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Saturday, Feb. 14

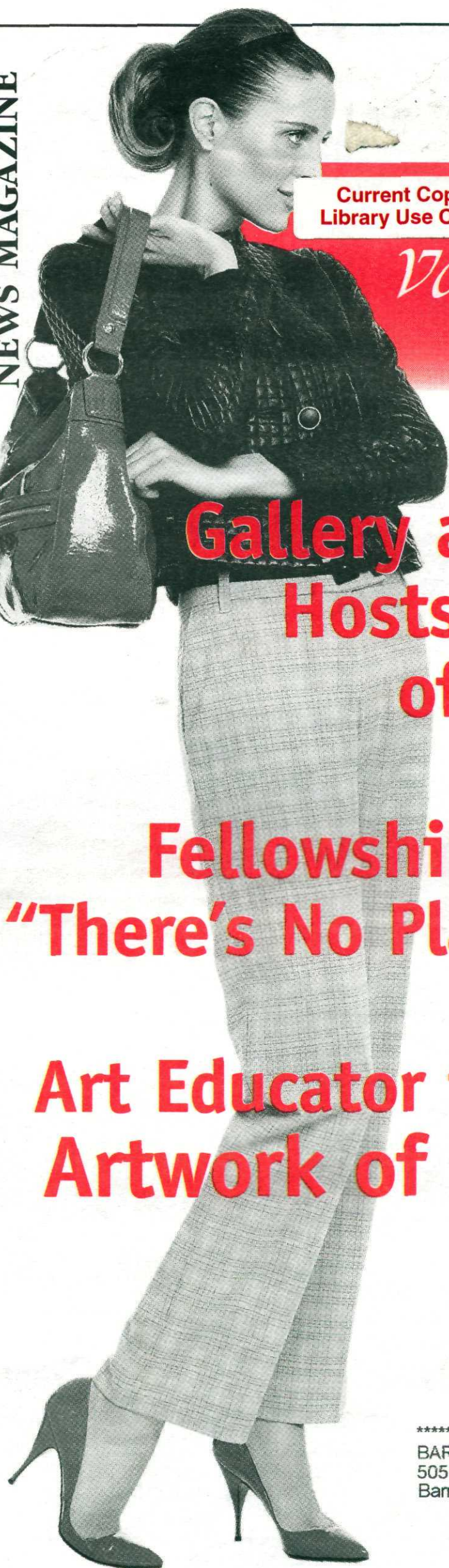
**Gallery at The Garlands  
Hosts 3 Generations  
of Family Artists**

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

**Art Educator to Interpret the  
Artwork of Edvard Munch**

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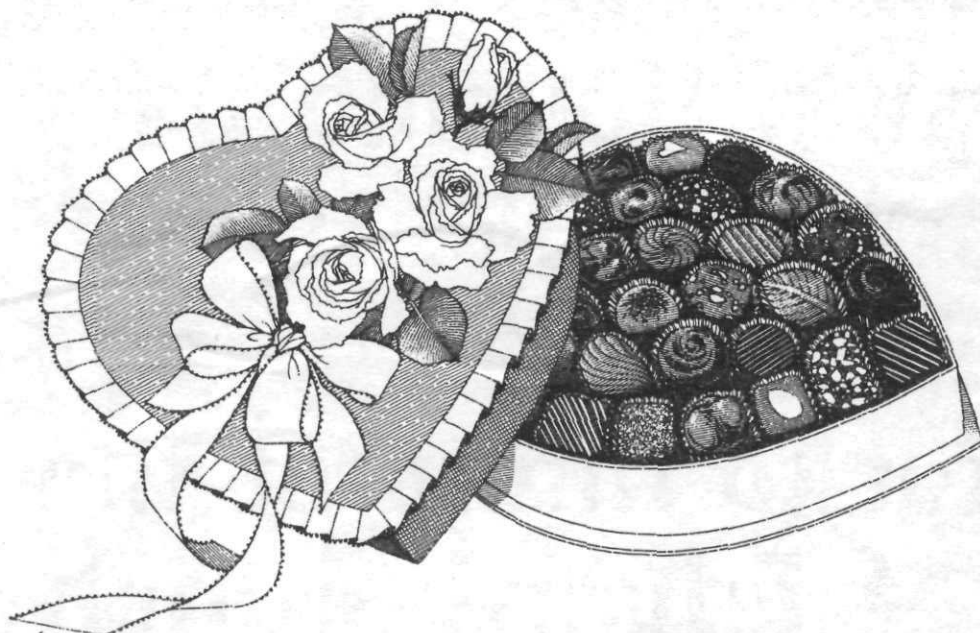
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## Editor's Ink

February 2009

Dear Reader,

Lots of news in the art world this month, so if you're an art appreciator, you'll enjoy the variety.

The Gallery at The Garlands of Barrington is hosting three generations of family artists, displaying collective work now through March 12. Represented will be still life, abstract expression, surreal portraiture and more. From grandmother to granddaughter, the talent prevails. It's in the genes!

In March, B/NWCA (the "Art Associates"), will focus on artist Edvard Munch. His artwork was not warmly embraced at first, having a dark tone, but gradually became accepted, then celebrated. *The Scream* is his most-famous piece.

In April, the board of directors of Oil Painters of America (OPA) representational and invited artists will exhibit examples of their artwork in the Sage Gallery at the Lakeside Legacy Arts Park in Crystal Lake. The OPA is one of the most prestigious art organizations in the country. Many local painters will be represented among the artists.

Find more details on these wonderful presentations and more in this issue of *Barrington Lifestyles*.

Until next time, may all your thoughts be sunny.

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



## About Our Cover

**Tailored Good Looks.** A black quilted-leather fitted cropped jacket tops a black cotton jersey crew-neck shell and navy glen plaid stretch-blend pants. Completing the look, a crimson cracked-leather hobo bag. Liz Claiborne.





## Art Leaders to Exhibit at Lakeside Legacy



The board of directors of Oil Painters of America (OPA) representational and invited artists will exhibit examples of their artwork in the Sage Gallery at the Lakeside Legacy Arts Park from April 1 through the 21st. The public is welcome at a reception on Friday evening, April 3, at the Sage Gallery, 401 Country Club Road, Crystal Lake, from 5 to 7 p.m.

Oil Painters of America is one of the most prestigious art organizations in the United States and Canada. OPA challenges its members to a high standard of excellence by holding juried exhibitions and honoring its best artists. Winning a juried place and top award in an OPA show has served as the career catalyst for many nationally known artists. Total awards at the May 2009 national exhibition in Santa Fe will approximate \$40,000 including a \$20,000 Best of Show.

OPA's national headquarters has been Crystal Lake since 2002. The majority of the board of directors are from the Chicago metropolitan area. The board has been responsible for developing a program that has increased their 1998 membership of 700 to 3,000 members in 2009.

Exhibiting OPA members at the Sage Gallery will include currently active OPA artists who have won many national

awards. Past president and Master Signature Member Bill Chambers won the prestigious Grand Prize at the International Portrait Competition held by the Portrait Society of America. Another past president and Master Signature Member, Zhiwei Tu, won OPA's American National Award of Excellence. Tu has authored many art books and was honored in 2006 by the opening of The Zhiwei Tu Art Museum in Shiaoquan, China.

Other exhibiting board members who have won numerous national awards are Signature Members Bill Schneider of Lakewood, Scott Tallman Powers of Chicago, and Ken Cadwallader of Grand Rapids, Mich. Current president and Master Signature Member Neil Patterson of Alberta, Canada, past president Betty Schmidt of Crystal Lake, and Signature Member Konrad Hack will also exhibit paintings. Hack is a founding member of the Midwest Air Force Artists Program. Illinois artists who have exhibited in national OPA juried shows, Thomas Trausch of Woodstock and Suzanne Poursine Massion of Hampshire, will show their paintings. In addition, photography will be represented by Tom Schmidt of Crystal Lake. Schmidt is the official photographer for the OPA national exhibitions.

## Seniors Head Off to "Spring Training" with LaFarge

Adults 50 years and better are invited to "Spring Training" to brush up skills or pursue new interests through LaFarge Lifelong Learning. Presented by St. Anne's Catholic Community in Barrington, this non-denominational program is designed to provide area seniors of all faiths with continuing education opportunities close to home, but far from the usual fare.

"The program really has hit a home run with area seniors," remarked Sister Margaret Eisele, program director. "It keeps them challenged, active and connected in the community." Now in its eighth season, Sister Eisele is especially proud of the instructors who volunteer their time and talent teaching in their respective areas of expertise. "Our instructors' enthusiasm is contagious," she continued. "That, combined with a love for learning, helps our seniors stay at the top of their game."

This spring, LaFarge will offer courses in beginning and advanced computer skills, digital photography, watercolor painting, woodcarving and knitting. The nonprofit program is funded in part by a grant from the Barrington Area Community Foundation, in recognition of its significant contribution to the quality of life for seniors in the area.



**LaFarge Lifelong Learning Program instructors (from left) Jim Kennedy, Jim Hoffman, Joan Quinn, Doug Jones and Mike Konie will share their expertise and enthusiasm, teaching a variety of courses for adults 50+ this spring.**

Spring Term starts the week of March 9. Nominal fees are charged to cover course materials. Classes are held once per week on the campus of St. Anne's Church in Barrington. Registration will be held March 2, 3rd and 4th from 9 to 11 a.m. in the St. Anne Senior Center, 120 N. Ela Street, downtown Barrington, or may be completed by appointment at the LaFarge Program office.

For more information, call 1-847-381-5799.

## Mrs. Illinois Inspires Fellowship Housing Gala Committee Members



**Fellowship Housing gala committee members with Mrs. Illinois**

Lisa Dean Niewolny, Mrs. Illinois/America 2008, honorary chair of the upcoming Fellowship Housing gala, "There's No Place Like Home," spoke to the organization's committee members at a recent planning meeting. The committee, chaired by Karen Fitzgerald of Inverness, was inspired by Niewolny's comments about her passion for helping the poor and her heart for helping moms and children.

"I am thrilled and honored to be a part of this first-ever gala event to support the wonderful work being done by Fellowship Housing to serve homeless and at-risk single moms and their children," commented Niewolny. "I am particularly impressed with the track record that Fellowship Housing has, measured by the number of graduates from the program that are able to achieve independent living."

In addition to Niewolny's role as honorary chair, the committee is also excited

to have Jim Schwantz, a former Chicago Bear, as the master of ceremonies at the gala. Schwantz, national sales manager for Von Sydow Moving and Storage in Palatine, is running for mayor in Palatine.

The black-tie gala, "There's No Place Like Home" will be held on Saturday, Feb. 21 at the Schaumburg Renaissance Hotel & Convention Center. For information about tickets or possible donation items, contact Cathy Wloch, development director, at 1-847-882-2511 ext. 2115.

Fellowship Housing is a 17-year-old charitable organization that serves homeless or at-risk single moms and their children by providing affordable housing during a two-year comprehensive program to guide these families from crisis to long-term stability and independence. The program achieves this partially through providing holistic mentoring and case management.



## Timelessness of Art Transcends Generations The Gallery at The Garlands Hosts Three Generations of Family Artists

Three generations of the Northwest Suburban Jonelis family will show their collective work at The Gallery at The Garlands, 1000 Garlands Lane, Barrington, off Northwest Highway by the Barrington Area Library. The show runs through March 12 and is open to the public any day from 8:30 a.m. to 4:30 p.m. For more information, please call The Garlands concierge at 1-847-756-3000.

Pat, John and Jennifer Jonelis focus on landscape and still life, abstract expression, and surreal portraiture, respectively. While their difference in styles is striking, their talent is no doubt genetically linked.

Representing the third generation, granddaughter Jennifer Jonelis, a resident of Crystal Lake, is a graduate of Palatine's Quest Academy, Olivet Nazarene University's School of Art and the Los Angeles Film Studies Center. Her paintings, drawings, film and digital media explore the surreal psyche of the human mind. Jennifer's graphic work is heavily influenced by her fine art and vice versa.

Jennifer's love of art was passed down from several family members on both sides. In particular, her father, John Jonelis of Crystal Lake, holds a bachelor's of fine art degree from Illinois Wesleyan. A professional painter, John's abstract work will also be on display.

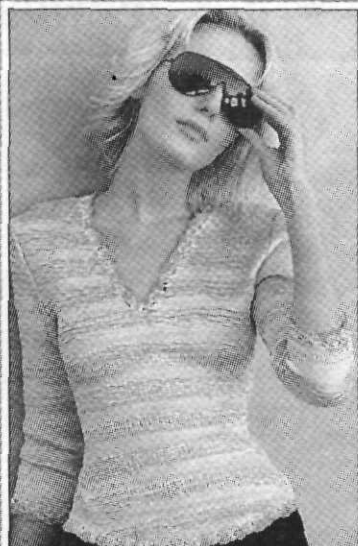
Mother and grandmother, Pat Jonelis, is



**Never Did I Think of Have I Thought by Jennifer Jonelis**

the newcomer to painting in the family. A resident of The Garlands of Barrington, Pat has always demonstrated an artistic flare, particularly with needle-crafts. In recent years, she has taken classes with other Garlands members at The Garlands Art Studio and enjoys perfecting her painting and drawing techniques.





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## Illinois Enacts Law to Protect Biometric Information by Joette S. Doran, Esq.

In October 2008, Illinois enacted the Biometric Information Privacy Act, which seeks to protect individuals from possible identity theft. Biometric information includes retina or iris scans, fingerprints, voice prints, and the scan of hand or face geometry. Today, companies commonly use biometric information, such as using fingerprints as a means of payment such as at the grocery store or the gas station. Employers who collect and/or use biometric information for any reason may also be covered by the Act. For instance, an employer may control an employee's access to certain locations or information by



requiring hand scans for entrance to a work site or by using voice prints to ensure that individuals seeking access to confidential data have appropriate autho-

## Feel-Good Fashions at Great Prices!

Embrace the new season! The breezy styles in charming colors that are arriving daily are guaranteed to lift your spirits and make you smile.

Spring is full of bold Bohemian colors and shapes. Language LA brings us the best, with their crochet sleeved tops and intricately embroidered tees. Pair them with a white denim capri from Joes Jeans for do-it-yourself cool!

Get in on the season's sunny tie-dye styles with our fabulous hoody cardigans and coordinating tanks. Or, throw a feather-weight dip-dyed scarf over one of our Lila P cotton peasant blouses for a casual, cool combo.

Sport an edgy, airy look with our Lucky Brand embroidered capris, eyelet smocked-front tops and Asian printed thermal tees. Speaking of tees, a plethora of playful patterns, all delicately screen printed in fabulous colors are awaiting your perusal.

Tops are a big item at **Assemblé**. Set yourself free this spring with flirty tie-shouldered tanks, ruffle-front tops and

more... the silhouettes are feminine, yet provocative. Be on the lookout for banded hemlines and surplus wraps. Elegant prints and solids from such designers as Sweet Pea and Rebecca Beeson usher in the season to reinforce the theme that simplicity is the new chic.

For that sophisticated, ladylike ensemble, pull it all together with one of our great jackets! Throw on a terrific trench in white or sun-kissed yellow. Or, you might opt for the big-button-trimmed jacket in safari brown. Belted linen vests, see-through fishnet sweaters and metallic fawn-colored jackets—each make for quick and easy choices to complete your look.

All of this and more is arriving throughout February—as we now look at our vendor purchases to bring you a true picture of what's coming for you! We have your key finds, creative looks and all the instant chic to set you apart from your crowd. Smart shopping at great pricing at **Assemblé**.

