

# BARRINGTON LIFESTYLES<sup>T.M.</sup>

The News Magazine for the Greater  
Barrington and Surrounding Areas

\$1/News Stand Price

January, 1997

A 1997  
Focus On *Beauty, Health & Fitness*

## 1940's Revisited!

Friends of Sparrow Get "In the Mood"  
with Cocktail Hats, Glitz & Glamour

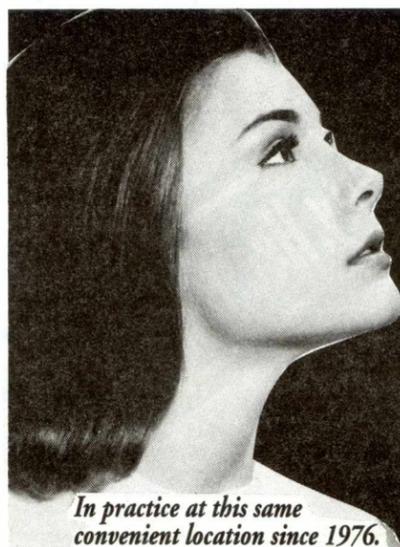
Dazzling Performances  
Of *The Nutcracker*  
By BYDE

Safety Town Seeks  
Funds For A  
Permanent Home

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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.

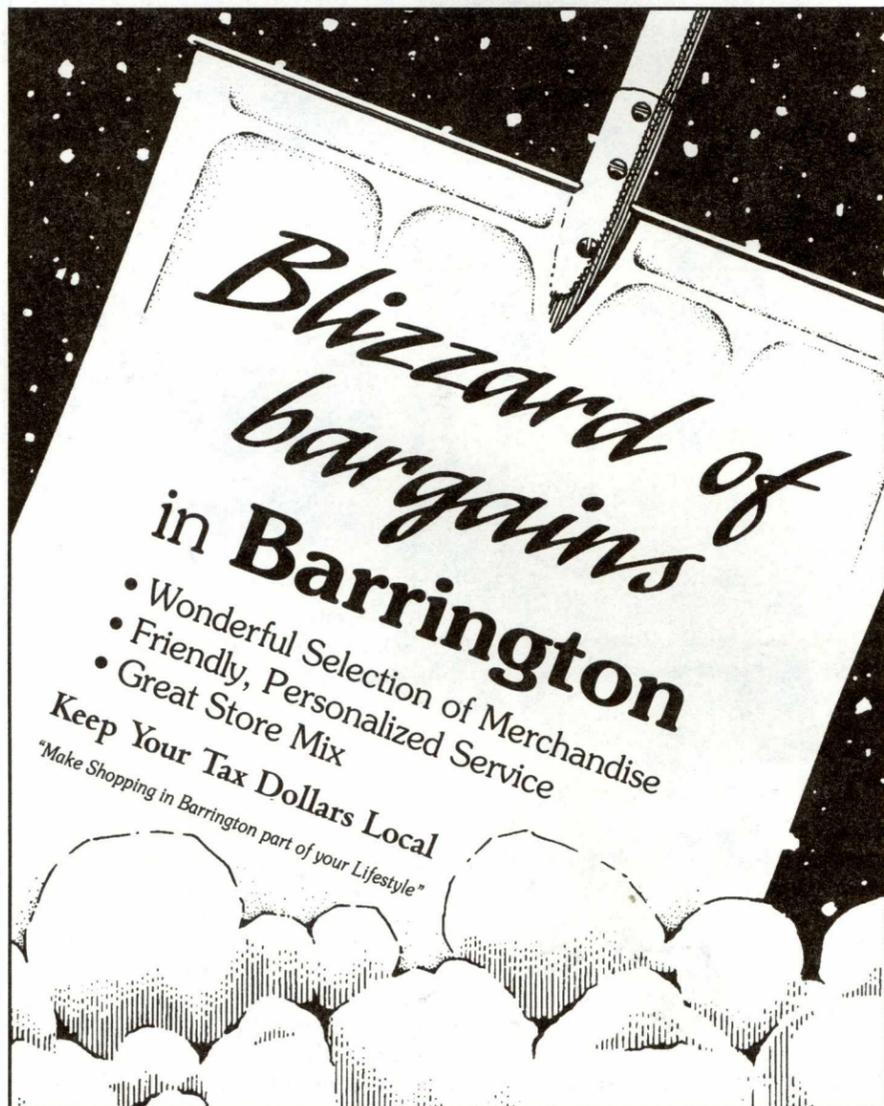
Nowadays thousands of women make appointments every week with their electrologists, but very few openly tell their friends or relatives about the positive results. Most people are too embarrassed to mention facial or body hairs, and so the facts about permanent removal must often be learned from responsible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

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Page 2 Barrington LIFESTYLES – January, 1997

# BARRINGTON LIFESTYLES<sup>T.M.</sup>

The News Magazine for  
the Greater Barrington Area

Published by  
**G.M. McMonigal ENTERPRISES**  
Glenn M. McMonigal, Editor  
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## Editor's Ink

January, 1997

Dear Reader,

1996 was quite a year! And it ended with some memorable happenings. Among these happenings was the Friends of Sparrow "In the Mood" gala held in November at the Biltmore Country Club in Barrington. One of the fun parts was dressing in the fashion of the decade. Members and guests donned cocktail hats, gloves, sequins and fur stoles and greeted each other in the "U.S.O."-style bar. The glitz and glamour of the nightclub scene for dinner was perfect. Later, everyone danced to the music of the Bill Sargent Big Band and Rodo Sisters vocalizations. Approximately \$45,000 was raised to benefit the transitional support shelter for homeless women and their children, Home of the Sparrow.

The BYDE performances of *The Nutcracker* were the perfect way to begin the holiday season. The productions were dazzling. It is an event that the Northwest Suburbs have come to look forward to each year.

Happy "1997" everyone! May this year be a healthy, happy and prosperous one. Until next time, may all your thoughts be sunny.

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



## About Our Cover

From the Autumn-Winter 1996-1997 Pret-A-Porter Jean-Louis Scherrer Collection, created by Bernard Perris, Paris.



## 1940's Revisited!



*Nancy Gotsch and Pat Galus, co-chairs of the event help Melissa Galus, Cindi Booth and Joy Pampinella get ready to sell gardenia corsages.*



*Attending the November "In The Mood" party were Wanita Lampkey and Chuck Freeburg.*



*Laura and Larry Ekstrom and Sue Guernsey enjoyed the gala held at the Biltmore Country Club.*



*Lending to the spirit were these Ballroom City Dancers demonstrating popular 1940's dances.*



*Margie Blomquist and Cheri Pagonis take time for a quick chat. Cheri was co-chair of the dinner dance.*

The 1940's were alive, and in high spirits, at the recent Friends of Sparrow "In The Mood" gala held November 9 at Biltmore Country Club, Barrington.

Said co-chairs Pat Galus and Cheri Pagonis: "we wish to thank everyone in the community who helped to make the evening such a success, especially all of those ladies who got "In The Mood," and took the trouble to dress in the fashion of the decade! Styled their hair, wore the "cocktail hats" of the time, managed to find a dress with some of the 1940's detailing, dug out the gloves, sequins and fur stoles,... their efforts really added to the festivity of the evening, and helped make this event, again, one of the most FUN parties around!"

"Also, the youthful presence of Cindi Booth, Melissa Galus and Joy Pampinella as sellers of gardenia corsages... joined by Ryan Fitzgerald, Michael Jensen, Dan Lynam and Trevon Pulsifer portraying members of the military... we appreciate their time commitment, and interest in the worthi-



*President of Friends of the Sparrow, Michele Gillett, announces prize winners at the "1940's night club decor" party.*

ness of the cause supported."

Greetings and conversation began in the "U.S.O. theme" styled bar which provided a red/white/blue backdrop for silent auction items as well as the 1940's memorabilia display. A glitz and glamour nightclub scene was the setting for the dinner/dancing phase of the evening, with Ballroom City Dancers demonstrating popular 1940's steps to the sounds of the Bill Sargent Big Band and Rodo Sisters vocalization.

With just under 200 attendees, current tallies show approximately \$45,000 was raised to benefit the transitional support shelter for homeless women and their children, Home of the Sparrow. All proceeds will go directly towards program development or building acquisition/maintenance.

Heartfelt appreciation to our *Guarantors*: Chicago Title and Trust Company Foundation; JMB Realty; Mayer, Brown & Platt; Mr. & Mrs. James Fitzgerald; Mr. & Mrs. Thomas H. Patrick; Sears, Roebuck &

Company; Mr. & Mrs. David Sheppard. *Underwriters*: Mr. & Mrs. Daniel Chapin; Comdisco, Inc.; Lancaster Family Foundation; Mr. & Mrs. Paul Hills; Littlefuse, Inc.; Skadden, Arps, Slate, Meagher & Flom; Otto L. and Hazel T. Rhoades Fund. *Sponsors*: Fujisawa, USA, Inc.; Mr. & Mrs. Stephen Fossler; GE Capital. *Friends*: Amli Realty Corporation; Baldwin & Lyons, Inc., Barrington Mortgage Company, John C. Gillett; Wickstrom Ford, Inc.; Harris Bank Barrington/Suburban Bank of Barrington; Dr. and Mrs. Larry Press; Hoffman Estates Medical Center.

Special thanks to: Armanetti's Barrington Cellars, Ken Wodek; Barrington High School; Barrington Historical Society; Kevin Bunte, Dunning Auction House; Norm Gotsch, Photographer; Intercept, Inc., Stan Avedon; Lakeview Photos; Mr. George Fanning; Marcene's Art Gallery & Framing; Page One Interiors; Phoenix Press, Judy Griffith; Sears, Roebuck & Company; Systemax, "At Your Service"; and Silver Graphics, Robin Silver.

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Personalization and distinctive touches for any occasion is the long standing trademark of A'AMOUR in Barrington. The individual assistance of A'AMOUR's trained consultants offers a pleasant, relaxing shopping experience, while providing feedback on likes and desires to A'AMOUR's buying professionals. Department store buying offices can't know their customer as A'AMOUR does.



A'AMOUR's hand selected quality apparel and accessories are not mass merchandised, so the A'AMOUR customer will stand apart from the masses no matter what the event, in grace, elegance and style.

Christian Dior—designs with timeless elegance and the designs are complete with a lifetime guarantee.

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the perfect look of tasteful "flash."

Inge Christopher—these distinctive evening and special occasion hand bags are detailed with pearl and crystal closure and are textured, woven fabrics that are like no others.

Special events are being planned for the new year. Call (847) 381-5858 to be a part of future event mailings.

A'AMOUR—whatever the occasion—to "Dress Your Dreams."

## Five Important Color Tips

Make your clothing and accessories work for you and you'll not only look good, but feel good as well. Now that we're in the middle of the dark winter months, consider brightening your spirits with a beautiful new outfit.

When looking for a new outfit, consider these five important color tips: 1) Dark colors have a slimming effect. 2) Monochromatic dressing (the same color all over) flatters all body types. 3) Bright colors attract the eye. 4) Don't be afraid to wear a favorite color. Just make sure to wear it the right way. 5) The color of your stockings is important in enhancing your overall look.

There are many important design tips which can help you in selecting the right outfit. Knowing these tips will help you save money and make you look your very best. Cheryl's Victorian Closet has hundreds of styles from casual to dress. In ad-



dition, the staff at Cheryl's will fill you in on all of the latest design tips and wardrobe breakthroughs to help you save money this year. Cheryl's Victorian Closet, McHenry County's best kept secret for affordable ladies' apparel.

## Add A Little "Pepper" To Your Repertoire!

YES!... LINDA Z's Sewing Center, Arlington Heights, is thrilled to announce that Philip Pepper will return to again amaze you with his creative genius on the Pfaff sewing/embroidery machine! Philip is scheduled to present lecture/demo classes on January 16 at 1-3pm or 6-8pm where he will demonstrate his unique techniques from his wide array of garments. You'll be able to create lovely works of your very own when you learn the delicate art of machine cutwork, specialty needle applications and much, much more as featured in his book, "Peppering: The Artistic Creations of Philip Pepper." Class fee for this Philip's Potpourri class is only \$10.

Want to create something really special for your home? Then Philip's Exquisite Table Runner class is for you. Experience sewing on the new, top-of-the line sewing machines in this hands-on class January 17 or 18, 10am-5pm; 6 hours of sheer magic that will open up a whole new world of creativity. Come experience these new marvels in this "try-before-you-buy" class offered



Philip Pepper School—LINDA Z's  
January 16, 17 or 18  
Register: 847-394-4590

for the nominal fee of \$45 and \$15 kit fee. Machine silk ribbon embroidery mixed with wonderful stitch combinations and wing needle embellishments make this a striking home decor item. And you'll choose the thread in the colors to coordinate with your home.

These classes are guaranteed to fill fast—call us at 847-394-4590 TODAY to reserve your spot. You'll be glad you did.




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**Deadline for the February Issue is Thursday, January 16**

**Please send your press release/ advertising materials to:**

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**Lifestyles Magazines**  
P.O. Box 293  
Crystal Lake, IL 60039-0293  
or call:  
**(815) 459-4820**

## February's Coming, And So Is Valentine's Day



By  
Gal Friday

Yo, Sweethearts! Did you make it through the Holidays? Odd, weren't they? Maybe it was the late Thanksgiving. I just don't get it, but have we got an idea to perk you up!

### SWEETHEART SNAPSHOTS!

Bring the kids, the kids and Dad, Dad and the dog, the dog and the kids, mom and the new baby, mom-dad-kids-dog, just you, you and your boyfriend, you and all your school girl friends... and head on over to **CLIX photographs & savables**. We'll create a special valentine for your *very special* someone.

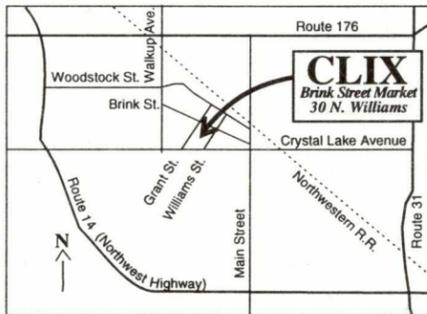
Here's the deal: All you have to do is pick up the phone and make an appointment on one of the three days: Saturday, January 25, Wednesday, January 29 and Thursday, January 30. Your photos, one 5 x 7 and four wallets (you choose the pose), will be

back in time for you to give out to the world by Valentine's Day.

And you can do any kind of valentine combination, human or animal. (We draw the line at vegetable or mineral.)

**CLIX photographs and savables** also carries oodles of cool & classic, sleek & sharp frames, so you'll be all set to give your valentine that special photo. One stop shop!

It's as easy as that, so call for your appointment today at **CLIX photographs & savables**.



CLIX is located in Downtown Crystal Lake.

## Auditions For "The Lark"

Auditions for Barrington Area Arts Council Theatre in the Gallery will be held for the production of *The Lark* adapted by Lillian Hellman (approval of rights are pending). This story of Joan of Arc was first presented on Broadway in 1955. The play will be performed on March 14, 15, and 16, 1997 under the direction of Susan Schafer. Auditions are open for male and female

parts age 17 and older and will be held January 6 and 7 (Monday and Tuesday) at 7 p.m. at the BAAC Gallery, 207 Park Ave. in Barrington. Call-backs will be on January 9 (Thursday) at 7 p.m.

Come prepared to do a cold reading. A prepared monologue is optional. A resume and photo (head-shot) is requested if available.

For more information call 847-382-5626.

## Quilt Guild News

The Northwest Suburban Quilters Guild (NSQG) will meet Thursday, January 16, 1997 at 7:30 p.m. at Concorde Banquets, 20922 N. Rand Road, Kildeer, Illinois.

The featured speaker is Ann Johnston who will speak on "Design Sources for Quilts."

Ann is the author of "Dye Painting" and will show how learning different dyeing processes have broadened the design possibilities of her work from flowers to computer graphics.

Workshops on January 17 and 18 will feature fabric dyeing with Ann providing the fabric and dyes (included in workshop fee.) These workshops are filling up fast! New members are welcome. For further information on the guild meetings or the workshops, contact program director Joyce Jones at 847-358-3052.

Reminder to dollmakers—Brown Bag doll bodies are due on January 16.

## For Valentine's Day...

A gift of jewelry symbolizes the affection, caring, tenderness and passion we share with a loved one. It celebrates, in the grandest manner, the most joyous feelings and special occasions. This Valentine's day, capture an affair of the heart with a gift from **M.J. Miller & Company**, a premier source of magnificent jewelry for the past 27 years.

A visit to our private showroom will afford you the experience of examining pieces you can both hold dear to your hearts. We are committed to excellence, quality and value, and we courteously and discreetly provide the highest level of personal service. Allow us to introduce you to some of the world's most exquisite pieces at the most favorable prices.

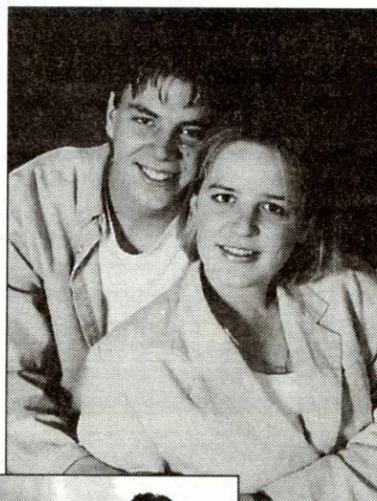
To have a new **M.J. Miller & Company** catalog sent to you, or to arrange a private showing, call us at (847) 381-7900.

Come explore the world of fine jewelry with us!

All good wishes,  
**M.J. Miller & Company**



## Sweetheart Snapshots



Saturday, Jan. 25  
Wednesday, Jan. 29  
Thursday, Jan. 30

The CLIX Valentine's Day special photo package: One 5 x 7 and 4 wallets for \$35.00.

Such a deal! Call, make an appointment, grab your sweetheart and get in here!

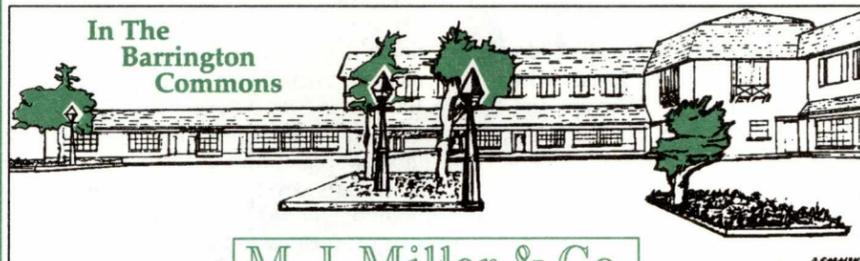


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Mon. - Sat.  
Wed. & Thurs. Evenings

The Ice House Mall

381-5043



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Gift Certificates Available

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Barrington

## AT THE BARRINGTON ICE HOUSE MALL

### Meet Heather Tindell At She & "I"

Heather Tindell has recently joined the staff at **She & "I" Hair and Nail Salon** and brings with her experience and education involving the Pivot Point International styling techniques. After turning down offers in Europe and other well-known salons, Heather is very happy to be a part of **She & "I"** where there is a "friendly and professional atmosphere."

Heather says the "new look" for 1997 is the short "diagonal forward shag" which is a layered cut forming around the face, swinging forward with softness around the neck. Heather believes the hair cut is the most important part of hair styling and is

the basis for all hair design. One can always use coloring techniques to enhance the cut.

During the month of January Heather is offering a free haircut with highlight for anyone wanting to try something different. She has a wealth of ideas from her past education and experience. Just call **381-5043** to make an appointment with Heather. She is at the Salon on Tuesdays, Wednesdays, Fridays and Saturdays.

The **She & "I" Hair and Nail Salon** is a state of the art salon which offers perms, color, facial waxing, manicures and pedicures. Walk-ins are always welcome!

### Start 1997 With Flair At Chessie's

For a nostalgic dining experience try **Chessie's Restaurant** at the Barrington Ice House Village Shops. Fabulous, fresh food for every taste, warm, friendly service and a comfortable, casual ambience with a vintage railroad theme await you.

Their large menu includes (for dinner) N.Y. strip steak, filet mignon, mahi-mahi, shrimp scampi, veal pomodori, chicken piccata, grilled salmon and more. Premium wines are available by the glass. For luncheon try their renowned grilled crab sandwich, caesar salad, fajita pasta salad, fettucine alfredo, French dip, Reuben sandwich and so much more! Sunday brunch offerings include eggs benedict, quiche de jour, huevos con chorizo, Aspen omelet, stawberry waffles, chicken crepes divon, heavenly hash



Once a 1915 train station, it now lives on as the dining room and bar of Chessie's Restaurant. Adjoining the old station is a 1927 vintage Illinois Central railroad car and a skylit atrium that overlooks the lovely shops of the Barrington Ice House.

and fresh fruit.

Learn the latest fashions at **Chessie's Restaurant** by having luncheon there Wednesday and Friday. Beautiful clothing from the chic and trendy stores within the mall are presented between noon and 1:30 p.m. Call **(847) 382-5020** for reservations for five or more only.

### For a Nostalgic Dining Experience

Fabulous, fresh food for every taste. Warm, friendly service. Comfortable, casual ambience with a vintage railroad theme.

Our large menu includes:

#### COMPLETE DINNERS:

N.Y. Strip Steak, Filet Mignon, Mahi Mahi, Grilled Salmon, Shrimp Scampi, Chicken Piccata, Veal Pomodori. Premium wines by the glass.

#### LUNCHEON:

Fettucine Alfredo, French Dip, Reuben Sandwich, our renowned Grilled Crab Sandwich, Caesar Salad, Fajita Pasta Salad, and much, much more.

#### SUNDAY BRUNCH:

Eggs Benedict, Quiche du Jour, Huevos Con Chorizo, Aspen Omelet, Strawberry Waffles, Chicken Crepes Divan, Heavenly Hash, Fresh Fruit.

#### APPETIZERS & DESSERTS:

Baked Brie, Chicken Quesadillas, Nachos, Cheese & Bacon Skins, Buffalo Wings, Key Lime Pie, Chocolate Peanut Butter Pie, Tiramisu.

847-382-5020

Reservations for five or more only.

200 Applebee Street, Barrington, Illinois  
(At the Barrington Ice House Village Shops)

Start  
1997  
with Flair!  
at Chessie's



### "Theatre Whatever" Presentation At The Ice House

The Ice House Mall invites all children ages 5-12 to attend two short stories which will both be presented at 11:00 am and 12:00 noon on Saturday, January 4. Theatre Whatever will present *Alexander and the Terrible Horrible No Good Very Bad Day* and *Alexandra had Money Last Sunday*. The first story is about coping with a bad day and making it turn out all right. The second story deals with learning the value of money. There is no charge. All you have to do is show up at the Ice House.

Theatre Whatever is a theatre production company, directed by John Faust, who has 31 years in teaching theater at the high school level. Mr. Faust also received the 1992 Na-

tional Theatre Teacher of the Year Award and recently produced *Women and Wallace* at the Barrington Area Arts Council.

It is the belief of Theatre Whatever that those who are offered a strong program in all the arts develop the good taste that has traditionally been the hallmark of the liberally educated individual. In developing the actor-audience relationship, great care is taken by the director and actor to tap individual talents while working within the artistic requirements of the chosen media. By producing a bill of offerings that stretches the imagination of both the participants and the audience, Theatre Whatever hopes its audience members will de-

### Kickoff For Young Writers Project

The kickoff for the 18th Annual Young Writers Project will begin on January 7, 1997 (Tuesday). Students in grades K-12 who reside in Barrington District 220 boundaries are invited to submit their original work of poetry, fiction, non-fiction or plays. Each manuscript will be read by qualified professionals, given a brief critique and be considered for publication in a bound booklet. Applications are available at all District 220 schools and BAAC Gallery, 207 Park Ave. in Barrington. Manuscripts must be received at

the BAAC Gallery by 4 p.m. on February 4, 1997 (Tuesday).

