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## A Myriad of Fall Festivities

**Barrington Lyric Opens  
40th Season at Tudor Oaks**

**"Native Words,  
Native Warriors"  
American Indian Code Talkers Revealed**

**"Somewhere in Time" Gala to  
Benefit Families in Crisis**

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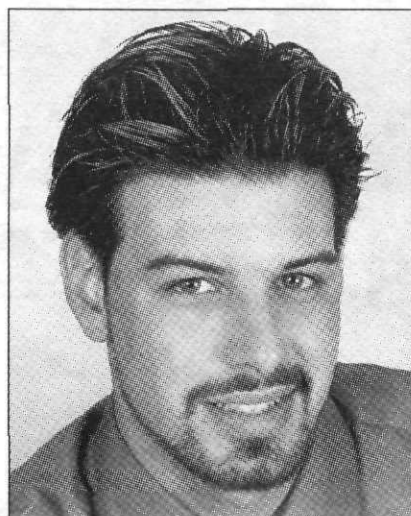
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## Editor's Ink

September 2007

Dear Reader,

As we approach the beautiful autumn season, we are given a myriad of fall festivities to enjoy.

On Sunday, Sept. 9, Barrington Lyric opens its 40th season with an afternoon of arias, duets and classical piano. The event takes place at beautiful Tudor Oaks.

On Oct. 13, the 14th annual Michael Joseph Dinner and Auction will take place at the elegant Sanfilippo estate in Barrington Hills. The theme of this year's gala is "Somewhere in Time" and proceeds will benefit families in crisis.

The Barrington Area Historical Society has a very interesting exhibit this month that you'll certainly want to view. "Native Words, Native Warriors" (a Smithsonian Traveling Exhibition) are stories of American Indian code talkers. Learn how their native languages were their most valuable weapons toward winning World Wars I and II.

Don't miss Art in the Barn on Sept. 22 and 23rd. Held on the campus of Good Shepherd Hospital, the 33rd annual event offers fun for the entire family. Until next time, may all your thoughts be sunny.

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



## About Our Cover

A dove grey embroidered crinkle georgette blouse is teamed with hematite stretch flannel high-waisted pleated pants. Ellen Tracy Fall 2007.





## "An Afternoon of Arias, Duets and Classical Piano" Will Open Barrington Lyric's 40th Season at Tudor Oaks



**Tudor Oaks**

Tudor Oaks, as magnificent as the lofty trees which surround it, will be the setting for Barrington Lyric's opening of its 40th season. Featuring renowned artists soprano Tina Beverly, tenor Florin Durban and pianist Luciano Laurentiu, "An Afternoon of Arias, Duets and Classical Piano" will begin promptly at 2 p.m. on Sunday, Sept. 9 at Tudor Oaks, a 120-acre estate in Barrington Hills. Following the program, guests will enjoy wine with a bountiful buffet of hors d'oeuvres, desserts,

and Barrington Lyric's usual camaraderie.

The cost is \$65 for members; \$75 for nonmembers. Reservations are limited! Call 1-847-304-0422 for ticket availability. Please send checks payable to BCLOC to Margit Vogel, 380 Oak Hill Road, Lake Barrington, IL 60010.

For inquiries on membership in the Barrington Chapter, call George Obermaier at 1-847-985-0837. You may wish to visit Lyric Opera of Chicago's Web site, [www.lyricopera.org](http://www.lyricopera.org).

## Michael Joseph Foundation Benefit Dinner and Auction for Families in Crisis



**Pictured (from left, front row) are committee members Wally Legat, Joyce Kofkin, Carol Bielenda, Marian Sanfilippo, Susan Spak, (back row) Anne Berglund, Barbara Parquette, Teresa Cherry, Linda Zizzo, Jane Taylor Fletcher, Nancy Herr, Joy Heitman and Ida Cardelli, president. Absent are Lynn Acerra, Sandy Brigante and Mary Pavlik.**

The 14th annual Michael Joseph Dinner and Auction "Somewhere in Time" will be held on Oct. 13 at the Sanfilippo Estate in Barrington Hills. This Barrington-based, all-volunteer group, works with well-known charitable groups, such as Catholic Charities, CITA, and Home of the Sparrow as well as other groups that assess and provide counseling and job skill training for families in crisis. The foundation has provided transitional housing, primarily in the Northwest Suburbs, for over 400 of these families who have eventually achieved self sufficiency.

The gala evening will begin with docent-led tours of Sanfilippo's grand Victorian Palace, which includes the world's largest collection of restored music machines amongst many other valuable artifacts. Following the tours, guests will retreat to the magnificent Eden Palais, which

houses the most spectacular hand-painted European salon carousel in existence. Hors d'oeuvres and beverages will be served while the festive silent auction tables are reviewed.

Dinner and an impressive live auction will follow, including a vacation package for two to attend the Accenture Match Golf Tournament at the Gallery Golf Club outside of Tuscan, a cocktail party for five people hosted by Mr. and Mrs. Jasper Sanfilippo, a Cubs Sky Box, a Labrador puppy, a pig roast for 50 people and much more. We are deeply grateful to the many friends of the Michael Joseph Foundation who have so generously contributed to this spectacular event. Additional items are always welcome.

For more information, call Ida Cardelli at 1-847-639-2334 or visit their Web site at [www.michaeljosephfoundation.8M.com](http://www.michaeljosephfoundation.8M.com).

## "Native Words, Native Warriors"

Stories of American Indian Code Talkers Revealed in Smithsonian Traveling Exhibition

*"My language was my weapon."*

—David Patterson (Navajo),  
4th Division, U.S. Marine Corps



When the United States issued the call to arms in World Wars I and II, American Indians answered as warriors. Some men discovered that words—in their Native languages—would be their most valued weapons. These unsung American heroes share their stories of strength and courage in a Smithsonian traveling exhibition, now open at The Barrington Area Historical Society, 212 W. Main St., Barrington. The exhibition will be open to society members and the public Monday through Saturday, 10 a.m. to 4 p.m., until Oct. 7.

"Native Words, Native Warriors," developed by the Smithsonian's National Museum of the American Indian and the Smithsonian Institution Traveling Exhibition Service (SITES), tells the remarkable story of soldiers from more than a dozen tribes who used their Native languages while in service in the U.S. military.

The U.S. military first enlisted American Indians to relay messages in their Native languages during World War I, even though the United States did not consider American Indians citizens until 1924. These encoded messages proved undecipher-

able by the enemy and helped the United States achieve victory.

The involvement of the code talkers expanded during World War II. Soldiers from the Comanche, Meskwaki, Sioux, Crow, Hopi and Cree nations, among others, took part in the effort. The best known of these projects is the formerly classified Navajo Code Talker Program, established by the U.S. Marine Corps in September 1942. The encoded messages proved to be a fast, accurate and indecipherable.

Twenty-three years after the end of World War II, the U.S. government declassified the Navajo and Comanche code talker programs and revealed American's unsung heroes. In 1999, the U.S. Army presented the last surviving Comanche code talker with the Knowlton Award for outstanding intelligence work. In 2001, President George W. Bush presented the Congressional Gold Medal to four of the five living veterans of the original 29 Navajo code talkers. Developed by the Smithsonian's National Museum of the American Indian and the Smithsonian Institution Traveling Exhibition Service with generous support from Elizabeth Hunter Solomon, the Smithsonian Women's Committee, and the AMB Foundation.

This exhibition is brought to you through the generosity of The Barrington Area Community Foundation, Barrington, Ill.



## Join OMNI Youth Services Team for the Long Grove Heritage Run and Walk

By joining OMNI Youth Services' team for the 10th annual Long Grove Heritage 5K Run/3K Walk 2007 you will support OMNI, the largest and most comprehensive youth service organization in Chicago's northwest suburbs.

The race will start at 8:30 a.m. on Saturday, Sept. 8 in the historic Business District of Long Grove and continue over scenic Long Grove country roads. Water and aid stations will be available and split times at 1- and 2-mile marks will be given.

The check-in time is 6:30 to 8 a.m. at OMNI's registration table in Kildeer Countryside School, 3100 Old McHenry Road in Long Grove (northwest of routes 83 and 53). The registration fee is \$30 and includes a pancake breakfast from 8:30 to 11 a.m., T-shirt, bag, trophies and awards.

No bicycles, in-line skates, roller skates, wheeled vehicles (except wheelchairs) and dogs are allowed on race course. Runners with baby strollers may partici-

pate in the 3K walk.

Don't miss your chance to organize an OMNI Youth Services Team! To preregister for the OMNI Walk and Run, request a brochure with map, registration form, and detailed information, call Daryl Rubin, OMNI Youth Services' special events coordinator, who will assist you—1-847-353-1500. For more information, you may wish to visit [www.drubin@omniyouth.org](http://www.drubin@omniyouth.org)

Since 1972, OMNI Youth Services has been a leader in providing life-changing counseling and prevention services. With a specific expertise and passion for serving youth in overlooked and underserved communities, OMNI's experiential approach supports learning through doing and the development of skills these youth can use for a lifetime.

To learn more about OMNI Youth Services and how they may help you or someone who needs help, please phone Linda Ballard at 1-847-353-1602.







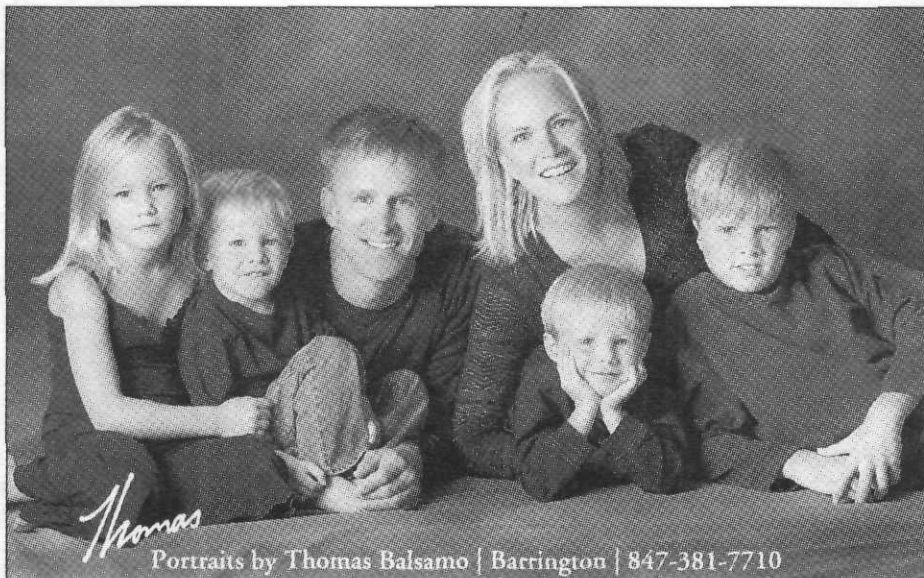
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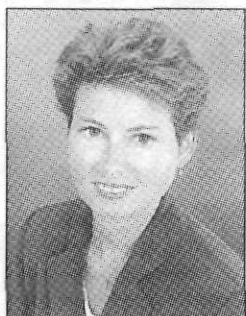
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## Resolving Employment Disputes— Mediation

by Joette S. Doran, J.D.



With increasing costs of litigation, employers and employees continue to seek alternative ways to avoid litigation and resolve employment disputes. One way to do so is through mediation which can be a quick and cost-effective method of resolution if both parties are realistic and sincerely interested in resolving the dispute. Mediation is generally a voluntary, informal and nonadversarial process where the parties try to reach a mutually acceptable agreement through the assistance of a professionally trained mediator. One key to successful mediation is a mediator who is knowledgeable regarding employment

laws and receptive to the concerns of the parties. An advantage of mediation is that the decision-making and authority remains in the hands of the parties. The mediator's

## Best of What's New: Now at Assemblé

Embrace this new season! There's a return to tradition with a new spin for fall. It's all about a sophisticated femininity that reflects the demeanor of a strong and stylish woman. Trousers are back—coat sweaters are a must—and jackets are in demand.

Our trousers from G-1 in a mad autumnal plaid offer a delightful twist to this season's menswear trend. Their solid corduroys in such colors as "moose brown" and "bunny white" are right on target for fall's color must-haves. Look to Christopher Blue to add luxe and texture to the scene with velvety cords in a rich chocolate hue.

What to pair with all these new trousers? Let's start with a coat sweater. Ours are ribbed, nubby, tweedy and so comfy you won't want to take them off. Rich tones of Chianti, oregano, paprika and merlot perk up fall's traditional palette. Our tunics in shades of cranberry and eggplant are cut close to the body. Add a skinny belt to epitomize the effortlessly chic look we love.

Know how to switch things around. We'll help you. Pair your trousers with one of our cut-to-order tops from Sweet

Pea, and you'll have a soft and slender silhouette that takes you easily from shopping day to evening out.

Jeans are a wardrobe staple. Whether straight or wide legs, their ability to evoke so many moods is key. Add a textured jacquard tee from 3-Dot or a printed thermal Henley from Lucky Brand for a sporty look. When a chill is in the air, throw on a fleece or French terry hoody from XCVI.

Cropped jackets are a must-have this fall. The new swingy silhouettes capture this season's latest spin on the return to traditional looks. Our selection is plentiful. Whether it be a black and cream hound-tooth, sassy corduroy or metallic trench, you must work one into your wardrobe.

Don't worry, dresses are still in the picture. Body skimmers are the silhouette du jour. For daytime, it's soft jerseys. For evening, it's a silk Pucci inspired print, or a paillette-encrusted little black sheath. They're here for you.

Yes, at **Assemblé**, we have what you need, what you want and what really works. Remember, visit us often throughout this month as sizes go fast.

See ya soon!

## Comments by Thomas Balsamo

The Holidays are a great time to add images to your lifelong portrait collection. I believe in having portraits created along the way to record a family's growth. My life's work has been to develop a process of creating fine art interpretive portraiture. I specialize in creating images that cause viewers to experience an emotional response each time they are looked at. I feel strongly that individual and family portraits are an important part of our lives because as you look back on your collection of portraits, you will remember the emotions you had as your family grew.

Call our studio today at **1-847-381-7710** to set up a portrait consultation and get a jump on the holiday season. I look forward to working with you and your family, creating images that will personalize your home and grow to become your family's most valued possession. We offer a beautiful selection of custom-made Watercolor Holiday Cards that can be personalized using your image and greeting and as always, Gift Certificates are available and make wonderful holiday gifts.

**Portraits by Thomas Balsamo is located at 557 North Hough Street in Barrington. For more information about our studio, please visit us at [www.portraitsbythomas.com](http://www.portraitsbythomas.com).**



## Tri Delta Catered Dinner

a member's home on Tuesday, Sept. 11 at 7:30 p.m. A catered

dinner will be served. Please call Genny Ellefson at 1-847-381-5228 for details.

role is not to make decisions for the parties nor does the mediator give legal advice. The mediator acts as a facilitator to help guide the parties in identifying issues and in engaging in resolving the problem by exploring settlement options. Because mediation is much quicker and less costly than litigation, the courts and governmental agencies have turned to voluntary mediation as an effective way to resolve employment disputes.

Specifically, in order to pursue a claim of employment discrimination in federal court, the law requires that within a specified time frame, that a Charge of Discrimination be filed either with the federal or state administrative agency. The federal administrative agency is the Equal Employment Opportunity Commission (EEOC) and the Illinois state agency is the Illinois Department of Human Rights (IDHR). In either agency, after the charge is filed and if both parties agree, the charge may be submitted to mediation for possible reso-

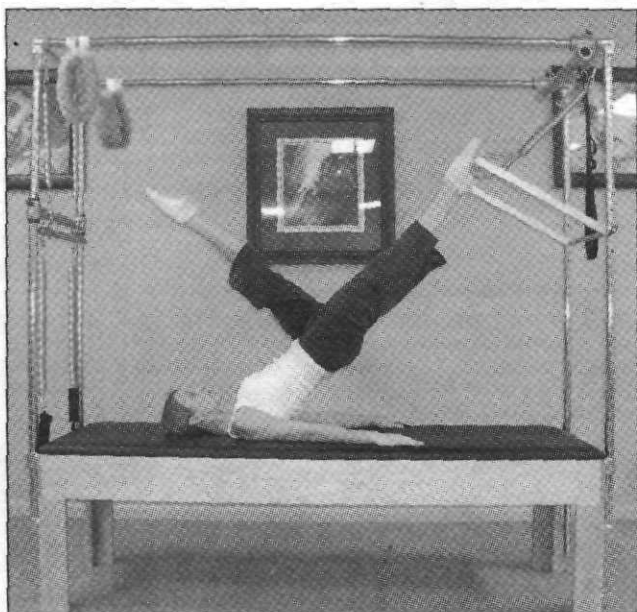
lution. Participation in mediation is free, voluntary and confidential. During mediation, the mediator will address issues of potential relief for violations which may include, back pay, hiring, promotion, reinstatement and/or front pay. Because this is only a brief discussion of the many considerations involved in whether to consider mediation in the resolution of an employment dispute, consultation with legal counsel is highly recommended. For further information, please visit my Web site at [www.joettedoran.com](http://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, all Illinois federal courts and is a member of the Federal Trial Bar. She is the past chairperson of the Employment Law Committee for the Northwest Suburban Bar Association and is a past president of Barrington Area Professional Women.*



## Fall into Fitness with Pilates Classes



New season, new focus, new commitment. Fall offers a perfect opportunity to begin an exercise program. **Studio Pilates**, the refreshing mind-body exercise studio, can help you achieve the perfect harmony of body and mind using principles based on the techniques developed by legendary fitness trainer Joseph Pilates in the 1920s.

Different from any other exercise program, Pilates is a safe, sensible system that helps you look and feel your very best, no matter what your age or condition. Pilates helps you develop agility that is balanced by strength, coordination. It enhances cardiovascular health, and provides a sense of physical confidence and overall well-being.

Under the direction of the experienced staff at **Studio Pilates**, you'll learn techniques to help you focus on building strength without "bulking up;" develop optimal core control; and create flat abdominals as well as slender thighs and a strong back.

No other exercise system is so gentle to your body while giving it a challenging workout. Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing.

**Studio Pilates Centre of Balance** is located in downtown Crystal Lake at 46 Brink St. Call **1-815-455-4900** to reserve a class. Visit [www.studiopilates.net](http://www.studiopilates.net).

## Downtown Gazebo Maintained by BCGC



Photo courtesy of BCGC member Catherine Mura.

Following the Aug. 3 meeting of the Barrington Countryside Garden Class (BCGC), members gathered to review their efforts in planting and maintaining the gazebo in downtown Barrington. Chaired by Daria Sapp (not pictured), all BCGC members are required to help keep the gazebo weed-free, clean and welcoming in a park-like atmosphere.

Pictured (from left) are BCGC members

Pat Fisher, co-1st vice president; Sylvia Hagelow, president; Kathy Peterson and Barbara Ledinsky, co-secretaries; Pat Carollo, National Garden Week chair; Dixie Rogus; Gloria Johnson; and Noreen Ishak, co-1st vice president.

For information on BCGC and their activities, please phone Sylvia Hagelow at 1-847-381-7091.

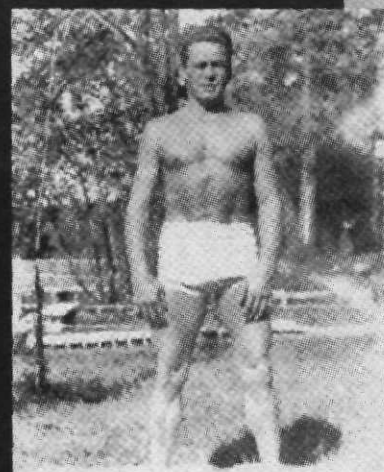
## Susan G. Komen Breast Cancer Foundation Golf Outing

Friends and members of Lakeshore Ski and Sports Club will host a Golf Outing at Des Plaines Park District Golf Course on Saturday, Sept. 15 to raise funds for breast cancer research. This is an 18-hole, par-3 golf course and we will have a shot-

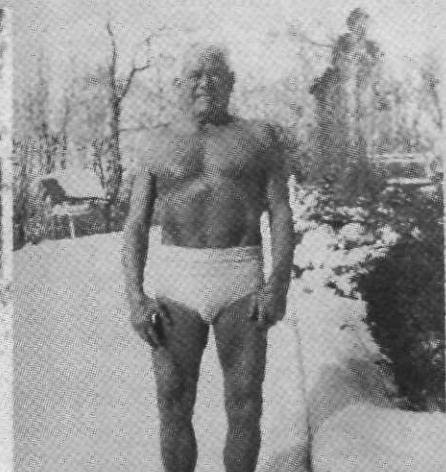
gun start. The cost is \$40 per person, of which \$30 will go to the Komen Rally for the Cure.

For further information and to place reservations, call 1-312-307-6114 or e-mail [kathyzwier@aol.com](mailto:kathyzwier@aol.com).

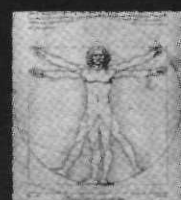
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Fitness expert Joseph Pilates at age 57, above, and age 82, right.



Pilates at 82



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## Anderson Japanese Gardens and Tinker Swiss Cottage on Tour

Is one of your passions historical artifacts but a trip to Europe is not on your agenda this season? Do you enjoy the tranquility and beauty of Japanese-inspired landscapes but have no plans to tour the Orient? You can enjoy both environments described above as a member of the Barrington/Northwest Community Associates (B/NWCA) of the Art Institute of Chicago.

Rockford, Ill., is the destination for the first excursion of the season sponsored by the B/NWCA. On Wednesday, Sept. 19, we will tour the gorgeous Anderson Japanese Gardens and the historic Tinker Swiss Cottage Museum. This event is available to members only but people residing in the Northwest Suburbs who have an interest in art and art-related topics are encouraged to join this outstanding organization.

Following an 1862 European tour where he fell in love with Swiss architecture, business man Robert H. Tinker returned to Rockford and built his home, the Tinker Swiss Cottage. Overlooking Kent Creek, the property includes a barn, lovely gardens and a suspension bridge Tinker built to connect to his gardens and his wife's property. Filled with original furnishings, artwork, and household items, the cottage is a window to life in the 1800s. The home is one of the few existing Swiss-style homes of the 1800s in the United States.

A trip to a distant place also provided the inspiration for John and Linda Anderson to create a remarkable landscape upon returning to Rockford. After visiting Japan, the Andersons decided to create a Japanese garden on their property. Built and designed by Hoichi Kurisu, the director of landscaping at the Washington Park Gardens in Portland, Ore., the gardens were begun in 1978. The gardens include a formal Japanese garden with guest house, teahouse and machiai. A second garden, Garden of Reflection, is a contemporary international garden with strong Japanese influence.



This wonderful excursion would not be complete without an enticing lunch site. Members will be delighted when they lunch at the beautiful Rockford Country Club on the Rock River.

The total cost of the excursion is \$70 which includes transportation and lunch. Reservations are due by Sept. 7. Members should send checks to Day Chair Alice Buchholz (1-847-381-3883).

This event is the first of many scheduled for the 2007-2008 season, each one unique in its own way. Membership in the Barrington/Northwest Community Associates involves annual dues of \$85 dollars which includes an Art Institute family membership as well as one B/NWCA membership. No artistic background is necessary; just an interest and appreciation of art-related subjects.

