

December 2009

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# THE MAGIC OF THE SEASON



BYDE Presents the  
15th Annual *Nutcracker*

Art Associates to Enjoy  
Chicago's Holiday Decor

Barrington Community  
Helps Bring More  
to the Classroom

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## Editor's Ink

December 2009

Dear Reader,

The magic of the season is about to begin. There will be beautiful music, sparkling decorations, and a special excitement in the air as the holidays rapidly approach.

And what better way to experience some of the holiday splendor than to attend Barrington Youth Dance Ensemble's (BYDE) 15th annual production of *The Nutcracker* on Dec. 4, 5th and 6th. This outstanding production will be held at the Barrington High School. Get your tickets now and enjoy!

The Art Associates (Barrington/Northwest Community Associates) are planning a trip to Chicago to view glorious lights and displays representing the season of jolliness and merriment. Among the highlights are Christkindl Market at Daley Plaza, Macy's window displays, and Lincoln Park Zoo. Join them in this special trip.

Enjoy this most beautiful of all seasons and remember the reason for the season. Also, remember those less fortunate. It's been a difficult year for many people. Please reach out to them and help make this holiday special for all.

Until next time, may all your thoughts be sunny.

With warm regards,

Glenne McMonigal, editor

Barrington Lifestyles News Magazine



## About Our Cover

**Elegant Holiday Dressing.** A black merino wool long-sleeve boat-neck pullover is accessorized with Nouveau Baroque drop-off kidney earrings and illusion necklace. Completing the look are black Runway floral tights. Liz Claiborne New York.





## Barrington Community Helps Bring More to the Classroom

Education supporters swung their golf clubs, raised their auction paddles, or served as sponsors of the 2009 Barrington District 220 Educational Foundation golf event at Makray Memorial Golf Club. Together, they raised over \$35,000 for education.

"On behalf of District 220 students, we thank all who participated in the golf event. What a difference you make to our students," said Matt Marquis, golf event chairperson.

Donations will be used to bring more to the classroom in Barrington District 220. The 2009 initiatives include Project STEM (Science, Technology, Engineering & Math).

### Science: Elementary Science Projects

A collaborative effort between District 220, Citizens for Conservation, and Vehe Farm, this science project provides an opportunity for children to engage in the authentic work of "doing science" in Barrington's distinctive environment of prairie and marshlands. Along with classroom curriculum, every fourth-grade student will have hands-on opportunities to be "citizen scientists" and be more connected to the natural world.

### Technology:

#### BMS Media and Technology

Technology and equipment will be provided to both Barrington Middle School (BMS) campuses so that students and staff may use visual communication tools for academics as well as school community development.

#### Sound Field Amplification Systems for Pre-K/Early Learning Classes and Elementary Music Rooms

Purchase and install sound field amplification systems for pre-kindergarten/Early Learning classes and elementary music rooms. The systems amplify the teacher's voice evenly throughout the classroom so every student can hear every word every time. This amplified voice overcomes background noise, poor room acoustics and mild hearing loss to make it easier for students to understand and concentrate on



The winning foursome is Dede Wamberg, Gail Wickstrom, Sheryl Frankenberg and Sue McGrath.

what the teacher is saying. The equipment will be installed at the current Early Learning Center, Woodland School, and may be easily transported when the new Early Learning Center is completed in 2010.

### Project SPEAK

Additional high- and low-tech assistive technology to be used by the Special Education staff for the purpose of developing language and communication skills of special education students. This program benefits students with special needs at all grade levels.

### Engineering: BHS Project Lead the Way

Supplies and equipment will be provided to enhance a new curriculum offering at Barrington High School (BHS), "Project Lead the Way." This new class offers a nationally recognized pre-engineering curriculum. The program integrates math, science, technology and English language arts skills to solve complex problems.

### Math: BHS Math Academy

Provide additional laptops so that more students may participate in the Math Academy, a program that helps struggling students improve their math skills and allow these students to succeed in the regular math curriculum.

### About the Educational Foundation

The District 220 Educational Foundation is a not-for-profit, volunteer organization. We "find the funds" for initiatives that enhance learning but are not otherwise supported by tax revenues. Contributions may be made online at [www.220foundation.org](http://www.220foundation.org).

## Barrington Youth Dance Ensemble Presents 15th Annual Nutcracker



Pictured in the Party Scene from *The Nutcracker*, Clara is played by Brittany Bonefas and the Nutcracker Doll is portrayed by Melissa Statkhakis.

Barrington Youth Dance Ensemble (BYDE) will present its 15th annual production of *The Nutcracker* on Dec. 4, 5th and 6th at Barrington High School. Auditions for BYDE's 2009 production were held Sept. 13 with 98 local dancers participating. Rehearsals for this year's production began on Sept. 20.

This year's cast will feature returning guest artists Roman Antonov, Melanie Horton, Holly Pace, Ricky Ruiz, Buddy King, Karen Janet, Valerie Murray and Jessica Wolfrum. Monique Haley will reprise her role as the evil Mouse Queen and Hiroko Sakakibara will delight audiences again as the beautiful Sugar Plum Fairy with her Cavalier, Guillermo Leyva. Making their BYDE debuts are guest artists Christian Denice as Spanish Chocolate, Michael Gross as Arabian Coffee, Nicole Larson and Abdelaziz Roque as the Snow Queen and King, respectively, and Vilma Machin as the Dew Drop Fairy.

BYDE is celebrating their 20th anniversary in 2009 and they are thrilled to welcome back several BYDE alumnae: Megan Brennan, Katelyn Hanna, Stephanie Schwartz and Stephanie Cihlar, who will join the cast for this special anniversary production.

Barrington area dance students who will perform in *The Nutcracker* include: (Barrington residents) Nicole Barcroft, Annabel Buxton, Megan Clement, Megan Clifford, Molly Clifford, Franceska Karasinski, Anne Lenz, Theresa Lieblang, Madeline Lunn, Jessica Malec, Katie Muto, Linnea O'Brien, Maggie Pechan, Grace Ransom, Hannah Ray, Caroline Rees, Justine Rehak, Alana Riemenschneider, Alexa Riemenschneider, Heather Ross, Eva Shirley, Camille Stidham, Sailor Streeter, Sofia Totten, Audrey Wallace, (Barrington Hills) Francesca Bentley, Christina Fortsas, Joyce Gaffney, Delaney Halloran, Emma Landerberger, Ali Lidbury, Becca May, Alexandra Skopek, Georgina Spence, (North Barrington) Jessica Jones, (Lake Barrington) Lucy Abrahamson, Ana Argyros, Diana Donnelly, Tiffany Frankel, Hannah Harris, Hayden Harris, Eve Hoeltgen, Sophie Hoeltgen, Alexa Mohsenzadeh, Katie Moore, Juliana Nikolich, Kristen Raasch, Charlotte Richardson, Eliza Seagrist, Melissa Stathakis, Victoria VanHollen, Mary Ann Seagrist,

(Tower Lakes) Faith Dettman, Julie Hancock, Lauren Kolasinski, Maxine Patronik, (South Barrington) Kelly Corless, Julie Homola, Lana Homola, Sarah Merchant, Isabella Stojka, (Deer Park) Katherine Czarnik, Grace McIlwain, Emma Vojack and Leah Wetterling.

Additional northwest suburban dancers performing in *The Nutcracker* are: (Kildeer) Nicole Banakis, Ariana Davis, Jessica Eggers, Stephanie Eggers, Alex Schwartz, Lindsay Schwartz, (Fox River Grove) Caleigh Meehan, (Lake Zurich) Brittany Bonefas, Abby Hunt, Ellie Hunt, Elizabeth Gilbert, Mackenzie Jaekel, Katie Kipperman, (Wauconda) Gabrielle Zimmer, (Palatine) Nicole Ricken, (Long Grove) Emma Jensen, (Round Lake Beach) Isabelle Tilford, (Schaumburg) Spencer Davis, Megan Levine, (Cary) Lindsey George, (Inverness) Sabena Byerly, Kate Miller, (Island Lake) Raquel Acosta, (Carpentersville) Marlaina Mathisen, Daniel Monarrez, Melanie Monarrez, (Hoffman Estates) Allison Leczycki and (Deerfield) Chelsea White.

Tickets for the 2009 *Nutcracker* are available now at [www.BYDE.org](http://www.BYDE.org) or by calling BYDE at 1-847-382-6333. Performance times are Friday, Dec. 4, 7 p.m., Saturday, Dec. 5, 2 p.m. and 7 p.m., and Sunday, Dec. 6, 2 p.m. Preferred seating tickets are \$28; adult seating, \$25; seniors and students, \$18. Online purchasing is available for "best available" seating at \$25 per ticket. Organizations of 10 or more, please call BYDE at 1-847-382-6333 for group rates for the Friday and Saturday evening performances.

*The Nutcracker* is made possible by The Duchossois Family Foundation; The Sanfilippo Family; The Roberts Family Foundation; The Benson Foundation; The Illinois Arts Council, a state agency; Rose Packing Company; Barrington Junior Women's Club; The Barrington Area Community Foundation; and The Demar Family Foundation.

Barrington Youth Dance Ensemble (BYDE) promotes artistic integrity, involvement, and awareness through exceptional dance training and performance in the Chicagoland area. For more information, visit [www.BYDE.org](http://www.BYDE.org) or call BYDE at 1-847-382-6333.



## Barrington Area AAUW Events

The purpose of AAUW (American Association of University Women) is to advance equity for women and girls through advocacy, education, philanthropy and research. There are approximately 100,000 members across the country.

The annual Friendship Soup Supper is scheduled for Sunday, Dec. 6, 4 p.m., at a member's home. Members should bring something to add to the broth. Bread and dessert are provided by board members. RSVP to Kay at 1-847-277-9407.

The Luncheon Book Group will meet Wednesday, Dec. 9, noon, at The Garlands in Barrington for lunch and discussion of *American Lion* by Jon Meacham. New members are welcome. Loretta is chair—1-847-381-1804.

Every other month the Women's Issues Book Group meets at the Barrington Library on the fourth Saturday morning to discuss nonfiction. Jan. 30 is the next meeting of the group. Pat is chair—1-847-550-1282.

In January, members may attend the annual Networking Luncheon at the Deerfield Hyatt.

The Great Decisions study and discussion group of international issues begins the eight-week series at the end of January. Bobbie is chair—1-847-381-3315.

Membership vice-president is Louise Sullivan—1-847/382-8028. Membership is open to anyone holding a two-year degree or higher from an accredited institution of higher learning.





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## Increasing Risk to Employers from Improperly Classifying Employees as Independent Contractors by Joette S. Doran, Esq.

Workers may be classified as employees or independent contractors. However, simply calling a worker an independent contractor is not determinative under the law.

In August 2009, the U.S. Government Accountability Office (GAO) released a detailed report to congressional leaders that culminated in a set of recommendations to address the persistent, widespread problem of employer misclassification of employees as independent contractors. Specifically, the report recommends that the Department of Labor (DOL) and the Internal Revenue Service (IRS) step up



enforcement efforts against employers. Therefore, it is particularly important for employers who have classified any workers as independent contractors to carefully review those decisions and, if appropri-

## Key Pieces You'll Love This Season at Assemblé for Her

Holiday is upon us—and we're here at **Assemblé** to give you a shopping experience focused on versatility. We're loaded with standout pieces guaranteed to add the visual punch to set you apart from your crowd.

Add a little brilliance to your life with sequins. **Ella Moss** does it with simple glamour. Her black-on-black sequin-trimmed top over our fluidly slim trousers is effortless drama. Or, you may choose to opt for a different take; drape our jet black sequined vest over a simple tee with dark jeans for a cool, casual approach.

Metallics make for tough luxe. **Velvet** adds visual impact with their chain-trimmed top. Add our black pencil skirt, some great boots and you're ready for the

city or burbs.

Turn up the texture. Add a ruffly chiffon blouse to one of our cozy cardigans. Or, pair a lace-trimmed top from **Language** with a jeans from **Joe's** or **Silver**.

Glam ideas, strong silhouettes and sleek sophistication—all add up to a myriad of ideas—here for you at **Assemblé**—to elevate the style factor for a night out this holiday season!

What about resortwear? It's coming in this month too! Sunny citrus colors, striking patterns, classic neutrals, nautical navy... prize pieces to start collecting—all arriving daily at **Assemblé**—for your great warm weather escape!

See ya soon!

## "Holiday Wishes" from the Barrington Suzuki Strings

**Barrington Suzuki Strings** is presenting "Holiday Wishes" this holiday season for the Barrington area. The **Instrumental Concert** will be on **Sunday, Dec. 13, 3 p.m.** at the Barrington High School Auditorium. The **Family Piano Holiday Concert** will be on **Saturday, Dec. 5, 2 p.m.** at the Barrington Area Public Library.

Featured in the Instrumental Concert will be the new **Barrington Youth Orchestra**, showcasing string students from Barrington and surrounding communities.

Come celebrate the holidays with us. The music appeals to audiences of all ages, and showcases the talent and dedication of local students from the **Suzuki**

**Music School of Barrington**. Instruments featured will be violins, cellos, flutes, guitars and piano.

"The quality and professionalism of the concerts are the result of countless hours of preparation by the students and many years of music study," said Betty Mueller, director of the Suzuki Music School of Barrington.

