

July 2001



it's time for

**Summertime
Fun**



**BACOA Honors Seniors
for Dedicated Service**

**Your Best Bet for Rob is
"A Day at the Races"**

**Enjoy a Terrific Day of Polo
and Help Save Lives**

barrington

**THE
VALUES
MAGAZINE**

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G.M. McMonigal
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**The Hair You Hate
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**A Professional Solution
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Medically approved, the newest shortwave electrolysis treatment will **PERMANENTLY** remove unwanted hair.

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convenient location since 1976.*

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.

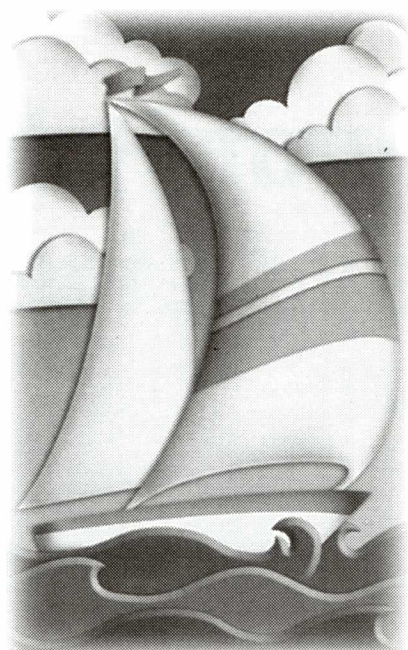
Fortunately, there is a skilled electrologist at **Clear Reflections** in the Barrington Commons who can remove those telltale hairs quickly and conveniently in the privacy of a professional office.

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.

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barrington LIFESTYLESTM NEWS MAGAZINE

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Editor's Ink

July, 2001

Dear Reader,
Each year, the Barrington Area Council on Aging, or BACOA, holds a tea to honor outstanding senior citizens residing in the Barrington Area. They are honored for their many years of service to the community. Please take the time to read about them and the many wonderful services they do to help make Barrington the wonderful community it is. Buildings and streets don't make a great community, the people do. When you see them next time, you might want to thank them.

In the mood for summertime fun? How about "A Day at the Races"? On Sunday, July 8, Kim Duchossois and Barrington's New Generations' committee are hosting this purposeful day of great fun to benefit Rob Komosa and his family. Rob, a victim of a catastrophic high school football injury, is now a C-1 quadriplegic on ventilator life support. His family needs a larger home to accommodate Rob's special needs. Help Rob out by attending, and have a great time too!

Mark July 27 and 28 down on your calendars to attend the Martinis & Mallets Cocktail Supper and The Barrington Challenge Cup Polo Match to benefit the National Breast Cancer Foundation. Sponsorships are still being sought for this event.

Enjoy the summer. Until next time, may all your thoughts be sunny.

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

About Our Cover

Texture Chic. Sky blue paisley print cotton shirt tops an almond suede python teardrop print skirt. Both Lizsport. Liz Claiborne Spring 2001.



Enjoy a Terrific Day of Polo and Help Save Lives!

On July 27 and 28, Barrington Polo for Charities, a 501c3 arm of the Barrington Polo Club, will be presenting the Martinis & Mallets Cocktail Supper and The Barrington Challenge Cup Polo Match to benefit the National Breast Cancer Foundation. The National Breast Cancer Foundation is an organization that provides underserved women with free mammography and educates women about the latest breaking news regarding breast cancer on their website—www.nationalbreastcancer.org.

The event will be held at the Barrington Polo Club's main field, located at Barry and Cathy LeCompte's Oakwood Farm in Barrington Hills. On Friday evening, July 27, the LeCompte's will host the

Martinis and Mallets Cocktail Supper featuring a Calcutta-style auction of the players, elegant prizes and delectable food and drink. The polo to be played on Saturday, July 28, will consist of the "Battle of the Patrons" at 11 a.m. and the "Battle of the Titans" (two all-pro teams) at 1 p.m. Jack Russell Terrier Races will entertain between the two matches.

We are currently seeking corporate and individual sponsorship of this wonderful event to benefit a very deserving cause! Please contact Barb Uskup at Barrington Polo for Charities, 7 Cross Timber Road, Barrington Hills, IL, 60010, 847-658-1064 or bguskup@worldnet.att.net for more information on how you can participate and help save lives!

**Barrington Challenge Cup Benefit for the National Breast Cancer Foundation
July 27 and 28, 2001
Corporate Sponsors as of June 6**

Major Donors (\$1,000+)

Bronze Sponsors

- Bank One Private Client Services
- Underwood's Furniture
- InTelia Consulting Inc.

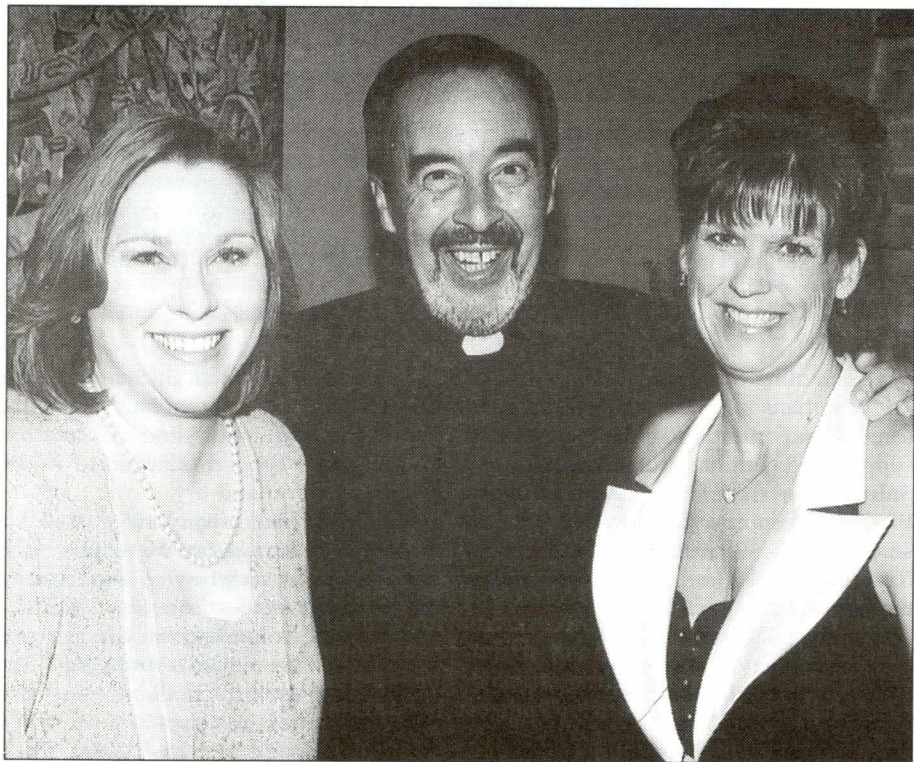
Patrons

- Advocate Good Shepherd Hospital
- Gould and Ratner, Attorneys at Law
- Lithographics Inc.
- Polo Gear (Official Clothing Supplier of the Barrington Challenge Cup)
- Texas Polo Equipment (Official Equipment Supplier of the Barrington Challenge Cup)
- Triple Crown Customs
- United Air Lines
- United Stationers Supply Corporation
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Other Corporate Donors

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- Technical Engineering Specialists
- The Tackeria
- Tolan, Schueller and Associates
- Transmedia Inc.
- Wickstrom Ford
- Wondermouth

St. Anne Gala a Hot Property



Hats off to co-chairs Katie McGeady, Molly Montrie and Pastor Jack Dewes of St. Anne Catholic Community for an outstanding Gala 2001. The fundraising event, based on the popular board game "Monopoly," was held at Stonegate Conference and Banquet Center in Hoffman

Estates on April 28. More than 350 people attended the black tie (and top hat) dinner-dance and took part in the auction of more than 165 goods and services provided by Barrington-area businesses. All proceeds will go toward the St. Anne campus development project.

Your Best Bet for Rob is "A Day at the Races"



Reviewing some of the attractions to be enjoyed on July 8 at Arlington Park during "A Day at the Races" for Rob Komosa (center) are Rob's father, Stanley, from Arlington Heights and Kimberly Duchossois from Barrington Hills.

"A Day at the Races" Benefit is one in a series of exciting fund-raisers for Rob Komosa and his family to help them build a new, larger home to accommodate Rob's special needs. A victim of a catastrophic high school football injury, the former running back is now a C-1 quadriplegic on ventilator life support.

On Sunday, July 8, Kim Duchossois, with Barrington's New Generations' committee for "A Day at the Races," Rob and his family will welcome guests to two fabulous Marquees on the Green at the world-class Arlington Park in Arlington Heights. This purposeful day of great fun will begin at noon and last as long as the horses do (usually 5:30 p.m.).

The entire event is underwritten. All proceeds go to the Make Room for Rob Trust. Adults are \$20; those 7 to 17 years are \$15; those 6 and under are free. A limited number of VIP tickets (\$1,000) entitle a donor to be in a winner's circle photo with Rob and the jockey following Rob's "named" race. Each donor will receive a framed copy of the photo along with select Arlington Park mementos. Dress code applies to all ages. For ticket availability,

call 847-382-1093 or 847-304-4405. Please indicate ages and number of persons attending. Make checks payable to Make Room for Rob Trust and mail to Kim Duchossois, P.O. Box 10, Barrington, IL, 60011. Your check assures your reservation. Tickets will be held at the "Make Room for Rob" reception table at the West End Clubhouse entrance. Gates open at 11:00 a.m. Post time is 1:00 p.m. For more information, call 847-382-1093 or 847-304-4405.

The benefit day includes racing programs, games, a grilled picnic buffet with ice cream cart, pony rides, petting zoo, magician, balloon magic, face painting, live entertainment and much more. Guests will experience the pageantry, color and excitement of thoroughbred horse racing in the great outdoors right at the finish line or in the comfortable setting of the yellow and white striped Marquee tents replete with televised racing.

Donations can be made directly to The Make Room for Rob Trust, Harris Bank Palatine c/o Mark Schalke, 50 N. Brockway in Palatine, IL, 60067.

Countryside Association to View Chicago Air and Water Show

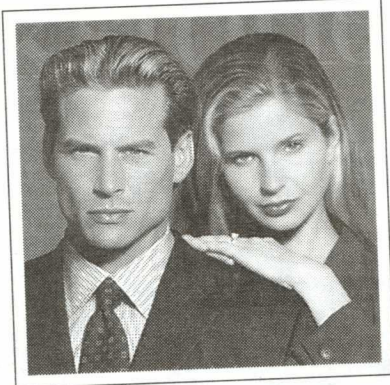
Countryside Association, who has been serving individuals with disabilities since 1954, invites you to enjoy a spectacular view of the Chicago Air and Water Show from the top deck of the Odyssey II at Navy Pier in Chicago.

On Sunday, August 19, attendees will board the cruiser at 2:00 p.m. and depart from Navy Pier at 2:30 p.m. Background music will be played as you enjoy a sumptuous lunch. In order to better accommodate the number of anticipated attendees this year, Countryside Association has reserved the entire Sapphire Deck. There will be more room to view the many

theme baskets, great dining, hotel and entertainment items that will be included in this year's silent auction. For \$15, Countryside will again offer deluxe motorcoach transportation to and from Navy Pier from our Palatine Countryside Center location. With a \$45 tax-deductible contribution, tickets are only \$100 per person until July 27. Ticket prices will be \$110 after that date. Call us now to have a fantastic, fun and sun-filled day and a great time on the Odyssey II!

For more information, call 847-540-3705. Countryside Association is a United Way agency.

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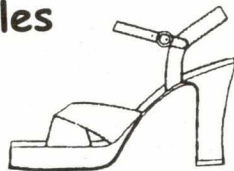
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Tootsies

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Anniversary Sale!

up to **50% OFF**
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Shirts are simply an expression of your sense of style. The people at AXIS concentrat...
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Available at **Chuck Hines** located on Main Street in downtown Barrington.

Senior Activity and Lunch Program

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

Games are played at 11:00 a.m., lunch is served at noon and programs begin at 12:30 p.m. unless otherwise indicated. The suggested donation for lunch is \$2.50 per person. Lunch requires advance registration.

• Monday, July 2—The program will be presented first at 10:45 a.m., followed by lunch and games. Ryan Mouw from the State of Illinois Comptroller Office will review Cemetery Care and Burial Trust, the *Guide to Taxes & You* and changes to the Illinois Circuit Breaker program.

• Monday, July 9—Games, lunch and a

program on "Identity Crisis... What To Do If Your Identity Is Stolen" and other fraud issues will be held on this day. The program will be presented by the State Office of Banks and Real Estate.

• Monday, July 16—Games, lunch and a program on "Weather & Health Emergency" will be presented by Ilana Brodsky of the American Red Cross of Greater Chicago. Basic procedures and steps to take before, during and after a disaster—such as a flood, fire, or tornado—will be discussed.

• Monday, July 23—Games and lunch

• Monday, July 30—Games, lunch and celebration of July Birthdays, a discussion of current events and blood pressure screenings will be held on this day.

July is Hot and So is Tootsies

We are celebrating our third year in business, and we thank all of our wonderful customers and friends for their continued support and patronage. Our **Anniversary Sale** will run the entire month of August. But the selection will be less each week, so don't wait. We will be closed Wednesday, July Fourth, and hope to see you at the parade.

We have a good stock of the important summer styles and brands like Teva, Skechers and Stride for the kids and summer camp. Naot, Born and Mephisto are the right casual sandals for the ladies.

July also offers the first of the new fall arrivals. Stuart Weitzman, Donald Pliner and Cole Haan lead the way. They all offer transitional silhouettes and materials that are very wearable and fit the Barrington lifestyle perfectly.

Also for fall, we've added the women's

hot casuals Camper from Spain. A line, Harvard Square from Italy, is tall and tasty. And a new line of Canale boots named Blondo is fashion forward as well as warm and dry.

Back to School is very early this August 20 in Barrington. We will be with the right, new styles and brands. We've added Stevies from Steve Madden and expanded our Skechers selection. Merrill for the big kids and Astoria Brakkies for the preschoolers.

In September, **Tootsies** will introduce "Donald Pliner Leather Wear." beautiful and luxurious and you will love it. Donald Pliner has become a preeminent designer, and we offer his eye for style and footwear as well. Also in September, we will join Peter Daniel for a Social Occasion Trunk Show at the offering Stuart Weitzman footwear.

Kinkade—"Painter of Light"

Thomas Kinkade may be America's most collected living artist. His work seems to be everywhere: paintings, plates, calendars, books, puzzles and even screen savers. Internationally published for well over a decade, his most sought after works are his signed and numbered limited edition prints. **Woodland Art Gallery and Frame Shoppe** is pleased to feature the artist dubbed the "Painter of Light" in a very special collection of his most acclaimed works.

Released in 1998, *Stillwater Bridge* was the first piece in the Kinkade series entitled Sweetheart Garden. The still and inviting water of the brook that flows quietly beneath the arched stone bridge tempts all to linger and enjoy the tranquil feeling. The signed and numbered limited edition print is available museum-mounted, custom-matted and framed.

From Kinkade's Placed in the Heart collection is another first in a series, *A Quiet Evening*. With this limited edition print released in 1999, Kinkade began "with the passionate fire of sunset... a magnificent weeping willow beside a quaint stone cottage" and the "tranquillity of a pristine stream flowing through a lavish flower garden."

For complete details on Thomas Kinkade limited edition prints, visit **Wood-**



Stillwater Bridge by Thomas Kinkade

land Art Gallery and Frame Shoppe where you'll find an outstanding collection of works by other renowned artists, including Robert Bateman, Terry Redlin, Don Hatfield, Jim Daley, David Armstrong, Pinó, Nita Engle, Arleta Pech, Carl Brenders and Michael Young. **Woodland Art Gallery** is also the area's exclusive source for quality repligraphs on canvas of works by Claude Monet, Vincent van Gogh, Paul Cezanne, Leonardo DaVinci, Frederick Remington and others.

Woodland Art Gallery and Frame Shoppe is located at 71B East Woodstock Street in downtown Crystal Lake. Shipping is available anywhere. Visa and MasterCard are accepted. Open Monday through Friday, 9 a.m. to 5 p.m., and Saturday, 9 a.m. to 3 p.m. Please call **815-459-0460**.

Bear Necessities' 8th Annual Golf Outing



Volunteering their time and resources for the 8th Annual "Golf for Bear Friends" are committee members: (l to r) Betsy Schuttler, Algonquin; Theresa Wurtz, Carol Stream; Maureen Ross, chairperson, Bartlett; and Carla Lyons, Chicago.

Whether you're a golfer, like to watch golfers or just want to have a great time, you won't want to miss the 8th annual Bear Necessities' golf outing to be held on Monday, July 9, at the Cary Country Club in Cary.

This fun-filled day promises to have something for everybody, from silent and live auctions to gerbil races and more. Don't miss the chance to win a brand new auto, compliments of Wickstrom Ford, by getting a hole in one. A cocktail hour and dinner wind up the activities later in the evening. The day promises to be full of fun, feast and fortune.

Last year's soldout event raised over \$71,000 for the Bear Necessities Pediatric Cancer fund and Kathleen Casey, executive director, hopes to beat that this year.

"With the generosity of our past sponsors and the addition of new sponsors, we think this will be our best year yet and will help us to continue our fight toward wiping out pediatric cancer," she said.

Last year, the foundation awarded over \$200,000 in financial grants to those working to further pediatric cancer research and donated gifts, toys, and support services to over 300 local pediatric cancer patients and their families through its "Small Miracle" Program.

Registration includes green fees, golf cart, lunch, cocktail hour and dinner, goodie bags and a golf gift. For more information, to register or to purchase one of the sponsorship packages available, call Maureen Ross at 847-952-9164.



A Quiet Evening



By Thomas Kinkade

Signed and Numbered Limited Edition Print
— first in a three-piece print collection —

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Jeanne Novas, M.D.,
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Dympna Coll, M.D.



Urinary Incontinence

Women who have urinary incontinence may leak urine often. They may have to wear a pad to keep from wetting their clothes. Some women with incontinence feel such a strong desire to urinate that they cannot control it. This results in a loss of urine.

A woman with urinary incontinence may also have other symptoms:

Urgency A strong desire to urinate, whether or not the bladder is full. This often occurs along with pelvic discomfort or pressure, as well as the fear of leakage or fear of pain.

Frequency Urinating more than every 2 hours or more than 7 times a day.

Nocturia The need to urinate 2 or more times during hours of sleep.

Dysuria Painful urination.

Enuresis Bed-wetting or wetting while sleeping.

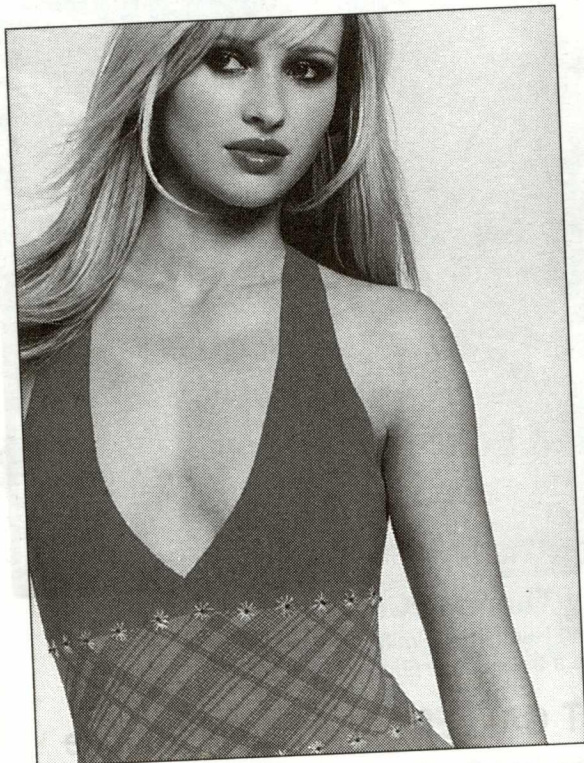
The doctors at Novas & Associates are specially trained to evaluate and treat women with urinary incontinence. Treatment may involve medications, behavior modification, special devices, or surgery.