For information on membership, contact Carol Merritt at 1-847-991-2889.

### Schedule

At 8:30 a.m., bus departs Harvest Bible Church parking lot; 9 a.m., bus departs Langendorf Park parking lot; 10:15 a.m., Anderson Gardens; noon, lunch at Rockford Country Club; 1:45 p.m., Tinker Cottage; 2:45 p.m., bus departs Rockford.



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Speaking of the finest linens, **Pratesi is now in our store.** These luxurious linens have adorned the beds of those who know and want the best. King sheet sets start at \$1,580, and considering the life span is minimally 14 years (but really a lifetime with proper care) that's less than \$9.50 per month!

With fall right around the corner, now is a perfect time to purchase that cozy

throw. We have a fabulous NEW selection in LOTS of GREAT COLORS and STYLES.

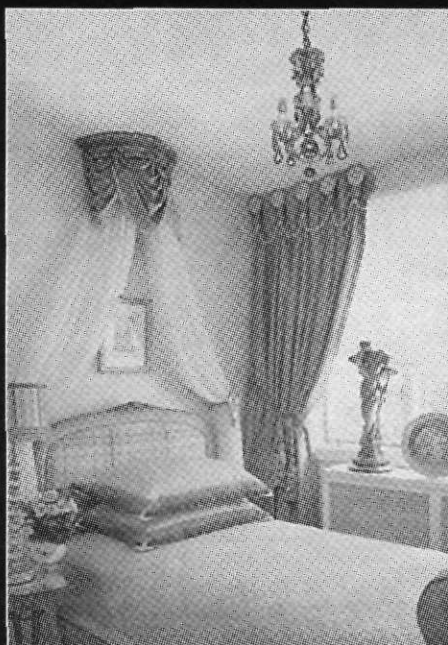
Speaking of fall, now is the best time to pre-order your holiday table linens. That will be one thing to check off your holiday things to do list. And, while you are here, you may just find some terrific gifts for those hard to shop for friends on your list. The possibilities are endless.

And, don't forget we offer free in-home consultations. Whether it is new bedding, shades, or window treatments, we can help you pull your room together.

We are located in Cook Street Plaza at 150 S. Cook St., in between Main and Station streets. There is free indoor parking off Station Street next to Starbucks.

Questions? Our phone number is **1-847-277-1480**, fax 1-847-277-1496, and e-mail is [ensembles@sbcglobal.net](mailto:ensembles@sbcglobal.net). Our hours are 10 a.m. to 5 p.m., Monday through Saturday. Evening and Sundays are available by appointment.

## Stop In And Feel Pratesi!!



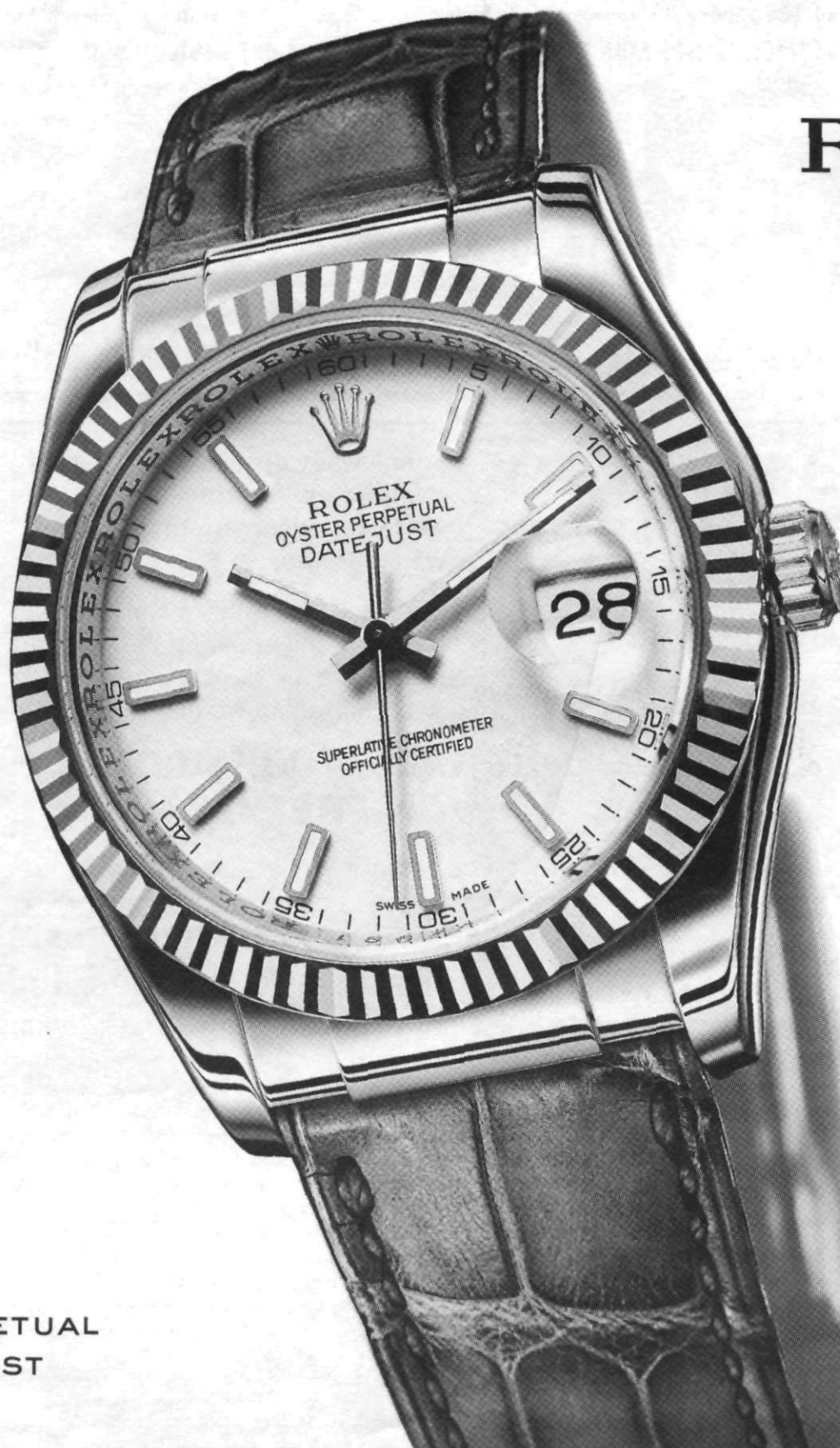
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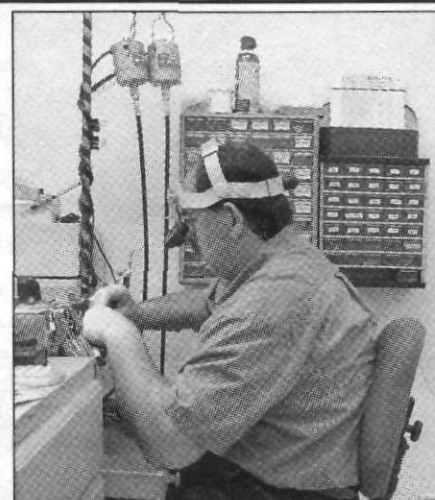


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## "Back to School" Not Just for Kids Area Seniors are Lifelong Learners with LaFarge

Adults 50 years and better are returning to class this fall through LaFarge Lifelong Learning. Presented by St. Anne's Catholic Community in Barrington, the non-denominational program is designed to provide area seniors of all faiths with continuing education opportunities close to home, but far from the usual fare.

"We are so pleased with the continued growth of LaFarge," said Sister Margaret Eisele, program director. "We've added more course offerings based upon student demand and the high number of returning students is a testimony to the quality of the program." Hundreds of seniors have enrolled in LaFarge courses since the program's inception. Now in its sixth year, Sister Eisele is especially proud of the instructors who volunteer their time and talent teaching in an area of professional expertise. "Their enthusiasm is contagious," Sister Eisele continued. "That, combined with a love for learning gives our courses an extra spark. There is a camaraderie that forms and friendships that follow far beyond the classroom."

This fall, LaFarge will offer courses in beginning and advanced computer skills, digital photography, watercolor painting, woodcarving, knitting and more. The nonprofit program is funded in part by a grant from the Barrington Area Commu-



**LaFarge Lifelong Learning Program instructors (from left) Tom Huguelet, Jim Kennedy, Jim Hoffman, Joan Quinn, Doug Jones and Mike Konie will share their expertise and enthusiasm this fall teaching a variety of courses for adults 50 years and better.**

nity Foundation, in recognition of its significant contribution to the quality of life for seniors in the area.

Sister Eisele is pleased that the program helps seniors keep active and connected in the community. "Mature adults have a perspective on learning that is uniquely different than at any other stage of life," she remarked. "This is when you learn for the sheer joy of it and not necessarily to qualify for a job or advance a career. It is a time for continued personal growth, not a 'retirement' from learning new things; learning is vital to living."

Fall Term courses start the week of Sept. 17. Nominal fees are charged to cover course materials. Classes are held once

## Greater Chicago Prostate Cancer Run, Walk 'n Roll Scheduled for Sept. 15 Two Charities Join Forces to Raise Awareness

Runners, walkers, strollers and wheelchair athletes are invited on Sept. 16 from 9 a.m. to 2 p.m. to participate in the third-annual Greater Chicago Prostate Cancer Run, Walk 'n Roll, with Presenting Sponsor TAP Pharmaceutical Products Inc. To be held in Upper Hutchinson Field of Chicago's Grant Park, the event benefits Us TOO International and Wellness Place—two cancer organizations that have joined forces in an effort to raise awareness, education and support to combat prostate cancer.

"Today, a man confronted with prostate cancer faces much of the same obstacles that women faced years ago when they were told they had breast cancer—they don't know where to turn," said Myrna D. Porter, RN, LCSW, event chairperson and co-founder of Wellness Place. "This event is helping us communicate the urgent message that treatment options are available and that support and information is accessible through organizations like Us TOO International and Wellness Place," she added. Porter, a breast cancer survivor, said she was surprised by the lack of uniform agreement regarding treatment when her husband was diagnosed with prostate

cancer five years ago. According to the American Cancer Society, over 232,000 men are diagnosed with prostate cancer each year, making prostate cancer the second most common male cancer risk after skin cancer.

Fundraising teams are currently being developed for the event which, in addition to a 5K Run and 3K Family Walk 'n Roll, will feature a half-marathon course. Organizers are preparing a fun, family event for all ages, including face painting, live music by R-Gang, inflatable activities and exciting prizes for fundraising. The master of ceremonies is Robert Jordan, prostate cancer survivor and weekend anchor for WGN-TV News at Nine.

Cost for participating is \$25 per adult and \$15 per child by preregistration or \$35 per adult and \$20 per child for day-of registration. Children 5 and under are free. Preregistration for the half-marathon is \$45. All proceeds will benefit the programs and services of Us TOO International and Wellness Place.

For more information on how to participate, please call 1-847-241-5972 or visit [www.chicagoprostatewalk.org](http://www.chicagoprostatewalk.org).

per week on the campus of St. Anne's Church in Barrington. Registration for Fall Term is Sept. 10, 11th and 12th from 9 to 11 a.m. in the St. Anne Senior Center,

120 N. Ela St., downtown Barrington, or may be completed by appointment at the LaFarge Program office. For more information, call 1-847-381-5799.



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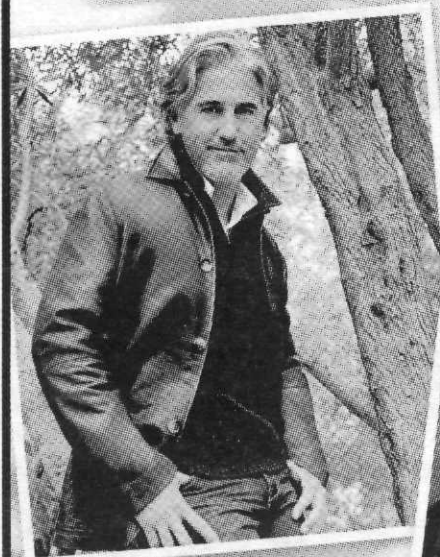
October 17<sup>th</sup>-October 18<sup>th</sup>, 11:00am-4:00pm



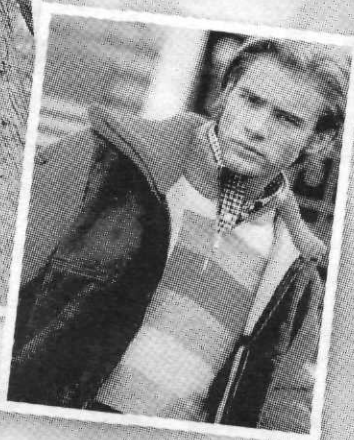
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## Citizens for Conservation Fall 2007 Adventures in Nature

Classes will be held on the following Saturdays from 10 to 11:30 a.m. at Citizens for Conservation's (CFC) Headquarters, 459 W. Highway 22 in Barrington. Look for the white farmhouse with a silo, across from Good Shepherd Hospital.

- Sept. 8, Rock-Paper-Scissors
- Sept. 22, Trees-Leaves-Sticks
- Oct. 13, Seeds
- Oct. 20, Witch's Brew
- Nov. 10, Earth Cosmetics
- Dec. 8, Holiday Nature Crafts

These classes are geared for children ages 4 and up. Adults are welcome and encouraged to come. The cost for



each class is \$5 for CFC members and \$8 for nonmembers, with no fee for adults



who come with a child. All students must register one week in advance. To receive a registration form, call CFC at 1-847-382-7283 and leave your name and mailing address.

New this year are Discovery Classes for 2- to 6-year-olds on Tuesdays from 10 to 11 a.m. Meet at CFC, 459 W. Highway 22, Barrington. Children must be accompanied by a caregiver. A short walk, crafts and educational activities are included, based around the theme of the day.

- Sept. 18, Puppets
- Oct. 23, Pumpkins

- Nov. 13, Harvest
- Dec. 4, Christmas Crafts
- Jan. 22, 2008, Tracks
- Feb. 12, Colors
- March 11, Jewels from Junk
- April 22, Painting with Plants
- May 6, Listen Up

The cost for each class is \$4 for CFC members and \$6 for nonmembers, with no charge for adults. All students must register one week in advance. To receive a registration form, call CFC at 1-847-382-7283 and leave your name and mailing address.





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## Deer Park to Celebrate 50th Anniversary Village Will Mark Milestone with Public Event

The Village of Deer Park will mark a milestone in its history this year: the 50th Anniversary of its incorporation. Residents of the village and surrounding communities are invited to help celebrate this important anniversary at a festival marking the village's roots as a farming community and its efforts to preserve that heritage. The celebration will take place from noon to 5 p.m. on Sunday, Sept. 30 at Vehe Farm, the 14-acre centennial farm which now serves as the village's municipal home. The farm is located at 23680 Cuba Road in Deer Park.

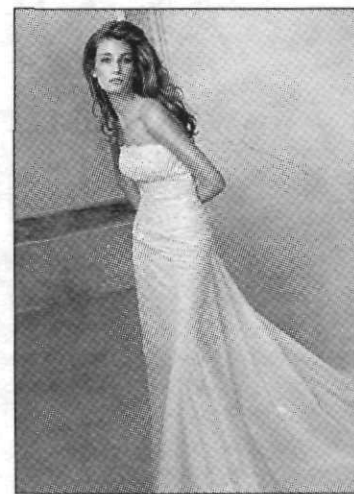
A wide variety of activities for both adults and children are scheduled for the

afternoon. Among the highlights will be a display of historic tractors by the Lake County Farm Heritage Association as well as a tractor-pulled wagon ride along the prairie trail on the grounds, an exhibit of live farm animals, a square dance demonstration, which will feature audience participation, and entertainment by local high school musical ensembles. Games, crafts and a story hour are planned for children, and a horseshoe contest and apple pie bake-off are among the activities set for adults. Food and beverages from two different vendors will be available the entire afternoon. A complete schedule of activities will be posted on the village's web

## A L'Amour Bridal One of the Top Bridal Salons in the Midwest

A L'Amour Bridal in Barrington has been selected by *The Knot* as one of the top bridal salons in the Midwest. A L'Amour is especially excited about this honor because it comes from brides who have expressed their satisfaction with the service and selection at our salon. Our brides come to us from all over the country because of our reputation and the wonderful designer collections that we offer. Upcoming bridal events include a **Pronovias Bridal Trunk Show** on **Sept. 7 and 8th** by appointment and a **Renella De Fina Trunk Show** on **Sept. 14 and 15th**.

A L'Amour not only caters to the Bride and her Mother and Maids, but also has a fabulous collection of social occasion dresses and gowns for Homecoming, Evening and Black Tie, Mothers and Guest of the Wedding. Dresses range in price



from \$150 upward and in sizes from 0 to 24. If you have the special occasion—we have the dress. Plan to visit us soon.

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vated by water, its velvety soft matrix will develop its full potency and feel like a second skin. This treatment is excellent for every skin type as an optimal phase with an Anna Lotan Facial.

This service is now offered by Irina at **International Hair Designs** on Wednesday through Saturday. Call **1-847-438-8636** for more information or an appointment.

## Back-to-School Tips and Hints

Can you believe the summer is over already? I can't! And many of our children would like summer vacation to continue. But alas, that time of year has come again when our children return to school and the summer ends. Are your children ready? And are you ready? Here are some tips to help you and your children.

There is usually a transition time needed for children's sleep schedules to change. Elementary and high school children need 8 to 9 hours of sleep every night in order to feel rested and ready to learn. And all of our bodies need three well-balanced meals and two snacks every day in order to keep our energy levels at appropriate levels. Children and teens need a regular schedule so they can predict what will be happening to them. Regular exercise completes the trio of good basic health. Fun and playtime ev-

eryday allows the mind to relax—a necessary component for good mental health.

Academically you can help your children greatly by providing a regular homework time every day and by being interested in what they are doing in school. Motivation can be improved if you set it up so that your child must do homework before they have fun time. Good communication between home and school helps with the coordination parents need to have so they know what is happening in their child's life on a day to day basis. Last but one of the most important in today's society: do not let your child become over-scheduled. All children and adults need some "down time" everyday.

If you are having any difficulties getting back into the school routine again, call **Dr. Grace** at **1-847-382-3232** for a free phone consultation about your issue.

site—[www.village.deerpark.il.us](http://www.village.deerpark.il.us).

In addition, Village President Scott Gifford will dedicate Vehe Barn as the village's new community center. That ceremony will take place at 3:30 p.m., and anniversary cake will be served immediately following. Relatives of the Vehe family, the farm's original owners, will be on hand to celebrate this momentous occasion.

The over 100-year-old barn has been undergoing restoration and conversion during the past several years and now is open for public use. The Village Board holds its meetings in the upstairs meeting space, while a museum celebrating early farm life in the area is planned for the

lower level. The barn, which includes a complete audio/visual system as well as a commercial kitchen, is available for rent by individuals, businesses and organizations.

The Village of Deer Park is located in both Lake and Cook counties, east of the Village of Barrington and south of the Village of Lake Zurich, approximately 37 miles northwest of Chicago. The 2000 Census lists the village's population at 3,002, with about 1,100 households.

All 50th Anniversary activities are free of charge, but guests are asked to bring a nonperishable food item that will be donated to a local food pantry.



## Chers Amis...

Fall is on its way, with some locally picked wild mushroom that start showing up! Also, the start of our fall wine selection, valid through December... venture through this well thought-after list always featuring great values. And now for our **Regional Bistro Dish** of the month: "**Le Filet de Raie aux Câpres**," sautéed skate wing with a capers beurre blanc sauce. By popular demand, we have decided to feature this wonderful treasure from the ocean for a whole month instead of as a sporadic special!

A great gift of recognition for our 20th anniversary:

• *ZAGAT Dining Guide*—July 8, 2007 review and scores...

Food: 25    Décor: 19    Service: 23

• *Chicago Magazine* August '07 issue—"Best affordable French Suburban"

Check out our Web site for upcoming events and specials!

Come and enjoy the "Indian Summer" in our **Outdoor Café**, with seating available (when weather permits) and where your little four-legged friends are welcome to enjoy our "Menu du Cabot." Looking forward to seeing you in our friendly neighborhood eatery.

*A bientôt,*

—Stephane

## Barrington Hills 50th Anniversary Celebrations Continue



Join (from left) Susan Hamman, Gillian Stoettner, Stephen Smith, Molly Hamman and Stephen Hamman—three generations that went to or are currently attending Countryside School—at the Countryside School Reunion on Sept. 29, part of the Barrington Hills 50th anniversary celebration.

On July 5, Barrington Hills marked its 50th anniversary as an incorporated village. The celebration continues with a yearlong series of events. All residents are invited to participate—whether as spectators, participants or volunteers—as the village celebrates its unique lifestyle in an increasingly developed area.



### Polo Match—Sept. 8

On September 8 at the Kalaway Landowners Polo Match, Barrington Hills will host a 50th Anniversary hospitality tent with lunch at the Kalaway Polo Match sponsored by the Riding Club of Barrington Hills and the Barrington Hills Polo Club. Enjoy an exciting day and meet new neighbors and friends.

### Countryside School Reunion—Sept. 29

On Sept. 29 from 11 a.m. to 2 p.m., there will be a Countryside School Reunion. To sign up on the Countryside School Reunion list, or for more details, call 1-847-

551-3000 or e-mail [pdnise@aol.com](mailto:pdnise@aol.com).

### Blessing of the Hounds—Oct. 6

On Oct. 6 at 9 a.m., there will be a traditional blessing of the hounds followed by hound exercises on Royalty (formerly Horizon) Farm. An exhibition entitled "Magic Hour at Horizon" by Robert McGinley highlights the traditional hunt brunch at The Garlands of Barrington. Reservations are required for lunch.

### Grigsby Prairie Tour—Oct. 6

On Oct. 6 the Citizens For Conservation is offering a Grigsby Prairie Tour at the corner of Buckley and Oak Knoll roads. This is a showcase restoration in our village.

### Barrington Hills Gala Celebration at the SanFilippo Estate—Nov. 17

November 17 is the Barrington Hills Gala Celebration at the SanFilippo Estate. This will be a tribute to Barrington Hills, its history, founders and the many residents who have strived over the past 50 years to preserve our open space, 5-acre zoning, rural atmosphere and the many other factors that have made Barrington Hills a special place to live, especially as we go into the 21st century.

For tickets and information, call 1-847-551-3000 or visit the Web sites [www.barringtonhills-il.gov](http://www.barringtonhills-il.gov) or [www.vbhcomm.info](http://www.vbhcomm.info). Tickets can also be purchased at Ambrosia Patisserie, Barrington Chamber of Commerce, Barrington Flower Shop, Meeske's Meats, Pasquesi Home and Garden, and the Village Hall, or by mailing a check to: Village of Barrington Hills, 112 Algonquin Road, Barrington Hills, IL 60010.

