

October 1998

barrington

LIFESTYLES™

NEWS MAGAZINE

Autumn Happenings
ABOUND!

**James River Plantations
Fine 18th Century Houses**

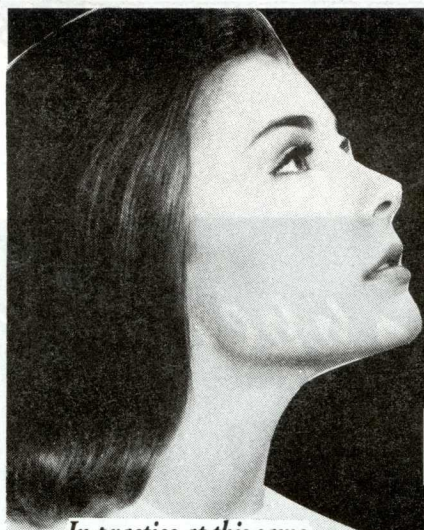
**Barrington Chapter
of Arden Shore Gala
Has Carnival Theme**

**Senior's Will Keep the
1998 Crop Walk on Track**

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U.S. POSTAGE
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G.M. McMonigal
ENTERPRISES

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Electrolysis is the Answer

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

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

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

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

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

Clear Reflections has provided 22 years of service at the same location.



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- Excellent Store Mix

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LIFESTYLES™

NEWS MAGAZINE

Published by

G.M. McMonigal ENTERPRISES

Glenn M. McMonigal, Editor

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Editor's Ink

October, 1998

Dear Reader,

Join *Lifestyles* as we take you on a tour of some of the James River Plantations outside of Williamsburg, Virginia. Catch a glimpse of the homes in which presidents were born and raised their families, where Civil War ravaged serene and graceful plantations and where history was made again and again.

The owners of these homes represented about 4% of the population then and were referred to as the "landed gentry." These were the people who had the time and means with which to run our country, to lay down the laws that would govern our future. Notice how the landed gentry intermarried, choosing within their class. Maybe it can be best said, "It was the best of times. It was the worst of times." War and disease were certainly an issue. But amazing accomplishments were made, accomplishments that affect our lives even today.

Be sure to peruse *Lifestyles* this month for wonderful autumn happenings throughout!

Until next time, may all your thoughts be sunny!

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



About Our Cover

From the Jean-Louis Scherrer 1998
Collection, Paris.



JAMES RIVER PLANTATIONS

AMONG THE FINEST 18TH CENTURY PLANTATION HOUSES IN AMERICA

by Glenne McMonigal

Along the James River just outside Williamsburg, Virginia, a visitor can find and tour some of the finest 18th century plantation houses in America. This wonderful concentration of early mansions is in Charles City County along historic Route 5, (the John Tyler Highway). *Lifestyles* will focus on the James River Plantations of Berkeley, Evelynton, Sherwood Forest and Shirley.

Shirley Plantation, settled in 1613, is the oldest plantation in Virginia. It was founded six years after the settlers arrived in Jamestown in 1607 to establish the first permanent English Colony in the New World. Granted to Edward Hill I in 1660, it offers an intimate view of the history of the Hill and Carter families. The present mansion was begun in 1723 and completed in 1738.

Since colonial times, the Shirley Plantation owners have entertained the Harrisons, Byrds, Lees, Washingtons, Tylers and other notables on their 800-acre estate. It remains "home" to 10th and 11th generations of the Hill-Carter family.

Ann Hill Carter, mother of Robert E. Lee, was born and raised at Shirley. She married Governor Henry "Light-Horse Harry" Lee in the parlor. Their son, Robert, was educated with his cousins on this plantation.

Shirley Plantation has had, for 250 years, a 4 foot tall pineapple finial in the center of its roof, symbolizing warm hospitality (and wealth) to those who come to call.

Sherwood Forest Plantation has the distinction of having been owned by two US Presidents—William Henry Harrison, the 9th President who inherited the plantation in the late 18th century; and President John Tyler who purchased it in 1842. Since then, Sherwood Forest Plantation has been continuously owned by Tyler's

direct descendants. Tyler married twice and had 15 children. His grandson and wife are the current owners.

The house, circa 1730, is an example of Virginia Tidwater in design and is the longest framed dwelling in America (300 feet). The home contains furnishings, heirlooms, silver and paintings which belonged to President Tyler and his family. Sadly, Union troops damaged some of the house and belongings during the Civil War as is testified by marks on woodwork, doors and an Empire table in the hall.

Evelynton Plantation, a splendid example of Georgian Revival, was originally part of William Byrd's expansive Westover Plantation and named for his daughter, Evelyn. Since 1847, the Evelynton has been in the Ruffin family whose patriarch, Edmund Ruffin, fired the first shot of the Civil War at Fort Sumter. This mansion was the original site of many Civil War skirmishes in 1862; the original house and out buildings were burned. The current residence was erected two generations later in 1937. Architect W. Duncan Lee was the designer. This mansion and lush grounds and gardens are available for private occasions—weddings, corporate functions and special events. The site is incredibly beautiful!

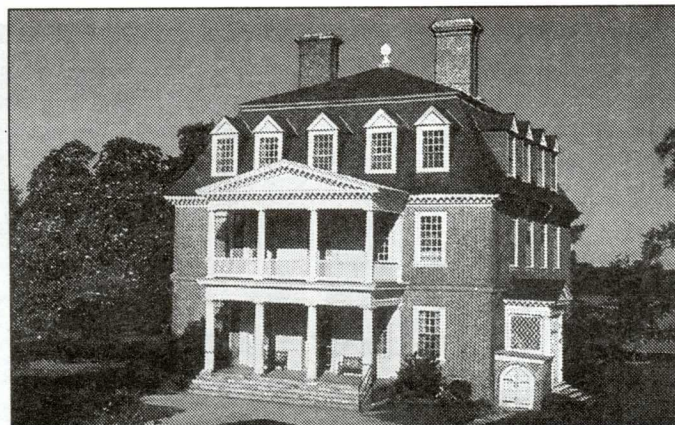
Berkeley James River Plantation, built in 1726, was birthplace to President William Henry Harrison and the ancestral home of President Benjamin Harrison.

Early Georgian in design, the mansion is believed to be the oldest 3-story brick house in Virginia. Benjamin Harrison VI, under the direction of Thomas Jefferson, installed handsome woodwork and double arches in the "Great Rooms" in 1790. Magnificent 18th century antiques grace Berkeley throughout.

George Washington and the succeeding nine Presidents of the United States enjoyed the gracious hospitality of Berkeley.

Of note, the first Bourbon Whiskey in America was distilled at the plantation (1621-1622), President Lincoln visited Berkeley and reviewed McClellan's Army of 140,000 Union Soldiers (1862) and *Taps* was composed at Berkeley while Civil War Union Forces were encamped at the plantation (also 1862). Berkeley is also the site of the first official Thanksgiving in 1619.

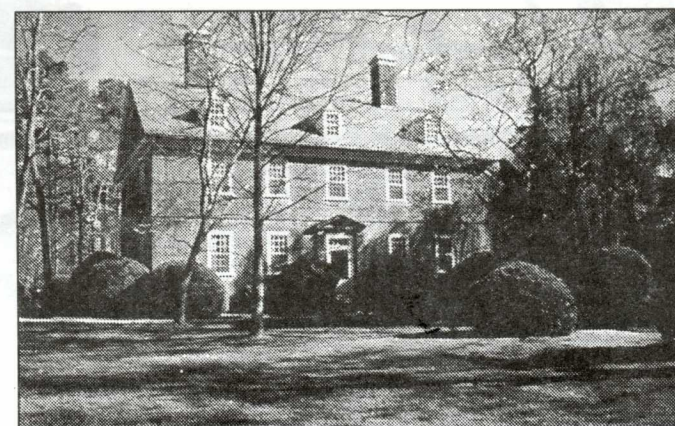
For more information about the James River Plantations, you may call 804-829-5377 or fax 804-829-2947. I wish to thank the gracious and cordial staff of the James River Plantations for their cooperation and guidance in assisting me with this article.



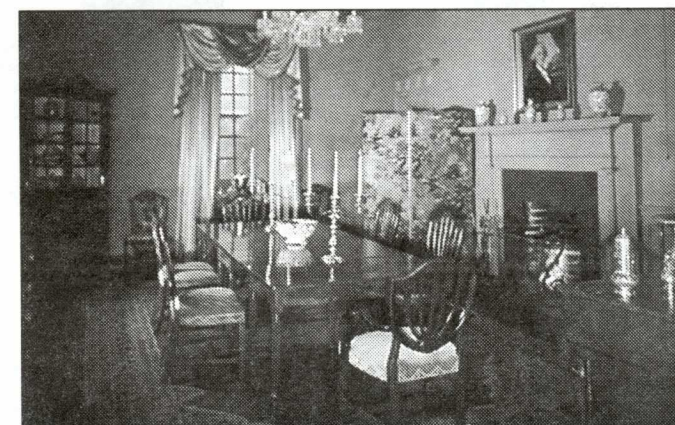
Shirley Plantation, c. 1738, a three-storied Queen Anne house, is graced by a four foot pineapple finial on the roof to indicate wealth and hospitality.



Evelynton Plantation was designed in 1937. The original home was the site of fierce Civil War skirmishes and was burned during conflict.



Berkeley Plantation, c. 1726, was birthplace to Benjamin Harrison, signer of the Declaration of Independence, and the ancestral home of 9th President William Henry Harrison.



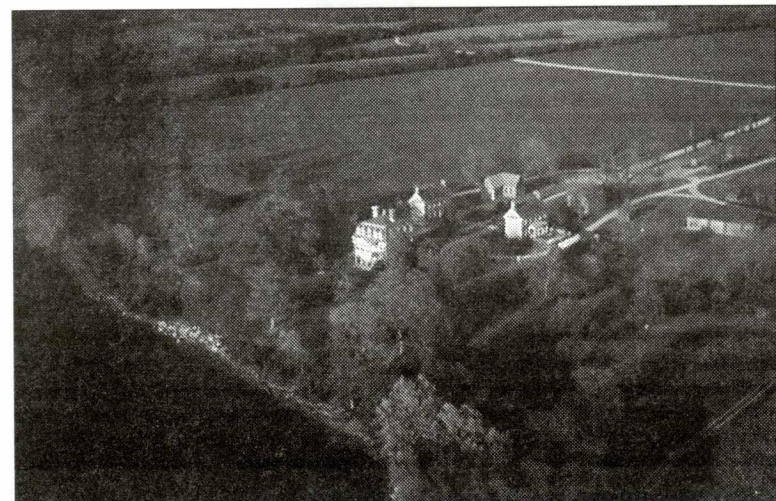
The Berkeley Plantation dining room was a room where George Washington and the succeeding nine Presidents of the United States enjoyed Southern hospitality.



Sherwood Forest Plantation, c. 1730's, was the home of President John Tyler.



Sherwood Forest's owner, President Tyler, had 15 children. His grandson now occupies the home.



Shirley Plantation, settled in 1613, is the oldest plantation in Virginia.

She & I
Hair and Nail Salon

**Fall is Here - It's
Time for a Change**

Mon. - Sat.
Wed. & Thurs. Evenings

The Ice House Mall

Walk-Ins Welcome • Gift Certificates Available

381-5043

200 Applebee
Barrington



It's Time for a Change

Fall is here and it's time for a change. Let **She & "I" Hair and Nail Salon** help you with the look you want. Come in for a complimentary consultation with one of our stylists.

What's "in" for fall? Medium length hair with longer layers, framing the face with soft texture will give you a style that looks great!

Fall highlight colors include coppers, reds, golds and warm blondes... woven

in the hair together or one color alone. It adds great shine and contrast to your look. Your stylist at **She & I Salon** will customize the color that's right for you.

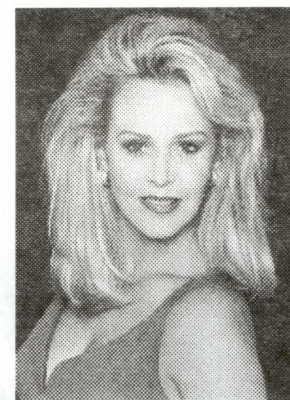
She & "I" is open six days a week and walk-ins are always welcome. Our professional staff is eager to help you with your hair and nail needs. For an appointment, please call **381-5043**. **She & "I" Hair and Nail Salon** is in the Barrington Ice House Mall at 200 Applebee Street in Barrington.

It's All in the Package! Fall Spectrum of Colors!

With 15 years of modeling and acting behind her and all the excitement over her recent crowning for the Mrs. Illinois America title, Karen Lea Cline, owner of **Lea Image Studio**, keeps busy with outside personal appearances and planning for the new fall spectrum of makeup colors, Bordeauxs, Mahogany, Passion and, of course, lip shines!

Our recent addition in the studio is the "Total Body Chair"! Come, relax and enjoy it, complimentary through the month of October. **Lea Image Studio** offers the finest packaging in products for at-home or office demonstrations, wardrobe evaluations or consultations. In addition to these products, **Lea Image Studio** offers private consultations to include facials, deep pore cleansing, makeup applications and makeup lessons.

Another aspect of **Lea Image Studio** appeals to the modeling and acting industry. Lea Modeling and Talent Consultants have given expertise to clients pursuing a career in modeling or acting by leading them through a preparation and an understanding of the business.



Karen Lea Cline
Mrs. Illinois America 1998

We specialize in the finest skin care regimen for men and women. Our foundations range from the sheerest to most photo correct. Our special gift wrapping and gift certificates are a unique way of presenting a gift. Let us help you determine your specific needs.

There is something special about you and it has everything to do with looking and feeling beautiful.

Tootsies welcomes Adrienne Vittadini Footwear to its collection of designer labels. Famous for timeless classics as well as the latest in women's fashions. The style pictured, "Tanfo," is one of several styles available for the social season. In addition, there are dressy styles from Sesto Meucci, Van Eli and for the Juniors Chinese Laundry. Adrienne Vittadini Footwear and the brands mentioned are just some of the many designer labels you can find at **Tootsies**, located on Main St. in downtown Barrington.



Women's Club of Inverness Features Image Consultant

Image consultant RJ Seidel will present a fresh perspective on appearance in "Makeovers to Reflect Who We Are and Where We Want to Go." Mr. Seidel is the featured speaker at the Thursday, October 8, 1998 meeting of the Inverness Women's Club. His hands-on workshop will identify ways to change our "look" to reflect our current attitudes and goals in life. Held at the Inverness Golf Club, the meeting will begin at 9:00 AM with breakfast followed by the program at 9:45 AM.

The Women's Club will be participating

in the October 24 "Make a Difference Day," the largest national day of community service, by collecting nonperishable food items at this meeting. These items will benefit the Hand to Hand Food Distribution Network of the HIV Coalition.

And, on Tuesday, November 3, the club will have a Holiday Fair at Concorde Banquets in Kildeer. This will be an elegant juried holiday craft show and luncheon. The fair will be from 10:00 AM to 3:00 PM and the luncheon at 12:30 PM. Tickets for the luncheon are \$20.

FALL SPECTRUM

Lea Image Studio

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LEA SKIN CARE & COSMETICS

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Gift Certificates Available



Karen Lea Cline

"There is something special about you and it has everything to do with looking and feeling beautiful."

Lea

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107 E. Main Street
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Tuesday-Saturday 9:30am-5:30pm
Thursday till 8:00pm

Can You Say "Giclée"?

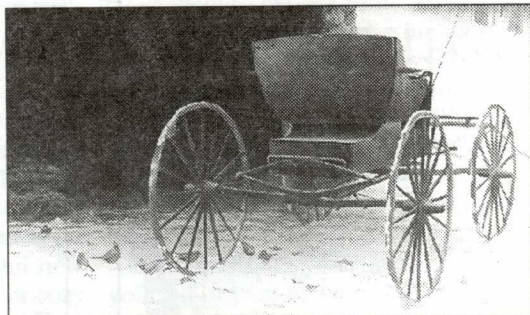
The word is out. Pinó is the artist to collect. And **Woodland Art Gallery** is the gallery to find the Pinó collection of limited edition serigraphs and giclées. What's so special about Pinó? It's the painstaking giclée process used in producing his outstanding works. Tiny sprayed color droplets create the beautiful images, then each individual work is further enhanced using oils to make each one unique to the edition.

This month, **Woodland Art Gallery** is offering a deluxe suite of four limited edition giclées by Pinó, all hand-signed and identically numbered. With an edition size of just 495 worldwide, the set includes *Savannah*, *Distant Sea*, *Infinite* and *Colorful Pathway*. With the set, **Woodland Art Gallery** is including *Remembrance of Moments Past*, a linen-boxed, gold-embossed fine art book on the life and career of Pinó.

Supplies are obviously very limited. To take advantage of this special Pinó offer, visit or call **Woodland Art Gallery**.

Also at the gallery, a new work from the infamous Robert Bateman has been released and is now on display. Entitled *Old Buggy and Winter Birds*, this limited edition print depicts a worn horse buggy in the company of cardinals and other winter birds—a true example of Bateman's ability to combine nature and machine.

Woodland Art Gallery has received much acclaim for its outstanding collection of limited edition prints by Bateman, the world's most collected and sought-after wildlife artist. Gallery owner Scott Teasdale is an authority on works by



Old Buggy and Winter Birds
by Robert Bateman

Bateman and would be pleased to assist you in your collection, whether it's a new release or locating a sold-out work on the secondary market.

Whatever the occasion, whatever your interest, whatever your home or office decor may be, **Woodland Art Gallery and Frame Shoppe** has the perfect complement in a limited edition print.

Woodland Art Gallery and Frame Shoppe invites you to spend a moment enjoying all the wall-to-wall pleasures that await you by stopping in Monday through Friday from 9 AM to 5 PM or Saturday until 3 PM. The gallery is located at 71-B East Woodstock Street in downtown Crystal Lake and also specializes in museum mounting and custom framing under the direction of master framer and owner Teasdale. The gallery can also ship your art anywhere.

For information, call 815-459-0460.

Shown in ad: a set of four hand-signed and identically numbered limited edition giclées which includes a linen-boxed, gold embossed fine art book on the life and career of Pinó.