Volunteers are needed to assist with this project. In February manuscripts must be sorted and coded. In April manuscripts are prepared for publication and on May 1 volunteers are needed to plan and serve at a reception for the students.

If you can help in any capacity or need more information please call BAAC at 847-382-5626.

velop a genuine interest in the arts.

The cast for these two plays includes Molly Duggins, Beth Reudi, Derrick Loafman, and Danielle Kosinski, all students at Barrington High School, Vic Mahler, student at Harper College, Mitch Bisschop, student at Thaca College and Peter Kirn, student at Sara Lawrence University. All cast members live in the Barrington area.

The Ice House is an historic community mall which has 18 unique and diverse boutique shops, the She & "I" Hair and Nail Salon and the award winning Chessie's Restaurant. The Ice House Mall is located at 200 Applebee Street, in downtown Barrington, next to the Jewel, where there is plenty of parking. For more information please call (847) 381-6661.

# AT THE BARRINGTON ICE HOUSE MALL

## Enjoy Sidewalk Sale Days At The Ice House

Come in from the cold and enjoy Winter Sidewalk Sale Days at the historic enclosed **Barrington Ice House Mall Village Shops and Restaurant** beginning Thursday, January 23 through Sunday, January 26. Our eighteen boutique shops will fill the hallways with drastically reduced items such as clothing, accessories, shoes, art, crafts, gifts, gourmet foods, bath items, stationery goods and much more. Be sure to come early for the best selection of merchandise!

We hope you will make the **Ice House** your #1 shopping mall. Our shops specialize in friendly, personalized service. Gift

certificates, gift wrapping and UPS service are also available in most stores. In addition, mall gift certificates may be purchased in the Management Office and are good at any of our stores, She & "T" Hair and Nail Salon or Chessie's Restaurant. Informal modeling by the **Ice House** shops also takes place on Wednesdays and Fridays from Noon to 1:30 at Chessie's Restaurant.

The **Ice House Mall** is located in downtown Barrington at 200 Applebee Street where there is plenty of parking. For further information please call (847) 381-6661.

## A Message From Sundance

Ready to escape the cold? **Sundance** has you covered, whether you're looking for casual short and pant sets to lovely gauze dressy casual outfits!

The new fabric this season is washed linen. It is soft, travels well and has beautiful colors.

For those of you who are braving the winter, we are having wonderful sales going on during January.

Happy New Year!  
Nanci



**T**he '97 resortwear has arrived at **Peter Daniel of Barrington**. Great looking sweaters, slacks, dresses and more. Before you pack for that winter getaway, shop **Peter Daniel**.

Take advantage of the **Peter Daniel Clearance Sale** now in progress.

**Peter Daniel**, located in the upper level of the **Barrington Ice House**, is open seven days a week for your convenience.



## Hospice Foundation Dinner Dance

The Hospice Foundation of Northeastern Illinois will be hosting a unique dinner dance on Saturday, March 1, at the Barrington Hills Country Club. The theme of "Dream Girl Fashion Follies" begins with a Bert Parks-like emcee hosting a comedy fashion show and a dinner theatre motif.

The evening, focusing on the unusual and fun, will also feature some unique prizes like an all-expense paid trip to and personalized tour of Washington, D.C. and the White House.

For additional information or reservations, call the Foundation office at 847/842-2580.

## INDOOR SIDEWALK SALE DAYS

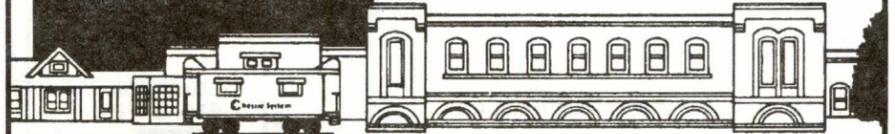
Thursday, January 23  
thru  
Sunday, January 26

Enclosed Mall • 18 Unique Specialty Shops  
Friendly & Personalized Service • Relaxed Atmosphere  
Convenient Downtown Location • Plenty of Parking

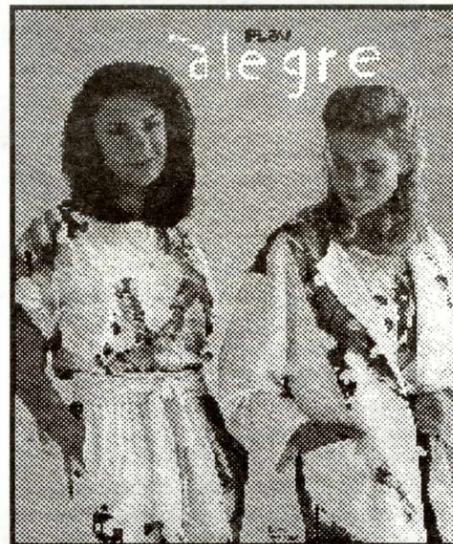
**Barrington  
ICE HOUSE MALL**  
village shops & restaurant

200 Applebee Street • 847-381-6661

Rt. 59 (Hough St.) and Lake Cook Rd. (Main St.) Intersection, turn west on Main for one block, then turn north on Applebee, next to the Jewel.



Hours: Sun. 12-4, Mon.-Sat. 9:30-5:30, Thurs. 9:30-8:30



It's Time to Play in Alegre!  
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Separates & Coordinates

Distinctive Ladies' Apparel

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ICE HOUSE**

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Th 9:30-8:30; Sun Noon-4

Peter Daniel's  
Semi-Annual

# Clearance Sale!

Savings  
up to

# 50%

**peter daniel**

barrington

apparel for men and women

Barrington Ice House, Next to Jewel  
Open 7 days a week, tel. 847.382.6676

## Old-Fashioned Banking Returns To Barrington

The winter, old-fashioned banking returns to the area with the opening of **Barrington Bank & Trust Company**. Located at 202 South Cook Street, this bank is locally controlled and managed by individuals who care about this community. It all began when a grass roots group of local residents and experienced bankers, who were disappointed in the changes occurring in banking in the Barrington area, set out to bring old-fashioned banking back to town. It was their mission to create a bank that better served the needs of Barrington homeowners, residents, businesses, children, and seniors.

"When the Barrington banks were bought out, we were left without a true hometown bank," explains Penny Horne, a local resident and founding Board member. "When we looked into this, we found that people wanted to return to old-fashioned banking, where major financial decisions are made right here, over a cup of coffee, by people who are friends and neighbors. Barrington deserves a bank that respects the needs of its customers, a bank that makes them feel comfortable and provides products that are suited to their individual needs."

Most of the banks doing business in Barrington and neighboring areas are operated by larger bank holding companies headquartered in places like downtown Chicago or even Toronto, Canada. **Barrington Bank & Trust** is controlled and managed locally, which means it is able to identify and rapidly respond to the unique needs of the community.

### Community Banking Defined

Jim Bishop, newly appointed president of **Barrington Bank & Trust**, believes it is important for customers to realize the actual definition of a community bank. "Many banks call themselves a community bank," Bishop says. "But the reality is that simply adding, the word 'community' to your name or marketing doesn't make it so."

According to Bishop, a real community bank should satisfy several criteria. First, it must be managed by a local board and people who live in the area. Second, there should be on-site control over all services, products, loan approvals, and interest rates. Also, deposits of the bank should be invested primarily back into the community in the form of business and residential loans. Finally, lower overhead means better rates for customers. **Barrington Bank & Trust** is the only bank in town that meets all the criteria.

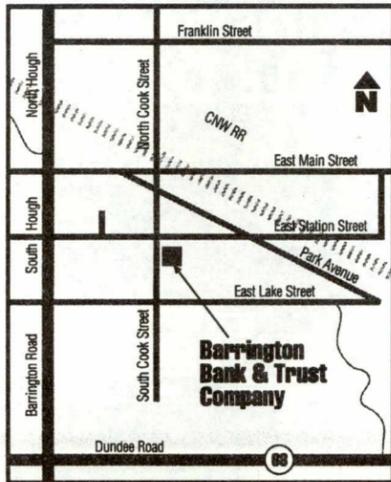
### Local Board Members

As residents of the area, the board members of a local bank are accountable to the community. Customers are friends, neighbors, business colleagues, and fellow residents. So those who work at the bank feel uniquely responsible for delivering quality products and friendly service.

A local board also has a genuine motivation for the success of the bank, "The members of our board, the shareholders, and the executives who will run the bank have vested interests in its success," states Bishop.

### Local Management

On-site management provides several benefits to the customer. For example, time is not wasted thumbing through company rule



books or tracking down decision makers in a distant city or state. **Barrington Bank & Trust** can give clients the green light on the spot.

"Despite what some of the competition may say, their lending policies are enforced by committees located outside Barrington. Service can really suffer as more layers of management become involved in the approval process," explains Bishop. "Because we're locally managed, we can make decisions with the customer in person."

Local management also means that products and services are designed with the area's needs in mind. "We can create virtually any product that we feel will benefit Barrington area residents, families and businesses," says Bishop. "We don't have to prove its value to anybody except those we serve. Our products and services are defined for the people who live and work right here in the area."

### Community Reinvestment

True to real community banking, the deposits and income of **Barrington Bank & Trust** will stay predominantly in the area where they are generated. By remaining here, local deposits and income are used to attract new business and make loans available to local homeowners, professionals, retailers, and companies. What's more, increased foot traffic downtown and new job opportunities make the area more attractive to potential homeowners.

"A community bank will help our business district grow so we can offer residents more variety," states one Barrington retailer. "Just as shopping with local merchants benefits us all, so can banking with a local bank."

### Low Overhead Means Better Rates

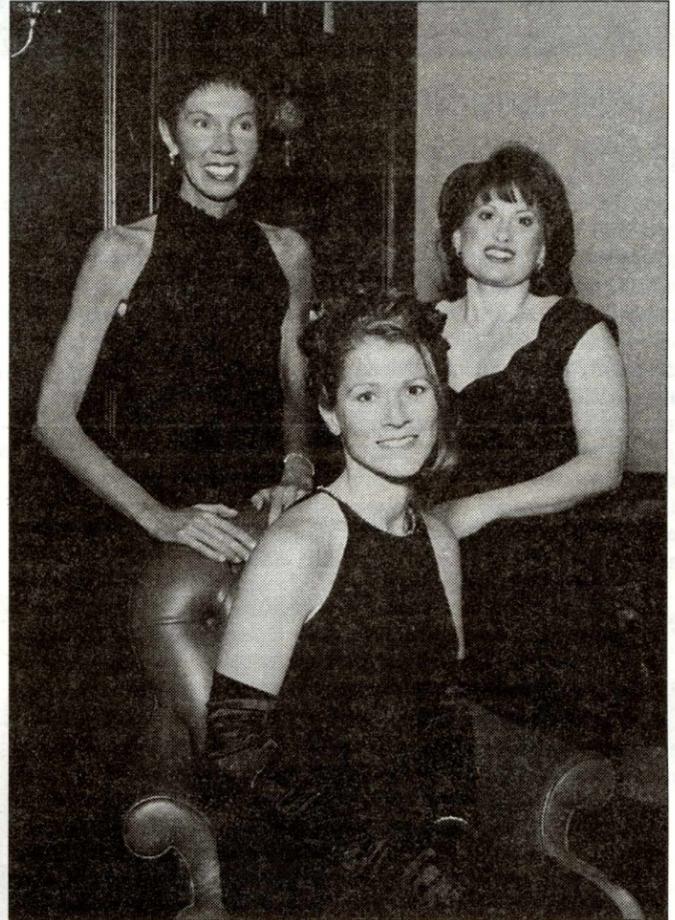
How can **Barrington Bank & Trust** offer more competitive rates than the other banks in town? Because they're locally managed. They don't have the overhead that big banks do, so they can pass the savings on to customers.

### Competition is Healthy for Customers

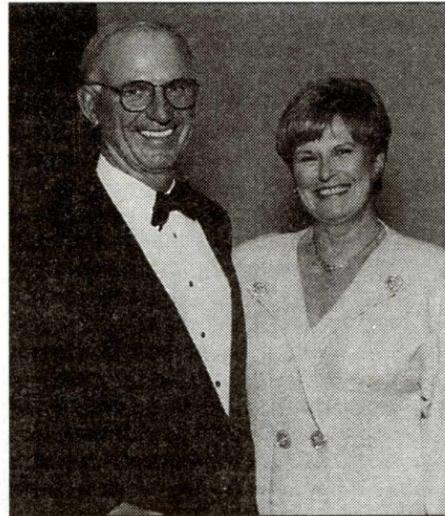
This new bank brings a healthy spirit of competition to the Barrington area. All existing financial institutions will be challenged to provide better products, services, and improved rates.

"I believe to remain vibrant, a community needs a very competitive playing field," states Herb Walbaum, a local realtor and business owner. "In the long run everyone will be rewarded by our new community bank's efforts."

## Barrington Chapter Of The Infant Welfare Holds 28th Golden Harvest Ball



Co-chairs of the beautiful gala this year were Diane Zelcs, Co-chair, Memorial and Honor; Bev Booth (seated), Chairwoman; and Sheryl Schneider, Co-chair and First Vice President.



G.J. and Liz Rodosky took time out for a photo. Liz is Recording Secretary of the Chapter this year. Silent auction prizes included jewelry from M.J. Miller and luggage from Kenneth Kole.



Among those enjoying gourmet dining (from recipes from Infant Welfare's cookbook "Sugar Snips and Asparagus") were Pam and Don Larsen.

(For more photos turn to page 14)

# Hometown banking is back!

Open your Founder Account and get a LIFETIME of banking privileges

A group of dedicated individuals have joined together to bring old-fashioned banking back to the community. Controlled and managed by folks from this area, it is our philosophy to treat customers like friends and neighbors. And provide them with the best banking products around.

Barrington Bank & Trust Company, N.A. is open. Which means you can become a Founder of your new hometown bank.

Becoming a member of our Founder's Club allows you to take advantage of a package of banking benefits that last a LIFETIME.

Just take a look at all you'll receive:

- A **FREE checking account FOR LIFE**. No minimum balance will ever be required. There will **never be a monthly maintenance fee**.\*
- Your **first 200 checks are FREE**. If you like, you can choose checks from our exclusive "Barrington Collection" depicting familiar scenes of the area. And we'll buy back up to 400 (or \$15 worth) of your old checks from the bank you're using now;
- The face of your checks will always bear the designation "Founder" distinguishing you as a pioneer in bringing community banking back to Barrington;
- You will always get a **premium of 105%** of our regularly published Annual Percentage Yield (APY) on **Closed-End Certificates of Deposit FOR LIFE**;
- If you ever find a current published closed-end CD rate and APY from any of our federally insured bank competitors in Barrington that exceeds our published rate and APY, **we will pay you a premium annual percentage yield of .125%** more than theirs. That's our **Guaranteed Best Rate CD**;

**We're Open**

- You will be eligible for a reduced rate on a **Home Equity Line of Credit** that will never have an interest rate higher than the floating Prime Rate — but could be lower. And **all application fees, closing costs and annual fees will be waived FOR LIFE**\*\*
- You will receive a **FREE 3" x 5" x 21" safe deposit box** or the equivalent credit towards a larger box **FOR LIFE** (available in 1997);\*\*\*
- You will immediately get a **FREE, scenic Cash Station card** with a personalized identification number of your choice. There are **no annual fees** for the card. **FOR LIFE**;
- You will be eligible to receive a **Visa card with no annual fee FOR LIFE**\*\*
- There will **never be a fee** when you purchase **American Express Travelers Cheques**;
- You will be eligible for **overdraft protection up to \$2,500** priced at the Prime Rate with **no annual fee FOR LIFE**\*\*
- **Bond coupon redemption** will be **FREE FOR LIFE**;
- A **contribution of \$5** will be made to the charity of your choice.

To become a Founder, simply open a personal checking account with any amount you wish. Then, open another account with an initial deposit of \$5,000 or more (Savings Account, Money Market Account, or Certificate of Deposit). And you're in.

If it sounds like we want you as a customer and will do everything we can to make you happy FOR LIFE, you're absolutely right. That's the whole reason behind this new bank.

Join a group of local residents who don't like what banks have become. Help us create something better. Become a Founder and we'll take care of the rest.

**Hurry, the Founder Account will only be available for a limited time!**

## **BARRINGTON BANK** & TRUST COMPANY, N.A.®

Member FDIC

202 South Cook Street, Barrington | Mon-Fri 7am-7pm; Sat 8:30am-2pm | 847-842-7970

©1996 Barrington Bank & Trust Company, N.A.



\*Penalty fees, such as overdraft charges, and fees for special services may apply. \*\*Please call the bank for disclosure on Home Equity Line of Credit, Overdraft Protection and Visa Credit Card. For qualified customers only. \*\*\*Limited number of boxes available in 1997.

# January Fur Clearance Sale Save 20%-50% OFF



We raise the highest quality mink and make our own garments using excellent workmanship and styling. We also offer the best in sable, lynx, lynx cat, all shades of fox, sheared beaver, long hair beaver, raccoon, coyote, and an excellent selection of fur-lined jackets, trenchcoats, and leathers.

**Celebrating Our 29th Year at this Location**

Tues. - Sat. 9:00-5:30; Sun. 12:00-5:00. Closed Monday.  
Beautiful Furs, Leathers & Shearlings for Women and Men

## FURS By BILL TALIDIS

at the **the mink barn**<sup>®</sup>

9 miles west of Crystal Lake off Route 176 on Franklinville Road, Union, IL

**1-800-321-FURS**

Credit Cards Accepted

All furs ranch raised or government controlled and labeled to show country of origin.

## For The Finest Quality And Workmanship At The Lowest Possible Price

Now that those cold winter days have arrived, you'll find there is nothing warmer than a fur. For over 29 years at the same location, Bill Talidis has been delighting ladies with his fabulous fine quality designs that offer both warmth and luxury. This year's collection at **The Mink Barn** includes many fabric and leather garments trimmed with fur as well as practical and casual furs for everyday wear. Bill Talidis has hundreds of ready made furs for you to choose from or he will be happy to design a garment uniquely for you.

Of course, mink is our speciality, but as you will see, we also have the finest quality in long hair and sheared beaver, raccoon, foxes of all shades, lynx and Russian sables.

We guarantee that whatever garment you choose from **The Mink Barn** will be the finest quality fur and workmanship at the lowest possible price.

## Art Associates To Focus On American Painting In The 19th Century



John Singer Sargent. "Dennis Miller Bunker Painting at Calcot," 1888. Oil on canvas. Terra Museum of American Art, Chicago.

"American Painting in the 19th Century" will be presented by Carol Rietz at the Barrington Library, 505 N. Northwest Highway, on Thursday, January 16, at 1 P.M.

Sponsored by the Barrington Community Associates of the Art Institute of Chicago, this slide lecture is the third in the Associates' Members Present Art series.

Rietz, serving her second year as chairman of the Associates, spoke last year on "Mary Cassatt." The "American Painting" lecture will cover the ex-patriot painters—Cassatt, Sargent, and Whistler—as well as Bingham, Church, Bierstadt, and Peale.

The program is free and all are invited. For more information, please phone Evie Richer at (847) 381-5349.

## "Vivid Visions" BAAC Gallery Exhibit

The Barrington Area Arts Council's (BAAC) announces the opening of its January BAAC Gallery exhibit entitled "Vivid Visions" on January 10, 1997 at 207 Park Avenue, Barrington. The show features the original watercolors of Johanna Gullick and Sherry Hunter Lee and the ceramics of Mary Obidzinski.

The artists approach their work with a passion that captures the intensity of the colorful world of nature. Johanna Gullick resides in Crystal Lake, IL and is an instructor at the McHenry County College. Her watercolors of realistic subjects in abstract settings are a rich variety of shapes and colors.

Sherry Hunter Lee, Barrington, IL, re-

ceived her MFA in painting from Northern Illinois University. A former high school art instructor and arts program director, today she concentrates on her painting full time. Her powerful watercolors create a unique perspective of fruits and vegetables that is filled with subtle emotions.

Mary Obidzinski of Crystal Lake, IL is the Executive Director of the Northwest Area Arts Council in Crystal Lake. Always an artist, her current work is 3-dimensional. Her colorful ceramic teapots are constructed in unique shapes and whimsical style. Each original design is functional and a joyful addition to the tea tray.

A festive Artists Reception and Opening will be held Friday evening, January 10

from 7:00-9:00 p.m. and the public is invited. The exhibit will be on view January 10 through 26, 1997. BAAC Gallery hours are Tuesday through Friday from 10:00 a.m.-4:00 p.m. and Saturday from 10:00 a.m.-2:00 p.m. There is no charge. The exhibit is partially underwritten by the Illinois Arts Council, a state agency.

BAAC is a not-for-profit arts organiza-

tion whose mission is to support, sustain and provide visual, literary and performing arts in Barrington and the surrounding area. Partially funded by grants from the Illinois Arts Council, a state agency. For further information about BAAC or the January Exhibit, call the (847) 382-5626.





**A**dventure. Meeting the challenges that the rugged outdoors presents us with. It's done with spirit and the commitment to make the most of each experience. Because at every fork in the path, from every summit, there is the opportunity to gain a new perspective. So, we take our cues from nature. And respond with what we know will stand up to her tests—Nautica Men's Sportswear and Outerwear. Ruggedly styled with the functional details that have made them an important part of the outdoor experience.

Heading for the sun and surf? Don't leave without seeing the Nautica Collection at **Chuck Hines**.

**Chuck Hines** is located on Main Street in downtown Barrington.

Don't miss the wonderful Winter clearance on Fall/Winter merchandise for men, women and boys going on right now at **Chuck Hines**. Save 20%–50% on quality clothing!

## January Clearance Sale At Mitchell's Jewelers

During January **Mitchell's Jewelers** is having a store wide **Clearance Sale**, offering **20% to 50% OFF** on almost all items in the store.

Enjoy fantastic prices and a wide selection of beautiful jewelry including watches, gold chains, earrings, pearls and rings with all the precious stones—diamonds, emeralds, rubies, and sapphires.

**Mitchell's Jewelers** was started in 1969 and has been at its present location

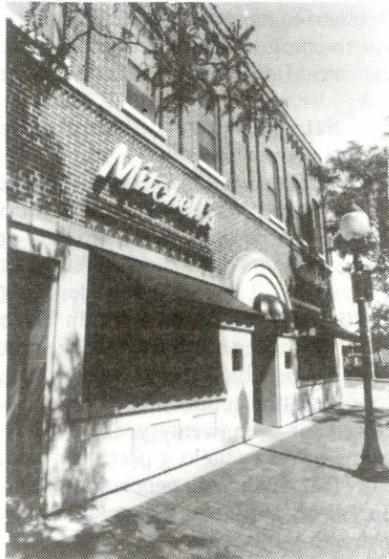


Photo by Joyce Mitchell,  
Mitchell Studio

in downtown Arlington Heights since 1984. During this time we have become one of the largest jewelers in the area. We do much of our own manufacturing on premises and also do jewelry repair, stone setting and custom hand-wrought jewelry.

**Mitchell's Jewelers**, as always, will take the time to educate you in what to look for in quality merchandise. We stand on our 28-year reputation of serving the community with honesty, integrity and fair pricing.

Buying a diamond can be confusing with all the different grading systems out there. In fact, it is probably one of the most blind items you will ever buy. So, you need to know more than just the *four C's*: *Carat, Color, Clarity, and Cut*—you need to know what these words mean. I've always said that there is a fifth "C" and that is *Confidence!* If you don't have confidence in the jeweler, then the other four C's don't mean a thing. When you stop by **Mitchell's Jewelers** we take the time to show you under a microscope what to look for in a quality diamond.

So I would like to invite you to visit **Mitchell's Jewelers**, where old world craftsmanship and honesty are our only policy. A great time to visit would be during our **January Clearance Sale**.

