

January/February 2011

Midwinter Happenings

Barrington Madrigals

Visit White House

Fellowship Housing Gala Feb. 26

Lily Tomlin at the Raue



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LIFESTYLES

NEWS MAGAZINE

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Barrington's Biggest Birthday Party and Relay For Life June 10

Relay For Life is an annual over-night event to celebrate the lives of those who have cancer, remember those lost, and fight back against a disease that takes too much. Teams of local businesses, schools, community groups, churches and families raise funds—prior to and at the event—to fund support services for area patients and their families, cancer research, community educational programs and advocacy initiatives.

“As the ‘Official Sponsor of Birthdays,’ the American Cancer Society has helped more than 11 million people who have had cancer, and countless more who have avoided it, celebrate another birthday this year. Through the funds we raise at Relay For Life, we are joining the fight against cancer by helping people stay well and get well, as we find the cure to fight back,” said Joanne Dalessandro, co-chair.

The Relay For Life of Barrington will host this year's event at Barrington High School (BHS) Community Stadium on Friday, June 10. Everyone is eager to welcome many new teams and co-chairs Joanne and Dina Dalessandro, who are rejuvenating this grand event. They have been working on many plans since last July when they began donating custom “Birthday Baskets” to 10 local charities as silent auction items to help others in the Barrington community raise funds for their own charity.

As soon as that winded down, the holiday season kicked in and 10 fabulous holiday tabletop cupcake trees were donated by the Dalessandros to various restaurants and venues around town to help market and enlist new teams to sign up.

“We are the first mother and daughter co-chairs and we have always celebrated ‘birthdays’ in a huge way in our family, so this was a natural for us to get involved in such a great cause and in such a fun



Carrie Curie, owner of SweetPea Cakes, and Joanne Dalessandro, co-chair of the Relay for Life of Barrington, at Taste Fest held at Millrose Brewing. Curie is chairing the challenge and has already committed to donating 1,000 cupcakes.

way,” says Joanne.

Dina, a junior at BHS, has been involved in the Relay for Life since sixth grade and has individually raised over \$35,000 in those five years. We decided to step up and grab this opportunity to make a difference in our fine community as we continue to give back where needed.

Relay For Life is proud to have David and Carol Nelson serving as its Honorary Co-Chairs, since they were very involved in the early days. The goal is to bring the event back to that excitement and create that spirit within the entire community. Many others have joined the committees, such as Janet Meyer, Barrington Chamber of Commerce president, and past president of the chamber board Christina Adams, to assist Kathy Hendrix with survivorship. Starr Shum will be heading up team recruitment, Lori Rowe is planning fabulous entertainment, along with Jo Fischer and Anna Huber helping with evening activities for kids and adults. The silent auction is chaired by Christine Barnowski, Elia Martinez and Mary DiGuilio. Dina has several friends on the Youth Committee such as Kate Allison, Nirali Chauhan, Sarah Hovde and Gabi King, to inspire new teams at the high school.

Please join Relay For Life as they celebrate a “World with More Birthdays,” at the kickoff on Monday, Jan. 31, 7 p.m. at 111 Grille. Captains will sign up their groups, details will be presented, plus a surprise for those attending. Relay For Life is also looking for a few more people to help serve on the planning committee and welcomes new faces and fresh ideas.

SweetPea Cakes, owned by Carrie Curie, is chairing the committee to attempt to set a world record make a 15,000-cupcake tower. Jim Leopardo and his construction firm are building the tower and Marsha Werner will be heading logistics on the field. So roll up your sleeves, grab your friends to form a team and participate in raising funds for cancer. Don't miss Barrington's Biggest Birthday Party on Friday, June 10.

Please find us on Facebook, where Judy Gibbons and Kathy Pinkus, the Real Estate Chics, will keep you informed on the happenings around town.

For more information, please contact Sara Hammuck at 1-847-368-1166 or sara.hammuck@cancer.org, or visit www.relayforlifebarrington.com.



Holiday Cupcake Tree, decorated and donated by Dina and Joanne Dalessandro to promote the Cupcake Tower and the Relay For Life event.

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Editor's Ink

January/February 2011

Dear Reader,

Now that the holiday decorations have been put away and the social pace slows down, we reflect on the past year. It has been a struggle for many businesses and individuals but we hope this new year promises to offer brighter days ahead.

The Barrington High School Madrigals have some wonderful memories of 2010. Late last month, they had the special opportunity to travel to Washington, D.C. to sing at numerous venues, but especially the White House. Those memories will last a lifetime.

Mark your calendar for Saturday, Feb. 26—Fellowship Housing will host its third annual gala. Connie Payton will serve as honorary chair of the black-tie evening. Proceeds benefit single mothers and their children.

Want a lift from winter? Lily Tomlin is coming to the Raue Center For The Arts on Saturday, Feb. 12. For a rousing, fun evening, be sure to be there. She is great... remember her as Ernestine?

Until next time, happy new year and stay warm.

With warm regards,

Glenne McMonigal, editor

Barrington Lifestyles News Magazine



Also Happening!

The Barrington/Northwest Community Associates (B/NWCA) and their guests will enjoy good food and an interesting lecture, “The Brewers Art: From Ancient Egypt to Modern France,” on Friday evening, Feb. 4 at Emmett's Tavern & Brewing Co. in Palatine.



Middleton Place

Grace & Grandeur of the 18th and 19th Century

by Glenna McMonigal

Middleton Place is located on the banks of the Ashley River 14 miles northwest of Charleston, South Carolina. The plantation consists of some of the finest landscaped gardens in America, Middleton House and the Stableyards. For 120 years before the Civil War, throughout the prosperous eras of rice, indigo and cotton, this property served as family seat and headquarters to many flourishing plantations.

But the owners, the Middleton family, (beginning with Henry Middleton in 1741), were much more clan landowners and planters. They were most importantly servants of the state. Henry Middleton was the second president of the First Continental Congress. His son Arthur was a signer of the Declaration of Independence. His grandson Henry was Governor of South Carolina and American Minister to Russia. His great-grandson Williams was a signer of the Ordinance of Succession.

Henry Middleton was among the largest landholders in South Carolina. He owned over 50,000 acres that supported over 800 slaves.

Middleton Place has known fire, war, earthquakes and devastating hurricanes.

Today, thanks to direct descendants (in 1925) of Henry Middleton, Middleton Place has enjoyed a beautiful rebirth and visitors can enjoy a glimpse of its elegant past.

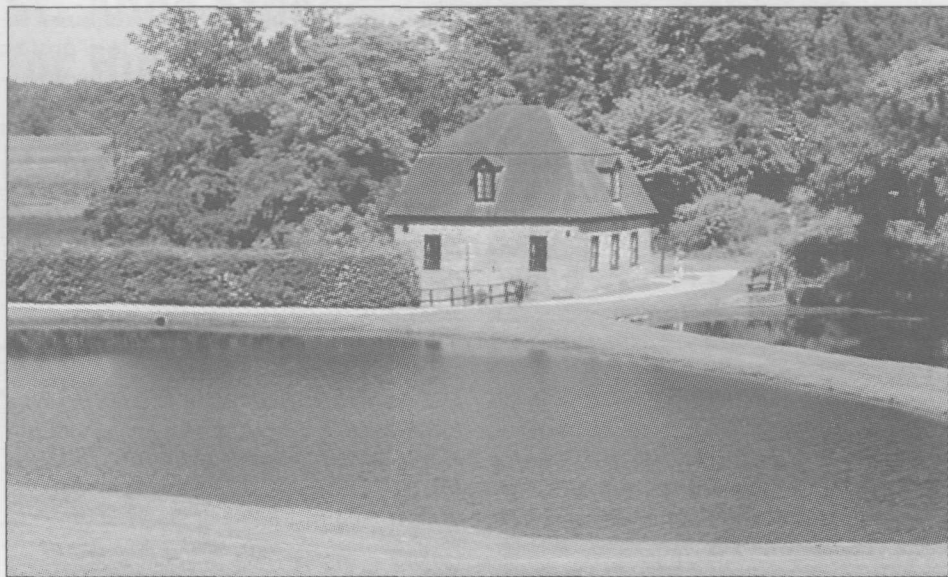
For visitors who enjoy gardens, you may want to time your visit to Middleton Place carefully. Many varieties of camellias begin to bloom in November and are at their peak of bloom in February and March. In March, the hillsides on the plantation are ablaze with over 35,000 azaleas of many varieties. The magnolia trees produce great saucer-like flowers in May and June. However, the plantation gardens offer some color almost year round.

For the agrarian, the plantation does have a Stableyard. Mule-drawn wagon rides and cow milking are popular activities. Hens and roosters scatter about in front of the fowl house. Pigs and piglets, goats, ducks, horses, sheep and mules are there as well. The Stableyard contains all the reminders of day-to-day plantation life.

Middleton Plantation serves as a reminder of the days families lived close to the land, when a trip to Charleston was a day's ride. A time when there was no running water, no electricity, no telephones, no nearby stores. A bygone era.



