

January 2002

a new you for
2002

BEAUTY, HEALTH & FITNESS
SPECIAL SECTION

**A Fine Art Exhibition
"After 9-11"**

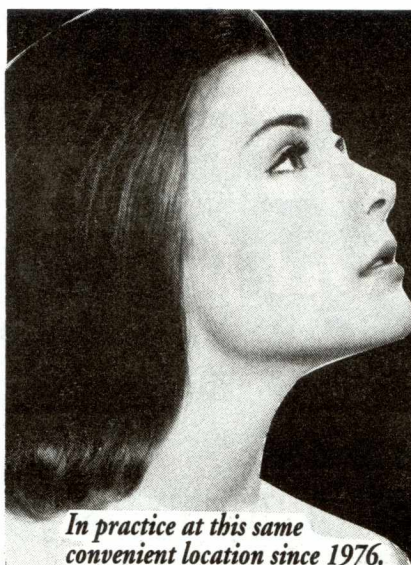
**CLEOPATRA of Egypt:
From History to Myth**

**"Fire and Ice" Benefit Gala
A Smashing Success**

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Convenient Hours: Monday thru Thursday 12:00 noon until 8:30 pm

In practice at this same convenient location since 1976.

Electrolysis is the Answer

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

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

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

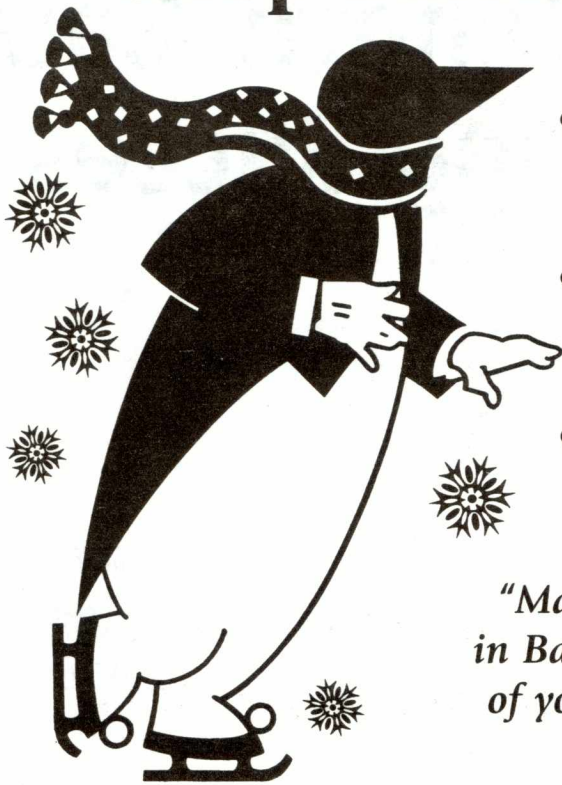
Now past its 100th anniversary, electrolysis is a boon to mankind which goes on making converts every day. The reason is obvious—success and permanence make an unbeatable combination.

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

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Editor's Ink

January, 2002

Dear Reader,

Returning back to life after Sept. 11 has been difficult for many Americans. This is graphically pointed out in the current fine art exhibition "After 9-11." As we all turned to our TV sets that day to watch and listen to this rapid series of tragic events, we were left stunned and bewildered. Fifteen artists will be showing about 30 pieces of art, depicting their feelings of these sad images imprinted on our memories forever. The exhibition takes place Jan. 10 to Feb. 24 at The Old Court House Arts Center in Woodstock.

It seems the world has always known unrest and war. During the time of Cleopatra, fighting went on for over 20 years to try to preserve her nation's independence against the rapidly expanding Roman Empire. Now through March 3, be sure to view "Cleopatra of Egypt: From History to Myth" at The Field Museum in Chicago. Not only will you learn much about the history of the era, but you will learn much about Cleopatra as a living person.

May the new year hold peace and happiness for us all.

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

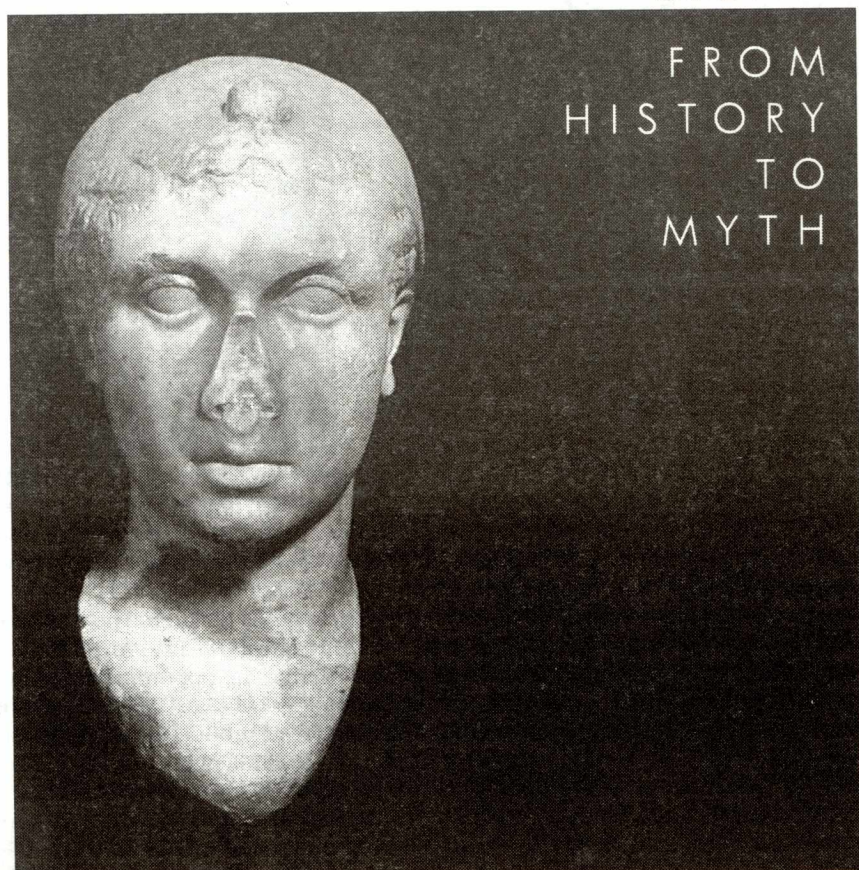


About Our Cover

From the Yves Saint Laurent Fall Winter haute couture collection 2001-2002. Elegant and refined. Figure flattering, slightly flared to mid-calf.



CLEOPATRA of Egypt



Excavated in the ruins of a Roman villa on the Appian Way, this portrait may have been created in 46 to 44 BCE while Cleopatra lived in Rome as the mistress of Julius Caesar. One of two surviving sculptured heads generally accepted as representing Cleopatra in the Hellenistic Greek style as she appears on her coins, this portrait bust may closely reflect her actual appearance.

Was she the most beautiful woman in the world? A seducer and destroyer of great men? One of the shrewdest political minds of her day?

The answers to these questions are matters for debate. But one conclusion is undeniable; more than 2,000 years after her death, Cleopatra stands among the most famous women—and men—who ever lived.

Now, an intriguing new exhibition explores the many faces of this multifaceted woman, her life in Egypt and her liaisons with the two great Roman leaders of the day, Julius Caesar and Mark Antony. *Cleopatra of Egypt: From History to Myth* brings together more than 350 objects on loan from The British Museum and museums in Alexandria, Cairo, Rome, the Vatican, New York, St. Petersburg, Naples and more. Sculpture, coins, metalwork, jewelry, ancient frescoes, mosaics—through these priceless archeological finds and masterpieces of ancient art, the exhibition examines Cleopatra's origins, her tumultuous life and the changing attitudes and myths that have surrounded her from ancient times to the present.

Will the exhibition resolve the many mysteries surrounding the charismatic queen? Discover the truth—or truths—for yourself. Visit *Cleopatra of Egypt: From History to Myth* at The Field Museum from October 20, 2001 to March 3, 2002. The Field Museum is proud to announce that the international sponsor of the exhibition is BP and the national sponsor is Exelon.

Enter Cleopatra's Realm

Cleopatra ruled Egypt for more than 20

years, fighting to preserve her nation's independence against the rapidly expanding Roman Empire. *Cleopatra of Egypt* evokes the spirit of this extraordinary era, grounding visitors in the history of Rome and Egypt as those cultures laid the ground for the world we know today. Above all, the exhibition brings Cleopatra to life, not merely as a legendary figure but as a living, breathing woman.

"This is a show about a woman, a queen, a historic figure of great complexity," says exhibit developer Barbara Ceiga. "But it's also a show about getting to the bottom of things. It's about myth and history and propaganda, about looking closely at something we think we know and seeing it in a very different light."

Admission

Tickets to *Cleopatra* are now on sale to the public. The cost is Field Museum admission plus \$10. The Museum offers discounted combination tickets to *Cleopatra* and other specially ticketed exhibitions, with greater discounts for children, seniors and students. Check the Web site at www.fieldmuseum.org for details.

Field Museum admission is \$8 for adults, \$4 for children 3 to 11, seniors and students with ID. General admission is free on Wednesdays.

For advance tickets, call Ticketmaster at 312-902-1500, visit one of Ticketmaster's Midwest Ticket Centers or go on-line to www.ticketmaster.com.

Special rates are available for tour operators and groups of 15 or more. Call the Museum's Group Sales office toll free at 888-FIELD85, 888-342-5385.

A Fine Art Exhibition "After 9-11"

The Old Court House Art Center is pleased to present an art exhibit titled "After 9-11," a show of fine art created in response to our national tragedy.

On Sept. 11, the day that changed America and Americans, our society had the strange experience of witnessing, live and in replays, the destruction and collapse of New York's World Trade Center and the Pentagon. Those unforgettable images of the terrorists' attack dominated our televisions for the next four days.

Most Americans found it difficult or even impossible to return to life as it was. The artists in this show were invited to express those changes and share their feelings through their artwork. Approximately 15 artists will be showing almost 30 pieces of art produced after Sept. 11. Some of the titles of the artwork in this exhibit include: *Shattered (with a ray of hope)* by Jane Johnson, *Twin Towers* by Sarah Hahne, *Collateral Damage* by Jade Catlinoliver, *Orphan of War* by Susan Fosnot and *Please Guide Us* by Nancy Steinmeyer.

Sarah Hahne of Bull Valley has taken a feminist approach in her mixed media on paper piece titled *Twin Towers*. In this two-panel piece, she has depicted each tower separately. The panel on the left represents the north tower, which was hit first. Here, Hahne has created a silhouette of a woman in profile. She is waving her arms trying to warn her sister tower, the left panel. On the second tower (or panel), a female form stands unsuspectingly with her back to us.

Hahne explains, "I'm trying to represent the fact that after the first tower was hit, some of the people in both towers were told they were safe and didn't need to evacuate. This was wrong."

The negative space in Hahne's work is covered with large flowers that seem to be stenciled on the surface. She explained



Please Guide Us by Nancy L. Steinmeyer, three-dimensional painting, 24" x 22½" x 6½".



A Light On America by Nancy L. Steinmeyer, acrylic on canvas, 20" x 16". Nancy Steinmeyer began this small painting on Sept. 13 while watching distraught New Yorkers holding up 4" x 6" photos of their loved ones, describing them by height, weight, hair and eye color.

the background represents the burqa worn by the Afghani women. Hahne feels that U.S. women and children lost their lives so the burqa could be raised.

Woodstock artist Nancy Steinmeyer has developed a technique she calls three-dimensional painting. This allows her to show two images at the same time, much like a hologram. In Steinmeyer's piece *Please Guide Us*, she has made a detailed painting of the south tower just after impact while the north tower is burning. Suspended over this background painting is a screen with a painting of Uncle Sam praying for our guidance in the aftermath of this terrible event.

Steinmeyer said, "I conceived the idea for this piece and began to work on it about a week after the attacks. In the original plan, I was going to put the traditional Uncle Sam pointing his finger in revenge and retribution. During the three weeks it took me to paint the burning towers, I learned more about the Afghani people and their plight and poverty. By the time I was ready for the over painting of Uncle Sam, I just couldn't paint revenge. So I changed it to Uncle Sam praying for guidance."

The "After 9-11" exhibit will be on display at the Old Court House Art Center from Jan. 10 to Feb. 24. The gallery is open Thursday through Saturday, 11 a.m. to 5 p.m., and Sunday from 1 to 5 p.m. There will be a reception on Sunday, Jan. 20, from 2 to 4 p.m. The public is welcome. The Old Court House Art Center is located at 101 N. Johnson on the Woodstock Square.

For questions about the show, call the gallery at 815-338-4525.



Delta, Delta, Delta Alumnae Meeting

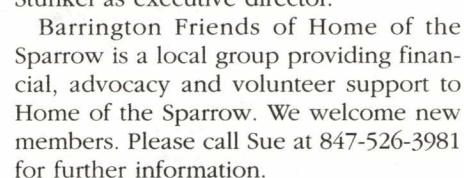
The Chicago Northwest Suburban Alumnae Chapter of Delta, Delta, Delta Sorority meets the second Tuesday of every month, September through May.

The Jan. 8, 2002, meeting will feature a demonstration of "Getting Fit After the Holidays." Call Genny Ellefson at 847-381-5228 for more information.

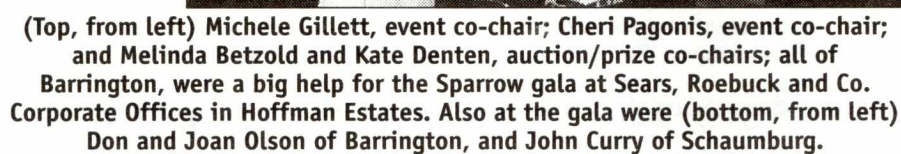
Barrington LIFESTYLES January 2002 3

Call **381-2525**
for more information.

All efforts of the evening benefit Home of the Sparrow, a nonprofit transitional shelter/counseling center for homeless



Hours: Tuesday, Thursday 9-8; Wednesday, Friday 9-6; Saturday 8:30-4:00



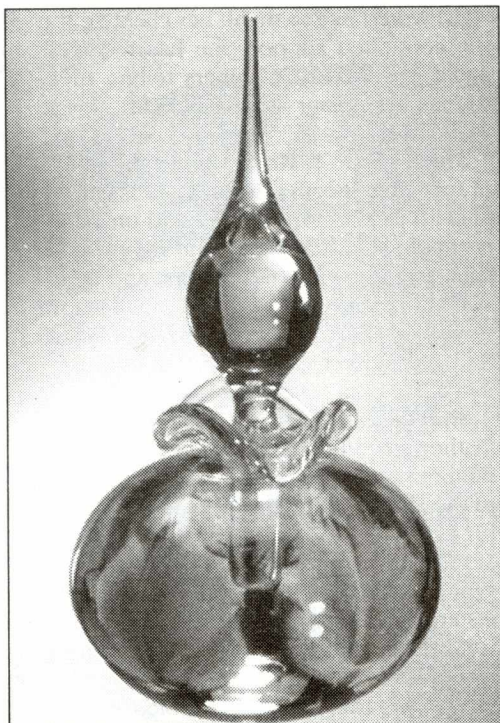
Lotton Art Glass Makes Debut at Woodland Art Gallery

Recognized throughout the world, stunning art glass from Lotton Studios has made its debut at **Woodland Art Gallery**. Magnificently colored, glass-blown paperweights, perfume bottles and vases, all signed and dated, are included in the mélange that complements the gallery's collection of limited-edition prints.

Highly collectable, the distinctive style of Lotton art glass can be seen in major museums such as the Smithsonian Institution and The Art Institute of Chicago. The collection at **Woodland Art Gallery** includes many of the studio's signature Multi-Flora designs.

Woodland Art Gallery features limited-edition prints, serigraphs and giclées by world-renowned artists like Robert Bateman, Terry Redlin, Pino, Chet Reneson, Thomas Kincaid, Bradley J. Parrish, David Armstrong, Carl Brenders, Jeanne Bonine, Nita Engle, Daniel F. Gerhartz, Greg Olsen, Charles Wysocki, Don Hatfield, Michael Young, Owen Gromme, David Maass, John Seerey-Lester, Dean Morrissey, Bev Doolittle, Jim Daley and many more. Repligraphs of works by van Gogh, Monet, Rembrandt, Cezanne, da Vinci, Remington and other masters are also available.

Woodland Art Gallery specializes in museum mounting to protect the value of your art for years to come and takes great



Lotton Art Glass Perfume Bottle

pride in their remarkable talent for custom matting and framing.

Located at 71-B East Woodstock Street in downtown Crystal Lake, **Woodland Art Gallery and Frame Shoppe** is open Monday through Friday, 9 a.m. to 5 p.m., and Saturday, 9 a.m. to 3 p.m. Call **815-459-0460**.

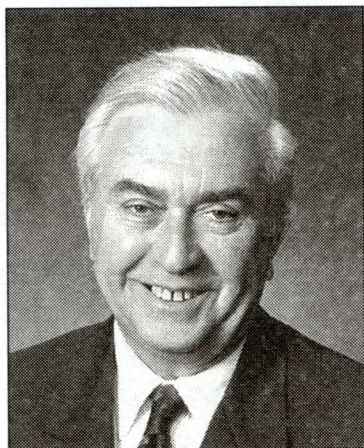
The Most Trusted Name in Furs

Due to the mild winter, we have a larger inventory than usual this January. So everything is drastically reduced.

If you have always wanted a Talidis fur, there's never been a better time to come to **The Mink Barn**. Bill Talidis offers the finest quality, American-made furs in classic styles, as well as many causal garments such as reversible sheared mink and leather parkas; leather garments with detachable liners; and much more. We also carry a full line of petite and plus size garments.

Customers from a 150-mile radius have been coming to **The Mink Barn** for 40 years, even though its location is a little out of the way. Bill Talidis' reputation is what draws them. And though **The Mink Barn** is located in a rural area, people are amazed at the large and beautiful showrooms and impressive selection of all kinds of furs.

Bill was born and raised in the fur business in Greece and started working with furs at a very young age. Not only does he have over 50 years experience in the making of coats, but he also raised mink for 30 years. Therefore, by raising the ani-



Bill Talidis

mals, making the coats and selling them right there on the premises, **The Mink Barn's** overhead is very low.

"We eliminate the middleman and pass the savings on to the customers," says Bill.

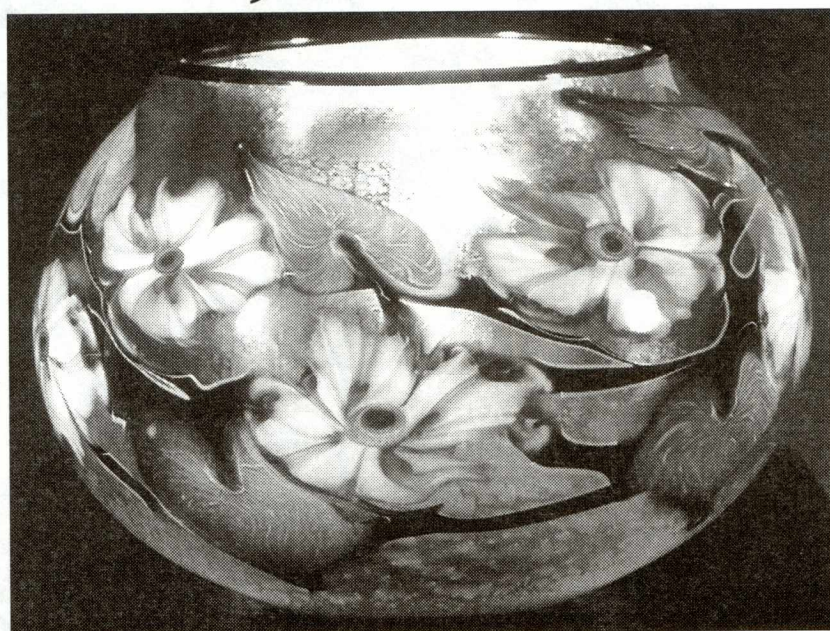
To discover the warmth and elegance of fur, visit **The Mink Barn** where Bill and his courteous staff will be happy to help you.

Auxiliary of Good Shepherd Hospital Annual Meeting

The annual meeting of the Auxiliary of Good Shepherd Hospital will be held Thursday, Jan. 17, 2002, at the Wyncourt Restaurant, 26400 N. Rand Rd., Wauconda. Social hour begins at 11:30 a.m. followed by a noon luncheon.

All auxiliary members are invited; guests are welcome. Send your checks for \$20 per person, made to Auxiliary of GSH, to: Jan Broders, 250 Cold Spring Road, Barrington, IL, 60010. Checks must be received by Jan. 11.

Objects of Art



ANNOUNCING

Lotton Art Glass Studios
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Tuesday - Saturday 9:30-5:30; Sunday 12:00-5:00

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**OUR ALREADY DISCOUNTED
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INCLUDING LIGHTWEIGHT
SHEARLINGS, SHEARED BEAVER
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TH 10-8
SUN 12-4

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Cold, Colder, Coldest... Etc., Etc., Etc...

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

Shari's Furs & More offers a full range of furs—full lengths, seven-eighths, strollers and jackets—in sheared and unsheared mink, sheared beaver and lightweight shearling in a variety of colors, and in all sizes. Shari has the new 2002 collection of knitted sheared beavers in her quest to find the perfect garment for each customer's personal taste.

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

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

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

Now with our "after Christmas specials,"



"My First Fur!"

Plenty still available for Mom... or Dad!

enjoy large discounts on our entire inventory.

"We feel there is something special for everyone. Thank you for accepting our ideas of a progressive fur salon for 2001 and for telling your friends about us.

*Have a Healthy and Happy 2002!
God Bless America.*

Barrington Giving Day

Jim Wilson, president of the Barrington Lions Club, presents a check to Mary Anderson of Church Women United for the Barrington Giving Day, co-sponsored by Church Women United and Barrington Salvation Army.

The Lions have been longtime supporters of the Giving Day, both financially and as volunteers.



Save **20%-50%** off
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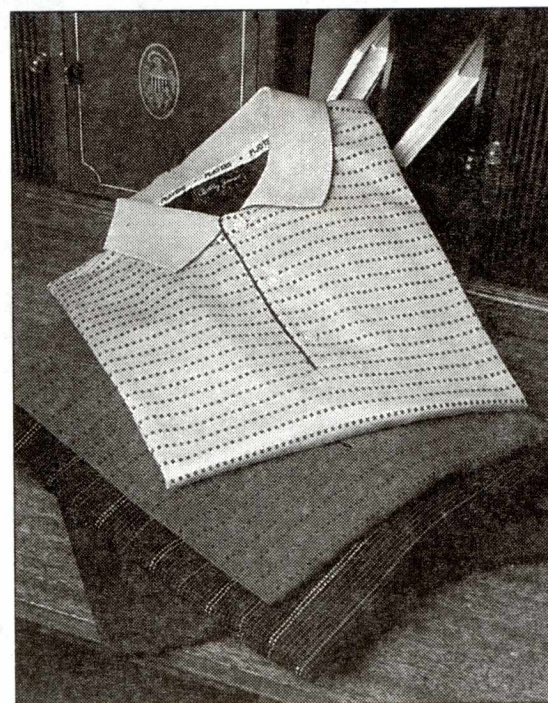
Sale

Starting Today!