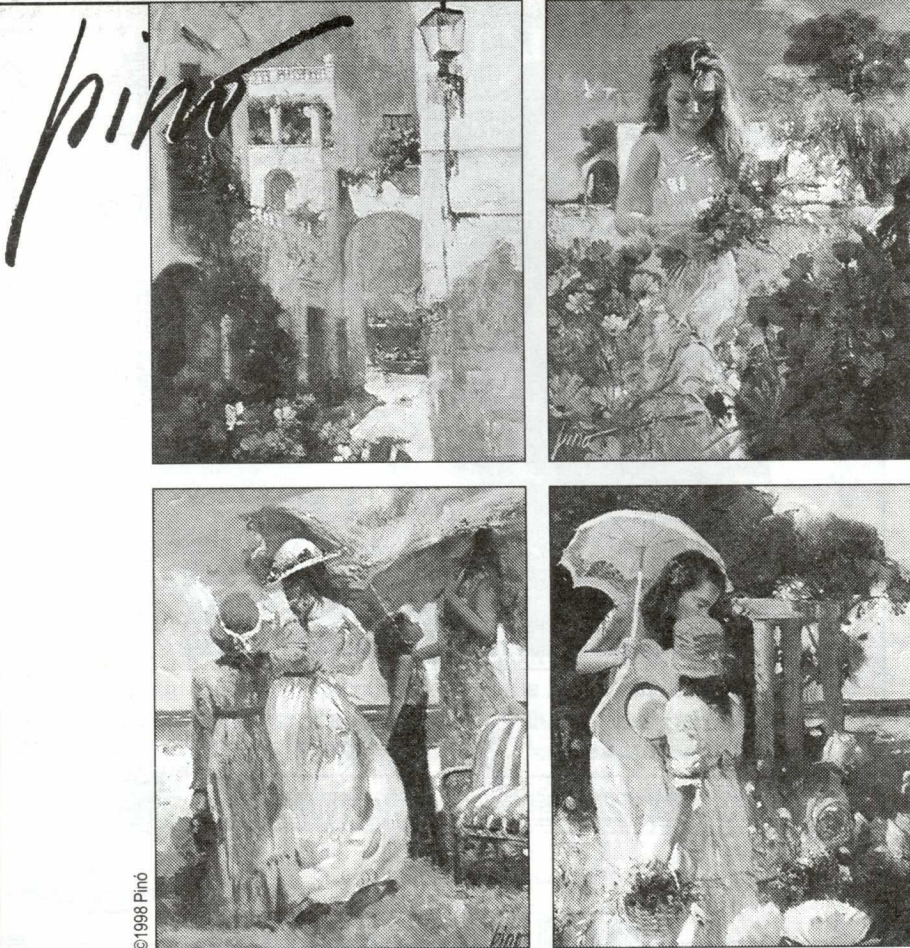
Peter Hammond, owner of Peter Daniel of Barrington, stands among the rubble at the construction site soon to be transformed into his modern, new retail space on the first floor of the Ice House.

Lumber? Bricks? Plaster?—These aren't the materials typically found at **Peter Daniel** of Barrington. However these days, there's a lot of construction activity as workers hurry to finish **Peter Daniel's** new retail store on the lower level of the Ice House.

Scheduled for a fall opening, **Peter Daniel** is inviting all its customers to join in the festivities by entering a contest for a chance to win a \$100 gift certificate. Just guess the date of the first day of business in the new first floor location. No purchase is necessary and entry blanks are located in the store. Contest ends October 7.

This fall, look to **Peter Daniel** for all your Polo selections for men. Our women's department has fall collections from Bill Burns, Bushwacker, Fresh Produce, Dana Buchman and David Dart to name a few.

Peter Daniel is open 7 days a week for your shopping convenience.




**WOODLAND ART GALLERY
and Frame Shoppe**


Est. 1980 • 71-B East Woodstock Street, Downtown Crystal Lake

(815) 459-0460

Monday-Friday 9-5; Saturday 9-3

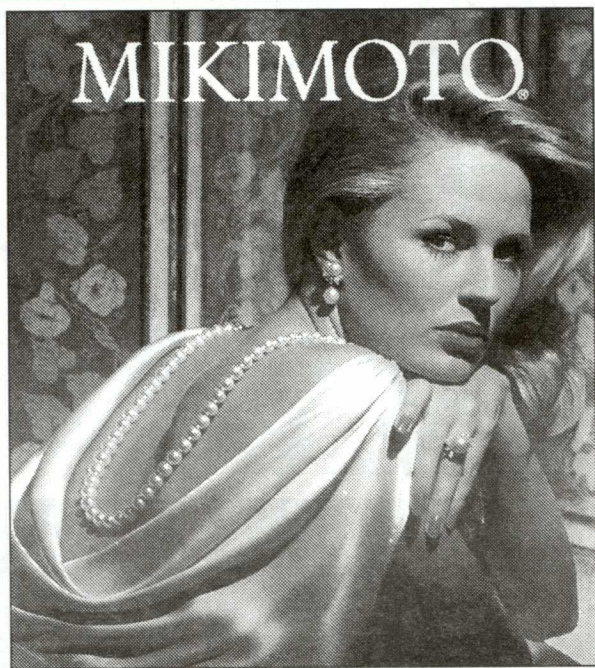


Defining style



25th
Anniversary
peter daniel
A Barrington Tradition

The Barrington Ice House
Mon-Wed. & Fri. 9:30-6; Thurs 9:30-8; Sat 9:30-5:30; Sun 12-4
Additional hours by appointment
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Sat. 9:00-5

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Body Facials

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Package Plans

Gift Certificates Available

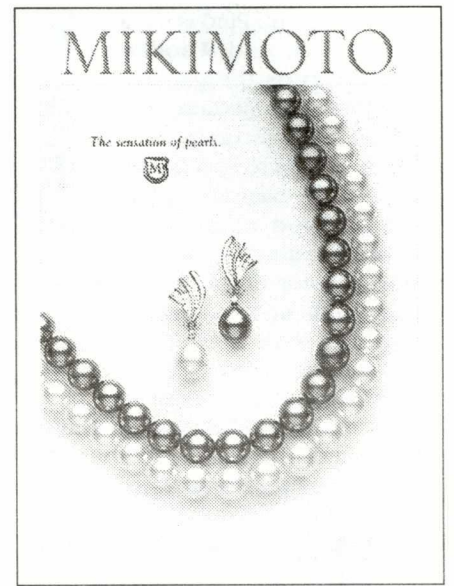
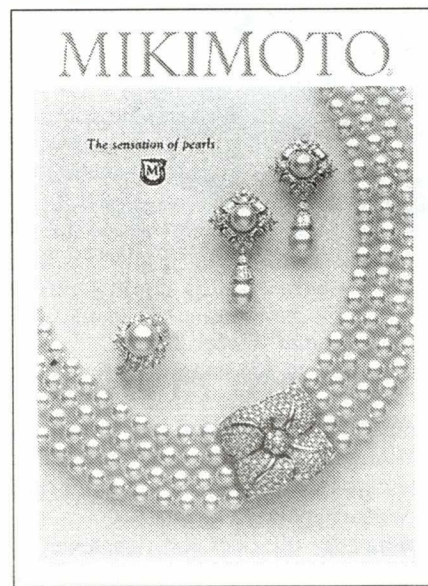
Ask about our new Make Up Colors

Day Spa

"Where Makeup is an art, skin care is a science... and body care is a necessity."

**117 Barrington Commons
Barrington 381-8727**

Magnificent Mikimoto Pearls



As fall approaches, **M.J. Miller & Company**, a premier source of magnificent jewelry for the past 29 years, is featuring the finest collection of pearls to add to your collection. Mikimoto pearl necklaces, earrings, pendants and rings are on display now along with South Sea and Tahitian grays, peacocks, pistachios and blacks of the richest caliber.

A visit to our private showroom will afford you the experience of examining a variety of splendid pieces that will tantalize your heart and dazzle your eyes.

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 of jewelry 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**.

Explore the world of fine jewelry with us! We are located in the Barrington Commons in Barrington.

Face and Body for Fall—Experience the Excellence

I cannot believe fall is here. What a fast summer!

Skin goes through a lot of changes with the seasons. We look in the mirror; dead cells are there. The skin appears very sallow. We see bad color and no luster. It is time to change our skin care program and to have a Deep Cleansing Facial.

The Estheticians with **Syd Simons Day Spa** are licensed and have much experience in the treatment of skin. They will help and talk with you about solving any problems you may have. We use many different methods to repair the abuse your skin endures from the elements such as the sun, air conditioners, a poor diet, tanning beds, etc.

One of our fabulous and very popular treatments is Dr. Murad Rapid Exfoliating Peel. This peel cleans and removes dead cells so new ones can be produced. The skin will feel as smooth as glass.

Now we must touch on the body which also builds up dead cells, and becomes rough and wrinkled. One of the most popular services at **Syd Simons Day Spa** is the Spa Glow. The finest of sea salts are used to exfoliate dead cells and stimulate cir-

culation. Skin feels baby smooth and rejuvenated. A vichy shower and body lotion finishes this off. A lot of people have the Body Massage or the Marine Mud Mask afterwards. I cannot believe the difference.

Now that we have the face and body in good condition, let's talk make-up. Fall is always a very exciting time for make-up with the addition of new colors while you shed your summer wardrobe and your summer make-up. Let **Syd Simons** teach you how to understand your bone structure with our private make-up lessons so you can start your fall with new self-confidence.

New make-up, new clothes, all in the right colors for you—what an exciting fall! Don't forget, we offer manicures, pedicures, nail designs and sculptured nails so you can have new hands and feet too!

It has been one year since we opened the Day Spa, a very fast and successful year. We are celebrating our 27th year in Barrington the first of October. Where does all the time go? Thanks to all of you for making this possible.

Sincerely,
Cathy Ramstadt, Owner
Syd Simons Day Spa

Welcome Wagon to Focus on France

Jean-Pierre Laroux, owner of Barrington Country Bistro, will informally address the Welcome Wagon of Barrington on Tuesday, October 13 at 1 PM inside Barrington Country Bistro.

His ad-lib presentation will include anecdotes about growing up in France in the 1950s and 60s, and he will discuss his choice of profession and why he came to the US. He will also tell about his experi-

ences in different restaurants and hotels in Europe and across America, and how the realities of today's consumer and employment markets mitigate his frame of reference in fulfilling the mission of Barrington Country Bistro. He will describe a typical day and an atypical day at the restaurant and answer questions.

For information, call Ann at 277-7700 or Joan at 382-0886.

"Warm and Stylish" from the Mink Barn

If you've been waiting for fur to be in fashion again, then wait no longer! "Fur is Back" say more than 150 designers. But, decide for yourself. Try one on and see how warm and beautiful it makes you feel.

And October is a wonderful time to buy a fur. The days are cooler and the evenings are cold enough to bring out your long forgotten coat or jacket. Wouldn't it feel wonderful to put on a beautiful new leather coat with a warm fur lining or cozy fur collar? **The Mink Barn** has more than

60 of them to choose from. And if leather isn't your choice, they have fur lined or fur trimmed cloth coats as well. But, of course, **The Mink Barn's** specialty is mink. They have nearly 200 Mink coats to choose from—whether you're looking for a classic full length dark mink coat or a fun sheared mink parka, **The Mink Barn** has it all.

So come to **The Mink Barn** and treat yourself or your loved one to a warm and stylish coat for the coming winter.

NISRA to Host Fashion Show

The 3rd Annual Holiday Fashion Show hosted by the NISRA Foundation for the Northern Illinois Special Recreation Association will take place at 10:30 AM on Saturday, November 14 at the Holiday Inn in Crystal Lake. Featuring fashions from five upscale, local clothiers, the fundraiser includes a luncheon, silent auction and cash bar. Tickets are \$25 or, for a table of ten, \$200.

Six lucky winners of the 1998 Christmas

Trees will be named following the show, each receiving a fully decorated tree. Adorned with coordinating gifts, each tree is valued at over \$2,000.

For information on purchasing tickets or to donate prizes, call 815-459-0737.

The NISRA Foundation is a not-for-profit corporation which supports Special Olympics and recreation programs for local residents with disabilities. All contributions are tax deductible.

Fall Diddley® Craft Show—Oct. 10 & 11

The 13th Annual Fall Diddley® Craft Show, featuring over 300 crafters and artists, will be held at the Boone County Fairgrounds at the intersection of Route 76 and Business Route 20 in Belvidere, IL on Saturday, October 10 from 10 AM to 5 PM and Sunday, October 11 from 9 AM to 4 PM. Craft booths will be enclosed in buildings and

tents, and there will be a bake sale and food vendors. Parking is free. (No rides!) Admission is \$4 for those ages 12 and over. The event is sponsored by Volunteers of The Mental Health Resource League for McHenry County, PO Box 204 in McHenry IL, 60050. Please phone 815-385-5745 for more information.

Body Contouring with Tumescant Liposuction—Are You a Candidate?

Tumescant Liposuction is the advanced technique of permanently removing excess fat using only local tumescant anesthesia in areas that are resistant to diet and exercise. The word "tumescant" means "swollen" and in Tumescant Liposuction, the area to be treated is filled (until it becomes "swollen") with a large volume of a special anesthetic solution. This special tumescant solution completely numbs the area with only local anesthesia, completely eliminating any need for intravenous or general anesthesia.

The area to be treated is then artistically sculpted into its new shape using small, delicate instruments. With Tumescant Liposuction, it is possible to safely remove large amounts of fat in a single procedure without general anesthesia and without significant blood loss. Tumescant Liposuction produces less bruising than old style liposuction and offers faster, safer and more comfortable recovery—with superior results.

The ideal candidate for liposuction is in good health, maintains good eating habits, exercises regularly and is within 25 pounds of his or her optimal weight. If pre-operative evaluations and blood tests confirm good health and normal blood clotting ability, almost anyone from 16 to 80 can benefit from the technique of Tumescant Liposuction.

A simple "pinch" test can determine if a person can be helped by Tumescant Liposuction. Try pinching your skin and fat between the thumb and index finger.




David P. Van Dam, MD


If you are grasping more than one inch of tissue, liposuction may be useful in creating a more satisfying new contour. Generally, if little skin and fat can be pinched, the answer to the contour problem is exercise and not liposuction. (The neck, by the way, is an exception to the pinch test rule and can be improved even if less than an inch can be pinched.)

People considering liposuction should have realistic expectations about the limitations of the procedure. For instance, Tumescant Liposuction cannot alter basic skeletal and muscular structure and the procedure is not a treatment for generalized obesity.

If you are bothered by localized accumulations of unwanted fat, try the pinch test. If you pass, consider scheduling a consultation with **David P. Van Dam, MD** to learn more about what this remarkable procedure can do for you.



Autumn Fur Sale



We have the largest selection of fine quality American made furs. Mink is our specialty, but we also offer the best in sheared and long hair beaver, raccoon, coyote, foxes of all shades, lynx, sable and an excellent selection of fur-lined jackets, trenchcoats and leathers.

Tues. - Sat. 9:30-5:30; Sun. 12:00-5:00. Closed Monday.

FURS By BILL TALIDIS

at the **the mink barn®**

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H A I R

HOW YOU REGARD IT DEPENDS ON WHERE IT APPEARS

Dermatology Associates of Crystal Lake/Barrington offers **EpiLight™**... the most advanced hair removal process available.

Hair removal on any part of your face or body is possible without shaving, waxing, plucking or electrolysis...and without the usual frustration or discomfort of these obsolete methods. Fast and efficient, **EpiLight™** eliminates undesired hair with flashes of light. It may seem a little like magic, but this 21st century technology is here today and it really works!

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- Regency • Cranes
- Sunrise • Michael & Co.

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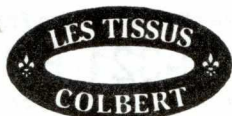


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Fabrics from the
French Countryside

Custom Bedding • Duvet Covers • Pillows
Shams • Bed Skirts • Coverlets

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at Hart Road



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After visiting our store,
you may end up with
bats in your hair,
witches on your ears,
or maybe just some nice
smelling potpourri on your
kitchen table!

For all your Holiday needs...

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Cinnamon Cider... an enchanting mixture
of the fragrances of apple, cinnamon and citrus!

Crafters Needed for Clearbrook's Craft Bazaar & Bake Sale

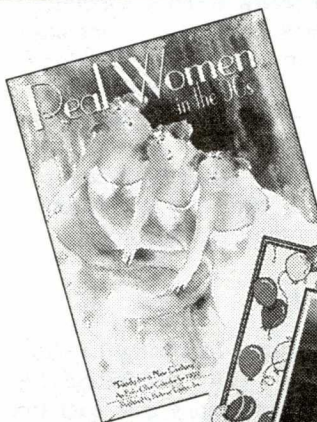
Crafters are needed for the 2nd Annual Clearbrook Craft Bazaar and Bake Sale to be held in the Clearbrook Gym on Friday, November 13 from 11 AM to 5 PM; on Saturday, November 14 from 11 AM to 4 PM; and Sunday, November 15 from noon to 4 PM. A variety of delicious homemade baked goods, food and drinks will be on sale. Admission to the event is free. All event proceeds will go to the Day Training Program at Clearbrook. The fee to rent a booth is \$30 for one day, \$50 for two days and \$75 for three days. Space is limited. To rent a booth, call Robin Gruenfeld at 870-2233, Ext. 346 or 394-5106.

"We hope to attract over 25 crafters and

to make this year's annual Bazaar the biggest one to date," said Robin Gruenfeld and Dawna Mata, day trainers.

Clearbrook clients in the Day Training Program have been busy since July preparing for the Craft Bazaar by making holiday crafts that will be on sale at the event. The Day Training Program is designed to provide vocational and educational training as well as independent living skills such as safety, personal grooming and socialization for adults with developmental disabilities. Some clients, depending on their developmental level, have the opportunity to work in the larger workshop. All clients receive wages for

The FOUNDRY of BARRINGTON



1999 Calendars are Here!

Wonderful to give as a gift or choose one for yourself! Desk or wall calendars, diaries or page-a-day—the assortment is outstanding. From the ever popular

Victorian Calendar, Bottman Design for Real

Women in the 90's, French

Country Diary, Linnea

Poster Calendars or per-

sonalize your own calendar

with family photos—they are

all available at the **Little**

Shop of Papers located in

the Barrington Foundry. Hours:

9:30 AM to 5:30 PM Monday-

Saturday, Thursday till 7:00 PM.

PACES Fall Meeting

Working from home is a dream for many stay-at-home parents, but getting started can be difficult. Theresa Soloma, a sales director with Discovery Toys, learned how to balance the demands of a family and business during her 15 years of working from home. She will share her experiences at the October meeting of PACES (Parent and Child Education Society) on Thursday, October 15 at 9:30 AM at the Wellness Center located at 900 West Central Road in Arlington Heights. Soloma, who has raised three children, will offer advice on getting started, orga-

nizing time, coping with conflicts between business and family and setting up a workplace at home. PACES members and non-members are invited to attend. Babysitting is available by contacting Janine Goodsite at 397-7559 at least three days in advance of the meeting.

PACES is dedicated to providing education and support to parents of newborn through pre-school age children. It offers expert parenting information, peer support, social activities and volunteer opportunities. For membership information, please phone Diane Thorsen at 931-4816.

See What G. Whiz has in Store for the Holidays

The holidays are just around the corner... and so are we!

Our store is filled to the brim with imaginative holiday decorations for both you and your home!

Our floating Halloween candles will be the focus of every witch's brew. Bat and spider headbands, whimsical pins, earrings and necklaces will help complete your holiday wardrobe. Our reflective eyeball sunglasses will generate a stare! And our windsocks, wall hangings, frames, candelabras, spreaders, glass serving pieces and Halloween decorations will transform your home.

