

May 2010

FOR REFERENCE

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Mother's Day
Sunday, May 9th

BYDE Presents *The Sleeping Beauty*

Fellowship Housing Gala "There's No Place Like Home"

Spring Excursion to Include Wright's Robie House



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Barrington Youth Dance Ensemble to Present *The Sleeping Beauty*



Barrington Youth Dance Ensemble (BYDE) will present *The Sleeping Beauty*, a classic ballet for the entire family, on Friday, June 18, 7 p.m., and Saturday, June 19, 2 p.m., at Barrington High School's Richard C. Johnson Auditorium. They are honored to announce Teanna Zarro, formerly of the Joffrey Ballet, will dance the role of Princess Aurora. Prince Florimund will be danced by Milwaukee Ballet member Matthew Frain. Guest artists Nicole Larson and Abdelaziz Roque, who thrilled audiences as our Snow Queen and King in *The Nutcracker*, will dance the roles of the Bluebird and Princess Florine. James Estes, BYDE's longtime friend, board member and set designer, will reprise his role of The King. Seventy local dance students will join the 17 members of BYDE in support of this professional leading cast.

BYDE's *The Sleeping Beauty* has been set in two acts. Barbara Benson, local resident and former dancer, will be featured as the narrator in this family friendly production. Birthday party packages are available, which include tickets, special favors and a meeting with cast members. More information for our party packages is available by calling the studio at 1-847-382-6333.

General tickets for *The Sleeping Beauty* are available now at www.BYDE.org or by calling BYDE at 1-847-382-6333. Preferred seating is \$20 per ticket; adult seating \$18

per ticket; seniors and students \$15 per ticket. Organizations of 10 or more, please call BYDE at 1-847-382-6333 for group rates.

BYDE is honored to have the continuing support of The Duchossois Family Foundation; The Sanfilippo Foundation; The Roberts Family Foundation; The Benson Foundation; The Illinois Arts Council, a state agency; Rose Packing Company; Barrington Junior Women's Club; The Barrington Area Community Foundation; and The Demar Family Foundation; for our productions and ongoing community presence.

BYDE company members include: Barrington residents Megan Clement, Joyce Gaffney, Katie Muto, Hannah Ray and Audrey Wallace; Barrington Hills residents Alexandra Lidbury and Becca May; Gary resident Lindsey George; Lake Barrington residents Hannah Harris and Melissa Stathakis; Lake Zurich residents Brittany Bonefas, Elite Hunt and Mackenzie Jaekel; North Barrington resident Megan Clifford; Kildeer residents Ariana Davis and Alex Schwartz; and Tower Lakes resident Julie Hancock.

BYDE promotes artistic integrity, involvement, and awareness through exceptional dance training and performance in the Chicagoland area. For more information, visit www.BYDE.org or call 1-847-382-6333.

Green Thumbs Plant Sale

Mark the date of Saturday, May 15 on your calendar, because you won't want to miss the annual plant sale hosted by the Green Thumbs of Barrington Garden Club. This event usually sells out quickly, so be sure you arrive at the starting time of 9 a.m. The sale will end at 11 a.m. or when sold out. Located in the beautiful new Citizens Park, signs will direct you to the exact site. Selections for the sale come from the members own gardens, and include many exclusive plants that will add beauty and charm to your own personal "green thumb" garden.

On Tuesday, May 17, the club will meet at the Barrington Area Library. Socializing and refreshments commence at 12:30 p.m., followed by a unique program topic focused on the subject of flower shows. Some of the principles of a flower show and what is meant by horticulture and design will be presented and discussed. This is a hands-on program for all club members, so plan on attending so that you can participate in this learning experience and fun activity.

Please call Vicki at 1-847-526-5998 for further details.

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Editor's Ink

May 2010

Dear Reader,

Barrington is literally bursting with blossoms this time of year. The garden clubs in the area are hosting plant sales at various locations, all at great prices. Take advantage and at the same time, support the clubs' philanthropic goals.

On Friday, May 21, the Barrington Northwest Community Associates (B/NWCA) will travel to Hyde Park to tour the Frederick C. Robie House designed by Frank Lloyd Wright. Afterward, they'll stop at Rockefeller Chapel, the tallest building on the campus of the University of Chicago, designed by architect Bertram Goodhue. What a thrilling day this will be!

Looking ahead, reserve Friday, June 18 or Saturday, June 19 to attend Barrington Youth Dance Ensemble's (BYDE) *The Sleeping Beauty*. This presentation will delight the entire family.

And lastly, happy Mother's Day to mothers of all ages, grandmothers, and special aunts. We hope your day is especially wonderful.

Until next time, may all your thoughts be sunny.

With warm regards,

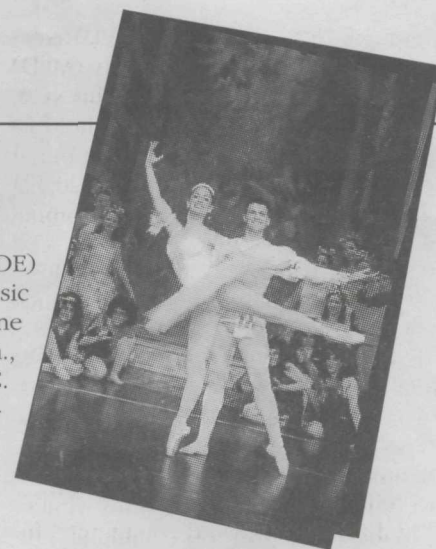
Glenn McMonigal, editor

Barrington Lifestyles News Magazine



About Our Cover

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Spring Excursion to Include Wright's Robie House

The annual Spring Excursion sponsored by the Barrington/Northwest Community Associates (B/NWCA) will take place on Friday, May 21 from 8 a.m. to 4 p.m. and promises to be a highlight of an impressive season. B/NWCA members will travel to Hyde Park and tour one of the most important buildings in the history of modern architecture, enjoy a carillon concert in a gorgeous chapel, and view late 19th-century European art works originally compiled by collectors for private viewing only.

This wonderful tour will begin with a stop at Robie House. Frederick Robie was only 28 years old when he and his wife, Lora, commissioned Frank Lloyd Wright to design a home for them on Woodlawn Avenue in Hyde Park. Wright designed the house in his studio in Oak Park between 1908 and 1909; once completed, Robie House became the greatest example of Wright's Prairie style, an architectural style that was uniquely American. The fascinating history of Robie House equals its design merits. Frederick Robie, Lora and their two children moved into the house in May 1910, after spending \$58,000, which included land, structure and furnishings. Unfortunately, just 14 months later, the Robie House was for sale, following Frederick's financial problems and the deterioration of his marriage. The second owners fared no better. David Lee Taylor purchased the house in December 1911 and died less than a year later; his widow, Ellen, sold the property in November 1912. The saga continued until 1957 when Robie House was scheduled to be demolished; fortunately protestors, including Wright himself, then 90 years old, saved the structure which is today a Chicago Landmark Building.

The next stop for B/NWCA members is an equally riveting structure—Rockefeller Chapel, the tallest building on the campus of the University of Chicago. It was designed by architect Bertram Goodhue and built between 1925 and 1928 without the use of structural steel. It occupies a full block, seats 1,700 people and boasts 70



Frederick C. Robie House, facade looking north-east, Chicago, Illinois, 1910. : Tim Long, photographer. Courtesy of Collection of Frank Lloyd Wright Preservation Trust.

gorgeous sculptures lining the interior and intricate woodcarvings that adorn the organ. The chapel also contains the Laura Spelman Rockefeller Memorial Carillon and tower, the 72-bell carillon being the second largest carillon in the world. B/NWCA members will enjoy a carillon concert at noon and then savor a delicious lunch at La Petite Folie.

The excursion will conclude at the Smart Museum, also located on the University of Chicago campus. Although the museum houses a permanent collection of 10,000 objects, the tour will focus primarily on a featured exhibit entitled "The Darker Side of Light: Acts of Privacy 1850-1900." Organized by the National Gallery of Art, Washington, D.C., this unique exhibit features 100 prints, drawings and small sculptures compiled by collectors during the second half of the 19th century. These artifacts reveal the "darker side" of European life and were collected for private use only. They offer a unique look into a part of European history rarely seen.

Reservations are required and accepted in the order received. The reservation period closes May 7.

This is the final event of the season and will undoubtedly be a huge success for B/NWCA members who have the opportunity to visit three diverse but outstanding attractions in Hyde Park.

For additional information, please contact Day Chair Judy Segebrecht at 1-847-882-6832.

May Friendship Day

The Church Women United (CWU) celebration called May Friendship Day (MFD) is an annual event nationwide. This year, CWU of the Barrington Area will hold its celebration on Friday, May 7, 11 a.m., at St. Anne's Catholic Community, 120 Ela St., Barrington. Women and men from all faith congregations and other interested individuals are cordially invited. Following the celebration will be a salad potluck luncheon. Please bring a salad to share.

The theme, "Living Our Vision," shows how women can work together to transform communities and the world. The story of Nehemiah and this year's logo, depicting blank building blocks, inspire us to reflect on what women are "building" in their churches and community. Inspiring women named by various church-

es in Barrington, Cary, Fox River Grove, Island Lake, Prairie Grove, Lake Zurich, and Wauconda, who live up to the motto of CWU, "Agreed to differ, resolved to love, united to serve," will be honored.

A collection of the Fellowship of the Least Coin, in service for over 50 years, will be a part of the celebration. This International Prayer movement is a way for women around the world to share in prayer, giving tokens of that prayer to be used for grants for women and children around the world.

CWU of the Barrington Area continues its prison ministry by inviting attendees to bring a gift/donation of regular size toiletries (toothpaste, deodorant, shampoo, lotion) and jumbo-sized "zip lock" bags.

For information, call 1-847-540-5634.

Fellowship Housing's Second Annual Gala "There's No Place Like Home"



Pictured (from left) are Fellowship Housing board members Cheryl Beise, Dr. Becca Orsini, Tony Orsini, Mike Underwood, Karen Fitzgerald, Tom Beise, Susan Forbes, Brien Wloch, Dr. Jill Allen, Mike Rolfs and Sibyl Towner.

Fellowship Housing (FHC), a nonprofit organization, raised more than \$200,000 at their second annual gala, "There's No Place Like Home." The event was held Feb. 27 at the beautiful Stonegate Conference Center in Hoffman Estates. *The Wizard of Oz* was the theme, helping to connect the event to the mission of the organization—to transform the lives of homeless or at-risk single moms and their children by providing safe, affordable housing and holistic mentoring to guide them from crisis to long-term stability and independence.

A sold-out crowd of 250 guests celebrated the evening. Barbara Beckman, executive director for Habitat for Humanity, Northern Fox Valley, was the event honorary chair. She shared with guests how the Fellowship Housing program prepares families for independent living upon graduation and financial stability. Guests were also inspired by the life stories of a current Fellowship Housing mom and a 2008 Fellowship Housing graduate. These women shared their heartbreaking stories and how Fellowship Housing was able to provide the life changing environment they needed. Bev, a current FHC mom, told of how she had been raised in an abusive household. Bev is working her way to becoming independent as she thrives in the Fellowship Housing program. Kim, a FHC graduate, spoke of the struggle she had raising her son on her own and how Fellowship Housing was able to provide housing at a time when she didn't have money to pay her next months rent. Kim was successful in the FHC program and now has her own apartment and plans for further life achievements. The audience showed support to the two moms, encouraging them with a

standing ovation and lots of hugs.

The Fellowship Housing's Executive Director Susan Forbes shed light on the many ways FHC supports families in addition to housing. Due to the economy, several single mothers had been laid off. But with the support and guidance of FHC staff, these moms found new employment within a matter of weeks. Fellowship Housing also allows families with teenage boys to enter the program and in many cases these families would be turned away from other agencies simply because of the age of their sons. "The challenge ahead for Fellowship Housing in this economic climate is to sustain the program and move the 15 qualified families who are waiting into apartments. Tonight I am asking you to make an investment in these families and join our efforts to transform the lives of the mothers and children who are desperate to have a new hope filled life," Forbes urged.

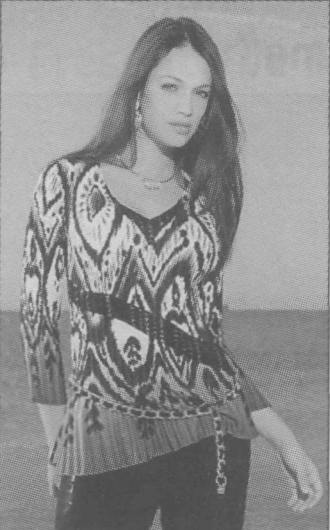
Toward the end of the evening, a Fellowship Housing board member, Tony Orsini, shared his personal story of being raised by a single mother, followed by a compelling challenge to all the guests to give what they could. This challenge spurred additional guests to come forward with funding to support a family for an entire year.

Before the night came to a close, "There's No Place Like Home" resonated with all in attendance, as enough had been raised to bring seven new families into the program. These families will now have access to case management, subsidized rent, and other assistance that Fellowship Housing has to offer.

For more information on Fellowship Housing, visit www.fhcmoms.org or call 1-847-882-2511.



Pictured (from left) are Gala Committee members Carol Ballschmiede, Mary Lou Rice, Shirley Groenendal, Kathy Bloomquist, Wendy Weinstein, Brooke Bartlow, Joan Matson, Sue Miller, Tom Beise, Corrinne Morris, Dan Morris, Sherry Sepuha and Mona Navistky.



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Employer's Lack of Knowledge Dooms Pregnancy Discrimination Claim

by Joette S. Doran, Esq.

The Pregnancy Discrimination Act (PDA) prevents discrimination based on a woman's pregnancy and childbirth and medical conditions related to pregnancy or childbirth. Recently, the Seventh Circuit Appellate Court addressed the issue of whether an employer violated the PDA when it transferred a pregnant employee to another office which the employee considered to be a demotion. In that case, the employee was transferred to a new office and although the transfer was accompanied by a raise and increased job responsibilities, the employee considered



it a demotion. The employee felt that the transfer was made because she was pregnant and that the transfer limited her abil-

Key Pieces—Key Designers—Smart Shopping at Assemblé

This season, the emphasis is on ingenuity and versatility—whether it be working the tunic-top dress (aka TTD) over leggings or striking the perfect balance between this summer's long lean short and a terrific tee. It's all about reinvigorating the fashion process with a wardrobe of flexible options.

Color becomes much more fun when there's powerful pieces to play with. Our fantasy florals from **Language** create an electric attitude when paired with white-hot denim from **Cookie Johnson**. Warm, earthy animal-printed tees from **Charlotte** make a subtle safari-like statement against

our little capris from **Silver** and **David Kahn**. Shake up the mix with stripes, neutrals and a pop of color. Our tees from **Splendid** and tops from **Bailey 44** offer just the ticket.

If you prefer the straightforward appeal of the dress, our multifunctional selection promises one-stop shopping.

