

September 2003

STYLESTM
NEWS MAGAZINE

barrington

Fall Happenings
Galore!

"Cirque du Coeur—
Circus of the Heart"
Featured at GSH Gala

"A Horse of Many Different
Colors" BAAC Gallery Walk

Harvest of Homes
Housewalk October 2

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Editor's Ink

September, 2003

Dear Reader,

School has resumed and the clubs and organizations in the area are now in full swing.

The Barrington Area Arts Council is planning the Gallery Walk 2003 for Sept. 5 and 6. Various businesses and galleries in Barrington will participate. Look for bright balloons to identify them. In conjunction with the Gallery Walk, enjoy "A Horse is a Horse." Seventeen local artists will present artistic impressions of horses. These horses will be exhibited at participating galleries and will be available for purchase. Should be fun!

Cirque du Coeur will be presented on Sept. 13 at the Marriott Lincolnshire during the Advocate Good Shepherd Hospital's Shepherds Gala. Attendees will be in a magical circus environment, complete with games, circus performers and carnival fare. Proceeds from this event will be directed toward advancing the cardiac services program at Advocate Good Shepherd Hospital.

On Oct. 2, the St. Anne Women's Club will present its Third Annual Harvest of Homes Housewalk. On the walk will be five spectacular homes in the Barrington area. You won't want to miss it.

Enjoy the season. Until next time, peace and happiness.

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



About Our Cover

Into Africa.
Khaki stretch cotton safari jacket and wrap skirt. From the Liz Claiborne Collection.



Harvest of Homes Housewalk



Members of St. Anne Women's Club: (bottom row from left) Sondra Raider, Charlotte Kovalsky, Angela Nordren, (second row) Molly Montrie, Maureen Sieger, Maria Trzaska, Kelly Miller, (top row) Kendra DiMucci, Katie McGeady, Sue Geshwender, Karen Boccabella

The St. Anne Women's Club is proud to present its third annual Harvest of Homes housewalk on Thursday, Oct. 2, from 10 a.m. to 3 p.m. The tour will feature five spectacular homes in the Barrington area. In addition, boxed lunches will be available for \$10, and boutique shopping will be in the Gathering Space starting at 9 a.m.

Early bird ticket prices of \$20 are available until Sept. 15 (\$25 thereafter). A senior discount is available. Tickets can be obtained by sending payment to Harvest of Homes Housewalk, c/o St. Anne Catholic Church, 120 N. Ela Street, Barrington, IL, 60010.

For more information, please call 1-847-836-6870.

2003 Barrington Area Crop Walk Committee Gears Up for Oct. 19th Event



(From left, back row) Dwight Reed, Barrington United Methodist Church; Jackie Kraus, St. Michael's Episcopal Church of Barrington; Duane Grebele, Salem United Methodist Church of Barrington; John Grom, Community Church of Barrington; Dave Chidley, St. Paul United Church of Christ of Barrington; Susan Ohlrich, Messiah Lutheran Church of Wauconda; Cali McClure, First Church of Christ Scientist of Barrington; Betty Reed, Barrington United Methodist Church; (front row) Barbara Schwartz, Presbyterian Church of Barrington; Barbara Schmidt, St. Mark's Episcopal Church of Barrington; (not pictured) Konrad Bald and Mary Anderson, Lutheran Church of the Atonement of Barrington

Representatives of area churches, schools, businesses and civic organizations are preparing for the 21st annual Barrington Area Crop Walk, determined to have at least 400 walkers and raise at least \$65,000. In the past 20 years, over 8,000 people have walked and raised over \$700,000!

Twenty five percent of all funds raised in Barrington is kept in our area for the Church Women United Barrington Food Pantry, Meals With Wheels, Wauconda-Island Lake Food Pantry, the Northern Illinois Food Bank, the People in Need Program of the Barrington Area Ministerial Association and the FISH Food Pantry, Carpentersville.

The Barrington Area Crop Walk is an annual community hunger education and fund-raising event sponsored by Church World Service, an international ecumenical relief, development and refugee resettlement agency providing assistance in the United States and around the world.

The walk takes place throughout the Village of Barrington, beginning at Barrington Middle School Station Campus with registration at 12:30 p.m. on Sunday, Oct. 19. To learn more, call co-chairs John Grom, 1-847-382-0522, or Dave Chidley, 1-847-381-0884, or any of the pictured representatives.

Gallery Walk 2003



Artist Beth Lee Cripe creates a sawhorse for the "Horse is a Horse" exhibit. It will be called *A Horse of Many Different Colors*.

On Sept. 5 and 6, the Barrington Area Arts Council will host Gallery Walk 2003. Joining the BAAC Gallery are various Barrington galleries, participating businesses and organizations. Bright balloons will identify participants, including gallery participants, Barrington Area Library Gallery & Sculpture Garden, Blue Iris Gallery, Chesterfield Galleries, Finn's Fabrics by Dyllis, Gallery 219, The Gallery at the Garlands of Barrington, Kaleidoscope Gallery and School of Art, and Tina Han Gallery. Participating businesses and organizations include Barrington Bank and Trust, Barrington Area Historical Society, Barrington Flower Shop, Barrington Saddlery Ltd., and The Catlow Theatre.

In conjunction with Gallery Walk 2003, enjoy "A Horse is a Horse," artistic impressions of horses created by 17 local artists. These horses will be exhibited at participating galleries and will be available for purchase through silent auction through noon on Sept. 26. These artists were given a sawhorse and artistic liberty to create their interpretation of Barrington's favorite mascot, the horse. The artists, all from the Barrington Area, include Greg Beise, Beth Lee Cripe, Dyllis Braithwaite, Dick

Dahlstrom, Shawn Ehrke, Kim Gust, Linda Holoway, Michael Kranz, Bob Nielson, Arlene Martin, Michael Palermo, Jennifer Polasek, Kelsey Roberts, Sharon Seagren, Kelly Stachura and Debbie Stone.

The walk begins Friday evening, Sept. 5, at 6 p.m. and ends at 9 p.m. On Saturday, Sept. 6, the walk will continue during regular business hours (hours vary at each gallery). Refreshments will be served at various locations. Attendees who visit 10 of the 14 participating galleries will be eligible to enter a prize drawing by having their gallery invitation validated at each location. No purchase necessary. Join the community of Barrington for BAAC's 18th Annual Gallery Walk. For more information, call the BAAC Gallery at 1-847-382-5626.

Barrington Bank and Trust is the proud sponsor of BAAC's Gallery Walk 2003.

The Barrington Area Arts Council is a not-for-profit arts organization that supports, promotes, and sustains programs in the visual, literary and performing arts and is partially funded by a grant from the Illinois Arts Council, a state agency, and the Village of Barrington.

Exceedingly "Glad" at Barrington United Methodist Church

Luscious harmonies dancing on smooth melodies filled with the good news, the strength of a capella men's voices with the warmth of God's love, that's the essence of Glad.

Glad, the internationally-renowned Christian recording group, will be in concert at the new Barrington United Methodist Church on Oct. 4 at 7:30 p.m. (doors open at 7:00 p.m.). Join the people of Barrington United Methodist Church at 98 Algonquin Rd. (corner of routes 62 and 59) in Barrington Hills for a musical delight you'll never forget!

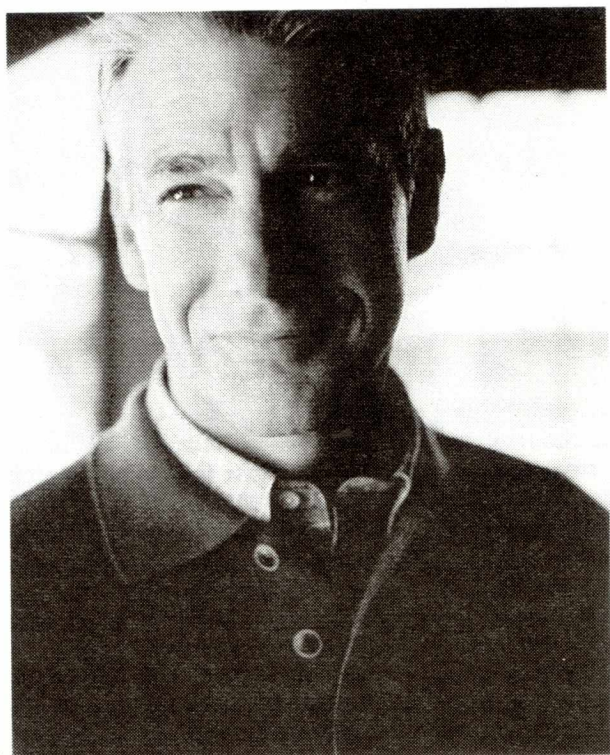
Tickets are \$12.50 in advance, \$15 at the door and are available at Oasis Christian Bookstore in Lake Zurich; The Christian Shop in Palatine; and at the church office. For online orders, contact iTickets.com. Please call 1-



Glad, the renowned Christian recording group, will perform at Barrington United Methodist Church on Oct. 4.

847-381-1725 or visit the church's Web site at www.Barringtonumc.com for more information.

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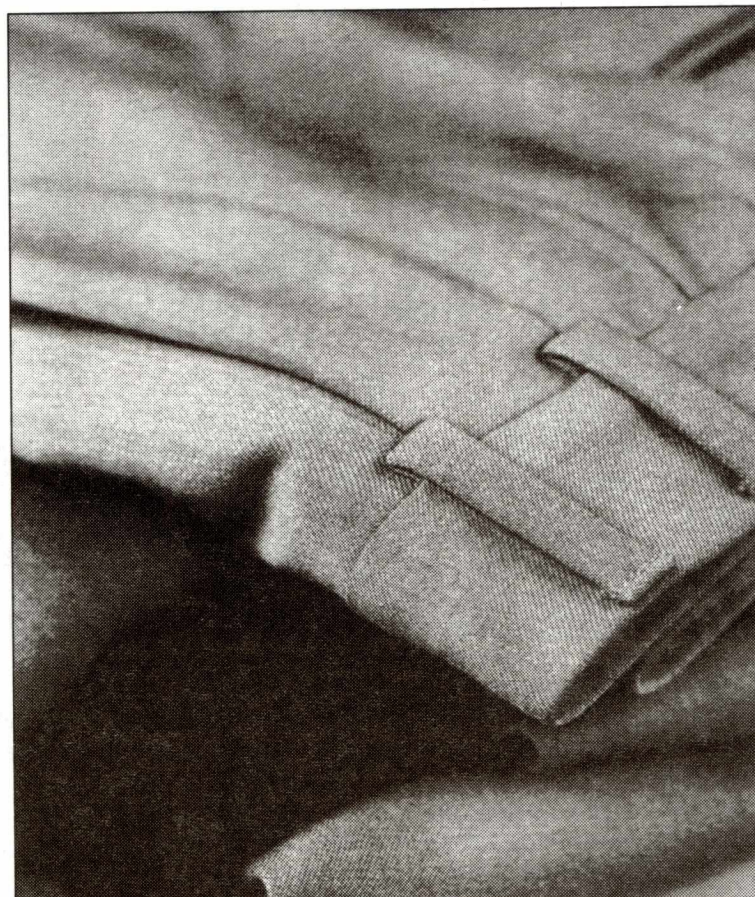
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Green Thumbs to Meet Sept. 15



The happy members of the Green Thumbs of Barrington Garden Club enjoyed the success of their annual plant sale in May: (from left) Sandy Jaeger, Joan Samuels, Mary Magro, Darlene Moslander, Trudy Stofft, Daria Sapp, Jackie Briggs and Janet Pauga.

With the arrival of autumn, members of the Green Thumbs of Barrington Garden Club will resume their regular meetings at the Barrington Area Library on the third Monday of each month. The first fall gathering will begin with socializing and refreshments at 12:30 p.m. on Monday, Sept. 15, followed by a very interesting program and a business meeting.

Mr. Beau Kimball of Kimball & Bean Architectural and Garden Antiques in Woodstock will entertain with a slide lecture titled "Where on Earth Did You Find That?" It is about "bringing home the garden accessories of your dreams" from all sorts of places the world over. Members and guests will likely be inspired and amused as Mr. Kimball shares stories of

his travels while procuring and selling architectural and garden antiques.

The secret to finding unique garden accessories to fit any budget is to know where to look! Since Mr. Kimball has spent 15 years hunting for such treasures, he will have many inspiring ideas to offer. Recently, he and his wife, Nancy, were featured in their own half-hour segment on GHTV's *The Good Life*.

The Green Thumbs Garden Club membership includes gardeners of all skill levels from novice to professional. Guests are welcome at most meetings, and new members are added throughout the year. For information, please call Florence at 1-847-381-2860.



Photographer Puts Focus on Nature

A photographer for over 15 years, Thea Schrack captures quiet scenes of nature in her own distinct light. Her photographs have been featured in the *San Francisco Examiner*, numerous panoramic books on San Francisco and the California wine country, and other publications. **Woodland Art Gallery and Frame Shoppe** is pleased to introduce the photographic works of Thea Schrack to its collection of limited-edition art.

Making the works at once serene yet powerful, Schrack's ability to capture the changing qualities of natural light has attracted a varied mix of collectors. Her Heartland Series features signed sepia-toned photographs of graceful, towering trees and soft blades of grass that balance brilliantly-illuminated clouds, offering a glimpse into a world of serene, dreamy places out of times past. Two photographs in the limited-edition series, *Oak Alley* and *Honey Locust Grove*, are featured on this page and available at the gallery.

Located at 71B East Woodstock Street in downtown Crystal Lake, **Woodland Art Gallery and Frame Shoppe** is open Monday through Friday, 9 a.m. to 5 p.m., and Saturday, 9 a.m. to 3 p.m. Phone **815-459-0460**.



Honey Locust Grove by Thea Schrack

Hearthstone Village & Manor and the Woodstock Chamber of Commerce Host the Fourth Annual McHenry County Senior Fair

Hearthstone Village & Manor and the Woodstock Chamber of Commerce will host the Fourth Annual Senior Fair on Wednesday, Sept. 10. The event will take place from 10 a.m. to 3 p.m. in the lot directly in front of Farm & Fleet in Woodstock. The fair provides a day of entertainment, information on products and services, and an opportunity to get to know folks in and around McHenry County.

The McHenry County Senior Fair is excited to have Mercy Health System on board as a Gold Sponsor of this year's event. To kick off their involvement, Mercy will conduct a minihealth and wellness expo on the fairgrounds. Screenings such as bone density, cholesterol, blood sugar and glaucoma as well as blood pressure readings will be available to fair attendees. A memory clinic featuring questions and answers about Alzheimer's and other memory-loss issues will be scheduled, and physical and occupational therapy staff will be on site to work on balance and give paraffin hand treatments.

Several musical groups will perform, including the headliner, The Vito Buffalo Band. The band will begin at 12:30 p.m. and will entertain until 3:30 p.m. Last year, folks listened, clapped, sang and danced right along with the band.

"We always have such fun with Vito," says LeeAnn Atwood, vice president of marketing at **Hearthstone**. "Their big-band style is a real crowd pleaser... every-

one has a great time."

The Harmony Rascals Barbershop Quartet will roam with their lively tunes. Each year, they lead fairgoers with songs in an a cappella style reminiscent of yesteryear.

There will be games with prizes, prize awards throughout the day and over 50 information, business and activity booths supplied by commercial, government, health and service groups. Local nonprofits hope to raise awareness about their organizations as well as recruit volunteers. The festivities will be spread throughout the grassy area next to the parking lot of Farm & Fleet and shaded by large tents. There is ample parking space available.

A \$1 donation to help cover costs will be accepted and all activities are free. Although beverages and snacks will be available to purchase as long as supplies last, attendees are encouraged to bring a picnic lunch and make it a day. Tables will be available in the dance hall during the performances for dining and listening.

The Senior Fair is hosted by the Woodstock Chamber of Commerce, **Hearthstone Village Retirement Community** and **Hearthstone Manor Long Term Care**, and sponsored in part by the following: Mercy Health System, *Northwest Herald*, *Senior News* and Farm & Fleet. For information about sponsoring the fair or booth registration, call **Hearthstone** at **815-334-6200, ext. 226**.

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Oak Alley © Thea Schrak
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• Business and Service Expo, 10:00am-2:30pm

• Free Seminars, 10:00-11:30am

• Games, 11:30am-3:00pm

• The Vito Buffalo Band, 12:30-3:00pm

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Barber Shop Quartet



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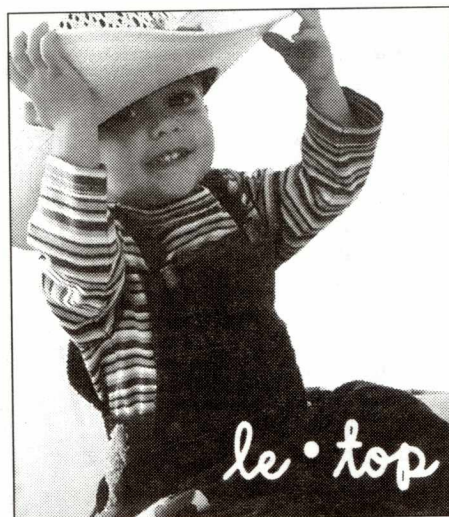


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Little Munchkins is open Monday through Saturday, 10 a.m. to 5 p.m. Call **1-847-381-3960** for more information.



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Elevation Salon is located on Northwest Highway in the Hillview Center in Barrington. Call **1-847-304-5970** for more information or directions. Gift certificates are available.



(Left to right, back) Ashley, Barb, Britta, Trina, Karen, Liza, Basia, Kevin, Brad, (front) Magda, Kim, Pam, Cindy, Suzi, Judy and Tami

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Protecting Your Legal Rights—The Illinois Wage Payment and Collection Act

by Joette S. Doran, J.D.

The Illinois Wage Payment and Collection Act provides that an employer is required to pay "final compensation" at the time of separation, if possible, but in no case later than the next regularly scheduled payday. Final payment includes all "wages" which are defined as any compensation owed an employee pursuant to an employment contract or employment policy. Generally, final compensation under the act includes earned wages, salaries, commissions, severance agreements, bonuses and vacation pay. This often becomes an issue with salespersons who are entitled to a com-



mission or bonus per agreement or company policy. Additionally, a company that

enters into a severance agreement but fails to pay is also subject to the act. With regard to vacation pay, where the company has a policy that provides for vacation pay, all earned but unused vacation time is required to be paid to the employee even if the employee resigns or is terminated. Moreover, the act provides that no employment policy shall provide for the forfeiture of earned vacation time upon separation. In order to preserve your rights, a written demand for payment should be made in the amount owed before filing suit. If the company fails to comply, then a complaint should be filed with the Illinois Department of Labor or in state court for the unpaid amounts. Damages under the act include all unpaid amounts, attorney's fees, costs, interest and statutory penalties.

Knowing what you are legally entitled to as final payment is especially important if you are presented with an agreement that requires that you release your legal rights. An employee that resigns or is ter-

minated should be aware that earned wages as defined by the act are required under Illinois law without regard to whether you release your legal rights against the company. As such, if you are requested to sign a release, you should carefully review the agreement with counsel to determine your legal rights under both Illinois and federal laws. This analysis is necessary to determine whether you are being adequately compensated for the release of your legal rights. For additional information, please visit our Web site at www.joettedoran.com.

This article is not intended as legal advice. You should consult with an attorney for individual advice regarding your own situation.

So gather up your group and plan for loads of fun (creative dress/black-tie optional)!

Friends of Home of the Sparrow Gala Evening

Join us for a "Moonlight over Monaco" evening of glamour and excitement!

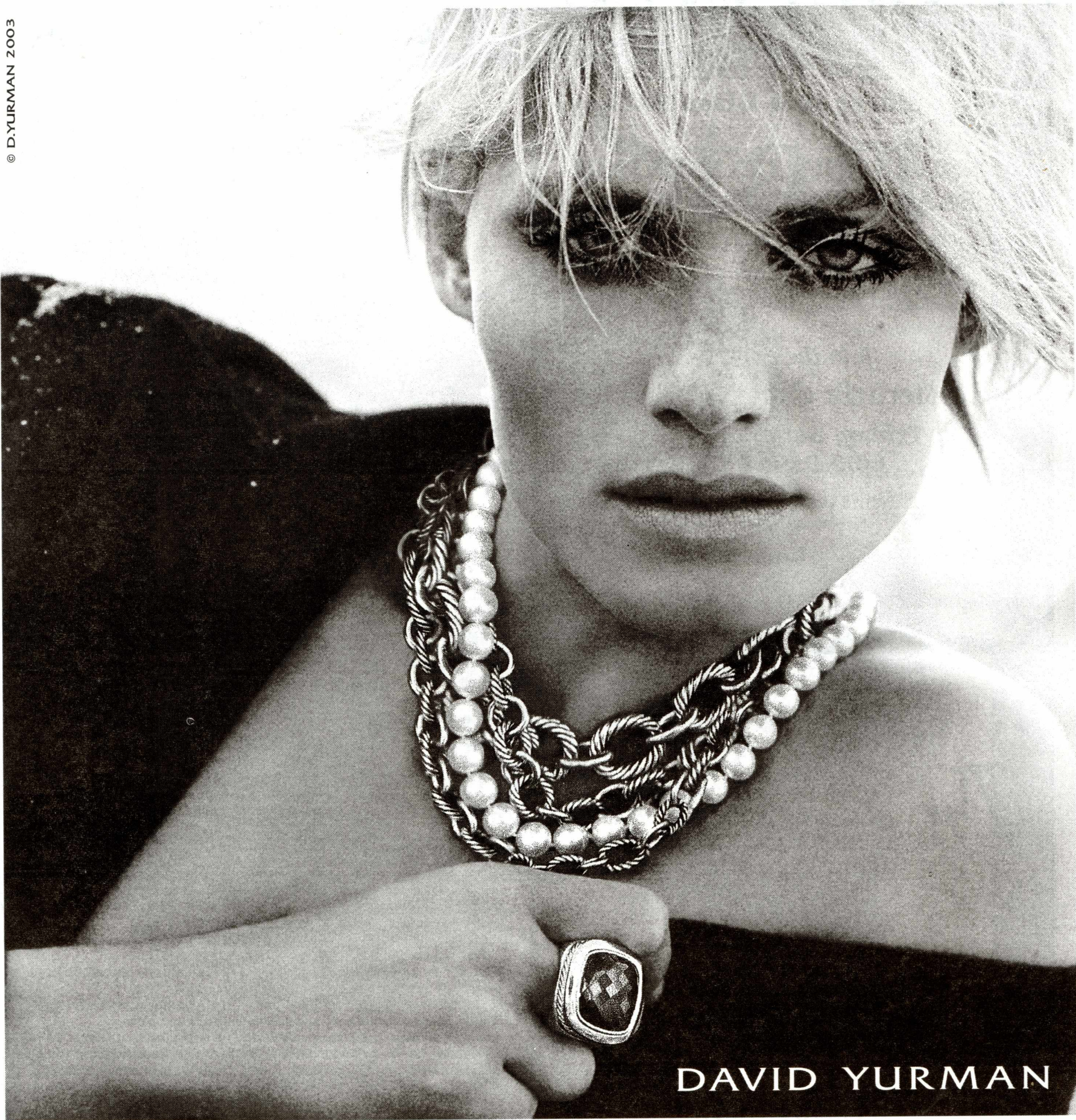
The evening will include dining, dancing, and an opportunity to meet the famous Marilyn "Monro". Live and silent auction items abound too!

All of this will benefit Home of the Sparrow, the transitional housing/counseling center for homeless women and their children. Its headquarters is located in Mc-

Henry, with additional locations in Crystal Lake and Palatine.

Friends of Home of the Sparrow will soon release reservation information for this gala event, scheduled for Saturday, Nov. 1, at the Sears, Roebuck and Co. Corporate Offices in Hoffman Estates. More information will follow in October's edition of *Lifestyles*.

So gather up your group and plan for loads of fun (creative dress/black-tie optional)!



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**Now at Chesterfield's—
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Crystal Paradise

A horse is a horse of course. Join **Chesterfield Glass Galleries** in conjunction with the Barrington Area Arts Council as they celebrate artistic impressions of horses created by local artists. **Chesterfield's** opening reception is **Friday, Sept. 5**, from 6 to 9 p.m. Enter our "Name the Horse" Contest and Balloon Pull to win prizes and discounts. No purchase necessary. Come celebrate with us and enjoy the amazing grazing grub (refreshments). The exhibition will be on display until Sept. 26.

Daniel Swarovski just arrived at our gallery. Don't miss this extraordinary crystal paradise. Garden Party (hand-painted bottles), Pimpernel (art for the table), artists Leppla, Krystyna, Badash Crystal, Glass Act Studio and Karg are all new at **Chesterfield**.

Mark your calendar for Sept. 5. Remember **Chesterfield Glass Galleries** for your entire gift giving occasions. We represent over 130 American glass artists. UPS and giftwrapping is available. Call **1-847-382-6677** for more information.

**Breakfast Rotary to Host Allegro 2003,
a Musical Extravaganza**

On Saturday, Nov. 15, the Barrington Breakfast Rotary Club will host Allegro 2003, a gala evening of dinner, dancing, auctions, tours and live recitals at one of the most spectacular venues in Chicagoland—the Sanfilippo estate in Barrington Hills.

The "Victorian Palace" is famous worldwide for its magnificent collection of beautifully restored antique music machines, phonographs, arcade and gambling machines, chandeliers, and Tiffany and other art glass. It is home to the most spectacular European salon carousel in existence, street and tower clocks, steam engines, and the world's largest restored theatre pipe organ.

Guests will experience a live recital on the pipe organ, tour the magnificent galleries, enjoy wonderful food and beverages, share the excitement of the live and silent auctions, and dance the night away!

The Barrington Breakfast Rotary Club is part of Rotary International, a worldwide organization of over 30,000 local clubs with over 1.2 million members. Barrington Breakfast Rotary Club is a service organization. It provides an opportunity to build lifelong friendships and experience the

personal fulfillment of providing volunteer services to others locally and worldwide. The following list is a small sample of how Barrington Breakfast Rotary Club makes our community, and the world, a better place:

- Children-at-risk programs at area schools
- English as a second language classes for adults
- Lightning warning systems at local schools and parks
- Defibrillators at District 220 schools
- Youth leadership and volunteer programs for high school students
- Scholarships for high school students
- Polio eradication worldwide
- Financial assistance for dozens of local charities
- Thousands of volunteer hours every year

We invite you to participate in this magnificent musical extravaganza. You will feel better knowing that you're helping so many worthwhile Rotary programs. Your dollars make a difference, both locally and around the world. For additional information, please visit our Web site at www.BarringtonBreakfastRotary.org or call 1-847-836-0494.

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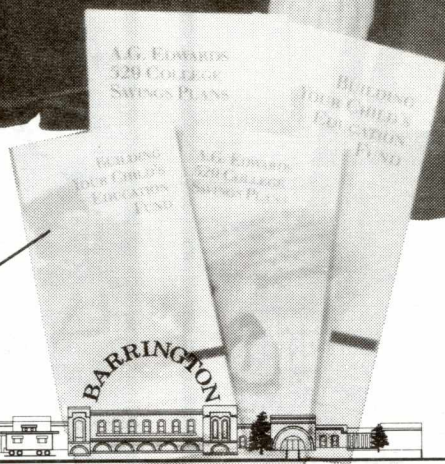


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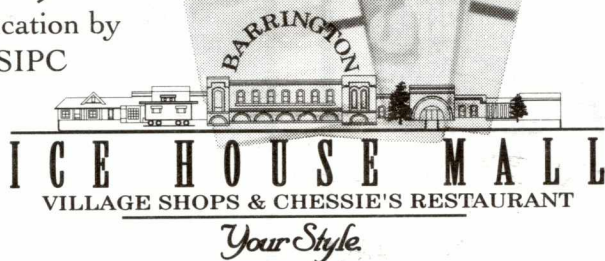
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Peter Daniel Launches Fashion Trunk Shows for Fall Season

Look to **Peter Daniel** for exciting apparel when you're ready to update your fall wardrobe. Trunk shows are an opportunity for you to see the entire collection from a designer. We are pleased to present some exciting shows this fall starting Sept. 9. Please mark your calendars and join us.

September 9th Trunk Shows

JSS Knits—these sophisticated knit ensembles and separates in classic silhouettes are a must. Choose your style and colors all custom made just for you.

Audrey Talbott shearling and leather coat jackets and vests are available in so many gorgeous colors you'll want to own two or more. Imagine spice, tangerine, almond, mocha, maple, honey, camel, mint, sky, cardinal or pink and that's just to name a few.

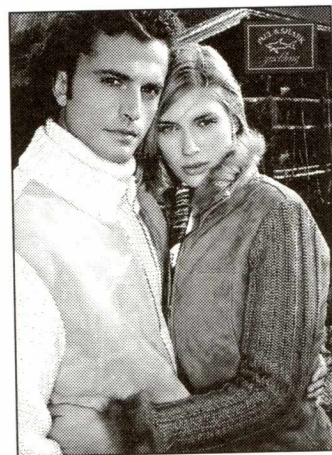
We will donate a portion of our Sept. 9th sales to the Home of the Sparrow.

September 12th and 13th Trunk Show

It's the **Garfield & Marks** showing of tailored slacks, suits and separates that take you from day to evening. You won't want to miss this extraordinary collection.

September 18th Trunk Show

Peter Daniel will present its first trunk show featuring the exciting Italian sportswear of **Paul & Shark** for men. **Alicia**



Maruchi will be here from 3 to 8 p.m. to present the fall 2003 line of sportswear. A favorite in Italy for many years, this unique and classic sportswear is known for its rich use of fabrication, color and style. There are luxurious sweaters in merino wool or cashmere blends; sport shirts made of long, staple cotton. Combine a **Paul & Shark** sweater or shirt with their Colorado chino slacks to complete the ensemble.

Don't miss this opportunity to save on new fall collections during our 30th Anniversary Sale—now in progress.

30th Anniversary Sale

Now
in progress!

September Trunk Shows

Sept. 9th

JSS Knits

Knit ensembles for women

Audrey Talbott

Leathers & shearlings for women

Sept. 12th & 13th

Garfield & Marks

Sophisticated separates for women

Sept. 18th

Paul & Shark

Italian sportswear for men

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M-F 9:30-5:30 pm • Thurs 9:30-8 pm
Sat 9:30-5:30 pm • Sun 12-4 pm

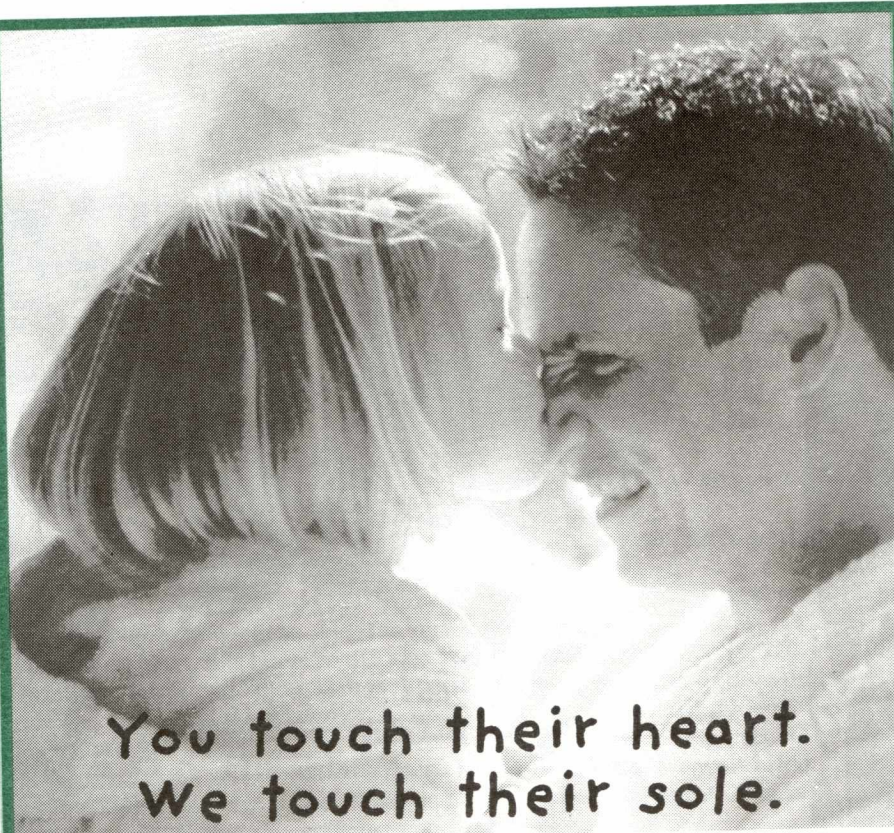
Pink Shearling jacket
from Audrey Talbott



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Enhance Gifts to Your Grandchildren Using 529 College Savings Plans

In 2020, it will cost more than \$320,000 to send just one child to a private college for four years.¹ By investing in a 529 college savings plan, you can give your grandchildren the opportunity to benefit from the best education possible while taking advantage of potential tax and estate planning savings. In addition, 529 college savings plans provide flexibility and control over how your money is invested. An **A.G. Edwards** financial consultant can help you decide if 529 college savings plans should be a part of your wealth management plan.