Chuck Hines

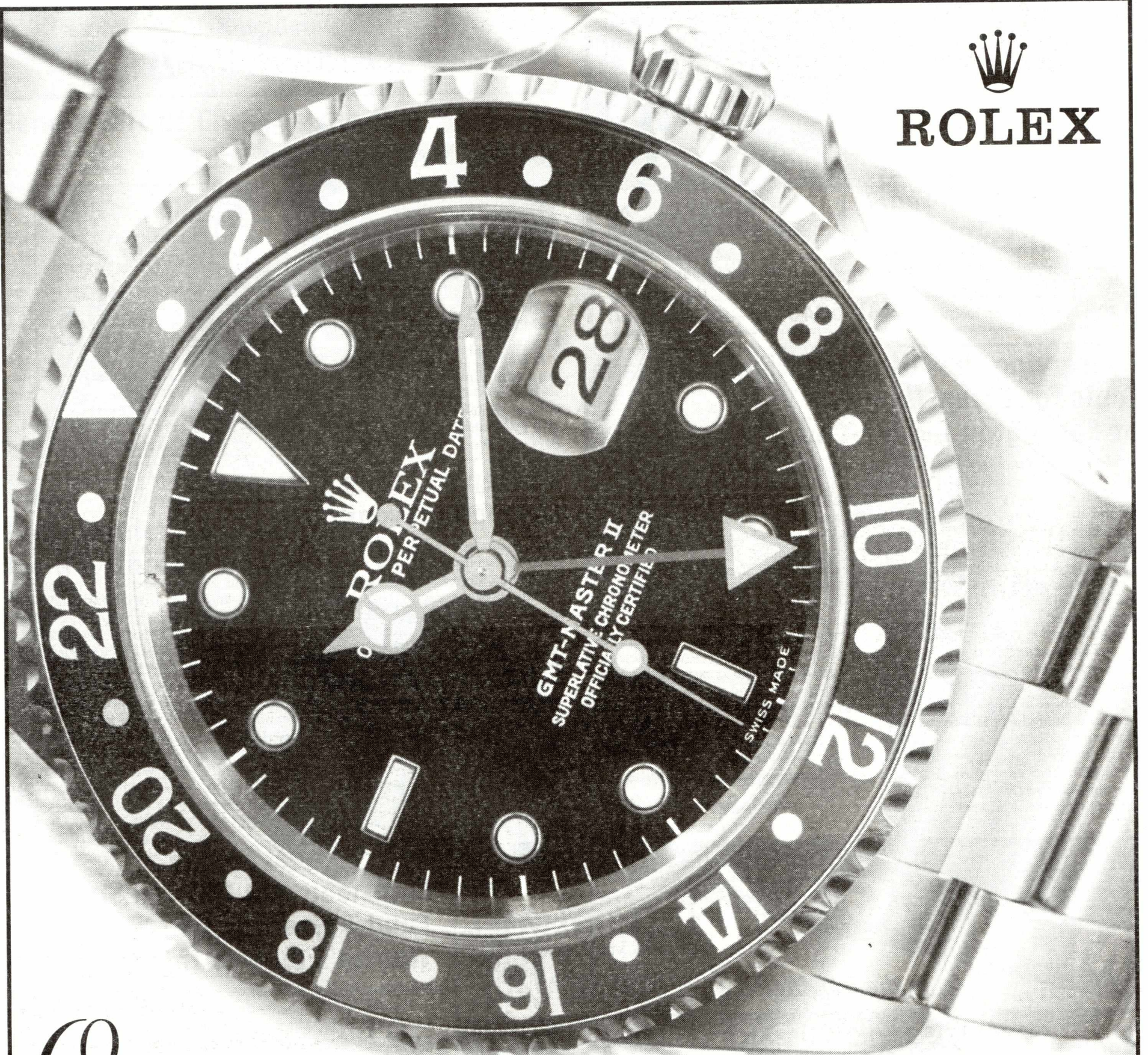
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It was an age of hickory-shaft clubs, of gentlemen in knickers and galleries surging close on the greens. American golfers, just coming into their own, crossed the Atlantic by steamer ship to challenge the dominant, British champions. In that shining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

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



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Conserving the Illinois Native Landscape Topic for Green Thumbs of Barrington Garden Club

The Green Thumbs of Barrington Garden Club will hold the first meeting of the new year on Monday, Jan. 21, at the Barrington Area Library. The meeting will begin with a social at 12:30 p.m.

Presenting the program, "Conserving the Illinois Native Landscape," will be Cindy Duda, environmental education specialist with the United States Government Interior Department of Fish and Wildlife Service in Barrington. Incorporating her interest in birds, wetlands and native plants in the slide show and discussion, Cindy will show how the work of conservationists in Illinois has improved the quality of life for us all. Her talk may lead to new awareness and appreciation for the "wild side" of our everyday lives!

During December, the whole community enjoyed the Christmas tree in the lobby of the Barrington Area Library. The

tree is decorated each year by club members. This year's tree sparkled with a patriotic theme of red, white and blue ornaments, ribbons and natural materials, such as dried giant allium heads, painted in the colors of the flag. They looked like super-sized sparklers! Stars at the top and in the skirt around the base completed the salute to our nation during this poignant holiday season.

The Green Thumbs of Barrington Garden Club is comprised of interested gardeners, from novice to expert, living in the Barrington area and nearby communities. Meetings are planned for the third Monday of each month (September through June) at the library, 505 N. Northwest Hwy. Guests are always welcome. For additional information, please call Joan at 526-7537.



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ICE HOUSE MALL**



She & "I" Salon is Ready for the New Year! Are You?

She & "I" Hair and Nail Salon is ready with new ideas, styles, perms, colors and more. Come in and see what we have to offer!

The newest perm around from the ISO company is called NEO texture. Great for normal, tinted or highlighted hair, it's so gentle, there's no neutralizing needed. And there's no swelling, damage, frizz or breakage!

In January, Trina and Melanie are offering a **complimentary haircut and style** with every NEO perm, whether it's a curl, volume or just a little texture. They can give your hair what you want, so visit today!



Women's Club of Inverness Upcoming Events

Once again, the Women's Club of Inverness program chair Raisa Bratkiv has chosen another exciting program.

With all of the day-to-day stress upon us, we tend to get stuck in a rut. The program for Feb. 7, 2002, will challenge you to get out of a boring frame of mind and into a bright new life. Not only will you walk away with a new inner self, but you will also change your outer self by learning some of the Orient's oldest beauty secrets.

The presentation by Fran Stake will last about 45 minutes and be held at D & J Bistrot, 466 S. Rand Road in Lake Zurich. The cost of the program is \$30. Reservations are being taken by Georgia at 304-9671.

Future programs include a presentation called "The Victorian Garden" in March and our always spectacular spring luncheon and fashion show fund-raiser in April at the Stonegate Conference Center in Hoffman Estates. And the month of May will prove to be a collector's dream as Stephanie and David Karlovich, owners of "Antique Gallery" in Woodstock, Ill., will show us how to spot and evaluate antiques.

Unless otherwise stated, all programs will be held at the Inverness Golf Club.

The Women's Club of Inverness is a diverse group of women. If you are interested in joining us, please contact Cindy at 842-1690.

MOVING SALE

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**PRICES SLASHED IN EVERY DEPARTMENT
SAVE UP TO 50%
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TIME IS LIMITED

**SHOP EARLY
FOR BEST SELECTION**

SALE LIMITED TO IN-STOCK ITEMS ONLY

CARD\$MART (847) 381-3202 Open 7 Days-Thur. till 8

18th Annual Spring Luncheon and Fashion Show Fund-Raiser for the Women's Club of Inverness

The Women's Club of Inverness is continuing its 2001-2002 year, raising funds for college scholarships, by having their biggest fund-raiser of the year at the Stonegate Conference and Banquet Center in Hoffman Estates.

Co-chairs Eileen Kohne and Trina Toms have worked diligently to make this an afternoon you won't soon forget.

This year's show has a French theme, and the fashions will once again be displayed by the outstanding, talented models from Fashions with Flair of Oak Brook. The boutique, which will feature over 40 outstanding vendors, will open at 10 a.m. and be open to the public. Cocktails and hors d'oeuvres will be served prior to the noon luncheon. Outstanding prizes will be the talk of the town.

Tickets are \$50 per person and have been on sale since December. They are going fast, so call soon.

If you are interested in purchasing a ticket or a table, contact Corrine at 304-9887. If you have never attended this event, now's your chance to have a great time and help a needy young person fulfill their dream of a college education.



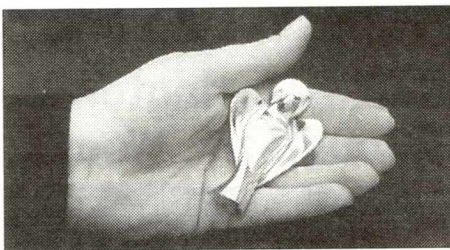


Barrington ICE HOUSE MALL



Send a Gift of Cheer in the New Year!

Is there someone you'd like to send a little cheer to in the new year? Stop by **The Canterbury Shoppe** to see the collection of "Angel Touches." These sculpted pewter angels, created by American artist Susan Snyder, consist of 10 distinct designs, each sending powerful messages of hope and celebration. Each sculpture arrives in a beautiful pouch along with an inspirational message. They're perfect for celebrating graduations, journeys, weddings or as gifts of hope and healing. Select from angels of friendship, guidance, guardian, protection, gratitude, healing, comfort, joy, peace and love. Please call our shoppe at **847-304-9627**, and our staff will be delighted to describe this heavenly collection to you!



Designed to fit snugly in your hand, these beautiful pewter angels, designed by American artist Susan Snyder, are heartfelt gifts for friends and loved ones.

a.m. to 5:30 p.m.; Thursday, 9:30 a.m. to 8:00 p.m.; and Sunday, 11:00 a.m. to 3:00 p.m. They're located in the divine Barrington Ice House Mall, 200 Applebee Street in downtown Barrington (behind the Jewel store).

Happy New Year!

The Canterbury Shoppe is open seven days a week: Monday, Tuesday, Wednesday, Friday and Saturday, 9:30

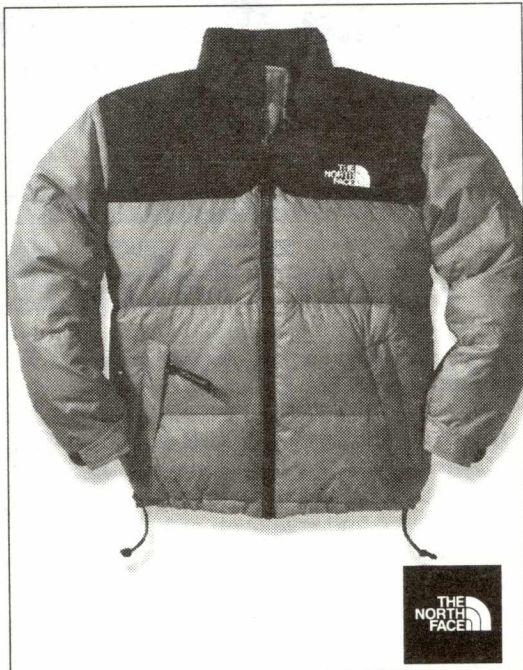
Peter Daniel Has Two Cures for the Uncommon Cold

Now that the cold season is upon us, **Peter Daniel** has two great suggestions to stay warm. First, head for the Caribbean in our great resort wear from **Bianca**. Cotton, chiffon and linen apparel are the right mix and look this season. Our gorgeous resort and spring collections are arriving daily.

Or, you can just bundle up in king-size warmth from **The North Face** apparel for men, women and children. Our kid's **Nuptse Jacket** is a light, warm 600 fill goose down insulated jacket that easily stuffs into daypacks. Reflective striping means kids can be seen at night by cars they're pelting with snowballs.

Our **Clearance Sale** is now in progress with fall and winter merchandise that are reduced **50-75% off** original prices.

We at Peter Daniel wish all our loyal customers and friends a very happy, healthy and peaceful 2002!



Auxiliary of Good Shepherd Hospital Offers Scholarships

The Auxiliary of Good Shepherd Hospital is offering scholarships for students residing in the hospital service area who will be attending school in Illinois and pursuing an education in a health-related field.

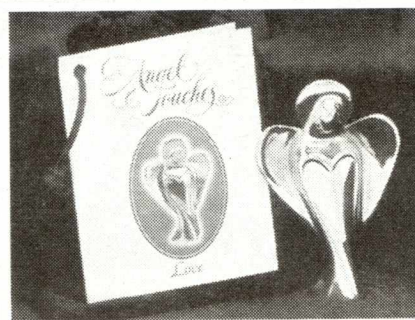
The hospital is located north of Barrington. Its service area includes the following zip codes: 60010, 60012, 60013, 60014, 60021, 60042, 60047, 60050, 60060, 60067, 60073, 60074, 60084, 60098, 60102, 60110, 60118, 60156 and 60195.

The number of scholarships will be based on the number and qualifications

of applicants. Current references, transcripts and proof of college acceptance are required. Applicants will be evaluated on the basis of attitude, educational desire, leadership, citizenship, personality and financial need.

Applications must be postmarked or hand-delivered and filed with the Scholarship Committee no later than April 30. Recipients will be notified by early June. Applications will be available Feb. 1.

For more information or to receive an application, call Good Shepherd Hospital's volunteer office at 847-381-0123, ext. 5104.



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Deadline!

The deadline for the **February Issue** is **Thursday, January 17.**

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**





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and domestic suppliers—literally hundreds of the world's finest hotels, cruise lines, tour companies, airlines and ground operators—are similarly committed to fostering the exchange of cultures and experiences through travel and heartfelt hospitality. Boundaries divide; travel unites. And you, the traveler, are our utmost priority.

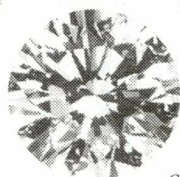
North Barrington Run Through the Woods



Mary Breuch crossed the finish line, with her husband, Chuck, and her son, Will, at the recent North Barrington Run Through the Woods.

Proceeds of the race benefited Citizens for Conservation and its work in the Barrington area. Organizers have set Sunday, Oct. 13, as the date for the run in 2002.

Buy Your Next Diamond from Dalzell & Co., a Direct Diamond Importer



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

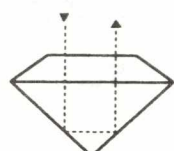
At your service are Steven and Jennifer Dalzell, a husband and wife team with 21 combined years of jewelry experience. Both are Graduate Gemologists and Graduate Jewelers of the renowned Gemological

Institute of America (GIA), which means they've got the education and expertise to guide you through every step of your important diamond purchase.

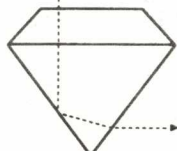
The cut of a diamond is important because it determines the optimum combination of brilliance, dispersion and scintillation. If a diamond isn't ideally cut, light will "leak" out through the side or bottom of the diamond. The ideally-proportioned diamond ensures the optimal balance of brilliance, sparkle and fire. When light enters a properly cut diamond, it is reflected from facet to facet and comes back through the top in a rainbow blaze. In a diamond that is cut too deep, much of the light is reflected to opposite facets at the wrong angle and is lost through the sides. The diamond may appear black in the center. In a diamond cut too shallow, light "leaks" through the bottom, and the eye may see a dull reflection in the diamond.

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

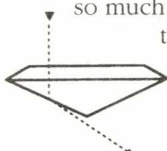
Quality for quality, **Dalzell & Co.** offers simply the best in diamonds and so much more! Come in and let the Dalzells show you what makes the difference.



Ideal Cut

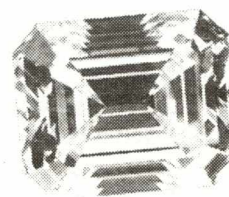
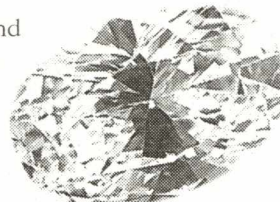


Deep Cut



Shallow Cut

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What's Happening at Starr Couture

Most of you know we have two sale events a year, now and in July. These are the only two times we offer the finest European collections at **50% to 70% off**. If you would like to be notified of our special events and sale dates, please call or stop in and request to be added to our mailing list. We look forward to seeing you.

—Starr



Starr Kondos, Owner

Chers Amis...

Let us hope and pray that the new year brings a lasting peace, along with a genuine sense of security. But... *la vie continue*, and, as usual, we will do our best to contribute to your eating pleasures.

The "true bistro dish" for the month of January is **les escalopes de veau Normande...** medallions of veal in a Calvados and crème fraîche sauce, mushrooms and cooked apples, just \$21 or \$25 with a glass of pinot noir.

On **Sunday the 13th**, join us for our **ninth annual presentation of Normandy/Brittany** through slides, narrated by Diane Kostik and followed by a re-

gional three-course dinner... \$47.50 per person, all inclusive (presentation, food, wine, gratuity and tax). It is a great way to spend a Sunday evening. It is necessary to reserve, because of limited seating.

D & J Bistro will be closed from Jan. 1 through 10, 2002. We will reopen on Friday the 11th with a fresh coat of paint throughout. Our "calendar of events 2002" is ready for you to pick up on your next visit. It has lots of interesting things, so don't miss it and be "with it!"

—Merci, et a bientot,
Dominique

Tootsies is Moving to the Ice House Mall! Tootsies is Moving to the Ice House Mall! Tootsies is Moving to the Ice House Mall!

We are very excited to announce that we are relocating in February of 2002 to the Ice House Mall in Barrington.

Tootsies has outgrown our existing location. We will be on the east end of the mall and will have both an outside door and a mall entrance. At our new location, in addition to more space, we will be in a climate-controlled environment, with better parking and much better access for all of you moms with strollers. Our new store will be all on one level; will offer better separation between the women's and children's departments; and will be open on Sundays for your busy lifestyles.

What we won't change is the great sales staff or that friendly customer service. We will still be a Stride Rite dealer and will continue to offer great depth of style and selection of merchandise in other brands you love and enjoy. Brands like Stuart Weitzman and Donald Pliner will be expanded along with the accessory area. We will still offer Capezio Dance Wear and Adidas soccer shoes too.

In the meantime, our store on Main Street will continue through February and will be offering both new products and great values.

Barrington Women's Club Annual Card/Game Party

The Barrington Women's Club will present its annual card/game party, entitled "Queen of Hearts," on Wednesday, Feb. 20, at Biltmore Country Club. The primary recipient of the proceeds will be the Bear Necessities Pediatric Cancer Foundation.

The festivities will begin at 9:30 a.m. with registration and a continental breakfast. Cards and games will continue until luncheon is served at 12:30 p.m. There will be prizes awarded as well as wonderful baskets.

All game players in the area are invited to attend—bridge, rubber and duplicate, mah-jongg, backgammon, chess and any other card or board game. Supplies for bridge players will be provided. Other game players are requested to bring their own boards, tiles, etc.

The cost for this event is \$45, or \$40 for luncheon only. If you cannot attend, donations would be appreciated. Checks



(From left) Barb Puta, Arline Aalfs, Barbara Cornwell and Lisa Fiese plan the Barrington Women's Club card/game party.

should be made payable to Barrington Women's Club and mailed to: Barbara Cornwell, 218-D Shoreline Road, Barrington, IL, 60010. The deadline for reservations is Thursday, Feb. 14. Call Arline Aalfs, 847-277-9282, or Carole Blazek, 847-382-1776, for more information.

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Women's & Children's Shoes

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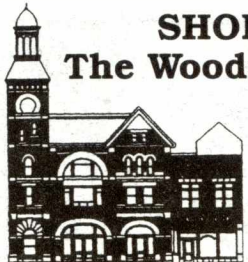
Monday-Saturday 9:30am-5:30pm
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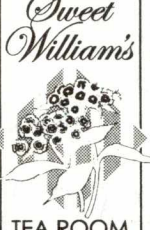
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French Art in the 18th Century

"The Game of Love and Chance: French Art in the 18th Century" is the program for the anniversary luncheon of the Barrington Community Associates of The Art Institute of Chicago.

The lecture will discuss life for the aristocracy in 18th century France, a constant pursuit of pleasure and beauty. The sensual brushstrokes of artists Jean Antoine Watteau, Francois Boucher and Jean Honoré Fragonard illustrate this life-style.

The slide lecture will be presented by Jeff Nigro, senior lecturer in the Department of Museum Education at The Art Institute of Chicago. Jeff received a bachelor's at Oberlin College and a master's in art history at the University of Virginia. He has been lecturing on the institute's collections since 1988. He also worked on the catalogue of the museum's French paintings of the period between 1600 and 1800.

The anniversary luncheon is Thursday, Jan. 17, at the Barrington Country Bistro at The Foundry on Northwest Highway. Members and guests are invited to the social at 11:00 a.m., luncheon at 11:30 a.m. and lecture at 1:00 p.m. The fee is \$45. To register, contact Sue Johnson at 847-381-4551.

The Barrington Community Associates was founded in 1961. It is the only North-



Boy Holding a Carrot by Francois Boucher, 1738. Pastel on buff laid paper. Helen Regenstein Collection, 1971.231.

west Suburban group affiliated with the institute. Its 280 members live throughout the Northwest Suburbs from Mount Prospect to Woodstock. It sponsors lectures in the Barrington area and excursions of artistic interest in the Chicago area. For membership information, please contact Marianna Barr at 847-382-3952.

Groundhog Day 10th Annual Celebration

After the making of *Groundhog Day*, the movie with Bill Murray, the Woodstock Square Merchants and Chamber have celebrated Groundhog Day in style. In honor of the day, special merchant's sales will begin Jan. 26 and run through Groundhog Day weekend, Sunday, Feb. 3.

Discover unique gifts and food items at **Cobblestone's**. Their coffee bar is enough to warm any cold winter day. International foods from Europe, such as specialty jams and jellies, are also available at **Cobblestone's**. And don't miss the candy counter with a wide variety—from chocolates to gummy bears.

To warm up on a cold day, stop in at the **Sweet William's English Tea Room**, always serving a variety of teas, great salads, sandwiches and soups. This is a wonderful place for lunch or early dinner, and their homemade daily specials are delicious. At **Sweet William's**, you can also order High Tea, great for lunch, family outings or girls' day out.

Winter clothes will be on sale at **English Rose Boutique** for Groundhog Day sales. The event will also welcome their new arrivals of spring dresses for those special upcoming occasions, such as

weddings and graduations. **English Rose** offers sizes 6 to 18, and the friendly and helpful staff will be happy to serve you.

The Thoughtfulness Shop always has great after-Christmas sales. And if you're a collector, come on in; **The Thoughtfulness Shop** has many collectibles. For gifts, they have a wide variety to choose from, no matter what age. Boyd's Bears are available, from soft bears to figurine bears.

With Valentine's Day just around the corner and the weather not so cheery, stop in at **A Timeless Impression** and pick up supplies to make your own, or your children's own, Valentine's cards. They have everything you need and can even offer ideas. To sign up for classes, call the shop soon; classes are filling up. It's a great idea for working with your children on a project they, themselves, can make.

With all this and more for you to enjoy, be sure to visit Woodstock Square during the Groundhog Day celebration. Again, special merchant's sales begin Jan. 26 and will run through the weekend to Sunday, Feb. 3.

Take Time During Winter to Refresh Your Home

"After the tree and decorations are put away, it's time to reorganize and redecorate. You may even want to get rid of items that you're tired of seeing," says Stephanie of **The Antique Gallery**. You can refresh your home by selling furniture, paintings or antiques you no longer wish and purchasing new items to replace them. You can call Stephanie and make an appointment for her to visit your home and give an appraisal on furniture and other items.

If you need an interior decorator, **Chris Kerwin Antiques & Interior Design** is the place to be. Chris has come to the Woodstock Square from Madison, Wis.,

where she has a very well-established business. Stop in and see what she has provided as an interior decorator for small homes, large homes and businesses.

Pillows, throws, new candlesticks or vases, all can make a difference in a room, and **Velvet Nest** has these, plus many ideas and more which could change any room or patio. They offer many antique pieces of furniture at very reasonable prices. So visit **Velvet Nest** soon to get the best selection.

No matter what kind of changes you make or ideas you have, you can find the solutions on the Woodstock Square.



Registration for Grief Groups Starts January

Grief Groups Provide Opportunity for Sharing and Support

Hospice of Northeastern Illinois is accepting registrations now for their winter grief support groups. Preregistration is needed to help plan for appropriate group sizes and to assess and meet the needs of those attending.

The four types of groups are: Grief to Hope, for those grieving the loss of a loved one; Adult Loss of Parent, for those grieving the death of a parent; Young Widows & Widowers, for those grieving the death of a spouse; and Children's Grief Group, for children 6 to 12 grieving the loss of a loved one. The Young Widows and Widowers Group and the Children's Grief Group meet concurrently to accommodate families that have lost a parent.

"Typically, we as a culture turn away from the issues of death, loss and grieving," says Dee Lattanzio, manager of be-

reavement services at Hospice of Northeastern Illinois. "But there is a natural inclination to want to talk about a loss, to want to share it and try to make sense of it. Support groups are one way of creating a 'safe place' for individuals to tell their stories and share their experiences."

The support groups for this session will meet in the Barrington, Hoffman Estates and Crystal Lake areas. They are led by hospice bereavement staff and other trained professionals. There is a suggested fee of \$25, however, the groups are open to anyone regardless of ability to pay. There is no charge for family members of Hospice of Northeastern Illinois patients. To register for a support group or for more information about hospice or bereavement programs, contact the bereavement department at 847-381-5599.



Short-Term Stays at Lake Barrington Woods Provide Solution for Temporary Care Needs

Lake Barrington Woods, a Parkside rental retirement community in Lake Barrington, offers short-term stays in its assisted living program. The short-term stays, typically at least a week in duration, can be appropriate when:

- family caregivers are going on vacation or an extended business trip;
- a person needs a "stepping stone" on the road to recovery after a hospital stay or extended illness; or
- a person is investigating moving to a retirement community, but wishes to try the lifestyle before making a commitment.

Whatever the situation, short-term stays at **Lake Barrington Woods** are the perfect solution for temporary care needs. Even when their stay is only temporary, residents become part of a warm, caring community of new friends and neighbors. **Lake Barrington Woods'** dedicated staff provides the needed personal attention and care while family caregivers are away. After a hospitalization, our team's support and encouragement creates the right environment to promote continued improvement. And, for those investigating retirement living, moving in temporarily provides firsthand experience with the

retirement community lifestyle that will often solidify your decision to make a permanent move.