Douglas A. Mitchell, Co-Owner  
Recipient: GIA Diamond  
Grading Certificate

## Winter Clearance

### Save 20% - 50%

On Fall/Winter Merchandise  
For Men, Women and Boys



141 W. MAIN • BARRINGTON • PHONE 381-6616  
OPEN MONDAY THROUGH FRIDAY 10:00-6:00  
THURSDAY AND FRIDAY 'TIL 8:30, SATURDAY 9:30-5:00  
VISA • MASTERCARD • AMERICAN EXPRESS  
DISCOVER • CHUCK HINES CHARGES WELCOME

*The Doorway* *to Elegance*

## January CLEARANCE Sale!

All items in store reduced\*  
**20-50%**

- JEWELRY
- WATCHES
- CHAINS
- ENGAGEMENT RINGS
- WEDDING BANDS

- DIAMONDS
- RUBIES
- SAPPHIRES
- EMERALDS
- PEARLS

- RINGS
- EARRINGS
- NAMBÉ
- CRYSTAL
- PEWTER

\* Not good with any other offer. Some restrictions apply.

**Save 25% on SWATCH WATCHES**

### *Mitchell's Jewelers*

Six generations of experience in the art of jewelry.  
10 North Dunton • Downtown Arlington Heights • 394-0820  
Hours: M, T, W, & F 9:00-5:30 • Th 9:00-8:00 • Sat 9:00-5:00

# Winter Furland Sale

## at Shari's FURS & MORE

**FABULOUSLY REDUCED  
PRICES ON FUR FASHIONS  
INCLUDING SHEARLINGS,  
SHEARED BEAVER &  
THE FINEST OF MINKS.**

&

**FEATURING EXPANDED  
RESALE RACKS WHERE  
YOU GET THE MOST  
FOR YOUR MONEY.**

&

**EXTRA 20% OFF ALL  
ARTISTIC JEWELRY &  
BEAUTIFUL ARTISTS'  
GIFTWARE.**



MTWFS 10-5  
TH 10-8  
SUN 11-4

22 S. Evergreen  
Downtown Arlington Heights  
847 255-1300

## Safety Town Seeks Funds For A Permanent Home



*Kathleen Schonekas, site planner; Gregg Loesch, contractor and Fireman Jim Feit review Safety Town plans in front of Barrington Village Hall, where a temporary miniature house has been constructed.*

A pint-size house has appeared in the front of Barrington's Village Hall. No, it's not an addition to Barrington's municipal facilities, but the symbolic beginning of a community asset Barrington Junior Women's Club hopes to have in place by this summer.

"Building Five" of a new Safety Town miniature village to be located at JFK Health World will temporarily occupy the front of the Hough Street Village Hall, as a reminder of the ambitious fund-raising effort needed to build a permanent site for this twenty-year old early childhood safety

program. Over \$100,000 needs to be raised by Spring, 1997 in order for the miniature village to be built—and "Building Five" to be moved to its long-term home.

Safety Town, the popular summer program for entering kindergartners and first graders, has recently been located at Grove Avenue School and often has a waiting list. Chris Griffin, co-chair of the Barrington Junior Women's Club Safety Town Task Force, and a past Safety Town Coordinator, stresses the many reasons a permanent site is needed for this important Barrington resource. "Each day volunteers remove ev-

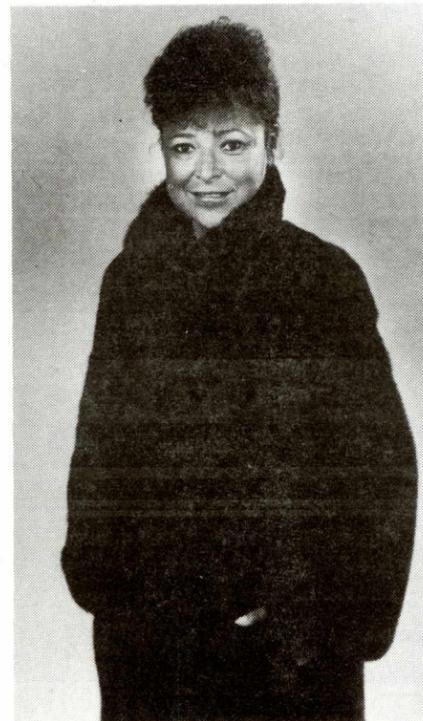
## Shari's Furs & More Says, "Thank You!"

Shari would like to thank her clientele for the positive responses to her expanded idea of what today's woman is expecting from a 90's fur salon.

Besides the full collection of furs, ranging from mink coats and jackets, sheared/unsheared beavers of all lengths and shearlings of various colors, to cashmere capes trimmed in mink, Shari has expanded the accessories. Now available are designer scarfs, leather gloves with fur trim, earmuffs and headbands—even baby booties, and fur trimmed golf accessories for the special man in your life. Something for everyone!!

Most remarkable has been the fabulous reaction to the introduction of resale racks. The word has spread; the turnover of garments has been incredible. Shari's Furs & More has over 200 resale garments available for your consideration. It seems there truly is an affordable fur for everyone.

The resale racks are not all she expanded. Shari has a new collection of microfiber shells that can be lined with your old fur. Just another way to get a second life from your fur investment. This plus restyling your furs is just another way Shari's full service can make their customers happy. Now with our **After Christmas Specials** enjoy large discounts on our entire inventory.



Shari's parting statement to her customers is: "Thank you for accepting my ideas, and I hope that each satisfied customer will tell a friend. May you have a healthy and happy new year."

ery building and prop from the school, assemble, then disassemble for storage. It is an inefficient use of manpower, with high maintenance costs. District 220's space crunch, storage and teaching space continuing to erode. The quality and realism of temporary structures are severely limited." Barrington Junior Women's Club members investigated various site possibilities. The opportunity to locate on JFK Health World land, at no cost, was a natural solution.

The task force, which also includes Penny Bartlett, Cathy Beazley, Beth Redpath, Kathy Schonekas and Jan Sheppard, researched trends in neighboring communities for nearly a year. "Although \$100,000 is a large sum of money, it must be put in perspective," commented Karen Darch, co-chair. Before beginning the project, the group visited Arlington Heights, Romeoville, St. Charles and Naperville. These towns have already built permanent sites for the Safety Town Program. Kathy Schonekas, site planner, and Harry Burroughs, architect, viewed Naperville's just completed a \$1.2 million project. "It is a wonderful asset to their community. The size is much larger than our community requires, plus they needed to build classroom space and lay concrete—two items we are fortunate to have at our disposal at JFK Health World." Local businesses, corporations, civic organizations and individuals all lent their support to the Naperville project, which will begin operation this summer.

Schaumburg is developing a similar facility, Safety Park, also through community support.

The Village of Barrington has approved architectural plans for the facility, and Gregg Loesch of Countryside Homes Corp. is the General Contractor. The Safety Town

miniature building in front of the Village Hall exists thanks to contributions from Countryside Homes, Town and Country painting, and Prate Roofing.

When the project is funded it will include streets, houses, a fire station, Village Hall, railroad crossing and traffic signs—all in child-sized scale—for hands-on learning. Specially constructed bikes are used by the children to demonstrate realistic traffic and pedestrian situations. The other safety issues that are covered are fire prevention and response; electrical, poison and drug danger; water, pool and playground safety; stranger danger, good-touch, bad touch, the importance of 911 and more.

Safety Town has received support from Barrington Police and Fire Departments with field trips, curriculum input, and participation by "Fireman Jim and "Officer Friendly."

Professional, independent contractors teach the program and are assisted by enthusiastic Middle School Student Volunteers.

The Safety Town task force hopes to have necessary funds in place by Spring, so construction can begin in time for summer sessions. "A permanent recognition sign at the entrance to the facility will acknowledge donor levels and buildings and street signs will have plaques identifying generous contributions." Karen Darch added, "Nearly every member of the community has benefited in some way from the safety education community children have received for over twenty years. This is a onetime effort to build a permanent local facility that will benefit generations of children." With sufficient financial support, construction of a permanent Safety Town site in Barrington will become a reality. For further information, contact Karen Darch, 382-1186, or Chris Griffin, 381-6405.

## Vanessa's—Now In Arlington Heights

Downtown Arlington Heights has a new jewel in its crown. **Vanessa's Modern Bride** at 12 West Campbell offers not only unique wedding apparel, but also distinctive garments for special occasions.

Established in 1986 as Modern Bride of Rolling Meadows, **Vanessa's** has built its reputation on personal service, expert alterations and exquisite designer collections. **Vanessa's** experienced staff of consultants will assist you in creating the wedding ensemble of your dreams. **Vanessa's Modern Bride** is truly a unique bridal experience. You may reserve your appointment by phoning (847) 818-0480.



*Vanessa's*

*Modern Bride*

*Couture Wedding Apparel  
Unique Special Occasion Selections*

*Featuring  
Unsurpassed Service in an Intimate Setting  
"Anything but Ordinary"*

*Est. 1986*

**847-818-0480**

*appointments suggested*

*12 West Campbell St.  
Downtown Arlington Heights*

## Custom Brides & Grooms Ring In The New Year!

Perfect for bridal or anniversary gifts, **The Canterbury Shoppe** is filled with festive bride and groom champagne flutes from Smithereens! Select from assorted eye color and hair styles, and each flute can be customized with individual names and wedding dates! Bridal party patterns are also available! All pieces are available on wine stems also. Stop in and see the wonderful and whim-

sical collection of painted glassware from Smithereens!

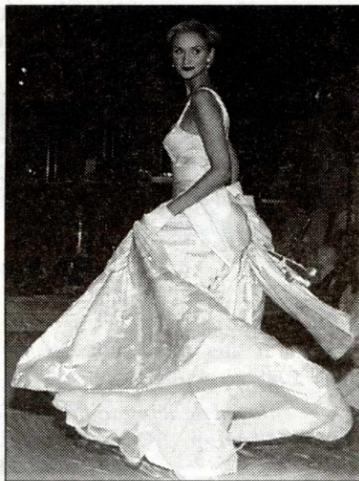
**The Canterbury Shoppe** is open five days a week in January, Tuesday-Friday 10:00am-5:30pm, Saturday 10:00am-4:00pm, and is located at 117 East Station Street in downtown Barrington (1 block south of Main and Route 59 near Starbucks Coffee). Any Questions? Give us a call at (847) 304-9627! *Happy New Year!*

## "Chicago's Magnificent Bride" Show

For the fifth year, Chicagoland's premier wedding professionals will combine forces to create "Chicago's Magnificent Bride." The exclusive bridal planning seminar and fashion show will showcase the finest wedding service providers available in Chicago. The show, sponsored by **Stuart-Rodgers Photography** in Chicago, will be held Sunday January 19, at the Hotel Inter-Continental Chicago, at 505 N. Michigan Avenue.

From 1:00 p.m. until 2:45 p.m. guests are invited to view the three complete mock wedding setups and discuss their wedding plans with vendors displaying the ultimate in bridal needs. Throughout the day champagne and hors d'oeuvres will be served among the lush flowers, ice sculptures, covered tables and old world charm of the Hotel.

At 2:45 guests are invited to attend the fashion show by Exclusives for the Bride, Mira Couturier and Gingiss Formalwear. The Grand Ballroom will be lavishly decorated with linen table and chair coverings floral centerpieces and live music from the Michael Lerich Orchestra. Afternoon tea



will be served during the 3:00 p.m. fashion show and gourmet wedding cake with coffee and espresso will be served following the show.

Show tickets are \$40 (2 for \$70) and can be purchased in advance by calling **Stuart-Rodgers Photography** at 847-864-7322 or 312-787-8696.

## Barrington Junior Women's Club Plans Evening Fashion Show

With winter barely underway, plans are busily being made for the Barrington Junior Women's Club spring fund-raising effort. This year, they're putting a new twist on an old favorite. Many of you are familiar with the annual daytime fashion show that has traditionally drawn a sellout crowd of 600 women. Well, husbands have been asking for years why the gals get to keep all the fun to themselves... voila! An evening fashion show! Yes, that's right

gentlemen... how about an entertaining evening of fashions, accompanied by a wonderful dinner and silent auction, followed by dancing? Celebrating the BJWC's 60th diamond anniversary is "Diamonds are Forever," a shimmering, glimmering evening extravaganza of fun, fashions, and more.

This fabulous evening event to end all events is scheduled for Saturday, April 5 at the beautiful Woodfield Hyatt. Tickets are

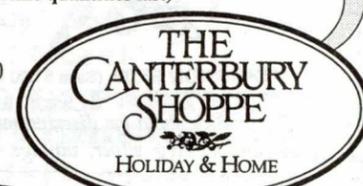


### Going to the Chapel...

Wonderful & Whimsical... these champagne flutes from "Smithereens" can be custom ordered to resemble the bride, groom & members of the wedding party! Perfect for wedding, anniversary & bridal party gifts!

**Bring this Ad in for your FREE "Winter Warmer!"**  
(While quantities last)

117 East Station Street • Barrington, IL 60010  
**(847) 304-9627**  
Hours: Tues.-Fri. 10-5:30, Sat. 10-4,  
Closed Sunday-Monday



**THE  
CANTERBURY  
SHOPPE**  
HOLIDAY & HOME

## Chicago's Magnificent Bride

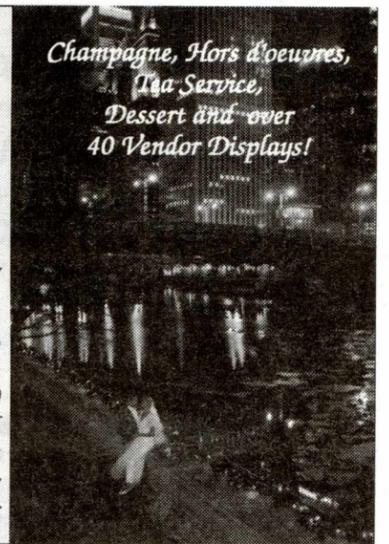
*on the Magnificent Mile*

### A Very Special Bridal Show

Hosted by **Stuart-Rodgers Photography**  
Fashion Shows by  
◆ *Exclusives for the Bride*  
◆ *Gingiss Formalwear*  
◆ *Mira Couturier*  
Accompanied by the live music of  
*The Michael Lerich Orchestra*

Sunday, January 19, 1997  
1:00 - 5:00 p.m.  
*Hotel Inter-Continental Chicago*  
505 North Michigan Avenue  
Tickets \$40 each (or 2 for \$70)  
for Ticket Information Call  
*Stuart-Rodgers Photography*  
at **847-864-7322** or  
**312-787-8696**

*Champagne, Hors d'oeuvres,  
Tea Service,  
Dessert and over  
40 Vendor Displays!*



## Green Thumbs January Meeting

The January meeting of The Green Thumbs Garden Club of Barrington will be held on Monday, January 20, 1997 at the Barrington Public Library at 12:30 P.M. New members are welcome, please

call 526-1118.

Our program, "Wilderness Redefined", will be presented by Mark Spreyer, Director of the Stillman Nature Center in Barrington.

\$40 per person, and reservations can be made by calling the BJWC hotline at 847/622-3838. A sellout crowd is again anticipated, so make your plans early! Any interested corporations or individuals wishing to donate an item are encouraged to call Julie Culver at 847/622-3838. Revenue generated from donations, and the silent auction will provide financial support for schol-

arships and invaluable non-profit organizations and projects. Traditionally, this event is responsible for generating about half of the funds that are donated each year by BJWC to worthwhile charities.

BJWC is a philanthropic group of over 200 women from the Barrington area. Anyone interested in becoming a member should call the BJWC hotline.

*In Hair This One's For You!*

**IN HAIR NUMERO P.C.**

All coupons must be presented prior to service. We carry: Paul Mitchell, Graham Webb, Nexxus Redken Matrix

**FOR YOUR NEW YEAR'S RESOLUTION We Have The Solution!**

**Haircut \$8.50** reg. \$15  
with Jenny or Shannon • First Time Clients during January

**20% Off Any Salon Service**  
Manicures • Tanning • Hair • Pedicures

**50% Off Premium Perms**  
All offers for First Time Clients only—Expires 1/31/97

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## For Perfect Perms



Get better looking at **In Hair Numero Uno P.C.** Whether you want a new look for 1997 or just want a fun change in hair fashion, visit **Numero Uno P.C.** in the Palatine Plaza on Northwest Highway. See **Numero Uno P.C.**'s ad on this page for great offers—you'll be happy you became acquainted with them. From a perfect perm (perms are **Numero Uno P.C.**'s specialty—they are "Perm Kings") to a marvelous hair color treatment, **Numero Uno P.C.** will take care of your beauty care needs. So, get better looking at **Numero Uno P.C.**... their reasonable prices look good, too.

## Fifteenth Northwest Suburban Antique Show And Sale

**FIFTEENTH NORTHWEST SUBURBAN**

**Antique Show & Sale**

**January 24-25-26, 1997**  
Friday, 4pm-9pm, Saturday, Noon-8pm  
Sunday, Noon-5pm

**HARPER COLLEGE/Bldg. M**  
1200 W. Algonquin Road  
Palatine, Illinois

**(630)584-4374 or (630)365-1622**

ADMISSION \$5.00 (Save \$1.00 with this ad)    PLENTY OF FREE PARKING

*The quality show for discriminating buyers featuring a wide variety of furniture, glassware, jewelry, silver, vintage collectibles, current price guides, and much more.*

Presented by Cherubim Productions, Ltd.

This well established show offers something for everyone—novice as well as advanced collector. Wonderful furniture will be presented by dealers such as Kendricks Collectibles of Maine, Hidden Treasures of Michigan, Victorian House of Wisconsin, and David Pierson of Minnesota. Glassware will abound in the booths of Aunt Joan's of Illinois, Antiques at the Hillman's of Maine, R & J Antiques of Wisconsin, Calico Corners of Indiana, and Hunt Antiques of Indiana to name just a few. Vintage jewelry, Silver, Porcelain, Prints by Chelsea Galleries, and many other special items by quality dealers will be offered for your perusal.

Bess really valuable? Find the answers in the current price guides and reference books offered by Julia's Books.

The **Fifteenth Northwest Suburban Antiques Show** will be presented Friday, January 24, from 4 PM to 9 PM., Saturday, January 25, from Noon until 8 PM, and Sunday, January 26, from Noon until 5 PM.

The show is located at Harper College, Building M, 1200 W. Algonquin Rd., Palatine, IL. Admission is \$5 (\$1 discount with ad and children are free) good for all three days and parking is free.

The **Fifteenth Northwest Suburban Antiques Show** has high quality exhibitors and is presented by Cherubim Productions, Ltd. For more information call: **(630) 584-4374 or (630) 365-1622.**

Has your collection escalated in value? Is that certain item you inherited from Aunt

## ...28th Golden Harvest Ball (Continued from page 8)



*The November gala netted over \$12,000 for the Chicago clinic, providing medical and dental care to the working poor.*



*Mary Cate and Lin Hanson enjoyed dancing to the music of Wax Lips. Mary Cate is this year's chapter President.*



*Bernie and Melvin Rosenthal were among the bidders for beautiful prizes at the live auction. Among the prizes were airline tickets donated by American Airlines, the official airline of the Infant Welfare of Chicago.*



*Sharon and James Lundstrom helped to benefit infant welfare. Sharon is this year's Chapter Treasurer. Barrington is one of 38 chapters contributing to the Infant Welfare Clinic.*



*David and Sheryl Schneider helped celebrate the 85th anniversary of the Infant Welfare of Chicago.*

## BACOA Programs At Langendorf Park

The Barrington Area Council on Aging, Inc. will be holding the following programs in January at Langendorf Park at 12:30 p.m.

**Monday, January 6**  
"Eye Screening"

Dr. Mark Buranosky of Premier Eye Care Clinic in Barrington will talk about eye care and perform eye screenings.

**Monday, January 27**  
"Grand Canyon Slide Show"

Barrington resident and BACOA member

John Wood will present a slide show presentation of his trip to the Grand Canyon.

The Lunch Program will be closed on Monday, January 20 in observance of Martin Luther King's Birthday.

You are invited to come early for these presentations and join us for lunch which is served at 12:00 noon in the Barrington Room at Langendorf Park. Call the Barrington Area Council on Aging, Inc. at 381-5030 to make a reservation.

## Beat The Winter Blahs

Have the winter blahs set in yet? Are you looking at your walls and feeling they need some new life? **Decorating Connections** can help you spruce up those tired walls. During January they are having a "Wall to Wall Inspiration Sale" featuring all manner of wall decorations, accessories and including wallpaper. Selected brands and items are now **30%-40% OFF**.

Come in and browse **Decorating Connections'** large showroom. You might find just the right mirror, sconce, shelf or framed piece of art to brighten your spirits and enhance your walls.

Bring in a favorite picture or work of art for a new frame. Kim's Custom Framing is now located in the **Decorating Connection's** showroom and can accommodate all your framing needs.

**Decorating Connections** is located in



the Marketplace Shopping Plaza on Route 59 and Kelsey Road.

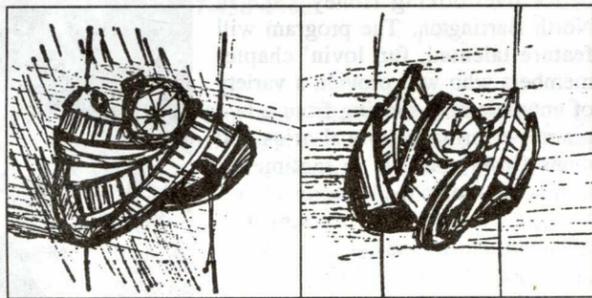
## F.K. Jewelers Says "Thank You"

**F.K. Jewelers** moved to the Barrington Foundry in 1996 and has enjoyed good support from the people in the Barrington area. They would like to say thank you to all of their customers for helping to make their new store a success.

To show their appreciation, they are offering several free services during January.

- One free watch battery
- One free appraisal update
- One free jewelry polishing
- One free sterling silver gift with any repair or purchase

In addition, during January, **F.K. Jewelers** is having a **60% OFF store wide sale** on all jewelry. Now is a good time to select that per-



fect piece of jewelry for an anniversary, birthday or Valentine's Day gift. You'll appreciate the variety of designs and the craftsmanship offered.

Finally, all repair and design work will be greatly discounted during January. Most restoration, design or repair work is done on premises.

So stop in and discover **F. K. Jewelers**.

## Annual Dinner Honors Clearbrook Volunteers

More than 250 volunteers were honored at Clearbrook Center's Annual Volunteer Recognition Dinner on Thursday, November 14 at 6:30 p.m. at the Avalon Banquets in Elk Grove Village. Awards were presented to several volunteers for their outstanding dedication to helping Clearbrook achieve its mission.

Clearbrook volunteers, who devote over 22,000 hours annually, perform a variety of necessary tasks from working directly with clients to serving on fund-raising committees. Clearbrook would not be able to run many of its programs without the dedication and hard work of its volunteers.

Clearbrook's Volunteer of the Year was presented to William Cox of Rolling Mead-

ows for his outstanding dedication to helping Clearbrook achieve its mission. Cox has been a loyal volunteer to Clearbrook for many years, teaching a weekly wood-working class to Clearbrook clients and serving on Clearbrook's Tag Day committee each year.

The Krause Founders Award, which acknowledges a long-term commitment to Clearbrook, was presented posthumously to Don Maday, who passed away September 8. As a member of the Clearbrook Guardians, a fund-raising group for Clearbrook Center, Maday was chairperson of the Guardians annual golf outing and donated numerous hours to the Guardian's three-on-three basketball



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## Wall to Wall Inspirations!

**30%-40% OFF** Selected Brands & Items

- Framed Art
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- Mirrors
- Shelves
- Wallpaper and More!

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**"Kim's Custom Framing"**

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Hours: Mon.-Fri. 9:00-6:00, Thurs 9:00-8:00, Sat. 9:00-5:00



*We Wish To Thank All  
of You in the Barrington  
Area for Your Support*

**TO SHOW  
OUR APPRECIATION**

**60% OFF**

**Store-wide Sale on All Jewelry during January**

*plus during January we offer:*

- 1 FREE Watch Battery • 1 FREE Appraisal Update**
- 1 FREE Sterling Silver Gift with Any Repair or Purchase**
- 1 FREE Jewelry Polishing**

**FOUNDRY OF BARRINGTON 847/842-9430**

tournament, as well as, their casino nights. Maday, formerly of Hoffman Estates, will be remembered for his generosity, kind spirit and wonderful sense of humor.

