

January 1998

barrington

LIFESTYLESTM

NEWS MAGAZINE

"Look Great in '98"
*a focus on beauty,
fitness and health*

Archbishop George
to be Guest of Honor at
"Hearts for the Homeless"

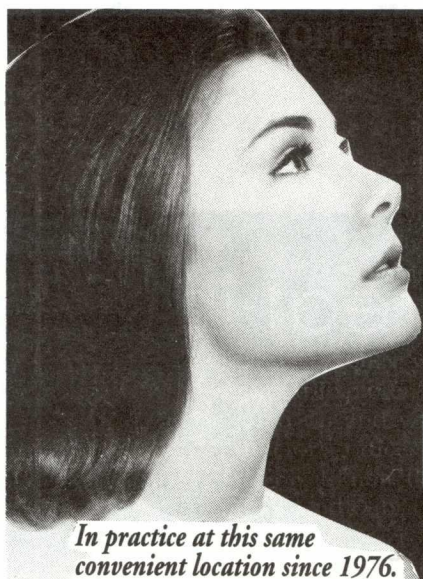
*Irving Penn, a Career
in Photography*

Rotary Hosts Senior
Holiday Luncheon

Bulk Rate
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The Hair You Hate Gone Forever

A Professional Solution
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Medically approved, the newest shortwave electrolysis treatment will permanently remove unwanted hair.

- Disposable needles used.
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Anyone who is interested in good grooming and an attractive appearance is likely to read about electrolysis. It is the *only method* which will remove your unwanted hair permanently, and it is not a new technique. Successful results have been reported and discussed favorably in the medical journals since 1875, more than a century ago.

Nowadays thousands of women make appointments every week with their electrologists, but very few openly tell their friends or relatives about the positive results. Most people are too embarrassed to mention facial or body hairs, and so the facts about permanent removal must often be learned from responsible beauty editors or medical columnists.

Fortunately, there is a skilled electrologist at **Clear Reflections** in the Barrington Commons who can remove those telltale hairs quickly and conveniently in the privacy of a professional office.

Now past its 100th anniversary, electrolysis is a boon to mankind which goes on making converts every day. The reason is obvious—success and permanence make an unbeatable combination.

Take away those unwanted hairs and what you have left is confidence in your own charm and attractive appearance. Phone **Clear Reflections** at **381-9020** for your appointment.

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NEWS MAGAZINE

Published by

G.M. McMonigal ENTERPRISES

Glenn M. McMonigal, Editor

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Editor's Ink

January, 1998

Dear Reader,

Looking back on 1997, what stands out most in your mind? For me it's the sudden and tragic death of Princess Diana. How will she go down in history? She used her enormous celebrity status in ways that impacted the world; drew us to great causes the media might otherwise not have focused on. She will certainly be remembered as young and beautiful, always. She will live on through her sons. And we will soon forget that she was like everyone else, all too human.

In the sports arena I'm sure we'll remember 1997 as the year a young African American Asian man, with a smile that lit up the world, slammed his way to victory on the links. The young man, of course, being Tiger Woods.

Youth left footprints on 1997.

Looking ahead to 1998 we seem to be on the path of a healthy economy, with skeptics asking, "How long can it last?" It would be wonderful if we had a crystal ball, but as always, people have the great ability to take life as it comes. As long as we have the basics to life, good books to read, wonderful music to listen to, artwork to enjoy, any year is worthwhile. Agree?

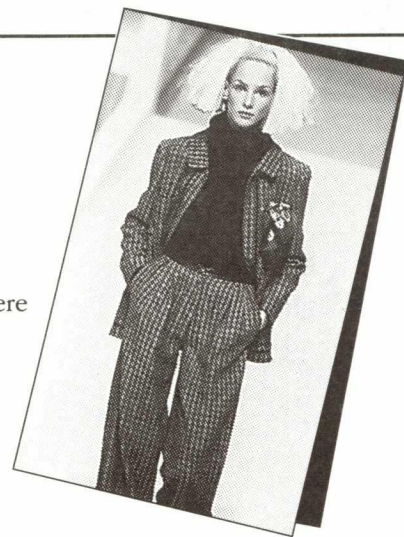
Until next time, may all your thoughts be sunny. *Happy 1998!*

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



About Our Cover

A brown fantasy tweed suit with cashmere turtleneck. From Chanel Inc.



Rotary Hosts Barrington Seniors at Annual Holiday Lunch



The Barrington High School Madrigal Singers, dressed in period costumes sang beautiful songs of the season.

One hundred Barrington area Seniors enjoyed a turkey dinner with all the trimmings at the Barn of Barrington compliments of the Rotary Club of Barrington. During the luncheon the group was entertained by the Barrington High School Madrigal Singers dressed in period costumes of the season. Their wide-ranging program included renditions of: "My Wild Irish Rose," the English Wassail Song, a Renaissance canon sung in German and other songs of the season.

To complete the entertaining program, Clark Weber, the well known radio personality, addressed the group on the topic of the importance of the seniors group in

today's marketplace. He outlined some interesting statistics—65 million people nationwide are over 50; 1 in 5 Illinoisans is over 60; 48% of home improvement buyers are seniors, etc.

The photo below shows the group that coordinated the event—(shown) the gentlemen left to right—Rotarians Joe Connolly, Club Service Chair; John Gillett, Rotary President; Wally Ranck, Program; and Clark Weber. The ladies left to right—Lillian Ward, Barrington Seniors Group; Linda Avellon and Rebecca Richardson of the Barrington Council on Aging; June Brandvik of F.I.S.H.—"For I Shall Help."

This is the 13th year that Rotary has hosted this popular event.



Coordinators and guests of the Barrington Rotary holiday lunch for seniors.

The Crucible Selected to State Theatre Festival

Barrington High School's Theatre Department received the highest honor available in the state when its fall play, *The Crucible*, was selected to be performed at the Illinois High School Theatre Festival. The Illinois High School Theatre Festival is the largest in the U.S., attracting nearly 3,400 theatre students who will converge on the campus of Illinois State University on January 8, 9, and 10, to see the very best theatre that Illinois has to offer. It is a very rare accomplishment to be selected from the countless number of other high schools who have their fall plays evaluated by representatives of the Festival Committee. These representatives give an immediate oral

critique of one of the performances to the directors, cast, and crews. Then detailed critique sheets are sent to the main Festival Committee and selections are made.

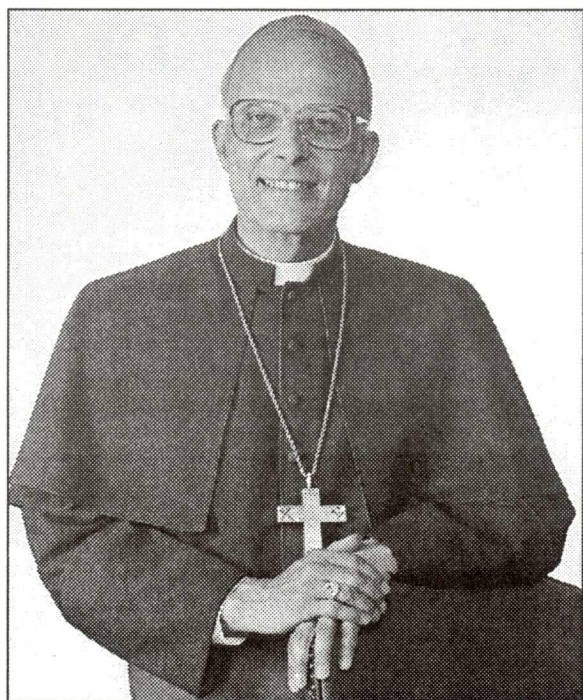
A special benefit performance of *The Crucible* is scheduled for Tuesday, January 6, at 7:30 p.m., in order to raise funds for the trip. It will be held in the Richard C. Johnson Auditorium, and tickets will be \$5 for adults, \$3 for students and Senior Citizens. Tickets will be available from cast and crews, or at the door. It will provide the students another live audience before Fest, and offer the community a chance to see this fine production if they missed it in November.

Archbishop George to be Guest of Honor for the 9th annual "Hearts for the Homeless"

"Hearts for the Homeless" chairwomen Diane Kordecki and Cathy Rogich are pleased to announce that The Most Reverend Francis E. George, O.M.I., Archbishop of Chicago, will be the Guest of Honor for the ninth annual Families in Transition Shelter Program benefit at 4:30 p.m. on Sunday, February 22 at the Cotillion in Palatine. Mr. Jack Slevin, Chairman of the Board, President & CEO, Comdisco, Inc., will serve as Honorary Chairman and Ms. Andi Kuhn, Oldies 104.3 FM Radio will serve as the Mistress of Ceremonies.

As romantic ballads, big band, 'bop' & 'cool' sounds from the great rock 'n roll era fill the air, *The Fabulous 50's* will be (re)visited as guests are welcomed to a lively cocktail reception, silent auction and dinner followed by an extravagant live auction. \$60 per person (cash bar). Tables of ten (\$600, \$1200 and \$1800.)

Committee members helping Kordecki, Vernon Hills, and Rogich, Arlington Heights, are Mary Jo Chamberlain, Elk Grove Village; Debby Crane, Laura and Patti DeWald, Lincolnshire; Helen Leadley, Arlington Heights; Bill and Tom Dahlborn, Marilyn Romanenghi, Palatine; Sally Garrett, Lake Zurich; Donna Hoffman, Des Plaines; Vicki Kauss, Schaumburg; Carol Marsh, Crystal Lake; Catherine Mura, Stephanie Nuzzo, and Sharon Thompson, Barrington; Ardes MacFarlane, Buffalo Grove; Patti O'Brien and Jeanne O'Shea, Mt. Prospect.



Archbishop George, Guest of Honor

Serving on the Northwest Suburban Regional Advisory Board are Ronald Maskalunas, chairman, from Vernon Hills; Mike Abruzzini, Hoffman Estates; Patrick Cox and Sue Langowski, Palatine; Lawrence Ewing and Romeo Mura, Barrington; Linda Foote and Patty Gusdane, Arlington Heights; Rev. Charles Rubey, Chicago; and Rita Wiley, Rolling Meadows. Wiley is the Regional Services Representative, Northwest Suburban Services based in Rolling Meadows.

For information on *The Fabulous 50's* and The Catholic Charities Northwest Suburban Services and how they may be of help, please phone (847) 870-0560.

After the Show



Pictured with Mother Ginger (a.k.a. Dave McClean, Crystal Lake) following the Barrington Youth Dance Ensemble's (BYDE) December performances of *The Nutcracker* at Barrington High School are, from left, Cindy Glavich, BYDE Vice-President, Development, Barrington;

Megan Lewis, Elgin, Jim Vandenberg, Barrington; Kylie Lafferty, Susan Vandenberg and Michael Glavich, Barrington. The Vandenberghs represented Rose Packing & Millrose Brewing Company Restaurant, corporate sponsors for the recent *Nutcracker* productions.

Chesterfield Glass Galleries

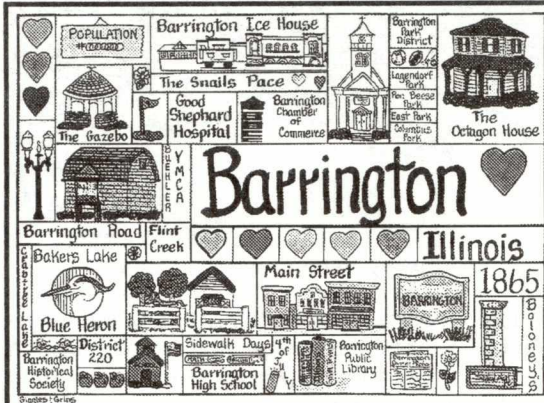


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AT THE BARRINGTON ICE HOUSE MALL

Treasured in the Past... An Investment in the Future...

The history of Cameo Glass had its beginnings 2,000 years ago and is now permanently exhibited at London's British Museum. It is called the Portland Vase.

Whether it was made in ancient times or during the 18th century, English or French productions, Cameo Glass has always been expensive. It has to be! Tortuously slow to produce, Cameo fetches stirringly high prices at auction. This magical glass is now, however, within reach of collectors and glass lovers and **Chesterfield Glass Galleries** is one of a handful of galleries in the country which offers Cameo Glass. **Chesterfield Glass Galleries** brings to the 21st century a growing and new excitement to this ancient art glass.



Eclectic Pleasures at Snail's Pace

If you haven't been to **Snail's Pace** recently, you're going to love the completely new lines of eclectic gifts that abound. According to new owners Jane and Karen Stoutenburg, **Snail's Pace** is totally refurbished.

Among the surprises in their Et Cetera section you'll find handmade gifts such as wooden oil & water immersion kaleidoscopes, handwrought stain glass window catchers, trinket boxes, airplane kaleidoscopes, handsculpted candles, tavern

puzzles and handcrafted quilts and pillowcases.

In **Snail's Pace** numerous other departments you'll find candles galore, baby items, and for the teens and those in their twenties, the popular hemp jewelry and tie-dye purses.

Snail's Pace also offers the largest selection of Muffy™ Bears and American Girls books in the area as well as educational toys and special edition Barrington prints.

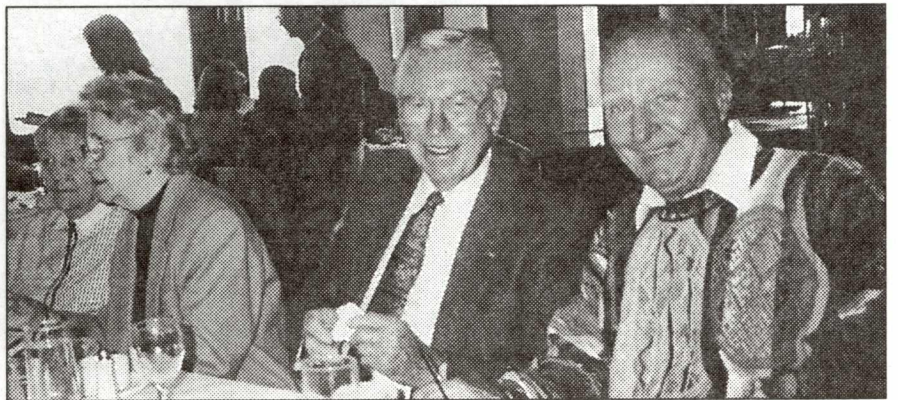
Countryside Association Enjoys Luncheon Cruise

Countryside Association for the Handicapped held a fund-raiser aboard the Odyssey II cruise ship docked at Navy Pier in Chicago on Saturday, September 20, 1997. There were 110 people in attendance for the lunch cruise who dined on a gourmet three-course meal. A silent auction also took place during the cruise. Guests were free to roam around the

three indoor tiers and sample the musical entertainment on board as well as venture to the top open-air deck and enjoy the beautiful downtown skyline.

As the fund-raiser was enjoyed by all and such a success, the option is being explored to do it again in the future.

Countryside Association is a social service, nonprofit agency serving over 600



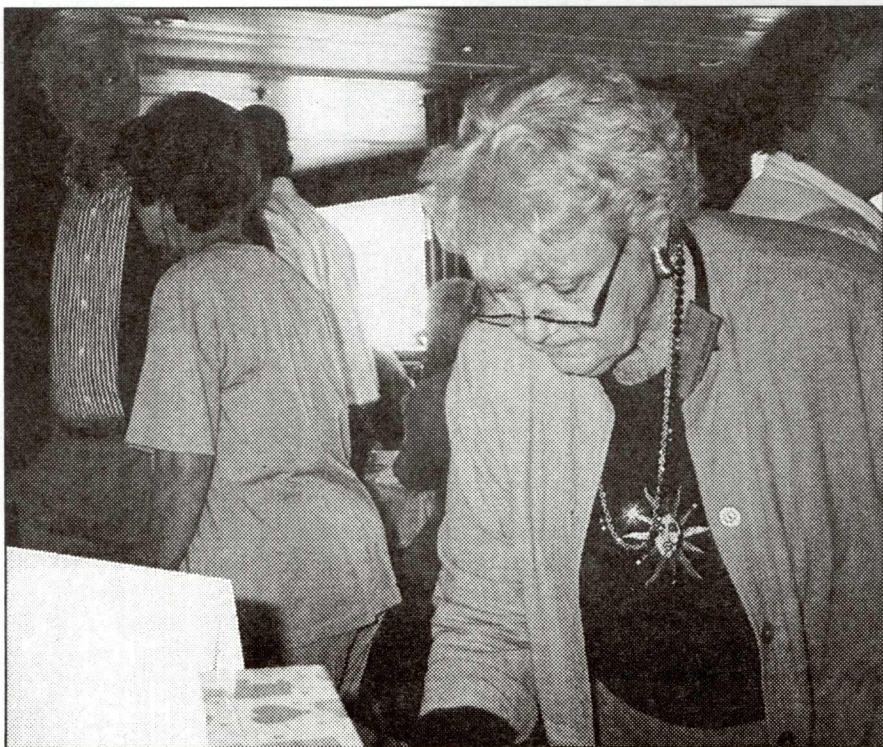
Pauline Lahti, Gladys Frick, Walter Frick and friend from Barrington enjoy the day.

individuals with disabilities and their families in Lake and northern Cook counties.

