

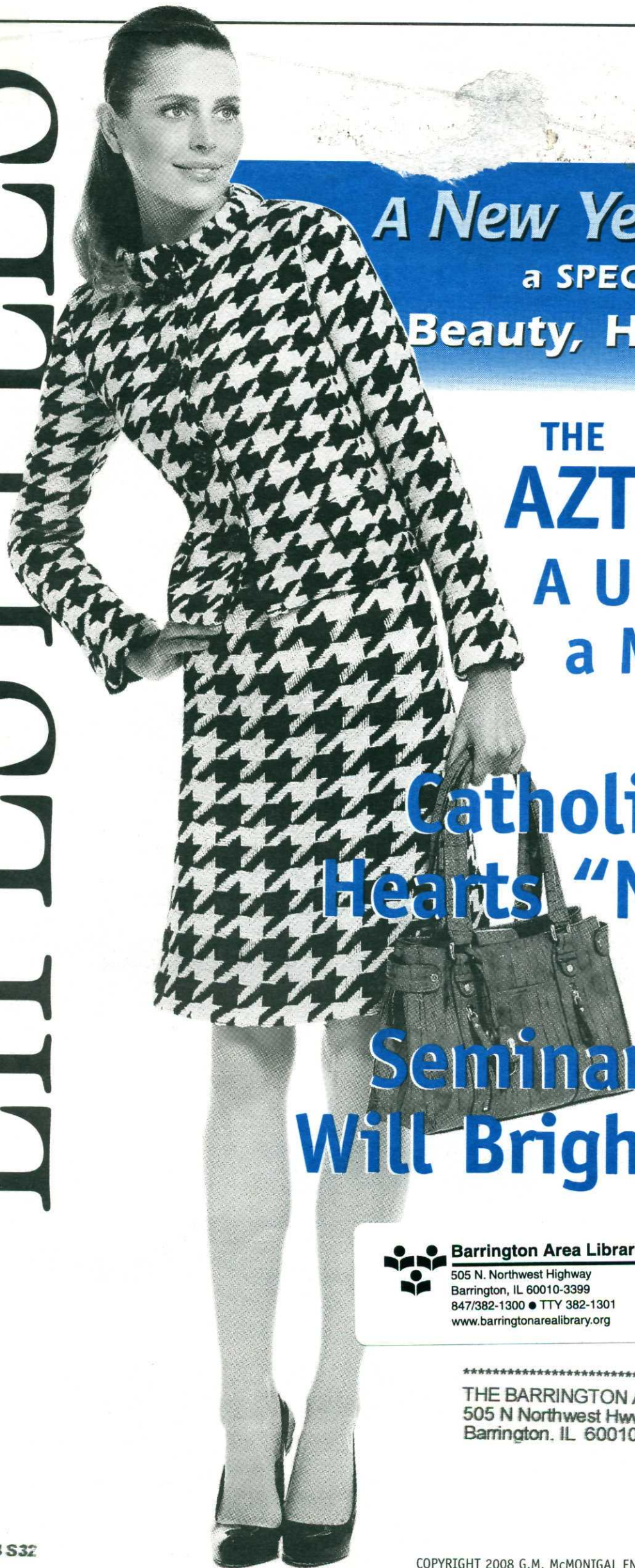
January 2009

January 2009

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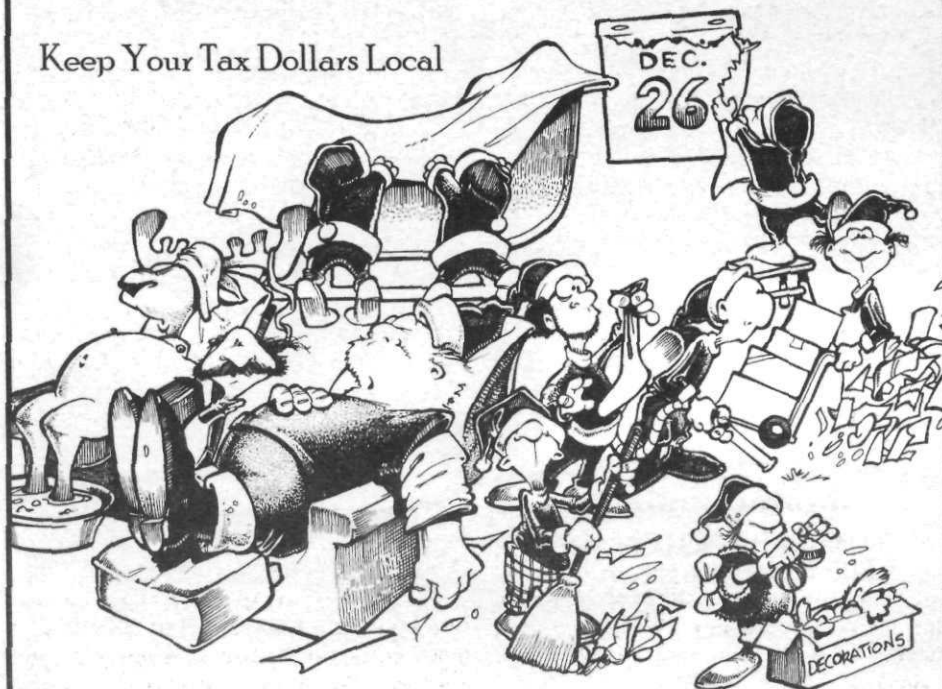


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Editor's Ink

January 2009

Dear Reader,
Want to take your mind off the winter weather for awhile? Plan to attend THE AZTEC WORLD—A Unique View of a Mighty Empire, an exclusive exhibition now at Chicago's Field Museum. Explore the grandeur of one of history's great civilizations. Nearly 300 artifacts, including monumental works in stone, colorful ceramics and intricate jewelry made of precious metals, are on display. Many of these treasure are being shown for the first time outside Mexico.

Want to stay more local? The Barrington Northwest Community Associates (B/NWCA) is holding an art seminar series next month—sure to brighten your winter. Look for details in this issue of *Barrington Lifestyles*.

We are all aware that some families are having to struggle financially these days, due to the economic downturn. Catholic Charities will host the Hearts "Night Out!" benefit, its 20th annual fundraiser to support its Regional Transitional Housing Program. The benefit will be held Feb. 7 at the Stonegate Conference & Banquet Centre. Please try to attend and help the lives of so many.

Until next time, have a happy, healthy new year. May all your thoughts be sunny.

With warm regards,
Glenne McMonigal, Editor
Lifestyles Magazines



About Our Cover

A Trip into the City? Perfect for travel, dinner out or many other occasions. This black/white houndstooth wool blend jacket and shirt will take you there in style. A crimson vintage faux-croco satchel completes the look. Liz Claiborne.



THE AZTEC WORLD—A Unique View of a Mighty Empire

Exclusive Exhibition at Chicago's Field Museum through April 19

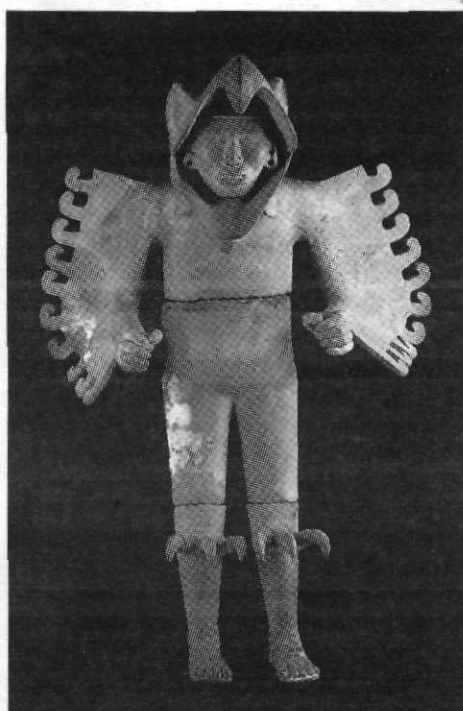
The Field Museum's newest exhibition, *The Aztec World*, gives visitors a once-in-a-lifetime opportunity to explore the otherworldly grandeur and sophistication of one of history's great civilizations. The Field has gathered nearly 300 artifacts including monumental works in stone, colorful ceramics, and intricate jewelry made of precious metals. Many of these treasures will be displayed for the first time outside Mexico. The artifacts come from Mexico City's National Museum of Anthropology, the Templo Mayor Museum, The Field Museum, and other distinguished museums in the United States and Mexico.

The Aztec World will be shown exclusively at The Field Museum—it will not travel to other venues.

A Problem-Solving People

According to legend, the Aztecs originally emerged from the earth through seven caves (Chicomostoc) and established their homeland at Aztlan (Place of the Cranes). They departed Aztlan following the instructions of their god Hummingbird (Huitzilopochtli) who told them they were not to stop until they saw an eagle perched atop a cactus. Over the next century, they migrated hundreds of miles southward, finally encountering the eagle on an island in Lake Texcoco in 1325. And that is where this exhibition begins—an imposing stone eagle-shaped *cuauhxicalli*, or offering vessel, welcomes visitors into *The Aztec World*.

Surrounded by volcanic peaks, Lake Texcoco was a scenic setting, but much was required to make it habitable. The Aztecs drained marshes, laid out canals, built causeways and expanded their islands by sinking timbers in the water. Eventually, the great city of Tenochtitlan arose—a marvel of engineering. At its height the city had 200,000 inhabitants and contained 60,000 buildings. It was so fabulous, a Spanish soldier later wrote: "Great towers and temples... seemed to



This life-size ceramic eagle sculpture stood at the entrance to the House of Eagles, next to the Templo Mayor.

© Michel Zabé / AZA.

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rise out of the water... never before did man see, hear, or dream of anything equal to the spectacle."

Every Level of Aztec Society

The Aztec World is organized so that visitors move from the periphery to the city center, passing farms and houses of artisans, merchants and warriors, before entering the splendor of the central temple district surrounded by the palaces of the ruling elite.

Traveling through the exhibition, visitors—like the Aztecs—first encounter Lake Texcoco. Here, they'll learn the importance of cosmic forces and the Aztec gods, and see up-close the gorgeous blue pot depicting Tlaloc, the rain deity, and the stone sculpture of Chalchiuhtlicue, the water deity. Walking on, visitors will encounter farmers and discover that life was centered on home and hearth. Women prepared food, wove cloth, harvested and processed maguey sap, and sold their wares in the markets, while men farmed, labored as construction workers, and performed military service. Both men and women made daily offerings to the gods of food, incense, and prayer. On important occasions, commoners offered the gods blood drawn from their own earlobes.

Aztec farmers responded to the challenges of dense populations and urban growth in the Valley of Mexico by two innovative agricultural techniques. The first was chinampa agriculture, mounding up earth in swampy areas to create artificial fields. The second technique was the use of maguey plants to limit soil erosion on the slopes surrounding the Valley of Mexico and to provide nourishment and income during the winter season when maize production was not possible.

The Aztecs maintained a complex economy in which three elements were interwoven: markets, tribute (a type of tax), and long-distance trade. Artisans

crafted tools, utensils, weapons, and jewelry from obsidian, greenstone (more precious than gold), wood, and cloth. These valuables, along with food, were traded in the all-important markets. "Spanish accounts report that the Aztec markets were larger and more diverse than the conquistadors had ever seen," says Dr. Feinman. "That's impressive considering these men were from the Mediterranean, which was then the hotbed of European commerce."

War and Sacrifice

The Aztecs found war everywhere: in the cosmos and on earth. The military played a central role in state religion, culture, and politics. In the "Warrior" section of *The Aztec World* is an artifact Dr. Feinman urges visitors not to miss the commanding life-size terra cotta masterpiece, Eagle Man, in his wing-like cape. Scholars think this figure may represent the soul of a dead warrior—one of many "spirit warriors" who accompanied the sun on its daily journey across the sky—or a personification of the sun itself. This artifact speaks to the importance of war in Aztec society, the aim of which was to conquer, gather tribute, and take prisoners for later sacrifice to the gods. Military ideology even extended to women, as it was believed that childbirth was similar to combat. As dead warriors accompanied the sun during its morning rise to the zenith, women who died in childbirth accompanied the sun during its afternoon descent.

Walking closer to the city center, visitors will encounter a gallery devoted to the ruling class. While living rich lives, rulers had many responsibilities, such as building temples, maintaining the empire's infrastructure, and staging religious ceremonies. Here, visitors can admire some of the riches brought to the emperor via tribute and view highly decorative sculptures from original temples and monu-



This cuauhxicalli, or stone offering box, is carved in the form of an eagle, an important Aztec symbol. During sacrificial rituals, human hearts were placed within the receptacle on the eagle's back.

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mental plaques commemorating the coronation of a great ruler or the completion of a major public aqueduct.

In the heart of Tenochtitlan, the Aztecs built a great temple district containing more than 70 structures, dominated by the Templo Mayor, which stood at the center of the Aztec universe. The temples were symbolic mountains where the Aztecs communicated with the celestial world and offered gifts to the gods. Sacrifice—including human sacrifice—was not unique to the Aztecs, the practice was found in many Mesoamerican societies. Commoners typically sacrificed quail, rulers performed "self-sacrifice" or blood-letting, and human sacrifice—especially of enemy warriors—was seen as critical to maintaining the cosmic order.

Admission

Tickets to *The Aztec World* include museum admission and are priced at \$22 for adults, \$19 for seniors and students with ID, and \$12 for children age 4 to 11. Discounts are available for Chicago residents. Visit www.fieldmuseum.org or call 1-312-922-9410 for details.



Mictlantecuhtli reigned over the underworld. This statue would have received blood offerings from the Aztecs.

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AAUW Barrington January Activities

The AAUW Barrington branch will attend the 26th Annual Networking Luncheon at the Deerfield Hyatt on Saturday, Jan. 31. Mary Ann Ahern, NBC-TV Channel 5 reporter, will be the speaker. The cost is \$40 and includes a choice of entrée: salmon, chicken or vegetarian. Send a check (with entrée choice) by Jan. 17, made out to AAUW Networking Luncheon, to: Donna Zimmerman, 1540 Rutland Crt., Schaumburg, IL 60173.

The Women's Issues Book Group will meet on Saturday, Jan. 10 at the Barrington Area Library at 10 a.m. to discuss *Cult of Power: Sex Discrimination in Corporate America* by Martha Burk. Call Pat, 1-847-550-1252, for more information.

The Luncheon Book Group meets monthly on Wednesdays at noon for lunch and discussion at The Garlands of Barrington. On Wednesday, Jan. 14, they will discuss *For Whom The Bell Tolls* by Ernest Hemingway. Call Loretta, 1-847-381-1804, for more information. New members are invited.

The Daytime Bridge Group meets monthly on the second Thursday in a

member's home. Each player donates \$2 to the AAUW Educational Foundation. Bobbie is chair, 1-847-381-3315.

The Evening Book Discussion Group meets the fourth Tuesday monthly at 7:30 p.m. in a member's home. On Jan. 27 they will discuss *Run* by Ann Patchet. Peg is chair, 1-847-381-4791.

The Great Decisions discussion group starts Tuesday, Feb. 3, 1 p.m., at the Barrington Area Library and continues once a week through March 31. Books will be ordered Jan. 5 and the cost is \$18. Contact Bobbie Svacha at 1-847-381-3315. Topics will include U.S. and Rising Powers; Afghanistan and Pakistan; Energy and the Global Economy; The Arctic Age; Egypt in the 21st Century; Global Food Supply; Cuba After Castro; and Universal Human Rights. A DVD on the week's subject will shown at each meeting.

Membership in AAUW is open to anyone holding a two-year degree or higher from an accredited institution of higher learning. For more information, contact Louise Sullivan, membership vice-president, at 1-847-382-8028.