*See ya soon!*

## Create a New You for Valentine's Day

This Valentine's Day, why don't you treat yourself or your sweetie to a new and improved you? There is no better way to get yourself through this cold, snowy winter than to enhance your beauty. First, choose your haircut. You may be a sleek, trendy bob girl, or maybe playful textured layers are more your style. Next it's time to have fun with some color. You may want to add some spice with a rich cinnamon hue or add some multidimensional honey or caramel highlights. The possibilities are endless!

Call **Elevation Salon** and let one of their experienced stylists help you choose the best color and cut to suit you and your lifestyle.



**Elevation Salon** is conveniently located at 28686 W. Northwest Highway in Petersen Plaza, one block west of Kelsey Road, in Lake Barrington. Call **1-847-304-5970** for an appointment.

## Catholic Charities' February and March LOSS Meeting Dates

Catholic Charities of the Archdiocese of Chicago invites those who have experienced the loss of a loved one to suicide to participate in its Loving Outreach to Survivors of Suicide Program (LOSS).

### Meeting Dates and Locations

- Sundays, 7 to 9 p.m. at Catholic Charities Northwest Office, 1717 Rand Road, Des Plaines, on Feb. 8 and March 8.
- Wednesdays, 7 to 9 p.m. at Holy Family Church Counseling Center, 2515 Palatine Road, Inverness, on Feb. 18 and March 18.

ly Church Counseling Center, 2515 Palatine Road, Inverness, on Feb. 18 and March 18.

• Thursdays, 7 to 9 p.m. at Carmel High School, One Carmel Parkway, Mundelein on Feb. 26 and March 26.

To learn more about Des Plaines-based Catholic Charities' Northwest Suburban Services and how they may help you or someone who needs help, please phone 1-847-376-2118.

rization. Moreover, if an outside agency performs the background check, an employer may be subject to the Act if it receives copies of biometric information as part of the hiring process. As such, employers should carefully review their procedures to determine whether they include the collection, use, or retention of fingerprints or other biometric data. In order to safeguard biometric information, the Act provides that an employer is to have a written policy which establishes guidelines for collection, use, storage, retention, disclosure and destruction of such information. A violation of the Act may result in actual or liquidated damages of \$1,000 for a negligent violation or \$5,000 for an intentional or reckless violation, in-

junctive relief, and attorneys' fees and costs.

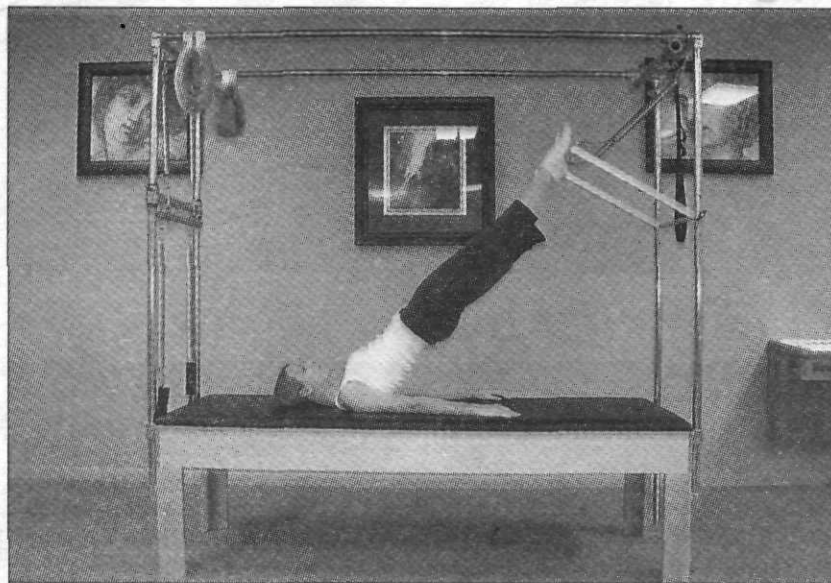
For additional employment information, please visit our Web site at—[www.joettedoran.com](http://www.joettedoran.com).

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

*Ms. Doran is licensed in Illinois, all Illinois federal courts and is a member of the Federal Trial Bar. She is the past chairperson of the Employment Law Committee for the Northwest Suburban Bar Association, a past president of Barrington Area Professional Women and a member of the National Employment Lawyers Association.*



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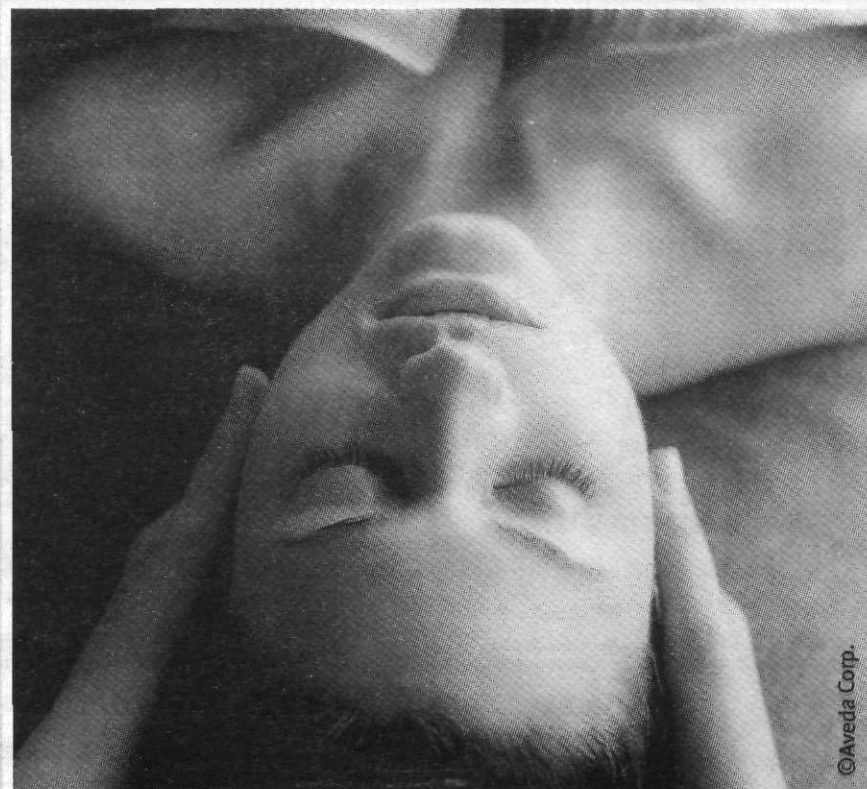
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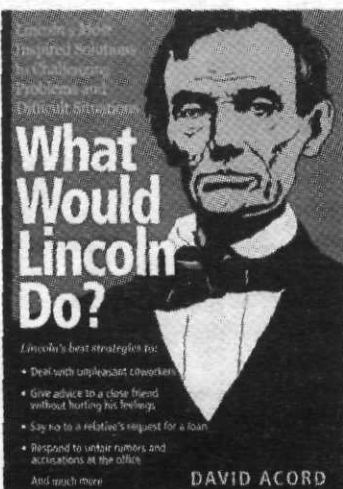
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Gra (Love) Ancient Celts carved important words and messages into stones, using Ogham script. Here the word is gra (Gaelic for love). The source of life is love. Life is the fruit of love. Beinsa Douna From a carving by Tom Little.

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## Spring 2009 at Peter Daniel

Spring has arrived at **Peter Daniel**... at least in our spirits and store. New collections arriving daily remind us that warm weather and vacations can't be far behind.

Some trends to look for this spring are patterns—bold and vibrant—in tops, jackets and capris. Look for fun, bright colors like orange, lime, lemon, aqua and hot pink! If you're not normally a pattern person, this is the year to try them!

Great accessories including scarves, hats, bold jewelry, purses, and cute, colorful shoes will complete what you may already have. This is the year of the ac-

cessory and you'll love some of our new lines.

Don't miss our men's collections from **Tommy Bahama**, **Cutter & Buck**, and new items from **The North Face** for men, women and kids.

We also have our winter clearance sale on with an **extra 20% off** the sale price—so take advantage of lots of great bargains!

Our spring collections are bright and beautiful—see you soon!

**Happy Spring!**

## Enjoy Valentine's Day Savings at Savvy Spirit

Warmer weather is coming, we promise, and whether you are planning a great trip to a warmer climate or sticking it out here, we are sure that life will be a little better with a new Savvy outfit. It is amazing how that works. The Savvy girls have been shopping, because that is what we do best, and we are excited to show you our unique choices. From jeans to new tee shirt lines to skirts and dresses and fabulous resortwear, you are bound to find something special. Stop by. We will be glad to help you add something new and different to your wardrobe. You know how we are. We keep our prices fair and find unique pieces you won't find everywhere else. And we are always happy to help. We are still seeing lots of layering with thin fabrics and lightweight sweaters, the perfect look over our Last Tango tanks, and the spring colors are sure brighten your day.

Don't forget to book your **"Girls Night Out"** party. All you need is 8 to 10 friends. We supply the refreshments, the party atmosphere and the shopping night. Call



for more details.

We hope you will take advantage of our **Valentine's Day** promotion and be lucky enough to receive **40% off** on one item. Offer good through Feb. 28. Visit store for details. See you soon.

—Rosemary, Linda, Donna,  
Carol and Linda B

## Leave No Child Inside Initiative for the Greater Barrington, Deer Park and Lake Zurich Area

Year round, children's physical, mental, social and spiritual development is made healthier by regular outdoor, unstructured play in nature. This is the basic premise of Richard Louv's 2005 best-seller *Last Child In the Woods: Saving Our Children From Nature Deficit Disorder*. Louv's book has spurred an international Leave No Child Inside (LNCI) movement that works to get children outside and connected with nature. Chicago Wilderness brought this movement to the Chicago area and many area communities are beginning their own LNCI initiatives.

Locally, the LNCI Consortium, the members of which represent major sectors of the Greater Barrington, Deer Park and Lake Zurich area, is working to make getting kids outside and connected with nature a core value of the involved communities. This local initiative was started

by the Vehe Farm Foundation, involves a number of area organizations and village governments, and is supported by a generous grant from the Barrington Area Community Foundation.

The local LNCI Consortium has created the Web site funoutside.org to encourage children and their parents to participate in local outdoor, nature-based activities and programs. Funoutside.org also provides information about regional and national LNCI initiatives, as well as research supporting the health benefits of getting children outside and into nature.

In support of the Consortium's efforts, the Vehe Farm Foundation is hosting two LNCI children's events at Vehe Farm in Deer Park. The foundation is a nonprofit volunteer organization created by the Village of Deer Park to provide stewardship services to Vehe Farm.



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## Quote!

**"Love is like a tree, it grows of its own accord, it puts down deep roots into our whole being."**

—Victor Hugo (1802-1885), *Notre-Dame de Paris*

The February LNCI event is the "Great Big Backyard Bird Count. It takes place on Saturday, Feb. 14 from noon to 2 p.m. This event is part of a nationwide Audubon Society annual event and is being coordinated locally by the Prairie Woods Audubon Society. Aided by Audubon Society members, children will identify and count the birds they see at the farm and learn about Cornell University's use of the data to evaluate the health of bird habitats around the country. This event will take place rain, snow or shine.

Louis Vassmer, president of Prairie Woods Audubon, states "As a local chapter of the National Audubon Society, our mission is to conserve the environment, preserve wildlife and natural habitats, and provide opportunities for education, nature appreciation, and fellowship."

The March LNCI event, "Owls for Children," is Saturday, March 7 from noon to 2 p.m. Children will see and learn about Screech Owls and Great Horned Owls and have the opportunity to dissect owl pellets to discover from tiny bones and hair filaments what owls eat. This event is being coordinated with Flint Creek Wildlife Rehabilitation in Barrington.

"Flint Creek Wildlife Rehabilitation is a state and federally licensed facility dedicated to the rehabilitation of injured and

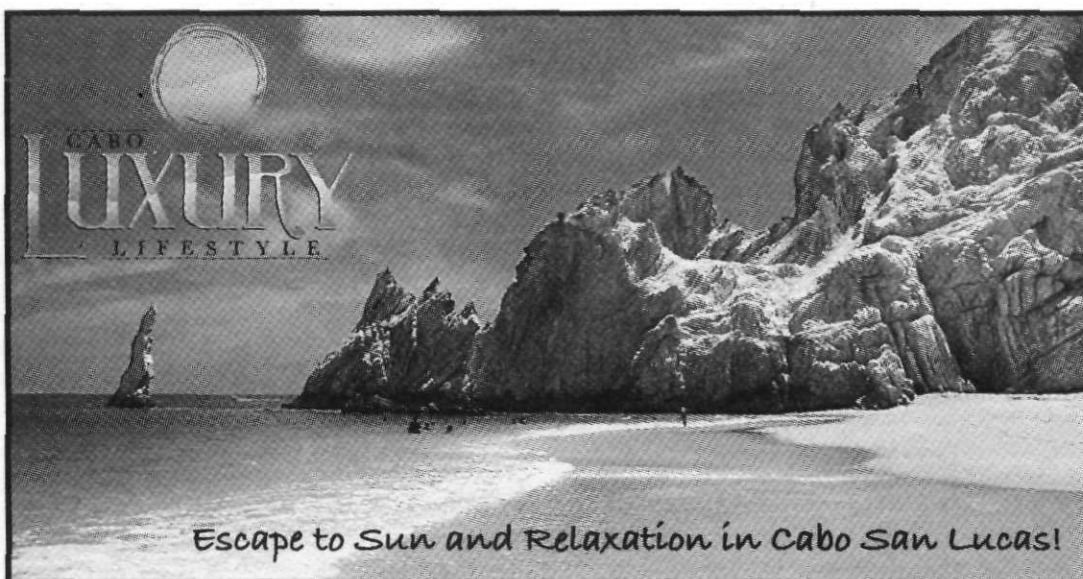
orphaned wildlife with the goal of returning fully rehabilitated wildlife to its natural habitat. Flint Creek promotes respect for wildlife and wildlife habitats through public education programs and supports efforts to repopulate endangered and threatened wildlife species" states Dawn Keller, founder of Flint Creek Rehabilitation.

Both programs are free to the public and supported by LNCI donations from Harris Bank, Lake Zurich Chamber of Commerce, McGinty Brothers, Tallgrass Restoration LLC, and Advocate Good Shepherd Hospital. Pat Winkelman, president of the Vehe Farm Foundation, states "These LNCI events are possible because of the generous support of local businesses and organizations. Their support includes financial donations and their understanding that getting children outside and connected with nature makes for healthier kids."

Event seating is limited and reservations are recommended. Please contact Pat Winkelman at info@vehefarmfoundation.org, info@funoutside.org or 1-847-331-0967.

For more information about the local LNCI Consortium, visit funoutside.org or contact Teri Bridge at the Vehe Farm Foundation, 23570 W. Cuba Road, Deer Park, IL 60010. Call 847-331-0967 or e-mail info@vehefarmfoundation.org.





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## BACOA Senior Activities

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

The suggested donation for the Monday lunch program is \$3.50. However, if underwriting is unavailable for special programs, there may be an increase in the suggested donation. Preregistration is required; please call BACOA at 1-847-381-5030.

• Monday, Feb. 2—Games and lunch. February is National Heart Month—wear red to celebrate. The program will be reminiscences of romance, love and marriage.

• Monday, Feb. 9—Valentine's Day Party—Games and lunch. Dan Sullivan will entertain. The cost for the lunch and entertainment will be \$7.75 per person. The reservation deadline is Feb. 3. Please call Linda Avellon at BACOA at 1-847-852-3892.

