all the senses.

Dinner is served Monday through Saturday beginning at 5 PM. Lunch is served Monday through Friday. Reservations are always recommended on the weekends. **Julio's Latin Cafe** is located at 99 South Rand Road in Lake Zurich. Call **Julio's** for further information and **reservations at 847-438-3484**.

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| 6. Remove Cobwebs | 17. Clean Kitchen Sinks |
| 7. Dust Sills & Ledges | 18. Damp Wipe Cabinet Doors |
| 8. Dust Wall Hangings | 19. Clean Outside of Appliances |
| 9. Pick Up & Straighten | 20. Load Dishwasher |
| 10. Clean Entry & Patio Door Windows | 21. Wash Counters |
| 11. Clean & Disinfect Toilets, Tubs & Showers | 22. Remove Trash |

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NEW YEAR'S EVE 1999 is a NIGHT FOR CELEBRATION AND WE HAVE AN ELEGANT EVENING OF DINING AND ENTERTAINMENT planned for you and your friends!

\$200 per couple includes:

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Hollywood Video Grand Opening Party Reels Off an Evening of Fun(d)-Raising

Flashing lights, a large tent and Hollywood impersonators W.C. Fields, Marilyn Monroe, Lucille Ball and Indiana Jones (among others) helped mark the festive occasion of the grand opening party for Hollywood Video on November 16 in Barrington. Nearly 300 party guests enjoyed the fun of bringing Hollywood to Barrington while celebrating a "homecoming" of sorts for Hollywood Entertainment President and Chief Operating Officer Jeff Yapp, who graduated from Barrington High School in 1976. Mingling throughout the crowd were village officials, business and community leaders and Yapp family members and friends.

Taking the community's interests to heart, Hollywood Video staff put together an exciting silent auction of entertainment-related items. Barrington Area Community Foundation (BACF), a growing endowment fund established in 1998 by area residents

to help local community organizations meet their needs, was named beneficiary of auction proceeds which totaled just under \$15,000. Furthermore, Hollywood Video made an additional contribution, bringing the grand opening benefit tally to \$20,000. According to Norval Stephens, BACF President, additional donations of \$20,000 were forthcoming from community members, bringing the foundation's treasury in early December to \$85,000.

"This fund-raising endeavor, driven by Hollywood Video's entrance into Barrington with such generosity, puts BACF a year ahead of its anticipated schedule of fund-raising," reports Stephens.

Hollywood Video is located on E. Main Street at Northwest Highway, behind the "new" Shell station.



Before the ribbon cutting, Norval Stephens and Carol Beese, President of the Barrington Area Chamber of Commerce, extend their enthusiastic congratulations to Jeff Yapp and his wife, Tamara (far right).



George Yapp, father of Jeff Yapp and BACF Director, shares a laugh with Norval Stephens, Director and BACF President. Proceeds from the evening (just under \$15,000) will go toward the Barrington Area Community Foundation.



Nancy Hamelberg, "W.C. Fields," Sherrie Anuskewicz and Charlie Yapp (Jeff's mom) take time out for a photo. The silent auction included entertainment-related items put together by the Hollywood Video staff.



Teddi Martin, well-known Barrington columnist, and Jeff Yapp celebrated the "homecoming" for Jeff, a 1976 graduate of Barrington High School.



"Indiana Jones" and David Nelson, former Village President and BACF Director, had fun. Nearly 300 guests enjoyed Hollywood coming to Barrington.



The Wickstroms, Gail and Tim, enjoyed the fun too. Mingling throughout the crowd were village officials, business and community leaders and Yapp family members and friends.

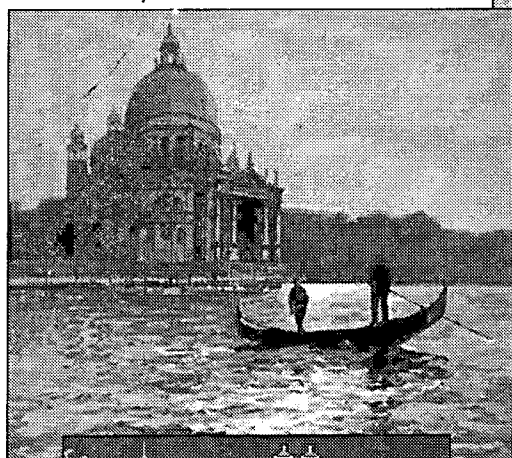


"W.C. Fields" shares a moment with Ron Hamelberg, Barrington Village President. Other Hollywood impersonators included Marilyn Monroe and Lucille Ball.

JANUARY SALE-A-BRATION

at *The Studio of Long Grove*

Memories of Venice 36" x 40"
by Alan Wolton ▼



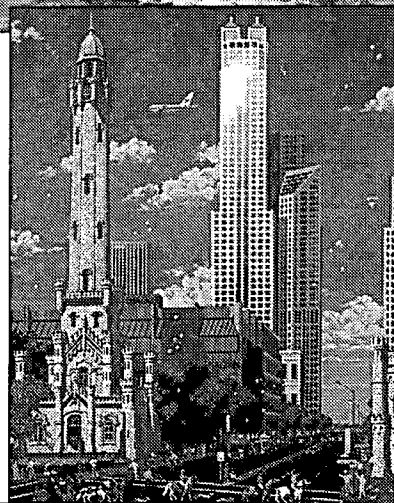
This Is For You 19" x 15" ▲
by Roy Fairchild-Woodard



LaDonna 36" x 30" ▲
by Csaba Markus



Color of White 30" x 24"
by Michael Gerry ▼



Sale at The Studio Galleries

In the 9½ 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 21, 6:00 - 9:00 PM

A number of donated items and artworks will be auctioned during this event. 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.

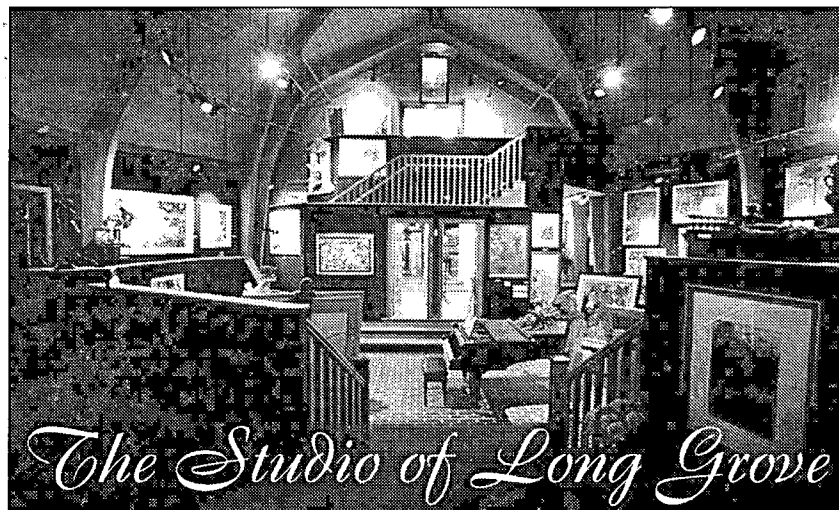
▲ *Old Water Tower* by Alexander Chen
22" x 17"



Hollywood 29" x 24" ▲
by Norman Rockwell

Works by these famous artists
will also be presented:

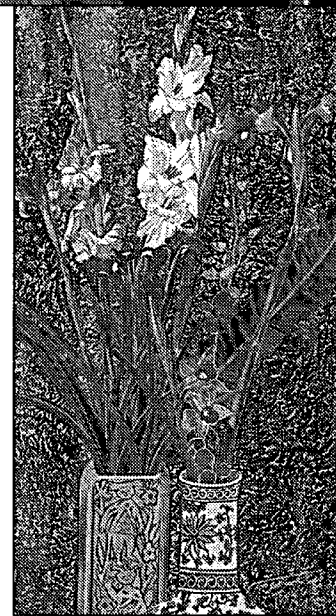
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Orchids & Irises 41" x 22" ▲
by Ting Shao Kuang



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"Dices & Pisces" Millennium Magic



Ring in the new millennium are, from left: Sherri McDermott; Deanne Nagy; benefit co-chair Susan Sharpe; Ginger Gorden; President Dana Richter-Stewart; and benefit co-chair Laura Moran.

Chicago's countdown to the New Year got an early start on October 16 with the 34th Annual "Dices & Pisces" Benefit presented by the Infant Welfare Society Near North Chapter at the Casino. Some 200 New Year revelers were on hand for the "Millennium Celebration" benefit which raised more than \$80,000 for the Infant Welfare Society, 1931 N. Halsted Street, Chicago. The gala featured a balloon drop, live and silent auctions and dancing through the decades with "Mickey and the Memories."

The agency provides comprehensive medical, dental, social and mental health services to 12,000 disadvantaged children and their mothers.

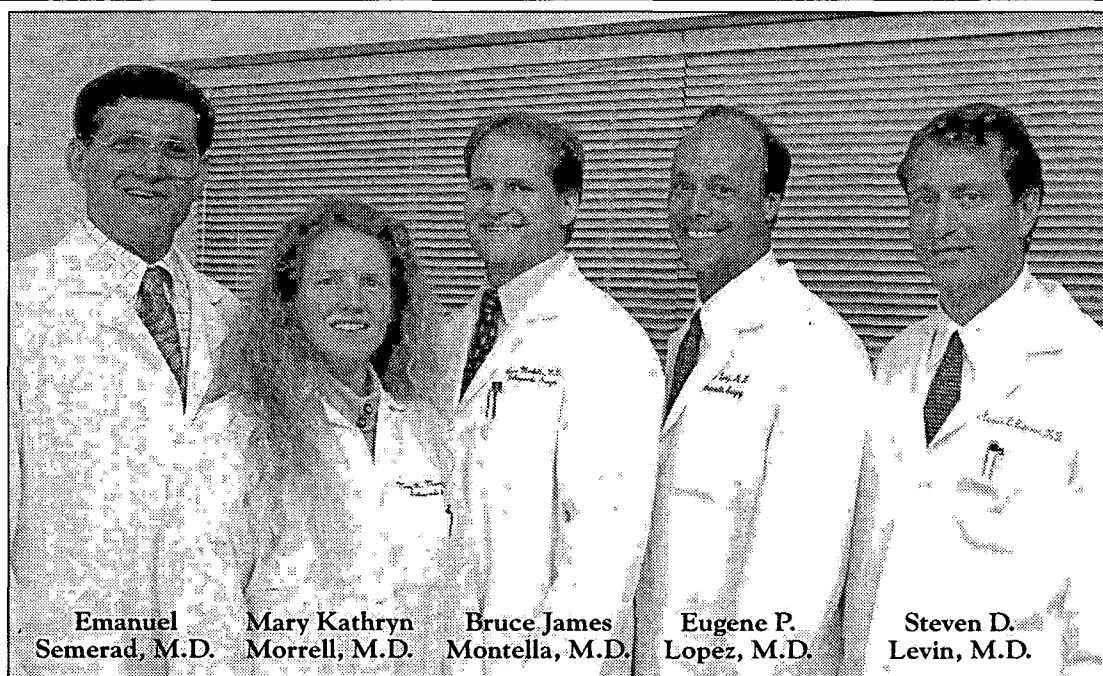
Tri Delta Alumni Meeting

The Chicago Northwest Suburban Alumnae Chapter of Delta, Delta, Delta Sorority will feature a program of Weekender Clothing on January 11, 2000. Please call Genny Ellefson at 381-5228 for additional information.

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Massage Movement invites you to discover how deeply you can feel when you feel what's already there.

Massage Movement invites you to begin the enjoyable process of bringing your body in tune with itself.

The journey is one to a more peaceful, fluid and spontaneous body. Therese Maria Pol, owner of **Massage Movement** and Nationally Certified in Therapeutic Massage and Bodywork, has been assist-

ing hundreds of individuals in that journey over the last nine years.

Ms. Pol's unique style of reading/sensing a body through intuitive and energetic touch transcends massage technique into individualized bodywork with emphasis on allowing a body to sense itself and thus feel/respond differently.

Massage Movement invites you to begin the New Year by putting yourself first. Call 304-5112 now.

"The therapeutic massage I have been receiving for the past six years has made a tangible difference in both my mental and physical well-being. As a middle-aged recreational athlete with a high-stress professional career, the work of Therese Pol has facilitated greater relaxation in the workplace and heightened ability with a reduction in injury in my athletic pursuits."

—David S. Architect, Age 43

Just Ask... I Can Help!

I would like to share a brief story with you about a client who was involved in my personal fitness training program. During a one-hour workout with me, I asked my client to jog five minutes on a treadmill. My client immediately responded, "I don't think I can do that." I replied by saying, "I would like you to just try and see if you can accomplish this goal with my guidance." My client then proceeded and accomplished the short-term goal of jogging for five minutes. One year later, this person was jogging on a treadmill three times a week for six miles at a time. My client was also consistently involved in a strength training and nutritional program. This led to the wonderful result of 100 pounds of weight loss and an increase in strength.

In my 15 years of working in the fitness industry, I have assisted several clients in losing 100 pounds of weight. This is not only a tremendous accomplishment, but also a lifestyle change. These people begin to exude confidence due to the physical and mental journey they have traveled. Most of these success stories begin with initial short-term goals. As we approach the New Year, I offer my assistance to those of you who are prepared to create goals for yourselves.

Most New Years, we reflect on the past year, our successes and failures. We think about the New Year's resolutions that were forgotten by the second week in

February. The significance of this upcoming New Year will amplify these personal reflections by, oh... say 2,000 times! How do we avoid another century of not making our goals?

Goal setting is a multi-tiered process. It should be progressive, quantifiable and safe. An example of an unsafe goal would be trying to lose 30 pounds in 30 days. To do so would require extreme dieting and excess exercise that would actually result in a loss of your lean tissue (muscle) and metabolically set you back in the long run. Losing two to three pounds per week is generally considered a safe amount of weight to lose without losing valuable muscle mass. An example of a method of quantifying your workout is your weight, although if you are in any resistance program you may gain some muscle weight while losing fat. If that's the case, you can use body fat or girth measurement as your gauge. Your favorite pair of jeans that you haven't been able to squeeze into could also be your barometer. In terms of your goals being progressive, you should set short-term goals six to ten weeks apart and long-term goals of six months to a year. Make your goals realistic.

Personalized Fitness, Inc. is a personal training business with locations in Barrington, Palatine and Buffalo Grove. With over 20 certified fitness professionals, we offer in-studio and in-home personal

(Please continue on page 43)



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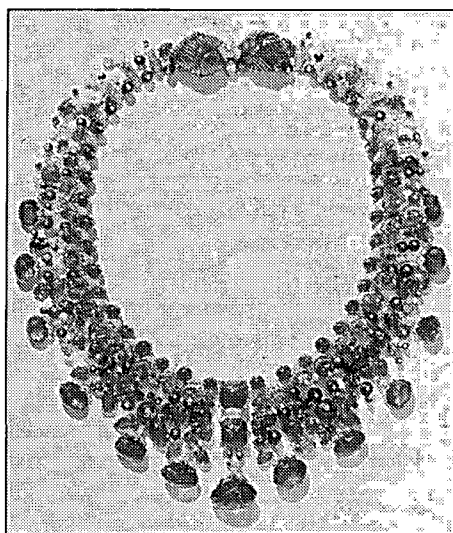
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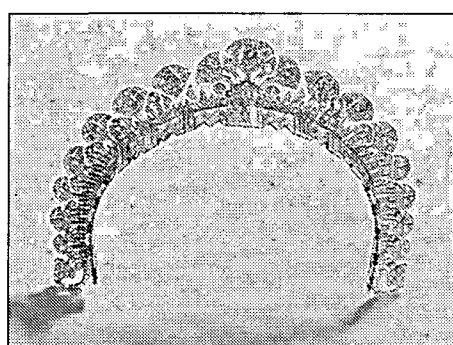


"Hindu" Necklace

Shown right: The Cartier head ornament, also part of the "Cartier 1900-1939" collection and popular with London clientele of the 1930's, was worn at the front of the head like a halo. Made of diamonds in an open-back platinum setting, the vertical band resembles lotus flowers and buds. The horizontal band with its geometric zig-zag design can be detached and worn as a bandeau. A similar piece was purchased by Queen Elizabeth the Queen Mother in 1936.

