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The HARPS Farm Festival Great Fun

by Lisa Stolley

On Sept. 27, the Hooved Animal Protection and Rescue Society (HARPS) opened the gates to its farm in Barrington Hills, ushering in fall and over 600 guests with the HARPS Farm Festival, an annual event of equine entertainment, great eats and all-around fun.

Arriving guests were greeted with the live music of Sheila Eiler and Matt McBride, whose eclectic sounds complemented the various activities spread around the lawn next to the horse barn. Face painting, carnival games and pony rides were a hit with the kids; the barbecue sizzling on several grills appealed to all. Vendors dotted the area, selling such wares as custom jewelry; and a sports-themed silent auction offered, among its items, an autographed photo of Arnold Palmer and signed Ernie Banks jersey.

The highlight of the festival, however, as much fun as the other activities provided, was of the equine sort. In a large pasture up the hill from the barn, a series of performances took place, each one a kind of magic in its own right, including and perhaps especially, the HARPS parade of horses. Led by HARPS volunteers and friends, these horses were tangible proof of the dedication and effort put forth by HARPS founder and director Donna Ewing, her daughter Ronda Ewing and all the volunteers; once victims of abuse and neglect, once terrified, sick and emaciated, they now marched past their audience with shiny coats and well-fed bellies, equine survivors all.

If the HARPS horse parade symbolized the compassion inherent to its rescue effort, other exhibitions showed the versatility, talents and training potential of the equine species. Not to mention how cute miniature horses are, particularly when they pull carts, as did the Double L. Miniature Horse Driving Drill Team, giving those Clydesdales favored by Budweiser beer ads a run for their money.

Not to be outdone in the "cute" department, Richard Bruner and his horse, Maverick, showed off their tricks, with Maverick lying down on command, then sitting up in an amusing imitation of any good dog, followed by a big smooch bestowed upon his beloved owner.



The highlight of the festival was the equine sort, breathtaking dressage among them.

The deep bond of trust and love between horse and human was further displayed by Ronda Ewing and Elko Dann, a real life Wild West mustang and another HARPS rescue story. With flawless form and perfect symmetry, Ronda and Elko sailed over a course of heart stopping jumps, some of them nearly four feet high.

The highlight of the festival's equine extravaganza was the breathtaking dressage performances of seven incredible stallions, among them Andalusians, Lusitanos and Fresians. Ridden by top equestrians and headed by Mario Contreras, best known for his expert training of the Medieval Times horses, the stallions executed a choreographed routine of classical perfection. Horses and riders worked together in unspoken harmony, reminiscent of the Lipizzan tradition.

The nobility and beauty of the equine performances at the HARPS Farm Festival made unequivocally clear the motivation for the hard work HARPS does every single day of the year. The festival was a culmination of that hard work—a day of celebration of the connection between horse and human.



The horses were tangible proof of the dedication and effort put forth by HARPS founder and director Donna Ewing and her daughter Ronda Ewing.

Sparrow Golf Event a Success



The Friends of Home of the Sparrow members who made it all happen (from left, standing): Marilyn Patrick, Event Chair Marie Beath, Julie Reitsch, Ginny Beck, Judy McDonough, Pat Pulsifer, Sonia Colosia, Janet Jones, Connie Blomquist, Jan Broughton, (seated) Judy Avedon Gibbons, FOHS President Judith Stone and Sue Guernsey.

Friends of Home of the Sparrow thanks all who attended its third annual "Women fore Women" nine-hole golf outing held Sept. 21 at Makray Memorial Golf Club in Barrington.

Kudos to event chair Marie Beath for her orchestration of a beautiful event, to all the many volunteers, to auctioneer Jill Davis, who made things happen, as well as Sundance Photography for recording the day.

Collecting prizes for their Longest Drives were Kim Evans and Chris Valentine, while Mary Kay Gott and Marie Beath were Closest to the Pin. No one won the Hole-in-One car or Putting Contest, graciously sponsored by John Barrett of Schaumburg Honda, but everyone had a good time trying.

Bringing in the Lowest Team Scores were the Front Nine foursome of: Voss, Jones, Frankenburg and Clarke; while Blomquist, Swail, Herdrich and McLoughlin won Back Nine honors!

Consolation prizes of a golf lesson each, donated by Makray Pro Don Habjan, went to the "Most Honest" team members of DeVries, Leitman, Baggett and Lacson. They vow to give everyone a run for their money next year.

An inspiring video outlining the work of Sparrow clients, staff and volunteers followed luncheon, attended by over 100 community members. If you missed the fun, plan to attend in 2010.

From all sources, including direct donations, auction purchases and bountiful underwriting, over \$100,000 was raised in support of Home of the Sparrow, which

provides emergency services of transitional housing, counseling and job-skills training in a structured setting to those women of the northwest suburbs who find themselves in the midst of a personal crisis with nowhere to go. Through its (approximately) 18-month program, motivated individuals are offered a second-chance opportunity to attain economic stability and overcome unfortunate situations caused by circumstances such as illness, abuse, divorce or loss of a job.

Home of the Sparrow provides housing for about 100 persons a night, and since 1986 has aided over 2,000 individuals achieve self-sufficiency. It is the only agency in our area licensed to allow male children over the age of 12 to remain with their mothers in the group-housing setting. Facilities are located in Crystal Lake and McHenry. For more information, visit www.h-o-s.org.


Friends of Home of the Sparrow provides advocacy, volunteer and monetary support to Home of the Sparrow. To learn more, call Julie 1-847-726-8888. Different types of volunteer involvement are available.

When cleaning out closets, don't forget the Sparrow's Nest Thrift Shops located in: Cary at 387 N. Northwest Highway, 1-847-639-4082; Palatine at 275 E. Northwest Highway, 1-847-705-6852; and McHenry at 3714 W. Elm, 1-815-363-6008. Please call first for hours. Pick-up service is available upon request.

Your generous support is recognized and appreciated in these challenging economic times. *Thank you!*



(From left) Jackie Kost, Joan Olson, Jeani Allaway and Diane Tyrpin, all of the Barrington area, get ready to golf for Sparrow.



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Fourth-Graders on the Prairie —A New Collaboration

"Wow! This is ambitious and exciting! 'Whatever you need for me to do outdoors is fine...' 'I think this is important and am glad to help out if needed.' 'If you need to beef up the person-power, fill me in whenever necessary, and let me know.' 'Let me know what you need and I'll do it.'"

What prompted this outpouring of offers to be involved? Thanks to a two-year grant from the Barrington District 220 Educational Foundation to the Barrington 220 elementary science program, all 770 fourth-graders in the district had a science unit on Prairie Preservation in their classrooms and a field trip to a prairie (Grigsby, Spring Creek or Flint Creek Savanna) nearest their school where they hiked, created drawings, took plant measurements and did the vital work of collecting seed for prairie preservation. All of this happened in September and early October.

This collaborative effort began in June with two half-days of introduction to the prairie and curriculum writing (Citizens for Conservation (CFC), a group of Barrington 220 teachers, and their science curriculum consultant). In early August, fourth-grade teachers studied the new curriculum and hiked Grigsby Prairie. This was followed by a similar session for the remaining fourth-grade teachers in September. Recruitment for the many volunteers that were needed to carry out the



Lines School fourth-graders are led through the Flint Creek Savanna as they collect seeds of native plants as part of their Prairie Preservation science curriculum.

project was time consuming but gratifying. Many CFC volunteers as well as Friends of Spring Creek Forest Preserve, the schools' volunteer Nature Ladies, and scores of parent volunteers helped with this experience.

As described by the foundation, this two-year project is "a collaborative effort between District 220 and Citizens for Conservation that provides an opportunity for children to engage in the authentic work of 'doing science' in Barrington's distinctive environment of prairie and marshland. Along with classroom curriculum, students will have the opportunity to be 'citizen scientists' and connect more with the natural world."

An advance team from Citizens for Conservation made pre-visits to all eight schools' fourth-graders to help them prepare for their roles as citizen scientists and

Interpret the Trends at Assemblé

This season, what's on your shopping list is as important as how you put it together. **Assemblé** is here to lend a hand. We have the must-haves, and we'll help you experiment—to find your own fashion personality!

Start with a Blazer: so versatile, the right one will see you through day and night. Tough chic is made easy with our hot little bronze metallic jacket. Or, if you prefer to go more edgy/casual, try a fleecy knit—complete with brass buttons and a slender silhouette—slightly reminiscent of Sgt. Pepper?!

Bet on a Blouse: Arriving at **Assemblé** this month—silky animal prints from **Ella Moss**, drapy metal trimmed jerseys from **Velvet**, and subtle paisleys from **Language**. Key pieces you need to keep your closet up to date!

Collect Cardigans: cozy knits will be your constant "go-to." We'll help you choose a style that accentuates the positive and hides the negative!

Tees and Jeans: Can be dressed up or down with artful styling. Our selection at **Assemblé** guarantees a happy shopping event! With a focus on fit, our jeans selection promises you a renovating experience—and our "stylin'" selection of tees from LA's best will keep you on top of today's trends!

Great style is a state of mind, of knowing what personally works for you, your shape and your lifestyle. **Assemblé** is here to help you stay on track, to personally guide you toward Instant Chic and have fun doing so!

Invest in yourself—you deserve it!
See ya soon!

U.S. Equal Employment Opportunity Commission Increases Enforcement

by Joette S. Doran, Esq.



The U.S. Equal Employment Opportunity Commission (EEOC) is the federal agency charged enforcing the federal laws against employment discrimination. Recently, the EEOC has taken a more aggressive approach in enforcing the Americans with Disabilities Act (ADA). The ADA is the federal statute that prevents employment discrimination on the basis of disability. In 2008, the ADA was amended and greatly expanded the individuals who are protected under the ADA's definition of disability. Of particular concern to the EEOC are company medical leave of absence policies that place limits on the amount of medical leave.

Recently, the EEOC announced a \$6.2 million settlement in connection with class case involving a Sears, Roebuck and Co.'s alleged inflexible leave limit policy. That case arose from a charge of discrimination filed with the EEOC by a former Sears's service technician. According to the EEOC, the employee was injured on the job, took workers' compensation leave, and, although remaining disabled by the injuries, repeatedly attempted to return to work. According to the EEOC, Sears did not provide the employee with a reasonable accommodation which would have put him back to work and, instead, fired him when his leave expired.

Recently, the EEOC has also filed a number of pattern and practice lawsuits on behalf of employees of large employers alleging that the employers violated the ADA by rejecting extensions of medical leave as a reasonable accommodation for employees with disabilities. The EEOC asserts that it is unlawful if any employer that maintains an inflexible maximum

leave policy, which it will not extend or otherwise modify in order to accommodate individuals with disabilities. As such, employers should review their medical leave of absence policies and processes to ensure that they provide appropriate flexibility to accommodate individuals with disabilities. This includes engaging in a good faith interactive process with employees whose leave may be ending to discuss potential reasonable accommodations which may include a reasonable extension of leave.

For additional employment information, please visit our Web site at—www.joettedoran.com.

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

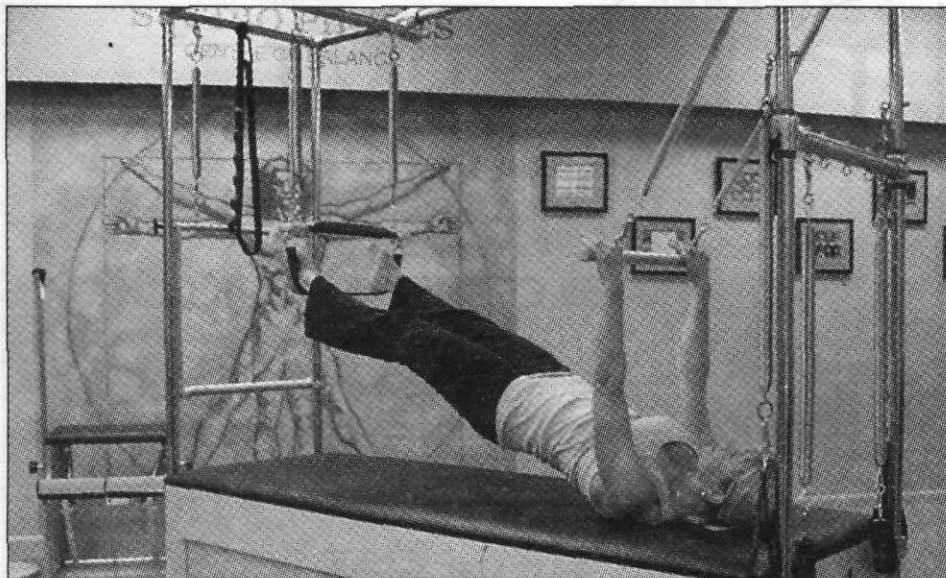
Ms. Doran is licensed in Illinois, admitted to all Illinois federal courts and the U.S. Supreme Court. She is a member of the Federal Trial Bar and is the past chairperson of the Employment Law Committee for the Northwest Suburban Bar Association, a past president of Barrington Area Professional Women,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



their day on the prairie. Then, each morning and afternoon for two weeks, volunteers welcomed them to the prairie, school by school, under the guidance of CFC Children's Education chairman Bonnie Gordon.