Dr. Coll's Comments:

"Women are sometimes reluctant to tell their doctor about incontinence. They think it is 'normal aging.'"

Today there are many treatments that can dramatically improve a woman's lifestyle by correcting incontinence."

Sizzling Summer Sale at Satin Filly



July 5th
'til...



121 Barrington Commons ■ Barrington
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Claude Thomas Hair Design & Spa



Taking care of you is serious business...but we make it fun too!

Claude Thomas has exciting and innovative services that are new to our industry. We have added to our services eyelash tinting, perming & extensions.

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See Our Editorial For July Specials →

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MONDAY 1-9
TUES-FRI 9-9
SAT 9-5

377 W. NORTHWEST HIGHWAY (CENTURY PLAZA) • PALATINE

Sizzling Summer Sale at Satin Filly

Satin Filly is a contemporary women's clothing and accessory store boutique located in the Barrington Commons.

Our **Summer Clearance Sale** begins July 5, Thursday. We've included summer sweaters, T-shirts, pants, dresses, bathing suits and shoes—all marked down for

great savings and, of course, great loc

Come early for the best selection a savings. Our summer hours are: Mon through Friday, 10:30 a.m. to 6:00 p Thursday until 8:00 p.m. and Satur from 9:30 a.m. to 3:30 p.m.

Hope to see you.

Clipped Wings Golf Outing



The O'Hare Chapter of Clipped Wings and Countryside Center Foundation will host its first Golf Outing fundraiser at the newly renovated Chalet Hills Golf Club, 943 Rawson Bridge Road, in Cary on Monday, August 27. Check-in is at noon with the shotgun start at 1 p.m. A light lunch will be available. Cocktails will be served at 6 p.m. followed by a delicious dinner at 7 p.m. There will be door prizes as well as numerous basket prizes. The ticket price is \$150 per person for golf and dinner or

\$50 per person for dinner only. Re tions and monies are due by Aug 2001. Profits from this fundraiser wi fit the clients and programs of Co side Association. For more inform please contact O'Hare Clipped Committee Chairpersons: Sylvia D 847-459-4147; Dona Lee LaMotte 381-9292; or Beth McGady at 7 3840. Countryside Association is a Way agency.

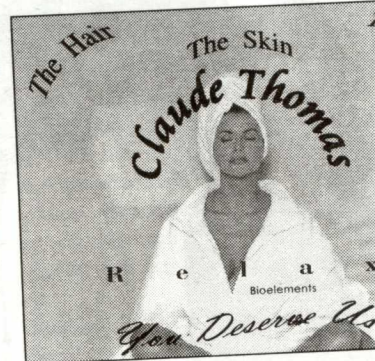
Claude Thomas' Exclusive Services—

Along with hair, nail and spa services, **Claude Thomas** is introducing exclusive and exciting new services. One is **Micro-dermabrasion**. Compared to a chemical peel, this exfoliation treatment offers higher precision. Other benefits of this treatment are many:

- Works on all skin types
- Elimination of fine lines and wrinkles
- Lightens and can even eliminate age spots and hyperpigmentation from sun damage
- Reduction of open pores
- Reduction and/or elimination of broken capillaries, scars, stretch marks, whiteheads and blackheads
- Restores sun damaged skin

Claude Thomas also has the **Stimulating Lift Treatment**. This program will help take years off the appearance of aging skin without surgery. The most important function of the **Stimulating Lift** is to tone up and contract the underlying muscles of the face and neck.

Another exclusive service is **Hair Extensions**. Not all hair extensions are alike. We only carry the most innovative methods in our industry—the ones that celebrities and models use. Our system does not damage your own hair like so many systems in other salons. The **Polymer Attachment System** attachments are polymers equal to the human hair structure, not glue, wax or twisting and braiding that damages your own hair. We use the



best 100% human hair—not sy with the cuticles all going the sa tion. This hair is easy to perm After a consultation, we would what would be right for you.

Permanent Make-up is now **Thomas**. This service will be Claudia and Jennifer. Who ben Intradermal cosmetics?—Busy p little time to apply make-up; pe allergies to make-up; people corrections of asymmetrical faci people who wish to look their time; athletic people; entertain es and models; and those who cally incapable of applying ma and find out more about this s

We have added to our serv **Eyelash Tinting, Eyelash Pe Eyelash Extensions.**

Claude Thomas specializ ding and special occasions tificates available.

Not sure what style you wa mer? Come in for the compu tual make-over for \$30.



Barrington
ICE HOUSE MALL



Christopher Radko Charity Ornaments Have Arrived at The Canterbury Shoppe



**Wings of Love—Christopher Radko's 2001
Breast Cancer Research Donation Ornament—
available at The Canterbury Shoppe.**

Christopher's beautiful collection of 2001 charity ornaments have just arrived at **The Canterbury Shoppe**. Did you know, because he truly believes in making the world a better place, Christopher Radko is the only ornament maker that donates 100 percent of profits directly to the charitable organizations? This year's 2001 glistening collection includes *Wings of Love* in support of breast cancer research, *Onesie Twosome* in support of pediatric cancer research, *A Little Pop Music* in support of AIDS related charities, *Charlie* for animal related charities and a *Warm Hearted Wonder* in support of the Christopher Radko Foundation for Children. It's a perfect gift of the heart any time of the year! Our staff will be happy to help you with any questions about this wonderful collection of Christopher Radko ornaments! Please call 847-304-9627!

The Canterbury Shoppe is open

seven days a week: Monday, Tuesday, Wednesday, Friday and Saturday from 9:30 a.m. to 5:30 p.m.; Thursday from 9:30 a.m. to 8:00 p.m.; and Sunday from 11:00 a.m. to 3:00 p.m. Located in the Barrington Ice House Mall, 200 Applebee Street, in downtown Barrington (behind the Jewel store). *Happy Summer!*

The North Face Base Camp Shop Comes to Peter Daniel of Barrington

Peter Daniel of Barrington announces the arrival of an exciting new concept shop addition to their store in the Ice House Mall.

This new shop will feature the best in outerwear, sportswear, shoes, backpacks and accessories from **The North Face**, a premier manufacturer of performance outerwear and sportswear for men, women and children. **The North Face** has outfitted world class explorers for the last 30 years on expeditions to the North and South Poles, climbs on the world's highest and most challenging mountains, including Mt. Everest, and a 4,000-mile dog sled trek across Antarctica where wind chill factors were regularly at -100 degrees.

This terrific line of outerwear and sportswear is now available to you at **Peter Daniel**. This all-purpose clothing is perfect for all of your adventures. Whether you're trekking in Nepal, walking the Great Wall of China, hiking a great national park in the United States, running errands around town or looking for the perfect items for school (elementary to college), **The North Face** has the perfect clothing and accessories to meet your needs.

This great merchandise will begin to

Peter Daniel's
Semi-Annual
Clearance Sale!

Savings
up to **50%**

Clearance Sale now in progress at Peter Daniel

arrive at **Peter Daniel** in July. Stop in early for the best selection. Special orders will gladly be accepted if there is a specific item, color or size needed.

Watch for the grand opening announcement of **The North Face Base Camp Shop** at **Peter Daniel of Barrington**!

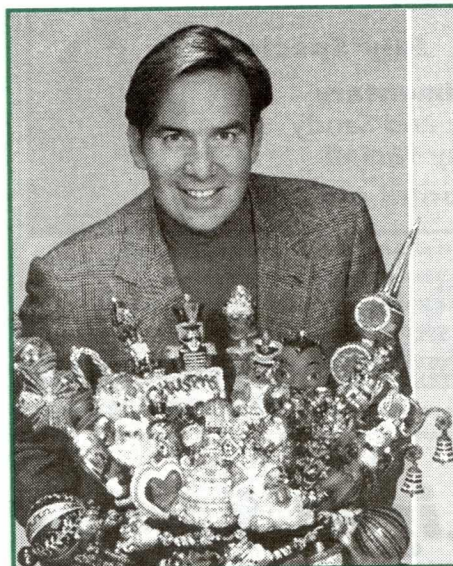
P.S. Don't miss our **Clearance Sale** now in progress.

BVA Sponsors Barrington's Farmers Market

The Barrington Village Association is proud to announce the Barrington's Farmers Market. The Farmers Market will be located on Park Avenue in downtown Barrington starting on Thursday, June 21, from 2 to 7 p.m.

The Barrington Village Association is pleased to have secured a variety of ven-

dors. Shoppers will find everything from fresh fruit, vegetables and flowers to sauces, cheeses, honey and bread. Buyers will enjoy the high-quality standards from all of the merchants. One farmer, Country Connection, has been selling gourmet hand-crafted cheeses from southwestern Wisconsin at well-established markets for



Christopher Celebrates Christmas in July!

July 8th - 22nd Only!
**Buy Two Retired Ornaments
and Get a Third FREE!**

Join us in celebrating *Christmas in July* with Christopher Radko. While quantities last, buy two retired ornaments and get the third FREE (of equal or lesser value). Shop early for best selection!

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women and children

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200 Applebee St. • Barrington, IL 60010
Hours: MTWTF 9:30 am-5:30 pm Thurs 9:30 am-8 pm
Sat 9:30 am-5:30 pm Sun 11 am-3 pm
Phone 847.382.6676

Bring this coupon in and receive a **15%** discount on
your first purchase at **THE NORTH FACE
Base Camp Shop**

over 25 years, and they are now a proud part of Barrington's market.

In April, the Barrington Village Board of Trustees voted by unanimous consent to support the Farmers Market. The Barrington Chamber of Commerce also supports it. The Barrington Village Association has provided all of the organization, merchant recruitment and volunteer assistance.

"The BVA is excited to bring a Farmers Market to Barrington. We hope residents and visitors will take the opportunity to appreciate the wonderful array of home-grown items," said Doug Skor, Barrington Village Association President.

Located one block southeast from the intersection of Barrington and Lake-Cook roads, Park Avenue was selected for its convenience in the center of the business

district. Commuters will benefit from its close proximity to the train station.

Starting June 21, Barrington Farmers Market will be held from 2 to 7 p.m. on the first and third Thursdays of the month through October 18: June 21, July 5, July 19, August 2, August 16, September 6, September 20, October 4 and October 18.

"We encourage everyone in the area to come and see it for themselves," continued Mr. Skor. "We hope this to be the first of many positive contributions the BVA will make to the community."

For more information about the Barrington Village Association and the Barrington Farmers Market, please contact Wendy Ferreira at 304-1453 or Michelle Kottke at 381-2969.

HAPPY 4TH OF JULY! July Specials

Vicki is offering a **complimentary extension consultation**, and Sandy is offering **10% OFF any facial!**

Stop in for the hottest looks around!



• Creative Cutting • Creative Color • Custom Wigs • Hair Extensions & Thickening • Facials
• Makeup Application & Lessons • Manicures & Paraffin Waxing • Aromatherapy Massage
• Permanent Makeup • Glamour Packages • Full Service Waxing • Hand & Feet Paraffin Waxing

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Spa Light Salon**

CARLISLE

your exclusive style source

Leslie Roberts

invites you to an

**Early Preview of the
Holiday and Fall 2001 Collection**

July 9th - 23rd

Call for an appt.

409 Elm Road 847.381.4959 Barrington



Barrington Community Child Care Center

Watch for Us in the July 4th Parade

**Child Care Openings Available
for Children 6 Weeks - 6 Years.**

**Applications Now
Being Accepted**

Hours: 7am - 6pm

560 Carl Avenue

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

381-0272

Barrington



Shelter Inc.'s Annual Golf Outing at Itasca Country Club

On a warm day, is there anything better than getting "teed off" under a summer-time sun? There is... when the proceeds benefit an abused or neglected child.

All golfers and foursomes are invited to register now for Shelter's Annual Golf Outing on Thursday, August 2, beginning at noon at the Itasca Country Club, 400 E. Orchard, Itasca. Cornerstone National Bank and Trust Company, Palatine, is the outing's sponsor.

Fred Sanders, Chief Executive Officer of Second Systems Inc., is chairperson of the outing and promises an event-filled day. A buffet lunch will start promptly at noon, followed by the shotgun tee-off at 1:30

p.m. For \$200 per person or \$800 per foursome, all golfers receive lunch, green fees, carts, locker room facilities and beverages. The day will conclude with a lively banquet and awards dinner. A \$1,000 special golf package includes foursome fees and three hole sponsorships, along with the aforementioned amenities.

Beverage Cart and Hole Sponsorships Available

Besides golfers, Shelter is also seeking companies and individuals whose goal is to enhance their prominence in the northwest suburbs. They can do so through underwriting one or more of 18 holes for

In the Month of July, We Celebrate Freedom!

In the **Spa Light Salon** is here to help you express your independence with a new hot and sizzling hair color or style.

Join us this month in welcoming Sandy Eichorst to our salon. Sandy, formerly of Claude Thomas Salon, will be joining our team as our very own esthetician. Sandy will be offering facials, Swedish and relaxing massages, waxing and makeup.

Hair Extensions are one of the salon's specialties. The single strand bonding technique will enable you to have the hair of your dreams in one visit. Longer, curlier or straighter, we can do it!

Specials

This month, Vicki is offering a **complimentary extension consultation**. And Sandy is offering **10 percent off any facial**.



Sandy Eichorst

In the Spa Light Salon has great employment opportunities. We're looking for a daytime receptionist with a friendly attitude and computer and sales skills. Also, we are now hiring an experienced licensed cosmetologist and an esthetician. Call 847-381-3688 or stop in today to apply and receive more information.

Jingle Bells, Jingle Bells...

Carlisle customers will be dashing to Leslie Roberts' for the **July Early Bird Holiday Show** that runs **July 9 to 23!** **Carlisle** has once again honored Leslie Roberts by giving her the opportunity to preview their fabulous winter and holiday collection to her valued customers. It's never too early to get a jump on the holidays, and Leslie's customers will also enjoy the relaxing and personal shopping experience she provides in her Barrington home.

The Fall 2001 Collection will also return at that time. The "ooo's" and "aaah's" that filled the air during the May Early Bird Fall Show confirmed the fact that it is one of **Carlisle's** best collections so far. Whether you need a classic business suit, business casual, traveling pants or just something fun and frivolous, this collection has it all!

As an experienced fashion consultant, Leslie gives her clients more than fashion.



Leslie Roberts, Carlisle Consultant

She helps them choose the clothes that fit their lifestyle, flatter their figure and make them feel great. Her new clients soon become avid **Carlisle** fans when they realize they are reaching for the **Carlisle** pieces in their closets time and again.

Come and see what the fuss is all about. The Early Bird Holiday Show runs from July 9 through 23. Call Leslie today for an appointment at 847-381-4959.

Watch for Us in the July 4th Parade

Barrington Community Child Care Center, located at 560 Carl Avenue in Barrington, (One block west of Burger King), is a private center serving children six weeks to six years. Our facility offers oversized classrooms and an environment that meets the needs of young children.

Barrington Community Child Care Center offers year round structured activities and care. Each day is planned around weekly themes to include developmentally age-appropriate activities involving areas such as creative play, music, science, reading readiness, special guests and field trips. Our activities pro-

mote self-esteem, independence and cognitive growth. Individual needs and the child's unique ways of learning are presented in the classroom environment.

Barrington Community Child Care Center provides nutritious snacks and a hot catered lunch every day. Special enrichment programs are offered, such as "Computer Tots," Family events and children's programs.

Registration is now being accepted for all age groups! Stop by and see what we're all about.

Join us for our "Endless Summer Camp". Come join the fun!

\$100 each or by sponsoring the beverage cart.

As a sponsor, the company or individual's name will be publicized and highly visible to northwest suburban business persons and citizens.

All proceeds from the golf outing benefit Shelter's community-based child welfare services for abused and neglected children and adolescents, ages birth through 17. For more than 25 years, Shelter, a licensed nonprofit child welfare agency, has led responses to the problems of child mistreatment in the North-

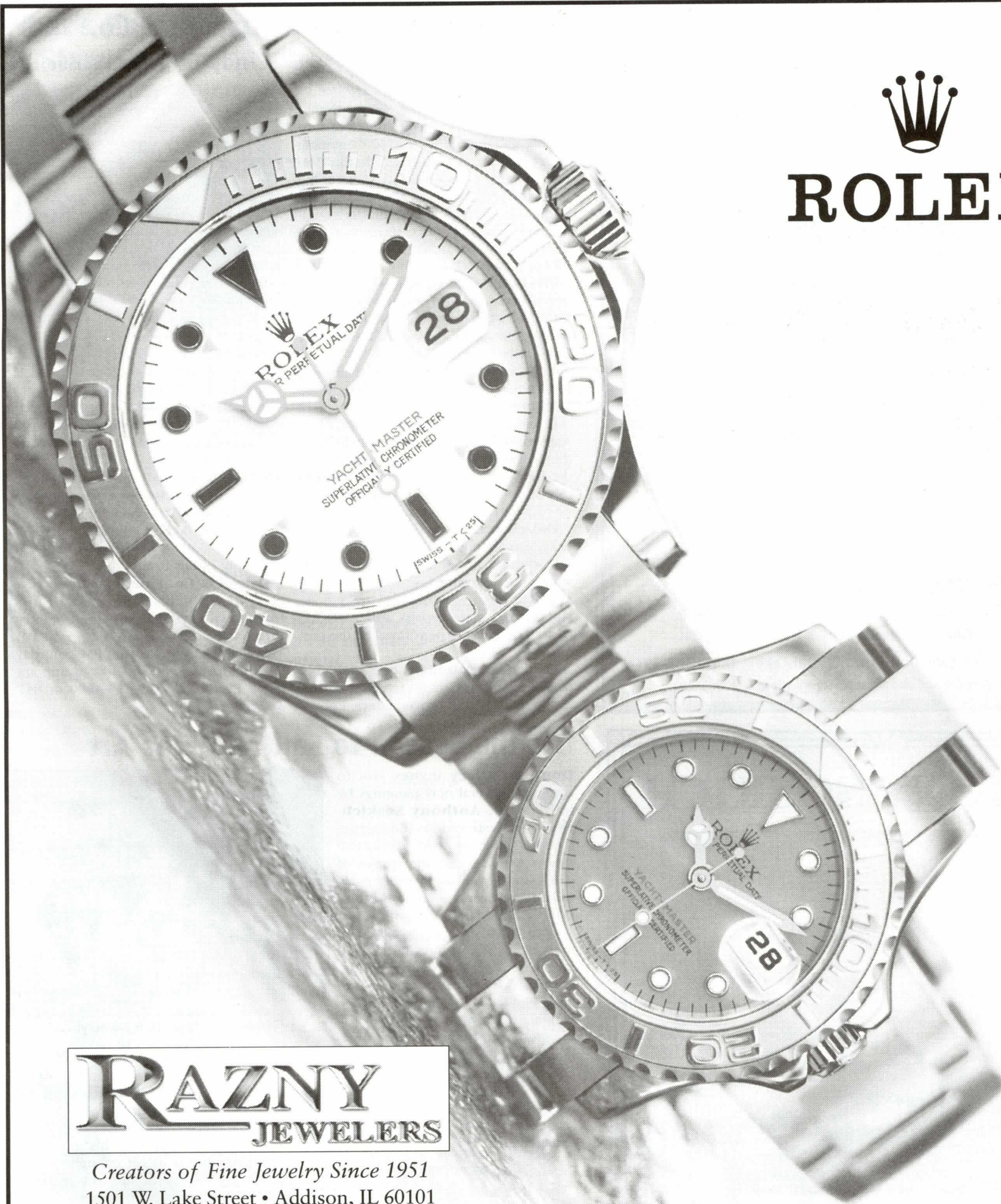
west Suburbs.

