

September 1999

THE STYLESTM MAGAZINE

A SPECIAL FOCUS ON
Beauty, Health & Fitness

Hampton Court Palace:
Center of English Life for 500 Years

**Art in the Barn Celebrates
25th Anniversary**

**Ela Festival of Arts '99—
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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.

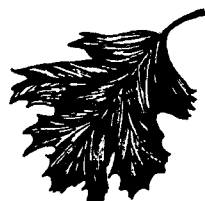
Fortunately, there is a skilled electrologist at **Clear Reflections** in the Barrington Commons who can remove those telltale hairs quickly and conveniently in the privacy of a professional office.

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.

Clear Reflections has provided 23 years of service at the same location.

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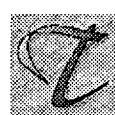
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Editor's Ink

September, 1999

Dear Reader,

This month, *Lifestyles* takes you on tour to Hampton Court Palace, center of English Life for 500 years. Hampton Court, I regard, as two palaces. One being the foreboding castle of Henry VIII; the other a mansion of refinement where William and Mary dwelled. Both sections of Hampton Court are very interesting. I shudder to think, however, what the walls could say of the past... the plotting for power, the yearning of a son for Henry VIII, the scene between Wolsey and King Henry when Wolsey was forced to give up his castle to satisfy the comforts of his king. If the walls could tell us, what would they say about the contrasting reigns of King Henry VIII and sovereigns William and Mary with their genteel ways, their elegance and refinement. It is said history is only what is written down, not what happens, necessarily. We will probably never know the truth.

They say every man's home is his castle. That said, don't miss the Crystal Lake Service League's 25th Annual Fall Housewalk on Friday, October 1. Four beautiful and unique homes in Crystal Lake will be open to the public. Proceeds go toward scholarships and families in need. For more information, call 815-455-6887.

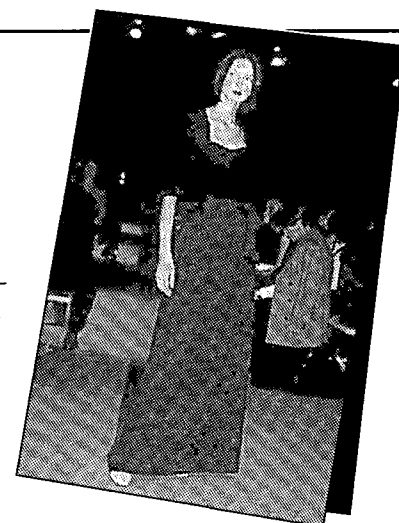
Until next time, may all your thoughts be sunny.

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



About Our Cover

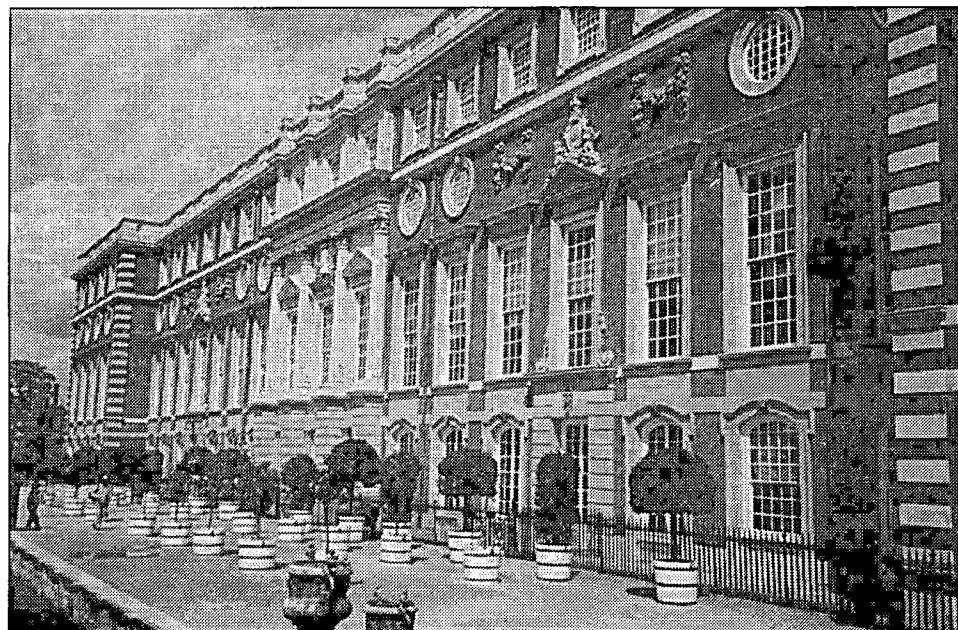
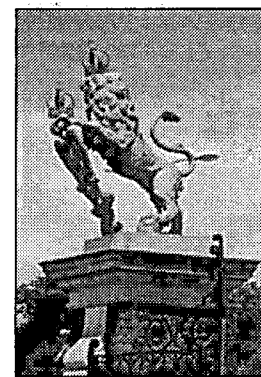
A black ¾-sleeve knit cardigan with matching tube top accompanies a long black skirt. From the Guy Laroche Collection.



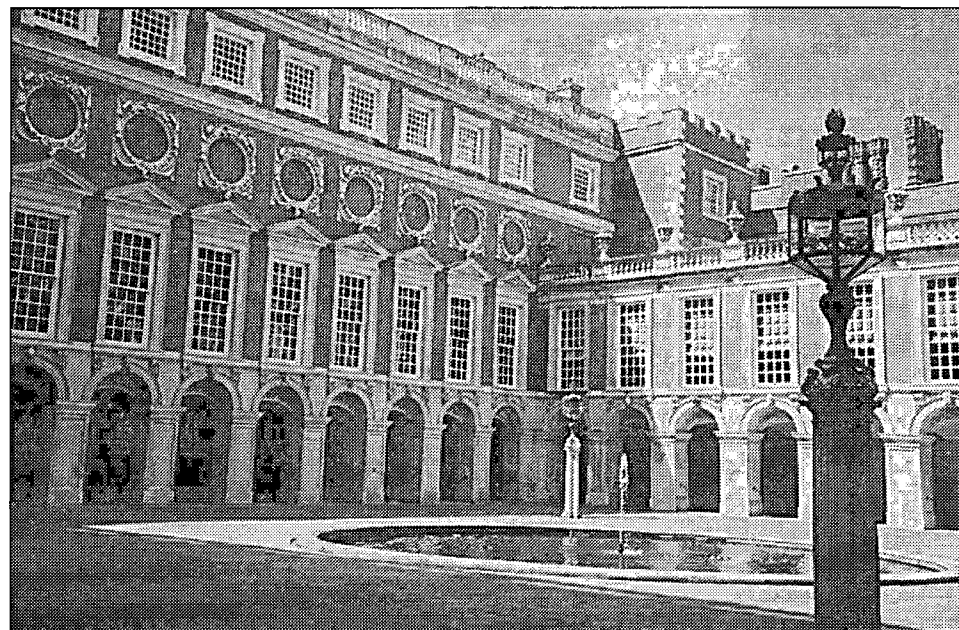
HAMPTON COURT PALACE: CENTER OF ENGLISH LIFE FOR 500 YEARS

This article is the second in a series of articles to appear in Lifestyles concerning London and the surrounding area. To me, Hampton Court Palace was two palaces. One was the dark, almost sinister, foreboding castle of Henry VIII. The other was a mansion of elegance and refinement, reflecting the tastes of William and Mary.

by **Glenne McMonigal**



Known as the South Front, William and Mary commissioned Christopher Wren to provide this look of elegance. This section of the palace contrasts sharply with the Tudor turrets, gables and chimneys of Henry's time. South Front is considered the most ceremonial portion of the palace.



William III (1689-1702) and Mary II (1689-1694) planned to transform Hampton Court into a modern baroque palace. Fountain Court was the only baroque element completed towards this goal.

For over 200 years, Hampton Court Palace was the center of court life and politics. This palace is most identified with Henry VIII. Viewed from the west, Hampton Court remains the red brick Tudor palace of Henry VIII (1509-1547). From the east, however, one sees a more stately facade designed by Sir Christopher Wren for William III (1689-1700).

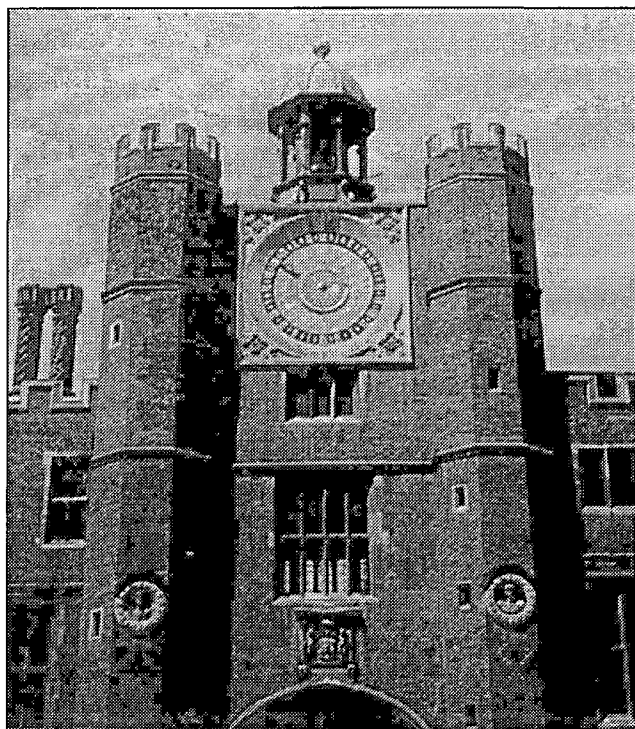
The exquisite interiors reflect the tastes of those sovereigns. However, William III did change much of Henry VIII's choices in decor when he came into power. Namely, Henry VIII's and his queens' apartments on the south and east sides of the palace were destroyed for William's renovations. The interior houses many great works of art, many in the positions for which they were intended.

The palace is set off by beautiful gardens and extensive parklands by a riverside. Over 60 acres of gardens can be viewed.

My favorite room among Henry VIII's state apartments was the Royal Chapel. The room was exquisite in every detail. The magnificent ceiling had carved and gilded rendants and remains unchanged since Henry VIII worshipped there. It is said he attended Mass every day. It was in this chapel that the king learned of the infidelity of his fifth wife, Catherine Howard, and two years later (1543) married his last wife, Catherine Parr, in the Queen's Closet adjoining the chapel.



There are over 60 acres of gardens to enjoy at Hampton Court. What better way to enjoy these beautiful grounds than on a carriage ride.



The gardens at Hampton Court are not to be missed. It was Cardinal Wolsey (c. 1475-1530) who first planted ornamental gardens here (now the site of Fountain Court). However, it was Henry VIII that began to establish Hampton Court as a showplace for English gardening. And it is he who laid out the basic structure of the gardens very much as they remain today. William and Mary liked the Baroque concept and laid out avenues of trees and their concepts have scarcely been altered.

It must be pointed out that while Henry VIII is probably considered Hampton Court's most famous resident, it was Thomas Wolsey, Archbishop of York, who first took up residence in 1514 at Hampton Court. In 1525, Wolsey finished building lodges for his king. Three years later, Wolsey was forced to surrender his ownership of the palace to the king.

In 1838, Queen Victoria opened Hampton Court to the public.

The Astronomical Clock shows the hour, month, day, number of days since the beginning of the year, and the phases of the moon. The sun revolves around the earth as the clock was designed before the discoveries of Galileo and Copernicus. Shown is the clock above George II's Gateway in Clock Court.

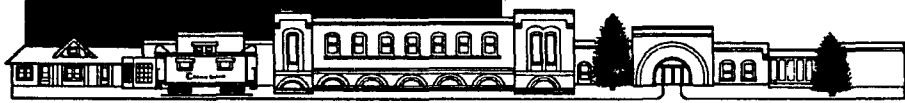
• SEPTEMBER 10 •
BAAC Gallery Walk
 Chesterfield Glass Galleries
 Tina Han Gallery

• SEPTEMBER 25 - 26 •
 Saturday & Sunday
**Craft Show & Madelines
 Birthday Party**

Enclosed Mall • 15 Unique Specialty Shops
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Hours: Sun. 11-3, Mon.-Sat. 9:30-5:30
 Thurs. 9:30-8:00



Barrington
ICE HOUSE MALL



Art, Crafts and Madeline's Birthday Party at the Ice House Mall

On September 10, 1999, the **Ice House Mall** will kickoff the Barrington Area Arts Council Gallery Walk with special works of art and a guest artist in the Chesterfield Glass Galleries. They will be featuring the art glass creations of nationally recognized designer and Illinois native David Lotton. His work is on display at many fine galleries and museums including the Corning Museum, the Bergstrom-Mahler Museum and the Houston Museum of Fine Arts. The special guest artist for the evening is Diane Anastazia Castrejon. Diane is a nationally recognized speaker, entrepreneur and creator of the **Imagems™**. **Imagems™** are one-of-a-kind, signed, gem-shaped, colored art glasses that fit in the palm of your hand and are designed to be a positive anchor or reminder.

The Tina Han Gallery has prepared a unique showing for the Gallery Walk. Tina has invited two artists to appear who have collaborated their talents by joining poetry and painting. Their work, entitled "The Seven Faces of Love," represents poems by Arica Hilton and water colors by Rebecca Hardin. Both artists will be at the gallery to discuss their work and present a special poetry reading.

On Saturday, September 25 and Sunday, September 26, the **Ice House Mall** will be hosting a special birthday party for the

animated character and doll, Madeline. The party is sponsored by the Tommy-Terri Children's Apparel Shop located in the **Ice House**. Tommy-Terri and Madeline have invited Corduroy, Paddington Bear, Peter Rabbit, Spot and others. They would like to invite your children too. There is a sign-up sheet for an invitation at the Tommy-Terri shop in the **Ice House**. Friends are asked to bring a small gift that Madeline will give to children who are in need. KIDS Charity representatives will deliver the gifts. There will be birthday cake, activities and many costumed characters for the children, so be sure to bring your camera along. While the children attend Madeline's birthday party on Saturday or Sunday, parents can attend the craft show being held on the main level of the **Ice House**. Many artisans and crafters will be offering their handmade crafts. Included will be Abaca dolls, jewelry, soft sculpture, decorated egg shells, Christmas gifts, woodworks, floral designs and even gifts for your favorite pet.

The **Ice House Mall** is located in downtown Barrington at 200 Applebee Street next to Jewel/Osco. There is always plenty of free parking for your convenience. For further information, please call **847-381-6661**.



Register to win
 men's and ladies'
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26% off
 selected accessories
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26TH ANNIVERSARY



26% off
 selected ladies
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 Sat 9:30-5:30pm
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 reg \$49.50 each
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 (tab, straight & buttondown)
 3 colors
 (white, blue & ecru)

peter daniel
 barrington
 apparel for men and women

Barrington Ice House
 200 Applebee St.
 Barrington, Illinois 60010
 847.382.6676

Peter Daniel of Barrington, a long-standing tradition for fine men's and women's apparel, celebrates the biggest event of the year with **Our 26th Anniversary Sale**.

This month-long **Anniversary Sale** is a must for everyone updating and adding to their wardrobe for the fall and holiday seasons.

Our men's department is introducing the Kenneth Cole collection of suits this fall. Other important men's sportswear lines for fall include: Polo Sport, Barry Brickner, Zanella and Como.

Don't forget, at **Peter Daniel** we carry a full line of formal wear for men and offer tuxedo rentals as a service to our customers.

Our ladies' department has fabulous new collections from Gail Morgado, J'Envie, Elliott Lauren, San Remo Knits and Chicago designers Caroline Rose and Kathleen B. We have also expanded our ladies "after five" selection to prepare for all those millennium parties.

Take advantage of the spectacular savings and gorgeous apparel and help us celebrate **Our 26th Anniversary** by registering weekly for our sensational giveaways throughout the month-long celebration.

Peter Daniel is located on the first level of the Ice House and is open seven days a week for your shopping convenience. We look forward to seeing you at **Our 26th Anniversary Sale**.





Barrington ICE HOUSE MALL



Meet She & I Salon's Newest Staff Member

She & I Salon welcomes Magda Kobierowska to their hair-styling team! Magda has been in the beauty industry for seven years and has recently joined the rest of the stylists at the **She & I Salon**.

Come in for a highlight or color with Magda and receive a complimentary hair-cut. Or, just come in for a consultation and

let her give you some good ideas for a new 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. Call **381-5043** for your next appointment.

Every Woman Should Get Back to Basics

Presenting a collection of well-researched, top-selling styles that embody all the characteristics—style, durability and performance—that have become synonymous with the Champion name. No matter where she goes—from the gym to the mall—we offer something that fits her sense of style. Coordinating shorts, tops and pants deliver all the loose-fitting comfort and quality she deserves and all the style that keeps her looking great.

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



"Gift of Heart and Art"

Chesterfield Glass Galleries will be celebrating their 4th Anniversary and the Barrington Area Arts Council Gallery Walk. The celebration will be on Friday, September 10 from 6:00 PM to 9:00 PM and Saturday, September 11 from 9:30 AM to 5:30 PM.

David Lotton will be **Chesterfield's** feature artist. The gallery will have one of the largest collection of David Lotton glass on display. David's latest creation, entitled the *Clematis Reflection Series*, is an elegant crystal world containing a magical bouquet of clematis flowers. *Organic Sculptures*, *Threaded Web* and *Leaf and Vine* vases and bowls will also be on display. David's collection of glass art is one you certainly won't want to miss.

A special guest on Friday and Saturday will be Diane Anastazia Castrejon. Diane is a nationally recognized speaker and the creator of the Imagem (I'm-a-gem) products. Imagem are reminders/anchoring tools made of exquisite colored art glass that fit in the palm of your hand. Each piece is one of a kind, signed and has the imprints of an open heart and arch. Each Imagem is named and has meaning. Learn about anchoring dreams, goals and desires while reminding yourself to celebrate life. People are creating reasons and occasions



Diane Anastazia Castrejon

for giving the "Gift of Heart and Art."

Stop by **Chesterfield Glass Galleries** and meet Diane, enjoy the largest selection of David Lotton glass and join us for hors d'oeuvres and refreshments on Friday evening. Call **847-382-6677** for more information.

Care2Share Volunteers

The Barrington Area Council on Aging, Inc. is looking for volunteers who would like to form a meaningful relationship with a Barrington area senior. Volunteers must

be willing to commit one hour per week to their visits, which may include reading, shopping, letter writing or just visiting. Call Carol at 847-381-5030 for information.

*She
& I*

Hair and Nail Salon

Welcomes

Magda Kobierowska



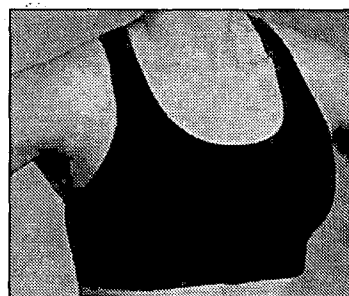
Mon. - Sat.
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Walk-Ins Welcome • Gift Certificates Available

The Ice House Mall

381-5043

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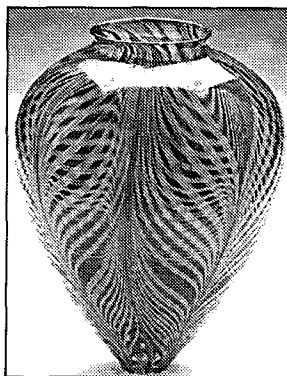
Chesterfield Glass Galleries ANNIVERSARY CELEBRATION

AND

B.A.A.C. GALLERY WALK

FEATURING

DAVID LOTTON



**SPECIAL GUEST
APPEARANCE**

**DIANE ANASTAZIA
CASTREJON**

Friday, Sept. 10, 6-9

Saturday, Sept. 11, 9:30-5:30

HORS D'OEUVRES & REFRESHMENTS



Barrington Ice House • 200 Applebee St. • 382-6677

Redefining Dining

With The Napagét™ Napkin Frame

Create sensational table settings with Napagét™ napkin frames! Easy to use, Napagét™ napkin frames transforms a simple folded napkin into a miniature centerpiece, the possibilities are endless (instructions included)! A perfect idea for intimate gatherings or fundraisers, only at The Canterbury Shoppe!

In The Ice House Mall
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 Thurs. 9:30 a.m. - 8:00 p.m. • Sun. 11:00 a.m. - 3:00 p.m.


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 WARM VISTAS FROM
 MANY OF THE WORLD'S
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 & SERENE HIDEAWAYS



MARCO SASSONE
 Shown: Vele a Portofino serigraph

Barrington ICE HOUSE MALL

"Redefining Dining" with Napaget

Are you looking for new ideas for designing festive table settings or do you feel all thumbs when it comes to being creative? Then you'll love using Napaget Napkin Frames to set your table for any occasion. Simple to use, this ingenious napkin frame transforms a simple folded napkin into a miniature centerpiece in seconds! From elegant to whimsical, the possibilities are endless and the best part is that instructions and ideas are included!

Napagets are a perfect solution for an individual in charge of theming a special fund-raiser or occasion. Packed in quantities of six and tastefully presented in a bag with instructions and illustrations, the Napaget Napkin Frames are a perfect

hostess gift for someone who loves to entertain!

Napaget Napkin Frames are just one of many tablescape ideas you'll find at **The Canterbury Shoppe**. Stop in to see the many quick and easy ideas we have for candlesticks, place-card holders and table settings!

The Canterbury Shoppe is located at its new location in the Barrington Ice House Mall, 200 Applebee Street in the heart of downtown Barrington (behind the Jewel Store). The store is located in the center of the Ice House Mall across from Peter Daniel. Open seven days a week, **The Canterbury Shoppe** can be reached at **847-304-9627**. *Happy September!*

Unique Art Show at Area Gallery

by Cyndy Sue Walters

Summer's delightful images can be remembered throughout the year with lovely scenes available from **Tina Han Gallery** at The Ice House Mall. Featured for the rest of the summer season are idyllic serigraphs of outdoor scenes romanticizing warm vistas from many of the world's most beautiful and serene hideaways. Depicting these lavish destinations are artists such as: Marco Sassone, Thomas McKnight, Lu Hong, Ting Shao Kuang, Wong Shue, Also Luongo, Erte, H. Claude Pissarro, Victor Shvaiko, Irene Smith and E. Moses.

Delight in the variety of exciting works now on display in the gallery. Stop in to chat and enjoy the lovely collection of artistry which will transport your spirit to places of beauty and intrigue. There is a bounty of exquisite mouldings, liners, fillets and mats available for your next framed treasure. Many of the gallery's framing materials are unique to the area so that much of Tina's custom work is truly one-of-a-kind.

Tina has prepared a unique showing for the Barrington Area Arts Council Gallery



Poet
Arica Hilton

Artist
Rebecca Hardin

Walk on September 10 and 11, 1999. She has invited two artists, who have collaborated their talents by joining poetry and painting, to appear for the event. Their work entitled "The Seven Faces of Love" represents poems by Arica Hilton and watercolors by Rebecca Hardin. Both artists will be at the gallery to discuss their work and present a special poetry reading.

The Barrington Area Arts Council Gallery Walk begins Friday, September 10 at 6 PM and continues through normal business hours on Saturday, September 11. For additional information, call BAAC at 847-382-5626 or **Tina Han Gallery** at 847-382-1030.

Back to School with Madeline at Tommy-Terri

As school bells ring and children line up in two straight lines, **Tommy-Terri** would like all our friends to come help celebrate Madeline's 60th Birthday on September 25 and 26 from noon to 2 PM at The Ice House in Barrington.

Tommy-Terri and Madeline have invited some of her close friends—Corduroy, Paddington Bear, Peter Rabbit, Spot and others—and she would like to invite you too! (There is even a sign-up sheet for an invitation at **Tommy-Terri**). Friends are asked to bring a small gift that

Madeline will give to her other friends that are in need. You can even wrap them and a KIDS Charity representative will be happy to deliver them for you. There will be activities for all and please share a piece of cake with Madeline.

While at The Ice House, be sure to visit all the unique specialty shops, the Craft Show and be sure to stop in **Tommy-Terri** for your back-to-school apparel and Madeline gifts and toys. Our staff is always happy to assist you and we can all wish Madeline... *Happy Birthday!*

Prime Time Discussion Group Canceled

The Barrington Area Council on Aging, Inc. (BACOA) is canceling the Senior Discussion Group which was held on Thursday mornings at the Barrington Area

Library due to low attendance. If you would be interested in continuing this discussion group or forming a new group, please call Carol at 381-5030.



TOMMY TERRI
 THE ICE HOUSE • BARRINGTON, IL

Come
 Celebrate
**MADLINE'S
 60TH BIRTHDAY**
 at
TOMMY TERRI
 Sept. 25 & 26
 12:00 - 2:00 PM

847.381.2005 • Ice House Mall • 200 Applebee • Barrington

Ode to Summer's End

(Sung to "Happy Birthday" unless you can get another song to work better... we couldn't.)

Now Jimmy can swim.
And Suzie can dive.
You've lived through the lessons,
Now why not take five?

Remember the brides?
The reunion in Maine?
How precious those memories.
Your mission is plain.

You can't really rest.
There's so much to do.
With zillions of photos
All waiting for you.

Where do you start?
There's such a wild mix.
I'll tell you the answer.
Just run down to **CLIX**.

They have what you need.
Just give them the word.
There're dozens of albums,
Quality assured.

So grab all your stuff,
Treasures each one.
At **CLIX** you'll find answers,
Ideas and fun...

With the over 115 styles of albums and journals in a wide variety of colors, fabrics and papers, you'll find solutions to your storage and display problems that are safe and sooo good lookin'. Stop in to see the Midwest's largest selection of albums. We'll help you find just the right album and accessories to preserve your memories for generations to come. Oh, and one more thing—we promise not to sing.

Yikes! We almost forgot!

Grandkids grab your grandparents (or vice versa) for our Grandparent Photo Blitz. It will be a special chance to capture the memory you'll never want to forget. And it's just \$42! Come join the fun on Friday and Saturday, September 17 and 18. Call **CLIX** for an appointment at **815-455-1092**.

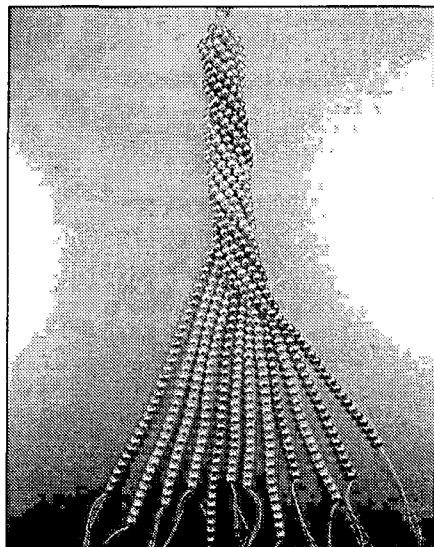
Too Hot? Think Snow!

Lake Shore Ski Club is kicking off the 1999-2000 season with a New Members Party. Join them on Sunday, September 12 at 7 PM at Joe's Sports Bar, 940 Weed St. in Chicago. Meet the members and get all the information on the 23 ski trips planned for 1999/2000. Cost of \$8 includes drinks and hors d'oeuvres.

Lake Shore Ski Club also announces

their meeting schedule and a new meeting location. Meetings will now be held every other Wednesday at John Barleycorn's at the corner of Lincoln and Belden. The food and drinks are great and reasonably priced. Mark your calendar for September 8 and 22, October 6 and 20, November 3 and 17 and December 1, 15 and 29.

New Lines at M.J. Miller & Co.



This September, **M.J. Miller & Co.** is welcoming new additions to their already wonderful collection of designer lines, including spectacular new watches from Tutima, a leader in luxurious technical watches. These watches come in steel, titanium and gold, perfect for that special gentleman in your life.

If affordable pearl jewelry is something you can use, Honora's new freshwater cultured pearls line is taking the market by storm. Starting at \$42 and most pieces staying under \$600, it's no wonder this collection is a success.

The wonders of gold, pearls and diamonds tempt even the most discerning of tastes. An unparalleled collection of beautiful brooches, pins, earrings, bracelets, neckpieces and rings makes it a tough but



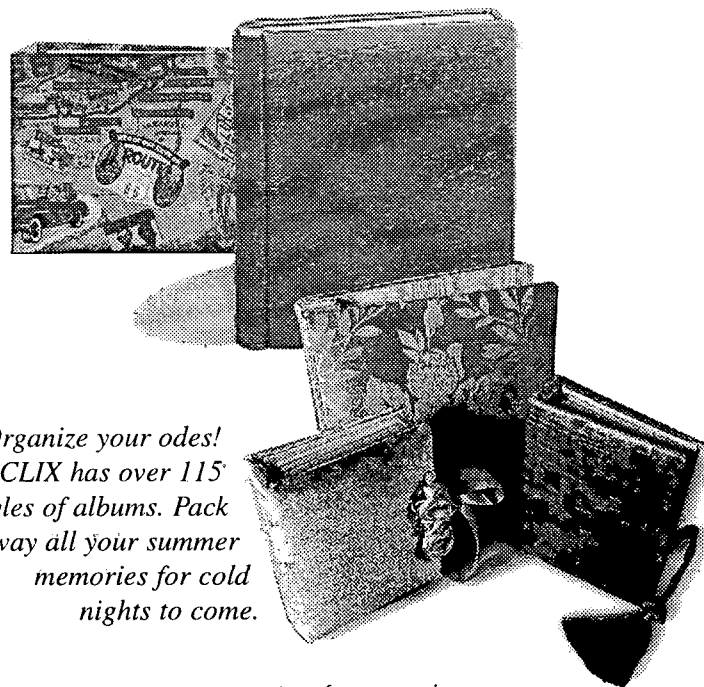
exciting choice when you come to **M.J. Miller & Co.**, a premier source of magnificent jewelry for the past 30 years.

Mark all your special occasions with jewelry and gift items from **M.J. Miller & Co.** Like thousands of others, you'll be pleased with the quality and price, delivered with the highest level of personal service anywhere!

A visit to our showroom will afford you the experience of examining some of the most exquisite pieces the world has to offer, all in an atmosphere of comfort and elegance. To have a new **M.J. Miller & Co.** catalog sent to you or to arrange a private showing, call us at **847-381-7900**.

Explore the world of fine jewelry with **M.J. Miller & Co.** located in the Barrington Commons, Barrington.

Ode to Summer's End!



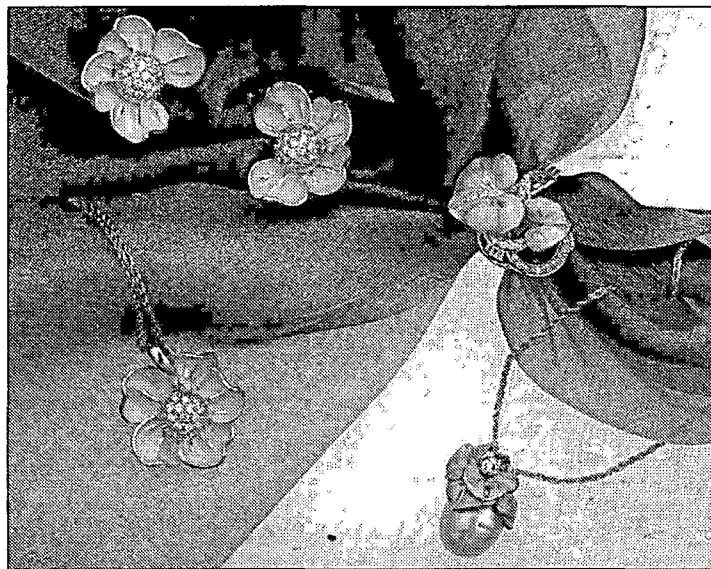
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CLIX has over 115 styles of albums. Pack away all your summer memories for cold nights to come.

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Circles of Love

Dalzell & Co. Fine & Antique Jewelry is a direct diamond importer specializing in engagement rings and wedding bands, from classic to extraordinary. We invite you to see our superb collection of fine jewelry, watches and Waterford Crystal.

23 N. Williams Street
Historic Downtown Crystal Lake
(847) 382-3944 or (815) 455-3600

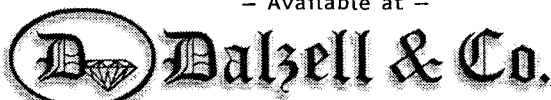
Monday through Saturday,
and also by appointment.
Open late Thursday.



Please Call for a
FREE Catalogue

OSCAR HEYMAN & BROTHERS

— Available at —



"Circles of Love" at Dalzell & Co. Fine Jewelry

Considering the important purchase of an engagement ring, wedding band or anniversary band? Make your first visit to **Dalzell & Co. Fine & Antique Jewelry**—a direct diamond importer—for 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. The "Circles of Love" collection offers 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 including the popular Millennium Collection; watches by Maurice LaCroix, Swiss Army and Cyma; antique estate pieces; and custom jewelry design.

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.

In Appreciation of
All Grandmothers for
Grandparents Day
Get 10% OFF All Clothing

Bring in Ad

\$4.00 OFF Any Purchase Of
\$20.00 Or More

Not Valid With Other Sales • Present Coupon At Time Of Order
1 Coupon Per Purchase Per Customer • Expires 9/30/99



Russ Bears
from the Past

LITTLE MUNCHKINS
"Shopping at Little Munchkins
is a Grandmother's Dream"

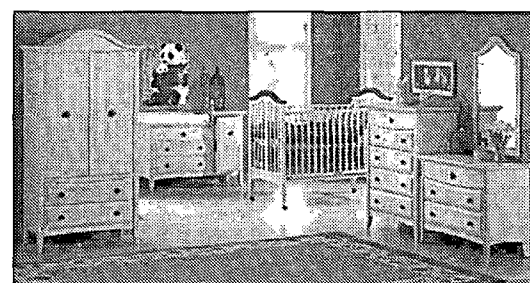
200 North Hough Street • Barrington • 381-3960

Shopping at Little Munchkins is a Grandmother's Dream

In appreciation of all grandmothers for Grandparents Day, you'll receive **10% OFF** all clothing at **Little Munchkins!** (Be sure to take in the ad!)

In addition to beautiful clothing for sizes preemie to four toddler, **Little Munchkins** also carries the exquisite, upscale Ragazzi furniture: twin beds, bunk beds, dressers, cribs and bedding, along with the latest in cradles and strollers.

Why not select a cuddly teddy bear or other plush toy for that little grandchild?



Little Munchkins has lots to choose from!

Little Munchkins is located at 200 N. Hough Street in downtown Barrington.

New Works By Cathy Edgar



Breakfast at the Lodge

Oil

16" x 20"

DUNTON GALLERY

18 So. Evergreen Ave., Arlington Heights, IL
Phone (847) 818-0694 • Fax (847) 818-0695

www.duntongallery.com

Dunton Gallery Artist in Danada Show

Dunton Gallery is proud to announce that **Cathy Edgar**, one of its most avidly collected artists, will be among a select group of painters who will be included in the **Danada Sculpture Show** (September 18 and 19 in Wheaton). For the very first time, this nationally recognized show is being expanded to include 100 paintings from selected painters' work to be both on display and for sale in addition to over 500 sculptures available.

Cathy is developing a strong national reputation through recognition of her work in various national competitions and shows such as Oil Painters of America, National Oil and Acrylic Painter's Society and the American Artists Professional League in New York.

Although most of Cathy's paintings tend to be somewhat formal still-lives, because she has such a delightful sense of humor, she is also able to capture whimsy in her subjects

as well. For the most part, Cathy is self-taught but she continues to seek instruction from some of the finest teachers in the Colorado area where she resides.

Among the many skillful applications of her talent is her ability to capture reflections of light while conveying the translucence of various surfaces. Whether in a reflective mood such as in *Half Full* or celebrating the abundance of a garden harvest as in *Can Cathy Can?* or conjuring up days of old in *Victorian Charm*, one cannot help but be impressed and drawn into the painting.

Dunton Gallery is located at 18 S. Evergreen Ave. in the heart of downtown Arlington Heights. Open Tuesday through Thursday from 11 AM to 5 PM, Friday from 11 AM to 8 PM, Saturday from 10 AM to 4 PM and Mondays by appointment only. Feel free to visit our website at www.duntongallery.com or call for more information at 847-818-0694.



Half Full
Oil on Linen, 16"x20"



Can Cathy Can?
Oil on Linen, 14"x18"



Victorian Charm
Oil on Linen, 24"x12"

Douglas Pekarek Joins Tootsies!



Tootsies is proud to have Douglas join their staff as the buyer/manager of children's shoes. Douglas, a Chicago native with 20 years experience, has long been a local favorite at the Village Cobbler Shoes at the Ice House Mall. He has many friends and customers in the area and brings great experience and expertise along with his friendly smile.

We're very proud of all of our staff and feel very confident we can give the professional and friendly service you deserve.