Naturalist John Muir once said, "Climb the mountains and get their good tidings...cares will drop off like autumn leaves." Those involved in this new collaboration eagerly hiked the prairies and there, did "get their good tidings."

Jingle Your Bells, Not Your Upper Arms



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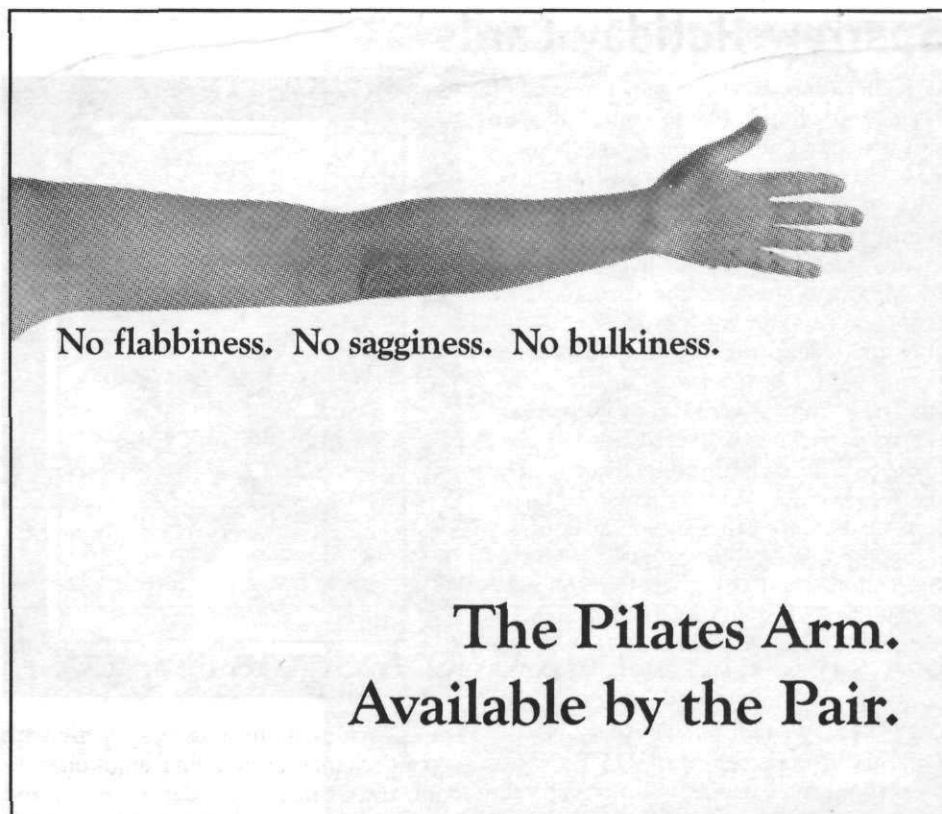
abdominals, slender thighs and a strong back, **Studio Pilates** promises a refreshing mind-body workout.

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Studio Pilates is located in downtown Crystal Lake at 46 Brink St. Phone **1-815-455-4900**. Visit online at—www.studiopilates.net.



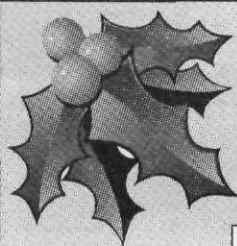
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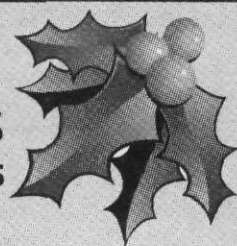
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Sparrow Holiday Cards

It is that time of year again for sending holiday greetings! Please consider Sparrow Holiday Cards. Appropriate for business or personal use, they are a perfect way to extend your holiday messages while supporting this important local charity. Drawn by a child living in one of the Sparrow shelters, the card for 2009 features a winter birdhouse scene with the inside caption reading: "Warmest thoughts and best wishes for a wonderful holiday and a very Happy New Year."

Sold in packets of 10 cards for \$11, they are available now through December at the following local merchants: Ambrosia Euro-American Patisserie, The Foundry Shopping Center, 710 Northwest Highway, Barrington; The Barrington Home Shoppe, Ice House Mall, 200 Applebee St., Barrington; and Dalzell Jewelers, 41 N. Williams St., Crystal Lake. The Sparrow's Nest Thrift Stores, located at 387 Northwest Highway, Cary, 3714 W. Elm St., McHenry, 120 E. Calhoun, Woodstock, and 275 E. North-west Highway, Palatine, will also carry the cards.

For phone orders and imprinting arrangements (extra charge), please contact Judith at 1-847-381-1337.

All proceeds from your purchase will go to the benefit of Home of the Sparrow which provides transitional housing with a structured program of counseling and job-skills training to those women of the northwest suburbs finding themselves in personal crisis with nowhere to go. Spar-



row provides motivated individuals with second chance at attaining emotional, financial and housing independence, and is the only agency in our area licensed to allow boys over 12 years of age to live with their mothers in the group housing facility. For more information, visit www.h-o-s.org.

Home of the Sparrow is funded primarily by people like you who care about making a difference. In these challenging times, thank you for your interest and support. *Happy Holidays from Home of the Sparrow!*



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Editor's Ink

November 2009

Dear Reader,

It won't be long before we hear Christmas carols and see the Salvation Army red kettles waiting for donations for the area's needy. This year, more than ever, many families are in need of support. Please help if you can.

Speaking of generosity, an anonymous donation of \$1 million to the Hospice and Palliative Care of Northeastern Illinois' (HNI) capital campaign to build a new inpatient facility in Barrington was recently made. This kind donation has taken HNI to within \$900,000 of reaching its capital campaign goal to build the new Pepper Family Hospice Home and Center for Care. How wonderful.

The House of Hope Resale Shop in downtown Barrington will be hosting a very special Holiday Open House on Wednesday, Nov. 11. All proceeds support Project Hope, a St. Anne's ministry providing emergency assistance to area families in crisis. Find some great values and enjoy plenty of holiday spirit.

We hope this issue of *Barrington Lifestyles* will offer some good suggestions for holiday gift giving.

Until next time, may all your thoughts be sunny.

With warm regards,
Glenn McMonigal, editor
Barrington Lifestyles News Magazine



About Our Cover

As the Holiday Season Approaches...

This little black dress will get you through the holiday season beautifully. The black matte jersey sleeveless drop-waist dress is accessorized with a black wool felt clover cloche hat and black lace floral tights. Liz Claiborne New York.



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Santa Arrives Friday, November 6, 2009 at 6:00pm

Rain date Saturday, November 7th at 6pm

Count down with Santa as he turns on the Christmas lights, then watch our annual fireworks show.
Santa will be available to visit with children until 8:30pm.



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\$1 Million Donation Brings Hospice Close to Campaign Goal

Last fall, Hospice and Palliative Care of Northeastern Illinois (HNI) provided end-of-life care to an ailing woman, something its care teams do for many patients every day. Last week, that patient's grateful husband made a \$1 million gift in her memory to the agency's capital campaign to build a new inpatient facility in Barrington.

This donation has taken HNI to within \$900,000 of reaching its capital campaign goal to build the new Pepper Family Hospice Home and Center for Care.

"This generous gift came from an area resident in memory of his wife who passed away last year in our care," said Beth Raseman, vice president of development. "His generous gift now brings total donations to \$17.6 million, moving us considerably closer to reaching (or exceeding) our project cost of \$18.5 million. The donor, who wishes to remain anonymous, hopes his gift will inspire others to give and help Hospice and Palliative Care of Northeastern Illinois raise the remaining funds. We thank him for his generosity and inspiration."

According to Raseman, when making his pledge to the campaign, the donor spoke of the wonderful care his wife received from the HNI care team, and said he had been planning on making a gift to the project for some time.

"Each and every day our staff members go into patient's homes, nursing homes and hospitals and care for the dying and their families. The care teams do their best

to care for the patients, to relieve their pain and suffering and to assist them in any way possible," Raseman stated. "Often we never know exactly how that care will influence a family. We hope that they will have had their burden eased, that our grief support will support them in the months following their loss, and that they will refer others to our hospice. Sometimes the family directs memorials toward HNI, or organizes a fundraiser to support one of our programs, and sometimes that person hears about our hospice home project and wants to help. What happened today is the result of how one of those families chose to help give back to us."

Officially accepting pledges and donations for nearly 18 months, the agency's "Building a Legacy of Care: The Time is Now" capital campaign will continue until its goal is met. Located on Lake Zurich Road, off Route 14, the new Pepper Family Hospice Home and Center for Care is a freestanding, LEED-certified (green) facility which will consist of 16 inpatient rooms, a family room, children's play area, dining room, clinical team space, staff and volunteer training/education rooms, quiet/meditation room, the Center for Loss and Hope (bereavement support), and administrative offices.

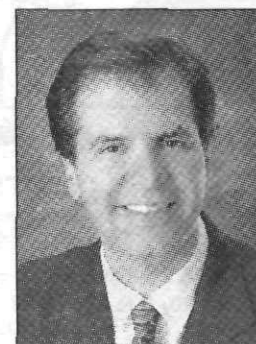
Located on 6.7 acres of partially wooded land, and surrounded by natural grasses and a healing garden, the new hospice home and center for care will not only allow HPCNI staff to continue to care for

Cosmetic Dentistry: Eliminating Guesswork by James T. Gavrilos, DDS

What do you notice first? Their eyes: Their hair: Their smile? When meeting someone new, a nice smile is always toward the top of the list of things that get noticed. But what do you do if you weren't born with the smile that complements the rest of you?

Each day, patients go to their dentist wanting to change their smile but are anxious about the appearance of the result. To help the patient visualize what their new smile may look like, the dentist can take digital photos and make the changes using software. The patient can then review the changes along with the dentist and make suggestions: longer, whiter, bigger, etc. The dentist then determines what procedures need to be performed in order to reach that goal.

Bleaching, bonding, veneers and crowns are just some of the tools a dentist has at his disposal for changing the appearance of teeth. How does he create in the mouth what has been created on a computer? Plaster models of the patient's existing teeth are sent to the dental laboratory along with the 'before' pictures and the "ideal" 'after' pictures. The technician then works on creating temporary veneers, crowns or bridges that duplicate what he sees. They are sent back to the dentist and he places them into the patient's mouth. The change is instant and the best part is



that now the patient can live with their new look before the final restorations are made. If the patient desires any changes, the dentist can easily make them because the temporary restorations are made of acrylic. Once the patient approves the final appearance, the dentist makes new molds and the laboratory can produce the final porcelain restorations to match the approved temporaries. The guess work is eliminated. The patient has no surprises when the new teeth go in because they have already lived with them for weeks.

If you are not pleased with what you see when you smile, you owe it to yourself to visit the dentist and ask for an esthetic consultation. Visualizing the possibilities can certainly make a world of difference.

For an esthetic consultation with **Dr. Gavrilos**, call our office in Barrington at 1-847-381-4040.

The Kitchen Cabinet Happenings

The Oct. 14 Kitchen Cabinet program featured retired Captain of the Illinois State Police Col. Don Norton. He offered a very informative and interesting program on the history of the mafia and its infiltration into the business world after the repeal of prohibition. Pictured (from left) are Norton, Bob Johnson and former Assistant Illinois States Attorney Dan Leahy. Norton and Leahy shared many stories of the cases they had successfully pursued involving the mob.

The Wednesday, Nov. 11 Kitchen Cabinet program will be a PowerPoint presentation by Dr. Tom Long. Long is board certified in both emergency medicine and family practice. He has been in practice for over 35 years and currently performs reviews of other physicians for quality and utilization of services. He is the former



medical director of the Emergency Department at Humana Hospital and has been very active in training paramedics. He has worked with most of the paramedics in the Hoffman Estates, Barrington, Palatine, Schaumburg, Bartlett, Streamwood and Hanover Park fire departments. He has been a trustee of the Barrington Countryside Fire Protection District since 1995 and is currently vice president of the district.

1,300 patients each year who are at their own homes or at extended care facilities, it will give additional patients who can no longer be cared for at home a homelike facility in which to spend their final days.

Construction for the new facility began this past April. Construction crews have completed the excavation and grading at the building site, as well as the installation of all underground utilities and the storm water detention system. The above-ground work is in full swing and the building is beginning to take shape. The foundation and parking lots are in and the steel framing is being erected. By early October the decking and exterior wall framing will be complete, and soon after, the rooftop units will be set.

According to Pepper Construction, "The

subcontractors are working at 110 percent to keep the construction on schedule despite the wet weather this summer. The contractors and subcontractors are proud to be working on Barrington's first green building, which is going for LEED silver certification."

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

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Enroll in fine art classes at **Kaleidoscope School of Art** in Barrington and discover the difference art can make in your life. Founded in 1986 with the belief that art is for everyone, Kaleidoscope invites students **age 4 through adult** to share the joys of art and build the skills necessary to reach their creative potential.

Students enjoy Kaleidoscope's friendly and encouraging atmosphere, and knowledgeable experienced teaching staff. Class sizes are kept small in order to provide each student individual attention, and the opportunity to learn at their own ability and pace. Students will gain confidence and skill as they create artwork they will really be proud of.