For more than 150 years Cartier has been widely recognized as one of the world's most distinguished jewelry designer and manufacturer. The Field Museum presents "Cartier 1900-1939," an exhibition highlighting the firm's masterpieces of the early 20th Century.

Shown left: This stunning necklace, featuring emeralds, sapphires, rubies, and diamonds set in platinum, is displayed in the exhibition. Daisy Fellowes, heiress to the Singer sewing machine fortune, commissioned the jewelry in 1936 and it was made by Lavabre for Cartier Paris. The design of the necklace is based on a piece done for an Indian Maharajah, and the only major difference between the two is the color of the gems. Also, the original necklace had an Indian-style cord to fasten the back instead of the complete collar of gems. "Cartier 1900-1939" includes this "Hindu" necklace, along with more than 200 pieces of jewelry and objets d'art. The exhibition runs through January 16, 2000. For more information please call The Field Museum at 312-922-9410.



'Halo' Head Ornament

Dollars and Dentistry— Selecting a Dentist

by Raymond Kotz, DDS



How can you make the correct choices about the cost of your dental care? With the increased cost of everything else, it is only logical to evaluate your investment in dental health.

Evaluation, or re-evaluation, starts with selecting a dentist. If you know a dental specialist such as an orthodontist or periodontist, ask them to whom they would send their family for dental care. This should be very reliable.

If you are evaluating a dental office on your own, consider the following things during your initial visits:

- Are employees mature and professional?
- Does the office appear clean and orderly?
- Were you asked to fill out an extensive medical and dental questionnaire?
- Is sufficient time allowed for a careful evaluation of that medical and dental history?
- Does your initial examination include measurements of the crevice or "pocket" around each tooth (approximately 100 measurements)?
- Do the dentist and hygienist then spend adequate time with you finding out

your dental goals and your level of knowledge about preventive dentistry?

• After this careful evaluation, is a comprehensive treatment plan presented to help you achieve a high standard of oral health?

Dentists who follow the above procedures care about their patients. Their treatment and preventive education helps these patients keep their teeth all of their lives. There are no shortcuts, so choose your dentist carefully.

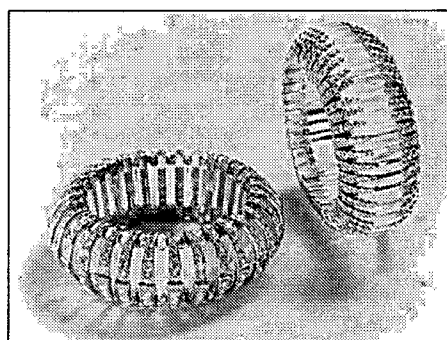
Dr. Raymond P. Kotz can be reached by calling **847-381-4040** in Barrington.

Citizen of the Year Award Goes to Doug Mitchell

The Arlington Heights Chamber of Commerce has announced its annual Business of the Year and Citizen of the Year Awards.

The 1999 Business of the Year is awarded to Harris Bank Arlington Meadows. For many years, this financial institution has served the community as a partner and good neighbor through effective use of their financial and human resources. The philosophy of the bank is to encourage their employees to make an individual commitment to the community where they live and operate. You'll find Harris Bankers working with the Boy Scouts, Crimestoppers, the Girl Scouts, the Historical Society, Northwest Community Healthcare, Northwest Community Hospital, the Park District and Rotary. Harris Bank Arlington Meadows has proven time and again that they are a true partner not only with the Arlington Heights Chamber of Commerce but also with the entire Village of Arlington Heights. John Frieburg III, Harris Arlington Meadows President, will be accepting the award at the Chamber's 53rd Annual Installation Dinner on January 15, 2000.

The 1999 Citizen of the Year is outgoing Central Business District Association President Doug Mitchell, a well-known name in the chamber and the community. Doug is Vice President and Co-Owner of Mitchell's Jewelers. This independent jewelry store started 30 years ago with a small shop in Evergreen Shopping Center and has doubled in size three times, finally moving to their current location at 10 N. Dunton. Doug's commitment to the community is obvious in the enthusiasm he shows when working toward his goal of "everybody working together—the Central Business District Association, the Chamber of Commerce and the Village of Arlington Heights." Under his leadership, the Central Business District Association has grown to the largest membership base it has ever had and the committees have been reactivated. Doug is an active participant in the Arlington Heights Rotary, bringing the first "adopt-a-highway" program to Arlington Heights when he served as the Environmental Chairman. Doug Mitchell's focus on Arlington Heights is an inspiration to us all.



Two Bracelets

Shown left: These two bracelets, made of diamond and rock crystal, are featured in The Field Museum's exhibition "Cartier 1900-1939." The bracelets were owned and worn by the late film star Gloria Swanson, who purchased the jewelry in 1932 from Cartier Paris. This particular design marks a radical departure from the traditional taste for flat strap bracelets of the time. The early 20th Century was a period of exceptional quality and signature style for the House of Cartier.

Over 6,000 Inches Lost in the Past Year!

That's what we achieved at the **Barrington Bodywrap** in our first year!

Our wrap is a safe, effective, non-invasive solution to losing inches and contouring your body.

We guarantee a 6 to 20 inch loss with the first wrap. Subsequent wraps continue to achieve inch loss. We will work with you to obtain your personal goal, whether it's just to detoxify or contour, to tone or reshape your body. You will be refreshed

and de-stressed.

Don't wait until the last minute to try on your favorite dress or suit. And don't forget about the upcoming winter vacation.

Barrington Bodywrap is located at 557 N. Hough Street in Barrington at the intersection of Routes 59 and 14 (Northwest Highway) next to the Jiffy Lube. Call **847-277-0742**. One wrap is \$75 and a series of five is \$325.

The European Art of Nail Care

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

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

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

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

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

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

Hospice Volunteer Training

Hospitality and hospice have the same root meaning and include the idea of kindness to others and of offering strangers refreshment and rest. Hospice of Northeastern Illinois (HNI) is looking for a few good men and women to serve as volunteers to assist hospice patients and families.

Due to the growing number of requests, hospice volunteers are especially needed in Northern Lake County including Antioch, Fox Lake and Grayslake; in Kane County including the Elgin area; and in Cook County for Hanover Park and Hoffman Estates.

Hospice volunteers serve in either a home setting or in a nursing home. Volunteers are like a "good friend" for the patient and family. They sit and listen, read to patients, run errands for the family, offer respite care, assist with special hospice programs such as memorial

events or offer support for family members following death. Volunteers are needed for daytime, evening and weekend hours.

The volunteer training classes will begin on Friday, January 28 from 1 to 4 PM at the Hospice office, 410 South Hager Avenue, Barrington. Volunteers must be at least 18 years of age and do not have to have any prior hospice experience or volunteer training. The class provides training and information on the hospice philosophy of helping people with life-limiting illnesses and their families to live as fully and comfortably as possible. There is no charge for the training, however, class space is limited and reservations should be made by January 21.

For more information on Hospice of Northeastern Illinois volunteer opportunities, please call Volunteer Services at 847-381-5599.

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.)

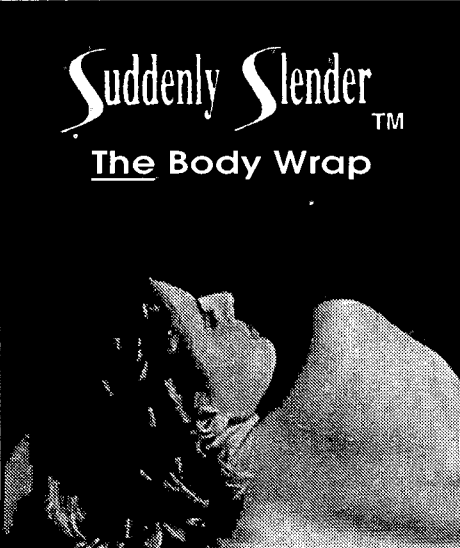
3) *Are the teacher's corrections made clearly and in a positive way?*

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!



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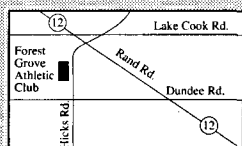
Forest Grove Athletic Club is the most complete and convenient health club in the Northwest Suburbs. We are confident about our club and courteous professional service, we will give you two weeks free and prove it to you. There is no pressure and no hype!

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You owe it to yourself to experience the best health club around. Our certified team of fitness and tennis professionals are ready to guide you and make you feel at home. Our convenient schedule of activities can fit the busiest lifestyles of families and singles.

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Bring this coupon in before January 15, 2000 and receive two weeks compliments of Forest Grove. This will include a personal and private health evaluation by an exercise physiologist and three supervised workouts with a fitness trainer.

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MicroDermabrasion Versus Alpha-Hydroxy

The grand and glorious benefits of glycolic and alpha-hydroxy-containing products is no longer the biggest buzz in the skin care industry.

So what happened?

First, media hype always piques interest. When an obscure study demonstrating a possible link between certain skin care ingredients and "anti-aging" benefits is unearthed and leaked to the press, suddenly everybody wants to know about it. Wanting to know leads to wanting to try. And wanting to try drives skin care professionals and product manufacturers into incorporating glycolic and alpha-hydroxy acids in therapeutic procedures and product formulations to satisfy the public's insatiable appetite for anything that might contain the "Fountain of Youth."

Second, because glycolic and alpha-hydroxy products have been on the market for at least two years, many consumers eager to try this so-called advance in

"anti-aging" therapy have now had an opportunity to do so. And frankly, they have discovered that these products and procedures don't always deliver what they promise. After consistent and loyal use, many consumers are now seriously questioning the supposed benefits of these products. Some say they've experienced little, if any, "anti-aging" effects.

Third, skin care practitioners themselves are questioning the efficacy of glycolic and alpha-hydroxy products in prescriptive "anti-aging" therapy as they record a sudden rise in the number of patients and clients with negative consequences from long-term use of products containing these ingredients.

The reality is, the "Fountain of Youth" still eludes us. But there are some promising discoveries which may help hold Father Time at bay. Vitamin C therapy may be one of them. Another appears to

(Please continue on page 43)

Neil's Notes

by Neil Wywialowski

Dear Neil,

I am a 47-year-old guy who hasn't worked out in a couple of years because I have been so busy with my career and family. I would like to start working out. Do you have any suggestions to help me stick to my exercise program?

—L.B., Lake Zurich

Dear L.B.,

The first thing I would suggest is to see your physician and get a physical exam to make sure it's safe for you to exercise. Then, if you belong to a health club, start by getting all the orientations offered so you are familiar with group exercise classes plus weight and cardiovascular equipment. This will also help you decide what you enjoy doing and what the club has to offer.

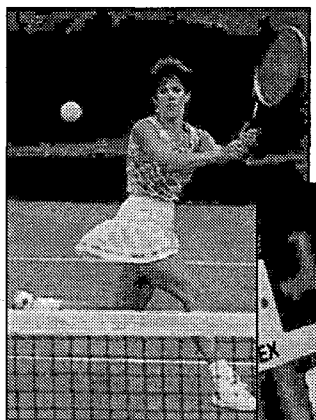
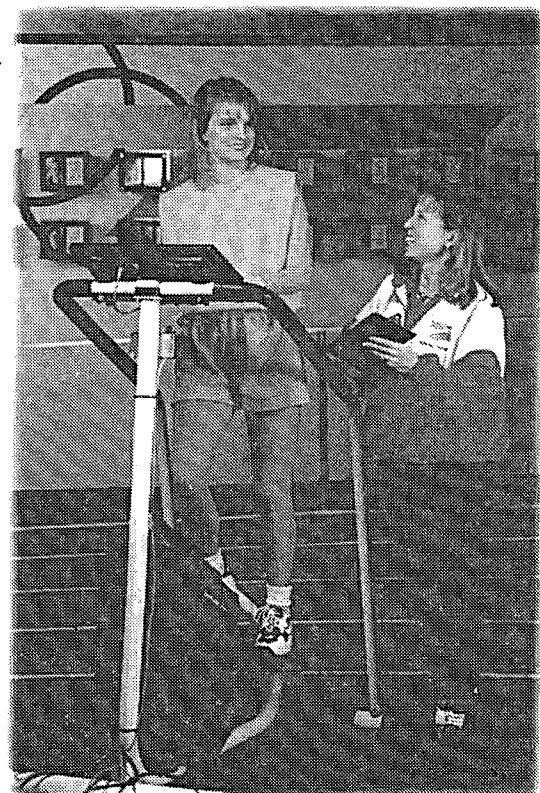
Set some goals for yourself on how many times a week you can get to the club and what time of the day is convenient. Schedule an appointment with yourself so you exercise on a regular basis. To use

your time as safely and efficiently as possible, it may be helpful to make an appointment with a certified personal trainer. Start out slowly by exercising every other day

and doing strength training one day and doing some cardiovascular conditioning the following day. You will want to do this so you don't wake up one morning feeling like the Tin Man, all stiff and sore and wondering why you ever started to exercise. The bottom line is when you start working out, start slowly and have fun.

Good luck! —Neil

Neil Wywialowski has a BS in Health Education and a minor in Physical Education. He is a licensed athletic trainer and a certified personal trainer. He is also a member of the National Athletic Trainers' Association, National Academy Sports Medicine and the American Council on Exercise. Neil is the Personal Training Director at Forest Grove Athletic Club in Palatine, Illinois.



Your New Smile for the Millennium

Every year, many of us make a "New Year's Resolution," a decision to improve ourselves. As we enter a new millennium, people are more interested than ever in a life-long change. One of the popular trends is adult orthodontics.

Advances in orthodontic materials, like ceramic and smaller stainless steel brackets, have made treatment much more appealing to adults. The availability of orthodontic insurance through their employer has also made treatment for adults more feasible. Currently, our adult patients are the fastest growing sector of our practice. As you have probably noticed, orthodontics in the business world does not carry the stigma it once did.

If you or someone you know would



Dr. Michael Hayward

like more information about orthodontics, please feel free to contact our office in Palatine at 847-359-7980 or in Barrington at 847-382-5588. Or visit our website at www.haywardorthodontics.com.

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Along with all of our services, **Claude Thomas** is introducing our exclusive and exciting new service—Microdermabrasion. Compared to a chemical peel, Microdermabrasion offers the benefits of greater precision and enhanced results. The combination of skin exfoliation and slight suction stimulates production of new living cells at the base level of the skin. This causes cell turnover and improved blood flow. The result is healthier, fresher skin with enhanced elasticity and texture.



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

Microdermabrasion is a new treatment in the U.S.A. Having been used for many years in the most exclusive spas in Europe, this service is immediate. There is no healing time, no need to hide away for days and weeks before returning to your normal lifestyle. The benefits of Microdermabrasion are as listed:

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

The price on this service ranges from \$50 to \$100 depending on areas treated.

Another one of our exclusive services is hair extensions. Not all hair extensions are alike. We only carry the most innovative methods in our industry. Our systems do not damage your own hair like so many systems out there in other salons. We only use the best hair in our industry. Not all hair is equal. Many systems use hair that is substandard and will knot and appear dull and fake looking in a very short time.

We use two systems, The **Great Lengths System** and the **Micro-Links System**. Great Lengths attachments are polymers equal to the human hair structure, not glue, wax or twisting and braiding that will damage your own hair. We use 100% human hair with cuticles that all go the same direction. We do not use synthetic hair or hair without cuticles that get tangled and becomes dull after a few washings. This hair is easy to perm or

color. After a consultation, we determine what would be right for you.

