

March 2004

*It's Time for*  
**Spring**  
Home Improvements

**"Rembrandt's Journey"**  
Comes to Chicago's Art Institute

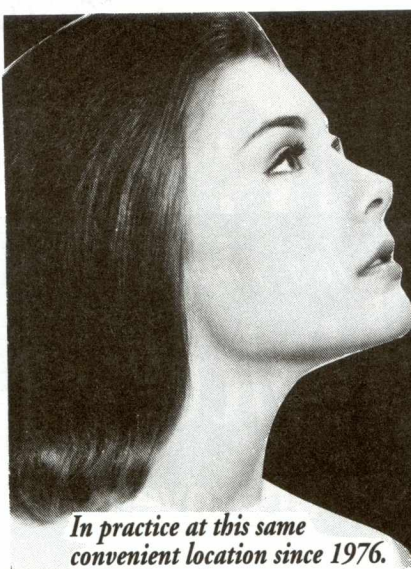
**Ninety Years of Photos**  
of North Michigan Avenue

**"Nifty at Ninety"**  
BWC Spring Fund-Raiser

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**(815) 459-4820**

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## Editor's Ink

March, 2004

Dear Reader,

There are early signs of spring, and it is welcomed! Fashion show luncheons are numerous, reflecting the light pastels of the new season. Garden clubs are eager to get started planting. And concerts reflect beautiful Irish music, a sign that St. Patrick's Day will soon be here.

You may want to journey into Chicago on one of these lovely days and take in the sights. "Rembrandt's Journey" is currently at The Art Institute of Chicago. Over 200 works representing all periods of his long career—20 paintings, 30 drawings, 150 prints and seven copper plates—will be on view. Specially dated and timed tickets are needed. I had the pleasure of visiting Rembrandt's home in Holland a few years ago. As I recall, it was a small home by today's standards but filled with treasures, among them a printing press.

While in Chicago, you may want to view a photo exhibit at City Gallery of "Chicago's Magnificent Mile—90 Years in the Making." I love to see old photographs of 1920s cars, fashion and the early landmarks.

Enjoy the season. Until next time, peace and happiness.

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



## About Our Cover

Heathered grey cashmere blend monogrammed sweater over a white cotton classic fit shirt. Mink/ivory wool blend herringbone pants complete the look. All LIZSPORT by Liz Claiborne.





## "Nifty at Ninety"—Barrington Woman's Club Spring Fund-Raiser

Take a stroll down memory lane with the Barrington Woman's Club as they celebrate 90 years of service to the Barrington community. This special event is a show-and-tell fashion show featuring 35 dresses, accessories and vintage undergarments from the beginning of the 20th century to the present time.

Ruth Thomas and Chloe Berg will showcase their personal collection and share the history behind each outfit and how they came to be part of the collection. Their program, called Decades of Dresses, features special occasion dresses that give a glimpse into women's history. Along with this collection, a BWC historian will provide commentary describing activities the club was involved in at that time.

Members and guests are encouraged to wear vintage outfits in the spirit of this celebration, to be held at Royal Melbourne Club in Long Grove on Wednesday, March 17. A social hour will begin at 11 a.m., followed by a luncheon and program. The cost for this fund-raiser is \$40, of which \$10 goes to the BWC Philanthropy Fund and is tax deductible. If you are unable to attend, please consider a donation that is wholly tax deductible.

Checks should be made out to the Barrington Woman's Club for \$40 and mailed to: Barbara Cornwell, 218 D Shoreline Rd., Barrington, IL, 60010, by Wednesday, March 10. For more information, call Barbara at 1-847-382-7554 or Luisa Bremer at



**Ruth Thomas, a retired educator, models one of her vintage dresses. Her interest in vintage clothing began in 1995 when she participated in the 75th Anniversary Celebration of the Passage of Women's Right to Vote.**

1-847-382-1251.

Don't miss this unique glimpse into women's history and fashion trends and help the members of BWC celebrate 90 years of serving the Barrington community. Membership is open to any woman residing in the greater Barrington area. For information, call Judy Gentile, membership chairwoman, at 1-847-882-6450.

## BJWC's "Meet Me in Monte Carlo" Tickets Now on Sale

BJWC is pleased to announce that tickets are now on sale for their spring event "Meet Me in Monte Carlo" presented by Jimmy John's Subs. Tickets for the event, to be held Friday April 16, at The Metropolis Ballroom in Arlington Heights, are going fast.

Co-chairs Amy Kenrich and Doreen Colletti-Muhs of Barrington—along with their committee Lara Berry, Janet Bresch, Cynthia Clement, Lynn Douglas, Laura Knecht, Laura Lutsch, Kathleen McGrath, Ann Moll, Laura Scoville-Ekstrom, Helen Suk, Cindy Seibert and president of Wellness Place Auxiliary Chris Tilles—are planning a fun-filled evening with something for everyone! Attendees will enjoy games inspired by Monte Carlo, celebrity look-alikes, non-stop entertainment including a show in Metropolis' night club, The Boiler Room, delicious food stations and desserts, plus a unique ice luge and martini bar.

Plus the group has some awesome auction items available, including a weeklong stay in Palm Springs; four airline tickets (compliments of Orbitz); a stay in a private exclusive resort for four families with a plane to take you to and from Wisconsin; a birthday party from the Barrington Firehouse; a vintage diamond ring from Ideal Gems; Cubs sky box tickets; BHS parking space; Barrington Park District Pool; and much more.

We would like to thank Advocate Good Shepherd Hospital and Dr. Robert Skopek,



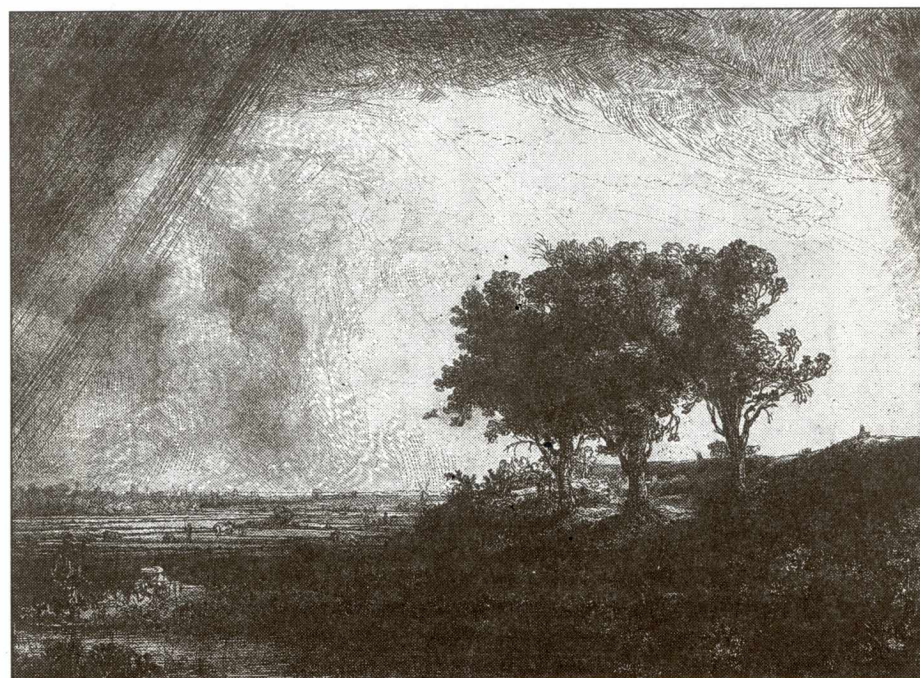
**The Barrington Junior Women's Club Spring "Meet Me in Monte Carlo" Committee**

D.D.S., for their great sponsoring support.

The Wellness Place in Palatine will be the 2004 primary benefactor from the evening. BJWC is pleased to help the Wellness Place, which has worked for the past five years to help the more than 20,000 people living with cancer in the Northwest suburbs. They provide a caring community for people with cancer and those closest to them. As a cancer resource center, they work to enhance the quality of life for those living with cancer through encouragement, education and empowerment. Their programs are offered in a warm, homelike setting and are completely free of charge.

BJWC is in its 67th year of helping local organizations through philanthropy and community service. They provide grants to numerous groups through the area including BHS scholarships, WINGS, PADS, Cowboy Dreams and the Jeffery Pride Foundation. They also run Safety Town, Kids on the Block, and help with Meals on Wheels, Giving Day and Service to Seniors.

## "Rembrandt's Journey" Comes to the Art Institute of Chicago



**The Landscape with the Three Trees by Rembrandt van Rijn, Dutch, 1643. Etching, drypoint and engraving; 21.3 x 27.9 cm (8 3/8 x 10 15/16 inches). The Metropolitan Museum of Art, New York, H.O. Havemeyer Collection, bequest of Mrs. H.O. Havemeyer, 29.107.31 (cat. 121).**

Rembrandt van Rijn (1606-1669) is one of the most creative and celebrated artists in history. "Rembrandt's Journey: Painter, Draftsman, Etcher" is the first American exhibition with significant national and international loans to explore the full range and variety of Rembrandt's work as a printmaker, particularly as etcher, in the context of his paintings and drawings.

With more than 200 works representing all periods of his long career—approximately 20 paintings, 30 drawings, 150 prints and seven copper plates—the exhibition draws upon public and private collections from around the world, including The State Hermitage Museum (St. Petersburg), the Rijksmuseum (Amsterdam), the Berlin Museums (Berlin), The British Museum and The National Gallery (London), The Metropolitan Museum and The Pierpont Morgan Library (New York), and the National Gallery of Art (Washington, D.C.). The exhibition also features a full 40 works from the Art Institute's own notable Rembrandt collection.

As one of the most imaginative printmakers of all time, Rembrandt had a deeper commitment to expressive etching than any other painter of the 17th century. "Rembrandt's Journey" highlights the parallel relationships between the master's paintings, drawings and prints—closely examining imagery, narrative content and

the marks of the artist's hand. The exhibition, which will be on view through May 9, focuses on several of the subjects to which Rembrandt returned during various stages of his career. These include: Rembrandt's profound and insightful treatment of biblical narratives from both the Old and New testaments; his lively spectrum of highly original self-portraits in etching, drawing and painting; portraits and fantasy portraits; his keen-eyed observation of daily life, including his fascination with beggars and street people; the male and female nude; encounters between the sexes; and his fresh, influential conception of landscapes. Rembrandt's choice of subject matter was unusually wide, and his art demonstrates a Shakespearean mixture of moods ranging from earthy comedy to somber tragedy.

### Ticket Availability

Specially dated and timed tickets to "Rembrandt's Journey: Painter, Draftsman, Etcher" are required, and advance tickets are strongly recommended. Tickets are available by calling 312-930-4040; on the Web at [www.artic.edu](http://www.artic.edu); and at the Art Institute. Tickets for the public may also be purchased through a Ticketmaster Illinois Ticket Center. Tickets for Monday through Thursday are \$12; tickets for Friday through Sunday are \$15.

## Alpha Gamma Delta Alumnae

Alpha Gamma Delta and Parents and Teachers of Handicapped Students will host a Spring Showcase of Arts and Crafts from 10:00 a.m. to 4:00 p.m. on March 6 and 10:30 a.m. to 4:00 p.m. on March 7 at Kirk School, 520 Plum Grove Road, Palatine.

The showcase will feature 90 juried artists,

a bakery, Kirk cafe and door prizes every hour. Proceeds benefit the school and the Alpha Gamma Delta Foundation.

On March 23, the Alpha Gams will meet at 7:30 p.m. in Lincolnshire at the Putting Edge—Glow in the Dark Mini Golf. For information, call 1-847-963-6871.

Tickets for "Meet Me in Monte Carlo" are \$125 per person and include \$25 in "playing" tokens, station buffets, entertain-

ment and the evening shows. To order tickets or receive an invitation, please call 1-847-622-3838.





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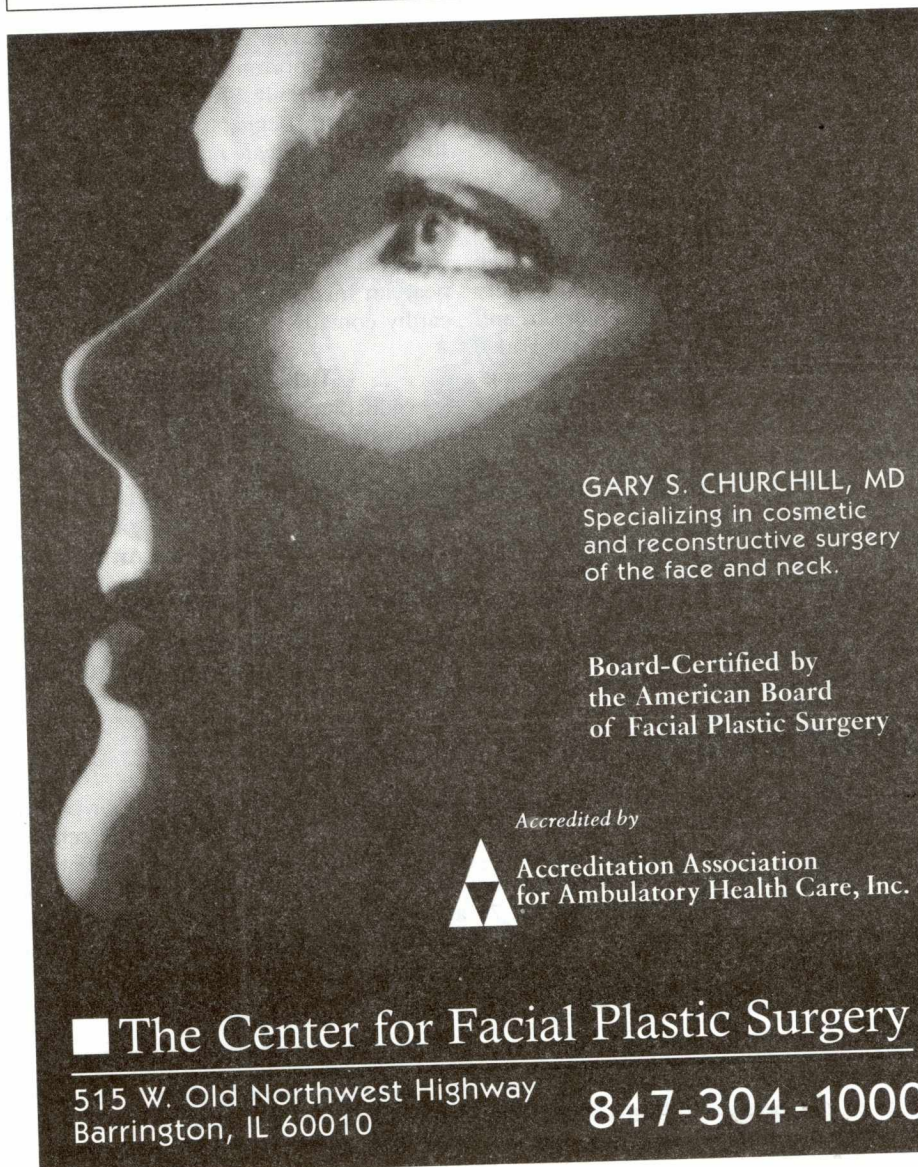
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## Four Seasons Garden Club Meetings

Each month from September through June, the club holds its meetings on the first Tuesday of the month. The meetings are held at either a member's home or at the Barrington Library. A social coffee and visit among members is followed by a short business meeting and then a presentation or demonstration connected to some aspect of gardening and gardening interests. For further information on each meeting, please contact Lenore Lawrence, at 1-847-381-2883.

**March**—The March meeting will be held on Tuesday, March 2, at the Barrington

Library. "Starting Plants from Propagation and Seed" will be presented by Lynn Rushing. Lynn will discuss methods to propagate existing plants and the use of fluorescent lighting for seeds.

**April**—The April meeting will be held on Tuesday, April 6, at the home of Patricia Toole. "The Japanese Beetle and Other Garden Predators" will be presented by the McHenry County Extension Service.

You are encouraged to come and bring a guest whether you may or may not desire to join the Four Seasons Garden Club.

## Facial Plastic Surgery, Looking Your Best

by Gary S. Churchill, MD

### Eyelid Surgery

"The eyes are the windows to the soul!" Eyes are one of the most expressive features we have and reveal a lot about us. Subtle changes in their appearance let people know if we are happy, sad, well rested, or tired. We are able to "read" people and at the same time be "read" by others through our eyes. Many have found that an energetic, youthful appearance can enhance others' perceptions of their performance at work. If their eyes look half closed due to excess upper eyelid skin or have "bags" beneath them because of excess fat bulging from beneath the lower eyelids, the overall appearance is one of tiredness and lack of energy. Even when they get plenty of sleep they can still look tired. Many people just feel younger than they look and would like to improve their overall appearance.

These are some of the reasons that a large portion of the cosmetics industry is devoted to enhancing the appearance of our eyes; through makeup, anti-aging and rejuvenating creams. Cosmetic companies realize that a first step in improving our looks is to improve the look of our eyes.

### How Do the Eyes Change as We Age?

The effects of aging are usually seen first in our eyes. As we get older the skin of the upper eyelid tends to increase and become redundant. This can hide the smooth skin just above the eyelashes where women wear eyeshadow. If enough excessive skin forms, it can actually hang over the eyelashes and obstruct vision. There can also be bulging of fat from behind the eyelid, causing a fullness or discreet bulge in the middle corner of the eyelid.

In the lower eyelids the first sign of aging normally seen is a bulging of the orbital fat creating the puffiness most people refer to as "bags". This is caused by a relaxation of the septum, a membrane beneath the eyelid muscles, which allows the fat of the eyesocket to bulge out beneath the skin. This relaxation is a normal consequence of aging but can occur in young people as a family trait. As pressure is applied to the closed eye one can see this bulge increase. Excess skin of the lower eyelid can also form but not usually to the same degree as in the upper lid.

### What Can Surgery Accomplish?

In the upper eyelid excess skin is removed to allow a smooth contour when the eye is gently closed. When the eye

opens this results in a normal crease approximately 7mm above the lash line. Excess fat, if present, is removed with the skin to reduce the fullness of the upper eyelid. The incision line is closed precisely at the crease to hide it during the healing process. Eyelid skin heals very rapidly. Special techniques are used in Asian eyes and selected others to create a more prominent crease.

In the lower eyelid an incision is made just beneath the lashes or in selected patients on the inside of the lower eyelid. The excess fat, which is contained in three separate compartments, is then removed. Any excess skin is removed taking care not to place too much tension on the lower eyelid.

An upper and lower blepharoplasty can be performed together or in combination with other facial rejuvenation procedures such as a facelift or rhinoplasty. The eyelids can also be improved in certain individuals with chemical peeling and/or brow lifting. The need for these are determined at the preoperative consultation.

### Where is Surgery Performed?

Eyelid surgery is most often performed in our office surgical suite, however if preferred, surgery can be performed at a number of different hospitals or ambulatory surgery centers in the area.

### What is the Recovery Period?

Dissolving sutures are used in the lower eyelids and do not have to be removed. Nonabsorbing sutures are normally used in the upper eyelids and are removed on the fifth postoperative day. Makeup can be worn the day following suture removal and most people return to work at this time. There can be swelling of the eyes for one to two days following the operation which might interfere with vision so we recommend not driving until the swelling is down. After this most people can easily be out in public with sunglasses. Any bruising that occurs fades in the first 7 to 10 days. Makeup can conceal this after the second postoperative day.



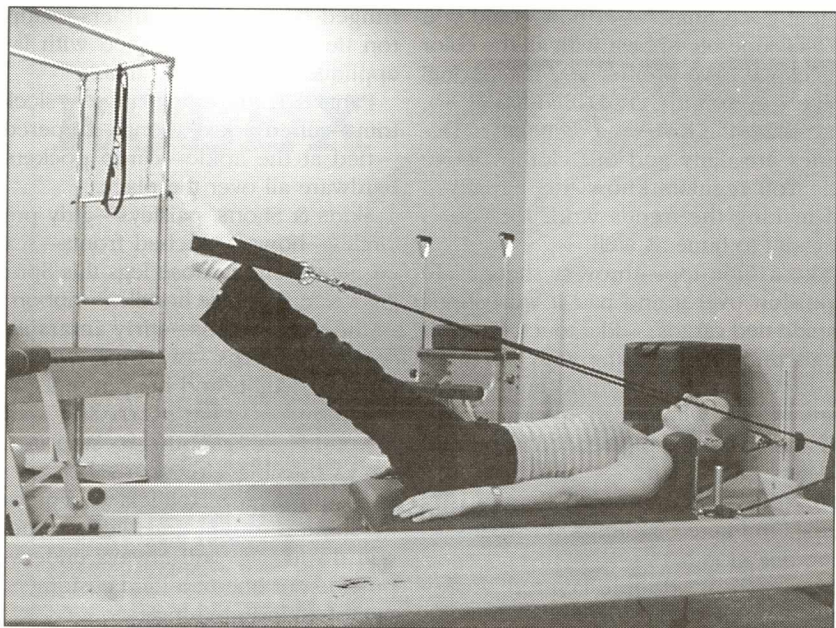
Stacie McClane, MD



Gary Churchill, MD



## Studio Pilates: An Exercise in Balance



With the increasing trend toward mindful, moderate health practices, **Studio Pilates** is shaping the fitness ideals of our generation by focusing on the Pilates method of exercise and physical movement designed to stretch, strengthen, and balance the body.

