

February 2003

*Gifts Your
Valentine*



**"African Sculpture:
Bamana Art from Mali"**

**Teddy Bears at
Home in Chicago**

**Barrington Lyric
to Solve Mardi Gras
Murder Mystery**

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Editor's Ink

February, 2003

Dear Reader,

Learn more about the culture of West Africa by attending a unique exhibition at the Milwaukee Art Museum entitled "African Sculpture: Bamana Art from Mali." By studying African art, we learn about their spiritual beliefs, political principles and ideals. The Bamana people believe that art objects for ritual purposes contain an energy called *nyama* that influence all aspects of daily life. You will see basic artwork such as ceramic pots for everyday use and more colorful objects such as masks, headdresses and musical instruments used in rituals. And, of course, another benefit of going to the Milwaukee Art Museum is to see the awesome Santiago Calatrava-designed Quadracci Pavilion.

Because Valentine's Day is this month, we thought it appropriate to focus on "Teddy Bears at Home in Chicago." We all seem to have memories of teddy bears as part of our youth. The cuddly bear was soothing when you were sick and gave you a sense of security when it was needed. "Teddy Bears at Home in Chicago" is a major exhibition at the Chicago Cultural Center now through March 23. There will be more than 100 vintage, artist-created and contemporary teddy bears and teddy bear-themed items and photos that showcase the evolution of the teddy bear. And it must be said, Chicago is home to the Chicago Bears and the Chicago Cubs.

Pick up the phone (815-356-9212) and get tickets to one of the fabulous shows coming up at the Raue Center For The Arts in Crystal Lake. Among the shows are *New Shanghai Circus*, *Peter Pan*, *Crazy for You* and *Diavolo*.

Until next time, peace and happiness.

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

About Our Cover

From Ildi Marshall's new division I.M. Couture. The collection is based on classics made luxe in rich imprinted fabrics with tasteful embellishments. From short sassy dresses in black point de sprit to elegant brocade cocktail suits to imported taffeta gowns, this collection has everything in eveningwear.



"African Sculpture: Bamana Art from Mali"

Explore a West African society where art and spiritual strength are inextricably linked in the exhibition "African Sculpture: Bamana Art from Mali" at the Milwaukee Art Museum from Feb. 28 through May 11, 2003.

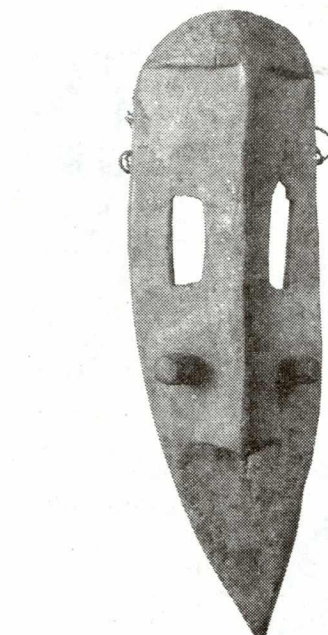
Through 90 Bamana (pronounced *Bab-ma-na*) art objects, photographs and video footage, the exhibition examines the attraction and power of objects that have guided a native land and have caught the eye of European modernists who collected select objects.

"African art is potent in that it serves as a range of visual manifestations of spiritual, cultural and political principles and ideals," says Brian Ferriso, senior director of curatorial affairs. "The exhibition will give visitors a powerful visual experience that expands our understanding of the culture of West Africa."

New York Times art critic Holland Cotter calls the exhibition "fantastic," adding that "certain images and objects cure illness, ease pain, resolve a crisis, forecast the future or explain the past so that individual lives can go forward in the light of knowledge. African art is mood altering by alternately soothing and provoking its audience. It stimulates people's feelings about themselves and the world."

The Bamana people believe that all objects, particularly art works created for ritual purposes, contain an energy called "nyama" that influences all aspects of daily life. They activate nyama by using secret knowledge acquired in initiation societies.

Bamana art also stimulated Western culture. Few images of African art are more familiar and appreciated than the Ci-wara (pronounced *chi-wara*) headdress—reportedly on the verge of extinction—that was found in the studios of the early modernists, including Fauvist master and early African art collector Andre Derain and painter and sculptor Fernand Leger. Sculpturally bold, yet also covered with delicate



Monkey Mask by Ngon, Nossombougou, wood and fiber. Courtesy Jerome and Ellen Stern.

patterns, the Ci-wara, among other works of the Bamana people, made their mark on Henri Matisse, Georges Braque and Pablo Picasso, altering forever how the world views art.

The exhibition is divided into different sections, leading visitors in a logical sequence from the domestic to the cosmic as it explores power figures, mother-and-child figures, staffs and other art objects made of iron, clay, leather and cloth. Visitors, for example, will first see household ceramic water pots made by women and iron staffs forged by male blacksmiths for ritual use and then move on to the more theatrical objects such as masks, headdresses and musical instruments used in rituals.

"This is a remarkable exhibition," Ferriso says, "Our visitors will be as enthralled as we are to take this journey through West

African culture."

"African Sculpture: Bamana Art from Mali" is presented during Milwaukee's sixth annual International Arts Festival. The festival has an African/African-American theme and showcases local arts that highlight the strengths and reflect the diversity of Milwaukee.

Exhibition Preview Celebration

View the "African Sculpture: Bamana Art from Mali" exhibition before it opens to the public during the Exhibition Preview Celebration at the Milwaukee Art Museum, Thursday, Feb. 27, from 5 to 8 p.m. Internationally-renowned Ko-Thi Dance Company will perform a native dance of Mali with a myriad of traditional instruments, authentic costumes and infectious music. The event is free to Milwaukee Art Museum members or \$20 for nonmembers.

About the Milwaukee Art Museum

The Milwaukee Art Museum includes: the new Santiago Calatrava-designed Quadracci Pavilion, completed in October 2001 and named by *Time* magazine as "Best Design of 2001"; renovated and reinstalled permanent collection galleries; and elegant public gardens designed by noted landscape architect Dan Kiley. The museum's 2001 expansion provided a 30 percent increase in overall gallery space, enhanced educational and public programming facilities, and expanded public amenities.

The Milwaukee Art Museum's far-reaching holdings include more than 20,000 works spanning antiquity to the present day. With a history dating back to 1888, the museum's primary strengths are in 19th and 20th century American and European art, contemporary art, American decorative arts, old master works, and folk and self-taught art.

The museum is located in downtown Milwaukee along the shore of Lake Michigan. The museum is open seven days a

week from 10 a.m. to 5 p.m., except for Thursdays when it stays open until 8 p.m. The museum is supported by the Greater Milwaukee Foundation.

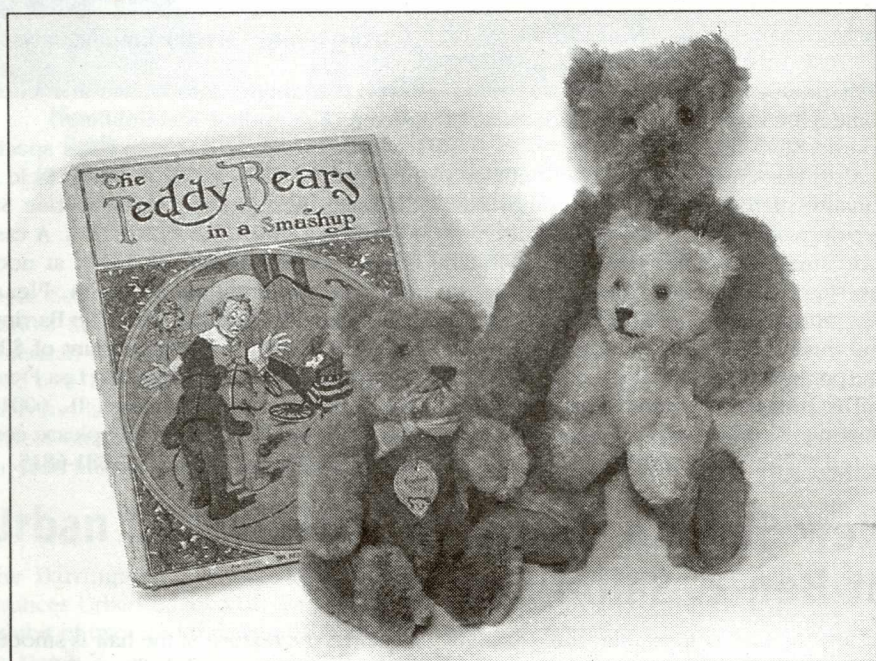
Ordering Tickets

The public may order exhibition and opening night tickets by calling toll free 1-866-MAM-1323 or by clicking www.museumtix.com or visiting the museum. Tickets for nonmembers cost \$12 for adults, \$10 for seniors and students, and children under 12 are free. For group tours, call 414-224-3842. Museum memberships can be purchased by calling 414-224-3284.



Crest Mask, Ci-wara, Bougouni or Dioila region, collected by Kijersmeier between 1935 and 1938 in Souloba, wood. Courtesy Private Collection, Montreal.

"Teddy Bears at Home in Chicago"



Chicagoans and visitors will soon cozy up to all things teddy bear. The young and young-at-heart are invited to stir up fond memories, share photographs and stories of their cherished bears, and delight in a tribute to a captivating and timeless ob-

ject of affection that is celebrating its 100th anniversary.

"Teddy Bears at Home in Chicago," a major exhibition at the Chicago Cultural Center, 78 E. Washington St., opened on Sat., Jan. 18, and will continue through

March 23. Conceived by Chicago Cultural Affairs Commissioner Lois Weisberg, the exhibition is organized by the Chicago Department of Cultural Affairs, co-curated by Tim Samuelson and Kenneth C. Burkhardt, and presented by the Chicago Office of Tourism in conjunction with Chicago Winter Delights. Admission is free to the exhibition and related programs.

"Chicago has a rich history and connection to the teddy bear, and it is only fitting that we celebrate this beloved companion where it will feel at home and welcome," said Lois Weisberg, commissioner of the Chicago Department of Cultural Affairs. Chicago was one of the early distribution points of teddy bears, and some of the first teddy bear books were published in Chicago during the early 1900s. The North American Bear Co. is based here. Chicago is also home to the Chicago Bears and the Chicago Cubs.

On view in the second floor Chicago Rooms will be more than 100 vintage, artist-created and contemporary teddy bears and teddy bear-themed items and photographs that showcase the evolution of the teddy bear. Most of the bears will be on loan from major collectors in Chicago. Bear-related cultural artifacts will include

books, sheet music, postcards, vintage photographs, illustrations, music, the Elvis Presley record jacket for the song *Teddy Bear*, items with a Chicago connection and more. Photographs from *Teddy's World*, a Joost Elffers book with photographs by Mirja de Vries, will also be exhibited, as well as photographs and letters submitted by the public.

The exhibition celebrates the 100th anniversary of the teddy bear. It all started when President Theodore "Teddy" Roosevelt declined to shoot a bear during a Mississippi hunting trip—an event immortalized in a famous cartoon by Clifford K. Berryman published in the *Washington Post* on Nov. 16, 1902. Inspired by the story, stuffed toy bears made by Rose and Morris Michtom for their New York novelty store, and similar bears made in Germany by Margarete Steiff's toy factory, made Teddy's bear—later simplified to teddy bear—an international sensation which has continued to thrive and flourish for 100 years.

For more information, call 312-744-6630, TTY: 312-744-2947, or visit www.cityofchicago.org/Tour/CulturalCenter/. To arrange special group tours, call 312-744-8032.

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BWC Presents "The Mystique of Your Handwriting"

All are invited to attend as Diane Hunter
presents a fascinating program to The Bar-
rington Woman's Club on Feb. 19 about
"The Mystique of Your Handwriting."

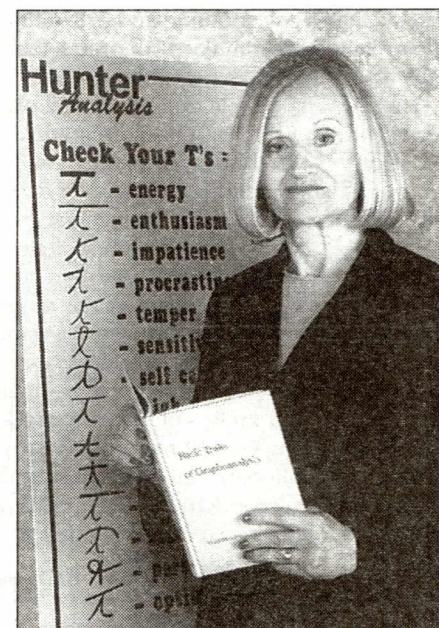
Diane Hunter, expert certified master
graphoanalyst, will show us why as many
as 91 personality traits may be accurately
evaluated from one full-page handwriting
sample.

No two people on earth have precisely
the same handwriting, including identical
twins who share identical genes; no two
people on earth have the same person-
alities, including identical twins. Diane
Hunter, master graphoanalyst and dy-
namic speaker, will explain this behavior
and much more at the February luncheon
program, which will be held at Chessie's
Restaurant in Barrington.

Be prepared to meet various intriguing
personalities through their handwriting,
such as identical twin sisters, painters
Mary Cassatt, Georgia O'Keefe and many
impressionists, artists who paint using
their mouth or foot, a clever and hand-
some mass killer, and saints Bernadette of
Lourdes and Teresa of Avila.

Also, learn information about your per-
sonality such as: are you an enthusiastic
person who has long "T" bars? Or are you
a dreamer whose "T" bars do not touch
the stem? What does your signature re-
ally indicate about you? These questions
and much more will be addressed during
the presentation.

This unusual program is sure to be fas-
cinating. As one member of an audience
stated, "The presentation was dynamic,



Diane Hunter, Master Graphoanalyst

very entertaining, informative and unex-
pected. The ending was uplifting."

All are welcome to attend this special
presentation on Feb. 19. It will be held at
Chessie's Restaurant, 200 Applebee St.,
Barrington, in the Ice House Mall. A cash
bar will begin at 11 a.m., lunch at noon
and the presentation at 1 p.m. Please
make your check payable to The Barring-
ton Woman's Club in the amount of \$20.
Your check should be mailed to Lisa Frese,
322 Hilltop Court, Barrington, IL, 60010.
If you should have questions, please con-
tact Marie Carfagno at 1-847-381-6815.

New Service Available at Ben E. Salon Spa

A new service is available, the I-Straight
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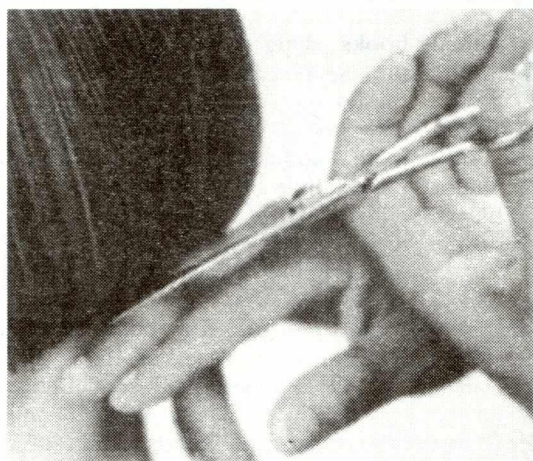
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Art Gives a Wonderful View to Any Room

Think of your home as your own personal gallery. Imagine an innovative impressionistic work in the foyer, a classic wildlife in the den, a lush floral in the master bedroom and a peaceful landscape above the fireplace.

Woodland Art Gallery can make your home picture perfect by helping you select artwork to give every room a wonderful, new view.

Woodland Art Gallery specializes in limited-edition artwork from today's most sought-after and highly collectable artists. With new releases as well as sold-out works available, the gallery is an excellent source for art in almost every genre.

Found in many important private and corporate collections throughout the world, the limited-edition serigraphs of Don Hatfield take center stage this month at the gallery. His soft pastel colors and unique impressionism has brought him great acclaim in the art world. A fine example of Hatfield's solid artistic identity is *Maiden Voyage*.

Woodland Art Gallery's outstanding collection of works by wildlife artist Robert Bateman is perhaps one of the largest in the country and includes many vintage, sold-out prints, such as the 1982 release *Red Squirrel*.

Other artists whose works you'll find at the gallery include David Armstrong, Carl Brenders, Jeanne Bonine, Terry Redlin, Pino, Thomas Kinkade, Jim Daley, Owen Gromme, John Seerey-Lester, Nita Engle, Bev Doolittle, Greg Olsen, Chet Reneson and David Maas. Repligraphs by van



Maiden Voyage by Don Hatfield

Gogh, Monet, Rembrandt, Cézanne, da Vinci, Remington and other masters are also available. All works are available museum mounted, custom matted and framed.

