

January 2007

**FOR REFERENCE**

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***A New Year,  
A New You!***

A SPECIAL FOCUS ON BEAUTY,  
HEALTH & FITNESS

***Santa Brings Holiday Magic  
to 700 Community Children***

***Wise Words from Women  
of a Certain Age***

***"Craftways: English Artisans  
in 17th-Century New England"***



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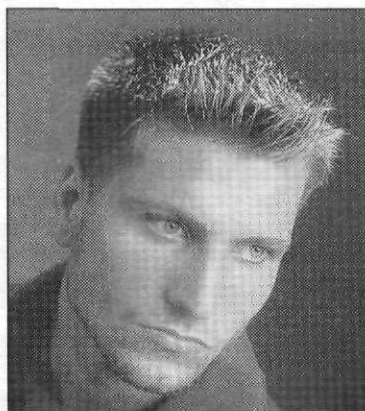
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## Editor's Ink

January 2007

Dear Reader,

A New Year, A New You. That's the special focus *Lifestyles* is offering this month. I would guess that the most popular resolution one makes for the new year is to loose weight, followed by getting in shape. Is this the year you are determined to do so? Good luck!

The ladies of the Congregational Unitarian Church in Woodstock feel women of a certain age have accumulated the wisdom of a lifetime. And they want to share this knowledge with you. So some women of the church, between the ages of 50 to 90, have shared their views on love, health, family, death, life challenges and more in a book entitled *Wise Words from Women of a Certain Age*. What a great idea! I was very close to my grandmother growing up and loved to hear her views and experiences on life—insights I treasure today.

The Milwaukee Art Museum is presenting a very interesting exhibit entitled "Craftsways: English Artisans in Seventeenth-Century New England." The exhibit includes chests, chairs and cupboards that demonstrate the woodworking techniques and designs that the immigrant artisans brought over from England. They had to adapt to using new and different woods, which presented creative challenges and opportunities for them.

May the new year offer many blessings to you. Until next time, may all your thoughts be sunny.

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



## About Our Cover

A silver heather button-front belted cardigan covers a pearl grey silk charmeuse blouse. Charcoal grey heather herringbone tweed "Audra" cropped cuffed pants complete the look. Liz Claiborne.





## "Craftways: English Artisans in Seventeenth-Century New England"

The Milwaukee Art Museum is proud to present "Craftways: English Artisans in Seventeenth-Century New England," an exhibition featuring over 20 chests, chairs, and cupboards that demonstrate the woodworking techniques and designs carried to New England by immigrant English artisans. On view from Feb. 8 through May 27, 2007, the exhibition examines how English technological and artistic conventions, or "craftways," changed in response to their new social and physical environments. Six examples of this evolutionary process are presented in the exhibition: Persistence, Propagation, Hybridization, Synthesis, Assimilation and Adaptation.

Once in New England, immigrant woodworkers encountered unfamiliar environmental and cultural factors including new customers, new shipping routes, and much more timber than had been available in England. As these artisans adapted to new conditions, their lives, families, and "craftways" were redefined.

The furniture on view provides clues about this process of change. One group of oak chests and boxes made in Marshfield, Mass. in the 1690s suggests that several families of craftsmen used different methods of construction and design. Once living and working together, however, they made new products that combined specific elements taken from each family. This demonstrates a synthesis of craftways. In contrast, a carved box made in Windsor, Conn. was made by craftsmen who deviated little from their English roots. Trained in a carving style that devel-



**Folding Table, 1650-80, Shop of Ralph Mason and Henry Messinger, Boston, Massachusetts, walnut, red oak, maple, white pine, and cedrella. Chipstone Foundation 1991.16. Photo Gavin Ashworth.**

oped in Devon, England, these craftsmen continued to replicate traditional English patterns, demonstrating the persistence of their English craftways. The transplantation of these and other English furniture making craftways to New England helped define the visual landscape of early American communities.

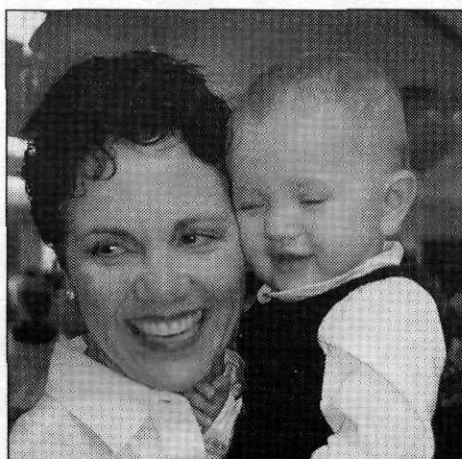
This exhibition is organized by the Milwaukee Art Museum and the Chipstone Foundation; guest curated by Donald P. White III, independent scholar; and coordinated at the Milwaukee Art Museum by Sarah Fayen, assistant curator at the Chipstone Foundation and adjunct assistant curator at the Milwaukee Art Museum.

## Santa Brings Holiday Magic to Over 700 Children in the Community

The magic of Christmas was alive and well for the clients of The Society for the Preservation of Human Dignity (PHD), a non-profit women's counseling center located in Palatine. St. Edna Catholic Church (Arlington Heights) partnered with PHD in hosting three separate holiday parties on Saturday, Dec. 9 for over 950 members of the community, most of them children.

Party guests enjoyed a full meal, home-baked sweets, entertainment by Mumm the Clown, ornament making, holiday carols and face painting with a holiday theme. Whether he or she was naughty or nice, every child received a special toy from Santa and a Polaroid picture capturing his or her special moment with the jolly man in the red suit. This was a party that these children will remember for years to come.

On a daily basis, PHD provides professional counseling, education and support services to women who are pregnant, parenting a child under the age of three, or who have suffered pregnancy loss or the loss of a child. PHD's clients also receive clothing, diapers, baby food, formula, winter coats and other items for their



**PHD Executive Director Cathy Vincus shares a playful moment with Viktoria Stasiowska of Prospect Heights, age 1.**

young children.

"Raising young children is difficult under the most ideal circumstances. The women and families served by PHD face poverty and other unimaginable obstacles. Through the professional counseling, education, and support services we offer, these families are working hard to over-

## Review: *Wise Words from Women of a Certain Age*

Mature women have a lot to say. The accumulated wisdom of a life time of experience is like an old well, ready to be tapped, but often forgotten. The accomplished women of the Congregational Unitarian Church in Woodstock decided to do something about it. They created their own book, *Wise Words from Women of a Certain Age*.

The women, ranging from 50 to more than 90 years of age, drew on a breadth of accomplishment and experience. They included professionals, educators, artists, business women, and homemakers. They have been moms and grandmas; been single, married, divorced and widowed. They have been healthy and ill, challenged by adversity and rewarded for achievement. As members of a Unitarian Universalist Church, they came from many faith traditions and each developed their own unique system of belief.

This is neither a how-to self-improvement manual, nor a brief for any particular belief system. Instead the women simply want to share what they have learned and invite the reader to participate.

The book is divided into several short chapters: love, family, friends, health, wealth, interests, attitude, challenges, death, wisdom, and a good life. Entries under each category range from pithy axioms, to longer reflections and snippets of personal experience. No contribution is attributed to a specific individual so that personal knowledge of the a writer does not color the reader's perception.

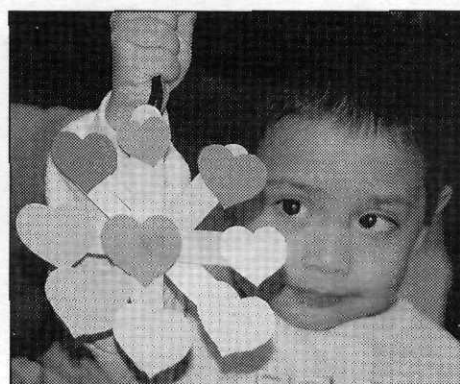
Some wisdom seems obvious. But obvious or not, it bears repeating because in the midst of busy lives we so often lose sight of the obvious. Other nuggets provide the perfect "Ah ha!" moment of recognition and enlightenment.



The authors want to encourage the reader's participation. To that end, their entries are printed only on the right-hand pages. The pages opposite are left blank as an invitation to set down personal reflections.

The "women of a certain age" are Lilly Bailey, Joan Coleman, Wenona Diggle, Jennie Dincecco, Sandy Eckert, Sara Fields, Jill Hartman, Lillian Hervert, Betty McCullagh, Sue Metivier, Madalin Prentiss, Helen Rehling, Tricia Schaefer, Audrey Stanowski, Dora Tappens and Mae Viereg.

*Wise Words from Women of a Certain Age* was created as part of the celebration of the Congregational Unitarian Church building's 100th anniversary. Copies are available for \$10 from the church at 221 Dean St. For more information, call 815-338-0731 or e-mail office@cucw.org.



**David Varela of Palatine, age 3, shows off the holiday craft he made at the PHD Christmas party.**



**Three-year-old Diego Serratos of Arlington Heights sports a hand-painted candy cane on his cheek.**

come challenges in order to create healthy lives for their children. Today, we are honored to serve these families as they enjoy the beauty of the season with their children. Our staff and volunteers enjoy creating this wonderful day," said Cathy Vincus, executive director, PHD.

The parties were made possible through the generosity of the St. Edna Catholic Church community who opened their doors and hearts to more than 950 individuals in need. The Rev. Jerry Jacob, St. Edna pastor, was happy to make their facility available for a worthy cause and

offered his endorsement for the festivities. The St. Edna community joins with PHD in offering hope and help to families in our communities.

PHD hopes that members of the community will continue to assist us in providing for the neediest members of the community. For more information about PHD, please call Marikay Martin at 1-847-359-4967 ext. 27. PHD is located at 37 N. Plum Grove Road, Palatine. Proceeds from PHD's Resale Boutique, 140 W. Northwest Highway (Eurofresh Plaza) benefit the women and children served by PHD.



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## Assemblé Welcomes You to Our WINTER SALE in Our NEW STORE!

Hallelujah—we're in! Come visit our new home and celebrate the move with our **Winter Sale Extravaganza!**

As you know, the savings are available not on just a "special selection" but on our entire inventory of winter stock! When we tell you our **entire store** full of winter merchandise is now **30% to 50% off**—we mean it!

And... to add even more excitement to our new location, we have your vacationwear in stock now—with lots more arriving daily. You'll be delighted by our "finds" from the New York and California markets. Designers have open-

ed up a treasure trove of options and silhouettes for this new season. Lots of excitement and a look for everyone here at **Assemblé!**

Such as... terrific tunics—empire-waisted babydolls (we promise you won't look PG!)—kimonos and wraps. Shop us frequently to grab your size! So, spring forward to **Assemblé** where you'll find not only the trends, but also clothes that flatter your body and brighten your mood!

You know to visit us often as our goodies fly out the door. And that goes for our super **Winter Sale** selections as well!

See ya soon.

## Workshop with Renowned Educator



The styling team of **International Hair Designs** is shown here during a workshop with John Yurkew, a well-known Redken artist and educator.

The workshop focus was on color, shape, texture and movement as it relates to the current trends. The current color techniques emphasize custom color placement and formulation.

With over 25 years of professional excellence and outstanding performance in the beauty industry, **International Hair**

**Designs** is indisputably established as one of the leading salons in the northwest suburbs.

A salon gift card for hair, skin and nail services is the perfect gift for the holidays!

Consultation appointments are always complimentary. Call **International Hair Designs** Monday through Saturday at **1-847-438-8636**.

**Construction on Rand Road and Route 22 is almost over... watch for their upcoming celebration!**

## Catholic Charities' LOSS Meeting Dates

Catholic Charities of the Archdiocese of Chicago invites those who have experienced the loss of a loved one to suicide to participate in its Loving Outreach to Survivors of Suicide Program (LOSS).

### Meeting Dates and Locations

• Sunday, Jan. 14, 7 p.m. at Catholic Charities Northwest Office, 1717 Rand Road, Des Plaines.

• Wednesday, Jan. 17, 7 p.m. at Holy

Family Church Counseling Center, 2515 Palatine Road, Inverness.

• Thursday, Jan. 25, 7 p.m. at Carmel High School, One Carmel Parkway, Mundelein.

To learn more about Des Plaines-based Catholic Charities' Northwest Suburban Services and how they may help you or someone who needs help, please phone 1-847-376-2118.

# A New Year, A New You!

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Ms. Doran has 20 years of legal experience. She is licensed in Illinois and all Illinois federal courts and is a member of the Federal Trial Bar. She is the past-chairperson of the Employment Law Committee for the Northwest Suburban Bar Association and is a past-president of Barrington Area Professional Women.

## Is a Promise of Continued Employment Legally Enforceable?

by Joette S. Doran, J.D.

Recently an Illinois Appellate Court considered whether an employer's oral promise of continued employment constitutes a legally binding contract. In that case, the plaintiff left a previous employer to work for the defendant based on the representations that if the plaintiff accepted employment as the head of the employer's new department "he would be employed as long as it takes to successfully build the department and then as long as he desired." The plaintiff alleged that based on those representations he left a higher paying job to work for the defendant but only two months later, he was fired. The ter-



minated employee brought suit for breach of oral contract and promissory estoppel. In denying both claims, the appellate court held that the employer's represen-

tations to the employee during the interview process that he would be employed until the new department was "successfully established" and "for as long as he desired" were merely expressions of goodwill and hope and that the statements were not legally binding. In arriving at that conclusion the court looked to the general presumption of "employment at will" which provides that an employer may discharge for any reason at any time. An exception to that general presumption is an employment agreement for a specific duration which is clear and definite. In analyzing the employer's statements, the court found that the statement that he could work for "as long as he desired" was too vague and indefinite. Also, because the promise could not be per-

formed within a year, the promise is not legally enforceable as a contract unless committed to writing as required by under the statute of frauds. Accordingly, whether a promise for continued employment is enforceable requires careful legal analysis. For additional information, please visit our Web site at [www.joettedoran.com](http://www.joettedoran.com).

*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, all Illinois federal courts and is a member of the Federal Trial Bar. She is the past chairperson of the Employment Law Committee for the Northwest Suburban Bar Association and is a past president of Barrington Area Professional Women.



## A Balanced Body for 2007

New year. New you.

Indulge your quest for overall fitness at **Studio Pilates Centre of Balance** where the age-old benefits of Yoga and Pilates provide a work out for your mind as well as your body. And the annual incentive of **saving 50%** on your Pilates Introduction Class, when you sign up before Jan. 31, provides an opportunity to save a little after-Christmas jingly. Limited space is available, so call early for a class day and time to fit your schedule.

Developed over 5,000 years ago to increase strength, flexibility and balance, Yoga encourages you to listen and adjust to what your body is telling you, to focus on your own breathing, and is an excellent way of calming the mind and reducing stress. This month's featured Yoga pose is the Standing Forward Fold or Uttanasana. Benefits include stretching your hamstrings, hips and calves, while strengthening your thighs and knees. It also improves your digestion and is therapeutic for asthma, high blood pressure, osteoporosis and sinusitis.

Developed by legendary fitness trainer Joseph Pilates in the 1920s, Pilates is a successful offshoot of Yoga that strengthens and elongates your muscles with various exercises performed on mats and specially designed equipment. Breathing and posture are extremely important to each individual exercise.

At **Studio Pilates** you'll master the exercise techniques of Yoga and Pilates under the direction of an experienced staff who help you focus on building strength with-



out "bulking up"; increasing flexibility and agility; developing optimal core control; creating flat abdominals, slender thighs and a strong back. Overall, it's a refreshing mind-body workout that's safe and sensible, and helps you look and feel your very best, no matter what your age or condition.

**Studio Pilates** also offers massage therapy by licensed massage therapists to relieve pain, relax, stimulate, and tone the body. Other overall health benefits of massage therapy have also been recognized. By appointment only. Gift certificates are available.

**Studio Pilates** is located in downtown Crystal Lake at 46 Brink St. Visit online at [www.studiopilates.net](http://www.studiopilates.net). Phone **815-455-4900**.

## Get Your Passport to Paradise

**Barrington Junior Women's Club**

**Spring Fund-Raiser "Passport to Paradise"**

Join the Barrington Junior Women's Club (BJWC) for the hottest spring fund-raiser to hit the Northwest Suburbs—"Passport to Paradise." Passport to Paradise will be held on Saturday, March 10 at the Chicago Marriott Northwest in Hoffman Estates. The evening will include fun Caribbean-style music, food, drinks, along with an impressive silent and live auction.

Put on your dancing shoes and join us for an evening that will benefit more than 23 local charities within the Barrington area and the surrounding suburbs. Tickets are \$125 per person and availability is limited. Call for tickets today at 1-847-622-3838 or order tickets online at [www.bjwc.org](http://www.bjwc.org).

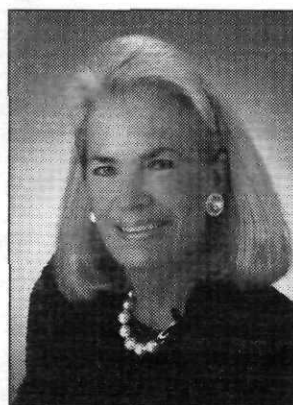


**BJWC Spring Committee**

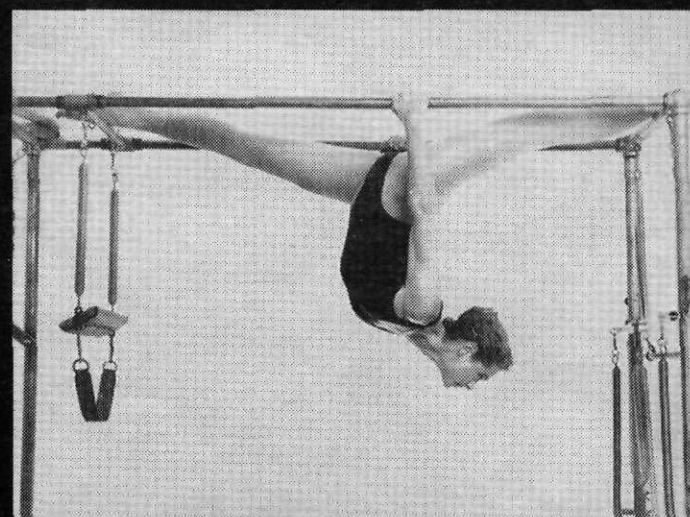
## Barbara Rinella is Coming to Barrington

St. Anne Women's Club of Barrington welcomes renowned literary dramatist Barbara Rinella to Makray Memorial Golf Club on Tuesday, Jan. 30. The event will include boutique shopping, an elegant luncheon and Rinella's presentation of a spirited look at love as seen through the eyes of favorite women from the past and present.

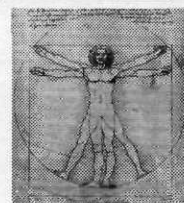
For more information or to purchase tickets (\$40 per person), please call Kerry Miller at 1-847-620-3070. Seating is limited.



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## BACOA Senior Activity Programs

The Barrington Area Council on Aging's (BACOA) Monday Senior Lunch and Activity Program is held at the Barrington Park District, 235 Lions Drive, Barrington. Games begin at 10:30 a.m.; lunch is served at noon.

The suggested donation for the Monday lunch program is \$3. However, if underwriting is unavailable for special programs, there may be an increase in the suggested donation. Preregistration is required. Please call BACOA at 1-847-381-5030.

• Monday, Jan. 1—The lunch program will be closed for the New Year's holiday.

• Monday, Jan. 8—Games and lunch. Susan Shapiro, health service coordinator of Life Line Screening, will present a program on Life Line Screening's Stroke and Vascular Disease Education Program.

• Monday, Jan. 15—The lunch program will be closed for Martin Luther King, Jr. Day.

• Monday, Jan. 22—Games and lunch. Bonnie Scherkenbach, social service coordinator at BACOA, will give a presentation on BACOA's Brain Aerobics program. Brain Aerobics is aimed at all ages and is designed to increase brain activity through logic, imagination and opinion exercises, reminiscence and more.

• Monday, Jan. 29—Games and lunch. January is Glaucoma Awareness Month. Diane Vos Hansen, social service coordinator at BACOA, will present a program on BACOA's Low Vision Education and Support Group. Blood pressures will be taken and January birthdays will be celebrated.

## Be Part of "Mardi Gras Madness"

Saturday evening, Feb. 10, marks the fifth winter celebration of Mardi Gras with dinner and dancing to benefit the Assisi Animal Foundation (AAF) of Crystal Lake. Just in time to celebrate Valentine's Day, the evening is a popular one, featuring outstanding dining at the Crystal Lake Country Club and dancing to the One 2 Many band, performing hits from the '60s through today. Enjoy the Mardi Gras spirit with beads, trinkets, New Orleans' jazz and fun. The doors open at 6:30 p.m. for cocktails (cash bar), silent auction activity, and the meeting and greeting of new and old friends. Costumes are optional,

with prizes for best costume and mask. Tickets are \$35 per person by reservation and will not be available at the door.

Proceeds from the evening all go to help operate the Assisi Animal Foundation's no-kill shelter for dogs and cats. The AAF built the first no-kill shelter in the area in 1988 and further serves the community with its animal-assisted therapy program, which has been visiting retirement and nursing facilities since 1987.

For information or reservations, please call the Assisi Animal Foundation at 815-455-9411.

## Take the Chill Out of Winter

### How about HEATED MATTRESS PADS?

These are soft, cozy and warm—just imagine crawling into a "preheated" bed. The only problem will be getting out. Come on in and ask to feel the warmth. These pads from Peacock Alley have a soft velour covering and expandable pockets to fit any mattress depth. These pads are even machine washable.

**Cozy Robes** will keep you warm and if you did not get one for the holidays, now is a great time to treat yourself with our **15% savings** on all robes. Choose from the luxurious Little Giraffe Satin/Chenille or Light Chenille, and the popular Resort Robe from Peacock Alley.

**Treat your feet** to a new plush bath rug or bath mat. Getting out of the show-

er never felt so good. And, coupled with new sumptuous bath towels, you'll be set for the season. Choose from over 200 colors and styles. Our selection includes towels made from bamboo, wood fiber, Egyptian cotton, micro-cotton, and beechwood.

