

January 2003

A NEW ME FOR
2003

*a focus on beauty,
health & fitness*

**"An Evening Tapestry"
Benefits Home of the Sparrow**

***Souls: Beneath and
Beyond Autism***

**The Beatles Live Again
in American English**

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G.M. McMonigal
ENTERPRISES

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Electrolysis is the Answer

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barrington LIFESTYLESTM NEWS MAGAZINE

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Editor's Ink

January, 2003

Dear Reader,

"An Evening of Tapestry," sponsored by Barrington Friends of Home of the Sparrow, raised in excess of \$100,000 for their cause. Over 230 people attended the gala held at Sears, Roebuck and Co. corporate offices in Hoffman Estates. Home of the Sparrow is a nonprofit transitional shelter program for homeless women and children with headquarters in McHenry. Over 2,000 individuals have benefited by this program thus far.

There will be a very special gallery showing sponsored by the Barrington Area Arts Council on Friday, Jan. 17, from 7 to 9 p.m. *Souls: Beneath and Beyond Autism* is Thomas Balsamo's latest inspirational body of work—a book in collaboration with Sharon Rosenbloom (a writer, speech pathologist and mother of a 15-year-old son with autism). Through Tom's media and Sharon's writing, the goal of this book is to educate and inspire by breaking apart stereotypes associated with autism. Two lectures will also be conducted at different times on this subject.

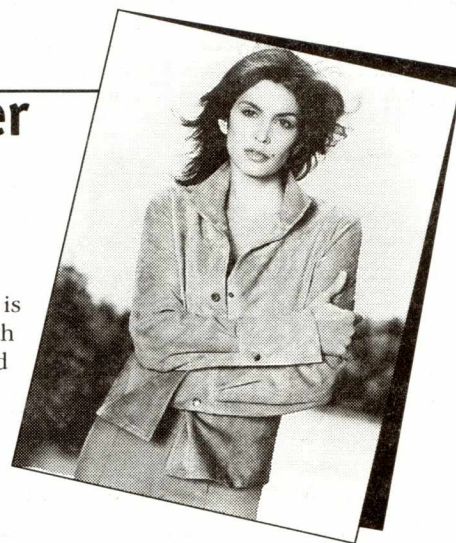
The Beatles Live Again! American English, called by many as "the best Beatles band on the planet," will be performing at Raue Center For The Arts in Crystal Lake on Jan. 24 and 25. Young and young-at-heart love the music of the Beatles. So if you want to go back in time and experience the fun all over again, make your reservation now.

Happy New Year everyone. May the year hold for each of us peace and love.

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

About Our Cover

Suede light enough to be a shirt is shaped to skim the body. Paired with stretch flannel pants. Linda Allard Ellen Tracy.



Thanks for "An Evening Tapestry"



At "An Evening Tapestry" on Saturday, Nov. 2, were Jack Lageschulte and Cici Freeburg.



Also attending were (from left) JoAnn Robbins and Elizabeth Cavanaugh, both of the Barrington area.

Over 230 persons attended "An Evening Tapestry" dinner dance on Saturday, Nov. 2, raising in excess of \$100,000 to benefit Home of the Sparrow!

Cheri Pagonis, president of Barrington Friends of Home of the Sparrow, organizers of the gala evening, commented, "In addition to Barrington, party attendees were from all over the Northwest Suburbs and Chicagoland. We are so grateful for community support of our gala evening and excited to see the accomplishments of the Sparrow program, now in its 16th year, being so widely recognized."

Kudos to Trish Hilborn and her decorating committee for so artistically depicting a travelogue of locations from the polar icecap to sunnier climes—the varied tapestry of our world and its diverse riches

well represented in the silent and live auctions gathered by Sue Guernsey and auction committee members.

"We had a great time dancing and dining while supporting a great cause," said Sparrow member Nancy Bohern.

Many special thanks to Sears, Roebuck and Co. for providing a wonderful event site at their corporate offices in Hoffman Estates. Thanks also to gala event underwriters: GENCO; Merrill Lynch; Tom and Marilyn Patrick; James and Patricia Lancaster, the Lancaster Foundation; Tom and Jan Coley; Duchossois Family Foundation; Mr. and Mrs. Paul F. Hills; Littelfuse, Inc.; Gail Seidel-O'Gorman; Skadden, Arps, Slate, Meagher & Flom (Illinois); Gus and Cheri Pagonis; John Gillett, Barrington Mortgage Corporation; Dr. Richard A.

Hogan; Jim and Rebecca Ireland; Wickstrom Ford; Mayer, Brown, Rowe & Maw; and Jerry and Marilyn Hayden. In addition, appreciation is extended to the many merchants and individuals who contributed so generously to the live and silent auction portions of the evening.

Home of the Sparrow is a nonprofit transitional shelter program for homeless women and their children. With its headquarters in McHenry, it has additional locations in Crystal Lake and Palatine. Through a structured, compassionate pro-

gram of counseling and job skills training, it seeks to aid individuals in successful transition from homelessness to productive self-sufficiency. Over 2,000 individuals have been aided in reaching this goal since Sparrow was established in 1986.

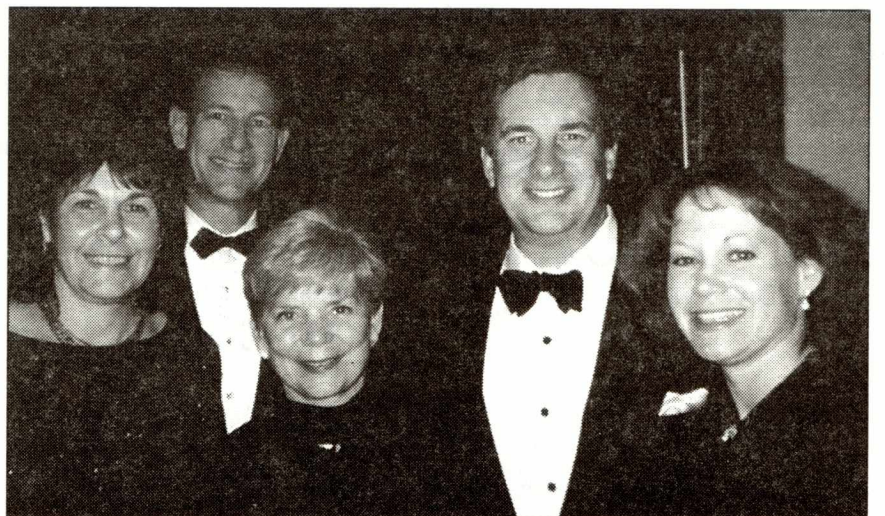
Barrington Friends of the Sparrow provides financial, volunteer and advocacy support to Home of the Sparrow. A variety of participation opportunities are available, and new members are always welcome. Please contact Cheri at 1-847-487-0931 for more information.



(From left) John Jones, Patti Lancaster and Janet Jones, all of Barrington Hills, enjoyed "An Evening Tapestry."



Hanging around "Buckingham Palace gate" were (from left) George and Sallie Gill, Gail Seidel-O'Gorman, and Jack and Marilyn Lageschulte, all of the Barrington area.



At the benefit were (from left) Lillian and Bob Shaw of Crystal Lake, Nancy Bohern and Andy and Jackie Harden, all three of Barrington. Mr. Shaw is president of the Home of the Sparrow board.

Home of the Sparrow Seeks Book Buddy Volunteers

Home of the Sparrow, a transitional shelter for homeless women and children, seeks adult volunteers for the Book Buddy program.

Volunteers come weekly to read with child residents. They are given basic reading strategies to implement during the sessions. The Book Buddy program promotes good reading skills and provides positive mentoring relationships for the child residents. The program increases reading comprehension, sight words and reading vocabulary.

If you are interested in becoming a "buddy" for a child resident at Home of the Sparrow, contact volunteer coordinator Chris Barnes at 815-344-5171, ext. 26.

Home of the Sparrow's complete transitional living program provides housing and support services for homeless women and children. Services are provided through three transitional shelter homes located in Crystal Lake, McHenry and Palatine and several transitional apartments located in McHenry and Cook counties. Since the agency was founded in 1986, nearly 2,000 individuals have achieved self-sufficiency.

For more information about Home of the Sparrow, call 815-344-5171. To donate online to the homeless shelter program, visit www.homeofthesparrow.com where 100 percent of your donation will go to Home of the Sparrow.



Camera Club to Feature Archival Preservation of Photographic Prints

The Fox Valley Camera Club will present a program on Tuesday, Jan. 7, at 7:30 p.m. featuring the preparation for archival preservation of photographic prints.

The program will be presented by Ann Nevills of CLIX photographs & savables, inc., and Chris Doherty of ...A Thousand Words, both professionals in the area of archival preservation of photographic prints so that they may be passed on to future generations.

The club meets at the Home State Bank Operations Center at Woodstock and Minnie streets in Crystal Lake. Anyone with an



Ann Nevills

interest in photography may attend these meetings.

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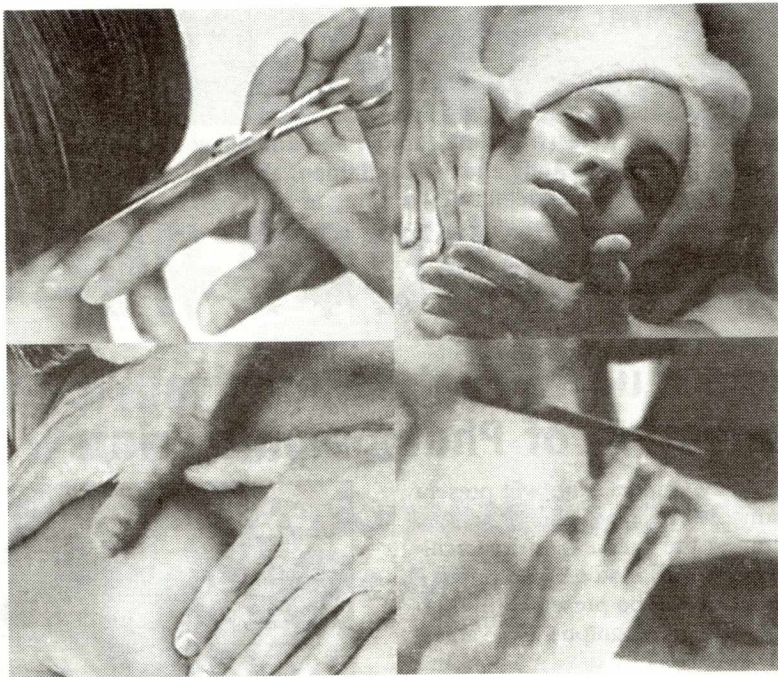
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Great News!

The road construction on Northwest Highway is nearly complete. Thanks to all of our loyal customers for shopping during the past year of construction delays!

Little Munchkins is celebrating the new year with a **huge clearance sale** on **Jan. 2, 3 and 4**. You'll find savings of up to 70% on fall and winter clothing for babies and big kids up to size 6x/7.

Visit our beautiful showroom featuring finely-crafted Ragazzi furniture for children. All in-store floor models are reduced to make room for new inventory. This is the perfect time to buy accessory pieces for your child's room.

Happy New Year from all of us at **Little Munchkins!**



Protecting Your Legal Rights— Retaliatory Discharge

by Joette S. Doran, J.D.

Terminating an employee because of a complaint of discrimination or an employer's violation of certain state or federal laws is known as "retaliatory discharge." For instance, if an employee is terminated for making a complaint for a hostile work environment under Title VII (race, gender, religion or national origin), the Age Discrimination in Employment Act (an employee over age 40) or the Americans with Disabilities Act, the company may be subject to liability. Also, if an employee complains of discriminatory conduct and then is demoted, terminated or otherwise adversely treated by the employer because of that complaint, then the employee would have a valid claim of retaliation. Damages for retaliation can subject an employer to a federal or state court action for damages including the employee's lost wages, benefits, attorneys' fees, costs, compensatory and punitive damages.

If you believe that you were terminated or adversely treated for making a complaint, you are well advised to promptly seek legal advice. In order to pursue a case for retaliatory discharge or retaliation, most often a Charge of Discrimination must be filed with a state or federal administrative agency. Because quick action is required as the time limitations are strict, I encourage you not to delay in receiving



information regarding your legal rights. Evaluating your legal rights is especially important if an employer asks that you sign a release in exchange for monetary compensation. If properly drafted and presented, a release agreement is effective to prevent the assertion of your legal rights. For further information, please visit my 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 and all Illinois federal courts and is a member of the Federal Trial Bar. She is the past chairperson of the Employment Law Committee for the Northwest Suburban Bar Association and is the past-president of Barrington Area Professional Women.

New Board Members Announced for Cary-Grove Historical Society

The new board members of the Cary-Grove Historical Society were announced at their annual holiday banquet at the Cary Country Club, Dec. 2.

The banquet extends an opportunity for all members to learn about the society's agenda for the next year and to meet new members.

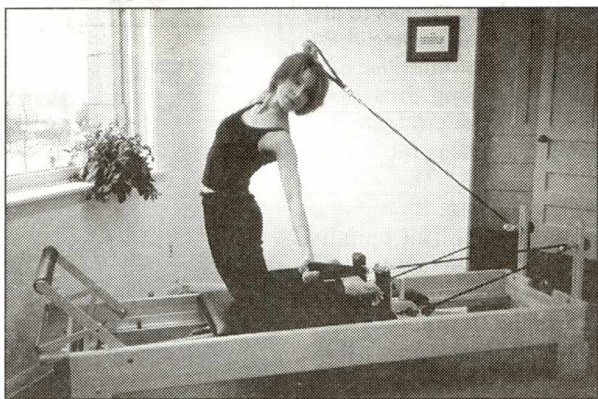
The society holds monthly meetings with speakers discussing the history of the surrounding Cary and Fox River Grove area. Meetings are generally held at the Windridge Funeral Home in Cary. In addition to monthly meetings, activities such as historic tours, housewalks and ice cream socials have been organized in the past.

The society welcomes anyone with an interest in history to join them. For additional information, please call 1-847-639-9788 or 1-847-516-1875.



At Cary-Grove Historical Society's annual holiday banquet at Cary Country Club on Dec. 2, President Pam Losey (left) of Cary presents the Volunteer of the Year Award to Bonnie Duresa of Barrington Hills.

Pilates Method is Powerful Fitness Formula



For years, it was the best kept secret of professional dancers. Today, celebrities and top models use it to maintain beautiful form, and even professional athletes use it to develop coordination and prevent injury. After decades of only being available in New York or on the West Coast, the exclusive Pilates Method is available to you through **S.T. Body Balancing**.

Focusing on improving flexibility and strength for the total body, the Pilates Method, developed in the 1930s by legendary physical trainer Joseph H. Pilates, encourages more defined, longer, leaner muscles without adding bulk. **S.T. Body Balancing** owner/instructor Sondra Teasdale is the studio's living, breathing testament to the Pilates Method. A former principle dancer with the Nevada Ballet Theatre, Teasdale is certified in the Pilates Method and holds a degree in dance

medicine therapy. She provides individualized instruction, tailoring each session to specific needs based on a series of approximately 500 exercises using specially-designed spring-resistance equipment including the Reformer, TrapezeTable (Cadillac), Wunda Chair, and the Barrel.

"It's a surprisingly relaxing and revitalizing yet challenging workout," says Teasdale. "In just 10 sessions, you'll feel the difference. In 20 sessions, you'll see the difference. And in 30 sessions, you'll have a new body."

Teasdale invites you to empower your body and your mind with the Pilates Method. **S.T. Body Balancing** has a limited number of daytime sessions available in 2003. For information, phone **815-477-0140**. **S.T. Body Balancing** is located at 95 Grant Street in downtown Crystal Lake. The studio is open six days a week.

S.T. BODY BALANCING

- Creates a Long, Lean Body
- Develops Strength, Flexibility, Coordination and Posture
- Restores Physical Vitality, Invigorates the Mind, and Elevates the Spirit



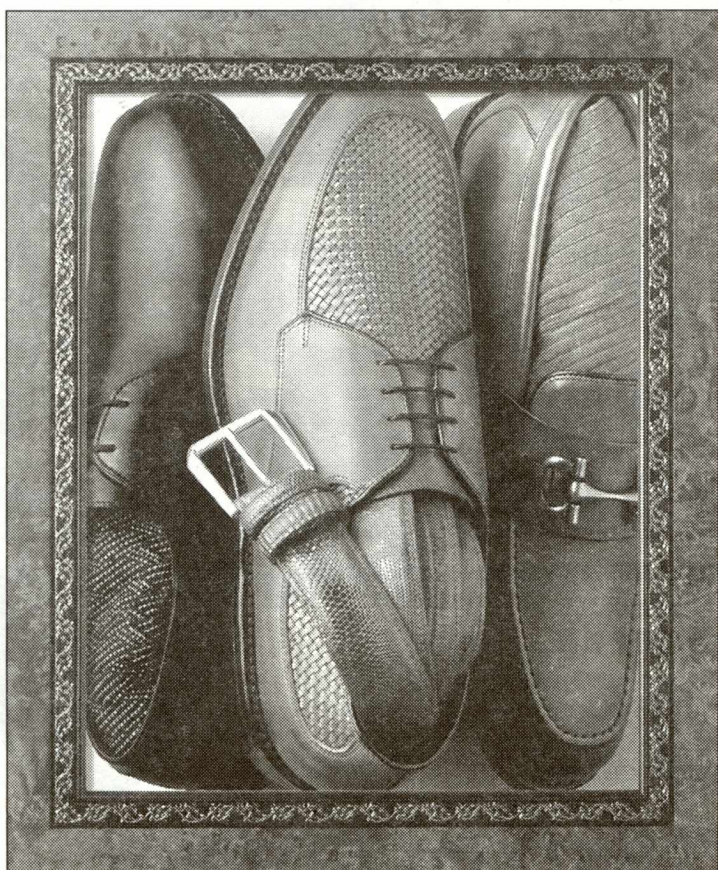
Empower your body. Empower your mind.

The Power of Pilates.

Individualized Instruction by **Sondra Teasdale**
 Certified in the Pilates Method
 Degree in Dance Medicine Therapy, UNLV
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Allen Edmonds men's shoes are available at **Chuck Hines** on Main Street in downtown Barrington.

Save **20%-50%** off
 all fall/winter men's, women's
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at
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Cold Weather? ...at Shari's Furs, Leathers & Shearlings We've Got You Covered!

Shari would like to take this opportunity to thank our wonderful customers for their loyal support and for telling their family and friends of our wonderful, unique store, making it such a successful season. Thank you all!

Shari's Furs, Leathers & Shearlings offers a full range of furs, full lengths, strollers, jackets (either zip or button) available in mink, sheared mink, sheared beaver and lightweight shearling. A variety of colors dazzles the eye. And we have a size just for you.

Shari's expanded accessories include leather, chenille and shearling gloves. See the fabulous array of highly-styled, warm fur hats that have been added to our very popular headbands and earmuffs.

Gentlemen, you have not been overlooked. This year at Shari's, there is a tremendous selection of leather and shearling jackets for you to choose from, small to XXXL.

We are thrilled that our expanded resale racks have caused so much excitement and great response. There are over 300 garments available for your consideration. There is now an affordable fur for everyone.

Enjoy large discounts on our entire inventory during our **Winter Clearance**



Sale.

Traditional or very high-fashioned, at Shari's, there is definitely something for you.

Shari's Furs, Leathers & Shearlings is located at 22 South Evergreen in downtown Arlington Heights. **1-847-255-1300.** Have a happy and healthy 2003!



Live Auction

Friday, January 17th, 6 to 9 p.m.

at **The Studio of Long Grove**

Saturday, January 18th, 5 to 8 p.m.

at **Hilligoss Galleries**

Steven Cohen, Auctioneer

*Works by these famous artists
will also be presented:*

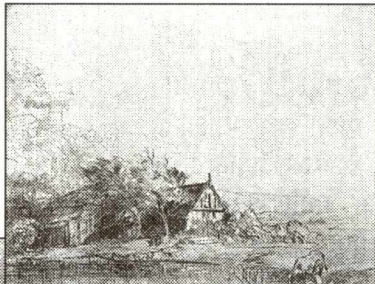
Joan Miro • Pablo Picasso

Auguste Renoir

Patricia Nix • Rip-Squeak

Amada Dunbar • Royo

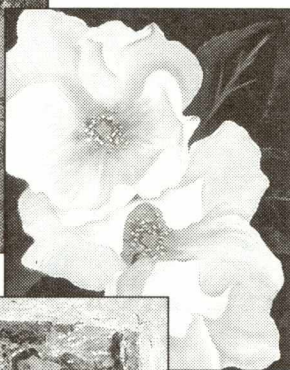
Cha Il Yong ...and many others!



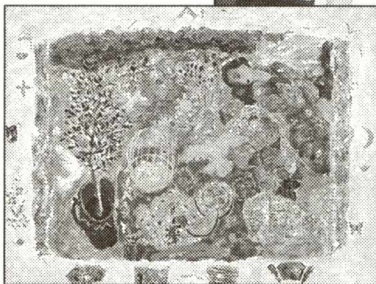
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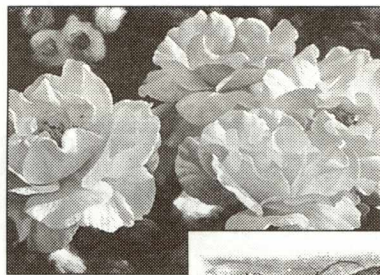
Markus



Bennett



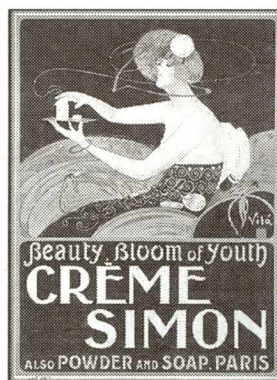
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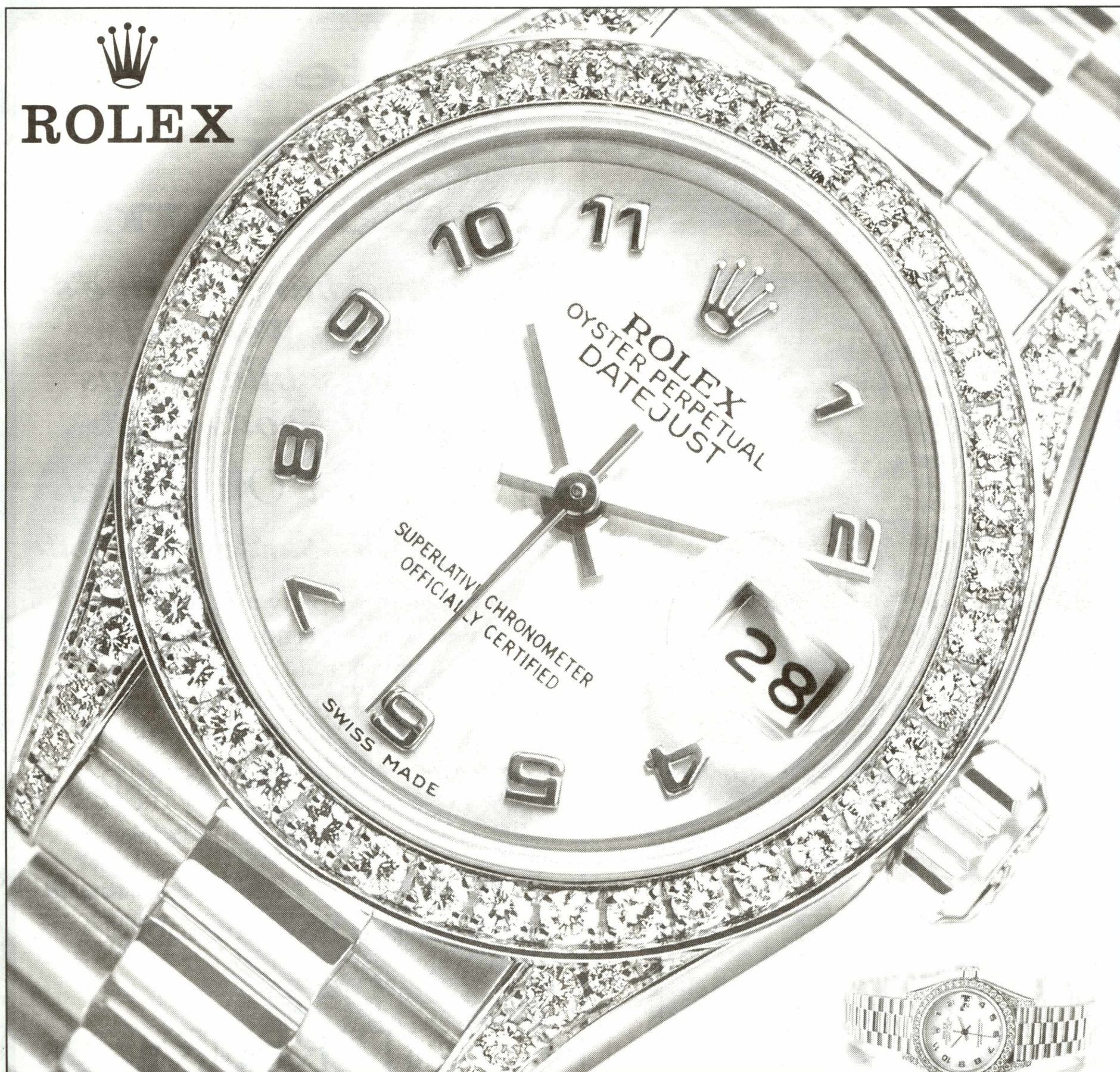
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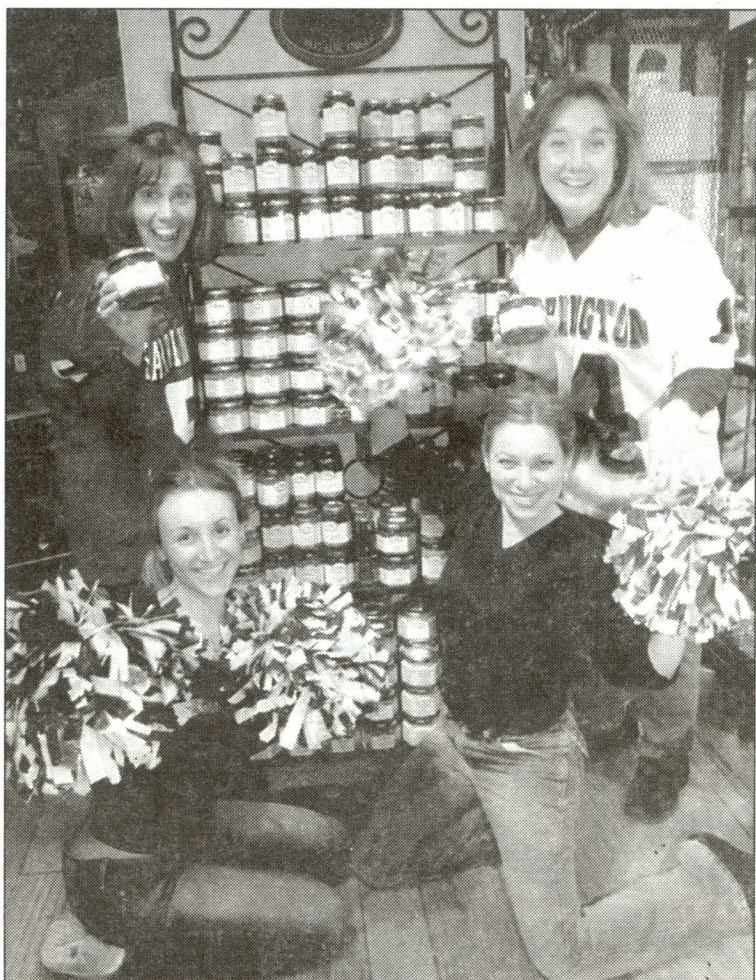
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*At The Canterbury Shoppe's
Super Bowl Weekend
Robert Rothschild Farms
& Gourmet Foods Sale!*

Buy Two Get One Free!

