

January/February
2010

January/February 2010

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**Beat the Winter Doldrums
Attend the Seminar Series**

**Local Author Publishes
Book on Her Grandfather's
Aviation Career**

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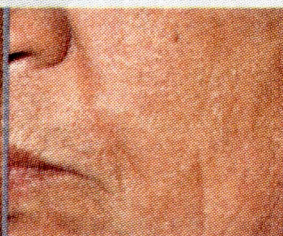
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Editor's Ink

January/February 2010

Dear Reader,

A new year is upon us. Much has happened this past year and we all hope the future becomes brighter for many. On the positive side, the economic downturn has brought out the kindness and generosity of many, giving happiness to those less fortunate.

We hope our special focus this month, "A New Year, A New You," will help you think about your health and fitness. Type 2 diabetes is more prevalent than ever and obesity is becoming common. Sad facts; but true. Make this the year to be at your best.

A story came upon my desk that I found interesting. A local author, Barbara Sellers, has written a book about her grandfather. No ordinary man for sure, Matthew Sellers flew a glider before the Wright brothers. In addition, he received five patents including one for retractable landing gear in 1911. Learn more about *A Moment in Time* on Jan. 19, 1 p.m., at the Barrington Area Library.

Be well. Stay warm. Until next time, may all your thoughts be sunny.

With warm regards,

Glenn McMonigal, editor

Barrington Lifestyles News Magazine



About Our Cover

Quiet Elegance. A graphite stretch-ponte ¾-sleeve scarf-collar coat and pencil skirt makes for a smart ensemble. Completing the look is a wool felt buckle cloche hat, black houndstooth tights and a chic satchel. Liz Claiborne New York.



Beat the Winter Doldrums Attend the Seminar Series

Once the holidays are over and the scenery is mostly frosty and white, we ask ourselves "Now what?" Is there something available to me which is local, will entice my imagination, and expand my knowledge? Yes, there is and it is sponsored by the Barrington/Northwest Community Associates.

The annual "Seminar Series" will take place in January on two dates—Tuesday, Jan. 12 and Tuesday, Jan. 19, and the public is invited to attend. Photography is the subject for both sessions with two outstanding speakers presenting lectures at the Barrington Area Library, 505 N. Northwest Highway. The presentations begin at 12:30 p.m. with light refreshments; the lectures begin at 1 p.m.

On Jan. 12, Miranda Hofelt will present "Sunlight and Shadow: The Legacy of Adams, Weston, and Cunningham." Hofelt is an adjunct lecturer for the Museum of Education at the Art Institute of Chicago and will use many photographs from the Art Institute's permanent collection in her discussion. She will focus her attention on a group of California photographers who in the 1920s began to explore the unique visions which the camera offered. Their breathtaking photographs attest to their realization of the immense potential of photography. Hofelt has worked at the Art Institute of Chicago for almost a decade. She has designed several presentations focusing on photography, obviously an area of expertise, and her comments on Jan. 12 will certainly reflect her knowledge and passion for this medium.

"The Dialogue Between Painting and Photography" is the title of the second "Seminar Series" presentation, held on Jan. 19. Cynthia Noble, an adjunct lecturer from the Art Institute's Museum of Education Department, will explore the complex relationship between photography and painting. She writes, "At times the two media have challenged the very necessity and definition of each other. Why paint a naturalistic portrait when pho-



Gerhard Richter (German, born 1932). *Woman Descending the Staircase (Frau die Treppe herabgehend)*, 1965. Oil on canvas; 198 x 128 cm (79 x 51 in.). The Art Institute of Chicago, Roy J. and Frances R. Friedman Endowment; gift of Lannan Foundation, 1997.176.

tography can readily capture a likeness?" Noble will analyze the challenging history of the relationship between photography and painting and the effects of modern technology on both mediums.

Outside, the weather may be "frosty and white" but inside the library, the colors are vibrant, arresting and stimulating. Discover the importance of photography as both a medium for capturing history and for creating a new artistic format.

The cost is \$15 per lecture. Advanced registration is preferred; contact Harlene Perozzi at 1-847-842-1960 for further information. Day registration is available—check only, payable to the Art Institute of Chicago.

BACOA Announces Support and Education Groups for January/February

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

Alzheimer's Association Support Group—John Schmid, owner of Best Alzheimer's Products, will demonstrate products to enhance the lives of dementia patients and their care partners. These products will include functional items, such as special phones, along with books that provide activities to challenge and sustain mental acuity. There is no charge for this program but registration is requested for first-time participants. The group will meet Thursday, Jan. 14 from 1:30 to 3 p.m.

Angela C. Riley, Pharm.D., CGP, with the Chicago State University College of Pharmacy, will speak at the February meeting; she will discuss strategies for coping with medication management. The meeting will be Thursday, Feb. 11 from 1:30 to 3 p.m.

Caregiver Support—Larry McGill, attor-

ney with the Center for Elder Law Solutions, will discuss legal issues that are specifically pertinent to older adults and their caregivers. Some of these will include advanced directives and powers of attorney. The group will meet Wednesday, Jan. 6 from 7 to 9 p.m.

At the February meeting, Amy Bash, a licensed clinical social worker, will discuss compassion fatigue. The group will meet Wednesday, Feb. 3 from 7 to 9 p.m.

Meetings are held at the BACOA office, 6000 Garlands Lane, Suite 100, Barrington.

Parkinson's Education and Support—The group will not meet in January.

The February meeting will feature Amy Bash, LCSW, who will discuss depression. The group will meet Saturday, Feb. 27 from 10 to 11:30 a.m. in the Performing Arts Center at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

Early Stage Memory Loss—A new 10-week session of BACOA's Early Stage

Barn Dance Raises Thousands for Hospice Care



Pictured (from left) are committee member Patricia Moughan, Hospice & Palliative Care of Northeastern Illinois CEO Cindy Muskantow, volunteer Heather Anderson, and Pediatrics Manager Carrie Alani.



Pictured (from left) are event chair Daphne Monroy, Marcia and Robert Gilbreth (sponsors from FurnitureKidz), and committee member Margaret Kiple.

The "Kick Up Your Heels for Hospice Barn Dance" kicked up some big numbers for hospice care. Presented by Hospice & Palliative Care of Northeastern Illinois, this annual fundraiser raised a total of \$69,700 to help support unfunded hospice care services and programs.

Held Nov. 7 at D'Andrea Banquets in Crystal Lake, this special event featured a barbecue dinner, dancing, a silent auction and a special "Fund In Need" reverse auction which raised \$12,300 in approximately 10 minutes.

"We would like to thank all of those who attended and showed their support for Hospice & Palliative Care of Northeastern Illinois, especially in these tough economic times," stated Beth Raseman, vice president of development for the hospice agency. "We're pleased everyone had a great time and are grateful for their generosity."

Raseman also noted that event would not have been possible without the support of the event's main sponsors, including Centegra Health System and Furniture-

Kidz. Additional sponsors and in-kind donors included Harris Bank, Sage Products Inc., Lynda and Bob Bollman, Patricia and Patrick Moughan, The Garlands, Carey Electric, Richard and Roxy Pepper, Kohl's, D'Andrea Banquets, Lake Barrington Woods, *Northwest Herald*, Nancy Daurio Photography, Tom's Market and CL Graphics.

Hospice & Palliative Care of Northeastern Illinois is a nonprofit, independent, community-based agency providing palliative and hospice care to adults and children with chronic and terminal illnesses. Founded in 1982, the agency serves residents of McHenry, Lake, DuPage, Kane, northern Cook and Boone counties. Its comprehensive bereavement department also offers support to anyone who has experienced a loss.

Hospice & Palliative Care of Northeastern Illinois is Medicare certified and accredited by the Joint Commission.

For information or to make a referral, visit www.HospiceAnswers.org or call 1-800-425-4444.



Memory Loss Group will begin Thursday, Jan. 21 from 10:30 a.m. to noon. The group, for people experiencing early memory loss and for their family members or partners, is sponsored in partnership with the Alzheimer's Association and Barrington Youth and Family Services. There is no charge for this program but registration is required. Please call Bonnie at 1-847-852-3890 for location information and registration.

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. The group regularly meets 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.



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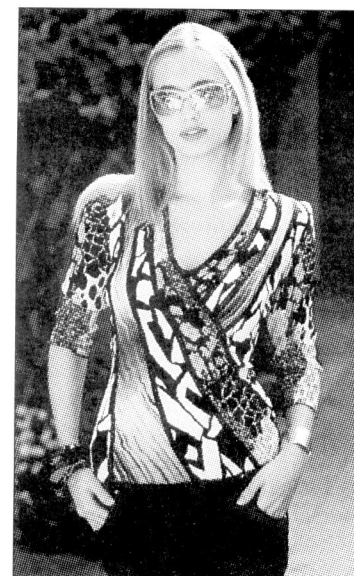
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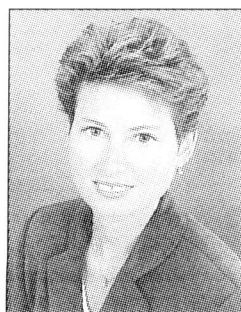
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Genetic Information Nondiscrimination Act by Joette S. Doran, Esq.

On Nov. 21, 2009, Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008 took effect. Under GINA, it is illegal to discriminate against employees or applicants because of genetic information. GINA prohibits the use of genetic information in making employment decisions, restricts acquisition of genetic information by employers and other entities covered by Title II, and strictly limits the disclosure of genetic information. Genetic information includes information about an individual's genetic tests and the genetic tests of an individual's family members, as well as information about any disease, disorder,



der, or condition of an individual's family members (i.e. an individual's family medical history). Family medical history is included in the definition of genetic information because it is often used to determine whether someone has an increased risk of getting a disease, disorder, or condition in the future. The law forbids discrimination on the basis of genetic information when it comes to any aspect of employment, including hiring, firing, pay, job assignments, promotions, layoffs, training, fringe benefits, or any other term or condition of employment. An employer may never use genetic information to make an employment decision because genetic information doesn't tell the employer anything about someone's current ability to work. Under GINA, it is also illegal to harass or to retaliate against a person because of his or her genetic information. It will usually be unlawful for an employer to get genetic information, however, there are certain narrow exceptions to this prohibition. Inadvertent acquisitions of genetic information do not violate GINA and genetic information acquired as part of the certification process for FMLA leave (or leave under similar state or local laws), where an employee is asking for leave to care for a family member with a serious health condition, is allowed.



It is unlawful for an employer to disclose genetic information about applicants or employees. Employers must keep genetic information confidential and in a separate medical file. 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.

cal laws), where an employee is asking for leave to care for a family member with a serious health condition, is allowed.

It is unlawful for an employer to disclose genetic information about applicants or employees. Employers must keep genetic information confidential and in a separate medical file.

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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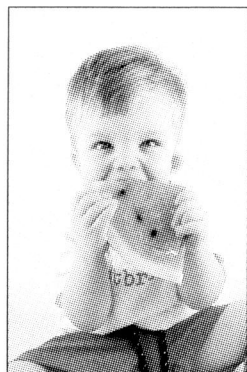
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Take Charge of Your Own Personal Safety

Developing your own personal safety plan is part of the free Women's Self-Defense Workshop being sponsored by Safe Daughters, a nonprofit organization. The five-session program, which begins on Wednesday, Feb. 10 is designed to reduce the risk of sexual assault and emphasizes prevention, awareness and teaches basic street self-defense techniques.

The course includes information about:

- Sexual assault: myths and facts
- Rape prevention and awareness
- Date rape and date rape drugs
- College campus safety
- Effective verbalization skills
- Home, parking lot and mall safety
- Hands-on basic street self-defense techniques

will be taught by certified rape prevention instructors. Student may participate in a simulated attack situation. The program is open to women and girls age 12 and above. Those under 16 must be accompanied by a parent or guardian.

A deposit of \$100 per person is required for registration. Deposits of those not attending all sessions will be donated to a charitable organization.