The main house of Middleton Place was left in charred ruins during the Civil War. Shown is South Flanker. Originally built as a gentlemen's guest wing, it was least damaged during that war. During the Revolutionary War, many patriots stayed at South Flanker. This house contains many of the Middleton's furniture, silver, china, paintings, books and documents.



The plantation is situated on land suitable for harvesting rice. Dikes and flood gate "trunks" controlled the irrigation of fields adjacent to a tidal river. Rice cultivation flourished in the 18th and 19th centuries, but declined after the Civil War and ended after the hurricanes of 1910 and 1911. Shown is the Rice Mill. Milling was the final step in rice processing. An underwater turbine turned a horizontal spoked wheel from which a belt moved through two holes to power the mill.



Animals were vital to plantation life. Shown are sheep grazing on the Greensward. Cows, mules, horses and goats graze on the grass in the Stableyard paddocks as well.



Eliza's House, built in 1870, was designed as a two-family dwelling and built in the style of earlier plantation buildings destroyed when Union troops burned Middleton Place in 1865. The layout consists of two symmetrical units placed on either side of a central chimney. Each unit consists of a common room used as a kitchen and living space with a small bedroom. This building was used for housing freed Blacks working at Middleton Place during Reconstruction. It is the only surviving building providing evidence of the domestic conditions of the Black community at Middleton Place.



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Pushing Your Perceptions

The holiday season is nearly over and the winter scenes, although still beautiful, will soon lack the gaiety and charm of decorated trees, brilliant lights and colorful window displays. For some people, January offers a promising respite from December's frenetic pace. January also offers a time to seek unique opportunities that offer educational growth and entertainment. The Barrington/Northwest Community Associates sponsors the popular and well-attended "Seminar Series," which offers two programs that define both "unique" and "educational" and are available to the public.

The dates for the 2011 Series are Tuesday, Jan. 11 and Tuesday, Jan. 25 and both take place at the Barrington Area Library. "Pushing Your Perceptions" is the tantalizing theme selected for both lectures although the focus and perspective will depend on the moderator.

On Tuesday, Jan. 11, John Rich will present "Innovation and Creativity," which he has designed to demonstrate how to reframe the creative process to include an evolving spectrum of activity. Using models of individual, group and organizational creativity, he will encourage his audience to rethink the traditional roles of artist and spectator. Rich is a multidisciplinary artist, arts administrator, and educator in the Continuing Studies Department of the School of the Art Institute of Chicago. His personal "spectrum" of talents includes writing, acting, teaching and administrative responsibilities. He has taught writing, theater and communica-



**Painting with Green Center
by Vasily Kandinsky, French-born
Russia, 1866-1944.**

tion arts at several colleges, including Kendall College of Art and Design. In Chicago he can be seen performing with the international company "Every house has a door."

"Sight and Sound: Art and Music" is the title of Jeff Nigro's presentation, which will focus on the relationship between artists and music. Using visual images and musical excerpts, Nigro will trace the abstract but emotive powers of music to Western art from the Renaissance to Modernism. Nigro is an independent art historian, lecturer and educator, who had a professional relationship with the Art Institute of Chicago for over 20 years. During those years, Nigro served as the study leader on several Art Institute sponsored trips to Europe and received the AIC's Chairman's Award for outstanding service in 2003. He has also moderated pre-concert lectures

Court Holds Overly Broad Restrictive Covenant Unenforceable

by Joette S. Doran



Generally, a restrictive covenant provides restrictions on competing against an employer for a specific duration and geographical area. In order to be an enforceable, the courts generally find that the restrictions must be narrowly drafted to reasonably protect the legitimate business concerns of the employer. Various factors are considered in determining whether the employer has a legitimate business concern in restricting employment. These factors include a detailed analysis of the employer's business and its relationship with its clientele, where the company and the employee performed work, the employee's skills and knowledge of the company's business and the type of position held by the employee. Courts analyze each restrictive covenant and employment relationship independently to determine whether the restrictive covenant is enforceable.

Recently, the Second District Illinois Appellate Court found that an overly broad restrictive covenant was unenforceable. In *Reliable Fire Equipment Company v. Arredondo*, the plaintiff was a commercial business that sold and serviced portable fire extinguishers and other fire prevention equipment, primarily to electrical contractors and building owners. Reliable filed suit against its former employees claiming violation of a restrictive covenant. The appellate court affirmed the trial court's ruling that the restrictive covenant was unenforceable because it attempted to restrict competition in three entire states and excluded the former employees from working in territories beyond where they es-

tablished relationships with Reliable's customers. The appellate court also ruled that the trial court properly found there was total lack of competent evidence of Plaintiff's claimed damages, as Reliable's expert did not testify as to the basis for his estimates of sell prices and costs. The court found that the plaintiff was required to present competent proof of lost profits from which a reasonable basis of computation can be derived.

For additional employment information, please visit our Web site at—www.joettedoran.com.

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

Ms. Doran is licensed in Illinois, 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.

Lake County Camera Club

The Lake County Camera Club is having a meeting on Thursday, Jan. 6, 7 p.m., at Community Protestant Church, 418 N. Prairie Ave., Mundelein. It will feature a demonstration and overview of photo editing and management software *Lightroom 3*.

for the Chicago Symphony Orchestra both at Symphony Center and at Ravinia. Nigro's auspicious art and music backgrounds guarantee a program that will educate and entertain his audience.

The fee is \$20 per lecture and the public is welcome.

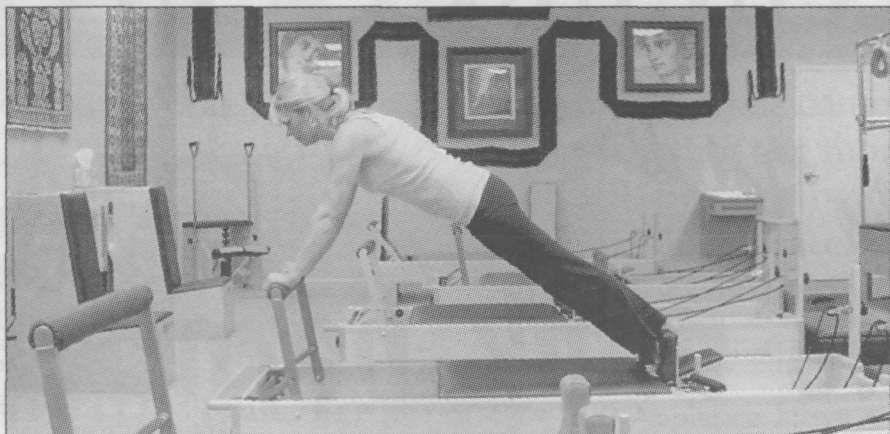
The club invites everyone to their meeting to observe, to share, to have fun, and better yet, to be part of our club. The public is welcome for a \$5 fee.

For more information, visit their Web site at www.lakecountycameraclub.org.

Advanced registration is preferred but tickets may be purchased on-site. Day registration is by check only, payable to The Art Institute of Chicago.

For advanced registration and more information, contact Sandy Bonsignore at 1-847-963-8932.

Studio Pilates Offers FREE Introductory Class with Purchase of 10 Sessions



"Physical fitness is the first requisite of happiness."

—Joseph Hubertus Pilates in 1965, age 86

The New Year means new opportunities for a healthier, happier you. Begin with a commitment to your overall self, your mind and your body, and a **free \$65 value introductory class with the purchase of 10 sessions** at **Studio Pilates Centre of Balance**.

Each January, **Studio Pilates** encourages individuals to indulge their quest for overall fitness along with their need to save some after-Christmas jingly during this special free introductory class event. Sign up for the Pilates Introduction Class before Jan. 31, 2011 and take advantage of this very happy offer. Limited space is available, so call early for a class day and time to fit your schedule.

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

St. Anne Students Make a Difference for Hundreds of Area-Wide Children

St. Anne School held its 10th Annual Operation Warm and Fuzzy school-wide service project over the holidays. "The goal of Operation Warm and Fuzzy is to warm the hearts and spirits of children," said St. Anne teacher Cathy Sisto, who also chaired the event this year. "In the last nine years, we have made Christmas warmer for over 4,500 children." St. Anne School is hoping to surpass 5,000 with the addition of this year's donations.

Each St. Anne family was asked to purchase a warm blanket sleeper and a soft, fuzzy toy, and send them to school during the weeklong service project. Each classroom began by decorating a collection box for their room. "Many of the children perform chores at home to earn the money to purchase the items," said Cathy Sisto. "It is a wonderful feeling to feel like you are making a difference."

Second-grader Emily Dunkel was one student that did extra chores to help pay for items for Operation Warm and Fuzzy. "I wanted to make money so that I could help others," she said. "I liked being able to help others that needed help."

Kindergartner Aiden Lee wanted to make sure the children he was helping understood how much he cared. He wanted to donate some of his own stuffed animals. When asked why, he said, "Because then they [the stuffed animals] will have love on it."

In addition to participating in Operation



First-graders Brian Biehl, Mason Rasmussen and Brooke Cullen help by donating sleepers and stuffed animals at the annual Operation Warm and Fuzzy school-wide service project.