**Studio Pilates**, the refreshing mind-body exercise studio, uses principles based on the techniques developed by legendary fitness trainer Joseph Pilates in the 1920s.

Private sessions as well as group equipment and mat classes are offered at **Studio Pilates** under the direction of an experienced staff who focus on building

strength without "bulking up"; increasing flexibility and agility; developing optimal core control; creating flat abdominals, slender thighs and a strong back, and promises a refreshing mind-body workout.

Regardless of your current level of fitness, **Studio Pilates** offers the ultimate in body conditioning.

Yoga classes are also available at **Studio Pilates**. Class size is limited to maximize the experience so please call as soon as possible to assure availability. Call **815-455-4900** to reserve today.

**Studio Pilates** is located in downtown Crystal Lake at 46 Brink Street. Visit online at [www.studiopilates.net](http://www.studiopilates.net).

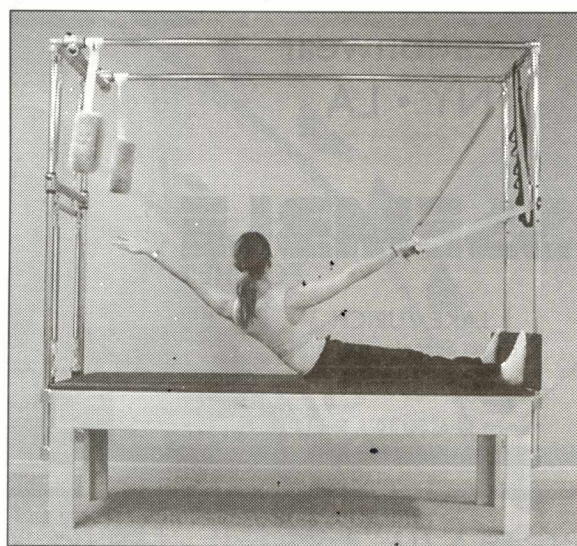
## PRIMA BELLA



**Chuck Hines** presents *Prima Bella* knitwear for spring. Updated, sophisticated knitwear in the hottest new fabrication—rayon/nylon—easy care, great for travel, in an array of eye-popping brights and crisp, clean white and black. In sizes S, M, L and XL, these knits fit generously and don't cling. When you try them on, you'll fall in love with *Prima Bella*. V-neck rings sweater is \$78 in red, white or black.

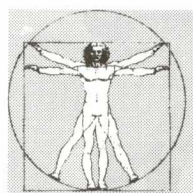
Available at **Chuck Hines** on Main Street in downtown Barrington.

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—Joseph Hubertus Pilates, in 1965, age 86



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## SPRING 2004

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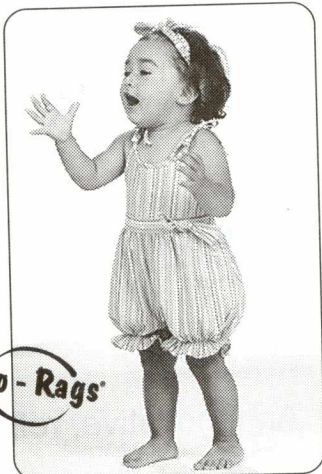
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## Protecting Your Legal Rights— Illinois Enacts the Victims' Economic Security and Safety Act by Joette S. Doran, J.D.

The State of Illinois has enacted the Victims' Economic Security and Safety Act (VESSA). The act provides that employers (defined as the State or any agency of the State, any unit of local government or school district, or any person that employs at least 50 employees) may not discharge or discriminate against an employee who is a victim of domestic violence or who has a family or household member who is a victim of domestic violence, for taking up to a total of 12 workweeks of unpaid leave from work during any 12-



month period to address domestic violence. VESSA prohibits employers from

## Assemblé Has the Spring Message

It's feel good time!! And how could you not feel superbly upbeat with all the color choices we have to offer you this Spring! We've got FEEL-GOOD-ENERGY! So, come share the love on a daily basis. Deliveries are daily and our clothes move fast! You regulars know this already—and making the trends work for you is our claim to fame as well.

Take a tube top—throw a sheer voile stripe shirt over it and pair it with shorts or ankle-tied cargos. Add a touch of glamour to our slim fit jeans with our one-of-a-kind crystal necks and ears, or go chunky/funky with our sharp citrus toned tops and a chunky, big beaded necks and bracelets!

This Spring is more fun than Krispy Kreme, and here's a glimpse of what's arriving this month:

Tees & Tops: double-layered breezy mesh tubes—halter—corsets—bows—zips—stripes—faux wraps—web fronts—

fringed hems—off shoulders—satin/cotton tie dyes—stonewashed with lace or appliques—rhinestone zips...

Pants & Jeans: drapy cargos—sleek and trim—cuffed or extra long—zippered legs—tied at the ankle—cargo pockets and hardware all over the place.

Skirts & Shorts: paisleys—girly prints—circles—bows—rouched fronts—scallop-ed hems—show those legs this Spring!

Sweaters: tie dye hoodies—ribbon trims—sheer cardigans—girly intarsias and “op-art” patterns—two-tone twinsets—in imperial brights and heaven-sent pastels.

All this is what's arriving daily at **Assemblé** this month—so stop in as often as possible—for your sake!

**Assemblé for Her** lets your personality shine through, and we love helping you do it! We will always endeavor to provide our one-of-a-kind customers with one-of-a-kind clothing!

See ya soon!!!

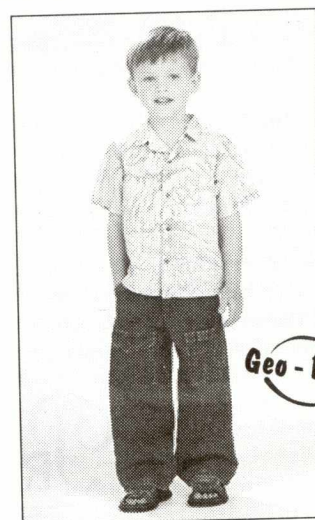
## Little Munchkins Introduces Geo-Rags for Boys

For all those Geo-Rags fans, the exclusive new boys' collection has arrived. Now your little guys can look chic, comfy and cool too! Shop early for the best selection of dressy and casual attire as well as coordinating brother-sister outfits.

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**Little Munchkins** is open from 10 a.m. to 5 p.m., Monday through Saturday. Call us at 1-847-381-3960.

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## AARP Income Tax Assistance

The Barrington Area Council on Aging, Inc., is once again participating in the AARP Income Tax Assistance Program. A trained AARP volunteer will assist seniors with their taxes on Wednesday mornings now through April 1, 2004. These meetings are by appointment only.

Appointments are from 9:00 to 11:40

a.m. at the BACOA office in the lower level of the Village Hall, 200 S. Hough St., Suite 001, in Barrington. Appointments fill quickly, so please call as early as possible to schedule your appointment.

For more information or to schedule your appointment, please call 1-847-381-5030.

discharging, discriminating or retaliating against a person taking leave from work as a result of domestic violence to seek medical attention or counseling for injuries or psychological trauma, obtain victim services, relocate, seek legal assistance, or participate in a related court proceeding.

The act provides that the employee shall provide the employer with at least 48 hours advance notice of the employee's intention to take a leave of absence, except where it is not practical to provide such notice. If an unscheduled absence occurs, the employer may not take action against the employee if the employee provides certification within a reasonable time after the absence. While the employer is not required to provide paid leave under this act, the employer may not suspend group health plan benefits during the leave period. An employee may enforce their rights under the act by filing a complaint with the Illinois Department of

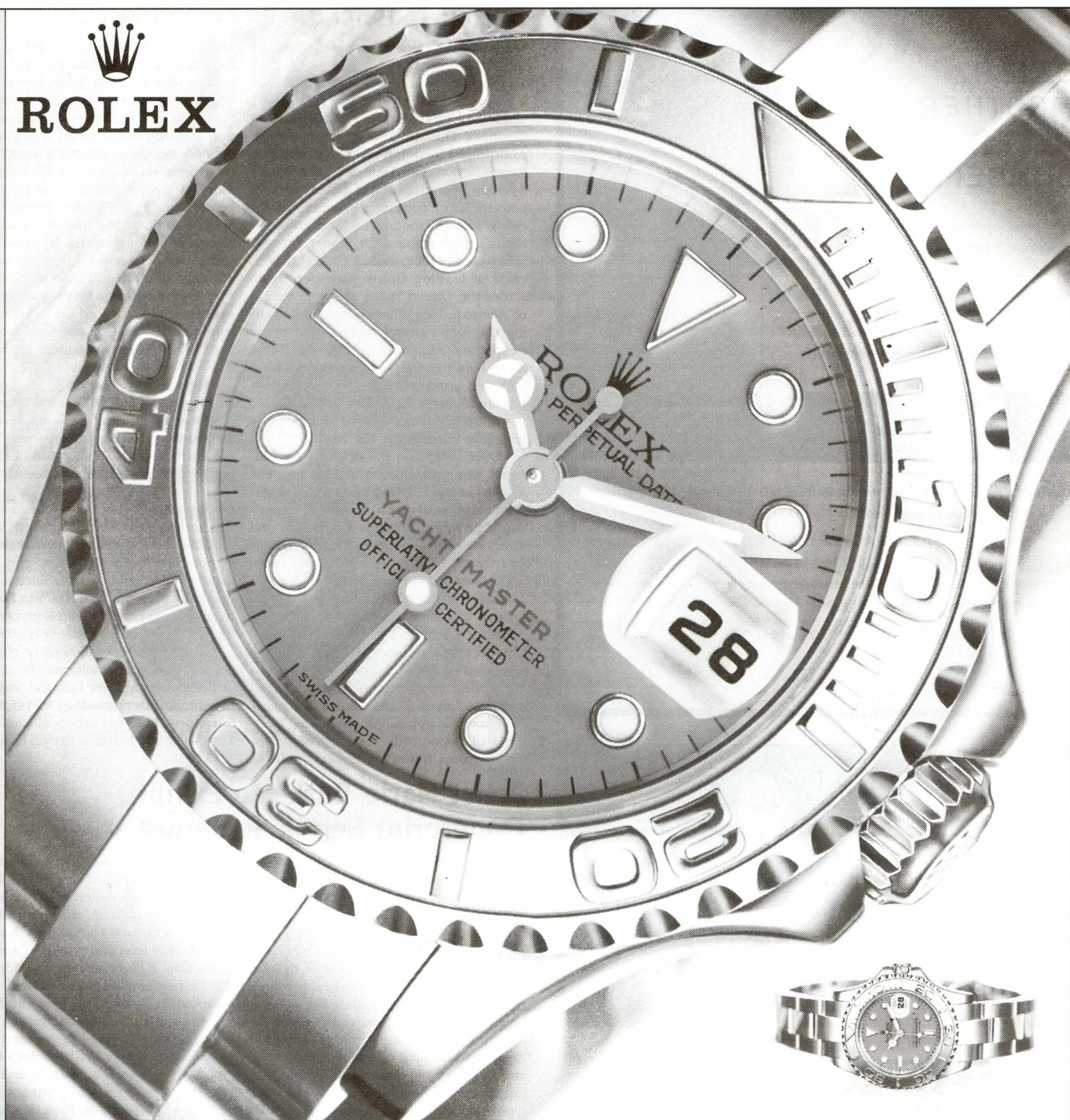
Labor within three years after the alleged violation occurs. The department has the power to conduct investigations and award damages including lost wages, employment benefits, reasonable attorney's fees and costs. As such, if you believe you are entitled to protection under the act you are well advised to review the facts and circumstances surrounding the situation with legal counsel. For further information, please visit our Web site at [www.joettedoran.com](http://www.joettedoran.com).

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

Ms. Doran is licensed in Illinois and all Illinois federal courts and is a member of the Federal Trial Bar. She is the past-chairperson of the Employment Law Committee for the Northwest Suburban Bar Association and is the past-president of Barrington Area Professional Women.



  
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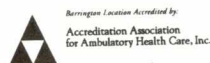
**David P. Van Dam, MD • Jerome D. Fallon, MD • James G. Lahti, MD**  
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## BCLOC Planning Gala

(Front row, from left) hosted by MaryBeth Clarke and James Morehouse, Morehouse Manor in Barrington will be the setting for Barrington Chapter of Lyric Opera of Chicago's April 24th gala. Pictured with MaryBeth and James are (back row, from left) Immediate Past President Mary Robins and President Howard Robins from Arlington Heights.

Watch for more details next month in *Lifestyles*.



## "Who Says a Woman Can't Be President?"

Building on the success of last year's "Women Then and Now" Women's History Badge Workshop for Junior Girl Scouts, the Barrington Area Branch of the American Association of University Women will again host a workshop for Girl Scouts during Women's History Month on Saturday, March 6, at the Barrington Area Library from 9 a.m. to noon. This year's theme is "Who says a Woman can't be President?" The workshop will include a variety of activities for 50 Junior Girl Scouts to earn the "Ms. President" Patch.

The patch was the creation of the White House Project, an organization that is changing the way people think about women in leadership roles, which worked with Girl Scouts to develop the "Ms. Presi-

dent" Patch. This election year, Junior Girl Scouts who attend this special workshop will celebrate those women who have paved the way in social and political reform as well as learn about those women who are on the frontlines of government today. The workshop is also co-sponsored by the Winema Service Unit of Girl Scouts and the League of Women Voters for the Barrington Area.

To read more about the "Ms. President" Patch, visit the White House Project's Web site at [www.thewhitehouseproject.org](http://www.thewhitehouseproject.org) or the Girl Scout's site at [www.girlscouts.org](http://www.girlscouts.org). To register a Junior Girl Scout for the event, contact the Girl Scouts Sybaquay Council at 1-847-741-5521.

## Botox: It is Magic

**Do you really know what Botox® is and how it works?**

Hopefully, your information source was a physician like David P. Van Dam, M.D., a certified physician trainer for Botox® Cosmetic Therapy and founder of **Dermatology Physicians & Surgeons, Ltd.** Recently, Dr. Van Dam was chosen by Allergan, manufacturer of Botox, to be a consultant for consumer research. In addition to participating in Chicago-based focus group studies, Dr. Van Dam was selected to participate in a clinical conference of leading Botox providers from across the United States at the invitation of Allergan, Inc. What became clear during the focus group study is that many people are interested in Botox and how it can help them achieve a more youthful and alert appearance, but few really understand what it is.

• Botox® Cosmetic is the number one antiaging treatment in the world.

• Over 2.5 million Botox Cosmetic treatments were safely performed for aesthetic reasons in 2003 in the United States alone.

• In the hands of a qualified, experienced provider, Botox is a very safe and satisfying procedure that smooths creases and furrows in the forehead and brow region without surgery or downtime.

Botox® is the brand name of a natural protein called botulinum type A. Developed by Allergan, Inc., Botox has been used in humans since 1981 and was first approved by the FDA in 1989 to treat uncontrolled twitching of the eyes and misaligned eyes. Today, Botox has many more medical applications including treatment of uncontrolled spasms or dystonias, spasms following stroke, multiple

sclerosis, and spinal cord injuries. Botox does not cause paralysis as some people believe, nor is Botox toxic. Botox works by blocking acetylcholine, a chemical in the body that facilitates muscle contraction through nerve cells. It is clinically defined as being potentially toxic to humans in a single dose of 3,500 units or more. A typical rejuvenation patient receives from 25 to 75 units per treatment, at least 20 times less than the toxic dose. Treatment of underarm hyperhidrosis (excessive perspiration) typically requires a dosage of 80 to 120 units of Botox.

At **Dermatology Physicians & Surgeons**, we are focused on individualized Botox treatment for optimal outcomes and on achieving high patient satisfaction.

**Join Us**

• **Wednesday, March 31**, for our exclusive **Botox Days**

• **First-time Botox patients** receive a **20% savings** on treatment

• Learn about our Botox follow-up programs to help you save money

**Restylane®**

Dr. Van Dam is also among the first in the Chicago area to offer Restylane®, a naturally derived soft-tissue filler that alone, or in combination with Botox, can soften facial wrinkles and creases. Since its introduction earlier this year, Dr. Van Dam has treated many patients with Restylane, and the results are consistently very satisfying.

Call us for a complimentary consultation or with your questions about Botox or Restylane and learn how the magic can benefit you. **Dermatology Physicians & Surgeons, Ltd.**, has offices in Barrington, **1-847-382-5111**, and in Crystal Lake, **815-455-4434**.

## Artist Marie Dutka to Exhibit Fingerprint Series at Harper

Artist Marie Dutka will exhibit selected recent works from her fingerprint series from Monday, March 1, through Friday, March 19, in the art exhibition space of Building C at Harper College, 1200 West Algonquin Road, Palatine.

Attracted to the unique and natural forms of fingerprints, Dutka began her series by using her own thumbprint. She investigated the conceptual aspects of the fingerprint and explains, "Our hands have many stories to tell of our life experience and the work we do—whether it's washing dishes or writing a letter. My used typewriter ribbon was the perfect material to convey the idea of life stories," she says.

The Illinois Arts Council fellow collages text in her fingerprint images also, such as her artist's statement and excerpts from her personal journals.

"Following the arches, loops and whorls of my prints mixed up my text, giving it an interesting encryption. I like that. It is consistent with the theme of identity," she said.

Dutka has collected fingerprints of co-workers and used them in a collage of an American flag as her response to the tragedy of Sept. 11.

"It's an American flag composed entirely of fingerprints, probably about 50 different prints. These prints are special

because they represent several races and ethnicities reflective of America," she says. "This image is also interesting because the fingerprint is an icon, a symbol of identity, and it is used to make an American flag, another icon and symbol of identity."

The flag, *E Pluribus Unum* (24" by 52"), will be part of the Harper exhibit.

Raised in Aurora and now residing in Champaign, Dutka started "getting attention" for her drawings in the third grade and went on to get her bachelor's of fine arts with a minor in French at Illinois Wesleyan University. She studied printmaking at Atelier 17 in Paris, and earned her master's of fine arts degree from the University of Wisconsin, Madison.

Now mother of Sophia, who is eight months old, Dutka devotes her weekends to her craft while her husband cares for their daughter. Her hope is that viewers of her images find her work "aesthetically pleasing and conceptually intriguing."

The award-winning artist will also present a slide lecture of her works at 1 p.m., Wednesday, March 10, in the Painting Studio, Room C201 of Building C. A reception will follow the lecture in the art exhibition space, Room C200 of Building C. For more information, call the college art department at 1-847-925-6627.



# The "Rights" Of Spring

## Peter Daniel

847-382-6676

Dogs are man's best friend.

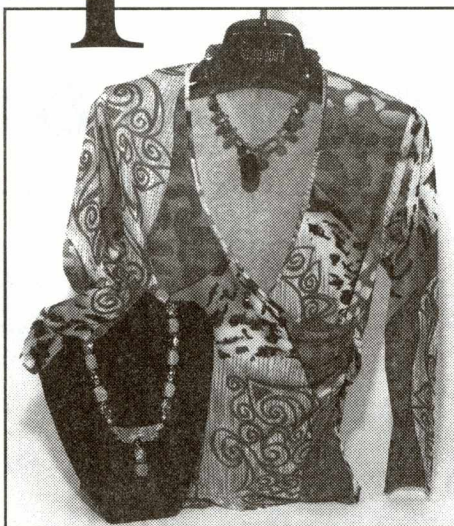
Novelty Jackets – must haves for spring! Featured, one of our collection from Lorizoni.

Lu Lu Guinness novelty handbags now available for any occasion.



## Savvy Spirit 847-381-6772

Unique fashions & accessories for the contemporary woman.



## Savvy Casual 847-381-2580

Casual wear for women of all ages. Look what's new for Spring!

## The Sanctuary Salon & Spa

847-381-5043

Make it a day of beauty. Hair, Nails, and makeup for prom. Book your appointment now. Profaces makeup exclusively available at The Sanctuary.



## Tootsies 847-277-9596

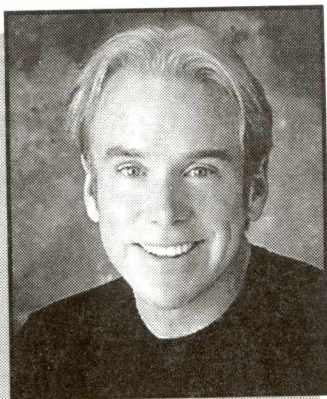
Shoe Art for the sole. Accessories & handbags for the heart.



Merchandise shown may be in limited quantity and is an indication of the quality and selection at Ice House Mall.

Downtown Barrington • Next to Jewel • 200 Applebee Street • 847 381 6661  
Mon. - Sat. 9:30am to 5:30pm • Thurs. 9:30am to 8pm • Sun. Noon to 4pm





## The Sanctuary

(formerly She & I Hair & Nail Salon)

**Now featuring Kevin Kenny**  
Kevin specializes in "wearable" hairstyles for today's men & women. Present this ad to receive \$10 off any service with Kevin.



