

April 2010

FOR REFERENCE

Do Not Take From This Room

*Spring Blooms
with Activities!*

**Art Associates to View
Matisse Collection**

**Private Collection
Opens Doors to
Benefit Homeless**

**"Pillar of Community "
Celebrates 60th Jubilee**

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Perennials Galore

The white mulch on our gardens has melted! Spring bulbs are putting on their welcome display! Tender green shoots are appearing in perennial borders! April, the "awakening month," is time for the Field and Flower Garden Club of Barrington to put final plans in place for their annual perennial sale.

Mark your calendar now for Saturday, May 8, 8 a.m. sharp, for the celebrated annual sale of choice perennials, all dug from members' gardens and potted with tender care. The sale is at the Barrington Jewel's parking lot, rain or shine.

Many properties in the greater Barrington area are blessed with high oak shade. Offered at the sale will be hostas, ferns, columbine, bleeding heart, wild ginger, snowdrop anemone, sweet woodruff—all perennials that do extremely well in shade. Gardeners who need plants to fill sunny areas will have no trouble finding them on the sale tables with the assistance of knowledgeable club members.

Most perennials need to be divided on a regular basis. Most gardeners enjoy being able to share favorite plants and to pass on cultural information and tried and true growing tips. Field and Flower garden club members have been sharing great plants and good garden advice for over 49 years.



Perennial texture under high oak shade

Conservation projects, internships and community philanthropies continue to be funded by proceeds of the sale.

Field and Flower Garden Club membership includes novice gardeners as well as those very knowledgeable in growing, landscaping and design. 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 time to ask gardening questions. Guests are always welcome.

Field and Flower is a member of the Council of Barrington Garden Clubs, Garden Clubs of Illinois Inc. and National Garden Clubs Inc.

For more information, please call 1-847-382-1869.

CFC Native Plant Sale Set for May 1

Citizens for Conservation (CFC) will hold its 14th Annual Native Plant, Tree and Shrub Sale on Saturday, May 1 from 9 a.m. to 3 p.m. at CFC's headquarters, 459 W. Highway 22, in Lake Barrington. A large selection of robust, hardy native plants will be available for sale, and knowledgeable volunteers will be on hand to answer questions and provide advice. There are many new woodland plants being offered this year.

Native plants provide many advantages for gardeners and for the environment. They will save both time and money because they do not require fertilizers or pesticides. Additionally, their deep, fibrous root systems firmly anchor soils to help prevent erosion and conserve water. They reduce air pollution by removing carbons from the air. Once established,



native plants do not require watering, and they provide much needed food and shelter for birds, butterflies and other wildlife.

Gardeners who wish to pre-order can go to www.citizensforconservation.org to download the order form or call the office, 1-847-382-7283, and ask to receive an order form. The pre-order deadline is April 10.



Chicago Master Singers to Perform Sacred Music of Germany

The spring 2010 concerts of Chicago Master Singers (CMS), under the direction of Alan Heatherington, will feature German and American choral masterworks. The concerts will be held at the Divine Word Chapel, 2001 Waukegan Road, just north of Willow Road, in Techny, on Friday, April 16 at 7:30 p.m., and Sunday, April 18 at 7 p.m.

The program will include sacred works by Brahms, Bruckner, Biebl, Reger and Rheinberger, as well as masterful choral works by Lauridsen, Paulus, Berger and Polifrone. The a cappella repertoire will be the same one that members of the ensemble will perform on tour next summer in Germany.

CMS is a 130-voice auditioned chorus that has delighted audiences in the Chicago area with performances of the great choral masterworks in collaboration with professional soloists and orchestras since 1979. Members of the ensemble also perform on tour in Europe every two years.

Regular ticket prices are \$48 for preferred seating, \$38 for general seating and \$28 for side seating. Student and senior discounts are available, as well as discounts for groups of 10 or more. Advance reservations are recommended.

Tickets for Chicago Master Singers performances can be purchased online at www.chicagomastersingers.org or by calling toll-free 1-800-595-4849.

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Editor's Ink

April 2010

Dear Reader,

Activities abound this time of year in the greater Barrington area. So mark your calendar for these exciting events.

On Saturday, May 22, the Catholic Charities Northwest Regional Services and the New Hope Apartments Program, an innovative housing program designed to help end the cycle of homelessness for local families, will benefit from a gala held at the renowned Sanfilippo estate in Barrington Hills. The estate will open its doors for the 21st Annual Hearts for the Homeless. Included in the evening's agenda are hors d'oeuvres, open bar, dinner and auctions emceed by WGN radio host Garry Meier. This is an event you won't want to miss.

On Monday, April 19, members of the Barrington Northwest Community Associates (B/NWCA) will view and learn about the amazing career of Henri Matisse (1869-1954), now showing at the Art Institute of Chicago. So get on board!

Happy Easter everyone. And until next time, may all your thoughts be sunny.

With warm regards,

Glenn McMonigal, editor

Barrington Lifestyles News Magazine



About Our Cover

Spring is Blooming... with garden club activities, including plant sales, presentations, workshops and more. Look for them throughout this issue of *Barrington Lifestyles*.



Private Collection Opens Doors to Benefit Local Homeless

"The 8th Wonder of the World Tour" Offers Public Exclusive Access to Renowned Sanfilippo Estate

An 1881 Grant steam locomotive... 1890 European Eden Palais carousel... world's largest theatre organ with 8,000 pipes... antique music, arcade and gambling machines... Tiffany lamps, an ice cream parlor, 200 music boxes, photographs, 65 coin-operated pianos, and a street clock that stands 20 feet tall...

Experiencing these buried treasures of the Sanfilippo Estate in Barrington Hills usually requires a personal invitation. However, on Saturday, May 22, the estate will open its private doors to the public for the 21st Annual Hearts for Homeless Families "The 8th Wonder of the World Tour" dinner and auction. Billed as the #1 social event of 2010, it benefits Catholic Charities Northwest Regional Services and the New Hope Apartments Program, an innovative housing program designed to help end the cycle of homelessness for local families.

"This event offers the community a once-in-a-lifetime opportunity," said Glenn Van Cura, Catholic Charities Northwest Regional Services representative. "The Sanfilippo family's estate and collection are not open to the general public, but a ticket to the 'The 8th Wonder of the World Tour' opens the doors to an extraordinary adventure, and an opportunity to help local families beat homelessness for good."

The cost of a ticket, which includes the



Restored 1890 European Eden Palais carousel with 36 hand-carved Hubner horses and four ornate rocking gondolas.

Photo by Marietta Winchester, courtesy of Catholic Charities

tour, valet parking, hors d'oeuvres, open bar, elegant dinner, and auctions exceed by award-winning WGN radio host Garry Meier, is \$160 per person (\$70 tax deductible) or \$1,500 for a table of 10.

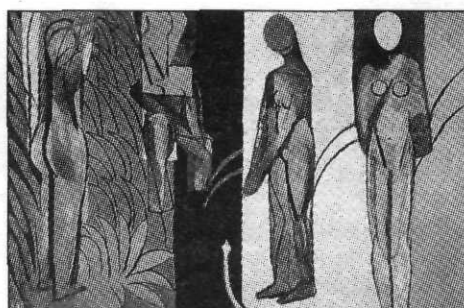
Auction items include a pig roast, yacht cruise, TV news station tour, private movie theatre party for 100 people, Medinah Country Club golf outing, Chicago Cubs and Chicago White Sox tickets, autographed Chicago Blackhawk pucks, a Faberge vase; several exotic trip packages, and much more.

Seating is limited and those interested in attending should reserve a place today. To purchase tickets for "The 8th Wonder of the World Tour," call 1-847-376-2118 or visit www.catholiccharities.net/hearts.

Art Associates to View Matisse Exhibition

This artist's early work was not well accepted by the critics or by the public. His paintings were criticized for their strong emotions and his use of wild and often dissonant colors. Critic Camille Mauclair wrote: "A pot of paint has been flung in the face of the public..." In 1913, his controversial painting *Nu bleu* was burned in effigy at the Armory Show in Chicago. In the succeeding decades, however, his work engendered more positive responses and today Henri Matisse (1869-1954) is regarded as one of the three seminal artists of the 20th century.

This spring, the Art Institute of Chicago (AIC) is hosting a special exhibition entitled "Matisse and the Methods of Modern Construction." Members of the Barrington Northwest Community Associates (B/NWCA) will have the opportunity to view the exhibit and to learn about the monumental career of Henri Matisse on Monday, April 19 from 8 a.m. to 4 p.m. The AIC/CSO Joint Education Seminar is an annual event consistently regarded as a highlight of the entire B/NWCA season. This year's focus on the critical time period identified as the development of Modernism is certain to exceed expectations. Co-sponsored by Stephanie D'Alessandro, curator of the Matisse exhibit at the AIC, and by Gerard McBumey, "Beyond the Score" creative director for the Chicago Symphony Orchestra, this semi-



Bathers by a River by Henri Matisse (French, 1869-1954); 1909, 1913 and 1916. Oil on canvas; 153.5 by 102.4 inches. Charles H. and Mary F.S. Worcester Collection. 1953.158.

nar will focus on the brief years between 1913 and 1917. During this time Matisse produced some of his most experimental and enigmatic works, a period Matisse himself later called "pivotal" for his career. *Bathers by the River*, a centerpiece of the exhibition, demonstrates a style that is abstracted and purged of descriptive detail, geometric, and dominated by the colors black and gray. However, Modernism was not just dominated by artists; composers were also following a new path, utilizing lean construction and irregular forms. CSO musicians will perform music of this tumultuous era during this Joint Education Seminar.

Following the program, members may use their AIC membership card to enjoy

"Pillar of Community" Celebrates 60th Jubilee

Sister Lorraine Menheer, founder of St. Anne's Project Hope and 44-year resident of the Barrington area, will celebrate the 60th anniversary of her being received into the order of the School Sisters of St. Francis on Sunday, April 11. All are invited to attend a special 11 a.m. Mass in her honor at St. Anne's Church, 120 N. Ela St. (on the corner of Franklin and Ela streets) in downtown Barrington, with a reception and refreshments immediately following.

Sister Menheer was born and raised in Brighton, Wis. and joined the School Sisters of St. Francis as an aspirant at the age of 17. She has taught at St. Catherine's in Milwaukee, Our Lady of Perpetual Help in Glenview, and St. William School in Chicago. She came to Barrington in 1966 and served as principal of St. Anne's School for 17 years. During this time, many were drawn to her for help and inspiration and she noted the need for more pastoral outreach into the community.

After retiring from her principalship, Sister Menheer began to focus her energy and talents on what would become Project Hope, a ministry of the St. Anne community providing emergency assistance to area families in crisis. From humble beginnings, Project Hope has grown to serve hundreds of families each year, restoring self-sufficiency while renewing hope. Her legacy also includes the support and following of thousands of volunteers, a network of generous private and corporate donors, the famous Annie's Attic Garage



Sister Lorraine Menheer

Sale, and House of Hope Resale in Barrington.

Through her years of teaching and outreach, Sister Menheer has touched many lives. Everyone is welcomed to join with her in celebrating 60 years of service and spirituality. "We cannot begin to thank Sr. Lorraine for the extraordinary impact she has made with her talents and compassion," remarked Project Hope chairperson and longtime friend Peggy Sobolewski. "But the occasion of her 60th jubilee is a great time for us to start!"

For more information, please contact Project Hope at 1-847-756-4673.

Auxiliary Members Host "Hula Hula" Gala to Raise Funds for BYFS

The Barrington Youth & Family Services (BYFS) volunteer auxiliary invites the community to attend its upcoming "Hula Hula" Hawaiian-themed gala to help raise funds to support the agency's family counseling, youth outreach, and community prevention programs. This fun-filled event will be held at Barrington Hills Country Club on Saturday, April 10 at 7 p.m.