Friday, Jan. 24th – Sunday, Jan. 26th

Having a Super Bowl party and need quick and easy ideas for delicious appetizers? Stop by The Canterbury Shoppe Super Bowl Weekend and we'll be sampling delicious dips, salsas, meatballs, baked brie and the newest recipes from Rothschild Farms and our own Canterbury Kitchen! (Recipe cards are provided with each purchase.)

**One taste and your family & friends
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Roasted Pineapple & Habanero Cheese Spread

Ingredients

- 2 (8 oz.) packages of softened cream cheese
(we use whipped cream cheese)
- 1/3 cup Robert Rothschild Roasted
Pineapple & Habanero Dip
- 1 heaping tablespoon of chopped red onion
- 1 level tablespoon of chopped jalapeno pepper
- 4 cups shredded Mexican 4-cheese blend

Mix together well and chill for about 1 hour.
Keep chilled until ready to use. Can be made up
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bread, tortilla chips or multi-grained baguette.

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So what's the latest rage? Patterned Capri pants in bold florals or whimsical fabric patterns like strawberries. Imagine yourself relaxing under warm tropical skies, dressed in vibrant coral, brilliant lime or vivid pink.

Perhaps the mountains sound more like a winter getaway for you. Nothing keeps you warmer than winter wear from **The North Face**. Incredible down jackets keep you and your family toasty warm on the slopes.

Peter Daniel is having our **Annual**

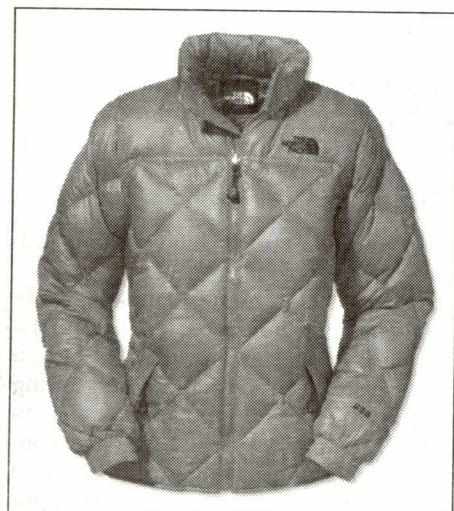


Bianca

Winter Clearance Sale with savings of up to **50 percent** now in progress. Stop in and buy all the great fashions that Santa neglected to leave under your tree this year.

Don't miss our **Super Bowl Sale** running **Jan. 24, 25 and 26**. It's your last chance of the season for spectacular savings.

Happy New Year from all of us at **Peter Daniel!**



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Women's and Children's Shoes and Accessories

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Mon.-Sat. 9:30am-5:30pm • Thurs. till 8:00pm

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Barrington LIFESTYLES January 2003 9

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**START OUT THE
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Walk-Ins Welcome • Gift Certificates Available

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**Barrington
ICE HOUSE MALL**



Start Out the New Year with a Change!

Let **She & I Hair and Nail Salon** take you there! So what's "in" this season? Soft styles with subtle, natural-looking highlights that enhance your hair color and complement your eyes and skin tone. If your hair color isn't complementary, stop in or make an appointment with one of our highly-trained stylists. They'll help you decide what would look great on

you.

She & "I" Hair and Nail Salon offers perms, color, facial waxing, manicures and pedicures. Walk-ins are always welcome. We are here Monday through Saturday with evening hours on Wednesday and Thursday. Call **1-847-381-5043** for your next appointment.

Free Developmental Screenings

Professionals at the Adult & Child Rehab Center will perform a free developmental assessment of your child, infancy through 35 months, on the second Tuesday of each

month.

The next screening will be Tuesday, Jan. 14, 2003. Call 815-338-1707 to schedule your appointment.

**A.G. Edwards—The 12-Month
Financial Ideas Checklist**

Since we keep calendars of our personal and business commitments, it can also be helpful to keep a calendar of financial commitments we can implement throughout the year. So, along with the kids' artwork, here's a monthly checklist of financial ideas to tape to the refrigerator:

January—Complete a net worth statement, which can help you evaluate your total financial picture and see if/how you need to make financial adjustments for the new year.

February—Organize your tax and investment records for your 2002 tax returns. Important documents include your W-2s, 1099s and investment account statements.

March—Invest more in your company's 401(k), 403(b) or 457 retirement plan, since you can now contribute up to \$12,000 for 2003, an overall increase of these plans' previous limits. If you're over age 50, you can make an additional \$2,000 "catchup" contribution to any of these plans.

April—April 15 is your last chance to make any contributions to either your traditional or Roth IRA for 2002. And instead of waiting until the last minute, contribute now toward your IRA for 2003, especially since the limit has been raised from \$2,000 to \$3,000. Investors over age 50 can make an additional \$500 "catchup" contribution to either a Roth or traditional IRA for 2003.

May—Many municipal bond issues typically mature in June and July, so see if you have any municipal bonds that are set to mature and determine how you can reinvest those assets.

June—Are you getting a tax refund? You may want to consider directing the money toward funding your retirement. The compounding effect on even \$500 over the course of several years can potentially create a significant addition to your retirement nest egg.

July—Review your portfolio and make sure its contents still match your investment objectives. If an investment has greatly underperformed your expectations and no longer has compelling fundamentals, you may need to reinvest those

assets to stay on track with your longterm goals.

August—Think estate planning. While the estate tax will be repealed in 2010, the current laws will expire in 2011, and an estate plan is still critical for transferring your assets efficiently and appropriately to the heirs you've designated. You may consider establishing a living trust, which also helps to make the transfer of assets as privately as possible for your loved ones.

September—With school starting, think about saving for your children's college education. The new tax laws have further enhanced 529 savings plans and Coverdell Education Savings Accounts (formerly known as Education IRAs). The contribution limits on Coverdell Accounts have quadrupled from \$500 to \$2,000 and the 529 plans allow you to save even larger sums of money—usually \$100,000 or more—which is beneficial for both college savings and your taxable estate. Plus, qualified withdrawals from both of these investment vehicles are now free from federal income taxes.

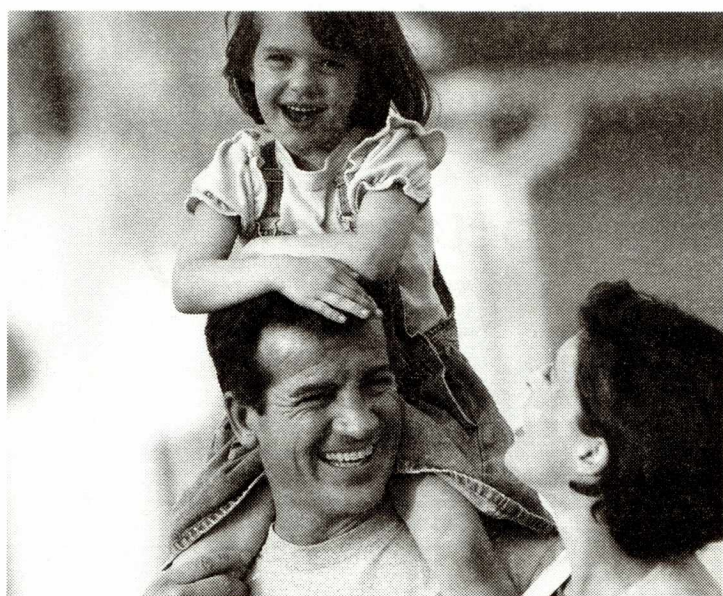
October—Review your life insurance policy to make sure your death benefits provide at least 75% of your total income to support your family's ongoing needs, should you or your spouse pass away.

November—Make sure you know the "wash sale" rule, which states you cannot take a tax loss in a security if you have acquired or plan to acquire the same or a substantially identical security within 30 calendar days before or after you sell a security. The last day you can "double up" on a security without violating the wash sale rule is Nov. 29.

December—Dec. 31 is your last chance to make a charitable contribution or sell securities for the purpose of claiming a tax loss.

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Nationally-Renowned Portraiture Artist Showcases *Souls: Beneath and Beyond Autism*

Thomas Balsamo, nationally-renowned black-and-white portraiture artist and Barrington area native, will be premiering his latest and most inspirational body of work at an upcoming gallery showing, sponsored by the Barrington Area Arts Council, on Friday, Jan. 17, from 7:00 to 9:00 p.m. The work will be on display through Feb. 28 at the council, located at 207 Park Avenue in Barrington.

His latest work is reflected through *Souls: Beneath and Beyond Autism*, a recently released book that is a collaborative effort between Balsamo and Sharon Rosenbloom, a prolific writer and speech pathologist as well as the mother of an autistic child. Distributed by McGraw-Hill, the book is committed to portraying autism, and more profoundly, individuals with autism from the inside out. Through the media of black-and-white photography and writing, the goal of this book is to educate and inspire by breaking apart stereotypes associated with autism, while showing vividly that love is ever omnipotent over trials and triumphs.

"It explores autism from a unique vantage, looking beneath the surface while presenting startlingly beautiful images of children and families living and loving in the world of autism. The greater message illustrates how, from the depths of despair, we often experience our greatest triumphs," says Rosenbloom.

Two seminars will be included during the exhibit. The first seminar will take place on Jan. 29 at 6:30 p.m. for BAAC's Writers Workshop. Balsamo and Rosenbloom will discuss the creative process of producing an original nonfiction book from conception to publication.

The second lecture presented by Rosenbloom, entitled "Beneath and Beyond Autism," will take place on Saturday, Feb. 22, at 11:00 a.m. Rosenbloom is a speech and language pathologist and a parent of a 15-year-old son with autism. For over 12 years, she has presented at conferences for both professionals and parents. Her knowledge and hands-on experience has resulted in a practical approach to dealing with autism. The seminars are free and open to the public. Reservations are encouraged.

According to Balsamo, *Souls: Beneath and Beyond Autism* is the first of many



Souls. Photo by Thomas Balsamo

books to be created by Books that Touch, Inc., a publishing company whose sole purpose is to create books that affect people in a positive way. Projects are designed to educate, enlighten and leave a lasting impression on the reader.

"BAAC is honored to present these remarkable artists. Their sensitivity and insight into the world of autism creates profound and magnificent images which resonate into a crescendo of beauty," says Corinne M. Pierog, executive director, BAAC.

A portion of the proceeds from this book and subsequent others will benefit Ray of Hope, a startup, not-for-profit organization created by Balsamo and Rosenbloom dedicated to enhancing the lives of individuals through education, family support and training.

Balsamo is the owner of Portraits by Thomas, a studio specializing in black-and-white portraiture. His work has appeared in national publications such as *Time Magazine*, *Professional Photographers of America* and *Range Finder*, and has been displayed at the Smithsonian Museum in Washington, D.C.

Celebrating 25 years, the BAAC Gallery is part of the Barrington Area Arts Council, a not-for-profit organization which supports, promotes and sustains programs in the visual, literary and performing arts. BAAC is partially funded through individual and corporate contributions and the Illinois Arts Council, a state agency. For information, call the BAAC at 1-847-382-5626.

GSH Auxiliary Scholarships

The Auxiliary of Good Shepherd Hospital again offers scholarships for students residing in the hospital service area who will attend school in Illinois and pursue an education in a health-related field.

The GSH service area includes the following zip codes: 60010, 60012, 60013, 60014, 60021, 60042, 60047, 60050, 60060, 60067, 60073, 60074, 60084, 60098, 60102, 60110, 60118, 60156 and 60195.

The number of scholarships to be awarded will be based upon the numbers and qualifications of applicants. Current references, transcripts and proof of college

acceptance are required. Applicants will be evaluated on the basis of attitude and desire toward education, leadership, citizenship, personality and financial need.

Applications must be postmarked or hand-delivered and filed with the Scholarship Committee no later than April 30. The recipients will be notified by early June. Applications will be available Feb. 1. For further information or to receive an application, call the volunteer office at Good Shepherd Hospital, 1-847-381-0123, ext. 5104.

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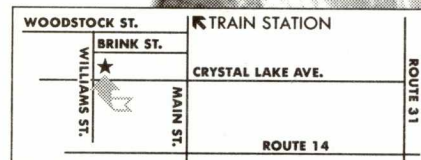
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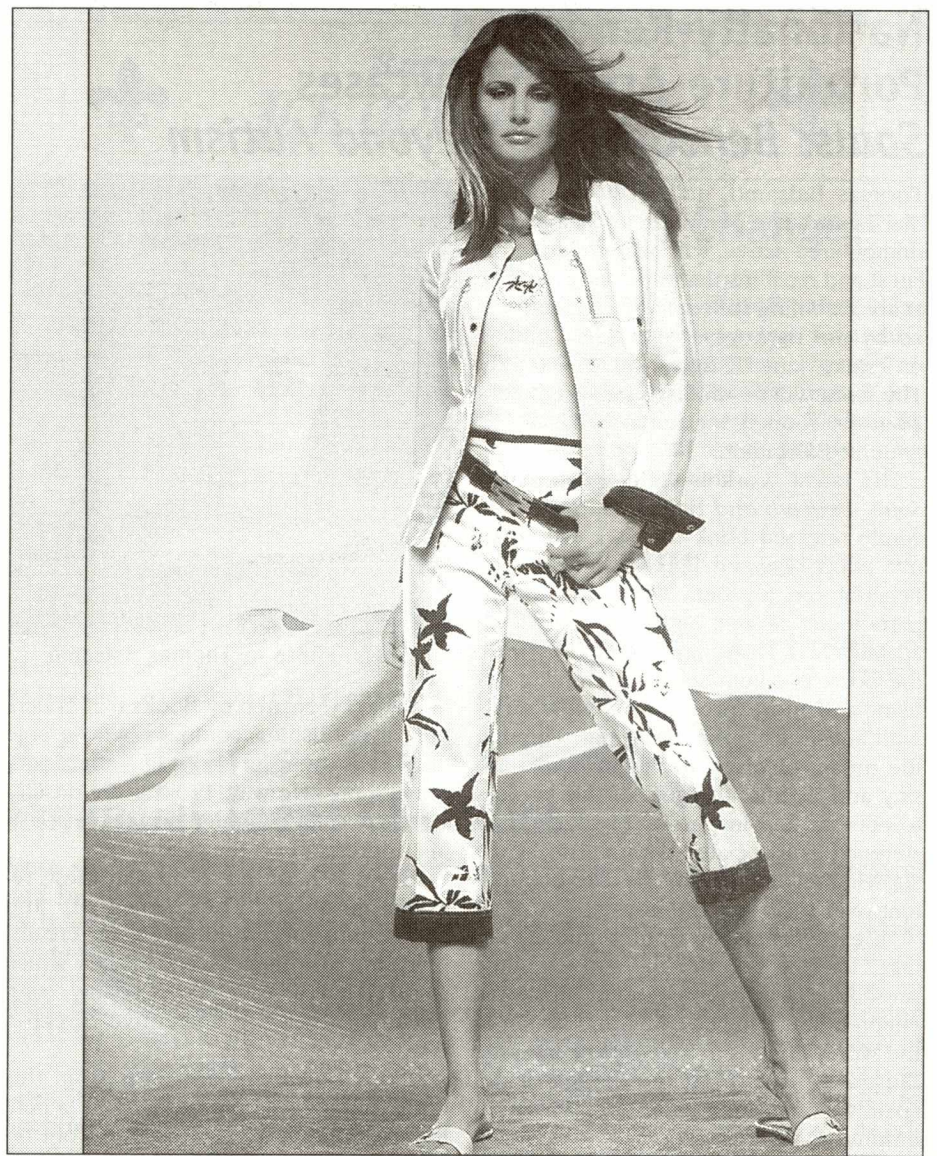
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The Pavlis family would like to wish everyone a happy, healthy and peaceful new year.

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and Sunday 11:00 a.m. to 4:00 p.m.

Chers Amis...

The year 2003 has barely begun, yet you may already pick up a copy of our calendar of events or visit our Web site, updated every two weeks.

D & J Bistro will begin the year by offering a beautiful dish from Alsace from **Jan. 6 through 31—Choucroute Garnie**, \$18.50 or \$22.50 with a glass of wine; if you claim to be a gourmand or a gourmet, these regional dishes are a **must!**

Sunday, Jan. 12, join us for a slide presentation of the **Alsace** region, narrated by Diane Kostik and followed by a regional dinner featuring—guess what?—La Choucroute Garnie, *mais c'est bien sur!*

Cost is \$47.50 all inclusive. It will be a very entertaining and enlightening evening, sprinkled with humor and great atmosphere.

Our next similar event will take place on **Sunday, Feb. 9—"A Passion for Paris."** Details on our Web site and here next month.

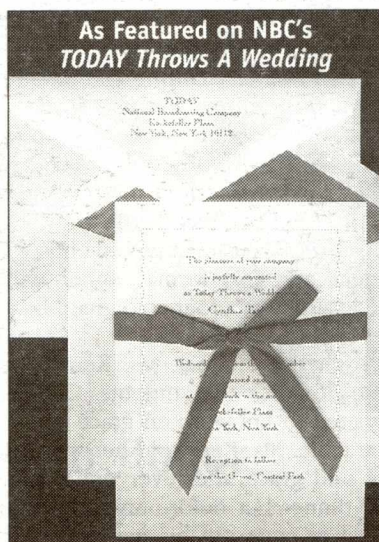
Thank you for allowing **D & J** to maintain the excitement level it is known for; we are now in our 16th year. And believe me, we still have the "punch" as a team! Come and visit soon...

—Wishing You a Healthy Year,
The Team at **D & J Bistro**

A Beautiful Beginning

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

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



Satin Filly—Winter Clearance?

Does this mean spring is around the corner? Ha! Didn't we all just get our winter wardrobes together? It's time to take advantage of the great savings and values we have in the store, all at a savings of **30% to 50% off**.

Along with our sale, our resort collections are in. Everything is really great, and before you ask... yes, cropped pants are still happening! The strongest spring statement is the skirt. They are everywhere! Last year, there wasn't one to be had; this year, you'll see every interpretation! We are getting very favorable reactions to those in the store.

Last but not least, we'll be having a

trunk show on Jan. 30 and 31. It's a great new line of "at home," "in the air" or "go to the Jewel" clothes. We know you're going to love it. It's sized one through four. On Jan. 30 and 31, we will stay open until 8 p.m., and we'll begin our refreshments at 4 p.m. I really hope you'll come. I know it'll be fun!

One more date to mark on your calendars is Feb. 5 through 8 for the **LaFayette 148 Trunk Show**. It's stunning! Don't miss it.

In closing, I hope the holidays were healthy and happy. Let's all hold positive, peaceful thoughts for 2003.

—Karen

Wellness Place to Introduce Art Therapy, Mindfulness in January Seminars

Art therapist Jose Alcantara will present a two-day workshop on "Using Art to Promote Wellness" on Tuesdays, Jan. 7 and 14, from 10 a.m. to noon at Wellness Place, a cancer resource center in Palatine.

The series is among four January seminars offered free of charge at the center, 1619 West Colonial Parkway, across from Harper College. Registration is required by calling 1-847-221-2400. Participant space is limited.

Alcantara will conduct a mask-making project to promote self-expression, insight and general wellness among participants in his two-day art series. He is an art therapist at Advocate Good Shepherd Hospital in Barrington and holds a master's degree in art therapy from the Art Institute of Chicago.

Other January seminars include:

- "Perspectives on Survival: A Conversation about Ovarian Cancer" by Terrie Crist of Barrington, a registered nurse and ovarian cancer survivor, Wednesday, Jan. 15, 6:30 to 8:00 p.m.

- "Introduction to Mindfulness-based Stress Reduction" by Lois Coldewey, Wellness Place program coordinator, Thursday, Jan. 23, 6:30 to 8:00 p.m.

- "Nutrition and Breast Cancer" by Judy Fulop, naturopathic doctor, and Karen Pfeifer, a private chef, Wednesday, Jan. 29, 6:30 to 8:00 p.m.

Crist will discuss ovarian cancer signs and symptoms in a talk relevant to all women, including breast cancer survivors who may have an increased risk for this type of cancer.



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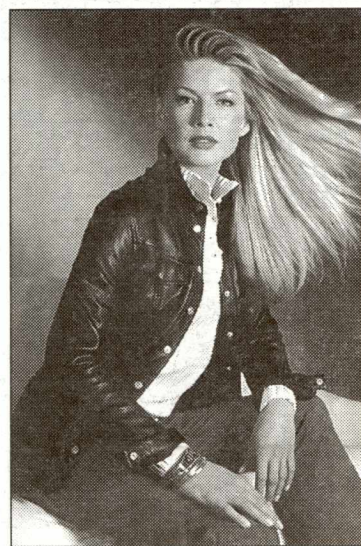
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Coldewey will present a variety of "mindfulness" methods including attention to breath, focused awareness of the body, gentle yoga and meditation in this experiential session. The seminar will serve as an introduction to an eight-week series on mindfulness-based stress reduction scheduled to begin in February.

Fulop, an expert in functional nutrition at Northwestern Memorial Hospital's Center for Integrative Medicine, Chicago, will discuss prevention, side effects and detoxification after cancer treatment. The evening will include a light, healthful meal prepared by Pfeifer, owner of Supreme Cuisine, a catering firm in Marengo.

Two "Welcome to Wellness" orientation programs will be offered to first-time visitors Friday, Jan. 10, at 10:00 a.m. and Tuesday, Jan. 21, at 5:30 p.m. A knowledgeable guide will suggest services that may help people with cancer, their family and friends.

Wellness Place, a nonprofit organization incorporated in 1999, provides resources, support and education for people with cancer, their family and friends, and serves 60 communities in the Northwest Suburbs of Cook County and parts of McHenry, Lake and Kane counties. All activities are free of charge and require registration by calling 1-847-221-2400.

Barrington LIFESTYLES January 2003 13

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Barrington Friends of WINGS— Bringing a Community Together



Members of the Barrington Friends of WINGS Advisory decorate the Barrington WINGS home for the holidays. From the advisory are: (from left) Vicki Perille, Kandy Dille, Sue Jacobs, Patti Pokorski and Paul Pavlus; and from WINGS, Beata Nelson.