The Exceptional Merit Award was given to Ruthie Getz-Koval of Chicago for her commitment to fund-raising and public relations. Mrs. Getz-Koval, parent of a Clearbrook client, was responsible for orchestrating Clearbrook's first Day at the Races held this past July at the Arlington International Race Track which raised \$42,000 for Clearbrook's programs.

The Special Recognition Award was presented to John Bauer of Arlington Heights, a member and past president of the Knights of Columbus. Mr. Bauer with the support of his fellow Knights have provided recre-

ational activities for Clearbrook clients, including three annual dances, as well as donating proceeds from their annual Tootsie Roll drive to Clearbrook.

Dr. Norton Flanagan of Elgin was the recipient of the Nicklas Staff Development Award. Dr. Flanagan donates time every month to the Clearbrook clinic attending to clients medical needs, serving on the board of directors, and serving on various program committees.

Clearbrook Center is a not-for-profit agency serving more than 650 children and adults with developmental disabilities including mental retardation, autism, cerebral palsy, epilepsy and other neurological disorders. Clearbrook operates 24 facilities throughout the northwest suburban area of Chicago.

# Happenings In The Area

## TOCOS Book Group



Local resident, psychologist, author, Dr. Maryann Troiani (seated) shared her expertise with members of the Town and Countryites (TOCOS) Book Group Joyce Hemphill, Carol Graver, Nancy Ross, Mary Lou Kuhlman and Marilyn Hayden.

Dr. Maryann Troiani, local resident and psychologist, shared the expertise she expressed in her book, "Change Your Underwear, Change Your Life," with members of the Town and Countryites (TOCOS) Book Group. Twenty-seven members assembled at the home of Ann Parker to hear Dr. Troiani's suggestions for helping to improve an individual's attitudes, outlook and happiness through simple changes in behavior.

Book Group leaders Judy John, Ilene Fine and Ann Parker planned a December luncheon with representatives of the Barrington bookstore Writer's Alley, and the usual format will resume on January 20, at the home of Barbara Bond (381-6117). Janet Henning will lead discussion of the book "My Atonia" by Willa Cather. Any

member of TOCOS or the Barrington Newcomers Club is welcome.

TOCOS was started by outgoing Newcomers in 1967 who wanted to continue the social involvement with the friends they shared. TOCOS' objective and purpose is to take an active interest in the social welfare of the women living in the larger Barrington area. Among its activities are Ladies Night Out, special parties or luncheons, regular rubber, Round Robin and duplicate bridge groups, and golf league. For information, call these chairpersons: membership, Barbara Siemon (382-1512); bridge, coordinator Diane Reichow (381-4133); golf, Mary Helen McCarthy (426-2012); book group, Ann Parker (381-8775), Judy John (382-6656), Ilene Fine (776-2714).

## Festive Luncheon Set For Newcomers



Planning the menu for the January Luncheon are Susan Thiess from the Barrington Newcomers Club and Chef Andrew Coates and Stephen Coates, owners of the Greenery restaurant.

The Barrington Newcomers Club will celebrate the new year with a festive luncheon at the Greenery restaurant in Barrington on Tuesday, January 21, at 11:00 a.m. The luncheon program will feature a fortune teller who will predict what the

new year may bring for each of the members. For reservations, call Linda at 304-4980 no later than January 13. New residents of Barrington are welcome. For membership information call Betty at 836-8242.

## BWC Annual Potluck Luncheon

The Barrington Woman's Club will host its annual potluck luncheon on Wednesday, January 15, 1997, at Langendorf Park. Doors will open at 10:30 AM for an 11:00 AM performance by Collage, a Barrington High School ensemble comprised of 18 performers, two choreographers and an accompanist. The group, directed by Pam Hanley, has performed for many clubs and organizations in the area and throughout the United States. A luncheon will be served at 11:30 PM. At 12:30 PM Bill Bailey's Banjos will present dynamic musical entertainment with the happy ring of banjos, the best of old tunes, and great vocal skills. They have charmed audiences throughout the Midwest with plenty of good old fashioned music and razzle-dazzle. There is no charge to attend the luncheon. For reservations, please call Judy at 381-4087 by January 10, 1997. Come join

us for this gala occasion.

The object of Barrington Woman's Club is to promote cultural, recreational and educational activities in the community and to support various charitable and philanthropic organizations. In addition to its regular activities, BWC sponsors a Collectors Group, Literature Group and Eclectic Group for the benefit of the community. BWC also holds three major fund-raisers each year to support our educational and philanthropic goals. In 1996 BWC initiated an Adult Woman's scholarship in the amount of \$4000 to be administered through Harper Community College each year. This new scholarship is in addition to several scholarships given to deserving Barrington High School seniors annually. For membership information contact President June Dienes at 382-4281 or Membership Chairwoman Linda Martin at 382-3368.

## Barrington Lyric Presents "A Chapter Musicale"

As a gift to the Barrington area communities, the Barrington Chapter of Lyric Opera of Chicago will offer "A Chapter Musicale" on Monday, January 20 at 2:00 p.m. in a lovely residence overlooking Honey Lake in North Barrington. The program will feature talented, fun lovin' chapter members who will provide a variety of entertainment ranging from a two piano performance, vocal arias and duets (from classical to ragtime), a trombone solo, to the humorous "Lisa Lena goes to the Opera" presented by Elizabeth Fjortoft, Barrington Lyric's dramatist extraordinaire, and more.

A light dessert buffet will be served. The program is free. Reservations by January 13 to Jocelyn Murray 847-359-1678. Parking is limited. If possible, please car pool. To share rides, phone Maggi Powell 847-381-7198.

For inquiries on the Barrington Chapter (over 200 members and growing), please phone Maribeth Totten 847-202-1753.



Pictured in song during a rehearsal for the Barrington Lyric's "A Chapter Musicale" are Patricia Steed, left, Schaumburg, and Anne Gross, Inverness, with accompanist Wanda Hollensteiner, North Barrington. Wanda will also play in the two piano selections.

## Panel To Discuss Financial Impact Of Divorce At Next Meeting Of Professional Women's Group

Financial planner Karen Morse of American Express Financial Services, along with an attorney and an accountant, will discuss the financial impact of divorce at the next meeting of Barrington Area Professional Women. The dinner meeting will be held at Chessie's Restaurant in

Barrington on Thursday, January 9, 1997 beginning at 6:15 pm. For reservations and information, call Mary Beth Pinda at 847-382-4763.

BAPW is a not-for profit group open to business and professional women in the northwest suburbs.

## Fresh From The Kitchen At Ivéta

You know us for our coffee—imported from Lavazza, Italy's premier roaster, serving Europe's finest coffee since 1895. Now we've added a full lunch menu. Discover homemade soups, salads and a spirited variety of gourmet sandwiches, pasta salads, vegetable dishes and international specialties. All made with the freshest, most flavorful ingredients. For an added treat, top-off your meal with one of our famous French or Italian desserts.

Come join us, sample our delicious lunch specialties and experience the warmth and friendliness of a neighborhood coffee house where old friends meet and new friends are made.

**Freshly Baked Scones and Muffins**  
What better way to start your morning than

with a freshly brewed coffee or cappuccino made from Lavazza coffee and pastries just out of the oven.

For the past four years you have enjoyed our scones from Creative American Mixes. Since you liked them so much we decided to buy the company!

If you have endured the dry muffins and rock-hard scones sold by the chain stores, we know you will agree that Creative American Mixes produces the finest quality, best tasting, easiest to prepare, scone and muffin mixes available.

We invite you to stop in and sample our freshly baked scones and muffins with your morning coffee, or take some packaged mixes home for your family and friends—they make perfect gifts.

## Food With A Distinctive Flair

Come and experience a more healthful and imaginative menu. Discover a truly distinctive menu unlike any other in the neighborhood. Many items are familiar in name yet prepared with a distinctive flair. Most items are prepared fresh in Stonegate's own kitchen. Steaks and fish filets are hand cut, soups are prepared fresh daily.

Stonegate's menu has something for all appetites. For starters, try our Grilled Portabella Mushroom Quesadilla or enjoy a cup of our house soup "Potato Corn Chowder." Dive into a fabulous entree such as our Grilled BBQ Shrimp, our succulent Pork Tenderloin, our California Pasta or Stonegate's Grilled Meatloaf.



Wrap up dinner with one of our homemade desserts such as our Mint Chip Mud Pie or our Griddle Apple Cake. Not a menu you can find just anywhere!

Enjoy all of this and more in our quaint, old English atmosphere and antique bar. Stonegate Grill, a superb choice for quality American food. For reservations phone 847-438-4900.

## Classic Chinese Fare

A Chinese adage claims that the perfect life on earth is attainable. To achieve it you should be born in Suzhou, the city of beautiful women, be clothed in Hangzhou, where the most beautiful silks are made and dine in Guangzhou (Canton) on Cantonese fare.

You can't change where you were born and Hangzhou may not be on your travel itinerary, but the delicious Cantonese food being served at Cilantro is certainly attainable! Having recently celebrated their two year anniversary, Cilantro continues to offer traditional and unique Cantonese cuisine that is subtle and sophisticated, fresh and light.

This fall, "Ostrich" was introduced to the Cilantro menu. A red meat for the 21st century, ostrich is similar in taste, texture and appearance to beef, but has less cholesterol, fat and calories than chicken or turkey.

Their "winter" menu now features such delicacies as Fresh Salmon Fillet steamed with Black Bean Sauce and topped with (naturally) cilantro. You will also find

Shrimp and Chicken with Fresh Shitake Mushrooms and a variety of "Hot Pots" that are especially satisfying on a cold winter's day being served.

Soups are a "must" in a Cantonese household since they are believed to prevent illness and keep you healthy. After tasting Seven Treasures Winter Melon or Crab Meat Shark's Fin you just may forego Mom's homemade Chicken Noodle!

On weekends, Dim Sum is served. This is a delicious way to try a little bit of everything including tiny, bite-sized morsels of stuffed savory meats or sweet dumplings. Beginning in January, Cilantro will be introducing a Sunday Brunch in addition to their traditional Dim Sum.

Chinese New Year is February 7 and Cilantro chefs will be preparing some unique as well as traditional foods to celebrate. Join in the tradition at Cilantro and you'll be happily greeted with the phrase, "Gung Hay Fat Choy," which means "Happy New Year."

May the new year bring you and yours only good things beginning at Cilantro's!

## Welcome Wagon Coffee

Begin the New Year by joining the Welcome Wagon Club of Barrington for coffee at the home of a member on Tuesday, January 14, 1997. A most interesting program is planned. Lynn Zidek, Barrington Historical Society, will take us on an historical tour of Barrington. She will answer questions that may have occurred to you, such as why Hough Street jogs at Lake Cook Road?

Those of us new to Barrington (and those of us not so new) will surely learn a great deal. It is not necessary to be a new resident. Come and enjoy coffee and goodies and this interesting lecture and become acquainted with the many activities of Welcome Wagon. For information and directions call Ann at 847-526-7289 or Joy at 847-438-8928.

## Have lunch with your latte.

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espresso bar & cafe

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Come take a Fresh Look  
at an Old Favorite

**STONEGATE**  
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**"Extraordinary Not Ordinary"**

★★★★

Discover Lake Zurich's Best Kept Secret...

Our Dining Hours Are:

Mon.-Thurs. 11:00am-10:00pm • Fri.-Sat. 11:00am-11:00pm • Sun. 4:00pm-9:00pm

# Gung Hay Fat Choy!

COME SHARE OUR TRADITION

Chinese New Year is February 7th and we're celebrating! Our chefs are preparing special Oriental delicacies that are not only delicious, but thought to bring good luck to all those who partake. Start your "new year" with a gourmet Chinese dining experience you're sure to remember! Join us in welcoming the Year of the Ox! "Gung Hay Fat Choy" means "Happy New Year". It also means a wonderful dining experience awaits you at Cilantro.

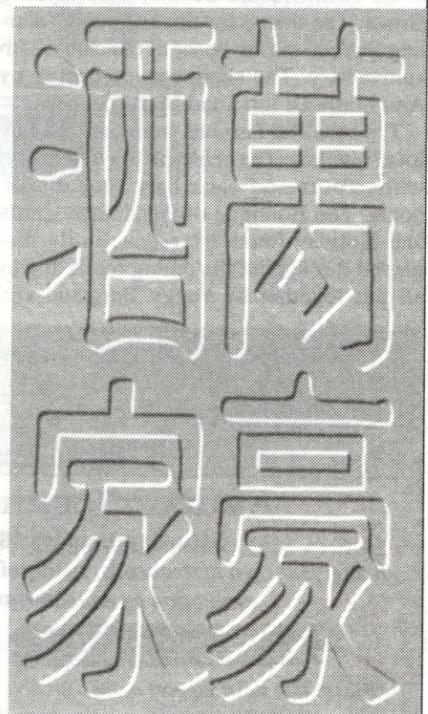
The Cilantro Private Room is perfect for special gatherings. Our weekday all-you-can-eat luncheon buffet is only \$6.95.

(Closed Mondays.)

Dine in or Carry Out. We're open at 11:30am.



**CILANTRO**  
Fine Chinese Cuisine



Located in the Buffalo Grove Town Center  
At the corner of Lake Cook Road and Rte. 83  
847/520-9988

# Silk 'n Things 20% OFF

## All Silk Green Plants, Bushes, Trees and Topiaries

SALE THROUGH JANUARY 31, 1997

Monday-Friday 10-5:30 • Saturday 10-5 • Closed Sunday

308 West Main Street • Barrington, Illinois 60010 • 708-381-3830

### Celebrating 25th Anniversary



Bob and Betty Coffin were part of the 25th Anniversary Long Grove-Kildeer Garden Club Fashion Show 1996.

The annual luncheon fashion show for the Long-Grove-Kildeer Garden Club was held at the Twin Orchard Country Club in Long Grove. The theme for this year was "Sterling Reflections" in honor of the club's 25th anniversary. The show was co-hosted by Ann Marie Di Iorio and Mary Zgonena.

The beautiful fashions were presented by local retailers. The centerpieces were fresh white roses and each lady took a rose home. The Boutique of Handmade Crafts and Holiday Items were beautifully displayed throughout the dining room. It was all put together by Peggy Bergland and

Sharon Dalton and the members of the club.

At 12 noon the ladies dined on a specially prepared lunch and dessert which was followed by many prizes.

The proceeds from this fund raiser will go to nature conservancy, Alden Nursing Home, Reed-Turner Woodland, Long Grove Garden Plot, Horticultural-Environmental scholarship in Lake County, Chicago Horticultural Society, Ela Library, Vernon Library, all Garden Club of Illinois projects, and many community needs and projects.

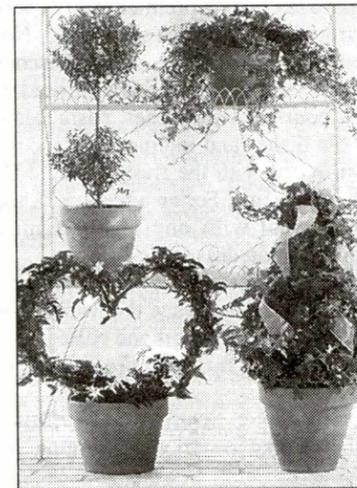
### Savings Of The Green

With blistering cold winds heading our way and the task of packing away our festive Christmas decorations for another year facing us, **Silk 'n Things** has the answer to bring the warmth of nature indoors to fill the empty spaces of Christmas past. It's their **20% OFF** sale through January 31 on silk or green plants, bushes, trees and topiaries.

The **Silk 'n Things** design staff has refreshing ideas to assist you at the store for a free in-home consultation. One of our design staff will come to your home and work with your surroundings and lifestyle.

The ficus tree is a favorite of decorators and homeowners. They are made of silk foliage on natural wood trunks. You'll enjoy the decorating effect one of these trees will lend to your surroundings. Choose from a variety of dimensions, as well as color.

Capensia is suitable for a corner or a room that needs perking up—at an afford-



able price.

Stop in the store and see the reductions on Christmas decor, table arrangements, ornaments, wreaths, swags and much more.

### Life Changers Is Here!

Life Changers International Church is a contemporary church family that presents the gospel of Jesus Christ to people of diverse backgrounds, whose common desire is for the life-changing power of the Bible, the Word of God. Our church is here to:

1. Create an atmosphere of worship and commitment to God for adults and youth of all ages.
2. Create an atmosphere where the hurting, the hopeless, the discouraged, depressed and lonely can discover the love, hope, acceptance and encouragement of God.
3. Provide wisdom for family development, financial/career stewardship and crisis management.
4. Empower people to fulfill their God-given purpose.

Come check us out this Sunday!

Life Changers International Church is located on Rt. 59, a quarter-mile north of Algonquin Road in Barrington Hills.

Service times are Sunday mornings at 10:00 a.m. and Wednesday evenings at 7:15 p.m.

Nursery and child care provided at all services.

For more information call (847) 842-6000.

If you need prayer support or encouragement of any kind call our prayer and counseling hotline at (847) 842-6000, extension 212.

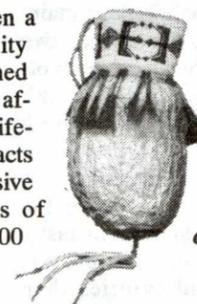
Don't miss our Life Changers Broadcast with Pastor Greg Dickow every Sunday morning at 8:00 a.m. on 106.7FM WYLL! We are here for you!

### Indian Artifact Identification Seminar Set

If you have ever found or have been given a stone projectile point, this is your opportunity to have it examined and evaluated by a trained educator and archeologist. Myles Goddard, affiliated with the Ojibwa Tribe, has spent a lifetime collecting stone tools, pottery and artifacts on his family farm near Peoria. His extensive personal collection includes hundreds of paleoindian artifacts together with a 14,000 year-old bone from the Sheppard Site, the only known mammoth site in Illinois.

Mr. Goddard has been called upon to evaluate and identify stone projectile points for multiple historic societies and museums. He will avail his talent for the general public at **Tribal Expressions** in Arlington Heights on Saturday, January 18 from 10 a.m. to 5 p.m. The public is invited to bring their own bone and stone artifacts for evaluation. Points will be compared against a variety of known samples, guide and reference books. Owners should leave with a greater understanding about their projectile points age, use and information about the material from which it was made. Mr. Goddard will supplement the seminar with slides and academic lectures.

The Tipi Shop, Incorporated, is a not for profit organization that is certified by



**Buffalo Bladder Bag,** by Diana K. Miller, Rosebud Sioux, South Dakota. Old style beads, traditional colors, brain tanned hide and Sioux geometric turtle design combine as a functional storage container.

the Indian Arts and Crafts Board of the U.S. Department of the Interior. The Tipi Shop has asked **Tribal Expressions** to host a trunk show in January to aid Native artists in the winter months when there is little tourism in South Dakota. **Tribal Expressions** has agreed to assist the Tipi Shop with a Trunk Show and sale the weekend of January 18 and 19. In conjunction with the Artifact Identification Seminar, visitors will have an opportunity to purchase regional tribal art unique to the plains tribal groups. For additional information, directions, or to be placed on the mailing list please call the gallery at (847) 590-5390. These events are available at no cost to the public.



**TRIBAL EXPRESSIONS®**

**ARTIFACT IDENTIFICATION SEMINAR**  
 Saturday January 18, 1997 noon to 5:00 p.m.  
 Bring your own arrowheads, spearpoints or stone tools for a free analysis and evaluation by educator/archeologist Myles Goddard.



Please join us in support of the Tipi Shop from Rapid City South Dakota. Sioux tribal representatives will present a Northern Plains regional tribal art trunk show and sale.  
 Saturday Jan. 18th noon to 6:00 p.m. & Sunday Jan. 19th noon to 5:00

Alive with the Art & Spirit of Native America  
 7 S. Dunton, Arlington Heights  
 (847) 590-5390

## Chers Amis...

Welcome into year 1997... and thank you to all for your support during the past years. In keeping with our constant desire to make **D & J Bistro** a worth while destination that goes beyond the quality of its food and the value it represents, we will host several "somewhat cultural" or "of special interest" events during the course of the year.

Our first event of this sort in 1997 is actually the third in a series of "Travel to France" dinners. (In 1996 we presented "Travel to Paris" and "Travel to Provence.") So, on Sunday, January 26, join us at 5 p.m. for a slide presentation and narration about Normandie, followed by a dinner relating to this beautiful and bountiful area of France. This has proven to be an ideal format for anyone interested in getting infor-

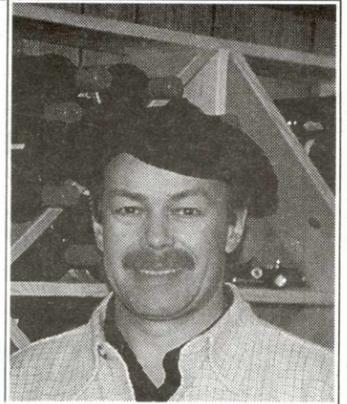


mation for a future trip or simply wanting to enjoy good food, good company around an interesting topic. Don't miss these opportunities, I don't know of any other place that offers such an attractive package. Please call **D & J Bistro** for more information and reservations. Merci!

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"Travel to Normandie" Dinner  
Sunday, January 26th, 5pm



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## It's All Taken Care Of

You probably have days when "take a break," is so far from your "to do" list that it is in another time zone. Well, "take a break" may again become a regularly scheduled event, due in part to **Event Nouveau Inc.**

Some call it "concierge service"; that personal attention by those whose only goal is to make your life simpler. We call it corporate and individual time enhancement. We meet with you to evaluate how we may best be of service and then it's all taken care of.

George and Laura Rukujzo will assist you at the grocery or food specialty store of your choice, pick up your shopping list, and deliver your groceries or your prepared dinner. What's more we will assist the busy executive, corporate incentive program or the individual customer for procuring any gift. Everything from wrapping, delivering, or even sending it to a different state.

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## 10 New Year's Resolutions:

by Eleanor Nelson & Sally Hayward, Travel House

1. I am going to spend a portion of my children's inheritance on myself. I'm going to travel more, and I'm not going to feel guilty about it.

2. I am going to recreate the honeymoon I would have taken with my spouse, if I was as smart and well-off then as I am now. And it is going to be a surprise.

3. I am going to watch what I eat... in every city in Europe.

4. I'm going to walk along the cobblestones and paths my grandfather walked in the home country. And I'll pay off his tab at the local pub.

5. I am going to do something different. I'm going to see a part of the world I've never seen and have experiences I've never had. I'll bicycle China, balloon over the Alps, barge the Seine, and when I come back I'll feel like I've really done something.

6. I'm going to start exercising every day... at the Golden Door Spa on the QE2.

7. I'm going to pull out the paint pots in Tahiti. And pray for one of Gauguin's models.

8. I'm going to stay awake past midnight next New Year's Eve, and dance until 2 a.m. at the Imperial Hotel in Vienna.

9. I'm going to write my next New Year's resolutions from a deck chair on a world



cruise, and I'll worry about losing 10 pounds next year.

10. I'm going to put full responsibility for implementing these resolutions... on someone else! My agent at **Travel House**. And I'm going to have all the fun and none of the worries.

This year, resolve to indulge yourself. You've earned it. And we can make it happen. The world is just a phone call away. Call us at **Travel House** to make your resolutions a reality!

## Four Seasons Garden Club Meetings

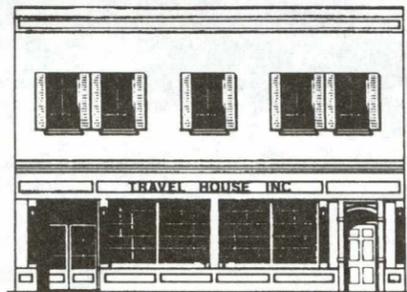
The Four Seasons Garden Club will meet on January 7, 1997 at 9:30 a.m. at the Barrington Area Library. Sandra Ramas of Wreathworks will speak on "Decorating Your Home After the Christmas Holidays."