**Down Products**—there is nothing warmer than down in the frigid January freeze. We have a great selection of duvet fills and sleeping pillows from summer-light to arctic weights. Most sizes are in stock. If allergies are a problem, Ogallala guarantees their down products against allergic reactions for 10 years. And, if you prefer a down alternative like Primaloft or Comfortil, we have that too.

## If You Are All Winter'd Out and Focusing on Spring...

### Freshen Your Bed with New Sheets

Come check out our stock of **Bellora** sheets and duvets. **Bellora's** fine offerings of cotton, linen, and mixed linen blends bed sheets have always been synonymous to luxury and quality. The colors are light and fresh and ready for spring.

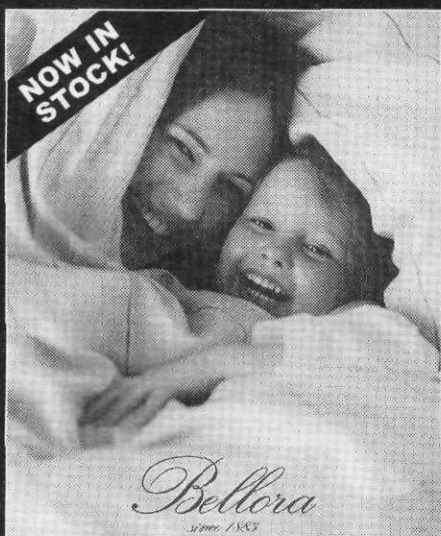
### Fabulous for any time of the year—

**Anichini Tapestries and Brocades.** Rich colors, and regal styling make these perfect in any bedroom. We have several in stock and can show you all the wonderful colors and patterns to choose from.

**January White (& colors, too!) Sale!!! Take 20% OFF**  
all in-stock and ready-made special order sheets and bedding ensembles  
through January 31, 2007. Not valid on custom orders or with any other discounts.

We are located at 150 S. Cook St. in Barrington—in the new Cook Street Plaza. Feel free to phone us at **1-847-277-1480**—we are open Monday 10 a.m. to 5 p.m., Tuesday through Saturday 10 a.m. to 6 p.m. and Sunday 11 a.m. to 3 p.m.

## Take the Chill Out of Winter



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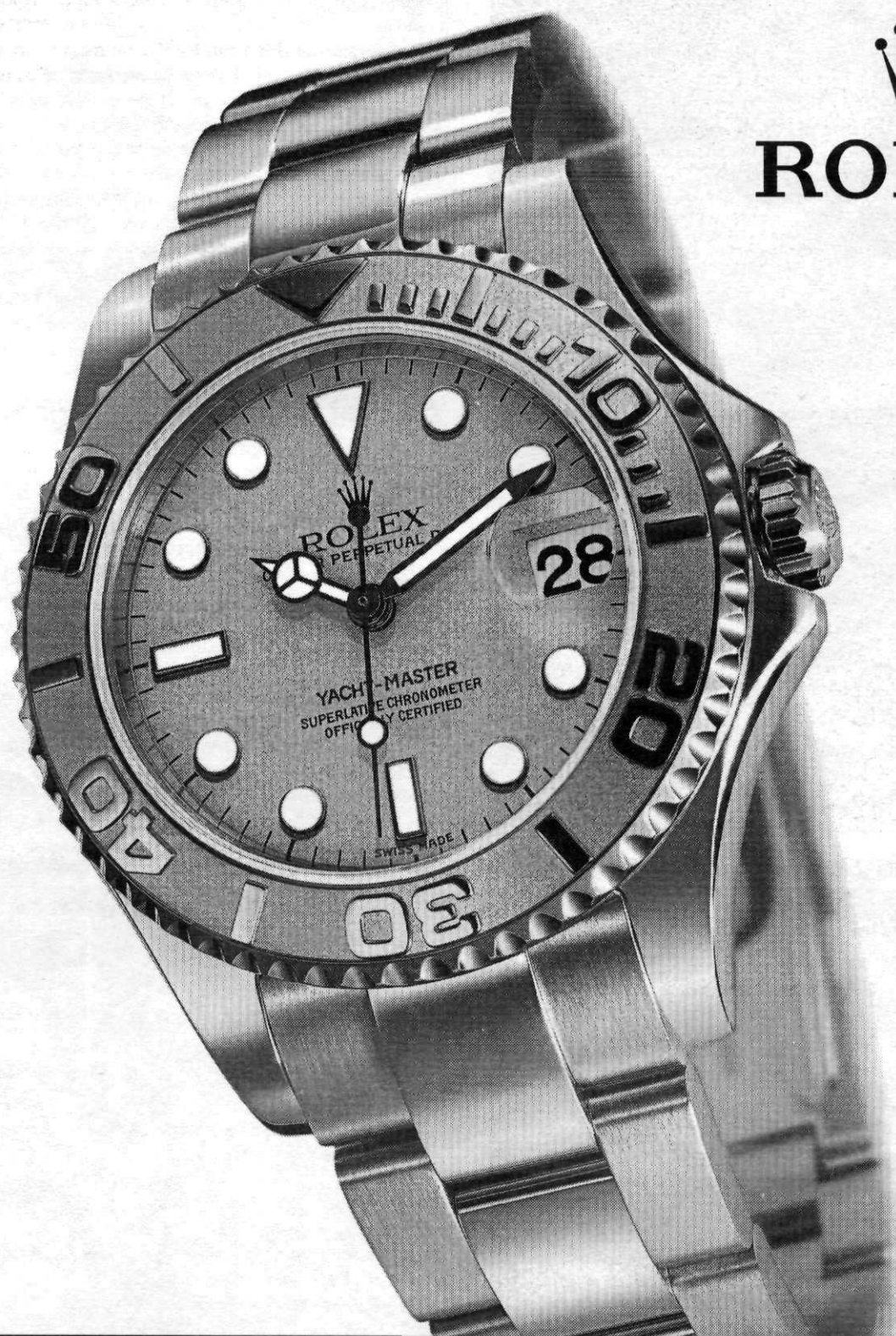


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Our annual children's portrait special is about far more than the significant savings it offers. It's a time when all of our concentration is fully focused on children. We are psyched up and ready to slide into full-blown kid's mode.

Late winter is a favorite time for us at Buschauer's. The near constant parade of little feet crossing our threshold during a season when most of us are snow and slush weary, brings lightness and life to our place like nothing else does. I sometimes feel like Art Linkletter, Santa Claus and Dr. Doolittle wrapped up in one!

We are regularly complimented on how well we engage children's cooperation and enthusiasm during their sessions. Actually, we feel privileged to work with them. They are fun, honest and definitely unpredictable. We believe the key to photographing anyone well, regardless of their age, is first to make them feel comfortable. Once that happens, their reticence melts... resulting in delightful images.

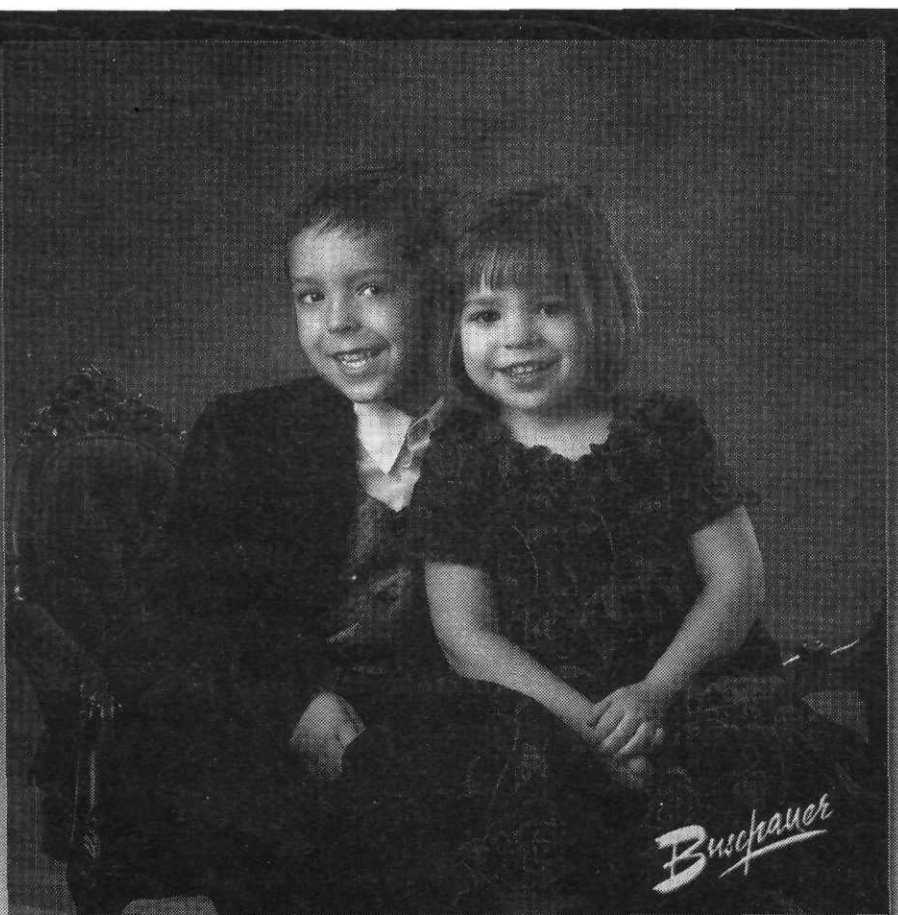
For previous participants in this special promotion, we invite and welcome you back. For those of you who have yet to venture to our studio, we promise you will be thrilled with the portraits of your children and the manner in which you are treated.

Planning consultations can be done in person or over the phone. We will send you information to further help you prepare for your child's portrait session.

### The Details

- Dates: **January and February, 2007**
  - Children must be between the ages of **3 and 15 years old**.
  - Sessions are **only \$50** per child (\$125 off our regular session fee).
  - **10% off your entire print order** when placed at the original viewing appointment.
  - No minimum order requirements for this particular promotion... no maximum order either!
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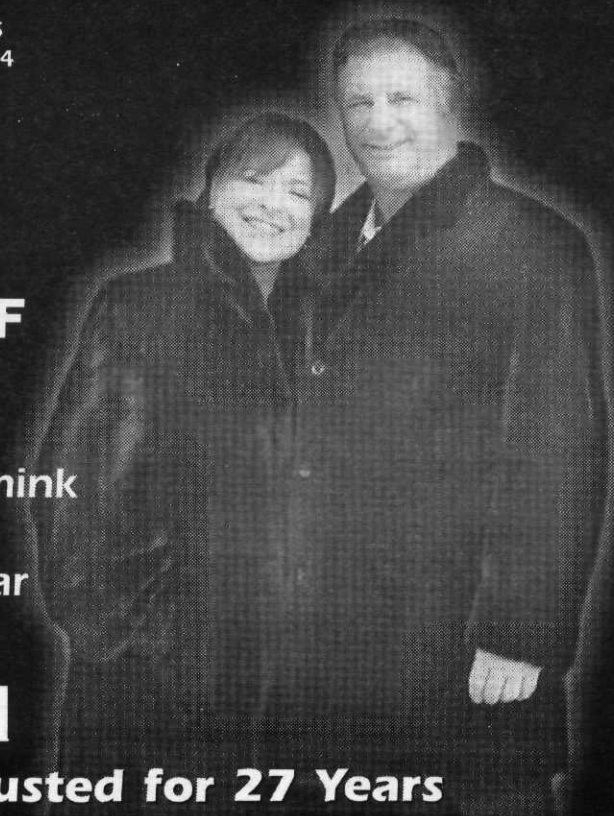
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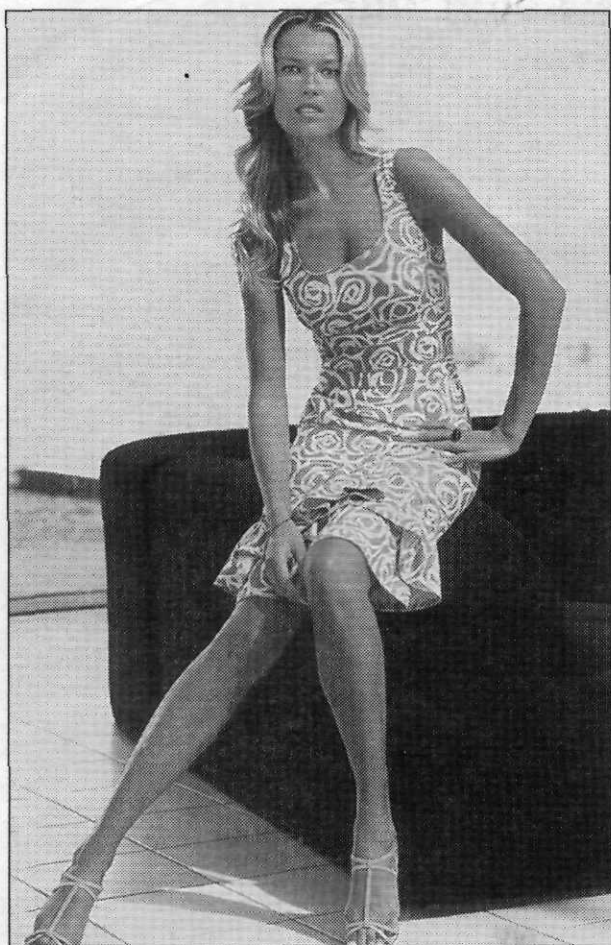
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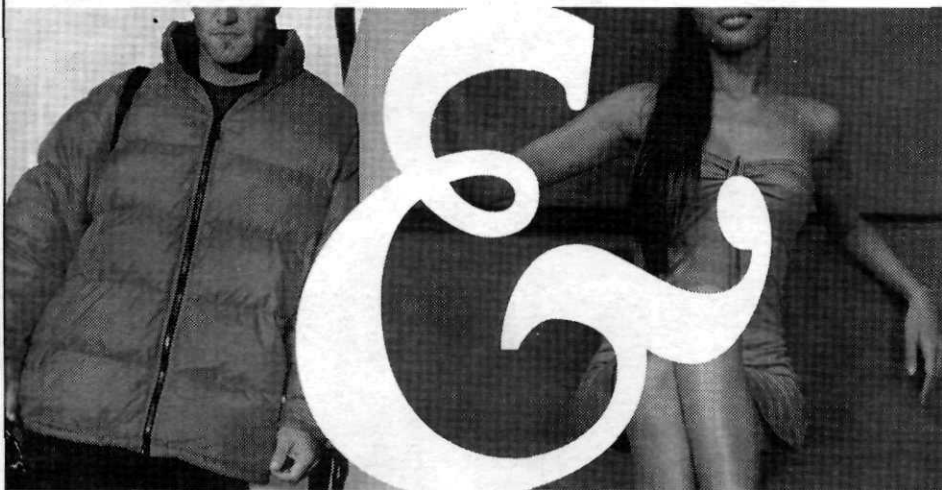
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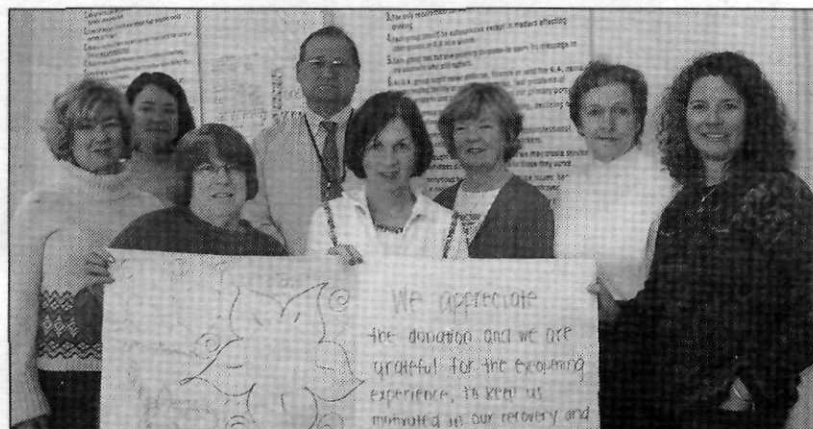


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## The Inverness Women's Club Visits The Youth Center at Northwest Community Hospital



Pictured (from left) are Jay Kist, Cheryl Duysen, Cindy Parkin, Youth Director Tom McCabe, Denise Long, Lenore Lawrence, Betty Ann Dailey and Pattie Stejskal. Not pictured is Marianne Lovett, the director of development. The poster contains a thank you message from the center's youth.

Several members of the Inverness Women's Club visited The Youth Center, one of the many organizations that the club supports financially. The Youth Center, an organization that treats adolescents who are chemically dependent, teaches the concepts of the 12-step recovery programs and tailors treatment plans to fit each patient. Services include counseling and therapy, education on addiction and recovery, monitoring by a board-certified psychiatrist, group activities and on-site schooling. Patients' families also receive the support and education they need to promote sobriety. Through learning new behavior,

adolescents acquire the tools they need to sustain a healthy lifestyle."

The Women's Club of Inverness meets September through May. Most regular meetings are held on the second Thursday of the month (with special exceptions in November, February and April), at the Inverness Golf Club at 9 a.m., beginning with a brief meeting followed by an always informative and interesting program.

### The Shoe Box Express

The club is always looking for donations and names of servicemen and women stationed in Iraq and Afghanistan to send care packages to. If you would prefer to

## Ring in the New Year with Style at Deer Park Town Center

Outside it's icy and cold, but at **Deer Park Town Center**, things are warming up this winter to bring you the best of the season's fashions. You'll find just what you need to keep toasty 'til spring!

Make the most of what the **Deer Park Town Center** has to offer by starting your day with a hot cup of freshly brewed coffee at Caribou Coffee. This gourmet coffee shop welcomes you in from the cold with a blazing fire, leather sofas and chairs, and natural wood décor that makes you feel like you've just stepped into an upscale ski lodge.

Next, treat yourself to a day of shopping at over 65 of your favorite stores. For cold-weather gear, stop by Eddie Bauer. As the inventor of the down jacket, Eddie Bauer knows how to make a warm, resilient coat that combines practicality and style. The retailer has a vast selection of down jackets, vests, and accessories for both men and women that will keep you warm through many fun winter activities this season.

**Deer Park Town Center** also has a great mix of restaurants to visit for a relaxing evening out with family and friends. This time of year is perfect for a steak dinner at Stoney River Legendary Steaks, where the food and ambience will delight your senses. Enjoy the upscale mountain lodge setting while feasting on entrees such as Pecan-Encrusted Swordfish, Citrus-Roasted Half Chicken, and a variety of Legendary Steaks including the 14 oz. leg-

endary Filet and the 12 oz. Center-Cut Sirloin.

After dinner, head over to Century Theatres to catch the latest film of the season. Enjoy hot buttered popcorn and a movie while snuggling up with that significant other in the famous love seats at Century Theatres. The theatre features stadium seating, digital surround stereo, and 16 movie screens, creating a paradise for moviegoers.

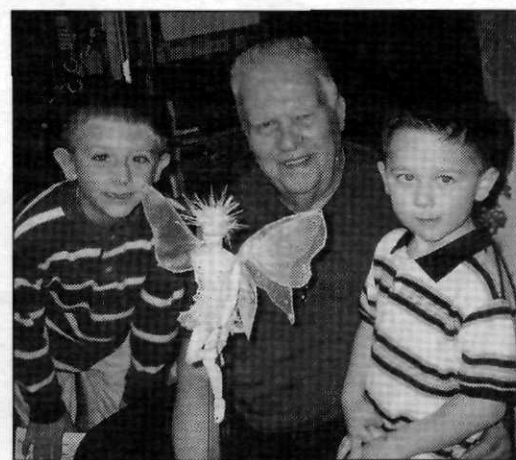
**Deer Park Town Center** is located off Rand Road (Route 12), just one mile north of Lake Cook Road. The center features over 65 stores and restaurants including: Select Comfort, Mimi Maternity, La Hacienda, Victoria's Secret, and The Bombay Company. Holiday shopping hours are Monday through Friday 10 a.m. to 9 p.m., Saturday 9 a.m. to 9 p.m., and Sunday 11 a.m. to 6 p.m. For more information about the center including the center-wide gift card program, please call 1-847-726-7755 or visit—  
www.shopdeerparktowncenter.com.

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## Opera in Focus Enjoyed by All Ages

Following a magnificent Opera in Focus November matinee performance replete with magical scenes and seamless music from *Hansel & Gretel*, guests were invited to enjoy a tour of the highly technical backstage area featuring the only rod puppets in the world. Brothers Alex (left) and Sebastian Pighini of Barrington were fascinated as Puppeteer "Will" Harder demonstrated how Dew Fairy's wings were animated for her flight to awaken *Hansel and Gretel* during the third act.

Opera in Focus is located at Park Central, 3000 Central Road, Rolling Meadows. For more information, call 1-847-818-3220 ext. 186. or www.operainfocus.com.



\*\*\*\*\*

help with the shipping cost, a monetary donation payable to The Women's Club of Inverness and marked "Shoe Box Express" will be specifically earmarked to be used for postage to mail these packages. The list of items needed by soldiers changes from month to month, so please call Gert at 1-847-382-6006 for additional information.

The Women's Club of Inverness is a philanthropic 501(c)(3) organization. All proceeds from our activities are distributed to local community-based organizations and scholarship grants to graduating seniors and college students residing within the boundaries of School Districts 211 and 220.

### Upcoming Meetings and Events

- Feb. 8, Entourage Restaurant, Schaumburg, luncheon and presentation by TV personality J.J. Bittenbinder on personal safety.

- March 8, Inverness Golf Club, presentation on writing and publishing a book and book signing by Caryn Amster, author of *The Pied Piper of South Shore*.

- April 13, The Stonegate Conference and Banquet Centre, Hoffman Estates, Spring Luncheon & Fashion Show benefit.

- May 10, Inverness Golf Club, Arnold Bonamechi of the Lyric Opera Lecture Corps will interpret an opera being presented this season.

For further information please contact Raisa at 1-847-991-3136 or raisa.bratkiv@comcast.net.