Green Thumbs Garden Club

Elizabeth Abler, author of *Secrets of Miniature Roses*, will lead the Green Thumbs Garden Club through a flower arranging workshop at the club's meeting in September. Mrs. Abler who is an American Rose Society and Flower Arranging Judge, will demonstrate two small fresh flower arrangements that can be used as a decoration in the home or as a gift. The arrangements will follow established guidelines for juried flower shows and Mrs. Abler will discuss how to achieve line, balance and harmony in the arrangements. Mem-

bers and guests should bring one small container and garden snippers to the meeting. The second container and the flowers for both arrangements will be supplied.

The meeting will be held on Monday, September 20 at the Barrington Area Library, 505 N. Northwest Highway at 12:30 PM. Guests interested in membership are welcome but must pre-register by calling 847-381-5358 by September 10. There is a \$10 fee for non-members. For more information, call 847-381-5358.

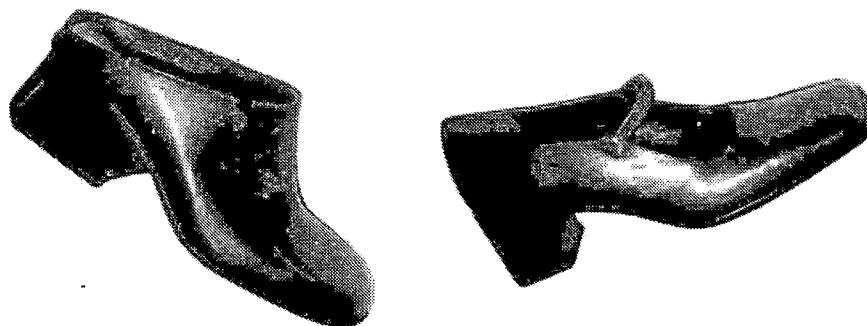


Britain. Its influence is felt warm and relaxed on the shoulders of today's gentlemen, those discerning enough to carry British tradition with them in this, the New World. For the standards of Austin Reed cast a long, fine and unimpeachable shadow across all pretenders of English haberdashery. A true gentleman's search for authentic refinement, style and grace ends here—a collection of tweeds and window-pane checks meticulously woven into sportcoats as well as luxuriously handsome wools crafted into suits of the most polished silhouettes. Indeed, Austin Reed is an inspired tribute to the old world elegance of Great Britain., suitable for your active life. The Austin Reed Fall Collection features a level of sophisticated elegance appropriate for all occasions. The classic yet modern silhouette instills a feeling of confidence. Suits, sportcoats and slacks are comfortably tailored from the finest fabrics. Austin Reed. Consistently a proven winner.

Austin Reed is available at **Chuck Hines** on Main Street in downtown Barrington.

Tootsies

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



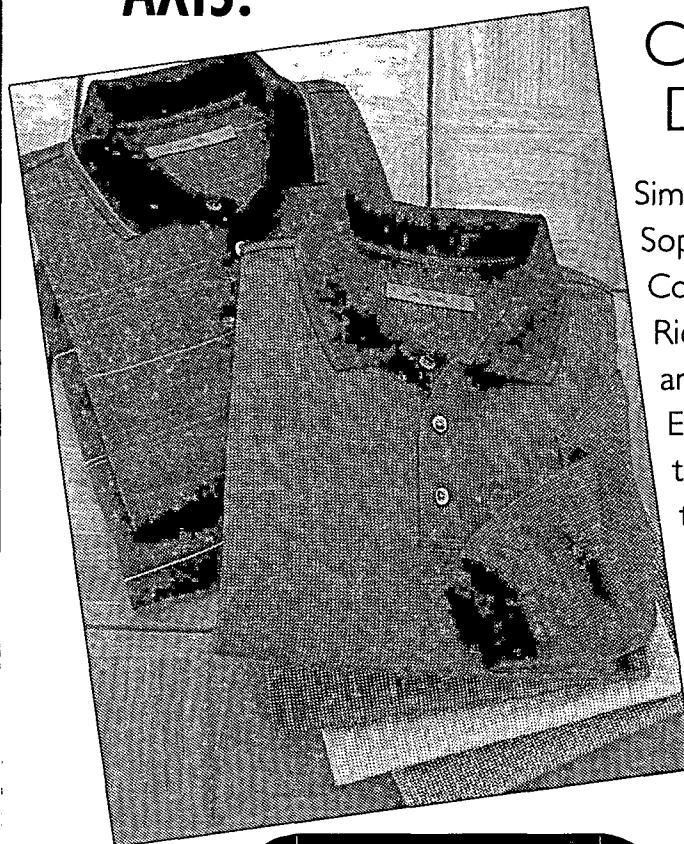
VIA SPIGA

arrives at **Tooties**, via Milan!

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

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

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Combining
Rich Texture
and Subtle
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The FOUNDRY of BARRINGTON

A Special Ambiance Awaits You at the Trianon

Autumn is quickly approaching and, before you know it, the holidays will be right around the corner. Like squirrels getting ready for winter, we at the **Trianon** have been gathering one-of-a-kind items, gifts, florals, lamps and accessories of all kinds.

The **Trianon**, located in The Foundry, has just that special touch to enhance your home for holiday gatherings and culinary extravaganzas. Perhaps it could be a lovely mirror for the dining room to reflect that sumptuous feast or an armoire, chest or sideboard to finish off a room. All of these wonderful items are just wait-

ing to be transported from the **Trianon** to your door.

The **Trianon's** picture gallery is sure to have that perfect selection that is just right for you. Florals by the stem and arrangements of all colorations are just waiting to fill that quiet corner.

If you haven't yet visited the **Trianon**, there is no time better than now to enjoy the special ambiance and savor the **Trianon** experience.

The **Trianon** welcomes you Monday through Friday from 10:00 AM to 5:30 PM and Saturdays from 10:00 AM to 3:00 PM.

Why Do Smart Kids Struggle?

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

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

ACT/SAT
Prep Course
Available

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

Weak Basic Skills

Frustration with School

Lack of Confidence

No Motivation

382-3655

722 W. Northwest Hwy.
Barrington



THE HUNTINGTON LEARNING CENTER®
Your child can learn.

Learning Centers Help Children Make the Move Back to School

As September approaches, parents are calling learning centers across the country to help their children make the move back to school. This is especially true of parents whose children are reluctant, or even frightened, about returning to the classroom in September. The specially trained teachers and personal attention offered at a learning center can give a child a much-needed shot of self-esteem to start the new school year.

According to Dr. Raymond J. Huntington, founder and president of **Huntington Learning Center**, it is natural for children to experience some anxiety when entering a new classroom environment. However, he says, "When anxiety turns to dread, it is important to find out why and help them move past it. At our learning centers, we focus on three building blocks that help a child overcome fear of school: skills, confidence and motivation. When a child has all three, success follows."

He outlines the three main ways **Huntington Learning Center** can help a child succeed in school, come September and throughout the school year:

- **We build skills**—Children become frustrated when they cannot keep up with classmates or school assignments due to a lack of basic skills. If a child was having problems at the end of the last school year, the introduction of new material will be even more overwhelming. By working on a child's areas at our learning centers, new knowledge can be mastered.

- **We build self-confidence**—Without self-confidence, a child may not feel capable of success in school. To build a child's confidence, we set reasonable ex-

pectations and attainable goals, praising the child's achievements. When children find that they can complete small tasks, they feel better about moving on to bigger challenges.

- **We build motivation**—When a child is unmotivated, he or she may be expressing boredom or frustration with the materials being studied. At **Huntington Learning Center**, we know that the key to motivating children to learn is to make learning interesting. In addition, we encourage parents to look for real world opportunities to show their children the value of schoolwork.

Dr. Huntington adds, "The diagnostic test taken by students at **Huntington Learning Center** is the first step toward academic success. After diagnosing a child's exact strengths and weaknesses, a customized program of instruction can be prescribed. Our goal is to help children reach their full potential."

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 across the country.

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**.

Orchids Topic for Four Seasons Garden Club

On September 7, the Four Seasons Garden Club will meet at a member's home at 9:15 AM. The speaker will be Herman Pigors of Oak Hill Gardens. The topic will be "Orchids for the Home" and the club's Annual Perennial Plant Sale.

Mr. Pigors will give an overview of the

home growing of orchids. He will bring a variety with him and talk about light and watering requirements, soil and fertilizers. He will also answer questions.

After his presentation, the club will hold its Annual Perennial Sale.

Call Judy Palmer at 304-8801 for details.

L'Auberge

A. Golden Day Spa & Salon

L'Auberge
Wants to Take
Care of You!

764 W. Northwest Hwy.
Barrington

847-277-7000

Tues. & Thurs. 9-8, Wed., Fri. & Sat. 8:30-5

L'Auberge Wants to Take Care of You!

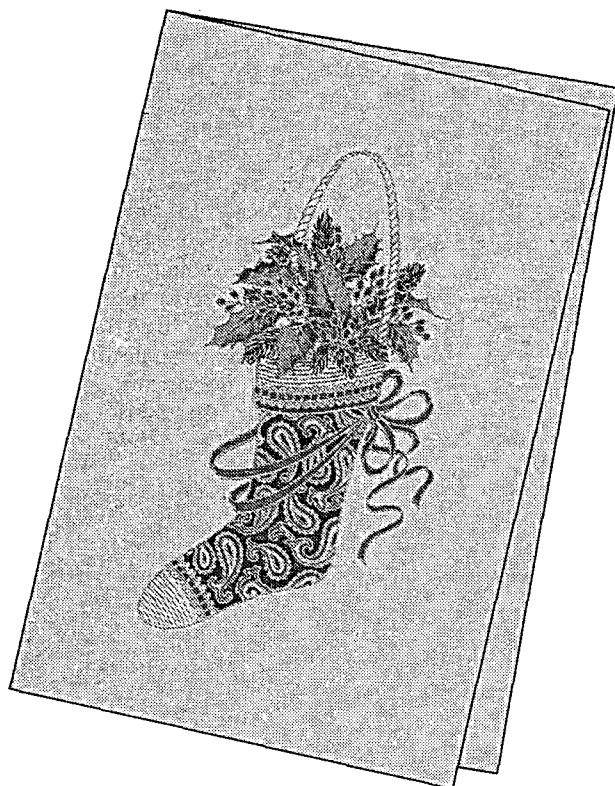
This is the time of year when there is so much to do. It's the time of the year when the kids are going back to school and they need their look shaped up. Come on in! Our stylists enjoy working with young people. Our stylist Rachael has made herself especially available to work with children. Rachael will be happy to create a look for your youngster getting ready for the new school year. (The charge is \$20 for ages 13 and under.) **L'Auberge** also has other services to get ready for school.

How about for the parents? For the month of September, our massage therapist Michelle, who is specialized in both Swedish and Deep Therapeutic Massage as well as Reiki and Pregnancy Massage, will be offering \$10 off your first massage with her. Please phone **847-277-7000** to make your appointment. Remember, **L'Auberge** is a full-service salon offering facials, massages, nail and hair services. At **L'Auberge**, we want to take care of the whole family. Let us take care of you.



The FOUNDRY of BARRINGTON

Hard to Believe Christmas is Coming!



It's not too early to select your holiday cards, especially when **Little Shop of Papers** is offering a **15% savings** if your order is placed by September 30.

There are over 40 Christmas albums to choose from and the variety is endless—religious, traditional, millennium inspired, whimsical and more! Many albums are devoted entirely to photo cards for that special personal touch!

So mark your calendars—Monday, August 30 through September 30 to enjoy **big savings** (free return address with many companies to double your savings)!

Little Shop of Papers is conveniently located in the Barrington Foundry, corner of Hart Rd. and Northwest Hwy. Hours are Monday through Saturday 9:30 AM to 5:30 PM; Thursday 9:30 AM to 7:00 PM.

Harvest Collection at Barrington Bath Shoppe

More than any other season, autumn marks a return to the comforts of hearth and home. We enjoy the pleasures of this special time of year. Crisp, clean air is a welcome change after the hot, humid days of summer. The scents of autumn come indoors with Crabtree & Evelyn's® Harvest Home Collection. Harvest is created with a tapestry of spice colors, textures and fragrance accents to evoke walks along a leafy path, the aroma of fresh cranberries or the warmth of a crackling fire.

A wide variety of Harvest products are available. The Scented Botanicals are a striking blend of fruit, rinds, moss balls and miniature pumpkins, scented with our Harvest fragrance. The Room Spray offers an easy way to scent rooms, drawers and closets. Polished stones, minerals and glass in colors of amber, jade, lapis blue and citrine mix together with fragrance in the Harvest Mineral Potpourri. Use the concentrated Environmental Oil with a light bulb ring diffuser to impart the scent of Harvest to rooms. A few drops will also refresh the scented botanicals or mineral potpourri.

The Harvest candle story evokes the quiet elegance of late autumn days. A rich,

subdued color palette of acorn, wheat and slate provides visual excitement. Acorn is a rich, reddish nut-brown. Wheat is the color of a wheat field after the harvest. Slate is deep blue with just a hint of gray. The candles may be placed on our unusual leaf-shaped trays. The unique and varied candle shapes can be combined for a beautiful fall display. Also, see our collection of floating candles in the shape of fall leaves and pumpkins, corn candles, pinecone candles and so much more.

Yankee Candle Company also offers an array of fall fragrances! Our Yankee Candle Fragrance of the Month is Macintosh—like a bite out of a fresh apple. Choose from three sizes of jar candles or votives, tea-lights and tarts—all at **15% off**! Other fall scents from Yankee include Warm Apple Crisp, Harvest, Spiced Pumpkin and Spiced Apple. Coming soon are Halloween scents! The Witches Brew and Trick-or-Treat fragrances are available while supplies last.

Barrington Bath Shoppe is your source for beautiful, fragrant decorative home accents. Make your autumn selections now and enjoy them right through November!



*Oh, the weather outside is delightful,
But, soon it will be frightful!*

So now 's the time to go...

Card shopping before the SNOW !!!

Little Shop of Papers, Ltd.

is offering their annual Holiday Special!

15% Savings

on all personalized Christmas card orders
placed from August 30th to September 30th

Many card companies offer a
free return address, too!

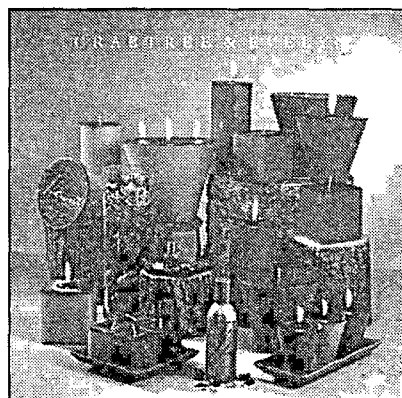
The Foundry of Barrington
(N.W. corner of Hart Road and Northwest Highway)
(847) 382-7733



Barrington Bath Shoppe

Ltd.

Fine Toiletries - Home Fragrances - Bath Accessories - Gifts



Harvest

Crabtree & Evelyn® creates
a fall collection of spice colors,
the aroma of fresh cranberries,
the warmth of a crackling fire.

Scented Botanicals & Room Spray
Acorn, Wheat, and Slate Blue Candles
Mineral Potpourri & Environmental Oil

We carry a complete selection of Crabtree & Evelyn® products!

*Scented Soaps, Body Lotions, Bath & Shower Gels, Eau de Toilettes,
Scented Botanicals, Candles, Drawer Liners, & More!*

Foundry Mall
Barrington
382-5722

Gift Baskets Made to Order!

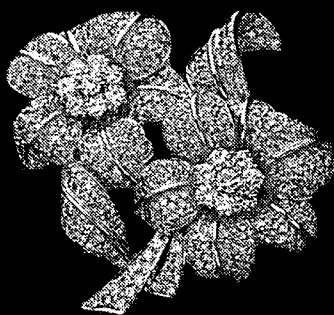
Franchises Available!

www.barringtonbathshoppe.com

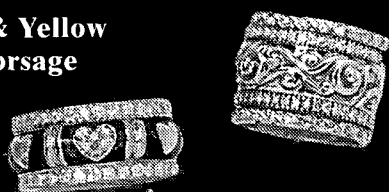
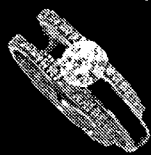
Randhurst Mall
Mt. Prospect
797-6992

Burdeen's Jewelry

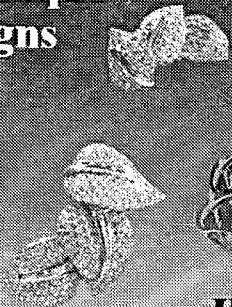
"For those
who know the
difference"



White, Pink & Yellow
Diamond Corsage



Over 30 Cases of Unique
and Custom Designs



Hidalgo Rings

Diamond & Enamel Stackable Rings

Exclusively at Burdeen's

1148 Lake Cook Road • Buffalo Grove, Illinois • 847.459.8980

Whispering Opulence

Yellow diamonds and black or multi-colored pearls from Tahiti are just some of **The Burdeens'** favorite jewels that will have everyone "who knows" whispering when you enter a room.

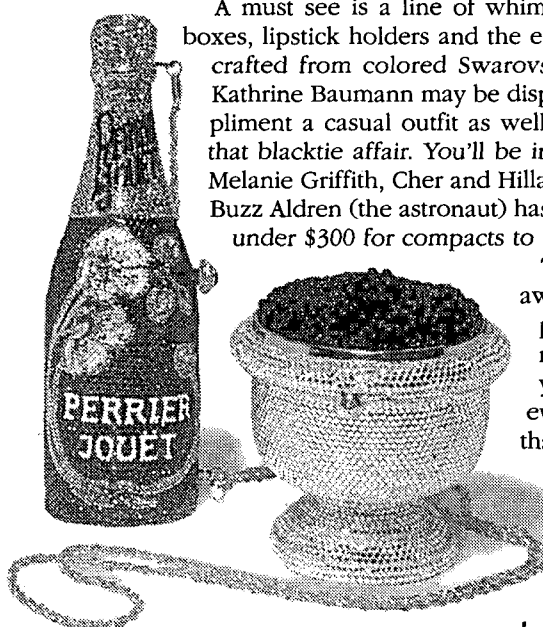
Other sensations that will help lovers mark "the millennium" are platinum or 18K lockets that are adorned with the ever feminine bow; when opened, you'll find a jewel of your choice or a mini plaque with the perfect secret message also of your choice. These lockets are part of the couture line from Kwiat—not available just anywhere!

Respected in their industry, **Burdeen's Jewelry** was invited to the prestigious Couture Show in Scottsdale—all expenses paid including blacktie evenings with star entertainment. They were wine and dined for five days at the Phoenician. They invite you to observe for yourself by the guest list posted in their store—they were the only jeweler in the surrounding area invited to this show. What this means is that they alone are privileged to carry couture lines of their choice. Several new lines they chose were: Hidalgo, a diamond and enamel line of stackable rings and bracelets; Baraka, a sought-after fine Italian line especially well-known for unusual men's jewelry.

A must see is a line of whimsical as well as elegant purses, pill boxes, lipstick holders and the ever sought-after perfect compact, all crafted from colored Swarovski® crystal. These works of art by Kathrine Baumann may be displayed in a curio cabinet or can compliment a casual outfit as well as become the talk of the room at that blacktie affair. You'll be in good company with Julia Roberts, Melanie Griffith, Cher and Hillary Clinton just to name a few! Oh... Buzz Aldren (the astronaut) has his own addition. Prices range from under \$300 for compacts to \$900 and up for a sexy purse.

The Burdeens want you to be aware that they do not wish to be a part of the marketing hype on the millennium. They only wish to help you with a commemorative piece of everlasting jewelry of your choosing that will still have value years later.

For the discriminating palette, sparkling champagne and Caviar, the perfect way to celebrate. Semi-precious onyx is used to richly depict the Caviar.



prairie center for the arts

Don't miss an
exciting season
of dance, jazz,
folk, classical, film,
big band and more
only at the

**Prairie Center
for the Arts**

201 Schaumburg Ct.,
Schaumburg, IL

presented by the
Village of Schaumburg

Sponsored by the Prairie Center
Arts Foundation, AT&T, Northern
Trust Bank, and by a grant from the
Illinois Arts Council, a state agency

1999-2000 Season of Entertainment

Glenn Miller Orchestra - Sept. 10
Branford Marsalis - Sept. 19
Marshall Crenshaw - Oct. 2
It Happened One Night - Oct. 14
Adventures of Robin Hood - Oct. 21
Frankenstein - Oct. 28
Buddy Holly & the Crickets - Nov. 6
Milwaukee Ballet - Nov. 13
Roosevelt Univ. Jazz Ens. - Nov. 19
Debbie Friedman - Nov. 27
The Nutcracker - Dec. 3, 4, 5, 10, 11 & 12
Holiday Show - Dec. 18
Elizabeth - Jan. 6
Henry V - Jan. 13
Madness of King George - Jan. 20
Vienna Choir Boys - Jan. 21
Jim Post & Randy Sabien - Jan. 29
Ed Wood - Feb. 10
Pi - Feb. 17
Spyro Gyra - Feb. 19
Jellyeye - Feb. 20
Rushmore - Feb. 24
Hansel & Gretel - Mar. 4 & 5
Storytelling Festival - Mar. 11
Schooner Fare - Mar. 18
Roosevelt Univ. Wind Ens. - Mar. 19
The Bobs - Apr. 1
Jump Rhythm Jazz Project - Apr. 8
Rope - Apr. 13
Rear Window - Apr. 20
Psycho - Apr. 27
John Mayall - Apr. 28
Dick Hyman - May 20

for tickets, call (847) 895-3600

Schaumburg Prairie Center to Kickoff 1999-2000 Season of Entertainment

Jazz, dance, oldies, story-telling and a brand new film series highlight the **Schaumburg Prairie Center for the Arts'** 1999-2000 season of entertainment. The 442-seat performing arts center, located at 201 Schaumburg Ct. in Schaumburg, is now entering its 14th year of presenting arts and entertainment to the Northwest Suburbs.

The millennium season kicks off retro-style with a performance by the Glenn Miller Orchestra at 8:00 PM on Friday, September 19. Jazz aficionados will also appreciate performances by Branford Marsalis at 7:00 PM on Sunday, September 19; Spyro Gyra at 8:00 PM on Saturday, February 19; and pianist Dick Hyman at 8:00 PM on Saturday, May 20.

More contemporary sounds can be heard when pop rocker Marshall Crenshaw appears at 8:00 PM on Saturday, October 2. A tribute to the man who rose to fame with *That'll Be the Day* and *Peggy Sue* is performed by Buddy Holly and the Crickets at 8 PM on Saturday, November 6. A cappella quartet The Bobs appear at 8:00 PM on Saturday, April 1 and pioneer blues legend John Mayall performs with his Bluesbreakers at 8:00 PM on Friday, April 28.

Dance takes the stage as Milwaukee Ballet presents a George Balanchine repertoire at 8:00 PM on Saturday, November 13. Percussive Chicago dance company Jellyeye performs at 7:00 PM on Sunday, February 20 and another local troupe, the

contemporary Jump Rhythm Jazz Project, appears at 8:00 PM on Saturday, April 8. The Schaumburg Dance Ensemble, featuring area professionals and student dancers, presents two productions: *The Nutcracker*, running for eight performances from December 3 through December 12; and *Hansel and Gretel* on March 4 and 5.

Folk and jazz blend for one night when singer Jim Post and violinist Randy Sabien join forces at 8:00 PM on Saturday, January 29. Folk music in the Irish tradition enlivens the St. Patrick's weekend with Schooner Fare at 8:00 PM on Saturday, March 18. And, in a league all their own, the engaging Vienna Choir Boys come to the **Prairie Center** for one performance at 8:00 PM on Friday, January 21.

Two special holiday programs are planned this winter. Folk singer Debbie Friedman presents an evening of Jewish folk music in a program celebrating Hanukkah at 8:00 PM on Saturday, November 27. The Schaumburg Youth Symphony Orchestra, directed by Joseph Malmquist, will present a holiday program of classical and popular music featuring guest artists at 7:30 PM on Saturday, December 18.

The success of last season's Story-telling at the **Prairie Center** has merited a repeat performance this season on Saturday, March 11. This season's roster of story-tellers include Gay Ducey, Dan Keding, Janice Del Negro, The Healing Force and Nancy Donoval.

(Please continue on page 52)

Chers Amis...

August brought us at **D & J Bistro** a nice surprise... Sherman Kaplan reviewed us, unbeknownst to us, and wrote eloquently about our bistro in the August issue of *North Shore Magazine*. For us, it is a reward for our absolute commitment to the success of our 12-year-old bistro. Here are some highlights:

"The waiter was from Paris, the wine from St. Emilion and the food from heaven. If that's an exaggeration, it's only a minor one. D & J Bistro has been around for more than a decade, somewhat a pioneer of bistro cookery... The restaurant may be in a not- especially-attractive strip mall, but you lose sight of that the moment you enter... diners

who come here regularly know that the food is the thing. That service is so amiable only makes things better... Like good restaurants everywhere, the menu changes regularly with the season and availability, but there are standards to be enjoyed year-round... steak frites... paella... saddle of rabbit..."

Thank you so much for the recognition. Thank you for your continued support. We will go on working hard to keep **D & J Bistro** the place where things are happening.

Dominique, Jacqueline & Masato (chef-owner)

Time for Fall Framing?

With summer activities over, the kids back in school and the holiday season approaching, now is the perfect time to plan your home decorating needs. **Art and Frame Galerie, Ltd.** is ready to provide you with that special print or original graphic to complement your furnishings.

Terry Ingerson, owner of **Art and Frame**, is proud to announce the addition of Brian Baker, Certified Picture Framer, to the staff.

Brian brings 10 years of framing experience to the gallery and is able to turn your artwork or photo into personal masterpieces.

For a solution to your wall decorating needs, stop at **Art and Frame Galerie** located in Lake Zurich or call 540-8070.



Brian Baker, Certified Picture Framer

The shop is conveniently located at the corner of Rand Rd. and Rt. 22 behind the First Chicago Bank and next to D & J Bistro Restaurant.

Announcing Our Preschool— Now is the Time to Plan for Fall!

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, 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 for fall enrollment! We are happily celebrating our 6th year in the community. *Come join the fun!*

Upcoming Volunteer Opportunities at Shelter, Inc.

British Car Show: Sunday, September 12— Enjoy the beautiful campus of Oakton

Community College and volunteer for the British Car Show, an annual event. Shel-



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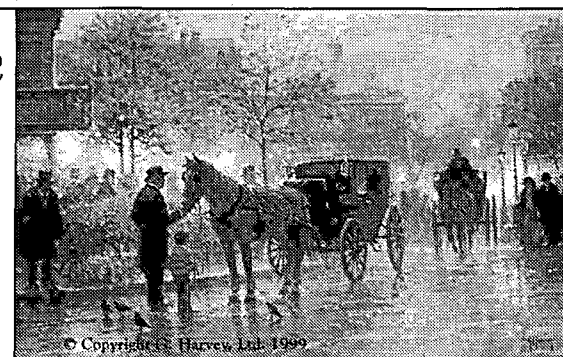
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Barrington Community Child Care Center Register Now for Fall Preschool

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

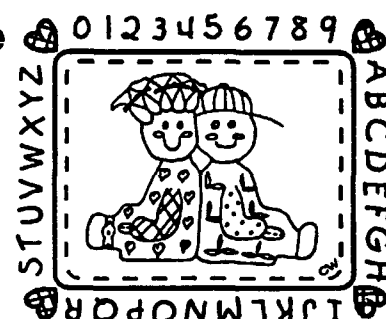
Applications Now Being
Accepted for Fall

Hours: 7am - 6:30pm

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

381-0272

Barrington



ter volunteers provide parking directions for a \$2 donation. Two shifts are available, 8 AM to noon and noon to 4 PM.

Shelter, Inc. Thrift Shop Volunteer Orientation: Wednesday, September 15— Join the wonderful team of volunteers at our newly expanded Thrift Shop in Schaumburg. Fall volunteer orientation is scheduled for 4 PM to 5 PM. Volunteers sort, price and display donated items. We also need cashiers and sales volunteers. Make friends and receive a discount after 16 hours of service. Weekly commitments are encouraged.

The Mix 101.9 Volunteer Fair: Saturday, October 9— Shelter needs volunteers

to staff an information table at Navy Pier's Volunteer Fair.

Shelter, Inc. Charity Ball: "The Starlight Room," Friday, November 19— Volunteer at Shelter's premier event. Help with our silent and live auction. Sell tickets. Work in the finance or retrieval room and many other areas.

Shelter, Inc. Holiday Gift Giving Program: December 6 to December 23— Join the many dedicated community members and corporations in giving the children at Shelter much needed holiday gifts. Each child makes a wish list and you can shop.

You can volunteer by calling Susan Glassman at 847-590-6188.

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For an Oompah Good Time

Looking for a great time? Be sure to book your reservations now for **Fritzl's Octoberfest**. Join The Alpine Combo on Friday, October 8 for cocktails, dinner and dancing.

Dinner includes: Alpine salad, unlimited bratwurst and thuringer, Bavarian baked chicken, potato salad, sauerkraut, red cabbage, dinner rolls, coffee and apple strudel. Cost is \$29.95 per person (includes dinner, a live band, tax and gratuity). Cash bar features German beer, wine and liqueur.

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

Fritzl's also has elegant banquet facilities that can accommodate from 20 to 150



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

And remember, **Fritzl's Country Inn** in Lake Zurich has the friendliest staff in town!

Childhede Gallery Invites You to Gallery Walk

We have original art, antique and contemporary prints, restrikes, inexpensive quality prints and posters. Also, any specifically ordered selections from our extensive catalog and source collection will be at no extra charge. Personal requests for a certain antique artist or theme prints selection will be at no additional charge as well (within reason).

The outstanding moulding selection offers choices in rich, subtle, old-world, aged leather-like and gold elegance; hand-

carved gold leaf or 22K gold; or Frame Guild™ museum quality framing. The beautiful hardwood and exotic wood profiles are also available with or without splining, rounded corners, several hicks, blocks and architectural styles. A specific wood can be custom milled in 50 different profiles.

These selections combined with additional traditional, modern, northwoods, creative fun and metal selections offer framing for all environments and priorities.

BAAC Hosts 13th Annual Gallery Walk

On September 10 and 11, the Barrington Area Arts Council (BAAC) will sponsor Gallery Walk '99. Joining the BAAC Gallery and the BAAC Gallery at the Library are seven Barrington area galleries and establishments that house art exhibits. Bright blue balloons will identify the participants, which include Barrington Library Sculpture Garden, Chesterfield Galleries, Childhede Gallery, Finns Fabrics by Dyllis, Kaleidoscope Gallery and School of Art, Studio G and the Tina Han Gallery.

The Walk will begin Friday evening at 6 PM and will end at 9:00 PM. Visitors can enjoy refreshments at most locations as well as a variety of musical entertainment. On Saturday, the Walk will continue during regular business hours (hours vary at each gallery).

Join the community of Barrington for BAAC's 13th Annual Gallery Walk. For more information, call the BAAC Gallery at 847-382-5626.

GSH Participates in The 1999 American Heart Walk

Good Shepherd Hospital will once again be participating in The American Heart Walk on September 19, 1999 at 8 AM. In the past, the event has taken place within the Barrington community. This year's event is anticipated to have 3,000 walkers, so the location has changed to Busse Woods, Ned Brown Meadow in Rolling Meadows.

This event takes place throughout the country at approximately 1,000 locations. The focus is geared toward walking as an important part of a heart-healthy lifestyle. All revenue generated from the event fights cardiovascular diseases and stroke — America's #1 and #3 killers.

Participants enjoy walking a 2 to 4 mile

course on the day of the event. Live entertainment, health screenings and nutritious refreshments will also be provided. The added benefit comes from the great feeling of helping in the fight that ultimately effects everyone. We don't want to lose that fight. By joining in the walk, there will be a greater chance in winning.

Walkers are encouraged to raise \$100 or more by collecting donations from friends, co-workers and family members in order to qualify for thank-you gifts. Proceeds benefit the American Heart Association's programs of research and education. To join Good Shepherd Hospital's team, contact Cheryl Smith, public relations manager, at 847-381-0123, ext. 5060.

and to provide cultural development and enrichment for all ages. It also serves as a fund-raiser for the festival and to help underwrite next year's festival and other "healthy community" programs which reach area communities throughout the year. Ela Festival of Arts is presented by

Ela Communities for SUCCESS (ECS) and Cultural Arts Connection (CAC), a non-profit organization.

Admission is by donation and will help to support the festival and area community programs. For more information, call Barbara Evans, Director, at 847-540-1919.

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Ela Festival of Arts '99— The Festival that Celebrates the "Fine Art" of Community



Continuous music, dance, theatre and fine art exhibits featuring amateur and professional talent will be offered throughout the day.

The 4th Annual Ela Festival of Arts will be held on Saturday, September 11, 1999 from 10:00 AM to 5:30 PM lakeside on the 40-acre grounds of Paulus Park in downtown Lake Zurich. The park is located on Rt. 12 (Rand Rd.) about ½ mile north of Rt. 22 (Main St.).

This unique arts festival celebrates all of the arts and features over 60 regional and area fine artists in a Juried Fine Art Exhibition & Sale. An eclectic array of music, dance, theatrical and poetry performances on three stages will be offered with over

500 performers from Chicago and area communities. Featured performers include: the renown River North Dance Company; Association of Rajathanis in America (East Indian Folk Dance); Chicago Metropolitan Jazz; the old-time radio theatrical group Lake County Radio Players; and, a family favorite, the Alpine Community Theatre's production of *The PaperBack Bandit Rides Again* featuring children from many area communities.

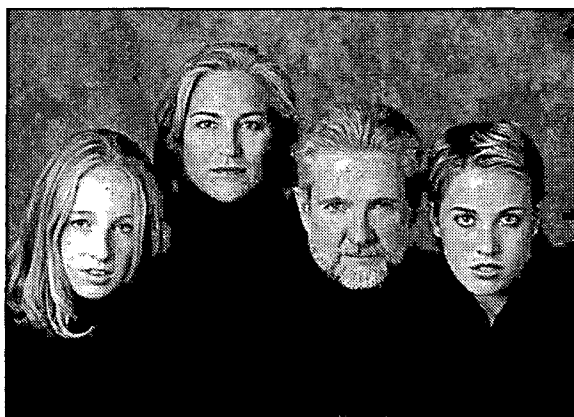
The purpose of this popular annual family event is to showcase all of the arts

Capture Those Precious Moments

Now is the time to have your holiday portraits created! Portraits of your children or your family make wonderful holiday gifts for others or even yourself.

Let **Portraits by Thomas** create images that will grow in value and last a lifetime. We frequently hear our clients say they regret having missed capturing certain stages of their children's development or their family's history, and now their children are grown with families of their own.

Take time to capture these precious moments. You will be so glad you did.



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We look forward to serving your artistic cravings, whether it is a completed picture for your wall, a frame for one of your treasures, or art supplies to capture your imagination on paper or canvas.

Visit our gallery and store located at 41 East Northwest Highway in Palatine.

Sapphire September Birthstone

Mitchell's Jewelers, as always, wants you to know as much as possible about gems and jewelry. So here is some information about sapphire, the birthstone for September.

Sapphire is of the corundum family and consists of any color except red (ruby). Red, light red and red with a violet overtone is always ruby. All other colors of corundum are sapphire. The word Sapphire is derived from the Latin word Sapphirus, Greek (Sappheiros), and Hebrew (Sappir). Historically, sapphires have been called many names. Sapphiros was the word Romans used which meant Lapislazuli, green sapphire was called "emeralds," and purple sapphire was called "amethyst."

Sources include Burma, Thailand, Sri Lanka, Africa, Australia and U.S. (Montana). Kashmir, India produced some of the most beautiful sapphires in its day, but little since World War II.

Colors include blue in various hues, colorless, pink, orange, yellow, green, purple and black. The hardness is 9 (same as ruby), toughness; good. Sapphires are

commonly heat treated to produce color in colorless sapphires or to intensify color, make color uniform or to lighten stones.

Star Sapphires are sapphires that are never completely transparent, because they must have enough silky, needlelike inclusions to produce a star. They occur in almost every color ruby and sapphire that exist, although orange and yellow are almost unknown and green is very rare. The most common is black. Today most of the Star Sapphires bought in jewelry stores are synthetic (most colors other than black which is usually genuine).

At **Mitchell's Jewelers** we will take the time to show you what you need to know to buy quality gems and jewelry. So don't miss out on **Mitchell's Jewelers** Birthstone of the Month Sale. Save on all sapphire jewelry and loose stones during the month of September, at **Mitchell's Jewelers**, 10 North Dunton in downtown Arlington Heights.

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

The Barrington Area Historical Society Presents "Doorways Through the Decades"

"Doorways Through the Decades" is the title of the 1999 Barrington Area Historical Society's popular Home Tour. Every year, the Society's Home Tour Committee presents 4 or 5 historically significant homes in the community for public viewing. This year, the society is featuring five private homes. Most of the homes on the

tour are located in the village within easy walking distance of each other. Another is situated on a lovely Barrington Hills site just west of town.