Our new line of contemporary tin pieces are a delightful addition to any

Halloween decor. And our seasonal garden flags make a statement without being overwhelming. Add a seasonal rug mat, Pumpkin Spice candles and some great smelling Cinnamon & Cider potpourri and you're on your way to a fantastic holiday!

The store is filled with an array of new items from wonderful hostess and birthday gifts to practical decorative pieces. You'll have fun shopping and a hard time trying to choose from our huge, expansive selection.

Make your holiday and gift giving a unique pleasure. Stop by to visit! We're known for the unique and unusual—just wait until you see what we have in store for the holidays!



their work.

The annual Clearbrook Holiday Card Collection, featuring original designs by Clearbrook Clients, will also be on sale at the Craft Bazaar. The holiday cards come in packages of 25 cards and envelopes for \$18 plus shipping and handling. Quantity discounts are also available for groups and companies.

The Rolling Meadows-based Clearbrook is a not-for-profit agency serving hundreds of children and adults with developmen-

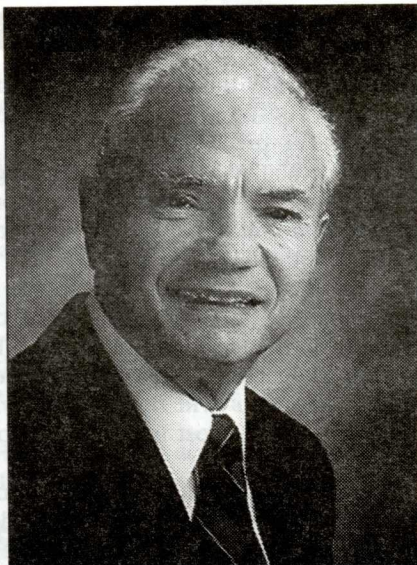
tal disabilities including mental retardation, cerebral palsy, autism, epilepsy and other neurological disorders. Clearbrook provides Assessment, Referral and Early Intervention Services and Programs for children up to 3-years-old and their families, Adult Residential Services, Employment and Training Services, Developmental Training Services, Clinical Services and a Seniors Program.

For more information on Clearbrook, please call 870-7711.

BWC Plans Interesting Luncheon

Barrington Woman's Club luncheon and program meeting will be held on Wednesday, October 21 at Wynstone Country Club. Two Barrington area men will be featured; Lee Bassett of Long Grove will provide an hour of fine background keyboard music during the social hour beginning at 11 AM and William "Bill" Lewis Smith of South Barrington will tell fascinating stories from his "Life in the Hotel Fast Lane."

An "up close and personal" view of the shooting scene involving President Ronald Reagan, James Brady and the Secret Service personnel is one Bill Smith will describe from his own experience of being in front of that Hilton Hotel during the shooting. Smith's picture in *Time Magazine's* April 1981 issue is not a "glamour



Lee Bassett will provide keyboard numbers from Broadway, Hollywood, radio and recordings during social hour.

shot," but it's one where the shooting victims were lying at his feet.

Other stories from the Hotel "Fast Lane" involve well-known persons, such as the one who was an American hero after World War II but who had dated a German spy. Get first hand tips from the man who knows about the "real" hotel security. Or find out who was the "closet president." Which mighty Washington "force" would dress in women's clothes at night, or what exactly is the most profitable part of the hotel business.

Barrington Woman's Club members may send a check for \$25 made out to BWC to Betty Captain at 1217 Lake Shore Dr., Barrington, 60010 by October 16, 1998. Your check is your luncheon reservation.



Bill Smith, S. Barrington resident, will tell stories about "Life in the Hotel Fast Lane."

Unique Regional Art Show

For the first time in three years, the Oil Painters of America (OPA) Midwest Regional Show will be returning to the Chicagoland area. This exhibit will be held at **Dunton Gallery** in downtown Arlington Heights from October 16 to November 7.

The OPA is a well-established national organization devoted to the preservation of the realistic style of traditional oil painting. Organized in 1992, national and regional juried shows have displayed the works of the nation's top oil painters. According to OPA founder and president Shirl Smithson of Park Ridge, "We have masters of painting today who would make the masters from centuries ago sit up and take notice. For those who are tired of modern art, political art and shock value art, the OPA presents a refreshing alternative."

Art appreciators of all descriptions are most welcome to view over 90 paintings that have been juried into this show from artists scattered across 17 states from North Dakota to Texas.

Local artists such as Rachel Berlinger, William T. Chambers, Frankie Johnson and Glen Tarnowski have been juried in and, among other artists, may be in attendance on Friday evening, October 16 from 6 to 9 PM during a special artists and



Arlington Heights resident Bill Chambers displays his oil painting *The Mandolin* which will be in the Oil Painters of America regional show starting October 16. Chambers has been a major award winner in prior OPA shows.

collectors reception which is open to the public.

Dunton Gallery is located at 18 South Evergreen Avenue in downtown Arlington Heights just two blocks south of Northwest Highway and two blocks west of Arlington Heights Road. Their normal hours are Tuesdays, Wednesdays and Fridays from 11 AM to 5 PM, Thursdays from 11 AM to 8 PM and Saturdays from 10 AM to 4 PM.

Please Note: Friday, October 16 and October 23, **Dunton Gallery** will be open until 9 PM exclusively for this show. Appointments at other times will be gladly accommodated. Call at **847-818-0694**.

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Spa Pedicure
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OIL PAINTERS of AMERICA
Dedicated to the Preservation of Representational Art

is proud to present the

1998 Midwest Regional Art Exhibition



We invite you to view the work of today's masters who are painting in the tradition of Winslow Homer and John Singer Sargent. These paintings are distinguished by their creative inspiration, fine drawing, and lush color. Join us for an evening of conversation and appreciation of some truly outstanding artwork.

DUNTON GALLERY
18 South Evergreen Street
Arlington Heights, Illinois 60005
847 818.0694

OPENING NIGHT
6:30- 9:30 p.m.
October 16, 1998

The exhibit will be on display through November 7, 1998



Shari's FURS & MORE

FALL TRUNK SHOW

featuring the latest designs
of the fur industry's hottest and
most innovative designer.

"PAULA LISHMAN"

Knit Fur, the fabric of the future,
indulges you in its warm, lightweight,
sumptuous comfort.

Also... the best selection of leathers
and shearlings in the area.

**Thursday, October 8 through
Sunday, October 11**

Thursday & Friday 10 - 8
Saturday 10 - 5, Sunday 12 - 4

Also preview our
1999 Collection of furs.

Our Resale Racks are Full!

22 S. Evergreen

847 255-1300 Downtown Arlington Heights



Shari's Furs & More— 3rd Annual Trunk Show

Featuring the hottest designer in the fur
industry, Paula Lishman... knitted,
sheared fur provides the ultimate of
warmth combined with the lightest weight
imaginable; you must try is on to appre-
ciate this innovation. This is the fur of the
future, but the time is now.

Because of the wonderful response to
our leather sale last year, **Shari** has de-
cided to have her 3rd trunk show. This
superb 1999 collection of the highest
quality garments will fit your lifestyle,
your mood and, most importantly, your
pocketbook.

The sale will feature everything from
short jackets to full length coats. Included
are leather only, removable fur liners,
thinsulate liners and the ever popular
reversibles. And to fill out the collection,
the finest selection of shearlings has been
assembled.

Shari has also expanded the resale
racks to accommodate the terrific re-
sponse our customers have shown. The
selection is fantastic! And we have acces-
sories galore.

You will also see a preview of all the
new fur styles in mink, sheared beaver
and long haired beaver coats and jackets
for the 1999 season.

Shari's Furs & More does not want to



be just a point of purchase; they have cli-
mate-controlled storage, make alterations
and restyle all types of fur and leather.

After 19 years at the same location,
Shari is still saying "Our sales people will
treat you with the same respect they
would expect if they were on the other
side of the counter."

Turning Heads for Fall

October is the start of fall,
and with that comes the re-
alization of some of the da-
mages the "fun in the
sun" has caused. The heat
and the UV Rays from the
sun can cause your hair to
fade and your hair and skin
to dry out.

**Claude Thomas Salon
and Day Spa** and their
well-trained staff has the
solutions to all of these
problems. We have a Euro-
pean deep conditioning
treatment with a color en-
hancer to rejuvenate your hair color and
bring back its sheen and healthy glow.
This is a 30-minute treatment regularly
\$30, now only \$25. For your skin, we
have facials designed specifically for your
needs. We also have a moisturizing and
restoring body wrap for your entire body.
This month, we are taking 20% Off the
prices of our facials and body wraps with
our European trained estheticians Gina
and Jennifer.

Going back to school? Why not try a
new look this fall. A make-up, make over
and lesson is now \$20. Or perhaps you
would like a new hair color? This month,
our expert colorists can design a new
color stain for you. This is a non-commi-
tal color. The color stain is an innovative
color system that lasts from six to eight
weeks and slowly fades out of your hair,
leaving you with your original color and
condition. Another option is a framing
highlight using six to ten foils for \$25.

The fall shoe fashions include open toes
and straps—this means you need pretty
toes and feet. So take advantage of our
manicure and pedicure package, regularly



\$45 now only \$38 with a bonus paraffin
treatment. We offer an exclusive special
pedicure using a thin layer of acrylic on
your toenails. Using this procedure will
prolong the polish on your toenails three
times longer than a regular pedicure. This
special pedicure is regularly \$45, but now
only \$35. We also have nail art—air brush-
ing, free-hand art and nail charms. We
pride ourselves on our artistic creativity.

Want to see yourself differently? We
have computer virtual imaging so you can
see yourself with different colors, lengths
and styles of hair. It can also change your
make-up and eye color. This service is
\$20 for the session and \$3 for each print
of yourself. If you have short hair and
want it longer or you just wish for thicken
your hair, we have several different hair
extension systems. Come in and let us
find the right system for you.

Claude Thomas Salon and Day Spa
has an experienced, complete staff of styl-
ists, colorists, nail technicians, estheticians
(facialists), make-up artists and massage
therapists to fulfill your every need.

We are looking forward to meeting you.

The Complete Salon

Claude Thomas
Spa
Hair Design & More!

We Customize
Any
Gift Package...

Claude Thomas will make
the transition to Fall
EASY



Get the New
Angel Hair Look

Beauty and Perfection United

REDKEN
5th AVENUE NYC

847-705-5999

SUNDAY 11-4
MONDAY 1-9
TUES-FRI 9-9
SAT 9-5

377 W. NORTHWEST HIGHWAY (CENTURY PLAZA) • PALATINE

A "Boo-tiful" Offer from Little Munchkins

It won't be long before the "little witches and monsters" will be tapping on our doors this Halloween. And **Little Munchkins** is offering **10% OFF** on all Halloween Costumes during October. The selection is adorable.

Little Munchkins also carries beautiful clothing for sizes preemie to four toddler as well as the exquisite, upscale Ragazzi furniture: twin beds, bunk beds, dressers, cribs and bedding, along with the latest in cradles and strollers.

Why not select a cuddly teddy bear or other plush toy for that little grandchild? **Little Munchkins** has lots to choose from!

Little Munchkins, located at 200 North Hough Street in downtown Barrington, is now open Sundays between noon and 3 PM for your shopping convenience.



Halloween and Harvest Fill The Canterbury Shoppe!

Ghastly and ghostly candles, eerie witches and hunchbacks, glowing Jug-O-Lanterns... **The Canterbury Shoppe** is brimming with Halloween and harvest decor for your home!

Getting ready for the harvest? Our fall collections include gorgeous serving platters, candlesticks and della Robbia accents that will transform your home for the holiday season. Don't forget, it's never too early to start thinking about placing special gift and gift basket orders for the Holiday Season and corporate accounts are always welcome!

Christopher Radko and Limoges collectors, if you are interested in particular pieces, give us a call at **847-304-9627** and we will be happy to reserve them for you! (Our Annual Holiday Limoges Trunk Show will be held Thanksgiving Week!)

The Canterbury Shoppe is open Monday through Friday from 9 AM to 5 PM, Saturday from 9 AM to 4 PM and Sunday from 9 AM to 3 PM. It is located at 117 East Station Street in downtown Barrington just 1 block south of Main and Route 59, near Starbucks Coffee. Any Questions? Give us a call at **847-304-9627**. Happy Hauntings!

Initial Impressions Plus Hosts Vera Bradley Trunk Show

Initial Impressions Plus, located on Station Street in downtown Barrington, is having a Special In-Store **Vera Bradley Designs Trunk Show** on October 16 and 17. Enjoy **20% off** during the show! Featured will be the newest Vera Bradley handbags, accessories, luggage and table-tops. This will be a large selection.

Enter to win a Vera Bradley handbag in a new fall color. No purchase necessary. A Vera Bradley representative will be on hand Friday, October 16 to answer any questions. Refreshments will be served. It's a great time to start your holiday shopping. Call **Initial Impressions Plus** at **847-382-8700** for details.

Garden Council Events Have a New Focus

For long-lasting satisfaction with cut plant materials, it's hard to beat the results of working with dried flowers. Not just weeks, but months or years after a swag, wreath or arrangement has been completed, it still brings lovely color, texture, form and design to whatever room it occupies. Countless lovely creations are possible with garden blooms and foliage... and the interesting roadside materials so abundant in our area.

Unfortunately, few people are comfortable in handling dried materials; many wish to be so. So, it is this need which the Council of Barrington Garden Clubs will address this fall with two special events taking place at the Barrington Area Library located at 505 N. Northwest Hwy. Both events are scheduled for Wednesday mornings at 9:30 AM.

The first on October 7 will feature Pat Ballot presenting a comprehensive program on *The Art of Drying Flowers*. A discussion of *how* to dry flowers—and *when*—will be accompanied by illustrations of those techniques and followed by demonstrations of ways to use dried materials. Ballot will have for display samples



Can you believe... they're "dried"?

of the lovely items she has produced over the years.

Three weeks later on October 28 a different opportunity will be offered—a "hands-on" class will be guided through



"Boo-tiful" Buys

10% OFF all Halloween Costumes

Bring in Ad

\$4.00 OFF

Any Purchase Of \$20.00 Or More

Not Valid With Other Sales • Present Coupon At Time Of Order
1 Coupon Per Purchase Per Customer • Expires 10/31/98



LITTLE MUNCHKINS
"Shopping at Little Munchkins is a Grandmother's Dream"

200 North Hough Street • Barrington • 381-3960



JUG O' LANTERNS ARE HERE!



Canterbury Shoppe Holiday & Home

117 East Station Street
Downtown Barrington
(across from Starbucks)
(847) 304-9627

Hours: Mon-Fri 9-5
Sat: 9-4, Sun 9-3

Created on a masters potters wheel, with no two alike, each Holman Pottery Jug O' Lanterns will bring a warm glow to your home.

Stop by the Canterbury Shoppe to find these and many other ghastly creations for your Halloween Home!

VERA BRADLEY


TRUNK SHOW

New Colors...
New Products!

October 16 and 17
20% OFF

INITIAL IMPRESSIONS PLUS

115 E. Station Street 847-382-8700 Barrington
Tuesday-Friday 10am - 5pm; Saturday 10am - 4pm



the creation of their own arrangement of dried materials as they learn the principles of working with this medium. Instructor Dolores Wilt of Grayslake is an accredited flower show judge for the Garden Clubs of Illinois, Inc. and an expert in both fresh and dried flower design. She will pinpoint the differences involved and show effective ways of working with dried flowers and roadside materials. (This class will be limited to 15 students.)

The two events are independent of each other but coordinate well for those able to attend both. The fee for the Pat Ballot program is \$10; those registering by mail may choose seats from a reserved front section. Checks payable to the Council of Barrington Garden Clubs should be sent to 62 Windrush Lane in Barrington, IL 60010. The class with

Dolores Wilt will take place in the library's Zimmerman Room on the mezzanine level. The fee for this program is \$20 and covers all materials including a round plastic container in which students may set an attractive bowl when they get home. Registration instructions for this class are the same as for Ballot's class. These fees should also be sent to 62 Windrush Lane. However, do *not* combine the checks. Only the first 15 registrations will be accepted for the Wilt class, but the Ballot program can accommodate many times that number. An acknowledgment/reminder card will be sent by October 20 to students. Please include a phone number for prompt communication when the class quota has been filled. If you have any questions, please call 847-526-2590 or 847-381-3862.

Happenings!

in the area

The Barrington Chapter of Arden Shore Child and Family Services Prepares for Their Annual Gala!



Pictured above are committee members standing in front of the spectacular carousel which will be displayed at the gala: (L to R) Lynn Topping, Sandra Brigante, Sue Clavio, Gina Eiesland; (back row, L to R), Karen McConnell, and co-chairpersons Karen Vosmik, Dana Johannesen and Joyce Kofkin.

Located in Vernon Hills, Arden Shore assists children who have been severely abused and neglected by placing and supervising them in group and foster homes in the Chicago area. The Barrington

Chapter of Arden Shore consists of area women who donate their time and services by hosting this annual gala. Being the most successful fundraiser for Arden Shore, the evening includes the viewing of a Barrington Hills estate, cocktails, dinner and live and silent auctions held in a "carnival" type atmosphere.

This year's gala takes place on October 10 at 5 PM. Seating is limited. For information on auction items, dinner reservations or seating arrangements—\$175 per person—please call Dana at 847-382-3981.

PHD's "In Celebration of Our Angels"

The Society for the Preservation of Human Dignity (PHD) is busy planning "In Celebration of Our Angels," their annual Dinner and Fashion Show. It's to be held at the Cotillion in Palatine on October 29. The show will be produced by "Fashions With Flair" from Oakbrook.

Once again, models will bring you all the new exciting fashions from these well known local stores: Peter Daniel, Savvy Spirit, and Tommy Terri all located in the Ice House of Barrington; A'L'Amour also located in Barrington; and August Max, Casual Corner and Petite Sophisticates all located in Woodfield Mall.

Karen Lea Cline of Barrington, the newly crowned 1998 Mrs. Illinois, will be on hand to choose a lucky person who will be the winner of some prizes as well as to model in the show.

For more information regarding "In Celebration of Our Angels," contact Michele or Cheryl at PHD at 847-359-4919.



Rea Barratt and Diane Steichen, both of Inverness, deciding on the elegant fashions for the PHD Dinner and Fashion Show

"Nutcracker Gala '98 Masquerade!"



Pictured from the left are: The Nutcracker, aka, Katie Curran from Barrington; Lisa Steichen; "Nutcracker Gala '98 Masquerade!" Chairwoman Diane Steichen from Inverness; and Kate Mitten from Barrington.