In other words, all it takes is a trip to **Assemblé** (make it several—sizes go quickly!), and you'll discover the solution to getting in on this season's Best Ideas and Major Must-Haves!

See ya soon.

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Spring storage time is the perfect opportunity to make the small repairs or major remodels so your fur so it 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. Our resale racks give our patrons the option of selling their old fur, and at the same time, making affordable furs available to others.

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 to protect your coat!"

Garden Club of Lake Zurich Monthly Meeting and Plant Sale

On Tuesday, May 4, at 7 p.m., the Garden Club of Lake Zurich will hold its monthly meeting at Saint Matthew's Lutheran Church, 22480 Old McHenry Road, Hawthorn Woods. Enter at door #12 in front of the church. The program, "Hardy Roses for the Midwest Region," will be presented by Andy Plasz, a Rosarian and president of the Gardeners of Central Lake County Club. Knowledge gained from this presentation will help you to successfully select and maintain roses in your garden. Guests are always welcome.

On Saturday, May 8, the club will hold its annual Spring Plant Sale at the entrance of the Ela Area Public Library, 275 Mohawk Trail, Lake Zurich. From 8:30 a.m. to noon, you can purchase perennials, biennials, houseplants and herbs. These plants have been grown locally in member's own gardens. Club members will also be on hand to answer any questions and to give practical advice on selection, planting and maintenance of plants in your home and garden.

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

ity for advancement within the company. While the court found that whether the transfer qualified as an adverse employment action was a close call, it ruled against her because she could not establish that her boss knew that she was pregnant at the time he made the transfer decision. While the employee alleged that her boss became aware of her pregnancy shortly after she became pregnant, the transfer decision was documented in writing only 10 days after the employee became pregnant. The boss testified that he was unaware of her pregnancy at the time he made the transfer decision. As a result, the employee could not establish that the decision was related to her pregnancy.

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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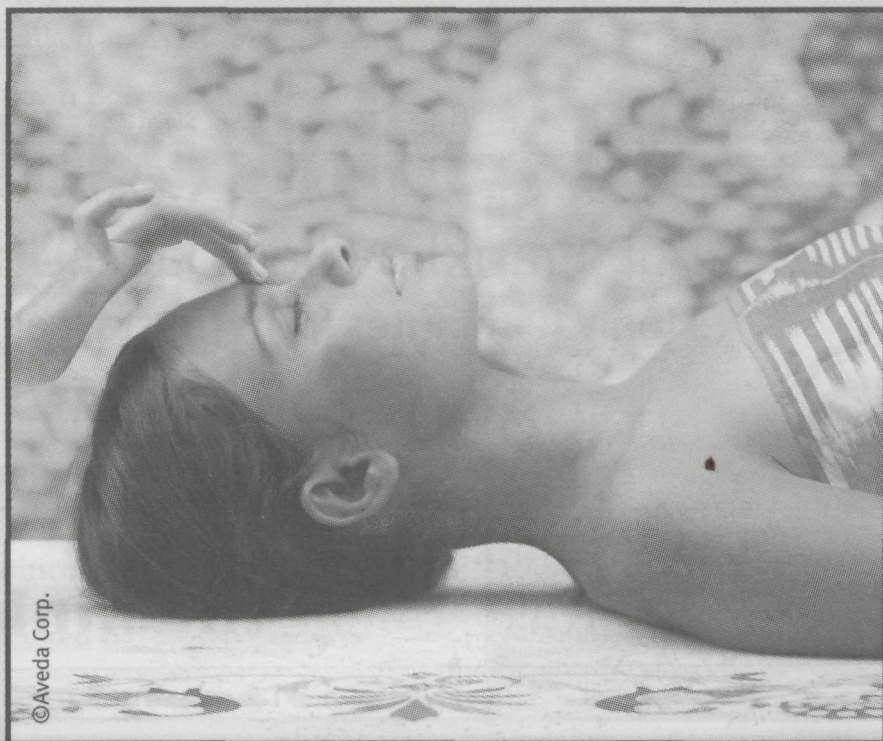
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Where Do You Carry Your Extra Weight?

by Lisa Shanahan

Did you know that where you carry your weight is very important according to the National Institutes of Health? People who carry too much weight in the stomach area—known as an **apple shape**—have greater health risks than those who carry extra pounds in their hips and thighs—otherwise known as a **pear shape**. When you have too much weight around the waist you have an increased risk for heart disease, high blood pressure, diabetes and certain types of cancer.



How do you know if you are carrying too much weight around the waist?

Use a measuring tape to measure around your natural waist just above your belly button. Be sure the tape is snug. The weight around your abdomen is too much and putting you at increased health risk if:

- you are a woman and your waist measures 35 inches or more
- you are a man and your waist measures 40 inches or more

There is another way to see if you're carrying too much weight around your waist. Simply measure around your waist and then measure around your hips. If you find that your waist is larger than your hips, it is time to take the necessary steps to start losing weight.

I encourage you to take the time to do these measurements so that you can know for sure if what you are or are not doing is working for you. If your measurements are good, keep up the good work! If you find that your measurements are too high, seek the advice of your physician and a fitness professional to help you get on the road to better health and a longer life. You can also come to **FITNESS TOGETHER**, get measured and try a **COMPLIMENTARY** personal training session and consultation. We specialize in helping people get and stay on the road to optimal health!

"Change is the essence of life. Be willing to surrender what you are for what you could become."
—Tony Robbins

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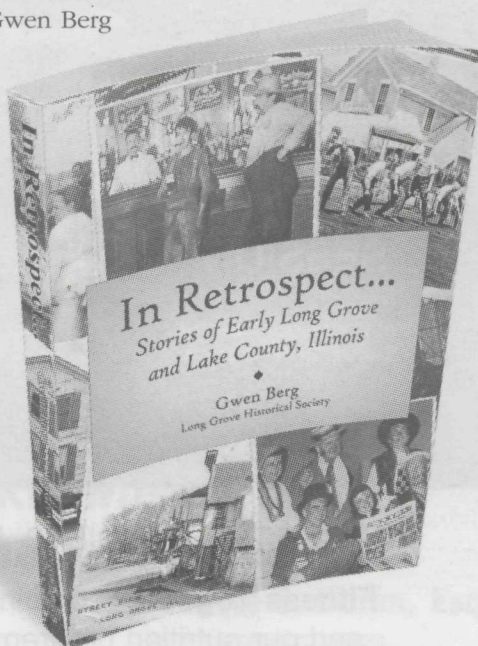
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A New Book About Historical Long Grove Featuring 50 Stories and 30 Newly Restored Photographs Highlighting Long Grove's Past

From 1986 through 2004, area resident Gwen Berg wrote a column on local history for Long Grove's village newsletter, *The Bridge*. The Long Grove Historical Society has now assembled the original manuscripts for these stories into a paperback book—*In Retrospect... Stories of Early Long Grove and Lake County, Illinois*. Angie Underwood, the current society president, comments "Our hope is that, in book form, the stories will be more accessible to residents, and be around for many years to come."

To add a little spice, over 30 freshly restored photographs have been sprinkled throughout the book. Many of these photos have never been published.

For more information, visit www.LongGroveHistory.org.



Barrington Honors Rotary Club on its 50th Year

The Rotary Club of Barrington (noon) is celebrating its 50th year as a service club organization in the Barrington Area working on behalf of the community. At its March 15 Village Board meeting, Village President Karen Darch presented a proclamation honoring the club to Rotary president Rick Wokoun and president-elect Reese Mates.

Through the years, the Rotary Club has raised thousands of dollars to help local organizations and contributed to projects such as the Fourth of July celebrations, the Field of Dreams at Barrington High School, the bird-watching site at Baker's Lake, and the Roy Wilmering Scout Cabin, to name a few.

In addition, the Rotary Club has worked

Michael Joseph Benefit Featuring Ron Hawking

The 17th annual Michael Joseph Foundation Dinner and Auction, "That's Entertainment," will be held on Saturday, Oct. 2 at the Sanfilippo Estate in Barrington Hills. Headlining the event will be Chicago's entertainer, Ron Hawking, along with special guest auctioneer Joel Langer from the *Hollywood Game Show*.

This Barrington-based, 100-percent-volunteer organization is dedicated to providing transitional housing and holistic mentoring to families in crisis in the north and western suburbs. Over the past 18 years the Michael Joseph Foundation, through the tireless work of their volunteers in cooperation with existing agencies such as Kenneth Young, Wings, CEDA, and Catholic Charities, has been able to provide housing, counseling and job skill training to over 550 families that have been guided from crisis to long-term stability and independence.

The gala evening will begin with docent-led tours of the Sanfilippo Grand Vic-



Pictured are Barrington resident Ron Hawking with committee members (from left) Lynn Acerra, Joyce Kofkin and Marian Sanfilippo.

torian Palace. Following the tours, guests will retreat to the magnificent Eden Palais for cocktails, dinner and the spectacular entertainment by Ron Hawking plus the silent and live auction with Joel Langer.

For invitations or more information on this Families in Crisis benefit, visit www.michaeljosephfoundation.8M.com or contact Ida Cardelli, Fund Raising Committee, at 1-847-639-2334.

with Rotary Clubs around the world to eradicate polio, has purchased shelter boxes for the Haitian earthquake relief efforts, constructed fresh water wells in Kenya's Usonga district, funded vocational and academic scholarships for local youth, and sponsored Rotary Youth Exchange programs to help train leaders of

tomorrow to be active builders of a more peaceful world.

President Darch proclaimed Wednesday, Sept. 1 as Rotary Club of Barrington Day in the Village of Barrington and extended the Village's gratitude for the Club's 50 years of contributions to the betterment of the Barrington area community.

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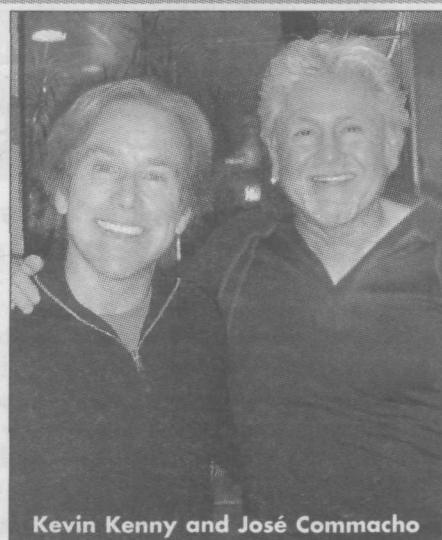
Kevin Kenny of The Sanctuary Salon & Spa at the Ice House Mall in Barrington has been spending his days off studying the latest haircutting techniques at the José Commacho Salon on Michigan Ave. José has a well-known reputation studying with Vidal Sasson and is known for his exceptional haircutting techniques. Kevin has taken the time to study with Mr. Commacho to master these techniques. Call for a consultation or appointment with Kevin at 847-381-5043.



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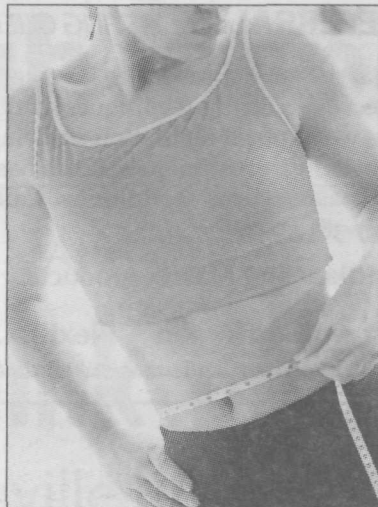
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If you've tried exercising on your own and haven't seen the results you desire, hiring a personal trainer is what you need to start working out more efficiently and start achieving the results you really want. **Innovative Fitness Solutions In-Home Personal Training** offers a safe and effective way for you to reach your individual fitness goals in the privacy of your own home.

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Convenience—Because life is busy and it can be challenging to fit exercise into your day, our personal trainers will come to you. This allows you to just focus on your workout and get on with your day without wasting time traveling to the gym.

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Consistency—The most common area where people fall short in exercising is not being consistent enough with their work outs. When they do not see results, they lose motivation and stop working out all together. Our personal trainers will keep you focused on completing your workouts which makes it harder to skip your scheduled sessions. This built-in accountability will help give you the consistency you need to reach your goals.

Whether you're an experienced fitness enthusiast or a just looking to get started, our certified personal trainers will create customized programs designed specifically for you to meet your individual health and fitness needs. **Innovative Fitness Solutions** services the Northwest Suburbs and offers programs for Weight Loss, Strength & Flexibility Training, Rehabilitation & Cancer Recovery, Pre- and Post-Natal Fitness and Sports-Specific Training. We offer one-on-one, two-person, and small group personal training packages.

Contact us today to learn more about our services, rates, our team of trainers, and how **Innovative Fitness Solutions In-Home Personal Training** can guide you on your journey to improved health, fitness and wellness.

Nicci Grabs, owner of Innovative Fitness Solutions, has a Bachelor of Science in Exercise Physiology. She is a Certified Personal Trainer through NASM, the National Academy of Sports Medicine, and has over 15 years of experience in the fitness and personal training industry.



Nicci Grabs

Countdown to Opening... Construction on Schedule



Artist's rendering of the Pepper Family Hospice Home and Center for Care

One hundred and sixty-seven days and counting until Hospice & Palliative Care of Northeastern Illinois (HNI) opens the doors open to its new Pepper Family Hospice Home and Center for Care.

The \$18.5 million facility located in Barrington will not only house 16 patient care rooms and all of the agency's administrative and clinical offices, but will be the first "green" hospice in the state of Illinois and among the first in the country. In addition it will be the first green building in Barrington. The facility is scheduled to receive patients beginning July 1.

Located on Lake Zurich Road off Route 14, construction on the project began in April 2009, and has been moving along according to schedule, according to the agency's Project Manager Marjorie Pullinger. "The construction process is about

45 percent complete," she said, noting that the building is completely under roof, with all exterior walls and windows installed. "Interior work has begun and is progressing very nicely."

Pullinger credited Pepper Construction, the general contractor, and the economy in general, for keeping on budget and on schedule. "Due to the exemplary stewardship of Pepper Construction, and the timing of our project, with very competitive pricing, we anticipate a successful completion on budget and on schedule," she said.

Designed and constructed in line within the guidelines for the silver certification of the Leadership in Energy and Environmental Design (LEED) Green Building Rating System, the facility will consist of the in-patient rooms, a family room, children's

BACOA Senior Activities for May

The Barrington Area Council on Aging's (BACOA) Monday Senior Lunch and Activity Program is held at the Barrington Park District, 235 Lions Drive, Barrington. Doors open at 10:30 a.m.; games begin at 11 a.m.; lunch is served at noon.

The suggested donation for the Monday lunch program is \$5. Preregistration is required; please call BACOA at 1-847-381-5030.