Why Invest in a 529 Plan?

• **Tax-Free earnings**—Earnings in all 529 plans have the potential to grow tax deferred.

• **Estate Tax Features**—Contributions are treated as completed gifts for gift-tax purposes. The money contributed comes out of the account owner's estate and qualifies for the \$11,000 annual gift exclusion. A special election allows the gift to be treated as if it were made over a five-year period. Married couples, for instance, can make contributions up to \$110,000 (\$55,000 per donor) per beneficiary gift-tax-free in one year.²

• **Control**—Remove assets from your estate while still retaining control over them. The account owner maintains control over the account at all times with the flexibility to: name a new beneficiary³; name a successor owner; withdraw assets for any purpose⁴; and change investment options once per calendar year.

• **Withdrawals**—All 529 plans offer federal-tax-free withdrawals for qualified expenses, which include tuition, fees, room and board, books, and supplies.⁵

• **Flexibility**—Assets can be used for expenses at most postsecondary education institutions.⁶ There are no income, state

residency or age restrictions to participate.

Investment Options

The account owner, not the beneficiary, chooses the investment options inside a 529 plan. These investment options can include conservative to aggressive portfolios. Your financial consultant can help you evaluate the available 529 plans to select the option(s) that best meet your investment objectives and risk tolerance.

A Legacy of a Lifetime

A college education is a legacy you can leave your grandchildren that will benefit them throughout the rest of their lives.

A.G. Edwards offers a number of 529 plans and will work with you to determine which plan is best for your situation. To talk with an **A.G. Edwards** financial consultant about making 529 college savings plans a part of your wealth management plan, call **1-847-842-9664** for our Barrington office or **1-847-870-8750** for our Arlington Heights office.

A.G. Edwards & Sons, Inc., Member SIPC

¹Projected four-year private college expenses for the academic years 2020-2024 based on College Board estimates for 2001-2002. Future years assume a 6.5% annual increase.

²Subject to recapture if the investor dies before the five-year period has passed. No other gifts may be made within the five-year period.

³Must be a family member of the original beneficiary.

⁴Nonqualified withdrawals are subject to a 10% penalty and income taxes on earnings.

⁵These tax benefits are effective through 2010 unless extended by Congress.

⁶Eligible institutions include all post-secondary institutions that participate in the U.S. Federal Financial Aid Program.

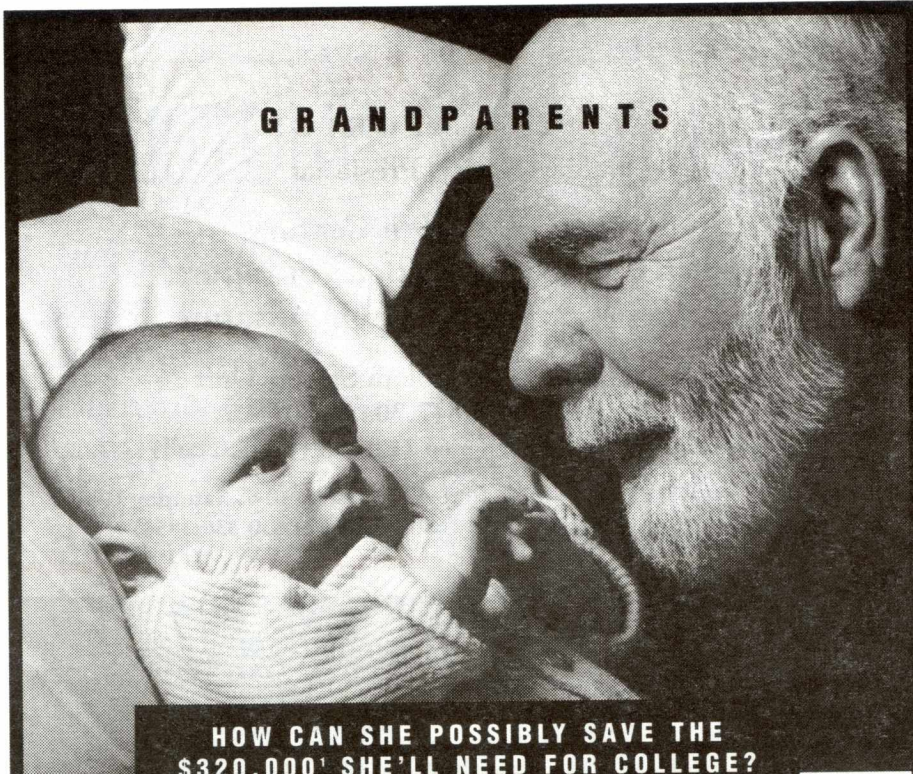
Good Shepherd Golf Outing Raises \$117,000 for the Emergency Department Patient Observation Center



Karen Lambert, Advocate Good Shepherd Hospital chief executive, and Dr. Joseph Giangrosso, director of emergency medicine, accept a check for \$117,000 from William C. Graft, Golf Committee co-chair, Herbert L. Johnson, Golf Committee co-chair and Paul F. Hills, vice-chairman of the Development Council.

Good Shepherd Hospital's 23rd Annual Invitational Golf Outing, held June 23 at Biltmore Country Club, raised \$117,000 to provide the final funding for a new Patient Observation Center in the hospital's Emergency Department.

GRANDPARENTS



HOW CAN SHE POSSIBLY SAVE THE \$320,000¹ SHE'LL NEED FOR COLLEGE? WITH YOUR HELP.

Provide for your family while benefiting yourself with a 529 college savings plan. 529 plans help you give your grandchildren the gift of a quality education while you reduce potential estate taxes. **THE PLAN LETS YOU:**

- Make first-year contributions of up to \$55,000 (\$110,000 for a couple) per beneficiary without incurring federal gift taxes²
- Reduce your total taxable estate by the amount of your gifts³
- Keep control over how and when the money is spent
- Control taxes — Pay no taxes on earnings or withdrawals when used for college expenses⁴

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CALL TODAY to learn more about this personalized college savings investment strategy.

¹Projected four-year private college expenses for the academic years 2020-2024 based on College Board estimates for 2001-2002. Future years assume a 6.5% annual increase. ²Gift will apply for five years. No other gifts may be made to the same beneficiary during this five-year period. ³Gifts are subject to recapture if the donor dies within five years. ⁴Nonqualified withdrawals will be subject to a 10% penalty and income taxes.

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The hospital has long been known for its outstanding care in emergency medicine and has grown over the years in response to the needs of our communities. Today, over 30,000 patients pass through Good Shepherd Hospital's emergency doors annually.

The Patient Observation Center is currently under construction and will open in mid-September of this year. It will provide a private holding area consisting of four patient bays for people who are waiting to be admitted to one of the hospital's inpatient floors.

During the golf outing, Good Shepherd's chief executive Karen Lambert announced the new Patient Observation Center will be named in honor of Paul and Nancy

Tamraz, hospital benefactors who made a substantial personal gift to the project. Paul Tamraz is president and CEO of Motor Werks in Barrington.

Good Shepherd Hospital, located in Barrington, is a 142-bed healthcare facility with nearly 400 physicians representing 35 medical specialties. The hospital is a state-designated Level II trauma center with a designated pediatric treatment area and a Fast Track treatment area. Good Shepherd Hospital is also a state-designated Level II "Plus" birth center. The hospital is part of Advocate Health Care, one of the largest healthcare organizations in the Chicago area. Advocate is related to both the Evangelical Lutheran Church in America and the United Church of Christ.

Barrington **LIFESTYLES** September 2003 **11**

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What Age is Best for Certain Procedures?

by Gary S. Churchill, MD



Gary Churchill, MD

Facial Rejuvenation— Chemical Peeling

Chemical peeling is designed to smooth the skin. A number of new light and medium depth chemical peels have become available for younger patients with early, fine lines. Patients in their twenties may undergo light chemical peeling. The more sun damage there has been to the skin, the deeper the lines will be and the deeper the chemical peel needed to affect them.

Rhinoplasty

Rhinoplasty or nasal recontouring is commonly performed on teenagers and young adults though older patients are candidates as well. The younger patients typically seek a smaller, more attractive nose than the one they were born with. Older patients, however, may notice signs of aging in the appearance of their noses. The tip of the nose tends to droop with age. Simply elevating the tip will give the aging patient a younger look.

Our Philosophy

The decision to undergo any surgical procedure is not taken lightly. Only a fully informed patient can make such a decision. The best time to undergo a particular procedure is when that procedure will result in a noticeable improvement in whatever features are undesirable to the patient. If no change will be apparent, it may be best to wait. These issues are addressed fully during the consultation. This is the best way for a patient to become fully informed.

Patients often ask at what age it is best to get certain procedures done. This will vary from patient to patient, but there are some general guidelines that apply in most cases. Ultimately, only the patient along with their surgeon can determine if a certain procedure is right for them or if the timing is appropriate.

Eyelid Rejuvenation

Most people will notice the aging process first around their eyes. Some puffiness beneath the eyelids, especially in the morning, will get more and more noticeable. This can create a tired look even when the person is well rested. Although some people will notice this in their twenties, this usually becomes more apparent in the thirties and forties. Although both upper and lower eyelids may age simultaneously, some people will notice only one or the other aging sooner.

Fine lines will begin to appear around the eyes in the late twenties or early thirties. These can be treated with light chemical peeling or the newer glycolic acid creams at home.

Facial Rejuvenation— Facelifting

Facial rejuvenation involves a number of different procedures. The most common is facelifting. Facelifting improves jowling and looseness of the neck through incisions around the ears. This procedure is rarely done on patients in their thirties. Most patients are in their forties and older. It is common to perform facelifting at the same time as eyelid rejuvenation.

Facial Rejuvenation— Forehead Lifting

A forehead lift allows the brows to be elevated as well as the frown lines smoothed. This is done through an incision behind the hairline. Although some patients may have low lying brows in their thirties, most do not seek forehead lifting until their forties. It is common to perform forehead lifting along with a facelift.

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The Newcomers and Long Timers Club of Long Grove and Kildeer

The Newcomers and Long Timers Club of Long Grove and Kildeer is a club where new people to the area can meet long-time residents. The club is a great way to meet people and pursue various interests. The club has monthly meetings; regular socials; groups for bridge, bunco, golf and moms and tots; wine tasting; dining evenings; and scrap booking. The club accepts new members throughout the year. For more information, please call June at 1-847-821-8369.

Some upcoming events include:

- Tuesday, Sept. 16—The general meeting will be at 9:30 a.m. at Long Grove

Village Hall, 3110 Old McHenry Road, Long Grove. The Long Grove Historical Society will speak about the history of Long Grove and Kildeer. There will also be a tour of the Archer School and the Ruth Barn.

- Friday, Sept. 19—A wine tasting will be held at a member's home.

- Saturday, Oct. 4—Members will enjoy dining at a restaurant serving ethnic cuisine.

- Saturday, Oct. 18—The fall social will be held at a member's home.

- Tuesday, Oct. 21—The general meeting will be held at Reed Turner Woodland

Our Next Glass Tasting

Dear Wine Enthusiast,

On Wednesday, Sept. 17, **M.J. Miller & Company** will host a wine tasting at D & J Bistro in Lake Zurich. We are very excited to host this special event. A representative for Riedel, Barbara Fredell, will help us explore the difference a wine glass can make in the taste of wine.

At check in, everyone participating in the event on Wednesday evening will receive a glass of 2000 Terra Valentine Napa Cabernet Sauvignon. Each place will be set with four different wine glasses from the Vinum Extreme Series: a Chardonnay, Riesling, Pinot Noir and Cabernet. This tasting set of crystal stemware is yours to keep at the end of the evening—a \$118 value! Each stem is lead crystal and specifically designed to enhance the unique qualities of a specific grape varietal.

Hors d'oeuvres will be served from 6:30 to 7:00 p.m. We will serve onion confit and goat cheese tart, minispring roll of duck and shrimp, frog leg provençales, saucisse en brioche and pâté "Maison" on toast.

Promptly at 7:00 p.m., our tasting will begin. We will serve four wines in addition to the 2000 Terra Valentine Napa Cabernet Sauvignon: a 2000 Riesling by Stags Leap; a 1999 barrel-fermented Chardonnay from Floral Springs; a 2001 pinot noir by Bethel Heights; and a 1999 Sauvignon/

Semillion the Novelist by Cosentino. We will experience the aroma, taste and tone a stem designed for each grape varietal can make.

After the tasting, a box will be provided designed specifically for your new stemware, along with a handled bag for you to carry them home. Barbara will be available after the tasting to answer any questions you may have about Riedel crystal. A table with additional Riedel accessories, decanters and stems from the Sommeliers Series will be set up for your viewing. Stemware from the Sommeliers Series is full lead crystal and handblown in Austria. These items are readily available at **M.J. Miller & Company**.

The wine tasting has a limited seating of 50 people and seating is only guaranteed with a reservation. Please contact Lynnette or Sharon at **1-847-381-7900** to make your reservation. The cost is \$95 per person.

We do recommend if you are interested in dining at D & J Bistro after the tasting that you make a reservation with the bistro, 1-847-438-8001, at this time. They are graciously offering a 10% discount on any dinner order for the participants of the tasting.

Sincerely,
Michael J. Miller

Barrington Resident Crowned Mrs. Illinois America 2003

On Friday, May 30, Michele Barber was crowned Mrs. Illinois America 2003.

She was chosen from 20 contestants for the title, competing in interview, swimsuit and evening gown competition. The pageant was held at the Hemmens Theatre in Elgin.

Michele will go on to compete for the coveted title of Mrs. America in Honolulu, Hawaii, in September with delegates from each state.

Michele is married to Scott, and the mother of two sons, Chris, 12, and Daniel, 10. Michele was a competitive figure skater for 10 years and toured with the Ice Capades. She is active in the PTO at her children's school. During her reign, she will make appearances around the state and continue to raise funds and awareness for cancer prevention.



Michele, husband Scott and their sons Chris and Daniel

If Walls Could Talk, What Would Your Home Say About You?

Our clients are encouraged to think deeply about who they are, how they live and what they want their living environment to be. In return, our Design Consultants listen closely and work one-on-one with you to create a style that is uniquely you. Our experts meticulously handpick each item for your home to stay true to the integrity of your dreams.

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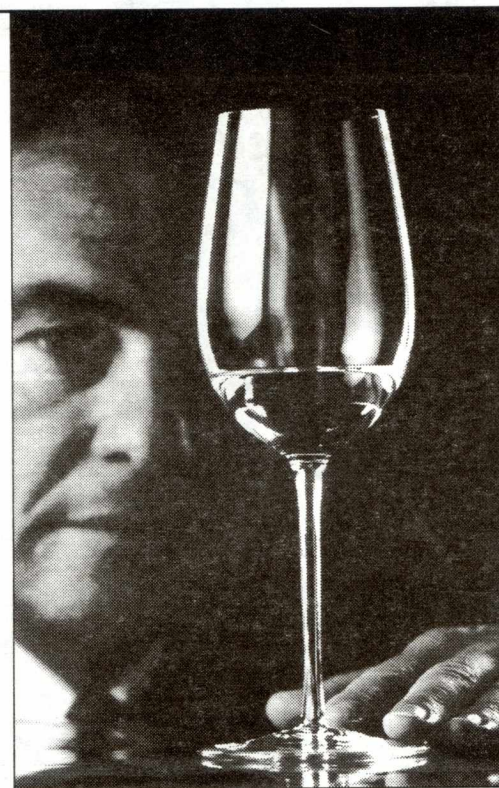
sign experience unlike any other.

Impeccable service lies at the heart of **DOTI**. We take care of all of the details, so you can truly enjoy the experience of designing your home. Give us a call at **847-382-7488** to set up your one-on-one consultation. It's free and you'll come away with some great ideas for your home. Remember, we can do more for you in one place than you'll find with any other option available.

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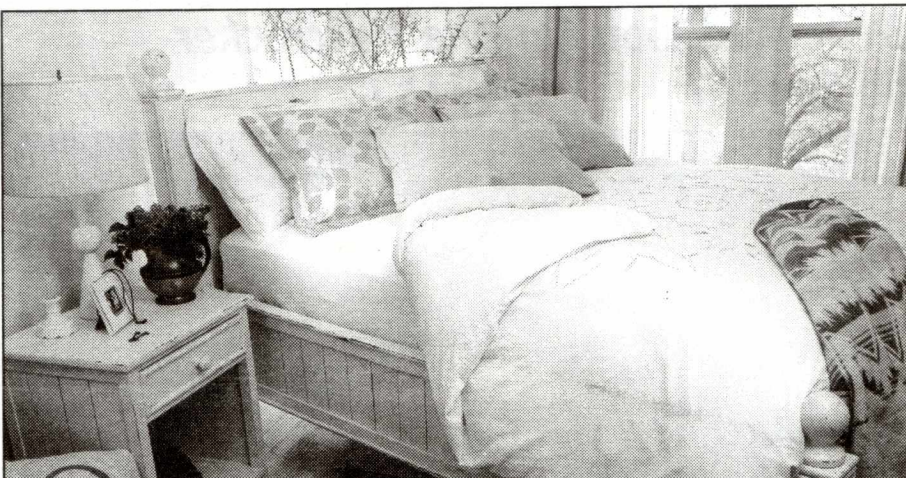


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Q. Guests will soon be arriving for the holidays. How can I make my guest room more inviting?

A. Your guests need a quiet space of their own to retreat; a place that will make them feel warm and cozy. Begin creating your room by choosing soft colors and large patterns in fabrics, window treatments and area rugs. Invest in the proper bed and mattress. Make your guests feel like royalty by surrounding them with luxurious pillows and linens. Provide ample closet and dresser space. Add an overstuffed chair and ottoman that will provide a great spot for reading and relaxing. Don't forget a good, functional floor lamp.

After the room is complete, remember the fun finishing touches! Fresh flowers and candles are cheerful ways to say hello. Tuck your guests in at night with mints on a pillow, slippers by the bed, and a new magazine for them to enjoy. Most important, always welcome your guests with a smile.

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Barrington LIFESTYLES September 2003 13

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BYDE Audition for *The Nutcracker* on Sept. 7



Pictured during Act I of last year's production of *The Nutcracker* are gifted inventor Herr Drosselmeyer's fascinating life-sized clockwork dancing dolls—Abigail Watson from Barrington and guest artist Esteban Cruz from Chicago.

Auditions for Barrington Youth Dance Ensemble's ninth annual production of *The Nutcracker* will take place on Sunday, Sept. 7, at the Barrington Dance Academy, 758 W. Northwest Hwy. located in The Foundry in Barrington at Northwest Highway and Hart Road.

Boys and girls are invited to audition according to the following schedule: Children 6 to 8 years, last names beginning A through L, noon to 12:30 p.m.; children 6 to 8 years, last names beginning M through Z, 12:45 to 1:15 p.m.; all children 9 to 10 years, 1:30 to 2:00 p.m.; all chil-

Just Returned from the Grund Visions International Symposium in Las Vegas

Chrissy Maroulis of **International Hair Designs** joined 150 of North America's top hairstylists to experience the latest in women's and men's hair fashion trends as presented by world-renowned hairdresser Wayne Grund, and members of his national artistic team, and the latest in professional hair care products formulated by world-renowned scientist Dr. Lee Hunter.

The symposium covered the latest in uncut shattered lines to breakthrough technology in hair straightening with

Grund Straight Effects to hair reconstructing with Grund Tiger Reconstructing products to innovative cutting-edge color and hair texture (permanent wave) techniques.

This world-class event left all attendees ready for the trends of today and tomorrow. Knowledge and training is the key to staying on top in this highly-changing fashion world!

For a complimentary consultation appointment, call **1-847-438-8636**.

Portraits by Thomas— Images That Last a Lifetime

At **Portraits by Thomas**, we believe the benefit in owning a family portrait, created in a warm and relaxed atmosphere, is how it grows in value over time. Our process is not forced or contrived. Our goal is not to record what you look like but rather to preserve the feelings you have for your family and allow the true relationships within the family to become visible. Let **Portraits by Thomas** create

images of your family that will last a lifetime.

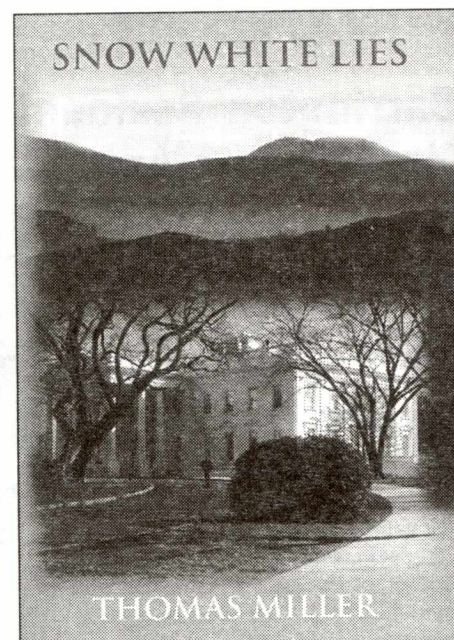
Beat the holiday rush! Don't pass up the opportunity to have your family captured in fine portraiture. Limited sessions are available, so call our studio today at 1-847-381-7710 for a consultation meeting with Thomas. Holiday cards and gift portraits are available.

Local Author Publishes Political Thriller

Thomas Miller, through his publisher Four Seasons, recently announced the release of his debut novel, *Snow White Lies*. Available in paperback, *Snow White Lies* is available in Chicago area Barnes & Noble stores, including those in Crystal Lake, Schaumburg, Deer Park and Lincoln Park. It is also available nationally on Amazon.com, BarnesandNoble.com and Borders.com, as well as the official Web site for the novel, www.SnowWhiteLies.com.

A political thriller, *Snow White Lies* chronicles the exploits of three candidates seeking The Oval Office and the depths to which each will sink in trying to attain the ultimate political prize. Desperate to attain the party nomination for himself, one candidate goes so far as to have another kidnapped and withheld from the race. Finding himself alone, literally and figuratively, the kidnapped candidate experiences a rebirth allowing him to not only escape his enemies, but eventually enjoy a love he had long since dismissed as impossible.

Mr. Miller is currently in the process of appearing at a number of signings in the area, including those at the Barnes & Nobles stores in Schaumburg on Sept. 6 and Deer Park on Oct. 17. More information on the author and events can be



learned on the snowwhitelies.com Web site, or www.marshallip.com, the Web site of Marshall, Gerstein & Borun LLP, the law firm where Mr. Miller is a partner in their Sears Tower offices.

Mr. Miller lives in Crystal Lake with his wife and their two overindulged great danes.

dren 11 to 12 years, 2:15 to 3:15 p.m.; and all children 13 and up, 3:30 to 4:30 p.m.

Girls should wear ballet slippers, solid-colored leotard and tights, and have hair secured. Please bring pointe shoes, if applicable. Boys should wear T-shirt and shorts. Arrive 15 minutes prior to the scheduled audition time to register. For additional information, call 1-847-382-6333.

The Nutcracker performances will be held on Dec. 5, 6 and 7 in the beautifully-renovated Richard C. Johnson Auditorium at Barrington High School.

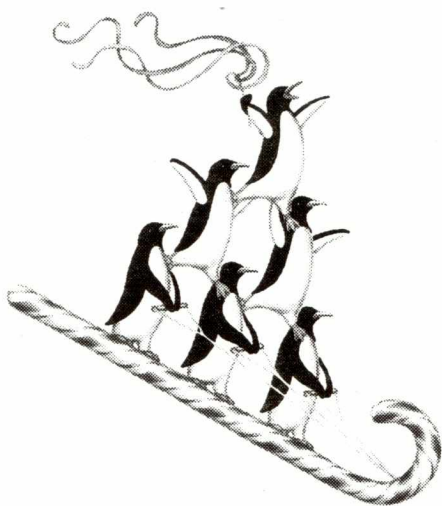
Barrington Youth Dance Ensemble

gratefully acknowledges the continued support of the Fitzsimonds Charitable Trust; Illinois Arts Council, a state agency; Northern Trust Bank in Barrington; and the Barrington Area Arts Council/Arts-Boost.

Through quality dance performances, BYDE promotes artistic integrity, understanding, involvement and awareness among people of all ages throughout the Chicago area.

For information on the BYDE and Barrington Dance Academy, call 1-847-382-6333, ext. 4.

Hard to Believe Christmas is Coming!



It's not too early to select your holiday cards, especially when **Little Shop of Papers** is offering a **15% savings** if your order is placed by September 30.

There are over 40 Christmas albums to choose from and the variety is endless—religious, traditional, and more! Many albums are devoted entirely to photo cards for that special personal touch!

So mark your calendars—September 1 through September 30—to enjoy **big savings** (free return address with many companies to double your savings)!

Little Shop of Papers is conveniently located in the Barrington Foundry, corner of Hart Rd. and Northwest Hwy. Hours are Monday through Saturday 9:30 a.m. to 5:30 p.m.; Thursday 9:30 a.m. to 7:00 p.m.

LZP Productions Presents *Titanic*

LZP Productions, which brought you recent productions of *Some Like It Hot*, *Footloose* and *Chicago*, proudly presents the area premiere of *Titanic*, the musical, a tribute to the human spirit.

The show boasts a lush score and brings to life all the passion, romance and adventure of one of the greatest stories of our time. The plot focuses on the dreams and aspirations of the doomed vessel's passengers and their plight to survive.

Don't miss this outstanding production, which features over 40 local area perform-

ers. The show captured Broadway in 1997 by winning five Tony Awards, including best musical and best score.

Performances are Sept. 6, 7, 12, 13, 19, 20 and 21. All performances are at Cutting Hall, 150 E. Wood Street in Palatine. Friday and Saturday performances are at 8 p.m.; Sunday performances are at 3 p.m. To order tickets, call 1-847-540-5932 or e-mail lzpproductions@aol.com. Tickets are \$13 paid in advance or \$15 at the door. Group rates are available.

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So stop on by and check us out... again! You can expect the unexpected at **L'Affaire**.



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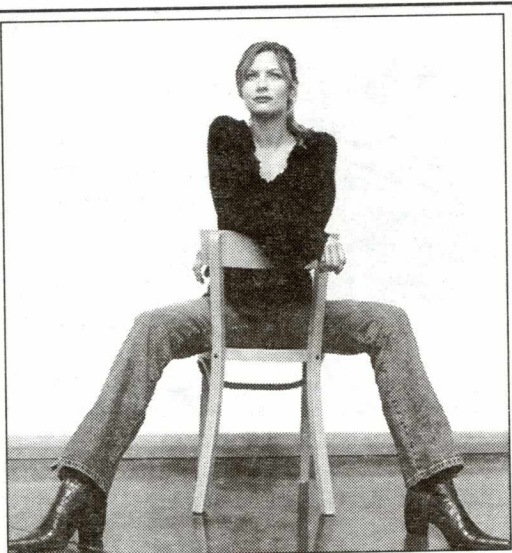
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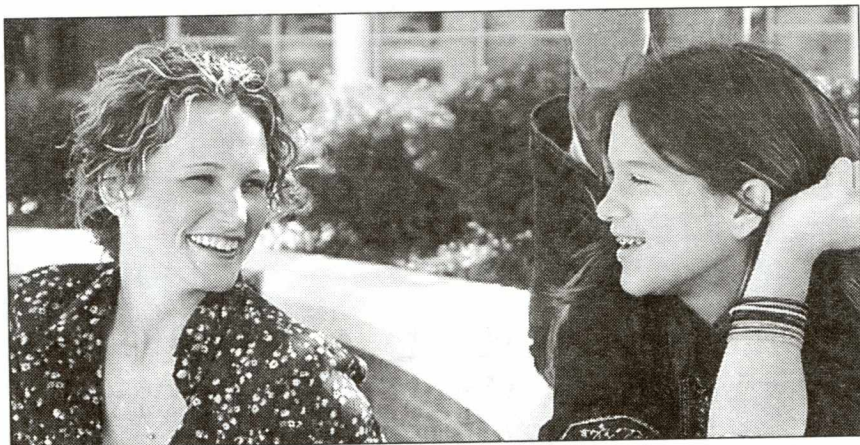
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From New York and California: The Fall Season Starts Here at Assemblé for Her

Every day, new customers discover what makes **Assemblé** special in the Boutique World—our unique, wearable collections capture the seasons' best trends. Michelle's continuous shopping trips to New York and L.A. mean daily deliveries of Hip clothing for our ever increasing Club of Customers!

Look to us for these September key looks:

- Jackets—Armani inspired olive and gray wool Meltons—washable suedes with knit sleeves in chocolate, nutmeg or rancho red
- Tops—necklines that turtle, drape, bateau, crisscross—trims of metal—beading—suede and leather—fabrics of sheer georgette—slinky—and silk charmeuse
- Vests, boas and cuffs in rabbit fur!
- Sweaters—fur trimmed—denim trimmed—embroidered—tweeds—paisleys—intarsias... And on and on
- Sweats—velour, fleece, tie dye—rivets—trims of rhinestones—trims just funky!

• Denims—"dirty wash" jackets—jeans in acid and potassium washes—long, lean—mid and high rise

• Tees—As always, too many to describe! L.A. does us well in this category—prints and solids—with crystals—rivets and leather trims—good luck choosing just one!

• Pants—tweeds—herringbones—suedes—classic and equestrian fits—we offer it all

• Ponchos—big this season—lots of fringe

• Skirts—short and long—circle and straight—silks—suedes—retro prints and solids

• Jewelry—A must see—as always it's one of a kind—too much and too extensive to describe—you know this!

Assemblé for Her—lets your personality shine and we love helping you do it! We will always endeavor to provide our one-of-a-kind customers with one-of-a-kind clothing. See ya soon!!!

Lollitots Children's Wear Grand Opening Sale

Shop at **Lollitots** during our **Grand Opening Sale** from **Sept. 2 to 11**. Everything in the store will be **20% off**, including sale merchandise. There will be prizes and free gifts for all purchases over \$100, including one from Light Drawn Portrait Studio. We even have free tattoos for all the kids!

Lollitots carries girls and boys clothing and accessories from newborn through size 10. We have many of our classic favorite brands from manufacturers, such as Baby Lulu, Sweet Potatoes, Hartstrings and Mulberribush. We also carry some fun, unique and trendy clothing from Little Mass, Ave Blu, CC Clothing and Psketti. **Lollitots** also carries a custom-made clothing line called Angel Wings. They have one-of-a-kind outfits made especially for you.

Lollitots offers a personal shopping party where you can get individual and personal service as well as earn free clothing and discounts for you and your friends.



Stop in to inquire about this service or call **1-847-540-6416**.

Don't miss this **Grand Opening Sale** for fun, free gifts and big savings on all the new fall and winter merchandise. Come check us out!

Lollitots is located at 523 Ela Road in Lake Zurich (on the southwest corner of Route 12 and Ela Road in the Jewel Shopping Center). We're open Monday through Friday, 10 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, noon to 4 p.m.

Hope to see you at **Lollitots**!

Rewarding Back-to-School Fashions at Deer Park Town Center

Deer Park Town Center's back-to-school shopping has arrived. The latest in back-to-school fashions has never been so stylish or rewarding... until now.

How you ask? **Deer Park Town Center** and Comcast have joined for the second annual Smart Bucks event. Find the perfect apparel and gear in your favorite back-to-school stores. Then award your participating Smart Bucks school.

The Children's Place, Gap, Gymboree and April Cornell have all that you need for the precious little ones in your life, including backpacks, uniforms and the 2003 fall fashions. For your independent teenagers, check out American Eagle, Gap, Pacific Sunwear, and Abercrombie & Fitch for what's cool for school this season. Students will find all they need. From Claire's

nail polish on their toes to a Great Clips cut. And a Franklin Covey planner will help keep those busy schedules straight.