Unlike most of the previous home tours which showed homes from different periods, this walk will feature five charming homes that were all built around the turn

*Life is short.
Time is valuable.
Children grow so
fast, they seem to
change everyday.
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can preserve the
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During the Month
of September

Mitchell's Jewelers

Six generations of experience in the art of jewelry.

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of the century when the Barrington area was a sleepy rural area heavily steeped in agrarian domesticity and culture. During this time, from 1890 to 1920, most of the homes being built in the Barrington area were fashioned on the farmhouse theme. The society's five lovely homes follow that same architectural trend. Each one of these homes has changed drastically from its country beginnings to accommodate the busy lifestyles of the young families that now reside in them. But each maintains a semblance of its originality whether its the high ceiling in one home, the gingerbread facade of another or the solid wooden floors of still another.

The proceeds from "Doorways Through the Decades" benefit the Barrington Area

Historical Society which is a private, non-profit institution whose mission is to collect, preserve, document and exhibit the history of this area and to provide specialized education programs for the community.

The BAHS Home Tour will be presented on Sunday, October 3 from 10 AM to 4 PM. Tickets for the tour may be purchased in advance for \$20 at the Barrington Area Historical Society at 212 West Main St. or at Ambrosia Patisserie at 710 W. Northwest Highway. Tickets may also be purchased the day of the Home Tour for \$25 at Ambrosia Patisserie.

For more information regarding the Barrington Area Historical Society's Home Tour, contact the BAHS at 381-1730.

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Jeweler to Exhibit Orchid Sculpture and Jewelry at Art in the Barn

Isaac Kornhauser, owner of IK Design Jewelry in Barrington and The Golden Orchid, has been selected to exhibit his original orchid jewelry and sculpture at this year's Art in the Barn scheduled for September 25 and 26 at Barrington's Good Shepherd Hospital.

Kornhauser will display a line of 18-karat gold and sterling silver orchid jewelry as well as orchid sculpture in gold and silver that represent exact replicas of original blossoms and plants. He uses a unique process called lost-wax casting that makes an original mold of an orchid, capturing every crease and crevice.

An orchid grower, Kornhauser said his

designs immortalize the beauty of Mother Nature. "These pieces are not someone's interpretation of what only Mother Nature can create," he said. "They replicate nature in its purist form."

The orchid jewelry collection includes blossoms representing unlimited different species and retails for \$25 to \$250. Kornhauser's orchid sculpture detail an entire orchid plant and are set on a burl root base. They retail for \$195 to \$6,500.

The Art in the Barn show attracts top artists from across the country. According to organizers, out of more than 300 applicants, only 150 exhibitors were selected by a panel of professional jurists to par-

Art Brokers—A Gallery of Access

It is only rarely that a gallery reaches a level of such profound significance that it becomes a reference point for an entire genre of collectors.

The Frame Corner Fine Art Gallery is such a gallery. It has developed a program of accessibility to well known artists such as Modigliani, Erete, Degas or Warhol and living artists such as Kinkade, Tarkay or Hibel. This clarity of voice through accessibility and the unmistakable gallery style are also the ingredients which attract so many different kinds of collectors and admirers from near and all over the world. This gallery is for every person who has felt a sense of direct communication and even awe that comes from viewing paintings,

sculptures and prints. Whether it's through a turn of the century street scene, a portrait or landscape, **The Frame Corner Fine Art Gallery** tells a story of accessibility in some way to every market and nearly everyone who enters the gallery. The original prints and giclées can be seen at any time and are located through our vast network of source files throughout the world. A visit to our gallery is an event, but we can also help you with your needs such as framing and color identification with a visit from our designers at your home. It is our accessibility that give you endless possibilities to your collecting tastes and knowledge of what is available and consultation to all individuals.

Mid-Year Check Up by Sharon L. Keller, J.D., LLM

September is here and summer is soon becoming a memory. It is not too early to begin working on reducing your 1999 tax liability. This article will discuss a few ideas to help you begin that process.

Investments

The stock market, because of its volatility, is not the best investment for short-term investments. Funds that you need for tuition or a down payment on a house should be in something more conservative. Otherwise, you may have to sell stocks when the market is in a slump. If you do need to liquidate stocks, check with a tax advisor to ensure that you do it in the most tax-efficient way possible.

Vacation Homes

Renting a vacation home can offset the cost of owning and operating the property. But, the IRS has stated that the rental deductions are limited if the owner uses the property for personal purposes more than the greater of 14 days or 10% of the rental days during the year. Personal use includes any day the property is rented at less than fair market value and normally includes all the days the unit is used by the owners or their family members. By monitoring personal use for the rest of the year, you may be able to avoid the limitation on rental expenses and report a tax loss for the year.

Retirement Plans

You should take advantage of retirement plan options. The earnings of most retirement plans are tax-deferred. Thus, the sooner you fund an account, the faster the tax advantage begins. If you can afford to fund a plan now for 1999, there is no reason to wait until December 31 or April 15 (the tax filing deadline) to make your contributions. If you are self-employed and presently do not have a retirement plan for your business, you might consider setting one up for this year.

Health Care Expenses

For many years, self-employed taxpayers



have hired their spouses as employees. This can result in a business deduction for 100% of the family's medical insurance and other out-of-pocket health care expenses. The IRS has recently released new guidance on this issue. The IRS has stated:

- A business can provide fully deductible health insurance coverage to self-employed owners by covering the owner's spouse who works in the business.

- Out-of-pocket health care expenses of the owner's family can be fully deductible if the business sponsors a written medical reimbursement plan.

- The IRS reiterates the "common sense" requirement that the spouse must be a *bona fide* employee of the business for these health care benefits to be deductible to the business and non-taxable to the spouse. Thus, the employee status of the spouse who performs only minimal services for the business could be challenged by the IRS.

Recently, the House of Representatives and the Senate have passed tax reduction bills. The President has vowed to veto any such bill. Included in the package is an elimination of the estate tax. If you feel strongly about the elimination of the estate tax or any other part of the bill, please write to your Congressman, Senator and President to let them know your concerns.

Until next month, have a healthy and prosperous September!

ticipate in this year's show.

"I am honored to bring an art form that combines precious metals with one of the world's most prized and cherished plants to this show," Kornhauser said.

IK Design Jewelry, located at 141B S. Northwest Highway, offers one-of-a-kind jewelry creations by Kornhauser. He specializes in creating original heirloom pieces that last generations and other special pieces. Kornhauser is especially skilled

at using designer-cut stones with unusual shapes from well-known gem cutters. The store also showcases his orchid jewelry and sculpture which he creates under the name The Golden Orchid.

IK Design is open for retail business on Thursday from 9 AM to 8 PM and Friday and Saturday from 9 AM to 6 PM. The store can also be visited Monday through Wednesday by appointment only by calling 847-381-8626.

1776 Celebrates Harvest Season with Several Special Dinners

1776 in Crystal Lake is celebrating the harvest season with several special dinners. On Friday, September 17, the brewmeister of New Glarus Brewery will host a dinner featuring five of his award winning beers. This is probably the finest microbrewery in the Midwest. Chef Santiago Suarez will prepare a course to compliment each beer including: Double Gloucester and Macadamia Terrine; Apple, walnut and Hearts of Palm Salad; Black Angus filet with Boursin cheese; Whitefish with a papaya relish; and a slice of sour cherry pie. The cost is \$29 per person. Dan Caray, brewmaster, will be available to answer any beer related questions.

Since the beginning of 1997, 1776 has been serving a 9-course Tapas Dinner twice a month. Thursday, September 13 is the date of their next Tapas. Celebrate the beginning of fall with an American Tapas Dinner featuring 9 Tapas-size portions. The cost is \$25.50 per person without wine or \$45 per person with five wines that Andy will pick to complement the dinner.

One more thing—The next time you are in 1776, don't forget to check out the wine list. Owner Andy Andresky has, for the fifth consecutive year, won an Award of Excellence for his list from the *Wine Spectator*, a national publication considered to be the bible of wine information. He now carries over a 5,000 bottle inventory with some wines you will not see anywhere else in the Midwest. If you would like to learn more about the appreciation of wine, Andy will again be offering his wine class through McHenry County College. Classes start on Sunday, September 19 and run for five consecutive Sundays. He will also be teaching the course at the University of Illinois in Champaign on Monday nights.

Look for our Renwood Wine Dinner in October.

Bouillabaisse to Delight All Seafood Lovers!

Bernard will be featuring Bouillabaisse on September 16 and 17. Come and enjoy this delicious seafood feast. Chef Bernard combines rice noodles with saffron and pernod to delight all seafood lovers. Don't miss this special dish.

Le Vichyssois is open Wednesday through Sunday for dinner. We offer a prix fix, 4-course menu for \$23.50 every evening except Saturday. Please call for reservations at 815-385-8221 before dining with us.

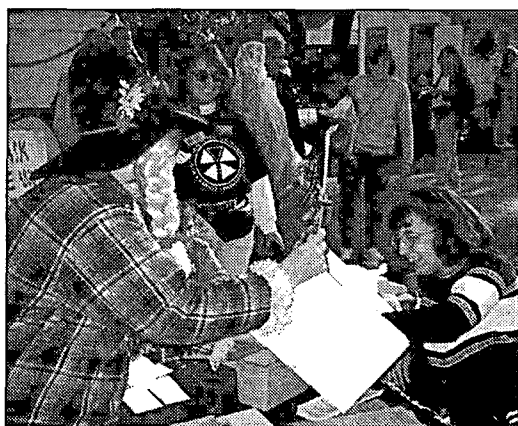


Fall Diddley® Craft Show Returns to the Boone County Fairgrounds

The Mental Health Resource League for McHenry County will sponsor the 14th Annual Fall Diddley® Craft Show at the Boone County Fairgrounds in Belvidere, IL. The show will be held on Saturday, October 9 from 10 AM to 5 PM and on Sunday, October 10 from 9 AM to 4 PM. The fairgrounds are located on Illinois Route 76 just North of Business Route 20 in Belvidere. From I-90, take the Genoa Road Exit and drive North for approximately five miles.

Formerly held at the McHenry County Fairgrounds in Woodstock, the craft show was moved to BCF three years ago. The fairground layout is efficient with adequate free parking and good access roads. Admission is \$4 for ages 12 and over.

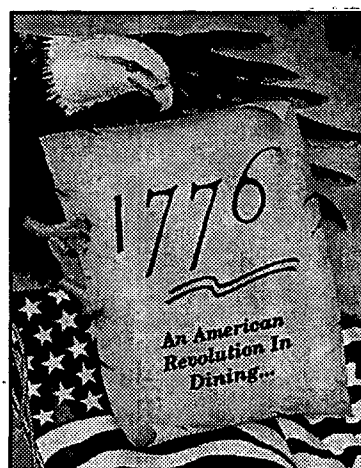
Fall Diddley® is a juried arts and crafts show with a reputation for featuring hand-crafted, original work. Over 350 booths will be sheltered in fairground buildings and tents. On display will be an outstanding variety of folk art, wood carvings, dried florals, pottery, painted and appliqued clothing, jewelry and fine art



Scarlet Scarecrow Mary Ellen Howard, (Membership Chairperson), assisted volunteer Rachael Altergott, (NISRA), who pulled the winning ticket at Fall Diddley®. Fair Chairperson Susan Gullotto and shoppers looked on with delight.

and much, much more! Hungry fairgoers will find a good selection of food vendors and the league's traditional bake sale.

The all-volunteer Mental Health Resource League strives to maintain high quality in its annual craft shows, Fair



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Crystal Lake, IL
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1776 Special Events

Thursday, September 2nd
Vegetarian Tapas

Friday, September 17th

New Glarus Beer Dinner
5 Beers/4 Courses \$29.00

Thursday, September 30th
Meat & Fish Tapas

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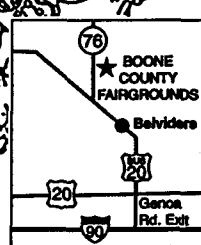
Craft Show • OVER 300 CRAFTERS & ARTISTS
Bake Sale, Food Concessions & More

Saturday, October 9, 10 AM to 5 PM
Sunday, October 10, 9 AM to 4 PM

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FREE FAIRGROUND PARKING

Admission: \$4
Age 12 and Over



Sponsored by the Volunteers of THE MENTAL HEALTH RESOURCE LEAGUE FOR MCHENRY COUNTY

Heartsaver Course Offered


The Community Relations Department of Good Shepherd Hospital, sponsors a Heartsaver Basic Life-Support Class monthly for the general public. The 4-hour course is set for Thursday, September 2 from 6 PM to 10 PM in the Lakeview Room at the hospital and focuses on adults' skills including basic cardiopulmonary resuscitation (CPR), rescue breathing and

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

Diddley® in May (on the Woodstock City Square since 1969) and Fall Diddley® in October. All proceeds benefit more than 20 agencies concerned with mental health services. In 1998, \$210,000 was raised for the agencies.

Crafters from 12 states will sell their goods at Fall Diddley®. The show is filled and no standbys will be accommodated. For information for the year 2000, crafters may write to MHRL, PO Box 204, McHenry, IL, 60050 or call 815-385-5745.

Art in the Barn
1974-1999
25 YEARS



Good Shepherd Hospital
Advocate

FINE ARTS FESTIVAL
Saturday & Sunday
September 25 & 26
10 a.m. to 5 p.m.
Good Shepherd Hospital
450 W. Highway 22
Barrington, Illinois

Elgin Enrichment Series Announces Speakers and Special Evening Event for 1999-2000

The Power of Senior Citizens. Dances with Dolphins. Women's Lives in Historical Perspectives. Rogues and Vagabonds. The Tortured Genius of Edgar Allan Poe...

These are the topics for the upcoming **Elgin Enrichment Series (EES)-Morning Forum** that will be presented by a strong lineup of outstanding, nationally recognized speakers.

The 1999-2000 Series presenters set to entertain and enrich series ticket holders this season include:

• **Edward Asner**, popular Emmy Award-winning actor, will kickoff the season with his message, "The Power of Senior Citizens," on Wednesday, October 13, 1999 at 10:00 AM. Asner will address the way older Americans are portrayed in the media, the changing dynamics of aging in a youth-oriented culture and the growing employment possibilities for seniors. He speaks from his perspective as a social/political activist.

• **Dr. Sylvia Earle**, marine biologist/oceanographer and deep sea diver, will present "Dances with Dolphins: Exploring the Ocean Depths" on Wednesday, November 17, 1999 at 10:00 AM. Dr. Earle will lead the audience on a journey of wonders to a world very few have ever experienced, bringing attention to the crucial role the oceans play as the foundation of Earth's environmental and economic well-being.

• **Dr. Patricia Palmieri**, scholar/author, presents "Women's Lives in Historical Perspective" on Wednesday, April 12, 2000 at 10:00 AM. Her presentation will clarify the contributions American women made to our culture. Why have many of these contributions been rendered invisible? She makes family history, women's history and U.S. social history come alive!

• **Michael York**, award winning actor, will perform and lecture about art and the acting profession on Wednesday, May 10, 2000 at 10:00 AM in "Rogues and Vagabonds," the term used in Elizabethan times to describe performers. His creative program highlights the last five centuries of theatre and includes a lighthearted review of the critics' contribution.

• The popular **Dr. Elliot Engel**, scholar/author/performer, will recount "The Tor-

tured Genius of Edgar Allan Poe" in a special evening presentation on Thursday, October 28, 1999 at 7:30 PM. He demonstrates how Poe was able to transform his obsessions, failures and horrific visions into brilliant fiction and poetry.

Ticket and Luncheon Information

The presentations of Edward Asner, Dr. Sylvia Earle, Dr. Patricia Palmieri and Michael York will take place at the Visual Performing Arts Center, Elgin Community College. Complimentary coffee will be available starting at 9:00 AM. Tickets are sold as a Complete Series only for these four presentations at \$55 per series. Luncheon tickets may be purchased individually, or for the Complete Series, at \$18 for each luncheon by Series ticket holders only. All luncheons are held at the Elgin Country Club in Elgin immediately following the Forum. Seating is limited to 200 people.

Dr. Elliot Engel will be presented in a special evening event suitable for the entire family at the Visual Performing Arts Center, Elgin Community College. A reception will immediately follow in the lobby. Tickets for the event will be sold separately, or as an addition to the 1999-2000 Series at \$12.50 for adults or \$10 for children.

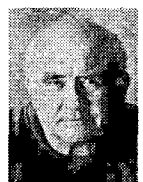
The **Elgin Enrichment Series** is a nonprofit organization established in 1995 by a board of 10 volunteers for the purpose of bringing to the Fox Valley high profile speakers from the fields of education, entertainment, communications and other professions to enrich the lives of community members. First Community Bank in Elgin sponsors the **Elgin Enrichment Series-Morning Forum**.

Since the introduction of its first 1997-1998 Series, powerful presenters such as fashion designer Bob Mackie, retired White House Chef Henry Haller, scholar Dr. Elliot Engel, actress Rita Moreno, mental health advocate Kathy Cronkite, journalists Bill Kurtis, Linda Ellerbee and Judith Viorst, and director/screenwriter Peter Bogdanovich have all been a part of the **Elgin Enrichment Series**.

Complete Series tickets to attend the four Series presenters and the special evening presentation are now available. Call **847-289-4332** for ticket information.

MORNING FORUM Elgin ENRICHMENT SERIES **Expand Your Horizons...** 1999-2000 Series • 4 Presentations • 10 AM

Edward Asner



The Power of Senior Citizens
Oct. 13, 1999

Sponsors:
Provena Saint Joseph Hospital
& Del Webb Sun City

Dr. Patricia Palmieri



Women's Lives in Historical Perspective
April 12, 2000

Sponsors:
Hoffer Plastics Corp. &
Marison Industries

Dr. Sylvia Earle



Dances with Dolphins: Exploring the Ocean Depths
Nov. 17, 1999

Sponsor:
IHC Group, Inc.

Michael York



Rogues & Vagabonds
May 10, 2000

Sponsor:
Home Federal Savings &
Seagren/Shales, Inc.

SPECIAL EVENING EVENT
7:30 PM



Dr. Elliot Engel

The Tortured Genius of Edgar Allan Poe

Oct. 28, 1999

Sponsor: Elgin Financial Foundation

For Series and Engel Tickets: (847) 289-4332



Held at Visual Performing Arts Center,
Elgin Community College

The Elgin Enrichment Series is a not for profit organization.

Art Associates to Host Membership Tea

The 38th season of the Barrington Community Associates of the Art Institute of Chicago will begin with an open membership tea at 1:00 PM on Thursday, September 9 at the Presbyterian Church of Barrington, 6 S. Brinker Road, Barrington.

"Highlights of the Permanent Collection of the Art Institute" will be presented by Miranda Hofelt. Hofelt is currently a lecturer in General Programs for the Art Institute and has also been Collection Manager for the Department of European Painting. The illustrated lecture, which will begin at 1:30 PM, is free and open to all.

The Fall Excursion on Thursday, September 23 will feature the Art Collections

of Bank One/First Chicago and Union League Club. The Bank One/First Chicago collection contains more than 6,000 objects from around the globe, embracing all cultures, time periods and media. Museum quality works range from modern and contemporary paintings, drawings, prints and sculpture to documentary and experimental photography, African textiles and Amish quilts.

The Union League Club of Chicago has one of the Midwest's largest private art collections. Concentrating on American art, the collection includes works by George Inness, George Bellows, Edward Potthast, Ed Paschke and Roger Brown and numbers over 750 objects. The club

began acquiring art in the 1880's and continues to acquire both contemporary and historical artwork by Midwestern artists.

The fee, \$55 for members or \$65 for non-members, includes transportation, the exhibits and lunch at the Union League Club. Buses will leave Langendorf Park in Barrington at 8:30 AM. Reservations are due by September 10. Please phone Sandra Gravelle at 847-526-1426 for more information.



Edward Potthast, (1857-1927), In the Surf, oil on canvas, 24"x30", Collection of the Union League Club of Chicago.

Low-Cost Flu Shots

Don't let the flu get the best of you!

The Visiting Nurse Association (VNA) of Fox Valley, in cooperation with Harris Bank, will be offering low-cost flu shots, tetanus booster shots and pneumonia shots at eight Harris Bank locations.

This year's vaccine has been developed to guard against the most anticipated influenza types, and is targeted for anyone over the age of 18 who would like to reduce their risk of catching influenza this season. All shots are administered by a VNA nurse.

"This is a very simple way to protect people from what can become deadly illnesses, especially among our elderly population," says Janet S. Craft, RN, MS, President/CEO of VNA Fox Valley. *"VNA has joined in partnership with Harris Bank in a number of their community locations to make immunizations readily available."*



Harris Bank Barrington

201 S. Grove Ave., Barrington	Monday, October 4	9 am - Noon
333 N. Northwest Hwy., Barrington	Tuesday, October 12	9 am - Noon
5035 Shoreline Rd., Lake Barrington Shores	Monday, October 18	9 am - Noon
40 S. Barrington Rd., South Barrington	Tuesday, October 26	9 am - Noon
325 N. Hough St., Barrington	Monday, November 8	10 am - Noon

Harris Bank Huntley

10604 Route 47, Huntley	Thursday, October 7	9 am - Noon
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Harris Bank Algonquin

225 S. Randall Rd., Algonquin	Tuesday, October 19	9 am - Noon
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Harris Bank Crystal Lake

5545 Northwest Hwy., Crystal Lake	Friday, October 29	9 am - Noon
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Cost* ■ Flu Shot \$10 ■ Pneumonia Shot \$20 ■ Tetanus Vaccination \$7

* For individuals presenting their Medicare card as their primary insurance coverage, VNA is able to bill Medicare for those receiving the flu and pneumonia shots (NOT tetanus).



The visiting Nurse Association of Fox Valley is a non-profit, United Way funded community and home health care agency with offices in Aurora and Elgin. Any revenue generated from this annual program helps support the charitable care VNA provides throughout the year to members of the community in need.

"VNA of Fox Valley greatly appreciates Harris Bank for providing the community with convenient, comfortable locations to obtain their shots. Truly, community banking with a difference!", comments Craft.



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Happenings!

in the area

Art in the Barn Combines Art, Entertainment and Family Fun in 25th Anniversary Celebration

In the spring of 1975, a group of 10 local women artists and crafts-people met in a North Barrington home to brainstorm their idea of a quality art event in the area. So it was that Art in the Barn was born. And on September 25 and 26, 1999, it will happen on the grounds of Good Shepherd Hospital for the 25th time.

From its hometown beginnings, Art in the Barn has not only become a major fund-raiser for the Auxiliary of Good Shepherd Hospital, which quickly picked up sponsorship of the founders' creative idea, but it has grown into one of the premier fine art shows and festivals in this part of the country. Attendance over the years numbers close to 140,000 people and net proceeds to the auxiliary for the first 24 years stand at \$1,487,879.

What does the auxiliary do with such money, you ask? One look at Good Shepherd Hospital tells a large portion of the story. More than four million auxiliary dollars have been donated over the years for the support of medical services and building improvements at the hospital. These include, among many others: the Outpatient Center, hospital lobby, Women's Breast Care Center, Birth Center and Special Care Nursery, radiology, surgery and emergency.

The auxiliary has always been, and continues to be, one of the largest single contributors to the hospital. Art in the Barn proceeds this year will help honor the auxiliary's most recent commitment of \$1 million, to be given over the next five years to the hospital's current Outpatient Services Expansion Project.

Marlene Aprati and Marion Wulff, both of Barrington, serve as cochairmen of a 40 member committee of auxiliaries who are known for proficiency in putting on Art in

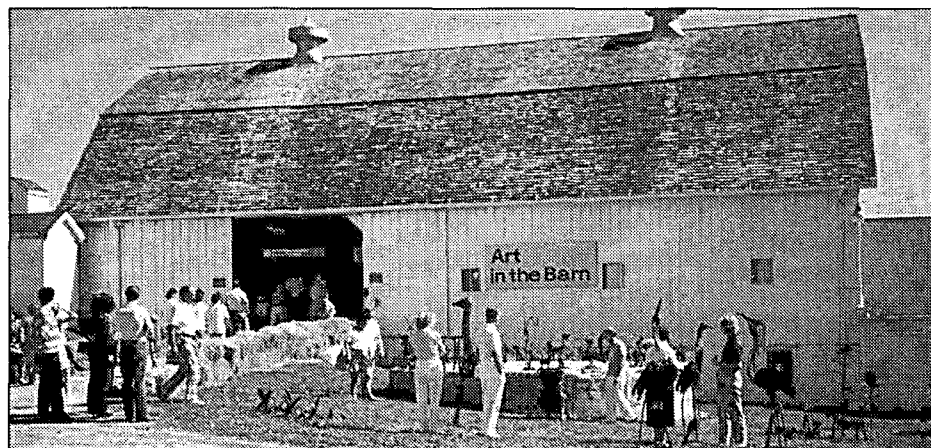
the Barn. Behind these workers stand many volunteers who will spring into action on or before opening day.

Art in the Barn features more than 150 juried and invited artists from Illinois and 20 states around, including some who are new to Art in the Barn. Others have been regular participants in recent years: Michael Bond of Wisconsin; Gail Collier of Barrington; Durkhee Cha of Hoffman Estates; Nancy Krahn of Algonquin; Sylvia Westgard of Buffalo Grove; Robert Koch of Naperville; Curt Frankenstein of Wilmette; Greg Roche of California; and John Galbo of Florida. Krahn, Koch, Frankenstein and Westgard will also be among 21 artists recognized as "founding" artists from the earliest AITB years: Lee and Naomi Peck of Sycamore; Lou Taylor of Cary; Thom Kapheim of Wauconda; Jill Grau Tortorella of Antioch; Don J. Rinner of Iowa City; Patricia Mead of Barrington; Patricia M. Crum of Orland Park; Doris Hoyt of Mt. Prospect; Lou Zale of Deerfield; Kathy Glasnap of Fish Creek, Wisconsin; Ed Walaitis, formerly of Barrington, now of New Buffalo, MI; Lynn Krause of Woodstock; Marcella Lewin of Chicago; Loel Martin of Skokie; Pat Matsui of Chicago; and Peter Brenner of West Dundee.

Together, the 1999 artists will provide quality works in watercolor, oils, jewelry, sculpture, metal work, pottery, acrylics, etchings, photography, colored pencil drawing, stained and blown glass, wood-working, ceramics, handmade paper, hand-woven fabrics, leather and more.

Family Fare

Art in the Barn has evolved into a popular family occasion. Children's activities include hands-on art projects and pony rides. Food and refreshments are readily available and entertainment is scheduled



Annual fine art show in the barns near Good Shepherd Hospital historically draws rave reviews as a place to spend a great fall day in the Barrington countryside.

throughout the two days, as follows:

Saturday—

• 10:30 AM, Lake Zurich jazz vocal group "Bare Voices"

• 11:45 AM, Bataille Academie of Danse

• 1:00 PM, Bruce Blanck Quartet

• 2:15 PM, Barrington Children's Choir

• 3:30 PM, Lake Zurich Strolling Strings

Sunday—

• 10:30 AM, Lee Bassett at the keyboard

• 11:45 AM, Harper College Jazz Ensemble

• 1:00 PM, Barrington High School Swing Choir

• 2:15 PM, Barrington Suzuki Strings

• 3:30 PM, Ela Community Singers

In honor of the quarter century anniversary, there will be a memorabilia corner with photos and mementos from years past. The 25th Anniversary Committee, led by AITB cofounder Carolyn Husemoller, is comprised of several volunteers who worked together in the early years to give Art in the Barn its start. They would welcome other "old timers" to join them in

providing special touches to this year's event. If interested, please call Husemoller at 526-5572.

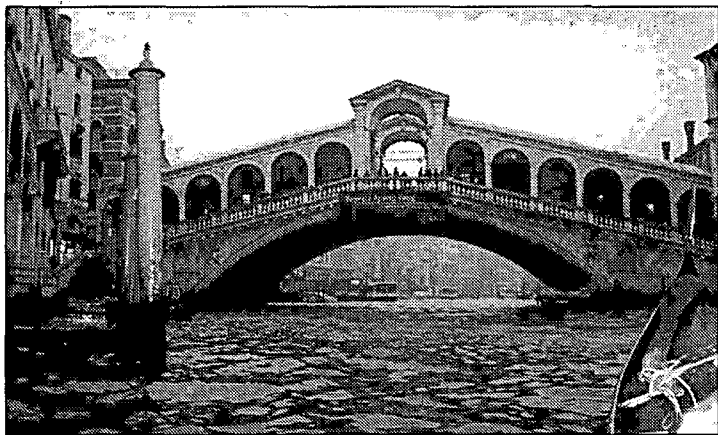
Grand Sponsors

This year's Grand Sponsors (\$1000) include Advocate Good Shepherd Hospital, AMTEC Precision Products, Inc., Baird & Warner, C.M. Products, Inc., Mr. and Mrs. Paul F. Hills and Family, Kemper Insurance Companies, Northern Trust Bank, Pepper Construction Company, Square D Company, Suburban Plastic Surgery Associates, Premier Eye Care & Surgery and Wickstrom Ford.

Contributing 1999 Sponsors (\$500) are Barrington Bank & Trust Company, Chicago Rawhide and Quaker Oats Company.

Auxiliary and benefit committee members are grateful to all who provide donations and sponsorships for Art in the Barn. Hours are 10:00 AM to 5:00 PM both Saturday and Sunday, with admission at \$4 a person and children under 12 are free of charge. For further information, call 847-381-0123, ext. 5093.

"Bella Venezia" Gala



Reminder!

You don't need to sigh or be a merchant to cross bridges in Venice! Join the party and let Barrington Sparrow sweep you over!

A total immersion experience in the romantic luxuries of "Bella Venezia" is being

created for November 6... a gala evening of friends, dancing and wonderful food.

Black Ties are optional with tickets at \$125 each. All proceeds benefit Home of the Sparrow.

Reservation information will be available late September.

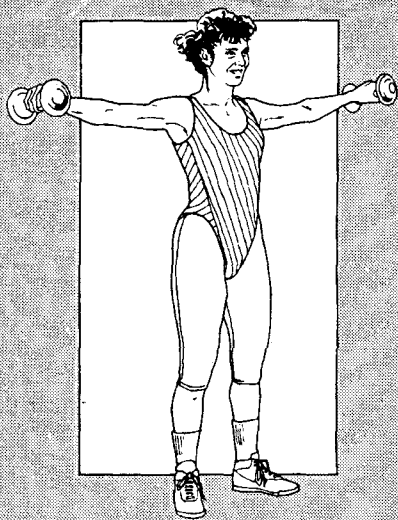
LWV to Discuss Wetland and Mitigation Projects

The League of Women Voters (LWV) of the Barrington Area have invited John Rogner, Field Office Supervisor of the U.S. Fish and Wildlife Service, to discuss a recently published *Wetland Mitigation and 404 Permit Compliance Study* at their September 21 meeting. Mitigation is the process where a tract of wetland is destroyed, usually by a developer or landowner, in order to develop the land for commercial or residential use. Another wetland of greater acreage is established to replace the one destroyed either on-site or at another site. The Barrington area has been the recipient of several mitigation projects.

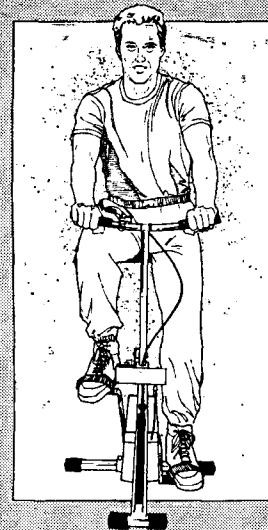
In 1996, the U.S. Fish and Wildlife implemented a study of 61 permits in the six-county Northeastern Illinois area to determine compliance rates and success of the resulting 128 wetland mitigation projects. According to federal regulations,

the 289 acres of wetland that were destroyed would have resulted in 355 acres of newly established wetland, producing a net gain of 66 acres. However, the study found that there was actually a loss of 6 acres on the mitigation sites as a result of projects completed unsuccessfully.

Join the League of Women Voters and Mr. Rogner as he explains the criteria used in the study to determine the success, partial success and failure of the mitigation projects. Learn how wetland mitigation applications are evaluated, permitted and inspected, and what you can do in your village to insure that mitigation projects are successfully completed and maintained. The League of Women Voters will meet on September 21 at 9:30 AM in the meeting room of the Barrington Area Library. Guests interested in learning more about wetland mitigation projects are encouraged to attend.



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Massage Movement is the only establishment in the Barrington area devoted entirely to massage therapy and body work and presents the best professional work available.

*"I wholeheartedly encourage you to experience the relaxation and health benefits associated with massage. Therese Maria Pol, owner of **Massage Movement** in downtown Barrington, is an expert skilled in massage therapy. I suggest that you call Therese for an appointment today and begin enjoying the unique and enhanced well-being that comes with **Massage Movement**."* —Andy Stento, Barrington



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NCTMB

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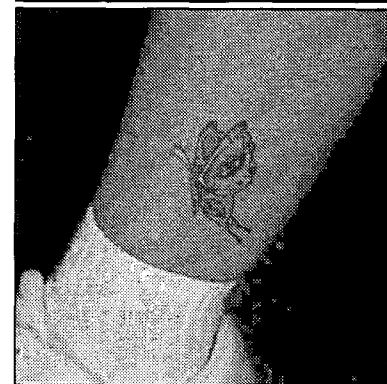
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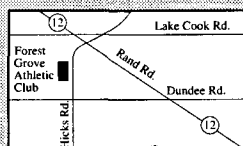
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Just step into our beautiful lobby, with its soaring ceiling and contemporary furnishings, and you can tell this place is different. We are a serious health facility with a fun atmosphere.

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

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

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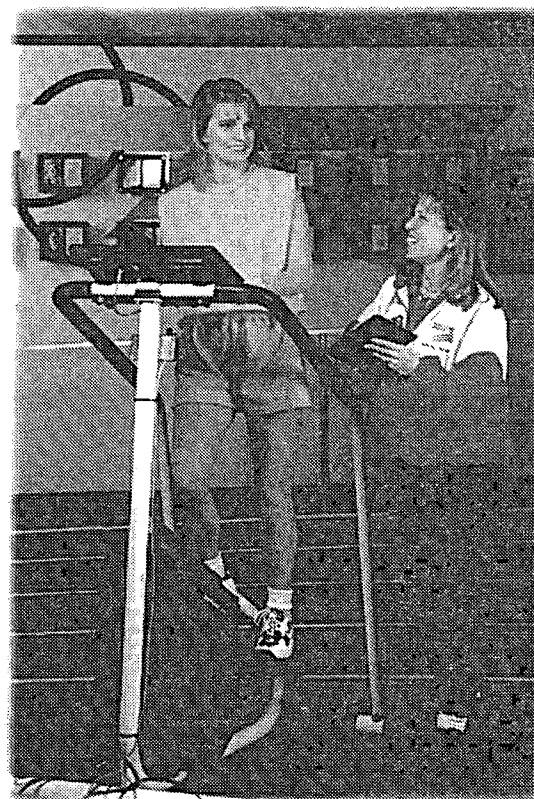
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Wrapping the Stars

At **Wrap Me Slender**, we've been getting lots of calls from people who have found us on the internet or who are trying to find out if we do the same kind of body wraps as those demonstrated recently on daytime TV.

Victoria Morton, President of Suddenly Slender and inventor of the mineral body wraps done at **Wrap Me Slender** in Lake Zurich, appeared on Sally Jessy Rafael's show recently as a "beauty consultant to the stars."

Victoria demonstrated how the body wrap is done and how it works to visually slenderize, tone and contour the body. A person was wrapped like a mummy in elastic bandages, measured before and after and the results announced on TV.

At **Wrap Me Slender**, we keep our customers' measurements confidential. However, we're proud to say that, while we're not Holly-

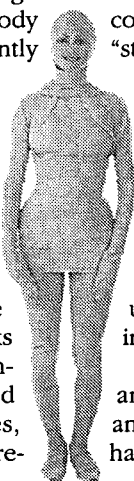
wood, we have had several local luminaries visiting our shop.

We've had authors, singers and beauty contestants come to us, all wanting this "star treatment" to keep them looking their best.

They've all participated in a simple procedure: get measured; get wrapped like a mummy; do light exercise for an hour; and be re-measured to see how many inches they've lost. We guarantee 6 to 20 inches lost in your first wrap. And, unless you gain weight, the lost inches will not return.

Now that the laid-back summer is at an end, we're going "back to school" and "down to business" and moms will have more time to do something for themselves. We can help

you look better for fall! For an appointment or more information, please call **Wrap Me Slender** at 847-550-8978.



What You Can Do to Reduce Sugar in Your Child's Diet

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

Children who have a diet high in sugar often are so filled up on empty sugar calories that they eat less nutrient-rich foods such as whole grains, fruits and vegetables necessary for proper development. Other problems with too much sugar in the diet include tooth decay, obesity and even high blood pressure and cholesterol levels. Here are some things you can do to help:

- Choose 100% juice, which includes a natural balance of flavonoids (naturally occurring antioxidants from plants) rather than partial juices made with flavorings and added sugar.