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U.S. Department of Labor Issues Regulations to the Family Medical Leave Act

by Joette S. Doran, J.D.

The Family and Medical Leave Act of 1993 (FMLA) requires an employer with 50 or more employees at a given work site to provide up to 12 weeks of unpaid leave in a 12-month period to eligible employees who have worked for the employer for at least 12 months or have been employed for at least 1,250 hours during the 12-month period immediately prior to the leave. Leave is allowed for an employee who needs time off as a result of their serious health condition or that of a parent, spouse or child of the employee



when the employee is needed to care for the family member.

STOREWIDE Winter Sale Begins! ENTIRE STOCK of Winter Apparel Now 30% to 50% Off (Nothing Excluded!)

Everyone who shops at Assemblé knows how we run our sales. We mark **all** the winter apparel down **at once!** Nothing is held back! So, take advantage of us—as we clean house to make room for the arrival of our resortwear.

Speaking of resort, you can celebrate the new season's best ideas and major must-haves all at affordable pricing at **Assemblé**. So, get in on what everyone's talking about for the new year!

A playful palette of sunny shades is here—in cotton tops for layering now, or for future trips. Cardigans in delft blue and honey oat; tees in lemon and tangelo; tunics in steel gray or seafoam medallion prints. All color-rich, festive choices to

pair with our Joe's Jeans!

Sumptuous jersey tops from Rebecca Beeson and iridescent dip-dye chiffon blouses from Language offer you laid-back luxury for light, loose dressing—extremely essential elements for this new season.

Fabulous batik and paisley printed tops turn up the heat for day-to-evening attire in need of a statement. You'll be instantly inspired by our trend-setting collections!

Yes, whether you're bound for the beach or staying in town, we have your key finds, creative looks and all the instant chic you need to set you apart from your crowd—Smart Shopping at Great Prices at **Assemblé**.

See ya soon!

Create a New You for the New Year

Elevation Salon would like to welcome you into what we hope will be a healthy and prosperous new year. We hope your holidays were filled with joy, peace and lots of family fun.

As you welcome in the new year, you may be looking for a new color or style to create a new you for the new year.

We are excited to introduce you to our new color line—**All Nutrient**. It is a completely certified organic haircolor line that is based in the U.S. Our switch to All Nutrient is after continued research and the benefits are many. This all-natural haircolor leaves the hair with extreme shine. The color selections are also beautiful, with vibrant reds, rich warm golden tones, and neutral tones to cover those gray hairs perfectly.

Call or stop in to experience our All Nutrient haircolor system.



Elevation Salon is conveniently located at 28686 W. Northwest Highway in Petersen Plaza, one block west of Kelsey Road, in Lake Barrington. Call **1-847-304-5970** for an appointment.



The FMLA has been a source of litigation and confusion in the workplace and recently has undergone major changes for the first time in its 15-year history. On Nov. 17, 2008, the Department of Labor (DOL) issued 750 pages of Final Regulations on the FMLA. As such, these extensive changes may cause still more confusion and litigation. The new rules take effect on Jan. 16, 2009 and were a response to complaints by both employers and employees. While employers have argued that workers are abusing FMLA leave, employees argued that they are unfairly being denied FMLA and are often retaliated against for taking leave. Some of the changes include requiring employees with chronic conditions to certify that they visit a doctor at least twice a year for that condition. The new rules also require workers to warn their employers that they are planning to miss work "absent unusual circumstances." To enhance employee privacy, an employee's direct supervisor will no longer be allowed to contact a health care provider for medical certification. Employers will be allowed to require "fitness-for-duty" evaluations to make sure that workers who took FMLA leave are fit to return to their specific jobs. Sig-

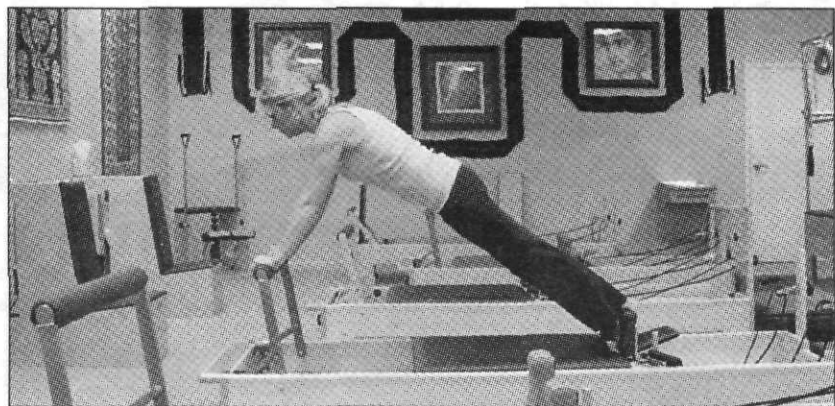
nificantly, employers will be allowed to consider FMLA absences in determining bonuses and other incentive rewards and employers will be able to disqualify employees from bonuses or other payments based on achievement of a specified job-related performance goal (such as attendance) when the employee has not met the goal due to FMLA leave, so long as this is done in a nondiscriminatory manner. Because of the complex and extensive changes, it is evident that new challenges will arise for employees and employers in interpreting and enforcing these new regulations.

For additional employment information, please 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, 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, a past president of Barrington Area Professional Women and a member of the National Employment Lawyers Association.

Studio Pilates Offers 50% OFF Introduction This Month



"Physical fitness is the first requisite of happiness."

—Joseph Hubertus Pilates in 1965, age 86

The New Year means new opportunities for a healthier, happier you. Begin with a commitment to your overall self, your mind and your body, and this month's once-a-year **50% off Pilates Introduction Class** at **Studio Pilates Centre of Balance**.

Each January, **Studio Pilates** encourages individuals to indulge their quest for overall fitness along with their need to save some after-Christmas jingly during this special half-off event. Sign up for the Pilates Introduction Class before Jan. 31 and take advantage of this very happy offer. Limited space is available, so call early for a class day and time to fit your schedule.

Developed by legendary fitness trainer

Joseph Pilates in the 1920s, Pilates is a successful offshoot of Yoga that strengthens and elongates your muscles with various exercises performed on mats and specially designed equipment. Breathing and posture are extremely important to each individual exercise.

At **Studio Pilates**, you'll master the Pilates exercise techniques under the direction of an experienced staff who help you focus on building strength without "bulking up;" increasing flexibility and agility; developing optimal core control; creating flat abdominals, slender thighs and a strong back. Overall, it's a refreshing mind-body workout that's safe and sensible, and helps you look and feel your very best, no matter what your age or condition.

Studio Pilates is located in downtown Crystal Lake at 46 Brink St. Phone **1-815-455-4900**. Visit www.studiopilates.net.

Stretch Your Body, Mind and Budget.



Sign Up Before January 31, 2009
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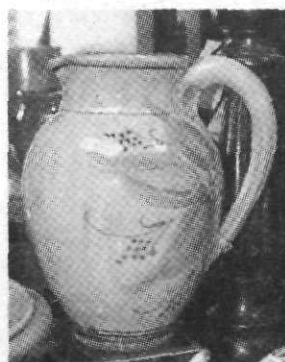
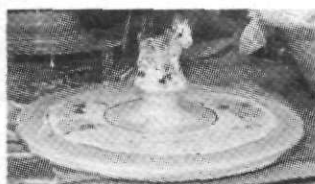
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Winter Birds Subject for Garden Club

With the holidays over, it is time to take down the beautiful and jolly decorations, wrap them in layers of memories and love and put them in safe storage until next year. Members of the Green Thumbs will do just that as they disassemble the Library Christmas tree on Jan. 2.

On Monday, Jan. 19, they will gather at the library again to enjoy a program about Winter Birds. Mark Spreyer from the Stillman Nature Center will bring his live birds and talk about their habits this time of year. Guests and visitors are welcome. For info, call Vicki at 1-847-526-5998.

AFTER HOLIDAY SALE—Beginning Jan. 2 at the Ice House Mall & Village Shops

Come in from the cold and into the warmth of the Ice House Mall's 16 shops and shop our **After Holiday Sale beginning Jan. 2 with unbelievable sales prices on holiday and winter merchandise!**

We have 16 affordable reasons to shop the Ice House Mall this month with our **After Holiday Sale beginning Jan. 2 that will put savings in your pocket and merchandise into your bags!** Never been to the Ice House Mall? You won't want to miss our After Holiday Sale! You are only minutes away from **Barrington's best-kept secret! The Ice House Mall is located in downtown Barrington off of Lake Cook Road on Applebee Street.** Start your shopping day at **Savvy Spirit & Casual** for casual and savvy women's apparel. **Peter Daniel** carries casual to after-five wear for men and women. **Once in a Blue Moon** features exceptional handmade jewelry. For the little ones, shop at **Tommy-Terri** for children's apparel and **Young Tootsies** for children's shoes. **Learning Express Toys** carries the hottest toys and features free gift wrapping and personalization on all purchases. **Girl Scout Express** is your full-service Girl Scout shop. **Zinnia's** fea-

tures hip and trendy clothing for women and juniors. **Tina Han Gallery** is Barrington's premiere art gallery. **Barrington Home Shoppe** specializes in upscale gifts, home accents and their very own line of Barrington's 60010 products. Pamper yourself with a spa day from **The Sanctuary Salon & Spa**. Plan a weekend getaway with **The Travel House**. Visit **Soak** for handmade bath soaps, salts, gifts and more. Stop in to **Kidz Party Plus More** for costumes, accessories and party planning. The **111 Grille, formerly Chessie's**, invites you lunch or dinner while you shop. The 111 Grille is at your service to help you plan any special occasion. Ice House Mall **Gift Certificates** are always available and make the perfect gift for friends, teachers, co-workers and family members.

The Ice House Mall & Village Shops is located off of Lake Cook Road/Main Street at 200 Applebee Street in downtown Barrington (next to the Jewel Shopping Center). Open Monday through Saturday 9:30 a.m. to 5:30 p.m., Thursday 9:30 a.m. to 7 p.m., and Sunday noon to 4 p.m. For more information about our shopping center, call 1-847-381-6661 or visit us at www.icehousemall.com.

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once in a blue moon
Peter Daniel
Sanctuary Salon & Spa
Savvy Spirit & Casual
Soak
Tina Han Gallery
Tommy-Terri
Travel House
Young Tootsies
Zinnia's

See participating stores for details (not all stores listed may participate in the sale). Store restrictions may apply.



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We at Savvy Spirit hope 2009 will be a

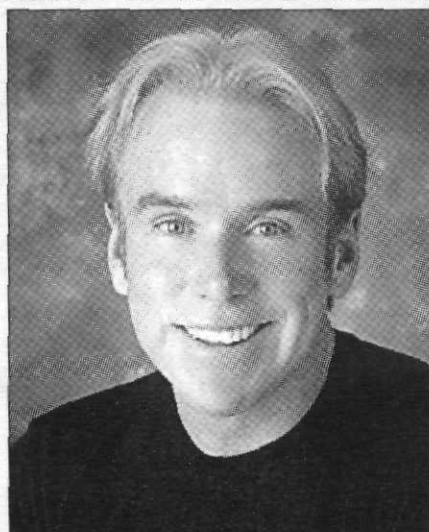


happy, healthy and prosperous year for all of our Savvy friends. Hope to see you soon.

—Rosemary, Linda, Donna,
Carol, Linda B and Pam

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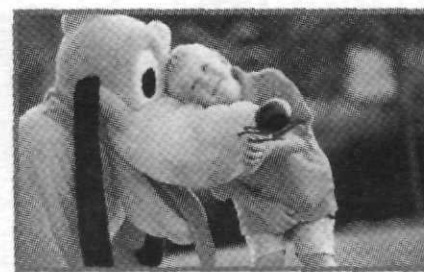
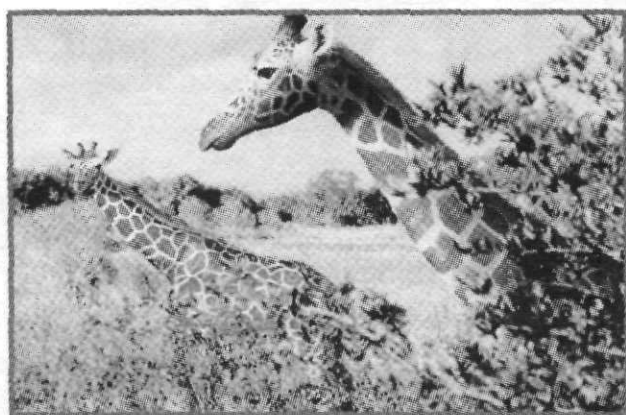


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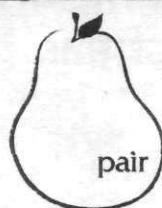
Get a head start on next year's Holiday at 40% OFF!

Ornaments, cards, invitations, wrap, ribbon & decorative accessories are all on sale, starting Friday, Dec. 26th at 9:30 am!
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Barrington Woman's Club and Coterie of Barrington Merge

The boards of Barrington Woman's Club and Coterie of Barrington & Surrounding Communities are pleased to announce the merger of these historic organizations on Jan. 1. The two clubs currently share many members in common. The name of the combined organization is Barrington Woman's Club.

Current Coterie board members will serve on the Barrington Woman's Club board from January through May 2009, when a new board will be elected.

These organizations boast rich histories in the Barrington area. The Barrington Woman's Club, an authorized 501(c)(3) not-for-profit corporation, organized in

1914, established and maintained a free public library from 1914 to 1926, at which time the library became the responsibility of the Village of Barrington. The club also maintained a free baby clinic from 1928 to 1939; assisted in the establishment of the Barrington Historical Society in 1968; donated the visitors' foyer outside the Physical Medicine Department at Good Shepherd Hospital in 1978; in 2002, established the Helen and Elmo Schutt Memorial Scholarship for college-bound seniors at Barrington High School; and in 2004, established the Janet Henning Memorial Scholarship for single mothers attending Harper College. These memorial funds

were made possible through the generous bequests of deceased Barrington Woman's Club members and their families.

Coterie of Barrington & Surrounding Communities, established as Welcome Wagon Club of Barrington in 1962, operated under the auspices of Welcome Wagon International until 2004. At that time, the club discontinued its Welcome Wagon affiliation and changed its name to Coterie of Barrington & Surrounding Communities. Since its origin 46 years ago, club members have worked diligently to raise funds (through silent auctions) which were donated to numerous charities, including PADS, Hospice of Northeastern

Illinois, Resources for Community Living, Barrington Fire Department, Saint Joseph Home for the Elderly, Mount Saint Joseph Home, and the Yellow Ribbon Support Group, which benefits military men and women serving in Iraq and Afghanistan.

The newly-united clubs will celebrate their merger on Jan. 21 with lunch at the Barrington Country Bistro and a special presentation on Barrington history given by Barbara Benson, former executive director of the Barrington Historical Society. This event is open to the public and guests will be warmly received.

For more information, please call 1-847-382-5324.

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Fellowship Housing Hosts First-Ever Gala "There's No Place Like Home"



Pictured (from left, top row) Jill Allen, gala chairperson Karen Fitzgerald, Lynne Carlson, Sandy Antonelli, Anne Honan, Kathy Underwood, Lynne Murphy, Brooke Bartlow, (seated) FHC board member Tom Beise, Kerry Ash, Mona Navitsky, Sherry Sepuha, FHC executive director Susan Forbes, Amal Haddad and FHC development director Cathy Wloch.