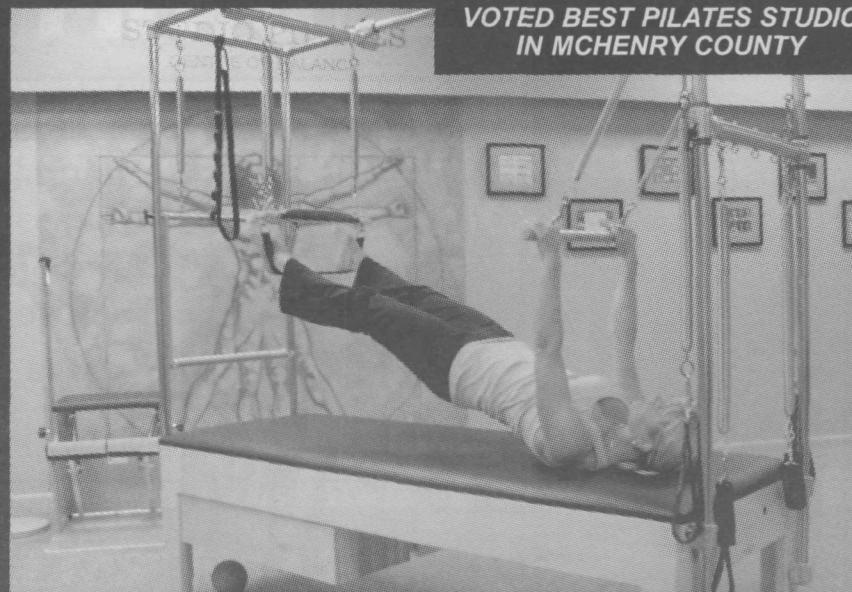
Warm and Fuzzy, middle school students earned service hours by aiding in packing, labeling and delivery of boxes. Student volunteers delivered all of the items to area shelters.

This year, St. Anne School is supporting the following shelters: St. Martin De Porres, Chicago; The Society for the Preservation of Human Dignity (PHD), Palatine; Catholic Charities for Cook and Lake County, Des Plaines; and Freeport Pregnancy Center, Freeport.

"We are overwhelmed by the generosity of our school families," said St. Anne School principal Sister Ann Busch. "Our children's gift of generosity is the best gift this holiday season."

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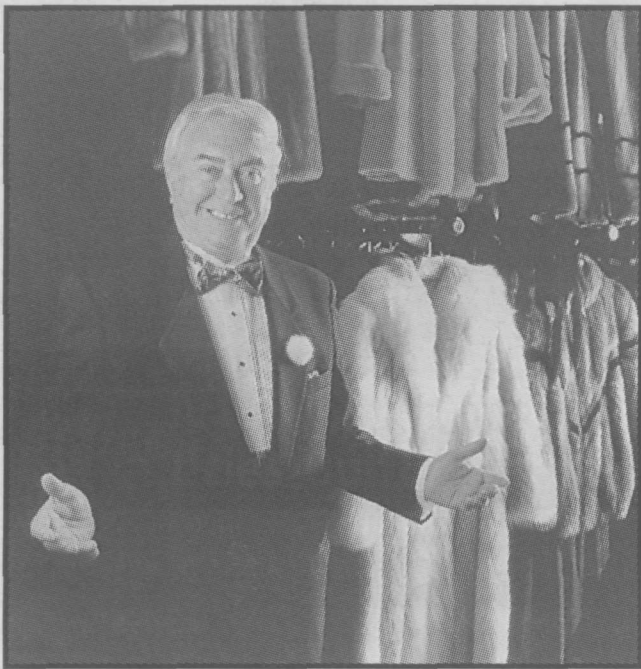
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Fourth-Graders on the Prairie

During the fall season, with 2010 being the second year of a generous grant from the District 220 Educational Foundation to the Barrington elementary school science program, all fourth-grade classes, almost 700 students, took part in Leave No Child Inside field trips at Spring Creek Prairie and Citizens for Conservation's (CFC) award-winning Grigsby Prairie and Flint Creek Savanna.

Children had a firsthand opportunity to connect with the natural world while learning why prairies are important, who makes the prairie their home, why prairie restoration is critical work, what it was like for the early settlers to farm prairies, how very little original prairie exists in Illinois, the importance of the significant prairie plant root system, why prairie burns are necessary, what the native Americans used plants/seeds for, and more.

While hiking into the prairie, one lucky group of students saw a pair of knobby-kneed sandhill cranes taking a morning stroll. Other students were treated to the lilting songs of savanna sparrows, the tapping of woodpeckers on nearby trees, and the silent soaring of turkey vultures.

The partnership between CFC and District 220 was once again led by CFC volunteer Bonnie Gordon and CFC Staff Director Sam Oliver. They welcomed many volunteers from CFC, Flint Creek Watershed Partnership, Audubon-Chicago Region, Nature Ladies, and Friends of Spring



CFC volunteer Bonnie Gordon (left) leads Barrington District 220 fourth-graders in their measuring and drawing activities during a field trip to CFC's Grigsby Prairie.

Creek Forest Preserve, as well as a nationally recognized naturalist, and a representative from the U.S Fish and Wildlife Service. These volunteers guided the "citizen scientists" through the various prairies to collect seeds, complete field documentation, and experience the wonders of nature. Scores of parents helped with this unique experience.

Parents and students enjoyed the solitude of the prairie, heard the various songs of local birds, listened to the rustling of the drying plants, and envisioned riding in a prairie schooner and seeing the sea of grasses and flowers for the first time. They observed the roller-coaster-style flight of bright yellow goldfinches, the quick leap of a toad, the fluttering of stained-glass monarch butterflies and creamy cabbage moths, the furry honeybee, and the crackly call of the red-winged blackbird. Thanks to the District 220 Foundation, grant and the cooperative ef-

Triple Show Featuring Folk Music Duos Coming to MCC Jan. 9

McHenry County College's (MCC) popular Second Sunday concert season continues at 3 p.m. Jan. 9, when February Sky folk singers return for a triple show featuring three musical duos. The performance will be in the MCC Conference Center at 8900 U.S. Highway 14 in Crystal Lake.

February Sky features traditional singer and Celtic guitarist Phil Cooper with songwriter and singer Susan Urban. Cooper sings and plays his own arrangements of traditional songs and tunes on six-string guitar and cittern, and he also interprets a number of carefully chosen songs from the best of modern folk song writers. Urban is a writer of story songs and humorous "slice-of-life" songs. She accompanies her singing on guitar, six-string banjo, mountain dulcimer, and hand percussion instruments. February Sky presents a combination of old and new songs addressing the widest possible range of human experience, complete with vocal harmony, intricate instrumentation and thoughtful stagecraft.

Other duos include Cooper and Nelson and Bob and Micky Holdsworth. Phil Cooper and Margaret Nelson have delighted audiences with their interpretations of traditional and contemporary folk music for more than 25 years. With hundreds of

songs in their repertoire, they can tailor their performances to specific occasions and audiences. Their approach to folk music is humorous, informative, heartwarming, thought provoking, and some of their grim old ballads are hair-raising.

Bob and Micky Holdsworth are performing songwriters who get their inspiration from the hard-won triumphs and all-too-easy slipups of our everyday lives. But the songs aren't really autobiographical; taking a cue from master storytellers, they don't let the truth get in the way of a good story. The duo may pull some old favorites from their collection, including jazz/pop masters Cab Calloway and Hoagy Carmichael, as well as acoustic classics by Roger McGuinn, Jerry Garcia and Richard Thompson.

Music lovers may also mark their calendars for Feb. 13, when jazz artists Maureen Christine and Michael Bazan take the stage.

Second Sunday concerts are free and open to the public, and a reception with light refreshments will follow the performance.

For more information about Second Sunday concerts, call 1-815-479-7814. To see the full concert schedule, go to www.mchenry.edu/artevents.

forts of all involved, these field trips provided students with a spectacular outdoor

classroom to enhance their indoor curriculum about prairie preservation.

Meet Kelli Ruestche!

Kelli is the latest addition to our Sanctuary Staff!

She has worked in our salon for two years while completing her hair and cosmetology training. During the months of January and February, Kelli will be offering her services to all new clients at a 50% reduced rate. Stop by and meet Kelli for a style, haircut or color service. We know you'll be pleased.

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Garden Club of Inverness Winter Highlights

Jan. 20 Program, 9:30 a.m.

All Saints Lutheran Church, Palatine

Mel Zaloudek is the guest speaker for the January meeting. He is a writer, speaker and teacher in the Chicago area. One of his favorite topics is herbal gardening and its medicinal and other uses. He will lead us through visual identification, home usage, and the abundant folklore of health-enhancing flowers, vegetables and herbs from our gardens. He will also explain the pharmacological basis for beneficial/poisonous plants, and share some culinary uses as well.

Feb. 17 Program, 9:30 a.m.