• Monday, May 10—Older Americans Month Luncheon—Games and lunch. The program will celebrate "Older Americans Month" with music provided by Second

Wind (Joyce Palmquist and Doug Saylor). The cost for the lunch will be \$5. Contact Linda Avellon at 1-847-852-3892 by Tuesday, May 4.

• Monday, May 17—Games and lunch. Patricia Olson Prescott, who teaches BACOA's Arthritis Foundation exercise classes, will present a program on the benefits of exercise.

• Monday, May 24—Games and lunch. Blood pressures will be taken by Bright-Star. May birthdays will be celebrated.

• Monday, May 31—Closed for Memorial Day. The Lunch and Activity Program will resume on Monday, June 7.

play area, dining room, clinical team space, staff and volunteer training/education rooms, quiet/meditation room, the Center for Hope and Healing (bereavement support), and administrative offices. Green buildings cost less to operate and maintain, are energy- and water-efficient, are healthier and safer for occupants, and use resources more efficiently.

The building is situated on 6.7 acres of partially wooded land, and surrounded by natural grasses and a healing garden.

The new Hospice Home and Center for Care will allow Hospice & Palliative Care of Northeastern Illinois staff to continue to care for approximately 1,300 patients each year who are at their own homes or at extended-care facilities, as well as to help those who can no longer be cared for at wherever they call home. These patients will be able to spend their final days in

this unique homelike facility.

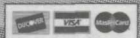
"Not all patients can be cared for at home," said Cindy Musikantow, president and CEO. "This hospice residence will make it possible for patients with acute pain and symptom management needs to be cared for in a homelike setting by a staff of clinical experts who are specially trained in end-of-life care."

Hospice and Palliative Care of Northeastern Illinois is a community-based, not-for-profit organization serving families throughout McHenry, Lake, Northwest Cook, Kane, Boone and DuPage counties. Celebrating its 27th year of service, the agency provides comprehensive end-of-life care to nearly 1,300 patient families each year. HNI is Medicare certified and accredited by the Joint Commission. For information, visit its web site at www.HospiceAnswers.org.

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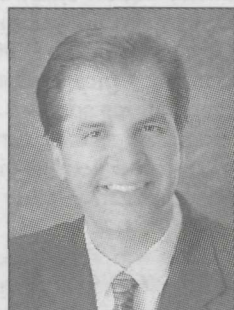
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**Cosmetic Dentistry:
Getting the Color Right with Technology**
by James T. Gavrilos, D.D.S.

Over the last two months, I discussed how new technology, new techniques and new materials constantly challenge the dental profession. Sorting these out and selecting the best is a consistent endeavor for any quality dentist. I discussed the advantages and disadvantages that lasers and digital X-rays have brought to the dental profession. This month, I would like to review color-scanning technology.

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



tipale bands and layers of different colors. Communicating these subtle nuances to the lab was virtually impossible. Often times, the patient had to visit the lab so the technician could attempt to match the porcelain of a new crown to the rest of the patient's teeth.

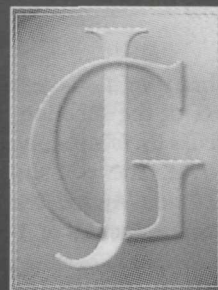
Now there is a new technology called **ShadeVision**. The system works with the same technology that matches paint color. The ShadeVision scanner is placed over the tooth and records color data. That data is e-mailed to the dental laboratory, and they use it to make a perfectly matched crown. They can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

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

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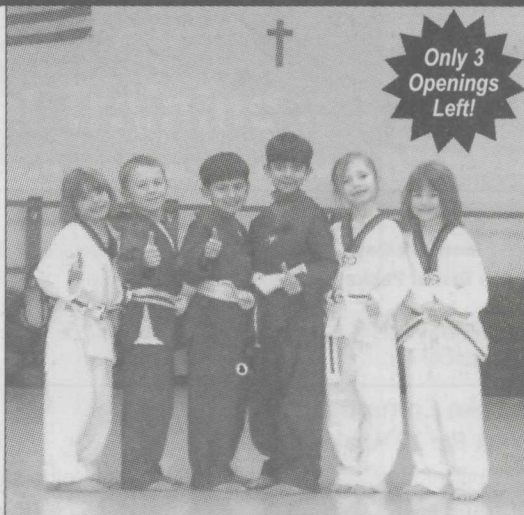
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MALE ANTI-AGING HORMONE REPLACEMENT

What are the Symptoms of Testosterone Deficiency?

Without adequate testosterone, a man may lose his sex drive, experience erectile dysfunction, feel depressed, have a decreased sense of well-being, and have difficulty concentrating.

What Changes Occur in the Body Due to Testosterone Deficiency?

- Decrease in muscle mass, with an increase in body fat
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- Decrease in hemoglobin and possibly mind anemia
- Fragile bones (osteoporosis)
- Thinning hair

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Dr. Barry Berger M.D. D.O. 290 N. Rand Rd., Lake Zurich ■ 1-847-438-3008

Kitchen Cabinet Members to Meet at the Biltmore Country Club

On Tuesday, May 11, Kitchen Cabinet members will meet at the Biltmore Country Club, 160 Biltmore Drive, North Barrington, to hear Charles B. Root, Ph.D. speak. A cash bar opens at 11:30 a.m., followed by a lunch buffet. The cost is \$16 and the public is welcome to attend. For reservations, call the club at 1-848-381-1960 or Bob Johnson at 1-847-381-0775.

Charles Root is founder and president of CodeMap LLC. For over 18 years, he has provided laboratory coding and reimbursement information to health care providers and manufacturers regarding compliance, coding and economic issues. CodeMap's clients include more than 30 diagnostic test manufacturers and over 1,500 providers who rely on CodeMap publications, compliance training and advisory services.

Publications by Root include *CodeMap Medicare Reimbursement Manual for Laboratory and Pathology*, *CodeMap Medicare Reimbursement Manual for Radi-*

ology and Nuclear Medicine, and the *Hospital Laboratory Compliance Kit*. Root is a member of CLMA, and the American Association of Clinical Chemists and has served on their Government Relations Committee. He provides frequent input and comments to CMS on laboratory issues and provides input to the AMA's Pathology Coding Caucus regarding CPT coding for lab services.

Root received his Ph.D. in physical chemistry and nuclear physics from the Catholic University of America, Washington, D.C., and has taken postgraduate courses in business management and economics from Harvard and Northwestern Universities. His experience includes market research, product development, and studies on the economic impact of government regulations on health care delivery costs. Prior to founding CodeMap, Root worked as a rocket scientist with the U.S. Navy on missile systems and high-energy materials.

Barrington AAUW Activities

On Wednesday, May 12 at noon, the Luncheon Book Group will meet at The Garlands of Barrington for lunch and a member-led discussion of *Girl with the Dragon Tattoo* by Stieg Larsson. New members are welcome. Loretta is chair and can be reached at 1-847-381-1804.

The Women's Issues Book Group will meet Saturday, May 15, 10 a.m., at the

Barrington Area Library in a study room. Poetry is the subject of the meeting, and the group will discuss *New and Selected Poems* by Mary Oliver. She is a Pulitzer Prize and National Book Award winner. Pat is chair and can be reached at 1-847-550-1282.

The purpose of AAUW is to advance equity for women and girls through educa-

Major Award to Citizens for Conservation

Citizens for Conservation (CFC) has received a Conservation and Native Landscaping Award for its restoration of Grigsby Prairie in Barrington Hills. The award was presented by the Environmental Protection Agency and Chicago Wilderness at a ceremony at the Chicago Botanic Garden. The organizations sponsor awards to recognize exemplary sites featuring native landscaping, restored ecosystems or best practices of conservation-style development.

Grigsby Prairie was recognized for the work which transformed it from a fallow field into a thriving ecosystem. Grigsby represents a number of land donations to CFC from Peggy Grigsby Richards and now totals 42.4 acres. These former farm fields were being invaded by box elder, buckthorn, black locust, and other alien species.

CFC's management activities, supervised by Tom Vanderpoel and implemented by devoted volunteers, include clearing brush, planting plugs and seeds as well as conducting controlled burns. Grigsby is now a source of seed for other restorations thanks to the 1,000 volunteer hours devoted to it annually.

Grigsby's biodiversity is thriving. Over 175 species of native plants inhabit its wet, mesic and dry prairie, savanna and wetland habitats. Grasses include prairie

tion, advocacy, philanthropy and research. This is a national, state and local level organization with over 100,000 members. Membership is open to anyone holding a



Accepting the Conservation and Native Landscaping Award are (from left) CFC members Patsy Mortimer, Tom Vanderpoel, Peggy Simonson and Sam Oliver. At right is Melinda Pruett-Jones, executive director of Chicago Wilderness.

Photo courtesy of Chicago Wilderness

dropseed, big bluestem, and little bluestem. Forbs consist of species such as wild white indigo, rattlesnake master, Indian paintbrush, and four gentian species.

Rare birds have returned to this open prairie with several declining grassland species nesting at Grigsby: Eastern meadowlarks, bobolinks, dickcissels, grasshopper sparrows, sedge wrens, king birds, savanna sparrows and bluebirds.

Seed of the very rare, almost extirpated, eastern prairie fringed orchid has been sown, and CFC hopes the plant will appear in the next year or two.

CFC thanks all who have made gorgeous Grigsby a reality.

two-year or higher degree from an accredited institution of higher learning. Deirdre LeMire is president of the Barrington Branch, 1-847-381-5318.

The Worth of Motherhood

by Theresa McCay Boutross

Welcome to motherhood: the single most profound and transformative rite of passage a woman can experience. Of course, there are other major turning points throughout our lives—puberty, graduations, career achievements, marriage—but none can really compare to the experience of welcoming a child into this world and being responsible for its care. Motherhood is the most precious gift as well as the ultimate responsibility... and the doorway to the most extraordinary love you have ever known. It stretches you beyond what you ever imagined you were capable of. It can be a source of supreme fulfillment and, at times, a source of some of the deepest heartbreak.

Motherhood is the ultimate opportunity to learn the lesson of surrender. The more rigid you are, the harder the process is. The more you try to will things to go certain ways, the more frustrated you may become. On the other hand, the more you're willing to go with the flow, the more harmonious your experience will be. When you relax into the situation, you may find new ways of being and coping that are available to you that you haven't considered before. Allowing for sponta-

neity invites the little miracles to happen.

Each of us has a rhythm to our lives. It's the framework we set for the notes we play out each and every day. Whether you are conscious of it or not, you have a specific rhythm to the way you presently live your life.

It is useful to keep in mind that children learn from example. If you develop a habit of ignoring your needs, your children may pick up this message and feel sad and/or guilty. Or they may internalize the message that mothers do not have lives of their own and carry this unrealistic vision forward into their own adult relationships.

"The good mother, the wise mother... is more important to the community than even the ablest man; her career is more worthy of honor and is more useful to the community than the career of any man, no matter how successful."

—Theodore Roosevelt

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Quote!

"A suburban mother's role is to deliver children obstetrically once, and by car forever after."

—Peter De Vries (1910-1993)

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Over time, teeth can wear down, become decayed, and even fall out. While regular dental care can help prevent most of these problems, sometimes they are inevitable. The good news is that **Dr. Dan Follmer** and **Northwest Dental Health & Aesthetics** provides a variety of options to restore your teeth to health, strength and function.

Composite Fillings and Porcelain Inlays: Dr. Follmer practices metal-free dentistry. To restore a tooth with a cavity, he places tooth-colored composite fillings or ceramic inlays that not only look natural but also are stronger than metal (silver) amalgams.

Crowns: Do you have a broken tooth or have you had root canal therapy? A crown, also called a cap, is the solution. A crown is a custom-made restoration that repairs and strengthens the damaged tooth, returning it to form and function.

Dental Bridges: A dental bridge is a custom-made false tooth or teeth placed permanently between two healthy teeth. The bridge fills in the area left by the missing tooth or teeth. A bridge can replace one or several teeth, reduces the risk of gum disease, helps correct some bite problems and helps improve speech.

Dentures: A denture is a removable appliance that replaces missing teeth and adjacent tissues. Made of resin and porcelain, complete dentures are used to replace all the teeth. When some healthy teeth remain, a partial denture can be used. Full and partial dentures improve chewing ability and speech, support facial muscles and enhance appearance.

Take care of the problem now and keep your smile healthy and comfortable. Call **Northwest Dental Health & Aesthetics** today at **1-847-526-2831**. For more information, visit www.northwestdentalhealth.com.

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That's why we emphasize the importance of your regularly scheduled hygiene visits. Without these visits, sticky plaque can turn into calculus or tartar, a hard mineralized layer that holds dangerous bacteria close to your gums that is a major contributor to gum disease.

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TOCOS Golf Swings into the Season



TOCOS (Town and Country-ites) is looking for new members to play in their friendly nine-hole golf league on Wednesday mornings at Prairie Isle Golf Course in

Prairie Grove (Route 176, west of Burton's Bridge).

For more information, contact Eloyce Jensen at 1-847-639-4184.

3K Walk and 5K Run for Cancer Support May 16 at Harper College

The Wellness Place Community Cancer 3K Walk/5K Run is on Sunday, May 16 at Harper College in Palatine. The walk/run will be followed by a celebration to include survivors and all those who have been touched by cancer. Registration will begin at 9 a.m. with the 5K run kicking off at 10 a.m. The 3K walk will begin shortly after at 10:30 a.m. The goal of the Wellness Place Community Cancer Walk/Run is to raise awareness, celebrate survivors and remember loved ones.

A committee of dedicated volunteers are creating an event that celebrates survivors, remembers loved ones and raises awareness on behalf of the value of support through a cancer experience. The day's highlights include kids activities, refreshments, music, and a remembrance

ceremony. Event organizer Kara Williams says "Having cancer yourself, caring for someone who has cancer, or losing someone to cancer are not easy things to live through. May 16th is a day to honor and celebrate all the people in our community who take on this journey with an incredible amount of strength and grace."

Individuals and teams can register at www.wellnessplacewalkrun.kintera.org. Proceeds from the event will benefit Wellness Place cancer-related counseling, education and support programs provided at no charge to survivors and their family, friends and caregivers. For information about registration, teams and sponsor opportunities, call Wellness Place at 1-847-221-2400 or go to www.wellnessplace.org.

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.

May Events

- Saturday, May 8—Meet for dinner at Barley House in Algonquin at 6 p.m. For more information, call Debi at 1-847-344-1703.

- Saturday, May 22—Meet at Cozzi's

Adventure Golf & Games in Lake Zurich to play miniature golf. The friendly competition begins at 6 p.m. and the group will likely go out to eat afterwards. For more details, call Kevin at 1-847-308-2537.

- Sunday, May 30—Meet for breakfast at Benedict's La Strada in Crystal Lake at 11:45 a.m. For additional information, call Doug at 1-847-917-7411.

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.

Mother's Day 5K

The Mother's Day 5K Run/Walk on May 9, 8:30 a.m., at Citizens Park in Barrington, provides everybody a fun way to spend Mother's Day. Pre-event registration is \$28. There is also a free 150-meter dash for

kids 8 and under.