For more information please call (847) 438-8855.



Esther Schultz (left) of Barrington chats with Martha Duke of Barrington, as their husbands, Derald Schultz (center) and Wayne Duke watch the camera.



Charleen Thompson of Barrington signs a bid for an item at the silent auction.

AT THE BARRINGTON ICE HOUSE MALL

Enjoy Winter Sidewalk Days at the Ice House

Come in from the cold and enjoy Winter Sidewalk Sale Days at the historic enclosed **Barrington Ice House Mall Village Shops and Restaurant** beginning Thursday, January 29 through Sunday, February 1. Our eighteen boutique shops will fill the hallways with drastically reduced items such as men's, women's and children's clothing, accessories, art, crafts, gifts, stationery goods and much more. Be sure to come early for the best selection of merchandise!

We hope you will make the **Ice House** your #1 shopping mall. Our shops specialize in friendly, personalized service. Gift

certificates, gift wrapping and UPS service are also available in most stores. In addition, mall gift certificates may be purchased in the Management Office and are good at any of our stores, She & "I" Hair and Nail Salon or Chessie's Restaurant. Informal modeling by Peter Daniel Apparel for Men and Women and Savvy Spirit also takes place on Wednesdays and Fridays from Noon to 1:30 p.m. at Chessie's Restaurant.

The **Ice House Mall** is located in downtown Barrington at 200 Applebee Street where there is plenty of parking. For further information please call (847) 381-6661.



Now is the perfect opportunity to stock up on fall and winter apparel during **Peter Daniel's** semi-annual Clearance Sale now in progress. Spectacular Savings of up to 50% off regular priced merchandise!

Mark your calendars for Winter Sidewalk Sale Days. January 29, 30, 31 and February 1. You'll find exceptional values as we mark down and clear out merchandise to prepare for our spring moving date. Don't miss this extraordinary sale!

Spring and resort apparel is arriving daily from Canvasbacks and other fine designers. Stop in today!

Peter Daniel of Barrington is located on the upper level of the Ice House and is open seven days a week for your shopping convenience.

Heart Disease Focus for BARNO

BARNO (Barrington Area Registered Nurses Organization) will hold a monthly meeting at Good Shepherd Hospital in the Lakeview Room on Tuesday, January 13 at 7:00 PM. All registered nurses residing or

working in the Barrington area are invited to attend. The speaker for the evening will be Dr. Bruce Carlson who will discuss "Women and Heart Disease." For more information call Judy Ritter 847-382-5345.

"New Year's Eve Super Singles Dance"

The Midwest Singles Association, Aware Singles, Attachments, and Chicagoland Singles will sponsor a "New Year's Eve Super Singles Dance" at 8pm on Wednesday, December 31, 1997 at Chandler's at the Schaumburg Golf Club, 401 N. Roselle Road (between Higgins and Schaumburg Roads),

Schaumburg. DJ music will be provided, along with hats, favors and noisemakers. Admission is \$20. Reservations are not needed. Over 600 singles are expected. For more information call 773-509-5000.

The Midwest Singles Association is a non-profit organization.

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Thursday, January 29
thru
Sunday, February 1

Enclosed Mall • 18 Unique Specialty Shops
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Hours: Sun. 12-4, Mon.-Sat. 9:30-5:30, Thurs. & Fri. 9:30-8:00

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Our fall and winter merchandise is now reduced for clearance. Shop for the best savings and values on **Men's** leather jackets, sweaters, slacks, shoes, shirts, suits & sportcoats, **Women's** special occasion dresses, sportswear, sweaters and accessories!

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MTWTF 9:30-6p.m.
Thurs. 9:30-8p.m.
Sat. 9:30-5:30p.m.
Sun. Noon-4p.m.

Deadline!

The deadline for the **February Issue** is **Thursday, January 15.**

Please send your press release/advertising materials to:

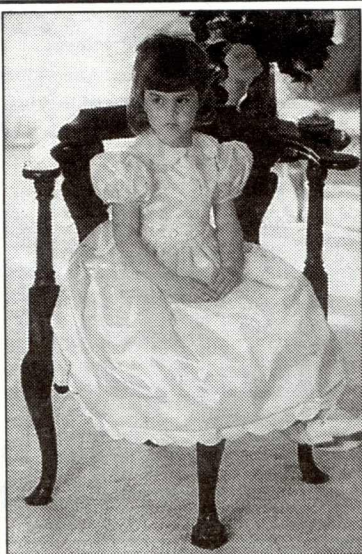
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Spring is a busy time for brides and their mothers, so **A'L'Amour** has been busy planning events to assist them. January holds special savings for flower girls and girls making their first communion. January also holds a special fashion show for the wedding pair on Sunday, January 4 at the Arlington Hilton.

February, the month for lovers, **A'L'Amour** celebrates its 8th anniversary... on Valentine's Day. There will also be three exciting trunk shows, two for brides and one for bridesmaids and moms.

February 13, 14 and 15, **A'L'Amour** hosts the trunk show from *The Diamond Bridal Collection*.

February 20, 21 and 22, **A'L'Amour** features the trend setting European bridal collection *Pronovias*.

February 26, 27 and 28, **A'L'Amour** is proud to present the *Watters and Watters Bridesmaid Collection*.

Please call for an appointment or more information, or e-mail us at alamour@home.com.



The Mink Barn Celebrates 30th Anniversary

Now that those cold winter days have arrived, you'll find there is nothing warmer than a fur. Bill Talidis knows that today's emphasis is on practical and casual career wear. In celebration of **The Mink Barn's** 30th anniversary Bill is offering a superb collection of leathers and micro-fibers with detachable liners (perfect for any weather), as well as our finest quality

mink, beaver, raccoon, coyote, fox, lynx and sable. He also has an outstanding selection of sheared furs in soft, pretty shades that flatter your complexion.

Bill and his courteous, experienced staff guarantee whatever garment you choose from **The Mink Barn** will be the finest quality fur and workmanship at the lowest possible price.

Cancer Specialist to Speak at Y-ME Breast Cancer Support Group

Robert C. Witkowski, MD, a general/oncologic surgeon on Good Shepherd Hospital's medical staff, will be the guest speaker at the January Y-ME Breast Cancer Support Group meeting at Good Shepherd Hospital on Thursday, January 15 from 7:30 - 9 p.m. in the Lakeview Room of the hospital. Dr. Witkowski will present a special program "Where We've Been, Where We're Going in the Treatment of Breast Cancer."

Dr. Witkowski is associated with Barrington Surgeons, Ltd. and is on the medical staff of Good Shepherd Hospital. Dr. Witkowski is board certified in general and oncologic surgery.

The Good Shepherd Y-ME chapter meets the third Thursday of each month at the hospital. The meetings are free and open to breast cancer patients, their families and friends, and health professionals.

Scotty's—Groceries On Wheels

Just don't have time to get to the grocery store? Hate those long, frustrating lines? Difficult taking the kids? **Scotty's Home Market** can help. We have been in business for over six years now, servicing the grocery needs of people just like you. We service 61 north and northwest suburban communities, with a customer base nearing 4,000 clients. Best of all, you pay grocery store prices, with only a nominal delivery fee to have them brought to your front door! Our average delivery fee is only around \$3!

All of our customers receive a price book with the nearly 7,000 items that we carry. It includes all of your favorite name brand suppliers, and an assortment of specialty items that you won't find at the grocery store, such as fresh butcher meat and seafood, whole grain breads from the Barnaby Smythe's Stone Ground Bread Company, fresh baked goods from a local bakery, and the finest of fresh produce we receive in daily.

Ordering is very simple. You can either call in or fax in your order, just indicating the item numbers you would like to have delivered or order over your computer using our free software. We will give you a total due for your delivery, and you can pay us by check or credit card. The great

thing is that you don't even have to be home to accept delivery (around 50% of our customers are not). We can do this because we deliver all of our refrigerated and frozen items in Igloo coolers with ice packs, so even ice cream stays frozen while your groceries await you. The dry products are delivered in waterproof boxes with lids on them. We will work out a convenient place with you to leave your groceries if you are not going to be home, and they will be waiting there fresh when you arrive. If you are going to be home we will unload them on your counter for you. It's that simple!

This is not a club of any kind, we are simply a grocery store that only delivers. You order when you want (Monday through Friday) and however much you want. We guarantee 100% the quality of all our products. We also provide wonderful tips and tools for meal planning. To receive an information pack describing the service, including a complete price book, just give us a call at **(847) 726-8897**, and we would be happy to send one out to you. Isn't it about time you enjoy your free time and spend your discretionary time the way you want to spend it? Let us help! We look forward to hearing from you.

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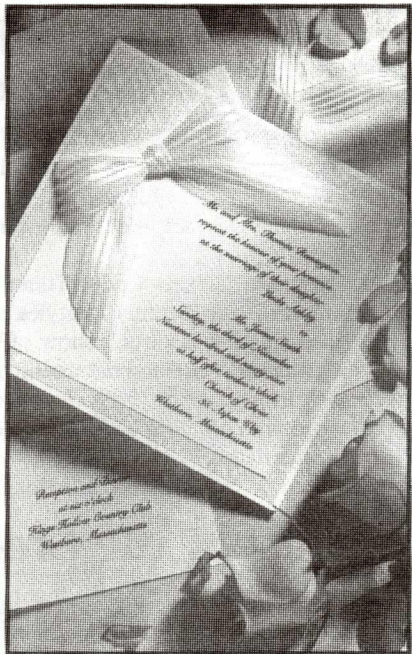
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And while you're at the **Little Shop of Papers**, take a peek at all the beautiful accessories too—guest books, photo albums, wedding planners and frames. Let the **Little Shop of Papers** get your wedding planning off to a beautiful beginning.



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Women's Changing Lifestyles Subject for DAR Meeting

Signal Hill Chapter, National Society Daughters of the American Revolution, will meet January 20, 12:30 p.m., at the Barrington Area Library, Meeting Room A, First Floor.

The program, "What's Under There?", a presentation of 19th Century lifestyles by a Victorian seamstress is a trunk show of Victorian reproduction clothing discussing how the undergarments shaped the clothes one wore. Women's changing lifestyles are discussed as manikins are dressed.

The speaker, Susan W.S. Chemler, Naperville, IL, is a graduate of the University of Illinois in Art Education and Art History. Ms. Chemler is a volunteer at Naper Settlement developing programs for school groups and other interpreters focusing on American history, art, crafts, music and architecture.

Hostesses serving refreshments are June Shuldes, Barbara West, Sue O'Brien and Susan Wachter.

Anyone interested in membership, please call Susan Wachter, 847-639-4021 or Iva Lea Van Buren, 847-382-4449.

Savings of the Green!

With the thought of "El Nino" coming our way with blistering cold winds and snow and the task of packing away festive decorations looms before us **Silk 'n Things** has a suggestion. Bring the warmth of nature indoors to fill the empty spaces of Christmas past. Its their **20% OFF** sale on silk green plants, floor plants, trees and topiaries, from January 15 to February 15.

Stop in at 308 West Main Street in Barrington and talk to a member of the design staff or, if you prefer, call and make an appointment for a free consultation in your home. You'll enjoy the decorating effect one of these topiaries, trees or plants will lend to your surroundings. You may choose from a variety of dimensions.

Take advantage of the after Christmas sale which includes Christmas decorations, unusual ornaments, crystal, silver,



gold, all sizes and shapes, table arrangements, wreaths, swags and much more.

Hang Out at Downtown Diane's



Visit our new store in downtown Arlington Heights and see our selection of unique women's clothing and fun cos-

tume jewelry. **Downtown Diane's** Christmas Clearance Sale is in progress until January 3.



Donicht Vestin, Cloquet; and Ohio—Jane Gildow, Tipp City. A special posthumous tribute will honor Midge Saidel of Long Grove, IL. The show will display two original works by the late artist

Selection jurors were BAAC Gallery Curators and artists, Holly Collins, Barbara Fuhr, and Sherry Hunter Lee. The awards juror is Joe Hronek, is an artist and a drawing instructor at Harper College, Palatine, IL and College of Lake County, Grayslake, IL. Mr. Hronek is represented by Gwenda Jay Gallery, Chicago.

Awards will be given in the following

categories; Best of Show; Award of Excellence; Award of Merit; and two Honorable Mentions. The awards were contributed by Strathmore Corporation, Sanford Corporation, Faber-Castel, Derwent and Dick Blick.

The exhibit is on view from January 10 - 30, 1998. BAAC Gallery hours are Tuesday - Friday, 10 to 4 p.m. and Saturday, 10 a.m. to 2 p.m.

The exhibit is partially underwritten by Francine and Stephen Fossler and a grant from the Illinois Arts Council, a state agency.

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BAAC Gallery January Exhibit "Crayons de Couleur Reprise"

The Barrington Area Arts Council (BAAC) announces the opening of the BAAC Gallery January exhibit entitled "Crayons de Couleur Reprise." The Arts Council invites the public to attend a Preview Opening and Artists Reception at the BAAC Gallery on Saturday, January 10 from 7 - 9 p.m. at 207 Park Avenue, Barrington, IL.

The juried exhibit features work by twenty-seven member artists of the Colored Pencil Society of America (CPSA) Chicago Chapter 103. Exhibiting artists are as follows: Illinois—Peggy Ashby, Plainfield; Dorothy Brush, Elmhurst; Cynthia Caplan, Highland Park; Donna Caputo,

South Holland; Gail Collier, Barrington; Phyllis A. DeSio, Westmont; Cynthia Hellyer Heinz, Warrenville; Linda Heinze, Channahon, Priscilla Humay, Gurnee; Carla J. Inwood, Olympia Fields; Nancy Klein, South Holland; Diane Lauzen, Aurora; Henry Maron, Chicago; Mary Ellen Nix, Northbrook; Heidi Wells Schmidt, Hinsdale; May Ann Homer Skutta, Palatine; Lynn Stephenson, Rockford; Joan E. Robertson, Palatine; Sylvia Westgard, Buffalo Grove; Kevin White, Mount Prospect; Indiana—Barbara Jo Giorgio, Selma; Kristy Kutch, Michigan City; Iowa—Will Hildebrandt, LeGrand; Minnesota—Diane

Shari's Furs & More Says, "Thank You!"

Shari would like to thank her clientele for the continued support she has received this year. "Customers telling their friends about our store has made this a wonderful season."

Shari's Furs & More offers a full collection of furs, ranging from Mink coats and jackets, sheared/unsheared Beavers of all lengths and shearlings of various colors in all sizes. Shari has added the new collection of Paula Lishman knitted sheared Beavers in her quest to find the perfect garment for each customer's personal taste.

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

Men have not been overlooked. This year **Shari's** has more men's leather jackets and shearling, even awesome cashmere/fur-lined coats 53 inches long.

Most remarkable has been customer response to our expanded resale racks. Over 300 garments are available for your consideration. The word has spread; there is an affordable fur for everyone.

Now with our "after Christmas specials," enjoy large discounts on our entire inventory.



"We feel there is something special for everyone. Thank you for accepting our ideas of a progressive fur salon for the '90's and for telling your friends about us. Have a healthy and happy New Year!"

Pi Beta Phi Alumnae Meeting

The Arlington Heights Pi Beta Phi Alumnae Club meets monthly, usually the second Wednesday of the month, at various members homes in the Northwest Suburbs. All Pi Phi's are welcomed

to a fun-filled evening with friends, old and new. The next meeting is on Wednesday, January 14, at 7:30 p.m. Please call Kelly at (847) 394-8481 for more information.

January Clearance Sale at Mitchell's Jewelers

During January **Mitchell's Jewelers** is having a store wide **Clearance Sale**, offering **20% to 50% OFF** on almost all items in the store.

Enjoy fantastic prices and a wide selection of beautiful jewelry including watches, gold chains, earrings, pearls and rings with all the precious stones—diamonds, emeralds, rubies, and sapphires.

Mitchell's Jewelers was started in 1969 and has been at its present location

in downtown Arlington Heights since 1984. During this time we have become one of the largest jewelers in the area. We do much of our own manufacturing on premises and also do jewelry repair, stone setting and custom hand-wrought jewelry.

Mitchell's Jewelers, as always, will take the time to educate you in what to look for in quality merchandise. We stand on our 29-year reputation of serving the community with honesty, integrity and fair pricing.

Buying a diamond can be confusing with all the different grading systems out there. In fact, it is probably one of the most blind items you will ever buy. So, you need to know more than just the *four C's*: *Carat, Color, Clarity, and Cut*—you need to know what these words mean. I've always said that there is a fifth "C" and that is *Confidence*! If you don't have confidence in the jeweler, then the other four C's don't mean a thing. When you stop by **Mitchell's Jewelers** we take the time to show you under a microscope what to look for in a quality diamond.