The garden club will also meet at the library on February 4, 1997. Debra Phillips from Sentimental Gardens will give a "Seed Starting Demonstration."

Call Jan Kitz at (847) 381-2841 for further information.

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## Enacted New Laws May Effect You

by Sharon L. Keller, J.D.

Happy New Year! I hope the holidays were restful and peaceful for you. In 1996, new laws were enacted that may effect you. Some of those changes are summarized in this article.

The Department of Labor (DOL) has announced reform of a pension rule that will enhance workers' retirement security by requiring employers to deposit employees' pension contributions into their plans within 15 business days following the month in which employers either withhold the money from employees' paychecks or receive checks from the employee. Previously, the regulation gave employers a maximum of 90 days in which to transfer these contributions. The effective date of this new regulation will be February 3, 1997. The DOL estimates that the revised rule will now afford participants of a \$76 million return in 1997 by having these funds deposited by the earlier date.

The 15% excise tax on excess lifetime withdrawals of lump sum distributions from qualified retirement plans has been repealed for 1997 through 1999 by the Small Business Job Protection Act. Prior to 1997, the tax was imposed on withdrawals greater than \$155,000, or lump sum distributions exceeding \$775,000. If you take advantage of the moratorium, you will still owe income tax, and possibly the 10% penalty on withdrawals prior to age 59 1/2 on distributions.

The Health Insurance Portability and Accountability Act was passed in 1996 and included the following: In 1997, self-employed individuals will be able to increase their deduction for health insurance premiums from 30% to 40%. The deduction will increase to 45% in 1998, 2002 and 50% in 2003, 60% in 2004, 70% in 2005 and 80% thereafter. Long term care insurance premiums paid by self-employed individuals after 1996 will also be included in this allowable deduction.

Further, benefits from employers providing long term care indemnity insurance will



be tax free and per diem benefits will be tax free up to \$175 per day.

In addition, the Act instituted measures to help terminally ill individuals by allowing life insurance death benefits paid out prior to death to be income tax free. Also, the assignment of life insurance proceeds to viatical settlement companies will be exempt from income tax. Further, this income tax exclusion is limited to \$175 per day to individuals that are chronically ill.

An individual may not be excluded from coverage under a group medical health plan for a preexisting condition unless the individual received or was recommended to receive care or treatment within the six month period prior to enrollment. This exclusion may not last for more than 12 months. An excise tax will be imposed on employers who fail to comply.

Next month I will continue this discussion on changing laws and summarize the small Business Act of 1996 which makes S-Corporations a more effective vehicle to use when choosing a corporate structure. Again, Happy New Year! Have a safe and prosperous January and see you next month.

## Don't buy a mistake.

Mistakes are easy when you're house-hunting. Besides weighing the merits of the house itself, there's the land quality, specific location, resale values, schools, parks, cultural environment, and future neighborhood plans for roads and other changes to consider.

So don't court disaster. Don't think you can operate with just a list of addresses and the Internet.

Call Prudential in Barrington. Get the help of a savvy Realtor who can look out for your best interest. Talk honestly. And let him/her do what our Realtors are trained to do: help you avoid the pitfalls.

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## Tips from the Top of The Rock™

Margaret R. Semrad  
Broker/Manager  
Barrington Office

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How do buyers find the best possible home in today's market? Can you just "shop the Net"?

Real estate can be a fabulous investment. Sometimes a buyer can turn a property around six months after his purchase and make a 50% profit. An opportunity like that is not an accident. The best real estate investment needs to be searched and researched. Both the search and the research should take place with a Realtor, as a joint venture.

A Realtor educates the homebuyer as to the different neighborhoods within communities. There's an adage in real estate that

says the three most important considerations when buying property are (1) location, (2) location and, of course, (3) location. In other words buy something in the right location and it will not only provide shelter, but steady appreciation as well.

Next, the Realtor looks for houses within the chosen neighborhood where the seller's circumstances for selling, such as divorce or job relocation, make the seller highly motivated to sell quickly.

Experienced purchasers of real estate don't generally buy on impulse. They want

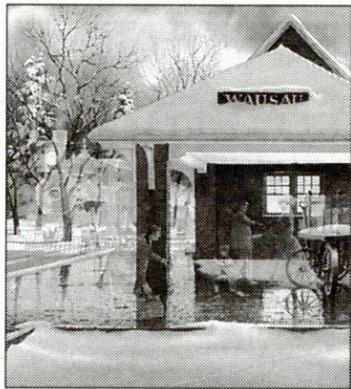
*(Please continue on page 37)*

## First Anniversary Celebration

Come and see the improvements and take advantage of our annual art and framing sale. Our customers have been enjoying our high quality custom framing, and selection of limited and open edition fine art prints for over eight years. Improving on this seemed difficult, but improve we did. Under new ownership, **Maura's Frame Shop & Art Gallery** in the Lakeview Plaza went through a remodeling program to expand its art gallery area while not compromising the promptness and quality of the framing services.

To celebrate our first anniversary, we are not only offering discounts on all custom framing, but also **25% to 50%** discounts on many of our prints and posters as well. Also we are expanding the sale time from the normal month to six weeks beginning January 1.

During the past year we have more than doubled the number of artists we represent and added many small inexpensive matted



"Late Arrival" by Charles Peterson

prints for your selection. For that finishing touch to your decorating needs, browse among our hand made Mexican pottery or choose from our selection of framed South American butterflies.

## European Antique Treasures

Antique treasures await you at the **Carriage Trade** of Long Grove. The beautiful antique furniture is showcased in an elegant southern colonial home with winding staircase and antique fireplace wall imported from England.

Plan to spend some time browsing at armoires, cupboards, tables and smalls from France, Germany, Ireland and England at competitive prices. You will find an assortment of antique clocks and oil paintings, Kilem rugs, Royal Doulton, Torquay and English brass candlesticks to tempt your creative talents and help transform your house to a home. We look forward to meeting you, Tuesday-Satur-



day 11 am-5 pm or by appointment. (847) 634-3160.

## A Guide To Fun In Learning

Your children are about to begin their winter break. How can you keep your children interested in learning while not in school? Dr. Raymond Huntington, founder and president of **Huntington Learning Center**, offers the following tips:

**Create an agenda for your child.** This will maintain structure while not on a school schedule. Communicate to your child his or her agenda. This will build excitement for your child while providing a sense of organization and structure.

**Participate in your child's time off.** As Dr. Huntington explains, "The effect that a parent's involvement has on a child's learning process is profound. As a parent, being a part of your child's learning experience raises your child's self-esteem and helps him or her achieve true growth."

**Make a special occasion of a trip to the library.** Select a topic or story category prior to getting to the library so you and your child have a focus. "The story should be meaningful with rich imagery and the opportunity to explore issues that are personally relevant to your child. If your child is facing anxiety or frustration, for example, select a story that successfully deals with that topic," says Dr. Huntington. "Or, select a project, perhaps exploring the family tree for the holidays, as a way of connecting the significance of history to something relevant to your child."

**Coordinate group trips** with a few of your children's friends to attend an exhibit

or tour a museum. Science museums are great ways to involve your child with hands-on learning. If your schedule does not permit you to host the trip, perhaps a few of the other parents can be the guides while you assume the responsibility of planning.

**Work with your child.** Performing tasks and doing chores are great ways to approach learning sensibly. When your child has an objective and a sense of responsibility, he or she will find the challenge irresistible. "Find fun and engaging jobs around the house, particularly ones that will create family togetherness," Dr. Huntington explains, "Break down complex tasks into simple steps. As the child accomplishes the task he or she will feel the rewards of completion and a higher sense of self-confidence."

**The Huntington Learning Center** is a nationally recognized leader in the field of improving a child's basic study skills through remediation and enrichment programs. Students are given individual attention by certified teachers using personalized programs tailored to improve skills in a child's trouble areas. **Huntington** offers individual testing and tutoring in reading, math, study skills, writing and SAT/ACT preparation to students of all ages.

For further information, or to discuss a specific problem, parents are encouraged to call the **Huntington Learning Center** in Barrington at **382-3655** or in Buffalo Grove at **459-5939**.



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Frustration with School		
Lack of Confidence		
No Motivation		

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*Your child can learn.*

## Making Time Management Decisions

Everyone—moms, dads and even school-aged kids, face time management decisions every day. Learn how to organize your life and manage your time better with PACES' speaker, Carol Dunnington, adjunct faculty

member at Harper College.

Come join us on Thursday, January 16, from 7:30-9:00 p.m. at Harper College, in Building A, Room 241/242. For more information, contact Linda at 847-359-1634.

## Attorney Sharon Keller To Be Speaker At BACOA Meeting

The Barrington Area Council on Aging, Inc. will be holding a program on Wednesday, January 8, 1997 from 1:30 p.m. to 3:00 p.m. at the Barrington Area Library. Light refreshments will be served.

topic. Speakers will be Sharon Keller, attorney, and Eugene Dawson, Barrington Township assessor. They will provide information on programs and legislation at the local, state and federal levels which may affect senior citizens as they prepare to file their 1996 taxes.

"Tax Update for Seniors" will be the

The BYDE Performances Of "The Nutcracker" Dazzled



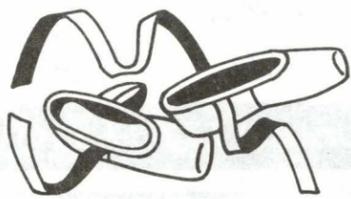
In early December Barrington Youth Dance Ensemble (BYDE) performed "The Nutcracker" to huge audiences. Pictured following a dazzling performance are BYDE dancer Jennifer McLean, the Sugar Plum Fairy, Crystal Lake; Cindy Glavich, BYDE Director of Development, Lake Barrington; and Norbe Risco from Chicago, the Cavalier.



Dancers in 'The Land of Snow' during a Barrington Youth Dance Ensemble (BYDE) December performance of "The Nutcracker" are, left to right, Jennifer McLean, Crystal Lake; Kylie Lafferty, Barrington; Julie Niekrasz, Arlington Heights; Katrina Oeffling, McHenry; Katelyn Tomek, Fox River Grove; and Lisa Steichen, Inverness.



Tricia Parris performed the role of Chinese Tea. Tricia is from Inverness.



Pictured during intermission of the final performance of "The Nutcracker" are Doug Altenberger, back. Center row from left, John Moser, Barrington; Ruth Wilcox with hand on daughter Lyndsay, Glen Ellyn; Christine Altenberger with daughter Cassie, Diana and George A. Moser, Barrington. The BYDE is most grateful that the fourth annual Nutcracker production in December 1997 will be supported by the generosity of the Moser-Altenberger Family Foundation.



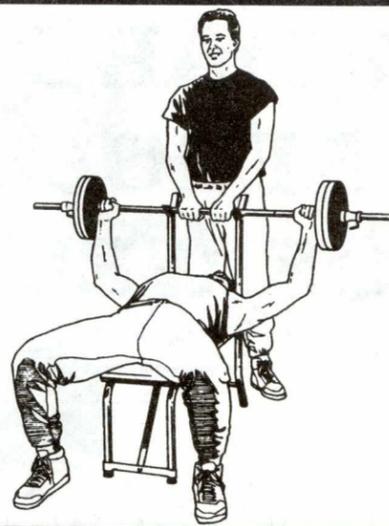
During intermission of the final of four successful performances BYDE artistic director Mary Brennan (center) had a chance for camaraderie with Kristen Carol, left, and Tiffin MacGregor formerly of Barrington now residing in Chicago.





## A Special Focus On

- Beauty
- Health &
- Fitness



### For A Complete New Look In '97 Visit Tranquility

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Your hair can be made more appealing with a spontaneous tousled look. We make it easy with expert artistry. Each of our cuts have a variety of styling options to make a statement of your personality. Express yourself with color or get the support that you have been seeking, to control that flat or lifeless hair. Highlights can brighten dull hair or blend out gray for a natural look. Or how about enhancing your color? Go with a new red shade, or a little touch of gold!

Your skin and nails could improve dramatically in just one visit to our day spa. Our four layer facial can renew and refine your skin from the damage it may have received during the past months.

If you are thinking of taking a winter get-

away, but don't have the time, we have the answer. Our body bronzing treatments will give you a healthy glow. You'll look as if you just returned from a vacation filled with sun.

Another way to relax is with a visit to Maura, our massage therapist. She will massage all the holiday aches and pains from the tensions you acquired during those hectic days. Therapeutic massage also has many health benefits. It is good for both the mind and body.

To complete your new look, a manicure and pedicure will give you great looking hands and feet. Remember your hands are seen everyday. Why not make them look fabulous?

There is only one place in Barrington to feel the relaxation and confidence you will experience from a day salon. That is **Tranquility**. Make an appointment today for your FREE consultation and evaluation. We're right across from Jewel with our own parking lot and bright yellow awnings at 123 W. Main St. in downtown Barrington.

### Take Care Of Yourself This Year

If you want to improve your health, getting started with the right fitness program is key. Total fitness encompasses cardiovascular endurance (for a strong heart), muscular strength and endurance (for ease of daily activities), flexibility (to prevent injury and reduce low back pain) and balance (for efficient body functioning).

Our goal at **Body Constructors, Inc.** is to provide our clients with safe, effective exercise programs with an emphasis on total wellness. With our one-on-one instruction and ongoing motivational support, we strive to give our clients the tools to take control of their lives through a healthy body.

Through our personal training program clients will not only learn the answers to the most often asked questions of how often, how hard and how long to exercise and what exercises zero-in on "problem" areas, but also provide answers that relate to the individual. As experienced fitness professionals we are accustomed to working with a diverse clientele with different needs and different goals. We are used to working with clients with challenging schedules.

This year do yourself a favor and focus

not only on the aesthetic benefits of exercise (although a rewarding bonus), but of becoming a happier, healthier person with the capacity to do more.

#### About The Staff

Our personal trainers are nationally certified and/or degreed in the field of health and nutrition. We continually enhance our education to provide our clients with cutting edge information, creative exercise techniques and quality service. **Body Constructors, Inc.** has been in business over five years instructing clients one-on-one and providing fitness services to large corporations. The majority of our trainers have at least ten years experience in the industry.

#### Workout with a Partner and Maximize Your Results

Having a good support system has been shown to be vital to the success of adopting a healthy lifestyle.

**Special offer: Sign up with a partner (spouse, friend, etc.) and receive 10% OFF a one, two or three month package.** Sessions may be scheduled separately or jointly. **This offer expires January 31, 1997.** Call for details.

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### ACUPUNCTURE and ACUPRESSURE

To relieve chronic and acute back and joint pain and alleviate symptoms of depression, exhaustion and chronic fatigue. Also part of smoking cessation programs.

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The ancient Chinese martial art, meditation and health exercise system to relax the muscles, open the joints and calm the mind.

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Improving the human experience through personal wellness programs.

## Center Offers Not-So-New Approach To Wellness

While acupuncture, Tai Chi, massage therapy and Chi Kung may be new ideas to some, they are well-established and highly respected therapies with origins dating back thousands of years. The presence and practice of these therapies has become increasingly popular, as is the quest for personal wellness.

The newly opened **Northwest Wellness Center** in Palatine specializes in wellness and personal therapy programs designed to treat illness, prevent future illness and improve the human experience without the use of prescription drugs of invasive medicine. Founded by rehabilitation medical specialists Stephen J. Talty, MD and Peter Blendonohy, DO, the center treats children and adults in programs ranging from personal counseling to smoking cessation, nutritional counseling to skeletal adjustment and acupuncture to massage therapy.

"Holistic medicine offers a natural and less stressful means for treating physical conditions," says cofounder Dr. Talty. "These treatments are equally as effective, and often more effective than the medications and surgeries considered 'traditional' medicine. For this reason, there is an increasing interest in holistic therapies and a holistic way of life."

Adds Dr. Blendonohy, "We founded the center to fulfill a need we see growing each day—access to qualified, holistic care. At the **Northwest Wellness Center**, we offer licensed, credentialed and experienced physicians, therapists and practitioners."

### Tai Chi Chuan

Among the foremost educational and therapeutic programs at the **Northwest Wellness Center** is Tai Chi Chuan instruction by internationally known master Gary J. Clyman. Each Thursday evening from 7 to 8 p.m. during January, Clyman will be demonstrating Tai Chi and offering a one-hour session of free instruction at the center.

"Tai Chi," says Clyman, "is an ancient Chinese martial art which combines meditation and healthful exercise to open the joints, relax the muscles, calm the mind and strengthen personal will. It is a discipline practiced by all ages who strive for a healthier mental, physical and spiritual lifestyle."

Clyman has practiced Tai Chi for nearly 25 years, training for 6 to 10 hours per day to achieve his current status of master, equivalent to that of a 5th degree black belt in karate. He has toured the United States as an instructor and noted expert in Tai Chi, appearing on national television programs to demonstrate and explain the physical and mental benefits of the ancient art form.

"The Temple Style of Tai Chi that I teach includes standing and sitting meditations, martial art applications, 2 person sensitivity and endurance training. It is ideal physical activity and provides notable health

benefits for almost anyone—from the most seasoned athlete to individuals with physical limitations such as arthritis, obesity and cardiac disease."

Temple style is taught in a step-by-step, easy to learn fashion.

"Tai Chi is also designed for individuals who poorly manage stress. The combination of physical movement and meditation produces an inner balance that is sustained through regular practice of the art," he adds.

### Acupuncture

The **Northwest Wellness Center** offers not only instruction and educational programs, but therapies as well. Acupuncture, practiced in Asia for thousands of years, is administered by trained and licensed physicians.

"The applications for acupuncture are numerous," notes center cofounder Dr. Talty. "The therapy is commonly used, to treat and control acute and chronic pain such as that of arthritis or from physical injury."

"Smoking cessation programs which involve acupuncture have high success rates," adds Talty, "and the therapy is also effective in treating emotional disorders such as depression and anxiety. Additionally, those suffering from chronic fatigue, chronic headaches and migraines and even respiratory and gastrointestinal disorders will benefit from acupuncture with no harmful side effects."

### Holistic therapies

The **Northwest Wellness Center** also offers therapeutic massage to relieve stress, fatigue and pain; skeletal alignment to relieve pain and improve mobility; vitamin analysis and supplement programs to discover deficiencies and treat them through supplements and nutrition; nutritional counseling in weight and disease management and as the foundation of healthier living; psychotherapy including biofeedback, hypnotherapy and meditation; personal and group therapy; speech therapy for children and adults; and Chi Kung, an energy cultivation therapy.

Each Thursday evening from 7 to 8 p.m. during January, Clyman is demonstrating Tai Chi and offering one-hour of free instruction at the **Northwest Wellness Center**. Reservations are required and can be made by calling **847/776-1400**.

For more information on any of the therapies or programs the **Northwest Wellness Center** provides, or to schedule a consultation or appointment, call the center at **847/776-1400**. The **Northwest Wellness Center** is located at 909 East Palatine Road in Palatine, one-half mile west of Route 53 and across from the Winston School campus. Evening appointments are available.



## Spring Hill Imaging State-Of-The-Art Technology

**Spring Hill Imaging** in West Dundee is the new advanced Open MRI facility designed for the patients with special needs. Our state of the art technology far exceeds the Open MRI images of the past. **Spring Hill Imaging** is one of seven OPEN MRI facilities, called Choice Imaging, which we are pleased to offer our services to the entire Chicagoland area. Through this affiliation, you can offer to your patients alternatives when choosing MRI that is professionally served by certified radiologists. New technology has enabled us to accommodate the patient with special needs, such as large physical size/obesity, noise sensitivity or the need for a wide open space. In addition, children and some adult patients often prefer the more pleasant alternative of an open system.

Unlike some of the open systems that your patients may have experienced, these scanners have the latest open magnet design and software producing images that are of the highest quality. All of the Choice Im-

aging Open MRI Network's attention and effort is dedicated to open MRI. Our goal is to stay on the leading edge of MRI knowledge and open design technology.

At **Spring Hill Imaging** all of our patients are treated with the same respect, courtesy and understanding that one would expect for themselves or a member of their family. Test results are reported within 24 hours and films are available upon request. Additionally, we will accommodate emergency patients and we provide convenient and flexible scheduling. We accept all managed care and are affiliated with all major insurance companies.

**Spring Hill Imaging** is committed to providing the finest quality service, reporting and communication with every physician. We welcome the opportunity to be of service to the community at any of our open MRI facilities; Hinsdale Imaging, Lincoln Park Imaging, Riverview Imaging, Matteson Imaging, and Southlake Imaging. Just call (847) 836-0674.

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## Start The New Year With Endermologie™ And Have A Smoother Appearance By Spring

Local physicians at **Valley Plastic Surgery Center** are among the first in the nation to offer a proven technique which reduces the appearance of cellulite. This treatment was developed in France about 15 years ago and has become one of the only successful ways to reduce the appearance of cellulite without surgery.

The non-invasive, non-surgical procedure is called **ENDERMOLOGIE™**. This deep massage technique increases circulation to the superficial layer of fat and skin, which mobilizes the fat just under the skin, minimizing the appearance of cellulite and improving skin tone. The dramatic reshaping that occurs often results in taking years off your figure.

**Valley Body Contouring Salon** has six trained and certified technicians and offers flexible treatment hours **Monday-Friday 10AM-8PM and Saturdays 9AM-2PM.**

Call (847) 608-7506 today and take advantage of our special New Year's package. You have nothing to lose but your cellulite!



Seeing is believing . . .

This New Technique, developed in France, reduces the appearance of cellulite, while toning and contouring the shape of your body.

**ENDERMOLOGIE**

The procedure is **Non-Surgical Non-Invasive** and can be completed within a series of 15 or more sessions.

Call today for a **Free Consultation** and a tour of our **NEW** facility.



VALLEY BODY CONTOURING SALON

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**Dr. Jay Rosenberg, M.D., F.A.C.S.** **Dr. Philip Lambruschi, M.D., F.A.C.S.**  
**Dr. Dean Manus, M.D.**

Members of the American Society of Plastic and Reconstructive Surgery  
Affiliated with Valley Plastic Surgery Center.

## Nation's First Museum Of Law Now Open In Chicago

The first museum in the country dedicated to lawyers and the American justice system is now open in Chicago. The American Bar Association Museum of Law, located at the American Bar Center, 750 N. Lake Shore Drive, officially dedicated the museum on Wednesday, November 20, at a special preview reception.

The goal of the museum, according to ABA Executive Director Robert A. Stein, is to increase the public's understanding of the American justice system and the importance of the rule of law in a democratic society.

"The opening of this museum," Stein noted, "comes at a time when public interest in law and lawyers, fueled in part by

high profile trials, is at an all time high. We hope we can leverage that curiosity into a deeper understanding of our justice system, and the critical role it has played in distinguishing America as a land of unequalled individual liberty and opportunity."

Marvin Aspen, chief judge of the U.S. District Court for the Northern District of Illinois, Kevin Consey, director and CEO of the Museum of Contemporary Art, and Stein were among those scheduled to speak at the museum dedication. More than 100 local leaders from the spheres of law, business, politics, philanthropy and the arts attended.

Representatives from the New York Historical Society and the Office of the Cura-

tor of the United States Supreme Court have provided assistance with the development of the museum.

The opening exhibit, "America's Advocate: The Story of the ABA," traces the 118-year history of the Association. It includes a recreation of the law office of ABA founder Simeon Baldwin, with mementos from the first Association meeting in Saratoga Springs, N.Y., in 1878.

It also features a recording of Sir Winston Churchill's 1957 speech to the ABA when it convened in London for its annual meeting.

The museum will offer educational programs, special events and publications to reach visitors in Chicago and around the

country, according to Museum Director Norman Gross.

The ABA Museum of Law's second exhibit, to open in the fall of 1997, will examine famous trials in U.S. history.