The BYFS "Hula Hula" Gala will feature dinner, live entertainment by Exit 147, and an auction lead by Dave Nelson. Live/silent auctions will include a combination of unique products and experiences, as well as one premier student parking space at the BYFS facility (located two blocks from Barrington High School).

All gala proceeds will benefit BYFS programming for Barrington area residents.

The ticket price for the event is \$150 per person. For ticket or sponsorship information, please contact Nicole Jacobsen at

nicole_jacobsen@comcast.net or 1-847-212-1685.

The "Hula Hula" Gala is co-chaired by Nicole Jacobsen and Amy Wickstrom. Other BYFS Auxiliary members include Angela Allegritti, Tracy Bischof, Anita Burke, Kathy Maca Mangan, Gayle Maraval, Donna Penyak, Linda Pochron, JoAnn Rogers, Barb Simonds, Judy Tolle and Angie Wallin.

Barrington Youth & Family Services is a not-for-profit social service agency, dedicated to providing counseling, outreach, and prevention services that support the social, psychological and emotional well-being of young people and their families. For 38 years, BYFS has serviced Barrington area residents in Barrington, Cuba, Dundee and Ela townships, within the boundaries of Barrington Community Unit School District 220. Find out more at www.barringtonyouthandfamilyservices.org.

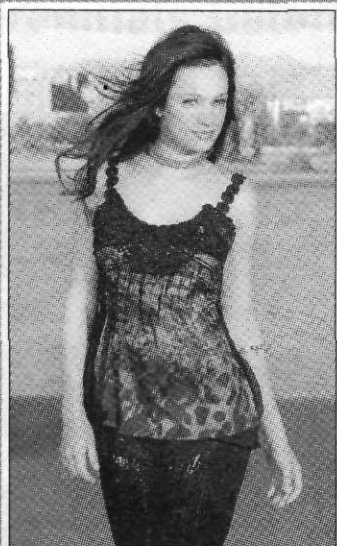


a self-guided tour of the Matisse exhibition. Lunch will be available at the AIC by reservation or on your own.

B/NWCA members, mark your calendars for Monday, April 19, 2010; you will not want to miss this outstanding presentation. The cost is \$60, which includes

transportation and the program (\$24 for reserved AIC luncheon). Reservations are required and will be accepted in the order received. The reservation period closes April 7.

For more information, contact day chair Jo Brynildssen at 1-847-359-5286.



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Medication Prevents Claim Under the Americans With Disabilities Act

by Joette S. Doran, Esq.

The Americans With Disabilities Act (ADA) applies where an employee suffers from a permanent disability as a result of an injury or illness. An individual with a disability is a person who has a physical or mental impairment that substantially limits one or more major life activities. A qualified employee with a disability is an individual who, with or without reasonable accommodation, can perform the essential functions of the job in question. A reasonable accommodation may include, but is not limited to, making existing facilities used by employees readily accessible to



and usable by persons with disabilities, job restructuring, modifying work schedules or reassignment to a vacant position.

Celebrating 10 Years!!! The Best of What's New at Assemblé

This season is all about separates—or you can call it pieces if you wish—but yes, “Spring’s Designers-in-Demand” are focusing again on reinvigorating the fashion process with a wardrobe of flexible options. There’s a big plus to this practice: more pieces can help encourage you put together an intriguing look that works, no matter how many different roles you play in a day. You could (and should) wear these pieces anywhere, even to places where hitherto, only a dress would do!

Assemblé is loaded with the must-have trends and essentials for day, night and weekend. We’re here to help you discover your style.

Say hello to the latest mix of feminine and modern—all landing in a perfect spot between practicality and whimsy. Our tops, whether sleekly graphic from **Envi** or gently ruffled from **Linq**, are the perfect

look matched with sleek capris from **Silver**.

When you’re on the run, our collections of California tees offer a visual treasure trove of ideas for your easy, breezy entrée to spring—be it a sunny floral from **Language LA** or a sultry, smoky gray tank from **Splendid**.

It’s time to trade in those dated jeans for a pair from **CJ (Cookie) Johnson!** Pair them with a crisp linen “oversized” shirt and accessorize with one of our glam scarves or bold beads for a great way to step into spring.

Yes, staying on top of the trends has never been easier. That’s because this season there’s a cornucopia of colors, prints and separate pieces—created by designers and brought to you by **Assemblé**—all for your shopping pleasure!

The Best of What's New starts here!
See ya soon.

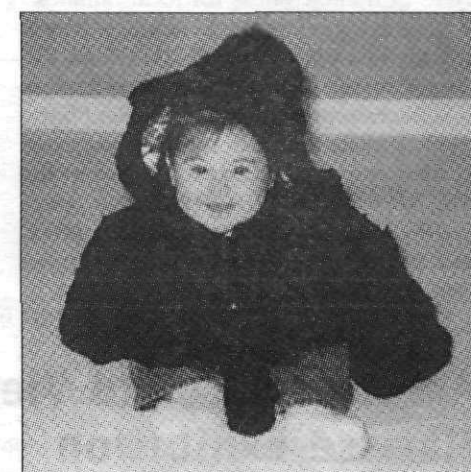
“BABY YOUR COAT!” Bring It to Shari's Furs for Cleaning and Storage

Everyone at **Shari's Furs, Leathers & Shearlings** urges our customers to clean and store their coats soon. This is a must. Our cold vault storage and expert cleaning/conditioning will not only keep your fur looking its best, but will **help give it extended wearing life**.

Spring storage gives you the perfect opportunity to make small repairs or major remodels—so your fur will be ready for next year’s inevitable blast of winter.

Spring is also a good time to choose a new fur for next season. **Shari's** offers the finest selection of new and used furs. And with our resale racks, you can sell your old fur or purchase an affordable pre-owned one.

At **Shari's Furs, Leathers & Shearlings**, when you purchase a new fur garment, **all alterations, monogramming, and first-year storage are included**. There are no hidden charges. This is a



wonderful time to think layaway for the following winter at today’s prices.

Shari says, “Bring in your coat soon. Both you and your garment will be glad you did. It’s worth the ride!”

Recently, an Illinois Federal Court addressed the issue of whether a flight attendant whose depression is controlled by medication has a disability as defined by federal employment law. The lawsuit alleged that the employer violated the ADA when it denied the employee’s request for intermittent medical leave and then terminated her for unapproved absences from work. The ADA defines a disability as a physical or mental impairment “that substantially limits one or more major life activities.” The nature of the limitation is not considered with reference to a specific job, but in light of what most people do in their daily lives. The Court found that the plaintiff could not establish that her depression constituted a disability since an individual’s condition as it exists after corrective or mitigating measures are used to combat the impairment is considered when determining whether that individual is disabled. In the plaintiff’s case, medication enabled her to perform tasks that the average person can perform since the plaintiff admitted that when she is on her medication, her depression did not inter-

fere with her ability to travel, clean her house, use a computer or participate in other physical activities. Significantly, she admitted that when on medication her depression did not prevent her from working. The court found that her testimony leaves no doubt she is able to perform the tasks central to most people’s life which is fatal to her claim that she is disabled within the meaning of the ADA.

For additional employment information, please visit our Web site at—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, admitted to all Illinois federal courts and the U.S. Supreme Court. She is a member of the Federal Trial Bar and is the past chairperson of the Employment Law Committee for the Northwest Suburban Bar Association, a past president of Barrington Area Professional Women, and a member of the National Employment Lawyers Association.

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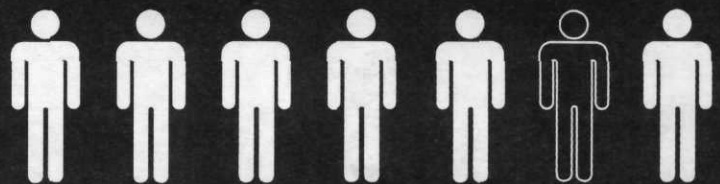
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Some conveniences that we offer to our busy parents are scheduled haircuts, done by a licensed stylist, and two weekly gymnastics programs, taught by certified instructors. All children participate in our biweekly "Stretch n Grow" program, a nutrition and exercise class. On Fridays, the "Jungle Bus" is offered as an additional activity. We also now offer "Computer Ex-

plorers" computer class as an additional weekly activity.

Check out our Web site! At **www.barringtonchildcarecenter.shutterfly.com** you can see what we are up to. We are so excited to be able to show off!

We offer full-day child care for children ages 6 weeks to 11 years. All 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 has large, child-friendly classrooms, but offers a homelike atmosphere. A catered hot lunch and two snacks are offered each day. Special activities and field trips are scheduled so that all ages may participate.

During the school year, we offer before/after care, with bus service, for children attending Roslyn Road School.

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

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BACOA Announces Support and Education Groups for April

The Barrington Area Council on Aging (BACOA) has announced its support and education groups for April.

Alzheimer's Association Support Group—The meeting will feature a presentation on Brain Aerobics. Bonnie Scherkenbach and Doug Saylor will demonstrate various techniques and options for exercising the brain. The group will meet Thursday, April 8 from 1:30 to 3 p.m.

Caregiver Support—April's meeting will be an open forum on care-giving issues. The group will meet Wednesday, April 7 from 7 to 9 p.m. at the BACOA office, 6000 Garlands Lane, Suite 100, Barrington.

Parkinson's Education and Support—The group will attend the American Parkinson Disease Association—Midwest Chapter's Symposium 2010. The symposium will be held Saturday, April 10 from

8 a.m. to 2:30 p.m. at the Meadows Club, 2950 W. Golf Road, Rolling Meadows. The cost for the symposium is \$20 for advance registration; \$30 at the door. The fee includes a light breakfast, lunch and valet parking. This symposium will take the place of the group's usual April meeting on the fourth Saturday of the month. Regular meetings will resume May 22.

Low Vision Education and Support—The group will take a field trip to Blind Service Association of Chicago to hear John DeBerry, Blind Service counselor, speak on "Aging is Not For Sissies." The group will leave Barrington at 9:30 a.m. and return around 2:30 p.m. Lunch is \$5.

For more information on any of the groups, please call BACOA at 1-847-381-5030 or visit BACOA's Web site at **www.bacoa.org**.

Four Seasons Garden Club Early Spring Gardening Activities

The Four Seasons Garden Club's April meeting will feature the informative and interesting presentation, "Gardening Activities for Early Spring," by the Hawthorn Garden Center. The meeting will be held Tuesday, April 6, 9:30 a.m., at the Hawthorn Garden Center.

The Four Seasons Garden Club usually meets at 9:30 a.m. on the first Tuesday of each month, August through June. The

meetings are typically held in a member's home or at the Barrington Area Library. Meetings include a social coffee, visiting among members and guests, a short business meeting, and a presentation or demonstration concerning some aspect of gardening and gardening interests.

For more information regarding the club or its activities, please contact Alana at **alenagust@comcast.net** or 1-847-438-3981.

Birding 101

If you would like to be one of the 70 million bird watchers in the U.S., this two-day workshop, presented by Stillman Nature Center with Flint Creek Wildlife Rehab, is designed for you.

The first part will be on Friday, April 23 from 6:30 to 8:30 p.m. at Flint Creek Wildlife Rehabilitation, 130 Forest Ave., Itasca. The basics of bird identification and information on tools of the trade, such as binoculars and field guides, will be discussed.

The second part will be on Saturday,

April 24, 8 to 11 a.m., at Stillman Nature Center, 33 W. Penny Road, South Barrington. Expert guides will help you practice your new skills as they search Stillman's varied habitats for resident and migratory birds.

