

March 2002

THEYLESTM
NEWS MAGAZINE

It's Time for
Spring
Home Improvements

**Ansel Adams
at 100**

**Modern Trains and
Splendid Stations**

**A Championship Drama:
Speed, Skill, Patience and Passion**

barrington

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Anyone who is interested in good grooming and an attractive appearance is likely to read about electrolysis. It is the *only method* which will remove your unwanted hair **permanently**, and it is not a new technique. Successful results have been reported and discussed favorably in the medical journals since 1875, more than a century ago.

Nowadays thousands of women make appointments every week with their electrologists, but very few openly tell their friends or relatives about the positive results. Most people are too embarrassed to mention facial or body hairs, and so the facts about permanent removal must often be learned from responsible beauty editors or medical columnists.

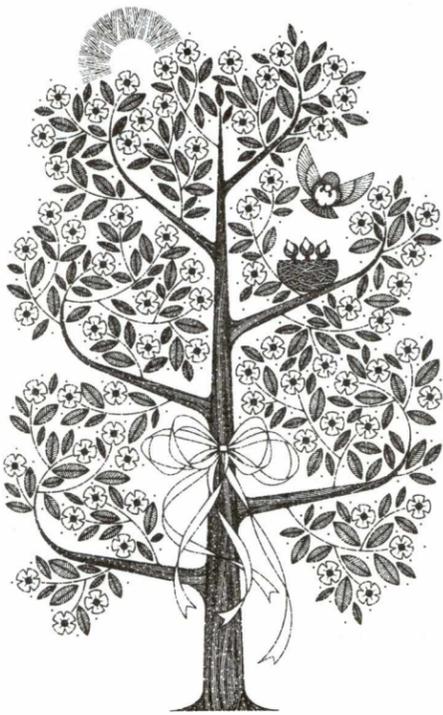
Fortunately, there is a skilled electrologist at **Clear Reflections** in the Barrington Commons who can remove those telltale hairs quickly and conveniently in the privacy of a professional office.

Now past its 100th anniversary, electrolysis is a boon to mankind which goes on making converts every day. The reason is obvious—success and permanence make an unbeatable combination.

Take away those unwanted hairs and what you have left is confidence in your own charm and attractive appearance. Phone **Clear Reflections** at **1-847-381-9020** for your appointment.

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Editor's Ink

March, 2002

Dear Reader,

There are some interesting and exciting exhibitions to attend, and you won't want to miss any of them.

On the top of the list is "Ansel Adams at 100," now at the Art Institute of Chicago. I have just returned from viewing the 120 works of this wonderful artist and enjoyed it enormously. I am very drawn to black-and-white photography, my personal preference over color. These images of the American-western landscape were awesome. His techniques were unique for the time (1920 to 1940), and his treatment of light and choice of subjects set the mood. One walks away from the exhibit with a greater appreciation for the details of nature, whether it be blades of grass floating in a pond or a dead tree ominously reaching for the lighted sky.

I am also drawn to architecture: It can be a breathtaking art form. Also currently at the Art Institute is "Modern Trains and Splendid Stations: Architecture and Design for the 21st Century." It is an extraordinary exhibit on the architectural advancements of intercity railway transportation. Over 45 projects are highlighted, exploring design, engineering, and technology of trains and rail-related buildings. Some of these examples are phenomenal.

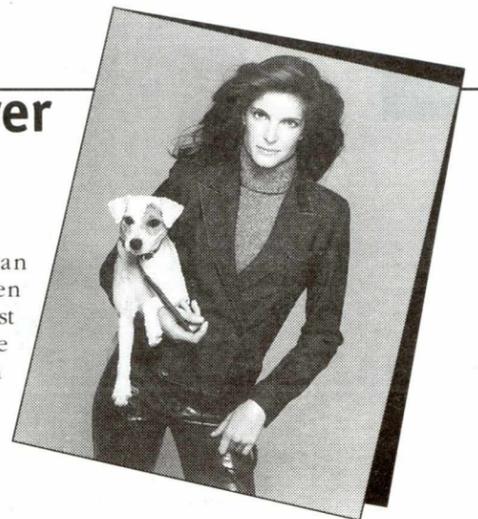
I hope you take the time to enjoy these exhibits and others. Until next time, peace and happiness.

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

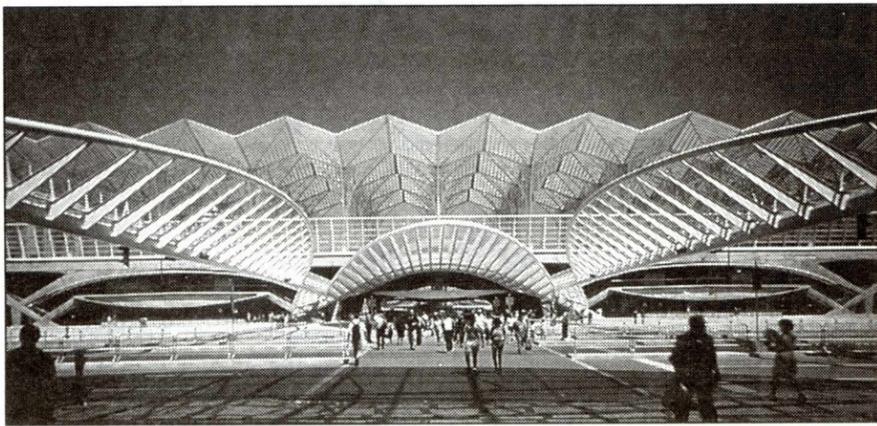


About Our Cover

Denim moves beyond the jean jacket. Here the new shrunken denim blazer is detailed at the waist with knit insets and paired with the leather trouser. COMPANY by Ellen Tracy Fall 2001.



"Modern Trains and Splendid Stations: Architecture and Design for the 21st Century"



Orient Station, Lisbon, Portugal, 1998. Architect: Santiago Calatrava. View of entrance and raised platforms beyond. Photographer: Duccio Malagamba.

The Art Institute of Chicago has organized an extraordinary exhibition on the architectural advancements of intercity railway transportation. "Modern Trains and Splendid Stations: Architecture and Design for the 21st Century," on view in the Kisho Kurokawa Gallery of Architecture now through July 28, 2002, highlights approximately 45 extraordinary projects, exploring the design, engineering, technology and urbanism of modern train travel, including both trains and railway-related buildings.

"Modern Trains and Splendid Stations" is presented in a sleek installation devised by David Childs and Marilyn Taylor of the New York office of the architectural firm Skidmore, Owings & Merrill. Childs and Taylor are the lead designers on the new Penn Station project in New York City. For the exhibition, the team has created a special design for the institute's architecture gallery where visitors will walk through a space equipped with orange panels and stainless-steel walls. The installation is meant to embody the concept of movement and make references to materials and geometries related to rail travel. Installed are more than 80 models, drawings and prints.

Since the dawn of train travel in the

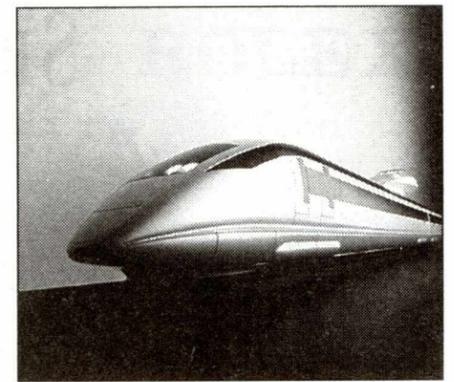
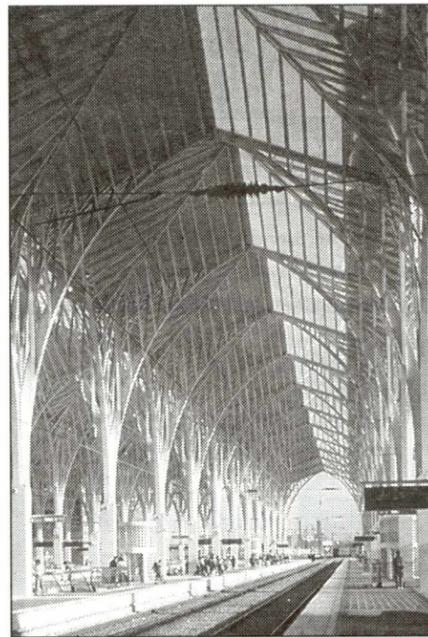
early 19th century, the train has been a symbol of work as well as leisure, short commutes and romantic journeys. As the railway industry evolves in the 21st century, issues facing the decision to construct new stations relate not only to facilitating the movement of people and goods but also to complementary concerns of economic development, opportunities for urban transformation and promotion of integrated public transportation. Advanced systems of train travel are in high demand as populations grow and increasing numbers of commuters choose the train over other modes of transportation. Designers and architects are creating not only trains and stations that serve practical purposes but also spaces that merge form and function and signal new architectural thinking.

At the beginning of the 20th century, railway was the dominant mode of transportation for people and goods. Between the world wars, road transportation was already beginning to replace rail transport for short trips, and air travel was increasingly gaining ground for long hauls. In the postwar period—particularly with the creation of the U.S. interstate highway system—the future of rail systems in this country was in doubt. In recent years, though, railway architecture and design

seems to be experiencing a renaissance. This can be attributed to several factors: the development of high-speed rail networks; the growing recognition that cars and planes cannot serve all users; and an understanding of the potentials, direct and indirect, that modern, efficient train travel can realize.

The design of railway stations is one of the most complex, large-scale challenges facing architects today. Few building types must provide the physical infrastructure for such a dynamic activity as rail travel. Stations must be able to serve large numbers of temporary users—users whose needs, purposes of travel, time spent in the station and demographic factors vary enormously.

"Modern Trains and Splendid Stations" highlights stations that are grouped in thematic categories: facilities for urban transformation; multipurpose stations; airport stations; new symbols for cities and towns; and architecture for innovation. The exhibition showcases such remark-



Exterior Design of the HST 350, 1:20 scale model. Designer: Alexander Neumeister, German. Photo: Neumeister Design.

able projects as: Nicholas Grimshaw's Waterloo International terminus for the Eurostar service; Meinhard von Gerkan's Lehrter Station in Berlin; Norman Foster's Hung Hom Station in Hong Kong; Bernhard Tshumi's station in Lausanne, Switzerland; and Santiago Calatrava's spectacular project for the Liege-Guillemins Station in Belgium.

In addition to remarkable stations, the exhibition takes a look at the newest, cutting-edge trains in the United States, Europe and Japan—advanced trains designed for intercity travel. Designers address questions of function, comfort, accessibility, durability and how these concerns vary from country to country in train construction. New trains presented are: the Acela Express, designed by Amtrak for high-speed travel in the United States; TGV Duplex, a double-decker version of France's high-speed version; and the JR 500, one of Japan's "bullet trains," among others.

Orient Station, Lisbon, Portugal, 1998. Architect: Santiago Calatrava. View of platforms. Photographer: Duccio Malagamba.

Return to a Gentler Way of Life at Stag's Crest, a Country-Style Colonial Manor in Barrington

A circa 1928 Colonial residence with a southern plantation influence is the setting for Barrington Junior Women's Club, Inc.'s 2002 Designer Showcase House. It is open to the public from April 28 through May 19.

A select group of more than 20 of the Chicago area's most distinguished interior designers and landscape professionals will decorate the distinctive estate as a presentation piece for their respective talents. At the same time, they will introduce some decorative innovations. Proceeds benefit Habitat for Humanity and several other Northwest Suburban charities.

Situated on five acres north of Barrington's central business district, the distinctive vintage residence is in the vicinity



Photo by Paul Schlismann, Deerfield, Ill.

of known routes of the Underground Railroad, tunnels frequented by runaway slaves making their way surreptitiously toward freedom in Canada before the Civil War.



Believed to have been designed and built by area carpenters at the end of the '20s—an economic boom that flourished during the administration of America's 30th president, Calvin Coolidge—the graceful residence has unabashed charm. A spacious entry, three-story open staircase, built-in corner cabinets, dentil moldings, shell carvings and wall niches are among its many classical details.

The name "Stag's Crest" pays tribute to the heritage of the present owners, the sixth family to occupy the estate in its 74-year history.

Hours are 10 a.m. to 2 p.m., Tuesdays through Saturdays; 1 to 4 p.m., Sundays; and 6 to 8 p.m., Fridays. Wednesdays from 10 a.m. to 2 p.m. are designated Designer Days, an opportunity for the public to meet and interact with the participating interior designers. The house is closed Mondays.

Because parking is prohibited in the residential area surrounding the estate, free parking and continuous shuttle bus

service is available to the showcase house from a centrally located site. Details will be available prior to the showhouse opening. Photographs, high-heeled shoes and children younger than 8 (including infants) are prohibited.

Tickets are \$18 at the door or \$15 in advance. Group rates are available. Telephone 1-847-604-4583 to reserve tickets.

Richard Honquest Fine Furnishings has joined with Barrington Junior Women's Club, Inc. to present an April 26 showhouse preview party. The event is from 7 to 10 p.m. at Richard Honquest Fine Furnishings, 1455 South Barrington Road, Barrington, IL, 60010. Ticket prices and other details are being finalized.

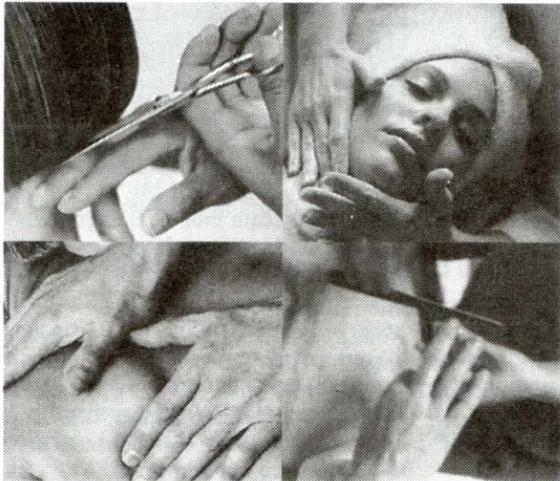
A variety of showhouse lectures, tours, workshops and other activities are planned. Watch future releases for more details, a list of participating designers and more information.

We are eager to welcome you to Stag's Crest. Call 1-847-604-4583 for more information.

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Experience Spring at Ben E. Salon Spa

Ben E. Salon Spa invites you to experience their Spring Collection of hair color, haircuts and makeup! Educators Ben Koerten and Sherry Gibson are recently back from master's training with Aveda Global Educators in Minneapolis. The entire staff is ready to create your cut and color for spring and summer. For versatile styling, hair is taking a new direction with multiple textures—strong geometrical layers beneath, soft layers on top. Cuts will create interest all around the head, easy to wear, back or forth.

Color will be flowing all over with sun-warmed shades. Color... spliced with light and dark tones of chocolate, caramel and gold. Variations of blonde-on-blonde, infusing your natural hair color with texture

and dimension. **Ben E. Salon Spa** is an Aveda concept salon and exclusively uses Aveda Full Spectrum Hair Color. Hair is enhanced with conditioning essential oils for essentially damage-free results. Aveda color is 97 percent naturally derived.

Discover the Spring/Summer Make-Up Collection too! The new palette features pale, luminous washes of pearlescent color. Featuring six new eye shadows, four new lip shades, two blushes and the very exciting Mosscara. Mosscara treats lashes to all-day conditioning with moisture replenishing Iceland moss. A make-up touch-up is always complimentary.

Call for your appointment at **Ben E. Salon Spa, 1-847-381-2160**. Experience beauty professionals and skin therapists.

Garden Club Tours Botanical Gardens



The South Barrington Garden Club members recently toured the Chicago Botanical Gardens in Glencoe, Ill.

The tour consisted of winter and holiday decorations. An interesting part of the day was learning how to decorate your

trees and feed the birds simultaneously.

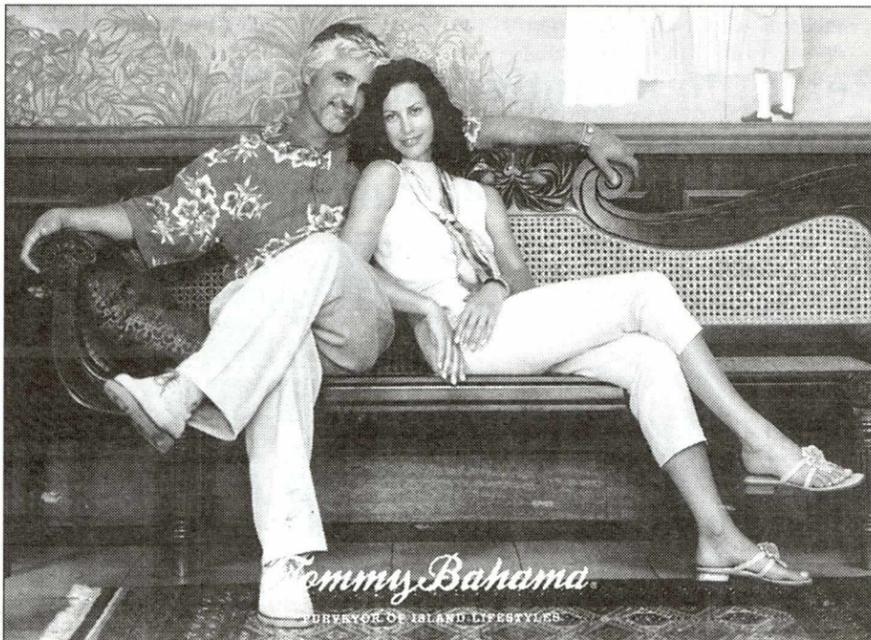
The South Barrington Garden Club meets the first Thursday of the month at the South Barrington Community Center at 9 a.m. For more information, call 1-847-428-7571.

Easter Baskets Delta Zeta Alumnae Project

Northwest Chicago Suburban Delta Zeta Alumnae will dedicate Easter baskets for the children in the women's shelter on Wednesday, March 6, at 7 p.m.

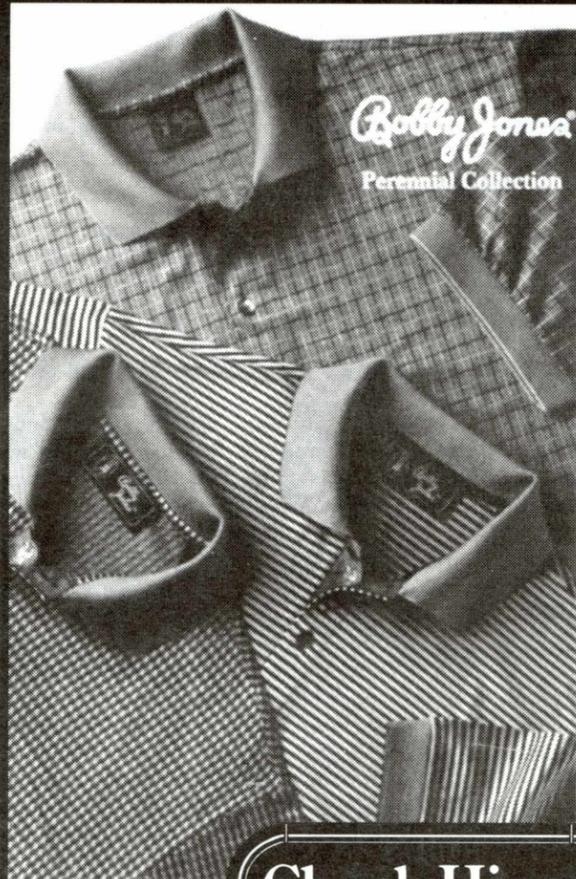
If you're a Delta Zeta alumna and wish to get connected to your area sisters, join

us! We'll be holding our meeting while making Easter baskets at a member's home in Itasca. Please call Michelle at 1-847-843-9052 or Darci at 630-285-1147 for more information.



Just in time for spring break, the complete collection of Tommy Bahama for men and women from casual silk dressing to swimwear.

Relax with the purveyor of island life styles, Tommy Bahama, wherever you may be. Available at **Chuck Hines** on Main Street in downtown Barrington.



**Simply
the finest
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The Bobby Jones® golf shirt is made of 100% mercerized Egyptian cotton in sizes M, L, XL, XXL. In a variety of patterns and hues.

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Chesterfield Glass Galleries

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Barrington
ICE HOUSE MALL



Cow Parade at Chesterfield

Originally featured in Switzerland and then on to Chicago and New York, Cow Parade is moving the world. Now available in ceramic, these adorable, affordable cows are arriving at **Chesterfield Glass Galleries**. Besides some of the old favorites, we will also feature the new 2002 collection. These collectible cows are something you don't want to miss.

Lenox Classics will also be arriving at **Chesterfield**. These are gifts that celebrate life. The milestones we reach, the private moments we share, the personal triumphs we achieve... these are the moments we live for. Honor these moments with Lenox Classics. Watch for our free gift promotion.

We still have more surprises coming into **Chesterfield**, so stop by and browse.

Remember **Chesterfield Glass Galleries** for your entire gift-giving occasions and home-decorating needs. Located in



Cow Parade 2002 Collection,
Buckle Up Betsy.

the historic Ice House Mall, **Chesterfield** is open seven days a week. Gift wrapping and UPS shipping available. Call 1-847-382-6677.



Known to attract Leprechauns, this miniature tea set is one of the many Celtic specialties found at **The Canterbury Shoppe!** (Cookies & green tea not included!)

Getting Ready to Entertain the Wee People?

THE
CANTERBURY
SHOPPE

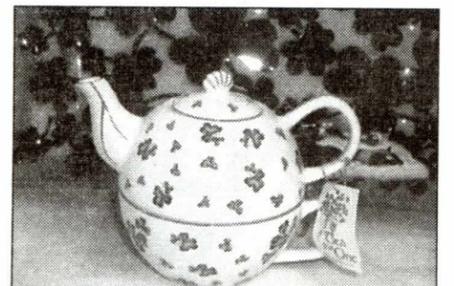
Barrington's Four Season
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(847) 304-9627

OPEN 7 DAYS A WEEK!

For the Wee Bit of Irish in All of Us!

Celebrating St. Paddy's Day or just a love of the Irish? **The Canterbury Shoppe's** festive Celtic collection is sure to bring smiles to any gathering! Choose from Peggy Karr's beautiful shamrock plates and platters, porcelain tea sets, Christopher Radko's "Luck of the Irish Collections," Celtic CDs, Irish Blessings on glass shamrocks and Halcyon Days Boxes. A perfect way to celebrate the wee bit of Irish in all of us! Stop in or call for more information on this lucky collection!

The Canterbury Shoppe is open seven days a week and is located in downtown Barrington in the historic Ice House Mall (behind the Jewel), 200 Applebee Street. Please call for directions at 1-847-304-9627.



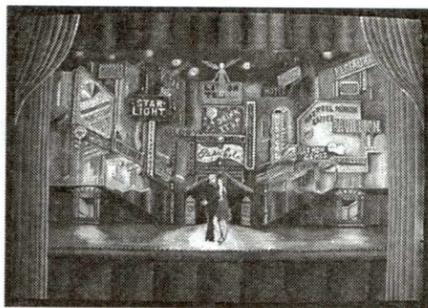
For those with a Celtic heart! Shamrock "Tea for One" (sitting in front of a Peggy Karr Shamrock Platter), now available at **The Canterbury Shoppe** in the Barrington Ice House Mall.

BAAC Gallery Opens "Urban Edges VI"

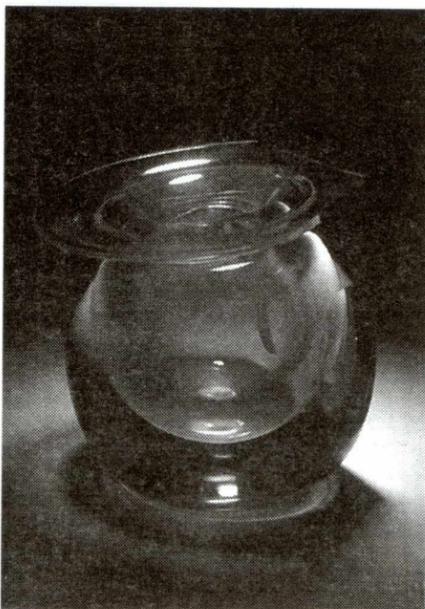
The Barrington Area Arts Council is pleased to announce that the BAAC Gallery exhibit for March entitled "Urban Edges VI" is now open.

The exhibit is a juried show featuring original two- and three-dimensional artwork by 28 artists. The competition was open to all artists 18 years and older who reside within a 150-mile radius. There were no media or theme restrictions.

The selected works were juried and judged by Lynne Warren, curator for the Museum of Contemporary Art, Chicago,



Downtown by Ellen R. Deutsch,
c. 2000. Prismacolor, 22.5" x 32".



Untitled by Devin Sjodin.
Glass, 10" x 6" x 6".

Ill.

Exhibiting Illinois artists include: Joan Allen, Palatine; Susan Brooks, Hawthorne Woods; Dena Cavezos, Chicago; Gail Collier, Barrington; Ellen Deutsch, Buffalo Grove; Fran Edmondson, Evanston; Erica Eschmann, Woodridge; Beatrice Fisher, Evanston; Carole Floate, Lake Bluff; Sheila Ganch, Wheaton; John Goulet, Cary; Mark Hansen, Barrington; John Harff, Barrington; Jeanine Hill-Soldner, Algonquin; Robert Kephart, Chicago; Robert Koch, Naperville; Roland Kulla, Chicago; Kevin Luthardt, Skokie; Renee McGinnis, Chicago; Anita Miller, Evanston; Joanne O'Hare, Waukesha; Monica Ong, Chicago; Sandy Sheagren, Glenview; and Devin Sjodin, Barrington.

Out-of-state exhibiting artists are: Terri Fuller-O'Brien, Huntington, Ind.; Dana Goodman, Huntington, Ind.; John Kabot, Spring Green, Wis.; and Denis Sargent, Milwaukee, Wis.

The Barrington Area Arts Council gives

"Preventing and Reversing Underachievement in High Ability Students"

Dr. Maureen Neihart, a clinical child psychologist, will speak on Thursday, March 14, at 7 p.m. at the Barrington Middle School-Station Campus, 215 Eastern Avenue, Barrington. The topic will be "Preventing and Reversing Underachievement in High Ability Students."

Dr. Neihart has over 20 years experience counseling gifted children and their families. She is co-editor of the new text, *The Social and Emotional Development of Gifted Children: What do we Know?* She serves on the editorial review board of *Gifted Child Quarterly*, *Roeper Review* and

Journal of Secondary Gifted Education. She has worked as a middle school teacher and gifted program coordinator. She is a former member of the board of directors for the National Association of Gifted Children. Dr. Neihart and her husband, Doug, live in Laurel, Mont., where they provide therapeutic foster care to seriously disturbed adolescents.

This program is sponsored by the Barrington Council for the Gifted and Talented and is open to the public. There will be a \$5 charge at the door for nonmembers.



cash awards in the following categories: Best of Show, Award of Excellence and Award of Merit. Two awards of Honorable Mention are also recognized. The awards will be selected and presented by Lynne Warren.

The exhibit is on view now through March 30. Gallery hours are Tuesday through Friday, 10 a.m. to 4 p.m., and Saturday, 10 a.m. to 2 p.m. The gallery is closed Mondays. For more information, call 1-847-382-5626.



Barrington ICE HOUSE MALL



Easter is Hopping at The Canterbury Shoppe

Looking to create a cheery Easter basket? **The Canterbury Shoppe** is filled with a fabulous collection of bunnies, basket stuffers, toys and spring gifts for all ages! We have bunnies, dinosaur egg puzzles, snap watches, mini-Easter toys and candy treats for the kids. Oprah's O List "Soul Mates," Aromatherapy soaps, K. Hall lotions and Camille Beckman Bath & Body products are perfect for the teenagers and moms! Our collection of Artisan crosses, from brightly colored pottery to hand-cast pewter crosses by artists Ann Wheat Pace and Cynthia Webb, along with our pillow prayers, journals and faith-based books,

Final edition hand-crafted spring bunnies by acclaimed American folk artist Bethany Lowe, exclusively at The Canterbury Shoppe in Barrington (Final set of six, signed pieces.)



were created in celebration of the resurrection and are a beautiful gift of faith. Short on time? All of these items will be festively wrapped and ready to pop into your basket, or our staff would be delighted to create the perfect Easter basket or hostess gift to ship to someone special!

The Canterbury Shoppe is open seven days a week and is located in downtown Barrington in the historic Ice House Mall (behind the Jewel), 200 Applebee Street. Please call for directions at 1-847-304-9627. *Hoppy Spring!*

For Barrington Lifestyles Readers Only!

With this coupon, free mini-jointed bunny with any purchase over \$10.

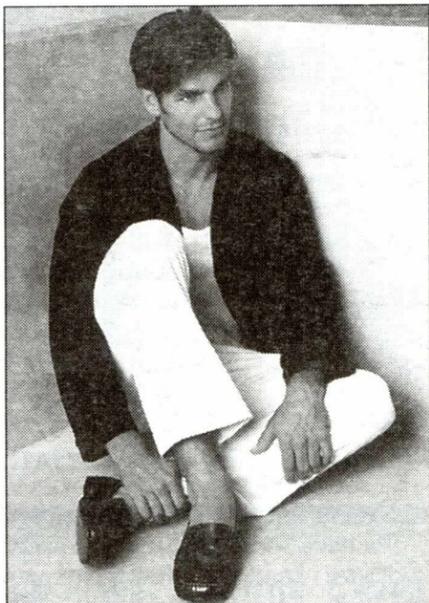
While quantities last, limited to first 50 customers!

Weather or Not... it's Spring at Peter Daniel

A contemporary suit for a fashion show luncheon. The perfect dress for Easter Brunch. A dynamic jacket and trouser for a business presentation. Make them your own from **Peter Daniel's** spring collections featuring Garfield and Marks, Jax and LaFayette 148. Mini-check, houndstooth, tweed and basket weave are all fabulous textures bringing excitement to spring dressing.

Spring also means vacations. Look for casual wear with "graffiti" print capris, jackets and colorful tees. Another great travel item are convertible pants from The North Face. The lower leg zips off when you prefer to wear shorts. And The North Face's lightweight jackets for men, women and children provide protection from the weather while still being breathable and comfortable for all activities.

Peter Daniel's men's department offers gorgeous Gran Sasso Italian knits. Lightweight sweaters and sport shirts in great colors for your spring vacation. Look for our other great apparel from Polo, Como Sport, Tundra, Bob Timberlake, Robert Talbott and Vitorinox to name a few.



