

October 2009

FOR REFERENCE

Do Not Take From This Room

*Fall Festivities in
Full Swing*

**A Church Rummage Sale
Keeping the Tradition**

**Art Associates Plan
Interesting Year**

**2009 Barrington
Round Up Celebration**

barrington

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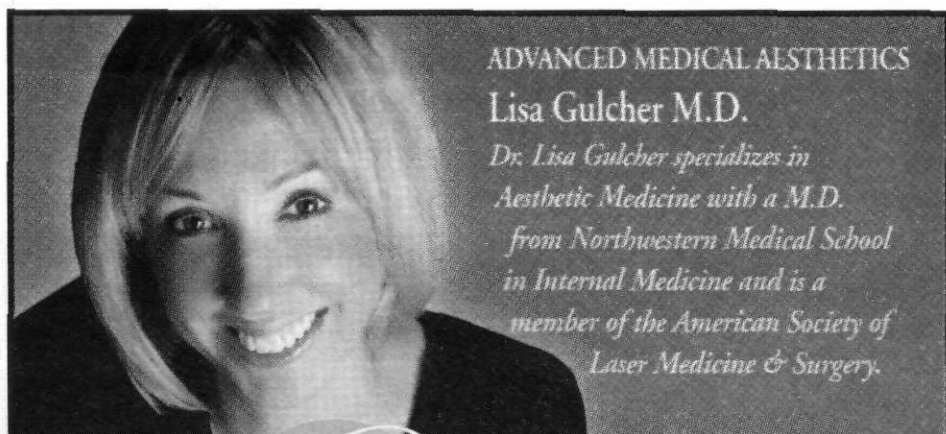
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For advertising inquiries, contact:

Sean McMonigal, Lifestyles Magazines Inc.

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For news submissions, contact the editor:

Glenne McMonigal, G.M. McMonigal ENTERPRISES

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Editor's Ink

October 2009

Dear Reader,

Fall festivities are in full swing in the Barrington area. So page through *Lifestyles* and mark your calendar.

On Oct. 16 and 17th, the Barrington United Methodist Women are planning their spectacular "Rummage Sale." This annual event goes back over 75 years. It began during the Depression years so others experiencing hard times could share the abundance. The same purpose continues: helping families extend their purchasing power during difficult economic times.

An interesting year is planned for the Art Associates (Barrington/Northwest Community Associates). If you are not a member, do sign up. You won't want to miss a single program. On Friday, Oct. 30, the associates are planning to hear a lecture by German designer Konstantin Grcic, one of the most important designers working today.

Don't forget Saturday, Oct. 10 is the date for the 16th annual Michael Joseph Foundation Dinner and Auction. Help the families in crisis.

Until next time, may all your thoughts be sunny.

With warm regards,

Glenne McMonigal, editor

Barrington Lifestyles News Magazine



About Our Cover

A Classic Look for Fall. A beautiful camel-tumeric bonded-cotton double-breasted coat will keep the chill at bay. Also shown, a brown multi-ingham tweed long-sleeve three-button blazer is teamed with charcoal tropical wool Empire-waist pants. Liz Claiborne New York Fall 2009.



Barrington United Methodist Church Rummage Sale Keeping the Tradition



Pictured "then" (from left) are Linda Osikowicz, Sherrie Anuskewicz, Pam Larsen, Mary Mellon, Nancy Koutsis, Carolyn Schneider and Norma Jung-Stein. Not pictured is Sandy Starnes.

Looking for "gently used" treasures? The Barrington United Methodist Women are busy preparing for their spectacular annual "Rummage Sale" on Friday, Oct. 16 and Saturday, Oct. 17 at the Barrington United Methodist Church, 98 Algonquin Road (southeast corner of Route 59) in Barrington. The sale will take place Friday from 9 a.m. to 7 p.m. and Saturday, 9 a.m. to noon. There will be a half-price sale on Friday from 5 to 7 p.m. in selected departments. Those departments will close at 4:45 p.m. and then reopen at 5 p.m. for the half price sale. Saturday shoppers can take advantage of their bargain Bag Sale in selected departments, with all of the goodies you can fit into a \$5 bag!

Proceeds from the sale are distributed to many groups, including many local and Chicago-based organizations that work with women, children, and youth. Funds are also sent to the national organization of United Methodist Women, which is often described as "one of the largest organized women's group in the world!" The group has nearly one million members who contribute to charitable programs and projects throughout the United States and more than 100 countries worldwide.

The Barrington United Methodist Rummage Sale is not just another rummage

sale. It's an institution in the community. United Methodist Women's (UMW) Rummage Sale was begun during the Depression. Women of the congregation gathered items they no longer needed and brought them to the church, trading with other families. As more items were gathered than could be used, it was decided to begin a rummage sale so others experiencing hard times could share the abundance. Now, over 75 years later, it continues to serve the same purpose: help families extend their purchasing power during difficult economic times. "The sale is a great opportunity to find some unique treasures and bargains. But more importantly, it provides funds for many worthy organizations and provides families a way to stretch their budget with a selection of needed items at a low price," remarked Carolyn Schneider.

The women who began the tradition also knew something that's now becoming popular—it's good to recycle. They found new uses for items or passed them on. The Rummage Sale is an opportunity to pass along unwanted, usable items instead of adding them to a landfill. "Donating items is a great way to 'be green'—it's a way of recycling and keeps usable items out of landfills," observes Nancy



Pictured "now" (from left) are Norma Jung-Stein, Pam Larsen, Nancy Koutsis, Sherrie Anuskewicz, Carolyn Schneider, Mary Mellon and Linda Osikowicz. Not pictured is Sandy Starnes.

Koutsis. Items that are not sold also find new homes: furniture is donated to St. Anne's Project Hope, children's clothes, books, and toys were given to a local school's rummage sale; books, CDs, videos/DVDs were sent to Red Carpet Books, and specialty items were given to Hands of Hope.

Originally, the sale was held at the previous church site on South Hough Street in just a few rooms, where a handful of women spent a few days organizing clothes and kitchen items. The sale now fills up an entire wing of the new building and a tent full of furniture. The lower level contains clothing (including men's, women's and children's), shoes, purses and toys. Departments upstairs include electronics, lamps, books, CDs, videos, computer hardware and software, house wares, tools, linens, holiday items, crafts and fabrics. Countless volunteers help to sort, organize and price the incredible array of items. Furniture, bikes, sporting goods and lawn items are just some of the departments that fill the tent to the seams. One of the outstanding areas not to be missed is the "French Room," filled with carefully selected items of high quality, including china, jewelry, clothing, antiques and collectibles, and other amazing trea-

sures. "You can find most anything from designer label clothing and famous maker purses to fine lace antique tablecloths, a cute Christmas ornament or a piece of heirloom jewelry," remarked committee chair Mary Mellon.

Committee members include Sherrie Anuskewicz, Norma Jung-Stein, Nancy Koutsis, Pam Larsen, Mary Mellon, Linda Osikowicz, Carolyn Schneider and Sandy Starnes.

Donations of goods will be accepted from 9 a.m. to 1:30 p.m. on Sunday, Oct. 11; Monday and Tuesday, Oct. 12 and 13th, from 9 a.m. to 8 p.m.; and Wednesday, Oct. 14 from 9 a.m. until noon. Tax donation receipts will be readily available. Any and all volunteers are welcome to help unpack, sort and distribute merchandise. "We are so thankful for the many, many individuals who contribute items to the sale, the businesses who offer their support, and to the many volunteers who help prepare for the sale. We all have a great time!" says Nancy Koutsis. "And most importantly we look forward to seeing the many customers who come year after year to take advantage of our many bargains and great finds."

For additional information, visit www.barringtonumc.com or call 1-847-836-5540.

2009 Barrington Round Up Celebration



Pictured (from left) are Leslie Luther-Jeschke, BAUW executive director; John Harff, Barrington resident and artist of *Mane Street Barrington*, and Matt Myren, BAUW campaign chair.

Saturday, Oct. 17 marks the culmination of the Barrington Round Up, a summer-long art exhibition of horses sponsored by Barrington Area United Way (BAUW). The

Round Up, celebrating BAUW's 50 years of service to the Barrington communities, has generated tremendous energy in the community, as young and old alike enjoy

Concert of Latin American Composers

The acclaimed Ondas Ensemble, who specialize in the music of Latin American composers, will perform at the Presbyterian Church of Barrington on Sunday, Oct. 4 at 4 p.m. Works by Hector Villa-Lobos, Astor Piazzolla and Chicago-based composer Elbio Barilari will be performed.

The church is located at 6 Brinker Road (corner of Brinker and Lake Cook roads) in Barrington.

The concert is free—a musical gift to the community. Cash donations will benefit the church's Mission Committee.

For more information, call 1-847-381-0975 or visit www.pcbarrington.org.

the creativity and splendor of the 26 majestic horses. "It has been an honor to be a part of this project," said John Harff, local Barrington resident and artist of the pictured horse, *Mane Street Barrington*. "This public art project was designed to bring our community closer together. The horses are beautifying our public spaces and generating a great deal of discussion and interest."

The Barrington Round Up celebration will include two exciting events on Oct. 17, both to be held at the Barns of Advocate Good Shepherd Hospital.

The Family Festival will be held from

3 to 5 p.m. Attendees will enjoy games, activities, food and, of course, the horses on display. The event is free to all participants.

The Round Up Party and Auction will be held from 7 to 10 p.m. with great food, open bar, live music and an opportunity to meet the artists of these beautiful horses. The evening will end with an exciting live auction of the horses. Tickets to the event are available by contacting the BAUW office at 1-847-382-8778 or by visiting www.barringtonuw.org. Reserve bids will also be taken through the BAUW office.



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Supreme Court Holds Employers Not Required to Retroactively Calculate Benefits

by Joette S. Doran, Esq.

The United States Supreme Court recently held that an employer's policies qualified as a bona fide seniority system under Title VII, and therefore immunized the company from liability since the policy was not based on an intention to discriminate because of race, color, religion, sex, or national origin. In *AT&T Corp. v. Hulteen*, 129 S.Ct. 1962 (2009), AT&T provided pension and other benefits to employees using a seniority system in which benefits were calculated based on an employee's period of service at the company, less any



leave time not credited. In the 1960s and early 1970s, employees on disability leave

BEST NEW TRENDS Arriving Daily at Assemblé

Get set for a season of exciting trends and wearable styles. Whether you're a jeans-and-tee-shirt woman or prefer romance and ruffles, we promise to have something for everybody.

Assemblé has ordered all the must-have items just for you. New boxes arrive daily (UPS loves us) and if you want first choice, you should too! Here's a glance at what's coming—what you should have to stay on top of the trends.