All Saints Lutheran Church, Palatine

As we all begin looking toward spring, master gardener, teacher and landscape designer Marcy Steward Pyziak, a favorite at the Garden Club of Illinois' Spring Convention, is just the person to share her "tricks of the trade" concerning ornamental grasses to beautify and better manage our gardens. She will introduce us to a wide variety of these versatile perennials that are ideal plantings for Chicago land's four seasons. She will also share how to best care for and combine them with other perennials.

Garden Club of Inverness Scholarships Available

The Garden club of Inverness is accepting applications for scholarships. Students who live in the areas served by School District 211 and Barrington High School and who major in horticulture or environmental related studies in college are invited to apply. Applicants can be college freshman to seniors or graduate students. Scholarships of \$1,000 or more are awarded each year determined by the available funds. Applications may be obtained by visiting high school guidance offices in District 211 and Barrington High School or by contacting scholarship chair Marilyn Dutcher at mkdutcher@comcast.net.

The Garden Club of Inverness has been a member of the National Garden Clubs Inc. and the Garden Clubs of Illinois since 1941.

Garden Club of Inverness meetings are held at 9:30 a.m. on the third Thursday of the month, September through November and January through April, at All Saints Lutheran Church in Palatine. All area gardeners are welcome. For more information, contact Betty Ann at 1-847-358-8438 or visit www.gardenclubofinverness.org.



Hospice Event Highlights Mission Work

Hospice & Palliative Care of Northeastern Illinois' (HPNI) mission is to enhance life by providing dignified and compassionate care and guidance to those coping with serious illness, end of life and loss.

Each day, the professional staff of HPNI live and breathe their mission. Occasionally, they even travel beyond their borders and bring that care to those who need it through mission work.

HPNI is showcasing some of their recent outreach efforts during a special evening event. "Moving with the Mission—Reaching out to Haiti and Africa" will be held Tuesday, Jan. 11 at Pepper Family Hospice Home and Center for Care, 405 Lake Zurich Road, Barrington. Registration begins at 6:45 p.m.; Q-and-A and fellowship from 7 to 9 p.m.

See inspirational photos and videos and hear presentations by Chief Medical Officer Michael Marschke, M.D., on his

mission efforts in Zambia, Africa; and hospice nurse Helen Allums, RN, on her mission work in Haiti. Special guest Galen Miller, president of National Hospice Foundation, will discuss mission efforts supported by the foundation.

Learn how you can join support these outreach efforts and help those in need beyond our borders. RSVP by Jan. 7 to hospicepr@hospiceanswers.org.

Hospice & Palliative Care of Northeastern Illinois is a community based, not-for-profit organization serving families throughout McHenry, Lake, Northwest Cook, Kane, Boone and DuPage counties. Celebrating its 28th year of service, Hospice & Palliative Care of Northeastern Illinois provides comprehensive end-of-life care to nearly 1,300 patient families each year. HPNI is Medicare certified and accredited by the Joint Commission. Visit its Web site at www.HospiceAnswers.org.

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Adult & Child Therapy Services Provides Balance Assessments for Older Adults

A fall is one of the major fears for older adults and their loved ones. Adult & Child Therapy Services is offering a way of clinically assessing the likelihood of a fall for older adults in the community.

Adult & Child Therapy Services has a variety of state-of-the-art equipment. One of these pieces of equipment includes the Biodex Balancer. The Balancer provides clinical protocol to determine if clients are at risk of a fall. It also determines if a patient is compensating for an injury and what areas need to be worked on to build

strength, improve balance, maintain independence and improve mobility.

This system is consistent with the American Geriatric Society's clinical guidelines for prevention of a fall in an older adult. Fall risk assessment is covered by Medicare as well as any further therapy needed to correct or prevent a fall.

If you or a loved one are concerned about balance issues and the risk of falling for the older adult in your life, call Adult & Child Therapy Services at 1-815-338-1707 to set up a fall risk assessment.

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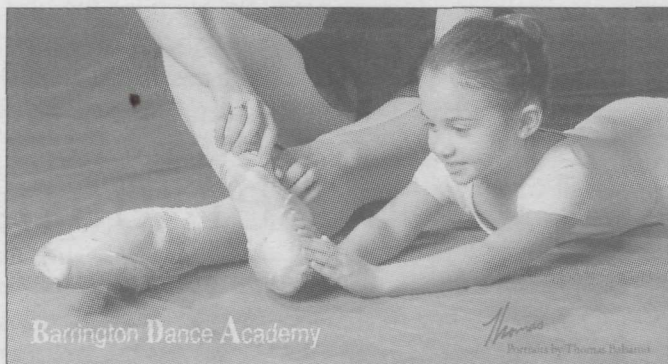
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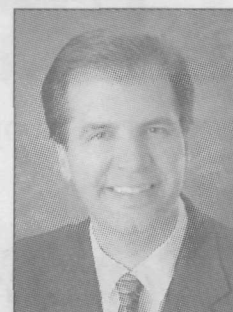
Home of the Barrington Youth Dance Ensemble

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Brochure Available Upon Request

Cosmetic Dentistry: Staying on Top

by James T. Gavrilos, DDS



New concepts, new techniques and new materials constantly challenge the dental profession. Sorting these out and selecting the best is an annual endeavor for dentists who maintain high standards. The cosmetic dentist has to continually educate himself in order to stay on top of the quickly changing methods and materials.

The American Academy of Cosmetic Dentistry will be holding this year's convention in Boston. The Academy focuses their meeting on methods and materials that are strictly for the cosmetic dentist. All of the newest porcelain veneer materials, bonding agents, laboratories and computer-aided design software will be on display in they vendor's hall. This allows the cosmetic dentist to walk around and compare all of the latest technologies.

Most of you are aware that dentists hold "conventions" with product booths where new materials and equipment may be examined. What you may not be aware of is the fact that the major thrust of these meetings is educational. At our Chicago Midwinter Meeting (held here in February) it is possible to attend shorter lectures and sample what the speakers have to offer. Then we often need to travel to the lecturer's hometown to attend an in-depth

course on their subject.

The real learning occurs at these out-of-town courses. We select them from the choices offered to us at the conventions and through literature. The choice is made with the patient in mind. We want the dental experience to be as good as the dental work. Most of our staff attends many of these meetings with us, since we believe in a team approach for maximum quality.

To help judge your dentist, or evaluate a prospective new dentist, don't be shy; ask them about their continuing education. It is an essential step in providing the highest standard of oral health care for patients.

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

BACOA to Start New Session of Early Stage Memory Loss Group

The Barrington Area Council on Aging (BACOA) is accepting registrations for a new 10-week session of its Early-Stage Memory Loss Support Group.

The program is open to people who are experiencing early memory loss and for their family members or partners who are interested in attending a support and education group. BACOA sponsors this program in partnership with The Alzheimer's Association and Barrington Youth and Family Services.

The program meets for 10 weekly sessions and 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.

The charge for this program will be \$50 per couple; \$35 for an individual. Scholarships are available for anyone who is unable to pay. For dates, location information and registration, call Bonnie at 1-847-852-3890.

How to Choose a Dance School for Your Child

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

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

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

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

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

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

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

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

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

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

The York Winter Wrap-up SALE ... Hurry-in!

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York Furrier has the perfect remedy for the common cold ... warm-up with York's annual Winter Wrap-up **SALE!** Find Chicagoland's most extensive selection of fabulous furs, fine outerwear styles, and even, unique accessories all specially priced for **CLEARANCE**. Hurry-in! Winter will linger, but this **SALE** definitely ends soon.

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York Signature Style

Oyster Velour Sheared Mink Hooded Jacket with Lynx Trim

A Focus on the Brewer's Art

Emmett's Tavern & Brewing Co. in Palatine is always a "special" treat for a delicious dinner in a relaxed and convivial atmosphere, but how about adding to that a fun and entertaining lecture entitled "The Brewers Art: From Ancient Egypt to Modern France"? Members of the Barrington/Northwest Community Associates (B/NWCA) and their guests will have the opportunity to enjoy both "treats" on Friday evening, Feb. 4. This wonderful event will begin at 6 p.m. with registration and appetizers followed by Miranda Hofelt's lecture, which will illuminate an unusual subject—the brewer's art which has appeared on widely diversified art forms throughout the ages.

Hofelt's discussion will begin in ancient Egypt, where brewer's art appears as part of domestic life on the walls of underground tombs. The brewer's art can also be found in the design motifs on historic Greek vases, but the ancient world was not the only time period during which artists demonstrated interest in this subject matter. In modern-day France, artists have rendered the brewer's art in the raucous night life at the music halls, cafes, and bordellos.

This unique subject requires a speaker with an impressive art background and Hofelt is the perfect choice. She has worked for almost a decade at the Art Institute of Chicago. Her responsibilities began as the collection manager and research assistant for the Department of European Painting. Following that, she joined the Museum Education Department as a lecturer



Woman Reading by Edouard Manet, French, 1832-1883.

in adult programs, and in that capacity has gained an auspicious reputation as an informative and delightful speaker.