Whatever your apparel needs, you'll find the solution at Peter Daniel of Barrington. Peter Daniel now carries Donald J. Pliner shoes for men. Refined and bold for spring, sumptuous textures and colors, this Italian line introduces specialty pieces complimented with timeless favorites.

St. Patrick's Day Party

The Barrington Area Council on Aging, Inc. and the Barrington Park District will be co-sponsoring a St. Patrick's Day Celebration at Langendorf Park on Friday, March 15. Join us at 10:30 a.m. for games and a social hour before lunch. At 11:45 a.m., a traditional lunch of corned beef and cabbage will be served, followed with a performance by the Milwaukee Trinity Academy of Irish Dancers at 12:30 p.m.

The Trinity Academy of Irish Dance is the largest Irish dance school in the world

with more than 1,000 students in Milwaukee, Madison and Chicago. The academy is the training ground for many of the world-renown members of the Trinity Irish Dance Company and is the birthplace of progressive Irish dance, which opened up the artistic pathways that directly led to commercial productions such as *Riverdance*.

Cost is \$6 per person. For reservations, call 1-847-381-5030 by Tuesday, March 12. Don't forget to wear your green!



WANTED: Good Home

For big bunnies, little bunnies, Grandma & Grandpa bunnies, vintage bunnies, one-of-a-kind bunnies, bunnies in tutus, garden bunnies, Bunnies by the Bay, and little hoppy ones. No fuss, no muss & won't eat the flowers! *Stop in today!*

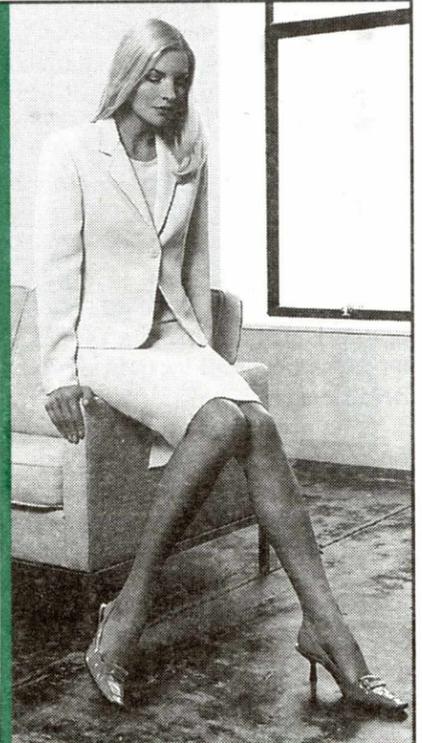
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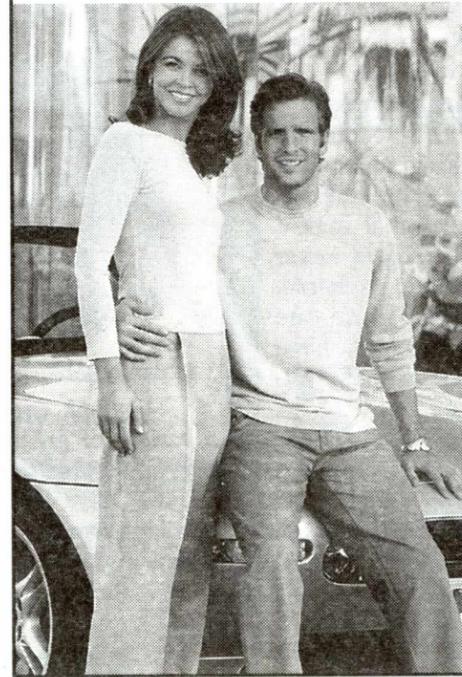
Spring
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fashion!



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MTWF 9:30-5:30 pm
Th 9:30-8:00 pm
Sat 9:30-5:30 pm
Sun 11:00-3:00 pm

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DAR "Potowatomi Pre-History" Program

Signal Hill chapter of the Daughters of the American Revolution will have their March meeting on March 19 at Barrington Area Library, Room A.

The business meeting will be at 11:30 a.m. with a Social Period and refreshments to follow at noon. Andrew Osborne, manager of Visitor Services for Lake County Discovery Museum, Wauconda, will present the program "Potowatomi Pre-History" at 1:00 p.m. Barbara West, American Indians chairman, will accept donations for the Indian schools which DAR helps to support. Hostesses for the day will be: Lois Lee of Barrington Hills, Helen Mellin of Lake Barrington Shores, Iva Lea Van

Buren of North Barrington, and Carolyn Rolnik and Marion Vowell, both of Palatine.

To be eligible for membership, a woman must be no less than 18 years of age and able to prove her lineage to an ancestor who aided in the cause of the American independence through military, civil or patriotic service. We are eager to help prospective members trace their ancestry. Lineage workshops are held, and private assistance is also arranged. Anyone who needs to know more about membership may contact Billie Owens, 1-847-381-5785, or Rebecca Kartalia, 1-847-381-0133.

Tootsies Makes the Move!

Tootsies has made the move to the Barrington Ice House Mall and celebrates the event on **Saturday, March 9**, when they become **CARNIVAL Tootsies** with clowns, face painting, balloon creations and more. Additionally, 10 percent of sales on that day will benefit the Barrington Youth Dance Ensemble. Call **1-847-277-9596** for more information.

"It's a real celebration," says Nick Fletcher, owner of **Tootsies**. "I want to invite everyone to come to our new location, enjoy the expanded assortment and selection and participate in the festivities."

"It's exciting to be able to offer our customers a wider range of shoe apparel and accessory options," said Fletcher. "Brands such as **Donald Pliner**, **Cole Haan** and **Stuart Weitzman** have a great reputation for providing a quality product, so it was natural for us to expand and create mini-departments for these great brands."

Additionally, **Tootsies** has an expanded assortment of **Perlina**, **Monsac** and **Donald Pliner** handbags. Basics such as hosiery from leading brands **Hue**, **Calvin Klein** and **Donald Pliner** will also include more options. The jewelry collection assortments include **Accessories to the Crime**, **Lori Frantz** and **Gorman**. Other accessories available at **Tootsies** include **Donald Pliner** eyewear and **Donald Pliner** leatherwear from the streets of Italy.

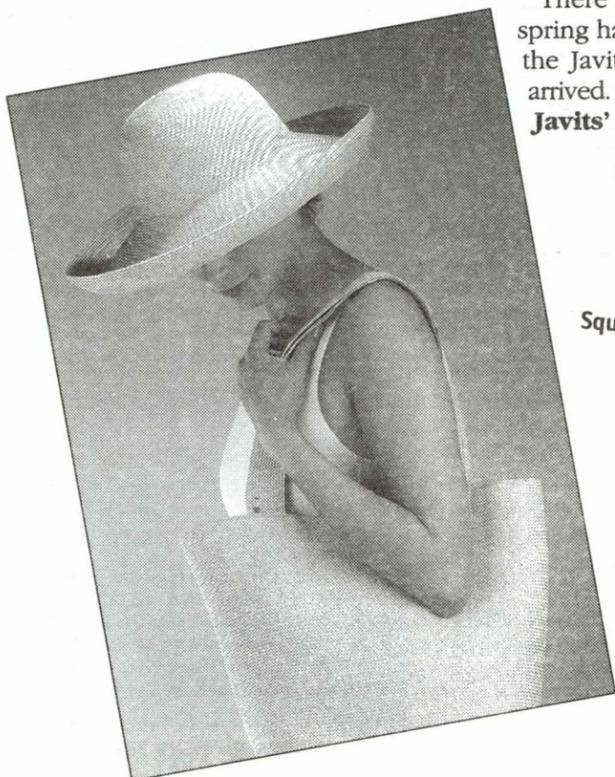
Operating hours at the new location are Monday through Wednesday and Friday, 9:30 a.m. to 5:30 p.m.; Thursday nights until 8:00 p.m.; and Sundays, 11:00 a.m. to 3:00 p.m.

Spring is Coming! Are You Ready?

Spring is just around the corner. It's almost time to let those beautiful tootsies of yours spring forth and breathe again!

"It's a great year for color and fun embellishments on footwear fashion," says Nick. "We worked with leading shoe designers to select a variety of great spring and summer fashions for our customers."

Additionally, **Tootsies** has introduced a selection of wonderful new hats and bags, known as Squishees® from designer **Eric Javits**. **Eric Javits'** sun hats are famous for a unique braid design that makes them very durable. They maintain their shape, never crack and yet remain very lightweight and packable. "These hats are the one travel item I'd say no one should leave without," said Nick. "Customers have asked for something they could pack in their suitcase, and this is perfect."



There are a variety of great spring handbags, in addition to the Javits bags, that have just arrived. Also available are **Eric Javits'** derby hats and totes.

Squishees® from designer Eric Javits!



Eyewear from the skies of Italy!

"Not everyone goes to the beach for spring," added Fletcher, "so we wanted to have a great selection of fashion silhouettes to work with the great spring fashions and shoes."

Spring Break is Just Around the Corner

Don't forget the kids' casual shoe needs either. Before heading to the beach, head to **Tootsies** for a wide assortment of **Teva**, **Adidas**, **Skechers** and **Merrell**, all perfect for those casual wear needs this spring.

So, now is the time to stop by **Tootsies** and pick up some of the new, fabulous sandal options for that spring break getaway. **Isaac Mizrahi**, **Donald Pliner**, **Stuart Weitzman**, **Cole Haan**, **Naot**, **Andre Assous** and others have brought some great sandal fashions to **Tootsies**.

This may not have been a year of massive snow, but the bitter cold certainly makes everyone ready for spring. Stop by **Tootsies** today to view the entire spring collections.

Easter Footwear for Kids

Easter fashions for little girls and boys calls for great looking, great wearing shoes for those Easter Bunny photos. **Tootsies** is known for its wonderful assortment of children's shoes, from **Stride Rite** and **Nina Kids** to European children's shoe brands **Elefanten**, **Astor** and **Brakkies**.

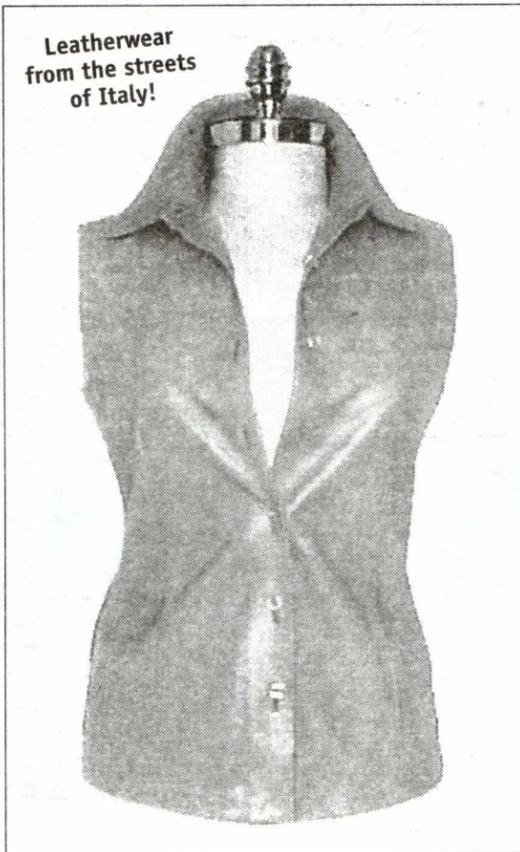
"Stride Rite has been a part of American children's lives for over 80 years," said Nick. "They've always had a way of balancing the appropriately developed shoes with trendy-savvy styles, and they are a favorite of many, so we always provide a great assortment,

and this year is no different."

All sorts of dress and casual shoes for the Easter season have just arrived and are in full display for the special **CARNIVAL Tootsies** event.

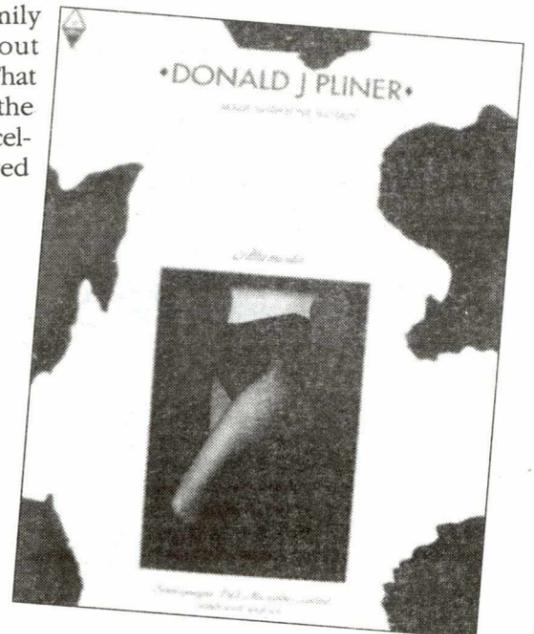
"We have some of the cutest sandal assortments we've ever brought in," said Nick. "And the dress assortment for boys and girls will complement any Easter outfit in style."

No small one in your family will find themselves without great fashion shoe options! That is a goal at **Tootsies**, and the **CARNIVAL Tootsies** event celebrates how children are loved at **Tootsies**.



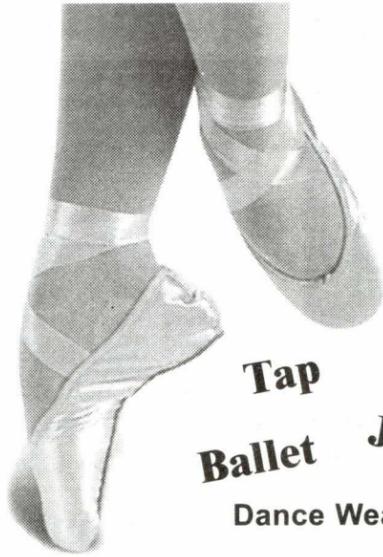
Leatherwear from the streets of Italy!

Legwear from the mills of Italy!





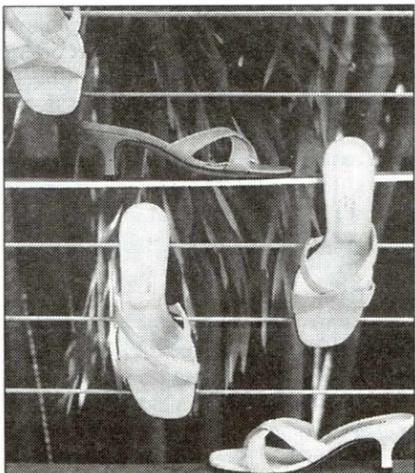
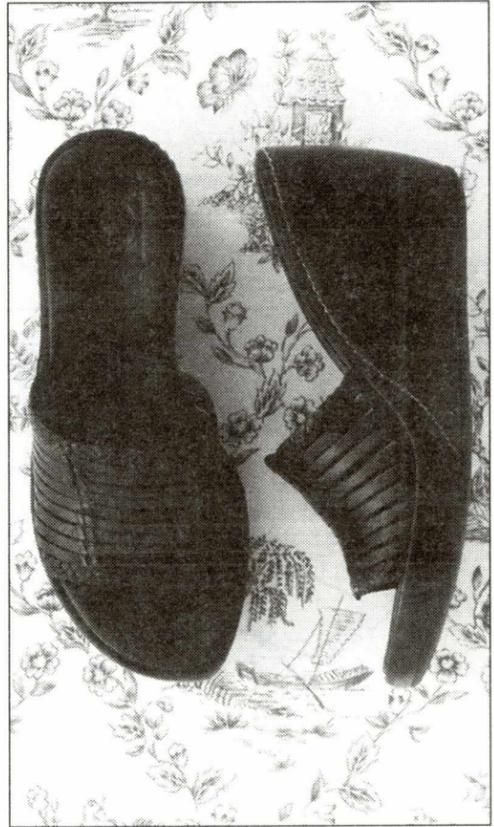
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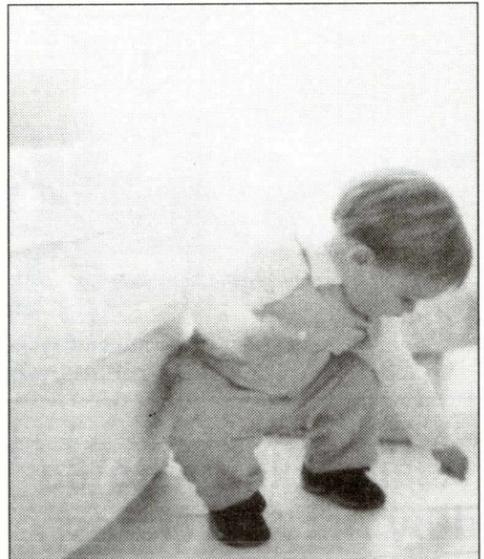
Tootsies

Open Tuesday
March 5th

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Merrell • Ariat • Teva • Skechers
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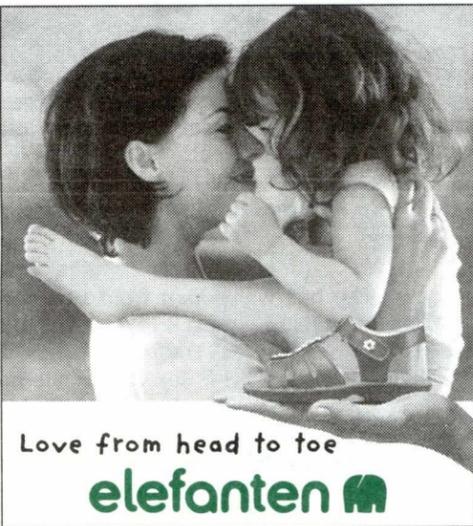


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Sunday, March 17

Reservations Required

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Barrington

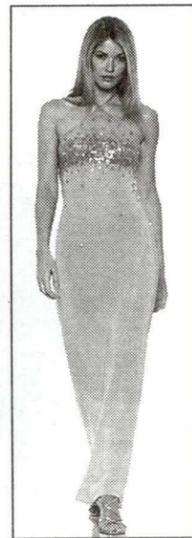
New Spring Hours (March & April): Mon., Tue., Wed., Fri. 10-5; Thu. 10-8; Sat. 10-4

Bridal by Appt.

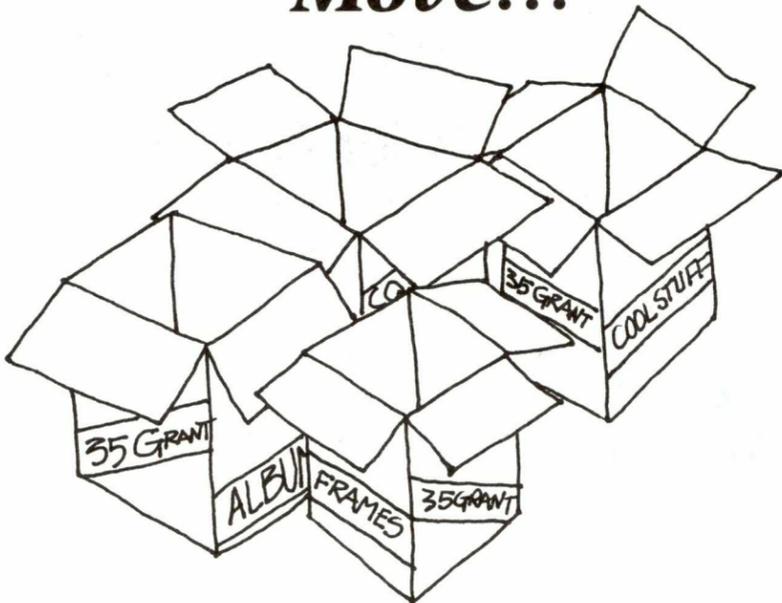


Prom has Arrived at A'L'Amour...

...and the dresses showcased for 2002 are fresh in color and design. A'L'Amour is excited to offer many new resources for girls looking for the truly unique. A'L'Amour attempts to find gowns that will allow our customers to avoid the "cookie cutter" selections found at the malls. Arriving daily through mid-May, you will find the latest looks from Jovani, Jessica McClintock, Gilar, ABS and more. Size availability begins at size 2 with styles ranging from full fairy tale ball gowns to sleek sophisticated columns. Our dress registry assures you that we will only sell one of a kind to a school. Our newly expanded spring hours are extended Thursdays until 8 p.m. with our prom shoppers in mind.



CLIX is on the Move...



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CLIX is on the Move

Remember that completely cute house we mentioned moving to? Well, we've finally made it! The boxes are all unpacked at 35 Grant Street and, yes, we will be conducting all of our regular business: portraits (within limits); custom invitation and album ordering; and lots of unique frames, albums, journals, inks, papers, stamps, pens, accessories, jewelry (phew!) and other faaaaaabulous gifty things we pick up to make your hunt for the perfect "something" just a little bit easier.

Although we are saving our major upcoming orders for the new store in May, there have been some goodies we just couldn't resist, so keep your eye peeled for new things in the Grant Street location in the meantime. We're expecting some doozies.

While we are at The Grant House, lots of work will be going on at 33 North Williams Street, which will be our final, er, resting place. You know where it is, don't you? It's across the street from the Rau-

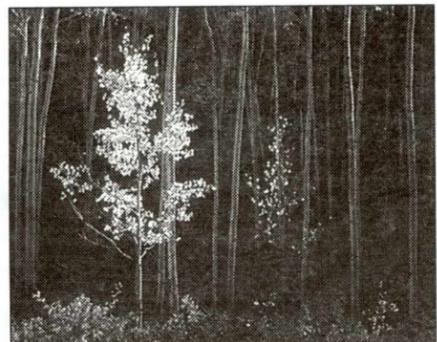
Center for the Arts, and it used to be the cooking store. Anyway, in order for our photo studio/wedding center/retail nirvana-type place to fit in that space, a lot of work needs to be done. We will be rounding up the best of the best in designs, displays and merchandise. It is going to knock your socks off! We will move there in May. Watch for the grand opening.

Want to be in the know? Check us out at www.clixvilleusa.com. Clixville, USA has coupons you can't get anywhere else, handy information such as our winter store hours, and maps to everywhere we're going to be at any given moment. We will also be adding photos, hot news and smarty comments. Why don't you pack yourself a lunch and try to find us? Remember, we're still in beautiful downtown Crystal Lake at 35 Grant Street from Feb. 1 through May 1 and 33 North Williams after May 1. Make a game of it. Bring friends. Just don't forget us. We promise to make it worth your while.



pictures.

At 10:00 a.m., Colin Westerbeck, curator of photography at the Art Institute of Chicago, will speak on "Ansel Adams: The Man and the Myth." This exhibition commemorates the centennial of the photographer's birth (1902-1984). The exhibition "Ansel Adams at 100" features 114 of Adams' finest photographs, many from the early part of his career from the 1920s to the 1940s. Westerbeck's slide program offers a unique view of Adams as a public icon.



Autumn Tree Against Cathedral Rocks, Yosemite, by Ansel Adams, American, c. 1944. Collection of Museum of Modern Art, New York. Gift of David H. McAlpin. Used with permission (cat. pl. 52).

At 11:15 a.m., Patrick Warfield, a lecturer on American music at Georgetown University, will explore the music of some of Ansel Adams' contemporaries, such as Charles Ives, Aaron Copland and Amy Beach. By hearing the music of Adam's contemporaries, we can come to understand him not as an isolated genius but as part of a multifaceted community of American artists and composers.

At noon in Symphony Center, there will be a musical performance with compositions by Ives, Copland and Beach, including string quartets and a solo piano.

The cost of this interesting members-only event is \$30. An optional lunch in the Trading Room is an additional \$30. Separate checks are required for each fee per member.

The bus will depart from Langendorf Park in Barrington at 8:15 a.m. Coffee will be served in the Trading Room at 9:15 a.m. There will be time in the afternoon to view the exhibit. This bus will depart Chicago at 3:00 p.m.

To register, contact Mary Lou Iverson, 1-847-359-0941, by March 21.

For membership information, contact Marianna Barr, 1-847-382-3952. Membership is open to anyone with an interest in the enjoyment and appreciation of art.

Ansel Adams Exhibit to Be Viewed by Art Associates

A unique opportunity awaits members of the Barrington Community Associates of the Art Institute of Chicago. The 16th annual joint program of the Community Associates of the Art Institute and the Women's Association of the Chicago Symphony Orchestra on Friday, April 12, will feature "Ansel Adams: Large Vistas and Intimate Details."

Ansel Adams said, "Wilderness is a state of mind." He redefined the notion of landscape by capturing light. He'd return many times to the same spot to capture different subjects as the light and seasons changed. Although tourists went to Yosemite and

Yellowstone inspired by the photographs of Ansel Adams, they were unable to duplicate the texture in his pictures.

Adams worked for 45 years using the same approach and same general technique. In his desire to make the perfect photograph, he understood the character and significance of his subject matter. Light unified his pictures with objects playing a secondary role. He made many prints from the same negative with different results. His early piano career promoted self-discipline and attention to detail. Adams made the world aware of fine art photography but never got rich selling his

Wedding Bands from M.J. Miller & Co.— A Symbol of Your Love and Commitment



The flowers have been selected, your photographer chosen, the menu planned, all the details are finally falling into place. Your wedding day, one of the most important days of your life, is quickly approaching. **M.J. Miller & Company** would like to help you with another one of the important details of your wedding—the wedding bands, the visual symbol of your love and commitment.

The current trend in wedding bands for grooms includes platinum two-tone bands and bands with diamond accents. We carry a large selection of bands from designers such as Alfred Levitt for Cordova, Christian Bauer, Scott Kay, and we can also custom design a band that is uniquely yours in our on-site state-of-the-art jew-

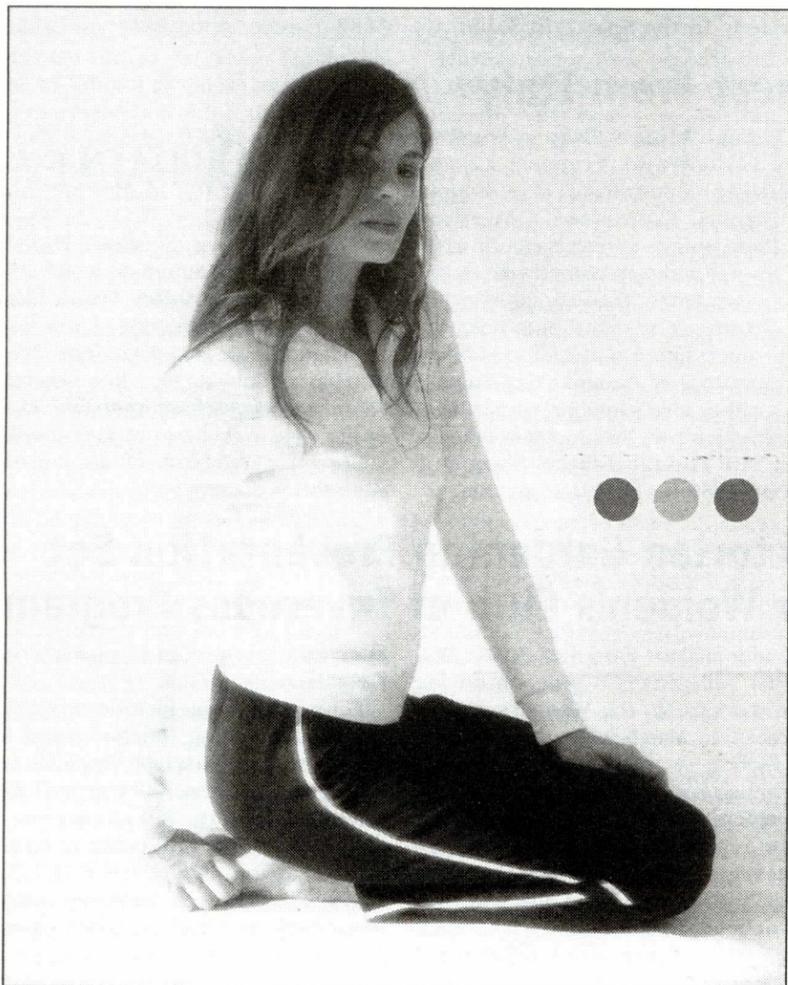
elry shop. Frequently, couples select their bands together, and we recommend that they do so at least four to six weeks before the ceremony. Wedding rings can be engraved with names or initials of the couple as well as the wedding date.

Whether you are choosing a wedding band for your upcoming nuptials or would just like to update your current wedding rings, **M.J. Miller & Company** has one of the largest selections of wedding bands in the Midwest.

M.J. Miller & Company is located at 123 West Main Street in downtown town Barrington. 1-847-381-7900. Open Monday through Friday, 9 a.m. to 6 p.m.; Saturday until 5 p.m.; and every Thursday evening until 8 p.m.



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Don't Let Summer Sneak Up on You— Protect Your Furs!

We at **Shari's** urge our customers to clean and store their coats soon. This is a must. Our cold vault storage and expert cleaning/conditioning will not only keep your fur looking its best, but will **help give it extended wearing life.**

We at **Shari's** feel spring storage gives us the perfect opportunity and time to make the small repairs and major remodels so your fur will be ready for next year's inevitable blast of winter.

Spring is a good time to choose a new fur for next season. **Shari's** offers the finest selection of new and used furs. Our resale racks offer an option to our patrons of selling their old fur and possibly re-investing in a new one, and at the same time, making affordable furs available to others.

At **Shari's**, when you purchase a new fur garment, **all alterations, mono-**



gramming, and first-year storage are included. There are no hidden charges. This is a wonderful time to think layaway for the following winter at today's prices. Shari says: "Bring in your coat soon. Both you and your garment will be glad you did."

God Bless America.

Celebrating Four Years of Fun!

Happy Anniversary Salon Extend!

On Saturday, March 23, from 5 to 7 p.m., our salon will be celebrating our four year anniversary! Come join us in celebrating with an open house to thank and educate all of our wonderful community members. Our friendly staff members will be here to consult and answer any questions you may have on current trends or industry news.

Our salon will be offering:

- Complimentary chair massages, to make you feel relaxed and rejuvenated
- Free consultations for extensions and hair color
- Salon prizes (No purchase necessary.)
- Refreshments

Formerly **In the Spa Light Salon**, we

are proud to celebrate our new name! **Salon Extend**, "Extending Your Individuality!"—the new name was chosen to represent the trade specialty services that we provide. Natural hair extensions, hair color, dermal art, massage and skin care are what we are all about!

Let Us Be Your Fountain of Youth!