For short-term stays, residents occupy private apartments that are comfortably furnished like home. For a reasonable daily fee, residents experience all of the benefits of residency at **Lake Barrington Woods**, including:

- a personalized service plan that addresses the resident's unique personal care needs and desires;
- three delicious meals served daily in the well-appointed dining room;
- scheduled transportation for shopping, doctor appointments and other special trips;
- a calendar of daily social, recreational and cultural activities and events;
- use of community rooms including the living room, country kitchen and fitness center with indoor heated pool; and
- weekly housekeeping and linen service.

Come visit **Lake Barrington Woods** for a personal tour. For more information, to schedule an appointment or to make a reservation for the short-term stay, please call **847-842-8900**.

Short Term Stays at Lake Barrington Woods

Are family caregivers going on vacation or an extended business trip? Do you need a stepping stone on the road to recovery? Or, do you simply desire a taste of a new lifestyle?

Whatever your situation, Lake Barrington Woods has the perfect solution for temporary care needs. All within a warm, lovely community of new friends and neighbors.

You'll enjoy a private, spacious apartment that's furnished like home. You'll also experience all the benefits of Lake Barrington Woods - from a personalized service plan coordinated by a nurse to three delicious meals daily - at a reasonable daily rate.

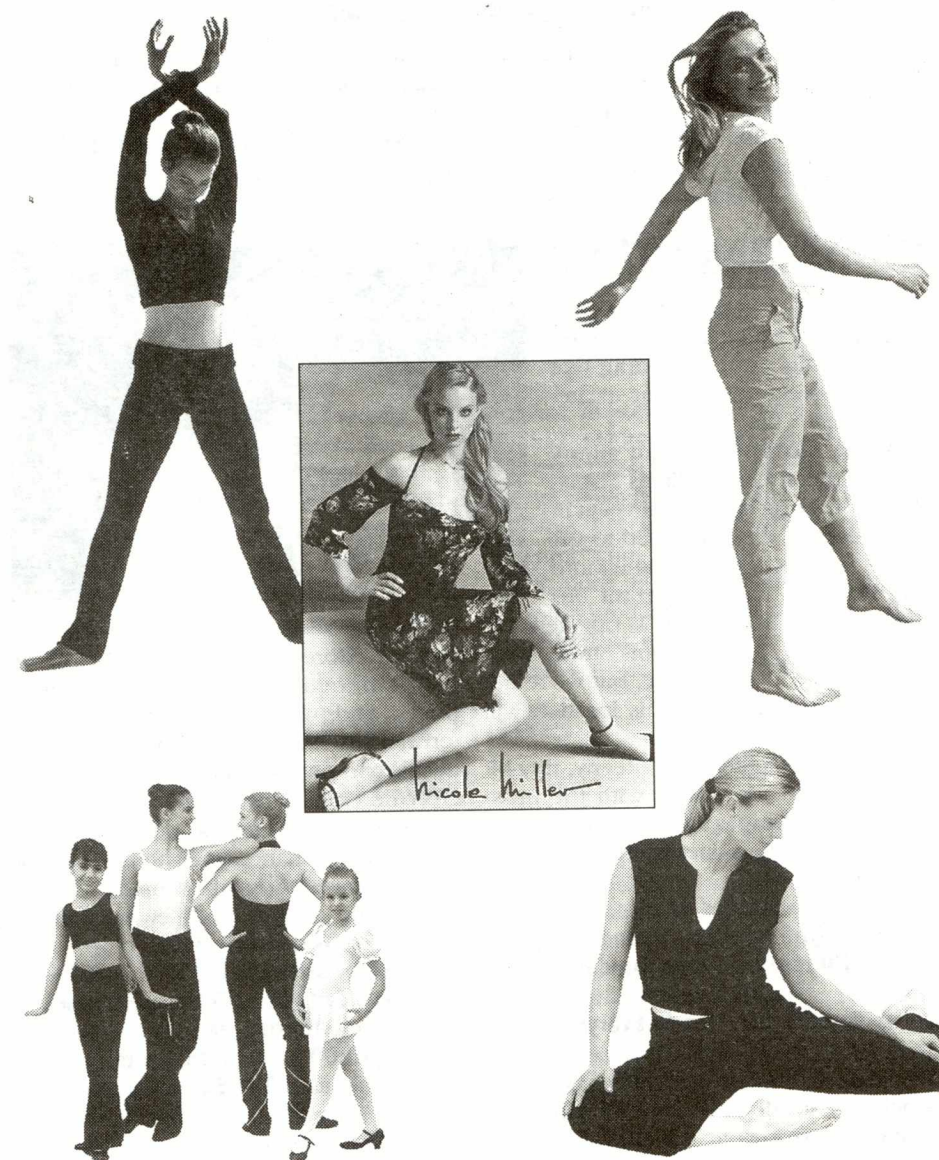


Lake Barrington Woods
A Parkside Community

Call now for holiday availability.

(847) 842-8900

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Lake Barrington
Off Northwest Highway,
just north of Kelsey Road.



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HAPPY NEW YEAR

OUR BRAND NEW ADDITION FOR 2002 IS HERE!

DANCE & ACTIVE APPAREL

featuring

Danskin, RefleXtions, Sansha, Zen & others

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An exciting compliment to our beautiful clothing brought to you in a relaxed and friendly atmosphere.

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New Year's Resolution:
Make next Christmas less hectic!
40% OFF All Christmas Items
at the Little Shop of Papers



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

Annual Sale starts
Wednesday, Dec. 26 at 9:30 AM.

Little Shop of Papers, Ltd.

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

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SUNDAY, FEBRUARY 24, 2002
1:00 - 5:00 P.M.

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

Fashion Shows by
 Ultimate Bride & Mira Couturier
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BLACK & WHITE



Valentine Alert!

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Friday & Saturday
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 Make your CLIX appointment
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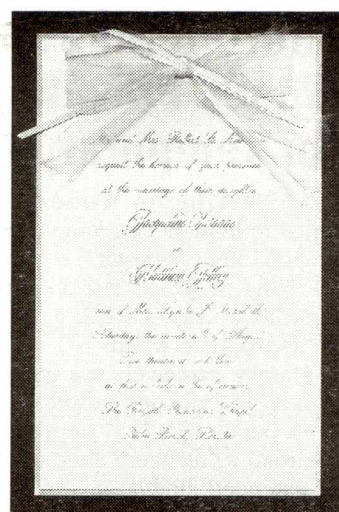
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A Beautiful Beginning

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

No detail of a wedding is overlooked... programs, menus, place cards, save-the-date cards, napkins. **Little Shop of Papers** can take care of it all, and get your wedding off to a beautiful beginning.



Year 2002 Chicago's Magnificent Bride Show



Chicagoland's premier wedding professionals join forces to create "Chicago's Magnificent Bride." The lavish bridal planning seminar and fashion show will showcase the finest wedding service providers available in Chicago.

The spectacular show, sponsored by **Stuart-Rodgers Photography** in Chicago and the Hotel Inter-Continental, will be held Sunday, Feb. 24, 2002, at the Hotel Inter-Continental Chicago, 505 N. Michigan Avenue.

Stop! Read This!

Things are a-changin' at **CLIX photographs & savables**. And there's so much big stuff happening that we can barely contain our excitement. Here's the scoop:

We're movin'... to the sunny side of the street. Williams Street, that is. After six wonderful years in this great place, we decided to get a new perspective and a little more elbow room. At some point between March 1 and May 1, our new address will be 33 N. Williams Street. Wish we could be more specific, but we're not sure about details yet. This location will be closed Jan. 20.

We're very excited and a teeny, tiny bit overwhelmed, especially with the prospect of packing and moving all this faaaaaaaabulous merchandise of ours, so we're having a...

MOVIN' SALE
Bountiful Bargains Beyond Belief
Thursday through Sunday,
Jan. 10 through 13
Up to 50% Off, Nearly Everything,
No Kidding

Don't miss this one and only chance to stock up on all your favorite gifts and home accessories at unbelievably great



prices. Oh sure, we'll get more stuff for the new store, maybe in new colors or with different details, but not at these prices. And, when you get a load of our terrific new store (we're posting plans, details and photos on the Web site www.clixville.com), you'll find all kinds of unique goodies as well as our classic merchandise to enhance your home. But not at these prices! So make a note, tell your friends and mark your calendar. Just be there! This is the big one. Don't miss it!

BLACK & WHITE CLASSIC BLITZ
Friday, Jan. 18, 2:00 to 5:30 p.m.
Saturday, Jan. 19,
10:00 a.m. to 2:00 p.m.

\$49, Includes One 5x7 Enlargement

Here's a chance to get a special portrait
 (Please continue on page 42)

The Wedding to Remember

Something New

It's the biggest day of her life. She wants the very best. You want to give her the very best. You want to give her the wedding to remember. Yet, you don't want to struggle with the countless details, and God forbid if something goes wrong.

Enter **Boulder Ridge Country Club**, whose beautiful new clubhouse and banquet facility opened in 1999 with the perfect wedding in mind. The ballroom is breathtaking. In fact, the entire building is first class.

One walk-through and you're sure to claim, "This is the place!"

The exquisitely decorated banquet facility accommodates wedding celebrations up to 360 people. It breathes a subtle elegance with hues of gold and blue. Dozens of golden chandeliers add to the enormity of its beauty. Numerous granite-topped bars trimmed in hardwood border the room. This banquet facility was built with meticulous design.

Something Old

The wonderful architecture and design only speaks to part of the Boulder Ridge story. In order to pull off the perfect wedding, you have to have much more—which the professional staff is more than happy to provide.

Included in every wedding at **Boulder Ridge Country Club** is old-fashioned, first class service and amenities. The abundant professional service attendants provide an excellent server to table ratio, which assures that cold dishes are served cold and hot dishes served hot.

Something Borrowed

The fact that Boulder Ridge is a private country club may beg the question, "Do I have to be a member to host a wedding

at this fine facility?"

The answer is "No!" You get the royal treatment just the same. You get the whole shebang.

Boulder Ridge features an all-inclusive wedding package packed full of everything you'll need for that perfect wedding, including sales tax, all gratuities and more.

You will also enjoy the services of a tuxedoed maitre d' who will act as emcee and guide you through your entire event. With the help of the expert Boulder Ridge staff, you get to put on quite a show. Your guests will relish everything down to the table settings, which feature Italian lead crystal, fine English china and sterling silver flatware. **Boulder Ridge** wedding and banquet packages are all inclusive. Suffice it to say, you get the "works."

Something You

Planning such a big event is a major undertaking, and the entire team at Boulder Ridge not only understands this reality, they're prepared and qualified to take the reins. They have performed over 178 weddings since opening, and the rave reviews continue to pile up.

They will endeavor to provide you with the highest level of service that will exceed your expectations. "Attention to detail and flexibility in planning are the tools we use to ensure your satisfaction."

After all, such an important day might be better left to the experts. You still get to take the credit.

Boulder Ridge Country Club is located on Algonquin Road, one mile west of Randall Road in Lake in the Hills. For more information, contact Victor Ertmanis, Director of Catering, at **847-854-3000** or visit their Web site at www.boulderridge.com.

ELEGANT WEDDINGS

Rehearsal
Dinners

Showers

Anniversaries

Banquets
for All Occasions

"Comfortable
Elegance"

From 10 to 400



Boulder Ridge
Country Club
(847) 854-3000

www.boulderridge.com

Located on Algonquin Rd.
1 mile west of Randall Rd.
in Lake in the Hills

Huntington Learning Center Purchased by Longtime Resident

The **Huntington Learning Center** in Barrington was recently purchased by David and Christine Tilles.

David and Christine reside in Barrington, and David graduated from Barrington High School in 1986.

"There's nothing more rewarding than providing a valuable service to the town that gave so much to me," David said.

The Barrington center, located in The Foundry, has developed an excellent reputation over the past seven years, providing students with supplemental instruction in reading, phonics, writing, math, study skills and ACT/SAT preparation.

"We plan to build on the success of

the past. In fact, we have already begun the process of becoming an accredited school," David added.

The learning center's success lies in the individual attention that each student receives.

"Even in areas where the schools have a good reputation, some students need individual instruction to succeed. We provide personalized programs that motivate students to reach their highest potential," Christine said.

For more information on Huntington's individualized instruction, please call **847-382-3655** or stop by the center in The Foundry at 722 West Northwest Highway.

Elgin Choral Union Holds Midseason Auditions

The Elgin Choral Union will hold auditions for the second half of their 2001-2002 season on Tuesday, Jan. 8, 2002, at Elgin Community College.

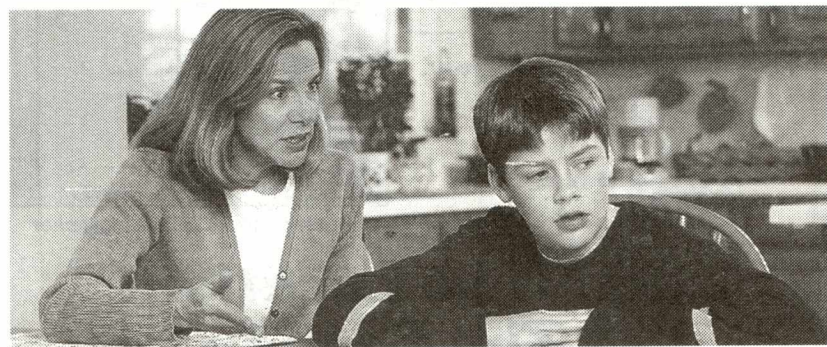
Newly appointed music director Randi von Ellefson will conduct the auditions. Piano accompaniment will be provided. To schedule an audition, please call the ECU office at 847-214-7225.

For the audition, each singer will be asked to sing a song they are comfortable with and will be asked to sight-sing a

brief passage. If singers wish to be accompanied, they must bring an extra copy of music for the accompanist. Auditions will take place in Room 164M in the Elgin Community College Visual and Performing Arts Center, 1700 Spartan Drive, Elgin. Men are particularly encouraged to audition.

Rehearsals, which begin Jan. 8, 2002, are held on Tuesday evenings from 7:00 to 9:30 p.m.

THE ONLY THING WORSE THAN FAILING GRADES IS FAILING TO GET HELP.



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When a child brings home bad grades, it's a problem for the entire family. Huntington Learning Center is here to help. For nearly twenty-five years, we've given kids of all ages the skills, confidence and motivation to get better grades. We pinpoint academic problems and then create a customized learning program that works. Our centers are conveniently located and offer flexible scheduling. We even make it affordable for you.



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LEARNING CENTER
Your Child Can Learn.

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Our Exclusive Quickfit Circuit...

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*Offer based on first visit enrollment. Min. 12 mo. c.d. program.

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50% Off
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758 W. Northwest Hwy.
Barrington

ANNOUNCES



Angels from BYDE's Nutcracker

**Our New Location
at The Foundry**

WINTER CLASSES BEGIN JANUARY 7TH

**Ballet • Creative Movement • Pre Ballet • Drama
Character Dance • Jazz • Pilates-Based Mat Class
Yoga • Tap • Ballroom Dancing • Exercise (1st Class FREE)**

CLASSES FOR AGES 3 THROUGH ADULT

Now Offering **Drama Classes**
for all ages and groups. Call Valerie Murray: **359-7038**

Home of the Barrington Youth Dance Ensemble

382-6333 Brochure Available Upon Request

What's New in Fitness and Weight Loss

Curves for Women® 30-minute fitness and weight-loss centers is the fastest growing fitness franchise in the world.

On average, a new location opens every 18 hours. Curves® locations are now found in all 50 states, Canada, Mexico and Spain, a total of about 2,500 locations.

And if you haven't heard of it, don't be surprised. The program is getting such great results, they don't need to do any national advertising.

The facility is built around a breakthrough in exercise—a truly complete workout in just half an hour. The Curves® circuit is a system of exercise that alternates hydraulic resistance machines with aerobic recovery stations. As you move around the circuit, enjoying the music and being motivated by an instructor, you perform both a cardiovascular and strength training workout at the same time. You end with a stretching routine. This 30-minute total workout burns as much as 500 calories. Because you're moving fluids rather than weights, it's safe for any age or condition.

Local owner Janet Faulkner says, "When you diet alone, 40 percent of the weight you lose is muscle. Muscles are the engines of our bodies that require fuel. If you drastically lower your body's energy needs each time you diet, you will always gain your weight back. The key to permanent results is lean muscle. When a woman loses 20 pounds with us, it is predominantly body fat. Strength training protects and increases lean tissue while raising metabolism. The Curves® workout is strength training women will do."

Curves® on-site weight-loss guidance

program is the first international program to blend exercise and diet. Simply dieting to lose weight does not work over the long haul. People know that you must also exercise for lasting results. **Curves for Women®** is the first program to meet both these needs in the same place for the same price.

All memberships include unlimited visits. One of the reasons Curves® is so successful is because women actually enjoy coming here. The vast majority of our members come in at least three times a week. Our environment at Curves® is one that women find easy to visit yet effective. The equipment is not intimidating. The atmosphere is very casual.

In our first two months, our members have achieved the following results:

- Average weekly visits per member—3.5
- Total inches lost—201
- Total pounds lost—over 100

The Curves® focus is on the long term. We are not a "quick fix" program. The Curves® concept is fitness for the rest of your life. Our sole purpose is to increase and maintain the fitness level of our members.

Getting fit and healthy is not a destination; it's a journey.

Faulkner states, "We're winning the weight-loss war. A 30-minute total workout in a female friendly environment and complete weight-loss guidance, makes health and fitness an achievable goal. Our \$29 monthly fee makes it a great value."

For more information, contact Janet Faulkner at **382-8787**.

**How to Choose a Dance School
for Your Child**

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

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

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

- 1) *Is the teacher well organized and pleasant?*
- 2) *Is he/she knowledgeable?* (Check the school brochure for teachers' backgrounds.)

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

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

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

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

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

SHIP Counselor

Barrington Area Council on Aging, Inc. now has a Senior Health Insurance Program, or SHIP, counselor available to answer your health insurance questions at no cost.

This counselor is trained to provide personal guidance for seniors in resolving

problems relating to Medicare, supplements, retiree health plans, claims processing, long-term care and others.

Counseling is available at the council's office in the Barrington Village Hall. Please call 381-5030 to make an appointment.



A NEW YOU FOR 2002

A Special Focus On

BEAUTY, Health & FITNESS



Start the New Year with a New Outlook!

This new year, **Salon Extend** would like to welcome and introduce Lynette Rogala to our staff of professionals.

Lynette, with 20 years of experience, is very excited to join our team at **Salon Extend**. Lynette trained with the National Cosmetologist Association and has participated in many artistic styling programs. Her expertise in creative color and cuts give every client reasons to feel confident and look great.

This month receive a free haircut with any hair color service booked with Lynette. Also, receive **25 percent off** any Redken products that you purchase at our salon in January.

As always, **Salon Extend** is here to accommodate all of your hair extension and hair replacement needs. Stop in or call **847-381-3688** to purchase your gift certificate or to book an appointment.



Lynette Rogala

Start the new year off with our new salon hours! We are open Tuesday and Thursday, 1 to 9 p.m.; Wednesday from 11 a.m. to 9 p.m.; Friday from 9 a.m. to 7 p.m.; and Saturday from 9 a.m. to 5 p.m.

We are also offering career opportunities for established cosmetologists.



Happy New Year!

During January:

- ★ Receive a free haircut with any hair color service booked with Lynette.
- ★ Receive 25% off Redken hair products.

- individualized consulting
- creative cutting & styling
- natural hair extensions
- next generation wigs
- unique color concepts
- conditioning treatments
- special occasion up-dos
- make-up application
- facials
- dermal art
- massage
- nail services

702 south northwest highway, barrington, il 60010
847.381.3688 • www.salonextend.com

A Workout for Your Face

You exercise and workout to keep yourself in good health. Now, you can give your skin a workout too, and keep that radiant, healthy appearance all the time.

Ultrasound has become a significant advancement in serious skin care. **Ultrasonic Skin Rejuvenation** combines high-touch treatment with the high-tech of the 21st century.

Ultrasonic facial treatments present a number of positive effects that facilitate rejuvenation to improve the appearance of the skin. The mechanical effects include the very important micro-massage of tissue, softening of scars, increased superficial toning and increased elasticity. When a conventional facial massage is given, the hands provide an average of three vibrations/second; ultrasound gives three million vibrations/second. The thermal effects of ultrasound create friction and increase local heat. This heat, in turn, causes the increased activity of cells in and near the epidermis. By increasing the metabolism of fibroblasts and other connective tissue cells, production of collagen and elastin increases, which often is deficient in sun-damaged or aging skin.

Ultrasound treatments can achieve remarkable improvements in acne patients. Increased temperature stimulates blood flow to the area, bringing with it more oxygen and nutrients for healing acne skin conditions. Another benefit of increased blood flow is an increased lymph flow, removing toxins and waste



products. Ultrasound also helps increase the rate of chemical reactions in cells to facilitate healing, decrease the local pH and increase the permeability of skin cells —effects that favor the penetration of active ingredients applied to the skin. In this way, antibacterial topical products used in the treatment of acne are more quickly received and achieve fast, efficient results.

Ultrasound facial treatments produce a noticeable improvement in the skin's texture, firmness and in the reduction of fine lines. The combined stimulation on metabolism, collagen and elastin production firms the tissue and helps breakup scarring, while effectively counteracting the factors underlying the signs of premature aging. Facial treatments using ultrasound are only available in a medical facility. There is no discomfort or downtime involved and treatments can be done on all skin types.

(Please continue on page 42)



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AESTHETIC SURGERY

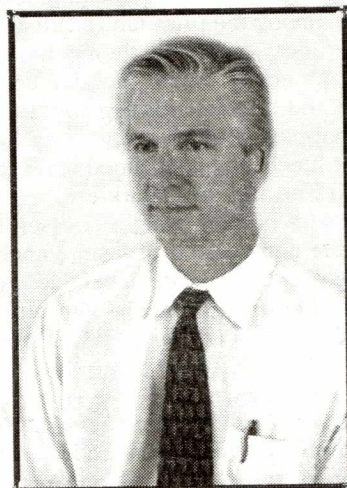
- Facial Cosmetic Surgery
- Eyelid Cosmetic Surgery
- Nasal Contouring
- Breast Augmentation/Lift
- Abdominal Reduction
- Liposuction/Body Contouring
- BOTOX and Collagen Injections

HAND SURGERY
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Across from Good Shepherd Hospital Health and Fitness Center
in the Barrington Montessori School Building



Struggling To Lose Weight?



Have books, fad diets, trendy exercise equipment, or self-help programs failed to get you off the weight-loss roller coaster? Dr. Barry Berger may have the answer for you. Dr. Berger's revolutionary long-term weight reduction program incorporates all of the following components:

- 40-30-30 diet plan
- Safe and effective prescription medication
- Monthly, face-to-face follow ups to monitor progress
- Documented 93% success rate!

Dr. Berger has spent 13 of his 17 years practicing in Lake Zurich. He is board certified in internal medicine, and prides himself in his long list of satisfied patients. Dr. Berger sees all of his patients in person. Much of his services are covered by most insurance companies (sorry, no HMO).

Barry Berger, M.D., D.O.

Specializing in Weight Control and Nutrition
American Society of Bariatric Physicians

847-438-2454

290 N. Rand Road
Lake Zurich, IL

630-789-9495

908 N. Elm Street
Suite 104
Hinsdale, IL

LOSE THE WEIGHT...AND KEEP IT OFF!

New Weight Loss Program Shows Dramatic Results

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

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

Dr. Berger has hundreds of satisfied patients. Insurance usually pays for some or most charges, (sorry, no HMOs).

To begin a weight loss program that really works for you, call **847-438-2454** in Lake Zurich or **630-789-9495** in Hinsdale to make an appointment for your consultation today.



The Garden Club of Inverness Holiday Fund-Raiser 2001

The Garden Club of Inverness captured the spirit of the season with its annual fund-raiser luncheon at Medinah Country Club on Dec. 7. The sold-out event entertained 220 members and guests.

As always, there was something for everyone among the prize tables laden with gift choices: exquisite theme baskets; china; Waterford crystal; holiday centerpieces; and original art! Greeting friends and shopping decisions gave way to an elegant lunch as guests dined amid trees of gold and the soft sparkle of votives mixed with holiday boughs. Dessert signaled the introduction of Peter Samek of Blossoms by Design in Naperville. Peter blended seasonal favorites with artistry, ingenuity and humor for a perfectly memorable finale!

The club thanks everyone—members, guests and local businesses—for their overwhelming generosity and support, making it possible to continue projects



Garden club holiday co-chairs **Barbara Hidding (left)** and **Sally Hard** address the luncheon crowd.

and charitable endeavors throughout the year.