- Dilute fruit juices with water or unsweetened herbal tea to help limit the amount of juice your child drinks in a day.

- Read labels carefully, especially on baked goods and cereals. Some cereals are made up of almost 50% sugar!

- Offer your child healthy snacks such as regular or frozen yogurt, cut-up veggies, fresh or dried fruits, etc. to keep blood sugar levels even throughout the day.

- Experiment with new foods and tastes. Try something spicy, salty or sour to stimulate your child's developing taste buds and to break free from a sugar habit.

- Use sugary treats only occasionally. Don't use them as rewards or bribes.

- Keep artificial sweeteners out of your diet as well as your child's. Aspartame, which is sold under the brand names of Equal or NutraSweet, breaks down chemically in the body into formaldehyde. Any product containing saccharin (such as Sweet 'n Low) must be labeled, "Saccharin has been determined to cause cancer in laboratory animals," (specifically bladder cancers).

Mental Fitness

by Judy Kaplan, MS

The focus of this month's issue is "health and fitness." How many of you think about mental fitness as an important part of your daily routine? Most people will talk about eating right, vitamin supplements, exercise and personal grooming as the primary components of health and fitness. Yet, one of the most crucial aspects of good health and fitness is your state of mind. And although it is one of the most obvious, it is often the most overlooked responsibility that a person has to his or her "self."

It is the state of your mind that allows you to take care of yourself, to provide the motivation and interest in doing a workout or prepare a nutritionally balanced meal or even take a shower or a hot bath. Anxiety and depression, which are the most frequently experienced mental difficulties in our society, can prohibit you from actively doing those things that will benefit your physical health. Both of those "mental" ailments can cause tiredness, lethargy, procrastination, lack of interest, loss of sexuality, loss of enthu-

siasm and a host of other debilitating feelings. Sometimes the stress of our hectic lifestyles doesn't allow for the time commitment to focus on the things our mind needs to keep it fit. For example, the human mind needs time—time to rest, time to unwind, time to reflect, time to process, time to plan, time to solve problems. If it doesn't get the time, it will not operate as efficiently and will not serve you as well as it is able to.

What are some of the things that you can do to improve your mental fitness? Can you plan a 15-minute mental break from your day's activities every day? Would it be possible to get up 15 minutes earlier and write what you are thinking and feeling in a journal? If you are wrestling with a problem or personal dilemma, can you find someone to share it with and bounce some ideas around with that person? Can you pick one thing that you have been avoiding doing and accomplish it today—get it off your list? Can you do something special for yourself every day, something that you want to do, like read



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My specialty is helping people through difficult times...

- | | |
|---|---|
| <input checked="" type="checkbox"/> assessing the problem | <input checked="" type="checkbox"/> collaborating on solutions |
| <input checked="" type="checkbox"/> lending clarity to the problem | <input checked="" type="checkbox"/> establishing goals |
| <input checked="" type="checkbox"/> providing education & awareness | <input checked="" type="checkbox"/> providing feedback |
| <input checked="" type="checkbox"/> offering support & objectivity | <input checked="" type="checkbox"/> consulting with schools or others |

Occasionally we all need a little help.

525 W. Old NW Hwy., Suite 202A • Barrington, IL

(847) 842-9365

Ducks Unlimited Annual Dinner

The Barrington Chapter of Ducks Unlimited has scheduled their annual fundraising dinner for Wednesday, September 22. The dinner will be held at Biltmore Country Club in Barrington, IL starting at 6:30 PM.

The Barrington Chapter is one of the top ten fundraisers in the state on a per attendee basis since its inception.

Ducks Unlimited was founded in 1937 and is the world's largest private wetlands and waterfowl conservation organization. DU's membership stands at 668,000 and has raised over \$1.2 billion for conservation preservation.

Those interested in an evening of dinner, auctions and good fun should contact Rick Vida at 847-842-9484.

a book, write a poem or pick a flower?

Making your mental load lighter, enjoying something special each day and giving your mind the time it deserves are several important steps in creating mental fitness. If you workout and strengthen your muscles, why not give one of your most

important "muscles" the development and strength training it needs? If you need some help in "mental fitness training," I will be happy to be your "mental fitness trainer." Sometimes a little direction is all we need to make some big changes. Call 847-842-9365.

September Specials!

- Receive a **FREE** Mini-Facial with Any Waxing Service
- Receive a **FREE** Make Up Touch Up When You Book a Glamour Package

- Creative Cutting
- Creative Color
- Glamour Packages
- Therapeutic Chair Massage
- Texture & Perms
- Wedding Parties
- Manicures, Pedicures, Nails & Paraffin Waxing
- Hair Extensions & Thickening
- Permanent Eyeliner, Eyebrow, Lashes & Lip Make Up
- Make Up Application & Lessons
- Facials & Full Service Waxing

BIOELEMENTS **OP** **CREW** **RUSK** **Walk-Ins Welcome**
702 S. Northwest Hwy. Barrington (3 blks South of Main St.) **847.381.3688**

Hair Extensions are HOT!
 Come in for a Consultation & have the Hair of Your Dreams!



In the Spa Light Salon

Health Advocate



Health & Wellness Programs September/October

Art in the Barn

Saturday, September 25 & Sunday, September 26, 10 a.m. to 5 p.m.
\$4 per person; FREE for children under 12

The Auxiliary of Good Shepherd Hospital presents the 25th annual juried and invitation art exhibition. Watch for more information.

Depression Workshop

Thursday, September 16 & 23, 6:30 to 8:30 p.m.

Learn the symptoms, signs and types of depression and how they can be treated. Medication and other therapies will be discussed and referrals are provided, if needed. The group facilitator is Dan McDonnell, a Behavior Therapist. Call for registration and fees.

Freedom from Smoking

September 22 & 29, October 4, 5, 13 & 20, 7:30 to 9:00 p.m.

Join this American Lung Association program developed to help smokers kick the habit permanently! Learn behavior modification and relaxation techniques. Call for fees and registration.

Tai Chi

Wednesdays, September 15 to November 17, 7:00 to 8:30 p.m.

An ancient Chinese form of exercise designed to promote increased well-being and enhanced quality of life. Held at the Barrington Park District, Langendorf Park, Barrington. Call for fees.

Safe Sitter

Saturday, October 16 & Sunday, October 17, 9:00 to 3:30 p.m.—\$50

Safe Sitter is a nationwide program sponsored locally by the pediatric department of Good Shepherd Hospital. The classes are geared to children between the ages of 11-13, teaching them current issues facing today's young sitters: basic baby-sitting guidelines, emergency first aid, rescue breathing, the Heimlich maneuver, accident management, growth and development, safety in the home, behavior management, etc. Students will apply this valuable information as sitters today and parents in the future.

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

Good Shepherd Hospital



450 West Highway 22, Barrington, IL 60010
 Related to the Evangelical Lutheran Church in America and the United Church of Christ

Look at All the Great Changes!

In the Spa Light Salon is expanding and has added many new services and professionals. Brenda Sparks, Skin Care Specialist, is now doing full service waxing and a variety of facials in her new private room. From a super hydrating paraffin facial to a 15-minute Express Treatment, we have the facial for you. Brenda, formerly of Marshall Fields, works with the full Bio-Elements line and can customize a facial that will have your skin in great condition and looking incredibly healthy.

September Specials include receiving a **free mini facial** when you come in for any waxing service. Also, book your glamour package and receive a **free makeup touch-up kit**.

Homecoming is a great opportunity for you to look your best. Come in and take advantage of our Glamour Packages. Packages include a choice of hair style, updo, makeup, pedicures, manicures or facials. Customize a Glamour Package that fits



**Brenda Sparks,
Skin Care Specialist**

your needs!

In the Spa Light Salon is now open seven days a week. Salon hours are Monday through Thursday, 9 AM to 9 PM; Friday, 9 AM to 7 PM; Saturday, 9 AM to 5 PM; and Sunday, 9 AM to 3 PM. Please call for appointments or more information at **847-381-3688**.

Gender Equity Issues Discussed

Associate Superintendent of Barrington School District No. 220 Dr. Mary Herrmann will discuss "Gender Equity Issues in District 220" at the monthly meeting of the Barrington Area Branch of the American Association of Women (AAUW). The program is open to the public and will be

held on Monday, September 20 at 7 PM at the Barrington Area Library.

AAUW, founded in 1881, promotes equality for all women and girls, lifelong education and positive societal change. For more information, call 847-540-8719.

Stickney House Fund-Raiser "Dille's Follies"

This fall's Stickney House fund-raiser, "Dille's Follies," will be held at the Bull Valley Golf Club in Woodstock on Friday evening, October 22.

In 1981, Larry Dille, a longtime Bull Valley resident, co-produced with Kathy Bruhnke the first "Paradise People." It was a memorable success!

"Dille's Follies" was created in 1998 by Larry and Kathy, Producer/Director. It is based on the premise of "Paradise People" which was a musical revue consisting of choral music, solo, ensemble and jazz band selections. Although it has a new name, many members of the original cast are still on board. The revue is sensational!

In the program, you may hear show tunes such as "Honey Bun" to 40's music such as "Chattanooga Choo Choo" and much more.

A "special fund-raiser" will be held at the Dille home in Bull Valley on Sunday, September 19 at 3:00 PM. This special event will include a sneak preview of the cast of "Dille's Follies" presenting numbers from the show. Wine and hors d'oeuvres will be served. The money raised from the afternoon will cover all production costs for the Stickney House Revue. The cost for both the September 19 reception and the revue on October 22 will be only \$75 per person. Please make checks payable to The Stickney House Foundation and mail to: The Stickney House Committee, PO Box 934, Woodstock, IL, 60098.

Don't miss "Dille's Follies." Stickney House needs your support to continue the restoration. The revue itself will be held at Bull Valley Golf Club in Woodstock on



**Larry Dille, narrator
and co-producer of Dille's Follies.**

Friday, October 22 at 7:30 PM. There will be a cash bar and complimentary hors d'oeuvres will be served. Show time is at 8:30 PM. Dessert will follow the show. Tickets for the revue alone are \$40 per person. For reservations, please send your check in the amount of \$40 per person, payable to The Stickney House Foundation. Please send to: The Stickney House Committee, PO Box 934, Woodstock, IL, 60098.

For further information, please contact Verna Hogan at 815-338-1681 or Phyllis Keinz at 815-459-4833.

On the Line with Fresh Start Weight Reduction

My name is **Pamela Arwine** and I'm putting myself on the line. I'm a practitioner of the Rubenfeld Synergy Method, a Reiki Master Teacher and a Certified Hypnotherapist. What I've noticed over the past few years is that as many clients and students resolved their inner conflicts, released old pain and harmful messages, and relearned to love themselves, they began to get thinner... and I didn't! I too needed the support my clients were receiving and I wasn't getting it. So, I created a program called **Fresh Start Weight Reduction** for you and for me. And it's working. I've released the first 32 pounds!

Fresh Start addresses the mind, body, spirit and emotions by putting into action an effective mix of nutrition, hypnosis, energy work, group Gestalt therapy and supportive community. It's a 12-week program so we have time to get to know and care about one another. We have time to do hypnosis and reinforce it again and again. We have time to delve into the issues which are preventing us from being successful. We have time to find the patterns we use to sabotage ourselves and break these patterns through awareness. We have time to succeed and fail and succeed again, for this is not just a diet plan. I've been there and done that! This is the development of a new lifestyle which will help us find our inner beauty and allow it to manifest outwardly. This is for the person who wants to look at the many

psychological, mental and physical factors which conspire to sabotage our highest potential. However, we do incorporate the nuts and bolts of a good diet plan and sensible exercise.

The bottom line is this—even as we work through our emotional issues and mental blocks to thinness, most of us will still probably have to do the work of the diet and exercise. But this will no longer be an exercise in futility. Now we have a chance at real, lasting success. And I'm completely invested in your success because it means my success as well.

The **Fresh Start Weight Reduction** program is \$165 which includes 12 two-hour sessions, two hypnosis reinforcement tapes and a complete notebook with all the materials you'll need. We'll meet every Tuesday from 6 to 8 PM or 10 AM to noon beginning September 21. You can register by sending your name, address and phone number along with a \$50 deposit to **Pamela Arwine, CRS, RM, CHt**, 1701 Marguerite St., Crystal Lake, IL, 60014. If you'd first like further information about my work, call **815-455-4502** and leave your mailing address. Space is limited, so act quickly.

I'm tired of being at the mercy of a body and a subconscious mind continually striving to keep me heavy. If you are too, join me. We'll explore how this can be changed on a very deep level once and for all. Let's do it together...you, me and spirit.

We Have the Solution for Unsightly Spider Veins

Spider veins are an unnecessary distraction on the legs. At **Dermatology Physicians & Surgeons, Ltd.**, we have been removing these veins successfully for over 20 years.

Spider veins can be red, blue or purple and come in a range of sizes. The tendency to develop spider veins is hereditary and several factors aggravate them; pregnancy, obesity, standing or sitting still for long periods and sitting with legs crossed may make spider veins worse. Age and hormones are also influential on the severity of spider veins.

Spider veins represent a permanent enlargement of small veins and capillaries in the legs. Although they rarely cause any symptoms, they 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 modality available for treatment of spider veins. Sclerotherapy means the careful injection of a "sclerosing" solution into the unwanted veins. Several solutions can be used for this purpose, including special detergents, saline solutions and other irritants. The interior wall of the vessels is damaged by the solution resulting in the permanent closure of the vessels.

Lasers and "intense pulsed light sources" are now used in the treatment of some leg veins. Our practice uses the **Vasculight™** Laser System and the **PhotoDerm™** System for treatment of spider veins that cannot be removed with sclerotherapy. Both of these instruments destroy the blood vessels when the beam of light is absorbed by the blood vessel (but not by the surrounding tissue) and damaged the vessel sufficiently to seal it. Laser and intense light therapy is somewhat less predictable than sclerotherapy and may require more treatments. But, there are some vessels for which these modalities offer the best choice for successful removal of spider veins. And, while laser treatment is not painless, it may be a preferred treatment choice for people who just can't stand the idea of needles.

If you are disturbed by the appearance of spider veins on your legs, one of these treatments may be helpful. 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 to learn about our spider vein treatments. Free consultations are also available for liposuction totally by local anesthesia, hair removal with the **EpiLight™** Hair Removal System, Particle Skin Resurfacing (microdermabrasion) and laser skin resurfacing.

Reiki

EXPERIENCE THE HEALING FORCE

Profoundly healing, Reiki gently and effectively opens blocked meridians, nadis and chakras clearing the energy bodies and leaving one feeling relaxed and at peace. It feels like a wonderful glow of radiance permeating your body/mind.

REIKI LEVEL I TRAININGS NOW FORMING

September 18 or October 16, 10 am - 5 pm

\$150 includes text, material & 6 optional support group meetings • CEUs Available

Now Accepting New Clients for Private Sessions—\$50 * 45-60 Minutes



PAMELA ARWINE, RM, CRS, C.Ht.

Reiki Master Teacher, Certified Rubenfeld Synergist, Clinical Hypnotherapist

(815) 455-4502

FRESH START WEIGHT REDUCTION
New 12-Week Session begins Sept. 21. Call for details!

Define your body



DAVID P. VAN DAM, MD

Board Certification: American Board of Dermatology

Member: American Academy of Dermatology, American Society for Dermatologic Surgery, American Society for Laser Medicine and Surgery, American Society for Liposuction Surgery

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.

With this outpatient procedure, performed totally by local anesthesia, we've helped women and men achieve **permanent** definition to body regions that defy the most determined diet and exercise regimens. Technical expertise and artistic skill allow us to use tumescent liposuction to its best advantage for you.

We can help you have the body you've dreamed of and always wanted...**now!**

Call Today

Call (815) 455-4434 or (847) 382-5111

183 Heritage Drive • Crystal Lake

27401 West Highway 22 • Lake Barrington

Complimentary Liposuction Consultation

Deadline!

The deadline for the **October Issue** is **Thursday, September 16.**

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**

"If You Weren't Excited About This Year's Summer Silhouette—It's Time to Consider Plastic Surgery Options."

An Interview with Dr. Robert Caridi, Board-Certified Plastic Surgeon, Suburban Plastic Surgery Associates

"The swimsuit does not lie" is a statement Dr. Robert Caridi has heard many times from patients when they come to discuss plastic surgery options such as liposuction, breast augmentation or breast lift procedures. The swimsuit comment reminds us of what many people hate to face—the lack of balance and difference in size between one's upper and lower body.

"Unfortunately," says Dr. Caridi, "a pear-shaped figure is a reality that women face as they age. Even women who take exceptional care of themselves by maintaining ideal body weight, eating right and exercising, still cannot counter the effects of aging and gravity."

Dr. Caridi's patients have confirmed that there is no more brutal time to face the reality of the disproportionate figure than bathing suit season. "Many times, bathing suit shopping memories are key motivators for people to want to learn more about cosmetic surgery options including liposuction, breast augmentation, or breast lift procedures."

"There has never been a better or safer time to consider cosmetic surgery improvements," says Dr. Caridi. "It delivers coveted results that are safe, widely accepted and affordable—all with shortened recovery times that accommodate the busy lives of today's cosmetic surgery patients. The idea of having the body you always dreamed about but were unable to attain through diet and exercise is exhilarating. Completely eliminating a problem area through permanent fat cell removal, revitalizing a face or augmenting a bustline has, in fact, given many of my patients a whole new lease on life."

Dr. Caridi has found that a positive self-image leads to happiness for some people, and that self-image may be enhanced by liking what you see in the mirror. For others, an improved self-image may come from no longer being a hard-to-buy-for size.

In addition, feedback from Dr. Caridi's patients has verified that the rest of the world does definitely stand up and take notice of an improved figure. Patients have reported that they:

- feel a greater physical presence when entering a room;
- are consistently fielding questions from family and friends asking them what new diet or exercise regimen they're on;
- have an enhanced ability to make heads turn when they walk down the street.

"I wish I had done this a long time ago!" and "Why did I put it off for so long?" are comments Dr. Caridi frequently hears from people returning for post surgery office visits. "There's a whole attitudinal shift and transformation that takes place following cosmetic surgery improvements. Nothing makes my work so pleasurable and personally gratifying as seeing firsthand a person's dramatic rise in self-esteem attained when:

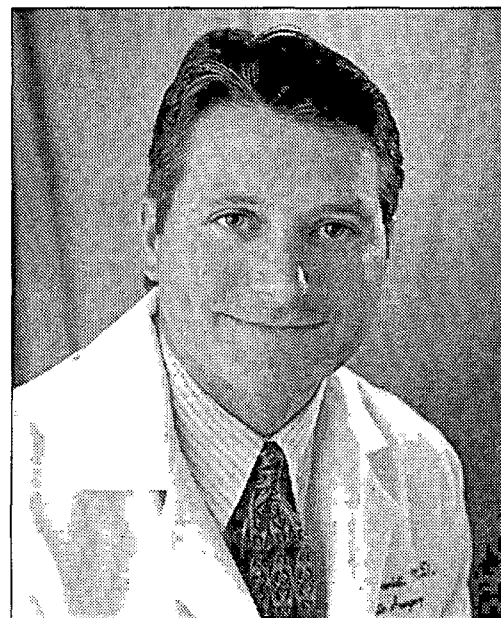
- Liposuction gives them the body they thought they could never have;
- A face lift makes their face look less fatigued and more age appropriate;
- A breast augmentation or lift restores or creates a full figure for a woman who never had one or lost one over the years.

"I've thought about it long enough!" is a common statement Dr. Caridi hears from his patients when they've decided it's time to move forward with cosmetic improvements. Dr. Caridi believes that the decision to proceed with cosmetic surgery is driven by the right set of circumstances that make them feel good and give them confidence. "Essentially," says Dr. Caridi, "a patient has to be able to answer 'yes' to the following questions before they're ready to move forward:

- Am I working with a qualified surgery group who have a good track record of exceptional results?
- Can I communicate openly and honestly with the surgeon?
- Have I connected with the surgeon on a personal level?
- Am I confident that the surgeon is experienced, knowledgeable and can deliver the service that I want?

Cosmetic surgery cases have increased dramatically in recent years. According to recent statistics, more than 100,000 facelifts alone are performed each year in the U.S.—a figure up from 60,000 in 1992.

Dr. Caridi cautions patients to be thorough in their evaluation and comparison of medical providers of plastic surgery services. "The goal at Suburban Plastic Surgery Associates for the last 20 years has been to connect with our patients in such a way that they see us as a group of well-trained, personable physicians who provide superior cosmetic and plastic surgery services. We take great pride in fostering an atmosphere that demystifies plastic surgery and puts



Dr. Robert Caridi

Dr. Caridi was trained in both plastic and general surgery at the prestigious Mount Sinai Medical Center in New York City where he completed 7 years of residency and fellowship training in general, plastic and aesthetic plastic surgery. He is board-certified in plastic surgery and is a diplomat of The American Board of Plastic Surgery. Additionally, he received his medical degree from the University of Texas Health Science Center at Houston. Both he and his wife, Dana, have been featured on Good Morning America. Dr. Caridi joined Suburban Plastic Surgery Associates in 1992.

the patient at ease, thereby allowing them to explore options where they can make an informed decision as to whether or not to proceed with a cosmetic surgery procedure."

Dr. Caridi prides himself on his ability to put people at ease when discussing physical concerns and improvements that one may find embarrassing. He has found that many patients are more comfortable if a spouse or close friend attends the complimentary consultation, and he encourages his patients to do so.

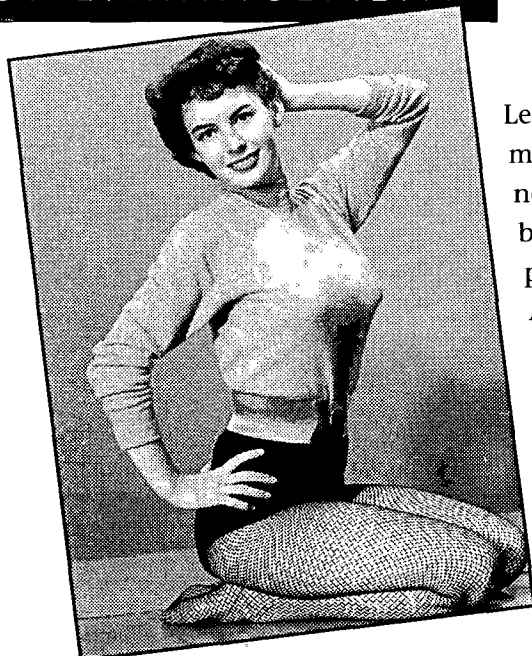
For more information or to schedule a complimentary consultation with Dr. Caridi or one of his associates, call **Suburban Plastic Surgery Associates toll-free at 1-877-TURN-HEADS (887-6432)**.

Suburban Plastic Surgery Associates has office locations in Hoffman Estates, Elgin, McHenry, Elk Grove Village, Downers Grove and Oak Lawn.

DRAMATIC RESULTS FOR REAL PEOPLESM

**SUBURBAN
PLASTIC
SURGERY
ASSOCIATES**

BREAST ENHANCEMENT



Need a lift?

Let's face it. After pregnancy, nursing children and the normal aging process, most women agree they do. If you too are frustrated with the loss of size and firmness of your breasts, perhaps we can help. Suburban Plastic Surgery Associates has been helping women "reclaim" their figures through breast augmentation and lift procedures for more than 20 years.

As one of Chicagoland's largest plastic surgery practices, we're committed to giving our patients a "lift" with a new and improved appearance. Want heads to turn when you walk down the street?

ALSO SPECIALIZING IN:

- Nonsurgical Aesthetic Services
- Face, Neck and Brow Lifts
- Eyelid & Nasal Surgery
- Tummy Tucks
- Fat Transplantation
- Tumescant Ultrasonic Liposuction
- Facial Rejuvenation
- Nonsurgical Facial Line Removal
- Laser Treatments
- Breast Augmentation and Lift
- Spider Vein Treatments

For a complimentary consultation call toll free anytime. **877 turn heads (877 887 6432)**

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Financing programs available.



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LIPOSUCTION



Genetically speaking, we transform liabilities into assets.

We all have them. Those "genetic liabilities" or acquired fat deposits that typically do not respond to diet or exercise. These unflattering bulges take away from the figure you were meant to have.

As one of Chicagoland's largest plastic surgery practices, Suburban Plastic Surgery Associates has been helping patients attain exceptional results for the last 20 years. Using the latest technique - tumescant ultrasonic liposuction - our board-certified plastic surgeons will help you turn heads by reclaiming the figure that's rightfully yours.

- Nonsurgical Aesthetic Services
- Face, Neck and Brow Lifts
- Eyelid & Nasal Surgery
- Tummy Tucks
- Fat Transplantation
- Spider Vein Treatments
- Facial Rejuvenation
- Nonsurgical Facial Line Removal
- Laser Treatments
- Breast Augmentation and Lift
- Breast Reduction

For a complimentary consultation call toll free anytime. **877 turn heads (877 887 6432)**

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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, hair restoration, 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 S. Rand Rd., Lake Zurich (847) 438-2454

Anti-Aging Program Also Available

New Weight Loss Program Shows Dramatic Results

Dr. Barry Berger, a Board Certified Internist practicing in Lake Zurich for the past 15 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.

BWC Plans Swingin' Safari Golf Outing



Ruth Cox (left) and Judy Ligman helped plan Swingin' Safari, a benefit golf outing of the Barrington Woman's Club, to be held at Cary Country Club on September 20.

Surprise prizes will be a highlight of Swingin' Safari, the Barrington Woman's Club annual benefit golf outing, to be held on Monday, September 20 at Cary Country Club. Golfers are urged to make their own foursome, although the committee will form groups if necessary. Registration and continental breakfast will begin at 7 AM followed by a shotgun start at 8 AM. A fee of \$75 includes greens fee, carts, lunch and prizes. Non-golfers are invited to join the group for luncheon; lunch is only \$20.

To register, send checks payable to Barrington Woman's Club to Judy Ligman, 468 A Valley View, Barrington, IL, 60010

by September 8. Please include the name and handicap according to the CDGA index of each player.

Ruth Cox is in charge of arrangements, assisted by Luisa Bremer and Judy Ligman. The golf outing is a major fundraising event for the Club's scholarship and philanthropy fund, which recently awarded \$12,000 in scholarships to three 1999 Barrington High School seniors and five other grads, now in college. Organizations which provide services to the Barrington area communities were awarded an additional \$5,200.

Club membership is open to women of the greater Barrington area. For information, call Doris Morrissey at 847-304-0045.

BWC Plans "Lavender and Lace"



At pool-side, Claire Lee Erickson, Nancy Anderson and Barbara Putz started planning Barrington Woman's Club's "Lavender and Lace," a fund-raiser to be held on Wednesday, November 17.

Plans are underway for the Barrington Woman's Club's major fund-raising event "Lavender and Lace" on Wednesday, November 17 at Biltmore Country Club. A fashion show, prizes, silent auction and jewelry trunk show, the event is a major source of funds for the Barrington

Woman's Club scholarship and philanthropy fund, which distributed \$12,000 in scholarships and \$5,000 to community organizations in Spring, 1999.

Arline Allfs chairs the committee: Barbara Putz, Claire Lee Erickson, Lisa Frese, Nancy Anderson and Faith Semla.



AAUW Investment Clubs

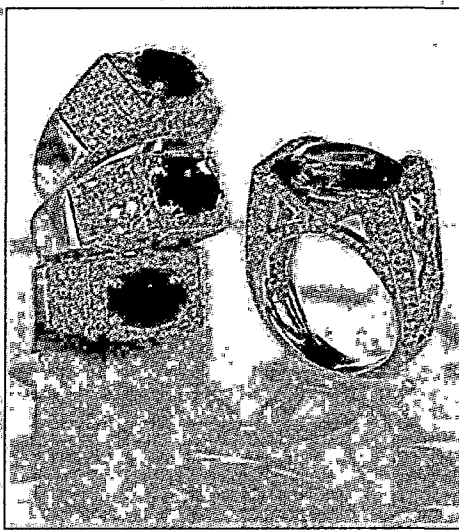
Several openings for membership in investment clubs sponsored by the Barrington Area Branch, American Association of University Women (AAUW) are now available. The Branch sponsors six investment clubs which meet monthly. You must be a member of AAUW to join.

Membership is open to anyone with a baccalaureate or higher degree from an accredited college or university. In addition to the monthly investment club meetings, the Branch sponsors workshops on topics of interest to club members. For information, call 847-381-4791.

Captivating, Alluring Designs

Celine Fine Jewelry, Ltd. searches the world to bring you outstanding stones at phenomenal prices. Our head designer is spending most of September overseas, selecting the finest stones directly from the source. She will be bringing back the classics in Sapphire, Ruby, Emerald, Diamond and many examples of other exotic stones ranging from Alexandrite, Tsavorite Garnet, Paraiba Tourmaline and an assortment of colored Sapphires.

We invite you to come in and view our stones and our new one-of-a-kind designs. As always, your ideas and requests are welcome, and we are happy to accommodate your individual wishes. After all, why pay twice as much for a designer name when you don't have to?



New Gallery in Long Grove

Lethy Colors International Art Gallery is a beautifully-appointed gallery ensconced in the historical district of Long Grove, Illinois. Located on the banks of Mill Pond, the gallery features the work of the highly-accomplished owner, artist Gamal Ellethy, 35.

Mr. Ellethy's artistic style ranges from postimpressionist to modern abstract. Mr. Ellethy encourages the work of exciting young and talented artists such as Juan Flores, by accepting and showing their work on consignment.

In addition, by offering classes in various artistic media, including drawing, oil, acrylic and watercolor painting, Mr. Ellethy continues to pursue his dream of developing young artistic talents.

The gallery also accepts commissions for artistic portraits created from photographs.

With its eclectic and exhilarating mix of passionate styles, **Lethy Colors International Art Gallery** is a gem not to be missed on any excursion to Long Grove.



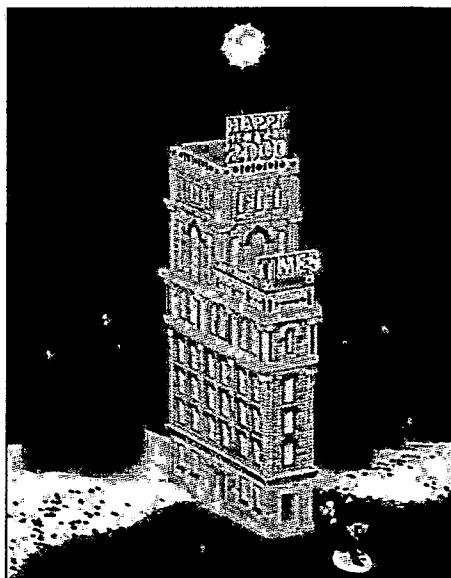
Self Portrait
of Gamal Ellethy

Pine Cone Christmas Shop Presents Department 56 Holiday Events

Swap-N-Sell—Pine Cone Christmas Shop of Historic Long Grove will host its biannual Department 56 Swap-N-Sell on **Saturday, September 25**. The Swap-N-Sell will take place under the Big Top in Fountain Square from 9 AM to 2 PM. There will be complimentary coffee, apple cider and apple cider donuts until noon. At the store, there will be door prizes, 20% off all non-porcelain accessories and even greater savings on retired pieces.

Mid-year Introductions—Some Department 56 mid-year introductions have already arrived and are available. Included in the mid-year pieces are: Snow Village's *Cinema 56*, *Preparing for Halloween*, and *Looney Toons Film Fest*; North Pole's *Marie's Doll Museum*, *Tee Time Elves* and *Happy New Year*; Christmas in the City's *Bringing Home the Baby*, *The City Ambulance*, *Parkview Hospital* and *Wintergarten Cafe*; New England's *Little Women March Residence* and *Almost Thanksgiving*; and from Dickens comes *Duddley Docker* and *A Good Day's Catch*.

Discover Department 56—Department 56's Holiday event will start on **Friday, November 5** with a **Retirement Party** at Pine Cone starting at 6:56 AM. On this day, three new gift sets will be available through the end of this year. The sets include Dickens' *Chancery Corner*, Snow Village's *2000 Holly Lane* and North Pole's *Santa's Visit Center*. What makes these three buildings so special is that they have **three dimensional scenes**



The Times Tower

which can be viewed through the windows (a first for Department 56).

Times Tower—To celebrate the millennium, Department 56 has created the "Times Tower" from Times Square, New York. This very special edition includes the lit descending ball and a flashing "Happy New Year" sign. The year on the building is changeable for the following years. There will also be a matching "Time Tower" ornament available.

For more information on these events and to reserve your favorite pieces, call **Pine Cone Christmas Shop at 847-634-0890**.

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PINE CONE CHRISTMAS SHOP

210 R.P. Coffin Road • Long Grove, Illinois 60047

Presents

DEPARTMENT 
SWAP-N-SELL

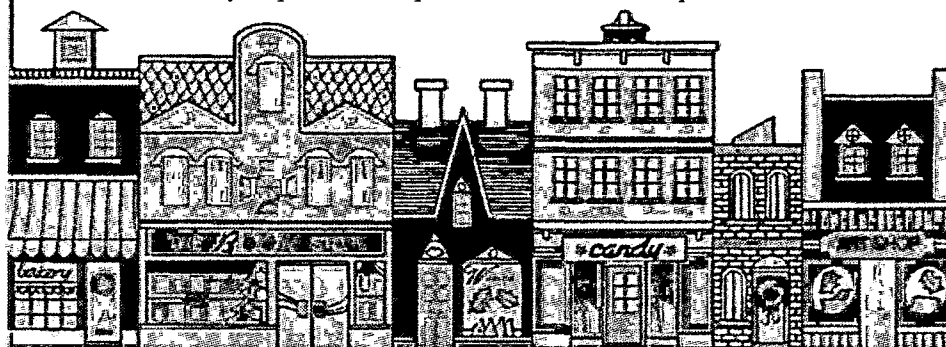
Saturday, September 25, 1999
9:00 am – 2:00 pm

Under the Big Top in Fountain Square • Long Grove, Illinois

- 20% off all non-porcelain accessories
- Complimentary coffee, apple cider and donuts until noon
- Hourly door prizes
- Great Savings on Retired Pieces

Call 847-634-0890
for more information

Only Department 56 products allowed at Swap-N-Sell





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The Finest in Fiber Art

Acclaim Gallery offers its visitors a delightful tour of the world of fiber art. This highly diverse art form, with its unique beauty and rich textures, is capturing the attention of a growing number of fine art enthusiasts throughout the world.

Owner/fiber artist Vivian Smith conducted an extensive search of the country's most distinctive fiber artists from which she made her selections. The result is an impressive collection of one-of-a-kind pieces representing more than 50 artisans nationwide. Included in this collection are contemporary art textiles, sculpture and wearable art.

Acclaim Gallery is located at 445 Robert Parker Coffin Road in Long Grove. Hours are 11 AM to 5 PM, Tuesday through Sunday. For more information, call 847-478-9192.



Treasures of Old Russian Art

You must visit **The Russian Place** of Long Grove. Every item in the store is a peerless work of art. Among the beautiful objects are lacquered boxes, 17th through 19th century Russian icons, original paintings and sculptures by world-renowned Russian artists, nesting dolls, ornaments and much more. Every piece is signed by the artist and authentic.

We offer a wide variety of **wearable art**, including hand-painted **lacquer brooches**; European-designed sterling silver and **marcasite jewelry** with real gemstones; and, of course, exquisitely designed **amber jewelry** from the Baltic countries.

We have genuine **antique icons** from the 17th to the 19th century. Each icon has an extensive history and embodies the artistry of the old world.

Matryoshka dolls have delighted generations for over 800 years.

We look forward to having you see our collection in person at the **Stable Building of Long Grove** (between Red Oaks and Seasons Restaurant.)



Sphinx by Sergey Smirnov

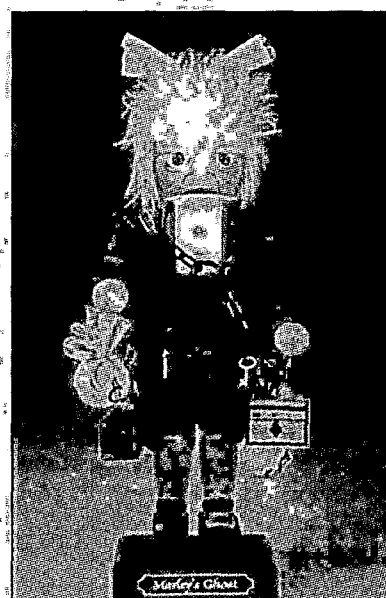
Christian Ulbricht to Appear at Pine Cone Christmas Shop for Signing

Christian Ulbricht, one of the leading Collectible German Nutcracker Designers, will be autographing his master pieces on Saturday, September 18. He will be signing at **Pine Cone Christmas Shop** in historic Long Grove from 1 PM to 4 PM.