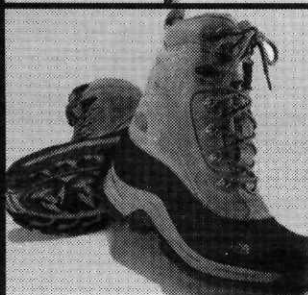


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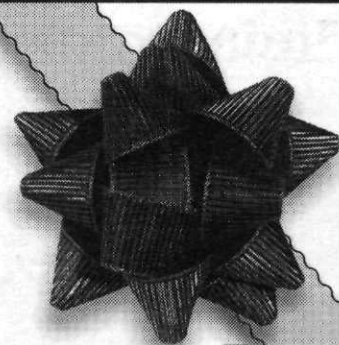
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terdisciplinary projects designed to allow students to delve into subjects. Critical thinking and reasoning abilities are taught and applied across content areas. An atmosphere dedicated to joy in learning fosters confidence, initiative, responsibility and leadership. Extended care is available from 7 a.m. to 6 p.m.

\*\*\*\*\*

## AAUW Upcoming Events

The American Association of University Women (AAUW), Barrington Area, Illinois Branch will attend the annual AAUW Networking Luncheon Saturday, Jan. 27 at the Deerfield Hyatt, 11:30 a.m. to 3 p.m.

Justice Anne M. Burke of the Illinois Supreme Court will speak on the subject "Our Responsibility to Society as Professional Women." She has served as the first woman on the Illinois Court of Claims, and she has also served on the Appellate Court. In her long career as a children's advocate and legal professional, Burke has endeavored to provide a voice to society's most fragile citizens.

The cost of \$35 includes a choice of entree—chicken, salmon or vegetarian. Contact Bobbie, 1-847-381-3315, by Jan. 20 for reservations. Guests are welcome.

*The Optimist's Daughter* by Eudora Welty is the book for the Luncheon Book Discussion on Wednesday, Jan. 10, noon, at The Garlands in Barrington. Loretta is the chair, 1-847-381-5012.

Thursday, Jan. 11, the Daytime Bridge

Group will meet in a member's home. Call Bobbie at 1-847-381-3315.

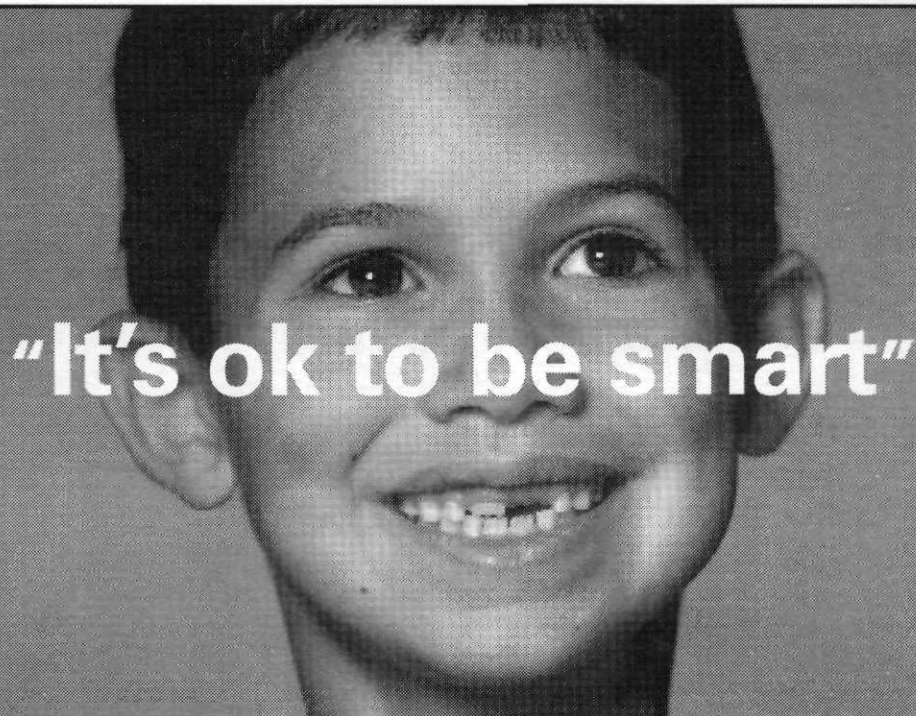
The Women's Issues Book Group will discuss *1000 White Women: Journals of May Dodd* by Jim Fergus on Monday, Jan. 15, 7:30 p.m. in a member's home. Call Pat at 1-847-550-1282.

*The Devil in the White City* by Eric Larson will be discussed in a member's home, Tuesday, Jan. 27, 7:30 p.m. Peg is the chair, 1-847-381-4791.

The Great Decisions study group meets weekly for eight weeks at the Barrington Area Library on Tuesdays, 1 p.m., beginning Jan. 30. The study materials are prepared by the Foreign Policy Association. Contact Bobbie Svacha at 1-847-381-3315 for further information.

Membership is open to any graduate of a qualified educational institution. Guests are welcome to attend two meetings or events prior to joining AAUW.

Membership co-chairs of the Barrington AAUW are Anne at 1-847-772-4507 and Preeti at 1-847-222-0599.



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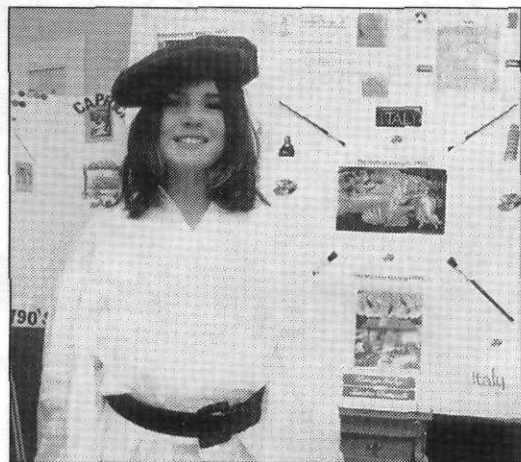
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## Elgin Academy Event Highlights History & Literature



Kathryn Shirley of North Barrington acted as artist Sandro Botticelli.



Kiersten Nordli of Barrington Hills was artist Francisco Goya.

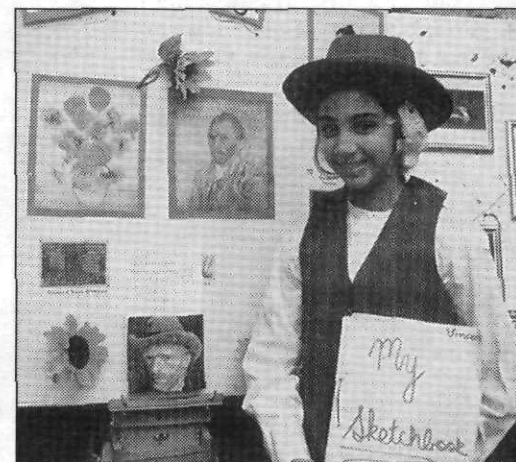
History and literature are both served at **Elgin Academy's** annual Biographer's Tea for fifth- and sixth-grade students and their parents.

The private, college-preparatory school has always put an emphasis on history with its own charter as a private school dating to before the Civil War, says Peggy Veltri, middle school language arts teacher at the Academy.

"We want students to experience what it was like to be a leader in the arts, politics, music or literature during a period of history," said Veltri. "We hope they will learn to understand the difficulties and challenges that these important people faced so that they can develop their own leadership skills and confidence."

This year 51 students participated in the Biographer's Tea. In addition to writing a research paper and making an oral presentation, each student dresses and acts as a famous person in history while parents interview them. This year's cast of characters included Wolfgang Amadeus Mozart, Maria Tallchief, Ray Charles, Grandma Moses, Pablo Picasso and Walt Disney.

**Elgin Academy** is one of the area's largest private, college preparatory schools with more than 600 students from the northwest and west suburbs of Chicago. Located on an 18-acre campus in Elgin's historic downtown district, the Academy provides an exceptionally strong curriculum for students from preschool through high school, as well as a wide variety of sports and other extracurricular activities. For more information on **Elgin Academy**, visit [www.elginacademy.org](http://www.elginacademy.org) or call Erik Calhoun at 1-847-695-0309 ext. 243.



Siyona Ravi of Algonquin played the part of Vincent van Gogh.



Alexander Skiouris of Barrington Hills played the part of artist Edouard Manet.

## What's Hot for Travel in 2007?

### Lake Zurich Travel & Cruise Offers Top Travel Ideas for the New Year

**China** tops the list this year! Hike the Great Wall; fly a Chinese kite in Tiananmen Square; visit a local family in their Hutong home in Beijing; discover the terra cotta warriors of Xian; shop 'til you drop with great bargains in Shanghai—Call us for dates of our escorted local group tour in the fall.

**The South Pacific** has everything you could ever want from a tropical vacation: beaches, ideal weather, surfing, hiking, snorkeling and the wonderful people of the islands! Cruise Tahiti, Fiji and the Cook Islands and immerse yourself in the culture and the beauty. Join in a Gourmet Food Tour of the Hawaiian Islands.

Cruise the **Mediterranean and Greek Islands!** Following the last Olympics, this area had a huge growth in popularity! Whether it's the ancient sights of the ruins in Greece or the fashionable jet-set boutiques of Taormina on the isle of Sicily, or the never-ending beauty of the coastline in Croatia, the Mediterranean is sure to please!

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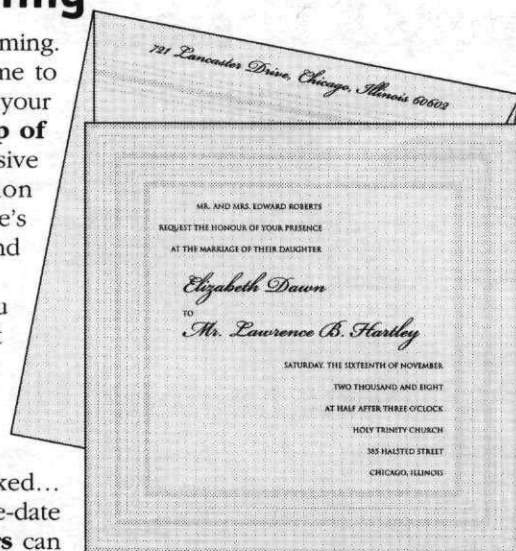


## A Beautiful Beginning

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 and save-the-date books. There's something to please every couple (and their new in-laws)!

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.

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.



## It's That Time of Year—Sale Time

The whole world is on sale and so are we! All fall and winter merchandise is reduced... from our cashmere sweaters to our terrific T-shirts, to jewelry.

We're also setting up our resort merchandise for all the lucky people going

away. Please come in soon to get the best choices and your size.

And, have a happy and healthy New Year!

—Satin Filly

## Council of Barrington Garden Clubs Beautification Committee



Pictured (from left) are Peggy Olsen, Gail O'Gorman, Cinder Dowling, Ginger Glantz and Pat Ballot, all of the Garden Club of Barrington.

The Council of Barrington Garden Clubs' Barrington Area Beautification Committee announced the winners of the Beautification Awards, given to businesses, churches, schools and civic organizations, at their last meeting.

The committee is headed by Chairperson Sally Deniston (Country Home and Garden) and Assistant Chairperson Lorraine Westcott (Field and Flower Garden Club). Members include Kathleen Amatangelo (Countryside Garden Club), Cathy Robinson (Field and Flower Garden Club), Sue McGrath (Garden Club of Barrington), Marilyn Lageshulte and Trudy Stofft (Green Thumbs Garden Club), Roberta Ball (Little Garden Club of Barrington), and Kathleen Foerster (Village Planters Garden Club).

The purpose of the Council of Barrington Garden Clubs is "to serve as coordinating body to aid interclub cooperation and to provide, when requested, appropriate response to community issues, plan and projects at the direction of Member clubs."



Pictured (from left) are Jim Bilinski of The American Plantsman and Sally Deniston, chairperson of the Council of Barrington Garden Clubs' Barrington Area Beautification Committee.

## Get a head start on next year's Holiday at 40% OFF!

Ornaments, cards, invitations, wrap, ribbon & decorative accessories are all on sale, starting Tuesday, Dec. 26th at 9:30 am!

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## Field and Flower Garden Club of Barrington

Field and Flower Garden Club members will ring in the New Year on Wednesday, Jan. 3, 7 p.m. at a celebration of camaraderie at a member's home. The theme of the evening is "Getting to Know You." Claudia Cupidro, vice president/co-program chairman, has collected biographical sketches from members and photos of their gardens and landscapes. The test will be to match personal information with the beautiful garden images shown. Members work together closely during the year to fulfill garden club objectives but sometimes are not aware of other accomplishments and interests of fellow members. No doubt there will be ques-

tions asked and stories shared of gardening triumphs.

Field and Flower Garden Club has been a part of the greater Barrington Area for over 47 years. Meetings are typically held on the first Wednesday of each month in private homes or at the Barrington Area Library and include a program, a short business meeting, refreshments and always time to ask all sorts of gardening questions. Field and Flower is a member of Garden Clubs of Illinois Inc. and National Garden Clubs Inc. For information, please call 1-847-382-3440 or 1-847-381-7816.

\*\*\*\*\*

## Green Thumbs of Barrington to Meet Jan. 22

The Green Thumbs of Barrington Garden Club will meet on the fourth Monday (rather than the usual third Monday) of the first month of the brand new year of 2007. The gathering will convene at 12:30 p.m. on Jan. 22 at the Barrington Area Library.

An exciting program, presented through pictures and stories, will take us along with Gert Jacobson on her 17-day excursion to many well-known British gardens, such as those in Kent and the Cotswolds, Hever Castle, Hampton Court and Sissing-

hurst. Jacobson is a retired teacher and an active member and officer of the Inverness Garden Club.

Men and women wishing to share in this journey will be welcome as visitors. You may call Trudy at 1-847-381-6427 for details.

The Green Thumbs of Barrington Garden Club is a member of the Council of Barrington Garden Clubs, The Garden Clubs of Illinois, and the National Council of State Garden Clubs.

\*\*\*\*\*



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## Applications Being Accepted for Women's Works Exhibit

Female artists over the age of 18 are invited to apply to The Northwest Area Arts Council's Women's Works exhibition.

Women's Works is a juried fine art exhibit presented annually by the Northwest Area Arts Council in celebration of the creative efforts of women artists throughout North America. The show, which coincides with Women's History Month, has become a much-anticipated area event for northwestern Illinois. The exhibit is traditionally shown at The Old Courthouse Arts Center in the historic square of Woodstock. The Gala Night Opening Reception

sees an excess of 500 people filling the galleries.

The 2007 exhibit will mark the 20th anniversary of Women's Works and will feature famed artist and author Judy Chicago as the juror. Concurrent with Women's Works will be the Eleventh Annual Little Women's Works featuring the artistic achievements of young women.

Please visit Northwest Area Arts Council's Web site at [www.naac4art.org](http://www.naac4art.org) for a prospectus and more information on the events planned around the 20th anniversary of Women's Works.

## Happy New Year and Bon Appétit!

As winter really sets in, we find warmth in "comfort foods." For me, items like beef stroganoff, meatloaf, braised pork chops, Swedish meatballs with noodles and even fluffy buttermilk pancakes on Sunday morning make me forget the business of parenthood and work. This is comfort food! Our catering philosophy at **Dave's Specialty Foods** is 100% home-made comfort foods prepared by the owner and staff that actually love their

jobs! **This passion translates to great food for your event.**

We have also created a **dinner party** niche—Dave comes to your home bringing a five-course meal, demonstrates the appetizers, serves the plated dinner, and cleans up afterwards. What an awesome, relaxing evening!

Call **Dave's Specialty Foods** at 1-847-259-9510 or visit the Web site at [www.davespecialtyfoods.com](http://www.davespecialtyfoods.com).

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**La Strada Ristorante** is proud to announce the opening of our restaurant on Barrington Road in Hoffman Estates/South Barrington. We serve lunch Monday through Friday from 11 a.m. until 4 p.m. and dinner seven days a week from 4 p.m. until 11 p.m.

Our menu features authentic regional classic Italian cuisine in addition to prime, Black Angus and U.S.D.A. choice steaks, prime veal, lamb, pork chops, baby back ribs, tender veal scallopini, whole Maine lobsters, jumbo Gulf shrimp, Atlantic salmon, Pacific swordfish, East Coast lemon sole, jumbo sea scallops, bone-in chicken Vesuvio, homemade raviolis and seasonally flavored pastas. Our specialty lobster bisque soup and lobster Fra Diavolo have been highly acclaimed by customers.

Our wine list is well stocked in Italian, Chilean, French and California wine varieties, supplemented with numerous wines available by the glass.

Our cocktail lounge offers a quiet retreat to enjoy barroom cocktails and light hors d'oeuvres, or full dinners at the bar with plasma TVs and lively music. Weekend live entertainment in the lounge will start in February.

**La Strada** bartenders will be glad to accommodate your craving for one of our 14 different crazy martini offerings or 20 imported beer selections.

**We will have a wonderful Wine Dinner on Wednesday, Jan. 24, featuring**

**six courses of modern Italian regional specialties with wonderful wines at each course. Limited reservations are available, in advance only.**

**We are also running a two-month Sunday promotion to promote family dining. All children receive a 50% discount for dining with us on Sundays in January and February, regardless of their age. Please come and see how we pamper the little ones!**

Our banquet room can accommodate 160 people for a sit-down function or up to 250 people for a reception with complete privacy. Our banquet space can also be subdivided into three separate, smaller rooms. We have the ability to set up captain tables for completely private corporate luncheons or dinners, from simple events to elaborate multicourse/wine-celebration events. Over the holidays we have had the pleasure of hosting many corporate events for breakfast brunches, lunches and dinners, as well as family anniversary and birthday celebrations. All events have customized menus to fulfill the events purpose—no event is too small.

Our Web site, [www.lastradaristorante.com](http://www.lastradaristorante.com), features our menus and additional special events announcements.

We are located at 2380 Lakewood Blvd. at Barrington Road in Hoffman Estates. For more information, call 1-847-765-1700. We look forward in serving you soon. *Thank You.*

## 2006 Best of the Best



**Pictured (from left) are Jesus Rios, Chris Kortendick, Master Lawson, Casey Popp and instructor Tom Keller. Not shown are Ryan Koril, A.J. Benante, Grant Elliott and Ben Simone.**

The following Barrington Martial Arts students placed at the 2006 Best of the Best tournament that was held Sunday, Nov. 12 in Arlington Heights at John Hersey High School.

Ryan Koril of South Barrington took 1st place in forms, 2nd place in board breaking and 3rd place in sparring. Chris Kortendick of Barrington Hills took 2nd place

in forms. Casey Popp of Barrington took 1st place in forms. Jesus Rios of Carpentersville took 3rd place in sparring. A.J. Benante of Barrington took 1st place in forms. Grant Elliott of Barrington took 2nd place in forms. Ben Simone of Barrington took 2nd in forms. Tom Keller of Barrington Hills took 1st place in forms.



## What's Happening at Starr Couture

Don't miss the savings of the finest European Fashions and accessories not found in other stores at **50% to 70% off**. We offer these savings only twice a year, now and in July. Check out our **\$49.00** and under bargains. This is the only time we bring all the merchandise out on the racks.

If you are planning a wedding, call us about our **Mother of the Bride and Groom** dresses.

We look forward to seeing you at our sale. —Starr



Starr Kondos, Owner

## Chers Amis...

As you are reading this, the holiday season is more or less over, and it was a very good one for us, meaning yes, we were busy, but above all our customers seemed extremely happy, and they told us so! Thank you to all of you who visited **D & J** during this festive time of the year.

And life goes on, a new year with a multitude of hopes for everyone. For us, our dearest wish, as we enter our 20th year with the same reliable team (owners, chef, manager), is to still be recognized as

a great value restaurant with continued interest in creating classic dishes as well as seasonal and/or creative cuisine. We are also celebrating our bar manager's citizenship. Indeed, Rocky started with us as a bus boy 14 years ago, went to school for the trade and the language, climbed up the small "ladder" at **D & J**; we are very proud of him!

—Stephane and the team of **D & J Bistro**

## Belongings Needs Your Consignments and Donations!

Due to a very successful fall season in the store, **Belongings needs merchandise**. We have an enthusiastic and growing customer base who *visit us often* to find high quality furniture, accessories or other home accents.

Because our proceeds benefit Wellness Place, A Cancer Resource Center, our donors, consignors and customers are happy to further our mission as they see benefits for friends and loved ones who are touched by cancer. "Our community is fortunate to have a resource like Wellness Place where participants have a wonderful place to help them manage the impact of a cancer diagnosis. Karin Cumming, Belongings manager says "Many of our customers know someone or have had a personal experience with Wellness Place and share the enormous difference it made to

access support and information through Wellness Place's exceptional, caring staff."

**Belongings seeks the following items** to sell in the store at **205 S. Cook St.** in downtown Barrington:

- Chairs, Tables, Rugs
- Mirrors, Desirable Lamps and Chandeliers
- Quality Upholstered Furniture
- Selected Artwork
- Tasteful Accessories
- Quality Glassware, China, Silver
- Interesting Pottery

Items must be clean and in good to excellent condition.

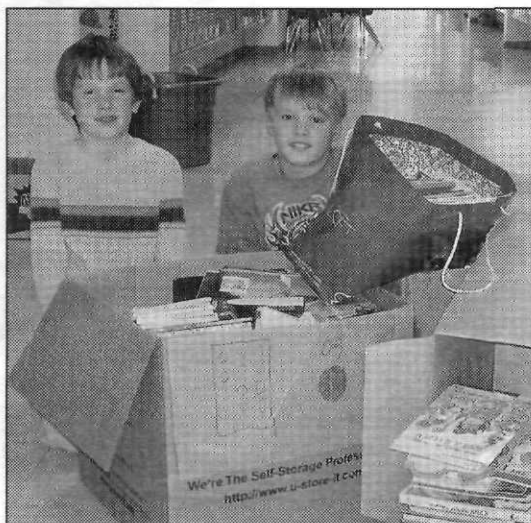
Please no plastic, appliances, electronics or toys.

Please call **Belongings** for information and free pickup for your desirable donations—**1-847-304-0504**.

## Successful Book Drive

On Friday, Nov. 10, Grandmaster Yuri Shulman and chess volunteers delivered over a 100 books collected over the last few months by District 220 chess clubs and the Barrington community. Ms. Estka, the principal of Avondale School, was touched by the dedication of the students in Barrington to care about the students at Avondale School in Chicago, where 97% of the students qualify for the free lunch program.