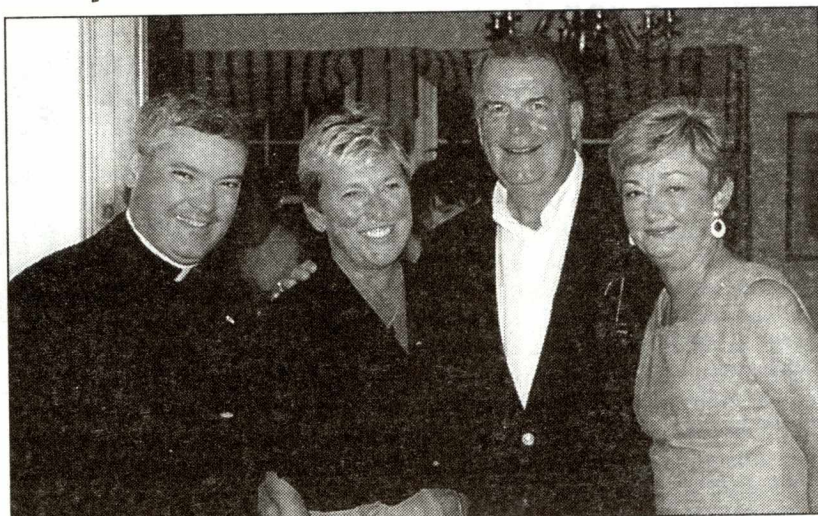
The Garden Club of Inverness is a member of District IX, Central Region of Garden Clubs of Illinois, Inc., and the National Garden Clubs, Inc.



(From left) club officers **Eileen Kottne** and **Linda Dennison** enjoy the day with members **Sally Hilgendorf** and **Eileen Mahoney**.



Seventh Annual Catholic Charities Golf Classic Raises \$133,000 to Help Those in Need



Catholic Charities of the Archdiocese of Chicago's Lake County Services celebrated a successful day of raising funds for the needy with their Seventh Annual Charities Golf Classic dinner and awards ceremony. The event was held at the Conway Farms Golf Club in Lake Forest on July 30. Among the proud participants were: (from left) the Rev. Michael M. Boland, administrator of Catholic Charities of the Archdiocese of Chicago; Barbara McIntyre of Barrington, recipient of the Special Appreciation Award of Catholic Charities Lake County Services; and P. Michael Hoch, chair of the event, and his wife, Susy, of Lake Forest.

Mr. Hoch, chair since the event's inception in 1995 and member of the Catholic Charities Lake County Advisory Board, is

senior vice president of Morgan Stanley which again provided seed money for the classic.

Barbara McIntyre is a longtime Catholic Charities Advisory Board member, former board chair and a member of the Golf Classic committee since its founding. She was recognized for her dedication to the needy of Lake County.

One hundred and twenty golfers took to the Conway Farms links. Then, they went on to a dinner and a live auction to benefit the 24,000 residents of Lake County served annually by Catholic Charities. That's one of every 20 residents in the county! The Golf Classic netted a record \$133,000 to help the poor, vulnerable, hungry, homeless or abused children, seniors, families and individuals.

Evaluating Workplace Harassment

by Joette S. Doran, J.D.

To determine whether a legally actionable claim for workplace harassment exists, the facts of the situation must be evaluated in connection with the state and federal laws that prohibit discrimination.

The most common form of illegal harassment is known as "hostile work environment harassment." Hostile work environment harassment is defined as an intimidating or offensive working environment which unreasonably interferes with an individual's ability to perform their work. Sexual harassment is the most well-known form of a hostile work environment claim and is defined as "unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature which unreasonably interferes with an individual's work performance or creates an intimidating, hostile or offensive work environment." Sexual harassment can occur in a variety of circumstances, and the victim as well as the harasser may be a woman or a man. The victim does not have to be of the oppo-



site sex and the harasser can be the victim's supervisor, an agent of the employer, a supervisor in another area, a co-worker or a nonemployee. The victim does not have to be the person harassed but could be anyone affected by the offensive conduct.

It is helpful for the victim to directly inform the harasser that the conduct is unwelcome and must stop. The victim should use any employer complaint mechanism or grievance system available.

(Please continue on page 42)

Skin Rejuvenation Options at Dermatology Physicians & Surgeons— Part Two: Physician Performed Treatments

In *Part One: Medi-Spa Treatments*, we reviewed economical and noninvasive treatments to rejuvenate your skin at **Dermessentials**. Here, in *Part Two: Physician Performed Treatments*, we discuss procedures available by the dermatologists at **Dermatology Physicians & Surgeons**. These procedures are more aggressive and achieve more dramatic results than medi-spa treatments. You might also be surprised to learn that these more aggressive treatments have minimal downtime and discomfort as well, so interruption to daily activity is minimal.

Part Two: Dermatologist Performed Treatments

Below is a review of skin rejuvenation techniques offered at **Dermatology Physicians & Surgeons**, starting with the least invasive, least expensive treatment for improving skin quality:

Botox

In just a few minutes during an office visit, unwanted wrinkles can be erased with results that last three to four months with no downtime. Botox is injected into the muscles that cause frown lines, crow's feet and forehead wrinkles. Botox freezes the muscular activity that causes the wrinkle to form. In some cases, it is also used for hyperfunctional facial muscles such as nose creases, necklines and neckbands. A physician, not a nurse, should inject Botox because they have more in-depth knowledge of facial anatomy and are experienced in the correction of hyperfunctional muscles. This procedure is performed on a daily basis in both our Crystal Lake and Barrington offices.

PhotoFacial and CoolTouch™

We have achieved excellent results with these high-tech treatments, and our patients are delighted with their younger looking skin. PhotoFacial treatments are an excellent option for people who have red, flushed faces, sun-damaged skin,

splotches of excess pigmentation and enlarged pores. CoolTouch reduces fine lines, wrinkles and depressed scars. Most PhotoFacial and CoolTouch treatments have no downtime. The procedures take 10 to 20 minutes and are nearly painless. Optimal results are seen with a series of treatments, and we offer special discounted prices for a package of six treatments. A consultation with your dermatologist is necessary to determine if PhotoFacial or CoolTouch is right for you. The procedure is performed in the doctor's office.

Erbium SilkLaser™

This laser gently and safely renews the skin. You can restore the fresh, healthy glow to your complexion, or the physician can specifically target your areas of concern such as smoothing out fine lines around the mouth and eyes, and soften acne scars. Superficial pigmentation from sun exposure can also be erased from the face, neck and hands. The procedure is more aggressive than PhotoFacial and CoolTouch, yet is still performed with only local anesthesia and involves only limited interruption to daily activities. The new technology of the Erbium SilkLaser results in faster healing and less redness which resolves in days, compared to months with the more invasive CO2 Laser resurfacing procedure.

Dermatology Physicians & Surgeons is happy to discuss your skin rejuvenation concerns during a free cosmetic consultation with one of our board-certified dermatologists. During your consultation, your doctor will evaluate your medical history, age, skin type and pigmentation; consider your desired results; and determine the best course of treatment. **Dermatology Physicians & Surgeons** is located in Barrington, 847-382-5111, and Crystal Lake, 815-455-4434, providing you with leading edge skin care from the hands of experience.

Joette S. Doran & Associates, P.C.

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DISCRIMINATION CLAIMS: EMPLOYMENT CONTRACTS:

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Jerome D. Fallon, MD



Jeffrey J. Berti, MD

- Trained at the University of Chicago, Harvard University, and the University of Wisconsin
- Certification by the American Board of Dermatology
- 21 Years of medical service to the McHenry County area
- The latest equipment and methods for dermatology and dermatologic surgery.
- Two offices to conveniently serve you
- Comprehensive skin treatments including: skin surgery for moles, cysts, skin cancer; and laser treatments for spider veins on face and legs, cancer diagnosis and treatment, photo therapy for psoriasis, advanced treatment for rashes, acne and other skin disorders
- Complete cosmetic services including: liposuction, laser skin resurfacing, Botox™, DermaPeel and hair removal.

Complimentary consultation on cosmetic services is available.

*includes Liposuction, Vein Treatment, Laser Treatment, and Hair Removal


dermatology
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Learn to clear, balance and revitalize the "Ki," life force energy, to create a high level of physical, mental, emotional and spiritual health. Reiki can move you into a new level of health, awareness and service which will transform your life forever.

Reiki is a holistic method that:

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- Balances mind, body, emotions & spirit
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REIKI LEVEL ONE • Sat., Feb. 2 -or- Mar. 23 -or- Apr. 20, 10am-6 pm, Crystal Lake • \$150 • Cost includes notebook, materials and Reiki shares. Text at an additional charge. Class size limited to 12.

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RESULTS THAT TAKE SHAPE

Very often diets and exercise fail to reduce problem areas. Tumescant Liposuction, developed by a dermatologist, may be the solution to your problem. This practical procedure is performed in a comfortable relaxed environment, without the need for general anesthesia. The procedure allows most patients to return to their regular routines in a matter of days — perfect for those with a busy lifestyle. Tumescant Liposuction can help you achieve the shape you've been hoping for under the care of a board certified dermatologist with years of experience at performing this remarkable procedure.

Isn't it time to look and feel better than you ever have?


dermatology
PHYSICIANS & SURGEONS, LTD

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(847) 382-5111

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Crystal Lake, IL 60014
(815) 455-4434



David P. Van Dam, M.D.

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

Reiki classes are now being offered in Crystal Lake through **Pamela Arwine**. Pamela is a holistic therapist certified in Reiki, Karuna Reiki, Spiritual Counseling, Hypnotherapy, Gestalt Therapy, Rubenfeld Synergy and Thought Field Therapy. Class schedules and locations can be obtained by calling her at **815-455-4502** or visiting online at www.healthquestsonline.com.

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

this life force can do for the state of your emotional, spiritual and physical health!

The practice of **Reiki** was lost for many centuries, but Dr. Mikao Usui rediscovered this ancient healing method in the middle of the nineteenth century in Japan. Whether your goal is self-healing, providing assistance to loved ones, or becoming a professional **Reiki** Master Teacher or Practitioner—all that is required is the desire to learn **Reiki** and use it ethically. It was intense desire which led Dr. Usui to his discovery.

"I believe **Reiki** is a great gift which engenders great responsibility," states

(Please continue on page 40)

Skin Rejuvenation Options at Dermatology Physicians & Surgeons—Part One: Medi-Spa Treatments

There are many nonsurgical cosmetic procedures available to men and women wanting to achieve younger looking skin. With so many options available, **Dermatology Physicians & Surgeons** wants to help sort the problems of deciding which treatment is best for you by reviewing medi-spa treatments and physician performed procedures.

In *Part One: Medi-Spa Treatments*, we review procedures available at **Dermessentials** by our physician-trained and supervised estheticians. These treatments are economical and noninvasive ways to rejuvenate your skin. In *Part Two: Physician Performed Treatments*, we will discuss procedures performed by the dermatologists at **Dermatology Physicians & Surgeons**. These procedures may be more expensive, but they are also more aggressive and achieve more dramatic results. To determine which treatment is best for you, we offer free cosmetic consultations. There is no reason not to have beautiful skin with this wide variety of treatment options—one will certainly fit your needs and your pocketbook.

Part One: Medi-Spa Treatments

Let's go over the hierarchy of clinical rejuvenation techniques, starting with the least invasive, least expensive treatments for improving skin quality:

Creams and Lotions

These include products with retinoids (like Renova & Retin-A), glycolic or alpha hydroxy acids, hydroquinone, furfurylaldene or vitamin C as the active ingredient. These products can help soften fine lines, age spots and hyperpigmentation. Most often these products are introduced to the skin in stages of gradually increased concentrations, which reduces the tendency for developing redness or irritation. The best place to purchase these products is through your physician's office, since they will contain higher percentages of the active ingredients, and the physician or his consultant can monitor the effect they have on your skin. You will need a prescription for products such as Renova or ALustra, so an office visit is necessary. However, other products containing glycolic acids and vitamin C compounds are sold through **Dermessentials** and are of-

ten the same price as similar products (with smaller percentages of active ingredients) found at beauty salons and day spas.

Light and Medium Chemical Peels

There are several types of chemicals used for peeling the skin, including glycolic acid, TCA and Jessner's Solution just to name a few. Chemical peels freshen the skin, promoting smoother and more even skin tone. For best results, they should be performed in a series of treatments and with increasing strengths of chemical concentrations. When chemical peels are combined with microdermabrasion, patients can achieve more aggressive results. At **Dermessentials**, we perform chemical peels up to 50 percent in glycolic acid concentration. For more aggressive glycolic and TCA peels, an appointment with our dermatologists is necessary. Chemical peels are a safe way to freshen up your skin, however, we feel it is important that your esthetician is trained and supervised by a physician.

Microdermabrasion

This is a gentle exfoliating process that buffs and polishes the surface of the skin to reduce fine lines, age spots, hyperpigmentation, acne and acne scarring. Skin feels softer and smoother immediately after each treatment. Maximum results are found when microdermabrasion is performed in a series of six 30-minute treatments. Once again, it is good to know who is performing your microdermabrasion. Although microdermabrasion is one of the safest and easiest ways to achieve more beautiful skin, the esthetician should be trained and supervised by a physician experienced with the procedure. In addition, you'll receive a stronger microdermabrasion treatment when it is performed at a physician's office or medi-spa, which in turn means better results.

For more information on these treatments, call **Dermessentials** to schedule a free consultation at **815-455-4434**. **Dermatology Physicians & Surgeons** is excited to announce that **Dermessentials** will be opening in Barrington in spring 2002. Look for updates regarding our new location.

Adult Orthodontics: A New Smile for Your Best Years

When you look at yourself in the mirror, do you wish you had a more attractive smile? Then why not make a change for the better? After all, braces are not just for kids anymore. In a healthy mouth, teeth can be straightened at almost any age. Unlike new clothes, shoes or a haircut to improve your appearance, a new smile will last for the rest of your life.

A pleasing smile is great to have no matter what your age or lifestyle, because when you look your best, you feel good about yourself. The self-confidence gained from a beautiful smile is rewarding in many ways: helping to get that new job or the next promotion; looking your best in memorable family pictures; and feeling self-confident socially. Yes, improving your smile is always a change for the better.

Although the importance of a nice smile should never be underestimated, the orthodontist has another equally significant treatment goal—to improve the health of your teeth and gums. Crowded teeth are hard to clean and maintain and, in time, may contribute to tooth decay, gum disease and eventual tooth loss. Bad bites can also result in abnormal wear of tooth surfaces, difficulty in chewing and damage to supporting bone and gum tissue.

When these conditions are left untreated, many orthodontic problems be-



Dr. Michael Hayward

come worse. Treatment of the original problem is often less costly than the additional dental care required to correct more serious conditions that can develop in later years.

Do you want to discover how great your smile could be? A consultation with an orthodontist is the best way to determine how you can benefit from treatment. After an initial examination, your orthodontist will be able to explain to you what your treatment will involve.

Remember, you are never too old to look and feel your best. If you have any questions about orthodontics or would like to schedule an examination, please contact **Dr. Michael Hayward** at either our Barrington, **847-382-5588**, or Palatine, **847-359-7980**, offices. Or visit our Web site at www.haywardorthodontics.com.

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 six 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.

Lose Inches, Redefine Your Shape and Relieve Stress

At **Barrington Bodywrap**, we are your solution to a new figure. Come in for a rejuvenating body wrap that will:

- Relieve stress
- Tone your body
- Define and contour your figure
- Release the toxins in your system
- Reduce cellulite

You will see results with the first wrap. Whether it's just to tone and tighten or to start reducing your dress size, the body wrap is the quickest and most natural way to accomplish it. We will help get rid of the so-called "saddle bags" at the top of your legs, reduce your hip area and take inches off your waist.

Give yourself a lift with our nonsurgi-

cal face tightening. You will be amazed at the results. Reduce the double chin, tighten the wrinkled neck, smooth out the wrinkles and you'll have a younger, fresher look.

We carry the new line of **Suddenly Slender** Anti-Aging products. The new sublingual sprays for skin tightening, joint care, spider vein care and many more are also available.

Barrington Bodywrap is located at 557 North Hough Street in Barrington at the intersection of routes 59 and 14 (Northwest Highway) next to the Jiffy Lube. Call **847-277-0742** for an appointment and more information.

Langendorf Park.

Over 90 seniors enjoyed songs by the Barrington High School Collage Group, led by director Pam Hanley. A traditional Thanksgiving dinner, provided by Maravella's of Fox Lake, followed the perfor-

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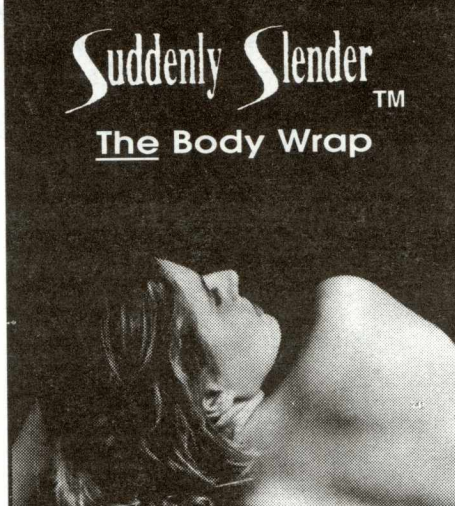
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mance.

First, we would like to express our gratitude to the Barrington Noon Rotary for underwriting the cost of the event. Our thanks also goes to the Rev. James Wilson of the Barrington United Methodist Church for the Thanksgiving prayer and to those who helped serve the meal: members of the Good Shepherd Hospital management team, including Connie Blaine, Syl Boeder, Christine Kass, Karen Lambert, Mark Mallinger, Tim McDonnell, Mike Ploszek, Jane Ritter, Doug Ryder and George Teufel; and members of the Barrington High School Adopt-a-Grandparent Club, including Christina Baron, Molly Cross, Kelly Doering, Nicole Ellis, David Holdcroft, Jennifer Mahanay, Kate McGillen, Kevin Niwa, Julie Olson and

Erica Sahlin.

We would also like to thank those who provided table decorations, which were available for each senior to take home. Good Shepherd Hospital underwrote the cost of individual flower vases at each place-setting. Troop Leader Patti Sonnicksen, Cadette Troop #649, Junior Troop #742, Daisy Troop #349 from the Prairie and Station Middle Schools and Lines Grade School made creative, edible turkey decorations.

Thanks again to everyone involved. The seniors enjoyed a delightful luncheon, the company of their friends and the support of our community.

Sincerely,
Linda Avellon
Program Coordinator

Barrington LIFESTYLES January 2002 **21**

Letter to the Editor

To the editor,

On behalf of the Barrington Area Council on Aging, Inc. and the seniors who participated, thank you to all who supported the wonderful Thanksgiving luncheon held on Monday, Nov. 19, 2001, at



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These procedures, along with our physicians, have been featured on several local news programs including WGN TV, Fox 32, NBC Channel 5 and ABC Chan-

nel 7. They have also appeared in articles in *The Daily Herald*, *Harpers Bazaar* and *More* magazine.

All of the procedures we perform are done locally, in our state-of-the-art facility, in one day. There is no required hospitalization or general anesthesia, and recovery time is minimal. Most people are back to work the next day.

Please feel free to call us at **800-661-VEINS** with your questions or to request a brochure.

"A Gathering of Angels" DAR Program

Signal Hill Daughters of the American Revolution will start the new year with a meeting on Jan. 15, 2002, at the Barrington Area Library, 505 N. Northwest Highway. Business meeting will start at 11:30 a.m. with the refreshments and program to follow at noon.

Chapter member Ronda Miller will present the program "A Gathering of Angels," a slide presentation of angels by Renaissance artists.

Hostesses for the day will be: Nancy Arndtsen of Barrington, Jeanette Muench of Crystal Lake, Mary Pettise of Barrington and Betty Splittorff of Arlington Heights.

Have you ever thought about becoming

a member of DAR or wondered what you needed to qualify for membership? Come to the meeting and talk to our registrar or membership chairman. To be eligible for membership, a woman must be no less than 18 years of age and able to prove her lineage to an ancestor who aided in the cause of the American Independence through military, civil or patriot service. We are eager to help prospective members trace their ancestry. Lineage workshops are held, and private assistance is also arranged.

Anyone needing more information may contact Marion Vowell at 847-358-0635 or mvoell@voyager.net.

Facelift Surgery

Most people who are familiar with modern facelifts and other facial cosmetic procedures are aware of their important benefits, in terms of improved appearance as well as self-esteem. However, many people who are good candidates for these procedures may be reluctant to actually have them out of fear of the process itself.

They fear that they might experience pain during the surgery, or that recovery might bring pain or discomfort, or that it might take too long to heal, or that they might find some other aspect of the surgery unacceptable. The truth is that virtually every one of our patients reports that their recovery was faster and more comfortable than they expected.

In this context, I would like to share with you the comments of one of our recent facelift patients, a 53-year-old female. She was asked to respond to some very direct questions we posed about her experience with the facelift surgery. While some patients may report more difficult recoveries, this patient's experience is fairly typical.

The following is our interview with W.S. three months following her facelift surgery.

• Did you experience any fear before your surgery?

No, I would say that I had very little fear, if any. I recall having slept totally comfortably the night before. In fact, I had a photograph taken of me when we were leaving for the doctors' office, and I was smiling and looked very relaxed.

• How long did you think about having surgery before going through with it?

I had it on my agenda for about two years. I was looking for a time frame which was much longer than what I ac-

tually needed, and I had to juggle some other things in my life.

• Was the procedure itself painful?

No, I didn't feel anything. I really don't recall a thing about it.

• What was your recovery like?

I think that my recovery was phenomenal. I had the surgery on a Tuesday and we had a family party the following Sunday. I will admit that it was in a kind of controlled light, evening situation. But my daughter, who is a young woman, didn't notice anything, so I think that's a pretty good indication. By seven days, I was totally, totally functional. I had a little bit of concern about sleeping in a balanced way. I would sleep on my back. And then, after I slept on my left side, I would try to sleep the same amount on my right side. Other than that, I would say that I had barely any discomfort. I had very little bruising—very, very little bruising. It was a very positive experience, both spiritually and in a more concrete, tangible way.

• Would you go through it again?

In a minute. There is probably not a whole lot that I would do differently, except that I wouldn't tell anybody up front. Because in four or five days, no one would ever know.

by Gary S. Churchill, MD



Gary Churchill, MD

GARY S. CHURCHILL, MD
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and reconstructive surgery
of the face and neck.

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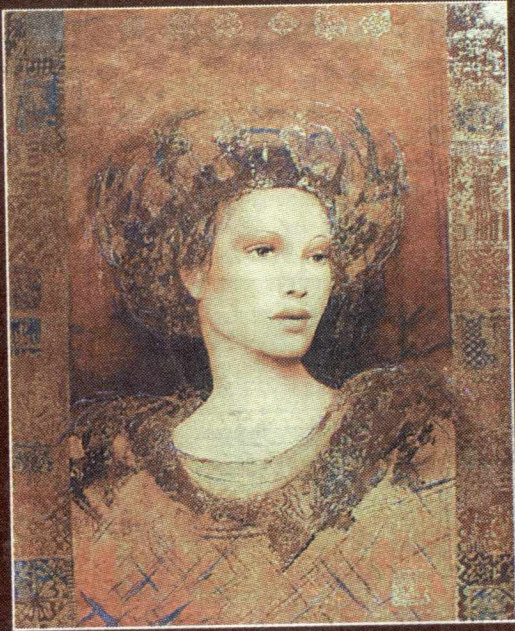
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Barrington, IL 60010

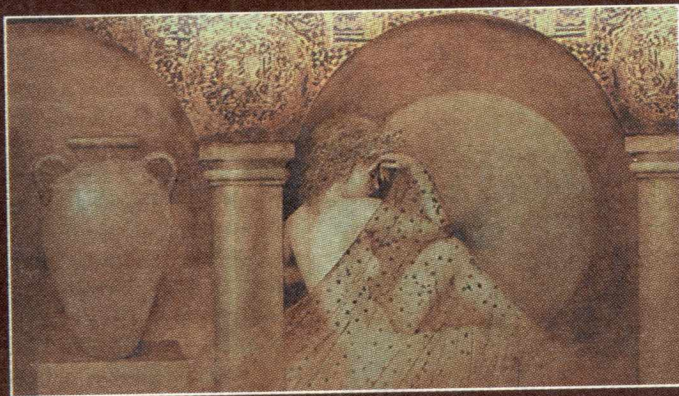
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Markus' classical style brings his own interpretations and personal experience to his artwork. His captivation with the Renaissance, Neo-classic and Romantic periods predominate his work.