In addition, the gallery features Loton art glass vases, perfume bottles and paperweights. These highly-collectable works of museum-quality art glass are signed and dated from Loton Studios, world famous for its distinctive style, always magnificently colored. This is a must-see and a natural complement to the gallery's limited-edition prints, serigraphs and giclées.

Located at 71-B E. Woodstock St. in downtown Crystal Lake, **Woodland Art Gallery and Frame Shoppe** is open Monday to Friday, 9 a.m. to 5 p.m., and Saturday, 9 a.m. to 3 p.m. Phone **815-459-0460**.

DAR Tri-Chapter Luncheon



(From left) Regent Frances Lovelace, Kishwaukee Trail Chapter, greets Doris Jones, Kishwaukee Trail Chapter, at the Tri-Chapter Luncheon in honor of Joyce Schaeffer Hinshaw, Illinois State Regent, NSDAR, held at Watercress Inn in Palatine. The remaining receiving line is comprised of State Regent Joyce Hinshaw followed by Regent Mary Ostrom, Signal Hill Chapter, and Regent Joan Murray, Eli Skinner Chapter.

Joyce Schaeffer Hinshaw (Mrs. Lyle E.), Illinois State Regent, Daughters of the American Revolution, was recently honored at a Tri-Chapter Luncheon at Watercress Inn in Palatine.

Host Chapters were: Eli Skinner Chapter, Joan Murray, regent; Kishwaukee Trail

Chapter, Frances Lovelace, regent; and Signal Hill Chapter, Mary Ostrom, regent.

Mrs. Hinshaw's topic, "I Believe," enlarged upon the success DAR has had when members have implemented her term's state motto, "Believe to Achieve."

Urban Edges VIII

The Barrington Area Arts Council announces Urban Edges VIII, 2003, a juried exhibit of two- and three-dimensional art, on March 7.

This exhibit is open to all artists in the greater Chicago metropolitan area. No media or theme restrictions apply, but artwork should be representative of our

urban environment. There will be cash awards for Best in Show, Awards of Excellence and Awards of Merit. The deadline to apply is Feb. 11, 2003.

To apply, contact the Barrington Area Arts Council, 207 Park Ave., Barrington, IL, 60011, at 1-847-382-5626 or email to baacouncil@aol.com.



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Protecting Your Legal Rights— Restrictions on Employment; Covenants Not to Compete

by Joette S. Doran, J.D.



Generally, a noncompete agreement provides certain restrictions on competing against an employer based on a certain time period and geographical area. In order to be an enforceable noncompete agreement, courts generally find that the restrictions must be narrowly drafted to reasonably protect the legitimate business concerns of the employer. Various factors are considered in determining whether the company has a legitimate business concern in restricting employment. These factors include a detailed analysis of the employer's business and its relationship with its clientele, where the company and the employee performed work, the employee's skills and knowledge of the company's business, and the type of position held by the employee. Courts analyze each restrictive covenant and employment relationship independently to determine whether the restrictive covenant is enforceable. In doing so, courts generally find those executive employees who have had significant responsibilities and exposure to the employer's business information and customers are subject to broader restrictions.

Typically, there are two times in an employment relationship when an employee in a highly competitive industry will be faced with a restrictive covenant, at the job-offer stage as a term of an employment agreement and at the end of the relationship as part of a severance agreement. In each arrangement, the employer attempts to offer something of value, usually compensation, in exchange for the

restriction on the employee from competing against the company. A careful analysis of the terms of agreement is required at both stages of the relationship since such agreements may be enforceable if properly drafted. Accordingly, because a noncompete provision in an employment or release agreement can potentially restrict future employment and require the payment of money damages, you should carefully consider the terms with legal counsel before signing the agreement. For additional employment information, visit our Web site at www.joettedoran.com.

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

Ms. Doran is licensed in Illinois and all Illinois federal courts 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 the past-president of Barrington Area Professional Women.

Shari's Furs, "Fur A Great Deal"



The tradition continues... **Shari's MAD RACK SALE** is back for its 24th year!

This once-a-year sale offers **75% OFF** selected new furs, shearlings and leathers. New remaining merchandise is also clearance-priced—**60% OFF** furs and shearlings; **50% OFF** remaining leathers. Hurry in for the best selection.

Shari's offers a full collection of furs, ranging from mink coats and jackets, sheared/unsheared beavers of all lengths and shearlings of various colors in all sizes. Shari has added the 2003 collection of knitted sheared beavers in her quest to find the perfect garment for each custom-

er's personal taste.

Shari's expanded accessories include leather, chenille and shearling gloves. A fabulous variety of hats have been added to the already popular fur headbands and fur earmuffs.

Men have not been overlooked! This year **Shari's** has more men's leather jackets and shearlings.

Shari's Furs, Leathers & Shearlings is located at 22 South Evergreen in downtown Arlington Heights. **1-847-255-1300**. Store hours are Monday through Saturday 10 a.m. to 5 p.m.; Thursday till 8 p.m.; Sunday 12 to 4 p.m.

Shari's February 1st
thru 14th

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APPAREL**

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MTWFS 10-5, TH 10-8, SU 12-4

Friends by Grace Paley Subject for LWV

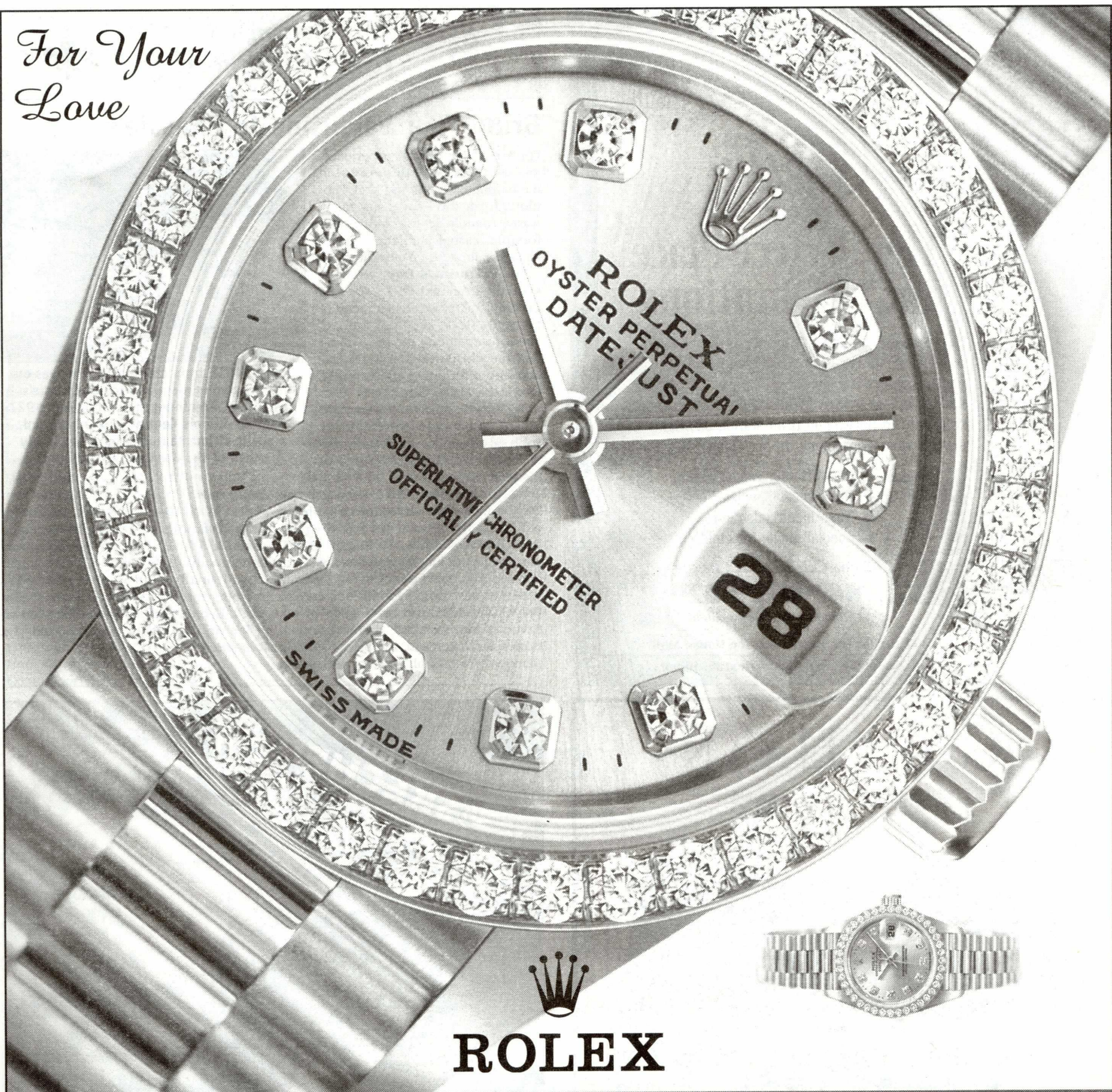
At its February meeting, the League of Women Voters of the Barrington Area will discuss the short story *Friends* by Grace Paley.

Paley, born in 1922 in New York City, is one of the most distinguished contemporary American short story writers. *Friends*, along with much of her other work, reveals women's lives with stunning emotional intimacy as her characters engage in conversation, gossip and, above all, storytelling. It is this ability to communicate, Paley feels, that enables women to form bonds that not only bring them together as individuals but provides powerful political forces for change.

The short story review will be lead by Lani Ori who has been leading book discussions in the Chicago area since 1968 when she became involved in the Great Books Program. In addition to working with area groups, she also presents programs in critical thinking to students and teachers alike.

Guests are welcome to join league members on Tuesday, Feb. 18, for a thoughtful and provocative discussion of *Friends*. The meeting will be held at the Barrington Area Library at 9:30 a.m. Call Marianna Barr at 1-847-382-3952 for your copy of the story.

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For a nostalgic dining experience, join us at **Chessie's Restaurant** in the Barrington Ice House Mall. Fabulous fresh food for every taste, warm, friendly service and a comfortable, casual ambiance with a vintage railroad theme await you.

For **Valentine's Day**, we have specially-designed chef's specials to complement our regular menu of prime rib, steaks and fresh seafood. Make reservations for the Dining Car, the old Barrington Train Station or the Atrium overlooking the Ice House Mall's shops.

For lunch, enjoy our signature grilled crab sandwich, California cobb salad, London broil, pork tenderloin, steak sandwich or one of the best burgers around.

We call Sundays "Give Mom a Break Day". Sunday brunch features a buffet of old family recipes you are sure to enjoy. Brunch is served from 10:30 a.m. to 2:00 p.m., while our lunch menu is served from noon to 3:00 p.m. From 3:00 to 9:00 p.m., we serve ten "comfort food" specials for \$11.95, in addition to our regular menu. Favorites like meatloaf, shrimp Palermo, barbecue chicken and ribs, blackened fish, salmon tomato basil, roast pork, London

broil, etc.

Join us on Wednesdays and Fridays for fashion shows put on by shops within the mall. See the latest fashions presented from noon to 1:30 p.m.

And finally, join us every Saturday morning for the cool jazz sounds of Ken & Ed. Ken on trumpet and Ed on acoustic guitar and vocals produce a sound you will surely enjoy.



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



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- ◆ Daily chef's specials
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- ◆ Special meals for children

Come Celebrate at Chessie's!

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200 Applebee Street, Barrington, Illinois

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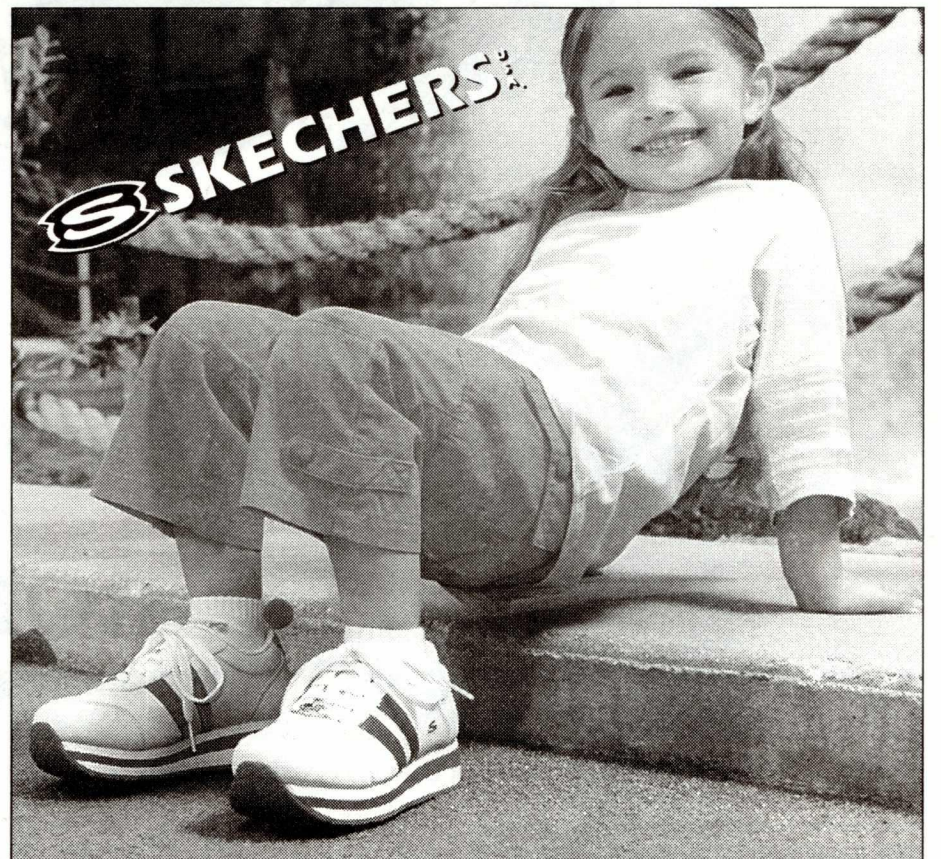


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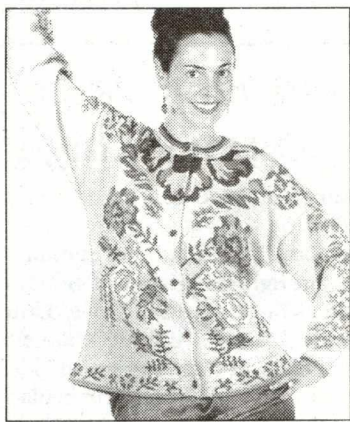


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Spring Arrives at Peter Daniel in Decadent Style



Fresh and New Apparel from Peter Daniel

Peter Daniel welcomes spring with everything fresh and new! Discover delightful collections in vibrant colors, sensational fabrics, and easy-to-wear apparel for both men and women.

Our ladies department is alive in a rainbow of colors. Raspberry, lime, melon and strawberry are all the delicious colors in our spring collections for women. Capri pants are available in every collection, and casual skirts, returning to the fashion scene, take you from sight-seeing to walking along the promenade deck on a fabulous cruise.

Our men's department continues to feature Paul & Shark bright knits and nautically inspired sportswear. Our fine Italian lines with fresh patterns and new styles from Gran Sasso, Zanella, Riscatto and Como Sport make **Peter Daniel** the pre-

mier store for the finest in men's fashion. Nothing compares! From the boardroom to the golf course, there are no better fitting and feeling clothes than those you'll find at **Peter Daniel**.

Save the dates!—Please join us for a very special **Canvasbacks Trunk Show** on **Friday, Feb. 28, and Saturday, March 1**. Canvasbacks is known for their beautiful fabrics, vibrant colors and novelty embellished jacket ensembles from casual daytime to distinctive evening attire. Don't miss this opportunity to view the entire spring line and order something just for you. And our **Vera Bradley Trunk Show** will be **March 7 and 8**. This is your chance to see all the new fabrics and styles for spring. See you at both of these important and exciting shows!

Save the Dates!

Vera Bradley Trunk Show
March 7-8

CANVASBACKS Trunk Show
February 28 & March 1

Spring comes to Peter Daniel!

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The Ice House
200 Applebee St, Barrington
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*GE Center for Financial Learning, 2002
†Washington Post



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For "Everyday" at Lauren's Lingerie

At **Lauren's Lingerie**, February is a time to reflect on the ones we love.