A drapy front blouse in a silky animal print from **Ella Moss**, and a plum-hued paisley cotton shirt from **Language**—pair them with slim flannel trousers to complete the silhouette.

Chiffon jackets and lace jackets with matching crêpe tanks—in velvety purple and bold black—imported to us from Israel for a fabulous way to elevate your

wardrobe.

Add to your everyday essentials, pair our **Joe's** skinny jean with a ruby silk top from **Splendid**, or a dolman sleeve cowl neck in creamy charcoal grey from **Velvet**.

A jacket is a must-have. Be it a chalk-striped boyfriend silhouette, a motorcycle jacket, or a hip little knit, we've got you covered!

Cardigans are hot! The comfort is ultimate. Slip it over or under anything. Wear our cropped ones with wider cord pants or long ones with our skinny jeans. You'll be seriously inspired with our collection.

Not only does **Assemblé** bring you the pieces, the looks that bring your wardrobe up to speed, they're investments guaranteed to give you a great return. So, invest in yourself—you deserve it! *See ya soon!*

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No booking fees. No hassles. There is onetime fee of \$150 for use of our service. Babysitters start at \$12 an hour (based on number of children). Our phone number is **1-847-202-9100** or you can e-mail us at—

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got full service credit for any period of absence, however those who took a personal leave of absence received up to 30 days of service credit. At that time, the company regarded pregnancy as personal leave. In accordance with the law, in 1977, AT&T instituted a Maternity Payment Plan wherein pregnant employees received disability service credit for up to six weeks of leave but leave beyond six weeks was treated as personal. In 1978, Congress amended Title VII of the Civil Rights Act of 1964 and enacted the Pregnancy Discrimination Act of 1978 (PDA) which made it unlawful to treat pregnancy related conditions less favorably than other medical conditions. While AT&T changed its policies in accordance with the law it did not make any retroactive adjustments to the service credit calculations of women who had been subject to the policies before the PDA. As a result, four female employees who had taken leave for pregnancy under the pre-PDA policy filed charges of discrimination claiming that their pension benefits were reduced under a discriminatory seniority policy of AT&T. The governmental agency enforcing the laws against

discrimination found reasonable cause to determine that AT&T had discriminated against the employees. Thereafter, the female employees filed suit and the trial and appellate court held in their favor. AT&T appealed to the United States Supreme Court which reversed in favor of the company finding that since the policy was based on a then legal interpretation of Title VII, the policy did not reflect the intent to discriminate against female employees on the basis of gender.

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.

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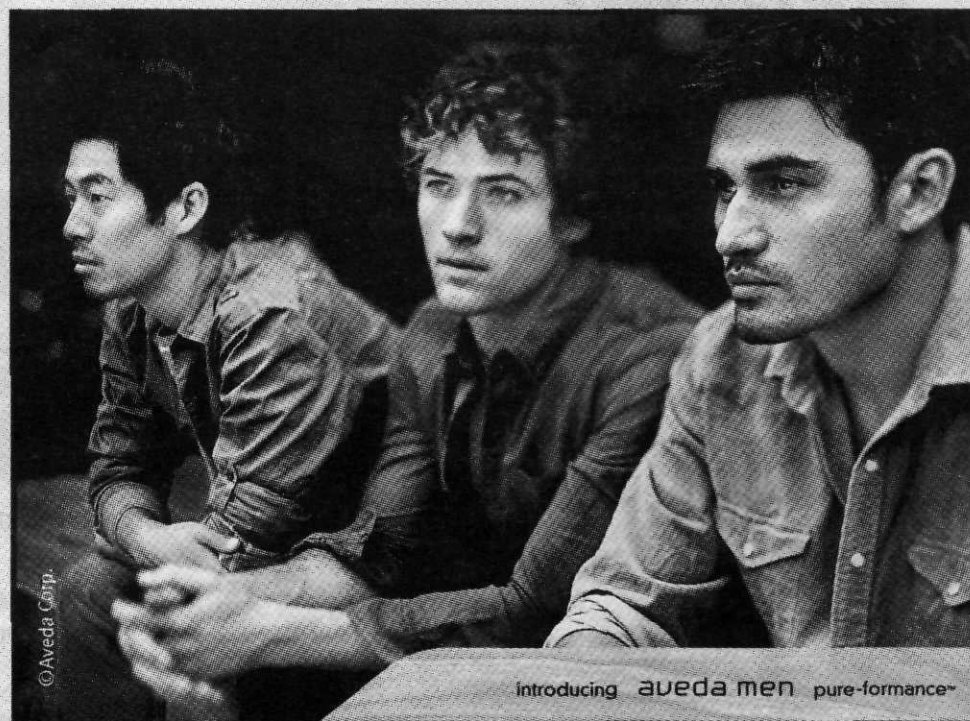
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Show-Tunes-Themed Fashion Show Hits the Runway for PHD Pregnancy Counseling Center

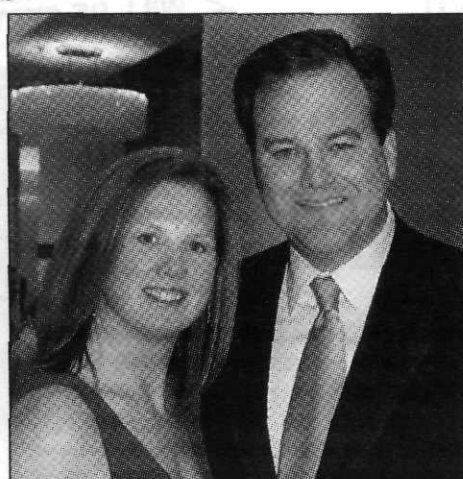
Think an evening of fashion, shopping and cocktails with friends sounds fun? Look no further than PHD's Annual Fashion Show and Dinner on Thursday, Oct. 8 at Stonegate Conference Center in Hoffman Estates.

"The Fashion Show and Dinner offers guests a variety of opportunities to have a good time," says Liz Noe, director of major events for PHD. "The evening starts with cocktails and morphs into a night of [prizes], silent auction, a jewelry boutique and a high end fashion show set to famous show tunes."

This year the event begins at 6 p.m. with cocktails, mingling and prize baskets donated by volunteers and area businesses. A new feature this year? A jewelry trunk show presented by PHD's Resale Boutique.

"All of the jewelry pieces at the Fashion Show will be new items selected specially for this event," explains Noe. "We're aiming to have a little something for everyone."

In addition to shopping for the perfect accessories, PHD's event committee will pull together a silent auction that includes such prizes as a two-week vacation to Maui, Coach purses and spa gift certificates from local salons. Dinner begins at 7:30 p.m., followed by a professional high-energy fashion show featuring the latest styles available at area boutiques. A



Sen. Matt Murphy and wife Julie were recognized at PHD's 2008 Gala as Honorary Chairpersons. Catch them on the runway at PHD's upcoming Fashion Show and Dinner on Thursday, Oct. 8.

portion of the show will feature fashions modeled by community residents including Sen. Matt Murphy and his wife Julie.

"We are thrilled to have Senator Murphy and his wife join us this year," says Catherine Vincus, executive director. "Their support, along with the support of other donors and volunteers, is huge for PHD. We couldn't operate without people like them."

PHD is still looking for sponsors and

Holiday Bazaar to Benefit St. Joseph's Home for the Elderly

St. Joseph's Home for the Elderly will host their annual Holiday Bazaar on Saturday, Nov. 7 from 9 a.m. to 4 p.m. at 80 W. Northwest Highway in Palatine. This single-day event has something for all ages, and is an annual "must" for many. There is no admission fee.

Offerings include handcrafted holiday gifts, floral creations, jewelry, a Bake Sale, and much more. The day will be topped off with prizes of extravagant theme baskets, two bicycles and more. The "Bistro" will be serving homemade hot lunch,

drinks, taffy apples and other treats.

The annual Holiday Bazaar is conducted by St. Joseph's Auxiliary, a service organization of men and women who assist the Little Sisters of the Poor with their work. They are joined by the Sisters and many residents of the home in preparation for this event. The Little Sisters of the Poor is a 501(c)(3) not-for-profit organization committed to serving the needs of the elderly poor regardless of race, creed, sex or nationality.

For more info, call 1-847-358-5700.

people to attend the event.

Jennifer Djordjevic, director of development, says, "This event is a great way to get involved and support a great cause. It's fun, spunky and energetic. Sponsors can promote to over 500 guests and area businesses while guests can... bid on an auction item or buy a piece of jewelry. Anyone and everyone is encouraged and welcome to attend."

Tickets are \$75. Premium tables start at \$1,000 each and include top-notch runway views, pink champagne and a PHD bound cookbook for each guest.

Proceeds of the event will benefit PHD, a counseling center for pregnancy help and education. Founded over 35 years ago, PHD offers comprehensive counseling, case management, education and baby closet services to women who find

themselves pregnant or parenting a child age 3 or younger. Counseling programs include pregnancy and decision-making, pregnancy planning, grief and loss counseling, post-adoption and post-abortion counseling. Women also have access to a variety of community based referrals, pregnancy testing, childbirth preparation, postpartum depression support and parenting education. Prevention services include programs for teens, elementary students and parents which address issues of healthy sexual relationships and character development. All services are offered free of charge.

To purchase tickets, become a sponsor, or donate an auction item, please call 1-847-359-4967 ext. 25 or e-mail Liz Noe at liz.noe@sphd.org. To make a donation online, visit www.sphd.org.

October @ Peter Daniel

It's hard to believe it's October, with cooler weather, shorter days and beautiful fall colors. We have some exciting events planned for this month.

Please join us on **Thursday, Oct. 15** for two fabulous Trunk Shows. We will be featuring **Andrea Lieu** knits and **Jessica Mendelson** jewelry.

Andrea Lieu is a line of knit separates for all occasions. Andrea is known for her novelty fabrics, vivid colors, interesting styles and wonderful fit. You will have the opportunity to see all the fabrics and styles, so you can choose what's just right for you. There's lots to choose from—come and enjoy the day with us.

Our other featured designer is **Jessica Mendelson**. She is known for her gorgeous combinations of semiprecious stones including agate, amethyst, mother-of-pearl, quartz, jasper and carnelian, to name a few. Her pieces are real show-stoppers and she has worked with us to coordinate pieces to complement our fall collections. This will be a great day to treat yourself to something special.

Our Men's Department is looking great, with new fall collections from **Tommy Bahama**, **Cutter & Buck**, **Peru Unlimited** and more. A new item from Cutter & Buck is the **college sweat shirt**. Stop in and choose one from your favorite college. We are stocking many schools, including the University of Illinois, the University of Iowa, the University of Wisconsin, and Northwestern University. Special orders are always available. "Be true to your school!" They make great gifts!