• Monday, Feb. 16—Presidents Day—The Monday lunch program will be closed due to the Presidents Day holiday.

• Monday, Feb. 23—Games and lunch. John Delapa, director of marketing at Cornerstone Bank & Trust Company in Palatine, will present a program on the new FDIC insurance coverages and account titling options. February birthdays will be celebrated, and blood pressures will be taken.

## District 220 Chili & Music Fest

Chase the winter chills away and come to the annual Chili & Music Fest, a fun-filled fundraiser sponsored by the District 220 Educational Foundation. Chili Fest will be cooking on Saturday, Feb. 7, 7 p.m., at the Millrose Brewery, 45 Barrington Road, South Barrington. Once again, toe tappin' music will be supplied by Kevin Purcells & the Night Burners (Andy Ohlrich, a Barrington High School grad, is a member of the band). There will also be a live auction with a special selection of items.

The cost is \$75 per person. Proceeds from the Chili & Music Fest will be used by the Educational Foundation to fund projects that impact our children in District 220.

"We had a rousing good time at the first Chili & Music Fest in 2008," remembers Jon Stickney, president of the District 220 Educational Foundation, "we look forward to a great event in 2009."

The District 220 Educational Foundation is a nonprofit group that supports Barrington Community School District 220 programs and projects aimed at enhancing, enriching and supplementing learning opportunities for students, staff and community. Past examples include: BHS TV, computer labs, and student leadership programs.

For more information, please call Ellen Mooney at 1-847-382-8921 or visit [www.220foundation.org](http://www.220foundation.org).



## What's Happening at Starr Couture

It's our famous **Last Call** sale you've been waiting for. It happens twice a year so don't miss this opportunity to save on the Finest European Fashions, Shoes and Accessories. We **slash prices up to 80%** to get ready for our Spring collections arriving from Paris and Milan. The savings are incredible with most items priced **under \$99.00**. If you are planning a wedding soon, visit our store where you will discover mother of the bride or groom dresses not found at other stores. As always, we look forward to seeing you soon.

—Starr



Starr Kondos, Owner

## Chers Amis...

...no need to hide it: things are tough lately! For all I'm sure, at different levels, yes, but tough for all without doubt! So what is a business to do when the going gets rough? Make itself more interesting, more tempting, with programs that will hopefully appeal to more than a few. With the most obvious in February being **Valentine's Day**, why not come to **D & J Bistro** and experience "the affordable Romance," either Friday, Saturday or Sunday, the 13th, 14th or 15th? There will be hundreds of balloons—pink, white, red—hanging from the ceiling. There will be rose petals loosely spread on your table and our famous Rose Champagne from the Loire Valley will be offered at \$5 a flute. Let's not forget our well-known cuisine, presented through our regular menu or a specially designed "Cupid's Prix-Fixe," three courses for \$39. We don't pretend

to turn anyone into a romantic, but if you have half an ounce of romance in you, please come and visit, we'll provide the rest.

**Mardi Gras** is another occasion to play into the somewhat New Orleans' ambience—on **Tuesday, Feb. 24**. We will have entertainment by Johnny Maggio, we will give the room a "Mardi Gras" feel, and it being a weekday, we designed a three-course dinner for a modest \$29.50 (available in addition to our regular menu): cream of mushroom soup or goat cheese salad, steak Diane (frites or mashed potato) or tilapia Parmentier, crêpes au Grand Marnier or chocolate mousse.

One last thing... I just put in service my new selection of wines, valid for the next four months, great "finds."

With the hope to see you soon,  
—Dominique, Stephanie & Chef Masato

## HARPS Presents A Special Event for America's Wild Horses

On Friday, Feb. 6, the Hooved Animal Rescue & Protection Society (HARPS) will present a special evening event: an educational seminar on the wild horses of the Pryor Mountain range. This event will feature Ginger Kathrens, the author of the award-winning books *Cloud: Wild Stallion of the Rockies* and *Cloud's Legacy: The Wild Stallion Returns*.

Kathrens, an Emmy-award-winning director, has traveled the world filming wild animals and wild places for the Discovery Channel, BBC, National Geographic and PBS. She has created two Cloud documentaries for PBS; a third is currently in production.

Kathrens is returning to the Chicago

area with an update on America's mustangs, including the Pryor Mountain herd. She will show some of her documentary footage of the Pryor Mountain Herd and describe the latest efforts to preserve the wild horses in the west and the prospects for BLM action in 2009. Then there will be a discussion on what can be done to help save the mustangs.

This special evening will be held at the spectacular Seahorse Palace at Woodland in Barrington Hills. Cocktails and hors d'oeuvres will be served from 6:30 p.m.

A suggested donation of \$10 benefits The Cloud Foundation.

Please call 1-847-382-0503 for reservations.



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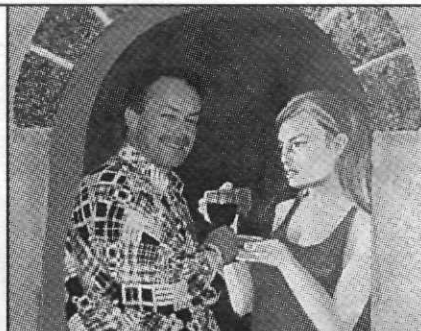
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## Stillman Nature Center Activities

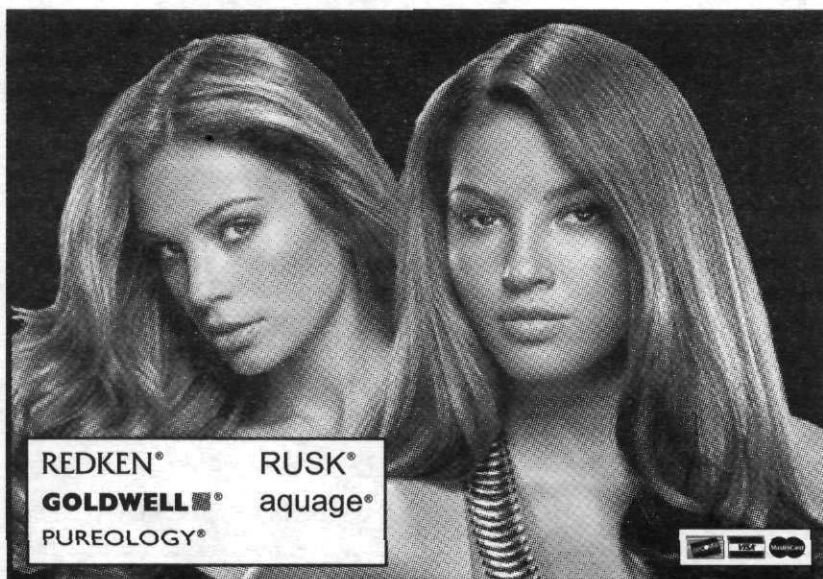
### Snowshoe Sunday

Fresh snow can add a peaceful hush to the landscape and a surface that glitters in the bright winter sun. In order to help you sample the winter scenery in a novel way, Stillman Nature Center has 20 pairs of snowshoes. So, bring your own snowshoes or use theirs and join them on Sunday, Feb. 8 at 2 p.m. for a winter walk. Call 1-847-428-6957 to make reservations. If there isn't a thick layer of snow, the activity will be cancelled. If you do have your own equipment, cross-country skiers and snowshoers are welcome on any snow-covered Sunday. There is no fee.

### Tree Identification or Barking Up the RIGHT Tree

On Sunday, Feb. 15, 2 p.m., learn how to identify common trees such as cherry, maple, spruce and, of course, dogwood. Easy to remember tips and simple hand-outs will help you bore into tree I.D. Come prepared for the weather and bring your questions. For ages 10 and up. There is no fee.

The Stillman Nature Center is located at 33 W. Penny Road in Barrington. For more information, phone 1-847-428-6957 or e-mail stillnc@wildblue.net. Visit www.stillmann.org.



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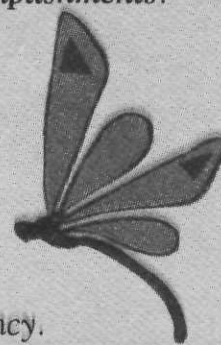
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More than 200 people like the Karlins have happily chosen The Garlands lifestyle as their own. So many so that our first phase of development is nearly sold out. Phase II membership will be extended to only a select few. Act now to take

advantage of pre-construction options, and then relax and start planning now for your custom-made Garlands lifestyle.



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for best views, pre-construction pricing and options to personalize premium cabinetry, appliance and flooring selections.

## Where Senior Living Comes of Age!



Meet Gary and Cheryl Karlin who, upon their daughter's suggestion, stopped by The Garlands while visiting her one day. They chose to relocate to The Garlands from North Carolina and are now happily adjusted to their new life in Barrington.

Cheryl, a talented interior designer, appreciates The Garlands architectural integrity and detail. Gary, a retired financial planning executive, believes that moving to The Garlands was a smart financial decision that offered predictable costs and a guaranteed rate of return.

The Karlins take great pleasure in spending quality time with their granddaughters Avery and Lily who live nearby. From dancing at The Garlands Sugar Plum tea and swim parties in the aquatic center, to cultural excursions to the city and private movie nights in The Garlands Surround Sound Theater complete with fresh-popped popcorn, these girls love The Garlands almost as much as their grandparents do!



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Financing Available. Sale ends 02/21/09 at 6pm.



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## South Barrington Neighbors Serve at Fellowship Housing Christmas Party

Fellowship Housing single moms and their children celebrated the holidays in style at a party held especially for them and supported by eight South Barrington families. The party took place on Dec. 14 at Willow Creek Community Church.

After completing fun activities at various stations, including photos with Santa, (South Barrington resident Ken Rateike), picture-frame decorating, jewelry-making, and cookie-decorating with Barrington's Lisa McCauley who owns "Bake Me A Party!," children and their moms were personally escorted into the beautifully decorated room by handsome "waiters" (South Barrington neighborhood men) dressed in black pants and white shirts. These neighbors served each mom and her children with a delicious catered dinner from Chef Vince Pecora's Barrington Catering.

South Barrington resident Lisa Dean Niewolny, Mrs. Illinois/America 2008, was on hand to sign copies of her first book, *Girls of Greatness*. Niewolny spoke to the moms about how much she is looking forward to serving as honorary chairperson of Fellowship Housing's upcoming first-ever gala, "There's No Place Like Home" to be held Feb. 21 at the Renaissance Schaumburg Hotel & Convention Center. Lisa's husband Dean and 8-year old son Caden waited tables while daughter Kennedy helped with jewelry-making. Each Fellowship Housing mom will receive a beautiful necklace hand-made from

her children.

After dessert, Mark Demel and his family entertained and inspired Fellowship Housing's single moms and their children with a beautiful Christmas story called "The Perfect God," designed and created by Mark's unique artistry with sand art. Mark and his family travel all over the country sharing his beautiful and original sand-art creations with crowds of thousands.

The evening's program closed with a rousing Christmas Idol Contest featuring four of Fellowship Housing's moms who are currently in the successful two-year transitional program, who sang and were judged by Bob Cavicchioni, Dean Niewolny and John Forbes. The event was organized by four South Barrington neighbors—Kathy Underwood, Mona Navitsky, Sherry Sepuha and Cathy Wloch.

Fellowship Housing is a 17-year-old charitable organization that serves homeless or at-risk single moms and their children by providing affordable housing during a two-year comprehensive program to guide these families from crisis to long-term stability and independence. The program achieves this partially through providing holistic mentoring and case management.

Since its inception, the organization has achieved a 92 percent success rate, measured by the number of graduates from the program who achieve independent living. Other indicators of the success of

## Women's Club of Inverness Holiday Singalong

The Woman's Club of Inverness held their second annual Holiday Singalong Dec. 11 at the Inverness Golf Club. Several members entertained and all joined in singing holiday carols.

It proved to be an enjoyable and festive afternoon with seven of the members leading the festivities. Ruth Guillaume directed the singalong, Shula Luber accompanied on the piano. Lori Quinn, Rosemary Insolia, Patti Stejskal and Ann Gross led the singalong.

Jay Kist (pictured), second vice president, who studied with the principal cellists of the Atlanta Ballet and the Savannah Sympathy, delighted the audience with a cello concert.

Following the entertainment, a delicious holiday brunch was served.

The club will hold its annual luncheon and fashion show at the Stonegate Conference Center in Schaumburg on Friday, April 17.



## CFC Annual Meeting

Citizens for Conservation's (CFC) Annual Meeting is planned for Thursday evening, March 5, at the Barrington Area Library. It will begin at 6:15 p.m. with refreshments, followed by the business meeting, program, and awards at 7 p.m. The meet-

ing will feature local conservation, restoration and preservation efforts and will celebrate accomplishments of noted area conservationists. The community is invited. RSVPs are appreciated at 1-847-382-7283.

the program include the fact that 45 percent of the moms go back to school, their personal debt is reduced on average by \$8,700, and their savings are increased on

average by \$2,700.

For information about the upcoming gala, call or e-mail Cathy Wloch at 1-847-882-2511 ext. 2115 or [cathy@fhcmoms.org](mailto:cathy@fhcmoms.org).



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Dr. Berger has thousands 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 **1-847-291-0772** in Northbrook to make an appointment for your consultation today.

## Women's Club of Inverness February Meeting

The February meeting of the Women's Club of Inverness

will be held Thursday, Feb. 12, at the Makray Memorial Golf Club on Northwest Highway in Barrington. Our regular meeting will begin at 10 a.m., followed by a presentation by Dr. William Pinsof, the director of the Family Institute at Northwestern University. The program is certain to be both interesting and informative. A delicious lunch will be served at noon. For information regarding the meeting and program, please contact Karen at 1-847-397-8955.

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

and interesting program.

The Inverness Women's Club is a philanthropic 501(c)(3) organization. All proceeds from their activities are distributed to local community-based organizations and scholarship grants to graduating seniors and college students residing within the boundaries of school districts 211 and 220.

### The Shoe Box Express

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



## Brass Ensemble to Perform

The Gaudete Brass Quintet, the Midwest's premier brass ensemble, will present a concert on Sunday, Feb. 22, 4 p.m., at the Presbyterian Church of Barrington. Founded in 2004, the quintet has been featured on many prominent concert series. They are sought after as teachers as well as performers, having given clinics and concerts at many Midwestern and Southern universities.

The program will consist of works by

Thomas Morley, Maurice Ravel, Malcolm Arnold, Gustav Holst, and a medley of jazz selections.

Admission is free, a musical gift to the community. Donations will be accepted for the church Mission Fund.

The church is located at 6 Brinker Road (corner of Brinker and Lake Cook roads), Barrington. For more information, call 1-847-381-0975 or visit [www.pcbarrington.org](http://www.pcbarrington.org).



## Northwest Cultural Council Hosted "Kids Meet Art"™

The Northwest Cultural Council is pleased to announce a "Kids Meet Art"™ day at Hough Street School on Dec. 9. Textile artist Barbara Schneider gave a short slide presentation on the history of kite making in China. The students each made and decorated a kite. Five classes of fourth- and fifth-graders had the opportunity to participate. This event was made possible by a grant from David Nelson, who may be reached for sponsor comments at 1-847-277-2121. Principal Becky Gill may be reached for comments at 1-847-381-1108.

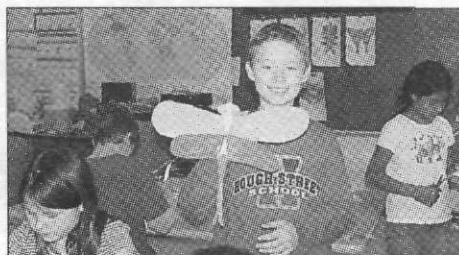
Artists visit students at their schools to:

- demonstrate and share their talents,
- increase student awareness and knowledge of a variety of art forms,
- allow students to meet, speak and interact with professional artists.