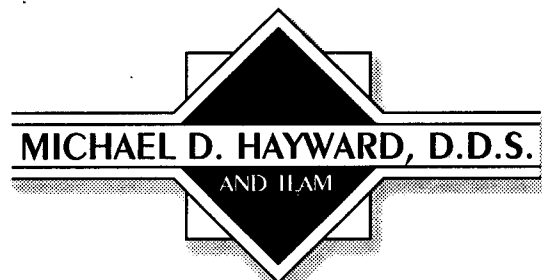
Along with having Microdermabrasion (Crystal Peel), we have the Lift and Stimulating Facial-Mask (the nonsurgical face-lift facial). This facial uplifts and tightens loose skin and smooths out facial lines. This facial works best in a series of three in an 11-day period. The price is \$75 per facial. However, if you purchase all three, the cost is \$175—a savings of \$50! Depending on your proper use of products, how well you maintain your skin, and your genetics, this treatment will last a month or more. This is a great way to look fabulous for your vacation or special event.

We are introducing our new nail tech with some great introductory offers. With Maureen, a **manicure and pedicure is \$30**. She also has a first time offer to new clients of a sculpture **full set for \$30** or a **fill for \$20**.

Getting ready for your wedding or taking a vacation? **Claude Thomas** has a Spa Package Special for just such an occasion. A facial (even the lift and stimulating facial-mask), a half-hour facial, manicure and pedicure for **\$105**—regularly \$150. Along with this, we are also offering an 8 to 12 foil highlight for \$35. This is a great way to add a little more color, light reflection and interest to your hair.

Claude Thomas also offers a computerized virtual make-over. If you want a new look but just don't know which look to choose, this is a great way to decide. The service is \$20 per session.

Claude Thomas wishes you a happy New Year and a safe and happy year.

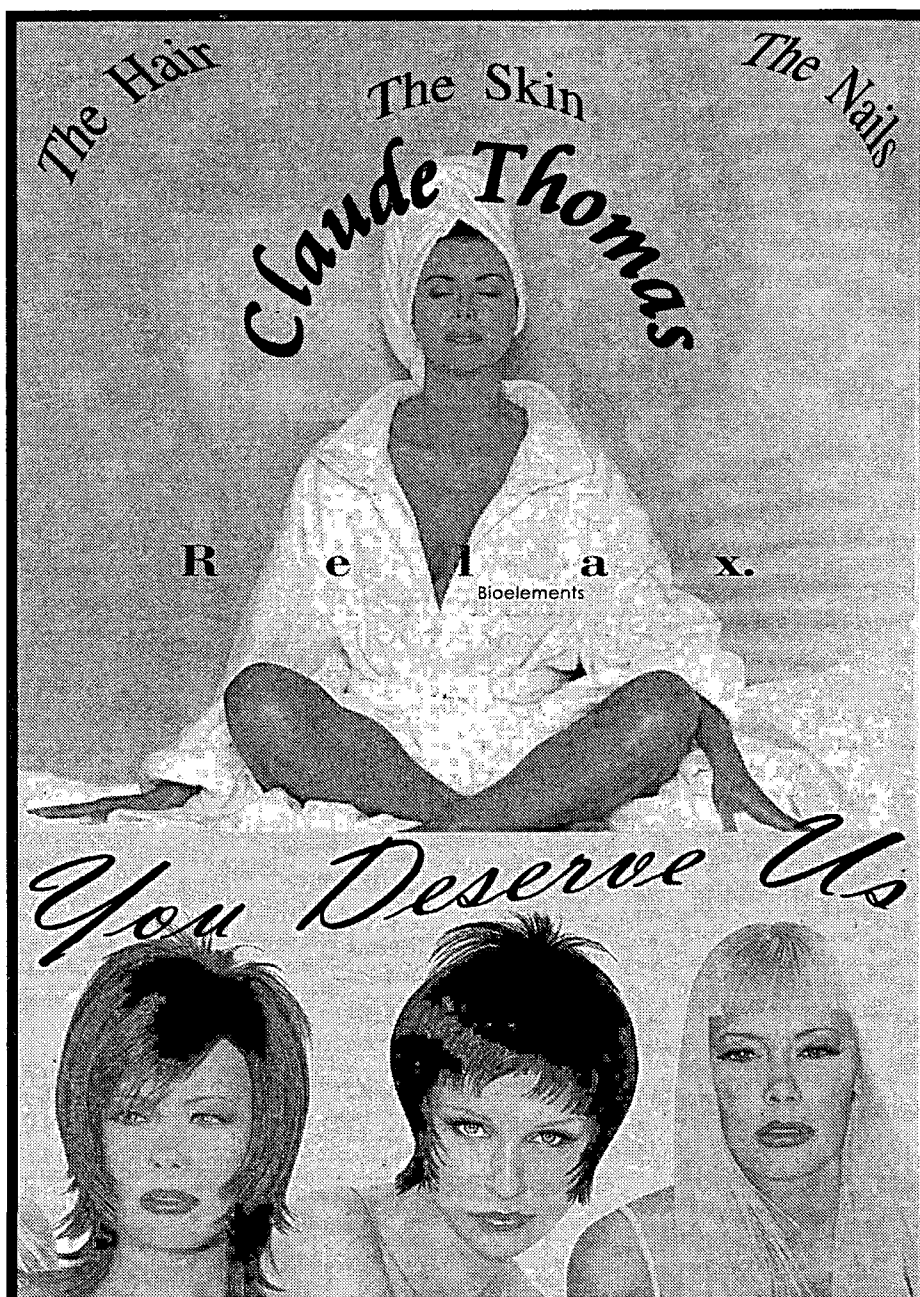


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Claude Thomas has Microdermabrasion, The Lift and Stimulating Facial-Mask and Hair Extensions. Getting ready for your winter getaway, that special event, the big party or wedding? Let Claude Thomas help you to make it an occasion to remember.

20% OFF to All New Clients

Does not apply to already discounted services, products, massage, hair extensions and wigs.

← See Our Editorial For January Specials

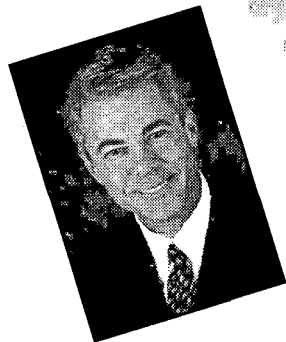
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If discipline, perseverance, and self-denial have failed to create the body image you desire, consider the remarkable results possible with the safest and most comfortable method of body contouring — **TUMESCENT LIPOSUCTION.**

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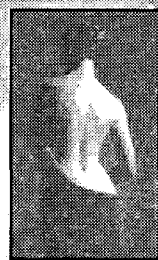
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Complimentary Liposuction Consultation

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183 Heritage Drive • Crystal Lake

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Winter is the Best Time to Eliminate Spider Veins (and Some Other Things Too)

Let's face it... spider veins are ugly! **Dermatology Physicians & Surgeons, Ltd.** has helped women get rid of these veins for over 20 years.

Spider veins can be red, blue or purple and come in a range of sizes. They represent permanent enlargement of small veins and capillaries in the legs and, although the tendency to develop them is hereditary, several factors can make them worse. Pregnancy, obesity, standing or sitting still for long periods and sitting with legs crossed may aggravate spider veins. Age and hormones also influence the severity of spider veins.

Although they rarely cause any symptoms, spider veins may be associated with larger varicose veins that may, indeed, be uncomfortable. In any case, spider veins can be a source of personal embarrassment that lead many individuals to seek their removal.

Sclerotherapy is the time-tested standard of treatment and remains the most useful way to treat spider veins. Sclerotherapy involves the careful injection of a "sclerosing" solution into the unwanted veins. Several solutions can be used to make the interior wall of the vessels seal off permanently. Today's treatments are nearly painless.

Lasers and "intense pulsed light sources" are also used to treat some leg veins. Our

practice uses the VascuLight™ Laser System and the PhotoDerm™ System for treatment of leg veins that cannot be removed with sclerotherapy. Both of these instruments destroy the blood vessels with a beam of light that is absorbed by the blood vessel but not by the surrounding tissue. Laser and intense light therapy is somewhat less predictable than sclerotherapy and may require more treatments. But, there are some vessels for which these devices offer the best choice for successful removal of spider veins. And, while laser treatment is not painless, it may be preferred by people who just can't stand the idea of needles.

If you are disturbed by the appearance of spider veins, please call **Dermatology Physicians & Surgeons, Ltd.** at 847-382-5111 (Barrington) or 815-455-4434 (Crystal Lake) for a free consultation with Doctors David P. Van Dam, J.D. Fallon, Jeffrey J. Berti or Tony Janiga. Free consultations are also available for liposuction totally by local anesthesia, hair removal with the EpiLight™ Hair Removal System, DermaPeel™ (microdermabrasion) and laser skin resurfacing.

We are pleased to announce that Dr. Jeff Berti recently passed his certifying examinations and is now a Diplomate of the American Board of Dermatology. Congratulations, Dr. Berti!

Reiki... A Responsibility, A Gift, A Powerful Ancient System of Healing

Reiki classes are now being offered in Crystal Lake through **Pamela Arwine, Ct.** Hypnotherapist, Rubenfeld Synergist and **Reiki Master Teacher.** Class schedules, locations or appointments for private sessions can be obtained by calling her at 815-455-4502.

Reiki (ray-key) means "spiritually guided universal life force energy," (ki). Life force energy animates matter, balances our body, mind and spirit; it keeps us healthy when in balance; it makes us ill when out of balance.

Imagine what learning to vitalize, enhance and guide this life force can do for the state of your emotional, spiritual and physical health!

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



faith, religion or belief.

"I believe **Reiki** is a great gift which engenders great responsibility," states Ms. Arwine. **Reiki** is taught in four levels, each requiring a full day seminar at a cost of \$150 to \$200 per day. "Simple to learn, it is in no way simplistic," she continues. "We learn most deeply that which we experience directly both from being the giver and the receiver. Our **Reiki** work will be refined as we use it and questions will arise. Therefore, I offer supplemental classes two evenings a month for sharing, practice and further development. These very beneficial classes are offered to all my **Reiki** students free of charge. It is a unique bonus and my way of giving back for all that I have received through learning, practicing and teaching **Reiki**."

Pamela is a teacher and practitioner of the art of Rubenfeld Synergy (body/ mind/ *(Please continue on page 43)*

SHOW GRATITUDE FOR EVERY LIVING THING!

This is one of the 5 basic principles of **Reiki**, a holistic method of healing that reaches all levels of one's existence and works to bring them into balance thereby addressing the cause rather than the symptoms of disease or disharmony.

Reiki is a holistic method that:

- Supports the body's ability to heal itself
- Balances mind, body, emotions & spirit
- Releases blocked energy & emotion
- Promotes relaxation, peace & strong spiritual connection

REIKI LEVEL I TRAINING

Now forming in Crystal Lake; January 15 or June 10, 10AM to 5PM; \$150. Includes text, materials & optional follow-up classes.

PAMELA ARWINE CRS, RM, CHT
REIKI MASTER TEACHER
815-455-4502

靈氣

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Deadline!

The deadline for the **February Issue** is **Thursday, January 13.**

Please send your press release/advertising materials to:

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

Proudly Defining Elegance and Beauty in 2000!

In the **Spa Light Salon** is committed to providing fantastic services to our clients by using the most innovative techniques in the industry. Whether you're looking for color, texture or a great cut, our image designers can help you achieve your look for the new millennium.

January specials include a **Free Express Facial** with any nail service. Also, all new clients receive a **Free Haircut** with any color service from selected designers.

Hair Extensions is one of the salon's specialties. The single strand, bonding technique will enable you to have the hair of your dreams in one visit.

Longer, curlier or straighter, we can do

it! Come in and see why extensions and thickening procedures are so popular. Please call regarding your consultation.

Permanent Makeup is now being offered in the salon. Clients that have uneven or sparse eyebrows, allergies or contact lenses, temporary or permanent hair loss, or if you are just tired of applying makeup daily and would like the convenience of permanent makeup, this procedure is for you!

In the **Spa Light Salon** is open Monday, 9 AM to 5 PM; Tuesday through Thursday, 9 AM to 9 PM; Friday, 9 PM to 7 PM; and Saturday from 9 AM to 5 PM. Please call for appointments or more information at **847-381-3688**.

How Do You Feel in the Millennium Aftermath?

by Judy Kaplan, MS

Well, as the millennium celebrations have come and gone, how are we doing? With all of the hoopla behind us with hopefully few serious complications and glitches in our lifestyles... have your expectations been accurate or have they exceeded the realities we face?

As the commotion of the holiday season passes, a variety of feelings emerge for many of us. Some experience depression as a result of anti-climactic feelings. The "lull after the storm" is a frequently mentioned problem this time of year. Depression and anxiety can be produced by the stress of lingering debts and financial obligations that have accumulated during holiday shopping extravaganzas. Although most of us talk of "watching it" and being mindful of "excesses," people generally do over-extend themselves at this time of year, producing a self-imposed goal to pay off debts over the coming months. In other instances, people look to New Year's Eve as a time to reconcile with the past—mistakes, disappointments and events of the year—and propose resolutions for the forthcoming year. Included in that process is an excitement of new goals

and possibilities. And yet with others, letting go of the past seems an impossible task so as the new year is born, it is contaminated by the negative views of the years gone by. This produces a "stuckness" or even a lethargic sadness that inhibits new growth. Perhaps you are one of the people that feels a tremendous sense of relief that life will get back to "normal" now that the holidays are over. I encourage you to "feel" all of the feelings that this time brings for you and think about what those feelings mean for you. Process how you can grow, change and improve as a result of those feelings.

Whether you are dealing with loss, feeling stuck, depressed, sad or anxious, whether you are in a relationship or not, facing major obstacles in your life or deliriously excited about the future, the new millennium has probably had some effect on your life. Perhaps you can email me at mstherapy@aol.com and share what's happening for you. Or, if you are struggling with issues and want to address them directly, please give me a call at **847-842-9365**.

New Weight Loss Program Shows Dramatic Results

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

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



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

To begin a weight loss program that really works for you, call **847-438-2454** to make an appointment for your consultation today.

JANUARY SPECIALS

- Receive a **FREE Express Facial** with Any Nail Service
- New Clients Receive a **FREE Haircut** with Any Color Service from Select Designers



- Creative Cutting
- Creative Color
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- Texture & Perms
- Wedding Parties
- Manicures, Pedicures, Nails & Paraffin Waxing
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Occasionally we all need a little help.

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Lose the Weight...and Keep it Off!

Dr. Barry Berger introduces a new
weight loss program

This brand new program uses a product which serves as a "Fat Blocker" — allowing fat to pass through your body without being absorbed into the bloodstream. When used in conjunction with traditional diet plans and medications, you can lose the weight — and keep it off!

Dr. Berger has spent 12 of his 16 years in practice in Lake Zurich. He is board certified in internal medicine, and prides himself in his long list of satisfied patients in the following categories: weight reduction, anti-aging, impotence and E.D., hair removal, and many others. Dr. Berger sees all of his patients face-to-face. His services are covered by most insurance companies (sorry, no HMO).

Barry Berger, M.D., D.O.
Lake Zurich Medical Associates
290 N. Rand Rd., Lake Zurich

(847) 438-2454

Anti-Aging Program Also Available



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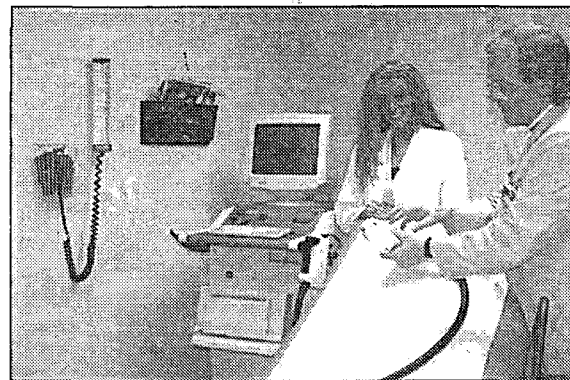
The doctors at **Total Health Concepts, Ltd.**, an Elk Grove Village based medical clinic, are happy to introduce new ways of treating patients by combining years of medical experience with the latest advances and techniques in 21st century technology.