The cost for this two-day workshop is \$10 for members and \$15 for nonmembers. Advanced registration is required. For a registration form, go to **stillmannnc.org**.

For more information, call 1-847-428-6957 or e-mail **stillnc@wildblue.net**.

Green Thumbs of Barrington Garden Club

The club will meet on Monday, April 19 at the Barrington Area Library. The program will be presented by a specialist from the University of Illinois Extension and will be all about pruning. It will cover basic pruning cuts, tools, and the best time to prune.

The gathering will begin with refresh-

ments and socializing at 12:30 p.m., the program at 1 p.m., and finish with a business meeting. Members will be making plans for the annual plant sale scheduled for Saturday, May 15.

Visitors and friends are welcome to participate. For additional details, please call Vicki at 1-847-526-5998.

See What's New @ Peter Daniel

It's been a long winter and we're all ready for spring! April is a wonderful month to renew and refresh ourselves and our wardrobes.

The colors for spring are fabulous! You'll love the vibrant greens, lemony yellows, gorgeous corals, pretty pinks, soft lavender and playful aqua. Choose a pair of fun capris topped with a great spring jacket, wild print top or colorful sweater set. There's so much to choose from. Our collections sell out quickly, so shop early and often!

Don't miss our **NEW Men's Department**. We've moved things around and have a great new men's sportswear room where The North Face Shop was. (The North Face Shop is now on the mezzanine and will fill in again for fall.) Our Men's Department covers every occasion, from casual weekend wear to business attire, with collections from Polo, Cutter & Buck, Tommy Bahama, Jack Victor, and Gitman to name a few. We hope you'll stop in soon—you won't be disappointed!

Please use the coupon (at right) and **SAVE 20%** on any item in our Men's Department through April 15.

We also invite you to visit our new updated Web site to sign up to receive info on what's happening at **Peter Daniel**, coupons via e-mail, and to join our Birthday Club. You can sign up at peter-daniel.com.

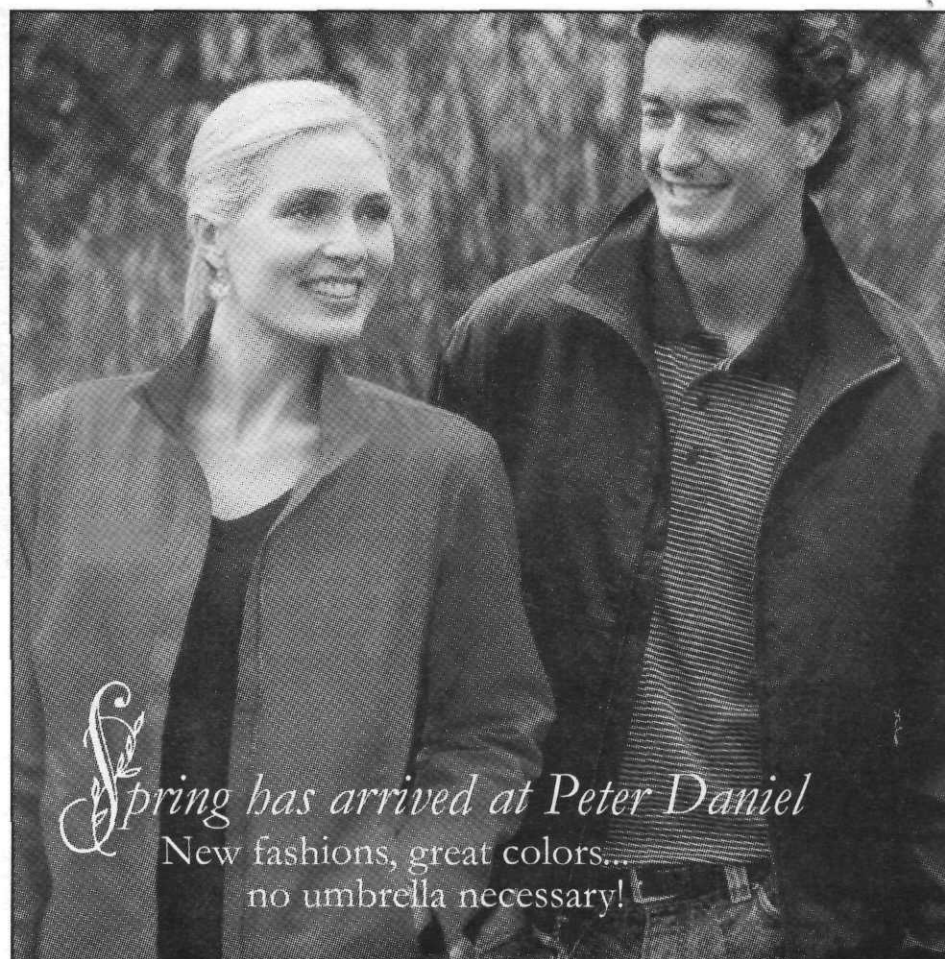


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THROUGH APRIL 15TH

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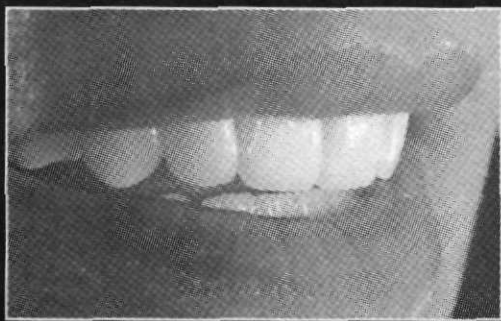
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Genealogy Workshop Provides Tips for Tracing Ancestors

Have you tried to trace your roots and hit a dead end? Do you want to learn more about a particular ancestor? Interested in finishing that family tree?

The Signal Hill Chapter of the Daughters of the American Revolution (DAR) will be hosting a Genealogy Workshop on Saturday, April 17 between 10 a.m. and 3 p.m. in the Barrington Area Library, Rooms A and B.

Work with genealogy experts who have had extensive experience in tracing their own roots as well as helping others do the same. Learn how to organize family records, search federal, state and county records, use libraries and Web sites to find family information, and locate birth, death and marriage certificates.

The workshop will also help prospective members with their DAR applications. Women interested in becoming a member of the DAR must be 18 years or older and be able to trace their lineage to an ancestor who aided in the cause of the American Independence through military, civil or patriotic service.

The National Society of the Daughters of the American Revolution (NSDAR) is a nonprofit, nonpolitical volunteer women's service organization dedicated to promoting patriotism, preserving American history and securing America's future through better education for children.

The workshop is open to the public. For more information, contact membership chairman Joanne Farrell at 1-815-603-7824.



Michael Portelli Memorial Golf Outing Wednesday, June 16

The Michael Portelli Memorial Golf Outing will include breakfast, 18 holes of golf, luncheon buffet, tickets to Arlington Park (for morning golfers), dinner with open bar, green fees, cart, locker room facilities, prizes and more. All funds raised through this event will be used to support Shelter's programs and services.

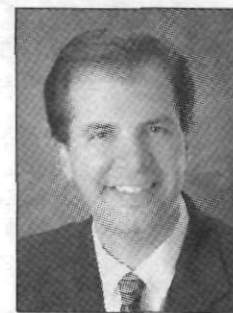
There is availability for individual and foursome participants, as well as event

sponsorship opportunities. For more information, contact Shelter's special events coordinator at 1-847-590-6188 or shelter@shelter-inc.org.

Shelter Inc. is a nonprofit child welfare agency providing emergency and longer term housing for children in the Barrington and surrounding areas who are abused, neglected, dependent or in need of supervision.

Digital X-Rays

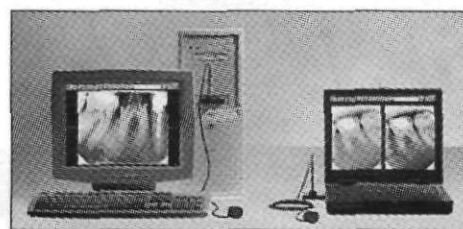
by James T. Gavrilos, D.D.S.



I try to review as many of the new technologies as I can in these monthly articles. Dentists are constantly bombarded with fliers, salesmen and periodicals that show off these technologies. It is up to the dentist to sift through the hype and understand the true benefits for his patients. This month, I would like to review digital X-rays.

No more individual films inside your mouth. Just placing a small sensor in place of the film allows the dentist to take X-rays that are instantly displayed on a computer screen. The benefits are numerous in this type of digital system. The radiation used is decreased by 75 percent, and the images yield better quality information than regular film. You can magnify them, rotate them or make them color. No chemicals are used for developing, which saves the environment. The patient and dentist can view the X-ray together, because it's up on a large computer screen.

This technology has been out for years,



but the initial images were not as detailed as the regular X-ray film. Recent improvements in imaging software have made it possible for these digital systems to give greater detail than the old films. Even the American Dental Association has given their approval, which was denied in past years because of the image quality.

Because of their benefits to patients, digital X-rays will slowly make their way into all dental offices. Until then, you will only find it in a small percentage of practices that have the computer network support in their facilities to take digital X-rays. Ask your dentist when he plans to incorporate it into his practice. When you see this new technology in action, you'll understand what I mean.

For an examination with digital X-rays, please contact **Dr. James T. Gavrilos** in Barrington at 1-847-381-4040.

Friends of Home of the Sparrow Luncheon

You are invited to the annual meeting luncheon of Home of Sparrow on Wednesday, April 21 at Wynstone Country Club, 1 S. Wynstone Drive, North Barrington.

With the theme "Singing in the Rain," the day guaranteed to chase away clouds and gloom. Gather your friends for some laughter and fun!

Unique boutique shopping begins at 9:30 a.m., followed by brunch at 11 a.m.,

with an update on Sparrow "doings."

All proceeds benefit Home of the Sparrow, which provides emergency services of transitional housing, counseling and job-skills training to at-risk women and children of the northwest suburbs finding themselves in crisis and personal distress.

Volunteer information provided.

Tickets are \$50. Call Judy by April 9 at 1-847-274-4983 to reserve.

BACOA Annual Meeting to Launch 25th Anniversary

The 2010 annual meeting of the Barrington Area Council on Aging (BACOA) will kick off the organization's 25th anniversary celebration.

The meeting will be held Wednesday, April 28 from 6:30 to 9:30 p.m. at Biltmore Country Club, 160 Biltmore Drive, North Barrington.

The theme of this year's meeting is "Sil-

ver to Gold: Poised for the Future." It will launch a year of special events and programs to mark BACOA's 25th anniversary of incorporation.

The meeting is open to the public. The cost of dinner is \$75 per person. For more information or to make a reservation, please call BACOA at 1-847-381-5030 by Wednesday, April 21.

Rain Gardens Add Beauty, Save Water

Have you ever opened the water tap and found that nothing comes out? If you've had that experience, then you know how precious water is. Are we doing all we can to protect this valuable resource?

Adding a rain garden to your property is a simple step any homeowner can take to conserve rainwater. A rain garden is a depression in the ground that collects and holds rainwater for a short time so that the water can soak into the ground. Rain gardens are typically planted with native plants.

Citizens for Conservation (CFC) will present a program on rain gardens at the Barrington Area Library on Saturday, April 24.

Learn how simple it is to create one of these attractive gardens that saves water, prevents erosion and minimizes pollution. The program will include pictures of lovely rain gardens planted in Barrington-area yards as well as detailed information.

For those who are interested, there will be an opportunity after the program to visit a rain garden under construction at a nearby site.

There will be coffee and information available at 9 a.m., then the program from 9:30 to 10:30 a.m., followed by questions and answers. Please RSVP to the CFC office, 1-847-382-7283, if you plan to attend. Donations will be accepted at the door.