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Receive a free gift with \$50 purchase in our Men's Department.

The North Face Department is brimming with lots of new Denali jackets in new colors, and anything else you need to keep bundled up for the cold winter ahead. Shop early as colors are selling out quickly.

As always, we thank you for shopping locally and look forward to seeing you this month! *Happy Fall!*

PETER DANIEL

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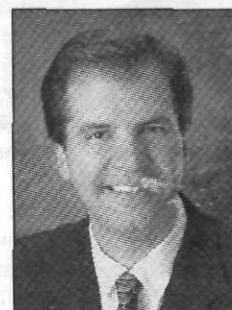
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Cosmetic Dentistry: "I Hate My Teeth!"

by James T. Gavrilos, DDS



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

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

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

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

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

Quote!

"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all."
—Stanley Horowitz

5 Top Reasons to Exercise

by Lisa Shanahan

Exercise decreases the risk of heart disease. In fact, people who exercise have a 45-percent lower risk of developing heart disease than people that are sedentary. Heart disease may be the number one cause of death in both men and women, but exercising just 30 to 60 minutes most days of the week can help decrease your risk.

Exercise improves your blood chemistry. About 17 percent of adults in the U.S. have high cholesterol. Regular exercise increases your levels of good cholesterol and controls your insulin levels, which in turn helps prevent many diseases and the risk of having a stroke.

Exercise improves your quality of life. When sedentary individuals begin an exercise program they will notice increased agility, energy and confidence, improved emotional well being and overall health. A balance of cardiovascular exercise, strength training and stretching is the answer to improved quality of life.

Exercise reduces stress. There is no denying the fact that most of us lead very stressful, busy lives. Chronic stress can cause health problems like headaches, colds and even obesity. People that exercise are more likely to take the daily stresses in stride and the activity helps get their mind off of the stressors.

Exercise makes you stronger. You might say, why do I need to be strong? Well, researchers at Tufts University exercise lab found that strength training is an age eraser. It is their weapon of choice for fighting the physical declines linked to aging.

Strength training is crucial if one wants to avoid the declines in muscle mass, bone density and metabolism that occur as we get older. It is a great way to increase muscle strength and to lose weight. Strength training 2 to 3 times per week can also help decrease back pain, reduce joint pain, and help prevent or manage some diabetic symptoms.

START NOW! The evidence is clear that exercise has countless benefits. Take the



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first step, consult your physician, get cleared to start exercising and then seek the advice of a qualified fitness professional to help you get started.

My name is Lisa Shanahan and I am the owner of **Fitness Together**, Barrington. Call **Fitness Together** to learn more about getting fit and staying fit throughout the holidays.

Lisa Shanahan, Owner/Personal Trainer
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Autumn also brings to mind get-togethers, parties and events—whether home or business, one centerpiece or a hundred, our designers, Lynn and John, will personally meet with you and create spectacular flowers for all occasions.

MUM is a full-service floral studio carrying 100% organically grown flowers, custom silk arrangements and beautiful items for gifts and home. Whenever possible, **MUM** sources only sustainable, recycled and recyclable products for you. Check out our new "Trash for Teaching"

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"Kick Up Your Heels for Hospice"

Hospice of Northeastern Illinois will host the "Kick up Your Heels for Hospice" Barn Dance and BBQ on Saturday, Nov. 7, at D'Andrea Banquets in Crystal Lake.

Set from 6 to 11 p.m., this fundraising event will feature a barbecue dinner with all the fixins', and DJ music for plenty of country-western dancing fun. In addition, throughout the evening, participants may take part in a silent auction that will feature several unique packages, a reverse auction and more.

Tickets are \$75 per person. For information or to purchase tickets, contact Michelle Sacchitello at 1-224-770-2152 or

MSacchitello@HospiceAnswers.org.

For more information, contact Hospice of Northeastern Illinois at 1-847-381-5599 or visit www.HospiceAnswers.org.

Hospice of Northeastern Illinois is a community based, not-for-profit organization serving families throughout McHenry, Lake, Northwest Cook, Kane, Boone and DuPage counties. Celebrating its 27th year of service, Hospice of Northeastern Illinois provides comprehensive end-of-life care to nearly 1,300 patient families each year. Hospice of Northeastern Illinois is Medicare certified and accredited by the Joint Commission.

October Meeting of the Garden Club of Inverness

On Thursday, Oct. 15, Joan Keyes, a Garden Club of Illinois Garden Consultant and Garden Designer, will present a program entitled "Herbs I Have Known and Loved." Keyes will share her experiences growing and using herbs from a home gardener's perspective. She will show how to incorporate herb plants into flower borders and share some of her kitchen-tested recipes.

Also, mark your calendar to attend our annual Holiday Luncheon on Thursday, Dec. 3. It is always a very festive way to start the holiday season. The theme this

year is "Joie Des Fleurs." Joyce Gratoni will be the featured floral designer. She has been delighting area residents for many years with her beautiful and unique floral designs.

The Garden Club of Inverness meets from September through November and January through May on the third Thursday of the month, at 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 information, call Beth at 1-847-934-7929.

Happenings!

in the area

Michael Joseph Foundation Benefit Dinner & Auction for "Families in Crisis"



Pictured (from left, seated) are Linda Zizzo, Carol Bielenda, Ida Cardelli, Nancy Herr, (standing) Sandra Brigante, Shirley Michelotti, Jane Taylor-Fletcher, Joyce Kofkin, Lynn Acerra and Anne Berglund.

The 16th annual Michael Joseph Foundation Dinner and Auction, "Somewhere in Time," will be held on Saturday, Oct. 10 at the Sanfilippo Estate in Barrington Hills.

The Michael Joseph Foundation is a Barrington-based, 100-percent volunteer organization dedicated to providing transitional housing and holistic mentoring to families in crisis in the north and western suburbs. Over the past 16 years, the foundation, through the tireless work of their volunteers and in cooperation with existing agencies such as Home of the Sparrow, Wings, CITA and Catholic Charities, has been able to provide housing, counseling and job skill training to over 500 families that have been guided from crisis

to long-term stability and independence. In these difficult times, the need of help for these families is greater than ever.

The gala evening will begin with docent-led tours of the Sanfilippo Grand Victorian Palace. Following the tours, guests will retreat to the magnificent Eden Palais, which houses the most spectacular hand-painted European carousel in existence. In addition to cocktails and dinner, there will be both a live and silent auction.

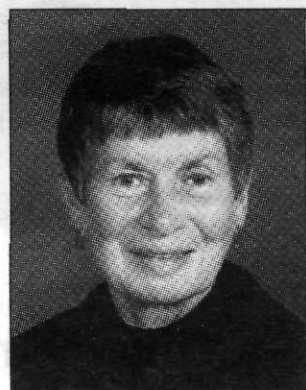
For invitations or more information, contact Ida Cardelli, Fund Raising Committee, The Michael Joseph Foundation, at 1-847-639-2334 or visit their Web site at www.michaeljosephfoundation.8M.com.

2009 Barrington Area CROP Hunger Walk Names 27th Anniversary Grand Marshal

The Barrington Area CROP Hunger Walk Committee is proud to announce that Mary Anderson been named Grand Marshal for the 27th anniversary of this event that raises funds for people in need in our communities and around the world.

Mary is well-known by many in the Barrington area for her involvement in several service organizations. Mary and her husband Bob have lived in Barrington since 1982 and have two adult sons and four grandchildren. Mary was a member of the annual CROP Walk Organizing Committee for 24 years and three times chairperson for the community. She was a founding member of Northwest Suburban PADS (Public Action to Deliver Shelter), as well as founder and site director for PADS at Lutheran Church of the Atonement. In her 24 years of involvement with Church Women United of the Barrington Area, she has held several offices, chaired the CWU Barrington Food Pantry, and was co-chair of the Barrington Giving Day.

Mary's passion for service and devotion to many organizations exemplifies the meaning of CROP: Communities (and peo-



After many years of helping organize the CROP Hunger Walk, Mary Anderson will be serving as Grand Marshal.

ple) Responding to Overcome Poverty, not only on this one day, but throughout the year.

Last year, 442 walkers raised \$65,760, of which \$16,440 stayed within the community. The committee hopes to see the number of walkers and the amount raised increase this year.

The Barrington Area CROP Hunger Walk is on Sunday, Oct. 18. The walk be-

An Interesting Year is Planned for Art Associates



Pictured (from left) are board members Barbara Griggs, Mary Wajda, Anne L. Sebastyan, Sandra Ross, Nancy Evans, Joan Bennett, Jo Brynildssen, Mary Hart, Carole Bulakowski, Jean Tittle, Bonnie Horne, Diane Raak, Carol Merritt, Sally Bierre, Jane Riley and Lenore Elsener. Not pictured are Emma Gerosa, Kim Curtis, Harlene Perozzi, Peg Gabala, Virginia Tolk, Judy Hogan, Judy Segebrecht and Mari Harrer.

A large group of men and women gathered at the Presbyterian Church of Barrington on Sept. 3 for the Annual Membership Tea sponsored by the Barrington/Northwest Community Associates (B/NWCA).

This annual event focuses on welcoming returning members and encouraging guests to learn more about this exceptional organization. After partaking of a glorious assortment of tea foods and admiring the magnificent fall arrangements that graced the tables, members and visitors were welcomed by board chair Carol Bulakowski. Following her opening remarks, she introduced the 2009-2010 board of the B/NWCA. Jo Brynildssen, program chair, then previewed the schedule for the new season, including the lecturer for the afternoon's program, Annie Morse from the Art Institute of Chicago.

Morse and her beautiful slide presentation gave the audience a wonderful tour of the new Modern Wing. She began with slides picturing the unique architectural features of Renzo Piano's over 240,000-square-foot addition. She then focused on the numerous features inside the lofty three-story space including the wonderful Ryan Education Center, designed to introduce children to art through a wide variety of hand-on activities. Morse presented slides of several of the new galleries commenting on important works of art now displayed advantageously, many of which were formerly in storage. She commented that only 2 to 3 percent of the Art Institute's vast collection was on display at any given time; that number has now in-

creased by 50 percent. Her delightful personality and extensive knowledge captivated audience members and guaranteed a successful beginning to the new 2009-2010 season.

Other B/NWCA-sponsored events include two excursions to downtown Chicago for members only. On Sept. 16, members toured the Japanese Screens exhibit at the Art Institute and will return downtown on Oct. 2 to the Merchandise Mart for the annual Antiques Fair.