Shelter's mission is to help and protect children and adolescents who are abused, neglected, dependent or in need of supervision. The agency provides emergency and temporary care and housing, 24 hours a day, 365 days a year, in a five-county service area through foster homes and three professionally staffed group homes. Shelter also prevents the abuse and neglect of children through the northwest suburbs' first Healthy Families Program.

For information and reservations, call Shelter Inc. at 847-590-6188.



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Hours: Monday, Tuesday, Wednesday, Friday 9:30 to 7:00 • Thursday 9:30 to 8:00 • Saturday 9:30 to 5:00

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Seamaster GMT
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Water-resistant to 300m/1000ft.



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Dalzell & Co. Fine & Antique Jewelry proudly introduces the OMEGA line of fine watches. Among them...

The OMEGA Seamaster: more than a watch, a modern legend! Precision, sturdiness, endurance: since 1932, beginning with OMEGA's first diver watch, the "Marine," OMEGA has shared in some of the most thrilling moments in the conquest of the sea. On land, the Seamaster's combination of cutting-edge technology and handsome looks make it the choice of Pierce Brosnan.

The OMEGA Constellation: at the peak of precision and design since 1952. A tradition of classically elegant looks and accurate timekeeping that makes it Cindy Crawford's choice.

At Dalzell & Co., you'll find at your service three Graduate Gemologists, three Designers and three Graduate Jewelers of the renowned Gemological Institute of America (GIA). These professionals have the education and expertise to advise you through every step of your selection and to assist you with custom jewelry designed to your specifications.

Dalzell & Co. is a full-service jewelry store also offering McHenry County's largest selection of Waterford® Crystal giftware and stemware (gift registry service available), fine watches, and antique estate pieces. Jewelry repairs, appraisals and custom designs are performed on the premises.

In addition, Dalzell & Co. is a member of The American Gem Society—an organization dedicated to proven ethics, knowl-

Cindy Crawford's Choice



Constellation
18K gold and steel.
Diamond-set bezel. Mother-of-pearl dial.

edge and consumer protection. Membership is only awarded to selected jewelers who possess proven gemological knowledge and the highest ethical standards. It is your assurance of the reliability and capability of this firm.

Dalzell & Co. Fine & Antique Jewelry, 23 N. Williams Street in Historic Downtown Crystal Lake. Open Monday through Friday, 9:30 AM to 5:30 PM; Thursday, 9:30 AM to 8:00 PM; Saturday, 9:30 AM to 4:00 PM; and also by appointment. Please call 815-455-3600 or 847-382-3944.

ANTHONY SOSKICH



The Heel

20 x 24 oil

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'Tis the Season to Sail into Fine Art

Dunton Gallery invites you to come see several new paintings by local artist, **Anthony Sосkich**, which celebrate various summer activities. There are three distinctive pieces which honor the glories of gardening as well as two very lively sailing scenes and one riotously colorful hot air ballooning study.

Born in Austria, Tony has lived most of his life in the Chicagoland area where, since an early age, he has continued to develop his love of art. A graduate of North Park College with a major in fine arts, Tony casts a wide net to find ever more challenging subjects for his considerable talents. Whether working on canvas, board or paper using either oils or acrylics, Tony relishes painting florals, landscapes, seascapes, golf courses and wildlife. It is no exaggeration to say that he does the most



Flights of Fancy, 30 x 34 acrylic.

remarkably beautiful renderings of flowers, such as those depicted in his oil entitled *Purity* which is best seen in person to be fully appreciated.

Now retired, Tony keeps himself quite busy spending time with his grandchildren, trying to get enough time to enjoy his lake home with his wife, Jo, and, of course, painting for the gallery and doing numerous commissions.

Dunton Gallery is located at 18 S. Evergreen Ave. at the Dunton Avenue end of the Evergreen Center in downtown Arlington Heights. It is open Tuesday through Saturday, primarily 11 a.m. to 5 p.m. We invite you to visit us in person or on the web at www.duntongallery.com. Feel free to call us at 847-818-0694 for appointments or to schedule on-site art consultations.



Purity (White Roses), 24 x 30 oil.

What's Happening at Starr Couture

Most customers are referrals from a friend or a relative. However, we do get customers every day who have been meaning to come in for a long time and then finally do. As I talk with them, I find out about some misconceptions about our store. So let me tell you about us.

We are a full service store, focusing on our customers' needs, their lifestyles and building on the relationship and trust between us. We encourage an appointment for the customers benefit. It allows us to focus on them only, one on one, so they can have our undivided attention. We don't just sell you an outfit, we create a unique look for you that reflects who you are. Most women have a closet full of clothes and nothing to wear! We help you plan your purchases wisely, eliminating costly mistakes. We create a versatile, functional wardrobe that could take you from day into evening, whether it's for casual, social, business or travel, and fully accessorized. We have inventory from sportswear to one-of-a-kind ball gowns, and our sizes range from two to 18. I travel to Europe several times a year, mostly Paris and Milan. I focus on bringing unique looks not found in other stores with superior fabrics, workmanship and value. If you've been meaning to come in, I am personally inviting you to stop by and say "hello." We would love to tell you more about us and the services we provide, leaving all of your worries and concerns to us. We can solve your wardrobe problems. And imagine the compliments you will receive. Our store is truly a "shopping spa". So relax and let us pamper you. We look forward to seeing you soon.

—Starr



Starr Kondos, Owner

Chers Amis...

Summer was long getting to our area, but it is now in full swing. What this means at **D & J Bistro** is lots of things, such as light wine offerings, summer food and drinks preparations, local produce, eating out on the sidewalk café and the celebration of Bastille Day on July 14.

Since **D & J** also caters to the young and not so young, be it known that our non-alcoholic beverages go beyond the common "pop": unsweetened blackberry-sage ice tea, French sparkling pink *limonade*, sparkling apple cider from Normandy, Sprecher root beer from Wis-

consin, Orangina, Perrier, Evian, San Pellegrino, virgin fresh mango margarita and, a new one for this summer, home brewed Jamaica Hibiscus Flower Ice Tea. It's an absolutely delicious beverage, all natural, with very little sugar.

And, as a last note, I want to thank all 120 participants in our eighth annual Wheels and Meal that took place on June 10. It was a great success with a turnout of 56 beautiful cars.

—Merci de votre attention,
Dominique

Home Accessory Store in Arlington Heights



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

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

Callalily Fine Home Accessories is located at 10 S. Dryden in Arlington Hts. in the Arlington Market. From Rte. 14, approximately ½ mile east of Arlington Heights Rd., turn north on Dryden St. and go one block. Call **847-255-2500**.

STARR COUTURE



111 North Cook Street • Barrington, IL 60010 • 847.382.2500

Hours: Monday-Saturday 10 a.m. to 6 p.m. • Evenings by Appointment



D & J Bistro

The Original Chicagoland Bistro

EST. 1987
"Where Things Are Happening"

Summer Is Here...

Refreshing Drinks, Lighter Food

Saturday, July 14
Celebrate "Bastille Day"

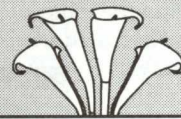
Our July "True Bistro Dish"—"OSSO BUCO"

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Lake Zurich, IL 60047

(847) 438-8001



Our Provence Room
Seats Up To 50 People



Callalily

Fine Home Accessories



10 S. Dryden, Arlington Heights
in the Arlington Market

10-5 Monday-Friday, 10-4 Saturday 847.255.2500

Happenings!

in the area

Local Panhellenic Awards \$10,000 in Scholarships



Rebecca Long (right) with her mother, Linda, of South Barrington.

The Chicago Northwest Suburban Alumnae Panhellenic has awarded \$10,000 in scholarships to five outstanding young women from the northwest suburbs. The recipients were recently honored at a gala banquet held at Wynstone Country Club in Barrington. The many activities and accomplishments of the award winners were highlighted at the event. Ruth Kern, Sigma Kappa and also of Barrington, was the guest speaker for the evening with a presentation on "21st Century Manners and Etiquette."

Among the scholarship winners receiving a scholarship for \$2,000 was Rebecca Lynn Long. Rebecca, a senior at Barrington High school, will attend either the University of Virginia or University of Michigan in the fall. Rebecca is second in her class of 548, with a grade point average of 4.6. Her many activities include Tennis, Orchesis, French club, Model UN and Student Council. She won numerous dance awards, scholarships and academic awards and is an AP Scholar, a National Merit Quarter finalist and in the National Honor Society.

Yvonne McKee, President of CNWSAP, announced that this is the largest amount of money ever awarded in the Panhellenic Scholarship Program due to a very successful fundraising effort over the last two years. An annual book sale and au-

thor signing has been held during the fall season at Medinah Country Club. Teresa Krueger, Zeta Tau Alpha and also of Barrington, will be chairing this year's event on November 2 at Rolling Green Country Club in Prospect Heights.

For further information on the scholarship program and the up and coming fall fundraising event, call 847-287-9207.



Ruth Kern, Banquet Speaker.

Good Shepherd Manor Luncheon

The Barrington Area Council on Aging, Inc., and Good Shepherd Manor have announced plans to expand the Thursday Lunch Program at the Manor with a "Senior Social" immediately following lunch. The Senior Social will be a little bit about a lot of things: memories and movies, family and friends, news (old and new), education and information and just an informal exchange on topics of interest to

seniors.

All Barrington area seniors are welcome to join the residents of the Manor for lunch on Thursday and to stay for the Senior Social. Lunch is served at noon for a suggested donation of \$2.50 with no additional charge for the program.

Please phone BACOA at 381-5030 to make a reservation.

Over 400 Guests Attend 13th Annual Shining Star Ball

Crate and Barrel was the recipient of the Shining Star Award at the 13th Annual Shining Star Ball held Friday, April 20, 2001, at the Ritz Carlton Hotel, Chicago. This was an event of Clearbrook and WGN-TV Children's Charities, a fund of the Robert R. McCormick Tribune Foundation.

The Shining Star Award is presented to an individual or corporation who has made a significant contribution to advance the interests of those who are physically or developmentally challenged. "It has been an exceptional experience to partner with Clearbrook and their clients," said Gordon Segal, Crate and Barrel founder. "I feel you get a lot more from doing and giving than you do from getting. This is truly an honor."

Over 400 guests attended the black tie gala co-chaired by Mrs. Andrew J. McKenna and Mr. Robert D. Jaffee. Prizes included a Super Bowl Weekend Package and trips to Brussels, Maui, Paris and Rome as well as other fabulous destinations. Air transportation was generously provided by American Airlines, the exclusive carrier of the Shining Star Ball. A live auction was also featured and conducted by WGN Radio's Kathy O'Malley. Prizes included an all-new 2002 Ford Explorer Limited, proudly donated by Ford Motor Company, and other exciting prizes.

Proceeds from the event support Clearbrook's Clinical Services and the CHILD program along with other programs that serve children through WGN-TV Children's Charities. Clinical Services provides physical, occupational and speech therapy as well as social and psychological services to developmentally challenged children and adults. The CHILD Program offers early intervention services for children from infant to age three.

The Shining Star Ball Vice Chairmen included: Mrs. William J. Brodsky, Highland Park; Ms. Merri Dee, Chicago; Mrs. William J. Devers, Jr., Winnetka; Mrs. Steven Don, Highland Park; Mrs. M. Norton Flanagan, Elgin; Mrs. Neil F. Hartigan, Chicago; Mrs. Adam Hoeflich, Glencoe;



Mr. Bob Hanson and daughter, Erica, both of Barrington.

Mrs. Richard M. Jaffee, Chicago; Mrs. Robert D. Jaffee, Winnetka; Mrs. Edward L. Kaplan, Highland Park; Mrs. Jack L. Karp, Winnetka; Mrs. Richard A. Kent, Winnetka; Mrs. Scott N. Lundal, Schaumburg; Mrs. Michael B. McCaskey, Winnetka; Mrs. Anthony McGuire, Chicago; Mrs. Harvey N. Medvin, Northbrook; Mrs. Albert R. Miller, Hinsdale; Mrs. David H. Moscow, Chicago; Mrs. Richard L. O'Connell, Delavan, WI; Mrs. Stuart L. Olin, Arlington Heights; Mrs. E. Vachel Pennebaker, Barrington Hills; Mrs. Theodore F. Perlman, Northfield; Mrs. Michael G. Pirron, Prospect Heights; Mrs. David P. Riley, South Barrington; Mrs. Eugene I. Ross, Highland Park; Mrs. Charles W. Ruth, Huntley; Mrs. Gregory Scurto, South Barrington; Mrs. Russell Scurto, Jr., South Barrington; Mrs. Gordon I. Segal, Winnetka; Mr. John Vitanovec, Winnetka; Mrs. Richard Ziehm, Palatine; and Mrs. Gilbert N. Zitin, Chicago.

For further information on this event, please call Donna Jonas at 847-870-2233, ext. 261.

Celebrity Classic Golf Outing

Playing spots at \$1,000 each are available for Lifelink's 7th Annual Celebrity Classic "Jay and Keith Golf for Kids" on Monday, August 20, at Knollwood Club in Lake Forest. During the past six years, with the help of presenting sponsor American Airlines and other corporate sponsors, the Celebrity Classic has raised more than \$250,000 for at-risk children served through Lifelink's adoption, foster-care and Head Start programs.

The event is co-hosted by Jay Hilgenberg, retired all-pro Chicago Bears offensive lineman, and Keith Magnuson, retired all-pro Chicago Blackhawks defenseman and coach.

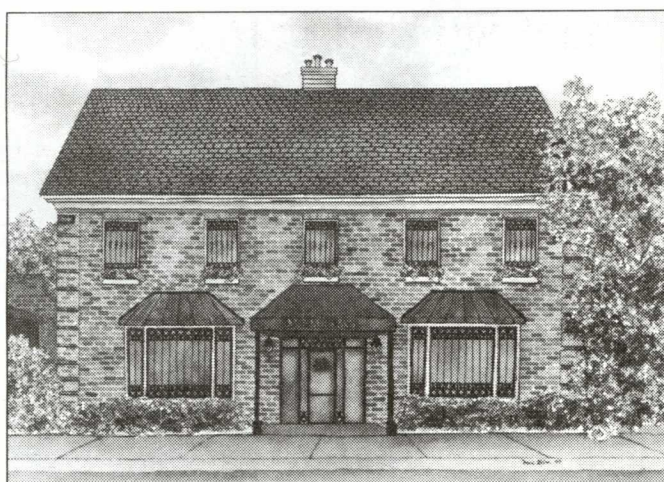
Registration will start at 9 AM, followed by a golf clinic and lunch. There will be a shotgun start at 12:30 PM, followed by cocktails, dinner and live and silent auctions at the clubhouse.

Individual amateurs will be assigned to foursomes and accompanied by a celebrity captain for 18 holes. Past celebrity captains have included Jay Hilgenberg, Keith Magnuson, Jay Levine, Kim Osborne, Tom Waddle, Otis Wilson, Richard Dent, Jim McMahon, Michael Jordan, Chi Chi Rodriguez, Mike Ditka, Tim Weigle and Spike O'Dell.

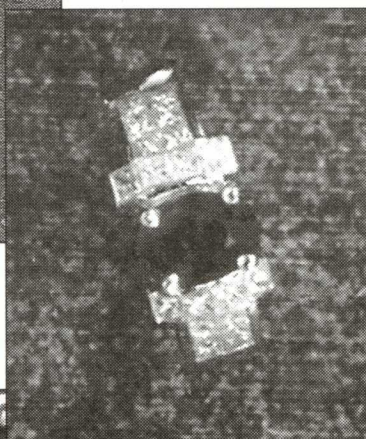
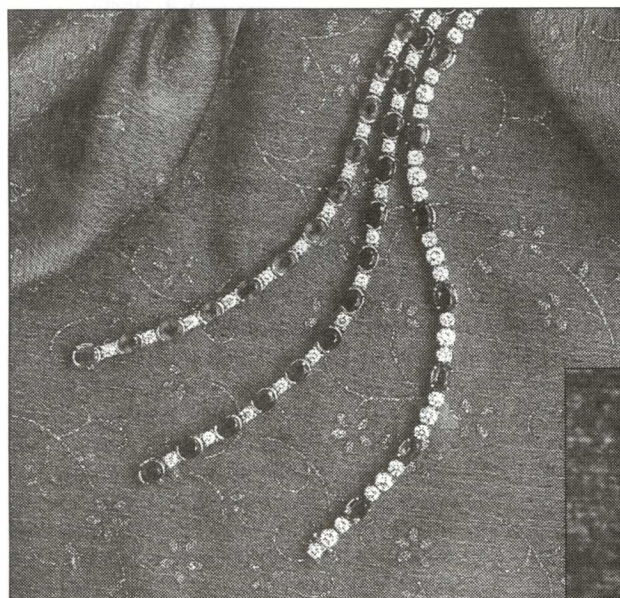
Special guest and PGA Hall of Famer Billy Casper will be on hand to provide a golf clinic and spend the day with golfers. Casper's achievements on the golf course have not surpassed those in his personal life, where he and his wife have made a commitment to helping children in need as adoptive and foster parents.

For more information or to reserve a playing spot(s) for you or your organization, please call the public relations office at 630-521-8050.

**Red, White & Blue—
Have We Got a Sale for You!**



M.J. Miller and Company is Barrington's full service family jewelry store. Having recently celebrated their one year anniversary at their new store located at 123 West Main Street in the heart of downtown Barrington, **M.J. Miller & Co.** is celebrating the Fourth of July with a **50% off sale** on selected in-stock items. The sale is on now and will run through Wednesday, July 4. Bring the family downtown for the parade and festivities, and come in for a visit and grab a beverage. The jewelry store will be open on the morning of the Fourth of July until noon. The Miller's are offering fantastic savings as well as a fun event for the entire family. Water and soda will be available, and the staff will be on hand with their families to celebrate with you.



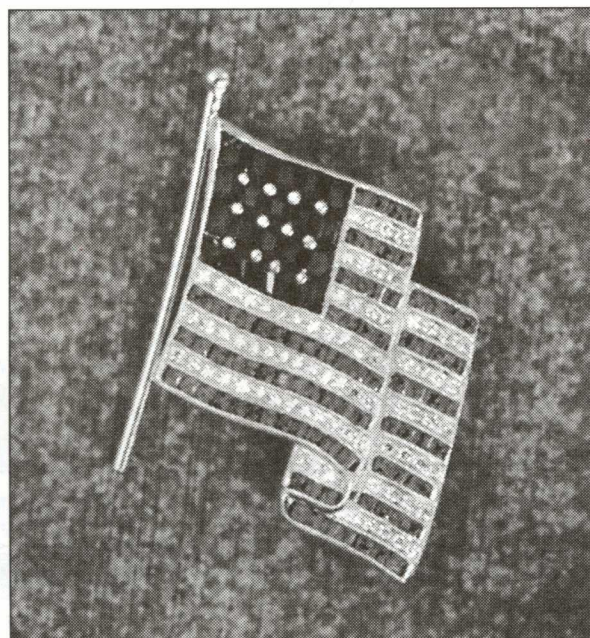
**Happy
Fourth of July!**

M.J. Miller & Co.