The Victorian tradition of sending messages through the giving of bouquets is known as the language of love. **Lauren's Lingerie** carries a unique collection of Claire Pettibone that can speak for you; each flower symbolizes a particular feeling or thought.

Stop by **Lauren's Lingerie** for Valentine's Day and show your loved ones how much you care.



A.G. Edwards Helps You Conserve Your Savings with Long-Term Care Insurance

As a financial consultant with **A.G. Edwards** in Barrington, **George Styskal** is helping clients plan for one of life's toughest turns—a disability that would require expensive, long-term care that can quickly deplete savings and retirement funds.

While many people don't think they will ever need long-term care, a study conducted by the Health Insurance Association of America showed that 48.6 percent of people aged 65 and older may spend some time in a nursing home, and the average length of stay in a nursing home is 2.7 years. It is easy to attribute this type of care to old age, but disabilities requiring long-term care can happen at any age.

The American Council of Life Insurers says nursing home care averages \$44,100 per year, and assistance by a home health aide averages \$61 per visit. Many people believe Medicare, Medigap and Medicaid will pay for their long-term care. However, Medicare and Medigap coverage ends after 100 days, and Medicaid is available only after the patient has exhausted his or her assets, including money saved for retirement. As you can see, careful planning to protect your assets may save your retirement nest egg.

There are three alternatives to consider for long-term care planning: self-insurance, long-term care insurance and specialized life insurance. You may also find a combination of these alternatives may be the most helpful for your particular needs.

Self-Insurance—Providing your own funds for long-term care needs involves setting aside sufficient money before you need long-term care. By having savings and/or investment vehicles designated for long-term care, you can help protect your net worth during retirement. However, you do run the risk of long-term care costs depleting those funds as well as retirement assets because you were not able to save enough. In general, the younger you are when you begin to plan for long-term care, the more viable self-insurance is due to the greater number of years available to accumulate funds. Self-insurance is not a realistic alternative for many investors.

Long-Term Care Insurance—Long-



George R. Styskal, AAMS,
Financial Consultant, A.G. Edwards
& Sons, Inc., Ice House Mall,
Barrington, 1-847-842-9664.

term care insurance offers specialized benefits for quality long-term care. In exchange for a monthly premium, you can receive a fixed dollar amount per day for care if or when the need arises. This type of insurance helps protect your assets and helps you pass on your wealth to your heirs. Keep in mind, you will not be refunded the premiums you have paid if you never use this insurance. However, just like other types of insurance, it provides you financial protection while keeping the majority of your assets available for other purposes.

Specialized Life Insurance—Specialized life insurance combines a life insurance death benefit with long-term care protection, so you can leverage your available assets for long-term care purposes. As a policy holder, if you are in need of extended care, a portion of the value of your total benefit is distributed in monthly increments for payment of covered services. Even if you use a portion of your death benefit in advance to cover long-term care, the unused portions of your death benefit will still be payable to your beneficiaries.

Recognizing the possibility of someday needing long-term care is the first step in developing a suitable strategy for combating the possible financial impact it may have on you and your family.

If you are interested in learning more about long-term care insurance, call **George Styskal** at 1-847-842-9664 or visit his Web site at www.agedwards.com/fc/george.styskal.

A.G. Edwards & Sons, Inc., Member SIPC

Chicago Rita Hayworth Gala Holds Kickoff Event

2003 Gala Theme—"The Loves of Carmen"



(From left) Ron Champagne, vice president of development for the Alzheimer's Association; Carolyn Collins of Crystal Lake; and Ingrid Griffin of Freeport and a past gala chair enjoy a recent kickoff event for the 16th Annual Chicago Rita Hayworth Gala at the home of Dolores and Ralph Barnett of Chicago. The Rita Hayworth Gala is an annual benefit for the Alzheimer's Association.

Friends of the Alzheimer's Association gathered at the home of Dolores and Ralph Barnett of Chicago recently to learn of plans for the 16th Annual Chicago Rita Hayworth Gala, Saturday, May 10, 2003, at The Civic Opera House. The gala's theme, "The Loves of Carmen," is taken from the 1948 movie starring Rita Hayworth and Glenn Ford.

Hayworth's daughter, Princess Yasmin Aga Kahn, is honorary chair for the event, an annual tribute to her mother who died with Alzheimer's disease. Co-chairs for the benefit are Burr Ridge residents Reginald and Gail Garratt.

The City Lights Orchestra will provide dance music at the fund-raiser. Tickets for the gala begin at \$500 per person. For more information about the gala or to order tickets, call the Alzheimer's Association at 1-312-335-5893.

The Alzheimer's Association is the premier source of information and support for the four million Americans with Alzheimer's disease. Through its national network of chapters and with the generous support of its corporate sponsors, the association is able to offer a broad range of programs and services for people with the disease, their families and caregivers. The largest private funder of Alzheimer research in the United States, the association has committed \$136 million toward research of the disease. The Rita Hayworth Galas, held annually in Chicago and New York, are the Alzheimer's Association's signature fund-raising events.

For more information on the Alzheimer's Association, visit www.alz.org.

Land Foundation Annual Meeting to Feature Author

Noted author Joel Greenberg will be the featured speaker at the Land Foundation of McHenry County's Annual Meeting on Sunday, Feb. 9, at Bull Valley Golf Club in Woodstock.

Mr. Greenberg is the author of *A Natural History of the Chicago Region*. His talk, "The Changing Landscape of the Chicago Region," will document the effects of 300 years of Euro-American settlement on local prairies, woods and wetlands. His presentation will begin at 12:45 p.m., following brunch (from 11:00 a.m. to 12:30 p.m.) and a brief business meeting (12:30 to 12:45 p.m.).

The meeting is open to the public. The cost to members for brunch and the presentation is \$25 per person. For nonmembers, the cost is \$45, which includes a one-year individual membership. Members may attend the business meeting and presentation for free. Nonmembers are asked to pay \$5 to help cover the costs of the presentation.

Please contact the Land Foundation at



Noted Author Joel Greenberg

1-815-455-4618 to reserve your spot at the meeting and brunch.

The Land Foundation of McHenry County is a private nonprofit organization that works with landowners, communities and developers to protect natural lands and open space resources in McHenry County. The organization has protected 180 acres through 13 conservation easements and by taking title to four parcels of land.

Dalzell & Co.

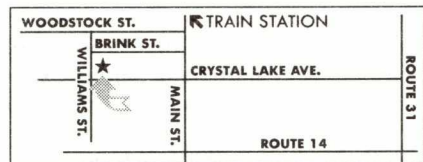
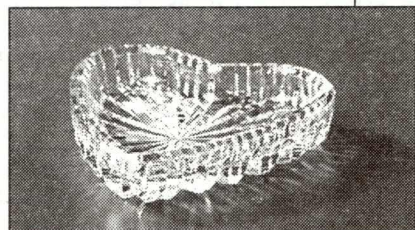
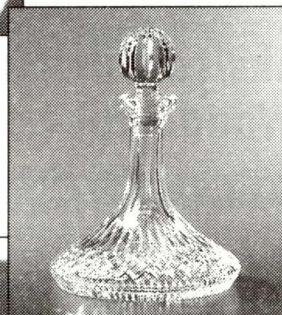
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Saturday 9:30 a.m. to 4:00 p.m., and also by appointment.



Furs, by John Pavlis

Warm her heart this Valentine's Day!

Please join us on **Saturday, February 8th**, for our **Valentine's Day Celebration**. Come in between 10:00 a.m. and 3:00 p.m. and register to win a beautiful denim and fur jacket! Drawing will be held at 3:30 p.m. No purchase necessary.

We look forward to seeing you!

725 E. Rand Road
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847.398.3495

Monday - Friday 9:30 a.m. to 6:00 p.m. and Saturday 9:30 a.m. to 5:00 p.m.



Thanks to Our Fine Customers for Wonderful Loyalty and Patronage

Through the years, **Michal's Jewelry Store** has been not only a great place to shop but a gathering place for friends to enjoy. After being in the neighborhood (the Northwest Suburbs) for over 30 years, there are a lot of friends and wonderful, loyal customers. We know that a jewelry purchase is not always the most important decision a family makes, but it certainly brings the rewards of good sentiments at a time when our world is so churned with adversity and uncertainty! Every once in a while, we feel we deserve to have a special perk or offer for those who are close and special. Our location in beautiful Barrington at Main and Hough streets makes it easy to stop and shop and say "hello" to our friendly staff.

Again, a very special thanks to all of you who have shared the delightful experience of wearing and sharing our special and elegant jewelry!

The Nation and State's Issues Loom Large and Larger

I am and have been a grassroots Republican activist, a lifetime member of the Republican National Committee. I was privileged to attend the inauguration of President George W. Bush and recently returned from the Swearing-In Ceremonies of The Honorable Dennis Hastert, speaker of the house, and another congressman.

What, may you ask, has any of this to do with a jewelry store? The answer is simple. Without a strong country and community, none of us will have much to enjoy. It is not about being a Republican or trying to convert the unconverted to partisanship. It is really about standing for democracy. It is about debating the issues and making America strong through dialogue and debate. Every American has a right to differ, to express opinion and to advantage himself or herself in every way available under the first amendment of the Constitution. I, for one, am glad that everyone is not in agreement with my opinion and that every idea makes for a stronger fabric in the nation's strength and character. We all have a right to express and debate until the issue is decided by a democratic vote.

Today, I Feel Like a Democrat!

This is probably a good thing to say before we loose that whole side of the aisle as shoppers at Michals! Really, today I am proud of our new governor. At least he had the courage to challenge the idiotic last act of the George Ryan comedic fiasco. What right did the outgoing head of state have to commute the sentences of 167 convicted murderers on death row? Here was a man who, by his own admission, could not make up his mind after four years in office. He regurgitated his

bile all over the state and innocent victims of heinous crimes by degenerate criminals of the worst sort. Still, as repulsive as the act seemed to the majority of Americans, that man exercised his power under the laws of the State of Illinois. Why could he not have reviewed it on a case-by-case basis? Would it have been as easy a decision if one of his own children were decapitated by one of those convicted madmen? We cannot even always agree with the leaders that bear our favorite stripe, but that is the point and that is the process. We must all have input and we must all give our opinions and cast our vote. Know the candidate you are voting into office. Ask questions. Do your homework and make America and your community a stronger and safer place!

I have made over 50 trips to the Middle East. If ever we needed a strong unity in purpose, it is now. We need to work together and make our unity known to the outside world of terrorism and hate. We cannot hate George Ryan for his liberal act of pretending to speak for all of us, but our vote on this issue will count for the future. It will leave his legacy of admitted doubt forever in doubt. To be strong from within, with moral fortitude and purpose, will continue to give us the might and power that bombs and weapons of mass destruction do not possess!

One nation, under God, with liberty and justice for all. Many parts of the Middle East and the Orient seethe with hatred for us. They despise our democracy and way of life. They reject our lifestyle and that right to choose and live in a free society. We must lead by example. We cannot return that hate. We must remain *one nation, under God, with liberty and justice for all.*

Our president, George W. Bush, along with most Americans, believes in the death penalty for convicted offenders. The White House came out with an immediate statement following the announcement of Mr. Ryan decrying the decree. The question remains, how do we teach the children of this generation and the generation to come the values of proper behavior versus the low risk of punitive result for egregious breaching of the law?

The value of our two-party system produces the treasure chest of checks and balances. It eliminates the possibility of radical elements seizing wanton opportunity. That is why we must always share our view, debate the issue and make our vote count and know it does! Our president is a man of strong family values and promulgates faith in God and strong moral ethics.

That's my opinion! What's yours?

—Nate Casement



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GENTS ROLEX PRESIDENT DBL-QUICK	WAS \$12900.00	SALE \$10900.00
GENTS ROLEX STAINLESS SUBMARINER	WAS \$3500.00	SALE \$3200.00
GENTS ROLEX PRESIDENT ALL DIAMONDS INCLUDING BAND	WAS \$15900.00	SALE \$12900.00
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Fill Valentine's Day with Imagination at G. Whiz

Valentine's Day doesn't have to be a handful of flowers or a box of chocolates. We're filled with unique and wonderful gifts for all of those who hold a special place in your heart!

From fantastic jewelry to unusual gifts, let this Valentine's Day be filled with imagination! **Patricia Locke jewelry** is sure to please. With new color combinations, this artist is on fire! She has introduced a petite and adorable jeweled heart necklace that no one can resist!

We also just returned from seeing all of the new **Brighton collections**. This is the best introduction we've ever seen! Look for new red luggage, canvas travel bags, dog and cat handbags, a complete golf collection and even hats! Although many of these items will not be in by Valentine's Day, as a Brighton Heart store, we carry a complete selection of their products. And if you can't make a decision, try a gift certificate. In fact, tear out this ad, hand it to your significant other and just ask for a gift certificate from **G. Whiz!** We can even arrange a purchase over the phone and mail it! How easy can it get?!

If you've never visited our store, what are you waiting for? Many of our new customers are absolutely shocked at our collection of jewelry and unique gifts. For an

(Please continue on page 43)



Satin Filly

WOMEN'S CLOTHING

Invites You to Our Spring

**LAFAYETTE 148
TRUNK SHOW**

February 12 thru 14



714 W. NORTHWEST HWY.
THE FOUNDRY
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Happy Valentine's Day from Satin Filly!

February already! For those of you that have been uprooted from a warm place and replanted in northern Illinois, this really has been an easy winter... so far.

We're finishing up with our **Winter Clearance**—there are some great values left—and preparing for our first **Spring Trunk Show. LaFayette 148—New York** will be here **Feb. 12 to 14**. We are very excited to have another show with them. (The show last fall was lots of fun, and everyone enjoyed the things selected.)

For those of you that have never been

to a trunk show, the designer/manufacturer sends us the most recent collection in big trunks. We hang it and present it to you to see, try on and order. (LaFayette is sized 0 through 16.)

Please mark the dates of **Feb. 12 to 14** for **Satin Filly's Spring Trunk Show**. If you can't make it between 10 a.m. and 6 p.m., please give us a call at **1-847-381-1019**. We'll stay or take an appointment.

Stay warm and happy,
Karen

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ten 100 percent synthetic, rarely seeing a human hand in their making, **Mephisto** remains a natural product (soft leather, latex, cork and rubber) and continues to be handmade one shoe at a time in the matchless European tradition.

Visit **Mephisto Shoes of Barrington** located at The Foundry, 756 W. Northwest Hwy., Barrington. Check out our Web site at www.mephistoshoes.com for more information. Phone **1-847-304-4654**.



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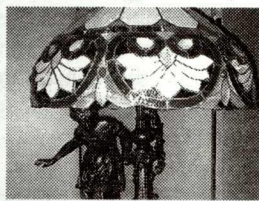
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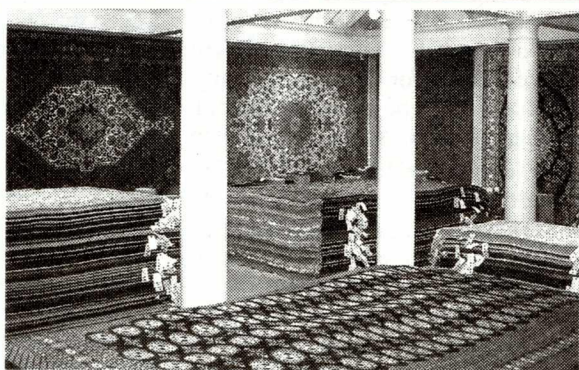
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Children's Portrait Special February 3rd thru March 14th

Buschauer

Portraits & Framing, Inc.

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Cleopatra Comes Alive at the Field Museum



(From left) Mary Mirium, starring as Cleopatra in the play, stands with Ruth Kern, chairman of the event; Nellie Weiss, founder of the Philippine-American Foundation for the Homeless; and Kathleen Amatangelo, co-chairman of the event. Ruth and Kathleen are from the Barrington area.

The Music Theatre Workshop and the Philippine-American Foundation for the Homeless teamed up for a most memorable benefit and awards ceremony at the Field Museum on Saturday, Nov. 16.

A special performance of the play, *The Many Faces of Cleopatra: Truth or Lies* starring Mary Mirium as Cleopatra and the Teens Together Ensemble, was presented to the audience of over 300 patrons in the James Simpson Theatre. This play has been running since the Cleopatra display was in the Field Museum. But even though the display has been taken down, the play continues to be performed. Because of the

popularity and thought-provoking aspects of the play, an anonymous donor has given money to fly the troupe to Egypt to perform there.