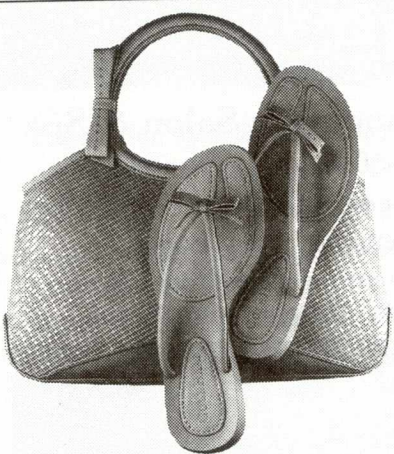
847.381.5043 • 200 Applebee Street • Downtown Barrington • Next to Jewel  
Monday-Tuesday 9am-5:30pm • Wednesday-Friday 9am-8pm • Saturday 8am-5:30pm • Sunday 12pm-4pm



## Kevin Kenny Back at The Sanctuary

Kevin is a veteran stylist in the Barrington Area. He has more than 20 years experience and specializes in wearable hair fashions for men and women, with extensive training in hair cutting and coloring. Kevin has worked at She & I Hair & Nail Salon (now the **Sanctuary Salon & Spa**),

The Salon of Barrington, and owned Kevin Kenny Hair Salon in the Ice House during the 1980's. Kevin feels he is back home in the Ice House. To make an appointment with Kevin, please call **1-847-381-5043**.



## Tootsies

Women's Accessories and Footwear

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## Tootsies

Women's Accessories and Footwear

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## Tina Han Gallery

Fine Art & Custom Framing

## The Art of Feng Shui

*Lush II*, a tranquil acrylic on rice paper



**Special Exhibit and Presentation by Dr. Catherine Woo**

Meet and talk to the internationally-known artist, scholar, poet, composer, educator and feng shui practitioner.

**Friday, March 5  
5 to 8 p.m.**

*Barrington's finest art gallery • centrally located*

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tinahangallery@mac.com

## Renowned Artist Dr. Catherine Woo Presents *The Art of Feng Shui* at The Tina Han Gallery

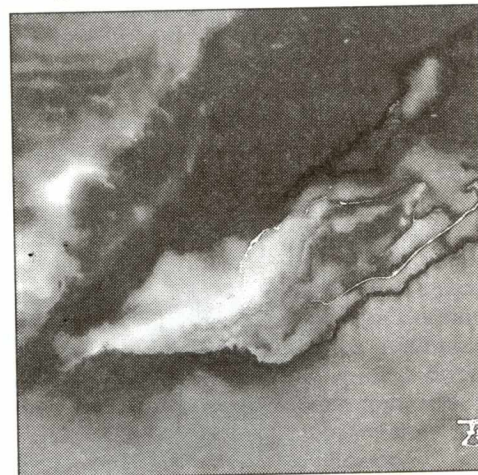
Dr. Catherine Yi-yu Cho Woo is an accomplished poet, painter, composer, scholar and writer and is the first Asian-American woman to serve on the National Council on the Arts. She blends Western abstraction exemplified by Georgia O'Keeffe's serene flowers and the vibrancy of Mark Rothko's abstract designs with traditional Chinese sensitivities. She will be at the **Tina Han Gallery in Barrington on Friday, March 5, from 5 to 8 p.m.**

### The Art of Feng Shui

Feng shui, which literally means 'wind and water,' is the ancient Chinese practice of harnessing the forces of nature to enhance harmony, prosperity and vitality. Over the centuries, the descendants of these people developed feng shui into a finely tuned system for achieving harmony between heaven, man and earth. Using the principles of balances, yin and yang, they applied these rules to correct the flaws caused by chaos and extremes.

Feng shui's roots can be traced to the *I-Ching*. As an approach to architecture, interior and landscape design, feng shui nourishes and energizes through such elements as form, light, smell, color and sound. Discover the wisdom of the Chinese art of placement, both mystical and pragmatic.

A scholar, painter, poet, composer, edu-



**Chi**, an acrylic on rice paper representing the forces of nature, by Dr. Catherine Woo

cator and feng shui practitioner, Dr. Woo was born in Beijing, China in 1934. She has lived in the United States since the 1950s. Her paintings and drawings have been exhibited at major galleries throughout Asia and the United States including: the United Nations, Taipei Fine Art Museum in Taiwan, the Sackler Museum at Harvard University and Stanford University. She served on the National Council on the Arts for six years, participating in policy making and fund allocation for the National Endowment for the Arts. She also served six years on the San Diego City's Commission for Arts and Culture.



## Chesterfield Glass Galleries' March Madness

The sign in Chesterfield Glass Galleries says...

### "We Only LOOK Expensive".

Now is the time to buy that special piece of glass art with our **up to 50% off** storewide sale. This is a once-in-a-lifetime sale. Here's your chance to get that piece of artwork you've always desired. Great savings from March 1st to 15th. Shop early for best selection.

Swarovski has authorized us to conduct a **50% off** sale on the Crystal Paradise collection. Many of these pieces will be retired. Hurry in as this collection will

soon sell out.

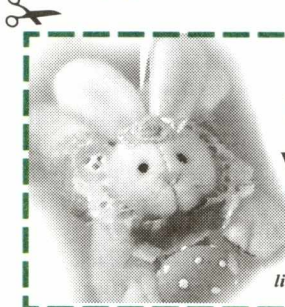
Remember **Chesterfield Glass Galleries** for all your gift giving occasions and home decorating needs. We represent over 130 American glass artists and have a collection of over 450 unique works of glass art. We pride ourselves with the special attention we give to each of our customers. If you have not experienced visiting our gallery, we think you will be pleasantly surprised. See you soon,

Sandy, Gerry, Mary and Courtney  
P.S. We are looking for part time or temporary part time help for Fridays and Saturdays. If you are interested in working with the treasures at Chesterfield, call **1-847-382-6677**.

## Spring is Hoppin' at The Canterbury Shoppe

Easter bunnies, floral platters and serving pieces, First Communion keepsake boxes, plus the spring tabletop collections from Vietri, Peggy Karr and Laurie Gates—**The Canterbury Shoppe** is filled! Looking for a gift of faith for Easter or First Communion? Check out **The Canterbury Shoppe's** collection of beautiful artisan crosses, angel touches, frames and faith-based books. Short on time? Just call us and our staff would be delighted to create the perfect gift to ship to someone special!

**The Canterbury Shoppe** is open sev-



### For Lifestyles Readers Only!

With this coupon, free  
mini bunny with any  
purchase over \$10.

*\*While quantities last,  
limited to first 50 customers!*

en days a week and is located in downtown Barrington, in the historic Ice House Mall (behind the Jewel) at 200 Applebee Street. Please call for directions—**1-847-304-9627**. Hoppy Spring!

## Chesterfield Glass Galleries

### March Madness!!!

March 1-15

### up to 50% off storewide sale

*Excludes Selman and Kaptur. Does not apply to previous purchases.*

Ice House Mall • Barrington, IL • **847-382-6677**

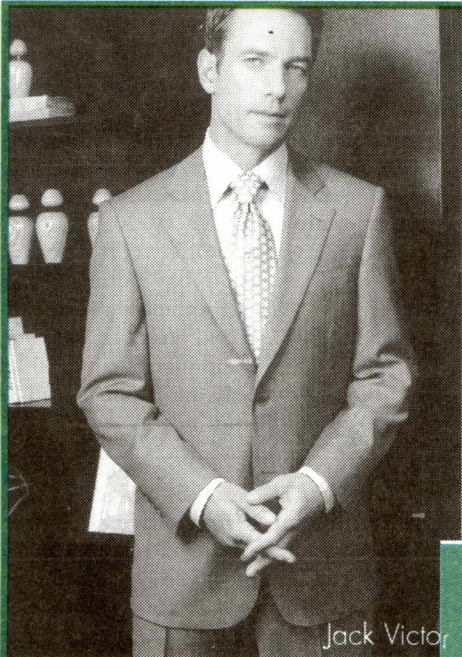


### Wanted: Good Home

For big bunnies, little bunnies, Grandma & Grandpa bunnies, vintage bunnies, one-of-a-kind bunnies, garden bunnies, ballerina bunnies... all looking for a good home and just waiting to hop into your basket! No fuss, no muss & won't eat the flowers! Shop early for best selection!

**THE  
CANTERBURY  
SHOPPE**

200 Applebee Street, Barrington, IL  
(847) 304-9627  
Open 7 Days a Week!



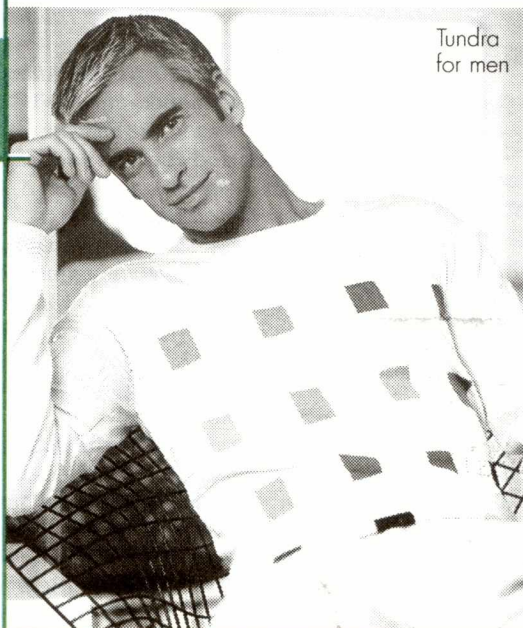
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Tundra  
for men



Brighton  
Accessories



Sarah  
Arizona

## It must be SPRING at Peter Daniel!

This season is about 'PRETTY CLOTHES' for women! We have solutions for every dressing mood, need and occasion. Feminine clothes, tiny belted waists, sexy slit skirts, soft pant suits, fringe detailing and beautiful color palettes. Happy Spring!



200 Applebee St.,  
Barrington  
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MTF 9:30am-5:30pm  
Thur 9:30am-8:00pm  
Sat 9:30am-5:30pm  
Sun 12:00-4:00pm



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Learning proper self-defense is as important in today's world as exercise and eating right. Our class will help develop the self-confidence and physical techniques that are necessary to defend yourself. This class is for children but parents are encouraged to attend.

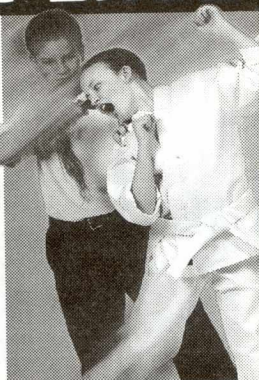


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Sign up today for one month of classes for only \$49.

Plus a **FREE** uniform for the first 10 new students.

Offer expires 3/31/04



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## Opera in Focus Repertoire



Master puppeteer Mark Boudreau (left) of Palatine and AV technician and puppeteer Will Harder (right) prepare the prop hot air balloon to go on stage at a performance of *Pops at the Puppet Opera*. William B. Fossers' puppet production, *Opera In Focus*, performs every Wednesday, Friday and Saturday at 1:30 p.m. and Saturday evenings at 8:00 p.m. at 3000 Central Road in Rolling Meadows. Reservations are required, so please call 1-847-818-3220.

Lavish in its staging and costuming, Opera in Focus magnificently presents operas and operettas with puppets moving to recorded music. The uniquely animated rod puppets, the only ones of their kind, are the wonderful invention of William B. Fossers. For many, it will bring back memories of the old Kungsholm Miniature Grand Opera of which Mr. Fossers was artistic director.

Performances for Opera in Focus are Wednesdays, Thursdays and Saturdays at

1:30 p.m. The opera is located at Park Central, 3000 Central Rd. in Rolling Meadows (across from Rolling Meadows High School tennis courts). Doors open a half-hour prior to the performance. And a demonstration of how the puppets are manipulated and a tour of the highly technical backstage area follow every performance.

• Feb. 25 to March 20: Romberg's *The Student Prince* with *Drinking Song*, *Summertime in Heidelberg*, *Serenade* and *Golden Days*; Donizetti's *L'Elisir d'Amore*,

## Advanced Haircoloring Formulas at Elevation Salon Using Italy Hairfashions Conditioning Haircolor

Our educated team of stylists invites you to **Elevation Salon** to enjoy the ultimate haircolor experience.

We use ColorLy Haircolor by Italy Hairfashions. What does this mean to you? It means that your hair will be left in the best condition possible. You will experience rich luxurious colors with beautiful shine. The team at **Elevation Salon** specializes in creating the perfect haircolor for you. Whether you're looking for a

new color or just want to maintain your current color, the team at **Elevation Salon** is here to assist you. We are offering a complimentary haircut when you come in to enjoy your ultimate haircolor experience with selected stylists.

We are conveniently located one block west of Kelsey Road on Northwest Highway. Call 1-847-304-5970 for more information.

## Child Self-Defense Special—

**\$49 for One Month of Classes and a FREE Uniform for the First 10 New Students Who Sign Up**

At **Barrington Martial Arts**, our specialized award-winning Tae Kwon Do and Karate programs offer an age-specific curriculum that has been professionally designed to teach children and adults life skills in a fun and exciting class. We specialize in increasing a student's self-esteem, leadership ability, self-discipline, and communication skills.

We have a teaching ratio of one black belt instructor for every 10 students. **Barrington Martial Arts** is also the only school in Barrington with a Master instructor who is licensed through the U.S. Olympic Training Center.

Call today and ask about our **Child Self-Defense Special**, which offers one month of classes for \$49 plus a free uni-

form for the first 10 new students who sign up. Call 1-847-382-9599 to schedule an appointment for a free trial class. Ask for Gladys or Agnes.

### Testimonials About Our Award-Winning Tae Kwon Do and Karate Programs

"I am amazed at the vast improvement **Barrington Martial Arts** has made in my son's listening skills and self-confidence. They have also enhanced his ability to set and achieve goals."

—Inverness mother of a purple belt  
"The best money I have ever spent was at **Barrington Martial Arts** on their program. I can't begin to tell you all the good that the school has done for my child."

—Barrington area father of a 10-year-old student

## Kiss Me, Kate at Cutting Hall

LZP Productions brings Cole Porter's masterpiece musical comedy, *Kiss Me, Kate*, to Cutting Hall on weekends from March 12 to 28.

*Kiss Me, Kate* recounts the hilarious backstage and onstage antics of two feuding romantic couples during a touring musical production of Shakespeare's *The Taming of the Shrew*. The show sparkles with classic Cole Porter songs, including *Another Op'nin', Another Show*; *Wonderbar*; *So in Love*; *Always True to You in My*

*Fashion*; *Too Darn Hot*; and *Brush Up Your Shakespeare*.

*Kiss Me, Kate* epitomizes the Broadway musical comedy at its irresistible best. Performances are March 12, 19, 20, 21, 26, 27 and 28. Friday and Saturday performances are at 8 p.m., and Sunday performances are at 3 p.m. All performances are at Cutting Hall, 150 E. Wood Street in Palatine. Tickets are \$15. Group rates are available. E-mail lzpproductions@aol.com or call 1-847-540-5932 to order tickets.

Act 2, *Una Furtiva Lagrima* and *Duet*; Gounod's *Faust*, Act 5, Sc. 1, *The Prison Scene*

• March 24 to April 17: Verdi's *Aida*, Act 1, Sc. 1, *Celeste Aida* and *Ritorna Vincitor*; Puccini's *Tosca*, Act 3, *E'Lucrezia L'Stelle* and *Duet*; Bock and Harnick's *Fiddler on the Roof* with *Tradition*, *If I Were A Rich Man* and *Sunrise-Sunset*

• April 21 to May 15—Gershwin's *Porgy and Bess* with *Summertime*, *I Got Plenty O' Nuttin*, *Strawberries*, *Bess*, *You Is My Woman Now* and *Lord, I'm On My Way*; Verdi's *Il Trovatore*, Act 2, Sc. 1, *Stride la vampa*; and Verdi's *La Traviata*, Act 1, *Ab, fors'e lui* and *Semper libera*

• May 19 to June 12—Verdi's *Aida*, Act 4, Sc. 1, *The Judgment Scene*; Gounod's *Faust*, Act 4, Sc. 2, *The Cathedral Scene*; and *Pops at the Puppet Opera*, version four, with *The Man of La Mancha* (*The Impossible Dream*), *Carousel*, (*You'll Never Walk Alone*) and *Kismet* (*Stranger in Paradise*)

• June 16, 17, 19, 23, 24, 26, 29, 30 and July 7, 8 and 10—Humperdinck's *Hansel and Gretel*, three abridged acts in English

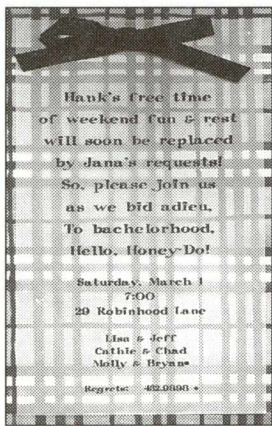
• July 14 to Aug. 7—Verdi's *Aida*, Act 2, Sc. 1, *The Bedchamber Scene*; Verdi's *La Forza del Destino*, Act 4, Sc. 2, *Pace, Pace mio Dio*; and Andrew Lloyd Weber's *Phantom of the Opera* with *Music Of The Night*, *All I Ask Of You*, *Masquerade* and *Point of No Return*

The elegant 65-seat theater is handicapped accessible. Reservations are suggested. Ticket prices are \$10 for adults; \$9 for seniors (over 60); and \$6 for children. Visa and MasterCard accepted. Group discounts are available too! For groups of 30 or more, performances for any afternoon or evening may be scheduled. Call 1-847-818-3220 for more information. Or visit Opera in Focus at [www.operainfocus.com](http://www.operainfocus.com).

Opera in Focus is partially funded by the Illinois Arts Council, a state agency.



## Spring Showers



From the inviting selection of invitations to the prettiest paper goods around, **Little Shop of Papers** showers you with great ideas for spring entertaining. Our helpful staff will assist you with the wording for your invitations and print them up for you

## Whew, March!

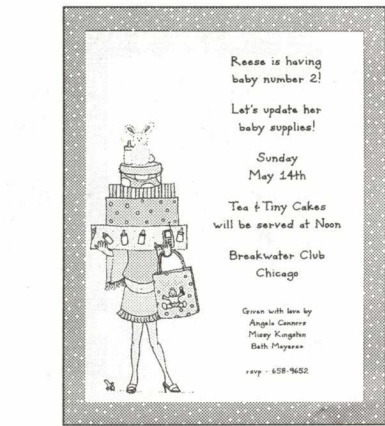
I'm running a bit late. The deadline date for this publication is today, the day I'm writing this! Like so many, I'm leaving town for our long Valentine's weekend—so it's hard to be clever on short notice.

I'll only say that we have darling, pretty, colorful clothes right now at **Satin Filly**. So cute! And you'll have to spend some time because there's sooooo much here. Please come visit and take a look.

We are all ready for spring break, color is key! The pictured outfit is darling, warm weather two piece, great color.

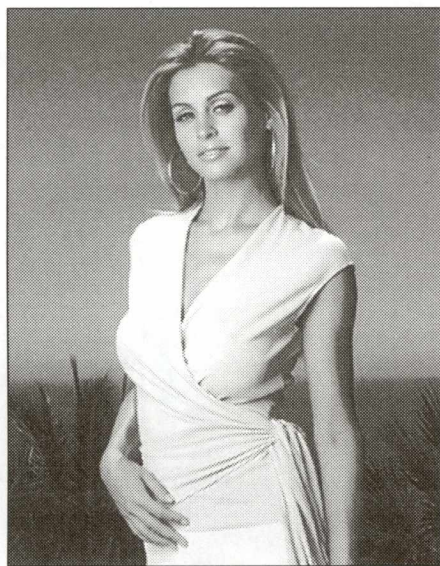
Gotta go! Think spring! What fun! I'll have more to say in April.

—Karen



right in our shop! And fresh new gift ideas and cards make sure you arrive at any party in style.

**Little Shop of Papers, Ltd.** is located at The Foundry, 740 W. Northwest Highway, Barrington. Call **1-847-382-7733**.



## Britches n' Bows— For Those Special Moments in Life...

Are you thinking ahead to the spring celebration of Easter and/or First Communion? Then a trip to **Britches n' Bows** is a must. Inside this unique shop is a wonderful array of exquisite Easter and First Communion dresses. These dresses from Fanci Fanci and Beets n' Snips come in lovely spring hues and patterns. Our endearing white Communion dresses with their simple lines come in various classic styles. Available to size 12, all dresses sell for under \$100. For these special celebrations, also abundant at **Britches n' Bows** are keepsake gifts such as Lladro's, quality sterling silver jewelry, spoons, cups and rattles.

Also on display in Shannon's store is the Bratt Decor furniture line. This is furniture where quality and style reign supreme. Bratt Decor cribs are solid wood and available in many colors, including black. Beauty and style are unparalleled

in the simple elegant armoire, where you can choose your own print to have hand painted on the doors. A great piece to store the tiniest of fashions, which you will cherish for a lifetime. This furniture exceeds all safety requirements. If you are preparing for a new arrival, be sure and stop and see this fine collection of nursery furniture.

Remember—come to **Britches n' Bows** at 81 N. Williams in downtown Crystal Lake for your upcoming spring celebrations. You can also call ahead at **815-477-7426** to schedule a personal shopping appointment, and we will have styles waiting for you to preview when you arrive. Also, check out our new Web site at **www.BritchesnBows.net**. Our shoppe hours are Monday through Friday, 10:00 a.m. to 5:30 p.m., and Saturday, 10:00 a.m. to 4:00 p.m.

## BHS Welcomes Guest Artists Lori Belilove and Company from NYC's Isadora Duncan Dance Foundation

The Barrington High School dance program will host Lori Belilove and Company, the resident performance company of the Isadora Duncan Foundation for Contem-

porary Dance of New York City.