As many collectors know, Ulbricht joined forces with Disney in 1998 to recreate childhood memories. The first series was *Peter Pan*. Last year, *Captain Hook* took center stage and was very successful. This year, *Tinkerbell* and *Peter Pan* will join the collection. For your viewing pleasure, three dwarfs from *Snow White*



Tinker Bell



Marley's Ghost

and the *Seven Dwarfs* (the second Disney series) will be on display. *Happy*, *Bashful* and *Dopey* are expected to be available later this year. Place your orders early.

Other limited editions created for 1999 include: *Marley's Ghost*, *Hamlet*, *Scarecrow*, *Henry VIII*, *Santa's Coffeetime*, *Female Caroler*, *Male Caroler*, *Wicked Witch*, *Sunface*, *Santa in the Alps* and *Melchior*.

For more information and to reserve your favorite nutcrackers, call **Pine Cone Christmas Shop** at 847-634-0890.

Christian Ulbricht Signing

Saturday
September 18, 1999
1:00 pm - 4:00 pm

at

PINE CONE CHRISTMAS SHOP

210 R.P. Coffin Road
Long Grove, Illinois 60047

847-634-0890

Be sure to call ahead to reserve your new 1999 additions to your Nutcracker Collections.

We look forward to seeing you.

The Studio of Long Grove

LABOR DAY WEEKEND — 4-DAY TRUNK SHOW

SEPTEMBER 3-4-5-6

Antique French Posters

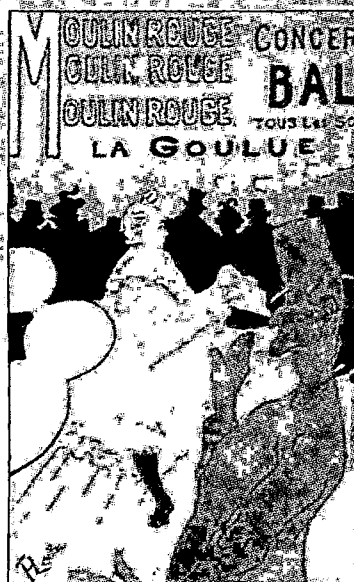
Beginning Friday Evening with a Special Preview Showing from 6 to 9 PM and continuing through the Labor Day weekend noon to 5 PM each day, French art dealer Jacques-Paul Athias will present a trunk show with over 200 original French posters at **The Studio of Long Grove**. Athias is credited with being one of the first dealers of antique French posters when he came to the U.S. in 1978 as a delegate of the Bibliotheque Nationale de France. Authentic French posters are known for their striking imagery, painterly colors and monumental scale. Such posters were created in France, in the mid-19th century, to promote businesses, products and events, such as the opera and the circus. They were printed large so they could be seen from trains and trolleys. Currently their beauty and impact have attracted a broad range of buyers, and they have become highly collectible. The collection for sale at The Studio will include works by Jules Cheret, a pioneer in poster design, who became known as the "father of the poster," as well as Toulouse-Lautrec and Mucha. Also featured in this exciting show will be reproductions of French posters. For Friday evening, reservations are appreciated but not required.



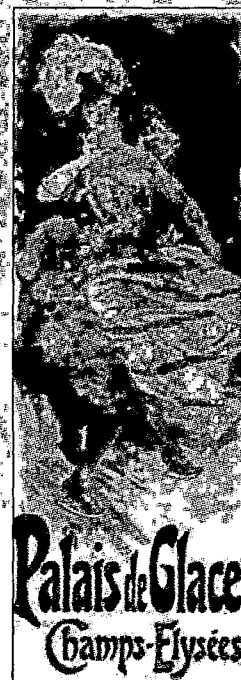
Firebird,
Domergue, 1891



Lait pur Sterilise,
Steinlen, 1891



Moulin Rouge,
Toulouse-Lautrec, 1891



Palais de Glace,
Jules Cheret



Auction 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, OCTOBER 1, 6:00 - 9:00 PM

In the 9 years we've been in Long Grove, we've learned what our customers like. We have many original paintings and limited edition prints that we are going to price so low that you will not want to miss this opportunity to acquire some great art at an incredible price. We will offer something from nearly every artist that we have represented—over a hundred works. Most are framed. You will have an opportunity to get a real bargain. **The values will continue through Apple Fest weekend.**

Works by the following artists
will also be presented:

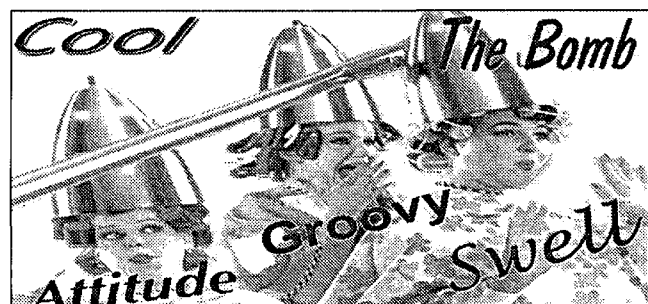
ALAN WOLTON
JANET TREBY
ZHIWEI TU
LAUREL SPIGNOLA
CHARLES VICKERY
CSABA MARKUS
JANUS ROFA GLOWACKI
LU HONG
ROY FAIRCHILD-WOODARD



MICHAEL GERRY
JURGEN GÖRG
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**We have a new service called Microdermabrasion.
See our editorial for details.**

20% OFF to All New Clients

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

See Our Editorial For September Specials →

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MONDAY 1-9
TUES-FRI 9-9
SAT 9-5**

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Not Sure About That New Look for Fall? ...Come in for Our Virtual Make-Over

This month we have an offer of a mini-facial for \$25. Take advantage of this offer and pamper yourself. We also have a great offer on our body wraps that remove inches and speed up your metabolism. During September this service is **20% off**. Now **Claude Thomas** has a special of **10% off** on all body waxing.

We also have that allover instant tan without the sun damage to your skin. Call and ask about this service.

Claude Thomas is introducing a new service called micro dermabrasion. This is a mild, gentle procedure that eliminates wrinkles, pigmentation flaws, small scars and stretch marks. Call us and find out more about this procedure.

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

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

Claude Thomas nail services are done by hand filing only. We offer a special on



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

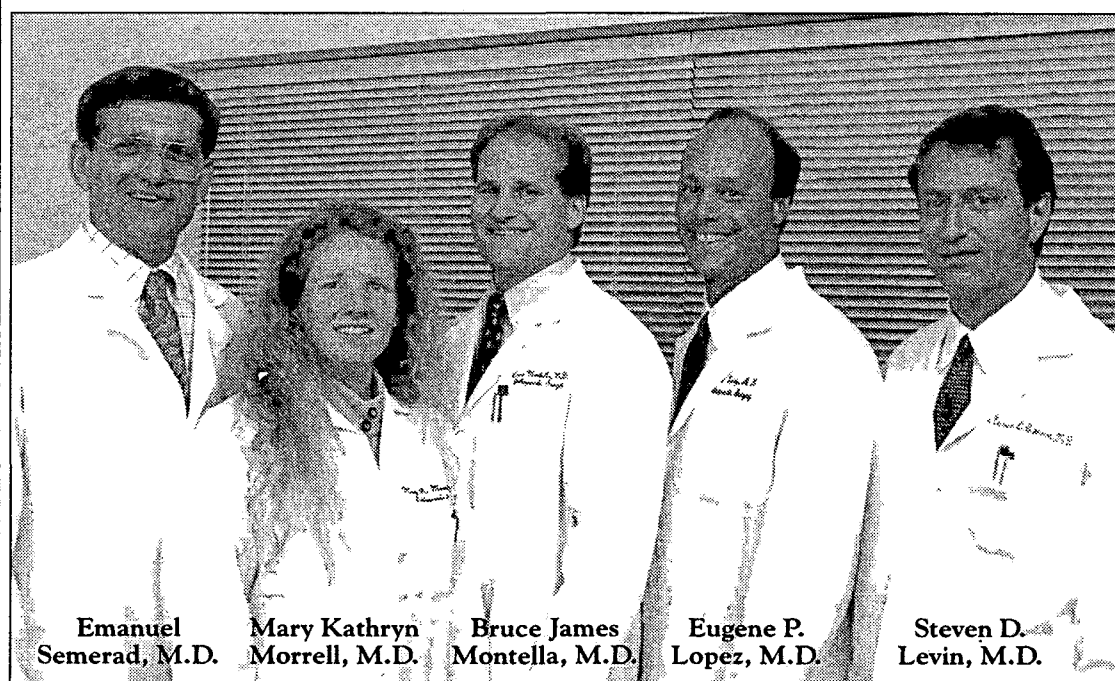
a manicure and pedicure package. This is regularly a \$45 value but, in the month of September, it is \$38.

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

Claude Thomas's doesn't follow fashion... we create it!



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That's what we achieve at the **Barrington Bodywrap!**

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. Men and women have success with our 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 to contour, tone and reshape your body.

The bodywrap involves being measured, then being wrapped in mineral soaked ace bandages. You engage in mild movement while you are wrapped. And when you are unwrapped, you will be remeasured so you can see the results. You will feel refreshed and lose inches.

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.

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.

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

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

The Soft Light Laser is the safest laser for hair removal on the market today. It is fast, effective and safe... and available at a low cost.

Here are some additional reasons why the Soft Light Laser is the best choice of hair removal for you:

- Low occurrence of side effects, which

are all temporary. This means no burning, blistering, scarring or discoloration of the skin. The majority of patients resume daily activities immediately following treatment.

- Safe and effective hair removal for all skin types, all hair colors and all areas of the body.

- No tanning restriction prior to treatment. After hair removal treatment, allow two days before tanning.

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

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

St. John's 25th Annual Flea Market and Craft Fair

Mark your calendars for St. John's 25th Annual Flea Market and Craft Fair to be held at historic St. John United Church of Christ at the intersection of Algonquin and Roselle Roads, across from Harper College, in Palatine. The fair will run from 9 AM to 4 PM on Saturday, September 18.

More than 130 vendor booths will display handmade crafts and other wares for sale. Flea market items will range from vintage goods, jewelry, electronics, books, games, clothes, kitchen gadgets, decorations and more. A bakery booth will feature kolaches, pies, cakes, cookies, candy, fudge and bread.

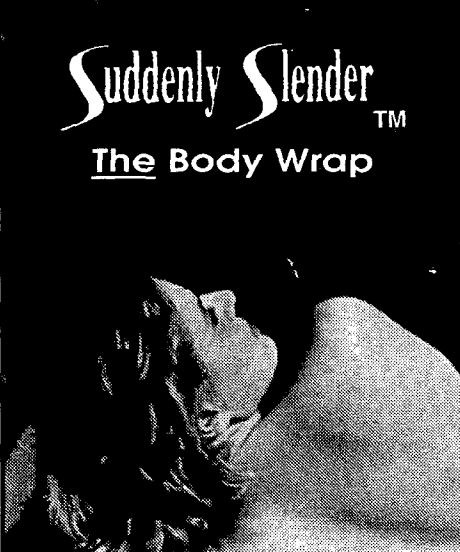
Event highlights will include live music performances by the Metropolitan Brass Association, as well as pony rides, a petting zoo and other children's activities.



Installing the sign for the fair is Beau Brunner of Lake in the Hills. St. John's 25th Annual Flea market and Craft Fair will be held from 9 AM to 4 PM on Saturday, September 18 at historic St. John United Church of Christ in Palatine.

Refreshments for sale will include grilled bratwurst, sandwiches, pie and ice cream.

Admission and parking are free. For more information, please call 847-437-6223 or 358-7620.



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NEW! Sculptured Pink-and-White French Acrylic Nails with Gloss Finish
\$45 Full Set
\$33 Fill-In

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Alexandra Parnass
Beauty Editor
Marie Claire Magazine

The hair removal process that has everybody talking:

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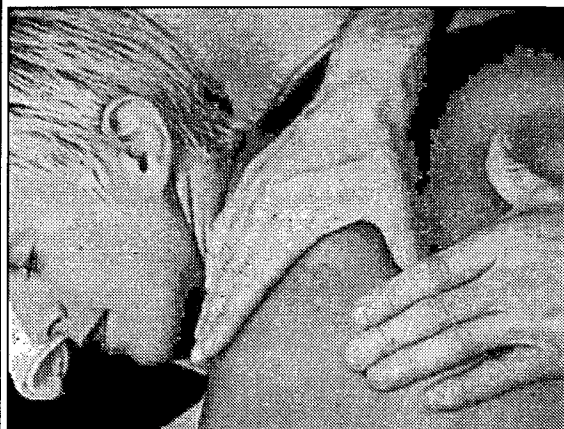
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Welcome Wagon Club Events



Pictured are the 1999-2000 Officers for Welcome Wagon Club of Palatine: (seated, from left) Melanie Dias, Treasurer; Lois Muldowney, 4th VP; Ginger Ellington, 2nd VP; (standing, from left) Bee Benesh, Secretary; Arlene Bright; Becky Schumaker, 3rd VP; Beth Sears; Jay Kist, 2nd VP; Sharon Galyean, 1st VP; and Claudia Heckel, President.

We are excited to announce that our club is growing! The VETS (Very Elegant, Too Social) group has disbanded and is joining with Welcome Wagon Club of Palatine. VETS was founded in 1977 by former Welcome Wagon members to continue friendships and activities established when they were members of Welcome Wagon. An Open House is being held on September 7, from 2:00 PM to 4:00 PM to welcome this wonderful group of ladies, as well as other new members, to our group. Please call Claudia at 202-2985.

A garage sale is scheduled for Saturday, September 18 to raise money for the charities that we will support this year.

A coffee is held for prospective members each month. Coffees are held in members' homes. Refreshments are provided. Our September coffee will be held at 10:30 AM on Tuesday, September 14. Call Ginger at 847-202-2399 or Jay at 847-

358-6526 for more information.

Luncheons are held each month, September through June, at a local restaurant. The next luncheon will be held on Tuesday, September 14 at La Titi de Paris. Chef Pierre Pollin has again selected a wonderful menu for our enjoyment. Please call Arlene at 847-776-6228 or Becky at 847-303-5738 for information.

Different social activities are planned to involve spouses and significant others in the group's activities. Our next social will be a golf outing at Palatine Hills on September 25.

If you are a woman who is new to the Northwest suburbs, had a lifestyle change or are looking for a friendly social organization to become involved in, please call Ginger at 847-202-2399 or Jay at 847-358-6526. We have many enjoyable activities including bowling, golf, casual cooking and various card games.

Symptoms and Signs of Gum Disease

by Raymond Kotz, DDS

A symptom is something you feel—like discomfort or pain. Gum disease is usually painless in the early stages and is therefore not noticed by the patient.

Signs, however, are things you can see. The American Dental Association lists the following signs of gum or periodontal disease:

- Gums that bleed while brushing.
- Red, swollen or tender gums.
- Gums that have pulled away from your teeth.
- Persistent bad breath.
- Pus between the teeth and gums.
- Loose or separating teeth.
- A change in the way your teeth fit together when you bite.
- A change in the fit of partial dentures.

Remember that people can't see things they don't know how to look for. That's where a competent dentist and hygienist can help.

They are trained to see the subtle, early changes in your gum tissue and to institute early treatment and home-care to reverse or retard the process.

During an initial, thorough examination of your mouth, at least 16 X-ray pictures must be taken to evaluate your teeth and the supporting bone. Observation of the color, size, firmness and position of your



gums should be followed by carefully measuring and recording the depth of the sulcus around each tooth. This involves a total of 168 positions. After evaluating these findings and your radiographs, the hygienist and dentist can help you with a home-care and therapy plan to reverse or retard the disease process.

The goal is to help you keep your teeth all of your life. With your help and early diagnosis, the goal is achievable.

For a thorough oral evaluation, see Dr. Raymond P. Kotz in Barrington. Call 847-381-4040.

COMMITTED to the HIGHEST STANDARDS of ORAL HEALTH

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

Raymond P. Kotz, DDS, PC

129 Park Avenue
Barrington, Illinois 60010
847-381-4040

GENERAL AND RECONSTRUCTIVE DENTISTRY



Cookin' for One Just Ain't Much Fun— So Let Seattle Sutton Do It!

She'll soak your beans, bake your muffins and roast your turkeys!

When you live alone, it's hard to buy in small quantities let alone prepare small quantities (or do you make a batch to last all week? Boring!). And, if you do, then you may be neglecting the many nutrients necessary for good health.

Diet plays a major role in one's health. When you begin to look at the effect diet has on your body, you see you must eat right to look and feel right.

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

We have no hidden fees and there are

no contracts to sign. When you order your **Seattle Sutton's Healthy Eating** food, you eliminate menu planning, label reading, shopping and kitchen clean-ups. It's perfect for health-conscious people with busy schedules!

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

Our food showings are Mondays and Thursdays from 3:00 PM to 6:30 PM at 301 East Main Street, #107. We accept MasterCard and Visa and home or office deliveries can be arranged for a nominal fee.

For information, day or night, please call **847-382-9040** or **1-800-442-DIET**. Mention this *Lifestyles* ad for a **\$5 savings!**

Barrington Martial Arts for Exercise and Fun

Barrington Martial Arts has been in Barrington for over five years. The director, S. Morris Lawson, has exercise and martial art programs for all ages from 4 to 70+ years of age. This school offers 11 instructors and 3 Masters that teach the following classes: preschool Tae Kwon Do & Karate; Children and Adult Tae Kwon Do & Karate; Hatha Yoga; Tai Chi; Cardio Kick-Boxing Olympic & Elite Sparring classes; plus adult Jujitsu & Self Defense classes.

The preschool & children's Tae Kwon Do & Karate classes are noncompetitive classes that teach more than just kicking and punching. Students learn courtesy, integrity, self-control and self-confidence. These classes are designed to help children excel in all areas of their life.

Cardio Kick-boxing is the class that's sweeping the nation. It's a 900 calorie-burning, fun workout that combines martial arts—Karate, Tae Kwon Do, Kung Fu, Boxing—and Aerobics. This class is taught by Lynda Jessup, a certified aerobic and Cardio kick boxing instructor and a black-belt in Tae Kwon Do.

Hatha Yoga is taught by Sarla, the former director of the Himalayan Institute. Sarla has either taught or certified the majority of the instructors in this area. Sarla herself has been teaching Yoga since 1972.

The well-known Mr. John Kelly teaches Tai Chi classes.

The self-defense classes are taught by Master Lang. He has trained state, national and international competitors in Karate, Tae Kwon Do, Kick Boxing as well as police officers and military personnel.

Master Lotter teaches the Olympic spar-



ring class. This class is for people interested in competition. He is a five-time Illinois State Gold Medalist in Tae Kwon Do, along with being the 1998 U.S. National Gold Medalist. Master Lotter has also been a coach for the Illinois Tae Kwon Do Team for over 5 years.

Master Song, the former 1992 Singapore Olympic coach, heads up the elite sparring program. This program is for the serious competitor interested in the National and International level competition.

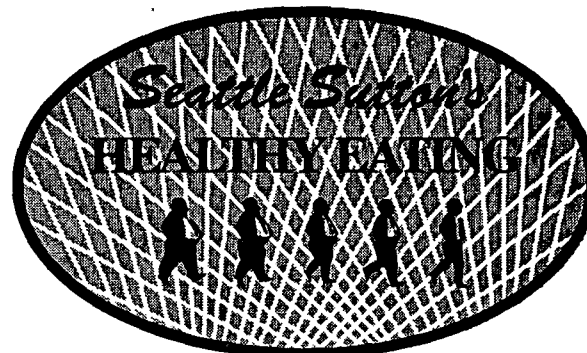
The Director, Morris Lawson, holds black-belts in both Karate and Tae Kwon Do and has been well trained in Southern Praying Mantis Kung Fu. Mr. Lawson is also a gold medalist from the 1998 U.S. Tae Kwon Do Nationals and a bronze medalist from the Goodwill Games Championships from Madrid, Spain. He is a student of the famous Grand Master Ki Hong Kim.

This school has produced more national medalists over the past three years than any other school in Illinois. **Barrington Martial Arts** is located at 123 Barrington Commons in Barrington (near the Post Office and Grandpa's—off the corner of Hough and Main Streets). Call **847-382-9599** and ask for Morris.

Opening Night for Barrington Lyric

The Board of Directors of the Barrington Chapter of Lyric Opera of Chicago will welcome members and guests to their own opening night celebration. "A Musical Overview of the Season" will begin at

7:00 PM on Friday, September 24 at Rolling Green Country Club, 750 North Rand Road in Arlington Heights. The cost is \$25 for members or \$30 for guests. Kindly respond by September 15 to Judy Allen at



847-382-9040

1 800 442-DIET Day or Night

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847-382-6750. For information, phone program chairwoman Bonnie Westphal from Hoffman Estates at 847-885-2794.

The social hour (cash bar) with light hors d'oeuvres will be followed by a program of arias and duets from operas to be performed during the upcoming season at Lyric Opera of Chicago. Familiar, favorite selections will also be performed. Theresa Ludden, tenor Warren Moulton and pianist Jeffrey Pankow will be featured.

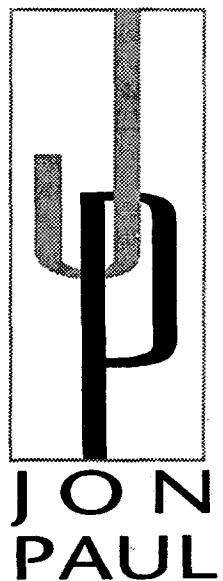
The evening will conclude with a luscious sweet table and a Lyric Trunk Show featuring items which will be available during the annual radio Operathon on October 16.

For inquiries on the Barrington Chapter (well over 200 members and still growing), please phone Howard Robins at 847-

437-2158. To share rides, phone Maureen Brown at 847-382-7015.

Future programs for the year include: "Potions & Potables," a toast to *MacBeth*, *Elixir*, *Falstaff* and *Die Fledermaus* on Friday, October 22 at 7:30 PM; "A Taste of Carmen" at 2:00 PM on Sunday, November 14; "Ring in the Season with the Carillon Bell Choir & Brass" at 2:30 PM on Sunday, December 5; "Chapter Musicale" at 1:00 PM on Monday, January 17, 2000; "Opera on Rods," puppet opera at Opera in Focus on Sunday, February 13, 1:30 PM; "Barrington Chapter Chorus" at 7:00 PM on Friday, March 3; "Inside Lyric" at 2:00 PM on Friday, April (date to be announced); and the biannual gala to benefit Lyric Opera Center for American Artists on May 13 at a spectacular Barrington Hills residence.

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1999-2000 "Operas in a Nutshell"

The Barrington Chapter of Lyric Opera of Chicago's Outreach Community Education Program will again sponsor evening lectures provided by the Lyric Opera of Chicago Lecture Corps. Presented in Barrington Area Public Library's Meeting Room, each of the eight lectures will feature a different opera with musical illustrations from the upcoming season at Lyric Opera of Chicago. Lectures are free and open to the public. New as well as seasoned opera-lovers are welcome. Barrington Lyric's Outreach Program is coordinated by Mary Wajda, Adult Education Chairwoman from Palatine, who may be reached at 847-991-1207. All lectures begin at 7:30 PM on the following dates:

- *Falstaff*, Thursday, September 23, Marty Farahat, lecturer
- *A View from the Bridge*, Tuesday, October 5, Howard Robins, lecturer
- *Alcina*, Monday, October 25, Karen Jared, lecturer
- *MacBeth*, Wednesday, November 10, Dennis Ryan, lecturer
- *Die Fledermaus*, Monday, November 29, Sue McCandless, lecturer
- *The Elixir of Love*, Thursday, January 13, 2000, Arn Buonimici, lecturer



Mary Wajda,
Adult Education Chairperson

- *Tristan und Isolde*, Thursday, January 20, Ellie Olin, lecturer
- *Carmen*, Wednesday, February 9, Greg Vogel, lecturer

Co-chairing Lyric Opera of Chicago's Lecture Corps are Barrington Lyric's President Mary Robins and Vice-President Howard Robins from Arlington Heights.

For inquiries on the Barrington Chapter (well over 200 members and still growing), please phone Howard Robins at 847-437-2158. To share rides, call Maureen Brown at 847-382-7015.

AAUW Welcomes New Members

The Barrington Area Branch of the American Association of University Women (AAUW) welcomes new members to join the Branch's activities.

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 additional information, please call 540-8719.

Time to Take Care of Yourself— Post-Summer Skin Care

The environmental effects on the skin during the hot summer months can ravage your complexion. Proper skin care cannot be stressed enough. Come to the **Jon Paul Salon** for a facial, body treatment or make-over by our trained esthetician with over 25 years of experience in the field of cosmetology, skin care and makeup.

Experienced in oily, congested, sun-damaged, dry and post-laser skin treatments, let us customize your skin care program.

Come in and partake of the many services **Jon Paul Salon** has to offer, including body and facial treatments, waxing, massage, manicures and pedicures.

Try one of our massages. Anyone, who has been fortunate to have one at **Jon Paul**, will tell you that describing our masseuse's technique comes nowhere near expressing the healing experience of her touch.

Therapeutic massage is one of the best methods to combat stress. Massage can dramatically reverse the damaging physiological effects of stress by helping to: lower your heart rate and blood pressure; improve your circulation; raise your skin temperature; heighten your sense of well-being; and lower your anxiety level.

During a massage, your tight muscles tend to relax and the pain associated with chronic tension is relieved. Increased circulation will supply more oxygen and nutrients to your muscles and help rid



them of metabolic waste.

A program of regular massage will put you in touch with your body, teaching you to monitor its signals and needs so you will know when you should take time out from the things that worry you. In this way, you can avoid the damaging effects of chronic stress and gain some control over your sense of well-being.

We are located in the new Clock Tower Plaza on the corner of Smith and Northwest Highway in Palatine (next to Euro-Fresh). Call us at 847-991-3600 for an appointment.

At **Jon Paul Salon**, we strive to make your time with us as relaxing as possible and look forward to serving you. Spa packages, gift certificates and bridal consultations are also available.

Mrs. Illinois Heads to Nationals

Dr. Ann Mazzotti-Riechman of Orland Park was crowned Mrs. Illinois International on June 6 in Wadsworth, IL. Directors Iolanda Goodfellow of Barrington and Peggy Glenn of Warrenville, producers of the pageant, describe Ann as a woman with beauty and brains. They have been preparing Ann for her national competition in August in Tyler, TX.

Ann is the wife of Mark Riechman whom she met at the University of Illinois College of Dentistry. They have been married for 9 years and have 2 children. She is a Doctor of Dental Surgery and has been practicing for over 10 years.

"Everyone needs—and should be—a mentor," she says. Riechman hopes to speak to people, especially women, on the issue of survival in the next millennium.

Having performed in local theater, Ann is also an accomplished dancer, actress, singer and piano player. She has managed to juggle a career as a dentist, motherhood, maintaining community involvement and her work in the theater.

The Mrs. International Pageant system recognizes women for their commitment to family, profession and community stewardship. Throughout her year, the new Mrs. Illinois International will make many appearances for various charities, do special presentations and work with civic and nonprofit oriented projects. If you would like to in-



Pictured are (L to R): Peggy Glenn, director; Ann Riechman, Mrs. Illinois International 1999; and Iolanda Goodfellow, director.

clude Ann at your upcoming event, or would like to "design" a fundraising event around her, please contact the state offices at 630-393-1240.

Focus on Rhinoplasty

"It's as plain as the nose on your face."

This old adage says a lot about this central feature of our anatomy. Occupying the middle third of the face, probably no other single feature can so dramatically affect our appearance. The nose determines to a great extent the balance and symmetry of our faces. If one's nose is out of proportion to the rest of their features, it can dominate their looks. Someone who doesn't like their nose can focus on it, becoming self-conscious and insecure. A change in the appearance of their nose can make all the difference in the world to them. This is why rhinoplasty surgery is one of the most common plastic surgical procedures being performed in the United States today.

What is rhinoplasty?

This is the part of nasal surgery that changes the outer shape of the nose. This is accomplished by a combination of removing and/or repositioning cartilage and bone which is already present. The goal is to shape the nose in a natural way so it is balanced and in harmony with the rest of the face and does not appear to have been "done."

What is external rhinoplasty?

In traditional rhinoplasty there are multiple incisions made inside the nose in order to reach the cartilage and bone. In addition, the cartilage usually needs to be "delivered" or pulled out of the nostril in order to operate on it.

External rhinoplasty is a technique we use in which one single incision is made starting just inside the nostril on one side and extending across the base of the nose to the other side. This allows the cartilage to be worked on in its natural position without distortion and provides a much

by Gary S. Churchill, MD



Gary Churchill, MD

greater visibility during the operation. Also, there is very little bleeding during external rhinoplasty due to the single incision. We have found this technique gives much better control and predictability of the final result. We can also eliminate the need to pack the nose which significantly reduces the post-operative discomfort. External rhinoplasty is used on the majority of our patients.

What is a septoplasty?

The central support structure of the nose is the septum. It is made up of cartilage in the front of the nose and bone further back. This is what divides the nose lengthwise into two separate sides. The septum is often "deviated" or crooked due to some type of trauma earlier in life. This can lead to sinus infections as well as a chronic stuffy nose. If the deviation is located just beneath the bridge of the nose, it can cause the external form to look crooked. During a septoplasty, both the cartilaginous and bony portions of the septum are straightened and repositioned to the midline in order to improve the airway. This can be done as a separate operation or in conjunction with a rhinoplasty.

Computer Imaging

Computer imaging allows a patient to
(Please continue on page 52)

If at First You Don't Succeed, Try an Assessment!

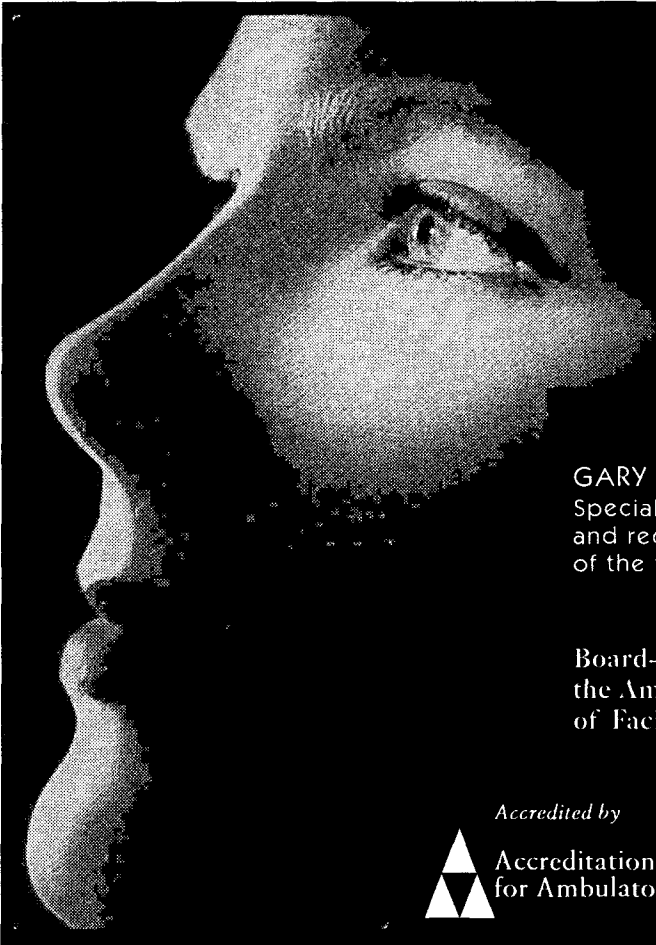
At **Personalized Fitness, Inc.**, we like to think our name says it all. We provide personal attention during your personal fitness training sessions and take your fitness needs seriously. Before you meet with your trainer, we conduct a postural assessment and flexibility evaluation. We believe your body will answer all of our questions regarding your fitness needs through your posture (body language) and your range of motion (flexibility). In designing your exercise program, this evaluation allows us to make the appropriate selections regarding frequency, duration and intensity. If your goal is to lose ten pounds, it would be a mistake to put you on the same program as a golfer who is experiencing lower back pain. Don't do what worked for someone else; do what works for you.

"Insanity is doing the same thing over and over and expecting a different result." You may already have a routine of watching your "kick-boxing" workout on video or going to the health club and using the same machines over and over. If you don't have a routine, that is okay too. Routines get boring and may cause overuse syndromes like tendinitis or bursitis. Overuse syndromes are an umbrella term used to describe the breakdown of a body part from repetition. To **Personalized Fitness**,

overuse means imbalance and imbalance can be corrected. For years, carpenters used hammers and screwdrivers and rarely complained of carpal tunnel syndrome. Today, we have electric screwdrivers and power tools and an increase in overuse syndromes. **Personalized Fitness** knows it is not logical to obtain a safe and effective exercise routine from a magazine or video. What you see, read and hear may be good for one body and bad for someone else.

Do your body a favor and let trained fitness professionals guide you along your path of lifestyle change. We test and find weak or tight muscles and strengthen or lengthen them. This corrects the imbalance and helps to prevent or eliminate the cause. The body does two basic things to protect itself when an imbalance is present. The body either shortens a faulty muscle or allows them to weaken. **Personalized Fitness** approaches these imbalances in the following ways: corrective therapy; kinesiotherapy; orthopedic assessment; strength training; flexibility techniques; and soft-tissue treatment.

If you have an interest in losing weight, getting stronger or improving your performance in a sport or activity, please call **Personalized Fitness** at 847-277-7746 to schedule your complimentary assessment.



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COMMIT TO GET FIT

The Skinny on Home-Gym Purchases

Choosing the right exercise equipment might be one of the most important decisions you make in maintaining a consistent and effective workout regimen. Time and money spent at the onset could prove a wise investment or a frivolous and frustrating expenditure. So it's important to invest intelligently, choosing equipment that best suits you and falls in line with your exercise expectations.

Before heading off to the specialty equipment store, determine your needs and avoid impulse-buying another soon-to-be-unused exercise machine. Determine your goals, available space and spending limit before plunking down your hard-earned dollars.

Keep in mind that buying equipment

doesn't have to be limited to a large, one-time purchasing experience. If your budget allows you to purchase everything you want at one time, great. If not, purchases can be made piecemeal. Make sure to buy for quality; having to periodically replace non-quality equipment is far more costly and time-consuming than purchasing a higher-end, safe, stable component from the get-go.

Weighing Options

When it comes to cardiovascular activity, several outdoor options exist throughout much of the year, including walking, running, roller blading and biking. However, if privacy or only the most pleasant weather conditions are desired, a plethora of cardio-machines are available, offer-

ing outdoor intensity with indoor convenience. Treadmills, stationary bikes, stairclimbers and the most recent addition, elliptical trainers, all can be used inside the home to maximize your workout.

Provided special conditions—such as knee or back problems—aren't an issue, then the #1 consideration is deciding what you enjoy. One equipment type isn't necessarily superior to another. A stairclimber capable of burning a high level of calories certainly isn't preferable to a more modestly paced treadmill if an individual only sticks with the stairclimber for a week and the treadmill indefinitely. The goal of using cardio-equipment is to increase aerobic condition and burn calories, so equipment with any additional functions or purpose is unnecessary and probably translates to a higher cost with substantially decreased return on investment.

Once you've selected the equipment type best suited for you, try different models at the store while wearing exercise shoes. Consider several factors:

- Are the controls easy to use? (Keep special watch for treadmills with hard-to-adjust speeds.)
- Is the movement smooth at warm-up and target pace?
- Is the piece proportioned to fit your body? (If you're tall, make sure treadmill belts accommodate your stride length.)
- Are the electronic readouts documenting calories burned and distance important? Is a simple timer sufficient?

Also important is what a particular exercise store offers you for purchasing a product from them. Ideally, you should seek out a store that offers the following: a 30-day, unconditional return policy as well as a one-year warranty; a factory-authorized service team on the premises; and proper, getting-started instructions.

Bench Basics

Turning our focus to a specific type of equipment—free-weights—takes into account many of the principles discussed above.

Again, focus on purchasing the core of a proper free-weight program—the bench—and forego the fancy frills until later. Avoid the temptation to lay on the extras at the expense of a high-quality bench. The bench comprises the building blocks for all else that follows and should offer not only safety, but comfort and versatility as well.

A bench should have a steel base of 14-gauge or even better quality with two-by-two tubing for legs and feet. Keep in mind that the lower the gauge number, the better the quality; a 13-gauge is better than a 14, for example. Avoid the 16- and 17-gauge models frequently found in sporting goods shops as they also offer inferior tubing sizes for legs and feet.

Sit on the bench and get comfortable

with it. If a comfort level cannot be achieved, then it is the wrong bench for you and will certainly impede your progress. The vinyl covering should be checked to see if it is rigorous enough to withstand age and use.

When in the store, perform a bench or dumbbell press to check it for safety and comfort. Keep in mind that different bench types exist. Some are simple structures, others incorporate more sophisticated features such as adjustable angles and inclines as well as the ability to allow attachments for such exercises as pull-downs and leg extensions.