"Nutcracker Gala '98 Masquerade!" will begin at 7 PM on Saturday, October 24 at the Inverness Golf Club. It will be the third annual event to benefit the Barrington Youth Dance Ensemble's (BYDE) annual production of *The Nutcracker* in December. The evening of gourmet dining, wizardry, BYDE performances, live auction and

dancing to music by Eden is \$100 per person, including valet parking. Costume or black tie is optional. Accommodations are limited. Make checks payable to BYDE and mail them to Gala Chairwoman Diane Steichen at 150 Firth Road, Inverness IL 60067. For more information on the benefit, please phone Diane at 847-359-5560.

Designs for Hope III on October 24



Pictured above are: Richard J. Stephenson, Chairman of the Board of Cancer Treatment Centers of America, Barrington; Alicia Stephenson, Gala Chairperson of Designs for Hope III, Barrington; Bruce Lubin, Group Senior Vice President of LaSalle National Bank, Chicago and Chair of Corporate Sponsorship for Designs for Hope III, Long Grove; and Edward Rivera, Executive Director of CTRF, Oakbrook. They all look forward to seeing you at Designs for Hope.

"The Supremes" starring Mary Wilson will present a "40th Anniversary Tribute to The Supremes" at the Designs for Hope III—Changing the Face of Cancer Masquerade Ball benefiting the Cancer Treatment Research Foundation (CTRF). The gala will be held on Saturday, October 24 at the Westin River North Hotel in Chicago at 6 PM. Event Chair Alicia Stephenson, of Barrington Hills, promises a fun-filled and inspiring evening for party revelers. Guests arriving for the reception will be submerged in elegant decor and

the sounds of Dennis Keith's guitarola.

During a sumptuous dinner feast, Chicago fashion show impresario Joyce Niemann, herself a cancer survivor, will present a high-energy, visual feast featuring the latest designs by St. John, Sansappelle, Episode, Sulka and York Furrer of Elmhurst.

Gala tickets are available for \$250 each, or table underwriting can be arranged at \$3500, \$5000, \$7500 and \$10000. For information and reservations, call CTRF at 847-342-7495.

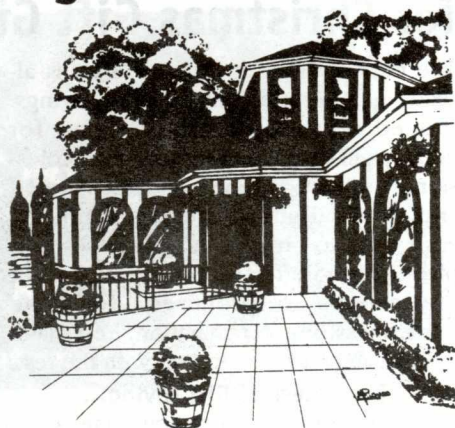


Le Vichyssois' Upcoming Events in October

- October 8 and 9, Bouillabaisse
- October 15 and 16, Cassoulet
- October 22 and 23, Bouillabaisse
- October 29 and 30, Cassoulet

We are also pleased to announce a joint venture with my brother, Francois, who owns an art and antique gallery in Vichy. Be sure to check out our beautiful catalogue filled with *Paintings & Objects d'Arts* for sale.

Call **Le Vichyssois** at **815-385-8221** if you have any questions and for reservations.



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 Market** can help. We have been in business for over six years now, servicing the grocery needs of people just like you. We service 61 north and northwest suburban communities, with a customer base nearing 4,000 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!

All of our customers receive a price book with the nearly 7,000 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 or order over your computer using our free software. 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. We also provide wonderful tips and tools for meal planning. 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.

Celebrate the Harvest at 1776


The fine art of "Grazing" is coming to **1776** in Crystal Lake. **1776** will bring you a Tapas dinner on the first and last Thursday of every month, with the menu being entirely vegetarian on the first Thursday. Andy of **1776** will coordinate the meals featuring nine courses and five compatible wines each. Of course, true to Tapas style, the courses are smaller than normal entrees. This is an excellent opportunity to taste several different wines while enjoying the foods of **1776** with your family and friends. The next Tapas dinner will be on **Thursday, October 29**.

Andy has again won an "Award of Excellence" from the *Wine Spectator* for his wine list. The list now has over 500 different wines, all in keeping with Andy's philosophy of variety and value. If you would like to learn more about the art of wine tasting, sign up for Andy's wine class through McHenry County College. It is a five week course starting September 27.

In addition to learning about wine, you will be able to taste the types being studied at every class.

Mark your calendars now for a Midwest Extravaganza. **1776** will be serving a Lake Michigan Shore Dinner featuring food grown in the Midwest and wine from Michigan on **Wednesday, October 14**. The wine country of Michigan is on the 45th parallel latitude which is the same as the Bordeaux region of France. With the micro-climate of Lake Michigan and the protection of the dunes, wineries in Michigan are producing excellent vintages. The six-course meal, including five different wines, will be \$44 per person. Please call for reservations.

1776 has always striven to present the best of what our great country has to offer. Locally grown produce, cheeses, organically raised meats and fish make up an extensive part of the menu. Come celebrate the harvest!



A Classic French Restaurant with a Country Atmosphere

220 West Route 120
Lakemoor, IL
(2 miles west of Route 12)
(815) 385-8221

HOME DELIVERY

Scotty's

Groceries On Wheels

(847) 726-8897
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"The ONLY Grocery Store that ONLY Delivers."

Call 847-S•C•O•T•Y•S FOR A COMPLETE PRICE BOOK

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\$10.00 FREE GROCERIES

Receive \$10.00 Worth of Free Groceries on Your First Order of \$50.00 or More. Not Valid with Other Offers. Expires 10/31/98

1776

LAKE MICHIGAN SHORE WINE DINNER

FEATURING MIDWESTERN FOODS & 5 MICHIGAN WINES

WEDNESDAY, OCTOBER 14, 1998 \$44.00

SIX COURSES • FIVE WINES



397 Virginia Street • (Route 14)
Crystal Lake, IL
815-356-1776

Goat Cheese and Tomato Tart with Fresh Basil Vinaigrette

Baked Mushroom Caps Stuffed with a Smoked Trout Mousse

Pumpkin Soup with Garlic Toast Points

Black Pepper Crusted Beef Carpaccio on a Bed of Mixed Greens with Blueberry Coulis

Grilled Salmon with Fresh Mint Aioli

Caramelized Rice Pudding with Fresh Peaches and Sour Cherries

Deadline!

The deadline for the **November Issue** is **Thursday, October 15**.

Please send your press release/advertising materials to:

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

Plan Now For Christmas Gift Giving



Buschauer

SPECIALTY PORTRAITS
& CUSTOM FRAMING

Barrington

(847) 382-8484

Book Portraits Now for Christmas Gift Giving

The flurry of the Christmas season is already gaining momentum in the wings. Indeed now is the time to plan for holiday gift giving opportunities. A professional portrait, certainly a most revered and personal gift to present, is not the easiest gift to procure. It really does take planning and effort to pull together. But the rewards are promised. Avoid the harriedness of procrastination. You make the first step. We'll help you with the rest.

Regardless of Gift Giving...
fall is still an incredible time to work outdoors.



Why Choose Buschauer?

a) Of course we're not perfect, but with our client base growing at the rate of 20% per year, and most new clients being referred from satisfied customers, we must be doing some things right.

b) Our style of photography is simple classic, interesting and dignified, never awkward.

c) We guarantee satisfaction no matter what... no hassles ever. If you're not happy, we're not happy.



Here's what some of our clients have to say:

"The whole experience was just how one would imagine it. Al Buschauer is the most creative artist we have ever met. We never felt pressured to buy more than we wanted to. People have actually cried when they saw my portraits. Thanks for putting your all into your work."

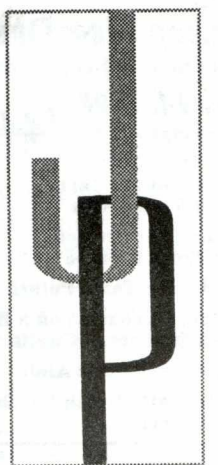
Catherine Riemer

"What can I say except that I think you're the very best at what you do. Your dedication to your profession puts you on top. You're always striving to do something new, different and better. You're a fine artist and deserve all the success you are enjoying."

Susan Vottero

We hope to hear from you soon. **Make your pre-portrait consultation by October 15 and receive \$25 off of any session fee!**

Palatine Welcomes...



JON
PAUL

Jon Paul Salon And Day Spa

*We strive to make
your time with us
as relaxing as possible
and look forward
to serving you.*

847-991-3600

120 West Northwest Highway, Palatine, IL.
(Clock Tower Plaza—Next to Euro Fresh)

Salon Hours: Tues-Thurs 9-9, Fri 9-7, Sat 9-4

These Professionals Now Appearing at a Salon Near You



From Left to Right are: Shelly Mazzenga, Anna Chelminiak, Lisa Riley, Jason Bunda, Bonnie Seno, GiGi Earl and Heather Gould

Jon Paul Salon, (formerly Jon Mario), invites you to visit our new and expanded location. Our refreshing atmosphere and no-nonsense attitude, combined with 25 years experience, will more than satisfy your every need.

Stop in and enjoy a free consultation with one of our 14 hairstylists, or treat yourself to a full-day of pampering. Our spa amenities range from services including massage therapy, deep cleansing facials, spa manicures and pedicures and custom formulated make-overs. **Jon Paul**

Salon also features, exclusively to our area, *Cosmetics by Design*—custom blended on an individual basis. Bring in this ad for your complimentary make-over.

We are located in the new Clock Tower Plaza on the corner of Smith and Northwest Highway in Palatine (next to Euro Fresh). Call us at **847-991-3600** for an appointment.

At **Jon Paul Salon**, we strive to make your time with us as relaxing as possible and look forward to serving you. Spa packages are also available.

Now Playing at Lucy and Ethel's

The critic's choice for a bounty of fall fashions can be found at **Lucy & Ethel's**, Long Grove's most unique boutique.

Currently in the spotlight are featured, luscious, boiled wool and cotton sweaters hand-knit by Amano, Country Life and Planet Earth Imports.

Inspired by traditions in handcrafting which have been passed down through the generations, these unique sweaters are perfect for the crisp, fall days that lie ahead.

Lucy & Ethel's has been given rave re-



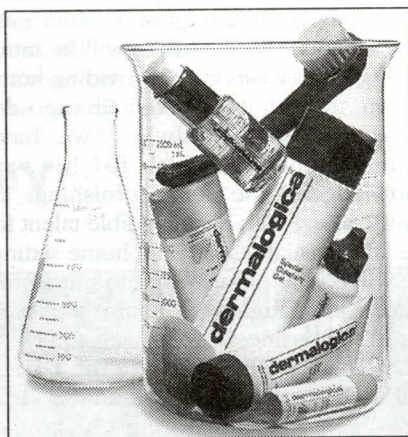
views. The show runs 7 days a week in Fountain Square for your viewing pleasure.

Let the Focus be on You

Fall is here once again. For many of us, the children are back in school and golf season is a memory as are days in the sun. Now is the time to put on our winter hats and begin to take some time for ourselves. **Tranquility** would like to help you in the most positive way we can.

We would like to extend a special offer to all our current clients (as well as any newcomers). Come and let us relax and refresh you. Begin in our facial room and have your face cleansed, steamed, exfoliated, toned, hydrated and massaged. We have many custom cleansing renewals and many treatments. Our signature, four-layer facial restores clarity and vitality to otherwise stressed-out and tired looking skin. And, during this month, hand facials will also be given at no extra charge.

We can't go on vacation every day. But



when you leave **Tranquility Day Spa**, we hope you feel as if you have just returned from the most relaxing place you have ever visited.

Downtown Diane's Boutique is 1 Year Old

Thank you for your support and continuing encouragement. We certainly appreciate the comments and suggestions that have helped us.

We're celebrating with a great sale during the month of October. During your experience, you can see our palette of colors, textures and fashions for the fall and winter season—and it's far from drab!

Our lines are unique and different—many with a "Parisian" flair, some hand-painted and some with quiet elegance. **Downtown Diane's** has something for everyone.

We have a large selection of sizes, including petites and plus sizes. Lay-away is available.

Thank you again for your support, encouragement and suggestions. You've made our first year a great success.

Downtown Diane's is located at 11 W. Campbell in Arlington Heights. Our hours are Tuesday, Wednesday and Friday from 11 AM to 6 PM, Thursday from 11 AM to



Eco Yukon Fleece
—80% Recycled Polyester, 20% Virgin Polyester—This fabric is cozy, warm, lightweight, easy-care and environmentally responsible! Made from recycled pop bottles, this eco spun fabric is part of our Green Notes program. Available in nine colors.

Eco Yukon Fleece Pom Pom Wrap with Boucle Cowl Pullover and Skirt

8 PM, and Saturday from 10 AM to 5 PM. Parking is free at the Vail Street Garage across from Dunton Towers. Give us a call at **847-259-9060** for more information.

Groundcovers & Vines: New Uses & Looks

Groundcovers provide many benefits to beautify our landscape: they are attractive, they are low-growing, they spread quickly and they form a dense cover that resists weeds. They can be planted under trees where shade makes it difficult for grass to grow, around flowering shrubs for pleas-

ant contrast or in mass groupings. The names Ajuga, Euonymus, Vinca, English Ivy, Pachysandra and Sweet Woodruff come to mind when we envision the familiar groundcovers. However, if more knowledge about groundcovers and vines—and new uses and new looks for

Lucy & Ethel's
A UNIQUE BOUTIQUE

FALL PREMIER
Hand-Knit Sweaters
by PLANET EARTH

325 Old McHenry Rd.
Open 7 Days a Week Year Round

Long Grove, IL
847-478-1932

TRANQUILITY
THE SALON/DAY SPA

Ahh... relax with a facial and FREE hand treatment... like a brief vacation.

The *Chicago Tribune* has once again named us a Top Salon and Day Spa. We are also a Goldwell Preferred Salon. Come visit us and see why.

382-6001
123 W. MAIN STREET BARRINGTON

Downtown Diane's
Boutique

Unique Ladies Clothing and Accessories

847-259-9060
11 West Campbell • Arlington Heights, IL

Etiquette Consultant to Speak

Ruth L. Kern, International Etiquette Consultant, will give a seminar at the Richard Honquest Fine Furniture store in Barrington on November 5 at 7:30 PM. The

subject of her seminar will be *The Origins of Modern American Etiquette*.

For more information on this seminar, please call 847-382-1700.

them—has appeal for you, then stop by the next meeting of the Garden Club of Inverness on Thursday, October 15, 1998. The program will be presented by Kathy Freeland, the manager of marketing for Midwest Groundcovers in St. Charles.

For those who may be new to the area, The Garden Club of Inverness meets at 9:30 AM on the third Thursday of the month from September through April, with the exception of December, at Holy Family Church located at 2515 West Pa-

latine Road in Inverness. After a short business meeting, there is a break for refreshments followed by the program. A cordial invitation is extended to all, especially any prospective new members. The new club year is just beginning, so now is the time to consider becoming a member. As we learn together to grow more productive gardens, we grow friendships too. For more information about the club, please contact Membership Chair Mary Jo Bregenzer at 776-6557.

You are Cordially Invited



Ralph Lauren Tabletop Collection

to a Holiday Open House
Thursday Evening,
October 22
6:00 - 9:00 PM
a Special Evening to Benefit
the Home of the Sparrow

Enjoy a **FREE GIFT**
 with a purchase of Christopher Radko
 Ornaments (excluding '98 & '99 introductions)
 Have your ornaments personalized
 by a special representative
 of Christopher Radko



Wee Frosty Tenor



Mariposa Cake Stand

Fine Things

Gallery of Gifts and Home Furnishings
847.726.9577

291 S. Rand Rd. • Lake Zurich

Fine Things Expands

A little over a year and a half ago, Louise Pozzi and Kim Pesavento opened their "Gallery" of gift and home furnishings to rave reviews from friends and residents of Lake Zurich and Barrington. This month will mark the completion of their expansion of an additional 1000 square feet of showroom space to highlight a wider selection of gifts for both tabletops and home furnishings. "Our commitment to providing our clients with the very best of wonderful gift giving items, along with more home accents, required us to expand to answer our customer's requests," states Louise. **Fine Things** will be featuring a larger collection of Miraposa tabletop serving pieces—a line exclusive to them in the area—along with many more patterns of their Ralph Lauren China and Crystal collection.

In addition, **Fine Things** will be introducing its new service of providing home design services from noted Chicago designer Kenneth Ludwig. "We have commissioned Kenneth for his vast knowledge of the home furnishings industry, along with his incredible talent for the art of visual display in a home setting. He will be the perfect asset to our store," states Kim, daughter of Louise and partner in the business.

On Thursday, October 22, **Fine Things** will be hosting their second annual Holiday Open House featuring Christopher Radko—a fabulous collection of collectible ornaments and holiday items. For this very special event, Christopher Radko has graciously offered to provide a complimentary gift ornament to anyone who makes a minimum \$50 purchase of Radko ornaments (excluding any 1998 or 1999 introductions). A personal representative of Christopher Radko will be available that evening to personalize your gifts.



Christopher Radko
 "Wonderland Wind"

As they did last year, **Fine Things** will be donating a portion of their open house sales to a local charity. This year, they are proud to be honoring Home of the Sparrow. Please be sure to mark this date on your calendar for a fun filled evening of cheer and shopping. Please RSVP to **Fine Things** at 847-726-9577.

Fine Things is located in the North Lake Commons Shopping Center (near Dominick's) at 291 South Rand Road in Lake Zurich, IL.

Northwest Community Hospital Auxiliary Plans 40th Anniversary Fashion Show



Patti Riggs and Tracey Tarantino from ZZAZZ Productions (third and fourth from the right), along with Susan DeDonato, Northwest Community Hospital Auxiliary Fashion Show Chairwoman and Dottie Hardy, Northwest Community Hospital Auxiliary President, discuss the *Heart of the Community* fashion show scheduled for October 22 at the Hyatt Regency-Woodfield.

The Northwest Community Hospital Auxiliary will host its 40th anniversary fashion show on October 22, 1998 at the Hyatt Regency-Woodfield. The *Heart of the Community* fashion show is sure to be a success as it has been in years past.

This year's fashion show, being coordinated by ZZAZZ Productions, will include: the latest French fashions from Chacok Designs Magnifique, Chicago; Italian designs from Luca Luca, Chicago; elegant traditional fashions from Plaza Escada, Chi-

cago; the timeless style of St. John Boutique, Chicago; the ultimate look of lux-signature styles from the designs of Patricia Rhodes, Rolling Meadows; and fabulous fur creations from York Furrier, Elmhurst.

Proceeds raised by the fashion show will benefit the Northwest Community Hospital Comprehensive Breast Center and the Patient Welcoming Center at the hospital's new north pavilion.

The Comprehensive Breast Center

(Please continue on page 47)

NORTHWEST COMMUNITY HOSPITAL AUXILIARY

40th Anniversary

Heart of the Community

Luncheon and Fashion Show

October 22

Hyatt Regency Woodfield

Fashions by
 ZZAZZ Productions

Proceeds to benefit Northwest Community
 Hospital's Comprehensive Breast Center and
 the new Patient Welcoming Center.