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Saturday, January 26, 2002, 5:30 to 8:30 p.m. at Hilligoss Galleries

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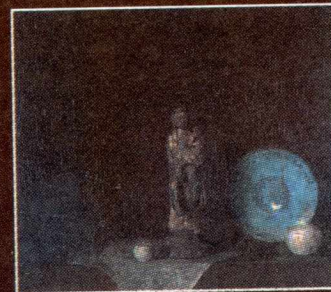
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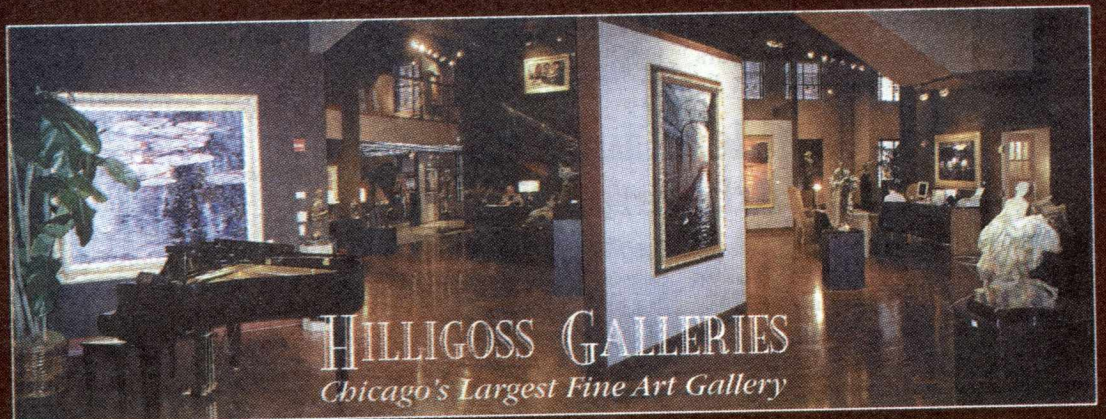
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Happenings!

in the area

"Gold and Silver Gala" to Help Homeless Families

Gold and silver or silver and gold—in either order, the Hearts for the Homeless gala will make new friends and keep the old!

Celebrating the 85th anniversary of Catholic Charities of the Archdiocese of Chicago, Northwest Suburban Services will host a "Gold and Silver Gala," the 13th annual Hearts for Homeless Families in Transition benefit, to raise funds for Catholic Charities' Northwest Suburban Services Family Shelter Program.

Volunteer Gala Chairwoman Cindy Boho promises the gala will be the sensation of the new year. Honored guests include the Rev. Michael M. Boland, administrator of Catholic Charities of the Archdiocese of Chicago, and emcee Dean Richards, WGN radio personality.

The social hour and review of the extravagant silent auction items will begin at 6 p.m. on Saturday, Feb. 23, at Northbrook's Allgauer Hilton.

An elegant four-course gourmet dinner will be served around champagne and top hat table centerpieces. Following will be a 'live'ly auction by auctioneer extraordinaire Bill Bunti from Elgin.

The Northbrook Hilton is located at 2855 N. Milwaukee Ave. in Northbrook. Complimentary parking and valet parking are available.

Tickets are \$75 per person (\$35 tax deductible) or a table of ten is \$750. Please respond by Feb. 9. Make checks payable to Hearts for Homeless Families, c/o Catholic Charities Northwest Suburban Services, 1212 Rand Road, Des Plaines, IL, 60016. Overnight discount packages available by request. Call 847-480-7500 and mention that you are a guest of the "Gold and Silver Gala" benefit.

Chairwoman Boho of Spring Grove is supported by loyal committee members: Cheryl Margiewicz, Northwest Suburban Regional Services representative, and Pat Szymonik, both of Elmwood Park; Dulce Bernard, Debby Crane, Helen Leadley, Kelly McGuire, Kent and Mary Jane Nelson (benefit founder), and past benefit chairperson Cathy Rogich, Arlington Heights; Pat Boho and Catherine Mura, Barrington; Mark Cramer, Hoffman Es-



Planning the gala are: (from left) Pat Boho of Barrington; Cindy Boho, event chairwoman, of Spring Grove; and Meg Zirkelbach of Vernon Hills.

tates; David Gardner, director of events of Catholic Charities of the Archdiocese of Chicago, Lombard; Donna Hoffman and Carol Lawless, Des Plaines; Carol Marsh and Glenne McMonigal, Crystal Lake; Barb Shay, Palatine; Carol Simone, Northbrook; Cindy Pietranek, Chicago; and Meg Zirkelbach, Vernon Hills.

According to Cheryl Margiewicz, "All proceeds from this benefit will be used to support the Catholic Charities' Northwest Suburban Families in Transition Shelter Program, which places homeless families with children in apartments to stabilize their lives while they receive employment and educational support. This service is just one of Catholic Charities' Northwest Suburban programs which help people in a compassionate, professional manner regardless of religious, racial, national or economic background. After expenses, 100 percent of Hearts for the Homeless' contributions go directly into the service program."

For information on the "Gold and Silver Gala" and The Catholic Charities' Northwest Suburban Services and how they may help you or someone who needs help, please phone 847-376-2100.

Four Seasons Garden Club to Visit Morton Arboretum

On Jan. 8, 2002, The Four Seasons Garden Club members will set off for the Morton Arboretum for their monthly meeting.

Carpooling from the Barrington Area Library, members will drive to Lisle, Ill. The Morton Arboretum is home to a large collection of botanical prints, the particular interest of this excursion.

Nancy Stieber will speak to the group. As artist and curator of botanical prints for

the Morton Arboretum, Nancy is the ideal person to display examples and explain the importance and the scientific purpose of this ever-popular and useful art form.

After the presentation, those attending may adjourn to lunch in a nearby popular restaurant.

At the Feb. 5 meeting, the club will hear guest speaker Waid Vanderpoel, a local area gardener.

Begin the New Year with Heart for the Homeless

Home of the Sparrow will open its doors to visitors who 'have a heart for the homeless' on Sunday, Jan. 6, 2002, from 2 to 5 p.m.

To thank all of the wonderful individuals, service groups and corporations that support our mission of serving homeless women and children in northern Illinois, Home of the Sparrow is sponsoring a Progressive Open House.

We are grateful for the myriad ways that you all give which empower us to continue providing quality services and programs for our clients. As this new year begins, we extend an invitation to you, your family members and to new friends to visit our thrift store and the shelter in Palatine.

The event begins at our Sparrow's Nest Thrift Store at 275 E. Northwest Highway (Route 14) in Palatine. Staff members will give a tour of the store and discuss Home of the Sparrow's programs and services. A tour of the Palatine shelter will follow.

We welcome the public to visit, learn and ask questions about our agency, shelters, thrift stores and mission: to empower individuals and families to eliminate homelessness, joblessness and hunger by teaching self-reliance, independence and self-discipline.

Home of the Sparrow is pleased to team up with the community, enabling homeless women to realize their poten-



The Sparrow's Nest Thrift Store is located at 275 E. Northwest Hwy. in Palatine. Call 847-705-6852 for more information.

tial in areas such as parenting, education, vocation and health. We consistently strive to raise community awareness about the devastating issue of homelessness and provide many ways to support the women and children we serve.

For more information on our open house and our agency's shelters, thrift stores, history, donor and volunteer opportunities, please see our Web site at www.homeofthesparrow.com or contact Dorothy Szlagor, director of development, at 815-344-5171, ext. 29. We look forward to seeing you on Jan. 6, and wish you a blessed new year.

Barrington Lyric Offers Free Lecture on La Bohème

The Barrington Chapter of Lyric Opera of Chicago's Outreach Community Education Program will sponsor a free lecture provided by Lyric Opera of Chicago Lecture Corps.

With musical illustrations, Arn Buonamici will present a lecture on Puccini's *La Bohème* at 2 p.m. on Sunday, Jan. 6, in the Barrington Area Public Library's Meeting Room. The lecture is open to the public. Refreshments will be served. New as well as seasoned opera lovers are welcome.

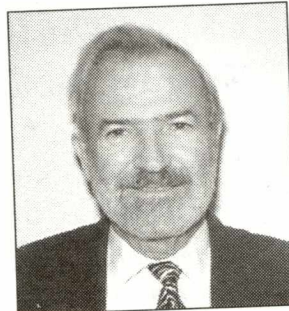
La Bohème in a Nutshell

On Christmas Eve in the 1840s in Paris, Mimi, a poor seamstress of fragile health, and Rodolfo, an equally poor poet, fall in love. At a cafe, Rodolfo introduces Mimi to his three roommates. One of them, Marcello, encounters his former flame, Musetta. Those two are reunited. A few weeks later, they are living together when Mimi comes to beg Marcello to help her; she cannot live with Rodolfo's constant jealousy, but she loves him and he loves her. Marcello and Musetta argue and part, but Rodolfo and Mimi decide to delay

their separation until spring. Mimi eventually returns to Rodolfo, however, to be near him in her final moments. She dies in the little garret room where the two had first met.

Co-chairing Lyric Opera of Chicago's Lecture Corps. are Barrington Lyric's president Howard Robins and Mary Robins, Youth Outreach Education chairman from Arlington Heights.

For inquiries on membership in the Barrington chapter, call George Obermaier at 847-985-0837.



Arn Buonamici will present a lecture on Puccini's *La Bohème*.



Meet Your Skin's New Best Friend... Catherine Zedan Grandi, L.E.

Acne's No Fun at Any Age

Dear Catherine: I'm a 28-year-old woman, and I've got really bad acne. And no matter what scrubs, creams or lotions I have tried, nothing seems to work. Even the infomercial stuff! My mother originally told me it was a phase I was going through, but I'm 28! When is this phase going to end? Do you have any suggestions?

—Sincerely, A 28-Year-Old Teenager

Dear 28-Year-Old Teenager: I can really feel for you! First, let's understand one acne basic:

Acne is one way your body can eliminate some of the toxins that are in your system. What goes in has to come out. And for you, it may be through your skin. I can be more graphic and specific, but that could be part of the problem.

Without a complete personal consultation, where I could potentially pinpoint the cause of your acne and make other appropriate recommendations, let me make one strong suggestion, which I

make to all my patients/clients:

Drink More Water!

The reason? You want to support your body (and your largest organ, your skin) by flushing the toxins in your system. Drinking water is the most effective way to do this. Doing this simple measure every day can make a substantial difference in your symptoms.

How much is enough? If you want to hydrate your body, one quart per 50 pounds of body weight per day is appropriate. If you say that's too much for you, but you're definitely committed to addressing your problem, gradually increase your intake until you can consume the amount.

I know this is a simple thing to do. But trust me, besides cleansing and protecting your face, this could really make a difference for you.

Acne's no fun at any age. If you'd like to schedule a personal consultation, please call me at **Estetica Advanced Clinical Skin Care, 847-438-2100**.

League of Women Voters to Meet Jan. 17

The Barrington Area Council of Governments has just released a comprehensive report on impact fees.

These are fees that are paid by land developers to offset the impact caused by new development on schools, roads, parks and other governmental service entities.

The League of Women Voters, who has long supported the use of impact fees in the Barrington area, will sponsor a meeting on Jan. 17 to acquaint the public with impact fees and how they can be imple-

mented. Janet Agnoletti, executive director of the council, will present an overview of the fees, how they can be used and their limitations.

The public is encouraged to attend the meeting which will be held at The Barrington Area Library, 505 Northwest Hwy., in Barrington at 7 p.m. on Thursday, Jan. 17.

For more information, go online at <http://bakhom.northstamet.org/League/lwvbah> or call 847-381-5358.

Dollars and Dentistry— A Comprehensive Treatment Plan

by James T. Gavrilos, DDS

Last month, I offered suggestions on how to select your dentist. I noted that dentists who are committed to the highest standards of oral health offer their patients a comprehensive treatment plan to help them achieve this goal.

When dentists are honest about what they find, patients may gasp at the extent and cost of keeping their teeth. Let's make an analogy; if you have a leaky old roof, you may temporarily ignore it, or you may be constantly patching it. Both result in water damage and, inevitably, a very expensive new roof.

Many dental patients are in the same situation. But there is hope! Unlike the roof, it may be possible to restore your mouth in carefully planned stages, which eventually result in a healthy, maintainable mouth with little damage and little wasted money along the way. Dentists call this "phased treatment."

However, there is a limit to how slowly you can progress and still keep your teeth. Insurance companies frequently dribble out inadequate benefits that will not keep up with even phased treatment. Reliance on these benefits alone may not be adequate to help you achieve oral

health and keep your teeth.

Communicate with your dentist. Be honest about what is financially possible, not just comfortable. And beware of a dentist who always seems to fix what your insurance company will cover that year. Keeping the patient in the dark because insurance won't cover a required procedure only seems to serve the insurance company's best interests.

Achieving the highest standards of oral health may not be easy, but the end result of a healthy, comfortable mouth is well worth the effort.

Dr. James T. Gavrilos can be reached by calling **847-381-4040** in Barrington.



Dr. James Gavrilos

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Catherine Zedan Grandi, L.E.

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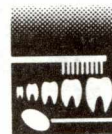
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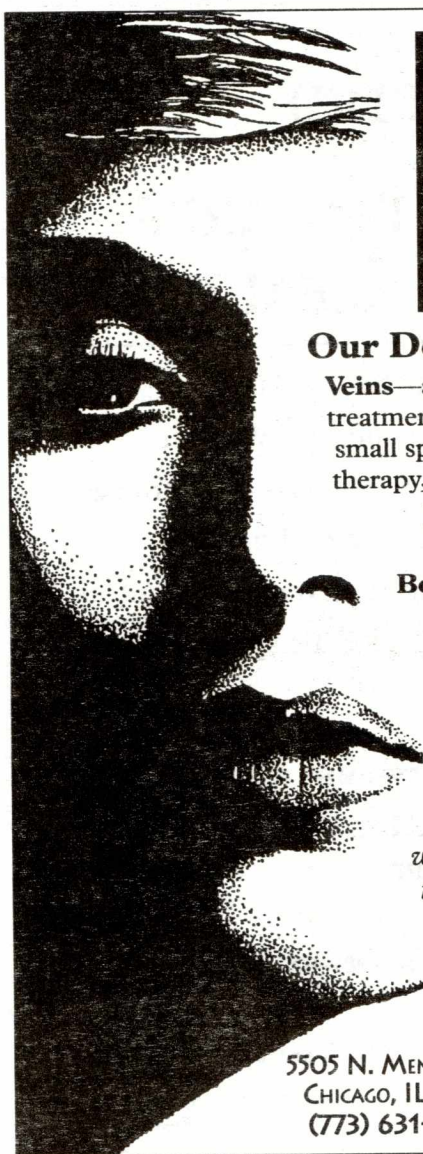
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“English Gardens—A Visual Tour”

January is the time to start planning an interesting garden, perhaps like the beautiful ones seen in England.

On Wednesday, Jan. 9, the Barrington Community Associates of the Art Institute of Chicago will present “English Gardens—A Visual Tour,” the next program in its Members Present Art series.

Sally Harris, a resident of Crystal Lake, will show slides and talk about the English gardens she visited.

Gardens planned and executed by authors Vita Sackville-West and her husband, Harold Nicolson, will be featured. These include Knole House, Vita's childhood home; Long Barn, their country cottage near Sevenoaks; and Sissinghurst near Cranbrook. This visual tour will also include a garden day in Kent and the Chelsea Flower Show.

Sally is an excellent photographer. Her photographic note-cards can be purchased at “Two a Tea” in Crystal Lake.

The program begins at 1 p.m. at the Barrington Area Public Library, 505 N. Northwest Hwy. It is free; the public is invited.

For more information, contact Genny Ellefson at 847-381-5228 or Mary Wajda at 847-991-1207.



**Towers of Sissinghurst Garden,
one of the locations to be featured in
“English Gardens—A Visual Tour.”**



Feel Good and Look Great

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

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

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

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

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



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

The clinic also provides several procedures to improve your appearance.

Botox Injections—This relatively simple medical procedure helps eliminate wrinkles, especially those frown lines and crow's feet around the eyes, and takes no more than 15 to 20 minutes of your time.

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

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

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

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

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

Don't Let Pre-Existing Medical Conditions Stand in Your Way of Exercising

Many new year resolutions are often made with the promise of a healthier lifestyle. One of the best ways to do this is to exercise. But, for many of us, that can be difficult or scary. If you have had a previous orthopedic injury or medical condition, such as a surgical procedure or cancer, you may not know where to start.

Physical therapy can help. The physical therapists at **Women's Physical Therapy Institute** have the unique training to assess your individual needs and take into account pre-existing conditions in order to design an individual exercise program for you. It is important not to aggravate conditions that you already have and, at the same time, exercise enough to make a difference.

After a thorough evaluation, a physical therapist will design a personal program for you. A program can be designed to use minimal equipment or to use the equipment you have at home or at

a health club. Your particular lifestyle should also be taken into account. Maybe it is difficult to find an hour to exercise. Perhaps a 20-minute program would better meet your needs?

So don't let past problems stand in your way of exercising. Call a physical therapist today and get an exercise program designed for you. You'll be glad you did!

Women's Physical Therapy Institute, or **WPTI**, is a unique facility dedicated to serving the rehabilitation needs of women of all ages. They offer individually designed exercise programs and specialize in treating fibromyalgia, osteoporosis, orthopedic conditions, lymphedema, incontinence, pelvic pain and pre-and post-childbearing conditions. **WPTI** also offers acupuncture, exercise groups and yoga with small class sizes. It is located at 715 Ela Road, Suite 2A, in Lake Zurich. They can be reached at **847-550-9784** or faxed at 847-550-9780.

New Skin Technology Debuts at Northwest Dermatology

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

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

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

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

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

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

In Control Versus Controlling

by Judy Kaplan, MS

Have you ever had a conversation with a person in your life about feeling controlled or feeling out of control? If so, you are not alone. One of the biggest conflicts in relationships is about just this issue.

People will often ask me, what is the difference between being controlling and being in control? In relationships, one person might feel that they have no control or say in what happens in their life. Or a person might say that he or she feels pushed around, manipulated or controlled by the other. Either position is one of being disempowered.

A great rule of thumb is, if you are addressing a matter that concerns you, you

get to decide what path to follow. If it concerns another person, you can offer input, but the other person gets to decide.

Having control over your life means that you make the essential decisions to conduct your life in the way you see fit. This is a healthy ambition. It means you are following your path, one that feels right and comfortable. Sometimes, in the attempt to please another, we make decisions that don't follow our own path but someone else's vision. At those times, we might feel out of control. When we allow ourselves to go against our instincts, our lives feel imbalanced. Spouses trying to please one another or trying to avoid conflict will often move against their heart's



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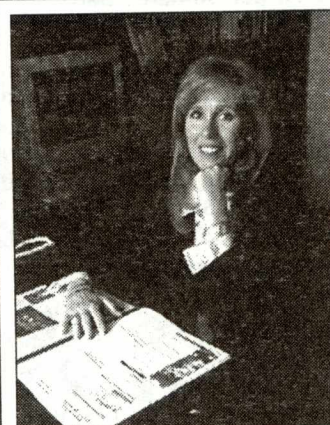
Microdermabrasion, a breakthrough new skin therapy program embraced by men and women of all ages, is a simple, easy way to have a youthful, healthy complexion. No chemicals, discomfort, or down time, just a quick 30 min. treatment to look fantastic and feel terrific.

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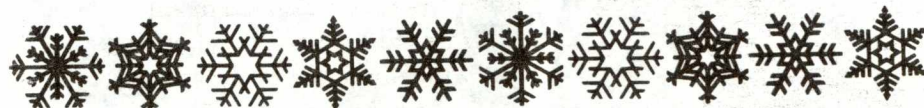
Don't let the stress of the Holiday Season cause lasting negative effects

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desire. When they do, they run the risk of building resentment and feeling as though they don't really have a say in defining their own life. When a person feels disempowered, they lose self-esteem, the vibrancy for life, and can experience depression or anxiety. Relationships suffer.

Some people experience the need to control things beyond their own life situations. This is not a healthy objective. It infringes on the need and desire of the person being controlled. Those people being controlled feel manipulated, dominated or oppressed. It affects relationships adversely, because the healthy ambition

of maintaining control over your own life is displaced by a feeling of powerlessness. Those people that feel the need to control those around them often behave this way as an outcome of difficulties experienced earlier in life. And the people who allow others to control their life are supporting the negative effects of losing control over basic life choices.

Distinguishing the healthy objectives around control is an interesting challenge. If you have some questions about defining a new path for yourself, please give me a call at **842-9365**.

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Advocate Good Shepherd Hospital's Shepherds Gala Benefit, "Fire and Ice," a Smashing Success

Advocate Good Shepherd Hospital's fifth anniversary Shepherds Gala "Fire and Ice" was presented on Saturday, Oct. 20. The event was held in the newly renovated Events Center at the Marshall Field's Store on State Street in Chicago.

More than 275 people, representing civic, corporate and social communities in the Northwest Suburbs and Chicago, attended the gala, hosted by the Shepherds Gala Committee. The committee is comprised of more than 30 community women under the leadership of chairperson Karen Darch and co-chairpersons Mary W. DiGiulio and Colleen Kipferl.

Attendees were treated to performances by the Midwest Dance Collective and The Bill Pollack Orchestra. A live auction, presented by Advocate Good Shepherd Hospital's vice president of development Mike Ploszek, raised over \$15,000. Auction items included: sports memorabilia from Muhammad Ali, Sammy Sosa and Ernie Banks; a vacation at the Charter in Beaver Creek, Colo., with round trip



Gala chairperson Karen Darch and her husband, Doug.

tickets from United Airlines; jewelry from M.J. Miller; and "Guest Chef for a Day" at Charlie Trotter's.

The Shepherds Gala raised in excess of \$50,000 for expanding the Cardiac Services Program at Good Shepherd Hospital.

Proceeds from the 2001 Shepherds Gala

All Ways Healthy to Open Second Store in Cary

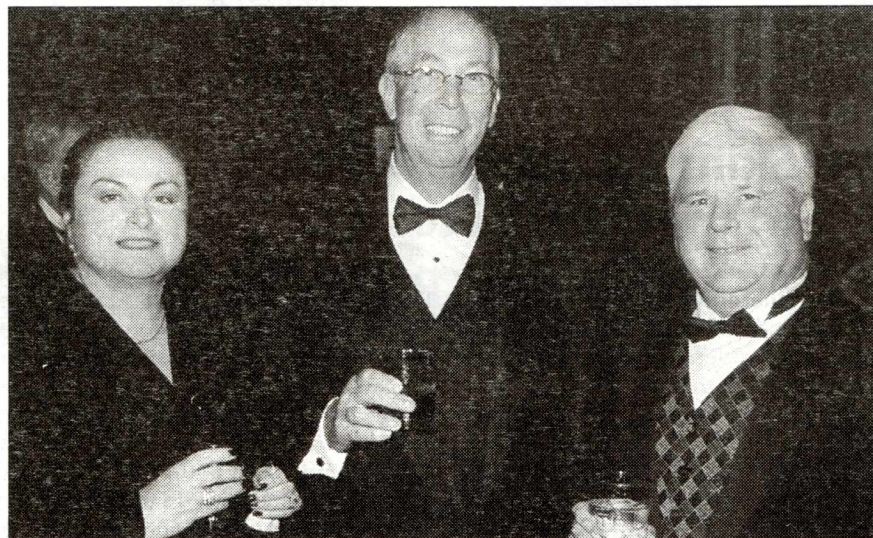
All Ways Healthy is pleased to announce the opening of a second store location in Cary in early January. All Ways Healthy is one of Illinois' premiere, independently owned health and natural food centers.

The original store in Lake Zurich was founded in 1989 by Carole Childers, a certified licensed nutritionist with a private practice, who will be available for consultations at both locations. In addition to a knowledgeable and friendly staff, All Ways Healthy offers seminars, lectures, in-store demonstrations and food tastings. They carry a broad line of high quality vitamins, herbs, supplements and homeopathics as well as natural and organic gro-

ceries, personal care products, gluten free foods, pet items, eco-houshold items, books and magazines.

"We're very excited about the opening of our second store in Cary," said Carole Childers, "and we'll continue to offer the same great products and services as in our Lake Zurich location."

The new All Ways Healthy is located at 9 Jandus Road in Cary. The phone number is 847-639-4545; fax number is 847-639-4848. They will be open Monday through Saturday; please call for specific hours. You can also visit their Web site at www.allwayshealthy.com for further information.



Barbara and Paul Hills and Tim Wickstrom.

provide the initial philanthropy for the advancement of the hospital's cardiac services. Initial support of the cardiac program and the gala included \$10,000 gifts

from cardiology groups at Advocate Good Shepherd Hospital. In addition, Harris Bank of Barrington provided a \$10,000 leadership gift.



Jeanne Perkins, David Varwig, Advocate Good Shepherd Hospital chief executive Karen Lambert and Advocate chief operating officer Jim Skogsberg.



Jim Nuzzo, MD, and guest; event co-chair Colleen Kipferl and her husband, Robert Kipferl, MD.

Barrington Woman's Club Events

A Book Review by Suzanne Hales

Suzanne Hales will review the book *Back When We Were Grown-Ups* by Anne Tyler on Friday, Jan. 25, 2002, in the Community Room of The Northern Trust Building at The Foundry, located on Northwest Highway in Barrington.

Suzanne has been presenting book reviews and leading book discussions for many years in the Chicagoland area.

Refreshments will be served at 12:30 p.m. The book review will start at 1:00 p.m. Please join us! If you have questions, please call Mary Therese at 847-304-0462.

Upcoming Event for February

The Barrington Woman's Club Annual Card and Game Party will be held on Wednesday, Feb. 20, 2002, at the Inverness Country Club. For more information regarding this event, please see the February issue of *Lifestyles* or contact Arline

Aalff at 847-277-9282 or Carole Blazak at 847-382-1776.