With the options comes greater complexity. Therefore, it's important to ensure that a leg attachment accommodates the length of your lower leg for leg extensions and curls. Beware of benches that expose your legs to not only uncomfortable but unsafe angles.

But the bench is only one element in the free-weight workout. You can realize much versatility by using various dumbbells, a couple of bars (seven-foot straight and four-foot straight and curl bars are available) and some elastic resistance.

The larger bar sizes are intended for bench presses and squats. The four-foot versions are used to strengthen the biceps and triceps. Ankle weights are effective leg-sharpeners and should weigh at least 10 lbs. each.

Don't forget that weight plates are needed on the bar and collars are necessary to hold them in place. Plates and bars should possess the same diameter as your bench's leg attachments to allow interchangeability.

Keep in mind that ultimately all you need is a bench, free weights and elastic resistance (excellent for travel). These three components comprise the basis upon which all other components can be built.

When it comes to workout gear, the core message is—forego the frills and focus on foundation. With the building blocks in place, all else will fall in line.

Our trainers are available to help you with your home-gym equipment selections to help you meet your goals. We also offer program design for working with existing equipment.

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Back by popular demand, we will be kicking off our 8-week Intensive Training Program on September 13. These exclusive early-morning outdoor training sessions are held by our personal trainers 5 days a week for 8 weeks, rain or shine! Space is limited!

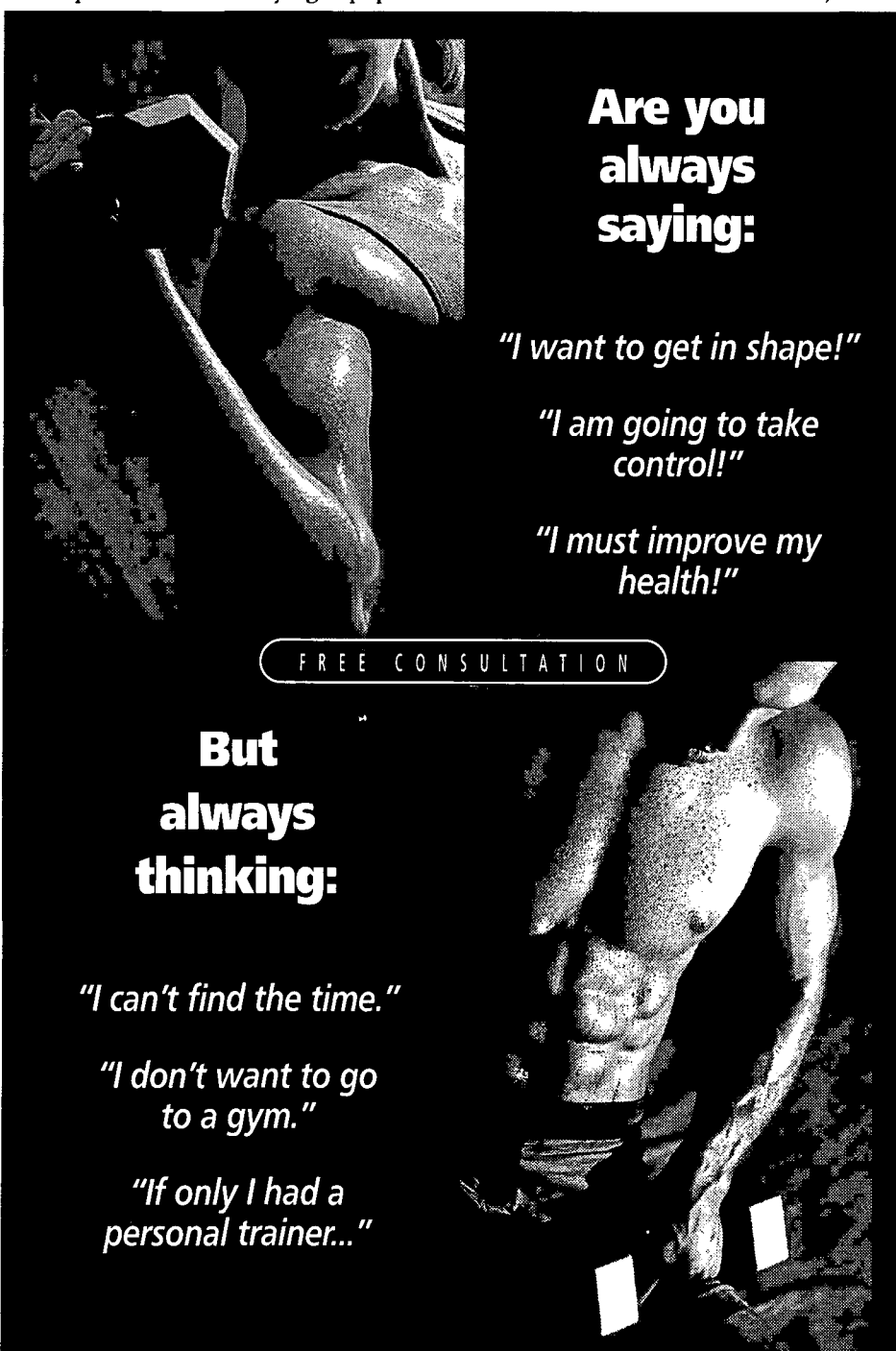
For more information, please call **Body Constructors Inc.** at 847-277-0707 or e-mail us at bodyconstructors@prodigy.com.

BARNO Membership Meeting

Our annual membership dinner will be held on Tuesday, September 14 at JFK Health World at 6:30 PM.

Come see what we are all about. The purposes of the organization are the continuing education of members, community service, philanthropy and social activities.

We promote education of future nurses and advancement of registered nurses through yearly scholarships. Membership is open to any registered nurse in the Barrington area and surrounding communities. For more information, please call 847-639-4867.



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"I am going to take control!"

"I must improve my health!"

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But always thinking:

"I can't find the time."

"I don't want to go to a gym."

"If only I had a personal trainer..."

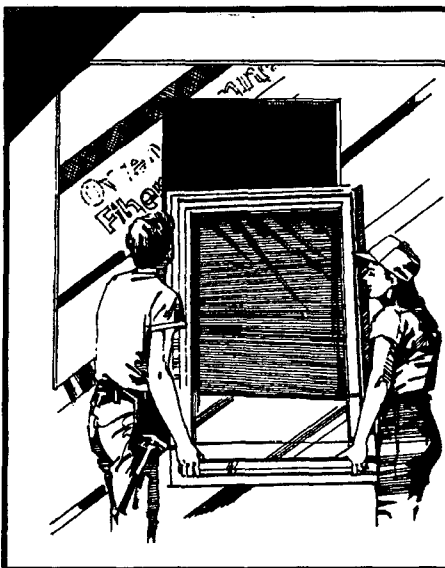
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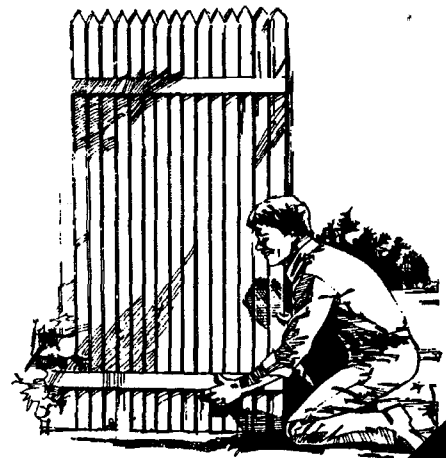
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A home's landscaping is, if done well, its crowning glory. Tastefully executed landscaping can make even the plainest house look appealing, just as poor landscaping can ruin the appearance of a mansion. Consequently, every year Americans spend millions of dollars installing, enhancing and maintaining both residential and commercial landscapes. The shame of it, though, is that every night when the sun dips below the horizon all of that expensive landscaping is virtually invisible for 10 or 12 hours.

Rudy Kruse, president of **CFC Nite Lites**, has set out to change that by installing landscape lighting which accents elements to which your eye is naturally drawn during the day—flowering trees,

artwork, building features and so forth, using a wide variety of techniques including uplighting, crosslighting, moonlighting and pathlighting.

"There are three main purposes for outdoor and landscape lighting," Kruse explains. "The lights offer added home security. They also offer safety around steps and other potential hazards. And, of course, there are the aesthetic considerations. In fact lighting actually makes a yard appear larger than it is and there is also the opportunity to light up special characteristics of the house itself like special brickwork, cornices and fireplaces."

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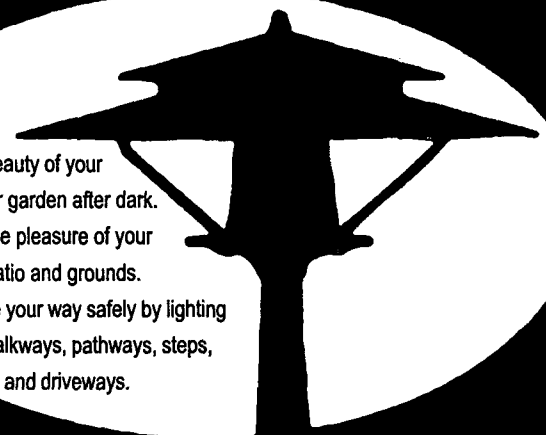
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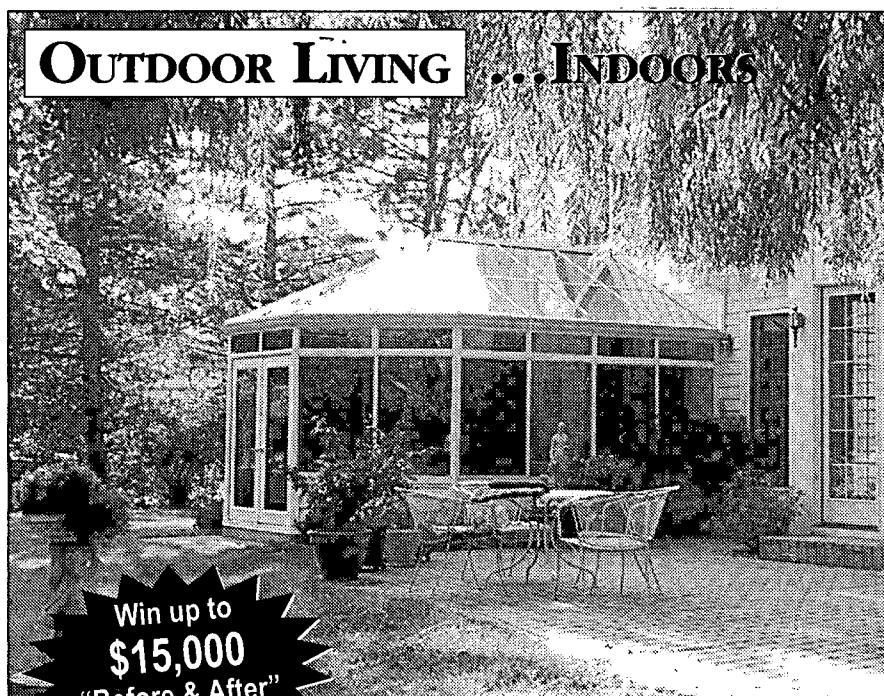
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In addition to providing custom room additions with bathrooms, kitchens and fireplaces, **Armcor Design and Build** is your local store for **Four Seasons**, the nation's largest manufacturer of greenhouse/solarium-type room additions for residential and commercial applications.

Each **Four Seasons** product is meticulously designed and crafted to be a practical, beautiful, and exciting home addition that will bring a new dimension of space, light and warmth to what might otherwise be an ordinary room, whatever the season or location of your home.

Armcor Design & Build craftsmanship and quality products are also an excellent investment and can add real value to your home. Often, much of your investment in a **Four Seasons** sunroom can be recovered when you sell your home.

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Armcor Design & Build will provide you with a complete "turn key" room addition project or you can build it yourself. Every **Four Seasons** greenhouse/solarium product is maintenance-free, weather-tight and comes with a lifetime limited warranty on MC² glass, five year warranty on parts and a one year warranty on labor. There are numerous options, both wood and aluminum systems, and a wide variety of models and sizes. For more information, phone (847) 277-9880.

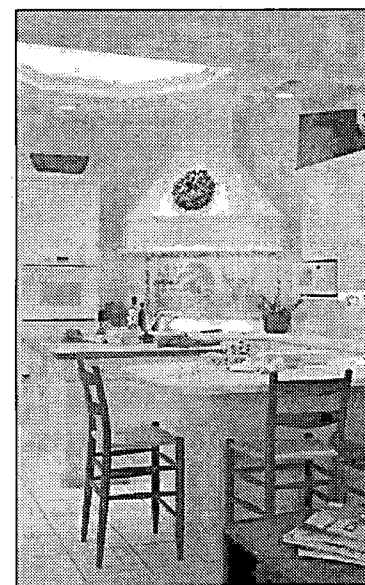
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Lamico Designers in Barrington offers high quality cabinetry and countertops for kitchens or baths—and at affordable prices.

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

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

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



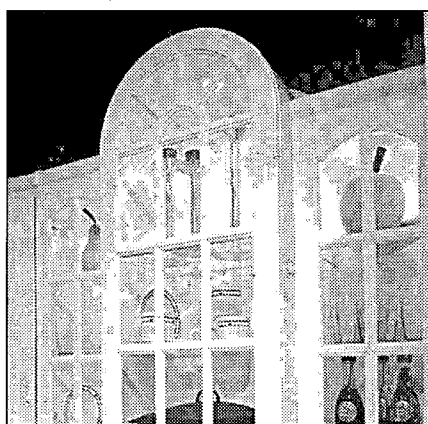
kitchen. Come into our Barrington showroom and have Jim design your dream kitchen just for you with your needs in mind.

Remember to stop into **Lamico** and help raise "Bucks for Brittany." You'll receive a free Corian cutting board by giving a donation for Brittany. We all hope this will help in Brittany's successful recovery from bone cancer, and help her be a fun-loving kid again! Ask owner Jim Kill for more details.

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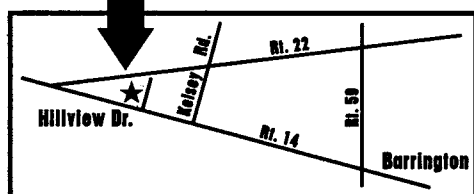
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Welcome to the endless possibilities available to you—the homeowner. Now you can create beautiful and functional extensions of your home by using brick, natural stone, or concrete modular wall units.

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Burke Landscaping considers their work a craft and takes pride in every job no matter what size. To ensure your work will stand the test of time, we back it up with a *5 year guarantee*.

Our company is a fully insured and experienced **Hardscape** contractor, with 13 years experience specializing in interlocking brick pavers, custom stone work and many forms of retaining walls.

The next step is yours! Call us today at **847-381-6267** or **847-639-6258** to schedule your free estimate and consultation, or visit our website.

Home Improvements Stir Up the Dirt

The National Association of Home Builders projects that Americans will spend a whopping \$125 billion on renovations this year. If energy efficient windows, spacious living areas or a new kitchen are in your future, remember the down side—unless you take charge of the situation, you will find zillions of fine dust particles in every crevice of your home for days, weeks or even months.

Don't worry, you have a pro on your side. **The Maids** serving Barrington are the dust masters. Their Healthy Touch cleaning system conquers dust by taking it where it belongs—out of your home. **The Maids** work in four-person teams

who are professionally uniformed and trained for dust, dirt and grime removal. Our Healthy Touch system will take more dirt and contaminants out of your home than any other residential cleaning system. Now that's nothing to sneeze at!

The Maids understands that home improvements and renovations can be a cleaning nightmare. Don't fight the battle yourself. You already know how to identify your nemesis by the chalky film covering your tables, books, baseboards and all of the areas you can't see. Isn't it time to enlist the help of experts before dust takes over your home? For a free estimate, call **The Maids** at **847-368-1250**.

Evening Book Group

The Barrington Area Branch of the American Association of University Women (AAUW) Evening Book Discussion Group will discuss *A Man in Full* by Tom Wolfe on Tuesday, September 27 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 381-4791.

Library Sculpture Garden Installs New Works

The Barrington Area Arts Council, the Barrington Area Library and the Friends of the Library are pleased to announce the installation of new sculptures to the Barrington Area Library Sculpture Garden.

The artists exhibiting new art works are Illinois artists: Robert Wilson, Chicago;

Michael Brown, Palatine; and Bruce Niemi, Lake Villa.

Everyone is cordially invited to attend the opening reception which will be held at the Barrington Area Library on Friday, September 10 from 6 to 9 PM.

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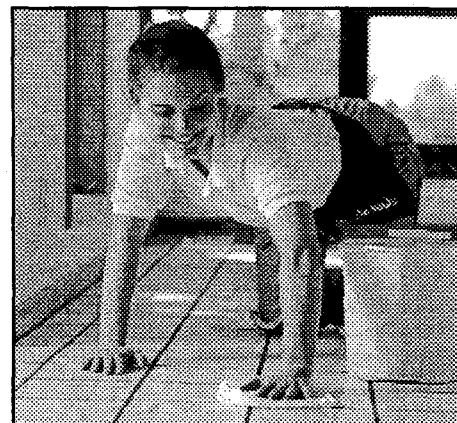
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12. Clean Bathroom Sinks & Counters
13. Clean & Disinfect Bathroom Floors
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15. Change Towels
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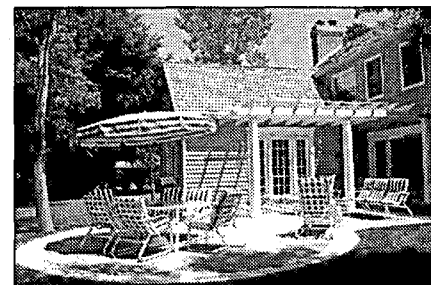
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It's Fall... Still Need Landscaping?

Summer vacations are ending, school is starting and with the cooler weather approaching, the fall season provides an ideal time to finally complete that landscape project you were planning.

"Fall landscape construction creates many benefits to the homeowner," states John C. Cazzetta, Landscape Architect and owner of **Bonner Codd Associates** in Barrington. "Our fall installation schedules are manageable compared to the craze of our spring and summer projects. In addition, our growers will be digging fresh stock in the next several weeks, which will therefore allow the homeowner the best conditions to design and install even the most comprehensive landscape project prior to the arrival of cold weather."

"The best part," Cazzetta adds, "is that the homeowner can then appreciate a full bloom next spring while also using their new patio or walkway rather than starting a project in May when the majority of the bloom has dissipated. Finally, plantings that are installed in the fall "heal in" over



the winter, which means added growth and beauty next spring."

If you still have thoughts about re-creating your landscaping, please call John C. Cazzetta, Landscape Architect at **Bonner Codd Associates, Inc.** at 847-382-4838. They are able to create award winning designs as a full service design/build firm with the expertise of staff licensed Landscape Architects and experienced installation crews. Call to schedule a no-cost consultation now to allow the proper time to creatively design and install your fall project.

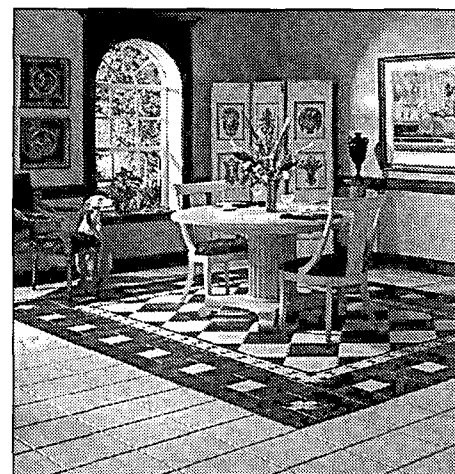
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Euro Tile and Stone, Inc., located at 775 West Main Street in Lake Zurich, is celebrating its 12th year of service by increasing its already large inventory of ceramic tile and stone. We specialize in the sales and installation of ceramic, porcelain, marble, granite and all types of natural stone, as well as the fabrication of counters, vanity tops and fireplaces.

At **Euro Tile and Stone**, we take the time to know and understand our clientele. Our clients recognize excellent quality and workmanship when they see it. Therefore, we must pick the best and finest materials from all over the world, whether it be ceramic or stone.

Whether it be a kitchen backsplash and granite countertops or a complete new bathroom, **Euro Tile and Stone** is the only resource you will need.

For European quality and craftsmanship at competitive prices, stop in our showroom or call us for a free estimate at 847-438-3838.




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Natural Woman Theme of Long Grove-Kildeer Garden Club Benefit



Among the generous prizes is this beautiful print *Marche des Fleurs* by Cha'llyong, kindly donated by The Studio of Long Grove.

The Long Grove-Kildeer Garden Club is pleased to present a benefit to be held at the beautiful Twin Orchard Country Club in Long Grove, Illinois on Thursday, October 7. This year's theme is "Natural Woman" and the afternoon will include a social hour followed by a fabulous luncheon and fashion show presented by Talbots of Barrington. Music will be provided by Lee Bassett on piano.

Come join the ladies of Long Grove, Kildeer, and surrounding communities and perhaps go home with one of the fabulous prizes. The generous prizes in-

clude a beautiful framed print, *Marche des Fleurs*, by the acclaimed international impressionist artist Cha'llyong. The print has been kindly donated by The Studio of Long Grove. Also featured are: a Getaway Package for Two at the famed Eagle Ridge Inn & Resort in Galena, Illinois; a 14-gram "Heart to Hearts" ring of 14 karat yellow gold, designed and crafted by R.C. Wahl Jewelers in Des Plaines; and a variety of artfully created themed baskets.

A deliciously prepared luncheon will follow with a captivating presentation of fashions for the "Natural Woman," a

Senior Celebration at the Art Institute

Please join us for an exciting outing to the Chicago Art Institute on Wednesday, September 15 for the 5th Annual Senior Celebration at the Art Institute. The day begins with a presentation by "Art Insights." Following the program, a box lunch provided by the Barrington Community Associates of the Art Institute of Chicago will be served in the Chicago Stock Exchange Trading Room. Following lunch, seniors are invited to visit those

areas of the Art Institute that are of particular interest to them. There will be guides and museum personnel at various locations to answer questions and provide direction. We will leave Langendorf Park at 7:30 AM and return at approximately 4:15 PM. Cost of \$15 includes transportation by motor coach, lunch and time at the gallery. Payment in full is due by Wednesday, September 8. Call 381-5030 for your reservation.



theme to capture the essence of the multi-talented woman of today. The fashions reflect women interested in putting their best foot forward both collectively and individually. From casual chic to elegant sophistication, the fashions presented will frame the special woman inside. Commentary will be provided by Talbots.

Proceeds will go to various community projects sponsored by the Garden Club and to donations for various national, state and district garden club projects. Lo-

cal projects include youth programs and scholarships, senior programs, roadside beautification, community garden plot and programs at Reed-Turner Woodland. The Long Grove-Kildeer Garden Club has been the recipient of many awards including the purple, gold and blue ribbons for continual community performance. Now is a good time to find out more about the club, so mark your calendar and plan to attend. For tickets or membership information, please call Helen at 438-5721.

Fall Maintenance for Your Home!



Bill Schafer—President



Joe Schafer—Vice President

Although it's not official, Labor Day usually means the end of summer and that fall is just around the corner. With the kids back in school, the start of fall sports and everyday busy life, who has time to get the house ready for the upcoming winter season? Why not let **Schafer Builders Inc.** do the fall maintenance on your home?

Preventative maintenance on your home will make it safer and save you money by keeping everything in tip-top shape and good working order. Fall is the perfect time to make sure your house is ready for the unpredictable Midwest weather. We'll take care of all those small repairs before they turn into bigger problems. Whether it's a large job like painting the exterior of your home or a job as small as cleaning your gutters, we can take care of it all.

Fall usually means lots of leaves—leaves on the ground, leaves in the gutters, leaves in the window wells. Leave climbing the ladders to us. And while we're taking care of the leaves, we'll inspect the

gutters and roof to make sure your house is water and leak proof. We'll make sure there are no shingles missing, and that flashings, skylights and the chimney are properly sealed.

Making your home weather tight will also help on those always increasing, winter heating bills. We can inspect your doors and make sure they have the proper weather-stripping, whether it's deteriorated and in need of replacement. If your windows are drafty and let in the cold winter winds, it just may be time to have them replaced. We can accommodate every size and shape of window imaginable.

Let us help keep your family and your home cozy and warm. For a free consultation, call **Schafer Builders Inc.** now at **815-459-1333** or **1-800-564-1339** or stop by our award winning office at 43 E. Crystal Lake Avenue in downtown Crystal Lake. Check us out on the web at <http://www.schaferbuilders.com>.

Sunburst Shutters— At the Forefront of Shutter Development

For decades, **Sunburst Shutters** has been at the forefront of shutter development. Their drive to manufacture the best shutter possible has taken them beyond the limitations of wood shutters. The result is their patented, uniquely superior PolyWood shutter.

Traditionally, plantation shutters have been made from wood. And having started as a wood shutter company, **Sunburst Shutters** is familiar with the inherent problems of a wood shutter. Maintaining the original beauty can be a challenge and PolyWood solves those problems. PolyWood is an engineered, recyclable wood substitute that looks amazingly like real wood, and they guarantee it will maintain that look for a lifetime.

Lifetime Guarantee? Absolutely! **Sunburst Shutters** is so sure that you'll be satisfied with their product, installation and service, that they guarantee your PolyWood shutters for life. Every PolyWood shutter is custom built and is made to last. Their skilled craftsmen will expertly install your shutters without cutting corners.

Sunburst Shutters is also proud to announce the introduction of the full line of Hunter Douglas window coverings as part



of their product line. As an elite Hunter Douglas dealer, they offer everything from verticals and blinds to silhouettes.

Sunburst Shutters offers free in-home consultations, so call to schedule your appointment to see our PolyWood and Hunter Douglas products. For more information, call **847-640-6622**.

Season Opens with *Anamnesis*

The Barrington Area Arts Council's (BAAC's) September BAAC Gallery at the Library exhibit, *Anamnesis*, is now open. It features the watercolor paintings of Sherry Hunter Lee and the mixed media constructions of Barbara Fuhr.

The exhibit is on view at the Barrington Area Library located at 505 N. Northwest Highway in Barrington through October 30, 1999 during regular library hours. For more information, call the BAAC Gallery at 847-382-5626.

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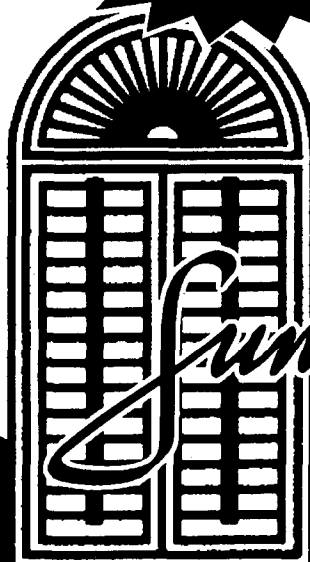
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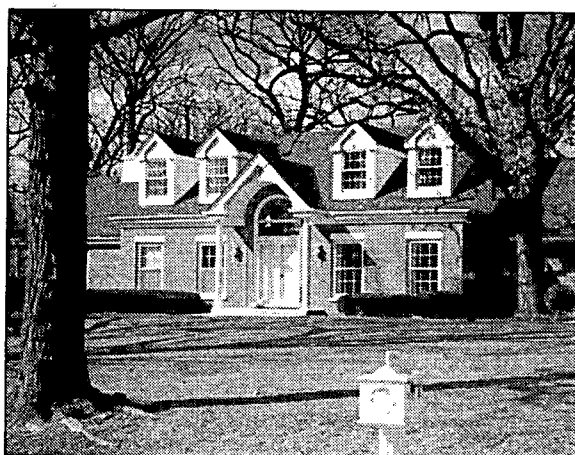
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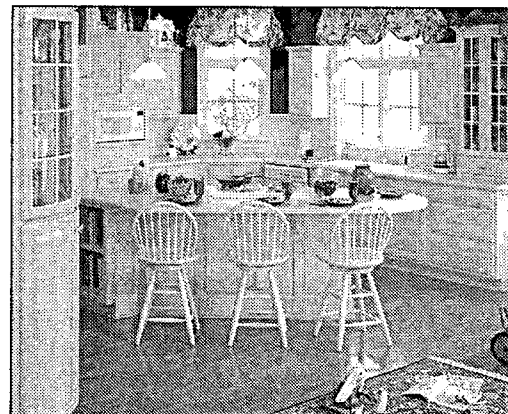


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Kitchen Design Trends from the Experts

Did you know that stock cabinets are used less frequently in the Midwest than in any other part of the country?

How do we know this? The Design Trends Survey for 1998, conducted by the National Kitchen and Bath Association, has this information. More than 240 Certified Kitchen and Bath designers (CKD, CBD) from across the United States and Canada participated in this annual survey.

Why is custom cabinetry the most popular choice today for newly remodeled kitchens? Given the endless possibilities that a designer can create, the custom cabinet industry has the capability to answer those demands. This allows the homeowner to achieve a kitchen that is truly designed for their family and lifestyle. For example, a kitchen island is now included in 56% of the remodeled kitchens. Many times, this area is designed to become the focal point of the room both aesthetically and functionally. With a custom manufacturer, there are many "designer" choices for the visual statement as well as for interior accessories that satisfy specific storage needs.

The Designer Trends Survey for 1998 also found the lighter wood tones, such as maple and birch, are being installed into 50% of the newly remodeled kitchens. Oak, as a cabinetry choice, has decreased considerably in the last four years. Custom cabinetry becomes a popular choice here as well, due to the array of finishes they provide. Our designers may recommend Natural Maple cabinets with a Mocha Brown Glaze to further define the beauty of the door style you have chosen.

No matter what the design trends are, it is important to remember that a kitchen should be designed to integrate with the style and feel of the individual home. Just because something is popular, that doesn't mean it's right for you. The designers at **Barrington Kitchen & Bath Studio** will help you design a kitchen that is both functional and beautiful. Stop by our showroom and see the many design possibilities. **Barrington Kitchen & Bath Studio** is located at 319 W. Northwest Hwy. in Barrington. Give us a call to set up an appointment at **847-381-3084**.

Luncheon Book Club to Meet

The Barrington Area Branch of the American Association of University Women (AAUW) Luncheon Book Club will discuss *White Oleander* by Janet Fitch on Wednesday, September 8 at Taylor Street Steakhouse in Lake Zurich from 12:30 PM to 2:30 PM.

AAUW is a national organization com-

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

The Carpet Mart—Laminate Flooring Sale

The Carpet Mart, (Tim's Carpet and Tile, Inc.), is conveniently located in the Deerpath Court Shopping Center in Lake Zurich.

With over 15 years experience in the flooring industry, **The Carpet Mart** services all of the flooring needs of residential and commercial clients in the Chicagoland area. **The Carpet Mart** offers a complete variety of quality flooring products and services at competitive prices. Whether you are in the market for carpet, area rugs, hardwood flooring, ceramic tile, sheet vinyl, laminates or remnants, **The Carpet Mart** is your one-stop shop.

In addition, we are constantly bringing in new lines so that we can offer you the most current and up-to-date styles that the



industry has to offer. So if you haven't been in the store for awhile or if you're a first-time shopper, we invite you to browse through our beautiful showroom or allow a member of our friendly and knowledgeable staff to assist you.

We will also come to your home or office to measure and show samples for your shopping convenience.

Necessity—the Mother of Invention

In Colonial times, necessity was the mother of invention. Apple bowls were shaped from logs. With the rarity of iron, wooden pegs were carved in place of nails. Boiled bayberries were made into fragrant (but flammable) candle wax. Natural slate was crafted into hearthstones, roofing tiles, kneading boards and crock covers to keep the rodents out. In their meager spare time, farmers painstakingly made the family furniture, employing crude tools to build memories of their homeland. Even children's toys sprang from the loving hands of grandfathers who could whittle and mothers who formed cornhusks into dolls.

Some of the finest expressions of artistry sprang from the need for creative expression as well as frugality. In her spare time (and there was little—unless she was wealthy), women designed samplers, penny rugs, hooked rugs, and



Varied Treasure Artisan Shoppe (Palatine) has historic reproductions and special gifts.

quilts. Such pieces, culled from the rag bag, brought warmth and history to the family surroundings. At **Varied Treasure Artisan Shoppe**, we enjoy learning the history and creative spirit of our ancestors and our historic artisans as well.

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.

Citizens for Conservation Preserve Tour

On Saturday, September 18 at 11 AM, there will be a tour of Grigsby Prairie. Summer blooms have been replaced by gentians and goldenrods and the prairie is glowing with fall color from grasses and seed heads. Anyone with some extra time is invited to arrive at 9 AM to help pick

seed for Citizens for Conservation's restorative work. Meet in the parking lot on Oak Knoll Rd. east of Buckley Rd. in Barrington Hills.

Please RSVP to the CFC office at 382-SAVE (7283) at least one week before the tour.



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Welcome Wagon "Kick Off"



Laura Pisani, Toni Cerone, Marie Cafagno and Loretta Glyman are preparing for the Barrington Welcome Wagon's annual English Tea to be held September 14 from 1 to 3 PM at the Presbyterian Church on Brinker Road. All women in the Barrington area are invited to attend this event.

Welcome Wagon president Mary Therese Stephens invites all women in the area to their annual English Tea on Tuesday, September 14 from 1 to 3 PM. It will be held at the Presbyterian Church of Barrington which is located on Brinker Road just south of Lake Cook Road.

This event is the time when members sign up for all the upcoming activities beginning in the fall. Our members enjoy varied and wide ranging group activities, such as luncheon groups, book group,

bridge, movies, antique outings, garden club, genealogy, mah jongg and golf during the summer. In addition, luncheons and coffees are held during the year which feature programs of interest to all.

It is hoped that all women in the Barrington area will plan to attend Welcome Wagon's "kick off" event. Mark your calendars for September 14, 1999 from 1 to 3 PM at the Presbyterian Church of Barrington. For information, contact Marie Cargano at 381-6815.

Beat the Holiday Rush!

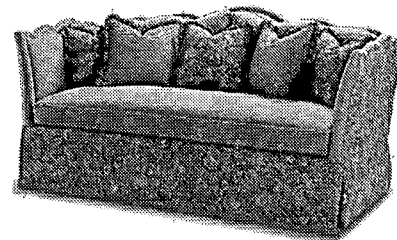
Although the holidays are months away, the time will pass quickly. Furniture orders and major redecorating projects don't happen overnight.

If you are planning significant home improvements before your holiday entertaining begins, now is a good time to contact the talented design staff at **Decorating Connections**. They can make decorating an easy and enjoyable experience for you. Call or come in and schedule an in-home consultation with one of our designers today.

During September, **Decorating Connections** is offering Stanford furniture at **30% off**. Selected wall coverings and in-stock framed artwork are **30-40% off**.

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.



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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. Or, call us at our Naperville division—630-415-1205.

Auditions for The Nutcracker

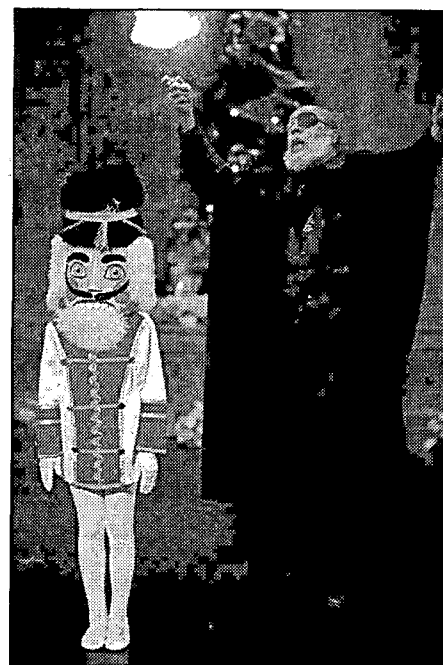
Barrington Youth Dance Ensemble's (BYDE's) audition for *The Nutcracker* will be on Sunday, September 12 at the Barrington Park District located at Langendorf Park, 235 Lions Drive, (the road off Northwest Hwy. between McDonald's and Burger King) in Barrington.

There is only one audition, so mark your calendars now! Boys and girls are invited to audition. The schedule is:

- children 6 to 8, last names beginning with A through L, noon to 12:45 PM
- children 6 to 8, last names beginning with M through Z, 12:45 PM to 1:30 PM
- children 9 through 10 years, 1:30 PM to 2:15 PM
- children 11 through 12 years, 2:15 PM to 3:00 PM
- all teenagers, 3:00 PM to 4:00 PM

Please wear ballet slippers and tights and have hair secured. Bring pointe shoes if applicable. Arrive 15 minutes prior to your scheduled audition time to register. For additional information, call 382-6333.

Performances of *The Nutcracker* will be held at Barrington High School's Richard C. Johnson Auditorium located at 616 West Main St. The dates are: Friday, December 3 at 7:30 PM; Saturday, December 4 at 2:00 PM and 7:30 PM; and Sunday, December 5 at 2:00 PM.