"We are very excited about our new wave laser equipment," says W. Mark Iwanicki, MD and founder of **Total Health Concepts, Ltd.** "We can do things now that we couldn't imagine of doing just a few years ago."

Now, unsightly spider veins can be effectively treated with lasers, no needles and practically no pain. The VascuLight Laser utilized for this procedure is the last word in vein treatment.

PhotoDerm, the most sophisticated laser-like device, is very effective in long lasting hair removal from all parts of the body. An amazing "flash of light" can gently remove unwanted hair for both men and women. No more waxing or electrolysis. Doctors can also effectively treat portwine stains, age spots, stretch marks, remove tattoos and large post surgical scar tissues (Keloids). Patients may enjoy instant wrinkle treatment with Botox injections.

Patients are invited to visit **Total Health Concepts, Ltd.** for total care. They stress the approach of total well-being. Plus,



At Total Health Concepts, Ltd., their doctors combine years of medical experience with the latest techniques in 21st century technology, such as VascuLight lasers for spider vein treatment and PhotoDerm lasers for hair removal. For more information, call 847-228-3151.

they teach concepts in proper diet and weight reduction.

Total Health Concepts, Ltd. is particularly sensitive to women's needs in all stages of life. They feel you should feel good and look great, regardless of age.

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

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

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

Design from the Heartland: Henry Glass, John Polivka and Richard Ten Eyck

The achievements of three Midwestern American masters of industrial design are featured in an exhibition currently at The Art Institute of Chicago. On view in the Kisho Kurokawa Gallery of Architecture (G. 227) through February 27, 2000, *Design from the Heartland: Henry Glass, John Polivka, and Richard Ten Eyck* is part of an ongoing exhibition series that explores fields of design closely related to architecture.

Design from the Heartland examines the work of three designers who practiced their trade over a 50-year period in the Midwest's great centers of manufacturing: Henry Glass (b. 1911) of Chicago; John Polivka (1910-1999) of Minneapolis; and Richard Ten Eyck (b. 1920) of Wichita. The exhibition brings into focus the remarkable—yet by now omnipresent—contributions that these designers have made to transportation, domestic and office environments for a wide range of companies such as Cessna Aircraft, Control Data Computers, Fleetwood Furniture, Hesston and General Mills. Toasters, screwdrivers, airplanes, fans, computers and armchairs are but a few of the products that have been shaped by their eyes for design and innovation.

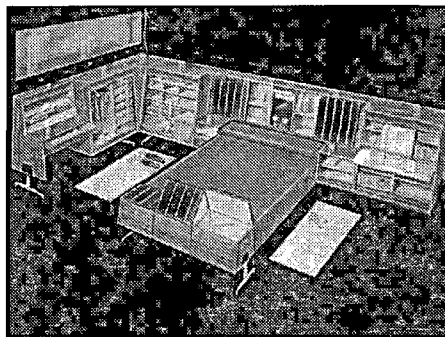
The exhibition presents approximately 85 objects ranging from fascinating rare preliminary design studies and finished presentation renderings to selected examples of manufactured products. Highlights include Glass's popular modernist 1940s "American Way" and 1950s "tube frame" furniture; Polivka's famous designs



Advertisement for the General Mills Automatic Pop-Up Toaster, Model GM5A, Designed by John Polivka, c. 1948. Photograph courtesy of the designer.

for mainframe cabinets, graphics and related equipment created for Control Data's super-computer pioneer Seymour Cray; and Ten Eyck's sleek Cessna aircraft of the 1960s and Vornado fans of the 1950s and 1980s.

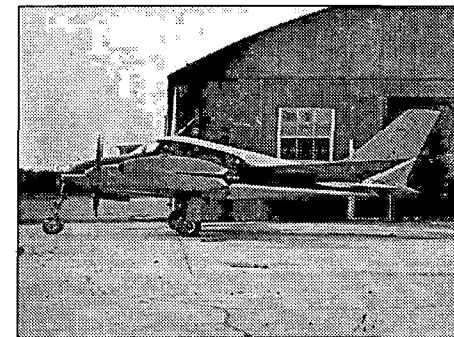
The exhibition also includes a supplementary program in the Schiff e-Gallery that features audio and video clips of a number of other Midwestern designers from the 1930s through the 1980s as well



Henry P. Glass, American, (b. Austria), Shelves—"Rosetta" lock-leg furniture group for Ward Furniture, 1964, New York World's Fair Display, Pavilion of American Interiors (open view). Perspective rendering: mixed media on board with acetate overlay. The Art Institute of Chicago. Gift of Henry P. Glass, 1994.592.2.

as important products they created. These products—like those presented in the main exhibition—have had a significant impact on American culture in the areas of transportation, communication, recreation, domestic life and the world of work. Although many of the designs have become familiar icons, the designers responsible for them have often been overlooked.

The practice of industrial design, which first appeared in the 1920s as a distinct profession, incorporates many facets of design. A successful designer must consider the selection of material, the creation of forms that fit the human body, the application of engineering innovation



Richard Ten Eyck, American, color scheme for Model 310C for Cessna, c. 1960. Photograph from the Richard Ten Eyck Archive, the Art Institute of Chicago.

and the choice of color if he or she is to merge aesthetic styling with practical functionality.

Glass, Polivka and Ten Eyck each established his own independent design firm soon after the end of World War II. Each took advantage of advances in materials, technology and aesthetics to provide a high level of style and pragmatism to a booming consumer culture. Although they were contemporaries, the three designers embraced different spheres of activity: Glass made his name in furniture; Polivka in household and office products; and Ten Eyck in the world of transportation and heavy industry.

Today, their vast bodies of work, along with that of countless other designers practicing in the Midwest and throughout

(Please continue on page 36)

January is the Time for Change with a New Feeling of Style

The latest spin on long hair is a creative dimension of long layers to infuse interest and movement. The new cut is an ideal choice for all types of hair, resulting in a finished look of movement and texture. The accented color of blended highlights and lowlights add to the complete, total look.

The non-traditional bob is designed for mid-length hair. The lines of this cut are disconnected using a razor, or texturing shear to release weight and create movement. The direction of the new style is finished with a splash of color to com-

plete a clean and perfect cut.

Mark the beginning of the short style with a completely different shape. Long and short layers are cut to frame the face with texture. The cut has many variations to suit your personality. The shape and weight line of the style is created with undertones of color and glaze.

Mark William Salon is a full-service salon and day spa with highly advanced stylists that will recommend the hairstyle and color that best fits your facial shape, skin, tone and lifestyle. Visit us on the web at www.mwsalon-dayspa.com.

2000 Years—And What Do We Know...

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

...about taking care of ourselves? Medical research and technology are advancing the science of caring for the human body. At an ever-increasing rate, it has become clear that we have a lot more control over the state of our own health than ever before. But the pace of our lives often usurps that control and produces compromises in our health behavior that negatively impact our well-being. What I would like us all to do to celebrate this milestone in history is to renew the commitment I asked you to make last year. Your number one responsibility should be to take care of yourself physically, emotionally and spiritually.

Here's a helpful start.

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 foginess 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 aptly 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**.

Microdermabrasion Is Here Now

Microdermabrasion is a deep exfoliation of the outermost layer of the skin. Crystals of aluminum oxide are rushed onto the skin, removing dead and damaged cells and providing a fresh and sensational, youthful look. Microdermabrasion also reduces wrinkles, age spots, scars, stretch marks, sunspots and acne. It can take 10 years off your face, as seen on Channel 7 News.

Palatine Friends' Charity Ball Planned for 2000

Save the date! The 3rd annual fund-raiser to support the Home of the Sparrow's Palatine shelter will be held on April 15, 2000 at The Cotillion in Palatine. Linda Mikkelsen, Chairman of Palatine Friends

of Home of the Sparrow, and Faith Alexander are planning to bring the 'outdoors in' with "Splendor of the Night" as this year's theme.

Home of the Sparrow is a transitional

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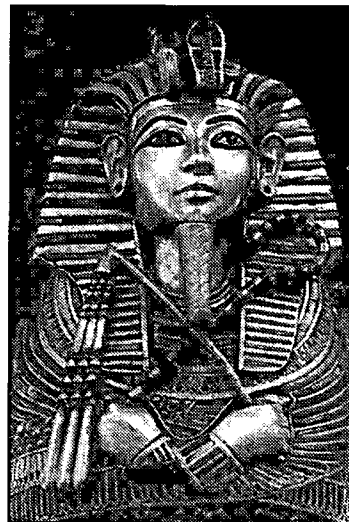
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847-458-9600



housing program for homeless women and their children. The agency, which was founded in 1986, operates shelters in McHenry and Northwest Cook Counties.

Although April sounds like a long way off, an event of this size requires much preparation. Committees are already being formed and volunteers' help is needed in the following areas:

- Public Relations and Marketing—Handle all aspects of publicity for the event
- Program—Create the event's program guidebook
- Decorating—Decorate the room on the afternoon of the event
- Displays—Set up display tables for the prizes and auction items

- Invitations—Address and mail "Save the Date" cards and invitations
- Reservations—Track invitation responses
- On-Site Registration—Welcome guests upon arrival
- Check-Out Table—Process auction items purchased by guests
- Donation Solicitation—Follow up with local merchants and other sources for auction items and prizes
- Post Event Follow-Up—Send thank-you letters to donors
- Ad Book—Secure ads for the program guidebook

For more information, contact either Linda Mikkelsen at 847-991-1275 or Faith Alexander at 847-634-1001.

Kinerase—An Effective New Anti-Aging Skin Cream

For ages, people have used topical skin treatments to improve the quality and texture of their skin. Almost all of these treatments fall into two categories—moisturizers and peeling agents. Retin A is a well-known peeling agent that has been available by prescription for years. Renova, a close relative to Retin A, has been introduced more recently. Both of these work by making the skin cells exfoliate or peel, exposing the underlying skin cells which appear smoother and fuller. This helps improve the appearance of fine lines and wrinkles. As a result of the increased turnover of cells, some sun damaged and even pre-cancerous changes can be reversed. Alpha-hydroxy acid creams are very popular and, in most cases, combine a peeling effect with a moisturizer. Unfortunately, some people cannot tolerate peeling agents because they can cause redness and irritation of the skin.

Now a totally new type of topical skin cream called Kinerase has been developed to improve the appearance of photo-damaged skin. Kinerase contains the plant growth factor furfuryladenine which retards the aging of plant cells and appears to have similar effects on the aging of human cells. Kinerase increases the skin's ability to retain moisture and leaves the skin with a moist, smooth feeling. In clinical studies, Kinerase was judged effective in improving the appearance of fine wrinkles, hyperpigmentation and skin roughness without the peeling, redness and burning associated with topical peel-



Gary Churchill, MD, Board Certified by the American Board of Facial Plastic & Reconstructive Surgery

ing agents. In fact, there were virtually no side effects reported at all in clinical studies while close to 100% of patients showed noticeable improvement in their skin by 24 weeks of treatment. The response of patients currently using Kinerase in our office has been very positive.

Kinerase is applied twice daily to the face, neck, hands or chest. Other topical agents such as makeup and sunscreen may be used over the Kinerase. Kinerase causes no increase in photosensitivity so patients are free to perform everyday activities with normal precautions against sun exposure.

Kinerase is currently under limited distribution and is available at **The Center for Facial Plastic Surgery** or behind the counter at local pharmacies. If you have questions regarding Kinerase or other skin care or facial plastic surgery issues, we would be glad to provide you with further information at **847-304-1000**.

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Loyola Focuses on Identifying Victims of Domestic Violence

Loyola University Chicago (LUC) Stritch School of Medicine is preparing to launch an innovative program—one of the first of its kind in Illinois—to teach medical students, residents and physicians how to identify victims of domestic violence, counsel these patients and refer them to appropriate resources for help.

The Illinois Violence Prevention Authority (IVPA), a state agency, has awarded a one-year, \$30,000 grant to Loyola's medical school to plan and launch the educational program. Although the LUC Stritch School of Medicine in Maywood, IL is one of about 80 Illinois organizations and law enforcement agencies to receive IVPA financial assistance this year, it is the only grant recipient focusing on the training of health care students and professionals as a frontline defense against domestic violence.

"Because of a lack of specialized training, physicians often fail to identify victims who seek treatment for illnesses stemming from domestic violence," said Dr. Fern Hauck, director of research in the family medicine department of the LUC Stritch School of Medicine. "This failure in identification is considered one of the primary stumbling blocks for reducing and preventing incidents of such violence."

Illinois police recorded nearly 128,000 domestic violence offenses in the state in 1997. Of these incidents, 75% of them involved assault and battery charges.

During fiscal year 1997-98, nearly

39,000 adults and 12,500 children sought shelter and related services from Illinois domestic violence programs. More than 16,500 of these victims, an estimated 10,000 of them children, were turned away due to lack of space. Experts say that only 8 to 10% of domestic violence victims seek help from referral programs or the courts.

Loyola's program will provide education and training in diagnosing domestic violence to 65 third-year medical students during their six-week family medicine clerkship and to eight residents in the Loyola-Provident Family Practice Residency Program. The LUC Stritch School of Medicine has an affiliation with Cook County's Provident Hospital in Chicago.

The students and residents are expected to interview and screen more than 500 women who are 18 years of age or older. Screenings will be conducted at 19 Chicago-area family practice clinics where Loyola students undertake family medicine clerkships and residents do rotations.

"Medical students and residents will learn to use special questionnaires in screening women who are seen in the family practice offices," Hauck said. "Patients identified as victims will be counseled and referred to resources such as domestic violence hotlines and shelters. Women who are suffering from violence-related symptoms, such as anxiety or depression, will also be referred appropriately."



"The medical students will also be involved in reviewing patient medical records to determine whether or not victims of domestic violence have been identified as such by their health professionals in the past," Hauck said.

"Our program's emphasis is on female patients because they constitute the overwhelming majority of abuse victims in the home," Hauck explained. "These patients may contact physicians to complain about headaches, dizziness, depression and other conditions that are common but are also frequently related to domestic violence. They will open up to being abused if the physician asks them the right questions in a sensitive way."

Supervising the training will be physicians who serve as preceptors for Loyola medical students and residents at the various participating clinic sites.

The Loyola University Chicago Child-Law Center and Sarah's Inn, a domestic violence shelter and counseling center in Oak Park, IL, will collaborate with Hauck and her team in training the preceptors for the program, including preparation of training manuals. Additionally, both the law center and Sarah's Inn will provide referrals and assistance to women identified as victims of abuse.

"The Loyola law staff will consider court orders of protection and other legal

safeguards on behalf of women referred to the center," said Cathryn Merrick, research study coordinator in Loyola's family medicine department. "Sarah's Inn will assist abused women in obtaining necessary resources, such as shelter."