PRESENTS THE

*"Red, White & Blue,
Have We Got a Sale for You!"*

HOLIDAY SALE



50% OFF

Select In-Stock Items

**We will be open for business
July 2nd and 3rd, as well as
the morning of the 4th!**

**Come and join us
for the Parade!**

Bring the Family!

FREE Soda & Water!

M.J. Miller & Co.

123 W. Main Street • Barrington, IL 60010

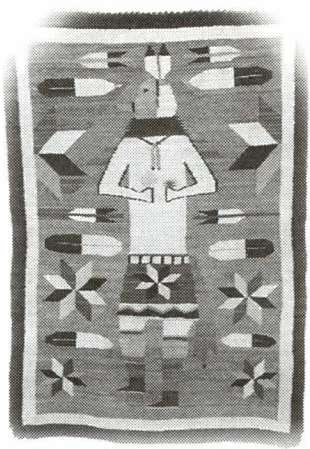
847-381-7900

Hours: Mon.-Fri. 9:30-6, Thurs. till 8, Sat. 9-5

www.mjmillersjewelers.com



River Trading Post



ARTS OF NATIVE AMERICA

314 N. River St. ♦ East Dundee, IL 60118 ♦ 847-426-6901

Hours:

Tuesday through Saturday, 11 am – 5 pm
Sundays: May – September, Noon – 4 pm

www.rivertradingpost.com

River Trading Post Partners with American Indian College Fund

Native American colleges have been called “under-funded miracles” and “economic lifelines” for U.S. Indian reservations.

There are 32 tribal colleges, all founded by Indians to fight high rates of poverty, educational failure and cultural loss. These colleges created the nonprofit **American Indian College Fund** to raise desperately needed scholarship, endowment and operating monies.

River Trading Post has joined with the **American Indian College Fund** by offering a special AICH series of American Indian trade blankets, also known as Robes, as well as a line of gifts designed to support the college fund. A major portion of these sales goes directly to the college fund.

The Indian trade blanket first came to be known by that name when it was introduced as a type of currency during the fur trade in the late 17th century. Today, the American Indian trade blanket is a functional item that has many uses and purposes as well as being a truly beautiful piece of artwork that increases in value over time.

Renowned Native American artists designed the Pendleton Indian trade blankets at **River Trading Post**. They include United States Senator Ben Nighthorse Campbell (Northern Cheyenne) and Wendy Ponca (Osage). Ponca has won seven first place awards at the Santa Fe Indian Market. Her work is a part of permanent museum collections throughout the nation.

“We’re delighted with this partnership,” says gallery owner Joe Zeller. “Our customers receive a great work of art, and the American Indian kids get desperately needed help. Everybody wins.”



Wendy Ponca, Osage
Wah-sha-she Robe

Haeger's Annual Tent Sale and 130th Anniversary

Visit the salesroom to see the 2001 collection of **Royal Haeger**! This year's new collection is a unique line combining artware with a series of watercolor paintings in a classic tradition that blends science and art with graceful renderings of familiar flowers. Desert sunset, gold stone, sisal, circa 1900 in salt glaze are all new for 2001. Exclusive collectibles by **Haeger** are created in dimensional stone, and each piece is an unforgettable moment of life.

The **Annual Tent Sale** is now on through July 29 in Dundee. Tent Sale hours are Monday through Friday, 10 a.m. to 6 p.m., and Saturday and Sunday, 11 a.m. to 5 p.m. Come and see the largest variety of ceramic accessories in the Chicagoland area at a savings of **20 to 50% off Haeger's** everyday low factory-direct prices. It's quality and value that must be seen to be appreciated. Discover the fantastic values throughout the 18,000-

square-foot sales area in the tent. See stunning dried and silk flowers. Select your favorite **Haeger** containers to personalize a custom flower arrangement for home or office. Or, choose a ready-made arrangement. You can choose **Haeger** art pieces as well as lamps and shades that will complement your home decor, all at a great savings of **20 to 50% off** while quantities last. This is the 30th year that **Haeger** has pitched the tent for their **Annual Tent Sale**. As you enter, you will be impressed by the colors, sizes, shapes and glazes. Exceptional everyday values on **Haeger** ceramics, vases, urns, bowls, sculptures, planters, candlelights, stoneware, stonegarden decor and red clay pots.

Haeger also invites you to share in the richness of their heritage with a visit to the **Haeger Museum**. **Haeger** quality has been accepted worldwide as the standard by which other pottery is judged.

Lake Zurich Garden Club July Meeting

The monthly meeting of the Garden Club of Lake Zurich will be held Tuesday, July 3, 2001. This will be a working session at the Ela Area Public Library at 6:30 p.m. Members will clean and prune the gardens and assess those plants that may be moved to the new library site. The garden club maintains these gardens as an ongoing service project.

The Garden Club consists of men and

women who are interested in all aspects of gardening. Regular meetings are usually held at the Foglia YMCA on Old McHenry Road at 7:30 p.m.

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

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

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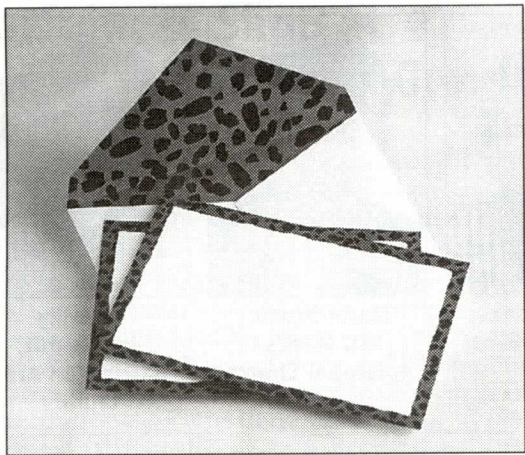
TENT SALE HOURS:
MON.-FRI. 10AM - 6PM
SAT. & SUN. 11AM - 5PM

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Everything in Personalized Stationary

Little Shop of Papers, in the Barrington Foundry has your personalized stationary needs covered! Whether it's a sophisticated monogrammed social note or a notecard with your student's college colors, the **Little Shop** can show you all the possibilities. The shelves in the shop are stocked-full of everything from notes and foldovers to cards and sheets—in every color and style imaginable.

Come take a look at the new selections from Crane's!



Explore the Possibilities

Come to your senses at **Eminent Domain**. Breathe in the scent of sandalwood amid the hand-carved antique architectural columns and stick box trunk. Reach out and touch the luxurious Italian chenille throws and embroidered silk pillows. Let your eyes wander the continents and cultures reflected in new unique items hand-crafted by individual artisans.

Come to create that special table setting from **Eminent Domain**. With summer's relaxed attitude in full swing, impromptu and causal entertaining rule. You want the simplest repast to feel festive. Presentation is everything! Take the garden theme to the table with our flower pot salad bowl, garden tool servers, watering can creamer and much more. How about casual but sophisticated canoe or boat serving pieces with paddle servers? Brighten your table with fresh flowers in a surprising new

container with coordinating scented candles.

Come to explore the possibilities at **Eminent Domain**. Your home should reflect your own unique individual taste. We have many dinnerware lines that you can customize to create your own distinctive statement. We also offer a wide range of stemware, flatware, serving pieces and linens to complete that special table.

Come to **Eminent Domain** when you don't really know what you want. Walk out with our new colorful stemware and barware with trays for easy transport or the new ice and beverage buckets in varied sizes as per customer requests. We have a wide range of hostess gifts and are happy to help you select and then wrap.

Come to **Eminent Domain**. Trust your impulses!

—Melanie Benitone Neal, Owner

Select a Beautiful Lamp from O'Reilly's

Looking for just the right accessory for your home? **O'Reilly's Stained Glass** may have just what you are looking for.

Be sure to peruse the Fenton collection of lamps and vases. The Peggy Karr collection is also exceptional.

Looking for an accent lamp? Through July, **O'Reilly's Stained Glass** is having a lamp sale. **Save 20%!**

O'Reilly's Stained Glass is located on Williams Street in historic downtown Crystal Lake.



Fashion Show and Luncheon to Benefit Charities

Autumn in Deer Park Fashion Show and Luncheon is scheduled for Thursday, August 9, at The Concorde Banquets in Kildeer, starting at 11 a.m. This professionally produced show will feature fashions from select Deer Park Town Center stores. Proceeds from the \$40 charge will benefit the Barrington Career Center and the Volunteer Center of Greater Barrington. Reservations can be made by mailing a check to: Autumn in Deer Park, P.O. Box 450, Barrington, IL, 60011. For information, call 847-622-4FUN.

Fox Valley area resident, radio personality and marketing expert Betty Brown will be emceeing the event with fashions modeled by local residents including: Dave Nelson, Cuba Township Supervisor;

Linda Starkey, Village President of North Barrington; and JoAnn Endorf, Barrington Area United Way Executive Director.

Fun happenings at this event will include: free door prizes, a ballroom dancing segment in the show and goodie bags for all attendees.

The Volunteer Center of Greater Barrington's goal is to connect people wanting to volunteer with agencies and programs looking for help. In addition to working with individual volunteers, collaboration with corporations, service groups, churches and school organizations allows The Volunteer Center of Greater Barrington to meet their mission of building community through volunteerism.

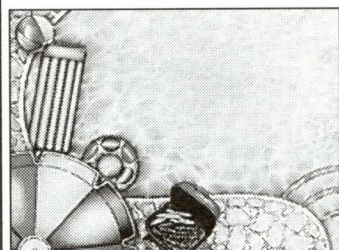
The Barrington Career Center is a vol-

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Pizza Party • Barbecue • Ravinia Party

Ravinia Party • Pool Party • Picnic

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Lower Level Now Open!

Pabst Mansion Tour in Milwaukee

Barrington Area Council on Aging, Inc., and the Barrington Park District are cosponsoring a trip to Milwaukee on Wednesday, July 18, to tour beer baron Captain Frederick Pabst's Mansion. The Flemish Renaissance mansion was built in 1892 and features elaborate ironwork and ornamental glass.

After the tour, enjoy lunch at one of Milwaukee's favorite restaurants—Mader's.

Following lunch, experience a scenic tour of the Milwaukee River and Lake Michigan on a private charter boat.

Transportation will be via motorcoach bus, which will leave Langendorf Park at 8:30 a.m. and return at approximately 5:00 p.m. The cost is \$48 and includes transportation, lunch and both tours. Call BACOA at 381-5030 or the Barrington Park District at 381-0687 for your reservation.

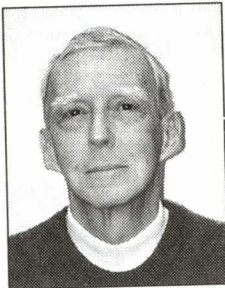
unteer driven, nonprofit organization dedicated to helping people help themselves as they develop job search strategies and skills and conduct an effective job search brought on by unemployment, career transition, reentry to the work force or first

time employment. The Barrington Career Center's goal is to prepare clients to pursue rewarding employment in today's highly competitive and ever changing marketplace.

BACOA Honors Senior Citizens for Dedicated Service



Carol Abrahamson,
Advocate Good
Shepherd Hospital-
Volunteer Services



Bradford Allen,
Citizens for
Conservation



Norma Behrend,
Greater North
Barrington Area
Association



Anne T. Brooks,
Good Shepherd
Manor



Marie Bruno,
St. Mark's
Episcopal Church



**Dorothy
Engelhardt,**
Barrington Area
Library



Liz Fjortost,
PADS



Dorothy Lange,
Senior Citizens
of the
Barrington Area



Diane Mason,
School Volunteers
of School
District 220



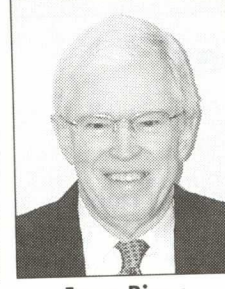
Jeanette Muench,
CWU of the
Barrington Area &
Lyric Opera Guild
Barrington Chapter



Sam Oliver,
HNI & Volunteer
Center of Greater
Barrington



Marj Picard,
Sybaquay Girl
Scout Council



Jerry Piper,
Rotary
Breakfast Club



Esther Schultz,
Advocate Good
Shepherd Hospital-
Auxiliary



Faith Semla,
Barrington
Youth Services

Fifteen community-minded senior citizens were honored on May 16 when Barrington Area Council on Aging held its annual Hall of Fame recognition tea. The event took place from 1 to 3 PM at The Barrington Area Library to recognize outstanding Barrington area seniors nominated by local service organizations for their many years of service to the community. This year's honorees are:

• **Carol Abrahamson**—A 35-year resident of Barrington, Carol Abrahamson was nominated by Good Shepherd Hospital Volunteer Services. For 20 years, she has volunteered at the hospital auxiliary's Catchpenny Resale Shop as well as in the hospital. She is a regular volunteer in the food tent for the annual fundraiser, Art in the Barn. Her volunteer hours for Good Shepherd Hospital total over 7,100. She also was one of the organizers of Meals on Wheels in Barrington 25 years ago.

• **Bradford Allen**—A private investor by profession, Bradford Allen has lived in Barrington 26 years. He was nominated to the Hall of Fame by Citizens for Conservation where he is a member of the board of directors. An avid runner, he was CFC's representative to the committee that co-ordinated the Village of North Barrington's first annual Run Through the Woods last fall. He often works with area scouting troops and other youth to make, install and monitor bluebird and wood duck nesting box trails.

• **Norma Behrend**—A retired school teacher and 40-year resident of North Barrington, Norma Behrend was nominated by the Greater North Barrington Area Association, Inc., (of which she currently is vice president), for her many years of service and great dedication to maintaining a semirural quality of life in her area. A Village of North Barrington trustee for 12 years, she is the current clerk for the Village of North Barrington. Behrend was involved in the formation of the Solid Waste Agency of Lake County and served on its first board. Her leadership also

helped establish the CPR training program at Barrington High School. She is a founder of the Juliette Lowe Society, (endowment fund for Sybaquay Girl Scouts).

• **Anne Brooks**—On behalf of the residents of Good Shepherd Manor in Barrington, Anne Brooks was nominated for her many hours of service to various organizations in the area, including St. Anne Church, BACOA, Hospice and Good Shepherd Manor. On her own, she visits several nursing homes and uses her sewing hobby to provide lap robes and walker bags for residents there and at the Manor. Her latest volunteer effort is working with a group from Village Church of Barrington to make tote bags for their work with troubled youth.

• **Marie Bruno**—Barrington has been home to Marie Bruno for 32 years. For at least the last 20, she spends upwards of 30 hours a week in various ministries for St. Mark's Episcopal Church in Barrington Hills, her nominating group. As a parish chaplain, she ministers to ill and homebound parishioners, taking them communion, prayers, flowers and companionship. Weekly, she is a parish visitor to St. Joseph's Home in Palatine, where she was a staff member prior to retirement. She also represents St. Mark's as a lay minister at Governor's Park Nursing and Rehabilitation Center.

• **Dorothy Engelhardt**—The Barrington Area Library was the nominating organization for Dorothy Engelhardt, retired bookkeeper and accountant. She has been a strong supporter of the library for 25 years. Following 10 years as the library's senior bookkeeper, she became a volunteer and offers her time as a board member and leader in the Friends of the Barrington Area Library. She is also a delivery person of library materials to patrons who are disabled, temporarily homebound or elderly without transportation. She is also involved in various activities with The Congregational Church of Arlington Heights, and she serves several positions

in Girl Scout leadership.

• **Elizabeth Fjortost**—Formerly a psychiatric nurse, Elizabeth Fjortost is now a part-time on-call chaplain at Good Shepherd Hospital. A Barrington resident for 39 years, she is a charter member of Lutheran Church of the Atonement and was nominated by the PADS organization there. She currently volunteers for the 3 to 7 AM shift in the PADS program for the homeless. Fjortost also leads the church's Stephen Ministry. She is an assisting minister and was the first president of the church's women's organization. Barrington's Lyric Opera chapter also benefits from her expertise on the board and as a spokesperson in the community.

• **Dorothy Lange**—Senior Citizens of Barrington organization nominated Dorothy Lange for her service to the group as recording secretary, corresponding secretary, hospital chairman and hospitality leader. Retired 10 years from insurance claims work, Lange has lived in Barrington since 1951. She is a member of the Auxiliary of Good Shepherd Hospital, where she volunteers with the Luv Ewes sewing group. She also enjoys the library's book review program and is a member of St. Paul's United Church of Christ.

• **Diane Mason**—A retired teacher's aide, Diane Mason is nominated by School Volunteers of District 220 for her work with the group since 1997. Her expertise is in working one-on-one, three mornings a week with high school students in the district's special education classroom. A 26-year resident of the Barrington area, she also gives considerable time at Arlington Countryside Church where she works with teens in a Friday evening fellowship support group. She formerly worked with a teenage mother's group there.

• **Jeanette Muench**—Co-sponsored by Church Women United of the Barrington Area and Lyric Opera Guild, Barrington chapter, Jeanette Muench goes into the Hall of Fame for her many tireless hours devoted to those in need. For 25 years,

she has been involved in the Barrington Giving Day, cochairing this event from her position as chairman of Barrington Salvation Army. A former music teacher, she is the adult education chairman for Barrington Lyric Opera, past president of Church Women United of the Barrington Area and active also with the Daughters of the American Revolution, Friends of William Rainey Harper College, Meals with Wheels, FISH and several garden and landscape organizations.

• **Sam Oliver**—Hospice of Northeastern Illinois and the Volunteer Center of Greater Barrington each had a hand in the nomination of Sam Oliver, 33-year resident of Barrington. Instrumental in the creation of HNI, Oliver has served from volunteer to board president there. For three summers, she has been a counselor at Camp Courage, HNI's bereavement camp for children. She is staff director for Citizens for Conservation, past chairman and current member of the Board of Directors of the American Heart Association of Metropolitan Chicago, and immediate past president and advisor of the Auxiliary of Good Shepherd Hospital. As a committee member for the Auxiliary's Art in the Barn fundraiser for 24 years, she heads up children's art activities at the fine arts festival.

• **Marj Picard**—Sybaquay Council Girl Scouts, Winema Service Unit, nominated Marj Picard, retired Cuba Township employee, to the Hall of Fame for her 15 year commitment to leadership in the Girl Scout program. This mother and grandmother of all boys answered a newspaper ad for Girl Scout leader, thinking it would be fun to work with girls. She has followed her group from Daisy (kindergarten through Brownie, Junior, Cadette and Senior Girl Scouts. Her knowledge and love of sewing has resulted in several sewing related projects with troop members including making tote bags for senior citizens in nursing homes.

(Please continue on page 17)

Thomas Kinkade Touring Museum Visits The Thoughtfulness Shop at The Stone Hill Center in Fox River Grove

The Thomas Kinkade Touring Museum will make an exclusive appearance at **The Thoughtfulness Shop** at The Stone Hill Center, routes 14 and 22 in Fox River Grove. The Touring Museum will be at **The Thoughtfulness Shop** on Friday, July 27, from 4 to 8 p.m.

The Touring Museum is a specially refitted mobile gallery that carries 10 to 12 of Thomas Kinkade's original oil paintings. This is one of the few ways that collectors can view his incredible works of art firsthand.