An important member/guest event is scheduled for Thursday, Oct. 15 at the Barrington Area Library. The first "Exploring Art" program is open to the public and will feature Richard Holland, a local artist and member of the board of directors of the Transparent Watercolor Society of America. Artists who belong to this prestigious society proudly adhere to the techniques of using transparent watercolor, accepting this arduous method which offers limited opportunities for change once the paint is applied to paper. The results are phenomenal, which Dick Holland will illustrate when he gives a visual presentation of the winners of the 2009 TWSA National Exhibition. He will also display examples of his watercolor paintings for viewing and discussion. Guests are welcome and reservations are not necessary. There is no charge for this lecture. For more information, contact Judy Segebrecht at 1-847-882-6832.

For information about B/NWCA and membership opportunities, contact Carol Bulakowski at 1-847-358-5837.

Long Grove's OktoberFest Oct. 17 & 18th

Come celebrate Long Grove's German heritage at OktoberFest with plenty of delicious ethnic food and beverage, dancing, live entertainment and shopping. Experience the old-fashioned fun of a family carriage ride, join in some lively German

dancing, entertain the youngsters with pumpkin decorating and a variety of children's activities.

For more information, call the Visitor's Information Center at 1-847-634-0888 or visit www.LongGroveOnline.com.



gins with registration at 12:30 p.m. at St. Paul United Church of Christ, 401 E. Main St., Barrington. For additional information,

call one of the 2009 co-chairs, Pat Enders, 1-847-550-6430, or John Grom, 1-847-382-0522.

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For the first time ever in Barrington, Michigan artist and sculptor Margaret Cobane will be signing her original collection of blown glass ornaments!

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"Stars Over Deer Park Town Center" Event Was Out of This World

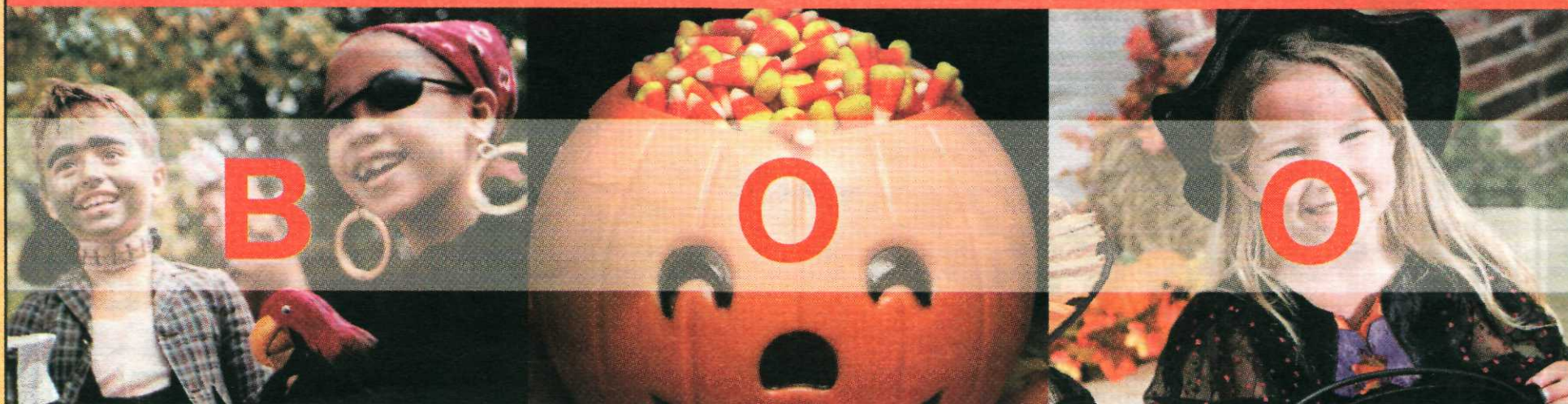


Stars of the Season mannequin modeling was held recently at Deer Park Town Center as part of the center's International Year of Astronomy event "Stars Over Deer Park Town Center."

In 1609, Galileo's telescope discovered a whole new universe filled with images humans had never seen, including mountains and craters on the moon, stars in the distance and moons around

Jupiter. In commemoration of that discovery 400 years ago, more than 140 countries around the world are celebrating the International Year of Astronomy
(Please continue on following page)

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"Stars Over Deer Park Town Center" Event Was Out of This World

(Continued from preceding page)

in 2009. Deer Park Town Center's "Stars Over Deer Park Town Center" program recently celebrated this global initiative with several events and activities for its guests and customers.

Retailers featured the latest fall fashions in "Stars of the Season" mannequin modeling inside store windows, complimentary passes to the Adler Planetarium were distributed to families that participated in a scavenger hunt identifying

which store or restaurant contained one of 30 exhibit panels featuring photographs of The World at Night (TWAN), a specialty telescope was set up in the gazebo to feature solar viewing during the day, a cocktail party for the Adler Planetarium was held at Biaggi's presenting Evalyn Gates, author of a brand new book called *Einstein's Telescope*, which was available for sale at Barnes & Noble, and many stores held in-store events to tie in with astronomy.

DAR Speaker's "From Immigration to Exoneration (the Salem Witches)"

Plan to attend the Barrington area Daughters of the American Revolution (DAR) Signal Hill Chapter meeting at 11 a.m., Tuesday, Oct. 20 at the Barrington Area Library, Room A, featuring guest speaker Sharyn Worrell. Guests are welcome for refreshments and social hour at noon, followed by the presentation at 1 p.m.

The National Society of the Daughters of the American Revolution (NSDAR) is

a nonprofit, nonpolitical volunteer women's service organization with a focus on preserving American history, patriotism and better education for children.

The Signal Hill chapter's next genealogy workshop will be held Saturday, Nov. 7.

To learn more about the DAR Signal Hill Chapter, contact membership chairman Joanne Farrell at 1-815-603-7824.

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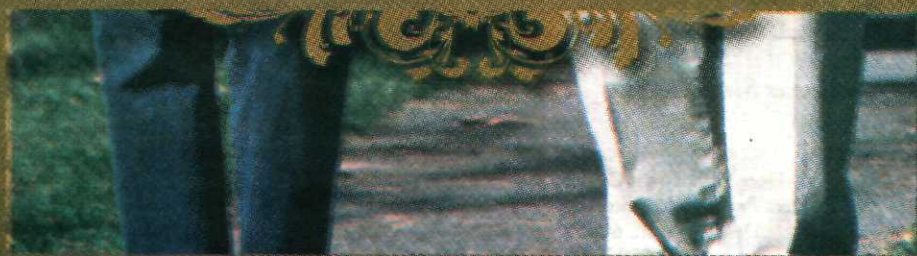
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"FALL" into Barrington Child Care!

Barrington Community Child Care Center is located at 560 Carl Ave. in Barrington. We have many activities to keep young minds busy! The program focuses on the whole child, with all areas of development included during the day's activities. Along with our qualified and experienced staff, theme-oriented lesson plans are designed to introduce a variety of concepts and challenge every child's ability. Language, math, reading, science, writing skills, and fine and gross motor activities are implemented in each age group. Social skills are also an important component of each day. Functioning in a group is essential for future experiences. Our well-rounded program will provide you and your child with a positive first-school experience.

Some conveniences that we offer to our busy parents are scheduled haircuts, done by a licensed stylist, and two weekly gymnastics programs taught by a certified instructor. All children participate in our "Stretch n Grow" program on Monday mornings. On Fridays, the "Jungle Bus" is

offered as an extracurricular activity.

Check out our Web site! At www.barringtonchildcarecent.shutterfly.com you can see what we are up to. We are so excited to be able to show off!

We offer full-day child care for children ages 6 weeks to 11 years. All age groups offer flexible scheduling and a morning preschool program. Our hours of operation are 7 a.m. to 6 p.m., Monday through Friday. Our facility has large, child-friendly classrooms, but offers a homelike atmosphere. A catered hot lunch and two snacks are offered each day. Special activities and field trips are scheduled so that all ages may participate.

During the school year, we offer before/after care for children attending Roslyn Road School.

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

COME SEE US AT THE "SCARECROW FESTIVAL" IN BARRINGTON ON OCT. 17!

Rotary Club Presents "Trick or Treat Trot"

The Barrington Breakfast Rotary Club hosts its fourth annual five-kilometer (5K) "Trick or Treat Trot," on Sunday, Oct. 18, to benefit area school and community programs. With a start time of 8 a.m., the competitive 5K is sanctioned by USA Track & Field, the governing body for

running races.

The course takes participants on what some runners last year termed the "Hillside Strangler" of 5Ks, for its challenging up-and-down terrain. A portion of the race also traverses Hillside Avenue in Barrington, helping to coin the nickname. Last

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Ages 6 Weeks to 11 Years
- Morning Preschool Program
- Stimulating, Individualized Learning
- Enrichment Programs

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year, the event drew over 300.

In addition to the race, the day includes:

- 2K Spooky Stroll (8:01 a.m. start time), a fitness walk for family members of all ages
- 100-yard Haunted Hustle (dash) for kids 2 to 12 years of age (9:45 a.m. start time for junior dashes)

Participants are encouraged to join the Halloween fun and come in costume, if they choose. Prizes are awarded for best costumes.

The event kicks off at Harris Bank, 201

S. Grove, and all participants receive a commemorative long-sleeved T-shirt and goody bag. Free parking is provided in the adjacent commuter and Harris Bank lots.

The 2008 event generated over \$15,000 in revenue for area school and community programs. Organizers hope to top that figure this year.

Visit www.barringtonbreakfastrotary.org for a more information or to view a map of the course. Register online at www.signmeup.com, or register the day of the event, beginning at 7 a.m.

Register at: www.signmeup.com/65904
Details at: www.barringtonbreakfastrotary.org

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Barrington Breakfast Rotary
Trick or Treat Trot
Sunday, October 18, 2009 – 8:00 am
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Doctors **Jeffrey Berti, M.D. and Toula Berti, M.D.**, along with the staff at **Dermatology & Dermatologic Surgery, Ltd.** invite you to their newest location: **2 Executive Court in South Barrington.** Dermatology & Dermatologic Surgery, Ltd. provides comprehensive and professional care for men, women and children, and for all skin disorders including acne, skin cancer, psoriasis and eczema.

"With school back in session, many teens are concerned with their skin," states Dr. Jeffrey Berti. "There are so many products, gimmicks and spas that prey on the sensitive issue of teenage complexion concerns," explains Dr. Toula Berti. "I am not at all surprised that the end result often is confusion and frustration." The physicians at **Dermatology & Dermatologic Surgery** consider the treatment of acne and teenage skin concerns an integral part of their practice. They realize that there can be a tremendous amount of discontent with teens that experience complex-

ion issues.

They remind us that a professional dermatologic skin evaluation may be a better choice than relying upon a skin product salesperson that is free from accountability, or a random product choice off the drug store shelf. "While science is never perfect, at least we have a scientific basis for our treatment choices," says Dr. Berti. "I'll take science over chance anytime."

