

September 1998

LIFESTYLESTM

NEWS MAGAZINE

barrington



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**Beauty, Health
& Fitness**

**Local Soap Opera Star
to Appear in *Love Letters***

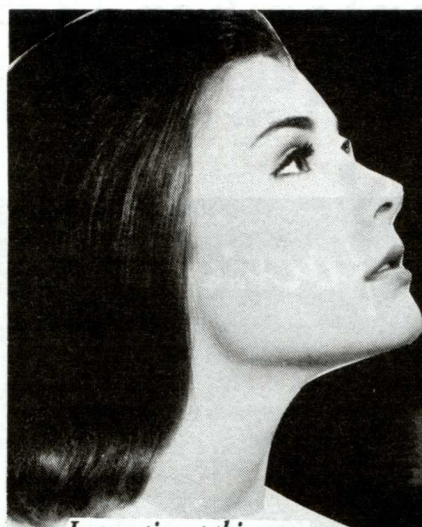
**"Doorways Through the
Decades" BAHS Housewalk**

**Barrington Community Comes
Together for Safety Town**

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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.

Clear Reflections has provided 22 years of service at the same location.

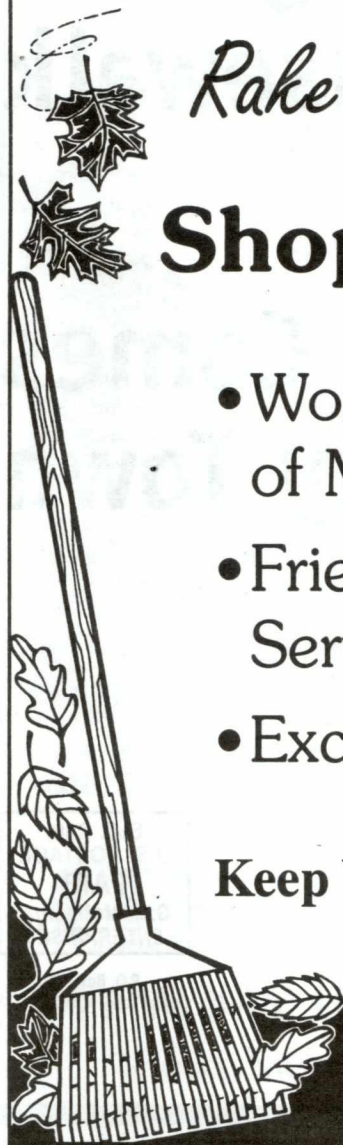
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NEWS MAGAZINE

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Editor's Ink

September, 1998

Dear Reader,

An event so many of us look forward to each year is "Doorways Through the Decades," Barrington Area Historical Society's annual housewalk. This year, the event takes place on Sunday, September 20 and promises to be better than ever. Two of the homes on the tour were built in the 1800's, reflecting the Barrington lifestyle back then. Another home was actually a working barn converted to a charming home filled with family heirlooms. And, another of the five homes on tour is an open, contemporary home filled with treasures from the travels the owners have taken. The event is not to be missed.

Real live soap opera stars will be coming to Barrington to appear in A.R. Gurney's *Love Letters* on September 25 and 26. Colleen Zenk Pinter, (Barbara, *As the World Turns*) and her husband Mark Pinter, (Grant, *Another World*) will give this benefit performance at the Richard C. Johnson Auditorium. The performance will benefit the Barrington Children's Choir and the Fine Arts Boosters of Barrington High School. Colleen was born and raised in Barrington and is thrilled to be able to return to the stage where she began her acting career.

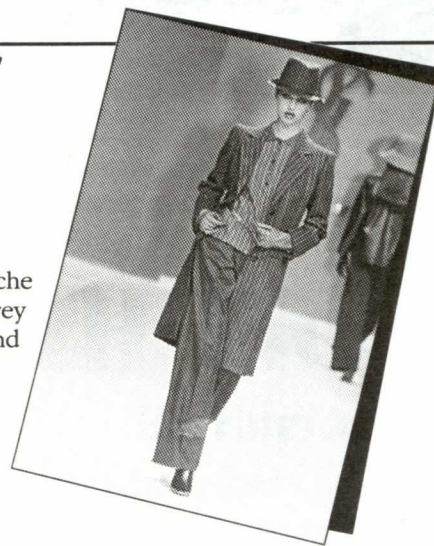
Until next time, may all your thoughts be sunny.

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



About Our Cover

From the Yves Saint Laurent Rive Gauche Autumn-Winter 1998/99 Collection. Grey flannel chalk striped coat, knitted top and trousers.



BAHS's Annual Housewalk "Doorways Through the Decades"

The Barrington Area Historical Society's annual housewalk, "Doorways Through the Decades" will be held on Sunday, September 20 from 10 AM to 4 PM. This year, five lovely homes from the Barrington countryside will be on the tour, each depicting a different style of architecture during one of the decades in the area's history.

Each of the five homes has a distinct and interesting history. Several of the homes have been modified over the years to accommodate a more contemporary life-style. Each change or modification has added not only a little more history to each of the homes but also more charm.

The first home on the walk was originally a working barn. In the early 1960s, it was converted into a home by the family who owned it. Windows from the kitchen and dining room look into a beautifully landscaped garden. To add even more nostalgia to the home, it is peppered with wonderful family heirlooms that have been handed down through the years from one generation to the next.

Another of the homes on the tour actually predates the settlement in the Midwest although it was only built in the 1920s. This magnificent structure is a result of three homes from Massachusetts that were dismantled, packed on railroad cars and transported to Barrington where the three houses were reconstructed on this 50-acre estate. Each became a wing of the new house: the center dates from 1699 and is the oldest part of the home; the east wing dates from 1720; and the west wing from 1805. Most of the doors and many of the windows are original to the three homes and the doors and windows open onto lovely gardens that display the owners' collection of superb bronze sculptures.

Two of the homes on the tour were built in the 1800s and reflect the typical agrarian life-style that existed in Barrington at that time. The first farmhouse dates from 1884 and has had two additions to the original house that not only expanded but opened up the home. The current owners who previously lived in Maine have incorporated many New England features, one being an ice box brought with them and installed in the kitchen where it is now used to display a china collection.

The second farmhouse also dates from the 1800s and has gone through several renovations in its history. Seen from the



Connie Blomquist and Sheri Wybel, cochairmen of the BAHS's Housewalk, finalize plans.

road is this home's stunning facade complete with white, two-story columns leading into a gracious entryway. Large ceiling to floor windows have been added at the back of the home which overlook an expansive lawn that flows into a natural wetland at the back of the property. An outbuilding on the site that is nestled into a wooded area has been converted into a spacious guest house which doubles as an office.

The fifth home on the tour is a wonderful open contemporary built in the 1980s and furnished with pieces the owners have collected on their many travels in foreign countries. Their collection includes rugs from the Himalayas, puppets from Thailand, primitive masks from Africa, antiques from France and even a folk table from Russia. Each room in this quaint home reverberates with the exotic flair of furniture and accessories from far away places. And just as interesting is the outside of the home surrounded by upper and lower decks that look through tall trees at the nearby Fox River.

The annual housewalk has always been noted for its interesting boutique which offers unique home accessories for discriminating buyers. During the tour this year, there will be boutiques at three of the homes, with one offering quality gifts chosen from the Historical Society's Museum Store. Light refreshments will be served at two of the homes on the walk.

Tickets, \$20 if purchased in advance, are being sold at either the Historical Society located at 212 West Main Street in Barrington or at Ambrosia Patisserie located at 710 West Northwest Highway in Barrington. Tickets may also be purchased the day of the event at Ambrosia Patisserie for \$23. For more information about the housewalk, call the Barrington Area Historical Society's hotline at 847-381-6855.

BAAC Hosts 12th Annual Gallery Walk

On September 11 and 12, the Barrington Area Arts Council (BAAC) will sponsor Gallery Walk '98. Joining the BAAC Gallery and the BAAC Gallery at the Library are seven Barrington area galleries and establishments that house art exhibits. Bright blue balloons will identify the participants, which include BAAC Gallery, BAAC Gallery at the Library, Clair E. Smith Art Gallery, Barrington Library Sculpture Garden, Chesterfield Galleries, Childhede Gallery, Finn's Fabrics by Dyllis Fabrics, The Graphic Source and Kaleidoscope Gallery and School of Art.

The Walk begins Friday evening at 6 PM and ends at 9 PM. Visitors can enjoy refreshments at most locations, as well as a variety of musical entertainment. On Saturday, the Walk will continue during regular business hours (hours may vary at each gallery). Attendees who visit all participating galleries will be eligible to enter a prize drawing by having their gallery invitation validated at each location.

Join all of Barrington for BAAC's 12th Annual Gallery Walk. For more information, please call the BAAC Gallery at 847-382-5626.

Soap Opera Stars to Appear in *Love Letters*



Colleen Zenk Pinter (Barbara, "As the World Turns") and husband Mark Pinter (Grant, "Another World") will give a benefit performance of *Love Letters* in Barrington on September 25 and 26.

Soap opera stars Colleen Zenk Pinter (Barbara, "As the World Turns") and Mark Pinter (Grant, "Another World") will be performing a benefit performance of *Love Letters* on Friday, September 25 and Saturday, September 26 at 7:30 PM at the Richard C. Johnson Auditorium in Barrington High School located at 616 W. Main St. in Barrington.

A champagne and dessert reception with the performers, to be held at a separate location, will follow the performance on Friday.

Written by A.R. Gurney, the play is about the lifelong correspondence between two star-crossed lovers.

Colleen, born and raised in Barrington and a Barrington High School alum, is thrilled to be able to return to the stage upon which she began her acting career. Both she and Mark are especially excited

to have this first-time opportunity to perform together locally for Colleen's family and many old friends in the area.

Show tickets are \$25 for adults and \$10 for students and seniors. Limited reception tickets are \$20 and can only be purchased with a show ticket. Tickets are available by calling the box office at 847-842-6500 beginning September 1.

The performances benefit both the Barrington Children's Choir and the Fine Arts Boosters of Barrington High School.

This will be the first performance Colleen has done in her hometown in more than 20 years. Her hobbies include interior design, 18th and 19th century antiques and gardening. Mark's interests include skiing, golfing and gardening.

Colleen and Mark are the parents of a blended family of six—four girls and two boys—and live in Connecticut.

For more information, contact Nancy Hohfeler at 312-782-4311.

Celebrate Explorers "of Mind and Space"

Join Astronaut James Lovell and The Brain Research Foundation at "Celebrating Explorers of Mind and Space," a dinner and dance celebration to benefit The Brain Research Foundation. The gala benefit will be held on Saturday, September 12, 1998 beginning at 6:30 PM at the Chicago Museum of Science and Industry.

A 1999 ML320 SUV Mercedes Benz, donated by the Chicagoland Mercedes-Benz Dealer Group, will be the grand prize to benefit children's research and treatment at the University of Chicago Brain Research Institute.

Guests will enjoy a reception in the Henry Crown Space Center touring the

Apollo 8 Capsule and viewing space artifacts from the lunar landing model and mission control. Dinner and dancing will be in the Museum's Grand Rotunda. The medical exhibits, including the Brain exhibit, will be open to guests as well as the 727 airplane.

The Brain Research Foundation, an affiliate of the University of Chicago, is dedicated to supporting basic research and knowledge concerning the human brain and the prevention, correct diagnosis, effective treatment and cure of brain disorders.

For more information, contact Nancy Hohfeler at 312-782-4311.

Barrington LIFESTYLES September 1998 3

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There's a new school of thought that says kids
shouldn't have to sacrifice quality, technology, durability
and fit for a stylish pair of shoes. Or vice versa.

Give them the best.™

Tootsies

A Shop for Women's and Children's Shoes and Accessories

107 E. Main Street
Barrington

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Hours: Tues-Sat 9:30-5:30
Thursday till 8

Tootsies—Barrington's Newest Exciting Retail Store



Nick and Patty Fletcher, owners of **Tootsies** (Barrington's newest retail store), are pictured with their youngest grandchild Samuel. They moved to Barrington three years ago from Dallas while still in the wholesale shoe business. Nick has 20 years experience in retail and 16 years experience in the wholesale shoe business. He ran shoe stores in Dallas with the same focus on women's and children's shoes. Patty is an executive with Sears at the Hoffman Estates Headquarters.

Tootsies is a shop for women's and children's shoes and accessories that are designed for today's lifestyle with the quality and value you deserve. The ser-

vice and atmosphere are upscale yet warm and friendly. The store has a "Martha Stewart" feel, very light and airy. **Tootsies** is the newest Stride Rite Dealer in the area, and also carries Jumping Jacks, Elefantien, Nine West Kids, Kenneth Cole Kids and Airwalk.

In women's, **Tootsies** carries Cole Haan, Ecco, Donald Pliner, Mephisto, Andre Assous, Van Eli, Sesto Meucci, Enzo, Me Icci, Aqua Italia, Clarks, Born, and Adriene Vittandini.

Teen favorites are Dr. Marten, Steve Madden, Chinese Laundry and DKNY.

The store is open Tuesday through Saturday 9:30 am-5:30 pm. Thursday till 8:00 pm.

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Sophistication
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Britain. Its influence is felt warm and relaxed on the shoulders of today's gentlemen, those discerning enough to carry British tradition with them in this, the New World. For the standards of Austin Reed cast a long, fine and unimpeachable shadow across all pretenders of English haberdashery. A true gentleman's search for authentic refinement, style and grace ends here—a collection of tweeds and window-pane checks meticulously woven into sportcoats as well as luxuriously handsome wools crafted into suits of the most polished silhouettes. Indeed, Austin Reed is an inspired tribute to the old world elegance of Great Britain., suitable for your active life. The Austin Reed Fall Collection features a level of sophisticated elegance appropriate for all occasions. The classic yet modern silhouette instills a feeling of confidence. Suits, sportcoats and slacks are comfortably tailored from the finest fabrics. Austin Reed. Consistently a proven winner.

Austin Reed is available at **Chuck Hines** on Main Street in downtown Barrington.

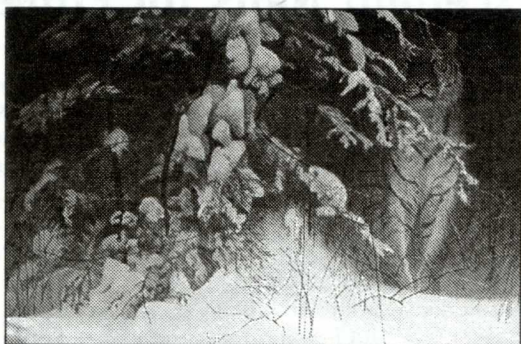
Art Gallery is Always in Season

It may be September, but it's "Still Summer" at **Woodland Art Gallery** where this month the spotlight is on the incredible collection of limited edition serigraphs and giclées by Pinó once again. A must-see for all, the latest work to be featured from the newly acquired collection by this celebrated master, entitled *Still Summer*, is created with tiny sprayed color droplets then further enhanced using oils so that each individual work is unique to the edition. Very Monet-ish, the work depicts two women with a parasol.

Woodland Art Gallery invites you to see the entire collection of this artist's outstanding limited edition serigraphs and giclées and to continue to watch for the arrival of Pinó originals.

The Gallery is also pleased to announce a time limited release from Robert Bateman. To benefit conservation efforts worldwide, September 30 is the final date to order *Siberian Night*. In true Bateman style, this powerful work of a Siberian Tiger at night needs no description.

Woodland Art Gallery has received much acclaim for its outstanding collection of limited edition prints by Bateman, the world's most collected and sought-after wildlife artist. Gallery owner Scott Teasdale is an authority on works by Bateman and would be pleased to assist



Siberian Night by Robert Bateman

©1998 Robert Bateman

you in your collection, whether it's a new release or locating a sold-out work on the secondary market.

Whatever the occasion, whatever your interest, whatever your home or office decor may be, **Woodland Art Gallery and Frame Shoppe** has the perfect complement in a limited edition print.

Woodland Art Gallery and Frame Shoppe invites you to spend a moment enjoying all the wall-to-wall pleasures that await you by stopping by Monday through Friday from 9 AM to 5 PM, Saturday until 3 PM. The gallery is located at 71-B East Woodstock Street in downtown Crystal Lake and also specializes in museum mounting and custom framing under the direction of master framer and owner Teasdale. The gallery can also ship your art anywhere. For information, call **815-459-0460**.

Meet Catherine Zedan Grand!

by Gary S. Churchill, MD

The Plastic Surgery & Laser Center is proud to announce that Catherine Zedan Grandi has become the first accredited Medical Aesthetician in the state of Illinois. She has been with the Center for the last five years and has continued to educate herself and research this new and growing field. She has studied both in the United States and Europe and just returned from a nine-day course in Texas at the first college affiliated accredited medical aesthetics program in the country.

If you have a desire to improve the health and aesthetics of your face and skin, Catherine Zedan Grandi is definitely the person to talk to.

"The primary goal with my patients is very simple and yet very impactful. First, we engage each other in a conversation of how to improve your skin's health and beauty. It's private, discreet and personalized. Then, based upon the specific goals and outcomes that you would like, I perform a detailed assessment of your skin's health and then follow through with specifically tailored clinical treatments and an on-going skin care program."

"My feeling and personal experience is that beautiful, vibrantly healthy skin—the kind of skin that people admire, the kind of skin that has that healthy youthful glow—requires daily attention, personalized education and sound clinical advice and direction. I am told that my patients appreciate that from me immensely."

As an accredited Medical Aesthetician, Catherine has the resources, technologies and procedural expertise at her disposal to address almost any condition and treatment of the skin from a clinical/aesthetic



Gary Churchill, MD



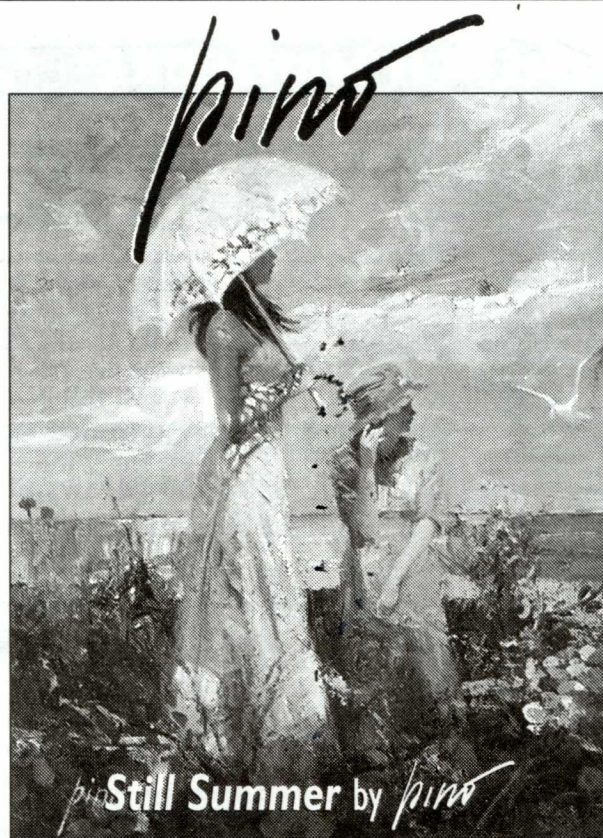
Iliana Sweis, MD

perspective. She's been certified in chemical exfoliation peels, (which focus on rejuvenation of the skin, acneic skin and hyperpigmented skin), camouflage makeup as a permanent dermal technician (otherwise known as permanent cosmetics) and in EpiLight hair removal. So, depending upon the desires of her patient, she can apply the appropriate procedure or treatment be it unwanted hair, clearer, smoother, even-toned skin or the highlighting of facial features.