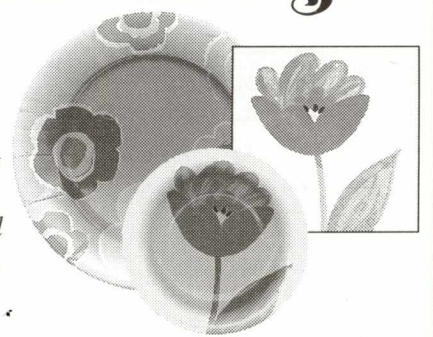
Lori Belilove and Company creates and performs work that highlights the unique qualities of Isadora Duncan's repertoire,

## Spring Entertaining!

All new tableware for your early spring entertaining—glorious colors to brighten the gloomiest day! Whimsical yet stylish designs are perfect for special parties and celebrations. See the new crop of invitations that will inspire some wonderful parties for the new season. There's so much to choose from at...

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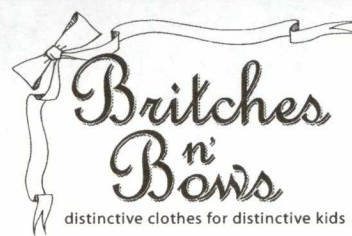
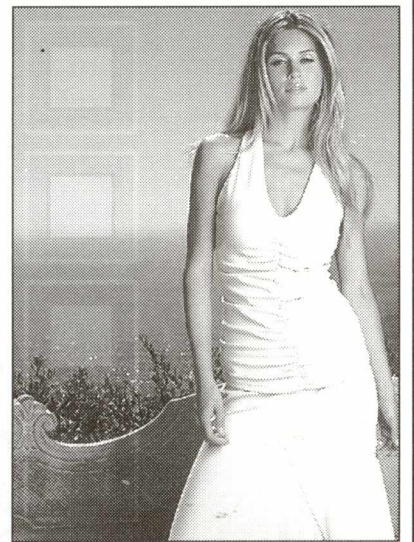
## Spring Fashion

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ranging from the early works to the later tragic solos, all with a purity of style and execution of movement hailed by the international press. As the resident performance company of the Isadora Duncan Dance Foundation, Lori Belilove and Company has toured dance festivals in Europe, Mexico, South America and Canada. The all-female company is a spirited ensemble of highly trained New York dancers. Each dancer has received training and private coaching in Duncan technique from noted Duncan authorities. The dancers are distinguished by their deeply felt connection to Isadora and the Belilove's interpretive vision and aesthetic. As a creative team, the ensemble delves into new artistic territory as it explores ways to deliver the

essence of Isadora into the 21st century.

The company will be in residence at Barrington High School from March 8 to 14. A variety of activities, including master classes, dance workshops, performances and lecture demonstrations, will be presented throughout the week for students studying dance and English at BHS. On Saturday, March 13, at 7:30 p.m., Lori Belilove and dancers will present an evening of Isadora's work. Tickets are \$15 and may be reserved by calling the Fine Arts Department at the high school. For information about the program, the Isadora Duncan Dance Foundation or residency artists, please contact Julie Salk at 1-847-842-3213.





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v. to be coddled; to be pampered

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## Chers Amis...

March is the month when future newlyweds plan for the coming spring wedding. Did you know that **D & J Bistro** has a beautiful **Provence Room** that will seat up to 55 people for dinner? It is used, among other things, a lot for rehearsals; please go to our Web site and check out the menus and prices we offer for small banquets. It should be noted that our forte is to be able to serve 50 or so diners with the same quality food than in the dining room. No "banquet" food here! On **Sunday, March 28**, discover Paris

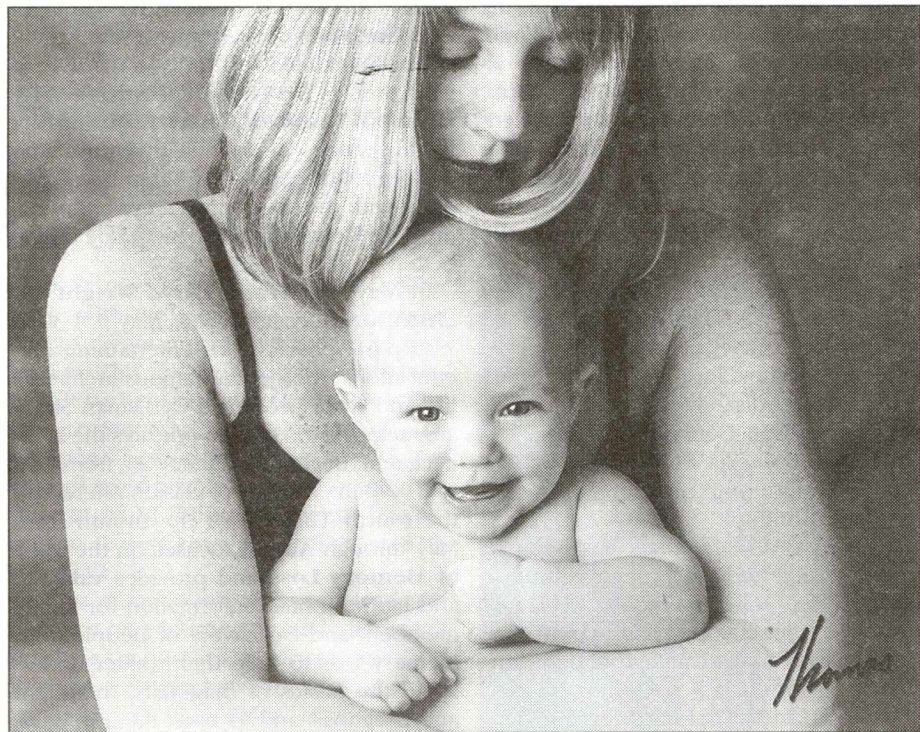
through the beautiful slides and narration of Melanie Karsen, followed by a three-course regional dinner. It is a great introduction to Paris and a fun and smart way to spend a Sunday evening—\$49.50 all inclusive (food, wine, gratuity).

Hungry for just a casual but delicious bite? Stop by **Le bar**, have an appetizer, a plate of cheese, or just a soup. We have so many options! They are here for you to discover.

We truly appreciate your support.

—Dominique

## Portraits by Thomas Annual Children's Special



Take the opportunity during our annual **Children's Special** to capture your children in fine portraiture. Whether it's taking first steps or stepping out into the world, each stage of childhood is precious and worth remembering. The investment you make in portraiture will reward you with a lifetime of enjoyment.

You will **save \$200** on your portrait order during the month of March. Call our studio today at **1-847-381-7710** for more information or to arrange a portrait session for your child.

## Wellness Place Offers Stress Reduction Classes for Cancer Survivors

Writing, medical self-hypnosis, guided imagery, art and several exercise classes will be presented in March at Wellness Place, a cancer resource center at 1619 W. Colonial Parkway, Palatine. People with cancer, their loved ones and caregivers are welcome to attend the free programs, but registration is required by calling 1-847-221-2400.

A new six-week series, "Writing for Wellness," will begin Thursday, March 11, and continue through Thursday, April 29, from 2:00 to 3:00 p.m. The course will foster self-expression and stress reduction. Writing may be kept private or shared within the group. Writing experience is not required; journals will be provided.

"Asserting Yourself" will be the topic of a medical self-hypnosis session facilitated by Dr. C. Scot Giles from 10:00 a.m. until noon on Saturday, March 6. It is designed to help participants release pain and facilitate self-healing. Dr. Giles is a board-

certified hypnotist and chaplain.

Mary Sinclair will lead "Guided Imagery and Visualization" on Mondays beginning March 1 through 29 from 1:30 to 3:00 p.m. The certified guided imagery instructor encourages participants to use imagination to feel better and heal better. The goal is to build a "tool bag" of skills to complement ongoing cancer care.

Open Art Studio offers another avenue to reduce stress. Studio sessions will be held Mondays beginning March 1 and continue through Monday, April 26, from 1:00 to 4:00 p.m. No experience is necessary to participate in this opportunity for creativity, expression and artistic growth in a safe and nurturing environment. Art materials will be available.

Wellness Place clinical specialist Lois Coldewey will facilitate an eight-week class, "Mindfulness-Based Stress Reduction," beginning in March. The course offers in-depth training and extensive hands-

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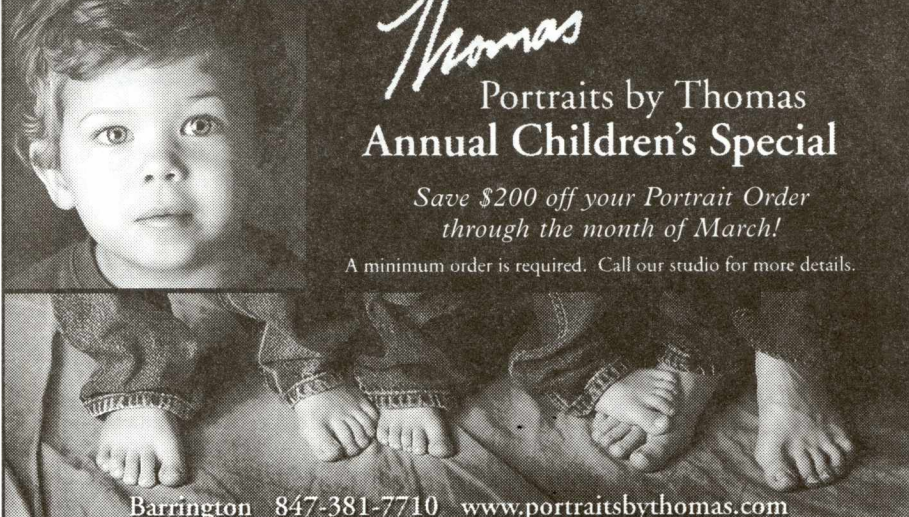
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on experience with a variety of mindful-  
ness practices. It is based on the successful  
stress reduction program founded by Jon  
Kabat-Zinn at the University of Massachu-  
setts Medical Center. Contact Coldewey  
for a phone consultation and class dates  
and times at 1-847- 221-2400.

Another ongoing stress management  
class includes Yoga on Tuesdays, March  
2 through 30, from 11:00 a.m. to noon. An  
introductory sequence of restorative and  
gentle yoga postures will release muscle  
tension and foster relaxation and well-be-  
ing.

Tai Chi Chih, based on Chinese healing  
principles in a series of 20 gentle move-  
ments to soothe mind and body, will be  
held Wednesdays from March 3 to 31,  
10:30 to 11:30 a.m.

A 30-minute, fully clothed massage by

professional volunteers and supervised students of the Chicago School of Massage Therapy will be offered on a varied schedule. Call to register.

Volunteer healing touch practitioners will offer one-hour sessions to complement existing medical or psychological care. The energy-based therapeutic approach to healing uses a variety of techniques to clear and balance the body's energy system in order to promote self-healing. Call to register.

Wellness Place, a nonprofit, community-based organization incorporated in 1999, offers resources, support and education for people with cancer, their family and friends, and serves 60 communities in the Northwest Suburbs of Cook County, and parts of McHenry, Lake and Kane counties.

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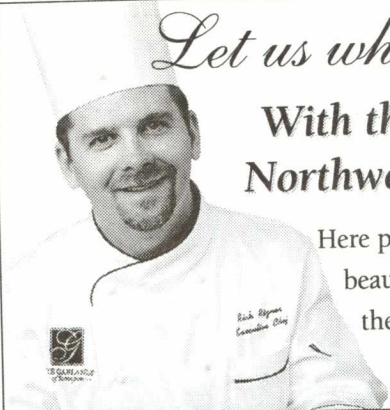
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### Now accepting reservations for

#### SUNDAY BRUNCH

Featuring a bountiful buffet of favorite brunch dishes the first Sunday of the month.

Sunday, March 7, 11 am-2 pm, \$24.95 per person

#### GIRLFRIENDS FUN IN THE SUN

Join the gals from Spa Vargas, G. Whiz and The Garlands to preview Brighton's sunglasses, sandals and straw bags and see the latest hairstyles and colors for summer. Lunch or dinner features The Garlands signature summer salads.

Dates: Thursday, March 11, 11 AM-2 PM or 6-9 PM;

Cost: \$20 per person

#### BIG RED

This annual event sponsored by Armanetti's Barrington Cellars promises to delight the palate with the latest varieties of red wines from around the world. Connoisseurs and wine lovers will enjoy sipping approximately 80 red wines and tasting gourmet hors d'oeuvres.

Date: Sunday, March 14, 1-4 PM; \$40 per person

#### AFTERNOON TEA

Served with a delectable selection of tea sandwiches, mini pastries, scones and lemon curd.

Friday and Saturday, March 19 and 20, 1:30 pm and 3:30 pm seatings; \$15.95 per person

#### INTERNATIONAL DINNER AND MUSIC SERIES

Featuring an United Kingdom-themed menu of Irish, English and Scottish delights and musical tour.

Friday, March 26, 5:30 pm

#### "THE FINE ART OF LIVING WELL"

Celebrate the Grand Opening of Prairieview at The Garlands, offering the finest in assisted living and memory support services with a gourmet meal and performance by the highly acclaimed Rachel Barton, violinist.

Date: Saturday, April 3, evening, \$80 per person or Sunday, April 4, brunch, \$50 per person

Please call 847-756-3000 for reservations.



THE GARLANDS<sup>SM</sup>  
—of Barrington—

1000 Garlands Lane \* Barrington, IL 60010  
On Northwest Highway by the Barrington Area Library



## The Garlands Lifelong Learning Center Offers Educational Opportunities to the Enlightened Older Adult

As part of its commitment to fostering the healthiest and happiest lifestyle for adults as they age throughout the Northwest Suburbs, **The Garlands of Barrington**, 1000 Garlands Lane in Barrington, announces the opening of The Garlands Lifelong Learning Center.

The center, which is a partnership between **The Garlands**, Alexian Brothers Health System and Harper College, offers a variety of programs throughout the spring and summer semesters to nurture the mind as well as the spirit. Classes are available to **Garlands'** members, members of Harper College's Lifelong Learning Institute and to the community at large. Preregistration is required and can be accomplished by calling 1-847-756-3000.

"**The Garlands'** Lifelong Learning Center is a part of our ongoing effort to offer life-enriching opportunities for the enlightened older adult," says Bruce Berlin, executive director of **The Garlands**. "By providing a holistic offering of health educational, academic, skill development and social programs, **The Garlands** Lifelong Learning Center seeks to enhance the lives of people as they age."

Joyce Palmquist, executive director of Barrington Area Council on Aging, expressed that she is delighted that **The Garlands** Lifelong Learning Center is coming to fruition.

"One of BACOA's goals has been to empower older adults through education and learning," stated Palmquist. "This will be a great contribution to the quality of life of those who take advantage of this wonderful program."

**The Garlands** Lifelong Learning Center will kick off its inaugural season with **The Fine Art of Living Well**, a very special discussion on the history of the violin and demonstration led by the highly acclaimed violinist Rachel Barton on Saturday, April 3, from 3:30 to 4:30 p.m. A passionate artist, Barton's undeniable talent and unwavering dedication to music are an inspiration to audiences everywhere. The up-close and personal presentation by this international performer is a remarkable opportunity for patrons of the arts, historians, knowledge seekers and music lovers alike. Class participants are also invited to reserve their place by purchasing tickets in advance for the evening's gala event featuring a gourmet dinner and performance by Ms. Barton.

On April 4, **Art Live!** will unveil "A Taste of Italy" featuring the original works of Sue Abare, Laura Foy and Kathryn Keigher at a special meet-the-artist champagne reception in the Gallery at **The Garlands**, in cooperation with the BAAC, from noon until 2:00 p.m. Guests will have an opportunity to meet the artists at this event, one of four throughout the year.

The center's spring semester schedule continues with classes including **Calligraphy** taught by calligrapher Sharon Borstein on Mondays, April 12 and 26 and May 10 and 24, from 10:00 a.m. until noon; **Don't Sweat the Small Stuff**, a lighthearted stress management presentation based on Dr. Richard Carlson's best-

selling book, taught by psychologist Cliff Saper on Monday, April 12, from 1:30 until 2:30 p.m.; **Antique Jewelry Approximation**, a class where attendees can actually bring two pieces of jewelry for an approximate appraisal, on Wednesday, April 14, from 10:00 a.m. until noon; and the **Choose Well. Live Well.** seminar, a lecture that explores the five basic styles of retirement communities, the advantages and disadvantages of the various lifestyles, as well as the financial and healthcare options that exist for today's older adult. This presentation, to be held Friday, April 9, is followed by a tour of **The Garlands** and afternoon tea.

Also scheduled for April on the 29th at 3:30 p.m. is **Strokes of Genius—Why Didn't I Think of That?** featuring delightful stories of women inventors who did not let the odds stop them from tinkering with the way things were and who, in the process, came up with something better!

In May, the **Frank Lloyd Wright Architectural Presentation**, May 5, 1:30 to 2:30 p.m., provides an entertaining and educational look at the famous architect's life and work presented by Lyman Shepard, actor/historian who portrays the architect; and, beginning on May 25, from 7:00 to 8:00 p.m., a series of classes offered on the fourth Tuesday of the month from May through August focuses on the topic of **Memory Loss** and provides valuable and hard-to-obtain information for family members and caregivers of people with memory loss to help them better understand the basics of diagnosis, treatment and prognosis and to assist them in navigating the difficult terrain of Alzheimer's and related memory disorders and disease.

On May 8, from 3:30 to 4:30 p.m., composer/musician Jim Kendros will present **If It Ain't Baroque**, a class designed to allow students to experience the elegant music of the 1700s. Kendros, a music researcher and professor at both Oakton and Harper colleges, will also play selections on the period instrument, The Nyckelharpa, for your listening pleasure.

**The Garlands Lifelong Learning Center's** summer class schedule will be released in May.

"It is our hope that this continuing adult education series affords members at **The Garlands**, as well as residents of the Northwest Suburban community at large, an opportunity to expand their minds, socialize, discover new passions and reconnect with former interests," says Jill Lund, director of programming for the center. "It is all a part of **The Garlands'** commitment to serve Barrington and the Northwest Suburban community as the source for aging well."

Located in the heart of Barrington on 31 lush parklike acres, **The Garlands of Barrington** offers a brand new paradigm for retirement living as well as a wonderful resource for the entire community. In addition to providing the finest in older adult education through the new Lifelong

(Please continue on page 50)



## Language Stars Makes Learning a Game

"Language Stars is simply a great program; I have never found anything that works as well for my children. Language Stars makes learning a game," says Karen Pritzker, mother of five.

Language Stars' unique **FunImmersion™** method turns learning into a game, focusing on a young child's ability to learn a language naturally through fun and engaging activities. Children learn through interactive games, arts and crafts, singing, cooking and more, all presented entirely in the foreign language.

"Children have a window of opportunity during which the brain is uniquely suited to absorbing language naturally," explains Karen Gould, Language Stars' director of education. "Children have the innate ability to absorb the structures and rules of a language as easily as they learned their first language. They can also pick up a native accent flawlessly."

Children who learn a second language

young also go on to show enhanced problem solving skills, stronger communication skills, and higher standardized SAT test scores.

Language Stars offers **FunImmersion™** programs for children ages 1 to 10 in several Chicago and suburban locations, including Barrington and Arlington Hts. In addition to year-round programs for Parents & Tots (12 to 36 months) and Kids Only groups (3 to 5, 5 to 8 and 8 to 10 years), Language Stars also offers exciting summer camp options.

"After just one week of Language Stars camp, there was an explosion of Spanish in our house!" says Dena, mother of 5-year-old Marlee. "The teachers are all native speakers, and most importantly, my daughter had a ton of fun."

To learn more about Language Stars, please call 1-847-382-1190, e-mail [barrington@languagestars.com](mailto:barrington@languagestars.com) or visit [www.languagestars.com](http://www.languagestars.com).

## Lazer Vaudeville Fun Show for the Entire Family!

Lazer Vaudeville combines high-tech laser magic with the traditional arts of vaudeville to create an original theatrical production. This fun show for the entire family will be held at **Raue Center For The Arts** on Saturday, March 6, at 3:00 and 7:30 p.m. Tickets are priced at \$25 and \$20 and are available at Raue Center's box office at 26 N. Williams Street or by calling the Raue Center box office at **815-356-9212**.

A cast of fantastical characters leads the audience on a journey through the imagination as a wizard performs magical illusions with laser beams, a neon cowboy kicks up a luminescent rope-spinning display and an audience member escapes from a straightjacket. The master of ceremonies, a seven-foot tall, fluorescent, fire-breathing dragon named Alfonzo, has been known to perform such feats as break-dancing, ballet and even dramatic poetry.

Founded in 1987, the touring company fulfills Carter Brown's dream of bringing a contemporary vaudeville show back to the American stage. And what better place than the original El Tovar vaudeville house now known as the beautifully restored **Raue Center For The Arts**.

Internationally acclaimed as a master of his craft, Brown demonstrates the endangered art of hoop rolling. In an astonishing visual display, up to 10 hoops roll around the juggler's body and circle the stage as if taking on a life of their own. Some are century-old antique wooden bicycle rims. Brown and fellow performers Cindy Marvell and Nicholas Flair also juggle more familiar items such as plungers, machetes and running chainsaws.