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South Barrington Garden Club Events

Meetings for the South Barrington Garden Club (SBGC) are held or originate at the South Barrington Park District, 3 Tennis Club Lane, at 9 a.m. on the first Thursday morning of the month all year round.

Please join them for any of their upcoming programs.

• "Monarch Butterfly" Slide Presentation—April 1 at 9 a.m.—Speaker Diane Hunter will present the migration of the monarch butterflies from your garden through a two-month journey to Mexico. See how they join to form spectacular living cathedrals of hundreds of millions of hanging monarch butterflies. Learn how to entice and help these beautiful wonders in your gardens.

• Bus Trip to Anderson Japanese Gardens in Rockford—May 6, leaves 8:45 a.m.—Anderson Japanese Gardens consists of two very different gardens. The first is a formal Japanese garden in the style of the Kamakura period and the second is a contemporary international garden with a strong Japanese influence. The gardens are designed to allow guests to reflect upon the tranquil beauty of nature, to leave the stresses of everyday life, and to commune with nature and one's self.

Lunch will be at the Anderson Garden Restaurant.

Please call Anita at 1-847-277-7151 for information on membership or participation in upcoming events.

Garden Club of Inverness April Meeting Features Garden Container Design

Wouldn't it be wonderful to have a "basic recipe" for designing the perfect planter for your garden? What if there is a way to know just four basic rules to consider when designing a garden container? On Thursday, April 15, Robin DiForio, The Green End Goes Up garden consultant, will be answering these questions when she visits the Garden Club of Inverness. She will show that one plant in the right container can be just as beautiful and successful as several plants in a container grouping. She will also discuss designs for window boxes and minigardens.

The Garden Club of Inverness meets at

9:30 a.m. at All Saints Lutheran Church, 630 S. Quentin Road, Palatine. There is always a program of interest. All gardeners are welcome. For more information, call Beth at 1-847-934-7929.

Reminder

The Garden Club of Inverness is now accepting applications for scholarships for students who major in horticulture or environmental-related studies. Contact a guidance office at District 211 high schools or Barrington High School, or contact Inverness Garden Club scholarship chair Marilyn Dutcher at mkdutcher@comcast.net.

Would You Like to Add 10 Years to Your Life in 1 Year or Less?

by Lisa Shanahan

I am guessing that pretty much anyone asked this question would answer "YES." In my career as a personal trainer, I have seen many people make the changes necessary to actually add years to their lives. I know this because these clients have been told by their physicians that the lifestyle changes they have made have added 5, 10 or more years to their lives. Of course, this means more time with their loved ones, more time to accomplish life goals, and more time to fulfill dreams.



What types of things would actually shorten your life?

The things that might shorten your life span would be: heart disease, diabetes, smoking, being overweight, a sedentary lifestyle, making poor food decisions and excessive stress, to name just a few.

How can I add 10 years to my life in a year or less?

Here are 4 of the best ways to lengthen your life:

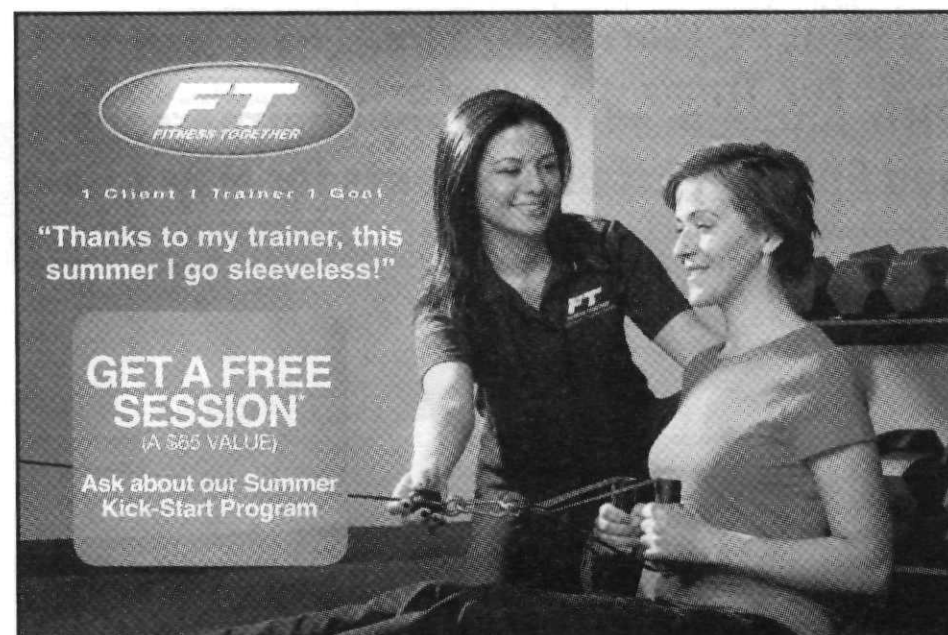
- 1) **Walk 10,000 steps every day of the week.** Walking will decrease your risk of disease and help you maintain a healthy weight.
- 2) **Eat healthy, eat light and eat often** (5 to 6 small meals per day). Eating this way will help avoid overeating, aid weight loss and prevent heart disease and diabetes.
- 3) **Stop smoking.** The simple act of quitting smoking will add years to your life. It will also increase your ability to walk and exercise.
- 4) **Lift weights.** Weightlifting will help prevent osteoporosis, facilitate weight loss and relieve stress.

If you think you need to make these changes, there is no time like the present to start. I love this quote by George Carlin, "CHERISH YOUR HEALTH: IF IT IS GOOD, PRESERVE IT. IF IT IS UNSTABLE, IMPROVE IT. IF IT IS BEYOND WHAT YOU CAN DO, GET HELP." If you need help seek the advice of your doctor, counselor, nutritionist or fitness professional. At **FITNESS TOGETHER**, our personal trainers and nutrition coaches specialize in helping our clients make all of these changes. We do this by implementing a program that includes cardiovascular training, weightlifting, stretching and a proprietary nutrition counseling program. Call us at 1-847-304-0505 for a complimentary training session and fitness/nutrition consultation.

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Happenings!

in the area

Barrington Art Festival

Amdur Productions proudly kicks off its 27th season with the new Barrington Art Festival on Memorial Day weekend, Saturday, May 29, 10 a.m. to 5 p.m., and Sunday, May 30, 10 a.m. to 5 p.m. Free and open to the public, the Barrington Art Festival will take place at the Village Center, Cook and Station streets, and will offer the work of 140 juried artists from around the world, in a variety of mediums including ceramics, fiber, glass, jewelry, metal, photography, watercolors, wood and more. Amdur Productions will work with Barrington's newly formed Cultural Commission to produce this spectacular outdoor festival.

In addition to the incredible artwork available for purchase at the festival, guests will be able to enjoy live music from several bands and musicians who perform throughout the weekend. Epicurean delights, including indulgences from local restaurants, will also be available at the festival. Activities for kids, including an interactive art wall where children can help create a mural, make the Barrington Art Festival the perfect family experience.

The festival is conveniently located one block west of the Barrington Metra station.



Free parking will be available at the commuter lots.

For more information about the Barrington Art Festival, please e-mail info@amdurproductions.com or call 1-847-926-4300. Visit www.amdurproductions.com.

PHD Announces Honorary Chairpersons and Spirit of Life Recipients for May 1 Gala

Society for the Preservation of Human Dignity (PHD) is gearing up for its biggest fundraiser of the year at The Stonegate Conference and Banquet Centre in Hoffman Estates. On May 1, longtime supporters and new guests will join Honorary Chairs Mayor John Tatroles and his wife Doris to raise much needed funding for the agency's professional counseling and support services for women and families in need. Ingrid and Richard Ehrle of Barrington have been selected to receive the agency's Spirit of Life award.

"We are thrilled to have these special guests at our Gala this year," says Catherine Vincus, PHD's executive director. "People like the Tatroles and the Ehrles have had a significant impact on our communities and we're proud to honor them."

Auction items this year include a two-week Hawaiian getaway, a three-day, four-night stay at Mjraval Resort in Arizona, and jewelry. Local offerings include such items as dinner for 10 at Gianni's Café in Palatine, Coach handbags and Chicago Cubs tickets.

Founded over 35 years ago, PHD offers comprehensive counseling, case management and baby closet services to women who find themselves pregnant or parenting a child age 3 or younger. Counseling programs include pregnancy and decision-making, pregnancy planning, grief and



PHD Executive Director Catherine Vincus (left) with the event's emcee, NBC 5 anchorwoman Zoraida Sambolin, at the 2008 gala.

loss counseling, post adoption and post abortion counseling. Prevention services include programs for teens, elementary students and parents which address issues of healthy sexual relationships and character development.

Early bird ticket price is \$175 if received by April 10, otherwise tickets are \$200. Reservations must be received by no later than April 17. To purchase tickets, donate an auction item, or become a sponsor, call 1-847-359-4967 ext.19 or e-mail Liz.Noe@sphd.org.

Barrington Area Historical Society Presents "Lee and Grant"

The Barrington Area Historical Society, 212 W. Main St., is featuring an exhibition through May entitled "Lee and Grant." The focus of the exhibition delves into the differences between Robert E. Lee and Ulysses S. Grant.

Lee is depicted as a military genius of the Old South. A West Point graduate, he assumed command of the Confederate army in June 1862.

Grant is depicted as a man from humble beginnings, a Yankee self-made man. He also graduated from West Point and became the man who saved the Union.

While their lives were intertwined by the complex issues of the day, including secession and slavery, both men were capable commanders who were seen by many as heroes.

Learn more about these two military leaders and look beyond the traditional mythology of Lee and Grant. Investigate the values they championed and the decisions they made.

For more information, call 1-847-381-1730 or e-mail info@bahsil.org.



Surrender of Genl. Lee, at Appomattox Court House, Virginia, April 9th, 1865, Currier & Ives, ca. 1865, hand-colored lithograph, Library of Congress collection.



"Lyrical Springtime Brunch at Wynstone"

The Barrington Chapter of Lyric Opera of Chicago (BCLOC) will welcome members and guests to enjoy a "Lyrical Springtime Brunch at Wynstone" at 2 p.m. on Sunday, April 18 at Wynstone Golf Club in North Barrington.

In a lovely room with wonderful all-around views, Barrington Lyric's usual social-hour camaraderie will be followed by a luscious brunch buffet and a brief installation of BCLOC officers and board members.

Members and guests will be entertained by coloratura soprano Jean Marie Garofolo, one of the opera world's upcoming stars who made her debut in the summer of 2007 at the summer festival, Elysium. James Morehead, adjunct professor of music theory/history and German diction at Roosevelt University, will be her accompanist.

Garofolo's concert repertoire will include *O mio Babbino Caro* from Puccini's *Gianni Schicchi*; *Regnava nel silenzio* from Donizetti's *Lucia di Lammermoor*; *Deb vieni non tardar* from Mozart's *Le Nozze di Figaro*; *Als ein Gott Kamm jeder gegang*, *Zerbinetta's rondo* from Richard Strauss' *Ariadne auf Naxos*; *The Dolls Song* from Offenbach's *The Tales of Hoffman*; *The Laughing Song* from J. Strauss' *Die Fledermaus*; *Glitter and Be Gay* from Bernstein's *Candide*; *I Could Have Danced All Night* from *My Fair Lady*.

Reviewers describe Garofolo's coloratura soprano voice as "a beautiful warm tone with stunning high notes." As a sea-



Members and guests will be entertained by coloratura soprano Jean Marie Garofolo, one of the opera world's upcoming stars.

soned recitalist and concert singer, she has won competitions in Sweden, Germany and Italy. She has starred in opera productions of *The Tempest*, *The Impresario*, *Dr. Miracle* and *Les Mamelles de Tirésias*.