Although she stresses the importance of her continuing education and research, her active participation in several associations and her expertise and experience in a variety of modalities, upon meeting Catherine you definitely get the impression that she enjoys making a difference in people's lives. In fact, one could say she is very passionate about it.

"One of the most important things I have learned and love is that I get to really connect with people I help. I truly find it fulfilling. We usually become good friends in the process because I can afford to take the time to understand my patients... their needs, desires

(Please continue on page 51)



©1998 Pinó

See the complete collection of limited edition serigraphs and giclées by Pinó, hand signed by the artist and numbered. Originals arriving soon!



WOODLAND ART GALLERY and Frame Shoppe

Est. 1980 • 71-B East Woodstock Street, Downtown Crystal Lake


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Monday-Friday 9-5; Saturday 9-3

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Welcome to **Excellent Nails**, Barrington's complete professional nail care salon, located at 642 S. Northwest Highway.

Excellent Nails offers quality service in acrylic nails, sculptured nails, gel nails, china silk wraps, fiberglass, manicures, pedicures, air brush designs, fill-ins and nail jewelry.

Excellent Nails has more than 500 colors to choose from, including new China Glaze colors. OPI nail products and natural nail treatments including OPI Nail Envy, Nailtiques and Calcium Shield are

also available.

In a hurry? Manicures and pedicures can be done at the same time.

Quality, fast service and low prices are what you can expect at **Excellent Nails**. Sterilized equipment is always used. Gift certificates are available, and walk-ins are always welcome.

See the **Excellent Nails** ad for great savings on nail care during the month of September. We're open seven days a week from 9 AM to 8 PM, 11 AM to 5 PM on Sundays.



Shopping at Little Munchkins is a Grandmother's Dream

In appreciation of all grandmothers for Grandparents Day, you'll receive **10% OFF** all clothing at **Little Munchkins**! (Be sure to take in the ad!)

In addition to beautiful clothing for sizes preemie to four toddler, **Little Munchkins** also carries the exquisite, upscale Ragazzi furniture: twin beds, bunk beds, dressers, cribs and bedding, along with the latest in cradles and strollers.

Why not select a cuddly teddy bear or other plush toy for that little grandchild? **Little Munchkins** has lots to choose



from! **Little Munchkins**, located at 200 North Hough Street in downtown Barrington, is now open Sundays between noon and 3 PM for your shopping convenience.



Russ Bears
from the Past

In Appreciation of
All Grandmothers for
Grandparents Day
Get **10% OFF** All Clothing

Bring in Ad

\$4.00 OFF Any Purchase Of
\$20.00 Or More
Not Valid With Other Sales • Present Coupon At Time Of Order
1 Coupon Per Purchase Per Customer • Expires 9/30/98

LITTLE MUNCHKINS
"Shopping at Little Munchkins
is a Grandmother's Dream"

200 North Hough Street • Barrington • 381-3960

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But soon it will be frightful!
So now 's the time to go...
Card shopping before the SNOW!!!*

Little Shop of Papers
is offering their annual Holiday Special!
15% Savings
on all personalized Christmas card orders
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You are cordially invited...

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an outstanding selection
of party invitations!

Halloween, Thanksgiving,
Italian or Mexican theme parties
—just to name a few! Do your
own Fill-in invitations, or
let **Little Shop of Papers**
print them for you. Bring
in your party details and
their experienced staff
will create an invitation
you'll be proud to send!

R.S.V.P. To **847-382-7733**

"Ancient West Mexico" Slide/Lecture

On September 10, the Barrington Community Associates of the Art Institute of Chicago kicks off a year which offers a record number of activities for Associates Members. Members, guests and interested persons are invited to the membership tea at 1 PM at the Presbyterian Church of Barrington located at 6 Brinker Road where Clare Kunny will give a slide-lecture on "Ancient West Mexico."

Kunny is a lecturer with the Art Institute's Department of Museum Education. She holds an MA in Art History from the University of Chicago with a specialization in Hispanic art and culture. She is currently working on her doctorate at the University of Chicago, specializing in colonial Mexico.

"Ancient West Mexico" will be a helpful introduction to the exhibit of the same name which will be installed at the Art Institute from September 5 to November 22.

Ancient West Mexico, a region of mountains and basins between the canyon of Rio Santiago and the Pacific coast, has long been considered a comparatively underdeveloped region of the middle American Continent. Now, however, West Mexico is emerging as a rich archeological area where complex societies evolved between 200 BC and 700 AD. The people of this region commemorated their family lineages and passed on their beliefs with earthenware figures and vessels buried deep with shaft tombs. Governed by the forces of nature and cosmic rhythms, the oneness with nature is depicted in scenes of harvest festivals and ritual sports.



Seated "Storyteller" figure, c. 100 BC-200 AD, Earthenware. Mexico, Jalisco, Ameca style. Art Institute of Chicago.

The exuberant celebration of life and the abstract simplicity of the forms of West Mexican art inspired 20th century artists Diego Rivera, Frido Kahlo and Henry Moore.

The Barrington Associates is open to all men and women living in the Northwest suburbs. It is one of 15 Associates groups in the Chicago area. Membership dues of \$60 includes a family membership to the Art Institute.

For more information or to join the Associates, please phone Membership Chair Pat Fein at 847-382-5953.

Peter Daniel, a Barrington tradition for fine apparel, celebrates its 25th Anniversary with spectacular savings, exciting Trunk Shows and fabulous Giveaways as a special "thank you" to its valued customers.

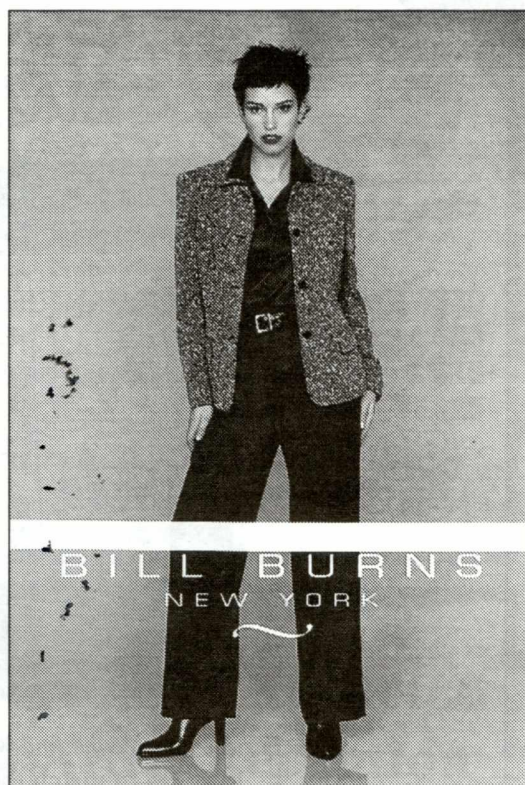
The month-long Anniversary Sale and Celebration is a must for everyone searching for this season's essential wardrobe pieces... knits, long slim skirts, easy jackets and pants and gorgeous chenilles. The ladies' department will feature five Trunk Shows this month. Bill Burns, McKenna, J.S.S. Knits, Bushwacker suede and Brighton belts and accessories. (See ad for dates and details). The men's department has exceptional values on dress shirts, sportswear, slacks, suits, sportcoats and outerwear. And don't miss the customized suiting separates Trunk Show for men, September 10-19.

Join the festivities, take advantage of the savings and register to win men's and ladies' apparel during **Peter Daniel's** weekly prizes.

Moving Update—Work on our new first floor location is moving along at a steady pace. We are hoping to move in early October. We will have 'business as usual' upstairs until our new space is ready.

We look forward to seeing you during our Anniversary Sale Celebration!

Peter Daniel is located on the second floor of the Ice House and is open 7 days a week for your shopping convenience.



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A BARRINGTON TRADITION
apparel for men and woman

TRUNK SHOWS

MENS:

SEPTEMBER 10 - 19 Men's Suits from an extensive collection of **customized separates**. Jacket sizes from 37 to 52 (short to extra long) trouser sizes from 31 to 48

LADIES:

SEPTEMBER 23 - 28 Save 10% on **Bushwacker Suede** Jackets, vests, skirts, slacks and shorts. Register to WIN a suede piece of your choice (with a purchase).

SEPTEMBER 23 **Bill Burns** Representative, Randi Hussey will be here to show you how to bridge day to evening separates from the Bill Burns collection. Stop by to receive a free gift compliments of Bill Burns.

SEPTEMBER 23 - 24 **McKenna** Unstructured jackets and coats in soft wools in vibrant jewel colors.

OCTOBER 1 - 2 **J.S.S. Knits** custom made knits collection day to evening. Available in 30 different colors

OCTOBER 1 - 2 **Brighton Leather** accessories including belts, wallets, purses and silver jewelry.

REGISTER TO WIN MEN AND LADIES APPAREL DURING OUR WEEKLY DRAWINGS THROUGHOUT OUR 25TH ANNIVERSARY SALE.

\$100
off the purchase of any suit
\$125
off the purchase of additional suits
COUPON VALID THROUGH 10/4/98
NOT VALID WITH ANY OTHER OFFER

20% off
on purchase of two or more pieces of men's sportswear
COUPON VALID THROUGH 10/4/98
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\$50
off the purchase of any men's sportcoat
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20% off
selected ladies sportswear collections
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\$50
off all raincoats and topcoats
COUPON VALID THROUGH 10/4/98
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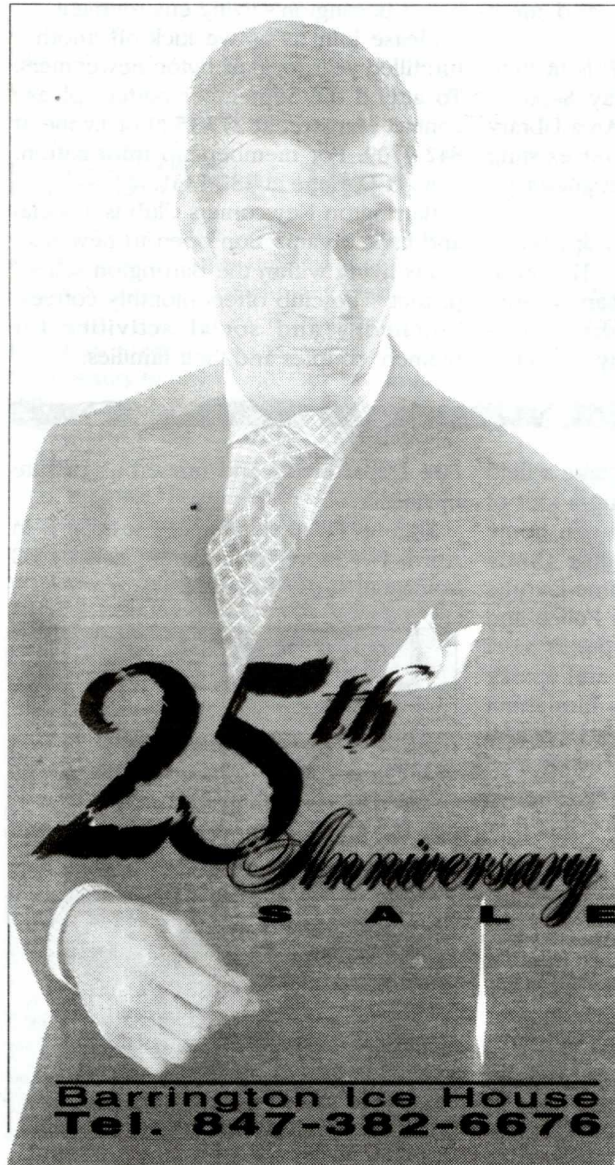
20% off
selected dresses & evening wear
COUPON VALID THROUGH 10/4/98
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\$25
off all men's dress slacks
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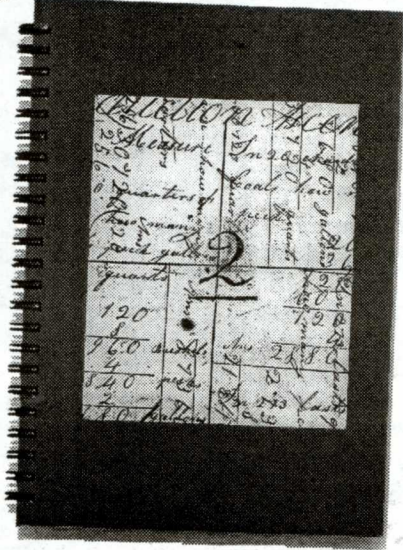
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Journals



For the people who find writing a way of life.
In styles to match their personality!

... a store for memories
CLIX
photographs & savables, inc.

30 N. Williams Street • Brink Street Market
Downtown Crystal Lake • 815.455.1092

Barrington Community Comes Together for Safety Town



Jim Feit—"Fireman Jim"—has been talking to Safety Town Kids about fire safety for over 20 years. Kids take a look at the 1928 fire truck on display.

Approximately 300 enthusiastic children participated in two sessions of Safety Town this summer. This 20-hour course (2 hours a day for 2 weeks) is now held every year at the permanent miniature town at JFK Health World, which was completed in August 1997. Safety Town is an early childhood safety educational program designed to introduce all types of safety conditions to children ages 4, 5 and 6. During the course, children learn safety behavior through role-playing in simulated and actual life situations under the guidance of Site Director Leslie Rhyner and Assistant Director Allison Ferguson for session one, and Site Director Cindy Scariano

and Assistant Director Megan Zaremba for session two. These ladies also have the help of over 100 volunteers in the 6th, 7th and 8th grade, who act as team leaders.

Each day is a new and exciting experience for the kids. They learn motorist and pedestrian safety rules of the road by biking and walking through the well-planned streets of Safety Town. Visits are made by volunteers from Good Shepherd Hospital to teach the children about poison and drug safety. Volunteers from Commonwealth Edison visit to talk about electricity safety. And Barrington Police Department's Roy Watson—"Officer Friendly"—talks about stranger danger. Pool, Bus and Park

Journals Too!

Oprah says "Be grateful." And, if you're reallllly grateful, you'll write it down in a journal. Few could argue with her sentiment, but where do you start? And how?

Here are a few ideas that might help.

1. Think of small things that made your day more pleasant: fresh corn on the cob, a breeze blowing through an open window, having a laugh with a friend or a big wet kiss from your pet.

2. Write every day. Get in the habit of noting the special moments throughout the day that you want to record in your journal. It will help focus your attention on good news.

3. Reach for the positive side of things. Perhaps your ailing mother was able to sleep through the night for a change. Maybe there's a few extra dollars for an ice cream treat for the family. Or, is it possible that your son will actually like his teacher this year? Watch for those moments in your world and jot them down.

4. Find a journal and a pen that you enjoy holding and touching. Choose one that give you the right "feel" and that you're comfortable using.

This is where we come in.

At **CLIX Photographs & Savables**, we have a large variety of journals which can suit the purposes and memories of nearly everyone.

• Formal—For those looking for an el-

egant, leather bound book from the finest Italian craftsmen, **CLIX** has a number of choices.

• Informal—Lined or unlined, chunky and spiral bound or thin and pocket-sized, **CLIX** can match you up.

• Artsy—We have covers of handmade papers faced with flower petals or dipped in flowing inks; plain or embossed with a space for a photo; or maybe you'd like to create your own book. **CLIX** has all the parts.

• Special Occasion—Is a baby, wedding or special trip on the horizon? **CLIX** has several selections designed for just such events.

• Combination: Journal and scrapbook—Maybe you like to add drawings to the words? Maybe you want to glue in maps, postcards and photographs too? Design it yourself. At **CLIX**, we salute the creative spirit and do what we can to help. (Call for our class schedule.)

Journaling is a skill, an art and a gift you give yourself because it not only preserves your memories for tomorrow, it also makes you aware of your treasures today. It can even change your life; just ask Oprah. She seems to have a pretty good grip on things and we want to follow her example. Come join us at **CLIX Photographs & Savables** and we'll get you started.

New to Barrington?

Have you recently moved to the Barrington area and wondered how to learn more about the community and meet other new residents?

Barrington Newcomers Club is hosting a morning coffee on Wednesday, September 9, 1998 at the Barrington Area Library at 9:30 AM. New residents and existing Newcomers members and their guests are welcome to attend.

The program features two speakers. Lynn Zydek of the Barrington Historical Society will address the history and culture of Barrington. And Sylvia Boeder, a member off the healthier community project of

the Barrington area, will enlighten us with the efforts underway to maintain and improve Barrington's living environment.

Please join us as we kick-off another fun filled year for Barrington newcomers. To attend the September coffee, please contact Margaret at 277-1520 or Lynne at 842-9709. For membership information, contact Darlene at 382-1331.

Barrington Newcomers Club is a social and civic organization open to new residents living within the Barrington school district. The club offers monthly coffees, luncheons and social activities for women, couples and their families.

Safety are learned when they take a field trip to Langendorf Park. During a tour of JFK Health World, the kids learn home and train safety. Site Director Cindy Scariano admits the kids' all-time favorite field trip is to the Barrington Police and Fire Department where they get to meet Officer Friendly, Fireman Jim and Sparky the mascot. The kids watch a film about fire safety, tour the departments (including the jail cells) and see the inside of a fire truck and police car. On the last day, the parents are invited to Safety Town to celebrate on graduation day.

Safety Town has been operated by the Barrington Junior Women's Club, a non-profit organization, for more than 20 years and is affiliated and certified by the National Safety Town Center in Cleveland, OH. Locally, its value is recognized by the Village of Barrington, the elementary school PTO, the Barrington Police and

On the field trip to the Police Station, these kids goof around on the inside of the jail cell.

Fire Departments and numerous private businesses.

Sign-up for next summer's session is in April. For more information, call BJWC Voicemail at 847-622-3838.



Premier Nail Salon Moves to Larger Location

Nails by Maria & Daughter, one of the premier nail salons in the area, is expanding, moving to a larger location at 415 N. Hough St. in Barrington. Established in Barrington 12 years ago, **Nails by Maria & Daughter** has grown to meet our clients' needs.

Our highly trained staff of licensed nail technicians and our comfortable new surroundings are part of our commitment to our family of clients. Utilizing "state-of-the-art" equipment and techniques along with the experience and caring of our staff, we guarantee consistency and quality for our clients at all times. Operating only as a full service nail salon allows our staff to concentrate on our clients' specific needs.

Nails by Maria & Daughter offers a full line of services including: Full Sets of

Artificial Nails, Fill-Ins, Hot Paraffin Wax Manicures, Hot Creme Manicures, Regular Water Manicures and popular French Manicures. And **Nails by Maria & Daughter** specializes in "nail-biters." So come in and relax in one of our European Spa Pedicure chairs, enjoying either a Full Pedicure or a luxurious Spa Pedicure.