Lazer Vaudeville has performed at the Smithsonian Institute in Washington, D.C., and was featured in two PBS specials. International tours have included theater fes-



**A seven-foot tall, fluorescent, fire-breathing dragon named Alfonzo is master of ceremonies for Lazer Vaudeville, to be held at Raue Center For The Arts on Saturday, March 6.**

tivals in England, Hong Kong, Japan, Taiwan, Bermuda and Saudi Arabia.

Complete with superlative juggling, blacklight illusion, acrobats, zany comedy and audience participation, **Lazer Vaudeville** offers a rare brand of clean, classy fun for the entire family. Sponsors for this show are Kraft Foods and LaSalle Bank. **Raue Center For The Arts** greatly appreciates the support of these generous sponsors.

Tickets are available now by calling Raue Center Box Office **815-356-9212** or ordering online at [www.rauecenter.org](http://www.rauecenter.org). The box office is located at 26 N. Williams Street in downtown Crystal Lake. Box office hours are Tuesday, Thursday and Friday, 10 a.m. to 6 p.m.; Wednesday, 10 a.m. to 4 p.m.; and Saturday, 10 a.m. to 2 p.m.



Learning to speak a foreign language will never be this **EASY** or **FUN!**

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**RAUE CENTER FOR THE ARTS**

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**Lazer Vaudeville** Sponsored by LaSalle Bank & Kraft Foods

A seven-foot tall, fluorescent, fire-breathing dragon named Alfonzo leads a cast of characters on a journey through the imagination, complete with a magic wizard, laser show, superlative juggling, black light illusion, acrobats, zany comedy and audience participation. Lazer Vaudeville offers fun for the entire family!

**Saturday, March 6 at 3:00 and 7:30 PM**  
**Tickets: \$25, \$20**

You and your friends will play a character in a fascinating plot of double-dealing, bribery, blackmail, and intrigue. You'll not just be watching, but you'll be completely involved keeping your dark secrets quiet and unmasking the murderer. Prepare to solve the classic "Who-Dun nit Murder Mystery!"

**Friday, March 19 at 6:30 PM**  
**Ticket \$65: includes character descriptions, costume suggestions, appetizers, and drink tickets.**  
 (\$30 is tax deductible)

**MURDER AT THE RAUE!**

**National Tour of the Sing-A-Long Wizard of Oz** Sponsored by Northwest Herald

This is a one-of-a-kind costume party, sing-out loud night of smiles and laughter. A spirited on-stage master of ceremonies leads you through a comical interactive guide book to the evening's audience participation of gestures, expressions and sing-a-longs.

The Wizard of Oz and all related characters and elements are the trademarks of and © Turner Entertainment Co. Judy Garland as Dorothy from the Wizard of Oz. WB Shield™ © Warner Bros. (502)

**Saturday, March 20 at 3:00 and 7:30 PM**  
**Ticket Prices: \$19, \$16**

**Box Office Hours:**  
 Tues.-Thurs.-Fri. 10-6 pm Wed. 10 to 4 pm, and one hour prior to performance time

**Box Office: 815.356.9212**  
[www.rauecenter.org](http://www.rauecenter.org)



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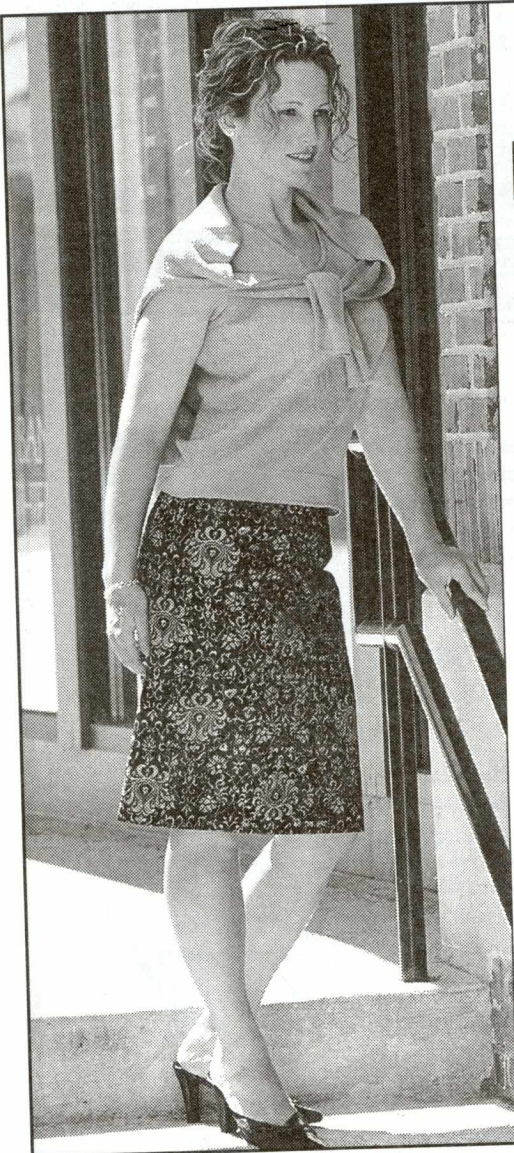


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## Smithsonian Traveling Exhibition "Preserving Memory: America's Monumental Legacy"

"Preserving Memory: America's Monumental Legacy" is a traveling exhibition supported by the National Endowment for the Humanities. The exhibit is comprised of 20 panels, each featuring a public outdoor sculpture.

Save Outdoor Sculpture! (SOS!) is a joint project of Heritage Preservation and the Smithsonian American Art Museum. SOS! provided information and images to create a comprehensive database of the nation's outdoor sculptures and to focus attention on the preservation of public

sculptures and monuments. This information has been transformed into 20 documentary panels featuring sculptures and monuments in communities throughout the United States. The exhibit has been traveling the nation for the past year and will arrive at Barrington High School in March.

The school will host the exhibition through May. In addition to the exhibition, an evening presentation highlighting BHS's bronze sculpture of Abraham Lincoln created by Barrington artist Carl

## Women's Portrait Special

- Only \$149 includes a professional makeover and a portrait session.
- Take 10% off of your entire order if placed during your initial viewing appointment.
- Make your appointment by March 7th and get a set of wallet portraits free!
- Must be 21 or older to participate

### Here's What Some of Our Clients from Last Year Had to Say

"I am so appreciative of the professionalism shown to me before, during and after my photo session. I was also very surprised and extremely pleased with how beautiful black and white portraits can be. I have been and will continue to recommend Al Buschauer to my family and friends. Thank you Al, for a wonderful experience with a beautiful final product."  
—Pam Szarzak

"First of all, your kindness in dealing with your clients is a plus. You did an excellent job, I had a lot of fun, and your professionalism is awesome. I felt very comfortable working with you during the photo session. I love all my portraits. Keep up the good work."  
—Lourdes Livas

"I was eager to have my portrait taken. At age 70, I felt time was getting short for leaving a memoir to my grandchildren. Too many women after a certain age feel they're too old for single portraits. Not so! Al, with his easy style, made me feel comfortable—even when he asked me to lie on the floor! (That portrait turned out to be my favorite.) The finished portraits are worthy of an ancestral wall! My husband and I love them, and I know my grandchildren will love them."  
—Elaine Burnette

**Don't Delay—time slots will fill up fast! We guarantee you'll love your portraits, or your money back!**

To sign up, or for more information, please call 1-847-382-8484.

## Deer Park Town Center Expands Shopping and Community Support in 2003

**Deer Park Town Center**, a 330,836-square-foot lifestyle center located at the intersection of Long Grove Road and Rand Road in Deer Park, completed its fourth year as a member of the business community with highlights that included a 100,000-square-foot expansion and increased community support.

Additional stores in 2003 included: Aldo, California Pizza Kitchen, Kay Jewelers and Le Gourmet Chef.

In fall 2003, construction was completed on the second phase of **Deer Park Town Center**, which added 100,000 square feet to the lifestyle center that will accommodate up to 13 new stores and restaurants. Stores scheduled to open in spring/summer 2004 include: Cold Stone Creamery, Quizno's, Moto Photo and Select Comfort. Tenants Charmed and Nextel are already open. A 16-screen movie theatre, Century Theatres, is currently under construction and is scheduled to open in July 2004. La Hacienda Restaurant also is under construction and is scheduled to open in April.

Phase II will add more jobs on top of the 400 positions **Deer Park Town Center** currently provides.

**Deer Park Town Center** expanded its community support in 2003 by joining with Comcast cable for the second annual "Smart Buck" program. The program,

which ran from Aug. 1 through Oct. 31, invited shoppers to designate a point for every dollar spent at **Deer Park Town Center** toward a participating school of their choice. The 19 participating schools shared a \$15,000 cash prize based upon the number of "Smart Buck" points accumulated during the promotional period. **Deer Park Town Center** also remained active in local endeavors and area cultural activities, raising more than \$20,000 for not-for-profit agencies last year through fashion show ticket sales and auctions. **Deer Park Town Center** is a partner with the Elia Cultural Arts Connection and is active in the Lake Zurich Area Chamber of Commerce.

In addition to charitable support, **Deer Park Town Center** contributed more than \$750,000 in local sales tax this year.

**Deer Park Town Center** features more than 65 stores and restaurants including: Ann Taylor, BOSE, Talbot's and Pottery Barn. Shopping hours are Monday through Saturday, 10 a.m. to 9 p.m., and Sunday, noon to 5 p.m. For more information about the center including the store-wide gift card program, please call 1-847-726-7755 or visit the Web site at [www.deerparktowncenter.tv](http://www.deerparktowncenter.tv). **Deer Park Town Center** is owned and managed by Developers Diversified Realty ([www.ddr.com](http://www.ddr.com)).



Tolpo will be offered to the community. (The Lincoln sculpture will be featured on the first panel.) A dedication of the Abraham Lincoln statue will be planned for the same evening with Lily Tolpo, Carl's wife, as the honored guest.

Public outdoor sculpture, the most user-friendly form of art and history, is a rich and accessible teaching resource. Inside Outdoor Sculpture kits, the SOS' set of interdisciplinary education materials,

encourages students to see our nation's collection of outdoor sculpture with new eyes, to relate to it in new ways and to safeguard it for future generations. In addition to the exhibit, resource kits will be made available to district schools.

For more information regarding the "Preserving Memory" exhibition or to schedule a visit, contact the Fine Arts Department at Barrington High School at 1-847-842-3214.



## Ninety Years of Photos of Life Along North Michigan Avenue



(Left photo) North Michigan Avenue looking north, with bridge and Wrigley Building in distance, 1925. *Chicago Daily News* negatives collection, DN-0074514. Courtesy of the Chicago Historical Society; (Right photo) view looking north of Michigan Avenue from the Wrigley Building tower, 1955. Collection of Greater North Michigan Avenue Association.

A new photo exhibition, "Chicago's Magnificent Mile—90 Years in the Making," presents images depicting 90 years of life along North Michigan Avenue. The exhibit features street scenes, holiday celebrations and window displays, as well as the evolution of this world-famous boulevard. Running now through March 31, the exhibition is on view in City Gallery in the Historic Water Tower, 806 N. Michigan Avenue, itself a landmark featured in the exhibition.

"Chicago's Magnificent Mile—90 Years in the Making" is sponsored by the Greater North Michigan Avenue Association in celebration of its 90th anniversary, in partnership with the Chicago Department of Cultural Affairs Public Art Program.

Approximately 60 black-and-white and color photographs that show the area through the eyes of photographers were drawn from sources not generally available, to create an intimate, candid portrait of North Michigan Avenue's changing people, places and events. "Chicago's Magnificent Mile—90 Years in the Making" was curated by Kenneth C. Burkhart, former curator of the Chicago Department of Cultural Affairs, and consulting curator of "Chicago in the Year 2000" and "Here is New York."

Photographs from the early 20th century were selected from a remarkable collection of original glass plate negatives made by the staff photographers of the legendary *Chicago Daily News*, now held in the collection of the Chicago Historical Society. The identities of the individual photographers—and often the subject of the news stories for which the images were originally created—have been lost. But the images offer glimpses of everyday life from the 1910s and 1920s, such as one 1929 photo that shows contestants in a bicycle race lining up in front of the Water Tower.

Many surprises were found in the Greater North Michigan Avenue Association's own archives. Their eclectic photographic

holdings ranged from a 1917 view of a tree stump being removed for the widening of North Michigan Avenue to a 1954 image of Christmas decorations on the Water Tower and the Palmolive Building by the noted Hedrich-Blessing studio. Also featured are a series of streetscapes and aerial views that provide startling "before-and-after" comparisons.

Many photographs were drawn from the critically acclaimed "Chicago in the Year 2000" project that documented life in Chicago in the year of the millennium. Chicago photographers Russell B. Phillips, Ron Gordon, Tom Cruze, Robert Davis, Jimi Allen, Feng Liu, John Lowenstein, Carlos Ortiz and Alison McKinzie focused on familiar features and events of North Michigan Avenue from unexpected viewpoints and created images that are as artistic as they are evocative.

In 1913, business and industry leaders on North Michigan Avenue formed the North Central Association. Influenced by Daniel Burnham's 1909 Plan of Chicago, the organization was committed to developing a boulevard of grandeur unlike any other in the world. In 1947, the boundaries of service were extended and the name was changed to The Greater North Michigan Avenue Association. Today, their mission is to preserve, promote and enhance one of Chicago's most unique neighborhoods, Chicago's Magnificent Mile.

City Gallery is dedicated to displaying Chicago-themed photographs by Chicago photographers. The gallery is managed by the Chicago Public Art Program of the Chicago Department of Cultural Affairs. It is open seven days a week, Monday through Saturday, 10:00 a.m. to 6:30 p.m., and Sunday, 10:00 a.m. to 5:00 p.m. (The gallery is closed on all holidays.) Admission is free.

For more information, call 312-742-0808, TTY 312-744-2947 or visit [www.cityofchicago.org/CulturalAffairs/](http://www.cityofchicago.org/CulturalAffairs/).

## 18th Annual Summer Art Festival Call for Artists

The Barrington Area Arts Council is now accepting artist applications for their 18th Annual Summer Art Festival. This year, the festival will be a new two-day event and will be held in downtown Barrington

on Saturday, June 19, and Sunday, June 20. The deadline for receipt of applications is April 1, 2004. Applications are available by calling 1-847-382-5626 or by sending an SASE to: BAAC, 121-B Barrington Commons Court, Barrington, IL, 60011.

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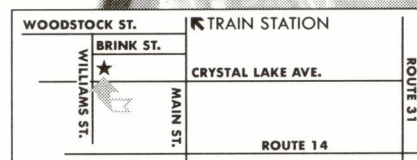


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## Treasurers of the Prado on Art Associates' Program

One of the world's greatest art museums, The Prado in Madrid, contains a stunning collection of European paintings featuring masterpieces by van der Weyden, Bosch, Titian and Tintoretto. But it is for its renowned collection of Spanish painting that The Prado is most celebrated.

At 1 p.m. on Wednesday, March 10, at the Barrington Area Library, 505 N. Northwest Highway, The Barrington Community Associates of the Art Institute of Chicago will present a slide lecture, "Treasures of The Prado" by Lanny Ori, as part of its continuing Members Present Art Series.

The program will feature a discussion of a selection of The Prado's most notable paintings, with an emphasis on the most important work of Ribera, Velasquez, El Greco, and Goya.

As a member of the Barrington Community Associates for over 20 years, Lanny has presented several programs and is one of the founders of the Members Present Art Series, which was originally called The Study Group. A noted book reviewer, school volunteer, editor of *Whetstone* and elder hostel teacher, she is also a member of the Barrington Senior Hall of Fame. While visiting Madrid last Octo-



**Nobleman with His Hand on His Chest  
by El Greco; oil on canvas;  
Prado Museum, Madrid.**

ber, she spent a week at The Prado.

This interesting free program is open to all. Guests are welcome; reservations are not necessary.

For more information, contact Arlene Martin at 1-847-381-2590.

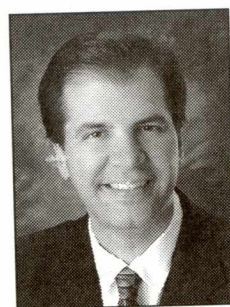
## Garden Club of Lake Zurich

The Garden Club of Lake Zurich will meet March 2 at 7:30 p.m. at Foglia YMCA on Old McHenry Road. Glenn Grosch will present "Vegetable Gardens from Plant

Selection to Harvest." Come one, come all! Everyone is welcome! Please call 1-847-382-2621 or 1-847-438-0860 for more information.

## How Did You Select Your Dentist?

by James T. Gavrilos, D.D.S.



When it comes to making choices about dental care, what factors should you use to evaluate your new dentist? With the possibility of developing a relationship that could last for years, it is only logical that your investment of time and money be with a person who will provide you with what you expect.

Family or friends are usually where most people go for referrals, prior to calling a new office. An even better source is a practicing dental specialist like an orthodontist, oral surgeon or periodontist. Unlike friends and family, they will be able to comment on the quality of dentistry from a technical level. Ask them where they send their own family, and you can be assured that the standards in that office will be high.

The following is a list of things you can consider during your initial visits to a new dental office:

- Are employees mature and professional?
- Were you asked to fill out an extensive medical and dental questionnaire?
- Is sufficient time allowed for a careful evaluation of that medical and dental history?
- Does your initial examination include

measurements of the crevice or "pocket" around each tooth (approximately 100 measurements)?

• Do the dentist and hygienist then spend adequate time with you finding out your dental goals and your level of knowledge about preventive dentistry?

• After this careful evaluation, is a comprehensive treatment plan presented to help you achieve a high standard of oral health?

Dentists who follow the above procedures care about their patients. Their treatment and preventive education helps these patients keep their teeth all of their lives. There are no shortcuts, so choose your dentist carefully.

**Dr. Jim Gavrilos** can be reached by calling **1-847-381-4040** in Barrington.

## DAR to Meet March 16

Signal Hill Chapter of the Daughters of the American Revolution will meet March 16 at Barrington Area Library, Room B, first floor meeting room. The business meeting will begin at 11:30 a.m. with a social period and refreshments at noon.

Ms. Lynn Rimer will present "Portraits of Two Patriotic Women, Born in 1776."

Hostesses for the day will be: Margaret Christiansen of Barrington Hills, Sally Hansen of Algonquin, Pat Esposito of Sleepy Hollow, Robin Wheatley of Batavia and Janet McGrath of St. Charles.

To be eligible for membership, a wo-

man must be no less than 18 years of age and able to prove her lineage to an ancestor who aided in the cause of the American independence through military, civil or patriotic service. We are eager to help prospective members trace their ancestry. A lineage workshop will be held April 17, which is open to the public. Private assistance for prospective members may also be arranged. Anyone needing to know more about membership should contact Billie Owens, 1-847-381-5785, or Jeanne Tierney, 1-847-438-5289.

## Learn to Accessorize the Garden at Garden Club of Inverness Meeting

A slide lecture titled "Accessorizing the Garden" will be the program at the March 18th meeting of the Garden Club of Inverness. The meeting will be held at All Saints Lutheran Church, 630 S. Quentin Road, Palatine, starting at 9:30 a.m.

Featured speaker Debra Phillips will discuss and show examples of how to personalize a landscape with benches, trellises, statues, containers, birdhouses and more. Ms. Phillips is a landscape designer, master gardener and owner of Sentimen-

tal Gardens, a garden and botanical antiques shop and landscape design company located in St. Charles, which specializes in English gardens. She is a member of The Cottage Garden Society of England, Antique Rose Society, Association of Professional Landscape Designers, Landscape Design Association and Royal Horticultural Society.

There will be a short business meeting before the lecture. Refreshments will be served.

## "A New Look" Luncheon

The Northwest Women's Connection invites you and your friends to our "A New Look" Luncheon on March 11 from noon to 1:30 p.m. at Concorde Banquets in Deer. Cost is \$15 inclusive.

Mary Kaszaf from Epco Paint in Barrington will show us faux finish painting and how to use it with wallpaper to freshen up your home for spring. Doris Lee, a

musician and antiques enthusiast, will reveal the secret of finding harmony and hope in a world of discord.

Free preschool childcare is available. (The nursery is located off premises.) Lunch reservations are needed by Friday, March 5. Call Carol at 1-847-359-5089 or Karen at 1-847-818-9016.



## All About Angels Event Schedule

Class size is limited to 16 students, so register early. Walk-ins are not allowed. Visit [www.All-About-Angels.com](http://www.All-About-Angels.com) for more information. See our ad on this page for store location, hours and phone number.

• **Healing From Addiction;** C. Sonnen; Wednesday, March 3, 7:00 to 8:30 p.m.; \$20—Angel Therapy Practitioner Christine helps you remove your addictions, release your anger, worry, fear and doubt to bring more balance and joy to your life.

• **Sacred Space;** P. Reinhardt; Wednesday, March 10, 7:00 to 8:30 p.m.; \$25—Meditative college allows for effortless and enjoyable time to yield divine insights, personal revelations, transformations and connections from above.

• **Group Past Life Regression;** S. Wieshart; Sunday, March 21, 1:30 to 4:30 p.m.; \$30—Learn what past life regression is and how it is used. Susan promises to take us to a "happy past life" together.

• **Touching the Angelic Realm;** J. Olson; Wednesday, March 24, 7:00 to 9:00 p.m.; \$20—Discover your natural style for receiving spiritual communication. Learn to avoid some of the blocks that prevent us from connecting with the angelic realm.