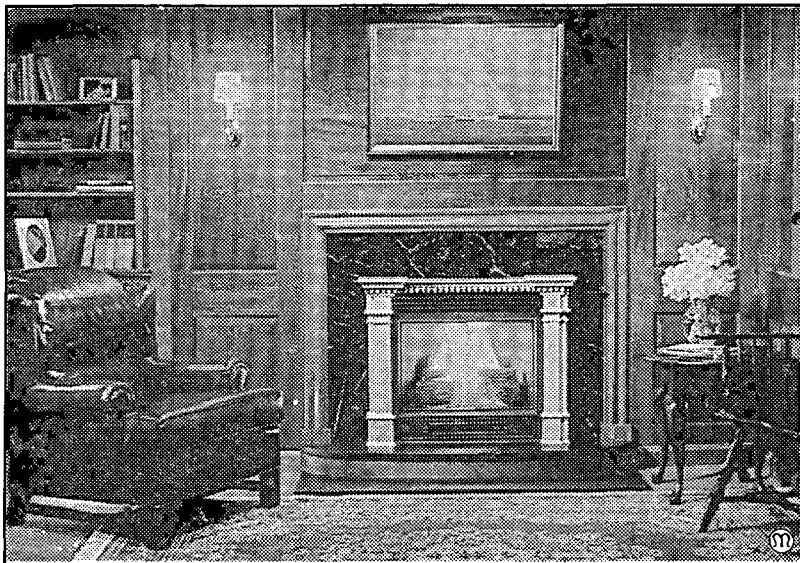
Hauck and collaborators will spend the next several months completing the planning and development phase of the initiative. The six-month field portion of the program will begin shortly after January 1.

Approximately 80% of the IVPA grant will cover salary expenses. The remainder will pay for subcontractual costs, supplies, postage, travel and conference fees.

LUC Stritch School of Medicine is located in a state-of-the-art educational facility on the campus of Loyola University Medical Center, 2160 S. First Avenue, Maywood. The school, which provides instruction to 520 medical students, has been in the vanguard of institutions that have created new, active learning curricula to help students meet the challenges of 21st century health care.

An estimated 8,000 to 9,000 students compete each year for 130 openings in the medical school's first-year class.

In addition to the students, Loyola's medical education programs provide instruction and training to an estimated 400 residents and 100 fellows.



LIFESTYLES

Homes & Interior Designs Section

Post Holiday Cleaning

The guests are gone and the house is yours again—yours to clean up! The Maids professional maid service recommends the following tips to help return your home to its pre-holiday condition.

General Cleaning

- **Share the burden**—Delegate household chores and assign a task to everyone.
- **Prickly task**—To reduce the number of pine needles in your home, wrap your Christmas tree up in a sheet and drag/carry it outside. Vacuum the carpet or floor area thoroughly.
- **Light strings**—To prevent tangled light strings, store them around empty gift-wrap tubes. Push the plug into the tube, then wrap the lights around the outside and secure the end with a rubber band. Several strings of lights can be stored on the same tube.
- **Candle wax**—To remove hardened wax drips from candles, use the ball of your finger or your fingernail (covered

with a thin cloth to prevent scratches to the surface, if necessary), and gently push the wax on the candlestick. Or, soften the wax drips with a hair dryer or warm water and wipe up with a paper towel.

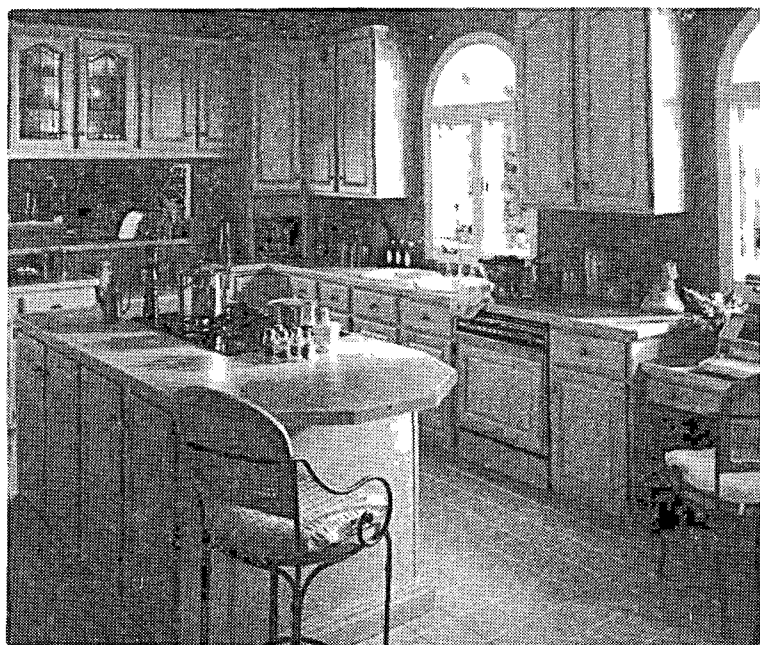
- **Candle wax on fabric**—Scrape off excess. Place between sheets of paper towels and press with a warm iron until wax is absorbed.

Stains

- **Cranberry sauce stains on counter tops**—Mix ¼ cup baking soda with water to make a paste. Scrub the paste over the stain then rinse with water.
- **Gravy, chocolate and vegetables on tablecloths and clothing**—Presoak stained fabric in cold water and apply a cold water and cornstarch paste. Rub lightly, dry and brush residue off gently.
- **Wine spills on carpet**—White wine can be wiped away using 1 teaspoon of laundry detergent, 1 teaspoon of white vinegar

(Please continue on page 43)

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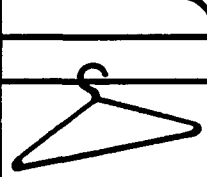
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Margaret Semrad of Coldwell Banker Has Earned Designation as a Certified International Property Specialist

Margaret Semrad, a broker/manager with Coldwell Banker Residential Brokerage, Barrington area office, has earned her certification as Certified International Property Specialist (CIPS).

The internationally-recognized CIPS designates are experienced both in real estate and in dealing with clients from diverse cultures and countries. The CIPS designates represent dozens of countries and languages. Those earning this designation must complete the courses required by the National Association of Realtors International Committees. Included would be the study of International Real Estate of Europe, Asia/Pacific and The Americas. Investment and Financial Analysis for International Real Estate emphasizes currency conversions, foreign exchange and land/area conversions to provide tools needed to present information to international clients.

Having been in real estate for 23 years, Mrs. Semrad heads the Barrington Office as broker/manager. Margaret and her husband, Bob, live in the Biltmore area of Barrington and have been married for over 35 years and have raised six children, five boys and one girl.

Graciously donating her time and efforts to many organizations, Mrs. Semrad is a past Barrington Area Chamber Director,



**Margaret Semrad of Coldwell
Banker Residential Brokerage.**

past President and Director of the Barrington Rotary Club and President Elect of the North Shore Barrington Board of Realtors Association. Coldwell Banker Residential Brokerage is the largest franchised brokerage of the Coldwell Banker system with over 75 offices and about 4,000 sales associates in the Chicagoland area. NRT Incorporated, the parent company of the Coldwell Banker Residential Brokerage, is a leading owner of residential real estate brokerages in the United States with over 475 offices and more than 20,000 sales associates.

Time to Clean Out Your Closet— We Mean Really Clean It Out!

Use your imagination for a moment. Imagine the closets in your home. What do you see in your mind's eye? Neatly stored clothes, shoes, hats, purses and other valuable items? Or, do you see clutter and disarray?

If you're like most people, you probably have the traditional shelf-and-rod closet with shoes and boxes on the floor and lots of wasted space. Or, a wire system that looks a bit like the inside of a refrigerator and leaves grid marks on folded clothes.

Closet Masters invites you to look at closets in a new way. To begin with, think of your closets as an investment. When you consider how much each square foot of your house costs, you'll realize your closet space is as valuable as your living space.

Closet Masters believes that you should enhance the investment in your home by making each closet work harder

for you.

By tailoring Closet Masters custom designed closet and storage components to your home, Closet Masters can increase the investment value of your existing closets and storage spaces) while virtually doubling their usable space.

We've spoken about enhancing your home investment. Studies have shown that when you sell your house you can expect to get back 90 to 100 percent of the money you spent on the closet systems and built-in storage. Houses with professionally installed closet and storage systems sell faster than those without them.

Let your imagination be your guide as to where you can best use Closet Masters' custom-designed closet and storage systems.

So c'mon... clean out your closets... really clean 'em out!!!

Closet Masters. Your Local Closet Professionals.

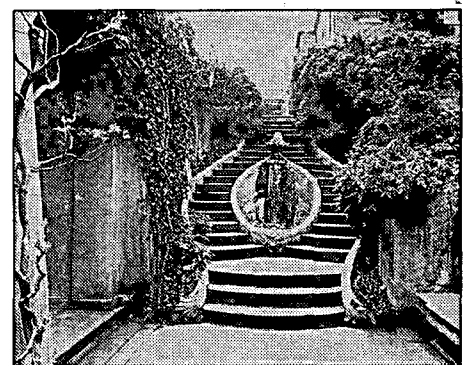


Beatrix Farrand's American Landscapes

The next "Members Present Art" lecture will be Tuesday, January 25, 1 PM at the Barrington Area Library. Jeanette Muench will review a recently published book on the life and works of Beatrix Farrand by Diana Balmori, Diane Kostial McGuire and Eleanor M. McPeck.

Beatrix Farrand (1872-1959), one of America's greatest 20th century landscape architects, was born into an old New York family. She studied with Charles Sprague Sargent at Boston's Arnold Arboretum before eventually setting up her own landscape practice. She was one of the seven founding members of the American Society of Landscape Architects.

Farrand traveled frequently to Europe's most celebrated gardens, studying the relationship between the buildings and the gardens. She synthesized the best of Europe for America, never imposing on the land an arbitrary concept. She carefully studied the light, wind and grade of each area before designing for that specific site. In her most successful projects, Beatrix



**Retaining walls with wall plantings
at the West Loggia, Dumbarton Oaks.
Courtesy of Dumbarton Oaks,
Trustees for Harvard University.**

Farrand worked directly with the architect to establish key relationships between structure and planting. Her most famous gardens and campuses include Dumbarton Oaks in Washington, DC; Rockefeller Gardens at Seal Harbor, Maine; and the campuses of Princeton and Yale Universities.

Jeanette Muench is a landscape design consultant for the Garden Clubs of Illinois, Inc. She was chairman for the Landscape Design School for the Garden Clubs of Illinois from May, 1992 through April, 1994. She will be chairing the landscape design tour for the National Council of State Garden Clubs, Inc. at their national convention in Chicago, May 2001.

"Members Present Art" is sponsored by the Barrington Community Associates of the Art Institute of Chicago. This lecture is the second in a series of four. Future lectures are "A Controversial List: The Greatest Works of Western Civilization According to Thomas Hoving" by Lanny Ori on March 7 and "Historical Architecture" by Mary Thennes on April 6.

The presentations are free and open to the public. The Barrington Area Library is located at 505 N. Northwest Highway. For more information, please call Evelyn Richer at 847-381-5349.



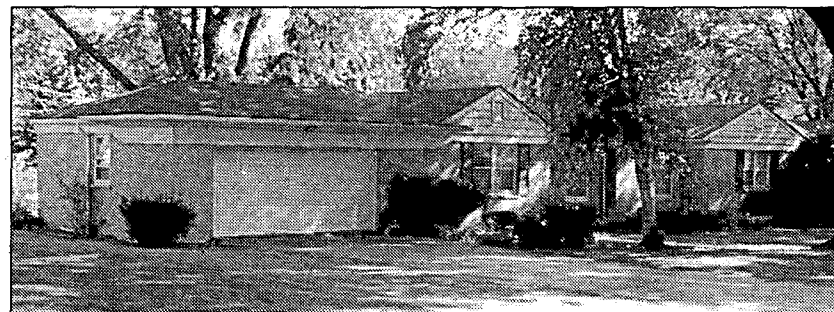
**Beatrix Farrand, c. 1925, courtesy
of University of California, Berkeley,
Department of Landscape Architecture,
Documents Collection.**



AFTER—Delta Renovations remodeled the house so beautifully the project was chosen for a national television program.



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BEFORE—This typical 1950's ranch house was a good candidate for an update.

Whether it's a beautiful new kitchen, a fabulous master suite, a spacious room addition or a whole house revamp, the decision to remodel is exciting but scary. After all, *it's your family's home!* There are so many expensive choices and, unlike most purchases, if you make a mistake, you can't just trade-in the new kitchen or return the new roof. You need help putting it all together—you need a team of experts.

Good news! **Our team is full of experts!** You'll work with experienced designers in a beautiful showroom filled with a wide range of products. We've combed the marketplace for the best products and will help you decide on the perfect choices for your home and budget. We have our own installation crews led by seasoned field-coordinators who will keep your project running efficiently. Our carpenters and tradespeople are the very best; we get raves about them every day! You'll even find our office personnel to be knowledgeable about the remodeling process and our current projects.



This beautiful "Arts & Crafts"-style kitchen was designed by Debbie Vinopal, A.S.I.D., using Crystal Cabinetry.

Delta Renovations, started by our team captain Mark Zurek almost 15 years ago, has been regularly listed in *Qualified Remodeler Magazine's* list of "The Top 500" remodeling companies in the USA. We opened **Barrington Kitchen & Bath Studio** in 1990 to provide turnkey service for our clients.

If you're thinking about remodeling, come in and get acquainted. Pick up our 15-page referral package. Chances are, you'll find a friend's or neighbor's name on it. We helped them win the remodeling game. Let our team make your home a winner too!

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style.

One of the featured manufacturers during **Red Oaks'** sale is Hickory Chair which offers a delightful French Collection that celebrates French Provincial design. This charming and comfortable country furniture is reproduced or adapted from the rural regions of France. Unique, imaginative and bright, it's a collection that is compatible with a variety of architectural settings and lifestyles.

We invite you to join us and discover the wonderful savings available during our Winter Sale.

First Lady Ryan Visits Bear Necessities and Children in Hospitals



First Lady Lura Lynn Ryan and Kathleen A. Casey, Founder of Bear Necessities Pediatric Cancer Foundation, Inc., visit the pediatric cancer children at the University of Chicago Children's Hospital. Toys and fun items were given to all of the children.

Many children struggling with cancer and fighting for another tomorrow were cheered by a personal visit from First Lady Mrs. Lura Lynn Ryan. She learned about the children's struggle from Bear Necessities Pediatric Cancer Foundation, Inc. of Arlington Heights and Algonquin. Mrs. Ryan and Governor George Ryan were

impressed that Kathleen A. Casey and Bear Necessities have raised well over \$2 Million for pediatric cancer and have distributed 200,000 toys and 150,000 videotapes to hospitals. On behalf of Governor Ryan, Mrs. Ryan presented Kathleen Casey, Founder of Bear Necessities, with a proclamation claiming October as "Pe-

Terra Museum Family Fair on January 2 to Feature Beautiful Boxes Workshop

Children ages 5 to 12 and their parents can use the exhibition, *Arthur Wesley Dow and American Arts & Crafts*, as inspiration for creating their own unique and decorative boxes. The exhibition will be held at the monthly Family Fair at Terra Museum of American Art, 664 N. Michigan Avenue in Chicago on Sunday, January 2 from 1 to 3 PM. This is also the last day the exhibition will be on view.

Participants will gather in the museum's

main lobby and proceed to the galleries to view designs from the Arts and Crafts movement. Afterward, they will go to Terra Museum's Studio where they will use a variety of materials to create a distinctive box that is both decorative and functional. There is no admission charge but reservations are required. To register, call the Education Department at Terra Museum of American Art at 312-654-2255.

Design from the Heartland: Henry Glass, John Polivka and Richard Ten Eyck

(Continued from page 30)

the United States, have often been overshadowed by the designs of better-known East Coast designers. This exhibition gathers together rarely seen drawings and

products that document the work of these designers and recognizes the significant contributions each has made to the history of industrial design in the Midwest.



diatric Cancer Awareness Month."

Mrs. Ryan and Kathleen Casey visited with several of the children at the University of Chicago Children's Hospital. They took great lengths to make sure the bed-ridden children as well as the ambulatory children received toys, books, puzzles and other fun items of their choice. Mrs. Ryan and Ms. Casey spent a great deal of time talking to all the children, much to the delight of the families and hospital

staff.