On Oct. 30, a new group called the Barrington Friends of WINGS Advisory met at the Barrington Area Library for its inaugural kickoff. The group was formed to meet the needs in the Barrington area where WINGS has a home for women and children who are struggling with homelessness and domestic violence.

Dedicated to ending homelessness and domestic violence for women and children in the north and northwest suburbs of Chicago's Cook County, WINGS has been in operation since 1985. Long-term transitional housing, along with supportive services, including case management, therapeutic counseling, life-skills training, financial management and vocational

counseling are designed to move women from desperate situations to self-sufficiency and financial independence. WINGS currently has 17 homes and apartments located in Des Plaines, Arlington Heights, Park Ridge, Schaumburg, Hoffman Estates, Mount Prospect and Barrington, with the ability to house up to 70 women and children each night.

The Barrington Friends of WINGS Advisory is a group of dedicated volunteers who are focused on raising awareness by speaking to local churches and philanthropy groups about the WINGS home in Barrington and the families who live there. They have also developed short-term goals for the specific needs of the

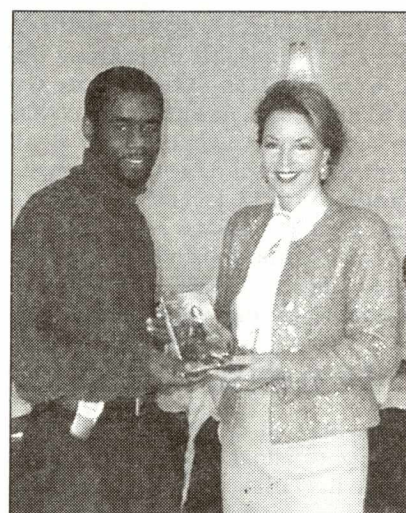
Fashion Group International Sponsors Enrichment Program for Chicago Students

Ruth L. Kern, International Etiquette Consultant and new member of the Fashion Group International, was invited to speak to the Tilden High School students who are majoring in fashion.

Ms. Kern, who has a degree in fashion from the University of Illinois, talked about the importance of wearing appropriate clothing for every occasion and also to know and practice good manners. Doing these things will make a good first impression, she said.

She presented the teacher, Mr. Tommy Dunbar, with a copy of her best-selling video, *American Dining and Entertaining Etiquette: Manners for the Table*, to show to the students during class. She also gave each student a copy of her booklet, *Tips on Modern American Dining Etiquette*. This booklet, which starts with etiquette at a fast food restaurant and ends with etiquette at a very formal dinner, will soon be in stores as a four-color, hard-back, coffee-table type of book.

After the seminar, Ms. Kern answered questions for the students. One student wanted to know when grace was said at the table. Ms. Kern told her that her family said grace after everyone was seated for dinner but before anyone started his meal or even put his napkin on his lap.



Ruth L. Kern presents Mr. Tommy Dunbar with a copy of her best-selling video on dining etiquette to show to the students of Tilden High School.

She also told them that during the week, each member of her family took turns saying grace, but on Sundays or special holidays, her father always said the blessing.

Before they left, the students gathered around Ms. Kern and thanked her for speaking to them. Some of the students even hugged her.

"A New Look for Your Home" Luncheon

The Northwest Women's Connection invites you and your friends to our "A New Look for Your Home" luncheon on Jan. 9, 2003, from noon to 1:30 p.m. at Concorde Banquets in Kildeer. Cost is \$15 inclusive.

Keekstudio, Inc. will come and show us the latest colors and ideas for interior decorating. They will show us how paint can change a room. The talented Gail Dyer will sing for us. How many of you

would like to be given a second chance in life? Bobbi Chance will come and talk about the Chance of a Lifetime.

Free preschool childcare is available. (The nursery is located off premises.) Lunch reservations are needed by Friday, Jan. 3. Call Carol at 1-847-359-5089 or Karen at 1-847-818-9016. Or e-mail to northwestwomensconnection@hotmail.com.

home as well as a long-term list of capital improvements to the house to maintain its quality and safety.

Advisory chairperson Mary Gerak says, "We hope that individually and as a community we can make our WINGS neighbors feel welcome and safe in their home. Barrington has so much to offer, we want to ensure that all residents are able to share in its abundance."

Advisory members include people from the Barrington community who are dedicated to helping WINGS achieve its mission. Drs. Yeshwants, residents of Barrington, donated the home to the program nearly two years ago to help residents in the area who are in need of housing. Other members include chairperson Mary Gerak; Patti Pokorski, a local attorney; Vicki Perille, architect; Mary Flannery of Bank One; Joan Burny of Coldwell Banker; Dr. Eugene Meyer; Denise Vollman, tax and financial planner; Marie Gebbie, retired Action Bag and Display; Sue Jacobs, local artist; Katie Pepper; and Paul Pavlus, assistant state's attorney.

Other programs that WINGS provides include the KINGS program, a service that

provides counseling and activities for the children and adolescents that are a part of WINGS. This program is specifically designed to help kids deal with the emotional issues of domestic violence and homelessness, so the devastating, repetitive cycle does not occur. WINGS also implemented the Career Development Program, which operates out of the Resale Store in Palatine, to empower women in the program and graduates to achieve self-sufficiency and full earning potential through skill building and career development. Finally, in response to a need, WINGS has embarked on a strategic initiative to build a "Safe House" in the Northwest Suburbs for victims of domestic violence. The shelter is expected to open in the fall of 2003 and will have capacity for 35 to 45 women and children a night.

For more information on the Barrington Friends of WINGS Advisory group, please call Mary Gerak at 1-847-304-0861. For WINGS programs and services, call 1-847-963-8910 or visit www.wingsprogram.com.

What's Happening at Starr Couture

Don't miss the savings of the finest European Fashions and accessories not found in other stores at **50% to 70% off**. We offer these savings only twice a year, now and in July. Check out our **\$49.00** and under items regularly priced up to \$500.00. We look forward to seeing you soon.

—Starr



Starr Kondos, Owner

Chicago's Magnificent Bride Show

Chicagoland's premier wedding professionals combine forces to create "Chicago's Magnificent Bride." The lavish bridal planning seminar and fashion show will showcase the finest wedding service providers available in Chicago. The spectacular show, sponsored by **Stuart-Rodgers Photography** in Chicago and the Hotel Inter-Continental, will be held Sunday, Feb. 24, at the Hotel Inter-Continental Chicago at 505 N. Michigan Ave.

Show tickets are \$40 (or two for \$70) and can be purchased in advance by calling **Stuart-Rodgers Photography** at 1-847-864-7322 or 312-787-8696 or visiting their Web site at www.srphoto.com.



Patriotic Banners Hoisted in Honor of "Love, American Style"



Pictured during a planning session for the 14th annual Hearts for Homeless Families in Transition "Love, American Style" are: (front row, from left) gala chairman **Patty O'Brien** from Mt. Prospect; with committee members **Denise Kendra** from Chicago (kneeling) and **Carol Marsh** from Crystal Lake; (back row, from left) **Donna Hoffman** from Des Plaines; **Catherine Mura** from Barrington; **Meg Zirkelbach** from Vernon Hills; and **Anne Marie Saternus** from Arlington Hts.

Catholic Charities Northwest Suburban Services will hoist patriotic banners in honor of the 14th annual Hearts for Homeless Families in Transition benefit evening. "Love, American Style," the theme for this gala, will begin at 5:30 p.m. on Saturday, Feb. 15, 2003, at Stonegate Conference and Banquet Centre, 2401 W. Higgins Road in Hoffman Estates. Cost is \$100 per person, (\$45 tax deductible).

An extraordinary example of "Love, American Style," Sister Lorraine Menheer will receive the third annual Stephen O'Brien-Combs Heart of Charity award.

Sister Lorraine serves as director of Pas-

toral Care and Project Hope for St. Anne Catholic Community in Barrington. She is well known for her immense contributions to the poor, unemployed and homeless in the Northwest Suburbs.

Patty O'Brien is chairperson of "Love, American Style."

For more information on the gala and The Catholic Charities Northwest Suburban Services and how they may help you or someone who needs help, please call 1-847-376-2100.

Look for more information in the February edition of *Lifestyles*.

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Open Tuesday, Wednesday, Thursday 10 a.m. to 5 p.m. Friday 10 a.m. to 7 p.m.
Saturday 10 a.m. to 5 p.m., Sunday 11 a.m. to 5 p.m.

The Sarah Siddons Award Gala Attended by Many from Barrington

The Sarah Siddons Society 50th Anniversary Award Gala was celebrated at the Inter-Continental Hotel. The society honored Chita Rivera as Chicago's actor of the year for her brilliant performance in *The Visit*. Chita has won two Tony awards as best leading actress in a musical and received five additional Tony nominations.

The Sarah Siddons Society was founded in 1952 by prominent Chicagoans including Mrs. Loyal Davis, mother of actress and former first lady Nancy Reagan. For more than 50 years, the society has presented the annual Sarah Siddons Award to an actor for an outstanding performance in a Chicago theatrical production. Winners include such luminaries of the theater as Helen Hayes, Lauren Bacall, Angela Lansbury, Jessica Tandy, our first male recipient Brian Dennehy and the newest awardee, Chita Rivera.

Since its inception, the society has funded scholarships to outstanding theatre students enabling them to further their education in fine arts at Northwest-

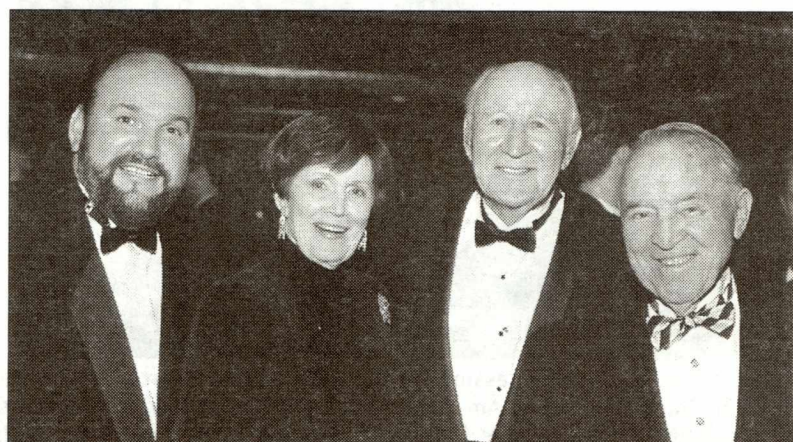


Chita Rivera receives the coveted Sarah Siddons Award from her leading role in *The Visit* from John McMartin of New York.

ern University's School of Communication, The Theatre School DePaul University and Columbia College.



(From left) Barrington residents Lorraine Vaudenbergh, Dawn Duquaine, Kay Gillespie and Carol Horschke enjoy the star-studded evening.



(From left) Dominic Missimi, director of music theater at Northwestern University, chats with Lois Adams, Edward Klamm and Gustav Horschke, all of Barrington.

Learn to Care for Your Trees at Garden Club of Inverness Meeting

Those attending the Garden Club of Inverness meeting on Thursday, Jan. 16, will get tree-care tips from a pro.

Speaker Brad Buker is an arborist with Hendricksen, The Care of Trees, located in Barrington.

The meeting, to be held at All Saints Lutheran Church, 630 S. Quentin Rd., in Palatine, will start at 9:30 a.m. After a

short business meeting and refreshments, Mr. Buker will share his expertise, covering aspects of tree care that homeowners can do themselves as well as conditions that require professional help. He will also answer questions from the audience.

Guests and prospective members are welcome. For more information, call 1-847-842-1695.

Valentines @ CLIX

CLIX photographs & savables, inc., goes right to the heart of the matter for your Valentine. It's simple, really. Just find the right something that tells your special someone "you're unique, precious and very special." You want to let him/her/ them (?) know what's in your heart. Impossible? Hard to find? Not if you shop at **CLIX**. Check out these solutions.

Pearls, glamorous pearls... round, irregular, freshwater or natural in rich shades of white, icy pink and crystal cream. They're handmade by artisans from all over the hemisphere. Designed and created by individuals for those who want one-of-a-kind art wear. This jewelry is for the creative spirit.

Black and White Quick CLIX on Jan. 17 and 18 is 55 bucks and it includes one 5" x 7". Great gift, great price. It's quick

(just three photos taken), simple (background is preset) and the most heart-warming Valentine gift possible. After all, what says "I love you" more than gathering the clan and dragging them in for a portrait? Sure, they may kick, scream and whine the whole time, but everyone knows that, sooner or later, those photographs will be on their short list of "my favorite things." Call for an appointment at **815-455-1092**.

Or there's the perennial favorite, the **Valentine card**. Handmade and charming, **CLIX** cards set the tone for everything from a simple "I love you" to a heart-rending, handwritten poem by Sting. Simply Irresistible. Simply **CLIX**.

Come in and see for yourself. We're wearing our hearts on our sleeves... just for you.

Celebrating the Second Annual "Festival of the Voice"



Imagine the sound of every McHenry County resident singing together. What if every person stood up at the same time and began to sing?

This may sound like a rendition of Dr. Suess' Whoville, but the McHenry County "Festival of the Voice" will attempt this on a slightly smaller scale when Raue Center For The Arts presents the event that started it all, the second annual "Festival of the Voice," on Saturday, Feb. 15, 7 p.m. and

Sunday, Feb. 16, 2 p.m.

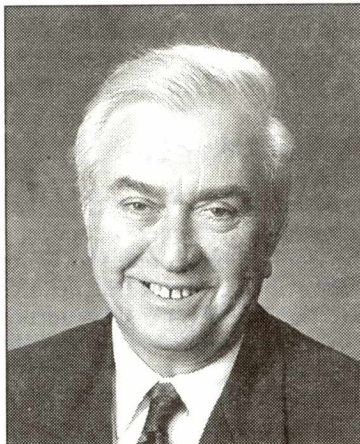
Tickets are on sale at the Raue Center Theatre box office for \$12 and \$10. Box office hours are 10 a.m. to 4 p.m., Tuesday through Friday, with extended hours on Thursday evenings until 6 p.m. You can purchase tickets by stopping in or calling the box office at 815-356-9212, or by visiting the Raue Web site at www.rauecenter.org.

The Most Trusted Name in Furs

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

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

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



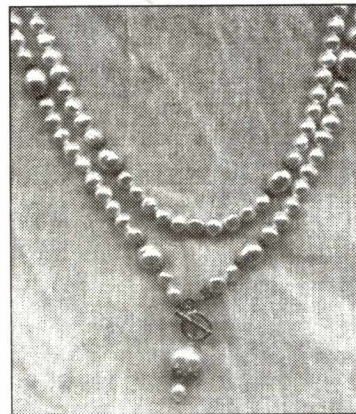
Bill Talidis

right there on the premises, **The Mink Barn's** overhead is very low.

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

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

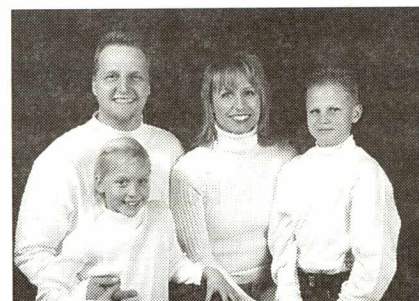
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(This is not a library-sponsored program.)

Art of the Hindu Religion Topic for Art Associates

"Art of the Hindu Religion: Lively Gods in a Living Landscape," the first lecture in the February Seminar Series of the Barrington Community Associates of The Art Institute of Chicago, will be Feb. 4 at the Barrington Area Library.

Hinduism, like India itself, is an amalgam of ancient ritual and contemporary life. Religious objects are integrated into daily existence, with shrines in every nook and street altars for a moment of devotion as one goes about his or her business. This slide presentation will introduce Hinduism (via a genealogy of the primary Hindu deities) by contextualizing the sculpture that we see in The Art Institute of Chicago and other collections with popular images from India.

Lecturer Betty Seid is an exhibition coordinator and research assistant in the Department of Asian Art at the institute. Co-author of the recently published catalogue for "Holy Cow: Indian Animal Paintings in The Art Institute of Chicago," she also curated the exhibition. (It ran Feb. 9 through June 1, 2002.) She is currently coordinating the forthcoming Art Institute exhibition "Himalayas: An Aesthetic Adventure," opening on March 29, 2003.

Betty Seid has lectured on Indian art in the museum and at the School of the Art Institute as well as at symposia in the United States and India. She has traveled extensively in India.

The lecture begins at 1 p.m. Cost is \$12

18 Barrington *LIFESTYLES* January 2003



The god Ganesha, Indonesia, East Java, 11th to 12th century. Courtesy of The Art Institute of Chicago.

for members or \$20 for guests. Advanced registration is preferred by Jan. 21 to Louise Sullivan, 1-847-382-8028. Day registration is by check only.

This is the first of four lectures in a series titled "Art and Artistic Traditions of the Major World Religions." All lectures meet at 1 p.m. on Tuesdays in February at the Barrington Area Library. The cost of

Wellness Place Holiday Luncheon



The Wellness Place Auxiliary

The Wellness Place Auxiliary hosted its fourth annual Holiday Luncheon on Nov. 9 at the Stonegate Conference Center. Over 400 guests continued the tradition of kicking off the holiday season in support of Wellness Place. The event raised over \$37,000.

Artisans and vendors comprised the fabulous holiday boutique, selling everything from edible goodies to handpainted future, one-of-a-kind mosaics and more. The ever popular silent auction provided some friendly competition among the guests.

Auxiliary member and breast cancer survivor Belinda Leonard was the keynote

speaker. With a very personal and poignant story, Belinda reaffirmed the mission of Wellness Place and its critical role in our community. Finally, the day concluded with an adorable children's fashion show featuring holiday apparel from Little Munchkins and a visit from Santa Claus himself.

Wellness Place is a community-based cancer support and resource center serving people living and working in Chicago's Northwest Suburbs. It is dedicated to enriching the quality of life of those living with or affected by cancer through education and encouragement—at no cost to participants.



the series is \$40 for members or \$60 for guests. To register, call 1-847-382-8028.

For membership information, contact Marianna Barr at 1-847-382-3952.



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of children
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March 29th.

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Barrington
847.381.7710

Clearbrook's Shining Star Ball April 25

The Clearbrook Benefit Committee will host a majestic evening of dinner and dancing at the 15th Annual Shining Star Ball on Friday, April 25, 2003, at the Four Seasons Hotel in Chicago. Tickets to the black-tie gala are \$400 per person. The evening will begin with cocktails at 7 p.m., followed by dinner and a live auction at 8 p.m. Music will be provided by

Michael Lerich & His Orchestra.

Proceeds from the evening will benefit the Clearbrook Clinic, which provides therapy and support for children with developmental delays.

To reserve your tickets to this evening celebration, please call the Shining Star Ball Hotline at 1-847-385-5024.

We Give Kids a Great Start

Barrington Community Child Care Center, located at 560 Carl Ave. in Barrington (one block west of Burger King), is a private center designed creatively for childcare, serving children 6 weeks to 6 years.

Our facility offers large child-friendly classrooms with a diverse environment that promotes self-esteem, independence and cognitive growth. Our preschool program focuses on the whole child. Every week, activities are planned around thematic units, including developmentally age-appropriate activities such as creative play, science and discovery, music and movement, reading readiness, and field trips. We help children develop a positive self-esteem, learn respect for others, sharpen and widen language skills, and work on prekindergarten skills. Most importantly, our desire is to provide each child with a positive school experience.

Barrington Community Child Care Center provides nutritionally-balanced

catered lunches and two snacks every day. Meals are served in a relaxed family-style atmosphere to promote socialization and healthy eating habits.

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

Come see what we are all about at the **Barrington Community Child Care Center**, and give your child a creative, enriching and meaningful preschool experience.

Call Julie at **1-847-381-0272** for details about visiting and joining us today. Give your child a great start!

Assemblé for Her Has Your Cruisewear Arriving on a Daily Schedule

Assemblé for Her is hitting the New York and California markets in a big way for our customers! We know you appreciate our unique and eclectic collections. So let us give you some insight as to what's arriving.

This new season doesn't focus on overly frilly clothes nor does it embrace the Bohemian trend, but these influences are certainly there in moderation:

- **Knit Tops**—They're always special at **Assemblé**. Look to us for crochet sleeves, beaded bottoms, sheer romantic prints and "thinner by design" stripes, all in washable silks and rayons.

- **Pants**—They're available in all lengths with subtle prints, wide waistbands and embroideries. There is also a newness in

the lace-up front closures.

- **Sweaters**—Lighter in weight, they're coming in brights and pastels, in tweeds, crochets and leather trims.

- **Jeans**—Denims are here with amethyst and turquoise stone trim, stenciling, flocking and "strategically" placed embroidery.

- **Skirts**—Available with uneven, asymmetrical hemlines, both long and short, wraps and more.

- **Tees**—Sexy, smart and functional for everyone, they're available in prints and solids and embroidered overlay. Always unique!

This is a taste of what's waiting for you and arriving daily at **Assemblé for Her**, our warm weather one-of-a-kind clothing for our one-of-a-kind customers!

The Shop Around The Corner

vintage inspired furnishings and accessories



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Ages 6 Weeks to 6 Years

• Morning Preschool Program

• Stimulating, Individualized Learning

• Enrichment Programs Offered

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Angels from BYDE's Nutcracker

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Home of the Barrington Youth Dance Ensemble

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The Barrington High School Alumni Association

The new Barrington High School Alumni Association has a mission to create and promote relationships among graduates of the Barrington Community Unit School District 220.

Your new alumni association plans to provide the following: promote scheduled gatherings for members; provide support and information to the various class reunions that are scheduled annually; and publish a quarterly newsletter highlighting the accomplishments of BHS alumni, students, staff and other district-wide news including:

- Class Notes: births, moves, honors,

promotions and obituaries

- BHS educational honors and athletic team success stories
- Faculty honors and biographies
- SAT, ACT and other school rankings and data on where graduates are attending college
- BHS Alumni Social Events Calendar and School Calendar
- BHS Class Reunion News and Dates via the BHS Alumni Association Reunion Services
- BHS Alumni in the news
- Retiring and new teachers in District 220

20 Barrington LIFESTYLES January 2003

How Do the Pros Do It?

Debbie Schoendorf and William Allen, financial consultants with **Smith Barney** in Barrington, have developed the following 10 tips for smart investing:

1. Develop a good source for investment advice and information. Those that do their homework consistently typically have the best longterm performance records.

2. Determine your risk tolerance. Only when you identify how comfortable you are with taking investment risks can you make smart, informed decisions about your portfolio. A good financial consultant can help you with that process.

3. Diversify your holdings. Not all investments, markets and industries perform in tandem with one another. Keep your portfolio balanced.

4. Set reasonable expectations for return on your investments. Earning 10 to 12 percent a year is not easy, but could be possible. Beware of promised returns of 20 percent or more on a longterm basis.

5. Invest in quality securities. Stay with solid companies that have stood the test of time.

6. Never let a low price per share be your only reason to buy a particular stock.

7. Before investing, designate funds for short-term and longterm use. Don't invest money you may need soon. Otherwise, you may be forced to sell during a dip in the market. Remember, investing is a longterm process. Real money is made over years, not months.

8. Allow dividends to compound over time. The income you earn from stock dividends can add up to enormous profits over the years.

9. Learn all you can about the companies in which you invest. The better an understanding you have of a company's strategic focus and business direction, the less you'll be swayed by fluctuations in its stock price.

10. Live within your means. Keep your spending habits within the limits of your income, not your savings account. And invest wisely for the future by maximizing your retirement plan at work.

Past performance is not a guarantee of future results.

How to Choose a Dance School for Your Child

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

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

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

1) *Is the teacher well organized and pleasant?*

2) *Is he/she knowledgeable?* (Check the school brochure for teachers' backgrounds.)

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

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

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

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

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

Since its inception, BHSAA has appointed a board of directors. These designees are all BHS Alumni giving back to the Barrington area with various talents that they have agreed to lend to BHSAA as our fledgling organization gets off the ground.

BHSAA Board of Trustees

- Chair, Don Thompson, 1961
- Vice-Chair, Mary Walbaum Williams, 1955
- Secretary, Jennifer Webster Tilly, 1983
- Treasurer and Staff Representative, Maxine McClure Cress, 1961
- Grants & Awards, Rob Schultz, 1985
- Foundation Liaison, Joanne Bradley, 1977
- Membership, Dana Jackson Eilertsen, 1983
- Membership Services, Patti Weaver

Stickney, 1983

- Publicity Chair, Kate Weaver Younger, 1985
- Publicity, Cindie Welsh Patterson, 1977, and Mimi Noyes Burke, 1978
- Reunion Services, Amy Bash, 1976
- Social, Libby Ziegler Rieke, 1976

Although we may have left BHS years or even decades ago, the BHS Alumni Association promises to offer you an enthusiastic connection to your alma mater. Our membership drive has begun, so join our burgeoning tradition! All interested in membership can email barringtonalums@aol.com or contact BHSAA at 210 James St., Barrington, IL, 60010. Check out our home page at <http://hometown.aol.com/barringtonalums/myhomepage/index.html> for more on the Barrington High School Alumni Association.



A NEW ME FOR 2003

A Special Focus On

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Let's Get Started!