• **Manifesting Your Angels;** J. Olson; Wednesday, March 31, 7:00 to 9:00 p.m.; \$20—Learn methods of purposeful manifestation and review some common pitfalls that can block and hinder the manifestation process. This will bring your life into more harmony and order.

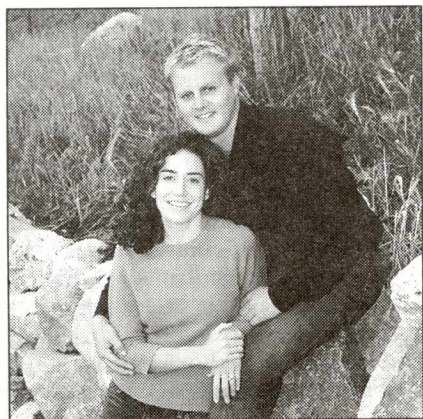
## The Barn Nursery's Award-Winning Landscaping

by Lakeview Photo

Lakeview Photo and Portrait Studio would like to extend their congratulations to **The Barn Nursery & Landscape Center** for receiving the gold award in the Illinois Landscape Contractors Association Excellence in Landscape program. Over the past year **Larry Backe** of **Lakeview Photo** has photographed a variety of locations and angles of The Barn Nursery's excellent work for entry into this statewide competition.

A congratulations is also in order for **Tom Kumerz, Jr.** of The Barn Nursery. **Lakeview Photo** had the pleasure of doing an engagement portrait for him and his fiancée **Danelle Olsen**.

**Lakeview Photo** is proud to provide a variety of professional photographic work to the community.



**Lakeview Photo** is located in the Lakeview Plaza on Rand Road in Lake Zurich. Call **1-847-540-6100** for more information about their services.

## Motion Sickness

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

Motion sickness can strike any time or place, whether you're in a car, boat, train or plane. People of both genders and all ages are affected, although children from 3 to 12 and pregnant women are particularly susceptible. Motion sickness is a complex system of symptoms including dizziness, pallor, sweating, nausea and vomiting that occurs in response to a disturbance in the balance and equilibrium centers of the body. Conventional cures such as Dramamine or a transdermal patch have side effects, some of them serious. These can include sedation, dry mouth and blurry vision. But there are some natural therapies to try.

First, ginger is the most popular and scientifically studied botanical treatment for motion sickness. You can drink fresh ginger tea, eat slices of candied ginger or take the powdered spice in capsules if you don't like the strong flavor. Try gin-

ger immediately before you travel if you are susceptible to motion sickness or use it at the first sign of discomfort.

Homeopathic remedies are chosen by how closely they match your symptoms. Try Nux Vomica if you have nausea and vomiting, stomach pains and symptoms that worsen when exposed to smoke and alcohol.

There are several other things you can do to prevent or limit the severity of motion sickness symptoms. For example, driving or sitting in the front seat are the best positions in a car. Also, avoid visual stimuli such as reading or watching videos while traveling. When on a boat or a plane, stay in a central location where your eyes see the same motion that your body feels. Finally, having access to fresh, cool air and/or a place to lie down can be helpful.

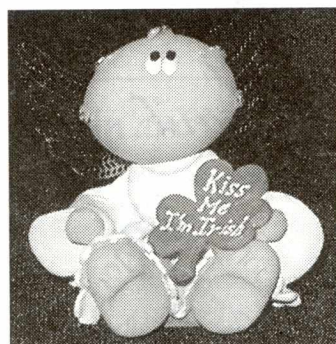
## PACE Exercise Program to be Offered

Please join the Greater Chicago Chapter of The Arthritis Foundation, along with the Barrington Area Council on Aging and the Barrington Park District, for an eight-week exercise program designed specifically for people with arthritis.

PACE, or People with Arthritis can Ex-

ercise, will be held Wednesdays, March 17 through May 19, from 10:30 to 11:30 a.m. at Langendorf Park. Space is still available. Preregistration is required, so call 1-847-381-5030 for doctors' permission forms. The cost is \$22 for in-district residents and \$27 for nondistrict residents.

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[www.all-about-angels.com](http://www.all-about-angels.com)



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\* Coupon not good with any other offer. Produce, gift baskets & sale merchandise not included. Offer expires 3/31/2004.

# Deadline!

The deadline for the **April Issue**  
is **Thursday, March 18.**

Please send your press release/advertising materials to:

Editor  
**Lifestyles Magazines**  
P.O. Box 293  
Crystal Lake, IL 60039-0293  
or call: **(815) 459-4820**



*Country Collections*

*Traditional Craft and Folk Art Faire*

**April**  
**2nd, 3rd, 4th**

**Friday 3-9pm \* Saturday 10-5pm**  
**Sunday 11-4pm**

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For More Information: 1-800-984-8526

## Businesses Invited to Support Lake Zurich High School Career Fair

The Lake Zurich High School Career Advisory Council is seeking local business support for the Career Fair scheduled for Friday, April 30, from 8:15 a.m. to 12:45 p.m. at The Lake Zurich High School, 300 N. Church Street in Lake Zurich.

The Career Fair provides a unique opportunity for businesses to present their company to the future workforce. This rewarding experience allows presenters to mentor students, to share personal successes and to provide insight into their professions. Presenters will direct students on how to prepare for and find a job in a promising field and excel in their chosen profession.

The students meet and talk one-on-one with business professionals of companies that represent a myriad of occupations and talents. This helps students to learn about the professions that they are considering as a career.

There is no booth fee required for com-

panies willing to participate. Also, presenters looking for student employees or summer help are welcome to advertise their openings.

In the past, this event has attracted more than 800 students.

The Lake Zurich Career Advisory Council is comprised of volunteers from local businesses and organizations. The members commit their time to provide students with guidance and support to create a better understanding of career opportunities. The CAC strives to establish enrichment programs that enable students to successfully make the transition from school to the workplace.

For more information about the Career Fair or the Career Advisory Council, please contact Lisa Feldman at The Lake Zurich High School, 300 Church Street, Lake Zurich, IL, 60047; call her at 1-847-438-5989; or e-mail her at [lisa.feldman@lz95.org](mailto:lisa.feldman@lz95.org).

## Clearbrook's Tag Days Coming to Your Neighborhood

Tag! You're it! Clearbrook is looking for a few (hundred) good men and women to help with its 15th annual Tag Days to be held on Friday, May 21, and Saturday, May 22. Interested volunteers will spend two hours collecting money at various intersections and storefronts throughout 19

north and northwest suburbs in support of children and adults with disabilities. Individuals and businesses who would like to volunteer or donate should contact Janis Edelheit at [jedelheit@clearbrook.org](mailto:jedelheit@clearbrook.org) or 1-847-385-5008.

## Country Collections—A Burst of Springtime

You've shoveled and scraped... slipped and slid... shivered and sneezed. Winter has taken its toll on your body and spirit. Springtime, despite what the calendar claims, still seems just out of reach.

At **Country Collections**, we have the answer... a field trip! Call your best friend, call your mom or favorite daughter-in-law and play hooky for a day!

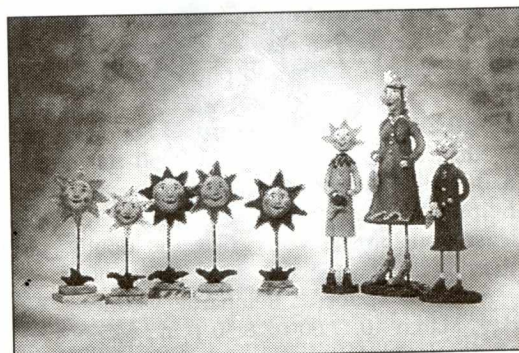
**Country Collections** returns to Harper College on **April 2, 3 and 4** with a burst of springtime ideas and something exciting around every corner.

Floral arrangements from Garden Gate, Country Fare and the sweet scent of potpourri from Frozen Creek Floral offer a preview of the blossoms waiting for that first burst of springtime sunshine.

The girls from Door County Stencil have been working all winter on new designs for summer, which they will preview at **Country Collections**. And springtime appliqued clothing with a "penny felt" look will be offered by a new exhibitor, Scrap-Work, Inc.

Get ready for bird watching at Homestead Designs or Country Naturals where bird feeders and birdbaths abound. And what better place to sit and enjoy your feathered friends than on a whitewashed garden bench by John Toohey!

Mom's Enterprises is sure to capture the



Whimsical maché figures by Wilson's American Primitives, Manitowoc, Wis.

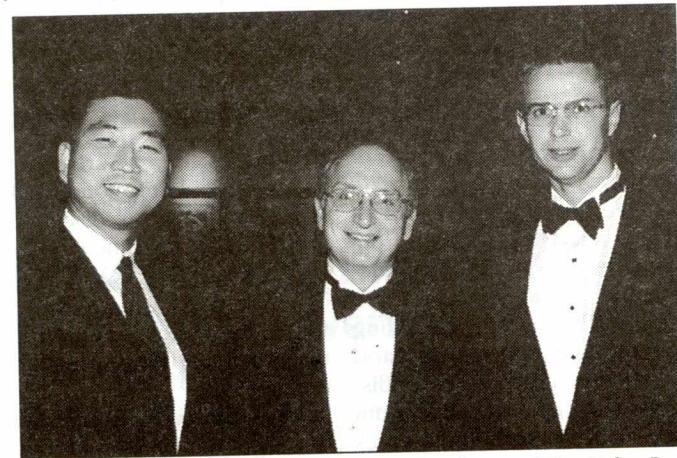
very best of spring with their whimsical painted furniture and fanciful rabbit figures, all decked out for the Easter parade.

All through the show, the dark tones of winter have been replaced by the bright pastels of spring, ready to raise your spirits and provide springtime decorating ideas guaranteed to bring the sunshine indoors.

The winter doldrums don't have a chance here at **Country Collections** at Harper College, Algonquin and Roselle roads in Palatine, April 2, 3 and 4. Show times are Friday, 3 to 9 p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, 11 a.m. to 4 p.m. Admission is \$5. Children 12 and under are admitted free. Seniors receive a \$1 discount.

Join us and discover that bit of springtime just around every corner.

## "Open Your Heart Harvest Ball" Raises \$173,000 for Intraoperative MRI



(From left) Dr. John Chang, Dr. Roger Packer and Dr. John Ruge

Three doctors recently gathered to discuss new treatment for brain tumors at the "Open Your Heart Harvest Ball"—Dr. John Chang of Barrington, medical director of radiation oncology at Advocate Lutheran General Hospital; Dr. Roger Packer, chairman, department of neurology, Children's National Medical Center in Washington D.C.; and Dr. John Ruge of Hinsdale, chief of pediatric neurosurgery at Advocate Lutheran General Children's Hospital.

The Harvest Ball was a benefit for the Midwest Children's Brain Tumor Center at the Butterfield Country Club in Oak Brook. Dr. Packer, a native of Chicago and graduate of Northwestern University, was presented the Anthony J. Raimondi Medal of Honor during the event in recognition of his lifelong contributions to pediatric neurosurgery. Guests at the ball

pledged \$173,000 toward a \$2 million initiative to purchase an intraoperative MRI and fund research.

The intraoperative MRI allows surgeons to take images of the brain during surgery to ensure as much of a tumor has been removed from the brain as possible before the patient leaves the operating room.

The Midwest Children's Brain Tumor Center of Advocate Lutheran General Hospital, located in Park Ridge, is one of the few centers in the nation providing a full range of neurological services, clinical expertise and cutting edge technology to care for children with brain tumors. Children are treated by a multidisciplinary team of professionals who provide expert care along with essential support to both children and their families.



## Silk 'n Things Expands its Product Offerings

Discover the new product lines now being offered at **Silk 'n Things** just in time for spring. Always known for its reputation as being the premier source for silk floral and unusual home accessories, **Silk 'n Things** has added a number of new product lines to help complete your shopping experience. For that personal touch, we now offer several fun jewelry lines for you to explore. To further add to your own personal accessory style, there is an array of exciting new designer handbags. For our society ladies in your striking red hats, we have an array of accessories to make your shopping excursion even more exciting and, yes, even some elegant red hats.

**Silk 'n Things** is located at 308 W. Main Street in the prestigious historical blocks of downtown Barrington. Each room in this quaint 100-year-old home has been transformed into its own unique vignette to help give the shopper ideas on what can be done with a little splash of wall color, a piece of furniture, a lamp, an accessory and, of course, floral. Whether you are standing on the back porch which has been transformed into a quaint French bistro or venture into the Tommy Bahama room with its West Indies flair, wicker furniture and life-like palms, you will enjoy the warmth and tranquility that **Silk 'n Things** has to offer.

For your home accessories, **Silk 'n Things** has just received its new spring items. Come in to peruse the new line of furniture that will enhance any room's décor, artwork, wall hangings and much,

much more. If Easter is on your shopping list, **Silk 'n Things** has everything from the softest plush bunnies, rabbits and chicks to decorative tabletop accessories. Spring would not be complete without our vibrant floral on display to add beauty and warmth to your home or office. **Silk 'n Things'** experienced sales staff can help you coordinate colors to match your décor. Consultations with an experienced designer are also offered, providing one-on-one service in the comfort of your home. Designers offer solutions to problem areas, coordinate colors and styles to enhance your existing décor, assist in accessorizing and adding that finishing touch.

Rosemary Pickett, founder and owner, strives to bring the very best in quality and antique accessories and floral for her customers. Teaming up with her experienced design and sales staff of Joyce, John, Elaine and Sandy, the entire staff at **Silk 'n Things** will help you solve your decorating and accessorizing challenges. Rosemary and the staff are equally exciting about all the new personal accessories and look forward to help you pick that unique gift for that special friend or just for you. Whether Barrington is your shopping destination or if you are just passing through, please stop in and discover all that is new at **Silk 'n Things**. And to make your shopping experience even easier and more rewarding, **Silk 'n Things** is pleased to announce that it is now accepting the Discover card. We look forward to seeing you soon.

## March Entertainment Madness at The College of Lake County

From theater production and magic to Celtic music and country music, March features a variety of entertainment options at **The College of Lake County's** Grayslake Campus.

• On March 4, professional magician **Mike Super** will bring his humorous and imaginative show at 7:30 p.m.

• **Lysistrata**, the college's theatre production, will be presented at 7:30 p.m., March 5 and 6, and at 2:00 p.m., March 7.

• An internationally-recognized Irish band, **Altan**, will bring their repertoire of old Irish songs and lively reels and jigs at 8:00 p.m., March 6.

• **A Few of My Sisters**, a family theatrical production featuring four fictional African-American women from different time periods, will be presented at 7:00 p.m., March 11.

• Lake County's own Dave Flippo will bring **Flippomusic**, a fusion-oriented

contemporary ensemble of jazz and world music, at 8:00 p.m., March 13.

• The **CLC Jazz and Wind Ensembles**, directed by Bruce Mack, will perform with trumpet virtuoso and vocalist Byron Stripling at 4:00 p.m., March 14.

• **Four Bitchin' Babes**—Debi Smith, Camille West, Sally Fingerette and Suzzy Roche—will take you on a musical journey through the joys and dilemmas of everyday life at 8:00 p.m., March 20.

• **Dr. Rane Ramon Arroyo**, a professor of English and director of the creative program at the University of Toledo, will present a poetry reading session at 7:00 p.m., March 23.

• The March finale will feature country music legends **Larry Gatlin and the Gatlin Brothers** at 7:00 p.m., March 28.

For ticket information, please call 1-847-543-2300.

## Curse of the Fountainhead Theatre Trip

Please join the Barrington Area Council on Aging, Inc., and the Barrington Park District for an exciting theatre trip on Wednesday, April 28.

Shadowfax Theatre Company will present a new comedy with musical overtures called *Curse of the Fountainhead*. The play is about a writer who is locked into a lucrative contract of adapting Ayn

Rand's *The Fountainhead* for a Broadway musical.

The bus will leave Langendorf Park at 10 a.m. sharp and return at 4 p.m. The cost is \$48 per person and includes transportation, lunch, admission and gratuity. For reservations, call BACOA at 1-847-381-5030.

## Silk 'n Things

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## James Lumber Center for the Performing Arts College of Lake County

Irish music superstars

### Altan

Saturday, March 6 at 8 p.m.

Dynamic traditional old Irish songs to hard-hitting reels and jigs!



Sensational entertainment

### Four Bitchin' Babes

Saturday, March 20 at 8 p.m.

Join The Babes for a musical journey through the joys and dilemmas of everyday life from love and family to information overload, new age gurus and never paying retail.



Grammy award winning

### Larry Gatlin and the Gatlin Brothers

Sunday, March 28 at 7 p.m.

Legends of country music Larry, Steve and Rudy Gatlin have made beautiful music together for more than four decades.



Lake County Spotlight

### Dave Flippo/Flippomusic

Saturday, March 13 at 8 p.m.

Flippomusic is a fusion-oriented contemporary ensemble that blends jazz with ethnic styles from other countries.



For tickets and reservations,  
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## BAAC Announces Artsboost 2004 Recipients

The Barrington Area Arts Council announces the recipients of BAAC's Artsboost 2004.

Artsboost is a community arts access program in partnership with the Illinois Arts Council, a state agency, for individual artists and nonprofit organizations to encourage the development of arts projects and broaden community access and involvement in the arts in the seven villages of Barrington, East and West Dundee, and McHenry County.

We congratulate the following 17 organizations for their combined Artsboost monetary awards, totaling \$16,966.25:

- Adult and Child Rehabilitation Center of McHenry County, Inc.
- Arnett C. Lines School PTO
- Barrington Area Library
- Barrington Suzuki Strings
- Barrington Youth Dance Ensemble
- Barrington Youth Services

- Countryside Association
- Countryside School PTO
- Crystal Lake Community Choir
- Little City Foundation
- Illinois Storytelling, Inc.
- McHenry County Music Center
- McHenry County Youth Services
- Northern Illinois Special Recreation Association

The Barrington Area Arts Council, now in its 26th year, is a not-for-profit arts organization that supports, promotes and sustains programs in the visual, literary and performing arts. It is partially funded by individual and corporate support, grants from the Illinois Arts Council (a state agency), and the Village of Barrington. For more information on BAAC and its programs, call 1-847-382-5626.

## Verdi's Requiem

The Elgin Symphony Orchestra, along with guest artists alto Dorothy Byrne, tenor Raul Melo and bass Robert Swan, will give you something to sing about when they join The Elgin Choral Union and Northern Illinois University's Choir to present Verdi's *Requiem*.

Maestro Robert Hanson will conduct these performances on Friday, March 5, at 8:30 p.m.; Saturday, March 6, at 8:00 p.m.;

and Sunday, March 7, at 3:30 p.m. at the Hemmens Theatre, 45 Symphony Way in Elgin. The program will include Verdi's *Messa da Requiem*.

Available tickets range from \$12 to \$58 and may be purchased at the ESO Box Office at 20 DuPage Court in Elgin, online at [www.elginsymphony.org](http://www.elginsymphony.org) or by calling 1-847-888-4000.

## Lake Barrington Woods Offers an Array of Education and Support Group Opportunities this Spring

Lake Barrington Woods understands the importance of ongoing education for persons of all ages. As an established residential community for persons 55 years of age and older, Lake Barrington Woods seeks to be a resource for the community in issues facing the older adult population and their families.

A variety of seminars and programs have been planned on topics ranging from health and wellness to local history.

"We know that our residents are avid readers and consumers of news and information. They are interested in keeping abreast of new trends in areas such as medical developments, and we thought the local community would find these programs of interest as well," notes Cheryl Black, executive director of Lake Barrington Woods.

The community is invited to Lake Barrington Woods for all of the following programs at no cost.

• Low Vision Support Group, Thursdays, March 11, April 8, May 13 (ongoing the second Thursday of every month), 1:00 to 2:30 p.m.—This group provides support and education for people of all ages that are visually impaired. Sponsored by the Barrington Area Council on Aging. Transportation is available for Barrington residents. Call 1-847-842-8900.

• Parkinson's Disease Support Group, "The Use of Deep Brain Stimulation in the Treatment of Parkinson's Disease, Essential Tremors and Dystonia," Wednesday, March 24, 6:30 p.m.—This group will be presented by Konstanin Slavin, M.D., department of neurosurgery, University of Illinois at Chicago and Alexian Brothers Neurosciences Institute. Dr. Slavin, an ex-

pert in the field of neurosurgery, will discuss the benefits of this innovative approach to treating Parkinson's Disease. This cutting-edge technique, which has been featured on *ABC News*, *FOX News* and the widely respected *New England Journal of Medicine*, has produced impressive results.

• "The Movers and Shakers in Barrington History," Wednesday, March 31, 1:30 p.m.—Noted local historian Dean Maiben will speak on the fascinating people whose efforts over a century ago helped shape modern-day Barrington. Mr. Maiben, who is a past president of the Barrington Area Historical Society and former village manager, will share his wealth of knowledge on this lively subject.

• "The Best Ways to Beat Depression at Any Age," April 28, 6:30 p.m.—This program will be presented by Glenn Gelman, M.D., director of Northern Illinois Counseling Associates and a Columbia College professor. Dr. Gelman will host an informative discussion about spotting depression in people of all ages, including seniors and children, and the successful ways to treat this pervasive condition.

Lake Barrington Woods is a rental retirement community offering independent and licensed assisted living. The community, located on beautifully wooded land adjacent to a nature preserve in Lake Barrington, features spacious apartments in a variety of floor plans. Services include dining, housekeeping, transportation, activities and events, and the security of 24-hour staffing. Amenities include an indoor swimming pool and heated parking. For information, please call 1-847-842-8900.