Ruth Kern, chairman of the event, spoke about the Philippine-American Foundation for the Homeless, which was founded by Nellie Weiss in 1994. Every year since its founding, Mrs. Weiss' fund-raising efforts have provided a Thanksgiving dinner for the homeless in Chicago, and every year Mrs. Weiss has traveled to the Philippines to bring food and clothing to those in need.

Robert Carter, the executive director of

2003 Children's Portrait Special

Just \$149 Includes a Session Plus an 8x10 Canvas Portrait

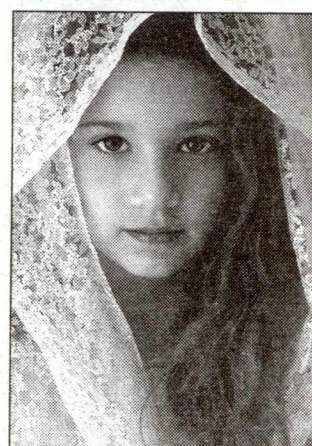
Dear Friend,

For nearly 20 years, our studio has sponsored some sort of children's portrait special. If your children have participated in any of these past events, you know you can expect to get portraits that wow you! The biggest problem our clients experience is trying to narrow their choices from a too large assortment of captivating images.

We at **Buschauer's** don't mind giving you such a problem! This offer of \$149 includes a session and a canvas portrait normally selling for \$400. If you're a new-comer to **Buschauer** portraits, this is a nice get-acquainted package. For our current clients, this is a worthwhile savings opportunity you won't want to miss.

Here's How It Works

- To be eligible, children must be between 2 and 15 years old.
- Children must be photographed between Feb. 3 and March 14, 2003.
- Preportrait studio consultations are suggested for all first-time clients. Phone consultations are a good idea for repeating clients. We will assist you with styling and clothing choices for the portrait.
- Sessions routinely last for 30 to 60 minutes, depending on several factors, so allow yourself adequate time. Children photograph at their best when they feel rested and content. Younger children often fare better during morning hours.
- Black-and-white and color portraits are available.
- You will have the opportunity to order your portraits at a onetime viewing appointment on a day other than the session date.



• Payment of \$149 is due when you book your appointment whether in person or by phone.

• No minimum purchase required for this event!

• Kicking and biting the photographer is highly frowned upon.

Benefits of Working With Our Studio

• You will be working with a real pro, an award-winning photographer who knows how to capture just the right expression from your child.

• We have a great on-time record. We do our best to make sure we don't waste your time waiting for us.

• We treat you right and want you to be comfortable in our studio. That's why you will always be offered a refreshment.

• We guarantee you will love the portraits we take of your child. If not, you can have your money back.

Limited appointments are available, so call now at **1-847-382-8484**. Once we're booked, that's it!

Sam Oliver to be Guest Speaker for Green Thumbs

In the chilly month of February as we continue to work to help the birds, the fur critters and our sleeping garden plants make it through winter, members of the Green Thumbs of Barrington Garden Club will focus on issues of conservation. The meeting will be held on Feb. 17 at 12:30 p.m. at the Barrington Area Library, 505 N. Northwest Highway in Barrington.

Presenting this month's program, entitled "Saving Living Space for Living Things," will be a local star who has distinguished herself in the position of staff director of Citizens for Conservation since 1984! That would be the one-and-only Sam Oliver. In addition to her excellent and appreciated leadership in conserva-

tion activities, Sam has volunteered thousands of hours to other nonprofit organizations over the years. Her talk about accomplishments, ongoing projects and future goals for the conservation and preservation of our beautiful and natural Barrington area will be timely (as spring is just around the corner... with a little luck!) and vitally interesting.

This special program will be preceded by socializing and refreshments and followed by a business meeting. Visitors and guests are welcome at club meetings, and new members may join throughout the year. Please call Joan at 1-847-526-7537 for additional information.

the Music Theatre Workshop, told the audience that the performers in the play *The Many Faces of Cleopatra: Truth or Lies* come from every ethnic and socioeconomic level in Chicago. Mr. Carter said that bringing students together for a common purpose does much to help break down the barriers that separate them and to promote understanding and tolerance of their differences.

Kathleen Amatangelo, co-chairman of the event, presented a special award to the Junior League of Chicago for its outstanding volunteer service for the Music Theatre Workshop.

The Music Theatre Workshop also works with juvenile prisoners to help them express their anger and frustration through playacting. Mr. Willie Ross, the assistant superintendent of the Cook County Juvenile Temporary Detention Center, received an award for his tireless support of youth in the arts. A former inmate presented the award.

African drums and dancers entertained the partygoers during the cocktail hour, and then an elaborate silent auction as well as a private reception following the performance guaranteed that everyone had a most memorable evening.

What's Happening at Starr Couture

This is your final chance to save on the finest European winter fashions. We have taken **drastic reductions up to 80% & more** to make room for our Spring shipments coming from Europe. Most items are priced under \$99 with many items from **\$19 to \$49**. If you have never been in our store now is a good time to stop in. This is the only time we bring all the merchandise out on the racks. If you are planning a wedding call us about our **Mother of the Bride** and **Mother of the Groom** dresses not found in other stores. Looking forward to seeing you soon.

—Starr



Starr Kondos, Owner

Chers Amis...

It is winter indeed, no doubt about it! And one of the most enjoyable and efficient ways to beat the winter blues is to go out to a friendly bistro and have a warm welcome, comfort food with a glass of gouléyant wine and a cozy, personal ambience. *Voilà!* Simple enough, wouldn't you say?

So, in that spirit, we go one step beyond. Last month, **D & J Bistro** featured "Travel to Alsace." On **Sunday, Feb. 9**, we will present "**A Passion for Paris**." You show up at 5 p.m. for a presentation of Paris slides followed by a three-course dinner at around 6 p.m. Questions and commentaries are welcome. Reservations necessary. The cost of \$47.50 per person is absolutely all inclusive: slide show,

food, wine, tax and gratuity.

If you have not done so yet, please check out our Web site. I try to update it every other week. Go to "Calendar of Events" and also "Gossip." The recipe will change once a month.

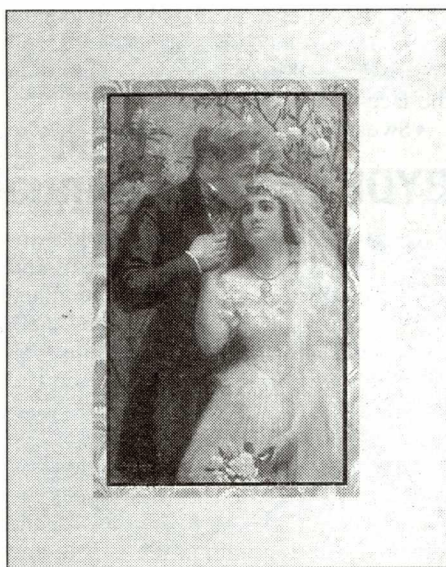
And, last but not least, our **true bistro dish** for the month of February is **La Blanquette de Veau**, a classic preparation of veal loin, braised in white wine, mushrooms, pearl onions and finished with crème fraîche. Served on pappardelle pasta, it's \$16.50 or \$20.50 with a glass of wine. Where else can you find such value? Actually, I suggest you don't even try. Save your energy and come visit us soon.

—Your Host Dominique and His Questionable Humor

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Little Shop of Papers is located in The Foundry at 740 W. Northwest Highway. Call **1-847-382-7733**. Open until 7 p.m. on Thursdays.



Barrington Ready to Kick Off the Relay for Life in 2003

Barrington is ready to kick off the American Cancer Society's Relay for Life for 2003 in a grand way!

The Relay for Life, which will be held this year on June 14 and 15 at Barrington High School, is a great community event that gives everyone a chance to help in the fight against cancer. This year, the relay will kick off by holding a special evening rally Feb. 11 at Barrington High School starting at 6:30 p.m. Teams will be able to sign up early for the June 14th event.

This year, two cancer survivors will chair the Barrington relay: Margaret Galvin, long-time resident of Barrington, and Deana Nyenhuis, a senior at Barrington High School and honorary chair of the event.

The Relay for Life raises funds for the

American Cancer Society by donations from teams who participate in an overnight walkathon. But the real power of the relay is that it lets a community remember those lost to cancer and celebrate the lives of those who have survived. Relay for Life is all about a community coming together to fight cancer. It's not an athletic event, so anyone and everyone can participate.

Barrington has a strong tradition of supporting the Relay for Life, and the American Cancer Society hopes to continue that tradition by inviting everyone in the Barrington area to attend the kickoff. The rally will be a fun and informative way to see what the relay is all about and should get everyone excited about the upcoming event.

The Relay for Life kickoff will also



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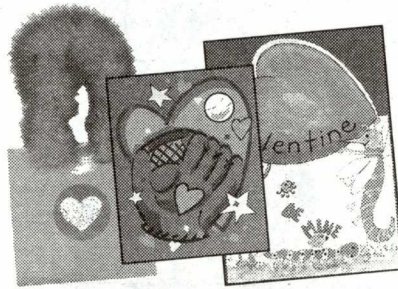
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Don't forget to pick up something from our fabulous selection of wraps, ribbons, gift bags and boxes to dazzle your Valentine!

Lunch and a Movie

The Barrington Area Council on Aging, Inc., and the Barrington Park District will have Lunch and a Movie at Langendorf park on Wednesday, Feb. 19.

Lunch will be served at 12:30 p.m. followed at 1:00 p.m. by the movie *Kate & Leopold*. The movie will be shown on a

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

Please call 1-847-381-5030 to register for lunch. The suggested donation for lunch is \$3 per person.

honor survivors and provide information on the most recent trends in cancer research. Over 1.3 million Americans will be diagnosed with cancer this year and more than 550,000 will die. The best way to combat this dreaded disease is with research. The American Cancer Society is the largest private source of cancer research and has funded 32 Nobel Prize laureates!

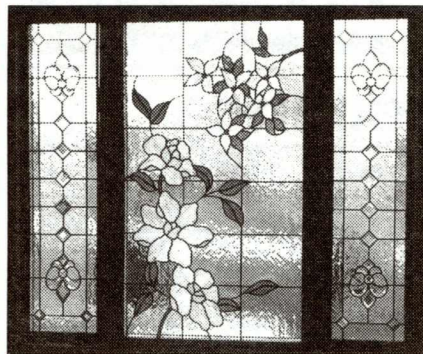
Please support the Relay for Life by

starting a team, helping out on the steering committee, making a donation and, most of all, attending both the kickoff rally on Feb. 11 and the Relay for Life event on June 14 at BHS. For information about how you can support the Relay for Life, please contact the American Cancer Society office at 1-800-ACS-2345 or online at www.cancer.org.



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Garden Club of Inverness Celebrates Holidays at Annual Luncheon



Committee members greeted guests as they arrived: (from left) luncheon co-chair Sally Hard, Kristin Rappe and Adele Walker.

Members of the Garden Club of Inverness and their guests marked the holidays with good cheer and style at the club's annual luncheon and fund-raiser on Dec. 5 at Medinah Country Club, Medinah, Ill.

The sold-out event drew 227 women for an enjoyable afternoon that included prizes and a silent auction of a wide array of attractive gifts for the home and garden.

Sally Hard, Liz Todish, Eileen Kohne and Trina Toms, all of Inverness, skillfully

organized the successful occasion with the help of many other volunteers.

Funds raised at the event will support the club's numerous community activities for the year and its scholarship program for District 211 students. The Garden Club of Inverness annually awards one or more \$1,000-college scholarships to students who plan to major in horticulture, landscape design, environmental science or other, related field.

As attendees talked with friends and

Beautiful Custom Stained Glass

The owner of **Pam's Glass Works**, Pam Orlando, has been a renowned designer of copper-foiled, stained and beveled glass for over 27 years. Her work has appeared in many model homes, showcase houses and many private residences throughout the Chicago area.

The best places to consider one of Pam's custom pieces would be in fireplace screens, cabinet doors, sidelites, octagon and half-moon windows, as well as windows that allow color and light to shine while maintaining privacy. Pam will design your custom piece to match either

your wallpaper or your home decor or any idea you might have in mind. Each piece is individually designed for your acquired taste.

The store also carries a full line of Bovano of Cheshire glass enamel sculptures, Peggy Karr fused glass plates, and many handmade and unique gifts for homes, weddings and corporate events.

The shop is located in the Mill Pond Shops, with easy access to parking. Stop by to discuss your custom stained glass piece with Pam.

Cruisewear Now In Stock!

French Dressing Trunk Show

Friday, Feb. 7 through Tuesday, Feb. 11

Assemblé for Her is hitting the New York and California markets in a big way for our customers! We know you appreciate our unique and eclectic collections. So let us give you some insight as to what's arriving.

This new season doesn't focus on overly frilly clothes nor does it embrace the Bohemian trend, but these influences are certainly there in moderation:

• **Knit Tops**—They're always special at **Assemblé**. Look to us for crochet sleeves, beaded bottoms, sheer romantic prints and "thinner by design" stripes, all in washable silks and rayons.

• **Pants**—They're available in all lengths with subtle prints, wide waistbands and embroideries. There is also a newness in the lace-up front closures.

• **Sweaters**—Lighter in weight, they're

coming in brights and pastels, in tweeds, crochets and leather trims.

• **Skirts**—Available with uneven, asymmetrical hemlines, both long and short, wraps and more.

• **Tees**—Sexy, smart and functional for everyone, they're available in prints and solids and embroidered overlay. Always unique!

• **Jeans**—Denims are here with amethyst and turquoise stone trim, stenciling, flocking and "strategically" placed embroidery. Speaking of jeans, check out what's new from **French Dressing at their Trunk Show Friday, Feb. 7 through Tuesday, Feb. 11.**

This is a taste of what's waiting for you at **Assemblé for Her**, our warm weather one-of-a-kind clothing for our one-of-a-kind customers!

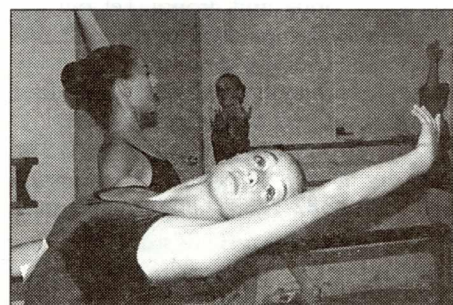
BYDE to Hold Annual Audition

Barrington Youth Dance Ensemble's annual audition for trainee, apprentice and full-company positions will take place from noon to 2:00 p.m. on Sunday, Feb. 23, at the Barrington Dance Academy, 758 W. Northwest Highway, located in The Foundry, Northwest Highway and Hart Road in Barrington.

Boys and girls ages 11 to 18 years and with intermediate or advanced ability are to arrive at 11:30 a.m. to register for the audition. The registration fee is \$10, and ballet attire is required.

For additional information, please call 1-847-382-6333, ext. 4.

Barrington Youth Dance Ensemble gratefully acknowledges the continued support of the Fitzsimonds Charitable Trust; Illinois Arts Council, a state agency; Northern Trust Bank Barrington; and the



Barrington Area Arts Council/Arts Boost.

Through quality dance performances, BYDE promotes artistic integrity, understanding, involvement and awareness among people of all ages throughout the Chicago area.

For information on the BYDE and Barrington Dance Academy, call 1-847-382-6333, ext. 4.



"shopped" among the prize tables, they were entertained by club member Shula Luber at the piano. Lunch was served at tables decorated with centerpieces crafted by members.

After the meal, John Windisch, AIFD, design manager of Phillips Flower and Gifts, treated attendees to a demonstration of holiday tabletop designs. His presentation focused on simple yet elegant ideas for creating "tablescapes" with mixtures of botanically accurate silk greenery and

natural materials. The completed designs were given as door prizes.

As the afternoon ended, Mrs. Hard, on behalf of the club, thanked all the members and guests for their generosity and all the volunteers for their hard work, energy and creativity.

The Garden Club of Inverness is a member of District IX, Central Region, Garden Clubs of Illinois, Inc., and of National Garden Clubs, Inc.



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Fight the winter doldrums by shopping in downtown **Long Grove** soon. Now that the holiday decorations have been stored for the upcoming year, your home may look a little bare, a little tired, in need of a "facelift." The shops of **Long Grove** have just the touches to make your seasonal transition an appealing one. Whether you lean toward traditional, contemporary, European or American (Country), Southwest or Lodge home décor, **Long Grove** merchants offer new and exciting merchandise to give your home a fresh look. Call the Information Center for an up-to-date list of their home décor shops.