This class has been designed for anyone who wants to take their fitness to another level, whether you are an athlete or someone who just takes pride in the way you look and feel. Workouts are all custom designed to take you from where you are to where you want to be, be it losing weight or getting toned. The class is also excellent for runners, cyclists, triathletes and persons who want to get into awesome shape. It's not unusual for students to shorten their running time or improve their performance in their chosen sport, along with increasing their endurance and recovery time, all in a fun, challenging, injury-free environment.

The instructor, Master S. Morris Lawson, is no stranger to high performance athletes. Morris himself is a two-time U.S. national champion and a bronze medalist at the International Good Will Games. He is a certified licensed master instructor and coach through the U.S. Olympic Training Center. He was awarded Instructor of the Year in 2002. All of this shows Morris understands his clients and can help them achieve their specific goals.

So, are you serious? Are you ready for the results you want? If you are, then call Morris at **1-847-382-9599** for a **free consultation session and \$10 off classes.**

Caregiver Support Group

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

On Jan. 8, we will meet for the support component of the group. There will be no

speaker for this meeting.

On Feb. 5, Joyce Palmquist, executive director of BACOA, will speak on "Communicating with Health Care Professionals." Discussion and sharing will follow the presentation.

All family caregivers are welcome to join us. For more information, call 1-847-381-5030. Registration is not required.

Hospice Grief Support Groups

Hospice of Northeastern Illinois offers a variety of age-appropriate grief support groups in Barrington, Palatine and Crystal Lake. All groups are open to community and hospice families who are grieving the death of a loved one, either through illness or sudden death. Each group meets for eight weeks, and the registration fee is \$25.

Barrington

• **Adult Loss of a Parent**—This support group is for people who are grieving the loss of a parent. It will meet on Tuesdays, Jan. 7 through Feb. 25, from 6:30 to 8:30 p.m.

• **Children's Grief Group**—This support group for children, 6 to 12 years old, grieving the loss of a loved one, will meet on Mondays, Jan. 13 through March 3, from 6:30 to 8:30 p.m.

• **Junior High Grief Group**—This support group for junior high teens grieving the loss of a loved one will meet on Mondays, Jan. 13 through March 3, from 6:30 to 8:30 p.m.

• **Young Widows and Widowers**—This support group for people grieving the

death of a spouse will meet on Mondays, Jan. 13 through March 3, from 6:30 to 8:30 p.m.

Crystal Lake

• **Adult Loss of a Sibling**—This support group for adults grieving the loss of a brother or sister will meet Thursdays, Jan. 9 through Feb. 27, from 6:30 to 8:30 p.m.

Palatine

• **Grief to Hope**—This support group for people grieving the loss of a loved one will meet Tuesdays, Jan. 7 through Feb. 25, from 6:30 to 8:30 p.m.

To register for any of the grief support groups offered at Hospice of Northeastern Illinois, call bereavement support services at 1-847-381-5599.

Hospice of Northeastern Illinois is a community-based, not-for-profit organization specializing in meeting the needs of patients with a life-limiting illness and their families. Hospice of Northeastern Illinois serves more than 135 communities in Boone, Cook, DuPage, Kane, Lake and McHenry counties. Hospice of Northeastern Illinois serves patients and families, regardless of the ability to pay.

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With its beautiful decor and wonderful amenities, Lake Barrington Woods offers the ideal retirement lifestyle.

- Enjoy fine meals in our beautiful dining room.
- Join the exercise classes in our fitness center.
- Have your hair done in our beauty/barber shop.



Take a dip in our heated, indoor swimming pool

And if you do need to go out, take advantage of the scheduled transportation provided. Call 847-842-8900 and come see for yourself!



Lake Barrington Woods 22320 Classic Court ♦ Lake Barrington
Independent Living • Licensed Assisted Living • Assisted Living License #4170006



Cozy up to the warmth of our fireplace



Play games of bridge, poker or gin with neighbors



United Way Seeks Volunteers

Barrington Area United Way seeks community volunteers to help evaluate funding requests submitted by health and human service organizations who desire funding during 2003.

Volunteer training for the allocation process will be held from 6 to 8 p.m., Monday, Feb. 10, at St. Paul Church of Christ, Barrington. Volunteers will be divided into service areas that are funded by Barrington Area United Way.

Escape the Winter Doldrums at Lake Barrington Woods

The holidays are over, but the weather outside can still be frightful. Residents at **Lake Barrington Woods**, however, are able to escape the winter doldrums. With fine dining, a fitness center, heated indoor swimming pool, scheduled programs and events, and many other services and amenities, it's easy to forget the weather.

This upscale rental retirement community, located just north of Kelsey Road and south of Route 22 in Lake Barrington, emphasizes the importance of fitness for older adults through such programs as "Fit Into the Future" and "PACE" (People with Arthritis Exercise). Fitness programming is offered five days a week in the state-of-the-art fitness center and indoor pool. Different types of exercise programs for all abilities, including weight training, water aerobics and armchair fitness, are available. The Barrington Area Council on Aging and **Lake Barrington Woods** have also teamed up to provide "PACE," designed by The Arthritis Foundation.

Dave Mehner teaches water aerobics three days a week at **Lake Barrington Woods**. The benefits are both physical and social. One of the physical benefits is that water aerobics exercise every muscle and joint at the same time. The most important benefit of water aerobics, however, is that anyone, no matter their age, can do them. Water causes your body to

be buoyant, thus causing less strain and stress on your joints and muscles while still getting the maximum workout.

Nadine Fachel, activity director at **Lake Barrington Woods**, offers a variety of venues to expand residents' minds, employ their creativity and just plain have fun. On Tuesday afternoons, residents gather for "Tea and Tales." Nadine and the residents share inspirational tales over a cup of tea. Norm and Jean Hathaway discuss their travel adventures once a month, and lively current events discussions are both informative and well attended. Entertainment abounds. From the Vern Perry Trio to the Ballroom City Dancers to Music Appreciation with Jim Kendros and "The Music Man-Art Laartz," a variety of entertainers perform at **Lake Barrington Woods** each month.

Pursue your own selfish pleasures. Manicures are available, organized games and crafts abound, and transportation is provided to a myriad of destinations. Or enjoy the simple pleasures of your beautiful apartment home with the reassurance of knowing assistance is a moment away, should you ever need it.

Lake Barrington Woods, a Parkside rental retirement community, offers both independent and *licensed* assisted living. To learn more or to arrange for a personal visit, call **1-847-842-8900**.

ton Area United Way. Duties include a visit to the health and human service organizations, a review of agency proposals and listening to agency allocation requests for 2003. The volunteer will weigh these requests against the needs of the community and available funds to recommend how much each agency should receive. The recommendations are discussed with the Barrington United Way board of direc-

tors who make the final allocation decisions. The entire process is from Feb. 10 to March 6, for a total of approximately 10 hours, mostly in the evening.

Allocation is one of the most critical things your community United Way does each year, impacting the community as a whole. Interested volunteers may contact executive director JoAnn Endorf at 1-847-382-8778 for additional information.

Struggling To Lose Weight?



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

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

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

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

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

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

To begin a weight loss program that really works for you, call **1-847-438-2454** in Lake Zurich or **630-789-9495** in Hinsdale to make an appointment for your consultation today.



An Uplifting New Year—Browlift

The signs of forehead aging are predictable and obvious: the eyebrows descend to a lower than normal position; the upper eyelids become puffy; a skin fold begins to form above the outer upper eyelids; and wrinkles along with creases appear on the forehead and between the eyebrow region.

The browlift or forehead lift procedure is designed to arrest and reverse signs of aging in the forehead region while providing a more complete and harmonious rejuvenation of the face.

An older method of browlifting, called the open or coronal browlift, was performed by cutting the scalp from ear to ear, physically peeling the scalp down off of the skull and removing portions of the scalp in an effort to raise the eyebrows. A less invasive procedure is now available.

The endoscopic or limited-incision browlift procedure is performed by aesthetic plastic surgeon Gregory M. Bazell, MD, at **The Aesthetic Plastic Surgery Center of Barrington**. This precise technique gives the entire forehead a smooth appearance, eliminating forehead wrinkles, including the outer upper eyelid skin overhang, while uncovering the natural upper eyelid crease. The eyebrows are restored to their normal location, leaving them with a natural appearance. The surgical incisions are less than a half an inch long and are virtually undetectable. No scalp tissue is removed, so the hairline position is not changed and hair loss does not occur.

"The fear people have when presented with the prospect of a forehead lift is the misconception that it is an extensive procedure with a long recovery time and that they might be left with an unnatural look," states Dr. Bazell. "My method of endoscopic browlift carries a very short recovery time. The results are immediate, there are no dressings or wraps, people are able to wash and style their hair as they wish starting the morning after surgery, and patient satisfaction is very high. Patients love looking happier, brighter, less

tired while still looking like the younger versions of themselves."

Subtle signs that a forehead lift may greatly improve your appearance are:

- You look tired or sad when you are not.
- People ask if you are mad about something or if something is bothering you.
- You find yourself optimizing the appearance of your face while looking the mirror by subconsciously raising your eyebrows or physically raising them with your fingers.
- You aggressively tweeze your eyebrows so that they will appear higher or more arched.
- You wear your hairstyle, especially bangs, to hide the appearance of your forehead.
- You are dissatisfied or cannot get the look you want with Botox.

The endoscopic browlift procedure is an outpatient procedure performed under local anesthesia with a small amount of intravenous sedation. It can be performed alone or in combination with other aesthetic plastic surgery procedures, most commonly upper eyelid surgery (or blepharoplasty). The procedure itself usually takes only one to one-and-a-half hours to complete. Swelling and bruising are minimal with little or no requirement for pain pills following the procedure.

The endoscopic browlift and other aesthetic plastic surgery procedures for the face and entire body are performed routinely and safely by Gregory M. Bazell, MD, at **The Aesthetic Plastic Surgery Center of Barrington**. A natural appearance, safety, comfort and your satisfaction are Dr. Bazell's foremost goals. If you have an interest in or questions about browlift or any other aesthetic plastic surgery procedure, you may schedule a complimentary and confidential consultation with Dr. Bazell by calling Jennifer at **The Aesthetic Plastic Surgery Center of Barrington** at 1-847-382-5111.

Becoming Giants— A Video of the 1952 Hebron Green Giants State Championship

Local television producers Harold Rail of Afterglow Creative Services and Dean Rowe of Front Row Productions have just completed the yearlong, joint venture (Rail/Rowe Productions) production of the *Becoming Giants* video documentary.

Becoming Giants is the story of the 1952 Illinois state high school basketball champions, the Hebron Green Giants. It is the story of a tiny high school in a small town with a short basketball coach. He put together a team of boys that included a set of twins and a boy with only one ear. The next year, he added two more boys to round out his team. (One was a 6'5" farm boy who had never seen a basketball game.)

In those years, any school could play any other school in the state. So Hebron, with less than 100 students, could end up playing a school with 1,500 or more stu-

dents—and they did.

This is a true Americana "little David" sports story. The video is produced in a fun, modern style. It includes hundreds of photographs, never seen footage of many events leading up to the championship game, and interviews with cheerleaders, school friends and the four living players.

The program was produced for sale to the public and is being carried by several McHenry county stores (including Borders of Crystal Lake and McHenry). People can call 815-337-0550 to order. The documentary is slated for release to schools, libraries, PBS and sports channels next year.

Dean Rowe of Front Row Productions is a former news director of NBC, and Harold Rail is the owner of the independent production company Afterglow Creative Services, located in Woodstock.

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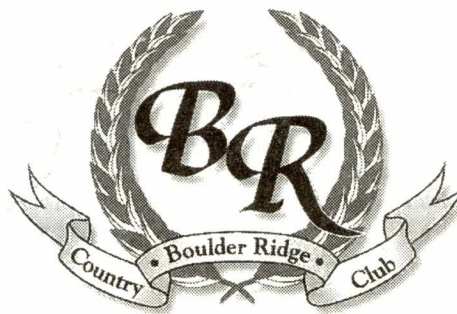
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Schedule of Happenings at The Garlands of Barrington



Ron Hawking, Barrington resident and one of the country's leading impressionists and an accomplished vocalist, performing "His Way—A Tribute to the Man and his Music" at the new Garlands Center for the Performing Arts. The program consisted of songs made famous by Frank Sinatra. The show was a sellout on both nights to delighted audiences. It was the second of many scheduled dinner/theater events at The Garlands Center for the Performing Arts. The venue was created to add to the unique retirement lifestyle at The Garlands and to connect The Garlands to the greater Northwest Suburban community.

Enjoy the gourmet culinary delights of Executive Chef Richard Rizner, previously with The University Club of Chicago, in the newly opened Winslow Dining Room serving casual American cuisine.

- Monday, lunch, 11:30 a.m. to 3:00 p.m.
- Tuesday, lunch, 11:30 a.m. to 1:30 p.m.; dinner, 5:00 to 8:00 p.m.
- Wednesday through Saturday, breakfast, 7:30 to 9:30 a.m.; lunch, 11:30 a.m. to 1:30 p.m.; and dinner, 5:00 to 8:00 p.m.
- Sunday, breakfast, 7:30 to 9:30 a.m.; lunch, 11:30 a.m. to 3:00 p.m.

Reservations are required. Please phone 1-847-756-3332.

The Guy Lombardo Band and His Royal Canadians, directed by Al Pierson, will play "the sweetest music this side of heaven." Dinner, concert and dancing on Saturday, Feb. 1, 6:00 p.m. Cost is \$65 for dinner, concert and dancing. Reservations a *must*; seating is limited.

Come enjoy a colorful presentation of girl's fashions at the **American Girl Fashion Show**. All proceeds benefit the Make a Wish Foundation. Friday and Saturday, April 11, 12 and 13, afternoon will include a festive tea luncheon. Hors d'oeuvres will be served in the evening.

Other events at The Garlands include:

• **"Just Desserts" Open Houses**—Tour and sample the sweet life at The Garlands on Fridays at 2:00 p.m., Jan. 3 and 17. Reservations required.



• **Artist Reception and Grand Opening** of this month's featured area artist **Edward Herbeck**, of Downers Grove—Show of oil paintings and drawings on Sunday, Jan. 19, 2 to 4 p.m. Meet the artist and enjoy this wonderful exhibit Champagne reception; cash bar. The event is free and open to the public though reservations are required. **847-756-3000** The show will run through Feb. 28.

Peg and Bill Brown of Barrington enjoyed an evening of dinner and theater at The Garlands Center for the Performing Arts. Bill Brown is a partner in Barrington Venture, LLC, developer and owner of The Garlands of Barrington.

(From left) Janet Lareau of Algonquin stands next to Patricia Reeve Mead of Barrington and a signature member of the American Watercolor Society and the Midwest Watercolor Society. Behind is one of her paintings that was on display at The Garlands of Barrington. Mead's works were the first to be exhibited at The Garlands through the Barrington Area Arts Council. Area artists will continue to be featured outside The Garlands Center for the Performing Arts as yet another way of connecting the members' community with the greater community at large.



Artist Gail Collier to Speak to Art Associates



Colored pencil artist Gail Collier

"The Art of Colored Pencil" by Gail Collier is the next program in the Members Present Art Series sponsored by the Barrington Community Associates of The Art Institute of Chicago.

Gail will give an overview of the work of contemporary colored pencil artists from all parts of the United States. She will also discuss how she creates her drawings, her artistic philosophy and inspiration.

Gail has been drawing for most of her life. Being blessed with a grandfather who was a professional portrait painter and a father who painted landscapes when he was not practicing law, Gail grew up expressing herself artistically.

She received a bachelor's degree from

Allegheny College, Meadville, Pa., in 1968. However, it took the maturity of adulthood for Gail to realize the importance of her artistic gift. She entered graduate school at Northern Illinois University in Dekalb and earned her master's degree in studio art in 1987. Since then, she has honed her skills at colored pencil workshops that she has attended and taught.

Early in her artistic career, Gail discovered a love of still life drawing. Choosing, touching, arranging a still-life setup allowed her to use her inherent sense of order. Following the "less is more philosophy," Gail says, "I attempt to say as much as possible as simply as I can." She accomplishes this by integrating detailed objects with expanses of white background. This

Barrington Newcomers Events

The new year is a great time to start your decorating projects. So let the chill of January inspire you to create warmth throughout your home.

We'll be meeting with the professional design consultants of Designs of the Interior, or D.O.T.I. This is a fantastic opportunity to bring in your "Design Dilemma" and receive complimentary, hands-on professional assistance. D.O.T.I. encourages you to bring in pictures, sketches, anything to help them give you the direction you need. We'll meet in the Designs of the Interior showroom at 104 S. Cook St. (downtown), across from Wolf Camera at 9 a.m. Coffee and snacks will be served. RSVP at 1-847-842-8310 by Friday, Jan. 10.

Also, Dr. Barbara Grace, from the Grace Center for Mind, Body and Spiritual Healing, will meet with us and present some useful tools and techniques for relaxing and reducing stress as we begin our new year. Her mission is to help you transform any area of your life. She will help you

identify what you want your future to hold and then teach you to tap into your own inner wisdom for guidance. You will then be able to use these individualized techniques in order to become more empowered in your life and also open up to your life's purpose. There is no charge. Please bring a dessert. Coffee will be served. The meeting will run from 7 to 9 p.m. on Jan. 23 (location TBA). RSVP by Jan. 15 at 1-847-382-9308.

If you are new to the neighborhood or would like to meet new people, look into the Barrington Newcomers Club. Ongoing activities include: Almost Gourmet, Weekend Gourmet, Destination Dinner, Ladies' Night Out, Moms and Tots, bunko, ladies and couples bowling, Matinee Idols, men's and ladies' bridge, men's poker, Garden Club, and Around the World (for non-Americans on assignment in the United States and Americans who have lived abroad). See you there! Call 1-847-713-2606 for more information.

background, or negative space, is as important in Gail's still lifes as the objects themselves. Like pieces of a puzzle, these positive and negative shapes must fit together in an interesting, balanced, rhythmic composition.

A professional artist for 19 years, Gail Collier has won numerous awards at juried art shows throughout the Midwest, including Art in the Barn. She has exhibited in several galleries, and her drawings are in public and private collections in many states, Canada and Europe.

Gail is a signature member of the Colored Pencil Society of America and is an active volunteer at the Barrington Area Arts Council. Her artwork has been published in *The Best of Colored Pencil* and in *American Artist* magazines.

This interesting program will meet at the Barrington Area Library, 1 p.m., Thursday, Jan. 30. Guests are welcome; no reservations are necessary. There is no charge for this lecture. For more information, please call Arlene Martin, 1-847-381-2590.

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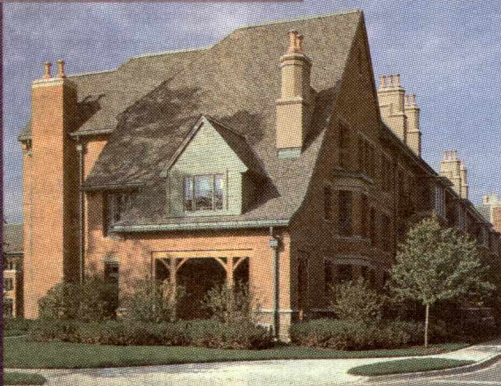
Please join us for a tour or RSVP for any of the special events offered below.



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First and third Fridays of the month at 2 p.m.
Reservations required.



The Garlands Center for the Performing Arts *proudly presents:*

The Gallery at The Garlands Artist Reception and Exhibit Opening

Oil paintings by Edward Herbeck
Sunday, January 19, 2-4 p.m.
Champaign reception. Free and open
to the public. Reservations required.

Guy Lombardo and His Royal Canadians, Directed by Al Pierson "The sweetest music this side of heaven."

Saturday, February 1 at 6 p.m.
\$65 includes meal, concert and dancing.
Seats are limited for this one-time performance.



For tickets and information, call 847-304-1996.

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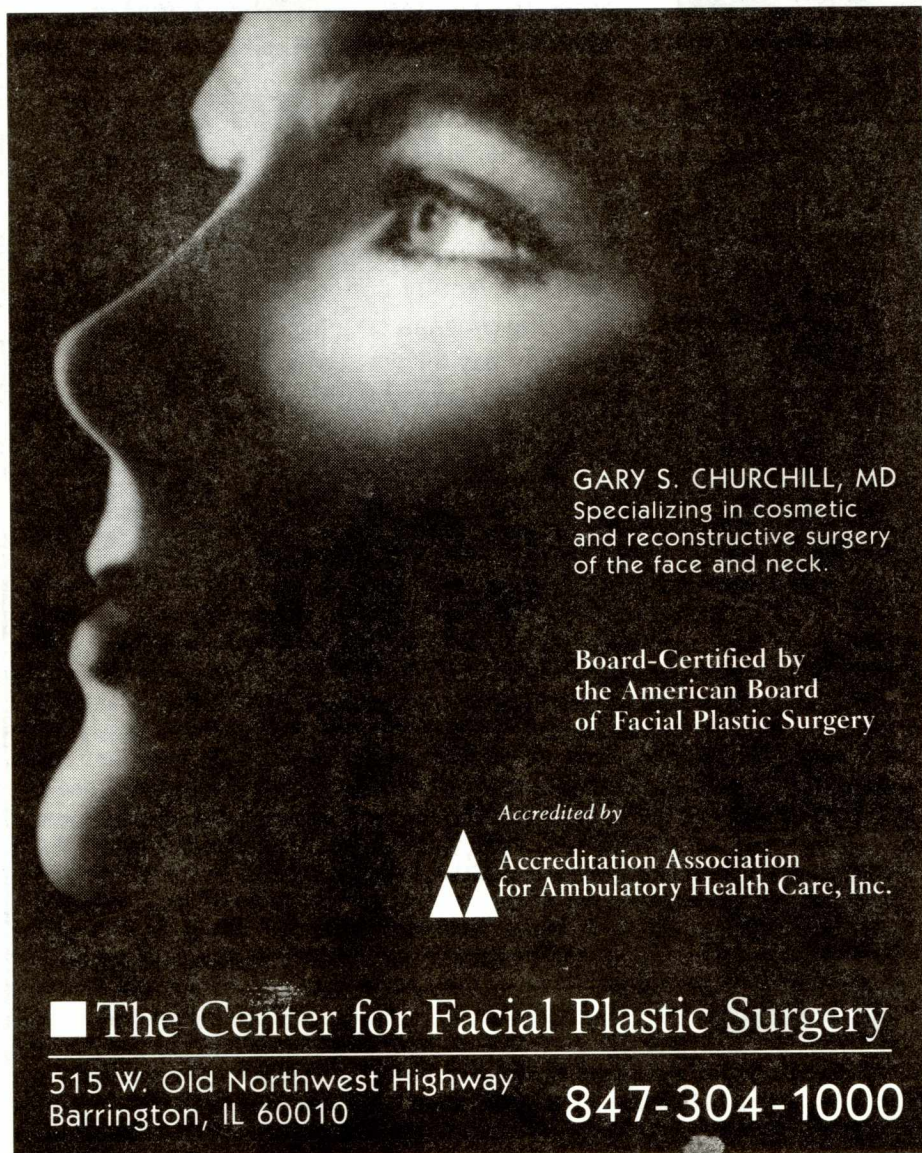
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What's New in Fitness and Weight Loss

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

On average, a new location opens every 18 hours. Curves® locations are now found in all 50 states, Canada, Mexico and Spain, a total of about 5,000 locations.

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

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

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

Curves® on-site weight-loss guidance program is the first international program to blend exercise and diet. Simply dieting

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

"Amazing results—that's what Curves® is all about," says Faulkner. "We coach our members to work hard on the machines. That's how we build muscle, muscle that burns calories. We now have 1,000 members at our Barrington and Lake Zurich clubs combined, and the total inches and pounds lost exceed 6,500. But it's not just about inches and pounds lost, as members have had other amazing results, such as:

- Lowered Blood Pressure
- Lowered Cholesterol Levels
- Increased Bone Density (verified via scans)
- More Energy

"The secret, of course, is that you've got to come in and do it! At Curves®, we do everything possible to make it easier for you to be here, and thus, get results. Our environment at Curves is one that women find easy to visit yet effective. The equipment is not intimidating. The atmosphere is very casual.

"Our members are winning the fat-loss war. A 30-minute total body workout in a female-friendly environment and complete weight-loss guidance makes health and fitness an achievable goal. And our \$39 monthly fee makes it a great value."

At **Curves for Women®**, you may find the ability to amaze yourself! Call and find out how you too can change your life in just 30 minutes: Barrington, **1-847-382-8787**; Lake Zurich, **1-847-307-4747**; Island Lake, **1-847-487-9800**; and Cary-Grove, opening soon.

Facial Plastic Surgery, Looking Your Best

by Gary S. Churchill, MD

Eyelid Surgery

"The eyes are the windows to the soul!" Eyes are one of the most expressive features we have and reveal a lot about us. Subtle changes in their appearance let people know if we are happy, sad, well rested, or tired. We are able to "read" people and at the same time be "read" by others through our eyes. Many have found that an energetic, youthful appearance can enhance others' perceptions of their performance at work. If their eyes look half closed due to excess upper eyelid skin or have "bags" beneath them because of excess fat bulging from beneath the lower eyelids, the overall appearance is one of tiredness and lack of energy. Even when they get plenty of sleep they can still look tired. Many people just feel younger than they look and would like to improve their overall appearance.