The Northwest Cultural Council created its "Kids Meet Art"™ ("KMA"™) program in 1995. "KMA"™ is an art-enrichment experience funded through local corporations, foundations and individuals. It is an innovative arts-education program that brings professional artists into elementary, junior and high schools. Most of the lessons integrate the arts into the schools' curriculum. It offers hands-on, one-on-one



Isaiah Lee and Genuine Lee diligently work on their kites in teacher Elizabeth Bure's class.



Max Baer shows off his kite.

training in art, music, theater, writing, dance, and special units on the Mayan, Japanese and Chinese cultures. The Northwest Cultural Council's program aims to encourage self-esteem, creative expression and independent thought processing.

## Four Seasons Garden Club Annual Holiday Brunch



As is their tradition, the Four Seasons Garden Club's last meeting of the year was a holiday brunch. It was held on Dec. 3 at Elaine's home. The members enjoyed a brunch supplied by the members, followed by a gift exchange. Ideas pertaining to holiday home decorations were shared.

Members attending (pictured from left) were Judy Amorosa, Gail Bachman, Jessica McSalla and daughter, Ruth Bock, Carolyn Russel, Diane Hunter, Joyce Allen, Elaine Bontempo, Donnaruth Schaul, Lenore Lawrence, Nancy Marshall and Judy Palmer. Current president Alena Gust was the photographer.

The February meeting will be held at

9:30 a.m. at the Barrington Area Library. Meredith Tucker of the Citizens for Conservation will give an informative and interesting talk on "Native Plants."

The Four Seasons Garden Club usually meets at 9:30 a.m. on the first Tuesday of each month, August through June. The meetings are typically held in a member's home or at the Barrington Area Library. Meetings include a social coffee, visiting among members and guests, a short business meeting, and a presentation or demonstration concerning some aspect of gardening and gardening interests.

For further information regarding the club or its activities, please contact Alena at 1-847-438-3981.

## Call for Photographers

The Northwest Cultural Council's (NWCC) 2009 5th Annual International Juried Photography Exhibition, "Pop Shots...Celebrating Dads," will be held June 4 through July 31. All forms of photography and digital imagery will be accepted.

There is a \$25 jury fee for up to three slides (\$15 for high school and college students). Jurying will be done by slides or JPEG (.jpg) files on CD only. No e-mail

submissions will be accepted. The submission deadline is April 27.

Download a prospectus at their Web site, northwestculturalcouncil.org, or send a #10 SASE for prospectus to: NWCC Corporate Gallery, P.O. Box 690, Barrington, IL 60011.

For information, call 1-847-991-7966, e-mail nwcc@northwestculturalcouncil.org or visit northwestculturalcouncil.org.

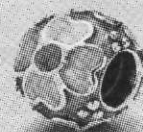
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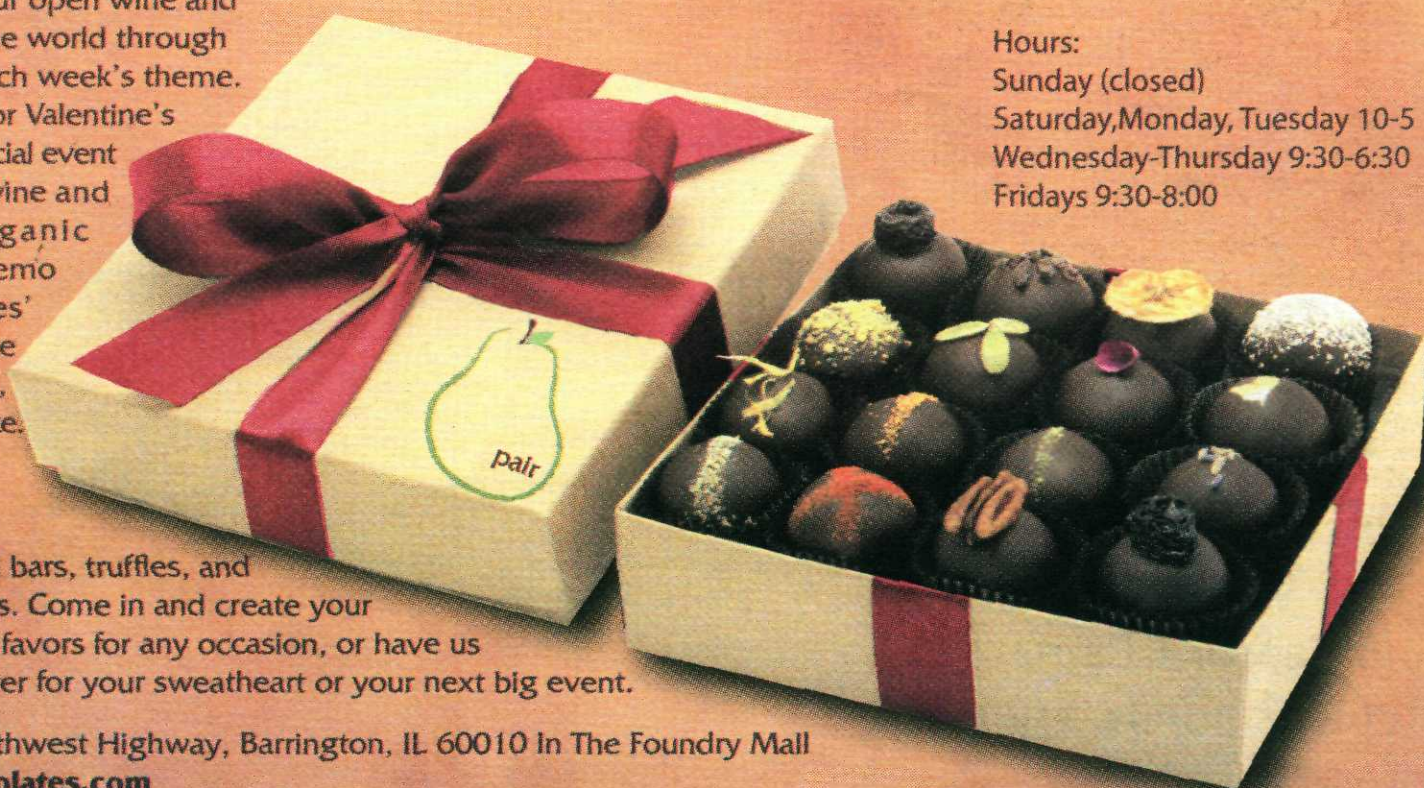
Hours:

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## Refresh at Richard Walker's Pancake House!

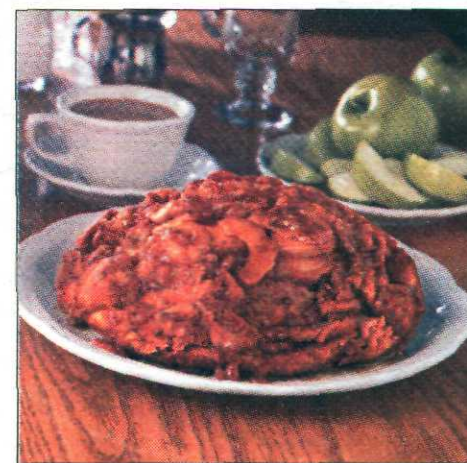
A new year brings new changes to **Richard Walker's** in Crystal Lake!

New restaurant hours are **6:30 a.m. to 2:30 p.m., seven days a week**. With breakfast being served bright and early every morning, you now have time for a quick, delicious, hot breakfast before you head into work or before the kids start their school day. Don't sacrifice the most important meal of the day for you and your family. A **Richard Walker's** breakfast is a much better option than a muffin and cup of coffee-to-go! Why not celebrate a special occasion first thing in the morning with a Strawberry Banana Ice Cream Waffle?

**Richard Walker's Pancake House** serves award-winning breakfast and lunch cuisine including the world-famous Baked Apple Pancake as well as a variety of original-style pancakes, crepes, waffles, omelets, egg dishes, sandwiches and desserts. Gourmet coffee, bloody marys and mimosas are also served.

Another new change at **Richard Walker's** in Crystal Lake—several **new menu items** have been added for both breakfast and lunch. These dishes include: Baked Cinnabon® Pancake; Mandarin Orange Chinese Crepes; Baked Cinnamon Pecan Pancake; Western Scramble Skillet; Chocolate Raspberry Crepes; Asparagus, Tomato, Egg White Scramble; California Wrap; and Fresh Vegetable Pasta.

Discover your new favorite today! A Valentine's gift to you—bring in the ac-

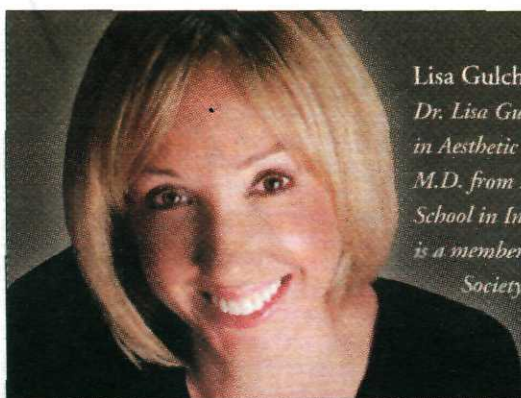


companying ad during the month of February and receive half off one breakfast entrée when another entrée of equal or greater value is purchased. Offer expires Feb. 28 and is valid only at the Crystal Lake location.

All new items exhibit the gourmet quality that makes **Richard Walker's Pancake House** one-of-a-kind. Only the freshest, finest ingredients from around the world are used to create the delicious items found on the **Richard Walker** menu. Whether it's the Sinkiang cinnamon glaze on the Baked Apple Pancake, the wild Maine blueberries in the Blueberry Pancakes or the fresh strawberries and Häagen-Dazs® ice cream on the Strawberry Banana Waffle, a focus on premium, quality ingredients creates a gourmet breakfast

*(Please continue on page 19)*





Lisa Gulcher M.D.  
Dr. Lisa Gulcher specializes  
in Aesthetic Medicine with a  
M.D. from Northwestern Medical  
School in Internal Medicine and  
is a member of the American  
Society of Laser Medicine  
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## Meet the Staff at The Eye Works

Over the years, in any business, change is necessary and inevitable. Many of our patients are already acquainted with some of our staff. We have some new people as well. Our Lake Zurich office is always jumping, which requires a large staff to serve our patients. Kimmie is a certified optician who used to be our Lake Zurich manager, but now works a couple mornings a week so she can enjoy time with her two growing, beautiful children. Kira is our hearty part-time optician. She floats between both offices as needed. She's been with **The Eye Works** for over a decade. Denise has worked reliably for five years. She just recently had little baby Riley. We're so glad she's back, fresh and ready to assist you. Cassandra, like Denise, started working in the optical industry when she was still in high school. She's one of our new energetic apprentice opticians. She's currently attending North Eastern University in Chicago. We expect great things for her in the future. Debbie is also one of our newer apprentice opticians on staff. Although she has tons of experience, 20 years to be exact. Even though she's only been with us a short time, we look forward to a long stay. Dina has been in our Barrington office for the past four years. She is a certified optician also with 20 years experience. Then of course, there is Dr. Gebert and Dr. Prate. We definitely need and appreciate them! Dr. Gebert opened the Barrington office 30 years ago! When he decided to expand to Lake Zurich in 1990, Dr. Prate joined



Dr. Ralph J. Gebert Dr. Anthony Prate  
as his partner.

As excited as we are about the future, we can't help but revisit a few who have decided to leave our office in pursuit of their dreams. Dr. Gebert's twin daughters, Amanda and Tegan, graduated from college and are both in the working world. And Theresa started medical school this past fall. So, sadly, they won't be in the office anymore. Congratulations and good luck to Tegan, Amanda and Theresa.

We're happy to have a staff who is committed to provide our patients with great service and even better eyewear. We look forward to seeing you at your next eye examination or eyewear adjustment.

Both locations—Lake Zurich and Barrington—are open to serve you and your vision needs. **The Eye Works** accepts Blue Cross Blue Shield for any needed medical visits, like eye infections or allergies. We restock our frame styles quarterly, so stop by to check out the latest eyewear. And as always, thank you for your continued patronage.

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# Happenings!

*in the area*

## Save the Date for an Evening of Fun



Pictured (from left) are Marian Sanfilippo, Shirley Michelotti, Linda Zizzo, Lynn Acerra and Anne Berglund.

The Michael Joseph Foundation is pleased to announce their exclusive fashion show and cocktail reception at Saks Fifth Avenue in Highland Park on May 8. Beside an outstanding fashion show, a makeup artist will be there, plus a host of other exciting rewards for all participants. This promises to be a very enjoyable evening.

Proceeds will go to the 100-percent volunteer Michael Joseph Foundation which helps families in crisis back to recovery by

providing them with temporary housing, plus counseling and job training. To date, they have helped over 500 families, who might otherwise be homeless, reach self-sufficiency. During these critical times, the need is greater than it has ever been.

For more information, please contact Ida Cardelli at 1-847-639-2334, Linda Zizzo at 1-847-927-9461, or Anne Berglund at 1-847-836-8321, or visit their Web sit at [www.michaeljosephfoundation.8M.com](http://www.michaeljosephfoundation.8M.com).

## Art Educator to Interpret the Artwork of Edvard Munch

Plagued by morbid thoughts of death from an early age, Edvard Munch (1863-1944) turned to art in an attempt to explain to himself the meaning of life. Born in Adalsbruk in Loten, Norway, in 1863, Munch's pessimistic viewpoints were adopted early when his mother and favorite siblings died while Munch was still a young man. His childhood was further aggravated by constant bouts of illness during which he turned to painting to fulfill his creative talents, and for which he was chided by his father and even neighbors. Art was not a worthy career to pursue; but he pursued despite criticism and produced some of the most evocative works of the late 19th and early 20th centuries.

On Friday, March 27, members of the Barrington/Northwest Community Associates (B/NWCA) will have the opportunity to learn more about Edvard Munch, the artist, and also about the age of expressionism represented in works of art and also in music composed during the same time period. Once a year, the Art Institute of Chicago (AIC) collaborates with the Chicago Symphony (CSO); this year's program is designed to correspond with an important exhibition at the Art Institute focusing on the work of Edvard Munch. Entitled "Dangerous Dreams: The Age of Anxiety" the collaboration between art and music will trace the dramatic changes in the late 19th and early 20th centuries. The symbolist movement, the rise of nationalism, the dawn of psychoanalysis and the age of expressionism are reflected in



*The Scream* by Edvard Munch, 1895, Clarence Buckingham Collection.

Munch's work and in works by his contemporaries—fellow artists, composers, poets and philosophers. Together their achievements reflected dramatically different perceptions, their subject matter and presentation often contradicting established axioms. Negative reactions were not uncommon. In 1892, Munch was invited to exhibit his paintings at a first one-man exhibition hosted by the Union of Berlin Artists. His paintings evoked such bitter controversy that the exhibition closed after one week. Munch's reaction—delight that "something as innocent as a painting should have created such a stir." Despite

## HEARTS Night Out!

Catholic Charities Northwest Regional Services HEARTS Night Out!, the 20th annual "Hearts for Homeless Families in Transition" fundraiser for the Des Plaines-based Catholic Charities' Regional Transitional Housing Program, will take place from 6 to 10:30 p.m. on Saturday, Feb. 7. The event returns to the magnificent Stonegate Conference & Banquet Centre, 2401 W. Higgins Road in Hoffman Estates. The cost is \$100. Cocktail is the attire and casino is the theme. Valet parking will be available.