The workshop will be held Wednesdays from 7 to 8:30 p.m. on Feb. 10, 17th and 24th, and March 3 and 10th, at Lake Zurich Family Martial Arts, 215 S. Rand Road, Lake Zurich. Class size is limited. To register for the workshop or for more information, call 1-847-331-2977.

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Stand Up and Be Counted!

In 2010, the U.S. Census Bureau will issue a call to action for every resident of our nation to be counted. The census affects political representation and directs the allocation of billions of dollars in government funding for community services.

The League of Women Voters of the Barrington Area has scheduled two informational meetings on the U.S. Census that will be held on Tuesday, Feb. 16, 9:30

a.m., and Wednesday, Feb. 24, 7 p.m., at the Barrington Area Library. Each meeting will be designed to cover the basics of the census such as history, why the census matters, use of technology, privacy issues, and will also allow for Q & A.

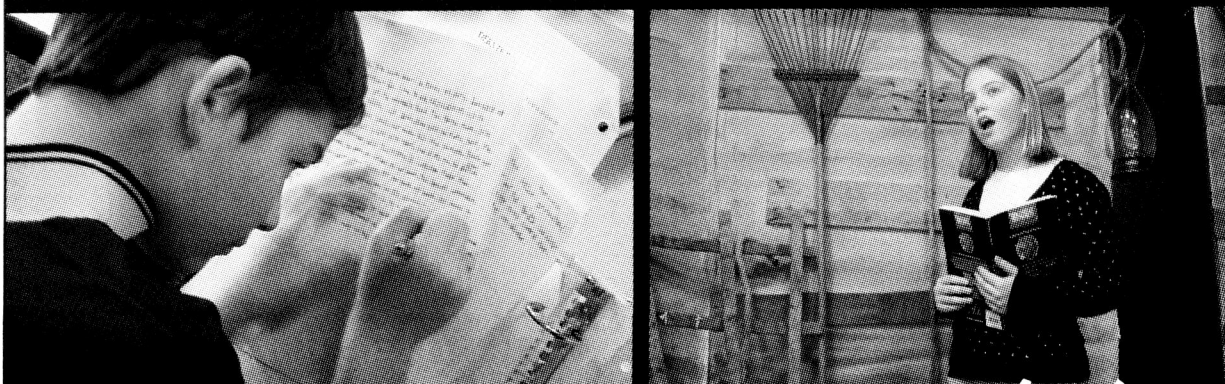
Census questionnaires will be mailed in March, so the timing of these meetings is to encourage all residents in the Barrington area to "Stand Up and Be Counted."

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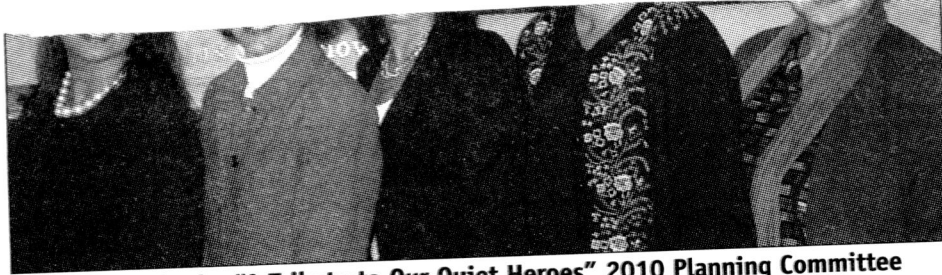
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Pictured is the "A Tribute to Our Quiet Heroes" 2010 Planning Committee (from left): Kerri Heilman (Geneva), special event consultant Sharon Cuttione (Arlington Heights), co-chair Joanne Vrablik (Inverness), co-chair Beth Grabowski (Arlington Heights) and Lora Berger (Fox River Grove). Not pictured are Kathy Grube (Barrington), Nora Kalve, Sharon Ehrens, Stacey Empson, Ginny Boss and Kelly Corrigan.

For the third consecutive year, SuperSibs! will host "A Tribute To Our Quiet Heroes" Luncheon and Silent Auction on Saturday, May 8 to honor mothers of children with cancer. The event will be from 10 a.m. to 2 p.m. at the Westin O'Hare, located at 6100 N. River Road in Rosemont.

Mother's Day weekend is the perfect time to pay tribute to these women who have done little for themselves since their lives were overtaken by hospital visits and treatment schedules. "Our challenge and privilege is to provide a few hours of respite and appreciation for these incredible mothers, while raising funds to support their children, the siblings who stand on

the sidelines enduring the devastating impact of pediatric cancer on their family," said SuperSibs! founder and executive director Melanie Goldish.

Over the years, the event raised has raised over \$150,000 and drew more than 200 guests annually. Quiet Heroes mothers received Vera Bradley bags filled with pampering gifts and custom-made Swarovski crystal bracelets. This year, SuperSibs! is hoping to host 300 guests for this inspirational afternoon. SuperSibs! offers a variety of sponsorships to help cover the cost of the Quiet Hero mothers' complimentary attendance.

Tickets are \$100 and include a cocktail

owl walk. Due to their nocturnal habits, you probably haven't seen one.

So, this is your chance. On Saturday, Jan. 30, 6:30 p.m., the Stillman Nature Center will hold an Owl Moon Walk. There are no guarantees of spotting an owl but, with the help of Mark Spreyer, "the Owl Man," they'll give it their best shot. After an indoor program on owls, the group will walk the trails in search of Stillman's great horned owls. Assuming clear skies, they'll be able to enjoy the winter landscape by the light of the full moon. Space is limited so call 1-847-428-6957 to make reservations or e-mail stillnc@wildblue.net. The walk is for ages 10 and up. There



is no cost for members; \$5 for nonmembers. Don't forget to dress warmly.

The Stillman Nature Center is located on Penny Road in South Barrington, between routes 59 and 62. Stillman is an 80-acre, nonprofit environmental education facility. If you can't make it Saturday, Stillman is always open to drop-in visitors (at no charge) on Sundays from 9 a.m. to 4 p.m. Dogs, on a leash, are welcome to accompany you for a winter hike.



reception, luncheon and program. A portion of each ticket price will allow Quiet Hero mothers to have complimentary attendance. Corporate and individual sponsorships are available. Space is limited.

SuperSibs! is a 501(c)(3) national nonprofit organization bringing ongoing comfort, recognition and support to over 19,000 children and teens whose brothers and sisters have cancer. SuperSibs! helps

these siblings to redefine the cancer experience to face the future with strength, courage and hope. No longer are these "shadow survivors" forgotten, and alone as they battle feelings of fear, insignificance, guilt, helplessness, anger and grief.

For more information and to register, please visit www.supersibs.org and select "A Tribute To Our Quiet Heroes" or contact Sharon Cuttione at 1-847-977-6763.

The Garlands Play-Readers Bring Academy Award to Barrington

Members of The Garlands Play-Readers walked the red carpet and performed a "dream" Academy Awards Show that featured their personal all-time favorite motion pictures starring themselves as the Oscar-winning leads. The show, performed for a packed audience in The Garlands Center for the Performing Arts, featured

25 Garlands thespians who donned costumes, created scenery and musical interludes and performed eight scenes from Academy-Award-winning classics including *Gigi*, *An Affair to Remember*, *Stagecoach*, *Casablanca*, and *All About Eve*. The Oscar-worthy event was captured on film by resident paparazzi, who snapped



Deborah Kerr (Garlands member Marcy Levin) straightens her beau Cary Grant's (Garlands member David Guthrie) bow tie in *An Affair to Remember* at The Garlands Academy Awards Show.



Garlands Wellness Nurses Paula Irving (left) interviews Garlands members Erwin and Mary Betz on the red carpet as they get ready to star in *Stagecoach* at The Garlands Play-Readers' Academy Awards Show.



Thanks go out to Garlands members Gary and Cheryl Karlin who directed The Garlands Play-Readers' Academy Awards Show and performed in *Gigi* and *Fiddler on the Roof*.



And the award goes to the cast of *Arsenic and Old Lace*, including (from left) Garlands members George Flint, Jeannette Hidding, Bettie Guthrie, Carol Holmes and Vette Kell.

pictures and conducted red-carpet interviews.

The glamorous event was held at The Garlands, a unique community for people ages 55 and older that offers residents an uncompromising lifestyle in a resort-like setting. The Garlands of Barrington combines elegant residences with unprec-

edented amenities and activities. The Garlands robust calendar of activities and events provides many opportunities, like The Garlands Play-Readers, for residents who choose to pursue an engaged lifestyle at the award-winning community.

For additional information, visit www.thegarlands.com or call 1-847-304-1996.

Holy Family Academy Grows 30% in One Year

While many catholic schools are experiencing declining enrollment, **Holy Family Academy** in Inverness is showing phenomenal growth. Since the beginning of the 2008-2009 school year, **the Academy has seen enrollment increase from 255 students to over 330 students, or 30 percent.** Heidi Rooney, Director of Institutional Advancement at Holy Family states, "Our growth is mainly attributed to three things that make our school unique: our "thinking curriculum," which emphasizes critical thinking and problem solving; our commitment to differentiation of instruction, which addresses a variety of learning styles; and our warm and welcoming environment for students and their families."

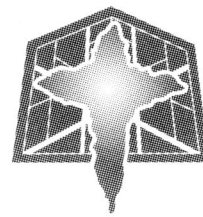
Holy Family's thinking curriculum includes inquiry-based learning. This method of learning links core academic content with real world issues. Beginning in kindergarten, students use resources and communication strategies that are essential to being productive members of the 21st century. **Dr. Emily Alford**, Holy Family's Curriculum Consultant, states, "Holy Family's goal is to shape instruction so that **critical core content is mastered**, but it doesn't end there. That **knowledge is applied to real world issues** where students learn to problem solve, collaborate and communicate results." Holy Family has found that this research-based approach to education increases student motivation and boosts academic perfor-

mance. Terra Nova achievement test results for 2009 ranked Academy students at the 91st national percentile.

Technology is obviously a key component in developing the **21st century skill set** students need. Holy Family incorporates technology into their curriculum to access and communicate information. Additionally, Principal **Dr. Gretchen Ludwig** points out, technology is used at Holy Family to customize and differentiate instruction. Differentiation focuses on the same concepts with all students, but adjusts for the diversity of learners in the classroom. It allows all students to be equally engaged and appropriately challenged. When applicable, children are given opportunities to work above their grade level beginning in kindergarten.

While Holy Family is proud of their academic success, Heidi Rooney speaks of the unique environment at the Academy. The Academy's growth is predominantly attributable to word-of-mouth referrals from current school parents. Not surprisingly, a recent parent survey indicated nearly a **100% parent satisfaction** rate with the teachers, curriculum and administration. Keely Solimine, who transferred her fourth- and fifth-grade daughters to Holy Family, states, "The warm environment has made the transition to a new school very easy. From the first day, Dr. Ludwig has called my daughters by name and all the teachers, students and families

(Please continue on page 12)



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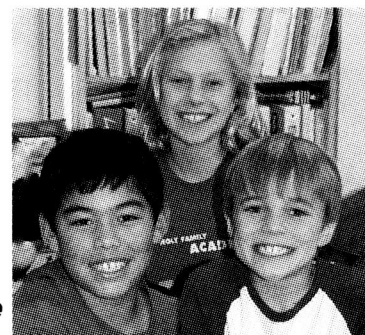
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or call Dr. Gretchen Ludwig, Principal 847-907-3452

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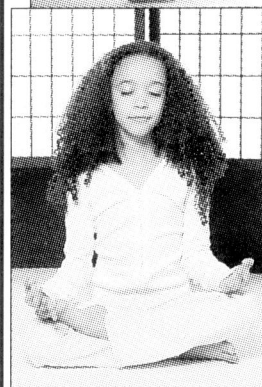
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Nichole Churchill of Radiant Heart Yoga is a certified yoga instructor, who also holds a M.Ed. She regularly hosts yoga workshops for Girls Scout, sports teams and birthday parties. She has been invited to teach at area schools and libraries and was featured by the Barrington Area Council for Gifted and Talented at a recent workshop.