The event supports breast cancer research.

For additional information, visit www.allcommunityevents.com.

Fresh-Baked Cookies Bringing "The Sweet Smell and Love of Home" to Our American Troops

The Signal Hill Chapter of the Daughters of the American Revolution (DAR) is partnering with a local bakery to cover the shipping costs to send boxes of fresh baked cookies to our troops. "Operation Sweet Tooth" was the idea of Diane and Roger Ahrens, owners of Piece-A-Cake Bakery in East Dundee. Both former Marines themselves, they know how important it is to get packages from home. In return, they have received several letters and photos from the troops, proudly displayed in their bakery, expressing gratitude for the heart-shaped flag and smiley face cookies, crispy marshmallow treats, chocolate chip cookies and more.

Every dollar of your contributions is used to pay for the cookies. The cost to ship one box of 75 cookies is \$58, paying for ingredients and shipping. Piece-A-Cake Bakery donates the labor to bake the cookies and the Dundee Township Senior Center volunteers package the cookies for shipment to the troops. The cookies are sent to individual active duty troops in places like Iraq, Afghanistan, and to the wounded warriors receiving treatment at Landstuhl Regional Medical Center in Landstuhl, Germany. The Signal Hill Chapter, National Society Daughters of the American Revolution (NSDAR), is working with the bakery to bring awareness to the project. Since June 2009, the chapter has shipped 18 boxes or 1,350 cookies.

"We just want to send a little bit of love and the sweet smell of home and gratitude to the men and women serving our country, and let them know that we are



Signal Hill DAR members (from left) Linda Wichman, Wendy Werner and Chapter Regent Laura Donis hold freshly baked cookies ready to send to U.S. soldiers recovering at Landstuhl Hospital in Germany.

thinking of them," explains DAR Project Patriot chair Wendy Werner. "For those patriotic hearts in our area who would like to do something for our troops, whether to an individual or to the Landstuhl Medical Center wounded, Operation Sweet Tooth is a wonderful way to participate and help with the cookies shipments going for Armed Forces Day May 15, Memorial Day May 31, Flag Day June 14, and 4th of July."

Donations for Operation Sweet Tooth can be made directly through the bakery or the Signal Hill Chapter, NSDAR. To participate in this program, please send checks payable to "Signal Hill Chapter, NSDAR" to: Lucy Ruth, 275 Old Mill Rd., Barrington, IL 60010 or contact Piece-A-Cake Bakery, 304 N. River Street, East Dundee, 1-847-836-6703.

Long Grove-Kildeer Garden Club Annual Plant Sale

The ever-popular Long Grove-Kildeer Garden Club Annual Plant Sale will be held the weekend of May 15 and 16th at Reed-Turner Woodland Nature Center, 3849 Old McHenry Road, Long Grove. The sale includes perennial and native plants lovingly contributed from members' gardens. Heirloom tomato plants and an assortment of herbs will also be offered on a first-come basis. The Saturday hours are 9 a.m. to 3 p.m. and Sunday 10 a.m. to 2 p.m.

For reservations and information, call Penny at 1-847-540-8212.



Club members Penny Fulkerson and Holly Crabtree begin to harvest garden specimens to divide and offer at their club's plant sale.

Inaugural Plant Exchange

Please join Norton's U.S.A. and Smart Farm for their Inaugural Plant Exchange on Saturday, May 22 at 400 Lageschulte St., Barrington. Setup begins at 9 a.m. with the sale starting at 9:30 a.m. Bring your plants, seeds, seedlings, bulbs, garden books, flowers, vegetables—anything you have too much of and would like to exchange for something new and beautiful. No weeds or invasive plants, please. Coffee and delightful treats will be served too.



For additional information, call Norton's U.S.A. at 1-847-382-8872.

Best Glasses You've Ever Worn

Time always brings new and improved products for the masses. The iPad is a perfect example of technology making our lives better. If you wear glasses or contacts, this is no different. New contact lenses on the market offer the most oxygen permeability and the most comfort ever. Glasses are a little more complicated but offer as many advantages like clearer vision and more cosmetically appealing products. There are many lens treatments available to ensure you are happy with your glasses.

Anti-reflective treatments are no longer a hard to clean and easy to scratch. The latest **no-glare lens** comes from **Crizal**. This lens feature gives you unparalleled vision because there is no glare bouncing off the lenses. This simple treatment enhances visual clarity up to 10 percent. The newest design is called **Avance with Scotchguard Protector**. Yes, that's right. The same Scotchguard that protects items at home has been incorporated into a no-glare lens that repels dirt and moisture. It makes the lens very durable. There has never been a no-glare lens that's so easy to care for until now.

Patients have always had a love/hate relationship with no-line bifocals. Newer designs help with that "fish bowl" feeling. Today's no-line fits in the smaller trendy stylish frames. These lenses are available in **Transition tint-changing lenses**. And

don't worry about reading outside during summertime fun. You can have your sunglasses and no-line bifocal too.

Free-form digital lenses are state-of-the-art designed. These can be either single-vision or no-line bifocals. They can be enhanced by selecting a thinner lens material and anti-reflective treatment. Free-form lenses are digitally made and have "high-definition" viewing. Free-form produced lenses can impress any wearer with aesthetically-pleasing, crisp vision.

At **The Eye Works**, we carry the latest thin-lens and no-line bifocal designs. Schedule an appointment with **Dr. Gebert** or **Dr. Prate**. They will do a full examination to make sure your eyes are healthy. When you're done with the doctor, head over to one of our knowledgeable opticians to select frame and lens options that are right for you and your lifestyle. We can answer any questions you have regarding any lens design. Stop by anytime or give us a call—**1-847-540-1144** (Lake Zurich) or **1-847-381-0391** (Barrington).

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.

Quote!

"Earth laughs in flowers." —Ralph Waldo Emerson (1803–1882), *Hamatreya*

Be Smart About Summer Shoe Choices

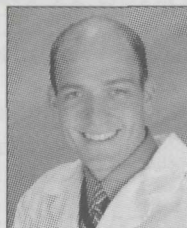
Dr. James A. Baird is a board-certified Podiatric Physician and Surgeon who specializes in foot care for the entire family. His office is in Barrington and he is on staff at Advocate Good Shepherd Hospital. Here Dr. Baird offers advice about some popular shoe choices.

With warm weather just round the corner, my flip-flops are calling my name. I know they are bad for my feet but what can I wear?

Flip-flops and open-toe sandals feel liberating, but the lack of protection leaves the toes vulnerable to injuries. Stubbing a toe in flip-flops can do a number on your nails and toes. Many of the more active styles of sandals have a closed toe just for this reason. When choosing sandals, look for a pair with some toe protection. This is especially true when we are choosing sandals for children.

A flip-flop should be reserved as a pool shoe only. However, if you must have a flip-flop, there are a couple key things to look for. Select a rigid sandal that has a little bit of an arch. You should not be able to easily bend the sandal in half. Avoid the inexpensive foam type of flip-flops, as these give no support or protection and they harbor bacteria and fungus.

If this advice comes to you too late and you have already suffered some trauma to



Dr. James Baird

your foot or nails, you should make an appointment to see a podiatrist to evaluate the injury. Injuries that leave bruises under the nail will leave the nail bed more vulnerable to a fungal infection. The daily use of a topical medication applied to the nail as it grows out will help prevent a fungus. The last thing you want to do is wait 6 to 12 months for the ugly bruised nail to grow out only to be replaced with a yellowed, thick, fungal nail.

Are those rocker-bottom shoes and sandals good for my feet?

A rocker-bottom shoe has been around for a long time but just recently became wildly popular. They claim to burn more calories and tone your backside. While this may be true, they also could lead to injury. The shape of the shoe puts more strain on your Achilles tendon and heel. If you are suffering from heel pain or Achilles tendinitis, this would not be the shoe for you. If you have forefoot pain, this shoe may help take the pressure off the front of the foot.

If you are dealing with foot or ankle pains, call **1-847-381-5011** to schedule a consultation with Dr. Baird.

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Garlands Earns Top Scores

Today the Reichs' youthful spirits enjoy an engaging life at Chicagoland's *premier retirement community*, where they appreciate The Garlands unmatched 5-star quality, first-class amenities, award-winning lifestyle offerings and the occasional game on The Garlands big screen.

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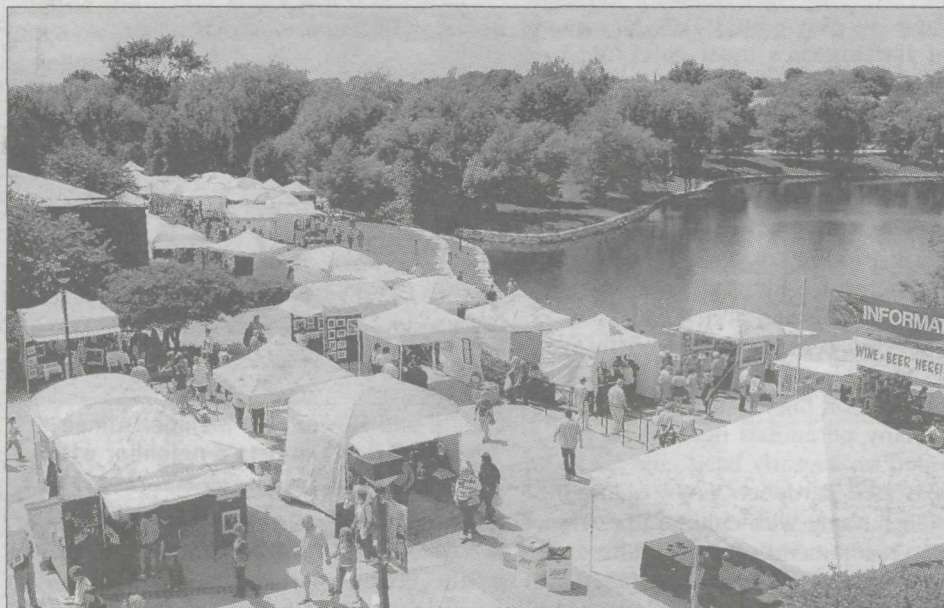
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Schaumburg Presents 22nd Annual Fine Arts Festival



The Village of Schaumburg presents its **23rd annual Prairie Arts Festival Saturday, May 29, and Sunday, May 30**, on the grounds of the Robert O. Atcher Municipal Center, Schaumburg Road and Summit Drive.

The exhibition and sale will feature close to 150 fine artists displaying ceramics, fiber arts, glass, graphics, jewelry, mixed media, painting, photography, pottery and sculpture. A new special event, the Prairie Plein Air Competition, will present works depicting scenes within Schaumburg's borders created by artists during the week leading up to the festival.

Live entertainment can be heard throughout the grounds where local musical artists are featured hourly. Also, younger artists will enjoy a **children's activity tent** sponsored by the Schaumburg Park District and restaurant vendors will also be on the grounds serving a variety of food and refreshments.

The two-day festival will operate from 10 a.m. to 5 p.m. rain or shine both Saturday and Sunday over Memorial Day weekend. Admission is free. For more information, visit prairiecenter.org or call **1-847-895-3600** weekdays from 8 a.m. to 6 p.m.

23rd Annual

Prairie Arts Festival

Fine Art Exhibition and Sale

Featuring ceramics, drawing, fiber art, glass, graphics, jewelry, mixed media, painting, photography, pottery, and sculpture.

Also with live entertainment, children's arts activities and food vendors.

Saturday, May 29

Sunday, May 30

10 am to 5 pm

**On the grounds of the
Robert O. Atcher
Municipal Center
Schaumburg Rd. & Summit Dr.
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Reed-Turner Woodland Botanical Art & Plant Sale May 15 and 16th

The American Society of Botanical Artists Reed-Turner Artists' Circle and the Long Grove-Kildeer Garden Club are pleased to announce the 5th Annual Botanical Art and Plant Sale, Saturday, May 15 and Sunday, May 16, 9 a.m. to 3 p.m., at the Reed-Turner Woodland and Nature Preserve, 3849 Old McHenry Road, Long Grove.

The ASBA Reed-Turner Artists' Circle consists of a dedicated and enthusiastic group of botanical artists, current and former students with provenance at the Chicago Botanic Garden.

The group is guided by the parameters and goals of the American Society of Botanical Artists, www.amsocbotartists.org. The ASBA is one of the premier organizations promoting botanical art around the world. Consistent with the mission of the ASBA, the Group works to further the interest in botanical art, conservation science, botany, and horticulture at the local level. The group also strives to emphasize the beauty and importance plants play in our daily lives by increasing public awareness through education, promotion, and exhibition of its members' art in collaboration with local institutions.

The group has been in existence for over six years and meets at the Reed-Turner Woodland the last Saturday of each month from 9:30 a.m. to noon. Members of the public with an interest in botanical



Ohio Spiderwort by ASBA Reed-Turner Botanical Artist Heeyoung Kim will be among works displayed at the Botanical Art and Plant Sale.

art are most welcome. View their art work at www.reedturnerbotanicalartists.net.

Perennials Galore— A Barrington Tradition

Saturday, May 8 is the date for one of Barrington's most celebrated plant sales. Garden club members have shared plants from their personal gardens with the greater Barrington area for 49 years. The sale will be from 8 a.m. until sold out—rain or shine—at the Barrington Jewel Parking Lot, 105 W. Main St. Plants are freshly dug from members' gardens and potted with care. They are reasonably priced from \$3 to \$5 each; unusual plants are priced a bit higher.

Many perennials need to be divided on a yearly basis, and these seasoned gardeners enjoy sharing plants, along with cultural tips. They can also recommend plants for different spots in your border or garden. Offered will be hosta, iris, daylilies, coneflowers, phlox, ferns, daisies, chrysanthemums, yarrow, monarda, columbine, false turtlehead, wild ginger, sweet woodruff and wildflowers, plus many others. Be sure to arrive early for the best selection.

This year, Field and Flower Garden Club members will be planting 2010 perennials in pots that loyal customers donated in 2009. The club is making every effort to "Think Green" and recycle.

Proceeds from this annual sale fund internships, conservation projects and com-



Field and Flower club member Aimee Greenleaf (left) assists a neighbor with purchases. Photo by Joanne Larson.

munity philanthropies.

Field and Flower Garden Club, part of the greater Barrington area for over 50 years, is a member of Garden Clubs of Illinois Inc. and National Garden Clubs Inc.

Club meetings are typically held on the first Wednesday of each month in private homes or at the Barrington Area Library and include a program, a short business meeting, refreshments and always time to ask gardening questions.

For more information, please call 1-847-277-7901.

Field and Flower Garden Club would appreciate your used 2010 flower pots for planting the 2011 plants.



Please Join Us for
MOTHER'S DAY CHAMPAGNE BRUNCH

Sunday, May 9 – 10 a.m. to 2 p.m.