During the 1998 Barrington Youth Dance Ensemble's (BYDE's) production of *The Nutcracker*, Herr Drosselmeyer (a.k.a. James Estes from Barrington) performs magic to bring Clara's Nutcracker doll back to life. The Nutcracker doll is portrayed by Katelyn McMorris from Barrington.

Local Architects Specialize in Remodeling

Are you confused about how to get more space from your present home? Are you wondering how much this will cost?

"When a client calls us to look at remodeling their home, they generally have two questions. How can we get more space, and how much will it cost?" says John C. Cazzetta, President of **Kemper Cazzetta, Ltd.** an architectural firm in Barrington that specializes in residential design. "We can uniquely answer those questions because of our combined experience in design and construction."

Mr. Cazzetta also owns "BonnerCodd Associates," a construction management firm. "Because we construction manage approximately 40% of our design work, we are familiar with the cost drivers of remodeling. Therefore, we are able to estimate the cost of a project before we begin designing." The firm also prides itself in "context architecture." "We strive to



complement the existing structure as we incorporate the new space. The finished project should feel as if the new work was part of the original design."

If you are thinking of revising your home, please call principals Cheryl Ferguson and John C. Cazzetta at **Kemper Cazzetta, Ltd.** for a free consultation at 847-382-8322. They will be happy to talk to you about developing the full potential of your home.

Getting to "Wow!"

"Wow! Every time we walk into the kitchen, it takes our breath away!"

"...the crown jewel of my home."

"I can't believe I'm living in something this beautiful."

"Thank you for our fabulous new kitchen... We love what you've done for our lives."

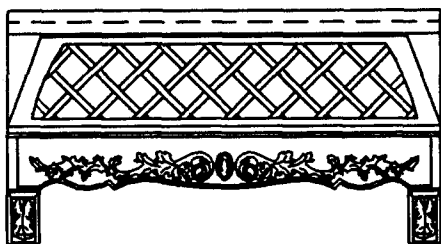
At **McCauley Design**, we change the way people live by transforming old, out-of-date kitchens, libraries, family rooms and home offices into beautiful, state-of-the-art living spaces that express our clients' unique personalities and the unique character of their homes.

When we design a kitchen, our focus is on the joy of cooking. When we create a home theater, we are creating a setting for art. When we go to work on a library, we are giving our clients a place to think, relax and produce. Only by focusing on how our clients live can we consistently produce designs that inspire comments like, "We love what you've done for our lives."

Details Make the Difference

No two **McCauley Design** kitchens are ever alike. It is our attention to detail that makes the difference between an ordinary kitchen and a **McCauley Design** kitchen.

Each **McCauley Design** kitchen is meticulously crafted out of unique pieces of furniture which we design after exhaustive consultation with our clients. Whether your home is Georgian, Colonial, French Chateau, Prairie School, Eclectic or any



Unique details like this hood, specially designed for a North Barrington home, make the difference between an ordinary kitchen and a kitchen by **McCauley Design**.

other style, our designers have the background and experience to fit the kitchen to your home.

Having produced hundreds of kitchens at the highest standards, **McCauley Design** knows how to use elements that bring a sense of richness to your project. We provide special moldings, valances, corbels and other details that speak of history and unique craftsmanship.

That's why we can say with confidence, "You'll love what we do for your life!"

Come See Us

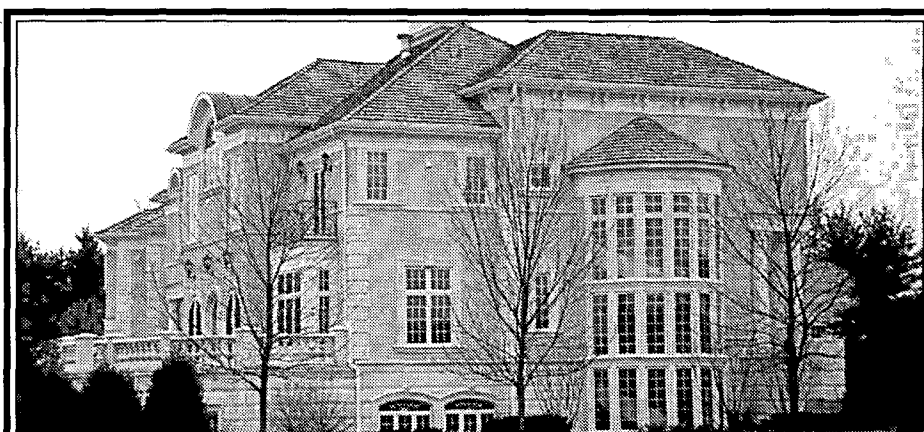
McCauley Design is located in Barrington Village at 220 South Cook Street one block east of Hough Street (Barrington Road) and two blocks south of Main Street (Lake Cook Road). We're open Monday through Friday from 10 AM to 5 PM, and Saturday from 10 AM to 3 PM. Or call for further information or an appointment at 381-2742.

Floral Design Program Planned for Garden Club of Inverness

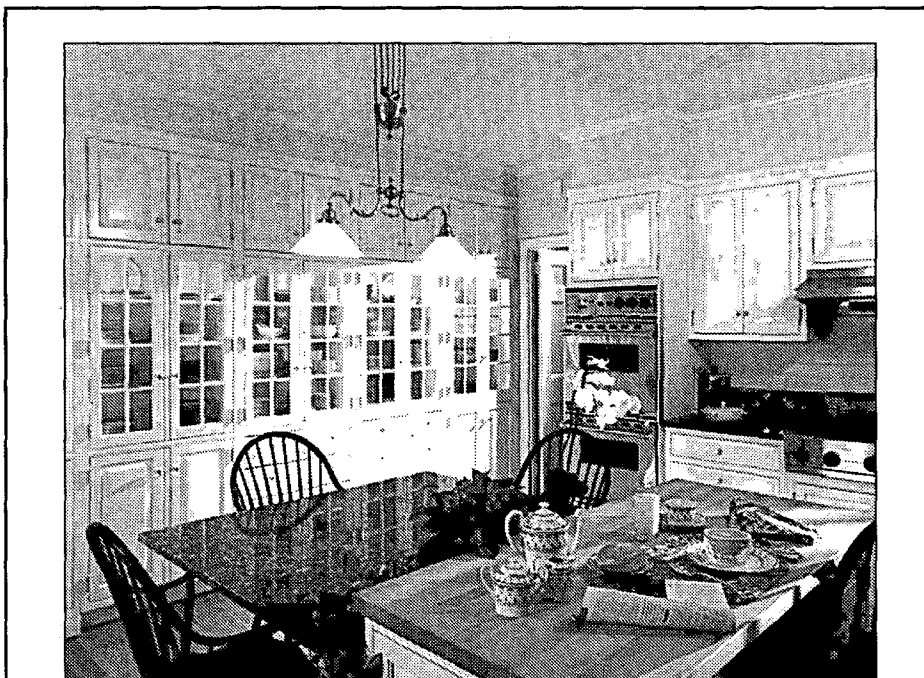
As summer begins to wane, the season of autumn approaches with its predictable change of pace in our lives. We find our schedules more structured and time sensitive. School bells beckon students of all ages from their carefree summer pursuits to return to classrooms. Parents scurry to complete school supply lists and make new clothing additions. Community organizations across the suburbs pick up the pace as well with the beginning of their

new club year. The Garden Club of Inverness is no exception as members anticipate the start of a season of new programs on varied subjects.

The first program of the year will feature the appearance of Mr. Wayne O. Pieper who will discuss and demonstrate floral design. Mr. Pieper has been in the flower industry since 1947. He started in Freeport and moved to Tacoma, WA in 1955 where he became a leader in the flower industry




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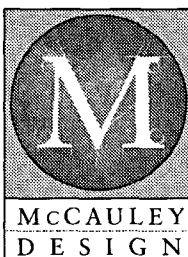
Each and every **McCAULEY DESIGN** project is individually created to reflect the unique architectural character of its surroundings and the unique personalities of its owners.
No two projects are ever the same.

Kitchens - Libraries
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220 S. Cook Street
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"America's foremost producer of high-end custom kitchens."
—Forbes Magazine

 **McCAULEY DESIGN**

in the Pacific Northwest. He returned to Illinois in 1991 and is still active in the industry. He has attended floral design schools in Europe and has done exhibitions in both The Netherlands and Germany. He has also been a featured designer at many floral design shows in the U.S. Mr. Pieper won the Sylvia Award presented by the American Academy of Florists, a part of the Society of American Florists. He will demonstrate several different floral arrangements which will be sold at the end of the program.

We look forward to welcoming back current members and guests to this first meeting of the club year. If you have not had an opportunity to attend a garden club meeting in the past, maybe now is

the time. Meetings begin at 9:30 AM at Holy Family Church, 2515 West Palatine Road, Inverness. After a short business meeting, refreshments of home-baked treats, coffee and tea are served. The program follows and usually ends around 11:30 AM. For more information, please contact Membership Chair Mary Jo Bregenzer at 776-6557. Garden Club of Inverness is a member of District IX of the Garden Clubs of Illinois, Inc. and the National Council of State Garden Clubs, Inc.

Mark your calendars! The Garden Club of Inverness will return to the newly remodeled Medinah Country Club for its Christmas Luncheon on Thursday, December 2, 1999. More information will follow in coming months.



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(Our 3rd Year on the Internet)

Artificial Christmas Trees
Giant Sizes — 9 ft. - 21 ft.

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- 10-Year Warranty

September Special: Free delivery right to your door!
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Countryside School's "Countdown to the Millennium"



Pictured are (left to right): Tracey Quinn, Decorating Committee; Luann Mathis, Co-Chair of Auction Dinner Dance; Maria Reimer, Co-Chair of Auction Dinner Dance; Christine Trzaska, Co-Chair of Auction Dinner Dance; Michelle Spinell, Decorating Committee; and Linda Maselli, Decorating Committee.

Mark your calendars!

Countryside School announces their theme for this year's fall fund-raiser—"Countdown to the Millennium." The event will be held at the Wynstone Country Club on October 16 at 6:30 PM.

A trip to St. Maarten, a go-cart and

sports memorabilia are just a few of the many exciting items included in both the silent and live auctions. The cost of \$60 per person includes a sumptuous sit-down dinner, music and dancing. All proceeds benefit the children of Countryside School.

"Picture Yourself in the Arts"

September is the beginning of the Barrington Area Arts Council's (BAAC's) 23rd year of arts programming. BAAC invites each area resident to share in the festive occasion and to "Picture Yourself in the Arts" by becoming a member for 1999/2000. BAAC is a nonprofit arts organization that presents and supports visual, literary and performing arts programs in the Barrington community and the surrounding area. Through members and volunteers, BAAC is committed to provid-

ing creative and cultural interests for all ages through over 45 programs planned for the calendar year.

Membership levels range from \$20 to \$1,000. Member benefits at all levels include discounted admissions to all programs, priority reservations to special events, a monthly newsletter and a member gift. Additional benefits are offered as membership levels increase. The Membership Director of BAAC is Barrington resident Krista Debueckelaer.

13th Annual Grove Avenue Carnival of Fun

Mark your calendars for a weekend of fun and games at Grove Avenue School's 13th Annual Carnival of Fun, September 17 through 19. Hosted by the Grove Avenue School PTO, the carnival offers rides for children (and adults) of all ages, including thrill rides for the brave. These rides are generously donated by former Grove parents, Jeff and Patti Blomsness, owners of All Star Amusements.

Come enjoy fun games, great food and

free entertainment. Proceeds from the carnival benefit Grove Avenue School and other District 220 schools.

Parking is free. Grove Avenue School is located just east of Route 59 and Barrington Road. Rain or shine, a weekend of great family fun is waiting for you!

Don't miss the Carnival of Fun!

- Friday, Sept. 17, 3:00 PM to 10:30 PM
- Saturday, Sept. 18, noon to 10:30 PM
- Sunday, Sept. 19, noon to 6:00 PM

A Classic Introduction

People recognize the quality of a classic—from a Mozart symphony to a Van Gogh painting to a **Tree Classics'** Christmas tree. And what makes a classic? A long-standing, unswerving commitment to produce an item that time and time again meets rigid standards of quality and value. The quality of a classic endures and people will not settle for anything less. This dedication to quality is what makes Christmas trees from **Tree Classics** so special.

Tree Classics has over 30 years of experience in the Christmas tree industry. **Tree Classics** knows what a customer

wants—a quality Christmas tree at an outstanding value. We combine superior construction that captures the elegance of nature with the best price and value in the industry.

We are dedicated to producing classic Christmas tree styles that will beautify homes, businesses and churches for years and years and years and years and years. (That's ten years, if you're counting—the life of **Tree Classics'** warranty.)

Visit our website at www.treeclassics.com.

St. Michael's Episcopal Church Offers New Cookbook

The Episcopal Church Women of St. Michael's Episcopal Church have published a new cookbook, *Fifty Years of Breaking Bread Together*, to celebrate the 50th anniversary of their church. With more than 250 recipes of parishioner's favorites, *Fifty Years of Breaking Bread Together* offers recipes for the faint

hearted cook to the gourmet and everyone in between.

The cost of the cookbook is \$15. Proceeds of the cookbook benefit food ministries in the Barrington area. Cookbooks are available at the church, and the parish's All the Angels Giftshop. For more information, call 847-381-2323.

Senior Activity and Lunch Program

Now that the dog days of summer are over, join us at Langendorf Park for the following activities in September:

• Monday, September 6—We will be closed for Labor Day.

• Monday, September 13—Bring pictures of your grandparents and join us for our Grandparents Day celebration. Enjoy the beautiful harmonies of Carolyn Roussel and Darlene Horslev as they entertain us with their singing at 12:30 PM.

• Monday, September 20—Dr. Victoria

Von Bergen of Capri Chiropractic and Acupuncture will discuss and demonstrate exercises for the shoulders at 1:00 PM. Dr. Von Bergen has been serving the Barrington area for 15 years.

• Monday, September 27—Jay Stevenson, Assistant Commissioner for Residential Finance with the Illinois Office of Banks and Real Estate, will discuss "The Year 2000 Date Change: What the Y2K Change Means To You" at 12:30 PM.

Festival of Arts Postcard Available



When you are shopping in Lake Zurich between August 1 through September 11, look for the Ela Festival of Arts Youth Mural Postcard being sold at the Wal-Mart Store to support the Ela Festival of Arts being held on Saturday, September 11, 1999 at Paulus Park in Lake Zurich.

The mural, designed by the Lake Zurich High School Art Club under the direction of Jacqueline Bevan, was painted by the children of Ela Township at last year's fes-

tival. The mural project was sponsored by the Lake Zurich Downtown Revitalization Partnership. Another youth mural project will be done at this year's festival in hopes of also making it a postcard.

The 4" x 9" postcard will be sold at Wal-Mart for 50¢ or three for \$1. All proceeds for the postcard will be matched by Wal-Mart to support the Ela Festival of Arts and other healthy community programs within Ela Township.

Hill 'n Dale Farm Scene of Service Club Luncheon



The beautiful rolling hills of Richard Duchossois' Hill 'n Dale estate was the background for Service Club of Chicago's Annual Day in the Country on Wednesday, August 4. Fashions by Burberrys Ltd., St. John Boutique, Patricia Rhodes and York Furrier were featured. Lunch was provided by Spago. The grounds were gorgeous, the food delicious, the fashions wonderful and the "ladies who lunch" splendid!

Some of the charities The Service Club of Chicago helps fund include: Special Olympics; Starfish Learning Center; Chicago Children's Choir; Juvenile Protection Association; Family Matters; DuPage Children's Museum; The Arthur MacQuilkin Boys Club of Cicero; and many others.

Betty Block, Karen Vosmik, Dottie Rzeszutko, Kathleen Amatangelo, Audrey Matthies, Sharon Advani, Mary Ellen Barton and Ruth Kern share an umbrella table.



Ruth Kern and Patricia Rhodes, both wearing dresses by Patricia Rhodes, look very "summery" in their striped outfits.



Stella Wenner, Dorothy Whealan, Jody Pelletiere, Jolanta Ruege and Sharon Advani enjoy the beautiful event at Hill 'n Dale.

Opera in Focus Repertoire

September 11 through October 2: *Aida*, Act III, *The Nile Scene*; *Martha*, Act II, *The Last Rose of Summer* and Act III, *M'appri*; and *Il Trovatore*, Act IV, *The Prison*.

October 6 through October 30: *Lakme*, Act I, *Viens, Mallika*; *Die Tote Stadt*, Act I, *Marietta's Song and Duet*; and *Madama Butterfly*, Act III complete.

November 3 through November 20: *Aida*, Act IV, Scene 1, *The Judgement Scene*; *Rigoletto*, Act I, Scene II; *Thais*, Act III, Scene III.

November 24 and 27 and December 1, 2, 4, 16, 18, 29 and 30: *Hansel and Gretel*, Three Acts in English.

December 8, 9, 11, 22 and 23—A Christmas Offering: *La Boheme*, Act I, *The Love Duet* and *O, souve faniciulla*; Act II, *Musetta's Waltz*; Act III complete; plus a concert of Christmas carols including *O Sweet Li'l Jesus Boy*, *Oh Tannenbaum* and *Oh Holy Night*.

Performance times are Wednesdays, Fridays and Saturdays at 1:30 PM and Saturdays at 8:00 PM. Opera in Focus is located at Park Central, 3000 Central Road in Rolling Meadows. Doors open one-half hour prior to performances. Reservations are suggested. Admission for adults is \$9, children \$6 and seniors \$8. Please call 847-818-3220 during daytime hours. The elegant 65 seat theater is handicap accessible. Every performance is followed by a demonstration of how the puppets are manipulated and a tour of the highly technical backstage area.



Lavish in its staging and costuming, Opera in Focus magnificently presents operas and operettas with puppets moving to recorded music. The uniquely animated rod puppets, the only ones of their kind, are the wonderful invention of William B. Fosser and, for many, will bring back memories of the old Kungsholm Miniature Grand Opera of which Mr. Fosser was Artistic Director.

Fall Garden Mums NOW AVAILABLE!

Buy 3 and Save!
\$9.99 For 3 Pots
Reg. \$3.99 each
Plants in large 7" pots.
2 gal. & 3 gal. pots also available.



All our mums are fresh from our own production greenhouse, set to bloom their natural fall schedule. The natural fall schedule will give you flowers up to Halloween and beyond! So don't be fooled by chain store "forced" mums, they are not the same! We also have fall pansies, and flowering kale.



Pittas Greenhouse

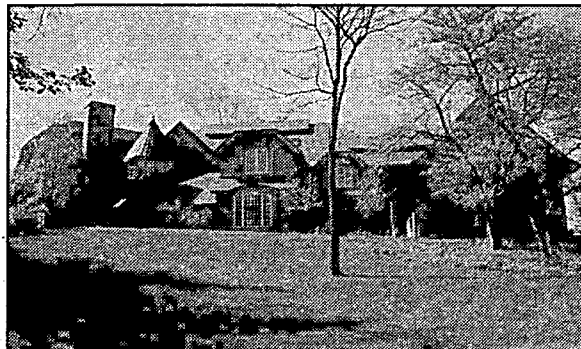
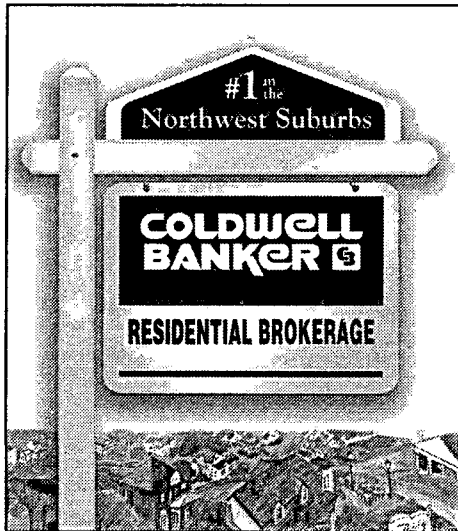
Gardencenter *Florist *Gifts *Cards

141 S. Northwest Hwy. Barrington, IL. 60010

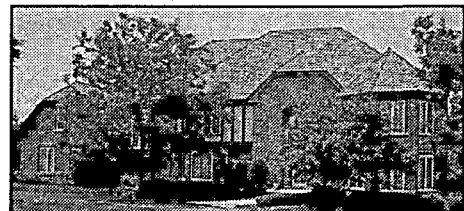
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Need a fund raising idea?
Ask about our fall mums, and Holiday Poinsettias!

BARRINGTON AREA OFFICE



Barrington Hills \$5,900,000
Incomparable estate set on 13+ wooded, lakefront acres. Designed to accommodate a gracious lifestyle, this granite & cedar residence offers the finest custom finishes—DeGuilio kitchen, handsome study, authentic movie theater, sports bar & screened porch w/ fireplace. This beautifully-presented home has a timeless appeal & spectacular setting.
Meg Cleavenger 847/465-2259



Barrington \$1,375,000
Located in Wynstone, a private gated community. This custom Tudor enjoys a winding creek & views of the 3rd green. Featuring 6 BR, 3.3 BA & 3 fireplaces.
Bonnie Legue/Claudette Benson 847/465-2223



Barrington Hills \$5,200,000
Idyllic 17-acre hideaway w/ an important presence & bucolic spirit, this estate epitomizes gracious country living. The exceptional stone and cedar shake residence overlooks a lovely pool, tennis court, beautiful 4-stall barn & 2 guest houses. This is a place to relax, savor sport or solitude. It presents a life of luxurious ease.
Meg Cleavenger 847/465-2259



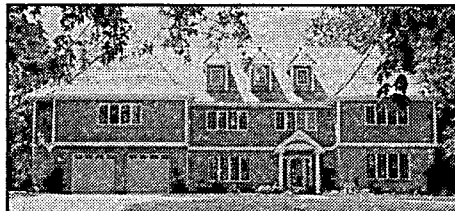
Barrington \$1,295,000
Charming European elegance & outstanding presence distinguish this 10+ room estate. 4/5 BR, 4 fireplaces, white kitchen, volume ceilings, walkout lower level.
Bonnie Paice Legue 847/465-2223



Barrington Hills \$1,195,000
Award-winning designated historical Victorian home. Breathtaking 5+ acres in Barrington Hills. Charm & elegance—wrap porch overlooks gazebo.
Celeste Lockhart 847/465-2272



North Barrington \$1,095,000
Brick Georgian in Wynstone w/ open feeling. Master BR w/ fireplace & sitting room. 2-story family room, full finished walkout lower level... gazebo & pond.
Sherl Wheeler 847/465-2290



Barrington \$925,000
Woodland pasture & pristine lawn surround! 6 BR, 3.2 BA, deluxe master suite, 1st flr study, in-ground pool, new roof & 3rd flr. 5-stall barn w/ fenced pasture.
Jack Sanderson 847/465-2278



South Barrington \$845,000
Impressive brick Georgian on a huge pond. Private beach. Established area of newer homes. 4 spacious BR + fin bonus room. 1st floor study. Fin walkout.
Tressa Borkon 847/465-2256



Inverness \$779,000
Gracious brick Georgian on exceptional mature landscaped acre. 2-story foyer, hardwood flrs, 1st flr study, 9' 1st flr ceilings, 4 BR, 4.1 BA, 2 fireplaces & fin LL.
Bonnie Paice Legue 847/465-2223



Barrington \$589,900
Just 2 years old & gorgeous—4 bedrooms, 3 baths, sunroom, 9' & 10' ceilings, white kitchen w/ island, super master bath, 2 walk-in closets. What a dream!
Sherl Wheeler 847/465-2290



Barrington Hills \$589,000
Delightful country home w/ in-ground pool & hot tub. The lovely 4-BR home offers 3 fireplaces, 1st floor study, sun-filled Florida room & finished LL w/ 2nd kitchen.
Meg Cleavenger 847/465-2259



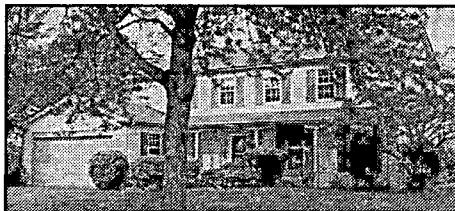
Barrington Hills \$509,000
Lovely 9-year-old colonial w/ 9' ceilings, study, FR w/ beamed ceiling & fireplace, delightful kitchen, finished lower level, 3-car garage. Great potential for horses.
Meg Cleavenger 847/465-2259



Barrington \$479,900
Totally-renovated, expanded Victorian in the Village. Classic while inc contemp features—vlted ceilings in new FR, lux master BA w/ 2 walk-ins, marble flr & whirlpool.
Suzanne Luby 847/465-2211



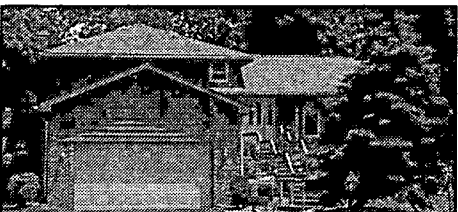
Barrington \$459,500
Whether you need room for the kids or home-office. This 10-yr-old, 4 BR, 3.1 BA, offers cul-de-sac, vaulting, skylights & hrdwd! Fin LL w/ wet bar, game rm & rec area.
Suzanne Luby 847/465-2211



Barrington \$399,000
Set on a quiet street in Barrington's favorite Fox Point, this 4-bedroom colonial is a gem... backs to forest preserve. Fox Point has pool, lake & tennis courts.
Sherl Wheeler 847/465-2290



Barrington \$389,900
2-story traditional home, immaculate & spacious! Formal living room & dining room, 2 fireplaces. 4 BR, 2.1 BA, full basement & 3-car garage. Barrington schools.
Bonnie Paice Legue 847/465-2223



Barrington \$339,500
Updated—& updated some more! Remodeled w/ quality & taste. Gorgeous kit w/ island, vaulted ceilings, new Pella windows, hardwood floors & 3/4 wooded acre.
Ron & Jeanine VanDeVelde 847/465-2282



Barrington \$249,900
If you are looking for a charming Cape Cod, this is it! Hardwood floors, fireplace, new kitchen w/ white cabinets, updated bath & roof—a doll house!
Sherl Wheeler 847/465-2290



Barrington \$189,500
2-bedroom ranch has been pampered & preened—updated kitchen & BA, finished LL family room, 2-car detached garage, hardwood floors & mature treed lot.
Suzanne Luby 847/465-2211

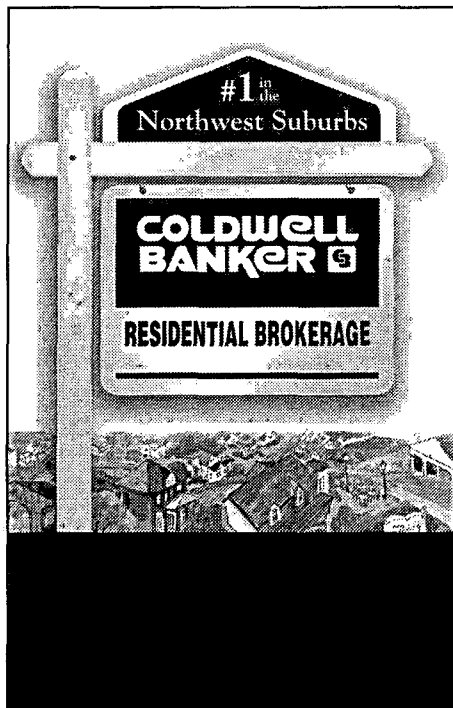


Woodstock \$1,595,000
Prime Bull Valley acreage w/ rolling land & woods. Perfect for horses! 72+ lovely acres also available in 5+ acre parcels at 26,000 per acre.
Suzanne Luby/Barb Uskup 847/465-2211



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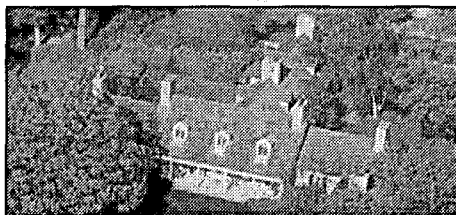
BARRINGTON AREA OFFICE



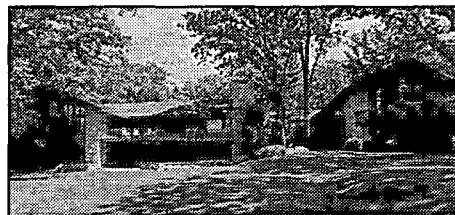
#1 in the Northwest Suburbs

COLDWELL BANKER

RESIDENTIAL BROKERAGE




Barrington \$3,995,000
Set on 22 wooded acres this genteel estate exudes charm. Lake, pond, stable, tennis court, pool & coach-house loft enhance this superb offering.
Donna Veller 847/465-2228




Barrington Hills \$2,400,000
Superb, gated, stone & cedar estate on 6+ lakefront acres. Finest finishes. USGA golf hole. Boat house. Walkout lower level w/ 2nd kitchen. Magnificent 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 \$1,180,000
Extraordinary lakefront home complete w/ private beach & pool! Highlights include volume ceilings, hardwood flooring, white kit, 4 BR, 4.1 BA, fin walkout LL.
Bonnie Paice Legue 847/465-2223



North Barrington \$1,125,000
Set on a heavily wooded lot in Wynstone & designed w/ classic 17th-cent architecture. 4 BR, 4.1 BA, paneled 2-story FR, sunroom, study, screened porch & dream kit.
Sherl Wheeler 847/465-2290




Barrington Hills \$999,900
Outstanding waterfront estate on 5 acres offers 4 BR, 4 BA, 4 fireplaces, gourmet kit, sumptuous master suite, handsome decor, indoor pool wing & 3-car garage.
Meg Cleavenger/Barb Wessberg 847/465-2259




Barrington Hills \$999,000
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



North Barrington \$999,000
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 \$899,200
The best setting for this updated 5 bedroom, 4.1 bath home. 1st floor master, vaulted entry, 3 fireplaces. Hot tub, pool & finished English basement.
Greg Bradley/Margaret Semrad 847/465-2232




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



Hawthorn Woods \$749,900
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 Hills \$749,000
On a tranquil pond this 7-year-old home offers 9' ceilings, 4 fireplaces, gorgeous kitchen, finished walkout lower level, 4-car garage & in-law apartment.
Meg Cleavenger 847/465-2259



Barrington \$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



Barrington \$549,900
Set on a wooded lot this 5-year-old colonial offers 9' ceilings, open kitchen, family room, pillars, hardwood floors, finished English basement and total perfection.
Sherl Wheeler 847/465-2290



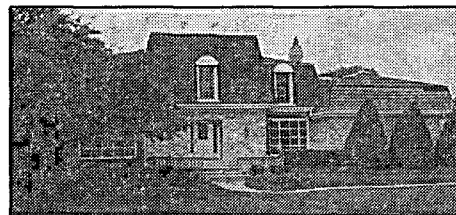
Barrington \$504,000
Looking for country charm, spacious rooms, abundance of windows, hardwood floors, 9' ceilings, detailed woodwork, newer kitchen? It's all here on 1 acre.
Tressa Borkon 847/465-2256



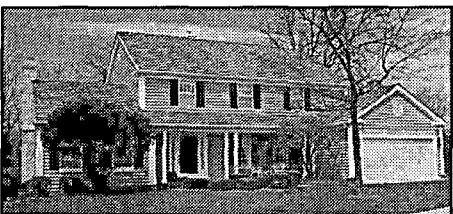
Tower Lakes \$457,000
Exceptional custom 4-bedroom, 2.1-bath home situated on wooded private 1.7 acre lot. Neutral & newer (10 years), this Tudor offers room to roam or expand.
Suzanne Luby 847/465-2211



Lake in the Hills \$469,000
Artistically designed & elegantly appointed this maintenance-free home features 4 BR, 3.1 BA, 3 frplcs, fin English LL & volume ceilings. Upgrades throughout.
Bonnie Paice Legue 847/465-2223



Barrington \$449,000
Elegant French provincial in established neighborhood near town. 4 BR, 2.1 BA, fin bsmt. Extensive remodeling, new roof, new kit, granite counters, hrdwd flrs. Beautiful!
Tressa Borkon 847/465-2256



Inverness \$409,900
Enjoy maintenance-free living in beautiful Inverness on the Ponds. Lovely 3-bedroom home on wooded cul-de-sac. Cathedral ceiling. Spacious kitchen. 2-car garage.
Ron & Jeanine VanDeVelde 847/465-2282



Inverness \$434,900
So much is new! Gracious LR w/ cove moldings & custom fireplace w/ white mantel! Updated baths. Fin basement w/ fireplace, sunroom & more! On beautiful 1.75 acres.
Bridget Hill 847/465-2269



Barrington \$389,900
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



Tower Lakes \$279,900
Set on a wooded lot in Tower Lakes, this house has a view of the lake. Updated kitchens & bath. Extensive hardwood floors, 3 fireplaces, huge deck—a dream.
Sherl Wheeler 847/465-2290



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Elegant and Serene Landscape Design

Tom's Phase II Landscaping is a family-owned business that has served the greater Chicago area for 13 years with quality designs, installations and maintenance. The staff at Tom's believes that a beautiful setting to call home is definitely one of the sweetest comforts in life. But, they are also very aware that peaceful home settings don't just happen. They are dedicated to professional and quality-crafted landscape design and installation.

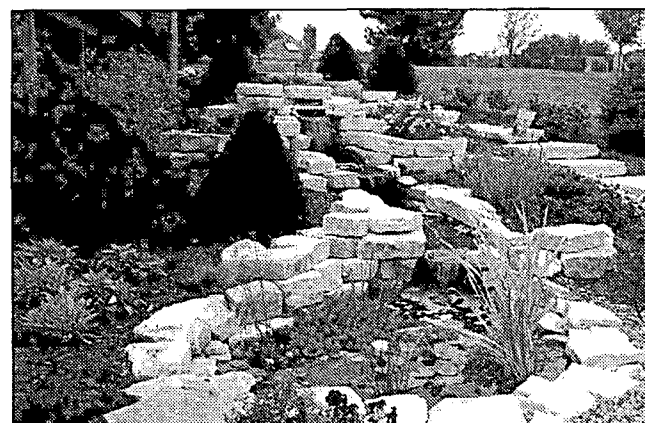
Tom's is convinced that a landscape that is well designed and pleasing to the customer's eye is a result of a careful evaluation of customer needs. Brian Schmidt, Vice President of Landscape Sales at Tom's, says, "Any knowledgeable and experienced landscape architect will

be aware of the many factors involved in the landscaping process such as the customer's preferences, materials used to meet those preferences, desired entertainment areas, pedestrian and vehicular traffic flow, service areas, existing natural and man-made conditions, overall unity, repetition and balance of the design."

You can be assured that **Tom's Phase II Landscaping** doesn't resort to "cookie cutter" designs for landscapes. Tom's provides their customers with a custom design that is tailored for each customer's specific needs and desires. Tom's creates truly inviting landscapes that include a variety of attractive patio, sidewalk and driveway designs using Paveloc Brick Pavers. The combination of well defined

plant beds and lawn areas with Brick Pavers has augmented Tom's creativity, enabling them to create outdoor scenes that are incredibly comfortable and relaxing on one hand and truly beautiful and artistic on the other. Paveloc Brick Pavers, used in contemporary, traditional or country designs, dramatically enhance the atmosphere of any home's exterior.

So, if you want to create your own perfect setting, then call the professionals at **Tom's Phase II Landscaping**. They pro-



vide complete landscaping service from landscape designs and installations to year-round maintenance. Let them help you make a change to your surroundings.

Schaumburg Prairie Center to Kickoff 1999-2000 Season of Entertainment

(Continued from page 12)

New this season is a Film Series celebrating one of the 20th century's most prevalent art forms. The movies, which will be shown in the Center's Lecture Hall at 7:30 PM on Thursdays, cover many genres of cinema from the 30's to the present. The lineup includes: Frank Capra's *It Happened One Night* on October 14; Errol Flynn in *The Adventures of Robin Hood* on October 21; the 1931 horror classic *Frankenstein* on October 29; Cate Blanchett in *Elizabeth* on January 6; Kenneth Branagh's *Henry V* on January 13; *The Madness of King George* on January 20; comedy biopic *Ed Wood* on February 10; edgy low budget thriller *Pi* on February 17; Bill Murray in *Rushmore* on February 24; Hitchcock's *Rope* on April 13;

James Stewart in *Rear Window* on April 20; and shocker classic *Psycho* with Anthony Perkins on April 27.

The **Prairie Center** acknowledges sponsorship by the Prairie Center Arts Foundation, Northern Trust Bank and AT&T for the 1999-2000 season of entertainment. Programming at the **Prairie Center for the Arts** is also sponsored by a grant from the Illinois Arts Council, a state agency.

To order tickets or for more information, call the **Prairie Center** box office at **847-895-3600** weekdays from 10:00 AM to 2:00 PM. The **Prairie Center** is located at 201 Schaumburg Ct. at the intersection of Schaumburg Rd. and Summit Dr. in Schaumburg, IL.

Focus on Rhinoplasty

(Continued from page 37)

preview what changes are possible and how they might look after surgery. This is done with a special computer and soft-

ware. Computer imaging is available in our office and used on all our rhinoplasty consultations.