So I would like to invite you to visit **Mitchell's Jewelers**, where old world craftsmanship and honesty are our only policy. A great time to visit would be during our **January Clearance Sale**.

Douglas A. Mitchell, Co-owner
Recipient: GIA Diamond Grading Certificate

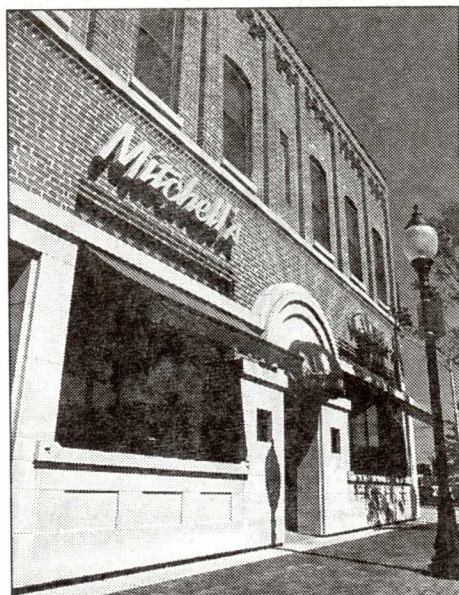


Photo by Joyce Mitchell,
Mitchell Studio

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In addition, select 1998 sailings include one complimentary pre- or post-hotel night stay from the Crystal Classic Hotel Program.

Crystal Symphony 1998 Sailings				Crystal Harmony 1998 Sailings			
Destination	Nights	Sailing Date	Carlson Rates from	Destination	Nights	Sailing Date	Carlson Rates from
Mexico	7	January 7	\$2310	Panama Canal	15	January 6	\$4570
*World Cruise	11	February 28	\$5540	Panama Canal	11	March 16	\$3380
*World Cruise	15	March 25	\$6190	Panama Canal	11	March 27	\$3380
*Mediterranean	12	May 17	\$5790	*South Pacific	19	October 19	\$7080
*Europe	11	May 29	\$5010	*South Pacific	11	November 7	\$4715
*Europe	12	June 9	\$5795	South Pacific	14	December 21	\$6815
*Europe	12	July 29	\$5455				
*Mediterranean	12	August 10	\$5790				
*Mediterranean	12	September 3	\$5795				
*Mediterranean	12	September 15	\$5795				
*Mediterranean	12	October 9	\$5790				
Panama Canal	11	November 10	\$3380				
Caribbean	14	December 22	\$5640				

Port charges and government fees are additional. \$100 shipboard credit per person; maximum \$200 shipboard credit per cabin. *Only one night (pre or post) from the Crystal Classic Hotel Program is complimentary; additional nights are client's responsibility. World cruises are segmented. Offer valid on single & double occupancy only. Offer is subject to change and availability. Standard Crystal Cruises terms and conditions apply; other restrictions may apply.

Ask about low air add-ons!

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Information
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**Carlson
Wagonlit
Travel**

Traveling... with Carlson Wagonlit Travel

The story goes like this: A certain traveler has prepared for a business trip to another town. They packed a suitcase and samples of their company's product, said good-bye to their family and set out on what they thought was just another business trip.

Along the way, the traveler was stopped by a street gang. They were robbed, beat and left for dead. And as the story goes, if it were not for the selfless effort of a "Good Samaritan," that person might have never seen their family again.

Crime against travelers is nothing new. It's been around as long as anyone can remember, and it's probably been around a lot longer than this story, which is 2,000 years old.

Travelers can sometimes be easy targets for criminals. However, you can go a long way in ensuring your trip is trouble-free by being aware of when you are vulnerable and by taking these precautions recommended by travel industry sources:

- Stay particularly alert upon arrival and departure. Most travelers are cautious on the road but let their guard down as soon as they walk into a hotel lobby. Criminals sometimes target arriving and departing guests who generally have cash and valuables with them.

- Always call to verify the identity of anyone knocking at your door. Most assaults occur in hotels because guests don't double check. One common scam is to pick up the breakfast request menus hanging outside guest-room doors. The criminal then knocks at the door at the time the guest requested breakfast.

- Upon initial entry, also check door and window locks, in-room safe locks, doors connecting to adjacent guest rooms and sliding glass door locks to make sure they work. If they don't, report them to the front desk immediately and ask to be moved to another room.

- Leave your jewelry at home. Pearls, gold chains and expensive watches are invitations to thieves. They are what the smart thieves seek out. Necklaces can be snatched from around your neck watches can be removed in a split second. Why not eliminate the risk and leave these things at home? Take a \$20 digital watch with you to make sure you're in the right place at the right time.

- Don't pack valuables in luggage you plan to check. Your luggage will be handled by dozens of people, many of whom do not work for the airline. A recent TV news show aired footage of luggage handlers routinely opening bags, looking for things to steal. Don't give them the chance.

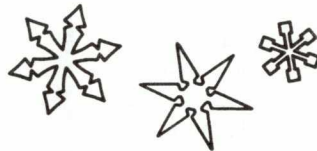
- Watch out for criminals in parking lots. Even if a hotel seems safe, it may border a deserted or questionable neighborhood. Request an escort or use valet parking if you feel unsafe.

- Look into elevators carefully before you enter. If anyone looks suspicious, don't take a chance.

- Beware of purse-snatchers and pick-pockets. If you carry a purse, make sure it has a sturdy strap and you wear it cross-wise over your body. Better still, carry your wallet in a small belt-pack or under your clothing.

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Columbia, a name synonymous with the bridal industry for over 129 years and **Michal's Jewelry**, offer a most extensive line of engagement rings, diamond wedding bands, "comfort fit" engraved and handmade wedding bands all in 14kt, 18kt and platinum 18kt.



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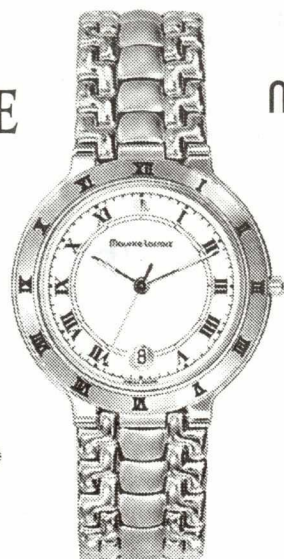
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bezel 10 microns,
yellow gold plated two-tone



Stainless steel case,
bezel 10 microns,
yellow gold plated two-tone

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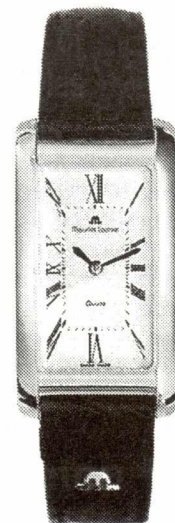
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beauty and harmony...
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distinctive character
worn around the world
as a symbol of aesthetics
and good taste

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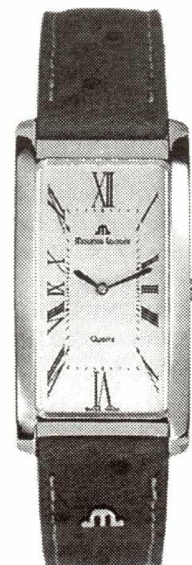


20 microns yellow gold
plated, indicates weekday,
dial with mother-of-pearl
inlay, genuine ostrich
leather strap

FIABA



Both with
genuine
ostrich strap



Michal's Jewelry

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Happenings!

in the area

Art Associates to View "Irving Penn, a Career in Photography"

"Irving Penn, a Career in Photography" is the destination for a bus trip on Wednesday, January 14, sponsored by the Barrington Community Associates of the Art Institute of Chicago.

This exhibit, on display at the Art Institute until February 1, traces the extraordinary 58-year career of a man who has dominated the field of photography in the second half of the twentieth century.

One of the most compelling photography exhibitions in recent memory, this retrospective includes 150 vintage prints from every phase of Penn's work. It is supplemented by archival materials which provide the viewer with unique insights into the work of this master photographer.

Penn was born in 1917 in Plainfield, New Jersey. At age 22 he began working at *Vogue* magazine where Alexander Liberman was art director. Liberman encouraged Penn to take his first color photograph, a still life which became the October 1, 1942 cover of *Vogue*. The fruitful collaboration of the two men continues to this day.

In 1947 Penn began taking portraits of artists and writers in a spare style, with the subject posed within an acute angle he made by pushing two theater flats together. In the 1970s he began an elaborate ethnographic study recording peoples of the world from Peru to Morocco to Crete, removing the subject's natural setting and context.

Penn has always been most widely known for his commercial work, particularly for his fashion photography. Familiar images include models such as his wife Lisa Fonssagrives, photographed in the



Irving Penn. *Harlequin Dress*, (Lisa Fonssagrives-Penn), New York, 1950 (print March 1979) ©1950 (renewed 1978) by the Condé Nast Publications, Inc.

late 1940s and early 1950s, and fashions for contemporary designer Issey Miyake, whose designs Penn has photographed since the 1980s.

The current exhibit includes some of his work for Clinique, DeBeers diamonds, and Jello pudding.

Participants in this day trip will enjoy a tea served in the Woman's Board Room followed by a lecture on Irving Penn given by Clare Kunny, Associate Director of the Art Institute's Department of Education.

Busses will leave Langendorf Park parking lot in Barrington at 9:15 A.M.

The fee for the trip is \$20 and is limited to members only. For membership information, please call Mary Lou Iverson at (847) 359-1941. Please reserve early by phoning Anne Seabastyan at (847) 359-4061.

BWC to Learn About Women in Transition

The Barrington Woman's Club's general meeting will be held Wednesday, January 21, at La Titi de Paris Restaurant in Arlington Heights. Members may enjoy the music of pianist Lee Bassett during the social hour which begins at 11:00 a.m. Mr. Bassett of Long Grove enjoys providing 1920-1950's music as a hobby; he is Director of International Operations for the Middle and Far East for S.B. Power Tool Company of Chicago.

Following luncheon, the featured speaker, Michael Harry Minton will provide interesting thoughts about "Women in Transition." Mr. Minton is founding law partner of The Minton Firm, Chicago, a member of the Association of Trial Lawyers of America and is Chair of its Family Law Section. In addition to practicing family law, he is a frequent lecturer, author of many articles and a book, *What is a Wife Worth? The Leading Expert Places a High Dollar on Homemaking*, as well as made appearances on numerous nationally syndicated television



Michael Minton, featured speaker at the BWC luncheon.

and radio shows, including "Today Show," "60 Minutes," "David Letterman," the "Donahue Show," and "The Larry King Radio Show."

Mr. Minton received his undergraduate degree from University of Notre Dame,

Break Those Winter Blues at BJWC's "Passport to Fashion"



Several members of the fashion show (L to R) take a moment out of their evening at the Inverness Golf Club at B.J.W.C.'s Annual Holiday Party to pose for a picture: Doreen Colletti, Janice Clarke, Sue Padula, Terri Votaneck, Sue Randall, Becky Monek (both co-chairs), Ann Marie Wiley, Heidi Schmeling, and Ann Moll.

As the holidays come to an end, it's time to think spring. That's exactly what the ladies of Barrington Junior Women's Club are gearing for. Break those winter blues on March 7, 1998, at the Wyndham Chicago Northwest when B.J.W.C. hosts "Passport to Fashion," their annual fashion show and luncheon.

The event will also bring a silent auction in which the proceeds will go to various charitable organizations throughout the area. Some of the auction items include a custom photograph package from Papadakis Photography, sports tickets, a baseball signed by Ron Santo, golf for four at Lake Barrington Shores, a weekend downtown including dinner for two and overnight stay at Whitehall Hotel, with Sunday brunch. Also included in the auction is afternoon tea at The Four Seasons Hotel, a golf package from Eagle Ridge in Galena, plus numerous gift certificates from local merchants and restaurants.

New to this major fund-raising event is a live auction with many items including,

two American Airlines tickets anywhere in the Caribbean, a wonderful diamond bracelet donated by Michal's in Barrington, and a fur coat from the Mink Barn in Union. There will also be an oil painting by Shari Meketa, Bulls Tickets, and an autographed Bulls pendant.

The "Passport to Fashion" show itself will feature clothing designs from many different stores including Barrington's own Peter Daniels. Each segment will highlight a different vacation destination.

Hard at work at this major fund-raising event include co-chairs Becky Monek and Sue Randall, as well as Janice Clarke, Doreen Colletti, Julia Culver, Karen Hamilton, Linda Hanaford, Debbie Heatherly, Laura Lutsch, Ann Moll, Sue Padula, Kristin Rappe, Laura Santiago, Heidi Schmeling, Janet Sheridan, Mary Ann Troiani, Terri Votaneck, and Ann Marie Wiley. For more information or if you would like to donate an auction item please call the B.J.W.C. hotline at (847) 734-5076.

Green Thumbs to Learn Latest Trends in Flower Design

Judith Schafernak, a past president of the Garden Clubs of Illinois, will be the featured speaker at the Green Thumbs Garden Club's January 19 meeting. Ms. Schafernak, who is a noted flower designer and a Master Flower Show Judge, will demonstrate some of the latest trends in flower designs that have been winning awards in the more recent flower shows in Illinois. And for those interested in participating in

local flower shows, Ms. Schafernak will also explain the ins and outs of competing, using the GCI guide, "Hand Book for Flower Shows." The meeting will be held at the Barrington Area Library, 505 Northwest Highway on Monday, January 19, 1998 at 12:30 p.m. and will include a business meeting before the program. Guests interested in membership are welcome. For more information call 847-381-5358.

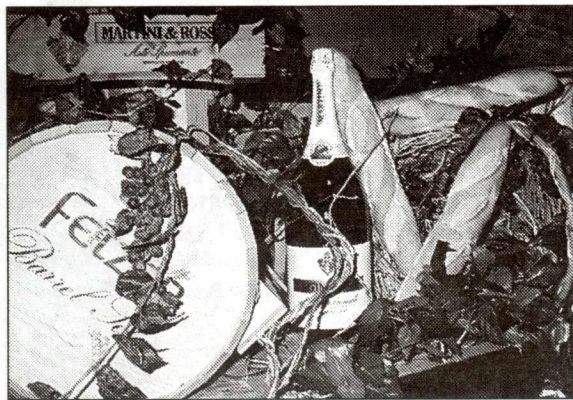
Juris Doctorate Degree in 1971 from Northwestern University, and attended the University of London School of Economics. He is certified as a specialist in civil trial advocacy. It has been reported that he suggests the secret of a happy marriage is to be attentive and not take a

spouse for granted. He and his wife Janice have four children.

Members are requested to make reservations with Judy Pasas (381-4087) by January 16; mail checks to her for \$24, made to Barrington Woman's Club, at 14 Westcott Drive, Barrington, IL 60010.

Futuro's Ristorante

Casual Italian dining, with casual prices. Nobody leaves **Futuro's** hungry! Choose from our wide variety of pastas, entrees, like Medallions of Beef with Wild Mushrooms, Veal with Lemon Caper Sauce, or Breast of Chicken Vesuvio, as well as many seasonal specials. **Futuro's** chef/owners, Tom and Mary Severs, provide you with an affordable selection of wines from California and Italy to compliment your diner selections. Try our new family style menu and taste the difference quality makes.



Everything on our menu is available for carry out. Why cook when you can call **Futuro's**? Tuesday through Friday **Futuro's** is open for lunch featuring an Italian Buffet from 11:30 a.m. to 2:00 p.m. and dinner Tuesday through Thursday

from 5:00 p.m. to 9:00 p.m., Friday and Saturday dinner is served from 5:00 p.m. to 10:00 p.m. (Sundays are available for private parties.)

Futuro's Ristorante, 310 E. Northwest Highway (across from the Metra Train Station), downtown Fox River Grove. (847) 462-1150.

Enjoy a Unique and Traditional European Menu at Fritzl's

Do you enjoy traditional European dining, something unique, a little different? Who doesn't? No need to head to Chicago or Milwaukee when **Fritzl's Country Inn** is nearby in Lake Zurich.

Enjoy their house specialties such as Wiener Schnitzel, Rauladen of Beef, Sauerbraten, and Pork Schnitzel. **Fritzl's** continental favorites include Shrimp Scampi, Chicken de Jonge, Herb Crusted Pork Tenderloin, and Chicken Piquant. Sizzling steaks, fresh seafood, and Prime Rib round out the menu. Also offered is Surf 'n Turf and Lobster Tail nightly.

Or why not join **Fritzl's** for their plate

style brunch on Sundays. Served from noon to 3:00 pm. Choices include Tenderloin Benedict, Salmon Filet in Puff Pastry, Pecan French Toast, Chicken Linguine, Shrimp and White Asparagus Omelette, and more. Didn't I tell you **Fritzl's** is unique, a little different and wonderfully European? Call (847) 540-8844 for reservations.

Fritzl's elegant banquet facilities accommodate up to 150 people.