With over 50 classes offered each session there is something for everyone! Some of Kaleidoscope's winter class offerings include: **Meet the Masters, Media Extravaganza, Discovering Drawing, Klay Kids, Clay Sculpture, Cartooning, Drawing With Confidence, Teen Pottery, Oil Painting, Arty Architecture,**

Animal Faces, Mosaic, Open Studio With Instructor, Homeschool Art and many more!

Adults, don't miss out on the creative fulfillment that an art class can offer. Why not make it your New Year's resolution to take an art class? You might even put an art class on your holiday wish list! Kaleidoscope's adult classes include: **Success in Drawing, Oil Painting, Watercolor, Mosaics, Pottery, Portraits, Fiber Art, Open Studio With Instructor** and more! Whatever your ability or experience, there is sure to be a class for you.

Kaleidoscope offers two six-week sessions of winter classes: **Winter I classes begin Jan. 4 and Winter II classes begin Feb. 22. Winter Registration begins Saturday, Nov. 14.** Kaleidoscope is located in Barrington, at 316 W. Main St., two blocks west of Jewel. **Call now for details and a free brochure: 1-847-381-4840. Or visit our Web site—www.kaleidoscopeschoolofart.com.**

Barrington Children's Choir to Perform at St. Anne Church

The St. Anne Women's Club invites women of the Barrington Community to its Mass of Remembrance and general meeting on Tuesday, Nov. 3. The evening will feature a performance by the Barrington Children's Choir. Mass will begin at 7 p.m. in the St. Anne chapel to remember de-

ceased members of the club. The choir performance will follow. Appetizers and desserts will also be served.

St. Anne Church is located at 120 N. Elm St. in Barrington. If you have questions, please contact the church office at 1-847-382-5300.

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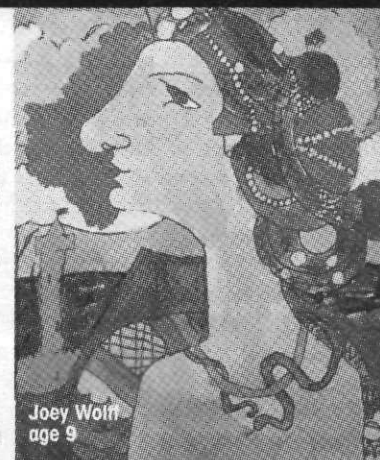
Beginners to experts, all are welcome!



Call for details and free brochure

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www.KaleidoscopeSchoolofArt.com



BHS Presents *The Skin of Our Teeth*

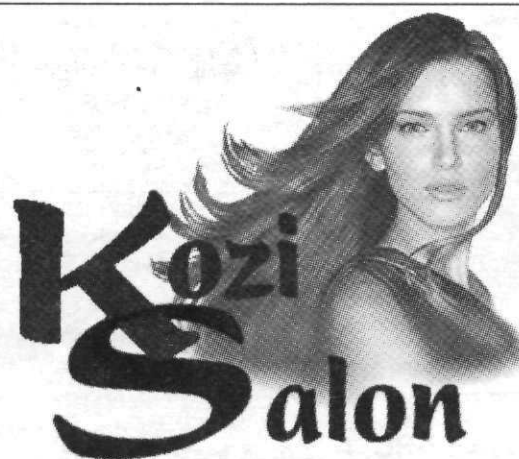
Barrington High School (BHS) Fine Arts Department presents Thornton Wilder's Pulitzer-Prize-winning classic comedy, *The Skin of Our Teeth*, running Nov. 5, 6th and 7th, at 7:30 p.m., in the Richard C. Johnson Auditorium.

The story follows George Antrobus and his family as they face the great trials and tribulations that mankind has always faced over time. Mr. Antrobus is John Doe or even you—the average American at grips with a destiny that is sometimes sweet, sometimes sour. Despite wars, depressions, natural disasters, and common human failings, they always seem to make it through by the skin of their teeth. Somehow the Antrobus family faces their

future with optimism. Much like Thornton Wilder's other Pulitzer-Prize-winning classic, *Our Town*, the play pays tribute to the strength of the family and the indestructibility of faith and the human spirit.

Shardn Schmidt is the costumer; John Tilford, the lighting designer; Amy Jessup, the designer and tech director; and the play is directed by Jon Lynn.

Tickets are \$7 for adults, \$5 for students, and free for senior citizens. BHS students receive a free admission with their school ID. The box office will be open Nov. 2 through 6th, from 10 a.m. to 2 p.m. and one hour before each show. For information, e-mail LMack@Barrington220.org or call the Fine Arts office at 1-847-842-3214.



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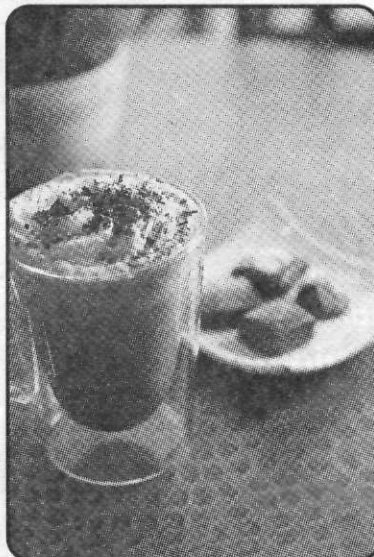
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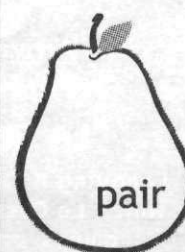
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Field and Flower Garden Club of Barrington

Look up, look down, look around—Field and Flower Garden Club's speaker at their Wednesday, Nov. 4 meeting to be held in a member's home at 7 p.m. will address filling those spaces in our gardens or adjacent to our homes that are waiting for color and texture.

Greg Stack, University of Illinois Extension Office educator, Cook County, will present "Climbers and Twiners"—versatile perennial or annual vines that fill a gap in landscape design which cannot be filled by shrubs.

Vines are valuable for their ability to produce flowers, for their use on brick and stone, for foliage effect, for fruiting characteristics, and for fast or slow growth. They can climb a trellis, twine around a tree, arbor or lamp post, ramble along a split rail fence, spill over a wall, blanket the ground or be interwoven on a screen to provide privacy or hide an unattractive view. He will address the variety of vines that flourish in our landscapes, the types of soils and amount of sun necessary, their varying growth habits, and proper maintenance.

Field and Flower Garden Club has been a part of the greater Barrington Area for over 50 years. Its membership includes novice gardeners as well as those very knowledgeable in growing, landscaping and design. Meetings are typically held on the first Wednesday of each month in private homes or at the Barrington Area Li-



Pictured in Joanne Larson's garden is Hyacinth bean, *Lablab purpureus*, an annual vine with lavender bloom and striking purple pods.

brary and include a program, a short business meeting, refreshments and time to ask gardening questions. Guests are most welcome.

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

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

Local Students Help Peers in Uganda with Wells for Schools Program

A group of local elementary and high school students have begun fundraising efforts for a new project called Wells for Schools—Uganda. Spearheaded by Hands of Hope's Youth Leadership Board, the program is designed to educate students about clean water issues on a global level and provides them with an opportunity to make a difference in another part of the world.

Students greeted the first lady of Uganda, Madame Janet Museveni, during a reception held in Barrington Hills on Sept. 7 to kick off the Wells for Schools program. "You provide such a great example to other children around the world.

So I thank you," stated Museveni, "There are many examples of American people who have helped others... I am so proud of you."

The way the program works is each participating school will sponsor various events throughout the school year to raise \$12,000—the cost for a well in Uganda. Fifty schools equals 50 clean water wells, which in turn, will impact the lives of over 20,000 school children in Uganda.

Recently, a group of Barrington High School freshman hosted a picnic and pool party in Barrington Hills in honor of the Wells for Schools Program. With a \$15 donation in hand, 80 students attended the event, which included football, volleyball, badminton, lunch and, of course, swim-



Photo courtesy of Laura Ekstrom

Sisters Abby, Anna and Claire Miller of St. Charles greet the first lady of Uganda, Madame Janet Museveni, during a Hands of Hope reception held in Barrington Hills to kick off the Wells for Schools—Uganda program.

ming. This event raised \$1,200. Other Barrington High School classes have events of their own planned.

"They are doing this on their own, with unbelievable enthusiasm and concern for the children in Uganda."

Students from other schools such as Cary Grove, Fremd, Barrington Elementary, Wheaton Academy and Trinity College met with Museveni and are also planning to join the effort to provide clean drinking water for schools in Uganda. Hands of Hope will be hosting an event with the first lady in April 2010 to celebrate the achievements of participating students. To learn how to get involved, call Hands of Hope at 1-847-381-7367 or visit www.handsofhopeonline.org.

EventScape, Inc. of Barrington Announces Luxury Wedding Division

EventScape, Inc., a full-service event planning company located in Barrington, is pleased to announce the opening of their new **Luxury Wedding Division**. In addition to corporate, nonprofit and retail special event coordination, **EventScape, Inc.** will now be offering premier wedding planning services, including complete day-of-event planning and management.

Our team of industry experts has coordinated hundreds of unforgettable special events. With over two decades of proven industry expertise, **EventScape, Inc.** provides award-winning event design coupled with unparalleled customer service, making us a preferred choice in the special event industry.

As recently featured in an episode of WE TV's *Platinum Weddings*, **EventScape, Inc.'s Luxury Wedding Division** will make your once-in-a-lifetime event a true celebration of your personal style and



provide you with a lifetime of memories.

Let the premier bridal consultants at **EventScape, Inc.** plan the day of your tomorrows! Contact us today at 1-847-304-9004 or visit our Web site at—www.eventscapeinc.com.

Holidays at The Eye Works

The holidays are a busy time for all. The year end brings a plethora of joy and happiness. There's shopping to do, decorations, and who's going to cook? Here at **The Eye Works** it's no different. **Dr. Gebert** will be greeting his daughters Amanda home from France and Tegan will be in from her downtown apartment. **Dr. Prate**, wife Bridget and his two kids, Nick and Ava, will no doubt be celebrating the holidays with Mickey Mouse, Donald Duck and all their associates in the Magic Kingdom. Kimmie will bring out the menorah and retell her kids about the Macabees. Dina decorates a great tree with all the trimmings. Wrapping gifts for giving is a holiday passion for Cassandra. One-year-old daughter Riley and her mom Denise will truly appreciate holiday lights and decorations this holiday season. Collect Debbie's family around the piano for caroling. And Kira will enjoy reading holiday stories to her grandchildren by the

fireplace. The whole staff will appreciate our holiday gathering and eat way too much.

At **The Eye Works**, we also prepare for the influx of patients who are doing some practical holiday shopping and those who are trying to use their valuable flex spending benefits before the year-end expiration. We provide gift certificates for exams at a reduced price, and any gift you purchase is always wrapped complimentary. Both locations—Lake Zurich and Barrington—are open to serve you and your vision needs during the holidays.

The Eye Works accepts Blue Cross Blue Shield for any needed medical visits, like eye infections or allergies, or even tinsel in the eye. We restock our frame styles for the current season, so stop by to check out the latest eyewear. And as always, thank you for your continued patronage.

A Safe and Happy Holiday Season to All!



Garden Club Of Inverness Holiday Luncheon

Diane Garcea, Holiday Luncheon chairperson, and Sally Hard (pictured from left) show the invitations for this year's luncheon and fundraiser to be held on Dec. 3, 11 a.m., at Medinah Country Club, Medina. The theme of the event is Joie Des Fleurs. Joyce Graton, popular area floral designer, will be the featured speaker. She will delight as she creates beautiful holiday floral pieces to be used throughout the house or to be given as gifts. Tickets are \$50. For reservation information, contact Diane Garcea at dgarcea@comcast.net.

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



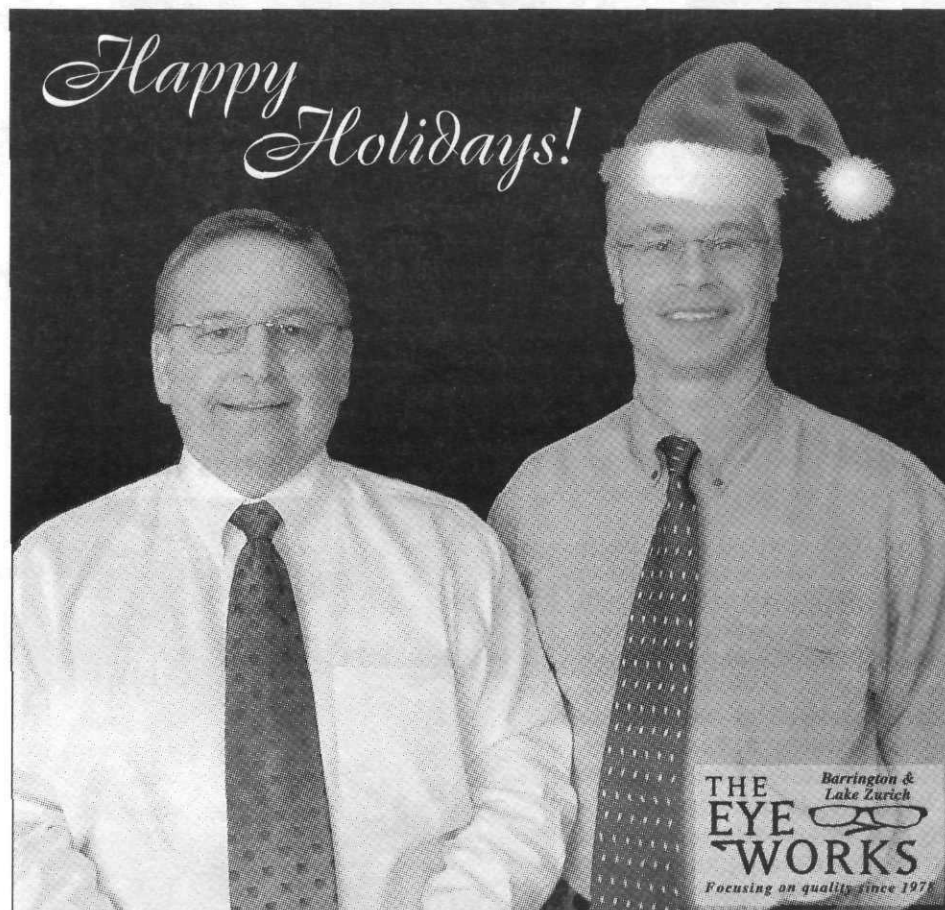
is always a program of interest to area gardeners. All gardeners are welcome. For information, call Beth at 1-847-934-7929.