Happy Spring! Start this season off with a gift certificate from **Salon Extend**. We can customize a great package to fit your needs. Just call or stop in! Our salon hours include: Monday, 10 a.m. to 2 p.m.; Tuesday, 1 to 9 p.m.; Wednesday, 11 a.m. to 9 p.m.; Thursday, 1 to 9 p.m.; Friday, 9 a.m. to 7 p.m.; and Saturday, 9 a.m. to 5 p.m. You can reach the salon at **1-847-381-3688**. Career opportunities available.

Direct From Italy

The Thoughtfulness Shop in Fox River Grove is excited to announce we now carry Italian Charm Bracelets by Zoppini and Charmed Expressions. Direct from Italy, these unique bracelets can be made to fit any age and personalized with charms you choose. Rather than dangle, the 18k-gold charms are soldered onto links that attach much like a watchband. Choose from hundreds of designs. You'll always have a gift to give someone who is lucky enough to have an Italian charm bracelet!

Call **The Thoughtfulness Shop** at **1-847-639-5656** for more information.

VERA BRADLEY
FOUNDATION FOR BREAST CANCER

We're having a trunk show! Please join us on Friday and Saturday, March 15 and 16, for our **Vera Bradley Trunk Show—20% off** our huge selection of Vera Bradley merchandise for two days only! We will also have a drawing for a free Vera bag on Saturday. No purchase necessary. Discover the style and charm of Vera Bradley.

Watch for Frye Leather bags, purses and accessories coming soon.

Victorian Gardening Presentation Set for Women's Club of Inverness Program

Volunteer master gardener Susan W.S. Chemler will present a program on Victorian gardens for the Women's Club of Inverness on March 14 at the Inverness Golf Club.

Susan is a qualified master gardener for the University of Illinois, Cooperative Extension Service. Her discussion will show the development of the Victorian landscapes and gardens, and she will offer hints to help give your garden a Victorian look. Other sources of information will also be provided. If you are interested in

attending this program, please contact Georgia at 304-9671.

Future programs include our always-spectacular spring luncheon and fashion show fund-raiser on April 19 at the Stonegate Conference Center in Hoffman Estates. Tickets are \$50 per person. And the month of May will prove to be a collector's dream as Stephanie and David Karlovich, owners of "Antique Gallery" in Woodstock, will show us how to spot and evaluate antiques.

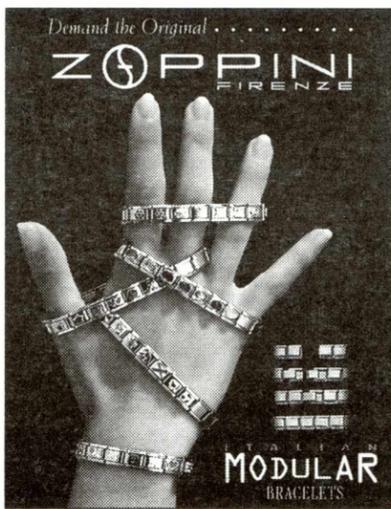
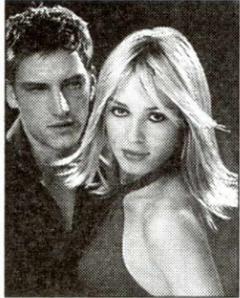
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Nominations Sought for Senior Citizens' Hall of Fame

The Barrington Area Council on Aging, Inc. is planning for the Seventh Annual Barrington Area Senior Citizens' Hall of Fame to be held on Wednesday, May 22, 2002, at Lake Barrington Woods.

The Hall of Fame honors outstanding seniors from the Barrington area for their many years of service to enhance the quality of life in our community.

Local service organizations are encouraged to nominate a deserving senior from their organization to be recognized at the Hall of Fame. To be considered, the senior must have celebrated their 60th birthday

by Dec. 31, 2001. In addition, your selections should take into consideration the senior's contribution and active participation in your organization, outstanding service to the community, the years and nature of service in a specific area, and other recognition received over the years. Nomination forms should be returned to the council's office at 200 South Hough Street, Suite 001, Barrington, IL, 60010, by March 15, 2002.

For more information or a nomination form, please contact the 1-847-381-5030.

A Championship Drama: Speed, Skill, Patience and Passion

A 9-year-old bay mare and a 13-year-old ribbon winner—sounds like the duo that movies are made of. But so often, movies are based on real life. Carbone, the American Saddlebred, and Ashley, the young equestrienne, have faced life and death together but not on a video screen. And their cast of characters continues to play much larger than a twosome.

Late last summer, the beautiful mare was nearly home in Barrington from her long trip to Louisville, Ky., where she and Ashley took the Second Prize at the World Championship Horse Show (in Saddle Seat Equitation for 13-year-old riders). A Drexler Horse Transportation team member recognized that something was badly amiss with the mare and phoned ahead for help.

Rapid, Difficult Decisions

During her immediate painful journey from Illinois to Equine Veterinary Associates near Delavan, Wis., a state-of-the-art equine health care facility, Carbone passed out twice. Trainer Kenny Smith was able to get her up and into the fully prepared hands of veterinary surgeon Dr. Bill Stone and his team, although the horse went down again. Dr. Stone and his team quickly stabilized the mare and began surgery at Equine Veterinary Associates. Once he got inside, the surgeon knew he was staring at a bad dream. A fatty tumor on a fibrous stem was entangled with the intestines, cutting off circulation, hydration and blocking access to the bowel. Dr. Stone made a

midsurgery call to the Alden family, because he knew Carbone had only a 2 percent chance of living through both pre- and postoperative trauma. But Ashley's parents, John and Kim Alden, were made of strong stuff. "Do anything you can to save this horse," said John. So Dr. Stone removed the fist-sized lipoma and three other growths that could become problematic, as well as 25 feet of damaged small intestine, near the limit that can be removed without killing the animal.

A Passion for Care

"Dr. Stone spent four or five nights sleeping with our horse," said Kim Alden, co-owner of Carbone. "I have never been where people were treated as well as that horse, or where the staff was so caring, or where professionals would take such time to explain things to a teenager. Ashley was completely involved in decisions about the horse's care, and no question was too much to answer. And when we didn't know if Carbone would ever take food again, ever recover properly, Dr. Stone wanted to make sure he would give Ashley the next report, good or bad, before she went to school. He was thinking about the horse and the child. I know that we played a role too, because I told the insurance company to just hold on, that under no circumstances were they to decide the fate of our horse. We would wait the full six days postsurgery and make



Ashley Alden (13) of Barrington was nearly overcome with joy as she announced the winner of the UPHA Junior Challenge Cup National Championship on her American Saddlebred, Carbone. Trainers Donna and Kenny Smith of Richmond were part of the rescue team that got Carbone into emergency surgery at Equine Veterinary Associates in Delavan, Wis., and then directed her rehabilitation. Though Carbone had only a 2% chance of surviving a complex surgery, eight weeks later she was the National Champion, thanks to skilled equine medicine, the love of her family and trainers, and her own great heart.

our own determination."

During those first postsurgery days, Ashley often ended them by crying herself to sleep. Carbone was alive but barely. She had to have her stomach pumped, had no appetite, no digestive system health. She was on IVs and weak. But on the fourth day, with much coaxing from Dr. Stone and staff, her appetite returned. On the fifth day, the intravenous bags came off and Carbone left intensive care. By the seventh day, she was walking the hospital halls without a lead rope, visited by devoted staff who tempted her with sweet potatoes, carrots, apples and as many nurturing pats as they could deliver during their own busy hours.

Carbone came home on Sept. 11. She brought comfort to those otherwise devastated by the national tragedy. But her trainers, Donna and Kenny Smith, had a major rehabilitation program mapped out for Carbone. Their steady intensive program helped Carbone regain muscle tone and strength.

Heart of a Winner

In an impossible Hollywood finish, just eight weeks later, Ashley rode Carbone to the UPHA Junior Challenge Cup National Championship. Normally, healthy horses spend two years in training for this three-phase athletic challenge. Kim Alden's first call was to Dr. Stone. "She's one tired horse. But she did it! You did it!"

Ashley later wrote of her horse, "No one (Please continue on page 32)

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Steve Dalzell, owner of Dalzell & Co. shakes hands with a representative of one of the world's largest diamond cutters, sealing the deal over a box containing thousands of diamonds.



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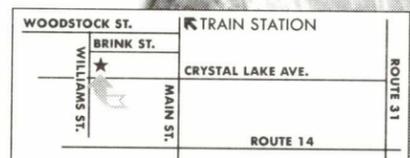
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Celine Fine Jewelry— Wearable Masterpieces



Celine Fine Jewelry has quickly become well-known for jewelry design in the Chicagoland, Wisconsin and Indiana areas.

Born in 1995, **Celine's** was founded by its present owner, who has been creating masterpieces for over 15 years. Although the company is young, the founder's years of experience have given **Celine's** the qualities of a much older, more established store.

The creative process begins with the selection of materials of the utmost quality; the purest diamonds; the finest precious stones; the most luminous pearls; all carefully chosen in their countries of origin. The gems are transformed into perfect cuts by the world's leading gem cutters and then combined into innovative designs to produce the unique style that is unmistakably **Celine's**.

We are able to meet most people's needs in every price range due to our manufacturing capabilities. We also have wonderful values in loose diamonds—we bypass diamond brokers by obtaining our diamonds directly from cutters in Belgium—in everything from small to large sizes.

Celine's is again traveling over the next month to purchase diamonds in Belgium and other precious stones from their places of origin in order to give you the most competitive price.

We invite you to come and enjoy some of the most wonderful gems and fabulous jewelry ever created.

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Trip Planned to View "Fashion, Flappers 'n' All That Jazz"



Chicago's Sunset Club, 1923—The Sunset Club, located at the southwest corner of 35th Street and Calumet Avenue (near other famous clubs like The Chateau, Joe's Paradise, Club Alvadear and The Plantation Club), was typical of the "black and tan" nightspots on Chicago's south side. Large bands, like the Carroll Dickerson Band above, featured singers and dancers to entertain the racially mixed audiences.

Come travel back to the roaring '20s on March 21 when the Barrington Community Associates of the Art Institute of Chicago sponsors a trip to the Chicago Historical Society for "Fashion, Flappers 'n' All That Jazz."

Experience Chicago nightlife in the 1920s through trend-setting fashions, innovative music and athletic dances that marked the era. Stunning dresses, suits, coats, shoes and accessories, many on view for the first time, are from the Hope B. McCormick Costume Center Collection.

You'll experience a night on the town through four scenes. In the bedroom, a young woman gets ready for an evening of dance and music. The street scene shows how prohibition sparked a new nightlife culture of unchaperoned dates, dancing, smoking and illegal drinking. Loose-fitting dresses allowed dancers to kick up their heels and swing their hips as shown in the ballroom scene. The recreated "black and tan" clubs present a new sound from Chicago's South Side.

This era brought a new freedom to women, including the right to vote. (Flappers rebelled against convention, wore short skirts, sleeveless dresses and scandalous shoes that revealed the sides and

top of the feet.) Jazz blossomed also as white and black patrons from various walks of life were drawn to black clubs to experience this new style of music.

Don't miss a chance to view the clothes, listen to jazz and discover the new trends of the roaring '20s.

The bus will depart from Langendorf Park in Barrington at 9 a.m. After a guided tour in the morning, lunch will be served in the Society Conference Room, catered by Big Shoulders Café. The bus departs at 2:15 p.m. After lunch, there will be free time to tour the Chicago Historical Society's fascinating permanent galleries or to view the exhibit "The American Presidency, A Glorious Burden." Over 350 artifacts show what it's like to be the person who makes the band strike up *Hail to the Chief*. Another display, "Udderly Suite: Art on the Street," explores Chicago's rich history of public art from the 1893 World's Colombian Exposition to the Works Progress Administration Murals of the '30s and '40s to the present "Cows on Parade" and "Suite Home Chicago."

The fee for this interesting trip is \$60 for members or \$70 for guests. Call Nancy Quintana, 1-847-381-3148, for more information.

Senior Activity and Lunch Program

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

Games are played at 11:00 a.m., lunch is served at noon and programs begin at 12:30 p.m. unless otherwise indicated. Suggested donation for lunch is \$2.75 per person and requires advance registration. Call 1-847-381-5030 for your reservation.

- Monday, March 4—Enjoy a program of music and poetry entitled "Think Spring" presented by Loxia Hipsky.

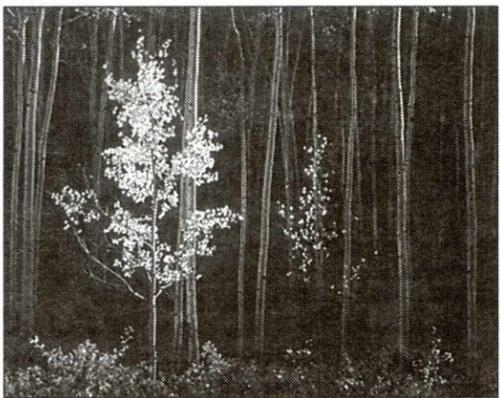
- Monday, March 11—We will have our first 2002 visit by the Adopt-a-Grandparent Club from Barrington High School at

11:30 a.m. The students will discuss more details of the upcoming Senior Citizens Senior Prom to be held Saturday, April 13. Remember when you were looking forward to your Senior Prom? Let's start planning for this prom by bringing in pictures or a special memento or sharing a favorite story of your prom. Games will be played after lunch.

- Monday, March 18—The Barrington Park District preschoolers will be joining the seniors after lunch to color Easter eggs.

- Monday, March 25—We will be having our Easter Party and celebrating March birthdays.

**"Ansel Adams at 100"
Now at The Art Institute of Chicago**

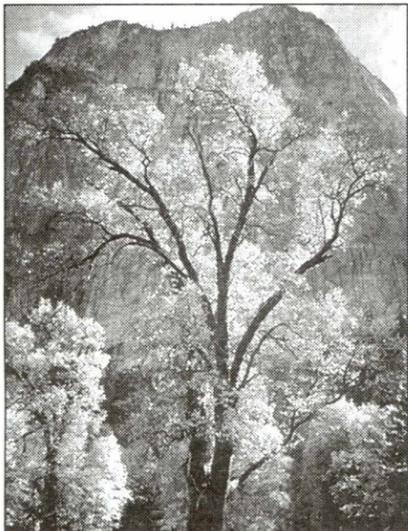


Ansel Adams, American. *Aspens, Northern New Mexico, 1958*, print 1958-60. Gelatin silver print; 17 7/8" x 22 5/8". Collection of Museum of Modern Art, New York; Gift of Shirley C. Burden; ©2001 by the Trustees of the Ansel Adams Publishing Rights Trust. Used with permission. All rights reserved. [cat. pl. 104]

The Art Institute of Chicago is celebrating the centennial of the birth of the great American photographer Ansel Adams (1902-1984) with the exhibition "Ansel Adams at 100," on view in the museum's Regenstein Hall, the Daniel F. and Ada L. Rice Building, now through June 2, 2002.

Although Adams' luminous black-and-white images of the American western landscape are known around the world—his images have been more widely seen than those of virtually any other artist in the 20th century—this is the first major exhibition to take a serious look at this giant of modern art since his death 18 years ago.

Organized by the San Francisco Museum of Modern Art and curated by the renowned photography scholar and curator John Szarkowski, "Ansel Adams at 100" brings 120 of the artist's greatest works to the institute. The works are drawn mostly from the first part of his career, the 1920s to 1940s, and are represented by the finest available existing prints. Such icons of modern photography as *Monolith, the Face of Half Dome* (1927) and *Moonrise, Hernandez, New Mexico* (1941) are shown alongside other unexpected and unfa-



Ansel Adams, American. *Autumn Tree Against Cathedral Rocks, Yosemite, c. 1944*. Gelatin silver print; 9 7/16" x 7 3/8". Collection of Museum of Modern Art, New York; Gift of David H. McAlpin; ©2001 by the Trustees of the Ansel Adams Publishing Rights Trust. Used with permission. All rights reserved. [cat. pl. 52]

iliar masterworks. Seen together, they cast new light on Ansel Adams' achievements and reaffirm his stature as a giant of 20th-century art.

One of San Francisco's most famous citizens, Ansel Adams was born in the city in 1902 and lived there for 60 years, spending the last two decades of his life in Big Sur near Carmel. He trained as a musician and actually supported himself by teaching the piano until 1930. He became involved with photography in 1916, when his parents presented him with a Kodak Box Brownie camera during a summer vacation in Yosemite National Park. (Yosemite became the lifelong subject for which he is best known.) From 1920 to 1927, he served as a custodian of the LeConte Memorial in Yosemite, the Sierra Club's headquarters. His duties included leading weekly expeditions through the valley and rims, during which he continued to photograph the landscape. He considered his snapshots taken during the early 1920s of Yosemite and the Sierra Nevada Mountains to be a visual diary, the work of an ardent hobbyist. Adams's revelatory 1927 experience in creating *Monolith, the Face of Half Dome*, one of his most famous images, is described in the *Grove Dictionary of Art*: "Adams planned his photograph, waited for the exact sunlight he desired and used a red filter to darken the sky against the monumental cliff. He later referred to his image as his 'first true visualization' of the subject, not as it appeared 'in reality, but how it felt to me and how it must appear in the finished print.'"

In 1930, Adams, having already published his first portfolio and first illustrated book, met photographer Paul Strand and decided to devote himself to photography. Strand's own photographic vision helped Adams realize the potential of the medium as an expressive art form. He abandoned textured photographic paper, his last vestige of pictorialism, for glossy stock, and experienced a liberation in his creative direction as well. In 1932, Adams helped found Group f/64, an affiliation of bay area artists, including Imogen Cunningham and Edward Weston. Unlike most photographers of the time, these artists were interested in producing and promoting "straight," unmanipulated photography expression in a pure, modernist vein.

From the *Grove Dictionary of Art*: "Ad-

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ams used all types of cameras and experimented constantly with new techniques. He developed a 'zone system,' which divided the gradations of light into 10 zones, from black to white, allowing the photographer, with the help of an exposure meter, to correlate areas of different luminosity in the subject with the approximate value of gray in the final print. Adams's technical mastery, his complete control of the final image, was a necessary stage of development in achieving his full creative vision. His photographs transcend the simple description of objects and landscape; they depict transient aspects of light, atmosphere and natural phenomena."

Looking at the full range of Ansel Adams' work 18 years after his death, it is clear that one of his primary accomplish-

ments was to revise the public's thinking about landscape. As John Szarkowski writes in the exhibition catalogue, "Adams's pictures... demonstrate that even in the great theatrical diorama of Yosemite, the mountains are no more miraculous than a few blades of grass floating on good water. His pictures have enlarged our visceral knowledge of things that we do not understand." And, although he devoted a lifetime to the cause of wilderness preservation, "Adams did not photograph the landscape as a matter of social service, but as a form of private worship. It was his own soul that he was trying to save... Ansel Adams's great work was done under the stimulus of a profound and mystical experience of the natural world."

Reiki Trainings



Taking Reiki to its deepest level is life-changing. As spiritual beings—divine essence—we all have the capacity to heal ourselves and others; we all have spiritual depth and purpose; we all have the ability to create for ourselves whatever we wish to create. We can know profound peace. We can... and will... evolve!

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 Reiki III Master—\$200—June 22—10-6
 Reiki IV Master Teacher—\$200—June 23—10-5
 Inner Fires—\$200—August 3 & 4—10-6
 Energy Somatics—\$200—September 7 & 8—10-6
 Karuna Reiki—\$500—Aug. 16, 17 & 18 or March '03—10-5
 Reiki Shares*—FREE—4/5, 4/19, 5/3, 5/17, 6/7, 6/21, 9/6, 9/20—7-10 *Reiki Shares offered free to Pamela's students only.



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Explore the Depths of the Reiki Path

In the late '70s, I dropped my daughter off at a birthday party and was driving home on Milwaukee Avenue. The roads appeared clear, but there was a patch of black ice in my path. I spun out at 50 m.p.h. and collided with an oncoming car. It was a miracle that I survived, but I was left with severe whiplash, spinal subluxations and hypermobility. This created intense migraines and pain in both my neck and lower back. Traditional medicine offered me only pain killers and muscle relaxants which left me unable to fully live my life. Thank God chiropractic got me back on my feet. But for the next 18 years, I needed to visit the chiropractor one or two times every week to stay on my feet. And still the pain, though less intense, was a constant companion... until I learned Reiki in 1995.

Within two months, I noticed something was beginning to change. Within four months, the constant pain was gone. Within six months, my spine was completely healed; even the curvature in my neck had changed—and bones don't move! Or so we're told.

Now, when you deal with this sort of trauma and then it's simply gone, your life is profoundly changed. You *know* there is a higher order.

Profound as it was, the physical healing was simply the tip of the iceberg. Over the next seven years, my emotional world changed profoundly; my spiritual world opened up immensely. You see, taking Reiki to its deepest level is life-changing.

This is what I learned: as spiritual beings, divine essence, we all have the capacity to heal ourselves and others; we all have spiritual depth and purpose; we all have the ability to create for ourselves whatever we wish to create. We can know profound peace. We can evolve!

This world is changing. Surely you've noticed. Even time is moving faster. We are being spiritually supported to grow and evolve to the next level of being, and



Pamela Arwine

that's not an easy task. Many of us are floundering as we deal with our karma and emotional/physical issues, thinking we're the only ones. It's time to awaken to the majesty of who we really are. Reiki, taken to its deepest levels, can help us do this. Reiki is radiant love and light flowing through our bodies, minds and spirits. It blends beautifully with all religions; it blends beautifully with other alternative and/or allopathic healing treatments.

It is learned simply and easily in three or four one-day workshops (depending upon your goals) which attune your system to the "healing ray." This alone will bring you great benefit. But for those of you who want to use Reiki as a tool on the path to discovering the deepest essence of who you are, you might be interested in the well-rounded program I have to offer. In addition to the four basic workshops, I offer two advanced healing weekends. I offer all three levels of Karuna Reiki, the next step after the traditional system of Usui Reiki. Most importantly, I have made a commitment to be there to support my students as they go through their journey. I offer all of my students, free of charge, a three-hour, bi-monthly "Reiki Share." This is my way of giving back for all I've received from learning, teaching and practicing Reiki.

(Please continue on page 48)

Traditions of Woodstock to Open Soon

Construction is underway at **Hearthstone Manor** for the new Alzheimer's and dementia care division, *Traditions of Woodstock*. The grand opening of this state-of-the-art renovation and programming is targeted for April. *Hearthstone* residents and staff eagerly await the opportunity to grow the network of care offered on campus. Woodstock Christian Life Services is the corporate office for **Hearthstone Manor, Hearthstone Village Retirement Community** and **Woodstock Early Learning Center**.

The decision to move a loved one into a care facility is never easy. Yet there comes a time, especially for people with dementia and Alzheimer's disease, when home care is no longer safe or feasible. When that time comes, *Traditions of Woodstock* will provide a safe, comfortable alternative to home care. *Traditions* offers two homelike environments, Acacia and Bethesda House, devoted to the care of residents with Alzheimer's disease and other related dementia. The houses are intimate and inviting; each one is home to no more than 12 residents and will have specific features to help individuals move

throughout their home with confidence. Personalized memory boxes, placed at the entrance to each bedroom, trigger comfortable feelings of familiarity. Furniture and washrooms are located in ideal positions throughout the homes to help residents maintain their bearings and comfort level.

Daily activities and programs at *Traditions* are tailored to nurture physical, emotional and spiritual needs while taking personal preferences into account. With at least one specialist for every six individuals during daytime hours, each person is free to pursue enjoyable activities that promote independence, preserve self-esteem and optimize cognitive functioning.

When your loved one joins the **Woodstock Christian Life Services** family, so do you. Family and friends are an important part of the ongoing care provided by our staff. **Woodstock Christian Life Services** is a 501(c)(3) not-for-profit organization. If you would like information about any of our services or are interested in supporting WCLS, please call LeeAnn Atwood-Sanders at 815-334-6200.

What's Happening at Starr Couture

As we begin our new Spring season, I'd like to share with you the latest European trends. Key looks for Spring will be:

'Feminine Touch'

Soft feminine looks in dusty colorations such as green and peach, while neutrals include ivory and a variety of browns combined with soft blues and crispy whites.

'Knit's—The New Mix'

Sweaters take the new Spring fashion lead with a twist. Simple fine-gauze in new yarns and textures, feather-weight boucles and tweeds, adding an element of versatility to your wardrobe.

'The New White Shirt'

Crispy, white, Egyptian cotton highly detailed perfect for day into evening looks. These are some examples of what to expect to see in our store this Spring along with our many other collections. For the Mothers of the Brides and Grooms, along with any special occasion, you will not be disappointed with our wide selection ranging in sizes 2-20. Ask us about the Infant Welfare and Starr Couture Fashion Show April 11. We look forward to seeing you.

—Starr



Starr Kondos, Owner



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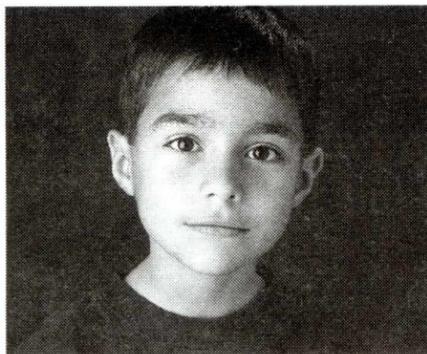
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cherish it in the future.*



Harper College Java Jams Coffeehouse Series

Harper College's annual Java Jams Coffeehouse Concert Series will feature an eclectic assortment of entertainment on March 1, 8, 15 and 22, including: "the master of internal disaster" Alejandro Escovedo double-billed with "nontraditional traditionalist" singer-songwriter Robbie Fulks; the jazzy hip hop hybrid J. Davis Trio with guest David Singer; MAD TV impressionist Frank Caliendo; and a suburban poetry slam featuring Marc Smith of The Green Mill fame.

One of the few four-person trios in the area, the J. Davis Trio, will perform in the Harper Java Jams Coffeehouse Series at 7:30 p.m., Friday, March 8. Veterans of such gigs as the Empty Bottle, Double Door, Metro, the Elbo Room, Kenny's Rib Shack and The House of Blues, the group describes their music as "martini-flavored hip hop." Members of the group include: baritone rapper Stuart; Aim 1 (real name Tony) on drums; Flav-r-Ice (real name Dave) on bass; and Ron of Japan (real name also Dave) on horns. Opening the show is Chicago's power-pop answer to Ben Folds Five, David Singer.

Marc Smith, creator and maestro of the

Uptown Poetry Slam, will officiate at a suburban poetry slam at 7:30 p.m., Friday, March 15, as the next event in the Java Jams Coffeehouse Concert Series. Smith will combine performance poetry with Pong Unit One, a group performing musical poems, and will also invite audience members to compete in a local slam.

The Java Jams Coffeehouse Series will conclude with a performance by MAD TV's Frank Caliendo, who has over 100 impressions and voices in his repertoire, including Robin Williams, John Madden, Chris Farley and the entire cast of *Seinfeld*. Not only does Caliendo imitate famous people, he also switches back and forth between characters at a frantic pace. Opening the show is blues guitarist Keith Scott.

All of the Java Jams Coffeehouse concerts take place in the Student and Administration Center at the college, located at the intersection of Roselle and Algonquin roads, Palatine. Advance sale tickets are \$10 for general admission with discounts for Harper students. All tickets are \$10 on the day of the show. There is a special price of \$5 for advance sales and \$8 for

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"Bumping into God" with Father Dominic Grassi

Bump into God with Father Grassi, who reminds us that we can be brought to tears when we come across God in the hands of a healing doctor, in the smile of a courageous teacher or in the concern of a caring parent. In these and so many other small and delicate ways, Father Grassi believes God touches us, graces us and changes lives forever.

Bump into God with this natural storyteller who invites us to share his warm, rich and often funny descriptions of hu-

man triumphs and struggles, laughter and tears, youthful pranks, and quiet maturity.

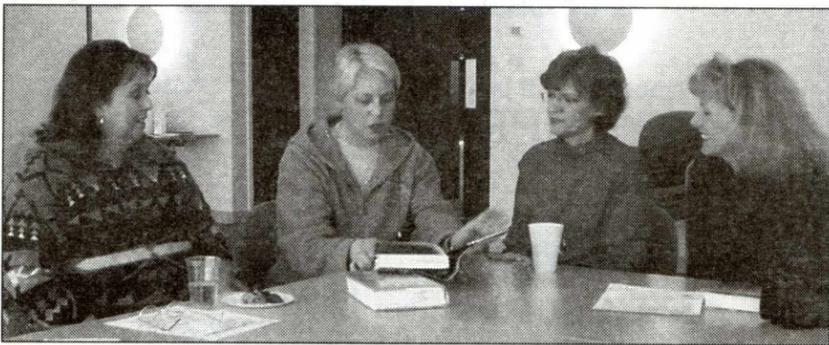
Have you ever thought about bumping into God? Join St. Anne's A.M. Awakenings on Thursday, March 14, from 9:00 to 11:30 a.m. in the Hospitality Room. St. Anne Church is located on N. Ela Street in Barrington, Ill. A \$10 fee, payable at the door (or \$8 for those 65 and older) includes continental breakfast. Childcare will be provided.

day-of-show tickets for the Suburban Poetry Slam. For tickets and information, call

the Harper College Box Office at 1-847-925-6100.

Barrington LIFESTYLES March 2002 17

Barrington Newcomers Club— This is Where It's At!



The Book Discussion Group enjoys their weekly get-together: (from left) Martina Swarbrick, Nikki Nell, Gail Bachmann and Melinda Kotterman.

The January Coffee, held at Capé Designs in Fox River Grove, proved to be very interesting. There were quite a number of ladies in attendance who watched as John Capé shared some of his amazing techniques and faux finishes.

Wednesday, March 6, 10 a.m. to noon—The book discussion this month will be on *The Blind Assassin* by Marga-

ret Atwood at the library, Zimmerman Room, Side B. If you haven't finished the book, please join us anyway. Cookies and coffee will be served. For information, call 438-9945 or 487-1537.

Saturday, March 9, 7 p.m.—Join us for a Couple's Social Murder Mystery Dinner. Be witness as this professional, three-act play reveals clues, suspects and "who-

dunit" questions. This will all take place at Dave and Buster's in Addison, Ill., at routes 53 and 355. The cost is \$41 per person and includes the play and a three-course meal with your choice of entrée, lemon chicken or prime rib. RSVP to 304-8825.