If you are interested in becoming a member of the Barrington Woman's Club, please call Louisa Brenner at 847-382-1251. Thank you.

Hair's to You Celebrates 10 Years at Same Location

Hair's To You is celebrating 10 years at this location. We'd like to thank all of our clients for making us so successful. We look forward to another successful year because of your continuing patronage and

your referrals. We also look forward to seeing a lot of new faces this next year.

Hair's To You is open Tuesday through Saturday.

Now is the Time to Eliminate Unwanted Hair

Northwest Dermatology in Hoffman Estates is happy to announce we now have available the EpiLight Hair Removal System, the latest and most effective technology to treat undesired hair growth. We have had remarkable results treating both men and women. The EpiLight System enables pulsed light to penetrate deeply and with sufficient energy to damage the hair follicle without damaging the surrounding tissue. Our most enthusiastic patients have had electrolysis in the past and are singing the praises of the impressive results with minimal discomfort. We are able to treat all parts of the body in a safe, effective way. We are pleased to make the EpiLight treatment available to

you at new reduced pricing. We are confident that you will be as excited with the results as we are. The EpiLight treatment works best on dark hair. For every blond or white hair, we have waxing and electrolysis available. Please call **847-884-8096** to schedule a free consultation appointment.

We also have betahydroxy peels available at a special promotion of \$50. The light peel uses salicylic acid to unclog pores, clear up acne, soften fine lines around the eyes and lighten brown spots.

If you have any questions regarding our services or would like to set up an appointment, please contact our office at **847-884-8096**.

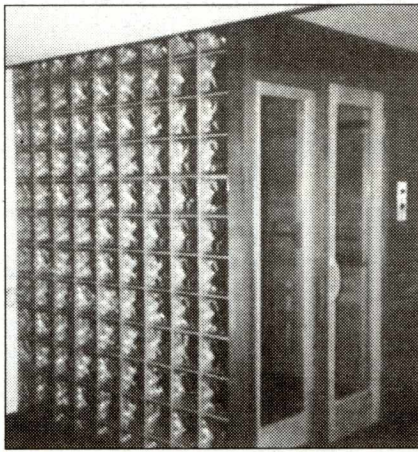
The Many Benefits of Sauna

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

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

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

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



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

Christian Women's Club Luncheon Topic —Health and Fitness

The Northwest Suburban Christian Women's Club invites you and your friends to our "The New You in 2002" luncheon on Jan. 10, 2002, from noon to 1:30 p.m. at Concorde Banquets in Kildeer. Cost is \$15 inclusive.

Jan Harloff, manager of member services from Good Shepherd Hospital Health and Fitness Center, will come and motivate us about fitness and nutrition.

The talented Jennifer Gifford from Libertyville will sing for us.

Kathy Hinton, from Battle Creek, Mich., will speak to us on mending the broken pieces.

Free preschool child care is available. Lunch reservations are needed by Friday, Jan. 4. Please call Carol at 359-5089 or e-mail noga@aol.com.

Caregiver Support Group

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

Please note that the January 2002 meeting will be held on the second Wednesday, Jan. 9. The regular first Wednesday

schedule will resume in February.

On Wednesday, Jan. 9, the council's executive director, Joyce Palmquist, and social services coordinator, Bonnie Scherckenbach, will present "Setting Boundaries and Limits Through Effective Communication." Discussion, questions and sharing will follow the presentation.

For more information, call 847-381-5030. Registration is not required.

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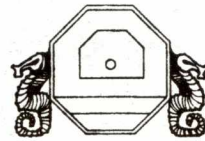
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The Garden Club of Inverness Warms January Chill

The Garden Club of Inverness has the perfect recipe for a cold winter's morning. Why not join us on Thursday, Jan. 17, for a mix of Mother Nature and warm hospitality?

Our guest speaker will be Betsy Ward, a longtime club member and popular convention speaker. Her slide presentation, "Let Me Lead You Down the Primrose Path," is sure to intrigue us as we make a spring pilgrimage to Natchez, visit the Chelsea Flower Show, and view Illinois' beautiful Messenger Woods, Volo Bog and

the D'Arcy Gallery.



A short business meeting will begin the morning at 9:30 a.m. There will be a break for coffee and goodies, followed by our feature presentation.

We meet at Holy Family Church, 2515 W. Palatine Rd., Inverness. Baby-sitting is now available on site with advance reservations. Please call Kristin Rappe at 847-776-0052 for cost and reservation information.

For membership details, please contact Phyllis Ewert at 847-842-1695.



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Windfall Comes Through for Hospice of Northeastern Illinois

Hospice of Northeastern Illinois underwent a major renovation last year, with new carpets, paint, office space and even windows added to the building, thanks to the assistance of the Pepper Construction Company. The results were amazing, except for one thing—the old, worn out furniture no longer filled or matched the new interior.

This year, with a long list and a short budget, Hospice CEO Carol Peltier and vice president of operations Alma Phillips headed to Windfall Enterprises, a Barrington office furniture shop. There, they found several items on their list and

something that wasn't—the generosity of Windfall owner Ron Falese.

When they went to tally up their purchases, Falese offered to donate the items. The reason, Falese says, is because of the care both his parents received from hospice, his mother, Norma, in Florida and his father, Alfred, here by Hospice of Northeastern Illinois.

"Hospice really helped us out," Falese says, "so when I heard they were from hospice, I offered to donate the furniture, and things have snowballed from there."

That "snowballing" has grown from a few items to nearly a building full of fur-

Special Offer for the Month of January

Oakview Kennel is offering **\$5 off** Bath Only Days!

Schedule a bath on January 12, 17, 24 or 31, and you will automatically receive **\$5 off** the regular price. You must mention this ad when you make your appointment. Space is limited, so call soon.

One offer per customer please. Not good with any other offer or grooming appointments.



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• Contains L-Carnitine, which helps burn fat and maintain lean muscle mass

• Contains a unique blend of antioxidants, including beta-carotene and vitamin E, which boosts the immune system

Eukanuba is available at **Rick's Pet Shop**, located on the southwest corner of Routes 14 and 59 in Barrington, next to Pizza Factory. **381-1515**.



Ron Falese in the newly furnished hospice.

niture, including everything from cubicles to file cabinets to formal conference room furniture. Windfall also provided crews to help move furniture when needed.

"It makes an enormous difference to all of us to be able to work in a comfortable environment," Peltier says. "This gift will benefit HNI for many years to come."

Windfall has been in business in Bar-

rington for 11 years. They buy and sell new, used and refurbished furniture, and most other items needed to complete an office space. Their clients' requests range from needing one chair to needing an entire office building filled and coordinated, down to the artwork and plants. Windfall is located at 202 James Street. Call 847-382-7181.

Comments by Thomas

When reflecting on the past year, one experience stands out and makes me realize that I am doing something valuable with my life. A woman I vaguely recognized approached me in a store. She stretched her arms out and hugged me. Her eyes welled up with tears as she told me how much she appreciated my efforts in creating the portraits of her father a few years earlier. He had since died from cancer. She expressed to me that her family cherished those images because her father was so special and touched so many people during his life and was still deeply missed. She spoke of how she could relive the feelings she had for him whenever she viewed her portraits and looked into his eyes.

There is something special about a person's eyes. They really are the window to the soul. I don't completely understand it, but I know for a fact the power of the eyes when captured properly with fine portraiture, can preserve feelings and reveal the essence of the individual even if they are gone or far away.

Leonardo da Vinci inspired me greatly. His quest in life was to create works that had value and to leave them as his gift to the world. The collection of work he left has been cherished by millions for centuries. My hope is that the collection of work I am creating will grow in value. My work is my gift to the world.



Thomas

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Second Round Consignment Tack & Apparel Shop Now Open

Second Round Consignment Tack & Apparel Shop is now open in Barrington.

Located in the Market Center Shops at 200 N. Hough St., **Second Round** is now accepting consignments of gently used or never used tack and apparel. Do you have a tack trunk full of things that are in excellent condition, but you're not using? Or do you have riding gear you've outgrown? Bring your things in and let us help you sell them. We accept saddles, tack, blankets, boots, jackets, shirts and

other equestrian merchandise.

If you're just starting to ride, whether you're pony club or adult, this is the place to look for reasonably priced equipment. The owner of **Second Round**, Karen Epperson, has had many years experience in the industry and will be very happy to help you locate just what you need.

Call **847-304-8084** for more information. Winter store hours are Tuesday through Friday, noon to 5 p.m., and Saturday from 10 a.m. to 5 p.m.

Barrington High School Madrigal Singers Win Applause



On Dec. 9, members and guests enjoyed Barrington Chapter of Lyric Opera of Chicago's Christmas Madrigal at Bellarmine Jesuit Retreat House in Barrington Hills.

Welcoming in the holidays, everyone applauded the outstanding entertainment by the Barrington High School's Madrigal Singers directed by Nancie Tobison.

Pictured during the wassail punch buffet reception were: (back row, from left) Fr. John Dillon, S.J., director of Bellarmine; Adrian Gasparian, Madrigal Singers' court

jester from Barrington; Howard Robins, president of the Barrington Lyric from Arlington Heights; (front row) Connor Hollensteiner, Barrington; Madrigal singer Elizabeth Binge; and Logan Hollensteiner, Barrington. Connor and Logan are grandchildren of Wanda and Jim Hollensteiner from Barrington, longtime members of Barrington Lyric.

For inquiries on membership in the Barrington chapter, call George Obermaier at 847-985-0837.



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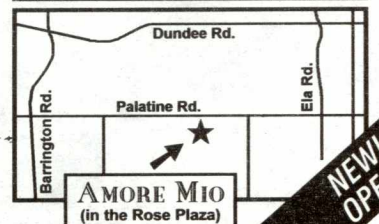
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NEWLY OPENED

AARP Income Tax Assistance

The Barrington Area Council on Aging, Inc. is once again participating in the AARP Income Tax Assistance Program.

A trained AARP volunteer will assist seniors with their taxes on Wednesday mornings, by appointment only, beginning Feb. 6 and continuing through April 10. Appointments are from 9:00 to 11:40

a.m. at the council office in the lower level of the Village Hall, 200 South Hough Street, Suite 001, in Barrington. Appointments fill quickly, so please call as early as possible to schedule your appointment.

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

BACOA Presents Lunch and a Movie

The Barrington Area Council on Aging, Inc. and the Barrington Park District will present lunch and a movie at Langendorf Park on Wednesday, Jan. 30.

Lunch will be served at 12:30 p.m. followed at 1:00 p.m. by the movie *Chocolat*. The movie is being shown on a large-

screen TV.

Bring a friend and enjoy an afternoon of movie magic. Popcorn will be provided.

Please call the council at 847-381-5030 to register for lunch. The suggested donation for lunch is \$2.75 per person.

Barrington LIFESTYLES January 2002 31

Barrington Community Child Care Center

- Programs for Children Ages 6 Weeks to 6 Years
- Morning Preschool Program
- Stimulating, Individualized Learning
- Enrichment Programs Offered

Julie Zehner, Director

560 Carl Avenue, Barrington • 381-0272



Start Your New Year Off Right

Barrington Community Child Care Center located at 560 Carl Avenue in Barrington (one block west of Burger King) is a private center, serving children 6 weeks to 6 years. Our facility offers oversized classrooms and an environment that promotes self-esteem, independence and cognitive growth. Our preschool program focuses on the whole child. Every week, activities are planned around thematic units which include developmentally age-appropriate activities such as creative play, science and discovery, music and movement, reading readiness, and field trips. We help children develop a positive self-esteem, learn respect for others, sharpen and widen language skills, and work on prekindergarten skills. Most importantly, our desire is to provide each child with a positive school experience.

Barrington Community Child Care

Center provides nutritiously balanced, catered lunches and two snacks everyday. Meals are served in a relaxed family-style atmosphere to promote socialization and healthy eating habits.

Barrington Community Child Care Center offers special enrichment programs, field trips and family events on a regular basis as part of our commitment to bringing our families and school closer together. Our teachers are experienced, professional, child-centered adults who enjoy teaching and caring for young children. The teachers work hand-in-hand with the **Barrington Community Child Care Center** in the daily nurturing of young children.

There's always something exciting going on at the **Barrington Community Child Care Center**. Call for details about joining us today!

New Year's Investment Resolutions You Can Follow All Year Long

Here are a few New Year's resolutions that are easier to stick with than many of the traditional January vows.

William Allen and Debra Schoendorf at **Salomon Smith Barney** suggest you analyze the holdings in your portfolio in light of your investment objectives, time horizons and your stage of life. For example, if you have mostly stocks and you are approaching retirement age, think about reallocating a portion into bonds. Their long-term return potential may not be as great as stocks, but neither is the short-term volatility.

Consider the quality of the company before you invest, and investigate its track record. When evaluating your portfolio, do not judge your investment solely by returns for the past year. Past performance

is no guarantee of future results, and a good investment can have an off year and still provide outstanding returns over the long term.

Always be prepared for unexpected cash needs: medical bills, child care, home repairs and living expenses in case of a job loss. Keep part of your portfolio liquid.

The amount you keep after taxes is the most accurate measure of your investment's performance. Your tax bracket, investment objective and changes in tax codes can make changing your investment strategy worthwhile.

You may want to save this article as a checklist for your next appointment with your financial consultant.

Good Shepherd Manor Luncheon

The Barrington Area Council on Aging, Inc. and Good Shepherd Manor invite you to attend the Thursday Lunch Program at the manor from 11:30 to 2:30 p.m., and to participate in the Senior Social following lunch.

The Senior Social is a little bit about a lot of things: memories and movies; family and friends; news both old and new; education and information; or just an informal exchange on topics of interest to seniors.

All Barrington area seniors are welcome to join residents of the manor for lunch on Thursdays and to stay for the Senior Social.

Parking is available next door at First Church of Christ Scientist (enter lot from Main Street). Lunch is served at noon for a suggested donation of \$2.75 with no additional charge for the Senior Social programs.

Advance registration is required. Call 847-381-5030 for your reservation.

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WellnessPlace Auxiliary Holiday Luncheon



Wellness Place Auxiliary members relish the success of their third annual Holiday Luncheon. Pictured are: (from left, front row) Julie Andrews, Suzanne Smith, Cindy Gabbert, Deb Hermann, Carrie Stegvik, Tamara Pinsker, Alex Gibbs, (back row) Donna Denniston, Michelle Maison, co-chairperson Lynda Walsh, auxiliary president Laura Horak, co-chairperson Michelle Thomas, Maureen Dingle, Jamie Cyganiak, Megan Austin, Barb Smith and Jackie Kapchek.

The Wellness Place Auxiliary hosted its third annual Holiday Luncheon on Saturday, Nov. 10, at Stonegate Conference Center. Co-chairs Michelle Thomas of Barrington and Linda Walsh of Cary are pleased to announce over \$40,000 was raised for Wellness Place.

The event was an overwhelming success, drawing nearly 500 attendees. Guests found plenty of shopping opportunities with unique offerings from the silent auction, holiday shopping bazaar and centerpiece prize. During lunch, Karie Van

Grinsven provided a moving personal testimony, highlighting the need for Wellness Place. Auxiliary members and their families ended the luncheon with a fashion show featuring the latest from area boutiques.

Proceeds from the Holiday Luncheon benefit Wellness Place, a nonprofit organization dedicated to encouraging, educating and empowering people living with cancer, along with their family and friends, in the Northwest Suburbs and McHenry County.



Wellness Place Auxiliary members enjoy the Holiday Luncheon at Stonegate Conference Center. Pictured are: (from left) Laura Horak, auxiliary president; Suzanne Smith; Michelle Maison; Nancy Pierce; Alex Gibbs; Christine Altenberger; Cindy Gabbert; and Julie Andrews.



LIFESTYLES

Homes & Interior Designs

SECTION

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brochure.

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Call **Closet Masters** at 847-669-7015 and simplify your life.

Welcome Wagon Members to Hold First Coffee Morning of the New Year

Start the new year by learning how to pamper yourself. The Welcome Wagon of Barrington and surrounding areas will hold their first coffee morning of the new year on Jan. 8, 2002.

Catherine Zedan Grandi, programme coordinator and clinical skin care specialist, will give a demonstration of services offered at Estetica Advanced Clinical Skin Care.

It is sure to be a wonderful and inter-

esting way to spend a morning, meet new friends and find out about the other activities Welcome Wagon Club has to offer. All members, guests and prospective members are welcome. You need not be a current member to attend.

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

Red Oaks' Winter Sale Now in Progress

Red Oaks' Winter Sale is now in progress featuring sale prices of **25% to 40% off** on a wide range of fine home furnishings. It's never been easier to express your personal style. **Red Oaks** offers a wide selection of styles, fabrics and finishes to make the experience of purchasing custom furniture pleasant and fulfilling. Whether you fancy leather or tapestry, classical or casual, **Red Oaks'** custom upholstery has a variety of looks to suit the broadest spectrum. If you're looking to liven up a room or to evoke a traditional elegance, **Red Oaks** has the pieces for your unique lifestyle.

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



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Another Barrington Youth Dance Ensemble *Nutcracker* Supreme

For the seventh year, Barrington Youth Dance Ensemble presented four spectacular sold out performances of the *Nutcracker*. The event was held at Barrington High School's Richard C Johnson Auditorium.

Through quality dance performances, BYDE promotes artistic integrity, understanding, involvement and awareness among people of all ages throughout the Chicago area.

For information on Barrington Youth Dance Ensemble, call 847-382-6333.

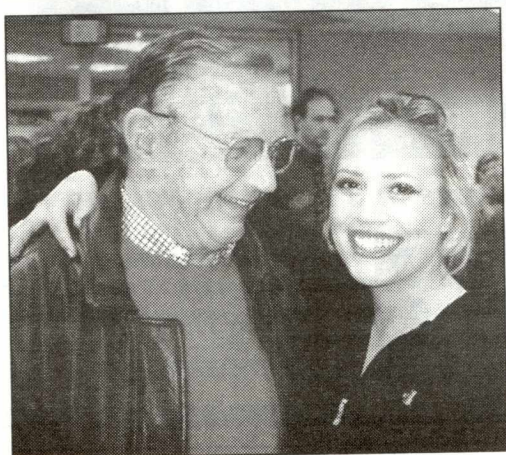
(Top right, back row, from left) Mary Greco, ensemble founder and artistic director from Barrington, and Colleen Mallon, ensemble board member from Fox River Grove, paused for a moment with Mother Ginger's Bon Bons



from Act II of *The Nutcracker*. (from left) Allison Mallon, Fox River Grove, and Lauren Swanson and Arielle Johnston, Barrington. In background is Allison Peterson who portrayed the sleigh pony, Barrington. Also following a performance were (bottom) Richard L. Duchossois and granddaughter Jessica Swoyer, former ensemble dancer who portrayed The Maid in *The Nutcracker's* opening grand party scene.

The Duchossois Foundation has been the major underwriter of Barrington Youth Dance Ensemble for 12 years and has generously underwritten the 2001 operating expenses.

This program is partially funded by the Illinois Arts Council, a state agency.



Home Accessory Store in Arlington Heights



Callalily Fine Home Accessories opened its doors in 1999 with a wide assortment of high-quality home accessories. Susan Presutti and Bonnie Chaput, both interior designers, are co-owners. After years of accessorizing homes in the northwest suburbs, they realized a need for a store dedicated to accessories and staffed by experienced designers. They will work with customers to select and place acces-

sories that complement your existing furniture. Many manufacturers' catalogs are available for ordering that 'just right' item.

Callalily Fine Home Accessories is located at 10 S. Dryden in Arlington Hts. in the Arlington Market. From Rte. 14, approximately 1/2 mile east of Arlington Heights Rd., turn north on Dryden St. and go one block. Call 847-255-2500.

The Barrington Presbyterian Church Holiday Benefit Luncheon a Big Success

On Wednesday, Dec. 5, the Barrington Presbyterian Women of the Barrington Presbyterian Church held their annual Holiday Benefit Luncheon.

Over 200 women attended the program, which started at 10 a.m. in the sanctuary.

The events began with a performance by the Barrington High School Chamber Choir, lead by director Nancie K. Tobison. The choir sang traditional and nontraditional holiday songs. The choir's performance was followed by R.J. Lindsey, who presented his work, "A Visit from Melchior: The Fourth Wiseman." Lindsey is an international performer who is well-known for his portrayal of Franklin D. Roosevelt at the Smithsonian Institution in Washington, D.C.

Next came the "mad cookie rush," where women could buy plates of homemade cookies, which sold out within minutes. There were also beautiful prize baskets and silent auction items donated by church members.



Janet Swenson hands a prize basket to a winner.

The luncheon, organized by Nancy Nadig and Linda Neton, was served at noon featuring a gourmet meal served by volunteers. During dessert, the prize winners were announced by Susan Raaths. Prizes were presented by Janet Swenson.

The event, organized by Marge Slocum and coordinated by Jackie Clarke and Joan Wolfram, was a success for Barrington Presbyterian Women.

The money raised from the benefit supports different programs, including PADS, Home of the Sparrow, Habitat for Humanity and others.

Attending the luncheon were: (from left) Marge Slocum, Barrington Presbyterian Women moderator; Joan Wolfram, benefit luncheon coordinator; Dr. Curt Baxter, church minister; and Jackie Clarke, benefit luncheon coordinator.



REMODELING 2002...

When Todd and Tamara Tabel decided it was time to remodel the kitchen of their 1970's Barrington home, they were anxious to incorporate as much light and openness as possible while adding much needed storage space. The couple wanted to retain the peninsula dividing the kitchen from the eating area, but to remove the upper cabinets over the peninsula. This made sense in that it would visually open up the space—but could they recoup the lost storage space elsewhere? They approached designer Neil McDuffie of **Barrington Kitchen & Bath Studio** to help them plan their new kitchen. Neil suggested reframing the wall of their adjacent basement stairway to reclaim some unused space. This allowed pantry cabinets to be installed on each side of the refrigerator. He also added an extra-deep cabinet over the refrigerator. *Voila!* The previous refrigerator niche became a hard-working storage wall. The Tabels also wanted to replace their old eye-level range with a separate cooktop and double ovens. Neil worked with the Tabels to put the ovens into the corner and place a 6-burner gas cooktop on the peninsula to allow Tamara to interact with her two small children while cooking. An eating bar behind the peninsula was raised for safety and to block the view of pots and pans from the table.

The piece de résistance of this kitchen is the beautiful storage hutch that Neil designed to set off the eating area and provide even more storage. While the Tabels had selected Crystal cabinets in a warm finish on maple for the cabinetry in the main working area of the kitchen, Neil requested Crystal to produce a special green stain on cherry wood for the hutch. Crystal then hand-distressed these cabinets to allow the natural wood to show through. That detail, combined with a beaded cherry backsplash and countertop, gives the hutch a vintage antique look. Mullion glass doors show off Tamara's pretty china. "Crystal has recently expanded their facilities specifically to allow for custom finishes like this," Neil says. "It is exciting to be able to provide one of the only lifetime-warranted medium-priced custom cabinets on the market and also to be able to offer such exciting finish and trim options. I feel I can offer my clients the best of two worlds—value and style."

The Tabels, like many Barrington families, like to deal with local merchants when they can. They chose light fixtures from Idlewood Electric and stools from Richard Honquist Fine Furniture. They also selected **Barrington Kitchen & Bath's** sister company **Delta Renovations** to do the installation of their new kitchen. As part of project, Delta installed new mullioned sliding glass doors and a new triple window to replace the inefficient originals. "A real advantage to using a full-service business such as ours is the convenience of having everything coordinated at one location," says owner Mark Zurek. "Our client's don't have to arrange to get individual tradespeople on-site at the right time. We provide that service for them."

If you are planning a major home renovation project, you should put the **Barrington Kitchen & Bath Studio** and **Delta Renovations** team on your team. Call them at **381-3084** to discuss the best way to turn your dream into a reality.



The Tabels kitchen, before (left) and after. From "Warn" to "Warm."



Borrowing unused space from the stairwell allowed the installation of two pantry cabinets (above, left). The space before (above).



Designer Neil McDuffie joins Tamara Tabel and her sons for Halloween festivities.



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Music on Stage Presents the Suburban Premiere of *Forever Plaid*

Music On Stage is proud to present the area suburban premiere of the popular musical *Forever Plaid*.

It tells the story of four guys—Sparky, Smudge, Jinx and Frankie—who met in high school when they joined the Audio Visual Club. Discovering that they shared an affection for music and entertaining, they rehearsed in the basement of Smudge's family's plumbing supply company and became the singing group *Forever Plaid*.

The show features favorites of the '50s and early '60s such as *Catch a Falling Star*, *Chain Gang*, *Cry*, *Heart and Soul*, *Love is a Many Splendored Thing*, *Moments to Remember*, *No Not Much*, *Rags to Riches*, *Sixteen Tons* and *Three Coins in the Fountain*, all performed by four outstanding actors well known to suburban theater audiences.