Ms. Casey stated, "This is a tremendous honor for Bear Necessities to be recognized in this manner. Our Board of Directors and volunteer base are to be thanked immensely for helping us build an organization that is worthy of such an honor."

For more information, to donate or to volunteer, check our website at www.bearnecessities.org or email us at bearhq1@aol.com or call 847-952-9164.

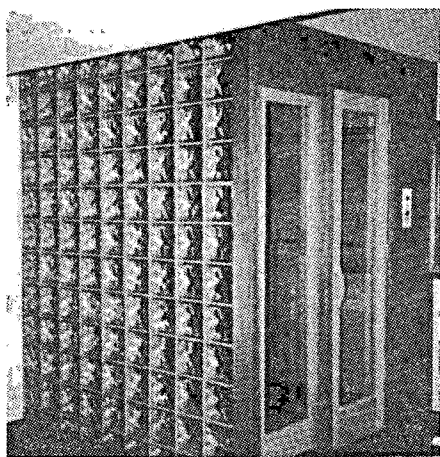
The Many Benefits of Sauna

"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.

New Year, New Look



Bill Schafer—President

It happens every January... all of the New Year's resolutions about improving your life, health and position are made only to be forgotten in a month. This year, why not make them come true? Improving your home can be a fun winter project and can add value to your home.

Whether it is purely a cosmetic change—like a fresh coat of paint in a new color you've been thinking about or the installation of wallpaper in your favorite room of the house—we can do it all. A few little changes will help your house be the haven you need from your busy, everyday life, the place you look forward to relaxing in and spending time with your family.

The winter season is the perfect time to finish the extra space and make more everyday living space for you and your family. Many of the new homes built today often come with an unfinished basement or bonus room that can add much-needed space for a home-office or



Joe Schafer—Vice President

playroom for the kids.

Maybe your house is in need of a little updating? Old, worn out kitchen and bath counter tops can really age your home. There are so many replacement options to choose from today such as laminate, solid surface and granite. New counter tops will give you an updated, fresh new look.

We also offer a professional handyman service. This time of the year, ice damming and excessive snow can damage your home and, if left alone, can cause additional damage to your roof and leakage. We can handle most any problem that the weather brings.

Make your New Year's resolution to make your home more beautiful and comfortable than ever! Call **Schafer Builders Inc.** now for a free, no obligation consultation at **815-459-1333** or **800-564-1339** or stop by our award-winning office in downtown Crystal Lake at 43 E. Crystal Lake Avenue. If you're surfing the web, check us out at www.schaferbuilders.com.

January Coffee to Discuss "Travel Tips"

The Welcome Wagon Club of Barrington will hold its January Coffee on Tuesday, January 11 at 10 AM at the home of Joan Bleakley. Francesca Muscarello will present her special program entitled "Travel Tips." She is an expert on preparing for travel, whether it be for a short trip or an extended one. Her credentials are exten-

sive, including owning both a travel agency and a travel career training school.

All women in the Barrington area and surrounding communities are invited to attend. Bring a friend to share in this highly entertaining and informative program. For more information, call Marie Carfagno at 381-6815.

Evening Book Group

The Barrington Area Branch of the American Association of University Women (AAUW) Evening Book Discussion Group will discuss *Poisonwood Bible* by Barbara Kingsolver on Tuesday, January 25, 2000 at 7:30 PM at a member's home.

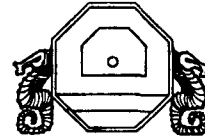
AAUW is a national organization committed to educational equity for women

and girls. The Barrington Area Branch sponsors monthly programs, hosts social activities and is active in the Barrington community. Membership is open to anyone with a baccalaureate or higher degree from an accredited college or university. For more information, call 847-381-4791.

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Interlochen Scholarship

The Barrington High School Fine Arts Boosters is once again planning to award a scholarship to a District 220 student who plans to attend Interlochen Arts Camp in the summer of 2000. The recipient of this scholarship will be an elementary, middle school or high school student who plans to attend school in District 220 for at least two more years. The student attending

may enroll in visual arts, dance, theater or music programs.

Applications and information about Interlochen Arts Camp, located in Traverse City, MI, can be obtained from the Fine Arts Office at Barrington High School or from any visual or performing arts teacher in District 220. The scholarship application deadline is January 28, 2000.

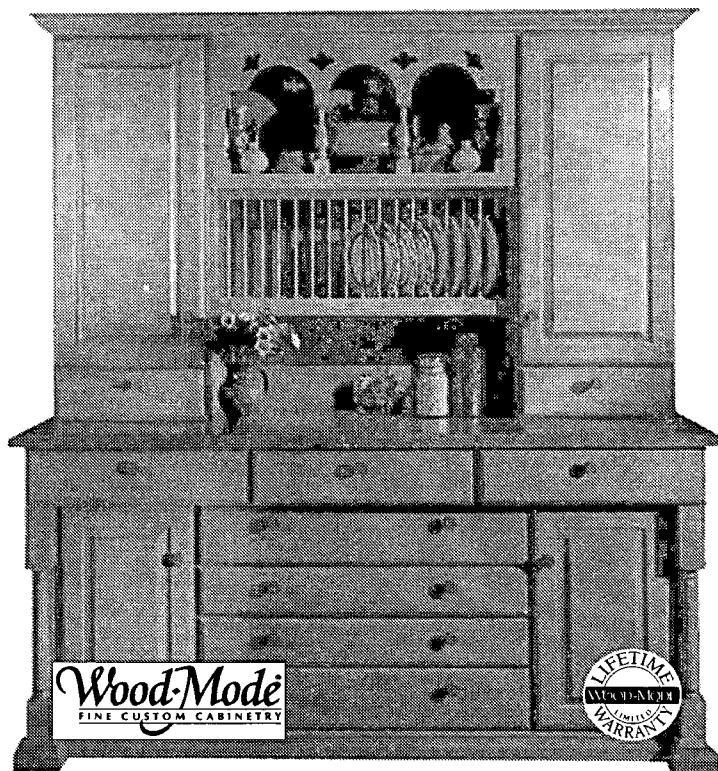
Flamenco Topic for Luncheon

Barrington Woman's Club will hold its January 19 meeting at Spasso's, 614 W. Liberty St., Wauconda. Following the 11 AM Social Hour and Noon luncheon will be a presentation by Flamenco Dancer Maya Tatiana. She will tell the history of the fla-

menco style of dance before she performs.

BWC members may reserve a seat by sending a check for \$25, made to BWC, to Nancy Anderson, 944D Oak Hill Rd., Barrington, 60010 by January 12. Your check is your reservation.

Vintage Look In The Kitchen



Distinctive Kitchen Design

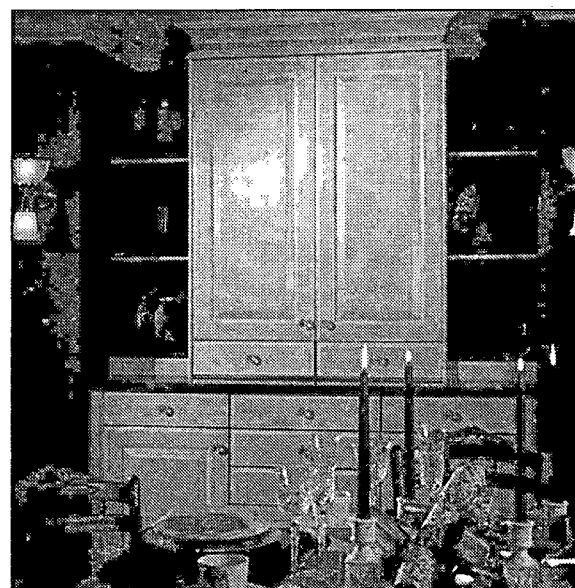
NORTH HAVEN CORPORATION
201-A S. MAIN STREET • WAUCONDA, IL 60084
847 526-7822 FAX 847 526-7860
www.DISTINCTIVEKITCHENS.com

Is Your Home Storage Y2K Compatible?

by Penny Dawn Steffen, Design Consultant

The hustle and bustle of the holiday season has come to a close, and your decorations are once again being stowed away until late next autumn. Maybe you, like many others, are beginning to notice that the storage capacity in your home is not as efficient as it used to be. And why should it be? Your family is growing, and with it, the belongings of each and every member. Perhaps it is time to contemplate the installation of custom built-ins for the niche in your breakfast room, or maybe the use of a replicated antique sideboard in the foyer.

We at **Distinctive Kitchen Design** are on the cutting edge of a Y2K trend, fashioning fine quality cabinetry into custom storage and furniture pieces. Our vintage-looking, distressed and glazed cherry finishes depict the look and feel of old furniture, while the multitude of accessory-options provide all the modern conveniences of today. Or do the characteristics of a flat-sheen, knotty pine add a more appropriate finishing touch to your living space? Or perhaps a painted maple with worn edges, simulated cracks and wormholes? Turned legs



and bunn feet will complement the look that's right for you.

The possibilities are endless! Add to your home's value—both aesthetically and monetarily—with the use of custom cabinetry. We'll provide the design expertise; you provide the wish list! Bring your home into the 21st century at **Distinctive Kitchen Design**. We are located at 201-A South Main Street in Wauconda. Our hours are Monday through Friday, 9 AM to 5 PM; Saturday by appointment.

Garden Club of Inverness Events



Past Presidents of the Garden Club attending the luncheon included, L to R: Arlene Cullen, Carolyn Grosch, Laura Hoover and Karen Vozas.

If the January "blahs" have attacked, even as you pack away all the trappings of the holiday season and struggle to return to post-holiday normalcy, then consider attending the first meeting of the Garden Club of Inverness in the new millennium. The date is Thursday, January 20, 2000 and the location is Holy Family Church, 2515 West Palatine Road in Inverness at 9:30 AM. The scheduled speaker at the meeting will be Susanne Lankin and her subject will be "Indoor Gardening." During her program, she will analyze our environment, tell us how to identify and select house plants and identify common insect pests.

Susanne Lankin holds a degree in horticulture and is a consultant in landscape

design and horticulture. She has designed flower gardens for the Wheaton Park District at Memorial and Northside Parks, has worked in plant therapy for eight years, is a master gardener for the DuPage County Cooperative Extension and a past member of the Horticultural Council of DuPage. She has worked for 15 years at the Morton Arboretum in the Education Department lecturing on a variety of subjects.

Members of the Garden Club of Inverness wish to thank the more than 200 attendees at their Annual Christmas Luncheon at Medinah Country Club. It was a very successful event which was reflected on the happy faces of those who attended as well as the more tangible profits from tickets. Proceeds from the luncheon will



Co-Chairs for the Garden Club of Inverness Christmas Luncheon attending were Rose Schneider, Cathleen Laskov, Sue Stephen, Jill O'Connell and Charlotte Dilillo.

go toward the Garden Club of Inverness' Annual Harper College Horticultural Scholarship, community beautification projects, garden therapy and other charitable endeavors sanctioned by the Garden Clubs of Illinois, Inc. Rest assured, you have all supported very worthwhile causes with your generosity, and hopefully, had a good time while doing so.

The 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. Stop in on Thursday, January 20 and see what the club is all about.

Current officers present were Adele Walker, President; Laura Hoover, Director; Eileen Mahoney, Publicity Chair; and Wanda Lieman, Corresponding Secretary.



Start Your Planning Now!

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

We suggest that you schedule to talk with us about your plans as soon as possible. We would then be able to get your plans done, construction bids in and permits pulled by March or early April. You would then be able to enjoy your new space for the majority of this new year and not have



your Summer "under construction."

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

A New Look for a New Millennium

Ring in the new millennium with a fresh new look for your home! To make room for new spring merchandise, **Decorating Connections** is offering floor sample merchandise up to **75% off** throughout the month of January.

Fabulous furniture pieces such as Hekman, Lexington, Regina Andrew, Habersham, Stanford, Pearson, Dauphine Curro, Charleston Forge, Kessler, Village Trading, Decorative Crafts, Cox Manufacturing, Harris Marcus, El Porton and Wesley Allen will be featured in this sale! Stop in and see what we have for you.

Let Catherine Michiels and her experienced staff assist you in selecting the right pieces for your home. Whether you need a special room accent piece or several rooms completely decorated, they are the professionals who can help.

Decorating Connections is located in The Marketplace Shopping Plaza on Route 59 and Kelsey Road.



Tips from the Top

Margaret R. Semrad
Broker/Manager
Barrington Office

**COLDWELL
BANKER**

RESIDENTIAL BROKERAGE

"All dreams come true... if we have the courage to pursue them." —Walt Disney


Will your future be more of the same? It's not a wise idea to stay status quo, particularly in these fast-paced changing times. To keep ahead financially, we must continuously improve our thinking and decision making. This is especially true today, when the forecast for 2000 is that the economy will continue to be strong and inflation low.

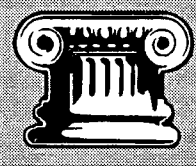
If you took time during the New Year's Holiday to think about your future, did one of your dreams involve a new "address?" With the passage of time, what was once acceptable to us in a home may no longer be charming or convenient. It may be that walking the stairs to a master bedroom on the second floor is not a

thing we look forward to; or we wish that the family room was adjacent to the kitchen (where everyone usually gathers); or you want the entertainment area to be large enough for the TV and the surround sound—this all makes us think about new "digs."

Life keeps unfolding and changing as does our needs and desires. We now live in the Information Age where more work is done from home than ever before. Trends have shaped what we want and need as a family group. Recently, I viewed the House of Tomorrow at Epcot Center in Florida. Everything was geared for speed, convenience and simplicity. The home even came equipped with a grass mower, programmed to cut the grass without hu-

(Please continue on page 43)





KEMPER CAZZETTA
ARCHITECTURE • LANDSCAPE ARCHITECTURE
PLANNING • INTERIOR DESIGN

209 East Franklin Street
Barrington, IL 60010

Office (847) 382-8322
Fax (847) 382-4852



**DECORATING
Connections**
2000
Happy New Year!
**HUGE Inventory Millennium
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SAVE 20% to 75% on
▪ Upholstery ▪ Artwork ▪ Area Rugs
▪ Case Goods ▪ Mirrors ▪ Lamps ▪ Accessories

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Hours: Mon.-Fri. 9:00-6:00, Sat. 9:00-5:00, Thurs. till 8:00

Dream House Headquarters 2000.

Life is complicated enough. When you're ready for your dream home, you shouldn't have to run all over town to get dependable answers to questions about home values, neighborhoods and schools. Nor, if you want to build, should you have to drive around hoping you'll stumble on just the right piece of land or interview a dozen builders hoping you'll find the right match. What you should do is come to us. All the help you need is right here. Just bring your dreams to headquarters.

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

**COLDWELL
BANKER**

RESIDENTIAL BROKERAGE

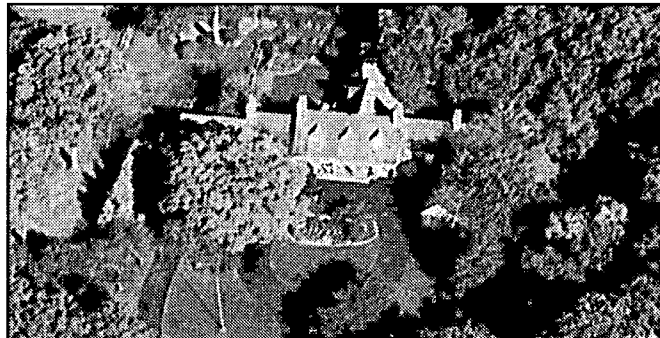
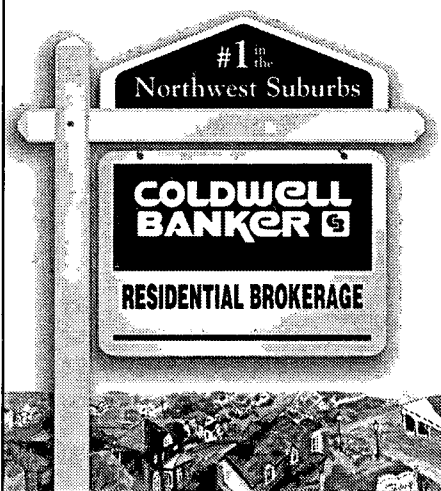
BARRINGTON OFFICE
330 E. Main St.
382-3600



Independently owned and operated by NRT Inc.