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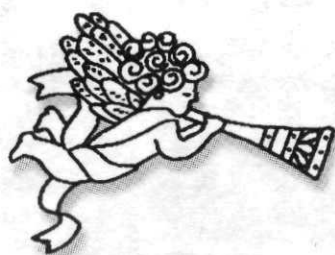
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*The Saint Nectarios Philoptochos Society*

*invites you to join them for*

## *A Heavenly Extravaganza*



*Saturday, September 29, 2007*

*The Stonegate*

*2401 West Higgins Road, Hoffman Estates, Illinois*

*Social Hour and Prize Viewing 11:30*

*Luncheon and Fashion Show 12:30*

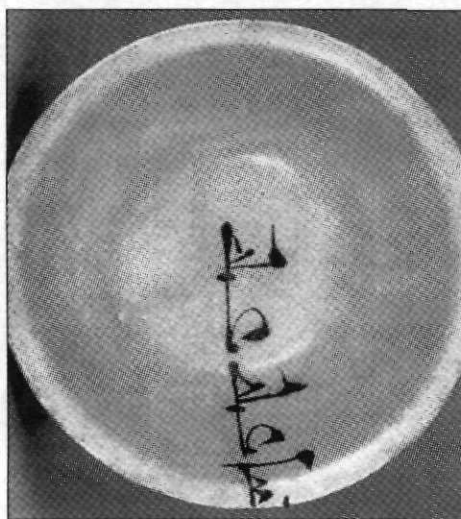
*Donation \$50*

## Art Associates to View Medieval Islamic Ceramics

Visitors to the Art Institute this summer have enjoyed a rare exhibit which introduces medieval Islamic ceramics dating back to the 9th century. Chicago collector Harvey B. Plotnick has assembled what is generally regarded as the finest private collection of early Islamic ceramics in the world. From these truly outstanding objects a selection of approximately 100 treasures are on display in the collection entitled "Perpetual Glory: Medieval Islamic Ceramics."

Members of the Barrington/Northwest Community Associates (B/NWCA) will view many of these rare treasures when they travel to Fullerton Hall of the Art Institute of Chicago on Wednesday, Oct. 10. Sara Alvarez will provide the art commentary and as a special treat Syrian-born Omar al Musti will introduce the musical traditions of Middle Eastern percussion. Finally, Arabic calligrapher Faye Oweis will transform a blank page into a dance with ink and brush. The extraordinary achievements inherent in the early Islamic pottery was the result of exacting, tedious processes, which Sara Alvarez, assistant director of Adult Programs at the Art Institute, will address in her discussion.

Craftsmen working in the renowned artistic center of Kashan, Iran, often kept their methods secret, jealously guarded against thieves and imitators. Glazed pottery-white wares painted in cobalt blue, luxurious lusterware and prized splashware were widely traded along the Silk



**Bowl with an inscription.  
Iraq, 9th century.**

Road. Although this exhibition examines important ceramics produced in Iraq and Iran, objects from Egypt, Syria, Afghanistan, and central Asia are also included.

B/NWCA members who attend this very special excursion will be pleased at the special lunch site selected—Reza's Restaurant.

This event is for members only. The cost is \$60, includes transportation and lunch. Reservations are due Oct. 1. Members, send checks to Day Chair Alice Berry (1-815-236-5443).

### **Schedule**

At 9 a.m., bus departs Langendorf Park

## Great Fashion Takes on a "Heavenly" Theme

The Saint Nectarios Philoptochos Society holding their annual fashion show and fund-raiser, **A Heavenly Extravaganza**, on **Saturday, Sept. 29** at The Stonegate in Hoffman Estates. Great fashion with a "heavenly" theme, before the holidays, is planned, with a good time to be had by all. Fashions will include local Starr Couture and John Pavlis furs. A great jewelry prize is planned this year. The social hour and prize viewing begins at 11:30 a.m., with the luncheon and fashion show at 12:30 p.m. Your donation of \$50 helps the Philoptochos in its charitable mission.

The Saint Nectarios Philoptochos Society is the charitable arm of St. Nectarios Greek Orthodox church located in Palatine. Translated from Greek, philoptochos means "friend of the poor." The Philop-

tochos generates donations to both local and national organizations such as St. Basil's Academy (orphanage), American Heart Association, American Cancer Society and Cardiac Funds, Feed the Hungry Program, International Orthodox Christian Charities, Little City of Palatine, Public Assistance to Deliver Shelter, and The Smile Trail (surgical and financial assistance for children with cleft palates).

Donors to the event will be listed in the event program book. Many local Barrington women are involved in the event this year, including Vicky Palivos, Kiki Korkofigas, Bettie Siavelis and Dr. Jeanne Novas, who is the event chair this year.

If you are interested in tickets or would like to be a donor, please contact Dr. Jeanne Novas at **1-847-304-0044**.

## Barrington Lyric Offers Free Lectures on *La Traviata* and *La Bohème*

The Barrington Chapter of Lyric Opera of Chicago's Outreach Community Education Program again sponsors lectures provided by Lyric Opera of Chicago Lecture Corps.

Presented at The Garlands of Barrington, 1000 Garlands Lane in Barrington (just south of Barrington Area Library on Northwest Highway), each of the lectures with musical illustrations will precede the featured operas in the upcoming season at Lyric Opera of Chicago. The lectures are free and open to the public. To reserve a seat for the lectures, please phone Jill Lund, activity director at The Garlands, 1-847-756-3200.

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

• Giuseppe Verdi's *La Traviata* at 7:30 p.m. on Thursday, Sept. 20, Denny Hayes, lecturer.

In mid-19th-century Paris, Violetta Valéry is a courtesan of fragile health. At one of her parties she encounters Alfredo Germont, a young man new to the big city. She has not previously considered herself capable of true love, but she falls in love with Alfredo, who has loved her from afar. They live blissfully in the country until Violetta is visited by Giorgio Germont, Alfredo's father. He insists that she give his son up, for the sake of his family. Heartbroken, Violetta agrees and resumes her life with her previous lover, Baron Douphol. The furious Alfredo confronts Violetta at a party, violently insults her in public, and challenges the Baron to a duel in which the Baron is wounded. Alfredo then goes abroad, but when he learns from his father of Violetta's sacrifice, he returns to her. They have time for only a brief, ecstatic reunion before Violetta dies.

• Giacomo Puccini's *La Bohème* at 7:30 p.m. on Tuesday, Sept. 25, Barbara Roseman, lecturer.

On Christmas Eve in the 1840s in Paris,



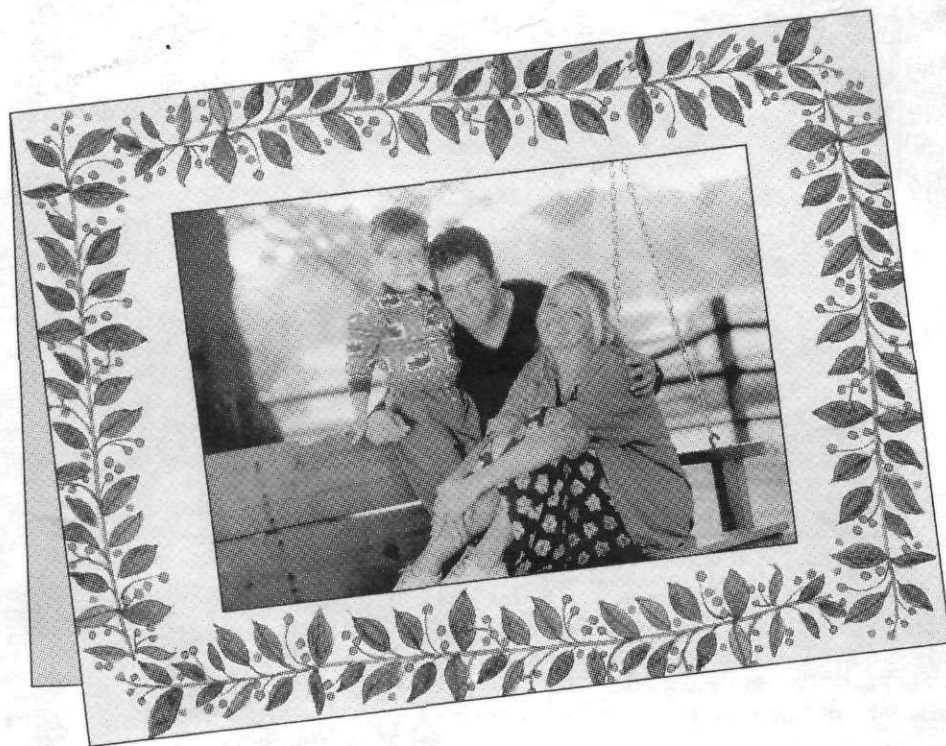
**Barbara Roseman has been a member of the Lyric Opera of Chicago's lecture corps since 1980. She gives programs at elementary and high schools, libraries, senior centers, churches, synagogues, community centers, hospitals and nursing centers.**

Mimi, a poor seamstress of fragile health, and an equally poor poet, Rodolfo, fall in love. At a café, Rodolfo introduces Mimi to his three roommates. One of them, Marcello, encounters his former flame, Musetta. Those two are reunited, and a few weeks later are living together when Mimi comes to beg Marcello to help her: She cannot live with Rodolfo's constant jealousy, but she loves him and he loves her. Marcello and Musetta argue and part, but Rodolfo and Mimi decide to delay their separation until spring. Mimi eventually returns to Rodolfo, however, to be near him in her final moments. She dies in the little garret room where the two had first met.

parking lot; 9:30 a.m., bus departs Harvest Bible Church parking lot; 10:45 a.m., program in Fullerton Hall, Art Institute of Chicago; 1:15 p.m., bus departs Art Institute; 1:30 p.m., lunch at Reza's Restaurant; 3 p.m., bus departs Chicago.



## Hard to Believe Christmas is Coming!



It's not too early to select your holiday cards, especially when **Little Shop of Papers** is offering a **15% savings** if your order is placed by Sept. 30.

There are over 40 Christmas albums to choose from and the variety is endless—religious, traditional, and more! Many albums are devoted entirely to photo cards for that special personal touch!

So mark your calendars—Sept. 1 through Sept. 30—to enjoy **big savings** (free return address with many companies to double your savings)!

**Little Shop of Papers** is conveniently located in the Barrington Foundry, corner of Hart Road and Northwest Highway. Hours are Monday through Saturday 9:30 a.m. to 5:30 p.m.; Thursday 9:30 a.m. to 6 p.m.

**T**ime flies when you're having fun! I must be having a ball because September has come way too soon, and with it, a new fashion season!

The store is packed with great new things, one of which is the "Tumble Tech" jacket—pack it, crunch it, take it and go! It's also washable, and the perfect transitional jacket for fall.

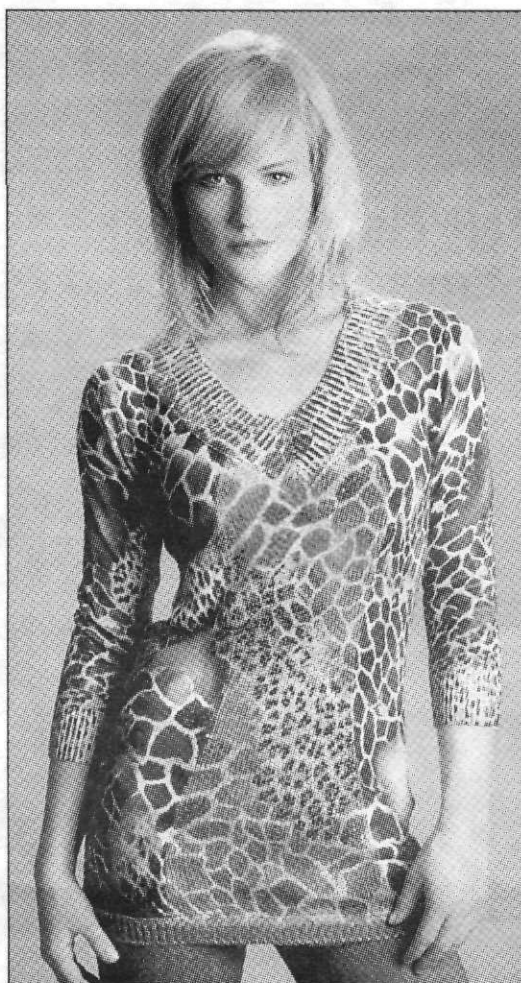
Jackets are, once again, the finishing touch to every outfit. This season, they are better than ever before. The leathers are extra special. We have a darling 3/4 cheetah printed coat that makes any black pant and top a go-anywhere outfit!

We are seeing new shapes in dresses, tops and jackets—the swing, trapeze, and baby-doll shapes are back. Sleeve length is 3/4 or bracelet, which is great for jewelry, and the color for everything is gray. Brown is still very important as well as are animal prints and metallics.

The classic trench style coat and jacket will be very popular this fall. There are so many styles and colors to choose from! It's what makes fashion so much fun!

I hope everyone survived the downpours of rain this past August, which reminds me of the new raincoat collection which should be arriving this month. It's Mycra Pac and they are adorable and affordable.

For those of you who haven't visited Satin Filly, we are located in The Foundry on Northwest Highway and Hart Road.



Our clothing lines range from 0 to 16 and we pride ourselves in our extensive personal service. We'd love to see you and help you shop. Take care.

—Karen



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## Ascot Ball Goes Green



(From left) Dan and Sue Nelsen, Larry and Laura Ekstrom, all of Barrington

A hundred and seventy guests dined and danced to the music of Stanley Paul and his orchestra at the English-Speaking Union's (E-SU) 18th annual Ascot Ball, "As You Like It," held on June 22 at the Casino in Chicago. To evoke the forest of *As You Like It*, and to compliment the evening's honoree, Barbara Gaines of the Chicago Shakespeare Theater, ladies were asked to wear green.

Co-chaired by E-SU Board members Priscilla Barlow of Winnetka and Gia McDermott of Chicago, the event netted a record-breaking \$50,000 to support the English-Speaking Union's Shakespeare Competition and Seminar, which is held every year at Chicago Shakespeare Theater on Navy Pier.

The evening also included a silent auction chaired by Ascot Ball co-chair Gia McDermott, a fish bowl game run by Lynn Graham, and a live auction run by Steve Zicks, head of Christie's auction house. Auction items included a stay in Naples, Fla., with dinner at the Ritz-Carlton



Susan and Frederick Gohl of Barrington

and a cocktail cruise on board Frederick and Susan Gohl's yacht, a box of "V" Centennial cigars, a gourmet lunch and Lake Michigan cruise aboard *The Grand Vizier*, and a year's membership at the Tavern Club in Chicago.

Additional corporate sponsorship was provided by the William Blair Foundation, Smith Barney, the Lorelei Foundation, and the Feltre School.

For more information about the Ascot Ball, please call Jeanne Lees at 1-847-533-5326.

## Fall Plant Sale by Garden Club of Lake Zurich

Fall is an excellent time for planting. With the soil warm and the hottest days of summer behind, many plants easily adapt to a new garden setting and develop healthy roots.

The Garden Club of Lake Zurich will be holding their Fall Plant Sale on Saturday, Sept. 8 from 8:30 a.m. until noon at the Ela Public Library, located at 275 Mohawk Trail in Lake Zurich, at the southeast intersection of Route 22 and South Old Rand Road.

All the perennials that will be offered have been grown by members of the Garden Club. A distinct advantage of locally grown plants is that they are proven successful growers in our local area.

A key feature of the Garden Club of Lake Zurich's Fall Plant Sale is the vigorous, colorful mums that are offered. When other plants that have bloomed all summer are looking tired and overgrown, the mums really shine. The mums are offered in a variety of colors and sizes and will surely add beauty to the fall garden. The sale also offers ornamental kale to bring color and interest to the garden well into November.



Garden Club of Lake Zurich President Karen Johanson inspects plants for sale while shoppers make their selections.

If you yearn to bring the outdoors inside for the winter, the sale also includes a variety of member-grown houseplants.

For additional information, please call 1-847-438-9152.



## Healthy Pregnancy

by Claudine M. Kasinak, M.D., WomanCare

Many women become more interested in their health once they are pregnant. However, the foundation for a healthy pregnancy begins before conception. Women who are thinking about becoming pregnant should see their health care provider to gain insight into nutrition, vitamin supplements, exercise and laboratory testing, which can ensure a successful pregnancy.

Women who are planning pregnancy or who are pregnant should choose a well-balanced diet to get the essential nutrients they need each day. Women need several servings of protein-rich foods (meats, poultry, fish and eggs), grains, calcium-rich foods, vegetables and fruits per day. Women also need adequate fluid intake: eight or more 8-ounce servings per day. Women who are vegetarian may need to take additional supplements. The recommended weight gain in pregnancy is normally between 25 to 35 pounds. Women who are underweight may need to gain a little more and women who are overweight should limit weight gain to 15 to 20 pounds.

Women often have questions concerning the safety of certain foods in pregnancy. Caffeine can be consumed in moderation, as studies have not shown that it causes birth defects. Artificial sweeteners, such as Aspartame and Splenda, are also acceptable. Certain fish, such as Swordfish, should be avoided secondary to high mercury levels.

A prenatal vitamin, which contains folic acid, is essential to a healthy pregnancy. Many studies have shown that folic acid reduces the risk of a baby developing a type of birth defect called a neural tube defect.

Unhealthy behaviors, such as smoking, alcohol or drug use, should ideally be



addressed before conception. Pregnant women are advised to avoid alcohol because this has been linked to learning disabilities and birth defects in babies. Smoking can lead to poor fetal growth, preterm birth and sudden infant death syndrome.

Most women can continue to exercise in pregnancy. In fact, this may benefit the health of both the mother and the fetus. Women who maintain a fitness program have decreased weight gain and fat deposition during pregnancy and an improved sense of well-being. They may also have a shorter, less complicated birth and a more rapid recovery after the birth. Recommended forms of exercise in pregnancy include walking, cycling, swimming and yoga. It is safe to exercise several times per week at a comfortable intensity. Women with complications in their pregnancy, such as bleeding, preterm labor or other medical conditions, should check with their health care provider before embarking upon an exercise program.

Pregnancy can be a wonderful time for women to boost their overall health. A well-balanced diet, vitamin supplements and exercise are all components to a successful pregnancy.

## The Eye Works: Two Doctors, Two Offices, Three Decades

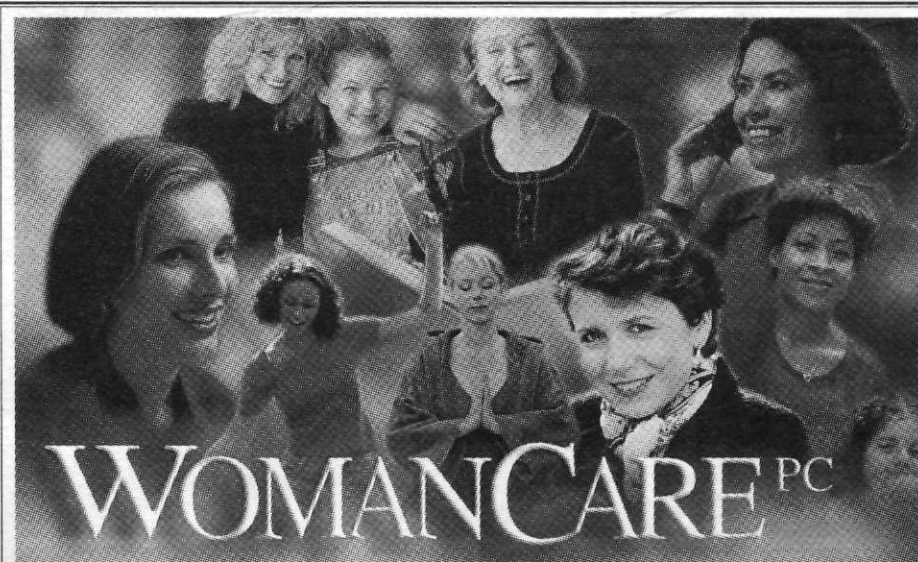
Back in 1978, a youthful Dr. Ralph J. Gebert assumed a one-roomed, independently owned and operated optometry office from Barrington's retiring Dr. Jerome Hansen. Dr. Gebert and his wife, Elayne, moved to Barrington upon purchasing the practice and soon welcomed twin girls, and future summertime employees, Amanda and Tegan Gebert. The office became **The Eye Works** and Dr. Gebert's exceptional service and jovial, sincere nature brought back old patients and attracted many new families to the centrally located practice. Maintaining such quality eye care eventually required not only another office in Lake Zurich in 1990, but also another doctor from the Illinois College of Optometry, Dr. Anthony Prate. Dr. Prate graduated cum laude and shared the same vision for a personable, family-oriented practice as did his new partner. He also joined the Barrington community with his wife Bridgette, son Nick and daughter Ava, and the two doctors have since worked side by side, watching the communities and their patients' families grow along with their practice.

Almost 30 years later, the doctors and a staff of board-certified opticians continue to provide the same quality care and



Dr. Ralph J. Gebert Dr. Anthony Prate

optometric service, as the offices have been expanded and redecorated to fit the community's needs and fashion's latest ophthalmic trends! The doctors also now treat for eye infections and foreign body removal, consult with ophthalmologists regarding LASIK patients, and accept vision insurance such as VSP, EyeMed and Davis Vision. The office will also soon start accepting various major medical plans. As we begin our 30th year of professional eye care to the Barrington and Lake Zurich communities, **The Eye Works** would like to not only thank the thousands of patients that have entrusted us with their families' eye care, but also welcome them for many years to come!



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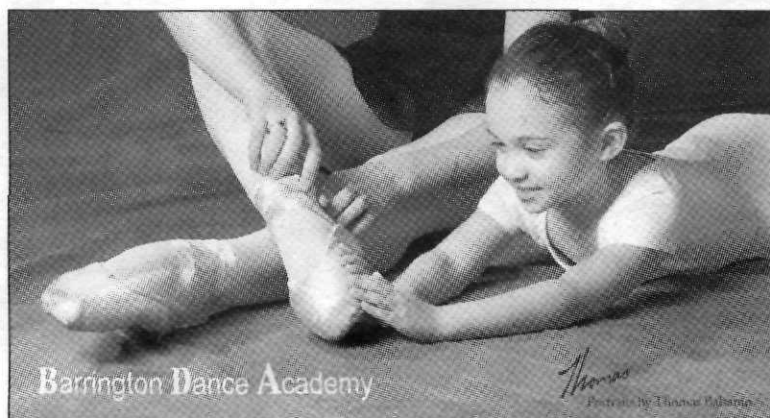
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## Alpha Gamma Delta Elects Officers

The newly elected officers for the Chicago Northwest Suburban Alumnae Club of Alpha Gamma Delta were recently installed during the club's May meeting. Pictured (from left) are 2nd Vice President Rose Alberts of Buffalo Grove, Editor Ann Marie Colletti of Chicago, President Cherrie Wickstrom of Inverness, Secretary Carol Mosse of Chicago, Treasurer Judy Rezabek of Rolling Meadows, and 1st Vice President Pollyanna Peremba of Lake Zurich.

The club meets the first Tuesday of the month in members' homes. Service to the community has included contributions to the Buddy Foundation, Women in Need Growing Stronger, and the Chicagoland Business Leadership Network. Large charitable projects have included providing



gifts to a needy family for Christmas, handling registration for the JDRC Walk-for-the-Cure at Busse Woods, and presenting the Annual Spring Showcase of Arts & Crafts to benefit the Samuel A. Kirk School in Palatine and the Alpha Gamma Delta Foundation.

For more information, call 1-847-847-963-6871 or 1-847-358-8450.

## Women "Fore!" Women

Ladies, the golfing season isn't over! Grab your twosome, foursome or just yourself and join Friends of Home of the Sparrow in a fun scramble-format outing on Tuesday, Sept. 18 at Makray Memorial Golf Club, 1010 S. Northwest Highway in Barrington.