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Wellness Place Cancer Education Programs

Wellness Place, cancer education and support in Palatine, will present featured programs, open to the community and at no charge. Registration is required by calling 1-847-221-2400.

Prostate Partners Series—Help for Women whose partners have Prostate Cancer, continuing on Thursdays, May 6, 13th and 27th from 6:30 to 8 p.m. Lead by Wellness Place Clinical Specialist Diane Schermitzler, MSW, LSW, this series will challenge the myth that prostate cancer is just a man's concern. Research shows women very often take on a major role in their partner's health concerns and so it is with

prostate cancer. It is a family disease. Topics in this series are designed to approach prostate cancer from a women's perspective. Discussion includes stress reduction, self-care, communication, active partnering, coping with change, and living with effects of treatment. Space is limited, please RSVP to Wellness Place at 1-847-221-2400.

Thursday, May 20 from 6:30 to 8 p.m., Wellness Place presents "Demystifying Breast Cancer." Please join breast surgeon, Dr. Allyson Jacobson of the Center for Advanced Breast Care, as she discusses various topics including, the meaning

of ER, PR, HER2 at diagnosis, how the Oncotype DX predicts treatment, and what tests are available for surveillance after initial treatment of breast cancer. Also included is a discussion regarding the role of mammograms, breast PEM scans, MRI's and lymphedema risk. Space is limited, please RSVP to Wellness Place at 1-847-221-2400.

Meditation Skill Workshop will be offered on Tuesday, May 25 from 6:30 to 8 p.m. This popular program, led by Irene E. Cauwels, a licensed clinical professional counselor, clinical hypnotherapist and certified alcohol and drug counselor, will help participants learn meditative skills designed to assist with pain management and stress as well as create healthier journeys through life. Space is limited, please

RSVP to Wellness Place at 1-847-221-2400.

Wellness Place is a community based cancer education, counseling and support resource center in Palatine, serving those diagnosed with cancer and their family and caregivers. As part of their mission, services and programs are delivered by professionals at no cost to participants. They provide critical, life-enhancing support and guidance as people learn to manage emotional and physical responses, sort through treatment options and side effects, formulate questions for doctors and communicate matters to others. Wellness Place is a not-for-profit, 501(c)(3) organization located at: 1619 W. Colonial Parkway, Palatine, IL 60067. For more information, visit www.wellnessplace.org or call 1-847-221-2400.

Join Fritzl's for Mother's Day

Looking for someplace special to take Mom for **Mother's Day**? Why not make reservations at **Fritzl's**! They'll be featuring all her favorites and will open at noon. Among the menu items that will be offered on Mother's Day are shrimp cocktail, chicken liver pâté, filet mignon topped with shrimp and béarnaise sauce, grilled lamb chops, veal medallions over pasta with Marsala sauce, Australian cold-water lobster tail with chipotle butter crust, and fresh catch of the day.

Our customers say it all...

"This is by far my very favorite German restaurant. The sauerbraten is the best I've had since my father used to make it from scratch."

"The ambience is superb and the wait staff very professional and attentive."

"HUGE combination platters at very reasonable prices... A glass of good German tap beer to go with it (love the Dab) and I'm VERY satisfied."

"Fantastic German food. I've heard they make their own sauerkraut in the basement."

"Fritzl's schnitzels are wonderful... you won't go wrong with any menu offering. European country inn atmosphere and hearty German, Swiss and Austrian cuisine pairs comfort and food in the most delightful way. You'll go home full and happy."

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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Being the owner/operator and very hard worker at **Dave's Specialty Foods**, I have a very personal stake in making sure every catered party gets our best attention—even in the busiest times! We pride ourselves in being a non-chain, service-with-smile, caring business with one-on-one personal attention! I work almost every party myself from quaint plated dinners to large weddings.

Our truly best advertising is word of mouth! Once we present our food, our customers do remember and pass the word. It works every time! So do give us a call—let us help you plan a special event—we will blow you away!

Dave's Specialty Foods is a full-service caterer with a store front retail shop and good parking! Our cheese selection is first-rate and carry-out prepared dinners are easy and a good value.

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Raptors & More in May at Stillman Nature Center

Wildflower Walks

Join Stillman on Sundays, May 2 and 9th, 2 p.m., as they explore the woodlands in search of ephemeral beauties such as white trillium, may-apple, Virginia bluebell and jack-in-the-pulpit. Bring your camera. There is no cost. Walkers must be 10 and up.

Sunday Morning Bird Walk

On Sunday, May 16, Mark Spreyer will lead a 8 a.m. morning bird walk. Migration will be under way and you never know what you might find. Binoculars and field guides are a must. If you don't have any, don't worry, Stillman does. There is no cost but please call 1-847-428-6957 to make reservations. Walkers must be 8 and up.

Raptor Sunday!

Now's your chance to meet the great horned, barn, and screech owls plus a peregrine falcon and red-shouldered hawk. On Sunday, May 23, Stillman will bring the birds out so you can see them up close. Kids will have a chance to dissect owl pellets. Bring a camera and a friend. Drop by anytime 1 to 3 p.m. The cost is \$5 per car.

Stillman is an 80-acre, nonprofit environmental education facility located at 33 W. Penny Road in South Barrington. It is open to drop-in visitors on Sundays from 9 a.m. to 4 p.m. Leashed dogs are welcome to accompany you. For more information, e-mail stillnc@wildblue.net or call 1-847-428-6957. Visit www.stillmannnc.org.

Citizens for Conservation Annual Meeting Features Awards and Inspiration

At the recent 39th gathering of members of Citizens for Conservation (CFC) for an annual meeting, president Meredith Tucker welcomed more than 100 conservationists to celebrate the past year's accomplishments and to learn about current initiatives, renew old friendships and connect with others who share their concern for "Saving Living Space for Living Things."

The event started with a social and informational hour that featured three of Flint Creek Wildlife Rehabilitation's extraordinary live owls, and displays staffed by Conservation@Home, Flint Creek Watershed Partnership Rain Gardens, Leave No Child Inside, Native Plants in the Home Landscape and Native Seed Gardeners. Local artist Ryan White also donated original paintings, evoking beloved local nature scenes, for silent auction.

Every year, awards are given for significant service to local conservation efforts. 2010 marks the 25th anniversary of the William H. Miller Conservation Award, which is given in recognition of outstanding contributions toward conservation in the Barrington area. Past recipients of this award who had representatives in attendance included: John Suchy; Dr. Cynthia Kalogeropoulos for Grove Avenue School; Dennis Burmeister for the Village of Barrington; Chuck Westcott; Jim Anderson and Craig Taylor for Lake County Forest Preserve District; Daria Sapp, Helen Horton, Carol Hogan and Wes Wolf for the Conservators of Lake Barrington Shores; and Patsy Mortimer for Flint Creek Watershed Partnership.

The William H. Miller Conservation Award for 2010 was awarded to Flint Creek Wildlife Rehabilitation, represented by Dawn Keller, president and founder, for her exceptional work in the rehabilitation of many species of wildlife, especially raptors, and for the educational opportunities she provides concerning conservation and rehabilitation of wildlife in the Barrington area and beyond.

The Great Blue Heron Award is given annually in recognition of outstanding contributions toward conservation within CFC activities. The 2010 recipient is Katherine Grover. Grover has given countless hours in many CFC activities, the most re-



CFC president Meredith Tucker (left) presents the William H. Miller Conservation Award for 2010 to Flint Creek Wildlife Rehabilitation, represented by president Dawn Keller.

cent her sponsorship of the Native Seed Gardeners.

Mighty Oak Awards for nonboard members volunteering 50 hours or more in the last year (the number of years on this list since 1996) were given to Donna Bolzman (4), Demmy Giannis (12), Katherine Grover (6), Ryan Guilfoil, Helen Hawthorne (15), Carol Hogan (8), Doug Johnson, Kim Keper, Annamarie Lukes, Julia Martinez (3), Jerry Masino (15), Leslie Pawlikowski (2), Natalie Pawlikowski, Jo Seagren (3), Todd Sholeen (2), and Gail Vanderpoel (13).

Shooting Star Awards for 10 years of service to CFC were given to Carol Hogan, Katherine Grover, Evelyn Richer, and Marjory Larson.

The Waid Vanderpoel Award for 20 years of service was given to Jo Seagren.

Thank You Awards were given to outgoing directors Nancy Bachmann, Cathy Bayer, Bonnie Gordon, and Dave Kulander.

Eagle Scouts Awards were given to: Michael Cherecwich, Troop 29; Alex Groves, Troop 10; Chris Koepsel, Crew 91; Jack Schmidt, Troop 29; Joey Wowczuk, Troop 140.

The CFC business meeting included a

Prairieview at The Garlands Ranked Among America's Best Nursing Homes by U.S. News and World Report

Area families looking for top-quality skilled nursing care for a loved one can choose local provider Prairieview at The Garlands, ranked among "America's Best" in the February 2010 issue of *U.S. News & World Report*. Now on newsstands, this issue helps consumers find the best choice from among the nation's 16,000-plus nursing homes by providing a comparison and listing of the "best of the best" using data from Nursing Home Compare, a program run by the federal Centers for Medicare and Medicaid Services (CMS).

Even better news for local families, Barrington's Prairieview skilled nursing program made the list of America's top 173 nursing homes with a five-star overall score, the highest possible evaluation. CMS gives nursing homes overall ratings of one star (worst) to five stars (best). Prairieview was one of only two in Illinois and 44 in the nation to earn the maximum of 15 stars in the latest rankings across the three areas evaluated: health inspections, nurse staffing, and measures of care.

"To be ranked among the top 99% of programs in the nation is a remarkable accomplishment and a true testimony to the quality and value The Garlands offers our residents in the event they should ever need short term rehabilitative or long term care," said Thomas S. Herb, president and chief executive officer of Barrington Venture Holding Company LLC, local owners and operators of The Garlands.

Prairieview at The Garlands offers around-the-clock assisted-living and skilled nursing services within the context

of the Garlands of Barrington, a premier upscale retirement community located at 1000 Garlands Lane, Barrington. Due to state licensing agreements, access to the highly rated skilled nursing program at Prairieview is limited to members who currently live within The Garlands continuing care retirement community as independent-living or assisted-living members. As such, the peace of mind that comes with having access to such top-notch care should it ever be needed is an added benefit that is offered exclusively to Garlands members and one to consider when looking into The Garlands lifestyle for yourself or a loved one.

U.S. News & World Report's "America's Best Nursing Homes" and the CMS Five-Star quality rating system help consumers, their families and caregivers easily compare nursing homes. The ranking system is important because skilled nursing programs in retirement communities vary in the quality of care and services they provide to their residents. Reviewing health inspection results, staffing data, and quality measure data are three important ways to measure nursing home quality. This information gives consumers a "snap shot" of the care individual nursing homes give.

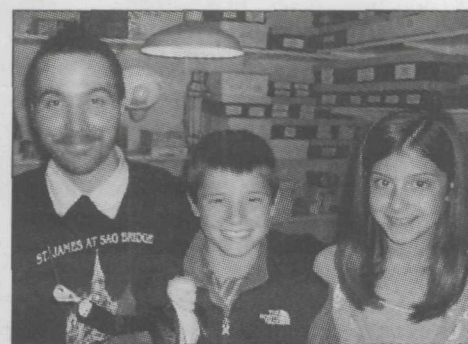
For more information about *U.S. News & World Report's* "America's Best Nursing Homes," visit www.usnews.com and click on "health," or for information about the CMS ratings visit www.medicare.gov and select "nursing home compare." For information about The Garlands, visit www.TheGarlands.com or call 1-847-304-1996.

Youngsters Enjoying Opera

Following a recent Opera in Focus matinee performance, replete with magical scenes and seamless music from *Phantom of the Opera*, guests were invited to enjoy a tour of the highly technical backstage area featuring the only rod puppets in the world.

Pictured following the tour are Justin Snyder, stage manager and puppeteer extraordinaire, with Adam and Alisa Kraft of Lake Zurich, grandchildren of George and Marie Kraft of Lake Barrington.

Opera in Focus is located at Park Central, 3000 Central Road, Rolling Meadows.



For more information, call 1-847-818-3220 ext. 186 or visit www.operainfocus.com.



report on the financial standing of the organization and the election of new board of directors. New board members include Doug Johnson, Pat Winkelman, Bob Lee and Neil Timlin. The directors elected officers for 2010 including: Meredith Tucker, president; Peggy Simonsen and Jim Vanderpoel, vice presidents; Edith Auchter, treasurer; and Karen Hunter, secretary.

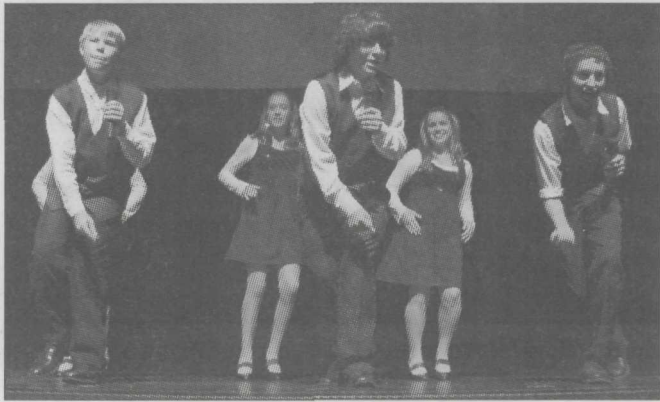
The keynote address, "When Giants Fall," was presented by Ed Collins, the highly respected natural resource manager for the McHenry County Conservation District. His message concerning the decline of native oaks in the local landscape impressed upon the audience the importance of conserving existing oaks as well

as the urgency of planting replacements for future generations. His presentation concluded with vivid pictorial imagery conveying the beauty and meaning these giants of the landscape hold for us.

The meeting concluded with Tom Vanderpoel's "Year in Review" showing restoration activities throughout the seasons of 2009. This was an exceptional year with a record number of volunteers giving hands-on time to restoration. It was also the initial year for visits from over 700 fourth-grade students from District 220. Tom ended his presentation with the exciting preservation of the Alice Lane property in 2009, definitely making it a year to remember.

Raue Center Turns Up the Heat This Summer

Raue Center For The Arts Has Brought Whole New Meaning to the Phrase "Summer Fun" with a Family Friendly Lineup that is Sure to Keep You Entertained!



2009 FOCUS Youth Talent Show

2nd Annual FOCUS Youth Talent Show

Since the inception of Raue Center there has been a strong desire to host a show that highlights the talents of our youth. Last year a collaborative effort was made by Diana Kenney, Executive Director of the Downtown Crystal Lake Association; Connie Perez, Fashion Designer and Owner of Aesthetics; and Richard Kuranda, Executive Director of **Raue Center For The Arts**, to bring this project to fruition. The inaugural FOCUS talent show ran last summer and was an overwhelming success!