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BACOA Senior Activity and Lunch Programs for November

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. Games begin at 10:30 a.m.; lunch is served at noon.

The suggested donation for the Monday lunch program is \$5. However, if underwriting is unavailable for special programs, there may be an increase in the suggested donation. Preregistration is required; please call Linda Avellon at 1-847-852-3892.

- Monday, Nov. 2—Games and lunch.
- Monday, Nov. 9—Games and lunch. Program to be announced.
- Monday, Nov. 16—Games and lunch.
- Monday, Nov. 23—Annual Thanksgiving Luncheon—Thanksgiving luncheon for BACOA's lunch programs at the Barrington Park District and Greencastle of Barrington. Father & Son will perform "Music from the Heart." Call Linda Avellon at 1-847-852-3892 by Nov. 17 for reservations.
- Monday, Nov. 30—Games and lunch.

Happenings!

in the area

An Exceptional Musical Afternoon



On Oct. 4, Barrington Chapter of Lyric Opera of Chicago (BCLOC) members and guests enjoyed an exceptional musical afternoon in a lovely Barrington Hills residence. Internationally acclaimed soprano Kimberly Jones performed operatic arias and Broadway show tunes. She was accompanied by renown Mongolian pianist Maralgua Darjaa.

Immediately following the program, a sumptuous hors d'oeuvre buffet with wine was offered. Pictured, from left, are BCLOC President Howard Robins of Arlington Heights, Maralgua Darjaa, Kimberly Jones, and BCLOC members Sylvia and Jim O'Donnell, gracious hosts for the lovely afternoon.

Visit www.lyricopera.org.

Open House Gives Hope for the Holidays

Special Fundraising Event to Help Area Families in Crisis

House of Hope Resale Shop, Barrington, is hosting a very special Holiday Open House on Wednesday, Nov. 11 from 6 to 9 p.m. with all proceeds supporting Project Hope, a St. Anne's ministry providing emergency assistance to area families in crisis. This highly anticipated event, now in its sixth year, has more than doubled in size to include many festive "vignettes" of new and vintage holiday items, an expanded toyland, more extensive collections of seasonal clothing and accessories and a virtual forest of sparkling pre-lit trees available for purchase. Open House guests will also enjoy music, complimentary refreshments, cooking demonstrations, wine sampling, a holiday cookie sale, special offers from local vendors and more.

"Our 'elves' have been hard at work for months preparing for this event," said Sister Lorraine Menheer, director of Project Hope. "We're pulling out all the stops to present our biggest holiday fundraiser yet.

And all proceeds stay right here to help families in our community in what has certainly been a very challenging year." Requests for assistance from Project Hope have increased at least 30 percent since January.

"We're grateful for the generosity of our donors, volunteers and the local businesses that so enthusiastically support our efforts," remarked Peggy Sobolewski, event co-chairperson. "Donations have been brisk and include lovely antiques, lots of new gift items, furniture and really beautiful holiday accents. We even have the makings of a 'fantasy garage makeover'—a shiny new multiunit organization



House of Hope store manager Caryn Habley invites all to the "bigger than ever" Project Hope Holiday Open House Nov. 11.

/workbench system that would make the top spot on anyone's wish list. We invite everyone to come and enjoy some holiday spirit, knowing that every purchase is giving the gift of hope to needy area families this holiday season." Santa and Mrs. Claus will even drop in for photos and stories during the evening. Families are encouraged to bring their cameras and their wish lists.

The event opens Wednesday at 6 p.m. House of Hope will be closed during its regular daytime hours to prepare for this very special evening kickoff. The festivities will continue through Saturday, with new merchandise arriving daily, refresh-

The Marlyss Bartnick Golf Outing

The Marlyss Bartnick Golf Outing was held at Inverness Golf Club on Sept. 21, sponsored by Dr. Peter and Margie Geittmann.

Marlyss is a surgical nurse who was critically injured in a head-on collision on her way to work and is now an amputee. The outing was attended by doctors, nurses and friends to support a nurse who devoted more than 30 years to Northwest Community Hospital in Arlington Heights.

Marlyss is an animal lover who cares for abused animals, including 13 horses, 15



Chris and Marlyss Bartnick



(From left) Chuck Gilchrist, Ken Rogers, Dr. Rod Swan, Mr. A.J.



(From left) Inverness Fire Chief Hank Cleminson, Dick Gallagher, Inverness Police Chief Bob Haas and Mayor of Inverness Jack Tatooles



Dr. Peter and Margie Geittmann, sponsors of the event

dogs, cats, birds, a donkey, and a potbelly pig, on her farm in Harvard, Ill.

Many doctor's groups from Northwest Community Hospital sponsored holes, contributing to the success of the outing, which was also attended by nurses, Inverness golf members and friends.

The proceeds will defray medical costs and will help care for her animals while she recuperates and adjusts to her new prosthesis.

Thank you to all who participated.

Orchesis Performs "Time"

Barrington High School's Orchesis Dance Company will present its fall dance concert on Friday and Saturday evening, Nov. 20 and 21st, at 7:30 p.m., and Sunday afternoon, Nov. 22 at 2:30 p.m., in the Richard C. Johnson Auditorium located at Barrington High School.

The fall concert theme is the "Time." Student-choreographed dances will reflect a variety of styles: jazz, ballet, modern, tap and musical theater. The concert will also feature works by guest artist Katy Kemper of Chicago's Joel Hall Dancers, Lynne Alberding and Ellen Werksman. Alberding is a BHS Orchesis alumni currently work-

ing in private-practice Pilates. Werksman is the artistic director of the Midwest Dance Collective, a youth dance company which performs throughout the Chicagoland area and in national competitions throughout the United States.

The Saturday evening program will also feature youth dancers from the Joel Hall II dance company.

Tickets are \$5 for adults and \$3 for children. Senior citizens 65 and older are free. Tickets for all performances will be available at the door.

For more information, contact Julie Salk at Barrington High School, 1-847-842-3214.



ments and plenty of holiday spirit. Plenty of free parking will be available. For more information, please call House of Hope at 847-756-4673.

House of Hope Resale is located at 200 N. Hough St., in the Market Center Shops of downtown Barrington. Regular hours

of operation are Wednesdays through Saturdays 10 a.m. to 4 p.m. Donations of new and gently used items are always welcomed and are tax-deductible. For more information about Project Hope, including requests for assistance, please call 1-847-381-5721.



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Mink Sale ends 11/25/09 at 6pm.
Trade-ins Welcome. Financing Available.



St. Anne's '50s Sock Hop Much Fun

On Friday, Sept. 18, St. Anne's School held its annual family sock hop. The dance was a huge success with over 270 children and adults from St. Anne's attending.

"This dance is really about thanking the school families at St. Anne's," Johanna Rooney, chairperson of the event said.

The big event for the kids is the annual dance contest. "Our kids have been practicing all week!" said second-grader mom Kim Olczyk. This year, Annie Barry and Victoria Moran, fifth-graders, were the grand prize winners.

For further information, please contact Johanna Rooney at 1-847-304-8748.



Pictured (from left) are Olivia Hamilton, Tessa Carlascio and Olivia Olczyk.

Have You Been to Olivia's Past Lately?

Located in the quaint town of Long Grove in a cozy and homelike setting, our store is brimming over with the newest and most wearable fall fashion trends from our favorites such as **Charlotte Tarantola**, **Free People**, **Hazel**, **Miss Me Jeans**, plus many new and exciting offerings like **Anama**, **Desigual** and **Vintage Havana**, just to name a few. Fall looks are big on layers and colorful accents; from ruffles to ruching to the newest scarves and jewelry options. We feature local artists for **one-of-a-kind specialty jewelry**, as well as other hand-selected favorites to liven up every outfit. We have the biggest selection of all of the season's most interesting new styles and we are here to help women and girls of every age put it all together!

We are open every day with extended shopping hours during the holiday season.

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Green Tips (How We Can Reduce Our Carbon Footprint)

The Four Seasons Garden Club's November meeting will feature an informative and interesting presentation by Barbara Clayton on how we can help our environment by reducing our carbon footprint and thus conserve our earth's vanishing resources.

Clayton will discuss how we can make changes in our daily life which will enable us to tread more lightly on the earth without sacrificing our lifestyle. The lecture may inspire you to make those small changes in your personal and family habits that will improve our environment.

The meeting will be held Nov. 3 at 9:30 a.m. at the Barrington Area Library in

Meeting Room A. The library is located on Northwest Highway.

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 alenagust@comcast.net or 1-847-438-3981.

**Please join us
for our Annual Holiday
SALE and Trunk Show!**

Friday, Nov. 13th
from 11 a.m. - 8 p.m.

Saturday, Nov. 14th
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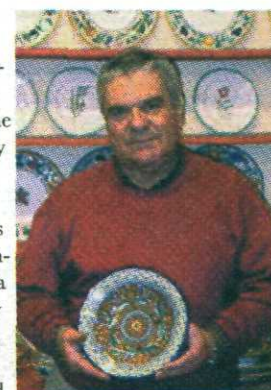
12NOON - 3PM ARTIST SIGNING & TRUNK SHOW



Travelling from Deruta, Italy,
in his first visit to the Chicago-
land area, **Ubaldo Grazia**
will be at the Barrington Home
Shoppe celebrating the artistry
of majolica ceramics.

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Dec. 5th, 10am - 11am, With Mrs. Claus, Santa & Elf Ally, Cookies & Milk


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Christmas Eve 9:30am-3:00pm • Christmas Day - Closed


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Look what's in Store for You!

CWU Celebrates World Community Day

Church Women United (CWU) of the Barrington Area will celebrate World Community Day on Friday, Nov. 6 at Sts. Peter and Paul Roman Catholic Church, 410 North First St., Cary, beginning at 10:45 a.m. World Community Day is an occasion for Christian women to pray and work for lasting peace.

This year, the theme, "Piecing Earth Together," focuses on the environment and how we are called to work together to be good stewards of the gifts of the earth. The logo depicts creation as a quilt and gives the opportunity to reflect on the gifts that God bestowed on the world at the time of creation, and also to reflect on how we have used and misused these gifts.

The guest speaker, Karen Hewitson, is currently serving as the Northern Illinois Conference president of United Methodist Women. In 2005, she was one of 15 women in the United States chosen to serve on United Methodist Women's "Green Team," working on environmental justice issues. She travels throughout the U.S. encouraging everyone to do what they can to save water, recycle and solve the problem of global warming.

CWU of the Barrington Area continues its prison ministry by inviting attendees to bring a gift/donation of new or gently used board games appropriate for girls



Karen Hewitson, member of United Methodist Women's Green Team, will speak at World Community Day Nov. 6.

ages 14 to 21. The games will be used at Illinois Youth Center Warrenville. Fair Trade items from MayaWorks, products which are woven and sewn by Mayan Indians in the Central Highlands of Guatemala, will be available for purchase.

There will also be an agape luncheon after the service; attendees are asked to bring a sandwich and piece of fruit to share. In keeping with our "green theme," attendees are also encouraged to bring their own mugs to use at the luncheon.

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

Tri Delta Luncheon

The Chicago Northwest Alumni Chapter of Delta, Delta, Delta Sorority will celebrate

Founder's Day on Tuesday, Nov. 10, 7 p.m. at Oregano's Café, 119 W. Gilmer Road, Mundelein.

Call Genny Ellefson at 1-847-381-5228.

MCYO Presents Violin Virtuoso Rachael Barton Pine

The McHenry County Youth Orchestras (MCYO) celebrates the opening of their 30th season with violin virtuoso Rachel Barton Pine. MCYO's Fall Concert will be held at the Raue Center For The Arts in Crystal Lake on Sunday, Nov. 22 at 4 p.m., titled simply "Violin Virtuoso." All three orchestras will be performing on this concert. Dr. Janet Kvam-Holub starts the program conducting the young but very impressive Prelude Orchestra. Music Director Russell Vinick conducts the Intermezzo Orchestra in a selection of pieces by Tchaikovsky (*Mother Ginger* from *The Nutcracker*), Brahms and Rimsky-Korsakov. Vinick, also conducting the Symphony Orchestra, includes the following selections: *Finlandia* by Sibelius, *Capriccio Italien* by Tchaikovsky and Sarasate's *Zigeunerweisen* featuring Rachel Barton Pine, as the soloist. As an encore, and to show the diversity of the violin and Pine, a heavy metal enthusiast, the Symphony strings will accompany Barton Pine performing music by Metallica!