For more information
 or to order tickets call 618.5070.

Reflecting Feelings of Warmth and Love

At **Portraits by Thomas**, it is our intention to do more than just record what you look like. We create stories that speak volumes by capturing your family's personality, spirit and true character in a piece of fine art.

A professional family portrait brings feelings of warmth and love into your home that is not available with any other kind of artwork. It is a wonderful investment, having lasting benefits that will reward you through the years.

Wednesdays are for You at L'Auberge!!

Come into **L'Auberge** this month and let us do what we like to do most—take care of you.

If you have never come to visit us, then Wednesdays are the day. If it's your first time visit for a hair service, we will be happy to provide you with one complimentary styling tool from our TIGI or Back to Basics line. Our highly educated team of hairdesigners will take the time to instruct you on how to work with your new style as well as provide you with one complimentary styling tool to assist you at home.

We want you to leave feeling confident on how great you look and how well you work with your new style. (This offer is for adult hair cuts only.)

Wednesdays are a great day for your hair, but do you want to also take care of the rest of you? Every Wednesday, we offer a 1 hour massage and a 1½ hour repechage facial, regularly \$140 but now only \$120. If you wish to have your hair styled after multiple services, we will be happy to provide this \$25 service for only \$10.

Come on into **L'Auberge** and let us take care of you.

It's Our 6th Anniversary at Tribal Expressions!

Rob and Jeri Brooke, owners of **Tribal Expressions**, are pleased to announce six years of continuous operation in Arlington Heights. Since opening the gallery in 1992, they have attained a reputation of excellence in providing affordable contemporary American Indian art. Unusual items, such as ivory carvings from Alaska, masks from the pacific northwest, and stone carvings from Canada, add balance to the gallery's classic collection of Indian paintings, Pueblo pottery, silver jewelry, sculpture, and rugs.

Readers and friends of the gallery are invited to participate in the anniversary celebration on October 16, 17, and 18. Participants will meet four extraordinary artists at the gallery whose creations exemplify the best in contemporary painting, pottery, and jewelry. These artists will demonstrate the diversity of culture and art that continues to be the foundation of **Tribal Expressions'** success.

Included are: **Santa Ana Pueblo painter, Arthur Menchego; Kiowa jeweler Byron K. McCurtain; Santa**



Experience the joy of quality at Tribal Expressions.

Clara potter, Debra Trujillo Duwyenie; and Hopi potter, Preston Duwyenie. Following the reception for the artists on Friday evening, attendees will see work in progress, demonstrations, and will enjoy an opportunity to speak personally with each of the artists.

MEET THE ARTISTS

Friday October 16, 6 to 9 p.m.

CELEBRATION CONTINUES

Saturday & Sunday, October 17 & 18, 12 to 5 p.m.

BJWC Cornucopia of Crafts

Barrington Junior Women's Club's Cornucopia of Crafts is here! Co-chairs Terri Votank of Deer Park and Heidi Schmeling of Fox Point have been working hard over the last six months and promise a fun show.

The show is slated for Friday, October 23 from 5 to 10 PM and Saturday, October 24 from 9 AM to 5 PM. So mark it on your calendars today, because this is an event you don't want to miss!

Begin your holiday shopping with the numerous gift items including holiday decor ornaments, gourmet food and holiday florals for home to name just a few. Come hungry, because the hardworking committee has put together a delightful cafe. On Friday night, enjoy a delicious chili bar. On Saturday, plan on a host of baked potatoes with all the trimmings for lunch.



Cornucopia of Crafts Co-chairs Heidi Schmeling and Terri Votank are all smiles as they go into the last planning stages of the fundraiser.

The cafe will also be serving their delicious dessert bars.

Plan on bringing some goodies home

Portraits By

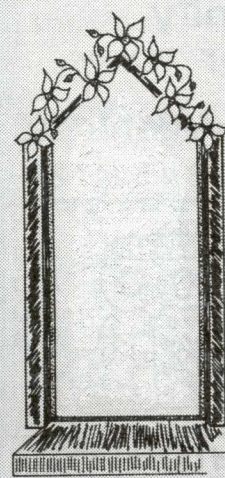
Thomas

Our goal is to create artwork that speaks to you about the relationships of the people represented. We want to enable you to enhance and beautify your environment with representations of the feelings, personalities, and relationships of your family.

We are now accepting appointments for holiday portrait sessions.



557 North Hough Street Barrington
381-7710



L'Auberge

A. Golden Day Spa & Salon

We're Giving Away a "LADY'S DAY OF LEISURE"

This includes a Repechage 4-layer facial, 1 hour massage, manicure & pedicure, haircut & style, lunch, and a gift bag.

Come on in for all the details.

764 W. Northwest Hwy.
Barrington

847-277-7000

Tues. & Thurs. 9-8, Wed., Fri. & Sat. 8:30-5

TRIBAL EXPRESSIONS®

6th Anniversary Gallery Celebration !!!!!!!

We invite you to meet a select group of contemporary Native Artists.

October 16, 17 & 18, 1998

Reception Friday, 6:00 to 9:00 pm

Saturday & Sunday, noon to 5:00

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

from the bake sale too. Each BJWC member is baking fresh and homemade goods for the sale. Come early, because the goodies are the first to go and are always a crowd pleaser.

The event will be held at the K of C Hall on Kelsey Road in Barrington. Ticket prices will be \$6 for preview night, \$4 for the day of the show and \$2 for seniors. The show will include over 70 juried crafters and artisans from around the area. Specialty items include painted ceramics and furniture, adult and children's apparel, fine art and unique jewelry.

All proceeds from this event will go to numerous local charity organizations in-

cluding BAAC, Barrington High School Scholarships and Elgin Crisis Center. If you are interested in attending this event or need information on becoming a member of BJWC, please call 847-622-3838.

Cornucopia of Crafts committee members include: Bridget Baker, Cheryl Bean, Jane Buchel, Laura Cerratani, Marlene Coleman, Kathy Crissie, Diane Decraene, Dee Grande, Diane Kerekes, Holly Koepsel, Diane Nowick, Kathy Pondelicek, Denise Rapata, Laurie Santiago and Sue Viohl.

PS: Don't forget to purchase the great club craft snowman kits, perfect for the kids or a holiday hostess gift!



Hand Painted Furniture & More

634-3440

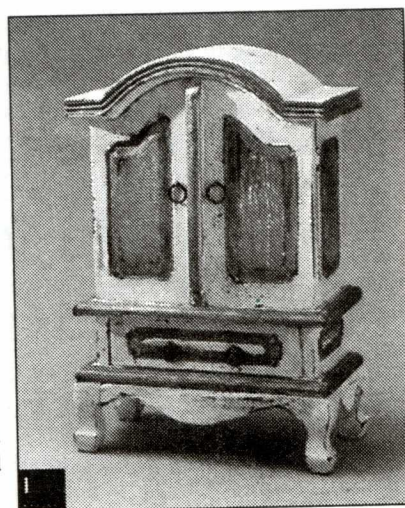
330 Old McHenry Rd.
Long Grove, IL
(Next to Red Oaks)

The Painted Attic is New in Historic Downtown Long Grove!

The Painted Attic offers an elegant collection of hand-painted furniture and decorative accessories for your home. Choose from antique or new pieces including dressers, hutches, desks, bookcases, tables, chairs, cabinets or mirrors. Styles include shabby-chic, whitewashed, crackled, color-washed, glazed, trompe l'oeil, distressed or just plain stained.

There is lots of small stuff, too—candlesticks, clocks, mobiles, accent antiques, plant stands and framed prints.

Browsers are welcome at **The Painted Attic**. Stop by and visit us at 330 Old McHenry Road, next to Red Oaks Furniture. Or give us a call at 634-3440.



All Day Preschool

Barrington Community Child Care Center is a private center serving children six weeks to six years. This neat-as-a-pin facility is 5,300 square feet featuring oversized classrooms with lots of natural light and an environment designed to meet the needs of young children. The facility is also equipped with a large outdoor playground.

Maximum security and safety are very important. The Center has an entry system that allows authorized people to enter the facility through a locked door from the building's vestibule. Sprinklers are installed throughout and smoke detectors are in each classroom, restroom and closet.

The curriculum for the Center is theme oriented and age appropriate to each group of children. Individual needs and the child's unique ways of learning are key in the type of planning and structure that is presented in the environment. The amenities that are

offered are many: "Computer Tots" classes are available as well as "Kids in Action" gymnastics class. Haircuts, by a Barrington salon owner, are offered every six weeks. There is daily communication between teachers and parents, catered lunches, nutritious snacks and flexible scheduling is available. Our staff is highly qualified and continue their education and training on an ongoing basis. In addition, our staff is certified in CPR and First Aid techniques.

No appointment is necessary to tour the **Barrington Community Child Care Center**. Registration is now being accepted for all age groups. They are conveniently located at 560 Carl Avenue in Barrington (one block west of Burger King off Northwest Highway).

Barrington Community Child Care Center is celebrating its 5th year in the community.

Barrington Community Child Care Center

"Celebrating Our 5th Anniversary"

Openings Available for Children 6 Weeks - 6 Years.

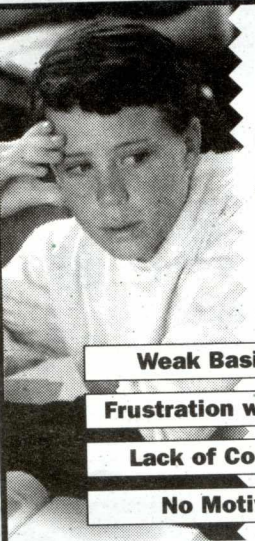
Applications Now Being Accepted.

Hours: 7am - 6:30pm

560 Carl Avenue
(1 blk. west of Burger King off Northwest Hwy.)

381-0272 Barrington





Why Do Smart Kids Struggle?

Your child may need help with weak study skills or poor reading or math skills. He or she may be unmotivated or lack confidence, despite a good I.Q.

Our certified teachers help children overcome frustration and failure. A few hours a week can help gain the Educational Edge.

ACT/SAT Prep Course Available

Individual testing and tutoring in Reading, Study Skills, Writing, Phonics, Spelling, Math and SAT/ACT prep.

Weak Basic Skills


Frustration with School

Lack of Confidence

No Motivation

382-3655

722 W. Northwest Hwy.
Barrington



THE HUNTINGTON LEARNING CENTER®
Your child can learn.

Workshop Teaches Strategies to Conquer Homework Battles

In "Homework: A Parent's Survival Guide," a community service workshop presented by **Huntington Learning Center**, parents learn key strategies for conquering daily homework battles. The president of **Huntington Learning Center**, Dr. Raymond J. Huntington, offers this critical workshop through local PTAs because he believes, "A parent's motivation, interest, and support are crucial for a child to do well in school. And, while doing homework teaches a child responsibility, parents need to reinforce the importance of taking this responsibility."

Dr. Huntington adds, "Homework also allows parents to have day-to-day contact with their child's education," a cornerstone of the **Huntington Learning Center's** philosophy.

The workshop begins by identifying seven common homework problems that children have, asking parents:

1. Does your child put forth minimal effort?
2. Does your child refuse to do homework assignments?
3. Does your child fail to bring assignments home?
4. Does your child take all night to finish homework?
5. Does your child require constant assistance from you?
6. Does your child wait until the last

minute to finish assignments?

7. Does your child put off homework if you're not home?

In the workshop parents are given guidelines to deal with these problems and help their children learn to do homework on their own. As Dr. Huntington points out, "Parents can have a tremendous influence on a child's self-confidence, and can show encouragement by praising their child's efforts." According to him, "The three C's—showing care, concern and communicating are the best way to enforce good study habits."

Throughout the workshop, a Huntington educational professional stresses that by teaching children basic organizational skills and good homework habits, parents can give their children the tools necessary to make wise choices about school work.

It is important to point out, however, that if a child is struggling in school, the problem may be bigger than just poor study habits. Some children lack the reading, writing, or math skills required to comprehend new information and complete harder homework assignments.

To discuss a specific skill problem, or to schedule a free "Homework: A Parent's Survival Guide," workshop at your local school, contact the **Huntington Learning Center** in Barrington at (847) 382-3655.

Little Sisters of the Poor Bazaar

St. Joseph's Auxiliary will present the 31st Annual Holiday Bazaar at St. Joseph's Home for the Elderly located at 80 West Northwest Highway in Palatine on Saturday, November 7 from 9 AM to 4 PM and Sunday, November 8 from 10 AM to 3 PM.

Greeting our Holiday Bazaar shoppers will be our "Heavenly Bake Shoppe", a variety of beautiful designer baskets, an Antique and Collectible Room, jewelry, books and cards.

Featured in the Auditorium will be handmade items in the Country Store, surprises for the children, one-of-a-kind items in the Floral Booth, the Christmas Booth and the Ceramic Table. Granny's Attic will be overflowing with goodies—

old, new and very usable—for everyone.

We invite you to relax and enjoy lunch in our "Bistro" with reasonable prices and food prepared and served by a "happy, hard-working staff."

Proceeds from this Annual Fund Raiser are given to the Little Sisters of the Poor to help them in their dedicated work in caring for the Residents of St. Joseph's Home for the Elderly. Proceeds will also go to the upkeep of the beautifully kept grounds surrounding the Home that residents, Sisters, apartment families, staff and volunteers enjoy daily.

Please put our Holiday Bazaar at the top of your list for Saturday morning, November 7 at 9 AM and November 8 at 10 AM.

Celebrate the Holidays Julio's Style!

Julio's Latin Cafe in Lake Zurich has become well known for their outstanding cuisine and friendly atmosphere. In addition, **Julio's** is becoming the place to host holiday office parties or family gatherings. Their colorful, tropical ambiance creates a relaxing dining experience with seating for 60 to 100 guests. As you begin to plan your holiday celebrations, think "south of the border" at **Julio's Latin Cafe!** A holiday luncheon or dinner at **Julio's Latin Cafe** offers a unique experience where your guests will feel as if they have been transported south of the border with **Julio's** excellent selection of dishes from countries throughout South America including Brazil, Argentina and Chile as well as Mexico, Cuba and the Caribbean.

The chefs will prepare a memorable

three or four course menu complete with appetizer, entree and dessert. The prix fixed price for a private party begins at \$22.75 per person, not including alcohol, tax, entertainment or gratuity. A full-bar service with an excellent wine selection, 10 varieties of margaritas and over 40 types of tequilas is available, and **Julio's** can hire entertainment for you!

Beginning in December, their dining room will be offered exclusively to private parties on Sundays, December 6, 13, 20 or 27. Call **847-438-3484** for reservations.

Julio's is open for lunch Monday through Friday from 11:30 AM to 2:00 PM and dinner is served Sunday through Saturday nights beginning at 5:00 PM. Reservations are always recommended on the weekends and can be made by calling **847-438-3484**.

Plastic Surgery and People's Fears

by Gary S. Churchill, MD

Many people think and talk about getting plastic surgery for years but fear prevents them from taking that final step and actually carrying through with it. Their concerns are understandable, and undergoing surgery is certainly not something to be taken lightly. Yet many of these fears can be eased with a little more knowledge and some accurate information.

Fear of the Results

A facelift is probably the procedure most feared by patients. One concern they have is that a facelift won't look natural; nobody wants to look pulled or too tight. The goal is to look refreshed and not as if surgery was performed. So how is this accomplished? Rather than depending on extensive skin undermining and pulling as is commonly done, we use a less invasive technique that depends more on tightening the deeper layers beneath the skin. This lifts and tightens the skin in a more natural way, distributing the tension from beneath the skin rather than directly from the incisions. The result is a faster recovery, a longer lasting result and a very natural look. This technique also minimizes the tension on the incisions resulting in far better healing.

Fear of Scars

Patients also worry that their scars will show. Unfortunately, many surgeons still use incisions that result in visible scars. But this is not the case with our incisions. After years of experience and constant refinements, we have developed an incision that is virtually undetectable when it has healed. The uniqueness of our incision is that it preserves the hairline in its natural position. While most surgeons place their incision in a straight line in front of the ear where a telltale scar will be seen, we hide the incisions in all the natural creases around and then just inside the ear. We also use dissolving sutures in all the incisions so no staples or sutures ever need to be removed.

Fear of Pain

The fear of post-operative pain prevents some people from considering undergoing surgery. However, facial surgery is not generally painful. During a facelift, the skin around the incisions is lifted. The skin will be numb at first, reducing post-operative pain. Most patients describe a



Gary Churchill, MD



Iliana Sweis, MD

facelift as feeling "tight." Very few people complain about pain.

Fear of Anesthesia

Anesthesia is far safer now than ever before. The newer anesthetic medications and monitoring equipment have revolutionized the field of outpatient surgery. There are new and effective medications to reduce or eliminate post-operative nausea even in those very sensitive patients. Patients recover from anesthesia and feel better sooner than ever before.

Fear of Hospitals

Many people don't like going to the hospital or having medical procedures of any kind. At **The Plastic Surgery and Laser Center**, we have made every effort to make your experience as pleasant and personal as possible. The atmosphere is extremely comfortable, and we have undergone the rigors of obtaining the first AAAHC accreditation of any private plastic surgery center in the greater Chicago area. This means you can feel confident in knowing your procedure is being performed in a state-of-the-art and safe environment.

Fear of Surgery and Recovery

Some people are just extremely afraid of undergoing surgery. It may help to know that modern techniques make all plastic surgical procedures safer than they have ever been. A facelift is actually not an invasive surgery. This means it is not physiologically taxing on the body. The incision may seem extensive to some, however the actual procedure is done just beneath the skin. This results in a rapid recovery in almost all patients. There is not usually any extensive amount of bruising and most people can be out in public within two weeks.

You may have other fears or questions that can be addressed in a private consultation at **The Plastic Surgery and Laser Center**.



Julio's Latin Cafe

Celebrate the Holidays at Julio's

When planning your holiday celebrations, think "south of the border" at Julio's Latin Cafe!

A holiday luncheon or dinner at Julio's Latin Cafe offers a unique dining experience for your guests. Our excellent selection of dishes from countries throughout South America combined with our colorful, tropical ambiance, provide the perfect setting for any occasion.

Our chefs will prepare a memorable three or four course menu complete with appetizer, entree and dessert. The prix fixed price begins at \$22.75 per person, not including alcohol, tax, gratuity or entertainment.

Beginning in December, our dining room will be offered exclusively to private parties of 60-100 each Sunday from December 6th thru 27th.


Join us for our New Year's Eve Extravaganza, "The Mystique of Zorro!"

Say good-bye to the 20th century in style!

Make your reservations now for holiday parties and New Year's Eve!