During the evening, The Stephen O'Brien Combs' Heart of Charity awards will be presented to "Hearts for Homeless Families in Transition" benefit co-founders Mary Jane Nelson of Arlington Heights and the family of the late Phyllis Nicholson, formerly of Mount Prospect.

For ticket availability or to receive information on Catholic Charities' Northwest Regional Services and how they may help you or someone who needs help, please



Pictured are Kent and Mary Jane Nelson of Arlington Heights (seated) and Phyllis Nicholson's daughters, Mary Nicholson Beresid of Highland Park (left) and Katie Nicholson Tuten of Chicago.

phone 1-847-376-2118. You may wish to visit [www.catholiccharities.net/hearts](http://www.catholiccharities.net/hearts).

## BCLOC Musical Program and Lunch

Extend your Valentine's Day celebrations with a combination of good food and a chapter program on Sunday, Feb. 15 at Francesca's Restaurant, 100 E. Station St., in Barrington.

The program following lunch will feature Solange Sior, a French-Canadian soprano and pianist who has been making her home in Chicago for several years.

Sior is the founder and artistic director of Elgin OPERA. She has bachelor's and master's degrees in vocal performance from the University of Montreal and is a former student of Lyric Opera Center for American Artists (Chicago). As a pianist, she holds laureate degrees from Montreal's Vincent-d'Indy Music School. She instructs students in voice and piano at a studio in Elgin.

In 2007, Sior brought the house down in several performances of *Madama Butterfly*, under the direction of Maestro Philip Morehead from the Lyric Opera of Chicago and Maestro Francesco Milioto, assistant director at Ravinia.

The event, which begins at 1 p.m., includes a cash bar and lunch with a choice



Solange Sior, featured performer

of chicken, fish or Italian sausage. Tickets are \$35 for members and \$40 for non-members. Reservations, due Feb. 9, can be made by mailing checks (payable to BCLOC) to: Sue Obermaier, 198 Farmgate Dr., Schaumburg, IL 60193.

Membership in the chapter is open to all northwest-suburban-area residents. For more information about the event or becoming a member, call Sue at 1-847-985-0837.

the negative reviews and troubling personal issues, Munch chose to persevere. Although critical recognition eluded him for many years, today, one of his most famous paintings, *The Scream*, is also one of the most recognizable paintings in all art. Espoused by many art critics as representing the universal anguish of modern man, *The Scream* clearly evokes a new age, the 20th century, and the complexities of a rapidly changing society.

To interpret Munch's art work and enigmatic personality is Jeff Nigro, outstanding educator and lecturer at the Art Institute. Working with Nigro is Gerard McBurney, creator of the hugely popular "Beyond the Score" programs for the Chicago Symphony. Together they will introduce art by Munch and his contemporaries; the

poetry of Ibsen and Dehmel; songs by Grieg, Sibelius and Schoenberg; and conclude with Schoenberg's stunning *Verklarte Nacht*, op. 4 for string sextet. The 2009 AIC/CSO Joint Education Seminar combining art and music will enlighten our understanding of the pivotal themes artists explored at the end of the 19th century.

"Dangerous Dreams: The Age of Anxiety" takes places from 8 a.m. to 4 p.m. (lunch at 1 p.m.). Lunch is available by reservation at the AIC or on your own. The cost is \$60; luncheon, \$24. Reservations are necessary and will be accepted in the order received. The reservation period opens Feb. 10 and closes March 3. For information, contact Carole Bulakowski at 1-847-358-5837.



# Bisphosphonates: Actonel, Fossamax and More—What are the Risks?

by James T. Gavrilos, DDS

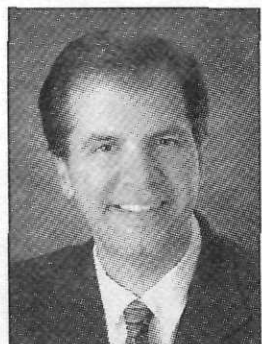
Over the last decade, millions of patients have been prescribed bisphosphonates for bone-related disorders. Actonel and Fossamax are two widely used oral medications for osteoporosis. Aredia, Zometa and Bonefos are just a few of the IV bisphosphonates used in treating bone that has been compromised by cancer. Over the last three years, reports have come out showing that there may be a relationship between these drugs and osteonecrosis of the jaw bone.

The strongest relationship has been shown to be with the IV forms of bisphosphonates. Some patients presented with lesions on their jaw following oral surgical procedures. Even ill-fitting, removable dentures or partials can cause the osteonecrosis. In some extremely rare cases, osteonecrosis started without any oral surgery. The problem is that there is no predictable treatment for the osteonecrotic lesions once they start.

If you have had IV bisphosphonates, here are some steps you can take to help prevent osteonecrosis.

1. Maintain excellent oral hygiene. Have a discussion with your dentist about having more frequent cleanings and check-ups.
2. Have your dentist inspect any removable dentures or partials for areas that may be impinging the soft tissue in your mouth.
3. Dental infections should be managed with antibiotics instead of surgery when possible.
4. Try to save severely broken down teeth with root canal therapy and restorative dentistry instead of extraction.
5. Replace missing teeth with bridges instead of implants.

A much smaller connection has been



shown to the use of oral bisphosphonates. Some initial numbers show that the risk factor is 1 in 200,000 of developing osteonecrosis while on these oral forms. If you are on Actonel or Fossamax, keep the guidelines above in mind when making dental treatment choices but make sure you balance that with the probability of actually getting osteonecrosis.

Bisphosphonates have helped millions of patients with issues related to bone disease. The use of these drugs will likely continue for a long time. As of today, there is no reliable clinical data as to the true relationship between the drugs and the osteonecrosis. All of the information so far has been from individual case studies.

Because of the long-lasting effects of these drugs, stopping them prior to dental procedures is not an option. They continue to work for years after you stop taking them. If you are faced with a dental procedure that will require oral surgery, consult with your dentist and he will be able to help you understand all of your options prior to any treatment.

For a thorough examination and evaluation of your oral health, call **Dr. Jim Gavrilos** in Barrington at **1-847-381-4040**.



## ArtReach Educational Theatre Accepting Staff Résumés

ArtReach Educational Theatre and Spotlight Theatrical Production Company are accepting résumés for instructors, instructor-performers, directors, choreographers, musical directors, and technical staff for their upcoming workshops and productions.

2009 projects will include:

- Spring Theatre Mentoring Workshop—staff serves as instructors and mentors to our educational theatre program, performing in the final production. Workshops are on Saturdays and some evening rehearsals will be required.
- Ongoing Acting and Dance Classes—instructors capable of teaching intermediate jazz/hip-hop, beginner and intermediate tap, advanced tap, and principles of acting. These classes are presently being taught on Wednesday afternoons and evenings. The next session begins in January.
- Summer Arts Camp Instructors—capable of musical directing, directing-choreographing, and teen assistants and

counselors. This is daytime work.

- Summer Night Teen Workshop—directors and teen staff to assist with production work.
- Private Voice Teachers—several sessions of private voice lessons are offered year-round. We are always accepting résumés for present and future sessions.
- Fall Musical Theatre Workshop—seeking choreographers for Saturday work capable of teaching at various ability levels.
- Fall and Winter Production Staff—directors, choreographers and musical directors.

Potential shows (pending availability) for 2009-2010 include *Cats*, *High School Musical 2*, *A Chorus Line*, *Joseph and the Amazing Technicolor Dreamcoat*, *Babes in Toyland*, *School House Rock*, *Live!*, *The Sound of Music* and *Gypsy*.

Résumés can be mailed to: ArtReach Educational Theatre, Attn: Dan Walsh, 915 Crestwood Crt., Streamwood, IL 60107 or e-mailed to [ArtReachSpotlight@aol.com](mailto:ArtReachSpotlight@aol.com).

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## Second Sunday Concert to Feature Maureen Christine, Michael Bazan at MCC

The McHenry County College (MCC) Second Sunday concert series will host jazz/pop artists Michael Bazan and Maureen Christine at 3 p.m. Sunday, Feb. 8 for an afternoon of "You Light Up My Life And Other Love Songs" in the MCC Conference Center. The valentine concert will include popular love songs and great American standards.

Maureen Christine, a concert vocalist and national recording artist has performed throughout the country, delighting audiences with her "natural melodious, expressive voice." She has appeared with notable concert bands and jazz "big bands," including musicians of the Count Basie Orchestra. As a national recording artist, Christine has shared the stage with pop star Barry Manilow, and was awarded first place in the nation for the original song she wrote for United Way. In Chicagoland, Christine has headlined at the Palmer House, The Royal George Cabaret Theater, the historic Woodstock and Oshkosh opera houses, and the Holiday Star Plaza Theater. Her television appearances include her performance on WGN as a frequent singer of the national anthem for the Chicago Cubs, and various public television programs including Artbeat Chicago.

Bazan showcases his woodwind talents on the flute, clarinet, and tenor and alto saxophones, to audiences in the Chicagoland area. He has performed with the



**Maureen Christine and  
Michael Bazan to perform**

Rockford Symphony Orchestra, jazz greats Cab Calloway and Billy Eckstine, the Four Tops, Frankie Valli and "old-time" entertainers Milton Berle and Bob Hope. Bazan is the director of the McHenry City Band, an 18-piece "big band" in the style of Glen Miller and teaches at McHenry County College, where he directs the jazz ensemble and instructs private woodwind students.

The concert is free and open to the public. The college is located at 8900 U.S. Route 14, Crystal Lake. For more information, contact Thomas Takayama, MCC Music Department chairperson, at 1-815-479-7670.





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

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

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

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

## BHS Fine Arts Department Presents Melissa Thodos and Dancers in Residence

Melissa Thodos and Dancers will instruct BHS students in modern dance technique and the art of choreography through a weeklong residency within the Barrington High School (BHS) dance program. Instruction and demonstration will be offered daily during regular school hours Feb. 2 through 7th, under the supervision of dance instructors Julie Salk and Nancy Creswell. In addition to daily workshops, four company members will set new dances on BHS Orchesis, the Midwest Dance Collective, Rolling Meadows High School Orchesis, and the Linda McDonald Dance Academy. The weeklong residency will culminate with an evening performance on Saturday, Feb. 7 at 7:30 p.m. featuring all four student dance companies performing alongside the Thodos dance professionals.

This residency is generously supported



by the Illinois Arts Council, Artstour Program, Barrington High School Dance program, and Barrington High School Fine Arts Boosters.

Tickets to the performance are \$15 each. For more information, please contact the Fine Arts Department at Barrington High School, 1-847-842-3214.



## Garden Club of Inverness Scholarships Available

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

Scholarships of \$1,000 or more are awarded each year, determined by the available funds. In 2007, the club awarded three scholarships of \$2,500 each to area students.

Applications can be obtained by visiting the guidance offices in School District 211 and Barrington High School.

## Passed Promotion Test



The following Barrington residents passed their December 2008 promotion test. All are students at Barrington Martial Arts located in downtown Barrington.

Pictured (from left, sitting) Wyatt Stone, Delaney Brienens, Sebastain Bransky, (kneeling) Liam O'Neill, Jack Holsworth, Mike Gear, Jason Baum, Eli Farkas, Jeanie Neri (standing, front row) Mike Stancy, Annabelle Farkas, Katie Maude, Connor

Ronney, Zoe Green, Capria Nordquist, Willy Wloch, (middle row) Ryan Koril, Gaurav Ghosh, Ravi Khurana, Samantha Abeysekera, Adam Hay, Hauk Nelson, Grant Elliott, Teresa Yang, Patrick Yang, Jason Patronik (back row) Master Tolbert, Devyn Perry, Paul Andraschko, Hope Hauter, George Apostolopoulos, Doug Foster, Elizabeth Grudzinski, Jessica Terrill and Master Lawson.

## Camera Club Meeting

The Lake County Camera Club is having their monthly meeting on Thursday, Feb. 5, 7 p.m., at The Lake County Center for Independent Living, 377 N. Seymour Ave., Mundelein. This meeting will feature an exciting program entitled "Interactive Studio Portrait Lighting" with presenters Paul Kurek of Out-A-Site Images and Don Chen of Flashon Studios.

The Lake County Camera Club invites everyone—digital, film or slide, hobbyist or professional photographer—to their meetings to observe, to share, to have fun, and better yet, to be part of the club! The public is welcome for a \$5 entrance fee. Please RSVP by calling 1-847-362-5945.

For more information, visit their Web site at [www.lakecountycameraclub.org](http://www.lakecountycameraclub.org).



## Winter is Here... Treat Your Dry Skin

Doctors **Jeffrey Berti, M.D.** and **Toula Berti, M.D.** along with the staff at **Dermatology & Dermatologic Surgery, Ltd.** invite you to their newest location: **2 Executive Court in South Barrington**. They are currently seeing new and returning patients in their state-of-the-art facility that offers comprehensive and professional skin care for men, women and children. "With the winter season upon us, extremely dry skin is now a concern," remarks Dr. Jeffrey Berti.

"Eczema is a common skin condition," remarks Dr. Toula Berti. The term eczema is broadly applied to a range of persistent or recurring skin rashes that are characterized by dryness, itching, redness, along with possible crusting, flaking, oozing or bleeding. In fact, Dr. Toula Berti adds, "exposure to environmental irritants can worsen symptoms, as can temperature changes, exposure to water and stress." The physicians at **Dermatology & Dermatologic Surgery** consider the treatment of eczema and dry skin concerns an integral part of their practice and can provide a great deal of medical care and advice

regarding this condition.

There are many over-the-counter remedies for dry skin. However, if you have been battling this condition for awhile, perhaps it is time to have it medically evaluated by a physician at **Dermatology & Dermatologic Surgery**. They remind us that a professional dermatologic skin evaluation may be a better choice than relying upon a skin product salesperson or a random product choice off the drug store shelf. "While science is never perfect, at least we have a scientific basis for our treatment choices," says Dr. Jeffrey Berti, "I'll take science over chance anytime."

The physicians and staff at **Dermatology & Dermatologic Surgery, Ltd.** are committed to prompt, professional service and are participating providers in most Illinois PPO insurance plans.

They are located at 2 Executive Court in the South Barrington Executive Center on Barrington Road between I-90 and Route 62. Contact them during business hours at **1-847-304-0303** or view their Web site at **www.jbderm.com**.

## Are You Stressed?

by Lisa Shanahan

We live in a fast-paced, competitive and often troubled society. The result can be chronic stress. Too much stress can cause serious problems. First, researchers have found that the people most likely to be stressed, those with a Type A personality, are two to three times more likely to die from coronary heart disease. Second, and related, stress can actually make you fat.

Stress has this effect on us because our bodies cannot tell the difference between stress caused by a physical threat, one we must physically fight or run away from, and the chronic, emotional stress we are most likely to face everyday. Since our bodies can't tell the difference, they react the same way to both. Our bodies react by providing maximum strength and energy to fight or run. This is done by releasing the hormones adrenaline, cortisol and insulin. The result is 5 to 10 minutes of quick energy due to the release of stored fuel in the body (fat and glucose). That's great if you must fight or run away from a physical threat, but when was the last time you did that?