Tickets are available by calling the Raue Box office at 1-815-356-9212. Ticket are



Violin virtuoso Rachel Barton Pine

\$25 for adults (\$18 for MCYO members) and \$15 for students and seniors. There is a 50 percent discount for group sizes of 20 or more. This concert is supported in part by a grant from the Illinois Arts Council (IAC). Rachel Barton Pine appears by exclusive arrangement with Diane Saldick, LLC, 225 E. 36 St., New York, NY 10016, www.dianesaldick.com.

Quote!

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

—John Fitzgerald Kennedy (1917-1963)



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"Sugar & Spice" Annual Holiday Fair

Each year the Women's Club of Inverness (WCI) holds two major fund raisers, one in the fall and one in the spring. These fundraisers enable the WCI to award scholarships to local students and contribute to worthwhile organizations located in the area.

This year's fall event is entitled "Sugar & Spice," to be held Tuesday, Nov. 3 at Concorde Banquets, 20922 N. Rand Road, Kildeer, and is certain to be a rousing success. You will have the opportunity to shop at the many wonderful boutiques, have a chance to win one of our signa-

ture prize baskets, participate in the silent auction, purchase our special Christmas ornaments and tasty baked goods, and top it all off with a delicious lunch.

The boutique is scheduled from 9 a.m. to 3 p.m. with the silent auction beginning at 11:30 a.m. and luncheon served at 12:30 p.m.

All are welcome for the fair, but reservations are required for the luncheon. The cost of the luncheon is \$40. Contact Karen at 1-847-397-8955 for reservations.

Join the WCI at this entertaining event that enables help to be given to so many.

BACOA Announces Support and Education Groups for November

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

Alzheimer's Association Support Group—Mary Ann Green, a bereavement counselor with Hospice of Northeastern Illinois, will discuss strategies for coping with holiday stress. The group will meet Thursday, Nov. 12 from 1:30 to 3 p.m.

Parkinson's Education and Support—Amy Bash, LCSW, will speak on depression. The group will meet on Saturday, Nov. 14 from 10 to 11:30 a.m. in the Performing Arts Center at The Garlands of Barrington, 1000 Garlands Lane, Barrington. Note: This meeting will be two weeks earlier than the normal meeting date, due to the Thanksgiving holiday.

Low Vision Education and Support—The group will attend a discussion on macular degeneration at the Ela Area Library on Friday, Nov. 6, at 10 a.m. For more details, call Diane Vos Hansen at BACOA at 1-847-852-3898.

Caregiver Support—Ann Babiarz, a life coach with E.I. Associates LLC, will talk about planning for the holidays and the importance of caregivers taking care of themselves during the season. The group will meet Wednesday, Nov. 4 from 7 to 9 p.m., at the BACOA office, 6000 Garlands Lane, Suite 100, Barrington.

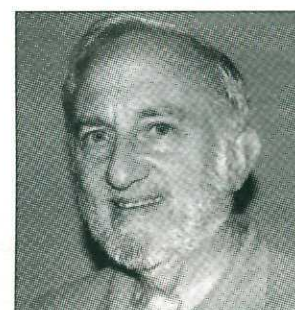
For more information on any of the groups, please call BACOA at 1-847-381-5030 or visit the BACOA Web site at www.bacoa.org.

Barrington Lyric Offers an Opera Presentation on *The Merry Widow* Followed by a Festive Holiday High Tea

The Barrington Chapter of Lyric Opera of Chicago (BCLOC) will welcome members and guests at 1 p.m. on Tuesday, Dec. 1, to enjoy a lecture by Dr. Michael Altman on Franz Lehar's *The Merry Widow* ("Die Lustige Witwe"). A sumptuous holiday high tea will follow. The lecture and high tea will take place at the Garlands of Barrington, 1000 Garlands Lane, in Barrington (just south of Barrington Library on Northwest Highway).

Altman is a professor of Medicine on the faculty of Northwestern University, Feinberg School of Medicine. He has been a member of Lyric Opera of Chicago's Education Corps since 1988, and is presently the coordinator of the production of opera excerpt CDs that are provided to the lecturers.

A graduate of the University of Pittsburgh and the University of Pennsylvania Medical School, Altman lives in Evanston with his wife, Joyce.



Dr. Michael Altman, lecturer

The cost is \$18 for members; \$20 for guests. Make checks payable to BCLOC by Nov. 25 and send to: Sue Obermaier, 198 Farmgate Drive, Schaumburg, IL 60193-2847. For more information, call 1-847-985-0837.

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

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

Holiday Festivities in Long Grove Nov. 13 through Dec. 31

The magic of the holiday season comes alive in Long Grove from mid-November until January with a full schedule of family friendly activities. Shop till you drop, enjoy an old-fashioned horse drawn car-

riage ride, visit with Santa, pet live reindeer and share a delicious holiday meal with friends, family or business associates at one of Long Grove's signature restaurants.

What Happens in College Doesn't Stay in College...as Far as Your Mouth is Concerned!

by Angela Egedus RDH

A load of classes, tests, parties, dorm life, sports and ramen noodles... aah, it's the life of a college student. It can be exciting, fun, nerve wracking and stressful. The hectic lifestyle of college students discourages a normal oral hygiene routine and frequently causes the health of their mouth to go by the wayside.

The recommended two times per year hygiene visit and exam can quickly become once every few years and, of course, only when there's an obvious problem. Hygiene visits help prevent disease both in gums, teeth and the jaw. These maintenance visits catch problems when they are small and can be taken care of easily. Letting the mouth go unchecked for too long can lead to much more painful conditions, more expensive/time consuming treatment options, as well as damage that is beyond restoration. We see it happen! A student who left for college in good oral health sometimes comes back to us with multiple areas of decay, gum disease, STDs, jaw misalignment and other issues.

Busy schedules alter priorities. College life will pass but your mouth will remain with you forever. What happens in college doesn't stay in college, as far as your mouth is concerned. It is a choice whether your mouth will survive in a healthy condition or not. As your dental hygienist, I strongly encourage you to brush two times per day and floss daily. No time?

Make time! A suggestion I have is to gently brush your teeth for about 10 minutes when you're watching TV. Use a dry toothbrush without toothpaste. Just slowly work your way around your teeth. While you're at it, you might as well floss too.

Stress of college life, for example, can also exaggerate some underlying conditions such as jaw clicking, painful muscles of head/neck, headaches, and other disharmony between the jaw muscles, joint, and teeth. You should not assume that it is a normal part of life. It is difficult enough to get through an intense curriculum without these painful conditions to add to this challenging task. A dentist can help!

During stressful times such as finals, the prevalence of ANUG (Acute necrotizing Ulcerative Gingivitis) increases. It is an exaggerated, painful inflammation of the gums that actually can destroy gum tissue. A combination of poor nutrition, poor oral hygiene habits, and lack of rest, can lead to ANUG. A low immune system, drinking and smoking can also contribute to the condition. You can prevent this condition by eating well, making healthy life choices, going to the dentist, maintaining proper oral hygiene habits, getting eight hours of sleep nightly, and eliminating stress as much as possible.

Part of a college education is learning
(Please continue on page 21)



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The Best Exercises by Patrick Durbin

Which exercise program is the best for burning the most calories in a day?

The two main programs to discuss are cardio programs and strength programs. Each program acts on your body in a different way, so they should be examined separately to determine which is best for promoting weight loss.

A **cardio program** usually consists of various forms of cardiovascular exercise performed three to six days per week. Each 45-minute session of exercise at moderate intensity burns approximately 400 calories. More challenging types of cardio at higher intensities may burn up to 600 calories in a 45-minute session.

A **strength program** of equal duration will burn roughly half the calories of the cardio session. But, a strength training session will increase the amount of calories burned over a longer period of time. For every pound of lean muscle gained over the whole body, you will burn an extra 50 calories while at rest.

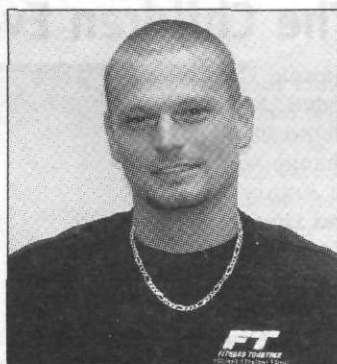
So, does this mean that a session of cardio causes greater energy expenditure than a strength training session of equal duration?

Yes, however there are other factors to consider which influence your caloric expenditure for the rest of the day after you have finished exercising.

Resting Metabolic Rate (RMR) is a term that is used often, but is not always understood. RMR is the minimum number of calories required to fuel the vital functions required for life. When you exercise, your RMR increases due to chemical and hormonal changes and it stays elevated for quite some time after you exercise.

After a cardio session your RMR remains elevated for two to three hours; however, the RMR has been reported to remain elevated for 10 to 15 hours after a strength training session. After following a strength training program for some time, your daily RMR may increase as you build more muscle. Muscle is more metabolically active than fat, so individuals with more muscle mass usually have higher resting metabolic rates.

While a cardio program provides an immediate higher caloric expenditure, a strength training program provides a caloric expenditure of the same magnitude, but spaced



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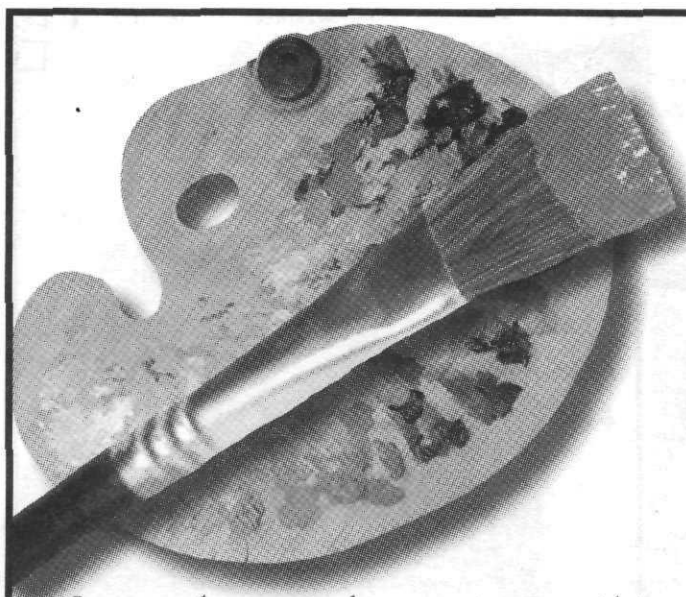
over a longer period of time. So, the answer to the commonly asked question, "Which program is better for losing weight," is simple: follow a program that includes a combination of both strength and cardio training. This way you will receive all of the short-term and long-term benefits of exercising.

If you are interested in following an exercise program, try a **free session** with a **Fitness Together Personal Trainer**, and experience routines based on carefully planned combinations of cardio and strength training.

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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**!

A Successful Celebration of Art



The 35th Art in the Barn was well attended.

The 35th Art in the Barn was a successful celebration of art, family, entertainment and service. Many thanks are due to an estimated 250 Auxiliary Advocate Good Shepherd Hospital leaders and volunteers from the larger community for working tirelessly to make it a smooth-running event.

Over 75 benefactors contributed to this year's Art in the Barn and special recognition is given to those in the platinum, gold and silver levels: Advocate Good Shepherd Hospital, Advocate Good Shepherd Hospital Community Outreach, Advocate Good Shepherd Hospital Medical Staff, Mr. and Mrs. Paul F. Hills, Mr. and Mrs. Francis Houlihan, The Garlands, The John and Bobbi Sfire Family; Dr. and Mrs. Joseph Baldassano and Family, Barrington Obstetrics and Gynecology Associates Ltd., Dr. Roseann Brady, Re/Max of Barrington, Village of Lake Barrington, Wellness Center at Solutions Ltd., Wickstrom Auto Group; Advocate Good Shepherd Hospital Health and Fitness Center, Alpine Fam-

ily Physicians, Baird and Warner of Barrington, Forrest Press, Inc., David F. Johnson/Wayne Hummer Investments, Lexington Health Care, Millrose Restaurant, Barrington Plastic Surgery (Drs. Vincent and Christopher Pelletiere), Phillips Men's Wear, Tri-County Emergency Physicians, and WoMen's Physical Therapy Institute.

Over 175 artists displayed their creativity and donated 20 percent of their sales to the auxiliary, as did the food vendors. A number of artists donated their works for as prizes and Fran and Pat Houlihan constructed a beautiful doll house as a prize. Artists selection was made by jurors Gail Collier, Jim Kennedy and Patricia Mead, and Best of Show by juror Ashton Gallagher.

Each day, crowds enjoyed the variety of entertainment from these groups: Barrington Children's Choir, Barrington Suzuki Strings, Second Wind, Jeweled Ice, Reunion Jazz, Lee Bassett, Bataille Academie of Danse, Big Sky String Band, Joyful Noise, and The Guys.