In fact, dermatologists are *the* specialists for the diagnosis and treatment of all disorders of the skin, hair and nails. The physicians and staff at **Dermatology & Dermatologic Surgery, Ltd.** are committed to prompt, professional service and are **participating providers in most Illinois PPO insurance plans.**

They are located at **2 Executive Court** in the **South Barrington Executive Center** on Barrington Road between I-90 and Route 62. Please contact them during business hours at **1-847-304-0303** or view their Web site at www.jbderm.com.

New Native Seed Gardener Program for Barrington Area

This past spring, enthusiastic volunteers of the Native Seed Gardeners (NSG), sponsored by Citizens for Conservation, Audubon-Chicago Region, Friends of Spring Creek Forest Preserves, and Chicago Botanic Garden, placed over 3,000 rare native plants. In its inaugural year, the program offered 22 prairie and savanna plants, with species as rare as baptisia leucantha (white false indigo) and as beautiful as lilium michiganense (Michigan lily).

The NSG program starts with a seed and ends with a seed. Trained volunteers collect seeds from natural populations in the Barrington area. A portion of the harvest is allocated to the Chicago Botanic Garden for propagation in their greenhouse over the winter. In spring, the seedlings are given to the NSG program.

NSG focuses primarily on plants whose seeds can be a challenge to find or collect in the field, as home gardeners can more easily monitor the ripening process. Program coordinators help volunteers learn when and how to pick the seeds when the plants are mature.

This year, during a five-day period, 311 volunteer gardeners throughout the Chicago area, some from as far away as Steger, Ill., came to Citizens for Conservation's headquarters to pick up their two-month-old seedlings.

As Native Seed Gardeners quietly tend to their gardens, they cultivate a new source of precious native seeds that will have a profound effect upon our local restorations. These lands include various



Picking up the plants at the Chicago Botanic Garden production greenhouse is NSG volunteer Steven Allen. The seedlings are loaded into his horse trailer, providing a secure ride back to Barrington.

Citizens for Conservation and the Spring Creek Forest preserves.

The NSG program provides an enjoyable way to educate the public about the value and beauty of native plants while creating ambassadors for conservation. Native seed gardening appeals to a wide range of people as diverse as the native plants they grow; yet all of the gardeners share in the ability to make a difference, both in our local conservation lands and in their own yards.

The program welcomes volunteers. Please keep track of future opportunities to join the program by visiting the following Web sites—CitizensforConservation.org and SpringCreekStewards.org.

"Shop for the Cause" and BACOA

Go out for breakfast... start your holiday shopping... and support the Barrington Area Council on Aging (BACOA).

Saturday, Oct. 3 is BACOA's designated day in Barrington's new "Shop for the Cause" program. Here's how it works: You can download and print Shop for the Cause shopping vouchers at BACOA's Web site, www.bacoea.org, or pick up some at BACOA's office. When you shop at any participating merchant on Oct. 3,

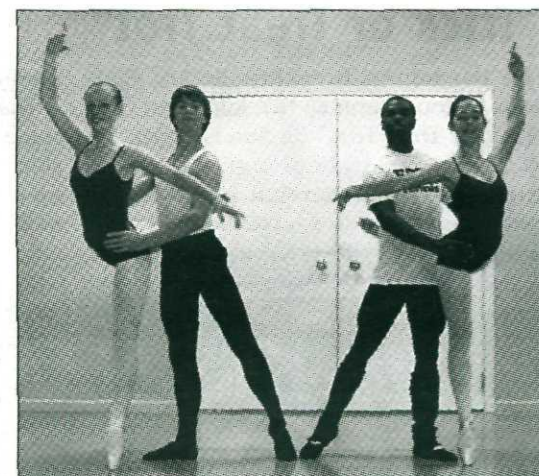
turn in your voucher. The merchant will record the transaction amount (before sales tax), and a percentage of the sale will go directly to BACOA. You can print out as many vouchers as you like—and forward them to friends as well.

Participating businesses are listed on the voucher, and include an enticing array of shops and restaurants. Remember, your purchase not only helps BACOA, but supports Barrington's generous businesses.

Barrington Youth Dance Hosts Pas de Deux Master Classes

Barrington Youth Dance Ensemble (BYDE) hosted two two-day master classes presented by Guillermo Leyva for members of Barrington Youth Dance Ensemble and students at Barrington Dance Academy on Aug. 21 and 22nd. All members of Barrington Youth Dance Ensemble participate in workshops and master classes presented by guest artists throughout the year as part of their training in various dance forms. Two instructional levels of the master class were taught for dancers age 11 to 13 and 14 to 18, respectively. Basic elements of ballet, "pas de deux", or partnering, were presented including turns and lifts used in classical ballet. Progressively more difficult elements were learned by all attendees over the two-day period.

Leyva was formerly a principal dancer with the Ballet de Camaguey, Cuba. He has danced locally with the Joffrey Ballet of Chicago and with Ballet Theatre of Chicago. Leyva is featured annually as a guest artist in Barrington Youth Dance Ensemble's *Nutcracker* in the role of "Cavalier". He has performed extensively in Europe, Asia and Latin America and has recently started his own professional dance company, Alma Dance Company, here in Chi-



Pictured (from left) are Nicole Flasch, Palatine, Patrick Gocek, Chicago, Brittany Bonefas, Lake Zurich, and Jacob Brooks, Chicago.

cago. Leyva was assisted in this master class by dancers Jacob A. Brooks, Chicago, Wilver Leyva, Miami, Fla., Victor Alexander Ramirez, Schaumburg, Patrick Gocek, Chicago, and Mafad Qawishabazz, Chicago.

Barrington Youth Dance Ensemble promotes artistic integrity, involvement, and awareness through exceptional dance training and performance in the Chicagoland area.

For additional information, visit www.BYDE.org or call 1-847-382-6333.

Passed Test

The following 4- to 6-year-old students are Barrington and South Barrington residents who successfully passed their August promotion test. Pictured with Master Lawson (from left, seated) are Ainsley Munro, Sean Munro, (standing) Damien Sulkowski, Merideth Brenien, Dilan Mehta, Nathan Horn, Lauren Holman and Ryan Oztekin.



"It's Just My Hygiene Appointment" by Shelley Berg

So often, people in their busy, hectic, economically strained lives, take for granted the health status of their mouths. I hear things like "I need to cancel my appointment because... it's **just my hygiene appointment**, right? I'm not having any problems. I'll call back to reschedule when..." This raises the question: How and when are cavities, gum disease and oral cancer detected? By the time disease is causing noticeable problems, pain for instance, it may be more difficult and costly to satisfactorily restore a healthy status. Deficits in dental health, much like high blood pressure and other diseases, are easier and less costly to treat when diagnosed early.

As part of a routine dental hygiene appointment, your dentist has the opportunity to find, either by visual exam or by studying the updated X-rays, any cavities that may have silently developed. Some decay can only be found on an X-ray. It's not very easy to see every nook and cranny of the teeth in your own mouth, studying them in the bathroom mirror without X-ray vision!

Just one undetected cavity can result in throbbing pain, the need for a root canal, and then a crown to rebuild and protect the weakened tooth—an investment of over a thousand dollars. A small cavity, detected early, costs up to roughly 10 percent of the aforementioned procedures. The fees for a routine hygiene appointment, including bitewing X-rays, may also

add up to approximately one-tenth of major restorative treatment. Maintaining regular hygiene visits, in this case, would be a savings of **just** 90 percent, not to mention the pain!

Oral cancer is highly curable **if** diagnosed early. According to data from the Oral Cancer Foundation, one person dies of oral cancer every hour of every day in the U.S. alone! During **just** a hygiene appointment, both the hygienist and dentist conduct a thorough oral cancer exam. If any suspicious lesions are found, a follow-up appointment to reevaluate the status may be recommended. In this case, the time and financial expenditure for the planned appointment could be the saving of your life!

Attending your scheduled hygiene appointments allows your dental hygienist and dentist to assist you with maintenance of healthy gingival tissues (gums). Periodontal disease silently causes bone loss when left untreated. Loss of bone ultimately leads to loosening of teeth. Detection of gum disease often serves as an alert to underlying health issues such as diabetes, high blood pressure and heart disease. Sure, you can reschedule or postpone "**just your hygiene appointment.**" Again, **just** your time, money, teeth, health or life may be saved! It's your call!

Shelley Berg is the Patient Care Coordinator at The Oaks Dental Center in Crystal Lake.

Overuse of Contact Lenses Can Lead to Scary Stuff

Contact lens overwear occurs when the contact is worn longer than the cornea can tolerate. Not enough oxygen gets to the cornea, resulting in temporary discomfort and blurred vision. Patients sometimes suffer from stabbing pain, extreme light sensitivity, tearing, cloudy, blurred vision and grittiness. Discontinuing the use of contact lenses and wearing glasses for a few days can ease these early signs of overwear. In some cases, overwear can lead to patients developing long-term changes, such as: corneal thinning, corneal sensitivity, and abnormal blood vessels growing into the otherwise clear cornea. Severe overwear may also result in the inability to wear contact lenses.

There are certain preventive measures you can take as a contact lens wearer to help reduce your chances of overwear. Make sure to use the most-effective updated materials. Silicone hydrogel lenses let the most oxygen pass through to nourish the cornea, although patients wearing these lenses can still experience symptoms. Poor hygiene and noncompliance can also interfere with getting comfortable wear out of your contacts. College students, for instance, may wear their lenses well into the night while studying. They may even start sleeping in daily wear lenses. If no immediate problem occurs, they may continue to overwear their lenses until they develop complications. Some patients also tend to wear their lenses beyond the recommended replacement in-

terval until their vision becomes significantly blurred or their eyes become red and irritated. In both scenarios, a non-compliant patient can end up with permanent, irreversible corneal damage. When patients disregard cleaning and replacement recommendations, they may be decreasing their contact lens's ability to transmit oxygen to the cornea as deposits accumulate on the lens surface. Patients who continue to wear lenses that have been compromised risk developing infections, giant papillary conjunctivitis (GPC) and most importantly, potentially serious long-term changes. Many patients regard contact lenses as commodities, not medical devices. They don't understand they're risking temporary, even permanent, eye damage when they take shortcuts with their contact lens care.

Listen to your body. There should be a feeling of having nothing in your eyes while wearing contact lenses. And give your eyes a break one day of the week and wear your glasses. If you're experiencing symptoms, call **Dr. Gebert** or **Dr. Prate** for an appointment. They will discuss options for each individual. What works for the college student might not work for the middle-aged person. **The Eye Works, Ltd.** specializes in hard-to-fit contact lenses. **Dr. Gebert** and **Dr. Prate** have treated thousands of patients. They have two locations to serve the Barrington and Lake Zurich areas and have been doing so for the past 30 years.