The cost is \$45 for members; \$50 for guests. Reservations are limited. Please send checks by April 11, payable to BCLOC, to: Margit Vogel, 260-A Timber Ridge Ln., Lake Barrington 60010. Your check is your reservation. For more information, call 1-847-304-0422.

For inquiries on membership in the Barrington Chapter, call George Obermaier at 1-847-985-0837. You may wish to visit Lyric Opera of Chicago's Web site, www.lyricopera.org.



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MCC to Host Three Musical Events in April

McHenry County College (MCC) will host three musical events in April featuring a Second Sunday Concert on April 11, Spring Jazz Concert on Wednesday, April 21, and a Drum Clinic on Saturday, April 17. All of the concerts will be held in the MCC Conference Center, located in Building B, 8900 U.S. Highway 14, Crystal Lake.

The MCC Music Department Spring Concert at 3 p.m. on April 11 will feature the MCC Concert Band directed by Paige Lush, Ph.D., MCC Chorus directed by Steven Szalaj, and MCC Chamber Ensembles directed by Janet Kvam-Holub and Paige Lush.

The Spring Jazz Concert at 7 p.m. Wednesday, April 21 will feature performances by the MCC Jazz Combo directed by Thomas Takayama, and the MCC Jazz Ensemble and the Sax Quartet directed by Michael Bazan.

The Drum Clinic at 1 p.m. Saturday, April 17 will feature MCC drum instructor Steve Fagiano, who will demonstrate drum

and snare techniques for beginner and intermediate drummers. Fagiano also teaches drum lessons at two Crystal Lake music stores and privately in Huntley. The clinic will also feature Russ Mehle, a professional drummer and instructor, and the Classic Drum Line, founded and directed by Fagiano, which includes kids from ages 12 to 22, who play drum solos from the best years of drum-and-bugle corps.

A Chicago native, Fagiano started drumming at age 10. At 16, he played snare drum with three-time National Champion Chicago Royal-Airs Drum Corps, and by 18, he was performing with the drum corps of the U.S. Marine Corps in Washington, D.C.

All three events are open to the public. Drum Clinic admission is \$10 and both of the MCC concerts on April 11 and 21 are free, followed by a reception. For more information, contact Michael Hillstrom at 1-815-479-7814. For the Drum Clinic, contact Steve Fagiano at 1-847-404-7806.

Area Seniors Invited to "Lunch on the Prairie"

Students from Barrington Middle School Prairie Campus will provide entertainment and brunch for area seniors at "Lunch on the Prairie," Tuesday, April 27 from 10:30 a.m. to noon at Prairie's campus, 40 E. Dundee Road, Barrington.

Prairie Campus' student council, and music and home economics departments, have sponsored the event since 1998.

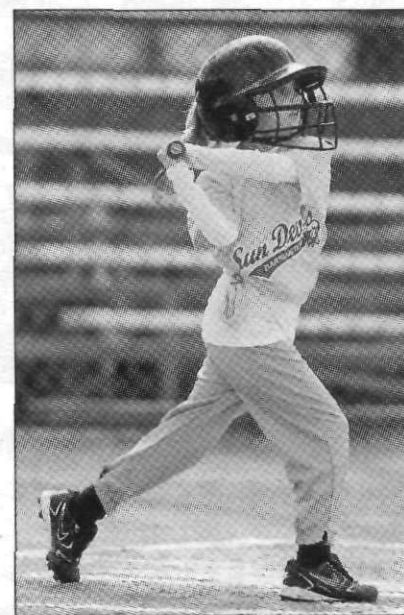
Seating is limited. For reservations, call Linda Avellon at BACOA, 1-847-852-3892, no later than Thursday, April 22.

Play Ball with BYB&S

Spring is here and that means it's time for baseball and softball to swing into action. Each year, Barrington Youth Baseball & Softball (BYB&S) provides baseball and softball instruction, and game play, to over 1,500 boys and girls age 5 to 16. Programs are available to children of all abilities and to any families that live within the District 220 boundaries. BYB&S volunteers work hard to bring the children of Barrington quality instruction in a fun and positive atmosphere.

New this year to the BYB&S lineup is Fillies T-Ball. This new league is for 5- and 6-year-old girls to start having fun while learning foundation skills for softball. The girls are placed on teams by school and coached by volunteer parents. Every girl gets to play and bat each inning during 18 one-hour noncompetitive T-ball games. The season runs mid-April to mid-June.

Barrington Youth Baseball & Softball is committed to teach the game in a fun, competitive and instructional atmosphere. They are focused on improving the ability of every player while enhancing the experience for every family. Our efforts create a passion for the game that will last a lifetime.



It's not too late—teams are still forming, so don't miss out on the fun this spring. To find out more or to register, visit www.bybs.net.

Garden Club of Lake Zurich

On Tuesday, April 6, the Garden Club of Lake Zurich will hold its monthly meeting at Saint Matthews Lutheran Church, 22480 Old McHenry Road, in Hawthorn Woods. Enter at door #12 in front of the church. The program, "Starting From Seed," will be presented by Glenn Grosch, a noted horticultural lecturer and University of Illinois

Extension master gardener. All elements of successfully starting seeds both indoors and in the garden will be covered. Specific information will be presented on seed selection, containers, planting mix, watering, lighting, pest control and hardening off. Guests are always welcome.

For information, call 1-847-550-0329.

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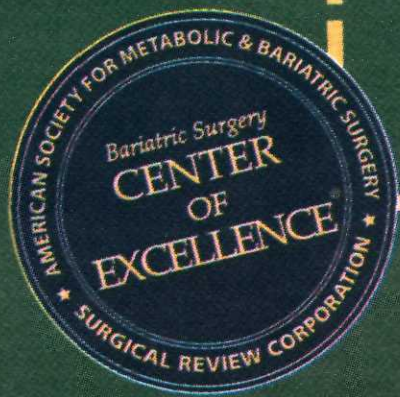
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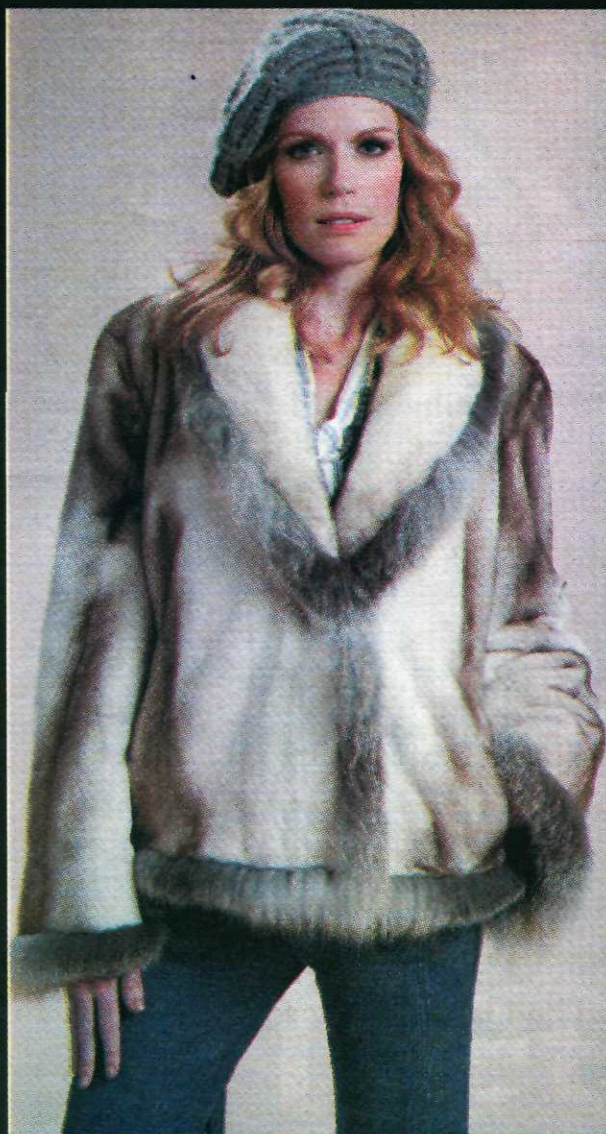


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Gardenfest to Feature Gardening Experts

Get ready for spring gardening with advice from experts on how to create a beautiful garden, including unique ways to grow vegetables, herb gardens, and tropical plants, at Gardenfest 2010 Saturday, April 10 from 7:30 a.m. to 4 p.m. at McHenry County College (MCC).

New this year to Gardenfest is an all-morning workshop called Bonsai, where participants will learn about bonsai styles, selecting plants, planting and training. They will participate in a practical session and leave with a plant and instructions for its future.

Also new this year is "The Green Kitchen" with MCC's executive chef and instructor of Culinary Management, Thomas Kaltenecker. He will explain how to cook in a "greener" way by using local producers, consuming less energy and less water, and producing less waste.

Another new session is "Houseplants," which provides practical advice and instruction on growing plants indoors.

Back by popular demand is the Gardening Basics series, which offers four different sessions for the beginner gardener.

For those interested in lawn care, Gardenfest features sessions on "Designing a Sound Lawn Care Program," "Sustainable Landscaping with Style" and "Hardscape Landscape Design."

Trudi Temple will present a keynote address titled "Order and Creativity in the Garden." She is an accomplished gardener who transformed an ordinary one-acre yard into a show garden that attracts hun-



Trudi Temple will present the keynote address at Gardenfest 2010.

dreds of visitors each year. Visitors travel from out of state and from Chicago Botanic Garden and Morton Arboretum bus tours to study and enjoy Temple's garden. She is also the founder of Market Day, a popular fundraising program for schools, churches and other nonprofit organizations.

Cost is \$40 for the general public and \$15 for students. The cost includes lunch. The Bonsai and Container Gardening session includes an additional \$15 fee. Gardenfest is open to the public and is co-sponsored by the University of Illinois Extension, McHenry County Master Gardeners, and McHenry County College.

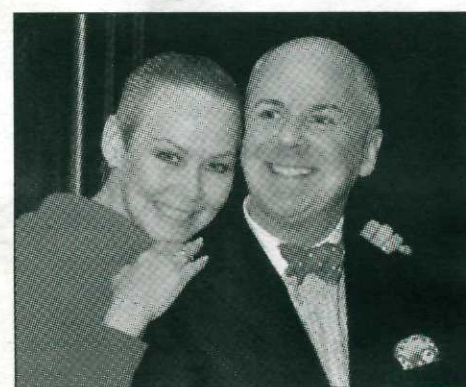
Visit www.mchenry.edu/Gardenfest for more details on the Gardenfest sessions. For more information or for a registration form, contact Amy Carzoli at 1-815-455-8764 or Kristine Emrich at 1-815-479-7570 or e-mail mccconferencecenter@mchenry.edu.

Bunky Cushing Hosts His Annual Valentine's Tea at Seasons Restaurant at Four Seasons Hotel Chicago

Chicago's premier party-giver, Bunky Cushing, toasted Chicago's social doyennes, as he celebrated the 16th anniversary of his famous Annual Valentine's Tea that was held in the scenic and elegant setting of Seasons Restaurant at Four Seasons Hotel Chicago Feb. 9.

The invitation-only event, called "one of Chicago's most sought-after invitations" by *Harper's Bazaar*, brings together the city's most exclusive fashion, financial, and fundraising personalities, as well as Chicago's high-society circuit. The *Chicago Tribune* has written that Bunky "knows everybody who's anybody—at least any society lady who's anybody."