If you can dance, play an instrument, sing, draw, paint, sew, do magic, sleight of hand or comedy—then this event is for you! **FOCUS 2010** is a multifaceted, multi-month talent show open to all McHenry County youth 18 and under. It strives to promote emotional, intellectual and intuitive development in each child through the encouragement of artistic expression.

Kym Affinito, owner of Burnhill Union Records, title sponsor of FOCUS 2010, said she is supporting the event because "It's a great community-minded event that provides a creative outlet for children of all ages. With kids performing and parents and grandparents watching, it allows for multi-generations to celebrate the arts together."

The event's theme, "a community of change" will permeate all showcases. The **Performing Arts & Fashion Design Showcase** will happen on **Saturday, May 22**; **Visual Arts & Focal Ensemble** on **Saturday, June 19**; and the winners will be announced at the **Finalist Show** on **Saturday, July 24**.

Lucy's Café: Tim Easton

On **Saturday, May 15** at 8 p.m., experience the unique opportunity to enjoy the music of **Tim Easton** in an intimate setting: **Lucy's Café**. Set on stage, as the lights go down, music lovers will be captivated by the magic of the performance. Easton is an immensely gifted songwriter with an impossible gift for melody. His voice has been described as a blend of Bob Dylan sneer and John Prine grit. It seems he can play anything made of strings and wood and he has a Tom Petty-ian rock 'n' roll attitude. His past albums have featured such icons as Jim Keltner, members of Wilco, and alt-country's most coveted guitar-for-hire, the Heartbreakers own Mike Campbell. Buried within his songs are influences vast and varied, from folk finger-picking to sunny pop melodies to southern blues riffs to classic rock bombast. Easton has been nominated for two Independent Music Awards: Best American Song for Burgundy Red and Best Album Packaging for Porcupine-500 hand painted series. (Franco, Michael. "Ammunition". PopMatters. 4/5/2010.)

On Stage This Summer

For the first time ever, Raue Center has put together a summer lineup... and it's one you won't want to miss!

On **Saturday, June 26** at 8 p.m., **The Neverly Brothers** will be back, but this time for a Summer Sock-Hop that will be set on stage just like a Lucy's Café! Their repertoire consists of show-stopping renditions of early hits by Jerry Lee Lewis, Chuck Berry, Buddy Holly, The Beatles and more. Make sure you come dressed in your favorite sock-hop threads and be ready to kick off your shoes for a night of dancing and music, the way it used to be!

Then on **Friday, July 9** at 8 p.m., **Big Bad Voodoo Daddy** takes the stage in a Mid-Summer Night's Swing concert! They kicked off the swing revival in the mid-90's with their fusion of classic American sounds from jazz, swing, Dixieland and big-band music. They're originals rocketed the group into its first phase of stardom, when *You & Me and the Bottle Makes Three (Tonight)* and *Go Daddy-O* were featured in the 1996 indie film landmark *Swingers*. They have appeared numerous times on

ON STAGE THIS SUMMER



A Summer Sock-Hop with The Neverly Brothers

June 26 at 8:00 p.m. • \$30 in advance, \$35 at the door

Join us for a swingin' good time at our Summer Sock-Hop! Enjoy the hip sounds of the Neverly Brothers as they bridge the gap between 50's rockabilly and the early 60's British Invasion. Their repertoire consists of early hits by Jerry Lee Lewis, The Beatles and more.



A Mid-Summer Night's Swing With Big Bad Voodoo Daddy

July 9 at 8:00 p.m. • \$51, \$48, \$45

Big Bad Voodoo Daddy is pure fun! They kicked off the swing revival in the mid-90's with their fusion of classic American sounds from jazz, swing, Dixieland and big-band music and appearance in the film *Swingers*. They have appeared in the Super Bowl half-time show, *The Tonight Show* with Jay Leno and *Late Night with Conan O'Brien*.



Heartache Tonight: An Eagle's Tribute Band

August 7 at 8:00 p.m. • \$35, \$32, \$29

Heartache Tonight authentically captures the excitement and style of one of the world's true supergroups, The Eagles. They showcase all the Eagles' greatest hits including *Hotel California* and *Take It Easy*. They have continually wowed audiences in appearances at Ravinia, House of Blues, Hard Rock Café, Taste of Chicago and Wrigley Field.

Watch for our new 2010-2011 season coming this summer! Opening Night features **As Long As I'm Singing**, the music of Bobby Darin starring the former lead singer of The Buckinghams, Dennis Tufano!



The Tonight Show with Jay Leno, *Live with Regis & Kelly* and *Dancing With the Stars*.

The set is rounded out with **Heartache Tonight: An Eagles Tribute Band** performing on Saturday, Aug. 7 at 8 p.m. A cover band that authentically captures the excitement and style of one of the world's true supergroups, they showcase all the Eagles' greatest hits including *Hotel California* and *Take It Easy*. They have continually wowed audiences in appearances at Ravinia, House of Blues, Hard Rock Cafe, Taste of Chicago and Wrigley Field. Be sure to see this phenomenal band when they hit Raue Center's stage!

New Season Coming Soon

The new 2010-2011 season is coming this summer! Opening night features *As Long As I'm Singing*, the music of Bobby Darin starring the former lead singer of The Buckinghams, Dennis Tufano! Watch rauecenter.org for more details.

For more information or to order tickets, contact the Box Office at **1-815-356-9212** or visit www.rauecenter.org. Raue Center is located at 26 N. Williams St. in historic, downtown Crystal Lake.

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BACOA Announces Support and Education Groups for May

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

Alzheimer's Association Support Group—Jo Letwaitis, a Dakim representative, will discuss the company's brain fitness system that combines challenging brain exercises with technology to create engaging brain games. It is designed for people who are experiencing some memory loss as well as those who would like to preserve and expand brain strength. The group will meet Thursday, May 13 from 1:30 to 3 p.m.

Caregiver Support—Participants will engage in an open forum discussion on some of the "taboo topics" related to caregiving. The group will meet Wednesday, May 5 from 7 to 9 p.m. at the BACOA office, 6000 Garlands Lane, Suite 100, Barrington.

Parkinson's Education and Support—The owner of Bikes Plus will discuss and demonstrate various types of bikes that can be used by people who have Parkinson's disease. The group will meet Saturday, May 22 in the Performing Arts Center at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

Low Vision Education and Support—The group is open to persons of all ages and offers monthly informational meetings as well as resources and local educational trips to persons with low vision. They regularly meet on the second Thursday of each month. For more information, call Diane Vos Hansen at BACOA at 1-847-852-3898.

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.

Barrington Resident Grandmaster Yury Shulman on U.S. World Team

Chess Without Borders is proud to announce that Grandmaster Yury Shulman represented the U.S. as one of five team members at the elite World Team Championship match held recently in Bursa, Turkey. The USA team made history by winning the silver medal. Team USA has never won a medal at the World Championships.

Hundreds of students in the area and

around the U.S. followed the matches to support their teacher as he competes internationally at one of the most prestigious chess tournaments in the world. Shulman is the 2008 U.S. Champion and ranks among the top 100 chess players in the world.

The matches can be viewed at uschess.org or the official site of the World Team Championship at wtcc2009.tsf.org.tr.

MCYO Concert "30th Anniversary Celebration"



Rachel Barton Pine (center) is pictured with Barrington-area MCYO members in November 2009. Photo by Julie Smith.

The McHenry County Youth Orchestras (MCYO) closes their 30th season with their spring concert, entitled "30th Anniversary Celebration," at the Raue Center For The Arts in Crystal Lake on Sunday, May 23 at 4 p.m. All three orchestras will be performing.

Dr. Janet Kvam-Holub opens the program conducting the young but very impressive Prelude Orchestra. Music Director Russell Vinick conducts the Intermezzo and Symphony orchestras. This concert includes a performance by the 2010 MCYO Concerto winner Elisah Vanden Bussche on violin, performing the 1st movement of Saint-Saens' Concerto Number 3. The concert will conclude with a return of MCYO alums, to help us celebrate this milestone year, performing with the Symphony Orchestra on the 4th movement of Saint-Saens' Organ Symphony (with a genuine Rodgers organ,

generously donated by Triune Music Inc.), and former Music Director Kevin McKelvie playing the organ part.

Tickets are available by calling the Raue Box office at 1-815-356-9212. Tickets are \$18 for adults and \$15 for students and seniors. There is a 50 percent discount for groups of 20 or more. A family package (five people) is \$51.

This concert is supported in part by a grant from the Illinois Arts Council (IAC). Our concert sponsor is Medela in McHenry. Our organ sponsor is Sage Products in Cary. We are grateful for their support.

MCYO Auditions

MCYO auditions for the 2010-2011 season are now being held. Visit www.mcmusic.org for more information on requirements and available audition dates and times, or call Cathy Ames at 1-815-356-6296 to schedule an audition. The final audition date is Wednesday, June 9.

CWU of the Barrington Area Invites the Community to Learn of Opportunities to Assist Children of Incarcerated Parents

At their recent Annual Meeting, Church Women United (CWU) heard from Ruth Fairchild about the urgent need for volunteers to work with children in Rockford who have incarcerated parents. Fairchild is director of Lutheran Social Services of Illinois Prisoner and Family Ministry in Rockford.

CWU has planned an informational trip to Rockford on Wednesday, May 12 to learn more about tutoring programs at Beyer Elementary School, where nearly 70 percent of the students have had a parent incarcerated. The trip will also visit Buddy House, a resource center for approximately 100 children and their fam-

ilies, that is open after school. Another volunteer opportunity will be explained with a stop at the RIC Center (Resource Intervention Center) serving adults on probation.

Those who wish to participate will car pool from a convenient Barrington area location, leaving at 8:15 a.m. and returning about 4:15 p.m. There is no obligation to sign up to volunteer in order to be on the informational trip. Both men and women are welcomed and need have no previous association with CWU. For more information and to arrange for a car pool, contact Mary Anderson by May 10 at 1-847-381-9213 or rlameander@aol.com.

Join BACOA, Park District at Lake County Seniors Day

The Barrington Area Council on Aging (BACOA) and the Barrington Park District will offer area seniors transportation to the Lake County Forest Preserves' 38th annual Seniors Day Celebration.

The celebration on Wednesday, June 9, featuring snacks, giveaways, dancing and games, will held at Independence Grove

Forest Preserve in Libertyville. Attendees should bring their own lunch. A Park District van will leave Langendorf Park at 9 a.m. and return around 2:30 p.m. The cost is \$7.

For more information or to register, call the Barrington Park District at 1-847-381-0687.

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May is a Busy Month for the Garden Club of Inverness

As we finally welcome the warm spring weather, the members of the Garden club of Inverness will be participating in a variety of service projects. They will be visiting St. Joseph's Home in Palatine to help residents create silk flower arrangements that will brighten their rooms. The club members bring the flowers and dessert, but it is the camaraderie with the wonderful residents at St. Joseph's Home that makes this such a special afternoon.

Club volunteers also gather at the Inverness community parks for a morning of weeding, trimming and replanting the various flower beds. They do a "spring cleaning" at Maggie Rogers Park and the

butterfly garden and native plants bed at North Park as an assistance to the Inverness Park District. The Garden Club Scholarship Committee is reviewing scholarship applications and will be announcing their awards soon.

The May 15 meeting will be a celebration of the entire year. They will have their spring luncheon at the Inverness Golf Club at 11 a.m. Garden Club members have volunteered to decorate the tables with fresh arrangements from their own gardens, if possible. The arrangements are always creative and lovely and will add a special touch to this special day. Scholarship awards and the installation of officers

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Register Now for Vacation Bible School

Register your child now for "Joseph's Journey from Prison to Palace" during Vacation Bible School (VBS), June 21 through the 25th at Barrington United Methodist Church, 98 Algonquin Road (at Route 59) in Barrington. VBS will run from 9 a.m. to noon daily, and all children, ages 4 (by Jan. 1, 2010) through fourth grade are welcome. Each day, the children will learn different Bible points through singing, crafts, games, drama and snacks: *God Gives Us Hope, God Gives Us Special Abili-*

ties, God Gives Us Wisdom, God Gives Us Forgiveness and God Gives Us A Family.

To register, at \$25 per child (\$5 surcharge after June 18), which includes a camp T-shirt, please e-mail Children's Ministries Coordinator Missy Konopka at rmmakonopka@comcast.net or call 1-847-516-5680. Also, children who have completed fifth grade are welcome to participate as crew leaders.

Visit the church's web site at www.BarringtonUMC.com.

for 2010-2011 will precede the luncheon.

Other committee members are already preparing for the holiday luncheon on Thursday, Dec. 2. Money that is raised at

this spectacular event funds scholarship awards, community projects and more.

For more information, call Beth at 1-847-934-7929.

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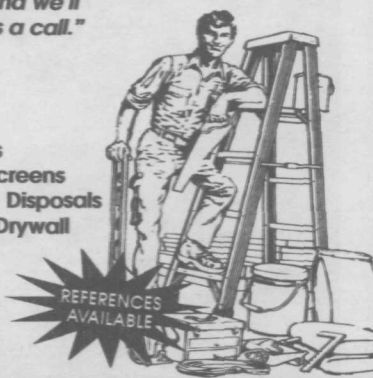
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are busy raising kids, working full time, or are retired, we can help you get those projects done around the home. Make a list, give us a call, and we can go over the list with you. Estimates are free.

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Grief Support Groups Set by Hospice & Palliative Care of Northeastern Illinois

Adults, teens and children who have experienced loss in their life may benefit by participating in grief support groups and activities offered through the Center for Care of Hospice & Palliative Care of Northeastern Illinois (HPNI). Participants do not need to have had a family member in hospice services in order to attend. Groups include:

Bereaved Parents Group—This support group for parents meets on the second Wednesday of each month, 6 to 8 p.m., at the HPNI offices, 410 S. Hager Ave., Barrington. Advance registration is not required.

Remember U—This unique support group is specially created for children, teens, and parents. It meets on the third Tuesday of each month from 6 to 8 p.m. at the Immanuel Lutheran School, Crystal Lake. Advance registration is required—call 1-224-770-2166.

Grief to Hope—Offered in collaboration with Catholic Charities, this popular support group is offered on the fourth Tuesday of each month from 9:30 to 11 a.m. at the Arlington Heights Senior Center, 1801 W. Central Road, Arlington Heights. No advance registration is required.

In addition to the grief support groups, the Center for Care will hold a Memorial Service on Monday, May 10 at Bethany Lutheran Church, 76 W. Crystal Lake Ave., Crystal Lake. Guests have the opportunity to honor the memory of their loved ones during a nondenominational service. The

evening will include a candle-lighting ceremony as the names of those who have died are read aloud. An informal gathering with refreshments will follow. Please call 1-224-770-2166 with the number of attendees and to add your loved one's name to the memorial program. Registration begins at 6:30 p.m.