## BAAC Finds New Home at Barrington Commons Shopping Center

The Barrington Area Arts Council invites the public to visit them at their new location in the Barrington Commons Shopping Center in downtown Barrington. On exhibit now until March 31 are enjoyable works from BAAC curators Gail Collier and Joan E. Robertson, colored pencil artists.

Both Collier and Robertson are well-established local artists who have participated in numerous exhibits at BAAC in past years. Their expertise has helped to give BAAC exhibits their special flair. The BAAC appreciates their contributions, volunteer work and continuing support of

the organization.

On Friday, April 2, BAAC will celebrate the Grand Opening of their new location in conjunction with their next gallery exhibit, "Facets of Fiber." The exhibit will feature unusual wearable art such as scarves, hats, jewelry, beaded work and more. It will also feature fiber wall art such as quilts and collages.

The opening reception will be from 7 to 9 p.m. at 121-B Barrington Commons Ct. in Barrington. Refreshments will be served. Call BAAC at 1-847-382-5626 for more information.

## Quest Academy 2004 Auction

Quest Academy will hold its 2004 Auction on March 13 at the Hyatt Regency Woodfield. The evening will begin at 6 p.m. with live jazz, hors d'oeuvres and a silent auction. Dinner will be served and the live auction will begin at 8 p.m. Dancing will be from 10 p.m. to midnight.

Quest Academy is honored to have Diann Burns, news anchor of CBS 2 Chi-

cago, as their special guest that evening.

Tickets are \$100 and may be purchased by calling 1-847-202-8085, ext. 458, or by e-mail at [auction@questacademy.org](mailto:auction@questacademy.org).

Quest Academy is an independent day school for over 300 gifted and talented students, preschool through eighth grade. Visit [www.questacademy.org](http://www.questacademy.org) to learn more about the school.





## Which Fluoride is Best?

by Irwin Seidman, D.D.S.

Fluoride is helpful for teeth, but is one product better than another? Sodium fluoride is the main ingredient in almost all of the preparations, so it's not what you are using, but how it is being used.

Systemic fluorides are those you swallow. This is what you get from fluoridated water, fluoride pills or fluoridated vitamins. These products affect the teeth that haven't yet erupted. Fluoride is built into the developing tooth and helps it become more resistant to decay. Fluoride is added to municipal water supplies, but is often found in the well water in our area. The amount of fluoride in your home's water can be determined, and additional fluoride can be prescribed if necessary.

Once a tooth has erupted into the mouth, we begin to recommend the use of topical fluorides like those found in toothpaste and mouth rinse. The major

benefit of this type of fluoride is that it can cause very small cavities to remineralize or heal. Those cavities that can heal aren't ones the dentist can find but ones that are just beginning to form. Extra fluoride might be recommended for children with high cavity rates, braces or those who are taking medications which might reduce the amount of saliva being produced. Some of these medications include those used to treat chronic asthma, ADD and ADHD. The appropriate use of fluoride for your child should be discussed with the dentist at each recall appointment.

I am a pediatric dentist and assistant professor of pediatric dentistry at the University of Illinois College of Dentistry. If you have any questions regarding your child's dental health, please contact me at 1-847-991-4663.

## Hypnosis

by Martin A. Nathan, M.A., L.C.P.C.

Hypnosis is being used more than ever for treatment of a variety of issues. These include nicotine addiction, eating disorders, nail biting, anxiety and panic attacks, weight loss, depression, anger, pain, and sleep disorders. *It is particularly helpful with stopping smoking.*

I'm a licensed clinical professional counselor and have been in private practice for over 28 years. I see couples for marriage and relationship counseling, and individuals for a variety of issues. I am certified in the use of clinical hypnosis and have been using it in my practice for the past 27 years.

I use hypnosis most often with individuals in order to quickly change habit and behavior patterns that the client considers undesirable. Using hypnosis helps the changes to take place in a much shorter

period of time than traditional counseling alone. The combination of short-term counseling with hypnosis saves both time and money.

If you think that you have an issue that may be treated by hypnotherapy, call and discuss your issue or issues with me. You will learn the approximate number of sessions, the cost per session and whether or not it's for you.

I am also a certified meditation instructor and teach six-week "Introduction to Meditation" classes on a regular basis. Meditation helps you to respond better to stressful situations, lowers blood pressure and generally makes you feel better. If you are interested in learning how to meditate or wish to restart your meditation practice, please call 1-847-934-6555 for information.

## District 220 Speech Contest Underway

Mark your calendars! The annual District 220 Speech Tournament is scheduled for Saturday, March 13. The tournament is a fabulous opportunity for students in grades four to eight to memorize poetry, prose, a short skit or an original selection and perform in front of a team of judges for verbal and written feedback. Children build confidence and self-esteem as they learn important communication skills in a fun and supportive environment. Students should contact their school coordinators for more details.

Behind the scenes, contest preparations are now underway. Donna Lebda and Joyce Strout, coordinators of the District 220 contest, are already meeting with school coordinators to review rules and procedures of performances. Each district school has a speech coordinator in charge of their school's performing students. Students can select their numbers and begin practicing with their coaches. There were over 600 students registered last year with more expected in 2004.

Judges are needed for the speech contest. If you have experience in giving speeches, constructive and positive feed-



(From left) Joyce Strout and Donna Lebda, coordinators of the District 220 Speech Contest

back, and are willing to be a contest judge, please call Donna Lebda at 1-847-658-3831 or Joyce Strout at 1-847-382-1140. Judges will report at 8:00 a.m. on Saturday, March 13, for an informative meeting with complimentary breakfast served before the contest begins at 9:00 a.m. The contest will conclude at 12:30 p.m. with presentation of awards by individual schools in assigned classrooms.



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# Happenings!

*in the area*

## Barrington Lyric Presents Susan Hult who "Knows the Score"

Members and guests of Barrington Chapter of Lyric Opera are invited to hear Susan Hult who will talk about her role as prompter for Lyric Opera of Chicago.

Sponsored by the Barrington Chapter of Lyric Opera of Chicago, the program will begin at 2 p.m. on Friday, March 19, in a lovely country home at Fair Hills Farm in Barrington Hills. Following the program, light refreshments will be offered by program co-chair Toni Savadel from Carpentersville and her committee, Mary Green and Elaine Matouski from Barrington.

Program charge is \$20 for members or \$25 for guests. Your check is your reservation. RSVP with number attending by March 15 to Susanne Wells, 225 Timber Ridge, Barrington, IL, 60010. For information, please call 1-847-382-2613.

Ms. Hult is presently an assistant conductor at Lyric, a post she has held for 11 years where she specializes in prompting. She has worked with James Levine at Bayreuth on the Kirchner Ring from '94 to '98 and with Seiji Ozawa and the New Japan Philharmonic's spring opera festival for five years.

After receiving a grant to study prompting, Ms. Hult made her prompting debut with the San Francisco Opera.

Some of the artists with whom she has worked include James Morris, Bryn Terfel,



**Susan Hult will speak on her role as prompter for Lyric Opera Chicago on Friday, March 19.**

Siegfried Jerusalem, Sam Ramey, Eva Marton, Placido Domingo, Hildegard Behrens, Deborah Voigt, Ben Heppner, Jane Eaglen, Mirella Freni, Rena Pape and Catherine Malfitano.

You may want to visit Lyric Opera of Chicago's Web site at [www.lyricopera.org](http://www.lyricopera.org).

## Women's Club of Inverness Hosts Fashion Show



**(Left to right) Susan Slapke, fashion show chairman, is holding a fabulous ladies' watch that Michael J. Miller of M.J. Miller & Co. of Barrington donated to our fund-raiser, as Raisa Bratkiv, publicity, looks on.**

Bon Voyage! is the theme of this year's Women's Club of Inverness Fashion Show and Luncheon. Come join us on April 16 at the Stonegate Conference Center in Hoffman Estates on a star-studded cruise to the Caribbean Islands. Fashion show chairman Susan Slapke and co-chairman Carolyn Orr have arranged everything for your enjoyment. There will be entertain-

ment, various prizes, a silent auction, our famous theme-baskets and many boutiques for your cruising pleasure. Diane Geiger of Fashionique Productions, Inc., will present the dazzling fashions for your enjoyment. Don't miss the excitement!

Please call Susan at 1-847-382-3708 for information and Ruth at 1-847-202-1423 for reservations. Welcome aboard!

## The Mystique of Handwriting

Diane Hunter will present a fascinating program to Women's Club of Inverness on March 11 about "The Mystique of Your Handwriting."

Diane Hunter, expert certified master graphoanalyst, will show us how as many as 91 personality traits can be accurately evaluated from one full-page handwriting sample.

No two people on earth have precisely the same handwriting, including identical twins who share identical genes. No two people on earth have the same personalities. Diane Hunter, master graphoanalyst and dynamic speaker, will explain this behavior and much more at the March program at the Inverness Country Club.

Be prepared to meet various intriguing personalities through their handwriting, such as identical twin sisters, impressionist painters and the painters Mary Cassatt and Georgia O'Keefe. You will also meet artists who paint using their mouth or foot, a clever and handsome mass murderer, and the saints Bernadette of Lourdes and Teresa of Avila.

Also, learn information about your personality. Are you an enthusiastic person who has long "T" bars? Or are you a dreamer whose "T" bars do not touch the stem? What makes you a truly unique person? Are you too critical of yourself?



**Diane Hunter, Expert Certified Master Graphoanalyst**

What does your signature really indicate about you? These questions and much more will be addressed during the presentation.

This unusual program is sure to be fascinating. As one member of an audience stated, "The presentation was dynamic, very entertaining, informative and unexpected. The ending was uplifting."

And on April 16, the Women's Club of Inverness will launch their Bon Voyage Fashion Show & Luncheon at the Stonegate Conference Center in Hoffman Estates. Welcome aboard for a dazzling fashion show by Fashionique Productions, Inc., a delicious luncheon, great prizes and many surprises! Please call Susan at 1-847-382-3708 for information and Ruth at 1-847-202-1423 for table reservations.

## Presbyterian Church of Barrington to Host Charity Golf Outing

The Presbyterian Church of Barrington will play host to a new and exciting charity golf outing format being held at Chalet Hills Golf Club on Monday, May 17. Foursomes will play a total of 36 holes during the day. Sandwiched between the morning round and the afternoon 18 holes, golfers will be feted to a lunch delivered to their starting tee. Following the second round, golfers will enjoy a wide range of tasty hors d'oeuvres, at which time the low gross and low net winners will be announced.

The shootout is open to both men and women. Golfers will pay \$150 to play the 36 holes. In addition, each golfer is required to turn in a minimum of \$500 in sponsorship monies. Opportunities are available for organizations to sponsor major events, such as the continental breakfast, cocktails and hors d'oeuvres, and are most welcome.

Proceeds from the 36-Hole Shootout will help fund the church mission committee's charitable work. Headlining the recipients are Camp I Am Me, a summer camp experience for children and teenagers who have experienced injuries from burns, and Camp Lions, which provides summer camping experience for children



**Angus McGregor (aka Jim Wilson) announces the 36-Hole Shootout to church members attending the recent Sunday services.**

who are visually and hearing impaired. Both camps are held in Illinois.

Additional information is available by contacting Jim Wilson at 1-847-302-8548.





# Spring is Early at The Studio of Long Grove & Hilligoss Galleries

FLORAL MASTER

*Michael Gerry*

A lifelong study of the painting of natural subjects has led to a highly-developed focus in florals. Working from his own photography to catch the perfect position of the sunlight, to capture the texture and shapes of the beautiful compositions created by the infinite positions that the flowers and their settings create, he paints blossoms in a photo-realistic style that are as much as 60 times their actual size.



*Ethereal*  
48 x 48



*Catleya Orchid*  
36 x 48



*White Iris with Yellow*  
40 x 30

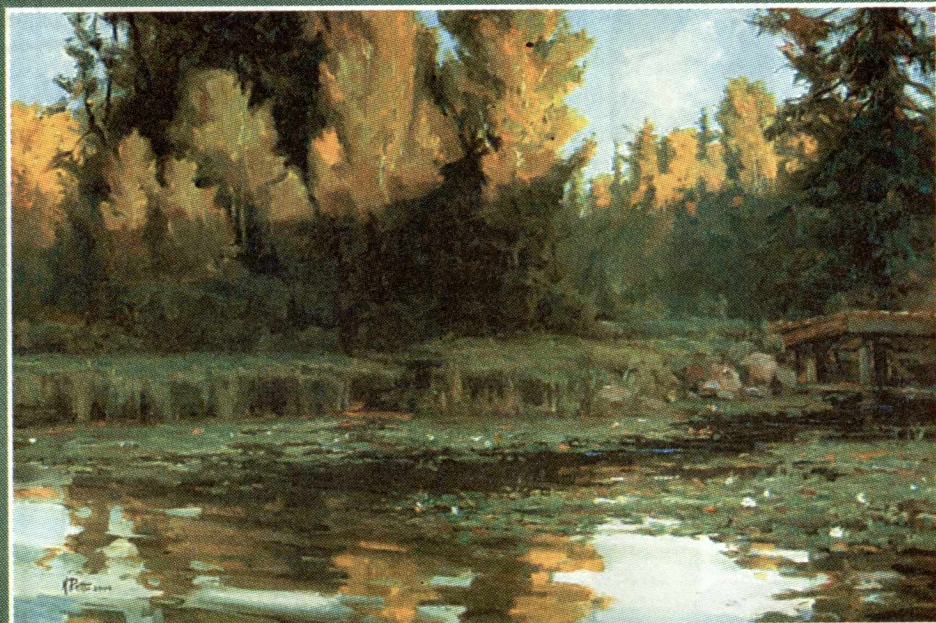


*Roses*  
30 x 36

INTRODUCING

*Mary Pettis*

Melding the experiences in her life with her artistic influences has resulted in an authentic and powerfully lyrical style. "As I paint I get swept away by the symphony of artistic elements in front of me. It is an honor to be able to share through my work those impulses which... [often] feel like expressions of private worship." Mary's art resonates with her deep connection to nature and her love of life.



*Last Night at Balsam Bridge*

24 x 36

*Wisdom Tree Cottonwood*  
24 x 36



*Kami Water Lilies*

24 x 36

*8 Minute Window*  
20 x 30



## Attend the Artists' Reception

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Saturday, March 20, 5 to 8 pm  
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Barrington LIFESTYLES March 2004 27



## Struggling To Lose Weight?



Have books, fad diets, trendy exercise equipment, or self-help programs failed to get you off the weight-loss roller coaster? Dr. Barry Berger may have the answer for you. Dr. Berger's revolutionary long-term weight reduction program incorporates all of the following components:

- 40-30-30 diet plan
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- Documented 93% success rate!

Dr. Berger has spent 13 of his 17 years practicing in Lake Zurich. He is board certified in internal medicine, and prides himself in his long list of satisfied patients. Dr. Berger sees all of his patients in person. Much of his services are covered by most insurance companies (sorry, no HMO).

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LOSE THE WEIGHT...AND KEEP IT OFF!

## New Weight Loss Program Shows Dramatic Results

Dr. Barry Berger, a Board Certified Internist practicing in Lake Zurich for the past 12 years, introduces a new weight loss program. This program is based on the 40/30/30 nutrition plan which consists of 40% carbohydrates, 30% protein and 30% fat. By increasing protein while decreasing



fat and carbohydrates, weight loss success increases. University studies using this diet method along with the latest advances in prescription medication have shown safe and effective weight loss results.

Unlike other programs for which you need to buy food or count calories, this method offers the most freedom and achieves the best long lasting results available today. Fat comes off and stays off! Dr. Berger custom designs a program for each patient and discusses proper exercise, nutrition and overall weight status while considering your current lifestyle, exercise and diet habits.

Dr. Berger has hundreds of satisfied patients. Insurance usually pays for some or most charges, (sorry, no HMOs).

To begin a weight loss program that really works for you, call 1-847-438-2454 in Lake Zurich or 630-789-9495 in Hinsdale to make an appointment for your consultation today.

## BCLOC Members Enjoyed Piano and Song



Members and guests of Barrington Chapter of Lyric Opera of Chicago recently met in the Barrington Hills home of Michael and Louise Sullivan for a musical afternoon of *Piano and Song*.

Jean Kellogg, Lyric's director of education (center), provided an informative and entertaining selection of arias about

several devilish ladies in opera. Joining Ms. Kellogg are (from left) Louise and Michael Sullivan; Howard Robins of Arlington Heights, president of the chapter; and Ms. Julie Benson, president of Lyric Opera's Chapter Executive Board, from Chicago. Howard Robins also serves on the board.

## "Lore, Legends and History of Long Grove"

Reed-Turner Woodlands in Long Grove is the site of the Wednesday, March 17th meeting of the Kildeer Women's Club. Starting at 1:30 p.m., the program "Lore, Legends and History of Long Grove" will be presented by Barbara Turner, a prominent longtime resident. Refreshments will be served.

Preparations are already being made for the May 20th annual fund-raiser luncheon

and fashion show to be held at Wynstone Golf Club. Mark that date on your calendar.

Kildeer Women's Club membership is open to all surrounding communities. For further information on the March 17th meeting or our organization, please contact Cathy at 1-847-540-6225. Visit our Web site at [www.kildeerwomensclub.com](http://www.kildeerwomensclub.com).

## Rembrandt, Mystery and Melody

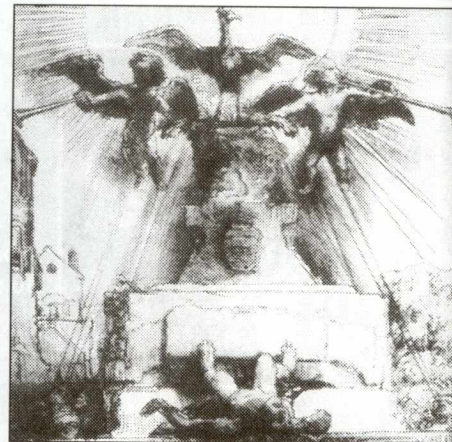
On March 26, members of the Barrington Community Associates of The Art Institute of Chicago will attend "Rembrandt, Mystery and Melody," a joint program of the Women's Association of the Art Institute of Chicago and the Chicago Symphony Orchestra.

The day will begin with a lecture by Suzanne McCullagh on one of the most famous artists in history. She will examine the parallel relationships among Rembrandt's paintings, drawings and prints as well as his approach to religious illustration and interpretation of biblical texts.

The program will continue at Symphony Center with lecture material and complimentary Renaissance Period music. There will be independent time to view the exhibition of some 200 works from all periods in Rembrandt's career.

Suzanne McCullagh, curator of Earlier Prints and Drawings, has been with the department since 1975. She received her master's and doctorate from Harvard University and her A.B. from Smith College.

Devon Hollingsworth has been the director of music and organist at Christ Church of Oak Brook for over 25 years. His church music training was at Wheaton College and Northwestern University.



*The Phoenix by Rembrandt. Courtesy of The Art Institute of Chicago.*

The cost of this members-only event is \$30. An optional lunch in the Trading Room is \$30. Separate checks are required for each fee. The bus will depart at 8:15 a.m. from Langendorf Park in Barrington and from The Art Institute at 3:00 p.m. Tickets to this popular program are limited. A waiting list is maintained in case more tickets become available.

To register, contact Mary Wajda at 1-847-991-1207.

## Peterson Expands Property Tax Break for Seniors

More senior citizens would be eligible for a senior citizens' property tax break under legislation sponsored by State Senator Bill Peterson (R-Long Grove).

Peterson wants to expand income limits for the Senior Citizens Assessment Freeze Homestead Exemption (SCAFHE) program, allowing more senior citizens to qualify.

"Affordable housing is a concern in my district and in many areas of the state," said Peterson. "For senior citizens on fixed incomes, high property taxes can force them to leave their home. SCAFHE was created to relieve some of that burden.

But now senior citizens who once qualified find they are no longer eligible due to a slight increase in their household income. Raising the income limit will ensure that more senior citizens qualify."

Senate Bill 2420 increases the income limits for the program (currently \$40,000 per household) to \$50,000 per household.

SCAFHE freezes property tax values at the assessed value from the previous year. Homeowners reapply each year; and the freeze lasts until the homeowner exceeds the income limits or sells the property. Applications can be made through the county assessor's office.



## Looking Better, Not Different and Looking Natural, Not Surgical with Face and Neck Lifts

by Gregory Michael Bazell, M.D., Diplomate  
of The American Board of Plastic Surgery, Inc.

I would say that half of the people in Hollywood over the age of 35 have had plastic surgery and the remaining half are considering it. Despite the recent novelty of the makeover shows, I submit to you that most of us here, and in Hollywood, do not want to drastically change our appearance; we just want to look better while still looking natural.

Nothing could be more important than when it comes to your face and neck.

Each and every one of us can expect predictable anatomic changes to occur in our face and neck at some point in our adult life. We can deny them, ignore them and try to avoid them but, ultimately, we can count on them; just look at your parents.

If you look in the mirror and see any of these changes in your face or neck, you may benefit from a face and/or neck lift. But I am not referring to just any type of face and neck lift performed by just any physician who likes to refer to himself as a "plastic surgeon." I am referring to what I routinely perform—the natural look facelift.