Tony Calzaretta, familiar to Cutting Hall audiences where he performed most recently as Adam in *Children of Eden* and as Kodaly in *She Loves Me*, is Frankie, the group's grinning game show host type

leader. Bob Wilbrandt, a veteran of numerous Woodstock Opera House productions, plays Smudge. Sparky is played by Tom Jesse, a member of the professional a cappella quartet Vocal Point. And Scott Bussert, who has recently played leads in *Joseph and the Amazing Technicolor Dreamcoat* and *Guys and Dolls*, plays Jinx.

You saw all the ads for *Forever Plaid* during its very long and successful run downtown. But you never quite made it to the show? You can finally see it without the hassle of going downtown! This rousing, rollicking, hilarious, musical will put a smile on your face, a tap in your toes and a tune in your heart.

Forever Plaid opens on Jan. 26 and runs weekends to Feb. 10 at Cutting Hall, 150 Wood Street, Palatine. Friday and Saturday performances begin at 8 p.m. Sunday matinees are at 3 p.m. Tickets are \$15 at the door, or save \$2 per ticket with advance purchase. Groups rates are available. Call 847-289-4419 or visit www.music-on-stage.com for more information.

Senior Activity and Lunch Program

The Barrington Area Council on Aging, Inc. invites you to join us for our weekly lunch programs at Langendorf Park from 10:30 a.m. to 2:30 p.m.

Games are played at 11:00 a.m., lunch is served at noon and programs begin at 12:30 p.m. unless otherwise indicated.

36 Barrington LIFESTYLES January 2002

Suggested donation for lunch is \$2.75 per person and requires advance registration. Call 847-381-5030 for your reservation.

Upcoming Events

- Monday, Jan. 7, Bring-a-Friend Day—Begin the new year by inviting another

Wellness Place Adds Programs for Families and Children Affected by Cancer

Wellness Place Cancer Support Center, 1619 W. Colonial Parkway in Palatine, offers programs and services for those who are living with cancer in the Northwest Suburbs and McHenry County.

There is no charge to participants.

Open House sessions to meet staff and explore what the center offers will be held on Tuesdays, Jan. 15 and 29, and Feb. 5 and 26, from 7:00 to 8:00 p.m. and Fridays, Jan. 11 and 25; and Feb. 8 and 22, from 10:30 to 11:30 a.m. Advance registration is requested. Ask about our drop-in hours also.

In the new year, the center is introducing programs and services for families and children, facilitated by Becky Kiel, MA, LPC. In addition to the scheduled programs indicated below, Kiel will be available for family consultation to discuss resources and better ways to integrate the cancer experience into family life. This is appropriate for young children or adolescents wishing to explore their family's cancer experience. Call Kiel at 847-221-2400, ext. 215, to schedule a session.

RSVP to 847-221-2400 for all other programs offered in January and February, including the following:

Expert Advice Lectures— Current Cancer-Related Information from Experts

- "Cancer in the Family," presented by Wellness Place Family and Children coordinator Becky Kiel, Thursday, Jan. 24, 10:30 a.m. to noon and Wednesday, Feb. 13, 7:00 to 8:30 p.m.—Learn how the family can adapt to the experience of cancer and enhance family resilience.

- "The Magnitude of Attitude," presented by cancer survivor and supporter Daniel and Sharon Wiseman, Wednesday, Jan. 30, 2:00 to 3:30 p.m.—Learn how attitude influences individual growth and explore the new science of optimism and hope.

- "Workshop on Grief and Loss," presented by Dee Lattanzio, LCSW, Tuesday, Feb. 19, 6:30 to 8:00 p.m.—This lecture will deal with questions of grieving, coping and spirituality.

- "You Can Get Through This!" presented by Harvey Wolf Psy.D., Wednesday, Feb. 27, 7:00 to 8:30 p.m.—Explore coping strategies for treatment and post-treatment that build healthy daily living, hope and the person you still are.

Core Course—Designed to Offer Important Information on Living with Cancer, Promoting Health and Enhancing Well-Being

- "Address the Spirit: Writing for Well-Being," presented by professional staff members Lara Krawchuk and Susan Ash

Lee, Thursday, Jan. 3, 6:30 to 8:00 p.m. or Monday, Jan. 7, 12:30 to 2:00 p.m.—Explore how writing about spirit in the context of illness can release difficult emotions while enhancing a sense of well-being. Writing experience not necessary.

Stress Management

- "Address the Stress: Guided Imagery and Visualization," presented by program coordinator Susan Ash Lee, four-week series runs Feb. 4, 11, 18 and 25, 10:00 to 11:30 a.m.—Learn how managing stress positively can affect the immune system, increase one's perception of control and help decision making.

Networking and Support Groups

Monthly networking and support groups offered by Wellness Place include the following:

- Leukemia/Lymphoma, Wednesdays, Jan. 16 and Feb. 20, 11:30 a.m. to 1:00 p.m., facilitator Susan Blechschmidt—This group is offered in partnership with the Leukemia and Lymphoma Society. Family and friends invited. RSVP to 847-221-2400.

- Family and Friends, Tuesdays, Jan. 8 and Feb. 12, 7:00 to 8:30 p.m.—This monthly group is facilitated by Susan Ash Lee for family and friends of a cancer survivor. RSVP to 847-221-2400

- Men with Cancer, monthly group for men, Tuesdays, Jan. 8 and Feb. 12, 7:00 to 8:30 p.m.—Whether newly diagnosed, in treatment or post-treatment, this group, facilitated by Harvey Wolf, focuses on issues men with cancer face. Call 847-221-2400.

- Recurrence and/or Metastatic Cancer, Thursdays, Jan. 3 and 31, and Feb. 7 and 21, 10:30 a.m. to noon—Family and friends are also invited to this group led by Susan Ash Lee for those living with recurrence and metastatic disease. RSVP to 847-221-2400.

- Cancer 101, Thursdays, Jan. 10 and 24, and Feb. 14 and 28, 7:00 to 8:30 p.m.—This group is facilitated by Wellness Place clinical staff. Cancer survivors and family and friends explore ways to promote health and well-being. Particularly helpful for the newly diagnosed. Registration required.

- Wellness Place cancer support center is forming committed support groups for both survivors and family and friends. The goal is trust and weekly sharing with the same people. Call Susan Ash Lee to schedule a personal planning session at 847-221-2400.

- Bereavement groups are forming for spring 2002. These groups are open to anyone who has lost a loved one to cancer. Call Susan Ash Lee, 847-221-2400, ext. 210, for updated information.



senior friend or family member to come along for lunch at the park. Seniors and their guests will be eligible for special prizes.

- Monday, Jan. 14—Enjoy a travelogue featuring a warm weather destination. The mood will be sunny, under blue skies with warm breezes and lazy thoughts as we dream away the winter "blahs."

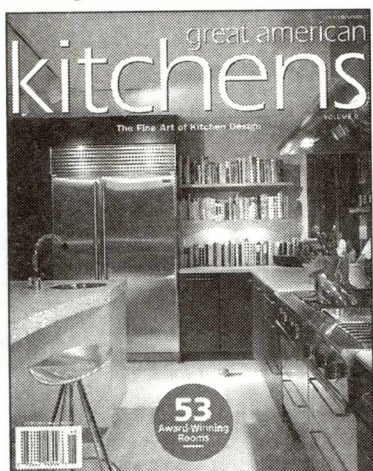
- Monday, Jan. 21—No lunch and activ-

ity program today. The council will be closed in observance of Martin Luther King Jr. Day.

- Monday, Jan. 28—Celebrate January birthdays and a program on the "Reassessment of Your Property Taxes" presented by Commissioner Maureen Murphy of the Cook County Board of Review. Learn how to apply for an assessment reduction and how to receive tax exemptions.

Cover Story: Barrington's Best Designers Get Noticed—Again

If you have any thoughts of remodeling your kitchen, please proceed to any major bookstore and pick up a copy of *Great American Kitchens*. In it you'll find a multitude of ideas fresh from the minds of America's best kitchen designers, including Barrington's own Lisa McCauley.



Great American Kitchens is the latest national publication to feature a Barrington kitchen by McCauley Design.

McCauley Design provided this Great American Kitchen for a Barrington Hills couple who wanted an island of easy domesticity in the center of their busy professional lives. They wanted to smell the cookies baking when they walked into the room, even if they were just coming off the red eye and hadn't been home for a week.

To provide the sense of home, Lisa designed a series of freestanding cabinets that look as if they have been in place forever. For example, the commercial range is flanked by standing cupboards that cleverly hide refrigerator and freezer units. A writing desk, pie safe and tall storage cabinet were all specially built and placed not only to enhance the owners lifestyle but also to create a sense that the kitchen had evolved over a period of time.

To make the room comforting and familiar, Lisa incorporated elements of the couple's collection of antique furniture. The venting hood above the range includes built-in art-glass that the couple found in a Michigan antique store. The standing cupboards incorporate a saw tooth detail from a favorite hutch. The hutch was also worked into the kitchen design.

This is not the first time that McCauley Design has received national attention for its kitchen designs. The reason is simple: At McCauley Design, great creative work takes precedence over everything else. While we do sell the finest in kitchen cabinets, appliances, stone, and tile, nothing is more important to us than making sure that our clients wind up living in some-

thing beautiful.

When you come to McCauley Design, you get the best designers, you get the finest cabinets (in virtually every price range), and you get the attention to detail that will make your new kitchen a "cover story." Don't settle for less than the best. Come to McCauley Design.

Why the Best Doesn't Cost Extra

Our initial consultation is free of charge and can take place in your home. During that consultation you'll have a chance to see whether our ideas are the best before you commit to design fees. We'll also show you the difference between our design work and the type of design work you can expect from the typical cabinet salesperson. If you are not convinced that our design fees make sense, you need go no further. There is no high pressure at McCauley Design.

Most people opt to proceed with us because they like our ideas and because our design fees are fully credited against the ultimate cabinet purchase. Because our cabinets are competitively priced, there is no need to go bargain hunting. At McCauley Design you get the best design and the best value.

Marble and Granite

For years McCauley design has specified stone counters for virtually all of its projects. Granite is a favorite because of its special adaptability to kitchens. Virtually impervious to stains and scratches, granite will keep its looks for the life of the kitchen. Granite's natural beauty is unsurpassed, as each slab features a unique grain pattern that adds life and drama to kitchen counters.

Now Barrington has a new source for stone countertops, floors, and ceramic tile, because McCauley Design is providing marble, granite and tile in its Barrington showroom.

Come in and see samples of marble, limestone, kirkstone, and other man-made aggregates, as well as exotic quartz and semi precious stone tiles. McCauley Design has large stone samples on hand so that homeowners can get a true feeling for the appearance of the stone they select.

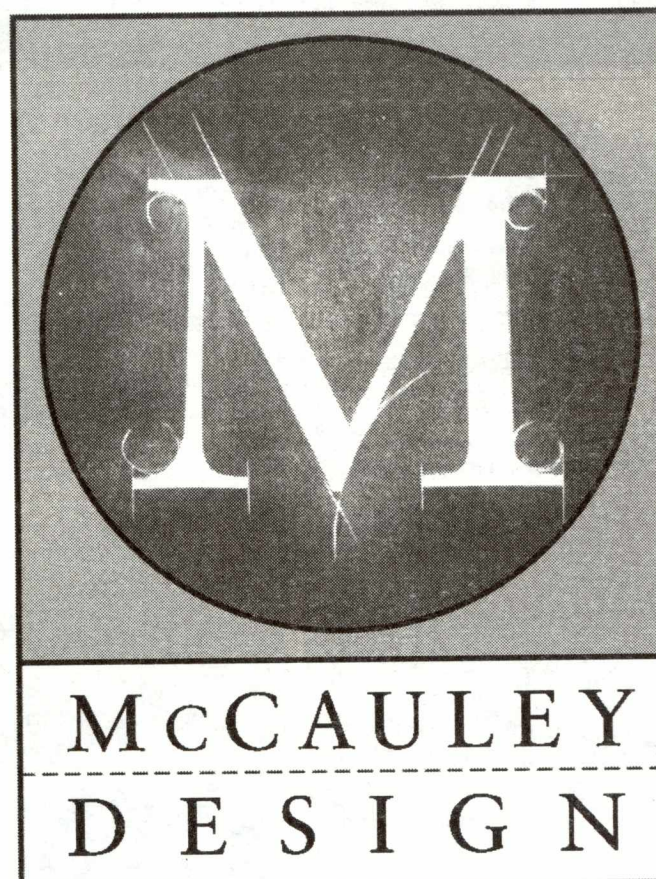
Now is the Time

Winter is the perfect time to start planning your dream kitchen. A new project is a great antidote for the winter blahs—or just a great way to occupy yourself until you can begin to think about planting flowers. Long winter nights are made for dreaming. Bleak winter days are great for planning. Start planning your dream kitchen now—with a visit to McCauley Design.

McCauley Design is located at 211 Park Avenue in Barrington, near the train station. Call 381-2742.



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Kitchen Design • Custom Cabinets
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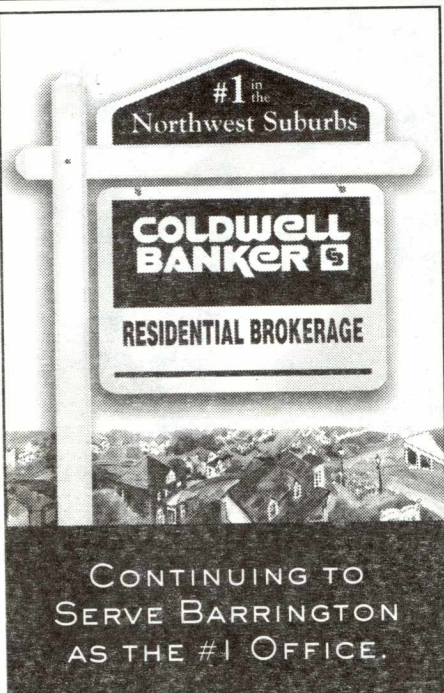


*You'll Love What We Do
for Your Life.sm*

McCauley Design
211 Park Ave. Barrington, Illinois 60010
Phone 847.381.2742

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BARRINGTON AREA OFFICE

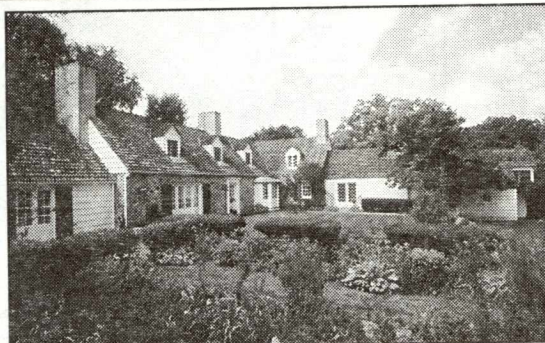


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Barrington Hills \$3,995,000

A long, winding drive leads to this idyllic country retreat set on 22 magnificently-wooded acres. Very secluded & private, charm abounds in this classic landmark home w/ 6 bedrooms, 7 fireplaces & two adjoining greenhouses. A spring-fed lake, pond, equine facility, pool, tennis court & dramatic coach house loft enhance this truly unique & special offering.

Donna Veller
847/465-2228



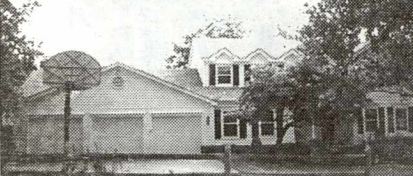
Barrington \$869,000
4,800 sq ft brick & cedar home w/ 4 BR & 5.1 BA. 2-story FR, hrdwd flrs, 9' ceil, sunroom, study, granite counters, English basement. Builder will also consider your plan.
Sherl Wheeler 847/465-2290



Barrington Hills \$1,249,000

Spectacular lakefront estate sited on 6+ acres w/ expansive shoreline. Long winding drive leads to this classic brick residence w/ 5 BR, 3 1/2 BA & open floorplan offering extensive lake views. Enjoy first floor MS w/ fireplace, luxury spa bath, private lakefront patio & adjacent study, creating an ideal adult retreat. Cozy coach house w/ studio apartment & 3-car garage, private stocked pond, greenhouse & excellent location just minutes from village of Barrington.

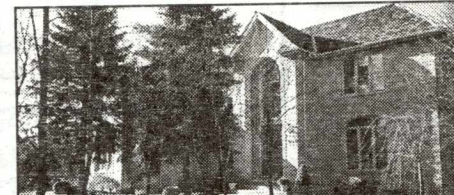
Donna Veller 847/465-2228



Barrington Hills \$829,000
Totally updated in 1990! 4-BR, 3.5-BA home on 5 acres. Hardwood flr, 1st floor study, great master BR. Full fin bsmnt. Screened entertainment center overlooks pool.
Sherl Wheeler 847/465-2290



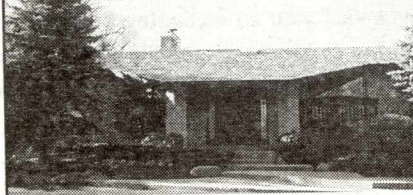
Barrington Hills \$525,000-\$750,000
POND GATE FARM—An affordable opportunity in Barrington Hills offering 28 5-acre select homesites. Bordered by forest preserve & miles of riding trails.
Donna Veller 847/465-2228



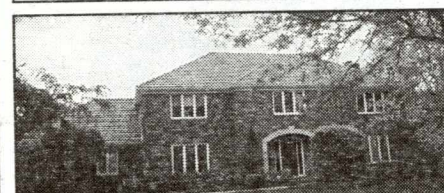
Barrington \$699,900
Only 6 years old! 4 BR, 3 BA on 1 acre. 2-story foyer. Light kit w/ center island. White Corian cntntrps. Hrdwd flrs. Open floorplan. Dramatic 2-story FR w/ frplc.
Ron & Jeanine VanDeVelde 847/465-2282



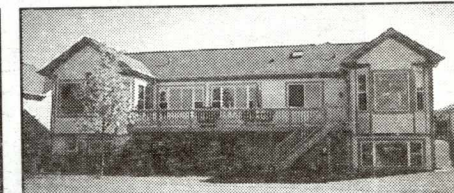
South Barrington \$689,000
Custom 4-BR, 2.5-BA home w/ hrdwd flrs, French drs, 9' ceilings, crown molding, beautiful FR w/ brick frplc & built-ins opens to spacious kit w/ hickory cabinetry.
Frank & Lynne Caiazza 847/465-2213



Barrington \$599,000
Handsome stone hillside ranch set on 2 wooded acres w/ pond offers an open floorplan, soaring ceilings & great finished walkout lower level. New roof & carpet.
Suzanne Luby 847/465-2211



Barrington \$589,900
4 BR, 2+ BA brick Georgian on 1.3 acres. Hrdwd floors. FR w/ built-ins. Sunroom. Expanded deck w/ hot tub. Security system. 1st floor laundry. New roof & gutters.
Ron & Jeanine VanDeVelde 847/465-2282



Huntley \$589,500
Built in 2000 at Del Webb's Sun City, set on the 6th hole. Pond views, 10' ceils, 4 BR, 3.1 BA, hrdwd flrs, hickory kit cabs, full fin English LL w/ BR, BA, craft, frplc & rec area.
Sherl Wheeler 847/465-2290



Barrington \$575,000
Impeccably-maintained quality brick Georgian poised on lush acre. Stunning 4-BR, 3-BA home w/ cook's kitchen, luxury MBA & gazebo. Elegant, warm & livable.
Suzanne Luby 847/465-2211



Kildeer \$575,000
2-sty entry w/ hrdwd flrs t/o 9' ceil on 1st flr. White painted moldings t/o Dble strwy. Fully fin walkout LL. Steam shower, whirlpool & ent/media center. 10+!
Celeste Lockhart 847/465-2272



Barrington \$571,964
4 bedrooms, 2 full & 1 half bath w/ hardwood floors, English basement, many upgrades & choice site w/ conservancy views.
Donna Veller 847/465-2228



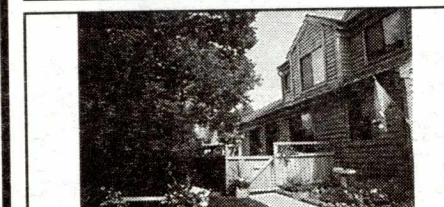
Palatine \$534,900
Model home w/ many upgrades! 4 bedrooms, 2 full & 1 half bath w/ gourmet kitchen, ultra master suite, landscaping & more.
Donna Veller 847/465-2228



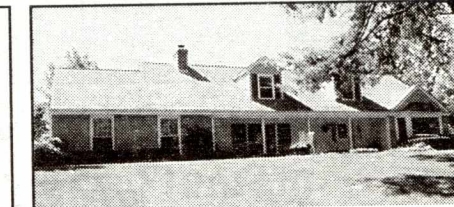
Kildeer \$524,900
4 BR, 2 full & 1 half BA Colonial on cul-de-sac. Study. 2-story FR w/ fireplace, gourmet kitchen w/ center island & pantry. Master w/ corner soaking tub & more. Fin LL.
Celeste Lockhart 847/465-2272



Barrington \$518,000
Set on cul-de-sac on over an acre, this classic home offers crown moldings, hardwood floors, open kit, FR, huge MBR w/ study. Inground pool & perennial gardens.
Sherl Wheeler 847/465-2290



Barrington \$514,900
Lake Barrington Shores—maintenance-free living. 1st floor master bedroom suite. 3-BR, 4-BA townhome. Golf course views. Direct entry, 2-car garage. Unique!
Ron & Jeanine VanDeVelde 847/465-2282



Inverness \$499,000
Drastic price reduction! 4-BR, 3.5-BA Cape Cod on 2+ acres in Macintosh Inverness is near schools, shops & trains. Sunroom addition w/ vaulted ceiling & skylights.
Suzanne Luby 847/465-2211



Algonquin \$269,900
4 bedrooms, 2.1 baths, 9' ceilings & 2-story kitchen. Huge family room w/ fireplace, study & master suite w/ sitting area. 3-car garage, long views.
Sherl Wheeler 847/465-2290



Barrington \$165,000-\$250,000
"Value Priced"—Looking for space? Select from 2 choice sites: 5.40 acres—\$165,000; 6.90 acres—\$250,000.
Donna Veller 847/465-2228

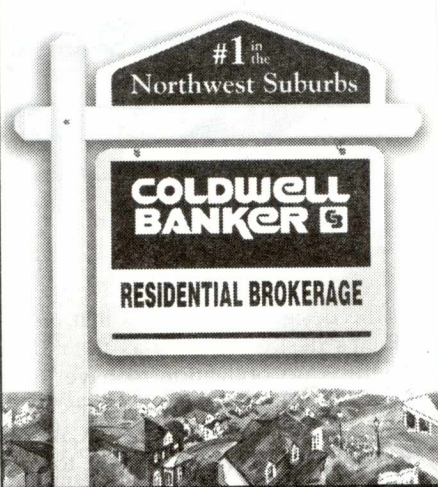


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BARRINGTON AREA OFFICE



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



Barrington \$3,900,000
Beautiful waterfront 6 BR, 8+ BA home reflects fine architectural design & detail throughout. Volume ceilings, 5 frplcs, 2 kitchens & incredible indoor pool.
Meg Cleavenger 847/465-2259



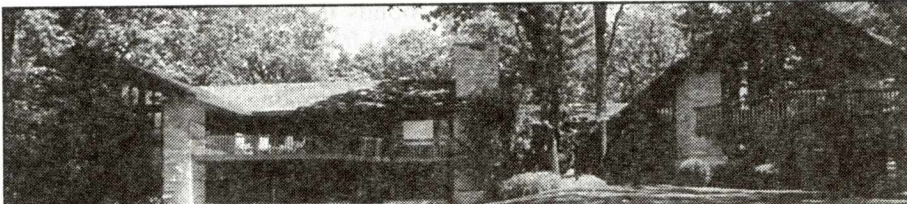
Barrington Hills \$2,800,000

This exquisite English Tudor is set on 15+ magnificent wooded acres, including a large area for pasture. The outstanding Belgian brick & lannon stone home has solid English oak doors, floors & beautiful paneling. 5 bedrooms, 5 1/2 baths plus guest apartment. On riding trails.

Nancy Herr 847/465-2267



Barrington Hills \$2,175,000
5 BR, 5+ BA stone estate on 12+ lakefront acres w/ expansive views of Hawley Lake. Enormous room sizes. Full fin walkout LL. Quality finishes & superior construct.
Meg Cleavenger & Greg Bradley 847/465-2259



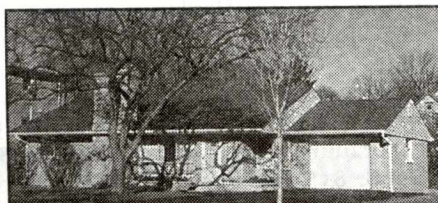
Barrington Hills This exceptional, gated, stone & cedar residence is set on over 6 lakefront acres. Features include a state-of-the-art kitchen, elegant master suite & walkout lower level w/ media & exercise rooms, wet bar, second kitchen & staff quarters. The beautiful grounds offer a boat house, dock & USGA golf hole w/ sand trap & 2 tees. Heated parking for 6 cars too.
Meg Cleavenger \$1,899,900 847/465-2259



Barrington Hills \$1,775,000

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

Meg Cleavenger 847/465-2259



Palatine \$210,000
3-BR brick & stone ranch. Renovated to the max. New roof, gar door, paver patio, asphalt drive, gutters, fascia, soffit. Beautiful yard & loc. Close to train, shops, school.
Suzanne Luby 847/465-2211



Barrington Hills \$1,375,000

Set on 5 peaceful acres this charming 5-bedroom, 3.1-bath home features a cheery cook's kitchen, gleaming hardwood, slate & tile floors, 2 fireplaces & expansive brick terrace framed by lush gardens w/ a serene pond view. The idyllic setting is enhanced by 1-bedroom, 2-bath pool/guest house, sparkling pool & 3-stall barn w/ ample turn-outs.