According to the 1996 "Official Museum Directory," out of 7,500 museums in the United States, none until now has been devoted to the law.

The American Bar Association, headquartered in Chicago, is the world's largest voluntary professional association.

JAMS/ENDISPUTE, the nation's leading corporate provider of alternate dispute resolution services, was the primary sponsor of the ABA Museum of Law opening reception.

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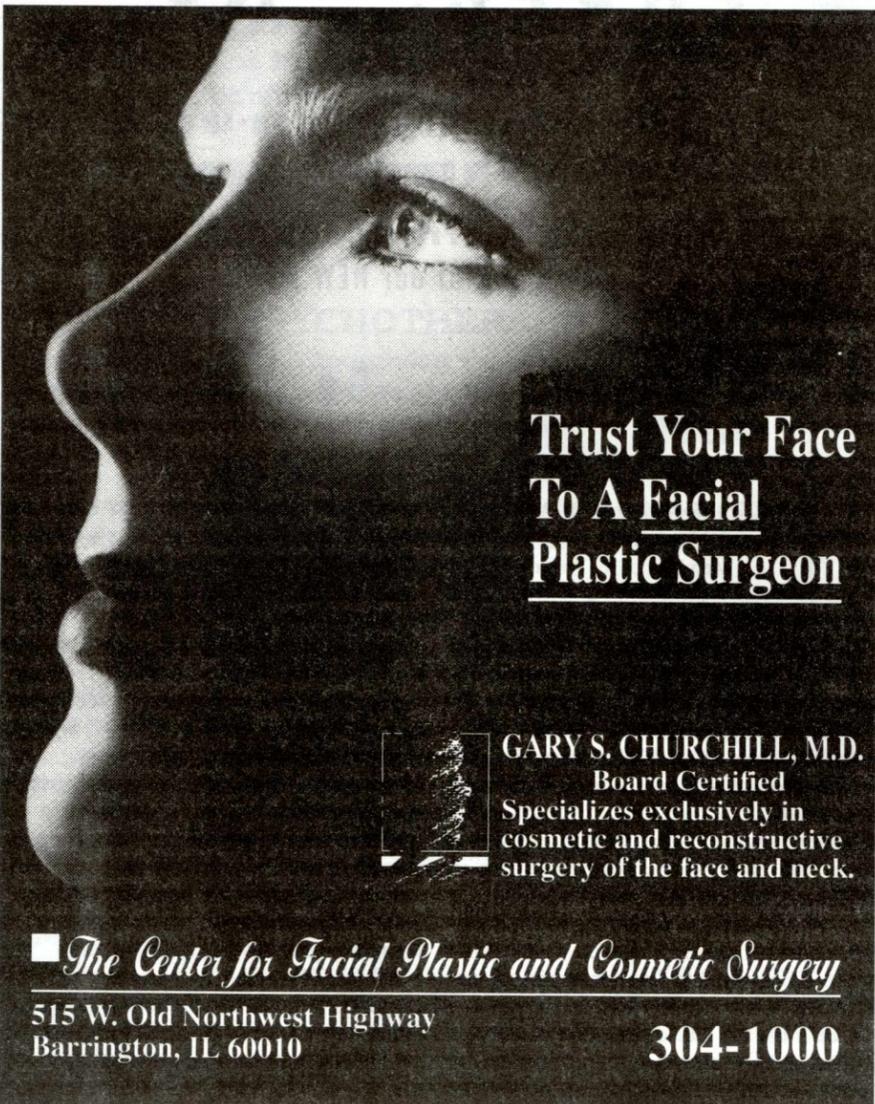
## Garden Club Council Bestows Beautification Awards

The Council of Barrington Garden Clubs recognized members of the Barrington Area Chamber of Commerce at the November 19 meeting hosted by the Lamplighter. The annual beautification awards for excellence in landscape design, horticulture and maintenance included certificates of recognition for Page One Interiors, Inc., Ruck Pate Architecture, Pasquesi Home and Garden Suppliers, Chessie's Restaurant, The Greenery Restaurant and Pitta's Greenhouse, Inc.

Previous winners who received recognition for continued excellence were The Foundry, Hamilton Partners, Barrington Place, Suburban Bank of Barrington,

Allstate Insurance Company, McDonald's, GE Capital Corporation and Ameritech. Honorable mention awards were given to Silk 'N Things, Corporate Identity, Governors Park, Bruce N. Tinkoff, Attorney, Phillips Men's Wear and Barrington Realty.

The Garden Council Beautification Committee observed area business sites during the growing season from Memorial Day to Labor Day. The 200 women in the garden clubs appreciate the gardening efforts which contribute to the beauty of the entire Barrington area. The Chamber members present offered their congratulations and appreciation to the awardees.



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## Skin & Spa Services

### FACIALS

**Mini**—(½ hour) Cleansing; 10 minute face, neck and shoulder massage; concentrated moisturizer is applied per skin type.

**Full**—(1 hour) Cleansing; skin scrub or surface peel; blemish treatment (includes blackhead extractions); face, neck and shoulder massage; facial mask (purifying restorative clay for oily skin or hydrating cremotherapy for dry skin); concentrated moisturizer is applied.

**Paraffin**—(1 hour) Cleansing; exfoliating skin scrub; face, neck and shoulder massage; paraffin applied to seal in 4-layered deep hydrating mask; intensive moisturizer for dry skin is applied.

To complement the facials either one of the following may be added:

**Hand Treatment**—Concentrated moisturizing treatment is massaged into arms and hands and then placed in heated mitts.

**Eye Treatment**—Lymphatic drainage massage is used to apply an intensive hydrating mask to the eye area.

### BODY TREATMENTS

**The Head-To-Toe Experience**—(1 hour) Hazelnut oil and Chinese herbs are massaged into the skin to exfoliate. The entire body is then wrapped in warm sheets infused with herbs for 20 minutes while under a heat lamp. During this time, a facial mask is applied and aromatherapy oils are



massaged into the scalp. The entire body is spritzed with a refreshing aromatherapy oil blend.

**Herbal Wrap**—(½ hour) The entire body is wrapped in warm sheets infused with herbs for 20 minutes under a heat lamp then spritzed down with a blend of aromatherapy oils.

**Body Scrub**—(½ hour) The entire body is massaged with Hazelnut oil and Chinese herbs to exfoliate. An intensive moisturizer is then massaged into the skin.

These spa and skin services are available at **Applause Salon**. We also offer 1 hour or 1½ hour regular massages for men and women. Please call **(847) 540-0990** for more information or to schedule an appointment.

**Applause** now carries the complete line of Bioelements Skin Care Products.

## Facial Plastic Surgery, Looking Your Best

*Dr. Churchill specializes in plastic and reconstructive surgery of the face and neck. He has an office and private surgical suite in Barrington, and is one of a handful of physicians in the country to complete extensive subspecialty training through a fellowship with the prestigious American Academy of Facial Plastic and Reconstructive Surgery. Dr. Churchill is board certified and on staff at a number of local hospitals and surgery centers. The following is an excerpt from an upcoming newsletter.*



### Minimal Incision Surgery of the Face

#### Definition of Terms:

**Fiberoptic endoscope**—a long surgical telescope 2-4mm in diameter that can be placed through a small incision to see beneath the skin or into body cavities.

**Videoendoscope**—the use of a camera on the endoscope to project the scope's view onto a video monitor.

#### What is Minimal Incision Surgery?

Perhaps the most exciting advance in surgery to come along in years is minimal incision surgery. This has revolutionized many areas of surgery. Now for the first time, minimal incision surgery can be done for certain plastic surgery procedures. Minimal incision surgery involves using fiberoptic scopes through tiny incisions to see and perform the operation. Almost everyone has heard of arthroscopic surgery of the knee and laproscopic surgery of the abdomen. These are examples of minimal incision surgeries that use fiberoptic technology to avoid larger incisions. We are now performing forehead lifting, brow lifts and removal of frown lines easily and with minimal incisions using videoendoscopic technology in our Barrington office. As new techniques are developed certain aspects of facelifting will be enhanced as may other surgeries of the face and neck.

### How Can Minimal Incisions Change the Brows and Forehead?

The skin and muscles of the brow and forehead move as one unit sliding loosely up and down. The muscles are attached high up on top of the scalp and low down at the level of the orbital rims. Through a tiny incision behind the hairline a 4mm scope is placed easily beneath the muscles and special instruments are used to detach the muscles from their attachments above and below. The muscles are shifted higher and reattached resulting in an elevation of the brows. Frown lines can also be lessened at the same time.

The corrugator and procerus muscles are located between the eyebrows and pull the brows strongly down and toward the midline. This results in creases and furrows of the overlying skin. During traditional forehead lifting corrugator and procerus resection is commonly performed to weaken these muscles and lessen their effect on the overlying skin. Over time, most of the lines smooth out. Traditional surgery, though, requires an incision across the scalp extending from ear to ear. Very few people are interested in such drastic surgery for frown lines. Minimal incision surgery for frown lines is much simpler. Only two tiny

*(Please continue on page 39)*

## Smiles For Success—Orthodontics

by Dr. Raymond Kotz

In the United States, beautiful, straight teeth have almost become a prerequisite for success in business and social life. Smiling faces with beautiful teeth look out of our televisions, magazines and movie screens.

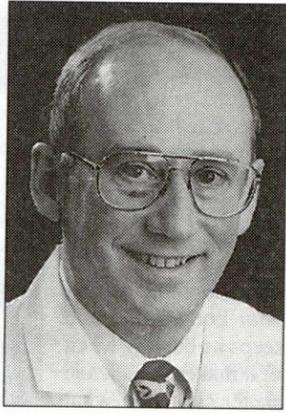
If an individual does not inherit the straight teeth necessary for such a winning smile an orthodontic consultation is usually advisable. This may begin as early as 7 years of age so that new technology can be used to make orthodontic treatment less involved, less time consuming, and frequently less costly.

There are other benefits of orthodontic treatment that are less dramatic; but over time, just as important for that winning smile.

For one, straight teeth last longer. If swallowing and chewing forces are properly directed down the roots of teeth, the gums and bone which hold your teeth in place can absorb these forces and incur less damage. Teeth that contact each other improperly allow food to pack between them thereby injuring the supporting gums and bone. But properly aligned teeth make oral hygiene with toothbrush and floss easier and more effective.

Finally, even small malpositions of teeth may contribute to jawjoint related head and neck pain. It is hard to smile when you are in pain. It may be even harder to smile when you get your orthodontist's bill, but remember, quality orthodontic treatment is one of the most conservative and one of the most valuable dental treatments available today.

For thorough evaluation, contact **Dr. Raymond P. Kotz** by calling **847-381-4040** in Barrington.



## Proceeds From Garden Club Of Inverness Christmas Luncheon Go Toward Charitable Endeavors

*On December 4, 1996 the Garden Club of Inverness held their annual Christmas Luncheon at the beautiful Biltmore Country Club. Amid balloons and baskets are Carolyn Grosch, Director and Adele Walker, First Vice President of the club.*



*This event is a major fund raiser for the club. Profits will go toward the Garden Club of Inverness' annual contribution to the horticultural scholarship funds and other charitable endeavors sanctioned by the Garden Clubs of Illinois, Inc. Club President Laura Hoover welcomes members and guests.*



*Co-chairs for the lovely event this year were Cathleen Laskov, Lynn Ward and Jill O'Connell—shown looking over some of the beautiful gift baskets.*

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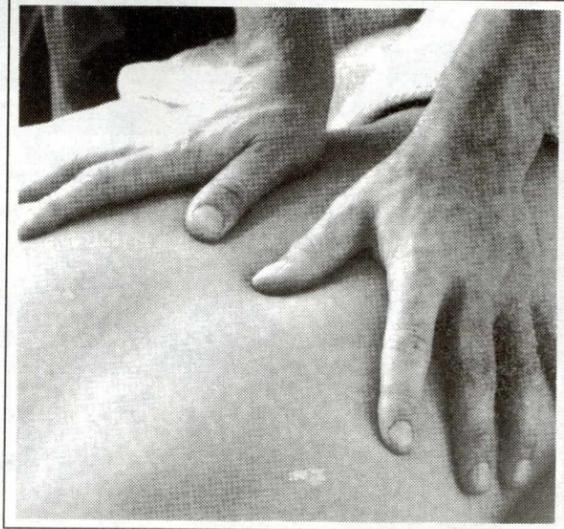
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(Cost includes text, materials and 6 additional 2½ hour support classes.)  
Class size limited.

Call 815/455-4502

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CT. RUBENFELD SYNERGIST

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Reiki  
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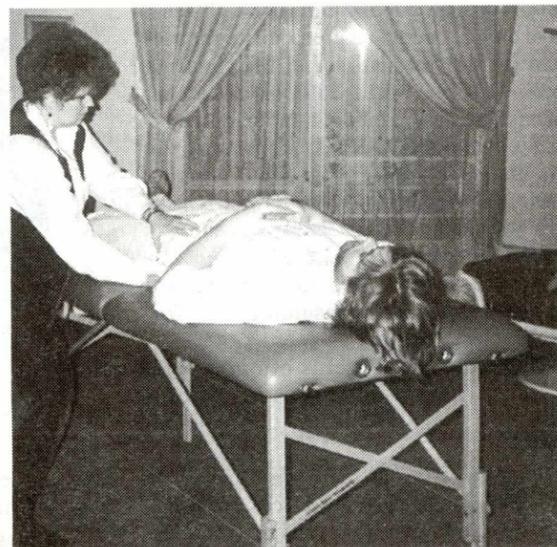
## Reiki... A Responsibility, A Gift, A Powerful Ancient System Of Healing

Reiki classes are now being offered in Crystal Lake through Pamela Arwine, Ct. Rubenfeld Synergist and Reiki Master Teacher. Class schedules and locations can be obtained by calling her at 815-455-4502.

Reiki (ray-key) means "spiritually guided universal life force energy," (ki). Life force energy animates matter, balances our body, mind and spirit; it keeps us healthy when in balance; it makes us ill when out of balance. Imagine what learning to vitalize, enhance and guide this life force can do for the state of your emotional and physical health!

The practice of Reiki was lost for many centuries, but Dr. Mikao Usui, the principal of a Christian seminary in Japan, rediscovered this ancient healing method in the middle of the nineteenth century. Whether your goal is self-healing, providing assistance to loved ones, or becoming a professional Reiki Master Teacher or Practitioner Level—all that is required is the desire to learn Reiki and use it ethically. It was intense desire which led Dr. Usui to his discovery. Reiki is a holistic method which reaches all levels of one's existence and works to bring them into balance, thereby addressing the cause rather than the symptoms of disease or disharmony. You may experience Reiki as love, the original home of the soul. However it is not linked to any specific faith, religion or belief.

"I believe Reiki is a great gift which engenders great responsibility," states Ms. Arwine. Reiki is taught in four levels, each requiring a full day seminar at a cost of \$150 per day. "Simple to learn, it is in no way simplistic," she continues. "We learn most deeply that which we experience directly both from being the giver and the receiver. Our Reiki work will be refined as



we use it and questions will arise. Therefore, I offer supplemental classes two evenings a month for sharing, practice and further development. These very beneficial classes are offered to all my Reiki students free of charge. It is a unique bonus and my way of giving back for all that I have received through learning, practicing and teaching Reiki.

Pamela is a teacher and practitioner of the art of Rubenfeld Synergy (body/ mind/spirit integration) and Reiki Master Teacher. She offers both classes and private lessons. The next Reiki Level I Class is on January 11. Private sessions are available by appointment. She brings a rich blend of experience to this work dedicated to health and balance with the focus on unity of mind, body, spirit and emotion. Each step along her path has brought her closer to her goal of teaching and assisting others in alleviating pain, disease, dysfunction and discomfort. Along the way, she has discovered that the true goal and the true joy is to take wing and soar; alleviating pain is just the necessary first step in the process.

## For Improving Or Enhancing Your Appearance

If you are one of the millions of consumers evaluating your options for improving or enhancing your appearance, the Valley Plastic Surgery Center should be at the top of your list. Much more than a doctor's office, services are provided along with an experience that is unparalleled within the field of aesthetic plastic surgery. Truly a state of the art facility, the seven thousand square foot surgery center provides elegant and professional surroundings while meeting the highest standards of safety. It is one of the few free standing surgical centers approved by the joint Commission for the Accreditation of Hospital Organizations, the same safety organization responsible for overseeing hospitals.

Discretely located in West Dundee just twenty minutes from O'Hare Airport, the center caters to out-of-state as well as local patrons with equal convenience. Many of those considered as Chicago's north shore elite find the short commute from the city well worth the trip, and are welcomed by the Fox Valley's scenic ambiance. The center offers the full range of plastic surgery

procedures; from facelift, eyelid, nose, and lip surgery to breast enhancement or refinement, liposuction, and tummy tuck procedures. Four separate lasers, fiberoptic cameras, and cutting edge techniques serve to minimize scars, discomfort, and time off of work, making aesthetic procedures an affordable reality that fits into the lifestyle of today's working women and men. Full esthetician services are also offered for image consultation, skin care treatments and peels, spa style facials, as well as make up application and assistance.

An entire satellite center, the Valley Body Contouring Salon is devoted entirely to the non-operative treatment of cellulite, and features the highly publicized "Endermologie" technique from Europe. Here, highly trained technicians provide private consultation, and demonstrations of the suction assisted deep massage procedure that appears to reshape the body contours while minimizing the appearance of skin dimpling and waviness. Patients also

(Please continue on page 39)

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oring and all chemical services, full service skin center, total treatment for nails, and a licensed massage therapist.

For your convenience our salon is open seven days a week, with evening hours Monday through Friday.

Come experience the difference. Call (847) 705-5999.

## New Beginnings In 1997: Your Mental Health & Fitness

by Judy Kaplan, MS

The holiday season often evokes feelings of nostalgia, reflection and reassessment of our lives. It provides closure for the past year and visions for the new one. The start of the new year brings with it the delight of starting over; new beginnings, a fresh opportunity to have a clean slate. Whether it be a diet, fitness plan, searching for a new relationship, ending one or revitalizing one, starting a business venture or changing careers, finding more effective ways to cope—January provides a special time to try something new, take a different approach and make things happen. It can be a time for self discovery, self awareness and mindful living; where are we in life, how are we doing, are we satisfied and fulfilled or stymied and stuck. Feeling good mentally and emotionally is as important as physical fitness. Attending to mental fitness as part of your daily regime keeps you prepared for whatever circumstances life brings your way.

How can you enhance your mental health and fitness in this month of new beginnings? A host of opportunities are available. Some of the mental fitness activities offered at my office located in Barrington are classes, seminars, and workshops on a

variety of relevant issues touching our lives today, such as life after divorce, living in the empty nest, and women's empowerment in the 90's. Other services include individual, group, marital and family therapy, consultation and assessment of problem situations. I can often provide resource referrals for people that don't know where to turn in the face of a crisis. In addition, I conduct discussion groups and support groups as well as providing psychoeducational training on a full range of topics including: communication skills, relationship problems, men's and women's special issues, at risk adolescents and their families, parental guidance and skill development, mid-life struggles, life cycle transitions and depression/anxiety problems.

Start the new year with a revitalized strategy for reaching your best and highest potential. Being fit mentally will enhance quality of life as well as free you up to embark on expanded physical fitness programs and life plans in general. Exchange your thoughts, ideas and visions with others in classes, workshops and groups or work toward your own individual goals through counseling or psychotherapy.

*Good luck and happy 1997.*

## Be Free Of Unwanted Hair Permanently

**Absolutely! Electrolysis Salon** provides safe, gentle, and effective permanent hair removal by a Registered Nurse. A nurse for the past 17 years, Debbie received specialized training in electrolysis and has taken the National Board exam to become a Certified Professional Electrologist (CPE). State-of-the-Art computerized equipment assures every client of a most comfortable treatment.

Electrolysis is the only safe, sensible, and permanent treatment for the removal of unwanted hair. It will free you from the limitations and frustrations of temporary remedies (tweezing, waxing, bleaching, or depilatories) which only result in the regrowth of coarser and more deeply rooted

hair.

Electrolysis will lift your spirits and your self confidence as the look you desire is achieved and the troublesome hair is gone forever!

Electrolysis in this office provided by a Registered Nurse, assures the client of a safe and effective treatment. Strict sterilization standards are adhered to as the requirements for sanitation and aseptic technique are strictly followed. **Absolutely! Electrolysis Salon** is located at 1241 S. Rand Rd. (N.W. corner of Rts. 12 & Cuba) in Lake Zurich (in the Day Spa of Hair Biz Salon). Call **Debbie Fritzshall R.N., C.P.E.** at (847) 550-0100 to discover the difference... you will love the results!!



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## Pi Beta Phi Alumnae Club

"The Arlington Heights Pi Beta Phi Alumnae Club meets on the second Wednesday of each month at 7:30 p.m. at various members homes in the Northwest suburbs. All Pi Phi's are welcomed.

If interested, please contact Kim at 847-304-1471." The next meeting is on Wednesday, January 8. The "Bows & Arrows Brunch" will be held Sunday, February 2.

## BWC Literature Group

On Monday, January 20, 1997, the literature group of the Barrington Woman's Club is pleased to present Lanni Ori, well-known locally, who will review *Elizabeth: A Biography of Britain's Queen* by Sarah Bradford. We will meet in the Zimmerman Room of the Barrington Library at 12:30 PM for snacks.

The program will begin at 1:00 PM. You need not be a member of BWC to attend. All Barrington area residents are welcome. The Barrington Woman's Club provides these literary events as a service to the community. For further information, please contact Helen Gleason at 381-6558.

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**January Skin Care**

The Holidays are over now and we are faced with the dull Winter days.

It is time to look at our skin and see the damage the Holidays have caused. Most of the time people neglect their skin care, being busy one has a tendency to become careless with cleansing their face. The most important thing you do to your face is cleanse it. We are always happy to teach you how to get the best results from your cleansing process for daytime and night time. Now is the time to call **Syd Simons** for your January facial, to put yourself in the competent hands of your Educated Li-

censed Estheticians.

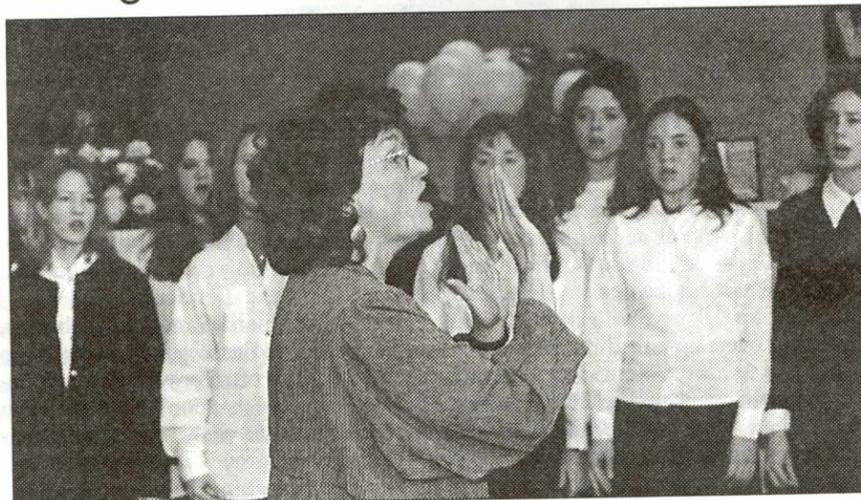
After your facial relax even more with a therapeutic massage. Go from there and have a manicure and pedicure. Sooth those tired feet, and perhaps have a new look in make up!

Happy New Year to all of you. I wish you happiness, good health and good times. I hope to see all of you in the studio this year. Set your goals, let **Syd Simons** be on your list in 1997. This is a year for changes.