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Women's Club of Inverness Program: The Real Chinese Challenge

Please join the Women's Club of Inverness on Wednesday, Feb. 11 for a luncheon meeting at Emmett's Ale House in Palatine. Our presentation is sure to be informative and interesting. China is poised to be a major world player with a corresponding impact on the U.S. The Women's Club of Inverness has invited notable China expert John Rogers to share his insights on "The Real Chinese Challenge." He will focus on what we need to know about this emerging power and why it matters to us, our children and the world.

Rogers is an attorney, businessman and educator. He has had a long-term relation-

ship with China as president of the Midwest U.S.-China Association, a coalition of 12 Midwestern states seeking to attract inbound Chinese investment to the region. Rogers is also the founder of TANA (Transforming Asia-North America), which focuses on assisting companies in cross-border alliances. Based in Chicago and Shanghai, he is also engaged in private consulting with international companies on strategic options to expand their operations abroad.

The meeting begins with coffee and tea at 9:30 a.m., followed by a brief meeting, the presentation, and lunch. For informa-

tion and to make a reservation, please call Barbara at 1-847-991-6838.

The Women's Club of Inverness embodies the strength of women dedicated to supporting various philanthropic endeavors and promoting cultural and educational activities in our community.

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

The Inverness Women's Club is a philanthropic 501(c)(3) organization. All proceeds from their activities are distributed

to local community-based organizations and scholarship grants to graduating seniors and college students residing within the boundaries of school districts 211 and 220.

The Shoe Box Express

The club is always looking for donations and names of servicemen and women stationed in Iraq and Afghanistan to send care packages to. If you would prefer to help with the shipping cost, a monetary donation payable to The Inverness Women's Club and marked "Shoe Box Express" will be specifically earmarked to be used for postage to mail these packages. The list of items needed by soldiers changes from month to month, so please call Kim at 1-847-934-1456 for more information.

Happenings!

in the area

Barrington Lyric Offers "The Elixir of Wine & Chocolate"

The Barrington Chapter of Lyric Opera of Chicago (BCLOC) will welcome members and guests to "The Elixir of Wine & Chocolate" at 2 p.m. on Sunday, Feb. 21. The event will take place in the lovely, intimate Robie Lounge of The Garlands of Barrington, 1000 Garlands Lane (just south of Barrington Library on Northwest Highway). The afternoon will feature wine, assorted chocolates and musical entertainment.

The cost is \$25 for members; \$30 for guests. Coffee and nonalcoholic beverages are also included in the price.

Seating is limited. Receipt of your check will confirm your reservation. Please make checks payable to: BCLOC c/o Sue Obermaier, 198 Farmgate Dr., Schaumburg, IL 60193-2847. For more information, call 1-847-985-0837.

For inquiries on membership in the Bar-



Barrington Lyric program co-chairs Charlene Jacobsen (left) and past president Mary Robins, both of Arlington Heights, welcome you to "The Elixir of Wine & Chocolate."

rington Chapter, call George Obermaier at 1-847-985-0837.

You may wish to visit Lyric Opera of Chicago's Web site, www.lyricopera.org.

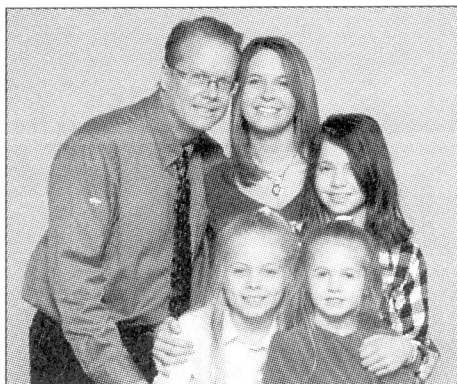


Ralph's World Children's Rock Band Headlined with Santa at WINGS Event

The Stonegate Banquet Center in Hoffman Estates was the place to be on Dec. 5, when Ralph's World Children's Rock Band was the headliner for this year's Home for the Holidays brunch. Ralph's World, the Grammy-nominated children's band, had kids and adults alike dancing in the aisles to their new hit album *The Rhyming Circus*. The band, which performs rockin' pop to boppin' swing and side-steppin' show stoppers to cowboy camp, brought down the house in a rare intimate performance for families starting out their holiday season with pizzazz.

Barrington-area residents Michelle Lovelace and Selinda Coon co-chaired the Fifth Annual Home for the Holidays event, benefiting WINGS, Women In Need Growing Stronger.

Home for the Holidays is an annual celebration which embraces the excitement of the season and includes special treats for both children and adults. This year kids were able to whisper their wishes in Santa's ear before getting their faces painted and decorating gingerbread cookies. They also were able to gaze at the wonder of a magician, hear amazing holiday stories, choose fun items from a lollipop tree, be a part of a phenomenal prizes, and kid-inspired baskets. Bob Lee of Barrington was a master photographer, taking pictures of the entire family and capturing memories of a lifetime. Adults were thrilled with a silent auction that saw fierce bidding for everything from autographed pictures of Robert Pattinson of *Twilight* fame, to designer sleighs perfect for home display.



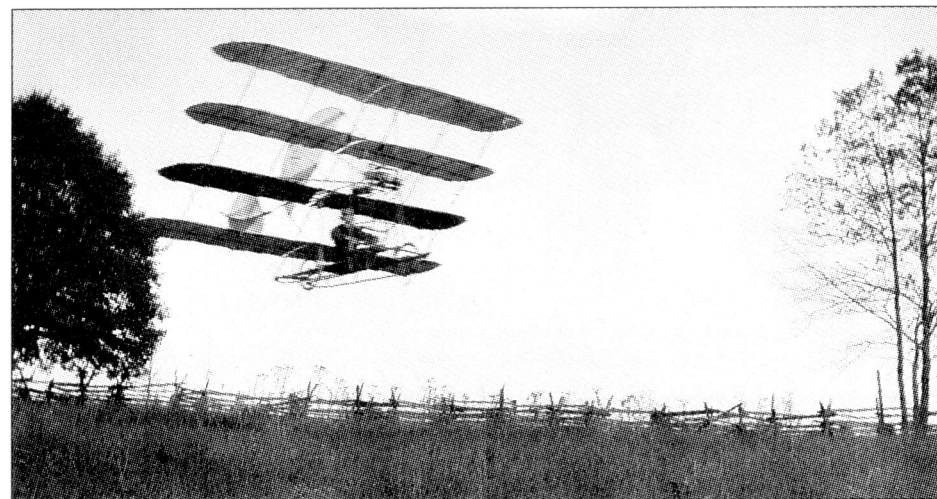
Pictured (from left) are Ron and Cheryl Bergquist with daughters Julia (top), Emma and Megan. Ron performed at WINGS' Home for the Holidays brunch as a storyteller.

Home for the Holidays builds on the extremely successful events held the last four years. "We were very excited to have Ralph's World perform at the event this year and that all of our fun was actually going to support a great cause like WINGS that helps people in need," stated co-chairs Michelle Lovelace and Selinda Coon.

WINGS is dedicated to helping victims of domestic violence and their children. With emergency shelter, transitional housing, counseling, career services and children's services, WINGS provides a comprehensive response to the needs of families.

To learn more about WINGS, visit their Web site at www.wingsprogram.com or contact Terri Channer, senior director of development at 1-847-519-7820 ext. 210.

Local Author Publishes Her Grandfather's Story as Aviation Pioneer and Wright Brothers' Rival



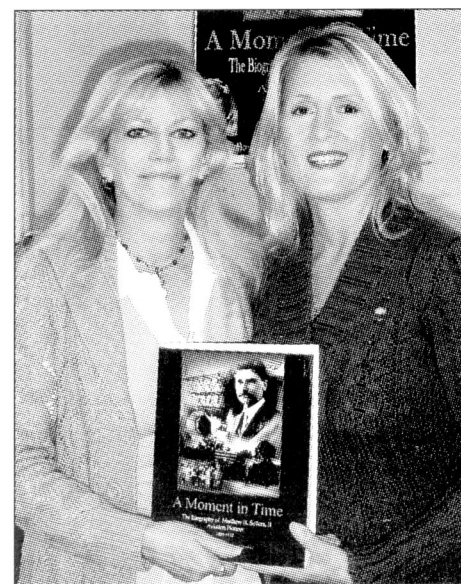
1908 photo of Matthew B. Sellers II flying in his quadraplane equipped with his invention, retractable landing gear, which he had patented in 1911.

Author Barbara Sellers, a former Barrington resident now living in Libertyville, will share highlights of her new book, *A Moment in Time*, a biography of her grandfather, aviator and inventor Matthew B. Sellers II, on Tuesday, Jan. 19 at 1 p.m. in Barrington Area Library Room A.

Matthew Sellers, who flew a glider before the Wright Brothers, was also thought to have had the first powered flight before the Wright Brothers. He received five patents including one for retractable landing gear in 1911. His original diaries and lab notes are housed in the Smithsonian Museum in Washington, D.C.

Hosted by the National Society of the Daughters of the American Revolution Signal Hill Chapter, open to members and nonmembers, the DAR meeting will begin at 11 a.m. with refreshments, a social hour at noon, followed by the 1 p.m. author presentation.

For more information contact membership chairman Joanne Farrell at 1-815-603-7824.



Barbara Sellers (left), author of *A Moment in Time* with Sen. Robin Webb of Kentucky, the state in which Barbara's grandfather, Matthew Sellers, was the first to take a powered flight in 1908.

Barrington Area AAUW Activities

The Great Decisions 2010 begins Tuesday, Jan. 5, 1 p.m. at the Barrington Area Library meeting room. The topics for the eight-week study/discussion group are Kenya/East Africa, Global Crime, Special Envoys, China, Financial Crisis, Russia and Its Neighbors, Persian Gulf, and Peacebuilding. Materials are from the Foreign Policy Association. The final session is scheduled for March 16. To order your book for \$16 or for more information, call the chair, Bobbie, at 1-847-381-3315.

Women's Issues book group plans to meet Saturday, Jan. 9 at Le Titi De Paris in Arlington Heights for lunch and a discussion with a chef about Julia Child and the recent book and movie *Julie and Julia*. Contact the chair, Pat, at 1-847-550-1282

for more information.

Barrington members of the American Association of University Women (AAUW) will be attending the 27th annual Networking Luncheon in Saturday, Jan. 23, 11:30 a.m., at the Hyatt Deerfield. The speaker will be state Rep. Barbara Flynn Currie. The cost of the luncheon is \$35 and includes a choice of entree. Guests are welcome.

The luncheon book club meets Wednesday, Feb. 10, noon, at The Garlands to discuss *Time to be in Earnest* by P.D. James. Loretta is chair and can be contacted at 1-847-381-1804.

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

Holy Family Academy

(Continued from page 9)

have made us feel very welcome."