Nails by Maria & Daughter is open seven days a week to serve our clients' busy schedules. Gift certificates are available and we welcome male clients for both manicures and pedicures.

Please take a glance at the **Nails by Maria & Daughter** ad for great savings on services during the month of September. Come join the family of satisfied clients who relax, enjoy, and allow us to pamper them at **Nails by Maria & Daughter**.

Chesterfield Glass Galleries Hosts Artist Reception

Peter Patterson will be the featured guest artist on Friday, September 11 from 5:30 to 8:30 PM at **Chesterfield Glass Galleries** located in the historic Ice House Mall in Barrington. **Chesterfield**, celebrating their anniversary, will also be participating in the Barrington Area Art Council Gallery Walk on Friday and Saturday.

Since childhood, Patterson has been fascinated with the wonderment of the sea. In his work, he captures the feeling of the exotic underwater world, or "habitats". When viewing a vase or platter, or looking into the depths of a paperweight, one gets the feeling of an ocean, sea anemones, fish and rippling water all swirled into a pool of color.

The depth of light and fluidity of color presented by the artist's glass is achieved by building up the surfaces of glass with color overlays, millefiori and specifically spaced tiny bubbles. His unique use of materials and medium during the firing process allows him to achieve these visual effects.

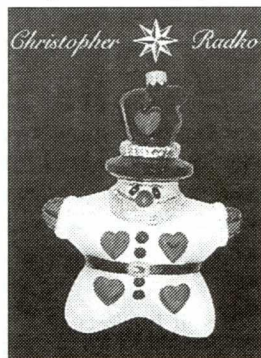
Patterson's hearts, weights and sea-forms have been especially popular at **Chesterfield Glass Galleries**. On Friday evening, all pieces can be hand engraved by the artist with your own personal message for that special person.

Chesterfield Glass Galleries invites the public to meet the artist and enjoy light refreshments.

Radko '98 at The Canterbury Shoppe!

Calling all collectors... **The Canterbury Shoppe** is celebrating the arrival of Christopher Radko '98. Individually made and exquisite in detail, each ornament is a miniature masterpiece that will add sparkling beauty to any home. Our '98 Limited Edition ornaments include: "Six Geese a Laying" from the 12 Days of Christmas Collection; "Elfin Magic" (Pediatric Cancer); "Felina's Heart" (Breast Cancer); and "Matthew's Game" (Matthew Berry Memorial Soccer Fund). Filled with a combination of whimsy and elegance, our '98 Christmas Collection is filled with glorious angels, snowmen, Santas, nutcrackers, elves and classical holiday ornaments and snowglobes!

The Canterbury Shoppe is open seven days a week, Monday from 9 AM to 3 PM, Tuesday through Friday from 9 AM



"Hearts Four You"

to 5 PM, Saturday from 9 AM to 4 PM and Sunday from 9 AM to 2 PM. We are located at 117 East Station Street in downtown Barrington, (across from Starbucks). Stop by or give us a call at **847-304-9627**. We would be happy to help!

New Club Year Begins for Garden Club of Inverness

The dwindling days of summer signal our return to the familiar activities of autumn. School bells beckon children and teens back to their classrooms. Dorms all over the country come alive with the bustle of students resuming their studies. So too, members of the Garden Club of Inverness turn their attention away from summer

gardening endeavors in anticipation of the start of a new club year. Sandy McKay, the club's first vice-president and program chair, has been busy during the summer months lining up a wonderful schedule of interesting and entertaining programs.

The first meeting will take place on Thursday, September 17, 1998 and will



OPEN 7 DAYS

Nails

BY MARIA AND DAUGHTER

415 N. Hough St. (Rt. 59) • 382-8682



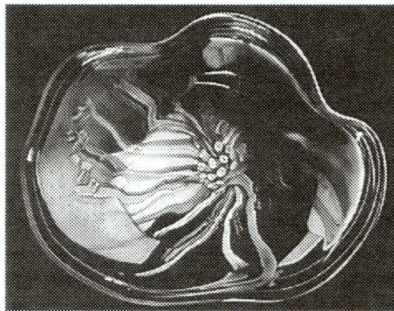
Full Sets	Reg. \$50	\$30
Fill-In	Reg. \$28	\$23
Paraffin Manicure	Reg. \$17	\$15
Pedicure	Reg. \$30	\$25

French Full Sets & Fills
Ask for Maria or Sandy

1st time customers only with this ad. Expires 9/30/98.

Proudly Serving the Area for the Past 12 Years

Chesterfield Glass Galleries Artist Reception



Meet Glass Artist
Peter Patterson

**Friday, September 11th,
5:30-8:30 pm**

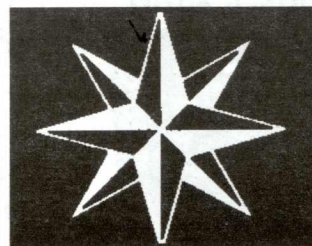
personal signing and message on each piece

Barrington Ice House

200 Applebee St.

382-6677

Radko '98 Has Arrived!



Calling all collectors! The '98 collection of Christopher Radko has arrived! Reserve your limited editions today!

Register to win a FREE '98 Radko Ornament! (Expires September 30th)

117 East Station Street • Barrington, IL 60010

(847) 304-9627

Hours: Tues.-Fri. 9-5 Sat. 9-4 Sun. 9-2 Monday 9-3



again be held at Holy Family Church located at 2515 West Palatine Road in Inverness. The program entitled "Pressed Flowers" will be presented by Joann Loebel, coauthor of *Flowers are for Keeping*. Joann is currently president of the South Barrington Park District Garden Club and chairman of landscape design for the Garden Clubs of Illinois. Using annuals and perennials from her own garden, she will demonstrate the technique of pressing flowers in order that attendees may later make their own stationery or book marks utilizing flowers from their gardens. This should be a timely program which will enable all to save and capture precious blooms before they fade forever.

We look forward to welcoming back current members and guests to this first

meeting of the club year. If you have not had an opportunity to attend a garden club meeting in the past, maybe now is the time to give us a try. Our meetings begin at 9:30 AM, and after a brief business meeting, delicious refreshments of home-baked treats, coffee and tea are served. The program follows and usually ends around 11:30 AM. Any questions? Contact Membership Chair, Mary Jo Bregenzer at 776-6557. Hope to see everyone on September 17.

Garden Club of Inverness is a member of District IX of the Garden Clubs of Illinois, Inc. and the National Council of State Garden Clubs, Inc.

A Gentle Reminder—Save Thursday, December 3, 1998 for The Garden Club of Inverness' Christmas Luncheon!

Barrington LIFESTYLES September 1998 9

Initial Impressions Plus Welcomes

Mrs. Grossman's Paper Co.
to their product line

Shown: "My Doll House"
vinyl press & peel board

Initial Impressions Plus also offers:

- PHOTO JOURNALS • PHOTO CALENDARS
- SCRAPBOOK KITS • STICKER FUN PACKS

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Barrington

Tuesday-Friday 10am - 5pm; Saturday 10am - 4pm

Langdon's
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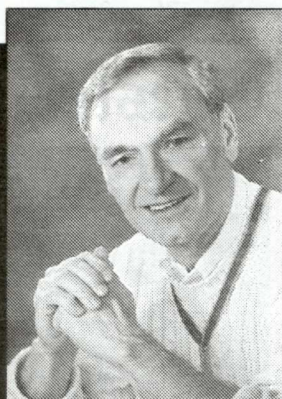
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Indochine Gallery

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- Chinese Antiques,
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- Turkoman Carpets
- Much More



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Century
Tibetan Monks
Treasure Chest

MONDAY-FRIDAY 9:00 AM-6:00 PM, SATURDAY 10:00 AM-2:00 PM
or BY APPOINTMENT

TEL: 847.458.1993 FAX: 847.458.1994

Looking for a Frog Drum Table...?

...or perhaps an antique Burmese temple door and ceiling? You will find such treasures and many other exotic decorating ideas at the **Indochine Gallery**. New shipments of Burmese antiques and Southeast Asian accessories have just arrived including many special items such as: Temple manuscript box, 18th Cent., large, rare and gorgeous; Burmese temple ceiling panel, 19th Cent., in pristine condition and magnificent; Burmese temple doors, 19th Cent., carved teakwood and very exotic; and a pair of Burmese temple disciples, very rare, professionally mounted and serene. Also available are mounted temple bells, museum quality southeast Asian textiles, old loom parts for textile holders, rice

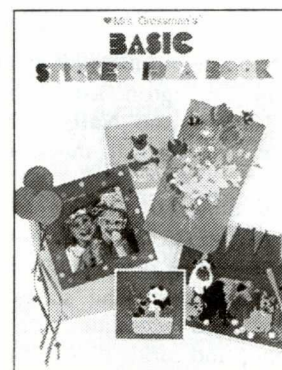
cutters, animal bells, teakwood cart heads and much more. Certainly nothing compares with the feel and rich appearance of a high quality Burmese antique, nor the uniqueness that such a piece can lend to your interior space. *Architectural Digest* recently noted that Asian decor is the choice this season for many of the top interior designers.

This past month, **Indochine Gallery's** proprietor, Tom Pinski, returned from his most recent trip to Shanghai with a treasure trove of antique Chinese furniture and accessories. Following a six-hour trek into the interior of China, Tom arrived at the furniture-making regions where he retrieved many rare pieces in excellent

Great New Products at Initial Impressions Plus

Initial Impressions Plus welcomes the exciting, new product line Mrs. Grossman's Paper Company. If you enjoy stickers, you probably know all about Mrs. Grossman's stickers. But do you know about Mrs. Grossman's "My Doll House" vinyl press and peel playboard? It's a Parent's Choice winner! With Mrs. Grossman's "My Doll House," children can sticker and decorate their own Bear Family Doll House inside and out. It's durable and portable—great for trips!—and offers endless hours of play!

Also, come into **Initial Impressions Plus** to see the new photo journals, scrapbook kits, photo calendars, sticker fun packs and sticker file boxes. Some of



these products can even be personalized!

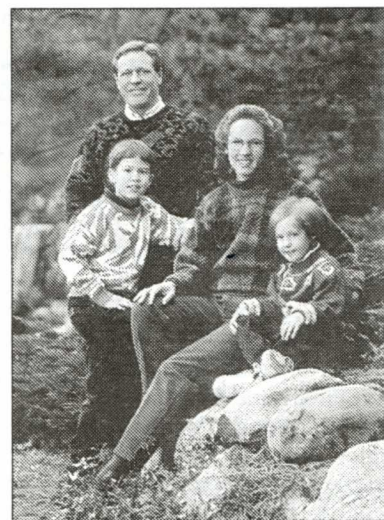
Reminder—Mark your calendar NOW for our Vera Bradley Trunk Show on October 16 and 17.

Cherished Portraiture

From start to finish, **Langdon's of Barrington**, and Joe Rush, Master Photographer, orchestrate all the facets of the portrait process. The final portrait is the outcome of a well-planned five-step process. This includes a pre-portrait consultation, the sitting, a proof evaluation meeting, finished portrait viewing, and finally a framing and portrait presentation. This process will ensure an original and natural portrait, one which will cast you and yours in the "best of light."

The result? A cherished professional portrait bursting with vibrant color and detail. Joe's portraits keenly capture the essence of the character of his subjects.

Let **Langdon's** 25 years of experience in excellence work for you. When would you like to see the portrait of your dreams



a reality? CALL TODAY, 382-5463, and begin the process. It is never too soon to schedule or too early to plan.

Hough Street PTO Housewalk

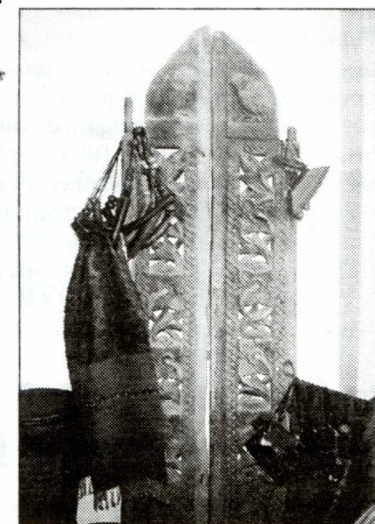
The Hough Street School PTO will hold a housewalk on historic Lake Street in Barrington on Sunday, October 4, 1998. Lake Street is one of the loveliest streets in the village of Barrington and many of the homes are over 100 years old. The housewalk, which will showcase several of the old homes, will be held from noon to 4 PM.

Tickets cost \$15 and may be purchased on the day of the event at Hough Street School, located at the corner of Hough and Lake streets in the center of the village of Barrington. Tickets may also be purchased prior to the Housewalk by mail-order to: Hough Street PTO, Hough Street School, 330 South Hough Street, Barrington, IL, 60010.

condition, including: bookcases, cabinets, alter tables, coffers, wine tables, benches, baskets, and well buckets to mention a few. Even if one sifted through the most swank and sophisticated shops in Hong Kong, **Indochine Gallery** can offer significant savings on all these items.

To enhance the above pieces, we have beautiful carpets from Uzbekistan Russia, hand woven, double knotted and made of 100% wool and genuine Turkoman carpets, hand woven of 100% wool in vibrant colors. These rugs come in various sizes up to 9' X 12'.

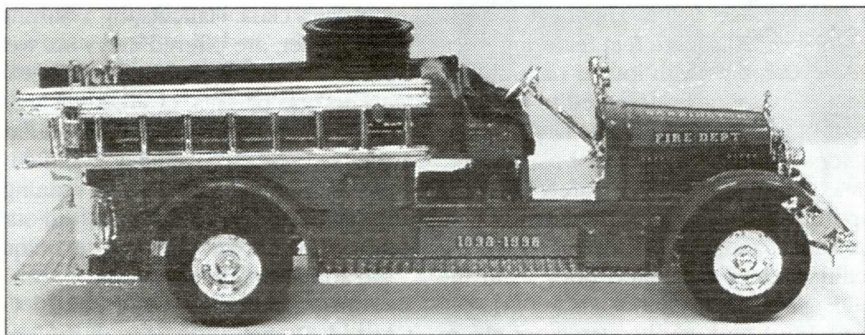
If you are interested in Asian, tribal and unique decor items for your home or office, **Indochine Gallery** is the definitive Chicagoland destination. Due to frequent trips to China, Hong Kong, Thailand, Burma, Malaysia, Tokyo and Singapore and other unique buying channels, **Indochine Gallery** can offer many more items other shops in the Midwest cannot. This may become important as we near the holiday season and you find yourself



Burmese Temple Doors (19th Cent.)

in search of that special gift. The **Indochine Gallery** showroom and warehouse is located in Lake in the Hills at Hwy 31 and Virginia Rd. Please stop in early for the best selection.

Barrington Fire Department Centennial Celebration



The commemorative models of the 1928 fire engine.
Call the Chamber office at 381-2525 for purchase information.

On September 19, there will be a Centennial Celebration. The fire department will be hosting a 100+ vehicle parade at 10 AM, followed by various events. Assistance is needed in getting civilian bucket

brigade teams to challenge each other. The teams will compete against each other with water buckets the way the old time firemen put out fires. There will be prizes for the winning team.

Sapphire September Birthstone



Photo by Joyce Mitchell,
Mitchell Studios

Mitchell's Jewelers, as always, wants you to know as much as possible about gems and jewelry. So here is some information about sapphire, the birthstone for September.

Sapphire is of the corundum family and consists of any color except red (ruby). Red, light red and red with a violet overtone is always ruby. All other colors of corundum are sapphire. The word Sapphire is derived from the Latin word Sapphirus, Greek (Sappheiros), and Hebrew (Sappir). Historically, sapphires have been called many names. Saphiros was the word Romans used which meant

Lapislazuli, green sapphire was called "emeralds," and purple sapphire was called "amethyst."

Sources include Burma, Thailand, Sri Lanka, Africa, Australia and U.S. (Montana). Kashmir, India produced some of the most beautiful sapphires in its day, but little since World War II.

Colors include blue in various hues, colorless, pink, orange, yellow, green, purple and black. The hardness is 9 (same as ruby), toughness; good. Sapphires are commonly heat treated to produce color in colorless sapphires or to intensify color, make color uniform or to lighten stones.

Star Sapphires are sapphires that are never completely transparent, because they must have enough silky, needlelike inclusions to produce a star. They occur in almost every color ruby and sapphire that exist, although orange and yellow are almost unknown and green is very rare. The most common is black. Today most of the Star Sapphires bought in jewelry stores are synthetic (most colors other than black which is usually genuine).

At Mitchell's Jewelers we will take the time to show you what you need to know to buy quality gems and jewelry. So don't miss out on Mitchell's Jewelers Birthstone of the Month Sale. Save on all sapphire jewelry and loose stones during the month of September, at Mitchell's Jewelers, 10 North Dunton in downtown Arlington Heights.

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

A Token of Appreciation

Fall is upon us. Our thoughts are of cold weather, warm clothes and the kids going back to school.

For over forty years, Fashion Corner has been offering you and your kids the newest and best selections of back to school clothes. Our women's department offers an array of fabulous collections incorporating fine fabrics, irresistible textures and warm hues to bring in the new season. At Fashion Corner, both the women's and children's departments feature the perfect accessories to complete the look you want. In addition to all

of the exciting new collections arriving, our sale merchandise is prime for great values with markdowns as much as 70% off the original price.

As a token of our appreciation, please use the \$5 gift certificate in our adjacent advertisement. You may present it at any time for any purchase through December 1998.

We are located in the Lake Zurich Shopping Center and open Monday through Saturday at 9 AM.

Please stop in to see us!
We appreciate your business!

The Barrington Fire Department is funding the celebration through the sale of several collectible items including a Collectible Pirsch Fire Truck toy. This limited edition fire truck is available through any Barrington Area Chamber of Commerce retailer for \$30. Orders are being taken for a commemorative dinner plate made by Pickard China with the Centennial Logo. A


minimum of 100 orders are needed, with 42 orders so far. And the Fire Department has an extensive photo library to choose from, and several retirees who can answer many historical questions.

Should you have any questions, please feel free to contact the Fire Department at 847-381-2141, ext. 222 or page Al Thompson at 312-359-7238.

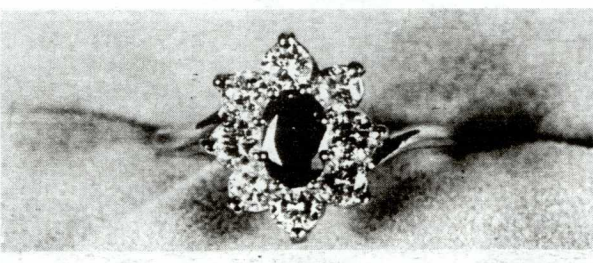
DAR Five Chapter Luncheon and Meeting

Signal Hill Chapter, National Society, Regent Mrs. Victor Marty who will be our Daughters of the American Revolution, special guest and speaker for this meeting will host a 5-Chapter Luncheon and Meeting on September 23 at 10:30 PM at Poplar Creek Country Club located at 1400 Poplar Creek Road in Hoffman Estates, IL. We will be honoring Illinois State

Carolyn Rolnik at 934-7905.