Rotary Students Attend Educate The Children Event

Barrington-based Educate The Children recently celebrated "A Night In South America" with the attendance of two Rotary exchange students. Sponsored by the Rotary Clubs of Illinois Beach and Lincoln-shire respectively, Pamela Damian from Chile and Hernan Zagarra from Peru couldn't wait to attend the event and contribute to a great cause—the education of underprivileged children. Educate The Children has been supporting 1,000 children in over 10 countries.

In attendance were former teachers, educators and administrators from different school districts in Illinois. The event was also attended by ZBTHS sophomore, Erick Angel from Mexico; who spent two hours in traffic eager to arrive on time to help and meet the exchange students from South America. Pamela and Hernan will be studying for a full year in local high schools. Rotary clubs are constantly showing their support to education through various youth programs such as Interact, RYLA—Rotary Youth Leadership Academy;



Pictured (from left) are students Erick Angel (Mexico), Pamela Damian (Chile) and Hernan Zagarra (Peru). Photo courtesy of Educate The Children.

vocational scholarships and Youth Exchange. Educate The Children's founder is a Rotarian and several volunteers like Dawn Stanislawski and Christine Arason are former Rotary Interactors who now give back to the community as teachers of art and math, in the Barrington and Zion school districts respectively.

To contribute or for more information on the Educate The Children foundation or Rotary, contact Marianna Zeidler at marianna@educatechildren.org or 1-847-731-9705.



The Lake County Sheriff's police and Good Shepherd Hospital security staff and Barrington Fire Department's paramedic staff made sure all were safe.

The Auxiliary Art in the Barn chair,

Kerin Montgomery, said, "We are grateful to all who attended this year's Art in the Barn. It takes a community to put an event together and a community to enjoy the effort. See you next year!"

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Garden Club Enjoys Visit from Better Homes and Gardens Field Editor

Members of The South Barrington Garden Club enjoyed a beautiful slide show presentation on Oct. 1 from Shirley Remes, field editor of *Better Homes and Gardens*. Remes discussed ways to make your own backyard a place to enjoy by making "Garden Rooms Without Walls" from every side of the exterior of your home. In ad-

dition, she showed slides of beautiful garden rooms in Europe and also in our own suburbs.

Please join the club at their upcoming programs:

Nov. 5—Annual Meeting and Dramatization of *My Book of Flowers* by Grace Kelly. Carolyn Stein Stillman will provide

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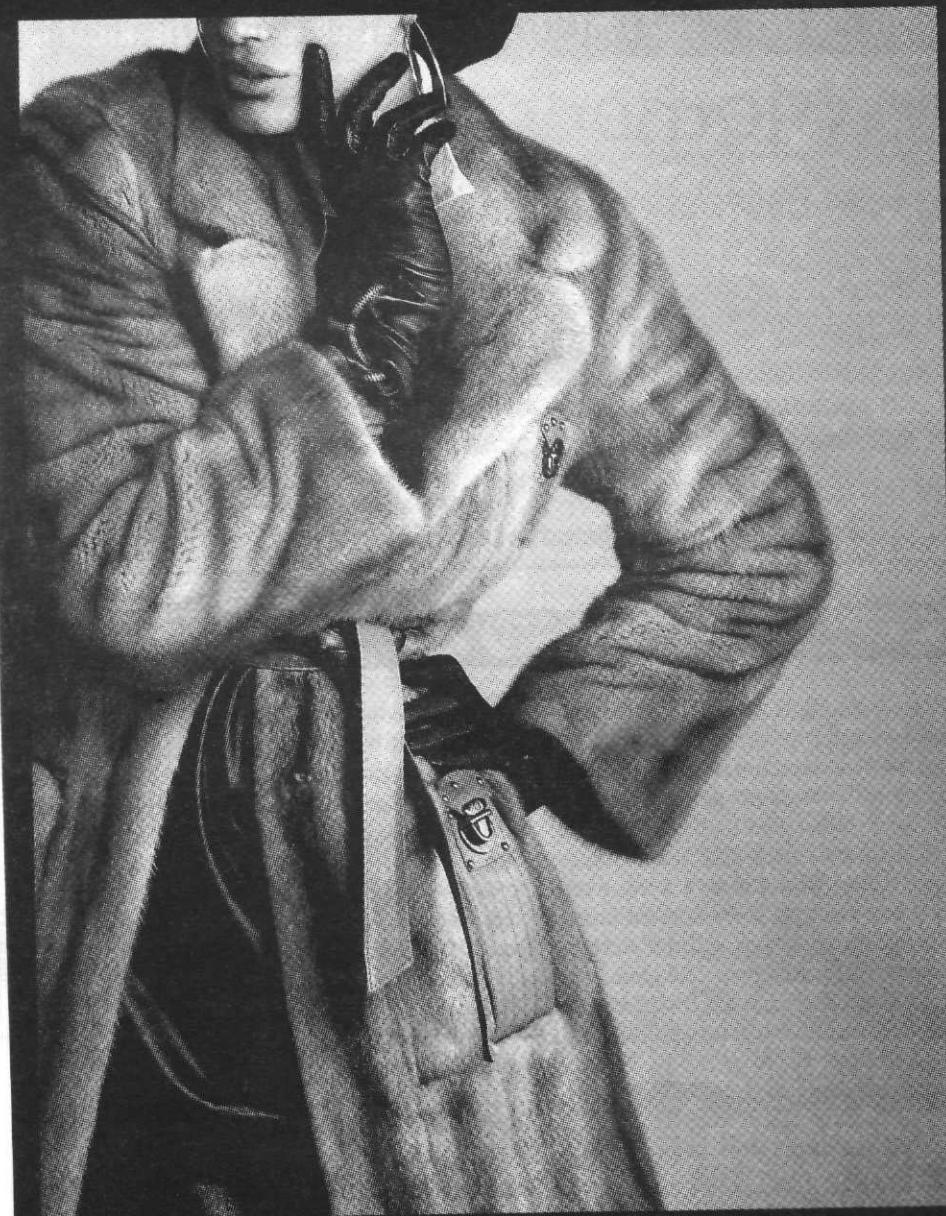
a costumed dramatization of this breathtakingly beautiful book.

Dec. 10—Holiday Luncheon & Program—Please join us at 11:30 a.m. for our annual Holiday Luncheon to be held at the Seville Banquet Center, 700 S. Barrington Road in Streamwood. Reserve a table and enjoy a silent auction, a wonderful lunch, and a program featuring a floral demonstration by Kaleidoscope Designs. The cost is \$35 and the choices for lunch are chicken florentine, roast top sirloin, and salmon supremo. The cost is \$37. For reservations, call Anita at 1-847-277-7151.

The South Barrington Garden Club is open to all residents and nonresidents.

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

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



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Hours are Tue. 8:30-5:30, Wed. & Thu. 8:30-8, Fri 8:30-5:30, Sat 8:30-4

Check In on Your Feet During Diabetes Awareness Month

November is Diabetes Awareness Month. Diabetes Mellitus is a chronic disease that affects the lives of nearly 24 million people in the United States, 6 million of whom are unaware that they even have the disease. The disease is marked by the inability to manufacture or properly use insulin which impairs the body's ability to convert sugars, starches and other foods into energy. The long-term effects of elevated blood sugars are damage to the eyes, heart, feet, kidneys and nerves. As a podiatric physician, I play an integral part in many diabetes treatment teams.

About 60 to 70 percent of people with diabetes have some form of neuropathy. Neuropathy is a nerve condition caused by elevated sugar levels that effects people in different ways. Some people have no pain, while others have painful numbness and tingling. The longer a person has diabetes, the greater the chance that they will develop some form of neuropathy. The chance for neuropathy to develop also increases for diabetics that are overweight or have uncontrolled high blood sugars. Neuropathy in the feet can lead to loss of feeling to the point that minor injuries go undetected and can lead to severe problems and eventually amputation.

Starting a treatment plan with a diabetic vitamin can help reduce the effects of neuropathy and avoid the need for expensive prescription medications in the future. Currently my patients are having



Dr. James Baird

success with a vitamin that helps increase the blood flow to the small nerves of the feet.

Here are a few foot care tips for those living with diabetes:

- Wash feet daily and pay extra attention to drying well between the toes.
- Apply a moisturizing cream to the feet daily.
- Inspect your feet for any cuts, bruises, sores or changes to your toenails.
- Stop smoking to prevent further circulation damage.
- Make sure your shoes are properly fitted each and every time you buy shoes.
- Avoid going barefoot, even at home.
- Avoid over-the-counter corn or wart preparations as they can burn the skin and cause damage and formation of an ulceration.
- Discuss diabetic-shoe-program eligibility with your podiatrist, if you are on Medicare.

If you are looking for a podiatric physician to add to your diabetes treatment team, please call **Dr. James Baird** at **1-847-381-5011** to make an appointment. Our office is conveniently located on Barrington Road, across from the Advocate Good Shepherd Hospital Health & Fitness Center.



Put your best foot forward this fall!

Are your feet causing you pain? Family Foot & Ankle Specialists offer a wide range of services to keep your feet healthy. Call us today at 847.381.5011 to schedule your consultation with Dr. Baird.



Family Foot & Ankle Specialists
Dr. James Baird

847.381.5011 | 1410 S. Barrington Road, Barrington | www.DrBaird.net

The Oaks Dental Center

(Continued from page 17)

to be independent, which includes taking care of your health. If you are away from home for extended periods of time, you might have to see a local dentist temporarily to maintain your oral health. A visit to the dentist is approximately the cost of one big college text book. Why not add

a visit to your list? It will do you a lot of good... as much as the text book if not more!

Angela Egedus is the Periodontal Therapist at The Oaks Dental Center in Crystal Lake.

Green Thumbs of Barrington Garden Club

Members of the Green Thumbs Club are ready to hit the road on Monday, Nov. 16, 12:30 p.m., with a field trip to Hawthorn Gardens, 24481 N. Old McHenry Road, Lake Zurich.

The timely program is titled "Winter Container Gardens." Jim Holt will give a presentation of holiday spruce top deco-

rating in seasonal containers. While this is a look-and-learn demonstration, it would be helpful to bring a notebook and pen to take notes or sketch a design.

The gathering will include refreshments and a business meeting.

Please call Vicki with any questions at 1-847-526-5998.

Native Infusion Landscaping

Turn Your Garden into a Healthy and Beautiful Ecosystem

The Four Seasons Garden Club's November meeting will feature an informative and interesting presentation by Don Guzman on native infusion landscaping. Native infusion landscaping encourages harmony between being a good steward of the environment and formal landscaping.

Don Guzman has pioneered a timely method of landscaping which uses specific techniques to maintain curb appeal while reducing overall use of pesticides and encouraging native plants, insects, small animals and birds to create a small healthy ecosystem.

The meeting will be held Tuesday, Nov. 3, 9:30 a.m., at the Barrington Area Library

in Meeting Room A. The library is located on Northwest Highway.

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 alenagust@comcast.net or 1-847-438-3981.

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Holiday Party Time!

I always get excited around the holidays thinking of all the catering and cooking to plan for. I am amazed how many parties our customers host in November and December! I am also proud to be cooking for them. Our experienced cooks and service staff are all pros and make your parties (small or big) a huge success for you and your guests! After eight years in business and 30 years cooking, I understand what it takes to do a party and provide the following at every event we do:

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Barrington Welcomes BrightStar Health Care

BrightStar, a premier national home health care and staffing company, is proud to announce a new office servicing Barrington and McHenry County.

When local owner Eric Speichinger's grandmother and grandfather recently became ill, Eric was frustrated to learn his family was having trouble finding the appropriate care in their area. Eric vowed not to let that to happen to families in his community.

If you are worried about a loved one or know someone who is, **BrightStar** can help! **BrightStar** is a trustworthy concierge for in home care. **BrightStar** adheres to the highest standards of care, with the ability to provide a wide range of services, from peer-level companions for social interaction to more highly skilled care. Specialties

range from senior home care services to pediatric and newborn child care to disabled care.

Their experienced staff includes Registered Nurses (RNs) and Licensed Practical Nurses (LPNs), Certified Nurse Aides (CNA), home health aides, companions, and live-in personal care attendants, who are English-speaking, well-groomed, and professional. They are available when you need them: daily, weekly, full-time, and part-time—24 hours a day, 7 days a week.

BrightStar provides the same high quality, compassionate care they would want and expect for a member of their own family.

Any time or any place, **BrightStar** is there to help. For more information, visit www.brightstarhealthcare.com.

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Northwest Suburban Guild Housewalk Celebration



Pictured (from left) are Charles Patten, Steve and Val Abruzzo, Nan and David Torrence, and event co-chairs Kathy Abbinante and Kathy Zweidinger.

The Northwest Suburban Guild recently held their Celebrations XI triennial Housewalk. The event, which also included a boutique, prizes and a champagne lunch, raised approximately \$31,000 for Children's Memorial Hospital's Janice and Kimberly Brown Family Life Center.

The guild is grateful for the generosity of the homeowners and Honquest Furni-

ture for Living.

The Northwest Suburban Guild supports the hospital through a variety of fundraising events and the Reading is Fundamental program.

The guild meets once a month from September through May. For more information, call Rosalie 1-847-991-9117 or e-mail Laurel at laurel907@aol.com.