The event will begin at 8:30 a.m. for registration and a continental breakfast, followed by 9:30 a.m. tee-off. The Championship Auction begins at 11:30 a.m. and the Fantasy Fairway Luncheon follows at 12:30 p.m. The cost is \$150 for nine holes, the luncheon and auction. An 18-hole op-

tion is available for \$180. All ability levels are welcome!

Don't (or can't) play golf? Attend the luncheon and auction for \$50. We promise you'll be entertained!

The emphasis is on fun, with all proceeds to benefit Home of the Sparrow, which provides transitional housing, counseling and job-skills training to women of the northwest suburbs finding themselves facing the crisis of possible homelessness.

For reservations or more information, please contact Judy at 1-847-382-6572.

## How to Choose a Dance School for Your Child

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

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

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

1) *Is the teacher well organized and pleasant?*

2) *Is he/she knowledgeable?* (Check the school brochure for teachers' backgrounds.)

3) *Are the teacher's corrections made clearly and in a positive way?*

4) *Are the students well behaved and attentive for their age?*

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

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

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

## The Inverness Women's Club Awards College Scholarships to Area Students



Pictured (from left) are the Women's Club of Inverness 2007 scholarship winners (with club members) Susan Slapke (1st vice president), Pei Wen Wu, Amy Pfister, Courtney Schadek, Ann Leseburg, Lauren Wicklin, Raisa Bratkiv (president), Dawn Carlson, Stephanie Harrison and Betty Ann Dailey (education chairperson). Not pictured were Heidi Sroga, Kelly Wiggen, Linnea Larson, Beth Basin, Meredith Wall, Kelly Paice, Janice Shon, Jessica Sokolowski, Jesse Flanagan and Chelsea Bolton.

Once again the success of fund-raisers held during the year has enabled the Inverness Women's Club to award college scholarships to outstanding area students.

At the May meeting the following scholarships were awarded:

- The Jessalyn Nicklas scholarship was awarded to Dawn Carlson.

- The Roger Merritt Memorial scholarship was awarded to Heidi Sroga.

- The Inverness Women's Club scholarships were awarded to Pei Wen Wu, Kelly Wiggen, Linnea Larson, Beth Basin, Ann Leseburg, Meredith Wall, Kelly Paice, Amy Pfister, Janice Shon, Jessica Sokolowski, Jesse Flanagan, Courtney Schadek, Chelsea Bolton, Lauren Wicklin and Stephanie Harrison.

The Women's Club of Inverness is a philanthropic 501(c)(3) organization. All proceeds from our activities are distributed to local community-based organizations and scholarship grants to graduating se-

niors and college students residing within the boundaries of school districts 211 and 220. In the past 12 months, \$60,870 has been distributed.

Meetings are held September through May on the second Thursday of the month, at the Inverness Country Club at 9 a.m. A brief meeting is followed by an informative and interesting program.

### Shoe Box Express

The club is always looking for donations and names of servicemen and women stationed in Iraq and Afghanistan to send care packages to. If you would prefer to help with the shipping cost, a monetary donation payable to the Women's Club of Inverness and marked "Shoe Box Express" will be specifically earmarked to be used for postage to mail these packages. The list of items needed by soldiers changes from month to month, so please call Gert at 1-847-382-6006 for additional information.

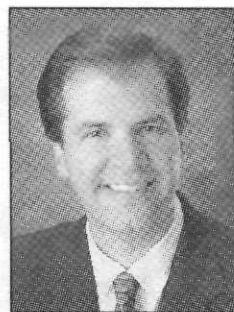


## Cosmetic Dentistry: "I Hate My Teeth!"

by James T. Gavrilos, DDS

Those words are heard in dental offices every day. But when the dentist asks the patient, "What do you hate about them?" the answer is usually, "I don't know, I just hate them!"

So many factors contribute to the appearance of teeth. These factors may not be clearly identifiable by the patient but are clearly evident to the dentist that has had training in smile design. When evaluating a smile, the dentist needs to ask himself many questions. Are the edges of the teeth worn? What is the patient doing to wear them down? Do the gums show when smiling? If they show, do they appear to follow the lips or are they canted? Do the edges of the upper teeth follow the shape of the lower lip? Do the upper teeth show while the patient is speaking? Does the midline of the upper teeth line up with the midline of the lower teeth? Do the teeth have a "windswept" appearance that makes the spaces between the teeth look angled? Is the pointed gum tissue that drops down between the teeth even from one side to the other? Is the tooth color appropriate for the patient? The list goes on and on, and it's important to identify what the problem is before trying to fix it.



How do we know if these changes for the patient are the right ones? The dentist can take digital photos of the teeth and make any of the above changes. He can sit down with the patient and show them what their smile could look like. If the patient is pleased, the dentist can then discuss with them their options for treatment.

Learning what to do when you "hate" your teeth should not be a stressful experience. Visit your dentist and ask him to review your smile and give you some guidance so you can someday say, "I love my teeth!"

For a smile evaluation, please contact **Dr. Gavrilos at 1-847-381-4040** for an appointment.

## What Age is Best for Certain Procedures?

by Gary S. Churchill, MD

Patients often ask at what age it is best to get certain procedures done. This will vary from patient to patient, but there are some general guidelines that apply in most cases. Ultimately, only the patient along with their surgeon can determine if a certain procedure is right for them or if the timing is appropriate.

### Eyelid Rejuvenation

Most people will notice the aging process first around their eyes. Some puffiness beneath the eyelids, especially in the morning, will get more and more noticeable. This can create a tired look even when the person is well rested. Although some people will notice this in their twenties, this usually becomes more apparent in the thirties and forties. Although both upper and lower eyelids may age simultaneously, some people will notice only one or the other aging sooner.

Fine lines will begin to appear around the eyes in the late twenties or early thirties. These can be treated with light chemical peeling or the newer glycolic acid creams at home.

### Facial Rejuvenation— Facelifting

Facial rejuvenation involves a number of different procedures. The most common is facelifting. Facelifting improves jowling and looseness of the neck through incisions around the ears. This procedure is rarely done on patients in their thirties. Most patients are in their forties and older. It is common to perform facelifting at the same time as eyelid rejuvenation.

### Facial Rejuvenation— Forehead Lifting

A forehead lift allows the brows to be elevated as well as the frown lines smoothed. This is done through an incision behind the hairline. Although some patients



Stacie McClane, MD Gary Churchill, MD



may have low lying brows in their thirties, most do not seek forehead lifting until their forties. It is common to perform forehead lifting along with a facelift.

### Facial Rejuvenation— Chemical Peeling

Chemical peeling is designed to smooth the skin. A number of new light and medium depth chemical peels have become available for younger patients with early, fine lines. Patients in their twenties may undergo light chemical peeling. The more sun damage there has been to the skin, the deeper the lines will be and the deeper the chemical peel needed to affect them.

### Rhinoplasty

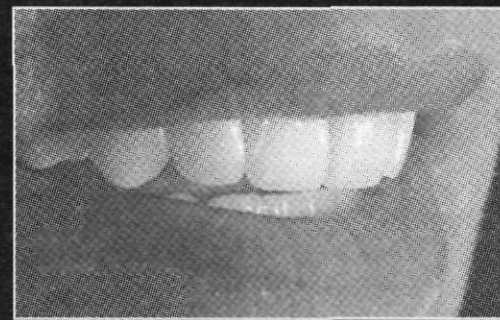
Rhinoplasty or nasal recontouring is commonly performed on teenagers and young adults though older patients are candidates as well. The younger patients typically seek a smaller, more attractive nose than the one they were born with. Older patients, however, may notice signs of aging in the appearance of their noses. The tip of the nose tends to droop with age. Simply elevating the tip will give the aging patient a younger look.

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(Please continue on page 26)

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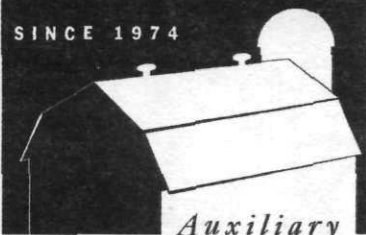
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## "Flower Power" Topic for Green Thumbs

For gardeners, there is a hint of anticipation in the air as the days of hot, humid summer promise to meld into the cooler, crisper days of autumn. Once again it will be planting season—a time to remodel and rejuvenate our outdoor spaces, adding new bulbs and plants to delight us now and in the spring.

For guidance in this endeavor, on Monday, Sept. 16, members of The Green Thumbs of Barrington Garden Club and their guests will benefit from the expertise of Liza Fournier, coordinator of Community Gardens for the Chicago Botanic Garden. Her presentation entitled "Flower Power" will focus on new introductions as well as old favorites of both annuals

and perennials. Her discussion centers on those flowers especially well suited for Northern Illinois gardens. This gathering will convene at 9:30 a.m. at the Barrington Area Library, 505 N. Northwest Highway in Barrington. Visitors are welcome.

The club usually meets at 12:30 p.m. on the third Monday of each month at the Barrington Area Library. In December and June, luncheons are held at other locations. For more information, please call Vicki at 1-847-526-5998.

The Green Thumbs of Barrington Garden Club is a member of the Council of Barrington Garden Clubs, The Garden Clubs of Illinois and The National Council of State Garden Clubs.

## See What's NEW at the PHD Resale Boutique!

We may still be experiencing the last of summer's hot and lazy days here in the northwest suburbs, but the **PHD Resale Boutique** is ready for the cool days of fall and the cold winter season that always returns.

Please stop in and see what's new at 140 W. Northwest Highway in Palatine. We are open Monday through Friday from 10 a.m. till 5:30 p.m. and Saturday from 10 a.m. till 4 p.m. We have stylish, elegant and affordable clothing hanging in our Boutique and Trendy sections. The fall and winter coats, dresses, sweaters, shoes and handbags we have for sale will surely enhance and expand your cold weather

wardrobe. The Halloween and autumn decorations in our housewares department might provide that special seasonal touch your home needs.

**PHD**, a counseling center for pregnancy help and education, could not continue to serve the hundreds of women and children who come to the Baby and Maternity Closet each month for help without the donors and shoppers who support the **PHD Resale Boutique**.

Donations of the items we sell are accepted every day. Please call **1-847-991-1770** for more information. We look forward to seeing you soon!

## Organic Microexfoliation Microdermabrasion Available at Northwest Dermatology

This **microdermabrasion** uses sodium bicarbonate crystals, which are less irritating than traditional aluminum chloride crystals. Microdermabrasion uses a fine jet of crystals to gently and painlessly exfoliate your skin while vacuum suction removes the crystals along with the dead skin cells. Microdermabrasion rejuvenates and revitalizes your skin, leaving you with new, softer skin and a more even skin texture. In addition to surface exfoliation, microdermabrasion promotes the production of new cells in the deepest layer of the dermis; it cleans the pores and stimulates collagen networking that can further improve skin texture. Noninvasive and nonwounding to the skin's surface, the procedure entails virtually no discomfort, down time or recovery. Microdermabrasion is done in a series of treatments, each lasting about 30 minutes so that you can return to work and resume all normal activities immediately. Our usual treatment cost is \$100, but through the month of September, we are offering an introductory special of \$50 for your initial treat-

ment. We also have discounted packages available for multiple treatments.

In addition to general and surgical dermatology, our physicians utilize the **V-Beam pulsed-dye laser** for treatment of facial spider veins, rosacea, scars, warts, port wine stains and hemangiomas. Also available are the **GentleLASE Laser** for hair removal, **Portrait® Resurfacing**, **Restylane** and **Collagen injections** for wrinkles, **Botox®** injections for frown lines and hyperhidrosis, and **Beta-Lift peels** to enhance the skin. Acne patients have benefited from treatment with Beta-Lift peels in conjunction with microdermabrasion.

The physicians at Northwest Dermatology, **Susan Liebovitz, M.D.**, **Patricia Ledwig, M.D.**, **Leslie Beaird, M.D.**, **Alka Madan, D.O.** and **Inderjit Gill, M.D.** are all dermatologists who provide quality patient care in a professional, friendly and caring atmosphere. Please call our office, **1-847-884-8096**, for further information or to schedule an appointment.

## Art in the Barn Returns for the 33rd Year on Sept. 22 and 23rd

Hosted by the Auxiliary of Advocate Good Shepherd Hospital, the 33rd annual **Art in the Barn** festival will be held on **Saturday, Sept. 22 and Sunday, Sept. 23.**

**Art in the Barn** is a unique fine arts festival, which can be enjoyed by the entire family. Located in the old historical barns on the grounds of Good Shepherd Hospital, there will be fine art for sale from more than 160 juried artists from across the nation. The artwork of varying media will range from painting, glass and photography, to sculpture, ceramic and wood, to name a few. The beautiful Barrington countryside sets the stage for this year's activities, which include pony rides, pumpkin decorating, continuous live music, prizes, and a variety of food vendors. A new addition to this year's event will be

the Teen Art Tent, which will exhibit artwork from local high school students.

Some of the sponsors for this year's **Art in the Barn** event are Good Shepherd Hospital/Community Outreach, Schaumburg Audi, Windy City Construction & Design, Good Shepherd Hospital/Medical Staff, Hospice of Northeastern Illinois, Square D, Insignia, and Re/Max of Barrington.

Proceeds from the festival will benefit the auxiliary's pledge to Advocate Good Shepherd Hospital.

**Art in the Barn** will be open from 10 a.m. to 5 p.m. on each day and is held on the grounds of Good Shepherd Hospital in Barrington (on Route 22, 2 miles west of Route 59). Admission is \$5. Children under 12 are free. No pets.





## Hypnosis

by Martin A. Nathan, M.A., L.C.P.C.

Hypnosis is being used more than ever for treatment of a variety of issues. These include nicotine addiction, eating disorders, nail biting, anxiety and panic attacks, weight loss, depression, anger, pain, and sleep disorders. *It is particularly helpful with stopping smoking.*

I'm a licensed clinical professional counselor and have been in private practice for over 33 years. I see couples for marriage and relationship counseling, and individuals for a variety of issues. I am certified in the use of clinical hypnosis and have been using it in my practice for the past 32 years.

I use hypnosis most often with individuals in order to quickly change habit and behavior patterns that the client considers undesirable. Using hypnosis helps the changes to take place in a much shorter

period of time than traditional counseling alone. The combination of short-term counseling with hypnosis saves both time and money.

If you think that you have an issue that may be treated by hypnotherapy, call and discuss your issue or issues with me. You will learn the approximate number of sessions, the cost per session and whether or not it's for you.

I am also a certified meditation instructor and teach "Introduction to Meditation" classes on a regular basis. Meditation helps you to respond better to stressful situations, lowers blood pressure and generally makes you feel better. If you are interested in learning how to meditate or wish to restart your meditation practice, please call **1-847-934-6555** for information.

## The Jungle Bus is Here!

**Barrington Community Child Care Center is now offering gymnastic lessons for your child! The Jungle Bus visits our center once a week, and instructs ages 2 to 6.** We also have a hair-cutting service that comes to our center and gives our children a stylish look!

Our center is located at 560 Carl Ave. in Barrington. We have many activities to keep young minds busy. Our highly qualified staff strives each and every day to ensure that all the children here have a positive first-school experience. Our curriculum contains activities designed to challenge young minds.

We offer full-day childcare for children ages 6 weeks to 6 years. Some age groups offer flexible scheduling and a morning preschool program. Our hours of operation are 7 a.m. to 6 p.m., Monday through Friday. Our facility offers large, child-friendly classrooms with a diverse environment that promotes self-esteem, independence and cognitive growth. **Barrington Community Child Care** focuses on the whole child, with all areas of development included in our program.

For enrollment information or to schedule a tour, contact Terri Knaack, director, at **1-847-381-0272**.

## Come to "Belongings"—Fall Open House—Thursday, Sept. 20, 2 to 6 p.m.

If you haven't been to **Belongings**, it's time to stop in at 205 S. Cook St.! We'll be hosting an **Open House** on Thursday, **Sept. 20** from 2 to 6 p.m. There will be special new merchandise in a variety of styles, as our customers have come to expect!

**Belongings** is a great place to find that table, lamp, piece of artwork, couch or chair to update your home. **Belongings** also carries a wonderful variety of accessories great for entertaining—dishes, glassware and other accents for your home.

**Belongings** operates for the benefit of Wellness Place, a cancer resource center. The proceeds from your donated or con-

signed goods go directly to support programs and services for cancer patients, their friends and family members here in our community and are provided at no cost to the participants.

**We look forward to seeing you at Belongings... stop in frequently, you never know what you're going to find!** Shop hours are Tuesday through Saturday, 10 a.m. to 4:30 p.m. and Sunday, 10 a.m. to 2 p.m. Free pickup of your desirable donations. Consignments are taken by appointment. For more information, call **Belongings** at **1-847-304-0504**. For information about Wellness Place services, call 1-847-221-2400.

## A Winner at Barrington Martial Arts

Master Lawson awards 9-year-old Abigail Elo, a local Barrington resident, a 32" HDTV. She was awarded this for winning the Barrington Martial Arts Spring Fling contest. *Way to go Abigail!*



## HYPNOSIS

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Anger • Study • Memory • Motivation**

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## Barrington Community Child Care Center

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Ages 6 Weeks to 6 Years**

**• Morning Preschool Program**

**• Stimulating, Individualized Learning**

**• Enrichment Programs Offered**

**Terri Knaack, Director**

**560 Carl Avenue, Barrington • 847-381-0272**



**Donation/Consignment**

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205 South Cook Street • Downtown Historic Barrington

847-304-0504 • [www.wellnessplace.org](http://www.wellnessplace.org)

Tuesday-Saturday 10am - 4:30pm • Sunday 10am - 2pm

## Deadline!

The deadline for the **October Issue** is **Thursday, September 13.**

Please send your press release/advertising materials to:

**Lifestyles Magazines** c/o Editor

P.O. Box 293

Crystal Lake, IL 60039-0293

or e-mail: [editor@lifestylesmagazines.com](mailto:editor@lifestylesmagazines.com)

**(815) 459-4820** Please include your phone number.



# Happenings!

*in the area*

## BACOA's 12th Annual Wine Tasting Celebrates Life and Wine

The Barrington Area Council on Aging's (BACOA) 12th annual wine tasting is slated for Friday, Oct. 12 from 6 to 9 p.m., in the Performing Arts Center at The Garlands of Barrington. "Aged to Perfection: A Celebration of Life & Wine" will feature a selection of more than 50 kinds of wines to sample. Attendees can also place orders for purchase at the tasting.

Guests can listen to the music of the John Mose Quartet while enjoying hors d'oeuvres and bidding on an array of live and silent auction items, including cooking classes, dining certificates, home-catered meals and sporting events tickets. Attendees can also support BACOA via the event's caregiver auction, where they can bid to support specific BACOA services and programs.

The wines, provided by Barrington Cellars, will offer guests the chance to sample favorite varieties and try new vintages. BACOA will receive 20 percent of the sales generated by wine purchases.

Tickets are \$85 per person and include valet parking. For advance tickets or more information, call the Barrington Area Council on Aging at 1-847-381-5030 or visit BACOA's Web site at [www.bacoa.org](http://www.bacoa.org).

All funds raised at the event will support BACOA in its continuing efforts to provide quality programs and services to more than 1,200 Barrington-area seniors, family



Members of this year's wine tasting committee include (from left, front row) Denise Nuehring, Joyce Palmquist, Diane Tyrpin, Sandy Stevens, Karen Pfeiffer, Kathy Connolly, (back row) Meg Peirce, Barbara Tomasello, Connie Schofield, Tracey Gasparian, Mary Pahlke and Susan Norton.

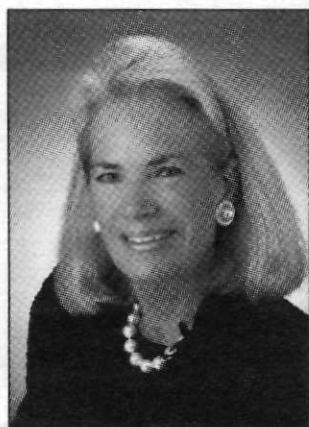
caregivers and the community. BACOA's services include providing information and counsel regarding services for seniors; social and recreational programs; Meals with Wheels; caregiver, low-vision, Alzheimer's and Parkinson's disease support groups; insurance, prescription drug benefits and income tax counseling and one-on-one needs assessments.

Presenting sponsors of this year's wine tasting are Advocate Good Shepherd Hospital, The Garlands of Barrington, Fifth Third Bank, Citi Smith Barney and Alexian Brothers Hospital Network.

## Long Grove Historical Society Presents Barbara Rinella

The Long Grove Historical Society proudly presents Barbara Rinella, book dramatist extraordinaire, on Monday, Oct. 1, 9 a.m., at the Arboretum Club in Buffalo Grove, 401 Half Day Road (southeast corner of Route 22 and Buffalo Grove Road).

Rinella will present "A Tribute to Nora Ephron," a time of laughter and social commentary based on her books *Heartburn* and *I Feel Bad About My Neck*, and other thoughts on being a woman.... with more thoughts on family, parenting, marriage and maintenance! Nora Ephron, award-winning essayist, novelist, screenwriter (*Silkwood*-1983, *When Harry Met Sally*-1989) and director/writer (*This is My Life*-1992, *Sleepless in Seattle*-1993, *You've Got Mail*-1998), knows how to create humor—after all, she is the daughter of comedy writers, her first husband was a comedy writer, and humor enabled her to survive the breakup of her second marriage. Rinella will bring to life Ephron's humorous life lessons, which begin with this new book's look at necks. There is much to consider as a woman scampers down the years. What to do about the neck? How much time and money should



one spend on maintenance?

The event will include a full breakfast, and is only \$27 per person. So mark your calendar now. To register, please send your name, telephone number and names and numbers of your guests attending along with the payment by Monday, Sept. 24 to Long Grove Historical Society, c/o Ms. Marie Borg, 5656 RFD, Long Grove, IL 60047. For more information, please contact Marie Borg at 1-847-438-7656 or Laurie Borawski 1-847-949-5264.

## House of Hope Hosts Fall Fundraiser to Benefit Area Families in Crisis

House of Hope Resale Shop, downtown Barrington, will host a very special 50% off storewide sale Sept. 12, 13th, 14th and 15th, benefiting northwest suburban families in crisis. "We're calling it 'Fall Frenzy' because absolutely everything will be one-half off as we reset the store for the fall and winter seasons," remarked Caryn Habley, store manager. "All furniture, collectibles, vintage treasures, house wares, clothing, toys... absolutely everything is half price."

Every penny raised during Fall Frenzy will benefit Project Hope, a nonprofit organization established in 1986 providing emergency assistance to area families in crisis. "The thrill of getting so many great bargains is only surpassed by the satisfaction of knowing that all purchases are helping needy families in our area," noted volunteer Janet Daboub. "This is a very popular event that should not be missed." Fall Frenzy will run from 10 a.m. to 4 p.m., concluding with a special \$3-per-bag sale for clothing, toys and books from 2 to 4 p.m. on Saturday.

The House of Hope Resale Shop is located at 200 N. Hough St., just north of



Bargain hunters line up early for the Fall Frenzy at House of Hope Resale, which raises funds for area families in crisis.