The Doorway  to Elegance

Birthstone
OF • THE • MONTH



◆ SEPTEMBER ◆

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Majestic Beauty

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Barrington Community Child Care Center

"Celebrating Our 5th Anniversary"

**Openings Available
for Children 6 Weeks - 6 Years.**

**Applications Now
Being Accepted.**

Hours: 7am - 6:30pm

560 Carl Avenue
(1 blk. west of Burger King
off Northwest Hwy.)

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Barrington



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**Wedding and Baby Showers Business Brunches
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301 W. Northwest Hwy • Barrington

Top Female Execs Describe 3 Journeys to Success at Next BAPW Meeting

Sandy Derickson, President of GE Capital Auto Financial Services; Mary E. Tudela, President of SecurityLink from Ameritech; and Sharon Scanlan, Senior Vice President for Sears of the North Central Region—these women will describe their journeys up the corporate ladder in a panel discussion at the September 10 meeting of Barrington Area Professional Women.

The dinner meeting will begin with a social hour at 6:15 PM at Barrington Country Bistro in the Foundry Shopping Center located at the corner of Northwest Highway and Hart Road in Barrington. The cost is \$25 for members and \$30 for nonmembers and guests. Barrington Area



**Sandy Derickson, President of
GE Capital Auto Financial Services,
to speak at next BAPW meeting.**

Professional Women is open to all women who live and/or work in Barrington and

12 Barrington LIFESTYLES September 1998

All Day Preschool

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. In addition, our staff is certified in CPR and First Aid techniques.

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.

Top Notch Catering and Banquet Facilities

Are you looking for a small cozy room in which to hold your next party? Are you looking for something "different" in the kids' party department? Is a special event such as an anniversary or shower coming up? Is it your job to find the next spot for the holiday party? How about a surprise birthday brunch or a large family reunion on our beautiful 15 acres? If any or more of the above holds true, you owe it to yourself to give us a call!

Lydia's Kitchen Restaurant and Catering Services of Barrington has recently merged with the **Lake Barrington Water Sports Center** to offer you and your guests some unique services, as well as providing banquet facilities along with a full line of catering. The center is located at 2221 Pepper Road about one mile north of Northwest Highway. Handsomely redecorated in the Hunters Green, Burgundy and Cream motif, the restaurant boasts a patio and big windows with a panoramic view of the peaceful Lake Barrington countryside. We can seat up to 50 people for dinner and provide a comfortable atmosphere for 90 for appetizers and cocktails. A full bar is available along with a wide variety of menu selections and prices. We are a full service facility in that we will take care of every detail for you—special themes, decorations, flowers or even that special wine! Our specialty is in cocktail parties, which can be served butler style, where

we can show off our wonderful hors d'oeuvres prepared with only the freshest ingredients as are all our fine foods.

While the room can be rented without the use of our catering services, we want you to know that we can provide anything from an elegant sit down dinner with a complete waitstaff to no staff at all. We also offer unique birthday parties through the summer for children that offer simple foods, drinks, cake and the use of the water sports available with supervision. To be sure, you should know that we also have available weekend family recreation time where you have the use of our facilities and can enjoy activities such as snorkeling, kayaking, canoeing, swimming and much more for only \$5 per person. So pack your picnic basket and make a memory with your family. We will be happy to provide you with all the tools you need. And, we are hoping to provide hay-rides this fall and even winter wonderland rides this winter!

We know we have a great idea and would love for you to see it for yourself. We are offering you a **10% discount off catering services** if you book a party date for September or October. **Lydia** has been catering for over 6 years with an incredible success record. She caters for homes, offices, schools, daycares, everything! Please give **Lydia** a call at **842-9605** or page her at **802-6066**. Or call Elena Snarkis for a tour at **381-9440**.

Lecture on Alzheimer's Disease

As part of a continuing series on health issues effecting women, the Junior League of Chicago and the Barrington Area Council of Aging will be presenting an informative lecture entitled "Alzheimer's Disease: Answers to Our Many Questions—Today and in the Future."

Speakers will include Dr. Jacob Fox from Rush Presbyterian St. Luke Medical Center, Linda Markut from The Family Alliance and Mrs. Judy Bow. Not only will the basic physiology of Alzheimer's Disease be explained, but we will be focusing on the prevention of this disease, new

therapies on the horizon and local support groups for patients and their families coping with the disease. In addition, we will learn from the personal experience of our speakers how to live day-to-day with this disease when it affects someone we love. Time has been set aside in the program for questions from the audience.

The program will be presented on Wednesday, September 23, 1998 from 7 to 9 PM in the Main Meeting Room (1st floor) in the Barrington Area Public Library at 505 N. Northwest Highway in Barrington. Refreshments will be served.

surrounding communities.

For information and reservations, call Jo

Ann Mancini at 847-526-3837 or Peggy Curran at -847-381-1860.

Chers Amis...

September already...?! Hard to believe that we are now getting calls for the end of the year festivities... Beaujolais Nouveau in November, company Christmas parties and New Year's Eve. We are ready though! **D & J Bistro** has an all new kitchen cooking line featuring the latest in high efficiency burners, convection ovens, high recovery refrigeration, etc. Masato is still the head of the kitchen staff of course, since he is an owner as well, but he is now assisted by Chef Dave Esau and Sous-Chef Ruben Enciso... a great team indeed that will make a good meal even better since each individual has some input into the various culinary preparations.

Coming Sunday, October 18, is "Travel to Southern France," a one-hour, slide presentation with commentaries by Melanie Joy Karsen, followed by dinner representative of the region.



Masato, Jacqueline, Dominique

This will be our fourth annual in a series of different regions. It is a very popular event, attracting future and past travelers alike and also "couch travelers," all knowing that they will enjoy another great meal at **D & J Bistro**... call for more information.

Thank you all for your regular support.

Cornucopia of Crafts Right Around the Corner



Cornucopia of Crafts Committee from L to R: (top) Jan Ackman, Diane Decraene, Diane Kerekes, Heidi Schmeling, Terri Votaneck, Cheryl Bean, Marlene Coleman and Kathy Crissie; (bottom) Laura Cerretani, Sue Viohl, Holly Koepsel, Diane Nowick and Dee Grande.

With just two months to spare, Barrington Junior Women's Club is hard at work with their 18th Annual Cornucopia of Crafts. Co-chairs Heidi Schmeling of Fox Point and Terri Votaneck of Deer Park have set the stage for what promises to be a fantastic event filled with great crafts and stunning art.

The event, which last year raised over \$14,000, will be held at the Knights of Columbus Barn in Barrington on Kelsey Road. Preview night will be held Friday, October 23 from 5 to 10 PM and will feature a delicious chili bar. The daytime show will take place on Saturday, October 24 from 9 AM to 5 PM and will feature a baked potato bar with all the trimmings for lunch.

The event will have over 70 juried crafters and artisans to choose from. If you're in the holiday spirit, you'll find delightful holiday decor to "deck the halls." Or maybe you'll be thinking along the lines of holiday gifts and crafts; they will be there too. Cornucopia will also feature

adult and child apparels, as well as unique jewelry. Maybe you need something special for the house? Then you might want to check out the hand-painted ceramics and furniture or the floral design and fine art. There will also be gourmet foods along with the great bake sale, which includes all the homemade goodies specially made by BJWC members.

The Cornucopia of Crafts Committee has decided to bring back last year's very popular club craft. This is the cute snowman kit that makes wintertime fun for the kids as well as a unique hostess gift during the holiday season. So if you missed out on BJWC's snowman kit last year, you're in luck.

All proceeds from Cornucopia of Crafts, as well as all BJWC fund-raisers, go to local, not-for-profit organizations including Home of the Sparrow, Safety Town, Barrington High School Scholarships and BAAC to name a few.

For more information on this event, please call 847-662-3838.



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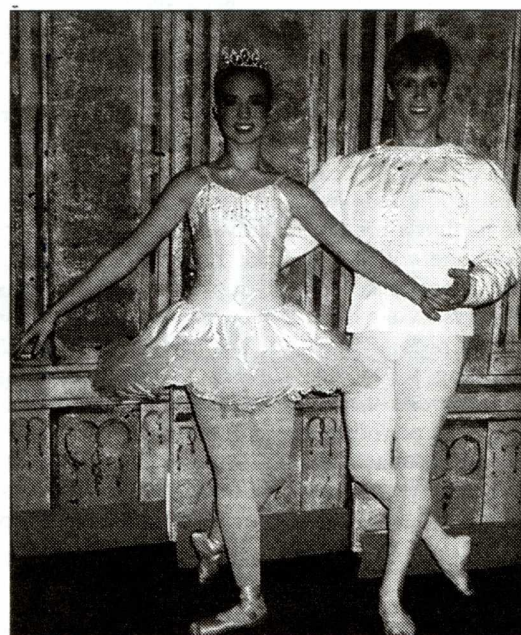


The Nutcracker Gala '98 Slated for October 24

Keith Elliott from Chicago will serve as honorary chairman for the 3rd annual Nutcracker Gala to benefit the Barrington Youth Dance Ensemble's (BYDE) 5th annual production of *The Nutcracker*. The gala will begin with a social hour and silent auction at 7:00 PM on Saturday, October 24 at the Inverness Golf Club. For \$100 per person, guests will enjoy an elegant evening of fine dining, entertainment, live auction and dancing. For information on the benefit, please phone Gala Chairwoman Diane Steichen in Inverness at 847-359-5560.

Mr. Elliott is the founder of Chicago Dancers United, Inc. and the Dance for Life benefit performance, which has raised over half a million dollars in five years. He is the recipient of the 1994 Ruth Page Award for Outstanding Contribution to the Dance Community. This prestigious award was given in recognition of his vision and direction of Chicago Dancers United, Inc. and Dance for Life which unifies Chicago's dance community artistically and socially while promoting dance in Chicago.

The fifth annual production of *The Nutcracker* will be performed at Barrington High School's Richard C. Johnson Auditorium on Friday, December 4 at 7:30 PM; Saturday, December 5 at 2:00 and 7:30 PM; and on Sunday, December 6 at 2:00 PM.



Pictured during last year's performance of *The Nutcracker* were Keith Elliott from Chicago, dancing the role of the Snow King, and former BYDE soloist Leslie Meils from Barrington, dancing the role of the Snow Queen.

Children, students and seniors may purchase tickets for \$18, or adults for \$20. All tickets will cost \$22 at the door. For information on the Barrington Youth Dance Ensemble or *The Nutcracker* performances, please phone 847-382-6333.

Look for more information in *Lifestyles* next month.

Barrington **LIFESTYLES** September 1998 **13**



Happenings!

in the area

A Different Way with Flowers



Barrington resident Pat Ballot, widely acclaimed for her floral artistry, will be guest speaker for the Council of Barrington Garden Clubs' "The Art of Drying Flowers."

During the growing season, many people with wonderful flowers forego the pleasure of those same flowers the rest of the year because they lack knowledge of how to utilize them. The Garden Council's Educational Focus Committee offers just the kind of help to make this possible. The fall program at the Barrington Area Library, sponsored annually by the Council, will explore "The Art of Drying Flowers." Pat Ballot, widely acclaimed for her artistry with all kinds of flowers—fresh and dried—will cover a wide variety of methods for drying flowers. In addition, she will demonstrate how to work with dried materials and show a number of ways to use them.

The program is slated for Wednesday morning, 9:30 to 11:30 AM on October 7. The last half hour will be devoted to a question period. The fee is \$10 and reservations may be made by sending a check payable, to the Council of Barrington Garden Clubs, to 62 Windrush

Lane, Barrington, IL, 60010. Because this is likely to be a very popular program, advance registrations are recommended. Those who register by mail will have close-up seating reserved for them.

A longtime Barrington resident, Ballot has seen her interest in flowers take many directions. While maintaining her own extensive gardens, she has become a master at drying fresh plant material. Designing lovely creations of what she dries is another skill she has developed. For nine years she has been a partner with Maryjo Garre of P'Zazz Plus, a Barrington-based business and service, supplying floral designs for all occasions. She continues volunteer work in several capacities, including service as secretary of the Council of Barrington Garden Clubs. The Educational Focus Committee has utilized her talents previously as a class instructor. Her enthusiasm, information and wealth of ideas easily merit the larger audience the fall program can accommodate.

"Poems and Pints"

The Barrington Area Arts Council invites you to attend the popular "Poems and Pints", an evening of poetry, prose and music at the BAAC Gallery located at 207 Park Avenue in Barrington on Saturday, September 26 at 7:30 PM. Enjoy many new artists and some past presenters in a casual Welsh Pub atmosphere where pints of brew will flow and music and readings will fill the air.

The doors will open at 7:00 PM. Tickets are \$15 for BAAC members and \$18 for nonmembers, including unlimited refresh-

ments. Due to limited seating, reservations are suggested by calling 847-382-5626.

Auditions for "Poems and Pints" will be held on September 3 and 4 at 7:00 PM. Those 21 and over who are interested in auditioning should bring a resume and photograph. Readers should bring one or two pieces of poetry and prose to read. Original work is welcome but not required. Instrumental and vocal musicians must have their own accompaniment. For more information and to schedule an audition time, call 847-382-5626.

Untitled Russian Double Portrait by Unknown Artist Focus of Lecture



Attributed to Aleksei Alekseevich Morgunov, Title unknown (Restaurant or Tavern), oil on canvas, c. 1910, 104.2x136.5 cm, Mary and Leigh Block Fund for Acquisitions, 1975.666 Photograph ©1998, The Art Institute of Chicago, All Rights Reserved.

An untitled Russian double portrait by an unknown artist will be the focus of a lecture at the Art Institute on Sunday afternoon, September 27. The Barrington Community Associates of the Art Institute of Chicago are sponsoring a bus trip to hear the lecture after enjoying brunch at the Chicago Hilton and Towers.

The painting in question is one of the most mysterious paintings in the Art Institute's collections. It probably came out of the group of avant-garde artists in Russia before the 1917 Revolution.

Elena Basner, Curator at the State Russian Museum in St. Petersburg, is an acknowledged authority on pre-revolutionary Russian art.

This is the first of three lectures supported by the Community Associates

Research and Lecture Series Fun. A scholar is selected and commissioned to research a particular subject. The next lecture in the 1998-99 year will discuss research into the Art Institute's turquoise mosaic disk, probably made during the 15th century in the Oaxaca region of Mexico. The third lecture is on the photographs of Germaine Krull.

For more information on membership in the Barrington Associates, please phone Pat Fein at 847-382-5953.

For reservations or more information on this trip, please phone Jeanette Muench at 847-381-2369.

Reservations are due by September 17. The fee is \$45 for members and \$55 for nonmembers. The bus will leave Langendorf Park in Barrington at 10 AM.

Goals for Health Education Topic of Discussion

Do Kids Need Comprehensive Health Education? is the title of an upcoming program cosponsored by the League of Women Voters of the Barrington Area and the Community Church of Barrington. The program is scheduled for Tuesday, September 8 and will be presented during the afternoon and again in the evening. The first presentation will be hosted by the LWVBA at the Barrington Area Library located at 505 N. Northwest Highway in Barrington from 1 to 3 PM. The second presentation will be hosted by Pastor Glenn Loafmann and the Community Church of Barrington from 7 to 9 PM at the church, located at the corner of Lincoln and Grove in Barrington.

The panel of speakers includes Jennifer Knauss who is the Executive Director of the Illinois Caucus for Adolescent Health (ICAH) and Arlene Zielke from Illinois PTA who is also a former member of the Illinois State Board of Education. Also representing the ICAH on the panel are

Bunny Shupe, Director of Health Education and Michelle Mascaro, Project Director of Youth Need to Know Network. Among the many topics to be discussed by this prestigious panel will be the definition of comprehensive health education and the present state of teen reproductive health. They will site the policies concerning comprehensive health education held by the nation's professional organizations and discuss the positions and mandates of the State of Illinois regarding health education. The group will also identify the types of health curricula that currently exist and assess their effectiveness. To conclude the presentation, the panel will offer some suggestions on how communities and school districts can define their goals for health education.

There is no fee for the program and the public is encouraged to attend either of the programs to learn more about comprehensive health education.

European Cuisine for the Discriminating

Fritzl's Country Inn of Lake Zurich offers the discriminating diner exquisite ethnic and continental cuisine, served in quaint chalet surroundings. At **Fritzl's Country Inn** enjoy savory soups and juicy steaks, mouth watering seafood and delightful Austrian, German and Swiss entrees such as Wiener Schnitzel, Sauer-braten, Roast Duck and Rouladen of Beef. Leave room for a luscious dessert such as Apple Strudel or one of the elegant Viennese pastries. **Fritzl's** offers a Sunday Plate Style Brunch that's a winner too! Among some of the items served are Clicken Ragout, Grilled Chicken Bene-dict, Salmon Crepes, Sliced Apple Quesadilla and more. Or try Salmon Filet in a puff pastry, Pecan

French Toast, Chicken Linguine, Shrimp and White Asparagus Omelet and more.

Fritzl's is unique and different and wonderfully European. Designated smoking areas are available. There are banquet facilities available for groups of 20 to 150 people, perfect for weddings, anniversaries and rehearsal dinners. The meals are lovingly prepared from scratch and made to order just prior to serving. They are then served hot, fresh and delicious. If you are tired of those stuffy "foreign" waiters, try **Fritzl's** restaurant and pub. They have the friendliest staff in town.

Psst... don't miss our fabulous Octoberfest on Friday, October 2, 1998. Call **847-540-8844** for info and reservations.

Tapas at 1776

1776 Restaurant in Crystal Lake has been serving a nine-course Tapas dinner on the last Thursday of every month for over a year. Due to the overwhelming response, another dinner will be added. A Vegetarian Tapas will be served on the first Thursday of every month starting on September 3. **1776's** Tapas dinners are nine-courses of appetizer size portions for \$25.50. If you would like a tasting of 5 wines that Andy chooses to compliment the meal, the cost is \$40.

For an entertaining evening and a unique dining experience, bring your friends on Thursday, September 3, for a Vegetarian Tapas dinner including a Roasted Vegetable Terrine with Peach Coulis, Grilled Tomatoes stuffed with Wild Mushroom Ragout, Paella, Jicama and



Green Bean Salad, Jambalaya and Fresh Fruit Tart or try a more traditional Tapas meal on Thursday, September 24. Either way, you'll have a great time at **1776's**. Call **815-356-1776** for more information.

Lake Zurich Readies for The 3rd Annual Ela Festival of Arts



Pictured are (back row, L to R): Ela Festival of Arts committee member, Robin Costa Booth of Barrington with exhibiting artists Joyce Klug, Barb Benstein, and Karen Dumenil of Lake Zurich; (front row) exhibiting artist Lillian Reading of Barrington; and Festival Youth Volunteer Jenny Benstein.

The 3rd Annual Ela Festival of Arts will be held on Sunday, September 12, 1998 from 10 AM to 6 PM in Lake Zurich. The gala will be held in Paulus Park on Rand Road just north of Route 22.

It will be a day to experience and enjoy all the arts—music, theater, dance and fine art—plus food from around the world!

Over 35 performances, 500 performers, artists and volunteers will be participating in the Ela Festival of Arts with an estimated attendance expected at 10,000.