Sincerely,

Cathy Ramstadt, Owner  
Syd Simons Cosmetics

**First Chicago Celebrates  
Barrington Branch Opening**



The First National Bank of Chicago celebrated the grand opening of its new Barrington branch, 120 S. Hough St., by inviting community members to join in the festivities. One of the highlights, shown here, was a performance by the Barrington High School's Sophomore Select Girls En-

semble, led by Choir Director Nancy Kozell. The celebration also featured entertainment by local folk singer Mike Offut and the Collage Swing Choir. First Chicago is a subsidiary of First Chicago NBD Corporation, the nation's 9th largest bank holding company.

**Care To Share Program**

The Barrington Area Council on Aging, Inc. is seeking friendly, dependable volunteers for its Care to Share program. Volunteers will help area seniors with grocery shop-

ping, transportation or friendly visiting. Time commitment is flexible. Call (847) 381-5030 for more information or to volunteer.

**How To Choose A Dance School  
For Your Child**

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

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

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

- 1) *Is the teacher well organized and pleasant?*
- 2) *Is he/she knowledgeable?* (Check the school brochure for teachers' backgrounds.)

- 3) *Are the teacher's corrections made clearly and in a positive way?*
- 4) *Are the students well behaved and attentive for their age?*

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

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

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

## January Special Nonsurgical Face Lift & Facial

The Total Look is offering the nonsurgical Face Lift for only \$35 (with a facial). The program is designed to have three lift masks in ten days.

The lift is a unique blend of proteins, vitamins, enzymes, herbs and minerals, plus the benefits of ancient aloe vera and modern vitamin C combined to attack such common skin problems as wrinkles, blemishes, age lines, dry flaky skin, brown spots, crepy throat and sagging muscles.

Your first visit will be \$35 and the next two at \$22.

First time clients only. Gift certificates available.



Should you use Cellex-C™? You decide.

Marcy Ramagnano  
The Total Look  
120 Lageschulte, Suite 106, Barrington  
382-6646

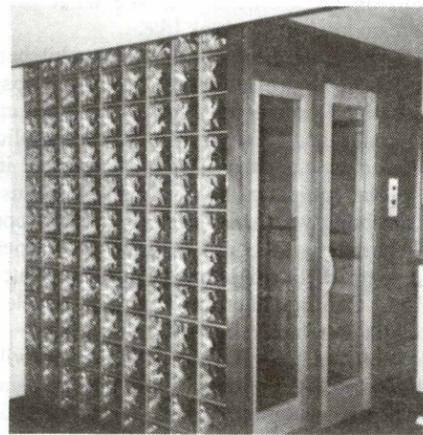
## The Sauna—The Bath For Body And Soul

The sauna has been a way of life for many civilizations. The Russians, Japanese, and certainly the health-minded Scandinavians, have believed in this fantastic rejuvenating bath for over 2000 years.

The saunas soothing, dry heat relaxes tired muscles, cleanses the pores, and helps stimulate circulation. From athletes to corporate execs, everyone who wants to look and feel their best, swear by saunas.

So reward yourself with adding this daily luxury to your lifestyle. You work hard—you deserve it.

See Swanson's Spas & Saunas on Rand Road in Lake Zurich. Swanson's can custom design any ideas you have... glass block, glass walls and any configuration. Featured is a custom glass



block cedar sauna, perfect to complete your exercise area.

## New Year's Resolutions

by Carol Childers, C.N., All Ways Healthy

Your number one resolution for the new year should be to take care of yourself. Because if you don't take care of yourself, how can you take care of those you are responsible for. There are many areas to consider: physically, emotionally and spiritually.

**Physically:** check in with your doctor first. Let's think about diet. Are you tired all the time? Start by keeping a food diary. At the end of the week evaluate your choices. If you're tired all the time maybe you're not getting enough protein. Protein feeds your brain cells with chemicals responsible for sharp thinking and mental quickness. Perhaps you're using sugar for quick energy instead of protein for the long haul. People are so busy counting calories that they are not getting enough protein.

As you check your food diary how much junk food are you eating? What is your fiber intake? Are you using whole grain

products, fresh vegetables?

**Emotionally:** where do good feelings come from? Good mood brain chemicals are manufactured from certain food you eat. Negative mood are a result of deficiencies in brain chemicals, whether from skipping meals or eating bad mood foods. Serotonin is responsible for regulating sleep, mood and appetite. Carbohydrate rich foods are partially responsible for the serotonin levels. Protein foods are responsible for sharp thinking and mental quickness. Without them, mental fogging and confusion can result. Endorphins are the body's natural pain killers whether emotional or physical. Eating properly, as well as exercise produces endorphins. When your brain is deficient it can cause depression. 20 to 30 minutes of brisk walking or exercise daily can do wonders.

**Spiritually:** Be in touch with whatever your higher being is frequently.

## "A Time For Everything"

A few years ago St. Anne Parish initiated the "100 Club" as a support link for our Ministries of Hope. The "100 Club" membership continues to grow each year. It supports the volunteers who are trained to make thousands of contacts each year ranging from giving simple phone assistance to administering the Eucharist to shut-ins, providing transportation, preparing and delivering meals, helping the

homeless, the dying, the unemployed and those in transition from shelter to gradual independence.

Recently, we had our annual recruitment drive for continued and new members. We believe that, now is the appropriate time for us to express our deepest gratitude for both former and newly registered "100 Club" members for their generous support donation of \$100. Our present membership list

### The Total Look Cosmetic Studio

**January Special • Cellex-C Sale**  
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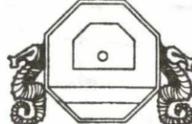
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- Lash Dying
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**Natural Foods Center**  
**Certified Nutritionist Available**  
Offer expires January 31, 1997  
*\* Produce, gift baskets & sale merchandise not included*

**It Takes So Little To Share So Much**

On Wednesday, January 22, 1997 there will be a Barrington Community Blood Drive. The drive will take place from 3:15 p.m. to 8:30 p.m. at Barrington Middle School—

Station Campus. Walk-ins welcome. Only 3% of those eligible to give blood actually do. Now you can become one of the special people who support so many!

consists of: Mr. & Mrs. John Albanese, Dr. Joseph Aschenbrenner, Barrington Eye Center, Ms. Susan Calandra, Mr. & Mrs. Michael Graft, Peter & Kathy Grain, Mr. & Mrs. Richard Graver, Dr. Richard Hogan, Mr. David Hollis, Hollis Brothers Service, Mr. Ed Masterson, Hackney's on Lake, Inc., Mr. & Mrs. Michael Maude, Jr., Ms. Glenna M. McMonigal, Lifestyle Magazines; Dr. & Mrs. Thomas McNamara, Mr. George A. Moser, Charter Bank; Dr. & Mrs. James Nuzzo, Ms. Angela Smith, Tranquility; Dr. Thomas J. Tax, Kathleen Weir West; Ms. Judith A. Wojcik, Temperature Mechanical Corp.; and Mr. & Mrs. J. Zgonina.

We are grateful to the "100 Club" for the wonderful things they have done to give hope to so many who have lost it. We value each member whose generous donation promotes the common good through the many Ministries of Hope throughout the year.

# Spectacular "After the Holidays" SALE

We wish you a new kitchen in 1997!



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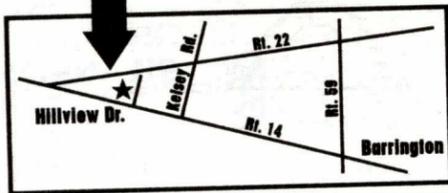
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Internet: Web Page  
<http://www.lamico.com>



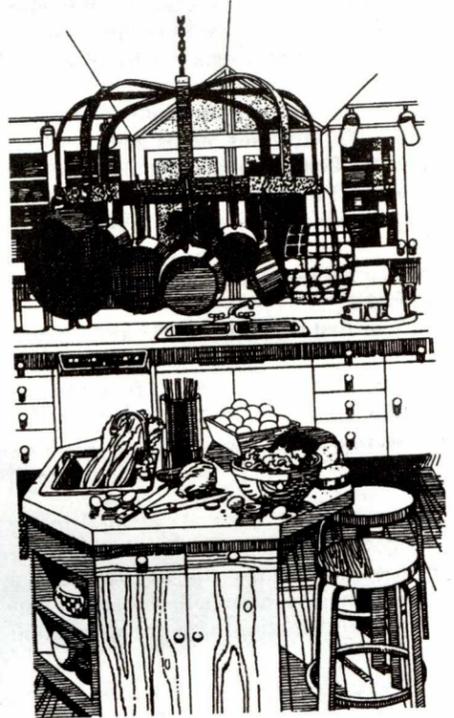
## Quality Cabinetry And Solid Surface Counter Top Specialists

Lamico Designers was born in the early 1970's with sights firmly set on the future and with a vision of supplying high-quality cabinets at an affordable price. They have three modern showrooms which are located in Arlington Heights, Deerfield and also in Barrington.

Jim Kill is our award-winning designer at the Barrington location. Bill Klamer is also on our team in Barrington. Both will be glad to show you what is available in new kitchen products and what can be done with these products to make a better kitchen for you. 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.

Now is the time to update your kitchen with new cabinets and counter tops. Lamico Designers is a specialist in Corian, Fountainhead, Surell and Avonaite solid surface counter tops. We have invested in special equipment so as to be able to custom build your solid surface counter tops in our own warehouse. Lamico also carries a complete line of laminate surface counter tops. Choose either oak edging or beveled edging—which ever suits your needs.

Remember over your lifetime you will spend almost 12 years in your kitchen. And when you entertain, where do most of your friends end up? In your kitchen. So feel proud to have friends in your kitchen. Come into our Barrington showroom and have Jim or Bill design your dream kitchen



just for you with your needs in mind.

And don't forget our "After the Holidays" Sale. We are offering FREE laminate countertops with the purchase of a complete kitchen. Act now before the anticipated industry price increase coming in January. Our two designers can make your dream of a new kitchen come true.

We're also on the Internet—Web page <http://www.lamico.com>. COME JOIN US!

**JANUARY**  
**FLOOR SAMPLE SALE**  
**HUGE SELECTION**

**IMMEDIATE DELIVERY**



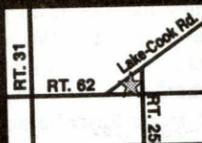
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Open 6 Days A Week – Closed Wed.

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## Distinctive Groupings For The Dining Room Or The Kitchen

Congratulations! After having thumbed through stacks of "Beautiful Home" and "Home and Garden," you've finally decided to replace that tired and worn kitchen table and chairs. You now have a pretty good idea of what your new dining set will look like, all the way down to the fabric.

Then you ask yourself, "Where do I go to find it?"

To Casual Dining, Inc. in Algonquin of course! Because here at CDI, we not only carry the basic dinette sets, but also a large selection of Early American, country, casual



and contemporary styles to fit a wide range of settings.



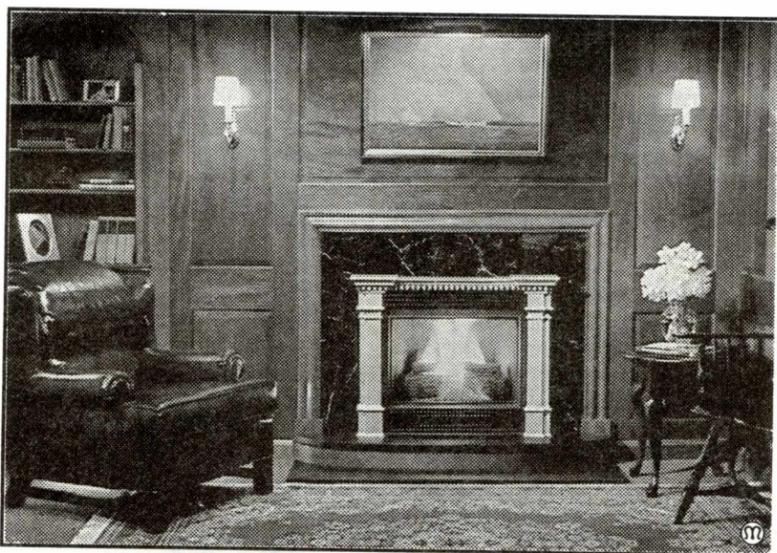
Inside our 5,000 sq. ft. store are over 60 sets on display for you to choose from, or you can select from our catalogs and special order the items. And by the way, mixing and matching is allowed.

Our custom laminate program will also allow you to create a table that is not a standard size in a variety of colors and shapes.

So come on in. We'll be glad to help you get the right dining set. No pressure—no hassle! Or call us at (847) 458-1640.

# LIFESTYLES

## Homes & Interior Designs Section



### A Bargain Hunter's Dream...

As any seasoned bargain hunter will tell you—'tis the season to find true treasures at unbelievably low prices. With the Holidays behind us, stores everywhere are trying to move their remaining winter inventory to make room for their new spring collections. And this holds true for everything from apparel to home furnishings.

Take **L & W Lamps** for example—right now you can pick an absolutely stunning solid brass "double twist" floor lamp for only \$399—that's literally half

the original price! In fact, every single lamp in the entire store has been reduced—Kovacs, Frederick Cooper, Rembrandt, Hubbardton Forge, House of Troy... all the best names in the industry, and all on sale. Even at a cursory glance, we found a number of exceptionally beautiful pieces that could be considered the proverbial "steal."

So don't wait, hurry on over to **L & W Lamps** and brighten your home for those long winter evenings. Sale ends January 31.

### What Makes A Kitchen Country?

At some point (and it may be soon), you will probably want to remodel your kitchen, and you may be leaning toward a "country" kitchen. No doubt, you can already visualize it with the latest appliances, handsome cabinetry, country print wallpaper, and matching window treatments. At the same time, however, you may be wondering how to tie it all together. One of your biggest concerns might be choosing cabinetry that fits the country concept.

According to Vernetta Sullivan, design consultant at **Distinctive Kitchen Designs, Inc.** in Wauconda, Illinois, "country is a manner of detailing rather than a style, so you aren't committed to using one particular style of cabinetry."

Many of the cabinet styles used in country themes include doors with panels (both raised and recessed, and square and curved). Another style often associated with country schemes is "V-Joint." The solid wood pieces of the door are held together by authentic tongue-and-groove joints.

You can also choose from several woods—oak, maple, cherry, and pine being the most common. Your selection of finishes ranges from light and natural to medium and dark.

"There are many ways to do a country kitchen," says Vernetta, "but all of them should have three common factors. They should be casual in their mood, natural in their use of materials, and rugged in their detailing."

To achieve a casual feeling, Vernetta suggests using open planning. She also cautions not to use a heavy decorative baseboard which tends to formalize a room.

In suggesting natural materials, Vernetta means those in their unrefined state, or those normally found outdoors. "A natural wood door is an obvious example," she explains. "Others include brick, slate, stone,



or terra-cotta, but you don't have to use the actual material. A convincing imitation would still be considered a natural."

The detailing, or items that add the finishing touches to your country theme, should be rugged, such as antiqued or hammered hardware, leather-textured laminates, earthenware accessories, and gingham or homespun textured fabrics.

Because your cabinetry will probably be the single most important element of your kitchen remodeling project, and you will want it to last for years, choose it with care. Select a style, wood, and finish that will provide the starting place for your country theme, and then add the details according to the particular theme you have chosen.

"The beauty of a country design," says Vernetta, "is that if it's well done, it never goes out of fashion. It has been set in time already, and therefore, it has natural integrity."

For a free brochure visit **Distinctive Kitchen Designs, Inc.** at 203 S. Main Street in Wauconda. (847) 526-7822.

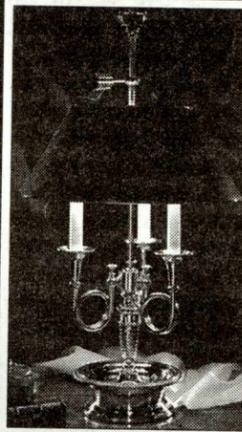
Every lamp in stock reduced!

### Post Season Lamp Sale Save up to 50%

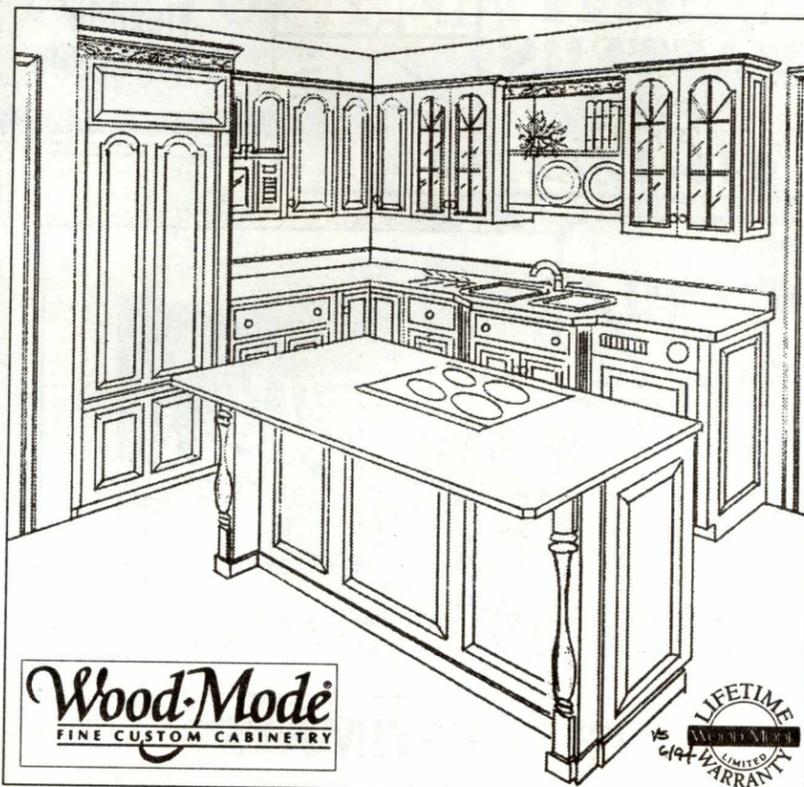
...on beautifully turned solid brass, handcut European lead crystals, gorgeous Tiffany reproductions, masterfully forged wrought irons, and lots more!

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## K.D.A. Kitchen Distributors Of America "For The Heart Of Your Home"



K.D.A., 7107 Pingree Rd., Crystal Lake, can open up a whole new world of beauty and convenience for your new kitchen with Merillat cabinetry. Your kitchen is the heart of your home and everything you put in it should reflect warmth and timeless quality. That's just what you'll get with Merillat

cabinets from K.D.A.

Beautiful, meticulous construction, easy care features and plenty of storage space make Merillat a perfect fit with your life style. When it's time to remodel or build your new kitchen, choose the quality cabinetry of Merillat from K.D.A., (815) 477-4800.

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## Chrysalis Kicks-off 1997 With Silent Auction

The Chrysalis Foundation will hold a silent auction on Saturday, January 18, 1997 at the Fairmont Hotel, Chicago, in conjunction with the annual Home Builders of Greater Chicago (HBAGC) Presidential Inaugural.

Chrysalis, the not-for-profit philanthropic arm of HBAGC, assists those with housing needs through in-kind and monetary contributions. According to Bill Maybrook, Chrysalis president, the goal of the silent auction is to raise \$10,000 to be used for 1997 programs and projects.

Items already donated for the auction include cooking classes, electronic equipment, hotel, dinner and theater gift certificates, make-overs and sporting event tickets. Persons interested in donating items or contributing funds should contact Jack Sorenson at 630-773-1200.

Projects underway for Chrysalis include

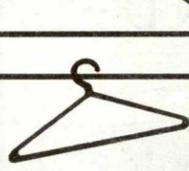
LifeSpring Center in Aurora, a 19,000-square-foot building which will house 50 women and children who are transitionally homeless. The project is a joint effort with HomeAid Chicago, which is the transitionally homeless focus of Chrysalis, and Wayside Cross Ministries of Aurora. LifeSpring Center will be completed in late 1997.

Other projects have included five townhomes in the North Lawndale area of Chicago in partnership with Harambee Project, Chicago.

The Chrysalis foundation is the not-for-profit organization of the HBAGC, Oakbrook Terrace, IL. The name Chrysalis, describes the cocoon-type structure from which a butterfly emerges and implies a "sheltered state of growth." For more information on donating or volunteering contact the HBAGC offices at 630-627-7575.

### CLOSET MASTERS

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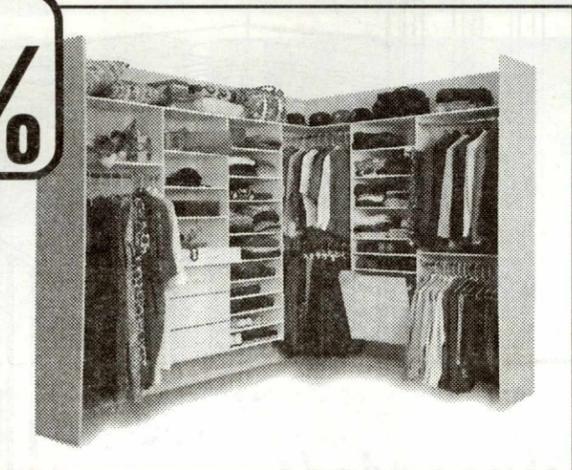


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## It's January At Michael Angelo's

...And starting today, you won't have to wait any longer to afford the beautiful furniture you have always dreamed of. If you were thinking of an upholstery piece this is the time to save hundreds of dollars. Our entire inventory of glamorous upholstery is on display and marked down at least **40% OFF** the regular prices. Many designer sofas, love seats, chairs, ottomans... all ready to deliver to your home. Here is a sample. →



*It's sumptuous, it's quality, it's comfort. Beautiful Striped Sofa with new Soft Seat. It's incredibly priced. Love Seat or Chair available. Reg. \$1200. Sale \$749 + del.*

...And what may please you even more, should you not find the color or style of upholstery on our floor that you desire, we will be happy to custom order any sofa, love seat, chair at the same low price. Allow 6 to 8 weeks for delivery.

You will be pleased to learn that with every purchase you are invited to use our staff of talented designers. We will assist you with selection of colors, room layout, or planning your entire home. This service is offered to you **FREE** at **Michael Angelo Interiors**. You'll wonder how you got along without us!

Incidentally, as you are browsing through our showroom, you will discover exquisite furniture and unique accessories from all over the globe. Hurry in, as everything you see is reduced. We appreciate and thank you always, for your business. We wish you a healthy and prosperous New Year.

## Town Square Players Announce Auditions For "Cat On A Hot Tin Roof"

Woodstock's Town Square Players will hold auditions for its March 1997 production of "Cat On A Hot Tin Roof" on Monday, January 6 and Tuesday, January 7 with callbacks on Thursday, January 9. The auditions will take place from 7:00 to 9:00 PM; callbacks are scheduled for 7:00 PM. The place: the Woodstock Opera House, Dean Street entrance (upstairs).

Director Duane Swiggum will cast eight men, five women and four children. None of the roles has been precast.

Those auditioning will be required to do

some improvisational role playing and reading from the script. Preparation of a dramatic monologue of choice is also recommended and encouraged.

General rehearsals will be held on Mondays, Tuesdays, Wednesdays and Thursdays from 7:00 to 10:00 PM. Performances at the Woodstock Opera House are scheduled for three consecutive weekends in March, beginning March 7—nine performances in all.

For further information, call Producer Lou Czarny at 815/338-1937 or 815/334-4351.

## Quality Millwork For The Home

Dedicated to quality and service, **Blue Ribbon Millwork** is among McHenry County's finest suppliers of quality millwork.

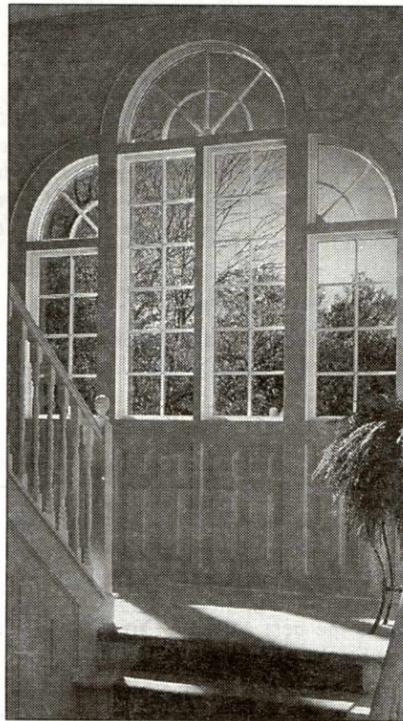
If you're planning to replace windows or are selecting windows for a new home, **Blue Ribbon** offers Andersen, Marvin, and VeLux. Window displays are on-hand in the store, and trained personnel will be happy to help you with your selection.