Then award a participating Smart Buck school of your choice by designating a point for every dollar spent in the center. The Smart Bucks promotion will last from Aug. 1 until Oct. 31, 2003. To designate your points, just show your receipts at Barnes & Noble, Noodles & Company, Origins, Smith & Hawken, Williams-Sonoma, or White House/Black Market at **Deer Park Town Center**.

Every school will win. The school with the most points wins a larger share of the \$15,000 cash bank donated by **Deer Park Town Center** and Comcast. The cash prizes will be announced and awarded at

(Please continue on following page)

Chers Amis...

Now that almost everyone is back from trips and vacations, **D & J Bistro** will offer special events again. And September has two functions you don't want to miss.

Wednesday the 17th, Riedel, THE wineglass manufacturer, in cooperation with THE custom jeweler of the area, will present and test their line of stemware here at **D & J**. Hors d'oeuvres and five different wines will be served. You may reserve through M.J. Miller at 1-847-381-7900 (ask for Lynette).

On **Sunday, Sept. 28**, Melanie Karsen will present "Spectacular Southern France" through slides and a fantastic three-course regional dinner, including the famous **bouillabaisse**. The cost of \$49.50 includes

the presentation, dinner, wine, tax and gratuity. It will be an intelligent evening, filled with good food, good times, at a moderate cost. Seating is limited.

And last but not least, our "true bistro dish" of the month is the **navarin d'agneau**, a ragout of mild lamb braised in white wine, fresh herbs, vegetables, potatoes—a true classic that makes the tummy and the brain happy.

Support the artisan restaurateurs. There is a difference... in freshness, creativity, honesty and spirituality. Avoid the "corporate cookie-cutter eateries". Trust me. You'll feel better without knowing why!

Thank you for your support.

—Dominique

Cirque du Soleil Performers

to be Featured at Advocate Good Shepherd Hospital's Shepherds Gala "Cirque du Coeur—Circus of the Heart"

Michael Manzanet and Pavel Soukharev, award-winning gymnasts featured in Cirque Du Soleil's *Mystere* in Las Vegas, will perform at **Advocate Good Shepherd Hospital's Shepherds Gala, Cirque du Coeur—Circus of the Heart**. Both masters of their craft, Manzanet and Soukharev will perform an astonishing display of gravity-defying, hand-to-hand balancing, human strength, form and imagination.

Cirque du Coeur, presented on Saturday, Sept. 13, will be held at the Marriott Lincolnshire Resort in Lincolnshire, Ill. Guests of the gala will feel they have entered a magical circus environment, complete with games, circus performers and carnival fare. Other highlights of the gala will include a silent and live auction and valuable prizes. Several hundred people representing civic, corporate and social communities in the Northwest Suburbs and Chicago are expected to attend. The event will be hosted by the Shepherds Gala Committee, comprised of more than 25 community women, under the leadership co-chairpersons Mary W. DiGiulio and Bettye Traylor.

The proceeds from the 2003 Shepherds Gala will be directed toward advancing the cardiac services program at Advocate Good Shepherd Hospital. This spring, the Illinois Health Facilities Planning Board approved Advocate Good Shepherd Hospital's proposal to develop a \$35.7 million cardiac care center. The project allows Good Shepherd Hospital to provide expanded cardiac services including cardiac catheterizations and open-heart surgery

services. In addition to the expansion of services, the project also includes construction of an addition attached to the existing hospital structure. The addition is slated to have 35 medical/surgical beds and eight intensive care unit beds. The development of this project is the result of more than three years of planning. The origin was a strategic planning effort that began in 2000 to investigate and identify care services that required expansion to meet the needs of Good Shepherd's growing service population.

The expansion project is tentatively scheduled to be completed in late 2004. Ground is expected to be broken for the project in summer 2003.

It its first six years, the Shepherd's Gala has generated more than \$350,000 to benefit such projects as the Advocate Good Shepherd Hospital Breast Care Center, Spine Center and Cancer Care Program.

Sponsorship opportunities for **Cirque du Coeur—Circus of the Heart** are available. For more information, please call Advocate Good Shepherd Hospital's Development Office at **1-847-381-3433**.

Located in Barrington, Good Shepherd Hospital is a 156-bed healthcare facility with nearly 500 physicians representing more than 35 medical specialties. The hospital is part of Advocate Health Care, one of the largest not-for-profit healthcare organizations in the Chicago area. Advocate is related to both the Evangelical Lutheran Church in America and the United Church of Christ.

Deer Park Town Center

(Continued from preceding page)

the Fireworks Spectacular Celebration on Friday, Nov. 7.

Participating schools include: St. Anne's, Barrington; Hough Street, Barrington; Seth Paine, Lake Zurich; Wheeling High School; Barrington Middle, Station Campus; St. Viator, Arlington Heights; Lake Zurich Middle North; Sarah Adams, Lake Zurich; Roslyn Road, Barrington; Montessori Children's House, Barrington; May Whitney, Lake Zurich; Spencer Loomis, Hawthorn Woods; Jane Addams, Palatine; St. Francis de Sales, Lake Zurich; F.C. Whiteley, Hoffman Estates; Charles Quentin Elementary, Palatine; Walter Sundling Junior High, Palatine; Lines Elementary, Barrington; and

Isaac Fox Elementary, Lake Zurich.

Deer Park Town Center is located on Rand Road (Route 12) just one mile north of Lake Cook Road. The center features more than 60 stores and restaurants including: Gymboree, Eddie Bauer, April Cornell and California Pizza Kitchen. Shopping hours are Monday through Saturday, 10 a.m. to 9 p.m., and Sunday, noon to 5 p.m. The Lifestyle Center, developed by Poag & McEwen, blends convenient location, accessible parking, attractive architecture and caters to the needs of the modern shopper. For more information about the center including the gift certificate program, please call **1-847-726-7755**.

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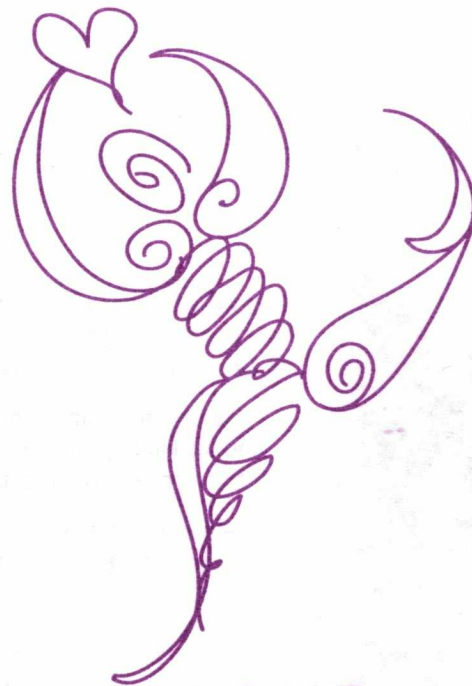


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The Gala Committee of
Advocate Good Shepherd Hospital presents



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2003 SHEPHERDS GALA

Saturday, September 13

Marriott Lincolnshire Resort
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All proceeds will benefit the Cardiac Care Center
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Weight Management for Life Beyond 40

Ladies, do you find yourself gaining unwanted pounds and inches now that you are over the age of 40? The techniques that used to work well no longer serve your changing body?

"Hormone changes and imbalances are frequently at the root of midlife weight gain," states Donna Teper, RN, certified menopause educator and nationally-noted weight-management instructor.

At **Beyond 40** in Lake in the Hills, Donna offers her unique program called "Women's Weight, Wellness and Wisdom." These one-hour weekly group sessions include topics such as: Hormone Balancing Food Plan; Five Steps to Midlife Weight Management, Hormones and Appetite; Divine Secrets of Great Nutrition; as well as weekly discussions such as When Women Stop Hating Their Bodies; Creative Stress Management for Creative Women; Emotional Eating; and Managing the Unique Physical Changes of Life After 40.

What others have said:

"In a short time I have learned so much and lost weight!" —Jeanne, Algonquin

"Such a valuable experience... each week, I couldn't wait to return. This class is something every woman in perimenopause or menopause should consider."

—Mickie, Algonquin

"Thank you for teaching me how to eat to lose weight instead of starving and not losing weight."

—Darla, Cary

"I finally feel as though my body is working with me rather than against me."

—Sonia, Bartlett

So don't delay. Take the first step in understanding and managing your body's unique needs by calling Donna Teper, RN, at **Beyond 40**. Evening and daytime classes are available. A 10-week session is \$115. Call **1-847-458-4084**. Next sessions begin in September.



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Deadline!

The deadline for the **October Issue** is **Thursday, September 11.**

Please send your press release/advertising materials to:

Editor

Lifestyles Magazines

P.O. Box 293

Crystal Lake, IL 60039-0293

or call: **(815) 459-4820**

Women's Golf Outing—"It's Birdie Time"



One group and their caddy laugh along the clothesline at the "Down on the Farm" themed Women's Only golf Outing last fall.

"It's Birdie Time" is this year's fun-filled theme for the NISRA Foundation's Women's Only Golf Outing on Tuesday, Sept. 16, at Randall Oaks Golf Course in West Dundee.

Players of all ability levels are welcome in this noncompetitive event which benefits local children and adults with disabilities in NISRA programs.

The event is an all-women's golf scramble including nine holes of golf with cart. A caddy auction will offer foursomes the opportunity to bid on a male caddy who will provide treats for the group. The outing also features special contests with the

"birdie" theme, prizes, gifts and lunch. Register now at \$60 per player (\$65 after Aug. 29) or \$240 (\$260 after Aug. 29) for a special corporate package. Call Ruth at 815-459-0737 to register, volunteer or sponsor a hole.

The NISRA Foundation is a not-for-profit charitable organization providing funding assistance for NISRA. NISRA provides year-round recreation activities and Special Olympics for residents with disabilities in McHenry County and parts of Cook, Kane and Lake counties. Call 815-459-0737 for more information.

Alpha Gam Alumnae Meeting

The Northwest Suburban Alumnae Club of Alpha Gamma Delta will meet on Tuesday, Oct. 7, at 7:30 p.m. in the home of a Buffalo Grove member. All Alpha Gams

are invited to attend. Roubin Doubek will present a program titled "Ready for Show Interiors." For more information, call 1-847-358-8450 or 1-847-215-0042.

American Society of Interior Designers to Host Oak Park Showhouse



The American Society of Interior Designers' 32nd Annual Showhouse sponsored by the Oak Park-River Forest Infant Welfare Society will open in September. The event will feature the work of 12 of the ASID's many talented interior designers.

The showhouse, located at 724 N. Oak Park Ave., will be open to the public from Sept. 14 to Oct. 5. Hours are 10 a.m. to 2:30 p.m., Wednesday through Friday; 7:00 to 9:00 p.m., Thursday and Friday; and 11:00 a.m. to 4:00 p.m., Saturday and Sunday. Tickets are \$15 in advance by Sept. 12 or \$20 at the door.

Come see how ASID designers bring new life to a home that first served as a showhouse 27 years ago. The G.W. Hales House is an architecturally-significant English country manor home designed on a .75-acre site in 1924 by famed architect H.G. Fidelke. The 5,850-square-foot residence boasts 14 rooms with oak and ceramic floors, three marble fireplaces, quarter sawn oak wainscoting, and pocket

doors.

The American Society of Interior Designers has joined with the Oak Park-River Forest Infant Welfare Society for more than 30 years on the showhouse. With more than 30,500 members nationally, the ASID is the largest and oldest professional organization for interior designers. The group's mission is to provide professional education and knowledge sharing, advocacy of interior designers' right to practice, and expansion of interior design markets. ASID Illinois Chapter has more than 1,000 members.

The Oak Park-River Forest Infant Welfare Society, a community-supported organization founded in 1916, funds a clinic at 320 Lake Street in Oak Park that provides medical and dental care for children whose families cannot afford private health care.

For tickets or more information on the showhouse, call 708-848-0528.

Art Associates Present "Chihuly and Photography"

Did you enjoy Dale Chihuly's creative exhibit at the Garfield Park Conservatory last year? Sue Smith will provide an opportunity to enjoy it again at the first Members Present Art program for the Barrington Community Associates of the Art Institute of Chicago, Sept. 25, 1 p.m., at the Barrington Area Library, 505 N. Northwest Highway.

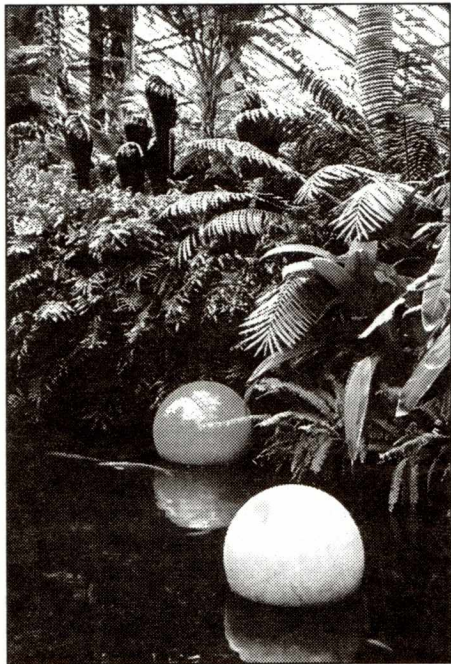
Sue's beautiful photography will show how Chihuly's installations tied art and plants together to enhance the best qualities of each. Chihuly's beautiful glass floats and Persians are found in the water while the glass baskets, tiger lilies, saguaros and ikebanas are nestled among the plants in one of the largest conservatories in the nations.

She will conclude her program with tips for successful photography.

Sue Smith was a teacher in the Barrington schools and is an active member of the Field and Flower Garden Club. She has previously shown slides from her extensive travels.

There is no charge for "Chihuly and Photography" on Sept. 25. The public is welcome.

For additional information, contact Arlene Martin at 1-847-381-2590.



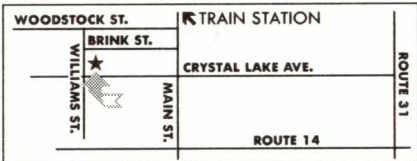
Fern Room Installation by Dale Chihuly

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	1.22	J	SI ₁	\$4,650
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	2.02	G	SI ₁	\$18,600
RADIANT				
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PRINCESS				
	.50	F	SI ₂	\$1,260
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OVAL				
	.62	G	I ₂	\$682
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PEAR				
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"Taking Care of You: Powerful Tools for Caregiving"

Barrington Area Council on Aging, Inc., will present another "Taking Care of You: Powerful Tools for Caregiving" class in partnership with Mather LifeWays in September.

This course is designed for the nonprofessional caregiver who is helping a parent, spouse or friend who lives at home, in a nursing home or across the country.

This program will help family caregivers: reduce stress, improve self-confidence, better communicate their feelings, balance their life, increase their ability to

make tough decisions and locate helpful resources.

The course consists of six 2½-hour weekly sessions. The next course will begin on Tuesday, Sept. 9, from 6:30 to 9:00 p.m. at Barrington Village Hall at 200 S. Hough Street. The suggested donation is \$50 per person to cover the cost of materials. No one is turned away due to inability to pay.

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

Fun and Fashion for Fall at Satin Filly

I think we all agree, there's nothing that compares to the thrill of that first autumn day. For some, it's back to school. For others, it's goodbye to the beach and their flip-flops. But for fashion lovers, it's that time of year to break out all the new looks for the fall.

I'm flabbergasted at the diversity, from bows and ribbons on shoes and clothes to embellished cargo and utility pants with lots of buckles or snaps or zippers—all to release your inner biker chick!

Satin Filly has so many looks, let us help you with one that looks great and makes you comfortable!

You know, one of the nicest compliments I get is when a customer tells me the compliments she gets when wearing a Satin Filly outfit. Or the, "Karen do you remember the jacket (dress, blouse) I bought five years ago?" Sometimes I do remember! And they are still wearing and loving it.

We've set a date for our **Girls' Night**. It's **Oct. 16** in the evening. Please call if you'd like to be included. It's going to be fun and fashionable!

In the meantime, come see what Satin Filly has to offer. I think you'll like what you see.

—Karen

Advocate Good Shepherd Breaks Ground for New Cardiac Care Center



(From left) Honorary ground-breakers included Good Shepherd Hospital Governing Council member Frank Morgan; Good Shepherd Hospital Governing Council member and Development Council vice chairman Paul Hills and his wife, Barbara; Good Shepherd Hospital auxiliary president-elect Jan Broders; and chief executive Karen Lambert.

On July 9, Advocate Good Shepherd Hospital broke ground for the new Good Shepherd Hospital Cardiac Care Center.

Good Shepherd celebrated the start of construction for this project with a ground-breaking ceremony and reception with more than 150 physicians, associates and community members in attendance. The ground-breaking ceremony and celebration represented the culmination of several years of planning and preparation for Good Shepherd Hospital.

The origin was a strategic planning effort that began in 2000 to investigate and identify care services that required expansion to meet the needs of the hospital's growing service population. Last March, the Illinois Health Facilities Planning Board approved Advocate Good Shepherd Hospital's proposal to develop a \$35.7 million Cardiac Care Center. The project will allow Good Shepherd Hospital to provide expanded cardiac services, including cardiac catheterizations and open-heart surgery services. In addition to the expansion of services, the project also includes construction of an addition attached to the existing hospital structure. The addition is slated to have 35 medical/surgical beds and eight intensive care unit beds.

"This expansion has been designed with community, physician and staff input to

ensure that Good Shepherd Hospital offers the finest cardiac care providers, services and equipment to meet the growing cardiac care needs of the communities we serve," said Karen Lambert, Good Shepherd Hospital chief executive. "In preparation for providing advanced cardiac services, Good Shepherd is partnering with Advocate Christ Medical Center, a recognized leader in advanced cardiac services in the Chicago area, to ensure the highest quality of care for the community."

The expansion project is tentatively scheduled to be completed in late 2004. The project includes:

- A three-floor addition attached to the northwest end of the hospital
- 43 new patient rooms all equipped with cardiac monitors

- 18 universal beds where patients will remain in one room throughout their stay

Good Shepherd Hospital is a leading provider of health and wellness services in the Northwest Suburbs with 142 beds and a medical staff of over 450, representing 35 medical specialties. The hospital is a Level II trauma center and a state-designated Level II birth center. Good Shepherd Hospital is part of Advocate Health Care and related to the Lutheran Church in America and the United Church of Christ.

Stuart Porter Receives Foglia Commitment Award in Wellness Place Ceremony



Wellness Place in Palatine presented (at right) Stuart W. Porter of Barrington with the Pat and Vince Foglia Commitment and Loyalty Award before nearly 300 well wishers at Boulder Ridge Country Club, Lake in the Hills, following its golf event June 30. Also present were (from left) Bill Clarkin of Barrington, representing the Wellness Place board of directors; Myrna Porter, co-founder of the cancer center; and Pat Foglia of Barrington.

Before a crowd of 300 supporters, Barrington resident Stuart W. Porter received the first Pat and Vince Foglia Commitment and Loyalty Award on June 30 at Boulder Ridge Country Club, Lake in the Hills.

Porter was recognized following the fifth annual golf outing held simultaneously at Boulder Ridge and Crystal Lake country clubs to benefit Wellness Place, a non-profit cancer resource center located in Palatine.

"Stu Porter has been selfless with his time and commitment to Wellness Place," noted Bill Clarkin, 2003 golf outing chairman. "He has exercised leadership in fund-raising for Wellness Place since his wife, Myrna, and Linda Murphy first met at the Barrington Library in November 1998 with 55 other people interested in bringing cancer support services to the Northwest Suburbs."

"My involvement began as the spouse of a cancer survivor five years ago," recalls Porter. "Going through the cancer experience with Myrna and witnessing her determination to help other cancer patients in the Northwest Suburbs dovetailed with my years of fund-raising experience. Identifying sponsors, auction item donors, volunteers and participants was a skill I used in my professional career and as a volunteer fund-raiser. Thanks goes to the hundreds of volunteers who helped bring Wellness Place to our community and who continue to support its good work."

Porter, who retired in 1998 as managing partner for the Chicago office of Weiss, Peck and Greer, a New York-based investment firm, was previously director of re-

search for A.G. Becker & Company, Chicago. His 25 years of fund-raising experience includes chairing campaigns for the Presbyterian Church of Barrington, the Crusade of Mercy for A. G. Becker & Co., and The Youth Campus, a residential family welfare agency in Park Ridge.

"Wellness Place touches so many lives," commented Porter. "Anyone who works with Wellness Place can't become involved without having a meaningful experience. I initially was attracted to finding a safe haven for cancer survivors because of my wife's resolve and our friends' support. And ultimately, I find myself a cancer survivor."

Gail Wickstrom, president of the Wellness Place board of directors, opened the award ceremony by expressing appreciation to Pat and Vince Foglia of Barrington, for whom the award was named. The Foglias donated an 11,000-square-foot house for Wellness Place in Palatine's Williamsburg Village.

Well-known for their charitable endeavors, the Foglias also pledged to help Wellness Place establish itself financially over a period of five years. This pledge has assisted Wellness Place in providing services free to thousands of individuals since opening its doors in September 2000, according to Wellness Place executive director Kim Dougherty.

The nonprofit organization, located in 1619 W. Colonial Parkway, serves 60 communities in the Northwest Suburbs of Cook County, and parts of McHenry, Lake and Kane counties. For further information, call 1-847-221-2400.

Kildeer Women's Club Kickoff Event

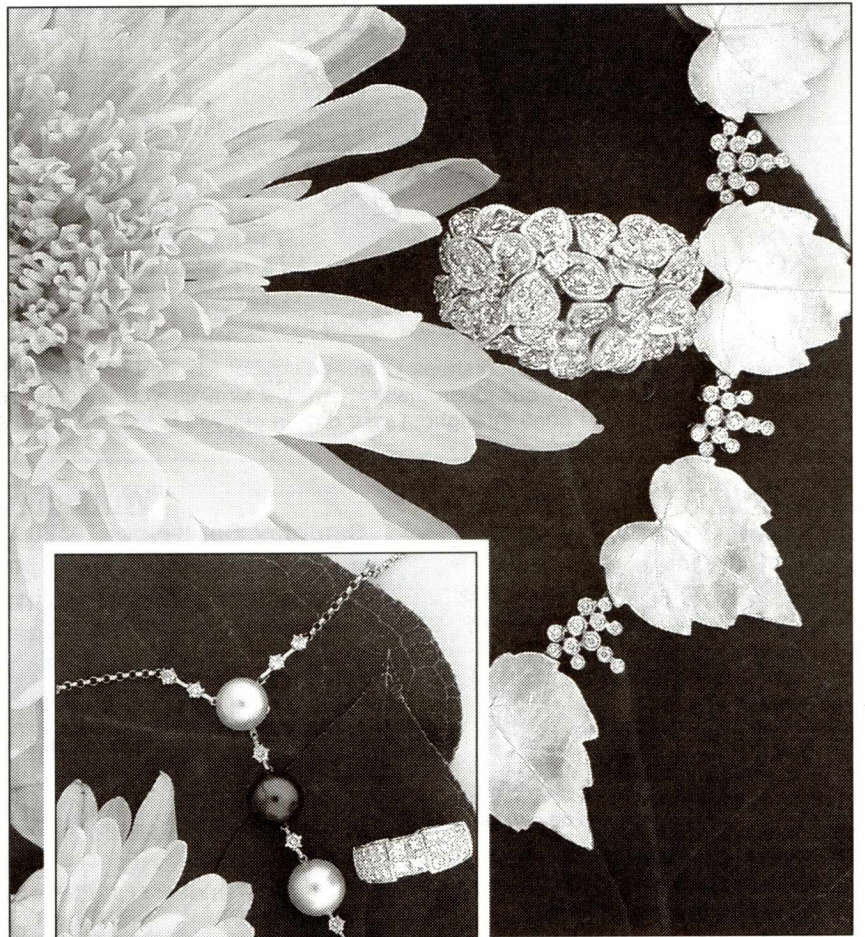
Thursday, Sept. 25, is the date of the Kildeer Women's Club kickoff event, a day trip to beautiful Lake Geneva.

The bus will depart from the Archer Parking Lot in Long Grove at 9 a.m. Upon arrival in Lake Geneva, members and guests will board the Lady of the Lake for a boat tour. This will be followed by lunch

at the Grandview Restaurant of The Geneva Inn. The bus will return to Long Grove by 4 p.m.

Local friends and neighbors are invited to attend. The cost of \$50 covers the bus fare, boat fare and lunch. Anyone interested in attending may contact Jane at 1-847-438-6974 by Friday, Sept. 12.

The Most Beautiful Jewelry in the World



Everyone at Celine's hopes you had a great summer! It is hard to believe the kids are back in school. We have been busy creating breathtaking new designs all summer and welcome you to come in and preview new designs before the upcoming holiday season.

Celine Fine Jewelry is going into its eighth year in business in Long Grove and we have you, our customers, to thank for our continuing success. You are our business, and your complete satisfaction is our most important concern.

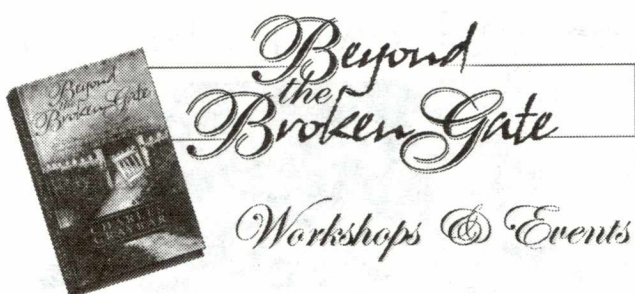
For those of you beginning to think about the upcoming holiday season, the hot items are the natural fancy colored diamonds. We have put together a beautiful collection of natural yellow, cognac and pink diamond designs as well as the classic white diamond designs. Of course, we continue to design pieces with the classic Tahitian and South Sea pearls as well as multitudes of other precious and semiprecious stones.

As the owner of Celine Fine Jewelry, I have to say again, "Thank you for being our customer. We know there are other choices out there, and we promise to always remember it is a privilege to serve you."

Celine's is located at 203 Robert Parker Coffin Rd., Long Grove, 1-847-478-1823. Hours are Tuesday through Saturday, 10 a.m. to 5 p.m., and Sunday from noon to 5 p.m. Closed Mondays.

Celine
Fine Jewelry, Ltd.

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LONG GROVE 847-478-1823



How do we begin to quiet the mind in preparation for a transformative meditation experience? In this fast-paced, input saturated world quieting the mind is the first step to entering the garden beyond the "broken gate."

In Beyond the Broken Gate Workshops Charles Graybar teaches the essential techniques needed to turn our focus inward. He will provide you with simple exercises, which can be done throughout your day, to get you in touch with your essential self.

Lecture & Book Signing

Monday, September 8, 2003
7:00-9:00PM

Borders Books

6000 Northwest Highway
Crystal Lake, IL 60014
815.455.0302
(Free Event)

Workshop

Saturday, September 13, 2003
1:00 - 3:30 pm

Julio's Cocina Latina

95 South Rand Road
Lake Zurich, Illinois
847.438.3484

(\$50.00 at the door -or- \$40.00 prepaid)
Hardcover Book Included

SPONSORS:

Tickets can be purchased at one of the following locations:

All About Angels

Lakeview Plaza 159 S. Rand Road
Lake Zurich, IL 60047
847.726.1023

All Ways Healthy

Natural Food Center
Lakeview Plaza 123 S. Rand Road
Lake Zurich, IL 60047
847.438.9200

For more information please visit:

www.beyondthebrokengate.com or call Jennifer at 773.684.3002

Author Charles Graybar's Meditation Seminar Teaches Techniques That Lead to Spiritual Insights

It's hard to find meaning in a world like ours. The news brings distressing images of war, terrorism, crime, sickness, hunger, unemployment. Even the most fortunate among us find themselves asking, "Is this all there is? What's the point of living when life is such a struggle? Why are we here? And what, if anything, can I do to make the world a better place?"

These questions have been asked since the beginning of time. And they all boil down to a single question: How do I want to live my life? Consultant, spiritual seeker and meditation master Charles Graybar presents his take on these timeless issues in a new book, *Beyond The Broken Gate: An Ordinary Man's Extraordinary Journey In Learning Who We Are, Why We Live, And Where We're Going* (Serenity Hill Press, 2003, ISBN 0-9740265-2-2, \$19.95).

In this deeply inspiring book, he shares his amazing life story and the lessons he's learned from it. By his late 30s, Graybar was senior vice president for a Fortune 100, a high-level position that brought him great financial success. Yet, his life felt bleak and pointless. Haunted by the painful mysteries of existence, he began desperately seeking answers. When he found them, Graybar was so profoundly affected that he quit his corporate job and devoted himself to writing and speaking about his spiritual insights.

Here is what happened: while experimenting with a self-designed combination of meditation techniques, Graybar stumbled upon a portal of communication with several advanced souls. These entities gave Graybar answers to many spiritual questions about who and what we "are" as beings of awareness as well as some fascinating glimpses into the nature of the universe. They also provided a variety of pragmatic advice, ranging from ways to improve our day-to-day existence to ways to improve our pathway as souls that live lifetime after lifetime of painful and unproductive cycles. For example:

- Don't waste energy on hatred, resentment, retaliation, retribution or anything that weighs the spirit down and impedes forward spiritual progress.

- Practice compassion constantly.

- Practice forgiveness actively, knowing that being human means making mistakes.

- Release completely your fascination and any obsession with "things," especially money.

- Remember always that everyone you know, see, hear of, think about or even imagine is, was and always will be part of the same source from which you also derived.

You will be introduced to the meditative techniques that led Graybar to these

(Please continue on page 55)

Your Skin, Your Life

While most think of spring as a time for rejuvenation, **Dermatology Physicians & Surgeons, Ltd.** and **Versa Medi-Spa** in Barrington, as well as **Versa Crystal Lake**, are offering some wonderful autumn opportunities to refresh your appearance and renew your commitment to healthy skin.

During September, we are pleased to offer a package of **three advanced microdermabrasion treatments for \$350**. Advanced microdermabrasion under the supervision of a board-certified dermatologist and administered by a licensed esthetician exfoliates rough, uneven skin, softens fine lines, improves the appearance of acne and irregular pigmentation, and imparts a healthy glow despite the damage the sun may have caused during these past few summer months.

For more comprehensive rejuvenation, inquire about Intense Pulsed Light Therapy at both of our office locations. We are a certified national physician training center for IPL to treat irregular pigment and age spots, facial veins and redness, acne and permanent hair removal—all with no downtime.

In addition, as a certified national physician training center for Botox® Cosmetic Rejuvenation Therapy, we will host two special Botox Days *exclusively for our Versa clients*. On **Tuesday, Oct. 7**, in Crystal Lake, practice founder David P. Van Dam, MD, and the newest member of our practice, James G. Lahti, MD, MPH, will provide Botox therapy at a **20% savings** for Versa clients. On **Wednesday, Oct. 8**, Dr. Van Dam and aesthetic plastic surgeon Greg Bazell, MD, will provide

treatment with the same savings in our Barrington office location. If you are a Versa client, please call either location for your appointment, as there are limited appointments available and savings apply only on these two days. If you are not yet a Versa client but would like to take advantage of this special event, schedule a visit for skin care service at Versa to become eligible for our October "Botox Days" special.

We are pleased to announce that James G. Lahti, MD, MPH, has joined our staff of board-certified physicians and surgeons. In addition to being a board-certified dermatologist, Dr. Lahti is a skin cancer specialist who holds a master's degree in public health. Along with Jerome D. Fallon, MD, Dr. Lahti treats skin cancer with Mohs Micrographic Surgery, the most innovative and specialized treatment for skin cancer. Mohs Surgery provides the highest cure rate for skin cancer and preserves the maximum amount of healthy tissue.

You can now visit us at www.yourskinforlife.com to learn more about these and other procedures, our practice, our doctors, or how you can improve the appearance and health of your skin, for life. Call either of our office locations with your questions or to schedule a physician or IPL consultation or appointment at **1-847-382-5111** in Barrington or **815-455-4434** in Crystal Lake. To schedule or inquire about treatment at Versa, call **1-847-382-6800** in Barrington or **815-455-4433** in Crystal Lake.

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Upcoming Events at G. Whiz

Stop in during September and register to win a gorgeous, new, limited-edition Brighton leather and denim jacket complete with silver ornamentation, red leather collar and pocket flaps. You'll be the envy of all your friends! (No purchase necessary.)