Sam Gadbois and Ryan Horak, Lines School fourth-graders, collected 450 books from their class. They accomplished this in little over a week and inspired their peers to bring in books with the promise of an ice cream party if they met their goal of 200 books. They handled the entire project on their own—talking to the principal, making posters, collecting books, talking to their peers and making the project a success.



These chess students and others are helping establish a tradition of creating, implementing and organizing projects where the schools and community work together to serve others.



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\*\*\*\*\*

## Another Honor for Lake Zurich and for *Urinetown, the Musical!*

Another honor has come the way of Lake Zurich High School. The fall show, *Urinetown, the Musical*, has been selected to be performed at the Illinois High School Theatre Festival! Director Ron Culver noted that "This is a wonderful opportunity for the students who have worked so hard on this show! The cast, crews and musicians will enjoy performing for all the attendees at the Theatre Festival!"

The Illinois High School Theatre Festival will be held Jan. 4 through 6th at the University of Illinois, Champaign/Urbana. The festival will bring together students

from across the state. Each student will have the opportunity to attend workshops and clinics, see productions from around the state, and attend the All-State production of *Les Misérables*.

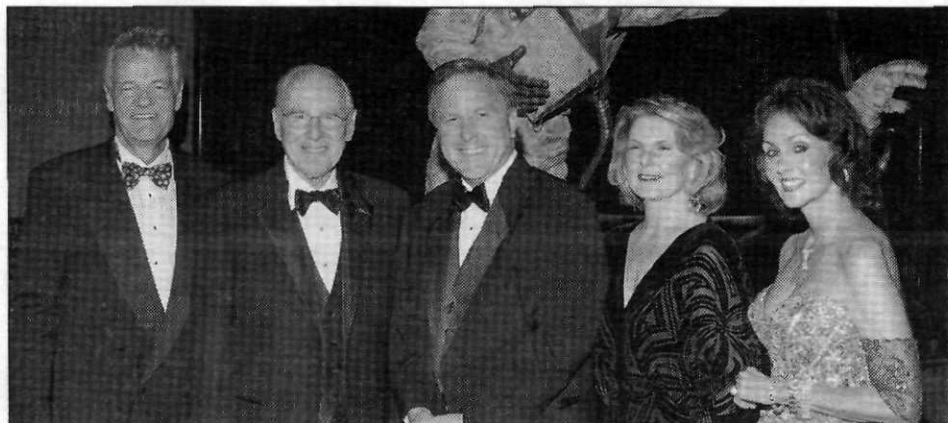
Students from Lake Zurich High School will also be busy on Friday performing *Urinetown* for the festival attendees. Faculty, staff, students and volunteers involved in the theatre program, as well as administration at the school and the district are thrilled about this latest honor for Lake Zurich High School.



# Happenings!

*in the area*

## Adler Planetarium Women's Board Presents "Moonglow" 2006 Celestial Ball



Pictured (from left) are Adler President Paul H. Knappenberger Jr., Captain James A. Lovell Jr., Phil Rogers, Celestial Ball Chair Sherry Schmitter Block and Celestial Ball Co-Chair Rebecca Childers Caleel.



Pictured (from left) are Adler Planetarium Women's Board Member Caroline Becker Joss, Celestial Co-Chair Rebecca Childers Caleel, Celestial Ball Chair Schmitter Block, and Women's Board Member Cynthia Ballew.

The Women's Board of the Adler Planetarium held its 2006 Celestial Ball "Moon-glow" at the Adler Planetarium on Oct. 14 and raised \$550,000. Captain James A. Lovell Jr. served as honorary chair of the 2006 Celestial Ball. Phil Rogers of NBC-5 Chicago served as emcee of the black-tie gala.

Auctioneer Joel Kaplan led the evening's live auction. It featured an extremely rare Apollo 8 beta-cloth patch, flown onboard the Apollo 8 spacecraft. The patch, donated to the auction by Lovell, was autographed by astronauts Bill Anders, Frank Borman and Lovell. This highly sought item sold for \$20,000. The auction also featured unique packages for space enthusiasts including an Adler slumber party, an Omega Speedmaster watch and a private fireworks display viewed from the Adler Planetarium. The Brother John Band was on hand for live music. Heffernan Morgan furnished the dramatic decor of the ball.

The Women's Board is the Adler's lead partner in education. In 2005, the Celestial Ball raised more than \$450,000, en-

abling the Adler to develop new partnerships with the Chicago Public Schools. Through its support of the museum's education programs, the Women's Board inspires scientific curiosity and literacy in young people, specifically young women.

The Celestial Ball Lead Sponsors were Food for Thought, Dr. George T. Caleel and Rebecca Childers Caleel, The Boeing Company, and ComEd, an Exelon Company.

The Adler gala was chaired by Sherry Schmitter Block and co-chaired by Rebecca Childers Caleel.

The Adler Planetarium & Astronomy Museum—America's First Planetarium—was founded in 1930 by Chicago business leader Max Adler. The museum is home to two full-size planetarium theaters, including the world's first all-digital StarRider Theater, and one of the world's most important antique instrument collections. The Adler is a recognized leader in science education, with a focus on inspiring young people, particularly women and minorities, to pursue careers in science.

## After the Lecture



Following the November lecture on Gounod's *Romeo et Juliette* by award-winning lecturer Kip Kelley, Barrington Chapter of Lyric Opera of Chicago (BCLOC) members gathered to enjoy camaraderie in The Garlands' Robie Lounge. Pictured (from left, back row) are Mary and Howard Robins of Arlington Heights, Kip Kelly of Glenview, Walter Ahern of Inverness, Mary Jean Bolger of Palatine, (front row) Janet Lareau, Evelyn Hammond and Pat Mead, all of Barrington.

BCLOC sponsors free, open-to-the-pub-

lic opera lectures on all of Lyric Opera of Chicago's main stage productions. The lecture presentations are given by Lyric Opera of Chicago's award-winning Lecture Corps which is co-chaired by Howard and Mary Robins, both past presidents of BCLOC.

For inquiries on membership in the Barrington Chapter, call George Obermaier at 1-847-985-0837.

You may visit Lyric Opera of Chicago's Web site at [www.lyricopera.org](http://www.lyricopera.org).

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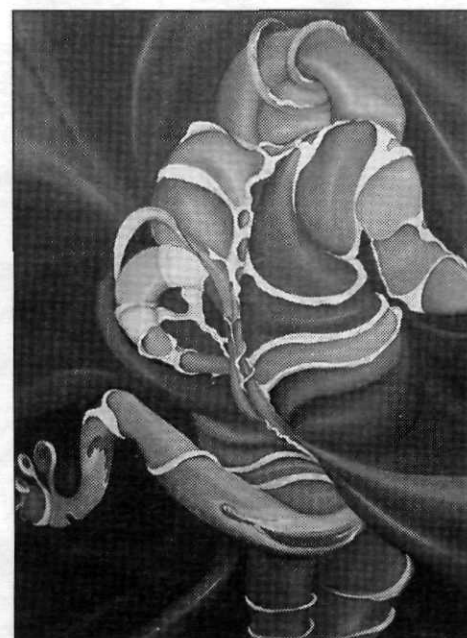
## Mindscales, An Abstract Exhibit

What do you see? What is your mind telling you it sees? These are some of the questions you might find yourself wondering aloud as you peruse Barrington Area Art Council's (BAAC) *Mindscales*, an abstract exhibit on display from Jan. 5 to Feb. 2 at BAAC's Main gallery (121-B Barrington Commons Court in Barrington). An opening reception will be held Friday, Jan. 5 from 7 to 9 p.m. Refreshments will be provided and you'll be able to meet the artists.

Featuring the work of six area artists, *Mindscales* is a diverse look at the mysteries of the inner mind. The local artists, Hal Betzold, Jenny Dryw, Graham Harles, Paul Gober, Tom Potenza and La Vie, are displaying work purposely created to make you think, ponder and question notions of reality.

It's the first abstract show BAAC has held in many years. It's a new foray for the organization, one they hope to venture into more often. Corryn Hall-Lee, BAAC's executive director, says, "It'll be interesting to see how people react to the works in this show. There's a totally different feel in the gallery [with these works displayed]."

BAAC is excited with the direction the organization is taking for the new year.



*The Dance* by artist Jenny Dryw

Hall-Lee adds, "We have a lot of exciting shows planned for 2007. *Mindscales* is a first step in the direction of mixing our traditional shows with some newer, edgier exhibits..." For questions about *Mindscales*, call BAAC at 1-847-382-5626 or e-mail [info@barringtonarts.org](mailto:info@barringtonarts.org).







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## About Me

Nicci Grabs, owner of Innovative Fitness Solutions, graduated Magna Cum Laude with a

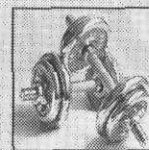
BS in Exercise Physiology from Western Illinois University. She is a Certified Personal Trainer through NASM, the National Academy of Sports Medicine, and has over 10 years of experience in the fitness and personal training industry.

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All persons must be registered by  
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any time in June, July or August.

Tell them Master Lawson sent you  
& get a **FREE Lesson** or consultation.



## Facelift Surgery

by Gary S. Churchill, MD

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*



Stacie McClane, MD



Gary Churchill, MD

*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 actually 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

(Please continue on page 23)

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## Art Associates Plan Lecture Series

The holiday season is over; the New Year has arrived but a quieter social schedule and frigid temperatures keep us indoors with not much to celebrate! If this scenario describes your circumstances, then find your calendars and mark three dates in January guaranteed to provide stimulating information and engaging conversation. The Barrington/Northwest Community Associates of the Art Institute of Chicago (B/NWCA; Art Associates) proudly announces the annual "Seminar Series" which involves lectures on an enticing art-related topic available to members *and to guests*.

The topic for January 2007 is "Demystifying 20th Century Art" a stimulating topic which guest speaker, Jennifer Hereth, will analyze on three dates: Jan. 10, 17th and 24th at the Barrington Area Library. All lectures begin at 1 p.m. in the library and are open to members and to all interested persons. Enter the classroom where over a period of three sessions, Jennifer Hereth (with a bachelor's of fine arts and a master's of fine arts from The School of the Art Institute of Chicago) will guide us in "deconstructing" and "demystifying" 20th-century art. Videos, slides and art books will be the resources used to examine three unique periods. Hereth's credentials include her 17-year partnership with the Art Institute of Chicago as well as being a Kellogg Foundation Grant recipient. Her teaching experiences in Egypt, Costa Rica, Mexico and Brazil, and her 30 Museum exhibitions in North and South America, more than qualify her expertise and professional perspective.



Blue and Green Music  
by Georgia O'Keeffe

professional perspective.

The first lecture, on Jan. 10, will look at art from 1900-1960, especially the dominant trend of abstraction.

The second discussion, scheduled for Jan. 17, will focus on 1960-1999, covering movements and their whys, including minimalism (all-white paintings) and conceptual art (idea-oriented art). Delving into those difficult movements will prepare us for the 21st century and the philosophies dominating the "new millennium."

The last lecture on Jan. 24 will focus on artists one might see currently at the Museum of Contemporary Art.

Each year, the B/NWCA proudly ar-

## Immediate Implants—What Are They?

Dental implants are revolutionizing dentistry! If you are missing a single tooth, multiple teeth (partial denture), or have a complete denture, dental implants have been replacing missing teeth for over 20 years.

Dr. Patrone has been successfully placing dental implants for over 15 years, including implants for single teeth or an entire arch.

Dr. Patrone's undergraduate major in Mechanical Engineering has afforded him the expertise in the placement, design and aesthetics of your smile with dental implants.

Dr. Patrone will work closely with your dentist to give your treatment the individual care and attention because Dr. Patrone treats all his patients like he would his own family. Barrington dentists refer their own family members and staff to Dr. Patrone because of his strict attention to details and his experience.

Dr. Patrone lives in South Barrington and was asked by dentists in Barrington to bring his surgical talents and experience to provide the highest quality periodontal, anesthesia and dental implant care available today to the Barrington community.

Besides being a Board-Certified Periodontist in the state of Illinois, Dr. Patrone is also a Certified Dental Anesthesiologist. Dr. Patrone was selected over 100 applicants to complete a two-year formal medical anesthesia residency. Dr. Patrone is the only periodontist and certified dental anesthesiologist in the country. He is Advanced Cardiac Life Support Certified and is an instructor in Cardiopulmonary Resuscitation.



Dr. Phillip Lee Patrone

Dr. Patrone has been placing immediate implants for more than 10 years. Patients love the fact that they can have an implant placed immediately following the extraction of a broken (nonsalvageable) tooth rather than waiting six months before the tooth could be replaced.

Dr. Patrone utilizes growth factors (platelet-rich plasma) to enhance the body's own natural wound healing response to accelerate implant integration to the jaw. Dr. Patrone's training in anesthesiology has afforded patient's the comfort and confidence with growth factor techniques.

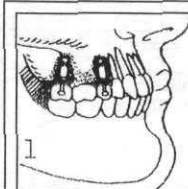
Dr. Patrone's advanced residency training in oral and maxillofacial surgical procedures allows him to restore lost bone for future implants with the use of sinus lift techniques and onlay bone grafting procedures. If you have been told that you are not an implant candidate, Dr. Patrone may be able to help. By using these techniques, Dr. Patrone is able to restore lost bone for future implants.

Dr. Patrone is a member of the American Dental Association, Chicago Dental Society, American Academy of Periodontology, American Dental Society of Anesthesiology, American Academy of Hospital Dentists' American Academy of Implant Dentistry, and the Academy of Osseointegration.

The dental implant functions as the root of the tooth and is placed in the jawbone where the missing tooth's root was previously. Essentially, a dental implant is an artificial root system made of pure titanium and is biologically compatible with the human body.

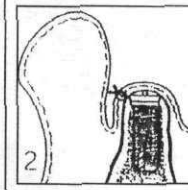
After the dental implant is placed in the jawbone, a crown can be fabricated to fit on top of the dental implant; therefore, replacing the missing tooth is two separate pieces.

Dr. Patrone is partners with Drs. Stan Treidler and Terry Sandroff. Their four office locations in Barrington, Arlington Heights, Vernon Hills and Bloomingdale provide periodontal, dental implant and anesthesia services six days a week to meet your needs. Please do not hesitate to call us if you have any questions—1-847-277-0181.

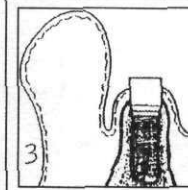


### Implant Placement Procedure

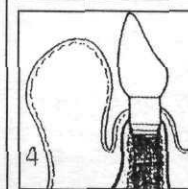
1. Dental implants can support a fixed bridge, eliminating the need for a removable partial denture.



2. Implants are placed into the jawbone. After this surgical treatment, the bone in the jaw attaches to the implants, holding them firmly in place. The attachment of bone to the implant usually takes three to six months.



3. Small posts are attached to the implant, projecting through the gums. Several weeks after this second procedure the replacement crown can be fabricated.



4. Replacement teeth are created and securely attached to the small posts.



ranges the "Seminar Series," which is available to all interested persons. You may purchase a "series" ticket or buy individual tickets. Each lecture is held at the Barrington Area Library, 505 N. Northwest Highway, Barrington, with refreshments

beginning at 12:30 p.m. and lectures scheduled for 1 p.m. The cost is \$15 per lecture. Advance registration is greatly appreciated. Contact Jennifer Hereth by e-mail at jhereth@ameritech.net or by calling 312-360-1123.



## Hypnosis

by Martin A. Nathan, M.A., L.C.P.C.

Hypnosis is being used more than ever for treatment of a variety of issues. These include nicotine addiction, eating disorders, nail biting, anxiety and panic attacks, weight loss, depression, anger, pain, and sleep disorders. *It is particularly helpful with stopping smoking.*

I'm a licensed clinical professional counselor and have been in private practice for over 33 years. I see couples for marriage and relationship counseling, and individuals for a variety of issues. I am certified in the use of clinical hypnosis and have been using it in my practice for the past 32 years.

I use hypnosis most often with individuals in order to quickly change habit and behavior patterns that the client considers undesirable. Using hypnosis helps the changes to take place in a much shorter

period of time than traditional counseling alone. The combination of short-term counseling with hypnosis saves both time and money.

If you think that you have an issue that may be treated by hypnotherapy, call and discuss your issue or issues with me. You will learn the approximate number of sessions, the cost per session and whether or not it's for you.

I am also a certified meditation instructor and teach "Introduction to Meditation" classes on a regular basis. Meditation helps you to respond better to stressful situations, lowers blood pressure and generally makes you feel better. If you are interested in learning how to meditate or wish to restart your meditation practice, please call **1-847-934-6555** for information.

## Happy New Year!!!

**Barrington Community Child Care**, located at 560 Carl Ave. in Barrington, has many activities to keep young minds busy. Our highly qualified staff strives each and every day to ensure that all the children here have a positive first school experience. Our curriculum contains activities designed to challenge young minds.

We offer full-day child care for children ages 6 weeks to 6 years. Some age groups offer flexible scheduling and a morning preschool program. Our hours of operation are 7 a.m. to 6 p.m., Monday through Friday. Our facility offers large, child-

friendly classrooms with a diverse environment that promotes self-esteem, independence and cognitive growth. **Barrington Community Child Care** focuses on the whole child, with all areas of development included in our program.

**Limited spaces are still available!**

For enrollment information or to schedule a tour, contact Terri Knaack, director, at **1-847-381-0272**.

**The families and staff at Barrington Community Child Care wish you a most joyous holiday season!**

\*\*\*\*\*

## Barrington Library Offers the Warmth of Brazil

The Barrington Area Library is located at 505 N. Northwest Highway in Barrington. For more information, call 1-847-382-1300 or visit [www.barringtonarealibrary.org](http://www.barringtonarealibrary.org).

### Celebrate Brazil!

Take a trip to the sun-drenched coast, lush rain forest and vast plains of Brazil with the Barrington Area Library this January as we explore all the world's fifth-largest nation has to offer. Register by phone at 1-847-382-1300, online at [www.barringtonarealibrary.org](http://www.barringtonarealibrary.org), or in person beginning Jan. 2.

**Second Fridays—The Warmth of Brazil:**  
**Julie Koidin & Luciano Antonio**—Friday, Jan. 12, 8 p.m. Flutist Julie Koidin and Brazilian guitarist Luciano Antonio will heat up the night with bossa novas and choro, featuring European dance melodies and African rhythm. Koidin, who makes annual pilgrimages to Rio, and Antonio have been performing together since 1996. Registration begins Jan. 2.

**Amazon Adventure**—Wednesday, Jan. 17, 4 to 4:45 p.m., first- to fourth-graders. Journey to Brazil for an Amazon adventure. We'll make passports for our trip, have story time in the rain forest, then learn about the land and culture of Brazil through fun and games! Registration begins Jan. 2.

**Brazil, Land of Mystery and Enchantment—Travelogue and Discussion**—Wednesday, Jan. 17, 7 p.m. Doug Dvorak will introduce you to the wildlife, archaeo-

logical history, and native people of the beautiful, diverse nation of Brazil. Stay for Brazilian treats and refreshments and an interactive audience discussion about your own Brazil experiences.

**Family Craft Night: Amazon Head Dress**—Tuesday, Jan. 23, 7 p.m. or Wednesday, Jan. 24, 7 p.m., all ages with adult. Prepare for the Brazilian festival of Carnival by making a colorful head dress. Originally worn by natives of the Amazon, this festive head-wear has become popular with Carnival-goers throughout Brazil. Registration begins Jan. 2.

**Brazilian Brigadeiro Candy**—Thursday, Jan. 25, 4:30 to 5:30 p.m., fifth- to eighth-graders. Explore the tastes of Brazil while making Brigadeiro—a chocolate fudge candy that is traditionally served at birthday parties. Registration begins Jan. 2.

**Sounds of Brazil**—Saturday, Jan. 27, 10:30 a.m., all ages. Let percussionist Dedé Sampaio take you on a musical journey through Brazil. He'll demonstrate many Brazilian instruments and lead the audience in a hands-on recreation of the sounds and driving rhythms of Carnival. Tickets available beginning Jan. 2.

**Viva Brazil! Brazilian Dance Show**—Sunday, Jan. 28, 2 p.m., all ages. Enjoy Brazilian dance and a flamboyant display of exotic costumes with this dazzling dance show that combines elegance with all the energy, color and passion of Brazil! Registration begins Jan. 2.