Readers are invited to visit **Holy Family Academy at 2515 Palatine Road in Inverness. Open House events are on Thursday, Jan. 14, 7 to 8:30 p.m.;**

Thursday, Jan. 21, 9 a.m. to 3 p.m.; and Sunday, Jan. 31, 10 a.m. to 1 p.m. or call Heidi Rooney at 1-847-907-3461 to schedule a tour.

www.holyfamilycatholicacademy.net

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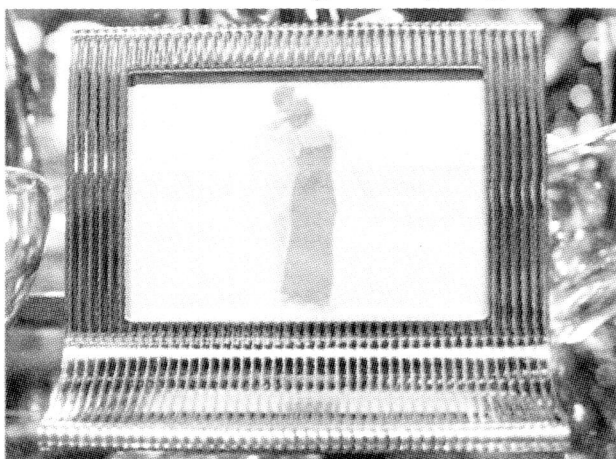
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From our

Bridal

corner

Photos by Anthony Tortoriello II



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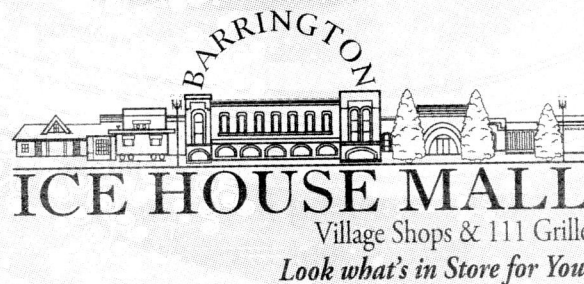
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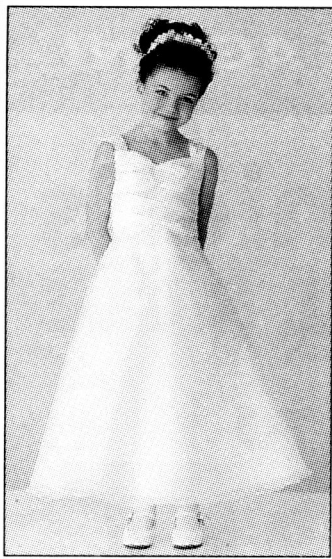
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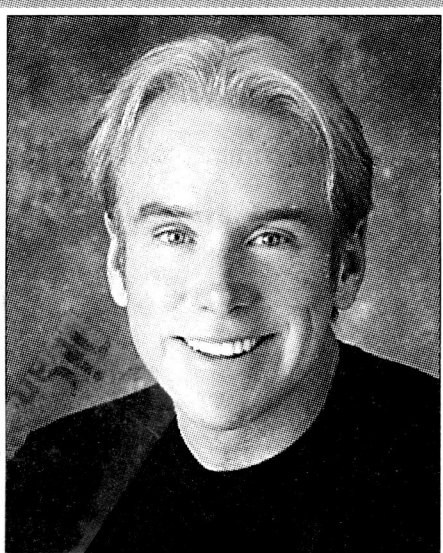
For the month of January, Kevin Ke
and Spa is offering \$10 OFF any hair
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help you feel better during thes
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Field and Flower Garden Club of Barrington

Christmas decorations are stored away
and the Field and Flower Garden Club
members' annual holiday buffet is only a
memory. But January is a month to think
of brilliant blooms, warm sun and balmy
breezes!

Joyce Ann Basel will bring these to
members on Wednesday, Jan. 6, 7 p.m.,
in a member's home, when she presents
"Costa Rica—a Tropical Paradise." Shown
will be butterfly gardens, scenic waterfalls
and tropical plants in glorious bloom—all
part of this small, beautiful Central Ameri-
can country.

Basel, born and raised in Johannesburg,
South Africa, emigrated to the U.S. and is
co-founder of a small travel group special-
izing in adventures for botanical gardens
and zoological societies, as well as bird-

watching and garden clubs.

Field and Flower Garden Club has been
a part of the greater Barrington Area for
over 50 years. Its membership includes
novice gardeners as well as those very
knowledgeable in growing, landscaping
and design. Meetings are typically held on
the first Wednesday of each month in pri-
vate homes or at the Barrington Area Li-
brary and include a program, a short busi-
ness meeting, refreshments and time to
ask gardening questions. Guests are al-
ways welcome.

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

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

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Are you making the most of your rainwa-
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as part of the 2010 Citizens for Conserva-
tion (CFC) Community Education series.
It's a fascinating program full of exciting
ideas you can implement at your home.

De la fleur will present "One Drop at a
Time: Water, Sustainability, and Your Gar-
den" on Saturday, Feb. 13 at the Barring-
ton Area Library. Coffee will be available
at 9 a.m.; the program begins at 9:30 a.m.
Donations to cover costs will be accepted
at the door. Please RSVP to the CFC office
at 1-847-382-7283.

New Year, New You—Are You Ready to Make Your Dreams Come True?

by Lisa Shanahan

I want to share with you a true story about my mother which will help give many of you a very important reason to start off 2010 focused on improving your health. My mom was a typical Wisconsin-born woman that loved to eat brats, cheese and other really unhealthy foods. Eventually her eating habits, smoking and sedentary lifestyle led to a fatal, massive heart attack at the age of 50. The reason that I want to share this "ugly truth" with you is because there are so many of you reading this that are probably in the same place right now. If you answer yes to two or more of the following questions, please read on:



- 1) Do you have high blood pressure?
- 2) Do you have type II diabetes?
- 3) Are you a smoker?
- 4) Are you living a mostly sedentary lifestyle?
- 5) Are you overweight?
- 6) Do you eat less than the recommended amounts of fruits, vegetables and whole grains?

There is good news! You can change the path that you are on and add many, many years to your life. You may have tried to live a healthier lifestyle before and failed or you may never have tried before. Either way, I urge you to try again. I recently asked a friend, "Why don't you workout?" and his response was, "I don't workout, I work." We are all very busy, and I know it seems impossible to squeeze in those workouts or prepare healthier foods, but it can be done. I am not going to mention the four letter word, DIET, and I am not going to suggest you workout four hours per day like on some reality shows. However, I would like to give you a few **SIMPLE** steps to make 2010 the year you change your life.

First of all, you should **graze not gorge**, and that basically means that you should try to eat 5 to 6 small healthy meals per day. Secondly, after consulting your physician, begin an exercise program. This could start out as just walking the recommended 10,000 steps per day or it could mean that you begin a formal program including weight lifting and cardiovascular training. Lastly, set both short and long term goals

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1 Client 1 Trainer 1 Goal

that lead you to where you want to be at the end of this year. If you think you may be ready for a formal program, **Fitness Together** can help. Call us at **1-847-304-0505** for a **FREE** session and fitness consultation.

My hope is that many of you will take these tips and get started **NOW**. If you need some inspiration, check out our Web site at www.fitnessstogetherbarrington.com and read the success stories. These stories are shared by people just like you that started their journey last January and have truly changed their lives.

"Success is the sum of small efforts, repeated day in and day out." —Robert Collier

Lisa Shanahan/Owner & Personal Trainer

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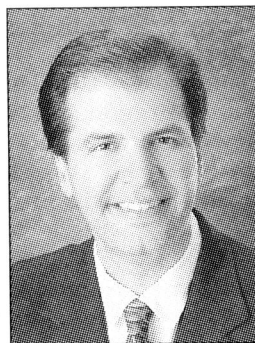
Cosmetic Dentistry: See and Feel the Future!

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

There are no crystal balls in life that can show you the future. But seeing what is possible can certainly help someone make decisions in order to change their set path. With new technology, it is now possible to see the results of a smile makeover before the dentist even starts any treatment.

Computer imaging software has worked its way into dental offices. The dentist can take an image of his patient and make a limitless amount of changes to the teeth. A completely new set of teeth can even be introduced into the image. Patients can now see what they will look like, and for the first time they can be involved in the esthetic decision.

Once the image is approved, it is e-mailed to the dental laboratory and technicians use it as a guide for creating a 3-D model. This model is then used to make temporary veneers or crowns that will fit onto the patient's teeth. Now the patient can feel what the new teeth will be like. They wear the temporary teeth home and use them so that they can determine if they like the fit and feel. The patient can even consult with friends or relatives on the appearance of their new smile. If there are any changes to be



made, the patient can advise the dentist at the next appointment. The temporary teeth can be made longer, shorter, wider, flared in and out, or whatever else is required to satisfy the patient's esthetic and phonetic requirements. Once the requirements are met, an impression is taken and sent to the dental laboratory as a guide for the final veneers or crowns.

They may sound like a lot of work, but it is the only way your dentist can guarantee a predictable result. All the hard work comes first. The payoff is being able to look in the crystal ball so you can see and feel your new smile before you actually get it.

Dr. Jim Gavrilos can be reached by calling **1-847-381-4040** in Barrington.

Women Collectors and Their Museums

As your water taxi transports you down the Grand Canal in Venice, you notice a squat, simple white palazzo which seems out of place among the towering and ornate Renaissance palaces. But this unobtrusive building is one of the most interesting along the canal because it houses a world-class modern art collection—the Palazzo Venier dei Leoni, is an unfinished palazzo which was never built past the first floor and which Peggy Guggenheim purchased in the late 1940s as her personal residence and as a showcase for her burgeoning art collection. Guggenheim's collection features notable works by 20th century artists such as Picasso, Dali, Magritte, Brancusi and others who embraced cubism, surrealism, and abstract expressionism. Famous for pursuing new "frontiers" in artistic expression, these artists reflect the viewpoints and lifestyle of the collector herself.

To discover more about Peggy Guggenheim's life and that of four other women collectors, attend a lecture by Claire Copping Cross at the Wynstone Golf Club, 1 S. Wynstone Drive, North Barrington, on Thursday, Feb. 11. This special program, just in time for Valentine's Day, is sponsored by the Barrington/Northwest Community Associates and the public is invited to attend. Reservations are required and the fee is \$50, which includes a sumptuous lunch. Reservations will be accepted in the order received. The reservation period opens Jan. 11 and closes Feb. 2. On-site registration begins at 11:30 a.m., lunch is at 12:15 p.m., and the lecture starts at 1:45 p.m.

Cross has researched the history of Renaissance art in leading museums of America and Europe. She is an adjunct



The Cy Twombly Gallery of the Menil Collection, Houston.

faculty member of Oakton and Harper colleges and has been proffering her expertise in dynamic and informative lectures throughout the Chicago area. "Women Collectors and Their Museums" is the title of her program, during which she will focus on the amazing stories of five courageous patrons of the arts. In addition to Peggy Guggenheim, Cross will illuminate the Renzo-Piano-designed museum of Texan Dominique de Menil, Marjorie Merriweather Post's Hillwood Museum and Gardens, and Wilhelmina Wallace Holladay's National Museum of Women in the Arts in Washington, D.C. The final collector, Isabella Stewart Gardner, was also attracted to Venetian architecture and in 1898 began work on her museum, located in Boston but modeled on the Renaissance palaces of Venice. Gardner was deeply involved in every aspect of the design for

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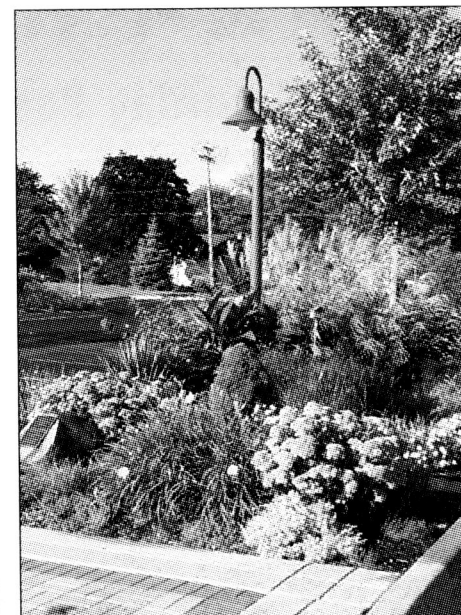
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The Garden Club of Lake Zurich

The Garden Club of Lake Zurich will hold its monthly meeting on Jan. 5 at 7 p.m. The program, "Garden Rooms Without Walls," will be presented by Shirley Remes. Remes is a field editor for *Better Homes and Gardens Magazine*. She has also written for the *Chicago Tribune*, *Chicago Sun-Times*, *Chicagoland Gardening Magazine*, *Victoria* magazine and *Organic Gardening*. She will address how to create a beautiful and lush outdoor room setting without the boundaries of walls and fences.

The Garden Club of Lake Zurich originated in 1972, holding its meetings in members' own homes. Since then, the club has grown to over 40 members, including novice to master gardeners, and award-winning flower show applicants and judges. The Garden Club of Lake Zurich is a member of the National Garden Clubs Inc. and the Garden Clubs of Illinois Inc. Members of the club proudly maintain the main perennial beds at the Ela Area Public Library. This club is also currently working with the Rotary Club of Lake Zurich to design and maintain new gardens at Rotary Park on the corner of Old Rand Road and Main Street.