During our last promotion, the winner wore 83 pieces of Brighton into our store! Come see the pictures of all our contestants and get a kick out of the creative ways they adorned themselves. If that's not enough Brighton, join us for two upcoming special events:

• **Sept. 9, noon to 2:00 p.m., Kick Off Your Shoes... The Kids Are Back in School!**—Yes, it's been a great but rainy summer, so let's celebrate the beginning of the school year with a big shoe party! Come see all the new fall shoes and get your orders in! We'll have over 60 pair of new shoes available for purchase just for this

event. So stop in for some refreshments and get back home in time to meet the school bus!

• **Oct. 21, 10:30 a.m. to 3:30 p.m., Girlfriend Timeout**—Due to popular demand, she's back! Come hear Fern Bratten host our Brighton Fashion Show and motivate you and your girlfriends for a stress-free holiday season. Join us for lunch at The Garlands for a combination event featuring Spa Vargas, **G. Whiz** and The Garlands. Free spa treatments, lots of vendors with personal care goodies and new products, a Brighton fashion show featuring all of their new holiday line (be the first to see and order), Brighton boutique, and more! Fern will use her witty humor to entertain you and your girlfriends while you relax and unwind! Space is limited, and we will sell out quickly. So please call **G. Whiz** to reserve your space!

They're Only Young Once!

Even after you brush off all the sand, comb his unruly hair and wash those scuffed knees, your little boy will still need some extra help to change his ordinary look into one that is picture perfect.

For all of us who shop for our little men, we know how frustrating it is to walk into a store and find only a small section off to the side reserved for them. Because we end up finding very limited selections, we often settle for something that will have to do and forfeit that special outfit we wanted in the first place. That is, until now!

Shannon Sheets, proprietor of **Britches 'n Bows**, Crystal Lake's new children's specialty shoppe, believes in giving her customers and their little recipients equal opportunities. Her displays of back-to-school wardrobes, picture day outfits and holiday hand-me-down keepsakes are endless. Because of the many selections of quality wear from small, private designers,

handmade apparel, vintage fabrics and one-of-a-kind furniture, her store will always be boy and girl friendly. Shannon's years of specific retail experience give her the edge in helping parents and grandparents pull together a specific look. She will gladly set up personal time slots for those too busy to bother with details and is always ready to help moms-to-be plan their registry.

Whatever your reasons are to find that perfect something, **Britches 'n Bows** is the shoppe for you. Why? Because our little princes and princesses are only young once!

Located downtown at 81 N. Williams St., **Britches 'n Bows'** store hours are Monday, Tuesday, Wednesday and Friday from 10:00 a.m. to 5:30 p.m.; Thursdays from 10:00 a.m. to 8:00 p.m.; and Saturdays from 10:00 a.m. to 4:00 p.m. For more information, please call **815-477-7426**.

Art in the Barn Returns Sept. 28 and 29

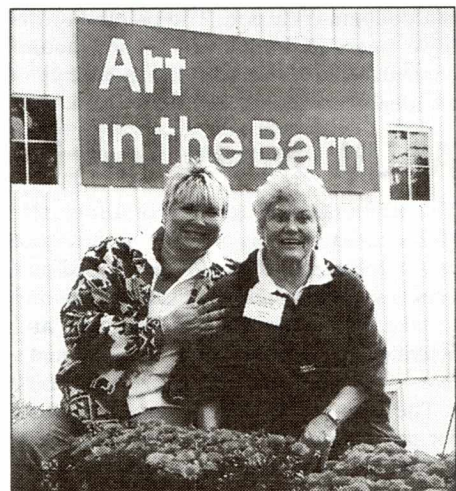
The Auxiliary of Advocate Good Shepherd Hospital in Barrington will host the **29th Annual Art in the Barn** on **Saturday and Sunday, Sept. 27 and 28**.

Located in a beautiful country setting, this fine arts festival has something for everyone. Over 175 juried and invited artists from across the country will display and sell art in media ranging from ceramic, glass and photography to sculpture, watercolors and wood. Whether you want to buy your girlfriend jewelry for her birthday or need a showpiece above your mantel, you will find it at **Art in the Barn**.

In addition to the fine art for sale, **Art in the Barn** will have many activities for the entire family including pony rides, food and live, local entertainment. A children's art tent will allow little ones the opportunity to create their own masterpieces.

Proceeds from the festival benefit the hospital's Diagnostic Cardio Suite. Each year, **Art in the Barn** has grown, helping reach the auxiliary's current pledge of \$1 million.

Art in the Barn will be open from 10



Mother and daughter team Jan Broders (right) and Julie Nagle will serve for the third consecutive year as co-chairs for Art in the Barn.

a.m. to 5 p.m. each day and is located two miles west of Route 59 on Route 22. Admission is \$5. Children age 12 and under are free. No pets please. For more information, please call **1-847-381-0123, ext. 5093**.

**Dress it up.
Dress it down.
It never goes
out of style!**

Register to win this limited edition leather and denim Brighton jacket—a \$250 value. One lucky customer will be wearing it this fall! Will it be you?



No purchase necessary.

G. Whiz A Brighton Heart Store

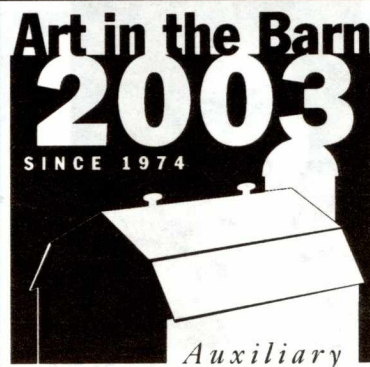
724 W. Northwest Hwy.—The Foundry • Barrington
847-304-0255 • Hours: Mon-Sat 10-5:30 Thur 10-7 Sunday 12-4
or visit us at our second location:
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450 W. Highway 22, Barrington, IL • Sponsored by Auxiliary of Good Shepherd Hospital
Proceeds to Outpatient Services • For more information call (847)381-0123 ext. 5093

**29th Annual Art in the Barn
Fine Arts Festival**

Saturday, Sept. 27 & Sunday, Sept. 28
10 a.m. to 5 p.m.

Admission: \$4, 12 and under FREE

Over 160 Artists

Fine Art for Sale in All Media
Children's Art Activities, Pony Rides
Entertainment & Food Concessions

Northland Area Art League

The Northland Area Art League will meet for the first time this season on Tuesday, Sept. 9, at 7 p.m. at the Woodstock Opera House on the square in Woodstock.

Meetings will be held the second Tuesday of the month from September through April. The Members Art Show will be in May.

The league was established in 1975 to provide a venue for those interested in the visual arts to meet and exchange ideas. It presents programs by experts in various aspects of art. All interested persons are invited to become members. A \$4 program fee is charged to nonmembers. Refresh-

ments are served.

On Tuesday, Sept. 9, at 7 p.m., Janet Leech of Ain't Rocket Science Inc. will present a program regarding creativity and art.

The newly elected president is Marjorie Schupner; vice-president, Tom Lowden; secretary, Pamela Callahan; programs, Lucy Dellapina; and returning members of the board are: treasurer, Catherine Dirubbo, editor, Joe Bjork; newsletter asst., Diane Ferraro; publicity, Kathleen Elfring; and refreshments chairman, Diane Ward.

For further information, call President Marj Schupner at 815-578-0115.

Happenings!

in the area

At the Garden Club of Barrington Flower Show



(From left) Marianne Saxon, JoAnn Ziegler and Erica Balodimas all enjoyed the Garden Club of Barrington Flower Show held at The Garlands of Barrington on Saturday, Aug. 2. The show "Extra! Extra! Read All About It!" included exhibits and classes based on Barrington newspaper headline themes.

Debra Pickett to Speak to the Welcome Wagon Club

The Welcome Wagon Club of Barrington will have columnist Debra Pickett of the *Chicago Sun-Times* speak at their Season Starter Luncheon at Wynstone Golf Club on Sept. 9. The social hour will begin at 11 a.m.

Members, guests and prospective members from Barrington and surrounding communities are invited to hear Debra tell about her experiences while interviewing celebrities for her Sunday column *Sunday Lunch With...*. Among the many she has interviewed have been the well-known John Mahoney, who has been acting at the Steppenwolf Theater in Chicago since 1979 and is a popular actor on stages throughout the country. He is also known widely as Frazier's father on the television series of the same name. Recently, Ms. Pickett enjoyed lunch with New Yorker Candace Bushnell who wrote the book *Sex in the City* from which the popular HBO series was taken. Her interviews include those with people of national, international and local prominence. After three years of doing this column, Debra refers to herself as a professional luncher.

Debra Pickett began work for the *Sun-Times* in 2000 as a writer for *Next* magazine, a Sunday section focusing on style, culture and humor. In 2001, she launched



Debra Pickett will speak to the Barrington Welcome Wagon Club on Sept. 9.

her *Sunday Lunch With...* column and a page two column on *Fridays* in 2002. Her story on women's struggle to balance careers with family lives, *The Baby Ceiling*, won a Peter Lisagor Award for exemplary Journalism in 2002. She did her graduate and postgraduate work at the University of Pennsylvania.

At the Season Starter Luncheon, members will sign up for activities of their choice and be given the schedule for the coming year. The cost of the luncheon will be \$45, and reservations may be made by calling Lynn at 1-847-304-1074 or Barbara at 1-847-382-1512.

Romeo and Juliet

The Barrington Area Arts Council invites you to see Joffrey Ballet of Chicago's production of *Romeo and Juliet* at the Auditorium Theatre in Chicago on Oct. 11. The bus will leave from the BAAC Gallery and arrive for a special tour of the historic Au-

ditorium Theatre followed by a matinee performance at 2 p.m. The cost is \$80 for council members or \$85 for nonmembers.

Contact the Barrington Area Arts Council for information or reservations at 1-847-382-5626. Limited seating is available.

BAAC Gallery Presents "Male Call"



Self Portrait, 2003, by Doug Manley

The Barrington Area Arts Council announces the opening of its 26th season with the BAAC Gallery exhibit "Male Call" on Sept. 5. The exhibit will feature the works of Mark Arctander, Roland J. Kulla and Doug Manley.

Mark Arctander of Arlington Heights creates enigmatic assemblages which are rooted in the empirical processes of experimentation and observation. An object's unknown personal history is intriguing to him. By (re)presenting these objects in a visual and intellectual context, he reinserts them into a new historical cycle. Arctander holds a master's of fine arts from Northern Illinois University and has participated in many local, national and international exhibits.

Roland Kulla of Chicago is a self-taught artist who began to pursue an art career seriously in 1994. He "constructs" paintings from abstract design elements from Chicago's many bridges using acrylic on canvas. The subjects appear real, but this is a deliberate illusion. The painted forms have been abstracted from their actual context. What is seen in the paintings is an idealized version of reality. Kulla has

participated in many area exhibitions and is represented by The Fine Arts Building Gallery in Chicago.

Doug Manley, photographer, artist and educator, is a resident of Port Barrington and graduated from the School of the Art Institute of Chicago with a master's of fine arts. He considers the currently exhibited works his most successful digital images (mostly photo-digital) to date. His current work shows a move towards brighter, warmer colors and spheres which have always been his favorite form, geometrically. Manley is an instructor of art at McHenry County College, Oakton Community College, College of Lake County and Columbia College of Missouri.

The Barrington Area Arts Council invites the public to attend the opening reception of "Male Call" on Friday evening, Sept. 5, from 6 to 9 p.m. at the BAAC Gallery, 207 Park Ave., Barrington. The exhibit will be on view through Oct. 10. BAAC Gallery hours are Tuesday through Friday, 10 a.m. to 5 p.m., and Mondays and Saturdays by appointment. For more information, call 1-847-382-5626.

AAUW Hosts Special Presentation

The American Association of University Women, Barrington branch, invites past and present graduates of colleges and universities to join their organization this fall to take part in a variety of programs and activities that support and enrich women's lives.

The group sponsors several programs for the public during the year, including an upcoming presentation on Sept. 15 at 7 p.m. at the Barrington Area Library. Maestro Robert Hanson, director of the Elgin Symphony, will speak on the work of Margaret Hillis, former director of the Elgin Symphony and director for many seasons of the Chicago Symphony Orchestra's chorus. Additional programs scheduled for the year include a presentation about the education of girls in Kenya, using technology in Barrington schools and a program on the need for and importance of

diversity in society.

In addition to programs for the public, AAUW also offers members several book clubs: two evening book groups—one on books dealing with women's issues, the other on books of current interest—and a daytime/luncheon book group. Great Decisions, a program of study and discussion of current international issues prepared by the national, nonpartisan Foreign Policy Association, meets during the winter months. A daytime bridge group is also open to members. A monthly newsletter of activities and updates on legal issues of interest to women is sent to all members.

Current AAUW Barrington branch members extend a welcome to any female graduate of a college or university to join. Please contact Ellen Young at 1-847-381-7816 for information.

Mark Your Calendar for Fritzl's Oktoberfest

Do you enjoy traditional European dining, something unique, a little different? Who doesn't? No need to head to Chicago or Milwaukee when **Fritzl's Country Inn** is nearby in Lake Zurich.

Enjoy their house specialties such as Wiener Schnitzel, Rouladen of Beef, Sauerbraten, and Pork Schnitzel. **Fritzl's** continental favorites include Shrimp Scampi, Chicken de Jonge, Herb Crusted Pork Tenderloin, and Chicken Piquant. Sizzling steaks, fresh seafood, and Prime Rib round out the menu.

Mark your calendar for **Fritzl's famous Oktoberfest** to be held **Friday, Oct. 10**. The fun begins at 6:30 p.m., dinner at 7:30 p.m., and dancing at 8:30 p.m. Dinner includes Austrian mixed salad, unlimited bratwurst and thuringer, Bavarian baked chicken, spaetzle, homemade potato sal-



ad, sauerkraut, red cabbage, dinner rolls, Colombian coffee and warm apple strudel for only \$29.95 per person. Price includes dinner, entertainment, tax and gratuity. The fest will be held in the Banquet Hall.

Reviewed and recommended by Zagat Survey.

Visit www.fritzl.com for more information.

The Most Satisfied Clients

Now Booking Sessions for Holiday Portraits and Cards

With the children going back to school, the holidays are just around the corner. **Lakeview Photo and Portrait Studio** of Lake Zurich is looking forward to providing you with holiday cards and portraits that are truly unique. Come in now and get a jump start on the season. Not only will you feel better about having your cards ready early, there is also a discount on holiday cards ordered before Oct. 31.

One of our clients wanted to talk to you about what it means to get your portraits from **Lakeview Photo and Portrait Studio**:

"Lakeview made the whole picture-taking process of my young children so easy! Shannon and Larry took the burden off

me. They captured the natural beauty and true character of my children in such a relaxed setting by enabling the kids to just play and express themselves during the shoot. My kids didn't even realize they were posing. The final outcome was amazing, so many beautiful, natural and playful shots to choose from!"

—Mary Beaubien

Lakeview Photo and Portrait Studio is located on Route 12 in the same shopping plaza as All Ways Healthy and Julio's Latin Cafe. Call **Lakeview Photo and Portrait Studio** at **1-847-540-6100** Monday through Saturday to book your appointment.

Forest Grove Athletic Club to Host 5K Event

Connie Payton and Forest Grove Athletic Club in Palatine will host their first Forest Grove Fitness 5K Run and Family Fitness Walk on Saturday, Sept. 20, 8:30 a.m., with proceeds benefiting The Walter and Connie Payton Foundation.

The Payton Foundation's goal is to provide support to children and young adults, to help them realize that they can raise the quality of their lives and the lives of those around them. The Foundation's primary concern has been the support of children's educational programs as well as programs assisting abused or neglected children.

The primary sponsor for this event is The Chicago Bears. Additional sponsors

include: Brighton Collectibles, Cubby Bear, Crystal Geyser Water, *The Daily Herald*, The Edge Doing and Dining Guide, Einstein Brothers Bagels Palatine, Energy Productions, Harris Bank Palatine, Magic 104.3, Melinda Miller Designs, Mia Cucina Italian Trattoria, Phyllis Rose/ReMax, Solid-Line Media and UPS, US99, Whole Foods Market.

For more information, please contact Robyn Kove, marketing director, at 1-847-991-4646 or via e-mail at robyn.kove@tcacclubs.com or www.signmeupsports.com.

Forest Grove Athletic Club is located at 1760 North Hicks Road in Palatine.

Preserve Special Memories with Flowers Forever

I began making dried flower arrangements because I wanted to keep beautiful flowers given to me by someone special. The dried arrangements I am now creating for brides, mothers, aunts and husbands are framed, colorful and sentimental. The sentimental value arrangements hold when viewed hanging on a wall in a living room, bedroom, family room or bathroom make creating each one a spe-

cial event for me.

Make sure you schedule an appointment early so the flowers can be dried properly! I welcome everyone to celebrate special moments and give the gift of flowers all year through by letting me assist you in preserving special memories, now and forever.

Flowers Forever! Call Candice at **1-847-438-1604** to book your arrangement!

Reviewed & Recommended by Zagat Survey

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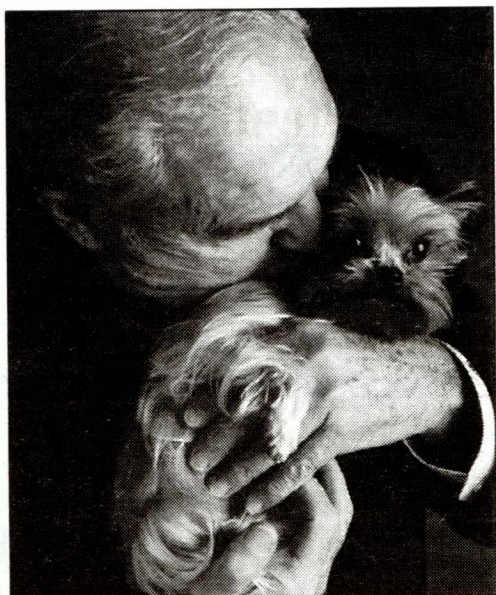
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- Funerals • Holidays & More

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 Call Candice—847.438.1604

How Could We Say 'No' To A Face Like That?



Pets are welcome at Lake Barrington Woods

We know how important pets are in people's lives. That's why Lake Barrington Woods, a Parkside rental retirement community, welcomes pet owners. We also think we know a lot about what else you might want.

You want to stay close to family, friends and the places you enjoy.

You want an easy alternative to the chores of home ownership.

You want all the important features and amenities without a large entrance fee.

You want your choice of beautifully designed, spacious one- and two-bedroom apartments.



Join us in September for *Musical Brunches* featuring a spectacular brunch and live entertainment!

Sundays, September 7th, 14th, 21st & 28th
11:30 a.m. to 1:30 p.m.

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Esthetic & Reconstructive Dentistry



Older Adults Benefit from Pet Ownership

Everyone knows an apple a day keeps the doctor away, but studies show the secret to a longer, healthier life may not only grow on trees. The new prescription for fruitful living may also be found in your favorite four-legged companion. Research shows that pets can help replace loneliness with companionship, provide a sense of security and responsibility, and offer entertainment and affection. In addition, pets have a positive influence on people's overall health and well-being.

Pets can be particularly important to older adults and have been shown to improve seniors' outlook on life. As people age, they may experience changes in their lifestyles that leave them feeling lonely, depressed and isolated. For some, a pet may be their source of constant companionship, and its positive impact on their emotional and physical well-being should not be underestimated.

In addition to providing companionship, pets can help seniors laugh and divert their minds from worries or personal issues. Pets also help stimulate socialization by providing a topic of conversation with others and uniting people with similar interests.

Lake Barrington Woods understands the value of pets to seniors. "As people age they experience a variety of losses. Leaving a pet behind to move into a retirement community shouldn't have to be

one of them," says Cheryl Black, executive director of Lake Barrington Woods, a 192-residence rental retirement community in Lake Barrington. "We have made it a policy to allow pets in both independent and assisted living."

Having pets may also help prevent illness and promote recovery. In 1990, Dr. Judith Siegel of the University of California, Los Angeles, reported in the *Journal of Personality and Social Psychology* that elderly people who owned a pet visited a doctor less frequently than those without pets. Dr. Siegel added that while these results don't suggest that people without pets should run out to adopt a new dog or cat, people who already own pets should try to keep them as they get older, and family members should help locate a place where pets are welcome.

It is most often the children of seniors who must manage the puzzling process of finding a new living arrangement for their parents. With already busy schedules, many people may find it difficult to seek out the limited options for seniors who have pets and also need some assistance.

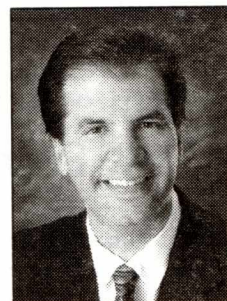
"At Lake Barrington Woods, our goal is to make the lives of our residents as full as possible," said Black.

For more information on retirement living at Lake Barrington Woods, please call 1-847-842-8900.



Dental Technology: Part I

by James T. Gavrilos, DDS



Dr. James Gavrilos

New technology, new techniques and new materials constantly challenge the dental profession. Sorting these out and selecting the best is a consistent endeavor for any quality dentist. The question "Will this yield a better result for my patient?" is the best measuring stick to use when determining whether or not to include some new technology in a dental practice. Over the next few months, I will review some of these new technologies and give you my opinion of how they measure up.

Much of the newest technology is presented to the dental profession before it's truly ready. To compensate for its inadequacies, the manufacturers try to sell their product from a marketing standpoint instead of a practical one. An excellent example of this is the dental laser drill. What a dream come true for a patient! No drilling sound and the decay just gets "zapped" away. These laser dental drills are available today, but they fall way short in practicality. They can be used to "zap" decay, but the dentist still has to use a standard drill to shape the tooth to accept a filling. The laser cannot remove an old filling, cut off an old crown, shape teeth for porcelain veneers or even smooth a biting surface. Where is the advantage in that? I have been told by some of these manufacturers that if I buy one, I should really market it so that I attract new patients even though I wouldn't really use it. They told me, "People love lasers!" But I realized this wasn't going to give my patients a better result, so I passed.

A laser technology that does benefit the patient is used in an instrument called the Diagnodent. Every day, dentists perform exams and miss decay on their patient's teeth. This decay is usually in deep grooves where the dentist cannot reach with his dental pick. The decay can grow in size and go undetected, even from X-rays. A new instrument called the Diagnodent changes all of this. A laser is aimed into these deep grooves and, if tooth decay is present, the instrument will detect it. The dentist can then clean out the decay and place what is usually a substantially smaller filling than he would if he waited for detection with the pick.

Lasers are certainly a benefit to all those in the dental field, including patients. They will probably be a part of all the new technologies in our future. Be certain that your dentist is using new technologies to benefit you and not as a marketing tool to benefit his bottom line.

Dr. James T. Gavrilos can be reached by calling 1-847-381-4040 in Barrington.

The European Art of Nail Care

Are you looking for a way to relieve stress and make yourself beautiful?

If so, you need to treat yourself to a manicure and pedicure. **Nails Design**, located at 557 N. Hough Street in Barrington, has been in business seven years. The four licensed technicians, trained in Europe, offer the European art of nail care. The friendly and impeccably clean atmosphere make the experience so enjoyable. Complete nail services, featuring hand-

filed acrylic, gel and sculptured nails, are available. European pedicures, at a custom design station, offer total relaxation.

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So, look beautiful and feel wonderful by experiencing all **Nails Design** has to offer.

Call **1-847-304-9205** for an appointment and additional information.

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 counsel-

ing 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, **the next class begins September 24.** Please call **1-847-934-6555** for information.

All Mortgages Are Not Created Equal

When making the decision to purchase a home, Debbie Schoendorf, CFP® and a financial consultant with **Smith Barney** in Barrington, says, "Don't overlook the importance of shopping for the right type of mortgage." While traditional 15- and 30-year fixed mortgages remain the most popular, depending on your individual situation and objectives, you may benefit by using more unique mortgage structures offered by the top mortgage lenders.

Define Your Goals

If you would rather not sell investments—perhaps you're awaiting long-term gains or you want to invest in a home for your child—you may want to seek a 100% mortgage, or a mortgage that allows you to use assets you already own as collateral for your down payment.

If your income is sporadic or commission-based, keeping your payments low and flexible may be a priority. An interest-only mortgage structure would allow

you to pay only interest for an initial fixed period, usually up to seven years. During that time, you are free to pay into principal when it's convenient for you.

If you're purchasing a home that will require major renovations or you plan on building a new home, be sure to ask about a single-close construction mortgage.

Be Informed

Your home is likely one of the largest purchases you'll make in your lifetime, so the financing you choose should be a good fit for your overall situation. Simply having an understanding of some of the various mortgage types available to you can prove invaluable by offering you an opportunity to make the most of this important purchase.

Smith Barney is a service mark and division of Citigroup Global Markets Inc., member SIPC.

"A Harvest of Joy" for the Long Grove-Kildeer Garden Club

You are invited to join us for our fall luncheon on Oct. 23 at the Twin Orchard Country Club in Long Grove. Our speaker will be noted floral designer Michael Lewis of Lewis Florist in Grayslake. The club will also offer craft items, bulbs, plants and theme baskets for sale. We will have one vendor, Nature Under Glass. Please contact Leslie Lilly at 1-847-438-3695 for reservations.

Our September meeting will be held at Reed-Turner Woodlands in Long Grove

on Sept. 15 at 9:30 a.m. The program will be "Planting Bulbs in Your Garden: The Hows, the Whys and the Wheres" and given by Joanne Rocchi from the Growing Place in Naperville. A members' plant exchange will also be presented.

Our club is open to everyone who loves flowers or loves to garden. Please join us!

The Long Grove-Kildeer Garden Club is a member of the National Garden Clubs of America and the Garden Clubs of Illinois.

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Debra S. Schoendorf, CFP™
 Second Vice President-Investments
 Investment Management Specialist

Women's Club of Inverness Begins Year with a High Tea

It's the start of another exciting year for The Women's Club of Inverness. We begin our year with a Special New Members Meeting and High Tea (generously sponsored by the Royal American Bank of Inverness). If you or anyone you know might be interested in becoming a member of this wonderful group of ladies, please make your reservation and join us on Thursday, Sept. 11, at the Inverness Golf Club. The meeting will begin at 9:30 a.m. You will have time to learn a little more about our club and also meet current members and new members alike.

Then after a brief business meeting, we will adjourn for high tea. Please call Georgia Lazzaro, 1-847-304-9671, to make your reservation. We look forward to seeing you there.

The Women's Club of Inverness meets September through May (with special exceptions in November, February and April). Most regular meetings are held on the second Thursday of the month at the Inverness Golf Club, beginning with a brief business meeting at 9:00 a.m., followed by an always informative and interesting program.

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
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- 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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LOSE THE WEIGHT...AND KEEP IT OFF!

Seasons Change, but The Garlands' Hospitality Remains the Same

Although September signals cooler temperatures, the warmth inside **The Garlands of Barrington**, 1000 Garlands Ln., Barrington, is constant throughout the year.

Jill Lund, director of activities, along with Rick Rizner, executive chef at **The Garlands**, have planned several daytime and evening events that are guaranteed to be the *talk of the town*, just like **The Garlands**, the unique residential community in Barrington that combines beautifully-designed, maintenance-free homes and inviting gathering places with unprecedented amenities and services.

An Artists' Champagne Reception, where guests can meet and greet area artists Jean Fraher and Veronica Potter, is scheduled for Friday evening, Sept. 5, from 7:00 to 9:00 p.m. in tandem with the Barrington Area Arts Council Art Walk. The works of Fraher, a watercolorist, and Potter, primarily a printmaker, are currently on display in The Gallery at **The Garlands** as part of a rotating exhibit in partnership with the Barrington Area Arts Council. The gallery is one of many important links between the new community for adults 55 and older and the greater Barrington and Northwest Suburban communities. This informal gathering at **The Garlands** is free and open to the public.

The Garlands International Dinner and Music Series will be held in the elegant Roycroft dining room on the second Friday of each month from 5:30 to 8:30 p.m. Friday, Sept. 12, will feature Italian cuisine and music played by guitarist Robert Jennings. On Friday, Oct. 10, guests will enjoy the music of harpist Jennifer Hedberg-Keller while feasting on a menu of German food. Friday, Nov. 14, is French night with music played by strolling vio-

linist Jennifer Silk. A Holiday Around the World evening will close out the series on Dec. 12 when the Peter Tye Orchestra treats guests to a variety of holiday tunes as well as classical, jazz, popular and Broadway music. The menu that night will offer holiday dishes from around the world.

Enjoy **An Afternoon at the Opera** on Sunday, Sept. 14, at 1:00 p.m. when the Lyric Opera Light Opera Works will perform Gilbert and Sullivan in the Center for the Performing Arts at **The Garlands**. Lunch, with a choice of chicken piccata or herb-crusted salmon for the entree, will be included in the ticket price of \$40 per person. Reservations are required for this event that is guaranteed to please all the senses.

Ladies, mark your calendars! Oct. 21st is **Girlfriend "Time Out" at The Garlands**. With the holidays just around the corner, it's important to take some time for yourself to relax with spa therapy, healthy healing humor, delicious dining and, of course, a little "retail therapy." Bring your friends, your mom, your sister or just come yourself to enjoy a choice of a 10-minute hand or shoulder spa treatment, a floating fall luncheon buffet, the humor of stand-up comedienne Fern Bratten, a fashion show featuring the latest Brighton accessories and some shopping venues to kick off the holiday season. The event, sponsored by **The Garlands**, G. Whiz and Spa Vargas, will be held from 10:30 a.m. until 3:00 p.m. (lunch and fashion show from 11:30 a.m. to 1:30 p.m.) and it's only \$15 per person.

The Garlands' Wine Dinner, featuring a sumptuous six-course menu accompanied by wines meticulously chosen to complement the cuisine, is planned for Friday evening, Oct. 24. The couvert of

New Weight Loss Program Shows Dramatic Results

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

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

Dr. Berger has 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.



Garden Club of Inverness to Kick Off Meeting Season with Design Demonstration

The Garden Club of Inverness invites members and guests to attend the first general meeting of the 2003-2004 season on Thursday, Sept. 18, at 9:30 a.m. at All Saints Lutheran Church, 630 S. Quentin Rd., Palatine.

Featured speakers Nancy Hollmeier and Margaret Walkington, from Gardenworks in Batavia, will present "Edible Containers"—creating fresh arrangements in such unusual containers as a loaf of bread and a head of cabbage. The resulting designs will be awarded to members at the end of the presentation.

Ms. Hollmeier holds a bachelor's of fine arts degree in interior design and has

studied landscape architecture, horticulture and floral design. She is a member of Landscape Design Council, Geneva Garden Club, Plain Dirt Gardeners and Midwest Fruit Explorers. Ms. Walkington has bachelor's and master's degrees in art education and has studied floral design. A former classroom art teacher, she currently works as a free-lance artist and floral designer.

The morning also will include a brief business meeting and refreshments.

The Garden Club of Inverness is a member of Garden Clubs of Illinois, Inc., District IX, Central Region, and of National Garden Clubs, Inc.

\$65 per person will include dinner, all of the wines, tax and gratuity.

On Sunday, Nov. 9, **The Garlands of Barrington** is teaming up with The Barrington Area Arts Council to present **An Evening with Van Gogh**. This moving and insightful one-man performance, punctuated by humorous anecdotes about the famous artist's life, will be held in **The Garlands'** Center for the Performing Arts, a perfect intimate venue for an artistic production such as this one.

Sunday Brunch at The Garlands has already become a family tradition for some and should be on everyone's list this fall. A bountiful brunch buffet is served on the first Sunday of each month from 11:00 a.m. to 2:00 p.m. in the Winslow Dining Room. You can create many wonderful family memories to warm those cold winter days ahead. Brunch is priced at \$21.95 for adults and \$9.95 for children under 10.

Afternoon Tea at The Garlands is

offered on the third Friday of each month with 1:30 and 3:00 p.m. seatings. This very proper English tea includes a delicious selection of tea sandwiches, mini-pastries, scones, lemon curd and an endless selection of teas, to be sure. It is served in the Robie Lounge where guest can enjoy a cozy comfortable atmosphere warmed by the fireplace. The cost for tea is \$15.95 per person.

The Garlands, on 31 lush parklike acres located near the heart of Barrington, is a unique community for people ages 55 and older, offering residents an uncompromising lifestyle in a resort setting. **The Garlands of Barrington** combines elegant residences with unprecedented amenities and services including a fine dining program that brings the best of urban private club dining to the suburbs. For more information or reservations, phone **1-847-756-3000** or **800-822-0267** or visit our Web site at www.TheGarlands.com.