Wednesday, March 20, 6 to 9 p.m., An Evening with Marshall Fields—This will be

an extremely fun evening, so don't miss it! Representatives from Bobbi Brown Cosmetics, St. John Knits and Waterford Crystal will show us their new lines of products. This will include a short demonstration from each that will knock your socks off! Beverages and appetizers will be served also. For information and reservations, please call 277-0033.

Citizens for Conservation Presents "Animal Tracks"

Citizens for Conservation invites children 7 and up, (and younger children are welcome with their parents) to "Animal Tracks" on Saturday, March 16, from 2:00 to 2:30 p.m. Meet at the Citizens for Conservation office at 459 W. Highway 22 in Barrington. Look for a white farmhouse with a silo across from the entrance to Good Shepherd Hospital. Dress for the weather.

Each footprint tells a story, especially in the snow. Adventurers will learn about a variety of animals from their footprints and decipher what they've been doing during the winter.

Tuition is \$4 for members or \$6 for nonmembers. (There is no fee for adults who come with a child.) All students must register at least one week in advance. Please call 1-847-382-SAVE (7283).

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Ten Secrets to Having Your Children Photographed

Parents are often unaware of all there is to know when having their children's portraits made. Understanding what to look for will ensure a very successful photographic session for your child. Keep in mind the following points:

1. **Research photographers.** Check out Web sites or review their literature.
2. It is important not to prime your children before their session. A conscientious photographer will want to work with your child from a level playing field, meaning the child should not be anticipating anything. This will **avoid cheesy or fake looking expressions.**
3. Be certain your child is **not sick, hungry or overly tired** for the session. It's important that children feel good in order to look good. Don't let a photographer talk you into coming in if your child is under the weather. Simply reschedule.
4. Unless you want a trendy portrait (which will be dated in a few years), adhere to the photographer's clothing recommendations. In a successful portrait, clothing should not draw attention. **The primary focus should be your child.**
5. Notice if the photographer's props and backgrounds are cheap-looking or gimmicky. **Simple is better.**

6. **Theme portraits** are fun and interesting. If your child participates in a sport or has a hobby, consider including some of these things in the portrait.

7. Choose a photographer whose primary goal is **not** to make your child laugh. The most thought-provoking portraits tend to be those that are a bit more serious. In the long run, these portraits will yield more satisfaction and be regarded as works of art. Chances are, you already have plenty of big-grin and smiling pictures.

8. Don't be misled by the cheapest price. Assembly line photography is fine for some occasions, but there are times to **go the extra mile.**

9. The **success of your child's portrait depends on planning.** Plan on the style you would like. A good studio will help you do that.

10. Give us a call. Our children's special is now in progress, but time slots fill quickly. Chances are, you've seen our work about town or know somebody that has a **Buschauer** portrait. Now it's your turn to own one too. **Call 1-847-382-8484 by March 12 and mention this ad to save \$20.**

Focus on Rhinoplasty

"It's as plain as the nose on your face."

This old adage says a lot about this central feature of our anatomy. Occupying the middle third of the face, probably no other single feature can so dramatically affect our appearance. The nose determines to a great extent the balance and symmetry of our faces. If one's nose is out of proportion to the rest of their features, it can dominate their looks. Someone who doesn't like their nose can focus on it, becoming self-conscious and insecure. A change in the appearance of their nose can make all the difference in the world to them. This is why rhinoplasty surgery is one of the most common plastic surgical procedures being performed in the United States today.

What is rhinoplasty?

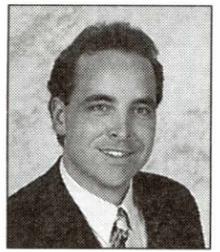
This is the part of nasal surgery that changes the outer shape of the nose. This is accomplished by a combination of removing and/or repositioning cartilage and bone which is already present. The goal is to shape the nose in a natural way so it is balanced and in harmony with the rest of the face and does not appear to have been "done."

What is external rhinoplasty?

In traditional rhinoplasty there are multiple incisions made inside the nose in order to reach the cartilage and bone. In addition, the cartilage usually needs to be "delivered" or pulled out of the nostril in order to operate on it.

External rhinoplasty is a technique we use in which one single incision is made starting just inside the nostril on one side and extending across the base of the nose to the other side. This allows the cartilage to be worked on in its natural position without distortion and provides a much greater visibility during the operation. Also, there is very little bleeding during

by Gary S. Churchill, MD



Gary Churchill, MD

external rhinoplasty due to the single incision. We have found this technique gives much better control and predictability of the final result. We can also eliminate the need to pack the nose which significantly reduces the post-operative discomfort. External rhinoplasty is used on the majority of our patients.

What is a septoplasty?

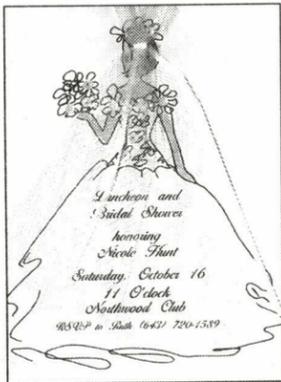
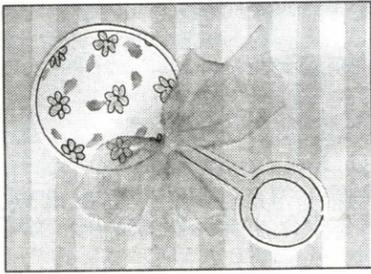
The central support structure of the nose is the septum. It is made up of cartilage in the front of the nose and bone further back. This is what divides the nose lengthwise into two separate sides. The septum is often "deviated" or crooked due to some type of trauma earlier in life. This can lead to sinus infections as well as a chronic stuffy nose. If the deviation is located just beneath the bridge of the nose, it can cause the external form to look crooked. During a septoplasty, both the cartilaginous and bony portions of the septum are straightened and repositioned to the midline in order to improve the airway. This can be done as a separate operation or in conjunction with a rhinoplasty.

Computer Imaging

Computer imaging allows a patient to preview what changes are possible and how they might look after surgery. This is done with a special computer and software. Computer imaging is available in our office and used on all our rhinoplasty consultations.

The **FOUNDRY** of **BARRINGTON**

**Spring Showers
for Bride... for Baby...**



From the inviting selection of invitations to the prettiest paper goods around, **Little Shop of Papers** showers you with great ideas for spring entertaining. Our helpful staff will assist you with the wording for your invitations and print them up for you

right in our shop! And fresh new gift ideas and cards make sure you arrive at any party in style.

Little Shop of Papers, Ltd. is located at The Foundry, 740 W. Northwest Highway, Barrington. Call **1-847-382-7733**.

Satin Filly... "Thank You" to All of You

...who made our first trunk show—in our new location—a success! It was fun, and we saw and "tried-on" some beautiful clothes. Lafayette 148 is without question beautiful—the fit, the imported fabrics, the classic but new styling! If you missed it we will have pieces in the store. Garfield & Marks always brings great career clothes, famous for fit and "packability."

love, and the T-shirts are the best (we had them last summer and sold out). They are bra-friendly, which is refreshing in a world where women take more off than on! (That's my political comment for now.) Anyway, come see—it's pretty cute, flirty and fits.

In closing, watch for our coming store events—we'll announce the dates here in *Barrington Lifestyles*. Please call if you'd like to be added to our mailing list.

On to the next event! "**Equestrian**" is coming **March 8 and 9**. You may know their fabulous-fitting pants! They are sized from XS to XL and they all look good! The Spring, Summer line is the cutest I've seen. There's a striped suit you'll

To all of you who frequent my shop, thanks for all the fun and good "vibes" you send my way—it's why I'm still here.

—Karen

G. Whiz—A Brighton Heart Store

It's official... **G. Whiz** has just been named by Brighton as a **Brighton Heart Store!** Only 3 percent of the stores that sell Brighton even qualify for this category, and we're one of them! In fact, we're the only Heart Store in Barrington and one of only seven in the state of Illinois!

on questions. It also means we offer all of their promotions, including the new "**Charmed Life**" promotion offering you a free charm bracelet with every pair of shoes or handbag purchased between now and April 14. Plus, for each additional handbag or pair of shoes purchased, receive two more charms for your bracelet!

What's that mean to you? It means we're stocked with all of the latest Brighton fashions in every category—belts, wallets, sunglasses, reading glasses, watches, jewelry, handbags, fragrance, gifts, and even their new luggage and shoes! That's right. Brand new unbelievable luggage and fantastic loafers, mules and sandals.

We will soon be receiving all of their newest line additions including new straw bags, fantastic new handbags and bangle bracelets. So come visit us. Check out our newest collections, and be sure to ask about our Heart Club, Heart Parties and Breakfast with Brighton promotions going on throughout the year!

As a Brighton Heart Store, we are happy to answer and resolve any of your Bright-

Come Experience "Joie De Vivre" with the Women's Club of Inverness

"Joie de Vivre," or the "Joy of Life," is the theme for this year's Women's Club of Inverness' fashion show fund-raiser.

Co-chairs Eileen Kohne and Trina Tomas are counting on your support in making this event a success.

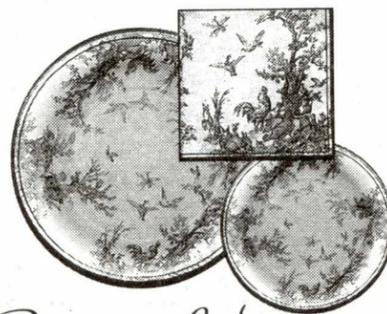
If you are looking for a way to have fun while shopping, having lunch and enjoying fashion and, at the same time, help various philanthropies in need, then you

have to be at the Stonegate Conference and Banquet Centre in Hoffman Estates on Friday, April 19.

The day will begin at 10 a.m. Cocktails and hors d'oeuvres will be served. The luncheon begins at noon. Our always-unique boutique will feature over 40 outstanding vendors and will be open to the public for the duration of the event. Tickets are \$50 and can be purchased by

Spring Entertaining!

All new tableware for your early *spring entertaining*—glorious colors to brighten the gloomiest day! Whimsical yet stylish designs are perfect for special parties and celebrations. See the new crop of invitations that will inspire some wonderful parties for the new season. There's so much to choose from at...



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March 1st thru April 14th, 2002

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Hours: Mon-Sat 10-5:30 Thur 10-7 Sunday 12-4

Brighton.

Mark Your Calendar

Kildeer Women's Club will host its third fund-raiser luncheon, "America Across the Globe," on Thursday, May 16, at 11 a.m. at the Wynstone Country Club in North Barrington.

Please mark your calendars. Members and nonmembers are welcome. There will

be a fashion show featuring Chico's of Deer Park Mall. For information about the event or to make your reservation, call 1-847-438-3289. Cost is \$35.

Come join us for a very enjoyable afternoon.

contacting Corinne at 304-9887.

Fashions with Flair will model clothing from Nicole Miller, Yolanda, Patricia Rhodes, St. John's (Oak Street) and Exclusives; Marshall Fields Woodfield will model for Dana Buchman, Ellen Tracy and Men's fashions. We also have a variety of prizes you can win. Some of the prize donations have come from

M.J. Miller, Barrington Bistro, Gant Travel, Spa Lorrene, Arlington Gallery, Cohen & O'Neill Jewelers, Network Systems Technology, and Morton's just to name a few.

This annual function is the biggest fund-raiser each year for the Women's Club of Inverness, and we are counting on your support.

Struggling To Lose Weight?



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

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

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

Barry Berger, M.D., D.O.

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



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

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

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

Wellness Place Upcoming Programs

Wellness Place cancer support center, 1619 W. Colonial Parkway, Palatine, offers programs and services for those in the Northwest Suburbs and McHenry County who are living with cancer. There is no charge to participants, their family or their friends.

An open house to meet staff and explore what Wellness Place offers will be held on Tuesday, March 19, from 7:00 to 8:00 p.m. and Friday, April 3, from 10:30 to 11:30 a.m. Ask about drop-in hours also.

Advance registration, 1-847-221-2400, is also required for all other programs offered in March and April, including the following:

Expert Advice Lectures

These lectures offer current cancer-related information from experts:

• *Let's Talk About It: Cancer in the Family*—Wednesday, March 20, 7:00 to 8:30 p.m., presented by Becky Kiel, Wellness Place Family and Children Program Coordinator, and Harvey Wolf, Psy.D. Learn tips for talking to your family about cancer as well as identifying needs and concerns, including what to discuss with children.

• *The Healing Power of Music*—Tuesday, April 2, 6:30 to 8:00 p.m., presented by Evanston Northwestern Healthcare music therapists Laura Pawuk and Loren Goodman. They will lead participants in a variety of music interventions designed to reduce stress, culminating in a full-body musical massage with live harp music.

Core Course

Core courses are designed to offer important information on living with cancer, promoting health and enhancing well-being:

• *Spirituality as a Resource in Times of Stress or Crisis*—Thursday, March 7, 10:30 a.m. to noon, presented by Mark Mallinger, Good Shepherd Hospital vice president of Mission and Spiritual Care,

and Judy Rooney, chaplain at Hospice of Northeastern Illinois. Discover how spirituality can enhance one's personal sense of health and well-being.

Stress Management

• *Tai Chi Chih*—six-week series begins Monday, March 4, with sessions from 10:30 to 11:30 a.m., presented by certified instructor Diana Durkin. This is a form of movement meditation based on Chinese healing principles. Class size is limited.

• *Restorative Yoga*—six-week series begins Monday, March 4, with sessions from 11:45 a.m. to 12:45 p.m., presented by certified yoga instructor Ann Waring. This is an introductory sequence of restorative and gentle yoga postures. Participants work at their own pace and must be able to get up and down from floor level.

• *Reiki*—offered the first Thursday of each month, presented by Susan Tornrose, certified Reiki master. Reiki is a Japanese healing tradition that offers touch to balance energy and cultivate stress reduction. Each participant will have a total of three lessons. Call 1-847-221-2400 for more information and session times.

Off-Site Programs

Wellness Place also participates in programs offered off site in partnership with local hospitals, medical practices and cancer support organizations. Among those coming up are:

• *Concerned About Colon Cancer?*—Tuesday, March 12, 5:30 to 7:30 p.m., presented by Dr. Stanislav Nabrinsky, hematologist/oncologist. This program is offered in partnership with Sherman Hospital and Pharmacia. For registration and location, call 1-800-397-9000.

• *The Great American Low Fat Pig-Out*—Thursday, March 21, 11:00 a.m. to 1:30 p.m. This program is held in partnership with Alexian Brothers Cancer Institute and the American Cancer Society. Learn about healthy food choices and foods for

Egg Artistry

Midway Village & Museum Center will host the Northern Illinois Eggers Association Annual Egg Artist Show and Sale on March 16 and 17 from 10 a.m. to 4 p.m. Cost is \$5 for adults or \$3 for children. Museum members are free.

The show features over 45 exhibits by artists from nine states. This is the only egg show in the Midwest, except for one in Michigan in May.

Visitors will discover a century old art form once enjoyed by Russian czars and the kings and queens of Europe. The art form includes: the use of eggshells from finch to ostrich; hand-painting; beading; carved eggshells, more delicate than the finest lace; hinged openings revealing surprises; lighted eggshells; music boxes and

other mechanisms for animation; and creations in the Fabregé and folk art styles. All exhibits are real eggshells.

There will also be a "Make-It and Take-It" area, where those who attend the show will be able to try their hand at eggging.

In addition to the exhibitors, there will be vendors with supplies for sale including miniatures, pictures for decoupage, ribbons, lighting, music boxes, stands, tools, finishes and more to help the egg enthusiast create beautiful eggs.

Midway Village & Museum Center is located at 6799 Guilford Road between Perryville and Mulford roads, just one mile from Interstate 90.

For more information, call 815-397-9112 or visit www.midwayvillage.com.

which cancer has no appetite. Call 1-888-466-6011 for registration and location.

Networking and Support Groups

Monthly networking and support groups offered at Wellness Place include the following:

• *Leukemia/Lymphoma*—Wednesdays, March 20 and April 17, 11:30 a.m. to 1:00 p.m., facilitated by Susan Blechschmidt and Diana Wilson. This group is offered in partnership with the Leukemia and Lymphoma Society. Family and friends are invited. RSVP to 1-847-221-2400.

• *Family and Friends*—Tuesdays, March 12 and April 9, 7:00 to 8:30 p.m., facilitated by Becky Kiel. This monthly group is for family and friends of a cancer survivor. RSVP to 1-847-221-2400.

• *Men with Cancer* monthly group for men—Tuesdays, March 12 and April 9, 7:00 to 8:30 p.m., facilitated by Harvey Wolf. Whether newly diagnosed, in treatment or post-treatment, this group focuses on issues men with cancer face. Call 1-847-221-2400.

• *Recurrence and/or Metastatic Can-*

cer—Thursdays, March 14, 28 and April 11, 25, 10:30 a.m. to noon, facilitated by Becky Kiel. Family and friends are also invited to this group for those living with recurrence and metastatic disease. RSVP to 1-847-221-2400.

• *Newly Diagnosed Networking Group*—Thursdays, March 7 and April 4, 7:00 to 8:30 p.m., facilitated by Wellness Place clinical staff. This group is for those diagnosed with cancer within the last six months. Registration is required.

Family and Children

Family consultation is available for help with resources and ways to better integrate cancer into the family's life. Call Becky Kiel, 1-847-221-2400, ext. 215, to schedule a session. Also ask about Family Fun Day planned for April 20.

An open house for health professionals to meet Becky Kiel, tour the Wellness Place facility and learn about the new Family and Children's Program will be held from 3:00 to 6:00 p.m., Wednesday, March 13. Advance registration is required.

...A Thousand Words Custom Frame Shop & The Ornate

...A Thousand Words Custom Frame Shop & The Ornate has entered a new frontier—space. More space, that is, with regular shop hours for your convenience. Now located in historic downtown Crystal Lake in a newly renovated century-old home at 10 N. Williams St., we have more room for the custom frame shop and new space, filled with inspiring and fun original art, sculptures, prints and The Ornate.

How much space? We have an exhibition hall of artists (OK, it's a hallway) that will feature area artists in March and April, and it will always have something of interest to display. In framing, we always use the best materials available, but now there's enough space to display hundreds of frame samples you can "flip" through using a very cool display system designed for the shop. (Don't try this at home!) Mat-board samples and accent materials are also on hand, encouraging aesthetics

and inspiration to sweep you along. And framing solutions are arranged in a unique viewing system, also designed for the shop.

We are so excited about the central location just two doors down from The Raue Center for the Arts, we would like to have you in for coffee and show it off! The space is two in one: the custom frame shop is ideal for comparing and choosing framing materials for any size image or shadowbox need; The Ornate space displays our own whimsical line of photo frames, magnets, Story People images and tales, and much more.

The space is new, the coffee is fresh and the inspiration is free! Come visit this week!

...A Thousand Words is open Tuesday, Wednesday, Friday and Saturday from 10 a.m. to 5 p.m.; Thursday from 10 a.m. to 8 p.m.; and Sunday and Monday by appointment. Call 815-459-4793.

Coping with Infant Allergies

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

Allergic babies are often a challenge to feed. When allergies affect a baby who is entirely breast-fed, the culprit is usually cow's milk or dairy products that the mother is ingesting. Although protein is usually the prime offender, other foods may cause symptoms. To determine this, the mother can keep records of what she has eaten prior to the time when her baby acts upset. For example, if the mother suspects a food such as bananas, all she has to do is eat bananas every fourth day. If she eats the questionable food on Monday and not again until Friday and notices that her baby is distraught on those days, she can then make the correlation between the food and the baby's reaction.

Symptoms in breast-fed babies usually occur two-to-four hours after a mother eats an offending food. If milk or dairy products are a problem for a pregnant or nursing woman, other calcium-rich foods can be eaten, such as broccoli or almonds, or a calcium supplement can be prescribed.

Formula-fed infants can have allergic reactions as well, indicating sensitivity to some ingredient in their formula. Some spit up too much and too often. Others vomit vigorously. Still others have diarrhea or constipation. Chronic constipation in infants or older children may be an unrecognized allergy to cow's milk or dairy products. Various formulas are prepared from different parts of milk, so the baby's reaction may depend upon exactly what is contained in the formula. Both whey and casein may provoke allergic reactions in some babies.

There is an immense amount of individuality in babies. Some do well on typical milk formulas, others on soy milk preparations and some others on powdered or liquid goat's milk. You and your doctor have to determine which to try if there is a feeding problem. Remember, infants must have calcium. So if no dairy or soy-milk is ingested, calcium supplementation is necessary.

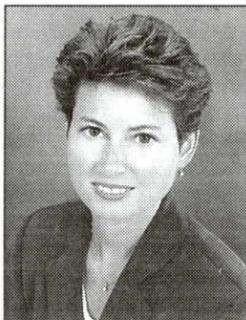
Look Before You Leap—Noncompete Provisions in Employment and Severance Agreements

by Joette S. Doran, J.D.

Typically, there are two times in an employment relationship that an employee in a highly competitive industry will be faced with a restrictive covenant—at the job offer stage as a term of an employment agreement or at the end of the relationship as part of a severance agreement. In each, the employer attempts to offer something of value, usually compensation, in exchange for a restriction on the employee from competing against the company. A careful analysis of the terms of agreement is required at both stages of the relationship, since such agreements may be enforceable if properly drafted.

Generally, a noncompete agreement provides certain restrictions on competing with the employer based on a certain time period and geographical area. In order to be an enforceable noncompete agreement,

courts generally find that the restrictions must be narrowly drafted so that it is designed to protect the legitimate business concerns of the employer. Various factors are considered in determining whether the company has a legitimate business concern in restricting employment. These factors include a detailed analysis of the



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employer's business, where the company and the employee performed work, the employee's skills and knowledge of the company's business, and the type of position held by the employee.

Courts analyze each restrictive covenant and employment relationship independently to determine whether the restrictive covenant is enforceable. In doing so, courts generally find those executive employees who have had significant responsibilities and exposure to the employer's business information and customers are subject to broader restrictions. Also, geographical restrictions are generally limited to enforcement in the area the employee serviced, but this depends on the nature of the industry. Overall, a covenant which has very detailed time and geographic restrictions and which identifies the particu-

lar customers and business is more likely to be enforceable than one which has broad restrictions. Accordingly, because a noncompete provision in an employment or release agreement can effectively restrict future employment, you should carefully consider the terms with legal counsel before signing the agreement. 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 and all Illinois federal courts. She is the chairperson of the Employment Law Committee for the Northwest Suburban Bar Association and is the president of Barrington Area Professional Women.

ELEGANT WEDDINGS

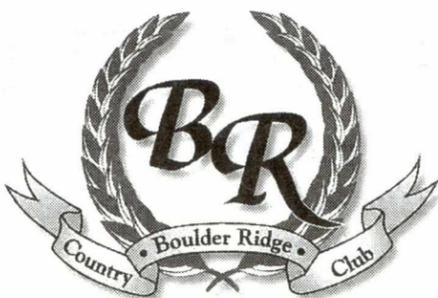
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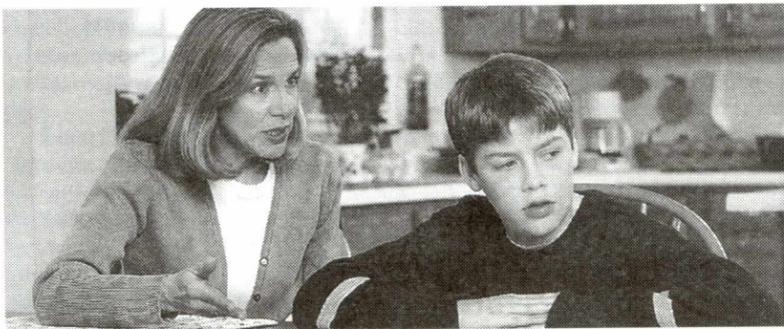
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BARRINGTON

The Wedding to Remember

Something New

It's the biggest day of her life. She wants the very best. You want to give her the very best. You want to give her the wedding to remember. Yet, you don't want to struggle with the countless details, and God forbid if something goes wrong.

Enter **Boulder Ridge Country Club**, whose beautiful new clubhouse and banquet facility opened in 1999 with the perfect wedding in mind. The ballroom is breathtaking. In fact, the entire building is first class.

One walk-through and you're sure to claim, "This is the place!"

The exquisitely decorated banquet facility accommodates wedding celebrations up to 360 people. It breathes a subtle elegance with hues of gold and blue. Dozens of golden chandeliers add to the enormity of its beauty. Numerous granite-topped bars trimmed in hardwood border the room. This banquet facility was built with meticulous design.

Something Old

The wonderful architecture and design only speaks to part of the Boulder Ridge story. In order to pull off the perfect wedding, you have to have much more—which the professional staff is more than happy to provide.

Included in every wedding at **Boulder Ridge Country Club** is old-fashioned, first class service and amenities. The abundant professional service attendants provide an excellent server to table ratio, which assures that cold dishes are served cold and hot dishes served hot.

Something Borrowed

The fact that Boulder Ridge is a private country club may beg the question, "Do I have to be a member to host a wedding

at this fine facility?"

The answer is "No!" You get the royal treatment just the same. You get the whole shebang.

Boulder Ridge features an all-inclusive wedding package packed full of everything you'll need for that perfect wedding, including sales tax, all gratuities and more.

You will also enjoy the services of a tuxedoed maitre d' who will act as emcee and guide you through your entire event. With the help of the expert Boulder Ridge staff, you get to put on quite a show. Your guests will relish everything down to the table settings, which feature Italian lead crystal, fine English china and sterling silver flatware. **Boulder Ridge** wedding and banquet packages are all inclusive. Suffice it to say, you get the "works."

Something You

Planning such a big event is a major undertaking, and the entire team at Boulder Ridge not only understands this reality, they're prepared and qualified to take the reins. They have performed over 178 weddings since opening, and the rave reviews continue to pile up.

They will endeavor to provide you with the highest level of service that will exceed your expectations. "Attention to detail and flexibility in planning are the tools we use to ensure your satisfaction."

After all, such an important day might be better left to the experts. You still get to take the credit.

Boulder Ridge Country Club is located on Algonquin Road, one mile west of Randall Road in Lake in the Hills. For more information, contact Victor Ertmanis, Director of Catering, at **1-847-854-3000** or visit their Web site at www.boulderridge.com.

Is It Time for an Attitude Adjustment?

Children have different attitudes towards learning that can affect their performance in school. Some students are proud to be at the head of the class, while others try to get by with as little effort as possible. If your child is not doing his or her best, measure his or her attitude against the following statements:

Achievers

- *Beliefs about Intelligence*—I can get smarter by learning and trying hard.

- *Response to Difficult Academic Tasks*—If I fail, it's because I didn't try hard enough. (Achievers confidently plan strategies to overcome their failures.)

- *Rewards They Look to from Schoolwork*—I feel smart when I put forth my best effort, don't understand something at first and then figure it out, or learn about something new.

Underachievers

- *Beliefs about Intelligence*—I have a certain amount of ability which determines how smart I am.

- *Response to Difficult Academic Tasks*—If I fail, it's because I don't have the ability to do it. (Underachievers avoid academic challenges and feel helpless when faced with a difficult task.)

- *Rewards They Look to from School-*

work—I feel smart when a task is easy for me, when I don't have to put forth much effort, when I don't make mistakes or I can finish a project first.

Many underachievers did well in elementary school, but their grades began to suffer as the work became harder and harder. Underachievers are not born with this outlook; it may be time for an attitude adjustment. Sometimes, all it takes is a little encouragement from you to help your children gain confidence in their abilities and develop a positive attitude toward learning.

Let children know they can do anything once they set their mind to it. Show children the value of the task at hand and compliment their performance. When a student gains a sense of accomplishment from completing a task and trying his or her best, he or she may welcome a challenge and be more willing to try new things. Keeping a confident mindset and building self-esteem can be the keys to improved academic performance.

If you're concerned with your child's performance in school, call **Huntington Learning Center** at **1-847-382-3655** for more information. We will be happy to help.



Chers Amis...

The intent is definitely not to brag, but have you had the chance to see us on **Check, Please!**, a Channel 11 show about restaurants which airs every Tuesday at 7:30 p.m.? In case you have not, it will air again. Try to catch it. They make us look very good, and I'm sure you'll like the unique format—each of the three eateries is recommended by a different person. Each of these persons visits the others' recommendation. And they then form a panel hosted by Amanda Puck (yes, same family as Wolfgang).

March's **true bistro dish** is Masato's famous (and rightly so) **Ossobuco**, a de-

lightful preparation of the veal shank, bone-on, marrow and all, braised with veal demi-glace in a slightly citrusy sauce, served with pappardelle pasta—\$21 or \$25.50 with a glass of merlot.

Lastly, when you come by for your fix of our good food and ambiance, pick up a copy of our **Calendar of Events 2002**. You'll be amazed at all the reasons/excuses I'm giving you to come and visit!

Thank you for your continued support. All 32 of us working here full time appreciate it very much.

—Dominique

Hop On In!

Barrington Community Child Care Center, located at 560 Carl Avenue in Barrington (one block west of Burger King), is a private center, serving children 6 weeks to 6 years. Our facility offers oversized classrooms and an environment that promotes self-esteem, independence and cognitive growth.

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

Barrington Community Child Care

Center provides nutritious, catered lunches and two snacks everyday. Meals are served in a relaxed family-style atmosphere to promote socialization and healthy eating habits.

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

Come see what we are all about at the **Barrington Community Child Care Center**, and give your child a creative, meaningful preschool experience. Call for details about joining us today.

Catchpenny Spring Open House

Catchpenny resale shop will hold its annual Spring Open House on Tuesday, March 12, from 10 a.m. to 4 p.m. Spring clothing for women, men and children will be featured, along with housewares, linens,

books and assorted miscellaneous items. Catchpenny is located at 118 East Main Street, Barrington.

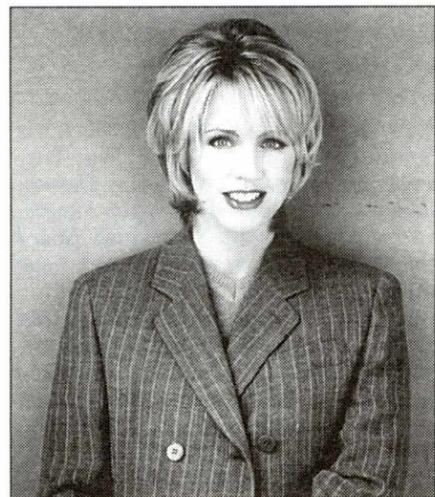
Volunteers are needed. Call 1-847-381-0123, ext. 5093.