Garden Club Offers Entertainment Books

The South Barrington Park District's Garden Club is offering, once again, The Entertainment Book for the year 2000. These books make wonderful gifts for any occasion and contain 1000's of dollars worth of coupons to restaurants, theatres, sports events, movies and other areas of entertainment in the Chicago and subur-

ban regions. The books are on sale now at \$35 each. For information and to place an order, call Joan at 847-381-6150.

Proceeds from these sales will be used to support scholarships, projects and the beautification of the village and parks. The 1999 recipient was Heather Mulhearn of Barrington High School.

Lakeside Moms and Tots Reaches Record Membership

Lakeside Moms and Tots has reached a record high membership this year with over 135 member families and over 250 children. The local organization aims to provide a social and educational outlet for parents, caregivers and children.

"Lakeside Moms and Tots has grown to be an important community organization. We continue to gain new members who have recently moved into the Northwest suburbs as well as established residents who have left full-time employment to stay at home with their children," said Nancy McCullough, president of Lakeside Moms and Tots. "It's because of this great diversity in membership that the group continues to grow. It fills a great social and networking void many feel when they have first moved to a new place or left a long-held job."

Lakeside Moms and Tots provides a monthly newsletter to each member detailing the planned activities taking place throughout the community. Typical outings include family events, as well as two monthly "Mom's Night Out" activities. Members of Moms and Tots live in Lake Zurich, Barrington, Kildeer, Deer Park, Hawthorn Woods, Wauconda and several other neighboring communities. The group invites any parent or caregiver of young children to come to an event and meet new friends.

For more information about joining, please contact Suzanne at 438-4415 or

Nancy at 438-3102.

September's Schedule of Events

- September 2, 10:00 AM, Old Mill Grove Park
- September 7, 10:30 AM, Leap'n Lizards in Crystal Lake
- September 8, 9:30 AM, new member breakfast at IHOP in Buffalo Grove
- September 13, 10:00 AM, Wauconda Orchards
- September 14, 8:00 PM, Mom's Night Out at the movies, Buffalo Grove Theater
- September 15, 11:00 AM, Kid's Kingdom in Lake Zurich
- September 16, 10:00 AM, Spring Valley Nature Center in Schaumburg
- September 17, 10:00 AM, Elk Grove Aquatic Center
- September 20, 11:00 AM, Wauconda open gym
- September 21, 10:00 AM, Kits Sports Center
- September 22, 1:00 PM, Works of Wonder in Schaumburg
- September 23, 11:00 AM, Noodle Kidoodle and lunch at Country Buffet
- September 24, 3:30 PM, Knox Park
- September 27, 3:30 PM, bumper bowling at Deer Park Lanes
- September 27, 7:00 PM, Mom's Night Out cooking class at Frantonio's
- September 29, 1:00 PM, JFK Health-world
- September 30, 10:00 AM or 1:00 PM, tour of Dominicks food store, Lake Zurich

Faux Finishing for the Next Millennium

Summer is coming to an end, and the upcoming holidays will be upon us before we know it. Now is the perfect time to learn new ways to give your home that updated look for your holiday gatherings. **Classic Illusions** is a new faux finishing and decorative art school that has opened within **Fine Things** in Lake Zurich. Lynn Mueller is the director of the school and she's ready to teach you many new and exciting wall finishes that will take you into the next millennium.

Lynn's workshops are designed to share her knowledge of the faux and decorative painting industry and to introduce you to the **Aqua Finishing Solutions™** product line, which is manufactured by Faux Effects, Inc. Aqua Finishing Solutions™ products are water based, non-toxic, environmentally friendly and easy to use.

The **Aqua Finishing Solutions™** faux finishing system will allow you to create beautiful finishes to make your home a showpiece.

Classic Illusions, offers a wide variety of classes that will enhance the skills of the homeowner as well as the professional painter. Lynn currently has a variety of classes scheduled at her studio within **Fine Things**, a home furnishing boutique at 291 S. Rand Rd., Lake Zurich, IL 60047, in the Dominicks Shopping Center. She invites you to stop in and pick up the newest class schedule and view her portfolios of the many distinctive faux finishes and decorative painting projects that she will teach you. You can also contact Lynn at her office, 847-854-6794, or call 847-726-9577 to register.

The Finest in Windows, Doors and Cabinetry



If you're planning to build a new house, add an addition to an existing home or simply replace a window or patio door, **Blue Ribbon Millwork** and **Marvin Windows** have the answer for you.

With a showroom full of Marvin window and patio door displays, the knowledgeable sales staff at **Blue Ribbon Millwork** can lead you through the vast amounts of options available to you. Marvin windows are aluminum clad and come in five standard colors with special colors available. All windows and doors are custom made just for you. With so many options on colors, glass, grilles and hardware, Marvin has the door or window for your project.

Looking for a new front door? Whether you're looking for steel, fiberglass or wood, **Blue Ribbon Millwork** can help you find the perfect one. Therma Tru Classic Craft fiberglass doors, Pease and Peachtree steel doors and Simpson wood doors are just some of the options.

Considering new kitchen or bath cabinet this year? **Blue Ribbon Millwork** offers Butch and Legacy cabinets for your home. These all wood cabinets offer a variety of door styles and colors to choose from. They offer excellent quality at an affordable price. **Blue Ribbon** offers free estimates and computer drawings to help you select your cabinet look.

Fair and Fall Diddley® Volunteers Needed

The Mental Health Resource League for McHenry County, Inc. is the all-volunteer league that sponsors the popular Fair Diddley® and Fall Diddley® Craft Shows.

Fair Diddley, held annually on the third Sunday in May on the Woodstock Square, took place for the 31st time on May 16. Fall Diddley, held on the second weekend in October, will have its 14th show on October 9 and 10 at the Boone County Fairgrounds in Belvidere. The fall show was at the McHenry County Fairgrounds in Woodstock for its first ten years. Due to proposed commercial development of the Woodstock fairground site, the show had to be moved.

The first Fair Diddley Craft Show netted \$500 for a few agencies. In February, the League awarded \$210,000 from the 1998 fund-raisers to 19 agencies: Adult and Child Rehabilitation Center, Big Brothers/Big Sisters, Communities Against Gangs, Community Action Agency, Family Alliance, Family Service and Community Mental Health Center, Home of the Sparrow, Hospice of Northeastern Illinois, Mainstay Therapeutic Riding Program, McHenry County Family Health Partnership Clinic, PADS, Youth Service Bureau, NAMI, NISRA, Pioneer Center, Senior Services Associates, SEDOM, Turning Point and Volunteer Services Program.

Classic Illusions

Certified Aqua Solutions™ Faux Finishing School

Fall Schedule Available

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Class Size is Limited



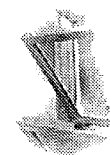
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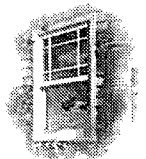
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"Understanding Depression" Workshop

Depression is one of the most common illnesses in our society, affecting over 17.4 million adults in the U.S. each year. Yet, depression is widely misunderstood and often ignored or mistreated. Depression can be treated successfully and, if the condition is caught early, most people can feel well again in just a few weeks.

A workshop on "Understanding Depression" will be offered by Good Shepherd Hospital's Center for Stress Medicine on

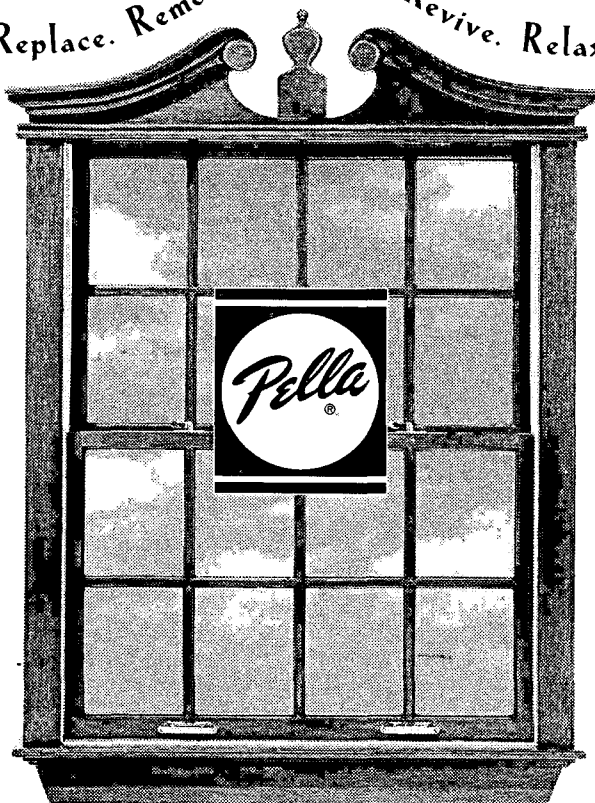
two consecutive Thursday evenings for a total of four hours. The classes will be held from 6:30 PM to 8:30 PM on September 16 and September 23. The workshops will focus on increasing knowledge and awareness of depression, understanding the types and causes of depression, how it impacts a person's life and treatment options that are available.

To register or for more information and fees, call HealthAdvisor at 1-800-323-8622.

If you are an annual Diddley-goer, you may think that the league has a wealth of volunteers. The fact is, a small core group makes the shows come to life through year-round preparations. They rely on volunteers from the agencies to supply

much-needed manpower at the shows. The league is appealing to any interested person or group to join their membership. Annual dues are only \$10. Please write to MHRL, PO Box 204, McHenry, IL, 60050 or call 815-385-5745.

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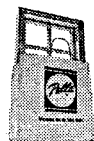
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BYDE Establishes New Production Workshop, Acquires Permanent Production Site



Many helping hands made it possible for the Barrington Youth Dance Ensemble (BYDE) to move production sets and properties to a new facility where a permanent workshop will be based: (first row, left to right) John Watson, Chuck Schmidt, Victor Mahler, Drew Koroulis, Ted Newman, Rick Sislow, Jim Recher, (second row, left to right), Chris Potter, Elizabeth Gullum (Executive Director, BYDE), Patrick Mitten, Tom Parris, Gene Huxhold, John Huxhold, David Allison, Fred McMorris, LeVern Hoover, and not pictured are Jim and Michelle Sears.

The Barrington Youth Dance Ensemble (BYDE), a not-for-profit organization committed to dance performance and education, recently expanded its production operations. A 2,000 square foot facility located in Wauconda gives BYDE a permanent and centralized workshop which will be used for the creation, refurbishment and storage of sets, costumes and properties.

Mary Brennan, Artistic Director of BYDE, said, "The success of the BYDE

Nutcracker and the groundswell of support from our suburban audience has made it possible for us to undertake this needed expansion. We are thrilled to be growing!"

According to Ms. Brennan, the move is the first stage of the organization's long-range growth plan. "Ultimately, we hope to have a permanent home that includes rehearsal space, a costume shop, a theatrical workshop and offices for BYDE. This is an important first step," she commented.

Newcomers Look into Barrington's Future

Newcomers Club of Barrington invites all members and residents new to the area to its first 1999 fall program on Wednesday, September 15 at 9:30 AM at the Barrington Area Library. Find out about the growth and change in Barrington today, the community's commitment to its history and open spaces and what it may be like to live and work here in the coming years.

Barbara Benson, President of the Greater North Barrington Area Association and former Director of the Barrington Historical Society, will share her observations about our community's growth. Syl Boeder,

Director of Community Relations at Good Shepherd Hospital, will present results from Barrington's Quality of Life survey. Julie Zuidema, Director of Barrington Volunteer Center, will present volunteer opportunities that may get you involved in shaping the future of the community.

There will be plenty of Newcomers on hand to greet new neighbors and share information about upcoming programs, monthly activities and special events. RSVP to 847-382-5723 for this event. For membership information, please call 847-277-0914. We can't wait to meet you!

Holiday Bazaar to Benefit St. Joseph's Home for the Elderly

St. Joseph's Auxiliary will present the 32nd Annual Holiday Bazaar at St. Joseph's Home for the Elderly, 80 West Northwest Highway in Palatine, on Saturday, October 23 from 9 AM to 4 PM and Sunday, October 24 from 10 AM to 3 PM.

Greeting our "Holiday Bazaar Shoppers" will be our Heavenly Bake Shoppe and a variety of beautiful gift baskets and a handmade doll house.

Our volunteer artisans will offer beautifully hand-crafted items for all occasions in our Christmas Booth, Country Store, Floral Booth and Ceramics. Don't miss our

Children's Grab Bag, collectibles, jewelry and books!

Relax and enjoy a homemade luncheon in our "Bistro."

Proceeds from this Annual Fund Raiser are given to the Little Sisters of the Poor to help them in their dedicated work of caring for the residents of St. Joseph's plus the upkeep of the grounds surrounding the home that residents, sisters and apartment families enjoy daily.

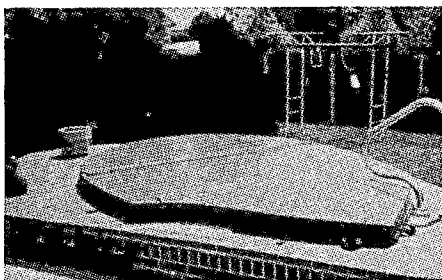
Please put our Holiday Bazaar at the top of your list on Saturday, October 23 at 9 AM and Sunday, October 24 at 10 AM.

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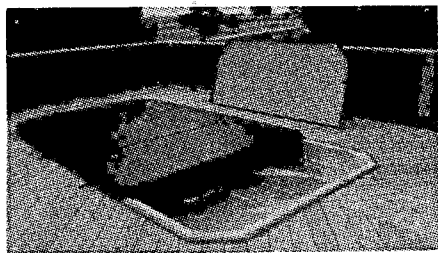
Studies have proven that rigid, thermal spa covers pay for themselves within a year of chemical and energy savings.

Features that set the Spa•Mate apart include: tapered design for water run off, polyester (seat belt) handles and tie down straps, Uniroyal's Naugahyde®

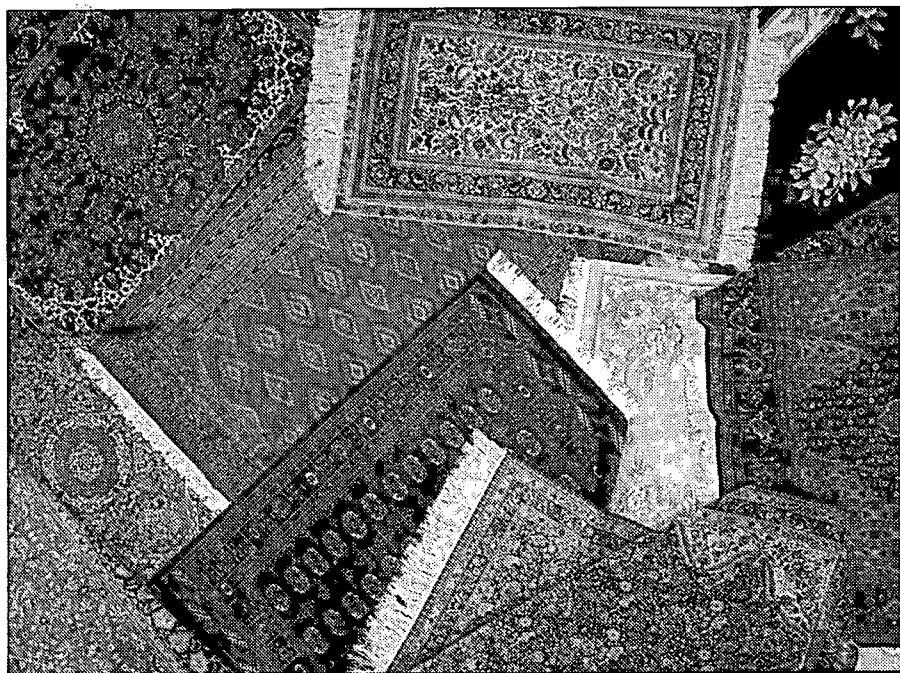


brand topside vinyl, ventilated screen underside, sealed foam inserts to resist moisture, 5052 aluminum interior channel supports, and durable and lightweight design.

The Spa•Mate is available at **Swanson's Spas & Saunas** on Rand Road in Lake Zurich.



Summer Clearance Sale at Rugport!



Rugport is having their **Summer Clearance Sale** on all of the quality rugs in their over \$10 million inventory. The selection is huge on silk and wool hand-made oriental rugs from small round or square rugs to luxurious estate and palace-sized rugs. During the sale, retail prices are reduced by **75%**.

Rugport is able to offer low prices on quality handmade Oriental rugs because **Rugport** is a direct importer and sells retail and wholesale. Compare our price, selection and quality on fine Persian rugs which include Tabriz, Heriz, Serapi, Isfahan, Nain, Kashan, Sarouk, Mashad, Qum and many more. **Rugport** is a fam-

ily-oriented business which prides itself on being professionals in the art of hand made rugs.

The owner representatives at **Rugport** will be happy to provide a **FREE** appraisal of your oriental rug. **Rugport** provides full service and care for Oriental rugs, including cleaning, restoration, buying old and antique rugs, and appraisal. Hand-made rugs last for years, so **Rugport** provides long-term customer satisfaction.

Rugport is located in Palatine on Hwy. 14 in the Shepherd Plaza building and now in Oakbrook Terrace on 22nd Street. There is plenty of free parking. Visit soon! *Seeing is believing!*

BAAC Gallery 1999/2000 Exhibit Season Opens with *Perceptions*

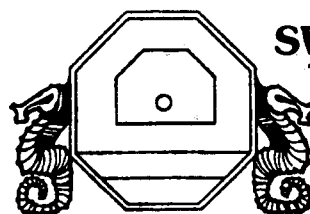
The Barrington Area Arts Council (BAAC) announces the opening of the BAAC Gallery's 1999/2000 exhibit year on September 10 with *Perceptions* featuring the sculpture of Yves Paquette and the paintings of Jill Allison Sutton.

The public is invited to attend a gala opening reception for the artists on Friday evening, September 10 from 6 to 9 PM at the BAAC Gallery, 207 Park Avenue, Barrington, IL.

In conjunction with the exhibit opening, BAAC is presenting Gallery Walk '99 on Friday September 10 and Saturday

September 11. Gallery Walk will feature nine Barrington galleries including: BAAC Gallery; BAAC Gallery at the Library; Barrington Library Sculpture Garden; Chesterfield Galleries; Childhede Gallery; Finns Fabrics by Dyllis; Kaleidoscope Gallery and School of Art; The Art Studio; and the Tina Han Gallery.

The BAAC Gallery exhibit will be on view from September 10 through September 25. Gallery hours are Tuesday through Friday, 10 AM to 4 PM and Saturday, 10 AM to 2 PM. The gallery is closed Mondays. For information, call 847-382-5626.



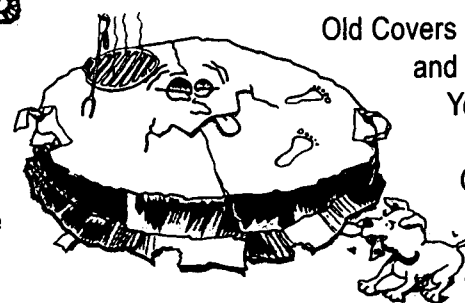
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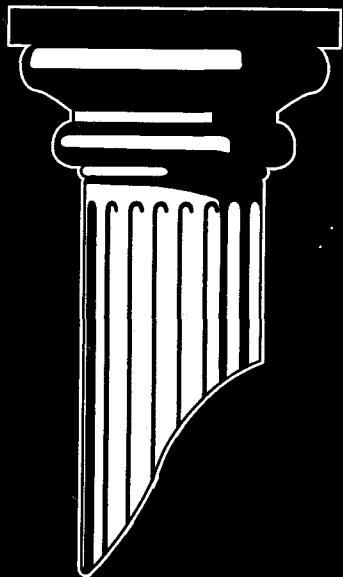
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From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

Thank goodness the weather has finally broken from the oppressive heat wave of the last few weeks. The worst weather always generates the busiest times for our service department.

We generally operate on a two- or three-day time frame for appointments in our service department, but the last part of June, July and August are always much busier. Right now, our service appointments are for a week in advance and have been as high as one and a half weeks in advance. We don't like it that way, but there isn't a whole lot that we can do about it.

This is the time of year when the bulk of employee vacations are taken. Then you factor in the heat and humidity; no one works very efficiently at over 95 degrees and 90% humidity. Even our ice-maker can't keep up with the demand. Last Friday was a record for oppressive heat, but our technicians all had nothing to do by 3 PM because over 1/3 of our appointments just didn't show up. I guess



part of it was that it was so hot, people just decided not to leave their houses. Another part is that when we make appointments so far in advance, people just forget.

This time of year, we just try to do our best and hope that our customers will understand we're trying very hard.



Tips from the Top

Margaret R. Semrad
Broker/Manager
Barrington Office

The new **COLDWELL BANKER**

Recently, a speaker asked his audience to name the location of the richest place in the world. A few daring people gave answers to possible sites. However, all their answers were wrong.

Were we surprised when he told us that the richest place in all the world was the cemetery. Yup, you read it right. This is the place where all the books that were never written, the ideas that were never acted upon, the poetry that was never written nor read and the dreams that were never realized, were buried. How sad and disheartening was this realization and visualization. The words from this speaker made a distinct impact on me.

Life... it goes by so fast. Look at this summer. Where did it go? Did you do all you wanted to do or did time slip by? So this article is about getting all you want out of life and the question is what you are getting from yours? Do you have clarity on what you want or is life giving you what it wants? Today, in our fast-paced chaos, that means frustration. What dreams do you have? Have you wanted to start your own business or go on a month-long cruise or find another career or (perhaps) live in a different home? What keeps you immobilized? Fear, procrastination or what?

It takes courage to change... to leave our comfort zone. We know what is; there is insecurity in what we don't know. However, how boring would life be without the adventures... without leaping into something unknown. It's all in our hands. It's only me that can say, "Enough! I need a change."

Let's talk about procrastination and how it gets in the way. I have talked about my friend Napoleon often. Well, Napoleon and his family—spouse and two children under seven-years-old—moved into their home twelve years ago. The home was perfect. Three bedrooms with one full bath and one half bath. Twelve years later, things are different. One full bath is not enough. Every morning, there are "bathroom" fights in Napoleon's household. No one leaves home with a smile on his or her face.

All was not well when Napoleon and I had lunch. He proceeded to tell me about the morning ritual regarding the main hall bathroom. To say his face and voice were stormy was an understatement. After listening to his saga, I told him that his "perfect" home of twelve years ago just does not work. He had outgrown it... time to move on.

Napoleon asked the question I was waiting for. "Yes, I want to make a change. But how do I start?" I told him to "just follow me." Off we went to our Coldwell Banker office to begin the process. Napoleon was apprehensive as he and his family were going into uncharted waters.

We Realtors are here to service our clients. We take pride in making it easy for our clients to realize their goals in the home-selling and home-buying process. Please call us today so that we can make sure your dreams do not end up buried. We are located at *The Dream House Headquarters*.

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BARRINGTON

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The Clock is Ticking

If you don't take the proverbial bull by the horns, as far as your life goals are concerned, it could be too late. Time slips by. And chances with it.

If a new home—larger, smaller, or just different—has been a perennial dream, don't let golf games, dance classes or other scheduling hurdles interfere. Prioritize. We're right here, champing at the bit to help. We've seen the joy on the faces of new home owners, and we'd like to spread that joy around. To you.

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Lifestyles Magazines has an immediate opening for a part-time sales executive to cover the Lake Zurich/Palatine/Arlington Heights area. Candidate must be highly motivated, have good organizational, sales and writing skills, and be able to work independently. Executive would provide quality service to existing accounts while developing new ones. **Previous print media advertising experience required.**

Send resume to:

Lifestyles Magazines

P.O. Box 293

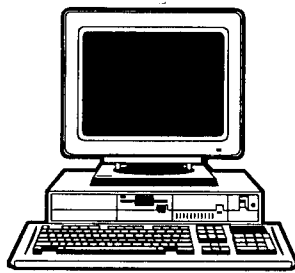
Crystal Lake, IL 60039-0293

or fax resume to:

815-459-4820 or 815-479-0695



Tom Mitchell



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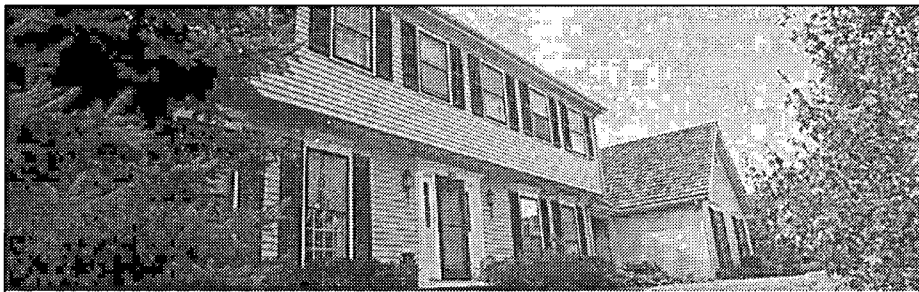
Grand Tour Our listings are on the Internet for buyer convenience. Each listing contains color photos and information. To view our properties on-line simply contact: <http://www.emailhomes.com/tomjoannemitchell>

Tom & Joanne Mitchell

Barrington's Home Town Realtors



Joanne Mitchell



BARRINGTON

Bring the kids and move right into this great family Colonial nestled on cul-de-sac acre with great fishing and ice skating pond. 4 bedrooms, 2 full and 1 half baths. Spacious country kitchen with vaulted ceiling and skylight, large eating area where everyone can sit down together. Excellent location, close to schools, shopping and tollway. One look will do it!!

Ask for Tom or Joanne Mitchell

\$489,000



BARRINGTON

If you are looking for a wooded setting, yet only minutes to the village your search has ended. This 5 bedroom, 3.1 bath captivating Cape will be perfect for your family. Newer oak kitchen, spacious rms, walk-out lower level with 5th bedroom, full bath & rec room. Beautiful views of perennial gardens surrounding the home. Enjoy nature at its best!!

Ask for Tom or Joanne Mitchell

\$533,000



BARRINGTON

Nestled on one of the largest lots in Fairfield with velvety lawns & perennial gardens sits this pristine brick Colonial. A spacious 4 bdrm, 3.1 bth, open interior home with dramatic 2-story family rm with fp and custom entertainment center. Other special features include 1st flr private master suite, 2nd flr bonus rm with custom oak cabinetry & wet bar. A special offering only 2 minutes to the village & walking distance to school.

Ask for Tom or Joanne Mitchell

\$587,000

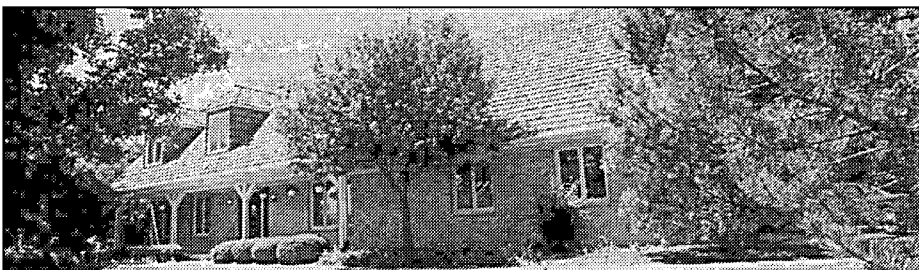


BARRINGTON HILLS

In one of Barrington Hill's most impressive areas, this timeless stone classic encompasses 8+ acres of rolling terrain with abundance of mature trees to provide the ultimate backdrop for this country home. Dramatic open flr plan, spacious country kitchen. Sweeping past the living rm with cozy fireplace lies the sun room with walls of glass, all overlooking the inground pool area. For the horse lover, a 6 stall barn with 2 fenced pastures. A Rare Find!

Ask for Tom or Joanne Mitchell

\$749,000

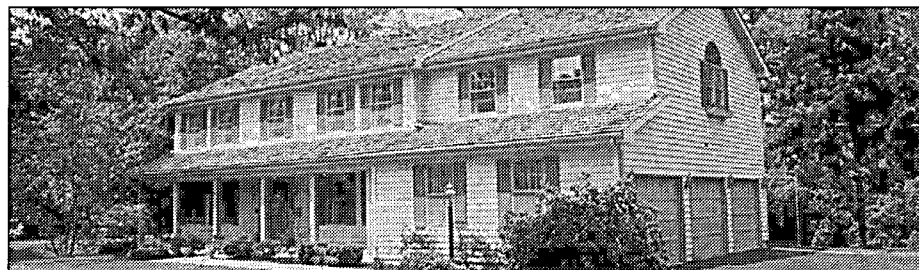


DEER LAKE MEADOWS

Top Billing for Executives! A privileged country setting where the pace is a little slower. Custom built brick & cedar 4 bdrm, 2½ 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

\$539,000

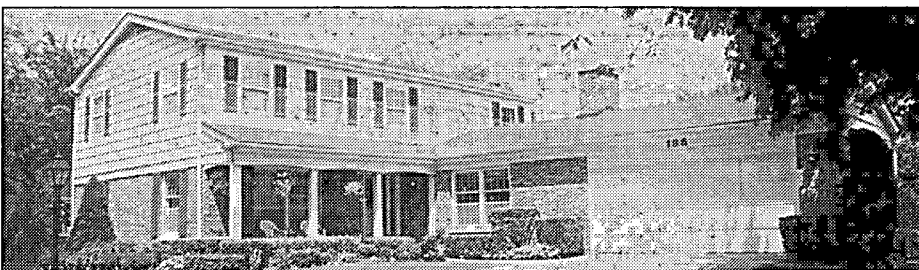


BARRINGTON—JEWEL PARK

Love a gracious wooded setting with babbling brook? This beautiful lot in Jewel Park will line up to your expectations. 9 years new with 3 year old luxurious master bedroom & bath suite addition. 4 more spacious bedrooms & 2 more full baths (1 with whirlpool) enhance the 2nd flr. Open kitchen, eating area & family rm will host mealtimes to homework. The family rm whispers relax, while French doors open to spacious sun rm all with private views.

Ask for Tom or Joanne Mitchell

\$624,000

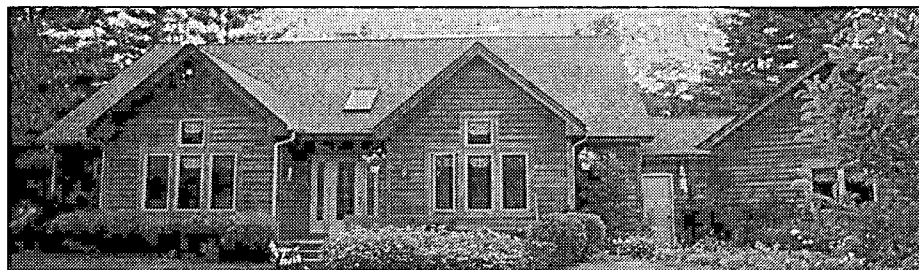


BARRINGTON—FOX POINT WATERFRONT

It's more than a home, it's a total lifestyle. Totally renovated Colonial on 1/2 acre lot, with backyard on 1½ acre Flint Pond. Swim, fish, canoe, ice skate & sled right from your own back door. New oak kitchen, hwdw flrs throughout, 4 spacious bdrms, 2.1 updated baths, all freshly decorated & ready to move right into. Family rm with brick fp opens to private patio & water views. Walk to school K-8. Prime location, on quiet street. Low Cook Co. taxes.

Ask for Tom or Joanne Mitchell

\$439,000



BARRINGTON HILLS

A touch of New England! Beautiful private retreat on 13.3 acres with exquisite perennial gardens and fish pond. Beautiful grounds are very wooded, where wildlife abounds. Custom built 4 bedroom, 2½ bath home with quality detailing throughout. Hardwood floors, custom millwork, large gourmet kitchen opens to eating area & family rm with two-story stone fireplace. If you're a nature lover you'll fall in love with this special home.

Ask for Tom or Joanne Mitchell

\$599,900

Tom or Joanne Mitchell
(847) 381-8800 or (847) 381-3535
OFFICE HOME

Visit Our Website: <http://www.emailhomes.com/tomjoannemitchell>



RE/MAX
of Barrington

306 W. Northwest Hwy.
Barrington



Equal Housing Opportunity

Take a Landscape Journey

Life is what you make it... and so is your landscaping!

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

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

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

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

Our Approach

Our approach in designing a successful landscaping project is no different than how you have created other accomplishments in your life. All success—and that includes a successful garden—is composed of four steps:

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

Determine What You Want

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

The Trade-Off

Don't fool yourself. Everything costs either time or money. That is an inescapable fact. Know what you're willing to spend both now and in the future. Your gain will be commensurate with how you spend your time and money.

Your Associations

When hiring a contractor, make sure their

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

The Plan

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

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

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

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

The common law of business balance prohibits paying a little and getting a lot—it can't be done.

If you deal with the lowest bidder, it is well to add something for the risk you run. And if you do that, you will have enough to pay for something better.

—John Ruskin

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

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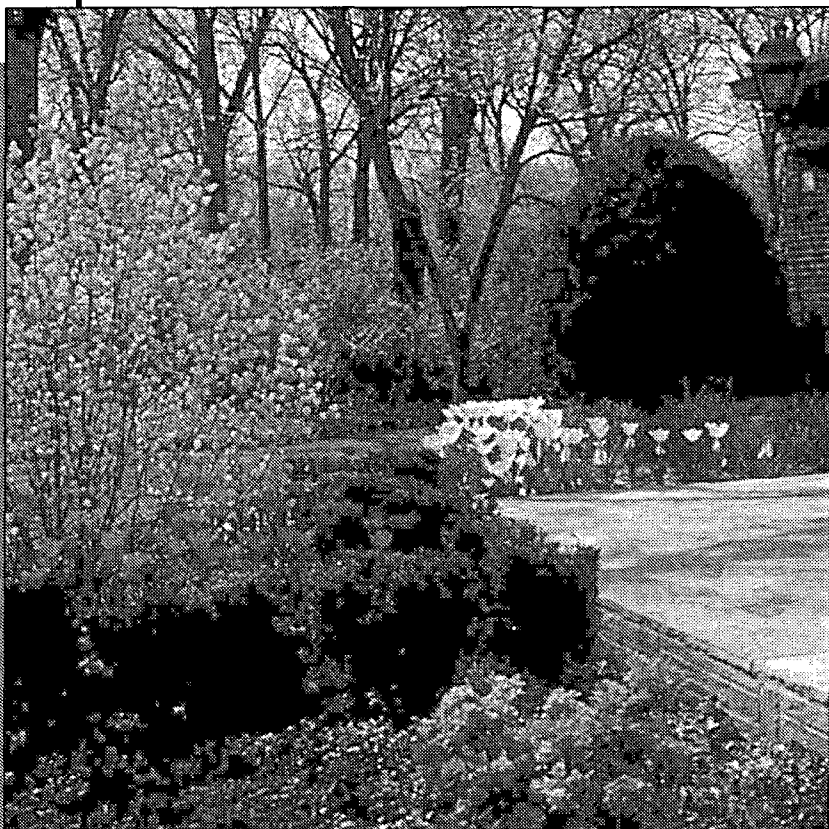
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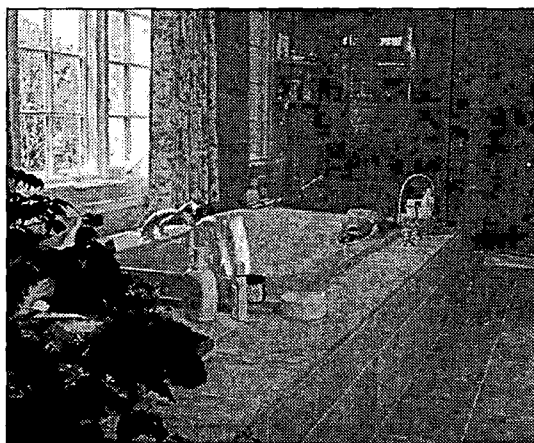
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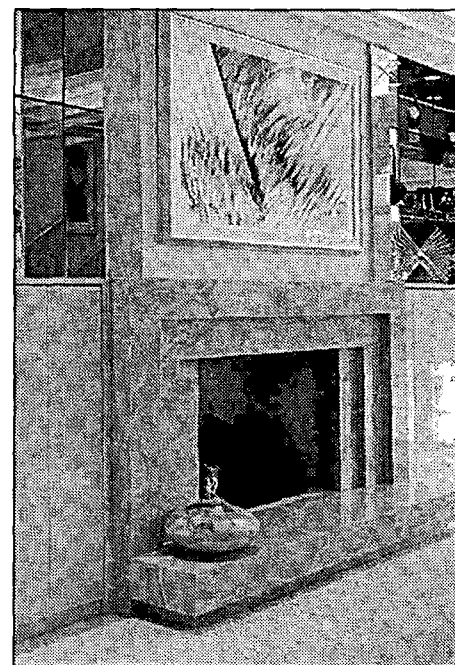
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