Hough and Main streets, in downtown Barrington. The store is open Wednesdays through Saturdays from 10 a.m. to 4 p.m. No items will be held for the sale. Delivery service is available for a nominal fee. For more information and directions, call the House of Hope Resale Shop at 1-847-756-4673.

## Celebrate "A Taste of the Orient"

Join us for an evening of fun and fellowship while helping towards the education of children in need. Educate the Children (ETC) will be hosting its 7th Annual Fundraiser on Friday, Oct. 5, with the theme "A Taste of the Orient" at The Avalon Banquet Hall in Elk Grove Village.

Barrington-based Educate The Children Foundation helps children of foreign backgrounds bridge the cultural gap while living in America. On the international arena, Educate the Children has been supporting schools in Bolivia, India, Haiti, Uganda, Vietnam and the Philippines. In addition, this year The Educate the Children Foundation partnered with IBS-Interactive Business Systems to provide education to children in Rwanda where IBS is sponsoring a whole village. ETC continues to look for partners and advocates to create solutions that serve so many underprivileged chil-



Hogar Sagrado Corazon Orphanage in Bolivia

dren locally and around the world.

Experience our work and goodwill by visiting [www.educatechildren.org](http://www.educatechildren.org). You can also sign up for our dinner, volunteer as a tutor, advertise in our Dinner Event Program Book, donate an item for our live auction, or make a contribution from your heart. Hope to see you at "A Taste of the Orient." For more information, call Marianna Zeidler at 1-847-726-9371.

## Garden Club of Inverness Starts Its 67th Year

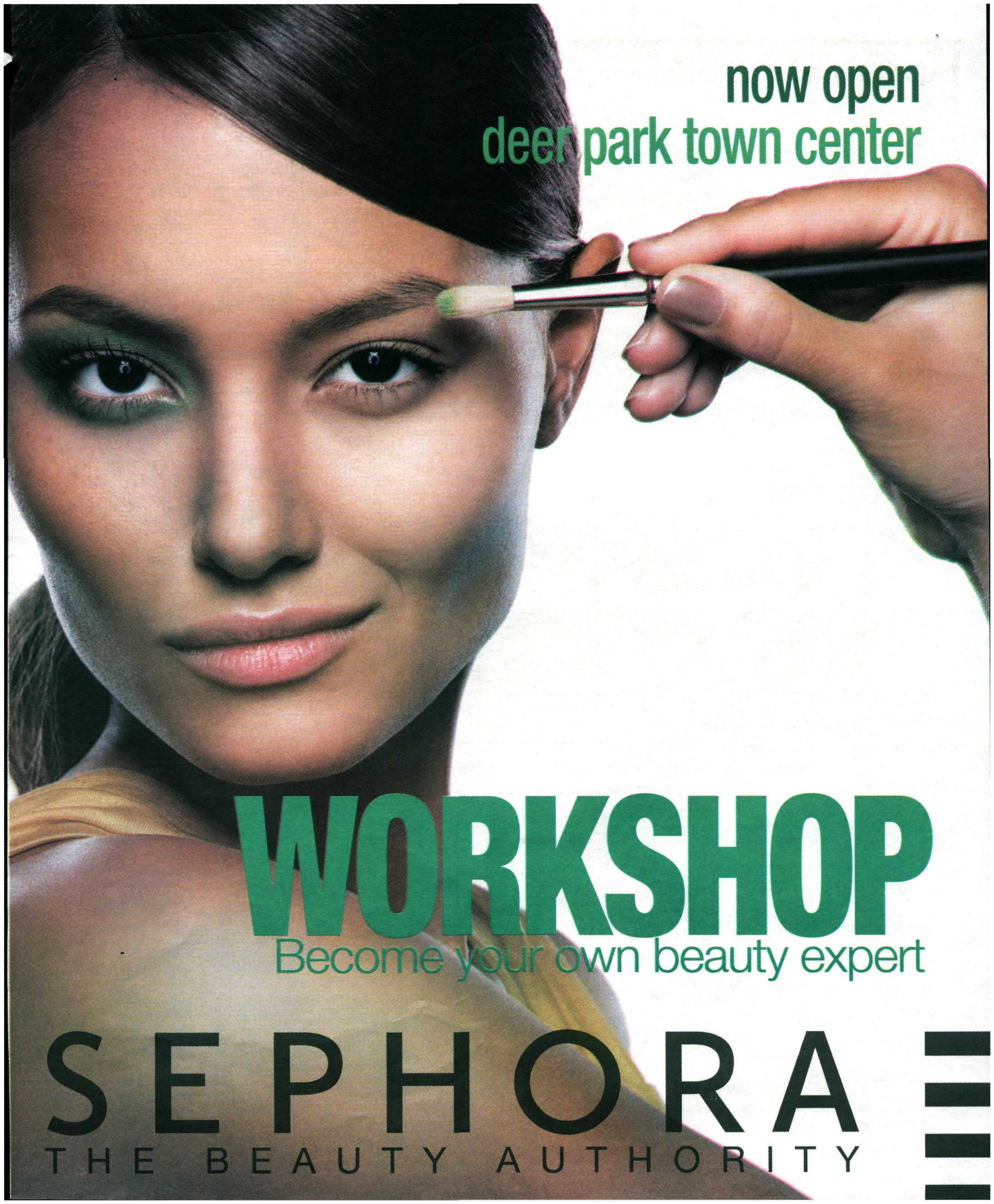
On Thursday, Sept. 20, the Garden Club of Inverness will hold its first meeting of the season. Even though there were activities planned during the summer, including our annual garden walk attended by members and their guests, September is the time when all return to renew friendships, discuss the good and bad points of their gardens and learn new ways to improve them for next year. At each monthly meeting there is a guest speaker, and program chairman Betty Ann Daily has scheduled an outstanding variety of presenters who will discuss topics to intrigue and inspire our membership.

September's program will feature Lucille Barnas from the University of Illinois extension service. She is an advanced master gardener who will give professional guidance on preparing the garden for fall and winter.

The Garden Club of Inverness meets at 9:30 a.m. on the third Thursday of the month at All Saints Lutheran Church, 630 S. Quentin Road, Palatine. After a brief business meeting and refreshments, the program for the month begins.

For more information, call Carol at 1-847-381-2727.



A close-up photograph of a woman's face, looking directly at the camera with a slight smile. Her hair is dark and pulled back. A hand is using a makeup brush with a green-tinted tip to apply product to her right eyebrow. The background is a plain, light color.

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# Retirement Living Options Just Got Bigger and Better: Introducing The Garlands New Sequoia

**The Garlands of Barrington**, 1000 Garlands Lane, off Northwest Highway near the Barrington Area Library, is expanding its campus and adding a total of 12 single-story villa homes called the Sequoias to its 32-acre premier retirement community campus. These limited-edition, ranch-style homes are currently under construction with occupancy starting as early as October 2007. They feature over 2,000 square feet of the highest quality of maintenance-free retirement living. Their neighboring Hawthorn villas are 100% sold out. The remaining nine Phase II Sequoia homes represent the last opportunities to enjoy the villa lifestyle at The Garlands.

The Sequoias feature Northern European influences, heavy timber accents and quality of construction that has become the hallmark of The Garlands architecture. Each Sequoia ranch home boasts 9- to 16-foot ceilings, gracious crown moldings and millwork throughout, a master bedroom suite, a formal dining room, a great room with soaring tray ceiling, fireplace and an abundance of natural light, a den or office space and a full gourmet eat-in kitchen with granite countertops and GE Profile™ appliances. Floor-to-ceiling win-

dows and skylights let the fantastic views and light pour in.

Each Sequoia home also features an attached, two-car garage, backyard deck and a 1,500 square foot, partial, unfinish-

ed basement for residents to customize as they please. Large front porches offer spectacular views of the community's beautifully landscaped campus.

"The Sequoia's front porch is a signature

feature that evokes a neighborly sense of community and embodies the 'village within a village' philosophy at The Garlands," said Thomas Herb, president of The Garlands. "In addition to offering a spectacular view of the mature landscape, the front porch invites neighbors to meet and greet as they garden, exercise and go about their daily routines."

The Sequoia homes also features the high-quality, signature services—on either a full- or limited-service plan—that have become synonymous with The Garlands unique lifestyle. Service plans include housekeeping, interior and exterior maintenance, landscaping, snow removal, optional dining programs, social, education and cultural programs, 24-hour security and emergency response system, utilities and membership to The Garlands Fitness Center. Plus, all Garlands members and their families have access to The Garlands amenities including the restaurants, pool, theater and spa.

With two different pre-construction entrance fee options starting at either \$597,000 or \$995,000, The Garlands Sequoias fit many budgets. Furthermore, The Garlands current refundable entrance fee option offers up to a 90% return of the original investment as opposed to the much lower return offered by other continuing-care retirement communities.

**The Garlands**, located near the heart of Barrington, is a unique community for people ages 55 and older that provides residents an uncompromising lifestyle in a resort setting. For more information, please call **1-847-304-1996** or visit our Web site at [www.TheGarlands.com](http://www.TheGarlands.com).



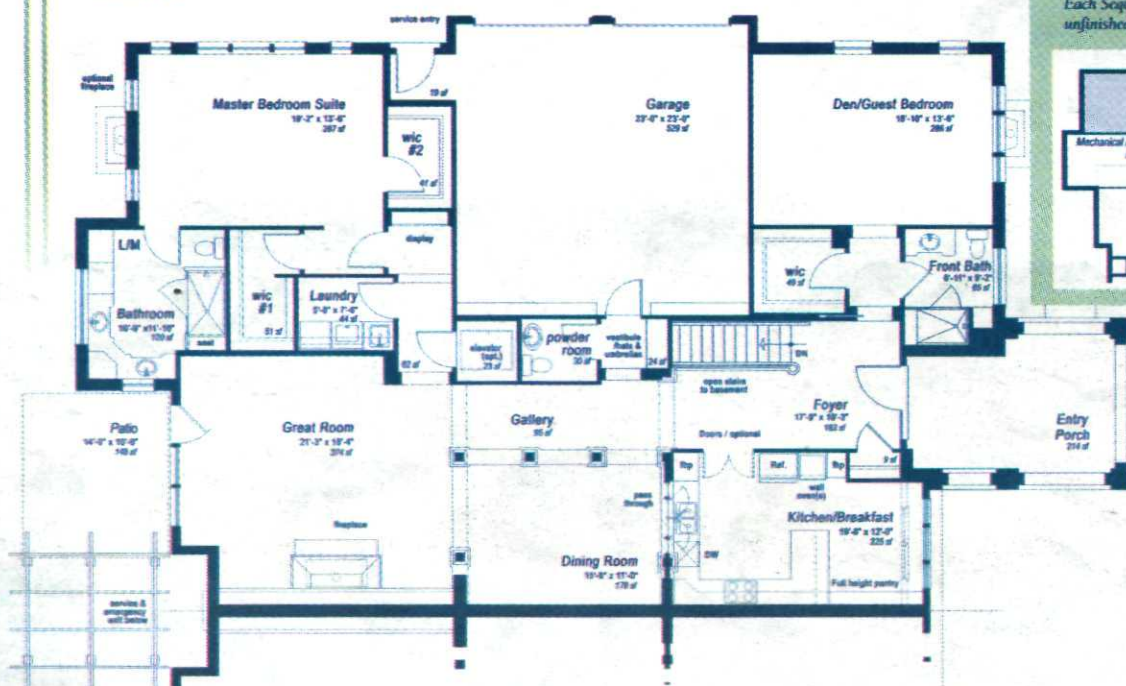
**The limited-edition, single-story Sequoia villas at The Garlands offer spectacular views of the community's beautifully landscaped campus.**



**The Sequoias feature Northern European influences, heavy timber accents and the quality of construction that has become the hallmark of The Garlands architecture.**

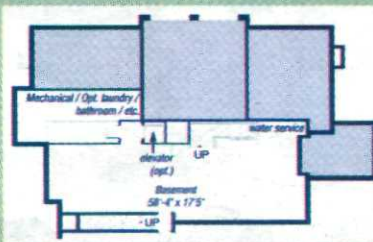
## THE SEQUOIA, A NEW RANCH-STYLE HOME AT THE GARLANDS

### ▼ First Floor 2,163 sq. ft.



### ▼ Basement 1,480 unfinished sq. ft.

Each Sequoia home also includes a partial, unfinished basement



## Sneak Peek

The public is invited to visit The Garlands, tour a Sequoia villa in the final stages of construction, and stay for Happy Hour to meet The Garlands neighbors on Wednesdays, Sept. 5th, 12th and 19th.

Availability is limited, so please call to reserve your place. Call **1-847-304-1996**.





# STRONG ROOTS

Introducing the new Sequoia...your retirement living options just got bigger and better. The Garlands new limited edition, single-story Sequoia features over 2,000 square feet of the highest quality and maintenance-free living. Plus, the Sequoia offers every amenity and option you are currently accustomed to, along with services and surroundings that only The Garlands can provide.



THE GARLANDS®  
— of Barrington —

Each of the nine remaining Sequoia ranch homes boasts:

- Two-car garage • 9 - 16 foot ceilings • Fireplace • Front porch • Basement
- First level master bedroom suite • Granite countertops • GE Profile appliances

**Branch out.** These exclusive villa homes are currently under construction. Their neighboring Hawthorn villas are 100% sold out, so act quickly to take advantage of the last opportunities to enjoy the villa lifestyle at The Garlands. Then plant your roots. *This is your next house beautiful.*

847.304.1996 | 1000 Garlands Lane | Barrington | [www.thegarlands.com](http://www.thegarlands.com)



## SNEAK PEEK

Wednesdays, September 5, 12 and 19, 3-5:30 PM

View home sites, see floor plans and meet the neighbors at Happy Hour!

Availability is limited. RSVP today by calling 847-304-1996.

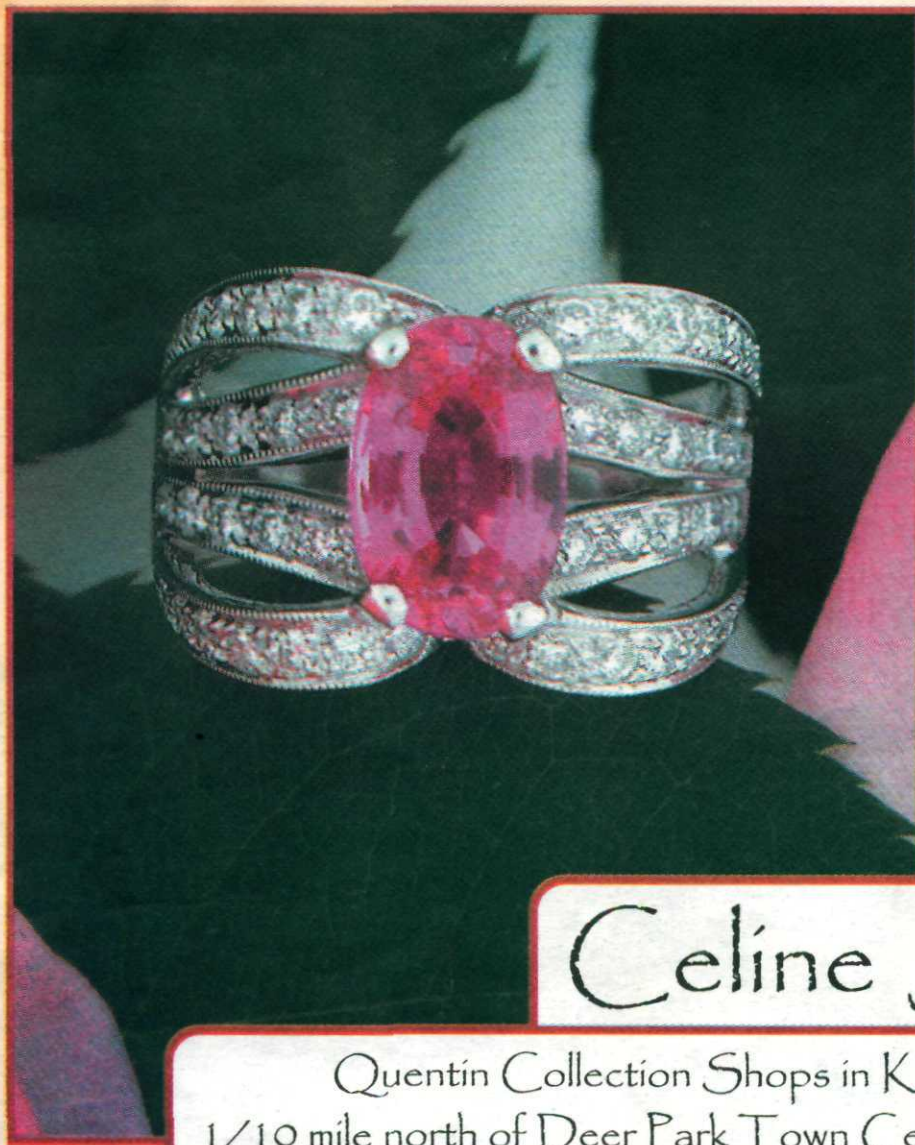
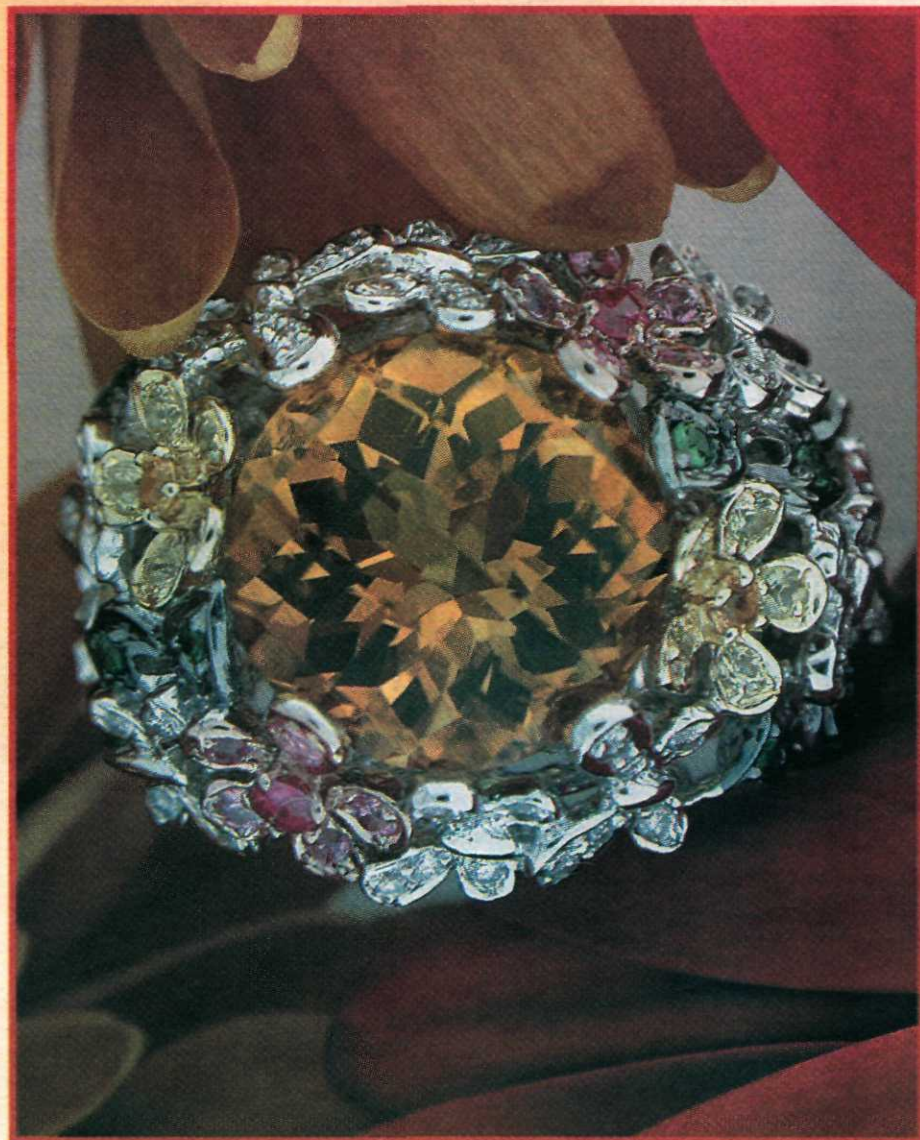


# Celine Jewelers

She's One of a Kind,  
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Celine Jewelers has been called  
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We invite you to visit our store to see  
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## New to the Barrington/Lake Zurich Area —Advanced Medical Aesthetics

**Advanced Medical Aesthetics**, which recently opened in Deer Path Commons, provides noninvasive cosmetic procedures in a private, modern, state-of-the-art medical facility. Dr. Lisa S. Gulcher performs all facial aesthetic enhancements personally using Botox® and Dermal® fillers. All laser treatments are performed or supervised by Dr. Gulcher. After extensive research into laser safety and efficacy, Dr. Gulcher has chosen to use Cutera lasers for her clinic.

As part of their **Grand Opening** special—**Advanced Medical Aesthetics** is offering a **20% discount** on all aesthetic and laser services.

Advanced Medical Aesthetics offers:

- **Laser & Light Therapies**—Hair Removal, Vein Removal, Age Spots, Rosacea, Photodynamic Acne Therapy, and Skin Rejuvenation

- **Botox®**—for dynamic fine lines and wrinkles

- **Dermal Fillers**—for static fine lines and wrinkles (Radiesse®, Juvéderm® and Cosmoderm)

Before Graduating from Northwestern Medical School and completing her training in Internal Medicine, Dr. Gulcher worked as an oncology nurse specialist at



**Dr. Lisa S. Gulcher**

several major academic centers including University of Chicago, Dana Farber Cancer Institute in Boston and Yale Medical Center.

For a free introductory consultation appointment with Dr. Gulcher to discuss your medical aesthetic needs, call **1-847-719-2200**. **Advanced Medical Aesthetics** is located in Deer Path Commons, two miles north of Deer Park Shopping Center on Route 12. To learn more about Cutera lasers and other aesthetic services AMA provides, please visit their Web site, [www.advancedmedicaesthesia.ws](http://www.advancedmedicaesthesia.ws).

## Free Cosmetic Evaluations at Dentistry on the Lake

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They're comfortable procedures that can typically be completed in two to three easy visits!

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- Chipped, broken, teeth can be repaired.
- Missing teeth can be replaced.

**Dr. Dan Follmer** graduated from Northwestern University Dental School in 1975. He then returned to the college to teach dentistry for two years, after which he returned to his hometown of Wauconda where he has practiced since 1977.

Committed to both academic and clinical excellence, **Dr. Follmer** assigns top priority to continuing dental education. Over the past five years, he has studied extensively at the prestigious Las Vegas Institute for Advanced Dental Studies where he has completed over 300 hours of Continuing Education in the area of cosmetics and neuromuscular dentistry.

We will be pleased to welcome you to **Dentistry on the Lake**, where you will receive the finest dental care available.

Call **1-847-526-2831** today for a free cosmetic evaluation!

## Four Seasons Garden Club September Meeting

The September meeting of the Four Seasons Garden Club will be held at 9:30 a.m. on Tuesday Sept. 4, at a member's home. The business meeting will be followed by a presentation by Laura Anderson of St. Charles entitled "The History of Bees and Different Styles of Hives." Anderson has been raising bees for over seven years and is an expert on the subject of the history of bees and the various styles of hives. She will also offer a sample of the various types of honey.