Elgin Enrichment Series Presents Deborah Norville

"A Talk with Inside Edition" Emmy-winning journalist Deborah Norville kicks off the **Spring Elgin Enrichment Series** on Wednesday, April 3, at 10:00 a.m. At the end of April, popular scholar/performer Dr. Elliot Engel presents "The Inimitable Winston Churchill" on Tuesday evening, April 30, at 7:30 p.m. and "Scarlet Fever: The Greatness of Gone with the Wind" on Wednesday, May 1, at 10:00 a.m.

In barely more than one full season, **Deborah Norville** has won the trust and loyalty of the eight million viewers who watch King World's *Inside Edition* every day. She has co-anchored on CBS, NBC and was as a very popular news anchor on NBC, Channel 5, in Chicago many years ago, before heading to New York.

Dr. Elliot Engel brings his own impeccable presentation style and humor to the audience's delight! He has discovered interesting yet virtually unknown stories which reveal an even more inspiring public and private Churchill. He also uncovers the intriguing background of both the book and the author of *Gone With The Wind*, proving that this is one of our great



Deborah Norville

American novels.

The series is held at the Visual Performing Arts Center at Elgin Community College in Elgin. Spring series tickets are available for \$36 for any two presentations or \$52.50 for all three. For tickets and information, call **1-847-622-0300**.



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Deborah Norville
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"A Talk with Inside Edition's Deborah Norville"
Wednesday, April 3, 2002
10:00 a.m.

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Spring Series Tickets - Order Now!-



Dr. Elliot Engel
Scholar, Performer
"The Inimitable Winston Churchill"
Tuesday, April 30, 2002, 7:30 p.m.
"Scarlet Fever: The Greatness of Gone With The Wind"
Wednesday, May 1, 2002, 10:00 a.m.

\$36.00* for any two presentations
\$52.50* for all three presentations
*Includes ECC/NPAC .50 surcharge for each presentation

Call (847) 622-0300 for Tickets

Held at Visual Performing Arts Center, Elgin Community College
The Elgin Enrichment Series is a not for profit organization.

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Opera in Focus 2002 Repertoire— Feb. 6 to June 29



William B. Fosser, creator of Opera in Focus and principal puppeteer, checks the *Hansel & Gretel Dew Fairy* action with Paul Guerra, co-producer, master puppeteer and costumer.

Feb. 6 to March 9: *Pops at the Puppet Opera, Second Edition* featuring Jeanette McDonald and Nelson Eddy, with songs *Wanting You, Beyond The Blue Horizon, Stout Hearted Men* and *Vilia*; from Puccini's *Madama Butterfly*, Act I, *The Love Duet*; Bock and Harnick's *Fiddler on the Roof*, with songs *Tradition, If I Were A Rich Man, Matchmaker* and *Sunrise-Sunset*.

March 13 to April 6: Charpentier's *Lousie*, Act III, *Du Puis le Jour*; Bizet's *The*

Pearl Fishers, Act I, *Au Fond du Temple Sant*; Lloyd Weber's *Phantom of the Opera*, with songs *Music Of The Night, All I Ask Of You, Masquerade* and *Point Of No Return*.

April 10 to May 4: Cilea's *Adriana Lecouvreur*, Act I, *Io son l'umile ancella*; Korngold's *Die Tote Stadt*, Act I, *Duet*; Kern's *Showboat*, with songs *Only Make Believe, Just My Bill* and *Old Man River*.

May 8 to June 1: Gershwin's *Porgy and Bess*, with songs *Sommertime, I Got Plenty*

Home Accessory Store in Arlington Heights



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

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

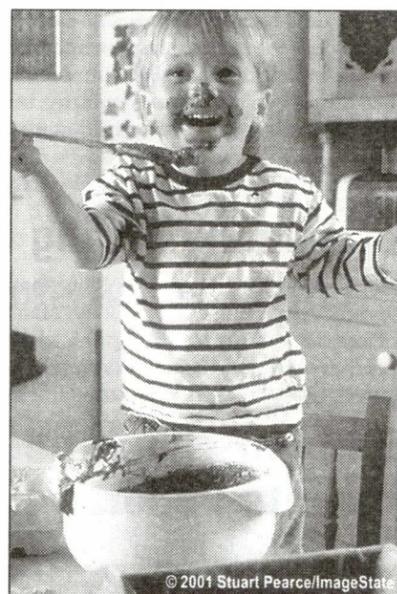
Callalily Fine Home Accessories is located at 10 S. Dryden in Arlington Hts. in the Arlington Market. From Rte. 14, approximately 1/2 mile east of Arlington Heights Rd., turn north on Dryden St. and go one block. Call **1-847-255-2500**.

The Joy of Chocolate is Timeless

Chocolate... it's as old as the rain forest, as young as your heart. On Feb. 14, Chicago's Field Museum unwraps "Chocolate." The exhibition will continue through Dec. 31, 2002.

The exhibition will show how chocolate has been, and continues to be, enjoyed around the world. Visitors will explore chocolate as a crop, a commodity and even taste it as a delicious treat! Immerse yourself in the natural and cultural history of an international treasure.

For more information, call 312-922-9410.



© 2001 Stuart Pearce/ImageState

O' Nuttin', Strawberries, Bess, You Is My Woman Now and *I'm On My Way*; Puccini's *Turandot*, Act III, *Nessun Dorma*; Rogers and Hammerstein's *South Pacific*, with songs *The Twin Soliloquies, Now I Am Alone, Cockeyed Optimist* and *Some Enchanted Evening*.

June 5 to 29: von Flotow's *Martha*, Act II, *Last Rose Of Summer* and Act III, *M'Appari*; Lloyd Weber's *Phantom of the Opera*, with songs *Music Of The Night, All I Ask Of You, Masquerade* and *Point of No Return*.

Opera in Focus is located at Park Central, 3000 Central Rd. in Rolling Meadows, across from the Rolling Meadows High School tennis courts. Performances are Wednesdays, Thursdays and Saturdays at 1:30 p.m. (For groups of 30 or more, performances for any afternoon or evening may be scheduled.) Doors open 30 minutes prior to performance. Reservations suggested. Adults are \$10; seniors over

60 are \$9; and children are \$6. Visa and Mastercard accepted. Group discounts available. Call 847-818-3220. The elegant 65-seat theater is handicap accessible. A demonstration of how the puppets are manipulated and a tour of the highly technical backstage area follow every performance.

Lavish in its staging and costuming, Opera in Focus magnificently presents operas and operettas with puppets moving to recorded music. The uniquely animated rod puppets, the only ones of their kind, are the wonderful invention of William B. Fosser. For many, the puppets will bring back memories of the old Kungsholm Miniature Grand Opera, of which Mr. Fosser was artistic director.

Opera in Focus is partially funded by Illinois Arts Council, a state agency.

You can now visit Opera in Focus on the Web at www.operainfocus.com.

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At **Estetica Advanced Clinical Skin Care**, we believe the outcome of your skin care treatment plan is impacted by the knowledge and experience of your skin care specialist. We believe that ongoing advanced training and education is extremely important in providing optimal outcomes for each individual patient and their unique situation.

We are proud that our Skin Care Specialist, Catherine Zedan Grandi, who has previously studied in Milan, Italy, has recently completed additional esthetic education courses in Europe. Catherine chose Europe because of their outstand-

ing continual advancements in skin care research. While in Europe, she studied at Belgium's finest school, "Ecoles Internationales Marnix" and "Christian Dior." Also, her courses in Paris, France, focused on advanced face and body treatments as well as reflexology.

Our goal at **Estetica** is to bring these advancements back to our patients in the form of higher quality care. For more information on a quality skin care experience, call **Estetica Advanced Clinical Skin Care** at **1-847-438-2100** for a consultation.

Impact Chicago: Self-Defense for Women

Imagine a woman yelling "No!" while stomping on the foot of a man who grabbed her from behind and then getting to safety...

Imagine a teenage girl being taunted by older boys as she walks home from school. Imagine her assessing that they pose no danger and she continues walking confidently and with awareness, knowing she does not need to yell back to be safe...

Imagine a mother with her two children being approached aggressively by a man screaming words in English she does not understand. Imagine her standing strong and repeatedly yelling, until he runs away...

Imagine a teenage girl leaving a party because the boy hosting the party insists she take a drink of his special brew...

With a generous grant from McGowan Gin Rosica Family Foundation and in partnership with Apna Ghar, Family Matters and Uptown Center, Impact Chicago is providing women and girls the opportunity to learn skills which will turn these images into reality.

Impact Chicago offers self-defense pro-

grams that provide women and girls the opportunity to learn and practice prevention, assessment, verbal boundary setting and physical self-defense skills in simulated scenarios. Scholarly research shows that women who complete Impact Chicago programs report increased self-confidence and awareness as well as demonstrate acquisition of a wide range of verbal and physical self-defense applicable to many real-life situations.

During 2002, Impact Chicago is offering a series of self-defense workshops at Apna Ghar, Family Matters and Uptown Center to prepare women and girls to prevent, de-escalate and stop violence.

McGowan Gin Rosica Family Foundation is also providing funds for advanced self-defense training for two members of each organization. This advanced training will prepare these women to teach introductory self-defense workshops within each community organization.

For more information, contact Martha Thompson, project director and instructor, Impact Chicago, at 773-338-4545, ext. 1, or Martha@impactchicago.org. Or visit the Web site at www.impactchicago.org.

Looking Past Dental Insurance

by James T. Gavrilos, DDS

How long do you expect to have dental insurance? We would imagine that very few of you expect to have dental coverage after you retire. The insurance companies know this and have shrewdly included this fact in their business plan. We will come back to this in a moment.

Silver- or tooth-colored composite fillings are the average fillings placed in the average dental patient's tooth. We use the word "average" because, they are average in quality, longevity and on the average relatively inexpensive.

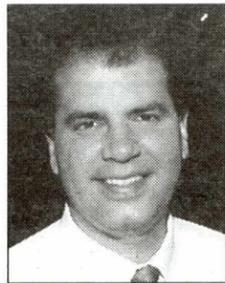
Most of these silver amalgam or tooth-colored composite fillings last only 6 to 8 years because they lack compressive strength and their margins break down and allow bacteria to enter. Each time we replace a filling, the tooth becomes weaker until eventually a crown or a root canal with a crown is required to save that tooth.

Now guess what? You are older, retired and no longer have dental coverage. The insurance company wins, and you are

stuck with the consequences when you can least afford them. That's usually why, when your dentist says "gold," the insurance company says "silver"; when your dentist says "crown," the insurance company says "filling."

Don't be fooled. Listen to a good dentist, not an insurance clerk. It will save you money over your lifetime and will help you achieve the highest standard of oral health.

For a thorough diagnosis and preventive effort, call **Dr. James Gavrilos** in Barrington, **1-847-381-4040**.



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What's New in Fitness and Weight Loss

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

On average, a new location opens every 18 hours. Curves® locations are now found in all 50 states, Canada, Mexico and Spain, a total of about 3,500 locations.

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

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

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

is strength training women will do."

Curves® on-site weight-loss guidance program is the first international program to blend exercise and diet. Simply dieting to lose weight does not work over the long haul. People know that you must also exercise for lasting results. Curves for Women® is the first program to meet both these needs in the same place for the same price.

All memberships include unlimited visits. One of the reasons Curves® is so successful is because women actually enjoy coming here. The vast majority of our members come in at least three times a week. Our environment at Curves® is one that women find easy to visit yet effective. The equipment is not intimidating. The atmosphere is very casual.

We've lost over 700 inches and 325 pounds!

Faulkner states, "We're winning the weight-loss war. A 30-minute total workout in a female friendly environment and complete weight-loss guidance, makes health and fitness an achievable goal. Our \$29 monthly fee makes it a great value."

While You Get Healthy, You Give to the Community

Faulkner states, "This is a great opportunity to join Curves here in Barrington. We will be joining Curves across the USA in a "Food for Friends" food drive donated to the local food pantry Project Hope—St. Anne's Food Pantry."

For more information, contact Janet Faulkner at 1-847-382-8787.

"Fashion, Flappers 'n All That Jazz"



Young Woman Getting Hair Bobbed, 1924, Chicago Historical Society, Chicago Daily News collection.

One of the ways young women of the 1920s showed their new style and rejection of traditional style and mores was to get their hair bobbed—cutting off the cumbersome long locks of the Victorian and Edwardian eras for more manageable

Perennials Topic for Green Thumbs

It will be almost officially spring when members of the Green Thumbs of Barrington Garden Club meet on March 18 at 12:30 p.m. at the Barrington Area Library.

Since spring provides the best opportunity to refine our gardens and add some promising new plants, the club will welcome Sharon Yiesla from the University of Illinois Extension to provide guidance and inspiration.

The title of this program is "Using Perennials in Your Garden." Sharon will review the basics of perennial gardening

(selection and care) and will introduce some design techniques to create pleasing gardens using these plants. She will also focus on the seasonal tasks necessary to keep perennial gardens looking beautiful year round.

The Green Thumbs of Barrington Garden Club welcomes guests and new members throughout the year. Meetings are held at the Barrington Library on the third Monday of each month. Please call Joan at 1-847-526-7537 for more information.

Date Set for St. Francis de Sales Fashion Show

Mark your calendars for Sunday, April 7, as the St. Francis de Sales Parent Teacher Organization invites you to view the latest fashions at the St. Francis de Sales Luncheon and Fashion Show.

Held at The Cotillion in Palatine, "Fashion in the USA" will showcase the newest spring styles from various local and national retailers. The fashion show is \$40

per person or \$35 for seniors, and includes lunch. All proceeds will benefit the St. Francis de Sales school.

So bring a friend and enjoy an afternoon of fashion and fun! Tickets will be available after all masses at St. Francis de Sales parish in Lake Zurich during the weekends of March 9 and 16 or by calling Sarah Stride at 1-847-726-0422.



short hair. These young women further shocked traditional society by frequenting men-only barber shops for the "bob."—©Chicago Historical Society

"Fashion, Flappers 'n All That Jazz"—a major exhibition at the Chicago Historical Society, Clark Street and North Avenue—

captures the spirit of this roaring decade by illuminating the connections among music, dance, fashion and social change in what came to be known as the Jazz Age.

The exhibition runs through Sept. 29, 2002.

Seminars for Attention Deficit Disorder

By Barbara R. Grace, Ph.D.

The six different types of Attention Deficit Disorder can have devastating effects on the lives of children and adults. Like a computer, our brains have "hardware" which consists of many nerve cells wired in certain ways to transmit information among parts of our body. When this hardware is not working correctly, those affected with ADD experience difficulty in their significant and work relationships, parenting, spiritual life, behavior, cooperation, learning, expression of feelings, and school performance. Depression, anxiety, distractibility, difficulty completing tasks, and excessive worry can be due not only to a psychological or emotional problem, but a hardware or brain physiology problem. Medication, which is sometimes necessary, is only one of many remedies re-

searchers have discovered to help those who suffer from ADD lead happy and productive lives. Other remedies include decreasing automatic negative thinking, limit setting, conflict management, imagery, self-hypnosis, exercise, getting organized, nutrition, music, getting enough sleep, focusing on fun, meditative techniques to calm the mind, distraction techniques, and learning to deal with oppositional children and spouses.

In order to help children and adults already diagnosed with ADD, there will be an eight-week seminar on Monday nights in March and April to teach adults the above mentioned skills. Call for details. Do you have undiagnosed Attention Deficit Disorder? Call for a free consultation at **1-847-382-3232**.

The European Art of Nail Care

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

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

Complete nail services, featuring hand-

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

Besides up-to-date colors and products being used, complete waxing services are also available.

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

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

Something New at Barrington Bodywrap

In addition to our terrific body wraps for losing inches and redefining your shape, we now have **Evamore Water!**

What is Evamore Water? Unlike ordinary water, Evamore is a super fat-burning alkaline water. Evamore contains alkaline, antioxidants and fat-burning minerals. One bottle of Evamore Water has as much alkaline as six apples! Without alkalinity, our body acids build fat instead of lean muscle. A healthy and easy weight loss program, along with our body wraps to lose inches, can be a fresh start for

spring and the new year.

Let us help you tighten and tone your body, relieve stress, define and contour your figure, reduce cellulite and release the toxins from your body.

For more information on Evamore Water and our body wraps, call **1-847-277-0742**.

Barrington Bodywrap is located at 557 North Hough Street in Barrington at the intersection of routes 59 and 14 (Northwest Highway) next to the Jiffy Lube.

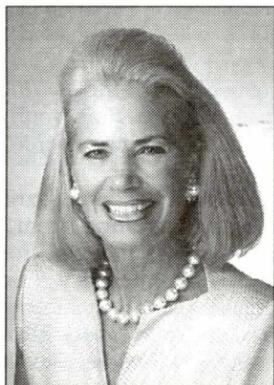
Barrington Woman's Club is Proud to Present Barbara Rinella

The Barrington Woman's Club will host a luncheon and program on Wednesday, March 20, at The Biltmore Country Club. All members and guests are invited to attend.

We are proud to present the always popular and entertaining Barbara Rinella who will provide our special literature program.

Spring is on its way, and this is a delightful way to welcome its return. A cash bar will be available beginning at 11 a.m. with lunch following. The deadline for reservations is Wednesday, March 13. Please send your check, made out to the Barrington Woman's Club in the amount of \$25, to Mary Lou Hamill, 183 Biltmore Dr., N. Barrington, IL, 60010. We look forward to seeing you then.

We are always interested in new members. If you would like to join us, please contact Luisa Bremer at 1-847-382-1251.



Barbara Rinella will provide a special literature program for Barrington Woman's Club during their luncheon at the Biltmore Country Club. Photo by John Reilly, ©2001.



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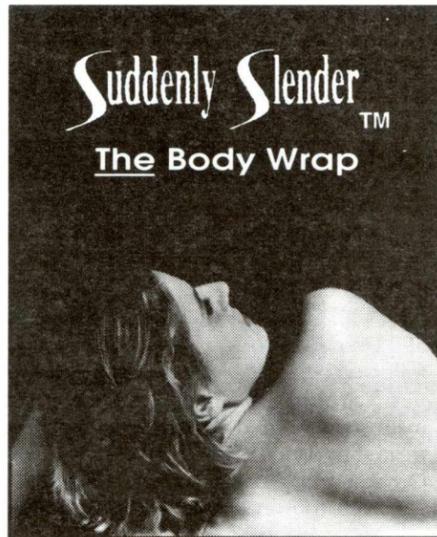
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Make your appointment today!

Foreign Exchange Host Families Needed

Barrington area families have a unique opportunity to open their hearts and their homes to high school students from Spain for a four-to-five-week foreign exchange program this summer.

Share America International Exchange, a nonprofit educational organization, is bringing 20 Spanish teenagers to the Barrington area this June to experience life in United States. Host families are needed to provide a warm, caring environment and a window into the American way of life.

While they are here, the Spanish students will go on two Share America-sponsored excursions each week. Host families are invited to attend scheduled events, and they have the opportunity to get to-

gether with the other host families at events such as the welcome picnic and the farewell party. The students are fully insured and bring their own spending money. They all speak some English and are very excited to learn what life in America is really like!

This is a wonderful opportunity to have a short-term international exchange experience for your family. It is not necessary to have teenagers in your home. Single people, families with younger children and families without any children have all benefited from the joys of sharing America with a student from another country.

For more information, call Julie Kanak, area coordinator, at 1-847-526-4582.

Barrington LIFESTYLES March 2002 29

Happenings!

in the area

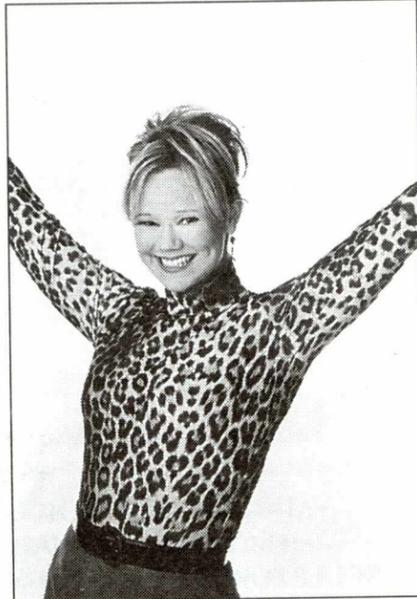
Plans for 16th Annual Garden Ball Unveiled

The arrival of the new year has reined in some timely news from Alexian Brothers Health System Foundation.

Under its new name, the Alexian Brothers Health System Foundation recently announced its lineup for the 2002 Garden Ball on Saturday, May 4, at Drury Lane in Oakbrook Terrace.

Dan O'Brien, Alexian Brothers Health System Foundation's new executive director, unveiled the exciting details of the 16th Annual Garden Ball at a special kick-off party and press event with the theme, "Welcome to Alexian Territory."

For starters, he introduced A.D. Frazier, chairman and CEO of the Chicago Stock Exchange, who has accepted the role of honorary chairperson for the ball. Mr. Frazier shared the anticipated entertainment news that well-known comedian Caroline Rhea will headline the stage at the black tie charitable gala. Rhea is known for her role as Aunt Hilda on ABC's *Sabrina, The Teenage Witch* for the past four seasons, and has just started to fill in on a regular basis for Rosie O'Donnell on the popular afternoon talk show



Caroline Rhea, well-known comedian, will headline the stage for the charitable gala.

on NBC. In addition, she appears regularly on the popular syndicated series *Hollywood Squares* and has been featured in recent movies, including *Man on the Moon* with Jim Carrey.

"The Alexian Brothers' care for the sick exemplifies the highest human response possible to the entreaty of our Lord Jesus Christ," comments A.D. Frazier, honorary chairperson for the ball. "I am honored to support the Alexian Brothers in any way I can as I am sure are the hundreds of others who will attend the ball."

The 2002 Garden Ball will begin at 6:00 p.m. with a cocktail reception in the beautiful Grand Ballroom Foyer of Drury Lane, followed by a 7:30 p.m. program and dinner. Caroline Rhea will appear on the main stage at 9:30 p.m. and guests will be treated to dance music by the Dan Hayes Orchestra from 10:30 p.m. to midnight.

Tickets for the 16th Annual Garden Ball on May 4 are \$300 each and can be purchased by contacting the Alexian Brothers Health System Foundation, 600 Alexian Way, Elk Grove Village, IL, 60007 or call 1-847-981-6081.



A.D. Frazier, chairman and CEO of the Chicago Stock Exchange, is honorary chairperson of the Garden Ball.

Lake Zurich Playhouse Presents the Musical *Some Like It Hot*

Lake Zurich Playhouse presents the musical *Some Like It Hot* at Cutting Hall, 150 Wood Street, Palatine.

The show, based on the classic film starring Jack Lemmon, Tony Curtis and Marilyn Monroe, is the story of two out-of-work male musicians who accidentally witness a mob shooting. In order to escape the mob, they take the only out-of-town gig they can find in an all girl band. Dressed as women, they befriend Sugar,

the lead singer, and the plot continues with more high jinks and, of course, true love.

This show will be great fun for the whole family! Show times are 8 p.m. on Saturdays, March 23, 30, and April 6; and 3 p.m. on Sundays, March 24, 31, and April 7. Adults are \$12; seniors and students are \$10; and a special Easter matinee on March 31 will be only \$9. Call 1-847-540-5932 for reservations.

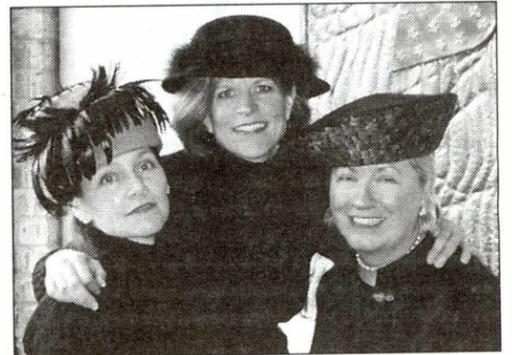
It's "Hats Off to the Arts" This Spring

Save the date! It's "Hats Off to the Arts" and the Barrington Area Arts Council's 25th Anniversary! Plan early to attend the annual wearable art fashion show and luncheon sponsored by Friends of BAAC on Thursday, April 25, at the Barrington Hills Country Club.

"Hats Off to the Arts" will begin at 10:30 a.m. with a social hour and silent auction followed by a luncheon and fashion show.

Co-chairpersons Francine Fossler and Jody de la Chapelle are hard at work with their committee: Trowby Brockman, Sue Abare, Sarah Bowers, Maureen Brown, Janice Dunbar, Allison Greene, Anna Husain, Donna Hannay, Sharon Kantanen, Betty Mueller, Jody Paine, Marguerite Patmore, Charlotte Poje, Kelcey Roberts, Brenda Striker and Diane Rotter.

Artistic fashions and creative ensembles, chosen from fiber artists, William Rainey Harper college design students and selected retailers carrying unique clothing, will be shown. Guests are encouraged to



Friends of BAAC (from left) Gretchen Grant, Jody de la Chapelle and Francine Fossler will wear their hats to "Hats Off to the Arts" on April 25!

add their own fashion style and wear a hat to the event.

All proceeds benefit the Barrington Area Arts Council and its programs in the visual, literary and performing arts.

If you are new to town or wish to ensure your place on the "Hats Off to the Arts" mailing list, please call the council's office, 1-847-382-5626. Tickets are \$50. Invitations will be mailed in mid-March.

Barrington Lyric's 2002-2003 Board of Directors Announced

The 2002-2003 officers and executive board of Barrington Chapter of Lyric Opera invite new members to share in a year of entertainment, education and unmatched camaraderie, including Lyric Opera of Chicago special invitations, concert privileges and much more. For inquiries on Barrington Chapter membership, over 200 members, please phone George Obermaier, 1-847-985-0837.

The officers and executive board are: President Howard Robins from Arlington Heights; First Vice President George Obermaier from Schaumburg, Membership; Second Vice President in charge of Programs will be co-chaired by Maureen Brown from Deer Park and Wanda Hollensteiner from North Barrington; Ed Plagemann, treasurer, from North Barrington; Glenne McMonigal, recording secretary, from Crystal Lake.

Committee chairpersons are: Tricia Marcus, Adult Education, from Barrington; Betty Nearing, archivist, from North Barrington; Catherine Mura, Community Relations, from Lake Barrington; Heather Sholeen, Computer Liaison/Chapter Director, and Jim Tammi, Development, from Barrington; Dee Rusch, Hospitality Coordinator, from Streamwood; Kathryn Black, Member Services (tapes, TLC, tickets), Nancy Wolfe, Operathon, and Suzanne Wells, Reservations, from Lake Barrington; Martha Kersey, Volunteers, from

Schaumburg; and Immediate Past President Mary Robins, Youth Education, from Arlington Heights.

This slate was presented by nominating chair Wanda Hollensteiner, North Barrington, assisted by Maureen Brown from Deer Park, Karen Geisler from Schaumburg, Marilyn Hayden from Barrington Hills and Romeo Mura from Lake Barrington.

We'll keep you posted: Romeo Mura will chair a unique special event to be held at Arlington Park's Tracks on Saturday, June 15, 2002. Event committee includes: Dennis Bohn, Northfield; Fritz Frederickson, Lake Barrington; Jim McMonigal, Crystal Lake; Michael Sullivan, Barrington Hills; and George Obermaier, Schaumburg.

Members of the Barrington chapter are from many communities: Arlington Heights, Algonquin, Antioch, Barrington (all areas), Bartlett, Bull Valley, Carpenter-ville, Cary, Crystal Lake, Deer Park, Elgin, Fox River Grove, Geneva, Harvard, Hoffman Estates, Huntley, Inverness, Kildeer, Lake Forest, Lake in the Hills, Long Grove, Mt. Prospect, Mundelein, Niles, Northfield, Palatine, Prospect Heights, Rolling Meadows, Schaumburg, St. Charles, Streamwood, Village of Lakewood, Vernon Hills, Wauconda, West Dundee, Woodstock and Olmstead Falls, Ohio.



A Tax-Advantaged Way to Pay for Education

A good education is one of the keys to personal success. However, education expenses are constantly increasing. Giving the enormity of this expense, you can't begin to prepare too soon. William Allen and Debra Schoendorf, financial consultant with **Salomon Smith Barney** in Barrington, outline one tax-advantaged education funding plan.

Section 529 Savings Plans are state sponsored plans that allow you to invest more than ever before in a tax-advantaged program. Any U.S. resident can invest, and withdrawals can be used at any eligible post-secondary school in the United States. As of Jan. 1, 2002, your qualified withdrawals from any state-sponsored college savings plan will be free from federal income taxes. Also, many states extend favorable tax deductions and tax-free withdrawals to state residents.

Section 529 plans also offer a unique opportunity for grandparents and other relatives to contribute up to \$55,000 (or \$110,000 for married couples) per beneficiary in one year without incurring gift taxes. These dollars are considered to be a completed gift and out of the donor's estate, unless the account owner dies within five years of the gift.

Before you make any decisions, speak with your tax and financial advisors. They have information and experience that could help you plan for this important event. For further details, please call Debra Schoendorf at **1-847-304-3530**, **Salomon Smith Barney** Member SIPC.

Salomon Smith Barney does not provide tax or legal advice. Please consult your tax and/or legal advisor for further guidance.

Patient Cooperation is the Key to a Beautiful Smile

A beautiful smile builds your confidence and pride. Quality orthodontic treatment helps to create dazzling smiles. There is much more to making this smile than "just showing up" for appointments. Obviously, the orthodontist has a major role in providing the science and art of orthodontics, but the patient is the most important member of the team.

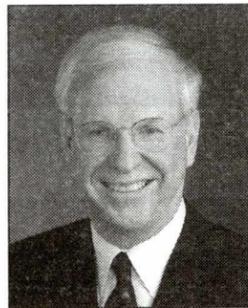
Patient cooperation is a vital element for treatment success. A patient's cooperation is defined in several ways: good oral hygiene and full-time wear of elastics or other removable appliances; excellent care of teeth and gums through regular brushing and flossing; and the use of fluoride rinses during treatment to prevent tooth decay and gum tissue disease. Teeth and gums that are kept healthy during orthodontic treatment move more easily and with greater patient comfort. (Our office is very excited about the new Oral-B/Braun 3D Excel electric toothbrush. This new design has two speeds, an orthodontic brush attachment and can adjust its bristle pressure to your touch.) It is also critical that the patient continue to have regular dental check-ups and cleanings throughout treatment.