Camp Courage—The Center for Care at Hospice & Palliative Care of Northeastern Illinois is also taking registration for its annual summertime day camp for grieving children, Camp Courage. The camp will take place July 5 to 8th at Camp Duncan in Ingleside. Through a variety of activities, including, arts and crafts, hiking, rock climbing, swimming, boating, journaling, song writing, and team-building events, children in first through eighth grades will have the chance to express their feelings in a fun, safe and supportive environment. Admission is free but space is limited. For information or to register, call 1-224-770-2166.

Hospice & Palliative Care of Northeastern Illinois is a not-for-profit organization serving families throughout McHenry, Lake, northwest Cook, Kane, Boone and DuPage counties. Celebrating its 28th year of service, the agency provides comprehensive end-of-life care to nearly 1,300 patient families each year. HPNI is Medicare certified and accredited by the Joint Commission.

For more information, call 1-224-770-2166 or visit www.HospiceAnswers.org.

What Price Protection to Keep a Family Safe?

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

Hardly a week goes by without terrible news about a home invasion. According to mayors and police chiefs across the country, today's economy is resulting in some desperate measures by those outside the law. A survey late last year by the U.S. Conference of Mayors shows that 42 percent report they are seeing increased crime as a result of current economic conditions.

With the onset of warmer weather, our homes are more vulnerable as we open windows and enjoy time outdoors. Here are a few common-sense, no cost tips to help protect your loved ones:

- Fortify your home with solid core doors, strong locks and security devices on windows.

- Keeps doors and windows locked. Don't forget garage doors.

- Keep shades and drapes drawn shut at night. The less a burglar sees, the less likely he'll break in.

- Pay attention to the people visiting your neighborhood.

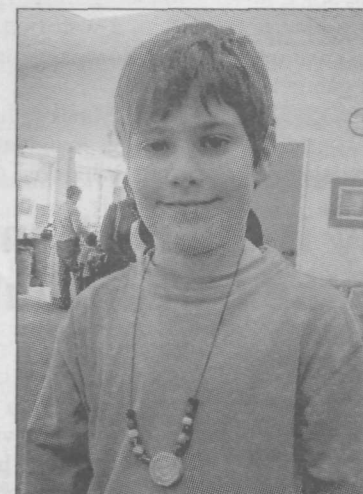
We advise protecting your family, property and belongings, using a wide array of available technology. By securing everything entering and leaving your home, you secure your way of life.

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.

"Kids Helping Kids" Art Sale Nets \$1,152 for Haitian Relief

Grade-school children at Countryside Unitarian Universalist Church, 1025 N. Smith St., hosted a "Kids Helping Kids" Art Faire featuring child-made paintings, candles, note cards, jewelry, and more, to raise \$1,152 to benefit the Unitarian Universalist Service Committee's relief efforts in Haiti. Pictured is Greg Myren of Barrington, who wears one of many beaded necklaces made by the children.

"Children in our religious education program are encouraged to see that they can make a difference," said Colleen Vahey, director of Religious Education. "There is no greater education than grounding our beliefs in experience, and putting our faith into action as our children did with the 'Kids Helping Kids' Art Sale for Haiti."



LSSC's May Meeting

Lakeshore Ski and Sports Club (LSSC) will hold its May meeting on Wednesday, May 19, 7 p.m., at Goose Island Brew Pub, 1800 N. Clybourn Ave. in Chicago.

The ski season is over but LSSC has many exciting activities planned for the

spring and summer ahead. All who are interested are invited to learn about the advantages of becoming a member.

For further information, call 1-708-786-3992 or e-mail lakeshoreskiandsportsclub@yahoo.com.

Passed the Test



The following Barrington, Deer Park and Lake Zurich residents all successfully passed their promotion test on March 13 at Barrington Martial Arts.

Students pictured are (from left, front) Chris P., Justin K., Jason L., Wyatt S., Katie M., Vija B., Joey K., Arya S., (middle)

Jeannie N., Matt B., Abhay A., Liam W., Sneh S., Mason K., John C., Mike G., (back) Aman S., Jeffery P., Tyler H., Bill P., Bill S., Teresa D. and Teresa K.

Judging and helping with this testing were Master Morris, Master Tolbert, Hank Allen, Paul Andraschko and Katie A.

Friends of Shelter Trivia Night

Friends of Shelter will host a Trivia Night fundraising event on Saturday, May 22 at the Queen of the Rosary Church, 690 W. Elk Grove Blvd., Elk Grove Village. Doors open at 6 p.m. and the event will begin at 7 p.m. Teams of eight will compete for prizes for the most correct answers and the "best-themed" table. There will also be a silent auction. Participants can register a team of eight or individually. The cost for a team of eight is \$160 and individual registrations are \$25. All are welcome to bring in their own food and bev-

erages.

Shelter Inc. is a nonprofit child welfare agency providing emergency and longer-term housing for children in the Northwest Suburbs who are abused, neglected, dependent or in need of supervision. Friends of Shelter is a group raising funds and awareness to support Shelter's programs and services.

For more information or to register for the event, contact Shelter Inc.'s Special Events Coordinator at 1-847-590-6188 or shelter@shelter-inc.org.

Protect Your Ash Trees

The **Emerald Ash Borer (EAB)** has arrived in our area. This invasive beetle is responsible for killing over 50 million ash trees in neighboring states. Confirmed cases of EAB infestation have been detected in Barrington and most of our neighboring towns. If you have ash trees, taking a proactive approach to protect them now could save you the high cost of removal and replacement.

Origin—EAB is native to Asia and is believed to have hitchhiked here in wood packing crates. Young EAB's feed inside ash trees, disrupting the tree's ability to transport vital water and nutrients, ultimately killing the tree.

Symptoms—Visual signs of EAB infestation usually go unnoticed for 1 to 3 years and once they are apparent it is usually too late to save the tree. Visual signs can be yellowing of foliage, thinning of canopy, shoots sprouting from the trunk, branch dieback, and the presence of woodpeckers.

Invasiveness—EAB spread so fast through Michigan that it left 40 million dead ash trees in its path in just six years. On July 1, 2008, a single tree was discovered in Algonquin, Ill., that was infested with EAB. Within one month, 42 trees in three different nearby areas were destroyed, as they were found to be infested as well. Officials believe that the first ash tree was infested for approximately five years before EAB was noticed. The first confirmed case of EAB in Barrington was in 2009. Experts believe that EAB has

been in Barrington for some time and our trees are just slow to show any visual symptoms.

Recent Breakthroughs—Fortunately, a systemic treatment known as TREEage has been developed just in time for us to save our local ash trees. TREEage has proven to be highly effective in protecting ash trees against EAB damage. Studies at Michigan State University found that trunk injections of TREEage were 99% to 100% effective on EAB. Single treatments of TREEage were also found to give long-term protection, lasting approximately two to three years inside the tree.

Take action now—Don't make the mistake of waiting until your ash trees start to show symptoms, as it will probably be too late to save the tree. The Illinois Department of Agriculture and many municipalities have the right to force private homeowners to cut down their ash trees at their own expense if they find EAB or suspect that a tree has EAB.

What can you do—Call **Tree Care by Turf Care** to have your ash trees protected with TREEage. **Tree Care by Turf Care** is a family owned and operated company located right here in Barrington. They were one of the first companies the Village of Barrington approved for TREEage injections. Their team of ISA Certified Arborists are experts in dealing with EAB and other tree problems common to our area. For more information on any of their services, contact them at **1-847-304-4144**.

Historical Society to Promote Quilted Barn Program

Owners of McHenry County barns are being encouraged to check into the Quilted Barn Program that has Midwestern states so enthusiastic. Since 2000, this public-art-related project has combined the tradition and beauty of quilt designing with the long-lasting durability of American barns and their adaptability as showcases for public art.

With the approach of spring, the McHenry County Historical Society hopes area barn owners as well as quilt clubs, 4-H groups and artists will contact the society, either at 1-815-923-2267 or www.mchsonline.org.

for instructions and information on the Quilted Barn Program. Essentially two 4-foot-by-8-foot sheets of exterior plywood are used for the background which is then painted in a quilt pattern and mounted on the barn. While the Historical Society's Web site has pattern samples, participants are not limited to those choices. There are currently eight quilted barns in McHenry County.

Grace Moline, exhibit curator at the society's museum in Union, and Nancy Fike, museum administrator, are currently working with a steering committee that includes Cort Carlson of the McHenry County Convention and Tourism Bureau



"Quilted Barn," 15113 Marengo Road, Union

on a 2011 project called Northern Illinois Quilt Festival that will involve all the counties along the northern border of Illinois. Plans are to have quilt-related events like quilt shows, museum exhibitions, gallery displays and sales and quilted barn tours during July, August, and September of 2011 that provide opportunities for tourism with a unique focus. An outcome of all the planning will be the publication of a brochure featuring a travel map, event schedule and resource listing. McHenry County quilted barns would be included in the publication.

Quote!

"One of the most delightful things about a garden is the anticipation it provides."
—W.E. Johns (1893–1968), *The Passing Show*



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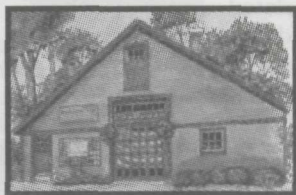
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ArtReach Educational Theatre Summer Camps

Six- and Three-Week Summer Arts Camps

The six-week camp runs from June 21 through July 30. The three-week camp goes from Aug. 2 to the 20th. Camps meet from 8:30 a.m. to 3 p.m. Monday through Friday with extended camp hours available. Focus for the camp will be to expose children to various aspects of the creative and performing arts culminating with a fully staged presentation. Camp also includes many outdoor activities and swimming twice a week. Detailed specifics are available at www.artreachspotlite.com.

Advanced Musical Theatre Workshop

This camp will be held in Palatine and is open to teenagers with previous theatrical experience. It meets Mondays and Wednesdays from 9 a.m. to 1 p.m. from July 12 through Aug. 20 and will culminate in a final presentation. The camp will expose enrollees to various dance, acting and music styles. For more detailed information, please visit www.artreachspotlite.com or call our offices at 1-847-382-7798.

Rehearsal and Performance Workshop

This evening workshop will be held at their Palatine location and will meet on Mondays, Wednesdays and Thursdays from 6 to 9 p.m. The workshop open to students age 13 through college (younger students may be admitted based on experience level). This workshop meets from June 14 through Aug. 8 and will culminate with a fully staged production. Their summer



show will be *Fame*. For more details or audition information, please visit www.artreachspotlite.com.

ArtReach Educational Theatre will expose children to all aspects of theatre, music and dance. They accept any child with a genuine interest in the arts from age 6 through high school. Beginners to advanced performing levels are open. All children are challenged and encouraged. They offer private voice lessons, dance and acting classes, advanced musical theatre workshops and summer arts camp programs. All camps and classes are held

EVERY GREEN PLANT—When Should I Plant Summer Vegetables and Annuals?

Did you know that May is planning and planting month for beautiful summer gardens? Since the average date of the last frost in our area is May 15 (the "frost-free" date) most gardeners will begin planting summer-flowering annual flowers, vegetables and fruits (tomatoes) after May 15. If you do, be sure to watch temperatures carefully throughout the month and be prepared to protect cold-sensitive plants from frost.

Planting containers for seasonal color? Would you like to grow vegetables this year? Do you have flowering borders that you would like to refresh? Have a view you would like to take best advantage of? Not sure where to start?

Call **Every Green Plant**. We provide customized on-site advice and services 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 of all levels of experience and interest, from beginners to semipro. 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 May 31, 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.

Fundraiser for American Red Cross

The Feb. 6 Chess Tournament at Barbara Rose School was a great success, with almost 120 players. There were 15 volunteers from all age groups ranging from students, teachers, fathers, mothers, grandparents and principal Scott Carlsen. All the volunteers, including Hough School teacher Maggie Gruber and local business person Zein Bertacchi, generously gave their time, allowing the community to be a leader in its effort to teach children philanthropy and service at a young age.

Barrington High School Chess Team and intern Sujit Johnston volunteered as assistant tournament directors. All the volunteers together contributed more than 200 hours of service to make this event a success.

Students Rishi Narayan and Kyle Shuff were project leaders in helping Chess



Without Borders and Barbara Rose School raise \$400 for the Haitian victims of the earthquake. The money will be donated to the American Red Cross.

This combined effort in learning and serving, from children to grandparents, makes Chess Without Borders an innovative enterprise.

For additional information, please visit www.shulmanchess.com.

St. Joseph's Auxiliary Annual Spring Luncheon

St. Joseph's Auxiliary Annual Spring Luncheon will be held at The Wellington of Arlington, 2121 S. Arlington Heights Road, Arlington Heights, on Tuesday, May 18. A welcome reception will begin at 11:30 a.m., followed by a four-course luncheon at 12:30 p.m. The cost for the luncheon

is \$25.

All proceeds from the luncheon will assist the Little Sisters of the Poor in their ministry of caring for the elderly poor.

For more information and menu choices, please contact St. Joseph's Home at 1-847-358-5700.

at Bethel Lutheran Church, 3839 W. Frontage Road, Palatine.

For more information, please call 1-847-

372-7798 or visit www.artreachspotlite.com for our ArtReach programs taught by professional actors/teachers.

Herbs Subject for Four Seasons Garden Club

The Four Seasons Garden Club will hold its May meeting Tuesday, May 4, 9:30 a.m., at the Barrington Area Library.

Kathy Vitalo will present "Extending the Summer Bounty of Herbs in Your Garden." The lecture will feature the tasting, smelling and identifying of herbs depending upon the season. There will be handouts on the growing of herbs, their culinary uses, and recipes that use them. Herb vinegars will also be available for purchase.

Vitalo is the owner of a family-owned herb vinegar farm that has sold vinegar at farmer's markets for 18 years.

The plant and plant-related item sale will be held on May 8 in Barrington at a

member's home, located west of Quentin Road and off Long Grove Road. There will be signs directing you to the sale.

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.

Michael Portelli Memorial Golf Outing at Makray Golf Club in Barrington

Shelter Inc.'s Michael Portelli Memorial Golf Outing will be held on Wednesday, June 16 at Makray Memorial Golf Club in Barrington. The cost to participate includes breakfast, 18 holes of golf (morning or afternoon), luncheon buffet, 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. Shelter Inc. is a nonprofit child welfare agency providing emergency and longer term housing for children in the

Northwest Suburbs who are abused, neglected, dependent or in need of supervision.

Major sponsors for this event are United Marketing Group, The Delta Factor Marketing Group and Tax Hotline.

There is still availability for individual and foursome participants, as well as event sponsorship opportunities. For more information, contact Shelter Inc.'s special events coordinator at 1-847-590-6188 or visit their Web site at shelter@shelter-inc.org.



How to \$AVE by Landscaping Your Property in 2010

"Any landscape is a condition of the spirit."

—Henri Frederic Amiei

While the above quote may seem far-fetched or maybe even strange, please consider for a moment how the environment you live in truly affects all parts of your life. Everything is interconnected, from how we relate to one another as well as to our physical environment.