Fellowship Housing, a nonprofit organization that serves homeless and at-risk mothers and their children, will host its first-ever gala event on Feb. 21. The event, which has a *Wizard of Oz* theme, called "There's No Place Like Home," will be chaired by Inverness resident Karen Fitzgerald, president of Fellowship Housing's board of directors. The event honorary chair is South Barrington resident Lisa Dean Niewolny, who holds the title of Mrs. Illinois/America 2008. Niewolny is also a noted journalist, author and public speaker. She has just published her first book, titled *Girls of Greatness*.

The *Wizard of Oz* theme, "There's No Place Like Home," was chosen because Fellowship Housing has "...the heart for single moms who desire the knowledge to grow and have the courage to change." These three elements are, of course, depicted in the beloved classic story through the Tin-Man, Scarecrow and Lion.

The black-tie (optional) gala, scheduled at 6 p.m. on Feb. 21 will feature dinner and dancing as well as silent and live auctions at the beautiful Schaumburg Renaissance Hotel & Convention Center.

Opportunities to purchase tickets, sponsor, or donate an auction item are avail-

Reading Group Enjoys Christmas Luncheon



Barrington Countryside Reading Group members enjoyed their Christmas luncheon at the beautiful Seahorse Palace at Woodland in Barrington Hills. Pictured (from left) are Trowby Brockman of Lake Barrington, Nancy Roberts of Algonquin, Margaret Miller of Barrington, hostess Elyse Roberts, Marilyn Randolph of Barrington, and Mary Neal of Lake Barrington.

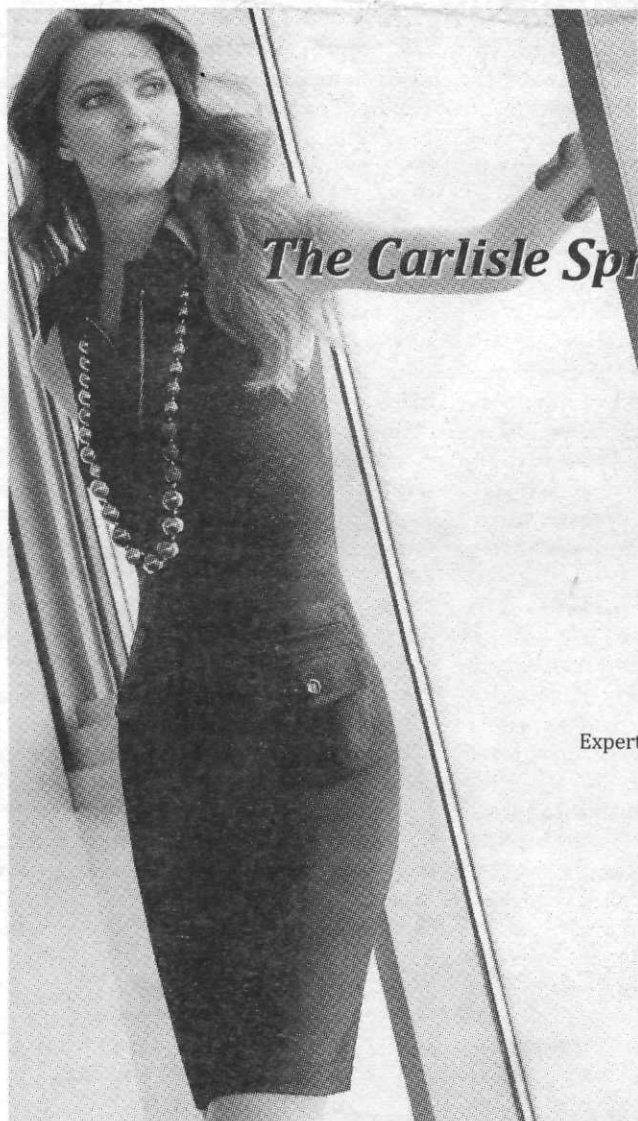
able by calling Cathy Wloch, development director, at 1-847-882-2511 ext. 2115. Generous support for this first-time gala event has been provided by the following individuals and companies: FFP LLC, Orsini Home Medical, Alexian Brothers Foundation, the CREF Leadership Group and several additional anonymous donors. Additional support would be very much appreciated.

Fellowship Housing is a 17-year-old charitable organization that serves homeless or at-risk single moms and their children by providing affordable housing during a two-year comprehensive program to guide these families from crisis to

long-term stability and independence. The program achieves this partially through providing holistic mentoring and case management.

Since its inception, the organization has achieved a 92 percent success rate, measured by the number of graduates from the program who achieve independent living. Other indicators of the success of the program include the fact that 45 percent of the moms go back to school, their personal debt is reduced on average by \$8,700 and their savings are increased on average by \$2,700.

Visit www.fhcmoms.org for more information.



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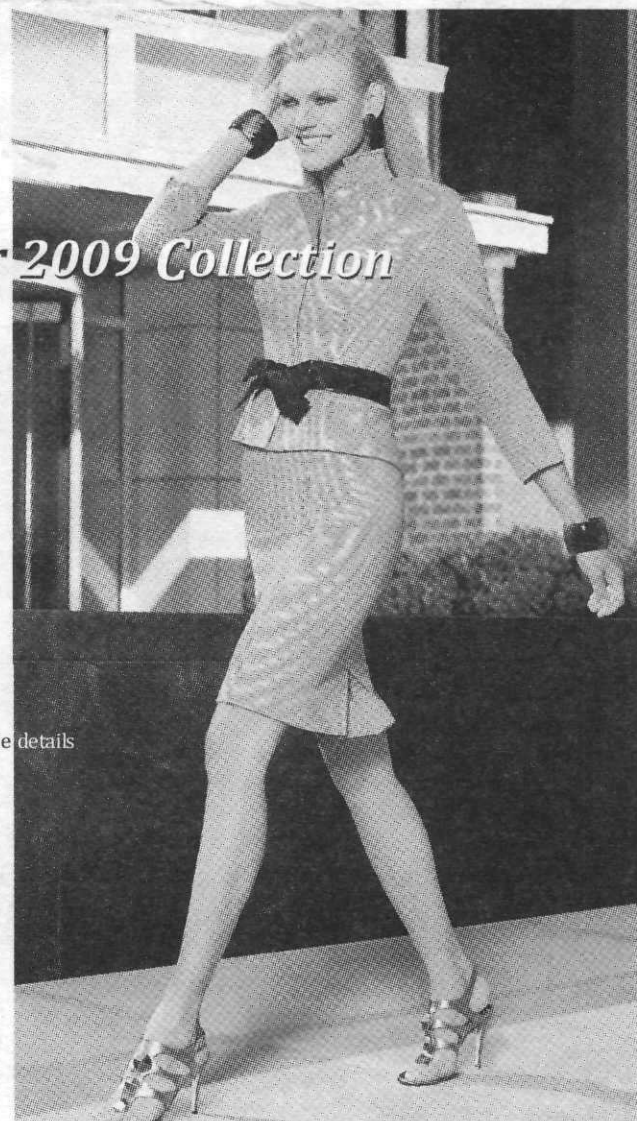
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Stop by and view our handmade collection of sterling silver pieces. Choose a ring, necklace or earrings in amethyst, blue topaz, lemon quartz, rose quartz or cinnamon quartz.

Gorgeous colors help spring arrive early this year!

We also have a beautiful array of colorful gemstone jewelry in gold and platinum that is sure to catch your eye, and her appreciation.

And with Celine's having a **Valentine's Day Sale**, our prices will not break your budget! Jewelry storewide will be **10% to 20% off**,* select sterling silver pieces will be **50% off**, and for the first time, custom design will be on sale.

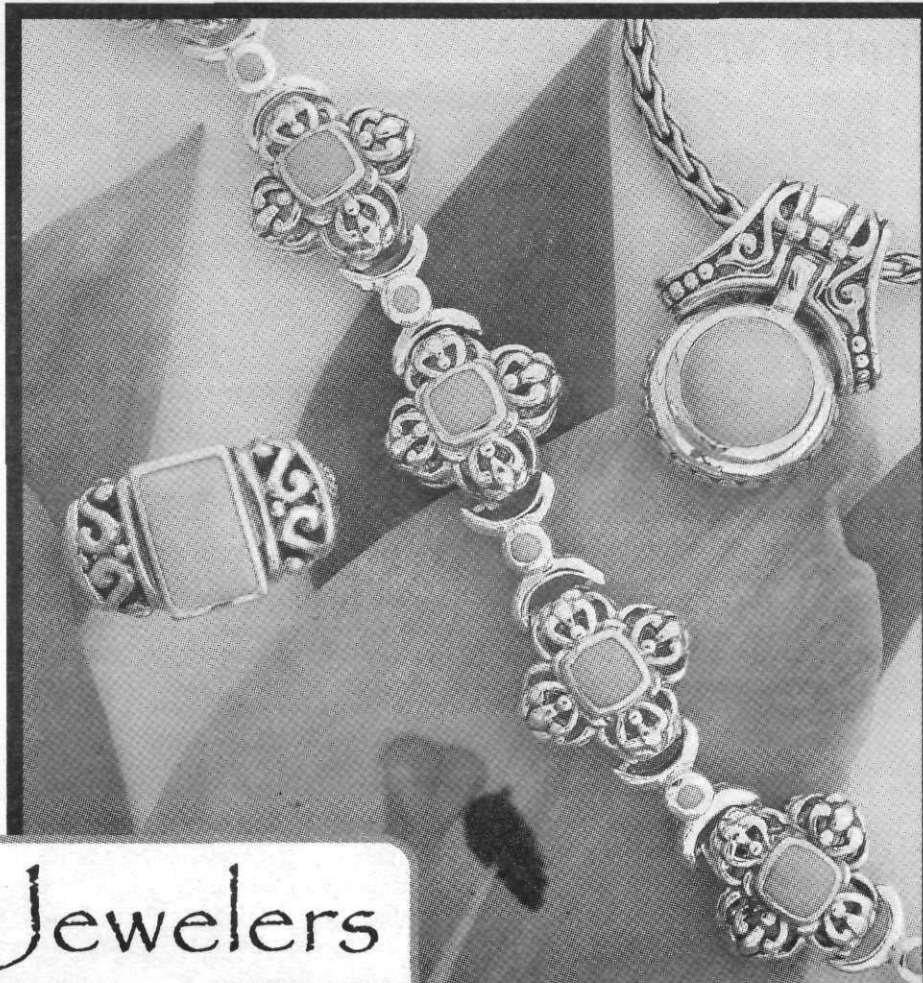
Let us help you find the perfect gift for your special Valentine.

She's One-of-a-Kind—Shouldn't Her Jewelry Be Too?

*Sale does not include bridal, loose diamonds, loose colored gemstones, and select important pieces. Please see an associate for details.

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Ruth's Chris Steak House Preview Dinner Benefits WINGS



Ruth's Chris celebrated its grand opening at The Arboretum of South Barrington with preview dinners for local residents, and helped to raise \$4,000 for WINGS. Pictured are (from left) Jeff Hubbeling, regional vice president, Midwest, Ruth's Chris Steak House; Terri Channer, senior director of development, WINGS; Rebecca Darr, executive director, WINGS; Jeff Carter, general manager, Ruth's Chris Steak House South Barrington; Joel Hassanali, executive chef, Ruth's Chris South Barrington; and Christi Kordek, sales manager, Ruth's Chris South Barrington.

The newest Ruth's Chris Steak House, located at The Arboretum of South Barrington, raised \$4,000 to benefit Palatine-based WINGS (Women in Need Growing Stronger) during Nov. 7 and 8th preview dinners held for local area residents. WINGS helps homeless and abused women and children by offering services that include shelter, education, guidance and support.

The restaurant, which seats more than 240 guests and offers three private dining rooms, officially opened on Nov. 10.

"We are pleased with the outpouring of support from the community for WINGS," said Jeff Carter, general manager. Those attending the complimentary preview dinner were invited to purchase a bottle of

wine to benefit the charitable organization.

WINGS serves women and children who are victims of domestic violence and need temporary safe shelter, or who become homeless due to extreme hardships and circumstances. The WINGS continuum of integrated services includes transitional housing and emergency shelter in residential neighborhoods that allows women to go to school, work and care for their children.

Guests at Ruth's Chris South Barrington can enjoy New Orleans-inspired appetizers, aged USDA Prime steaks, fresh seafood, signature side dishes and homemade desserts, all complemented by an

Fitness & Well-Being

If you are like most people, you approach each New Year with wonderful intentions to improve your life and do more in the coming year. Then the New Year comes, and goes, and somehow those good intentions didn't translate into new accomplishments. Of course, when that pattern repeats itself year after year, we eventually give up. DON'T GIVE UP. There is wisdom and hope in the old adage, "If you want something you have never had, you must **do** something you have never done."

I have some suggestions for you regarding your New Year resolutions to get in better shape. After all, is there anything more important to you than your health? So here are **four** simple things you can **DO** to fulfill your New Year resolutions to get in better shape:

1. Set exercise appointments with yourself. Use your day-timer to set appointments for exercise—and then stick to them. You wouldn't miss a business meeting or client appointment, would you? So make your exercise appointments a priority.

2. Set realistically attainable goals. You must have tangible, quantifiable, short-term and long-term goals for your fitness program so you can gauge your progress. It's crucial to have a "baseline" before you begin, so you can measure success. Having goals allows you to track your progress and keep you motivated when times are tough and you don't feel like exercising. Keeping a journal of your cardio and resistance training workouts, as well as tracking what you eat, is truly a fitness success secret.

3. Remember the benefits of exercise. Remember the feeling of euphoria you experienced after a particularly good workout? You experienced that feeling because the most powerful "feel good" drug in the world—endorphins—were coursing through your veins. Etch that feeling in your brain. It will fuel your motivation on those inevitable days when you just don't feel like exercising. Being physically fit affects every single aspect of your life: you sleep better, eat better, love better, overcome stress better, work better, communicate better and live better!

4. Finally, and most importantly, use ACCOUNTABILITY to help you. That's right, accountability is the number one, most important thing you can do to help you keep your resolution to get in shape. But not accountability to yourself. It's too easy to rationalize this away. Not accountability to a spouse, partner or friend either. They'll stop nagging you because they don't want to damage the relationship. The secret is accountability to a coach, mentor and guide... someone who is committed to your commitment and impervious to your excuses. They can also help you with numbers 1, 2 and 3 above.

Make 2009 the year you really **DO** something about becoming healthier, happier and better looking.

Lisa Shanahan
Owner/Personal Trainer
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168 S. Northwest Highway
Barrington, IL 60010
1-847-304-0505
www.fitness-together-barrington.com

Rotary Club Offers Vocational Scholarships

The Barrington Rotary Club (Noon) is seeking young men and women from the Barrington area who have graduated from high school or will be graduating in 2009, or who have a GED, and who are preparing for careers which require less than a four-year baccalaureate degree (an associate degree, diploma or certificate) to apply for \$1,500 vocational scholarships which will be awarded by Rotary District 6440 for the 2009-2010 school year. Applicants who are permanent residents of the Barrington area and who are accepted (or anticipate acceptance) in such a program of study, may apply for these scholarships.

Criteria for selection include high school

or college grades which are related to the applicant's chosen field. Employment experiences, volunteer work and extra curricular activities related to the chosen field will also be considered. A transcript of high school and/or community college grades and at least two recommendations by counselors, teachers, employers or other individuals relating to the applicant's character, skills, interests and special activities, must be submitted with each application.

Interested Barrington-area persons may call Carol Thompson-Erker at 1-847-382-7240 for application forms or other information. Applications must be submitted to the Barrington Rotary Club by Feb. 20.