These are some of the reasons that a large portion of the cosmetics industry is devoted to enhancing the appearance of our eyes; through makeup, anti-aging and rejuvenating creams. Cosmetic companies realize that a first step in improving our looks is to improve the look of our eyes.

How Do the Eyes Change as We Age?

The effects of aging are usually seen first in our eyes. As we get older the skin of the upper eyelid tends to increase and



Gary Churchill, MD

become redundant. This can hide the smooth skin just above the eyelashes where women wear eyeshadow. If enough excessive skin forms, it can actually hang over the eyelashes and obstruct vision. There can also be bulging of fat from behind the eyelid, causing a fullness or discreet bulge in the middle corner of the eyelid.

In the lower eyelids the first sign of aging normally seen is a bulging of the orbital fat creating the puffiness most people refer to as "bags". This is caused by a relaxation of the septum, a membrane beneath the eyelid muscles, which allows the fat of the eyesocket to bulge out beneath the skin. This relaxation is a normal consequence of aging but can occur in young people as a family trait. As pressure is applied to the closed eye one can see this bulge increase. Excess skin of

(Please continue on page 27)

Start the New Year Off Right— Take Care of Yourself

Make taking care of yourself a priority in 2003! You may have back pain that got worse while lifting boxes of holiday decorations or an annoying bladder control problem that you have been putting off resolving. Don't let a medical condition interfere with your quality of life.

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- Fibromyalgia
- Joint Pain

- Bladder Control Problems
- Athletic Injuries
- Post-Mastectomy Restrictions

Women's Physical Therapy Institute also offers exercise classes for all fitness levels. Day and evening classes are available for yoga, stretching and strengthening, fibromyalgia, cardio conditioning and tai chi qi gong.

Also, join us for an informative seminar on "**Chronic Ankle Problems**" on Jan. 27, 6:30 to 7:30 p.m. at the Senior Center at the Foglia YMCA in Lake Zurich. Dr. David Charnota, DPM, and Chris Streed, board-certified orthopedic physical therapist, will speak. Men and women are welcome.

Women's Physical Therapy Institute is a unique facility dedicated to serving the rehabilitation needs of women of all ages. Located at 755 Ela Road in Lake Zurich, we can be reached at **1-847-550-9784**.

Hypnosis

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

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

I'm a licensed clinical professional counselor and have been in private practice for over 28 years. I see couples for marriage and relationship counseling, and individuals for a variety of issues. I am certified in the use of clinical hypnosis and have been using it in my practice for the past 27 years.

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

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

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

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

Facial Plastic Surgery

(Continued from page 26)

the lower eyelid can also form but not usually to the same degree as in the upper lid.

What Can Surgery Accomplish?

In the upper eyelid excess skin is removed to allow a smooth contour when the eye is gently closed. When the eye opens this results in a normal crease approximately 7mm above the lash line. Excess fat, if present, is removed with the skin to reduce the fullness of the upper eyelid. The incision line is closed precisely at the crease to hide it during the healing process. Eyelid skin heals very rapidly. Special techniques are used in Asian eyes and selected others to create a more prominent crease.

In the lower eyelid an incision is made just beneath the lashes or in selected patients on the inside of the lower eyelid. The excess fat, which is contained in three separate compartments, is then removed. Any excess skin is removed taking care not to place too much tension on the lower eyelid.

An upper and lower blepharoplasty can be performed together or in combination with other facial rejuvenation procedures

such as a facelift or rhinoplasty. The eyelids can also be improved in certain individuals with chemical peeling and/or brow lifting. The need for these are determined at the preoperative consultation.

Where is Surgery Performed?

Eyelid surgery is most often performed in our office surgical suite, however if preferred, surgery can be performed at a number of different hospitals or ambulatory surgery centers in the area.

What is the Recovery Period?

Dissolving sutures are used in the lower eyelids and do not have to be removed. Nonabsorbing sutures are normally used in the upper eyelids and are removed on the fifth postoperative day. Makeup can be worn the day following suture removal and most people return to work at this time. There can be swelling of the eyes for one to two days following the operation which might interfere with vision so we recommend not driving until the swelling is down. After this most people can easily be out in public with sunglasses. Any bruising that occurs fades in the first 7 to 10 days. Makeup can conceal this after the second postoperative day.

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The deadline for the **February Issue**
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Lifestyles Magazines

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or call: (815) 459-4820

Resolutions for a Healthy New Year

by Carole Childers, C.N., L.N.C., All Ways Healthy

The new year is here and with it come the obligatory, if well-intentioned, resolutions to lose weight, get in shape, start that new diet, etc. Yet, how many of us make these resolutions each year only to find that, by spring, we've gained weight? This year, learn manageable ways to improve your health and lose weight.

First and foremost, we need to change the way we think about weight loss and physical fitness. A trim and toned figure is a sign of good health and self-respect. Don't think of weight loss as vanity. The truth is, weight loss will improve every aspect of your life, from your cholesterol level to your self-esteem.

It is important that we approach weight loss as a lifestyle change, not a temporary challenge. When we make a commitment to change our lifestyle, not just our weight, healthy eating and regular exercise become an enjoyable part of our lives!

In order to achieve total body health, you must exercise. There is no such thing as a magic pill! Approach exercise with realistic expectations. If you haven't worked out in five years, it is best to start

slowly. However, you must exercise frequently if you want results. To be effective, you should exercise at least three to four times per week for 30 minutes or more. Also, be sure to alternate between cardiovascular exercise and weight training. Ask a friend to make an exercise pact with you; the "buddy system" is a great way to ensure that you will workout even when you feel unmotivated.

Good nutrition plays an invaluable role in our health and well-being. In order to get fit and lose weight, you must be aware of, and honest about, what you eat each day. When it comes to dieting, don't set unreasonable goals for yourself. One or two pounds a week is a safe and manageable rate of weight loss.

For information or a personal consultation, please contact me, **Carole Childers**, certified nutritionist and owner of **All Ways Healthy**. For information on our upcoming seminars, visit our two convenient locations at 123 S. Rand Road in Lake Zurich, **1-847-438-9200**, and 9 Jandus Road in Cary, **1-847-639-4545**.

The Shape of Things to Come

The festivities of the holiday season have come to a close and we are all thinking about the new year to come. For many of us, it is time to work on resolutions to slim down and get in shape. Unfortunately, some areas of unwanted fat are genetic and cannot be improved with weight loss or exercise. The good news is that excess fat can be permanently removed with tumescent liposuction. Dr. David Van Dam of **Dermatology Physicians & Surgeons** may be able to help you look forward next summer's skimpier wardrobe.

When considering tumescent liposuction, it's a good idea to plan ahead. Although the procedure allows for a rapid recovery and a quick return to regular daily activities, you will still experience some mild swelling for a few months after the procedure. Scheduling liposuction in January, February or March is a good way to ensure that you'll look and feel fantastic when warm weather arrives.

What is Tumescent Liposuction?

Tumescent liposuction is the safest and most effective technique for the permanent removal of excess fat in areas that are resistant to diet and exercise. Tumescent liposuction was developed by dermatologic surgeons in the 1980s and has revolutionized permanent removal of unwanted fat from nearly all body areas, including the face, neck, chin, breast, abdomen, hips, flanks (love handles), inner and outer thighs, buttocks, knees, and ankles.

Am I a Good Candidate?

A simple "pinch test" can help determine if tumescent liposuction is right for you. Pinch your skin and fat between the thumb and index finger. If you can grasp more than one inch of tissue, liposuction may be useful in creating a more beautiful

you. The neck is an exception to the "pinch test" rule and can be improved even if less than an inch can be pinched.

Where is the Procedure Performed?

Tumescent liposuction is performed in our new private, office-based surgical center located at The Foundry of Barrington. The procedure is performed completely under local anesthesia; no narcotics, intravenous drugs or inhalation anesthetics are needed. It is the safest and most comfortable way to achieve the shape you've always wanted.

What is the Recovery Period?

The local anesthesia keeps the treated areas numb for 18 to 24 hours following the procedure, greatly minimizing any post-operative discomfort. With the tumescent technique, there is minimal bruising and no stitches; postoperative pain medication is almost never needed. Recovery is fast with tumescent liposuction. Most people return to work in just two or three days and resume physical exercise in three to seven days after the procedure.

How do I Schedule a Consultation for Tumescent Liposuction?

Try the "pinch test." If you think you might be a good candidate for tumescent liposuction, schedule a private consultation by calling **Dermatology Physicians & Surgeons** at **1-847-382-5111**.

Dr. Van Dam has years of experience performing this procedure and received his training from Dr. Jeffrey A. Klein, the pioneer who revolutionized liposuction with the tumescent technique. Dr. Van Dam is certified by the American Board of Dermatology, and a member of the American Academy of Dermatology, the American Society for Dermatologic Surgery and the American Society for Liposuction Surgery.

Start the New Year with a New Look!

Start the new year off on the right foot! **Salon Extend** would like to suggest you come in out of the cold throughout January and receive a **free paraffin hand treatment** to soften and soothe your dry, weathered hands. This offer is good for anyone booking an appointment in our salon this month.

Furthermore, we are also promoting our Bibo skincare products. Receive **15% off** any Bibo item. Whether you are looking for a lotion, cleansing gel or moisturizer, you are sure to find the solution to healthier skin with Bibo healthy skincare!

Continually, we welcome anyone in need of more hair. We specialize in adding length, thickness or simply custom color strands to enhance your look.



Have the hair everyone is talking about —“Hair extensions from **Salon Extend!**” Call us today at **1-847-381-3688**.

To Your Health in the New Year!

So you want to start an exercise program for the new year. That's great, but do you know everything that needs to go into a well-balanced program? Although they do their best, most people start an exercise program with very little knowledge about how to do it. The word “exercise” means something different to every person. Some conjure up images of running a race; others see themselves practicing yoga postures; and others might envision a once-a-month racquetball game.

While being active is a great idea, effective programs which help you reach your goals must address the following:

- Cardiovascular Endurance
- Flexibility
- Balance and Coordination
- Muscular Strength
- Stress Reduction
- Functional Fitness
- Muscular Endurance
- Body Composition

• Healthy Nutrition

A **Home Bodies by Pro-Fit, Inc.**, trainer can help you design a program that includes all of the components listed above. For over five years, our senior trainer, Trephina, has been helping individuals just like you accomplish their goals. In addition to working with the general population, Trephina's experience includes working with obese clients, cardiac rehab patients, individuals with orthopedic injuries and seniors. Trephina believes that fitness is for everyone, regardless of age or fitness level, and her experience and background allow her to create personal exercise programs for all individuals.

For more information about how you can benefit from a customized exercise program with the motivation and skills of any of our staff of 20 trainers, give us a call today at **630-261-1013**.

Customized to You—A Better Way to Lose Weight and Stay Healthy

So you've resolved to lose weight and get healthy. But whether it's the first 10 pounds, the last 10 pounds or anything in between, it seems so easy to put weight on and so hard to take it off!

Perhaps you have tried diets that worked for others, but they didn't work for you. Why is this?

Or maybe you've tried various supplements to get healthy or feel less tired, but they didn't work either. Why?

You are biologically unique. Your face, hair and fingerprints are all unique. So is your metabolism.

That's why your health and weight-loss

program should be based on your unique body chemistry. **Ideal Health** tests your urine and provides a vitamin and weight-loss program based on your specific metabolic profile.

To stay healthy and keep the weight off, replace empty calories with the complete primary nutrition of fruits, grains and vegetables in **Pulse** products. They're tasty and ready to eat. In fact, eat all you want and still lose weight!

For more information, call Susan Atchison at **1-847-370-5181** or Dave Garrison at **1-847-772-1543**.

Whetstone Announces Publication of Volume 18

Whetstone, an annual literary journal of fiction and poetry sponsored by the Barrington Area Arts Council, announces the publication of *Volume 18*.

The editors awarded three prizes. Eva Marie Ginsburg of Houston, Texas, was awarded the Whetstone Prize and \$500 for her short story *A Thief in the Palace of the King*. She earned her MFA in creative writing from the University of Houston and has been the recipient of the

PEN/Texas Award as well as an Emerging Artist Fellowship from the Cultural Arts Council of Houston and Harris County. Her work will appear in a forthcoming issue of *Connecticut Review*.

The John Patrick McGrath Memorial Award and \$250 was awarded to Mark Lyons of Philadelphia, Penn., for his short story *Night Life*, which is his first story accepted for publication. He is currently working on a book of oral histories of

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Susan Atchison **847-370-5181**
Dave Garrison **847-772-1543**

migrant farmworkers and a collection of short stories about the inhabitants of a village in northern Pennsylvania.

Also awarded was the Georgiana MacArthur Poetry Prize and \$250 to Virgil Suarez for his poem *Caliban's Gift to Miranda*. He was born in Havana, Cuba, in 1962 and is the author of four published novels and a collection of short stories. Many of his other works have been published in both the United States and abroad. Suarez teaches creative writing and Latino and Caribbean literature at Florida State University in Tallahassee, Fla., where he lives with his family.

In addition to the award winners, eight other prose pieces were accepted and 14 poetry pieces, which include five Illinois poets: Julie Parson-Nesbitt, Chicago, Ill.;

Charles Rossiter, Oak Park, Ill.; Ronald J. Pelias, Carbondale, Ill.; John Kilgore, Charleston, Ill.; and Barb Diltz Chandler, Bainbridge, Ill.

Whetstone is a recipient of numerous Illinois Arts Council Literary Awards and was recently awarded a rating of eight out of ten by the prestigious ChicagoPoetry.Com. *Whetstone* can be ordered by mail for \$8.50 each postpaid from the Barrington Area Arts Council, P.O. Box 1266, Barrington, IL, 60011. The magazine accepts manuscripts of original, unpublished short stories, poems, creative nonfiction and novel excerpts on an ongoing basis. For information, call 1-847-382-5626. All submissions must be accompanied by an SASE.



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NOW OPEN IN NORTHFIELD AND DOWNERS GROVE

Barrington Youth Services Benefits from Generosity of Barrington Junior Women's Club



Pictured (from left) are Jose Nino, Hispanic youth counselor and therapist for BYS; Wendy Bowen, Barrington Junior Women's Club representative; and Lisa Schiro, director of development for BYS.

Barrington Youth Services is honored to be a grateful recipient of the generosity of Barrington Junior Women's Club who recently donated a roomful of toys for the BYS Play Therapy Program.

Toys donated to the room include Play-Dough, paints, a variety of board games, paint and paper, a sand table with sand toys, miniature animals, an airport and many other exciting toys.

Play Therapy is a special process that focuses on children's need to express themselves through the use of play and toys. Children are encouraged to play as they wish with a trained play therapist who provides a safe and understanding environment. In the process, a wider variety of toys are made available to children to encourage the expression of emotional concerns.

Vein Care Specialists Perform Closure Procedure

Vein Care Specialists, Ltd., is the first office in the Midwest to perform the Closure Procedure and is now one of the first to offer the EndoLaser Procedure.

These procedures, along with our physicians, have been featured on several local news programs including WGN TV, Fox 32, NBC Channel 5 and ABC Channel 7. They have also appeared in articles in *The Daily Herald*, *Harpers Bazaar* and

More magazine.

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

Please feel free to call us with your questions or to request a brochure.

A Focus on the United Nations

From the early 1970s when the national League of Women Voters concluded an in-depth study of the United Nations, the league has been supportive of the global organization, its work and its principles.

At the league's National Convention in June of 2002, the local leagues from across the country reaffirmed their support by adopting a newly updated position on the United Nations. Basically, the new position supports the principles of the UN Charter, endorses active United States participation; and calls for a strong United Nations which promotes world peace; addresses the social, economic and humanitarian needs of all people; and promotes global adherence to international law.

The League of Women Voters of the Barrington Area has invited Brenda Rossini to speak at its January meeting on "The United Nations—Its Strengths, Weakness-

es and Impact on Today's World." Her discussion of the United Nations will also include an interpretation of the updated league position.

Ms. Rossini comes quite qualified to address this issue. She is an attorney and is currently serving as a member of the Norshore Unifem, which is an arm of the United Nations. Her involvement with the LWV is also impressive. She is a former president of the Winnetka league and is the state league's criminal justice issue specialist.

The LWVBA meeting will be held at the Barrington Area Library on Jan. 21 at 9:30 a.m. There is no fee or reservation for the program, and the league encourages guests interested in the topic to attend. For more information on the January meeting or to inquire about membership, call 1-847-381-5358.

Welcome Wagon Club Events

The Welcome Wagon Club of Barrington wishes to thank all who contributed their time and effort to the success of the December Holiday Luncheon. Many local charities benefited from the silent auction.

The January coffee will be held on the 14th at 10 a.m. Barbara Duckworth will demonstrate how to paint on glass. Barbara is most talented in this field, and you will see a beautiful array of items. The coffee is free and open to all ladies in the Barrington and surrounding areas. You do not need to be a member of the club to

attend. Please call Bonnie at 1-847-382-5324 for directions and reservations.

Mark your calendars for the luncheon on Feb. 11 at Crystal Lake Country Club. We will have a representative from Flowerwood Nursery discuss spring flowers, planting, etc. A delicious meal will be served. This will be a wonderful way to meet new ladies and take a midwinter break.

The Welcome Wagon Club of Barrington wishes all of you a most safe, healthy and prosperous new year!

"Sampling Samplers—1600 to 1800's"

Signal Hill Daughters of the American Revolution will start the new year with a meeting on Jan. 14 at the Barrington Area Library, 505 N. Northwest Highway, Room B. The business meeting will start at 11:30 a.m. with refreshments and program to follow at noon.

Mrs. Amy Keaton will present the program "Sampling Samplers—1600 to 1800's." Bring your samplers for "Show and Tell." Hostesses for the day will be: Margaret McSweeney of Barrington Hills, Janet Lareau of Algonquin, Julia Rock of North Barrington, and Betty Splittorff of Arlington Heights.

Have you ever thought about becoming

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

Anyone needing more information or a ride to the meeting may contact Phyllis Garner, 1-847-382-2194.

"This year has been difficult for many not-for-profits, especially social services agencies like Barrington Youth Services who rely heavily on community donations," says Rochelle Schulman, executive director of BYS. "Receiving the donation of toys to fill our play room makes a tre-

mendous difference in the lives of the children and families who will benefit from our play therapy program. We are extremely grateful for their continued support and participation in the success of our programs."

Is It Midlife Crisis or Menopause?

Are you 35-to-65 years old and experiencing changes in your life which have you confused and troubled? Transitions such as young adult children leaving home or getting married, job and career changes, marital stress, divorce, menopausal issues, spiritual crisis, retirement, or problems with grown adult children or aging parents can cause confusion, uncertainty and, perhaps, out of control feelings in your life. An unclear course of action can produce many questions about how to handle these difficult times. Because of the stress produced by such difficulties, emotional, physical and spiritual health issues often surface.

Dr. Barbara Grace has been helping people negotiate these life changes since

1979. At **The Grace Center**, she will help you see the change clearly, put it in its larger life context, and identify possible choices and their likely outcomes so you can choose the correct path for you. **Dr. Grace** will then coach you through the changes to improve your life situation.

Whatever the midlife problem, there is a solution that will improve the quality of your life, allow you to be at peace and see the higher purpose for the difficult situation. Call **Dr. Grace** today at **1-847-382-3232** for a phone consultation to see how she can help you discover clear solutions to your issues. Then you can have a more fulfilling life during these very special, transitional midlife years.

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Here at **Barrington Martial Arts**, we have 15 qualified black-belt instructors with a teaching ratio of one instructor for every 12 students. Students range from 4 to 70 years old with specific age and skill appropriate classes designed just for you. This award-winning program is the only school in Barrington with a licensed master instructor. Call today and ask about our

January Sale, \$49 for one month of classes and a free uniform. These classes fill up fast, so call **1-847-382-9599** today. Ask for Gladys and make your appointment.

Testimonials for the Tae Kwon Do and Karate Program:

"Barrington Martial Arts helped my child overcome her shyness and improved her self-confidence."

—Debbie, Barrington Area Mother

"Barrington Martial Arts' program helped improve my son's ability to focus and helped take his grades from Cs to As."

—Dan, Barrington Area Father

"At Barrington Martial Arts, the classes are always fun, energizing and benefit all students young and old."

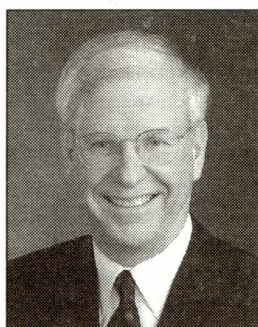
—Barrington Mom and Student

Nasal and Airway Obstructions Can Affect Facial Form and Development

Nasal and airway obstructions are a contributing factor in the development of a malocclusion or "bad bite." Large tonsil and adenoid tissues may cause excessive mouth breathing, which can lead to development of a narrow palate. If the palate has been narrowed because of mouth breathing, crowding of the adult dentition is commonly found.

Facial form and development is directly affected in young children who have large tonsils and adenoids. Due to the lack of normal breathing, the vertical dimensions of the face are increased and, as a result, a longer facial type develops.

The American Dental Association recommends an orthodontic examination for children by age 7. At the initial exam, the orthodontist can evaluate the tonsils and facial development. If there are concerns that the tonsils and/or adenoids may be disrupting normal dental or facial development, than an evaluation by an ENT physician may be necessary. If it is deter-



Dr. Michael Hayward

mined that the tonsils and adenoids need to be removed for health reasons, it is common to see a positive effect on dental and facial development.

If you have any questions about how tonsils and adenoids affect facial and dental development in children, please contact us at either our Barrington, **1-847-382-5588**, or Palatine, **1-847-359-7980**, offices. Or visit our Web site at www.haywardorthodontics.com.

Russia With Love. The movie will be shown on a large screen television. Bring a friend and enjoy an afternoon of movie magic. Popcorn will be provided.

Please call 1-847-381-5030 to register for lunch. The suggested donation for lunch is \$3 per person.

Lunch and a Movie

The Barrington Area Council on Aging, Inc., and the Barrington Park District will have Lunch and a Movie at Langendorf park on Wednesday, Jan. 22.

Lunch will be served at 12:30 p.m. followed at 1:00 p.m. by the movie *From*

January Sale!

We're on a mission to teach children respect, **CONCENTRATION** and self-control; to build their **CONFIDENCE** and **SELF-ESTEEM**. Our school provides a safe and fun environment where education, anger management, fitness and developing a positive mental outlook are the priorities. Give a child a life skill that will make a difference—

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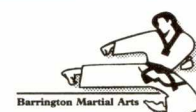
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Art Series to Focus on Major World Religions

Art and artistic traditions of the world's major religions will be explored in the February Seminar Series sponsored by the Barrington Community Associates of The Art Institute of Chicago.

You are invited to tour the world of art on a truly global scale. The unifying theme of the "Imagery in the World's Religions" lectures will transport you to exotic places in the world. Lectures will explore the artistic expression contained in Hinduism, Islam, Judaism, Christianity and Buddhism:

• Feb. 4—"Art of the Hindu Religion: Lively Gods in a Living Landscape"

• Feb. 11—"The Splendors of Islamic Art and Culture"

• Feb. 18—"Art of Judaism and Christianity"

• Feb. 25—"So Many Paths to Enlightenment: Images of the Buddha in Asian Art" All lectures are from The Art Institute of Chicago. These Tuesday lectures begin at 1 p.m. at the Barrington Area Library, 505 N. Northwest Hwy.

Member fee is \$40 for the series or \$12 per lecture. Guest fee is \$60 for the series or \$20 per lecture. Advanced registration is preferred by Jan. 21. Day registration is by check only. Please send checks to Louise Sullivan, 1-847-382-8028.

For membership information, contact Marianna Barr at 1-847-382-3952.

Barrington **LIFESTYLES** January 2003 **31**

Happenings!

in the area

Barrington Lyric Offers Free Program on *Partenope*

Barrington Chapter of Lyric Opera of Chicago invites you and your guests to enjoy a free program at 2 p.m. on Sunday, Jan. 12, in the Barrington Area Public Library.

Come and learn about George Frideric Handel's *Partenope*, an opera in three acts that will be performed this season at Lyric Opera of Chicago. This production includes the world's two superstar counter-tenors, David Daniels and Bejun Mehta. *Partenope* will be sung in Italian with projected English titles. Partenope (Pahr-ten-oh-pay), queen of Naples, is a temptress, young, beautiful and amorous. A member of Chicago Lyric Opera's Lecture Corps will enlighten the audience about Partenope, her suitors and subversion Neapolitan-style, 1699.

Light refreshments will be served. RSVP with the number attending by Jan. 6 to Susan Wells at 1-847-382-2613.

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

Please visit Barrington Lyric's Web site at <http://bakhome.northstarnet.org/Lyric/>



Lyric Opera of Chicago Lecture Corps Co-Chairs Howard and Mary Robins—Howard is president and Mary is past president of the Barrington Chapter of Lyric Opera of Chicago.

lyric.html. You may also visit Lyric Opera of Chicago's Web site at www.lyricopera.org.