Meetings are generally held on the first Tuesday of every month at St. Matthew Lutheran Church, 22480 Old McHenry



Ela Area Public Library Garden

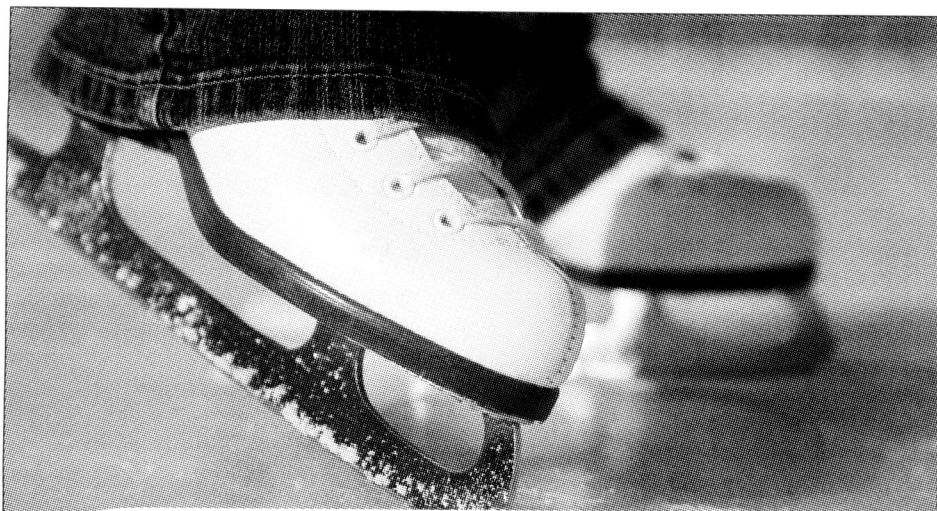
Road, in Hawthorn Woods. Monthly meetings include a program of interest by a guest speaker from around the Chicagoland area, refreshments and a short business meeting. Guests are always welcome.

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

her museum, which completely surrounds a glass-covered garden courtyard, the first of its kind in America. The stories behind each of the five women and their museums reflect important changes occurring during the last century, but be prepared

for a few scandalous tidbits as well. Treat yourself to what promises to be a highlight of the season by attending "Women Collectors and Their Museums."

For information, call Mary Hart at 1-847-358-3379.



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Second Saturday Poetry Workshop

The Northwest Cultural Council (NWCC) announces a Second Saturday Poetry Workshop to be held Jan. 9 from 9 a.m. to noon, led by Deborah Rosen. The topic will be "Definitions of Poetry." Carl Sandburg defined poetry and using his model, attendees will each create a definition of poetry that describes the poetry they want to write. Then, using his poems as samples, attendees will rewrite his poems using their subjects and in a 21st century voice. There will be time to critique all the poems.

Deborah Nodler Rosen is an editor of *RHINO*, an award-winning poetry journal. She earned a Bachelor of Arts from Wellesley College and a JD from the University of Pennsylvania Law School. Because she has sworn to tell the truth, but like Emily Dickinson prefers to "Tell all the Truth but tell it slant," she has given up law for poetry. Her poems recently won First Prize in an Oregon State Poetry Association contest and a California State Poetry Society contest. Her work has appeared in *The Journal* of Northwestern University, *Third Coast*, *The Spoon River Poetry Review*, *Where We Live—Illinois Poets*, *Colere* and elsewhere. As part of the "Kids Meet Art"™ program of the NWCC she teaches poetry classes in Northwest corridor schools.

Participants are encouraged to bring 12 copies of their own work to share with



Deborah Rosen, poet

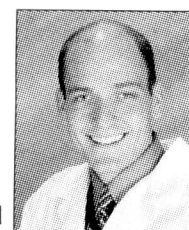
the group. Workshops take place at the NWCC Gallery, 500 N. Hicks Road, Suite 120, Palatine, the second Saturday of each month. All poets and writers are invited to attend the workshop. The cost is \$15. Please RSVP by phone or e-mail.

For more information, please call the gallery at 1-847-991-7966 or e-mail nwcc@northwestculturalcouncil.org.

Don't Let Foot Injuries Ruin Your Fitness Resolution

If pain or the threat of a recurring injury in your feet is getting in the way of your Happy New Year, it is time to find the help you need. Dr. James Baird is a Board Certified Podiatric Physician and Surgeon and is now accepting new patients in his Barrington office. Here is an answer to a question on injury prevention from Dr. Baird.

Dr. James Baird



Last year's fitness resolution and ambitious workout schedule left me with a stress fracture in my foot. I have resolved to get into a regular exercise routine in 2010. What can I do to avoid a similar injury?

A stress fracture is a tiny crack of the outer shell of bone, much like a crack in an egg shell. Over time these small stress cracks can progress to a full break of that bone. The symptoms of a stress fracture are pain and swelling at the site of the injury. Healing a stress fracture in the foot will likely put you in a cast boot for four weeks, which can dampen your resolution.

A stress fracture is an injury that is caused by overuse of the bone due to repetitive activity. To avoid injury when starting a new impact type of workout program, you should make sure you have proper athletic shoe gear. The best type of shoe gear is a running shoe. A running

shoe will have better support and construction than a cross trainer or a walking shoe. There should be a finger widths space ahead of the longest toe (which may not be the biggest toe) to allow room for the feet to swell.

Since you have had a stress fracture previously, you may benefit from a custom orthotic made by a podiatrist, to help your foot function more efficiently and distribute the forces more evenly across all of the bones.

Often we will start an exercise program to quickly, trying to make up for lost time. Increasing activity levels slowly in the beginning will give your body a chance to respond to the additional stresses and allow time for your bones to strengthen. When selecting your workout routine, mixing up the activities will also help give your body time to recover. It is best not to do the same exercise every day and doing a combination of aerobic and weight training exercise is ideal.

Start the New Year pain free and resolve to take care of yourself in 2010. If you are experiencing any foot and ankle pains, call **1-847-381-5011** to schedule an appointment with **Dr. James Baird**.

The Gift of Art—A Seminar for Artists and Writers

On Saturday, Jan. 9, 2 p.m., Deborah Rosen will lead a seminar on "How to Write a Winning Resume, Bio and Artist's Statement." Learn how to get noticed and create interest in you and your art.

Deborah Rosen's book publications include *Where We Find Ourselves: Jewish Women Around The World Write About Home*, *Anwar el-Sadat, Chapter In Education That Works*. She is the editor of *RHINO*, an award-winning poetry journal. Her poems have won First Prize in the Illinois State Poetry Contest and the Oregon State Poetry Assoc. Contest. Her poems have been published in *Spoon River Poetry Review*, *Cream City Review*, *The Antigone Review*, *Where We Live: Illinois Poets*, *Third Coast*, *Out of Line*, *A Writers Congress* and more.

In the continuing effort to support and promote artists in the Chicagoland area,

The Northwest Cultural Council (NWCC) has designed a series of seminars on topics that are of special interest to artists. Topics include "Making Quality Reproductions," "How To Write a Winning Resume, Bio, and Artist Statement," "Learning About New Materials—including new canvases, papers, and paints," and "Legal Counsel for Artists—what one needs to know about protecting original artwork."

The Gift of Art Series of Seminars will be held the second Saturday of the month November 2009 through April 2010 at Barrington Area Library, 505 N. Northwest Highway, Barrington. All artists are invited to attend, but seating is limited. Reservations are strongly recommended. Each seminar is \$15; \$5 for students.

For more information, call the NWCC gallery at 1-847-382-6922 or e-mail nwcc@northwestculturalcouncil.org.



Harper Art Show Winners

Twelve Barrington High School (BHS) students recently received awards at the 25th Annual Harper Area High School Art Exhibit: (2D awards) Kayleigh Karbowksi, 1st Place; Moki Tantoco, 2nd Place; Sierra Shum, 3rd Place; Yasmine Nejdawi, Honorable Mention; Katie Thompson, Honorable Mention; Rebecca Lu, Honorable Mention; (3D awards) Lexi Fischer, 1st Place; Christian Franco, 2nd Place; Amy Johnson, 3rd Place; Maya Corbett, Hon-

orable Mention; Ben Groves, Honorable Mention; and Michael Breternitz, Honorable Mention.

An awards ceremony and reception was held on Dec. 2 at Harper College.

The students' entries were submitted by BHS faculty: Julia Beatty, Jason Burke, Jeffrey Dionesotes, Stephanie Hargreaves, Jason Kaiser, Kayla Mizanin, Alexandra Stevenson and Scott Ziegler.

For information, call 1-847-842-3214.

Another New Year... Another Broken Resolution? Not This Year! by Rita Spantideas

Here it is folks, 2010! Most of us are glad to be finished with 2009, on so many levels. The new year brings the dilemma of deciding what goals to set that we're going to achieve. We start out excited and very motivated only to find it all tedious after a few weeks or months. Then we give up, feel bad and our self-confidence takes a big hit. Maybe it's because we set goals that are too big and take too much time to accomplish. I've always been of the opinion that I should map out a path so I don't get lost in the forest. However, not everyone can map out the whole path; it's too vast. Nothing is wrong with just setting small step goals. What exactly does that mean?

Since I'm in the dental oral health care field, I'll equate examples that will reflect this. If you are currently brushing only once a day, set a small step goal to brush twice a day. It's easy to do, takes only 3 to 4 minutes out of your busy schedule, and you can quickly make it a habit. The benefits are numerous; your teeth will look and feel better, your breath will be fresher, and you will be on the way to better health. If you really want to ramp it up add flossing. You get the picture.

The same goes for those of you that have treatment plans that seem huge. Start with the biggest priority. It may be a composite (filling) that is at risk of becoming a root canal. You'll save yourself lots of pain and expense by not waiting. Remember, cavities and gum problems don't go away by themselves. They only get worse. If you only want to do work that will not exceed your yearly insurance benefits, complete priority procedures that will use up your maximum. If you don't use your

benefits you lose them! Seems like a no-brainer, but every year thousands of dollars are lost. The distressing fact is that you are paying for these benefits and your teeth are suffering if these dollars aren't utilized. Double whammy! The only one that reaps the rewards is the dental insurance company. They get paid for doing nothing. I don't know about you, but that makes me angry. I don't ever remember being paid for doing nothing!

Now that the adults have set their goals, those of you with children need to help them set their dental goals. If you want your children to have healthy teeth for life, teach them to start taking good care of their teeth from an early age. **February is National Children's Dental Health Month.** The American Dental Association designates the month of February to raise awareness of the importance of good oral health. We will be doing oral health presentations in local schools. **We also will be giving back to the community on "Give Kids a Smile" day.** The first Friday of February we set aside to volunteer our time and services for children that don't have access to dental care. This is one of our small step goals... to help children that need us. We can't help them all, but a few is better than none. No child should be suffering with tooth pain.

One of the highest ranking New Year's resolutions is to be healthier. This year start with your mouth, after all it is the gateway to your body! Make 2010 the year you achieve your goals.

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

George A. Moser Honored at Northwest Suburban Council Boy Scouts of America Distinguished Citizens' Banquet

On Oct. 28, George A. Moser of Barrington Hills was honored at the Northwest Suburban Council of Boy Scouts of America 2009 Distinguished Citizens' Banquet, "Honoring those who serve their community," which was held at The Stonegate Conference and Banquet Centre in Hoffman Estates.

Moser has been chairman and CEO of Charter National Bank and Trust since 1979 and The Stonegate Group since 1965. He holds a bachelor's degree in economics from St. Ambrose University. Moser's dedication to higher education led him to serve as chairman of the board of trustees of Northern Illinois University since 1988. He was appointed as chairman of the Commission to appoint the Commissioner of Banks and Trust for the State of Illinois and has served as the president of The Bankers Club of Chicago. He is the founding chairman of the Alexian Brothers Foundation, the founding chairman of Humana Hospital and is the founding chairman of the Hoffman Estates Economic Development Commis-



Pictured with George A. Moser (center) are Stephen J. Taylor, CEO scout executive of Algonquin (left) and Jim Tierney, volunteer "Council President" of Glenview.

sion. Moser is a graduate of the FBI Citizens Academy, a member of the Illinois Terrorist Task Force, and director of Emergency Services and Disaster for the Village of Barrington Hills. He also serves as the director of Northern Illinois Proton Treatment and Research Center in West Chicago. He received the 2006 Lifetime Achievement Award from *The Business Ledger*.