The festival will include a parade of characters from *Alice in Wonderland*, six stages of entertainment, a children's art tent, workshops, a fine art exhibit and

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Thursday, September 3, 1998

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Grilled Tomatoes Stuffed
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Jicama and Green Bean Salad
Vegetable Paella
Vegetable Jambalaya
Orange Berry Sponge Terrine
Fresh Fruit Tart

\$25.50 per person \$40.00 pp w/ wine

Barrington Chapter Infant Welfare to Host "Vintage and Vine"



Barbara Adams, Vice president of the Chapter; Liz Rodosky, Event Chairman; Michel Coatrieux, Chef; and Matt Hawe, owner of Bacchus Wine and Food Emporium—all invite you to the Infant Welfare "Vintage and Vine" to be held at the emporium on October 18.

On Sunday, October 18, 1998 from 2:30 to 6:30 PM, the Barrington Chapter of the Infant Welfare Society of Chicago will host "Vintage and Vine."

You are invited to come sample from a special d'oeuvres menu and from 16 varieties of wines at their wine tasting benefit and sale.

The event will take place at Bacchus Wine and Food Emporium located at

20817 North Quentin Road, at the corner of Route 12 and Quentin, in Kildeer.

Funds raised will help support the Infant Welfare Clinic, which provides comprehensive health care for disadvantaged children and their mothers in Chicago.

Tickets are \$35 per person. For an invitation request, please call Liz Rodosky at 847-381-8695.

roving entertainment.

For dance, the exciting River North Dance Company, the world famous Trinity Irish Dancers, plus nine other dance companies will be there. For theater, *Alice's Adventures in Wonderland*, *Joseph and the Amazing*

Technicolor Dreamcoat, Shakespeare, comedy and much more will be on tap. Weave your way from baroque to romantic, classical to Dixieland with performances by a number of wonderful regional and national groups in the way of music.

Barrington LIFESTYLES September 1998 15

Woodfield Orthopedics Introduces New Associate

About Dr. Armagan

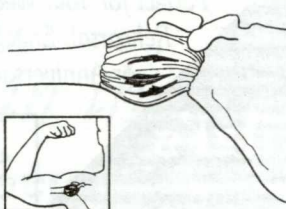
Martin L. Saltzman, MD is pleased to announce the addition of a new associate. On August 1, 1998, **Osep E. Armagan, MD** joined **Woodfield Orthopedics** with expertise in foot and ankle disorders and upper extremity disorders.

Dr. Armagan received his medical degree from the Medical College of Wisconsin. He completed his internship and orthopedic residency training at the University of Illinois in Chicago. Prior to joining **Woodfield Orthopedics**, **Dr. Armagan** completed two, yearlong specialty fellowships in foot and ankle disorders, and sports medicine upper extremity injuries.



Shoulder pain including rotator cuff injuries and ligamentous instability are common in those occupations and sporting activities that involve over the head repetitive movements.

Falling arches and ankle sprains are the most frequent of all lower extremity complaints. Rehabilitation and education is



often successful. However, in those cases unresponsive to conservative measures **Dr. Armagan** can perform capsular tightening and tendon repair procedures through arthroscopic or mini-open procedures.

Dr. Armagan is a candidate member of the American Academy of Orthopedic Surgeons, Arthroscopy Association of North America, and American Orthopedic Foot and Ankle Society.

Dr. Martin Saltzman Announces a New Innovative Technique for People with Knee Cartilage Damage

Three Step Process:

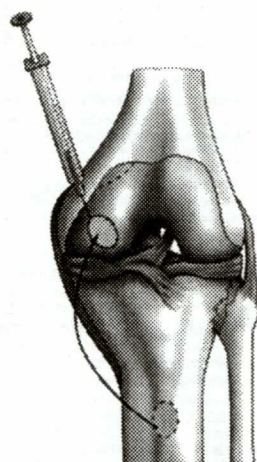
- Arthroscopic surgery to obtain sample of healthy cartilage.

- Healthy cartilage cells multiplied approximately 15 times in the laboratory.

- Implant new cartilage into injured area to produce a durable joint surface.

More than 500,000 people in the United States suffer injuries to the cartilage in

their knees every year, resulting in disability and pain. When cartilage is damaged, the bones begin to grate against each other.



"Being able to 'grow' a patient's own cartilage cells and then successfully implant them into an injured knee is a real medical breakthrough," states **Dr. Saltzman**. In a three step process, **Dr. Saltzman** performs Arthroscopic surgery to obtain a tiny sample of healthy cartilage from a patient's injured knee. This sample is then sent to the laboratory where the cartilage is grown, increasing the number of cells approximately 15 times. The patient then undergoes a sec-

ond surgical procedure several weeks later that involves implantation of the cultured cells into the injured area, where they multiply and produce a durable joint surface.

Developed and tested at the university of Gotenborg in Sweden, the new technique and its promising outcomes were first described in the New England Journal of Medicine (10-6-94). The procedure was first performed in the United States in 1995 and Genzyme Corporation began providing the cartilage cell laboratory service to orthopedic surgeons here. Orthopedic surgeons must complete special training in order to perform the procedure.

The Medical breakthrough has been performed by **Dr. Saltzman** more times than any of the other handful of surgeons in the Chicagoland area that are trained in this procedure.

Dr. Saltzman completed his residency in orthopedic surgery at Loyola University Medical Center and is board certified by the American Board of Orthopedic Surgeons. He has been in practice since 1984. **Dr. Saltzman** and **Dr. Armagan** are on staffs at Hoffman Estates Medical Center, Alexian Brothers Medical Center, and Elmhurst Memorial Hospital.

For more information call (847) 301-7773 or visit our website at www.orthosport.com.



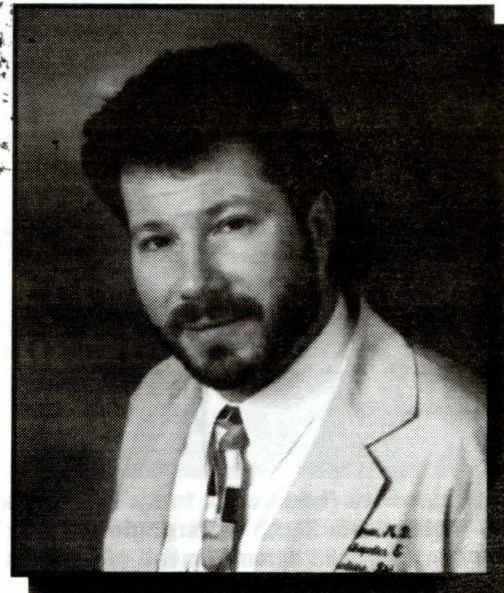
Osep E. Armagan, MD

(847) 301-7773

Martin L. Saltzman, MD is pleased to announce the addition of a new associate, Osep E. Armagan, MD to Woodfield Orthopedics

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Savvy is Now Offering SoftLight Hair Removal

Savvy Institute of Beauty & Wellness, Ltd. is now offering SoftLight Hair Removal—the latest advance in hair removal in 50 years. SoftLight is a laser-based hair removal system that can remove unwanted hair from the face, underarms, legs, back and shoulders as well as other areas.

The patented SoftLight process is based on the interaction between a low-energy laser and a proprietary, carbon-based lotion. Although technologically advanced, the process is actually quite simple. SoftLight works with individual hair growth cycles to deliver long-lasting results—and SoftLight is the only answer for all types of skin. Patients can return to

their normal routine immediately after treatment. The SoftLight Hair Removal procedure has already been performed on over 200,000 people with positive results. Physicians have used the same YAG laser for over 10 years without any adverse affects. The SoftLight process is effective for women as well as men. And SoftLight is the very first laser approved by the FDA. SoftLight has set a new standard in achieving and caring for beautiful skin.

The ultimate experience of hair-free skin awaits you in the comfort and privacy of Savvy Institute of Beauty & Wellness. Call us for your complimentary consultation. (847) 995-9696.

Dr. Irene Beck to Speak on Respect

Dr. Irene Beck will discuss her recently published *Expect Respect for Middle School* on September 21, 1998 at 7 PM at the monthly meeting of the Barrington Area Branch of the American Association of Women (AAUW) at the Barrington Area Library. The program is open to the public.

Dr. Beck has an Ed.D. in Human Development and has taught children, parents and teachers, and is a consultant to school districts and community agencies. In addition to designing mental health programs focusing on children, adolescents and families, Dr. Beck has had a nationally syndicated news column and has written many magazine and journal articles. Her awards include the National Education Press Association Award for

Excellence in Educational Journalism and the American Medical Association Award for directing the most outstanding adolescent program.

Currently, Dr. Beck is the Senior Editor of *What's Working for Girls in Illinois*, an AAUW Illinois, Inc. quarterly publication and has recently published the *Expect Respect for Middle School* middle school curriculum module which covers a wide range of topics that promote respect and help prevent sexual harassment. Dr. Beck will be discussing the curriculum and what is working for girls in the Barrington area.

AAUW, founded in 1881, promotes equality for all women and girls, lifelong education and positive societal change. For more information, call 847-382-1210.

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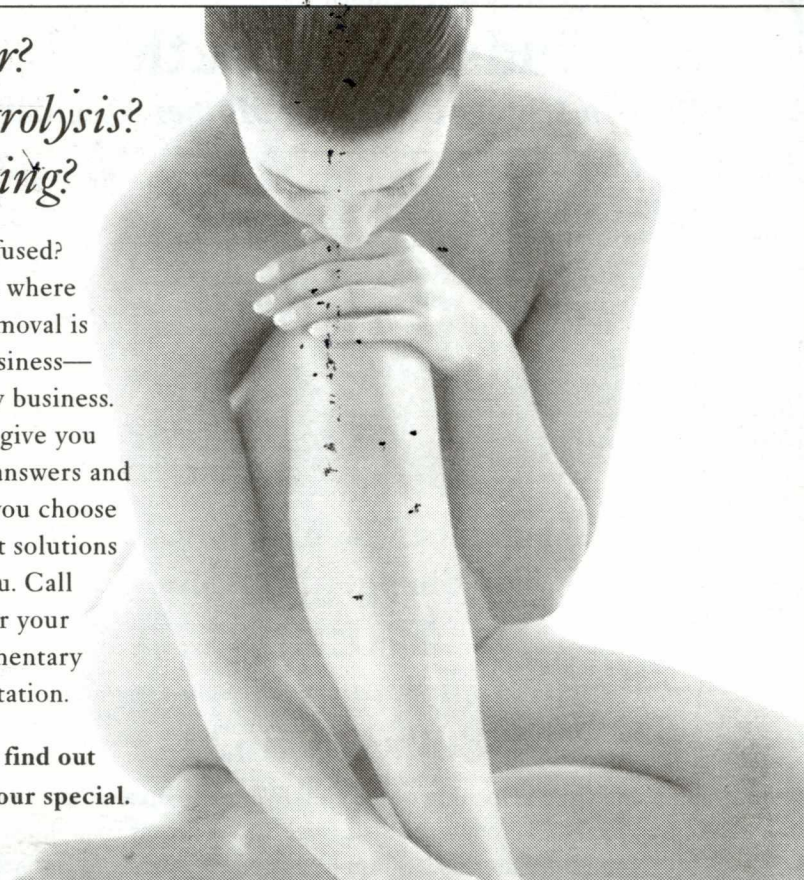
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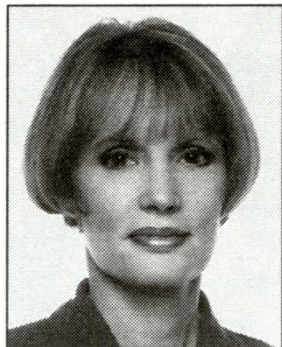
presenting

"Women Trying to Balance It All"

featuring

Judsen Culbreth

Editor-in-Chief of *Working Mother* Magazine



Thursday, September 24, 6:30 p.m. to 9:00 p.m.

Good Shepherd Hospital

FREE!

Registration Required (Limited Seating)

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Patricia's Story

During one particularly dramatic **Rubenfeld Synergy** session, Patricia accessed and released some frightening childhood memories. I imagined thousands of cells opening up and releasing painful emotions. Afterwards, she felt a strong sense of relief. This is where we see how the resolution of cellular memory can write a new script and anchor it safely in the harbor of the unconscious mind.

Since childhood, Patricia had a frequently recurring nightmare... she's being pursued by violent attackers who are intent on catching her and... God knows what! All avenues of escape or assistance remain closed to her until she awakens, anxious, heart pounding, utterly alone. After this session, Patricia re-dreamed the dream... she's being pursued by violent attackers who are intent on catching her and... A DOOR OPENS! A loving family invites her in and offers sweet shelter. They envelop her in a warm glow of love and support. Patricia awakens feeling refreshed, loved, aware of the possibility that there are people in the world to support her.

Here's a new script, written underground and safely re-anchored in the harbor of the unconscious mind. Patricia's past didn't actually change, but her unconscious perceptions and emotions changed dramatically, thereby bringing them more into alignment with her conscious desires



and the wisdom of her Higher Mind. This demonstrates the transformational power of the access and release of cellular memory. Spontaneous rescripting illustrates a profoundly deep level of integrative healing allowing stronger trust in the Universe which will, it follows, then provide more opportunities to prove this trust.

Through a combination of talk, touch and movement, **Rubenfeld Synergy** helps you get in touch with and resolve old issues. **Pamela Arwine**, also a **Reiki Master Teacher and Clinical Hypnotherapist**, is the first to practice this art in Northern Illinois. She practices in Crystal Lake and also offers all levels of Reiki Training. For more information, please call **815-455-4502**.

GSH Presents Judsen Culbreth, Editor-in-Chief of *Working Mother* Magazine at 3rd Annual Women's Health Celebration

Judsen Culbreth, editor-in-chief of *Working Mother* magazine and a working mother of two, will bring her message of "Women Trying to Balance It All" to Good Shepherd Hospital in Barrington on Thursday, September 24 from 6:30 to 9:00 PM for the hospital's 3rd Annual Women's Health Celebration.

The free program is designed to provide information on healthy ways of managing the often frantic life of women in the 90's who are trying to balance their lives and health as working women, mothers, wives, volunteers and friends. Learning how to care for the self—mind, body and spirit—is key to a healthy lifestyle. The celebration also marks the grand opening of Good Shepherd's new Women's Breast Care Center, which will be open that evening for tour.

Registration begins promptly at 6:30 PM followed by free hors d'oeuvres, health and wellness exhibits, information on osteoporosis, menopause, stress management, cancer, cardiac care, obstetrical and gynecological care, tours of the new Women's Breast Care Center and more! The keynote presentation by Culbreth begins at 7:00 PM.

The event is free but seating is limited. Advance reservations are required. Call HealthAdvisor at 1-800-323-8622.

A spokesperson and advocate of working mothers, Culbreth joined *Working Mother* in 1988 and became the first NBC News Today show Work/Family Contrib-

uting Editor. She has also appeared on international, national and local television and radio shows, including MacNeil/Lehrer News Hour, NBC Nightly News, ABC-TV's Good Morning America and CNN's World News. She has been interviewed by newspapers across the country, including the *Wall Street Journal*, *Los Angeles Times* and *USA Today*.

Culbreth was also a spokesperson for the Family and Medical Leave Act and is a member of the International Women's Forum, the Women's Media Group and the American Society of Magazine Editors. Before joining *Working Mother*, Culbreth was the executive editor of *Redbook* for five years, senior editor at *Mademoiselle* and associate editor at *Ladies' Home Journal*. Today, she is married and the mother of two children.

Good Shepherd Hospital is a leading provider of health and wellness services in the northwest suburbs. With 156 beds, Good Shepherd is a Level II trauma center and a Level II Birth Center with more than 400 physicians representing 35 medical specialties. The hospital is part of Advocate Health Care, one of the largest health care organizations in the Chicago area. Advocate is related to both the Evangelical Lutheran Church in America and the United Church of Christ.

For more information, please call Good Shepherd Hospital's HealthAdvisor at 1-800-323-8622.

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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We are not doctors who have decided to do cosmetic surgery because managed care companies and poor insurance reimbursement make cosmetic surgery lucrative because it is cash up front. We are plastic and reconstructive surgeons who are board-certified in both general surgery and plastic and reconstructive surgery. We have received years of training in cosmetic surgery as part of our residency programs and ongoing continuing medical education.

We were there when liposuction was first introduced into this country and are charter members of the Lipoplastic Society of North America since its founding. We are members of the American Society of Plastic and Reconstructive Surgery and the American Society of Aesthetic Plastic Surgery. We have the combined experience of over 40 years of plastic and reconstructive surgery in our group.

We do not just do breast reductions, but we do state of the art surgery involving minimal incisions. We do not just do breast augmentations, but avail ourselves of axillary, peri-areolar and inframammary approaches suitable to each patient's needs. We do not just do facelifts, but in-

volve advanced techniques in muscle and fat repositioning in multilayer approaches. We do not just do lasering, but have pioneered tattoo removal, skin resurfacing and treatment of vascular and pigmented lesions in excess of five years. And, we have been featured in *People Magazine*. We do not just do ordinary surgery, but have advanced to using endoscopic approaches that minimize incisions and recovery time.

Since we are board-certified in general and plastic surgery, we are able to handle difficult, complicated cases and the rare postoperative complications. We have staff privileges at Sherman and St. Joseph Hospital and have held positions on committees ranging from Surgical Department Head to Peer Review and Audit Chairman.

We do appropriate and advanced surgical procedures that minimize risks and maximize results. We are not just cosmetic surgeons! We are the physicians of **Valley Plastic Surgery Center** in West Dundee: **Jay H. Rosenberg, MD, FACS**; **Philip G. Lambruschi, MD, FACS**; and **Dean A. Manus, MD**. Call today to schedule a convenient consultation at **847-836-3200**.

Colombian Art Exhibit Fund-Raiser

An art exhibit celebrating Hispanic Heritage Month, entitled *Creating Freedom Through Art—The Challenge In Colombia*, will be held to benefit Amnesty International on Thursday, September 24 from 6 to 9 PM at The Aldo Castillo Gallery located at 233 West Huron in Chicago.

The benefit will create awareness of the political environment and social conditions pervading Latin America with a particular focus on human rights in Colombia. Works of art by Colombian artist Luis Fernando Uribe will be on display. The evening will include a live concert of

classical Latin music.

For more information, call Amnesty International at 312-427-2060.

Amnesty International is an international human rights organization with over 1.1 million members from more than 150 different countries around the world. AI works to educate the public on fundamental human rights issues as defined under the UN and the Universal Declaration of Human Rights. AI also works directly on behalf of victims of certain human rights abuses, including those subjected to cruel, inhuman or degrading punishment.

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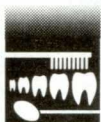
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Your looks and smile are as important to us as they are to you—*always*. Whether educating you to prevent problems or returning your mouth to optimum oral health, we are committed to taking whatever time is necessary to ensure an aesthetic approach to your appearance.

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GENERAL AND RECONSTRUCTIVE DENTISTRY



Your Diet and Your Teeth by Raymond Kotz, DDS

It is not so much what you eat as how often you eat that affects your teeth.