Tickets for the Dec. 13 concert at the auditorium are \$5 for seniors and students, and \$10 for adults. Children 5 and under are free. Admission to the Family Piano Concert on Dec. 5 at the library is free.

For information, call **1-847-382-9517**.

ate, make changes.

While the report recognizes that one of various complex tests are typically used to decide the worker classification question, the applicable test may vary from one jurisdiction to another and depending upon the particular statute involved. Generally, a person is considered an employee if he or she is subject to another's right to control the manner and means of performing the work while independent contractors are individuals who obtain customers on their own to provide services (and who may have other employees working for them) and who are not subject to control over the manner by which they perform their services. Most of the tests use an analysis of multiple factors including, the right to control the means and manner of performance, the mode of payment, the furnishing of material or tools, the control of the premises where the work is to be done and the right of the employer to discharge.

While misclassification of employees as independent contractors itself is not a violation of any federal labor law, it can result in violations of various laws. The DOL, IRS, and the courts will look beyond any agreement between an employer and worker to the real relationship in place. For example, employers who misclassify employees as independent contractors are often cited by the DOL for violating the record keeping, minimum wage and overtime pay requirements in the Fair Labor Standards Act (FLSA). In addition, employ-

ers are generally required to withhold income taxes from paychecks to employees, to withhold and pay Social Security and Medicare taxes for employees, and to pay unemployment taxes on wages to employees. Employers generally are not subject to these obligations with respect to payments to independent contractors. When employers wrongly classify employees as independent contractors, they expose themselves to liability not only for the unpaid employer portion of Social Security and Medicare tax for each employee, but also for a portion of the income tax withholding that should have been taken from each employee's paycheck and the employee share of the Social Security (FICA) tax. When multiple employees in similar positions are wrongly classified, the potential liability to a single employer can quickly become very large.

For additional employment information, please visit our Web site at—[www.joettedoran.com](http://www.joettedoran.com).

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

*Ms. Doran is licensed in Illinois, admitted to all Illinois federal courts and the U.S. Supreme Court. She is a member of the Federal Trial Bar and 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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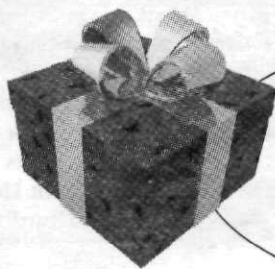
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## Wanda Hollensteiner Gallery at Wright Museum of Art, Beloit College of Wisconsin, Dedicated Oct. 3

With Beloit College president Scott Bierman, college officials, and family members present, the Wanda Hollensteiner Gallery at the Wright Museum of Art on Beloit's campus was dedicated on Oct. 3.

The Wright Museum of Art gratefully acknowledges the Hollensteiner's significant contributions to the Wright Museum and to Beloit College. The Wright Museum now has new climate-control and security systems as well as museum-quality pedestals and movable walls. These upgrades will greatly enhance the museum's exhibition potential to move towards the professional standards set by the American Association of Museums and permit it to exhibit art on loan from other museums.

The Wright Museum will now be able to exhibit numerous "world-class" works from its collection held in storage, including many that have not been on exhibit for over 50 years. The newly renovated space will feature works by European, American and Asian artists, including graphics, paintings, sculptures and decorative arts. The Wanda Hollensteiner Conservation Fund is responsible for the restoration of the Albrecht Durer print, and next year a painting by Rembrandt will be restored and exhibited.

The museum will not only continue as a teaching museum, where Wanda took art courses, but will provide Beloit College students, faculty and greater Beloit area residents with diverse opportunities to appreciate the visual arts.

On the same day as the museum dedication, Wanda received a Distinguished Service Citation, the highest honor awarded by Beloit College. This award is given in recognition of "Overall achievements, personal growth in career, and outstanding civic, cultural, and professional/business service in such ways as to reflect credit on Beloit College." Over the years,



**Distinguished Service Citation recipient Wanda Hollensteiner presents a few remarks at the dedication of the Wanda Hollensteiner Gallery at Wright Museum, Beloit College. Looking on is the president of the college, Dr. Scott Bierman.**

Wanda has been very active in her involvement with Beloit College as well as numerous community and charitable organizations. These include the Barrington Chapter of Lyric Opera and the executive board of Lyric Opera of Chicago, Northwest Suburban Music Teachers Association, Arden Shore Home for Boys, and the Lake County 4-H Board.

In 2008, Wanda's husband, Jim, received the Community Leadership Award from his alma mater, DePauw University in Greencastle Indiana, for his extraordinary civic and community involvements and commitments.

The Hollensteiners have lived in North Barrington for 38 years.

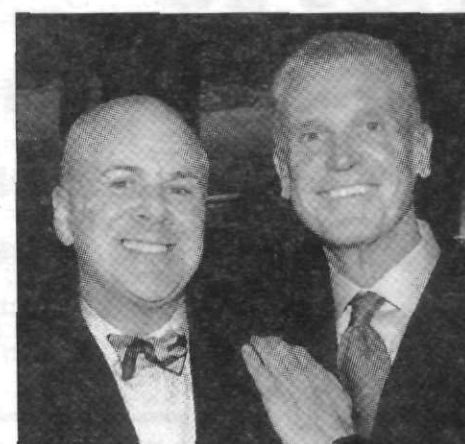


**At a reception following the dedication of the new Wright museum gallery, Jim and Wanda Hollensteiner (left) are joined by Dr. Scott Bierman in viewing a treasured collection of art pieces in its new facilities.**

## The 8th Annual Handbags & Halos Luncheon Raises More Than \$50,000 for Howard Brown Health Center

On Oct. 13, nearly 200 of Chicago's most philanthropic women joined Bunky Cushing at the Palmer House Hilton to celebrate his 8th Annual Handbags & Halos Luncheon benefiting Howard Brown Health Center. The exclusive event raised more than \$50,000 through its famous handbag event. Guests were treated to the sounds of Stanley Paul and a wonderful keynote address from David Easton, one of the world's most sought-after interior designers. His eclectic approach has transformed the residences for such noted figures as Carroll Petrie, Patricia Kluge and many leading industrialists. Easton shared a fascinating presentation about the evolution of design, from David Adler to his predictions for the homes of tomorrow. Twelve lucky guests walked away with one of the season's most-coveted accessories, all of which were donated to the luncheon. Handbag donors included Ralph Lauren, Prada, Tory Burch, Michael Kors, Escada, 28 Shop at Macy's, Brian Atwood for Brian Atwood Designs, and more.

The Howard Brown Health Center continued to feel Cushing's generosity on Nov. 14, when the Brown Elephant Resale



**Bunky Cushing and Howard Brown Health Center president Michael Cook**

Shop hosted its handbag sale with all of the pieces donated by luncheon guests.

Michael Cook, president and chief executive officer of Howard Brown Health Center, spoke briefly about his gratitude to the host. "Philanthropy is not just about giving money; it's about giving your heart and that's what Bunky does for Howard Brown. The proceeds from this event allow us to provide service to thousands of people that would otherwise go without the attention and care they need."

Bunky Cushing is a popular party-giver and has supported the fundraising efforts of numerous organizations in Chicago including the Jane Addams Senior Caucus, English-Speaking Union, Chicago Historical Society, and the American Friends of Versailles.

Howard Brown Health Center is one of the nation's largest gay health care organizations. Through a wide array of health, wellness, social service and research programs, Howard Brown cares for more than 36,000 adult and youth clients annually. For more information about Howard Brown, please visit [www.howardbrown.org](http://www.howardbrown.org).



**Sherry Holson and Myra Reilly, both of Lake Forest**

## Palliative Care Specialist Joins Hospice & Palliative Care of Northeastern Illinois

Dr. Paola Molina joined Hospice & Palliative Care of Northeastern Illinois as a full-time associate medical director.

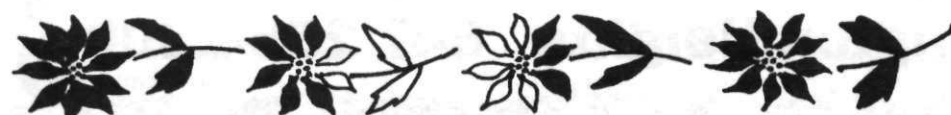
This past summer, Molina completed her Palliative Medicine Fellowship at the National Institutes of Health (NIH), as the NIH's only fellow in palliative medicine. She has routinely and effectively managed among the most complicated medical cases in our country with other medical colleagues seeking out her expertise. Prior to utilizing her dual citizenship for post-graduate medical education, including an internship at Harvard Medical School, Molina was a practicing hospice physician in Columbia. She is participating in the agency's Palliative Care program and its nationally recognized Latino Outreach Program.

Hospice & Palliative Care of Northeastern Illinois is a community-based, not-for-profit organization serving families throughout McHenry, Lake, Northwest



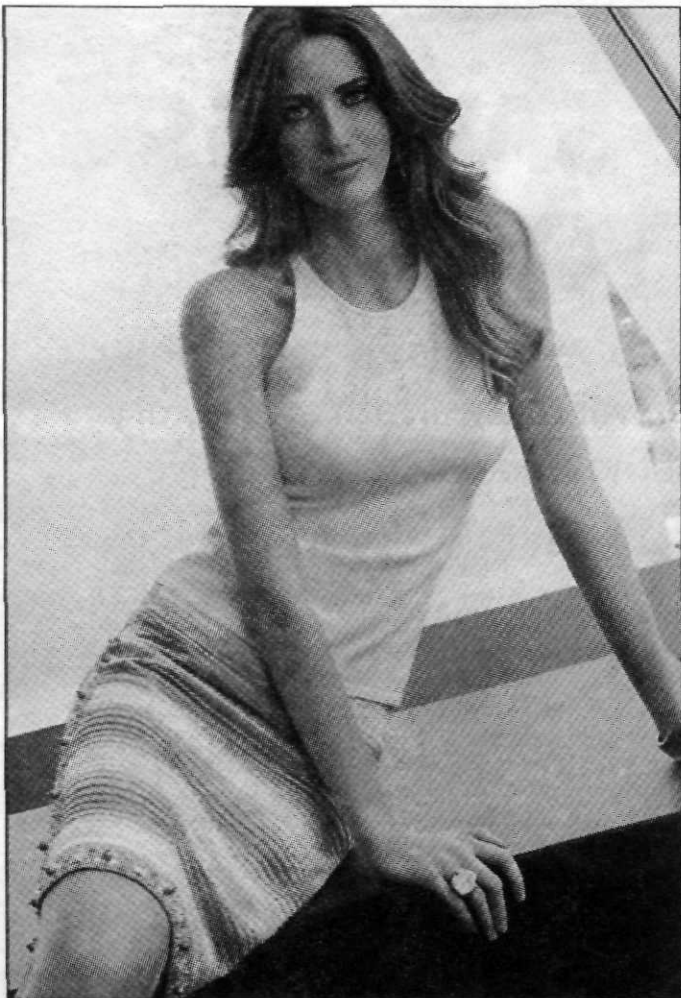
**Dr. Paola Molina**

Cook, Kane, Boone and DuPage counties. Celebrating its 27th year of service, the agency provides comprehensive end-of-life care to nearly 1,300 patient families each year. HNI is Medicare certified and accredited by the Joint Commission. For information, visit its Web site at [www.HospiceAnswers.org](http://www.HospiceAnswers.org).





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## Chess Without Borders

Yury Shulman's Chess Without Borders was selected as a finalist for the 2009 Chicago Innovation Award. "Established in 2002, the Chicago Innovation Awards shine a bright light on the creative spirit of Chicago by focusing attention on the most significant new products and services introduced in the region." Ten judges selected the finalists based on criteria established by the Awards Committee. A reception honoring the nominees was held at the UIC Innovation Center on Sept. 14, which Grandmaster Yury Shulman and program founder Rishi Sethi attended. For additional information, please visit [www.chicagoinnovationawards.com/events/4](http://www.chicagoinnovationawards.com/events/4).

Yury Shulman's Chess Without Borders Organization uses creative methods to combine chess education with service and philanthropy. Students and volunteers range in age from 5 to 75 years old and have served in diverse projects from book drives to directing tournaments. The last project was successful in collecting \$10,000 in donations for plastic surgery for a burn victim living in the slums of Delhi, India. The project was a collaborative effort between Chess Without Borders, Berlin Metropolitan School in Ger-



**Chess Without Borders program founder Rishi Sethi (left) and U.S. Chess Champion Grandmaster Yury Shulman talk with a chess fan at a 2009 Chicago Innovation Award reception.**

many, and Project Why in India.

A chess tournament was held Nov. 7 at Grove Avenue School to honor principal Dr. Cynthia Kalogeropolous who helped start the chess program at Grove with only one student playing chess. Her encouragement resulted in hundreds of children learning chess in Barrington, Cary, Elgin, Palatine and the surrounding suburbs.

## Catholic Charities' December 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, Dec. 13, 7 to 9 p.m. at Catholic Charities Northwest Office, 1717 Rand

## BACOA Offers Upcoming Trips for Globetrotters

Pack your passport—the Barrington Area Council on Aging (BACOA) is offering exciting travel opportunities in the year ahead.