There will also be a member plant sale following the presentation. Members are encouraged to bring plants and garden

related items for the sale.

Guests are always welcome.

The Four Seasons Garden Club meets at 9:30 a.m. on the first Tuesday of each month, September through June. The meetings are usually held in a member's home or at the Barrington Library. Meetings include a social coffee, visiting among members and guests, a short business meeting and a presentation or demonstration concerning some aspect of gardening and gardening interests.

For further information regarding the club or its activities, please contact Lenore Lawrence at 1-847-381-2883.

Dr. Lisa S. Gulcher is proud to announce the  
**Grand Opening of**

## Advanced Medical Aesthetics



**AMA offers the following noninvasive treatments:**

Laser Hair Removal • Vein Removal • Botox®  
Skin Rejuvenation • Wrinkle Reduction

### OPEN HOUSE

**September 12, 2007 • 10 am - 2 pm and 5 - 8 pm**

**Free Treatment and Service Prizes**

**Refreshments • Special Gift for All Who Attend**

**To welcome you, we are offering a  
discount of 20% off all packages and services  
purchased in the month of September**

**Dr. Gulcher is Board Certified in Internal Medicine  
and a graduate of Northwestern Medical School**

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So much has been written about the smile. In poetry. In prose. In songs. It's the feature many people notice first and is one that makes a lasting impression.

If you have stained, crooked or missing teeth, chances are people remember that about you. We'd like to help. We're Dentistry on the Lake, an aesthetic, neuromuscular and comprehensive smile center. Our passion is exceptional dental care.

We can't promise that your new smile will bring you love. But we will design a smile you'll fall in love with. Call 847.526.2831 today for your free smile consultation.



**Dr. Dan V. Follmer**

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## Smart Landscaping

**Not so smart** gets "free" advice from lawn cutters and relatives. **Smart** seeks a design professional for non-cookie cutter looks and a personally compatible life-style concept.

**Not so smart** gets distracted by what looks good or is on sale today. **Smart** buys for long-term color and low maintenance for all the seasons.

**Not so smart** puts off fundamental problems, downsizes materials, splinters the overall job, and sacrifices quality when the budget is squeezed. **Smart** takes on one area at a time, does it well, then moves on as budget allows.

**Not so smart** learned that the designer was rarely on-site during the work, it went slowly, and problems arose. **Smart** knows a good plan and quality hand-picked materials are only half the job; efficient, exacting execution is the other.

**Not so smart** is replacing dead or overgrown plants, and rebuilding unstable walls or patios in just a few years. **Smart Dollars** is pulling a 9 iron.

the *naturalizing landscapes*, Wauconda, Ill. 1-847-487-4670.

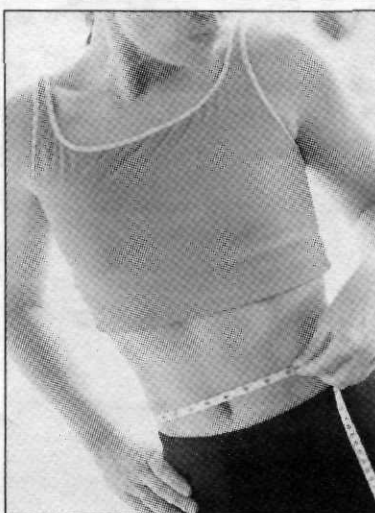
## Innovative Fitness Solutions In-Home Personal Training

Our Personal Training Philosophy is Simple:  
**GET RESULTS. PERIOD.**

We want you to be in the best shape of your life, look better than you ever thought imaginable, and have the knowledge to be able to maintain it.

By infusing balance and stability, our individualized exercise programs focus on reducing body weight /fat, increasing your core and overall strength & improving your flexibility while keeping your specific goals in mind.

At **Innovative Fitness Solutions**, you will achieve results faster because you are exercising more efficiently, paying attention to your nutrition, setting goals for yourself and getting personalized attention from your own fitness professional all in the convenience of your own home.



  
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Start your new lifestyle **TODAY!** Take the first step  
by scheduling your **Free Fitness Consultation!**

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## Gary S. Churchill, MD

(Continued from page 17)

informed patient can make such a decision. The best time to undergo a particular procedure is when that procedure will result in a noticeable improvement in whatever features are undesirable to the

patient. If no change will be apparent, it may be best to wait. These issues are addressed fully during the consultation. This is the best way for a patient to become fully informed.

## Golf Outing Scores for PHD

Over 100 golf enthusiasts gathered to support PHD with friends, family and business associates for PHD's Third Annual golf Outing held at Makray Memorial Golf Club of Barrington. Eager golfers anxiously awaited the 1:30 p.m. shotgun start for a day of 18 holes on Makray's lovely course to support The Society for the Preservation of Human Dignity (PHD), a counseling center for pregnancy help and edu-

cation.

All the fun and games truly paid off as this day helped raise over \$30,000 in support of PHD's professional counseling, programs and services offered to women who are pregnant or parenting a child under the age of 3 and to their families.

"Everyone had such a wonderful time playing this beautiful golf course, all to benefit the women and children served

## Did Your Fitness Motivation Go on Summer Vacation? It's Time to Get Back to Working Out!

### In-Home Personal Training

If there's one thing to be learned about exercise, it's that good intentions aren't enough to get you off the couch and get moving in the right direction towards your health and fitness goals. At **Innovative Fitness Solutions In-Home Personal Training**, we continue to use our time-tested approach of the three C's to achieve your personal goals—**commitment, consistency, and convenience**.

**1. Commitment**—Although this word can sound a bit scary to some, all it means is that you will make weekly commitments to meet with your personal trainer. During your scheduled workouts, your certified trainer will be completely focused on you and your specific fitness goals. It's too easy to skip a workout when you're working out alone.

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*Nicci Grabs, owner of Innovative Fitness Solutions, graduated Magna Cum Laude with a BS in Exercise Physiology from Western Illinois University. She is a Certified Personal Trainer through NASM, the National Academy of Sports Medicine, and has over 10 years of experience in the fitness and personal training industry.*



Nicci Grabs

by PHD. I am extremely grateful to our golfers and to our most generous sponsors. This year's event at Makray was such a success that we've already secured our Fourth Annual Golf Outing for Wednesday, July 16, 2008," said Cathy Vincus, PHD's executive director.

PHD wishes to thank their lead Diamond sponsorship of \$5,000 from Hummel Group Ltd. and to the Gold Sponsorships of \$1,000 from Palatine Bank &

Trust, Alexian Brothers, Northrop Grumman, and Riffner, Barber, Rowden LLC. Thanks to Midtown Athletic Club for providing a Silver Sponsorship of \$500 and for the 22 corporate and personal hole sponsors that were received.

For further information about PHD, call 1-847-359-4967 ext. 25. Visit PHD's Web site at [www.sphd.org](http://www.sphd.org) to learn more about their life-giving work or to make a tax-deductible online donation.



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The sights and smells of **Cipperoni's Deli** welcome you as soon as you enter; as will our courteous, friendly service. For lunch, try an authentic Italian sub with all the best-tasting Italian meats, topped off with our homemade Italian dressing. Or, try a panini (like our famous Pollo Special), or our hefty meatball sandwich, served on tomato focaccia with melted provolone cheese. We also carry a variety of salads that are prepared fresh daily.

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## Church Women United Raises \$18,000 for District 220 School Supplies

In 2001, Church Women United (CWU) Barrington Social Ministries started a new project to reduce the financial hardship that disadvantaged students and their families face at the start of each academic year in Unit School District 220. In most schools, students receive a list of supplies needed for the fall that are sold in pre-packaged kits. For elementary and middle schools, these kits range from \$30 to \$90. The project started by supplying kits in some of the elementary schools for the children who qualify for low-income benefits according to federal guidelines.

As the project has grown, this fall all

qualified students in elementary and middle schools in Barrington will receive kits as prescribed by their individual teachers. Having raised almost \$18,000, this fall, CWU will again supply 30 graphing calculators for the math department at Barrington High School for use in its student loan program for low-income students.

"A wonderful aspect of this project is that identical kits are given to students who paid themselves and those we pay for," said Mary Anderson, chair of the project. "They're given out anonymously at orientation in the fall, with no one knowing how the kits were financed. The

schools notify the recipient students in advance, however, that Church Women United will pay for their kits. From the response from parents and school administrators, we know that the purchase of these required supplies at the beginning of the school year is an enormous burden for struggling families and that our assistance is greatly appreciated."

Church Women United is grateful to its constituents in Barrington churches, private individuals and the following organizations for support of this project: Barrington Area Community Foundation, Barrington Noon Rotary, Barrington United

Methodist Church Women, Barrington Woman's Club, Community Church Women's Fellowship, Lutheran Church of the Atonement, Presbyterian Church Women's Organization, PTO of A. C. Lines School, PTO of Barbara B. Rose School, PTO of Barrington High School, PTO of Barrington Middle School Prairie Campus, PTO of Countryside School, PTO of Grove Avenue School, PTO of North Barrington School, PTO of Roslyn Road School, Rhoades Foundation, St. Mark's Episcopal Church, St. Paul United Church of Christ Women's Fellowship, and Salem United Methodist Church.

## 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 thousands of satisfied patients. Insurance usually pays for some or most charges, (sorry, no HMOs).

To begin a weight loss program that really works for you, call **1-847-438-2454** in Lake Zurich or **1-847-291-0772** in Northbrook to make an appointment for your consultation today.

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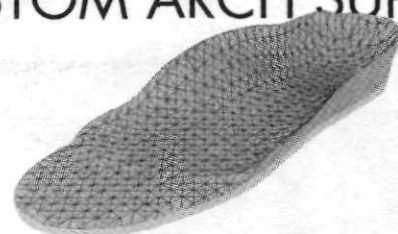
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## AAUW Barrington Fall Events

AAUW advances equity for all women and girls through advocacy, education and research. Founded more than 125 years ago, it is a national organization with state and local affiliations.

On Sept. 10 at 7 p.m., the first meeting of the Barrington Area Branch for the coming year will be held at Barrington Area Library. A physician from Advocate Good Shepherd Hospital will address Shaping Our Lives Through Shaping Ourselves—using plastic surgery to empower women as we consider the differences we have made. Guests are welcome.

The branch will hold a wine tasting in November to raise funds for the Educational Foundation, the philanthropic arm of AAUW. Also, the Great Decisions study/discussion group will hold its annual eight meetings in February and March. Other plans for the year will be announced at the September meeting.

On Wednesday, Sept. 12 at noon, the

luncheon book group will meet at The Garlands, 1000 Garlands Lane, Barrington to discuss Thomas Friedman's book, *The World is Flat*, emphasizing the first section (How the World Became Flat). Loretta is chair and can be reached at 1-847-381-1804.

The daytime bridge group will meet in a member's home on Thursday, Sept. 13. Each player donates \$2 to the AAUW Educational Foundation. Call Bobbie for further information at 1-847-381-3315.

The evening book group will meet Tuesday, Sept. 25 at 7:30 p.m. in a member's home to discuss *Personal Memoirs* by Ulysses S. Grant. Call Peg at 1-847-381-4791 for more information.

Membership in AAUW is open to anyone holding a two-year degree or higher from an accredited institution of higher learning. For more information, contact membership co-chairs are Anne, 1-847-772-4507, or Preeti, 1-847-222-0599.

## American Chartered Bank OMNI Golf Classic Raised \$160,000 to Benefit OMNI Youth Services



OMNI Classic golfers pictured (from left) are Doug Hugdahl of LightSource in Schaumburg; Matt Roberts of Duke Reality Corp. in Rosemont; Golf Pro Chip Beck of Lake Forest; Bruce Church, president of the OMNI Youth Services Board of Directors and president of Balanced Environments of Old Mill Creek; and Mike Patterson of On Track Leadership in Schaumburg.

The 2007 American Chartered Bank OMNI Golf Classic held on June 18 at The Ivanhoe Club raised \$160,000 to benefit OMNI Youth Services.

Since 1972, OMNI Youth Services has been a leader in providing life-changing counseling and prevention services. With a specific expertise and passion for serving youth in overlooked and underserved communities, OMNI's experiential approach supports learning through doing and the development of skills these youth

can use for a lifetime.

In addition to American Chartered Bank, the Title Sponsor for the OMNI Golf Classic, presenting sponsors included Allstate, American Airlines, Charity Golf Group, Charter Steel, Chicago Metallic Corporation, HSBC-North America and Trustmark Voluntary Benefit Solutions.

For information on OMNI Youth Services, please contact Linda Ballard 1-847-353-1602.

## BAPW Host September Dinner

Join the Barrington Area Professional Women (BAPW) at 6 p.m. on Thursday, Sept. 6 when they welcome Catherine Koelling of Heritage Wine Cellars Ltd. at the annual Wine Tasting and Dinner event.

The Barrington Bistro, located in The Foundry (corner of Highway 14 and Hart Road), will host the five-course dinner accompanied by five different wines as Koelling provides colorful wine commen-

tary as each course is served. New members and guests are always welcome.

BAPW members, who represent business and community professionals, are dedicated to providing area women with networking opportunities and educational programs.

For more information, call 1-847-207-8403.



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## "Fun to Be Fit" at Hearthstone Village



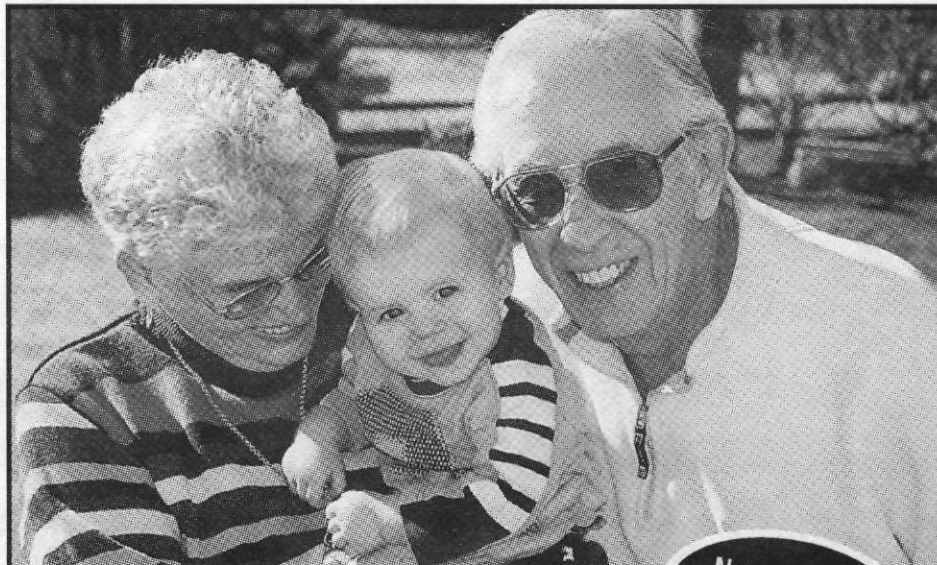
Pictured (from left) are Esther Pepping of Hearthstone Village, Angelina Page, WELC; Jane Whitmore, community member; Mikayla and Savannah Adcock, WELC; Mia Deegan, WELC; and Jim Handke, Hearthstone Court.

As part of an innovative wellness program introduced by **Hearthstone Village Senior Living** community, children from the **Woodstock Early Learning Center (WELC)** are joining residents from Hearthstone in "Fun to Be Fit." The intergenerational aspect makes for a fun workout for seniors, while promoting the benefits and importance of good exercise habits for the youth. "Both the children and the seniors look forward to and anticipate this time together each Monday," says Gloria Redmond, teacher at WELC.

The goal of **Hearthstone Village's**

wellness program is to improve the quality of life for elders through wellness of mind, body and spirit. Along with over a dozen exercise classes the wellness program will also feature a cardio area open to seniors 65 and older from the community with commercial-quality equipment funded by the McHenry County Senior Services Grant Fund.

For more information about **Hearthstone Village**, call **1-815-338-2110** or visit their Web site at [www.hearthstoneil.org](http://www.hearthstoneil.org).



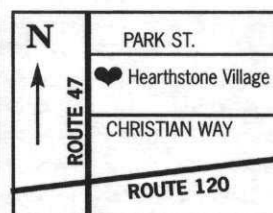
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## Biltmore Country Club Awards College Scholarships

The Douglas Hudson Sr./Biltmore Country Club Scholarship Committee has awarded over \$50,000 in college scholarships for the 2007-2008 school year.

The Douglas Hudson Sr./Biltmore Country Club Scholarship Committee has recognized the following students by granting them scholarship awards to the college of their choice: Jessica Baehne (Illinois State University), Jordan Finlayson (University of Missouri), Ryan Ganzer (University of Dayton), Kristina Kessler (University of Florida), Mark Kotiw (McHenry Country College), Natalie Kotiw (McHenry County College), Mario Luna (Western Illinois University), Veronica Martinez (Elgin Community College), Sean Miller (Lake Superior State University), Julia Nichols (Marquette University), Erin O'Leary (University of Illinois) and Chris Tollefsen (Vanderbilt University).

In addition, the following former recipients of the Biltmore Scholarship were awarded scholarship renewals: Amanda Battaglia (University of Iowa), Sean Bauman (Iowa State University), Melissa Duy (College of DuPage), Tzolkin Gonzalez (Elgin Community College), Daniel Paluch (University of Iowa), David Rock (University of Illinois), Michelle Schaufel (Arizona State University), Savana Soder (University of Illinois), Andrew Werfelmann (University of Illinois) and Matthew Werfelmann (Eastern Illinois University).

Biltmore Country Club members also contribute to the Chick Evans Scholarship Foundation and four of our caddies have been awarded the coveted Evans Scholarship: David Miller (University of Colorado), Miquel Rodriguez (University of Illinois), Dan Jarva (Indiana University) and Chris Cornille (University of Illinois).

## Tosto Family Affair

On Monday, Sept. 17, the Tosto family will host the 10th Annual Peter R. Tosto Jr. Foundation Golf Outing at the McHenry Country Club, 820 N. John St. in McHenry. Beginning at 10 a.m., this 18-hole tournament includes lunch, cocktails, dinner, prizes and more for \$300 per person or

\$75 just for dinner. Proceeds benefit children and adults with disabilities supported by Clearbrook.

Make your reservations early as golfing is limited. Hole sponsorships are still available for \$200. For reservations, please contact Peter Tosto Sr. at 1-847-362-7044.

Chris Cornille (University of Illinois).

Biltmore Country Club, founded in 1926, is a private, member-owned country club with a challenging 18-hole golf course, six tennis courts, private lake, beach, pool and clubhouse.

For more information, call Biltmore Country Club at 1-847-381-1960 or visit their Web site at www.biltmore-cc.com.





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## New Health Program Takes a Proactive Approach

"Take Charge of Your Health!," a new health education class for adults 60 and over, will be held from 1:30 to 4 p.m. on Wednesdays from Sept. 12 through Oct. 17 in the Eastlake Dining Room at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

The program, sponsored by AgeOptions, in partnership with the Barrington Area Council on Aging (BACOA), is based on Stanford University's "Chronic Disease Self-Management Program" which has proved effective in improving the health outcomes of participants.

Topics covered in the six-part course

will include:

- Coping with fatigue, frustration, pain and isolation that may be related to ongoing health conditions
- Exercising to maintain and improve strength, flexibility and endurance
- Using medications
- Communicating with family, friends and health professionals
- Practicing good nutrition
- Evaluating new treatment options

This program is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health.

## Local Golfers Tee Off to Support IRELA

Among local business professionals who participated in the 10th annual golf outing hosted by the Illinois Real Estate Lawyers Association (IRELA) on July 16 at St. Charles Country Club were (pictured, from left) Jim Pesoli of Arlington Heights, Monique Jenkins of Barrington, and Bob Will of Woodstock. Funds raised support the organization's operations.



IRELA, a nonprofit organization headquartered in Schaumburg, has 2,000 attorney-members who are experienced in

and dedicated to assisting individuals and businesses in connection with all types of real estate transactions.



The program is free. To register, call BACOA at 1-847-381-5030. Penny LeNeveu or Diane Vos Hansen at



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## Coterie of Barrington Kicks Off Game Day



Barbara Seimon, Patricia Toole, Mary Ebbinghaus plan Game Day to be held Sept. 11 at the Inverness Golf Club.

The Coterie of Barrington and surrounding communities, formerly known as the Welcome Wagon of Barrington, will hold a kickoff Game Day event, Sept. 11 at the Inverness Golf Club. This event will provide an opportunity to make new friendships while playing cards and board games. The day begins at 9:30 a.m. with sweet rolls and coffee or tea. An elegant

luncheon will be served at noon. The cost of the event is \$40 per person. Nonmembers are welcome. Bridge players please send your foursome checks in the same envelope.

For further information, please call 1-847-462-9032 regarding Game Day and 1-847-277-7179 about membership.

## Hospice of Northeastern Illinois Welcomes New Medical Director

Hospice of Northeastern Illinois is pleased to announce the appointment of Dr. Alan Rozen, 39, of Fox River Grove, as associate medical director.

A graduate of the University of Cincinnati—College of Medicine, Rozen is board certified with both the American Board of Hospice and Palliative Medicine and the American Board of Family Medicine. He is the president of Platinum Palliative Care

and has served as medical director for Joliet Area Community Hospice, assistant medical director for Midwest Palliative & Hospice CareCenter, and inpatient unit director for Hospice of Chattanooga. Additionally, Rozen was recently invited to author a paper on behalf of the National Quality Forum's project: A National Framework for Palliative and Hospice Care Quality Measurement and Reporting. Prior

## Wellness Place Raises Prostate Cancer Awareness with Support, Tours and More

Are you well informed about the second-leading cause of cancer death in men? The American Cancer Society estimates 218,890 new cases of prostate cancer will be diagnosed this year. Early detection of the disease significantly increases survival rates. The clinicians at Wellness Place, a Palatine-based cancer resource center, want to make sure everyone in our community knows the facts about this disease.

In recognition of Prostate Cancer Awareness Month in September, Wellness Place invites anyone who has been touched by prostate cancer, as well as those who want to learn more about the disease, to stop in for support and information at no fee. Clinicians are available to meet individually with prostate cancer survivors and their family members to help in a variety of ways—formulating questions to ask your doctor; discussing the latest treatment options and associated side effects; providing stress reduction and relaxation

services, referrals to area resources and much more. Throughout September, and while supplies last, Wellness Place visitors who meet with a clinician and take a tour will receive a goody bag filled with prostate cancer educational and inspirational materials valued at \$50. Even visitors who have not been diagnosed with prostate cancer are welcome to take home a goody bag.

In addition, a grand reopening of the Wellness Place lending library is scheduled for Monday, Sept. 10. The library will feature a newly expanded section filled with prostate cancer resources. And support groups will meet throughout the month including: Men with Cancer, Tuesday, Sept. 11 and Tuesday, Sept. 25, from 7 to 8:30 p.m.; and Family, Friends and Caregivers, Wednesday, Sept. 26, from 6:30 to 8 p.m.

Visit [www.wellnessplace.org](http://www.wellnessplace.org) or call 1-847-221-2400 for more information.



to his medical career, Rozen was the planning administrator for the Brooklyn Museum in New York and a trustee of Cornell University.

According to Carolyn Handler, Hospice's president and CEO, "We're fortunate to have such a seasoned medical director join our team."