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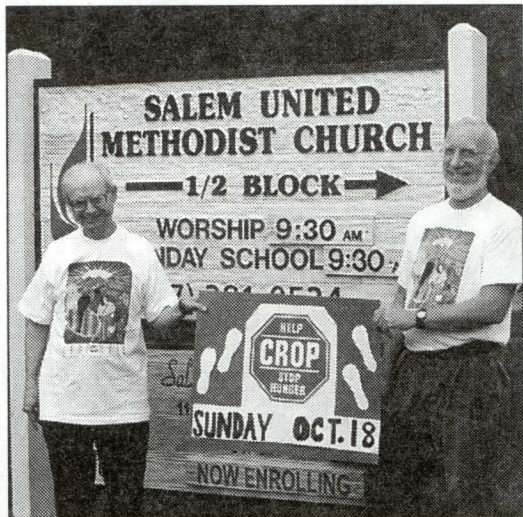
Seniors Will Keep the 1998 Crop Walk on Track

The 16th annual Barrington Area Crop Walk will be held Sunday, October 18, 1998. Registration will be at 12:30 PM at Salem United Methodist Church at 115 Lincoln Ave. in Barrington. Maps for the 10-K or "Golden Mile" walk, leading walkers back to Salem for a chili supper, ecumenical fellowship and entertainment, will be available during registration.

The John B. Sanfilippo & Son caliope will be on hand to inspire walkers as they gather to fight hunger. This year we are asking senior citizens who walk to "show us the way" and "keep us on track." The oldest members of each organization will be honored as our Grand Marshals. One of the challenges this year will be to get these great senior walkers to identify themselves. If you are over 65 or 70 years young

and still walking the Crop Walk, let your pastor or your Crop Walk recruiter know.

Rev. Fred Berchtold and Duane Gruebele of Salem United Methodist Church are cochairing the 1998 Barrington area's walk. The goal is to stay on track as we raise more money each year to fight hunger, provide disaster relief and educate people out of poverty and starvation. 25% of the funds collected are shared by agencies here in Barrington concerned with alleviating hunger. These agencies include: Meals with Wheels who delivered



Event cochairmen Duane Gruebele (L) and Rev. Fred Berchtold (R) of Salem United Methodist Church invite you to participate in the Barrington Area 1998 Crop Walk.

5,278 meals in 1997 and now has a waiting list; The CWU Barrington Food Pantry that supports 85 visits per year, delivers food to senior citizens at holidays and oversees Barrington Giving Day supplying over 300 families with food and clothing; Carpentersville FISH serves 300 families per month, spending \$700 a month for fresh food; Salvation Army that provides emergency help for those unable to be helped elsewhere; and Bethlehem Food Center responsible for shipping 600,000 pounds of food per month to 225 agen-

Chers Amis...

I remind you that on Sunday, October 18, we will host our 4th Annual "Travel to Southern France" here at **D & J Bistro**. We'll meet at 5 PM for a slide presentation by Mrs. Melanie Karsen, travel consultant and expert on France, followed by a regional dinner. It's a great time for all, whether you traveled this region before or you intend to visit it in the future, or you simply wish to enjoy a good documentary. The cost of \$45 per person includes the presentation, the meal (3½-course), wine, tax and gratuity with no strings attached! You may also keep posted for other regions in the same series, same format: Paris, Normandie, Brittany and Alsace.

On Monday, October 12, **D & J Bistro** will be in operation for 11 years. We did a



big bash last year for the 10th anniversary. Nevertheless, we still want to mark the occasion and thank our regular customers. So on the 13, 14 and 15 of October, (Tuesday, Wednesday and Thursday), our Prix-Fixe which is normally a great value at \$24 will be available at a discounted cost of \$20. Please reserve.

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 of someone whose only goal is to make your life simpler. We call it total corporate and personal services. We meet with you to help you evaluate how we may best be of service—and then we do it, freeing you up to do other more important tasks. Some of the services that we provide include: corporate and individual gift services, event planning, office party planning, dinner planning, romantic weekend getaways,

office openings and other events.

Event Nouveau Inc. 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 producing any gift. Everything from wrapping, delivering, or even sending it to a different state. We will assist you with your Christmas cards project. We pride ourselves in customizing our services to meet your needs.

It's all taken care of with Event Nouveau! To learn more call **(847) 602-6065**.

Operation '98!

Score one for Operation '98! Michael Jordan does, and he's the featured player on the catalog and poster of this all-star event.

Tune in to WFMT (98.7 FM) from 8:00 AM to Midnight on Saturday, October 10 to be a part of Lyric Opera of Chicago's 16-hour radio fundraiser sponsored by American Airlines. Listen to exciting opera personalities, lively discussions and beautiful music!

Call Operation toll free at 1-888-726-5700 on October 10 to make your pledge and to keep Lyric Opera of Chicago "Always Great!"

Pictured is Barrington Lyric member Judy Allen from Inverness assisting with Operation.



cies in this part of Illinois.

The Barrington area has increased the funds raised each year by about 7%. Last year walkers and sponsors broke all records. 525 people walked and brought in over \$45,000. This year with help from churches, civic organizations and students (who have made a tremendous difference in the last few years), we are setting our individual and organizational goals at 10% more than last year.

Everyone is invited. No roller blades or

bicycles. But wagons, strollers and wheel chairs are welcome inspirations and may come brightly decorated. It is great fun, and there is no higher sense of satisfaction than knowing you have personally helped someone in desperate need. Call Rev. Fred Berchtold at 381-0524 or Duane Gruebele at 438-4469 for additional information. Plan to walk or sponsor someone who will, but don't miss the chance to offer hope and make a significant difference in our fight against hunger.

Enjoy the 40's Era at Fritzl's Special Evening

Fritzl's Country Inn on Rand Road in Lake Zurich presents an evening of dinner, music and dancing. Enjoy the nostalgia of the 40's era with Jerry Dittman and his Big Band on Saturday, November 7, 1998. Cocktails will be served at 6:30 PM, dinner at 7:30 PM and dancing at 8:30 PM.

The cost is \$29.95 per person. This includes dinner, live band, tax and gratuity. There will be a cash bar. Dinner will include vegetable cream soup, tossed salad, oven baked chicken, roast sirloin of beef, fresh mashed potatoes, green beans almondine, dinner rolls, coffee and apple strudel.

Fritzl's is unique and different and wonderfully European. Designated smoking areas are available. They have banquet facilities available for groups of 20 to 150 people, perfect for weddings, anniversaries and rehearsal dinners. The meals are

lovingly prepared from scratch and made to order just prior to serving. They are then served hot, fresh and delicious. If you are tired of those stuffy "foreign" waiters, try **Fritzl's** restaurant and pub. They have the friendliest staff in town. For reservations, call **847-540-8844**.



Autumn Arrives at Biloxi Grill

The autumn season has arrived at **Biloxi Grill** with our new menu and hours.

Come enjoy our "Great Good with a Southern Accent" for supper. The Bar opens at 4 PM and the Dining Room opens at 5 PM Tuesday through Friday. On Saturday and Sunday, the Bar opens at 3 PM and the Dining Room opens at 4 PM. You'll be able to delight in our luncheon creations again this holiday season and next spring and summer.

Sit back and savor a Biloxi-Ade or a glass of wine while listening to the sounds of Southern music on Friday evenings in October! The live music begins at 7 PM every Friday night. Don't forget to enjoy our Southern hospitality on **Biloxi's** outdoor deck while the weather is still warm.

Remember **Biloxi Grill** when you are planning your next personal, corporate or holiday event. The Magnolia Room, which overlooks beautiful Bangs Lake, accommodates 30 to 120 guests. The spectacular room has a separate entrance, dance floor

and private bar. Whatever the occasion, **Biloxi Grill** will make your function truly memorable. Call **847-526-2420** to reserve the Magnolia Room at **Biloxi Grill**.

Since opening in March of 1997, **Biloxi Grill** has received rave reviews for our authentic Southern cooking.

• "... serving regional Southern dishes that have no equal in this part of the world."—*Chicago Tribune, Three Stars* *** August, 1997.

• "... the best new restaurant of 1997..."—*Pioneer Press, January, 1998*.

• "... the philosophy, creativity, attention to detail and atmosphere will make the Biloxi Grill a place you will return to again and again."—*Pioneer Press, December, 1997*.

We look forward to seeing you this autumn season at **Biloxi Grill**. We're located at 313 East Liberty Street in Wauconda, Illinois, 60084. For more information, give us a call at **847-526-2420** or a fax at **847-526-3622**.

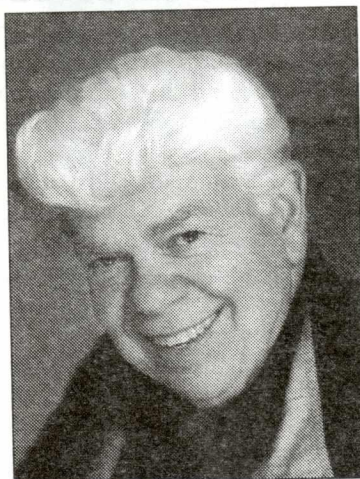
The Ocean Ranch Restaurant Offers Variety and Surroundings

Would you like to dine in the Library Room or by the Fireplace? Or do you prefer the Sunroom or the Garden Room? When you have dinner at **The Ocean Ranch Restaurant and Lounge** in Lake Zurich, you'll have your choice. Owner Gene Pontillo strives to make each of the four Private Dining Rooms as cozy as possible in the 100-year-old building, formerly Farman's Hotel.

A daily luncheon buffet is available during the week for \$6.95 and a Sunday Brunch for \$9.95. The dinner menu, which includes weekly specials, begins with appetizers starting at \$3.50. In addition to steaks and chops which start from \$14.95, the menu includes a variety of seafood from \$13.95.

The Ocean Ranch is the perfect place for your wedding rehearsal dinner, holiday office party, corporate or association meetings, bridal or baby showers for lunch or dinner. Our Private Dining Rooms are available for groups of 25 to as many as

80. Choose any of our enticing and delicious entrees such as our house specialty of Prime Rib (all steaks cut daily) or any of our fresh seafood, veal, chicken or pasta from our restaurant menu. Our bar and lounge (Cigar Friendly) features a



Gene Pontillo, owner

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66 West Main St. (Route 22)
Located in the formerly Farman's Hotel
Lake Zurich 847-540-1300



SUNDAY BRUNCH
10:30AM - 2:30PM
\$9.95

Seminar on International Etiquette for Americans

Ruth L. Kern, International Etiquette Consultant, will give a seminar at Galleria 733 located in the European Antique Showroom in Chicago, IL on November 20 at 7:30 PM.

The subject of this seminar will be *International Etiquette for Americans*. The event will benefit Bottomless Closet, an innovative, not-for-profit corporation that

promotes economic self-sufficiency by providing business clothing and career development skills to job-ready women on assistance. Guests will be asked to bring a lady's business fashion accessory in good condition—such as a handbag, tailored brooch or scarf—for donation.

For more information on this seminar, please call 312-382-0546.

wine list featuring 28 different wines by the glass to compliment your dinner.

The Ocean Ranch Restaurant and Lounge is located in the Old Farman's

Hotel at 66 West Main Street (Route 22) in Lake Zurich. Call **847-540-1300** for more information about reserving your Private Dining Room.

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Halloween Party to Benefit Barrington

Barrington area residents are invited to a Halloween party fund-raiser hosted by the Barrington Area Chamber of Commerce from 6 to 10 PM on Tuesday, October 20 at the Motor Werks of Barrington facility located at 1475 S. Barrington Road.

There will be entertainment, prizes, food tastings from Barrington restaurants and caterers, refreshments and fortune tellers. This year's game sponsors will be providing more than \$3000 in prizes. Everyone is welcome and costumes are encouraged, but not necessary. There will also be a costume contest with prizes for those who come dressed for the occasion. Chamber officials are expecting between 500 and 600 attendants.

All party proceeds benefit the Chamber's community projects, including the cost of decorating the village for the holidays. Tickets are now on sale for \$15 at a variety of locations: the Chamber office located at 325 N. Hough Street; any Chamber Ambassador or member of the Board of Directors; or at the Chuck Hines store at 141 W. Main Street. Tickets purchased at the door will be \$18.

This year's special sponsors who will be featured in the game room include: Barrington Bank & Trust Co., NA; Barrington Mortgage Corporation; Browning Ferris Industries of IL; Daily Herald; First Chicago; Harris Bank Barrington; Insignia Kitchen & Bath Design Group; JFK Health World; LaSalle Bank, NA; Merrill Lynch Pierce Fenner & Smith; Northern Trust



Party Chairman Richard Hammes (Hammes and Associates) and Barrington Chamber President Carol Beese invite you to the Halloween party!

Bank; Pioneer Press/Barrington Courier-Review; Salomon Smith Barney; The Welsh Center; Wickstrom Ford; Baird & Warner, Inc.; Coldwell Banker; Chicago Tribune; Gilbane Building Co.; and Village Bank & Trust Co.

There will be food tastings provided by many of Barrington's finest restaurants and caterers, including: Kooker's Restaurant; Parisi's Primo Pizza & Pasta; Jewel Food Store; Peppercorns Catering Ltd.; 3 Chefs Catering Services; Barrington Country Bistro, Inc.; Ambrosia Euro-American

Beneficiary Designations on Qualified Plans and IRAs

by Sharon L. Keller, J.D., LLM

I would like to thank all my friends who have supported me during the last two months through their kindness, concern and prayers. I am very pleased to be writing my article once again.

Recently, I have been asked on numerous occasions, "What is the best method to distribute IRA and Qualified Retirement Plan assets upon death; i.e., whom should we name as beneficiaries to our plans?" The specific rules pertaining to retirement plan distributions are complex and beyond the scope of this article. However, in my next few articles, I will outline the basic rules to allow you to make decisions concerning your plans.

Generally, opting for the longest period of tax deferral will result in the greatest accumulation over the lives of the participant, spouse and children. In the event of the participant's death, it is generally desirable for the beneficiaries to delay the distributions to maximize tax savings. Keeping the assets in the plan allow the assets time to grow before taxes become due.

Spouse as Beneficiary

For married couples, the participant will often name the spouse as the primary beneficiary. This offers the couple the greatest flexibility as follows:

- Use the spouse's age in calculating joint life expectancy without regard to age differences to determine the "Required Minimum Distribution."

- If the participant dies before the "Required Beginning Date" (RBD = April 1 of the year following the calendar year in which the participant attains the age of 70½), the spouse need not begin receiving mandatory distributions from the participant's IRA until the year the participant would have attained the age of 70½. Or the surviving spouse can treat the IRA as his or her own.

- If the participant dies after the RBD, the surviving spouse can continue to receive the distributions at least as rapidly as the elected distribution of the participant allows. Or the surviving spouse can elect to treat the IRA as his or her own.



- Regardless as to when the owner dies, the entire IRA balance will qualify for the marital deduction. This will defer any estate taxes until the surviving spouse's death.

Rollover

Selecting a spouse as a beneficiary also provides the spouse with the ability to utilize the Spousal Rollover and treat the participant's IRA as his or her own upon the death of the participant. The surviving spouse can then roll the deceased participant's IRA into a new IRA in the surviving spouse's name. This allows the spouse to select new beneficiaries and change the distribution option to better suit the family needs. In so doing, the mandatory distributions need not begin until the surviving spouse reaches 70½ and distributions may be made of the joint and survivor life expectancy of the beneficiary (spouse) and his or her designated beneficiary (possibly a child).

Non-Spouse as Beneficiary

If the participant names a beneficiary that is not a spouse, different rules concerning distributions apply. I will discuss non-spousal distributions next month.

Until then, have a peaceful and healthy October.

Octoberfest Celebration for Seniors

Enjoy an old-fashioned Octoberfest Celebration from 10 AM to 2 PM at Langendorf Park located at 235 Lions Drive in Barrington on Monday, October 26, 1998.

Edelweiss Restaurant in Palatine will

cater a traditional German menu and Whitey O'Day of Musical Note will be our entertainment.

The cost is \$5 in advance or \$6.50 at the door. Call BACOA at 847-381-5030 for reservations by Monday, October 19.

Patisserie; The Greenery Restaurant; Taylor Street Steakhouse; Spasso; Sagano Japanese Restaurant; Pasta Impromptu; and The Back Door Caterers.


The party planners are the Chamber Ambassadors, the goodwill arm of the organization. Lenore Dern (Logsdon Stationers) is Ambassador Club chairman and Richard Hammes (Hammes and Associates) is party chairman. Other ambassadors include: Julie Andrews (Baird & Warner, Inc.); Michael Baker (Commerce Group Service, Inc.); Joe Connelly (Harris Bank Barrington); Dyan Cuprisin (3 Chefs Catering Services); Gwen Devers (Home-town Barrington); Jim Dugan (State Farm

Insurance Co.); Ken Hauser (H-Media Associates, Inc.); Steve Heider (Merrill Lynch Pierce Fenner & Smith, Inc.); Gary Hines (Chuck Hines); Peter Hoyt (Affordable Excellence Painting); Terri Landa (Appraisal Source); Barry Lawrence (Duraclean By Barry); Chuck Olker (Forrest Press, Inc.); Jerry Piper (Barrington Word Processing); Brian Rafferty (Rafferty & Associates); Jeff Ross (Jeff K. Ross Financial Services); Joe Rush (Langdon's of Barrington); Ken Skiba (Salomon Smith Barney); Georgeanna Smalarz (First Chicago); Debora Watson (Accolade Interiors, Ltd.); Gail Wickstrom (Wickstrom Ford); and Carol Beese (Chamber of Commerce).

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Affair to Remember— Nightmare to Forget

by Judy Kaplan, MS

With the Clintons in the limelight these days, talk of "affairs" has become commonplace around our country. This is true not only amongst the adult population, but in the adolescent world and even at the elementary school level. Everybody seems to have an opinion. The normally very secret and private details about illicit sexual relationships have been openly talked about, scrutinized and brought out of the "closet."

The question of infidelity within a marital relationship is an age old issue. But, in today's world, the devastating backlash of the effects of infidelity is becoming more and more apparent through the embarrassment, humiliation and pain of President and Mrs. Clinton and Monica Lewinsky. Although there are many complex reasons that people engage in affairs, the outcome for those involved is almost always a painful experience. Despite the incredible invasion of privacy this situation has created, its notoriety can provide some sound education about the riskiness of affairs and possibly be of benefit to

others in similar situations.

In my practice, I work with many couples that have been hurt by affairs. When the truth finally comes out and the issues are on the table, there can be hope for couples who are willing to work through the pain and deal with the reasons that prompted the inappropriate behavior. It is a difficult journey at best, but the rebuilding of trust, confidence, self-esteem and the marital relationship is possible when both parties are motivated. If you have been hurt by an affair and are trying to recover—with or without your spouse—there is a great deal you can do to help yourself and your situation. There will probably never be a more "appropriate" time to deal with this painful kind of issue. I will be happy to help you sort through the issues and educate you on the dynamics of affairs, including addiction. Sensitive and compassionate understanding is essential to the process of working it through. Give me a call at **847-842-9365**. Let's see if we can get you back on track.