And, **Fritzl's** has the friendliest staff in town!

The facilities are perfect for weddings, rehearsal dinners, wedding showers, and anniversaries.

Monday Night at Bacchus

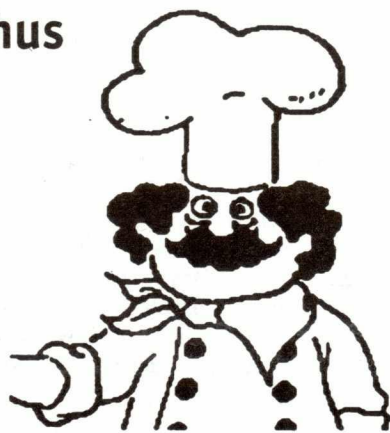
The chef says:

Canard Roti aux Framboises
Serves 4

2 5-pound ducks
8 ounces raspberries
1 bunch fresh watercress
2 teaspoons sugar
1 teaspoon wine vinegar
8 ounces raspberry juice
½ pound chicken stock
2 carrots
2 Spanish onions
½ bunch fresh parsley
1 quart dry white wine
salt and pepper to taste
thyme and laurel (bay) leaf

Roast duck for 1½ hours or until done, with 1 cup water in the pan. (Remove grease as it accumulates.) When duck is cooked, remove meat from bones. Reserve meat, and place bones in a large pot. Add white wine, carrots, onions, parsley, thyme, bay leaf, salt and pepper (3 pinches of each). Add one quart water and the chicken stock. Simmer for 3-4 hours.

Strain the duck stock and then reduce liquid until one quart is left. Place sugar



and wine vinegar in a pan and cook until sugar caramelizes to light brown. Add duck stock and raspberry juice and cook for five minutes. Place reserved duck meat and skin in the oven at 450 degrees for 15 minutes so skin is crisp. Place duck on a platter decorated with watercress. At the last minute, add raspberries to the sauce. Serve the sauce on the side.

If this is too much work, join us at **Bacchus**. We'll be happy to prepare it for you for \$10.50 per serving.

Amourette and Mi Amor are closed, but **Bacchus** would be proud to honor Gift Certificates from these places.

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Casual Prices—
All in Our Grape
Arbor Setting

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Dinner 8pm
Music 9pm**

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Bacchus with Raspberry sauce.

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The Friends of Clearbrook Host Annual Dinner Dance



Friends of Clearbrook members: Kathie Doering, Cindy Osowski, Jolene Zimmer-Feuerborn, Chris Kelly, Janet Lattof, Marilyn Olin, Sue Vieceili, and Nancy Shadis.

The Friends of Clearbrook will host their annual dinner dance/auction entitled, "A Mardi Gras Evening with Friends" at the Wyndham Hotel Northwest Chicago in Itasca on Saturday, February 21, 1998. The charity event will feature a gourmet dinner, silent and live auction, mystery table, prizes and dancing to the sounds of the Ron Bedal Orchestra.

Honorary Chair is Peggy Kusinski, sports broadcaster for CBS Radio. Prior to that, she could be seen as sportscaster at CLTV. She currently co-hosts the Sports Huddle Show on WMAQ Radio. She worked for ESPN as Assistant Producer where she won two Emmys. She also covered the Summer Olympics in Barcelona for NBC and the Albertville Games for CBS.

The Live Auction will feature two sets of two round-trip tickets to anywhere in the Continental United States compliments of United Airlines; Bulls tickets; Weekend package at the American Club in Kohler, Wisconsin; exclusive tailor-made men's suit compliments of Executive Clothiers; Hot Air Balloon Rides; and a weekend Lake Shore Condo Package including Navy Pier and dining certificates. The Grand Prize will include a weekend trip to New Orleans including dinner at Arnaud's.

The proceeds of this year's event will support Clearbrook's Employment and Training Services. "With Friends of Clearbrook's support we are able to provide people with disabilities an opportunity to work and live productive lives in the community" said Brenda Devito, Director of Employment and Training services.

"The Friends are honored to support these important programs that develop self esteem, independence and a sense of accomplishment for the individuals Clearbrook serves," said Cindy Osowski, event chair.

Clearbrook's Employment and Training Services has a work force of 150 people with disabilities and does contract work for over 100 companies. This past year, Community Based Employment has been expanded to include a redesigned Supported Employment Program implemented in July 1996. Since then, 50 individuals have been successfully placed at five companies.

The Friends of Clearbrook is a 34 year old volunteer support group dedicated to raising funds for Clearbrook's programs and services. They are the longest standing volunteer group of Clearbrook. The group consists of 16 women from the Arlington Heights area.

Clearbrook is a not-for-profit agency

Rock Pile More than Meets the Eye

Farnsworth House is the only residential Mies van der Rohe structure in North America, and it was built on a flood plain in Illinois. The elevated structure has long glass walls overlooking the Fox River and a forested park full of botanical specimens, all arranged on a stunning setting. The elegant estate is now owned by Lord Peter Palumbo, former Chairman of the British Arts Council of Great Britain and close personal friend of the late Princess of Wales.

The grounds are also home to many unique sculptures and outdoor art installations. Visitors to the Farnsworth House, which is open to the public, can enjoy hours of pleasure strolling from piece to piece. Unfortunately, vandals visit as well. And recently, they tore up what they probably thought was no more than a rock pile. In fact, it was a site-specific work of art that documents the various flood stages of the Fox River on the property since the time that records have been kept.

According to published reports, a church-sponsored group making a canoe trip along the river paused to climb the rocks, hurl them and crack them. The historic art marker bore the inscription of each flood stage at various levels on its boulders.

Local-area resident and art historian Robert E. O'Connell III was called by Lord Palumbo to assess the damage and recommend appropriate steps to restore the work to its original condition. His firm, O'Connell International Arts, Inc. works with private collectors, museums, institutions and insurance companies on behalf of priceless objects that have been damaged or lost.

"The vandals who tried to destroy Andy Goldsworthy's (the sculptor) remarkable record of the ebb/flow of Fox River on this site did not know or did not care



Pictured in front of his site-specific work of art at Farnsworth House is sculptor Andy Goldsworthy (right) with Bob O'Connell, president & CEO, O'Connell International Arts (OIA). The piece documents the various flood stages of the Fox River on the property since the time that records have been kept. Bob O'Connell aided Lord Palumbo (owner of Farnsworth House) in restoring the work after it was damaged by vandals.

whether they caused thousands of dollars in damage to a unique art work," said O'Connell. "Cranes had to be brought in to lift stones back onto the pyramid; new scribed stones had to be fitted to the piece, and its wonderful natural pyramidal shape had to be recreated. Fortunately, the collector had protected himself against the cost of this thoughtless act of aggression. Not all collectors are so foresighted. But since I spend my life protecting the priceless, I'm certainly glad to see this wonderful piece restored to the satisfaction of the artist and the pleasure of the visiting public to this remarkable architectural treasure called the Farnsworth House."

O'Connell International Arts, Inc. is located in the heart of Chicago's Gallery District. **312-573-9000.** Farnsworth House Estate offers books and gifts at the Visitors Center at the property entrance. Tours can be arranged by calling 630-552-8622.

Home of the Sparrow Plans Coffees

Volunteers from Home of the Sparrow Palatine will be kicking off the new year with informal coffees. They're designed to encourage potential helpers to find out more about how they might fit in. Anyone who would like to know more is welcome.

Hostessing two coffees on January 8 is Gail Brownstein, Co-chairman of Palatine Partners, the volunteer arm of Home of the Sparrow Palatine. They're from 9:30-11:30 a.m. and 7:00-9:00 p.m. at 1404 Shire Circle, Inverness. If possible, please call to let them know you're coming: Gail at 358-2587 or Co-chairman Pam Smith at 202-5662. If you find you're free at the last minute, by all means, come ahead.

Home of the Sparrow provides transitional shelter for homeless women and their children. The newest residence was opened in Palatine on June 30. "Sparrow" clients

participate in a structured program that has evolved during the 11 years since the first residence opened in McHenry. For instance, clients are required to find a job within two weeks and to save 70% of their paychecks toward a future rent, security deposit and housing needs. They also participate in individual and group counseling and in parenting classes if they have children.

The Home of the Sparrow is directed by Rev. Phyllis Mueller, a Presbyterian minister, who had worked with the homeless in emergency shelters in Chicago earlier in her life. It was there, watching how dependent the recipients became, that she began to devise a better way to deal with the problem of homelessness. Home of the Sparrow's objective is to encourage independence—and its success rate is about 98%.

creating opportunities for more than 500 children and adults with developmental disabilities and their families. Based in Rolling Meadows, Clearbrook provides early intervention, developmental training, employment and training and

residential services in the northwest, north suburbs and Chicago.

For more information on Clearbrook or The Friends of Clearbrook, call Linda Naatz, Director of Public Relations at (847) 870-2233, Ext. 251.

Chers Amis...

May this new year bring health and peace to everyone! Since most of the real columnists at this time of year are reflecting over the past year, I will spare you; yet Jacqueline, Masato, our entire staff and I do wish to express our most sincere Merci for a great 1997.

And now on to 1998... On Thursday, January 29, Paula Pearson will conduct an "Etiquette Review Dinner" for children. Paula is a renowned educator who specializes in the field of social manners for children. **D & J Bistro** partly sponsored her classes in this area last year and is very happy to host this dinner... As obvious representatives of the hospitality industry, we firmly believe in good social manners all around and at the table in particular. To find out more about this dinner, call Paula

Pearson at (847) 251-3382 (leave a message, Paula will return your call).

Food-wise, January is a month when we emphasize real bistro dishes, such as "Fire Pot," "Les Trois Saucisses," "Osso Bucco," "Boudin Encrepe," etc. Food that warms you up inside and out! Of course we also keep offering fresh fish in many different ways, Oregon or Alaska Salmon, Pompano, Skate, Halibut, Mahi, Tuna, Sea Bass, Tilapia, etc.

Oyster lovers (such as I) will not be disappointed at **D & J Bistro**... we usually carry both Netart Bay (Oregon) and Rhode Island Bi-valves. We give three of each on the plate; you'd be surprised how different each tastes. All of this to make your visit at **D & J Bistro** interesting beyond the usual.

Sixteenth NW Suburban Antiques Show

Come one, come all, the **Northwest Suburban Antiques Show and Sale** is returning to Harper College for its sixteenth show on January 23, 24, and 25, 1998.

This well established show offers something for everyone—novice as well as advanced collector. Wonderful furniture, glassware, pottery, porcelains, estate jewelry, and vintage collectibles will be offered by our dealers from across the states.

Has your collection escalated in value? Is that certain item you inherited from Aunt Nell really valuable? Find the answers in the current price guides and reference books offered by Julia's Books.

The **Sixteenth Northwest Suburban Antiques Show** will be presented Friday, January 23, from 4 PM to 9 PM., Saturday, January 24, from 11 AM until 7 PM, and Sunday, January 25, from 11 AM until 5 PM.

The show is located at Harper College, Building M, 1200 W. Algonquin Rd., Palatine, IL. Admission is \$5 (\$1 discount with ad and children under twelve are free) good for all three days and parking is free.

The **Sixteenth Northwest Suburban Antiques Show** has high quality exhibitors and is presented by Cherubim Productions, Ltd. For more information call: (630) 584-4374 or (630) 365-1622.

Barrington Lyric Presents a "Chapter Musicale II"



Barrington residents Louise Sullivan, left, Shula Luber, Bob Plagemann and Barrington Lyric president Jim Steed of Schaumburg.

As a gift to the Barrington area communities, the Barrington Chapter of Lyric Opera of Chicago will offer the second annual "Chapter Musicale" at 1:00 p.m. on Monday, January 19, 1998, in a lovely residence overlooking Honey Lake in North Barrington.

The program will feature talented, fun lovin' chapter members who will provide a variety of entertainment ranging from a two piano performance, vocal arias and duets (from classical to popular), a trombone solo, to a humorous presentation by

Elizabeth Fjortoft, Barrington Lyric's own dramatist extraordinaire, and more.

Coordinated by Bonnie Westphal, Hoffman Estates, and Barbara Keegan, Schaumburg, a light dessert buffet will be served. The program is free. Reservations by January 12 to Jocelyn Murray 847/359-1678. Parking is limited. If possible, please car pool. To share rides, Evelyn Hammond (847) 359-3545.

For inquiries on the Barrington Chapter (226 members and growing), please phone Maribeth Totten (847) 202-1753.



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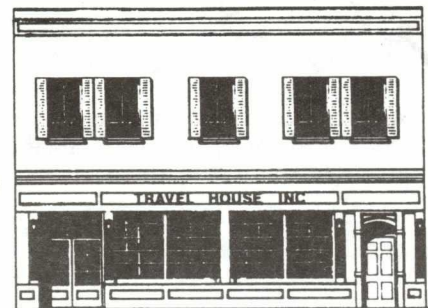
ADMISSION \$5.00 (Save \$1.00 with this ad) PLENTY OF FREE PARKING

The quality show for discriminating buyers featuring a wide variety of furniture, glassware, jewelry, silver, vintage collectibles, current price guides, and much more.

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HOURS
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Openings Available
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Being Accepted.

Hours: 7am - 6:30pm

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Barrington



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Your child may need help with weak study skills or poor reading or math skills. He or she may be unmotivated or lack confidence, despite a good I.Q.

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Barrington



THE HUNTINGTON LEARNING CENTER®
Your child can learn.

First Marking Period— a Time for Reflection

The end of the first marking period is the perfect time for parent and child alike to take stock of academic performance for the new school year.

The past nine weeks have been a time of tremendous change and adjustment for your child. Summer vacation is over. The days are getting shorter. It is a time of new faces, new classes and new challenges.

For many students, the challenges of the new school year can be overwhelming. This is often reflected in the first report card of the new year. If you are unhappy with your child's report card, Dr. Raymond J. Huntington, founder and president of **Huntington Learning Center**, offers the

following suggestions:

1) "Help your child get back in a *school mindset*. Make sure there is a set time for homework each night and a quiet place to study."

2) "Communicate your expectations to your child. Let your child know that you care about his or her schoolwork and you expect an effort to be made."

3) "Be sure to attend back to school nights. Meet your child's teachers and learn firsthand the subject matter, upcoming assignments and their assessments of your child's work."

For some students, the problems of the new school year are a continuation of last

Infant and Toddler Care Now Available

Barrington Community Child Care Center is a private center serving children six weeks to six years. This neat-as-a-pin facility is 5,300 square feet featuring oversized classrooms with lots of natural light and an environment designed to meet the needs of young children. The facility is also equipped with a large outdoor playground.

Maximum security and safety are very important. The Center has an entry system that allows authorized people to enter the facility through a locked door from the building's vestibule. Sprinklers are installed throughout and smoke detectors are in each classroom, restroom and closet.

The curriculum for the Center is theme oriented and age appropriate to each group of children. Individual needs and the child's unique ways of learning are key in the type of planning and structure

that is presented in the environment. The amenities that are offered are many: "Computer Tots" classes are available as well as "Kids in Action" gymnastics class. Haircuts, by a Barrington salon owner, are offered every six weeks. There is daily communication between teachers and parents, catered lunches, nutritious snacks and flexible scheduling is available. Our staff is highly qualified and continue their education and training on an ongoing basis. No appointment is necessary to tour the **Barrington Community Child Care Center**. Registration is now being accepted for all age groups. They are conveniently located at 560 Carl Avenue in Barrington (one block west of Burger King off Northwest Highway).

Barrington Community Child Care Center is celebrating its 5th year in the community.

Begin Laying a Musical Foundation: Enroll Your Child at Barrington Kindermusik and Piano

Through the sheer joy of music and movement, **Kindermusik** encourages early learning and creativity in children 18 months to 7 years of age. It allows children to explore the world in a secure, stimulating environment, filling them with a sense of curiosity and the delight of self-expression. **Kindermusik** provides a three-stage curriculum carefully designed to reflect and match your child's age and developmental level. There are no prerequisites since each stage provides unique learning opportunities.

Kindermusik Beginnings: Children 18 months through 3 years of age. This class introduces sounds and rhythms. Children and their parents or caregivers meet weekly for a 30 minute class of singing, chanting, moving, listening and playing with simple instruments.

Kindermusik Growings: Children 3½ to 5 years of age move from being receptive to being more expressive in their

learning. This fascinating musical exploration program is presented in two non-sequential semesters with a 45 minute class each week. There are "at home" activities and children gradually become accustomed to being in class on their own.

Kindermusik Young Child: Children 4½ to 7. The youngsters explore the world of music; speaking, singing, moving, listening, playing percussion instruments and learning about writing and reading music.

Please call **Barrington Kindermusik and Piano** for a brochure quoting price and class availability. The semester's classes (lasting 15 weeks) begin the week of February 1, 1998. You must be enrolled by January 9. All classes have a minimum enrollment of 7 and a maximum enrollment of 10 children.