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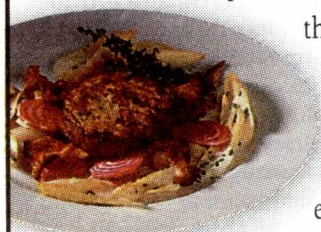
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Benefit from personal trainers and outstanding fitness center • early intervention and preventive care on-site • optional higher level nursing support

Now more than ever, we're making it easier for you to choose The Garlands.

- Surprisingly affordable entrance plans starting at under \$200,000
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Nancy Cartwright, Voice of Bart Simpson, to Speak at Harper

Nancy Cartwright, the voice of Bart Simpson, will give a behind-the-scenes look at *The Simpsons*, the Fox TV show that has reached cultural icon status, at 7:30 p.m., Thursday, Sept. 25, in the gym of the Wellness and Sports Center of Harper College, Roselle and Algonquin roads, Palatine.

Cartwright, who knew she wanted to do voice-overs as a child and who actually coined the phrase "Eat my shorts!" when pausing for breath during band practice in high school, grew up in Ohio. She was also active in high school speech teams and won several national oratory awards.

One of Cartwright's heroes was Daws Butler, who voiced such legendary cartoon characters as Yogi Bear and Huckleberry Hound. One day, she called him up.

"I got his answering machine," she said. "This was Ohio, 1977. I didn't know what an answering machine was. Daws was doing his British butler voice. I just picked up on it and did this little Cockney response, asking him to call me collect. He did, and we had this incredible conversation that started our long-distance student/mentor relationship."

Cartwright eventually transferred from Ohio University and enrolled in UCLA

Language Stars Makes Learning a Game

"Language Stars is simply a great program; I have never found anything that works as well for my children. Language Stars makes learning a game," says Karen Pritzker, mother of five.

Language Stars' unique *FunImmersion™* method turns learning into a game, focusing on a young child's ability to learn a language naturally through fun and engaging activities. Children learn through interactive games, arts and crafts, singing, cooking and more, all presented entirely in the foreign language.

"Children have a window of opportunity during which the brain is uniquely suited to absorbing language naturally," explains Karen Gould, Language Stars' director of education. "Children have the innate ability to absorb the structures and rules of a language as easily as they learned their first language. They can also pick up a native accent flawlessly."

Children who learn a second language

young also go on to show enhanced problem solving skills, stronger communication skills, and higher standardized SAT test scores.

Language Stars offers *FunImmersion™* programs for children ages 1 to 10 in several Chicago and suburban locations, including Barrington and Arlington Hts. In addition to year-round programs for Parents & Tots (12 to 36 months) and Kids Only groups (3 to 5, 5 to 8 and 8 to 10 years), Language Stars also offers exciting summer camp options.

"After just one week of Language Stars camp, there was an explosion of Spanish in our house!" says Dena, mother of 5-year-old Marlee. "The teachers are all native speakers, and most importantly, my daughter had a ton of fun."

To learn more about Language Stars, please call 1-847-382-1190, e-mail barrington@languagestars.com or visit www.languagestars.com.

Enhance Your Skin's Appearance at Northwest Dermatology

Northwest Dermatology in Hoffman Estates is offering microdermabrasion, which is a safe and controlled skin abrasion. Utilizing sterile crystals which are propelled at a high speed across the skin's surface to abrade the skin's tissue, microdermabrasion results in a vibrating healthy appearance and complexion. Benefits include increased firmness, minimized pores, more even skin tones, and reduced pigment marks and scars.

First-time microdermabrasion treatment is \$75.

Additional services provided at Northwest Dermatology are: the V-Beam Pulsed Dye Laser for the treatment of facial spider veins, rosacea, scars, port wine stains, warts, hemangiomas, poikiloderma, psoriasis and wrinkles; the Gentle-LASE Laser for fast, effective treatment of unwanted hair; collagen for fine lines and wrinkles; BetaLift peels to unclog pores,

clear up acne and soften fine lines; Botox for dynamic facial lines and wrinkles and hyperhidrosis; and Narrow Band UVB and PUVA light treatment for the treatment of psoriasis and vitiligo.

For skin rejuvenation, we have many products available including the much sought-after TNS Recovery Complex from SkinMedica.

Providing expertise in general, surgical and cosmetic dermatology, the doctors in our practice—Susan Liebovitz, MD, Patricia Ledwig, MD, Leslie Beaird, MD, and Alka Madan, DO—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.



when she found out the campus was close to where her mentor lived. She found work in Hollywood, appearing in *Cheers* as well as theatre productions. But in 1987, her career took a dramatic turn when she answered a call to audition for a cartoon short that was part of the *The Tracey Ullman Show*. The cartoon featured a dysfunctional family named the Simpsons, and Cartwright was reading for the part of Lisa.

Asked to read a monologue for Simpsons creator Matt Groening, Cartwright got him laughing right away. He said, "That's it! That's Bart!" The tiny blond was offered the part on the spot and 300 episodes later, the voice of Bart Simpson is still making 40 million people laugh in more than 100 countries.

Time Magazine has called *The Simpsons* the best television show of the 20th century, and *Entertainment Weekly* even named Bart Simpson "one of the 20 most influential entertainers" in history.

Cartwright, who is in her early 40s and the mother of two children, also provides the voice for five other male characters on the show: Nelson Muntz, Ralph Wiggum, Todd Flanders, Kerney and Data Base. She is the author of *My Life as a 10-Year-Old Boy*, which chronicles her youth to her life today, focusing mainly on her voice-over career as Bart Simpson.

During her lecture, Cartwright will share stories about her experience recording with such stars as Elizabeth Taylor and Mel Gibson, as well as aspects of producing sound effects for certain scenes and other Simpsons minutiae.

Tickets for the Nancy Cartwright lecture are \$10 for general admission, with discounts for children 8 to 12 years old, Harper students, other students and seniors. All tickets on the day of show are \$12. The show is not recommended for children under age 8. For tickets and more information, call the Harper College Box Office at 1-847-925-6100.

Fall Registration Underway at Barrington Community Child Care Center

Barrington Community Child Care Center, located at 560 Carl Avenue in Barrington (two blocks west of McDonald's), 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 that include 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 excellent care for growing and developing infants. The interaction with a primary caregiver has a strong influence on their skill development while maintaining the focus on flexible scheduling to meet the individual needs of each

infant.

Barrington Community Child Care Center provides nutritiously-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. We are gearing up for a great new program with many exciting events and activities. So call Julie at **1-847-381-0272** for details about visiting and joining us today.

Full Circle Pilates Studio, Ltd., Invites You to Join us in September

Yoga

Sessions will run for eight weeks on Monday mornings, 10:00 to 11:45 a.m. Cost is \$110.

Pilates Group Mat Class

Sessions will run for eight weeks at one 55-minute class per week for \$120. Available times include:

- Tuesday, 9:00 a.m., 10:00 a.m. and 7:00 p.m.
- Wednesday, 8:00 a.m. (intermediate) and 9:00 a.m.

- Friday, 8:00 a.m. (intermediate) and 9:00 a.m.

Pilates One-on-One Session

Each session is 55 minutes long, by appointment. Don't miss out on **Full Circle's** special introductory price of \$60!

Massage Therapy

Available by appointment. Choose from hot stone therapy, deep tissue, Swedish, reflexology, lymphatic drainage and sports massage.

See you soon!

The Only Form of Permanent Hair Removal

Absolutely! Electrolysis Salon provides safe, gentle and effective permanent hair removal by a board-certified registered nurse.

For the past 10 years, owner Debbie Beller, RN, CPE, has helped men and women achieve permanent hair removal on the upper lip, chin, eyebrows, underarms, back, arms, legs and bikini line.

Electrolysis is the only safe, sensible and permanent treatment for the removal of unwanted hair. It will free you from the limitations and frustrations of temporary hair removal methods such as lasers, waxing, shaving, bleaching, tweezing and depilatories. These temporary methods will only result in the regrowth of coarser and more deeply rooted hair.

Electrolysis is the only form of permanent hair removal approved by the FDA and the American Medical Association. It is a gradual destructive process that involves a series of treatments. Consistent treatment is the most important factor contributing to the success of reaching your goal of permanent hair removal. Fritzhall offers a consultation to assist

clients in choosing the appropriate treatment schedule and method.

Any prospective client seeking electrolysis treatment should inquire about the methods of sterilization of equipment, use of sterile disposable probes, gloves and a mask. Questions to ask of the electrologist include: What professional organizations do you belong to? What is your educational background? Are you board certified? What types of continuing education classes have you attended in the past year? Are you preparing yourself for licensing which will begin in January 2004? By next January, those electrologists who are not complying with the law will be forbidden to practice electrolysis. It is your right to be an informed consumer. Please ask these questions of your current electrologist.

Electrolysis will lift your spirits and your self-confidence as the look you desire is achieved, as the troublesome hair is gone forever! Electrolysis has been known to improve your physical appearance and self-image and help you feel more attractive and socially acceptable. You are mak-

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SHIP Counselors at Lake Barrington Woods

SHIP counseling will be available at Lake Barrington Woods, 22320 Classic Court in Lake Barrington, on the second Wednesday of each month from 1 to 3 p.m. To schedule an appointment, please contact the Barrington Area Council on Aging at 1-847-381-5030. Appointments are not required, but are encouraged so there is adequate time to answer all of your questions.

The Senior Health Insurance Program is a service offered by the Illinois Depart-

ment of Insurance. It provides free counseling, assistance and advocacy related to Medicare, private health insurance and other health coverage plans for Medicare recipients and their caregivers.

SHIP counselors are objective volunteers who do not sell insurance or recommend any single insurance company or policy. Medicare beneficiaries who receive assistance can have the peace of mind that they have received this free insurance counseling from an unbiased source.

ing a permanent choice for a lasting impression!

Absolutely! Electrolysis Salon is located at 368 W. Liberty St. (Route 176),

conveniently located two blocks east of Rand Road in Wauconda. Call **Debbie** at **1-847-487-9020** to discover the difference. You will love the results!

Barrington LIFESTYLES September 2003 31

Estetica™ Advanced Clinical Skin Care



"Now You Can Restore And Enhance The True Beauty Of Your Skin"

Estetica takes a very personalized, customized approach to each and every patient. *"We believe that the skin is like a fingerprint...no two individuals are alike."*

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Picture-Perfect Skin on Your Perfect Day!

Getting ready for an event as important as one's wedding day doesn't just happen overnight! The entire planning process can take six months to a year and, unfortunately, stress and anxiety can wreak havoc on one of the most important elements: the bride's skin. While most of us take the time to try to lose those extra few pounds, tone up and make the ever-important hair, nail and makeup appointment, we neglect planning for radiant, perfect skin. Many dress designers will tell you, having gorgeous skin is the most important accessory for any wedding dress.

Achieving gorgeous skin takes time and must be planned for just like every other detail in the wedding planning process. The process should begin three to six months prior to the wedding day, depending upon the bride's skin type and condition. It begins with having a custom, personal consultation with a licensed skin-care professional to analyze your particular skin. This is critical because skin is just

like a fingerprint; no two individuals are alike. Therefore, a skincare treatment program that works for one person may cause problems for another. In order to achieve noticeable results, each individual requires a program designed specifically for their own unique situation.

Based upon your unique skincare requirements and goals, a custom treatment plan should be put into place. Usually, this begins with a gentle exfoliation process that will remove the dead outer layers of skin. Proper exfoliation is essential in achieving radiant skin because it smooths and rebalances the skin, which results in reduced blemishes, discolorations and fine lines. This should be followed by an excellent moisturizer that will keep your skin hydrated and a sunscreen to protect your new, fresh skin.

Begin your journey toward picture-perfect skin today by calling **Estetica** for a personal consultation at **1-847-438-2100**.

Gallery in the Afternoon

The Barrington Area Council on Aging, Inc., and the Barrington Area Arts Council are co-hosting "Gallery in the Afternoon" on Friday, Oct. 24, from 1 to 3 p.m.

Please join us at the BAAC Gallery at

207 Park Avenue for complimentary dessert and a private viewing of "Contemporary Stitches" quilts for walls exhibit.

Register early since seating is limited. Call BACOA at 1-847-381-5030 by Oct. 22 for your reservation. Admission is free.

Dr. Phillip Lee Patrone Now Practicing in Barrington

Periodontics, anesthesia and dental implants are now available in the Barrington community at the office of **Dr. Phillip Lee Patrone**, 204 W. Main Street, **1-847-277-0181**.

Besides being a periodontist and certified anesthesiologist, **Dr. Patrone** has advanced training in surgical dental implant procedures and reconstructions. He is able to restore lost bone for future implants. If you have been told you are not an implant candidate, **Dr. Patrone** may be able to help.

Dr. Patrone's training in anesthesiology has afforded patients the opportunity to have their periodontal or implant care completed under the gentle, relaxing and anxiety reducing method of intravenous sedation/general anesthesia. Coming to the specialist's office no longer needs to be a fearful experience. If you or someone you know has avoided seeing a periodontist because of fear, anxiety or nervousness, **Dr. Patrone** and his staff will take care of you in a comfortable, safe and caring environment.

Dr. Patrone is partners with Drs. Stan Treitler and Terry Sandroff. Their four office locations in Arlington Heights, Vernon Hills, Bloomingdale and Barrington provide periodontal, dental implant and anesthesia services six days a week to meet your needs. Part of their success is working closely with your general dentist, especially since a large part of periodontal and implant dentistry demands strict attention to cosmetics.

Dr. Patrone was born in 1964. He was raised in Ohio where he attended prep school at Linsley Institute. After majoring in mechanical engineering for his undergraduate work, he earned a degree from



Dr. Phillip Lee Patrone

The Ohio State University College of Dentistry. He then completed a general practice residency/surgical internship at St. Elizabeth Hospital Medical Center.

Dr. Patrone is a certified dental anesthesiologist and is trained to administer general anesthesia and intravenous sedation. He earned his Certificate of Dental Anesthesiology from Metro Health Medical Center and has lectured at Case Western Reserve University in general anesthesia. **Dr. Patrone** teaches the course for local anesthesia for William Raney Harper College's Dental Hygiene Program. Along with the above education and experience, **Dr. Patrone** is Advanced Cardiac Life Support certified and an instructor in cardiopulmonary resuscitation. He received his degrees in periodontology and dental implantology in addition to his masters of science from The University of Iowa.

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

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September Sale—

\$49 for One Month of Classes Plus a Free Uniform

At **BARRINGTON MARTIAL ARTS**, our specialized award-winning tae kwon do and karate programs offer an **age-specific curriculum** that has been professionally designed to teach children and adults life skills in a fun and exciting class. We specialize in increasing a **student's self-esteem, leadership ability, self-discipline and communication skills.**

Once enrolled in our program, your children will become better students in school, achieve better grades and listen better at home. They will learn the value of **teamwork, good manners and being on their best behavior at all times**—all this while increasing their **self-confidence and concentration.**

We have 40 certified black belt instructors with a teaching ratio of one instructor for every 12 students. **Barrington Martial Arts** is also the only school in Barrington with a master instructor who is licensed through the U.S. Olympic Training Center.

Call today at **1-847-382-9599** (ask for

Gladys or Agnes) and inquire about our **September Sale**, which offers one month of classes for \$49 plus a free uniform for the first 10 new students only. Offer expires Sept. 30, 2003.

Testimonials About Our Award-Winning Tae Kwon Do and Karate Programs

"I am amazed at the vast improvement Barrington Martial Arts has had in my son's listening skills and self-confidence. They have also enhanced his ability to set and achieve goals."

—Inverness mother of a Purple Belt
"Barrington Martial Arts' tae kwon do has taught me to be confident and disciplined. It has also helped me be a better person with my sister and brother."

—9-year-old Black Belt girl
"Barrington Martial Arts helped my child overcome her shyness and improved her self-confidence."

—Debbie, Barrington area mother

Enjoy Beautiful Kemper Lakes Golf Club

For 25 years, **Kemper Lakes Golf Club** has been recognized as one of the finest pure golf facilities in the country. During that period, **Kemper Lakes Golf Club** has hosted dozens of elite golf events including the 1989 PGA Championship, six Senior PGA Tour events and 24 consecutive Illinois PGA championships. In addition, the golf course has been consistently ranked as one of the finest in the world by numerous experts and, most importantly, by those who play it regularly.

Now under new ownership and management, you can enjoy our wonderful dining room, banquet room and outdoor patio. In addition to the delicious assort-

ment of fine foods prepared especially for you by our award-winning chefs, you will enjoy the exclusive atmosphere of **Kemper Lakes Golf Club.**

Kemper Lakes Golf Club will, for the first time, offer full golf memberships in what is destined to become one of the finest private golf clubs in the country. During the club's transition over the next three years, the public still has the opportunity to enjoy **Kemper Lakes Golf Club.** It is located at 24000 N. Old McHenry Rd., just north of Route 22 (Half Day Road) in Hawthorn Woods. Call **1-847-320-3450** or visit kemperlakesgolf.com.

Langdon's Portraiture— An Experience in Excellence

From start to finish, **Langdon's of Barrington** and Joe Rush, Master Photographer, **orchestrates all the facets of the location portrait process.** The final portrait is the outcome of a well-planned five-step process. This includes a pre-portfolio consultation, the sitting, a proof evaluation, finished portrait viewing and finally a framing and portrait presentation. This process will ensure an original and natural portrait, one which will cast you and yours in the "best light."

The result?—a cherished professional portrait bursting with vibrant color and detail. Joe's portraits keenly capture the essence of the character of his subjects.

For a closer look at our work, check our Gallery of Portraits at our new Website—**www.langdons-barrington.com**.

Let **Langdon's** 25 years of experience in excellence work for you. When would you like to see the portrait of your dreams a reality? Call today at **1-847-382-5463**



and begin the process. It is never too soon to schedule or too early to plan.

A portrait on location, in your home or outdoors, is original, efficient and always takes place in a friendly environment.

Developmental Screenings

Professionals at the Adult & Child Rehab Center will perform developmental assessments on children ages infancy through 35 months on the second Tuesday of each

month. The next screening will be Tuesday, Sept. 9. Call 815-338-1707 to schedule your appointment.

We'll Double Your Child's—

- Self-Esteem
- Focus
- Goal Setting
- Confidence

For This School Year!

\$49 for 1 Month of Tae Kwon Do /Karate



We'll provide your child with a whole new set of success skills this school year and as a bonus they'll learn self-defence. All classes taught by the only licensed Master Instructor teaching in Barrington.

Our classes are a perfect blend of fun, motivation and education and with our **SEPTEMBER SALE**, it's only \$49 for 1 month of classes, plus a **FREE Uniform** for the first 10 new students.

Classes fill up fast, so **CALL TODAY!** Ask for Gladys or Agnes. Offer expires 9/30/03.



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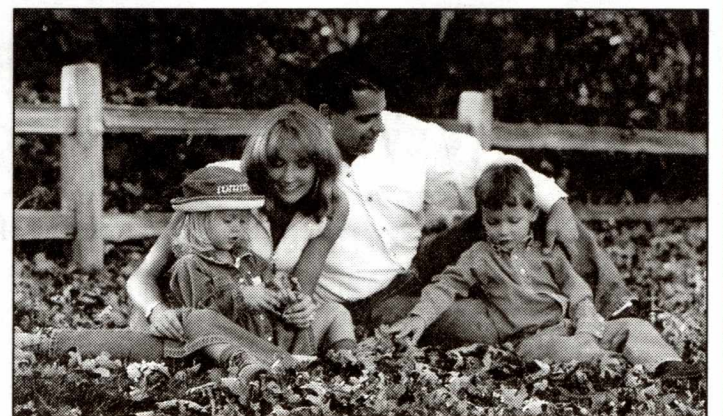
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Senior Housing Fair and Osteoporosis Screenings

The Barrington Area Council on Aging, Inc., invites you to attend a Senior Housing Fair, which will be held at Langendorf Park on Monday, Oct. 6, from 11:30 a.m. to 2:00 p.m. Litholink will offer osteoporosis screenings. (Preregistration is required.) Please call 1-847-381-5030 to schedule your appointment.

Representatives offering a variety of housing options for older adults, such as assisted living, rental retirement and home sharing, will be present at Langendorf Park to answer questions and hand out

literature.

You are also invited to join us for games and lunch. Games will start at 11:00 a.m. and lunch will be served at noon; however, it is not necessary to attend the luncheon should you just want housing information. The suggested donation for lunch is \$3. There is no additional charge for the Housing Fair.

Advance registration for lunch is required. Call BACOA at 1-847-381-5030 no later than Friday, Sept. 27.

College of Lake County
James Lumber Center for the Performing Arts
2003-2004 Season Highlights



Blues Legend
Koko Taylor
Sept. 13 @ 8 PM

Chicago Klezmer Ensemble
Eastern European
Yiddish Music
Oct. 19 @ 4 PM



Jump Rhythm Jazz Project
Jazz Dance
Nov. 16 @ 4 PM

Larry Gatlin and the Gatlin Brothers
Country Music
March 28 @ 7 PM



Maynard Ferguson
Big Band Jazz
April 18 @ 4 PM

Kathy Mattea
Grammy-winning Singer
May 8 @ 8 PM



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Blues Legend Koko Taylor Opens Fall Season

Chicago's "Queen of the Blues" Koko Taylor will open the fall performing arts season on Sept. 13 at the **College of Lake County in Grayslake**, 19351 West Washington St. The blues legend will perform at 8:00 p.m. in the Mainstage Theatre of the James Lumber Center for the Performing Arts.

The fall season offers an eclectic program that features Afro-Latin music, Eastern European Yiddish music, jazz dance and theatre presentations. Concerts featuring professional music groups and artists include Sol Y Canto (sun and song), a mix of acoustic Afro-Latin, Caribbean and flamenco music, on Oct. 10 at 7:30 p.m.; Chicago Klezmer Ensemble, Eastern European Jewish folk music, on Oct. 19 at 4:00 p.m.; and vocalist Joan Hammel on Sept. 21 at 4:00 p.m.

Two theatre productions will be presented in the fall: *The Magician's Nephew*, a children's theatre, on Oct. 2, 3, 4 and 5; and *Abingdon Square*, a play based on a book by contemporary American playwright Maria Irene Fornes, on Nov. 14, 15, 20, 21, 22.

The season will also feature Jump Rhythm Jazz Project, a professional jazz dance group directed by internationally-recognized choreographer Billy Siegenfeld, on Nov. 16 at 4:00 p.m.; and Prairie Spirits Dance Troupe, a College of Lake County dance group directed by dance instructor and choreographer Valerie Alpert, on Dec. 5, 6 and 7.

A series of concerts will be presented by various College of Lake County music ensembles. They include "Jazz Night" at 7:30 p.m., Oct. 24; "Choral Concert" at 4:00 p.m., Oct. 26; "The Chicago Metropolitan Jazz Orchestra and CLC Jazz Ensemble" at 4:00 p.m., Nov. 23; "Stars, Stripes and Sousa" featuring the CLC Wind Ensemble and the Navy Band Great Lakes, at 4:00 p.m., Nov. 2; "CLC Gospel Choir Holiday Concert" at 7:00 p.m., Dec. 15; "Holiday Concert" at 4:00 p.m., Dec. 7; "Jazz Ensembles in Concert" at 7:30 p.m., Dec. 11; and "Concert Band Concert" at 4:00 p.m., Dec. 14.

For ticket costs and reservations, call 1-847-543-2431.

Robin Hood to be Presented During Oktoberfest

Cultural Arts Connection proudly presents Alpine Community Theatre's seventh annual children's production, *Robin Hood*. Over 50 local children, ages 8 to 15, will bring the medieval show to life. This year's production will be under the big tent at Oktoberfest sponsored by the Lake Zurich Area Chamber of Commerce.

Bring the family and be ready for audience participation. During the fair scene, actors will look for volunteers from the audience to join in the festivities. Kids, dress in costume and double your chances

of being picked! Best-dressed audience member wins a prize. Come root for your favorite knight or merry man!

Performances will be at 1 p.m. on Saturday and Sunday, Sept. 27 and 28, at Mt. Saint Joseph's on Route 12 in Lake Zurich. Tickets may be purchased at the door. General admission is \$8; senior citizens are \$6; and Cultural Arts Connection members are \$5.

Robin Hood by Tim Kelly is being produced by special arrangement with Pioneer Drama Service, Inc., Englewood, Colo.

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, Sept. 19.

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

If You Can. 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.

Why Does My Child Hurt?

by Theresa McCay, L.C.S.W., C.A.D.C.

If a child were to fall and break a limb we would expect parents to make sure to get the proper medical attention. In addition, we would assume that they would follow up to make sure that the bone had healed properly. Likewise, when a child suffers from trauma, such as divorce, health issues, loss of a family member, drug or alcohol abuse, school failure, or peer pressure we would expect somebody to help them heal properly. Without proper guidance a child's pain can manifest itself in destructive patterns often resulting in clinically diagnosable symptoms. This is a frightening experience for both the child and the parent. If you are concerned about your child there is someone who can help.

I am a graduate of Northwestern University where I received a bachelors degree

in Psychology, and a masters degree from The University of Chicago in Clinical Social Work. I received extensive training in child and adolescent treatment at The University of Chicago Hospital's Department of Child and Adolescent Psychiatry.

I have received postgraduate training at The Chicago Center for Family Health where I received a two-year certification as a Marriage and Family Therapist, this coupled with a certification as an Alcohol and Drug counselor provides a knowledge base to serve the entire family system.

There will be times as a parent when you will not have ALL the answers, sometimes it nice to know that you can turn to someone who can provide relief and support for your family.

Fairy Fantasy Portrait Offer

She's growing up. Right before your very eyes, she's changing. Now's the time to capture her youth and innocence in a fantasy portrait setting that we only create once a year.

At **CLIX photographs and savables**, we usually like to focus on our subjects in the natural way that you conduct your lives: normal clothes, casual style and a relaxed demeanor. But in the fall, we like to pull out all the stops and design a fantasyland complete with bunches of flowers, ferns, glitter and magic lights. The result is a treasure for a lifetime: a fantasy portrait of your princess that will give you heart-warming pleasure for years to come. We will only accept 12 appointments. Call **815-455-1092** today for the best selection of times (\$75 off, see below).

Oh and by the way, what are you

gonna do with all of the photos from your dream vacation, Junior's pictures from camp, or Grandma's collection of postcards? Yikes! It's fall. You're getting busier (if that's possible) and if you don't put the summer mementos in an album today, you're in big trouble.

But guess what? Your problems are solved! **CLIX**, your store for memories, is right around the corner, and we have the largest selection of albums in the Midwest. Whether it's for the nuptials of the century or your quick trip to the Wisconsin Dells, we have many ways you can put those memories in a safe and organized place. Small or grand, funky or formal, cute or sophisticated, pricey or cheap, we'll help you figure it out. Stop in and let us walk you through the whole thing. It's what we do best.

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September 19th
& 20th Only

\$375, includes
one 11"x14" canvas print

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Dress your little princess (approximately 3 to 6 years) in her choice from our special lavender leotards and charming little skirts. We'll add some sparkle, a cozy garden scene and fairy lighting. And as quick as wink, we've created a unique treasure for your home. Stop by CLIX to see some samples. They really are too, too cute. Sizes are limited. Please call for details.

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Barrington Area Arts Council Gallery

Gallery Walk 2003

Celebrating the Arts in Barrington

September 5 & 6, 2003



As part of Gallery Walk 2003, BAAC presents *A Horse is a Horse*: Artistic impressions of wooden horses created by 17 local artists, on view at participating locations Sept. 5-26, 2003.

Barrington Area Arts Council
207 Park Ave, Barrington, IL 60010 • 847-382-5626

Present this ad to 10 of 14 participating locations, have it stamped and you could qualify to win a 90 day membership to Advocate Good Shepherd Health and Fitness Center AND a portrait sitting from Portraits by Thomas. The first 50 people to return the stamped ad to BAAC Gallery will receive two complimentary tickets to the Catlow Theatre. No purchase necessary.

Participating Locations:

Barrington Area Arts Council	Catlow Theatre
Barrington Area Historical Society	Chesterfield Glass Galleries
Barrington Area Library	Finn's Fabrics by Dyllis
Barrington Bank & Trust Company	Gallery 219
Barrington Flower Shop	The Garlands of Barrington
Barrington Saddlery, LTD	Kaleidoscope School of Art
Blue Iris Gallery	Tina Han Gallery

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The Village of Barrington



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Senior Activity and Lunch Program

The Barrington Area Council on Aging, Inc., invites you to join us for our weekly lunch programs at Langendorf Park from 10:30 a.m. to 2:30 p.m.

Games are played at 11:00 a.m., lunch is served at noon and programs begin at 12:30 p.m. unless otherwise indicated. Suggested donation for lunch is \$3 per person and requires advance registration. Call 1-847-381-5030 for your reservation.

• Monday, Sept. 1, Labor Day—There will be no lunch program on this day due to the holiday.

• Monday, Sept. 8—We'll play games and have lunch. Sharon Hamilton, owner of Foot Solutions from Palatine, will present a program on foot care. The fall session of the PACE Arthritis Exercise will begin on this day at 1:30 p.m. in the Barrington Room. Everyone is welcome to come and check us out. Call 1-847-381-5030 if you would like more information on these classes.

• Monday, Sept. 15—We will play games and have lunch. The program will be a prescreening and introduction to "Osteo-

porosis Treatment and Prevention" presented by Georg Muller, Ph.D., and Andrea L. Weutzberg, OTR/L, of Litholink Corporation in Chicago. (The actual screening is scheduled for Oct. 6 in Langendorf Park.)

• Monday, Sept. 22—We will play games and have lunch. Diane Serzen of the secretary of state's office will present "Enhancing Your Golden Years: Rid Yourself of the Three R's: Regret, Resentment and Rigidity." Learn how you can live a more joyful and meaningful life. Also, a visit from the Assisi Animal Foundation is scheduled.

• Monday, Sept. 29—We'll play games and eat lunch. Detective Wendell Russell of the Lake County Sheriff's Department will present a program on senior scams. We will also celebrate September birthdays.

The Barrington Area Council on Aging, Inc., is a private, not-for-profit organization. Its mission is to promote the independence, dignity and well-being of older adults in the Barrington area.

Barrington Newcomers Open House

Barrington Newcomers Club will hold its annual Open House on Sept. 10 at 9:30 a.m. at the Barrington Area Library, 505 Northwest Hwy., Barrington.

This is a great chance to learn about the club and meet new friends. Membership is open to anyone who has moved into the 60010 zip code or 220 school district in the past three years. Club activities in-

clude gourmet (and almost gourmet) lunches and dinners, Ladies Night Out, Mom and Tots, bowling, men's poker, and bunko. Our monthly meetings offer members a chance to get together and enjoy an informative program or an adventurous outing. For more information, call 1-847-381-2931.

Wing and a Prayer Angelic Creations, Inc.

Are you intrigued by the existence of angels? Are you searching for unique angel gifts and home décor items? Then check out www.wingandaprayer.com.

Wing and A Prayer Angelic Creations offers you, the discriminating buyer, original angelic designs for your home and garden.

Choose from beautiful and unique glass-top dining tables featuring artistically sculpted angel bases. Among the many pieces offered, an angel entry table would make a breathtaking statement as guests enter your home.

Other home décor items include limited-edition full-size dining tables that seat up to 12 guests. All tables are custom made and hand numbered. Production is limited to 500 and includes a letter of authenticity signed by the designer. Other home décor items include wall plaques, sconces, shelves and candle holders.

Wing and A Prayer also offers a large selection of angelic garden items including heavenly birdbaths, planters and garden statuary. Each piece has been exquisitely sculpted and reproduced by hand.

Among other favorites are the seasonal items created to heighten the joy of the holidays. Choose from angel and cherub tree ornaments and seasonal wall hangings.

For the angel collector, these are pieces you will not find anywhere in the world!

One of the goals of **Wing and A Prayer Angelic Creations** is to make a difference for those in need by supporting charitable organizations with a percentage of their profits.

Visit **Wing and A Prayer Angelic Creations** online at www.Wing-And-A-Prayer.com or stop in at the Chicagoland distributor, **All About Angels**, 159 S. Rand Road, Lake Zurich, IL, 1-847-726-1023.