After Hofelt's insightful discussion, members and their guests will enjoy dinner at this world-class micro-brewery. Emmett's Tavern imports all its ingredients, including premium hops from Germany and the finest malt from England. Using Old World traditional recipes, they brew beers in small batches to ensure exceptional freshness and flavor and as a result their beers and ales have garnered awards all over the world.

Great food, a warm and cozy atmosphere, and a charming speaker—a winning combination to guarantee a mem-

Lily Tomlin Just May Be the Eighth Wonder of the World

—USA Today

On Saturday, Feb. 12 at 8 p.m., get together with Lily Tomlin for an unforgettable night of fun and sidesplitting laughter!

The New York Times has said "Tomlin is amazing" and *The New Yorker* exclaims she is "always a revelation." As a unique comedic artist, she takes her audience on what *The Washington Post* calls a "wise and howlingly funny" trip with more than a dozen of her timeless characters... from Ernestine to Sister Boogie Woman, Mrs. Beasley and Edith Ann. "With astounding skill and energy, Tomlin zaps through the channels like a human remote control. Using a fantastic range of voices, gestures and movements, she conjures up the cast of characters with all the apparent ease of a magician pulling a whole menagerie of animals from a single hat," says the *NY Daily News*. *NY Time Out* calls "her gentle touch is as comforting as it is edifying." She has "made the one-person show the daring, irreverent art form it is today," says *Newsweek*. Don't miss this warm and uniquely affecting experience filled with comical insights and wildly, witty observations about the human condition.



Tickets are \$80, \$77 and \$73 and are available by contacting the Raue Center Box Office at 1-815-356-9212 or online at www.rauecenter.org.

Raue Center is a 501(c)(3) nonprofit organization dedicated to enriching the lives of all through the arts. They are proud to provide quality programming to and strive to make it pertinent, available and affordable to all. Raue Center is delighted to welcome you back this year and looks forward to the next years and continuing to "Rock the Raue."

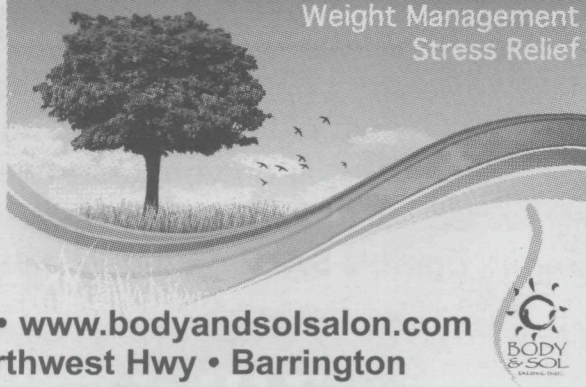
borable evening for B/NWCA members and guests. The cost is \$55 for members and \$65 for guests.
Reservations are required and will be accepted in the in the order received. The reservation period opens Jan. 4 and closes Jan. 25.

For additional information on this event or for membership inquiries, contact Jo Brynildssen at 1-847-359-5286.

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HYPNOSIS
SESSION**

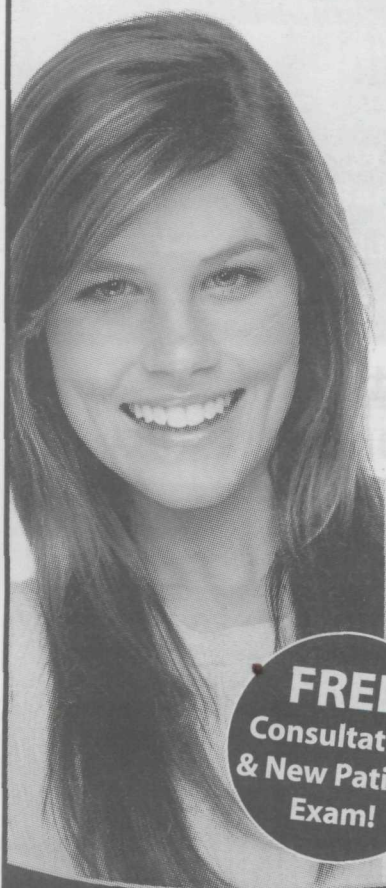
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March Deadlines!

NEWS SUBMISSION Deadline: FRIDAY, FEB. 4

Contact the editor: **Glenne McMonigal**

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

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Body & Sol Celebrates 7 Years in Business

Open in 2004, offering the only sunless tan in the Barrington area, **Mist On Tan**...a tan rated #1, *Chicago Tribune*, **Body & Sol** continues to evolve from a simple sunless tan location into a wellness facility offering a variety of services to fulfill their mission statement: "Providing only services and products that enhance a person's well-being."

Late 2004, the traditional and familiar Swedish and Deep Tissue Massages were added. The service menu has grown to include Hot Stone, Athletic and a Face Lift Massage, for those who dislike drastic options like plastic surgery, but are committed to looking their best.

Clients can choose Herbal Body Wrap, Ionic Foot Bath or Ear Candling to achieve a sense of wellness if massage is not their

thing.

2011 brings Hypnotherapy Services for weight management, smoking cessation, stress relief and performance enhancement. Owner Jayne Hayes received her training from the Alternative Practitioners Academy in Arlington Hts., a state certified school. Simply, hypnosis is a form of focused attention. In a session with a qualified hypnotherapist, this focus can help a person achieve their goals. And, contrary to popular myths, no one can "make" you do anything under hypnosis. Hypnotherapy is very successful when a client has committed to change.

For more information, call **1-847-842-2700** or go to www.bodyandsolsalon.com. **Body & Sol** is located at 836 S. Northwest Highway, Barrington.

Restore. Repair. Replace. Keep Smiling!

Over time, teeth can wear down, become decayed, and even fall out. While regular dental care can help prevent most of these problems, sometimes they are inevitable. The good news is that **Dr. Dan Follmer** and **Northwest Dental Health & Aesthetics** provides a variety of options to restore your teeth to health, strength and function.

Composite Fillings and Porcelain Inlays: Dr. Follmer practices metal-free dentistry. To restore a tooth with a cavity, he places tooth-colored composite fillings or ceramic inlays that not only look natural but also are stronger than metal (silver) amalgams.

Crowns: Do you have a broken tooth or have you had root canal therapy? A crown, also called a cap, is the solution. A crown is a custom-made restoration that repairs and strengthens the damaged tooth, returning it to form and function.

Dental Bridges: A dental bridge is a custom-made false tooth or teeth placed permanently between two healthy teeth. The bridge fills in the area left by the missing tooth or teeth. A bridge can replace one or several teeth, reduces the risk of gum disease, helps correct some bite problems and helps improve speech.

Dentures: A denture is a removable appliance that replaces missing teeth and adjacent tissues. Made of resin and porcelain, complete dentures are used to replace all the teeth. When some healthy teeth remain, a partial denture can be used. Full and partial dentures improve chewing ability and speech, support facial muscles and enhance appearance.

Take care of the problem now and keep your smile healthy and comfortable. Call **Northwest Dental Health & Aesthetics** at **1-847-526-2831**. For more information, visit www.northwestdentalhealth.com.

Second Sunday Concert to Feature Maureen Christine, Michael Bazan at MCC Feb. 13

The McHenry County College (MCC) Second Sunday concert series will host a valentine concert featuring vocalist Maureen Christine and musician Michael Bazan at 3 p.m. Feb. 13 in the MCC Conference Center, 8900 U.S. Highway 14 in Crystal Lake.

Maureen Christine, a concert vocalist and national recording artist has performed throughout the country, delighting audiences with her "natural melodious, expressive voice." She has shared the stage with pop star Barry Manilow, and was awarded first place in the nation for the original song she wrote for United Way. In Chicagoland, Maureen has headlined at the Palmer House, The Royal George Cabaret Theater, the historic Woodstock and Oshkosh opera houses, and the Holiday Star Plaza Theater. She also performed with musicians of the Count Basie Big Band. Her television appearances have included singing the national anthem for the Chicago Cubs and Artbeat Chicago.

Michael Bazan showcases his woodwind talents on the flute, clarinet, and tenor and alto saxophones to audiences in the Chicagoland area. He has perform-



ed with the Rockford Symphony Orchestra, jazz greats Cab Calloway and Billy Eckstine, the Rockford Symphony Orchestra, along with '50s and '60s groups such as the Four Tops, Frankie Valli, and The Platters. Bazan is the director of the McHenry County College Jazz Ensemble and he teaches at Wheaton College Conservatory of Music and at Wredling Middle School in St. Charles.

The concert is free and open to the public. For more information, contact Michael Hillstrom at 1-815-479-7814.