Samuel A. Kirk School's Spring Showcase of Arts & Crafts



Members of Alpha Gamma Delta Alumnae Club and Parents and Teachers of Handicapped Students (from left) Vicki Lampert of Arlington Heights, Jane Purcell of Arlington Heights, Reta Holmgren of Palatine, Penny Bartlett of Barrington and Rose Alberts of Buffalo Grove begin work for the 31st Kirk School Spring Showcase of Arts & Crafts.

The Northwest Suburban Alumnae Club of Alpha Gamma Delta and the Parents And Teachers of Handicapped Students group recently had their kickoff meeting for the 31st Annual Kirk School Spring Showcase of Arts & Crafts at the Kirk School in Palatine.

The Spring Showcase of Arts & Crafts will be held on Saturday, March 1, and Sunday, March 2, 2003. This juried show featuring 90 artists and crafters at the Samuel A. Kirk School, 520 South Plum

Grove Road, Palatine, will also have special prizes, a bakery and a cafeteria. An application for the show can be secured by calling Kathy Testa at 1-847-259-8749 or Rose Alberts at 1-847-215-0042.

Funds raised benefit the Kirk School that serves mentally- and physically-impaired children, ages 5 to 21, from 14 communities and the Alpha Gamma Delta Foundation that helps fund diabetes research and educational programs.

St. Anne Gala 2003 "Mardi Gras Masquerade"



Members of the St. Anne Catholic Community: (top row, from left) Kendra DiMucci, Deborah Quig (chair member), Melinda Muto (chair member), Lisa Nordquist (chair member), Suzanne Steliga, (bottom row, from left) Maria Hayes, Betsy Murray, Carol Rolecek, Sally Roeckell, Kim O'Neill, Joanne Hegarty and Barbara Bender.

St. Anne Catholic Community is gearing up for its annual gala fund-raising event. Five years running, we are looking to make this the biggest and best ever.

This "Mardi Gras Masquerade" will take place March 1, 2003, at the Stonegate Conference Center in Hoffman Estates. This event will feature a silent and live auction, prizes, a traditional gourmet dinner, live bands and dancing.

We are still looking for people to donate their products and services, including sports-related items, hotel packages and a weekend trip to New Orleans.

This event supports many of the church's ministries, including Meals on Wheels and Project Hope.

For more information or to make a donation, call Deborah Quig at 1-847-842-1509.

Exotic Gala Benefits Cancer Research

The romance and mystery of Shangri-La wafted through the Four Seasons on Nov. 9, when Cartier and Marsh & McLennan companies joined the University of Chicago Cancer Research Foundation Women's Board as sponsors of their 36th Annual Grand Auction.

Over 550 glamorous guests were greeted with the romantic beat of Taiko drummers surrounding an ancient Asian Buddha. The Grand Ballroom was transformed into a mythical land of bamboo forests, green silk valleys and rippling fields of exotic orchids. Models swathed in Cartier's magnificent jewels sparkled throughout this landscape.

Co-chairs Jill Pollock and Laura Werner, along with the smooth skill and style of celebrity auctioneer Jay Levine, had the crowd excitedly bidding on more than 600 coveted silent and live auction items.



(From left) H.E. Appleton, Chicago; Carol Horschke, Barrington; and Diane DaMiano were among the guests. Carol was among those honored at the event for having served over 28 years on the women's board.

Prized offerings such as guest slots as extras on *The Sopranos* and *Sex in the City* resulted in bids as high as \$10,000. Further competition ensued with the opportunity to own a Lance Armstrong-signed jersey and trips to exotic and far-flung locations such as Venice, Phuket, London and Paris.

Partygoers danced to their favorite tunes until the wee hours, and their generosity helped raise over \$550,000. The proceeds will help the UCCRF grant fellowships to outstanding researchers, provide direct aid in refining cancer treatment techniques, and, hopefully, eradicate the disease in our lifetime.



"Tibetan Princesses"

Hearthstone Manor Opens Traditions of Woodstock Alzheimer's and Dementia Care Division

Hearthstone Manor has added **Traditions of Woodstock** to their constellation of care for the aging. **Traditions of Woodstock** meets the community's need for a homelike program designed to provide quality residential care for those with Alzheimer's disease or related dementia.

How many times have you heard someone joke about "having a senior moment" or "having Alzheimer's?" While it is true that forgetting where you put your keys can be exasperating, there is nothing to joke about when someone you love has Alzheimer's disease or other age-related dementia. The Alzheimer's Association estimates there are 211,000 people with Alzheimer's disease in Illinois. One out of 10 people aged 65 to 84 and one out of two aged 85 plus will be at risk. As our population ages, chances grow that this disease will cast its shadow over someone we love.

People with Alzheimer's disease are our grandparents, parents, spouses, teachers, doctors, ministers, best friends and next door neighbors. They are the people who have cared for us, taught us, loved us and mentored us. Alzheimer's disease and related dementia affects the entire family. An elderly spouse may try to care for their loved one at the expense of their own health. Adult children agonize over how

to make the right decision for a mother or father whose condition is deteriorating.

Traditions of Woodstock offers two homelike environments, Acacia and Bethesda House, devoted to the care of residents with Alzheimer's disease and other related dementia. The houses are intimate and inviting; each one is home to no more than 10 residents and will have specific features to help individuals move throughout their home with confidence. Personalized 'memory boxes' placed at the entrance to every bedroom trigger comfortable feelings of familiarity. Furniture and washrooms have been placed in ideal positions throughout the homes to help residents maintain their bearings and comfort level.

Daily activities and programs are tailored to nurture physical, emotional and spiritual needs while taking personal preferences into account. With at least one specialist for every five individuals during daytime hours, each person is free to pursue enjoyable activities that promote independence, preserve self-esteem and optimize cognitive functioning. Please contact Julia Giles, director of **Traditions of Woodstock**, at **815-338-1749** if you would like more information or a tour of the latest addition to Woodstock Christian Life Services.

American Needlepoint Guild

The Fox Chapter of the American Needlepoint Guild will hold their monthly meeting on Tuesday, Jan. 14, 2003, from 6:30 to 9:00 p.m. at the Cardinal Savings Bank, 704 West Main, Dundee.

This month, one of the chapter's members, Sandra Iversen, will teach "Christmas Joy." A short meeting will be held for discussion of future programs. People may

bring their work to show. And if attendees are having a problem with a stitch or pattern, someone will be on hand to help.

Come join us for an enjoyable evening. Membership is open to all levels of stitchers, and guests are welcome at no charge. For more information, call Barb at 1-847-639-1836 or Dawn at 815-459-4889 for further information.

Making the Decision

Plastic surgery is a way to control not only our appearance but also how the world sees us and how we feel about ourselves. It allows us to remove obstacles that keep us from feeling comfortable and confident. If we look good, we feel good. If we feel good, the improvement in our lives can be enormous.

Cosmetic procedures are becoming a viable option for an ever-growing number of people. Plastic surgery is no longer just for the privileged. Everyday people—real people—are making the decision to have procedures.

Because cosmetic surgery deals with how we feel, the decision to have a procedure can be an emotional one. As a patient, you are entrusting your surgeon not just with your physical safety but also with something very private and important.

Feeling Confident

Plastic surgeons are among the most highly trained in medicine, but knowledge, skill and reputation are not enough. **Dr. Gunnar Thors** and the staff at **Midwest Plastic Surgery Specialists** believe that, for the best results, it is vital to create an emotional connection with each patient

and maintain that connection through every step in the process.

Our patients and referring physicians tell us they appreciate the fact that we listen to our patients and that we provide them with excellent surgical results. However, the driving force for us is to recognize our patient's individuality while helping them to accomplish their goals.

Dr. Thors offers a comprehensive range of cosmetic procedures including face-, neck- and breast-lifts; rhinoplasty; tummy tucks; body contouring; and a complete line of ancillary procedures such as facial peels and collagen and botox injections. **Midwest Plastic Surgery Specialists** offer comprehensive treatment tailored to the individual with patient education as a top priority. We are dedicated to patient care and service, before, during and after surgery.

Susan Ledgerwood, our licensed aesthetician, provides comprehensive beauty and aesthetic skin care services. In preparation for the harsh winter weather, be sure to ask about having a skin evaluation when you call **1-847-277-1440** to schedule your **free cosmetic surgery consultation**.

Person Centered Care • Dignity & Independence • Christian Environment • Specialized Caregivers

Traditions of Woodstock

Long Term Care for Persons with Alzheimer's Disease or Related Dementia.

The decision to move a loved one into a care facility is never easy. Yet there comes a time, especially for people with Alzheimer's disease and dementia, when home care is no longer safe or feasible. When that time comes, *Traditions of Woodstock* is here to provide a comfortable alternative to home care.

Traditions Specializes In:

- Person Centered Care
- Activity Based, Social Model
- Homelike Environment
- Specialized Caregivers
- Resident to Caregiver Ratio is 4 to 1

Traditions is the newest addition to the constellation of care offered by Woodstock Christian Life Services and is located at *Hearthstone Manor*. *Traditions of Woodstock*...guiding families through the difficult journey of Alzheimer's disease and related dementia.

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Patients know him for his technical skill and his kind, gentle approach to meeting their appearance expectations.

When you call for your free consultation, ask about our Ultrasonic Massage—a technique used to produce a more comfortable experience and a speedy recovery.

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Barrington **LIFESTYLES** January 2003 **33**

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- Micropeels
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- Eyebrow Shaping/Design
- Eyelash Tinting
- Candling
- Gift Certificates

Free Eyebrow Design Consultation

Estetica Celebrates Third Year Anniversary

Serving Greater Barrington Area

In celebration of our third year anniversary, **Estetica Clinical Skin Care** is offering a free eyebrow design consultation during the month of January.

Estetica continues to grow and expand by staying true to its original philosophy with skin care: "We believe that the skin is like a fingerprint; no two individuals are alike. Therefore, no two individuals should have the same skin care regimen."

We pride ourselves in providing each of our clients with a customized treatment program based solely upon their own unique skin type and circumstances.

However, we could not be successful without our cherished and loyal clients. We thank you and wanted to share some of the positive comments we have received from many of you!

"Thank you **Estetica!** You have taught me that achieving radiant skin requires more than having a facial once a month. It requires the proper balance of nutrition, water and an appropriate skin care plan."

—M.K., Barrington

"**Estetica** offers so much more than just skin care. Being a client at **Estetica** is like having your own personal haven or private retreat."

—S.L., Lake Zurich

"I have been to many skin care 'experts' without ever receiving a compliment on my skin. After going to **Estetica**, I received numerous compliments on how beautiful my skin was."

—J.J., Kildeer

"I never realized how important the design of my eyebrows was until I had my eyebrows shaped and started receiving compliments from my friends."

—J.M., Highland Park

"At one time, I owned every skin care product on the market with absolutely no changes in my skin. After receiving treatment from **Estetica**, I noticed changes immediately."

—G.P., Lake Forest

"My life has been so simplified with the skin care regimen offered by **Estetica**. I no longer have to travel with numerous skin care products. I only use what I need for my specific skin condition."

—T.N., Hinsdale

Thank you again to all of our wonderful clients that have made our success possible!

Call **1-847-438-2100** for your free eyebrow design consultation.

Have You Heard About the Barrington Friends of Home of the Sparrow?

Here's your chance to learn about The Barrington Friends of Home of the Sparrow. There will be a Volunteer Drive at the Barrington Library, Main Floor Meeting Room, Side A, on Wednesday, Feb. 5 from 9:30 a.m. to noon.

There will be food, beverages, prizes and a social and informative session outlining the special volunteer needs of the Barrington Friends of Home of the Sparrow, which raises money for The Home of the Sparrow. The Home of the Sparrow is a homeless shelter women and chil-

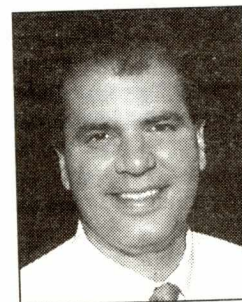
dren. It helps the unfortunate to learn to lead productive lives despite their hardships. This program is so important to those families and is very successful with some very happy endings.

The need for volunteers is great, and we need your help in many ways. We are looking for people of many interests, from small tasks to larger ones, who will appreciate the meaning of giving of yourself to help others and have fun at the same time.

For information, please call Susan at 1-847-382-3708. See you all there!

Continuing Education— The Key to Quality

by James T. Gavrilos, DDS



Dr. James Gavrilos

The dental profession is constantly challenged by new concepts, new techniques and new materials. Sorting these out and selecting the best is an annual endeavor for dentists who maintain high standards.

Most of you are aware that dentists hold conventions with product booths where new materials and equipment may be examined. What you may not be aware of is the fact that the major thrust of these meetings is educational. At our Chicago Midwinter Meeting (held here in February), it is possible to attend shorter lectures and sample what the speakers have to offer. Then, we often need to travel to the lecturer's hometown to attend an in-depth course on their subject.

The real learning occurs at these out-of-town courses. We select from the choices offered to us at the conventions and literature. The choice is made with the patient in mind. We want the dental experience to be as good as the dental work. Most of

our staff attends many of these meetings with us, since we believe in a team approach for maximum quality.

To help judge your dentist or evaluate a prospective new dentist, don't be shy, ask them about continuing education. It is an essential step in providing the highest standard of oral health care for patients.

Call **Dr. James T. Gavrilos** in Barrington at **1-847-381-4040** for evaluation.

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Your looks and smile are as important to us as they are to you - *always*. Whether educating you to prevent problems or returning your mouth to optimum oral health, we are committed to taking whatever time is necessary to ensure an aesthetic approach to your appearance.

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Aesthetic, Reconstructive and General Dentistry



"The Art of Nurturing Yourself" Seminar Wednesday, Jan. 22

by Judy Kaplan, MS

Well, another holiday season bites the dust! Are you looking forward to recovering from the hustle, bustle, stress and family activity? If so, you are with lots of company. Many of us feel a sense of relief when the season full of giving, buying, partying and activity draws to a close. For lots of us, there is the more subtle and personal struggle of financial stress that is the aftermath of the holiday season. And, for others, there is that depressing or anticlimactic feeling that all of the excitement is over, when friends and family seem to disappear again.

Whether you are physically, financially or emotionally worn out in January or sad about the quiet, coldness of the winter, it is a good time for yet another new beginning. It is the perfect time to begin learning the art of nurturing your self. This is a subject that I hold very near and dear to my heart. And, it's the subject and title of my soon-to-be-published book. My understanding is that taking care of your personal self is something that not every-

one knows how to do. When you do it well, it is an art. Learning this art form is a cultivated skill that requires effort, understanding and commitment. When you nurture your self, which graciously includes your mind, body and spirit, you recharge your personal batteries. It is the stuff that vitality, joy, energy, good health, warmth, kindness and a host of other dynamic traits are born of. It is elusive to many of us, because we were always taught to put others first at our expense.

On **Wednesday, Jan. 22, from 7 to 9 p.m.**, I will be conducting a seminar entitled **"The Art of Nurturing Yourself."** Learn how to lose the guilt about focusing on yourself, exercises to teach yourself the ways you can nurture your own spirit and give up the limiting task of waiting for others to nurture you. Join me to begin the first step in your journey of discovering yourself. Materials and refreshments will be included in the price of \$30. Call **1-847-842-9365** for further information.

Botox Available at Northwest Dermatology

Northwest Dermatology in Hoffman Estates has experienced great success with our Botox treatments. Now FDA approved, Botox provides treatment for dynamic facial lines and wrinkles. Botox can also dramatically reduce excessive armpit sweating.

For the treatment of facial spider veins, rosacea, scars, port wine stains, warts, hemangiomas, poikiloderma, psoriasis and wrinkles, our **V-Beam Pulsed Dye Laser** provides a safe and effective solution.

Available at our practice for the treatment of unwanted hair is the **GentleLASE Laser**. The laser is a fast, effective treatment, requiring no creams or needles. Patients do not need to let their hair grow.

In addition to general and surgical dermatology, we provide a variety of services to enhance your skin. For skin rejuvenation, we have products and treatments

available including Collagen for fine lines and wrinkles; Beta-Lift peels to unclog pores, clear up acne and soften fine lines; and microdermabrasion for increased firmness, minimized pores, more even skin tones, and reduced pigment marks and scars. For the treatment of psoriasis and vitiligo, we have available the Narrow Band UVB as well as PUVA light treatment.

The doctors in our practice, **Dr. Susan Liebovitz, Dr. Patricia Ledwig, Dr. Leslie Beaird and Dr. Alka Madan**, are all board-certified dermatologists who continually strive to provide the utmost in quality dermatologic care in a caring, friendly atmosphere.

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

Long Grove, Kildeer Newcomer's Association General Meeting Schedule

We welcome new members at any of our functions, at any time during the year. In addition to our monthly meetings, we also host several social functions and have 11 different social groups, ranging from bridge to bunico; wine tasting to ethnic dining. Our group currently has over 80 members and provides a wonderful way for residents (both new and established) to connect with our wonderful community.

Meeting Schedule

- Jan. 21, 2003, 9:30 a.m., An Artistic Experience—A veteran art teacher will take us through a hands-on presentation at Reed Turner Woodland Center, 3851 Old McHenry Road, Long Grove.
- Feb. 11, 2003, 9:30 a.m., A Garden-

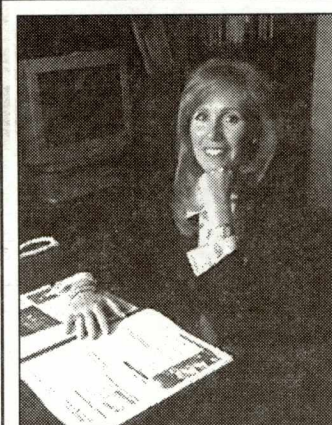
ing Experience—Mike Geimer of Geimer Greenhouses, Inc., will give us tips for our spring and summer garden. The meeting will take place at Geimer's Greenhouse, 2727 Old Route 53 in Long Grove.

- March 18, 2003, 7:30 p.m., Finance for Women—This program will be presented by a leading Buffalo Grove money management team. Call Mary for location information at 1-847-478-0736.

- April 15, 2003, 9:30 a.m.—Visit and tour Long Grove's only winery, Valentino Winery, at Aptakisic Road, Long Grove.

- May 13, 2003, 11:00 a.m.—Come to our Spring Installation Banquet and Fashion Show at Royal Melbourne Country Club.

For more information, please call 1-847-478-0736.



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The Art of Nurturing Your Self

Presented by
Judy Kaplan, MS

Get answers! You can empower yourself toward contentment, happiness and freedom from things that keep you stuck. Nurturing yourself is an important aspect of self development frequently overlooked by women in our society. As the "nurturers" we neglect our own need for self care and perpetuate this issue for future generations. Learn simple steps to change this cycle.

January 22, 2003, 7 to 9 p.m.

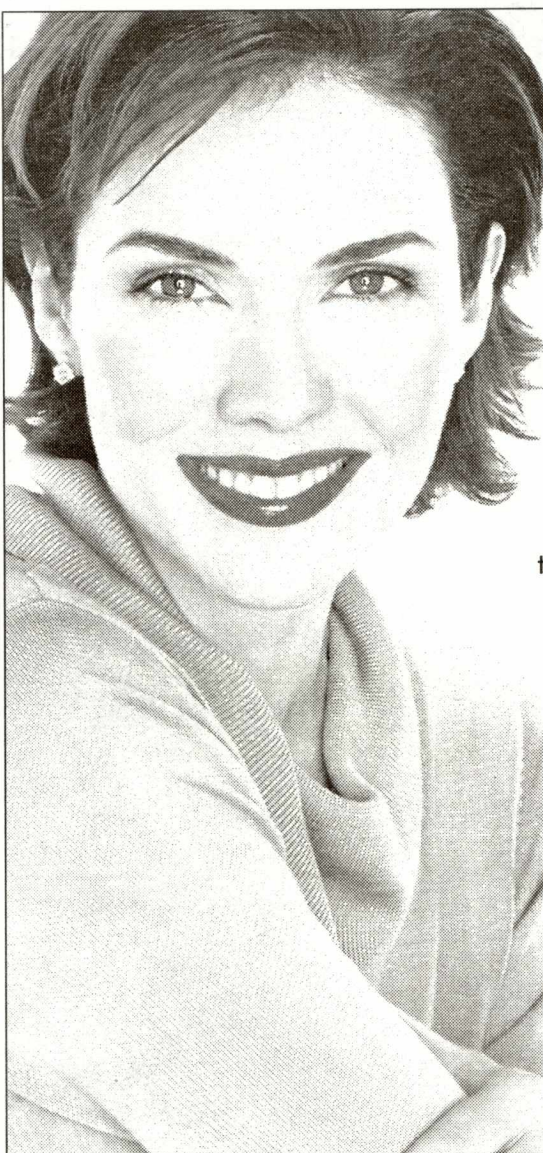
Barrington, Illinois

\$30 includes materials & refreshments

\$5 off for bringing a friend

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"Past-Present-Future" Theme for 2003 Women's Club of Inverness Fashion Show

2003 marks the 40th anniversary of the conception of the Women's Club of Inverness. This year's fashion show and luncheon theme, "Past-Present-Future," was chosen to pay tribute to the outstanding leadership the club has had over the years.

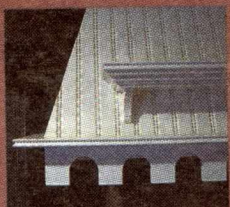
Friday, April 11, 2003, is the date for this year's event, and chairs Trina Toms and Eileen Kohne are hoping to exceed the success of last year's show. Fashions with Flair, under the direction of Nicole D'Aprile, will, once again, put on an entertaining show.

Each year, monies raised for this event

are used primarily to grant collegiate scholarships, and funds are also allocated to philanthropic requests from community-based organizations that help women, children and seniors. Over the years, the Women's Club of Inverness has granted close to \$100,000 in collegiate scholarships.

Tickets are \$50, and space is limited. Reservations can be made by calling Phyllis Ewert at 1-847-842-1695 or Georgia Lazzaro at 1-847-304-9671.

We hope that you can help us in our efforts to help the community.



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Come to McCAULEY DESIGN
and find out why we say

*"You'll Love What We Do
for Your Life!"*



McCAULEY DESIGN
is home to the

American Harvest Cooking School

Learn the fine art of cooking in an
entertaining and relaxed atmosphere with
David Koelling, former chef/owner
of The Greenery and Biloxi Grill.
Call for further information or a brochure.



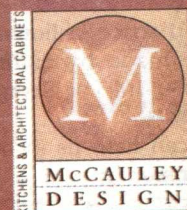
Barrington Residence as it appeared in *Great American Kitchens*.
Design, Details, Cabinets by McCAULEY DESIGN



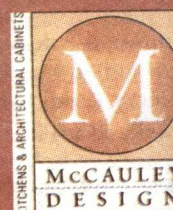
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SECTION

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Life too complex? Simplify with **Closet Masters**. Organize your closets, home office, pantry, utility room and garage. When your surroundings are organized, it removes one of our everyday causes of stress—confusion.

There's a place for everything. **Closet Masters'** closet and storage systems are professionally designed and installed. **Closet Masters** takes pride in every job and provides references with every bro-

chure.

A new product for **Closet Masters** is the Wall Bed—a real bed, hidden when not in use behind an attractive cabinet. It easily pulls down to provide a comfortable rest for your guests. Available in twin, full or queen sizes. The queen only takes 66" of wall space. Drawers and shelves can be added to the sides of the cabinet.

Call **Closet Masters** at 1-847-669-7015 and simplify your life.

Brookstone Show House Highlights Indoor Pool

It's a demonstration house you don't want to miss. Located in **Brookstone**, a community of 14 one-of-a-kind, estate homes on 1- to 1 3/4-acre sites in Long Grove, The Bennington showcases design ideas, unusual products, decorative finishes and a lavish indoor pool.

Not only is the 10,200-square-foot, seven-bedroom, 6 1/2-bath home planned for family entertainment, but it also demonstrates innovative design. Influenced by East Hampton architectural styling, this brick and stucco traditional country estate was renovated by Rick Bouchez and Steve Day, Homes By Richmond co-owners.

Open on weekends from noon to 4 p.m., the home presents the latest products, such as elegant 18" limestone tile in the foyer, marble in the master bath, ceramic tile bathrooms and laundry room, and cherry flooring in the living room, kitchen and library. Combinations of granite and marble are featured in all bathrooms.

Decorative moldings include oversized base moldings, window and door casings, crown moldings and chair rail. Pella® wood windows are featured throughout the house, while rich stained mahogany covers the front door.

The elegant foyer is adorned with a beautiful limestone floor, architectural columns and a circular staircase. To the right is a library or den and a living room with a full bay window. To the left is the dining room with its chair rail and crown molding. Straight ahead is a spacious family room with a brick fireplace and wetbar.