Interior doors are available in flush, panel, mirror, custom, unfinished or pre-finished. Entry doors are manufactured by Pease, FiberClassic, Morgan and Simpson. Moldings are available in oak, poplar or pine in unfinished, pre-finished or custom pre-finished and in custom profiles.

Considering new kitchen cabinets and counter tops this year? Choose your selection from Bertch, Jay Rambo, Shiloh or Heartland. Complementing countertops are available from Corian, Gibraltar, Formica, Wilson Art, or in cultured marble. **Blue Ribbon** offers complete installation services.

There are various miscellaneous products handled by the store including fireplace mantels, porch post and columns, Cole-Sewel storm doors, Fypon moldings, and aluminum storm windows and replacement parts.

Whether building a new home, remodeling, putting up an addition, or just replac-



ing a window or door, you can count on **Blue Ribbon** for the best in quality and service. When considering your next project, call or stop by to discuss it with anyone of our expert staff.

Look for **Blue Ribbon Millwork** on Route 47, in Woodstock.

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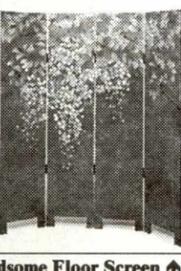
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Perfect for display of any fine sculpture. Black marble top. Verde iron legs. Reg. \$595. Sale \$275. + del.



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Handpainted lacquer-floral. 4 panels. Adds a designer touch to any room. Reg. \$465, Sale \$295. + del.



← **Charming Fruit Cabinet**  
Give any room a touch of glamour with this lacquered storage piece. Reg. \$385, Sale \$179. + del.



→ **Carved Elegant Console**  
That will add drama to your foyer or dining room. Mirror available. Carved wood, dark or light finish with marble top. Reg. \$960, Sale \$498. + del.

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Our Showroom is located at 20066 N. Rand Road, (Next to Northshore Refrigeration at the corner of Route 12 and Lake Cook Roads).

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## Wouldn't It Be Nice To Have A New Bath Or Kitchen By Spring?

Now that the holidays are just fond memories, it's time to start those home improvements you've been considering. Believe it or not, Spring will be here before you know it. Wouldn't it be nice to have a new kitchen or bath by then? Now is the perfect time to call for an appointment with one of our designers. **Barrington Kitchen & Bath Studio, Inc.** has a wide range of products to choose from, including Dura Supreme, Lenkei and Jay Rambo cabinetry, as well as Corian, Kohler, Moen and American

Standard. And now, **Barrington Kitchen & Bath Studio, Inc.** is proud to announce the addition of Corsi to our line of fine cabinetry. For nearly a quarter of a century, Corsi Cabinet Company has maintained a national reputation for commitment to their customers and enduring product quality. Stop in at **Barrington Kitchen & Bath Studio's** showroom located on the NW corner of Lake Cook and Rand by Northshore Refrigeration to see the latest addition to our lineup.



*This spacious yet cozy kitchen is a masterpiece of simple grandeur. Generous cabinet and counter space are geared to comfort and convenience. Crown moldings, display shelves and island details enhance the homeowner's decorating. Carved inset on the island lighting baffle echoes the details of the range hood. By Corsi.*

## Remodeling May Be The Best Solution

Right now, thoughts of home improvements may be uppermost in your mind. You love living where you're at and don't want to leave your neighborhood. Your needs and wants in your home have changed through the years and remodeling is the best solution. Your home improvement goals may be focusing on an exterior face lift, room addition or a new kitchen. The next question you ask yourself is "Where do I start?"

The first thing you should do is write down what you like about your home and what you would like to change in it. Get the whole family involved. Ask each person what he or she likes and dislikes about it. Then sit down and decide just what you

would like to do. Look around your neighborhood for ideas and take photos of the things you would like to see done to improve your home. Also, browse through magazines and cut out pictures of things you like. Then contact **Delta Renovations, Inc.** They can help you design your project and let you know if an architect is needed, depending on the size of your home improvement.

**Delta Renovations, Inc.'s** expertise in renovations and their quality workmanship help make your project, large or small, go as smoothly as possible. Stop by or call them to set up an appointment. They will be happy to talk to you about your proposed project.

## Increase Your Garage Space

There are many ways to increase garage spaces. However, there are also a number of important factors to consider: available space, aesthetics of the surrounding area including your home, construction permits, construction dirt and dust, and total cost of the project. And if all of the above goes well you may end up with a garage that transformed your beautiful home into an institutional looking facility.



**Circle Affiliated Systems, Inc.** can help you to eliminate all of the above problems with the **GARAGE-DOUBLER** parking system. With more than 20,000 installations world wide the basic **GARAGE-DOUBLER** design has proven itself in the industry as the safest and most adaptable to fit existing garages. The **GARAGE-DOUBLER** can be installed in six hours without any structural changes in the existing garage, except in some cases

adjusting the garage door. The **GARAGE-DOUBLER** can be purchased for self installation requiring only standard tools such as wrenches or sockets.

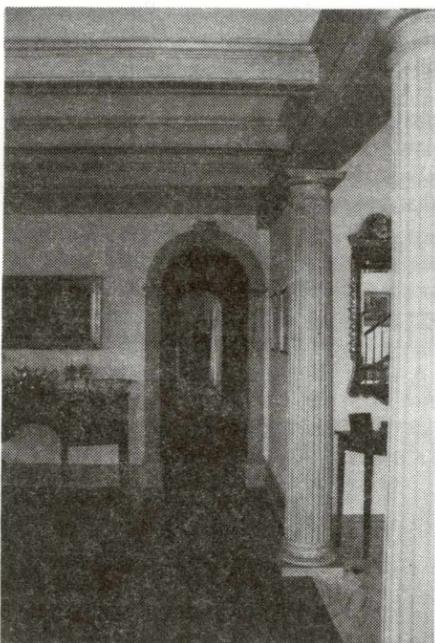
**Circle Affiliated Systems** uses computer aided design (CAD) to insure that all **CAR-LIFT** installations will fit the specific requirements. Let **CAS** help you with storage and parking problems.

## Start Your Planning Now!

Now that the holidays are over, most people begin to "Think Spring." And if those thoughts are directed towards improving your home or even building a new one, then, these next few months are an ideal time to get started. Most people think that in March or April, they will call an architect to get some ideas on remodeling or building a new home. Unfortunately, most design firms, at this time, are deluged with these types of requests from homeowners and builders. By the time the plans are finalized, permits pulled and contractors scheduled, construction is pushed back to July.

We suggest that you schedule to talk with us about your plans as soon as possible. We would then be able to get your plans done, construction bids in and permits pulled by March or early April. You would then be able to enjoy your new space for the majority of this new year and not have your Summer "under construction."

Our firm is dedicated to the intricacies of residential architecture. We specialize in the designing of spaces that meet our client's desires as well as their budget. There is no obligation to have us meet with you to discuss your projects or to help you select your



building lot. Please feel free to contact John C. Cazzetta at **Kemper Cazzetta Architects**, to arrange an appointment and to preview our extensive residential portfolio.

## ...Top Of The Rock™

(Continued from page 20)

to check prices, compare the property with others in the area, and investigate the market. Realtors assist in that process by providing information on the selling price of homes in the neighborhood, the length of time the properties have been for sale (a good indication of relative market strength) and the percentage difference between the listed price and the selling price.

There are also other considerations before purchasing. How good is the school district? What is its reputation? What about transportation? Is it readily available? Convenient? How about cultural activities? Are there many? If so, how close is the property to the cultural venue(s)?

Today's Realtor is charged with knowing about the future of the neighborhood, too. Whether there are any commercial developments, construction, or roadway changes planned in the neighborhood that might impact values positively or negatively. Every

community in our northwest region is on the move either in expansion or development. There are many changes already on the drawing board for communities, information about which is not included on the Internet page.

There are many factors involved in getting a good "deal." The best deal comes from working with a knowledgeable Realtor who will keep you from making an uninformed decision. Who will help you with the pros and cons. Who will show you similar properties so that you can accurately compare all the details. This kind of team effort will not only reward you with a wonderful home and lifestyle, but a fine investment as well. Talk with one of our excellent **Prudential Preferred Properties Realtors** about the best way to proceed with your house-hunt.

*Much joy in 1997. Happy New Year from me to you, and from all of us at Dream House Headquarters.*

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Our **GARAGE-DOUBLER** has an exclusive feature that allows us to stack two cars totaling in height more than the garage ceiling height.

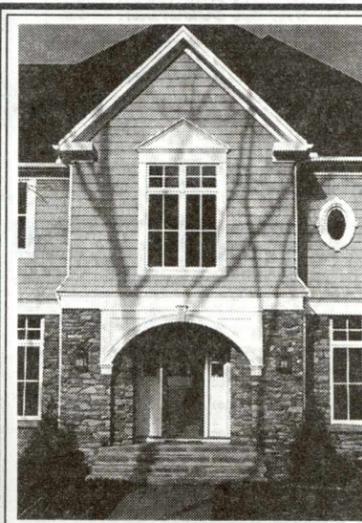
The **GARAGE-DOUBLER** is self supporting, with no foundation or floor preparation required.

Call us for a demonstration. We may have the solution to your car parking and storage problem.

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## Paris Magic—Barrington Woman's Club Recent Fund-Raiser



*Modeling fashions from Sundance, located in the Barrington Ice House, at the Barrington Woman's Club fund-raiser, Paris Magic, are board members (from left to right) Shirley Nelson, Ann Dunk and Judy Keeler.*

The Barrington Woman's Club recently presented "Paris Magic" at the Arlington Park Hilton Hotel. This event was BWC's major fund-raiser for 1996 in support of our scholarship and philanthropic efforts throughout the community. We particularly would like to thank American Airlines, who provided our major prize of two round-trip tickets to Paris won by Betty Martin of Barrington. We would also like to express our appreciation to the Harris Bank for their very generous support, Nancy Horton of Sundance, located in the Barrington Ice House, for the beautiful fashions modeled by members of the board, and Karen Gregario of Hair Biz Studio, Lake Zurich, for her help with make-up and coiffures. Joann Rickel of Joann's Jewelry, Long Grove, provided a dazzling mini-trunk

showing which also helped the Club reach its goals.

In addition, the following merchants contributed to this event: Barrington Flower Shop, Pascal Pour Elle Coiffures, Barrington Country Bistro, European Gift Express, Stay Tooned Gallery, Chessie's Restaurant, Les Tissus Colbert, The Mink Barn, Barrington Hallmark Shop, Trinkets, The Village Cobbler, Barrington Cellars, Unique Hair Design, Ltd., Chesterfield Galleries, Esh Pharmacy, Chuck Hines, Francesca's, Writers' Alley, Gourmet Faire, Le Francais, Tranquility, Meeskes Meats, Char Crews, Inc., Pasquesi, Tommy Terri, G. Whiz, Pittas Greenhouse, and Frankly Feminine. The Barrington Woman's Club wishes to thank these merchants for their support.

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- Interior Paint
- Bathrooms
- Basements



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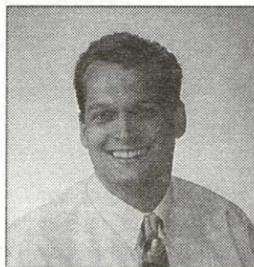


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## Your One-Stop Home Improvement Company



Bill Schafer—President



Joe Schafer—Vice President

Is your house the perfect home? Maybe it doesn't need major alterations like an addition or a kitchen remodel. Maybe all it needs is a little time and effort. For **Schafer Builders, Inc.** no job is too small. Many times our clients call us for repair work or minor alterations that they could do themselves, but they don't have the time to work on them. With **Schafer Builders, Inc.** you get all the advantages of a well-established company—licensed, bonded and insured employees, full-time office staff, computerized job tracking system and Code Plus certification. In addition, we can offer you affordable and tax-deductible financing.

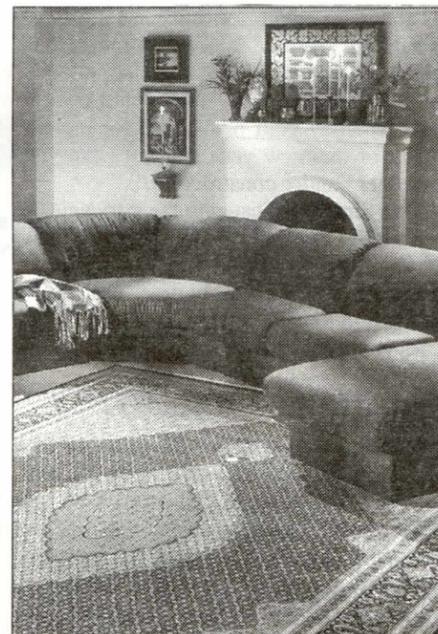
As a design-to-build contractor, we can also offer you a complete service for your new home. Building a new home or remodeling can be a frustrating event. We know that your time is important so let experi-

enced professionals look out for you. We use only the highest quality materials and brand name components. And we guarantee our work 100%.

If you want interior decorating, we have full-time painters on staff. From the planning stages to the finishing touches you get the decorator look that sets your home apart. We thoroughly prepare the surface and use quality primers and paints. We can also provide faux finishes and wallpapering.

Whatever your home improvement needs, **Schafer Builders, Inc.** can take care of you. We were recognized by *Qualified Remodeler* magazine as one of the top 500 remodeling firms nationwide, the only McHenry County firm to achieve this recognition. Why not call us today and find out just how easy remodeling your home can be?

## Fine Handmade Persian And Oriental Rugs



At **Rugport**, you will find one of the Midwest's largest selection of fine handmade Persian and Oriental rugs. You will find rugs in all shapes and sizes from all around the world. Rugs are now offered in new designer patterns and colors as well as the more traditional patterns and colors.

**Rugport** is offering these beautiful handmade rugs at **2/3 OFF** the ticketed prices—quality and prices that no others can match. But hurry, the sale ends January 6.

Compare our price, selection and quality on fine Persian rugs which include

Tabriz, Heriz, Serapi, Isfahan, Nain, Kashan, Sarouk, Mashad, Qum and many more. **Rugport** is a family-oriented business which prides itself on being professionals in the art of hand made rugs.

The owner representatives at **Rugport** will be happy to provide a **FREE** appraisal of your oriental rug. **Rugport** also offers professional rug cleaning, restoration and trading services.

**Rugport** is located in Palatine on Hwy. 14 in a distinctive blue building. There is plenty of free parking at the rear of the store. Visit soon! *Seeing is believing!*

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2/3 OFF**  
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Sale Ends Jan. 26, 1997

*Rugport* has gathered a unique group of exceptionally detailed, well-crafted Persian and Oriental rugs.

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**RUGPORT**

## From A Woman's Point Of View

by Gail Wickstrom, Wickstrom Ford

Another year is winding down and I can't believe how fast they go by. I suppose it's a sign of age but I certainly hate to admit that.

Dominick Tortorice, one of our Service Managers turned 30 last week, and that really makes me feel old. He was only twenty when he started working here ten years ago as a porter.

I've watched him grow and mature, get married and have two children (well I really think that was more to his wife Christy's effort than his). He's worked his way up to become one of our Service Managers over the years.

We used to call him "No Problem" Dom because that's what he always said, but not necessarily what happened. Well over the years he's definitely learned to follow through and not say "No Problem" unless it's really true. Now he's one



of the valued, long term employees. Wonders will never cease—just kidding Dominick!

## Scotty's—Groceries On Wheels

Just don't have time to get to the grocery store? Hate those long, frustrating lines? Difficult taking the kids? **Scotty's Home Delivery** can help. We have been in business for over four years now, servicing the grocery needs of people just like you. We service 45 north and northwest suburban communities, with a customer base nearing 2,000 clients. Best of all, you pay grocery store prices, with only a nominal delivery fee to have them brought to your front door! Our average delivery fee is only around \$3.00!

All of our customers receive a price book with the nearly 5,000 items that we carry. It includes all of your favorite name brand suppliers, and an assortment of specialty items that you won't find at the grocery store, such as fresh butcher meat and seafood, whole grain breads from the Barnaby Smythe's Stone Ground Bread Company, fresh baked goods from a local bakery, and the finest of fresh produce we receive in daily.

Ordering is very simple. You can either call in or fax in your order, just indicating the item numbers you would like to have delivered. We will give you a total due for your delivery, and you can pay us by check

or credit card. The great thing is that you don't even have to be home to accept delivery (around 50% of our customers are not). We can do this because we deliver all of our refrigerated and frozen items in Igloo coolers with ice packs, so even ice cream stays frozen while your groceries await you. The dry products are delivered in waterproof boxes with lids on them. We will work out a convenient place with you to leave your groceries if you are not going to be home, and they will be waiting there fresh when you arrive. If you are going to be home we will unload them on your counter for you. It's that simple!

This is not a club of any kind, we are simply a grocery store that only delivers. You order when you want (Monday through Friday) and however much you want. We guarantee 100% the quality of all our products. To receive an information pack describing the service, including a complete price book, just give us a call at (847) 726-8897, and we would be happy to send one out to you. Isn't it about time you enjoy your free time and spend your discretionary time the way you want to spend it? Let us help! We look forward to hearing from you.

## ...Your Appearance

receive complete body fat determinations along with dietary and nutritional counseling. The **Valley Body Contouring Salon** is located at 1425 North McLean Boulevard, Suite 400, Elgin, (847) 608-7506.

In addition to the separate amenities offered at **Valley Plastic Surgery Center**, surgical expertise is the center's most compelling attraction. Doctors Rosenberg, Lambruschi, and Manus are the three plastic surgeons that make up the team of prestigiously trained sub specialists. With more than sixty years of combined experience, they offer expertise in every area of cosmetic and aesthetic surgery. Collectively, they have been heard on numerous radio programs, and have been featured in scores of periodicals, including the popular *People Magazine*. They have been seen on CNN news, and are published in the United States and Europe on various topics in plastic surgery. They all continue to regularly lecture before audiences of lay per-

sons, as well as health care professionals. Patients seeking consultation are sure to get knowledgeable and professional recommendations in a friendly, unimposing atmosphere that caters to each individual's special needs.

Of interest to most, since **Valley Plastic Surgery Center** is a true outpatient surgical facility, most aesthetic procedures can be performed on site, often saving patients thousands of dollars in hospital charges. Indeed, the final expense associated with major procedures is often less than half of that incurred through other local and downtown surgeons. This, combined with surgical expertise and a uniquely complete plastic surgery complex makes it Chicago's best choice to help you meet your personal goals. So if diet and exercise can't get you to where you'd like to be, **Valley Plastic Surgery Center** probably can! To arrange a convenient consultation, call (847) 836-3200 and consider yourself... for a change.

(Continued from page 28)



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## Facial Plastic Surgery, Looking Your Best

(Continued from page 26)

vertical incisions are made behind the hairline. These provide access for scope and instruments to reset the muscles from underneath. The incisions are closed with a few dissolving stitches and are virtually invisible the day following surgery.

*What is the Advantage of Minimal Incision Forehead Surgery Over Traditional Forehead Lifting?*

Traditional forehead lifting involves making an incision from ear to ear across the scalp. This necessitates dividing the nerves that supply sensation to the scalp above the incision. The resulting numbness of the scalp usually resolves but not for months. The minimal incision technique laces the incisions between these nerves so there is no loss of sensation. Traditional forehead lifting accomplishes the lift by removing a strip of the scalp. This results in tension on the incision that can spread and leave a visible line where hair can't grow. The minimal incision technique shifts the brows to a higher point without removing any scalp. The tiny vertical incisions are not under any tension so hair loss around the incision is extremely rare. These incisions are usually closed with only a few dissolving sutures.

*What if a Patient Wants Only the Outer Brows Lifted and Not the Entire Forehead?*

The beauty of minimal incision surgery is that individual components of the forehead and brows can be changed without affecting other areas. For instance, the frown lines can be improved without any other

lifting, or just the outer brows can be elevated to eliminate hooding of the eyelids without changing the position of the central brows. Traditional forehead lifting is an all or nothing proposition. The type of anesthesia employed depends on what is being done and the patient's preference.

*What is the Recovery Period Like?*

A cotton padded dressing is placed over the forehead and removed the next morning. There is usually some swelling but because the incisions are so small the swelling quickly resolves. Occasionally some bruising of the upper eyelids can result that usually resolves in seven to ten days. Our office makes an effort to stay on the forefront of the field of facial plastic surgery and we are currently using the KTP laser in many of the minimal incision surgeries. This unique application has many advantages that could be discussed in consultation. If you would like further information on this exciting technique or other facial procedures call our office at (847) 304-1000.

**Facial Surgery News** is an informative quarterly newsletter written by Dr. Churchill and his office staff. It covers various procedures and the newest advances in facial plastic surgery. The newsletter is available without obligation on a complimentary basis. If you would like to be added to the mailing list or obtain any further information, simply contact the office at (847) 304-1000.

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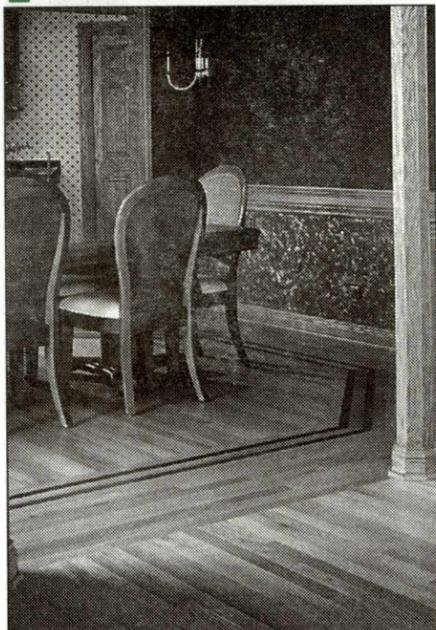
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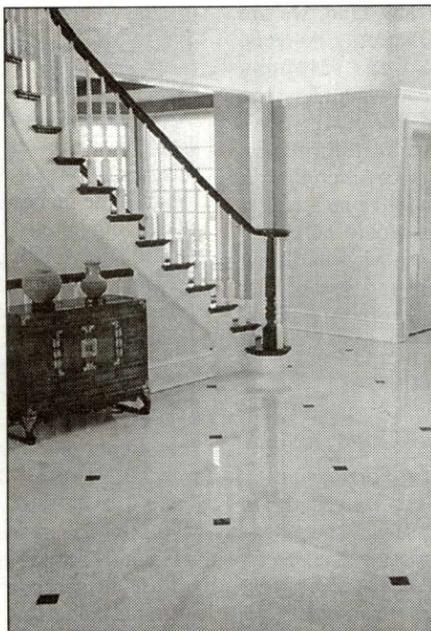
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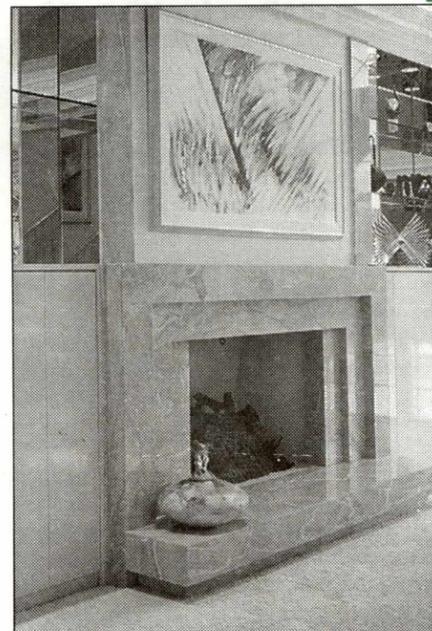
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