Celebration at Flint Creek Savanna

Citizens for Conservation has many people to thank for the success of its Flint Creek Savanna 15th Anniversary celebration.

Chairman Katherine Grover enlisted a host of volunteers to help plan and carry out the event, which ranged across the 103-acre nature preserve in Lake Barrington. Mother Nature provided a beautiful day as visitors took guided tours through the savanna and listened to guest speakers Charlie Keppel, Ron Humbert and Dr. Rex Bastian talk on trees, reptiles, amphibians, native insects and butterflies. They heard storyteller Jeannie Hanson spin tales inside the Native American teepee; listened to musicians Sandy Andina and John Ludwig under the trees; and enjoyed Joyce Palmquist and Doug Saylor who entertained during dinner.

Special Events co-chair Melissa Washow, Demonstration Gardens chairman Patsy Mortimer and Dorothy Sigel were an invaluable CFC headquarters team, and Neil Timlin, Elaine Parnell and Demmy Giannis were key committee chairmen. Mortimer coordinated the savanna tours led by Wendy Paulson, Joyce Allen, Bob LeFevre, Meredith Tucker, Rob Neff, John Wagner and CFC interns Nancy-Jean Bachmann, Greg Lefevre and Albert Carbo.

Thanks to Karin Lee who recruited and organized fellow high school volunteers Melody Lee, Erin Vukovich, Kathleen Tsai and Jina Hong; to CFC photographers Marcy Trojak, Tony Szabados and Henry Heine; and to nature crafts leaders Laura Arndt and Diane Greening.

Rounding out the team were: John Schweizer, Donna Bolzman, Lucy Wyatt, Donna Ducay, Barbara Phillips, Douglas Grover, Bill and Karen Hunter, Bob and Sam Oliver, Larry Washow, Edith Auchter, Wes Wolf, Tom and Doe Crosh, Nong Tarlton, Jo Seagren, Art Sigel, Rachel Steffens and Gail, Tom and Waid Vanderpoel.

Erik Johnson, a scout who has worked on CFC's Flint Creek bank stabilization



(From left) Diane Greening helps Nate, Margaret and Gregory Myren decide on materials to use for their nature craft project during Citizens for Conservation's Flint Creek Savanna 15th Anniversary Celebration. The boys also played a game in the savanna and earned good luck ladybugs hand-painted by CFC volunteers.

project, was excited to be the winner of Diane Greening's quilted wall hanging, *Flint Creek Savanna in Early Winter*.

Thank you to Advocate Good Shepherd Hospital for sponsoring the celebration. Working with Syl Boeder and Heather Gates of Good Shepherd was a pleasure. Dr. and Mrs. Richard Smith graciously provided parking and space for our welcoming tent. Thanks to Terry Jennings and Steve Nightingale of the Barrington Park District for generous equipment loans and Michael Harkins of the Barrington Area Historical Society who helped erect the authentic teepee. *Lifestyles* coverage is greatly appreciated.

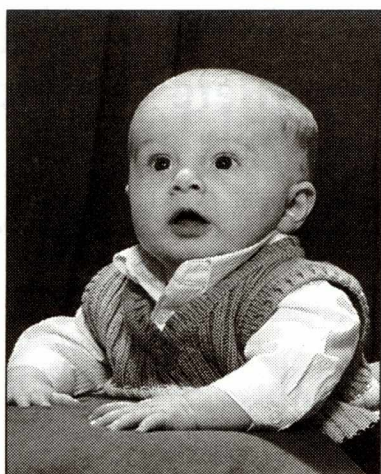
As the day ended, the moon rose over Flint Creek Savanna and was reflected in the pond. CFC is grateful for all of the day's visitors/adventurers and for the many members and donors whose contributions over the years have made the purchase of Flint Creek Savanna possible, as well as the volunteers who have spent thousands of hours helping restore the land to its native origins.

Fertility Answers Prayers for Family

Fertility was a concern of Jennifer's. She was 33 years old and hoped to conceive her first child. Irregular menstrual cycles made it difficult to pinpoint ovulation, and Jennifer wanted to be sure that if she was able to conceive, her body could maintain the pregnancy.

Dr. Christopher Mote of **Cornerstone Health Services** addressed Jennifer's inquiries with a simple saliva test performed every other day in the privacy of her home. Charting the results of the saliva test allowed Jennifer and **Dr. Mote** to prepare her body and regulate her cycle in anticipation of having a child. The chart mapped out her cycle, including ovulation, and measured levels of estrogen and progesterone. **Dr. Mote** diagnosed Jennifer's diet needed additional protein to keep hormones in harmony and strengthen the sustainability of the pregnancy.

Within six months, while following an improved nutritional program, Jennifer conceived. As a result of a very healthy pregnancy and a weight gain of less than 20 pounds, C.J. was born!



C.J. at 4 Months

Take charge of your fertility! Know when you are ovulating before you try to conceive! Take the natural approach without drastic chemicals and procedures. Prepare your body. Visit the Web site www.CornerstoneHealthServices.com or call **Dr. Christopher Mote** at **1-847-304-1300**.

Tummy Tuck

Abdominoplasty, or tummy tuck, is an outpatient surgical procedure that can dramatically improve the appearance of your abdomen. Pregnancy, weight gain and loss, and aging can result in an undesirable appearance of our abdomen including unwanted fat, loose skin, stretch marks and decreased abdominal muscle tone. Many women and men are burdened by this condition despite maintaining a reasonable weight and a regular exercise program.

The tummy tuck procedure safely removes sagging skin, excess fat from the abdomen and sides (commonly called love handles), and corrects weakened and separated abdominal muscles, resulting in a more youthful and toned abdomen. At the **Aesthetic Plastic Surgery Center of Barrington**, Gregory M. Bazell, MD, provides complimentary consultations for those seeking an improved body contour.

"Many women and men desire a firmer more slender abdomen and waistline with less fat, fewer stretch marks and tighter abdominal muscles. The tummy tuck procedure can achieve just that," says Dr. Bazell. "Some individuals have misconceptions about the tummy tuck procedure, thinking it involves an inpatient hospital

stay and lengthy recovery. I routinely perform this procedure on an outpatient basis in our on-site, fully accredited surgical suite in Barrington. Recovery can depend on the extent of surgical correction, but generally the patient is able to move on his or her own with minimal assistance immediately following surgery and is back to light, normal activity within a week.

"What most patients find rewarding is the immediate and dramatic improvement in their abdominal contour following a tummy tuck procedure. Following tummy tuck surgery, what has been a physical feature that makes many individuals feel very self-conscious and restricts their clothing choices and activity now becomes a powerfully positive part of their body image and self-esteem," says Dr. Bazell.

To learn more about tummy tuck, body contouring, breast surgery, liposuction or any other aesthetic plastic surgery procedure, contact Jennifer at **The Aesthetic Plastic Surgery Center of Barrington**, **1-847-382-5111**, and schedule a complimentary, personal consultation with Dr. Bazell in a private, nonpressured environment focused on education and individual goals.



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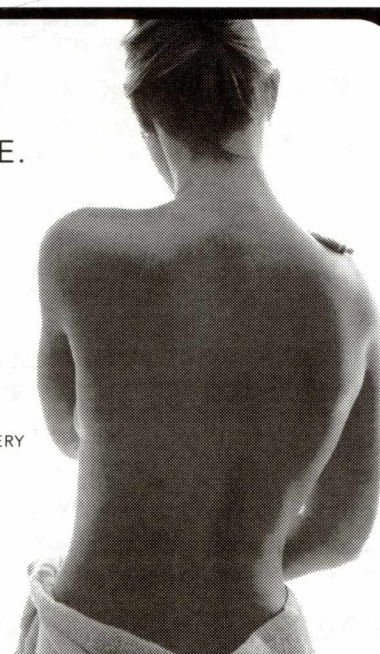
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Barrington Lyric's Season to Open with Light Opera Works' Gilbert and Sullivan at The Garlands

Attention music lovers in the greater Barrington area! The Barrington Chapter of Lyric Opera of Chicago welcomes you and your guests to join them as they begin the 2003-2004 season promptly at 1 p.m. on Sunday, Sept. 14, at The Garlands Performing Arts Center, 1000 Garland Lane, Barrington, (east side of Northwest Highway, just south of the Barrington Area Library, 1/4 mile north of Lake Cook).

A three-course luncheon replete with warm apple cobbler will be followed by

a Gilbert and Sullivan program presented by Light Opera Works. Lilted melodies and tongue-tripping lyrics, including selections from the *Pirates of Penzance*, will be musically articulated by soprano Kathryn Kamp, tenor Erich Buchholz and baritone Michael Kotze. Patrick Holland will accompany them on piano.

Price is \$40 per person (with a cash bar). Send your choice of entree (chicken piccata or herb crusted salmon) and check by Sept. 9, payable to: BCLOC c/o Susanne



Michael Kotze



Kathryn Kamp



Erich Buchholz

Wells, 225 Timber Ridge, Barrington, IL, additional information, call 1-847-382-60010. Your check is your reservation. For 2613.

Barrington LIFESTYLES September 2003 37

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Wellness Place Programs

Wellness Place, a cancer resource center, is introducing family consultations for individuals, couples and families along with its networking and support groups that focus on particular cancer topics. Professional clinicians will meet with parents and their children, as a group or separately. Free appointments may be arranged by calling Wellness Place, 1619 W. Colonial Parkway, Palatine, 1-847-221-2400.

Professional staff will also facilitate the following free networking opportunities for information exchange and supportive conversation among people with cancer, their families and caregivers. All require preregistration.

Welcome Sessions feature a guided tour of the cancer center and information about resources available to participants in programs and services presented at no charge by Wellness Place. Sessions will be held Tuesday, Sept. 2, and Tuesday, Sept. 6, from 6:00 to 6:30 p.m.

Coping with Cancer is facilitated by Diana Wilson, Wellness Place clinical specialist, and Charlie Stephens, cancer survivor. Whether newly diagnosed, new to Wellness Place or experienced in the cancer journey, all are welcome to attend for support and continuing education. The group will meet Tuesday, Sept. 2, and Tuesday, Sept. 16, from 6:30 to 8:00 p.m.

Family/Friends Networking, facilitated by Margaret French, Wellness Place clinical specialist, and Wilson, is a group for people who care for someone with cancer. They will meet Tuesday, Sept. 9, and Tuesday, Sept. 23, from 7:00 to 8:30 p.m.

Men with Cancer Networking, led by Harvey Wolf, health psychologist and Wellness Place consultant, and Stephens, offers a discussion of issues faced by men with cancer. The group will meet Tuesday, Sept. 9, and Tuesday, Sept. 23, from 7:00 to 8:30 p.m.

The **Leukemia/Lymphoma/Multiple Myeloma Group**, facilitated by Sue Blechschmidt, Wellness Place clinical director, and Wilson, will meet with survivors, family and friends on Wednesday, Sept. 3, and Wednesday, Sept. 17, from 11:30 a.m. to 1:00 p.m.

The **Spirituality and Well-Being Group** is facilitated by Lois Coldewey, a certified spiritual companion, to help participants in their search for a deeper meaning and purpose to life and to reflect on spiritual beliefs and practices to enhance their well-being. The group will meet Thursday, Sept. 4, and Thursday, Sept. 18, from 10:30 a.m. to noon.

The **Recurrence/Metastatic Networking Group**, led by Wolf and Coldewey, is a discussion group for people with recurrence or metastatic disease, their family and friends. They will meet Thursday, Sept. 11, and Thursday, Sept. 25, from 10:30 a.m. to noon.

The **Breast Cancer Networking Group**, facilitated by Kathy Hill and French, Wellness Place clinical specialists, will meet Wednesday, Sept. 10, from 6:30 to 8:00 p.m. and Tuesday, Sept. 30, from noon to 1:30 p.m.

KidsCare and Teen Time, for young people who have an adult family member

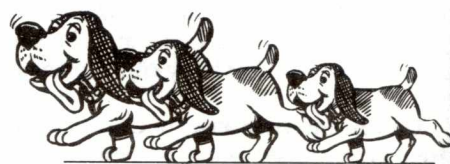
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The Many Benefits of Organic Beef

All Ways Healthy is proud to announce that they now carry Larsons' Greenfarms certified organic, grass-finished and grain-finished Black Angus beef. Larsons' Greenfarms is a family owned and operated farm located in Brodhead, Wis. The Larson family is dedicated to environmental awareness as well as the humane treatment of their herds. They raise their cattle on certified organic animal feed only, and their meats are chemical, antibiotic, hormone and pesticide free. All of their meat has been certified 100% organic by OCIA-WISC and is USDA inspected.

So why should you choose organic beef? Firstly, organic farming preserves both the soil and nature. Larsons' Greenfarms grows and harvests their own organic, pesticide-free crops, which are then fed to their livestock. In turn, the livestock furnish the manure used to fertilize the soil. This relationship protects both the soil and livestock herds for future generations of farmers. What this means for you is a higher-quality product that has never been treated with growth hormones, antibiotics or pesticides. All of this adds up to a leaner and healthier cut of meat; a product you can feel confident serving to your family.

What is grain-finished beef? They are cattle fed only grain. Grain-finished beef is not as lean as grass-finished meat, but it has a richer flavor and texture. It is also lower in Omega 3s and conjugated linoleic acid. But remember, all of Larsons' Greenfarms beef is organic as well as free from pesticides, hormones, antibiotics and chemicals.

What is grass-finished beef? Larsons' Greenfarms raises a portion of their herds as grass-finished beef. These cattle are raised on organic pastures only in the spring and summer months. And cattle raised on organic grasses are higher in

Omega 3s and conjugated linoleic acid than conventional, grain-finished meats. Omega 3s are essential fatty acids, which are healthy fats that your body needs to maintain good health. The cardiovascular system greatly benefits from Omega 3s, and research has shown that people with diets rich in Omega 3s are less likely to have high blood pressure or irregular heart rhythms. They are also half as likely to die from heart attacks or strokes as those who do not eat a diet including Omega 3s.¹ Conjugated linoleic acid, or CLA, has been linked to preventing tumor growth, aids in the metabolism of fat and promotes weight loss. Sadly, modern, nonorganic farming practices have removed many beneficial enzymes from meats; "Changes in livestock feeding methods over the past two decades have caused the CLA content in food to decline by nearly 80%."²

When you consider all of the benefits of organic, grain- and grass-finished meats, it is clear that Larsons' Greenfarms is the natural and healthy way to enjoy red meat! **All Ways Healthy** carries a wide array of Larsons' beef from steak and roasts to filet mignon and ground beef. Storeowner **Carole Childers** is a certified nutritionist and licensed nutritional counselor and is happy to answer any of your healthcare or dietary questions. She is also available for private consultations, so call **1-847-438-9200** to make an appointment. Or visit us at 123 S. Rand Rd. in the Lakeview Plaza in Lake Zurich and see for yourself why **All Ways Healthy** isn't just a better way to shop; it's a better way to live!

¹*Why Grassfed is Best*, Jo Robinson, Vashon Island Press

²*Supplement Bible*, Earl Mindell, Ph.D., Simon & Schuster, 1998

diagnosed with cancer, will begin meeting in the fall. Call Lori Mackey, certified child specialist, for more information and to register at 1-847-221-2400.

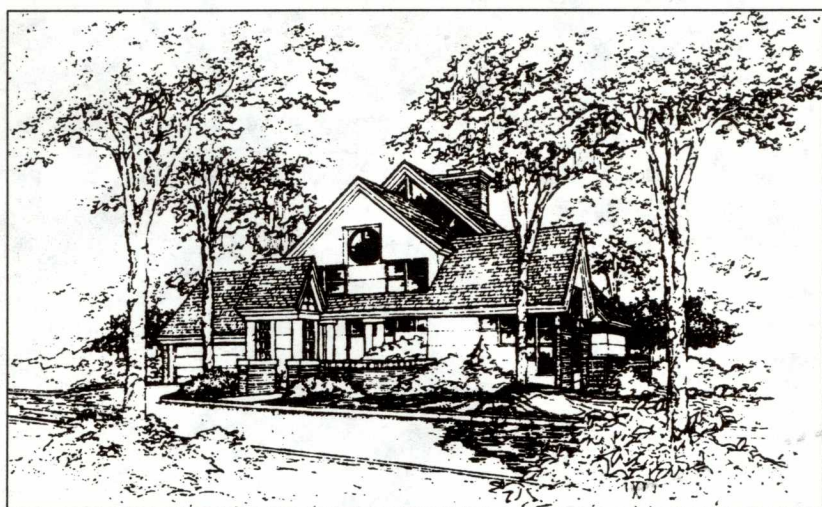
Wellness Place, a nonprofit organization incorporated in 1999, offers resources,

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.

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Landscaping...Dumb Money/Smart Money

Dumb money goes for free design advice from lawn maintenance services and relatives. **Smart money** knows that life-style-compatible design concepts of the non-cookie-cutter variety are had from a design professional.

Dumb money buys what looks good today, on sale, and often guided by the label or sales clerk. **Smart money** knows labels are often incomplete and misleading; and aims for long-term and low-maintenance color for all the seasons.

Dumb money downsizes materials to excess, sacrifices quality, and puts off fundamental problems when the budget is squeezed. **Smart money** takes on one area at a time, does it well, then moves on as budget allows.

Dumb money is cutting back, digging out, and replacing dead and overgrown in just a few years. **Smart money** is pulling a nine iron.

the naturalizing landscapes, Lake Zurich, IL. 1-847-438-8890.

Octoberfest Party

The Barrington Area Council on Aging, Inc., and the Barrington Park District will hold the annual Octoberfest Party for seniors on Monday, Oct. 20, at Langendorf Park.

Games will start the festivities at 11:00

a.m. with lunch being served at noon. The Libertyville Kitchen Klangers will follow at 12:30 p.m. A traditional German menu will be served.

Seating is limited, so call early to make your reservation. The cost is \$6 per person. Call BACOA at 1-847-381-5030. RSVP by Tuesday, Oct. 14.

An Exciting Home Addition

In addition to providing custom room additions with bathrooms, kitchens and fireplaces, **Armcor Design and Build** is your local store for **Four Seasons Sunrooms**, the nation's largest manufacturer of sunrooms for residential and commercial use.

Each **Four Seasons Sunrooms'** product is meticulously designed and crafted to be a practical, beautiful, and exciting addition that will bring a new dimension of space, light and warmth to what might otherwise be an ordinary room, whatever the season or location of your home.

Armcor Design & Build craftsmanship and quality products are also an excellent investment and can add real value to your home. Often, much of your investment in a **Four Seasons'** sunroom can be recovered when you sell your home.

Glass room additions create views of the sun and sky and add extra year-round living space with possibly little or no alterations. New MC² glass, with a Lifetime Warranty and specially designed to keep summer heat out and winter heat in, is one key to **Four Seasons Sunrooms'** success—especially in our Chicagoland climate.

Many patented features are available exclusively from **Four Seasons Sunrooms**,



and all products are designed to meet or exceed building code structural requirements and have successfully withstood more than 200,000 installations.

Armcor Design & Build will provide you with a complete "turn key" room addition project or you can build it yourself. Every **Four Seasons'** sunroom is virtually maintenance-free, weather-tight and comes with a lifetime limited warranty on MC² glass, five year warranty on parts and labor. There are numerous options, both wood and aluminum systems, and a wide variety of models and sizes.

Armcor Design & Build's new showroom is at 951 N. Old Rand Rd. (Main St.) in Wauconda. 1-847-487-7900.

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Chicago Infant Welfare Society Hosts Adventure Club Children Enjoy Day in Barrington Countryside



Barrington chapter members and chef and staff
from Patrick Cassata's Eclectic in Barrington

The Barrington Chapter of the Infant Welfare Society of Chicago provided a summer treat on July 12 for approximately 30 Infant Welfare Clinic patients who are involved in Adventure Club at the clinic.

The children were treated to a day in the Barrington countryside at the home of member Lisa Schor and her husband, Andy. Their pool and yard provided fun and excitement on a sunny Saturday.

The children participated in outdoor

games and enjoyed a craft table, which was set up by chapter members. The highlight of the day was, of course, the beautiful pool. Under the watchful eyes of several lifeguards, the children splashed and laughed for hours under the sun. A good time was had by all, including the parents who were able to accompany their children.

Patrick Cassata, chef and owner of Eclectic Restaurant located in the Village of

Take a Landscape Journey Life is What You Make it... and so is Your Landscaping!

Our purpose as a 26-year-old landscape design/build company is to help you discover the outdoor dreamspace that you've always wanted and help you turn that dream into a reality.

We so often read about "purpose" and when we know the "why", we will be happy and fulfilled and able to deal with life's stresses.

I believe that's a good way to look at any situation including decisions about your home. Ask yourself, "Why? What's the purpose?" And if we answer ourselves honestly, our path is clear and the answers will come.

So my question to you is, "Why are you choosing to change your present landscape? What is your dream?" Because only when you know your "why" will you ever be happy with any change.

Our approach in designing a successful landscaping project is no different than how you have created other accomplishments in your life. All success—and that includes a successful landscape—is composed of four steps:

- Determine what you want
- Decide what you're willing to trade for what you want
- Associate with people who can help you
- Have a plan that works, work your plan

Determine What You Want

Always be clear in what you expect to get. Ask yourself questions. Is your outdoor environment grass to cut and trees to trim, or is it a lesson in life, always challenging

because it offers constant change? Are you concerned about privacy, seasonal or year-round? What's important to your family: throwing a ball, relaxing by a pool or enjoying the birds? Whatever your answers to these and others, please remember the only right answer is yours.

The Trade Off

Don't fool yourself. Everything costs either time or money. That is a fact. Know what you're willing to spend both now and in the future. Your gain will be commensurate with how you spend your time and money.

Your Associations

When hiring a contractor, make sure their vision and ability can fulfill your dreams and goals. Do your due diligence. Read books. Get recommendations. Meet with the contractor. Ask yourself if this is someone who is capable of doing what you want or looks at this as just another job.

The Plan

Once you've addressed the first three elements, now it's time for action. Create your plan while always keeping the end in mind—your purpose. If you can't make up your mind about something, maybe it's because it doesn't feel right and you've veered off course, away from your "why". Life/landscaping is an adventure to be enjoyed. Surround yourself in beauty and success will be yours!

We hope you found this information helpful. If we can be of service for any landscape needs, give **Mark McGinnis**, our landscape architect, or **Mike SanFilippo** a call at 1-847-381-1611.

"Understanding and Treating Epilepsy"

Do you have epilepsy or know someone who does? The Epilepsy Support Group of McHenry County will hold their monthly meeting on Wednesday, Sept. 3, at 7 p.m. at The Pointe, 5650 Northwest Hwy. between Target and Sam's Club in Crystal Lake.

Dr. Marvin Rossi, epileptologist and assistant professor in The Rush Epilepsy

Center, will be the guest speaker. His topic, "Understanding and Treating Epilepsy," will discuss treatment options currently available. A question and answer session will follow.

To reserve your seat or for more information, contact Wendy Brandon at 1-847-791-4797.

DAR Commemorates Constitution Week

Signal Hill Chapter Daughters of the American Revolution will present a window display at the Barrington Area Library, 550 Northwest Highway, throughout September to commemorate Constitution Week, Sept. 17 to 23. Caroline Rolnik, a chapter member, will be in charge of creating the display.

The Constitution of the United States of America is the safeguard of our liberties, champion of our freedoms. The purposes of the observation and celebration of

Constitution Week are: to emphasize the responsibility of protecting and defending the Constitution and preserving it for posterity; to understand that the Constitution is our great heritage and the foundation of our lives; and, to study the historical events which occurred during September 1787. The chapter uses this method to bring the Constitution and the importance of its preservation to the attention of our fellow citizens.

Barrington, generously donated a perfect picnic lunch for this event. Eclectic staff prepared and served a pool-side hearty lunch including hamburgers, hot dogs, chicken, side dishes and scrumptious desserts for all who attended. For the trip home, each child received a goody bag, which Jerilyn Ugaste, president of the Barrington chapter, was kind enough to provide.

If you are interested in becoming in-

involved with the Infant Welfare Society of Chicago, the Barrington chapter is looking for new members. Our first meeting and luncheon of the new season is scheduled for Wednesday, Sept. 24, at 9:30 a.m. at Wynstone Golf Club. For more information on membership, attending meetings and/or functions, please contact membership chairperson Cindy Zipparro at 1-847-277-9392.

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8th Annual Open House

Saturday, September 20

10:00 a.m. to 4:00 p.m.

Join us at Insignia in celebrating seven local design awards as we kick-off October as National Kitchen & Bath month.

Four professional chefs provide live cooking demonstrations all day!

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Open to the public:

A donation will be made to The Little City Foundation based on the number of attendees to the open house, the more people that come, the larger our donation will be!



FREE Consumer Seminars & Cooking Classes Continue

Limited seating, by RSVP only 847-381-7950 or for more detailed information and to register online for a cooking class or seminar, go to

www.insigniakitchenandbath.com

Friday, September 12, 6:00 -8:00 p.m.

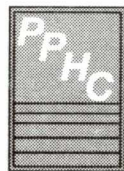
"Harvest Splendor" Wolf Cooking Class

Saturday, September 27, 9:00 -11:00 a.m.

Award-Winning Kitchens & Baths Seminar

Tuesday, September 30, 11:00 a.m. - 1:00 p.m.

"Home on the (AGA) Range" AGA Cooking Class



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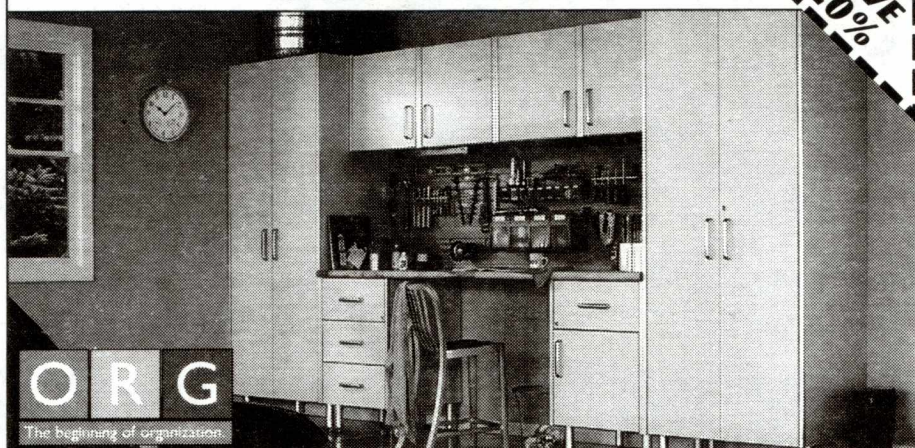


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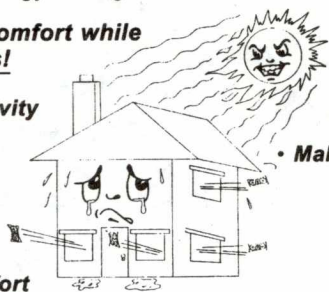
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September Meeting of BAPW to Feature Feng Shui Presentation

Kitty Ferrantella and Lynda DeJager of Systems Furniture Resource Group will present "An Introduction to the Ancient Art of Feng Shui" at the monthly meeting of Barrington Area Professional Women on Thursday, Sept. 4. The dinner meeting will be held at Barrington Country Bistro from 6:15 to 9:00 p.m. Reservations are required.

Ms. Ferrantella and Ms. DeJager will explain how to strengthen nine basic life areas in homes and workspaces; reasons why people are most comfortable when physical elements are balanced; how imbalances, clutter and unfinished business

in our environments affect us, causing us to lose momentum, creativity and focus; and they will share several feng shui success stories. The presenters will also explain how applying the principles of feng shui can result in greater prosperity, enhanced relationships and a more balanced life.

Kitty Ferrantella has been a professional in the interior design field since 1984, when she earned her bachelor's degree in interior design from Columbia College Chicago. She is the principal owner of Systems Furniture Resource Group, Inc., which she opened in 1994. Lynda DeJager

has been associated with Systems Furniture Resource Group, Inc., since 1999.

The dinner meeting will be held at the Barrington Country Bistro, 700 Northwest Highway in Barrington. The evening will begin with networking at 6:15 p.m., dinner at 7:00 p.m. and the presentation at 8:00 p.m. The evening will conclude at 9:00 p.m.

Barrington Area Professional Women's meetings are open to women who work or live in the Barrington Area. The group

offers a unique opportunity to meet other business and professional women, learn new skills and establish connections in the community. The cost for the evening is \$28 for members or \$33 for guests. Reservations may be made by calling Susan Legrady at 1-847-381-5501 or by sending an e-mail to MJLegrady@aol.com by Tuesday, Sept. 2. Information about Barrington Area Professional Women can be found at www.BAPW.org.

Taking Things Personally



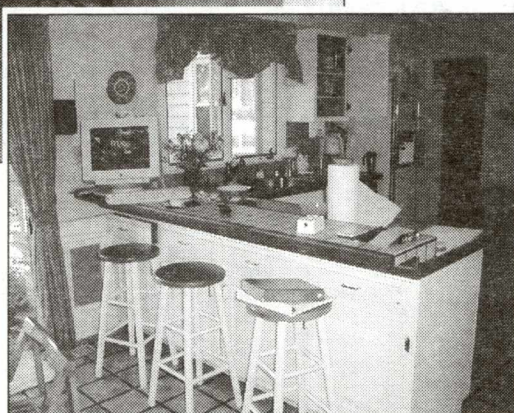
The addition of a center island streamlined the Uribe's kitchen, opening up traffic flow and creating a more spacious feel.

When Ana and Diego Uribe of Barrington decided it was time to update the kitchen of their Fox Point home, they knew they needed more than an "off-the-shelf" solution. They needed a designer who could creatively work within their current space, adding what they wanted and keeping what they needed...while making their kitchen open and inviting. And to get a personalized approach to their design, they turned to Kaye Hathaway, of **Barrington Kitchen & Bath Studio**.

Hathaway, a Certified Kitchen Designer, Space Planner and Interior Designer, used all of her expertise to create a bright, cheerful kitchen that meets all of the Uribes' needs and desires.

"Sometimes it takes some extra time and thought to develop the perfect solution for a unique situation," said Hathaway. "At **Barrington Kitchen & Bath**, we give our clients that personal attention needed to create a room that really works for them."

The distinctive shape of floor-to-ceiling pantries allow for an overhang on the island, to accommodate seating.



The original peninsula closed off the kitchen.

The key to Kaye's solution was the addition of a center island. The parallel counters give the kitchen a feeling of openness, eliminating the tight, closed-off feeling of the original peninsula. This also allowed Kaye to position the cooktop directly across from the sink, making food preparation more convenient. The island's beautiful granite countertop was ex-



HOMEOWNER WISH LIST

- Make the kitchen more functional and open
- Bring food preparation areas closer together (especially the stove/sink)
- Create a space where the family can gather
- Make better use of storage space
- Retain current walls and door openings

NEW KITCHEN DESIGN ELEMENTS

- Replacing the peninsula with an island gives kitchen a sense of more space
- Placing cooktop in center island makes cooking convenient, while adding extra counter space
- Center island brings Ana closer together with her family and friends—up to three people can sit at the counter while she prepares food
- Design of unique, angled pantries provide needed storage, as well as beautiful display areas
- Addition of one small wall separates space, creating a "mock" butler's pantry

tended on one side, so Ana's family and friends can sit nearby as Ana prepares her delicious meals and snacks.

Another important element to the Uribe's new kitchen is the floor-to-ceiling pantries. Created to mirror the "u-shape" of the island, the pantries provide ample storage and offer a great space for Ana to show off her brightly-colored ceramic roosters. As a finishing touch, Kaye designed a small "mock" butler's pantry housing the Uribe's wine chiller and glassware.

All of this was expertly installed by **Barrington Kitchen & Bath's** sister company, **Delta Renovations**, making the process seamless from start to finish.

So what do Ana and Diego Uribe think about the results?

"We absolutely love our new kitchen!" said Ana Diego. "Kaye, at **Barrington Kitchen & Bath**, kept us steered in the right direction...without offending our own creativity. And the people at **Delta Renovations** made the installation process almost painless! We're really pleased."

If you need help tackling your next renovation project, or you're just looking for that personal touch on your home, talk to the experts at **Barrington Kitchen & Bath** and **Delta Renovations**. Just call **847-381-3084**. They'll give you the special dedication to help turn your house into a home!