See some of Thom's award winning, original paintings exactly as they were when he first unveiled them, portraying the luminous and romantic settings that he is known for. *Thomas Kinkade* is America's most celebrated living artist, a painter-communicator whose tranquil, light-infused paintings bring hope and joy to millions each year. Each painting is a quiet messenger in the home, affirming the basic values of family and home, faith in God and the luminous beauty of nature.

A devoted husband and doting father to their four little girls, Kinkade hides the letter "N" in his paintings to pay tribute to his wife, Nanette, and the girls find their names and images in many of his paint-

ings.

Kinkade has received numerous awards for his works. Most recently, he has been named by the National Association of Limited Edition Dealers as Graphic Artist of the Year, and his works have been named Lithograph of the Year for seven years in a row. In 1989, he was the Official Artist for the National Parks Collector's Print and has donated his art to the Veterans of Foreign Wars Christmas program. In 1999, Kinkade became a "Hall of Famer" in *U.S. Art Magazine*.

Please accept this invitation to hear about Thom, see why he is called the "Painter of Light" and join us for an evening reception—featuring our gourmet food and many wonderful treats—while viewing his awe-inspiring paintings. Prizes and special purchases for that day only will make for a memorable evening at **The Thoughtfulness Shop** in Fox River Grove.

For more information, please call **847-695-5656**.

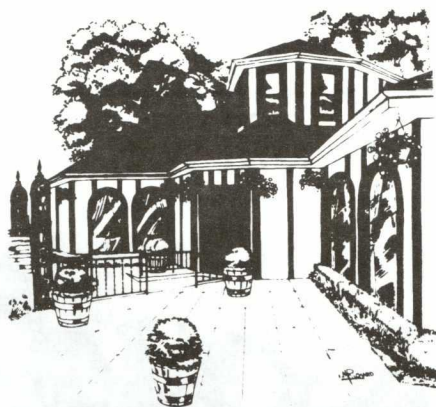
Don't forget! Important! Mark your calendars, July 27, 4 to 8 p.m., *Thomas Kinkade Touring Museum*.

—See you soon!
Ken and Ceal

Dear Friends,

During July, **Le Vichyssois** has several events planned. On Friday, July 6, Bouillabaisse. Come and dream of Provence. Thursday, July 12, through Sunday, July 15, Bastille Week. Dream of the French Revolution. On Thursday, July 26, Greg Norman Wine Estate Dinner. Dream of The Shark and golf. Please join us for a truly French feast on these days. Call for reservations at **815-385-8221**.

—Bon Appetit!
Bernard



Café Salsa, A Culinary Hot Spot

The warmth flows within this stylish eatery as cozy booths are offered for romantic dining. An art deco inspired main dining area assists in bringing the atmosphere to life.

At **Café Salsa** you will enter into a tropical setting enhanced by contemporary southwest decor. Palm trees and pastels create a relaxed feel, and the adobe style fireplace will warm anyone's spirits.

Chef Walter Luppo has created a cuisine that is one of a kind, a fine southwestern fare touched by exotic flavors of the Caribbean and Mediterranean. Fresh and vibrant flavors with a zesty appeal are offered in entrees such as macadamia nut encrusted grouper with a mango lychee

salsa. Though meals tend to be generous, don't forget dessert. A sweet ending of a tropical fruit taco drizzled with exotic sauces and a chocolate mousse surprise is a sure hit.

A vast bar offers menu samplings and sippings. Experience culinary talents at their best: Tuesday through Thursday 5:30 to 9:30 p.m.; Friday and Saturday 5:30 to 10:00 p.m. Reservations recommended.

Dine outside on our patio this summer, and enjoy live entertainment. Call for our entertainment schedule.

Call about **Café Salsa's** new and creative catering menus, from corporate luncheons to theme parties.

Ultimate Smoothies

Come in out of the summer heat and join us for a taste test. On Wednesday, July 11, at 7 p.m., Barnes & Noble in Crystal Lake will have a variety of smoothies for you to sample. We will be highlighting the book *Ultimate Smoothies* by Donna Pliner

Rodnitzky. There will be a variety of other cookbooks available to help you cool off this summer.

Barnes & Noble is located at 5380 Northwest Highway in Crystal Lake. For more information, call 815-444-0824.

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The deadline for the **August Issue**
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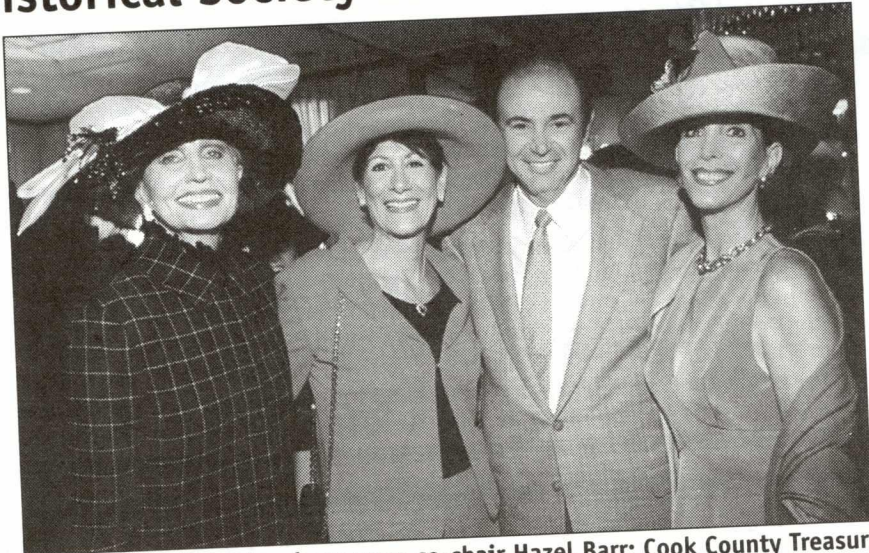
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Spring Luncheon Benefits The Chicago Historical Society Costume Center



Attending the spring luncheon were co-chair Hazel Barr; Cook County Treasurer Maria Pappas; interior designer John Regas; and Susan Gohl of Barrington.

On Tuesday, May 15, socialite and author Nan Kempner was the featured speaker at the spring luncheon, "La Fete du Chapeau," to benefit the Hope B. McCormick Costume Center at the Chicago Historical Society. The luncheon, co-chaired by Hazel Barr and Bunky Cushing, was held at The Casino, 195 East Delaware Place in Chicago.

Nan Kempner is renowned as an entertainer, hostess, author and philanthropist. She is a woman of great style, with a love of couture that has put her on more "best dressed" lists than anyone can count. She has contributed to both *Harper's Bazaar* and *French Vogue*. Yet, for all her poise and elegance, she is also beloved for her hilarious self-deprecating wit. Kempner recently wrote her first book, *R.S.V.P.*, in which she not only revealed her entertaining secrets but those of her friends, among which are Lynn Wyatt and Oscar and Annette De La Renta. In addition to her many interests, Kempner claims two additional passions—investment banker husband Thomas Kempner and her charity work. Her entertaining and book royalties both benefit the Society for Memorial Sloan-Kettering Cancer Research.

"La Fete du Chapeau" was the second in a series of luncheons which included a lecture to cover a different aspect of costume each year. For this spring luncheon, co-chairs Hazel Barr and Bunky Cushing chose hats as the theme. Guests were encouraged to celebrate and wear glorious

spring and summer hats to the luncheon. The Hope B. McCormick Costume Center at the Chicago Historical Society is a unique national resource for the preservation, interpretation and understanding of history through the collection, examination and documentation of costume. The Costume Collection itself comprises over 55,000 pieces ranging from historical rarities, such as the cloak Mary Todd Lincoln wore the night her husband was assassinated, to unique fashion pieces such as gowns by Worth, Vionnet and Schiaparelli.

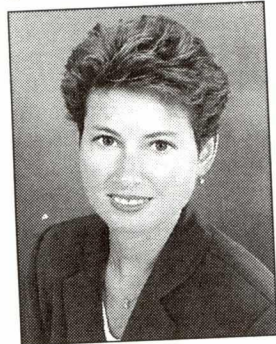
For more information, contact the Chicago Historical Society at 312-799-2116.



Co-chair Bunky Cushing with socialite and author Nan Kempner.

Age Discrimination and Releases Under the Older Workers Benefit Protection Act

by Joette S. Doran, J.D.



In this time of downsizing, layoffs and terminations, many employers are offering individuals severance pay provided that the employee signs a release which waives their legal rights. In order to be an effective release sufficient to waive a claim for age discrimination under the Age Discrimination in Employment Act, the Older Workers Benefit Protection Act, or OWBPA, provides that the release must contain certain provisions for a release/waiver to be considered valid.

According to the OWBPA, in order for a release to be found knowing and voluntary, and thus effective to release an age discrimination claim, the release must be written in understandable plain English, must grant the employee additional consideration in addition to anything which the employee is already entitled, must give the employee at least 21 days to decide whether to sign the release (or 45 days if the waiver is in connection with an exit incentive program offered to a group or class of employers) and must advise the employee that they may revoke their acceptance within seven days after signing the release. The release must also specifically state that any legal claim under the Age Discrimination in Employment Act is being waived and inform the employee to consult with an attorney before signing the release.

Because the law in this circuit has found

that a properly drafted release under the OWBPA is effective to bar a claim of age discrimination, you should carefully consider the release and your employment situation with counsel before signing the agreement. This is especially true if you have any reason to believe that your employment was terminated as a result of age discrimination. For additional employment information, please visit our website at www.joettedoran.com.

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

Ms. Doran is licensed in Illinois and a member of the Illinois Federal Courts. She is the Chairperson of the Employment Law Committee for the Northwest Suburban Bar Association and is the President of Barrington Area Professional Women.

"Cruise Under the Stars" to Benefit Wellness Place



The Wellness Place Auxiliary and co-founders Lynda Murphy and Myrna Porter at "Cruise Under the Stars."

On May 19, the Wellness Place Auxiliary hosted "Cruise Under the Stars" aboard the ship, *Chicago's First Lady*. The magnificent views of Lake Michigan and the Chicago skyline set the stage for a truly unforgettable evening. Guests enjoyed live music, fabulous food and cocktails and a silent auction with exceptional prizes. The group raised over \$23,000 for Wellness Place, making this the auxiliary's most successful event to date.

Without the generous support of area donors and sponsors, this event would not have been possible. Great thanks to all: Ameritech, Baird & Warner, Pat Ballot, Bank One, Barn of Barrington, Mr. and Mrs. Trent Brown, Caravelle Travel, Carpet Mill Outlet, Charter National Bank

and Trust, *Chicago's First Lady*, Cla Metals, Mr. and Mrs. Austin Doree family of Judith Fell, Home Depot Huber family, Huntington Learning Center, Idlewood Electric, Jack's 404 Bar, Kinkos, Maura's Frame Shop and Gallery, Carol McGregor, Michal's elry, M.J. Miller & Company, Moon Morrice & Heyse, Pasta Impromptu, Poma Marble, Sisters, Square I the Tracy family. This incredible outing of support allows Wellness Place open its doors to those in need.

Wellness Place is a nonprofit which provides free of charge professional support, education and encouragement to those living with cancer, their families and friends.

Don't Miss Fritzl's Friday Fish Fry

In addition to their full menu, don't miss **Fritzl's Fish Fry** every Friday. Delicious Icelandic Cod fillets (½ lb.), broiled or lightly breaded, are served for only \$9.95. Add soup or salad for \$1.95.

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

Fritzl's Country Inn of Lake Zurich offers the discriminating diner exquisite ethnic and continental cuisine, served in quaint chalet surroundings. At **Fritzl's Country Inn** enjoy savory soups and juicy steaks, mouth watering seafood and delightful Austrian, German and Swiss entrees such as Wiener Schnitzel, Sauerbraten, Roast Duck and Rouladen of Beef. Leave room for a luscious dessert such as Apple Strudel or one of the elegant Viennese pastries.

Reviewed and recommended by Zagat Survey. Visit www.fritzl.com for more information.

Great Steak, No Debate!

Discover the downtown atmosphere in Lake Zurich's unique Italian Steakhouse. **Taylor Street Steakhouse** offers mouth-watering homemade Italian specialties, fresh seafood and succulent steaks and chops. If you have room, try any one of the made-from-scratch desserts: Carrot or German Chocolate Cake, Key Lime Pie or Cheesecake to name a few. See for yourself why the *Daily Herald* said, "**Taylor Street Steakhouse** char-grills the finest beef this side of the city."

Taylor Street Steakhouse also has exquisite banquet and meeting room accommodations along with on or off premise catering. We can help you create the most

memorable event, no matter what the occasion! If you want to impress the very best, **Taylor Street Steakhouse** is the choice for your future parties and meetings.

Taylor Street Steakhouse is located in the North Lake Commons at 235 S. Rand Road in Lake Zurich. Lunch is served Monday through Friday and dinner begins at 5 p.m. every night. For reservations and inquiries, call **847-438-4499**. Visit our website @ PORTERSSTEAKHOUSE.COM for a listing of locations and current "Special Incentives" you can use on your next visit!

Southern Italian Cuisine

Frantonio's has been a part of Barrington since 1993. Owner Franco Bruno has been preparing Southern Italian cuisine. The homemade gourmet menu includes fresh mozzarella cheese, a variety of Italian sausages, Italian beef, homemade salads and numerous sauces including marinara, pesto and a spicy arriabiata. **Frantonio's** also makes bruschetta (a customer favorite), ravioli, lasagna and pizza.

The dinner menu is very extensive. Entrees include: Mediterranean sea bass, salmon, veal, chicken and pasta dishes. The restaurant also prepares convenient dinners to go.

Frantonio's offers private cooking

classes on Monday evenings. The classes feature a variety of culinary experts/chefs that will teach how to prepare appetizers, pasta dishes, risotto entrees, etc.

Frantonio's also caters family gatherings, corporate meetings and small weddings. The extensive catering menu includes a variety of appetizers, homemade lasagna and desserts. Catering can be customized to fit your needs for your specific event.

Frantonio's offers an innovative selection of authentic and carefully prepared Italian cuisine. Whether it's carryout, lunch with a friend or dinner with a business associate, your experience at **Frantonio's** is a full one. *Buon appetito!*

Children's Entertainment—Sundays in Long Grove

What could be more fun for busy families than a relaxing day in Historic Long Grove? Enjoy a leisurely lunch, then stroll over to Fountain Square where free children's entertainment will delight your little ones every Sunday afternoon. Shop on your way to an ice cream treat after the performance. Long Grove's Sunday entertainment offerings begin on July 1.

The Sunday Afternoon Series is a first effort on the part of the Long Grove Community Development Corporation to incorporate awareness and appreciation of the performing and visual arts for area families. While the programs are geared toward preschoolers through 4th graders, older children and adults will find delight in the presentations.

The series consists of nine consecutive weeks of artistic offerings from the simple

to the sophisticated. The schedule is as follows:

- July 1—Paddy Lynn, storyacting (IAC artist)
- July 8—Stevenson High School Juggling Club (award winning local student group)
- July 15—Dave Herzog's Marionettes
- July 22—Long Grove Art Festival (art tent for children), sponsored by the Kildeer Countryside PTO
- July 29—Mark Nichols' Puppet Theater
- August 5—Lake County Farm Heritage Association, part of our Heritage Weekend activities
- August 12—Dave Herzog's Marionettes
- August 19—Paddy Lynn's Storyacting (IAC artist)



Reviewed & Recommended by Zagat Survey

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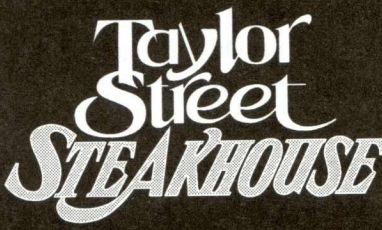
Don't Miss FRITZL'S FISH FRY

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- Anniversaries
- Christenings
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- Business Meetings

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(between the Barrington Library & Suburban Bank)
Barrington, Illinois

Caregiver Support Group

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

Please note that because of the Independence Day holiday on July 4, we will

be meeting on the second Wednesday of July.

On Wednesday, July 11, Joyce Palmquist, Executive Director of BACOA, will present a program on "The Challenges of Caregiving." Discussion, questions and sharing will follow the presentation.

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

- August 26—Kathleen Gibson Concert (IAC artist)

Performances begin at 2 p.m. at Fountain Square in Long Grove's Historic Business District, adjacent to the Archer Parking Lot. Average length of performance is 40 minutes. Lawn seating is

available, and admission is free. This program is partially supported by a grant from the Illinois Arts Council, a state agency.

For general information and directions, call the Long Grove Information Center at 847-634-0888.

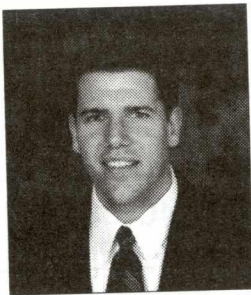
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Crystal Lake, IL 60014
(815) 455-4434

Chicago Master Singers to Hold Four Choral Workshops

In July, Chicago Master Singers will hold four choral workshops conducted by some of the finest Chicago clinicians. The workshops concentrate at length on the facets of singing not usually covered during rehearsals.

The workshops will be held at The Palatine Presbyterian Church, 800 E. Palatine Road, corner of Rohlwing Road in Palatine, from 7:30 to 9:30 p.m.

The dates and clinicians are:

• July 9—Rebecca Patterson, prominent voice teacher and vocal coach at Elgin Community College.

• July 16—Kurt Hansen, tenor soloist

with Music of The Baroque and member of Northwestern University voice faculty.

• July 23—Dr. Keith Hampton, conductor of choruses at DePaul University; he received his doctorate in choral conducting under Dr. Robert Harris.

• July 30—Dr. Anne Heider, conductor of the renowned *Bella Voce* (formerly His Majesties Clerkes) and member of the faculty at Roosevelt University.

Cost is \$35 for four sessions or \$10 per individual session.

Please contact Bob Klassy at 847-934-9166 or bklassy@aol.com or Chicago Master Singers at 847-604-1067.

Say Goodbye to Unwanted Hair at Dermatology Physicians & Surgeons, Ltd.

CoolGlide™ is the newest and most effective innovation for permanent reduction of unwanted hair. At **Dermatology Physicians & Surgeons, Ltd.**, we are dedicated to providing our patients with the most effective dermatologic treatments and life enhancing procedures currently available. With that mission, we now offer CoolGlide™. Hair can be permanently reduced on the upper lip, chin, bikini line, underarms and large areas like the legs, arms, back and shoulders.

Here are just a few advantages of CoolGlide™ over other hair removal methods:

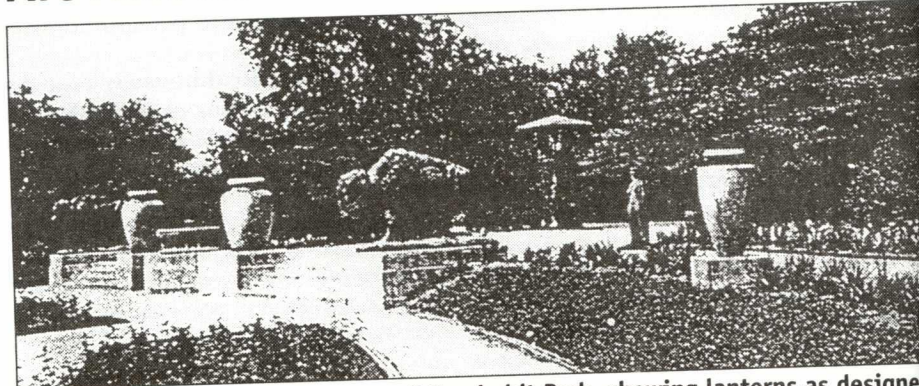
- It's less expensive.
- It's less painful.
- It's faster.