Long Grove Kildeer Garden Club

The Long Grove-Kildeer Garden Club's January meeting will be a "homemade-soup-and-bread meeting" to exchange gardening ideas, stories and related magazines. It will be a perfect time to network about upcoming issues in our gardens—what worked, what didn't. This event is open to anyone interested, with RSVP. Upcoming meetings will include topics such as "Going Greener in the Garden," "Honey Bees" and a "Topiary Workshop." The club offers gardening programs,

events, projects and field trips to all levels of gardeners in the surrounding communities. Members actively support a local nature preserve through gardening projects, scholarships and internships. Meetings are held at Reed Turner Nature Center, 3851 Old McHenry Road, Long Grove, on the second Monday morning of each month.

If you'd like to consider joining the club and attend a sample meeting or event, call Ivy at 1-847-800-5000.

award-winning wine list and served with genuine hospitality. For information or

reservations, visit www.RuthsChris.com or call 1-800-544-0808.

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Shop now through January 25th, the entire York Furrier 77th Anniversary Collection has been drastically reduced. Boleros to great coats, choose from an unparalleled selection of designer creations and York's own signature styles in petite to full-figure sizes. **EVERY** in-stock item is specially marked down for this once a year sales event - the York Furrier January Clearance **SALE!**

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Pearl sheared mink coat with lynx trim

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Shearling stroller with rex rabbit trim



Ring in 2009 with Great Entertainment at Raue Center For The Arts

On behalf of the board, the staff and the entire roster of artists—we are pleased to bring a whole bunch of laughter to start out the new year! Starting with Susan Werner—whom George Carlin introduced us to and then moving on to two great musicals—**Raue Center For The Arts**, Crystal Lake, is excited to present several fun shows to ring in 2009:

With six albums under her belt, an active touring career throughout the U.S., and a string of accolades from the likes of *The Washington Post*, *The Village Voice* and *The New Yorker*, **Susan Werner** has become one of the defining artists of the folk music genre. Her songs effortlessly slide between folk, jazz and pop, and are delivered with a sassy wit and classic Midwestern charm. See her performance, sponsored by the *Northwest Herald* on **Friday, Jan. 16** at 7:30 p.m.

"Susan Werner, a clever songwriter and an engaging performer, brings literacy and wit back to popular song."

—*The New Yorker*

In a theatrical age of mammoth spectacles and brooding musical dramas,

is a rollicking throwback to a nearly extinct theatrical genre: the musical comedy revue. With book and lyrics by Joe DiPietro and music by Jimmy Roberts, *I Love You...* reinvigorates the revue by taking a

hilarious and tuneful joyride throughout the dizzying spectrum of modern male-female relationships. A great Valentine's Day date, see the spectacle on **Saturday, Feb. 14** at 7:30 p.m. This show is sponsored by Centegra Health System, Country Inn & Suites and Working World

"It's 'Seinfeld' set to music!"

—*The Star-Ledger*

If you loved *Nunsense* or *Late Night Catechism*, then you'll LOVE

Full of sharp parody, sinfully spectacular dancing, and irreverent humor, *Altar Boyz* is a spoof about a heavenly guy-group adored by audiences and critics alike. With an extraordinary mix of sidesplitting songs convincing enough to be played on MTV, uncontrollable laughs and light-hearted fun, this award-winning and totally original new musical is 90 minutes of pure delight that's suitable for all ages. Bring the whole family on **Friday, Feb. 27** at 7:30 p.m. for this show that will have you laughing and singing along.

"Thank Heaven For Altar Boyz! Totally hilarious! It keeps you laughing all evening long. If laughter is a form of salvation, my soul is clean!"

—*Daily News*

To learn more about Raue Center's shows, visit www.rauecenter.org or call the box office at **1-815-356-9212**. Raue Center is located at 26 N. Williams St. in historic, downtown Crystal Lake.

Great Shows Close to Home (Save \$\$)



Susan Werner

Jan. 16 at 7:30 p.m. • \$35, \$33

Delight in Susan Werner's take on the church and contemporary American life in this gospel bluegrass-tinged evening with beautiful vocals.

Sponsor: Northwest Herald

I Love You, You're Perfect, Now Change

Feb. 14 at 7:30 p.m. • \$46, \$43

Everything you've secretly thought about dating, romance, marriage, lovers, husbands, wives and in-laws, but were afraid to admit is celebrated in this musical joyride.

Sponsors: Centegra Health System, Country Inn & Suites, Working World



Altar Boyz

Feb. 27 at 7:30 p.m. • \$56, \$53

If you loved *Nunsense* and *Late Nite Catechism* you'll love this award-winning musical, comedy spoof about a fictitious Christian boy band on the last night of their national Raise the Praise tour. Their signature hits feature lyrics such as "Girl, you make me wanna wait" and "Jesus called me on my cell phone".



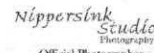
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Flint Creek Watershed Partnership Receives Excellence in Conservation Award



Presenting the award at the recent Chicago Wilderness Consortium are (left) Gary Gulezian, U.S. EPA Great Lakes National Program Office, and (right) John Rogner, chair, Chicago Wilderness, and field supervisor, U.S. Fish and Wildlife Service. Accepting the award are (from left) Sam Oliver, staff director, Citizens for Conservation; Janet Agnoletti, executive director, Barrington Area Council of Governments (BACOG) and Patsy Mortimer, Watershed coordinator. Also attending were Village of Lake Barrington trustees Lauren DeJesu and David Raclaw.

At the recent Sixth Biennial Conference of the Chicago Wilderness Consortium, held in Chicago, the Barrington area Flint Creek Watershed Partnership received one of five Excellence in Conservation awards. The partnership was cited for "its visionary planning and strengthening partnerships among local government."

The conference is the premier event to highlight the resources, science and collaborative conservation action of the Chicago Wilderness Consortium. It featured the strategic initiatives of Chicago Wilderness: Green Infrastructure, Leave No Child Inside, Restoration and Management, and Climate Change.

Barrington Redwings Peewee AA Celebrates First Place Overtime Win in the Northbrook Wishbone Tournament!



After losing the first game to the Highland Park Falcons, the Barrington Redwings went undefeated by tying against Northbrook and beating a team from Dallas and St. Louis. Goalie Nathan Newmark had a 6-0 shut out against the Dallas team. It was a total team effort and each boy contributed. They had to face the Highland Park Falcons again in the finals. It was a very hard fought game that ended 1-1 after three periods. In overtime, Anthony

Iacullo scored on scrum in front of the net to give the Redwings the victory. It was a great tournament for the Peewee AA team.

Team members include Emmet Murray, Anthony Iacullo, Dominic Iacullo, Colin Starvel, Conner Mackey, Ian Mackey, John Migliore, Jon Ostling, Kevin Cooley, Kyle Nehs, Matt McVickers, Max Kunzmann, Nathan Newmark and Nick Coy. The head coach is Dave Mackey and the assistant coaches are Rob Murray and Vito Migliore.



Happenings!

in the area

Hearts "Night Out!"

Catholic Charities Northwest Regional Services will have its 20th annual fundraiser for the Des Plaines-based Catholic Charities' Regional Transitional Housing Program from 6 to 10:30 p.m. on Saturday, Feb. 7. The benefit will again take place in the magnificent Stonegate Conference & Banquet Centre, 2401 W. Higgins Road in Hoffman Estates. Valet Parking will be available. Tickets are \$100 per person. Dress is cocktail attire. Please respond by Jan. 31 to: Hearts for Homeless Families, c/o Catholic Charities' Northwest Regional Services, 1717 Rand Rd., Des Plaines, IL 60016 or call 1-847-376-2118.

To receive an invitation or more information on the Hearts "Night Out!" benefit and Catholic Charities' Northwest Regional Services and how they may help you or someone who needs help, please phone 1-847-376-2118. Visit www.catholiccharities.net/hearts.

During the evening, the Stephen O'Brien Combs' Heart of Charity awards will be presented to co-founders of the "Hearts for Homeless Families in Transition" benefit: Mary Jane Nelson of Arlington Heights and the family of the late Phyllis Nicholson, formerly of Mount Prospect.

The New Hope Apartments program is dedicated to providing compassionate, competent and professional services for homeless families to assist them in achieving stable and safe permanent housing and self sufficiency. There are 19 New Hope Apartments in north/northwest suburban Cook County.

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In-Home Personal Training

Has another New Year's resolution to lose weight and get in better shape fallen by the wayside? Get your body moving this year and let **Innovative Fitness Solutions** lead you to a healthy and fit 2009! If there's one thing to be learned about starting an exercise program, it's that good intentions aren't enough to get you off the couch and keep you moving in the right direction towards your health and fitness goals. At **Innovative Fitness Solutions**, we will create a customized program that meets all of your individual health and fitness needs. We will get you motivated, keep you motivated and help you achieve real results that will increase your energy and help you maintain a healthier lifestyle.

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- Advanced Cardiovascular, Strength and Flexibility Training
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- Rehabilitation and Cancer Recovery
- Pre- and Post-Natal Fitness

Innovative Fitness Solutions specializes in providing professional in-home personal training services in the Chicago Northwest Suburbs. We come right to your home, office or gym, and offer one-on-one, two-person, and small-group personal training packages.

Contact us today to learn more about our services, our team of trainers, and how **Innovative Fitness Solutions** personal training can guide you on your journey to improved health, fitness and wellness.

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Take the first step by scheduling a **free fitness consultation**. Call 1-847-361-8336 or e-mail ngrabs@gmail.com.

*Nicci Grabs, owner of **Innovative Fitness Solutions**, graduated Magna Cum Laude with a BS in Exercise Physiology from Western Illinois University. She is a Certified Personal Trainer through NASM, the National Academy of Sports Medicine, and has over 13 years of experience in the fitness and personal training industry.*



Nicci Grabs

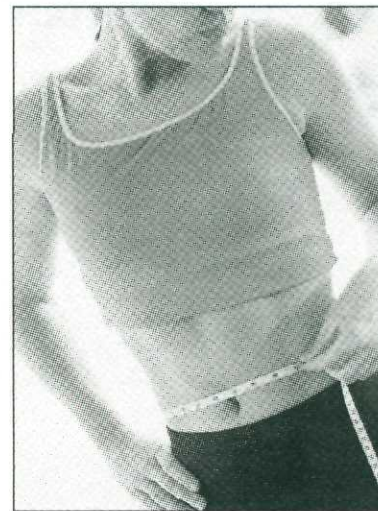
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Happenings!

in the area

Hearts "Night Out!"

Catholic Charities Northwest Regional Services will have its 20th annual fundraiser for the Des Plaines-based Catholic Charities' Regional Transitional Housing Program from 6 to 10:30 p.m. on Saturday, Feb. 7. The benefit will again take place in the magnificent Stonegate Conference & Banquet Centre, 2401 W. Higgins Road in Hoffman Estates. Valet Parking will be available. Tickets are \$100 per person. Dress is cocktail attire. Please respond by Jan. 31 to: Hearts for Homeless Families, c/o Catholic Charities' Northwest Regional Services, 1717 Rand Rd., Des Plaines, IL 60016 or call 1-847-376-2118.

To receive an invitation or more information on the Hearts "Night Out!" benefit and Catholic Charities' Northwest Regional Services and how they may help you or someone who needs help, please phone 1-847-376-2118. Visit www.catholiccharities.net/hearts.

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Chers Amis...

Culinary trends and fashions are a fact of life, of evolution and progress, of new products, new techniques and more. Yet, one thing that will never be out of fashion is **VALUE**. Along the course of our 21 years in business, we have bettered some classics, we have created new dishes, we have discovered and introduced new spices and food items, and we have managed to keep our prices at a level that truly represents **VALUE**. I wish to emphasize this because times are hard yet there are still anniversaries and birthdays to be celebrated, business lunches or dinners as well, and, of course, the occasional craving for a professionally prepared meal. As a reminder, **D & J** was the first registered **BISTRO** in the Chicagoland area, with the

not-so-simple goal to **democratize** French cuisine, by giving people their money's worth in a casual yet somewhat sophisticated atmosphere, with friendly yet efficient service, the whole without breaking the bank. The success of these past 21 years speaks for itself. In other words, timing is everything and indeed **D & J's** timing was right on. We never let our guard down and to prove it, let me list here two examples of menus one can order that will cost you less than you would expect...

- Goat Cheese Salad, Breast of Capon Dijonnaise, Bourbon Bread Pudding... \$30.50
- French Onion Soup Grantinée, Pasta (Please continue on page 18)

D & J BISTRO in Lake Zurich

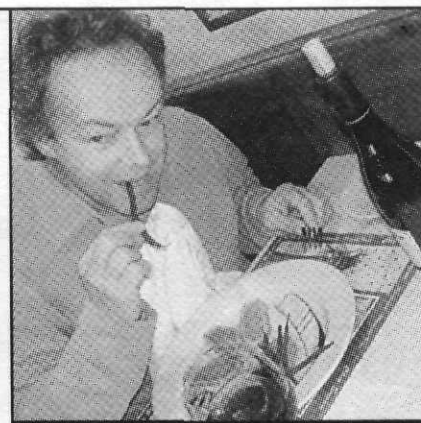
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trademark creations thru a 5-course dinner.
Reservation only... call for more details.

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VALENTINE'S DAY...hundreds of heart-shaped
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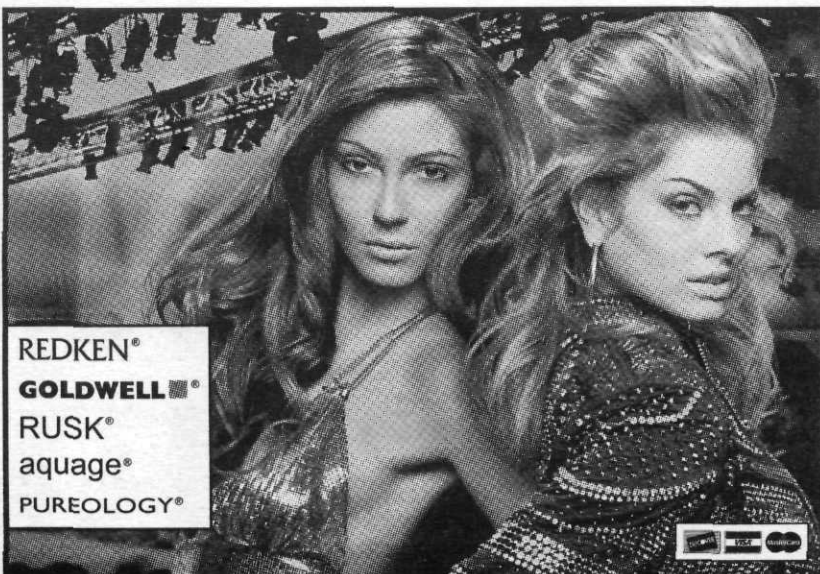
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One coupon per customer. Not valid with any other offer.
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Cookies for Charity



The women of the Community Church of Barrington enjoy a nibble while setting up for the 30th Annual Cookie Walk. Pictured (from left) are Laura Gilleland, Bunny Jahnke, the Rev. Ashley Prescott Barlow, Joyce Tardrew, Karen Palomo, Glenna Gilleland, Meg Simmons, Marge Boynton, Jayne Majzan, the Rev. Zina Jacque, Leslie Eiring and Bonnie Stevens

For the past 30 years, the Women's Fellowship of the Community Church of Barrington (CCB), have hosted their annual Cookie Walk. Thousands of cookies were baked and arranged artfully on platters by their resident cookie makers! Boxes sold for \$10 and held up to 1 pound of delicious cookies.

New this year was the addition of cookie mixes and cappuccino mixes for sale, as well as a compilation cookbook of favorite cookies recipes.

This is the only major fundraiser for the Women's Fellowship and in January the group will decide how to give away the

money to other ministries.