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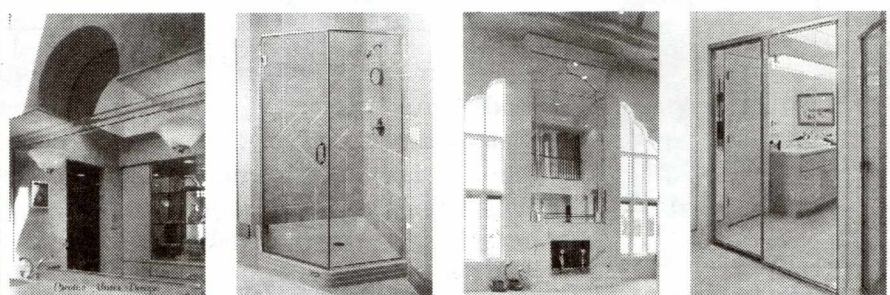
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Gardening Program at Library Open to All

Wednesday evening, Oct. 1, is the date of this year's open meeting planned by Barrington's Field and Flower Garden Club. The meeting is free and open to the public.

The focus will be on ground covers, and the speaker is the delightful Susanne Lankin, a well-known expert on all manner of horticultural subjects. Barrington area residents are invited to mark their calendars; the program will start promptly at 7 p.m., and a question period will follow the address. The library, 505 N. Northwest Highway, closes at 9 p.m.

Ground covers can meet a variety of needs in home landscaping. They are able to camouflage innumerable kinds of eyesores. They can serve to unify various parts of one's grounds. For some vistas, small or large, they are the frame that sets off a special feature. They can fill what could be nondescript spaces with interesting plants, bringing lovely combinations of color, form and textures. They provide the easy-care, dependable background that permits the gardener to be an artist elsewhere.

Susanne Lankin, from Wheaton, is a

professional consultant in residential and commercial landscape design. She is a master gardener with a degree in horticulture. For 18 years, she worked at the Morton Arboretum in the education department. For eight years, she was involved in plant therapy. She has designed flower gardens for the Wheaton Park District at both Memorial and Northside parks.

Lankin presents programs on numerous aspects of gardening. Her slide lecture on ground covers takes her audiences far beyond vinca, ivy and pachysandra. Her suggestions pertain not only to what is attractive and hardy but what can provide erosion control, water conservation and meet other needs. She will have handouts available so listeners have useful written information to take home.

Anyone interested is welcome to attend. Field and Flower Garden Club has been a part of the Barrington community for over 45 years. In its annual open meeting, the club hopes to share some of the gardening knowledge that could be helpful to countless residents. The program will be held in the library's large meeting room on the first floor.

Four Seasons Garden Club of Barrington

Each month from September through June, the Four Seasons Garden Club of Barrington usually holds its meetings on the first Tuesday of the month. The meetings are held at either a member's home

or at the Barrington Area Library. A social coffee and visit among members is followed by a short business meeting and then a presentation or demonstration connected to some aspect of gardening

Bring The Outdoors In!

The residents of the Barrington community are surrounded with the magnificent views of **nature's beauty**.

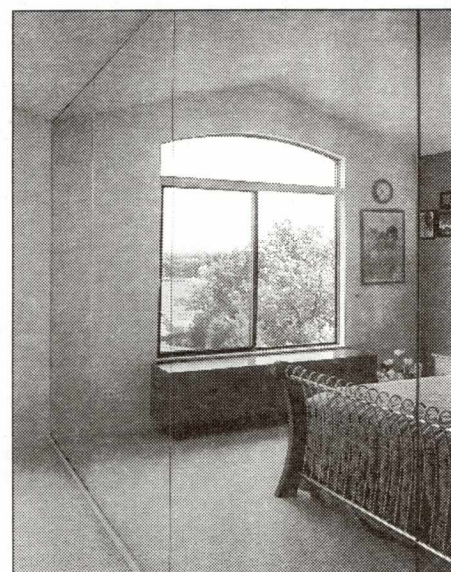
Some of us look out our windows to see the parklike settings of lovely landscape greens. Others enjoy looking upon the rippling blue waters of a lake or pond. And still others are treated to the sights of a well manicured golf course.

Look out your window and **imagine** how beautiful your view would be as a mural on your interior walls.

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Barrington WINGS Advisory Thanks Their Friends

The Barrington Friends of WINGS Advisory had a busy summer and owes their gratitude to many organizations and community members for all their help at the Barrington home.

Members of The Field and Flower Garden Club, along with Cathy Robinson from Perennial Artistry, volunteered a rainy Saturday over the summer to clean up flowerbeds and shrubs. The new perennials they planted will bless the home with color for many years to come.

The Lake Zurich Home Depot was instrumental in securing a corporate donation for paint and other supplies inside the home. Sue Jacobs and the Lake Area Artisans donated painting time on a Saturday in August. The new coat of paint warmed the home. The advisory members tried to keep up with the artisans' energy by moving furniture, laying drop cloths and providing refreshments.

The advisory is thrilled to embark on a new project at the Barrington home, namely finishing the basement to allow the WINGS program more usable space. Sincere thanks are due to the Barrington Junior Women's Club for providing an initial grant to get the project rolling. This was supplemented by donations from Margaret Semrad/Coldwell Banker in honor of her mother, Barrington Noon Rotary, Barrington Women's Club and Terri Votane/Baird & Warner. Ms. Votane continues to donate a portion of her real estate sales to WINGS.

Individuals or groups wishing to assist



Mary Gerak (left), Barrington Friends of WINGS Advisory chairperson, gratefully accepts a donation from Terri Votane of Baird & Warner for work in the basement of the Barrington home.

the advisory in their endeavors with materials, labor or monetary donations are invited to contact WINGS directly at 1-847-963-8910 or to contact Mary Gerak, advisory chairperson, at 1-847-304-0861.

For almost 20 years, WINGS has operated to end homelessness and domestic violence for women and children in the North and Northwest Suburbs of Chicago's Cook County. Long-term transitional housing and a host of supportive services are designed to move women from desperate situations to self-sufficiency and financial independence. Currently, WINGS has 22 homes and apartments with the ability to house up to 95 women and children each night.

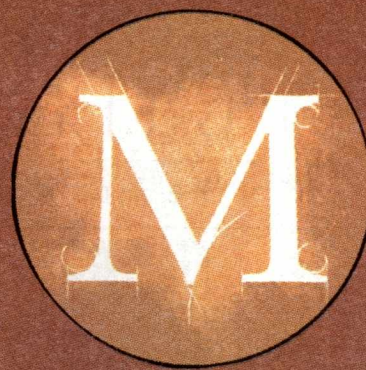
The Barrington Advisory was formed to meet the needs of WINGS and their home in the Barrington area. Advisory members include people from the Barrington community who are dedicated to helping WINGS achieve its mission.

and gardening interests. For further information on each meeting, please contact Lenore Lawrence at 1-847-381-2883.

The September meeting will be on the second Tuesday—instead of the first—at 9:30 a.m. The meeting will be held at Lynn Rushing's home and garden. You

are invited to tour Lynn's lovely garden and her neighbor's garden which is registered on the Garden Club Archives at the Smithsonian Institution.

You are encouraged to come and bring a guest, whether you may or may not desire to join the Four Seasons Garden Club.



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Hawthorn Woods Women's Club Hosts Annual Love Fund Auction

The Hawthorn Woods Women's Club will host its annual Love Fund Auction on Oct. 7, 7 p.m., in the Village Barn, 2 Lagoon Road, Hawthorn Woods. The auction is open to the public and free of charge.

Those attending will have the opportunity to preview and bid on items that will be featured at the club's Holiday Boutique (Nov. 7 and 8 at Kemper Lakes). These items will vary from flower arrangements to hand-painted holiday ornaments, jewelry to candles, purses to accessories. In addition, members of the club and Hawthorn Woods residents will contribute unique gift items to the auction, such as sports tickets, one-of-a-kind children's clothing and home accent accessories. Donations of items (\$50 or more in value) are greatly appreciated. The proceeds of the event will directly benefit local Lake County charities such as: A Safe Place, the Lake County Haven and Staben House.

The Hawthorn Woods Women's Club is a philanthropic and social organization that is open to all women in Hawthorn Woods and the surrounding communities. Recently, the club was presented an award from the Waukegan Township Staben House for its generous support in 2002 and 2003. Judy Gustin, Love Fund co-chair, accepted the award on behalf of the club.

"The Women's Club provided backpacks and school supplies, holiday gifts, Easter baskets and Mother's Day gift bags,"

says Gustin. "We also donated \$5,000, which was used to send children to summer camp and provide educational opportunities for deserving women."

The Staben House has continuously provided housing and comprehensive support services to homeless women and children in transition. It provides education and assistance that women need to develop skills necessary to succeed in securing long-term employment, establishing a home and living independently.

In addition to supporting Staben House, the Women's Club Love Fund supports two other shelters. A Safe Place/Lake County Crisis Center in Waukegan is one of them. It is the only comprehensive domestic violence shelter and counseling program in Lake County, providing emergency housing for an average of four-to-six weeks to women and their children.

Gustin adds, "Last year, A Safe Place provided 12,000 nights of shelter and an additional 3,000 nights were arranged with cooperating hotels and motels."

Finally, the Love Fund also supports the Lake County Haven in Libertyville, which provides shelter to women and their children for up to two years. Through education, employment and life-skills training, individuals move from homelessness to independence.

For more information, please call the Hawthorn Woods Women's Club at 1-847-438-0723.

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.

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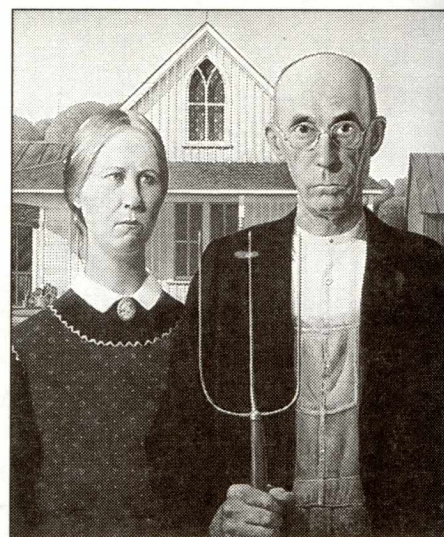
"The Amazing Image: Creativity in a Changing World"

"The Amazing Image: Creativity in a Changing World," the 2003 Art Volunteer in the Classroom seminar, will be on Oct. 8, sponsored by the Barrington Community Associates of the Art Institute of Chicago.

This stimulating and inspiring program for art volunteers and teachers will look at American art over the last 200 years and how it reflects changes in society. The focus will be on clever yet practical approaches to creating unforgettable art presentations, which students will truly enjoy. The seminar is designed to benefit all experience levels and curriculum requirements.

The speaker, Nenette Luarca, will outline possible projects and suggest art-centered activities, which include thinking and writing that use art objects as a starting point. She will show how to design a project by having students look at the world around them and perhaps make a collage. She will also discuss what is considered art, i.e. pop art.

Nenette Luarca is a lecturer with the Museum Education Department of the Art Institute of Chicago. She earned her master of arts degree from the University of Chicago. Nenette worked with Chicago public school teachers and six Chicago museums to create Internet-based curriculum units for grades kindergarten through sixth. She has written and coordinated a junior high curriculum unit that combines art and music appreciation. She assisted with education programs and volunteer



American Gothic, 1930, by Grant Wood, American, 1892-1942

coordination at the Santa Monica Museum of Art and coordinated teacher programs at the St. Louis Art Museum.

The seminar is Oct. 8 at the Presbyterian Church of Barrington, 6 S. Brinker Rd. Registration and refreshments will begin at 9:00 a.m. The program will start promptly at 9:30 a.m. and will last approximately two hours. Admission is \$8 per person. Checks should be made payable to Barrington Community Associates. Child care is available at \$5 per child for those who register by Sept. 29. For more information and a registration form, contact Pat Valentine at 1-847-516-3470.

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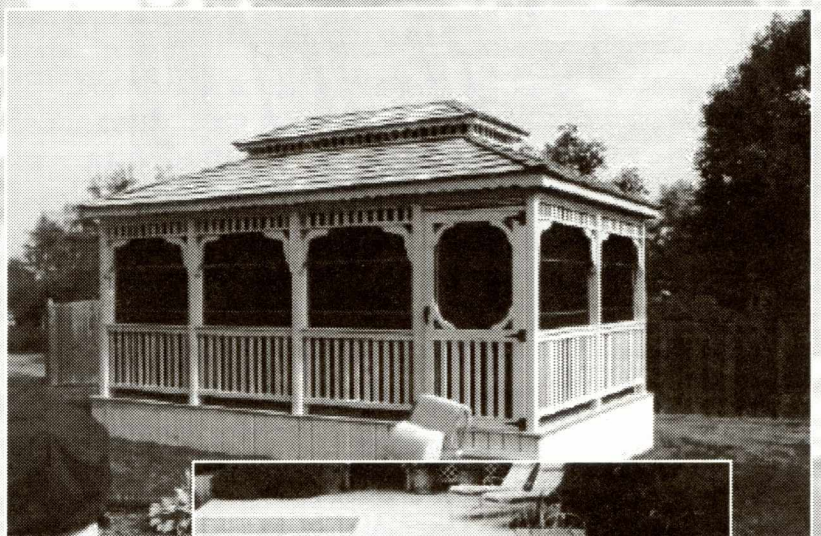
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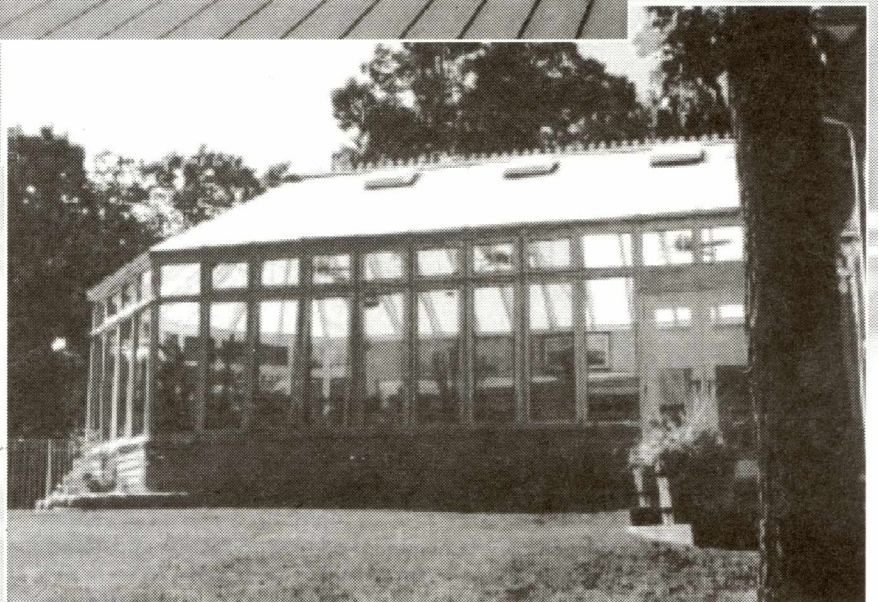
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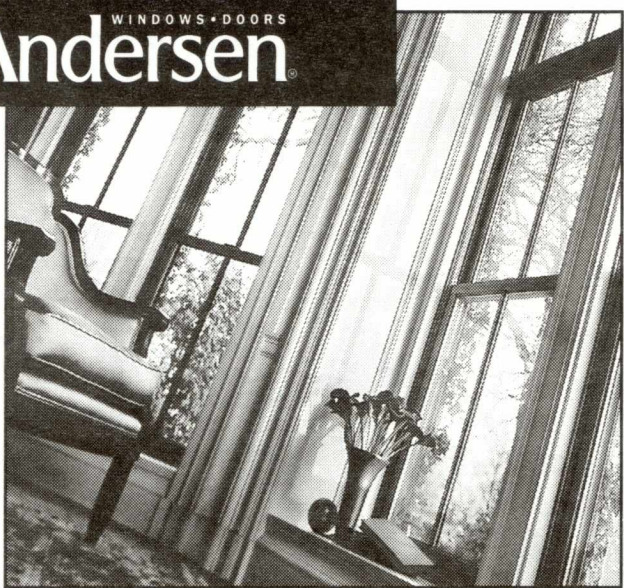
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Guitarist Edgar Cruz and Las Guitarras de España to Perform

Solo guitarist Edgar Cruz and Las Guitarras de España will perform in two free concerts at Harper College in the Concerts in the Quad Series for fall 2003.

Blending early mariachi and Latin musical influences with modern rock, Edgar Cruz will perform at noon on Wednesday, Sept. 10. Known for his finger-style renditions of songs by Led Zeppelin and The Beatles, Cruz also performs instrumental music from the 16th century to the present. His performances feature transcriptions seldom performed on one guitar. Highlights from his many CDs include: *Malagueña*, *The William Tell Overture*, *In the Mood*, *Bohemian Rhapsody* and much more.

Las Guitarras de España (The Guitars of Spain) will perform original compositions

as well as traditional flamenco music in a free concert at noon on Tuesday, Sept. 16.

The group's debut full-length CD, *Donde Esta Paco?*, was released at a concert at The Hot House in fall 2000, followed by their second recording *Ida Y Vuelta*, released at the same venue last June. Music from *Donde Esta Paco?* is included in the HBO/Cinemax presentation *Zoe Loses It*.

The group mixes Old World and third world musical styles, such as flamenco and Cuban rhythms, with other Latin, Caribbean, Middle Eastern and African influences.

Both concerts are free, and the public is welcome. For more information, call the college's student activities office at 1-847-925-6242.

Senior Celebration at the Art Institute

Please join the Barrington Area Council on Aging for the Ninth Annual Senior Celebration at the Art Institute on Wednesday, Sept. 17, co-sponsored by the Barrington Community Associates of the Art Institute of Chicago.

Participants will be introduced to the Art Institute's collection with a slide presentation given by Art Insights presenters. Afterwards, seniors are invited to visit specific objects in the galleries where Art Insights guides and museum education

staff will be available to discuss images in small, informal groups. A box lunch will be served in the Chicago Stock Exchange Trading Room.

The bus will promptly leave Langendorf Park at 8:30 a.m. on Sept. 17 and return at approximately 4:15 p.m. Cost is \$25 per person and includes transportation by motor coach, a box lunch and time at the gallery. Space is limited. Please call BACOA at 1-847-381-5030 by Sept. 12 for your reservation.

Barrington Resident Debuts with *Bachelorette* #1

Barrington resident Jennifer O'Connell made her debut as a published author recently with the NAL Trade paperback original titled *Bachelorette* #1.

This hilarious addition to the "chick-lit" genre gives readers an entertaining view into the world of reality television. Sarah Divine Holmes is a 34-year-old suburban wife and mother leading a normal life as a free-lance writer when she is offered the magazine assignment of a lifetime—to pose as a hot young single on the latest TV reality sensation, *The Stag*. Sarah can't resist the opportunity to skewer the women desperate enough to go on television to snag a man and the man shallow enough to view dating as a ratings game. Armed with a killer wardrobe, sun-kissed highlights and her reporter's notebook, she sets out to discover what happens at the posh California resort when the cameras stop rolling. As she dodges hardcore husband hunters, slimy producers, voyeuristic cameramen and her own burgeoning feelings, she comes to discover the real-life adventure behind love, marriage and motherhood.

Jennifer O'Connell is an MBA graduate from the University of Chicago. She started her own firm with a partner to take advantage of a more flexible schedule, not possible working for a large consulting firm and much desirable after the arrival



Jennifer O'Connell

of her second child. She started writing as a result of the e-mails shared with friends on the daily trials and tribulations of their work, their kids and their relationships. She was almost done with her first book when she dreamt she was on *The Bachelor*. Jennifer knew then she had to write the story of Sarah.

Jennifer O'Connell will conduct a presentation and book signing on Friday, Sept. 19, at 7:30 p.m. at Barnes & Noble Deer Park, located at 20600 N. Rand Road, Deer Park. For details and more information, please call Marianna Zeidler at 1-847-438-7887.

First Meeting of the Season for DAR

Signal Hill Chapter of NSDAR will hold their first meeting of the fall season, Tuesday, Sept. 16, at the Barrington Area Library, Room A, 505 N. Northwest Highway, Barrington. The business meeting will start at 11:30 a.m. with refreshments and the program to follow at noon.

Margaret McSweeney, a chapter member, will present a review on the book she wrote about one of her friends. *Go Back and be Happy* tells the story of a miraculous near-death experience. Margaret will also give all of you budding authors some tips on how to get your work published.

To celebrate Constitution Week, Sept. 17 to 23, Signal Hill will have a presentation in the display case on the first floor of the library. Hostesses for the day will be: Darlene Horslev, Margaret McSweeney, Jeanette Muench, Audrey Sowka and

Jeanne Tierney.

An applicant for membership in DAR must be no less than 18 years of age. Lineal bloodline of descent from an ancestor who aided in achieving American Independence must be proven. She must provide documentation of each statement of birth, marriage and death. This shall include the applicant's birth certificate naming her parents. This applies to new ancestors and for previously accepted lineages for which documentation was not required at the time of acceptance.

Members, guests or those wanting to know more about Daughters of the American Revolution are invited to attend the program. For more information regarding membership, please phone Billie Owens, 1-847-381-5785, or Jeanne Tierney, 1-847-438-5289.

Caregiver Support Group

Bonnie Scherckenbach, MS, LPC and social service coordinator at 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 Sept. 3, Diane Serzen, senior liaison for the Department of Senior and Community Services with the secretary of state's office, will present "How to Enhance Your Golden Years: Rid Yourself of the Three R's: Resentment, Regret and Rigidity."

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

PACE Exercise Program to be Offered

Please join the Greater Chicago Chapter of The Arthritis Foundation, along with the Barrington Area Council on Aging and the Barrington Park District, for an eight-week exercise program designed specifically for people with arthritis. It will begin Monday, Sept. 8, from 1:30 to 2:30

p.m. Class will also meet on Wednesday from 10:30 to 11:30 a.m. and Thursday from 11:30 a.m. to 12:30 p.m. Preregistration is required, so please reserve your space early. Call 1-847-381-5030. The cost is \$22 for in-district residents or \$27 for out-of-district residents.

Important Message!

If you are considering buying a new construction home, do not overpay, but let the professional deal with the builder or salesperson on your behalf. It costs you nothing, and one phone call can save you thousands of dollars when you purchase your new home.

If I don't save you at least \$10,000, I'll give you \$500 cash at closing!

For more information, call your new construction specialist, Ana Denker, Realtor, at 1-847-277-2274, **Coldwell Banker Residential Brokerage**, or send an e-mail to anadenker@coldwellbanker.com.

Start Decorating Your Home for the Holidays and Save

Now is the Perfect Time to Furnish Your Home with Fine Furniture at Huge Savings

Decorating Connections is offering impeccably-tailored and fabulously-styled Stanford upholstery and casegoods at **30% off** through September. Stanford Furniture has a spectacular collection of everything ranging from gorgeous hand-carved furniture to casually tailored and overstuffed sofas. **Save 20% to 30%** on sensational wall-coverings from Arte, Brunnwig & Fils, Seabrook, Thybony, Imperial, Scalaman-dré and more! Whether your style is contemporary or traditional, you surely will find something sensational for your home.

Hand-painted Habersham furniture is also offered at **25% off** in September. Habersham's elegant cabinets are perfect for powder room vanities, and their artistically painted kitchen tables are perfectly suited for traditional and transitional and country homes alike. Come see which piece is right for you!

Decorating Connections, Inc., a full-service interior design firm, has been creating visionary interiors in Barrington for 16 years! **Decorating Connections**

provides residential and commercial design services and is your source for:

- Furniture
- Accessories
- Window treatments
- New home & remodeling consultation
- Reupholstery
- And much, much more

Our studio houses one of the largest design libraries in the area. In our showroom, there are thousands of fabric, wall-paper, area rug, carpet, furniture, lighting, artwork and accessory samples for you to choose from.

Creating your dream home will be an exciting and extremely-pleasing experience when working with **Decorating Connections** as the designers unite superior design skills with excellent customer service.

Please come visit us at our new showroom in the Barrington Commons Court, the former Esch Pharmacy, near the Barrington Post Office. **1-847-381-7137**.

California Pizza Kitchen Sponsors Countryside Association Charity Event



(From left) Goodmon Goodmonson, Greg Goodmonson and Gloria Goodmonson, founding parents.

On Monday, June 16, California Pizza Kitchen in Deer Park sponsored an open house for Countryside Association staff and clients and their families to preview their restaurant and menu. They had quite

a crowd, and everyone enjoyed the food.

California Pizza Kitchen chose Countryside Association to benefit from sales of pizza on June 24, 2003.

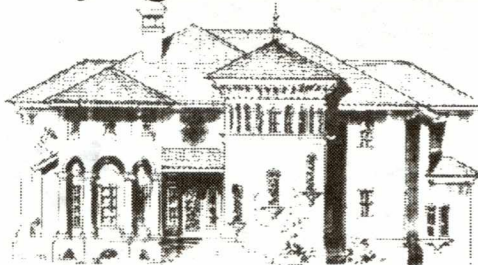
Music on Stage Announces 2003-2004 Season

Music On Stage, Palatine's oldest musical theater group, has pulled out all the stops to secure the rights for a sure-to-please 2003-2004 season.

Music on Stage will begin by present-

ing *The King & I*, the story of Anna, an adventurous English governess sent to Bangkok to tutor the king's many children. The show will run weekends from Sept. 27 to Oct. 12. Familiar songs include

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*Select brands and dates. Offers do not apply to previous orders.

21st Annual McHenry County Antiques Show

Mark your calendar for the 21st Annual McHenry County Antiques Show. The event will be held at the McHenry County Fairgrounds at the corner of Country Club Road and Route 47 in historic Woodstock, Ill. Hours are Saturday, Sept. 6, 10 a.m. to

5 p.m., and Sunday, Sept. 7, 10 a.m. to 4 p.m. Admission is \$6.

All proceeds from the show will benefit the Adult & Child Rehab Center of McHenry County. For more information, please call 815-338-1707.

"Interior Design Experts" Luncheon

The Northwest Women's Connection invites you and your friends to our "Interior Design Experts" Luncheon on Sept. 11 from noon to 1:30 p.m. at Concorde Banquets in Kildeer. Cost is \$15 inclusive.

Design experts Peggy Lowe and Tina Strauss from Ultimate Redesign will be with us. They help homeowners design a retreat from the busy world, a retreat that serves their lifestyle by integrating their

own treasures into a comfortable space. The talented Cindy Lesperance will sing for us. And Rita Ford, who loves to travel, shop and eat out, will speak on the "Tie that Binds." She will share how to set our priorities so we don't feel overwhelmed.

Free preschool childcare is available off premises. Lunch reservations are needed by Friday, Sept. 5. Call Carol at 1-847-359-5089 or Karen at 1-847-818-9016.

Getting to Know You, Hello Young Lovers and *Shall We Dance*. Director Dick Sitt also directed the group's sold-out productions of *The Wizard of Oz* and *Oliver!*

The Taffetas, a woman's answer to Music on Stage's 2002 smash hit *Forever Plaid*, will run weekends from Jan. 17 to Feb. 1, 2004. The four Taffeta sisters will take you on a soft-pop musical journey through the '50s with *Mockin' Bird Hill*, *Puppy Love*, *Mr. Sandman* and *Tammy*. Frank Roberts is the director. If you loved *Forever Plaid*, you'll love *The Taffetas*.

The season will close with the hilarious *La Cage au Folles*, directed by Keith

Schneider who also directed our recent wonderful production of *My Fair Lady*. *La Cage au Folles* is a fabulous, flamboyant musical comedy about love, life and family values in a decidedly unconventional family. The show will run weekends from April 17 to May 2, 2004.

Season subscriptions are on sale now by calling 1-847-289-4419. Subscriptions are offered at last season's unbelievably low price of \$36, a remarkable \$12 per show! Visit www.musiconstage.org to learn more about Music on Stage's outstanding past productions and for audition information.