Almost everyone has some remaining plaque on their teeth even after brushing and flossing. This plaque contains bacteria which utilizes sugar and starch to form acids that break down tooth enamel, resulting in cavities. This "cavity activity" continues for approximately 20 minutes after you finish eating.

The average person spends about one hour a day eating breakfast, lunch and dinner. Since the bacteria produces cavity causing acids for 20 minutes after each meal, the end result is two hours of "cavity activity."

Any snack, even if consumed rapidly, adds at least 20 minutes to the total "cavity activity." So called healthy snacks—such as milk, vegetables and fruits—contain sugar and starch, so it is hard to win the battle against tooth decay.

Your best bet is to try to eat your "sweets" along with your meals and re-



member to avoid sticky snacks which remain in your mouth for long periods of time. Of course, proper oral hygiene, fluoride and regular dental care appointments are essential.

Contact **Dr. Raymond Kotz** at 847-381-4040 in Barrington for further evaluation.

Barrington Chapter Members Attend Lyric Meeting and Luncheon



285 Lyric Opera of Chicago Chapter members gathered for their annual meeting and luncheon at the Four Seasons Hotel in Chicago on May 16. The event was chaired by Harriette Coleman of Highland Park and Pat Stelzer of Inverness.

After the cocktail hour and silent auction, members were invited into the Grand Ballroom, replete with centerpieces of fresh tulips in rustic moss. Then, they enjoyed a gourmet luncheon of bistro chicken with mushroom ragout, baby bliss potatoes, melange of fresh vegetables and chocolate-vanilla cake with raspberry coulis and vanilla sauce.

Chapters' Executive Board (CEB) President Beatriz Iorgulescu of Hinsdale welcomed guests and introduced William Mason, Lyric Opera of Chicago's General Director, who presented the outstanding volunteer award to Terri Lund from Chicago. Farrell Frentress, Director of Development, congratulated the chapter members on their fine fund-raising performances throughout the year and during

the annual Operation which raised more than \$250,000 last September.

Recognition was also given to Operation Chairwomen Evie Gliberman and Julie Benson from Chicago, Lobby Sales Chairwoman Barbara Eckel from Evanston and outgoing CEB President Beatriz Iorgulescu. Cabrina Moran from Hinsdale was installed as the new CEB President.

American Airlines was again saluted for their very generous support as the continuing official sponsor of Operation.

The Lyric Opera Center for American Artists brilliantly performed excerpts from The Musical Theatre of George Gershwin and Kurt Weill.

Attendees included the Barrington Chapter members pictured above: (from left), Jim and Wanda Hollensteiner of North Barrington; Mary Wajda of Palatine; and Catherine Mura of Lake Barrington.

For information on Barrington Chapter of Lyric Opera of Chicago, phone Mary Robins at 847-437-2158.

Pi Beta Phi Alumnae Meeting

The Arlington Heights Pi Beta Phi Alumnae Club usually meets the second Wednesday of every month at various members' homes in the Northwest Suburbs. All Pi Phis are welcome to attend

the kick-off meeting for the '98-'99 club year slated for Wednesday, September 9 at 7:30 PM.

Please call Sherrill at 847-358-4147 for more information.



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Dermatology—A Dynamic Field

The history of medicine is a story of change and nearly all medical practices today are participants in this dynamic process. People familiar with our practice know that we have always endeavored to offer the latest advances in dermatology. New technologies, new medicines and new procedures provide life-enhancing—and sometimes life-saving—opportunities for patients, whether their problems are minor or momentous.

Fifty years ago, dermatology was, for the most part, a non-surgical field—a subspecialty of internal medicine. Today, dermatologic surgery is a major part of nearly every dermatology practice in this country. The American Society for Dermatologic Surgery promotes the ongoing education of dermatologists through instructional and hands-on training seminars, workshops and symposia. Like doctors in any specialty, we dermatologists take great pleasure in acquiring and perfecting new skills.

In the past twenty years, dermatology had advanced admirably. We have implemented aggressive public information campaigns about skin cancer and the dangers posed by over-exposure to the sun. We have used remarkable new drugs and technologies to treat acne and psoriasis. The first use of lasers on humans was performed by a dermatologist. Now, lasers are used by neurosurgeons, ophthalmologists, gastroenterologists, general surgeons, orthopedists and cosmetic surgeons. Dermatologists use lasers for removal of skin cancers, age spots, enlarged blood vessels, warts, wrinkles and myriad other conditions including unwanted hair.

Dermatologists developed dermabrasion (sanding of the skin) for treating scars and hair transplantation for male pattern balding. Throughout Europe, it is dermatologists who are considered the



David P. Van Dam, MD

specialists of choice for treatment of varicose veins. And, although liposuction originated in Europe, it was an American dermatologist who revolutionized the procedure by discovering the value of using large volumes of dilute local anesthetic.

Over one million skin cancers are surgically removed by dermatologists every year in the United States. The most refined technique for removal of these cancers is called "Mohs Surgery" which results in the highest cure rates for skin cancer with a maximum sparing of normal tissue. This technique is practiced by specially-trained dermatologists of which there are only approximately 300 in the US. Our own, Harvard-trained, Dr. J.D. Fallon is one of the select few who have this expertise.

It is a pleasure to be a dermatologist today and we are proud of the accomplishments of our colleagues. We at **Dermatology Associates** are delighted to see the extraordinary advances being made in all fields of medical science and are pleased to be a part of the changing world of medicine. For, as physicians, we are also patients sometimes. And, as patients, we cannot help but benefit from these changes too.

Nimble Knitters Needed

The Auxiliary of Good Shepherd Hospital in Barrington is looking for some nimble knitters to help the hospital with our "Christmas Mitten Tree." The tree has been created by the Auxiliary to provide warmth for the needy next winter. In order to meet the Christmas deadline and have enough scarves, mittens and hats, we need knitters to help create the warm woollen items.

The Auxiliary is also looking for \$5 donations which will "buy" a hat, scarf or mit-

tens for a needy person. For each donation, a paper "mitten" with the donor's name will be hung on the Mitten Tree in the main lobby of the hospital at Christmas time.

Items and donations can be brought to the hospital's Pear Tree Gift Shop or Cafe and will be distributed to various community organizations for the needy and homeless during the holiday season. For more information, contact the hospital Volunteer Office at 847-381-0123, ext. 5093.


Deadline!

The deadline for the **October Issue** is **Thursday, September 17.**

Please send your press release/advertising materials to:

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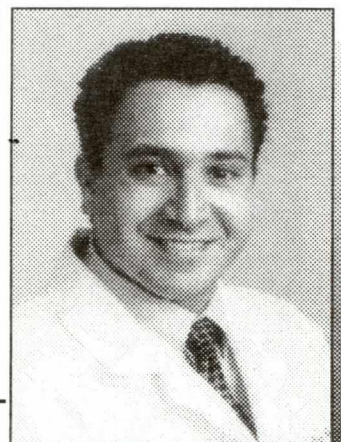
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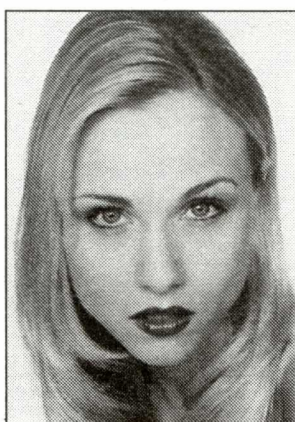
TRANQUILITY

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Women's Short



Sultry

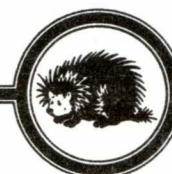


Women's Mid-Length

Rich color. Vibrant color. Soft color. Subtle color. No matter what your personal style, color is the keynote of the latest, hottest fall hair style. At **Tranquility**, our stylists have been trained to provide you, our client, with your own personalized color statement. Whether your style is bold and sassy or subtly traditional, we can update your look with the color that is right for you and the lifestyle you lead.

To compliment your color choice, the newest fall hairstyles have come to **Tranquility**. For those wearing their hair short, the new style will softly frame the face, while providing a new fullness to the hair. Mid-length hair also is shaped to frame the face before continuing down the neck, falling in either a flip or curling gently under. The woman with longer tresses will again find her face framed by the soft cut before cascading down in all its glory.

Color. Cut. Style. These are the hallmarks of the current fashion trends in hair styling. We at **Tranquility** are already trained to provide you with the latest fashion has to offer. Book your appointment now to get a jump on the new fall styles.

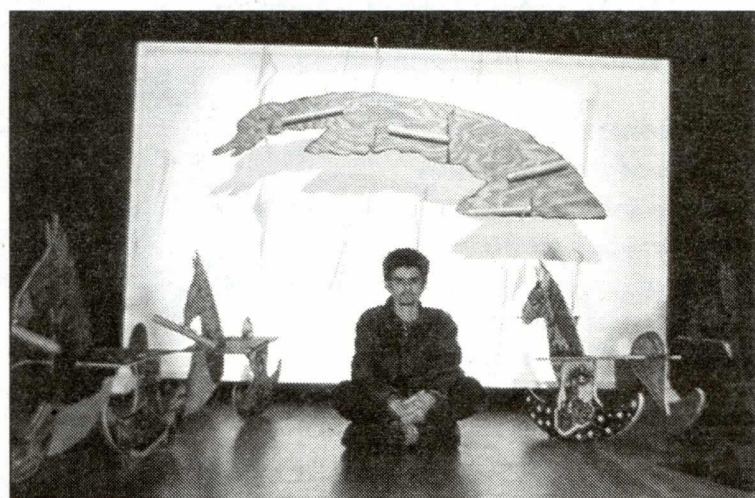


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"1990's Art From Cuba" Exhibition at School of the Art Institute



Abel Barroso, *Rush for Freeland*, 1997, Woodcut on paper, wood ink, four freestanding wooden hobby horse forms, four freestanding paper hobby horse forms, one wooden map of Cuba, and paper flags. Photo courtesy of Art in General/Bronx Council on the Arts.

The effect of Cuba's political system on its people as well as the current political tension between Cuba and the U.S. is explored in work that was created as part of the first nationwide residency and exhibition program sponsored by U.S. arts organizations for artists from Cuba. The program's exhibition component displays new work by Abel Barroso, Tania Bruguera, Sandra Ceballos, Manuel Piña and Lazaro Saavedra in computer-generated prints, drawings, installations, multimedia, photography, sculpture and woodcuts that reflects the artists' firsthand experiences with personal and social oppression in their homeland. "1990's Art

From Cuba: A National Residency and Exhibition Program" continues through Wednesday, October 14. Gallery hours are Monday through Saturday, 10 a.m. to 5 p.m. and Thursday, 10 a.m. to 8 p.m. Admission is free.

The program provided, for the first time, an opportunity for a group of contemporary visual artists from Cuba to participate in a multi-residency studio program reaching audiences in regions throughout the U.S. Each of the five artists was invited to be an artist-in-residence at one of five visual arts organizations, simultaneously spending seven weeks creating and developing work intended to

stimulate an exchange of ideas among artists, arts communities, and the general public about political and economic tensions between Cuba and the U.S. With Cuba presently in economic crisis and political transition, the program offered Cubans and Americans a non-political, cultural exchange at the community level to explore myths and stereotypes generated about each other during the Cold War.

This project is sponsored in part by the Andy Warhol Foundation for the Visual Arts; the Illinois Arts Council, a state agency; the Lef Foundation; and the Reed Foundation.

Sponsoring arts organizations for "1990's Art From Cuba" are the School of the Art Institute of Chicago; Art in General and Longwood Arts Project/Bronx Council on the Arts, New York; Centro Cultural de la Raza, San Diego; Diverse Works Arts Space, Houston; and Hallwalls Contemporary Arts Center, Buffalo.

About the Artists Exhibiting in "1990's Art From Cuba"

Abel Barroso is a printmaker who specializes in non-traditional printing techniques. He is also a master woodcut artist. In Barroso's installation, titled "Rush for Freeland," he prints national emblematic symbols on wooden hobby horses to portray current changes in national economic policy mandated by the Cuban government.

Tania Bruguera, an installation and performance artist, presents documentation of her interactive performance "Art in

America (The Dream)" in an installation consisting of video, photographs and clothing which focuses on the similarities between Chicago's homeless people and Cuban immigrants. In her performance, Bruguera seeks to show how both groups of people are alienated from their homeland and face discrimination by society, yet struggle to belong and find a place they can again call home.

Painter Sandra Ceballos presents "Clinic of the Angels;" "Bodies Sleep Meekly, Waiting for Resurrection;" "Hope is to Grow Things;" and "Without Warning, We Only Witnessed Her Passing," mixed-media paintings in which she comments on what it is like to be a Latin American woman living in a repressive society. Ceballos attaches to her canvasses clumps of hair, old fishnet stockings stuffed with bloodstained cotton, musty drugs, weathered domestic fabrics and laboratory paraphernalia to represent the female body's life cycles.

Manuel Piña, a photographer, explores the history of documentary photography and how it is manipulated by those in power. In two laminated, computer-generated prints, titled "Public Art Project (Mezlar los colores, mixed colors)" and "Public Art Project (Cross the border, Aquí esta la luz)," he shows a prostitute against a background of palm trees and tropical skies similar in style to poster campaigns intended to attract tourists to other countries. Through his work, Piña comments on how the Cuban government attempts

(Please continue on page 37)

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If you want to improve your health, utilizing the right fitness program is key. Total fitness encompasses strength and endurance, flexibility and balance.

Our goal at **Body Constructors, Inc.** is not only to provide our clients with safe exercise programs with an emphasis on total wellness but also to set specific goals with our clients and to reach those goals in the most efficient ways possible. As experienced fitness professionals, we are accustomed to working with a diverse cli-

entele with differing needs, goals and schedules.

Body Constructors, Inc. has been in business over six years instructing clients one-on-one and providing fitness services to large corporations. Our trainers are nationally certified and/or degreed in the field of health and nutrition. They continually enhance their education to provide our clients with cutting edge information, creative exercise techniques, tools and the highest quality service.

BWC Annual Golf Benefit

"Swing into Fall" at the Barrington Woman's Club annual benefit golf outing on Monday, September 21 at Cary Country Club. Golfers are urged to make their own foursome, although the committee will form groups if necessary. Registration and a continental breakfast will begin at 7 AM followed by a shot-gun start at 8 AM. The \$70 fee includes the greens fee, carts, lunch and prizes.

To register, print the name and handicap (according to the CDGA index) of each player to Judy Ligman at 468-A Valley View in Barrington, IL, 60010. Checks should be made payable to Barrington Woman's Club.

President Lois Hoppe's committee includes Luisa Bremer, Suzanne Hanifl, Patti Hinding, Judy Ligman and Norene Purcell.

The golf outing is a major fund raising event used for the Club's scholarship and philanthropy fund. Nearly \$15,000 was dispersed to new and renewed scholarship recipients, including this year's Barrington High School college scholar-

ship winner, Matthew Vanau, who will receive \$2,000 each of four years if he remains eligible. He will be attending Harvard University in the fall.

Renewed this year are \$2,000 scholarships to Theoni Hasabalis, Erika Sajpel, Nicole Ryan and Meghann Wu. One-time extended scholarships were granted to Kathryn Hicks, Heather Runge, Anthony Dudec and Krista Oltman. Christine Pomroy's Harper College adult woman's scholarship was also renewed.

An additional \$5,000 was distributed among these service providers: Barrington Area Historical Society, Barrington Youth Services, Citizens for Conservation, Church Women's United Food Pantry, Family Service of South Lake County, FISH, Hospice of Northeastern Illinois, Kenneth Young Mental Health Center and Public Action to Deliver Service (PADS).

Women of the greater Barrington area who are interested in Barrington Woman's Club membership may call Ruth Bock at 847-382-5241.

Look and Feel Your Very Best at Chelsea Tyler Nail & Body Spa

Chelsea Tyler Nail & Body Spa is rapidly approaching its one year anniversary and what a year it has been.

The career dream of Sheila Joiner was twelve years in the planning. We knew it was going to be something special. By listening to her clients over the past years and by drawing from her experiences as a manager in a nationwide day spa, she was confident that the ultimate spa could be created. "I wanted a place where clients would feel immediately relaxed, a type of sanctuary from the pressures of everyday life, a place where they would achieve that pampered glow they deserve."

The spa opened September '97 after an extensive interior design project incorporating custom nail tables, throne type pedicure stations in a private room, a fountain and painted murals of the gardens of Caesar. From day one, clients were offered nail care unsurpassed in quality and hygiene. Since then, thanks to a core of loyal customers and excellent referrals, the spa has grown to offer a full range of body care. With skin care rooms equipped with the latest high frequency esthetic equipment, clients can receive body and facial treatments of their choice, from a skin smoothing bikini wax to an anti-cellulite body wrap to a non-surgical face lift.

To complete the skin care experience, **Chelsea Tyler** recently introduced a make-up department complete with their

own exclusive line of cosmetics, Chelsea SW3. As throughout the rest of the spa, (look for the shortbread biscuits at the coffee bar), the European influence is apparent here with the colors of their cosmetics named after various landmarks in London.

Wellness programs prevail at **Chelsea Tyler**, the M'Lis detoxification program being the most popular. This program is designed to eliminate toxins and waste from the colon and includes a daily calendar to instruct you through the 28 day schedule to achieve your wellness or weight loss goals. Each client receives a one-on-one consultation so they can have a full understanding of how the M'Lis program can "help the body help itself, naturally". Those of you interested in such detoxification should be sure to sign up for the seminar on September 14. Call **847-843-3880** for complete details.

The range of services available at **Chelsea Tyler Nail & Body Spa** is impressive, to say the least, and their attentive staff and unique atmosphere will calm any needing body, even before the treatments begin.

Chelsea Tyler Nail & Body Spa is located at 31 North Roselle Road in Schaumburg. Their hours are Tuesday and Thursday from 9 AM to 8 PM, Wednesday and Friday from 9 AM to 7 PM and Saturday from 9 AM to 4 PM. For more information, call **847-843-3880**.

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- Anti Cellulite Treatments
- Detox-Wellness Programs
- Reflexology
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Do you tire easily? Are you stressed? Have you gained weight?
Find out Why...

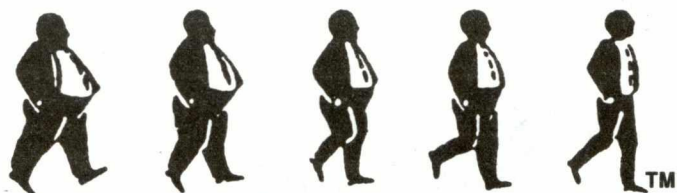
Join us to hear our special guest speaker and Doctor of Holistic Wellness, J. Lynn Wilde, N.D., Ph.D. and learn how to rejuvenate your body through DETOXIFICATION—Start a wellness program today!

Date: September 14, 1998 • Time: 6:30 pm—8:00 pm
Place: Chelsea Tyler Nail & Body Spa

SEATING IS LIMITED! Call now to reserve your seat!