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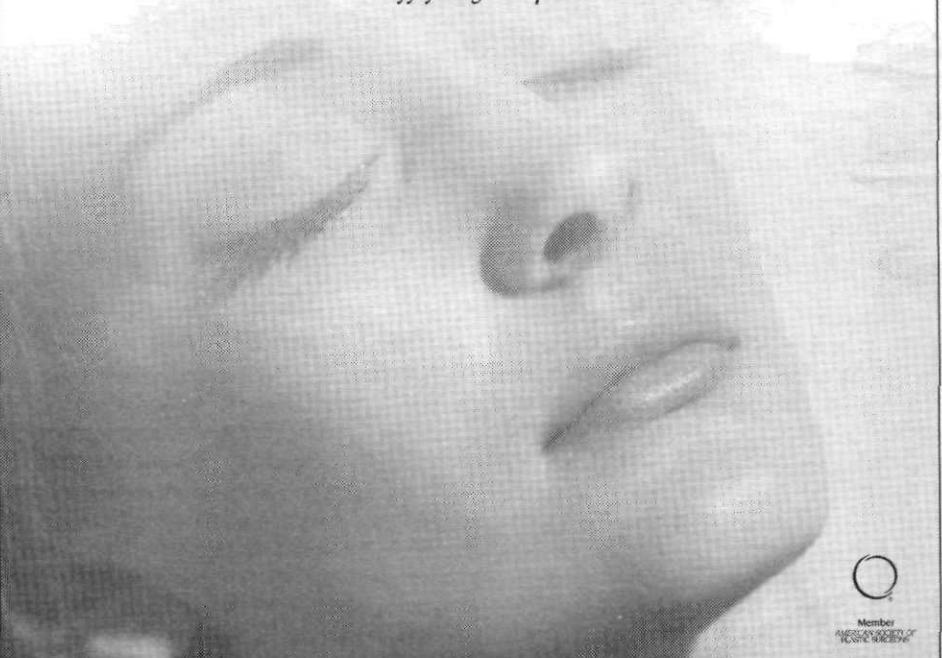
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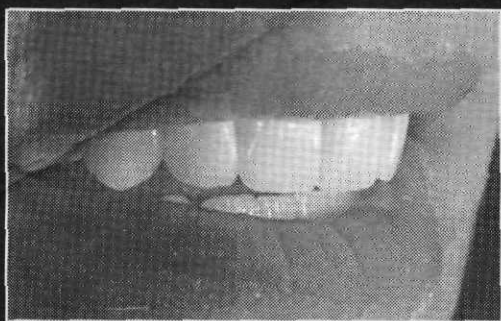
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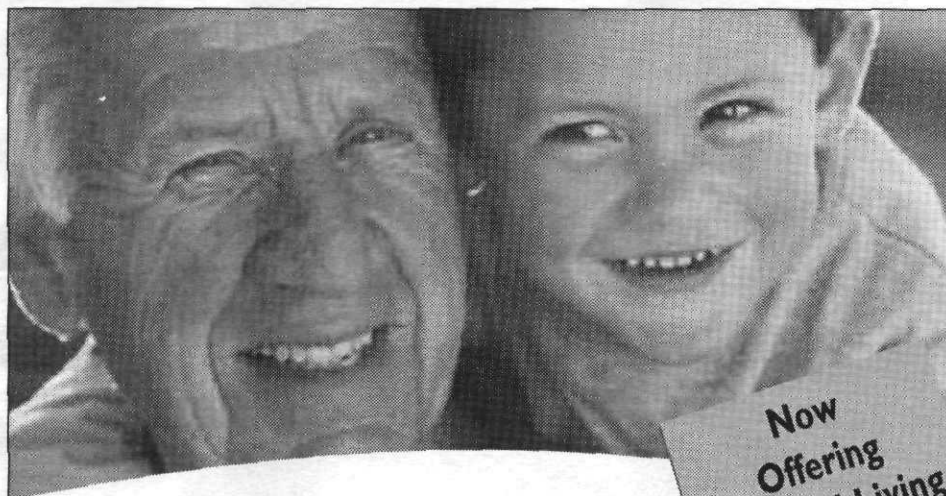
## Getting a New Smile?



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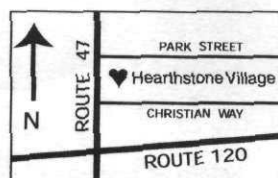


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**Services** that make your life easier — on-site wellness nurse; new wellness program; resident assistants on staff for personal care.

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a not-for-profit 501(c)(3) organization.

## Getting the Color Right

by James T. Gavrilos, D.D.S



Have you ever seen someone with a cap or crown on their front tooth and could tell from a mile away that it doesn't match their other teeth? Until just recently, dentists had to use little colored shade tabs and try to figure out what color porcelain the dental laboratory should use when making their new crown. Unfortunately, this left a lot up to the interpretation of the dentist or assistant and often times, it was wrong. Teeth appear to be all one color but actually have multiple bands and layers of different colors. Communicating these subtle nuances to the lab was



ShadeVision system

virtually impossible. Often times, the patient had to visit the lab so the technician could attempt to match the porcelain of a new crown to the rest of the patient's teeth.

Now there is a new technology called ShadeVision. The system works with the same technology that matches paint color. The ShadeVision scanner is placed over the tooth and records color data. That data is e-mailed to the dental laboratory, and they use it to make a perfectly matched crown. They can even scan the crown they made and check it against the measurements provided by the dentist. This technology eliminates the guesswork and provides the patient with a well-matched, natural-looking crown.

To see the new ShadeVision system at work, please contact **Dr. James T. Gavrilos** at 1-847-381-4040.

## BACOA to Offer Free Memory Screenings

The Barrington Area Council on Aging will offer free memory screenings on a routine basis. While the screenings are not a diagnosis, they are an important first step in the evaluation process, and serve a vital role toward detection and treatment. Those with below-normal scores will be encouraged to follow up with a full medical evaluation.

The screening is designed to promote early detection and intervention for those

concerned about memory loss. The screenings consist of a series of questions and tasks designed to test memory, language skills, thinking ability and other intellectual functions. Each screening takes about 10 to 15 minutes.

Screenings will be held on an as-needed basis at the BACOA office in at The Garlands of Barrington. To schedule an appointment, call BACOA at 1-847-381-5030.

## Hearthstone Senior Living Community Adds Assisted Living

**Hearthstone Village Senior Living Community** in Woodstock has enhanced their levels of care to include Assisted Living. Additional recreation, activities and increased transportation options have been added as well as a customized wellness program and fitness area designed specifically for seniors.

"We saw a need for personal care services to provide the opportunity for our residents to remain in their homes as long as possible," said Nicole Rich, Director of **Hearthstone Village**. "We have added an on-site Wellness Nurse, personal care assistants, and increased recreation and dining services staff," Rich said.

**Hearthstone Village** has recently undergone remodeling and redecoration of the common areas. New furniture, artwork, enhanced lighting, carpeting and window treatments were added throughout the building.

**Hearthstone Village** and **Hearthstone Manor** are part of a **Continuing Care Retirement Community (CCRC)**, that provides all levels of senior assis-

tance, from independent retirement living to skilled nursing care. The **Woodstock Christian Life Services CCRC** includes **Hearthstone Village**, an independent apartment and cottage community that will be offering Assisted Living options and **Hearthstone Manor Rehabilitative and Nursing Care** offering licensed Sheltered Care, a dedicated Alzheimer's disease and dementia program, and Intermediate and Skilled Nursing Care with Medicare Certification.

"Being able to move from one level of care to another within the same campus provides continuous service without the stress of changing surroundings. Opportunities for fellowship, life enrichment programs, and intergenerational activities within faith based surroundings, are what make our senior community unique," said LeeAnn Atwood, Vice President of Development.

For more information about **Hearthstone**, call 815-338-2110 or visit them online at [hearthstoneil.org](http://hearthstoneil.org).



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## Making Life Changes? Problems You Can't Solve?

**How did I get here? What can I do to help myself through this? What will my future hold?** When we are confused, in emotional or physical pain, and don't know how to evaluate our situation or our choices, it is very difficult to move forward in life. We may feel very *stuck and unhappy*.

Often it is helpful if we talk to someone who has had years of experience looking at the various types of issues people face in their lives to help us see how the situation came about, what the possible choices and outcomes are, and how to go about choosing a course of action so that we can return to being happy and fulfilled again. There are always at least three solutions to every problem, but often we are unable to see these or the many other solutions that exist simply because we are too emotionally involved to be objective

and think clearly.

**Dr. Barbara Grace** takes a directive/teaching approach to help clients answer these and other questions about their situations, discover and evaluate their choices, and determine a course of action suitable for them. Clients comment that they are surprised at how effective this process is and how quickly they move along in the process.

Are you struggling with issues involving your children (any age), spouse or other relationships? Do you have concerns about depression, anxiety, anger management, marital issues, aging parents, adult children who do not leave home, career issues, romantic relationships, weight loss or personal/spiritual growth? **GET THE HELP YOU NEED! DON'T SUFFER IN SILENCE!** Call for a free consultation at **1-847-382-3232**.

## Reflexology—Improve Your Health This Winter

Want to improve your health and well-being? Take this opportunity to try a course of Reflexology treatments.

Local Reflexologist Susan Warris-Liepa is certified by the International Institute of Reflexology, and has trained in several advanced techniques in both the United States and United Kingdom.

Reflexology has been known to help with many different health conditions including back pain, sinus problems, PMS, allergies, digestive issues, arthritic pain, circulatory problems, diabetes and fibromyalgia pain.

Foot Reflexology is a method of applying pressure to the toes and feet by working on the reflex areas of the foot. These reflexes are found on all parts of the feet and ankles and they correspond to the organs, glands and structures of the body.

Whether you have a specific health problem or are just looking for a way to relieve tension and promote optimum health, Reflexology is of excellent therapeutic value.

For more information or to book your appointment, contact Susan Warris-Liepa at **1-847-420-9205** or **1-847-526-2558**.

### WINTER HEALTH PACKAGE

Book four (4) Reflexology treatments (each one hour) and save 20%.  
Offer Expires 2-28-07

Not sure if you want a package? Try out a one-hour treatment and save 10%.

1-847-420-9205 or 1-847-526-2558  
Mention this advert at time of booking.

www.massagereflexology.com

## Facelift Surgery

(Continued from page 19)

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.

## Wellness Place Healing Touch Weekend Seminar

Wellness Place, a cancer resource center in Palatine, will host a Healing Touch International two-day continuing education seminar, "Healing Touch Level 1," from 9

a.m. to 6 p.m., Saturday and Sunday, Feb. 17 and 18th, at Wellness Place, 1619 W. Colonial Parkway.

The workshop, which qualifies for 18



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By appointment

CEUs (continuing education units) for nurses and massage therapists, is open to the public and is the first of a five-part series leading to a certificate in Healing Touch—an energy based therapeutic approach to holistic healing. "Although the seminar is designed for healthcare providers, one need not be a healthcare professional to learn and practice these techniques," notes Mary Sinclair, EdD, CHTP/1, Healing Touch Program facilitator with 20 years experience instructing health, wellness, and stress management classes.

"Healing Touch is a routine practice in many hospitals, clinics and places of worship throughout the United States as well as in other countries. Results documented by research include reduced tension and anxiety, relief of many types of pain, en-

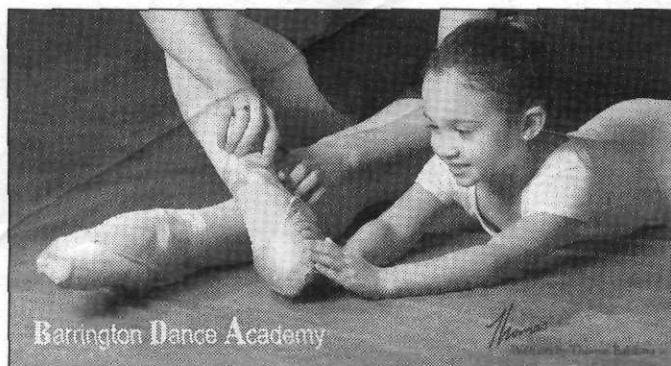
hanced wound healing and a deep sense of peace and relaxation," Sinclair adds. The workshop will cover basics of the energy system, the function and location of chakras, and 10 different techniques for balancing and clearing the energy field in order to address a wide variety of issues. Healing Touch is especially useful for those dealing with the physical and psychological demands of cancer and its treatment.

Space is limited. Register by Feb. 10 to receive a \$25 tuition discount. Fee structure as follows: regular tuition \$333; students \$225; and a special \$50 discount for Wellness Place participants. Preregistration is required by calling Mary Sinclair, 1-630-913-9090.



## BARRINGTON DANCE ACADEMY

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## 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!

## Mardi-Gras-Themed Chef Fest 2007 Hosted by the Auxiliary of Good Shepherd Hospital

The Auxiliary of Advocate Good Shepherd Hospital is hosting its fifth annual Chef Fest on Tuesday, Feb. 20, 6 to 9 p.m. at D'Andrea Banquets & Conference Center, 4419 Northwest Highway, Crystal Lake.

Chefs from more than 20 local restaurants offer their fare for sampling at this heavily attended social event. This popular event grows each year with new and varied restaurants joining. Besides a cash prize, this year Chef Fest also includes fun impact prizes.

Tickets are \$50 per person; tables of 10 may be reserved for \$500. Make checks payable to Auxiliary of Good Shepherd Hospital Chef Fest and mail to Auxiliary of Good Shepherd Hospital, 450 W. Highway 22, Barrington, IL 60010.

Proceeds go toward the auxiliary's \$1 million commitment to the Wayne and Patricia Kocourek Family Cardiac Care Center at Good Shepherd Hospital.

For more information regarding restaurant participation or to purchase tickets, call 1-847-381-0123 ext. 26-4417.

## Finding an Eyecare Professional

You may have recently failed a vision screening or are experiencing changes in your vision. Even if you are not experiencing vision problems, it is important to get regular eye exams. Selecting the right doctor for you is important. Referrals are often helpful in choosing an eye care professional.

Doctors of optometry (O.D.) are primary health care providers who specialize in the examination, diagnosis, treatment and management of diseases and disorders of the visual system, as well as the diagnosis of related systemic conditions. The O.D. has completed preprofessional education at a college or university and four years at a college of optometry. Optometrists also prescribe optical aids, such as glasses and contact lenses, and counsel patients regarding their visual needs related to their occupation and lifestyle.

Here at **The Eye Works**, Dr. Gebert and Dr. Prate have been providing quality eye care for almost 30 years. We have two convenient locations—Barrington and Lake Zurich. Please don't hesitate to call our office with any questions or concerns. We want to make sure your eyes stay happy and healthy.

Before you go in for your appointment be sure to:

- Be prepared to describe any vision problems or symptoms you are having (flashes of light, difficulty seeing at night, temporary double vision, loss of vision, etc.).

- List out all prescription and over the counter drugs you're taking.

- Be prepared to list any family history of eye problems (glaucoma, cataracts, etc.) and/or eye injuries or eye surgery you have had (dates and where treated).

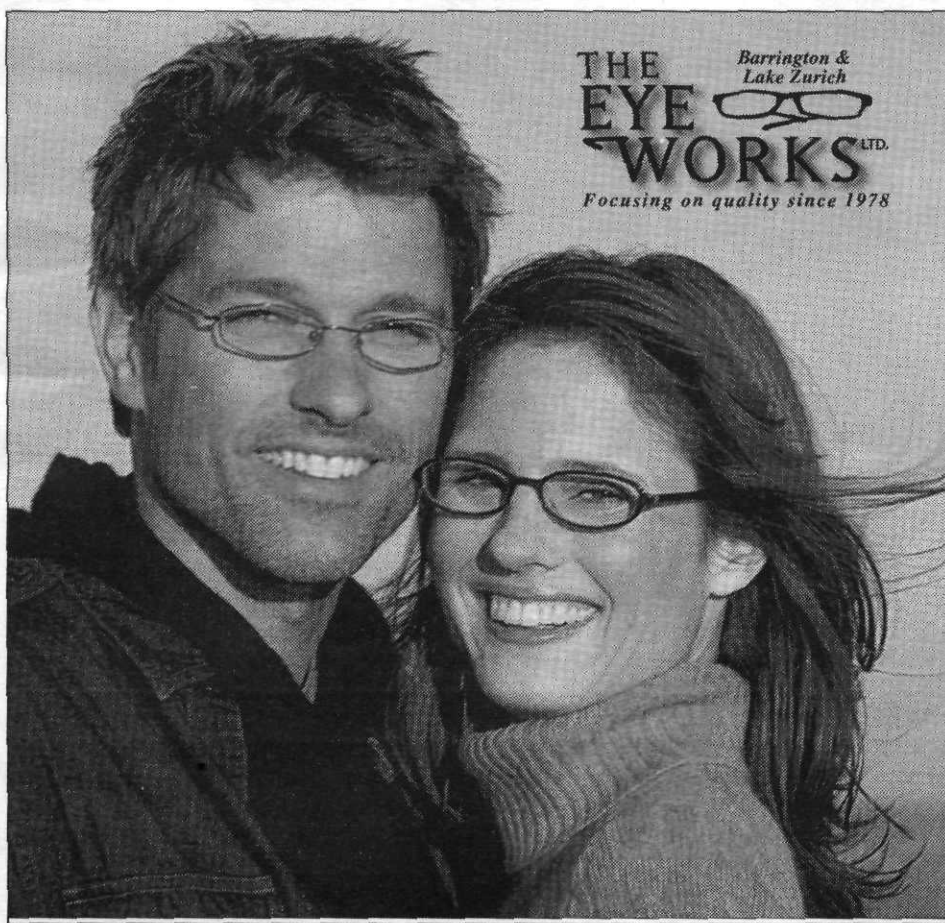
- Bring along your current glasses, contact lenses or both.

- Bring your vision insurance information (primary insured ID number and birth date).

- List out any questions you may have for the doctor regarding changes and when you should return for follow up care or your next exam.

The **Eye Works** in Barrington, **1-847-381-0391**, is located at 126 W. Main St. (near Jewel on Lake Cook Rd.). Our Lake Zurich location, **1-847-540-1144**, is at 820 W. Main St. (at routes 12 and 22, near Dominick's).

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## Designing Your Life

by Gabrielle Johnson, PCC

January is a month of decisions and resolutions for us all. Make a decision. Decide to make 2007 the best year ever. Then take it one step further than you ever have and actually make it happen.

"If you fail to plan, you plan to fail." Setting a goal without formulating a plan is mainly wishful thinking. In order for your resolution to have resolve it must translate into clear steps that can be put into action.

That's where I come in. As your Personal Life Coach I can help you to discover and design the life of your dreams. I'm not talking about the life your mother or father wanted for you—nor the life you think you can realistically settle for—nor the life you get from a series of defaults. This is about having a life that you feel proud of, a life that is fully aligned with your core values, a life that reflects your dreams back to you in vibrant living color. This is about finally having a life you love.

Life coaching provides accountability,

direction, inspiration, focus, validation, challenge, and most of all, support. After clarifying your goals we'll work together to develop strategies and action steps to make your dream a reality.

I spent 16 years as a social worker in the Chicagoland metropolitan area before transitioning into the life of my dreams. As a coach it is my joy and privilege to watch clients discover that they are more powerful and capable than they ever imagined. They gain a deeper understanding of their purpose, clearer vision, more commitment to their vision, and in turn, deeper alignment and creative capacity.

Pursuing your heart's desire transforms life into a wondrous journey. Each day becomes an exciting adventure. If you are ready to design the life you want to live, please call **1-847-778-6992**, or visit my Web site at [www.myfocuscoach.com](http://www.myfocuscoach.com) for information.

## Decide, Design, Discover...

*The Life of Your Dreams*

*With Personal Life Coach*

*Gabrielle Johnson, PCC*



*You see things; and you say "Why?"  
But I dream things that never were  
and I say, "Why not." —G. Shaw*

**847.778.6992**

[www.myfocuscoach.com](http://www.myfocuscoach.com)

## Educate the Children Celebrates Success



Barrington-based Educate the Children's Taste of Sweden brought in an enjoyable evening ensuring the path for new projects around the world. The event featured a live and silent auction, a presentation by founder Prem Advani, and the presence of the Annette Seaburg, honorary consul of Sweden.

Educate the Children's most recent fund-raiser almost doubled past years' successes. This will make it possible for nearly 100 students to attend school in Vietnam and to continue to fund its ongoing projects in India, Bolivia, Uganda, Ethiopia and Philippines.

Educate The Children is a charity committed to making education available to underprivileged youth locally and abroad.

New projects this past year have included scholarships for children that are physically impaired or neglected in Ethiopia and Vietnam. The range of projects have also included the supply of uniforms and books, special equipment for a school for the deaf, computers and above all, tuition subsidies and scholarships. In addition, the Educate The Children Foundation helps children of foreign backgrounds bridge the cultural gap while living in America. Weekly mentoring and tutoring hours are provided to these children after school.

If you would like to contribute or volunteer, call 1-847-494-6410. Visit the Web site at [www.educatechildren.org](http://www.educatechildren.org) for details.



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**Susan Wothke,**  
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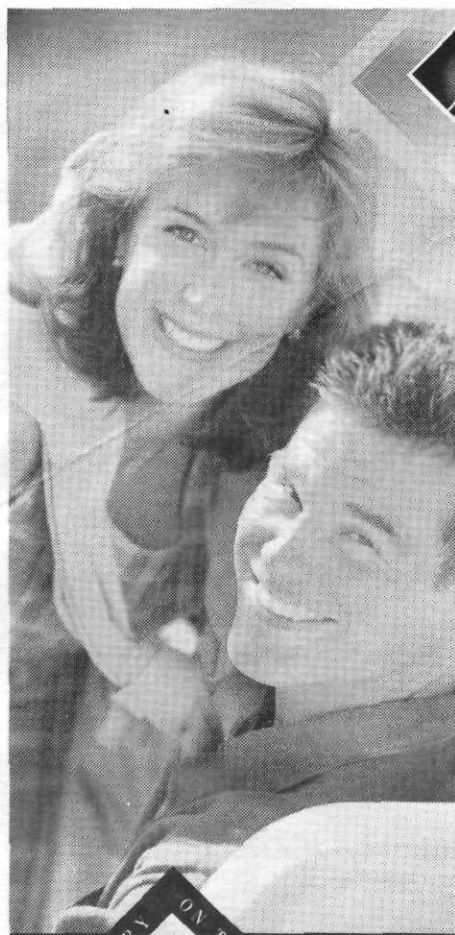
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The health of your smile is just as important as how it looks. Call Dentistry on the Lake today at 847-526-2831 for a smile consultation.



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www.dentistry-on-the-lake.com

## New Location for Helping Paws Animal Shelter

With the help of dozens of dedicated volunteers, Helping Paws moved into its new facility at 2500 Harding Lane in Woodstock on Dec. 1, with plans to open for dog and cat adoptions by Monday, Dec. 11. Adoption hours will be noon to 4 p.m., Wednesday through Monday.

Directions to the new shelter from Crystal Lake—take Route 14 west toward Woodstock to Lake Shore Drive, which is one mile past Doty Road and Centegra Memorial Hospital—turn left (south) one block to Harding Lane. The shelter is on the south side of Harding Lane at that intersection. Visit [www.helpingpaws.net](http://www.helpingpaws.net) for further information.

The size of the new shelter is three times that of the former building, with increased capacity to house and care for many more of the community's needy animals. When additional funds are available, the shelter plans to provide veterinarian care (including spaying and neutering) for pets of low-income families at minimal cost. Because of the increased size of the shelter, there is now an increased need for volunteers as well. Please call 815-338-4400 if you have a few hours to spare.

As soon as a specific date is set for the Open House, an announcement will be included in *Lifestyles* as well as mailed to all of the shelter's patrons.