In the past, donations have been sent to local charities such as PADS, WINGS, and Journeys to Hope. Donations have even gone as far away as a girls' school in Africa that one of the CCB parishioners is involved with.

For more information about the Community Church of Barrington, or if you would like to make a contribution to their charities, please contact the Rev. Zina Jacque, pastor, at 1-847-381-1294, or visit www.ccbarrington.org. CCB is located at 407 S. Grove Ave. in downtown Barrington.

Alumnae to Meet

Alpha Gamma Delta Alumnae will meet Wednesday, Jan. 14, 7:30 p.m., at a local member's home for a workshop to prepare mailings announcing the 37th Kirk

School Spring Showcase of Arts & Crafts, which will be held March 7 and 8th.

Please call 1-847-963-6871 for more information.

BACOA and CJE-Senior Life to Offer the Northwest Culture Bus

The winter session of the Northwest Culture Bus, sponsored by the Barrington Area Council on Aging (BACOA) and CJE-Senior Life, will run from Jan. 14 through March 25.

The innovative program will provide a series of cultural outings designed specifically for people experiencing early memory loss, and is an extension of an existing program sponsored by CJE-Senior Life and Northwestern University Feinberg School of Medicine's Cognitive Neurology and Alzheimer's Disease Clinic in Chicago.

The winter session includes six outings on alternating Wednesdays from 10 a.m. to 3 p.m. The program fee is \$450 for the

full season and includes professional staff trained to work with adults with memory loss, bus transportation for all outings, admission fees and restaurant lunches. Hands-on activities and trip destinations offer participants a great variety of culturally enriching activities and experiences while providing their caregivers with needed respite.

Staff and volunteers provide supervision to participants, and volunteers are needed to accompany these trips. For more information, to find out about eligibility, or to schedule a pre-screening interview, call Bonnie at 1-847-852-3890 or 1-847-382-7959, or Judy at 1-847-492-1400.

League of Women Voters

The League of Women Voters of the Barrington Area is sponsoring a showing of the film *King Corn* on Jan. 20, 9:30 a.m., at the Barrington Area Library. The film depicts the path followed by an acre of

corn as it moves from field to industrial use and to our tables. The community is invited to join as we discuss the role of agricultural policy in our economy today. The is no cost for attending.



D & J Bistro

Bistro, Chocolate Profiteroles...\$30.50

Add a glass of wine, tax and gratuity, and you are still well under \$50.

Granted one can spend more, or less for that matter, but these are but two ex-

amples that I hope will convince you that even when times are hard, there are ways to celebrate in style.

Hoping to see you soon,
—Dominique

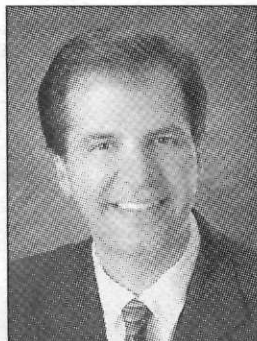
Materials Matter

Did you ever wonder why one dentist is more expensive than another or why your dentist's fees are more than the "usual and customary" pronounced by your employer's insurance company? A major factor is the amount of time allowed for careful execution of dental procedures. A second factor is the amount of time allowed for consultation and patient education. A third large cost in progressive offices is the cost of continuing education. A reason less obvious to the patient is the quality and cost of the materials the dentist uses.

Selecting materials from the myriad of products advertised and promoted by dental suppliers is a difficult endeavor. Since none of us are chemists, physicists or engineers, we asked for help from the faculty of Tufts and Loma Linda University dental schools' materials departments. They helped us select the most accurate and most durable materials available. These are usually very expensive.

For example, there is a 450-percent difference in the cost of impression materials used to make crowns. The top-priced material has one of the top-quality ratings

by James T. Gavrilos, DDS



by the American Dental Association. The least expensive material is not nearly as accurate, but is often used in price-driven, insurance-oriented practices, PPOs and HMOs. The same is true of the porcelain used to make white fillings where a 420-percent difference exists. The difference in the quality of materials makes a big difference in the accuracy of the fit of a dental restoration and also in the longevity of that restoration.

Materials matter, and the best are usually very expensive. To ensure the use of quality materials, call **Dr. Jim Gavrilos** in Barrington at **1-847-381-4040**.

WINGS Attracts Strong Support for its Fifth Annual Fundraiser

Benefits Families Who are Victims of Domestic Violence



Photo by Waldemar Reichert

Pictured (from left) are event co-chairs Rita Canning, Sandy Wang McGowan and Angie Holleb.



Photo by Waldemar Reichert

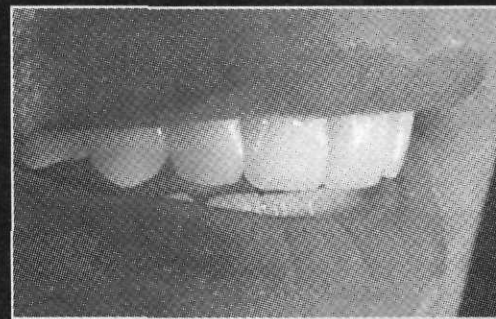
Shown are Susan and Joe Ahern of Barrington Hills with their children Katie and Ally, who were among the 200 children that constructed their own gingerbread houses.

WINGS (Women in Need Growing Stronger) raised close to \$350,000 at its Sweet Home Chicago benefit at the Four Seasons Hotel on Nov. 30. The fifth annual event continues to support domestic violence

shelters, programs and services for women and children in the Chicago area that are owned and operated by WINGS.

For more information, call 1-847-963-8910 or visit wingsprogram.com.

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Michael Joseph Foundation Appreciation Dinner



Pictured are (from left, standing) Anthony Ciganek, Michael J. Miller, Walt Casten, (seated) Marian and Jasper Sanfilippo, and Ida and Leo Cardelli.

On Nov. 16, the Michael Joseph Foundation held an Appreciation Dinner at Francesca's Restaurant to honor Marian and Jasper Sanfilippo and Michael J. Miller.

The Sanfilippo family has graciously donated the facilities at their Barrington Hills Estate for the Michael Joseph Foundation benefit for "Families in Crisis" for the past 15 years. Michael J. Miller of M.J. Miller & Co. International has generously donated some of his fine jewelry for the benefit over many years.

The Michael Joseph Foundation just held another successful dinner and auction at the Sanfilippo estate on Oct. 11.

This Barrington-based, 100-percent-volunteer group, working with well-known charities, such as Catholic Charities, CEDA, Home of the Sparrow and Wings, provides fully furnished transitional housing, counseling and job training for families that might otherwise be homeless. Over the past 15 years, they have helped over 500 families become self-sufficient.

Watch for more information on our next benefit—a fashion show at Saks Fifth Avenue in Highland Park on May 8.

For more information, call Ida Cardelli at 1-847-639-2334 or visit their Web site at www.michaeljosephfoundation.8M.com.

Now Open—Yin Yang Pilates in Lake Barrington

Yin Yang Pilates, an eco-friendly green studio, is now open and is located in Market Place Commons, Lake Barrington. Owned by Barrington resident and mother of four, Laura Cappelletti, **Yin Yang** is the first studio of its kind in the Northwest Suburbs.

Cappelletti had over 20 years experience in the fitness industry before she embarked on her Pilates training. She trained and received certification with STOTT Pilates, a process that involved over 600 hours of training and instruction.

"Pilates is by far the most effective exercise I have ever experienced," states Cappelletti. "The training focuses on strengthening your core and utilizing the five principles of postural alignment." Training is either done on the various Pilates machines or on floor mats. Clients have the option of taking individual, semi-private or group lessons. Asked who is currently taking semiprivate lessons together, Cappelletti replies, "friends, couples, and mother and daughters."

"This is truly a program everyone can participate in and everyone can benefit from," says Cappelletti. Her clients are diverse; they "are both male and female and range in age from 12 years old to one client in her mid-80s." She is currently working with both individuals looking to get back into shape, and those who would like to enhance their athletic performance. These would include ballet dancers, marathon runners, golf and tennis players, and...

Cappelletti also stresses the important

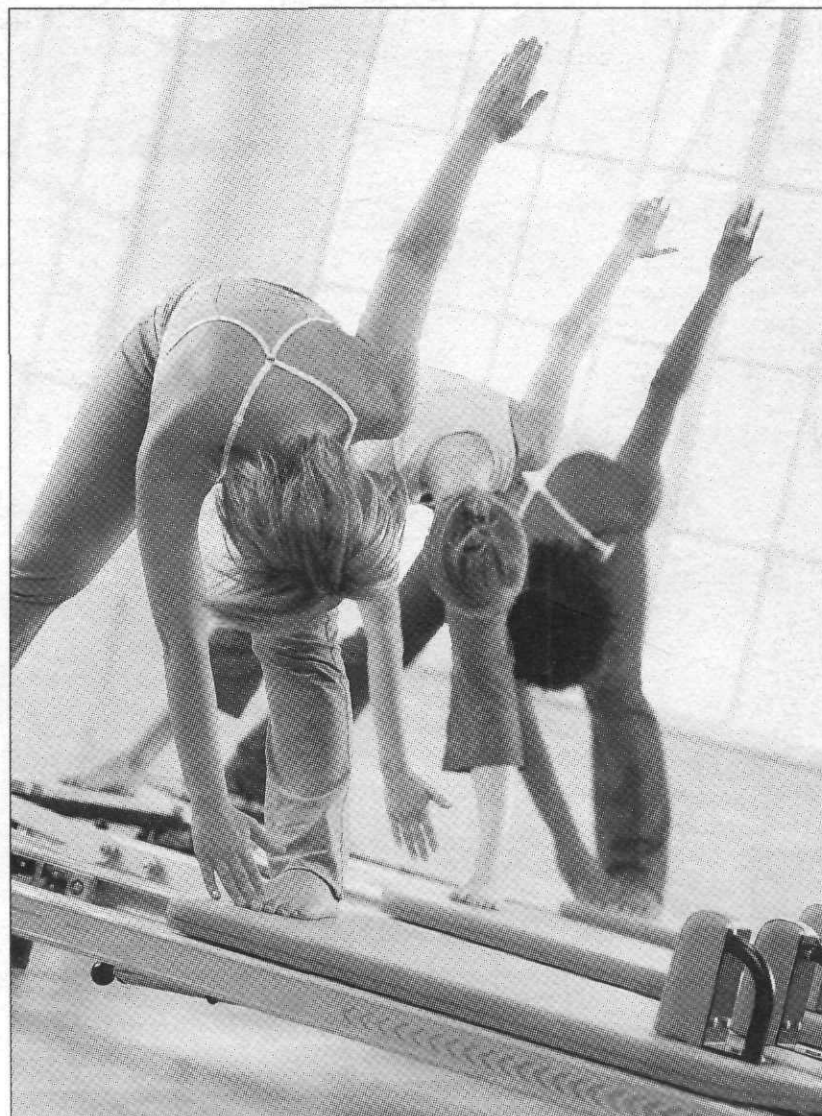
role Pilates can play in post-surgery or injury rehab, "This technique has gained significant respect in the medical community as an effective post-rehab conditioning module." Using Pilates as therapy, she has seen noticeable improvement with her clients, whether it be recovering from knee surgery or managing a lifelong chronic condition.

In addition to Private Pilates and Private Yoga training, **Yin Yang** offers a full range of cardio, pilates mat, yoga and pre- and postnatal group classes. They are held mornings, evenings and on weekends to accommodate everyone's schedule. If you don't see a class or time which suits your schedule, get a group of four or more together and **Yin Yang** will design a class specifically around your needs.

A new addition to the studio's programs is **YogaKids** taught by Nichole Churchill M.Ed, CYKT, of Radiant Heart Yoga. Yoga-Kids is a three-time winner of the Parent's Choice Award and has classes for children ages 2½ to 16. Her classes seamlessly blend her love of yoga with her dedication and commitment to children's education.

Yin Yang welcomes you to try one of our classes. They offer a complimentary Introduction to Pilates private session and walk-ins are always welcome for any group fitness class. Please phone today to schedule an appointment, **1-847-381-4400**, stop by, or visit the Web sites below for more information.

www.yinyangpilates.com
www.radiantheartyyoga.com
www.STOTTPilates.com



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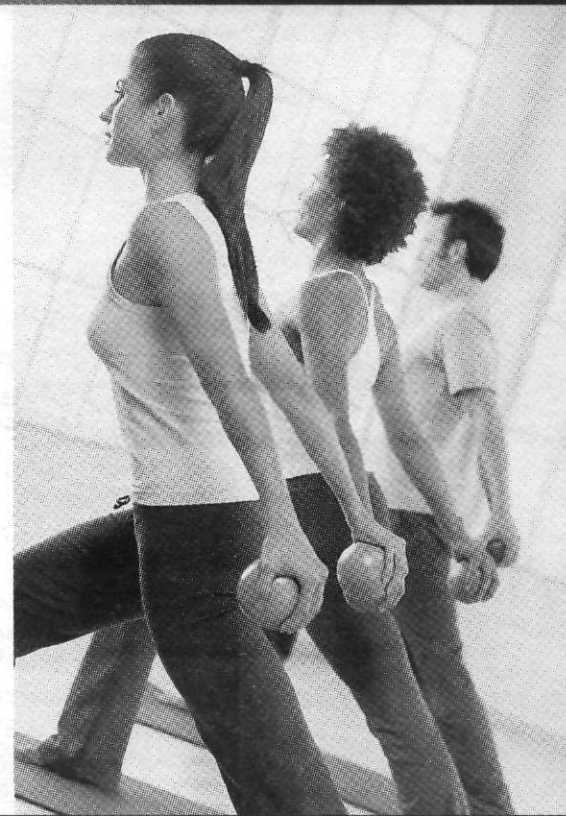
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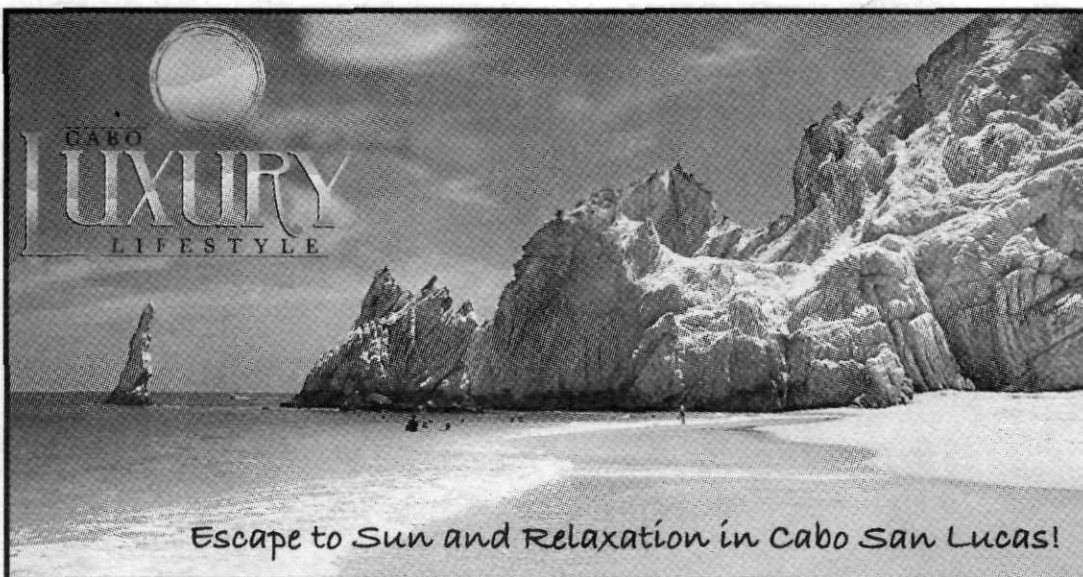
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Early Childhood, Elementary & Middle School
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The Garden Club of Inverness Celebrates a Successful Holiday Event

The Garden Club of Inverness Holiday Luncheon Committee smiles as they relax and enjoy the beautiful day. This year, the Holiday Luncheon was held on Thursday, Dec. 4 at Medinah Country Club. It was such a popular event that tickets were sold out several weeks in advance. The theme, Ever Green, emphasized the club's focus on being kind to our planet.