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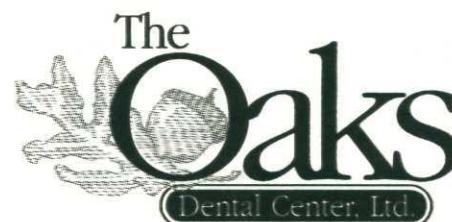


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Dr. Follmer graduated from Northwestern University Dental School in 1975. He returned to the college to teach dentistry for two years, then returned to his hometown of Wauconda where he has practiced since 1977.

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!**

Town and Country-ites Seeks New Members



Town and Country-ites (better known as TOCOS) was formed in 1967 from "graduates" of the Barrington Welcome Wagon. Today, it offers many activities.

In addition to the golf league (pictured above), other groups include duplicate, party and couple potluck bridge. There is a monthly book discussion gathering and, beginning this year, a Bunco group. There are cultural excursions to plays, museums and tours around the Chicago area. The

Ladies' Nights Out at local restaurants have always been popular as are the casino trips. There is an annual picnic, December holiday party at a member's home, and the ever-popular card party luncheon in the spring.

A monthly newsletter informs and reminds members of upcoming activities.

For membership and other information contact Sue Powers at 1-847-620-5099 or Diane Reichow at 1-847-381-4133.

Quote!

"A lie gets halfway around the world before the truth has a chance to get its pants on."

—Winston Churchill (1874-1965)

DAR Sponsors American History Essay Contest

The Signal Hill Chapter, National Society Daughters of the American Revolution (NSDAR), is again sponsoring an American History Essay Contest for fifth- to eighth-graders in the Barrington and surrounding area. All fifth-, sixth-, seventh- and eighth-graders in public, private or parochial school, including the home schooled, are eligible.

The topic of the 2009/2010 American History Essay Contest is "The Transcontinental Railroad." Describe how you felt on May 10, 1869, when the golden spike was driven at Promontory Summit, Utah, to celebrate the completion of the First Transcontinental Railroad. Pretend you are either a settler planning to use the train to travel to your new home in the West, an Irish or Chinese worker who helped build the line, or a Native American whose way of life was greatly affected by the railroad.

Fifth graders are invited to submit original work of 300 to 600 words; sixth-, seventh- and eighth-graders may submit original work of 600 to 1000 words. Interested teachers and students, please call Cathy Campagna, Signal Hill Chapter historian, 1-847-846-9937, for complete contest rules.

The deadline for entries is Dec. 15. Teachers of interested students can arrange for essays to be collected from area

schools. Essays may also be mailed to: P.O. Box 243, Barrington, IL 60011.

Winners will be notified by mail mid-January 2010.

An awards ceremony will be held at the Barrington Area Library, Sunday, Feb. 7, 2010, to honor our first, second, third, fourth and honorable mention winners. First-place winners (one in each grade category) will receive a bronze medal. Schools of first place winners will receive an engraved plaque. In addition, ribbons are awarded for first, second, third, fourth and honorable mention in each grade category. All other contestants receive participation ribbons.

First place winning essays (one from each grade level) are forwarded to the "Illinois District" competition. In total there are five levels in this national competition, sponsored annually by NSDAR to promote interest in American history and stimulate pride in country. The five levels are: "Chapter" level (bronze medal), "IL District" level, "IL State" level (silver medal), "North Central Division" level (covering seven states), and finally "National" level. National winners will receive a gold pin, a National winner certificate, a monetary award, and an expense-paid trip to attend the awards ceremony at NSDAR Continental Congress, Washington, D.C., in July 2010.

Two-Day Showcase of Arts and Crafts to be Held Nov. 7 and 8th

The Barrington Park District will celebrate its 8th Annual Juried Showcase of Arts and Crafts on Saturday, Nov. 7, 11 a.m. to 5 p.m., and Sunday, Nov. 8, 10 a.m. to 4 p.m., at Langendorf Park, 235 Lions Drive in Barrington. This year's event will feature approximately 60 handcrafted, mixed-media exhibitors. Parking and admission are free. There will be a great selection of holiday, jewelry, fine art/photography and so much more, to meet all your shopping needs.

Smokin' T' Bar-B-Que will be on site with their lip-smacking pulled pork, chicken sandwiches and ribs. Save room for delectable candies by Riverside Chocolate Factory and baked goodies by Carol Colamonico, who also sells a special dietetic line as well.

This year's show features many returning artists: Alan Baker, Virginia Bruns, Heide and Dick Carlini, Teresa DeVer, David Farber, Irena Farejowicz, Elaine Gratosky, Jan Gussin, Susan Hewelt, Lisa Kleppinger and Niki Zeman, Raminta and Raimundas Lapsys, Jessica Lynch, Geri



By artist Kristen Olivares

Meyer, Cricket Mrozek, Kristen Olivares (Neubert), Anita Peters, Kathleen Pico, Anita Remus, Chris Robinson and Merrillyn Shoemaker, to name a few.

There will also be many new artisans, including Ashley Onesti, Lesley Karasinski, Sheryl Konnerth, Lisa Lockhart, Alexandra Manolas and Lana Platek.

There will also be representatives on hand from Pampered Chef, Tastefully Simple, and Usborne Books.

For more information, call 1-847-381-0687 or visit www.barringtonparkdistrict.org.

Catholic Charities' October 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, Oct. 11, 7 to 9 p.m. at Catholic Charities Northwest Office, 1717 Rand Road, Des Plaines.
- Wednesday, Oct. 21, 7 to 9 p.m. at

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

• Thursday, Oct. 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.

Don't Let Heel Pain Keep You Out of the Game

If foot or ankle pains are interfering with your daily activities, Dr. Baird is ready to help. **Dr. James Baird** is a local Podiatric Physician and Surgeon and is now accepting new patients at his Barrington office. Here is his answer to a common question from those dealing with plantar fasciitis.

After six months of treatment for my heel pain (diagnosed as plantar fasciitis) I am still suffering. I do not have time for surgery. Are there any other options for relief?

Plantar fasciitis can be very stubborn at times. Most people respond to conservative treatments consisting of rest, ice, stretching, orthotics, night splints, oral medication and injections. If after that conservative treatment you still are experiencing pain in the heel, we would classify it as resistant plantar fasciitis and proceed onto the next form of treatment, which is either surgery or a noninvasive procedure called **Extracorporeal Shock-wave Therapy (ESWT)**.

ESWT is a safe and proven, noninvasive therapy that relieves pain by directing sound waves into the plantar fascia, the band of fibers that run from your heel to



Dr. James Baird

your toes. It is a 25-minute procedure done in the office under a local anesthetic. The procedure breaks up the scar tissue in the plantar fascia, essentially waking up the body, to allow the healing process to occur. This being said, the results are not instant. It will take approximately 10 weeks to feel the full benefits of the procedure. During this time you can perform all normal daily activities and no time off of work will be needed. You will want to continue to do daily stretching and wear appropriate shoe gear at all times. The ESWT procedure is attractive to many because it is not an invasive surgery and there are very few risks or complications related to the procedure.

There is no reason to live with heel pain. If you fall into the group that has not responded to conservative treatment then ESWT may be the procedure you have been looking for. To schedule a consultation with **Dr. James Baird** call 1-847-381-5011.

News from South Barrington Garden Club

Meetings for the South Barrington Garden Club (SBGC) are held or originate at the South Barrington Park District on the first Thursday morning of the month all year round.

Please join us at anyone of our upcoming programs.

Oct. 1—Slide Presentation of "Garden Rooms Without Walls"—Speaker Shirley Remes will present a program on how to create garden rooms in your yard. Shirley is a *Better Homes and Gardens* field editor and has written articles for the *Chicago Tribune*, *Chicago Sun-Times*, *Chicagoand Gardening Magazine*, *Victoria Magazine* and *Organic Gardening*.

Nov. 5—SBGC Annual Meeting—After the annual meeting, a dramatization of *My Book of Flowers* by Grace Kelly. Carolyn Stein Stillman will provide a costumed dramatization of this beautiful book.

Dec. 10—Annual Holiday Luncheon and Fund Raiser—Save the Date for this fabulous annual Holiday Luncheon. They will have door prizes, prize baskets, and a floral demonstration by Cathi Rose of Kaleidoscope.

The South Barrington Garden Club is open to all residents and nonresidents who wish to be a part of a wonderful organization. Their programs consist of speakers, hands-on projects and bus trips to points of interest in the area, followed by a lunch at a local restaurant. The club has sponsored scholarships, nursing homes, state projects, garden therapy, and education and other projects to beautify our community. The membership fee is \$25 for South Barrington residents and \$35 for nonresidents.

Please call Anita at 1-847-277-7151 for information on membership or events.

Learn About the Gardens of Early America

An interesting and informative program entitled "Pioneer Gardens, a History of Kitchen, Prairie and Home Gardens" will be presented by Nancy Schumm Burgess. The meeting and program will be held at 9:30 a.m. at the Barrington Area Library on Tuesday, Oct. 6.

The Four Seasons Garden Club usually meets at 9:30 a.m. on the first Tuesday of each month, August through June. The

meetings are usually held in a member's home or at the Barrington Area Library. Meetings include a social coffee, visiting among members and guests, a short business meeting and a presentation or demonstration concerning some aspect of gardening and gardening interests.

For further information regarding the club or its activities, contact Alena at 1-847-438-3981 or alenagust@comcast.net.



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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 **1-847-438-3008** in Lake Zurich or **1-847-291-0772** in Northbrook to make an appointment for your consultation today.

BACOA Announces Support and Education Groups for October

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

Alzheimer's Association Support Group will feature a presentation by an occupational therapist who will discuss home safety issues pertinent to persons with memory loss. The group will meet Thursday, Oct. 8 from 1:30 to 3 p.m.

Parkinson's Education and Support—The group will meet for an open forum on Saturday, Oct. 24, from 10 to 11:30 a.m. in the Performing Arts Center at The Garlands of Barrington, 1000 Garlands Lane, Barrington.

Low Vision Education and Support—

The group will meet Thursday, Oct. 8, from 1 to 2:30 p.m. at Lake Barrington Woods. It is open to persons of all ages and offers monthly informational meetings as well as resources and local educational trips to persons with low vision.

Caregiver Support—Marge and Carlin Beil from Care Management Partners, a geriatric care management company, will speak. The group will meet Wednesday, Oct. 7 from 7 to 9 p.m. at the BACOA office, 6000 Garlands Lane, Suite 100, 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.