BACOA and Travelex International will offer:

**Napa Valley Wine Tour**—Departs April 28, 2010—Barrington wine connoisseur Jim Bryant will lead this five-day tour through California's Napa Valley. The trip will include vineyard and winery tours, tastings, and four dinners at the region's top restaurants. The cost is \$2,999 (double; airfare not included).

**2010 Oberammergau Passion Play**—Departs Aug. 14, 2010—The 10-day tour will begin in Vienna and include stops in Salzburg and Munich, as well as a performance of the once-in-a-decade Passion Play in Oberammergau, Germany. Cost is \$3,499 (double).

BACOA and the Barrington Park District have partnered with Mayflower Tours to offer a selection of U.S. tours:

**Myrtle Beach Melodies**—Departs April 11, 2010—It's an eight-day Atlantic Coast musical adventure. Travel by motor coach through Kentucky and the Carolinas; see the beach and three musical shows in

Myrtle Beach. Stops include Wilmington, North Carolina, the Blue Ridge Parkway and the Great Smoky Mountains. Cost is \$1,029 (double).

**Pella Tulip Time**—Departs May 6, 2010—Welcome spring tulips in Pella, Iowa. Enjoy Dutch traditions, including a parade and a miniature Dutch village. The three-day trip will also include a stop in the Amana Colonies. Cost is \$599 (double) and includes round-trip motor-coach transportation, six meals, and \$15 in "Mayflower Money."

**Alaska: The Great Land**—Departs July 14, 2010—Gaze on glaciers, towering pines and mighty mountains in America's 49th state. The nine-day tours include visits to Anchorage and Fairbanks, a stop in Denali National Park, travel on the Alaska Railroad, and a variety of optional side trips. Cost is \$2,499 (double), and includes 10 meals, and \$45 in "Mayflower Money."

Mayflower offers a "Guaranteed Share Program," which can provide a roommate for tours.

All trips are reserved on a first-come, first-served basis.

For more information, call Linda Avellon at BACOA at 1-847-852-3892.

Road, Des Plaines.

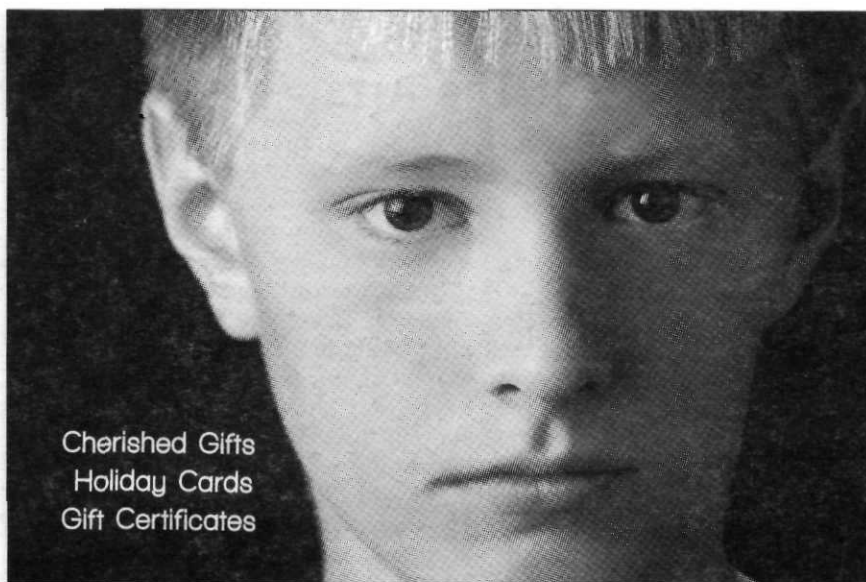
• Wednesday, Dec. 16, 7 to 9 p.m. at Holy Family Church Counseling Center, 2515 Palatine Road, Inverness.

• Thursday, Dec. 17, 7 to 9 p.m. at Carmel High School, One Carmel Park-

way, 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.





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#### Christmas Eve Dinner

**Thursday, Dec. 24**  
Celebrate with us with a gourmet 3-course dinner!  
Reservations from 5 to 8:30 pm

#### Order & Pick Up Our Traditional

### Bûche de Noël

#### YULE LOG

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#### New Year's Eve Celebration

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## EventScape, Inc. of Barrington Announces Luxury Wedding Division

**EventScape, Inc.**, a full-service event planning company located in Barrington, is pleased to announce the opening of their new **Luxury Wedding Division**. In addition to corporate, nonprofit and retail special event coordination, **EventScape, Inc.** will now be offering premier wedding planning services, including complete day-of-event planning and management.

Our team of industry experts has coordinated hundreds of unforgettable special events. With over two decades of proven industry expertise, **EventScape, Inc.** provides award-winning event design coupled with unparalleled customer service, making us a preferred choice in the special event industry.

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## Kitchen Cabinet Happenings

On Nov. 11, Kitchen Cabinet members had a double header. Dr. Tom Long, vice president of the Barrington Countryside Fire Protection District, had a very interesting presentation on some of the problems faced when a call is received on a fire in progress, including long driveways with obstructive trees lining them, and gated communities and driveways that interfere with fire truck access. The house numbering system can cause problems—

an address of 125 can be next to 401. Long answered questions on salaries, taxes, as well how the problems are solved.

Kitchen Cabinet also had a surprise birthday party for the Rev. Dan Spike. Fun was had by all.

The Christmas luncheon on Wednesday, Dec. 9 will feature songs of the '40s and '50s, with Jim Carsten on piano and Jean Ernsting handling the vocals. Seating is limited to regular attendees.



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## New Reverend Installed

On Oct. 25, a special event took place at the Presbyterian Church of Barrington. A service of installation was held for the Rev. Dawn M. Haeger as associate pastor. With its Scottish heritage, the church was decorated with tartan plaid banners and the music program included vocal soloist Kirsten Hedegaard and pipe major Bruce Quintos playing the bagpipe. Several officials from the Chicago Presbytery participated in the service. A reception honoring Haeger was held in Fellowship Hall following the installation service.



The Rev. Dawn M. Haeger is pictured with the Rev. Daniel R. Spike (left), associate pastor, and the Rev. Dr. Curtis Baxter, pastor.



## Enjoy the Holidays with Raue Center!



**A Christmas Carol**

December 4 at 6:30 p.m. • \$25, \$22, \$19



**Voices in Harmony Sing-Along Messiah**

December 13 at 4:00 p.m. • \$18



**Lakeside Singers Christmas Concert**

December 5 at 7:30 p.m. • \$35, \$32, \$29



**The Nutcracker Ballet**

December 19 at 3:00 & 7:00 p.m.  
December 20 at 3:00 p.m. • \$25, \$22, \$19



**Northwest Indiana Symphony Orchestra Holiday Pops Concert**

December 11 at 8:00 p.m. • \$46, \$43, \$40



**New Year's Eve Party**

December 31 • \$75

Doors Open at 8:30 p.m., Performance at 9 p.m.  
Crystal Lake Chamber and Raue Center Fundraiser

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## Get Your Jingle On at Raue Center For The Arts

This holiday season, Raue Center has created a festive array of holiday shows sure to please even Ebenezer Scrooge himself!

### Family Fare

Produced by Theatreworks specifically for children, **A Christmas Carol** is set to take the stage on Friday, Dec. 4 at 6:30 p.m. In this musical interpretation of the Charles Dickens classic, you and your family will take a journey through time with the ghosts of Christmas Past, Present and Future. Tickets are \$25, \$22, \$19.

Get into the spirit of the season on Friday, Dec. 11 at 8 p.m. with our holiday pops concert presented by the **Northwest Indiana Symphony Orchestra**. A festive combination of contemporary and classic holiday music—you're sure to hear your favorites! Tickets are \$46, \$43, \$40.

Treat yourself to a Christmas delight with **The Nutcracker Ballet** on Saturday, Dec. 19 at 3 p.m. and 7 p.m. and Sunday, Dec. 20 at 3 p.m. Enjoy Tchaikovsky's unforgettable music, emotional dancing and lavish costumes as Crystal Lake's very own Berkshire Ballet Theatre partners with professional dancers from New York City. Tickets are \$25, \$22, \$19.

### For Music-Lovers Only

On Saturday, Dec. 5 at 7:30 p.m., join us for **The Lakeside Singers Christmas Concert**. This group is composed of 24 Chicago-area professional singers under the direction of well-known conductor Bob Bowker. They'll sing everything from contemporary to classic holiday choral songs. Tickets are \$35, \$32, \$29.

Then on Sunday, Dec. 13 at 4 p.m., you can join your voices in harmony with **Voices in Harmony's Sing-Along Mes-**

**siab**. Enjoy Handel's great masterwork presented with a 25-piece orchestra, excellent soloists and projections of beautiful calligraphy by Timothy Botts. The McHenry County College Chorus will supplement the on-stage choir leading the audience. Tickets are \$18.

### Ring in a Rockin' New Year

Join us for our first-ever **New Year's Eve Party** on Thursday, Dec. 31 at 8 p.m. Support the Crystal Lake Chamber Foundation and Raue Center this New Year's Eve as we ring in a year of prosperity! The evening will start with Chicago comedian Larry Reeb, followed by dancing to a band that will take you back in time—The Nevery Brothers. A champagne toast, hors d'oeuvres, prizes and more are all included. Tickets are \$75.

### How to Buy Tickets

Tickets can be purchased at the Raue Center Box Office in person at 26 N. Williams St., Crystal Lake, via phone at **1-815-356-9212** or online 24/7 at **www.rauecenter.org**.

### Support Your Community, Support The Arts

A winner of the 2009 Illinois Arts Friendly Community Award from the Arts Alliance Illinois and the Illinois Municipal League, Raue Center is an integral part of downtown, historic Crystal Lake, Illinois. The downtown area is bursting with tons to do during the holidays—from three new restaurants to new parking options for your shopping convenience—be sure to take advantage of all Crystal Lake has to offer! And don't forget to support the arts and make your year-end donation by calling **1-815-356-9010**.

## Christmas Eve at Barrington United Methodist Church

Come marvel in the miracle and majesty of Christmas at **Barrington United Methodist Church**, 98 Algonquin Road (southeast corner at Route 59), Barrington.

Become "as a little child" at our special **4 p.m. Children's Service** with festive music by our Cherub Choir directed by Sydney Whitley.

Worship by candlelight at our **7 p.m. Carols and Candlelight Service**, with glorious music from our Chancel Choir directed by Karen Maxwell, accompanied by organist Jeff Neufeld, the Preucil Family Strings, with hand bell choir and solo-

ist Roslyn Wesley.

Our **11 p.m. Communion, Carols and Candlelight Service**, features soloists Roslyn Wesley and Kimberly Albrecht.

Child care is available at the 4 p.m. and 7 p.m. services.

Once more, our Christmas offering will help "the poorest of the poor" through the ChildServ and Marcy-Newberry agencies and the Humboldt Park United Methodist Church.

For more information, please call **1-847-836-5540**. You may also visit our Web site at **www.BarringtonUMC.com**.

## Garden Club of Inverness to Take a Virtual Trip to Sunny Shores

On Thursday, Jan. 21, 2010, South African native Joyce Basel will help Garden Club members beat the winter blues by taking us on a virtual tour of Namibia, on the southeast coast of Africa. Basel will show us the strange and unique plant life found in the Namib Desert known for the largest sand dunes in the world. Then we'll proceed on to Botswana, home to many of Africa's most magnificent wild animals and birds. Finally, we'll end our journey at Victoria Falls, the greatest waterfall in the world. Seeing and learning about in-

teresting, exotic locations is a great way to spend a cold January morning. Why not join Basel and the Inverness Garden Club members on this wonderful tour?

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.

## Marvel the Miracle!

And Majesty of Christmas at  
**Barrington United Methodist Church**

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**CHRISTMAS EVE SERVICES:**  
**4:00, 7:00 & 11:00 p.m.**

**4:00 p.m. – Special Children's Service**  
with Cherub Choir

**7:00 p.m. – Candlelight Service**  
featuring Chancel Choir, Strings, Hand Bells & Soloist

**11:00 p.m. – Candlelight & Communion**  
Service with Organ Music & Soloists

Child care available at 4:00 & 7:00 p.m.

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**Fritzl's** also has elegant banquet facilities that can accommodate from 20 to 150 people. The facilities are also perfect for rehearsal dinners, wedding showers and anniversaries.

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and care for your children. This can include driving to and from activities, as well as light housekeeping.

Your children's care is our first concern. We only recruit sitters whom we would trust to care for our own children. Our sitters are at least 18 years old, experienced with children, and responsible. Our screening process includes a personal interview, criminal background check, DMV check, and references check. Our sitters are carefully screened, engaging adults who provide their own transportation to and from your home.

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—  
**contact@mothers-helpers.net.**

*It's easier with Mother's Helpers.*

## Registration Open for Early-Stage Memory Loss Group

The Barrington Area Council on Aging, in partnership with The Alzheimer's Association, and Barrington Youth and Family Services, is conducting a support group for people experiencing early memory loss and for their family members or partners.

A new 10-week session of the group will begin in January. The program covers

pertinent topics, including an overview of early-stage memory loss, medical information, legal and financial planning, social and family relationships, driving and other considerations. There is no charge for this program, but registration is required. For more information on the upcoming session, call Bonnie at 1-847-852-3890.