To move teeth into their ideal positions, elastics or other removable appliances are often necessary. Completion of orthodontic treatment cannot be achieved without

dedicated wear of these devices by the patient. The patient and orthodontist share the responsibility for the quality and efficiency of treatment.

If you are currently an orthodontic patient or just considering treatment, you should not worry about what it takes to be a good orthodontic patient, as all of this can be taught. The orthodontic team will provide proper hygiene, home care and any other related instructions you may need to keep your smile bright and healthy.

If you or someone you know has questions about patient cooperation or would like to know more about orthodontics, please contact us at either our Barrington, **1-847-382-5588**, or Palatine, **1-847-359-7980**, offices or visit our Web site at www.haywardorthodontics.com.



Dr. Michael Hayward

For Women Only: Create Your Own Destiny by Judy Kaplan, MS

Have you been frustrated or blocked from achieving the things you want in your life? Are you going through life on "autopilot" or feeling overwhelmed? Do you feel your ability to make changes in your life or lifestyle is limited or nonexistent? Does fear of change hold you back? Have you lost your "self"? Is the flame inside of you slowly dimming?

"Create Your Own Destiny" is a half-day program for women only. It addresses those problems and issues that directly relate to women in our culture. Whether you are married, divorced, fi-

nancially stressed or looking for love, the process of defining what you want and creating your own plan for getting it is essentially the same. Having gone through my own painful and difficult transformation, I developed a program to help others design the life they want. It works. Changes can happen when you open the door to influencing them. So many of us spend time looking at the front door being closed. But perhaps, those changes are beckoning us from a side door or the window.

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For Women Only: Create Your Own Destiny

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- Are your dreams slowly dying?
- Trying to find true love?
- Is fear or confusion holding you back?

Learn How to Make Changes Starting Today

- ✓ 1 hour assessment to gain clarity of your goals
- ✓ 10 specific techniques to create change
- ✓ Personal evaluation of your plan by Judy Kaplan, MS
- ✓ Hear the personal stories of TRAUMA TO TRIUMPH

Saturday, March 16, 1 to 4 PM

Northwest Suburbs (call for location)

Cost: \$60 per person (includes materials/refreshments)

Discount: \$5 when you bring a friend, coworker or family

Call for information and reservations: 847-842-9365

www.therapy-to-go.com www.empower-vision.com

Delta Delta Delta March Meeting

The Chicago Northwest Suburban Alumnae Chapter of Delta Delta Delta Sorority's next meeting on March 12 will feature book reviews and a book sale. Please

bring a book to share and sell. Refreshments will be served.

Please call Genny Ellefson at 1-847-381-5228 for additional information.

taught me that women often struggle with the "shoulds" and overlook, minimize and set aside those things that enhance their passion, speak to their souls and inspire their growth. It is an outcome of our culture and upbringing. When that happens, we sink into depression or boredom, exhaustion and frustration, causing resentment to build. Not only do we begin to resent those around us, but we become angry with ourselves.

Learn how to stop the cycle. Come join

me at "Create Your Own Destiny" on Saturday, March 16, from 1 to 4 p.m. It will be an interactive opportunity to learn, grow, meet others and begin using techniques that really help you get the life you want. The cost is \$60 with a \$5 discount for anyone bringing a friend. Call me for further information and location at **1-847-842-9365** or log on to therapy-to-go.com. You can e-mail me at judy@therapy-to-go.com as well.

Country Collections

Traditional Craft and Folk Art Faire

April
5th, 6th, 7th
Friday 3-9pm * Saturday 10-5pm
Sunday 11-4pm

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ADMISSION: ADULTS \$5.00 * CHILDREN UNDER 12 FREE
For More Information: 1-800-984-8526



Country Collections—Garden Goodies and Much, Much More

Springtime has been teasing us all winter with daffodils poking up their heads at Christmas time and mild temperatures making us long for the real thing. This is the time of year that we itch to dig in the dirt, and we invent reasons to go to the local greenhouse just to smell the rich, warm earth.



Country Collections can help feed your need for a bit of sweet summertime, though the calendar reminds us it is still months away.

Ann De Bartolo has pressed Mother Nature's delicate blooms between the glass of window sashes, plates and tumblers. Truly unique! Retta Glod takes similar window sashes or screens and paints her own interpretation of summer's floral bounty.

Mom's Enterprises can always be counted on to paint something wonderful and whimsical, from unique furniture pieces to birdhouses and their signature egg people. Do you know that they will bring their distinctive style to your home as a mural or faux finish?

We have dried floral arranged for you by Country Fare and Frozen Creek Floral, or you can carry baskets from Baskets by Bernie, Betsy's Basketworks and Basket

Peddlers to your own garden at harvest time.

The girls from Door County Stencil always provide their own brand of excitement. Shoppers at the **Country Collections Show** get a chance to preview many of the new clothing designs that they will be selling at their stores in Door County next summer.

You can find garden stakes, garden signs, garden benches, clothing with garden designs and all sorts of garden goodies to satisfy that summertime itch.

The **Country Collections 17th annual Springtime Traditional Craft and Folk Art Faire** will be held at Harper College on April 5, 6 and 7. Show hours are Friday from 3 to 9 p.m., Saturday from 10 a.m. to 5 p.m. and Sunday from 11 a.m. to 4 p.m. Admission is \$5, and children 12 and under are admitted free. Call **1-800-984-8526** for details.

Judge Michael T. Caldwell for Circuit Judge in the Republican Primary on March 19

On March 19, voters in Lake and McHenry counties have the opportunity to elect **Judge Michael T. Caldwell** in the Republican Primary for Circuit Judge. This election covers the entire 19th Judicial Circuit, both Lake and McHenry counties, for a vacancy in Woodstock, McHenry County.

For the past five years, **Judge Caldwell** has served as an Associate Judge and has garnered the respect of attorneys and citizens appearing before him. He is not only well-versed in the law, but also, and just as important, unbiased and evenhanded.

Before he became an Associate Judge, he had practiced for 34 years as a private attorney, handling civil, criminal, municipal and trial law. He was appointed Associate Judge by the circuit judges before whom he practiced. This, by itself, is very

significant, in that it demonstrates that the circuit judges considered **Judge Caldwell** to have the expertise and ability to serve the people's best interests. What better demonstrates **Judge Caldwell's** competency than the confidence placed in him by the circuit judges and his years of distinguished service both as a judge and as an attorney?

Service as a judge requires special character and proven ability. **Judge Caldwell** has the qualifications and experience to serve the best interests of the community.

Your vote for **Judge Michael T. Caldwell** on **March 19** is critical to ensure the quality of the judiciary of the 19th Judicial Circuit.

Paid for by Committee to Elect Michael T. Caldwell.

A Championship Drama

(Continued from page 13)

has a bigger heart than you do. You are truly a miracle. You defeated all odds, and I will never be able to thank you enough for that. You have taught me so much. I love you."

Test of Champions

But the story isn't over. Because of what she learned with and on Carboness, Ashley Alden, a Lake Zurich South Middle School student from Barrington, is a finalist in the World Cup Trials, similar to the Olympics. Later in the month, she will find out whether she will travel, alone this time, to South Africa for the World Competition to make her beloved Carboness proud.

Opened in spring, 2001, Equine Veterinary Associates, LLC, is a unique, private, freestanding equine hospital that includes 24-hour urgent care, multiple large-animal surgery suites and on-site laboratory facilities. Reproductive care, comprehensive diagnostic and treatment options are available for horses, ponies, cows, mules, donkeys, burros and llamas. Equine Veterinary Associates serves a six-state Midwestern region when time and skilled experience are lifesaving. They are located at N6255 Church Road, Delavan, Wis., and can be reached toll-free at 1-888-792-6421.



Judge Michael T. Caldwell

Experienced and Qualified

- 96% Highly Recommended by McHenry County Judicial Bar Poll
- Over 96% Approval Rating by Illinois State Judicial Bar Poll
- Associate Judge of the 19th Judicial Circuit Since 1997
- Presided Over Complex Civil Trials, Felonies, Jury Trials, Family Court, Domestic Violence Cases
- 34 Years Civil & Criminal Trial & Appellate Experience as Private Attorney
- 50 Year Resident of McHenry County

Paid for by Committee to Elect Michael T. Caldwell

Fritzl's Country Inn... So Many Delicious Possibilities

Is the family getting together for **Easter Dinner**? Why not make reservations at **Fritzl's**? They'll be featuring fresh smoked ham and spring leg o' lamb in addition to their menu favorites such as lobster tails, grilled salmon and **Fritzl's** schnitzels with choice of oscar style.

Fritzl's traditional European menu is something to experience too! Hearty schnitzels, potato pancakes and Hungarian goulash, veal Geshnetzelted from Switzerland, Kassler ribs from Germany, incomparable sauerbraten, steak tartare, roast duck, prime rib and Viennese pastries.

If you haven't tried **Fritzl's Friday Fish Fry** yet, you're in for a treat—only \$9.95!

Designated smoking areas are available. There are banquet facilities available for groups of 20 to 150 people, perfect for weddings, anniversaries and rehearsal dinners. The meals are lovingly prepared from scratch and made to order just prior to serving. They are then served hot, fresh and delicious. If you are tired of those stuffy "foreign" waiters, try **Fritzl's** restaurant and pub. They have the friendliest staff in town.

Reviewed and recommended by Zagat Survey.

March Gallery Sale

Are the winter doldrums upon you? Are you tired of looking at the same old surroundings and want to make a change? Stop in and visit **Maura's Frame Shop & Art Gallery** of Lake Zurich for the store-wide gallery sale during the month of March. Beautifully framed art is available as well as prints and posters, waiting to be framed by you! Any unframed art purchased during this sale will also be eligible for a **15% discount** on the framing.

Have you seen the artwork of nationally-known G. Harvey? His traditional scenes evoke a time remembered and cherished. His images are hand-pulled serigraphs available on paper or canvas. A hot new artist, Marilyn Simandle, is showcased at **Maura's**. The scenes of European villages and countrysides are captivating and the colors are vibrant. This is truly art to see!

Prints suitable for personalizing with names, initials or dates are available for



Old Westminster Flower Shop
by G. Harvey. Serigraph, 35" x 32".

gift giving. Weddings, anniversaries and births can be celebrated with these customized gifts. One-of-a-kind hand-painted furniture and desk boxes are on sale. Commissioned hand-painted furniture can be accommodated also.

Visit **Maura's Frame Shop & Art Gallery** of Lake Zurich at 91 S. Rand Road, Lake Zurich, **1-847-438-6878**.

Second Round Consignments for the Horse and Rider

Located in the Market Center Shops at 200 N. Hough Street, **Second Round** is accepting consignments of gently used or never-used tack, apparel and horse-related items.

Stop by our shop and bring in your items. See what we have to offer. Looking for a girls' hunt coat? We have several. We also have a children's saddle among several others in the shop, the extra pair of paddock boots you need, a different bridle, reins, and girth and saddle pads. Come in and take a look.

In addition to our consignment merchandise, we also offer reasonably priced

custom-wooden tack trunks, grooming boxes, saddle stands and bridle racks. Trunks will be available in different sizes and a variety of colors. They will be in stock or for special orders.

The owner of **Second Round**, Karen Epperson, has had many years experience in the industry and is looking forward to helping you find just what you need for yourself or your horse.

For information, call **1-847-304-8084**. Winter hours are Tuesday through Friday, noon to 5 p.m., and Saturday, 10 a.m. to 5 p.m.

Garden Club of Lake Zurich Meeting

The monthly meeting of the Garden Club of Lake Zurich will be held on March 5 at 7:30 p.m. at the Foglia YMCA on Old McHenry Road.

"Not Just a Pretty Face," a program on annuals, will be presented by Joann Loebel, a landscape design consultant, a gardening consultant and an environmental consultant of the Garden Clubs of Illinois, Inc. and the National Garden Clubs, Inc. She is a noted photographer and lecturer on a myriad of gardening and horti-

cultural topics and has written a book on plants for dried arrangements.

The club consists of men and women who are interested in all aspects of gardening.

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

Visitors are always welcome. For more information, please call 1-847-382-2621 or 438-0860.

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Illinois Circuit Breaker/ Pharmaceutical Assistance Program

Circuit Breaker and Pharmaceutical Assistance 2001 application forms are available at the Barrington Area Council on Aging office.

The Circuit Breaker program provides relief from property taxes, mobile home taxes, rent or nursing home charges for qualifying seniors and disabled persons. Those eligible for the Circuit Breaker Program are: seniors (persons 65 or older) and the disabled with incomes less than \$21,218 for a one-person household; \$28,480 for a two-person household; and \$35,740 for a three-person household.

Pharmaceutical assistance helps in paying for certain prescription medications. These include prescriptions for heart conditions, high blood pressure, diabetes, arthritis, Parkinson's disease, glaucoma, Alzheimer's disease, lung disease, cancer and osteoporosis.

Vehicle license discounts are also available through this program.

If you would like a Circuit Breaker Program application or more information, call 1-847-381-5030 or the Illinois Department on Aging Senior Help Line at 1-800-252-8966.

Barrington LIFESTYLES March 2002 **33**

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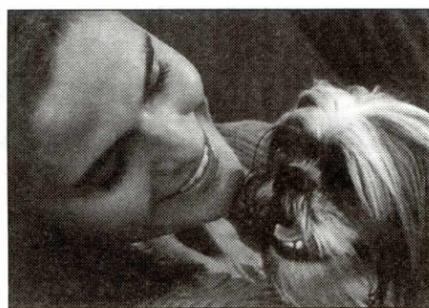
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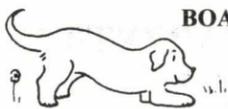


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9 a.m. - 6 p.m.
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**Garden Club of Inverness
 Welcomes Spring!**

Maybe winter wasn't so tough! Still, who can resist the longer days and warmer temperatures that surely signal spring?

The Garden Club of Inverness invites members and interested guests to "welcome" spring and enjoy the slide presentation on "Daylillies" by Joanne Larson on March 21.

Joanne is a talented local, whose Barrington garden is one of a select few in the state to be accredited with the National

Display Garden of the American Hemerocallis Society.

We will meet at Holy Family Church, 2515 W. Palatine Road, Inverness, at 9:30 a.m. A short business meeting will precede a break for hospitality; our speaker follows. Baby-sitting is available with advanced reservations. Call Kristin Rappe at 1-847-776-0052. For additional club information, please contact Membership chair Phyllis Ewert at 1-847-842-1695.

Artists Needed for Art Showcase

Artists are needed to exhibit at the 43rd Annual Art Showcase on Aug. 24 and 25 at the Hemmens Cultural Center in Elgin, Ill.

This is a juried fine arts show and sale. Only original work, displaying quality and creativity, will be accepted.

Art Showcase has been presented in the Elgin area for the past 42 years by the Elgin Area Branch of American Association of University Women. For the past 10

years, it has been a centerpiece of the Elgin Fine Arts Festival, a weekend celebration of the arts. The festival also features children's activities, food and a wide range of entertainment, including a free concert by the Elgin Symphony Orchestra on Friday evening, Aug. 23.

Entry deadline is May 1 or until all sites are filled. For an entry form, send a #10 SASE to Art Showcase, 602 Prospect Street, Elgin, IL, 60120.

"Lunch and a Movie"

The Barrington Area Council on Aging, Inc. and the Barrington Park District will present "Lunch and a Movie" at Langendorf Park on Wednesday, March 6.

Lunch will be served at 12:30 p.m., followed at 1:00 p.m. by the movie *Easter Parade*. The movie will be shown on a

large screen television. Bring a friend and enjoy an afternoon of movie magic. Popcorn will be provided.

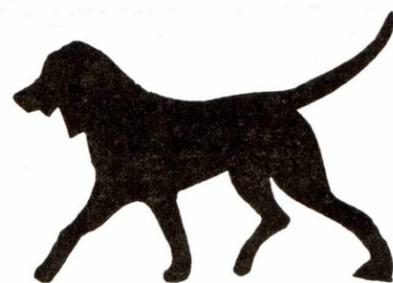
Please call 1-847-381-5030 to register for lunch. The suggested donation for lunch is \$2.75 per person.

**Oakview Asks, "Does Your Pet
 Have a Place to Stay While
 You're Away for Spring Break?"**

Here at **Oakview Kennel and Cattery** we pride ourselves by doing a good job for a fair price. Call us here at the Kennel and check our rates. We do bathing daily and our professional groomer is here most weekdays and Saturdays.

Our "Cozy Cottages" are definitely a hit! This is a special room for our small dogs, puppies or cats that are elderly, have special needs or just need very pampered care. Pets are hand-walked and played with three to four times daily and given lots of T.L.C. Cottages are all indoors (for better climate control) and are fully carpeted. Bring your own bed, toys, chews, etc., if you like. Call for rates.

Spring Break will be here soon, so



make your reservations early here at **Oakview**. We are Veterinarian-recommended and we provide a clean and bright atmosphere for your pet. Trust your pet with us at **Oakview Kennel**. Call **1-847-526-1388** for your reservation.

**Barrington Youth Dance Ensemble
 Hosts Open House**

Celebrating their new location at The Foundry in Barrington, the Barrington Dance Academy and Barrington Youth Dance Ensemble hosted a festive open house the evening of Feb. 8.

Over 100 guests enjoyed the elegant Tuscan Buffet created by Mary Jo Gumowski and entertainment by harpist Steven Hartlman. Among the guests were: (from left) Renee Cardani, ensemble studio manager and instructor; Mary Greco, ensemble founder and artistic director; and Ray Schmech, managing director of Northern Trust Bank in Barrington. Northern Trust Bank is a spotlight sponsor for the ensemble's June production of *Peter and the Wolf*.

Diane Saber of Barrington won the Tuscan Basket from The Canterbury Shoppe. And Joyce Mennings from Crystal Lake won a gift certificate from L'Affaire.

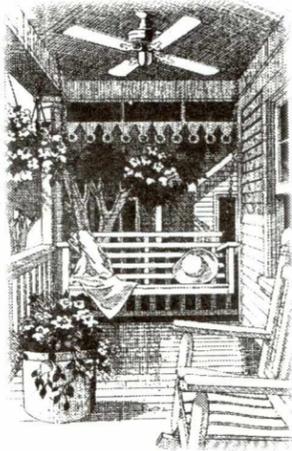
Through quality dance performances,



the Barrington Youth Dance Ensemble promotes artistic integrity, understanding, involvement and awareness among people of all ages throughout the Chicago area.

For information on Barrington Dance Academy and Barrington Youth Dance Ensemble, call 1-847-382-6333.





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"As architects, it's our job to solve your spatial needs," says John C. Cazzetta, President of **Kemper Cazzetta Architects** in Barrington. "A large majority of our work is in remodeling, and because our clients need everything from small additions to complete estate makeovers, we tend to see it all. Our philosophy is to listen to our clients, study their existing conditions, calculate their budget and endeavor to aesthetically resolve their space needs."

Many homeowners struggle with the thought of "taking apart their house," especially while they continue to live there. "This dilemma is the biggest hurdle in some projects," adds Cazzetta. "The design

solution takes this into account so as to ensure a comfortable process. We have designed some projects to allow the owner to move into the new addition before renovating the existing space." The quality of life during the process is as important as the design itself. "The homeowner is amazed at how their 'old' home has come back to life," concludes Cazzetta.

If your home needs updating, additional space or reconfiguration, call John C. Cazzetta at **Kemper Cazzetta Architects, 847-382-8322**, for a no-obligation consultation today. "We feel you will be pleasantly surprised at the potential of your existing home."



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Field Museum to Host "Tiniest Giants: Discovering Dinosaur Eggs"

A newly hatched baby sauropod gets its first view of the world in this model from The Field Museum's new temporary exhibition "Tiniest Giants: Discovering Dinosaur Eggs."

The exhibition contains a replica of an actual excavation site in Patagonia, South America, where paleontologists uncovered the largest dinosaur nesting site ever discovered.

Visitors can relive the phases of an actual fossil-hunting expedition, from choosing a site to laboratory work with specimens. Children can even uncover their own fossil replicas in a specially created "dig site" adjacent to the exhibition.

"Tiniest Giants: Discovering Dinosaur Eggs" will run from March 15 through Sept. 2, 2002. For additional information, please call The Field Museum at 312-922-9410.



© 2001 Los Angeles County Museum of Natural History, courtesy of The Field Museum.

Gift Baskets for All Occasions

And All the Angels Christian gift and book shop, located on the lower level of St. Michael's Episcopal Church, 647 Dundee Avenue (at the corner of Hillside), announces gift baskets for all occasions.

Baskets include "new mom" and "new baby" baskets; holiday, birthday and friendship baskets; bereavement baskets; and baskets of gifts to celebrate a new home, a retirement or any special occasion.

Customized baskets can be ordered also, or customers may choose individual items to design their own baskets. Delivery is available.

All profits from the shop are given to charities supporting women and children. The shop is open: Wednesdays, 11:00 a.m. to 5:00 p.m.; Saturdays, 8:30 a.m. to 1:00 p.m.; and Sundays, 8:30 a.m. to 12:30 p.m.

"Food for Friends"—Curves for Women's® Fourth Annual Food Drive

Curves for Women® 30-minute fitness & weight loss center, here in Barrington, will be joining the Curves International Inc. "Food For Friends" food drive to benefit local food banks.

During the month of March, members who bring a bag of nonperishable food items, exercise three times weekly, and lose five pounds and five inches will be awarded a limited-edition "Food For Friends" T-shirt. Anyone joining the week

of March 11 may bring a bag of groceries and have the normal service fee waived. Anyone may drop off nonperishable food items at Curves for Women, Monday through Friday, during business hours.

Last year, the food drive collected almost 1,000,000 pounds of food.

The local address is 333 W. Northwest Highway in Barrington. For more information call 1-847-382-8787.

AARP Income Tax Assistance

The Barrington Area Council on Aging, Inc. is once again participating in the AARP Income Tax Assistance Program.

A trained AARP volunteer will assist seniors with their taxes on Wednesday mornings, by appointment only, now through April 10.

Appointments are from 9:00 to 11:40 a.m. at the Barrington Area Council on

Aging office in the lower level of the Barrington Village Hall, 200 South Hough Street, Suite 001, in Barrington. Appointments fill quickly, so please call as early as possible to schedule your appointment.

For more information or to schedule your appointment, please call 1-847-381-5030.

Barrington Sparrow to Celebrate at Luncheon

Plan to attend Barrington Friends of Home of the Sparrow's Spring Luncheon and Annual Meeting on Thursday, April 18, at 11 a.m. at Barrington Hills Country Club, 300 W. County Line Rd., Barrington Hills.

Ten years of supporting Home of the Sparrow will be celebrated. Founding members as well as present and past vol-

unteers will be honored, and a video history of Home of the Sparrow's work and activities will be presented along with an overview of work in progress.

To reserve seats at \$30 each, please call Gail at 1-847-304-0066 by April 11. Babysitting available upon request and reservation.

Welcome Wagon Club Chocolate Extravaganza

The Welcome Wagon of Barrington welcomes all women in Barrington and surrounding areas to a Chocolate Extravaganza on March 12 at a member's home.

Bring and share your favorite chocolate goody, enter the competition and maybe win a prize. All area women are welcome to attend. You need not be a current member, and there is no charge.

This is a wonderful and interesting way to spend a morning, meet new friends,

and, for anyone interested in becoming a member, find out about other activities that Welcome Wagon has to offer.

For further information and reservations, call Joan at 1-847-382-0886 or Patricia at 1-847-462-9032.

Upcoming Events

- April 9, tour of Cuneo Museum, lunch at Wildfire Restaurant
- May 14, sight-seeing boat ride on Fox River, lunch at Port Edward Restaurant.

Good Shepherd Manor Luncheon

The Barrington Area Council on Aging, Inc. and Good Shepherd Manor invite you to attend the Thursday Lunch Program at the manor from 11:30 a.m. to 2:30 p.m.

You are also welcome to participate in the Senior Social following lunch.

Just a reminder—all Barrington area seniors are welcome to join residents of the manor for lunch on Thursdays and to stay

for the Senior Social.

Parking is available next door at First Church of Christ Scientist (enter lot from Main Street). Lunch is served at noon for a suggested donation of \$2.75 with no additional charge for the Senior Social programs. Advance registration is required. Call 1-847-381-5030 for your reservation.

Caregiver Support Group

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

On Wednesday, March 6, Ivette Camar-

ano, education specialist with the Senior Health Insurance Program, will present "Medicare Changes for 2002." Discussion, questions and sharing will follow the presentation.

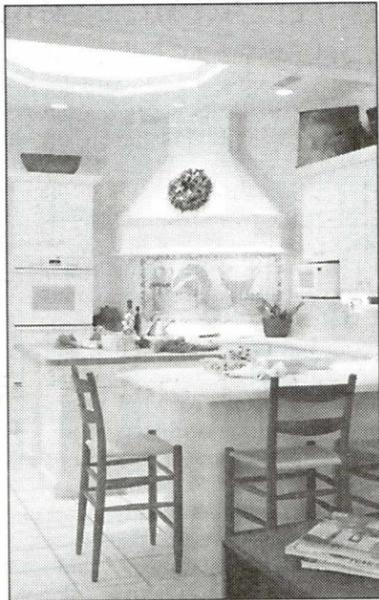
For more information, call 1-847-381-5030. Registration is not required.

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Lamico Designers, a leader in the industry with five million dollars in sales, is the place to go for kitchen and bath remodeling. Hundreds of satisfied customers are spreading the word that remodeling with Lamico Designers was one of the best investments they can be seen everyday. Now is the time for you to update your kitchen or bathrooms with new cabinets and countertops. And during the months of March and April, receive a **FREE laminate countertop** will the purchase of a complete kitchen. Call us at **1-847-842-1318** for more details.

With the boom in new construction, we find ourselves doing more and more basement remodeling: an extra room and bath, an entertainment center, perhaps a kitchen.

Lamico Designers uses specialized computer software so that you can see your dream kitchen and how great it will look before it is even installed in your home. All estimates are at no charge to our customers. Come in and see what your dream kitchen can look like. We're in Hillview Plaza, just off Northwest Hwy., Barrington. We're also on the Net—www.lamico.com. *Come join us!*



The NW Mothers Group Coffee

The Northwest Mothers Group is hosting a "Welcome Coffee" on Friday, March 15, from 10:30 a.m. to noon at the Wauconda Park District.

The Northwest Mothers Group is a non-profit group for moms and children, offering support in a number of innovative ways. We emphasize fun, companionship

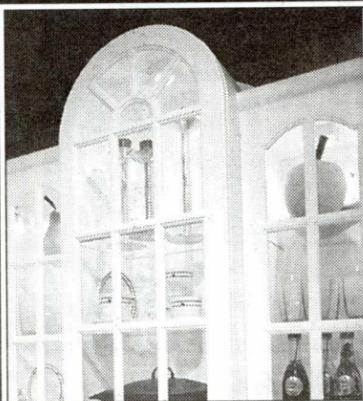
and support. Come check out our activities, social outings and meetings. We serve the whole Northwest Suburbs.

We welcome you to enjoy a morning of friendship, support and fun for you and your children. For more information and to make reservations, please call Paula Ellis at 815-344-0211.

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Elegance, Simplified

Premier Property Group, Inc. is catering the influx of downsizing homebuyers. TerraVilla of Crystal Lake is a community of 52 maintenance-free villa homes. These quality built villas are designed to meet the needs of those who are downsizing to homes better suited to their new lifestyle.

All homes are ranch designs. English or optional walkout lower levels are included with almost every floor plan and offer a number of options for additional living space. Some of the standard quality features include hardwood floors in foyer and kitchen, granite countertops in kitchen and baths, whirlpool tubs, fireplaces, elegant casings and crown mouldings.

Homes come standard with a deck that can be accessed from the living room or great room as well as the master suite. Buyers may opt for a sunroom or screened porch.

A homeowners association will provide lawn care, snow removal and maintenance of the exteriors and common areas. The maintenance-free lifestyle allows buyers who travel extensively to leave home for an extended period of time.

Many homes will offer views of the community's 27-acre woods and open space. TerraVilla will include a walking path, landscaped green spaces and a single main entrance to minimize through traffic.

Shopping, dining and Metra trains in Crystal Lake are just minutes from TerraVilla.

Barrington LIFESTYLES March 2002 37

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

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

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

Many patented features are available exclusively from **Four Seasons Sunrooms**, and all products are designed to



meet or exceed building-code structural requirements and have successfully withstood more than 200,000 installations.

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

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



Topinka Announces Consumer Protection Program

EverCASH Eliminates Expiration Dates on Gift Certificates

Illinois State Treasurer Judy Baar Topinka is announcing a new program giving consumers the ability to buy and use gift certificates that never expire.

The program, called EverCASH, was spearheaded by Topinka as a consumer protection program and is supported by the Illinois Retail Merchants Association.

"Limiting consumer access to gift certificates is unfair and unnecessary," said Topinka. "EverCASH is a way to assure consumers that they get what they pay for."

EverCASH gift certificates purchased

from participating businesses are good without any time limitations. New, old, even expired gift certificates are forever good, meaning consumers will never be stuck with expired gift certificates again! Over 250,000 Illinois retailers qualify to participate in EverCASH.

"During this busy holiday shopping season, EverCASH will give consumers an easy and convenient way to shop at their favorite stores," said Topinka.

The Illinois Retail Merchants Association has worked closely with Topinka's office in developing the legislation that

created EverCASH.

"I applaud Treasurer Topinka for championing the cause for consumer protection," said the association's president and CEO David Vite. "I urge all retailers operating in Illinois to participate in EverCASH, which demonstrates the value they place on their customers."

Retailers participating in EverCASH will display the EverCASH sign. The sign details program policies and practices. Illinois consumers are encouraged to patronize retailers who participate in this worthwhile consumer-friendly program.

As an added benefit, retailers participat-

ing in EverCASH will no longer have to report unused gift certificates as unclaimed property. (In the past, gift certificates not redeemed within five years following their purchase constituted unclaimed property which holders were required to report to the State of Illinois.)

Individuals who are holding gift certificates that expired more than five years ago from nonparticipating retailers should contact the Illinois State Treasurer's office at 1-866-458-7372. Or to see if it has been submitted to the state as unclaimed property, check www.cashdash.net.

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

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

Rembrandt Topic for Art Associates

"An Introduction to Rembrandt" by Lanny Ori is the final program in the Members Present Art Series sponsored by the Barrington Community Associates of the Art Institute of Chicago. This slide lecture will be at 1 p.m., Wednesday, March 13, at the Barrington Area Library, 505 N. Northwest Highway.