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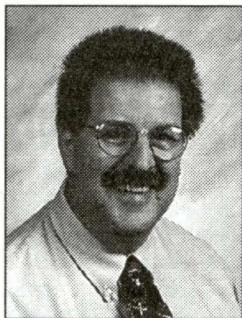
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MONDAY 1-9
TUES-FRI 9-9
SAT 9-5

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Barrington Lyric's '98-'99 Programs

The Barrington Chapter of Lyric Opera of Chicago opens its 30th season with a variety of productions: *Always the Greatest* at 7 PM on Friday, September 11, at the Meadows Club in Rolling Meadows; *Berliner Kabarett—A Kurt Wiel Evening* at 7 PM on Friday, October 2, at a Barrington Hills residence; *Behind the Scenes: Opera Anecdotes* at 2 PM on Sunday, November 8, at a Barrington Hills residence; and *A Colonial Christmas Tea* at 2 PM on Sunday, December 6, at the Barrington Bistro in The Foundry.

The 1999 programs will include: *Chapter Musicale III*, 1:30 PM on Monday, January 18; *Toujour L'Amour*, 2 PM on Sunday, February 2, at a Barrington Hills



Jim Steed, President of Barrington Chapter of Lyric Opera of Chicago.

residence; *3Peat Repeat—Barrington Chapter Chorus*, 7 PM on Friday, March 5, at the Presbyterian Church of Barrington;

Your Body Has to Last a Lifetime

Did you know that nearly 34 million US adults are obese? Nearly one million adults die of cardiovascular disease annually. When you begin to look at the effects diet has on your body, you see you must EAT right to LOOK and FEEL right. Diet plays a major role in your health.

Seattle Sutton's Healthy Eating, located at 301 E. Main St., #107, Barrington, brings you fresh meals—not frozen, canned or dried—in two different calorie portions. Fresh fruit and salads are included. The food is low in cholesterol, low in fat and sodium controlled. And it's tasty too! The three daily meals are individually packaged, ready to be taken to your home or office.

We have no hidden fees and there are no contracts to sign. When you order your **Seattle Sutton's Healthy Eating**

food, you eliminate menu planning, label reading, shopping and kitchen clean-ups. Perfect for health-conscious people with busy schedules!

For those who wish to lose weight, we can help you **ACHIEVE** and **MAINTAIN** your weight loss goal. **Seattle Sutton's Healthy Eating** offers the perfect solution to everyone's needs. The food follows the guidelines of the American Heart Association, the American Cancer Society and the American Diabetes Association.

Our food showings are Mondays and Thursdays from 3 to 6:30 PM at 301 E. Main Street, #107. We accept MasterCard and Visa and home or office deliveries can be arranged for a nominal fee. For more information, day or night, please call **847-382-9040** or **1-800-442-DIET**.

A New Look for Fall at Claude Thomas

September marks the close of summer. And with that comes the realization of some of the damages the "fun in the sun" has caused. The heat and the UV Rays from the sun can cause your hair to fade and your hair and skin to dry out.

Claude Thomas Salon and Day Spa and their well-trained staff has the solutions to all of these problems. We have a European deep conditioning treatment with a color enhancer to rejuvenate your hair color and bring back its sheen and healthy glow. This is a 30-minute treatment regularly \$30, now only \$25. For your skin, we have facials designed specifically for your needs. We also have a moisturizing and restoring body wrap for your entire body. This month, we are taking 20% Off the prices of our facials and body wraps with our European trained estheticians Gina and GiGi.

Going back to school? Why not try a new look this fall. A make-up, make over and lesson is now \$20. Or perhaps you would like a new hair color? This month, our expert colorists can design a new color stain for you. This is a non-committal color. The color stain is an innovative color system that lasts from six to eight weeks and slowly fades out of your hair, leaving you with your original color and condition. Another option is a framing highlight using six to ten foils for \$25.

The month of September is still a hot one, so don't put away those sandals just yet. Take advantage of our manicure and pedicure package, regularly \$45 now only

\$38 with a bonus paraffin treatment. We offer an exclusive special pedicure using a thin layer of acrylic on your toenails. Using this procedure will prolong the polish on your toenails three times longer than a regular pedicure. This special pedicure is regularly \$45, but now only \$35. We also have nail art—air brushing, free-hand art and nail charms. We pride ourselves on our artistic creativity.

Want to see yourself differently? We have computer virtual imaging so you can see yourself with different colors, lengths and styles of hair. It can also change your make-up and eye color. This service is \$20 for the session and \$3 for each print of yourself. If you have short hair and want it longer or you just wish for thicken your hair, we have several different hair extension systems. Come in and let us find the right system for you.

Claude Thomas Salon and Day Spa has an experienced, complete staff of stylists, colorists, nail technicians, estheticians (facialists), make-up artists and massage therapists to fulfill your every need.

We are looking forward to meeting you.



New Oratorio Singers, 7 PM on Friday, April 9, at the Inverness Golf Club; and *Bel Sonore Chamber Players Present Opera, Dinner*, 7 PM on Friday, May 7, at the Biltmore Country Club.

For inquiries on the Barrington Chapter (over 200 members and growing), please

phone Mary Robins in Arlington Heights at 847-437-2158. To share rides, call Evelyn Hammond in Palatine at 847-359-3545.

Please visit Barrington Lyric's Web site at <http://nsn.nslsilus.org/bakhome/Lyric>. You may also visit Lyric Opera of Chicago's Web site at www.lyricopera.org.

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. 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.

You Come First at L'Auberge

At **L'Auberge**, Barrington's complete day spa and salon, you'll enjoy private pampering by caring and experienced professionals amidst the comforts of home. **L'Auberge's** main focus is you. We pride ourselves on our professionalism and elite customer service talent directed toward your whole family. As summer ends, allow

us to help. During September, Michelle will be happy to cut your child's hair free when Mom or Dad come in for an appointment as well. **L'Auberge's** private environment allows you to feel comfortable while you spend your valuable time and money in a worthwhile environment. **You come first at L'Auberge.**

Traveling Light

I went on vacation recently. As I was preparing for my departure, I made the usual promise to myself—"This time, I *will* pack light." The nightmarish stories of sleeping, dragging and watching over luggage, bags and things was just not an experience I wanted to have on this trip. As I have been trying to simplify my life, I enthusiastically envisioned a small duffel bag, filled with a few essentials. I thought it would be liberating and easy. But, as the countdown to departure time came, I began piling more and more stuff into the now overloaded bag which necessitated the use of yet another bag. It seems that I have the need to prepare for every possible eventuality and a strong attachment to certain things that I can't or don't want to be without.

As I was checking my luggage in at the airport, the parallel to life dawned on me—the difficulty in letting go of our baggage. People in our culture form attachments not only to other people, but to the things that they have acquired in their life. Many of these things are symbolic to their particular struggles. In my work as a therapist, I talk to many people who would like to simplify their lives and travel light but have great difficulty doing so. It seems an easy thing to do, to an outsider. But actually taking the steps to

let go and travel light is not a task for the timid. Many of us have become accustomed to living a life of plenty or even of excess. We have much more than we ever really need.

The trip I took provided an opportunity for me to reflect on what is really important and necessary in life versus what is simply an extra burden. I thought about how much is enough and when enough really is enough. Seeing how people in other cultures live reminded me of how much I appreciate my lifestyle here at home and also how much extra I carry.

Have you ever thought of moving through life in an easier and less burdened way? Have you had some difficulty in making the transition? Does the idea appeal to you and the actuality seem impossible? If this is a dilemma that you are presently struggling with, you are not alone I assure you. Complexity is hard to deal with when trimming down to more manageable proportions. Yet, there are steps you can take to make living easier and less burdensome.

Call me at **847-842-9365** if I can be of assistance in helping you establish your priorities and learning how to travel more lightly through life.

PS: If you know where I can sign up for *Packing 101*, please let me know.

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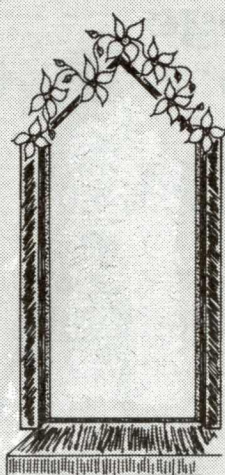
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- | | |
|---|---|
| <input checked="" type="checkbox"/> assessing the problem | <input checked="" type="checkbox"/> collaborating on solutions |
| <input checked="" type="checkbox"/> lending clarity to the problem | <input checked="" type="checkbox"/> 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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Postpartum Support Group

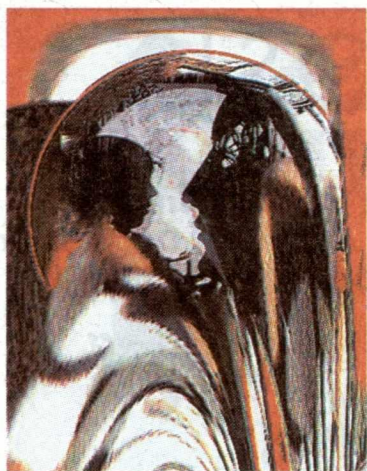
As many as 80% of women who have recently had a baby get the baby blues. Such symptoms as sadness, anxiety, headaches, hyperactivity or excitement can appear and even escalate to panic attacks, phobias, and apathy or anger for the baby. While a certain amount of adjustment is normal, Postpartum Depression or "baby blues" can be a serious and often misdiagnosed illness.

Good Shepherd Hospital is now sponsoring a Postpartum Support Group on Tuesday mornings at the hospital. The group will focus on education about postpartum depression, sharing experiences and support during the postpartum period, and helping new moms

express feelings and develop effective stress management skills. The group will be led by Cheryl Borst, Ph.D., a licensed psychologist with experience in women's issues. Mothers are invited to bring their babies, up to six months of age, to the class. Call for exact times and dates.

The cost for the program is \$20 per session prepaid, plus \$75 for a pre-evaluation that is done by the Advocate Center for Stress Medicine. A referral from an individual's physician is required. Costs for the program may be covered by individual insurance companies. To register, please contact HealthAdvisor at 1-800-323-8622.

Barrington LIFESTYLES September 1998 **25**



Storyteller II: Mother and Child Story
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Department 56 Swap-N-Sell

Saturday, September 12

9:00 am — 2:00 pm

in Fountain Square — Under the Big Top

(In all fairness, public will not be allowed to enter until 9:00 am.)

- Silent auction for: "Ramsford Palace,"
"Sir John Falstaff Inn," "Dedlock Arms" and
"Christmas Carol Set"
- Door Prizes
- 20% off all current, non-porcelain accessories
- Complimentary coffee, apple cider and apple cider
donuts until 11:00 am.

Call 847-634-0890 for more information



PINE CONE
CHRISTMAS SHOP

210 R.P. Coffin Road
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The Finest in Fiber Art

Newly opened **Acclaim Gallery** offers its visitors a delightful tour into the world of fiber art. This highly diverse art form with its unique beauty and rich textures, is capturing the attention of a growing number of fine art enthusiasts throughout the world.

Owner/fiber artist Vivian Smith conducted an extensive search of the country's most distinctive fiber artists, from which she made her selections. The result is an impressive collection of one-of-a-kind pieces representing more than 47 artisans nationwide. Included in this collection are contemporary art quilts, sculptures, Egyptian wall jewelry and wearable art.

Acclaim Gallery is located at 445 Robert Parker Coffin Road in Long Grove. Hours are from 10 AM - 5 PM, Tuesday through Saturday, Sunday 11 AM - 5 PM. For more information call 847-478-9192.



Free form hand-crochet © Iris Adler

For Golf, It's American Cottage

The area's best selection of ladies' golf apparel and accessories can now be found in Historic Long Grove.

Located at the Crossroads, **American Cottage** offers a fantastic collection of coordinated golfwear—from skirts, slacks and tops to visors and socks—all in great colors and styles.

Fun golf accessories abound, including totebags, costume jewelry, tableware, greeting cards, mailboxes and cuddly golf bears. **American Cottage** is the place to find unique gifts for the gals in your foursome or fun awards for some "memorable moments" at the 19th hole.

Popular items include "Golfing Grandma" T-shirts and crewneck sweaters with a tasteful Long Grove appliqué.

For information, call 847-821-1212.



Pine Cone Celebrates Department 56

Kensington Palace



Department 56 porcelain houses and accessories are some of the most popular items of today's collectible market and secondary market. **Pine Cone Christmas Shop** is one of the largest year-round retailers of Department 56 Houses and accessories in the Midwest. To cater to their clientele, Pine Cone sponsors a Department 56 Swap-N-Sell biannually.

Pine Cone will host its second **Department 56 Swap-N-Sell on Saturday, September 12** from 9:00 am to 2:00 pm under the big top in Fountain Square. To add more fun to this very popular event, there will be a Silent Auction of "Ramsford Palace," "Dedlock Arms Inn," "Sir John Falstaff Inn" and "Christmas Carol Set." These are all valued retired pieces. Also, there will be complimentary coffee, apple cider and apple cider donuts until 11:00 am, door prizes hourly and 20% discount on all non-porcelain accessories.

Looking towards the future, **Pine Cone Christmas Shop** has some very exciting special events planned. So mark your calendar! First, from **November 5 - 9**, Pine Cone celebrates "**Home for the Holidays**"

This event benefits the Ronald McDonald Houses in the Chicagoland area. Department 56 has created a very special piece for these five days only, "Kensington Palace." During this celebration, there will be a 30% discount on all retired pieces and 20% discount on all non-porcelain accessories.

On Friday, **November 6**, Pine Cone will host its annual **Retirement Party** starting at 6:56 am. Come enjoy a complimentary toast to the houses and accessories that have been announced that morning as the 1998 retired pieces.

From November 5 - December 24, Department 56 offers three new gift sets for "Snow Village," "Dickens' Village" and "Christmas in the City" at a very special price of \$65. Also during this time, bids will be taken for the silent auction of "The House that Love Built 1998." This very limited edition will also help support the Ronald McDonald Charities.

Come have fun enjoying the beautiful creations of Department 56 and the great people who collect them. For more information, call 847/634-0890.

LONG GROVE "Shop, Dine, & Stroll through History"

It's Back to School Time

It's that time of year again—**Olivia's Past** in Long Grove has that special new outfit for your little girl. We carry terrific lines of kids clothing—Baby Lou Lou, Zyno Kids, Jumpers, Baubles and April Cornell, to name a few.

And Mom, now that the kids are back in school, you'll have some free time for yourself. **Olivia's Past** carries beautiful and unique clothing and accessories, jewelry and vintage pieces to fill out your fall wardrobe (April Cornell, Nostalgia and Cocoon). So, drop off the kids, and spend some time browsing in **Olivia's Past**—where the past meets the present. 144 Old McHenry Rd., Long Grove. Phone **913-1988**.





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Where the Past Meets the Present

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Fresh from the Cupboard

The **Country Cupboard Cafe** in historic downtown Long Grove offers wonderful homemade soups, salads and sandwiches. This quaint and charming restaurant creates daily specials, something different and delicious, grilled chicken breast on a bed of mixed greens served with toasted pecans and our own special dressing or perhaps our chicken walnut salad with mandarin oranges and a secret blend of spices. Accompany any of our lunches with a tall glass of our Raspberry Iced Tea and you'll think you're in heaven! You'll enjoy the new surroundings, with it's new decor, typical of a French Bistro.

The **Country Cupboard** and its owner, Klaudia Crawford now offer to host private parties. Whether it be a bridal or baby shower, business or ladies luncheon or dinner, or even a small wedding or Sunday Brunch, the **Country Cupboard** is happy to accommodate you. Phone **634-3493**. Hope to see you soon!



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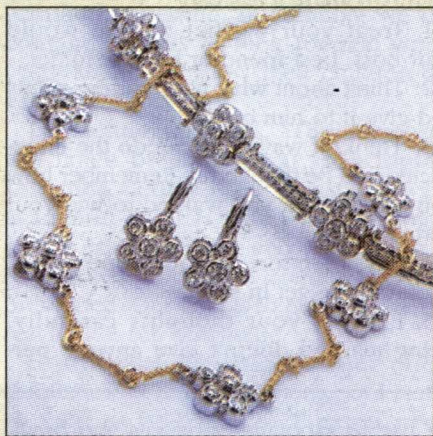
Experience the Difference

Celine Fine Jewelry would like to welcome the many new customers we have had this summer. Thank you for your business and for the numerous referrals.

As many of you know, **Celine Fine Jewelry** stresses the importance of high quality, individuality of style, and affordability in our designs.

At **Celine's**, one will not find dozens of cases filled with overpriced cookie-cutter jewelry. What you will find is a unique selection of designs that can be altered and/or created to suit your specifications. Whether you prefer 14k, 18k, yellow, pink, white gold or platinum, the choice is yours.

Starting in September, **Celine's** will have a European designer and goldsmith on the premises to help you create your



dreams! Why spend more to make your dreams come true?

We look forward to seeing you soon.

Tired of seeing your jewelry on someone else?

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Along The Garden Path

With summer coming to an end and the kids going back to school, you need to treat yourself to something new, something FRESH, like FLOWERS! Come home with a bundle of fresh flowers to put on your table. It is nature's aromatherapy.

The Garden Path Florist of Long Grove always has something unique for you. The season's best offerings. And, looking forward to fall, we have fresh and dried arrangements overflowing with harvest things like wheat, apples, gourds, pumpkins and vines. At **The Garden Path**, you will always receive a creative fresh floral design.

Located in downtown Long Grove, across from the Village Tavern, **The Garden Path Florist** offers daily deliveries and wire services to send flowers around the corner or around the world. We have an excellent reputation for quality and offer creative designs for everyday or special occasions. Our wedding work is exquisite, unique and of the highest quality. We stand by our product and our service.

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Address the mind, body, spirit and emotions by putting into action an effective mix of nutrition, hypnosis, energy work, group Gestalt therapy and supportive community.

Presented by **Pamela Arwine**
Reiki Master Teacher, Rubenfeld Synergist, Ct. Hypnotherapist
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*See accompanying article for registration details. As is always the case, you should consult your physician before embarking on any weight reduction program. This program is offered as an educational tool only and is not intended to be a substitution for medical care.

On the Line with Fresh Start Weight Reduction

My name is **Pamela Arwine** and I'm putting myself on the line. I'm a practitioner of the Rubenfeld Synergy Method, a Reiki Master Teacher and a Ct. Hypnotherapist. What I've noticed over the past few years is that as many clients and students resolved their inner conflicts, released old pain and harmful messages, and relearned to love themselves, they began to get thinner... and I didn't! I needed the support my clients were receiving also and I wasn't getting it. So, I created a program called Fresh Start Weight Reduction for you and for me. And it's working. I've released the first 16½ pounds!

Let me tell you about the program. It



addresses the mind, body, spirit and emotions by putting into action an effective mix of nutrition, hypnosis, energy work, group Gestalt therapy and supportive community. It's a 12-week program, so we have time to get to know and care about one another. We have time to do hypnosis and reinforce it again and again. We have time to delve into the issues which are preventing us from being successful. We have time to find the patterns

Why do Some Children Require Two Phases of Orthodontic Treatment?

by Drs. Michael Hayward & Robert Skopek

Children sometimes exhibit early signs of jaw problems as they grow and develop. An upper and lower jaw that is growing too much or not enough, or is too wide, too narrow or crooked can be recognized at an early age when children are growing rapidly and are beginning to lose their baby teeth. Orthodontic and orthopedic appliances can be used to correct jaw shape and direct the growth toward an ideal relationship between the upper and lower jaws thus providing a good foundation for the remaining permanent teeth to erupt into. This type of early "phase one" or "interceptive" treatment can prevent the need for later removal of permanent teeth to correct overcrowding, or possible surgical procedures to align the upper and lower jaws. Leaving a bad bite untreated until all of the permanent teeth erupt could result in a jaw discrepancy too severe to allow achievement of an ideal result with braces alone.