Optimum Oral Health— A Joint Responsibility

by Raymond Kotz, DDS

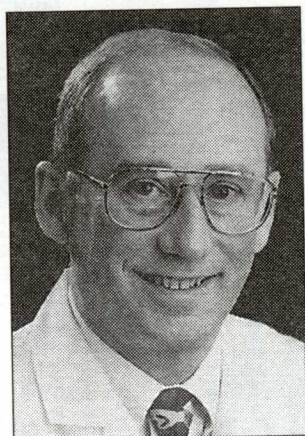
Achieving optimum oral health requires the joint effort of both the dental team and the individual patient.

The dental team's first responsibility is to identify all of the factors causing and contributing to oral disease and breakdown. It is important for us to identify those factors which may cause future oral problems so that we can advise preventive measures.

In our office, we start this process with a one hour new patient examination which includes any necessary radiographs, dental simulator models, an oral cancer screening and careful charting of all existing conditions.

Next, treatment is aimed at restoring teeth to their original or greater strength, eliminating gum disease and, most important, being sure that the patient is educated in proper preventive procedures.

Responsibility now shifts to the patient. To achieve and maintain optimum oral health, the patient must maintain proper home dental care, eat a reasonable diet, and be sure that he or she goes to their



dentist for regular examinations. Proper education by your dental team will prepare you for this preventive maintenance. This education takes time. If you feel you are not adequately prepared, ask your dentist to review these procedures. It will save you money as well as your teeth.

For better preventive dental care, contact **Dr. Raymond P. Kotz** at his office in Barrington at **847-381-4040**.



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- ☒ collaborating on solutions
- ☒ lending clarity to the problem
- ☒ establishing goals
- ☒ providing education & awareness
- ☒ providing feedback
- ☒ offering support & objectivity
- ☒ consulting with schools or others

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Fitz and Floyd Extravaganza

Since 1960, **Fitz and Floyd** has become synonymous with excellence in design, quality and style. From its renown studios in Dallas, Fitz and Floyd create nearly 500 new and unique designs of giftware and accessories every year. The designs are often elegant, sometimes whimsical, yet always a prized treasure.

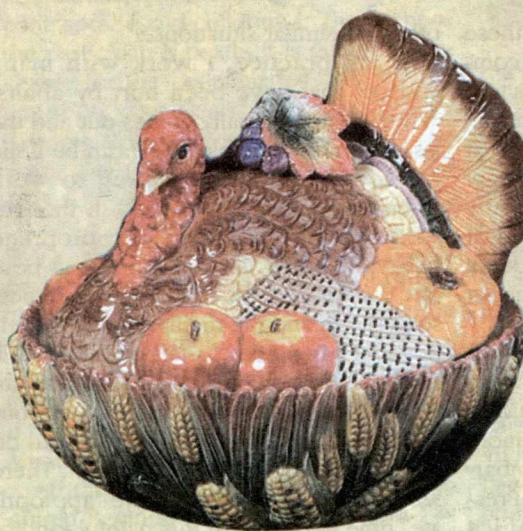
To celebrate these incredible creations, **Mangel Gift Shop** of Historic Long Grove Village will hold its biannual **Fitz and Floyd Trunk Show**. This special event will take place during the **entire month of October**. During this special event, there will be a **20% off sale on the entire line of Fitz and Floyd**—including special orders.

On **Saturday, October 17**, **Helene A. Branisel**, District Sales Manager for Fitz



and Floyd, will be at **Mangel Gift Shop** from 11 AM to 3 PM. Come meet and talk with her. She is looking forward to answering any questions that you might have regarding this treasured line of giftware.

Come join the fun at **Mangel Gift Shop** as they showcase their huge inventory of Fitz and Floyd giftware and accessories. Start your holiday shopping early and **save 20%—remember this includes special orders**. Call **Mangels** at 847-634-3731 or **Pine Cone** at 847-634-0890 for details.



The "Reel" Art of Carving Fish



Largemouth Bass (15" long)



Rainbow Trout (16" long)

Direct from **Big Sky Carvers** of Manhattan, Colorado, comes **Bill Reel**, master carver, to demonstrate the art of wood carving of fish. He will be demonstrating and explaining his craftsmanship on **October 24 from 11 AM to 3 PM** at **Mangels** in Historic Long Grove Village.

Bill spent months crafting these classic species of fish. "I guess I just love fish—the combination of their color and form keeps me intrigued." The pose, the perfect lines, stunning colors, the wave of the fins, the poised mouth and the swished tail—it's all there in inspired detail.

These works of art are the perfect gift for any person who loves the sport of fishing. We feel that these are Bill's **best fish ever**. These once in a lifetime fish will make you recall the tingle you feel when you spot them in the river, the sweat on your hands when they take the fly and the thrill you feel when they hit the net. And, when your heart rate slows, you slip the wild beauty back into the river to fight again another day.

Come visit Bill at **Mangel Gift Shop** and see a true master craftsman at work. Call **847-634-3731** for more details.

MANGEL GIFT SHOP
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Bill Reel
of
Big Sky Carvers

Saturday, October 24
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*Come see this master carver
demonstrate
the Art of Wood Carving*

Mangel Gift Shop

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The Studio of Long Grove
cordially invites you to attend the artist's reception

Friday, October 23, 1998, 6:00 - 9:00 pm

Saturday, October 24, 1998, 2:00 - 5:00 pm

Reservations are appreciated, but not required

Born in Valencia, Spain, in 1945, Jose Mateu San Hilario, "Royo," was classically trained in Europe and has been compared with the great impressionist masters. His dramatic use of color and "texturing" captures his subject matter with unique flair. Comparisons to Renoir can be seen in an almost portrait-like treatment of the female model, caught in a serene, contemplative moment, with the surrounding "bursts" of color from the floral landscapes. Described as "a painter of the light of the south," Royo's paintings of the Mediterranean coast in Spain are both haunting and mysterious, yet full of raw power.

Royo



Inocencia
18" x 11"



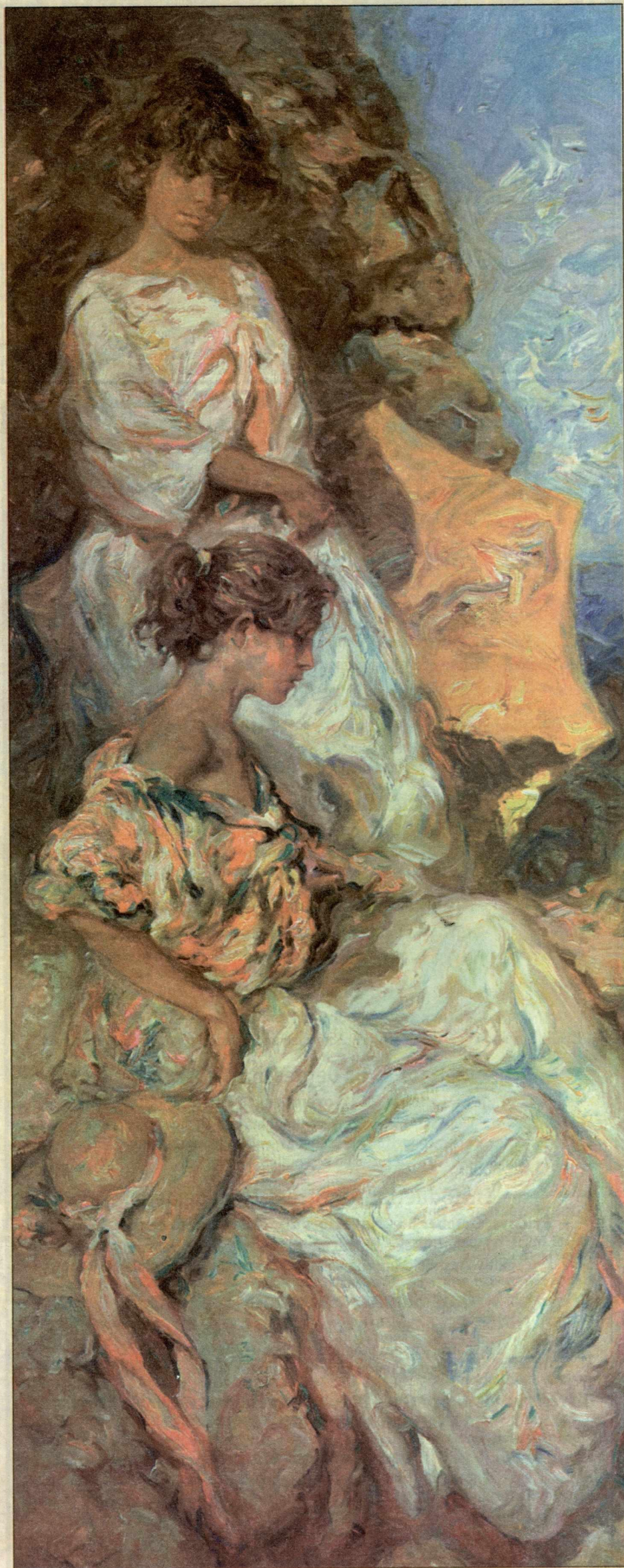
Junto A Los Pinos

29" x 24"



Frente Al Mar

24" x 29"



Junto Al Mar

49" x 19"



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Dr. Julie Dohr

Dr. Julie Dohr Announces Her Association with Barrington Obstetrics and Gynecology Associates

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Anger Workshop

Tuesdays, October 13 - November 17, 7 to 8:30 p.m.—\$120

Participants learn to control anger and the destructive behavior that can follow.

Anxiety Workshop

Wednesdays, October 14 - November 18, 7 to 8:30 p.m.—\$130

Participants learn to reduce anxiety through stress management and relaxation techniques.

Y-ME Special Breast Cancer Round Table

Thursday, October 15, 7:30 to 9 p.m.—FREE

"Doctor! Why Didn't You Tell Us?"—a panel of physicians and health care providers who specialize in breast cancer will answer questions from the audience.

Diabetes and Insulin Pumps

Saturday, October 17, 10 a.m. to Noon—FREE

Learn how pump therapy helps to achieve good diabetes management.

Tai Chi Workshop

Saturday, October 24, 1 to 5:30 p.m.—\$40

Learn this ancient form of Chinese exercise and learn to relax at the same time.

Understanding Depression Workshop

Thursdays, October 29 - November 19, 7 to 8:30 p.m.—\$80

Participants learn to restructure thoughts and change behavior patterns that contribute to depression as well as learn relaxation skills. Free depression screening is included.

Introduction to Stress Management

Fridays, October 30 - November 20, 10:30 a.m. to Noon—\$110

This four-week program introduces relaxation training, cognitive restructuring and basic stress management techniques.

Quit Smoking through Hypnosis

November 5, 9 & 16, 7:30 to 9 p.m.—\$75

This three-session program teaches hypnosis techniques to help you kick the habit for good.

To register for any of Good Shepherd's Health & Wellness Programs, call Health Advisor at 1-800-323-8622.

Good Shepherd Hospital



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Dr. Julie C. Dohr Announces Her Association with Barrington Obstetrics and Gynecology Associates

Dr. Julie C. Dohr has joined Drs. Robert Pines, Thomas DiGiulio and Ann Warren as the newest member of **Barrington Obstetrics and Gynecology Associates, Ltd.**

Recently completing her residency at the University of Chicago, Dr. Dohr has had extensive training in high-risk obstetrics, gynecologic surgery and infertility. The University of Chicago is ranked 10th among all US hospitals in Obstetrics and Gynecology. She is eligible for the American Board of Obstetrics and Gynecology.

Dr. Dohr attended the University of Wisconsin Medical School in Madison,

where she graduated with honors. She earned Distinguished Honors as an undergraduate at Purdue University in Indiana.

Dr. Dohr currently resides in the village of Barrington with her husband, Mark. In addition to practicing medicine, she enjoys running, hiking and skiing.

Barrington Obstetrics and Gynecology Associates, Ltd. would like to welcome Dr. Dohr to our practice, the Good Shepherd Hospital staff and the community. She is currently accepting new patients, for both appointments and consultations, in the Barrington and Crystal Lake offices.

Good Shepherd Hospital Presents Special Breast Cancer Roundtable

Doctor! Why Didn't You Tell Us? will be the theme of a special, free program offered by the Y-ME Breast Cancer Support Group of **Good Shepherd Hospital** on Thursday, October 15 from 7:30 to 9:00 PM in the Lakeview Room.

The meeting will present a panel of physicians, nurses and health care providers who specialize in the treatment of breast cancer. The moderator for the event will be Robert C. Witkowski, MD, a general and oncologic surgeon with Barrington Surgeons, Ltd. The evening will be open to breast cancer patients and their families who are invited to participate in a roundtable question and answer session with doctors and health care providers.

"October is National Breast Cancer Awareness month and the Y-ME Group is providing a perfect setting for individuals to learn more about this disease," noted Sharon Zalesky, Open Door Coordinator of the Y-ME Breast Cancer Support Group. This is an opportunity for patients and families to engage in a dialogue with health care providers in an informal setting. It also provides a chance for physicians and nurses to listen to concerns and issues from patients and their families, that can help the specialists in providing better care for their patients. We encourage anyone with questions about breast cancer to join us on October 15."

Also scheduled to participate in the event are: Brenda Brak, MD, family practice; Sharon Cooper, RN, OCN, oncology/medical/surgical nurse; Mary Sue Fidale, RN, MA, oncology nurse, facilitator and

counselor of the Cancer Support Group; Robert M. Flanigan, MD, general oncologic surgeon; Damian D. Gress, MD, plastic surgery; Richard J. McDonough, MD, family practice; David Ondrula, MD, general surgeon; Michele Perlis, MD, obstetrics and gynecology; Daniel J. Pesavento, MD, obstetrics and gynecology; Richard L. Phillips, MD, radiation oncologist; Mary Lou Sylwestrak, RN, MS, OCN, oncology/clinical nurse specialist; Alkarim Tajuddin, MD, oncologist/hematologist; Dean G. Tsarwhas, MD, oncologist/hematologist; and Barbara Van Geem, RN, MS, OCN, medical/surgical clinical nurse specialist.

The cancer program at **Good Shepherd Hospital** has been recognized as offering the very best in cancer care by the Commission on Cancer of the American College of Surgeons. The hospital received this recognition because of the comprehensive, multi-disciplinary program in improving the lives of people with cancer.

The **Good Shepherd** Y-ME chapter meets monthly on the third Thursday of each month at the hospital from 7:30 to 9:00 PM. Breast cancer patients, families, friends and health professionals interested are welcome at all meetings. The sessions are free of charge and reservations are not necessary.

Good Shepherd Hospital, on Highway 22 in north Barrington, is a 154-bed, health care facility offering comprehensive cancer care to patients in the hospital service area. The hospital is part of Advocate Health Care, one of the Chicago area's largest health care organizations.

North Beach Party to Benefit Catholic Charities

Enjoy one last beach blast before winter! Young adults in their 20s and 30s can enjoy a beach party to benefit Catholic Charities Northwest Suburban Services which serves families in transition. The party will feature sand volleyball, bowling, billiards, music, team prizes, wine, beer and snacks. And the Mezzanine room overlooking the volleyball action is reserved with seating for conversation, television and a private bar. The games will be played from 7 to 11 PM (and night

owls have until 2 AM) on Friday, October 16 at North Beach located at 1001 North Roselle Road in Hoffman Estates. The cost is \$30 in advance or \$35 at the door. Please send checks by October 9 payable to Catholic Charities to: North Beach Party, c/o Catholic Charities, 1911 Rohlwing Road, Suite E, Rolling Meadows, IL 60008. Names will be on a list at the entrance.

For more information, call Paul Christin, Schaumburg, at 847-798-8074 or Catherine Mura, Barrington, at 847-381-5745.

It All Worked Out for Mrs. Illinois

An interview with Karen Lea Cline by Tony Bruno of **Personalized Fitness, Inc.**

TB: What was your original reason for seeking our services?

KC: To feel better number one. I also had a specific goal of losing 10 pounds for the Mrs. Illinois pageant. I wanted to continue to rehabilitate my back after surgery and help to fight sarcoidosis, an immune disease attacking many different parts of the body especially the lungs and Lymphatic system.

TB: Tell me about your background.

KC: I am married to Chris and a mother of three and stepmother of two. I have been in the modeling industry for 15 years and have a nursing degree. I am trying to create awareness about the disease that I have called sarcoidosis. I am using exercise to try and stay away from the prescribed drug for sarcoidosis, which is cordisone (a steroid).

TB: What changes have you made while training with **Personalized Fitness, Inc.**

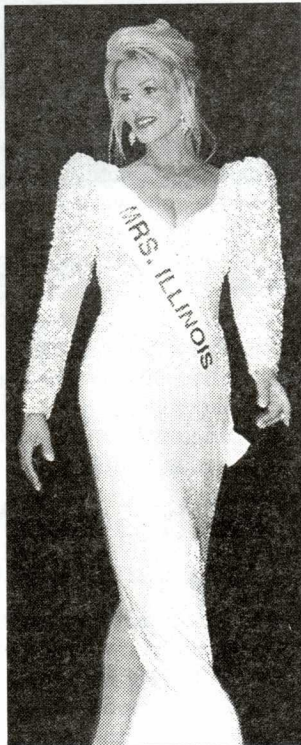
KC: I actually now like to exercise. My diet has changed because of what I have learned from everyone at **Personalized Fitness, Inc.** Best of all I have lost the 10 pounds, which was my original goal and my back is pain free.

TB: What three things are key to success on a personal training program?

KC: #1) Nutrition and diet information—I learned not to skip meals.

#2) Variety—I was able to work with several trainers and learned different things from each of them.

#3) The assessment during the first training session was great for me because of my back surgeries. The feedback and follow-up from that assessment made me feel comfortable. My health history, needs and goals were all taken into consideration to make my workouts geared



specifically to me and that made me feel important.

Thank you Karen from the staff at **Personalized Fitness, Inc.**

Personalized Fitness, Inc. is a personal training studio which offers group cycling and spin classes. We are located at 118 W. Main Street in Barrington and at 395 W. Northwest Highway in Palatine. We have 15 certified personal trainers that train in studio or in home. We start all of our clients with an assessment, taking into consideration their health history and fitness goals. This allows us to design a workout with our clients' wants and needs as the priority of each training session. Call us at **847-277-SPIN** to set up an assessment.

Nu-trition Diet Helps Burn Fat

The Nu-trition Diet is unique. It is an integration of food and fitness. We will discover which foods are your body's optimal fuels. The Nu-Diet helps you regain your awareness about the kinds of food you should eat to be fit and healthy. It is designed to increase your metabolism and improve your fat-burning ability. It is easy, tasty and hunger free.

Low-Fat Can Make You Fat

As consumers, we tend to be fooled by clever advertising in thinking that no fat means healthy. Today's school of thought on low-fat, high-carbohydrate diets is quickly changing, as people begin to realize that even with exercise they are not losing body fat. Since most carbohydrates contain little or no fat, you may not think that carbohydrates can add to your fat stores. Yet, at least 40% of the carbohydrates you eat are stored as fat.