DAR Presents "A Victorian Christmas"

A special Victorian Christmas presentation will be featured at the next Barrington area DAR Signal Hill Chapter meeting Tuesday, Nov. 17 at the Barrington Area Library, Room B.

Guest speaker Susan Chemler will present a slide show detailing of the development of Christmas from Medieval Times

through the Victorian Age, complete with a demonstration of how to make simple ornaments and decorations typical of the time period.

The member's chapter meeting will begin at 11 a.m. Guests are invited to join the group at noon for refreshments and social hour followed by the presentation

Residents Host Barbecue Fundraiser for Barrington Area Special Voices

On a beautiful, warm August afternoon, the backyard at the home of Barrington residents Rob and Alison Nicholas was filled with families enjoying food and entertainment at Rob and Mike's 2nd Annual Barbecue Fundraiser. Rob and Alison Nicholas, Mike Stobart and Vanessa Knudson planned the event, which raised \$6,000. Proceeds from this year's event went to Barrington Area Special Voices (BASV), a non-profit organization, serving children with special needs and their families in Barrington and the northwest suburbs. In addition to the proceeds, BASV also received a 3-foot-by-5-foot printed banner containing the organization logo, tag line and Web site, donated by K&M Printing.

For a \$25 entry fee, barbecue participants enjoyed all-you-can-eat homemade ribs, pulled pork, burgers, brats, corn on the cob, fresh fruit, dessert, and a variety of beverages. In an effort to keep giving



Barbecue event organizers present a check for \$6,000 to Barrington Area Special Voices (BASV). Pictured (from left) are Vanessa Knudson, Mike Stobart, BASV president Jennifer Garrels, Rob Nicholas, and BASV secretary Dave Holt.

all unused food was donated to food pantries in the area after the event. Children enjoyed inflatable moon jumps, bungee run, and a performance by balloon artist and magician Dave Marcus. Musical entertainment was enjoyed throughout the day from Kevin Mileski, The Jay Gulotta Band, and Lorelei and the Troublemakers.

More information on Barrington Area Special Voices (BASV) can be obtained by visiting www.baspecialvoices.org.



at 1 p.m.

Hostesses for the meeting include Nancy Arndtsen, Lois Lee, June Shuldes, Barbara Sullivan and Shari Worrell.

The National Society of the Daughters of the American Revolution (NSDAR) is a

nonprofit, nonpolitical volunteer women's service organization with a focus on preserving American history, patriotism and better education for children.

To learn more, contact membership chairman, Joanne Farrell, 1-815-603-7824.

Making Unique Memories for the Holidays

The holidays are right around the corner. Visit **MUM Floral** to see all the new merchandise and the brilliant colors of the season: reds and greens, silver and gold, all glittery and fine. **MUM** provides flowers for every holiday and need—Thanksgiving, Christmas, school events, birthdays and more.

MUM also includes a gallery of fine art, books, décor, and gifts, selected to enhance your environment. **MUM** sources from all over the world, presenting its customers with ecologically sustainable products that support local artisan groups with respect for people and the planet.

Located in downtown Crystal Lake, make **MUM** your first stop for the holidays.



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Celebrating 20th Anniversary at Wickham Interiors Christmas Open House

Where will you find that incredible Christmas present you can't wait to give? At **Wickham Interiors**, of course! They make every gift special. At **Wickham Interiors** in Historic Downtown Crystal Lake, you'll find warm inviting friendly faces, dazzling Christmas trees loaded with sparkling ornaments, spectacular decorations, and beautiful interiors everywhere you gaze. Eye-catching decorations will bring the holidays into your home.

One magnificent event at **Wickham Interiors** that makes a memorable tradition is **Wickham Interiors Christmas Open House** on **Saturday, Nov. 7** from 10 a.m. to 5 p.m. and **Sunday, Nov. 8** from noon to 4 p.m. This year, the store celebrates its 20th anniversary of business. For this important event, both the main floor and lower level are redesigned to show all the new Christmas ornaments, decorations, and gifts. It is the best opportunity to get the first view and best pick of unforgettable gifts and decorations.

Designer Lynne Wickham will personally design about seven breathtaking

Christmas trees throughout the store, each adorned from top to bottom with a different special theme. **Wickham Interiors** carefully and painstakingly selects stunning ornaments from around the world. They have something for everyone and every budget.

The best place to select Christmas ornaments is **Wickham Interiors**. From biblical-themed ornaments handblown and painted in Germany, to whimsical glass ornaments, to traditional incredible Santas and Snowman, **Wickham Interiors** has a wide selection. With limited quantities available, come early to find the best of the market at **Wickham Interiors**.

Mark your calendars and reserve the day for the best event of the season—**Wickham Interiors Christmas Open House!**

For more information about this inspiring and sensational event, visit **Wickham Interiors** at 67 N. Williams St. in Historic Downtown Crystal Lake, contact them at 1-815-455-6202, or visit—www.wickhaminteriors.com.



BUMC Adult Ministries New Fall Offerings 2009

Looking for meaningful adult fellowship and Bible study? Visit one of the following programs at Barrington United Methodist Church (BUMC), 98 Algonquin Road (at Route 59), Barrington.

- Sunday Mornings—Coffee and conversation begins at 9 a.m.; classes from 9:15 to 10:15 a.m.

- The Faith—What do Christians believe? Why do they believe it? Why does it matter? Come join a lively discussion of this DVD-based study on the basics of Christianity now through Nov. 4 in the BUMC Parlor.

- The Book of Luke—Explore the fascinating Book of Luke through this workbook-based study from the "Interpretations" series now through March 9, 2010 in Room 108.

- Confident Parenting—What all parents of adolescents and teens need. Drop in

now through Nov. 9 in the Dining Room.

- Thursday Mornings—W.O.W. (Women of the Word)—Join this dynamic group of women at 9:30 a.m. in the Parlor to explore "Believing God"—a Beth Moore DVD/workbook.

- Wednesday Mornings—Come to this fun and supportive Mom's Group to discuss "Mothering without Guilt" from 9:15 to 11:15 a.m. in the Parlor.

- Friday Mornings—Breathing Spaces—Come as you are to this friendly, informal discussion of scripture passages and how they apply to our everyday lives—every Friday from 10 to 10:30 a.m. at the Lake Zurich Starbucks, next to the new Sonic restaurant.

All are welcome. Prior Biblical knowledge is not necessary.

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

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Enjoy Thanksgiving at Fritzl's

Reservations are now being taken for Thanksgiving Dinner at **Fritzl's**. Enjoy a traditional turkey dinner with all the trimmings. Only \$17.95 per person. **Fritzl's** will be open at noon. Plus, their regular menu will also be available.

Remember their delicious specials: **Friday Fish Fry** and **Sunday Roast Pork!**

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

Enjoy their house specialties such as wiener schnitzel, rouladen of beef, sauerbraten, and pork schnitzel. **Fritzl's** continental favorites include veal medallions, roast duck, tilapia filet, sauteed shrimp, shrimp de jonghe, and chicken piquant. Sizzling steaks and fresh seafood round out the menu.

Reviewed and recommended by Zagat Survey.

Visit www.fritzl.com for more information.





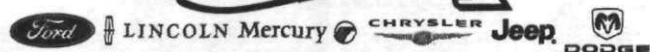
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BACOA Offers Medicare Part D Consultation

The Barrington Area Council on Aging (BACOA) is now scheduling Medicare Part D consultation appointments from Monday, Nov. 17 through Friday, Dec. 11.

The annual open enrollment period for Medicare begins Nov. 15 and runs through Dec. 31. Enrollees can switch their Medicare Part D plan or enroll in a plan for the first time.

All Medicare Part D plans are required to send out an "Annual Notice of Change" to all of their members by Oct. 31. This package has information about the upcoming changes each plan has in store for 2010. Among the things that enrollees should look for:

- How much will the premium be in

2010?

- How much will the deductible be in 2010?

• Are the enrollee's drugs still covered by the plan? The plan may have certain restrictions in 2010 that it may not have had in 2009.

- Has overall cost changed?

If enrollees are satisfied with the changes to their current plan and feel that the plan fits their needs, they do not have to do anything; the plan will automatically renew Jan. 1, 2010.

For those who want to change their plan or need more information about their current plan, call BACOA at 1-847-381-5030 to schedule an appointment.

Witnessing the Holy Land

A very unique event—"Witnessing the Holy Land"—is scheduled to take place on Sunday, Nov. 15 from 4 to 6 p.m. at Lutheran Church of Martha & Mary, 606 W. Golf Road in Mount Prospect. Among the special opportunities there will be: discussions with Bishop Wayne Miller and the Rev. Twila Schock of the Evangelical Lutheran Church in America concerning life in the Holy Land today; a sampling of an assortment of Palestinian foods; a Middle Eastern bazaar to support Palestinian farmers and artisans through offering their products such as olive oil, wood and wo-

ven handicrafts; and educational materials highlighting the efforts of Christians, Jews, and Muslims dedicated to living together in peace. Funds contributed during this event will be donated to the Mount of Olives Housing Project.

All are welcome to attend this time of worship, prayer, and sharing of timely information. This event replaces the November Prayer Service for Peace in the Middle East, held monthly at Lutheran Church of the Atonement in Barrington.

For more details, please call 1-847-259-2568 or e-mail rev.winkler@comcast.net.

From a Woman's Point of View

by Amy Wickstrom, Wickstrom Auto Group



As parents, one of our primary obligations to our children is to do everything in our power to keep them safe. They don't always cooperate with us, especially when very young; anyone who has ever had to strap a kicking, screaming, back-arching toddler into a car seat can attest to that fact. I have found that as they get older, they can be very persuasive in making a case for not using a booster seat, and sometimes when you've got a full car it's tempting to let your fourth- or fifth-grader sit in the front seat for short trips. Recently, while we were waiting to pick our kids up after school, my friends and I debated over what the guidelines were for child safety restraints. Since we couldn't come to a consensus, I decided to do a little research.

According to the National Highway Traffic Safety Administration (NHTSA), there is a four-step process to child passenger safety. To summarize:

1. Rear-facing child safety seats should be used in the back seat until an infant reaches a minimum of 1 year of age and at least 20 pounds.

2. Forward-facing child safety seats should be used in the back seat until the child reaches the upper weight or height limit of the particular seat (usually around age 4 and 40 pounds).

3. Once children outgrow their forward-facing seats (usually at age 4 or 40 pounds), they should ride in booster seats in the back seat until the seat belt fits properly, usually at age 8 or when they are 4-feet-9-inches tall.

4. When children outgrow their booster seats, they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest). All children under 13 should ride in the back seat.

For more information and a one-page printable guideline for child passenger safety, go to www.nhtsa.gov and choose "Child Safety Seat Information" from the menu or click on the child passenger safety icon.

Until next month,

—Amy

Long Grove-Kildeer Garden Club

During this season of giving, it is especially kind to remember those who are enduring the hardships of abuse or poverty in their lives. Leading into the winter holidays, the Long Grove Kildeer Garden Club will be collecting new children's hats, mittens and gloves for a local shelter for abused women. These items can be dropped off at a designated box at the

Reed-Turner Woodland Nature Center at 3849 Old McHenry Road in Long Grove. They should not be wrapped, but put into a plastic bag. In addition, they will be accepting your excess supply of hotel-style toiletries for a local food pantry.

For a Barrington area drop-off or a pickup of items, or for more information on the club, contact Ivy at 1-847-800-5000.

BWC Presents a Dramatic Book Review

The Barrington Woman's Club (BWC) cordially invites you to attend a dramatic book review of the novel *Mary, Queen of Scotland and the Isles* by Margaret George. The complimentary program will be held on Wednesday, Nov. 18, in the meeting room of the Northern Trust Bank at The Foundry of Barrington. Come at 12:30 p.m. for refreshments, followed by the review at 1 p.m.

The presenter will be Carolyn Stein Stillman, graduate of Smith College, and

holder of a Master of Arts from the University of Chicago. Stillman, a noted reviewer, will enhance her presentation by appearing in a period costume of the age.

The historical novel portrays palace intrigues, betrayals, marriages, and lovers of the youthful Queen Mary. In her later life, she was imprisoned in England and executed by her cousin, Queen Elizabeth I.

Please make advance reservations as seating is limited. Call Mary Ellen Henehan at 1-847-381-7669.

Assisi Animal Foundation Annual Dinner Dance

On Saturday, Nov. 7, the Assisi Animal Foundation's annual dinner dance and silent auction will be held at the Crystal Lake Country Club. The event features unusual and outstanding silent auction offerings to some lucky bidders. Among these are a visit for four for a full week in a lovely private home in France, hosted by its owners. Closer to home, two people will spend two nights in the presidential suites of two of Chicago's most prestigious hotels. Other auction options include a holiday boutique, some fine

jewelry, theatre tickets, golf at a variety of courses including The Brute or The Highlands at Grand Geneva in Lake Geneva, Wis.

The event begins at 5:30 p.m. with cocktails (cash bar) and the viewing of auction items, followed by dinner, auction excitement, and dancing the night away to the music of One 2 Many.

Tickets are \$60 per person and are not available at the door but reservations are accepted until Nov. 4. For information or reservations, call 1-815-455-9411.

December Deadlines!