We're located on Pepper Road, east side of the street, two blocks north of Northwest Highway. For more information, call (847) 842-1440.

Michael Joseph in Full Swing

The gears are in full drive and the wheels are turning for The Michael Joseph Foundation's sixth annual fund-raiser. We are grateful to our previous well-wishers and hosts for their support. Our April 25, 1998 "Carnival Time Gala" is to benefit those people who have found life very difficult, looking for jobs, transportation, housing, assisting people to get off welfare, counseling, repairs for various reasons. The list is long for those trying to live with dignity.

For those friends who wish to help to assure the continuation and growth of Michael

Joseph Foundation by means of mentioning it in one's will, or should you wish to donate seldom-used or unwanted property, please call Hildegard Zimmermann at 847-382-3375. Your help will assist us in helping these folks in distress keeping families together. So mark your calendars for April 25, 1998 and plan early to attend our "Carnival Time Gala." Auction items and prizes include Park City ski condo, Scottsdale townhouse, boat trip, oil paintings, fishing trip, golf, opera tickets, Bulls tickets, and much, much more. Won't you please help by joining us?

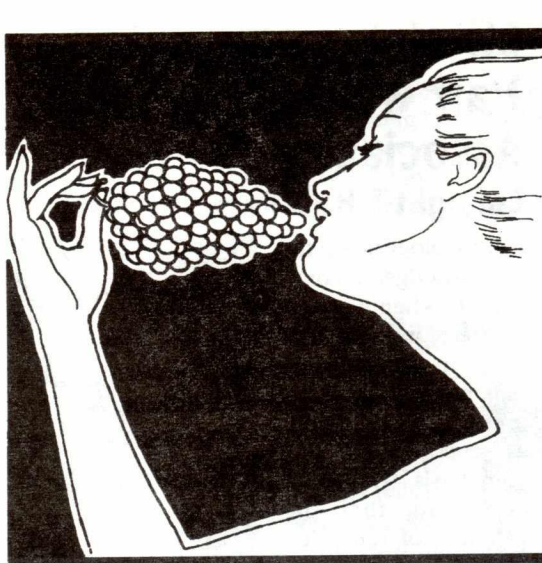
year's problem. In this case, says Dr. Huntington, "Don't get mad, get help."

A tutoring program, such as **The Huntington Learning Center**, can help turn your child's grades around.

The Huntington Learning Center is a nationally recognized leader in the field of education, having helped hundreds of thousands of children improve their basic skills through remedial and enrichment programs. A thorough diagnostic evalua-

tion can pinpoint a student's strengths and weaknesses. Education professionals at **The Huntington Learning Center** will develop an individualized program tailored to your child's needs.

Parents who would like additional information, or who are concerned about a specific aspect of their child's academic performance, are encouraged to call **The Huntington Learning Center** in Barrington at (847) 382-3655.



Health, Beauty AND FITNESS

Special Lifestyles Section

Look Well, Feel Well

If you are among the millions of consumers evaluating options for improving or enhancing your appearance, know that **Valley Plastic Surgery Center** offers unique surgical expertise and a complete range of plastic surgical services.

The decision to have cosmetic surgery should be made after careful consideration. At **Valley Plastic Surgery Center**, you can expect an environment of sensitivity, comfort and expert care unparalleled in the field of aesthetic plastic surgery.

The Valley Plastic Surgery Center facility is located in the Fox Valley area, just 20 minutes from O'Hare Airport and discreetly caters to local and out-of-town clientele. It is an elegant, state-of-the-art facility which meets the highest standards of safety. It is one of the few freestanding surgical facilities approved by The Joint Commission for the Accreditation of Hospital Organizations, the national organization responsible for overseeing accreditation of hospitals.

The physicians of **Valley Plastic Surgery**, Jay H. Rosenberg, M.D., Philip G. Lambruschi, M.D., Dean A. Manus, M.D. and Patricia DePoli, M.D. are the four plastic and reconstructive surgeons which comprise the surgical staff. Dr. Patricia DePoli is the new associate at **Valley Plastic Surgery** who brings with her an extensive experience in breast reconstruction and microvascular surgery. With more than 60 years of combined experience, these physicians offer surgical and aesthetic expertise in every area of cosmetic and aesthetic surgery. They are involved in educational activities in the community and are involved in the education of other health care professionals locally and nationally. All are leaders in specialized areas of plastic surgery.

"Win the War on Weight with Common Sense"

"Win the War on Weight With Common Sense" is the topic of the January Senior Breakfast Club meeting at Good Shepherd Hospital. The presentation will be held on Thursday, January 8, 1998 from 8:30 - 10:00 a.m. in the Lakeview Room of the hospital. A free continental breakfast will be part of the program.

Senior citizens are invited to join Linda

The nursing and technical staff at **Valley Plastic Surgery Center** is chosen for their medical skills and qualifications, their professionalism and their ability to deliver expert, compassionate, personalized care to each patient's special needs before, during and after their experience at the Center.

Laser surgery of the skin can be used to minimize scars, improve the appearance of skin and treat other medical conditions relating to aesthetic surgery. All of the physicians at **Valley Plastic Surgery Center** have had specialized training in laser surgery and Dr. Rosenberg is often featured in national reports and articles including "People" magazine and CNN for his pioneering experience in laser surgery of the skin.

Consultations for facelift, brow lift, eyelid surgery, nasal surgery, scar revision, liposuction and body sculpting, breast reshaping, enhancement or reduction, abdominoplasty and many other surgical procedures are available. Technological advances and state-of-the-art equipment can serve to minimize discomfort and maximize safety making aesthetic surgery more of a reality for a busy lifestyle of today's working women and men.

Full aesthetician services are offered at **Valley Plastic Surgery Center** for image consolation, skin care treatments, peels, make-up application and assistance. These services may themselves enhance your appearance or may serve as an adjunct to your care at the Center.

Unique quality, value, expertise and comfort make **Valley Plastic Surgery Center** the best choice to help you meet your personal aesthetic goals. Arrangements for a consultation can be made at (847) 836-3200.

Green, M.S., R.D., of Good Shepherd's food and nutrition department and learn how to manage your weight for life; the psychological factors to eating; and the components to changing behavior.

Registration for the program may be made by calling HealthAdvisor at 1-800-323-8622 by January 5 as space is limited.

Consider Yourself...



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Dermatology Associates is a medical facility utilizing the very latest medical technology for the benefit of their patients in the Crystal Lake/Barrington area.

Outstanding among their 21st century medical systems is **EpiLight™**... which makes all other means of hair removal obsolete.

Now you can be free of hair on any part of your face or body without shaving, waxing, plucking or electrolysis... without boredom, discomfort or the "ouch factor," and without the unforgivable waste of time these old-fashioned procedures entail because...

EpiLight™ eliminates undesired hair with just a few one-second flashes of light. Call for your private consultation, then...

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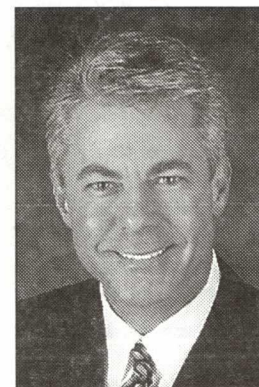
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Eliminate Unwanted Hair with Dermatology Associates...and the EpiLight™ Hair Removal System

Dermatologists are the acknowledged medical experts when it comes to the skin, hair, and nails. In our practice, patients with concerns about unwanted hair are encountered on a daily basis. So it is not surprising that the problem of removing unwanted hair is a subject of intense research by members of our specialty.

For centuries, people have resorted to a variety of techniques for removing hair: shaving,

Please continue just below, left



David P. Van Dam, MD

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Learn to clear, balance and revitalize the "Ki," life force energy, to create a high level of physical, mental, emotional and spiritual health. Reiki can move you into a new level of health, awareness and service which will transform your life forever.

Reiki is a holistic method that:

- Supports the body's ability to heal itself
- Balances mind, body, emotions & spirit
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Sat., Jan. 3 or Sat., Jan. 17 or Sun., Feb. 1, 10am-5 pm, Crystal Lake \$150
(Cost includes text, materials and 6 additional 2½ hour support classes.)
Class size limited.

Call 815/455-4502

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Reiki... A Responsibility, A Gift, A Powerful Ancient System of Healing

Reiki classes are now being offered in Crystal Lake through **Pamela Arwine**, Ct. Rubenfeld Synergist and **Reiki** Master Teacher. Class schedules and locations can be obtained by calling her at **815-455-4502**.

Reiki (ray-key) means "spiritually guided universal life force energy," (ki). Life force energy animates matter, balances our body, mind and spirit; it keeps us healthy when in balance; it makes us ill when out of balance. Imagine what learning to vitalize, enhance and guide this life force can do for the state of your emotional and physical health!

The practice of **Reiki** was lost for many centuries, but Dr. Mikao Usui, the principal of a Christian seminary in Japan, rediscovered this ancient healing method in the middle of the nineteenth century. Whether your goal is self-healing, providing assistance to loved ones, or becoming a professional **Reiki** Master Teacher or Practitioner Level—all that is required is the desire to learn **Reiki** and use it ethically. It was intense desire which led Dr. Usui to his discovery. **Reiki** is a holistic method which reaches all levels of one's existence and works to bring them into



balance, thereby addressing the cause rather than the symptoms of disease or disharmony. You may experience **Reiki** as love, the original home of the soul. However it is not linked to any specific faith, religion or belief.

"I believe **Reiki** is a great gift which engenders great responsibility," states Ms. Arwine. **Reiki** is taught in four levels, each requiring a full day seminar at a cost of \$150 per day each for Levels I and Levels II and \$200 each for levels III and IV. "Simple to learn, it is in no way simplis-

waxing, plucking. Until recently the only way of achieving permanent elimination of hair has been through electrolysis. This tedious procedure can be painful and has the potential for scarring and infection. In addition, only a small area can be treated in one session. It is an unfortunate frustration that at least half of the hairs treated by electrolysis fail to be permanently removed.

The shortcomings of electrolysis led medical investigators to look for new ways of removing hair. The search narrowed when dermatologists performing laser research at Harvard University delineated the principle of "selective photothermolysis." This concept explains how a human tissue of a specific color (like hair) can be destroyed by a specific wavelength of light. As a result of this work, several new instruments for the removal of hair became available.

To select the most effective hair removal system we faced the significant challenge of sorting out the technology and the claims made on behalf of each

high-tech device. We embarked upon a systematic and thorough evaluation of all the available hair removal instruments.

Dermatology Associates is excited to have chosen the best for our patients!

Our conclusion is that the most effective instrument is a high-intensity light source which is technologically more versatile than a laser. It is the **EpiLight™ Hair Removal System**—and it is now available at **Dermatology Associates**.

The **EpiLight™** Hair Removal System, unlike a laser, has the flexibility of selecting from a variety of wavelengths of light. **EpiLight™** permits treatment to be customized so that hair of all colors in any body location can be eliminated quickly and with minimal discomfort. It seems a little like magic. In one second, with one flash of light, **EpiLight™** removes more hair than electrolysis can in an hour. If you are interested in learning more about long-term hair removal from a skin care expert, call **Dermatology Associates** at **815/455-4434**.

Infant & Child CPR and Safety Class

A four-hour infant and child CPR certification class is being offered by Good Shepherd Hospital's Health Evaluation Lifestyle Programs (HELP) on Saturday, January 10, from 8 a.m. to noon in the Meadow Room of the hospital.

Taught by a certified American Heart

Association instructor, the class includes CPR practice techniques and a discussion of infant and child safety. The cost for the course is \$25. Space is limited and reservations may be made by calling Health Advisor at 1-800-323-8622.

tic," she continues. "We learn most deeply that which we experience directly both from being the giver and the receiver. Our **Reiki** work will be refined as we use it and questions will arise. Therefore, I offer supplemental classes two evenings a month for sharing, practice and further development. These very beneficial classes are offered to all my **Reiki** students free of charge. It is a unique bonus and my way of giving back for all that I have received through learning, practicing and teaching **Reiki**."

Pamela is a teacher and practitioner of the art of Rubenfeld Synergy (body/mind/spirit integration) and **Reiki** Master Teacher. She has also recently completed her certification program in metaphysical

hynotherapy with an emphasis towards past life regression for therapeutic purpose. She offers both classes and private sessions. The next **Reiki Level I Class** is on Saturday, January 3 or Saturday, January 17 or Sunday, February 1. Private sessions are available by appointment. She brings a rich blend of experience to this work dedicated to health and balance with the focus on unity of mind, body, spirit and emotion. Each step along her path has brought her closer to her goal of teaching and assisting others in alleviating pain, disease, dysfunction and discomfort. Along the way, she has discovered that the true goal and the true joy is to take wing and soar; alleviating pain is just the necessary first step in the process.

Learning to Save

Resolve to learn how to save for your children's college expenses by joining the PACES (Parent & Child Education Society) discussion with Jim Bertucci of EQ Financial Consultants, Inc. on Thursday,

January 15, 9:30-11:00 a.m., at the Buehler YMCA, 1400 W. Northwest Highway, Palatine. Reserve baby-sitting, call Carol at 847-934-4045. New parents and members are encouraged to attend.

Ask Why?

by Drs. Raymond Kotz & Stephanie Skopek

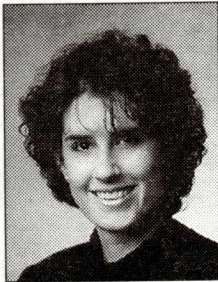
Medical doctors and dentists alike primarily treat symptoms. We attempt, as best we can, to alleviate the discomfort and fix the problems presented to us. Here is a simple dental example: A mother tells her dentist that her child has tooth discomfort. The dentist finds a "cavity," places a "filling" and the discomfort goes away.

However, they did not ask themselves why the cavity occurred in the first place, and nothing was done to prevent the problem in the future. Only when the time is allowed for evaluation of why a problem has occurred, are we able to educate the patient about what they can do for future prevention.

In our office we allow a significant amount of time for a careful diagnosis to find the reasons behind dental problems. Our staff is trained in the common causes of dental disease and time is allowed to help answer questions and go over preventive measures that may be taken to



Dr. Raymond Kotz



Dr. Stephanie Skopek

avoid future problems. Our patients, as well as our office, function better with fewer emergency interruptions and greater patient comfort and knowledge.

If you are not getting answers to the question "Why do I have a problem?" ask your doctor. The answer will help both of you.

For a thorough diagnosis and preventive effort, call **Drs. Kotz and Skopek** in Barrington at (847) 381-4040.

I Want to Make Some Changes, But...

by Laurie Grand, M.S.
Licensed Marriage & Family Therapist

There has probably been a time when you have wanted to change something about your life, but you felt stuck and unsure what to do about it. Perhaps you have put off making life changes for reasons like these:

- You're too old
- You're too young
- You don't have enough money yet
- You should wait until the kids are older
- You don't know how
- You don't have enough confidence
- You don't have enough education
- You'd be wasting your education

It's natural to feel resistance when you start to move in a new direction. Resistance comes from fear, an instinct that we all inherited from primitive humans. You can count on feeling resistance whenever you start to make a change in your life. The most important thing is to know what to do about it. Here are five strategies for dealing with resistance:

1. **Start small.** You may be overwhelmed if you think of your entire goal. Instead, start with one small piece to accomplish today. This can break your resistance. For example, instead of thinking, "I'm going to finish my degree," tell yourself, "I'm going to go pick up the course catalog today."

2. **Disprove the beliefs that hold you back.** Identify the beliefs that keep you from succeeding, and look for evidence to the contrary. For example, you may be thinking that you are too old to start your own business. Disprove that belief by looking for examples of people your age or older who successfully started their

own businesses.

3. **Get your power back.** Take action to energize yourself so you can go after your dreams. Here are six ways to empower yourself:

- Take responsibility for your situation. This is not the same as placing blame. Blame is not empowering.
- Give yourself credit for the actions you are taking.
- Check yourself for a victim mentality. It will get you nowhere.
- Stop criticizing yourself.
- Make up your mind that you will go after what you want without waiting for anyone else to do it for you.
- Remind yourself that you have choices and alternatives. Write them down.

4. **Get rid of clutter.** It is often a sign of indecision. Accumulating "stuff" stops you from committing to doing that important thing. Map a plan to get rid of it.

5. **Visualize the future.** Describe in detail how you want your life to be. Write it out on a card and post it at your desk, on your mirror, on the refrigerator, in your car. Review it several times each day, and update it as needed. This will give you power.

Laurie Grand is a Licensed Marriage & Family Therapist with a private practice in Barrington. Call today to request a free **Take Charge In 1998 Action Pack**, a self-instructional audiotape workshop to help you accomplish your goals. For more information about available services, visit <http://members.aol.com/LCGrand> or call (847) 304-8385 for a free consultation.