Seasons was awash in a sea of red and white, as more than 100 ladies dressed in



Candace Jordan and Bunky Cushing

distinctive Valentine's colors, matching the elegant red and white engraved Tiffany invitations they received to attend the party.

Four Seasons Hotel Chicago Executive Chef Kevin Hickey created an aphrodisiac-inspired tea menu to complement the day.

"Valentine's Day is the perfect date for me to express my affection and gratitude for all of the wonderful women in my life," said Cushing. "Seasons made a delightful atmosphere for the ladies to escape the dreary winter weather."

Thirty to 40 guests joined Bunky for his first Valentine's Tea, held in 1994. A bon vivant of the city's social circuit, he is always meeting interesting new people and adding to the guest list.



Lisa Gutierrez of Hawthorn Woods (left) and Ann Wallace of Chicago

Fritzl's Country Inn... So Many Delicious Possibilities

Is the family getting together for **Easter Dinner**? Why not make reservations at **Fritzl's**! They will be open at **NOON Easter Sunday, April 4**. They'll be featuring Easter ham, leg of lamb, fresh seafood, and their regular menu at regular prices.

Fritzl's traditional European menu is something to experience too! Hearty schnitzels, potato pancakes and Hungarian goulash, veal Geshnetzeltes from Switzerland, Kassler ribs from Germany, incomparable sauerbraten, steak tartare, roast duck and Viennese pastries. **Fritzl's** specializes in Austrian, German and Swiss dishes, plus steaks and fresh seafood.

There are banquet facilities available for groups of 20 to 150 people, perfect for weddings, anniversaries and rehearsal dinners. The meals are lovingly prepared from scratch and made to order just prior to serving. They are then served hot, fresh and delicious. If you are tired of those stuffy "foreign" waiters, try **Fritzl's** restaurant and pub. They have the friendliest staff in town.

Fritzl's Country Inn is open Wednesday through Saturday, 4 to 10 p.m., and Sunday, 3 to 9 p.m.

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HOLY WEEK at Barrington United Methodist Church



This Holy Week, turn to follow Jesus, then thank God for His joyous Easter resurrection, with Barrington United Methodist Church (BUMC), 98 Algonquin Road (at Route 59), in Barrington!

• **Maundy Thursday, April 1**—Imagine Christ's Last Supper as we share Holy Communion at our 7:30 p.m. service, with inspiring handbell music by the Exaltation Ringers.

• **Good Friday, April 2**—Children will learn about Easter through story, music and crafts, from 9:30 to 11 a.m.

Open Holy Communion will be served from noon to 3 p.m.

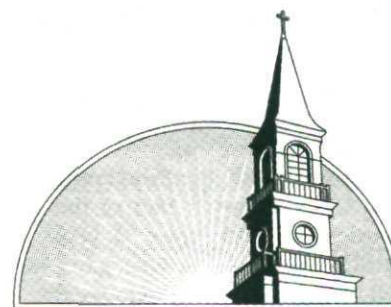
Feel the anguish of Jesus' suffering and death at our 7:30 p.m. Tenebrae Service,

with organ music and Chancel Choir.

• **Easter Sunday, April 4**—Alleluiah! Rejoice in the new life we are called to through Jesus Christ, at our 8 a.m., 9:30 a.m. and 11 a.m. services led by pastors the Rev. James M. Wilson and the Rev. Cynthia Anderson. Our Chancel Choir, directed by Karen Maxwell, will sing *Worthy is the Lamb* from Handel's *Messiah*, accompanied by BUMC Orchestra members and organist Jeffrey Neufeld. Soprano Kimberly Albrecht will sing Mozart's *Alleluia*.

Child care is always available on Sunday mornings.

We welcome you to Barrington United Methodist Church—call **1-847-836-5540** or visit www.BarringtonUMC.com.



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What's New for Container Gardening?

Spring is here! And it's time to think about planting seeds, what annuals you'd like to try this summer, and if perennials are needed to fill an empty spot in your garden. And don't forget the containers!

Field and Flower Garden Club members will visit Hawthorn Gardens on Old McHenry Road in Lake Zurich on Wednesday, April 7, at 6 p.m. Bill Koch, owner of Hawthorn Gardens, will be presenting what's new in plant material for containers, as well as those tried-and-true plants.

Containers make bold design statements. Koch will be including the thrillers, spillers and fillers that make creating one-of-kind containers so satisfying. Place them at your front entrance, on steps leading to a front door, on a patio or deck, around a pool, beside your mailbox, or tucked discreetly in a perennial bed where a splash of color or texture is needed.

Club members will also be putting the

final plans into place for their annual perennial sale on Saturday, May 8, 8 a.m. sharp, at the Barrington Jewel's parking lot.

Field and Flower Garden Club has been a part of the greater Barrington Area for over 51 years. Its membership includes novice gardeners as well as those very knowledgeable in growing, landscaping and design. 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 time to ask gardening questions. Guests are always welcome.

Field and Flower Garden Club is a member of the Council of Barrington Garden Clubs, Garden Clubs of Illinois Inc. and National Garden Clubs Inc.

For information, please call 1-847-382-1869.



Smart Farm of Barrington Volunteer Dates

Smart Farm of Barrington is looking for approximately 10 volunteers each Saturday to join them from 10 a.m. to 4 p.m. at their garden in the Community Garden of Barrington. They ask that anyone interested in volunteering should visit their Web site, www.smartfarms.org, to sign up for a particular date.

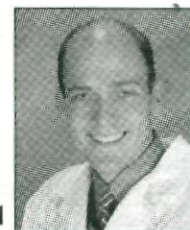
- April 3—Help build raised beds and hoop houses
- April 10—Help build potato bins
- April 17—Help build trellises

Smart Farm is excited about the steps they are taking to build a more efficient garden in 2010 so they can impact more individuals in need in the Barrington area.

Dr. James Baird Addresses Common Foot Problems

If foot or ankle pains are getting in the way of your life, it is time to find the help you need. Dr. James Baird, Board Certified Podiatric Physician and Surgeon, is now accepting new patients in his Barrington office. Below are Dr. Baird's answers to some common foot and ankle questions.

Dr. James Baird



I recently woke up during the night with extreme pain in my big toe joint. I do not remember any trauma, but even the pressure of the bed sheets caused me pain. What could this be and is there anything that can cure the pain quickly?

You are most likely suffering from a case of gout. Gout is a condition where a normal by-product of the body, uric acid, accumulates in the big toe joint. This accumulation of uric acid causes swelling, redness and extreme pain. A gout attack can be stimulated by a small trauma, dehydration, or certain foods or medications may bring an attack on.

An acute case of gout is best treated by a podiatrist. We will rule out other possible causes for the pain and swelling and once it is confirmed to be gout we will start you on an oral medication which will relieve the pain in 12 to 24 hours. After the gout has resolved, we will do a simple blood test to determine the cause of the attack. Long-term treatment incorporates changes in diet and sometimes a need for a gout medication on a daily basis.

While working out last week I twisted my ankle. I did not think much of it then but now, seven days later, the ankle is tender and very swollen. Is this an injury that needs treatment?

Everyday over 25,000 people experience an ankle sprain, which is an injury to the ligaments of the ankle. Hopefully you have been treating your sprain with rest, ice and elevation. Since the pain and swelling have been present for more than three days, you should be evaluated by a physician.

In our office we will go through a full exam of the various ankle ligaments and perform an X-ray to look for a fracture. We have the ability to take X-rays in the office so we can review the results with you at your appointment. If there is no fracture, we will proceed with the treatment of the ankle sprain which will consist of splinting of the ankle, a regimen to control the swelling and pain, followed by physical therapy and continued bracing while returning to activity.

If you are experiencing any of these conditions or other foot or ankle pains, call **1-847-381-5011** to schedule a consultation with **Dr. Baird**.

McHenry County Singles Club

McHenry County Singles Club is a small group of people, mainly in their 40s and 50s (any age is welcome, however), who meet on the weekends for fun and friendship. The club goes out to dinner, movies, concerts and more. Day trips have included going to Starved Rock, the Art Institute, the Domes of Milwaukee, the Wisconsin Dells, Bristol Renaissance Faire and more.

April Events

- Sunday, April 11—Meet for breakfast at Around The Cloak Restaurant in Crystal Lake at 11:45 a.m. For more information, call Denise at 1-847-977-7412.
- Saturday, April 17—Meet for dinner at

ZaZa's Tavola Italiana in Lake Barrington Shores at 6 p.m. RSVP by Sunday, April 11. For more details, call Fran at 1-847-854-4563.

• Saturday, April 24—Join us for a day trip to see The Art Institute of Chicago. Meet at the Cary train station at 10:45 a.m. to catch the 11 a.m. train. For additional information, call Kevin at 1-847-308-2537.

Join Now!

McHenry County Singles Club is looking for people to join in the fun. Any and all, friends and family, are welcome to bring their enthusiasm and energy to the club. For more information, call Doug at 1-847-917-7411 or Kevin at 1-847-308-2537.

Barrington United Methodist Church's "Spring and Summer Clothing ReSale"

Tired of chilly, dreary weather? Can't wait for shorts-and-sandals season? The Barrington United Methodist Women can't either and that's why they're holding a "Like New Spring and Summer Clothing ReSale" on Friday, April 16 and Saturday, April 17 at Barrington United Methodist Church, 98 Algonquin Road (southeast corner of routes 59 and 62), Barrington. The sale will take place Friday, 9 a.m. to 7 p.m., and Saturday, 9 a.m. to noon. On Saturday, shoppers can take advantage of a bargain Bag Sale, with all the goodies you can fit into either a \$3 or a \$5 bag.

Proceeds from the sale will go towards local missions.

The fifth annual "Spring and Summer Clothing ReSale," patterned after our Rumage Sale, will feature all types of spring and summer clothing, jackets, swimwear, accessories, shoes and sandals for adults and children. So come check out the sensational warm-weather buys.

If you looking to donate, gently used summer clothing will be accepted Monday, April 12, 9 a.m. to 8 p.m., Tuesday and Wednesday, April 13 and 14th, 9 a.m. to 4 p.m., and Thursday, April 15, 9 a.m. to noon. Tax donation receipts will be readily available.

For more information, please contact 1-847-836-5540.

Emotional Family Health is Essential

by Theresa McCay Boutross, AM, LCSW, CADC

Families are experiencing more uncertainty in today's environment, which is perplexing the most astute of individuals. If it isn't career-related, financial, excessive pressure on our children to excel—it may simply be finding time for you and your spouse to reconnect. In such a "connected" world, we are feeling more disconnected than ever before. Make sure that keeping your family connected is the main focus in your life—it is an investment that always has high returns.

Keeping your family emotionally healthy can be FUN—talk to your children and your spouse. When was the last time your family spent an uninterrupted hour together without ANY form of technology, sport or school function? When was the last time you taught through your actions versus your words? Our children are always watching. Modeling an introspective pattern of behavior will allow your children to remain vulnerable, less defensive and proactive in their lives.

Even through a marital relationship that is in the process of dissolution it is critically important that the focus remains on the function of the family system. Our children deserve the best of what we can give and sometimes in the midst of our own pain we may need some assistance to maintain that focus.

As a trained and experienced Divorce Custody Mediator and Marital Therapist, I believe it is of utmost importance for parents to recognize that children would prefer to come from a "broken home"

versus live in a broken home. Your mission as a parent is to focus on your goals for your children and how best to attain these goals. Most people love their children more than they despise the other parent, and they understand that parental conflict hurts children. The problem is puncturing through the hurt, fear, and anger that you are feeling to keep focused on the need to put your children first.

Remember the strong and courageous are those who know when they need help. When you see a need for change—become the change you desire.