When it comes to fashion, consider the shops of **Long Grove** first. From vintage to contemporary to totally fun cruisewear and oh-so-cozy sleepwear, **Long Grove** fashion-focused merchants have just the look to put a little spring in your winter wardrobe.

Consider a fun outing with friends or lunch at one of the five **Long Grove** family-owned restaurants, followed by a mini-workshop just for you. Learn the art of tole painting. Sharpen or begin your skills in stenciling and stamping or create your own florals. Learn Lucia's secrets for the ultimate teramisu. Take a class in oil paint-



ing. Stuff your own teddy bear. Again, the Information Center can provide details on the many activities available.

With St. Valentine's Day approaching, **Long Grove** merchants suggest gift certificates to their more than 80 shops and restaurants. They are available at the Information Center in any denomination with no expiration date and are a popular item for gift giving.

Don't forget the wonderful international shops in this little town that time forgot. To learn more about the shops and offerings in charming and historic **Long Grove**, including the festival and events calendar, give a click on the Web at www.longgroveonline.com. Call with your inquiry before 3 p.m. and talk to a real person—the old-fashioned way—at 1-847-634-0888.



Celine Fine Jewelry—Wearable Art



Celine Fine Jewelry has quickly become well known for jewelry design in the Chicagoland, Wisconsin and Indiana areas. Founded in 1995 by its present owner, Celine's has been creating masterpieces for over 15 years. Although the company is young, the founder's years of experience have given Celine's the same qualities of more-established, internationally-known design houses.

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

Celine Fine Jewelry is a jeweler who is intimately aware and in step with the evolution of contemporary women. We design and create what women want. It is the level of dedication and energy that Celine commits to her craft that sets her apart and enables her to understand so precisely the desires of today's modern woman. "People like to meet the designer behind the jewelry. Knowing that the piece you buy was created just for you makes your experience special."

Today, those in search of quality and excellence in design turn to Celine Fine Jewelry for creations that express sophistication, daring and femininity—wearable art.

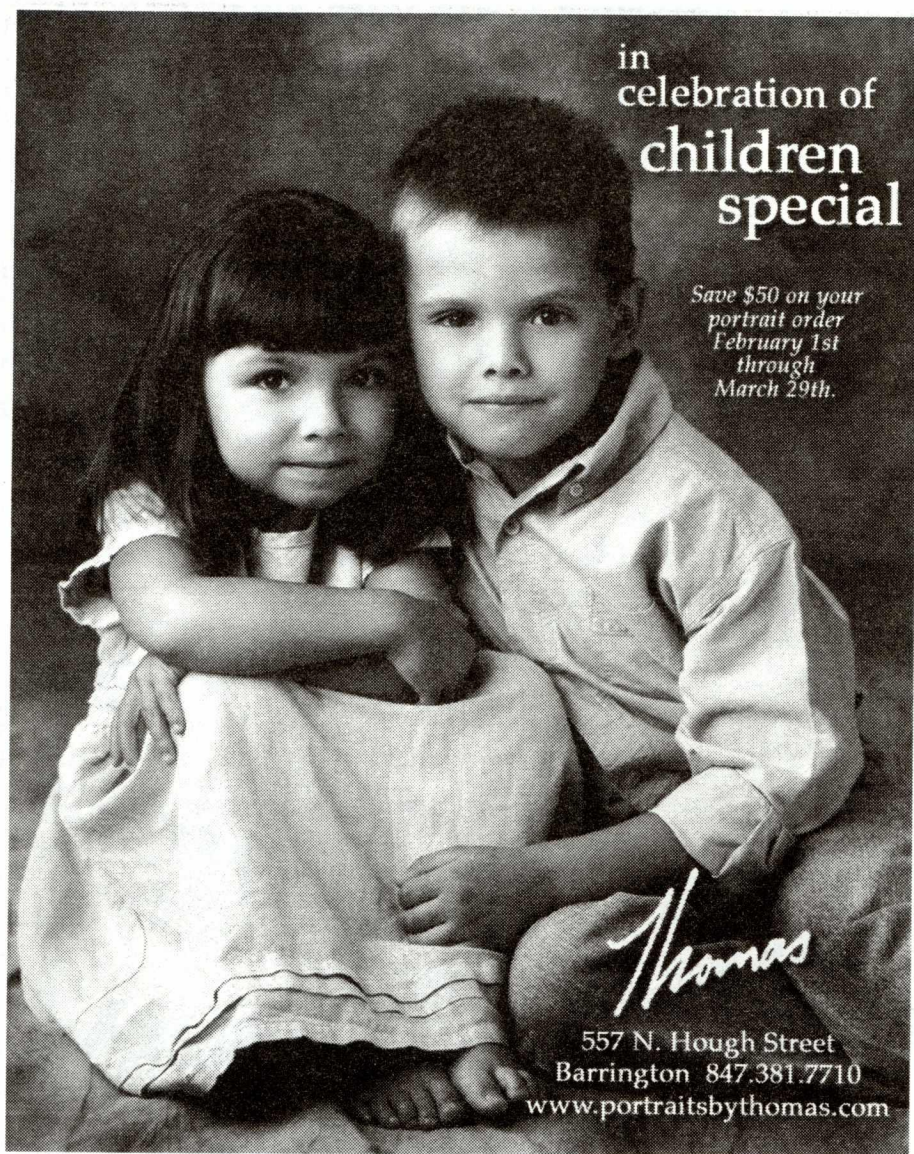
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Ross Galleries Comes to Hawthorn Woods



Auction co-chair Marie Latimer and club president Katie Schumacher display one of the artworks to be presented. Not pictured is Noelle Duym, co-chair.

Ross Galleries of Holbrook, N.Y., known for their wide selection of fine art, sports memorabilia and estate jewelry, will present their collection at the Hawthorn Woods Women's Club Annual Art Auction on Saturday, March 1.

This well-attended event offers area residents not only the chance to obtain beautiful works of art, ranging from decorative pieces to investment oils, at reasonable prices but also the chance to help a worthy cause. The proceeds of this auction will be used by the club to support Lake County charities that help women and children. This event has traditionally been the largest fund-raiser for the Hawthorn Woods Women's Club.

thorn Woods Women's Club, which donated in excess of \$40,000 to their supported charities in 2001.

The evening is expected to be exciting and elegant. The beautiful art and lively auctioneer will keep the attendees on their toes. Elegant hors d'oeuvres and petit fours will be served by Le Titi de Paris Restaurant in Arlington Heights along with Butter Rose Catering, their affiliate company. The Wine Cellar of Palatine will have a fine selection of champagne, wine and spirits available.

The Hawthorn Woods Women's Club Art Auction will take place at the Hawthorn Woods Village Barn, 2 Lagoon Dr.,

"Art of Judaism and Christianity"

On Feb. 18, Jeff Nigro will present "Art of Judaism and Christianity," the third program in the February Seminar Series sponsored by the Barrington Community Associates of The Art Institute of Chicago.

Both Judaism and Christianity believe in an invisible God. Judaism has traditionally taken the second commandment against the making of graven images literally, while Christianity has experienced periods of iconoclasm, in which religious images were forbidden or destroyed. Yet both religions have developed a rich and complex culture of visual imagery.

Jewish artists illuminated manuscripts to retell Biblical stories and to represent traditional rituals and ceremonies, while Jewish artisans lavished their exquisite craft on ritual objects. In the service of Christianity, Byzantine artists painted dazzling icons and the Gothic cathedrals were built. The more extreme followers of the Protestant Reformation tried to do away with religious imagery, while the Roman Catholic Church employed artists like El Greco, Rubens and Bernini to inspire the faithful and win converts. Many people have tried to determine Rembrandt's religious beliefs based on his art. In the secularized modern world, Jewish artists like Chagall and African-American artists like Henry Ossawa Tanner and Marion Perkins have continued to explore religious imagery.

Jeffrey Nigro is senior lecturer in the Department of Museum Education at The Art Institute of Chicago. He received his bachelor's at Oberlin College (1983) and his master's in art history at the University of Virginia (1986). Jeff has been lecturing on The Art Institute's collections since 1988. He became a full-time staff lecturer in 1993. Before that, he was a volunteer research assistant in The Art Institute's Department of European Painting, where he worked on the catalogue of the museum's French paintings of the period 1600 to 1800. Jeff has been a study leader on Art Institute sponsored trips to Italy,



The Assumption of the Virgin by Domenico Theotokopoulos, aka El Greco, Spanish, 1541-1614, b. Greece, 1577. Oil on Canvas. The Art Institute of Chicago, Gift of Nancy Atwood Sprague in Memory of Albert Arnold Sprague, 1906.99.

Greece and Germany. He is also the Museum Education Department Liaison with the Community Associates of The Art Institute.

This illustrated lecture will be at 1 p.m. at the Barrington Area Library, 505 N. Northwest Highway. The fee is \$12 for members or \$20 for guests. On-site registration is by check only.

Contact Louise Sullivan, 1-847-382-8028, for information on the seminar series. For membership information, please contact Marianna Barr, 1-847-382-3952.

Attracting Butterflies Topic for Garden Club of Inverness February Meeting

Have you wanted to create an environment where butterflies gather? Come to the Garden Club of Inverness meeting on Thursday, Feb. 20, and you will learn about the butterfly species that flourish in our area and what plants and conditions will attract them to your garden. The meeting will take place at All Saints Lutheran Church, 630 South Quentin Rd., in Palatine at 9:30 a.m.

After a short business meeting, expert Judi Ann Dore will present "Creating a Habitat for Urban Butterflies," a slide lecture with handouts on local butterfly species and how to meet their habitat needs.

Ms. Dore is a master gardener who has taught in schools and community organizations and has developed children's pro-

grams about urban wildlife that are presented throughout the Chicago Public Library system. She owns Plains Woman Plantings, a garden service that specializes in "gardens with Nature's plan in mind." A consultant to the Brookfield Zoo, Ms. Dore provided the information for the zoo's Butterfly Haven Exhibit brochure and designed the planters on display outside the exhibit.

Guests and prospective members are welcome to attend the meeting. For more information, call 1-847-842-1695. The Garden Club of Inverness is a member of Garden Clubs of Illinois, Inc., District IX, Central Region, and of National Garden Clubs, Inc.



on Saturday, March 1. Previewing of artwork will begin at 6:30 p.m. and the auction will start promptly at 7:30 p.m. Tickets will be sold in advance at the discounted rate of \$7 per person. Tickets available

on the night of the auction will cost \$10 per person. Please call 1-847-438-0723 for more information and instructions for purchasing advance tickets.

Love is in the Air

This Valentine's Day, don't spend countless hours trying to find the perfect card to show your feelings or the sweetest chocolates to show your love. Instead, present a gift that will remind your loved one just how important he or she is to you every day. **Maura's Frame Shop & Art Gallery of Lake Zurich** proudly presents six beautiful and clever prints that will be individually personalized with names or initials. The prints are priced from \$35 to \$55. The framing is offered at a **15% discount** for Valentine's Day.

Relive those early days when love was new with Charles Wysocki's *Lover's Waltz*. Rekindle the fire with Steve Hank's embracing couple in *The Kiss*. Or place *your* message on the gift tag of Mike Capser's *Perfect Gift*. Your Valentine will never forget this special day with a personalized art print. Some are suitable for wedding and anniversary gifts also. **Maura's Frame Shop & Art Gallery of Lake Zurich**, 91 S. Rand Rd., Lake Zurich, can be reached at 1-847-438-6878.



The Kiss
by Steve Hanks

Julio's Cocina Latina— The Biggest Brazilian Party... Carnaval

Colors, music, excitement—it's Carnaval!

If you can't make it to Rio de Janeiro to enjoy Carnaval, you still have a chance to celebrate the world's biggest party at **Julio's Cocina Latina**. Every year during the four days preceding Ash Wednesday, the most chaotic celebration in the world gets under way. There are gala balls, parades and costumed revelers dancing in the streets. Participants plan their colorful, exquisite costumes for a year. Revelry rules this jolly season.

Julio's Cocina Latina is offering their own version of Carnaval with "**A Night in Rio**" on **Sunday, March 2**, from 4:30 to 9:00 p.m. The spice of the evening will be a good mood, lots of traditional food, ornate masques and party favors. The live music will be provided by Brazilian re-

cording artist Paulinho Garcia and his spicy Latin trio.

Julio's Carnaval celebration will feature a three-course meal, starting with an appetizer served at the table, followed by a salad and Feijoada buffet that will bid you to make more than one visit. Feijoada is an elaborate Brazilian dish that starts with a simple pot of black beans and cooked with an assortment of different cuts of meat, smoked pork and sausages. This delicious stew is flavored with garlic and seasonings and served with white rice, an array of side dishes, special salads and cheesy bread. Your server will top off the evening by serving a luscious dessert.

Reservations are recommended and can be made by calling **1-847-438-3484**. The cost is \$28.75 per person.

The Barrington Presbyterian Church Holiday Benefit Luncheon an "Angelic" Success



Gwen Eatherton (left) and Gail D'Antonio enjoyed the luncheon.



Event coordinators were Sue Kosobud and Laura Semmen.

On Thursday, Dec. 5, the Barrington Presbyterian Women of the Barrington Presbyterian Church held their annual holiday benefit luncheon titled "Angels in Our Midst." Over 200 women attended the program and luncheon.

The day of events started with a slide show of Renaissance angel slides provided by Ronda Miller and Joan Stinton. An enchanting performance by the Barrington High School Chamber Singers followed, lead by director Nancie Tobison. The choir sang traditional and nontraditional holiday songs. Incorporated into the musical performance were Liturgical Dancers also from Barrington High School.

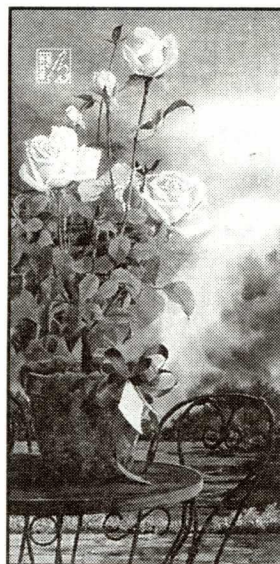
After the performance, the attendees were invited to purchase plates of homemade cookies and other baked goods,

which sold out in minutes. The luncheon, organized by Rebecca Carlberg, Ruth Shephard and Emily Dowell, was served at noon featuring a gourmet meal served by volunteers. During dessert, prize winners were announced by Laura Semmen and awarded by Sue Kosobud. There was also a silent auction on items donated by church members.

The event, organized by Susan Raaths and coordinated by Sue Kosobud, was a tremendous success.

"Every year, the luncheon becomes more of a success due to the wonderful women who make up BPW," said Raaths.

The money raised from the benefit supports different programs including PADS, Home of the Sparrow, Habitat for Humanity and others.



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BJWC Circle of Friends a Huge Success

The ladies of the Barrington Junior Women's Club are so pleased at the incredible outpouring from the Barrington community at their Nov. 16th fashion show and luncheon.

Co-chairs Shelia Foley and Chris Girard, along with their hard-working committee, raised over \$28,000 through their live and silent auction and boutique. Attendees of the Circle of Friends event were treated to a fun afternoon of shopping and a delightful fashion show with all the great looks and trends of the year. BJWC's own Safety Town will even be able to purchase

a new fleet of bikes this spring due to so many generous people.

The Barrington Junior Women's Club is a non-for-profit organization which serves the Barrington area and its surrounding suburbs through community service and fund-raising.

Are you are looking to start the 2003 year with a bang and would enjoy helping others while having fun? Then make plans to attend their next general meeting on Tuesday, Feb. 4, at the Barrington Park District at 7 p.m. or contact the organization at 1-847-622-3838.



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February Plans for AAUW

On Saturday, Feb. 15, 11:30 a.m. at Biltmore Country Club, Barrington Area AAUW member Diane Hunter will give a slide presentation entitled "Japanese Gardens of Kyoto as a Path to Personal Renewal."

It captures the serene beauty of about nine of the most exquisite gardens of Kyoto, Japan, including gardens rarely viewed by the public. Experience beauty from the moss garden to the brilliantly crimson fall colors of the Japanese maples. The hauntingly tranquil music of the *shakubachi* or Japanese flute accompanies the presentation. Cost is \$28 per person.

Chinese school paintings dating from 1100 to 1500 will be seen. Chinese landscape painting influenced Japanese garden plans. Many Japanese garden designers studied landscape painting in China and frequently designed gardens by arranging rocks in ways to simulate the powerfully majestic mountain scenes of Chinese landscape paintings.