Medinah Country Club was aglow with holiday trees and candle lights. Huge baskets donated by members were stuffed with toys and crystal and gourmet food items. Proceeds from the day's ticket sales help fund the club's scholarship program



Pictured (from left) are Mary Jo Bregenzer, Shirley Putman, Sally Hard and Diane Garcea.

and other community involvement initiatives.

Holy Family Academy Brings Catholic Education into the 21st Century

Laptop computers, wireless Internet access, middle school math, science and technology classes taught at a local community college, and a curriculum that places an emphasis on innovative thinking—spend a day at **Holy Family Catholic Academy** in Inverness and you'll quickly learn that this is not the Catholic-school experience you remember from your childhood.

"There is obviously a strong sense of Catholic identity, academic excellence, and school vitality at Holy Family Academy," explains Dr. Gretchen Ludwig, the school's principal. "Yet Holy Family's approach to education is a shift from more traditional approaches. Our school is focused on implementing its motto '**every child a leader, every child a thinker, every child grounded in faith**.' To this end, the Academy embraces current "best practice" approaches to education that rely on **teaching critical thinking and developing problem-solving, decision-making and research skills.**

Holy Family believes what every parent already knows: **no two children are alike and no two children learn in the same way.** The Academy's attractive 10-to-1 average student-teacher ratio allows the faculty more one-on-one time to understand each student's learning style and motivation. All classes have multiple reading and math groups to challenge all students. **The goal is that each child is challenged and each child is successful.**

Holy Family's philosophy is apparent in their **Full-Day Kindergarten** program. Their environment offers a perfect balance between nurture and structure and

students are welcomed from a variety of preschool and day care experiences. With twice as much classroom time as half-day programs, students are well prepared for first grade, no matter where that experience takes place.

Holy Family's inquiry method of teaching has gained recent recognition. In collaboration with **The United Nations Foundation—Nothing But Nets Campaign, Holy Family's Malaria Awareness Curriculum** is being shared with thousands of teachers and students throughout the state of Illinois and the entire country. This curriculum integrates science and social studies and includes a social justice component which raises both awareness and funds to help eradicate malaria.

Educational innovation continues through the elementary grades into **Holy Family's Middle School.** Equipped with their laptop computers, Holy Family's middle school students meet three afternoons a week in nearby Harper Colleges' modern, fully equipped classrooms and labs. "The Academy's middle school focus on math, science and technology is preparing students for the rigors of high school, while their leadership and faith-based environment prepare them to be citizens of the world," states Dr. Ludwig.

Readers are invited to learn more about **Holy Family Catholic Academy** by attending upcoming **Open House Events** on **Thursday, Jan. 15** at 7 p.m., **Thursday, Jan. 22**, 9 a.m. to 3 p.m., **Sunday, Jan. 25**, 10 a.m. to 2 p.m., or by contacting Dr. Gretchen Ludwig at **1-847-907-3452**. For more information, visit www.holyfamilycatholicacademy.net.

In the main ball room, the dining tables were elegantly set waiting for the luncheon guests. The centerpieces designed by Garden Club members featured large glass ball ornaments set in pine boughs which were cut from members' gardens. As the featured designer, J. Colin Collette created stunning floral displays as he shared tips and anecdotes from his experiences as in-house designer at the Sofitel Chicago Water Tower hotel. Many lucky guests took home his donated masterpieces.

It was an outstanding day and an excellent way to get into the holiday spirit. The next meeting will be on Jan. 22.

The Garden Club of Inverness meets from September through November and January through May on the third Thursday of the month, 9:30 a.m., at All Saints Lutheran Church, 630 S. Quentin Road, Palatine. After a brief business meeting, there is always a program of interest to area gardeners. All gardeners are welcome. For more information, e-mail Carole at cjbass@comcast.net.

How to Choose a Dance School for Your Child

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

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

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

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

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

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

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

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

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

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

PHD's Donors and Volunteers Give Deserving Families a Reason to Celebrate the Holidays

On Saturday, Dec. 6, The Society for the Preservation of Human Dignity (PHD), located in Palatine, hosted its seventh annual holiday party in honor of PHD's clients and their families. St. Thomas of Villanova Church (Palatine) hosted over 800 PHD clients and their children.

Highlighting the party was a visit from Santa who arrived with his elves bearing gifts for every boy and girl. Guests were also treated to delicious home-baked treats and entertainment provided by Mumm the Clown, Rolling Meadows Madrigal Singers, The Notables and the children of Janeen Feldman's Home School.

Catherine Vincus, PHD's executive director, said, "The arrival of the holidays reminds us of our own good fortune and provides us with an opportunity to share with families in our own community who face struggles. Each day, women and their families arrive on our doorstep in desperate need of help and healing. All year long, our clients commit themselves to PHD's counseling, education and outreach opportunities in order to make positive changes and improve the lives of their children. PHD's holiday party is our way of bringing joy into their lives and rewarding their efforts."



Mumm the clown was on hand to entertain at the party.



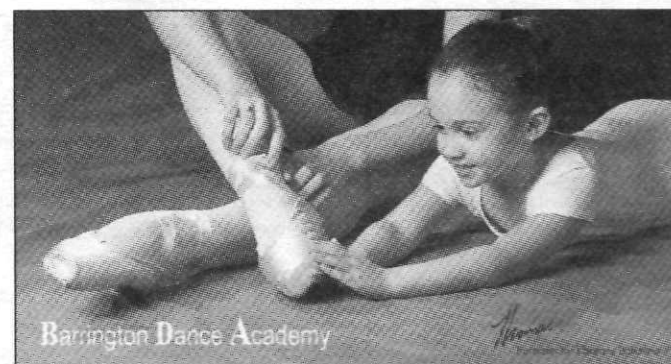
Santa listens to even the youngest PHD clients.

Many thanks to volunteers and donors for their time, treasure and talent, including: St. Thomas of Villanova (Palatine), Holy Family Catholic Community (Inverness), Holy Family Scouts, St. Peter and Paul Church (Cary), Prince of Peace Lutheran Church (Palatine), St. Hubert (Hoffman Estates) Rolling Meadows High School Madrigals, The Notables, Janeen Feldman's Home School students, Buffalo Grove High School students, Kohl's Department Store, Arlington Heights Junior Women's Club, American Society of Safety Engineers, Pal Net, Palatine Chamber of Commerce, and Palatine Bank and Trust.

For over 35 years, PHD has provided professional counseling, education and support services to women who are pregnant or parenting a child under the age of 3 and their families. For over 10 years, PHD has provided educational outreach within high schools to help teens make healthy choices about their future. With the continued support of volunteers and donors, PHD's work will continue to change the face of the community. Contact Catherine Vincus at 1-847-359-4919 ext. 11 or visit the Web site at www.sphd.org to make an online tax-deductible donation.

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Third Annual Festival of Sacred Music



A spectacular celebration of sacred music by a conglomeration of Barrington churches is coming to Barrington United Methodist Church, 98 Algonquin Road (at Route 59), Sunday, Jan. 25 at 7 p.m. (doors open at 6:30 p.m.). Now in its third year, the festival features a variety of sacred music styles from the participating churches as well as massed choir pieces directed by festival founder Dr. James Skomer of Salem United Methodist Church.

This year's massed anthems include: *Laudate Dominum*, with soloist Colleen Bolthouse; *Precious Lord, Take My Hand*;

All My Trials, Lord; and *Elijah Rock*.

Participating churches and directors include: Lutheran Church of the Atonement, Helen Ailabouni; Barrington United Methodist Church, Karen Maxwell; Presbyterian Church of Barrington, Kirsten Hede-gaard; St. Anne Catholic Community, Rory Cooney; St. Mark Episcopal Church, Bruce Hall; St. Matthew Lutheran Church, Kathy Gathman; St. Michael Episcopal Church, Nancie Tobison; Salem United Methodist Church, Dave Hartley; and Village Church of Barrington, Tim Brubaker.

For information, call 1-847-359-6663.

Children's Advocacy Center Seeks Volunteers

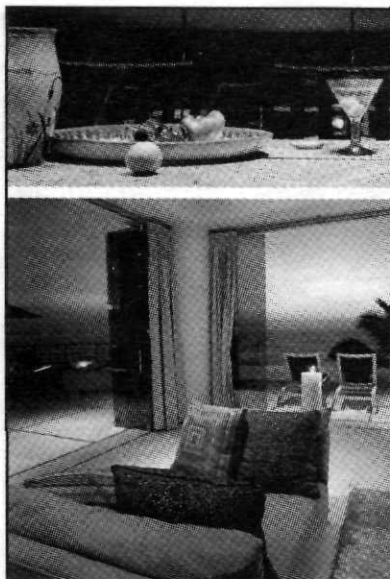
The Children's Advocacy Center (CAC) of North and Northwest Cook County serves over 350 children each year that disclose sexual abuse. The actual incidence of child sexual abuse is suspected to be three times higher.

CAC is forming a capital campaign to raise \$500,000 to renovate the 100-year-old farm house in Hoffman Estates in which

it provides services and is looking for volunteers to serve on a steering committee to raise these funds. Volunteers should have experience in raising funds.

The capital campaign will kick off at the Annual Dinner Dance on Feb. 28 at the Stonegate in Hoffman Estates.

For more information, call Susan Reed-quist at 1-847-885-0100.



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Lose the Weight... and Keep It Off!

New Weight Loss Program Shows Dramatic Results

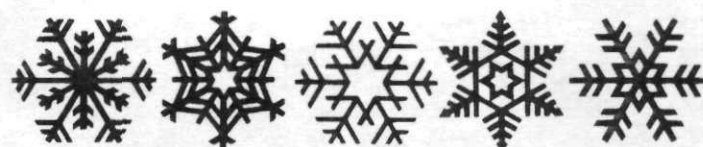
Dr. Barry Berger, a Board Certified Internist practicing in Lake Zurich for the past 15 years, introduces a new weight loss program. This program is based on the 40/30/30 nutrition plan which consists of 40% carbohydrates, 30% protein and 30% fat. By increasing protein while decreasing fat and carbohydrates, weight loss success increases. University studies using this diet method along with the latest advances in prescription medication have shown safe and effective weight loss results.



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

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

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



February Deadlines!

NEWS-SUBMISSION Deadline: FRIDAY, JAN. 9

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BACOA Senior Activity and Lunch Programs for January

The Barrington Area Council on Aging's (BACOA) Monday Senior Lunch and Activity Program is held at the Barrington Park District, 235 Lions Drive, Barrington. Doors open at 10:30 a.m.; games begin at 11 a.m.; lunch is served at noon.

The suggested donation for the Monday lunch program is \$3.50. However, if underwriting is unavailable for special programs, there may be an increase in the suggested donation. Preregistration is required; please call BACOA at 1-847-381-5030.

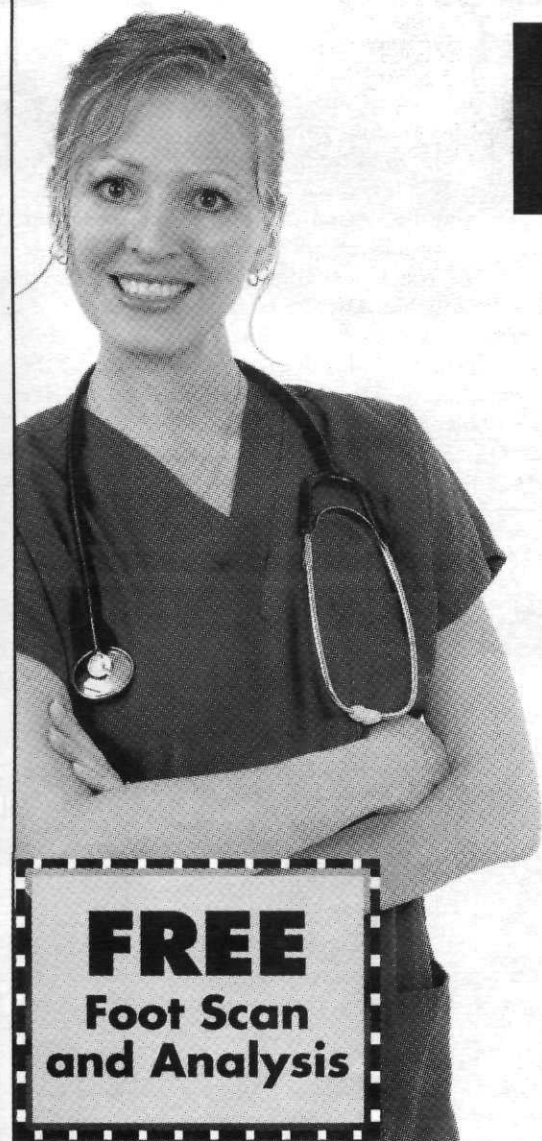
• Monday, Jan. 5—Games and lunch.

January is Glaucoma Month. Program to be announced.

• Monday, Jan. 12—Games and lunch. Maureen Warren, community liaison from Eastgate Manor of Algonquin, will present a program on the Eastgate community.

• Monday, Jan. 19—The lunch program will be closed for Martin Luther King Jr. Day.

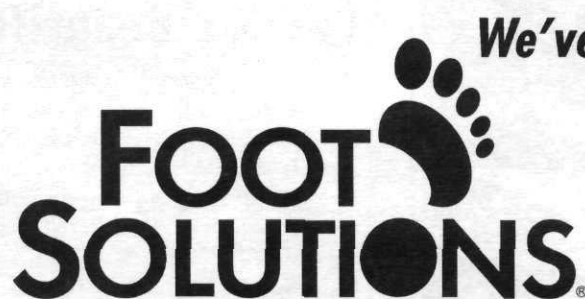
• Monday, Jan. 26—Games and lunch. Liane Bania from the Ahlgrim Funeral Home of Schaumburg will present a program on the funeral home's services. Blood pressures will be taken and January birthdays will be celebrated.



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Garden Club of Inverness to Learn How to Make Their Gardens "Photo Ready"

Want your garden to look like those in magazines? Shirley Remes, a *Better Homes and Gardens* field editor, secretary of the Garden Writers of America, and a former writer of *Seasons*, the Morton Arboretum newsletter, will be speaking on just that subject at the Jan. 22 meeting of the Garden Club of Inverness. She will share the tips that the pros use to make a garden "photograph ready." Recommendations will include furnishings, plantings and decorations that can be used both for spe-

cial occasions and to keep your garden looking its best all season long.

The Garden Club of Inverness meets from September through November and January through May on the third Thursday of the month, 9:30 a.m., at All Saints Lutheran Church, 630 S. Quentin Road, Palatine. After a brief business meeting, there is always a program of interest to area gardeners. All gardeners are welcome. For more information, e-mail Carole at cjbass@comcast.net.

Citizens for Conservation 2009 Community Education Programs

Citizens for Conservation's (CFC) Community Education Committee is pleased to announce the programs it will be presenting during the winter of 2009. They have been able to procure wonderful speakers for all four programs and encourage the public to attend. All programs will be in the large main floor meeting room at the Barrington Area Library. Programs will run from 9:30 to 10:30 a.m. Join them for coffee at 9 a.m. and stay for questions afterwards. Please call CFC at 1-847-382-7283 to RSVP.