#1 in the Northwest Suburbs

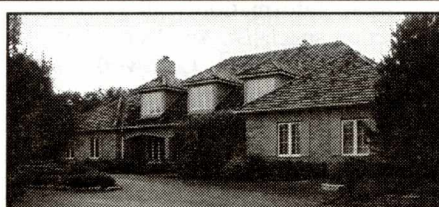
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Barrington Hills \$3,250,000
Exceptional 1 1/2-yr-new grand manor. 6 BR suites, 7 FP, timeless architecture, concrete roof, copper dormers, finest craftsmanship set on 5 magnificent wooded acres.
Frank & Lynne Caiazza 847/277-2767



Barrington Hills \$1,999,000
Waterfront 4 BR, 4+ BA home on 5 wooded ac. 2-story FR, kit w/ 2 islands, sunrm, mstr w/ sitting rm. 4 frplcs, loft & walkout w/ rec rm, off, exercise rm, 4-car gar, beach.
Sherl Wheeler 847/277-2772



South Barrington \$1,390,000
Spectacular new 4-BR, 4.5-BA chateau w/ archways, columns, cherry library, fabulous kitchen. English lower level w/ 2nd kitchen/bar/wine cellar.
Frank & Lynne Caiazza 847/277-2767



Barrington \$1,300,000
Fabulous waterfront 4-BR, 5.5-BA home w/ additional 4000 sq ft sports center/multipurpose room. Walkout lower level w/ exercise room.
Sherl Wheeler/Jane Pohlman 847/277-2772



Barrington Hills \$1,125,000
Spectacular lakefront estate on 6+ acres w/ expansive shoreline. Classic brick 5-BR, 3.1-BA residence w/ open floorplan, 1st-flr MS w/ frplae, luxury spa bath, private.
Donna Veller 847/277-2728



Lake Barrington \$998,000
2-year-young 4-BR, 5.1-BA Colonial w/ hrdwd flrs, 2-story foyer w/ sweeping staircase, columns, kit w/ granite countertops & center island. Master suite w/ sitting rm.
Karen Willis 847/277-2713



South Barrington \$939,000
Exquisite 4-BR, 3.5-BA. 2-story entry w/ custom circular staircase. Library w/ built-ins. Soaring FR w/ massive stone frplc, media built-ins & gorgeous wall of windows.
Frank & Lynne Caiazza 847/277-2767



Barrington Hills \$899,000
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



Barrington Hills \$799,000
5-bedroom, 4.5-bath home set majestically on wonderful 5.56-acre site. 10' ceilings. Marble floor in grand foyer & dining room.
Sherl Wheeler 847/277-2772



South Barrington \$789,900
Unsurpassed waterfront location on 3.5 acres, 4 BR, 4.5 BA, incredible views from 2-story family room, resort-style living w/ inground pool.
Frank & Lynne Caiazza 847/277-2767



Barrington Hills \$769,900
5-BR, 4-BA home w/ remodeled kit, granite island & birch cab. Master suite w/ sitting rm, 2-sided marble frplc & his/her spa. LL walkout, FR w/ stone frplc, ofc & wet bar.
Karen Willis 847/277-2713



Lakewood \$725,000
Stunning 4-BR, 3.5-BA model home customized throughout. Very generous in space w/ extensive dramatic features. Private wooded site. Opportunity awaits!
Donna Veller 847/277-2728



Barrington \$724,900
New 4-BR, 3.5-BA home on premium 2-acre site backing to wooded conservancy. Ultra BAs, maple kit, spacious master, den, hrdwd floors & 3-car gar. Many amenities.
Donna Veller 847/277-2728



Barrington \$697,500
Popular Deer Lake Meadows! Gracious 4-BR, 3.1-BA home. Completely-updated light gourmet kit. w/ granite counters. Water views! Quick close! Move-in condition.
Ron & Jeanine VanDeVelde 847/277-2282



Barrington Hills \$599,000
Horse country. 4 bedrooms, 3 baths, Brazilian double doors, 2-story foyer, vaulted family room w/ soaring brick fireplace, loft, library.
Frank & Lynne Caiazza 847/277-2767



Barrington \$482,500
LBS—4-BR, 4.5-BA end unit overlooks 16th fairway. Hrdwd flrs. Fin walk out lower level w/ lrg rec rm, frplc, BA, wet bar, bonus room. 2 decks. Patio. 2-car garage.
Ron & Jeanine VanDeVelde 847/277-2282



Barrington \$439,000
Awesome Lakefront Views! Updated 3-BR, 3-BA brick & cedar hillside ranch. Hardwood floors, 2 fireplaces & finished walkout lower level. New central AC.
Ron & Jeanine VanDeVelde 847/277-2282



Barrington \$399,900
LBS—3-BR, 3.5-BA. Lakefront!!!. Glorious water views. 2 fireplaces. Deck, patio. Finished walkout lower level. 2-car garage. Gated golf course community.
Ron & Jeanine VanDeVelde 847/277-2282



Barrington \$359,000
LBS—3 BR, 2+ BA. End unit. Custom kit. Appl included. Crown molding, hrdwd floor, vaulted ceiling. Direct entry. Fin walkout lower level w/ fireplace. 2-car gar.
Ron & Jeanine VanDeVelde 847/277-2282



Barrington \$299,000
Beautiful 3-BR, 2-BA vintage home w/ spacious rooms, leaded glass, hardwood floor. Charming brick patio. Walk to train. All of today's conveniences.
Sherl Wheeler 847/277-2772




Barrington \$289,900
Vintage Village—3-BR, 1.5-BA 2-story home. Updated kitchen. Wall of built-in cabinets for TV in family room. 3rd floor walk-up attic. 2-car garage. 2 furnaces.
Sherl Wheeler 847/277-2772



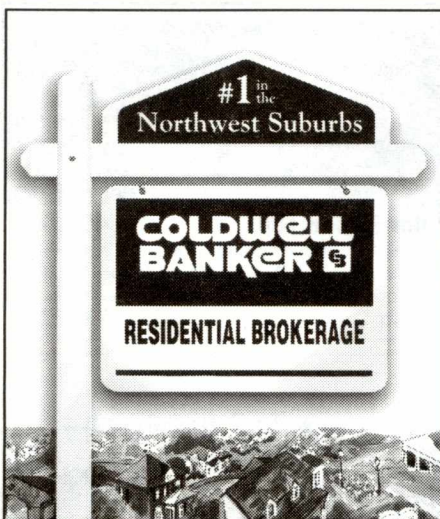
Palatine \$204,900
2-BR, 2-BA. Updated to the max. Fresh paint & carpet. Updated kitchen & BAs. Outdoor pool, exercise room, game room, billiard room. Garage available.
Sherl Wheeler 847/277-2772



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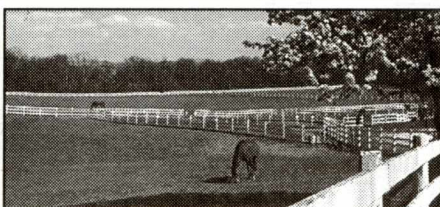
South Barrington \$8,250,000
Outstanding custom home w/ 15 FPs, 2-story library, designer kit & sumptuous master suite. Walkout LL w/ basketball court, gym, 2nd kit & spa. 12-car garage.
Meg Cleavenger/Greg Bradley 847/277-2259



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 \$4,990,000
Magnificent custom 6-BR, 8.5-BA Georgian on 10 acres overlooking Goose Lake. Highest quality finishes, gourmet kit, sumptuous MBR, fin walkout LL, 4-car gar.
Meg Cleavenger/Greg Bradley 847/277-2259



Barrington Hills \$3,995,000
Outstanding 30-acre equestrian estate. Custom-designed 4-BR, 3-BA main residence & 2 guest houses. 2 pools, 2 fully-functional barns.
Meg Cleavenger/Barb Wessberg 847/277-2259



Barrington Hills \$2,690,000
5-BR, 3.1-BA home set majestically atop a ridge. Exquisite features. Sumptuous master suite w/ private balcony. Great rm w/ 20' ceiling. Greenhouse & 6-car garage.
Meg Cleavenger/Greg Bradley 847/277-2259



Barrington Hills \$2,350,000
Waterfront home on 6+ acres on Hawley Lake. Well-designed floorplan w/ large rooms, 4 BR, 3.5 BA, year-round porch, finished LL. Pool, ponds, prized landscape.
Tom Magner 847/277-2292



Barrington Hills \$1,890,000
Picture-perfect colonial nestled on 5 acres. 4-BR beauty offers fresh décor, 3 fireplaces, gourmet kitchen, magnificent grounds w/ pool, pond. Delightful!
Meg Cleavenger/Greg Bradley 847/277-2259



Barrington Hills \$1,790,000
6 br, 4 full 2 half ba home on 5+ wooded lakefront acres. Gracious w/elegant appointments. Guest house. Idyllic views of a sparkling private lake.
Meg Cleavenger/Greg Bradley 847/277-2259



Barrington Hills \$1,395,000
Dramatic Edward Dart design on 5 rolling, wooded ac w/ views across miles of Barrington Hills countryside. 5-BR residence is work-of-art. The setting is unmatched.
Meg Cleavenger/Greg Bradley 847/277-2259



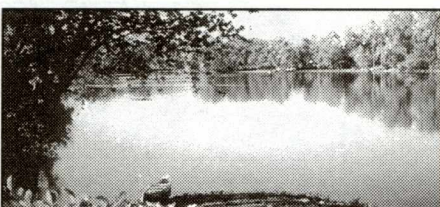
Barrington Hills \$1,200,000
Magnificent 9.9-acre lakefront southern colonial estate w/ generous rooms, 3 frplcs, 2 lux MBA, 4-car gar. Min to Village. Views of wooded grounds & Hawthorne Lake.
Meg Cleavenger/Greg Bradley 847/277-2259



Barrington Hills \$1,199,000
Abundant in character & charm, 1930s 5 BR, 4+ BA classic. Pool, stone terraces, 6 fireplaces, caretaker's cottage, gazebo w/ fireplace in woods.
Meg Cleavenger/Greg Bradley 847/277-2259



Barrington Hills \$1,098,000
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/Greg Bradley 847/277-2259



Barrington Hills \$1,175,000
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/Greg Bradley 847/277-2259



Barrington Hills \$998,000
Distinctive 4-BR, 5-BA home. Offering high ceilings, fresh décor, 3 fireplaces, 2 master baths, finished walkout lower level & barn. Lovely private setting.
Meg Cleavenger/Barb Wessberg 847/277-2259



Barrington Hills \$999,500
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/Greg Bradley 847/277-2259



Barrington Hills \$950,000
Custom waterfront home, drenched in sunlight & beautifully presented w/ lovely lake views. Volume ceil, gourmet kit, FR, lux master suite, full fin w/o lower level.
Meg Cleavenger/Greg Bradley 847/277-2259



Barrington Hills \$899,900
Custom 5-BR, 5-BA home sequestered among towering trees w/ scenic views of pond & stream. Features walk-out lower level, pool & deck.
Meg Cleavenger/Greg Bradley 847/277-2259



Barrington \$739,900
Handsome 6-year-old traditional home w/ 4 BR, 4 full BA, sought-after amenities, volume entry & FR, hardwood floors, cook's kit w/ center island, 3-car garage.
Suzanne Luby 847/277-2777



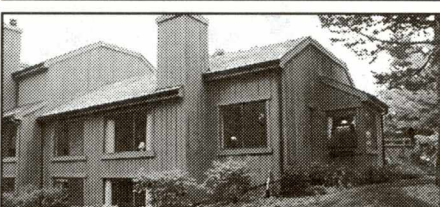
Barrington \$630,000
3-BR, 2-BA. Once a church. Completely remodeled. Hardwood floors, finished lower level & great kitchen. True cathedral ceilings, vestibule area & old church bell.
Tom Magner 847/277-2292



Barrington \$598,000
You'll find character & charm in this 3-bedroom, 1.5-bath vintage rehab on historic preservation roster. Lots of room on 1/2+ acre.
Suzanne Luby 847/277-2777



Barrington \$424,900
Enjoy waterfront living in this 2-bedroom, 3.5-bath home on the Fox River. 2-story living room, private balcony & screened patio, loft, neutral décor, appl, 2-car garage.
Barb Wessberg/Meg Cleavenger 847/277-2277



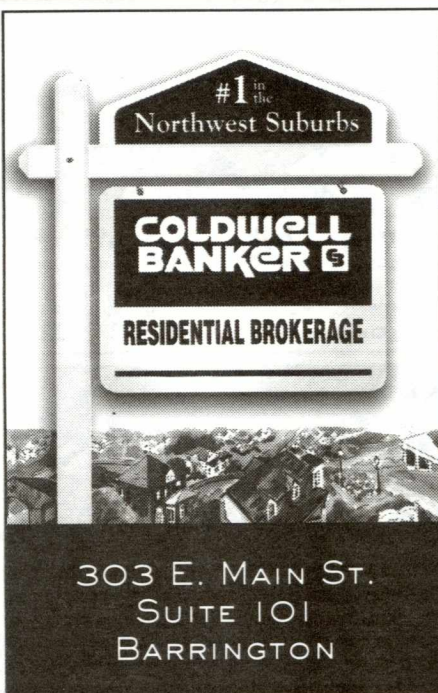
Barrington \$379,900
LBS-Kimball model w/ upgrades make this end unit unique! 1st-flr master, 3 BA, kitchen w/ hrdwd flr. English basement w/ bar, kitchen, frplc & loads of living space.
Tom Magner 847/277-2292



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Barrington Hills \$1,700,000
4-BR, 4.5-BA home w/ exceptional design & premium craftsmanship. 5+ manicured acres w/ paths & gardens. 10' & volume ceilings, finished walkout lower level.
Bonnie Paice/Shannon Paice 847/277-2723



Barrington Hills \$1,549,900
4-BR, 4.1-BA. 2-story entry w/ porcelain flooring. 2-story family room w/ fireplace. Sunroom. Huge study w/ built-ins. Master w/ steam shower, whirlpool.
Celeste Lockhart 847/277-2272



Barrington Hills \$1,495,000
Waterfront estate! 4-BR, 3.5-BA home w/ 2-story foyer, formal dining rm & chef's kit w/ breakfast bar. Stepdown sunroom, enclosed porch & walkout lower level.
Ana Denker 847/277-2274



Barrington Hills \$1,395,000
5-BR, 5.5-BA Georgian w/ 3-story foyer, 9' ceilings, hardwood floor, 1st level study, sunroom, 2nd level bonus room, 5 fireplaces, walkout LL. Bar, sauna, pool.
Bonnie Paice & Shannon Paice 847/277-2723



Barrington \$1,299,000
Proposed construction. 4-BR, 4.5-BA floorplan & luxury amenities. 2-story foyer & family room, 3 fireplaces, custom millwork, granite, gourmet kitchen. 4-car garage.
Bonnie Paice & Shannon Paice 847/277-2723



Barrington \$1,198,000
Stately 5-BR, 5+ BA Colonial is situated on lush 2-ac lot in convenient location. It offers quality construction, vol entry, vaulted ceil, fab sunroom & fin rec area.
Suzanne Luby 847/277-2777




Barrington \$1,100,000
Lakefront 4-BR, 3.1-BA spectacular English Tudor w/ 500' of lake frontage on 2.5 landscaped acres. Oak staircase & floors. 2-story breakfast rm & living rm. Walkout LL.
Tressa Borkon 847/277-2256



Lake Barrington \$999,000
Exquisite & graceful 4-BR, 4-BA classic home nestled high on 1+ acre of beautifully-landscaped property. 2 story foyer & FR, 3 frplcs, hrdwd flrs, fin w/o LL w/ bar.
Bonnie Paice/Shannon Paice 847/277-2723



Barrington Hills \$995,000
Charming country 4-BR, 3.5-BA colonial on quiet private lane overlooking scenic stocked pond. Beamed ceiling & attractive raised-hearth fireplace. Hardwood floors.
Nancy Herr 847/277-2267



North Barrington \$929,900
Stunning 4-BR, 3.1-BA waterfront home in mntnce-free golf course comm w/ elegant 1st-flr MBR, lux upd BA & gourmet kit. Relax in the court yd w/ fountain & pavers.
Suzanne Luby 847/277-2777



Barrington Hills \$849,000
Multi-level 6+ BR, 4+ BA brick & frame home on 5+ ac in BH. Backs to forest pres, Spring Creek. LR w/ wall of windows. FR w/ stone frplc. Rec rm overlooks pool.
Sue Goodfellow 847/277-2276



North Barrington \$799,000
Elegant 3-BR, 3.5-BA in gated golf community. Oak flrs, Plantation shutters, cathedral ceiling, Berber, crown molding, walkout LL, veranda & screened porch.
Sue Goodfellow 847/277-2276



Barrington \$779,900
4 BR, 3 BA on wooded 2.12-acre priv lot. Kit w/ granite & Subzero. MBR w/ whirlpool & steam shower, vol ceil, skylights, deck & priv fenced patio. Finished lower level.
Celeste Lockhart 847/277-2272



Barrington \$737,900
4-BR, 3.5-BA home. Private guest suite. Arts & Crafts cabinets, ss appls, granite, ultra baths, custom closets & shelving. Screened-in porch. Deck. Hrdwd floor & more.
Adrienne Virgilio/Sandy Grieco 847/277-2266



Barrington \$698,500
3-BR, 2.1-BA maintenance-free ranch w/ impressive waterfront view. Newer quality construction, top-of-line kitchen, luxury master BR. Fin English lower level.
Nancy Herr 847/277-2267



South Barrington \$678,000
4-BR, 2.5-BA traditional on 1+ acre prof-landscaped lot. Updated kit, hrdwd & Mexican tile flr, fin bsmnt, vol ceil & screened porch w/ masonry frplc. Close to I-90.
Bonnie Paice/Shannon Paice 847/277-2723



Barrington \$624,900
Elegant—Perfect Condition—Oversized Rooms—3 BR, 2.1 BA, wood floors on 3 levels. Lower level w/o rec room, slate front porch, lake views—1 acre.
Kerry Franze 847/277-2703



Barrington Hills \$525,000
Charming 3-BR, 1-BA farmhouse tucked away on lush 5+ acre setting. Updated bath & kitchen. Authentic windmill. Near riding trails. Heartwarming!
Lois Olivari 847/917-2469



PRICE REDUCED

Barrington \$488,900
LBS—3-BR, 3+ BA w/ 1st flr mstr. Other BRs w/ priv BAs. Eat-in white kit. Sunrm. Golf course views. Huge LL w/ dbl-sided brick frplc & mini-kit w/ wet bar. 2-car gar.
Ron & Jeanine VanDeVelde 847/277-2282



Cary \$484,900
Custom 3-BR, 2-BA ranch w/ golf course view. 10+ ft ceiling, chef's kit w/ island, 42" cabinets, frplc & ceramic flr. Luxury MS, expansive English LL, 3 frplcs & 2-car gar.
Bonnie Paice/Shannon Paice 847/277-2723



Vacant Land

Wadsworth \$449,900
A great opportunity for developers & builders. New subdivision. 11 acres with 1 acre of zoning for single family homes.
Celeste Lockhart 847/277-2272



Barrington \$220,000
LBS—Unique 2-BR, 1.1-BA on cul-de-sac overlooking golf course. Open floorplan, 2 fireplaces, eat-in kitchen, nice courtyard. Fin LL & more. Great value!
Ron & Jeanine VanDeVelde 847/277-2282



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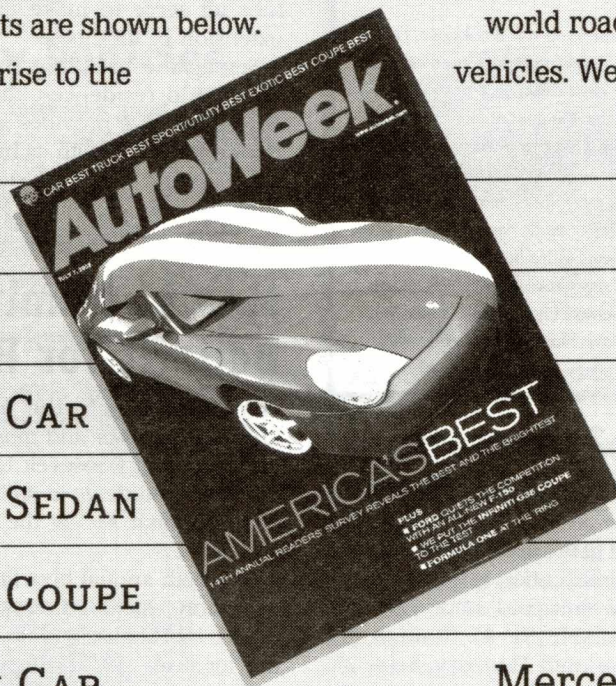
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Motor Werks models score 9 for 9 in "America's Best" Autoweek reader poll.

In its 2003 reader poll, AUTOWEEK magazine asked its 352,457 subscribers — considered to be among the most fastidious auto enthusiasts in the country — to name their favorite cars, trucks and SUVs. The results are shown below. Their choices were no surprise to the

experts. And a compliment to the nearly 6,000 Chicago area car buyers each year who choose Motor Werks to purchase or lease their vehicles. Stop in this week for a first-person real world road test of "America's Best" vehicles. We welcome *your* opinions.

<input checked="" type="checkbox"/> BEST SEDAN	BMW 3-Series
<input checked="" type="checkbox"/> BEST COUPE	BMW 3-Series
<input checked="" type="checkbox"/> BEST SPORTS CAR	Porsche 911
<input checked="" type="checkbox"/> BEST SPORTS SEDAN	BMW M5
<input checked="" type="checkbox"/> BEST SPORTS COUPE	BMW M3
<input checked="" type="checkbox"/> BEST LUXURY CAR	Mercedes-Benz S Class
<input checked="" type="checkbox"/> BEST ECONOMY CAR	Honda Civic/Hybrid
<input checked="" type="checkbox"/> BEST OFF-ROAD SUV	Porsche Cayenne
<input checked="" type="checkbox"/> BEST PEOPLE MOVER	Honda Odyssey

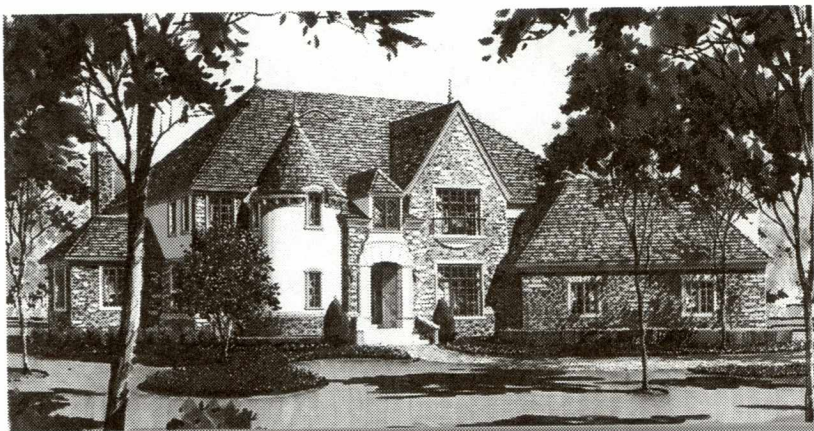


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You know you've arrived when you visit Brookstone, Long Grove's finest destination point. With Phase II opening, you can choose from 7 of the most desirable 1 to 1 3/4 acre premium sites. Surrounded by 400 acres of forest preserve, you will enjoy resort living year round in a magnificent custom designed residence. Sumptuous inclusions such as cherry, limestone or marble floors, elegant circular staircase, granite countertops, exotic lanais, master spa suites, and walk-out basements with a home theater can be yours. Live in prestigious Long Grove where your children will attend top rated Stevenson High School. Once you visit, you'll never want to leave. Homes start at \$1.3 million.

LZACC Oktoberfest

The Lake Zurich Area Chamber of Commerce is busy planning for the third annual Oktoberfest celebration and 38th Annual Scholarship Auction. The three-day festival, which kicks off on Friday, Sept. 26 at Mt. Saint Joseph's in Lake Zurich, will feature live music, games, carnival rides, a craft fair, pony rides, a climbing wall, a beer garden and great food from area restaurants. Live and silent auctions will also be held each night, with

proceeds benefiting the LZACC Scholarship Fund.

Tickets at the gate are \$8 per person per day, with children under 12 years of age admitted free with a paid adult. Advance tickets are available for \$5 through the chamber's office until Thursday, Sept. 25.

For more information, call 1-847-438-5572, e-mail to info@lzacc.com, or visit www.oktoberfestlz.com or www.lzacc.com.

Low Vision Support Group Begins Thursday, Sept. 11

Bonnie Scherkenbach, MS, LPC, and social service coordinator at The Barrington Area Council on Aging, Inc., invites you to attend the new low-vision support and education group.

Meetings will be held on the second Thursday of each month at Lake Barrington Woods, 22320 Classic Court, Lake Bar-

rington, from 12:30 to 2:30 p.m. Transportation is available for residents of the Barrington area.

For general information on the group, call BACOA at 1-847-381-5030. If you need transportation, please call Denise at Lake Barrington Woods at 1-847-842-8900.

"Autumn Elegance" Concert and Recital

The Barrington Area Arts Council announces "Autumn Elegance," a concert and recital by master organist Lynn Larsen at the SanFilippo Estate on Sunday, Oct. 26, at 2 p.m. A cocktail reception and a tour of the estate will follow.

Tickets will be available in September for this unique cultural event. For more details or to reserve tickets, call 1-847-382-

5626.

The Barrington Area Arts Council is a not-for-profit arts organization that supports, promotes and sustains programs in the visual, literary and performing arts. The Barrington Area Arts Council is partially funded by a grant from the Illinois Arts Council, a state agency, and the Village of Barrington.

Outdoor Amenities Lure Buyers to Brookstone in Long Grove

If enjoying spectacular views of a majestic forest preserve from your custom-built home is an important priority, then **Homes by Richmond** offers an opulent outdoor lifestyle at **Brookstone** in Long Grove.

An enclave of 15 one-of-a-kind custom homes on one- to 1.75-acre wooded home sites, **Brookstone** sits on a 30-acre wooded parcel bordered by a 400-acre forest preserve on the south and east and a seven-acre conservancy boasting two ponds and a nature trail along the east side.

Due to the unusual rolling terrain of the land, most homes have walkout or English basements. Each lavish residence is designed with the owners' love of the outdoors in mind, so the rear of each home is as impressive as the front. Multiple balconies, brick paver patios, spectacular swimming pools and exciting hot tubs all serve to make the outdoors an extension of the home.

Setting the backdrop for these unique Old World residences, the Lake County Forest Preserve provides a haven for outdoor enthusiasts with its bike paths, walking trails and two lakes stocked with fish. Homeowners can enjoy fishing, kite flying, bird watching, wild life photography

and just plain deer watching.

Large stone patios step down to a kidney shaped pool and overflowing hot tub with lights, Jacuzzi and fountains. Curved balconies with elegant wrought-iron railings extend off the master bedroom suite in back of the house and overlook the swimming pool. Sumptuous bedroom balconies enhanced with limestone balusters are large enough to accommodate a couch, rattan chairs and a table.

An octagonal turret houses a breakfast room on the first level with an eight-foot whirlpool hot tub perched atop, creating a master bedroom balcony that's relaxing and functional at the same time. While the balcony overlooks the first-floor patio, a pond and an outdoor fireplace, inside the bedroom, a wall of glass allows the homeowner to enjoy spectacular views of the forest preserve. For those who love to entertain family and friends, an outdoor kitchen comprised of a wet bar, built-in professional grill and fireplace extends the summer a few more months and is great way of taking advantage of the changing seasons.

A demonstration house is open daily from 10 a.m. to 5 p.m. except Wednesday and Thursday. Call 1-847-537-8459.

Marvin Hamlisch Performs at Roosevelt Benefit for Performing Arts College

Marvin Hamlisch, the internationally-known composer and musician, performed recently at Roosevelt University's benefit for the students in its Chicago College of Performing Arts at the Chicago Hilton and Towers.

The 12th annual benefit, "One Singular Sensation," included dinner and a performance by Hamlisch, whose work includes the musicals *A Chorus Line* and *They're Playing Our Song*.

More than 800 people attended according to benefit chair Adair Schwartz, senior vice president of Grubb & Ellis Company. She added that previous entertainment for the benefit has included Bill Cosby, Harry Belafonte, Rosemary Clooney, Dionne Warwick, Ramsey Lewis and last year's featured guest, Nancy Wilson.

All proceeds benefit Roosevelt University's Chicago College of Performing Arts. Last year's event raised \$200,000 for student scholarships.

Earlier in the day, Mr. Hamlisch had conducted a master class for students in the Chicago College of Performing Arts. During his performance, he invited three of those students to join him on stage and perform with him. It was the thrill of a lifetime for Robin Childress, Matt Crowle and Lina Kernan.

Roosevelt University alumnus Louis L. Lerner was awarded the prestigious Dr. Florenz Ziegfeld Award, named in honor of the founder of the Chicago Musical College, which became part of Roosevelt University in 1954. The college's name was changed to the Chicago College of Performing Arts in 2000.

The Chicago College of Performing Arts provides professional conservatory train-



Celebrating at the post performance party for Roosevelt University's benefit for the students in its Chicago College of Performing Arts were Marvin Hamlisch, the legendary composer and performer, and Kathleen Amatangelo of Barrington Hills. Ms. Amatangelo's husband, Nicholas, is a member of the Chicago College of Performing Arts board.

ing in theatre, music performance and music education. This year marks its 135th anniversary.

Founded in 1945, Roosevelt University is a private, nonsectarian university with 7,300 students at campuses in downtown Chicago and northwest suburban Schaumburg. It is named for both Franklin and Eleanor Roosevelt.

For more information, contact Lauren Chill, executive director of special events at Roosevelt University, at 312-341-3849 or by e-mail at lchill@roosevelt.edu.

From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

There's a new addition in the Wickstrom family. It's the new **Wickstrom Lincoln Mercury** store in Barrington! It's official! Our family business has grown in size with the purchase of the former Nigri-McCue dealership at the corner of Northwest Highway and Hart Road.

It's a busy month for us! There's cleaning and painting to be done. New signs are being installed. Shipments of Lincoln and Mercury vehicles are arriving daily. But we have our sales office up and running at Northwest Highway and Hart Road to serve you right now. However, we will be spending some extra time getting the service and parts area in order and will open in September for service. In the meantime, Lincoln-Mercury factory service is being provided at our Ford facility. We believe Lincoln-Mercury owners will be surprised and pleased with what they see!

Our family will continue to have two



locations on Northwest Highway to serve you. Our flagship Ford store will remain at 600 West Northwest Highway, but feel free to stop in at the corner of Northwest Highway and Hart to look the new Lincoln-Mercury building over! Wickstrom Lincoln Mercury, where you can expect the best and experience the difference—the Wickstrom difference!

A Great Selection of Specialty Vehicles

Emkay Car Rental offers a great selection of specialty vehicles for short-term rent. **Emkay** has the new Nissan Maxima. **Emkay** also has the new Toyota Highlander and the Volvo XC90 for your SUV needs. **Emkay** also has an outstanding selection of European imports. The BMW 3 series, Volkswagen Jetta or the Saab 9.3 Convertible are just a few of the models available. If a minivan is needed, then the Dodge Grand Caravan will do the job. Please call us for availability, 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 and 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.

Fascinating Year Planned for Art Associates

Evelyn Richer continues as chair of the Barrington Community Associates of the Art Institute of Chicago.

The 2003-2004 season includes 14 informative lectures in the Barrington area and seven interesting trips to Chicago and Milwaukee.

The year will begin Sept. 4 with the membership tea at the Presbyterian Church of Barrington. David Stark will discuss "Paintings of the Fall: American Landscape."

The first excursion, Sept. 18, will feature little-known treasures in Milwaukee. Lunch will be at the Lake Park Bistro.

"The American Image: Creativity in a Changing World" with Nenette Luarca will be the Art Volunteers in the Classroom seminar on Oct. 8.

"Gardens in Art" will be the theme of the February Seminar Series and will include Chinese, Renaissance and impressionist gardens and Battery Park City.

The popular Members Present Art programs at the Barrington Area Library will include: "Chihuly and Photography" by Sue Smith, Sept. 25; "Baskets" by Susan Kavicki, Nov. 13; "Silk Scarves" by Lenni Freeman, Jan. 22; and "The Prado Museum" by Lani Dri, March 10.

Trips to the Art Institute on Oct. 29, Nov. 21 and March 26 will be for members only. The trip on July 21, "Seurat and the Making of La Grande Jatte," will in-



Evelyn Richer, chair,
Barrington Community Associates

clude lunch at the University Club.

The luncheon and lecture on Jan. 15 at the D & J Bistro in Lake Zurich will feature "Love's Messenger, Valentines in the Victorian Era."

New this year is a dinner event, April 18, at Emmett's Brew Pub in Dundee. Miranda Hofelt will discuss "The Brewer's Art."

At the spring membership tea, May 6, at the Presbyterian Church of Barrington, Tricia Smith Scanlan will present "In Search of the American Abroad: Whistler, Sargent, Cassatt, Hitchcock."

A trip to see the Christmas lights in Chicago will be led by Bill Hinchliff on Dec. 11 with dinner at Greek Islands Restaurant.

A trip on May 20 to the Field Museum will feature "Quiniong, Chinese Forbid-



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Meditation Seminar

(Continued from page 22)

revelations in a workshop offered **Saturday, Sept. 13**, from 1:00 to 3:30 p.m. at Julio's Cocina Latina, 95 S. Rand Rd., Lake Zurich (located in the Lakeview Plaza, 1-847-438-3484). Cost is \$40 in advance and \$50 at the door; both prices include the newest hardcover edition of *Beyond the Broken Gate* and a wonderful dessert bar.

It is unlikely that you will have a transformative meditation experience right away, but you will learn to quiet the mind and turn your focus inward. The exercises

will help you ultimately get in touch with your essential self and dramatically improve your day-to-day life. To receive more information, please contact Jennifer at **773-684-3002**.

To purchase tickets, call or visit one of our sponsors at All About Angels, 159 S. Rand Rd., Lake Zurich (Lakeview Plaza, 1-847-726-1023) or All Ways Healthy, 123 S. Rand Rd., Lake Zurich (Lakeview Plaza, 1-847-438-9200).



den City" and will include lunch at Ben Pao.

"Manhattan and More," a special five-day tour of New York City by About Tours, April 28 to May 2, will include cultural highlights in and around the city.

Assisting Evelyn Richer on the current board are: program chairs Mari Harrer and Lenore Elsener; program committee, Bonnie Murray and Alyce Anthony; secretary Margaret McCotter; treasurer Bonnie Marturano; membership, Marianna Barr; publicity, Virginia Tolk and Nancy Humphrey; transportation, Lu Gustafson; Art in the Classroom, Patricia Valentine, Bonnie Marturano and Mary Jeanne Bolger; Members Present Art Series, Arlene Martin; Seminar Series, Pat Fein; hospital-

ity chairs Mary Green and Nancy Rehbein; hospitality committee, Alice Bucholz and Lola Mugalian; scholarship chairs Pat Fein and Mary Lou Iverson; historian Anne L. Seabastian; and ex-officio Mary Wajda.

Membership is open to interested men and women in the Northwest Suburbs. No artistic background is necessary, only an interest in the enjoyment and appreciation of art.

The annual membership dues include the same benefits as a family membership at the Art Institute of Chicago. The dues are \$70 until Sept. 30 and \$85 starting Oct. 1.

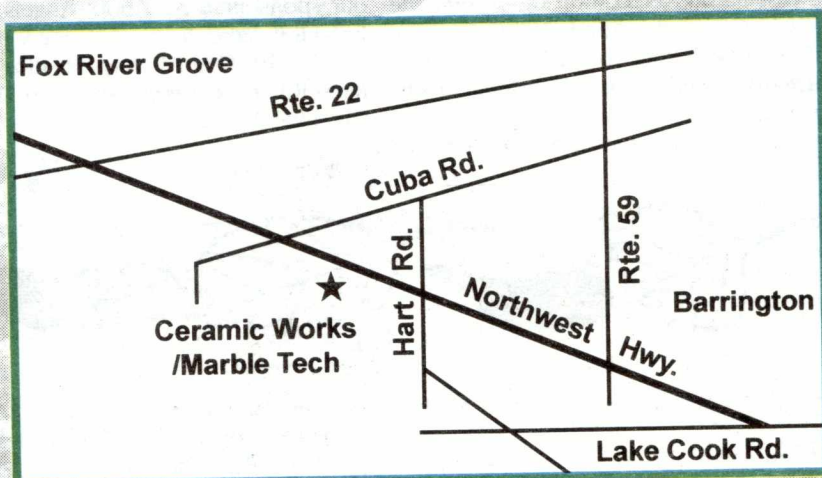
For membership information, contact Marianna Barr at 1-847-382-3952 or Evelyn Richer at 1-847-381-5349.

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