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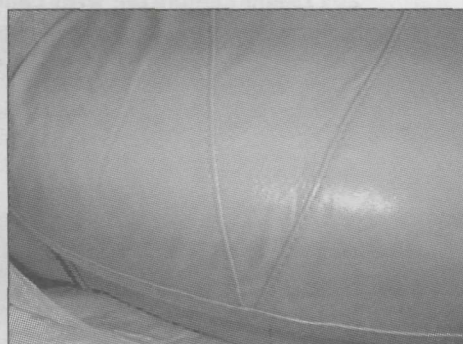
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A Long, Dry Winter Dries Out Leather Furniture



Before



After

Our long, dry winter and blasting furnaces not only cause itchy dry skin for us, but it also dries out your leather furniture. **Color-Glo Quality Leather Restoration** can provide cleaning and conditioning that will help prolong the life of your leather furniture investment. **Quality Leather** 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/November 2009 issue of *Chicago Home & Garden Magazine's* "Expert Advice," **Color-Glo Quality Leather Restoration** works right in clients' homes, ser-

vicing 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 and click on "Gallery." Click on "Clients" to see what our customers have to say. Winter is the perfect time to take care of indoor household maintenance needs like furniture, 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.



Water, Water Everywhere— How About Barrington?

We tend to take water for granted. Open the tap and there it is. We know that water is essential for life, so maybe we should spend a little time learning about it.

Where is our groundwater located, and how does it feed streams and fens? Modeling for nearby communities shows that groundwater discharge to above ground natural features will decrease over the next few decades. What does this mean for the Barrington area?

Citizens for Conservation (CFC) will sponsor a program on local water issues on Saturday, Jan. 22 at the Barrington Area Library from 9:30 to 10:30 a.m. Janet Agnoletti, executive director of the Barrington Area Council of Governments, will present current science about the aquifers

of our region and their interaction with waterways and natural areas. Patsy Mortimer, coordinator of Flint Creek Watershed Partnership, will talk about the effects of development on water quality in our local lakes and streams. Following the practice of our Winter Program Series, CFC will review what homeowners can do on their own properties to protect our water.

Join CFC for a discussion of the issues, water projections for the future, and how we might use current science locally in planning and policies to protect groundwater and surface water for future generations. Come for coffee at 9 a.m. and stay for questions after the program.

There is no charge, but donations to cover costs will be gratefully accepted. Please RSVP to CFC at 1-847-382-7283.

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Damaged, Tearing, Wearing, Faded?

Cleaning, Care and Repair Specialists



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Color-Glo Quality Leather Restoration

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CFC Restoration Volunteers Begin Winter Schedule



CFC volunteers begin restoration of the 6.5-acre oak woods in Flint Creek Savanna South, CFC's part of a joint 29-acre purchase with the Village of Lake Barrington along the Flint Creek corridor.

Citizen for Conservation (CFC) restoration volunteers have launched their winter schedule, working every Saturday morning from 9 to 11 a.m. Brush cutting and all of its aerobic exercise energizes these hardy workers as they free native trees from the clutches of invasive brush.

Meet at CFC headquarters at 459 W. Highway 22 in Lake Barrington. Look for the white farmhouse with a silo across from Good Shepherd Hospital. Bring work gloves and dress for the weather. CFC will provide the tools. For more information, call CFC at 1-847-382-7283.

Alpha Gamma Delta Meeting

Alpha Gamma Delta Northwest Suburban Alumnae Club will meet Wednesday, Jan. 12, 7:30 p.m., at the home of a Mount Prospect member for a workshop to prepare for the Showcase of Arts and Crafts

to benefit the Kirk School for disabled students in Palatine, to be held March 12 and 13th.

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

Happenings!

in the area

Barrington Madrigals Visit the White House



Pictured (from left, kneeling) Miko Siewenie, Nirali Chauhan, (standing) Sarah Altshuler, Madeleine Biagioli, Nicole Cherewich, Kayla Stearns, Dina Dalessandro and Pamela Costis.

The Barrington High School Madrigals, under the direction of Nancie Tobison, just returned from Washington, D.C. Their whirlwind of choral performances in November and December, to churches, candlelit dinners, nursing homes, private parties and community events, culminated at their own fabulous school performance in mid-December. Shortly after winter break began, 27 excited Madrigal members left for Washington to perform at many venues around the city. The first stop was the United States Botanic Garden, then off to the Newseum, where they were also broadcast live on a huge outdoor screen. There were also several evening performances at the Marriott Hotel and the famous Willard Hotel across from the White House.

On Dec. 20, they passed through security and into the beautifully decorated White House, to make their debut singing to guests during the annual Holiday Open Houses. It was a dream come true for many, including the chaperones. The singers' sounded like angels and grabbed the attention of guests. Everyone later toured

the White House in all its Christmas glory.

Next up was the Old Post Office Pavilion, to sing for holiday shoppers enjoying lunch. There were a few hours left to enjoy the local sights and then get ready for two performances at the gracious Willard Hotel on Monday night to entertain the guests.

The final performance of the evening was at the National Christmas Tree Music Program at the Ellipse, south of the White House, at 8 p.m. The National Christmas Tree is a 40-foot beautiful Colorado blue spruce that was planted in the fall of 1978 from a Pennsylvania farm along with 50 smaller trees representing the 50 states.

This was truly a magical holiday season for all who attended!

Tuesday morning, the Madrigals had a private tour of the Capitol Building and joined in song whenever the opportunity presented itself, to bring their Barrington holiday cheer around the capital.

A bit exhausted, but full of memorable moments, they headed back to Chicago, eager to share their experiences with family and friends during the holiday season.

Celebrate A Russian Winter's Night to Benefit "Seeds for the Harvest"

Transport yourself to a winter's night in Russia on Saturday, Jan. 22, 6 p.m., at The Seville in Streamwood, as "Seeds for the Harvest" creates a Russian winter wonderland gala dinner and auction, *A Russian Winter's Night*, to benefit their work with at-risk children in Russia.

Guests will enjoy dining on traditional Russian food, listening to Russian music, and seeing Russian dancers. The evening will also feature a live and silent auction that includes a number of trips, shopping

sprees and many items from Russia.

Tickets for the event are \$65 or two for \$120. Tables of 10 are \$550. To purchase tickets, please call 1-847-209-0947 or visit www.seedsfortheharvest.com. For more information on the event, please contact Seeds for the Harvest at 1-847-209-0947.

Seeds for the Harvest is a 501(c)(3) organization that works with children at risk in the Ivanovo Oblast of Russia. They are currently working with several orphanages, a home for children exposed to tu-

Fellowship Housing's Third Annual Gala Celebrates 20 Years and More



2011 Gala Committee with Connie Payton (seated center right)



(From left) Barrington residents Christine Altenberger, Brien and Cathy Wloch, Darren Whitehead, Doug Altenberger, and Curt Hart at the 2010 gala.



Pictured (from left) are FHC board members Cheryl Beise, Dr. Becca Orsini, Tony Orsini, Mike Underwood, Karen Fitzgerald, Tom Beise, Susan Forbes, Brien Wloch, Dr. Jill Allen, Mike Rolfs and Sibyl Towner.

Fellowship Housing, a nonprofit organization serving single mothers and their children, will host its third annual gala event and 20th anniversary celebration Saturday, Feb. 26 at the beautiful Stonegate Conference and Banquet Centre. The event is sure to be exciting, with local celebrity guests including Connie Payton as the Honorary Chair, and local author Shauna Niequist as Master of Ceremonies.

The organization dedicated to serving the needs of homeless and at-risk single mothers in the northwest suburbs is kicking off their 20th year of service with the gala event. The black-tie optional evening is always a fun-filled event with dinner, silent and live auctions, dancing, and a

word from Fellowship Housing moms. Auction items include professional sporting event tickets, golf packages, vacation rentals, and more. A new feature of the evening will include an artistic twist, a "Reveal Wall" from local artist Marg Rehnberg of Compassion Art. To get a sneak peak of what the reveal wall is, please visit www.compassionart.us.

Proceeds from the evening will benefit Fellowship Housing's two-year transitional housing program for single mother families.

Tickets are available now. To reserve your seat, contact Amanda Woods at 1-847-882-2511 or visit the newly renovated www.fhcmoms.org.

berculosis (TB), a home for teens addicted to drugs, and the local children's hospital. To date, they have donated over \$10,000 worth of medical equipment and \$6,000

worth of humanitarian aid to these locations. They have been working in Russia since 2000, and in December of 2010 will begin their full-time work there.

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 21 years. We have been a member of the Barrington Area Chamber for 14 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 website—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.
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www.BarringtonFixIt.com

A New Year: Simplify and Organize

**A Place for Everything!
Convenient and Beautiful!**

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

Since 1994, we at **Closet Masters** have been committed to creating, imaginative yet practical **ORG**anizing solutions. Our



expanding line of products is designed with you in mind and offers flexibility for your ever-changing needs.

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

Protect Your Property from Intruders with Alarm Monitoring

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

Safety first should be the primary rule that governs your family life. An alarm monitoring service is perhaps the best solution for protecting yourself and your property from intruders, home invasions and burglaries.

A security system provides surveillance of your home 24 hours a day, seven days a week, regardless of whether you are at home or not. If something should happen, authorities are notified immediately, decreasing the chances of you being robbed of your earthly possessions. Plus, the fact that your home is being constantly monitored minimizes your exposure to danger.

Home security systems are constantly evolving. Now systems are as easy to operate as a cell phone. In fact, more and more security features are accessible via

your cell phone. Imagine being able to see when your children return home from school or double-checking to be sure you activated the system before leaving on vacation. All this and more is available with the home security systems of today.