It is important to understand that at the end of the interceptive phase of treatment,



Dr. Michael Hayward



Dr. Robert Skopek

teeth are not in their final positions, and patients will wear retention or tooth guidance appliances until all of the permanent teeth erupt. At this time, the second phase of treatment will begin and the teeth will be placed in their exact location in the mouth in harmony with the cheeks, tongue, jaws, jaw joints and other teeth.

Two-phase orthodontic treatment is a very specialized process that encompasses jaw and facial changes (orthopedics) and

(Please continue on page 51)

9 Ways to Keep Your Relationship Tuned-Up

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

Why do some relationships last forever and others fall apart? Here are some ways you can make your partner feel appreciated again and prevent your relationship from becoming a casualty.

1. Treat your partner as you would your boss, best friend or best customer.
2. Think about what your partner wants and give it to him or her.
3. Think of ways you can do the unexpected and be thoughtful. Remember how you acted when you wanted to win your partner over.
4. Pay attention to your appearance. Dress nicely; get in shape.
5. Express your thoughts carefully. Being married doesn't give anyone per-

mission to let it all hang out.

6. Spend regular time together alone.
7. Look for ways to compliment your partner.
8. Hug when you say hello and goodbye. It feels good and makes people feel loved.
9. Learn and practice communication skills. Relating successfully to another person requires a set of skills that can be learned.

Laurie Grand is a licensed Marriage and Family Therapist with an office in The Welsh Center in Barrington. She specializes in helping couples improve their relationships. Call for your free one hour consultation at **847-304-8385**.

we use to sabotage ourselves and break these patterns through awareness. We have time to succeed and fail and succeed again, for this is not just a diet plan; I've been there and done that! This is the development of a new life-style which will support our deep richness and allow our inner beauty to manifest outwardly. This program is for the person who wants to look at the many psychological, mental and physical factors which conspire to sabotage our highest good. However, we do incorporate the nuts and bolts of a good diet plan and sensible exercise.

The bottom line is this. Even as we work through our emotional issues and mental blocks to thinness, most of us will still probably have to do the work of the diet and exercise. But this will no longer be an exercise in futility. Now, we have a chance at real, lasting success. And I'm completely invested in your success because it means my success as well.

The cost of the program is \$165 which includes 12 two-hour sessions, two hyp-

nosis reinforcement tapes and a complete notebook with all the materials you'll need. If you need to continue into the next 12-week program after a two-week break, you'll receive a 10% discount. Every subsequent program will give you an additional 5% off. Some people will need the long term support... some won't. We'll meet every Tuesday from 6 to 8 PM or 10 AM to noon. You can register by sending your name, address and phone number along with a \$50 deposit to: **Pamela Arwine, CRS, RM, C.Ht., 1701 Marguerite St., Crystal Lake, IL, 60014**. If you'd first like further information about my work, call **815-455-4502** and leave your mailing address. Space is limited, so act quickly.

I'm tired of being at the mercy of a body and an unconscious mind continually striving to keep me heavy. If you're tired too, join me and we'll explore how this can be changed on a very deep level once and for all. Let's do it together... you, me and spirit.

All Ways Healthy Invites You to Join Their Exciting September Seminar Series

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

All Ways Healthy would like to invite you to enjoy two seminars this September given by leading experts in their fields.

The first in our series is on Tuesday, September 15 at 7:30 PM, given by Marcia Zimmerman, CEO of the Zimmerman Group, Inc., she is a former researcher at The Stanford University School of Medicine and has formulated supplements since 1986. Her latest accomplishment is her new book *ADD Nutrition Solution: A Drug-Free 30-Day Diet and Supplement Plan* due out in spring of 1999. She will be speaking on Attention Deficit/Hyper-Activity Disorder and sharing with us the information that she has gathered during her three years of research for her book.

The second in our series is a very in-

teresting seminar given by Nature's Herbs called "Breakthroughs in Herbal Medicine" on Wednesday, September 23 at 7:00 PM. Candace Jacobson, the education manager for Nature's Herbs, will discuss the latest advances in herbal products, standardized extracts and how herbs are making significant inroads in traditional health care. Ms. Jacobsen has over 18 years of professional experience working directly with herb manufacturers and lectures extensively through the US and internationally.

We invite you to attend both of these dynamic seminars. Please call to make sure that a seat is held for you. **All Ways Healthy** is located at 123 S. Rand Rd in Lake Zurich at Lake View Plaza. RSVP to 847-438-9200.

Learning Centers Become Part of Back-To-School Schedule

With learning centers springing up in every neighborhood nationwide, more and more parents are making them part of their children's back-to-school schedule. This is especially true of parents whose children are reluctant, or even frightened, about returning to the classroom in September. The specially trained teachers and personal attention offered at a learning center can give a child a much-needed shot of self-esteem to start the new school year.

According to Dr. Raymond J. Huntington, founder and president of **Huntington Learning Center**, it is natural for children to experience some anxiety when entering a new classroom environment. However, he says, "When anxiety turns to dread, it is important to find out why and help them move past it. At our learning centers we focus on three building blocks that help a child overcome fear of school: skills, confidence, and motivation. When a child has all three, success follows."

He outlines the three main ways that **Huntington Learning Center** can help a child succeed in school, come September and throughout the school year:

1. We build skills—Children become frustrated when they can not keep up with classmates or school assignments due to a lack of basic skills. If a child was having problems at the end of the last school year, the introduction of new material will be even more overwhelming. By working on a child's weak areas at our learning centers, new knowledge can be mastered.

2. We build self-confidence—Without self-confidence, a child may not feel capable of success in school. To build a

child's confidence, we set reasonable expectations and attainable goals, praising the child's achievements. When children find that they can complete small tasks, they feel better about moving on to bigger challenges.

3. We build motivation—When a child is unmotivated, he or she may be expressing boredom or frustration with the materials being studied. At **Huntington Learning Center**, we know that the key in motivating children to learn is to make learning interesting. In addition, we encourage parents to look for real world opportunities to show their children the value of schoolwork.

Dr. Huntington adds, "The diagnostic test taken by students at **Huntington Learning Center** is the first step toward academic success. After diagnosing a child's exact strengths and weaknesses, a customized program of instruction can be prescribed. Our goal is to help children to reach their full potential."

Huntington Learning Center offers instruction in reading, writing, and math, as well as SAT and ACT exam prep courses. Frequent conferences with parents, plus ongoing encouragement for students, are also an important part of the **Huntington** method.

Huntington Learning Center, a recognized leader in the field of supplemental education, was established in 1977 and now has close to 200 centers across the country.

Parents who would like additional information, or who wish to discuss a specific problem, are encouraged to call the **Huntington Learning Center** in Barrington at (847) 382-3655.

Reminder!

Barrington Youth Dance Ensemble's audition day for *The Nutcracker* is Sunday, September 13 at the Barrington Park District in Langendorf Park. Audition schedule is: children 6-8 years with last names beginning with A through L from 1:00 to 1:30 PM; children 6-8 years with last

names beginning with M through Z from 1:30 to 2:00 PM; children 9-10 years from 2:00 to 2:30 PM; children 11-12 years from 2:30 to 3:00 PM; and teenagers from 3:00 to 3:45 PM. Please arrive 30 minutes before audition time. Please call 847-382-6333 for more information.

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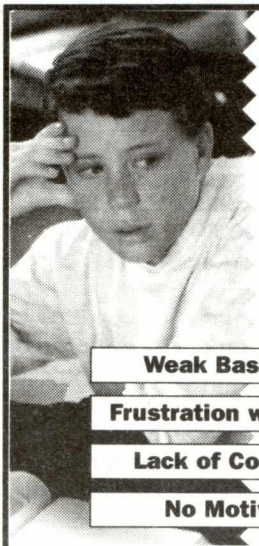
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Your child may need help with weak study skills or poor reading or math skills. He or she may be unmotivated or lack confidence, despite a good I.Q.

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Lack of Confidence

No Motivation

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Your child can learn.

Friends of Home of the Sparrow Plan Fall Gala



Pictured are: (L to R) Gloria MacDonald, Marilyn Glendinning, Mary Marts, Karen Rossi, Cora Lee Cain and Michele Gillett, all of the Barrington area.

Getting ready for "All That Jazz"!

Friends of the Home of the Sparrow announce that their annual dinner and dance gala will have a "jazz" theme this year. It is slated for Saturday, November 7 at The Biltmore Country Club in North Barrington.

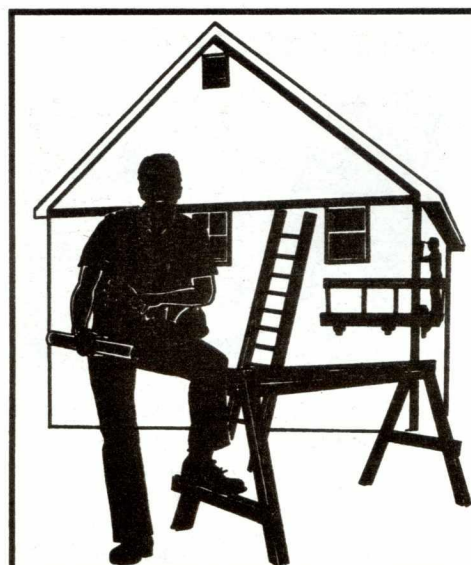
Watch for details! Friends of the Home of the Sparrow is the Barrington-based support group for Home of the Sparrow, the transitional housing and counseling center for homeless women and their children.

This center is based in McHenry and now operating additional locations in Palatine, Woodstock and Crystal Lake. Their annual fund-raising party is almost always sold out!

So get tuned up and ready to join Gloria MacDonald, Marilyn Glendinning, Mary Marts, Karen Rossi, Cora Lee Cain and Michele Gillett for a "jazzy" evening!

Want to help with preparations? Phone Michele at 847-526-8123 for volunteer opportunity information.

Barrington LIFESTYLES September 1998 29



AUTUMN HOME IMPROVEMENTS

Special Focus



Security and Beauty with Outdoor Lighting

A home's landscaping is, if done well, its crowning glory. Tastefully executed landscaping can make even the plainest house look appealing, just as poor landscaping can ruin the appearance of a mansion. Consequently, every year Americans spend millions of dollars installing, enhancing and maintaining both residential and commercial landscapes. The shame of it, though, is that every night when the sun dips below the horizon all of that expensive landscaping is virtually invisible for 10 or 12 hours.

Rudy Kruse, president of **CFC Nite Lites**, has set out to change that by installing landscape lighting which accents elements to which your eye is naturally drawn during the day—flowering trees,

artwork, building features and so forth, using a wide variety of techniques including uplighting, crosslighting, moonlighting and pathlighting.

"There are three main purposes for outdoor and landscape lighting," Kruse explains. "The lights offer added home security. They also offer safety around steps and other potential hazards. And, of course, there are the aesthetic considerations. In fact lighting actually makes a yard appear larger than it is and there is also the opportunity to light up special characteristics of the house itself like special brickwork, cornices and fireplaces."

Call **CFC Nite Lites** at 847/658-5469 for your free estimate.

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K.D.A., 7107 Pingree Rd., Crystal Lake, can open up a whole new world of beauty and convenience for your new kitchen with Merillat cabinetry. Your kitchen is the heart of your home and everything you put in it should reflect warmth and timeless quality. That's just what you'll get with Merillat cabinets

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North Barrington \$1,275,000
Brick Georgian in Wynstone w/ California flair. Study. Full finished walkout. 2-story foyer. Master bedroom w/ sitting room & fireplace.
Sherl Wheeler 847/465-2290



Barrington Hills \$1,200,000
Classical arch w/ 10' ceilings. Marble flrs, grand entry, plaster walls. FR plus game room. 2 libraries, commercial kit, indoor pool & gazebo! \$285k PRICE REDUCTION!
Sherl Wheeler 847/465-2290

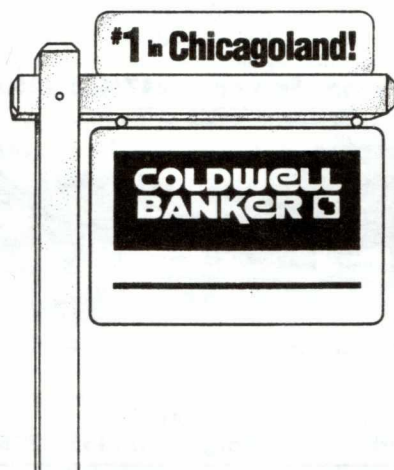


North Barrington \$1,050,000
Stately brick new construction waiting for you. 2-story FR, hardwood flrs, granite counters, light cherry kitchen pillars, 4/5 bedrooms, bonus room. You will fall in love!
Sherl Wheeler 847/465-2290



Barrington Hills \$950,000
5 years old, set on 5 acre wooded lot. 9' ceilings, study, 4 bedrooms plus 35x18 bonus room. 4 fireplaces & hardwood floors.
Sherl Wheeler 847/465-2290

Barrington Area Office



Lake Barrington \$589,000
All brick construction! Outstanding quality & design. 4 full baths, 9' ceilings, 2-story family room, kitchen w/ granite counters & master bedroom w/ sitting room.
Sherl Wheeler 847/465-2290



Barrington \$549,000
Gorgeous Fox Point home w/ 3 additions & \$500,000+ in updating. 2-story family room, smashing master bath, study, dynamite kitchen w/ fireplace & sitting area.
Sherl Wheeler 847/465-2290



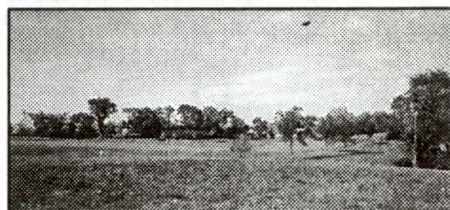
South Barrington \$519,000
This home has it all! 4 bedrooms, sunroom, screened porch, finished walkout lower level and an in-ground pool. Overlooking a peaceful pond.
Sherl Wheeler 847/465-2290



Barrington \$395,000
Set on 4+ glorious acres, this home has a California feel—fireplaces in living, dining & rec rooms. 23x24 family room w/ skylights, 4+ stall barn. A great retreat!
Sherl Wheeler 847/465-2290



Barrington \$329,000
Built in the 1860's, this vintage home is perfect—new kitchen, 4 bedrooms, study, CA, screened porch, 2-car garage, walk to town & even a picket fence!
Sherl Wheeler 847/465-2290



North Barrington \$320,000
If your dream has always been to build on a magnificent golf course, this is the lot for you... one acre, long views on Wynstone Golf Course.
Sherl Wheeler 847/465-2290

"Rhapsody in Blue—Art in the Valley"

The Stickney House Committee will host a most exciting event called "Rhapsody in Blue—Art in the Valley" on Saturday, September 12 from 3 to 6 PM at Grossman House in Bull Valley.

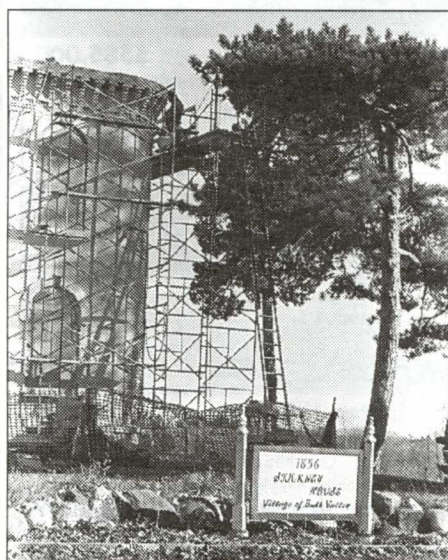
The goal of this benefit is to continue the restoration of Stickney House (the house with the round corners) located on Cherry Valley Road in Bull Valley.

As you enter the beautiful Grossman House, you will be delighted to see an awesome array of artistry. 24 notable artists will greet you and share their professional skills and talents. Collectors will be impressed with the diversification—and their works will be for sale.

At 4 PM, Holly Emrich, well-known lyric soprano from Crystal Lake, will sing familiar lyrics from George Gershwin's *Rhapsody in Blue* in tribute to the composer, celebrating Gershwin's Centennial Year. Holly will be accompanied by Dr. Terri Shofner, a concert pianist from Chicago. Holly's daughter, Katie, will also inspire you with excerpts from *Rhapsody in Blue*.

Hollace Ann Emrich's operatic career has included the title or lead soprano roles in numerous operas: *Madame Butterfly*, *Maria Stuarda*, *La Traviata*, *I Pagliacci*, *Amahl and the Night Visitors*, *The Chocolate Soldier*, and *The Beggar Student*.

She is also well-known for her work on



An exciting event is planned to benefit Stickney House restoration.

the concert stage. Holly has appeared as soloist for many organizations across the Midwest. This includes Music of the Baroque, The Rockford Symphony, The Elgin Symphony and The Mid-Michigan Opera Orchestra.

In addition to opera and oratorio performances, Holly keeps an active recital schedule. She has performed throughout the USA and in France.

The theme will be carried on with The McHenry County Youth Orchestra Quartet



Hollace Ann Emrich, lyric soprano, will sing lyrics by George Gershwin.

performing chamber music for your enjoyment. This four-piece ensemble was organized in 1980 as a separate section of the Youth Orchestra. Over the years, many

Guys and Dolls at ECC

Fox Valley Youth Theatre Company will present *Guys and Dolls* on Stage 1 of the Elgin Community College Visual and Performing Arts Center located at 1700 Spartan Drive in Elgin. The performance times are 8 PM, Fridays and Saturdays, September 11, 12, 18 and 19, and 3 PM, Sundays, September 13 and 20.

The Fox Valley Youth Theatre Company

talented young people have participated in the Orchestra and Quartet and have had an opportunity to show off their talents.

You may then join your friends and neighbors and enjoy a lavish buffet of cocktails and hors d'oeuvres.

On behalf of the members of the Stickney House Committee, Chairpersons Verna Hogan and Phyllis Keinz wish to express their thanks by saying, "Over the years, we have received tremendous support from the entire community for our fund-raisers for the continuing restoration of Stickney House—and we thank you—all of you for your continued support. Please come and enjoy a delightful afternoon at Grossman House."

The donation for this multifaceted afternoon is \$25 per person.

For directions and to make reservations, please phone Phyllis Keinz at 815-459-4833 or Verna Hogan at 815-338-1681.

is a preparatory program at the ECC Institute for the Performing Arts.

Tickets are \$10/\$8 and are available at the ECC Ticket Office in the Visual and Performing Arts Center from 10 AM to 5 PM, Monday through Friday, and noon to 4 PM on Saturday. Tickets can also be ordered by calling 847-622-0300. Visa, MasterCard and Discover are accepted.