The "piece de resistance" is the indoor pool reminiscent of a Beverly Hills 1940s



Elegant kitchens feature maple cabinets topped with granite, curved center island, professional appliances and hardwood floors.

estate. Enclosed in glass is a large pool room housing an oval shaped heated 36' by 18' swimming pool, four skylights, a central bathroom with shower, and his and hers changing rooms. There's still time to add an optional sauna or steam room.

Granite countertops decorate the spacious kitchen with its center island, butler's pantry, Sub-Zero® refrigerator, Thermador® cooktop, double oven and microwave, Bosch® dishwasher, Decora® maple cabinets with light cherry stain and a working greenhouse.

A huge laundry room/mudroom contains a back staircase to the second floor bedroom as well as a bathroom, maid's room, and service and garage doors. You won't want to miss the 800-square-foot recreational basement boasting a wet bar and wine cellar. The Bennington is priced at \$1,489,000.

To visit **Brookstone**, take Lake Cook Road to Arlington Heights Road, north to Checker Road, then west for a half mile. Call 1-847-821-8284.

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Welcome to Brookstone, an enclave of 14 custom estate homes on 1 to 1-3/4 acre wooded sites in prestigious Long Grove. Visit our demonstration house and tour our forest preserve property to select a special homesite. Your magnificent custom designed residence will have the finest luxurious appointments such as maple, cherry or marble flooring, circular staircase, granite countertops, sculpted limestone or marble fireplace, cedar shake roof, 9' full basement, walk-out or English basement. Children attend top rated Stevenson High School District. Homes start at \$1 million.

Our Demonstration Home is open weekends from 12:00 to 4:00 p.m. or by appointment

847.821.8284

BROOKSTONE
LONG GROVE

Homes by Richmond



Take Lake Cook Road to Arlington Heights Road, north to Checker Road, west 1/2 mile to entrance.

Phase II Sales Underway at TerraVilla



Mature buyers in search of a maintenance-free lifestyle that offers picturesque views and richly appointed ranch-style homes may want to consider the award-winning **TerraVilla** community in unincorporated Crystal Lake, where Phase II sales are now underway. This newest phase has both attached and detached ranch villas—all with excellent views of open space and woods.

TerraVilla is a single-entry community consisting of quality-built ranch homes in a maintenance-free environment. The 33-acre setting provides 27 acres of woods, open space and common areas with scenic views and walking paths. The interiors boast elegant wood trim, hardwood floors (per plan), granite countertops, full basements and many other unexpected luxuries as standard.

To visit **TerraVilla**, take Route 31 to Crystal Lake Avenue. Go east to Smith Rd.; go north to East Terra Cotta Ave.; go west to the community entrance. The sales center is open Monday through Saturday, 9 a.m. to 5 p.m. For more information please call **815-788-0120**. Or visit us at www.premierpropertygroup.com.

TerraVilla

A Premier Community

5608 Prairie Ridge Drive
Crystal Lake, IL

The Beatles Live Again in American English

American English, called "The best Beatles band on the planet," will perform Jan. 24 and 25 at Raue Center For The Arts in Crystal Lake at 7:30 p.m.

American English is the closest you will ever get to seeing and hearing The Beatles. Whether it is the Ed Sullivan performance, the Sergeant Peppers Era or the final rooftop concert on top of Apple Studios, you'll swear you are there. American English is the complete Beatles experience.

They are simply the best Beatle tribute story of our time. In five short years, the band's authentic sound has left fans, promoters and musicians who knew The Beatles enthralled. Thousands of national fans first sanctioned the group by voting American English as victors of sound-a-like contests at Beatfest in Chicago for three consecutive years.

Then, Sam Leach (the original Beatle promoter from Liverpool), was in town for a book signing for his story *The Birth Of The Beatles* in 2001. After seeing American English, he called the band "the best Beatle act on the planet." Leach today hails them as "The Beatles incarnate!"

As American English toured nationally, other celebrity musicians caught "American English Mania." Denny Laine, who in his earlier years also toured with the Beatles as a member of The Moody Blues, was quoted as saying, "American English



American English is the complete Beatles experience.

sounds every bit as good as the Beatles themselves!" Spencer Davis said, "If I closed my eyes, I swore I was hearing my friends The Beatles. They are indeed the best Beatle show I have ever seen."

The real test of fire was performing on The Beatles homeland. In November 2001, American English debuted in Liverpool, England. Under the wings of Sam Leach, they were granted an honor never bestowed on any other tribute group. They traced historic footsteps and performed on the hallowed ground of several original Fab Four venues. The crowning moment occurred for American English in 2002 as they headlined International Beatle Week in England in front of a screaming crowd of 50,000! American English departed with Liverpoolians awestruck, reminiscent and tearful.

Spring Fashion Show to Benefit Lupus Research

The Barrington Lupus Support Group cordially invites you to its luncheon fashion show, "A Touch of Spring," on Saturday, Feb. 8. The event will take place at The Seville on Barrington Road in Streamwood.

Doors will open at 11:00 a.m. Fashion items will be on display to purchase at this time. Luncheon will be served at 12:30 p.m. The fashion show will begin at 1:30

p.m. Fashions featured are from Catherine's, Chico's, Talbot's and Cold Water Creek.

Cost for this event will be \$35 with a cash bar. For more information about being a fashion vendor or to purchase tickets, call JoAnn at 815-455-3009 or 708-205-3466. All profits will go to research. Paid reservations are requested by Feb. 1.



In December 2001, a historic fantasy-like "reunion" occurred. American English headlined the George Harrison tribute at the House of Blues in Chicago. Accompanied by several of the legendary Beatle/Wings related artists, the band made history and news across the world! American English performed with Denny Laine, the legendary rock guitarist from Wings, who founded the band with Paul McCartney and the complete Wings horn section (Howie Casey, Steve Howard, Thaddeus Richard). Accompanying them on stage was Joey Molland of Badfinger, Spencer Davis of the Spencer Davis Group and the original Beatle drummer himself, Pete Best! American English, along with the celebrity artists, gave fans a fantasy concert that could never be outdone.

In April 2002, American English had their most authentic "Beatle" stamp of approval yet, when sister Louise, of the late George Harrison, witnessed the show for

the first time. She was moved to tears by the band's performance and was quoted as saying "Martin Scott's performance as George made me feel like my brother was right here with me again." Since then, Louise has adopted Scott as family. In a private meeting with Paul McCartney, she introduced him as her "new adopted baby brother."

American English continues where John, Paul, George and Ringo left off. The story of American English is still being written, and you can be a part of it! Tickets are available now by calling Raue Center Box Office at 815-356-9212 or ordering online at www.rauecenter.org. The box office is located at 26 N. Williams Street in downtown Crystal Lake. The box office hours are Tuesday through Friday, 10 a.m. to 4 p.m., and Saturday, 10 a.m. to 1 p.m.

Visit www.americanenglishbeatles.com, the American English Web site, for more information.

REMODELING 2003... STORY #1

When Tim and Gale Hennelly decided to remodel, they had some specific goals in mind. Their home, built in the 1970's, was typical of its era. It had a compact kitchen with a small eating area. The family room was down the hall. Their dream was a "Country French" kitchen adjacent to the new family room so Gale could keep an eye on her small son while preparing meals. A major project like this is a big investment; so one of the first questions to be addressed was, could they get everything they wanted and still come in on budget? **Barrington Kitchen and Bath Studio's** Kaye Hathaway, a Certified Kitchen Designer, worked with Tim and Gale to design this stunning kitchen using semi-custom cabinetry in a beautiful pale maple finish called Caramel.

Gale, 5'2" tall, likes to bake, but was tired of digging through several small cabinets to get baking supplies. Kaye suggested using vanity-height cabinets for the island to make food preparation more comfortable for Gale. She also designed a special cabinet with rollouts at the end of the island to hold baking supplies and equipment. The island now serves as a convenient baking center. The microwave presented another challenge—how to build it in without making it too high for Gale, and later her son, to reach safely. A unique solution was achieved by using "spice drawers" to create a niche for it in an otherwise useless corner. Kaye also gave the couple's existing refrigerator and dishwasher a custom look by designing front panels using standard available cabinet components. The couple's big splurge in this kitchen was the professional style stainless-steel range. To set it off, Kaye designed the beautiful rangehood, which was built on-site and "stuccoed." A striking 3-piece crown molding with contrasting rope detail in cherry completes the custom look.

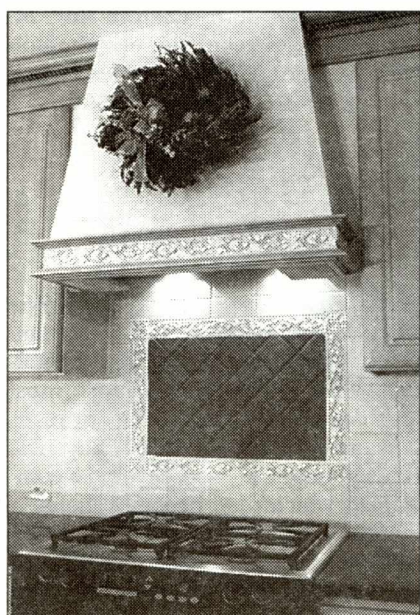
When asked to comment on the difficulties of designing a "custom



Shorter cabinets on island provide a perfect baking area for the 5'2" homeowner.

kitchen" using stock cabinets, Kaye said, "We are lucky to work with some of the best carpenters around, thanks to our sister company **Delta Renovations**. That close working relationship allows us to design special things for our clients and use stock cabinets in unique ways. We want our clients to challenge us, no matter what their budget. Years of experience and excellent craftsmanship make us equal to the challenge."

We invite you to challenge us too. If you are contemplating a new kitchen or a total bath redo, call **Barrington Kitchen and Bath Studio**. We promise to make you as happy with your special new room as Tim and Gale are with theirs.



This beautiful range hood was custom-built to set off the stainless-steel range.



Stock cabinets were modified to provide convenient storage. Note angled fluted detail and stone-look ceramic tile with carved border.



Spice drawers were used to create a convenient niche for the microwave.



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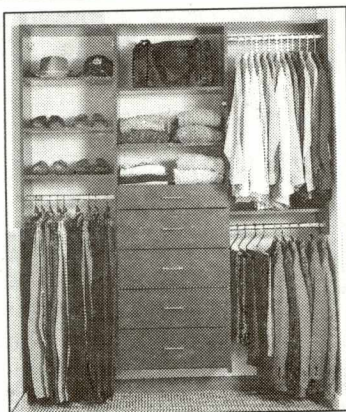
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Lake Zurich Garden Club to Meet Jan. 7

The next meeting of the Garden Club of Lake Zurich will be held on Jan. 7, 2003, at 7:30 p.m. at the Foglia YMCA on Old McHenry Road.

The program "World Flower Show in Copenhagen" will be presented by Penny Horne. Ms. Horne is an internationally acclaimed flower arranger and flower show artistic judge.

Visitors are always welcome; the club's meetings are held the first Tuesday of each month. Come exchange gardening notes. For more information, call 1-847-382-2621

or 1-847-438-0860.

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

Future Meetings

• The program on Feb. 4, 2003, will be "Hostas, Variations you can expect." It will be presented by John Van Ostrum.

• The program on March 4, 2003, will be "Orchids & Tropical Plants." It will be presented by Reme Tesch.

Home Accessory Store in Arlington Heights



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

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

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

Barrington Kitchen & Bath Studio Now Offers Kitchen Consulting

Barrington Kitchen & Bath Studio is pleased to announce that it will add a new service to aid homeowners who are planning to improve their homes in 2003. "We have been asked for years to help clients with preliminary space planning and, until now, we have not had the staff available to devote to that area," says President Joe McCarthy. "But the demand has become so great in the present remodeling and building climate that we have decided to devote one of our staff designer's time to filling the void we see in the local remodeling market."

McCarthy has assigned Certified Kitchen Designer Kaye Hathaway, who is also an NCIDQ-certified interior designer and a professional member of ASID, to assist clients who have preliminary architectural plans but want help in laying out their kitchens, baths, mudrooms and other spaces so that they can finalize their architectural plans and facilitate the bidding process.

"Many times, architects give clients a basic footprint of the space and tell them

to work with a kitchen planner to develop a final plan and budget," McCarthy commented. "But getting bids can be frustrating and time consuming because most kitchen dealers do not release their plans until a contract has been signed. Kaye will work with these clients to develop a complete plan which then becomes theirs. A substantial proportion of the consultation fee will be applied towards their deposit if they decide to purchase cabinets through us."

Since **Barrington Kitchen & Bath Studio** carries a broad range of competitively priced cabinets, including Crystal, Cabico and Woodharbor, and has earned a superb reputation, the company feels that providing this unique service will be an excellent way to enhance a homeowner's remodeling experience and to introduce the other benefits of working with **Barrington Kitchen & Bath Studio**. They invite inquiries at **1-847-381-3084** or you may visit their newly remodeled showroom at 319 W. Northwest Highway in Barrington.



Callalily

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in the Arlington Market

10-5 Monday-Friday, 10-4 Saturday 847.255.2500

Call for Entries for "The Fine Art of Ceramics"

"The Fine Art of Ceramics," is a juried show of clay art on exhibit March 1 through April 30, 2003, at the Northwest Cultural Council and Kimball Hill Galleries in Rolling Meadows, Ill.

The purpose of this exhibition is to demonstrate the use of clay as an artistic medium to the public. Ceramic artists are encouraged to submit slides for consideration in this show. All work will be offered for sale. Prizes will be awarded at a reception on Saturday, March 22, 2003.

Slides should be mailed with entry form to: NWCC Corporate Gallery, 5999 New Wilke Rd., Suite 307, Rolling Meadows, IL,

40 Barrington LIFESTYLES January 2003

60008. Deadline for applications is Jan. 15, 2003. There is a \$15 jury fee for this show. Late entries will be accepted through Jan. 30, 2003, with an additional \$10 late fee. No entries will be accepted after Jan. 30, 2003. All applications must include a completed entry form. Call NWCC at 1-847-956-7966 for prospectus.

Artists will be notified no later than Feb. 10, 2003, of their acceptance into the show. Upon acceptance, the piece(s) should be delivered to the gallery no later than Feb. 27, 2003. Artists are responsible for any and all shipping costs.

Red Oaks' Winter Sale Now in Progress

Savings Up to 40% Off Selected Upholstery
and Other Fine Furniture



Red Oaks' Winter Savings Event features home furnishings from some of the finest manufacturers in the industry, including Hickory Chair, Wesley Allen, Superior and Wesley Hall. Among the furniture offered is an exceptional line of iron beds, including daybeds and trundles. Or explore the range of colors for

painted finishes and the beauty of solid woods on our traditional bedroom and dining room groups. But don't delay! The sale ends March 31.

We look forward to showing you our beautiful furnishings and helping you create extraordinary rooms for your home.

Between Acts at *The Nutcracker*



Pictured between acts of the eighth annual *Nutcracker*, presented by Barrington Youth Dance Ensemble, are: (back row, from left) Jasper Sanfilippo, Jim and Anamarie Sanfilippo, Marian Sanfilippo, (front row, from left) Jasper and Marian's grand-

children Danielle and Allison Evon with Grace and Jackie Sanfilippo. The Evon and Sanfilippo families reside in Barrington. Performances were Nov. 29, 30, and Dec. 1 at Barrington High School.

Grand Piano Donation Sought

Worship and music go hand-in-hand, but the people of Barrington United Methodist Church lost their grand piano during the 1998 fire that destroyed their church home.

With the opening of their new building at 98 Algonquin Road in Barrington Hills

fast approaching, the church is seeking the donation of a new or used grand piano.

To help in this effort or for more information, please call Tom Calhoun at 1-847-991-5575 or the church offices at 1-847-381-1725.

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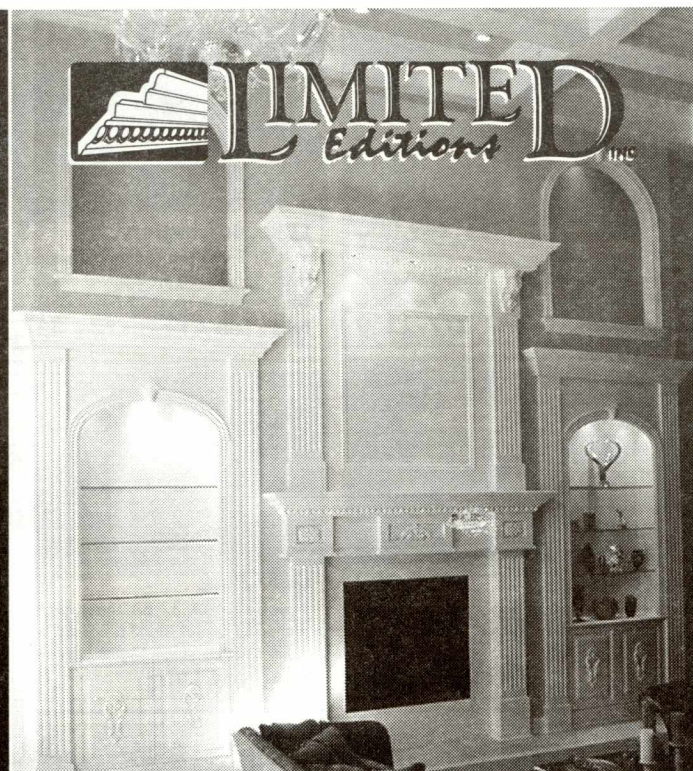


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South Barrington \$8,250,000
Outstanding custom home w/ 15 FPs, 2-story library, designer kit & sumptuous master suite. Walkout LL w/ basketball court, gym, 2nd kit & spa. 12-car garage.
Meg Cleavenger 847/277-2259



Barrington Hills \$6,900,000
Gated lakefront—13-ac estate reflects only the finest finishes & details. Dramatic great room, De Guilio kitchen, movie theatre. New 6,000 sf barn + pond.
Meg Cleavenger & Barb Wessberg 847/277-2259



Capron \$5,495,000
Magnificent estate on 70 acres. Gorgeous details, martial arts studio, greenhouse & artist's studio. Gently rolling land suited for creation of an equestrian facility.
Meg Cleavenger & Greg Bradley 847/277-2259



Barrington Hills \$4,499,000
Lovely estate on 17 wooded acres. Stone & cedar home w/ finest custom finishes t/o its substantial, stunning interior. 2 guest houses, pool, tennis court & 4-stall barn.
Meg Cleavenger 847/277-2259



Barrington Hills \$3,699,000
New since 1996. Estate on approx 10 rolling, wooded acres. Exceptional main residence, 2 guest houses, pool, tennis crt. Prime, protected location—timeless appeal.
Meg Cleavenger 847/277-2259



Barrington Hills \$3,399,000
5-BR, 3.1-BA home set majestically atop a ridge. Exquisite features. Sumptuous master suite w/ private balcony. Great rm w/ 35' ceiling. Greenhouse & 6-car garage.
Meg Cleavenger 847/277-2259



Barrington Hills \$2,895,000
Lakefront 6 BR, 6+ BA on 6.2 acres. Vol ceilings, island kitchen w/ top appls, sunroom, study, library, basketball court & luxury master suite. Guest house, pool & Jacuzzi.
Lockhart & Willis 847/277-2272



Barrington Hills \$1,750,000
Custom lakefront 4-BR, 6.1-BA stone & cedar 12,000 sq ft estate on 6+ wooded acres. Stone boat hse & dock. Fin walkout LL w/ staff quarters, 2nd kit, USGA golf hole.
Meg Cleavenger 847/277-2259



Inverness \$1,350,000
Pro designed & rebuilt 5 BR, 5+ BA home. Home-office/multipurpose suite w/ FP & BA. Spacious master w/ luxury BA, FP & balcony. New designer kitchen.
Marty Wagenaar 847/277-2711



Barrington Hills \$1,299,000
Distinctive 4-BR, 5-BA home. Offering high ceilings, enormous rooms, 3 FPs, 2 master baths, finished walkout lower level & barn. Lovely fresh decor.
Meg Cleavenger & Barb Wessberg 847/277-2259



Barrington Hills \$1,249,000
Build your dream home on magnificent wooded hilltop overlooking private secluded lake. 5 tranquil lakefront acres in a most prime location just minutes to the village.
Meg Cleavenger 847/277-2259



Lake Barrington \$1,200,000
5 BR, 4+ BA all-brick home. Upgraded features. 2 frpls, study. Spacious LL walkout w/ media rm, game rm, wet bar & exercise rm. Brick paver patio & sports court.
Bonnie Paice & Shannon Paice 847/277-2723



Barrington Hills \$1,195,000
Charming 5-BR, 3.1-BA country home. Sparkling pool, pool/guest house, 3-stall barn w/ ample turnouts. Beautiful gardens, serene patio areas & tranquil pond.
Meg Cleavenger 847/277-2259



Barrington Hills \$1,150,000
The most beautiful lakefront in Barrington Hills. Enchanting 4-BR cape on 6.6 private, rolling acres w/ 622' of shoreline on gorgeous Keene Lake. Come see!
Meg Cleavenger 847/277-2259



Barrington Hills \$939,000
5-BR, 3.5-BA ranch set on top of 5 rolling acres. In-law possibilities. 4-stall barn. New kitchen. Newer hardwood floors. Much updating.
Mary Spinner 847/277-2284



Deer Park \$862,900
3-year-old 4-BR, 3.1-BA beauty w/ hrdwd flrs, gourmet kitchen w/ center island breakfast bar—Bosch—Viking & butler's pantry, study, English basement & 3-car garage.
Suzanne Luby 847/277-277




Barrington \$844,900
New construction 4-BR, 3.5-BA brick on 2+ acre lot. Gourmet kitchen, hardwood floors, 3 fireplaces. Large bonus room. Huge walkout lower level. Deck & patio.
Ron & Jeanine VanDeVelde 847/277-2282



Barrington \$598,000
This charming colonial is set on an interior lot in Fenview Estates backing to nature area, offers 4 BR, 2.1 BA, 1st flr den, vaulted family room, fin lower level & 3-car gar.
Barbara Wessberg 847/277-2277



Kildeer \$519,900
4-BR, 2.5-BA on prime pond site. Hardwood floors, new carpet. 2-story family room w/ soaring brick fireplace. Luxury master bath. Walkout lower level.
Celeste Lockhart 847/277-2272



Barrington \$424,900
Enjoy waterfront living in this 2-bedroom, 3.5-bath home on the Fox River. Private balcony & screened patio, loft, neutral decor & appliances stay.
Barb Wessberg & Meg Cleavenger 847/277-2277



Barrington \$719,900
Foxpoint 5-BR, 2.5-BA brick home on 3/4 acre on quiet cul-de-sac. New kitchen. Updated BAs. Hardwood throughout. Beautifully redone.
Joan Burny 847/277-2705



Lake Zurich \$398,900
Fabulous new 2900 sq ft, 4-BR, 2.5-BA. Ready now! 9' ceilings, cook's kitchen w/ Jenn-Air, center island. Full basement, 3-car garage, interior lot.
Suzanne Luby 847/277-2777



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Barrington Hills \$3,995,000
Idyllic retreat w/ 6 BR, 6.1 BA on 22 wooded acres. Lake, pond, stable, pastures, tennis court, pool & coach house w/ dramatic 5,000 sq ft loft apartment.
Donna Veller 847/277-2728



South Barrington \$1,390,000
Your castle awaits! 4-BR, 4.5-BA new construction w/ columns & archways. Maple kit w/ granite, library, luxury master. English LL w/ bar, 2nd kit, brick vineyard room.
Frank & Lynne Caiazza 847/277-2767




Barrington Hills \$1,135,000
Spectacular lakefront estate on 6.35 acres w/ 380' of shoreline. 5-BR, 3.1-BA Cape Cod has 1st flr master suite, coach house w/ studio apt, 3-car gar & stocked pond.
Donna Veller 847/277-2728



Inverness \$1,345,000
Stunning estate home sited on a sweeping 1-acre site bordering Conservancy. Quality abounds in this newer luxury residence offering an open, flowing floor plan w/ volume ceilings & rich detail throughout. First floor master suite, gourmet kitchen, all bedrooms w/ private bath, huge walkout lower level w/ exercise & media rooms & 4-car garage are just a few of its many special features.
Donna Veller 847/277-2728

Inverness \$1,345,000
Stunning estate home sited on a sweeping 1-acre site bordering Conservancy. Quality abounds in this newer luxury residence offering an open, flowing floor plan w/ volume ceilings & rich detail throughout. First floor master suite, gourmet kitchen, all bedrooms w/ private bath, huge walkout lower level w/ exercise & media rooms & 4-car garage are just a few of its many special features.
Donna Veller 847/277-2728



Ingleside \$999,999
Fab ranch w/ 1500' waterfront, resort-like 4+ ac, priv pier, pole barn, addl gar, greenhse & guest hme. "Wow" views of sunset from deck, LR & pier. Rm for big boy toys.
Suzanne Luby 847/277-2777



Inverness \$1,298,000
Fabulous Dior-built 5-BR, 5.1-BA all-brick beauty poised on a lush landscaped 2-acre lot offers quality construction, great schools & a location close to every convenience. Amenities include volume & vaulted ceilings, hardwood floors, gourmet kitchen w/ center island, sunroom, 1st floor bedroom & bath, deck, gazebo & a finished lower level complete w/ rec room—exercise—sitting room—2nd kitchen & game room. Nothing has been overlooked.
Suzanne Luby 847/277-2777