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Garden Club of Inverness Celebrates the Season

It was a spectacular afternoon for the Garden Club of Inverness's members and their guests—unique table decorations—the beautiful piano music of club member Shula Luber—what a day! For their annual holiday luncheon, Diane Garcia, Garden Club luncheon chairperson, and her committee of resourceful workers, transformed the main ballroom at the Medina Country Club into a winter fantasy. She even got it to snow outside!

Headlining the program was Joyce Graton, who created beautiful floral arrangements for the holiday season. There were dazzling baskets and silent auction prizes donated by club members.

Proceeds from these baskets and silent auction prizes support their scholarship and community involvement programs.



Shula Luber (left) and Diane Garcia relax and enjoy the Garden Club of Inverness's Holiday Luncheon.

BACOA Senior Activity and Lunch Programs for January

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. However, if underwriting is unavailable for special programs, there may be an increase in the suggested donation. Preregistration is required; please call BACOA at 1-847-381-5030.

- Monday, Jan. 4—Games and lunch.
- Monday, Jan. 11—Games and lunch. Jocelyn Gumila will present a program on the "Doctor at Home Program" for the Barrington area.
- Monday, Jan. 18—The lunch program will be closed due to Martin Luther King Jr. Day.
- Monday, Jan. 25—Games and lunch. January birthdays will be celebrated. January is Glaucoma Awareness Month; Northwest Eye Center will present a program on glaucoma and the eye.

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Garden Club of Inverness Scholarships Available

The Garden Club of Inverness is accepting applications for scholarships. Students who live in the areas served by School District 211 and Barrington High School, and who major in horticulture or environmental related studies in college, are invited to apply. Applicants can be college freshman to seniors, or graduate students.

Scholarships of \$1,000 or more are awarded each year, determined by the available funds.

Applications are available at the guidance offices of District 211 high schools and Barrington High School, or by contacting scholarship chair Marilyn Dutcher at mkdutcher@comcast.net.



How to Strengthen Patient Relations: Patient Scheduling

The health care consumer seeks convenience. In their health care choices they want the same access (immediate) and ease (of doing business) available with other services.

Keeping in mind national statistics suggest that 75 percent of patients desire same-day appointments, five objectives for a sound scheduling system are:

- Allow same-day appointments to patients who want them
- Improve efficiency with steady patient traffic
- Reduce no shows
- Improve patient loyalty
- Get maximum use (and revenues) from available hours

As patient choices increase, patient/physician relations count. Strengthen them with a versatile scheduling system.

Medical Office Patient Scheduling System—A good medical office schedul-

ing system helps create a smooth patient flow. It makes visits predictable and contributes to patient satisfaction.

Patient scheduling software is usually part of a medical practice software suite that includes electronic medical records and medical billing. A typical scheduling system provides an intuitive calendar displaying multiple physician views on one screen. They also provide your patients with e-mail confirmations and reminders.

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Debut of Men's Crocodile Leather Briefcase

Exotic Elegance, a new online boutique specializing in crocodile and other exotic specialty leather accessories, has added a men's briefcase to their expanding product line.

Following the introduction of the **Ada Tote** genuine handbag for women, the **men's crocodile leather briefcase** radiates confidence. In addition to the distinctive look of the briefcase, the inside possesses the practical functionality of other **Exotic Elegance** items.

Interior pockets securely hold cell phones and other business accessories. Laptop computers comfortably fit, protected with a silver metal lock and sturdy

case top. The briefcase comes with a detachable shoulder strap.

A part of the new **Crocodile** line, this briefcase will be among the first in the United States.

Colors available include brilliant black, crushed coffee, and tawny tan. Each briefcase is unique and crafted to order.

To view and purchase the **Charles Briefcase** and other genuine leather pieces, visit **www.exotic-elegance-handbags.com**. Stylish new exotic leather accessories will be added throughout January and February to the **Exotic Elegance** online boutique.

"A Night in Venice" Gala for Families in Crisis Held Oct. 10

The Michael Joseph Foundation held its 16th annual Dinner and Auction at the magnificent Sanfilippo Estate in Barrington Hills. This Barrington-based, 100-percent volunteer organization is dedicated to providing transitional housing and holistic mentoring to families in crisis in the north and northwest suburbs. Over the past 16 years, the Michael Joseph Foundation, through the tireless work of their volunteers, in cooperation with existing agencies such as Home of the Sparrow, CEDA, WINGS, and Catholic Charities, has been able to provide housing, counseling and job skill training to over 500 families that have been guided from crisis to long-term stability and independence. These families might otherwise be homeless.

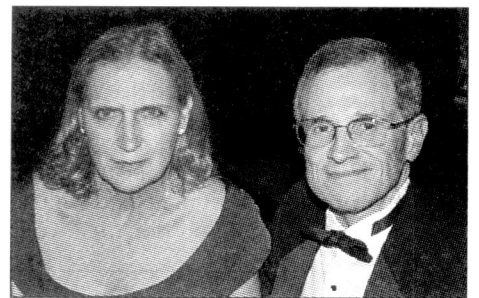
The gala evening began with a tour of the Sanfilippo's Grand Victorian Palace. The highlight of the evening was the dinner and auction held at the splendid Eden Palais which houses the most spectacular hand-painted European carousel in existence, plus an outstanding collection of antique musical instruments. The exciting auction included a condo on Marco Island, a pig roast for 50 people, a Chicago Cubs Skybox, and a cocktail party for 50 hosted by Mr. and Mrs. Jasper Sanfilippo and much more.

The 17th annual Dinner and Auction will be held on Oct. 2, 2010.

For information, visit their Web site at **www.michaeljosephfoundation.8M.com** or call Ida Cardelli at 1-847-639-2334.



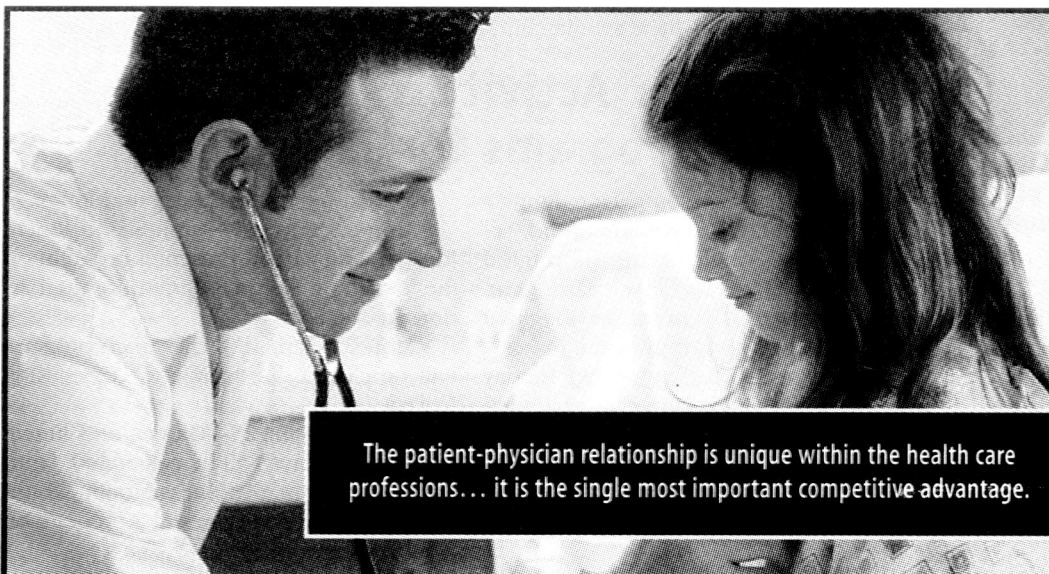
Don and Nancy Thompson



Cathy and Anthony Ciganek



Larry McCarthy, Marimarie Konicek (left) and Lynn Riordan



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Fritzl's offers the discriminating diner exquisite ethnic and continental cuisine, served in quaint chalet surroundings. Enjoy savory soups and steak-house-quality filet mignon and New York strip steak, mouth watering seafood and delightful Austrian, German and Swiss entrees such as wiener schnitzel, sauerbraten and rouladen of beef. On Sundays, enjoy their roast pork. Leave room for a luscious dessert such as apple strudel or one of their elegant Viennese pastries.

Didn't I tell you **Fritzl's** is unique, a little different and wonderfully European? Call **1-847-540-8844** for reservations.

For **Valentine's Day**, chef Alex Mann has delicious specials including appetizers such as escargots and smoked fish, asparagus soup with roasted shiitake mushrooms, cold water lobster tails, fresh catch of the day, lamb chops, and filet mignon, along

with their regular menu at regular prices.

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 will be open at 3 p.m., Sunday, Feb. 14, to help you celebrate VALENTINE'S DAY!

National Dental Health Month

Drs. Paul Herer and Melissa Patenio, and the **Children's Dentistry Group** staff participate in **National Children's Dental Health Month**. February is a chance to convey how important regular dental checkups and proper oral hygiene are, among other things. Children's Dental Health Month was recognized nationally in 1949 and every year since. Organizations like the American Dental Association (ADA) and the American Academy of Pediatric Dentistry (AAPD) have been raising awareness about oral health in children.

One of the most important ways to avoid oral health problems is to take your child to regular, preventive dental visits. According to the American Academy of Pediatric Dentistry, nearly 50 percent of children will be affected by tooth decay before age 5. Twenty-five percent of children spend their first dental visit in an emergency room. With the backing of Children's Dental Health Month, Drs. Herer and Patenio are trying to lower these numbers. Children should be seen by a pediatric dentist by their first birthday. Doing this will lead to the early detection of oral health issues and nursing bottle caries. This is when a child is put to bed with a bottle of milk or juice.

Another crucial aspect of maintaining good oral health is to limit the amount of snacking. "Junk" food is increasingly replacing well-balanced meals and nutritious food for children. A consistent amount of sugar in foods and drinks consumed by a child can destroy teeth greatly. This includes a steady flow of snacking throughout the day as well. The sugar that is con-

stantly consumed sits on the teeth and provides a food for the bacteria, which produces acid. This acid eats away at tooth enamel. According to the U.S. Department of Health and Human Services, students between the ages of 5 and 17 missed over 1.5 million days of school because of dental problems. Much of this can be related back to snacking and poor oral hygiene. A child's diet must be monitored and snacking limited. Any between-meal snacks should be nutritious and healthy.

Children's lives are jam-packed with sports and activities, making it easy to forget about mouth safety. Each year thousands of children get injured playing a sport or participating in other activities. A hit to the face can not only injure teeth, but the lips, cheek and tongue as well. A properly fitted mouth guard is a way to prevent these kinds of injuries. It is an important piece of athletic equipment that will protect your teeth. These should be used in both contact and non-contact sports.

Children have very busy schedules, as do parents. Keeping up with the basic, proper care for your child's teeth will prevent troubles in the future. Drs. Herer, Patenio, and the **Children's Dentistry Group** staff will work closely with children and their parents to ensure and maintain good oral health.

For any questions or to make an appointment for your child, please contact our office—**1-847-726-0300** or **info@childrensdentistrygroup.com**. We are located at 195 S. Rand Rd., Ste. 110, in Lake Zurich.

Article written by Lauren Vacval.

Change Your Attitude in 2010 with Women of the Word

Just in time for New Year's resolutions is "Lord, Change My Attitude," a new W.O.W.

(Women of the Word) Bible study, starting Thursday mornings in January at Barrington



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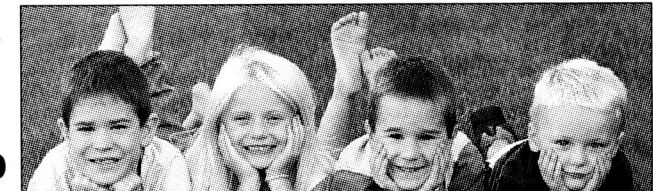
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Diplomate: American Board of Pediatric Dentistry

MELISSA J. PATENIO, D.D.S., M.S.