• Jan. 24—Judy Pollock of Audubon Chicago Region will talk about local birds, their stresses, and how people can help them. Marian Thill will discuss gardening for birds with special emphasis on native

plants.

• Feb. 14—Steve Pincuspy of Safer Pest Control Project discusses natural lawn care and how to maintain a lawn while doing less harm than traditional fertilizers and pesticides cause.

• March 21—Cindy Duda of the U.S. Fish and Wildlife Service in Barrington will discuss many of our native pollinators with some mention of honey bee hive collapse. Learn how residents can help pollinators.

• April 11—Chris Anchor, chief biologist of the Cook County Forest Preserve District and the presenter of our very well-attended coyote program in 2008, will provide a program about deer. This is sure to be another crowd pleaser.



Art Associates to Tour Spertus Institute

Walking along Michigan Avenue a few blocks south of the Art Institute one can't help but marvel at a tall, slender building, its exterior wall 10 stories of glass radiating intense light from its multifaceted angles. This architectural wonder is the Spertus Institute of Jewish Studies, a new facility which replaced an older building located on the same site. Designed by Krueck and Saxton, the principal architects of the award-winning Chicago firm, the building's grand opening in November 2007 was an important event for Chicago's prominent architectural history. Members of the Barrington/Northwest Community Associates (B/NWCA) will have the opportunity to tour the Spertus Institute during an 8 a.m. to 4 p.m. excursion to downtown Chicago on Wednesday, Feb. 18.

Learning about the building's amazing facade which contains 726 windows in 556 shapes is only one outstanding fact of this environmentally sustainable structure. The design of the exterior and interior spaces was carefully planned to reflect the Spertus Institute's mission which endeavors to make lifelong experiences accessible to the public. More information about the Spertus will undoubtedly delight tour members as a result of partnering with About Tours for this outstanding excursion.

In addition to the Spertus, members will also visit the Maxwell Street neighborhood, a symbol of Chicago's past vitality



and Jewish immigrant culture. An ethnic lunch at Manny's Deli will be followed by the final segment of the tour—visiting a beautiful synagogue to learn about the Jewish religion and High Holy Days. About Tours is providing a unique opportunity to B/NWCA members and those who attend will undoubtedly share a rich cultural and educational experience.

The cost is \$65, includes transportation, tours and lunch. This event is for members only and reservations are required. The reservation period opens Jan. 15 and closes Feb. 4. For further information, contact Jo Brynildsen, day chair, at 1-847-359-5286.

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New Year's Resolutions?

What have you resolved to change this year? Maybe it is something about yourself: losing weight, finding a fulfilling job, depression, anxiety, managing your anger better, stopping an addiction (alcohol, drugs, shopping, people), or maybe just a promise to yourself to be happy, look on the bright side of things, and only hang out with people who make you happy!

Maybe your New Year's resolution is about relationships: leaving one that no longer serves you, finding one that does, or finding new ways to be happy in the one you currently have. Do you want to change something about the way you and your children interact—youngsters, teens, college age, or adult?

Or maybe your resolution has a spiritual flavor: learning how to meditate for relaxation and healing, forgiving someone, finding your life purpose, or discovering what being spiritual means to you.

Whatever your New Year's resolutions may be, let us make it easier for you to accomplish them. There are many ways to approach a change you want to make in your life. **Dr. Barbara Grace** takes a directive/teaching approach to help clients clarify goals, discover and evaluate the possible choices, and determine a suitable course of action.

For questions and information, call 1-847-382-3232.

Interior Designer Creates Beautiful Rooms

How can an interior designer make a difference at your house? As a licensed interior designer, Lynne Wickham of **Wickham Interiors** has experience, resources, knowledge, style and vision. With over 26 years of experience, she has problem-solved multitudes of rooms, numerous houses, and many businesses. She can make your room more functional with better room arrangements (even with your existing furniture), and more beautiful with coordinated fabrics and properly proportioned furniture.

Wickham Interior designers work as a team creating solutions that fit the specific needs of each client. Due to their knowledgeable background and established reputation, the design firm has a vast array of resources, many which are shown only to the trade. To receive an interior design license, the state of Illinois requires an interior design college degree and work experience (together equaling six years) and to pass an interior design qualifying exam. A licensed interior designer can discern furniture styles, formal-

ity, and proper proportion as well as basic interior wall structure. Essential construction knowledge produces better results for you whether your building a new home or an addition.

With years of experience, **Wickham Interiors** can design window treatments that are beautiful and frame your view or provide privacy. They have tips that can make your window treatment look fuller and even make your room appear larger.

Whether you need to update your furniture, choose paint or wallcoverings, provide window treatments, discern flooring options, or complete your room with accessories such as lamps and pictures, **Wickham Interiors** can create the room of your dreams.

Wickham Interiors in-store sale begins Saturday, Jan. 3 at 9 a.m.!

For further inspiration, visit **Wickham Interiors** at 67 N. Williams St. in Historic Downtown Crystal Lake, call 1-815-455-6202, or visit www.wickhaminteriors.com.

Catholic Charities' 2009 LOSS Meeting Dates

Catholic Charities of the Archdiocese of Chicago invites those who have experienced the loss of a loved one to suicide to participate in its Loving Outreach to Survivors of Suicide Program (LOSS).

Meeting Dates and Locations

• Sunday, Jan. 11, 7 to 9 p.m. at Catholic Charities Northwest Office, 1717 Rand Road, Des Plaines.

• Wednesday, Jan. 21, 7 to 9 p.m. at

Holy Family Church Counseling Center, 2515 Palatine Road, Inverness.

• Thursday, Jan. 22, 7 to 9 p.m. at Carmel High School, One Carmel Parkway, Mundelein.

To learn more about Des Plaines-based Catholic Charities' Northwest Suburban Services and how they may help you or someone who needs help, please phone 1-847-376-2118.

nance air indoors, your leather furniture suffers the same dryness. Cleaning and conditioning will prolong the life of your leather furniture investment. Left untreated, leather eventually will crack and color can even begin to peel. **Color-Glo Quality Leather Restoration** is a mobile service that can give your leather furniture the professional cleaning and protecting conditioning treatment that will protect and preserve the color and supple feel of the furniture. Take advantage of the current special for **10% off all services during the month of January.**

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

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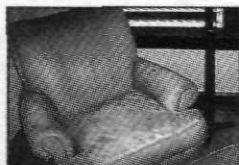
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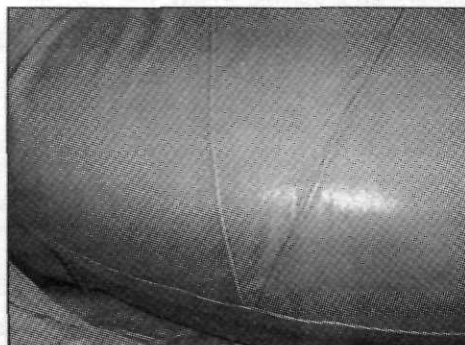
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Before



After

Winter is the perfect time to turn your attention to maintenance of your home in-

terior. Just as your skin feels the drying effect of cold winter winds and dry fur-

Finding an Eye Care Professional

You may have recently failed a vision screening or are experiencing changes in your vision. Even if you are not experiencing vision problems, it is important to get regular eye exams. Selecting the right doctor for you is important. Referrals are often helpful in choosing an eye care professional.

Doctors of optometry (O.D.) are primary health care providers who specialize in the examination, diagnosis, treatment and management of diseases and disorders of the visual system, as well as the diagnosis of related systemic conditions. The O.D. has completed pre-professional education at a college or university and four years at a college of optometry. Optometrists also prescribe optical aids, such as glasses and contact lenses, and counsel patients regarding their visual needs related to their occupation and lifestyle.

Eye Appointment Checklist

Before you go in for your appointment be sure to:

- Be prepared to describe any vision problems or symptoms you are having

(flashes of light, difficulty seeing at night, temporary double vision, loss of vision, etc.)

- List out all prescription and over-the-counter drugs you're taking.

- Be prepared to list any family history of eye problems (glaucoma, cataracts, etc.) and/or eye injuries or eye surgery you have had (dates and where treated).

- Bring along your current glasses, contact lenses or both.

- Bring your vision insurance information (primary insured ID number and birth date).

- List out any questions you may have for the doctor regarding changes and when you should return for follow-up care or your next exam.

Here at **The Eye Works**, Dr. Gebert and Dr. Prate have been providing quality eye care for almost 30 years. We also have two convenient locations in Barrington and Lake Zurich. Please don't hesitate to call our office with any questions or concerns. We want to make sure your eyes stay happy and healthy.

Lake County Camera Club

The Lake County Camera Club is having their monthly meeting on Thursday, Jan. 8, 7 p.m., at The Lake County Center for Independent Living, 377 N. Seymour Ave., Mundelein. This meeting will feature a competition of member photographs with the winner's photos proceeding to the Chicago Area Camera Club Association

competition.

The club invites you, whether digital, film or slide, hobbyist or professional photographer, to their meeting to observe, to have fun, and to be part of the club!

For more information, please visit their Web site at www.lakecountycameraclub.org or call 1-847-362-5945.

Restore, Renew or Refresh Your Smile

FREE Consultation and Exam for New Patients!

Dr. Dan Follmer and Northwest Dental Health & Aesthetics welcomes you to their all-new office at **224B Brown St. in Wauconda**. The dentist and staff you've come to trust now offers the newest technology and equipment for a more welcoming, expansive and innovative experience than ever before.

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- "Gummy" smiles can be recontoured.
- Stained, discolored teeth can be whitened.
- Chipped, broken, teeth can be repaired.
- Missing teeth can be replaced.

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

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

Call **Northwest Dental Health & Aesthetics** today at **1-847-526-2831**!



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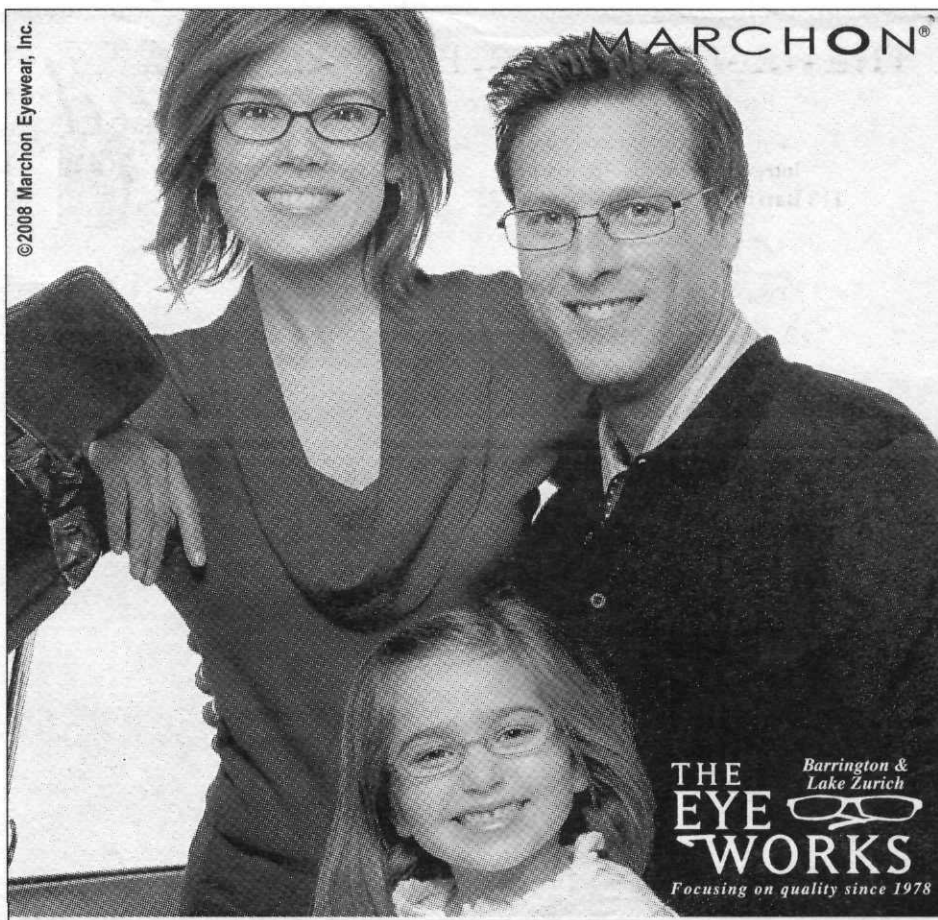
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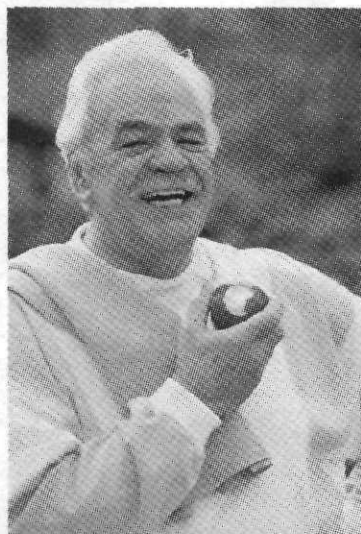
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Hough Street School Has the Winning Combination



Hough Street School, Barrington, is winning both hearts and minds by their excellent performance in recent chess tournaments as well as learning how to share with children less fortunate than them.

The chess club has donated money to support a chess club for children born in the Govindpura slums in Delhi, India. Their teacher, Maggie Gruber, will be visiting the projects established through Hough Street School and will provide consultation for their educational programs.

A nonprofit called Project Why runs

these programs. District 220 alum Nina Sethi is currently volunteering as a teacher for Project Why. Sethi was mindful of the high quality of education she received in Barrington. Sethi has requested that Gruber provide a consultation, in order to help raise the standards for these children.

The cash donation through Hough Street School will provide chess supplies and educational material. However the donation of time and effort will make a lasting difference in the lives of so many children who have so little.

BACOA to Offer Legal Consultations

Starting Jan. 9, the Barrington Area Council on Aging will offer free legal consultations once a month. Attorneys from Spagnolo & Hoeksema LLC in Hoffman Estates will meet clients for half-hour ap-

pointments on the second Friday of the month, from 8:30 to 11:30 a.m., in BACOA's office at 6000 Garlands Lane, Barrington.

For more information or to make an appointment, call BACOA at 1-847-381-5030.

Garden Club Anticipates Spring

When January winds blow and snow swirls, garden-clubbers are ready to dream about spring and new plants for their gardens. Field & Flower Garden Club will see examples of perennials to use for a garden full of color and texture at their Wednesday, Jan. 7, 7 p.m. meeting to be held in a member's home.

Park Ridge resident Greg Bartoshuk will present "Perfect Perennials for Perpetual Color for Real Lazy Gardeners." Included will be tips and tidbits to make a garden provide interest through all seasons. Bartoshuk hybridizes hemerocallis, is a daylily garden judge, and past president of the Northshore Iris and Daylily Society. He has appeared on radio and TV and has presented programs for garden clubs and community groups in the Chicago area.

Field & Flower Garden Club has been

a part of the greater Barrington Area for over 50 years. Its membership includes novice gardeners as well as those very knowledgeable in growing, landscaping and design. Meetings are typically held on the first Wednesday of each month in private homes or at the Barrington Area Library and include a program, a short business meeting, refreshments and time to ask gardening questions. Guests are most welcome.

Field & Flower is a member of the Council of Barrington Garden Clubs, Garden Clubs of Illinois Inc. and National Garden Clubs Inc.

For information, call 1-847-277-7901.