Women's Club of Inverness October Meeting

Please join the Women's Club of Inverness on Thursday, Oct. 8 at 9 a.m. for coffee, with the meeting and program to follow. It will be held at the Inverness Golf Club, 102 N. Roselle Road. The program will feature Judy Gibbs of The Frame Corner, who will discuss how to discover new ways to display artwork and more. Also, representatives from Shelter Inc. will be attend the meeting to discuss the programs that they support. Shelter Inc. provides emergency and temporary housing and services for area children and adolescents.

The Women's Club of Inverness embodies the strength of women dedicated to supporting various philanthropic endeavors and promoting cultural and educational activities in our community.

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

BACOA Luncheon will Highlight Flexible, Functional Fashion

The Barrington Area Council on Aging (BACOA) will sponsor "Fabulous You: Functional Fashion on the Run," Thursday, Nov. 5, from 11 a.m. to 2 p.m. at Makray Memorial Golf Club, 1010 S. Northwest Highway, Barrington.

BACOA's second annual ladies luncheon will feature a healthy and delicious

lunch as well as advice on how to pack a bag—fast and fashionably.

The cost is \$35 per person. A cash bar will also be available.

For more information or reservations, call BACOA at 1-847-381-5030 or visit BACOA's Web site at www.bacoa.org.

"Beauty and the Beasts"

Come join the Village Planters Garden Club of Barrington on a visual safari to South Africa! Joyce Basel will give a program entitled "Beauty and the Beasts" on Tuesday, Oct. 27 starting at 9:30 a.m. at the Barrington Area Library. Basel will present slides showing the beautiful and exotic plants along the fabulous Garden Route of South Africa, as well as safari

slides of the magnificent beasts that she has encountered. Basel was born in South Africa and with her husband specializes in tours of the region for garden clubs and safari groups. Come and experience this outstanding and exciting program. All are welcome.

For additional information, call Barb at 1-847-381-7178.

Field and Flower Garden Club to Hear About Herbs

On Wednesday, Oct. 7 at 7 p.m., Carol Johnson and Lee Ann Conlon will present a program entitled, "Cook from the Bounty in Your Garden" for Field and Flower Garden Club, in a member's home. Johnson, a garden club member, and Conlon, are principals of Sinfully Yours, Caterers That Care.

Discussion and demonstration will cover ways to use a number of fresh herbs,

but also include ways to dry or freeze the many different varieties. Procedures for concocting flavored vinegars and oils will also be featured. Samples will be shared.

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

For more information, please call 1-847-277-7901 or 1-847-382-1869.

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The Current Economy's Impact on Crime

by Pete Panagakis, President
Advanced Security Technologies, Inc. (AST)

Is the economy moving some to take desperate measures? Perhaps, according to a nationwide survey of mayors and police chiefs conducted by the U.S. Conference of Mayors, including respondents from Arlington Heights, Palatine and Northbrook. The survey shows that 42 percent report they are seeing increased crime as a result of current economic conditions. These crimes include more home invasions. Higher gas prices have cut police patrols, leaving property owners more vulnerable.

Dr. Carl Bell, of the Community Mental Health Council, says that stress often leads people to criminal behavior. "When money gets tight, people get creative and interesting," Bell says. "They get pressured and stressed and they start taking it out

on other people."

What's a homeowner or small business to do? We advise protecting yourself, your families and associates, as well as property and belongings, using a wide array of technology. By securing everything entering and leaving your home or business, you secure your way of life.

Locally-owned and operated, **AST** provides security and fire detection services, including the latest in equipment and 24/7/365 monitoring, for homeowners and small businesses throughout the Northwest suburbs. **AST** is personally in touch with securing your way of life. Learn more by calling **1-847-540-9166** or visit **www.advancedsecuritytechnologies.com**.

Educate The Children Presents "A Night In South America"

Don't miss "A Night In South America," featuring Latin American food and Andean music played by N.Y.-based Andinay, on Friday, Oct. 2 at Avalon Banquets, 1905 E. Higgins Road, Elk Grove Village.

The Barrington-based Educate The Children foundation has been supporting the education of 1000 underprivileged children in over 10 countries. Since its inception in 1999, they have been providing ongoing educational support to children in

India, Vietnam, Cambodia, the Philippines, Uganda, Rwanda, Benin, Ethiopia, Bolivia, the U.S., and the Dominican Republic.

Educate The Children holds an annual event the first Friday in October every year to help raise dollars matched 2 to 1 by founder Prem Advani's personal funds.

To RSVP or learn more, visit **www.educatechildren.org** or contact Marianna Zeidler at 1-847-726-9371 or **Marianna@educatechildren.org**.



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A Cornucopia of Friends

The Barrington Woman's Club is pleased to announce the details of their annual Card and Game Day Fund Raiser. This year they have chosen the theme "A Cornucopia of Friends" to celebrate the combining of the Barrington Woman's Club and Coterie of Barrington and Surrounding Communities. This fun-filled event will be held at Kemper Lakes Golf Club on Wednesday, Oct. 21. The day starts with registration at 9:30 a.m., followed by cards or games of your choice (players need to bring their own equipment; cards and score sheets will be provided). The luncheon includes your choice of entree: hunter chicken, tilapia, London broil or roasted vegetable salad. The cost for the

day will be \$45, which includes continental breakfast, lunch and a \$10 tax-deductible donation to the Barrington Woman's Club. Get together your bridge foursomes or gaming groups now.

Your check is your reservation, so mail it today to: Nancy Bengtson, 634 Golf Lane, Barrington, IL 60010. With your check, please include the names of the people you will be playing with as well as your entree choice. If you have any question, please call Nancy at 1-847-381-3767 or Ann Evanson, president, at 1-847-277-7700. The deadline for reservations is Friday, Oct. 16. This event is open to both members and nonmembers.

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From a Woman's Point of View

by Amy Wickstrom, Wickstrom Auto Group

As much as we all like summer break, I think everyone is finally happy to be back in school. I'll admit that the first few weeks were a little rough; everyone, kids and parents included, had to get the right balance of homework, playtime, extracurricular activities and family time scheduled—all crammed in by 8:30 p.m. For me, the biggest benefit of having the kids back in school has been reconnecting with the friends that I didn't see much of all summer. It's easy to forget how much time is spent waiting to drop off/pickup our children when we haven't done it for a few months, and it's almost always enough time to get caught up with what's going on in our lives.

Our latest topic of conversation has been about the two long weekends off of school in October and how we'll spend this precious down time. Most people I've talked to want to get away for at least one of those weekends, and they plan to stay within driving distance of Barrington. Living in Illinois, we could be water skiing or snow skiing on any given weekend in October, so the flexibility of a road trip is appealing. As you load your kids, luggage and pets into the car for some quality family time, the last thing on most people's minds is the possibility of car problems. When I asked Brian Cook, our Service Director at **Wickstrom Auto Group**, what he would do to prep his F150 for a road trip, he stated that a **Multi-Point Inspection** was the place to start.



To summarize, the Multi-Point Inspection includes a review of scheduled maintenance items (oil changes, fluid levels, filters, etc.), tire wear, brake system, battery life, and several other systems/components such as the transmission, drive axle, steering and belts/hoses, etc. Anytime a vehicle is brought into the service department for maintenance or repair work our technicians use the Multi-Point Inspection Report Card to assess its condition. Whether you haven't had the family car inspected in awhile, or it's time for an oil change, you might want to consider bring it in. As the old saying goes, an ounce of prevention is worth a pound of cure.

Whatever plans you may have for October, I'm hoping the weather cooperates with them. If they include a road trip, get the car inspected, top off the gas tank, pack lots of snacks, and don't forget to bring the kids...

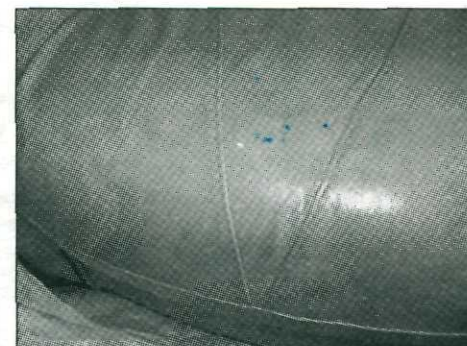
Until next month,

—Amy

Attention Turns to Home Interior: Leather Furniture



Before



After

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

Color-Glo Quality Leather Restoration is a mobile service that can give your leather furniture the professional cleaning and protecting conditioning treatment that will protect and preserve the color and supple feel of the furniture. Without proper care, leather furniture can become dry, cracked, and faded. Natural body oils

can accumulate from regular use, and create dark stained areas that will eventually cause the leather to crack and be permanently damaged.

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

"Opera through the Centuries"

The newly-formed Barrington Artz Center, located at 117 E. Northwest Highway (in the former Kurt Saphir Piano building, just east of the intersection at Barrington Road and Northwest Highway), has added a special Opera/Humanities Series to its list of offerings.

The 10-week series, led by William Powers, renowned bass-baritone of the Metropolitan Opera, will cover a comprehensive thumbnail ride through the history of opera, beginning with its inception in the Renaissance to the present day—from Monteverdi to Floyd. The lectures will be coupled with musical examples—many by Powers himself—and each week will highlight a representative opera from a

specific period. While intended to be easy-to-grasp, "user-friendly" instruction, the lectures will nonetheless meet and exceed home-school standards. All ages are encouraged to attend "Opera through the Centuries."

These one-hour musical lectures will be offered every Tuesday evening, beginning promptly at 7 p.m. at the Barrington Artz Center. Cost for the entire 10-week series is \$99 for adults and seniors, with single-evening admission \$12 at the door. Students are admitted without cost.

Powers is also known in the area for offering private vocal instruction and advanced coaching in his Barrington studio. For more information, call 1-847-526-0528.

November Deadlines!