Unfortunately, when we face our most common stressors, we are sitting at our desk or behind the wheel. So what happens to all that fat and glucose in our blood stream that was supposed to give us quick energy? Well, the job of the third hormone released by the body, insulin, is to get the fat and glucose out of the blood stream and store it for future use. The insulin often does this so well that we feel hungry. So the insulin stores the fat and

glucose as fat, most of it saved in the middle section of the body. We eat more because we are hungry, and that gets stored too. If we face prolonged or chronic stress, this cycle is repeated over and over, storing more and more fat on our midriffs and sometimes even leading to an additional problem from insulin resistance and type 2 diabetes.

Research has proven that the very best treatment for stress and its negative effects is NOT found at the drug store, but in the gym. Exercise is the cure. Physically, exercise burns fat and glucose, reduces cholesterol and triglycerides, improves all cardiovascular functions, and keeps hormones balanced. It helps our bodies work efficiently and well. Mentally, exercise calms our negative emotions and actually stimulates positive biochemical changes that improve mood and relieve pain. A fit person can deal with stress much better than people who are sedentary.

Lisa Shanahan is the owner of **Fitness Together** in Barrington. At **Fitness Together**, they specialize in personal fitness training in private suites. For more information, call **1-847-304-0505** or go to **www.fitnessstogetherbarrington.com**.

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in Glenview. In 1989, Richard branched out with his own namesake company. **Richard Walker's Pancake House** now has three locations—Schaumburg; Crystal Lake; and San Diego, Calif.

**Richard Walker's** Crystal Lake is located at 5680 Northwest Highway, one mile west of Route 31. Phone **1-815-479-9000**. Visit **www.richardwalkers.com**.

(Continued from page 14)



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1 Client 1 Trainer 1 Goal

## Lawns Can Be Green in More Ways Than One

Homeowners in the Barrington area can learn how to grow a lawn using less water, fewer pesticides, and less fertilizer. Steve Pincuspy, senior program associate for Safer Pest Control Project, will share his knowledge of natural lawn care in a program at the Barrington Area Library on Saturday, Feb. 14. The program is sponsored by Citizens for Conservation.

Safer Pest Control Project is a nonprofit organization dedicated to reducing the health risks and environmental impacts of pesticides and promoting safer alternatives in Illinois. Pincuspy works with local municipalities to improve their pest con-

trol practices, and also educates the public about natural lawn care techniques. He will provide fact sheets and other materials for those who want to start the transition to a natural lawn.

The program is free of charge and begins with coffee at 9 a.m., followed by the speaker at 9:30 a.m. Donations to cover expenses will be accepted at the door. Please RSVP to the CFC office at 1-847-382-7283.

Future community education programs sponsored by CFC will concern "Native Pollinators" on March 21 and "Living with Deer" on April 11.





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## Quest Academy Students Attend Presidential Inauguration

Three Quest Academy eighth-grade students attended the Obama Presidential Inauguration yesterday. Palatine residents Alec Blumenthal and Isabel Gilles, and Crystal Lake resident Arjun Tambe, attended the Inauguration of the 44th president through the Junior Presidential Youth Inaugural Conference (JrPYIC), along with other middle-school students from across the country.

This program provides the students an experience of a lifetime as they attended the Inauguration, Inaugural Parade, and an Inaugural Ball. In addition to the Inaugural festivities, the students visited several sites and monuments in Washington, D.C. and heard keynote speakers former Secretary of State Gen. Colin L. Powell (ret.), former Vice President and Nobel Prize winner Al Gore, and filmmaker and author Erik Weihenmayer.

Alumni of the Congressional Youth Leadership Council (CYLC) and National Young Scholars Program (NYSP) were invited to attend this five-day program. Blumenthal, Gilles, and Tambe are alumni of the Junior National Young Leaders Conference and were nominated by their teachers or other members of Quest's administration.

"I'm a big history fan," said Tambe, who looks forward to seeing history come alive as he visits the Capitol. Blumenthal looks forward learning more about the political process as he experiences the JrPYIC, "it's interesting how the power of

our country is distributed between people and how it's evolved."

At the conference, these students joined together with middle-school students from all over the country. This might seem overwhelming to some, but not to Gilles who believes her experience at a smaller school like Quest gives her the ability to help create a strong sense of community which she experienced at the CYCL and believes she will also encounter at the JrPYIC.

These three Quest students have something unique to add to their upcoming experience in Washington, D.C., because in November, they participated in their own presidential election as Quest's eighth-grade represented each political side complete with a debate by two students who representing both the Democratic and Republican party nominees.

The administration at Quest also looks forward to this unique experience for these students. "It is my hope that this will set [them] up for a lifetime of being beyond interested in politics... and maybe becoming active participants in shaping the political future of our country," said Quest Academy Head of School Ben Hebebrand, who witnessed the hard work and research that went into the debates earlier this school year.

Quest not only supports its' three students on their way to the capital but Quest Academy Middle School language arts and social studies teacher Andrew

## Barrington Woman's Club Sponsors A Book Review

The Barrington Woman's will sponsor a book review on Wednesday, Feb. 18 at 1 p.m. in the Northern Trust Bank located in The Barrington Foundry, Northwest Highway and Hart Road.

Denise Philpot will present the book *Speaking for Myself*, an autobiography by Cherie Blair, the wife of Tony Blair, former prime minister of Great Britain. Snacks will be served prior to the review. This

program is open to the public and free of charge but reservations are required as seating is limited. Please call Evelyn at 1-847-381-7891 to reserve your seat.

The Barrington Woman's Club and the Coterie of Barrington recently merged to form one organization. With the increased membership, it has become necessary for participants to call for a reservation.



Shilhanek put a twist on their experience so that the whole class can benefit from the trip. Shilhanek assigned a "video diary" to the students so that they can then share this experience with their peers.

Shilhanek assigned the project to allow for the students to demonstrate their knowledge of the Constitution while incorporating the digital video curriculum and their own personal touch as they record the events during their five-day stay in Washington, D.C.

"These students' time at Quest has provided them with the confidence and enthusiasm to embrace a project of this magnitude and understand what a project like this will do for them as people," said Shilhanek.

Tambe, who sees this as just one example of how Quest integrates life and learning in the classroom said, "in other schools, history is more memorizing facts

...at Quest, they take LASS and they make you apply concepts [using] writing and other methods. It's about doing it and being creative with it." Gilles sees a difference in what she learns from her friends outside of Quest too, "We're concentrating a lot on politics," she said, "we're focused a lot more on current events than other schools."

Quest Academy Director of Student Life Julie Raino also sees the students' trip as an opportunity to share the experience these students will have with the rest of the community at Quest and looks forward to doing so upon their return.

"Our students have learned to look at an event or idea or an issue from all sides and perspectives. They won't just be taken in by the excitement, they'll be able to critique what they see and they'll be able to come back with new growth and understanding," said Raino.



## We Have a Valentine's Gift for You!

**Barrington Community Child Care Center** is located at 560 Carl Ave. in Barrington. We have many activities to keep young minds busy! The program focuses on the whole child, with all areas of development included during the days activities. Along with our qualified and experienced staff, theme-oriented lesson plans are designed to introduce a variety of concepts and challenge every child's ability. Language, math, reading, science, writing skills, and fine and gross motor activities are implemented in each age group. Social skills are also an important component of each day. Functioning in a group is essential for future experiences. Our well-rounded program will provide you and your child with a positive first-school experience.

Some conveniences that we offer to our busy parents are scheduled haircuts, done by a licensed stylist, and a weekly gymnastics program taught by an instructor.

The children look forward each week to the JUNGLE BUS!

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

We offer full-day child care for children ages 6 weeks to 6 years. All-age groups offer flexible scheduling and a morning preschool program. Our hours of operation are 7 a.m. to 6 p.m., Monday through Friday. Our facility has large, child-friendly classrooms, but offers a homelike atmosphere. A catered hot lunch and two snacks are offered each day. Special activities and field trips are scheduled so that all ages may participate.

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

**Our Valentine's Day Gift To You:  
No Enrollment Fee For February!**

## Showing Your Sweetheart that You Love Them

by Dr. Barbara Grace

This **Valentine's Day**, try some of the following ideas to let that very special partner see and feel how much you love them.

**Tell your partner** about all the wonderful and special things they do for you and for your relationship. Simple things like: "I love it when you bring me a cup of coffee in the morning before I get out of bed," or "Thank you for working hard so we can have the things we want and need."

Give your partner the gift of **spending time with them**. This is perhaps the most important thing you can do together—nothing happens between two people unless they spend time together. Take a walk, go to a movie, have dinner out, have dinner home and dance afterwards.

**Give gifts.** Not large, expensive things necessarily, although these are nice too. But little things like a flower, new mug for

tea, or a special food item. In this way you let your partner know that you are thinking of them and this makes them feel important to you. Do something to show your partner how much you love them. But be sure it is something that they would like to receive—not something you would like to give or receive.

Ask if they would like a back rub, for you to cook a meal, take them for a ride in the country. **Engage in physical touch**—the glue that holds relationships together. Hold hands, put your arms around, hug, touch in anyway that your partner loves to be touched.

*Dr. Barbara Grace takes a directive/teaching approach to help clients clarify goals, discover and evaluate the possible choices, and determine a suitable course of action. For questions and information, call 1-847-382-3232.*

**Happy Valentine's Day!**

## A Great Sitter is Always Just a Phone Call Away

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- **Mother's Helpers** will provide over-all assistance, including caring for your children, running errands, and performing light housekeeping (e.g. laundry, dishes, picking up toys).

- **Overnighters** will stay in your home

and care for your children. This can include driving to and from activities, as well as light housekeeping.

Your children's care is our first concern. We only recruit sitters whom we would trust to care for our own children. Our sitters are at least 18 years old, experienced with children, and responsible. Our screening process includes a personal interview, criminal background check, DMV check, and references check. Our sitters are carefully screened, engaging adults who provide their own transportation to and from your home.

No booking fees. No hassles. There is onetime fee of \$150 for use of our service. Babysitters start at \$12 an hour (based on number of children). Our phone number is **1-847-202-9100** or you can e-mail us at—**contact@mothers-helpers.net**.

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## March Deadlines!

**NEWS SUBMISSION Deadline: FRIDAY, FEB. 6**

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## BACOA to Offer AARP Income Tax Assistance

The Barrington Area Council on Aging (BACOA) is once again offering the AARP Income Tax Assistance Program.

Trained AARP volunteers will assist seniors with their taxes on Tuesday afternoons and Thursday, Friday and Saturday mornings. Assistance is by appointment

only and will run from Thursday, Feb. 5 through Saturday, April 11.

Appointments fill quickly, so call as early as possible to schedule an appointment. For more information or to schedule an appointment, please call BACOA at 1-847-381-5030.

## Garden Club of Inverness Meeting

Dividing outdoor gardens into "floral rooms" is a daunting yet creative endeavor. Pat Hollingsworth from RLS Landscape and Nursery in Elburn, Ill., is an expert garden designer with many years of experience. Prior to working for RLS, she spent 18 years as a designer at Planter's Palette in Winfield, Ill. At the Garden Club of Inverness's Feb. 19 meeting, she will help members explore various ways to use new and existing plantings to create outdoor garden rooms that are both interesting and functional. Spring is just around

the corner—here's an excellent opportunity to learn some fresh ideas to liven up your landscape.

The Garden Club of Inverness meets from September through November and January through May on the third Thursday of the month, 9:30 a.m., at All Saints Lutheran Church, 630 S. Quentin Road, Palatine. After a brief business meeting, there is always a program of interest to area gardeners. All gardeners are welcome. For more information, e-mail Carole at [cjbass@comcast.net](mailto:cjbass@comcast.net).

## District 220 Chess Students are Being Honored in Book

District 220 chess students are being honored for their unique contributions as service leaders by being featured in a book to be released by University of Dallas professor Dr. Alexey Root. The book's chapter on the students is entitled "Chess Without Borders and Philanthropy." Root expresses the hope that "the chess stu-

dents of [Grandmaster] Shulman will be examples for other schools to follow."

The collaboration of students, teachers and community has achieved results that would not have been possible without District 220 promoting intellectual exploration in service and philanthropy.

## Garden Club of Lake Zurich

The monthly meeting of the Garden Club of Lake Zurich will be held on Tuesday, Feb. 3, 7 p.m., at Saint Matthew's Church, 22480 Old McHenry Road, Hawthorn Woods. Joan Keyes, a former consultant

for the Garden Club of Illinois, will present the program "Creating a Herb Basket." Guests are welcome.

For additional information, call 1-847-819-3490.

## Green Thumbs Garden Club

Members of the Green Thumbs of Barrington Garden Club will meet on Monday, Feb. 16 to learn about "Local Water Conservation Projects" from two experts, Janet Agnoletti and Patsy Mortimer. Even though the area has been blessed with floods of rain and bunches of snow, it is still vital that everyone continue to improve the intelligent conservation of these priceless gifts from nature.

Agnoletti and Mortimer will share their

knowledge of aquifers, baseline water levels, and a watershed-wide plan developed to protect the creek and lakes that feed the aquifers and fill up the wells on which we all depend. Each of us can help once we learn the facts.

The meeting will begin at 12:30 p.m. in the Meeting Room at the Barrington Area Library. Guests are welcome to come and learn about this extremely important resource. Call Vicki at 1-847-526-5998.

## Auxiliary of Advocate GSH Scholarships

The Auxiliary of Advocate Good Shepherd Hospital (GSH) offers scholarships for students residing in the hospital service area who will attend a college or university in Illinois and pursue an education in a health-related field.

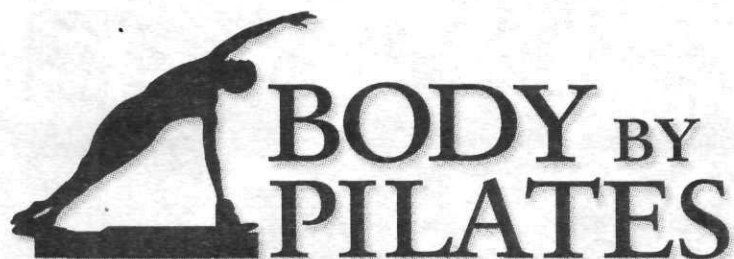
The GSH service area includes the following zip codes: 60010, 60012, 60013, 60014, 60021, 60042, 60047, 60050, 60051, 60060, 60067, 60073, 60084, 60098, 60102, 60110 and 60156.

The number of scholarships to be awarded will be based on the numbers and qualifications of applicants. Current references, transcripts, and proof of acceptance from the institution and acceptance

into a health care professional program are required. Applicants will be evaluated on the basis of attitude and desire toward education, leadership, citizenship, personality and financial need.

Applications must be postmarked or hand-delivered and filed with the Auxiliary Scholarship Committee no later than April 30. Finalists will be interviewed at Good Shepherd Hospital, Barrington. The recipients will be notified by early June. Applications are available online at [www.advocatehealth.com/goodshepherdscholarships](http://www.advocatehealth.com/goodshepherdscholarships) or by calling the Good Shepherd Hospital volunteer office at 1-847-381-0123 ext. 26-5104.





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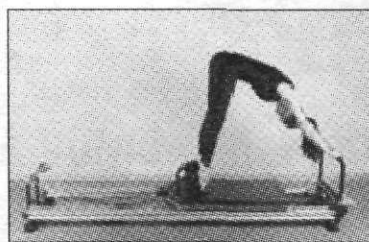
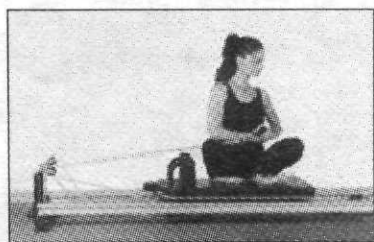
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## Rare Native Plants Free (to Good Homes)

Rare native plants will be given to volunteers willing to care for them in their own home gardens, according to a new initiative presented to potential volunteers at the Council of Barrington Garden Clubs on Jan. 14. All that's asked for in return is that home gardeners commit to nurturing these rare local plants and return the seeds their plants produce to the Native Seed Gardeners for use in restoring local conservation lands.