- It's more effective.
- It treats a wide range of skin types (even tanned skin).
- Hair can be shaved or trimmed and still be treated.

We offer free consultations for laser hair removal. And, if you can provide documentation of previous treatment for unwanted hair with another laser system by any medical office, we will offer you a free initial treatment—a \$200 CoolGlide™ value—just so you can experience how much better it is.

Call **Dermatology Physicians & Surgeons, Ltd.** today at **815-455-4434** or **847-382-5111** for your CoolGlide™ treatment.

Art Associates to Tour City Gardens



Entrance to the Rose Garden area of Humboldt Park, showing lanterns as designed by Hugh M.G. Garden. Courtesy of Special Collections, Chicago Park District.

When Chicago was incorporated as a city in 1837, its motto became "urbs in horto" or "city in a garden." In 1849, John S. Wright, a local real estate booster, envisioned a chain of magnificent parks and parkways. The major Chicago parks became reality in 1860. The boulevard system was built and developed between 1869 and 1900.

On Thursday, July 12, the Barrington Community Associates of the Art Institute of Chicago will travel the boulevards on the north and west side to visit Lincoln, Humboldt, Garfield and Columbus parks. Jeanette Muench, landscape design consultant for the Garden Club of Illinois, designed the trip. In addition to the beautiful gardens, she will also elaborate on the sculptures in the parks and how their placement was influenced by the ethnic groups that settled in the area.

In 1837, a municipal cemetery was located at North and Webster. Burials stopped in 1864, and Lake Park was created. Its name was changed to Lincoln Park the following year in honor of Abraham Lincoln. In recognition of Benjamin Franklin's experiments with electricity, a statue of him by Richard Henry Park was placed in Lincoln Park in 1896 when electricity was being introduced into offices and homes throughout Chicago. Statues of de la Salle, von Schiller, Hans Christian Andersen and William Shakespeare are also located in Lincoln Park. The *Storks at Play* Fountain celebrates the joy of playing in water.

Humboldt Park, the northernmost inland park in the boulevard system, was named for German naturalist Wilhelm von Humboldt. The Jens Jensen Rose Gardens have two bronze buffaloes at the

entrance. They were reproduced from models Edward Kerneys created for the World's Colombian Exposition. (He is best known for his "lions" at the Art Institute.) The bison are not identical: one stares forward while the other has its head lowered as if grazing.

Garfield Park, originally Central Park, was renamed in 1881 after the assassination of President Garfield. It combines open spaces with educational, cultural and athletic facilities. Best known is the conservatory which was part of Jens Jensen's plan in 1906. Two statues by Lorado Taft flank the entrance to the Fernery, which he described as the most beautiful rock in America.

Columbus Park is an impressive collection of wildflowers, waterfalls, stepping stone paths and a prairie river. Convincing that the sandy area was the site of an ancient breach formed by glacial action, Jens Jensen incorporated this history in his landscape plan. Even the golf meadow was a metaphor for the prairie. The Chicago Park District has restored the plan of his landscape plan that was destroyed by the building of the Eisenhower Expressway.

The cost of this summer excursion is \$60 for members or \$70 for guests. The price includes lunch at the Goose Island Brewery on Clybourn. It's located in a renovated factory and consistently brews Chicago's finest hand-crafted ales and beers.

The bus will depart at 9 a.m. from the north parking lot of the Richard Honig Furniture Store on Barrington Road, north of Dundee Road, in Barrington.

To register, contact Evelyn Richer at 847-381-5349.

Mind Body Integration

Danuta Maza is committed to a holistic approach to healing and well-being on all levels—physically, emotionally and spiritually.

She is a member of the American Massage Therapy Association. She has had extensive training in Europe. In addition, she has studied traditional Chinese medicine at Xi Yuan Hospital in Beijing, China.

She graduated from Chicago School of Massage Therapy and also received training in cranio-sacral therapy at the Upledger Institute.

Danuta has experience in dealing with fibromyalgia, chronic-fatigue syndrome, migraine headaches and neuro-muscular conditions.



She has helped her clients to find life-changing healing through tapping into their own resources.

To schedule an appointment, call **Danuta at 847-381-6488**.

The European Art of Nail Care

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

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

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

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

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

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

Redefine Your Shape

Redefine your shape, the quick and natural way, as seen on "The View." Star Jones and Meridith (hosts for "The View" on Channel 7) did the body wrap on May 11, 2001, with very satisfactory results. Both ladies said they lost inches and felt great.

At **Barrington Body Wrap**, we are your solution to a new figure. Come in for a rejuvenating body wrap that will...

1. Tighten Skin
2. Tone Your Body
3. Define and Contour Your Figure
4. Release the Toxins in Your System
5. Reduce Cellulite

You will see results with the first wrap. Whether it's just to tone and tighten or to start reducing your dress size, the body wrap is the quickest and most natural way to accomplish this. We will help you

get rid of the so-called "saddle bags" at the top of your legs, reduce your hip area and take inches off your waist.

Give yourself a "lift" with our nonsurgical face tightening. You will be amazed at the results... a fresher, younger look. We carry the new line of Suddenly Slender anti-aging products. Our no diet-diet carb stopper and fat stoppers are also available. Have that dessert and also stop the carbs and fat from being absorbed into your system.

Barrington Body Wrap is located at 557 North Hough Street in Barrington at the intersection of Routes 59 and 14 (Northwest Highway) next to the Jiffy Lube. Call **847-277-0742** for an appointment and more information.

Wellness Place Programs Support Cancer Survivors

The following courses, lectures, stress management programs and support groups are among those being offered in July and August by the staff and guest speakers at Wellness Place Cancer Support Center. All programs are offered without charge and are held at Wellness Place, 1619 W. Colonial Parkway, Palatine. Please RSVP as space is limited. Call 847-221-2400.

Core Courses

• Knowledge Plus, Education and Encouragement for Taking Control of Your Life!, Tuesdays, 6:30 to 8:30 p.m.

July 24, Cancer 101: What is it, Managing Common Side Effects.

July 31, Stress Management: Developing a Plan.

August 7, Riding the Emotional Roller-coaster.

August 14, Communication and Prob-

lem Solving.

• Address the Spirit: Exploring the Healing Power of the Heart by Lois Coldeway, R.N., M.A., 2:00 to 3:30 p.m. or 7:00 to 9:00 p.m., Wednesday, August 8—Learn how to incorporate your own understanding of spirituality (prayer, belief, music and faith) into enhancement of personal healing and wholeness.

Expert Advice Lectures

These events are designed to offer opportunities to hear current, cancer-related information.

• Radiation Treatment: Side Effects During and Beyond Treatment, 7:00 to 8:30 p.m., Wednesday, July 25—James Ruffer, M.D., will speak on advances in radiation therapy and what you should know about this treatment option.

Stress Management

These programs are developed to educate

Massage, Health & Energy

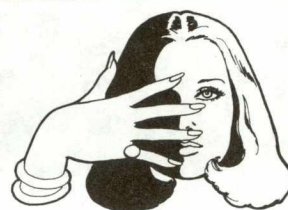
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Make your appointment today!

participants in stress-management skills.

• Writing Workshop presented by Susan Ash Lee, M.S.W., L.S.W., 7:00 to 8:30 p.m., Tuesday, July 17—Learn how to utilize a variety of writing techniques for health and healing in this informative and experiential program about the importance of creative expression.

Monthly Networking Groups

The networking groups are facilitated by Wellness Place clinical staff.

• Lymphoma, Tuesday, July 17, 7:00 to 8:30 p.m.—The program is offered in partnership with the Leukemia and Lymphoma Society. Family and friends are invited. Please RSVP.

• Family and Friends, Tuesday, July 10 and 24, 7:00 to 8:30 p.m.—This is a monthly group for family and friends of

cancer survivors. Please RSVP.

• Men with Cancer, new networking group for men, 7:00 to 8:30 p.m., Tuesday, July 17—Whether newly diagnosed, in treatment or posttreatment, this group will focus on issues men with cancer face.

Support Groups

• Cancer Survivor Drop-in, every Thursday, 7:00 to 8:30 p.m.—Facilitated by Wellness Place clinical staff, fellow cancer survivors support and encourage each other. No weekly commitment required.

• Wellness Place is beginning to form committed support groups for both survivors and family and friends. The goal is trust and sharing with the same people week after week. Call Susan Ash Lee to schedule a personal planning session.

(Please continue on page 34)

Barrington **LIFESTYLES** July 2001 **21**

Fifth Annual SCULPTURE WALK in Long Grove

This summer, Long Grove's "Art in July" celebration will kickoff with a bronze sculpture exhibition featuring over a dozen of the nation's finest artists... with more than 25 life-size works installed throughout the historic village. The exhibits—all of which are for sale at **The Studio of Long Grove**—will extend through July with most pieces remaining throughout the summer. Be sure to visit **The Studio of Long Grove Galleries** where over 150 additional bronze sculptures—from 6" to life-size—will be displayed including several bronze fountains in a special water garden setting.



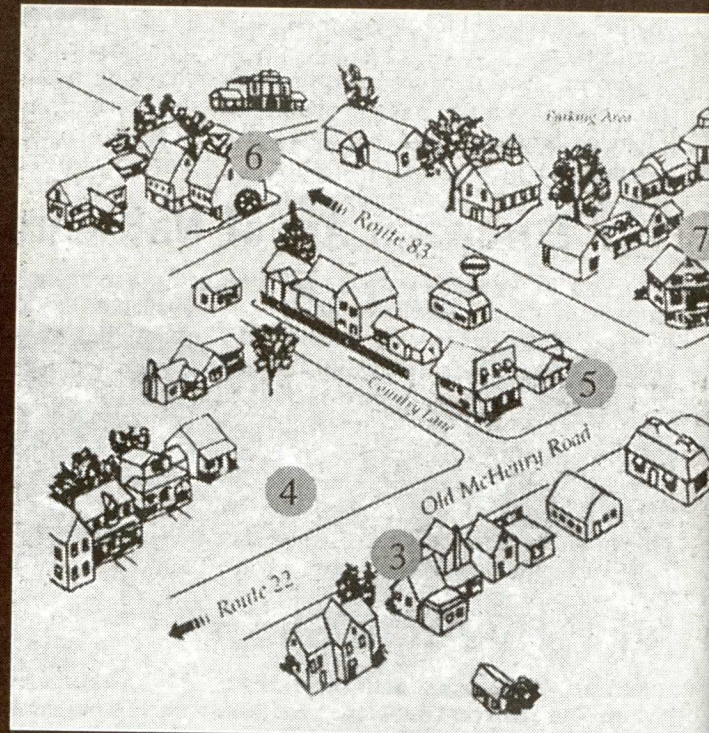
The Niblic Mark Lundeen

*Permanent Installation from Sculpture Walk '97

Afternoon in the Park by Mark Lundeen, one of the pieces in Sculpture Walk '97, has been purchased in memory of a longtime Long Grove resident and given to the village for permanent placement in the heart of the community. A dedication ceremony on May 15, 1998, acknowledged the gift as an important contribution to the cultural enhancement of the Village. It is hoped that additional works could become permanent placements from this year's Sculpture Walk.



Gotcha Bobbie Carlyle



Summer Games (batter) Dennis Smith



Summer Games (pitcher) Dennis Smith



A Good Book Mark Lundeen



*Afternoon in the Park (Permanent Installation)** Mark Lundeen



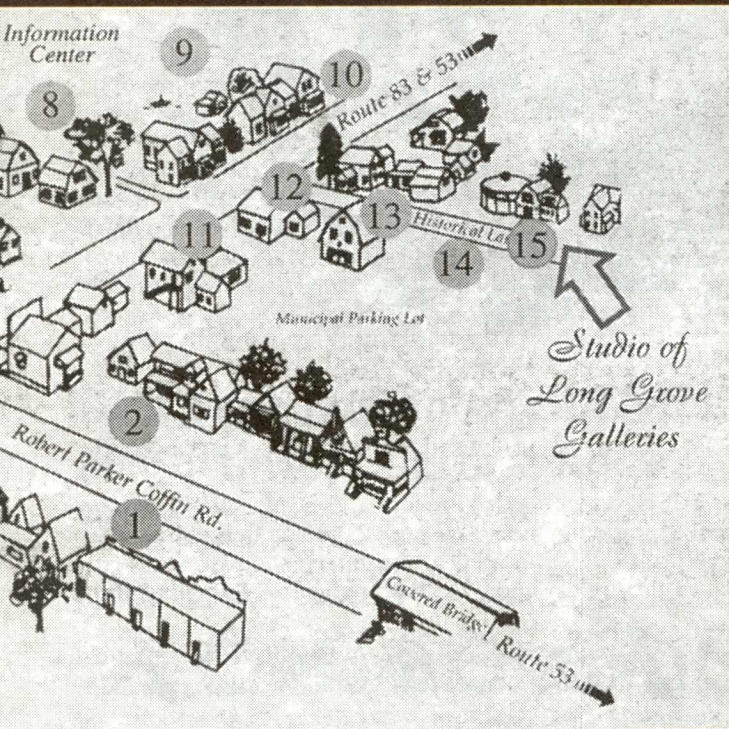
The Gift Rosie Sandifer



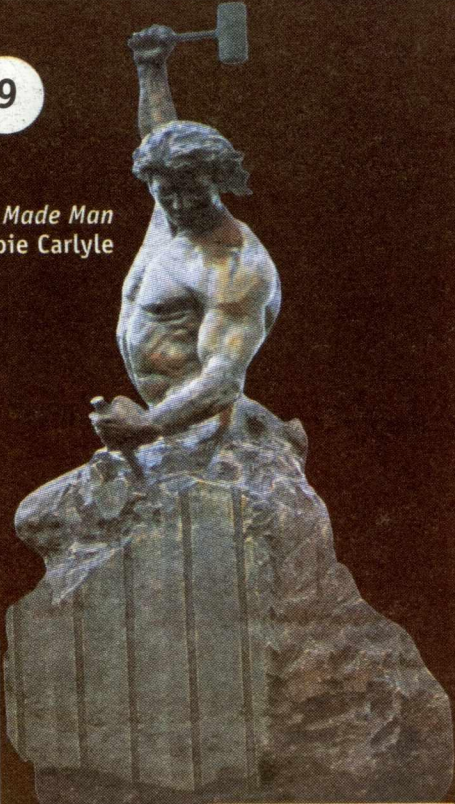
Hugs 'n Kittens Greg Todd

Proudly Sponsored by THE LONG GROVE ROTARY CLUB and THE STUDIO OF LONG GROVE GALLERIES

Join the Long Grove Rotary Club and The Studio of Long Grove at the Gallery on Friday evening, July 6, from 5:30 to 8:30 PM for a special narrated tour of all sculptures installed throughout the Historic Village. There will be hors d'oeuvres, refreshments and entertainment at the Gallery and on the Sculpture Walk. Reservations are appreciated but not required. Call 847-634-4244 for additional information about this unique and exciting event.



11 Walking the Kids Rosie Sandifer



9 Self Made Man Bobbie Carlyle



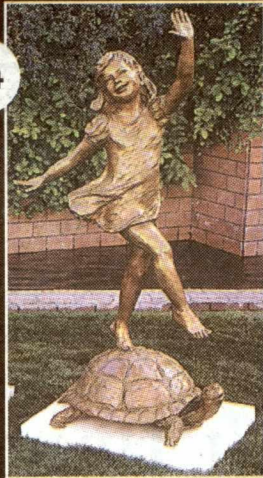
12 Nesting Rosie Sandifer



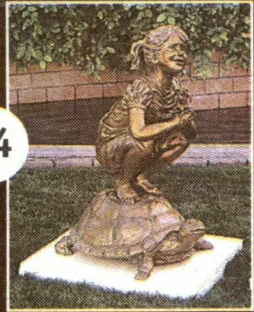
13 Robert Frost George Lundeen



14 Turtle Boy Rosalind Cook



14 Turtle Dancer Rosalind Cook



14 Turtle Rider Rosalind Cook

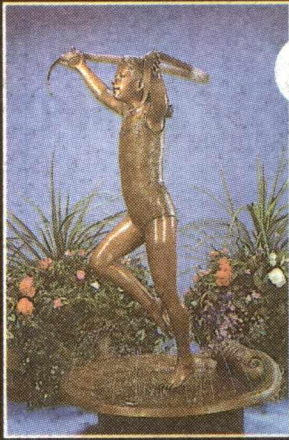
Studio Sculpture Garden featuring indoor and outdoor water displays



8 Soccer Kids Dennis Smith



14 Straw Hat Bets Holland Lundeen



14 Celebration L'Deane Trueblood



14 Springtime L'Deane Trueblood



15 Put Me In Coach Mark Lundeen



10 Foxes On The Bayou Sherry Salari Sander

The Studio of Long Grove Galleries

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necessary to ensure an aesthetic approach
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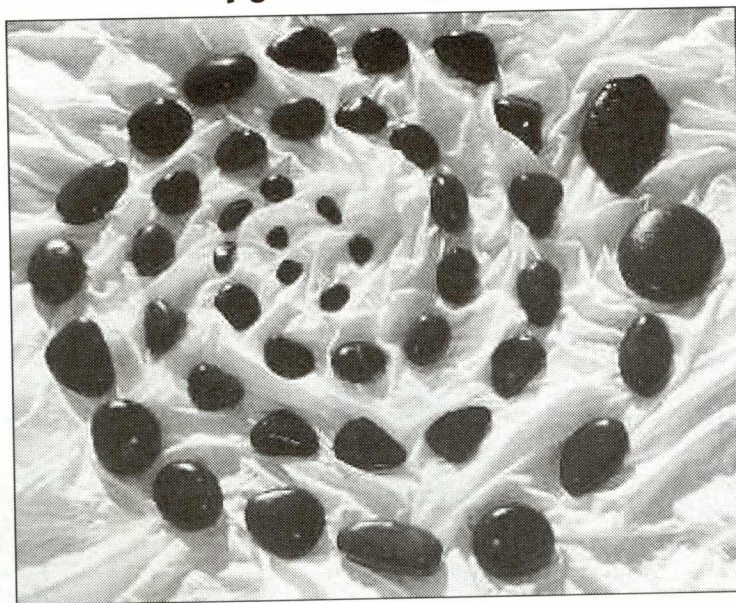
James T. Gavrilos, DDS, PC

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sage. It's the perfect treatment to loosen
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sion. Customize the experience by adding
your favorite Aveda essential plant oil.

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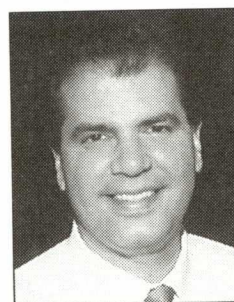
ment goes beyond measure. The physi-
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Call for your appointment with our cer-
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located at the intersection of routes 14
and 59 in Barrington. Call **847-381-2160**.



Examining Tooth Whitening

by James T. Gavrilos, DDS



Dr. James Gavrilos

Photo by Lea Image Studio

Without a doubt, the most frequently
asked questions in a dental office concern
tooth whitening. Patients want to look
their best. But with the tremendous
amounts of advertising that bombards
them, they turn to us for answers.