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In 1998, would you like to (check any that apply):

- | | | |
|---|---|---|
| <input type="checkbox"/> Stop putting up with less than you deserve | <input type="checkbox"/> Make peace with the past | <input type="checkbox"/> Develop more self-confidence |
| <input type="checkbox"/> Stop holding yourself back | <input type="checkbox"/> Get along better with family, friends & lovers | <input type="checkbox"/> Set goals & take action |



If you would like to gain more control over your life in 1998, call for your free **Take Charge Action Pack** & start accomplishing your goals!

Free Consultation

Laurie Grand, M.S.
Licensed Marriage & Family Therapist
800 S. Northwest Hwy., Suite 202C, Barrington
(847) 304-8385

New Support Groups Formed by Hospice

To meet the special needs of men and young widows and widowers, Hospice of Northeastern Illinois (HNI) is forming two new grief support groups starting in January, 1998. If you or someone you know has experienced a loss and would benefit from either a support group for men only or a group for young widows/widowers, please call Hospice of Northeastern Illinois. Groups will be forming based on interest.

The Hospice of Northeastern Illinois (HNI) is a not-for-profit, Medicare-certified community-based organization accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). Serving more than 1000 pa-

tients a year, HNI's purpose is to support terminally ill patients and their families in all of Boone, DuPage, Kane and McHenry counties as well as in western Lake and Cook Counties. HNI, which has offices in Barrington and Woodstock, is dedicated to easing the emotional, physical and spiritual pain that often accompanies terminal illness, ensuring a higher quality of life for both patients and their families. Due to the efforts of the Hospice Foundation of Northeastern Illinois, Inc., never turns anyone away who might be in need.

For additional information, please call the HNI Bereavement Department at 847/381-5599 or 800/425-4444.



Health & Wellness Programs • January

Child Immunization Clinic

Tuesday, January 6, 5 to 7 p.m.—\$6 per shot

Good Shepherd Hospital hosts immunization clinics the first Tuesday of every month in cooperation with the Lake County Community Health Partnership. Parents should bring their child's immunization records with them to the clinic. Walk-ins welcome.

Senior Breakfast Club

"Win the War on Weight with Common Sense"

Thursday, January 8, 8:30 to 10 a.m.—FREE

Join Good Shepherd's Senior Breakfast Club for this free wellness program.

Walking Off Weight

Tuesday, January 13, 7 to 8:30 p.m.—FREE

Barrington High School Auditorium, 616 West Main St., Barrington
Rob Sweetgall, author, nationally-known fitness walker and self-proclaimed "Pier Piper of American Walking" will teach you: how walking impacts cardiovascular health, weight and stress levels; how to get motivated; how to start a personal cross-training program; and how to get the most from exercise in a small amount of time.

Tai Chi Classes

Wednesdays, January 14 - March 11—\$90

Learn this ancient form of Chinese exercise that features a formalized series of movement designed to elicit a relaxed, mindful state.
Sponsored by Good Shepherd's Center for Stress Medicine.

Blood Drive

Tuesday, January 20, 8:30 a.m. to 3:30 p.m.—FREE

Give the gift of life at this community blood drive sponsored by LifeSource and Good Shepherd Hospital. No appointments necessary. Walk-ins welcome.

Twins or More: What to Expect Class

Saturday, January 31, 9 a.m. to Noon—\$35/couple

This class is designed to explore the unique aspects of multiple births including what to expect during pregnancy, childbirth and beyond. The class gives parents practical tips for managing the daily care of multiple babies.

To register for any of Good Shepherd's Health & Wellness Programs, call HealthAdvisor at 1-800-323-8622.

Good Shepherd Hospital



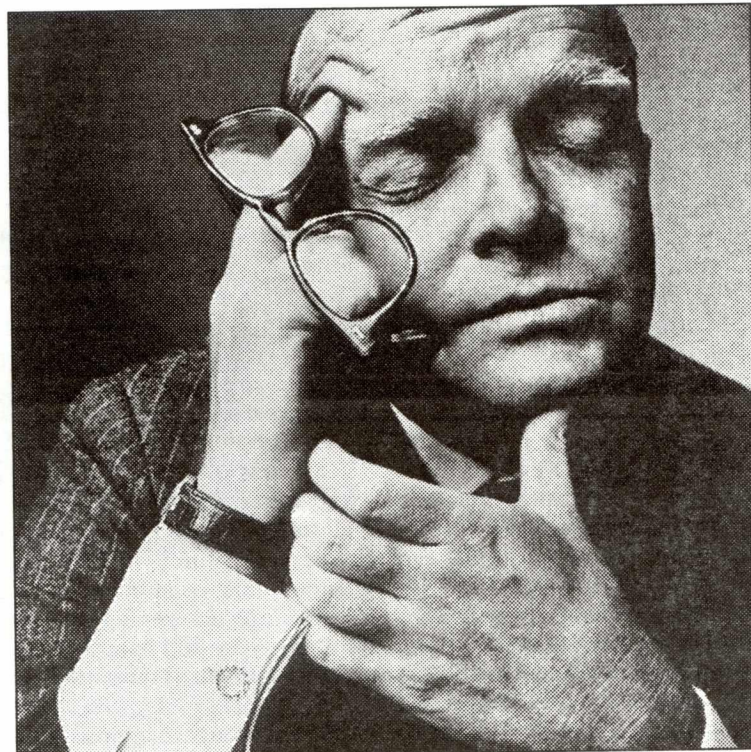
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Irving Penn

A Career in Photography



Irving Penn, American. Truman Capote, New York, 1965 (print 1986). Platinum palladium print; 26 x 22 in. The Art Institute of Chicago: Gift of Irving Penn, 1996.215. ©1965 (renewed 1993) by the Condé Nast Publications, Inc.

A career retrospective of the work of one of America's most celebrated photographers—Irving Penn—is being mounted by The Art Institute of Chicago. On display now through February 1, 1998, *Irving Penn, A Career in Photography* is the most complete exhibition to date of the master photographer's work, with more than 150 black and white, platinum palladium, and color pieces, featured in conjunction with archival materials that demonstrate Penn's working methods. A major gift by Penn to the Art Institute last year of his photographic and paper archives—including 134 master and vintage prints—was a catalyst for this examination of the artist's more than 50-year career.

Irving Penn, A Career in Photography presents works from every stage of Penn's career, including his photographs of women, his trend-setting fashion photography, and his well-known work as a portraitist. At *Vogue Magazine* and elsewhere, Penn—who continues to work at the age of 80—has documented in his universal style more of the influential and powerful, particularly in the arts, than any other photographer. In addition, he has done other projects of a more personal nature, including a highly idiosyncratic series of nudes and an elaborate series recording peoples of the world, from Africa to New Guinea to South America to the U.S. Penn is unquestionably a master of the photographic medium, both in and out of the darkroom, and it is the powerful combination of lighting and development techniques that gives Penn's work its unmistakable look—whether in his celebrity portraits, chic fashion treatments, or extensive ethnographic studies.

The exhibition's juxtaposition of prints and archival material provides insights

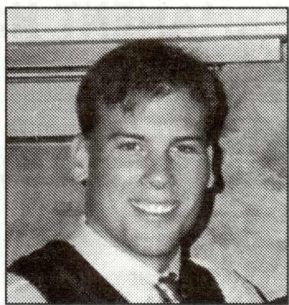
into the processes of a master photographer, illuminating the depth and breadth of Penn's approach to his medium. Moreover, Penn's images and his archives seen as a whole provide a fascinating record of cultural, economic, and political trends in the second half of this century.

Irving Penn took a giant step toward modernizing fashion photography when he began photographing his models isolated from the customary contextual settings, thus focusing attention on their clothing and accessories—the resultant images are imbued with a rare elegance that is also striking in its simplicity. Interestingly, the artist's perennial fascination with decay is also evident in his fashion photos, where one can see within the photographic frame such unlikely inclusions as threads, dust, and dirt, as well as wires and cords from the shoot on the floor. A series of still-lives using *memento-mori* objects and discarded materials expands this in-depth exploration of disintegration. One finds Penn successfully challenging the traditional idea of beauty in these works, giving dignity and nobility to common street detritus with his rich hues and gorgeous lighting.

Exploring different printing options has long been of paramount concern to Penn. Always seeking the optimal presentation of his work, he has become a master printer, revitalizing the platinum-palladium process as well as working to perfect new processes. Archival materials demonstrating some of these many tests of techniques and papers depict his dedication to creatively and beautifully portraying his images. The combination of innovative photography and meticulous and creative printing has made Irving Penn one of the most significant photographers of the 20th century.

Take Charge of Your Health in 1998

As a chiropractor, I see firsthand the detrimental effects of not living a lifestyle conducive to good health. Health is not merely the absence of disease or pain. It entails taking preventative measures to ensure your optimal wellness in the future. These include exercising regularly, eating healthy, and maintaining strong nervous and immune system function with conservative chiropractic care. Combining exercise, good nutrition, and chiropractic will allow you to *Take Charge of Your Health in 1998* and to maintain your spine for a lifetime. Prevent problems before they occur. Call **VanNess Chiropractic** today at



Jason VanNess, D.C.

(847) 842-8070. Mention *Lifestyles Magazine* to receive a \$30 spinal health exam and fitness consultation compliments of our office.

New Year's Revolution

I'm hungry, you're hungry, we're all hungry, so let's eat. All the eating will be over soon and then it's time for everyone's favorite New Year's resolution: "I'll get in shape this year! And I'm gonna start my diet on Monday!" Okay, no more lies. Let's do it and let's do it right.

The certified trainers at **Personalized Fitness, Inc.** in Palatine have pooled their favorite and most effective techniques for increasing your metabolism.

- Resistance training increases muscle tone and muscle mass which in turn increases the total calories your body burns each day.

- Cutting calories actually slows your metabolism.

- Eat less calories per meal, but eat more often, reason-healthy snacking and more frequent meals mean less cravings.

- If you are not eating enough protein, then increasing your high quality protein intake will boost your metabolism.

- Not to confuse you, but there are essential fats that our bodies require for proper functioning.

- If you are involved in some sort of aerobic fitness, i.e., walking, running, biking, etc., then try the one minute slow and one minute fast routine to increase your intensity.

- Did you know that there is a certain time of the day when your body can burn up to 150% more fat during your workout (studies prove)?

If you are looking for the answers to your health and fitness questions, then call on one of the trainers from **Personalized Fitness, Inc.** (847) 358-5688.

Latest Technology for Skin Resurfacing

by Gary S. Churchill, MD

Introducing the Erbium: YAG laser

There has been a virtual revolution in plastic surgery over the past few years due to the introduction of new technologies. One of the most exciting new procedures to come out of that revolution is laser skin resurfacing to smooth and tighten the facial skin. The standard laser used for this procedure has been the carbon dioxide laser. Now there is a new laser that proposes to significantly reduce both the healing and recovery time from laser skin resurfacing. This is the Erbium:YAG laser.

How does skin resurfacing work?

Dermabrasion, chemical peels and lasers all work in a very similar fashion. The outer layers of the skin are removed stimulating new collagen growth with subsequent smoothing and tightening of the skin. The introduction of the carbon dioxide laser in recent years has given surgeons finer control over this process. The skin cells are made up most of water. When the carbon dioxide laser light interacts with the skin cells, most of the energy is absorbed by the water inside these cells, and they are vaporized. The depth of skin removal can be controlled by the power settings used and the number of passes the surgeon makes over the tissue. Until the Erbium:YAG laser was introduced, the carbon dioxide laser was the best laser available to vaporize the skin for resurfacing.

How do the carbon dioxide and Erbium:YAG lasers differ?

The light energy emitted by the Erbium:YAG laser is a shorter wavelength than that



Gary Churchill, MD



Iliana Sweis, MD

emitted from the carbon dioxide laser. This shorter wavelength is far better absorbed by both water and collagen. This means that most of the energy of the Erbium:YAG laser is used to vaporize the surface skin cells and almost no heat is generated in the tissues. In contrast, a significant amount of the carbon dioxide laser's energy is transferred into the skin in the form of heat. After a carbon dioxide laser resurfacing, a typical healing period lasts from 7 to 10 days and the skin remains pink for 6 to 12 weeks. With the Erbium:YAG laser, there is less risk of pigmentation problems, and the Erbium:YAG laser has been successfully used in patients with darker complexion. There is still a role for the carbon dioxide laser in the treatment of deeper wrinkles. Both the Erbium:YAG and carbon dioxide lasers are available at our office and are used daily either alone or in conjunction with other procedures. If you would like to learn more about our Erbium:YAG laser, please call the office and we will be happy to provide you with the information.



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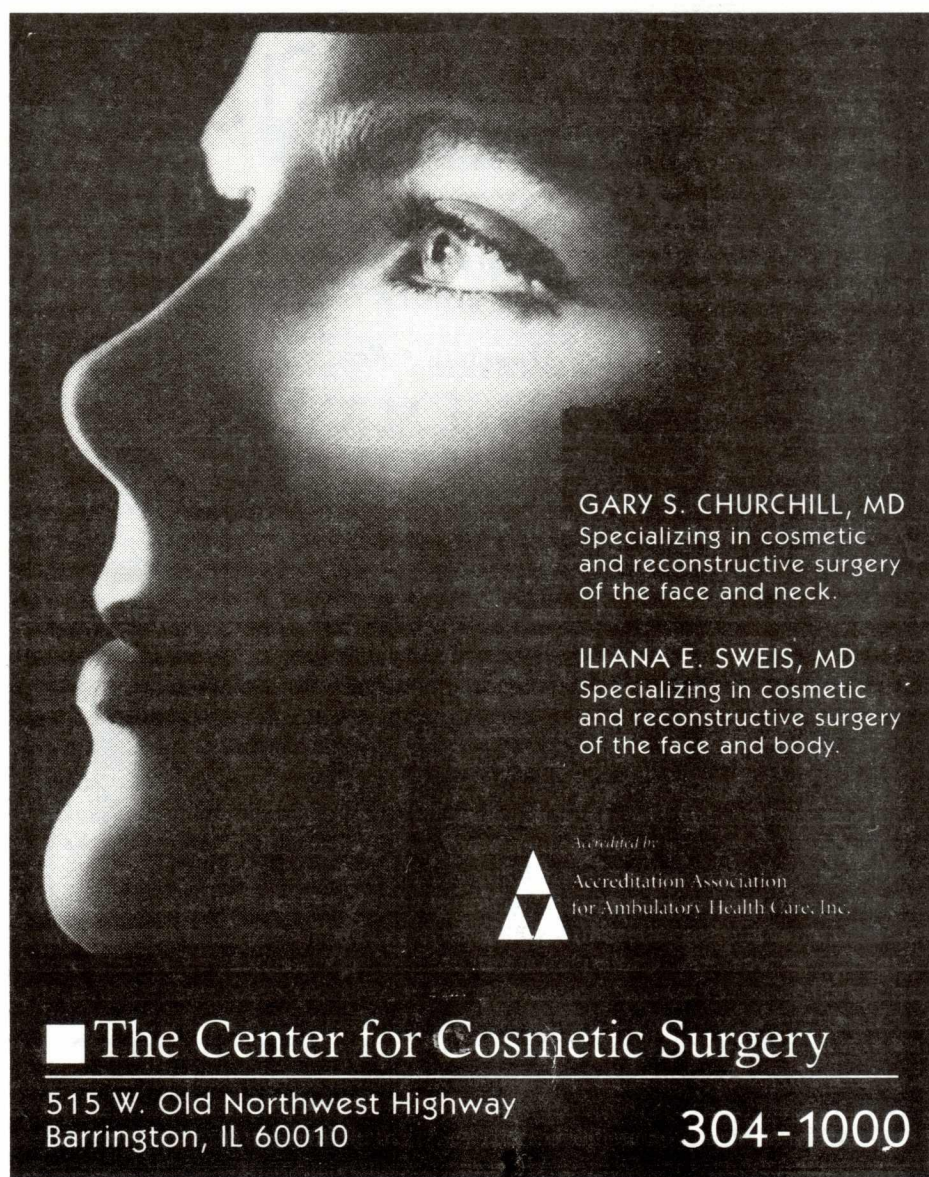
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Two Ways to Change Your Life

by Martin Nathan, M.A., C.P.C., Licensed Clinical Counselor

Short term counseling and *hypnosis* are two separate ways you can change your life. They can be used independently of each other or in conjunction with each other.

Most people don't have the time, don't wish to spend the money, and don't have the desire to enter into long term counseling programs. They have a concern about going to therapy sessions week after week for years. And worse... they fear not really getting anything out of it.

Today, *short term counseling* techniques are being used to identify the real issues, and quickly resolve them. These methods are especially useful for marriage

and family issues which seem so awful when you're in the middle of them.

This more efficient process is also effective for emotional disorders, such as depression, anxiety, panic attacks and uncontrolled anger.

And for those people who want no counseling but want to make some changes, *hypnosis* offers a safe, reliable, fast and low cost alternative. Most of the emotional issues are successfully treated with hypnosis in days rather than weeks or months.

Smoking can be treated in as little as three days. Eating habits can be altered in as few as ten to twelve brief hypnosis sessions.