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(847) 726-0300

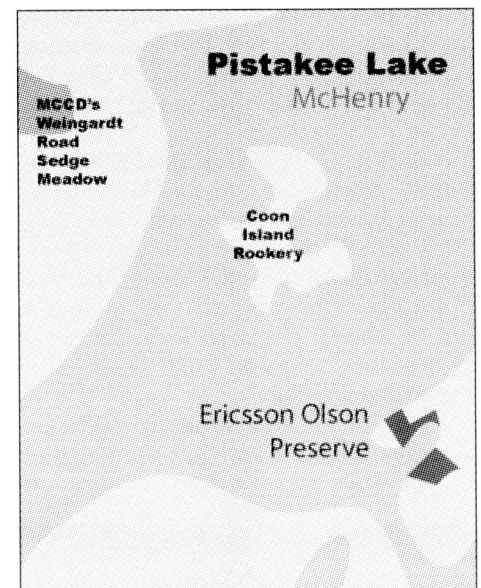


Three Sisters Preserve Grandparents' Lakefront Legacy

The Land Conservancy (TLC) is now the proud owner of lakefront property, thanks to a generous donation by sisters Elisabeth Geraghty, Judith Uehling and Lynn Gilchrist. The land has been in the family since their grandparents purchased it in the early 1900s. Their grandfather, Henry Ericsson, was a renowned builder in Chicago, and bought the lakefront property for a summer retreat. The three sisters, who eventually inherited part of their grandparents' property, don't live in the area and wanted to donate it to an organization that would make sure it was cared for and remained in its natural state.

The land is situated on an island in Pistakee Bay, accessible by foot or car over a bridge that leads one back to a place in time when well-to-do Chicagoans would come out to escape the stress of city life. The area was historically known as "Palm Beach," and looks out across the bay to Coon Island. Because the Ericssons were the first Pistakee residents to have a telephone, they would use a megaphone to inform Coon Island resident James Pugh that he had a telephone call.

Coon Island has recently been designated as a McHenry County Natural Inventory (MCNAI) site, "Coon Island Rookery," due to its heron nesting habitat. The donated land lies within a mile of four MCNAI sites and several other state des-



ignated natural areas, including Volo Bog and Pistakee Brandenburg Bog. Over the winter, TLC will begin clearing invasive species in order to restore it to forested floodplain, providing prime habitat for a diversity of birds, mammals and amphibians.

The donors of the 3-acre site have named it "Ericsson Olson Preserve," to honor the legacy of their parents and grandparents.

ton United Methodist Church, 98 Algonquin Road in Barrington. All are welcome.

For more information, call 1-847-836-5540 or visit www.BarringtonUMC.com.

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The Importance of Regularly Scheduled HYGIENE VISITS

Your gums are the very cornerstones for whole body health. It's true.

You know your gums hold your teeth in place, but did you know that gum disease affects your whole body? Periodontal disease and related infection can lead to all kinds of health problems including some cancers, heart disease, strokes, low birth weight babies, and can adversely affect people with diabetes.

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Smile Makeovers Aren't Extreme

They're comfortable procedures that can typically be completed in two to three easy visits!

Any Smile Can Be Enhanced

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- "Gummy" smiles can be recontoured.
- Stained, discolored teeth can be whitened.
- Chipped, broken, teeth can be repaired.
- Missing teeth can be replaced.

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

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

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

South Barrington Garden Club Meetings

Meetings for the South Barrington Garden Club (SBGC) are held or originate at the South Barrington Park District, 3 Tennis Club Lane, on the first Thursday morning of the month all year-round. Please join them at any of their upcoming programs.

• *Backyard Birds and Bird Feeding*—Jan. 7—Speaker David Brooks will provide a PowerPoint presentation on the "how to" of attracting a variety of birds to your yard with feeding stations and food plantings. The program will include a who's who of common local birds and some of the migrants to be observed in the spring and fall.

• *Tips for the Lazy Gardener*—Feb. 4—Speaker Cindy Tyley will demonstrate useful ways to save time, energy and

money while gardening. This presentation provides tips for both indoor and outdoor gardening throughout the year.

The South Barrington Garden Club is open to all residents and nonresidents. Programs consist of speakers, hands-on projects and bus trips to points of interest in the area followed by a lunch at a local restaurant. The club has sponsored scholarships, nursing homes, state projects, garden therapy, education and other projects to beautify the community, in addition to sending care packages to the soldiers in Iraq. The membership fee is \$25 for South Barrington residents and \$35 for nonresidents.

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

Joy Martin Receives Outstanding Woman Award

Friends of the Home of the Sparrow extends congratulations to Joy Martin who was recently announced to have received one of the 2009 Outstanding Woman Awards of the Illinois 8th Congressional District.

Martin, a founding member of Home of the Sparrow, has been active for 23 years in that organization, which provides shelter and services to women and children at risk of homelessness. She currently works full time educating community groups on

how they can support these individuals, and her positive energy is felt whenever she speaks inspiring others to become involved and make a difference.

Martin has been a major force in the expansion of Home of the Sparrow, which has grown from a small agency of seven individuals to a thriving organization with over 40 employees, 300 volunteers, two shelters, several apartment units and four thrift shops, serving over 2,400 women and children in Northern Illinois.

Garden Club of Inverness Events for January and February

On Thursday, Jan. 21, South African native Joyce Basel will help Garden Club members beat the winter blues by taking them on a virtual tour of Namibia, on the southeast coast of Africa. Basel will show strange and unique plant life found in the Namib Desert, known for the largest sand dunes in the world. Then on to Botswana, home to many of Africa's most magnificent wild animals and birds. Finally, the journey ends at Victoria Falls, the greatest waterfall in the world.

In February, Michael Nowak, host of his own gardening program on radio WCPT, will entertain club members with his insights into the gardening world. He has

interviewed dozens of horticultural experts and will share valuable lessons about gardening, environmental responsibility and life. He has a great sense of humor so come prepared to laugh. Nowak will be speaking to the club on Thursday, Feb. 18.

The Garden Club of Inverness meets from September through November and January through May on the third Thursday of the month, at 9:30 a.m., at All Saints Lutheran Church, 630 S. Quentin Road, Palatine. After a brief business meeting, there is always a program of interest to area gardeners. All gardeners are welcome.

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

Smart Farm 2010 Spring Workshops

• *Planning your Vegetable Garden*—Tuesday, Feb. 16, 7:30 to 9 p.m., Lake Barrington Village Hall—Interested in starting a vegetable garden but don't know where to start? Learn about site selection, soil testing, what to plant and how much to plant, whether to use seeds or plants and the tools you will need.

• *Starting Vegetable Plants from Seed*—Wednesday, March 11, 7:30 to 9 p.m., Lake Barrington Village Hall—Learn how to start your favorite vegetable varieties from seed. The workshop will cover seed selection, seed starting system, light requirements, hardening off and transplanting.

• *Spring Garden Preparation*—Wednesday, April 6, 7:30 to 9 p.m., Lake Barrington Village Hall—The snow has melted and spring is here—learn how to get your vegetable garden ready to go for the summer. Composting, soil preparation, watering methods, weed barriers, pest protection and plant support options will be discussed.

For more information or to register, please e-mail smartfarms2@gmail.com.

Workshops are offered at no charge. However, donations of fresh produce or Caputo's/Trader Joe's gift cards to benefit local food pantries are greatly appreciated.

MALE ANTI-AGING HORMONE REPLACEMENT

What are the Symptoms of Testosterone Deficiency?

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Make a New Year's Resolution to Secure Your Way of Life by Pete Panagakis, President Advanced Security Technologies, Inc. (AST)

The new year is a great time to think about what sort of home security system is best for your family. By choosing to have a home security system installed, a homeowner makes the decision to protect their family and valuables. Once the system is installed their way of life is protected.

Due to the advances in technology, home security systems have evolved a great deal. They also are easier than ever to own and operate.

Customers have a few things to consider when deciding to secure their lifestyles. For example, if pets are in the home, protect them when you are away with a smoke alarm and fire protection. If you

have an isolated house on a large piece of property away from neighbors, an **AST** sign placed at the front of your driveway is a deterrent to thieves. Also, GSM (wireless) communications operate without requiring a telephone landline. This eliminates worries about burglars cutting phone lines.

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.advancedsecuritytechnologies.com**.



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New Year, New You Without Glasses

The recent advancement of medical lasers now makes it possible to correct your vision for nearsightedness (myopia), farsightedness (hyperopia) and astigmatism. The entire surgical process takes place in about 20 minutes and can eliminate the need for corrective lenses. Think of it—you will be able to see clearly when you wake up in the morning, in the shower, when participating in sports activities, etc. Your peripheral vision will no longer be blurred. Simply, you can have more fun doing the things you wanted to do, but couldn't without glasses. Laser vision correction can truly change your life.

Laser vision correction was first approved in America by the Food and Drug Administration in November 1995 although the first laser procedure was per-

formed in Germany back in 1987. To date, there have been over 4 million laser vision procedures performed throughout the world.

Virtually all people treated experience an improvement in vision that would allow them to pass a driver's license exam without the aid of eyeglasses or contacts.

Here at **The Eye Works**, we work closely with an outstanding local ophthalmologist to ensure the best results possible. Call to schedule a free laser vision correction consultation. During your consultation, **Dr. Gebert** and **Dr. Prate** will thoroughly address any questions or concerns you might have. Enhance your vision. Enhance the life you lead. Call our office today, **1-847-381-0391** (Barrington) or **1-847-540-1144** (Lake Zurich).

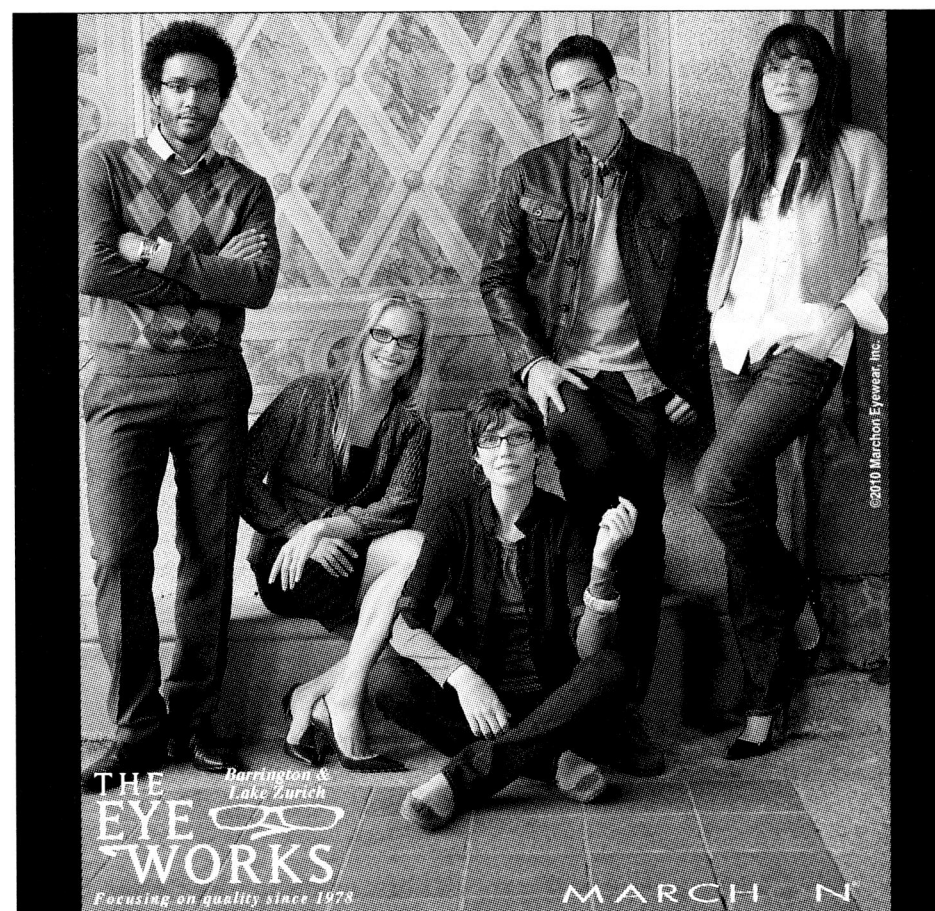
The Barrington Woman's Club

Join the Barrington Woman's Club for an engrossing presentation of the colorful lives of the Collyer brothers, Homer and Langley, the subjects of this recent novel by E.L. Doctorow.