## Holiday Parties? Need time to Shop? Let us watch the kids!

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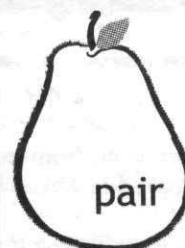
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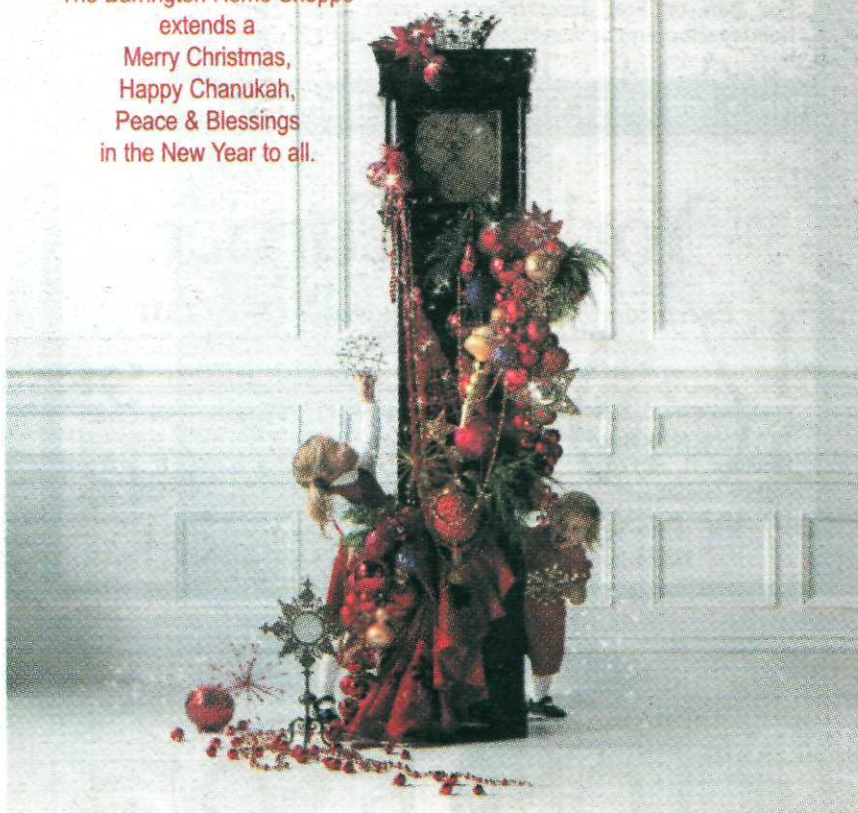


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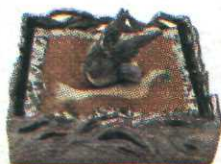


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## December at Peter Daniel

It's December, the season of giving, sharing, shopping, entertaining and being with friends and family. This is such a busy time for everyone, so we've planned a few special events to help you with your gift list.

**Thursday, Dec. 3** is a day of **Holiday Cheer**. Join us for refreshments and let us assist you with your gift selections. The store is filled with great ideas for everyone on your list.

Our Ladies' Department is full of beautiful one-of-a-kind jewelry, gorgeous scarves, fabulous sweaters, unique jackets and more.

The Men's Department is filled with a wonderful selection of sportswear from **Tommy Bahama**, **Cutter & Buck**, alpaca sweaters from **Peru Unlimited**, **Gitman** dress shirts, and **Robert Talbott** ties. We have a great selection of **college logo sweat shirts** from Cutter & Buck. It's a perfect gift for the guy loyal to his alma mater. We can special order any school.

**Thursday, Dec. 17** is a special **Men's Shopping Night**. We want to help you choose the perfect gifts, wrap them, and give you **20% off** your purchase. We're here to make shopping fun and easy.

Don't forget **The North Face Shop**. Filled with Denali jackets for men, women and kids, great accessories, and the best boots ever, we'd all love something from The North Face.

We look forward to seeing you through-



**MEN'S SHOPPING NIGHT**  
**20% OFF**  
Your Entire Purchase  
Thursday, December 17  
5:00-9:00pm  
**AT PETER DANIEL**

out this festive season and thank you for choosing to shop locally. We really appreciate your loyal support.

***Wishing you a Merry Christmas  
and Happy New Year from all of us  
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## Holiday Shopping!

**THURSDAY, DECEMBER 3**  
ALL DAY TILL 8:00PM  
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**847-382-6676**  
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Christmas Eve 9:30am - 3:00pm  
Christmas Day - Closed

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apparel for men and women



# Visits & Photos with Santa at the Ice House Mall! Dec. 5 - 24<sup>th</sup>

**Santa Arrives Dec. 5<sup>th</sup> with Magical Holiday Story Hour 10-11am**

Mrs. Claus, Santa & Elf Ally, cookies & milk (courtesy of 111 Grille & Jewel).

Plus, holiday music by Suzuki Strings from 11am-Noon.

**Free Holiday Shrink-It Art From Learning Express Toys**

To first 150 children with a food item donated to Meals Of Hope on Dec. 5<sup>th</sup>

**Breakfast With Santa & Elf Ally**

Dec. 12<sup>th</sup> 9-11am, 111 Grille. Free holiday harmonicas (courtesy of Learning Express) to first 200 children, face painting,

holiday music by Suzuki Strings 9:30-10:30am.

Reservations call 847-381-5020.

**Meals of Hope Barrington Food Pantry**

Receive a "Meals of Hope" Holiday discount coupon when you donate food items. See participating stores



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Mall Holiday Hours Beginning December 14

Monday-Saturday 9:30am-7:00pm • Open Sundays Noon-4:00pm

Christmas Eve 9:30am-3:00pm • Christmas Day - Closed



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## 35<sup>th</sup> anniversary SALE

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## South Barrington Garden Club

The South Barrington Garden Club will hold their annual Holiday Luncheon Fundraiser on Thursday, Dec. 10 at 11:30 a.m. at the Seville Banquet Center, 700 S. Barrington Road, Streamwood. The cost of the luncheon is \$35. The event will include door prizes, prize baskets and silent auction items, as well as a floral demonstration by Cathy Rose of Kaleidoscope Designs. For reservations, call Anita at 1-847-277-7151.

The South Barrington Garden Club is open to all residents and nonresidents who wish to be a part of a wonderful or-

ganization. Their programs consist of speakers, hands-on projects and bus trips to points of interest in the area followed by lunch at a local restaurant. The club has sponsored scholarships, nursing homes, state projects, garden therapy, education and other projects to beautify the community, in addition to sending care packages to the soldiers in Iraq. Meetings are generally held on the first Thursday morning of the month year-round. The membership fee is \$25 for South Barrington residents and \$35 for nonresidents. Call Anita at 1-847-277-7151 for membership information.

## Christmas Concert Presented by the Presbyterian Church

The Presbyterian Church of Barrington will present a program of carols, hymns and selections from Handel's *Messiah* on Sunday, Dec. 6 at 4 p.m. Led by music director Kristen Hedegaard, the Sanctuary Choir, Children's Choir and Bell Choir will be joined by soloists and instrumentalists in a joyful celebration of music for the season.

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

The concert is free, a musical gift to the community. Cash donations will benefit the work of the Church Mission Committee.

For more information, call 1-847-381-0975 or visit [www.pcbarrington.org](http://www.pcbarrington.org).

## Holiday Happenings at Stillman

All over Europe, the lighting of the Yule log on Christmas Eve has been a tradition for centuries. Join Sue Kowal and Susan Allman at Stillman Nature Center and learn how to make this festive seasonal decoration out of natural materials. It makes a great centerpiece. Stop by any time on

Sunday, Dec. 6 between 2 p.m. and 4 p.m., but call in advance to let them know you are coming. The cost is \$5 per log for nonmembers and free for members.

Start the New Year off with a hike outdoors! Join the annual New Year's Day walk along Stillman's trails. Over the

## BACTrust Announces New Trustees and Leadership Transition

The Barrington Area Conservation Trust (BACTrust) is pleased to announce that three new trustees have joined the organization. Each new trustee is a valued member of the Barrington-area community and brings specific skills to his or her new position on the board.

The new trustees are Jan Nestrud, Louise Flannery and Loren E. Ekstrom. They join the current board, which consists of Mary Bradford-White (president), Elizabeth C. Bramsen, Lorraine H. Briggs, Judy Freeman, Richard G. Maddrell, Stevenson Mountsier, David F. Nelson, Glenn W. Reed and Jo Seagren.

The trust also announces that after 10 years of serving the Barrington Area Conservation Trust, current board president and founder Mary Bradford-White will be stepping into the role of immediate past president as of Jan. 1, 2010. David F. Nelson will serve for one year as interim president as a new long-term president is sought. Bradford-White will remain on the board of trustees.

"We are building this organization and this Board for long-term sustainability," said Bradford-White. "Over the past two

years, we have expanded our Board to include a wonderful complement of very talented individuals who bring a passion and a commitment to protecting the land here in the Barrington area. I am pleased to be able to offer my continued support to the organization as I step into the role as Immediate Past President."

The mission of the Barrington Area Conservation Trust is to preserve the open space, rural character, and scenic, historic, recreational, and natural resources of the Barrington, Illinois-area communities through advocacy, education and the promotion of responsible land stewardship. BACTrust focuses on private land protection by working with landowners to provide tools for private land protection, primarily through conservation easements. We work with municipalities and local governments to help with planning and zoning issues; and we work with the legal and banking communities to educate them about conservation tools and tax laws.

For more information, please visit their Web site at [www.bacrust.org](http://www.bacrust.org) or call 1-847-381-4291.



years, they've seen everything from bluebirds and shrikes to the remains of multiple coyote kills. If you like winter, don't like football, or want to start a new tradition, this is the walk for you. The hike begin at 10 a.m. on Friday, Jan. 1. There

is no charge for this activity.

Stillman Nature Center is located at 33 W. Penny Road in South Barrington. To make reservations or for more information, call 1-847-428-6957 or go to [www.stillmanncc.org](http://www.stillmanncc.org).



## Making Unique Memories for the Holidays

The holidays are here at last. Visit **MUM Floral** to see all the new merchandise and the brilliant colors of the season: reds and greens, silver and gold, all glittery and fine. **MUM** provides flowers for every holiday and need—Christmas, bridal, school events, birthdays and more.

**MUM** also includes a gallery of fine art, books, décor, and gifts, selected to enhance your environment. **MUM** sources from all over the world, presenting its customers with ecologically sustainable products that support local artisan groups with respect for people and the planet.

Located in downtown Crystal Lake, make **MUM** your first stop for the holiday season.



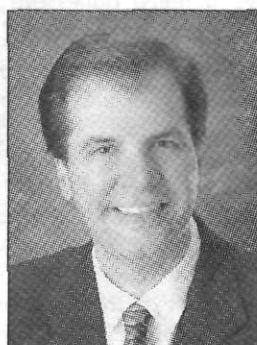
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mumfloral.com

## Cosmetic Dentistry: Front Teeth Getting Shorter

by James T. Gavrilos, DDS

Many adults find that their front teeth are wearing down, getting thin, or even chipping away. The cause of these problems is not what you eat, chewing ice, or those pencils you hold in your mouth. More likely it is unconscious, usually nocturnal movements of your lower jaw called **bruxism**, sometimes called "night grinding." The cause may be that your back teeth do not fit together properly! It may be caused by brain waves, or it may even be associated with REM sleep patterns. There may be headaches, sore muscles, or jaw joint pain associated with the tooth destruction from bruxism.

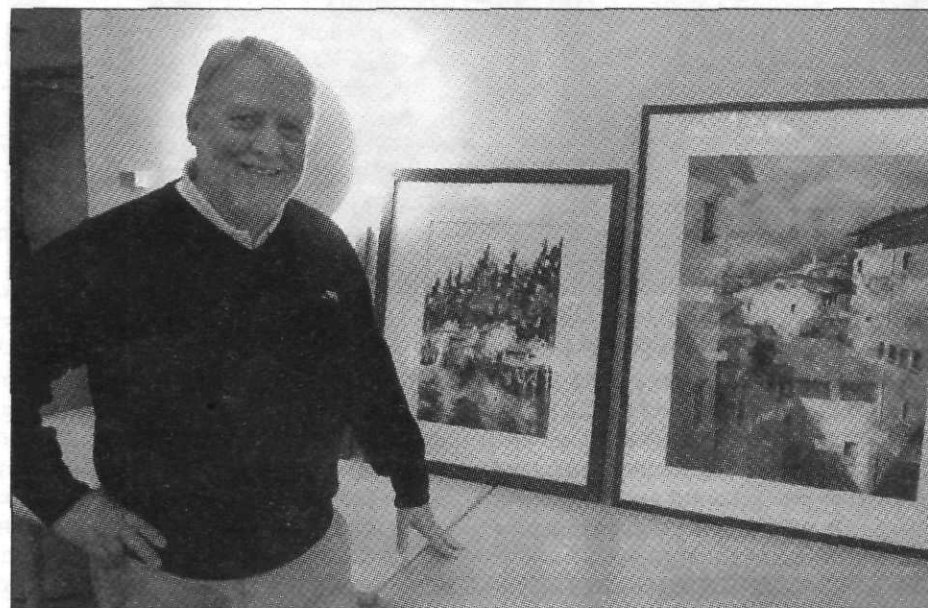
If a long-term solution is desired, proper diagnosis of the type of bruxism that exists is required before your teeth are repaired. This diagnosis may require a combination of a careful history, muscle and jaw joint examination, radiographs, impressions for models, mounting these models on a simulator, or even temporary fillings or provisional restorations.