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Fabulous Dior-built 5-BR, 5.1-BA all-brick beauty poised on a lush landscaped 2-acre lot offers quality construction, great schools & a location close to every convenience. Amenities include volume & vaulted ceilings, hardwood floors, gourmet kitchen w/ center island, sunroom, 1st floor bedroom & bath, deck, gazebo & a finished lower level complete w/ rec room—exercise—sitting room—2nd kitchen & game room. Nothing has been overlooked.
Suzanne Luby 847/277-2777



Barrington Hills \$998,500
Waterfront home in Barrington Hills. 4 BR, 4 BA, hrdwd flrs, sunroom, 3-stall barn. Pasture, paddock, greenhouse w/ artist's studio. Perennial gardens, stone walls.
Sherl Wheeler 847/277-2772



South Barrington \$949,000
Classic 5-BR, 5.1-BA w/ architectural detailing, moldings, 2-story entry & family room, gallery, library, 3 fireplaces, plantation shutters, loft, huge master suite & English LL.
Frank & Lynne Caiazza 847/277-2767



Barrington Hills \$865,000
6+ BR, 4+ BA on 5+ acres in BH. Backs to forest preserve, Spring Creek. Multi-lvl brick & frame home. LR w/ wall of windows. FR w/ stone frplc. Rec rm overlooks pool.
Sue Goodfellow 847/277-2276



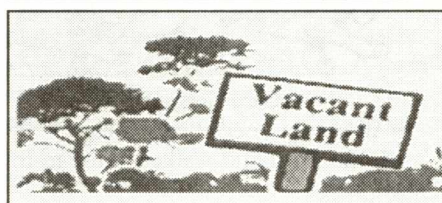
Barrington \$780,000
4-BR, 3.5-BA Colonial on 2+ wooded acres. Cathedral ceiling in huge kitchen. Study hardwood floors. Lower level walkout w/ rec area plus full kitchen.
Sherl Wheeler 847/277-2772



Barrington \$754,900
Spectacular 4-BR, 2.5-BA Georgian in Lakeview. Island kitchen, FR w/ stone frplc, wet bar, library. Master suite w/ spa & huge walk-in closet. Screened porch.
Frank & Lynne Caiazza 847/277-2767



Lake Barrington \$724,900
4-BR, 2.5-BA brick home on conservation w/ views of pond. Den. Master w/ sitting room. Lux master BA. 3-car garage. English basement. Screened porch.
Suzanne Luby 847/277-2777



Barrington Hills \$705,000
Vacant land. Beautiful, heavily-wooded lot. Imagine the spectacular home, with possible walkout, that could be built on this fabulous lot.
Suzanne Luby 847/277-2777



Barrington \$650,000
2½ wooded ac w/ pond on cul-de-sac. 5 BR, 3½ BA, gourmet kit, FR w/ FP. Hrdwd flrs, 2-stry foyer, cath ceil, fin walkout LL w/ full BA, wrkshp & storage. Home Warr.
Louise Amundsen 847/277-2718



Barrington \$525,000
Fox Point—4-BR, 2½-BA home on ½-acre wooded lot. Hrdwd flrs, 2-stry entry, huge BRs, plantation shutters, finished basement & master w/ whirlpool & sitting room.
Sherl Wheeler 847/277-2772



Barrington \$525,000
4-BR, 2.5-BA New England Colonial. LR w/ marble frplc. Large, warm FR w/ floor-to-ceil brick frplc. Florida room. Newer kitchen w/ eat-in area. Refinished hrdwd flrs.
Louise Amundsen 847/277-2718



Barrington \$399,000
LBS delightful Gardner 3-BR, 2.5-BA end unit duplex townhome on private quiet cul-de-sac w/ views of woods & forest preserve. 2-car garage.
Ron & Jeanine VanDeVelde 847/277-2282



South Barrington \$336,900
Premium site in very private location in exclusive community of 10 homesites w/ rolling terrain, trees & pond. This special estate setting awaits your dream home.
Frank & Lynne Caiazza 847/277-2767



Barrington \$309,000
Vintage 3-BR, 1.5-BA 2-story home. Pergo flooring. Updated kit. Wall of built-in cabinets for TV in family room. 3rd floor walkup attic. 2-car gar. 2 furnaces.
Sherl Wheeler 847/277-2772

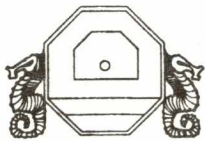


Island Lake \$190,000
Commercial site in high traffic area. Newer furnace, central air, 200-amp electrical service, 5 phone jacks, expansion possibilities.
Celeste Lockhart 847/277-2272

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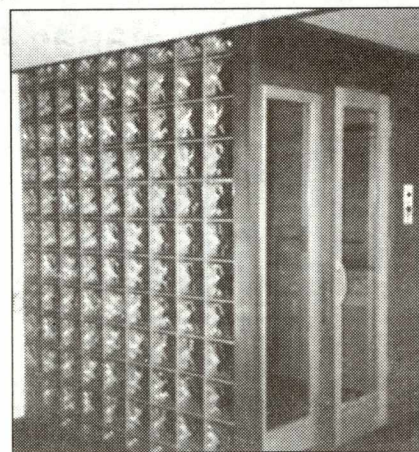
The Many Benefits of Sauna

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

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

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

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



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

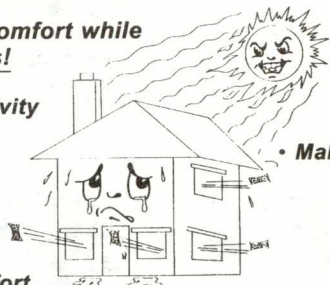


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HOLIDAYS CLOSED

Letter to the Editor

On behalf of the Barrington Area Council on Aging, Inc., and the seniors who participated, thank you to all who supported the wonderful Thanksgiving luncheon held on Monday, Nov. 25, at Langendorf Park. Over 90 seniors enjoyed a traditional Thanksgiving dinner provided by Maravella's of Fox Lake and listened to an array of songs and music, titled *Oh, How I Love Those Old Melodies*, performed by Down Memory Lane with Young at Heart.

First, we would like to express our gratitude to the Barrington Noon Rotary Club for underwriting the cost of the traditional Thanksgiving meal that was served. Our thanks, also, to Pastor James Wilson of the Barrington United Methodist Church for giving our Thanksgiving prayer.

Thanks also to those who helped serve the meal: members of the Good Shepherd Hospital management team Connie Blaine, Syl Boeder, Christine Kass, Karen Lambert, Mark Mallinger, Tim McDonnell, Jane Ritter, Doug Ryder and George Teufel; members of the Barrington High School Adopt-a-Grandparent Club Tiffany Filippell, Samantha Kublank, Kate McGillem and Jessica Schultz; and their sponsor, Don Wesermann.

We would also like to thank Good Shepherd Hospital for underwriting the cost of the entertainment and the individual flower arrangements for each table, which were created by Candy Quinn of Prairie Baskets Florist. Thanks also to Scout Troop leaders Linda Hendrickson,

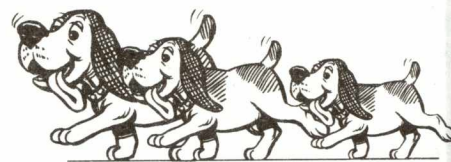
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Amanda Peppia and Karen Owen of Junior Troop #633, fourth grade, who made creative, edible turkey decorations, and the Barrington High School's Youth Dance Ensemble who donated tickets for their performance of *The Nutcracker*.

Thanks again to everyone involved. The

seniors enjoyed the delightful luncheon, the company of their friends and the support of our community.

Sincerely,
Linda Avellon
Program Coordinator

Join LIFESTYLE—An Energy, Fitness and Weight Management Program

Where are we now? With more money spent on medicine, hospitals and illness in our country, we still have more heart disease, diabetes, cancer, aches and pains than ever. Over 60 percent of people are overweight. Many who have appropriate weight have high cholesterol and high blood pressure. We don't want to be there or, if we are, we don't want to stay.

So what's the answer? Choosing to live a healthier lifestyle. The **HealthWatchers Lifestyle Program** has all the components to live longer, quality driven lives. If you're ready to commit to making a change, I'd like to invite you to join me in this simple, good habit-driven program that creates more energy, clarity of mind, youthfulness and friendships.

The program focuses on five areas:

- Eating in the Zone
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- Pi-Mag Water
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- Journaling and Support

First, all support for the program is **free!** There are no weekly meeting or initiation fees. It's a program designed to give free information and insight into how to choose the foods we eat, what supplements should be, how to get an aerobic/cardio workout with simple walking, and the importance of alkaline water for our cells. I also offer a series of programs for group presentations. Call **Eileen SanFilippo** at **1-847-382-4973** for more information.

From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

Happy New Year 2003

2003 marks the 100th birthday of Ford Motor Co. I decided it would be fun to share some history of the company.

Did you know that Henry Ford and 11 investors started the company with only \$28,000 capital? The first vehicle was sold just one month later to a doctor in Detroit. In 1908, the first Model-T left the plant. Nineteen years later, 15 million vehicles had been sold. Henry and Edsel Ford bought out the original investors in 1919, making Ford Motor Co. solely owned by the Ford family.

In 1920, the family purchased the Detroit-Toledo-Ironton and used it for material transportation to their largest plant in Rouge, Mich. Lincoln Motor Company was added to Ford in 1922, giving the company a luxury line. Other manufacturers owned by Ford today include Mazda, Range Rover, Aston Martin, Jaguar and Volvo.

For more history on Ford Motor Co.,



visit www.ford.com.

2003 also marks our 19th year of business. We started with just 10 employees and now have 85. Lee Liotta, Pat Morgan, Ted Gens, Orval Abney, Doug Olsen—six of our original employees—are still with us! We feel truly blessed to have the employees we do.

Stop by and visit soon. Or visit us at www.wickstromford.com.

A Great Selection of Specialty Vehicles

Emkay Car Rental offers a great selection of specialty vehicles for short-term rent. Emkay has the new Pontiac Vibe. **Emkay** also has the new Toyota Highlander and the Toyota RAV 4 for your SUV needs. **Emkay** also has an outstanding selection of European imports. The BMW 3 and 5 series, Volkswagen Passat or the Saab 9.3 Convertible are just a few of the models available. If a minivan is needed, the Oldsmobile Premier with built-in VCR or the Chrysler Town & Country Lxi will do the job. Please call for availabil-

ity, prices and other unique selections.

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

Barrington Resident Writes Article for Illinois Bar Journal

Peter J. Bedard, a resident of Barrington and an associate in the Chicago office of Michael Best & Friedrich, recently wrote an article, *Protecting Subcontractors' Rights Under the Illinois Public Construction Bond Act*. The article appeared in the October issue of the *Illinois Bar Journal*, the monthly magazine of the ISBA.

In the article, Bedard discusses how

construction businesses can recover payment for public construction projects with the help of the Illinois Public Construction Bond Act and also recent Illinois Appellate Court decisions relating to the act.

The 35,000-member ISBA, with offices in Springfield and Chicago, provides professional services to Illinois lawyers and education and services to the public.

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Citizens for Conservation 2002-2003 Adventures in Nature Study Class Schedule

While all classes are geared for children, adults are welcome and encouraged to come. The cost for each class is \$4 for members or \$6 for nonmembers. (There is no fee for adults who come with a child.) Special classes can be arranged for school groups, scouts and other organizations at the membership rate. All students must register in advance. Please call CFC at 1-847-382-SAVE (7283) with any questions.

On Monday, Jan. 20, Martin Luther King Day, will be the class "Learning from Owl

Pellets" from 2:00 to 3:30 p.m. at the CFC office. Learn more about owls and their habitat by dissecting owl pellets. Class designed for children 7 and up. Younger children are welcome with parents.

The CFC office is located at 459 W. Highway 22 (between Kelsey Road and Route 59). Look for the white farmhouse with the silo across from Good Shepherd Hospital. Call 1-847-382-SAVE for more information.

The British are Coming... The British are Coming...

And the French. The Canadians. Californians and Texans. New Yorkers and New Jerseyites. And we couldn't be happier! Because, as a representative of our Relocation Division, we love helping transferees feel at home. Our Coldwell Banker Relocation Division works with hundreds of major American companies annually to help thousands of their employees reestablish their lives in just-right homes in their new communities. Maybe in the home you're getting ready to sell. Talk about potential buyers! Call us first to let us put our knowhow to work.

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Wellness Place to Host Eight Cancer Networking, Support Groups in January

Eight networking and support groups will meet in January at Wellness Place, a cancer resource center located at 1619 W. Colonial Parkway, Palatine, across from Harper College. The drop-in groups require preregistration by calling 1-847-221-2400.

Offering opportunities for information exchange and supportive conversation, the groups and their facilitators include:

- **Newly Diagnosed Support Group**, Thursdays, Jan. 9 and 23, 7:00 to 8:30 p.m.—Led by Charlie Stevens, Palatine, cancer survivor, the semimonthly group is for people diagnosed with cancer in the last six months.
- **Family/Friends Networking**, Tuesdays, Jan. 14 and 28, 7:00 to 8:30 p.m.—Facilitated by Margaret French, Wellness Place program associate, this group is for people who have a loved one or a friend with cancer.
- **Men with Cancer Networking**, Tuesdays, Jan. 14 and 28, 7:00 to 8:30 p.m.—Led by Harvey Wolf, health psychologist and Wellness Place consultant, and Stevens, this group offers a discussion of issues men with cancer face.
- **Leukemia/Lymphoma Networking**, Wednesday, Jan. 15, 11:30 a.m. to 1:00 p.m.—Directed by Sue Blechschmidt, Wellness Place program director, and

Diana Wilson, Wellness Place consultant, this group meets with survivors, family and friends.

- **Survivors**, Tuesdays, Jan. 7 and 21—This drop-in group for all cancer survivors is facilitated by Susan Meyer, Wellness Place outreach coordinator.
 - **Recurrence/Metastatic Networking**, Thursdays, Jan. 2, 16 and 30, 10:30 a.m. to noon—Led by Wolf and Lois Coldewey, Wellness Place program coordinator, this is a discussion group for people with recurrence or metastatic disease, their family and friends.
 - **Breast Cancer Networking**, Mondays, Jan. 6 and 20—This group for breast cancer survivors is led by French and Myrna Porter, Wellness Place co-founder and cancer survivor.
 - **Spirituality and Well-Being**, Thursdays, Jan. 9 and 23, 10:30 a.m. to noon—This is a weekly group facilitated by Coldewey to help participants in their search to find a deeper meaning and purpose to life.
- Wellness Place, a nonprofit organization incorporated in 1999, offers resources, support and education for cancer patients, their family and friends, and serves 60 communities in the Northwest Suburbs of Cook County and parts of McHenry, Lake and Kane counties.



Tips from the Top

Margaret R. Semrad
Broker/Manager
Barrington Office

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RESIDENTIAL BROKERAGE

At 11 a.m. on a recent winter morning, Mr. and Mrs. Smith from New Jersey arrived at **Coldwell Banker's** Barrington office. They were another of the many transferee families we are delighted to help find that perfect home in a new-to-them community. Actually, Mr. Smith is one of over thousands of employees transferred annually through Cendant Relocation, one of the nation's leading relocation companies.

Despite the much-publicized corporate layoffs, some Chicagoland corporations are hiring and transferees are purchasing our properties. Some companies are newly situated in the Northwest's Golden Corridor, while other companies already in the area are expanding. Both new and established corporations are bringing people to our area to live and work in our great Northwest Territory.

Corporate relocation has a major impact on our real estate business. It provides a dependable pool of buyers for our sellers. And when the transferee moves (in five years on average), additional homes become available for our buyers. The real estate market continues to thrive. 2002 sales activity for **Coldwell Banker Residential Brokerage**, Chicagoland, surpassed \$14 billion. That is a lot of sold real estate!

Making the Move

The home-buying process is difficult for the transferee. Even though some transferees receive promotions when they accept a transfer, there is still "uprooting trauma" which, psychologists say, has several stages similar to grieving. An understanding real estate agent is most important to relieving that trauma and stress. For this reason, **Coldwell Banker's** Relocation Division conducts transferee workshops

and training seminars to prepare **Coldwell Banker** agents to better meet the needs of the 2003 transferee buyer and seller. Each **Coldwell Banker** agent submits a detailed personal profile for use in matching the agent with the incoming transferee buyer.

Corporations depend heavily on real estate agents to introduce and educate the transferee family to living in the northwest area. Our agents are thoughtful and compassionate when educating transferees and their families to the multifaceted lifestyles in our area. This can be overwhelming to any transferee family.

Relocating Families with Children

Relocating with children is serious business. Our **Coldwell Banker** agent counsels families about the schools the children will attend and is a source of various kinds of information including scout troops, ice skating classes, Little League or soccer teams in the area, dancing lessons, and special education programs. Each family has different needs and wishes. However, they all have one thing in common—the need for a reliable source of local information to help each member of the family make the smoothest transition possible. Our **Coldwell Banker** agents are well trained to watch over and nurture transferees and their families to ensure a successful relocation.

Putting our experience to work for these clients has helped position us as a leader in the field. So, if you're planning to put your home on the market, do call us. Let us tell you in person the many advantages we are able to offer our sellers and buyers. **Coldwell Banker** is the Dream House Headquarters.

Let's all have a wonderful new year!

Barrington Kitchen & Bath Studio to Provide Kitchen Organizing

Barrington Kitchen & Bath Studio has recently announced that it will provide a kitchen organizing service beginning 2003.

"We have always been in the kitchen organizing business because a lot of what we do in planning new kitchens is helping clients organize their spaces. We specialize in determining and providing the storage elements a kitchen needs to be truly organized," said President Joe McCarthy. "We are excited to offer the same organizing expertise to clients who are not remodeling but want to maximize the storage in their existing homes. An experienced staff designer will assess the existing kitchen and make recommendations as to how to improve the kitchen for maximum function and organization. We will then order and install the recommended convenience features. We can also provide

new countertops, sinks, faucets and backsplash tile, if the homeowner wants to give the kitchen a total facelift."

"Our company has an impeccable reputation in the field of kitchen design and remodeling," McCarthy continues. "We believe we can offer a unique service to those clients who are seriously looking for a way to organize their existing kitchens and either don't know how or don't have time. Every year, we do complete remodeling projects on kitchens that probably don't need such extreme measures, but they have proved so frustrating that the owners feel gutting and starting from scratch is the only way to get a functional kitchen. It is for these people that we are offering this service."

Barrington Kitchen & Bath Studio can be reached at 1-847-381-3084.

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

need to travel to the wholesalers.

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

Obviously, every order starts with custom measurements and ends with a quality installation by our experienced staff. We pay attention to details. That's what makes us different.

Call **1-847-526-9594** or visit us to discuss your needs. We are open 8 a.m. to 5 p.m. weekdays and Saturday, 8 a.m. to 12 noon! Bring your plans for an estimate and receive a free granite pastry board.

Currently, we are offering 10% OFF in-stock materials on purchases of \$1,200 or more to celebrate our 10th anniversary!

GSH Auxiliary Hosts "Mardi Gras Chef Fest"

The Auxiliary of Good Shepherd Hospital will host "Mardi Gras Chef Fest" on Thursday, Feb. 27, at Concorde Banquets, 20922 N. Rand Road, Kildeer. Food will be served from 6:00 to 8:30 p.m. by nearly 30 restaurants. The evening's entertainment will be provided by Good Shepherd Hospital's Mark Grobner on the hammered dulcimer and jazz music by a New Orleans-type band, Reunion Jazz.

Proceeds of the fund-raiser will be used for newly proposed, advanced cardiac services.

Auxiliary president Gerry Menzel is working with Jan Broders and Bonnie Bixby as chairpersons of the restaurant participants. Irv Kamradt is serving as treasurer. And other tasks are assigned to Lisa Gardino, Linda Newton, Kay Huguelet, Karen Liska, Esther Schultz, Barbara Bond, Arden Debolt, Mary Giangrasso, Faith Semla, Shari Worrell, Dee McCarthy, Karen Kay and Winni Schenzinger.

Craig Summers, executive chef at the Hyatt Oakbrook and resident of Algonquin, will serve as consultant. Mr. Summers is committed to helping organizations that serve others to raise funds, but is particularly happy to assist one "in his own back yard."

Cuisine will be served from various

local restaurants: Le Titi de Paris, and Tuller's Chophouse and Bar (Arlington Heights); Galati's (Cary); Ambrosia Euro-American Patisserie, Chessie's, Pampered Chef and The Gazebo (Barrington); Café Winberie (Buffalo Grove); 1776 Restaurant, Pablo's Mexican Restaurant and Chili's Grill (Crystal Lake); Stoney River (Deer Park); Café Salsa (Fox River Grove); Julio's Latin Café, Pasta Makers and Porto Bello Steakhouse (Lake Zurich); Emmett's Tavern (West Dundee); Carlucci's, Cucina Roma and Flatlanders (Lincolnshire); Enzo Lucia's (Long Grove); Valley Lodge on Diamond Lake (Mundelein); Hyatt Regency (Oak Brook); Marlowe's and Tamale Wally's (Palatine); Pina's Culinary Experience (Roselle); Duke's Grill and American Pub (Wauconda); and J. Fitz Woody's Lakeside Grill (Twin Lakes, Wis.). (Owners Woody and Jean Walmsley are formerly of Barrington.)

Open seating tickets are \$50 per person; tables of ten may be reserved at \$500 per table. Reservations must be made by Feb. 13. Send checks to Auxiliary of Good Shepherd Hospital, 250 W. Highway 22, Lake Barrington, IL, 60010. For further information, call 1-847-381-0123, ext. 5104. Please leave your name and phone number.

Four Things Parents Must Ask of the Schools for Their Gifted Children

Dr. Karen Rogers, professor of gifted studies at the University of St. Thomas, Minneapolis, Minn., will speak at 7 p.m. on Tuesday, Jan. 14, at the Hough Street School, 310 S. Hough St., Barrington.

Dr. Rogers is the author of the book *Reforming Gifted Education: Matching the Program to the Child* and has evaluated over 60 district gifted programs. She tests the cognitive and performance levels of gifted learners and develops educational plans for them. Based on her research and

experiences, she will share the four requests parents must make of their schools and the 10 ways parents can help their gifted children develop fully outside of school.

This program is sponsored by the Barrington Council for the Gifted and Talented, which supports excellence in our schools and invites members and the general public to attend. There will be a \$5 charge at the door for nonmembers.

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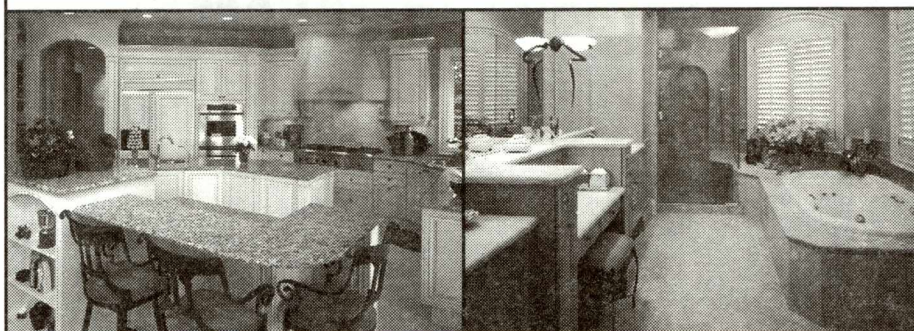
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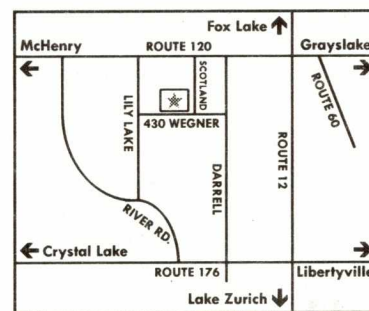


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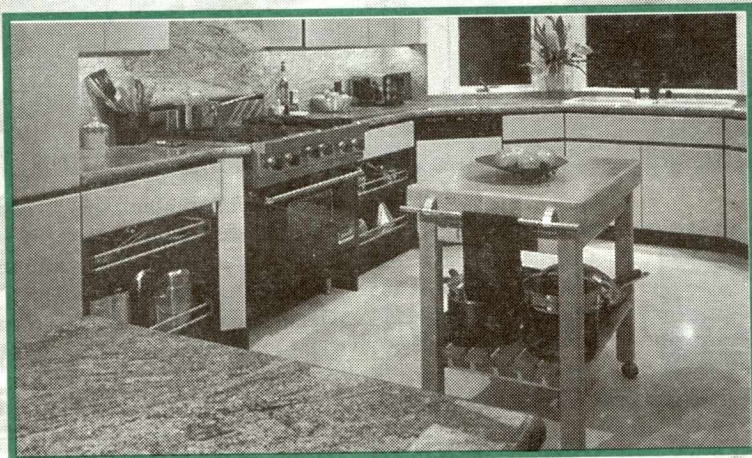


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