The Native Seed Gardeners (NSG) is a pilot program developed by Friends of Spring Creek Forest Preserves and Citizens for Conservation (CFC) with support from Audubon-Chicago Region, according to Sam Oliver, who made the presentation on behalf of both groups. Starter plants for the project are being grown this winter by the Chicago Botanic Garden. This program's purpose is to increase the amount of seed that is available to restore ecological health and diversity to the area's woodlands and prairies.

"We've been working for five years to restore hundreds of acres of beautiful forest preserve," said Friends' president Dave Cook of Barrington Hills. "We're making great progress. But it's clear that the main bottleneck is not having remotely enough seed from rare local plants."

"There is a severe shortage," Tom Vanderpoel of CFC explains. "Over the years we've learned that we cannot harvest from the wild enough seed from certain species crucial to the restoration projects." The native plants this project will supply to volunteers are essential to the success-

ful restoration of our prairies, savannas, woodlands and wetlands.

This spring, plants grown from local seed will be ready for distribution and the Native Seed Gardeners are now enrolling recruits to become home growers of beautiful and important woodland and prairie plants. Any interested person can find out more at [www.nativeseedgardeners.org](http://www.nativeseedgardeners.org).

Gardening with rare native plants may be easier than you imagine. After the first year these plants typically need limited watering, no fertilizer, and just a little weeding.

Anyone willing to devote even a few square feet of lawn or garden can grow these rare wildflowers and grasses. "You can put a small corner of any yard to work for nature. One plant can provide hundreds or thousands of seeds," said Kim Keper, a volunteer coordinator for NSG.

"This is a relaxing thing that people can do in 10 minutes of spare time every few days, and it's rewarding to have something like this at your house, that you can show to people and have sort of a personal relationship with. And it fits into my schedule," said John Dalen, a volunteer steward in the Spring Creek forest preserves.

Katherine Grover, an NSG volunteer coordinator said, "I see the gardeners as having varying degrees of skills, so we'll be sensitive to that. I want gardeners to have every opportunity to succeed." In fact, the NSG coordinators will help people determine which species and how many plants will grow best in their yard.

"That's the program—start with a seed

## Avoiding Investment Fraud

This year, many families are experiencing tremendous economic pressures. Many have seen their savings and investments plummet. Economic uncertainty may pressure many consumers to reevaluate their investments and consider selling or investing more money to reap the rebound of Wall Street in the future. With any investment decision, there is potential for fraud; someone trying to cash in on another's fortune or misfortune.

University of Illinois Extension has just launched a new section of the Plan Well, Retire Well Web site, [www.RetireWell.uiuc.edu](http://www.RetireWell.uiuc.edu), entitled "Avoiding Investment

Fraud." Using a case study, consumers learn about types of investment fraud such as affinity fraud and pump-and-dump scams. In addition, the section helps you to determine the difference between investment risk and investment fraud. Resources are also provided to help consumers choose a qualified financial professional to help them navigate their financial future.

Remember investment fraud can happen to anyone. Be careful if something sounds too good to be true! Check out how to avoid investment fraud today at [www.RetireWell.uiuc.edu](http://www.RetireWell.uiuc.edu).

## 37th Spring Showcase of Arts & Crafts

It's that time of year again—time for the Spring Showcase of Arts & Crafts to benefit the Samuel A. Kirk School and Alpha Gamma Delta Foundation. The 37th Showcase will be held on Saturday, March 7, from 10 a.m. to 4 p.m., and Sunday, March 8, from 10:30 a.m. to 4 p.m., at 520 South Plum Grove Road in Palatine.

Favorite returning artists will be there with their creatively handcrafted artwork along with many new exhibitors with lovely creations to set the mood for the return of spring. There will also be hourly

door prizes.

Stay for lunch in the cafe and enjoy gourmet sandwiches, homemade vegetable soup with bread, or hot ham and cheese on croissants, plus hot dogs for the kids, desserts and beverages. Then, before leaving for home, stop by the bakery for a huge variety of homemade items and, of course, you must buy a delicious pie prepared by the alumnae moms.

There will be free parking at the Kirk School. The event is handicapped accessible. No strollers, please.



and the desire to help," said Meredith Tucker, Citizens for Conservation. Whether you have a passion for gardening, the desire to help nurture wildlife, or you

simply like to grow beautiful rare wildflowers, the result will be a network of growers that will have a far-reaching impact on local conservation lands.



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## Chicago-Area Group's "Financial State of the Union" Reveals Nation's True Debt

Today, the Institute for Truth in Accounting released its annual "Financial State of the Union," and the numbers are not good and they are getting worse every day. America's share of our nation's financial hole is now \$59 trillion—each of us owes \$194,400.

"We can fix this problem, if everyone in the U.S. sends all of their assets—their value in their houses, cars, investments—to the federal government," said Sheila Weinberg, founder and CEO of the Institute for Truth in Accounting (IFTA). She continued, "Then the government would have to make investments that would earn a high enough rate of return to fund all of the promises that have been made."

"As the people of this country inaugurate their new president next week, and as the 111th Congress begins, it is imperative the truthful condition of our nation's finances be revealed," said Roger Nelson, chairman of IFTA's board of directors. He highlighted, "The truth is together with unfunded liabilities and promises to our retirees we're in the hole for over \$59 trillion. We need to understand this truth before we can move forward with any new proposals."

The Financial State of the Union, available at [www.truthinaccounting.org](http://www.truthinaccounting.org), provides this accounting by outlining the financial situation of the nation, including unfunded liabilities for Social Security, Medicare and other retirement benefits. The report, which is available in a one-

page, downloadable PDF format, is designed to draw attention to our true financial situation at such a critical time as our president-elect's first address.

"Debt has become our country's drug of choice, personally and nationally, and until we are honest with ourselves about how much we really owe, we can't begin to solve this problem," warned Weinberg. "Treasury and the politicians say our nation's debt is only \$10.6 trillion, which assumes we owe no promises benefits to our seniors."

The IFTA is the sponsor of a national campaign to bring awareness to our nation's pressing financial issues, [www.TruthIn2008.org](http://www.TruthIn2008.org). The IFTA is currently preparing for the launch of [TruthIn2010.org](http://TruthIn2010.org). For more information, contact Darlene Porteus at 1-847-835-5200 or visit [www.TruthInAccounting.org](http://www.TruthInAccounting.org).

### About the Institute for Truth in Accounting

The Institute for Truth in Accounting (IFTA) is dedicated to promoting honest, accurate, and transparent accounting at all levels of government and business. As a nonpartisan, nonprofit organization, the IFTA works to expose accounting deficiencies while promoting better, more accessible delivery of accurate government financial data—and, in turn, providing a foundation for more informed public policy. The IFTA provides its expertise to develop more effective accounting stan-

## MUM Floral—More than Just a Flower Shop

With everything from artwork, books, décor and, of course, flowers for sale, it's easy to say that **MUM Floral** is more than just a floral shop. While flowers hold steady as the store's main focus, the owner of **MUM**, Lynn Lourie, recently took her love of flowers one step further by becoming a purveyor of 100-percent organic flowers. Current eco- and green-friendly trends only further confirmed Lourie's desire to provide the best possible flowers on the market. In addition to this latest socially and environmentally conscience effort, **MUM** also sources from all over the world to present consumers with ecologically friendly, sustainable products that support local artisan groups with respect for people and the planet.

Since opening its door in 2008, Lourie aims to offer a unique and innovative floral experience for weddings, events or any special occasion.

The shop—part home décor, part Dutch floral market and part design studio—was



inspired by the visions of Dutch floral markets in Europe, and created to meet your needs and lifestyle.

With **Valentine's Day** fast approaching, **MUM** has everything you need for your sweetheart. **MUM** will personally create and deliver a beautiful arrangement for that special someone anywhere in the U.S. Visit **MUM Floral** at The Brink Street Market in Crystal Lake. Call them at 1-813-444-6867 or visit [www.mumfloral.com](http://www.mumfloral.com).

## Enjoy a Unique and Traditional European Menu at Fritzl's Country Inn

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.

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

Didn't I tell you **Fritzl's** is unique, a

little different and wonderfully European? Call 1-847-540-8844 for reservations.

Don't forget about **Fritzl's Casual Friday** lunches starting at 11:30 a.m. Ten items offered under \$10!

For **Valentine's Day**, chef Alex Mann has delicious specials including appetizers such as escargots, grilled venison sausage and shrimp bisque. Entrees will include lobster, fresh catch of the day, duck schnitzel, and filet mignon smothered with shrimp de jonghe, along with their regular menu at regular prices.

**Fritzl's Country Inn will be open at 4 p.m., Saturday, Feb. 14, to help you celebrate Valentine's Day!**

## Carolyn Ulrich Featured at Field & Flower Garden Club Open Meeting March 4

Field & Flower Garden Club of Barrington features *Chicagoland Gardening Magazine's* Carolyn Ulrich at their special meeting open to the public on Wednesday, March 4. Doors open at 6:45 p.m. for this free meeting for the community at the Barrington Area Library, 505 N. Northwest Highway. Plan to come early for good seating!

Ulrich is editor-in-chief of *Chicagoland Gardening Magazine* and has won the prestigious Quill and Trowel Award three times from the Garden Writers Association of America. The honors were for articles in *Horticulture Magazine*, *Garden Design* and *Chicagoland Gardening Magazine*.

Even though Ulrich has toured great gardens in England and presented lectures on them, her Barrington presentation will be "Great Gardens of Chicago." No, you don't have to travel to England to see a "great garden"—they are truly in the backyards of the Chicago area!



Field & Flower Garden Club has been a part of the greater Barrington Area for over 50 years, and is pleased to bring a special program each year at no charge to residents in the greater Barrington area.

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

### Save the Date

Saturday, May 9 is Field & Flower's 49th Annual Plant Sale!

dards and deliver accurate government financial information to policymakers, opinion leaders, and citizens, so they can

all work for a more secure financial future. To learn more, please visit their Web site at [www.TruthInAccounting.org](http://www.TruthInAccounting.org).



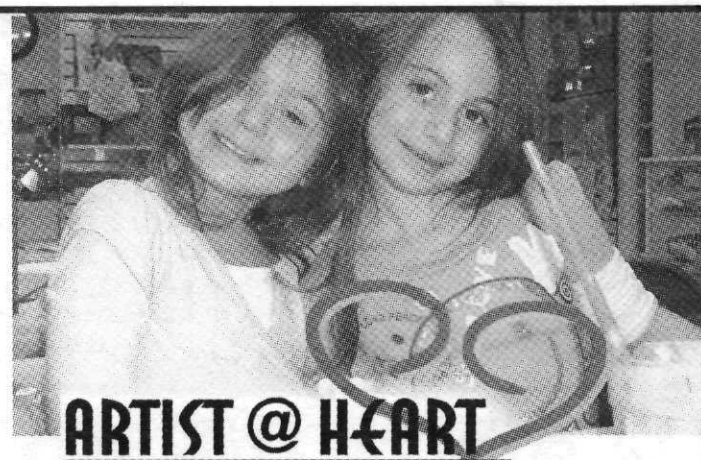
## Artist @ Heart, the one stop art shop!

**Artist @ Heart** offers an array of **Open Studio** art projects. Choose from mosaics, jewelry making, painting, drawing, sewing and many others. Prices range from \$6 to \$25 per project. **Artist @ Heart** also offers classes from ages 3 to adult.

Have your next **party or event at Artist @ Heart**. We include all the materials, party goods, invitations and balloons. Prices range from \$8 to \$25 per person.

**Valentine's Projects** include papier-mâché hearts, mosaics, paperweights and good old-fashioned Valentine cards.

The very popular **Artist @ Heart Art Camp** is being offered for Spring Break! Call now to reserve your child's spot! Camps include all art materials and lunch. Cost is \$50 per day. Hours are from 10 a.m. to 3 p.m.



**ARTIST @ HEART**

120 S. Old McHenry Rd., Long Grove 60047  
(847) 478-9278 [www.ArtistAtHeartLG.com](http://www.ArtistAtHeartLG.com)

## Now Accepting Reservations for Valentine's Weekend Feb. 13 to 15th!

At **Café Bulgari**, Chef Jon has created a unique menu for **Valentine's Day**, featuring beef tenderloin and cold-water lobster Tail surf and turf, steamed Alaskan king crab legs, fresh Chilean sea bass, prime rib, hand-cut steaks, chicken breast filet stuffed with prosciutto and asparagus spears, a full array of appetizers like oysters Rockefeller, clams casino, mozzarella marinara, handmade onion rings and decadent desserts such as crème brûlée and tiramisu.

Inside **Café Bulgari**, you will find a full-service bar stocked with rare and exotic wines, spirits and fine French champagne. Saltwater aquariums, where reef denizens from around the world reside,

provide a colorful, relaxing atmosphere.

Come to **Café Bulgari** to relax and enjoy an intimate dinner with family and friends or snuggle in front of the fireplace with a snifter of cognac while you watch your favorite teams play on one of many hi-def televisions.

**Café Bulgari** features live music every night of the week! Live music begins nightly at 6 p.m. and every Friday and Saturday, the best jazz duos and trios from all over the Chicago area play for you.

**Café Bulgari** is located at 26400 N. Rand Road, one mile south of Route 176 on U.S. Route 12 in Wauconda. For reservations or more information, call 1-847-526-2112.

## Are We in Your Back Pocket?

There are many times you need help in the kitchen, or bartending, or even just help serving and cleaning for your party or event. How about the times you passed up the opportunity to have a dinner party because there was no time to cook? Fear no more!

**Our specialty is catering parties—whether small dinners or big weddings and events**—and we have two decades of cooking experience and hands-on awesome service! **AND WE ARE ACTUALLY NICE TO OUR CUSTOMERS!**

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## Chess Without Borders Holds Feb. 7 Fundraiser for Burn Victim

This past summer, Grandmaster Shulman and his students donated chess sets and a textbook to start a chess club at the Govindpura slum in Delhi, India. Nina Sethi, an alum from District 220 who is currently volunteering as a teacher in the schools in Delhi, had requested the donations. After the chess club was up and running, tragedy struck and an 8-year-old student was severely burnt in an accident. This is when District 220 chess clubs sprang into action. They are trying to raise money to enable the little girl to have plastic surgery. Hough School teacher Maggie Gruber will support this project and travel to India to provide consultation at the Govindpura

schools and work with Sethi to implement this and other programs for the children, who are raised in an atmosphere of abject poverty.

On Saturday, Feb. 7, a fundraiser featuring food sales will be held during the Roslyn School Chess Tournament. Please consider volunteering, registering for the tournament, or simply joining them for lunch. Local businesses such as Bertacchi Builders of Barrington and Aleyra Medispa of Algonquin will be donating food items. One hundred percent of the proceeds from the sales will be put toward the cost of plastic surgery for the 8-year-old girl.



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## Garden Club Honors Founding Members

Four founding members of the Long Grove Kildeer Garden Club were honored recently for their past service to the community and to the garden club. Barbara Turner, Vera Campbell and Betty Coffin (pictured from left) were recognized with certificates and lovely corsages by club president Jane Wittig. Not pictured is Beverly Bystricky.