What can you do about the short teeth? There are many solutions to this part of the treatment. The key is to diagnose the reason that the teeth became short in the first place. If this is not properly diagnosed, the new work will fail. Bonding, tissue re-contouring, veneers and orthodontics are all tools we have to make your front teeth look their original length.

For a thorough evaluation, call **Dr. James T. Gavrilos** in Barrington at 1-847-381-4040.

## "Exploring Art" A Success



**Richard Helland, watercolor artist**

The first "Exploring Art" program for the 2009-2010 season occurred on Oct. 15 and was a huge success. Approximately 70 people attended this public event sponsored by the Barrington/Northwest Community Associates and held at the

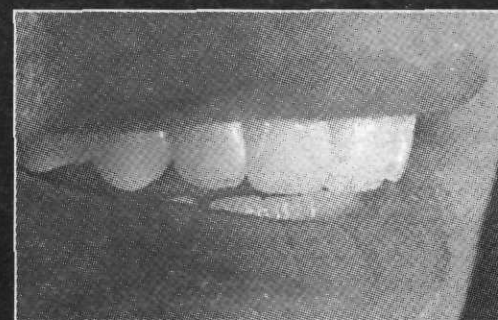
Barrington Area Library. Richard Holland, a local artist and a member of the board of directors of the Transparent Watercolor Society of America, was the featured speaker. Holland gave a visual presentation of the winners of the Transparent

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Watercolor Society of America's 2009 National Exhibition held in Kenosha, Wis. Holland, a transparent watercolor artist himself, delighted the audience with his informative and enlightening commentary. He explained the difference between "realistic" and "abstract" approaches to subject matter and the importance of light and dark contrasts. Overlapping shapes, diagonal lines and angles make any subject more dramatic. All artists are acutely aware of how the human eye perceives subject matter and will combine hard edged, well-defined lines with soft-edged lines in a painting. In addition, the watercolor artist pursues color harmony and a

variety of textures to achieve the brilliant and vibrant effects unique to this labor-intensive medium. In addition to presenting winners from the recent exhibition, Holland also displayed examples of his own work during his discussion.

The enthusiastic audience that attended the program can look forward to another similar event held in the spring at the Barrington Area Library. On Tuesday, April 6, 2010, Lanny Ori, another local resident and accomplished watercolor artist, will present a provocative lecture entitled "But Is It Art?". Again, the public is welcome.

For additional information, contact Judy Segebrecht at 1-847-882-6832.



# Happenings!

*in the area*

## Over \$50,000 Raised at Venetian Night Gala to Support BYDE's 2009 *Nutcracker*

On Oct. 17, Jasper and Marian Sanfilippo opened their Barrington Hills estate in support of Barrington Youth Dance Ensemble's (BYDE) Venetian Night Gala to benefit the 15th annual production of BYDE's *Nutcracker*, a treasured Barrington-area tradition.

The evening began with tours of the Sanfilippo's beautiful home, followed by cocktails and dining at the Eden Palais Carousel. During the cocktail hour, guests bid on over 100 silent auction items exhibited among Jasper's fabulous mechanical collection. While guests enjoyed their Italian-themed dinner, BYDE members performed three pieces: *Italia Interlude I*, *Esmerelda*, and *Mambo Italiano*, featuring guest performer Roman Antonov. Barrington High School's Madrigal Singers, under the direction of Nancie Tobison, serenaded guests throughout the evening with songs in Italian.

BYDE celebrates its 20th anniversary in 2009, and a personal congratulatory letter was read during the dinner hour from Venetian Night honorary chair Kim Duchossois. Duchossois was instrumental to the founding of BYDE, and in celebration of its 20th anniversary, the Duchossois Family Foundation made a generous donation in support of the ensemble's mission to promote artistic integrity, understanding, involvement and awareness among people of all ages through quality dance training and performance.

More than \$50,000 was raised at Venetian Night, including generous donations to BYDE's scholarship funds by Mr. and Mrs. Jasper Sanfilippo, Ms. Mary Brennan, Ms. Lynn Acerra, Mr. and Mrs. Steve Baer, Mr. Marius Bonge, Mr. and Mrs. Jeff Buxton, Mr. and Mrs. Leo Cardelli, Mr. and Mrs. Chris Clifford, Mr. and Mrs. Chris Gaffney, Ms. JoAnn Greenlee, Mr. and Mrs. David

H. Harris, Mr. Rusty Hernandez and Mr. Jeff Sanfilippo, Mr. and Mrs. Tom Magner, Mr. and Mrs. David May, Ms. Randi Neebe, Dr. Diane Saber and Dr. Scott Schwartz, and Mr. and Mrs. John Stojka. A complete new set of BonBon costumes for Act II of *Nutcracker* were also funded by BYDE's generous patrons.

Barrington Youth Dance Ensemble is generously supported by The Duchossois Family Foundation, The Sanfilippo Family, the Roberts Family Foundation, the Illinois Arts Council, a state agency, The Benson Family Foundation, Rose Packing Company, Barrington Junior Women's Club, the DeMar Family Foundation, the Barrington Area Community Foundation, and Buxton & Kasper Ltd.

For additional information on BYDE and *Nutcracker*, please call 1-847-382-6333 or visit their Web site at [www.BYDE.org](http://www.BYDE.org).



Photo by Kelly Stachura

## History Museum Hosts "A Teddy Bear Christmas" During December

Preparing for the Christmas holiday involves making the everyday schedule even busier, but the McHenry County Historical Society has a solution for all that scrambling. Take a short drive to Union to the McHenry County Historical Society Museum, 6422 Main St., any afternoon Monday through Friday from 1 to 4 p.m. in December (except for Dec. 24, 25th, and 31st) and enjoy your own free get-away.

Thanks to some very special Christmas enthusiasts, Janet Streib and Bobbi Finn of Crystal Lake, the McHenry County Historical Society museum will present "A Teddy Bear Christmas" display featuring about 35 handmade and collectible bears in among

a setting of woodsy, snowy Christmas trees and handsome sleighs and sleds.

Adding to the holiday look, society board member and Christmas memorabilia collector Dave Harms will expand the exhibit with numerous period department store holiday decorations. Also this year, the Historical Society is pleased to have members of the State Line Toy Collectors Club participating with displays of antique toys which would have delighted boys and girls in years past.

On Saturday, Dec. 5 from 1 to 4 p.m., the museum will provide refreshments and be open as part of the annual Maren-go-Union Christmas walk. The museum's gift corner will be available for special lo-

## Art Associates to Enjoy Chicago's Festive Holiday Decor

As the holiday season approaches, we eagerly anticipate many traditional events including the beautiful lights that adorn public and private spaces. Nowhere are these lights more festive and enchanting than in the downtown Chicago area. For a special holiday treat this year, members of the Barrington/Northwest Community Associates (B/NWCA) will travel to Chicago to view the glorious lights and other special displays representing the season of jolliness and merriment.

On Friday, Dec. 11 from 2:30 to 9 p.m., Bill Hinchliff will guide members around the city via a comfortable bus to view the spectacular lights and other unique presentations. He will begin the afternoon tour with a stop at Daley Plaza to visit Christkindl Market, based on a similar festival in Germany dating to the 16th century and the largest traditional German holiday market outside of Germany. Following that, the group will view Macy's traditional window displays and others on State Street. After a driving tour of this year's holiday lights, Hinchliff will guide the group through the Lincoln Park Zoo area, a real treat for the eyes! The evening will end with a festival dinner at the Greek Islands Restaurant.

Barrington/Northwest Community Associates members have enjoyed several



One of the famous Art Institute lions, adorned for the holidays.

tours with Bill Hinchliff; most recently the outstanding tour to Milwaukee last May. Under his guidance, members visited churches renowned for their gorgeous windows. Hinchliff's arresting personality, thorough knowledge and attention to detail make each association with him truly pleasurable. Joining him to view the lights and other special events in downtown Chicago will be as wonderful as that enticing present under the Christmas tree.

For information, contact Virginia Tolk at 1-847-358-3011.

## Barrington Ladies Attend Sarah Siddons Society Fundraiser



Pictured (from left) are Ellen Anderson, Lois Adams, Carol Horschke, Joyce Kesler and Marge Orbesen, all of Barrington.

Pianist and orchestra leader extraordinaire Stanley Paul presented "Red Hot & Rich," the music and life of Cole Porter, on Sept. 17. The Sarah Siddons Society fundraiser was held at the beautiful Casino Club in Chicago. It was a sellout crowd and a wonderful evening.

The Sarah Siddons Society gives schol-

arships to gifted theater students at Northwestern University School of Communications, the Theater School of DePaul University and Columbia College.

Stanley Paul, beside his great performance, is a longtime member of the Sarah Siddons Society board of governors and also serves on the advisory board.

cal history purchases.

For more information on the Christmas open house, special exhibits, and gift corner selections, contact the Historical Society at 1-815-923-2267 or visit the Web

site at [www.mchsonline.org](http://www.mchsonline.org). Any nonperishable food, personal or cleaning products brought to the museum during open hours will be delivered to area food pantries.



## Stressing? Grinding? Don't Take It Out on Your Teeth!

by Agnes Kumar, D.D.S.

The last few years have been challenging for many. As a dentist I see more fractured teeth, more jaw and muscle pain, and more headaches. Why? Well, we could have plenty to be stressed out about, but let's not take it out on our teeth.

Here's a common scenario:

The dentist tells you that you grind your teeth. You just know you don't. And the stand off begins. Who's right? Is the dentist trying to push treatment you don't need? Are you in denial?

Some of you know you grind or clench your teeth. The more stress there is in your life, the more likely you are to grind or clench. Some do it consciously during the day, but the majority does it at night when they are sleeping. You cannot consciously decide not to grind in your sleep. (Hypnosis could influence sleep.) What if your spouse doesn't hear you do it? Does it mean you don't do it?

So how does a dentist come to the conclusion that you grind or clench your teeth? Well, there is the evidence. No matter what age you are, your teeth, under normal function of chewing, will not wear down. Remember, enamel is the hardest substance in the body. So the first piece of evidence is worn teeth. Frequently, we can see that the 1 to 2 millimeter layer of enamel is gone from the top of the tooth, exposing the inner dentin layer. The inner dentin layer wears even faster than enamel and you'll see little divots in the tooth.

The second piece of evidence is fractured teeth. How could a tooth fracture when chewing something soft? The likely answer is that it has been primed for fracture by extreme lateral (side-to-side) forces over the years. The soft bread wasn't the culprit, rather the last straw that broke the camel's back.

The third piece of evidence is bone loss. In the absence of bacterial causes of gum disease, what could be causing bone loss? Stress on the teeth and the supporting bone structure can be to blame. When the bite is not properly balanced and in harmony with where the joint and muscles want to take the jaw, the teeth get stressed severely.

Most of the muscles in the head are associated with the jaw and the chewing muscles. It may be difficult to understand, but a lot of muscle tension headaches could be prevented when there is coordination between the bite and the jaw joint. When these two factors are working properly, the muscles of the masticatory system are able to function in a more relaxed state. Hurray! Relief!

The other aspect of this story is a bit of a paradigm shift for some. You see, both you and the dentist have valid points. Even if you don't grind or clench your teeth, you could have the "evidence" mentioned above. Why? The answer is occlusal disharmony.

(Please continue on page 24)

## Tired Eyes, Headaches, Blurred Vision, Neck Pain? Better Solutions for Mid-Range Vision

Do you remember a simpler time? When phones used to have a rotary dial and typewriters were responsible for our print? Today we have tiny little cell phones that we text on until our thumbs are sore, and laptops to take our work with us, not to mention small digital screens on our cameras. As technology improves, everything gets smaller. Smaller is better, just not for our eyes. Normally, younger individuals don't tend to notice a strain on their eyes after long-term computer or mid-range viewing. There's a good and unfair reason for this. Their eyes are young. As we get older, usually around 40, those tasks seem to get more and more difficult as the years progress.

We also have the misconception that one pair of glasses or contacts will do everything we need to do 24 hours a day, 365 days a year, for multiple years. We have multiple pairs of shoes for trail hiking to an evening at the opera. And be honest, how many phone numbers do you have? Because of all these various tasks and hobbies we do to enhance and sustain our lives, we find ourselves suffering a bit from tired eyes, headaches, neck or back pain. Many consider these symptoms stress-related instead of from their daily visual tasks.

Here at **The Eye Works**, we have noticed more and more of our patients have benefited from occupational glasses or hobby glasses. "Less than 5 percent of Americans today wear eyeglasses to relieve vision problems at a computer,



Dr. Ralph J. Gebert Dr. Anthony Prate

despite significant regular computer use by over 75 percent of the population" (source-Vision Watch). I can bet those 5 percent are much happier and more comfortable while they're working. What? You say you're not on a computer for work? Not only does the U.S. Bureau of Labor Statistics reports 100 million people in the U.S. spend over 50 percent of their workday at a computer, but how about all those text messages, PDAs, cell phones and laptops you use for personal enjoyment. Even patients who do needlepoint or do woodworking can benefit from a more functional pair of glasses that provides more mid-range vision.