What's your peace of mind worth? With an installed and monitored home security system from **AST** it can be literally as little as 50¢ a day.

Locally-owned and operated, **AST** provides security and fire detection services, including the latest in equipment advances and around-the-clock monitoring, for homeowners and small businesses throughout the Northwest Suburbs. **AST** is personally in touch with securing your way of life. To learn more, call **1-847-540-9166** or visit www.astprotectsyou.com.

Field & Flower Garden Club Features Wildlife Habitats and Gourds

Did you ever think of your backyard as a potential wildlife habitat? The greater Barrington area is truly blessed with a wealth of wildlife. Creeks, ponds, lakes, private forested acres, and many preserved areas, all provide precious habitat.

On Wednesday, Jan. 5, naturalist David Brooks will present "Backyard Wildlife Habitats" at Field & Flower Garden Club's

first meeting of 2011, held in a private home at 7 p.m. A backyard landscape that is friendly and inviting to wildlife is a great way to act locally on behalf of the environment. Brooks' program will discuss benefits, options and the how-to's—design, implementation and proper maintenance.

On Wednesday, Feb. 2 at 7 p.m., Julia

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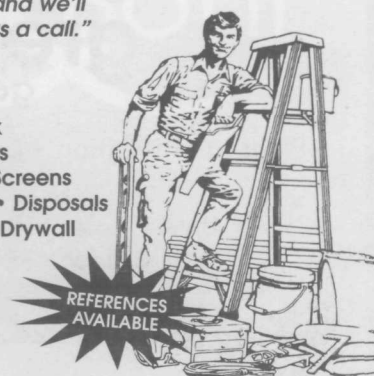
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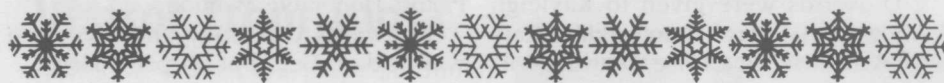
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Tudor brings her program "Gourds" to Field & Flower members. This meeting will be held at the Barrington Area Library, 505 N. Northwest Highway, Barrington. Tudor is a commissioned artist who brings her love for Mother Earth into her presentations. She is a member of the American Gourd Society, and the Illinois and Wisconsin gourd societies. She is also a member of the Wauconda Plant and Garden Club.

Field & Flower Garden Club has been a part of the greater Barrington Area for over 50 years. Its membership includes novice gardeners as well as those very knowledgeable in growing, landscaping

and design. Meetings are typically held on the first Wednesday of each month in private homes or at the Barrington Area Library and include a program, a short business meeting, refreshments and time to ask gardening questions. Guests are always welcome.

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

Join Field & Flower for one or both of these featured programs to kick off the 2011 gardening year. Guests are most welcome. For more information, please call 847-462-1963.



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BACOA Caregiver Support Group to Discuss Communication Techniques

The Barrington Area Council on Aging's (BACOA) Caregiver Support Group will discuss and practice communication techniques at the January meeting. These methods are designed to enhance communication between caregivers, care-receivers, family members and friends.

The group will meet Wednesday, Jan. 5 from 7 to 9 p.m. at the BACOA office,

6000 Garlands Lane, Suite 100, Barrington.

BACOA's Caregiver Support Group provides ongoing education and support for caregivers. Meetings are held on the first Wednesday of each month from 7 to 9 p.m. There is no charge for this program, but registration is requested.

For more information or to register, call Bonnie at 1-847-852-3890.

Harper Art Show Winners

Twelve Barrington High School students recently received awards at the 26th Annual Harper Area High School Art Exhibit.

2-D awards were given to Kayleigh Karbowski, 1st Place, Printmaking; Kayleigh Karbowski, 2nd Place, Drawing; Victoria Lu, 3rd Place, Drawing; Max Ehrle, Honorable Mention; Mamie O'Daniel, Honorable Mention; and Olivia Sutton, Honorable Mention.

3-D award-winners include Perry Kubala, 1st Place; Catherine Maher, 2nd Place;

Catherine Maher, 3rd Place; Michael Colangelo, Honorable Mention; Amy Johnson, Honorable Mention; and Nicholas Pietris, Honorable Mention.

An awards ceremony and reception was held on Dec. 1 at Harper College.

The students' entries were submitted by BHS faculty: Julia Beatty, Jason Burke, Jeffrey Dionesotes, Stephanie Hargreaves, Jason Kaiser, Kayla Mizanin and Alexandra Stevenson.

For information, call 1-847-842-3214.

Garden Club of LZ January Meeting

On Tuesday, Jan. 4, 7 p.m., the Garden Club of Lake Zurich will hold its monthly meeting at St. Matthew Lutheran Church, 22480 Old McHenry Road, in Hawthorn Woods. Enter at door #12 in front of the church. The program, "Plant Care Practices: If They Are So Simple, Why Aren't We Using Them," will be presented by Dr.

Rex Bastian, an entomologist, author and member of Illinois Arborist Association. Discussion will include easy-to-apply health care practices and what can be done to reduce future landscape troubles. The program is free.

Guests are welcome. For information, call 1-847-550-0329.

EVERY GREEN PLANT—Plan Your Gardens Now for the Best Results in 2011!

Even though it feels like winter, our plants know that the days are lengthening and spring is soon to come! Now, before our gardening chores take all of our time, we can reflect on last year's garden results and make plans for 2011. If you haven't already received 2011 garden catalogs with all of their luscious-looking plant and seed offerings, collect some now—most are free—and they are a great source of inspiration. You may want to consider refreshing existing gardens with new/different and/or improved material, installing a healthy vegetable garden or planning for maximum impact for a particular time of year (weddings/July Fourth/etc.).

Looking for help with your 2011

gardening plans? Call Every Green Plant! We provide customized, on-site advice and services for all of your gardening needs. We will partner with you to achieve a beautiful and productive result without "breaking the bank." We work with nature lovers of all levels of experience and interest, from beginners to semi-pros.

Your first 30-minute consultation in the Barrington area, if booked between now and Feb. 25, is free. Call 1-224-688-8838 and ask for Alison or e-mail aahoffman@everygreenplant.com.

Achieve your growing goals with Every Green Plant.

From a Woman's Point of View

by Amy Wickstrom, Wickstrom Auto Group

As much as I love the holidays, I'm always a little relieved when January rolls around. Sure, the weather is usually rougher, the sky is gray, and it may be challenging at times to muster that "peace-on-earth-and-goodwill-toward-men" spirit that comes so much easier in December. On the other hand, there aren't platters of Christmas cookies, trays of fudge, vats of eggnog and seemingly endless gatherings that lend themselves to overindulgence. I've seen people who normally limit themselves to 10 carbs a week plow their way through a plate full of red-and-green-iced sugar cookies before they've had time to cool. I think that if December were any longer, I might have to invest in larger clothes, and I'm guessing I'm not alone. Based on the full parking lot at the gym and the wait list for spin classes, there are a lot of New Year's resolutions that revolve around "cutting back."

For those looking to cut back on their fossil fuel consumption, Ford has a wide range of vehicles that fit the bill. The **2011 Fusion Hybrid's** gas and electric technology produces 41 mpg city, while the **all-new 2011 Ford Explorer** garners best-in-class highway mpg with 25 percent improved fuel efficiency. Not to be left out, the **F-150** offers Ford's new Eco-



Boost engine, which delivers superior towing and payload performance with greater fuel economy. Ford Motor Company is also taking things further at the production level. According to *The Detroit News*, the automaker will invest in the installation of 500 kilowatts worth of solar panels at its Wayne, Michigan production facility, and 2 million watt hours of battery storage for that energy—saving enough electricity to power 100 homes for a year. Overall, not a bad way to start 2011...

If you've resolved to make some positive changes in 2011, run, bike or speed-walk over to **Wickstrom Ford Lincoln** and check out our full lineup of fuel-efficient vehicles. We can assist with finding the perfect car or truck to cut back the gas bill and trim your bottom line.

Until next month,

—Amy

Garden Club of Lake Zurich February Meeting

On Tuesday, Feb. 1, 7 p.m., the Garden Club of Lake Zurich will hold its monthly meeting at St. Matthew Lutheran Church, 22480 Old McHenry Road, in Hawthorn Woods. Enter at door #12 in front of the church. The program, "Ornamental Vines," will be presented by Sharon Yiesla, horti-

culturist and horticultural educator for the University of Illinois Extension Service in Lake County. Select ornamental vines adapted for the northern Illinois area and their care will be discussed. The program is free and guests are welcome.

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

BACOA to Offer AARP Income Tax Assistance

The Barrington Area Council on Aging (BACOA) is once again offering the AARP Income Tax Assistance Program and will begin taking appointments in mid-January.