Hospice of Northeastern Illinois is a

community based, not-for-profit organization serving families throughout McHenry, Lake, Northwest Cook, Kane, Boone and DuPage counties. Hospice of Northeastern Illinois provides patient care and bereavement services to all who need them, regardless of ability to pay. Hospice of Northeastern Illinois is Medicare certified and accredited by the Joint Commission.



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—Celeste Jackson



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—Anita & Dave

"We have worked with Celeste for the past few years in all areas of our home. Every time we look at the spectacular and creative design ideas, we know it is because she thinks of everything."

—Paul & Shannon



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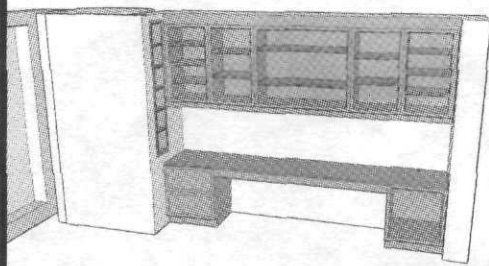
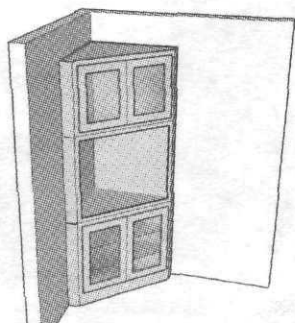
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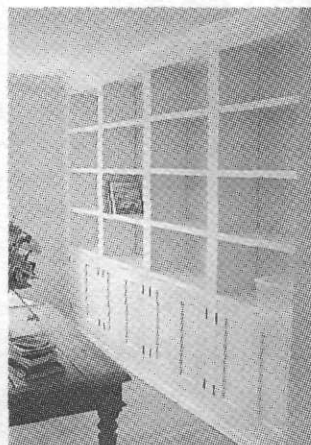


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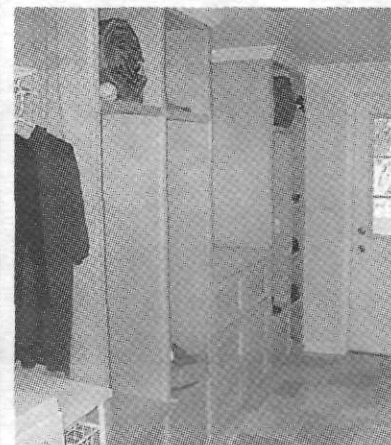


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## Grigsby Prairie Tour Oct. 6

Citizens for Conservation will host a Grigsby Prairie tour at the corner of Buckley and Oak Knoll roads on Saturday, Oct. 6 at noon. The rain date is Sunday, Oct. 7.

Visitors will take a leisurely hour-long walk through this premier prairie site and be treated to a colorful display of native grasses and wildflowers. Peggy Richards, who donated the 42-acre Grigsby Prairie to Citizens for Conservation in honor of her father back in 1987, will be on hand to share some of the history of the site and will be honored for her generous contribution to the Barrington Hills community. Tom Vanderpoel who has orchestrated the restoration of the prairie from barely 10 native species



A group tours Grigsby Prairie.

to over 300 species today will help to lead tours.

To RSVP (appreciated but not required), call 1-847-382-7283.

## Girlfriend Land is Coming to McHenry County... and Boyfriends are Welcome!

On Oct. 21, WGN Radio's Kathy O'Malley and Judy Markey will MC a fund-raiser for The Land Conservancy of McHenry County at Boulder Ridge Country Club from 11:30 a.m. to 3:30 p.m. The girlfriends will talk about their radio show, conduct a live auction, and chat with everyone. Lunch and a silent auction are also included in the ticket price of \$70 per person. Tickets must be purchased in advance, either online at [www.conservemc.org](http://www.conservemc.org) or by calling 1-815-337-9502. A portion of each ticket is tax deductible.

Kathy and Judy have been on the air at



WGN Radio's Kathy and Judy

WGN Radio since 1989. Their topics range from kids to sex to politics to daily ca-

## "Dare to Dream" Fashion Show and Dinner

The Society for the Preservation of Human Dignity (PHD), is hosting its Annual Fashion Show and Dinner on Thursday, Oct. 11 at the lovely Stonegate Banquet & Conference Center in Hoffman Estates.

An evening not to be missed, this year's event themed "Dare to Dream" will feature fun, food and fashion entertainment with a Motown groove, beginning with cocktails, silent auction, and basket prize at 6 p.m., a 7:30 p.m. dinner, followed by the show. Fashionique Productions presents dazzling fashions as models sing and dance their way down the runway featuring ensembles from Fancy Nancy's Boutique of Palatine, York Furrier of Deer Park, and Starr Couture, Peter Daniel, and Satin Filly's of Barrington.

PHD is the oldest counseling center for pregnancy help and education in Illinois

providing more than 3,500 client visits each year. For over 35 years, PHD has distinguished itself by offering the highest quality of professional counseling, support services, and education to women from Chicago's northwest suburban communities who are pregnant, parenting a child under the age of 3, or have experienced a pregnancy loss. Since 1996, PHD's Abstinence Education Program, Independence Highway™ has instructed thousands of teens about the benefits of sexual abstinence while helping to protect their futures.

Mark your calendar and call PHD to reserve your tickets at 1-847-359-4967 ext. 25. To learn more about PHD or to make a tax deductible online donation, visit their Web site at [www.sphd.org](http://www.sphd.org).

lamities and everything else that happens in our lives. Whatever they do, it's always fun. They received the nationally recognized Gracie Award in 2006, and the show is consistently rated #1 in their midday time slot.

The Land Conservancy is a nonprofit organization, serving McHenry County by working with landowners, municipalities and developers to help make our community stronger, healthier and more beautiful by ensuring that there will be open lands in McHenry County forever. Since 1991, The Land Conservancy has helped protect

over 700 acres of McHenry County's prairies, wetlands and woodlands through direct acquisition of property (through purchase or donation), or the establishment of conservation easements.

The Land Conservancy of McHenry County is a member-supported, nonprofit organization, recognized by the IRS and the State of Illinois as an organization qualified to hold conservation easements.

For more information, contact Lorna Gladstone at 1-312-316-7386 or 1-815-459-5566.



## Turn Beauty Into Elegance with Stanford Building & Remodeling

Have you ever seen a beautiful staircase with wrought iron or stainless steel balusters and wondered how much it would cost to replace your old wooded balusters? Well, it's surprisingly affordable. **Stanford Building and Remodeling, Inc.** is one of only a few staircase specialists nationwide that can take your existing stairs and transform them into a work of art without undertaking a time consuming and expensive renovation project. Company founder Jake Stanford's unique staircase conversion system allows you to keep your existing railing and newel posts while replacing your old balusters with new forged iron or stainless steel pieces available from an extensive selection of styles and finishes.

"The average staircase can be converted in one day with a minimum of mess and disruption," says Stanford, who does each conversion personally to insure quality installation and customer satisfaction. "I've seen rooms take on a whole new look and staircases transform from drab and uninspiring to exciting and dramatic simply by

replacing the staircase balusters," he added.

The company's "Turn Beauty Into Elegance" motto is backed up by a huge selection of handcrafted wrought iron and stainless steel balusters that Stanford presents to prospective customers during the consultative phase of the project. After the style, material and finish are selected, the new balusters are ordered and shipped, which usually takes about two weeks. Upon receipt of the new units, a date for installation is set and usually within a day of that date, the homeowner is enjoying a completely new look for that staircase and in that room or foyer. Staircase conversion has proven an economical and expedient way to improve the look and value of a home and is gaining in popularity as an alternative to more expensive and disruptive staircase replacements.

**Stanford Building & Remodeling, Inc.** is known for quality products and quality installation. Call Jake Stanford today at **1-630-890-5253** for a free quote. More information is available online at **www.StanfordBuilding.com**.

## BACOA Offers Seniors Information on Township Assessments

Seniors living in Cuba and Barrington townships can learn more about this year's property tax reassessments at upcoming programs sponsored by the Barrington Area Council on Aging (BACOA).

Township representatives will present information on this year's reassessment as well as possible exemptions that seniors

may be eligible for. Cuba Township's program will be held Monday, Sept. 17; Barrington Township's will be Monday, Oct. 1. Both programs will be at 12:30 p.m. at the Barrington Park District, 235 Lions Drive, Barrington.

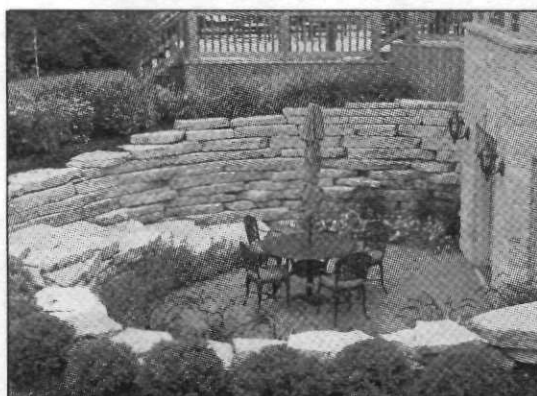
For more information, call BACOA at 1-847-381-5030.

## Customer Appreciation Weekend Sept. 8 and 9th at The Barn Nursery

If you missed our first **Design Days** seminars this spring, save this date for fall: **Sept. 8**. As part of our annual **Customer Appreciation Weekend**, we will be offering three of our favorite seminars. The schedule is: 10 a.m., "Perennial Gardening for Fall;" 11 a.m., "Spruce Up Your Yard for Fall—Adding Color with Trees, Evergreens and Grasses;" noon, "Easy Design Tips from the Pros II: Putting Together a Basic Landscape Plan." Our talented landscape design staff will be on hand to meet with you and discuss your landscape needs. Call us today at **1-847-658-3883** for reservations and more information. On **Sept. 9**, we will have a petting zoo from 11 a.m. to 2 p.m. — bring the kids!

Recently **The Barn Nursery** welcomed the Downers Grove Garden Club to our facilities. The group of 40 joined us for coffee, lemonade and snacks as Perennial Manager Heather Moister, welcomed the group and gave them a brief tour of our gardens.

We welcome garden clubs to our garden center for walking tours, shopping dates or seminars. If you are looking for speakers for your 2008 schedule or are interested in scheduling a shopping date, please contact Julie Joyce at **1-847-658-**



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**The Barn Nursery** is a landscape design and construction company which has been creating lasting landscapes in the Barrington area for the last 30 years. Our Landscape Division provides full service landscape design and construction including patios, outdoor kitchens, water features, hardscapes, and custom built pergolas. We are excited by all sizes and varieties of projects from small planting areas to brick driveways to estate landscape design and construction. We employ four full-time landscape designers and a staff of over 100 certified landscape professionals.

Save the Date: Join us **Sept. 20 to the 22nd** for our **Bow Wow WOW Weekend!**

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# Renovating, Not Relocating

by Tamara Tabel

Would you love to lose your outdated kitchen or family room ...yet love to keep your neighborhood? More and more families are choosing to do just that, by remodeling their existing home to gain more space, modern amenities and a brand new look.

That's what Claudia and Tom Stark of Arlington Heights decided to do with their 1960s-era home. Instead of moving out, they decided to move some walls—expanding out from the back of their home to add 800 square feet of new dining and family room space...while at the same time, totally remodeling their kitchen.

"We wanted a larger, more comfortable area for entertaining," says Claudia Stark, "Including a larger kitchen and eating area, and an expanded family room."

The result is an open floor plan where the kitchen, dining area and family room flow effortlessly together, giving a sense of spaciousness and continuity. Yet each room offers its own surprises.

Taking its cue from the arched kitchen island, the dining area is built in the shape of an octagon. And the spacious family room features a graceful barrel ceiling, adding bold architectural drama, yet keeping with the country French style the Starcks had chosen for their new living space.

"When you create an open plan, you want to delineate and define the different areas within that space," said Mark Zurek of Delta Renovations, the general contractor. "The arched ceiling in the family room and the turret in the eating area accomplish that beautifully."

The Starcks chose Delta Renovations and **Barrington Kitchen & Baths** after admiring the work they'd done on other homes in the area.

The casual, yet sophisticated country French style is also evident in the newly-remodeled kitchen. Claudia Stark chose a unique angled island and maple cabinets finished with a light, three-step glaze, giving them soft coffee-colored accents. And to complement the finish, the cabinets are topped with granite in mottled brown tones.

Throughout the kitchen, designer **Ross Gerami of Barrington Kitchen**



The unique angled island offers functionality and architectural interest.

**& Baths**, addressed Claudia's desire to easily keep countertops clean and clutter-free. The microwave is built in above the oven, the island's cook top ventilation system slides down out of sight when not in use, and a small television tucks under one of the kitchen cabinets.

And the addition of a laundry room gives Claudia the convenience of first floor facilities, something she hadn't had in the 17 years she and Tom lived in their home.

So what do the Starcks think of their new space?

"It's great!" says Claudia. "It's where we spend all of our time. It's light and bright, and fits our lifestyle and needs. It's exactly what we wanted."

And the new addition/renovation gives the Starcks something else they wanted—the added benefit of staying right where they wanted to live.

If you're considering updating your current home instead of uprooting to a new one, talk to the experts at **Barrington Kitchen & Bath** and Delta Renovations. Just call **1-847-381-3084**. They'll help give your home new life.

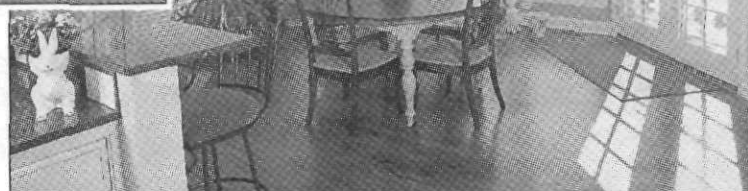


The Starck's spacious living room offers a dramatic barrel ceiling.



The new addition is as beautiful outside as in.

The octagonal eating area features a turret ceiling with generous windows for lots of light.



Claudia and Tom Starck's home was featured in the Arlington Heights Kitchen Walk to benefit Journeys: From PADS to HOPE.

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## Attention Turns to Home Interior: Leather Furniture

As summer outdoor activities dwindle away, it's time for homeowners to turn their attention to their home's interior. It may be time for cleaning and conditioning your leather furniture. Ron Nelson, of **Color-Glo Quality Leather Restoration** states, "Leather furniture manufacturers recommend cleaning and conditioning every six months. Our professional cleaning and conditioning treatment will keep your leather furniture looking great and will prolong the life and beauty of your leather furniture investment."



**Color-Glo Quality Leather Restoration** is a mobile service that can give your leather furniture the professional cleaning and protecting conditioning treatment that will protect and preserve the color and supple feel of the furniture. With out proper care, leather furniture can become dry, cracked, and faded. Natural body oils can accumulate from regular use, and create dark stained areas that will eventually cause the leather to crack and be permanently damaged.

**Color-Glo Quality Leather Restoration** is known for dependable service and expert workmanship. They utilize products specifically designed for finished, aniline or nubuck leathers. In addition to cleaning care services, they also re-dye, repair and restore faded, torn, and damaged leathers. Complete restoration services can bring new life to your worn leather furniture. We are an authorized Restoration Center specialist. To see photos of our work, go to [www.qualityleatherrestoration.com](http://www.qualityleatherrestoration.com) and click on "gallery." For a free estimate, call **Color-Glo Quality Leather Restoration** at 1-847-719-2934.

## "Something Different" is Cooking at Clearbrook

A sizzling group of young philanthropic professionals is heating up the charity circuit. Clearbrook's Associate Board of Directors will host their second annual "Something Different" benefit on Saturday, Sept. 29 from 7 to 10 p.m. at The Chopping Block at the Merchandise Mart Plaza, Suite 107 in Chicago. Interactive cooking

demonstrations along with hors d'oeuvres, cocktails and unique auction items will create the perfect recipe for a night on the town. Tickets are \$75 in advance or \$85 at the door. Proceeds benefit children and adults with disabilities supported by Clearbrook. For more info, call 1-847-385-5302 or visit [clearbrook.org](http://clearbrook.org).

## An Exciting Home Addition

In addition to providing custom room additions with bathrooms, kitchens and fireplaces, **Armcor Design and Build** is your local store for **Four Seasons Sunrooms**, the nation's largest manufacturer of year-round, heated and air-conditioned sunrooms for residential and commercial use.



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**Armcor Design & Build** craftsmanship and quality products are also an excellent investment and can add real value to your home.

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

Many patented features are available exclusively from **Four Seasons Sunrooms**, and all products are designed to meet or exceed building code structural requirements and have successfully withstood more than 250,000 installations.

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

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

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## "Powerful Tools" Class Helps Caregivers Help Themselves

The Barrington Area Council on Aging (BACOA) will begin its next six-week "Powerful Tools for Caregivers" class on Tuesday, Sept. 11 from 9:30 a.m. till noon. The class will be held in the Eastlake Dining Room at The Garlands of Barrington, 6000 Garlands Lane, Suite 100, Barrington.

The course is designed for the nonprofessional caregiver who is helping to care for a parent, spouse or friend who lives at home, in a nursing home, or across the country. This program helps family caregivers reduce stress, improve self-confi-

dence, better communicate their feelings, balance their life, and enhance their ability to make tough decisions and to locate helpful resources.

The course, which will run through Oct. 16, consists of six weekly sessions and is conducted on an ongoing basis throughout the year. Suggested donation is \$30 per person to cover the cost of materials and instruction, but no one is turned away due to inability to pay.

For more information or to register, please call BACOA at 1-847-381-5030.






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## "What Flavor Are You" Theme of Luncheon

The Northwest Women's Connection invites you and your friends to our "What Flavor Are You" luncheon on Sept. 13 from noon to 1:30 p.m. at Concorde Banquets, 20922 N. Rand Road, Kildeer. The cost is \$17 inclusive. Free preschool childcare is available (the nursery is located off premises).

Come and get the scoop as to how two women found the same best friend!

Author Sherry Pierce will tell a story from her book that will make you laugh.

Nancy Mausolf is a recording artist with her own CD and will sing for us.

Lunch and childcare reservations are needed by Friday, Sept. 7—call Jill at 1-847-358-5830 or Karen at 1-847-818-9016. If you have any questions, please contact Jennifer at Jennoga83@yahoo.com or 1-815-759-1974.

Take time to enjoy a fabulous lunch while connecting with other women in your community.

## University of Illinois Extension Publishes Sump Pump Info

Recent heavy rains in parts of northern Illinois may have left some homeowners with wet carpet, damaged furniture or just water in the basement. "When more rainfall comes, many people will be concerned about reducing the amount of water from entering or damaging their basements again," says John Church, University of Illinois (U of I) Extension Educator, Natural Resources, Rockford.

University of Illinois Extension has recently published a four-page fact sheet on selecting and maintaining home sump pumps. The publication, Land and Water Fact Sheet #8—"Sizing Up a Sump Pump," is available from local U of I Extension offices.

It's every homeowner's nightmare—a basement under water, with carpeting ru-

ined and belongings waterlogged. In the ongoing battle for dry basements, sump pumps play a pivotal role. A pump typically has to be replaced every few years. But if sized it correctly, the life of the pump can be extended and ensure having the right pump for the job.

When selecting a sump pump, homeowners need two pieces of information: the system capacity and total dynamic head (static head plus friction head). It's important that the pump can draw water out of the basin (or "sump pit") faster than water flows into it. Therefore, the first thing to measure is the amount of water that drains into the basin during a high-flow period. During a heavy rain, stick a ruler in the basin and measure how many inches of water flow into the

## BYFS Sports Connection Soccer Tournament and Picnic

On Saturday, July 21, more than 125 youth and their families enjoyed the Barrington Youth & Family Services (BYFS) end-of-year Sports Connection soccer tournament and picnic at Faith Lutheran Church in Carpentersville. The Sports Connection program offered soccer instruction and team building activities for elementary, middle and high school students enrolled in Barrington Community Unit School District #220.

The Sports Connection Soccer Program is primarily funded by Barrington Area Community Foundation. The program is run by Barrington Youth & Family Services with cooperation from Barrington Area Soccer Association, Faith Lutheran Church and Jewel-Osco/Barrington.

Barrington Youth & Family Services is a not-for-profit social service agency, dedicated to providing outreach, prevention and counseling services that support the social, psychological and emotional well-being of young people and their families. For 35 years, BYFS has ser-



viced Barrington area residents in Barrington, Cuba, Dundee and Elmhurst Townships, within the boundaries of Barrington Community Unit School District #220.

basin in 60 seconds. This will indicate how many gallons flow into the basin per minute, which is the system capacity. Total dynamic head is equal to static head, or "vertical lift" plus friction head. Static head is the vertical height that the water rises through the discharge pipe.

These measurements and further information on proper selection and maintenance of the system are included in the publication. For further details, contact the McHenry County Extension office, phone 1-815-338-3737.



## Closet Masters: We Do More Than Just Closets

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This is the year to really get serious about simplifying your life. At **Closet Masters**, we find that when you organize your everyday surroundings, it removes part of your stress by reducing the confusion and time it takes to find the items you need... that nice skirt, an unwrinkled shirt, the black shoes that match your outfit, that special spice in your loaded pantry. How about a nice home-office, a wall bed for that occasional guest. A compact, organized garage!

Since 1994, we at **Closet Masters** have been committed to creating, imaginative yet practical ORGAnizing solutions. Our expanding line of products is designed with you in mind and offers flexibility for your ever-changing needs.



Call for a free in-home estimate at 1-847-669-7015 and let the joy begin!

## Quick Tips for Developing a Successful Landscape

by Bonnie M. Riedl, George Kay & Associates, Geneva, Ill.

**1. Develop A Comprehensive Master Plan.** No matter what the size of the landscape project, landscaping should be classic, growing and improving with time. It is a good idea to start with a comprehensive landscape plan that will enhance the architecture of your home and your personal lifestyle. This will help you to create a cohesive design that flows smoothly, and is easy on the eyes. A comprehensive landscape plan also allows you to pick and choose areas to install in different phases as time and budget permits while still achieving a unified and beautiful landscape.

**2. Install the largest landscape elements first.** A good general rule to follow is start with the largest elements: hardscapes (patios, walks, walls, decks), shade trees, tall growing evergreens, etc. If building a new house, try to catch the contractor before putting in the foolish builder's walk and have a design professional create an entrance walk for you. The front entrance garden should complement the architecture of the home, while leading the visitor's eye to the front door along a wide, at least 4 feet, inviting surface. The correct design and placement of all hardscapes, including walks, walls, patios, and decks, sets the stage for good design.

**3. Choose the right plant for the right place.** The design of the walks and patios creates areas for the ideal placement of plants. However, try to avoid the

common mistake of forcing too many plants into a limited space. While they might look good at first, they eventually outgrow the area and have to be either removed or severely pruned. Planting shade trees and large growing evergreens first allows these large growing plants to become established, while also creating strong "anchors" in the landscape.

**4. Use plants that have been proven successful in your climate.** Another important aspect of a classic landscape design is using plant cultivars that have been tested over time, and proven successful in the landscape, therefore, avoiding trends in the landscape. This includes choosing plants that are easy on the eye with good characteristics, and avoiding fads such as variegated foliage, bright obnoxious colors, and ridiculous shapes and habits. Quality plant characteristics include soothing colors, pleasant fragrance, beautiful flowers, foliage, and fall color, an interesting habit, and hardiness to the climate. A good landscape design should use these plants to create visual interest, screen unattractive views (driveways, cars, etc.), and develop a natural environment with a sense of enclosure without putting up a solid wall or fence.