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Discover what a difference it will make when you rid yourself of unwanted hair. Electrolysis is not only the solution to the problem of unacceptable hair growth, but also a convenience that will free you from the daily effort of maintaining a hair-free look.

Electrolysis is the only safe, sensible, and permanent treatment for the removal of unwanted hair. It will free you from the limitations and frustrations of temporary remedies (tweezing, waxing, bleaching,

lasers or depilatories) which only result in the regrowth of coarser and more deeply rooted hair.

Electrolysis will lift your spirits and your self confidence as the look you desire is achieved and the troublesome hair is gone forever!

Electrolysis in this office provided by a Registered Nurse, assures the client of a safe and effective treatment. Strict sterilization standards are adhered to as the requirements for sanitation and aseptic technique are strictly followed. **Absolutely! Electrolysis Salon** is located at 521 S. Main St. (Old Rand Rd.) in Wauconda. To discover what a difference it will make, call **Debbie Fritzshall R.N., C.P.E.** at **487-9020**.

Make a Commitment

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

Your number one resolution for the New Year should be to take care of yourself, emotionally, physically and spiritually. You owe this to yourself.

In this busy life we forget to take care of ourselves. We wonder why we get sick! Make a commitment for 1998 to take care of yourself.

Physically: Check in with your doctor first. Then take a good look at your diet. Start keeping a food diary for a week. At the end of the week evaluate your choices. If you are tired all the time maybe you're not getting enough protein. Protein feeds your brain cells with chemicals responsible for sharp thinking and mental quickness. Perhaps you're using sugar for quick energy instead of protein for the long haul. People are so busy counting calories that they are not getting enough protein. Do watch you're fat intake but remember you need good fat.

As you check your food diary how much junk food are you eating? Is your carbohydrate intake too high? What is your fiber intake? Are you using whole grain products and fruit? When was the

last time you took the time to sit down and really enjoy a meal?

Emotionally: Where do good feelings come from? Good mood brain chemicals are manufactured from certain foods you eat. Negative moods are a result of deficiencies in brain chemicals, whether from skipping meals or eating bad mood foods. Serotonin is responsible for regulating sleep, mood and appetite.

Carbohydrate-rich foods are partially responsible for serotonin levels. Protein foods are responsible for sharp thinking and mental quickness. Without them mental foginess and confusion can result. Endorphins are the body's natural pain killers whether emotional or physical. Eating properly as well as exercise produces endorphins. When your brain is deficient it can cause depression. Twenty to thirty minutes of brisk walking or exercise daily can do wonders. Take 15 minutes everyday to do something nice for yourself—a hot bath, read a book, or meditate. Do a "gratitude journal."

Spiritually: Be in touch with whatever your higher being is, frequently.

Oriental Carpets Subject for Collectors Group

The public is invited to attend the Barrington Woman's Club Collectors Group program on Tuesday, January 20, 1998 at the Barrington Area Library; refreshments at 12:30 p.m., program at 1:00 p.m. Admission is free.

Featured speaker is Reza Heidari, who will bring Oriental carpets to show, talking about their country of origin as well

as the cleaning and maintenance required to keep them beautiful. Mr. Heidari grew up with the making of carpets in Persia/Iran and is well-informed as to textiles, dyes and looming. He has extensive knowledge of the art and its industry, having remained in the business all his life; he is currently at the International Antique Center, Chicago.

Most drug abuse including alcohol and marijuana, can be treated successfully.

Hypnosis is for people who want to change, but lack the will power or, for some other reason, find it difficult to do what they want to do, or to stop doing what they want to stop doing. Many of the blocks preventing you from accomplishing your goals are in the unconscious part of your mind. So, while you're telling yourself that you don't want to eat the candy bar, your unconscious mind is saying, "eat

it. Go ahead, you deserve it." When you tell yourself that you're going to exercise today, your unconscious says, "you're too tired. You can start next week."

Hypnosis allows changes to be made at the unconscious level as long as the changes are what you really want. Hypnosis cannot make you do something that you don't want to do.

For more information call **Marty Nathan** at **The Northwest Institute For Rational Counseling**, (847) 934-6555.

When Should Your Child Visit the Orthodontist?

by Drs. Michael Hayward & Robert Skopek

The American Association of Orthodontists recommends that a child's first visit to an orthodontist should take place no later than age seven. This may surprise you because orthodontic treatment is usually associated with adolescence. And although orthodontists can improve your smile and bite at any age, there is usually an optimum age for treatment to begin. In fact, with some patients, early treatment achieves results that are unattainable once the face and jaws have finished growing.

It is important to note that orthodontic problems can be present behind perfectly acceptable smiles. The following early warning signs may indicate that your child should have an orthodontic examination: difficulty in chewing or biting, finger sucking, speech difficulty, early or late loss of teeth, mouth breathing, crowded or misplaced teeth, protruding teeth, biting the cheek or roof of the mouth, jaws that protrude or retrude and any facial imbalance. An orthodontic examination is advisable any time a particular problem is noted by the child's parent, family dentist



Dr. Michael Hayward



Dr. Robert Skopek

or physician.

Recognizing an orthodontic problem at an early age does not always result in early treatment, however, and early examination allows the orthodontist to determine how and when a child's particular problem should be treated to provide the greatest benefit to their appearance and oral health. **Drs. Michael Hayward and Robert Skopek** are specialists in orthodontics and can answer any further questions you may have. Their offices are in Barrington (847) 382-5588, and in Palatine (847) 359-7980.

Seattle Sutton's Healthy Eating Makes Keeping New Year's Resolutions Easy

Ask About Our "Group" and "Goal" Program

You've been putting it off—you know you haven't been eating properly, the pounds keep coming and your poor nutrition is always on your mind. Let **Seattle Sutton's Healthy Eating** help you keep your dieting resolution. Calorie controlled portions, low cholesterol, low fat and sodium controlled. Order 21 meals per week and let **Seattle Sutton** do the planning, shopping, calorie counting and cooking. Think of the convenience and time you'll save (no kitchen cleanup). All of our food is nutrition balanced over the 28-day cycle and no meal is repeated.

Possibly you do a lot of traveling: Many of **Seattle Sutton's Healthy Eating** meals are portable and many workplaces have accessible microwaves.

Maybe you're entertained often. Take along a **Seattle Sutton's Healthy Eating** meal as a hostess gift.

Possibly you live alone and don't

bother cooking properly for yourself—we're your answer.

Pick up (or have delivered for a nominal fee) your fresh—not canned, frozen or dried—meals twice weekly. We offer fresh fruit and fresh salads.

Located centrally in downtown Barrington, within walking distance from the Northwestern depot.

You're invited to our food showings in January on Mondays and Thursdays from 3:00 to 6:30 p.m. Come see the portions and the freshness. Call for exact location.

If you have several dieters in your office or in the immediate proximity of each other, inquire about our group rate.

If you have a specific number of pounds to be shed, speak to us about your weight-loss goal.

Call us at (847) 382-9040 for price and information. There is no contract to sign and we can do credit card orders.

Junior League of Chicago and DuPont Pharma to Host Free Health Seminar

The Junior League of Chicago and DuPont Pharma will offer a free seminar on women's health on Saturday, January 10, 1998 at the Barrington High School Auditorium. The event will begin at 9:30 a.m. and conclude at 12 noon.

The focus of the seminar is women's health. Two physicians will present their latest findings on woman's heart disease and breast imaging. A question and answer session will follow each presentation. Information will also be available from local health and fitness representatives.

Anyone from the public is invited to attend. To place a reservation, call 847/470-4122 or leave a message for further information.

The Junior League of Chicago and DuPont Pharma hope that you will make a resolution for a Happy Healthy New Year by attending. The health seminar is part of the Care-2-Share program: a joint project of the Barrington Area Council on Aging and the Junior League of Chicago.

For more information, call the Junior League of Chicago at 312/664-4462.

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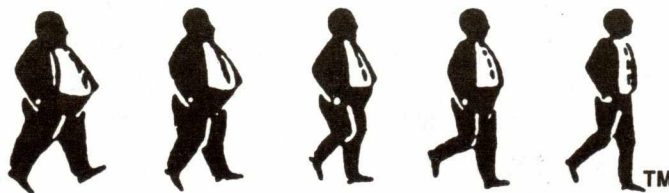
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| <input checked="" type="checkbox"/> assessing the problem | <input checked="" type="checkbox"/> collaborating on solutions |
| <input checked="" type="checkbox"/> lending clarity to the problem | <input checked="" type="checkbox"/> establishing goals |
| <input checked="" type="checkbox"/> providing education & awareness | <input checked="" type="checkbox"/> providing feedback |
| <input checked="" type="checkbox"/> offering support & objectivity | <input checked="" type="checkbox"/> consulting with schools or others |

Occasionally we all need a little help.

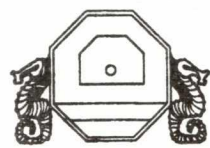
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AAUW Hosts International Issues Discussion Group

The Barrington Area Branch of the American Association of Women (AAUW) will host two Great Decisions Discussion Groups for 1998. Great Decisions is a program of weekly study and discussion of current international issues based on materials prepared by the national, nonpartisan Foreign Policy Association.

The daytime sessions will be on Tuesdays, beginning January 27, 1998, and the evening sessions will be held on Thursdays, beginning January 29, 1998, for eight consecutive weeks. Both groups will meet at the Barrington Area Library and are open to the public. A book containing the background reading material for each session is available at a cost of \$13. If you would like a copy of the book or have questions regarding Great Decisions, contact Bobbie Svacha at 847-381-3315.

The topics for the eight week program are as follows:

Week One—Special Interests: Is US Policy for Sale?

Week Two—China and the US: What Priorities in a Changing Relationship?

Week Three—Human Rights: What Role in US Policy?

Week Four—Cuba: Time to Rethink US Strategy?

Week Five—Africa's Needs: What US Role?

Week Six—Financing Development: Time for Reform?

Week Seven—Turkey: Pivotal State Astride Europe and Asia

Week Eight—Religion's Role in World Affairs: Challenges to the US

AAUW, founded in 1881, promotes equality for all women and girls, lifelong education, and positive societal change. Membership is open to anyone with a baccalaureate or higher degree. For membership information, call Caroline Sobolak at 847-639-1262.

Book Group to Discuss *Native Son*

The Barrington Area Branch of the American Association of University Women (AAUW) Evening Book Discussion Group will discuss *Native Son* by Richard Wright on January 27, 1998, at 7:30 p.m. at a member's home.

AAUW is a national organization committed to educational equity for women

and girls. The Barrington Area Branch sponsors monthly programs, hosts social activities, and is active in the Barrington community. Membership is open to anyone with a baccalaureate or higher degree from an accredited college or university. If you wish further information, call 381-4791.

Procrastination

What is procrastination? In my view it is the "fine art" of putting off doing things that you have decided need to be done and simply don't want to do and avoid them like the plague. I call it a fine art because it can evoke wonderful creativity in the individual who is procrastinating—like rationalizing convincing yourself that there are other things that should come first, ignoring the problems that are resulting by the avoidance, finding other more exciting, rewarding or gratifying ways to spend your time, taking that long needed afternoon nap, or even doing the dreaded job of cleaning closets instead of the necessary task.

Why do people engage in procrastination? Anticipation of doing the job that is either too overwhelming, frustrating or boring prevents most people from tackling the task. Thinking about it and dwelling on it produces great tension and actually doing it. Perhaps for some people it triggers stress—like paying bills or confronting someone about a touchy issue. What

by Judy Kaplan, MS

people don't recognize when they engage in the "art" is that the tension and stress created by avoiding is usually greater than the tension produced by actually doing it.

I suggest following the well-known "Nike" principle which is "just do it." When people bite the bullet and roll up their sleeves to address the matter at hand wonderful things can happen—they often feel a sense of relief, or a sense of pride and accomplishment. Perhaps they even learn more about themselves by engaging in the process or more about why they have avoided it.

If you have been struggling with procrastination, rest assured you are not alone. I have never met anyone who has not at some time or other engaged in the process of avoidance. But, if you cannot get yourself to move forward or the avoidance is causing greater problems in your life give me a call at 847-842-9365. There are some strategies that might be useful to help you engage in just doing it rather than procrastinating.

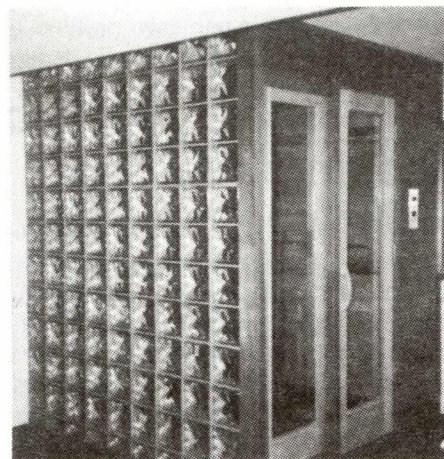
The Sauna—the Bath for Body and Soul

The sauna has been a way of life for many civilizations. The Russians, Japanese, and certainly the health-minded Scandinavians, have believed in this fantastic rejuvenating bath for over 2000 years.

The saunas soothing, dry heat relaxes tired muscles, cleanses the pores, and helps stimulate circulation. From athletes to corporate execs, everyone who wants to look and feel their best, swear by saunas.

So reward yourself with adding this daily luxury to your lifestyle. You work hard—you deserve it.

See **Swanson's Spas & Saunas** on Rand Road in Lake Zurich. Swanson's can custom design any ideas you have... glass block, glass walls and any configuration. Featured is a custom glass block cedar



sauna, perfect to complete your exercise area.

Rob Sweetgall Returns to Barrington

Back by popular demand, Rob Sweetgall, nationally recognized author, fitness walker and speaker, will present "Walking Off Weight" a free community wellness program from 7 p.m. to 8:30 p.m., Tuesday, January 13 at the Barrington High School Auditorium, 616 W. Main. The program is sponsored by Good Shepherd Hospital, Community Unit School District 220 and the Healthier Community Project of the Barrington Area.

If you've ever said, "I really need to get some exercise,"—this program is for you! Rob Sweetgall's presentation includes how walking impacts cardiovascular health, weight and stress levels; how to get motivated; how to start a personal cross-training program and how to get the most from exercise in a small amount of time.

Since 1982, Rob Sweetgall, known as the Pied Piper of American Walking, has walked across the United States seven times covering 22,000 miles of U.S. highways, stopping at schools to present motivational assemblies on walking, cardiovascular health and wellness. He is also recognized in the Guinness World Book of Records for his 10,608 mile foot journey along the U.S. perimeter between 1992-93.

He has appeared on NBC Today, CBS Morning News, Evening Magazine, and numerous television and radio talk shows. He also is the author and co-author of eight books on walking and wellness.

In his former life, Rob Sweetgall was an overweight Brooklyn boy, high school valedictorian and DuPont Chemical Engineer. Motivated largely by the death of his father (heart attack), Rob gave up cheesecake and his 11-year career at DuPont to take his message across America on foot in 1982.

This program is an initiative of the Healthy Community Project of the Barrington Area. The Health Community Project brings together individual community members, representatives of area civic groups, agencies and governments to discuss, coordinate and plan ways to improve the quality of life in the Barrington area. The Healthy Communities movement is gaining momentum throughout the United States with over 150 communities nationwide currently involved—several of which exist in the Chicago suburbs. For more information about the Healthy Community Project of the Barrington Area, contact David Chidley at 847-381-0884.

Meet the New Owner at Stitcher's Hutch

Stitcher's Hutch, specializing in needle-point canvases, threads and accessories is located on Northwest Highway in Barrington. Come in and see us in the New

Year for our inventory clearance sale the first week of January. All canvases must be sold! Enjoy a few refreshments and meet our new owner!

Art Associates to "Cruise" Up the Mississippi River



Oak Alley. Greek Revival mansion built in 1837. 250-year-old live oaks extend from house to Mississippi River.

Experience a springtime cruise up the Mississippi on Thursday, January 8, at 1 P.M. at the Barrington Library, 505 N. Northwest Highway. The Barrington Community Associates of the Art Institute of Chicago sponsors this third lecture in the Members Present Art series.

Virginia Tolk will share slides and information during the hour-long lecture. Tolk will take the audience on a tour aboard the Mississippi Queen, embarking in New Orleans and Vicksburg.

The passenger views plantation homes

along the mighty Mississippi where it is estimated that the majority of all millionaires in America lived before the Civil War. Azaleas and dogwoods enhance the antebellum mansions in Natchez as hostesses in hoop skirts exemplify the romance of the Old South.

Tolk will comment on the various styles of architecture, interiors, and clothing of this bygone era.

The lecture is free and the public is invited.

For more information, please phone Evelyn Richer at (847) 381-5349.

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!