Diane has made several trips to Kyoto to study Japanese garden design and philosophy. While in Japan, she studied with the eminent Izumi Masatoshi. She is an active member of the International Ikebana Society and has been an avid collector of Asian art for 20 years.

On Feb. 12 from noon to 2:00 p.m. at Jack's Restaurant in Barrington, the Luncheon Book Group will discuss *Personal History* by Katherine Graham, while the evening book group will discuss *Stolen*

Lives by Malika Oufkir and Michele Fitoussi. A luncheon bridge group rotates monthly playing among homes. Everyone brings their own lunch; the hostess provides beverages, salad and desserts. Cost is \$2.

Beginning Feb. 4, a group will begin studying the popular Great Decisions program of study and discussion of current international issues. The group meets on Tuesdays beginning at 1:00 p.m. at the Barrington Area Library. Group members need not be a member of AAUW to take advantage of this interesting and worthwhile program.

Looking forward, March is Women's History Month. Barrington Area AAUW in conjunction with Sybaquay Council will sponsor a workshop for Junior Girl Scouts to earn a new badge honoring the history of women. Both groups are collaborating on writing the badge which is entitled "Women Then and Now." Registration information was distributed through Barrington Area troops.

AAUW is a national organization committed to educational equity for women and girls, lifelong education and positive societal change. The Barrington Area branch sponsors monthly programs, hosts social activities and is active in the Barrington community. Membership is open to anyone with a baccalaureate or higher degree from an accredited college or university. For further information, call 1-847-381-3315.

Language Stars Makes Learning a Game

"Language Stars is simply a great program; I have never found anything that works as well for my children. Language Stars makes learning a game," says Karen Pritzker, mother of five.

Language Stars' unique *FunImmersion™* method turns learning into a game, focusing on a young child's ability to learn a language naturally through fun and engaging activities. Children learn through interactive games, arts and crafts, singing, cooking and more, all presented entirely in the foreign language.

"Children have a window of opportunity during which the brain is uniquely suited to absorbing language naturally," explains Karen Gould, Language Stars' director of education. "Children have the innate ability to absorb the structures and rules of a language as easily as they learned their first language. They can also pick up a native accent flawlessly."

Children who learn a second language

young also go on to show enhanced problem solving skills, stronger communication skills, and higher standardized SAT test scores.

Language Stars offers *FunImmersion™* programs for children ages 1 to 10 in several Chicago and suburban locations, including Barrington and Arlington Hts. In addition to year-round programs for Parents & Tots (12 to 36 months) and Kids Only groups (3 to 5, 5 to 8 and 8 to 10 years), Language Stars also offers exciting summer camp options.

"After just one week of Language Stars camp, there was an explosion of Spanish in our house!" says Dena, mother of 5-year-old Marlee. "The teachers are all native speakers, and most importantly, my daughter had a ton of fun."

To learn more about Language Stars, please call 1-847-382-1190, e-mail barrington@languagestars.com or visit www.languagestars.com.

Dr. Ruth Headlines Elgin Enrichment Series

The Elgin Enrichment Series and First Community Bank of Elgin are proud to announce the remainder of the 2002-2003 lineup of guest speakers.

David Goldman, known as the "laughing stockbroker," presents "A Humorous Look at Financial Planning" on Wednesday, April 2, at 10 a.m., followed by Dr. Ruth W. Westheimer in "An Evening with Dr. Ruth" on Tuesday, April 29, at 7 p.m. and "A Morning with Dr. Ruth" on Wednesday, April 30, at 10 a.m.

Goldman's insights on preparing for your financial future are gleaned from years of experience as a stockbroker and financial consultant. Dr. Ruth was orphaned by the Holocaust at age 10. When asked her secret for survival and success, she credits a positive outlook and endorses a hopeful attitude, revealing that she wasn't famous until age 50.

The Morning Series Sponsor for David

Goldman is Provena St. Joseph Hospital. The Elgin Financial Foundation is sponsor of the presentation. The Evening Series Sponsor for Dr. Ruth is IHC Group plus the Seigle Family Foundation and Dr. James Leonard Pinto and Dr. Bryan M. Kruskol (Obstetrics and Gynecology). The Morning Sponsor is W.R. Meadows, Inc., and Harvey Daeumer.

Morning presentation season ticket holders have the option to purchase luncheon tickets at \$18 each. The luncheon takes place at Elgin Country Club shortly after morning presentations.

All events take place at Elgin Community College in the Visual and Performing Arts Center located at 1700 Spartan Drive in Elgin. For information on purchasing tickets for the Elgin Enrichment Series, call 1-847-622-0300 or go on the Web to www.elginenrichment.org.

Signal Hill Chapter NSDAR to Meet Feb. 16

Signal Hill Chapter Daughters of the American Revolution's next meeting will be held Sunday, Feb. 16, at Barrington Area Library, Room B, at 1:30 p.m.

The February meeting is always held on a Sunday rather than the usual Tuesday because this is the day the chapter honors the student winners of the American History Contest.

Laura Ekstrom, chapter historian, will introduce the winners: Vince Mattioli, eighth-grader from Prairie Campus School, Barrington; Lauren Zoe Vivienne Miller, sixth-grader from Station Campus School, Barrington; and Jacob Alexander Collins, fifth-grader from Grove Avenue School, Barrington. They will read their prize-winning essays and be presented with awards and certificates.

Husband and wife Tom and Shawn Carlson, first officer pilots for American

Airlines, will present the "Real History of Aviation."

Refreshments will be served following the program. Hostesses for the day will be: Deborah Jung of Lake Zurich, Mary Howard of Libertyville, and Nancy Arndtson, Bonnie Free and Pat Stude, all of Barrington.

To be eligible for membership, a woman must be no less than 18 years of age and able to prove her lineage to an ancestor who aided in the cause of the American Independence through military, civil or patriot service. We are eager to help prospective members trace their ancestry. Lineage workshops are held, and private assistance is also arranged.

Anyone needing to know more about membership or the meeting may contact Billie Owens at 1-847-381-5785 or Jeanne Tierney at 1-847-438-5289.

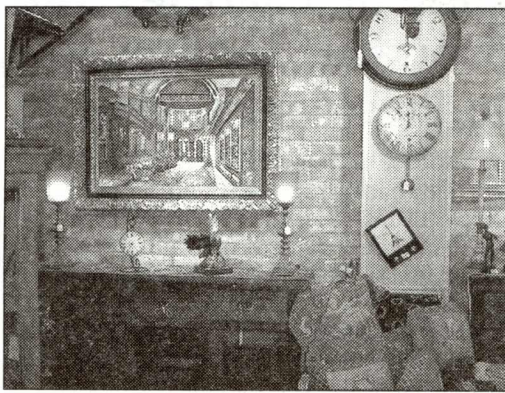


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Japanese Gardens of Kyoto as a Path to Personal Renewal

On Saturday, Feb. 15, 11:30 a.m. at Biltmore Country Club, Barrington Area AAUW member Diane Hunter will give a slide presentation that captures the serene beauty of about nine of the most exquisite gardens of Kyoto, Japan, including gardens rarely viewed by the public.

Experience beauty from the moss garden to the brilliantly crimson fall colors of the Japanese maples. The hauntingly tranquil music of the *shakuhachi* or Japanese flute accompanies the presentation.

Chinese school paintings dating from 1100 to 1500 will be seen. Chinese landscape painting influenced virtually all Japanese gardens. Many Japanese garden designers studied landscape painting in China

and frequently designed gardens by arranging rocks in ways to simulate the powerfully majestic mountain scenes of Chinese landscape paintings.

Diane Hunter has been actively involved in Japanese garden design for 15 years. She is a resident of Barrington and has designed her own Japanese stroll garden. Diane has made several trips to Kyoto to study Japanese garden design and philosophy. While in Japan, she studied with the eminent Izumi Masatoshi. She is an active member of the International Ikebana Society and has been an avid collector of Asian art for 20 years.

Join us. You will feel as if you are strolling through these beautiful gardens.

European Crystal—New Suburban Chicago Banquet Center Offers Classy Alternative with a French Flair

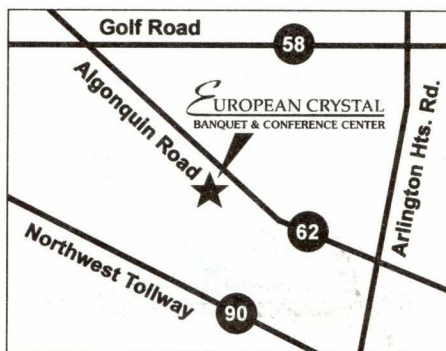


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ners will find special touches, such as a separate entrance for the conference center, Concierge service and Valet parking.

European Crystal Banquet & Conference Center is located at 519 W. Algonquin Road in Arlington Heights. Visit www.europeancrystalbanquets.com or phone 1-847-437-5590.



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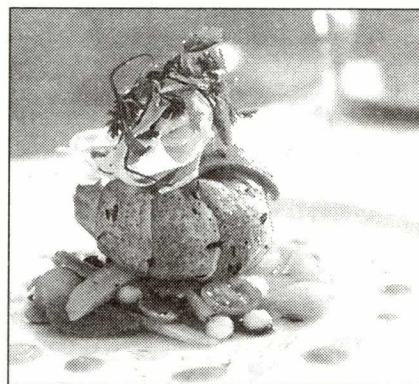
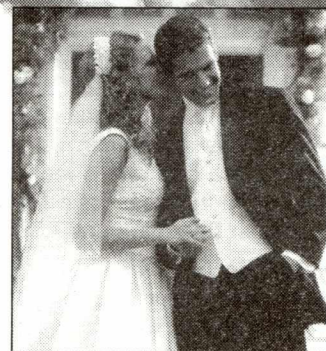
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Happenings!

in the area

Shining Star Ball Chairpersons

Mrs. Theodore F. Perlman of Northfield will chair the 15th Annual Shining Star Ball benefiting Clearbrook on Friday, April 25, at the Four Seasons Hotel in Chicago.

The McDonald's Corporation has been specially selected to receive the 2003 Shining Star Award for its support of Clearbrook and its advocacy and involvement in numerous other children's charities locally and throughout the world.

To reserve your tickets to this celebratory evening or for further information, please call the Shining Star Hotline at 1-847-385-5024.



Mrs. Theodore F. Perlman and her husband

Barrington Lyric to Solve Mardi Gras Murder Mystery



Pictured during a planning meeting for Barrington Lyric's Mardi Gras Murder Mystery Dinner, which will take place on Feb. 8 at The Metropolis Ballroom, are committee members: (from left) Diane Johnson from Arlington Heights; Anne Gross from Inverness; and program co-chairs Maureen Brown from Deer Park and Wanda Hollensteiner from North Barrington.

In celebration of Verdi's "Masked Ball" presented this season at Lyric Opera of Chicago, His Royal Highness King Gustav of Barrington Chapter of Lyric Opera of Chicago begs the honor of your presence at a Mardi Gras Murder Mystery Dinner on Saturday, Feb. 8.

A dastardly crime has been committed backstage at The Metropolis Ballroom, 6 South Vail Street in Arlington Heights. The plot will unfold during the 5 p.m. cocktail hour and thicken during dinner with wine. Cost is \$85 per person (cash bar). Free valet parking is available. Reservations are limited, so please respond ASAP with checks payable to BCLOC c/o Susanne Wells, 225 Timber Ridge, Barrington, 60010. For more information, please phone 1-847-382-2613. Mardi Gras masks, costumes or cocktail attire would be appropriate.

This promises to be an evening of suspense and intrigue in which all guests are invited to participate. Suspects will be chosen from attending guests. In the spirit of the occasion, you are invited to observe the drama unfold from behind the privacy of your favorite mask. Each table will be its own detective agency in solving the dreadful crime.

For inquiries on Barrington Chapter membership, phone George Obermaier at 1-847-985-0837.

"Wings of Hope" Gala on April 5

On April 5, the Barrington Junior Women's Club is hosting a black-and-white spring gala entitled "Wings of Hope."

The committee is busy putting the final touches on what is expected to be a wonderful event. The affair will be held at the Stonegate Conference and Banquet Center located in Hoffman Estates and will feature musical entertainment from The

New Odyssey.

Proceeds from the event will assist many organizations in and around the Northwest Suburbs, including Wings, which will receive a portion of the profit for their new domestic violence shelter.

For more information about Barrington Junior Women's Club or the "Wings of Hope" gala, please call 1-847-622-3838.

Catholic Charities' Northwest Suburban Services Responds to President George W. Bush

In response to President Bush's request for faith-based groups to support the needy, Catholic Charities' Northwest Suburban Services will host its 14th annual Hearts for Homeless Families in Transition benefit.

"Love, American Style" is the theme for this year's annual party, the major fundraising event for The Catholic Charities' Northwest Suburban Shelter Program, based in Des Plaines. The third annual Stephen O'Brien-Combs Heart of Charity Award will be presented to Sister Lorraine Menheer, director of Pastoral Care and Project Hope for St. Anne Catholic Community. She will be honored for her immense contributions to the poor, unemployed and homeless in the Northwest Suburbs. Honored guests are the Rev. Michael M. Boland, administrator of Catholic Charities of the Archdiocese of Chicago, and John R. Powers, inspirational speaker from Lake Geneva, who will serve as emcee. Mr. Powers is an author, playwright and co-producer of *Do Black Patent Leather Shoes Really Reflect Up?*

Patriotic colors will salute welcome guests at 5:30 p.m. on Saturday, Feb. 15, at Stonegate Conference & Banquet Centre, 2401 W. Higgins Road in Hoffman Estates. Valet Parking is available. A complimentary cocktail reception, review and bidding on the parade of prizes and extravagant silent auction items will be followed with a four-course dinner with wine. As desserts are served, singer/actor Mark Brink, auctioneer extraordinaire from Chicago, will be gearing up his vocal chords for the live auction.

The cost of a benefit ticket including



Author, playwright and inspirational speaker John R. Powers will serve as emcee.

complimentary bar is \$100 (\$45 tax deductible). Please respond by Feb. 7 to: Hearts for Homeless Families c/o Catholic Charities NW Suburban Services, 1717 Rand Rd., Des Plaines, IL, 60016.

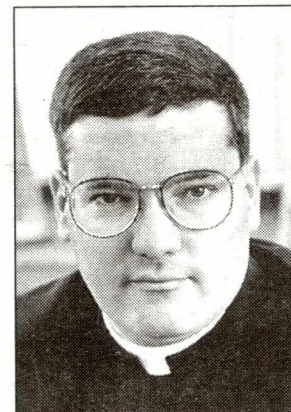
Gala Chairperson is Patty O'Brien, Mt. Prospect. Her committee members include past chairperson Cynthia Boho, Spring Grove; Carole Simone, Northbrook; Diane Breman, Mt. Prospect; Mark Cramer, Hoffman Estates; Marianne and William Dahlborn, Tom Dahlborn and Barb Shay, Palatine; Helen Leadley, Anne Marie Saturnus and Nancy Kordecki, Arlington Heights; Donna Hoffman, Des Plaines; Kathleen Kelley and Denise Kendra, Chicago; Diane Kordecki and Meg Zirkelbach, Vernon Hills; Carol Marsh and Glenne McMonigal, Crystal Lake; Catherine Mura, Barrington; Pat Szymonik, Elmwood Park; and Sandra Yates, Rolling Meadows.

"Founded in 1989 by Mary Jane Nelson, Arlington Heights, and the late Phyllis Nicholson, Catholic Charities Northwest Suburban Services Family Shelter has provided new life for over 300 homeless families with children. The families live in scattered site apartments and receive professional counseling in budgeting, parenting and health assessment and in development of job and educational skills," reports Cheryl Margiewicz, Northwest Suburban Services representative and event facilitator, Chicago.

For more information on the benefit or The Catholic Charities' Northwest Suburban Services and how they may help you or someone who needs help, please phone 1-847-376-2100.



Sister Lorraine Menheer will receive the Heart of Charity Award.



The Rev. Michael M. Boland will be guest of honor.



Patty O'Brien is this year's gala chairperson.

Woodstock Christian Life Services... A Rich Heritage of Intergenerational Services

In 1886, a Free Methodist minister was deeply moved by the plight of homeless children forced to scavenge for food in garbage cans in order to survive. Until he ran out of room, he invited these orphans into his home to live. Thus began what today is **Woodstock Christian Life Services**, a nonprofit Christian organization. Three divisions, along with the corporate offices, are located on a beautiful 17-acre campus in Woodstock, Ill.