I am a graduate of both Northwestern University (Stone Institute of Psychiatry) and The University of Chicago (Department of Child and Adolescent Psychiatry). Although both institutions provided me with unparalleled tools to assist those in need, I still yearned for a more thorough understanding of the Family System. I received a two-year postgraduate degree from The Chicago Center for Family Health as a Marriage and Family Therapist to fulfill that yearning. Those skills, along with certification as a Divorce Custody Mediator and Alcohol and Drug Counselor, provide complete competent family care.

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Spring Has Sprung!

What does your mind conjure up when you hear the words "Spring Season?" It varies for everyone. For some, its budding trees, flowers bursting forth, spotting hummingbirds and bees looking for their nectar, watching tadpoles develop into frogs, new baby chicks and lambs being born. For others, spring is all about cleaning—windows, floors, carpets, closets, front yard, back yard, pretty much anything that can be washed, sprayed, swept, shaken or pruned.

Spring for me is the time to shake off the winter doldrums, renew my energy, and swing into action. The world is sending out all this great energy as it comes to life again, and I want to tap in and recharge my batteries. It puts me in the mood to throw out the old clutter and freshen up everything around me. Hmm... looks like my desk would be a good place to start!

In the dental world, this would be a great time for you to have your teeth cleaned and to get rid of any failing restorations. Think about how awesome your mouth feels after a thorough hygiene visit. Your teeth feel smooth, sparkly and your breath is mint fresh. When we remove failing restorations, your teeth function and look better. Your body is relieved of the resulting disease so it feels better. Wow, you look better, you smell better and you are healthier! Isn't this the true essence of spring? Renew, refresh and recharge.

Watch out world, wake up and smell those roses. I'd say smell the coffee, but

it stains your teeth and defeats that awesome hygiene feeling. However, if your teeth are stained, be it coffee, tea, soda or wine, a good cleaning will remove those stains and we can send you home with bleaching trays to whiten your teeth. A dazzling, white smile is highly contagious and very pleasant to behold.

What's that you say? Your teeth aren't straight. You don't like your smile? Well, we can help you with that too. We now have the technology to straighten teeth without braces.

How about all of you out there with periodontal disease? April might be time for your three-month periodontal re-care appointment. Think about yourself as an expensive automobile (I'm a Mercedes, used to be a Porsche, not so sporty and fast anymore), and this appointment is like an oil change. The older the vehicle, the more important the maintenance becomes. You would not let your car frame deteriorate, but that is what happens to your bone if you don't get rid of infection. You wouldn't want to be a rusty car, so why would you accept infection and bone loss? Spring clean it!

Enjoy the spring and take the time to do all the fun things you like to do and some you may not like as much. Like visit your dentist. We will leave the light on for you!

Rita Spantideas is the Office Manager at **The Oaks Dental Center** in Crystal Lake.

by Rita Spantideas

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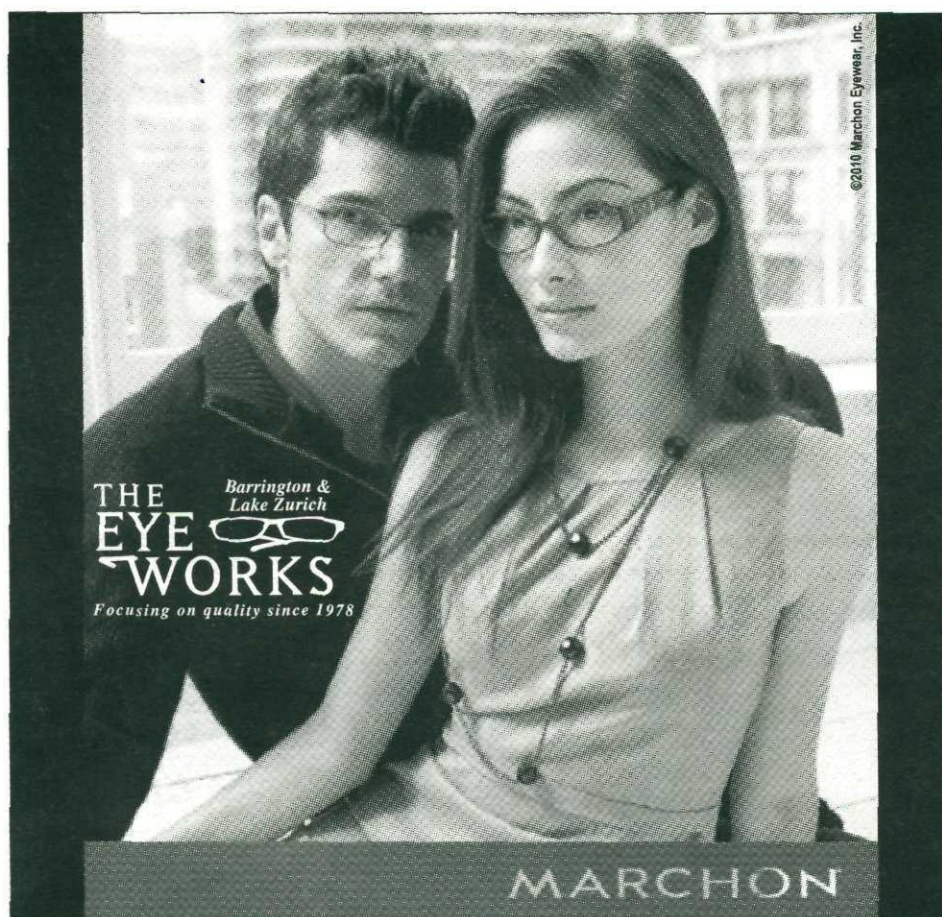
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Allergies: How to Relieve Your Eyes from the Most Common Symptoms

More than half of all Americans test positive to at least one of the top 10 allergens. While some of these allergens, such as cats, dogs, mites and exhaust fumes haunt their victims year-round, other common allergens such as grass pollen and ragweed pollen thrive in the transitory spring and fall seasons. As these seasons approach, you may notice that your eyes, now a permeating red color, tear more often and frequently itch. Or your eyes may be conversely dry and bothered by a grainy, burning sensation. These symptoms are the result of allergens. While you cannot rid the Midwest of these allergy-provoking elements, there are several ways to lessen the presence of allergens in your home and various methods available to help relieve the discomfort of your allergy symptoms.

Reduce the Presence of Allergens

Mold, ranked second on our list of top 10 allergens, feeds on the damp climate of your yard. Get rid of yard waste before fall rains turn it into an allergy nightmare.

Dust mites, ranked at the very top of our list of top 10 allergens, have a tendency to collect in comforters and pillows made of natural materials, such as down feathers or cotton. Covering your bedding in allergy-proof casings will minimize the presence of dust mites—and allergy symptoms—in your home.

Allergen filters for the HVAC system of your home can also help to minimize the presence of air-borne allergens such as ragweed. Dust circulation can be lessened by the use of a vacuum with a high-efficiency

particulate (HEPA) filter or double bag, since using a standard or water-filtered vacuum cleaner stirs dust into the air.

Treating Your Allergy Symptoms

If reducing yard waste and covering your comforters still does not relieve your eyes of their redness and itching sensation, schedule an appointment with your eye doctor to discuss the various optical treatments available for allergy patients.

As fall's dry climate is particularly hard on contact lens wearers (50 percent of contact lens wearers report dry eye symptoms), patients who are experiencing continued discomfort should ask their doctor about appropriate re-wetting and soothing drops, as well as about the recent development of contact lenses designed to improve the comfort of wearers in dry environments.

To learn more about the cause and treatment of allergy symptoms or to inquire after comfort lenses for dry eyes, please call to schedule an appointment with **Dr. Ralph Gebert** or **Dr. Anthony Prate** with **The Eye Works Ltd.** at **1-847-381-0391** in Barrington or **1-847-540-1144** in Lake Zurich.

Dr. Ralph Gebert graduated from the Illinois College of Optometry in 1978. He began practicing at **The Eye Works** shortly after graduation and was joined by his partner **Dr. Anthony Prate**, also a graduate from the Illinois College of Optometry, in 1991. After 30 years, their private practice remains dedicated to the care and customer service of its patients.

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Leslie Beaird, M.D.
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Northwest Dermatology Welcomes Dr. Joy Kunishige

The physicians and staff of **Northwest Dermatology** warmly welcome **Dr. Joy Kunishige**.

Dr. Kunishige attended the University of Florida College of Medicine and completed her residency in dermatology at the University of Texas Health Science Center. She then completed her fellowship in Procedural Dermatology and Mohs Surgery in Pittsburgh with Dr. John Zitelli, who studied under Frederick Mohs, developer of the Mohs micrographic surgery. Her research at M.D. Anderson Cancer Center resulted in the FDA approval of new treatments for skin cancer and cutaneous lymphoma.

Mohs surgery is a precise, highly effective method for the removal of skin cancer, most commonly basal and squamous cell carcinomas. Layers of tissue are precisely removed and stained using frozen sections until clear margins are obtained. Mohs surgery is ideal for the elimination of cancers in cosmetically and functionally critical areas, including the nose, eye-

lids, lips, ears and hands.

Dr. Kunishige is trained to function as surgeon, pathologist, and reconstructive surgeon during the cancer removal process. She specializes in difficult skin cancers. The author of over 25 articles and chapters, Dr. Kunishige has recently written *NewBeauty Magazine's* first book entitled *Beautiful Skin Revealed*. She is a board-certified dermatologist and an active member of the American Society for Dermatologic Surgery, Women's Dermatologic Society, American Academy of Dermatology, Chicago Dermatologic Society, and American Medical Association.

The physicians of **Northwest Dermatology**—Susan Liebovitz, M.D., Patricia Ledwig, M.D., Leslie Beaird, M.D., Alka Madan, M.D., and Inderjit Gill, M.D.—are excited to have Dr. Kunishige join our practice and look forward to serving you and your family.

Please call our office at **1-847-884-8096** for further information or to schedule an appointment.

Shelter Inc. 5K Run/Walk for Kidz

The 5K Run/Walk for Kidz will be held on Saturday, April 17 in Busse Woods Grove, Elk Grove Village. All funds raised by this event will be used to support Shelter programs. For more info, call 1-847-590-6188 or e-mail shelter@shelter-inc.org.

Shelter Inc. is a nonprofit child welfare agency providing emergency and longer term housing for children in the Barrington and surrounding areas who are abused, neglected, dependent or in need of supervision.

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- Stained, discolored teeth can be whitened.
- Chipped, broken, teeth can be repaired.
- Missing teeth can be replaced.

Dr. Follmer graduated from Northwestern University Dental School in 1975. He returned to the college to teach dentistry for two years, then 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.

Call **Northwest Dental Health & Aesthetics** today at **1-847-526-2831**!



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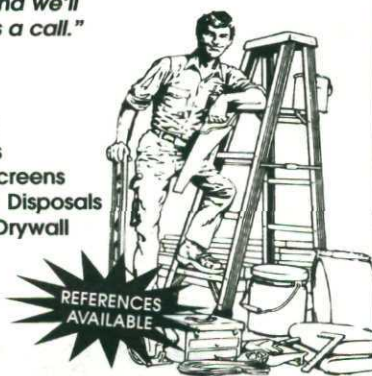
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Get Ready for Spring and Get Your Projects Done Right by Barrington Fix-It Shoppe

Barrington Fix-It Shoppe, Inc. was started in 1989. It has been in operation ever since, serving Barrington and its surrounding communities for 20 years. We have been a member of the Barrington Area Chamber for 13 years.

We specialize in those handyman projects that you don't have time for. Make a list for our professionals and then relax and let us take care of the projects at hand. We work by the job, not the hour.