If your tired of being tired and sore at the end of the day, stop by **The Eye Works** for a better solution for your mid-range needs. When you schedule your appointment with **Dr. Gebert** or **Dr. Prate**, they will discuss your lifestyle and options for a better work day. We have two locations—Lake Zurich and Barrington. We've been providing better vision care for the area for over 30 years.



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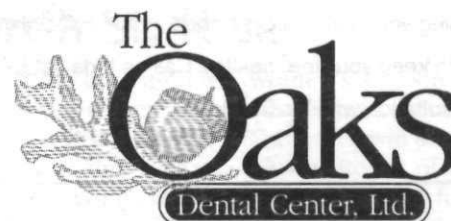
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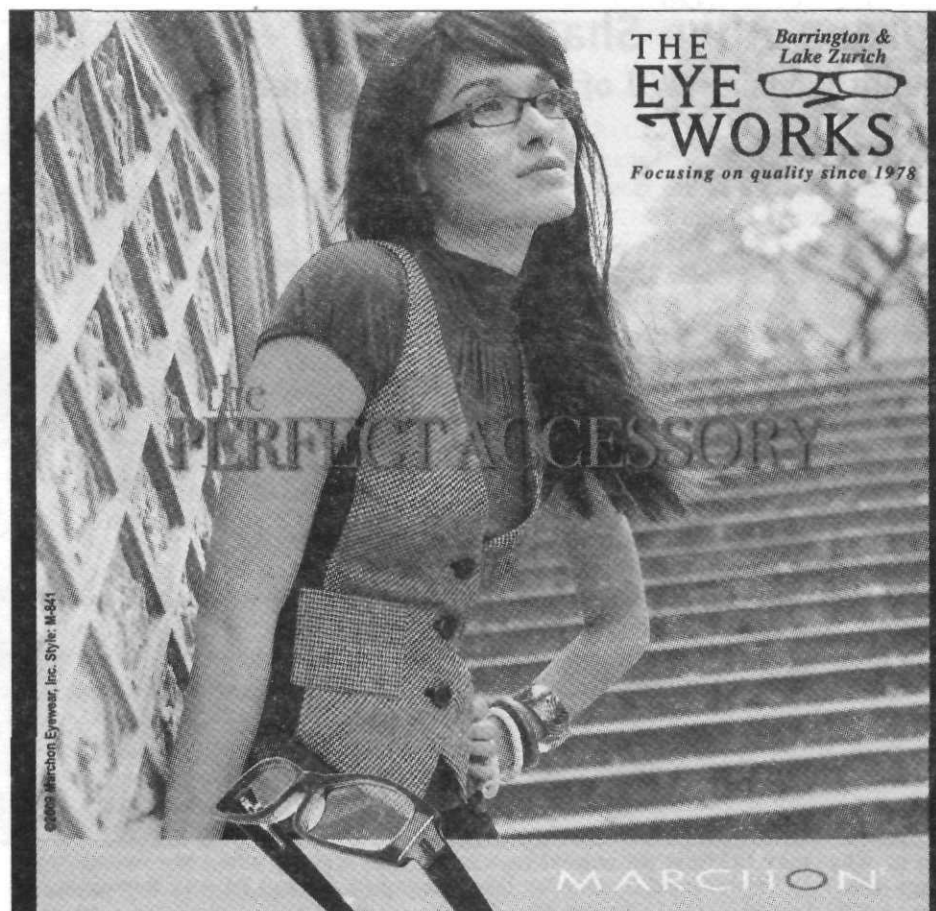
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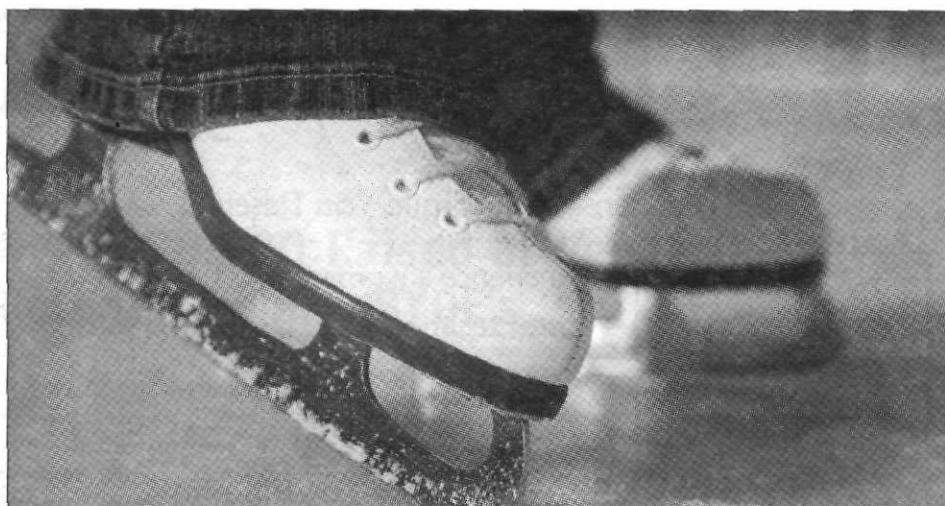
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## Keep your feet in shape this winter!

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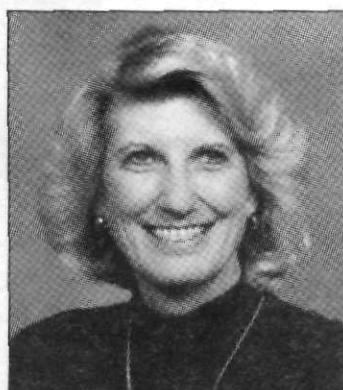
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## Rozann Allyn Shackleton Valiant Woman, CWU of the Barrington Area

Church Women United (CWU) of the Barrington Area presented its Valiant Woman award to Rozann Allyn Shackleton. Shackleton is a past president of CWU of the Barrington Area (1995-1996) and is currently its newsletter editor.

Shackleton received a Bachelor of Arts degree in journalism from Penn State University, a Master of Arts in biomedical ethics and a Master of Arts from the Seabury Theological Seminary. Her early career as communications director at Barrington Unit School District 220 ended when she shifted her focus to the Ethics Committee and Chaplaincy at Good Shepherd Hospital. Currently, she edits *Chaplaincy Today*, journal of the Association of Professional Chaplains. She is devoted to ecumenical and interfaith undertakings such as CWU and the Good Shepherd Hospital outreach to serve all church pastors, whether Christian, Jewish, Muslim or other. Her recent help in planning and presentation of "A Whole Day of Holy Play" for CWU of the Barrington Area is a significant contribution to what may become an annual retreat.

Shackleton is a past president of the



Rozann Allyn Shackleton

Church Council of St. Paul United Church of Christ, Barrington, and is currently a member of St. Paul United Church of Christ, Crystal Lake.

Shackleton is mother of an adult daughter; she married George Shackleton in 1994. She loves travel, theater, skiing, walking and other physical exercise. Her talent and love of writing became personal and special when she wrote with her mother a biography of her mother's life.

## Quote!

**"I will honor Christmas in my heart, and try to keep it all the year."**

—Charles Dickens (1812-1870), *A Christmas Carol*

## Don't Let Foot Pain Hinder Your Holiday Festivities

If you are dreading being on your feet at your marathon of holiday parties, there is help. **Dr. James Baird** is a Board Certified Podiatric Physician and Surgeon and is now accepting new patients in his Barrington office. Here are a few answers to some common foot questions from Dr. Baird.

**I have a bump on the side of my foot by my big toe. My mom has the same bump, but only a bit larger. Is this just the foot shape that I inherited or are my shoes to blame?**

This sounds like a bunion, which is a common deformity at the base of your big toe. Bunions are caused by a structural change in the foot and tend to run in families. Often women will see their bunions get larger after a pregnancy due to ligament laxity. A bunion is a progressive deformity and will get larger with time.

Bunions are not caused by tight shoe gear but they are aggravated by it. As a bunion gets larger there is more rubbing on the shoe and this can cause a great deal of pain. A bunion can also lead to other deformities of the foot. Most common is a bending of the second toe which is called a hammertoe. The hammertoe can then become painful as well.

You can take steps to slow down the progression and prevent any future pain associated with the bunion. For my patients, I usually prescribe a combination of

stretching exercises and a custom orthotic to help slow further development.

**I have had a bunion for many years but lately it has been more painful. When is the right time to consider bunion surgery?**

There is never really a great time for any surgery. I would evaluate your case and outline all of the conservative measures and surgical options for you. Surgery should only be considered if the bunion is causing pain with most shoe gear or if it is keeping you from activities that you enjoy.

Bunion surgery entails a trip to the hospital for an outpatient procedure. After surgery you can expect to be in a walking cast boot for three weeks followed by a supportive gym shoe for an additional three weeks. By nine weeks, you can usually resume all regular activities.

If you are experiencing any foot and ankle pains, call **1-847-381-5011** to schedule an appointment with **Dr. James Baird**. If you have a question that you would like to see addressed in future editions of *Barrington Lifestyles*, please send an e-mail to [contactus@drbaird.net](mailto:contactus@drbaird.net).



Dr. James Baird

## Murder in the Barn

"Murder in the Barn" Gangster-Style Mystery Dinner Party guests (pictured from left) Jack Milik, Miki Kielbas, Bob Kielbas and Maria Milik joined in the fun and drama presented by Walk On, Equine Assisted Activities, on Oct. 24 at the Vehe Barn, Village of Deer Park. The 1920s theme lent itself to flapper-and-speakeasy style of dress. Everyone had a part to play in the drama. The "victims" and "guilty" parties remained a mystery until the very end of the event. Organizers want to thank the 100 friends who came to support this Walk On fundraiser.

Honored Guests were Walk On staff members and volunteers who were featured in a Walk On lesson video presentation. The silent auction action and a matching-funds appeal were profitable and appreciated. The organization does not receive state or federal funding but does rely on the generosity of donors who understand the financial commitment of maintaining this organization.



Walk On, is a 501(c)(3) not-for-profit organization dedicated to bringing horseback riding and carriage driving experiences to individuals with a disability, ages 3 through adult. Walk On Farm is located at 26665 W. Cuba Road, Barrington.

Program participants are scheduled when space is available and after an individual evaluation. Volunteer Orientations take place on a biweekly basis. For more information, call 1-847-381-4231, e-mail [walkonfarm@comcast.net](mailto:walkonfarm@comcast.net) or visit [www.walkonfarm.org](http://www.walkonfarm.org).

## Coexisting with Coyotes

Whether you know it or not, you are probably living with coyotes. These adaptable creatures live in all parts of the state, including urban and suburban residential areas. Largely nocturnal, coyotes often keep a low profile; but in some areas, they are increasingly a nuisance. How can we learn to live with our state's largest native predator which fills a vital ecological niche?

Chris Anchor, chief biologist for the Forest Preserve District of Cook County,

will discuss the fascinating behavior of coyotes on Saturday, Jan. 23, opening the 2010 Citizens for Conservation (CFC) Community Education series. A popular speaker in past years, Anchor will be back with exciting new research results.

The program will be presented at the Barrington Area Library at 9:30 a.m. Coffee and conversation begin at 9 a.m. Donations to cover expenses will be accepted at the door. Please RSVP to the CFC office at 1-847-382-7283.



## Start the New Year Off the Right Way —Enroll Now!

**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 additional activity. We also now offer "Computer Explorers" computer class as an additional activity.

**Check out our Web site!** At [www.barringtonchildcarecent.shutterfly.com](http://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, with bus service, 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**.

## Save This Date!

It's never too early to reserve your place to witness the "8th Wonder of the World!" On Saturday evening, May 22, 2010, a fantastically fabulous Barrington Hills estate will set the scene for Catholic Charities Northwest Regional Services' 21st Annual Fundraiser for the Des Plaines-based Re-

gional Transitional Housing Program.

To receive an invitation or more information on the "8th Wonder of the World!" benefit and Catholic Charities' Northwest Regional Services and how they may help you or someone who needs help, please phone 1-847-376-2118.

## Making Exercise Work for You

by Jeffrey Ong

Many new and returning exercisers are already planning a New Year's resolution that will finally meet their fitness goals.

An article in the *Penn State Sports and Medicine Newsletter* suggests that as many as half of the people who begin and exercise program dropout within six months. Even dedicated exercisers may get temporarily or permanently sidetracked by the sudden changes in their personal lives.

*So what is the solution to this problem that so many of us face? Well, there's several...*

**Goal Setting:** This is an important, especially for beginning exercisers that frequently try to do too much too quickly. And even some veterans spend too much time trying to achieve goals that are not consistent with their age, available time or responsibilities. Each person find a fitness program that is realistic but also reasonable in terms of frequency, duration and intensity. Find what works best for you, and then make gradual changes to improve it. Make small goals that will help you stay motivated.

**Support:** Support from family, spouses and peers leads to adherence. People are more likely to make exercise a habit when they have partners who agree on its importance. Having support can also be a great source of motivation. A healthy life is easier to maintain when you have people to share it with. It is also nice to have someone check in on you from time to time and make sure you're not skipping your workouts and watching television instead!