The club will host the book review on Wednesday, Jan. 20 at the Northern Trust Bank at The Foundry of Barrington. Denise Philpot, graduate of DePaul University and noted reviewer, will be the presenter. Refreshments will be served at 12:30 p.m., with the program following at 1 p.m.

The Collyer brothers lived quasi-eccentric lives mainly within the confines of their New York 5th Avenue Mansion. Take a minitrip through 20th century history as you meet many characters passing through the revolving doors of the Collyer Mansion. Discover the "hoarding lifestyle" which surrounded the brothers and eventually led to their demise.

For reservations for this complimentary program, contact Mary Ellen Henahan, literature chairman, at rhenehan@sbcglobal.net or 1-847-381-7669.



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Citizens for Conservation 2009 Seed Harvest a Success

Citizens for Conservation (CFC) volunteers collected an amazing 266 pounds of seed of native plants this year. This is the weight after the seed had been cleaned, which also involved many hours of volunteer work. Quantities ranged from a high of over 48 pounds of the prolific Indian grass to trace amounts of bottle gentian. One hundred fifty different species were collected including four new species that had not been found in CFC preserves but locally in the wild. The seeds of these plants are either rare or very difficult to collect and will add diversity to CFC and other preserves as they take root and grow. The new species are swamp thistle, pale vetchling, smooth woolly panic grass, and climbing wild rose/Illinois rose.

Approximately 300 volunteers partici-



**CFC volunteers sow the seeds
of a successful 2009 native seed
harvest at Flint Creek Savanna.**

pated in CFC workdays this year. The seed collected on fall workdays is sown in CFC preserves and shared with other restoration projects in the greater Barrington area.

Fourth Annual Festival of Sacred Music

An inspiring celebration of sacred music by a variety of Barrington churches is coming to Barrington United Methodist Church, 98 Algonquin Road (at Route 59), Sunday, Jan. 31 at 7 p.m. (doors open at 6:30 p.m.).

This year's show features original compositions written by two local church choir directors: Rory Cooney and Tim Brubacker. There will also be a variety of sacred music styles from the individual churches as well as massed choir pieces directed by festival founder Dr. James Skomer of Salem United Methodist Church. Participating churches and directors include:

Barrington United Methodist Church, Karen Maxwell; Lutheran Church of the Atonement, Helen Ailabouni; Presbyterian Church of Barrington, Kirsten Hedegaard; St. Anne Catholic Community, Rory Cooney; St. Mark Episcopal, Bruce Hall; St. Matthew Lutheran, Cathy Gathman; St. Michael Episcopal, Nancie Tobison; Salem UMC, David Hartley; and Village Church of Barrington, Pastor Tim Brubacher.

All are welcome. There will be a free-will offering. For more information, please call 1-847-359-6663.

March Deadlines!

NEWS SUBMISSION Deadline: FRIDAY, FEB. 5

Contact the editor: **Glenne McMonigal**
P.O. Box 293, Crystal Lake, IL 60039-0293
(815) 459-4820 • editor@lifestylesmagazines.com

ADVERTISING Deadline: THURSDAY, FEB. 11

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Please include your business name and phone number on all communications.

From a Woman's Point of View

by Amy Wickstrom, Wickstrom Auto Group



Over the last couple years Richard and I have surprised the kids at Christmas with a "family" gift—one that can be shared and enjoyed by everyone. First it was Lionel, the cat we brought home from my parent's farm, and as much as we all love him, I'm pretty sure I'm the only one, besides Lionel himself, who even knows where his litter box is located... This year, we (Richard) decided that our family really needed a dog, so **Louie Timothy Wickstrom**, a 7-pound cavalier puppy, became the newest addition to our menagerie. He is completely adorable, and the kids do love to play with him, though they all start yelling and pointing fingers at each other when he has an accident. I think they may need more training than he does at this point. Needless to say, it was a joyous, busy, and at times, messy, Christmas at the Wickstrom home. I don't know if any of you added a puppy to your family at Christmas, but I'm sure that Louie has something in common with at least one or two things that were under your tree as well as ours; along with the steak knives for Gail and the skateboard for Grace, Louie was an online purchase.

The Internet has become such an integral part of life for so many of us; it's how we stay connected to friends and family, get our news, do research, shop, work from home... the list goes on and on. Before we made the decision to get Louie, Richard did tons of online research about

different breeds and breeders before we found the right dog for our family; two weeks later he was at O'Hare waiting for us. At **Wickstrom Auto Group's** Web site, www.wickstromautogroup.com, our customers can research the full product line, browse our entire inventory of new and pre-owned vehicles, schedule service and maintenance work, and even apply for financing. Buying a car online has never been easier!

Now that the Christmas decorations have been put away and the kids are back in school, it's just Louie and me all day, or at least until Josh gets home from kindergarten. As much as our entire family loves him, I have a feeling that I'm going to end up being Louie's chief pooper-scooper. Several of my friends did warn me that having a puppy in the house was like taking care of a baby again, so, it looks like a mother's work is never done...

Until next month,

—Amy

Green Thumbs of Barrington Garden Club

Members of the Green Thumbs Club will begin the winter season with a meeting at the Barrington Area Library on Monday, Jan. 18. The gathering will open with refreshments and conversation at 12:30 p.m., followed by the program intriguingly entitled "Beauty and the Beasts." Joyce Basel

will lead an armchair safari through South America's premier gardens and a visit to an outstanding game reserve. The excursion will end with the necessary business meeting.

If this adventure appeals to you, please call Vicki at 1-847-526-5998.

Fox Chapter of the American Needlepoint Guild

The Fox Chapter of the American Needlepoint Guild will meet on Tuesday, Jan. 12 from 6:30 to 8:45 p.m. at the Eastgate Branch of the Algonquin Library, 115 Eastgate St., Algonquin. The meeting begins with a short business meeting, show-and-tell, and is followed this month by

Mary McGuire teaching a piece called "Seasons Part 1." Membership is open to all levels of stitchers. Guests are welcome at no charge.

For further information, please contact Jan at 1-847-639-2592 or Karla at 1-847-488-9336.

CFC Restoration Volunteers Announce Winter Workday Schedule

Citizens for Conservation (CFC) restoration volunteers hold brush cutting workdays every Saturday from 9 to 11 a.m. through the winter. For all workdays, meet at CFC headquarters, 459 W. Highway 22, in Lake

Barrington (the white farmhouse with a silo across from Good Shepherd Hospital). Dress for the weather. Wear sturdy shoes or boots and bring work gloves. For more information, call CFC at 1-847-382-7283.

League of Women Voters Candidate Forum

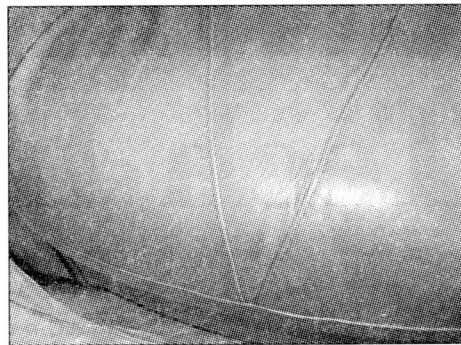
Plan to attend a forum for candidates in the 8th Congressional District. The Feb. 2 primary is a contested election for the six candidates who filed from the Republican Party. These candidates will make opening and closing statements and respond to questions submitted in writing by those in

attendance. The candidate forum, sponsored by the League of Women Voters of the Barrington Area, will be held on Wednesday, Jan. 27 at the Barrington Area Library, 505 N. Northwest Highway, at 7 p.m. Attend so you can cast an informed vote in the general primary election.

A Long, Dry Winter Dries Out Leather Furniture



Before



After

Our long, dry winter and blasting furnaces not only cause itchy dry skin for us, but it also dries out your leather furniture. **Color-Glo Quality Leather Restoration** can provide cleaning and conditioning that will help prolong the life of your leather furniture investment. **Quality Leather** repairs and restores leather, from fixing tears, scuffs, burns, and pet damage, to cleaning, conditioning and restoring color to sun-faded leather. They can also repair some vinyl. Featured in the October/November 2009 issue of *Chicago Home & Garden Magazine's* "Expert Advice," **Color-Glo Quality Leather Restoration** works right in clients' homes, ser-

vicing customers all over Chicagoland.

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

Quote!

"An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves." —Bill Vaughan (1915-1977)

Leather Furniture Dirty or Stained?

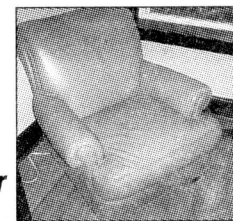
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AAUW Slates Networking Luncheon

The American Association of University Women (AAUW) is holding its 27th Annual Networking Luncheon on Saturday, Jan. 23, 11:30 a.m., at the Hyatt Deerfield, 1750 Lake Cook Road, Deerfield. The speaker will be state Rep. Barbara Flynn Currie of the 25th District.

In 1997, Currie became the first woman majority leader in the history of the Illinois General Assembly. As the second-ranking House official, her accomplishments include sponsorship of the Illinois Earned Income Tax Credit Act and the Illinois Freedom of Information Act, while using a bipartisan approach to problem solving in Illinois. She is a strong advocate for working families, disadvantaged

children, the elderly and the environment. She has worked successfully to prohibit workplace sexual harassment and to improve access to state contracts for women and minority owned businesses. Currie has won numerous honors from organizations such as the Illinois Hospitals Association and the AFL-CIO. She is a graduate of the University of Chicago and she and her late husband David Currie have two children and four grandchildren.

The cost is \$35 and includes a choice of salmon, chicken or vegetarian. Mail your check by Jan. 8 to: Donna Zimmerman, 1540 Rutland Ct., Schaumburg, IL 60173. Donna can also be contacted at donnamz@sbcglobal.net with any questions.



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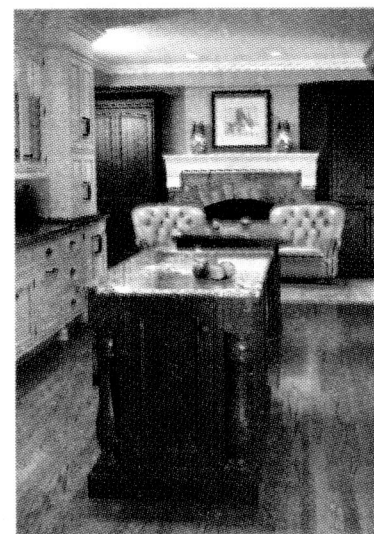
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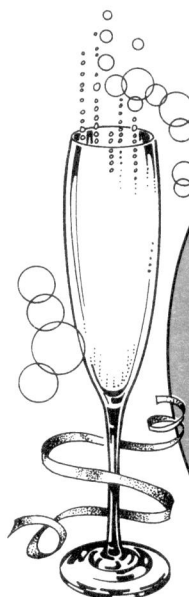
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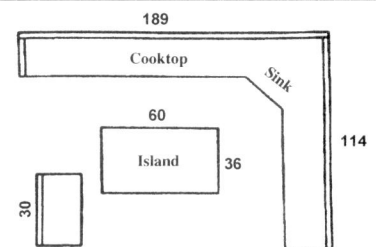


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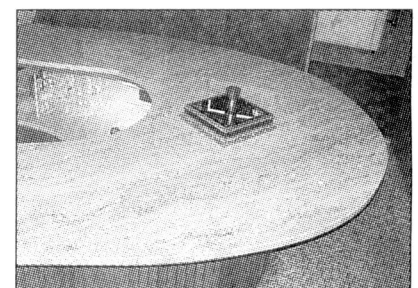
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