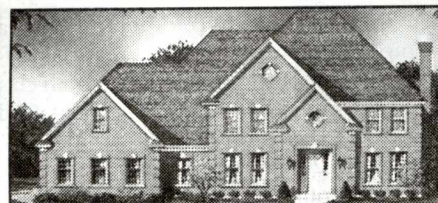
Meg Cleavenger 847/465-2259



Barrington Hills \$999,000

Renovate existing house or build your own on heavily-wooded 10-ac property. Close to village conv, in prime BH area & can be subdivided into two 5-acre parcels.

Meg Cleavenger & Greg Bradley 847/465-2259



North Barrington \$889,500
All-brick 4,200-sq-ft home w/ quality custom features & great loc. Vol entry, kit w/ center island breakfast bar, dual staircase, 9' ceil, 4-car gar, walkout & bonus rm.
Suzanne Luby 847/465-2211



Barrington \$849,900
5-BR, 3.1-BA custom home on premier lot in Lakeview. Major renovation & exp in 2000 w/ great rm. 3 frplcs, state-of-the-art cook's kit. Walkout LL, deck & 3-car gar.
Meg Cleavenger & Greg Bradley 847/465-2259



Barrington Hills \$623,000

Classic traditional brick ranch on 7.9 acres of oak trees & towering pines. Lovely gardens. Kitchen w/ frplc. Bay window in LR. 3-horse barn & pastures on riding trail.

Barbara Cunningham 847/465-2262



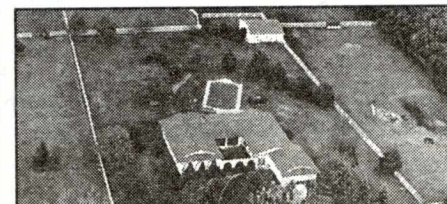
Barrington \$589,000

5 gorgeous wooded acres on a pond. Spacious home—6 bedroom—lower level walkout. Totally private yet convenient to shopping.

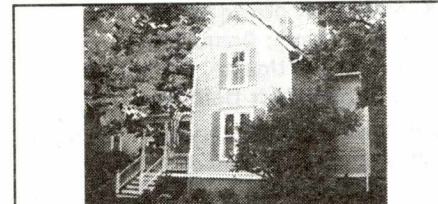
Barbara Cunningham 847/465-2262



Barrington \$549,900
Colonial on cul-de-sac has been expanded & updated. Remodeled kit, scrnd porch, hrdwd flrs, fin LL w/ rec rm & office, deck w/ hot tub, paver brick walk, new roof.
Suzanne Luby 847/465-2211



Barrington Hills \$525,000
4-BR, 2.1-BA home equestrian property. Walls of glass, vol ceils, 40x20 pool, 5-stall heated barn w/ ample turn-outs & sand ring. Lrg lvl grass areas. Adj to riding system.
Meg Cleavenger 847/465-2259



Barrington \$459,900

1886 vintage home on Lake St. features prime Village loc & charm. 4 BR (or 3 BR/1 den); 2 BA (1 ovrstd); LR w/ brick frplc; lrg kit w/ rm overlooking gardens & patio.

Meg Cleavenger & Greg Bradley 847/465-2259



Palatine \$325,000

4-BR, 3-BA w/ hrdwd flrs, new carpet & neutral decor. Exp MBR suite w/ walk-in closet & whirlpool, new roof & windows. Private yard w/ deck & 2-car garage.

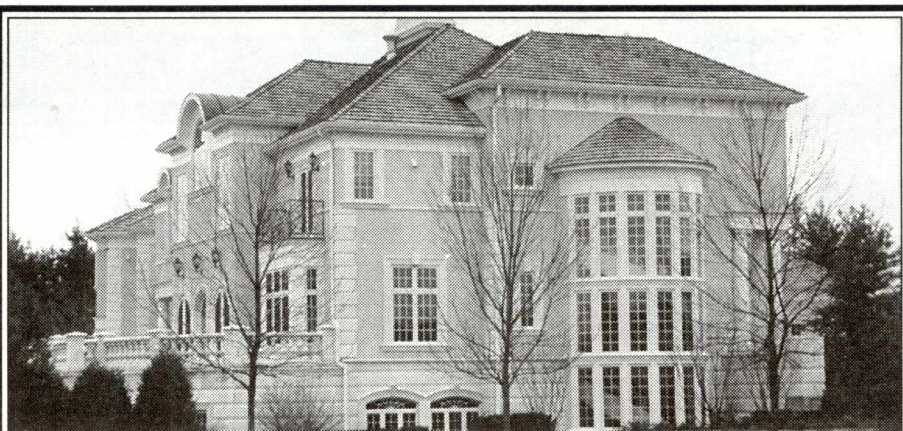
Greg Bradley 847/465-2232



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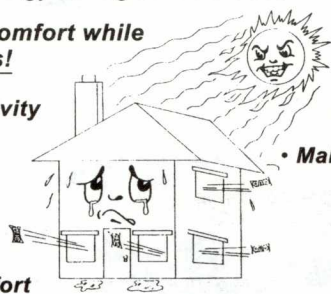
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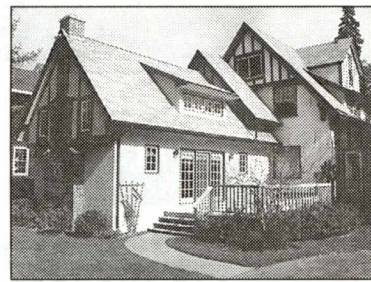
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Start Your Planning Now!

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

We suggest that you schedule to talk with us about your plans as soon as possible. We would then be able to complete your plans, collect construction bids, and pull permits by April or early May. You would then be able to enjoy your new space for the majority of this new year



and not have your summer "under construction."

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

Glare-Not Window Tinters Provides Savings Year Round

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

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

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

Window film also increases safety with pressure sensitive adhesive. The adhesive

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

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

We look forward to saving you money!!! For further details, please call **847-382-8468, 815-363-8468 or 847-812-5499 cel.**

Now available: WINDOW CLEANING. Call for an estimate.

Infant Welfare Trip to O'Hare Airport



Children from the clinic; Penelope Knopik, past president and American Airlines flight attendant (kneeling front); Donna Milne, social chairman (standing back center); and Jerilyn Ugaste, president (standing back right) pause for a photo during their field trip.

On July 12, the Barrington chapter of Infant Welfare treated 30 children, who are patients at the Chicago Infant Welfare Clinic, to a day at O'Hare Airport.

Barrington members Jerilyn Ugaste, president; Penelope Knopik, past president; and Donna Milne, social chairman, chaperoned the one-day event.

The children arrived at 9 a.m. and were escorted on a tour of all the terminals by airport personnel. The tour began at Ter-

minal 2 where a restored replica of an F4F-3 Wildcat is displayed. This type of aircraft was flown by Lt. Cmdr. Edward "Butch" O'Hare during World War II. (The airport was renamed after him in honor of his heroics during the war.) The children went on to view special exhibits, learn about the many aspects of travel at an airport and learn about the types of jobs one might find at an airport. They were shown the departure and arrival

Reiki... A Responsibility

(Continued from page 20)

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

Pamela is a teacher and holistic therapist. She teaches a certification program

in metaphysical hypnotherapy with an emphasis towards past life regression for therapeutic purpose. She offers both classes and private sessions. The next **Reiki Level I** Class is on Feb. 2, -or- March 23, -or- April 20. Private sessions are available by appointment. She brings a rich blend of experience to this work dedicated to health and balance with the focus on unity of mind, body, spirit and emotion. Each step along her path has brought her closer to her goal of teaching and assisting others in alleviating pain, disease, dysfunction and discomfort. Along the way, she has discovered that the true goal and the true joy is to take wing and soar; alleviating pain is just the necessary first step in the process.

boards, ticket and gate counters and luggage check-in procedures. They traveled on the tram to Terminals 1 and 3 plus the international departure and arrival Terminal 5. The highlight of the tour was a walk through an airplane in the American Airlines Terminal 3. Knopik, also an Amer-

ican Airlines flight attendant, assisted escorting them through an F-100 aircraft. They were able to visit the cockpit and sit in the captain's seat. While they were all sad not to be able to actually fly on the airplane, it was quite an adventurous day for all.

From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

It's always nice to receive recognition for a job well done. At our annual Christmas party, we recognized our "Employee of the Year" and those who excelled within their departments. It's great when your boss tells you that you've done a good job. But it's an exceptional boost when you're voted employee of the year by your peers.

We also recognized longevity of service. Joining our five-year ranks were: Davie Erickson, master technician; Dale Marchi, master technician; Chris Moose, Internet sales; and Stephen Woodworth (Woody), Internet sales. Joining the 10-year ranks were: Michael Allen, service manager; Randy Bishop, master technician; Arne Fredrickson, Internet sales; Santos Herrera, porter; and Michael Vasey, retired sales, now Internet inventory manager. Joining our 15-year ranks are Karen Chuchman, assistant office manager, and Erik Peterson, parts specialist.

For the second year in a row, our top



salesperson, based on volume, is Michelle Goss. Great job, Michelle!

Our "Employee of the Year" is Aaron Grassel, quick lane technician, who had the overwhelming task of changing thousands of tires for the recall this year. Aaron has worked many evenings, early mornings and Saturdays to help accommodate our customers' schedules. He and his wife, Heidi, have a little girl, Kaitlin, who is 18 months old. We all want to thank Aaron for a job well done.

A Great Selection of Specialty Vehicles

Emkay Car Rental offers a great selection of specialty vehicles for short-term rent. **Emkay** has the new Buick Rendezvous. This unique vehicle combines the minivan with the SUV. **Emkay** also has the new Chevrolet Trail Blazer or the Ford Escape for your SUV needs. **Emkay** also has an outstanding selection of European imports. The BMW 3 and 5 Series, Volkswagen Passat or the Saab 9.5 are just a few of the models available. If a minivan is needed, the Oldsmobile Premier with built-in VCR, Chrysler Town & Country Lxi or the Toyota Sienna will do the job.

Please call us for availability, prices and other unique selections.

In addition to **Emkay's** great rental selection, we have an outstanding inventory for sale. Some of the vehicles we typically have available for purchase include the Jeep Grand Cherokee, Pontiac Grand Prix or Toyota Camry. These are from **Emkay's** corporate lease returns. Please call and we can fax you our current inventory. **Emkay** also offers maintenance and body-shop services for all your automotive needs.

Motor Werks Debuts 2002 with Exciting New Focus on Porsche

Motor Werks newly-updated Porsche showroom embodies the fascination for this very special brand of automobile—one that is distinctive, timeless, sophisticated, and most of all, exhilarating. Porsche's passion for automobiles, the devotion to high performance sports cars and technical perfection continue to evolve with the new 2002 product offerings.

Porsche Boxster and **Boxster S** are more than outstanding sports cars. They are a unique reinterpretation of the classic roadster idea, an idea that Porsche defined more than 50 years ago, with legends such as the **Porsche 356/1** and the **550 Spyder**—cars whose fundamental characteristics and intrinsic appeal live on today.

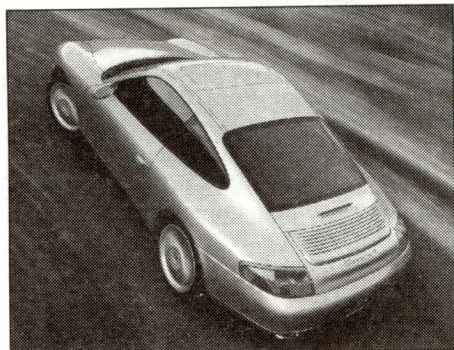
The new **911** was developed to inspire like no other. An automobile that combines total engineering integrity with inimitable design. In search of a more engaging driving experience, Porsche arrived at a comprehensive range of models tailored to individual requirements and driving style. In short, the perfect symbiosis of driver and automobile. The new 911 is available in the following models:



Normand Neal

Carrera Coupe, Carrera Cabriolet, Carrera 4 Coupe, Carrera 4 Cabriolet, Targa, Carrera 4S, Turbo and GT2.

In addition, **Motor Werks** will be presenting the much anticipated **Cayenne**, Porsche's new and first-ever five-seater sport utility vehicle, later in 2002. The Cayenne is a vehicle that not only advances a natur-



al bloodline, but a vehicle that represents the sort of thinking necessary to create the next Porsche.

Come view and road test **Motor Werks'** fabulous selection of new and pre-owned Porsche automobiles. Call me, **Normand Neal**, for a personal appointment to receive the highest level of service and satisfaction.







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DREAM HOUSE HEADQUARTERS

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

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Stop! Read This!

(Continued from page 14)

of some special people at a special price. The Black & White Blitz is a 10-minute, preset, miniportrait session. Three pictures are taken of you or your kids, your dog or both. Even the most unenthusiastic family member can't complain too much, because it's over in... well... a flash. Our calendar fills up fast for this one, so make your appointment today.

Classes, classes, classes! In addition to our super-popular photo classes, we've added a **Valentine Workshop** for Thurs-

day, Feb. 7, 7:00 p.m. Students will make their own cards. You provide the enthusiasm; we'll provide the inspiration and materials.

We'll also have a **Shadowbox Memories Seminar**, Wednesday, Feb. 6, 7:00 p.m. Learn how to design a 3-D shadowbox to highlight your memorabilia, such as wedding flowers, baby shoes, baseballs, etc. Need more details? Call **CLIX** at **455-1092**.

Workplace Harassment

(Continued from page 19)

Since prevention is the best tool to eliminate sexual harassment in the workplace, employers are encouraged to take steps necessary to prevent sexual harassment from occurring. The employer should clearly communicate to employees that sexual harassment will not be tolerated. They can do so by establishing an effective complaint or grievance process (distributing a written policy against harassment) and taking immediate and appropriate action when an employee complains. Such a policy can aid employees by instructing them to voice complaints regarding unwelcome conduct without the fear of retaliation. Additionally, the policy can help protect the employer from legal action in certain circumstances when an employee fails to bring a claim of harassment to the employer's

attention.

If you believe you are being subjected to harassment or that your employment rights are being violated, I encourage you to acquire information regarding your legal rights. You may start by visiting our Web site at www.joettedoran.com for further information.

Until next month, best wishes for a happy new year.

This article is not intended as legal advice. You should consult with an attorney for individual advice regarding your own situation.

Ms. Doran is licensed in Illinois and all Illinois federal courts. She is the chairperson of the Employment Law Committee for the Northwest Suburban Bar Association and is the president of Barrington Area Professional Women.



Tips from the Top

Margaret R. Semrad
Broker/Manager
Barrington Office

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"All our dreams can come true—if we have the courage to pursue them."

—Walt Disney

Walt Disney's philosophy as quoted above is as appropriate today as the day he said it. What better way to start the New Year of 2002, then to pursue our dreams? What's in your future? Have you made New Year resolutions that may last for maybe a week? Or have you thought about and focused on your life and the way you want to live it?

Many people recently have asked about the real estate market. They wanted to know if I feel mortgage rates will get lower, what price ranges are selling or if the real estate market was slow. In fact my friend Napoleon called asking these same questions. I was happy to tell Napoleon that the real estate market has been and continues to be the best investment one can make. Everyone needs a home.

We know life in the 2000's is going to be different than we have experienced prior to our national disaster. Social trends will shape what we want and need. Since September 11th, priorities have changed. We have a greater sense of family and community. Many families have also had to become more flexible due to economic pressure... loss of job through downsizing, etc. Today's family may be a two-income household, single parent or extended family all with specific needs. Housing is an important part of our life-

style adjustments. Does your home work for you?

As the late Earl Nightingale stated many times during his radio program, "Living is a lot like painting a mural—you have to stand back once in a while to make sure the picture is coming out the way you want it." Are you living the picture you painted for yourself?

I have just completed the 2002 business plan for our **Coldwell Banker** office and have asked each of our Realtors to do a plan for themselves. I wonder, though, how many of us plan our personal lives in the same way we do for business or a vacation. I would be grateful if I could nudge you into thinking creatively about your life and the way that you live. Is it giving you pleasure? If not, it's time to do something about it.

Pursue your dreams. The Barrington Office of **Coldwell Banker** did. Our home was just getting "too tight" for all of us so we moved into our new quarters at 303 E. Main Street... it's the newest and biggest building in town. We love our new facility. We have plenty of room to do our job and to grow.

Call us today. Let one of our professional Realtors counsel and help you on your journey to the vision you've painted for this New Year. We are the Dream House Headquarters.

Wishing you a very joyful, healthy and prosperous 2002.



A Workout for Your Face

(Continued from page 17)

You can enhance the benefits of this treatment with an effective daily routine, including the use of products containing copper. Copper Peptide has been proven to have a positive effect on collagen deposition and tensile strength. We carry a full line of **Copper Peptide products by Neova**, including a Day & Night Therapy, Eye Therapy and Antioxidant Therapy.

Our goal is to offer a program combining "in-office" treatments along with an "at-home" regime, utilizing products with advanced technology in the repair and maintenance of healthy skin. Our full esthetics department offers a variety of treatments, including **microdermabrasion and chemical peels**. These treatments remove the outermost layer of dead, dry skin cells, which effectively improves the texture and tone of the skin. These forms of exfoliation aid in the reduction of fine lines, wrinkles, sun damage, acne, acne scarring and dehydration of the skin. Over time, luminous, radiant, more youthful looking skin will appear.

We also offer **Botox** treatments for fine facial lines, such as those around the eyes and frown lines between the eyebrows. On the lighter side, we offer the **Repechage Four-Layer Facial**, utilizing the natural therapeutic properties of the sea. This treatment is designed to rehydrate, remineralize and rebalance the skin and makes a wonderful gift. You will notice an improvement in both tone and texture of the skin, assuring a long-lasting afterglow and smoothness.

All of this and more is now available to you in the Barrington office of **Midwest Plastic Surgery Specialists**, conveniently located on Barrington Road across from the Good Shepherd Health & Fitness Center. Please call for a complimentary skin evaluation to determine which treatment is best for you. Appointments available Monday through Friday, 9 a.m. to 5 p.m. Late appointments are available upon request. **Gift certificates and gift sets are also available.** Please call **847-277-1440** to make your appointment.

Stonecrafters' Grand Opening New Lakemoor Showroom with State-of-the-Art Production Facilities

Come to **Stonecrafters**, your one stop for gourmet granite kitchen tops and much, much more!

Who is **Stonecrafters** and what do we do? We're a family-owned company, a natural stone fabricator and importer, located in the Northwest Suburbs for the past 13 years. We just moved from Wauconda to our new showroom and plant in Lakemoor in May 2001. We employ 26 people who are all specialists in stone cutting and true, professional customer service.

Take a drive and see our showroom. Our stocked yard can save you time and money. Look through our inventory of over 1,000 stone slabs. Why look at a sample when you can view the whole slab? And, you can actually pick out your own slab when it's time to order! We eliminate the middleman and pass the savings on to you. For example, we offer 1 1/4-inch granite at \$56.00 installed! No need to travel to the wholesalers. You can even watch our people fabricate the order to your specific needs.

We specialize in granite, marble, limestone and silestone. Most people are familiar with the first three, but silestone is something fairly new. It's made of 93 percent natural quartz materials and 7 percent resins and pigments. This combination re-

sults in a scratch-resistant surface that is very easy to maintain. Although silestone is a hard surface, it retains a measure of strong flexibility that makes it less likely to chip or crack than natural stone. It's virtually maintenance-free and resists permanent stains. And we have a large selection of surface colors in our silestone line that you just need to see!

And that's just silestone! When you visit **Stonecrafters**, you can see unique products like: kitchen countertops, island countertops, stone columns, shower and tub surrounds, reception desks, full-height splashes, full-wall fireplaces, fireplace surrounds and hearths, custom tub decks and architectural stone details.

Obviously, every order starts with custom measurements and ends with a quality installation by our experienced staff. All service work is complete within seven days, and we pay attention to details. That's what makes us different. We also have an on-time delivery guarantee, or take \$20 off per workday that the order is late.

Call **847-526-9594** or visit us to discuss your needs. We are open 8 a.m. to 5 p.m. weekdays and every Saturday morning too! Bring your plans for an estimate and receive a free granite pastry board.

Barrington Junior Women's Club Donates Gifts to Area Families

Over 75 members of the Barrington Junior Women's Club gathered at Carpaccio Restaurant for a festive kickoff to the Christmas season.

Wonderful sounds of the season were provided by harpist Hannah Johnson, a 6th grader at Barrington Middle School.

Co-chaired by Darlene Kober and Sheila Foley, both of Barrington, the annual members' holiday party is not only a chance for camaraderie and dining, it is traditionally a time when the entire membership works together to provide "Wish Tree" presents for area families. This year, the club supported 16 needy District 220 families with over 200 wrapped gifts. Additional funds were raised through Jewel Shop-and-Share coupons, which were then distributed to the families in the form of Jewel gift certificates.

Though the holiday party is over, other club committees are busy working on future projects, including Safety Town, Service to Seniors and Showcase House.



Barrington Junior Women's Club members (from left) Liz Partyka, Kathy Maca and Rebecca Darr enjoy the festivities at the member holiday party held Dec. 4.

The next general meeting for prospective new members will be Tuesday, Feb. 5, at 7 p.m. at the Barrington Park District. For more information on this dynamic group of women, call 847-622-3838.

Barrington Newcomers Club Announce Upcoming Events

Barrington Newcomers Club will hold their monthly book discussion on Thursday, Jan. 10, from 10 a.m. to noon at the Barrington Area Library, Zimmerman Room.

The meeting will cover *A Prayer for Owen Meany* by John Irving. Cookies and

coffee will be served.

To get a head start on February's discussion, the book will be *On Gold Mountain* by Lisa See.

For more information, call 438-9945 or 487-1537.

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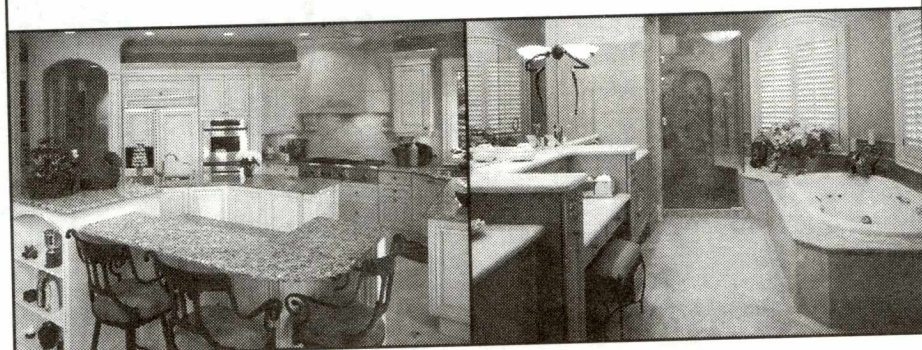
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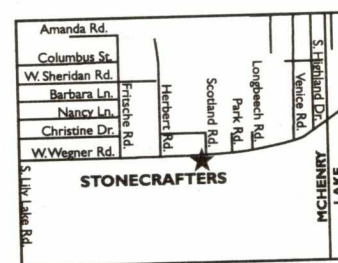


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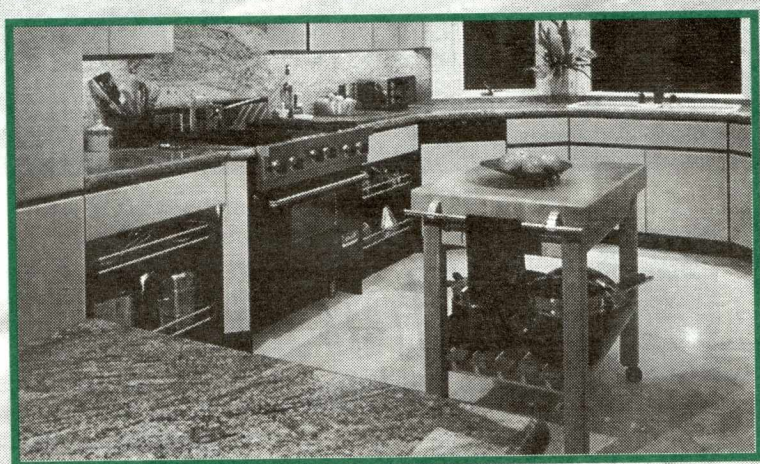


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