The club was started in the early 1970s and welcomes all levels of gardeners to enjoy garden-related programs, field trips and beautifying projects at Reed Turner Woodland in Long Grove, also home to the club's meetings. The group meets on the second Monday morning of each



month, and sponsors internships, plant sales, annual garden walks, and more. For more information, please call Ivy at 1-847-800-5000.



# Field & Flower Garden Club Members Study Structure and Hardscape

Field & Flower Garden Club members will meet on Saturday, Feb. 7, 10:30 a.m., at Pasquesi's Home and Garden Center, 990 W. Northwest Highway, Lake Barrington.

February is a perfect month to ponder a garden's current design or to dream about changes to be made. Pasquesi's staff will discuss garden structures, including

trees, shrubs and ornamental items. Also discussed will be a garden's hardscape. Hardscape, whether it be a pond, stone wall, meandering brick path, or terrace, can be the backbone of a landscape or its finishing touch.

Field and Flower Garden Club has been a part of the greater Barrington Area for over 50 years. Its membership includes

novice gardeners as well as those very knowledgeable in growing, landscaping and design. Meetings are typically held on the first Wednesday of each month and include a program, a short business meeting, and time to ask gardening questions. Guests are most welcome.

Field and Flower is a member of the Council of Barrington Garden Clubs, Gar-

den Clubs of Illinois Inc. and National Garden Clubs Inc.

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

## Save the Date

On Wednesday, March 4, Carolyn Ulrich, editor of *Chicagoland Gardening*, will speak at the Barrington Area Library. The topic is "Great Gardens of Chicago."

## LEADING THE WAY TO REMARKABLE PROPERTIES



### BARRINGTON HILLS

Classic stone & cedar ranch is set on 5 verdant acres offering 4 BR & 5 BA, w/ 2 master suites. Large, eat-in kitchen with Poggenpohl cabinetry & top-of-the-line appliances. Delightful sunroom, cathedral ceilinged in family room, 4 fireplaces & 3 car garage. Includes tennis court & direct access to the extensive riding trails.

**OFFERED AT \$1,349,000**



### BARRINGTON HILLS

This beautiful equestrian property offers 5 bedrooms, 5 baths, a dramatic 2-story family room with stone fireplace, gorgeous gourmet kitchen, finished walk-out lower level with theatre and kitchen, master suite with sitting room, 4-stall barn.

**OFFERED AT \$1,425,000**



### BARRINGTON HILLS

Set on five secluded acres on a private lane, this enchanting home features 4 BR, 3.1 BA, 4 fireplaces, cook's delight kitchen with fire-lit hearth room, dramatic great room with vaulted ceiling and romantic 1st floor master suite. The peaceful setting offers a sparkling pool, 4 stall barn with ample turnouts and outdoor sand arena.

**OFFERED AT \$1,095,000**



### BARRINGTON HILLS

Set on five acres, this delightful, fully functional equestrian property offers an updated 2 br home, 6-stall barn with club/tack/viewing room w/ 1/2 bath, wash rack, large hayloft & attached 60x80 indoor arena. Also includes an outdoor sand arena & abundant turnouts & pasture areas. All this in a most prime location!

**OFFERED AT \$1,199,000**



### BARRINGTON HILLS

This stunning 12,500+ sq ft new construction residence is set on 5 acres on quiet private lane. Exquisite architectural design and detail are evidenced throughout its comfortably elegant interior. It offers 6 BR, 7.1 luxurious baths, 8 FPs, *Architectural Digest* quality kitchen with soaring 2-story beamed ceiling and 5-car garage.

**OFFERED AT \$5,000,000**



### BARRINGTON HILLS

Masterpiece on 14.5 acres with spectacular views of Goose Lake. This 7-BR, 8.4-BA home combines elegance with exquisite design and state-of-the-art technology. Beautiful architectural detailing, formal floor plan, home theatre, fin LL w/ wine cellar, rec room with bar, exercise room & billiard room, 8 FPs, 6-car gar & sparkling pool.

**OFFERED AT \$17,000,000**



### KILDEER

This beautiful home is set on a magnificent 1.4 acre professionally landscaped lot in a prime neighborhood. It offers 4 BR, 2.1 BA, gourmet kit w/custom cabinetry, sunroom, great room and inviting FR. Surrounded by nature's beauty, the grounds feature a sparkling inground pool and pool house with bath and bar.

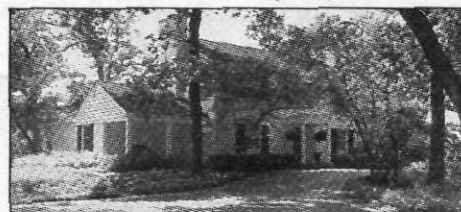
**OFFERED AT \$599,000**



### BARRINGTON HILLS

A long curving drive leads to this gracious 5 BR, 4.2 BA country manor, secluded on 20 acres in the heart of horse country. A tranquil pond, sparkling pool, 10 stall barn, garage parking for 5 vehicles and premier Brinker Road location enhance this special offering.

**OFFERED AT \$3,599,000**



### BARRINGTON HILLS

Incomparable Barrington Hills estate. Classic 1937 brick Colonial. 20 magnificent, rolling, wooded acres with a stocked pond and paths through the woods on a private lane. This enchanted retreat offers a breathtaking setting with newer "Lake House," sparkling pool. Dividable acreage in a most prime location.

**OFFERED AT \$6,200,000**



### BARRINGTON HILLS

Set on a private, wooded site, this enchanting 5 BR classic is the epitome of refined country living. Abundant in character & charm, and designed for personal comfort and festive gatherings, it features exquisite architectural detail, 5 fireplaces, exceptional gourmet kitchen, a sparkling pool, 4 car garage and magnificent grounds.

**OFFERED AT \$1,499,000**



### BARRINGTON HILLS

Entertainer's dream! Spectacular idyllic sanctuary set on over 5 wooded scenic, prof landscaped acres w/ pond, beach, gazebo, terraced patios & pool. It offers a dramatic 4 BR, 4.1 BA home & awe-inspiring 1 BR guest house w/ gourmet kitchen, great room, loft, office & fabulous screening room. Truly a one-of-a-kind offering.

**OFFERED AT \$2,350,000**



### BARRINGTON HILLS

A grand allée of trees leads to this gracious Barrington Hills estate. Set on 9.8 rolling & wooded acres, it features 5 BR, 5.1 BA, 3 fireplaces, generous public & private areas and lovely views from every window. The magnificent grounds offer a sparkling pool, tennis court, delightful 4-stall barn, dressage arena & caretaker's cottage.

**OFFERED AT \$2,500,000**



### BILTMORE

Classic Biltmore colonial. Well-maintained 4 BR 2.1 BA home with spacious kitchen and inviting family room with fireplace and beautiful views of the spectacular private, wooded lot with meandering stream and mature hardwoods. Enjoy all that this peaceful setting and fabulous neighborhood have to offer.

**OFFERED AT \$399,000**



### BARRINGTON HILLS

This charming Cape Cod home is set on 8 beautiful lakefront acres with 359 feet of shoreline on Hawley Lake. Originally a fishing lodge, the hand hewn beamed vaulted ceiling, stone fireplace and wide plank oak floors have been lovingly preserved. Enjoy idyllic views of the sweeping lawn, verdant woods, sandy beach and pier.

**OFFERED AT \$1,750,000**



### BARRINGTON HILLS

This charming 4 BR, 2.5 BA home is set on 5 1/2 magnificently landscaped acres in a prime location. Warm & inviting, it offers a stunning decor, new kitchen, 2 fireplaces, hardwood flooring, 4-car garage parking and idyllic views from every window. The grounds feature lovely perennial gardens, lofty pines and mature trees.

**OFFERED AT \$995,000**



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## From a Woman's Point of View

by Amy Wickstrom, Wickstrom Ford Lincoln Mercury

With February here and **Valentine's Day** just around the corner, many of you may be trying to come up with an original way to celebrate. Instead of flowers and candy, treat your sweetie to a trip downtown for the **101st Chicago Auto Show**. Running from **Feb. 13 through the 22nd**, this year's show is being billed as having the largest automotive displays in the world. While everyone goes to the auto show to see what's new and on the horizon, this year more than ever we'll see vehicles that exceed our expectations in terms of safety, mileage and value.

One of Ford Motor Company's answers to the energy independence question is the **2010 Ford Fusion**. At 41 city/36 highway mpg, it is America's most fuel-efficient midsize hybrid sedan. If everyone driving a Toyota Camry hybrid switched to the Fusion Hybrid, America would save 4,420,000 gallons of gas a year. Also, the Fusion is the only midsize hybrid sedan to offer an all-wheel-drive system; wouldn't that come in handy this time of year?

While you're at the auto show, don't miss the all-new **2009 Ford F-150**, Amer-



ica's best-selling vehicle for 32 years in a row. Among other awards, the F-150 was named 2009 *Motor Trend* Truck of the Year and North American Truck of the Year. After seeing the truck, you can also check out a great video comparing the F-150 with its three closest competitors at [www.fordvehicles.com/2009f150](http://www.fordvehicles.com/2009f150). Better yet, come into **Wickstrom Ford Lincoln Mercury** and drive one yourself.

Hopefully I've given you an idea for a great Valentine's Day outing. If not, I suppose flowers and chocolate are still okay. Personally, I would go for "new car smell" over the smell of lilies any day.

Until next month,

—Amy



## Spring 2009—Creating Hope, Beauty and Peace with Your Landscape

Now more than ever, we need to surround ourselves with the power and beauty of nature. This can be one path to hope for a better world and a better life for all of us. All it takes is desire, a team of like minded people and then the focus to get it done.

Our purpose as a 28-year-old landscape design/build firm is to be that team, to help you discover and create your own world of beauty that will allow you to live and be your dreams.

Begin by asking yourself, "why do I want this? What am I trying to accomplish?" and when you answer yourselves honestly, your path will be clear and the answers will come. Because only when you know your "why" will you ever be happy with the change.

### The Four Steps

Our approach in designing a successful landscaping project is no different than how you have created other accomplishments in your life. All successes in life—and that includes a successful landscape—are 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 reach your goal
- Have a plan that works, then work the plan

### Determine What You Want

Always be clear on what you expect. Ask yourself questions. Is your outdoor environment grass to cut and trees to trim or is it a life lesson, always challenging because it offers constant change? Are you concerned about privacy? What's impor-

tant to your family, throwing a ball, relaxing by a pool or enjoying the birds? Whatever your answers to these and other questions, the only right answer is yours.

### The Trade-Off

Don't fool yourself into thinking you can get something for nothing. Everything costs either time or money. Know what you're willing to spend, both now and in the future. Quality landscaping takes money now to begin and time to allow it to flourish. Your gain will be commensurate with how you spend these two precious commodities. And in this time of fluctuating home values, landscaping is the one area that continues to add value.

### Your Associations

When hiring a contractor, make sure their vision and abilities can fulfill your dreams and goals. Do your due diligence. Read books, get recommendations and meet with the contractor. Ask yourself if this is someone who is capable of doing what you want and will you be able to work with them.

### The Plan

Once you've addressed the first three elements, now it's time for action and decision. Create your plan while always keeping the end in mind—your purpose. If you can't make up your mind, maybe it's because it doesn't feel right and you've veered off course away from your "why." Life and landscaping should be a wonderful 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 landscaping needs, give **Michael or Eileen SanFilippo** a call at **1-847-426-9190**.



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## BACOA Announces Support and Education Groups for February

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

**Caregiver Support**—Open forum to discuss care-giving issues. The group will meet Wednesday, Feb. 4, from 7 to 9 p.m. at the BACOA office, 6000 Garlands Lane, Suite 100, Barrington.

**Alzheimer's Association Support Group**—The group will meet for an open forum Thursday, Feb. 19 from 1 to 3 p.m. in the Eastlake Dining Room at the Garlands of Barrington, 1000 Garlands Lane, Barrington.

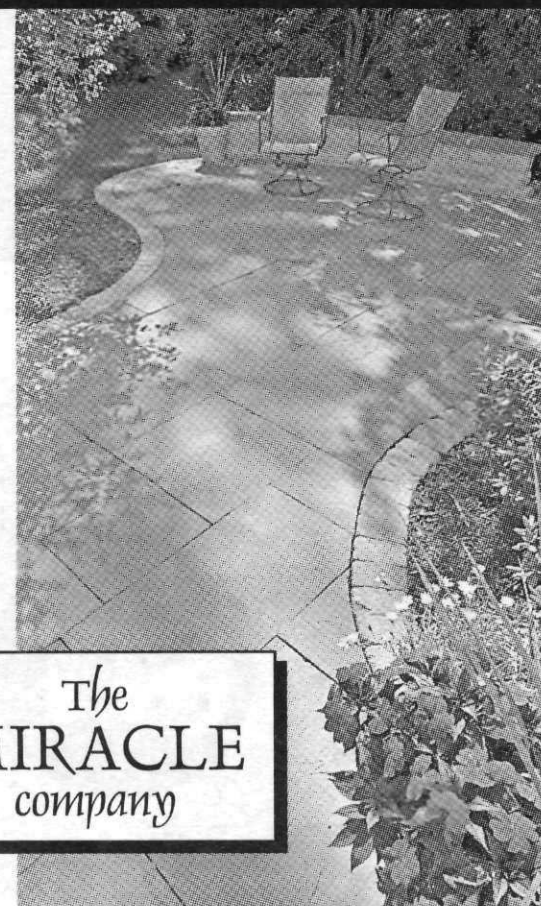
**Parkinson's Education and Support**—Lee Ann Seitz, a trainer at Good Shepherd Hospital Health and Fitness Center in Barrington, will give a demonstration of restorative tai chi. The group will meet Saturday, Feb. 28, from 10 to 11:30 a.m. in the Performing Arts Center at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

For more information on any of the groups, please call BACOA at 1-847-381-5030 or visit the BACOA Web site at [www.bacoa.org](http://www.bacoa.org).

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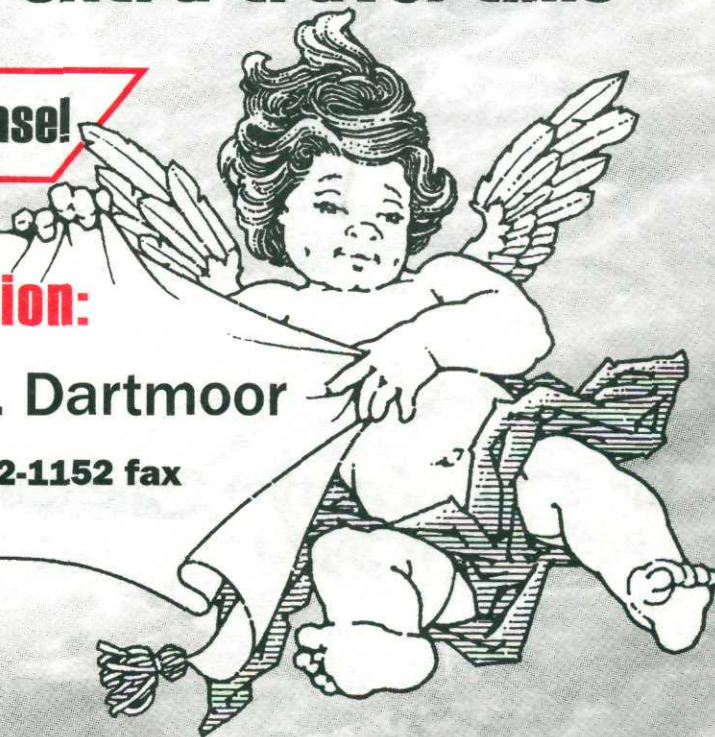
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