BARRINGTON AREA OFFICE



Barrington Hills \$3,995,000

Set on 22 secluded, wooded acres, this idyllic country retreat w/ 6 bedrooms & 7 fireplaces exudes charm. A spring-fed lake, pond, stable, tennis court, pool & expansive coach house loft enhance this superb offering. Landmark in status, it is truly unique.

Donna Veller
847/465-2228



Barrington Hills \$1,797,000

All-brick custom ranch on 7.5 acres. Luxury features—4 BR, 6+ BA, tennis court, in-ground pool w/ boulder waterfall, game room, hot tub, weight room & sauna.

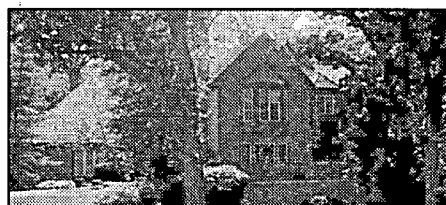
Laura Balistreri 847/465-2217



Barrington \$1,495,000

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



North Barrington \$1,125,000

Set on a heavily-wooded lot in Wynstone & designed w/ classic 17th-century arch. 4 BR, 4.5 BA, paneled 2-story FR, sunroom, study, screened porch & dream kit.

Sherl Wheeler 847/465-2290



North Barrington \$999,000

Brick Georgian in Wynstone w/ California flair. Master bedroom w/ fireplace & sitting room. 2-story foyer, full finished walkout lower level... gazebo & pond.

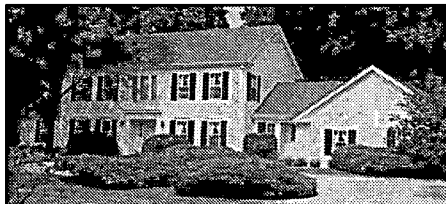
Sherl Wheeler 847/465-2290



North Barrington \$939,000

Classic brick colonial impeccably crafted w/ warmth & splendor in gated golf community of Wynstone. 4 BR, 5.1 BA, 3 fireplaces. Professional & mature landscaping.

Bonnie Paice Legue 847/465-2223



Barrington Hills \$879,000

Set on 5 acres in Barrington Hills, this graceful country home will delight you, 3 fireplaces, hardwood floors, study, wooded lot & just minutes to town.

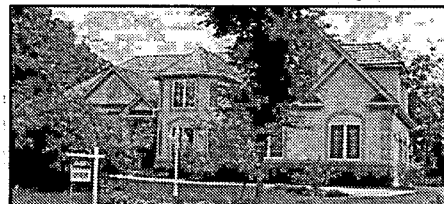
Sherl Wheeler 847/465-2290



Barrington Hills \$849,200

The best setting for this updated 5-bedroom, 4.1-bath home. 1st floor master, vaulted entry, 4 fireplaces. Hot tub, pool & finished English basement.

Greg Bradley & Margaret Semrad 847/465-2232



Hawthorn Woods \$729,900

Set on a lovely wooded lakefront lot, this 3-year-old 5000-sq-ft country French beauty offers 1st floor master, full fin walkout & gourmet kit. A nature lovers dream.

Suzanne Luby 847/465-2211



Barrington \$669,000

Charming 4-bedroom farmhouse w/ barn & other great facilities in a tranquil setting. Features an in-law apartment for family or help. In-home office too.

Suzanne Luby & Barb Uskup 847/465-2211



North Barrington \$669,000

Impressive Wynstone Home. Maintenance-free. Private. Wooded site. Spectacular great room. Vaulted ceilings. Mint condition. 3/4 BR, 3.1 BA. Quick possession.

Nancy Herr 847/465-2267



North Barrington \$667,000

No need to wait for this elegant, refined 4-BR, 3.5-BA, brick & cedar 2-story w/ 9' ceiling, 4 fireplaces, 3-car gar, hrdwd flr, vaulted ceilings & full w/o w/ frplc.

Suzanne Luby 847/465-2211



Barrington \$659,000

Spectacular 5/6-bedroom traditional home, cul-de-sac lot w/ finished walkout & miles of wooded views. 24-hour info. Ext 9001

Donna Dugan 800/511-6864



Barrington \$569,900

Just 3 years old & gorgeous—4 bedrooms, 3 baths sunroom, 9' & 10' ceiling, white kitchen w/ island, super master bath, 2 walk-in closets. What a dream!!

Sherl Wheeler 847/465-2290



Barrington \$479,000

Quiet cul-de-sac. Walk to train, school & shopping. Updated & tastefully decorated from top to bottom. 5 BR, 3.5 BA, hardwood floors & finished lower level.

Bonnie Paice Legue 847/465-2223



Tower Lakes \$457,000

Exceptional custom 4-bedroom, 2.1-bath home situated on wooded private 1.7-acre lot. Neutral & newer (10-years-old), this beauty offers room to room or expand.

Suzanne Luby 847/465-2211



Barrington \$417,500

Whether you need room for the kids or a home office—4-BR, 3.1-BA offers a cul-de-sac loc w/ vaulting, skylights & hardwood! Fin LL w/ wet bar, game room & rec area.

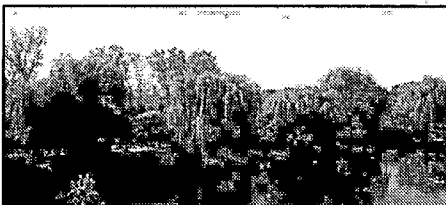
Suzanne Luby 847/465-2211



Barrington \$374,900

With traditional detail & extensive updates, this New England colonial is fabulous. 4 BR, 3 BA, hardwood floors, finished English lower level, lake views.

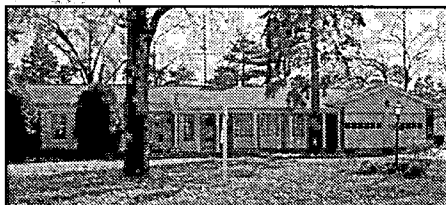
Bonnie Paice Legue 847/465-2223



Barrington \$339,000

Enjoy this maintenance-free townhome in gated community. Featuring 3 BR, 2.2 BA, 2 fireplaces, finished lower level w/o & 1st floor study. 2-car attached gar.

Bonnie Paice Legue 847/465-2223



Barrington \$249,900

Jewel Park! Charming brick & cedar ranch. Newer kitchen & baths. Beautiful & inviting living room w/ fireplace, 3 BR, 2 BA, hardwood floors & neutral decor.

Mary Balistreri 847/465-2296



VACANT LAND

Woodstock \$1,595,000

Prime Bull Valley acreage w/ rolling land & woods. Perfect for horses! 72+ lovely acres also available in 5+ acre parcels at 26,000 per acre.

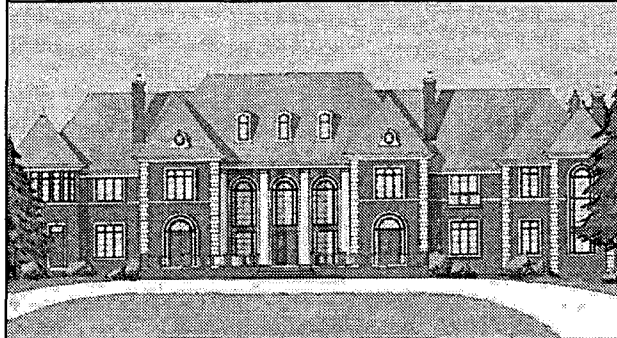
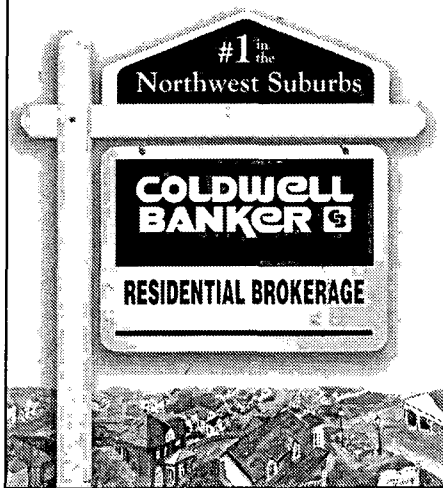
Suzanne Luby & Barb Uskup 847/465-2211



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BARRINGTON AREA OFFICE



South Barrington
\$5,500,000
Magnificent custom home under construction, due spring 2000. BRs have sitting rooms/areas w/ frplcs. Outstanding design & detail is evidenced t/o. 15 frplcs, vol ceilings & a 3rd flr ballroom. The walkout LL offers indoor basketball court, gym & movie theater. Gar parking for 12 cars. Beautiful vistas over pond.
Meg Cleavenger & Kim Packer 847/465-2259



South Barrington **\$1,875,000**
Luxurious pondside residence offering 7 BR, 8.1 BA, 5 fireplaces, expansive rooms, volume ceilings & highest quality finishes. Parking for 5 cars & tennis court too.
Meg Cleavenger & D. Povrzenic 847/465-2259



Barrington Hills Incomparable estate set on 17 rolling, wooded acres. Designed to accommodate a gracious lifestyle, this stone & cedar residence offers only the finest custom finishes throughout its substantial yet comfortable interior. This beautifully-presented estate also includes two delightful guest houses, pool, tennis court & 4-stall barn. Its location is prime & protected, its appeal, timeless.
Meg Cleavenger \$5,200,000 847/465-2259



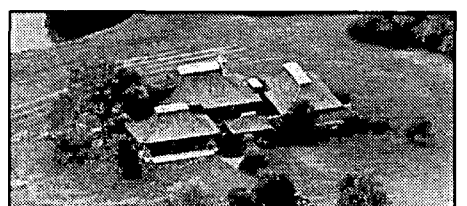
Barrington Hills **\$1,790,000**
Custom all-brick French colonial. 5 bedrooms, 5.5 baths, 2 studies. Finished walkout lower level w/ recreation & billiard rooms. In-ground pool. Lovely long views.
Meg Cleavenger 847/465-2259



Barrington Hills **\$1,300,000**
Brick Georgian, 5 wooded lakefront acres features outstanding detail, 4 fireplaces, handsome study, solarium & grand foyer.
Meg Cleavenger 847/465-2259



Barrington Hills This exceptional, gated, stone & cedar estate is set on over 6 lakefront acres. Features include a state-of-the-art kitchen, elegant master suite & walkout lower level w/ media & exercise rooms, wet bar 2nd kitchen & staff quarters. The beautiful grounds offer a boat house, dock & USGA golf hole w/ sand trap & 2 tees. Heated parking for 6 cars is also included.
Meg Cleavenger \$2,400,000 847/465-2259



Barrington Hills **\$999,900**
Outstanding waterfront estate on 5 acres offers 4 BR, 4 BA, 4 fireplaces, gourmet kitchen, sumptuous master suite, handsome decor, indoor pool wing & 3-car gar.
Meg Cleavenger & Barb Wessberg 847/465-2298



Barrington Hills **\$999,000**
Set on 5 wooded acres, this gated home features 13 spacious rooms & the finest quality. 5 BR, including master suite w/ loft & fireplace. Fin LL w/ huge wet bar.
John Nemz 847/465-2289



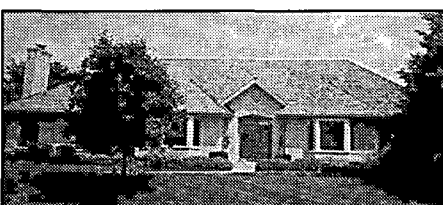
Barrington **\$899,900**
Beautiful custom home in Chesapeake. 2-story foyer & FR. Architectural Digest-quality kitchen. Luxurious master suite. Finished walkout lower level. 4-car garage.
Meg Cleavenger 847/465-2259



Barrington **\$899,900**
Custom cedar home w/ waterview ambiance. In a sequestered site, on 2+ acres, stunning great room, 5 BR, 4.5 BA. Walkout lower level w/ indoor pool wing.
Barb Wessberg & Meg Cleavenger 847/465-2228



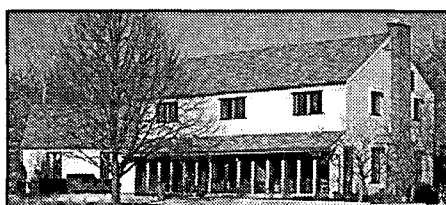
Barrington **\$829,000**
Built in 1929, this gracious English Tudor was magnificently renovated in 1991-92. 4 bedrooms, 4 baths, gourmet kitchen. Nestled on 9.5 acres.
Ron & Jeanine VanDeVelde 847/465-2282



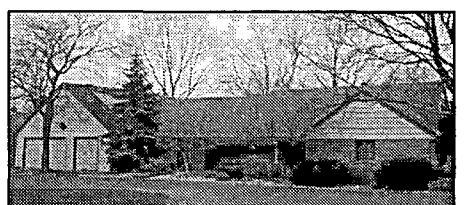
South Barrington **\$799,900**
5-year-old all-brick ranch on 1+ acre. Stunning 2-story brick frplc in FR. Spacious BDRS & bonus rm. Huge fin LL w/ 10' ceilings. Prof landscaped. Convenient to tollway.
Ron & Jeanine VanDeVelde 847/465-2282



Barrington Hills **\$749,000**
Soaring ceilings, gourmet kit & master suite w/ marble frplc & whirlpool. Nanny or in-law apartment, walkout LL & 4-car gar. Minutes to town, train, I-90 & O'Hare.
Meg Cleavenger 847/465-2259



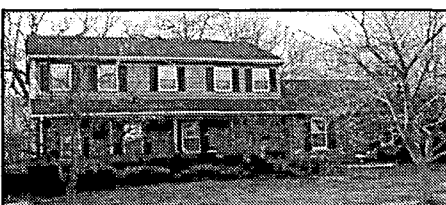
Barrington Hills **\$695,000**
Close to town. 3-stall barn w/ loft & tack. 2 fenced pastures & paddock. 4 bedrooms & 2.5 baths. Large rooms—great for entertaining. Cook County taxes.
John Nemz 847/465-2289



Barrington Hills **\$714,900**
Lovely country home on 6 acres. Sumptuous master suite, smashing kitchen, finished w/o LL. Magnificent grounds have in-ground pool & barn. 4-car garage.
Meg Cleavenger 847/465-2259



Barrington Hills **\$547,000**
Charming vintage farm house w/ country kitchen, paneled family room, 2 fireplaces & large porch. Peaceful setting w/ 4-stall barn & ample turnouts.
Meg Cleavenger 847/465-2259



Barrington **\$329,000**
Enjoy swimming & skating—lovely 4-BR 2.1-BA colonial on half acre near lake. Country kitchen, family room w/ fireplace, 1st floor den, child playroom. Come see!
Nancy Leonard 847/465-2248



Lake Barrington **\$319,000**
Wonderful 4-bedroom colonial snuggled quietly on 2 wooded acres in beautiful Lakeland Estates. 4-season sunroom. Fin walkout LL. New roof in 1997. Water rights.
Ron & Jeanine VanDeVelde 847/465-2282

VACANT LAND

Barrington Hills \$240,000

Build your dream home on this lovely level parcel in Barrington Hills. Bring your horses and enjoy all that this great location & Barrington Hills have to offer.
Meg Cleavenger 847/465-2259

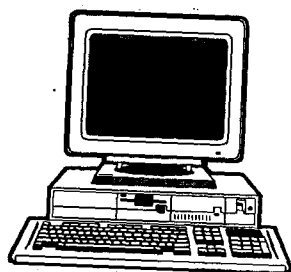


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Tom Mitchell



REACH BUYERS 24 HOURS A DAY – 7 DAYS A WEEK!