NEWS SUBMISSION Deadline: FRIDAY, OCT. 9

Contact the editor: **Glenne McMonigal**

P.O. Box 293, Crystal Lake, IL 60039-0293

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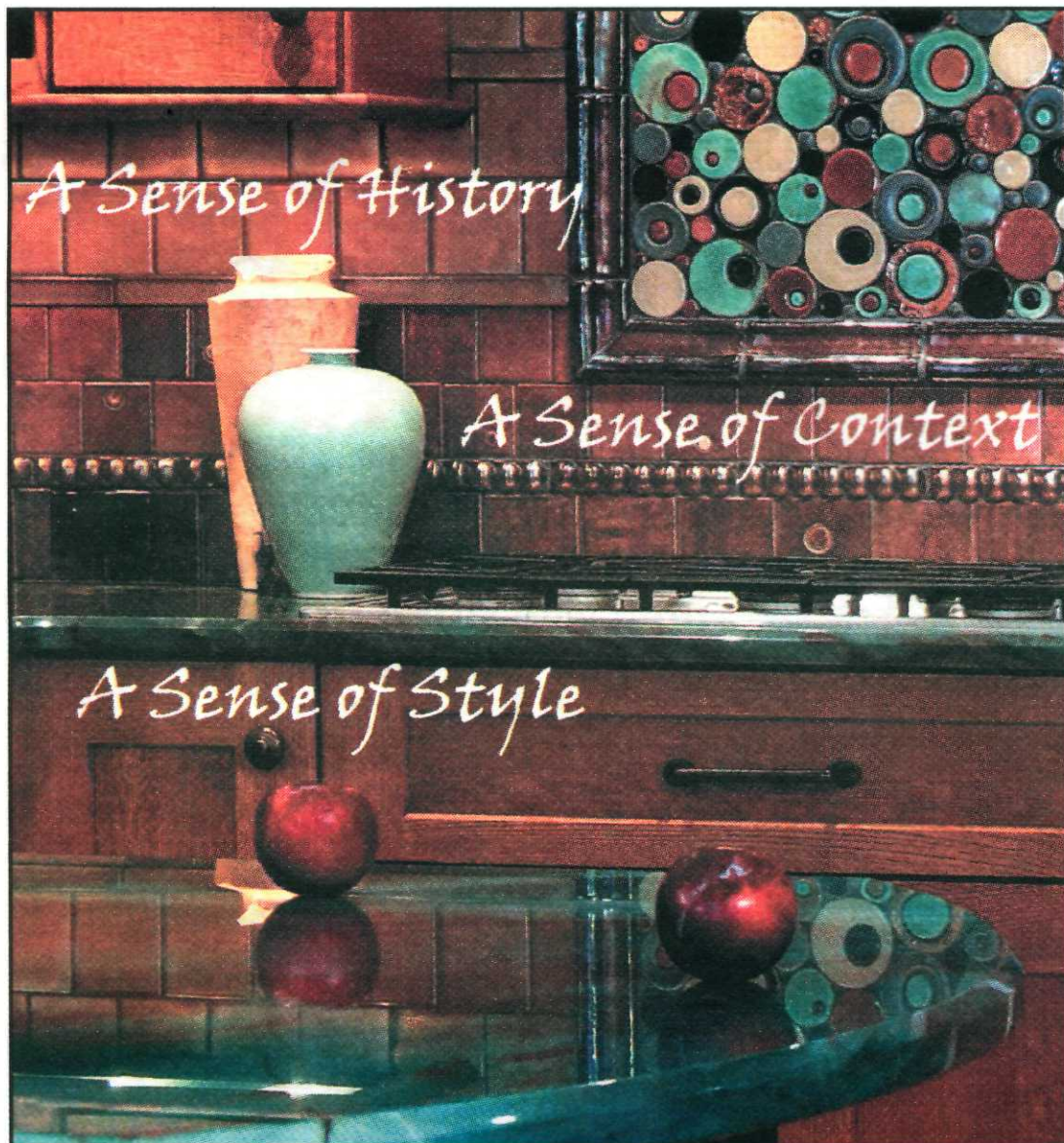
ADVERTISING Deadline: THURSDAY, OCT. 15

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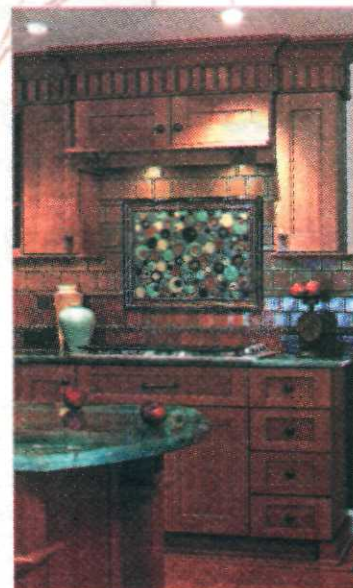


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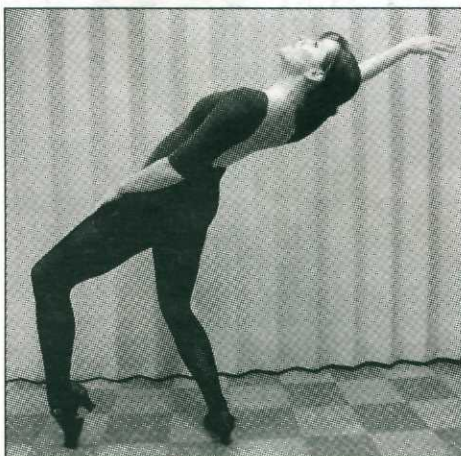
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ArtReach Proudly Presents A Chorus Line

ArtReach Educational Theatre, in partnership with Spotlight Theatrical Production Company, is staging *A Chorus Line*, book by James Kirkwood, Jr. and Nicholas Dante, music composed by Marvin Hamlisch, and lyrics by Edward Kleban.

Desperate for work, 17 dancers compete for eight spots on a Broadway chorus line. Their stories unfold in song and dance as we learn more about each one. *Who will make the cut?*

A Chorus Line will be presented at the Harper College J Theater, 1200 W. Algonquin Road, Palatine, at 7:30 p.m. on Friday, Oct. 23, Saturday, Oct. 24 and Sunday, Oct. 25. For tickets, please call 1-630-808-5852 or consult the Web site at www.artreachspotlight.com. Tickets are \$16 in advance; \$18 at the door. Reservations are recommended. Group discounts are available. Due to the mature nature of this show, anyone under the age of 13 must



Kara Powell of Dundee as Cassie

be accompanied by an adult.

For more information, please call 1-847-372-7798 or visit www.artreachspotlight.com for our ArtReach Programs taught by professional actors/teachers.

Kitchen Kabinet Program Oct. 14

The Kitchen Kabinet men's club from the Presbyterian Church of Barrington meets on the second Wednesday of the month at Biltmore Country Club in North Barrington. A buffet is available for \$16 (payable to the Biltmore). Socializing starts at 11:30 a.m. with a cash bar. Reservations are required. Call the Biltmore Country Club at 1-847-381-1969 or the church at 1-847-381-0975.

Retired Chief of the Illinois State Police Col. Don Norton will be their next presenter. The topic will be "Crime in the

State of Illinois."

Norton has directed cases involving murder, robbery, rape, kidnapping, drugs, syndicated gambling, arson, extortion, fraudulent sales, theft and more. He was one of the first narcotics men to serve undercover and buy drugs as evidence.

Norton served in the Korean conflict as a Marine sergeant and earned three campaign ribbons fighting there. He was reactivated in the army during the Vietnam War and finished his career as the U.S. Army Liaison Officer to West Point Military

Rock n' Bowl Set to Raise Funds for BYFS Counseling Program

The Barrington Youth & Family Services (BYFS) Auxiliary is hosting a Rock n' Bowl fundraiser at Pinstripes in South Barrington on Friday, Oct. 16 at 7 p.m. Event proceeds will benefit the BYFS counseling program to help further address the community need for quality and affordable mental health and suicide assessments, therapy, and prevention services.

The event will feature bowling, bocce, and live music by Exit 147. The ticket price is \$75 per person. For tickets or information on sponsorship, contact Nicole Jacobsen at nicole.jacobsen@comcast.net or 1-847-212-1685. Or visit their Web site, www.barringtonyouthandfamilyservices.org, to download a registration form.

Rock n' Bowl is co-chaired by Nicole Jacobsen and Amy Wickstrom. Other BYFS Auxiliary members include Angela Allegretti, Kathy Maca Mangan, Gayle Maraval, Donna Penyak, Linda Pochron, JoAnn Rogers, Barb Simonds, Judy Tolle



Live music by Exit 147 will be featured.

and Angie Wallin.

Barrington Youth & Family Services is a not-for-profit social service agency, dedicated to providing outreach, prevention and counseling services that support the social, psychological and emotional well-being of young people and their families. For more than 35 years, BYFS has serviced Barrington area residents in Barrington, Cuba, Dundee and Elmhurst townships, within the boundaries of Barrington Community Unit School District 220.

Academy.

Former Kitchen Kabinet programs have included: Werner Juretzko, former U.S. spy behind the Iron Curtain; Elmer Renner, author of *Sea of Sharks*, told about when his naval vessel capsized in a typhoon off the island of Okinawa in 1945; Hans Dotsler, former WWII German soldier, captured on the eastern front by the Russians and used as a slave laborer until five years after the end of the war; Gus Leep, one

of the developers of the spray can; John McDonough, twice chairman of the Juvenile Diabetes Foundation; Neal Marshall, former football official; Retired Rear Admiral Jack Moomaw, aerial surveillance of Russian submarines during the Cold War; Len Benson, former caddy for Ben Hogan; Jimmy Demaret and Patty Berg; Jack Train, architect of downtown Chicago buildings; and Dr. John Kenney, a nationally recognized forensic specialist.

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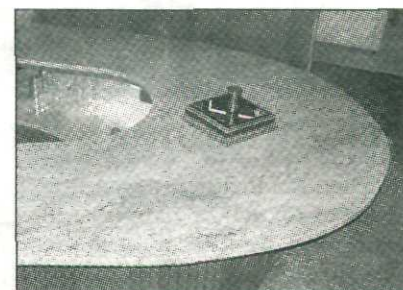
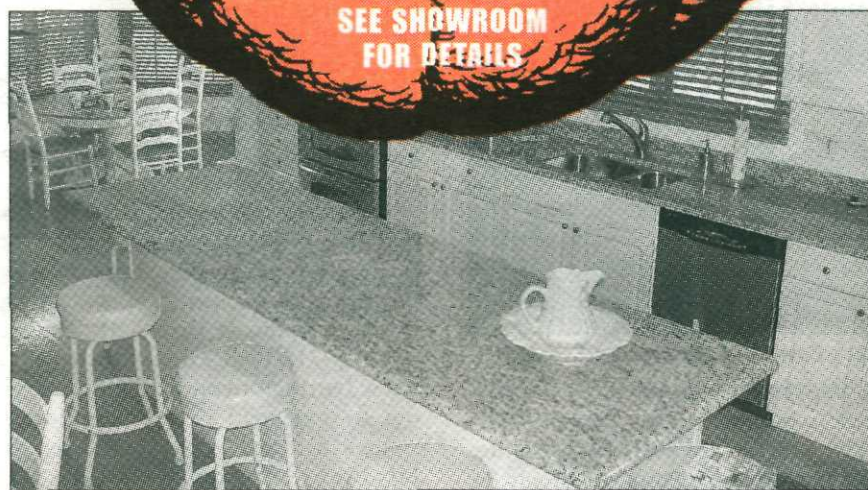


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