## The Garden Club of Lake Zurich

The next meeting of The Garden Club of Lake Zurich will be held Jan. 2 at 7 p.m. at the Foglia YMCA on Old McHenry Road.

The program will be "Those Amazing Annuals," presented by Joann Loebel, author of *Flowers are for Keeping*, free-lance writer for gardening magazines and newspapers, and a gardening consultant.

For information, call 1-847-438-2989 or 815-444-6289.

The Garden Club of Lake Zurich is a member of both The Garden Club of Illinois Inc. and The National Garden Clubs Inc.

### Future Meetings and Activities

- Feb. 6, 7 p.m.—"Sculpture in the Chicagoland Public Landscape" by Bill Hessel
- March 6, 7 p.m.—"Perennials for the Chicago Region" by Carolyn Ulrich
- April 3, 7 p.m.—"Dazzling, Delightful, Delicious Daylilies" by Greg Bartoshuk
- May 8, 7 p.m.—"Flying Flowers" by Patricia Armstrong
- May 12, 8:30 a.m. to noon—Plant Sale at Ela Area Public Library in Lake Zurich
- June 5, 7 p.m.—"All About Herbs, An Overview" by Gabrielle Castrejon
- July 10, 6 p.m.—Work at Ela Area Public Library Garden

## Free Cosmetic Evaluations at Dentistry on the Lake

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You will feel more confident and have more self-esteem because you know you're looking great.

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**Dr. Dan Follmer** graduated from Northwestern University Dental School in 1975. He then returned to the college to teach dentistry for two years, after which he returned to his hometown of Wauconda where he has practiced since 1977.

Committed to both academic and clinical excellence, **Dr. Follmer** assigns top priority to continuing dental education. Over the past five years, he has studied extensively at the prestigious Las Vegas Institute for Advanced Dental Studies where he has completed over 300 hours of Continuing Education in the area of cosmetics and neuromuscular dentistry.

We will be pleased to welcome you to **Dentistry on the Lake**, where you will receive the finest dental care available.

Call **1-847-526-2831** today for a free cosmetic evaluation!

## A Major Exhibition of Paintings by Francis Bacon

During the 1950s, painter Francis Bacon began to formulate the iconography of his dark and troubled world in paint. The exhibition, "Francis Bacon in the 1950s," opening at the Milwaukee Art Museum, Jan. 27 through April 15, 2007, features nearly 50 paintings from the period in which Bacon was at the height of his creative powers. In this intensely fertile time, many of Bacon's themes—screaming popes, howling dogs, and haunting figures trapped in tortured isolation—began to materialize as the man himself was becoming one of the most significant artists of the 20th century.

"Francis Bacon in the 1950s" takes a profoundly personal look at this fascinating period in Bacon's career and is the first exhibition to examine Bacon's formative works. Curated by Michael Peppiatt, a close friend of Bacon's, the exhibition provides a first-person perspective on the artist's emerging style in the first decades of his career through paintings, drawings, and a selection of archival materials that illustrate the artist's life and work.

At the core of the exhibition are 13 paintings collected by Sir Robert and Lady Sainsbury, who were among the artist's earliest patrons and, eventually, close friends. The works include loans from public and private collections across the world, a number of which have rarely been seen in public.

This unique opportunity to view exceptional works by Bacon is credited to a new partner of the Milwaukee Art Museum, the global financial services firm UBS.

"The usual feeling you get in a Bacon show is of tortured, strangled human beings alone in a room," explained Peppiatt. "These paintings have a much more narrative quality, a much more approachable Bacon, of sorts. Someone who hadn't decided who he was going to be, someone still in search of himself."

By the 1950s, Bacon had acquired sufficient technical prowess as a painter and expressed his often dark vision with force, but he was not fully in command of his disturbing images. Eager to explore themes



**Francis Bacon, *Three Studies of Portraits, Lucian Freud, Isabel Rawsthorne and John Hewitt*, 1966.**  
Oil on canvas. Private collection.  
© 2006 The Estate of Francis Bacon/  
ARS, New York/DACS, London.

and take risks in his early career, Bacon created images that contain a rawness and sense of urgency that would be lost in his later works.

To Peppiatt, the '50s seemed to hold a lot of the clues to who Bacon was: "That was when he located his biggest themes. He felt that he had to focus on the most important things of all to man... his existence."

Bacon is one of the most unique and powerful artistic visionaries of postwar European art. The 1950s were the most fruitful years in Bacon's career, but they were also the most tumultuous and tortured of the artist's existence. During this time, the artist was regularly without a fixed address, borrowing rooms and changing studios with incredible frequency. The artist established a pattern of all-night revelry, culminating in a feverish fit of creativity—painting into the early morning hours. Much like Bacon's approach to life, his approach to the canvas was radical, aggressive, and seething with raw human emotion.



## Visit, and Consider Donating to, the PHD Resale Boutique

The **PHD Resale Boutique** is a wonderful upscale resale store located conveniently at 140 W. Northwest Highway in Palatine. The store opened in March 2003 to support the **Baby and Maternity Closet** services of the **PHD Counseling Center**.

Located next to the Resale Boutique in the Eurofresh Shopping Plaza, the Baby and Maternity Closet serves an average of 185 women and their families each month. They provide free clothing, diapers, baby food, infant formula and other baby basics for their clients helping them with the

financial challenges of pregnancy and parenting children under the age of three.

The **PHD Resale Boutique** relies on donations of clean and wearable women and children's clothing and accessories, jewelry, housewares, collectibles and home furnishings to support this very important work in the community. Donations are accepted everyday the store is open. Tax receipts are always given with sincere appreciation.

For more information please call Mary Ann McNamara, the site director, at **847-991-1770**.

## Looking for a Place That Builds "Strength and Heart"?

Join a Curves' Community Outreach facility and become more than just a member. By working together, Curves' members will become a **vital** part of preventing child sexual assault from increasing in your community.

You will receive the tools to empower yourself and make a **positive impact** on children's lives by attending the **FREE** public speaking event on Tuesday, Jan. 23 at 7:30 p.m. at Curves-Hoffman Estates on 1730 W. Algonquin Road.

In recognition of your attendance, Curves has agreed to **donate 50%** of any

### SPEAKING EVENT

**Tuesday, Jan. 23 at 7:30 p.m.**  
**Curves-Hoffman Estates**  
**1730 W. Algonquin Road**

new member's registration fee to a local not-for-profit organization.

To make reservations or receive additional information on other participating Curves' locations and future events, please contact **Denise Rotheimer** at **1-847-406-8566**. Rotheimer is the founder/author and guest speaker of "**Sight of the Soul**."

## Building Portfolios Using Prudent Investment Strategies

Proper diversification is an important factor in helping to achieve long-term financial success. Yet, all too often investors ignore this advice, pouring the bulk of their funds into a narrow sector of investments—such as all certificates of deposits or bonds, or all stock.

The concept of diversification finds its roots in *Modern Portfolio Theory*. This theory states that portfolios created using a mix of different asset classes and investment styles deliver higher returns with less risk than any one asset would by itself. The goal of asset allocation is to identify the best possible combination of stocks, bonds, and other assets, based on their expected returns and the expected fluctuation—or volatility—of those returns over time. The most properly diversified portfolios reflect the best trade-off between risk and return given the various possible combinations of assets.

There is an adage—the higher the risk, the higher the return, and oppositely—the lower the risk, the lower the return. Yet, *Modern Portfolio Theory* predicts that adding a higher risk asset such as stocks to an all-bond portfolio can potentially reduce the overall risk of the portfolio and simultaneously improve the returns. This is because combining assets in diversified portfolios historically has allowed investors to earn higher returns with less risk than they could by investing in any single asset class alone.

Asset allocation begins with an analy-

sis of historic asset performance, but it doesn't end there. The capital markets are dynamic. Therefore, what occurred yesterday may not happen tomorrow. Although diversification does not guarantee a profit or protect against market loss, it's part of an effective tool set for designing an investment strategy to meet one's financial goals. Of course, past performance is no guarantee of future results.

For more information on investment diversification, contact **Debbie Schoendorf, CFP®** at **1-847-304-3530** for a copy of **Smith Barney** Portfolio Management Group's White Paper, "Building Portfolios Using Prudent Investment Strategies."

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All proceeds benefit PHD, a counseling center for pregnancy help and education.

Attend an upcoming public speaking event on:

**Tuesday, January 23, 2007 at 7:30 pm**

**Curves** - Hoffman Estates  
1730 W. Algonquin Rd.  
Hoffman Estates, IL 60195

To make reservations or receive additional information on other participating Curve's locations and future events, please contact:

**Denise Rotheimer at 847-406-8566**  
Founder/Author/Guest Speaker  
"Sight of the Soul"

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**Barrington Lifestyles™** is MAILED to virtually every home in **Barrington** (over 17,600) plus homes in **Long Grove, Kildeer, Hawthorn Woods** and most of **Lake Zurich—OVER 25,000 total homes EVERY month!**



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Have books, fad diets, trendy exercise equipment, or self-help programs failed to get you off the weight-loss roller coaster?

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**Dr. Barry Berger, D.O.**

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**847-291-0772**

**1535 Lake Cook Rd., Ste. 401 • Northbrook**

*Lose the Weight... and Keep It Off!*

## New Weight Loss Program Shows Dramatic Results

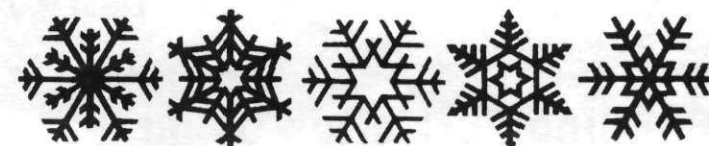
Dr. Barry Berger, a Board Certified Internist practicing in Lake Zurich for the past 12 years, introduces a new weight loss program. This program is based on the 40/30/30 nutrition plan which consists of 40% carbohydrates, 30% protein and 30% fat. By increasing protein while decreasing fat and carbohydrates, 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 thousands 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 **1-847-438-2454** in Lake Zurich or **1-847-291-0772** in Northbrook to make an appointment for your consultation today.



## BACOA to Offer AARP Income Tax Assistance, Help with Telephone Tax Refund

The Barrington Area Council on Aging Inc. (BACOA) is once again offering the AARP Income Tax Assistance Program—and will also help seniors apply for a telephone tax refund.

A trained AARP volunteer will assist seniors with their taxes on Thursday and Friday mornings from 9 a.m. to noon at the BACOA office at the Prairieview Building at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington. Barrington Bank & Trust will provide tax assistance on Saturdays at 201 Hough St. BACOA will making appointments for both locations.

Volunteers will also assist seniors—even those who are not filing income tax forms—to apply for the IRS one-time telephone tax refund. The refund is a one-time payment available on 2006 federal

income tax returns, designed to refund previously collected long-distance federal excise taxes. It is available to anyone who paid long-distance taxes on landline, cell phone or Voice over Internet Protocol (VoIP) service. The IRS will refund taxes on long-distance service billed for the period after Feb. 28, 2003 and before Aug. 1, 2006. The refunds will range between \$30 to \$60, based on the number of exemptions claimed on the tax return.

Assistance is by appointment only and will run from Feb. 1 through Thursday, April 13.

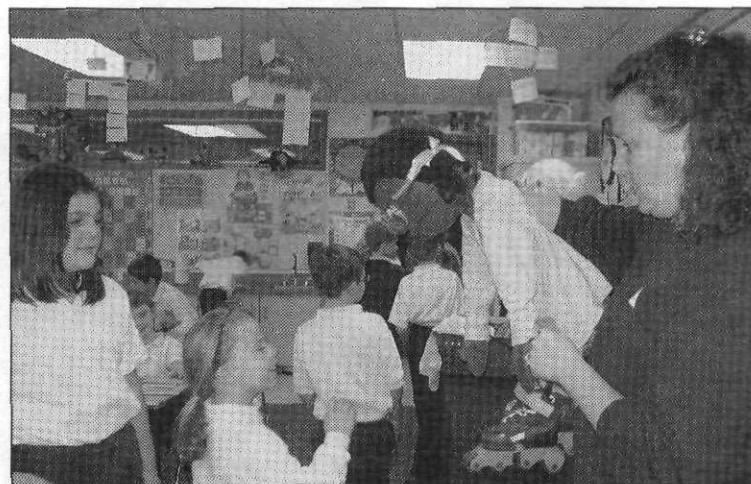
Appointments fill quickly, so call as early as possible to schedule an appointment. For more information or to schedule an appointment, please call BACOA at 1-847-381-5030.

## Wellness Place Fights Prostate Cancer with Awareness

Every year 232,090 men are diagnosed with prostate cancer, and about 30,050 of those men die. If the disease is detected early, prostate cancer treatments can save lives. To help reduce the number of lives lost to prostate cancer, Wellness Place, a cancer resource center at 1619 W. Colonial Parkway, Palatine, is promoting prostate cancer awareness with featured programs on the latest developments in research, treatments, risk factors and early detection.

The first of several awareness programs to be offered at Wellness Place in the new year, "New Research in Prostate Cancer," will be presented Jan. 15, at 6:30 p.m. by Brian J. Moran, M.D., medical director of the Chicago Prostate Cancer Center. Moran, an experienced practitioner of prostate brachytherapy, will discuss prostate cancer screening, nutrition, the latest in new biopsy techniques and treatment options.

## St. Anne Third-Graders and "Kids on the Block" Puppet Show



**Anne Horcher (left) and Molly Clifford (center) chat with "Kids on the Block" puppet and volunteer.**

On Thursday, Nov. 9, third-graders at St. Anne School in Barrington experienced an educational and entertaining puppet show performed by the "Kids on the Block." Kids on the Block is an educational puppet show program that is designed to enrich the study of and promote the acceptance of disabilities and social concerns. The Barrington Junior Women's

Club and community volunteers present these 30-minute puppet shows. The topic presented to the third-graders in November dealt with the concerns that children of divorced parents face.

Volunteer puppeteers Michele Wuertz and Jacqui Guenther were excellent in presenting the material and allowed time for questions and answers.

A second program, "Hot Flashes: Not Just for Women," will be presented at Wellness Place by Dr. Patrick B. Massey, Thursday, Feb. 1, at 6:30 p.m. Massey will report how intravenous nutrient therapy has been successful in decreasing hot

flashes in men undergoing androgen deprivation therapy for prostate cancer. Both programs are free of charge and open to the community. Preregistration is required by calling 847-221-2400.



## Spider Veins... Varicose Veins... What is the Difference?

Roughly, 30 percent to 60 percent of the general population is affected with some type of vein problem. Varicose veins are enlarged, bulging veins in the legs that often cause pain and swelling. An article in last month's *Barrington Lifestyles* focused on the treatment of large varicose veins using endovenous laser ablation. However, not everyone who has vein issues needs this type of procedure. Those of us affected with small varicosities and/or spider veins have different treatment options.

Spider veins are tiny, red or purple veins that appear on the legs. People especially prone to developing spider veins are those who must stand for many hours a day, those with other family members who have spider veins, and women who have been pregnant. Spider veins may be associated with varicose veins but can also occur in people without varicosities. While spider veins generally do not represent a significant health problem, they can be quite cosmetically disfiguring. Spider veins generally do not cause any physical symptoms; however, some people experience an aching or burning sensation around the veins, especially with prolonged sitting or standing.

Small varicose veins and spider veins are treated through a technique called **sclerotherapy**. Sclerotherapy involves injecting a medication into the vein to make it shrink and eventually disappear. Sotra-

decol® is the only medication currently approved by the FDA for treating spider veins. The procedure is done in the office and requires no anesthesia. Patients report very little if any discomfort, generally describing it as a very slight pinching sensation. After treatment, the treated leg(s) should be elevated for a few hours and compression stockings are worn for a few days. There is almost no disruption to daily routines following sclerotherapy. Treatment takes several sessions of sclerotherapy in most cases and results are not immediate. It takes several weeks for veins to begin to disappear, and full benefit is seen after several months.

Small varicose veins can also be eliminated through a procedure called **microphlebectomy**. During microphlebectomy, a tiny incision is made in the skin and the varicose vein is actually removed. The procedure is done with local anesthesia and no stitches are needed. Patients are required to wear compression stockings for a few days after the procedure and good results are generally immediate.

To learn more about varicose veins, spider veins and their treatment, **Dr. John Golan** of **North Shore Vascular Associates** will be speaking on Jan. 29 from 7 to 8:30 p.m. at the Midtown Athletic Club in Palatine. For more information call, **1-847-441-2700**.

\*\*\*\*\*

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- **Reach or Maintain a Healthy Weight**—Body fat reduction, toning, weight reduction and weight management can be achieved. We help set realistic goals and will provide safe strategies and encouragement to help you reach those goals.

- **Learn to Stick to It**—Sticking with

well-intentioned plans is one of the biggest challenges people face. My college-degreed and certified trainers will provide motivation for developing a lifestyle that places a high priority on health and activity. We will help you overcome your biggest obstacles to exercise and provide accountability.

- **Focus on Your Unique Health Concerns**—We can help you with lower back pain, rehabilitation of an injury and pre/postnatal training. Including working with your physician, physical therapist or other health provider to plan a safe, effective program.

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—Steve Gagliardo, owner

## North Shore Vascular Associates

You are invited to an informational seminar about  
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Presented by renowned vascular surgeon John F. Golan, M.D.

January 29, 2007  
7-8:30 PM

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Put it on your calendar today or call  
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## THE ULTIMATE 12-WEEK BODY TRANSFORMATION

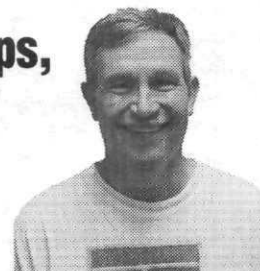


**Lori lost 14.5 lbs.,**  
decreased resting heart rate from 81 to 59,  
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Lori Says: "My experience here has been wonderful. Not only have I lost the weight I wanted to lose, but my overall "fitness" has improved in just a few months. I now have the energy I need to keep up with my active kids and am very motivated to continue working out. My only regret is that I didn't do this sooner!"

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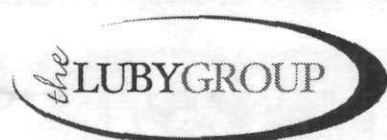
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**Suzanne & Liz Luby**

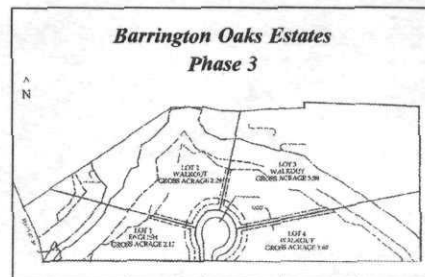
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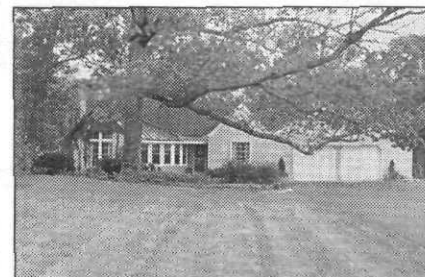
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## Recipe for Success, A HUGE Hit

On Nov. 6, Countryside Association for People with Disabilities held its 2nd Annual Recipe for Success, a culinary extravaganza, at Hotel Indigo in Palatine.

Whether as a guest, supporter or restaurant owner, we value your support of Countryside Association's efforts to help

hundreds of people with disabilities and their families who reside in this area. Funds raised will help make it possible for persons with severe disabilities continue to participate in productive work and training services, receive on-the-job support at many local companies and of-

fer families important respite services for children and adults who reside in their home. We would like to thank our corporate sponsors, Hotel Indigo, Harris Bank and Edge Media for demonstrating the role that companies can play in supporting the efforts of nonprofit organizations—efforts that bring us all together, with or without disability, as part of one community.

Countryside Association for People with Disabilities is a nonprofit social service organization serving over 630 children and adults with developmental disabilities and their families in Lake and northern Cook counties. For more information on this organization and its programs, please visit [www.countrysideassn.org](http://www.countrysideassn.org) or call 1-847-438-8855. Countryside Association is proud to be a United Way agency.





# LIFESTYLES

## Homes & Interior Designs

SECTION

### Get ORGanized with Closet Masters

What is **ORG**anization? To some, it's finding empty space and stashing things away, out of sight, out of mind. To others, it's tidying up an existing mess, taming the clutter.

But we at **Closet Masters** think **ORG**anization is more than that—it's part art, part science. It isn't just about having extra space for all your things; it's about having smart storage solutions. It's about putting things away, keeping them in order and being able to find them again, ready for use.

Since 1995, **Closet Masters** has been

committed to creating imaginative yet practical **ORG**anizing solutions. Quality materials and innovative accessories are combined with our experienced and professional design and installation to solve your toughest challenges. Our endless line of products is designed with you in mind and offers flexibility for your ever-changing **ORG**anizational needs. Check out some ideas and solutions at [www.homeorg.com](http://www.homeorg.com).

For a free in-home estimate, call **Closet Masters** at 1-847-669-7015.

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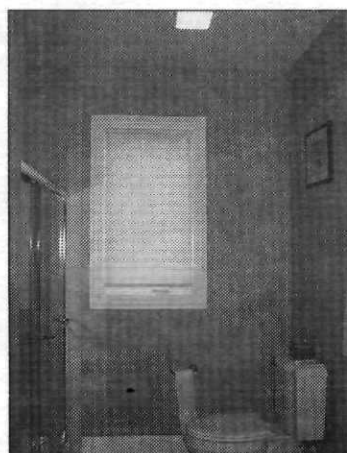
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## Window Treatments for a Well-Designed Room

Window treatments are an important part of a well-designed room, but they are also one of the most difficult to decide on. It is so important that your designer has a good understanding of how your windows should be treated to control light, accentuate the architecture, coordinate with the furnishings, as well as how the fabric will drape in the chosen application. It is also crucial to have a good workroom that measures, fabricates and installs.

Window treatments have always been one of my strengths because I used to make them myself. I understand and implement all of the above plus I have a tremendous computer visual aide to help you see the end result as shown in the photos. If you are overwhelmed by selecting the appropriate treatments or you have had a bad experience, it's time to call in an expert. **CJ Consulting & Interior Design** will make installation day a pleasant surprise instead of a nightmare.