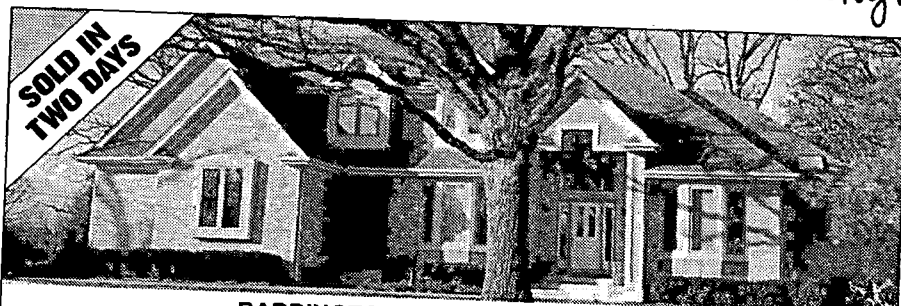
Grand Tour Our listings are on the Internet for buyer convenience. Each listing contains color photos and information. To view our properties on-line simply contact: <http://www.homesbymitchell.com>

Tom & Joanne Mitchell
Barrington's Home Town Realtors



Joanne Mitchell

SOLD IN TWO DAYS

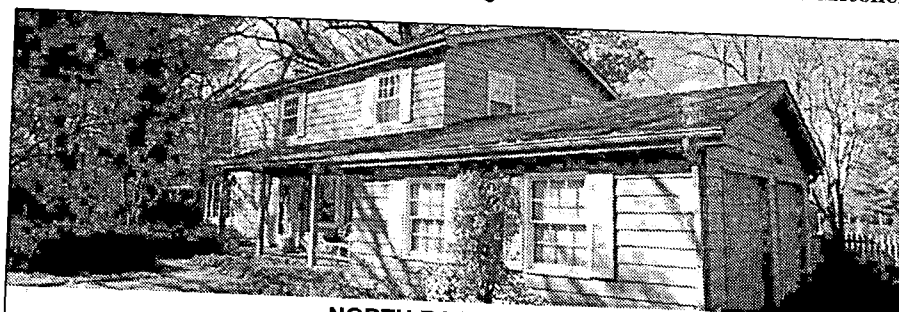


BARRINGTON—CHATEAUX BOURNE

Ultimate Location! Three years new and walking distance to the village. Beautifully appointed 4 bedrooms, 4 full & 1 half baths, gourmet kitchen with stainless steel appliances & granite counters, 21x20 family room with dramatic fireplace. Newly finished lower level with full bath. The fine features of this home are enhanced by quality and style.

Ask for Tom or Joanne Mitchell

\$687,000



NORTH BARRINGTON

Enjoy the peace and serenity of country living in this 4 bedroom, 2.1 bath updated Colonial. Great gourmet kitchen with Sub Zero refrigerator & stainless steel Thermador range. Cozy family room with Judges paneling. Entertain in uncrowded comfort in this 26x12 living room with woodburning fireplace. All hardwood flooring. Beautiful private lot. Martha Stewart could live here!

Ask for Tom or Joanne Mitchell

\$437,000



BARRINGTON VILLAGE

A Rare Find! New construction in the Village of Barrington. 4 bedroom, 2.1 bath Colonial on 185' deep private lot. Open kitchen and family room for people who like to cook and entertain at the same time. Buy now and pick your tile & colors. Come take a look and fall in love.

Ask for Tom or Joanne Mitchell

\$499,000

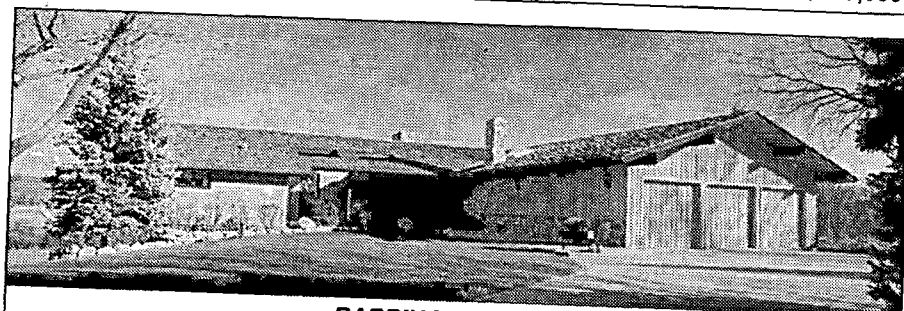


SOUTH BARRINGTON

The waterfront location and dramatic open floor plan you have been waiting for. Three finished levels, five fireplaces, vaulted ceilings and hardwood floors. 2000 square feet of decking will handle your largest summer entertaining. Spectacular water views from most every window. Fantastic finished walkout with second kitchen, two fireplaces, billiard rm & rec rm. A perfect retreat for entertaining and relaxing.

Ask for Tom or Joanne Mitchell

\$1,099,000

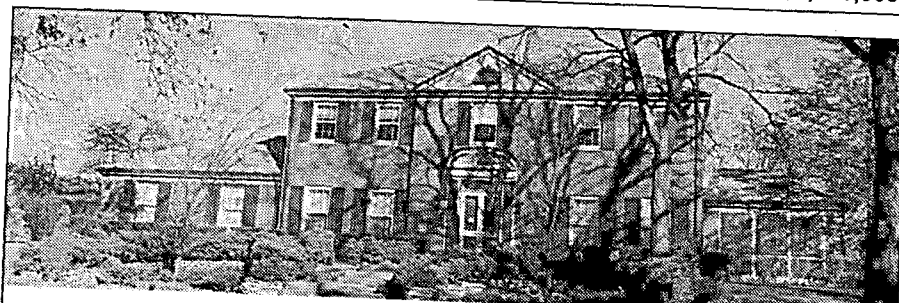


BARRINGTON HILLS

Nestled on a rise amongst 5+ rolling acres of mature trees and perennial gardens sits this custom family home with full finished walkout lower level. Entertain with pride in these spacious rooms with vaulted ceilings and 3 split granite 2-story fireplaces. 5 bedrooms, 3.1 baths, 29x15 family rm with vaulted ceilings, fireplace opens to kitchen & eating area. A priceless combination of privacy and serenity.

Ask for Tom or Joanne Mitchell

\$859,000

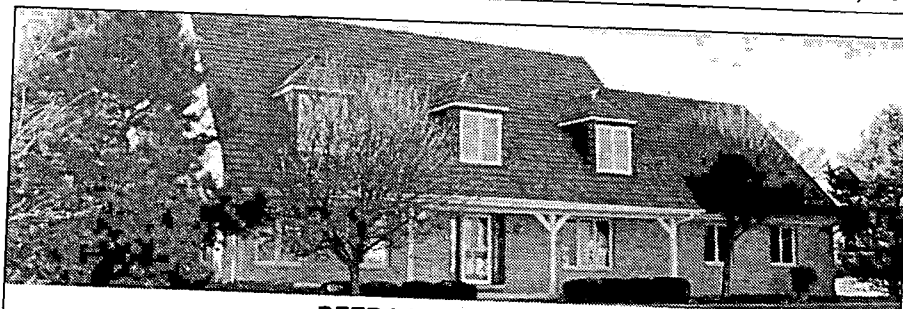


BARRINGTON HILLS

Yesterdays classic elegance blended with today's modern conveniences. A feeling of space & light prevails throughout this stately Georgian 4 bedroom, 2 full and 1 half bath home on 6+ peaceful acres. Newer kitchen and family room addition. Screened porch and large deck overlook inground pool, aggregate patio and mature oak & hickory trees. Crafted with quality and demonstrates simple elegance.

Ask for Tom or Joanne Mitchell

\$899,000



DEER LAKE MEADOWS

Top Billing for Executives! A privileged country setting where the pace is a little slower. Custom built brick & cedar 4 bedroom, 2 1/2 bath Cape Cod on corner lot. Spacious & comfortable, 1st floor boasts of all hardwood floors and crown moldings. Luxurious master retreat with sitting room & 17x12 master bath. This home meets the needs of all lifestyles from formal entertaining to casual living.

Ask for Tom or Joanne Mitchell

\$529,000

VACANT LAND

BARRINGTON HILLS

Beautiful wooded 5 acres with pond.

\$279,000

A special 6+ acres. Build your dream home.

\$189,900

Gently rolling 50 acre parcel. Great potential.

\$1,350,000

LAKE BARRINGTON

10 acres w/ lg pond. Excellent investment.

\$535,000

1 acre. Resort type living in Barrington Harbor

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From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

We end our sales year on November 30 so that we can announce the salesperson of the year at our Christmas party.

This year, our salesperson of the year is Michelle Goss. Michelle sold the most vehicles ever in a year except for Colin and Richard (and they had a little help with their last name).

Michelle started here six years ago when she was only 24-years-old. She attended Lake County College, and Barat College. She has been consistently one of our best salespeople. But this year, she was spectacular.

Our second place salesperson is also a woman, Michelle Cimino. Michelle Cimino has been with us for five years.

Michelle Goss said that when she applied for the job, she was very nervous about learning the specifications of all the different cars and trucks, but that turned out to be the easy part. It was harder to get over the nerves of customer contact,



especially selling an F250 truck to a man. Obviously, she got over that part exceptionally well. Michelle's mom urged her to apply for the job six years ago and we are very glad that she did.

Glare-Not Window Tinters Provides Savings Year Round

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

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

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

Window film also increases safety with

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

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

We look forward to saving you money!!! For further details, please call (847) 382-8468 or (815) 363-8468.

Just Ask... I Can Help!

(Continued from page 23)

training, indoor cycling classes, nutritional supplements and more. **Personalized Fitness** is here to meet your fitness needs. **Personalized Fitness** is committed to providing you with all the resources necessary to reach your personal goals and

achieve a higher quality of life and well-being. As the New Year approaches, I challenge you to strive to continue to improve upon your goals.

Eugene Coyle,
Owner

Reiki...

(Continued from page 28)

spirit integration) and **Reiki** Master Teacher. She brings a rich blend of experience to this work dedicated to health and balance with the focus on unity of mind, body, spirit and emotion. Each step along her path has brought her closer to her goal

of teaching and assisting others in alleviating pain, disease, dysfunction and discomfort. Along the way, she has discovered that the true goal and the true joy is to take wing and soar; alleviating pain is just the necessary first step in the process.


Post Holiday Cleaning


(Continued from page 33)

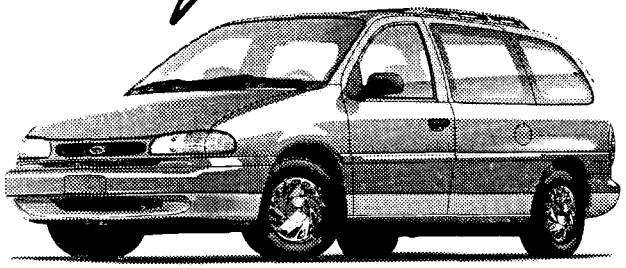
and 1 quart of cool water. If you have a red wine spill, blot it up with an absorbent towel, then dilute with white vinegar. Next, clean the spot with cold water and cover it with table salt. Wait 10 minutes, then vacuum up the salt.

If you would like more information or if you find that post holiday cleaning is an insurmountable task, contact The Maids nearest you or visit their web site at www.maids.com.









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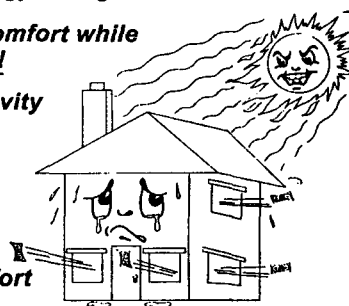
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MicroDermabrasion

(Continued from page 26)

be the periodic use of mechanical *MicroDermabrasion* in conjunction with a natural, biocompatible skin care regimen.

Unlike deep dermabrasion, *MicroDermabrasion* can be used on any area of the body to plane dead surface cells, even the skin surface, and stimulate collagen and elastin production. There is no "down time" with *MicroDermabrasion* (the complete process, including the after-treatment firming and toning masque, takes a little over an hour), and many people who would be poor candidates for dermabrasion because of health conditions, advanced age or special skin problems can be treated by *MicroDermabrasion* technique successfully. Unlike deep dermabrasion, *MicroDermabrasion* is non-inva-

sive and painless to all but the most sensitive skin. Coupled with a natural, skin care program which helps tighten, tone, condition and encourage healthy skin growth by providing nutrition to the skin, *MicroDermabrasion* treatments can help diminish many skin imperfections. These include fine lines, discolorations, acne or other small scars. *MicroDermabrasion* treatments, along with adherence to a proper skin care program, can also help restore the glow and natural vitality of youthful skin.

For more information on *MicroDermabrasion*, please contact **Karen Kotleba**, RN, CDT, Cpma at 800-304-4859 or 847-304-4859.

Tips from the Top

(Continued from page 39)

man contact, recharge its battery and then put itself away... all while I'm still thinking about who in the family might mow the lawn or what lawn service to call.

Economists tell us that perhaps in the year 2000, there will be a housing inventory shortage with a high consumer demand. This means that housing prices will increase, which also means higher mortgages and perhaps higher interest rates. Don't you agree that this is the time to get yourself into the market?

We may only have a small window of opportunity to make things happen affordably. If you don't own a home, now is the time to stretch and buy a piece of

security. First-time homeowners attribute to 47% of the real estate home-buying market. People from all over the world are buying homes in the United States due to our stable economy, the interest rates which are far lower than the rest of the world and our housing values.

If you already own a home but are not quite satisfied, call **Coldwell Banker Residential Brokerage**, the Dream House Headquarters, and get going on securing your dream. Call 382-3600 to start your journey to a home that works for you. Only one in ten will make the effort... make that "one" you!

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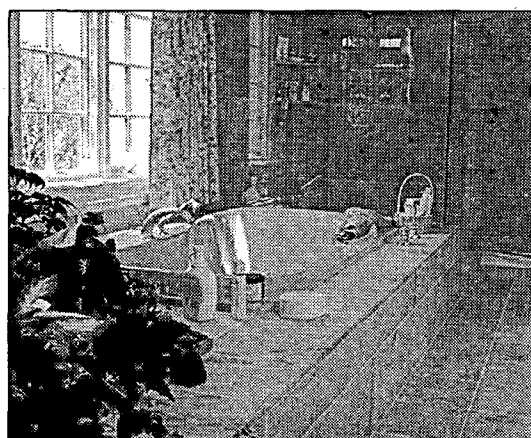
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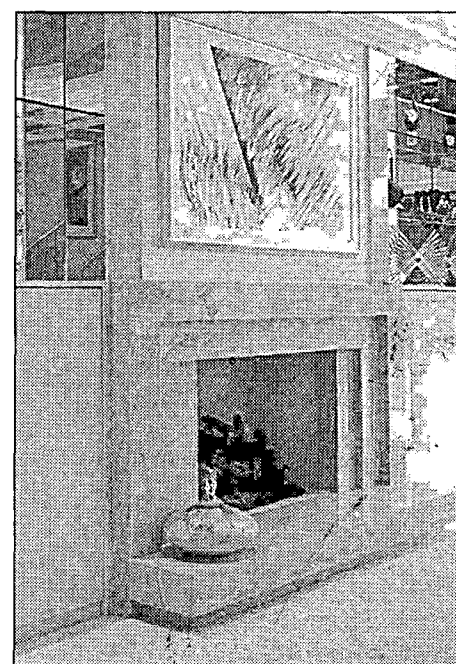
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