Save the Date

On Wednesday, March 4, Carol Ulrich, editor of *Chicagoland Gardening*, will speak at the Barrington Area Library. The topic is "Great Gardens of Chicago."

St. Anne's Sharing Tree Program

St. Anne's Parish Sharing Board sponsored its annual Sharing Tree Program from Nov. 29 through Dec. 14. Many generous parishioners chose brightly colored ornaments from the Sharing Trees on display in the gathering space of St. Anne's Church, each with a gift suggestion.

This year's Sharing Tree recipients included the St. Columbanus Food Pantry and the St. Martin de Porres Shelter for women and children—both in Chicago, as well as the St. Frances of Rome Parish in Cicero and Project Hope. The St. Columbanus Food Pantry, which serves more

than 450 at-risk families weekly, recently received an award from the Greater Chicago Food Depository and was featured on CBS in Chicago during the pre-Thanksgiving distribution of food. In addition to gifts for the shelter and food pantry, 20 families in need benefited specifically.

While the need was great this year, the response of all those who participated was overwhelming. St. Anne's Parish and the Sharing Board would like to extend their heartfelt thanks to all those who donated so generously to brighten the Christmas of those less fortunate.

From a Woman's Point of View

by Amy Wickstrom, Wickstrom Ford Lincoln Mercury

Most people don't think much about snow until they have to drive in or move it. Personally, I love to watch the Village "dig out" the morning after a big snow. There is a certain camaraderie in being out on you sidewalk or driveway with your neighbors, especially if you happen to share a driveway, like Richard and I do with our neighbors, Mark and Sally. They are great people, and we really feel like we won the neighbor lottery (and the fact that Mark just got a snow blower doesn't hurt either).

Richard moved into our house 12 years ago, when Mark and Sally's three children, Erin, Emily and Michael, were about 7, 4 and 2. It has been such an education for me to watch them grow up and observe Mark and Sally parent them, and they've done a great job. I can close my eyes and vividly recall Grace's curly little red head peeking over our back deck's rail when she was about 4 as she asked Michael all sorts of questions. He was probably in the third grade at the time and had a bunch of friends over, but he still took the time to talk to her.

A few years earlier Mark and Sally came in to our Ford dealership to lease an Expedition. Sally was teasing the kids that she wanted it in "school bus orange" (they got white). While the entire family was in Richard's office suite waiting to sign paperwork, I happened to walk by and notice a commotion. Let's just say that, at the time, I thought that a 5-year-old flushing



car keys down a toilet was a little crazy (now I wouldn't give it another thought). Like many families, over the years Mark and Sally have driven several different brands of vehicles, but they've always brought them into **Wickstrom Ford Lincoln Mercury** for service, which we appreciate.

I haven't mentioned Erin and Emily yet, and I guess that's because I didn't see as much of them. These girls just grew up so fast—Erin left for college at Iowa last fall, and Emily is super-busy at BHS with cross-country, lacrosse and a challenging course load. I've witnessed these little girls who loved fairy tales and Curious George, grow into strong, accomplished young women who love, among other things, Jeeps? **Since we added Chrysler, Jeep and Dodge** to our automotive lineup, Richard has been driving a 4-door Jeep Wrangler. As Sally and I were talking in the driveway over Thanksgiving weekend, she jokingly asked me to tell Richard to start driving a different car home from work.

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"Have a Heart" Food Drive Feb. 14

Barrington Township and Cuba Township will hold their eighth annual "Have a Heart" Food Drive on Saturday, Feb. 14 from 9 a.m. till noon. Donations of non-perishable food items would be greatly appreciated. The drop-off location is Barrington Countryside Fire Station #1, Public Safety Building, 400 N. Northwest Highway, Barrington. Enter rear of the station and drive through; helpers will unload your donation. Then stop in for coffee and cookies and take a tour.

All donations are for the benefit of Bar-

ington Township and Cuba Township residents. Checks are accepted for Barrington Township's Angel Fund or the Cuba Township Food Pantry.

The Barrington area communities have been very generous to area food pantries, but the need goes on and demand is increasing. The Barrington and Cuba townships distributed over a ton of food in December 2008, a sizeable increase over 2007.

For your convenience, voter registration will be available.

Apparently Erin was home from college and had been salivating over the Jeep—it is her dream car. Well, at least this time

we probably won't have another "keys in the toilet" incident...
Until next month,
—Amy



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—Paula and Dan Colbert, Barrington

"When choosing a designer for my home I wanted someone that could envision the look and feel I wanted my home to convey. Celeste Jackson has that unique vision to turn a plain room into something truly amazing and completely my style."

—Michele and Scott Barber, Inverness

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

—Paul Gadbut & Shannon Kennedy, Hinsdale



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Celeste Jackson
Barrington Resident

BACOA Announces Support and Education Groups for January

The Barrington Area Council on Aging (BACOA) has announced its support and education groups for August.

Caregiver Support—Local author Eleanor Cade will speak. Cade's new book, *Taking Care of Parents Who Didn't Take Care of You*, is a guide for adult children who become caregivers for elderly par-

ents who were neglectful or abusive. The book addresses the psychological and emotional issues of caring for parents of dysfunctional families, and offers helpful, realistic solutions for family members. The group will meet Wednesday, Jan. 7, from 7 to 9 p.m. at the BACOA office, 6000 Garlands Lane, Suite 100, Barrington.

Low Vision Education and Support—The group will meet for a 2009 planning meeting on Thursday, Jan. 8, from 1 to 2 p.m., at Lake Barrington Woods, 22320 Classic Court, Lake Barrington.

Alzheimer's Association Support Group—The group will meet for an open forum Thursday, Jan. 15, from 1 to 3 p.m. in the Eastlake Dining Room at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

Parkinson's Education and Support—

Paula Weiner, community outreach manager for the Parkinson's Disease Foundation, will give an update on the disease. The group will meet Saturday, Jan. 24, from 10 to 11:30 a.m. in the Eastlake Dining Room at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

For more information on any of the groups, please call BACOA at 1-847-381-5030 or visit the BACOA Web site at www.bacoa.org.

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This charming Cape Cod home is set on 8 beautiful lakefront acres with 359 feet of shoreline on Hawley Lake. Originally a fishing lodge, the hand hewn beamed vaulted ceiling, stone fireplace and wide plank oak floors have been lovingly preserved. Enjoy idyllic views of the sweeping lawn, verdant woods, sandy beach and pier.

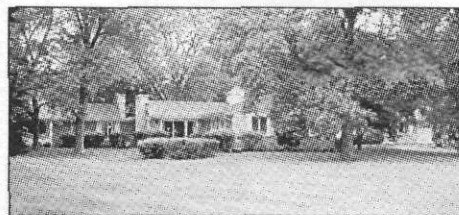
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BARRINGTON HILLS

This charming 4 BR, 2.5 BA home is set on 5½ magnificently landscaped acres in a prime location. Warm & inviting, it offers a stunning decor, new kitchen, 2 fireplaces, hardwood flooring, 4-car garage parking and idyllic views from every window. The grounds feature lovely perennial gardens, lofty pines and mature trees.

OFFERED AT \$995,000



BARRINGTON HILLS

Classic stone & cedar ranch is set on 5 verdant acres offering 4 BR & 5 BA, w/ 2 master suites. Large, eat-in kitchen with Poggenpohl cabinetry & top-of-the-line appliances. Delightful sunroom, cathedral ceiling in family room, 4 fireplaces & 3 car garage. Includes tennis court & direct access to the extensive riding trails.

OFFERED AT \$1,349,000



BARRINGTON HILLS

This beautiful equestrian property offers 5 bedrooms, 5 baths, a dramatic 2-story family room with stone fireplace, gorgeous gourmet kitchen, finished walk-out lower level with theatre and kitchen, master suite with sitting room, 4-stall barn.

OFFERED AT \$1,425,000



BARRINGTON HILLS

Set on five secluded acres on a private lane, this enchanting home features 4 BR, 3.1 BA, 4 fireplaces, cook's delight kitchen with fire-lit hearth room, dramatic great room with vaulted ceiling and romantic 1st floor master suite. The peaceful setting offers a sparkling pool, 4 stall barn with ample turnouts and outdoor sand arena.

OFFERED AT \$1,095,000



BARRINGTON HILLS

Set on five acres, this delightful, fully functional equestrian property offers an updated 2 br home, 6-stall barn with club/tack/viewing room w/ ½ bath, wash rack, large hayloft & attached 60x80 indoor arena. Also includes an outdoor sand arena & abundant turnouts & pasture areas. All this in a most prime location!

OFFERED AT \$1,199,000



BARRINGTON HILLS

This stunning 12,500+ sq ft new construction residence is set on 5 acres on quiet private lane. Exquisite architectural design and detail are evidenced throughout its comfortably elegant interior. It offers 6 BR, 7.1 luxurious baths, 8 FPs, *Architectural Digest* quality kitchen with soaring 2-story beamed ceiling and 5-car garage.

OFFERED AT \$5,000,000



BARRINGTON HILLS

Masterpiece on 14.5 acres with spectacular views of Goose Lake. This 7-BR, 8.4-BA home combines elegance with exquisite design and state-of-the-art technology. Beautiful architectural detailing, formal floor plan, home theatre, fin LL w/ wine cellar, rec room with bar, exercise room & billiard room, 8 FPs, 6-car gar & sparkling pool.

OFFERED AT \$17,000,000



KILDEER

This beautiful home is set on a magnificent 1.4 acre professionally landscaped lot in a prime neighborhood. It offers 4 BR, 2.1 BA, gourmet kit w/custom cabinetry, sunroom, great room and inviting FR. Surrounded by nature's beauty, the grounds feature a sparkling inground pool and pool house with bath and bar.

OFFERED AT \$599,000



BARRINGTON HILLS

A long curving drive leads to this gracious 5 BR, 4.2 BA country manor, secluded on 20 acres in the heart of horse country. A tranquil pond, sparkling pool, 10 stall barn, garage parking for 5 vehicles and premier Brinker Road location enhance this special offering.

OFFERED AT \$3,599,000



BARRINGTON HILLS

Incomparable Barrington Hills estate. Classic 1937 brick Colonial. 20 magnificent, rolling, wooded acres with a stocked pond and paths through the woods on a private lane. This enchanted retreat offers a breathtaking setting with newer "Lake House," sparkling pool. Dividable acreage in a most prime location.

OFFERED AT \$6,200,000



BARRINGTON HILLS

Set on a private, wooded site, this enchanting 5 BR classic is the epitome of refined country living. Abundant in character & charm, and designed for personal comfort and festive gatherings, it features exquisite architectural detail, 5 fireplaces, exceptional gourmet kitchen, a sparkling pool, 4 car garage and magnificent grounds.

OFFERED AT \$1,499,000



BARRINGTON HILLS

Entertainer's dream! Spectacular idyllic sanctuary set on over 5 wooded scenic, prof landscaped acres w/ pond, beach, gazebo, terraced patios & pool. It offers a dramatic 4 BR, 4.1 BA home & awe-inspiring 1 BR guest house w/ gourmet kitchen, great room, loft, office & fabulous screening room. Truly a one-of-a-kind offering.

OFFERED AT \$2,350,000



BARRINGTON HILLS

A grand allée of trees leads to this gracious Barrington Hills estate. Set on 9.8 rolling & wooded acres, it features 5 BR, 5.1 BA, 3 fireplaces, generous public & private areas and lovely views from every window. The magnificent grounds offer a sparkling pool, tennis court, delightful 4-stall barn, dressage arena & caretaker's cottage.

OFFERED AT \$2,500,000



BILTMORE

Classic Biltmore colonial. Well-maintained 4 BR 2.1 BA home with spacious kitchen and inviting family room with fireplace and beautiful views of the spectacular private, wooded lot with meandering stream and mature hardwoods. Enjoy all that this peaceful setting and fabulous neighborhood have to offer.

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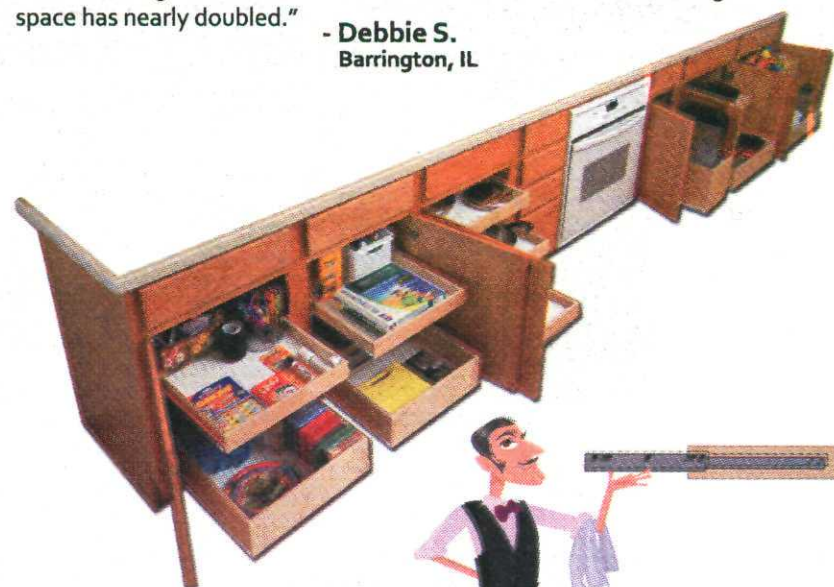
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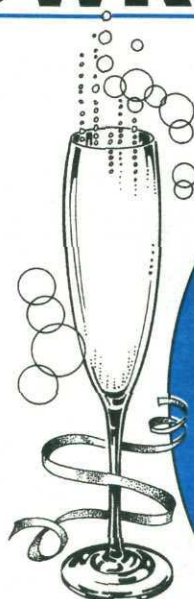
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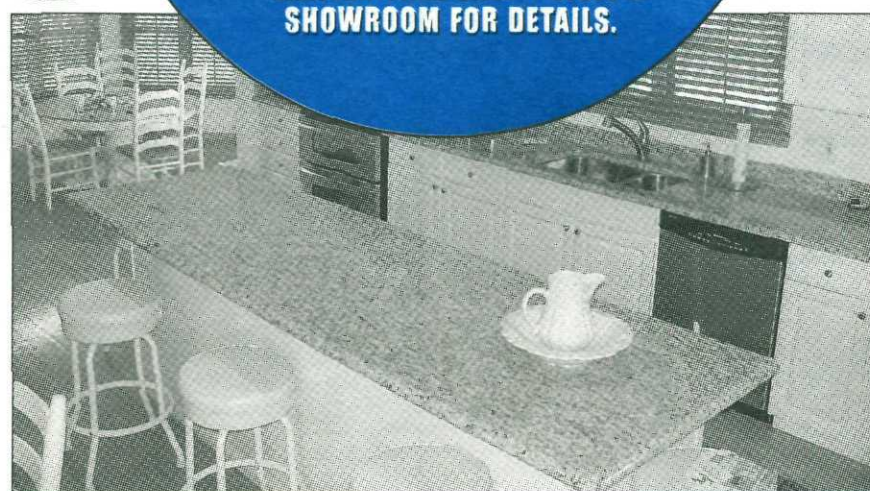
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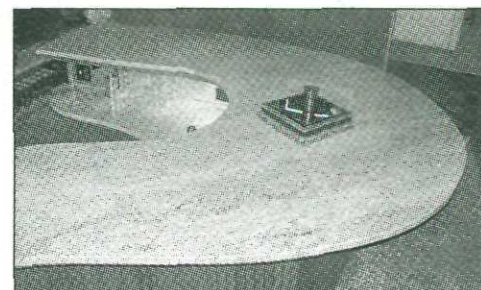
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