◀ Before



Computer Rendering

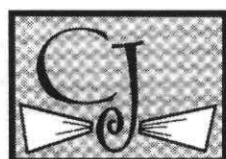


◀ After



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- Bath & kitchen design
- Lighting



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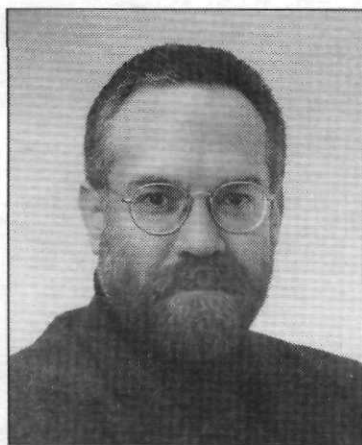
**www.surfacegroup.com**

## Curious About Some Before-the-Opera Magic?

Please join the Barrington Chapter of Lyric Opera of Chicago and their guests as they gather to enjoy "An Afternoon with Rick Jarvie," Lyric Opera of Chicago's head wigmaster and makeup designer. Before your eyes, Jarvie will transform a volunteer from the audience into a well-known character of the opera world. The program will begin at 2 p.m. on Sunday, Jan. 28 at the Barrington Area Arts Council Gallery, 207 Park Ave. in Barrington. Following the talk and demonstration, wine and hors d'oeuvres will be served.

Previously, Jarvie has been with Chicago's Shakespeare Theatre, Minneapolis' Tyrone Guthrie Theatre and the Stratford Festival in Ontario.

Send checks in the amount of \$20 by January 25, payable to BCLOC, to Margit Vogel, 280 Oak Hill Road, Barrington, IL 60010. Your check is your reservation. For



**Rick Jarvie, Lyric Opera of Chicago's head wigmaster and makeup designer**

inquiries, call 1-847-304-0422.

You may want to visit Lyric Opera of Chicago's Web site at [www.lyricopera.org](http://www.lyricopera.org).

## Upcoming Events for Long Grove-Kildeer Garden Club

This year, the award-winning Long Grove-Kildeer Garden Club is celebrating its 35th year. The club welcomes all gardeners in the surrounding areas. Both novice and seasoned gardeners make up their membership. If you're thinking of joining a club for fun and informative gardening programs, events, projects and field trips, consider attending a meeting at Reed Turner Nature Center, 3851 Old McHenry

Road, Long Grove. For more information, call Ivy at 1-847-800-5000.

### Future Meetings and Events

- Jan. 8—Garden Issues Round-table & Potluck Soup Luncheon
- Feb. 12—House Plants
- Mar. 12—Bugs in the Garden
- April 16—Spring Luncheon Speaker Topic—Edible Flowers

## "Powerful Tools" Class Helps Caregivers Help Themselves

Barrington Area Council on Aging will begin its next six-week "Powerful Tools for Caregivers" class on Tuesday, Jan. 9 from 1 to 3:30 p.m. The class will be held in the East Lake Dining Room at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington.

The course is designed for the nonprofessional caregiver who is helping to care for a parent, spouse or friend who lives at home, in a nursing home, or across the country. This program helps family caregivers reduce stress, improve self-confi-

dence, better communicate their feelings, balance their life, and enhance their ability to make tough decisions and to locate helpful resources.

The course, which will run through Feb. 13, consists of six weekly sessions and is conducted on an ongoing basis throughout the year. Suggested donation is \$30 per person to cover the cost of materials and instruction, but no one is turned away due to inability to pay.

For more information or to register, please call BACOA at 1-847-381-5030.

## Senior Art Program to Begin in Barrington

Art CUBES (Citizens United to Benefit the Elderly in Society), a series of affordable art classes for seniors, will begin on Thursday, Jan. 18 at Barrington Horizons, 1418 S. Barrington Road, Barrington. The program, sponsored by the Barrington Area Council on Aging and Barrington Horizons, will be held from 2 to 3 p.m.; participants should arrive by 1:45 p.m. The class instructor is Lynne Helm; the eight-part series will begin with a drawing class.

Art CUBES provides professional art in-

struction, workshops and art exhibits for seniors. The nonprofit group, based in Des Plaines, is a coalition of artists, businesspeople and others who promote cultural experiences for the elderly. Classes and exhibits are held at a number of locations throughout the Chicago area.

The cost is \$48 for eight classes. For more information or to register for the introductory program, call Linda Avellon at BACOA at 1-847-852-3892.



- May 12 and 13—Annual Plant Sale & Art Show
- May 14—Bus trip to Milaeger's

- Nursery and Gifts in Racine, Wis.
- June 11—Good Plants-Bad Plants
- July 16—Annual Garden Walk



## Get Your Home or Business Ready for the New Year

**Barrington Fix-It Shoppe Inc.** has been serving Barrington and the surrounding communities for 16 years. We offer both commercial and residential maintenance and handyman services. We give free estimates and price our work by the job, not the hour.

We strive to be on time and do the work for you in a neat and orderly fashion, with quality in mind. There are hundreds of happy, satisfied customers that trust our company, with references available upon request. **Barrington Fix-It Shoppe Inc.** is a member of the Barrington Chamber of Commerce. We will do all our work as if we are working on our own home! We take pride in what we do and hope

you will give us a try!

We also specialize in window and door repair and installation, having 20 years of experience. We can install, or in many instances repair, all types of doors including interior, exterior, storm, closet and patio doors.

Just give us a call at **1-847-382-7929** and we will be happy to talk with you about your "To Do" list for your home or office. Or check out our Web site for additional information. We will even repair what your husband fixed!

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Charles Hightower  
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[www.BarringtonFixIt.com](http://www.BarringtonFixIt.com)

## Leather Furniture Care for Long-Lasting Beauty

Winter is the perfect time to turn your attention to maintenance of your home interior.

Just as your skin feels the drying effect of cold winter winds and dry furnace air indoors, your leather furniture suffers the same dryness. Cleaning and conditioning will prolong the life of your leather furniture investment. Left untreated, leather eventually will crack and color can even begin to peel. Leather furniture manufacturers recommend cleaning and conditioning every three to six months for long-lasting beauty and durability. **Color-Glo Quality Leather Restoration** is a mobile service that can give your leather furniture the professional cleaning and protecting conditioning treatment that will protect and preserve the color and supple feel of the furniture.

**Color-Glo Quality Leather Restoration** is known for dependable service and expert workmanship. They utilize products specifically designed for finished, aniline or nubuck leathers. In addition to cleaning care services, they also redye, repair and restore faded, torn, and damaged leathers. Complete restoration services can bring new life to your worn leather furniture. We are an authorized Restoration Center specialist. To see photos of our work, click on "gallery" at our Web site, [www.qualityleatherrestoration.com](http://www.qualityleatherrestoration.com). For a free estimate, call **Color-Glo Quality Leather Restoration** at **1-847-719-2934**.



## When to Renovate and When to Vacate



"BEFORE"



"AFTER"

With winter upon us, many homeowners are faced with a long stay in cramped quarters. Should they renovate or just vacate? "In every case the issues are the same, but the solutions are different," says John C. Cazzetta, of the Barrington residential architectural firm, **The Cazzetta Design Group, Ltd.**

The folks who decide to renovate are typically attached to their neighborhood, their schools, or their home... except their home no longer fits their lifestyle. For these people the key question is resale. "We have found that in most cases, people who stay in their home for at least five years easily recover their renovation dollars. For those who could relocate within two years, we recommend updating what is necessary or what may be detrimental to a sale."

Homeowners who decide to move do so for other reasons. "Frankly, the underlying desire is freedom... the freedom to live in a home which is tailored precisely to the lifestyle of their family. When their existing home dictates or constrains their lifestyle, with or without renovating, then it is time to move on," adds Cazzetta. "This is a family who should design an affordable custom home. Keep in mind that even new model home plans can confine over time!"

If you are trying to decide on which direction to go, please call for a free consultation. "Chances are, we have resolved situations similar to yours. In either case, we enjoy the challenge of incorporating new space into your present home or the freedom associated with designing custom space for a new home."

## Barrington Fix-it Shoppe

**GOT SOMETHING TO FIX?**

"There's always something that needs fixing...and we'll be there to help you when you need us. Give us a call."



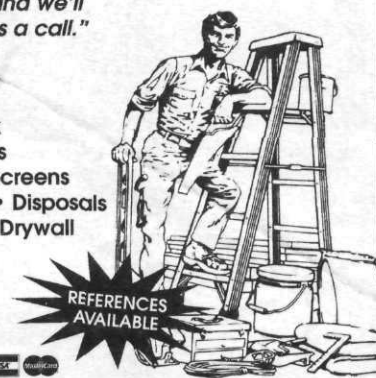
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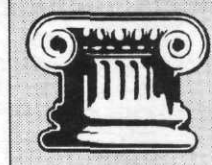
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## DAR Illinois State Regent Attends Tri-Chapter Meeting

Mary Ann Middleton, Illinois state regent, of the Daughters of the American Revolution, was in Barrington recently for a Tri-Chapter meeting held in her honor at Mackray Country Club, Barrington. Signal Hill Chapter, Eli Skinner Chapter, Sarah's Grove Chapter and Kishwaukee Trail Chapter welcomed Middleton who spoke on "From Mission Impossible to Let's Do It!" Mrs. Middleton (pictured, from left) is speaking with Margaret Christiansen, membership chair for Signal Hill Chapter.



If we can be of assistance, please call John C. Cazzetta of **The Cazzetta Design**

**Group, Ltd.** at **1-847-487-8177**.



# LEADING THE WAY TO REMARKABLE PROPERTIES



## BARRINGTON HILLS

A private, winding lane leads to this stunning 3 BR, 3.1 BA brick residence. Renovated to perfection, it offers a gourmet kit w/ custom cabinetry and granite counters, inviting family room, generous room sizes & hardwood floors. Delightful sunroom, luxurious BAs & 2 FPs. Peaceful 6.7 acre setting, 2-stall barn.

**OFFERED AT \$1,235,000**



## BARRINGTON

Timeless sophistication throughout this magnificent waterfront residence. Gourmet kit w/ custom cabinetry & granite countertops, hardwood flooring t/o, walls of windows, cathedral ceilings & 2 FPs. 1st floor master, 3 2nd floor BR suites, fin w/o lower level w/ kitchen & full BA. Braymore setting & water views are spectacular.

**OFFERED AT \$1,299,000**



## BARRINGTON HILLS

Classic stone & cedar ranch is set on 5 verdant acres offering 4 BR & 5 BA, w/ 2 master suites. Large, eat-in kitchen with Poggenpohl cabinetry & top-of-the-line appliances. Delightful sunroom, cathedral ceiling in family room, 4 fireplaces & 3 car garage. Includes tennis court & direct access to the extensive riding trails.

**OFFERED AT \$1,349,000**



## BARRINGTON HILLS

Delightful equestrian property offers a lovely, completely updated 4 BR, 2.1 BA colonial with magnificent gourmet kitchen, sumptuous master suite with luxurious bath featured in *North Shore Magazine*, and wonderful 4 stall barn with ample turnouts. Expansive decking, hot tub and 3 car garage too!

**OFFERED AT \$989,000**



## BARRINGTON HILLS

Set on a private, wooded site, this 5 BR classic is the epitome of refined country living. Abundant in character & charm, & designed for personal comfort & festive gatherings, it features exquisite architectural detail, 5 FPs, gourmet kitchen, stunning views, sparkling pool, 4 car gar, stunning grounds & expansive stone terraces.

**OFFERED AT \$1,724,900**



## BARRINGTON HILLS

Significant estate set on 17 rolling, wooded acres. Designed for a gracious lifestyle, this stone & cedar residence offers the finest custom finishes throughout its substantial comfortable interior. This beautiful estate includes 2 guest houses, pool, tennis court & 4 stall barn. Its location is prime and protected, its appeal, timeless.

**OFFERED AT \$5,190,000**



## BARRINGTON HILLS

Magnificent 1 year old home is set on 5.84 beautiful acres. 5 BR, 4 BA masterpiece exudes warmth & charm & offers an *Architectural Digest* quality kitchen w/ top-of-the-line appliances & adjoining firelit hearth room. 1st floor master retreat, 2 FPs, welcoming front porch & 3 car garage further enhance this spectacular home.

**OFFERED AT \$2,475,000**



## BARRINGTON HILLS

Beautiful home! Fabulous horse facilities! First floor master BR, updated kitchen, great room w/ vaulted ceiling, elegant dining rm, family rm & finished walkout LL, outside is just as perfect as the inside. Inground 20x40 pool. 5 stall barn, heated tack room, 80x140 sand arena w/ sprinkler system & 2 fenced paddocks.

**OFFERED AT \$1,475,000**



## BARRINGTON HILLS

Outstanding 6 br, 8.1 ba custom brick Georgian set on 10 rolling acres overlooking picturesque Goose Lake. Awe-inspiring architectural design and detail. It offers a grand gourmet kitchen, sumptuous master suite, 6 fpls, finished walkout LL, stone terraces and 4 car garage. It is elegant, warm & very livable.

**OFFERED AT \$4,990,000**



## BARRINGTON HILLS

"Creek House." Charming 1938 colonial is nestled in rolling, wooded 10+ acre setting w/ babbling brook & pond. 5 br, 4.1 ba residence is warm & inviting w/ lovely views from every window. Additional amenities include an inground pool, tennis court & garage parking for 5 vehicles.

**OFFERED AT \$1,700,000**



## BARRINGTON HILLS

A long curving drive leads to this gracious 5 BR, 4.2 BA country manor, secluded on 20 acres in the heart of horse country. A tranquil pond, sparkling pool, 10 stall barn, garage parking for 5 vehicles and premier Brinker Road location enhance this special offering.

**OFFERED AT \$3,599,000**



## BARRINGTON HILLS

This expansive, custom brick residence is set on a magnificent, private wooded lakefront site just moments from the Village. Outstanding quality & design are evidenced throughout. Wonderful entertaining & private areas. Finished walkout LL. 4-car garage. Beautiful professional landscaping. Gorgeous lakefront setting.

**OFFERED AT \$1,749,000**



## BARRINGTON

Exceptional newly constructed residence just minutes to the village. This stunning masterpiece offers the highest quality, design, detail & finishes. Gorgeous gourmet kitchen, 4 BR, 4.1 BA, luxurious master suite. Open flowing floor plan, finished lower level, beautifully landscaped grounds, 3-car garage.

**OFFERED AT \$1,299,999**



## BARRINGTON

Stately updated English Tudor nestled in a heavily wooded setting. Fabulous new gourmet kitchen, gorgeous master suite & fresh decor. Full walkout lower level, two FPs, meticulous attention to detail and finest finishes. Three car garage, extensive terrace areas, and brick paver drive further enhance this special offering.

**OFFERED AT \$899,900**



## BARRINGTON

Lovely home in maintenance free community! Set in a premium cul-de-sac location, it offers a 1st flr master, 2 additional generous BR, den, 2 story family room w/ custom built-ins, cherry kitchen w/ granite counters. A lovely deck overlooks private setting.

**OFFERED AT \$749,000**



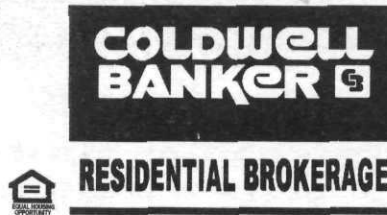
## BARRINGTON HILLS

Build your dream home on this incomparable wooded hilltop overlooking a private secluded lake. Over 5 spectacular lakefront acres with 624' of shoreline, on a private lane in a prime location, just moments from the Village. Ideal for walkout lower level construction. Enjoy idyllic views, majestic hardwoods & beautiful lake.

**OFFERED AT \$3,900,000**



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## Aquatic Gardens for the Home Gardener

Neither sleet nor snow nor even an ice-covered world can stay the dream of the summer garden. The Garden Club of Inverness begins its new year at 9:30 a.m. on Thursday, Jan. 18 at All Saints Lutheran Church, 630 S. Quentin Road, Palatine with a program by Kathy Thomas on Aquatic Gardens for the Home Gardener.

Thomas, from The Growing Place in

Naperville, is a member of the International Waterlily and Water Garden Society, a nonprofit association dedicated to the furtherance of all aspects of water gardening by the exchange of the latest and best information on water gardening throughout the world. She will speak about the possibilities of fitting a small water feature into a landscape design and will provide

materials with information on aquatics. Her presentation will also show larger, more spectacular water display designs for those with a grander vision.

The program will begin after a brief business meeting and refreshments. Guests and new members are welcome. Among the myriad pleasures of membership is inclusion in the Special Events and Workshops, which have included, to name just

a few, a "Behind the Scenes" tour of the Chicago Botanic Gardens and a "Learning over Lunch" program and demonstration at Red Oaks in Long Grove. Still to come is a Burn Class, a training exercise to manage native species, at Prairie Crossing in Grayslake and a private tour of the Cuneo Museum and Gardens.

For information, please call Judy at 1-847-358-8994 or Camille at 1-847-991-5034.



## Totally New—From Top to Bottom by Tamara Tabel

Ann and Brian DeMay wanted to change more than a few things about their Palatine home. They needed significantly more space, and wanted the new floor plan to be more conducive to entertaining and to the needs of their two sons. Their plans included a new great room, a totally remodeled kitchen, an office for Brian, reconfigured upstairs bedrooms, a remodeled master bath, a full basement and a new attached garage. Sound like a pretty tall order? Not for Delta Renovations and **Barrington Kitchen and Bath Studio** of Barrington. They were more than up for the challenge.

Mark Zurek of Delta Renovations took the lead in the extensive renovation of the DeMay's house, which more than doubled the size of the home—from 1700 to 3600 square feet. By expanding up and out into the back yard, the DeMays were able to add an expansive, two-story family room and a unique, octagon-shaped eating area. A new office was also added for Brian. Additional footage was created by adding a full basement underneath.

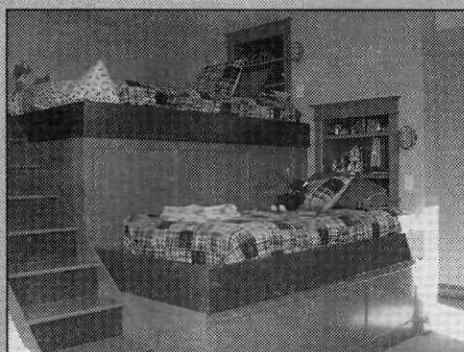
The upstairs changed considerably, as well. To make better use of space, three smaller bedrooms were converted into a loft and an expanded bedroom for the DeMay's two young boys, while a totally new bedroom was added over the garage.

**Ross Gerami of Barrington Kitchen & Bath Studio** worked closely with the DeMays and their design team to achieve a kitchen with modern amenities, but with an Old-World influence. The choice was pine cabinets and a slate floor, with special custom details, such as a tin-paneled door, a "hidden" refrigerator and 150-year-old ceiling beams, adding to the charm.

Additional custom details added a personal touch to other areas of the home, as well. Mark Zurek of Delta Renovations designed and built cabinetry in Brian's office, a bookcase in the upstairs closet, and fun and functional details for the boys... including raised, staggered bunk beds, built-in dressers (to capitalize on the truncated space created from the gable roof line), and an entertainment center in the boys' loft.



The new open floor plan features a new kitchen with Old World charm...and an octagon-shaped eating area with turret ceiling and lots of light.



Custom built-ins, like these bunkbeds in the boys' room, add a personal—and practical—touch.

And, as the final change in the DeMay home, the lower-level master bath was totally remodeled, including the installation of a slate shower stall with glass doors, a marble-topped double sink and lots of new cabinets.

But in spite of the extensive nature of the changes, the underlying character of house stayed the same—rustic and casual. Just the feel the DeMays hoped to achieve.

"I love our house," said Ann DeMay. "Everyone's work was superb. We got everything we wanted—I don't have any regrets."

If you're considering a change to your home—no matter how big—talk to the experts at **Barrington Kitchen & Bath Studio** and Delta Renovations. Just call **847/381-3084**. They'll help you transform your home from outdated to outstanding!



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## Midwest Church Architect Garners Five Design Awards for Local Churches

Noted Midwest church architect David F. Schultz Associates, Ltd. of Barrington/Dundee, was the recipient this past month of four national awards for their church designs in the 2006 Design Award Program sponsored by the Association of Licensed Architects (ALA), a national organization of architects and related professionals that is currently the fastest growing architectural organization in the country. The ALA award-winning projects included First Christian Church of Gurnee, Immanuel Lutheran Church and Preschool of Dundee, St. Lawrence Episcopal Church and Preschool of Libertyville, and Westminster Presbyterian Church and Preschool of DeKalb.

In addition to these four awards, the firm also was awarded by Varco-Pruden Inc. their "Win by Design 2006 Hall of Fame Award" for the firm's design for the new west satellite campus for Good Shepherd Lutheran Church and Preschool in Elgin.

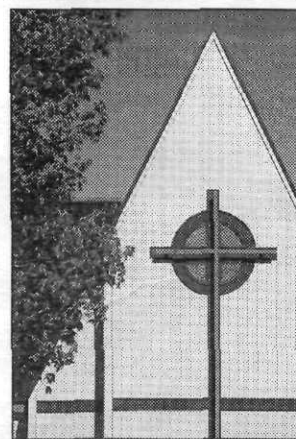
A previous winner of 16 international, national and regional design awards with publication in over 80 professional journals and books for their more than 200 church projects in five states, the firm is recognized as the premier church design firm in the Midwest. The firm was recently selected by the Willow Creek Association as a "Select Service Provider" of church architectural services for their membership.

David F. Schultz, the firm's founder and principal of the firm noted that "We do not hold to a particular church design 'style.' What made these projects both distinct as well as award winning was that our clients were committed to what I call a 'visual theology;' an honest design that accurately represents in three dimensions the theology of the church, its practices, ministry emphasis and the unique character and history of the congregation." This precludes use of a "canned" or repeated style. One could not ask for better clients than these and this award belongs to them."

Current and completed local church projects include First United Methodist Church and Preschool of Crystal Lake, Prince of Peace Lutheran Church and Preschool of Crystal Lake, and Fox Valley Church of West Dundee.