We are fully insured, reliable and on time. We care about our work and take pride in helping you. References are available upon request. Please visit our web site—www.BarringtonFixIt.com—for a complete list of how we can help you.

Whether you have a young family and

are busy raising kids, working full time, or are retired, we can help you get those projects done around the home. Make a list, give us a call, and we can go over the list with you. Estimates are free.

Some of the work that we do best is: drywall repair, the installation of doors of any kind, including storm doors, patio doors, interior doors, and exterior doors. We replace windows and install or replace fans, outlets, disposals, faucets and much more. One call does it all—**1-847-382-7929**.

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After

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Spring is Here, Things are Fresh and New

Why not get your leather furniture looking fresh and new too?

Color-Glo Quality Leather Restoration can restore worn, faded leather furniture, re-dye it with fresh color and bring new life to furniture that you thought could not be saved.

Color-Glo Quality Leather Restoration repairs and restores leather, from fixing tears, scuffs, burns and pet damage, to cleaning, conditioning and restoring color to sun-faded leather.

They can also repair some vinyl. Featured in the October/November 2009 issue of *Chicago Magazine's* "Where to Get Stuff Fixed," **Color-Glo Quality Leather Restoration** works right in clients' homes, servicing customers all over Chicagoland.

Both residential and commercial customers have saved money by restoring and repairing their leather furniture rather than replacing it. To see before and after photos of the leather restoration work, go to www.QualityLeatherRestoration.com and click on "Gallery." Click on "Clients" to see what our customers have to say. Spring is the perfect time to take care of indoor household maintenance needs like furniture, or to get your leather auto interior looking new again, so call owners Ron and Kathy Nelson now at **1-847-719-2934** for a free telephone estimate.



Lawn Problems?

Turf Care Enterprises Inc. of Barrington has your solutions!

Turf Care Enterprises was founded in 1986 with the goal to provide a more personalized, knowledgeable, and environmentally friendly lawn care service to our area. Locally owned and operated in Barrington, their team of certified professionals knows what it takes to produce the most beautiful lawns around. "We continually research the latest products and techniques, utilizing only the finest for our programs," said Kevin Vogeler, the company's owner. The fertilizers they primarily use are natural and formulated based on local soil testing.

Turf Care Enterprises specializes in personalized, custom-tailored programs that meet the individual needs of each lawn. They do not use the approach common in the industry where a set program is used on all lawns. Instead each of their service vehicles are equipped with many different products and formulations, to ensure that each individual lawn gets exactly what it needs. This personalized approach helps create lawns that are the envy of the neighborhood.

Turf Care Enterprises' lawn care technicians are knowledgeable professionals, committed to providing you with the highest level of service and expertise. In fact, they have a higher ratio of personnel with certifications in turf grass management than any other company in this area. Vogeler commented "My company is dedi-



cated to improving the world we all share. We love growing things and have made this our lives' work." When caring for plants they use a gentle, natural approach, selecting environmentally friendly products. "We use primarily natural mineral and organic materials. If problems develop and other products are needed, they are applied only as necessary." This has allowed **Turf Care Enterprises** to manage thousands of lawns using an average of only 3% pesticides annually.

Turf Care Enterprises also has a specialized Tree and Shrub division, with ISA-certified arborists. They offer a wide range of tree and shrub care services to enhance the beauty of your landscape. Some of the services they provide are liquid injected fertilization, insect/disease controls, medicated injections and inspection treatment programs. For more information, contact them at **1-847-304-4144**.



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"Things are pretty, graceful, rich, elegant, handsome, but until they speak to the imagination, not yet beautiful."

...Emerson

That's a nice start, according to Ray Canaday of *the naturalizing landscapes*, but today's busy homeowners need more.

Lowering maintenance costs requires knowledge and experience to identify problems and wasted monies not only now, but in the future.

An appreciating asset, especially nowadays. For long-term value, what's needed is a perceptive eye and in-depth knowledge of old and modern materials as well as new methods.

Personality—the home's landscape should show the lifestyle and tastes of the homeowner, not the designer.

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Call **Every Green Plant!** We provide customized on-site advice and service for all of your gardening needs. We will partner with you to achieve a beautiful and productive garden without "breaking the bank." We work with nature lovers having all levels of experience and interest

—from beginners who want to know what they have and how to add to existing schemes without spending a fortune, to those semiprofessionals who want a partner for "hands-on" gardening projects or to refresh existing gardens. We are also available to work with your mowing crew to optimize their weekly service.

Your first 30-minute consultation in the Barrington area, if booked between now and April 30, is free. Call 1-224-688-8838 and ask for Alison or e-mail aahoffman@everygreenplant.com.

Achieve your growing goals with **Every Green Plant.**



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Closet Masters: Tame the Spring Clutter

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This is the year to really get serious about simplifying your life. At **Closet Masters**, we find that when you organize your everyday surroundings, it removes part of your stress by reducing the confusion and time it takes to find the items you need... that nice skirt, an unwrinkled shirt, the black shoes that match your outfit, that special spice in your loaded pantry. How about a nice home-office, a wall bed for that occasional guest. A compact, organized garage!

Since 1995, we at **Closet Masters** have been committed to creating, imaginative yet practical **ORG**anizing solutions. Our



expanding line of products is designed with you in mind and offers flexibility for your ever-changing needs.

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Landscaping as an Art...Creating Your Personal Landscape Miracle

"Every plant has fitness and must be placed in its proper surroundings so as to bring out its full beauty. Therein lies the art of landscaping"

—Jens Jensen, landscape architect
How are your outdoor surroundings? Looking a little shabby? As spring begins and the drudgery of winter starts to wane, your outdoor surroundings are perhaps showing their true "colors," reminding you of the beauty that will soon be here... or definitely letting you know that something must be done!

At **SanFilippo Landscape** our job description involves being a visionary, creator, coordinator and communicator of your project. Our daily goal is to tap into your vision and when combined with nature, create for you a design that fills your needs. This is achieved through coordination, communication and our professional knowledge base. The end result? An environment that makes you feel as if you are indeed living with and in the miracle of nature.

So how do you decide what company will provide you with the best result? There are many factors to consider and

the best place to begin is by asking questions.

Q: Who is creating your landscape plan?

The landscape design is the backbone of a quality job so who creates the plan is a key factor. Ask about the designer's education. Do they hold a university degree? Have they completed 4 to 5 years of study involving horticulture, soil, surveying, site plans and construction? Currently, there are no educational requirements for a designer designation and while on the job experience is important, education is too.

Another difference may be in the execution of the plan. Some designers plan are hand drawn while others are created on a computer. Whatever the style, the more comprehensive a design is can only result in a higher quality product. The better the plan, the better the result.

Q: What should a plan look like?

Every plan should be drawn to scale showing the placement of the home or office with property lines and other structures clearly marked. It will also indicate plant type and location, existing and new, drawn in with differing shapes indicating

size and spread of the plant. If drives, walks, walls, etc. are part of the design, they also will be shown. This "birds-eye-view" drawing will be accompanied by a list of materials indicating quantities and prices.

Q: What is the cost of a landscape project?

Cost is determined by your needs and budget combined. At the initial meeting, we ask a series of questions to determine what you're looking for and how much you have budgeted. Your answers become the direction of the plan. We then take this information, do a preliminary design and cost estimate. After this is presented, any changes will be noted, revisions will be made and the final plan will be created. Costs for plans depend on the scope of work and can range from \$250 to \$1,500.

Q: Where do your plants come from?

All plants are not created equal. We only buy from Northern Illinois/Wisconsin nurseries to ensure a plant that is adapted to our climate and conditions. We do not use plants shipped in bulk with undersized root systems (because of volume shipping) as many garden centers

do. When professional nursery stock is used you will receive a larger plant that has a more pleasing look during the first season before the plants are established.

Q: Are you a full-service contractor and what subcontractors do you use?

We are full-service meaning we manage all aspects of exterior work. Our crews do planting, maintenance and stonework. Subcontractors used would be for concrete, carpentry and pools. Full-service companies have a better handle on a job for three reasons: 1) **TIME SAVINGS:** We coordinate better, faster and smoother. Subcontractors are used to working with us and give preferential treatment and a better time frame; 2) **QUALITY:** Good design has unique elements. We don't allow outside contractors to take shortcuts. This results in a better job; 3) **PRICE:** We hire subs more often and can get you not only a better price but also better service.

I hope this has been helpful. For questions or to arrange a consultation, call us at 1-847-426-9190.

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www.sanfilippolandscap.com
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The Smart Home of Tomorrow is Available Today

by Pete Panagakis, President
Advanced Security Technologies, Inc. (AST)

New technology is transforming the smart home of today. With the touch of a cell phone keypad, laptop or PC, homeowners are managing security and fire detection systems, checking on kids, raising or lowering thermostats and turning on interior or exterior lights. We are at the doorstep of a new era in managing a home remotely.

Due to technological advances, home systems continue to evolve and are easier than ever to own and operate. So who's a candidate for a smart home system? If any of the following apply to you, don't hesitate to give us a call:

- If you travel a lot or own a second home
- If pets are in the home and you want to protect them when you are away

• If you have an isolated house on a large piece of property away from neighbors

• If you have latchkey kids (or grandchildren) you want to check up on when they come home from school

• If you are interested in saving money by conserving more energy

• If you need to remotely adjust interior or exterior lighting

Locally-owned and operated, **AST** provides security and fire detection services, including the latest in equipment and 24/7/365 monitoring, for homeowners and small businesses throughout the Northwest Suburbs. **AST** is personally in touch with securing your way of life. Learn more by calling **1-847-540-9166** or visiting **www.astprotectsyou.com**.



From a Woman's Point of View

by Amy Wickstrom, Wickstrom Auto Group

Isn't it amazing how a little sunshine after a long, gray winter can lift your spirits and make everything feel right with the world? I laughed with my kids as they rode their bikes around the block in their short-sleeve T-shirts on that first sunny weekend in March. It may have been all of 42 degrees outside, with a 15-mph wind, but even though we all knew it was jacket weather, the sun just felt too good on their little arms and smiley faces to cover them up. Call me an optimist, but I think spring is finally here!

Just as the weather has finally turned, I'm hoping the economy is following that trend as well. We're definitely seeing signs of this with Ford Motor Company's performance in the last few months; sales jumped 43 percent over 2009, and for the first time since 1998, Ford sold more vehicles than General Motors. Ford also remains committed to delivering the freshest line-up of new products in the U.S. industry, with new or significantly upgraded vehicles this year including the **Ford Fiesta, Focus, Edge and Edge Sport, Explorer, F-Series Super Duty®, Transit Connect**



Electric, Lincoln MKX and an all-new small car for Mercury. Our team at **Wickstrom Ford Lincoln Mercury** is excited about the new product, as well as the new look that the dealership will be getting over the next month.

As you're cruisin' around town, stop by and experience the enthusiasm that comes with an award-winning lineup of vehicles and an updated facility; it really is contagious. Like the first beautiful, sunny day of the year adds a spring to your step, a visit to **Wickstrom Ford Lincoln Mercury** may inspire you to put a new vehicle in your driveway.

Until next month,

—Amy



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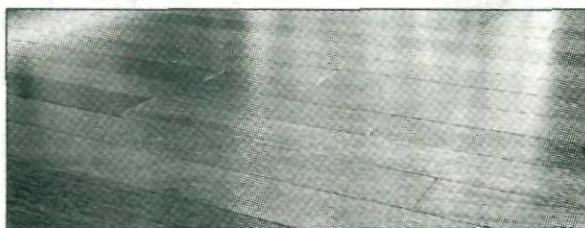
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