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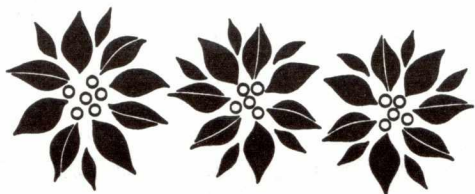
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Garden Club of Inverness Christmas Luncheon



President Laura Hoover is shown by some of the floral designs of John Powers of Arlington Flower Shoppe. The Annual Christmas Luncheon was held on December 3 at the Biltmore Country Club.



Artists and Craftsmen Invited

Artists and Craftsmen are invited to apply for participation in the Good Shepherd Hospital Auxiliary's 24th Annual Juried and Invited Exhibition, "Art in the Barn, 1998" scheduled to be held September 26 and 27 from 10:00 a.m. to 5:00 p.m. The Artists Committee has announced that the deadline for entry is April 1, 1998 and all applications should be postmarked by that date.

Acceptance into the show will be judged from quality slides that artists submit for jurying. The Jury makes the final decisions on participants. The show will feature works ranging from oil and acrylic paintings, etchings, serigraphs, photography and watercolors to jewelry, sculpture, metal work, pottery, handmade paper, batik, stained and blown glass, ceramics, woodworking, hand woven fabrics,

leather, baskets and limited edition prints.

There will be private and corporate Purchase Awards.

"Art in the Barn" is held in the barn and other rustic buildings at the Good Shepherd Hospital site, Route 22, two miles west of Highway 59, northwest of Barrington.

Fine arts and fine crafts are displayed in a farm setting, and the annual event has become a favorite family outing as well as a primary fund-raiser for the Auxiliary. Attendance of 8,000 is expected this year.

For more information and to obtain an Entry Form, artists should write to: Good Shepherd Hospital, 450 W. Hwy. 22, Art in the Barn, 1998, Barrington, IL 60010, Attn.: Artists Committee. Or call Dawn Duquaine, Artists Committee, (847) 381-0123, ext. 5104.

Young Writers Project Underway

The kickoff for the Barrington Area Arts Council's 19th Annual Young Writers Project, underwritten by First Chicago-Barrington, will begin on Tuesday, January 6, 1998. Students in grades K - 12 who reside in Barrington District 220 boundaries are invited to submit their original work of poetry, fiction, non-fiction or plays. Each manuscript will be read by qualified professionals, given a brief critique and be considered for publication in a bound booklet. Applications are available at all District schools and the BAAC Gallery, 207 Park Ave. in Barrington. Manuscripts must be received at the BAAC Gallery by 4 p.m.

on Tuesday, February 3, 1998.

Volunteers are needed to assist with this project. Needs include, sorting and coding manuscripts, preparing manuscripts for publication and planning and working at a reception for the students. If you can help in any capacity or need more information please call BAAC at 847-382-5626.

The Barrington Area Arts Council (BAAC) is a not-for-profit arts organization that supports, promotes and sustains programs in the visual, literary and performing arts. It is partially funded by a grant from the Illinois Arts Council, a state agency.



Co-chairs of the lovely holiday luncheon were Cathleen Laskov, Rose Schneider and Sharon Wagner. The excellent Floral Program was presented by John Powers and Joyce Konstantinov of Arlington Flower Shoppe.

The well attended occasion included Carolyn Grosch, Director; Adele Walker, 1st Vice President; and Charlottle Dilillo, Membership Chair. This function is a major fund-raiser of the Garden Club of Inverness, with proceeds providing horticultural scholarships as well as other charitable endeavors sanctioned by the Garden Clubs of Illinois, Inc.



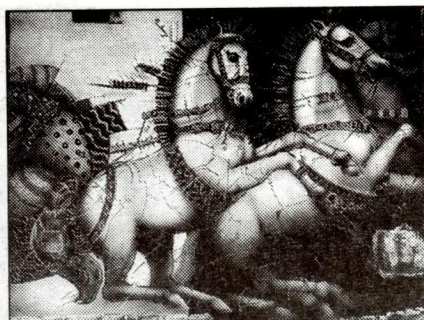
Preview of Fine Art Shows Coming to The Studio Galleries...

The Studio of Long Grove,
from February through July,
will be Featuring
the Works of...



Dancing I 48 x 36

ZHIWEI TU ...noted Chinese artist and signature member of the Oil Painters of America will exhibit his works February 14. His figurative paintings are reminiscent of Degas.



Equus I 31.5 x 41

CSABA MARKUS—This Hungarian artist has developed a classical renaissance style that has been extremely successful. His next show at The Studio is scheduled for March 28.



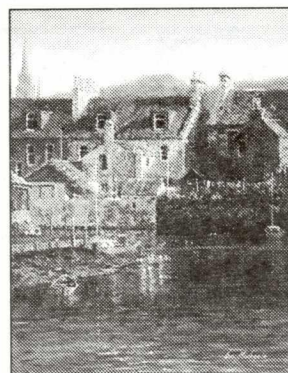
Lavender and Pink 36 x 36

SHERI MEKETA—The impressionist paintings of this longtime favorite at The Studio will be featured in an exhibit April 18.



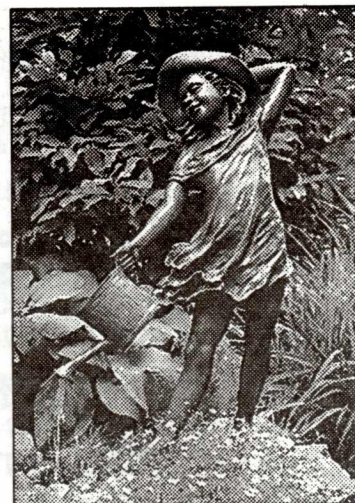
Gondola's Venice 36 x 32

ALAN WOLTON—Venice through the eyes of Wolton will be the theme for a May 18 show at the gallery.



Morning in Girvan, Scotland 27 x 21

ERIC MICHAELS ...known for his paintings that feature European subjects, is a top seller in the nation's most prestigious shows. His midyear show at The Studio will be scheduled soon.



Windy Bronze

The Sculpture Walk in July '97 was so successful that it will be much larger for July '98. The Lundeen family will be joined by a large number of other fine sculptors for this event.



Valentine Bronze
GEORGE LUNDEEN

JANUARY ATTIC SALE

at *The Studio of Long Grove*

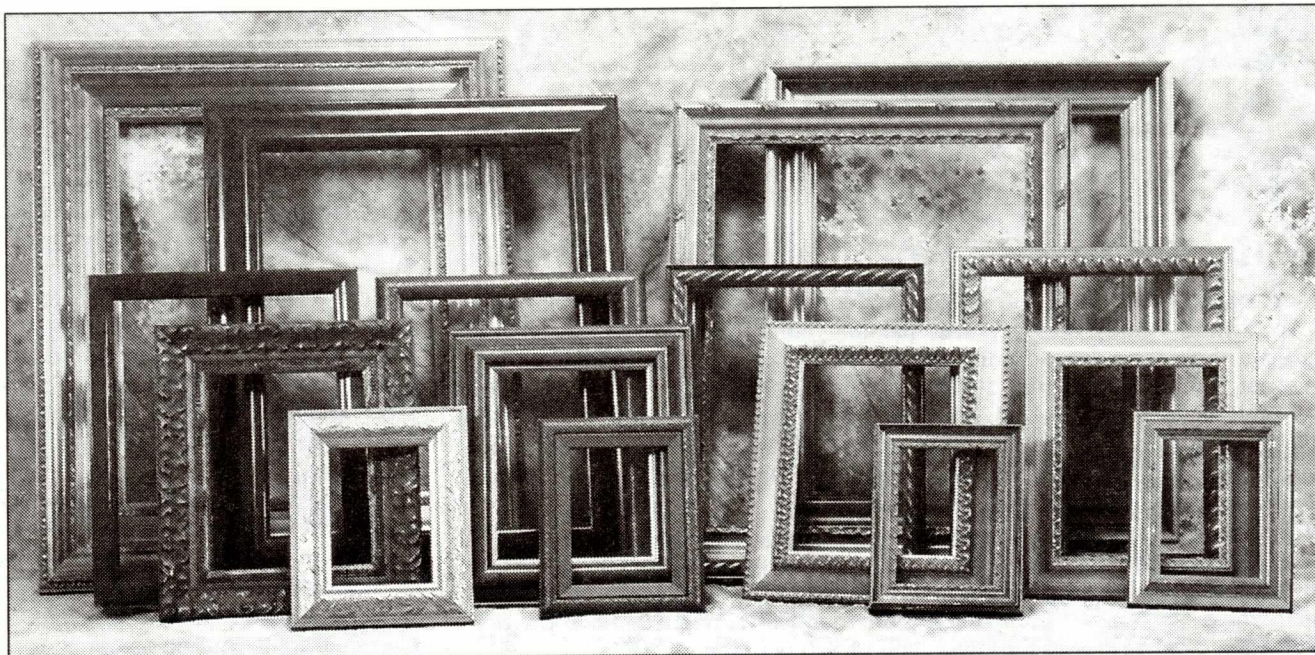
Selected Art & Frames 25% to 50% OFF

The Studio has accumulated a large number of **art works** over the past six years which will appeal to art lovers everywhere that will be specially priced for this event. **Over one-hundred beautiful Baroque frames, some with beveled glass mirrors, are available for this event.** Some distressed frames will be sold "as is" at even greater reductions.

CUSTOM FRAME SALE

During January, **your second custom frame of equal or lower value will be sold at HALF-PRICE.** The Studio is known to have the largest selection of fine quality custom frame mouldings in the Chicago area.

Certified Picture Framer, June Plantan, is available to assist with your custom framing between 10 a.m.-5 p.m., Monday through Saturday.



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Is your house feeling bare after the holidays? Warm up your home with accessories. **Sharon Prassel Interiors** has a person who specializes in arranging your existing accessories to give you a new look. It's not what you don't have that matters—it's what you do with what you do have."

If you're planning on remodeling your kitchen, bathroom or wanting to finish your basement—we can do the floor plans that will suite your family's requirements as well as help in selecting finishes that will work together.

So, do not delay and call **Sharon Prassel Interiors** at 847-381-3888 today,



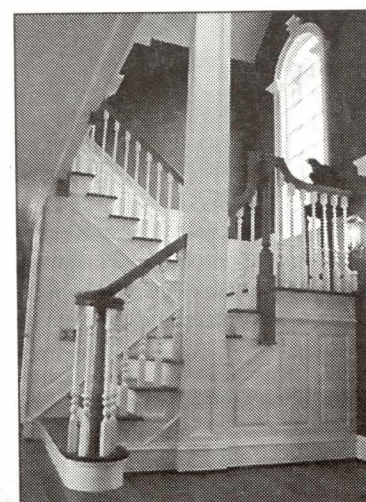
Start Your Planning Now!

Now that the holidays are over, most people begin to "Think Spring." And if those thoughts are directed towards improving your home or even building a new one, then, these next few months are an ideal time to get started. Most people think that in March or April, they will call an architect to get some ideas on remodeling or building a new home. Unfortunately, most design firms, at this time, are deluged with these types of requests from homeowners and builders. By the time the plans are finalized, permits pulled and contractors scheduled, construction is pushed back to July.

We suggest that you schedule to talk with us about your plans as soon as possible. We would then be able to get your plans done, construction bids in and permits pulled by March or early April. You would then be able to enjoy your new space for the majority of this new year and not have your Summer "under construction."

Our firm is dedicated to the intricacies of residential architecture. We specialize in the designing of spaces that meet our

client's desires as well as their budget. There is no obligation to have us meet with you to discuss your projects or to help you select your building lot. Please feel free to contact John C. Cazzetta at **Kemper Cazzetta Architects**, to arrange an appointment and to preview our extensive residential portfolio.



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A Jamboree of Fun for the Whole Family

Forest Grove Athletic Club and The Bridge Youth and Family Services are teaming up to host their second annual FamJam event, Saturday, January 17, 1998, from 5-9 p.m., at Forest Grove Athletic Club (1760 N. Hicks Rd.) in Palatine.

FamJam is an evening of food, fun and games where families and friends play together. Sponsored by country radio station US99, the event will feature games and activities geared toward cooperation and togetherness as well as kickboxing, aerobic and line-dancing classes throughout Forest Grove Athletic Club. In addition, the event will also feature a

wandering magician, parachute play, face painting, family swim and organized pool activities.

The event is part of a collaborative effort to promote individual and family wellness in the Palatine area. Proceeds benefit The Bridge Youth and Family Services, a local not-for-profit organization that offers problem-solving services and prevention programs to young people and their families. Last year's event raised more than \$2,000. Tickets are \$5 per person or \$20 per family.

For more information about FamJam, call (847) 359-7490.

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With over 15 years of experience in the flooring industry, owner Tim Murphy services the needs of residential and commercial clients in the Chicagoland area. **The Carpet Mart** offers a complete variety of quality flooring products and services at competitive prices. Whether you are in the market for carpet, area rugs, hardwood flooring, ceramic tile, sheet vinyl or discounted remnants, **The Carpet Mart** is your one-stop-shop.

We invite you to browse through our beautiful showroom, or allow a member of our friendly qualified personnel to come to your home or office to assist with your flooring selection.

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LIFESTYLES

Homes & Interior Designs Section

A Bargain Hunter's Dream...

As any seasoned bargain hunter will tell you—'tis the season to find true treasures at unbelievably low prices. With the holidays behind us, stores everywhere are trying to move their remaining winter inventory to make room for their new spring collections. And this holds true for everything from apparel to home furnishings.

Take **L & W Lamps** for example—right now you can pick an absolutely stunning solid brass "double twist" floor lamp for only \$399—that's literally half the regular retail price! In fact, every single lamp in

the entire store has been reduced—Kovacs, Frederick Cooper, Rembrandt, Hubbardton Forge, Sedgefield... all the best names in the industry, and all on sale. Even at a cursory glance, we found a number of exceptionally beautiful pieces that could be considered the proverbial "steal."

So don't wait—check out **L & W Lamps** Post Season Sale and brighten your home for those long winter evenings. Sale ends January 31. Hours: Tuesday - Friday 10 am to 6 pm, Saturday 10 am to 5 pm, closed Sundays and Mondays.

Four Seasons Garden Club

On January 6, 1998, the Four Seasons Garden Club will meet at the Barrington Area Library at 9:30 a.m. The topic will be the 1992 and 1993 national Association of Flower Arranging Societies Competitions. Speaker will be member Maureen Yates.

Special note: 150 slides of all entries of the British competition.

Call Jan Kitz at (847) 381-2841 for details. On February 3, 1998 the speaker will be Adele Kleine. Topic will be Flowers and the Artist—Inspiration and Creation.

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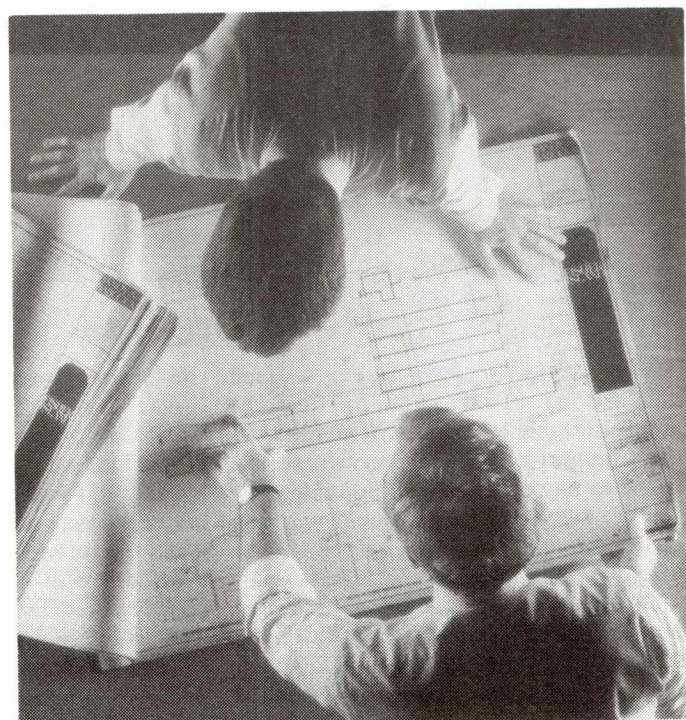
Have you been thinking about re-doing your kitchen or bath this year? Now is the perfect time to get started on your project. Our professional staff of designers will be happy to make your dream kitchen or bath a reality. To help you get started we are having a sale on our Julietta and Cardell cabinetry. Now through the end of January, we will be taking an additional **15% OFF** our very reasonable net prices of these two cabinet lines.

Julietta is an affordable European white polyester cabinet in either a high gloss or satin finish. Just perfect in the kitchen or bathroom. Cardell cabinets are a high quality stock cabinet with custom cabinet features, current stylings and come in your choice of maple, oak, or cherry. All this plus 21 day delivery time!

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one of our designers. We're open 10:00am - 6:00pm Monday through Wednesday and Friday, 10:00am - 8:00pm Thursday and 10:00am - 4:00pm on Saturdays.

P.S. There is a price increase on Cardell as of February 1.



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