Will the firm continue to flourish and

garner further church design awards? "The changes that we are seeing in church ministries are requiring facilities that are extremely creative, unique and very, very exciting," says Schultz. "The emerging generation of church-goers has a new and unique view of what 'church' should be,



Views of Westminster Presbyterian Church and Preschool of DeKalb

Photography: David F. Schultz Associates, Ltd. • Barrington, IL

## Transform Your Home with Color

We've all been there. Pick any home improvement store any day of the week and you'll see people looking confused as they gaze at the literally thousands of paint colors attractively displayed for their selection.

Painting is still one of the most cost-effective ways to quickly change the look of your home, but don't get stuck struggling with color. There is a better way!

For over 15 years, **DF Design's** interior design professionals have helped hundreds of homeowners create beautiful rooms all within their budgets. Their custom color design package offers a safe, economical way to transform the look of your home.

**DF Design's** color design package starts with a review of a home's current furnishings, followed by a detailed discussion

about the homeowner's individual tastes and color preferences. A unique color palette is then custom-designed. Professional painters and artists complete the painting and faux finishing, creating a warm and inviting environment for all to enjoy. **DF Design** manages the project from start to finish, and as a finishing touch, makes recommendations for artwork, furnishings, window treatments and accessories for a comprehensive worry-free redecorating package.

Learn the secret behind some of the areas most beautiful homes. You'll be pleasantly surprised at the ease and affordability of **DF Design's** custom color package... even more surprised at the beautiful impact it will make in your home. Contact **DF Design** today at **815-479-0047**.

## Family Interactive Drug Testing A New Approach to Parent-Teen Communication

The investments by all trustees of American youth, of love, education and moral guidance, are succumbing to market penetration by the most effective criminal multilevel marketing network ever imagined. Today, cell phones, Web sites and e-mail technology effectively accelerate the marketing of illegal drugs to our children while disadvantaging parents in the drug-deterrence effort.

A new player in the marketing against the drug counterculture is Family Interactive Drug testing (FIDT), a start-up, not-for-profit public charity. It's founders intend to arm all parents of teenagers with free immediate-detection technology for use as a deterrent in the most effective environment, the home. Parents' determination in the home can be voiced confidentially and sincerely, with all of the consequences of choosing drug use, openly discussed.

Government research concludes that the parent is the most effective "anti-drug." Parent "anti-drug" momentum is greatly enhanced when each parent knows that other parent-neighbors are, at the same time, addressing drug use with their children. Parents have the right to remove all doubt and a need to know. "All children have a basic need for approval from their parents," the psychologists say, although it may be masked by adolescent behavior at times. Not all acting out is due to adolescent phases and it could be because of drug use. There is only one way to tell. The lines of communication between teens and parents are still in tact if you call in your "emotional markers" in the right setting.

FIDT is in the process of accepting donations to provide all parents of 7th- to 12th-graders a free drug-testing kit. The kit tests for the four most popularly marketed

social drugs all at once. It is a simple urine test with an indicator if the sample has been contaminated. The results are within minutes and highly conclusive. These types of tests are extensively used for pre-employment screening and random employee drug testing in commerce and industry. Random drug testing is here to stay. FIDT is confident that most parents will want the on-the-spot ability to test for assurance. FIDT deterrent programs are based on random drug testing at-home, at the discretion of parents, fully informed in advance, on how to apply the testing as a deterrent.

This is not a school district program. No school money is used and school districts aren't informed of, or liable for, the results of tests administered by parents. Children refusing to cooperate with parents in testing raise the suspicion of drug use and that in itself can be a timely indication for increased parental attention, if not professional intervention. Funding for FIDT community projects come from community businesses and community oriented individuals as well as government grants obtained by FIDT. Funds from a community go back to that community.

Readers can request interest in an area project organized by FIDT by going to [www.familyinteractivedrugtesting.org](http://www.familyinteractivedrugtesting.org). Donations can be made directly to FIDT's not-for-profit specialist attorney, John Truskowski, at Lord Bissell and Brook's Chicago headquarters. He will take your calls at 1-312-443-0257 regarding charitable donations under IRS 501(3)(c) and other assurances. Please make your check out to Family Interactive Drug Testing, NFP, and mail to: Lord Bissell and Brook, LLP, Attn. John Truskowski, 111 S. Wacker Drive, Chicago, IL 60606. A receipt will be returned.



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## DAR January Meeting

Signal Hill Chapter of the Daughters of the American Revolution will meet Jan. 16, 11:30 a.m., at the Barrington Area Library, Room A, first floor, 505 N. Northwest Highway, Barrington. The program for the first meeting of the new year will be "Bioterrorism Preparedness" presented by Bonnie Cohen, preparedness coordinator, Lake County Health Department. A social period with refreshments will follow.

The hostesses are Bonnie Free and Janet Lareau of Barrington; Lois Lee and Mary Ostrom of Barrington Hills; Candace

Meyer of Cary; Flo Babos of Fox River Grove; and Barbara Sullivan of Palatine. All members and prospective members are invited.

To be eligible for membership in NSDAR 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. Anyone needing to know about membership may call Margaret Christensen at 1-847-836-1758.

## From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford Lincoln Mercury

In case you don't know already, we service all makes and models at our **Quick Lane Tire and Auto Center** including Toyota, Honda, Nissan, Daimler Chrysler, GM, Volvo and more. We are on our way to becoming the largest tire and quick-maintenance outlet in the Barrington area. Quick Lane is designed to save you money and more importantly, TIME. Our customers have told us that they do not want to make an appointment to simply get their oil changed. That is why we have Quick Lane—where you can expect to be in and out in under 30 minutes—without an appointment.

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Lane is open 7:30 a.m. to 7 p.m. Monday through Friday, and 7:30 a.m. to 3:30 p.m. on Saturday.

Until next month,  
—Gail

# Deadline!

The deadline for the **February Issue** is **Thursday, January 11.**

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**Sherl Wheeler 847/370-3808**



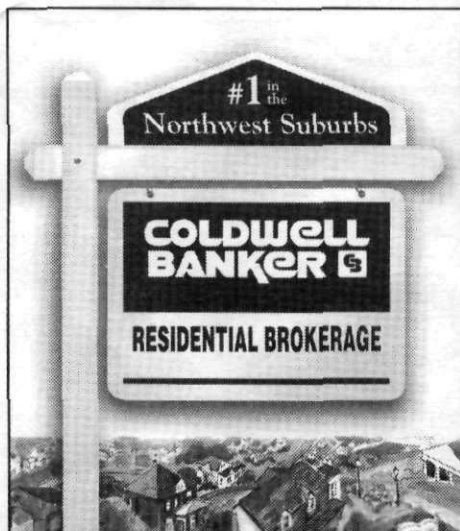
**Barrington \$1,385,000**  
Under construction & gorgeous! Village 4 BR, 5 BA Brick Georgian, every BR w/BA, 3-c gar. 9' clgs, hwd flrs, granite, cherry, marble.  
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**Barrington Hills \$1,187,000**  
Enchanting 5BR, 4BA Victorian w/hwd flrs; 1st flr Engl Oak Paneled lib w/tab trim. 5 acre property w/mature trees & perennials. Front porch & gazebo. By riding trails.  
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**Lake Zurich \$699,000**  
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**Barrington \$685,000**  
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**Barrington \$649,900**  
Fox Point-Beautifully updated 4 BR, 2.1 BA + new kit & BA. Newer mechanicals, roof, elec, windows, hwd flrs. 2 patios, huge priv yd w/fire pit. Fox Pt amenities!  
**Lynn Douglas 847/277-2786**



**Barrington \$499,000**  
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## Messiah Evangelical Lutheran Church in Wauconda Holds Thanksgiving Food Drive to Feed Community

The Joyful Outreach Ministry of Messiah Evangelical Lutheran Church in Wauconda held a Food Drive to fill the Wauconda/Island Lake Food Pantry in time for Thanksgiving.

The ministry asked the congregation, along with the community, to donate non-perishable food items and paper products to help stock the food pantry. The response was tremendous and two large vans were filled with over 300 bags of food and paper products. The food was delivered Monday, Nov. 20—in time for Thanksgiving.

Ministry members that helped deliver the food were Ministry Chairperson Dirk Rasmussen, John Christoph, Heidi Stolt, Julie Blasius and Jennifer Raaths. "We are so blessed to have enough to fill our own tables at Thanksgiving, we feel it was our responsibility as Christians to take care of our community," says Raaths.

"The mission of our food drive was based on the Great Commandment: To



**Julie Blasius, Port Barrington, and Heidi Stolt, Wauconda, deliver food at the Wauconda/Island Lake Food Pantry.**

love God and to love others. We simply saw the food drive as a way to reinforce our belief in the Great Commandment," says Rasmussen, chairperson of the Joyful Outreach Ministry.

Messiah Evangelical Lutheran Church is located at 25225 W. Ivanhoe Road in Wauconda. For more information on Messiah Evangelical Lutheran Church, please visit the Web site at [www.messiah-wauconda.org](http://www.messiah-wauconda.org) or call 1-847-526-7161.



## Wellness Place Auxiliary Announces 2007 Gala Co-Chairs

The Wellness Place Auxiliary is a group of 30 women who volunteer their time and energy to raise funds for programs and services provided by Wellness Place, a cancer resource center located at 1619 W. Colonial Parkway in Palatine. Dedicated to the Wellness Place mission of enhancing the lives of those touched by cancer, the group has donated \$1.2 million to the cause since its inception in 1999.

Looking ahead to their annual gala, the auxiliary announces its 2007 co-chairs, Jenny Welsh and Jennifer Wondrasek, both of Barrington. Planning is underway for the festive affair to be held late spring or early summer in the Barrington area. The auxiliary's sold-out June 2006 Gala, "D'Vine—an Exquisite Journey of Food and Wine," was a great success, raising over \$225,000 for Wellness Place.

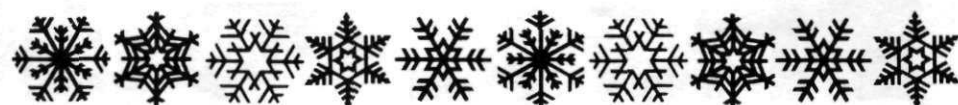
The auxiliary welcomes those interested in learning more about the group to attend their monthly meetings, held every third Thursday. In addition to those interested in event planning, the auxiliary is looking for a public relations and communications officer. Please contact Auxiliary co-presidents Shefali Bhuvra at 1-847-421-



**The Wellness Place Auxiliary announces their 2007 Gala co-chairs Jenny Welsh (left) and Jennifer Wondrasek, both of Barrington.**

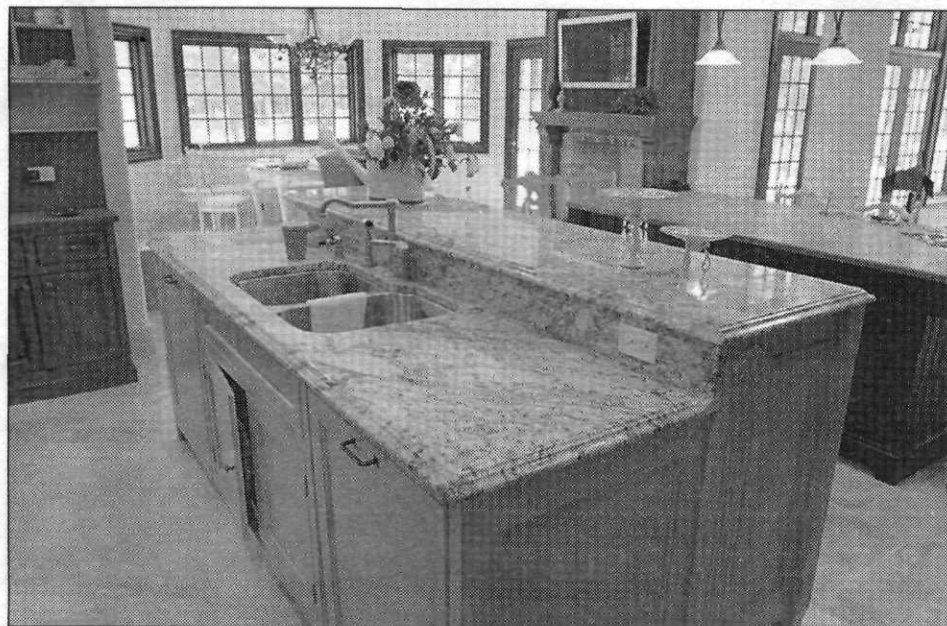
3031 or Pam Reiss at 1-847-340-6232 for more information.

Wellness Place provides free professional, cancer-related counseling, services and programs to enhance the lives of people living with cancer, their families and caregivers. The not-for-profit cancer resource center serves 60 communities in the northwest suburbs of Cook County, and parts of McHenry, Lake and Kane counties. For information, call 1-847-221-2400, or visit [www.wellnessplace.org](http://www.wellnessplace.org).





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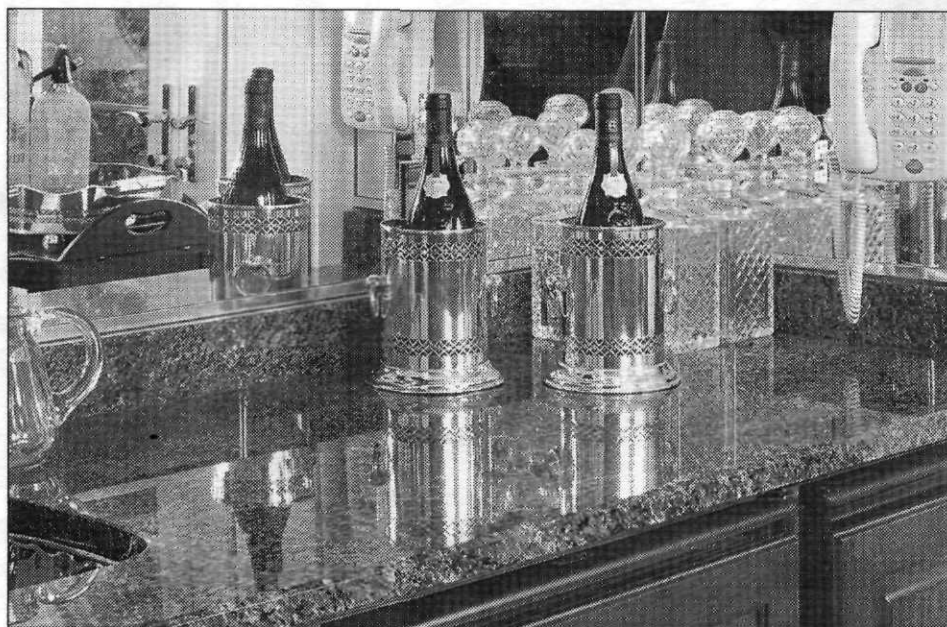
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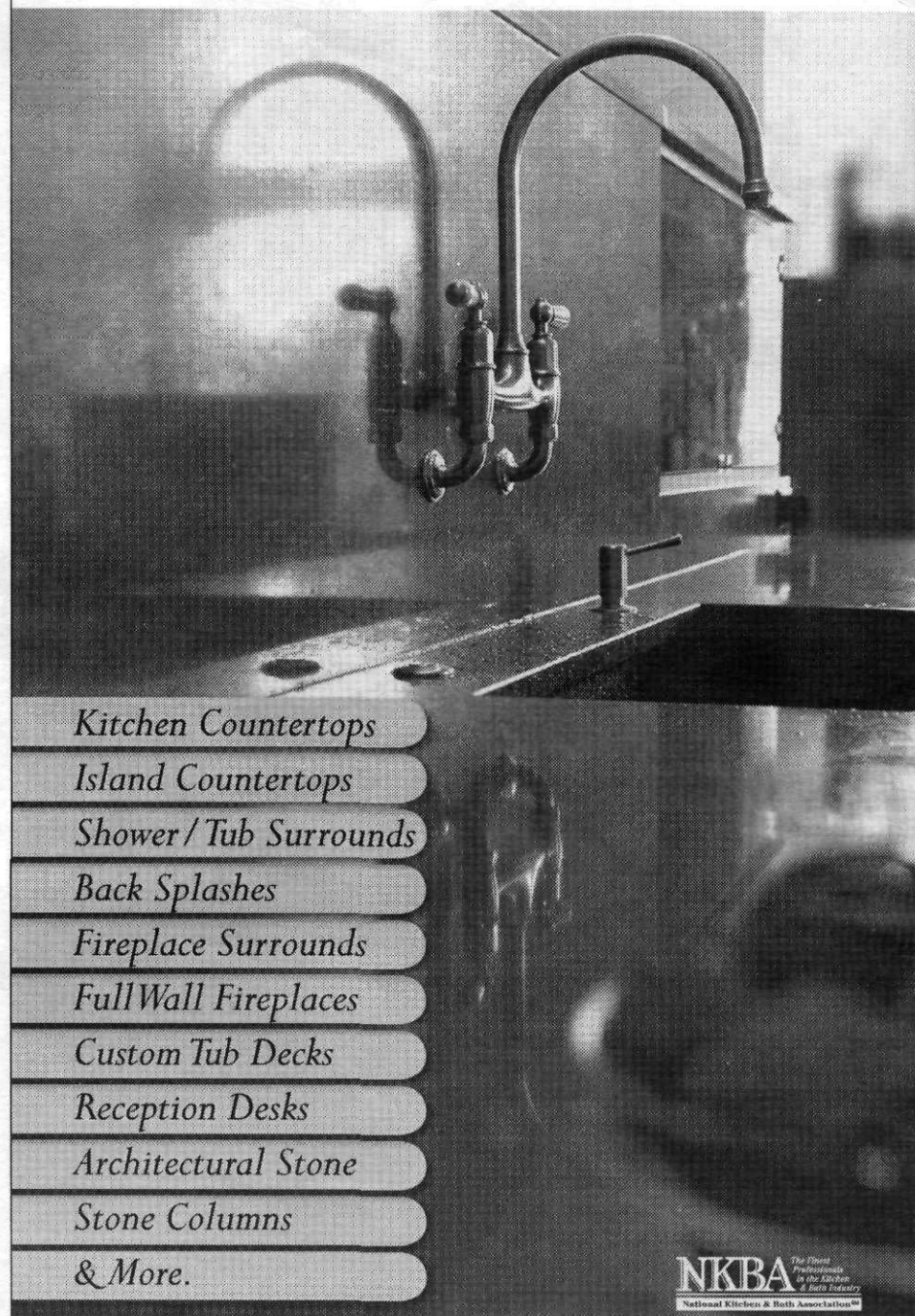


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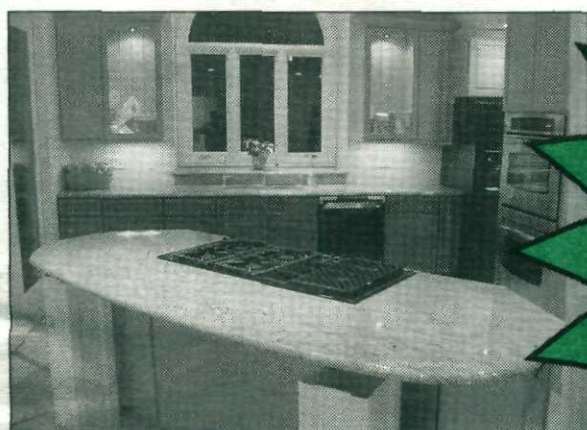
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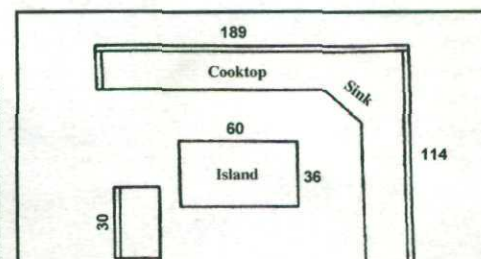
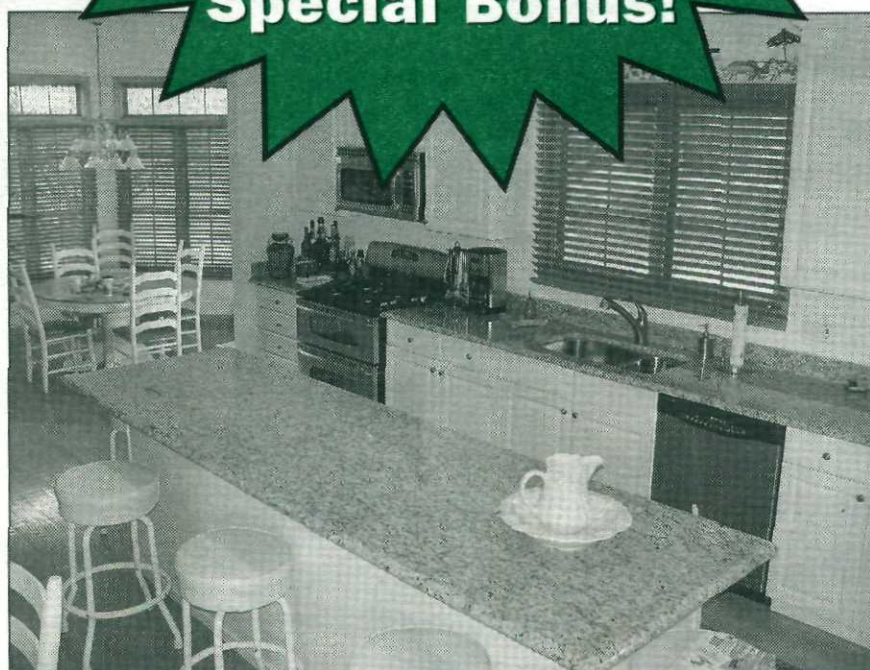
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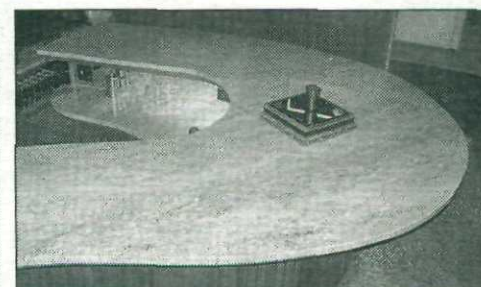
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