The great Dutch painter Rembrandt van Rijn (1606-1669) has always been regarded as one of the most beloved and important artists of all time. His celebrated portraits and his deeply moving scenes from the Bible are imbued with astute psychological insight, extraordinary emotion and a deep spirituality.

Rembrandt's remarkable innovations include a completely revolutionary approach to the group portrait and a highly dramatic and very personal use of light and shadow. Rembrandt's marvelous etchings have never been equaled in the history of art.

There is no charge for this lecture. Guests are welcome, and reservations are not necessary. For further information, please call the Members Present Art chairman Genny Ellefson at 1-847-381-5228.



Self Portrait as the Apostle Paul, Rembrandt Harmensz van Rijn, Rijksmuseum, Amsterdam.

Four Seasons Garden Club to Meet on March 5

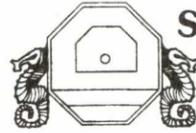
For their March meeting, Four Seasons Garden Club of Barrington will head up to Wauconda for a visit to The Herbal Garden. Members will have the opportunity to make something useful and attractive for their kitchens. Gabrielle Castrejon Meyer of The Herbal Garden will demonstrate and help participants assemble their choice of an herb wreath or rope. She

will also share ways to adapt favorite recipes to use fresh herbs, many of which are grown at this local wholesale, retail and educational enterprise.

A kit fee of \$18 will cover materials and herbs for those wishing to participate, and advance registration is requested. The meeting begins at 9:30 a.m. Refreshments will be served.

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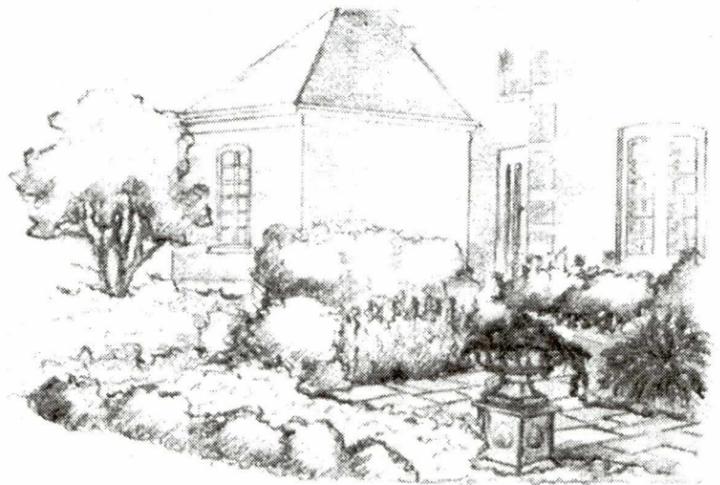
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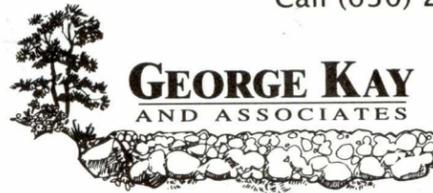
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REMODELING 2002

When Russell and Jean Arsaga moved into their 10-year-old house in North Barrington, Jean knew she wanted to replace the kitchen. The oak cabinets and beige laminate countertops were much too boring. The desk was too big, and the poorly designed cabinet layout provided inefficient storage. The small island was just big enough to hold the cooktop with little working counter. Jean loves to cook (her chocolate cherry bread pudding is to die for), and she needed an efficient kitchen. Of course, it had to look beautiful too!

Jean put her thoughts together, decided on a budget, and contacted **Barrington Kitchen & Bath Studio's** Kaye Hathaway, a Certified Kitchen Designer and Certified Interior Designer, to help her develop a new plan. "Jean was very frustrated by her island," Kaye explains. "The builder had obviously put it in because 'island's are hot'. She felt it made her kitchen into a racetrack. She was always running around it. Similarly with the desk; builder's often include generically popular items so the house "shows well". One of the advantages of remodeling is having had the chance to live with those 'hot' items and find out if they are working for you. If they're not working, we can change them."

So the island was kissed good-bye. The built-in oven and cooktop were replaced by a 36" commercial style range with a custom wood hood. A built-in hutch with wire-mesh doors replaced the desk. "I replace many desks with message centers, which contain desk-type storage but no seating," Kaye says. "With cordless phones, we're no longer tied to a particular area. Often that space can be put to other uses."

Jean wanted a light country-French look in her new kitchen. The glazed painted cabinets she had



Homeowner Jean Arsaga (right) and designer Kaye Hathaway checkout the new stainless steel range. Note the built-in tiled niche, so handy for oils & spices.



The Arsaga's old kitchen was dark and cramped.



This built-in hutch replaced the old desk (right). Notice the wire-mesh doors, fluted trim and top display area.

seen carried a big price tag. Kaye showed her a new finish from Crystal Cabinets which could be done on a routed raised-panel door. This process not only eliminates concerns about stress cracks but is priced about 20% less than a comparable finish on a standard raised-panel door. The savings allowed Jean to include the decorative details she craved like reeded posts, fluting, a multi-piece crown with pencil mold detail and a doweled plate rack.

If your kitchen is not meeting your family's needs, it may be time to start fresh. Each of the designers at **Barrington Kitchen & Bath Studio** has had many years experience in providing special places for special people. We invite you to put our team on your team. Visit our beautiful showroom at 319 W. Northwest Highway (next to Idlewood Electric) or call us at **847-381-3084** to discuss your project.



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Not all contractors are the same. Some are not up front and honest. Some don't specialize in the repair or replacement of older air conditioners. They may only carry one brand, and they seem to be at a loss when it comes to servicing a unit they've never seen.

Others only jump into the business during the busy season and are hard to find when you really need them. Often, they fail to show up on time while you waste your entire day waiting. And worse, when they do finally arrive, they act as though they were doing you a favor!

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When we arrive, we'll diagnose your air conditioner and give you the repair cost up front from our Professional Service Institute **Straight Forward Pricing™** guide. We even have a clear and concise way to show you whether or not you will need to replace your air conditioner. And our repair service is **guaranteed in writing.**



John Fodor, Wizard of Comfort

Your equipment is **"Fixed Right Or It's Free!"™** And if we have to come back at any time during the summer season, we'll repair your air conditioner absolutely free!

If we sound like the kind of air-conditioning contractor you're looking for, please call us and schedule your appointment. There's much more to the way we can guarantee your comfort throughout the entire year. Call us at **1-847-842-0520** today. You will never be disappointed!

Polar Refrigeration, 508 Roslyn Rd., Barrington, IL, 60010.

The Early Bird Gets the Worm

At **Kimball & Bean**, it is never too early to start planning for yearlong garden success. In addition to being the best source for 18th through 20th century architectural antiques, **Kimball & Bean** always has a large selection of unusual garden ornaments and outdoor furniture to complete your exterior decorating. We stock everything from 15th century Verona limestone thrones fit for the grandest palazzo to tiny cast iron figurines small enough for a table top terrarium. New spring stock arrives daily from all around America and abroad.

Go to www.kimballandbean.com and sign up for our email notification. You will receive periodic updates of what's new in the store and upcoming special events at **Kimball & Bean**. You will also be able to see us at the **Chicago Botanic Garden Antiques and Garden Faire** April 19, 20 and 21.

Beau and Nancy Bean Kimball are frequently cited as experts on architectural salvage, reuse and restoration and home decor. They have appeared on or been consultants to numerous television and radio programs, including *Home Again with Bob Vila*, *This Old House*, *Hometime*, *At Home with Kitty Bartholomew*, *At the Auction*, *Mr. Fixit*, *National Public Radio*



and most recently to be featured in a half-hour segment on *The Good Life* a popular lifestyle show on HGTV.

Kimball & Bean is open 10 a.m. to 5 p.m., Wednesday through Saturday and noon to 5pm on Sundays. We are located at 3606 S. Country Club Road, Woodstock, IL, 60098, halfway between Crystal Lake and Woodstock. Call **815-444-9000** for directions or visit www.kimballandbean.com for directions and to see pictures of the store.

Lake Zurich Garden Club March Meeting

The monthly meeting of the Garden Club of Lake Zurich will be on March 5 at 7:30 p.m. at the Foglia YMCA on Old McHenry Road.

The program "Not Just a Pretty Face" on annuals will be presented by Joann Loebel, landscape design consultant, gardening consultant and environmental consultant of the Garden Clubs of Illinois, Inc. and the National Garden Clubs, Inc. She is a noted photographer and lecturer on

a myriad of gardening and horticultural topics and has written a book on plants for dried arrangements.

The Lake Zurich Garden Club consists of men and women who are interested in all aspects of gardening. The club is a member of both The Garden Clubs of Illinois, Inc. and the National Garden Clubs, Inc. Visitors are always welcome.

For more information, please call 1-847-382-2621 or 438-0860.



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No Matter What Condition, Your Old Vehicle Can Help Home of the Sparrow

Approximately 75 percent of women who enter Home of the Sparrow, a transitional shelter for homeless women and their children, are faced with the dilemma of no transportation. Because of this growing need, Home of the Sparrow has joined with Charity Cars, Inc., a not-for-profit organization that provides vehicles to disadvantaged families. This organization, which relies heavily on publicly donated vehicles, will provide vehicles for clients of Home of the Sparrow.

Home of the Sparrow is seeking the public's assistance to ensure the success of the program. The public is encouraged to donate vehicles, no matter the condition. The donation is tax-deductible.

If you have a vehicle to donate, call 1-877-891-3013, Home of the Sparrow's personal Charity Cars affiliate telephone number. Once Charity Cars has taken your information over the phone, they will immediately contact their towing service. Within 24 to 48 hours, the towing service will contact you to schedule a convenient time to pick up your vehicle at no charge.

Charity Cars will provide Home of the Sparrow clients with vehicles that have been refurbished to insure safety and reliability, a license plate, the down-payment for insurance, emergency roadside assis-

tance membership, a service warranty, and case management services. Vehicles are registered and titled in the recipient's name. However, Charity Cars retains a lien on each vehicle for one year, so the vehicle cannot be sold. Recipients must be employed within 30 days upon receipt of the vehicle and must remain employed throughout the lien period.

Home of the Sparrow's executive director, the Rev. Karen R. Stunkel, expects to have a steady source of reliable vehicles for clients through Charity Cars. She said, "What Charity Cars provide for us is a way for people to donate vehicles that may not be appropriate for our clients' needs. Charity Cars provide the preferred assessment of the vehicle and, at the same time, they provide the tax benefit to the donor."

Since 1986, Home of the Sparrow has provided shelter and support services to homeless women and their children. Services are provided through three shelters located in Crystal Lake, McHenry and Palatine, and 13 transitional apartments located in Cook and McHenry counties.

For questions about Home of the Sparrow, call 815-344-5171. To find out more about Charity Cars, check out their Web site at www.charitycars.org.

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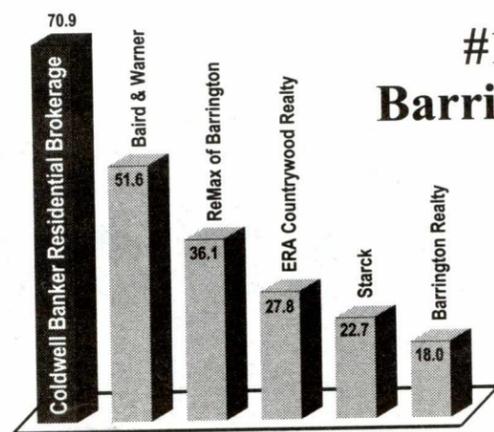
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New Generations Reaches Out to Help Catholic Charities' Homeless Families in Transition

New Generations, an adult-sponsored, teen-governed organization for youth activities, has joined forces with Catholic Charities in support of the Teens Helping the Homeless Outreach Program.

The program was developed and is coordinated by Donna Hoffman of Des Plaines, board member for Hearts for the Homeless.

Under the leadership of Julie Kerr of Barrington, Community Services Program coordinator at Barrington High School, New Generations members recently collected baby items, paper goods and clean-

ing supplies. These items are for use in The Catholic Charities' Northwest Suburban Family Shelter apartments, maintained for homeless families in transition. The shelter provides assistance for families regardless of ethnic, religious, racial or economic background and helps them to regain personal independence and dignity.

For information on Teens Helping the Homeless and The Catholic Charities Northwest Suburban Services and how they may be of help, please phone 1-847-376-2100.

Landscaping...Dumb Money/Smart Money

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

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

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

Dumb money is cutting back, digging out, and replacing what died or overgrew their bounds in just a few years. **Smart money** is lining up the next putt.

Spend wisely... *the naturalizing landscapes.* 847-438-8890.



Tips from the Top

Margaret R. Semrad
Broker/Manager
Barrington Office

**COLDWELL
BANKER**

RESIDENTIAL BROKERAGE

Yes, **Coldwell Banker Residential Brokerage** moved. When we began to bulge at the seams, because we had grown and flourished, it was time to move on to larger quarters. We had our Ribbon Cutting Ceremony on Feb. 27. We are housed in the newest and largest office building in downtown Barrington. Due to unrivalled customer service and innovative marketing we, **Coldwell Banker**, have had truly remarkable results.

Every day, there is change. There's no stopping it. The days of March are looking toward spring. What has happened in the first three months of 2002, and, more importantly, what's happened in your life?

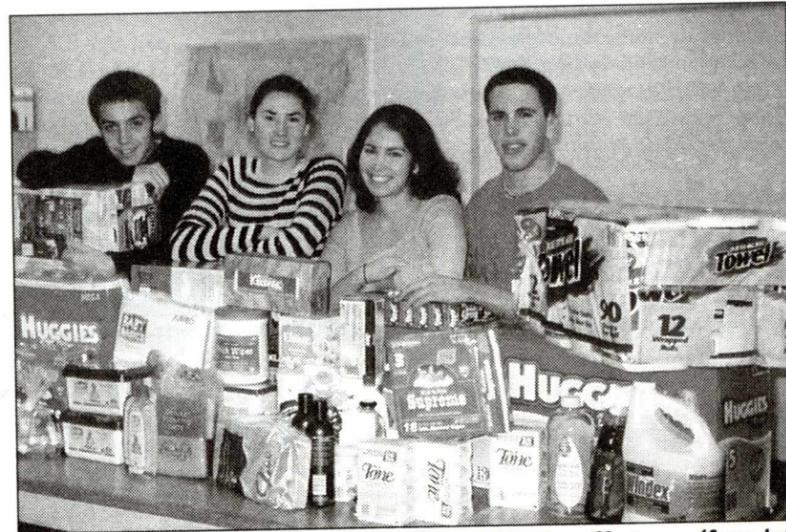
Over the years, I've talked about establishing priorities in life and setting goals. Many of us live from day to day (including me) without much thought as to what we are doing and why we are doing it. Many of us live dissatisfied lives, maybe because we are not living in homes that make us "sing." The home may be too large, too small, too dark or just full of

"not enoughs." Or, because of lifestyle, we just don't have the time or inclination to spend hours gardening or mowing grass when we would rather be doing something else. Then, it's time to make a decision.

Decisions cause anxiety. Sometimes we are paralyzed by fear... fear of the unknown. It takes courage to change things, even if we are changing things for the better. Courage is the magic that clears the path to real happiness. Nothing is started until there is action. Actions are decisions. What's your decision?

If your decision is to change your environment or your home, go to the phone and call one of our **Coldwell Banker Realtors**. Talk with the Realtor about what you want. Talk about your dream and how you can get it. That interaction can produce the best action. So call us today. You know that **Coldwell Banker** is the new dream house headquarters.

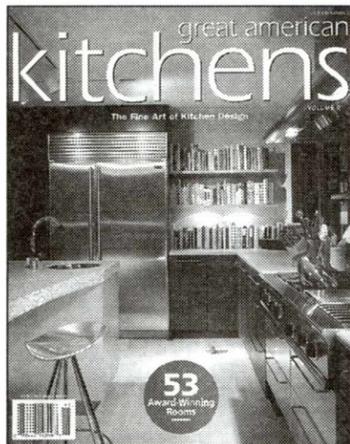
Happy St. Patrick's Day from all the leprechauns at **Coldwell Banker**.



Representing the 40 students who participated in the effort are: (from left) Travis Hall, Katie Kolar, Nicole Boscarino and Chris Strauss from Barrington.

Cover Story: Barrington's Best Designers Get Noticed—Again

If you have any thoughts of remodeling your kitchen, please proceed to any major bookstore and pick up a copy of *Great American Kitchens*. In it you'll find a multitude of ideas fresh from the minds of America's best kitchen designers, including Barrington's own Lisa McCauley.



Great American Kitchens is the latest national publication to feature a Barrington kitchen by McCauley Design.

McCauley Design provided this Great American Kitchen for a Barrington Hills couple who wanted an island of easy domesticity in the center of their busy professional lives. They wanted to smell the cookies baking when they walked into the room, even if they were just coming off the red eye and hadn't been home for a week.

To provide the sense of home, Lisa designed a series of freestanding cabinets that look as if they have been in place forever. For example, the commercial range is flanked by standing cupboards that cleverly hide refrigerator and freezer units. A writing desk, pie safe and tall storage cabinet were all specially built and placed not only to enhance the owners lifestyle but also to create a sense that the kitchen had evolved over a period of time.

To make the room comforting and familiar, Lisa incorporated elements of the couple's collection of antique furniture. The venting hood above the range includes built-in art-glass that the couple found in a Michigan antique store. The standing cupboards incorporate a saw tooth detail from a favorite hutch. The hutch was also worked into the kitchen design.

This is not the first time that McCauley Design has received national attention for its kitchen designs. The reason is simple: At McCauley Design, great creative work takes precedence over everything else. While we do sell the finest in kitchen cabinets, appliances, stone, and tile, nothing is more important to us than making sure that our clients wind up living in some-

thing beautiful.

When you come to McCauley Design, you get the best designers, you get the finest cabinets (in virtually every price range), and you get the attention to detail that will make your new kitchen a "cover story." Don't settle for less than the best. Come to McCauley Design.

Why the Best Doesn't Cost Extra

Our initial consultation is free of charge and can take place in your home. During that consultation you'll have a chance to see whether our ideas are the best before you commit to design fees. We'll also show you the difference between our design work and the type of design work you can expect from the typical cabinet salesperson. If you are not convinced that our design fees make sense, you need go no further. There is no high pressure at McCauley Design.

Most people opt to proceed with us because they like our ideas and because our design fees are fully credited against the ultimate cabinet purchase. Because our cabinets are competitively priced, there is no need to go bargain hunting. At McCauley Design you get the best design and the best value.

Marble and Granite

For years McCauley design has specified stone counters for virtually all of its projects. Granite is a favorite because of its special adaptability to kitchens. Virtually impervious to stains and scratches, granite will keep its looks for the life of the kitchen. Granite's natural beauty is unsurpassed, as each slab features a unique grain pattern that adds life and drama to kitchen counters.

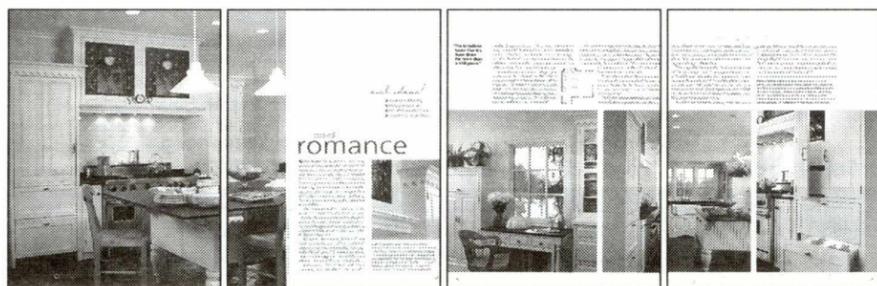
Now Barrington has a new source for stone countertops, floors, and ceramic tile, because McCauley Design is providing marble, granite and tile in its Barrington showroom.

Come in and see samples of marble, limestone, kirkstone, and other man-made aggregates, as well as exotic quartz and semi precious stone tiles. McCauley Design has large stone samples on hand so that homeowners can get a true feeling for the appearance of the stone they select.

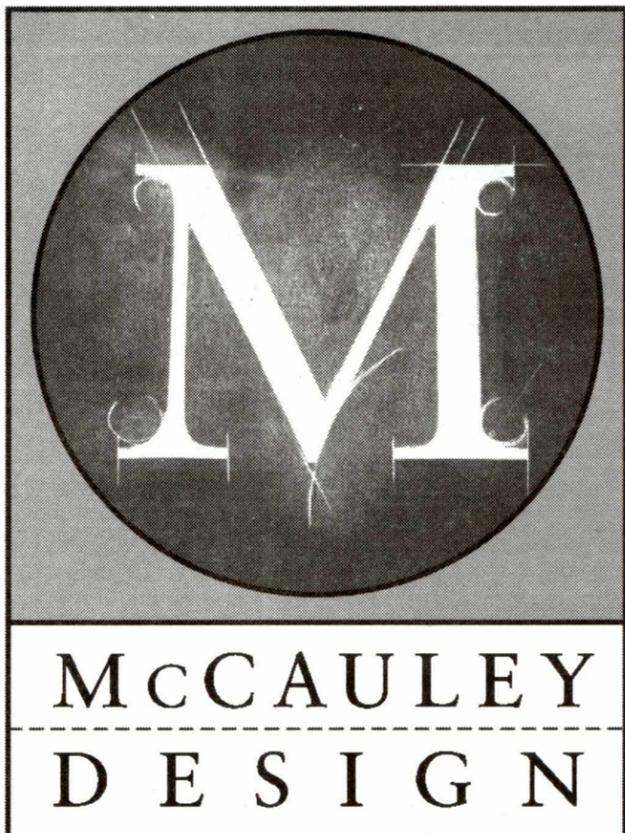
Now is the Time

Winter is the perfect time to start planning your dream kitchen. A new project is a great antidote for the winter blahs—or just a great way to occupy yourself until you can begin to think about planting flowers. Long winter nights are made for dreaming. Bleak winter days are great for planning. Start planning your dream kitchen now—with a visit to McCauley Design.

McCauley Design is located at 211 Park Avenue in Barrington, near the train station. Call 1-847-381-2742.



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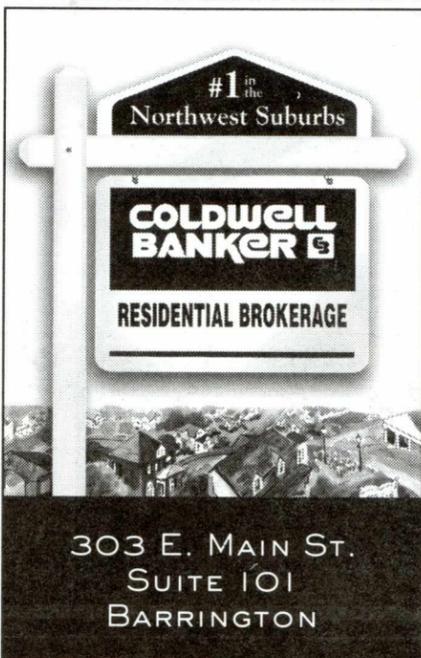


*You'll Love What We Do
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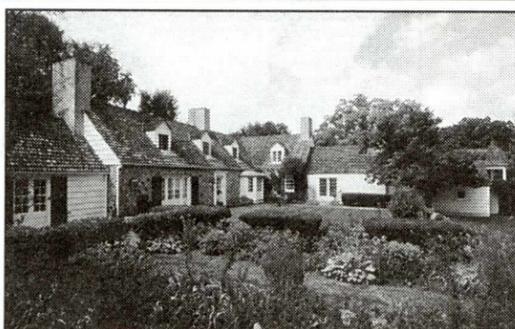
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303 E. MAIN ST.
SUITE 101
BARRINGTON



Barrington Hills
\$3,995,000

A long, winding drive leads to this idyllic country retreat set on 22 magnificently-wooded acres. Very secluded & private, charm abounds in this classic landmark home w/ 6 bedrooms, 7 fireplaces & two adjoining greenhouses. A spring-fed lake, pond, equine facility, pool, tennis court & dramatic coach house loft enhance this truly unique & special offering.

Donna Veller
847/277-2728



Barrington Hills **\$2,895,000**

Lakefront 6 BR, 6+ BA on 6.2 acres. Vol ceilings, LR & FR, island kit w/ top appls, sunroom, study, library, basketball crt & lux master suite. Guest house, pool & Jacuzzi.

Lockhart & Willis 847/277-2272



Barrington Hills
\$2,300,000

This exquisite English Tudor is set on 10+ magnificent wooded acres, including a large area for pasture. The outstanding Belgian brick & lannon stone home has solid English oak doors, floors & beautiful paneling. 5 bedrooms, 5 1/2 baths plus guest apartment. On riding trails.

Nancy Herr
847/277-2267



Barrington **\$1,245,000**

Lakefront 5 BR, 4+ BA home overlooking lake. Lux 1st flr master suite w/ Jacuzzi tub. Library, LR. Harris-built. Grand DR, 4 frpls. Huge fin walkout LL. Dynamite!

Ron & Jeanine VanDeVelde 847/277-2282



Barrington Hills **\$1,249,000**

Spectacular lakefront estate sited on 6+ acres w/ expansive shoreline. Long winding drive leads to this classic brick residence w/ 5 BR, 3 1/2 BA & open floorplan offering extensive lake views. Enjoy first floor MS w/ fireplace, luxury spa bath, private lakefront patio & adjacent study, creating an ideal adult retreat. Cozy coach house w/ studio apartment & 3-car garage, private stocked pond, greenhouse & excellent location just minutes from village of Barrington.

Donna Veller 847/277-2728



Barrington Hills
\$1,249,000

Boasting spectacular views & wooded privacy, this sprawling 6-bedroom residence w/ designer flair, offers a unique lifestyle. The generous, open floorplan features a luxury 1st floor master suite, huge walkout lower level w/ 2nd kitchen, gleaming hardwood, granite & more! Equine facility adjoins riding trails & 20 x 40 in-ground pool complete this lovely country estate.

Donna Veller 847/277-2728



Barrington Hills
\$889,000

Extremely well-built 5-bedroom, 4-bath Prairie-style home. 6.7 completely private wooded acres w/ fabulous views & 600 feet of frontage on Flint Creek. Set on private lane. Fireplace in living room, study & family room. Completely updated kitchen. Large living & dining rooms w/ high ceilings & window walls overlooking creek. Solid walnut paneling. Italian stone & cedar exterior.

Nancy Herr 847/277-2267



Barrington Hills **\$879,000**

6+ BR, 4+ BA home on 5+ acres in Barr Hills. Backs to forest preserve, Spring Creek. Multi-level brick & frame home. LR w/ wall of windows. FR w/ stone frplc. Rec rm.

Sue Goodfellow 847/277-2276



Cary **\$645,000**

Classy Verseman-built 4 BR, 3+ BA French country home. Hrdwd flrs, Corian countertops, custom "Tennessee stone" frplc in 2-story FR. 1st flr MBR. 3-car garage.

Ron & Jeanine VanDeVelde 847/277-2282



Barrington Hills **\$525,000-\$750,000**

POND GATE FARM—An affordable opportunity in Barrington Hills offering 12 5-acre select homesites. Bordered by forest preserve & miles of riding trails.

Donna Veller 847/277-2728



Barrington **\$595,000**

5 BR, 4.1 BA neoclassic vintage gem. Gracious home from another era affords a special lifestyle. Hrdwd t/o. Leaded glass & fine moldings meld w/ current features.

Donna Veller 847/277-2728



Barrington **\$571,964**

4 bedrooms, 2 full & 1 half bath w/ hardwood floors, English basement, many upgrades & choice 2-acre site w/ conservancy views.

Donna Veller 847/277-2728



Barrington **\$569,000**

Great Value! 4 BR, 2+ BA brick Georgian on 1.3 acres. in Fenview Estates. Hrdwd flrs. FR w/ built-ins. Sunrm. Deck w/ hot tub. Security system. New roof & gutters.

Ron & Jeanine VanDeVelde 847/277-2282



Kildeer **\$499,900**

4 BR, 2 full & 1 half BA Colonial on cul-de-sac. Study, 2-story FR w/ fireplace, gourmet kitchen w/ center island & pantry. Master w/ corner soaking tub & more. Fin LL.

Celeste Lockhart 847/277-2272



Crystal Lake **\$465,000**

Only 2-yrs-old! 4-BR, 3.5-BA in Berian Estates blt by MKM bldrs. 9' ceil. 2-story FR w/ frplc. Luxury MBR w/ huge walk-in closet. Finished LL w/ rec room. 3-car gar.

Ron & Jeanine VanDeVelde 847/277-2282



Lakepointe

Enjoy the Marina, Pool & Sandy Beach!



Lakepointe-Wauconda

Regatta **\$194,900**

Match your dreams to this lake-area 2-BR 2.1-BA townhome. 2-story LR, sun-filled loft, neutral décor, 2-car gar & private patio.

Regatta **\$214,900**

Townhome w/ custom finishes & numerous upgrades. Stunning 2-story LR, loft, 2-car gar, private patio & finished lower level.