How does it work? All tooth-whitening
procedures accomplish one thing; they
penetrate the enamel with oxygen. The
oxygen changes the way the enamel re-
flects light. Instead of absorbing some
colors and reflecting the yellow ones out,
it reflects all the colors out. White light
in... white light out! The tooth whiter's
effectiveness is based on two things, con-
centration and duration.

- **Whitening Toothpaste**—With a low
concentration of oxygen and a short du-
ration, brushing with toothpaste is the
least effective method for whitening teeth.

- **Over the Counter Whitening Gels**—
These get better results than the tooth-
paste. Major problems in the past have
been the ill-fitting mouth trays that can
cause TMJ (bite/jaw) problems or can
cause gum irritation because they hold the
whitening gel up against the gum tissue.

- **Whitening Strips**—Crest recently in-
troduced these, and they eliminated the
TMJ and gum irritation issue associated
with over the counter gels. Patients place
the strips on their teeth so that minimal
gel touches the gums. And the strip is so
thin, it doesn't alter the bite enough to
cause a TMJ problem.

- **Professional Tooth Whitening**—Den-
tists make customized trays that hold the
whitening gels against the teeth. This
method is very effective because the cus-

tom fabrication allows the tray to keep
the gel off of the tissue and will cause no
TMJ problems. The trays are worn for a
few hours a day and, in some cases, can
be worn at night. Most of the gels require
two weeks to reach their full whitening
potential. If your teeth start to stain again,
you can reuse the trays and purchase ad-
ditional gel to touch them up.

- **Laser Tooth Whitening**—This method
is just as effective as professional tooth
whitening with custom trays, but the ad-
vantage is time. In just about 90 minutes,
your whitening is finished. The gels that
are used for this process are so powerful,
the gums must be isolated with special
barriers. Lasers or bright lights help en-
ergize the gels and get the job done
quickly. The cost is similar to that of the
custom trays, but you cannot touch up
after your teeth stain again.

If you are interested in professional
tooth whitening, please call **Dr. James
T. Gavrilos** at **381-4040** for an appoint-
ment. For laser tooth whitening, you can
call the BriteSmile Laser Tooth Whitening
Center at 888-SMILE-58.

Getting Started Losing Weight

People who have been able to successfully lose weight and maintain their lower weight have one thing in common—their dedication to physical activity. Regular exercise is the single best predictor of whether an overweight person will lose their weight and keep it off. Exercise also counters many factors that contribute to overeating: it relieves stress, boosts mood, enhances self-esteem and lifts depression. Regular exercise also boosts weight loss because it builds muscle and revs up the metabolism.

Preventing injury when beginning an exercise program is extremely important. Many people have back pain or knee pain that prevents them from doing many exercises or participating in exercise classes. Getting an individually designed program by a physical therapist can help. Physical therapists have the unique training to assess your individual needs and take into account preexisting conditions in order to

design an individual exercise program for you. It is important not to aggravate conditions that you already have and, at the same time, exercise enough to make a difference.

So, see a physical therapist today to increase the likelihood that your weight loss efforts will be successful.

Women's Physical Therapy Institute is a unique facility dedicated to serving the rehabilitation needs of women of all ages. They design specific exercise programs for all conditions. They also specialize in treating incontinence, fibromyalgia, osteoporosis, orthopedic conditions, lymphedema, pelvic pain and pre- and post-childbearing conditions. **WPTI** also offers acupuncture, exercise groups and yoga with small class sizes. It is located at 715 Ela Rd., Suite 2A, in Lake Zurich. They can be reached at **847-550-9784** or faxed at **847-550-9780**.

New Skin Technology Debuts at Northwest Dermatology

Northwest Dermatology is pleased to announce the addition of the Diamond Peel™ microdermabrasion system to their practice. Microdermabrasion, the most progressive new therapy in skin care, is being widely recognized by professionals throughout the U.S. for its effective, gentle skin peeling capabilities. It's been featured in all the major magazines including *Vogue*, *New Woman*, *Allure*, *Elle* and others and continues to be the most talked about new treatment for people in search of a more youthful appearance and healthy looking skin.

The Diamond Peel™ uses micro diamond-shaped crystals to remove dead skin cells and rejuvenate the health of the skin. Treatments are fast and pain-free, leaving little or no redness. They last less than an hour and do not interrupt your busy schedule.

The Diamond Peel™ can treat aging and sun-damaged skin, some types of acne and acne scarring, altered pigmentation, fine lines, melasma and enlarged and clogged pores.

According to the American Society for Dermatologic Surgery, microdermabrasion is "skin care for the new millennium. It greatly enhances poor, dull skin texture by gently resurfacing the superficial skin layers; softens and modifies fine 'expression' lines typically seen on the forehead and around the mouth; and it polishes and reduces fine lines on the cheeks generally caused by aging and sun damage."

The Diamond Peel™ treatment erases epidermal layers at varying depths in a safe, controlled manner, minimizing skin trauma. This approach respects the integrity of the skin and promotes even healing. Maintaining level cellular growth on the surface aids in the freshness of the skin's appearance. Regular treatments support a healthy, balanced skin surface.

The Diamond Peel™ complements other treatments offered at **Northwest Dermatology**, such as EpiLight hair removal, Botox, Collagen, Beta-Lift peels as well as general and surgical dermatology. Please call our office in Hoffman Estates at **847-884-8096** for more information.

Looking and Feeling Good: The Personal Benefits of Orthodontics

While others sometimes judge us by the way we look, there are other more compelling reasons for considering orthodontics. Orthodontic treatment can also improve dental health as it enhances your looks. Straight teeth that fit together properly are easier to clean and maintain. Correcting orthodontic problems can help prevent tooth decay, gum disease and even tooth loss. Your dental health also has an effect on your overall health and comfort.

When you feel unattractive because of crooked teeth or jaws that do not meet properly, you may become self-conscious and preoccupied with your appearance. Orthodontics can provide you with an opportunity to participate in improving the way you look regardless of your age. By age 7, a child should be screened by an orthodontist to detect any developmental problems. Early interceptive treatment may prevent more serious problems from occurring and may make any future treatment at a later age shorter or less complicated. Today, more and more adults are wearing braces. Modern orthodontic advances, such as less visible braces as well as affordable payment options, have made treatment for adults more appealing.

Achieving this healthy, beautiful smile is a team effort that involves the orthodon-



Dr. Michael Hayward



Want to Get Started Losing Weight?

Activity and Exercise are the key. We can design a safe and effective exercise program tailored to your individual needs.

Call today for an evaluation!

Women's Physical Therapy Institute

Specializing in:

Osteoporosis, Incontinence, Post Mastectomy, Orthopedics

847-550-WPTI (9784)

A Medicare Approved Facility 715 Ela Rd., Suite 2A, Lake Zurich, IL

Renew, Refresh, Restore, Rejuvenate, Revitalize ...Remember



Remember how your skin felt and looked when you were younger? **It can again** with the new Diamond Peel treatment series.

Microdermabrasion, a breakthrough new skin therapy program embraced by men and women of all ages, is a simple, easy way to have a youthful, healthy complexion. No chemicals, discomfort, or down time, just a quick 30 min. treatment to look fantastic and feel terrific.

Call us now to find out how you can benefit from this exciting new program.

Northwest Dermatology

2500 W. HIGGINS RD., SUITE 1040
HOFFMAN ESTATES, IL 60195

847-884-8096



Creating a lifetime of smiles
ORTHODONTICS

600 N. NORTH CT. • SUITE 220
PALATINE, IL 60067
847-359-7980 • FAX: 847-359-7585

133 PARK AVENUE
BARRINGTON, IL 60010
847-382-5588 • FAX: 847-382-6044

EMERGENCY PAGER:
847-210-1850

"Poems, Pints and More"

The Barrington Area Arts Council invites you to attend "Poems, Pints and More," an evening of poetry, prose and music, at the BAAC Gallery, 207 Park Avenue in Barrington on Saturday, July 14, at 7:30 p.m. Enjoy exciting readers, writers and musicians while they perform in a cozy Welsh Pub atmosphere where pints of

brew will flow and music and readings will fill the air.

Doors open at 7:00 p.m. Tickets are \$12 for BAAC members, \$14 for nonmembers or \$10 for seniors. Unlimited refreshments are included in the price of admission. Due to limited seating, reservations are suggested by calling 847-382-5626.

tist, the family dentist and the patient. The orthodontist provides the expertise and techniques to straighten teeth and align the jaws. The patient's role is extremely important. They must follow the dentist's and orthodontist's instructions carefully so that treatment can progress in a timely manner.

If you have any questions regarding orthodontic treatment or would like to schedule an evaluation, please contact us at either our Barrington, **847-382-5588**, or Palatine, **847-359-7980**, offices.

Barrington **LIFESTYLES** July 2001 **25**

Struggling To Lose Weight?



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

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

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

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

Specializing in Weight Control and Nutrition
American Society of Bariatric Physicians

847-438-2454

290 N. Rand Road
Lake Zurich, IL

630-789-9495

908 N. Elm Street
Suite 104
Hinsdale, IL

LOSE THE WEIGHT...AND KEEP IT OFF!

New Weight Loss Program Shows Dramatic Results

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

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

Dr. Berger has hundreds of satisfied patients. Insurance usually pays for some or most charges, (sorry, no HMOs). To begin a weight loss program that really works for you, call **847-438-2454** in Lake Zurich or **630-789-9495** in Hinsdale to make an appointment for your consultation today.



Van Gogh and Gauguin: The Studio of the South Chicago Tickets On Sale Now

The Art Institute of Chicago has announced that tickets are on sale for *Van Gogh and Gauguin: The Studio of the South*, the first exhibition to explore the complex artistic and personal relationship between the artists Vincent Van Gogh and Paul Gauguin. More than 750,000 visitors are expected to attend the exhibition, which will be held on the second level of the Art Institute's Daniel F. and Ada L. Rice Building, September 22, 2001 to January 13, 2002. It will then travel to the co-organizing institution, the Van Gogh Museum in Amsterdam, from February 9 to June 2, 2002.

For tickets, call 312-930-4040. Tickets have been available to members since April 1. Call 312-575-8000 to become a member and receive free tickets; for Hotel Package information, call 312-443-3944. Tickets are also available on-line at www.artic.edu and at the Art Institute. Tickets for the public may also be purchased at Ticketmaster Illinois Ticket Centers.

Van Gogh and Gauguin: The Studio of the South brings together 130 works—mainly paintings as well as drawings, sculptures and ceramics—from 63 public and private collections around the world, including the U.S., Canada, Europe, Israel, Japan and Russia. Ground-breaking in subject and method, it is the first exhibition to highlight the personal and professional relationship of two of history's most fascinating artists, Vincent Van Gogh (1853-1890) and Paul Gauguin (1848-1903). Their mutual admiration, stormy friendship, extended professional dialogue and eight-week period of collaboration in Arles, France, in 1888, constitute one of the most dramatic sagas in the history of modern art. The exhibition will demon-



Vincent Van Gogh, Dutch, *Sunflowers*, 1889. Van Gogh Museum, Amsterdam, Vincent Van Gogh Foundation, Acc. No. S31, V/1962.

strate that the Van Gogh and the Gauguin we have come to know would never have existed without the intense turmoil and mutual artistic influence that so deeply marked their relationship.

Over the course of this century, both artists have each received a great deal of scholarly attention. But while references to their turbulent interaction abound, there has been no major study on their relationship or their formative influence on each other, beginning in the mid-1880s and continuing to the ends of their careers.

Van Gogh and Gauguin explores the nature and import of the two artists' relationship in the context of their lives and art. Together, they evolved ambitious plans to reinvigorate French art through

CFC Nature Classes



Bird and butterfly monitoring will be on the schedule when Citizens for Conservation presents summer classes on The Savanna July 16.

This year, Citizens for Conservation is pleased to offer its third year of summer nature classes. The classes are designed to increase students' knowledge and appreciation of the natural world, to introduce basic science principles, to teach them to hike and work in the outdoors and to enhance their awareness of local nature preserves.

Classes will be held at CFC's new Flint Creek Nature Preserve headquarters, the white farmhouse with a silo at 459 W. Highway 22, across from the entrance to

Good Shepherd Hospital. All sessions will be held from 2:30 to 4:00 p.m.

• Session II—The Savanna—Grades 3 to 5, July 16 to 20

• Session III—Art and the Preserve, Grades 4 to 8, August 6 to 10

Topics include birds, butterfly monitoring, insect identification, aquatic identification, fishing (catch and release), plant identification, prairie painting, a tree project, environmental ethics and more.

Preregistration is required. Call CFC at 847-382-7283 to request a brochure.

what they called a "Studio of the South," located in Arles. The motif of the sunflower came to symbolize this endeavor, and the exhibition will highlight—among other works—sunflower pictures by both artists in an effort to clarify the role and significance of these works in each artist's output. The Yasuda Fire and Marine Insurance Company, Ltd., Tokyo, will lend its famous version of Van Gogh's *Sunflowers* (1888) to the exhibition, marking the first presentation of the painting outside Japan

since the company acquired the work in 1987. One can also see Gauguin's treatment of the same emblematic subject in a late (1901) painting, *Still Life with Sunflowers on an Armchair*, which rarely leaves its home at The State Hermitage Museum in St. Petersburg. Among the other treasures featured in the exhibition are The Museum of Modern Art's *The Starry Night* (1888) by Van Gogh and Gauguin's *Vision after the Sermon* (1888) from the National Galleries of Scotland.

For Effective Pain Treatment

Madelyn Catanese is a state-licensed, board-certified acupuncturist offering treatments for the symptoms and pain relief of osteoarthritis, rheumatoid arthritis, lupus, fibromyalgia, chronic fatigue, immunodeficiency syndrome and Crohn's disease.

Ms. Catanese studied and became certified in the Jaffe-Mellor Technique used for the treatment of these autoimmune diseases. This technique was the featured article in the November 2000 issue of *Alternative Medicine* magazine, "Reversing Arthritis with the Jaffe-Mellor Technique."

The program is based solely on clinical results and actual testimonial feedback from those who have already sought help for previously diagnosed illness. This approach seeks out the imbalances in the body and aims to restore harmony and well-being.

For an appointment, call **847-722-4561** or **847-550-7984**.

How to Choose a Facial Plastic Surgeon

by Gary S. Churchill, MD

Cosmetic surgery is increasingly becoming a part of mainstream American society. More and more of us are considering cosmetic surgery to improve our looks as well as our self-esteem. In fact, a recent survey conducted by the American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS) found that 85% of adult Americans would undergo a facial plastic surgery procedure if given the chance.

If cosmetic surgery is an option you are considering, there are a number of things you should know. With the vast numbers of surgeons in practice today, it is more important than ever for you to make informed decisions when considering an elective procedure such as cosmetic surgery. You want to make sure that your surgeon has not only extensive training in a credible residency and fellowship program, but has extensive experience performing the surgery you are considering. One of the most confusing issues today for individuals seeking a cosmetic surgeon is that of board certification. It is important for you to recognize and seek out a surgeon who is "board certified" in the correct area of expertise. If you are considering a cosmetic procedure of the face, head or neck, that area of expertise is facial plastic surgery.

Board certified facial plastic surgeons limit their practice to cosmetic and reconstructive surgery of the face, head and neck. They are certified by the American Board of Facial Plastic and Reconstructive Surgery (ABFPRS), and they are subspecialists with extensive training and expertise in the anatomy and physiology of the complicated area. In fact, the ABFPRS requires prior board certification by one of the two American Board of Medical Specialties, boards that examine for expertise in facial plastic surgery (the American Board of Otolaryngology or the American College of Plastic Surgery) or by the Royal College of Physicians and Surgeons in Canada.

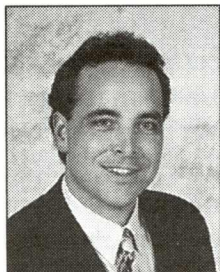
The following are criteria to assist you in making informed decisions when choosing the best surgeon for your specific needs:

Auxiliary of GSH Awards Scholarships

The Auxiliary of Good Shepherd Hospital awarded scholarships to 28 students in health related fields and who are attending Illinois schools. Applicants were screened, interviewed and selected on the basis of attitude and desire toward education, leadership, citizenship, personality and financial need.

Scholarships were awarded to:

- Medicine—Erin Burke (Cary); Stacey Chamberlain (Crystal Lake); Vijay Jotwani (Barrington); Mona Lala (Barrington); and Christopher Rhee (Barrington).
- Dentistry—Stavros Mastronikolas (Palatine).
- Nursing—Kathryn Borre (Lake Zurich);



Gary Churchill, MD

Your prospective surgeon should spend as much time as you need discussing your desires and options. You should be able to see realistic "before and after" examples of their work. You should never feel pressured to sign up for surgery or undergo procedures you do not want. The surgeon and office staff should be open to any and all questions. If surgery is performed in the office, it should be an accredited facility with a licensed anesthetist or anesthesiologist on staff. You should feel at ease with your surgeon and able to relate well to him or her. You should be able to talk to previous patients if you desire.

At **The Center for Facial Plastic Surgery**, we make these criteria a priority. Dr. Churchill has been in practice since 1989 and is one of the few board certified facial plastic surgeons in the Chicago area. By limiting his practice to exclusively facial plastic surgery, Dr. Churchill has built a solid reputation for excellence. **The Center for Facial Plastic Surgery** is the first plastic surgery office in the Chicago area to be accredited by the AAAHC.

Do your homework. Check to make sure that the surgeon's areas of expertise and corresponding board certification is in facial plastic surgery. The AAFPRS offers a physician referral hotline called the Facial Plastic Surgery Information Service (FPSIS). By calling 1-800-332-FACE, you can confirm a facial plastic surgeon's board certification. You should also check to make sure the doctor is in good standing with your local medical society and the hospital where he/she has privileges.

If you would like to schedule an appointment with Dr. Churchill, please contact our office at **847-304-1000**.