**For more information on professional landscaping services and a free no-cost consultation, contact George Kay & Associates, 21 N. Sixth St., Geneva, Ill., at 1-630-232-6890.**

## Women's Club of Inverness New Members Meeting and High Tea

It's the start of another exciting year for The Women's Club of Inverness. We begin our 2007-2008 year with a special New Members Meeting and High Tea (generously sponsored by the Midwest Bank & Trust).

If you or anyone you know might be interested in becoming a member of the Inverness Women's Club, please make your reservation and join us on Thursday, Sept. 13, at the Inverness Golf Club. The

meeting begins at 9 a.m. when you will have time to learn a little more about our club and also to meet current members and new members alike, then after a brief business meeting we will adjourn for the High Tea.

Members and interested new members should call Marcia at 1-847-358-5325 to make a reservation. We look forward to seeing you there.

Our annual Holiday Fair will be held on

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Nov. 6 at the Concorde Banquets in Kildeer. For more information regarding this exciting event, please call Kathy at 1-847-358-5663.

### The Shoe Box Express

The club is always looking for donations and names of servicemen and women stationed in Iraq and Afghanistan to send care packages to. If you would prefer to help with the shipping cost, a monetary donation payable to The Women's Club of Inverness and marked "Shoe Box Express" will be specifically earmarked to be used for postage to mail these packages. The list of items needed by soldiers changes from month to month, so please call Gert at 847-382-6006 for additional informa-

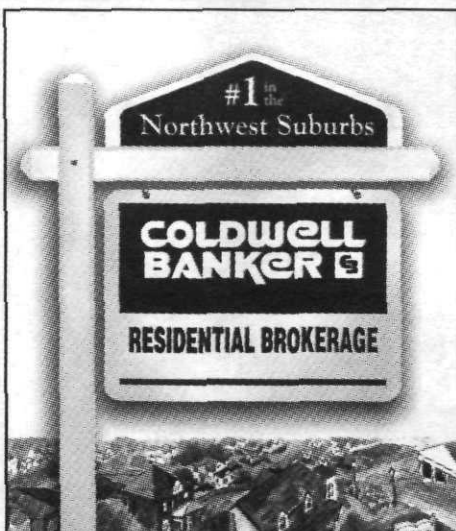
tion.

The Women's Club of Inverness meets September through May. Most regular meetings are held on the second Thursday of the month (special exceptions in November, February and April) at the Inverness Golf Club at 9 a.m., beginning with a brief meeting followed by an always informative and interesting program.

The Women's Club of Inverness is a philanthropic 501(c)(3) organization. All proceeds from our activities are distributed to local community-based organizations and scholarship grants to graduating seniors, college students and returning adults residing within the boundaries of school districts 211 and 220.



# CONTINUING TO SERVE BARRINGTON AS THE #1 OFFICE




303 E. MAIN ST.  
SUITE 101  
BARRINGTON

**SOLD**



**Inverness \$2,200,000**  
A Period Homes 4 BR, 6+ BA French chateau W/architectural integrity. Prominently located in choice Macintosh high on sweeping 2 acre heavily treed site w/pond.  
**Donna Veller 847/826-1530**



**Huntley \$2,199,000**  
Exquisite new home w/2-story great rm, beamed trusses, custom finishes, 10' cigs, frch limestone, vaulted Mstr BR, w/o LL w/theater & wine cellar.  
**Frank & Lynne Caiazza 847/867-3424**



**Huntley \$1,999,000**  
Magnificent 4BR by Vintage in exclusive gated Ridgefield. 10' cigs, 3 FPs, walnut flrs, archways, extraordinary finishes and old world ambiance.  
**Frank & Lynne Caiazza 847/867-3424**



**Barrington Hills \$1,849,000**  
NEW CONSTRUCTION. 5 BR, 5+ BA brick & stone estate on 5 acres & new private cul-de-sac location. Huge gourmet kit. 7000+ sq ft. 4-car gar, fin walk-out.  
**Marie Stallone 847/226-7492**

**NEW PRICE**



**Barrington Hills \$1,750,000**  
5 BR, 5+ BA on wooded acreage w/creek that flows through pool, waterfall. Marble & granite kit & ba. W/O LL w/wet bar, 2nd kit, changing rms. Zoned for horses.  
**Mary Spinner 847/277-2284**



**Barrington Hills \$1,750,000**  
Amazing 4 BR, 2.5 BA home on 5+ acres. Updated kitchen w/cherry & granite. Hdwd flr. Huge Sunrm, gazebo, great pool. 2 stall barn, paddocks, trails.  
**Sherl Wheeler 847/370-3808**



**Barrington Hills \$1,645,000**  
ESTATE PROPERTY. Highest 5-acre site in Barrington Hills. Private circle. Perfect for natural walkout. Can accommodate pool/tennis courts. Great location.  
**Marie Stallone 847/226-7492**



**Barrington \$1,250,000**  
New construction in Village. 5 BR, 5 BA Georgian. Master bath w/frpl, every BR w/BA, 3 car gar. 9' ceilings, hdwd floors, granite, cherry, marble.  
**Sherl Wheeler/Jane Pohlman 847/370-3808**




**Barrington \$1,195,000**  
Under construction. Fabulous Village custom brick home offers 5 BR, 5 BA, gourmet kit, master bedroom suite w/whirlpool, basement & 3 car garage.  
**Sherl Wheeler/Jane Pohlman 847/370-3808**



**Barrington Hills \$1,185,000**  
Barrington Hills 4 BR, 3.5 BA country home on 5+ acres. 5 fpcls, hot tub on deck & gardens. Barrington schools & low Cook County taxes.  
**Marie Stallone 847/226-7492**



**Barrington \$825,000**  
Charming 4 BR, 2.1 BA Michael Graft built home on almost 6 acres w/panoramic views, fencing, 5 minutes from town, train, shopping & school.  
**Marie Stallone 847/226-7492**



**Kildeer \$820,000**  
Robert Parker Coffin home in Farmington sits atop hill with views of the lake. 100 year old trees - Gorgeous updated & dramatic - cathedral ceilings. Pristine.  
**Sherl Wheeler 847/370-3808**

**SOLD**



**North Barrington \$765,000**  
Pristine all brick 4 BR home updated thru-out. Stunning kitchen, hrdwd, fin lower level & designer interior. 1+ AC wooded site w/remarkable gardens in choice area.  
**Donna Veller 847/826-1530**



**Barrington \$749,000**  
Fox Point 4 BR, 2.1 BA home w/updated kit & BA w/granite/cherry, mechanicals. Hdwd, SS, porcelain flr, crown molding, custom frpl. Comm. pool, lake & tennis.  
**Sherl Wheeler 847/370-3808**

**SOLD**



**Barrington \$724,900**  
Choice "Glen Acres" Cape Cod. Highlights include 4 BR, 4 BA, w/hardwood, 2 fireplaces, den plus sunroom, gourmet kitchen & 3 car garage. Highly desirable loc.  
**Donna Veller 847/826-1530**



**Barrington Hills \$699,000**  
Must see to believe this amazing find. 3 bedroom, 2 bath awesome Barrington Hills opportunity.  
**Wendy Fern 847/277-2758**



**Barrington \$685,000**  
5 BR, 3.1 BA on 5 private acres has full fin walkout lower level w/frpl. Guest room w/full bath, screened porch, deck & patio in park-like setting. Horses allowed.  
**Sherl Wheeler 847/370-3808**



**Barrington \$650,000**  
Fabulous 3 BR, 2.5 BA barn converted to a house in 1982 by architect Dennis Blair. Cath ceil, hand-hewn posts. 1.5 wooded acres w/sparkling pond.  
**Sherl Wheeler 847/370-3808**



**Barrington \$499,900**  
A quiet lane leads to this great house... updated kitchen and baths, 2 frpl, hrdwd floors, sunroom, great patio & firepit.  
**Sherl Wheeler 847/370-3808**

**PRICE REDUCED**



**Barrington \$455,000**  
Cook Street Plaza located in heart of downtown Barr. Approx 1688 sq ft, 2 BR lux condo. Granite kit, SS appls incl. Lux granite master bath. Elevator & heated garage.  
**Ron & Jeanine VanDeVelde 847/277-2282**



**Barrington \$369,900**  
lk Barr Shores-Lovely 3 BR, 3 BA 3 level twhrn w/1st & 2nd flr MBR suites. Fin LL. lg deck. 2 car gar. Great view. Just steps to lake access. Private entrance.  
**Ron & Jeanine VanDeVelde 847/277-2282**

**PRICE REDUCED**



**Lake Barrington \$325,000**  
LBS-2 BR, 2+2 BA TH. Walk to clubhouse, pool, tennis, exercise, etc. Updated w/hdwd flr, new kit, ba. Fin LL, deck, patio. Lake, beach rights.  
**Ron & Jeanine VanDeVelde 847/277-2282**



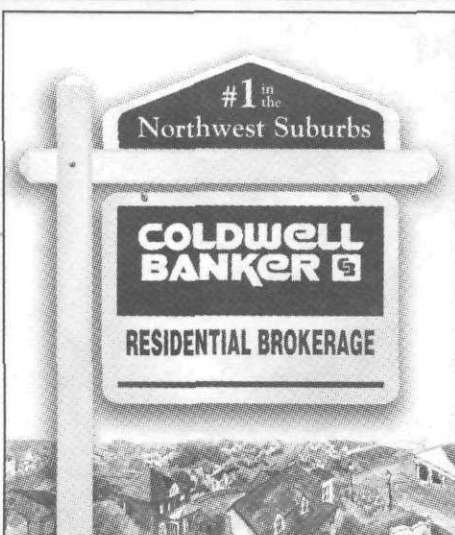
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# CONTINUING TO SERVE BARRINGTON AS THE #1 OFFICE



303 E. MAIN ST.  
SUITE 101  
BARRINGTON



**Lakefront**  
**Barrington Hills** \$7,275,000  
New all stone masterpiece on 5 ac. 5BR, 7.3BA, chef's kit w/ sunrm, 1st flr MBR ste, walnut library & flrs. Full fin W/O LL to pool. Extensive details T/O.  
**Jack Sanderson** 847/903-9688



**North Barrington** \$2,295,000  
Wynstone stone & brick on pond & 4th hole. Amazing wall finishes, millwork & ceiling detail. Cherry library, sunrm, turret music room, high-end walkout. 5BR, 4.2BA.  
**Lori Rowe** 847/774-7464



**VACANT LAND**  
**Barrington** \$1,998,000  
Magnificent setting on Otis Road. Build your estate amidst majestic oaks. Wooded 6.7 acres private & secluded. Perfect for walk-out.  
**Frank & Lynne Caiazza** 847/867-3424



**Lake Barrington** \$1,925,000  
Stunning 4BR, 4+BA w/Old World charm. Elevator, splendid custom finishes, stone arches, balconies, & W/O LL. Resort lifestyle w/pool, firepit & hot tub.  
**Suzanne Luby/Liz Luby** 847/277-2777



**Woodstock** \$1,695,000  
Spectacular 4 BR, 3.1 BA home set on 6+ acres w/pond. Great room w/stone flpc. Maple & granite kit w/solarium. Mstr ste w/pvt deck, W/O LL.  
**Frank & Lynne Caiazza** 847/867-3424



**Long Grove** \$1,650,000  
Unique 3 ac retreat includes: 4000 sf main house w/4BR + 3BA, 2800 sf pool, spa + fitness center, 2500 sf guest house w/priv ent. Great for extended family or office.  
**Suzanne Luby/Liz Luby** 847/277-2777



**Barrington Hills** \$1,599,000  
New custom 4 BR, 3.1 BA country equestrian estate on 9+ acres with pond. New 6-stall custom Morton stable. Backs to trails and riding center.  
**Lynda Schewe** 847/277-2750



**Barrington** \$1,175,000  
Exceptional 4BR, 4.1BA w/2-story fam rm, vol. foyer, cherry study, granite kit, octagonal breakfast rm, fin English LL. Tucked on treed lot.  
**Suzanne Luby/Liz Luby** 847/277-2777



**Barrington** \$1,175,000  
Nantucket-style 4 BR, 3.5 BA w/ Brazilian cherry flr, granite, stone flpc in FR & master suite. Front porch, brick walkway, driveway & patio. Smartly landscaped.  
**Barbara Cunningham** 847/277-2262



**Barrington** \$1,035,000  
Gorgeous 5+ acres only 1.5 miles to town. Renovated to perfection. Gourmet kit w/custom cabs, granite, SS. Hdwd flrs. Charming beyond belief.  
**Teresa Steffen** 847/277-2294



**Barrington Hills** \$999,000  
7+ ac of paradise! Close to town. Updated 2-story w/ granite & stainless kit, wood flrs, new cpt, full apartment, pool, sunporch, 2-stall barn, pond, 3-car gar, 5BR, 3.1BA.  
**Lori Rowe** 847/774-7464



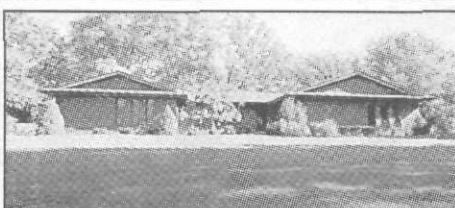
**Port Barrington** \$949,900  
Rare marina loc. Elaborate millwk, ceilings & windows. Oo-la-la master suite. Immense kit. Bonus rm. Amazing walk-out w/fplc, bar, bath & study. 4-car gar, 4BR, 4.1BA.  
**Lori Rowe** 847/774-7464



**Barrington** \$919,000  
4 BR, 5.1 BA brick & cedar Georgian. Gourmet kitchen w/granite & SS appls, butler's pantry. Sunrm. Great rm w/fplc. Fin English LL w/full BA. Backs to Conservancy.  
**John Nemz** 847/277-2289



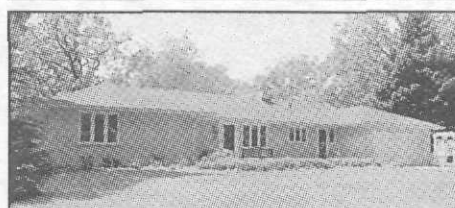
**Lake Barrington** \$794,000  
Spacious 4 BR, 3.1 BA brick home on lovely 1 acre. Kitchen w/granite & SS appl. 1st flr office. New carpet, hdwd flrs. Screened porch. Finished LL.  
**Joan Burny** 847/224-1024



**Deer Park** \$775,000  
Fabulous 3 BR, 3.1 BA Prairie-style ranch on cul-de-sac in great location. Updated & open w/cook's kitchen, breakfast & great rooms & full fin LL.  
**Suzanne Luby/Liz Luby** 847/277-2777



**Barrington** \$749,000  
Grand American 4-Square. 4 BR, 2+ BA w/hdwd flr, 42 in cab, large crown & base molding. Mstr ste w/jacuzzi. Picket-fenced yard w/professional landscaping. Playset.  
**Vicki Jarosch** 847/915-8875



**Barrington Hills** \$710,000  
Sunny 3BR brick ranch on 5.23 wooded acs. Super opportunity to expand or update. LR w/bay window & stone flpl. DR opens to screen porch. Updated kit.  
**Suzanne Luby/Liz Luby** 847/277-2777



**Algonquin** \$675,000  
Unique 4 BR, 3 BA home set on serene wooded 1-1/2 ac w/\$300,000 in upgrades. 1st flr BR, screened porch. Walk to Fox River. Not on Rt. 62.  
**Suzanne Luby/Liz Luby** 847/277-2777



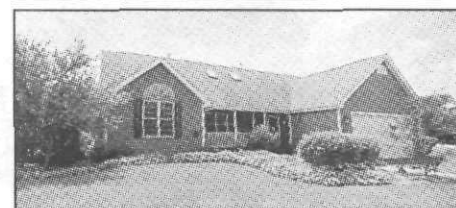
**Palatine** \$670,000  
Pristine 4 br, 3.5 ba home w/volume ceilings, gorgeous hdwd flr. Granite & cherry kitchen. Family room w/black granite flpc. Luxury master suite.  
**Suzanne Luby/Liz Luby** 847/277-2777



**West Dundee** \$614,500  
Immaculate 4BR, 2.1BA hm w/every upgrade. Gourmet kit w/cherry cab & granite overlks octagonal eating area & 2 sty FR. MBR w/sitting rm & luxe BA. Hdwd flrs.  
**Suzanne Luby/Liz Luby** 847/277-2777



**Palatine** \$549,000  
Lux high rise 2260 sf penthouse with 2 BR, 2 BA + office. Approx 500 sf rooftop terrace with sweeping views. 2 heated gar spaces. Priv. storage.  
**Suzanne Luby/Liz Luby** 847/277-2777



**McHenry** \$375,000  
Beautifully appointed 3 BR, 2.1 BA ranch. Approx 1 ac. Grand formal spaces, vaulted ceil, skylights, fin. LL, fenced yd, deck & perennial gardens.  
**Suzanne Luby/Liz Luby** 847/277-2777



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## Bill Rose is Guest Speaker for Barrington Woman's Club

The Barrington Woman's Club (BWC) is pleased to present local resident, entrepreneur and founder of South Barrington, William R. Rose, as its guest speaker for their September kickoff meeting.

Rose, the president of Rose Packing Company has seen and made history in our area since the 1950s. It's been said that South Barrington was planned around his kitchen table. Members and guests alike are invited to come hear his many colorful stories that are told with his unique sense of humor.

This event will take place at Rose's Millrose Restaurant, 45 S. Barrington Road

in South Barrington, on Wednesday, Sept. 19 beginning at 11 a.m. with a social hour followed by a luncheon at noon. For more information about the cost and menu selections for this event, please call Ginny at 1-847-381-1495.

The Barrington Woman's Club was organized in 1914 to promote cultural, recreational and educational activities in the community and to support various charitable and philanthropic organizations. Since 1987, BWC has contributed nearly \$350,000 in scholarships and donations toward social services for the Barrington area. Membership is open to any woman

residing in the greater Barrington area. For membership chairwoman, at 1-847-381-7669. information, contact Mary Ellen Henehan,

## From a Woman's Point of View

by Amy Wickstrom, Wickstrom Ford Lincoln Mercury

If you've recently graduated from Notre Dame with degrees in accounting and German, where do you go to learn about the car business? **Wickstrom Ford Lincoln Mercury**, of course!

Loyal WGN Radio listeners have heard Uncle Casey and Uncle Danny from Wickstrom Chevy in Roselle exchange jibes with Colin and Richard in our radio ads, so it only made sense to continue the family connection. Since joining our sales team about a year ago, Jared Wickstrom, Uncle Casey's son, has been wildly successful, and we are thrilled to have him in the family business. I think Jared excels because he works hard, listens to his customers, and has an engaging personality—it's impossible not to like him. As he continues to learn the different aspects of operating a dealership, his "people skills" and business acumen will be great assets for **Wickstrom Ford Lincoln Mercury** and Wickstrom Chevy in Roselle.

On a personal level, it's been fun to watch Jared grow up—I've known him since he was in junior high. Richard and I went to some of his high school swim meets, he would visit during college breaks, and we were there when he married his college sweetheart, Liz. They have two beautiful children—2-year-old Mary Kate and 2-month-old Thomas.



Being the great dad that he is, when Jared needed to do some paperwork on his day off last week, he brought in Mary Kate to give Liz a break. As they pulled into **Wickstrom Lincoln Mercury**, Jared heard some projectile splashes from the back-seat region and "I spit up, Daddy!" from Mary Kate. Well, Mary Kate, her dress, her car seat, and the floor of their MKX were covered. Jared changed her out of her dress, wiped everything down and, since we live in town, headed to our house to bathe his daughter and borrow a dry outfit. He was pretty calm throughout the whole ordeal; I don't know if I would have been as quick to laugh about the situation. That's Jared—how can you not love a guy like that?

Until next month,  
—Amy



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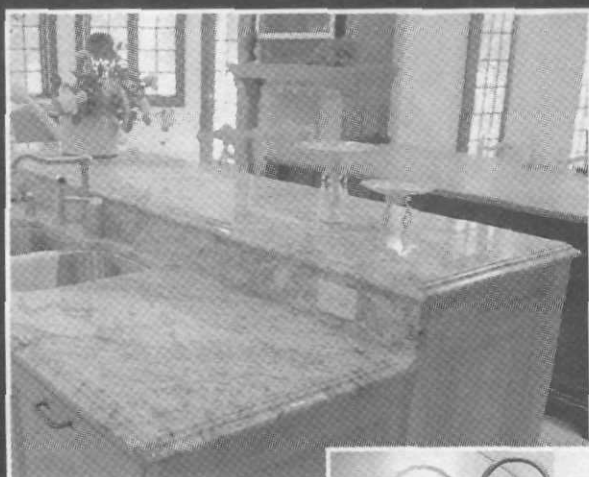


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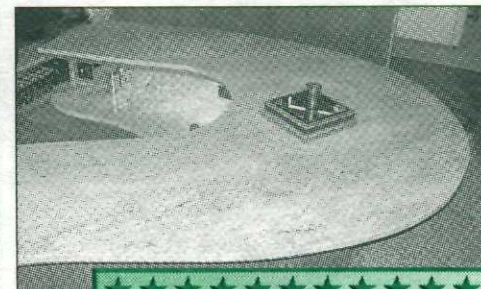
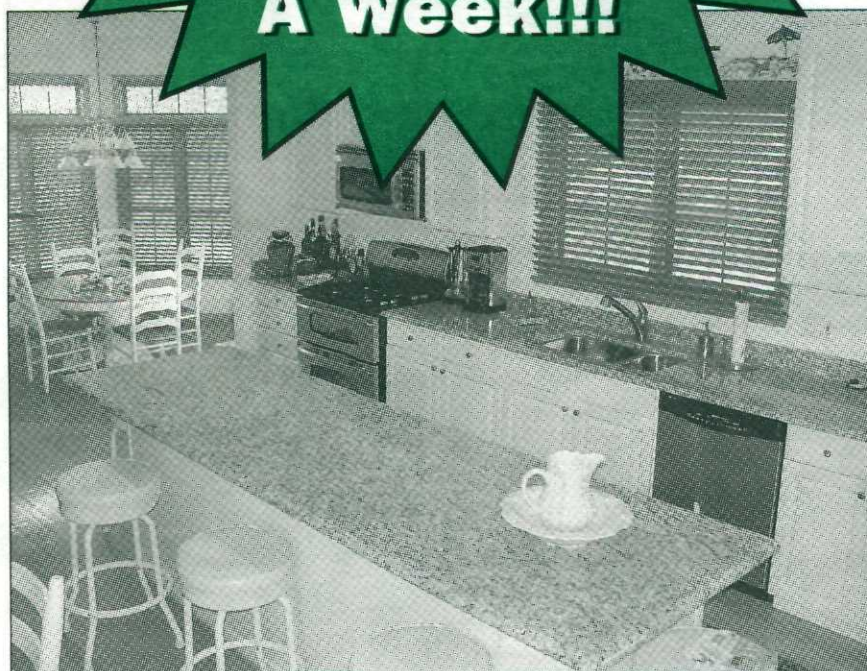
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