Woodstock Early Learning Center was the first of the divisions. Originally an orphanage called the Industrial Home for Children, the center today serves over 180 children from the surrounding area as a preschool and early learning center. Dedicated to enriching the lives of children, WELC cares for children from newborn to after-school age. The college-trained and fully experienced staff provides Christian care, direction and recreation in a safe, learning environment. WELC boasts their own certified therapy dog in residence, a black lab named Cheyenne. She is available for the children on a daily basis, and teaches them the fundamental basics of loving and caring for an animal.

Hearthstone Manor, originally The Old People's Rest Home, has roots that go back to 1903 when another Free Methodist minister established a home for the

elderly across the street from the orphanage. Presently, **Hearthstone Manor** is a long-term nursing facility with services ranging from assisted living to skilled nursing. New programs at the manor include Traditions of Woodstock Alzheimer's disease and dementia care and Medicare certification. Friendships are fostered between the manor grandmas and grandpas and the WELC children. A reading tutorial program is scheduled weekly, and activities are organized to include all age groups within the campus. Cheyenne, WELC therapy dog, makes weekly trips to the manor to visit with the residents. She reaches out individually in a unique way that, at times, only animals can do.

Hearthstone Village is a retirement community with supportive services. Restaurant-style dining, housekeeping, chapel, daily activities, and transportation to physicians and shopping are included in the monthly rent. The village has its own library, café, beauty shop, recreation room and general store for resident convenience. Home Instead Senior Care is on-site daily to provide assistance with supportive services.

Please call LeeAnn Atwood at **815-334-6200** for information about any of the above services.

Adult & Child Rehab Center Telethon 2003

Friday, March 7, 2003, will be the airing of the 17th Annual Adult & Child Rehab Center's Telethon. Cable channels throughout McHenry County will air the show from 6 p.m. until midnight.

Join poster child Grace Wessinger and emcees Stew Cohen, Star 105.5 news director, and Susan Martino, rehab center CEO, and watch local area "stars" including performers, event sponsors, and corporate and business sponsors. Patients and therapists will also be on hand to share personal experiences and educate listeners.

Call 1-815-338-1707 to make your pledge. Tune in to Telethon 2003 for an evening of fun, excitement and education and help us "reach for the stars."

Watch your local paper for Rehab Center Week activities and specials from these and other business: All Seafood Outlet, Woodstock Dairy Queen, Napoli's Pizza in Woodstock and Mardi Gras Sandwich Shoppe on the Woodstock Square. These businesses will offer discounts or specials with a percentage going the Adult & Child Rehab Center's Telethon 2003.

If your business is interested in joining



2002-2003 poster child Grace Wessinger "walks" towards her goal while representing the Adult & Child Rehab Center in the coming year.

the fun during Rehab Center Week, March 3 through 9, and wish to help us raise funds, contact Adrienne at 1-815-338-1707.



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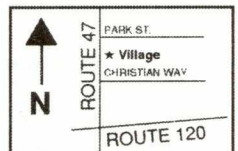
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At **Hearthstone Village Retirement Community** you can relax, have fun and visit with family all in the same day. You can be as busy as you want and enjoy the carefree lifestyle we offer. **Hearthstone Village** offers a wide range of services and is located in the heart of historic Woodstock. Stop in for a visit or call Laila at 815.334.6200 for more information.

Hearthstone Village – a perfect community to call home.



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Barrington's New Aesthetic Plastic Surgeon—A Second Look

The following interview was recently conducted with aesthetic plastic surgeon **Gregory M. Bazell, MD.**

Dr. Bazell, please tell us about your background.—I was born the youngest of three children and raised in Chicago. My father was a surgeon and my mother a homemaker/part-time model. I attended Francis Parker School for 14 years, Syracuse University where I majored in cellular and molecular biology, and UHS/The Chicago Medical School. I then completed a general surgery residency, plastic surgery and reconstructive surgery and a microsurgery fellowship at the University of

Missouri—Columbia. I furthered my training with a fellowship in aesthetic plastic surgery in Miami, Fla., and an advanced aesthetic plastic surgery fellowship in Beverly Hills, Calif.

How did you become interested in plastic surgery?—It's the strangest thing, but even as a young boy, I dreamed of doing exactly what I do now. I remember telling my father I also wanted to be a surgeon. I wanted to be a surgeon who could improve the appearances of others, but at the time I didn't even know what they were called.

What brought you back from Beverly

26 Barrington LIFESTYLES February 2003

Keep Your Heart Healthy— What Women Need to Know

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

Each year, more women die from cardiovascular disease, including stroke, than men. In fact, it kills more women than any other disease in America. That's the bad news. The good news is that heart disease is preventable. In fact, comprehensive lifestyle changes, without drugs or surgery, can actually reverse the process of heart disease. According to Dr. Dean Ornish, author of *Dean Ornish's Program for Reversing Heart Disease*, you can prevent heart disease 90% of the time and reverse it 80% of the time.

A study in the *British Medical Journal* showed that even though American women feared breast cancer more than any other illness, in fact older American women succumb to heart disease eight times more often than they die of breast cancer. In post-menopausal women over age 55, estrogen deficiency is commonly believed to be a significant cause of heart disease. However, many other characteristics also create the risk of heart disease such as stress, diet, high cholesterol levels and life-style (smoking, alcohol consumption, etc.) Though hormone replacement therapy can reduce heart attack risk, synthetic hormones have their own risks, including cancer.

The safest and most effective way to prevent and reverse heart disease is to practice healthy habits. Here are some steps you can take towards combating heart disease.

- Follow a healthy diet and reduce your intake of cholesterol and fat. Our bodies manufacture cholesterol from dietary fat. Saturated fat increases clotting, raises LDL ("bad" cholesterol) and lowers HDL ("good" cholesterol). Saturated fats are found in animal foods, coconuts, cocoa, margarine and palm and coconut oils.

Cholesterol only occurs in the animal kingdom; if you're a strict vegetarian, you won't ingest any. By replacing animal protein with soy protein, you can significantly decrease your total cholesterol.

- Stop smoking. Cigarette smoking injures the arterial lining, constricts coronary arteries, lowers HDL cholesterol and increases the formation of blood clots. Alkalizing foods such as spinach, beets, greens, figs, raisins and almonds can help you gradually wean yourself from smoking by keeping nicotine circulating in your blood longer.

- Manage stress. Stress leads to high blood pressure which significantly increases your risk of heart attack. Although stress is an unavoidable part of life, the ideal response is to respond to difficult situations quickly and then relax. Try to laugh more. Join a yoga class or simply take a long walk.

- In addition to a healthy diet, the following supplements have been shown to be effective in maintaining a healthy cardiovascular system: Folic Acid, Vitamins B6 and B12, Carotene, Vitamin C, Vitamin E, Chromium and Coenzyme Q10. Also Garlic, Onion, Ginger, Cayenne and Hawthorn have long been associated with cardiovascular benefits.

Remember, it's never too late to care for your heart, even if you already have arteriosclerosis or have suffered a heart attack. By taking the time to practice healthier habits, you'll be paving the way for a healthier heart.

For more information or a personal consultation, call **1-847-438-9200**, Lake Zurich, or **1-847-639-4545**, Cary. Visit **All Ways Healthy** at 123 S. Rand Road, Lake Zurich, or 9 Jandus Road, Cary.

Delta Zeta Alumnae "Stamp it Up" for Valentine's Day!

Area alumnae are invited to join us at a member's home in Lake in the Hills at 7 p.m. on Feb. 5.

If you're an area Delta Zeta alumna and would like further information regarding

this and future meetings, please call either Michelle at 1-847-843-9052 or Carol at 1-847-854-8784. We look forward to hearing from you.

Hills to the Midwest?—In a word, family. When I turned down the opportunity to stay in Beverly Hills, everyone thought I was kidding. It was a very difficult decision from a professional standpoint as it truly was my lifelong desire and I think I would have done very well there. After years of hard work and achievement, the dream came true, but I had to walk away. During my odyssey of training, I married my beautiful wife Kristen. We have two lovely children together with another one on the way. We decided that we wanted to raise our children among people who shared our Midwestern values.

What brought you to Barrington?—We wanted to be back in the Chicago area and raise our children in a great family community with excellent schools. We and our children are very happy here in Barrington.

What procedures do you perform and what distinguishes you from others?—My practice is dedicated to performing all procedures in aesthetic plastic surgery for the face and body. I had the rare opportunity to train under some of the most recognized surgeons in the field of aesthetic plastic surgery. Each one has a unique way of doing things, and I believe I have been able to consolidate the best techniques so I can really give people a natural and more youthful look with minimal discomfort and recovery time. These goals can be a reality for most people.

If you have an interest in or questions about any aesthetic plastic surgery procedure, you may schedule a complimentary and confidential consultation with **Dr. Bazell** by calling Jennifer at **The Aesthetic Plastic Surgery Center of Barrington** at **1-847-382-5111**.

Is It Midlife Crisis or Menopause?

Are you 35-to-65 years old and experiencing changes in your life which have you confused and troubled? Transitions such as young adult children leaving home or getting married, job and career changes, marital stress, divorce, menopausal issues, spiritual crisis, retirement, or problems with grown adult children or aging parents can cause confusion, uncertainty and, perhaps, out of control feelings in your life. An unclear course of action can produce many questions about how to handle these difficult times. Because of the stress produced by such difficulties, emotional, physical and spiritual health issues often surface.

Dr. Barbara Grace has been helping people negotiate these life changes since

1979. At **The Grace Center**, she will help you see the change clearly, put it in its larger life context, and identify possible choices and their likely outcomes so you can choose the correct path for you. **Dr. Grace** will then coach you through the changes to improve your life situation.

Whatever the midlife problem, there is a solution that will improve the quality of your life, allow you to be at peace and see the higher purpose for the difficult situation. Call **Dr. Grace** today at **1-847-382-3232** for a phone consultation to see how she can help you discover clear solutions to your issues. Then you can have a more fulfilling life during these very special, transitional midlife years.

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- Experience the hands-on knowledge of just what condition (state of being) your muscles are actually in.
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- Experience and enjoy the multiple benefits that such an endeavor so generously supplies.

Massage MovementSM is a viable system of massage therapy and bodywork, which coaxes the body into new feeling-states. The amount of pressure utilized is

that which the body allows for ease of movement without forcing, always sensing how a body/person is responding. With repeated sessions, inhibiting muscular tensions give way to increased sensation and freer movement and that wonderful, less-stressed feeling.

Do yourself a favor and find out for yourself why people keep returning for their **Massage MovementSM** session.

Did you know that massage therapy is in the top five of the most frequent requests by women for Valentine's Day? Call now at **1-847-304-5112** and begin a most enjoyable process.

Hey! Where D'ya Go?

If that's what you're saying to that New Year's resolution to exercise more and take better care of yourself, you're not alone. Statistics say only 50 percent of people who start an exercise program stay with it. Change is hard for everyone, so you just have to plan for those little setbacks.

• Schedule an appointment to exercise on your calendar or in your palm pilot, and keep it. No rescheduling!

• Plan ahead. Leave your workout bag and clothes out and ready to wear in the morning.

• If possible, exercise at the time of day when you have the most energy.

• Don't leave it to chance. It's a "no brainer." You will exercise three-to-five days a week.

If you have stuck with your resolutions and are on your way to greater health and fitness, good for you! But be ready for the challenges ahead. You might hit a plateau in your progression or get bored with your

routine.

• Exercise programs work best if they are evaluated on an ongoing basis and adjusted when necessary, at least every six-to-eight weeks.

• Cross training can help prevent injury and stave off boredom.

• If you're not seeing the results you are expecting, make sure you are exercising at the proper intensity and duration.

• As you reach your goals, find new goals to keep yourself motivated and progressing.

The key to reaching your fitness goals is consistency! If you need help scheduling your workouts or if you would like some guidance on how to adjust your program to meet your new fitness level, call **Home Bodies by Pro-Fit, Inc.**, at **630-261-1013** today! You can enjoy and benefit from a customized, in-home exercise program with the motivation and skills of any of our staff of 20 trainers. We can't think of a reason not to call.

Citizens for Conservation to Hold Annual Meeting Feb. 4

Citizens for Conservation will hold its annual meeting on Tuesday, Feb. 4, at the Barrington Area Library, 505 N. Northwest Highway. The evening begins with famous CFC refreshments at 6:30 p.m., followed by the program at 7:00 p.m.

Featured speaker will be Steve Pescitelli, stream specialist for the Department of Natural Resources. He will present

"The Race to Save Our Rivers and Their Vast Hidden Biodiversity."

Highlights of the evening will include the presentation of the William H. Miller Conservation Award and the Great Blue Heron Award.

The public is invited and asked to RSVP at 1-847-382-SAVE (7283).

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Barrington High School Presents *Les Misérables*

Join the cast, crew and orchestra for the compelling musical, *Les Misérables*, at Barrington High School. Evening performances will be Feb. 28, March 1, 6, 7 and 8 at 7:30 p.m. A Sunday matinee will be presented March 2 at 2:30 p.m. Senior citizens are encouraged to attend the matinee and will be admitted at no charge to this performance only.

Les Misérables is an opera based on Victor Hugo's novel. It is set in France during the 1800s and highlights the student uprising in 1938. This melodramatic play

shows us how, even under difficult circumstances, a man can rise above and reach perfection.

Please join us for a truly moving musical performance.

Barrington High School staff directors include: Jon Lynn, director; Julie Salk, choreographer; Clark Sheldon, conductor; Nancie Tobison, vocal director; Amy Jessup, technical director; Carol Sesso, vocal coach and accompanist; Amy Runyon, accompanist; and Martha Pepler, costume mistress.



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A Fictional Meeting Between Martin Luther King Jr. and Malcolm X

Harper College will present a one-act play about a fictional meeting between Martin Luther King and Malcolm X for Black History Month at 7:30 p.m., Tuesday, Feb. 4, in the Theatre, Room J143 of the Business and Social Science Center, located at Roselle and Algonquin roads, Palatine.

Called *The Meeting*, the 75-minute production by the educational theatrical group Pin Points Theatre poses a historical hypothetical by supposing what might have taken place if the two civil rights activists, slain three years apart, ever met. In reality, the two men never met face to face.

In *The Meeting*, Malcolm X invites Martin Luther King to a Harlem hotel room where he has relocated because his home had been firebombed. Malcolm X rues the feeling he has that his life will be shortened by the circling violence surrounding the civil rights movement. Malcolm X was assassinated only a week after the pair supposedly have their meeting.

The conversation between Malcolm X and Martin Luther King quickly turns into a sort of confrontation as they debate their opposing views on securing civil rights justice—Malcolm X's "by any means necessary" philosophy versus King's viewpoint of nonviolent opposition.

During a lighter moment, the two men take their debate from the theoretical to the physical, engaging in an arm-wrestling



match. Through that scene and others, *The Meeting* strives to demonstrate the human and more personal side of the two historical figures, according to Ersky Freeman, the actor/director who plays Malcolm X.

"Both daughters of Malcolm and Martin (Atallah and Yolanda) describe their fathers as dedicated but playful and fun-loving," says Freeman. "My goal is to bring out this and other human traits that are described by their families but are not normally associated with the two men."

Malcolm X jokes with his bodyguard and reminisces about an encounter with the singer Billie Holiday. But the fiery orator also appears frustrated by the fight he is waging and seems physically worn out from the turmoil. King, equally dedicated to his beliefs, also seems weary from the constant struggle.

"What would we have become if we had been born at another time?" Malcolm X asks.

"Quite dull, I'm afraid," replies King.

Huh? What Did You Say?

Not being able to hear well can be very frustrating. Reduced hearing can be caused by many things, such as head congestion, a stuffy nose, sinus pressure or many other winter ailments as well as something as simple as wax buildup in the ears. Fortunately at **Estetica Advanced Clinical Skin Care**, we have an alternative, natural way to alleviate these symptoms and help improve one's hearing.

Over the past three years, **Estetica Advanced Clinical Skin Care** has treated many patients who are tired of trying traditional approaches to get rid of pressure in their ears, head and/or upper respiratory area in order to feel better and hear better. The healing method is known as Ear Candling, and it has been around for centuries.