As a full-service landscape company, our business focus is to help you "relate" to your landscape environment through the installation of high-quality hard and soft landscape products that help you enjoy your property to the maximum. Our desire is also to give you what you want in the most economical manner. That means 2010 may be the perfect time to consider adding or changing your landscape.

Make Our Current Economy Work for You

The economy continues to be on everyone's mind and where we're headed is anyone's guess. Regardless of what news is making the front page though, now is the time for taking action. The stock market appears to be improving while housing has supposedly reached bottom. Some

industries appear to be expanding while others are not. While some products/services have been coming down in price the question is when is the best time to buy?

In the world of landscaping, the answer is invest NOW!

Landscape as an Investment

The landscape industry has experienced a slow down due to lack of new construction. But as with all of life, challenges also can produce opportunities if you choose to look for them. As most homeowners have decided to stay put until the residential sales market improves, many have chosen to invest their dollars by improving their homes. The difference between money in the bank vs. your landscape is you get immediate enjoyment of a new yard while also investing in its' future value.

Money Does Grow on Trees!

Back a few years ago, 2-to-3-inch diameter trees were at a premium. Construction was booming and there wasn't enough stock to fill demand. Result? Higher cost. So nurseries decided to plant more trees to fill future demand. Then the economy declined, demand dried up and now those trees planted years ago are ready to

be sold except now the demand is lower. This is why now is a great time to invest in certain 2-to-3-inch trees.

Invest in a Long-Term Plan

Planning is good to do in any economy but can be even more valuable now. Designs can be implemented over a few years allowing for budgets. The key is having a designer who listens and guides. Someone who can lead you to where current value is as well as make sure you are investing in the right plant for the right location.

Value and Variety

A good landscape company will not sell you something just because they're abundant. A good value is that only if it fills your needs. In other words, don't go buy something because it's cheap!

Wisdom is also knowing that a good plan offers variety. If you're told that a particular plant is at a good price, buying a lot of them isn't always the best advice. Imagine if years ago you filled your property with ash trees because you got a deal. Then the emerald ash borer hit and you lost every single one of them to the disease. That is not a good value. Variety offers not just a beautiful environment but also is a form of protection.

Pitfalls to be Aware Of

Troubled economies produce small businesses that crop up over night. If you get a few estimates and one is particularly low, think before signing a contract and ask yourself the following questions:

- What kind of risk you are willing to take in exchange for a cheaper job, i.e. will the company be around for warranty period?

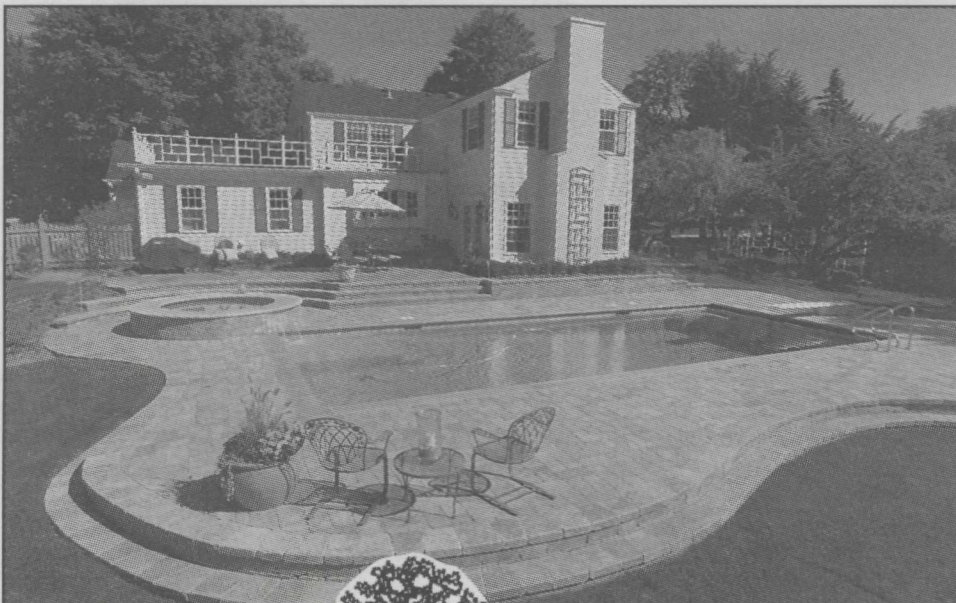
- Are they insured? Liability and workers' compensation insurance is a must unless you're willing to pay for a claim that develops. Ask for proof and then call the insurance company and confirm it is a valid policy.

- Can they give you a waiver after payment? Waivers protect you from an employer who doesn't pay his staff.

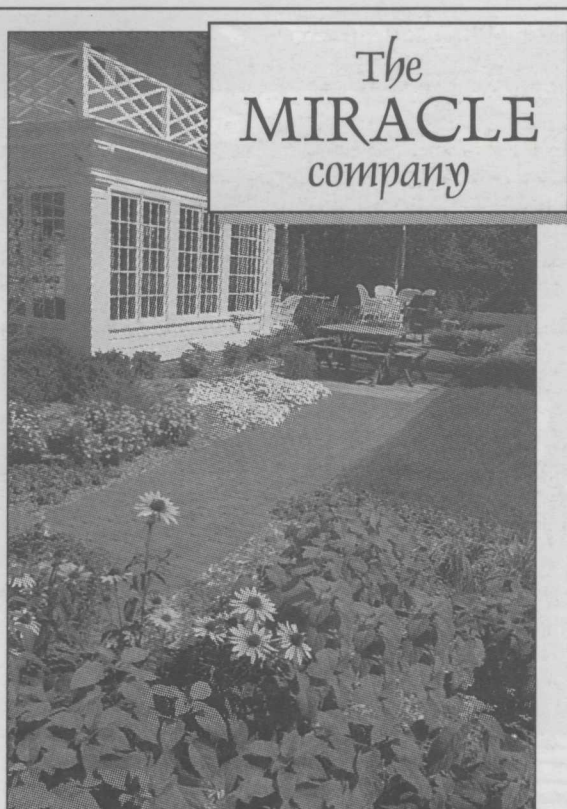
- How long have they been in business? The longer a company has been around tells you a lot. There is also value in a company with long-term employees. You'll receive a higher quality of work plus know you are working with a company that pays a fair wage and honors loyalty.

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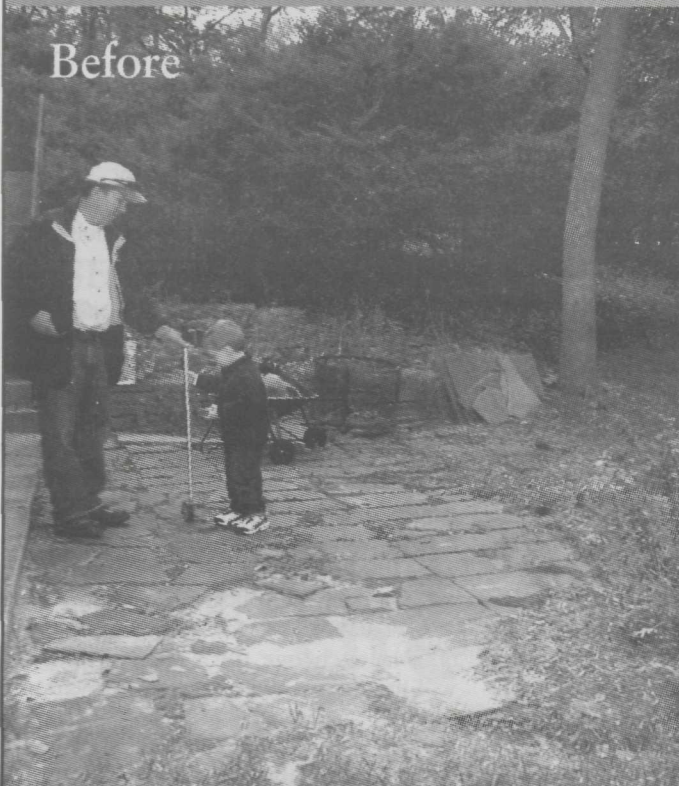
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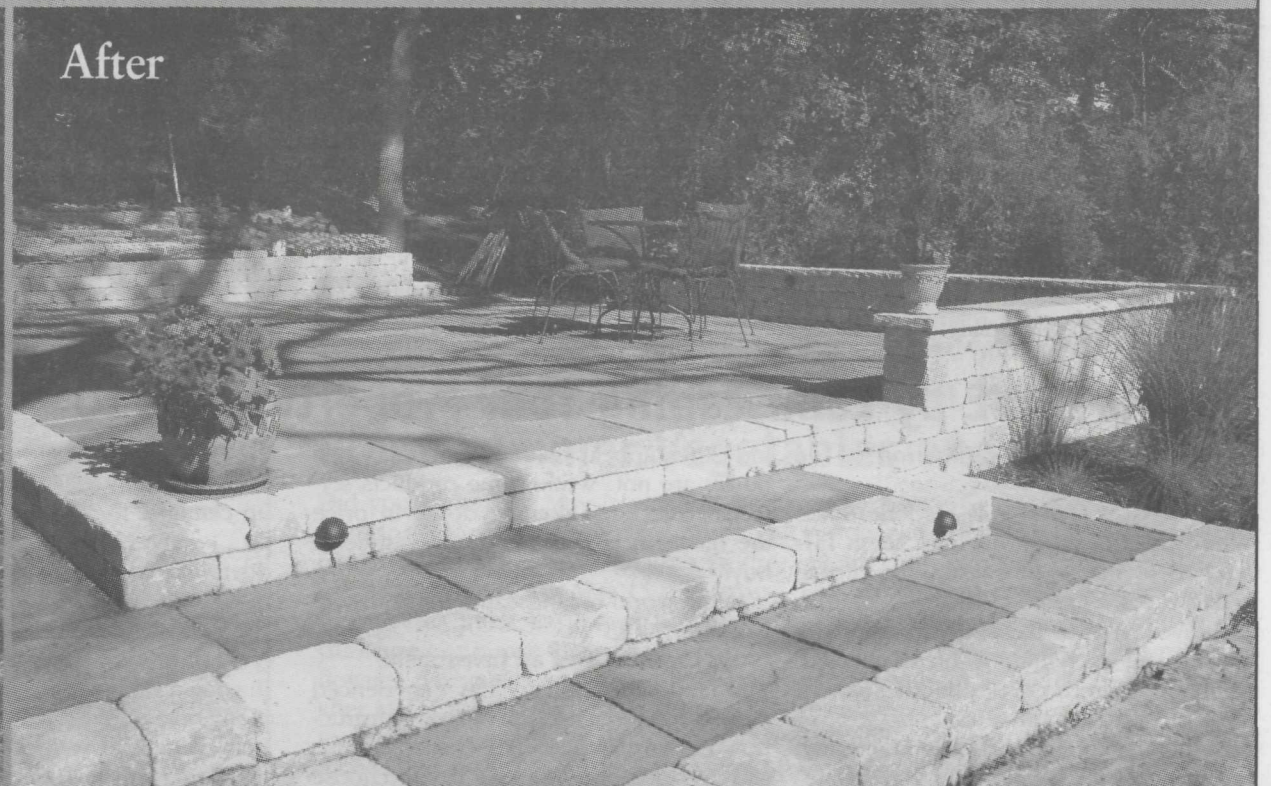
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From a Woman's Point of View

by Amy Wickstrom, Wickstrom Auto Group

For the past 11 years, I've had the privilege of serving on the **Barrington Youth and Family Services (BYFS)** auxiliary, whose primary purpose is to raise funds for the counseling, outreach and prevention programs that BYFS offers to area youth and their families, and again this year our local businesses and residents stepped up and generously supported the organization at the annual gala. I know from living and working in Barrington that this is a special place, with great people who share a strong sense of community, and I'm excited to see that same spirit of generosity being passed to our next generation.

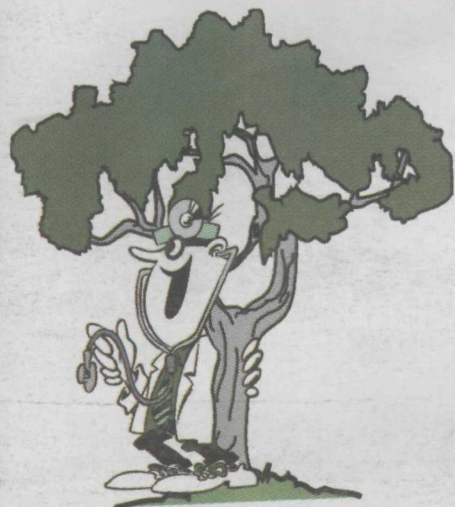
For a week in March, the **students of Barrington High School (BHS)** organized their first annual school-wide fundraising effort using the concept of "paying IT forward." Through food sales, a



dodge ball tournament, dive-a-thon and several other activities, the "IT" campaign raised \$12,000, which was donated this year to BYFS. I'm inspired by the efforts of the BHS student body to promote giving and school unity and look forward to seeing our community benefit from their work.

Until next month,

—Amy



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Award-Winning Journalist Forecasts "Our Changing Media Landscape"

Changes in how we receive news have been fast and furious in the last few years, and award-winning journalist and author Michele Weldon will address the current and future transformations at the Thursday, May 13 meeting of the Women's Club of Inverness, at the Inverness Golf Club, 102 N. Roselle Road. The day begins with coffee at 9 a.m., followed by the general meeting, program, and luncheon.

Weldon is the author of *Everyman News: The Changing American Front Page*, which received the 2009 National Federation of Press Women Award for nonfiction. She is an assistant professor at Northwest-

ern University's Medill School of Journalism. A 30-year news veteran, Weldon has written news and features for the *Chicago Tribune*, *New York Times*, *Los Angeles Times*, *Newsday*, *Dallas Times Herald*, and many others. Broadcast appearances include *The Oprah Winfrey Show*, NBC's *Later Today*, *ABC Sunday Morning*, *CBS Morning Show*, BBC-TV, and *Milt Rosenberg Show*.

Signed copies of her award-winning book will be available for purchase at the meeting.

For more information and reservations, please call Barb at 1-847-991-6838.

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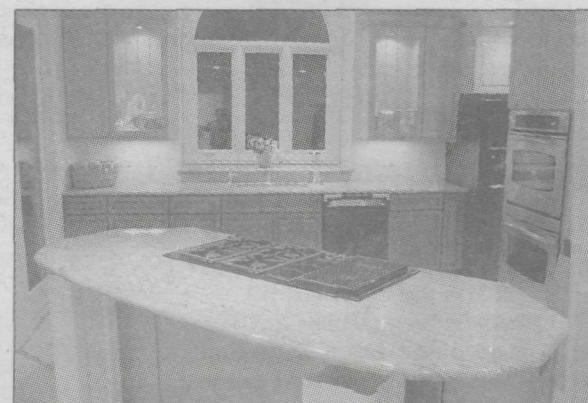
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