**Eating Right:** We all know that food is our best source of fuel. Many of us don't eat the right kinds of food to retain that fuel. What you consume in your daily diet can affect your exercise performance and the way you feel while you're working out. It can also help you sleep better, which in return will give you more energy and motivation when you're awake.

**HABIT:** Last but not least! Exercise needs to become part of your habits. "Your life changes when your habits change." Barriers to fitness goals include time, travel, expense, facilities, and many others. Despite it all, exercise needs to become a daily habit or it will never happen. Nothing else in life matters if you're not healthy enough



My trainer changed my idea of just how good 47 can look.

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## Barrington Community Child Care Center

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## St. Anne Women's Club Christmas Party and Visit with St. Nick

The St. Anne Women's Club is pleased to hold two upcoming events to celebrate the Christmas holiday. The first is on Sunday, Dec. 6 after the 9 a.m. and 11 a.m. Masses at St. Anne Church, 120 N. Ela St., Barrington. Children will have the opportunity to visit with St. Nicholas while refreshments are served by club members. Families may bring gifts for women and teens, to be distributed by Catholic Charities. Women's nightgowns or teen clothing from Old Navy, Target or Walmart are what is most needed.

The Women's Club will hold its annual

Women's Christmas party on Tuesday, Dec. 8 at St. Anne church in Barrington. The event will start at 7 p.m. in the Hospitality Room of the church. A fashion show by Carlisle, featuring its line of women's apparel, including its Holiday 2009 Collection, will be the highlight of the evening. All members as well as Barrington-area women interested in the club are welcome to attend. Appetizers and desserts will also be served.

If you have questions regarding either of these events, please contact the church office at 1-847-382-5300.



to enjoy it. It should not be something you commit to temporarily and stop once you've beaten a plateau or finally reached a goal. Let it become a life changing constant that you will never find an end to and will always have room for improvement.

If you understand these strategies but are still having problems implementing them, try a free session with a **Fitness Together Personal Trainer**. It is a lot easier to maintain a fitness program when you have a professional trainer that keeps you motivated and holds you accountable to it.

**Jeffrey Ong/Personal Trainer**  
**Fitness Together**

**168 S. Northwest Hwy., Barrington, IL 60010**  
**1-847-304-0505 • [www.fitness.together.barrington.com](http://www.fitness.together.barrington.com)**

Barrington LIFESTYLES December 2009 **21**

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Friday ..... 10AM - 6PM  
Saturday ..... 10AM - 5PM  
Sunday ..... Noon - 5PM

\*10AM - 3PM on 12/24 and 12/31. Closed 12/25/09.

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**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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- Gaps can be closed.
- "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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## Spectacular Ornaments and Gifts from Wickham Interiors

Dazzling Christmas trees loaded with sparkling ornaments, charming Russian Santas, joyous snowmen, and precious Nativities detailed with expressions of wonder are among the delightful gifts throughout **Wickham Interiors** two floors of enchantment.

This year, **Wickham Interiors** celebrates its 20th anniversary as a store! What began as the fulfillment of a designer's dream to someday own a store, has grown into a well-known destination boutique filled with beautiful home accessories, furniture and gifts. In 1989, already established interior designer Lynne Wickham opened **Wickham Interiors** at Brink Street Market in Downtown Crystal Lake (where Starbucks is located now), during an economic recession. In 2000, the company moved around the corner to 67 N. Williams and opened two floors of retail. Through hard work, determination, and an incredible talent for interior design, **Wickham Interiors** has thrived, despite the economy's fluctuations, to attract thousands of customers to its store.

Known for its helpful customer service and friendly staff, **Wickham Interiors** re-designs each section of their shop to an

incredible Christmas display unlike any other store in this part of the country. The extent **Wickham Interiors** goes to find and display unique, beautiful, and affordable gifts is rare. Their goal is to find awesome decorations and gifts, often made by small companies, not shown in this area.

All over the beautiful store, are Christmas trees, each designed with a specific theme. There is something for everyone, such as sports ornaments, breathtaking *Nutcracker* characters, endearing fairies, ballerinas, and adorable Santa's and snowmen, great for gift giving. A stunning 9-foot sparkling tree displays incredible religious ornaments.

Gifts from **Wickham Interiors** are treasured! Many smiles happen when a **Wickham Interiors** gift is under the tree. From gorgeous dishes, to comfy throws, to candlesticks, to jewelry, to decorative accessories, **Wickham Interiors** has spectacular gifts with great customer service.

For more information about their inspiring store, visit **Wickham Interiors** at 67 N. Williams St. in Historic Downtown Crystal Lake or contact them at **1-815-455-6202** or [www.wickhaminteriors.com](http://www.wickhaminteriors.com).

*Jesus is the Reason  
For the Season*

*Dazzling Christmas Traditions*

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*Beautiful Gifts*

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[www.wickhaminteriors.com](http://www.wickhaminteriors.com)



## Fox Chapter of the American Needlepoint Guild

The Fox Chapter of the American Needlepoint Guild will meet on Tuesday, Dec. 8 from 6:30 to 8:45 p.m. at the Eastgate Branch of the Algonquin Library, 115 Eastgate St., Algonquin. The meeting begins with a short business meeting, show-and-tell, and will be followed by Karen Genz

teaching a piece called "Snowflakes" to all interested members.

Membership is open to all levels of ability. Guests are welcome at no charge, so bring some stitching and join in.

For further information, please contact Jan at 1-847-639-2592.

## Garden Club of Lake Zurich to Meet Dec. 1

The monthly meeting of the Garden Club of Lake Zurich will be held Tuesday, Dec. 1, 7 p.m., at St. Matthew Lutheran Church, 22480 Old McHenry Road, Hawthorn Woods. The program, "Top Tens for Zone

5," will be presented by Joann Loebel, an author and landscape design consultant. Guests are welcome.

For more information, call 1-847-550-0329.

## Tri Delta Potluck Dinner

The Chicago Northwest Alumnae Chapter of Delta Delta Delta Sorority will meet on Tuesday, Dec. 8 at a member's home in

Long Grove. It will be a potluck dinner with a white elephant exchange. Call 1-847-381-5228 for additional information.



## Leather Furniture Dirty or Stained?

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## Women's Club of Inverness Holiday Celebration Meeting

Please join the Women's Club of Inverness on Thursday, Dec. 10 at the Inverness Golf Club for their Holiday Celebration meeting. Coffee will be served at 9 a.m., followed by a brief business meeting at 9:30 a.m. The holiday event will feature a wonderful recital and a delicious luncheon.

"A Gift of Song: Arias, Airs and Carols" is the musical gift that Women's Club of Inverness members and guests will receive when noted lyric soprano Gwendolyn Manter and her accompanist, Jeffrey K. Smith, perform. The program will feature arias from five Puccini operas including *La Boheme*, *Tosca*, *Manon Lescaut*, *La Rondine* and *Suor Angelica*. Manter will also sing five international carols, from 15th-century Germany, 16th-century Spain, 18th-century France, as well as the *Adeste Fidelis* in Latin and a carol from the British Isles. Rounding out the program is the *Ave Maria* by Bach and a selection from Handel's *Messiah*.

Manter is well-known in the Chicago music community. In addition to her performances, she is executive director of Polyhedron Music Company and director of choirs and handbells at Shepherd of the Lakes Lutheran Church in Grayslake. She received her master's degree in vocal performance from Northwestern University and has studied with Gene Allen of the Metropolitan Opera and Richard Boldrey of Chicago's Lyric Opera.

Smith received his degree from Augustana College. He is a worship leader

and church organist, supper club entertainer, and last performed at Inverness Golf Club as accompanist for Lloyd Pederesen.

For more information about the December program and luncheon, call Barbara at 1-847-991-6838.

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

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.

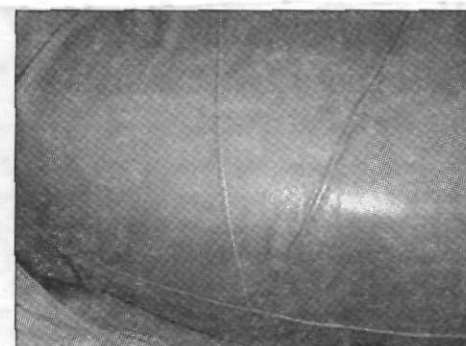
### The Shoe Box Express

The club is always looking for donations and names of servicemen and women stationed in Iraq and Afghanistan to send care packages to. If you would prefer to help with the shipping cost, a monetary donation payable to The Inverness Women's

## Holiday Guests Coming?



Before



After

Your leather furniture is looking shabby, worn and you've got holiday guests coming into town? Don't despair, even the most scuffed and faded leather can be made to look new again. **Color-Glo Quality Leather Restoration** repairs and restores leather, from fixing tears, scuffs, burns and pet damage, to cleaning, conditioning and restoring color to sun-faded leather. They can also repair some vinyl. Featured in the October 2009 issue of *Chicago Magazine's* "Where to Get Stuff Fixed," **Color-Glo Quality Leather Restoration** works right in clients' homes, servicing customers all over Chicagoland.

Both residential and commercial customers have saved money by restoring and repairing their leather furniture rather than replacing it. To see "before" and "after" photos of the leather restoration work, go to [www.QualityLeatherRestoration.com](http://www.QualityLeatherRestoration.com) and click on "Gallery." Click on "Clients" to see what our customers have to say. A few appointment times are left for service before Christmas, so call now —1-847-719-2934—to speak with owners Ron and Kathy Nelson and schedule your cleaning and conditioning, repair/restoration, or for a free telephone estimate.

## Holidays are No Time to Let Guard Down

by Pete Panagakis, President

**Advanced Security Technologies, Inc. (AST)**

Is there any better time than the holidays? The weather gets nippy, the last of the fall leaves are raked, and families gather in cozy homes with trees raised to brighten everything with a reassuring glow.

Wrapped presents start to pile up under the tree in anxious anticipation for the big day. Those gifts are unfortunately inviting targets for thieves, especially during daytime hours when we are away at work or evenings when we're out enjoying holiday parties. Here are a few simple steps to help keep your home secure:

- Wrap the presents, but when you are away, put them in a closet.

- Holiday lights should be on timers. This saves energy and the lights can go

on-and-off at various times creating a bit of doubt on whether anyone is home.

- Have a conversation with your monitoring service if you are away for an extended period of time. They should offer ideas on other products and services to ensure your home is safe and secure.

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](http://www.advancedsecuritytechnologies.com).

## The Oaks Dental Center

(Continued from page 19)

There are three things that need to be in balance in our chewing system; the joint, the muscles, and the teeth. If the joint is blocked from its full seating by the position of the teeth, the muscles have to tense up to hold the jaw in an awkward position. This muscle hyperactivity leads to banging of teeth into each other in very unfavorable ways. When you look in the mirror, you might say that it looks like your teeth meet up pretty well. Neither you nor the dentist can tell how your bite looks just by peeking. Truly the way to analyze the way your teeth come together and whether it is in harmony with your joint position is by your dentist working up an occlusal analysis with models.

The dentist can help get the teeth into the right place so that they are not in the way of proper joint seating. This some-

times involves braces, but not always. The desired harmonious result can be achieved in other ways. Here at **The Oaks Dental Center**, we have you and your health in mind. We want to help you keep all of your teeth healthy throughout your life. The part of dentistry where your whole chewing system is kept in mind is vital to that health. We make sure you are aware of all your options when making an informed decision about your oral health.

*We would like to wish everyone a peaceful and joyous holiday season. Relax, laugh and enjoy the beauty of the season... your teeth will greatly appreciate the effort.*

**Dr. Kumar** practices general and cosmetic dentistry at **The Oaks Dental Center** in Crystal Lake.



en's Club and marked "Shoe Box Express" will be specifically earmarked to be used for postage to mail these packages. The

list of items needed by soldiers changes from month to month, so please call Kim at 1-847-934-1456 for more information.



## New Exotic Leather E-Boutique Enhances Your Poise with Unique Offerings

A new exotic leather e-boutique, **Exotic Elegance**, debuts on Nov. 30. Featuring genuine handbags and other accessories made from crocodile and other exotic skins, **Exotic Elegance** creates an authentic buying experience.

"We only contract with firms who follow the precise standards set by the CITES Act of 1973. This act regulates the genuine exotic leather trade to ensure all species thrive," says Sunni Patterson, **Exotic Elegance** Marketing Manager.

Durable and luxurious, the accessories stylishly accent any look. What makes them more desirable is that each item is unique.

"Every leather piece absorbs color differently," says Patterson. "This makes each handbag, belt and briefcase a one-of-a-kind item."

Patterson and her team understand how people shop on the Internet. Since customers can't feel the pieces, they have to be assured they're getting a bona fide value in exchange for their money.

Just in time for a memorable holiday gift expression, the **Ada Tote** has been selected for the introductory product launch. An authentic piece of "functional luxury," the Ada Tote works practically while exuding the subdued sophistication of a tasteful and singular handbag.

A part of the **Crocodile** label line, this bag has limited availability in the United States. This means the purchaser will be among the first to own one.

For additional information on **Exotic Elegance**, visit their Web site at [www.exotic-elegance-handbags.com](http://www.exotic-elegance-handbags.com).