NEWS SUBMISSION Deadline: FRIDAY, NOV. 6

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Members of the Barrington Woman's Club Planning a Holiday Luncheon

Pictured planning a luncheon to be held Wednesday, Dec. 9 at the Barrington Hills Country Club are (from left) Bonnie Vaughan, Nancy Bengtson, Ann Evanson and Mary Therese Stephens, members of The Barrington Woman's Club. Holiday music in a beautiful setting will set the tone for a lovely afternoon. This affair is open to all women in Barrington and surrounding communities. You do not have to be a member to attend.



Reservations and more information, call 1-847-277-7700.

Growth Fuels Chicago Medical Billing and Revenue Management Firm Expansion

In the current cut-back economic climate, **RMK Holdings** has been able to expand their Michigan Avenue offices. In fact, they've tripled their space to accommodate the additional staff they need to take care of the demands of new and existing clients.

"We've tripled our space and increased our communications system which links to our mainframe network, offshore and U.S. based satellite locations," says Ronald McLaughlin, President at RMK and a Barrington-area resident.

Chicago-Based Medical Practices Drive Revenue

Two of Chicago's most prestigious medical practices—The Northwestern Children's Practice and Chicago Lake Shore Medical Associates have helped fuel

RMK's growth. In fact, overall, RMK revenues have increased 50 percent over the last five years.

"Along with the impact of changing regulations and new laws, medical professionals are seeking to maximize their cash flow while reducing the amount of time spent on nonclinical activity, which causes them to spend less time with each patient... these factors have also aided our growth," says McLaughlin.

About RMK

RMK serves physicians, retail companies and state agencies with their revenue management expertise. With expanding offices in Thailand, RMK Holdings thrives as a growing global presence.

Visit RMK's Web site at www.RMK123.com for more information.

Authentic Exotic Skin Fashion Accessories Still in Demand

Despite the economic environment, exotic skins are still in and **Exotic Elegance** will soon open an e-boutique rolling out its first crocodile accessory followed by a limited line of select accoutrements for men and women. "Accessories such as these are timeless and add to the longevity of your wardrobe and personal style collection," states Sunni Patterson, Director of e-Boutique Sales.

With direct import purchasing, **Exotic Elegance** brings genuine, high-quality statement pieces to consumers minus the burden of dealing with duties and customs—saving significant money, time, and aggravation. Couple this with free shipping throughout the U.S. and a "no-questions-asked" return practice, **Exotic Elegance** creates a memorable buying experience with more value without sacrificing quality or design.

Exotic Elegance also seeks to educate consumers on its products. For instance, how does one determine a genuine from a faux skin? This can be tricky but there are a few things to look for:

- Creases between the tiles may not be deep on an imitation.
- Imitations may have too many repetitions of a pattern.
- On a genuine skin, the markings are never quite the same and the skins vary in color.

Generally, however, the simple evaluation of the quality of the item can be the best method for judging its authenticity.

Join **Exotic Elegance** e-boutique's opening notification list by sending an e-mail to exoticellegance.eboutique@gmail.com with "Yes! Please Notify Me of E-Boutique Opening!"

Catholic Charities' November 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).

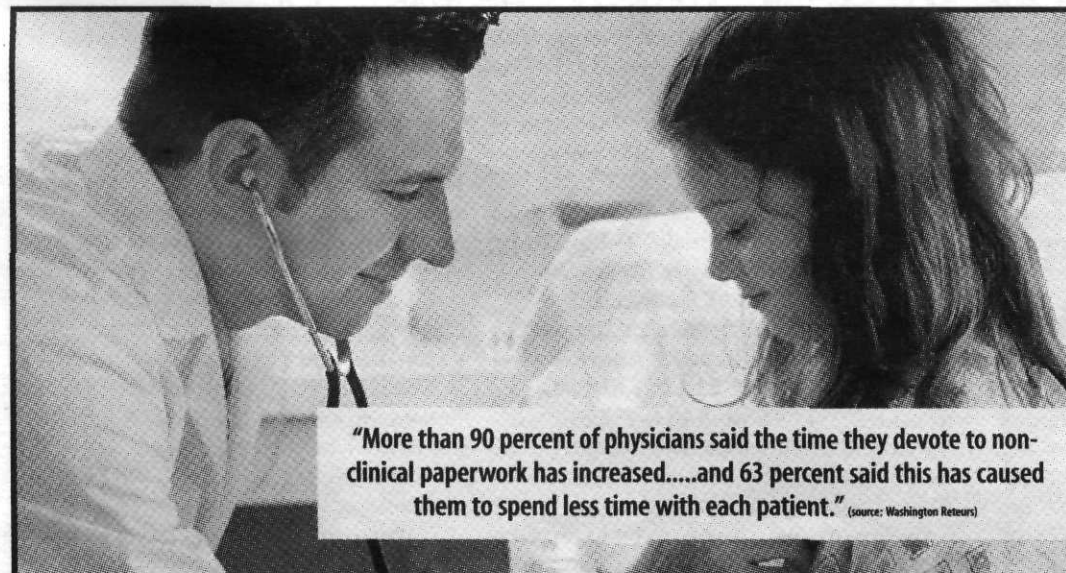
Meeting Dates and Locations

- Sunday, Nov. 8, 7 to 9 p.m. at Catholic Charities Northwest Office, 1717 Rand Road, Des Plaines.
- Wednesday, Nov. 18, 7 to 9 p.m. at

Holy Family Church Counseling Center, 2515 Palatine Road, Inverness.

• Thursday, Nov. 19, 7 to 9 p.m. at Carmel High School, One Carmel Parkway, Mundelein.

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.



"More than 90 percent of physicians said the time they devote to non-clinical paperwork has increased.....and 63 percent said this has caused them to spend less time with each patient." (source: Washington Retours)

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Simple Steps to Make Homes Safer

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

Fall is a great time to take simple steps to make your home safer, such as trimming shrubbery and foliage to eliminate potential hiding places, and keeping doors and windows locked. The fact remains that homes with security systems are less attractive to would-be thieves. According to Simon Hakim, professor of economics at Temple University, homes lacking alarm systems are 3.5 times more likely to be burglarized.

The days of having your home protected solely by sensors on windows and doors are long past. AST offers services ranging from closed-circuit television systems to intercoms. We can design and install a security system that will let you preview all visitors on a video screen.

Lighting systems can give the impression someone is home.

Additionally, a homeowner needs to think about protecting their family's lifestyle. Not all valuables are tangible. Identity theft is rampant. By utilizing various technological tools, including firewalls, a homeowner can rest assured that personal information is secure from intruders.

Locally-owned and operated, AST provides security and fire detection services, including the latest in equipment and 24/7/365 monitoring, for homeowners and small businesses throughout the Northwest Suburbs. AST is personally in touch with securing your way of life. Learn more by calling **1-847-540-9166** or visit www.advancedsecuritytechnologies.com.

Get Your Home or Business Projects Done Right by Barrington Fix-It Shoppe

Barrington Fix-It Shoppe, Inc. was started in 1989. It has been in operation ever since, serving Barrington and its surrounding communities for 20 years. We have been a member of the Barrington Area Chamber for 13 years.

We specialize in those handyman projects that you don't have time for. Make a list for our professionals and then relax and let us take care of the projects at hand. We work by the job, not the hour.

We are fully insured, reliable and on time. We care about our work and take pride in helping you. References are available upon request. Please visit our web site—www.BarringtonFixIt.com—for a complete list of how we can help you.

Whether you have a young family and

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

Some of the work that we do best is: drywall repair, the installation of doors of any kind, including storm doors, patio doors, interior doors, and exterior doors. We replace windows and install or replace fans, outlets, disposals, faucets and much more. One call does it all—**1-847-382-7929**.

Barrington Fix-It Shoppe Inc.
1-847-382-7929
www.BarringtonFixIt.com

Children's Memorial Shopping at the Ice House Mall

Please join the Northwest Suburban Guild of Children's Memorial Hospital on Thursday, Nov. 12 from 6 to 9 p.m. for a fun evening of holiday shopping with friends while enjoying a nice glass of wine. This annual event will be held at the Ice House Mall, 200 Applebee Street, Barrington.

The Barrington Home Shoppe, Peter Daniel, Savvy Spirit and Tommy-Terri offer holiday outfits for young and old, great hostess gifts, decorations and more.

Be sure to mention that you are shopping for Children's and 20 percent of your purchase will go to the hospital.

She went on to win an Emmy and earn a star on the Hollywood Walk of Fame. In 1994, she wrote and starred in *Sally Marr and Her Escorts*, which earned her a Best Actress Tony nomination. These days, Rivers designs and sells her own line of costume jewelry on QVC and presents a number of shows.

Corporate co-sponsors: Country Inn & Suites, *Northwest Herald*, Schaumburg Audi, Countryside Flower Shop.

**"Christmas at Monticello:
Holiday Reflections with Thomas
Jefferson and Theodore Roosevelt"**
Saturday, Nov. 21 at 7:30 p.m.
\$50, \$40

What if the third president of the United States invited the 26th president of the United States to dine with him for Christmas dinner? Grab a seat and join the merriment as we celebrate "Christmas at Mon-

ticello," featuring Clay Jenkinson and WGN's John Williams—an evening to benefit the Crystal Lake Library Foundation and Raue Center.

Lucy's Café, A Night of Comedy
Nov. 27, doors open at 8 p.m.
\$20 in advance, \$25 day of

Lucy's Café is an eclectic nightclub showcasing brilliant stand-up comedy. Set on stage (you won't find a bad seat) with private or community tables and cash bar (credit cards now accepted), the lights go down as the performers begin their show. Enjoy pre- and post-show live jazz music.

When reserving your tickets, pre-order bottles of house red or white wine, buckets of beer or soda and cheese trays. Pre-ordering drinks reserves you the best table available at the time of your order.

Tickets are only \$20 in advance and \$25 day of.

Barrington Fix-it Shoppe

GOT SOMETHING TO FIX?

"There's always something that needs fixing...and we'll be there to help you when you need us. Give us a call."



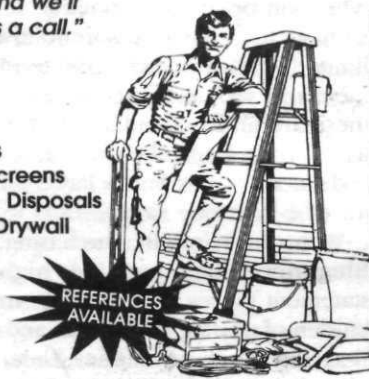
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REFERENCES
AVAILABLE

Raue Center November Shows

Building on the success of Lucy's Café, A Night of Comedy, Raue Center is now offering Lucy's Café, A Night of Music. Past performers have included Louis Landon and Danny Wright. Be sure to catch the next Night of Music on Friday, Jan. 22, 2010. Doors open at 8 p.m.

A new spin on an old favorite, Lucy's Café, A Night of Music, offers up an eclectic selection of musical acts in the same intimate setting as the original Lucy's Café, Comedy Series. Reminiscent of an old speakeasy, this show will delight music lovers. Set on stage (you won't find a bad seat) with private or community tables and a cash bar (credit cards now accepted), the lights go down as the performers begin their show.

When reserving your tickets, pre-order bottles of house red or white wine, buckets of beer or soda and cheese trays. Pre-ordering drinks reserves you the best table available at the time of your order.

"Click Clack Moo"

Saturday, Nov. 7 at 11 a.m.
\$25, \$22, \$19

All day long Farmer Brown hears "click clack moo, clickety clackety moo..." The cows are typing and protesting their working conditions! A hilariously "moo-ing" new musical about compromise is based on the award-winning book by Doreen Cronin and Betsy Lewin.

When his granddaughter Jenny comes for a visit, Farmer Brown declares the farm a "tech-free zone." He puts her laptop in the cold barn along with the shivering cows who use her computer to type mes-

sages requesting blankets. "No way," replies Farmer Brown. "No blankets!" So the cows go on strike and the chickens join the cows in solidarity. No blankets: no milk, no eggs! Will Farmer Brown give in to the animals' demands? Find out in a hilariously "mooooooo-ing" production.

Corporate co-sponsor: Trader Joe's.

Joan Rivers
Saturday, Nov. 7 at 8 p.m.
\$68, \$65, \$62

This comic icon, outspoken celebrity and pundit for plastic surgery is coming to Raue Center for an evening of adult-only themed comedy. Fresh from the stage in New York City from NBC's *The Celebrity Apprentice*, Joan Rivers promises to be outrageously funny and unforgettable.

Rivers is a force of nature—and one of the hardest-working celebrities: comedienne, best-selling author, Tony-nominated actress, playwright, screenwriter, motion picture director, columnist, lecturer, syndicated radio host, Emmy-Award-winning television talk-show host, jewelry designer, red-carpet fashion laureate, businesswoman and, most importantly to her, mother and grandmother.

Rivers' big break came along in 1965. A booking on *The Tonight Show with Johnny Carson* made her an instant hit. Her first syndicated talk show on daytime TV, *That Show With Joan Rivers*, combined with appearances on *Carson* and *The Ed Sullivan Show*, made her a household name. By 1983, Rivers was headlining Las Vegas, had a Grammy nominated comedy album and two best-selling books.

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www.TreeClassics.com and www.FourSeasonClassics.com

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