Consuming too many carbohydrates—even fat-free—can actually make you fat.

Carbohydrates, whether they are in the form of pasta or chocolate cake, turn into glucose (blood sugar) once they enter the bloodstream.

Sugar is sugar; the body doesn't discriminate. So if you consume excess amounts of carbohydrates, your blood sugar levels increase. Some is used for energy, some is stored in the muscles—the excess sugar is

stored as fat. The key of the Nu-Diet is to use more stored body fat for energy, to become leaner and to have more energy. You can control what fuel your body burns through diet and easy exercise.

If you avoid a high-carbohydrate diet and eat the proper balance of carbohydrates, proteins and fats, your body will primarily burn stored body fat. All natural fats—such as omega-3 (found in fish) and omega-6 (found in vegetables)—are good for you as long as you consume them in moderation.

Natural fats are one of the most beneficial substances in our diet. Fat is often the missing ingredient in maintaining good health.

You are eating too many carbohydrates if you cannot go approximately four hours without eating at work or home. Common symptoms of excess carbohydrates include sleepiness after eating, craving for sweets, hunger within two hours of a high-carbohydrate meal and the need to snack all day.

Eating too many carbohydrates will prevent your system from using the existing fat for fuel. By following the Nu-Diet, your body begins to access stored fat and burn it for energy! The goal is to get your body in the fat burning zone. The Nu-trition diet is based on unprocessed food, enzymes

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Dr. D. Douglas Sandburg
509 Old Northwest Hwy.
Barrington, IL

"Members Present Art" Series

"Members Present Art," a series of four lectures sponsored by the Barrington Community Associates of the Art Institute of Chicago, will be off to a dynamic start on Thursday, October 15 when George Schneider addresses his audience on "The Art of George Paul Schneider."

Recently retired Associate Director of General Programs in the Department of Museum Education at the Art Institute of Chicago, Schneider will discuss the other aspect of his career—that of the artist. In this slide show and lecture, he will examine the sources and influences which played an important role in the development of his work. Not surprisingly, 30 years of studying the collection and temporary exhibitions at the Art Institute offered exposure to limitless experiences which affected his growth as a painter. Add to this an extremely varied foreign travel experience, important teachers and a traditional education, and the result is a body of work that is both complex and rich. A small collection of objects and an overgrown garden are a continuing source of inspiration as well.



George Schneider, Artist

The lecture begins at 1 PM at the Barrington Library located at 505 N. Northwest Highway. There is no charge for this lecture and the public is invited. For more information, please phone Evelyn Richer at 847-381-5349.

and exercise. This ensures that your body will burn fat. A physician will determine your nutritional and exercise requirements and provide a personalized program based on your needs. One primary focus is identifying and removing the foods to which you are intolerant. This test, given at the onset, will also discover under active thyroid or adrenals that may be contributing to your slow metabolism.

Each program contains a personalized meal and exercise program. You will receive one-on-one coaching for twelve consecutive weeks. Every three weeks you will be tested and measured for health and fitness gains.

Don't let the low-fat myth fool you. Call **Dr. Douglas Sandburg** today by phoning **847-382-0800** and find out how the **Nu-trition Diet** can help you burn fat.

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* Produce, gift baskets & sale merchandise not included

Friends of Home of the Sparrow to Hold "Jazz" Gala



Pictured above are: (L to R), Leann Fairleigh, Sandy Gabriel, Christine Trzaska and Judy Logue Avedon all of the Barrington area.

Tickets are now on sale for "All That Jazz"!

The popular party, dinner/dance annually produced by Barrington's Friends of the Home of the Sparrow will be centered around a "jazz" theme this year. It's to take place Saturday evening, November 7 at Biltmore Country Club located at 160 Biltmore Drive in North Barrington. Music is to be provided by the Gold Coast Orchestra.

So, get your group together and ready in their Black Tie or Zoot Suits or other costume dress (optional) for a red-hot evening of jammin'.

All proceeds from the event—which

include live and silent auction opportunities—will benefit the transitional housing and counseling center, Home of the Sparrow, which is headquartered in McHenry with additional locations in Crystal Lake, Palatine and Woodstock. Since its founding in 1986, Home of the Sparrow has helped over 600 individuals in their efforts to go from being homeless to self-sufficiency through education and employment.

It should be a wonderful evening for a wonderful cause!

Tickets for \$100 each may be secured by contacting Michele at 847-526-8123. Reservations are requested by October 30.

Low-Cost Flu Shots...

Don't Let the Flu Get the Best of You!

Harris Bank Barrington in cooperation with the Visiting Nurse Association (VNA) of Fox Valley, will be offering low-cost flu shots, tetanus booster shots and pneumonia shots at the following Harris Bank locations from 9 AM until Noon

• 201 S. Grove in Barrington on Monday, October 5

• 333 N. Northwest Highway in Barrington on Tuesday, October 13

• 5035 Shoreline Drive in Barrington on Monday, October 19

• 40 S. Barrington Road in South Barrington on Tuesday, October 27

• 5545 Northwest Highway in Crystal Lake on Friday, October 30

• 325 N. Hough Road in Barrington on Friday, November 9 from 10 AM until Noon

The cost will be \$10 per flu shot, \$5 per tetanus booster and \$20 per pneumonia shot. The flu vaccine VNA will be using has been prepared especially for the 1998-1999 flu season and is the same vaccine used by physician offices and health departments. Walk-ins are welcome. For more information, call the VNA Flu Shot Hotline at (630) 978-9754, ext. 460.

Kids With Good Nutrition Score Well

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

Every year at this time, we as parents find ourselves wondering how best to feed our children. What we put into their bodies becomes extremely important, as there is such mental and physical growth during these formative years. The right foundation will guide them for life.

In this day and age of fast food, it becomes increasingly more difficult to satisfy the nutritional needs of growing bodies. But there are some very simple guidelines...

Breakfast is the most important meal of the day. It is extremely important to have protein, cheese, eggs etc. as well as small amounts of carbohydrates. For your high-schooler, a good quality protein drink will give them a good, fast start.

A wide variety of nutrients are important, making sure an equal balance of each food group is consumed daily. A good multiple vitamin can help supplement these needs.

Don't diet unless recommended by a doctor. However, watching serving sizes and what foods are eaten can help. Pre-teens and teenagers have extra body fat in

preparation for growth spurts. Be aware of changes in your child's eating habits.

Drink plenty of liquids. Water is what the body needs most during exercise or competition. Drinking plenty of water before, during and after exercising is the best way to stay hydrated. School age kids need 1.5 to 3 quarts of fluid each day with an extra 8 to 12 ounces of water for every 30 minutes of strenuous activity. There are some very good electrolyte replacement drinks that can be used during strenuous exercise. Dehydration comes faster than you think.

On eating for sporting events, keep in mind most of your child's energy will come from foods they have eaten the previous week. Three hours or more before any competition, a combination of carbohydrates and protein should be taken. Skip fats like butter or margarine. And one to two hours before, eat fruit.

All Ways Healthy has a certified nutritionist on staff available to discuss particular needs. They have a large selection of books on nutrition to help you make the choices you need.

Pace's Bears Shuttle Will Bring Hundreds to Each Home Game

Suburban Chicago Bear fans can once again avoid the hassles of driving to home football games this year; Pace has kicked off its fourth season of the Bears Shuttle.

Instead of tackling wall-to-wall traffic, the high cost of parking and the long trek to the gate, fans can improve their game plan by boarding the shuttle for direct service to and from Chicago's Soldier Field. The buses depart from Pace's Northwest Transportation Center in Schaumburg and drop riders off right at the stadium. The shuttle served about 300 fans each game last year.

"Nothing beats a relaxing ride that takes you right to the door," said Pace Chairman Florence Boone. "Our special-event services often get people on the bus who have never used public transportation and they realize how convenient and affordable it really is."

The Northwest Transportation Center, located at Martingale Road and Kimberly Drive just south of Woodfield Shopping Center, features a 122-space lot where fans park for free. For noon games, buses leave the Transportation Center between 9:30 and 10:15 AM. The departure for the 3:15 PM

game on October 18 will be from 12:45 to 1:30 PM. The Bears Shuttle also collects passengers at Hooters Restaurant in Schaumburg before picking up fans at the Transportation Center. Pace departs Soldier Field 30 minutes after the football games end.

Round-trip tickets may be purchased in advance for \$7.50 at Hooters Restaurant in Schaumburg, the Schaumburg Marriott Hotel, PK's in Des Plaines, or Pace Headquarters in Arlington Heights. Tickets are also available on game day at the Northwest Transportation Center. Exact fare is recommended.

In addition to the Bears Shuttle, Pace's special-event services include the Cubs Roundtripper, the New World Music Theatre Express, the Six Flags Great America Express, the United Center Express, the Auto Show Express and the Taste of Chicago Express.

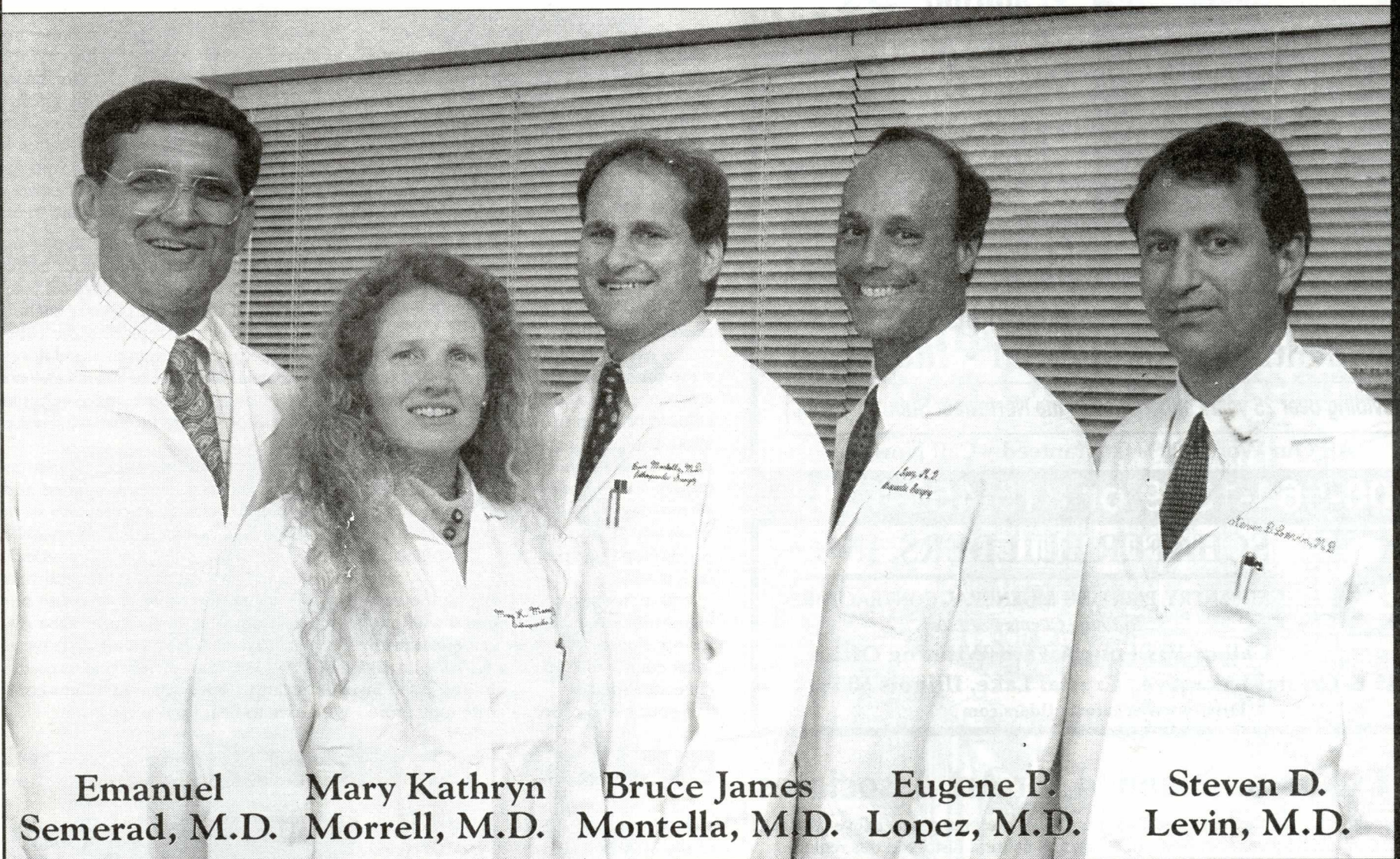
For more information on the Bears Shuttle, call the Pace special-events line at 847-228-2416. Pace's TDD line for hearing impaired riders is 847-364-5093. Or get Pace information off the Internet at <http://www.pacebus.com>.

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Spice Up Your Life! Colorful kitchens and Classic White

If you glance through *Better Homes and Gardens* or *Metropolitan Home*, you'll see loads of color applied to kitchen cabinets. The term "Colorful Kitchens" is on every magazine editor's lips.

Does the new emphasis on color mean that white kitchens are out? The answer is yes, and no.

The Little Black Dress

Yes, it's true that in the eighties white kitchens were, for many, the only choice. White was then truly fashionable. Like Nehru jackets or the Spice Girls, white was popular because everybody said it was.

Then the wheel of fashion continued to turn, passing white and landing elsewhere. In that sense white is no longer fashionable—it is not the only choice.

But stop for a moment. If you look carefully, you'll notice that in between the colorful kitchens, the magazine editors are still showing plenty of white. And for good reason.

The white kitchen, like the little black dress, is better than fashionable. It's classic. Fashions may come and go, but the white kitchen is never out of style.

Color must be used carefully. We've seen pictures of a kitchen with an expanse of cabinets in a color that's somewhere between mauve and eggplant. Those cabinets are going to be repainted before the Spice Girls turn 30.

White is the perfect neutral background for changing fashions. Interior designers love white because it allows unlimited scope for combining colors and textures. White never clashes.

So the answer is, "No!" White kitchens are not "out" and never will be. Which begs the next question: Will the new colorful kitchens stand the test of time?

The Color Trap

When you make plans to remodel your kitchen, never forget the words, "Harvest Gold."

Harvest' Gold was that popular 70's color for everything from appliances to counters to cabinets. Today a Harvest Gold refrigerator is a 70's cliché, a lava lamp in the pantheon of kitchen design. If you have any Harvest Gold in your kitchen, you need to see us immediately.

"Classic Color"

Color in the kitchen is not a Madison Avenue creation. Claude Monet filled his kitchen at Giverny with the colors of

wheat fields and sunlight. Shaker settlers in Pennsylvania and Ohio adorned their simple furniture designs with hues of blue, green and burnt orange. New England colonists used the red, white and blue of the British flag, and farmers everywhere employed pigment based on ox blood to paint their barns and houses.

The colorful kitchen has deep historical roots that will not die with the passage of time. A colorful kitchen can be perfect for a farm house, colonial, bungalow, cottage, and many other home styles.

In the wrong hands, a colorful kitchen can look like Ginger Spice's latest outfit—even if you like it, you wouldn't necessarily wear it yourself. Handled with taste and skill, a colorful kitchen can bring your home a unique sense of warmth and even fantasy.

Choose

McCauley Design

At McCauley Design, your kitchen project will be handled by Lisa



Colorful kitchens can bring your home a unique warmth.

McCauley. Lisa's degrees in design and architecture give her a unique perspective on kitchen design. Lisa knows how to mix cabinet finishes, stone, reflective surfaces, and the full range of materials into a harmonious blend that will still look great when the Spice Girls are having grandchildren. Our cabinet makers are the best in the business. They know how to create white, colorful, or stained finishes with a subtlety that is timeless.

At McCauley Design we've successfully

completed dozens of kitchens in Barrington, the Chicago area, and the Midwest. Our designs have appeared in national magazines, books, and in some of America's most magnificent homes. We get those commissions by staying on the cutting edge without ever crossing the line into mere "fashion."

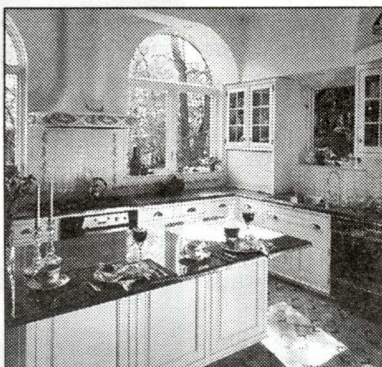
You want a kitchen that your children can show to their children

with pride. Come to McCauley Design.

Come See Us!

McCauley Design is located in Barrington Village at 220 S. Cook Street—one block east of Hough Street (Barrington Road) and two blocks south of Main Street (Lake Cook Road).

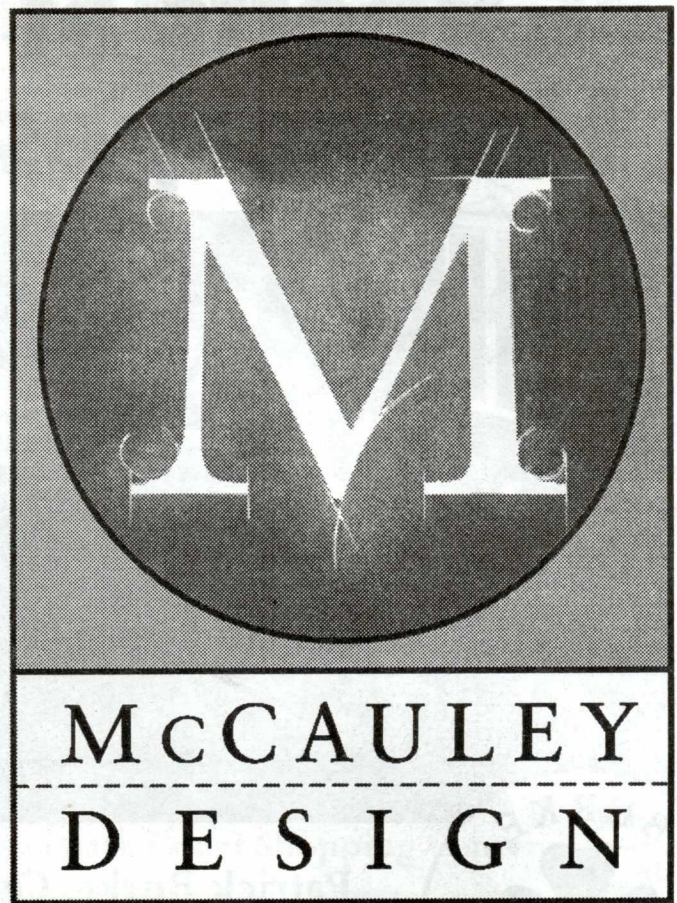
Open Monday through Friday, 10 AM to 5 PM. Saturday, 10 AM to 3 PM. Or call for further information, or an appointment, 381-2742.



Like the little black dress, the white kitchen is never out of date.



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