Ear Candling has been utilized by many nations for thousands of years as a way to eliminate ear problems. This process was given its name because the practitioner uses a hollow waxed-cloth candle to draw out old earwax and toxins. There is no discomfort to the person receiving the treatment. Many clients say it is quite relaxing. A special candle is placed gently in the ear and lit. The low flame of wick creates a slow vacuum, which softens and

pulls the old wax into the base of the candle. Gently, the old wax and toxins are brought to the top of the ear canal. When the candle has burned down sufficiently, one can then examine the base of the candle to see just what was in the ear. Removal of old wax and toxins may improve any of the following conditions: sinus problems, sore throat, earache, swimmer's ear, some chronic headaches, allergies and hearing difficulty. A typical candling client is one searching for a more natural way to alleviate pressure in their head or upper respiratory area or someone in search of relief from pain in their children's ears or to just hear or feel better.

Theoretically, such effects are possible because all the passages in the head are connected, allowing the candles to drain the entire system osmotically through the ear's membrane. Ear Candling also acts as a catalyst to clear out debris accumulated on nerve endings. This allows for clear vibrational flow to the corresponding area of the mind, body and spirit. This clears the way for other methods of healing.

To learn more about Ear Candling and to begin a more natural approach to healing, call **Estetica Advanced Clinical Skin Care** at 1-847-438-2100.

Samuel A. Kirk School 31st Annual Spring Showcase of Arts & Crafts

The Spring Showcase of Arts & Crafts for 2003, sponsored by Alpha Gamma Delta Alumnae and PATHS (Parents and Teachers of Handicapped Students), will be held on Saturday, March 1, from 10:00 a.m. to 4:00 p.m. and on Sunday, March 2, from 10:30 a.m. to 4:00 p.m. at the Samuel A. Kirk School, 520 South Plum Grove Road, Palatine, IL, 60067. A donation of \$2 at the door is requested.

This juried showcase will present over 90 artists and craftspeople from the Chicago area, Illinois and other states. A variety of media will be available: fine artwork, stained glass, ceramics, photography, leather work, jewelry, metal- and wood-working, dolls, toys, baby items, home decor pieces and much more.

A bake sale and a cafeteria serving soup, sandwiches, snacks, coffee, and soft drinks will be featured. There will be special prizes for a Bright Smile Procedure (\$740 teeth-whitening process) and a state-of-the-art Panasonic product. Also, one attendee every hour will win a \$10 voucher to be spent at the show.

A free, convenient shuttle bus from

Fremd High School (at Quentin Road and Illinois Avenue) and Pleasant Hill School (434 West Illinois Avenue) will run continually during the show for easy shopping. (We are sorry, but we cannot accommodate child strollers.)

Proceeds from the show will benefit the Kirk School and the Alpha Gamma Delta Foundation. Samuel A. Kirk School was opened in 1971 to provide training and education for physically- and mentally-handicapped children. This public day school, which serves 14 different communities—including Arlington Heights, Barrington, Elk Grove Village, Hoffman Estates, Mt. Prospect, Palatine, Prospect Hts., River Trails, Schaumburg and Wheeling—provides education and training in functional academics, daily living activities, community-based activities and vocational skills for students ages 5 through 21.

The nonprofit Alpha Gamma Delta Foundation funds diabetes research and education, wellness programs in drug and alcohol abuse, and grants and scholarships for academic advancement.

Caregiver Support Group

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

On Feb. 5, Joyce Palmquist, executive

director of BACOA, will speak on "Communicating with Health Care Professionals." Discussion and sharing will follow the presentation.

All family caregivers are welcome to join us. For more information, call 1-847-381-5030. Registration is not required.

Written by playwright Jeff Stetson, *The Meeting* has won numerous awards, including the Louis B. Mayer Award and eight NAACP Theatre Awards including Best Play and Best Writer.

Tickets are \$7 for general admission with discounts for students. For tickets and information, call the Harper College Box Office at 1-847-925-6100.

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Are you looking to get in shape now that the holidays are over? Are you looking to get toned, lose weight, drop inches off your waistline or thighs? Then try our **Cardio Kickboxing Program**. This class includes resistance training, functional training combined with cardio kickboxing—methods proven over and over again to burn fat and trim waistlines.

Let us put you on the fast track to health and fitness while having fun. Tone your thighs, trim your waist and slip on a new attitude before spring gets here. You'll be amazed at how fast you'll learn the moves, techniques and how quickly you get re-

sults.

Has it been a while since you exercised? Don't worry! Our instructors are experts at making you feel comfortable and setting up training programs that fit and meet your goals. We even offer a free semiprivate session to get you started. Classes are fun and a great way to meet new friends, relieve daily stress and help to lower your cholesterol levels all while getting in great shape.

Classes do fill up fast, so call Gladys today at **1-847-382-9599** and make your appointment for a free trial class.

Is It a Midlife Crisis?

by Judy Kaplan, MS

You thought the teenage years were tough? According to many midlifers, it was nothing compared to the confusion, the hormonal imbalances, and the physical, emotional and life-altering times of the mid-40ish- and 50-somethings. We thought that the adolescent years and the hard knocks of the 20s and 30s would provide the path toward peace, harmony, contentment and happiness found in the 40s and 50s. Think again. Many of us are finding that midlife is the most challenging stage in our development yet. Where did all of the wisdom go? Just when we think we are all set—financially stable, relationships established, career secure, kids launched, long-term plans firmly rooted in our minds—along comes financial disaster, health issues, divorce, job loss, boredom, numbness or a host of other unexpected difficulties. Where are our coping skills? Where are the tidy answers? How many of us are wondering where the happiness is, what it looks like and how we will recognize it when it comes knocking at our door? Of course, these concerns and issues are not true for all midlifers. But for many of us, we shake our heads and wonder “am I just plain nuts?”

It has become a great pleasure of mine to greet people in my office who have taken the brazen step of actually verbalizing some of these feelings they are having. What is life about? Why am I so crabby or bored all of the time? This should be

the best time, and I am depressed. And I get to say, “You are normal. You are on the doorstep of a very tough transitional stage in life—the midlife crisis.”

It is a crisis of sorts. We are entering a time of assessing what has been in our lives and do we want to continue on the same path for the next 20 to 30 years. It prompts us to reflect a great deal about things we might do differently. Sometimes an external crisis actually catapults a person into his or her own personal crisis. For instance, job loss when retirement is still ten years off. Or perhaps, finding out that a spouse is having an affair. These kind of circumstances force people to stop and reflect. Wake up calls of this nature are common occurrences in midlife and can often be the catalyst to allow a person to redefine and develop in ways not possible from the “comfort zone.” Often people emerge from these experiences finding renewed strength, spirit and interest, recounting that it was “the best thing that ever happened” to them.

If you think you are in a midlife crisis, you probably are. But it doesn't have to be all bad. Lots of good things come out of adverse circumstances. Call me if you would like to discuss your particular midlife struggles. We all have them. The question is, can we gracefully emerge with a newly-found wisdom to lead us on the path to the Golden Years? I can be reached at **1-847-842-9365**.

Winners of the History Essay Contest Announced

The Signal Hill DAR's historian, Ronda Miller, is pleased to announce the chapter winners of the American History Essay Contest and to thank the students who participated.

The winners are: Vince Mattioli, eighth-grader from Prairie Campus School; Lauren Zoe Vivienne Miller, sixth-grader from Station Campus School; and Jacob Alexander Collins, fifth-grader from Grove Avenue School.

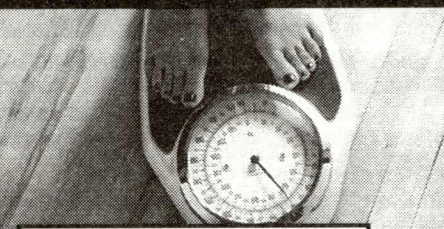
The teachers, who encouraged their students to take part in the contest should also be commended.

The students will be honored at an award ceremony in February 2003 in the Meeting Room of the Barrington Area Library. The public is invited to attend.

Each fall, the Daughters of the American Revolution have an essay contest to promote American history throughout the year by honoring historically significant people, places, dates and events. Students in the fifth, sixth, seventh and eighth grades in public, private and parochial schools and sanctioned home-study programs are eligible to participate. The most recent topic was “A Letter from Valley Forge: Winter, 1777-1778, in Celebrating the Valley Forge Encampment a Soldier Writing Home Describing the Conditions to his Loved Ones.” Essays are judged for historical accuracy, adherence to topic and organization of material, interest, originality, spelling, grammar, punctuation and neatness.

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Telltale signs of the **MIDLIFE CRISIS**:

- 1) You are 40- to 50-something
- 2) You wonder who the person lying next to you really is
- 3) You are going through a divorce
- 4) You are dating for the first time in 30 years
- 5) You are facing a financial disaster
- 6) You are wondering if this is IT
- 7) An affair just “happens” to you
- 8) Your moods are all over the board
- 9) You wake up one day and want out

WHAT TO DO:

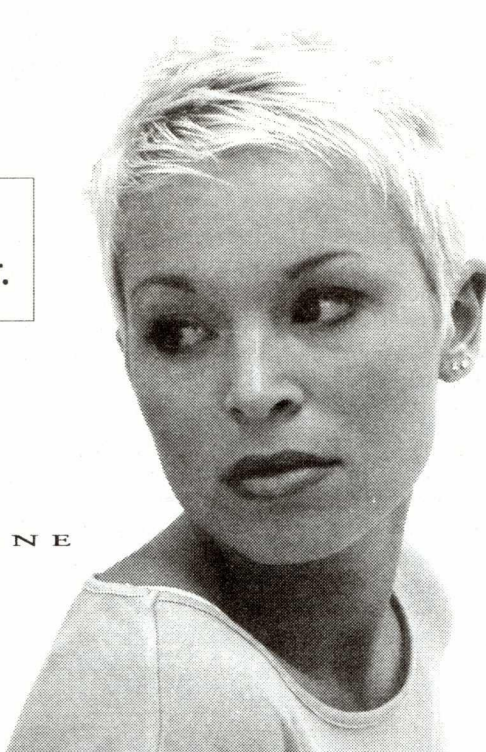
- 1) Don't act on impulse
- 2) Seek objective help and guidance
- 3) Remember that this too shall pass

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Facelift Surgery

Most people who are familiar with modern facelifts and other facial cosmetic procedures are aware of their important benefits, in terms of improved appearance as well as self-esteem. However, many people who are good candidates for these procedures may be reluctant to actually have them out of fear of the process itself.

They fear that they might experience pain during the surgery, or that recovery might bring pain or discomfort, or that it might take too long to heal, or that they might find some other aspect of the surgery unacceptable. The truth is that virtually every one of our patients reports that their recovery was faster and more comfortable than they expected.

In this context, I would like to share with you the comments of one of our recent facelift patients, a 53-year-old female. She was asked to respond to some very direct questions we posed about her experience with the facelift surgery. While some patients may report more difficult recoveries, this patient's experience is fairly typical.

The following is our interview with W.S. three months following her facelift surgery.

• *Did you experience any fear before your surgery?*

No, I would say that I had very little fear, if any. I recall having slept totally comfortably the night before. In fact, I had a photograph taken of me when we were leaving for the doctors' office, and I was smiling and looked very relaxed.

• *How long did you think about having surgery before going through with it?*

I had it on my agenda for about two years. I was looking for a time frame which was much longer than what I ac-

by Gary S. Churchill, MD



Gary Churchill, MD

tually needed, and I had to juggle some other things in my life.

• *Was the procedure itself painful?*

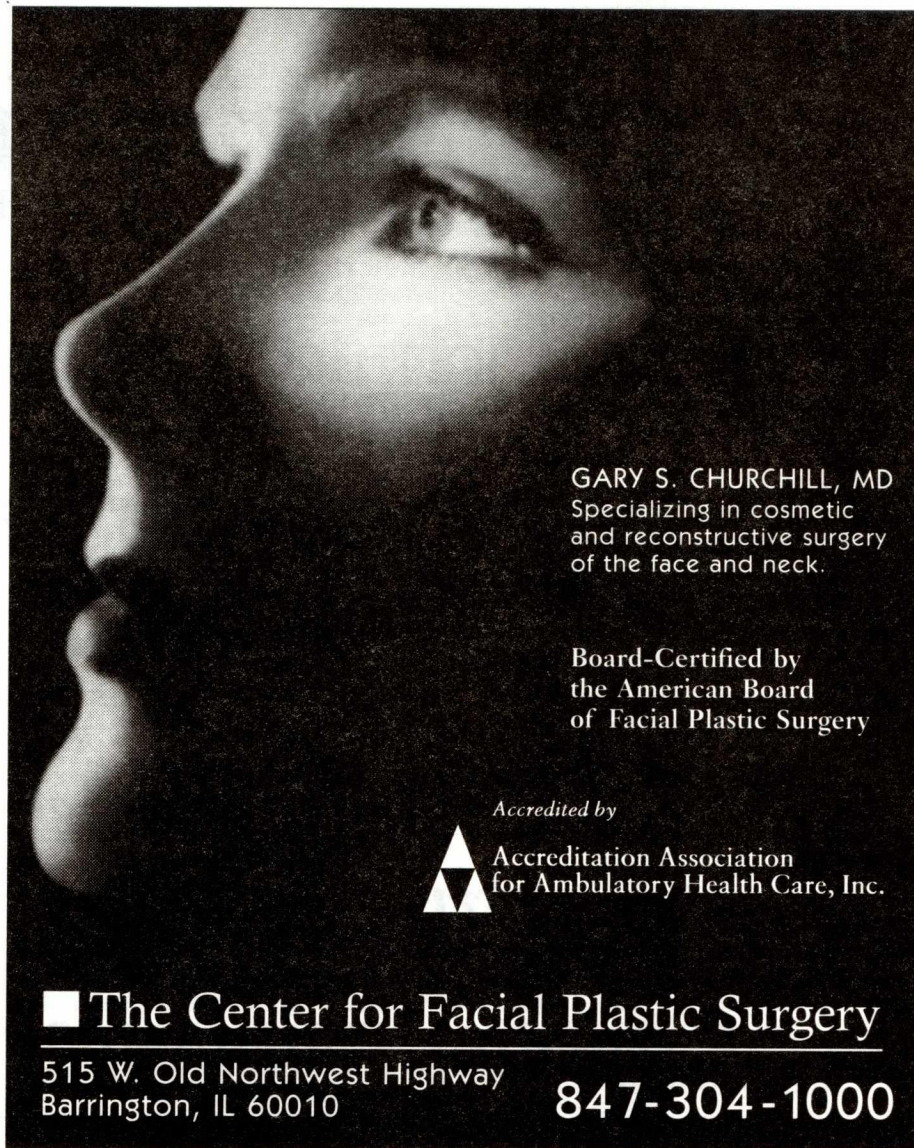
No, I didn't feel anything. I really don't recall a thing about it.

• *What was your recovery like?*

I think that my recovery was phenomenal. I had the surgery on a Tuesday and we had a family party the following Sunday. I will admit that it was in a kind of controlled light, evening situation. But my daughter, who is a young woman, didn't notice anything, so I think that's a pretty good indication. By seven days, I was totally, totally functional. I had a little bit of concern about sleeping in a balanced way. I would sleep on my back. And then, after I slept on my left side, I would try to sleep the same amount on my right side. Other than that, I would say that I had barely any discomfort. I had very little bruising—very, very little bruising. It was a very positive experience, both spiritually and in a more concrete, tangible way.


• *Would you go through it again?*

In a minute. There is probably not a whole lot that I would do differently, except that I wouldn't tell anybody up front. Because in four or five days, no one would ever know.



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Smiles for Success—Orthodontics

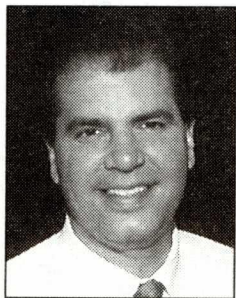
by James T. Gavrilos, DDS

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

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

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

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



Dr. James Gavrilos

gums and bone. But properly aligned teeth make oral hygiene with toothbrush and floss easier and more effective.

Finally, even small malpositions of teeth may contribute to jaw-joint-related head and neck pain. It is hard to smile when you are in pain. But remember, quality orthodontic treatment is one of the most conservative and one of the most valuable dental treatments available today.

For thorough evaluation, contact **Dr. James T. Gavrilos** by calling 1-847-381-4040 in Barrington.

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Your looks and smile are as important to us as they are to you - *always*. Whether educating you to prevent problems or returning your mouth to optimum oral health, we are committed to taking whatever time is necessary to ensure an aesthetic approach to your appearance.

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