Barbara Wessberg 847/277-2277



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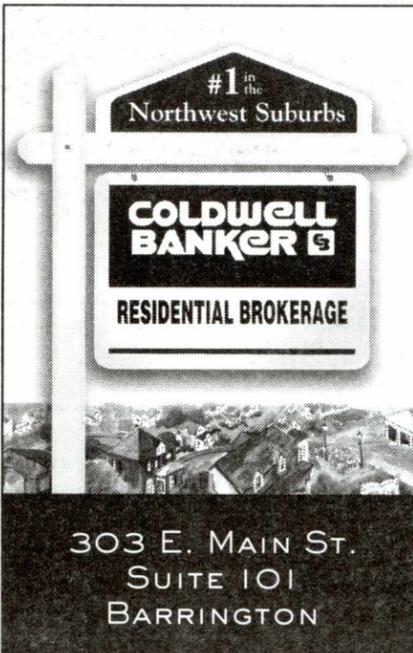


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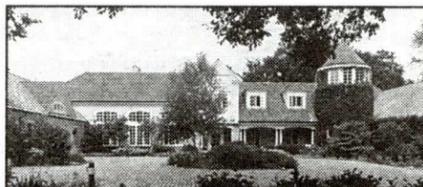
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303 E. MAIN ST.
SUITE 101
BARRINGTON



Barrington Hills \$4,999,000
Lovely estate on 17 wooded acres. Stone & cedar home w/ finest custom finishes t/o its substantial comfortable interior. 2 guest hses, pool, tennis court & 4-stall barn.
Meg Cleavenger 847/277-2259



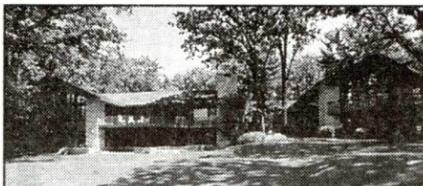
Barrington Hills \$3,999,000
New since 1996. Estate on approx 10 wooded acres. Exceptional main residence, 2 guest houses, pool, tennis court. Prime, protected location—timeless appeal.
Meg Cleavenger 847/277-2259



Barrington \$3,700,000
Beautiful waterfront 6 BR, 8+ BA home reflects fine architectural design & detail throughout. Volume ceilings, 5 frplcs, 2 kitchens & incredible indoor pool.
Meg Cleavenger 847/277-2259



Barrington Hills \$2,175,000
5 BR, 5+ BA stone estate on 12+ lakefront acres w/ expansive views of Hawley Lake. Enormous room sizes. Full fin walkout LL. Quality finishes & superior construct.
Meg Cleavenger & Greg Bradley 847/277-2259



Barrington Hills \$1,899,000
Gated lakefront 4-BR, 6.1-BA stone & cedar 12,000 sq ft estate on 6+ wooded acres. Boat house & dock. Fin walkout LL w/ staff quarters, 2nd kit. USGA golf hole.
Meg Cleavenger 847/277-2259



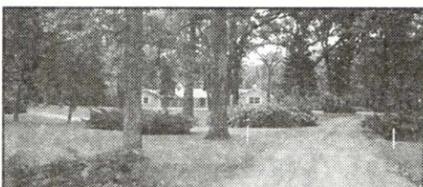
Barrington Hills \$1,775,000
Stunning 4-BR, 4.1-BA home. Kitchen w/ fire-lit hearth room, dramatic family room, delightful sunroom, finished walkout lower level. Lovely gardens, pool & 5-car gar.
Meg Cleavenger 847/277-2259



Barrington Hills \$1,499,900
All-brick classic w/ 5 frplcs, 9+ ceiling & more. Turret guest house has been remodeled w/ frplc & sep drive, 25x50 pool, cedar gazebo & barn. 8 acres w/ pond & creek.
Jack Sanderson 847/277-2278



Barrington Hills \$1,375,000
Charming 5-BR, 3.5-BA country home. Sparkling pool, pool/guest house, 3-stall barn w/ ample turnouts. Beautiful gardens, serene patio areas & tranquil pond.
Meg Cleavenger 847/277-2259



Barrington Hills \$969,900
Renovate existing house or build your own on heavily-wooded 10-ac property. Close to village, in prime BH area & can be subdivided into two 5-acre parcels.
Meg Cleavenger & Greg Bradley 847/277-2259



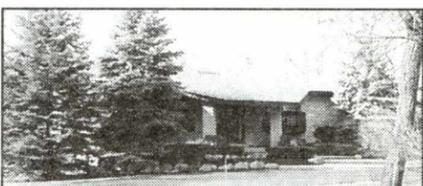
Barrington \$824,900
5-BR, 3.1-BA custom home on premier lot in Lakeview. Major renovation & exp in 2000 w/ great rm, 3 frplcs, state-of-the-art cook's kit. Walkout LL, deck & 3-car gar.
Meg Cleavenger & Greg Bradley 847/277-2259



Barrington Hills \$829,000
Totally updated in 1990! 4-BR, 3.5-BA home on 5 acres. Hardwood flr, 1st floor study, great master BR. Full fin bsmt. Screened entertainment center overlooks pool.
Sherl Wheeler 847/277-2772



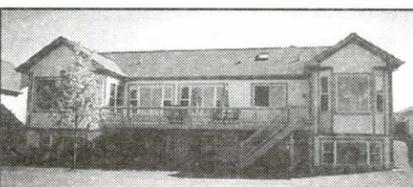
Inverness \$799,000
A world of elegance! 5-BR, 3.5-BA well-designed cstm home. Master suite w/ lrg walk-in closet w/ sep dressing area. Full fin LL walkout to gardens & exotic trees.
Margaret Semrad 847/277-2250



Barrington \$599,000
Handsome stone hillside ranch set on 2 wooded acres w/ pond offers open floorplan, soaring ceilings & fin walkout LL. New roof & carpet. Ready for immed occup.
Suzanne Luby 847/277-2777



Barrington \$575,000
Impeccable brick Georgian poised on lush acre is elegant, warm & livable. Stunning 4-BR, 3-BA home offers cook's kitchen, luxury MBA & gazebo.
Suzanne Luby 847/277-2777



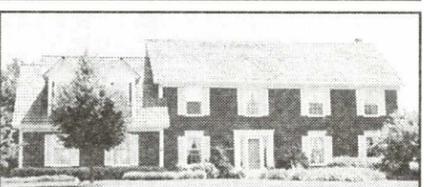
Huntley \$549,000
Built in 2000 at Del Webb's Sun City, set on the 6th hole. Pond views, 10' ceilings, 4 BR, 3.1 BA, hrdwd flrs, hickory kit cabs, full fin English LL w/ BR, BA, craft, frplc & rec area.
Sherl Wheeler 847/277-2772



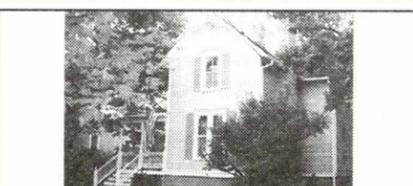
Kildeer \$539,900
4-BR, 2.1-BA home w/ priv, wooded backyard. Brick paver driveway. Hrdwd flrs. Study w/ built-in bookcases. Sunroom. Master suite w/ double whirlpool.
Celeste Lockhart 847/277-2272



Barrington Hills \$525,000
4-BR, 2.1-BA home equestrian property. Walls of glass, vol ceilings, 40x20 pool, 5-stall heated barn w/ ample turn out areas & sand ring. Adj to riding trails.
Meg Cleavenger 847/277-2259



Barrington \$518,000
Set on cul-de-sac on over an acre, this classic home offers crown moldings, hardwood floors, open kit, FR, huge MBR w/ study. Inground pool & perennial gardens.
Sherl Wheeler 847/277-2772



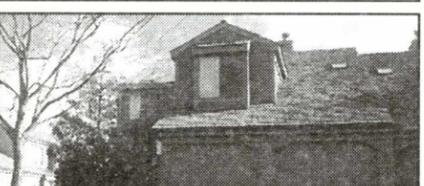
Barrington \$459,900
1886 vintage home on Lake St. features prime Village loc & charm. 4 BR (or 3 BR/1 den); 2 BA (1 ovrstd); LR w/ brick frplc; lrg kit w/ rm overlooking gardens & patio.
Meg Cleavenger & Greg Bradley 847/277-2259



Barrington \$418,000
4-BR, 2-BA historical home in the Village. Upd kit & BAs. New appl in 1999, carpet in 2001. Original hrdwd study w/ custom wainscoting. Screened porch & front porch.
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Palatine \$314,900
4-BR, 3-BA w/ hrdwd flrs, new carpet & neutral decor. Exp MBR suite w/ walk-in closet & whirlpool, new roof & windows. Private yard w/ deck & 2-car garage.
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Lk Barrington Shores \$229,900
2-BR, 2-BA end unit w/ panoramic views. Direct entry from garage. Vaulted ceilings in LR, DR, kitchen & master BR. Fireplace in LR. Huge kitchen w/ arched windows.
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Join us in celebrating the first weekend of spring

Saturday, March 23rd 9-5 p.m.



Geimer Greenhouses, Inc.
Garden Center, Nursery & Landscaping

1/2-mile N of Lake Cook Rd. on Old IL Rte. 53 (Hicks Rd.)

Employees of Discover Card Volunteer at Countryside



Through United Way, Celebration of Car-ing, 75 employees at Discover Card in Riverwoods, Ill., volunteered their time to do yard work, paint both inside and out-side the buildings, and other miscellaneous jobs at Countryside Center in Palatine. The Center wants to thank them for a job well done.

Emkay Offers Great Selection of Pre-Driven Vehicles

Emkay offers a great selection of pre-driven vehicles. These vehicles come from our corporate lease returns. They are typically one-driver vehicles with complete maintenance histories.

Emkay brings in the best vehicles in our fleet from around the country and offers them to the public for huge savings. Emkay averages about \$4,500 under Kelly Blue Book. Compared with CarMax, who

advertises \$1,000 under Kelly Blue Book, our savings are substantial. And our friendly and no-hassle one-price system takes all the car buying games out of the picture.

Extended warranties and financing are available on most vehicles. If you want an updated list, please call, and we will be glad to send you the most recent copy.

Free Gardening Seminars Highlight Geimer's Open House



Tree, turf, gardening and landscape experts will all be on hand at Geimer's First Annual Spring Open House on Saturday, March 23.

Northwest Suburban gardening enthusiasts will celebrate the first weekend of spring in a big way when Geimer Greenhouses of Long Grove hosts its Grand Opening and First Annual Spring Open House on Saturday, March 23, from 9 a.m. to 5 p.m. The event will offer a full day of fun, food, entertainment, door prizes and specials on indoor and outdoor plants.

Tree, turf, gardening and landscape experts will be on hand to answer your questions throughout the day. In addition, free gardening seminars are scheduled for every hour throughout the day. Topics

will include "Tree Care & Disease Prevention"; "Cold-Hardy Roses"; "Designing with Perennials"; "Getting into Water Gardening"; "What's Hot, What's Not in Gardening"; a "Kid's Clinic" on seed starting; and more.

The Open House is free and open to all area gardening enthusiasts. Geimer Greenhouses is located a half-mile south of Long Grove Road on Old Illinois Route 53.

Geimer Greenhouses, Inc. is a family-owned nursery and garden center serving the Northwest Suburbs since 1928. For information, call 1-847-358-6363.

SEDOL Foundation's 11th Annual Heart of Gold Dinner Dance

Nearly 400 guests are expected to attend the SEDOL Foundation's 11th Annual Heart of Gold Dinner Dance on Saturday, March 9, at 6:30 p.m. at Concorde Banquets in Kildeer. Tickets are \$175 per person and include a reception, dinner and auction with all proceeds benefiting Lake County's children with special needs.

The black-tie event is chaired by Debra Gonzalez of Lake Forest and Pam Saxelby of Libertyville. Corporate sponsors include: Abbott Laboratories, Allegiance Healthcare Corporation, Baxter International, Inc. and Kemper Insurance Companies. The event will include a live and silent auction, with air transportation courtesy of American Airlines. Live auction items include: a luxury cruise for two aboard Seabourn Cruise Line, a Hana K Shearling Coat, Chicago Cubs skybox and more exciting prizes.

The SEDOL Foundation serves physically and mentally disabled children and their families. Founded in 1991 by the Special Education District of Lake County, the foundation is dedicated to helping these children, their parents and siblings with support and services that the district cannot provide.

"The Foundation seeks funds and other resources for these special families, many of whom are stretched both financially and emotionally in ways most of us will never know. For them, the list of needs is extremely long and growing," said Wendy Smith, executive director, SEDOL Foundation.

Sponsor tables of 10 are available at the \$5,000, \$2,500 and \$1,750 levels. For more information or to order tickets, please call the SEDOL Foundation at 1-847-680-0022.

From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford

The 94th Chicago Automobile Show has just ended. This is the largest show held by the auto industry. We had five salespeople attend this year's show at McCormick Place. During their six-hour shifts, they had an endless flow of customers visiting the rainbow display of the 2002 Thunderbird, Ford Motor Co.'s latest model introduction. The all-new 2003 Expedition was also on display. We are anticipating the 2003 Expedition to arrive in our showroom this May.

From improved front and rear fascia designs to redesigned, ergonomically friendly full-grip door and lift gate handles to the new instrument panel architecture, Expedition designers and engineers crafted every detail to delight consumers. The 2003 Expedition also offers state-of-the-art safety features combined with "vault-like" structural integrity. Four new colors have



also been added to the line, making this full-size sport utility vehicle the "King of the Road" in style and safety.

A Great Selection of Specialty Vehicles

Emkay Car Rental offers a great selection of specialty vehicles for short-term rent. **Emkay** has the new Buick Rendezvous. This unique vehicle combines the minivan with the SUV. **Emkay** also has the new Chevrolet Trail Blazer or the Ford Escape for your SUV needs. **Emkay** also has an outstanding selection of European imports. The BMW 3 and 5 Series, Volkswagen Passat or the Saab 9.5 are just a few of the models available. If a minivan is needed, the Oldsmobile Premier with built-in VCR, Chrysler Town & Country Lxi or the Toyota Sienna will do the job.

Please call us for availability, prices and other unique selections.

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

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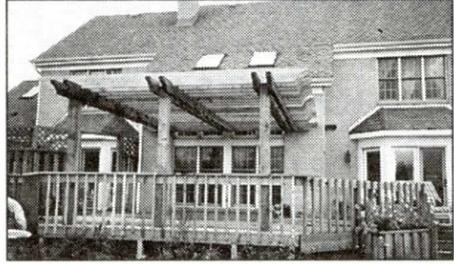
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Reiki Path

(Continued from page 16)

We do deep-guided meditations to elevate our frequency; we discuss advanced metaphysics; we work techniques to enhance our ability to clairvoyantly see the energies we are working with; and most importantly, we have the opportunity to come together and share Reiki with like-minded people.

My name is **Pamela Arwine**, and I am a holistic therapist certified in all levels of Usui Reiki, Karuna Reiki, spiritual and intuitive counseling, Rubenfeld Synergy, Gestalt Therapy, hypnotherapy and Thought Field Therapy. I'm the founder

of Healthquests Mind Body Healing Arts as well as the HQ Holistic Practitioners Network. I have studied various forms of Reiki locally with three different teachers, as well as in California, Hawaii and Michigan. I have practiced Reiki daily, both professionally and for myself, for seven years. I am a category A provider for CEU's with the NCBTMB.

If the type of program I have to offer appeals to you, please call **815-455-4502** or visit online at www.healthquestsonline.com to see what others have said about this work.



Glare-Not Window Tinters Provides Savings Year Round

Improve appearance with the elegant look of window film. Residential films are now backed by a manufacturer's lifetime warranty. Solar Gard, Sun Gard and 3M films come in a variety of densities from clear to blackout or neutral to reflective with a natural and beautiful look. Neutral films keep the same look of the trees, grass, and blue sky.

Window film rejects up to 98% of harmful ultra violet rays which is a major contributor to fading of furnishings, carpets, drapes, pictures, etc.

Solar Gard, Sun Gard and 3M also improves efficiency by rejecting up to 79% of the sun's solar energy in the summer and insulating your home to retain heat in the winter, meaning less money going to our favorite people (electric co.) and remaining in your pocket.

Window film also increases safety with pressure sensitive adhesive. The adhesive

bonds the film to the glass helping to hold fragments in place if glass breakage were to occur by a golf ball, baseball, or burglar, making glass shatter resistant.

Glare-Not Inc. has provided savings and security for 10 years in Barrington, Long Grove and the north shore area. Remember all Solar Gard, Sun Gard and 3M films are backed by a manufacturer's lifetime residential warranty. Many locations are tinted by **Glare Not**, including: Brach's Candies in Chicago, Avon Corp. in Morton Grove, two Ace Hardware corporate offices, four Armcore banks, First National Bank of Chicago, plus 1,000's of homes. References are available upon request.

We look forward to saving you money!!!

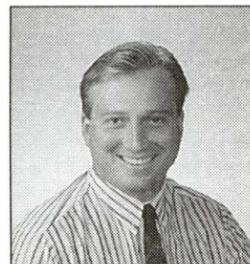
For further details, please call **1-847-382-8468, 815-363-8468 or 1-847-812-5499 cel.**

Back by popular demand: WINDOW CLEANING. Call for an estimate.

Let's Get Ready for Summer!



Bill Schafer—President



Joe Schafer—Vice President

For most of us, except the snow bunnies, this is the time of year we look forward to—lengthening days, warmer temperatures, and the incredible urge to get outside after hibernating in our homes.

Once we start spending more time outside, we notice that there's a little spring cleaning to do to our home's exterior. Maybe we need new siding. Or a roof. And maybe those doors and windows need replacing. Exterior maintenance is something we have to do, not only for what the realtors call "curb appeal," but because our home is our biggest investment and we can't let that deteriorate.

Schafer Builders, Inc. is your one-stop, complete home remodeling service. We do small maintenance jobs as well as the bigger projects. One call does it all.

And we can also help you with the fun stuff. Look through home magazines like *Better Homes & Gardens* or *Country Living*. At this time of the year, they're featuring wide open porches and decks filled with wicker furniture and plump floral pillows. Potted plants line steps and

whitewashed woodwork. And there's that glass pitcher full of lemonade. Always, the sky is blue with brilliant sunshine.

This can be your dream. Decks and porches extend the living space of the house. Done well, they enhance the architecture and create wonderful spaces ready to be filled with family memories.

Speaking of dreams and family memories, there's one more we'd like to help you with—splashing around in your heated swimming pool.

Schafer Builders, Inc. installs solar panels that will help you extend your swimming season. Once the unit is paid off, the sun's free energy will keep your pool heated and your utility bills down. Call for more information. The sooner you get this system installed, the sooner you can open your pool and enjoy it while your neighbors are still shivering!

For all your home dreams, call us at **815-459-1333**, or visit our showcase office at 43 East Crystal Lake Ave. in downtown Crystal Lake.

Let's get ready for summer!

Barrington Lyric's Second Annual Do-It-Yourself 'Easter' Messiah

Everyone is invited to the second annual Do-It-Yourself 'Easter' *Messiah* at 7:30 p.m., Saturday, April 13, in the magnificent St. Anne Catholic Church, 120 North Ela Street in downtown Barrington.

Sponsored by Barrington Chapter of Lyric Opera of Chicago with Barrington Bank & Trust as a major co-sponsor, the Do-It-Yourself 'Easter' *Messiah* is free!

Under the baton of Douglas Schneider,

guest soloists and those wishing to sing will be accompanied by a chamber ensemble of trumpet, harpsichord and string quartet. Musical scores will be available for purchase.

For more information on the Do-It-Yourself 'Easter' *Messiah*, please phone Ed Plagemann, 1-847-381-6959, or George Obermaier, 1-847-985-0837.

Stonecrafters' Grand Opening New Lakemoor Showroom with State-of-the-Art Production Facilities

Come to **Stonecrafters**, your one stop for gourmet granite kitchen tops and much, much more!

Who is **Stonecrafters** and what do we do? We're a family-owned company, a natural stone fabricator and importer, located in the Northwest Suburbs for the past 13 years. We just moved from Wauconda to our new showroom and plant in Lakemoor in May 2001. We employ 26 people who are all specialists in stone cutting and true, professional customer service.

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

We specialize in granite, marble, limestone and silestone. Most people are familiar with the first three, but silestone is something fairly new. It's made of 93 percent natural quartz materials and 7 percent resins and pigments. This combination results in a scratch-resistant surface that is

very easy to maintain. Although silestone is a hard surface, it retains a measure of strong flexibility that makes it less likely to chip or crack than natural stone. It's virtually maintenance-free and resists permanent stains. And we have a large selection of surface colors in our silestone line that you just need to see!

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

Obviously, every order starts with custom measurements and ends with a quality installation by our experienced staff. All service work is complete within seven days, and we pay attention to details. That's what makes us different. We also have an on-time delivery guarantee, or take \$20 off per workday that the order is late.

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

"Gardens of Hope" Charity Social Kicks Off Three-Year Campaign

This year's annual charity social, "Gardens of Hope," kicks off of a three-year campaign to guarantee the success of Home of the Sparrow's expanded programs. The social will be held at the Boulder Ridge Country Club, 350 Boulder Drive, Lake in the Hills, on Saturday, March 9.

The evening will begin at 6 p.m. with a reception, cocktails and butler-style hors d'oeuvres. A light buffet supper will be served at 7 p.m., and the Donor of the Year Award will be presented at 8 p.m. The evening will also include the introduction of the "Gardens of Hope" Capital Campaign, a special performance by Grammy-nominated Maureen Christine and dancing with the 1st Choice Orchestra. Home of the Sparrow invites the community to "come with us this spring to plant 'gardens of hope' for homeless

women and children."

Home of the Sparrow is growing into a vision which began 15 years ago. The "Gardens of Hope" campaign will provide the financial stability to: provide over 25,000 shelter nights annually; support the bricks and mortar and dedicated staff; provide for immediate needs such as clothing, clean linens and emergency food; help residents garner life skills, financial knowledge and job training; and provide on-site counseling, intervention and children's programs.

"Gardens of Hope" will also provide an opportunity for donors to connect with resident families.

For more information about "Gardens of Hope" and Home of the Sparrow, contact director of development Dorothy Szlagor at 815-344-5171, ext. 29.

Deadline!

The deadline for the **April Issue** is **Thursday, March 14.**

Please send your press release/advertising materials to:

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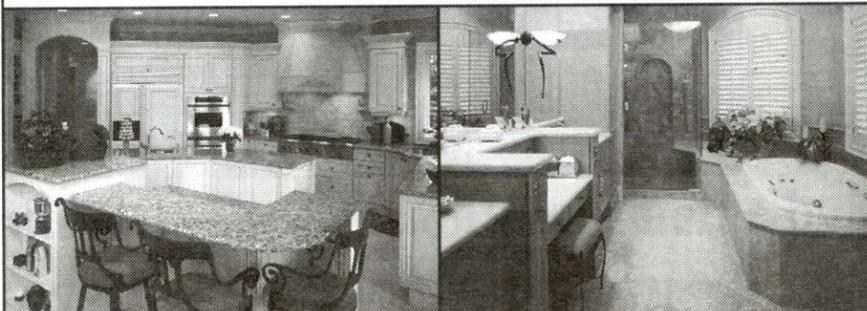
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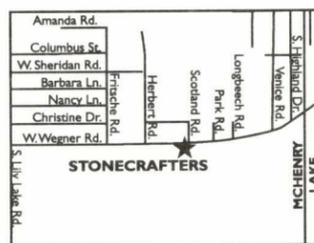
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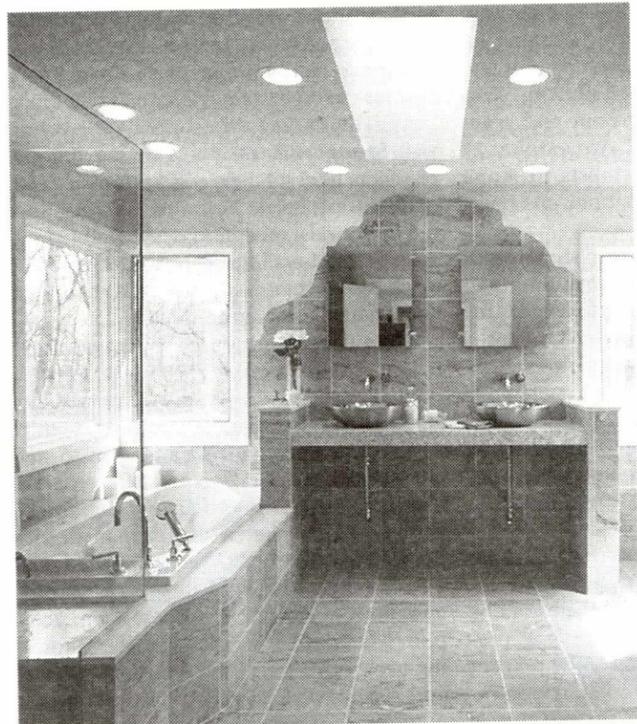
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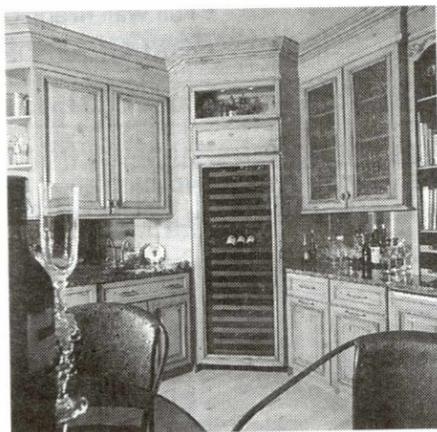
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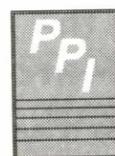
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New CardioStrides™ — Raise Your Metabolism While Walking!

Walk, Don't Run

The cover story of the Jan. 21, 2002 issue of *Time* was called "The Science of Staying Healthy." In it was an article called "Walk, Don't Run." It said that walking may be "the perfect exercise." (See www.time.com/time/covers/1101020121/walking.html.)

In the article, Dr. JoAnn Manson, chief of preventative medicine at Harvard's Brigham and Women's Hospital, said, "If everyone in the US were to walk briskly 30 minutes a day, we could cut the incidence of many chronic diseases 30-40%." She also said regular physical activity "is probably as close to a magic bullet as we will come in modern medicine."

Walk Your Way to Health

Want to turn your everyday habits into a fitness workout? Now you can with Nikken CardioStrides!

CardioStrides are more than athletic shoes. They incorporate a classic fitness principle—gentle muscular resistance—to help you get the exercise you need just by walking.

Weighted CardioStrides help tone and firm your muscles just by walking in them. Full-ankle support makes CardioStrides a safer way to stroll. And walking in CardioStrides can even help amplify the benefits of physical activity—increased heart rate, oxygen intake and metabolic rate—to help burn calories. CardioStrides can help you

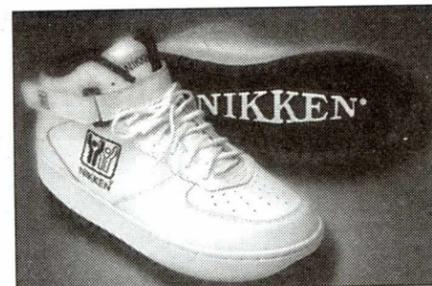
get the exercise you need every day. So, if you don't have the time to exercise... CardioStride!

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The slight increase in muscular resistance that CardioStrides add can make a walk a workout. In a program of low-impact exercises, CardioStrides can help tone and firm muscle on the way to a leaner, slimmer physique. Exercises that work various muscle groups can even improve muscle tone in the lower back, abdominal and hip area. The result is a better shape all over.

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Spring Planning with SanFilippo Landscape

No matter what you do in life, planning is important. It gives you direction and helps you get where you want to go. Sometimes, the planning can be done without help. But more often than not a professional is needed.

At **SanFilippo Landscape**, we offer the planning help you need when it comes to the landscaping of your home or office. Through education and experience, we take an existing situation, blend it with a client's needs and still make it look good and feel right. Picture a juggler with three or more balls and you get the idea of what creating a design is all about. Everything must be considered—building location, drainage, lot size and direction, neighbors, existing plantings, budget—and don't forget the most important consideration—what you want! Do you entertain, enjoy gardening, have plans for a pool, require

low maintenance? Remember, no one can give you what you want until they know what's important to you.

The Plan

Once you've established your needs and have the plan in front of you, how do you know if it's a good design? Many people have a hard time understanding what those symbols on a plan represent, so we would like to share with you some ways to understand what the drawing is trying to tell you so you'll be better able to judge the quality of your landscape design.

All plans should place your residence and all other structures on the property in their proper location—a survey is required to do this—and drawn to scale. The diameter of each circle represents the tree's or shrub's spread. Architects/designers usually have a style of drawing that helps you

differentiate the different types of plants used, i.e., deciduous, evergreen, ground-covers. And always keep in mind "the right plant for the right location." A plant's mature size must always be considered, so you don't have too large or too small a plant for a given area.

Plant Materials

All plants are not created equal. In your design, try to pay attention to variety in the texture, color and size of your plant materials. A good mix of heights give a landscape dimension, while large groupings of the same plant can help create variety in texture and color throughout all seasons. Also, once the choice of plants is made, ensure that they are adapted to our climate. We recommend materials that have been grown in Northern Illinois/Wisconsin nurseries. Many lawn and garden

centers sell bulk plant materials with undersized root systems to accommodate volume shipping. Many of these same plants often come from the South, allowing them to be more prone to disease and unable to handle our winters. Another consideration is plant size. Professional nursery stock is larger and helps create a more pleasing look during the first season before the plants are established.

Questions to Ask a Contractor

So, if you're in the market for a firm that can handle the whole project, make sure to ask lots of questions: Where do your plants come from? Are you primarily in the maintenance business? Can you help me with grading and drainage? Are your designers licensed architects? So, start with a plan and give Michael SanFilippo a call at **1-847-381-1611**.

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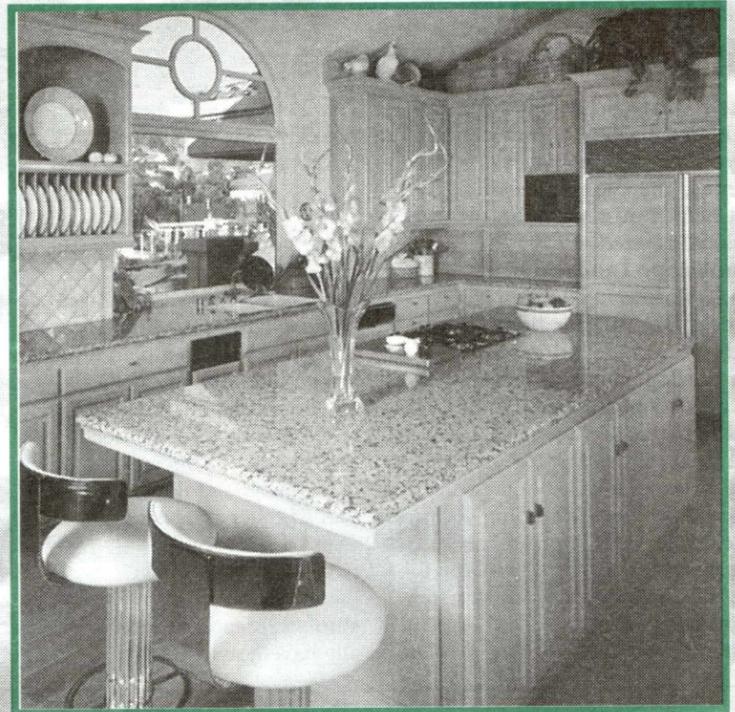
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