## Alpha Gamma Delta Meeting

Alpha Gamma Delta Northwest Suburban Alumnae Club will meet Tuesday, Dec. 1, 7:30 p.m., at the home of a Buffalo Grove member for their annual Christmas Party and Gift Wrapping for a local Christmas

family in need. Bring gift wrapping materials for this joyous event.

On Saturday, Dec. 12, the club will meet at a restaurant for a fun Christmas lunch.

For more details, call 1-847-963-6871.

## How Do Your Patients View Your Practice After the Appointment?

Many billing services may not mention the importance of being able to effectively and empathetically deal with your most important asset—your patients. "The reality is that the patient relations performance of your billing service can have a make or break impact about how your patients view your practice even after one visit," states Ronald McLaughlin, President of RMK and Barrington area resident.

Here are four areas your billing service can strengthen the bond between your medical practice and your patients.

• **Billing**—Ensure bills are coherent to the average person—for the patient's sake and so the biller can answer questions if necessary.

• **Billing Problems**—Keep current on insured's practice or coverage to minimize erroneous bills. It's important that the biller can competently code and translate to a bill the insurance carrier's payment

practice for all medical procedures.

• **Claim Denials**—In 2008, on average, national health insurers denied 9.2 percent of claims. That means nearly 1 in 10 patients could be calling the biller for an explanation. That means that nearly 1 in 10 bills may have to be resubmitted to the insurance companies.

• **Collections**—This is a very sensitive issue. It's one where billers have to balance their collection approach with the good will of the medical practice. The last comment you want to hear from a patient is regarding harassment over a bill.

### About RMK

RMK services physicians, retail companies and state agencies with their revenue management expertise. With expanding offices in Thailand, **RMK Holdings** thrives as a growing global presence.

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## Deer Park Town Center Celebrates Santa's Storied Arrival

Santa's has a busy holiday calendar, but he scheduled an early visit for Deer Park Town Center to visit kids in the area on Nov. 6. The annual event drew families from all over the Northwest Suburbs, with Santa making his grand entrance via Fire Truck at the Deer Park Town Center gazebo.

Deer Park Town Center's Santa's Arrival has become a much-anticipated tradition in this Northwest Chicago suburb. Since Santa is only at the center for one special evening, the event has evolved into a much bigger occasion. Santa and Village President Bob Kellerman staged a countdown in the gazebo, then flipped a large switch to illuminate all trees in the area. When the lights came on, a fireworks show began that lasted approximately 20 minutes, signaling the kickoff of the holiday season. Kids go home with complimentary stuffed animals from Santa.

Deer Park Town Center is owned by Developers Diversified Realty Corporation, which, as of June 30, 2009, owns and manages approximately 690 retail operating and development properties in 45



states, plus Puerto Rico, Brazil and Canada, totaling approximately 151 million square feet. Developers Diversified Realty Corporation is a self-administered and self-managed REIT operating as a fully integrated real estate company that acquires, develops, leases and manages shopping centers. Additional information about Developers Diversified is available on the Internet at [www.ddr.com](http://www.ddr.com).

## Quote!

"Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmas-time."

—Laura Ingalls Wilder (1867-1957)

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# Barrington Fix-it Shoppe

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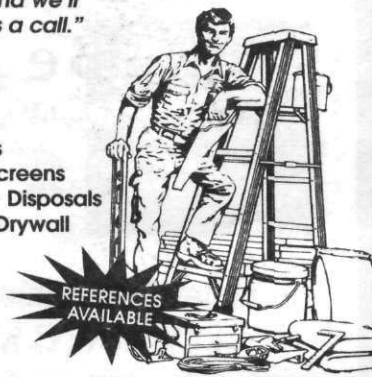
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## Get Your Home or Business Projects Done Right by Barrington Fix-It Shoppe

**Barrington Fix-It Shoppe, Inc.** was started in 1989. It has been in operation ever since, serving Barrington and its surrounding communities for 20 years. We have been a member of the Barrington Area Chamber for 13 years.

We specialize in those handyman projects that you don't have time for. Make a list for our professionals and then relax and let us take care of the projects at hand. We work by the job, not the hour.

We are fully insured, reliable and on time. We care about our work and take pride in helping you. References are available upon request. Please visit our web site—[www.BarringtonFixIt.com](http://www.BarringtonFixIt.com)—for a complete list of how we can help you.

Whether you have a young family and

are busy raising kids, working full time, or are retired, we can help you get those projects done around the home. Make a list, give us a call, and we can go over the list with you. Estimates are free.

Some of the work that we do best is: drywall repair, the installation of doors of any kind, including storm doors, patio doors, interior doors, and exterior doors. We replace windows and install or replace fans, outlets, disposals, faucets and much more. One call does it all—

**1-847-382-7929.**

**Barrington Fix-It Shoppe Inc.**  
**1-847-382-7929**  
[www.BarringtonFixIt.com](http://www.BarringtonFixIt.com)



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## From a Woman's Point of View

by Amy Wickstrom, Wickstrom Auto Group

Do you remember the Sears Christmas Wish Book? I spent hours combing through it as a kid, making sure I hadn't missed any great new toy as I carefully compiled my Christmas list. I think that catalog was at least an inch thick and probably weighed-in around 5 pounds; I'm sure my brothers and sister used it as a weapon on each other at some point. When the Wish Book showed up in the mail, you knew that the holiday season had begun. My kids are just as eager now to find out what's new on the market for Christmas as I was then, and this year the catalogs started showing up just before Halloween. One thing I noticed is how much more sophisticated the technology has become just in the last couple of years. There is actually a toy on the market that allows you to float a ball in the air with your brain waves; I hope it works better than my Easy Bake oven performed—those little cakes were disgusting...

I think that as adults we are also always looking for the latest technology, especially when it relates to safety, and Ford has recently unveiled a couple innovations that fit the bill. *Popular Science* awarded Ford Motor Co. a 2009 "Best of What's New" award for **Active Park Assist**, which uses ultrasonic-based sensors to help driv-



ers parallel park with the touch of a button, works in downhill parking situations and reduces the risk of selecting a too-tight parking space. Ford was the first automaker to offer seat belts and is now bringing to market the world's first automotive inflatable seat belt. This new system is designed to help reduce head, neck and chest injuries for rear seat passengers, often children and older passengers who can be more vulnerable to such injuries.

If you would like to learn more about these technologies and the vehicles that offer them, stop by **Wickstrom Ford Lincoln Mercury**. Surrounded by all the new vehicles, such as the all-new 2010 Ford Taurus, you may feel like a kid on Christmas morning.

Until next month,

—Amy

## Lakeshore Ski and Sports Club Plans Exciting Ski Trips

Lakeshore Ski and Sports Club's (LSSC) next meeting will take place on Wednesday, Dec. 16, 7 p.m., at Goose Island Brewery, 1800 N. Clybourn in Chicago.

All who are interested are invited to join LSSC's members as they get into the holiday spirit. It is also an opportunity to learn about the exciting ski trips planned for the winter which includes New Year's at Jackson Hole Mountain Resort in Wyo-

ming; Taos, N.M.; Chamois-Mount-Blanc in France; South Lake Tahoe; Vail; Aspen; Southern Kettle Moraine Forest in White-water, Mich.; and Sault Ste. Marie in Ontario, Canada.

LSSC meets the third Wednesday of every month.

For more information, call 1-708-786-3992 or e-mail [lakeshoreskiandsportsclub@yahoo.com](mailto:lakeshoreskiandsportsclub@yahoo.com).

## The Gift of Art

In the continuing effort to support and promote artists in the Chicagoland area, the Northwest Cultural Council (NWCC) has designed a series of seminars on topics that are of special interest to artists. With an exciting and diverse range of topics, award-winning artists and experts in their fields as presenters, the series will examine issues impacting today's artists.

The Gift of Art Series of Seminars will be held every second Saturday of the month through April 2010 at Barrington Area Library, 505 N. Northwest Highway, Barrington. All artists are invited to attend, but seating is limited. Reservations are recommended. Each seminar is \$15.

Saturday, Dec. 12, 9 a.m.—Jason Peot has played an integral role in the art world, from exhibiting throughout the country, to having his work at the Museum of Contemporary Art Chicago and the Elmhurst Art Museum. His reputation for engaging students as assistant professor of art at Harper College insures that you will walk away with valuable information on "How To Prepare Your Art For Galleries."

Saturday, Jan. 9, 2010, 2 p.m.—We have all struggled with the chore of "Writing A Winning Resume, Bio and Artists Statement." Let professional writer Deborah Rosen help you successfully complete the task. Her award-winning work and com-

mand of the written word will prove invaluable in helping you to complete the perfect resume.

Saturday, Feb. 12—You have created a piece of art that you are just thrilled about. Several people have shown their appreciation for it as well. How do you keep one for yourself and share it with others? Bruce Starrenburg of Lightbox Inc. has the answer—giclée limited-edition prints. Learn how you can take advantage of this remarkable process and produce your own affordable, quality reproductions.

Saturday, March 13, 2 p.m.—Dick Blick is a family business that has been selling art supplies since 1911. If you can't find it there, you can't find it anywhere! Blick Art Materials will speak about the huge range of art supplies that they offer and leave you with some free samples.

Saturday, April 10, 2 p.m.—As executive director of Lawyers For The Creative Arts, William Rattner knows the answers to your legal questions. He is a wealth of knowledge when it comes to protecting your artwork. Rattner is open to answering specific questions after his seminar. This is an incredible opportunity to have someone of Rattner's caliber available to you.

For more information, call the NWCC gallery at 1-847-382-6922 or e-mail [nwcc@northwestculturalcouncil.org](mailto:nwcc@northwestculturalcouncil.org).



# Quote!

"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."

—Norman Vincent Peale (1898-1993)



## Happy Holidays!

The team at **Elevation Salon** would like to wish you and your family a happy and healthy holiday season. We also would like to thank those of you who have helped us complete another fun and fulfilling year. We look forward to even more excitement in the year ahead.



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## Barrington Dance Academy and Barrington Youth Dance Ensemble Celebrate Anniversaries

**Barrington Dance Academy**, located at The Foundry in Barrington, is celebrating its 25th anniversary. Established in 1984, hundreds of young dancers have had their lives enriched by their study of dance at the academy. The ballet division of the school has provided training from experienced instructors whose backgrounds include performing with the Joffrey Ballet, American Ballet Theatre, and San Francisco Ballet. These dedicated teachers have spent their careers passing on their love of the art form to their many students.

Internationally recognized master teachers have graced the studios providing classes and workshops in jazz, modern dance, and musical theatre. For the younger dancer, creative movement and pre-ballet classes feature the Royal Academy of Dancing syllabus. These classes are taught by a staff specially trained in the area of dance for young children. These classes inspire a child's creativity as well as developing their spatial awareness and motor skills.

In January 2010, the academy will add ballroom dance to its curriculum. Classes and private instruction for children and

adults will be available. Roman Antonov, who received his extensive training in Russia, will head up the Ballroom Dance Department.

The **Barrington Youth Dance Ensemble (BYDE)** is currently celebrating its 20th year. Established with a founding grant from the Duchossois Family Foundation in 1989, the BYDE has become a standard bearer for the arts in the Barrington area. Productions of *The Nutcracker*, *Sleeping Beauty*, *Coppelia*, *Graduation Ball*, and *Peter and the Wolf* have entertained thousands of audience members. The BYDE's mission is to promote artistic integrity, involvement, and awareness through exceptional training and performance in the Chicagoland area. It is currently supported by the following foundations and corporations: The Duchossois Family Foundation; The Sanfilippo Foundation; The Roberts Family Foundation; The Benson Foundation; The Illinois Arts Council, a state agency; Rose Packing Company; Barrington Junior Women's Club; The Barrington Area Community Foundation; The DeMar Family Foundation; and Buxton & Kasper.

## Barrington Dance Academy's NUTCRACKER TEA PARTY

An afternoon of magic, ballet and storytelling from the holiday classic *The Nutcracker*

Come in your party clothes and experience Herr Drosselmeyer's magic show, have your picture taken with Clara, watch ballerinas perform, and other exciting surprises.

Space is Limited—RSVP Today at 847-382-6333 \$20 per child  
Sunday, Dec. 13th, 1-3 pm -or- Monday, Dec. 21st, 1-3 pm

Appropriate for children ages 3 - 8

Barrington Dance Academy, The Foundry of Barrington, 758 W. Northwest Hwy.

## Four Seasons Garden Club Christmas Party

The Four Seasons Garden Club will hold its December meeting on Tuesday, Dec. 1 at 9:30 a.m. It will be their annual Christmas Party and Buffet. Please bring a grab bag gift and a dish to share (with the recipe, if possible). As in the past, this will be an enjoyable event to end the year. The meeting will be held at Holly's home.

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 typically 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.

There is no scheduled meeting for January.

For more information, call Alena at 1-847-438-3981.



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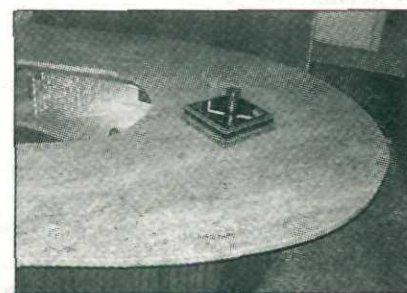


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★ Northwest Highway (Route 14) ★  
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