BIOENERGETIC TREATMENT FOR THE PAIN & SYMPTOMS OF:

Osteoarthritis, Rheumatoid Arthritis, Lupus, Fibromyalgia, Crohns

MADELYN CATANESE LAC

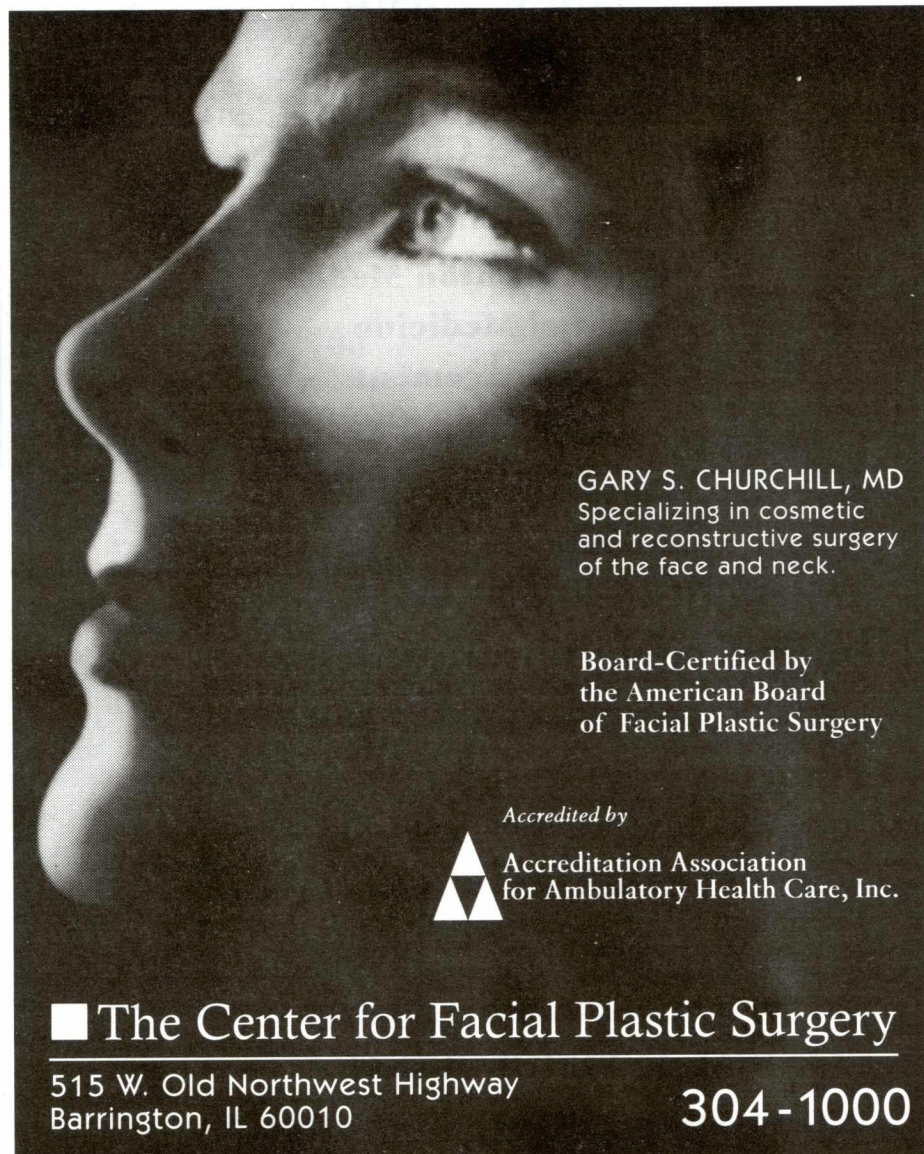
State Licensed, Board Certified Acupuncturist, Certified in JMT

Women's Physical Therapy Institute

715 Ela Rd., Suite 2A • Lake Zurich, IL 60047


847.550.7984 847.722.4561

Featured in the November 2000 Issue of *Alternative Medicine Magazine*:
REVERSING ARTHRITIS WITH THE JAFFE-MALLOR Technique



GARY S. CHURCHILL, MD
Specializing in cosmetic and reconstructive surgery of the face and neck.

Board-Certified by
the American Board
of Facial Plastic Surgery

Accredited by
 Accreditation Association
for Ambulatory Health Care, Inc.

■ **The Center for Facial Plastic Surgery**
515 W. Old Northwest Highway
Barrington, IL 60010 **304-1000**



ich); Christina DeWaal (Lake Zurich); Cammie Edgington (L.I.T.H.); Sharon Fuit (McHenry); Melissa Horton (Round Lake Beach); Courtney Lyjak (Palatine); Morgan Ross (Crystal Lake); Sara Sigrist (Algonquin); Natalie Svec (Algonquin); and Cheryl Velasco (L.I.T.H.).

- Physical Therapy—Meghan Buckley (Palatine).
- Occupational Therapy—Rachel Hirsch (Algonquin).
- Clinical Laboratory Science—Melissa Keiser (Crystal Lake).
- Masters in Social Work—Julie Tevenan (Crystal Lake).
- Pre-Medicine—Timothy Beyer (Algonquin); Nazia Fatima (Crystal Lake); Nicole

Marsh (McHenry); Myung-Jin Oh (Cary); Craig Sabatino (Barrington); Katrina Thomas (Woodstock); and Katherine Wagner (Cary).

- Pre-Dentistry—Hibah Yasin (Carpentersville).

The Auxiliary of men and women has awarded scholarships since 1979 from funds raised through its major projects, Catchpenny resale shop, Pear Tree Gift Shop, Pear Tree Cafe and Art-in-the-Barn. Auxiliary volunteers also participate in Good Shepherd Hospital's patient services. For information about Auxiliary membership or volunteer opportunities, call 847-381-9600, ext. 5104.

This year, make the most important commitment of your life—focus on personal wellness. Once you make that commitment, we can assist in making your goals a reality by eliminating:

- **BACK PAIN**
- **ACUTE/CHRONIC PAIN**
- **ARTHRITIC CONDITIONS**
- **OSTEOPOROSIS**
- **SPORTS INJURIES**
- **MIGRAINE HEADACHES**
- **FIBROMYALGIA**
- **CHRONIC FATIGUE**
- **STRESS REDUCTION**
- **WEIGHT LOSS**
- **SMOKING CESSATION**

Directed by Board Certified **PHYSICIANS** in:

- **Rehabilitation Medicine**
- **Internal Medicine**
- **Pain Management**

Licensed Staff offering:

PHYSICAL THERAPY

To relieve chronic and acute pain and develop mobility and flexibility.

CHIROPRACTIC

Skillful manipulation and movement of the musculoskeletal system.

THERAPEUTIC MASSAGE

To relieve stress, muscle pain and tension.

ACUPUNCTURE

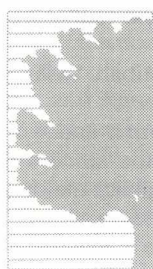
To relieve chronic and acute back and joint pain and alleviate symptoms of depression, exhaustion and chronic fatigue.

CLINICAL PSYCHOLOGISTS

INDIVIDUAL/FAMILY COUNSELING

Improve the body/mind connection.

Call for more information on these programs, or to schedule an appointment or consultation.



Northwest Wellness Center

847/776-0606

909 E. Palatine Rd., Palatine, IL
(One-half mile west of Route 53/I355)

*Improving the Human Experience
through Personal Wellness Program*

Make Your Goals a Reality at Northwest Wellness Center

The **Northwest Wellness Center** in Palatine specializes in wellness and personal therapy programs designed to treat illness, prevent future illness and improve the human experience. Founded by rehabilitation medicine specialists Peter Blendonohy, D.O., and Stephen Talty, M.D., the center specializes in the treatment of persons with everything from chronic pain and people whose activities are limited by physical impairment to improving the body/mind connection through counseling.

The center offers a multidisciplinary team approach, offering programs ranging from physical therapy, chiropractic, personal counseling to smoking cessation, weight loss, acupuncture and massage therapy. The **Northwest Wellness Center** offers a unique opportunity for individuals to be treated in a holistic manner. The staff of certified physicians, clinical psychologists, a chiropractor and physical and massage therapists have expertise in treating patients with sport injuries, repetitive motion injuries, arthritis, joint pain, back injuries and back pain.

"Our mission is to offer a unique opportunity for individuals to be treated in a comprehensive medical and holistic manner; to serve persons with disabilities and functional limitations; and to promote behaviors that enhance the health and well-being of all persons," says Dr. Blendonohy.

"Our team can offer a holistic approach, which may include physical therapy, massage therapy, stress reduction or acupuncture as well as chiropractic adjustments," adds Dr. Talty.

"We specialize in the treatment of persons with muscle and skeletal problems related to disease or injury. We are often involved in the care of persons who have difficulty walking or using their hands to do everyday activities. We also treat persons with sports injuries and chronic back pain. In other words, we care for people whose activities are limited by a physical impairment," states Dr. Pasquale, a physician practicing at the **Wellness Center**.

Under the guidance of the physician and through the collaborative team approach, the staff establishes a close working relationship with the patient.

Physical Therapy

"Each treatment plan is tailored on the patient's individual health history, medical evaluation, occupation and lifestyle," notes Dr. Pasquale.

Treatment modalities include therapeutic exercises, mobility and flexibility, electrical stimulation, ultrasound and hot/cold therapy.

Chiropractic

"Using techniques from chiropractic therapy, skeletal adjustments can enhance health and relieve pain and discomfort by improving conditions of the musculoskeletal, lymphatic and nervous systems," states Dr. Talty.

Persons with acute or chronic headaches, back, neck pain and those who have lost mobility due to illness, injury or arthritic conditions may find significant benefit from adjustments.

Holistic Therapies

The **Northwest Wellness Center** also offers therapeutic massage to relieve stress; fatigue and pain; skeletal alignment to relieve pain and improve mobility; vitamin analysis and supplement programs to discover deficiencies and treat them through supplements; smoking cessation and weight management; and supportive psychotherapy.

For more information on any of the therapies or programs the **Northwest Wellness Center** provides or to schedule a consultation or appointment, call the center at **847-776-0606**. The **Northwest Wellness Center** is located at 909 East Palatine Road in Palatine, one half miles west of Route 53 and across from the Winston School campus. Evening appointments are available.

Dealing with Stress

Stress is a condition most people live with everyday. Very few people escape it! It is a big part of everyday life and is influenced by many outside forces such as cell phones, beepers, e-mail, voice mail, traffic and the list goes on. With our busy lives, it can be challenging to escape the constant barrage of stress. Keeping stress as a constant companion takes a toll on our body and mind. This often manifests itself as pain in the form of backaches, headaches or gastrointestinal symptoms. Today, many people turn to therapeutic massage as a way to address pain caused from stress and tension. Therapeutic massage provides relief to people from all walks of life. The weekend athlete, the home gardener, the over-stressed executive, waitresses, etc.—virtually anyone can feel a need for massage therapy sometime in their life.

Although we offer traditional massage at **Estetica**, we have found a way to take this very effective traditional approach to a new dimension by offering a treatment called **Aromatherapy Massage**. **Aromatherapy Massage** is practiced at the Aromatherapy Institute in England and many of the finest spas around the world. This approach bridges two very effective techniques, using treatments based upon natural principles. It combines traditional massage with lymphatic drainage and polarity to impact mind, body and spirit, not just muscles. This is accomplished through use of essential oils such as plant essences, herbs and algae that are used as supplements to trigger the body to correct

its own deficiencies.

Unlike traditional massage, which is targeted at eliminating toxins, aromatherapy is designed to "assimilate" or take in energy. This assimilation assists the body with creating balance among mind, body and spirit. Traditional massage is great for relaxing and provides many benefits: improving circulation, increasing nutrients for the cells, removing toxins from the cells and blood, enhancing the immune system, releasing tight muscles, relieving pain and facilitating the healing process. Aromatherapy provides many of these same benefits with an added dimension of being able to go beyond the physical level. During each session, the essential oils are custom blended to address the individual's specific areas of concern, whether it is physical, emotional or spiritual. For example, the individual that is feeling joy versus grief would require essential oils that targets her negative emotions.

Unlike traditional massage, the benefits of **Aromatherapy Massage** last up to 24 hours following the treatment, and the client may continue to use the custom blend of essential oils at home for added benefit following the treatment.

Whether you desire physical or emotional rebalancing, a deepening of self-awareness or a self-nurturing experience with a gentle luxurious treatment, aromatherapy has something to offer you. Treat yourself to a nurturing and deeply healing experience here at **Estetica**. Call **Estetica** for an appointment at **847-438-2100**.

Laser Vision Correction—Things You Should Know

There are many questions people have about laser vision correction, or LASIK. The doctors at **Midwest Refractive Surgery and Cornea Consulting P.C.**, Robert J. Mack, M.D., and John T. Halgren, M.D., have the answers to your questions. They are both ophthalmologists who specialize in care of the cornea, especially LASIK surgery. "Our goal is not only to provide our patients with outstanding vision, but to educate each patient and understand their expectations," says Mack, owner of the bustling practice. "Even though this surgery is immensely popular, it still is surgery, and our patients tell us they feel confident with us."

Here are some frequently asked questions that accompany patients to their trip to **Midwest Refractive Surgery**:

Q: What is LASIK?

A: LASIK is a laser vision correction procedure designed to reduce or eliminate your dependence on corrective lenses. It is used to treat myopia/nearsightedness, farsightedness and astigmatism. LASIK can also be used to correct presbyopia.

Q: How can I tell if I am a candidate?

A: There is a quick checklist you can do to see if you might initially qualify for

LASIK:

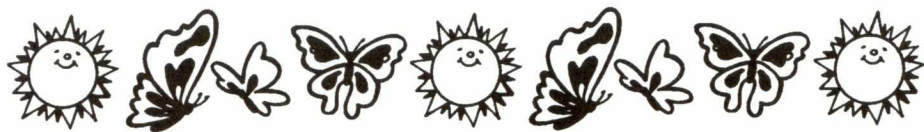
- Are you over 18 years of age?
- Are you not pregnant or nursing?
- Has your vision been stable and not fluctuating greatly?
- Are you free of any uncontrolled eye disease, such as cataracts or glaucoma?

If you answered "yes" to all these questions, you are most likely a candidate for laser vision correction. The only way to know for certain is to have your vision checked out by our doctors. Call **847-755-9393** today to schedule a free LASIK evaluation.

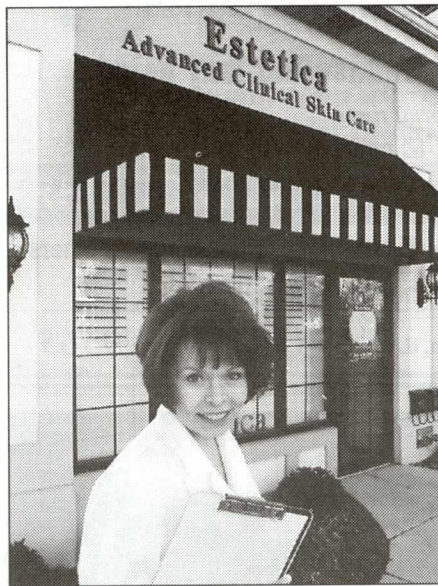
Q: I think I qualify for LASIK, but is it right for me?

A: This question can only be answered by one person... yourself. At **Midwest Refractive**, we try to provide education to make an informed choice about *your* vision. Our high quality doctors, staff and equipment, especially our VISX laser which is owned and operated right in our clinic, can offer you peace of mind when making a decision about LASIK.

For more information, seminar information (see adjacent ad) or to schedule a free LASIK evaluation, call **847-755-9393**.



Estetica™ Advanced Clinical Skin Care



For Your Private Consultation With
Catherine Zedan Grandi, L.E.

Please call us at
847• 438 • 2100
45-A South Old Rand Rd.
LAKE ZURICH
(by appointment only)

Custom Gift Certificates Available!

**"Now You Can Restore
And Enhance The True
Beauty Of Your Skin"**

Estetica takes a very personalized, customized approach to each and every patient. *"We believe that the skin is like a fingerprint...no two individuals are alike."*

Our skin care specialist, Catherine Zedan Grandi is certified and extensively trained in medical aesthetics.

Procedures Include:

- Microdermabrasion
- Micropeels
- Chemical Exfoliation
- Permanent Cosmetics
- Hair Removal
- Eyebrow Shaping/Design
- Eyelash Tinting
- Candling
- Body Massage



**Confused about all those choices
in laser vision correction?**

When You Attend this Free Seminar, You'll Find Out...

- Why LASIK is the preferred method of laser vision correction.
- Who truly is a candidate for LASIK.
- Why prices vary and how we can help LASIK fit within your budget.

**Find Out How You Can Enjoy Life Without
Relying on Glasses or Contacts!**

Attend One of these Free Seminars...

BARRINGTON
Tuesday, July 17
7:00-8:30 pm
Northwest Eye Center
450 W. Highway 22, Suite 27
Hosted by Robert J. Mack, MD


HOFFMAN ESTATES
Wednesday, July 18
7:00-8:30 pm
Midwest Refractive Surgery
1585 N. Barrington Rd. #404
Hosted by John T. Halgren, MD

HOFFMAN ESTATES
Saturday, July 21
11:00 am-12:30 pm
Midwest Refractive Surgery
1585 N. Barrington Rd. #404
Hosted by Robert J. Mack, MD



**Midwest Refractive Surgery
And Cornea Consulting, P.C.**
1585 N. Barrington Rd. #404
Hoffman Estates, IL 60194
(866) GOOD-EYE (toll free)
www.midwestrefractive.com

**Seating is limited, so call
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Wellness Place Programs

(Continued from page 21)

Brown Bag Lunch Series— New at Wellness Place

This is a time for participants to discuss pertinent cancer-related topics while enjoying the company of others.

• Finding Joy, 11:30 a.m. to 1:00 p.m., Thursday, July 19—Wellness Place staff leads the discussion on finding joy and maintaining hope. Feel free to bring poems, music or ideas about finding joy, and do bring your own lunch!

Professional Program

These programs are designed to educate health and mental health professionals about issues relevant to their practice.

• Understanding Cancer-Related Mental Fatigue and Depression, 6:30 to 9:00 p.m.,

Wednesday, July 18—Presenters are Marnie McHale, R.N., M.S., A.O.C.N., and Suzanne B. Yellen, Ph.D. Fatigue and depression have significant quality of life implications for cancer patients. Health professionals are invited to learn more about recognizing and addressing these issues.

Note: This program is cosponsored by the Society of Oncology Social Workers. Social workers interested in receiving two CEUs should contact Sue Blechschmidt at 847-221-2400.

Wellness Place is a community-based and supported organization dedicated to enriching the quality of life through education and encouragement for those

The Key Ingredient for Success

Passion—a key ingredient for the success of an architectural project, a quality possessed by both the architect and owner who want to create the most cohesive project, a thread of continuity amongst the historical features of the neighbors and the respect for their age and qualities, even to the point of emulating them.

"Look at me carefully. I am extensively detailed and a reason for you to appreciate me. My architect set the tone of my presence, and I am here now for you to see. I am equally as beautiful on the inside as I am on the outside, perhaps even more so if you get to know me. I may have been your greatest lifetime investment and promise to perform for the rest of your life as your home, not just your house."

Alberts Associates Inc. Architects prides itself on the ability to create that thread of continuity so important to the

fabric of our community. Our Grove and Russell project is an example of this passion. When first introduced to the site, **Alberts Associates Inc.** found a traditional Victorian farmhouse losing its structural stability and slowly decaying. The owner requested a particular residence for himself and his family. **Alberts Associates Inc.** listened and looked at the project from the outside in. Respectful of the neighbors so as not to overbuild, not to introduce some contemporary structure, not to be boisterous, but instead, to harmonize.

For the past 10 years, **Alberts Associates Inc.** has provided a level of service to many great clients and encourages discussion of your project, no matter the size. You are invited to call us at **847-634-2343** and to visit our website at www.albertsassociates.com for more examples of fine architecture.

Landscaping...Dumb Money/Smart Money

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

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

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

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

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Would Your Family Enjoy This?



Summer will soon be here. With it comes carefree days for family fun. Wouldn't a spa on your deck be great? Spas don't have to be hot in Summer. You can have them cool and refreshing. And, on a cool

Summer night, turn it steamy again.

For a spa set in a perfect setting (your design or theirs), call **Swanson's Spas & Saunas** on Rand Road in Lake Zurich. Why put it off any longer?

Home of the Sparrow Seeks Volunteers

At this time, there is an immediate need for volunteer help at Home of the Sparrow, a transitional shelter for homeless women and their children. The agency, based in McHenry, is seeking volunteers to help with child respite care (child sitting for client children while their mothers attend on-site meetings) and thrift

store personnel (pricing, sorting, displaying and selling donated merchandise). Volunteers are needed in Cary, Crystal Lake, McHenry and Palatine.

If you are interested in volunteering at Home of the Sparrow, contact Volunteer Coordinator Suzy Jacobek at 815-344-5171, ext. 52.

touched by cancer. Anyone considering participation is invited to have a tour of Wellness Place and to attend one of the welcome sessions. For those interested in

learning more about services and programs, please call 847-221-2400 for specific information.