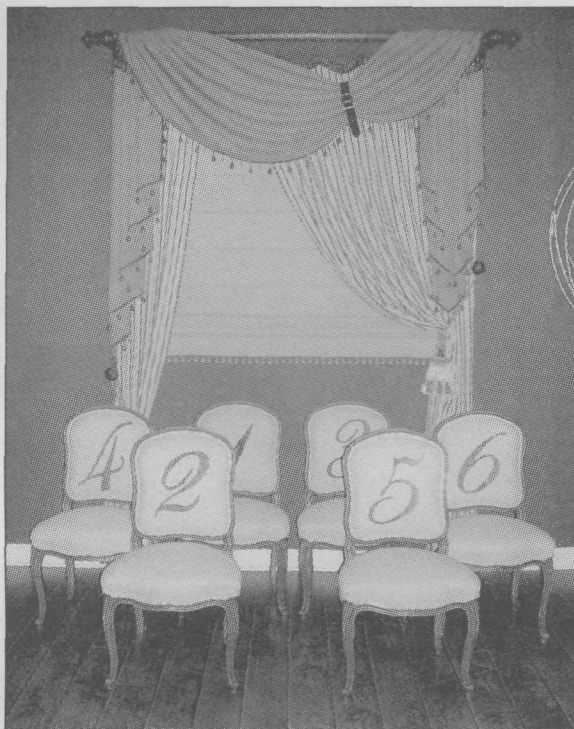
A trained AARP volunteer will assist seniors with their income taxes at the BACOA office at the Prairieview Building at The Garlands of Barrington, 6000 Gar-

lands Lane, Suite 100.

Assistance is by appointment only and will run from early February through April.

Appointments fill quickly so call as early as possible to schedule an appointment. For more information or to schedule an appointment, please call BACOA at 1-847-381-5030.

Love Where You Live



Skinny jeans for women, argyle sweaters for men... what was once considered the "it trend" 20 to 30 years ago, is now new again. Trends for the home repeat as well. Think drapery and curtains! Drapery can add romance, texture and softness while bringing highlights of needed color to any room.

Simply put, they satisfy a need. Anyone can purchase "mass-market," standard-sized drapery, but often the fit and style is so generic, it takes away from a home's individuality. **Novak & Bohl** provides a personalized experience, with an instinctive design style. Nothing takes away more from a beautifully decorated room than poorly constructed draperies.

"Draperies unify the fabrics, furniture, bedding and accessories you've worked so hard choosing. They can make a room sizzle or take on an air of formality, add smashing drama or tranquility, create the mood of any space—all while reflecting your personal style. They complete good design," says Dee Bohl. "Fabrics and trims have come a long way. It's an exciting time to explore the many beautiful options available."

Novak & Bohl is an interior design shop specializing in window treatments, custom bedding and specialty reupholstered items. Their showroom features draperies, unique accessories and restyled

vintage furnishings, such as a set of antique French walnut dining chairs upholstered in linen, and a 1960s high-back chair in woven houndstooth. The designers love traveling to find special items that can be restyled, making them truly "one-of-a-kind." Sometimes they find great pieces in the client's own home.

Custom draperies are an important part of design. If you find yourself having difficulty choosing window treatments, colors or furniture, their designers will work with you to make the proper selections coordinating fabrics, textures and patterns. Let **Novak & Bohl** help you design for your lifestyle and transform your home into an inspiring, comfortable environment for you and your family to enjoy.

Novak & Bohl is also the local Stockist of **Farrow & Ball Paints and Wallpaper**. In March, they will be hosting an **informative colour talk event**, exploring the use of color to invoke traditional and contemporary settings. The presentation will demonstrate how a well developed color palette can truly withstand a test of time. For details, please call **1-847-383-5270** or e-mail info@novakandbohl.com. Space is limited so please call today!

Novak & Bohl designers love what they do and believe you should *Love Where You Live*.

Entomologist has Created a Buzz

"Once in a long while, a book appears that fundamentally changes the way we think about our gardens and their role in the larger landscape."

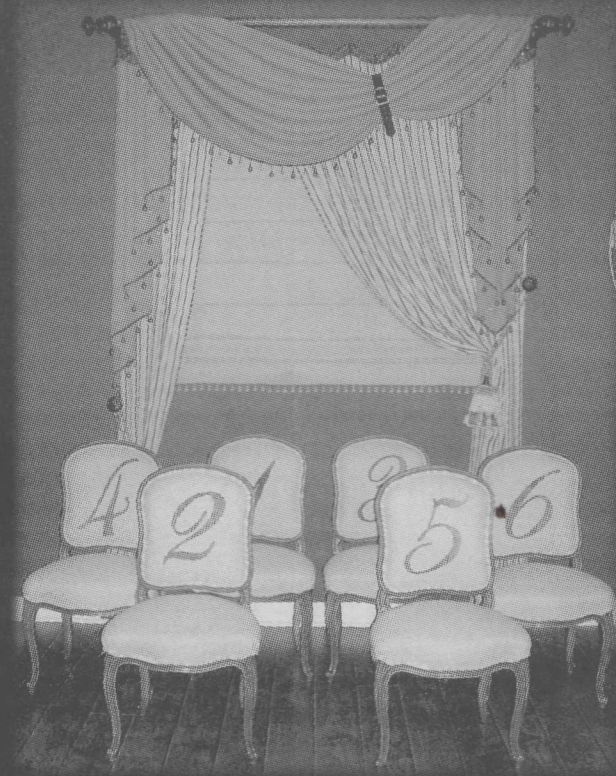
—from *Bringing Nature Home*
Citizens for Conservation (CFC) is proud to present Douglas W. Tallamy Saturday, Feb. 12 at the Barrington Area Library. Tallamy is the author of *Bringing Nature Home: How Native Plants Sustain Wildlife in our Gardens*, which "presents a powerful and compelling illustration of how the choices we make as gardeners can profoundly impact the diversity of life in our yards, towns, and on our planet" (William Cullina). The program begins at 9:30 a.m., but come a little early for coffee, conversation and displays.

Tallamy is professor and chair of the Department of Entomology at the University of Delaware. His studies on the food sources of our native insects—and particularly the butterflies and moths—resulted in this book that is being viewed by many as the *Silent Spring* of the 21st century. If this sounds like something you already know or if it sounds a little dry, think again! You will find Tallamy to be an extremely engaging speaker who shares with the audience gorgeous photos and ideas you just may not have considered until now.

Tallamy will present an urgent, yet hopeful and empowering message about how suburban gardeners have the opportunity to protect biodiversity, and why a

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Visitor from India

A unique event took place at Hough Street School. Dr. Aggarwal, a plastic surgeon from India, visited with students to explain the surgeries he did for a little girl for whom funds have been raised by the chess community. Aggarwal and his partners in India donated their services, making it possible to give this disfigured and handicapped girl a new life. The children were proud of their efforts and warmly received the doctor, who made this incredible journey possible for both beneficiary and benefactors.



simple change in the way we look at our yards can make a crucial difference to wildlife.

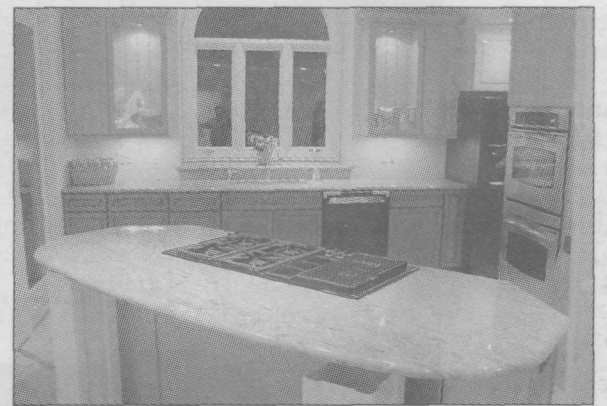
Reservations are required. Please call CFC at 1-847-382-7283 by Jan. 28 to be certain you have a seat.

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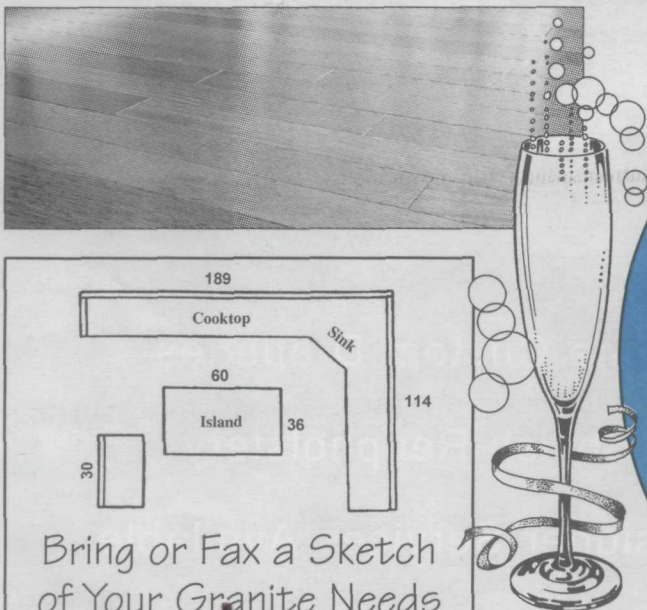
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