My natural look facelift is designed to help arrest the aging process and reverse some of the predictable changes while making you look noticeably better, not different and is designed to make you look natural, not surgical. Unlike claims that sound too good to be true (because they are) such as thermage, the mini-face-lift, the weekend facelift, and the facelift in a bottle, a well performed face and neck lift by the right plastic surgeon certified by The American Board of Plastic Surgery, Inc., can truly produce dramatic yet natural looking improvements.

### Trust The Hands of Experience

With my natural look face and neck lift, you can regain the look and confidence you used to have while avoiding the stigma and embarrassment of the surgical look predictably seen when individuals choose the wrong surgeon.

The single most important factor in the

(Please continue on page 50)

## Dr. Phillip Lee Patrone Now Practicing in Barrington

Periodontics, anesthesia and dental implants are now available in the Barrington community at the office of **Dr. Phillip Lee Patrone**, 204 W. Main Street, 1-847-277-0181.

Besides being a periodontist and certified anesthesiologist, **Dr. Patrone** has advanced training in surgical dental implant procedures and reconstructions. He is able to restore lost bone for future implants. If you have been told you are not an implant candidate, **Dr. Patrone** may be able to help.

**Dr. Patrone's** training in anesthesiology has afforded patients the opportunity to have their periodontal or implant care completed under the gentle, relaxing and anxiety reducing method of intravenous sedation/general anesthesia. Coming to the specialist's office no longer needs to be a fearful experience. If you or someone you know has avoided seeing a periodontist because of fear, anxiety or nervousness, **Dr. Patrone** and his staff will take care of you in a comfortable, safe and caring environment.

**Dr. Patrone** is partners with Drs. Stan Treitler and Terry Sandroff. Their four office locations in Arlington Heights, Vernon Hills, Bloomingdale and Barrington provide periodontal, dental implant and anesthesia services six days a week to meet your needs. Part of their success is working closely with your general dentist, especially since a large part of periodontal and implant dentistry demands strict attention to cosmetics.

**Dr. Patrone** was born in 1964. He was raised in Ohio where he attended prep school at Linsley Institute. After majoring in mechanical engineering for his undergraduate work, he earned a degree from

The Ohio State University College of Dentistry. He then completed a general practice residency/surgical internship at St. Elizabeth Hospital Medical Center.

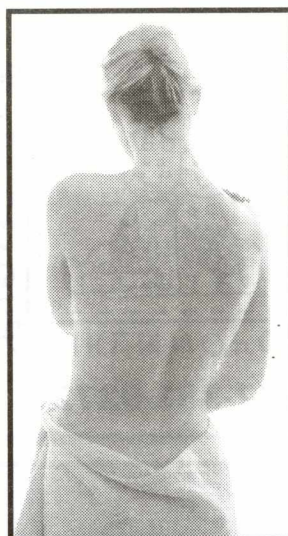
**Dr. Patrone** is a certified dental anesthesiologist and is trained to administer general anesthesia and intravenous sedation. He earned his Certificate of Dental Anesthesiology from Metro Health Medical Center and has lectured at Case Western Reserve University in general anesthesia. **Dr. Patrone** teaches the course for local anesthesia for William Raney Harper College's Dental Hygiene Program. Along with the above education and experience, **Dr. Patrone** is Advanced Cardiac Life Support certified and an instructor in cardiopulmonary resuscitation. He received his degrees in periodontology and dental implantology in addition to his masters of science from The University of Iowa.

**Dr. Patrone** is a member of the American Dental Association, Chicago Dental Society, American Academy of Periodontology, American Dental Society of Anesthesiology, American Association of Hospital Dentists, American Academy of Implant Dentistry and American Academy of Osseointegration.



Dr. Phillip Lee Patrone

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## The National Tour of Sing-A-Long Wizard of Oz Visits Crystal Lake's Raue Center For The Arts

McHenry County residents can relive the days of their youth at the old El Tovar and Old Showplace Theatre in historic downtown Crystal Lake as The National Tour of *Sing-A-Long Wizard of Oz* comes to the area. This exciting theatrical experience, combining audience participation with a beautifully restored version of the most beloved motion picture of all time, will be featured on Saturday, March 20, at **Raue Center For The Arts** at 3:00 and 7:30 p.m.

*Sing-A-Long Wizard of Oz* is a unique,

fun-filled theatrical event, complete with a master of ceremonies to introduce the film and run the proceedings, a Perform-Along Fun Pack (bubbles, noise maker, magic wand and kazoo), and a costume parade and contest. The Oscar-winning film is enhanced with on-screen icons and subtitles for all of the movie's songs and key scenes allowing the audience to become an integral part of the magical, musical experience.

After making its initial debut in Chicago, *Sing-A-Long Wizard of Oz* has been

## Programs Available

**Barrington Community Child Care Center**, located at 560 Carl Avenue in Barrington (two blocks west of McDonald's), is a private center designed creatively for childcare, serving children 6 weeks to 6 years. Our facility offers large child-friendly classrooms with a diverse environment that promotes self-esteem, independence and cognitive growth. Our early childhood program focuses on the whole child. Each week, lesson plans are developed around thematic units which include developmentally age-appropriate activities such as creative play, science and discovery, music and movement, reading readiness, and field trips. We facilitate children in developing a positive self-esteem, respect for others, sharpen and widen language skills, and work on kindergarten readiness skills. Most importantly, our desire is to provide each child with a positive school experience.

**Barrington Community Child Care Center** provides excellent care for growing and developing infants. The interaction with a primary caregiver has a strong influence on their development. While

maintaining the focus on flexible scheduling, we are able to meet each infant's individual needs.

**Barrington Community Child Care Center** provides nutritiously balanced, catered lunches and two snacks every day. Meals are served in a relaxed family-style atmosphere to promote socialization and healthy eating habits.

**Barrington Community Child Care Center** offers special enrichment programs, field trips and family events on a regular basis as part of our commitment to bringing our families and school closer together. Our teachers are experienced, professional, child-centered adults who enjoy teaching and caring for young children. The teachers work hand-in-hand with the **Barrington Community Child Care Center** in the daily nurturing of young children.

Come see what we are all about at the **Barrington Community Child Care Center** and give your child a creative, enriching and meaningful preschool experience.

## We're Moving!

As of March 1, **Estetica Advanced Clinical Skin Care** will be joining **The Aesthetic Plastic Surgery Center of Barrington, LLC**. We will be located at The South Barrington Executive Center, 4 Executive Court, Suite 3, in South Barrington. This center is conveniently located on Barrington Road, just north of Interstate 90. The phone number is **1-847-382-4160**.

Many of our clients seek additional procedures for the face and body, such as liposuction, breast enhancement, tummy tucks, Botox for frown lines, soft tissue filler injections such as Restylane and Radiesse, browlifts, eyelid surgery, and face and neck lifts. Now we can conveniently refer you to Gregory M. Bazell, M.D., a highly qualified and experienced plastic surgeon who is certified by the American Board of Plastic Surgery, Inc.

I have chosen to work with Dr. Bazell because of his extensive training and expertise in aesthetic plastic surgery as well as his philosophy toward patient care. I am confident you will be pleased with the

extensive and advanced procedural options he offers.

We will offer the same quality procedures that you have grown accustomed to at **Estetica** and will continue to provide excellent clinical skin care products. All gift certificates, coupons and prepaid packages will be honored at our new location.

**Estetica's** new address and phone number is: The Aesthetic Plastic Surgery Center of Barrington, LLC, The South Barrington Executive Center, 4 Executive Crt., Ste. 3, South Barrington, IL, 60010, **1-847-382-4160**. We are conveniently located on Barrington Road just north of I-90. Please mention this letter at your next appointment at our Barrington office and you will receive a **10% discount!**

I look forward to seeing you in Barrington at our future appointments in March and throughout the years to come!

—Sincerely,  
Catherine

touring nationally and internationally beginning since fall 2003, with stops including Washington, D.C.; Los Angeles; New York; Boston; Denver; and London. *Sing-A-Long Wizard of Oz* is produced in association with Nederlander Presentations, Inc., Clear Channel Entertainment and Warner Brothers Theatre Ventures.

*Sing-A-Long Wizard of Oz* will be shown in its original large screen format as it hasn't been seen in years. The digitally restored and remastered film itself features Dolby Digital Stereo Sound and state-of-the-art technical improvements executed by Warner Brothers' acclaimed film restoration experts. The film also brings a special local spice as veteran actor, Kyle McCoy, will be the master of ceremonies for the evening.

The audience participation and all the live elements of *Sing-A-Long Wizard of Oz* were created by director/choreographer Marc Robin, who has directed more

than 100 theatrical productions, and writers Craig Cackowski and T.J. Shanoff, whose extensive backgrounds in comedy include productions at Second City and Improv Olympics.

*Sing-A-Long Wizard of Oz* initially played at the Oriental Theatre, the gloriously restored 1920s movie palace where Judy Garland performed in 1934. Special thanks to sponsors for this show, *The Northwest Herald*.

Tickets for *Sing-A-Long Wizard of Oz* are priced at \$19 and \$16 and are available at Raue Center's box office at 26 N. Williams Street or by calling the Raue Center box office at **815-356-9212**. You may also place an order for tickets by visiting [www.rauecenter.org](http://www.rauecenter.org). Groups of 20 or more may receive a group discount by calling **815-356-9212**. For more information, you may visit the production's official Web site at [www.singalongoz.com](http://www.singalongoz.com).



## Healing Through Hypnosis

by Ardean S. Ruby, C.Ht.

What if someone told you that you *can* lose weight, stop smoking, eliminate anxieties and maintain a better quality of life? It's not done with a new "wonder pill." Actually, these positive results can all be accomplished with the use of hypnosis, according to Dr. Dwight F. Damon, president of the National Guild of Hypnotists, the oldest organization of its kind in the field of hypnosis and hypnotherapy.

Recently, the prime time television show *Dateline* conducted a series of weight-loss programs in which leading diet regimens, including hypnosis, were used. The hypnotic participant fared very well under the guidance of a certified guild hypnotist.

Self-hypnosis is best learned by being hypnotized and then trained to duplicate the state on your own. Has the day finally arrived for hypnosis in the emergency room, the birthing rooms and the oncology wing of a hospital? Although it's not in every hospital, it is used often enough to verify its usefulness, according to the National Guild of Hypnotists. Actually, the practice of hypnosis has been officially sanctioned by the American Medical Association since 1958.

**Ardean Ruby, C.Ht.**, clinical hypnotherapist, is certified by the National Guild of Hypnotists and has over 17 years experience.

(Please continue on page 33)

## Customized Facials by Irina

Irina, a highly qualified esthetician certified by Bioelements, is now offering her services Wednesday through Saturday at **International Hair Designs** in Lake Zurich.

A variety of Bioelements customized facials are available, such as the one-hour Premium Facial for Dehydrated Skin, the Deep Pore Cleansing Facial or the Men's Choice Facial.

A highly recommended new service is the 30-minute Minifacial (\$45) which includes a consultation, skin analysis, deep pore cleansing and exfoliation under steam.

Full body waxing is also available, featuring a low-melting Aloe Vera wax or a new hard wax for a more comfortable Brazilian bikini wax. Call 1-847-438-8636 for more information or an appointment.



turing a low-melting Aloe Vera wax or a new hard wax for a more comfortable Brazilian bikini wax. Call 1-847-438-8636 for more information or an appointment.

## Woodstock Christian Life Services Celebrates 100 Years

When the Rev. John D. Kelsey founded the original Old People's Rest Home in 1903, could he have imagined that 100 years later his organization would have expanded to what it is today?

2003 marks the 100th anniversary of **Woodstock Christian Life Services'** mission of caring for seniors in northern Illinois.

The Old People's Rest Home is now called **Hearthstone Manor** and remains on the original campus with **Hearthstone Village**, **Woodstock Early Learning Center** and the corporate office. This year also marks the opening of **WCLS'** first off-campus endeavor, **Belvidere Early Learning Center**.

Currently home to over 200 seniors, **WCLS** offers a myriad of services that include independent living for seniors with licensed on-site supportive services, assisted living, Alzheimer's disease and related dementia care, and skilled nursing with Medicare certification.

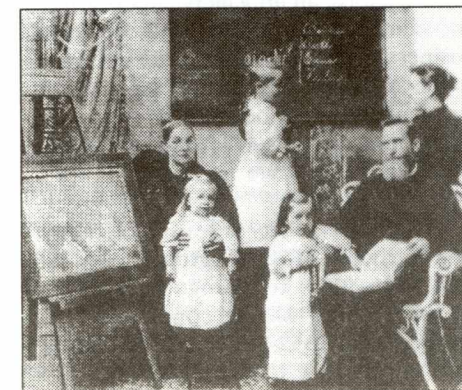


The Woodstock and Belvidere early learning centers, divisions of **WCLS**, provide an atmosphere that is challenging and fun to nearly 300 children. **WCLS** is the employer of choice to over 250 people from Woodstock and the surrounding community.

**WCLS** may have grown in size and expanded their services, but they continue to deliver the same Christian-based high quality, loving care as always.

### We Need Your Help!

**WCLS** is collecting items of historical interest for permanent display on our campus. Items can include antiques, photos, clothing and household items relating to the history of **WCLS** and those we serve. In the past, **WCLS** has been known by the following names: Woodstock Industrial Home for Children; Woodstock Children's Home; Sunset Manor; Old People's Rest Home; and Carefree Village. To donate or for information, call the marketing department at 815-334-6200.



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<p><b>Dry, Dehydrated Skin? Premium Facial</b> <b>\$10.00 OFF</b></p> <p>1 Hour (Reg. \$65.00) <small>One coupon per customer. Not valid with any other offer. Expires 4/10/04.</small></p>	<p><b>Celebrating 25 Years of Service...Thank You!</b> <b>1/2 OFF Manicure</b></p> <p>(Reg. \$16) With Pedicure or Color Service <small>One coupon per customer. Not valid with any other offer. Expires 4/10/04.</small></p>

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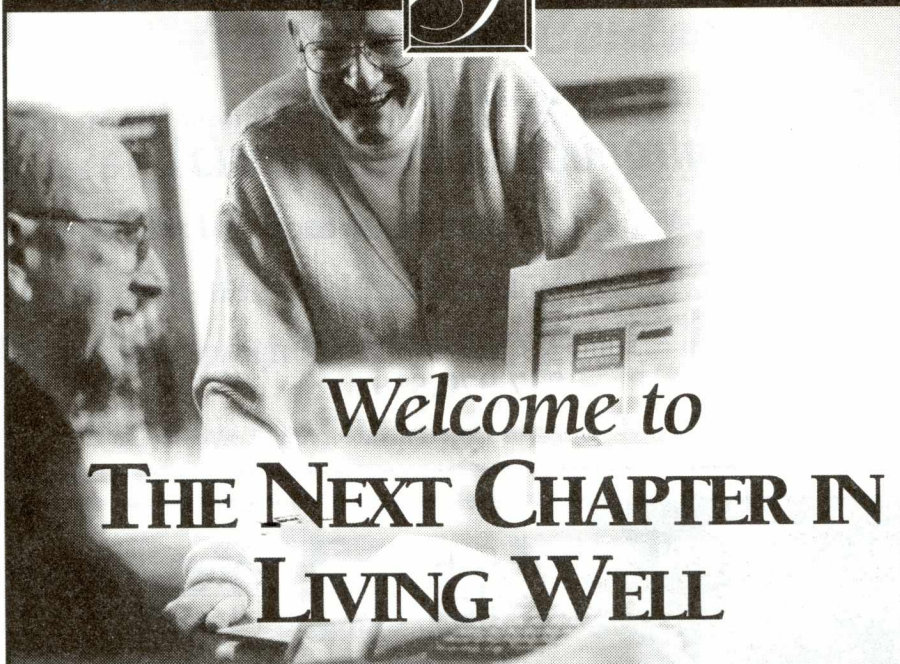
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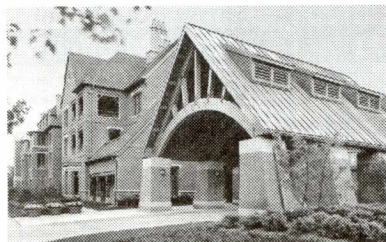
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BL304

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**The Garlands. Reinventing the concept of retirement living.**

## Violin Virtuoso to Herald the Opening of Prairieview at The Garlands



**Rachel Barton's performance at The Garlands Center for the Performing Arts, promises to be nothing short of spectacular.**

When Rachel Barton touches her bow to her violin on Saturday evening, April 3, it will signal the opening of **Prairieview at The Garlands**, the latest in the life-enhancement opportunities available to the Northwest Suburban public and members of **The Garlands of Barrington**, 1000 Garlands Lane, Barrington.

This internationally acclaimed artist's music, just like **The Garlands**, is filled with a zest for life and an uncompromising dedication to the fine art of living well. The event, a tour of the new facility and a black-tie optional gourmet dinner followed by Barton's performance at **The Garlands Center for the Performing Arts**, promises to be nothing short of spectacular. It is also a fund-raiser to benefit The Alexian Brothers Older Adult Services Center of Excellence.

On Sunday, April 4, Barton will delight her audience again with a brunch followed by a matinee performance. Each event is an unbelievable opportunity for patrons of the arts—a gourmet feast to satisfy your taste buds set in an environment filled with noted visual works from the arts and crafts movement, followed by a concert performed by Barton, a brilliant artist known for her superb musical talent as well as her ability to reach out to an audience and hold them awed.

The opening of **Prairieview at The Garlands** signifies the beginning of a new chapter in the fine art of living well featuring the finest in assisted living and memory support residential accommodations and services. In partnership with the Alexian Brothers Health System, **Prairie-**

**view at The Garlands** offers a variety of services including a medical concierge to help members coordinate home health or related services, 30 assisted living residences and 40 residences that will offer skilled nursing care or memory enhancement services. Alexian physicians and other medical professionals will manage the care at **Prairieview** with innovative, state-of-the-art treatment and programming.

The **Prairieview** Office Center, also located on **The Garlands'** campus, will include primary-care doctors' offices. The doctors' offices will serve residents of **The Garlands** and the surrounding community.

All members at **The Garlands** enjoy the 31-lush park acres with magnificent landscaping and walking trails, elegant private residences with unprecedented floor plan choices, and uncompromising amenities and services. The four restaurants at **The Garlands** offer the finest gourmet dining in a private club atmosphere, shops, an art gallery, a performing arts center, a surround sound theater, a business center, a spa and fitness center, access to healthcare on the campus, and the availability of beautifully decorated hotel suites on the grounds when the family or out-of-town friends come for a visit.

To purchase tickets or learn more about **The Garlands of Barrington**, please call **1-847-756-3000**. To arrange for a visit or an assessment, please contact Patricia Lamb at **1-847-852-3500**. **The Garlands'** Web site is [www.TheGarlands.com](http://www.TheGarlands.com).



## Spousal IRAs: A Savings Plan That's Twice as Nice

Every person with earned income may contribute to an IRA. If you are married, you can contribute to two IRAs, even if only one of you has earned income. Debbie Schoendorf, CFP and Financial Consultant with **Smith Barney** in Barrington, discusses the eligibility requirements.

A married couple with at least \$6,000 in earned income can contribute \$3,000 to each of their own IRAs and benefit from tax-deferred savings for retirement and possibly other financial goals as well. Those over age 50 can contribute an extra \$500 catch-up amount. Income limits apply for Traditional IRA deductibility and for Roth IRAs. Taxes are due upon withdrawal. Also, there may be a penalty for early withdrawal.

Spousal IRAs are a way for the non-working spouses of wage earners to put aside funds for their financial future. Contributions made to a spousal IRA belong to the nonworking spouse even if contributions came from the wage-earning

spouse. If neither you nor your spouse has made a contribution for 2003, you have until April 15, 2004, to do so. Choosing to fund your 2004 contribution early in the year as well could mean starting off with a grand total of \$12,000 in contributions or \$14,000 if both spouses are over age 50!

IRA contributors may choose from a Traditional IRA or a Roth IRA, but \$3,000 (or \$3,500 for those age 50 or older) is the maximum annual contribution to either IRA or a combination of the two. IRAs can make saving for longterm goals, such as retirement, a realistic family activity. Your financial advisor can help you decide which IRA is suitable for your individual situation and can provide additional information on the features and benefits of both the Traditional and the Roth IRA.

**Smith Barney** does not provide tax or legal advice. Please consult your tax and/or legal advisor for such guidance.

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## Healing Through Hypnosis

(Continued from page 31)

rience in the field of hypnosis and inner healing. She also serves as area director and certified instructor of the Silva Mind Method training programs, the oldest and largest mind development program in the

world.

Please call **Ardean** at 1-847-970-5393 or 1-847-816-0289 to register or for more information.

## Women's Club Donates Funds to Build Another Safe Place



(From left) Frank Loughery, A Safe Place board president; Judy Gustin, Hawthorn Woods Women's Club Love Fund co-chair; Lisa Charnogorsky, Hawthorn Woods Women's Club president; and Joan Gilmore, A Safe Place, board of directors

The Hawthorn Woods Women's Club was the first civic organization to dedicate the proceeds of an event to the building of an additional shelter in Zion for A Safe Place, a transitional living program for homeless women and children.

Last January, the club's Winter Charity

Ball raised \$6,000 for the facility. The groundbreaking for the structure, offering 20 apartments to accommodate 49 women and children, was last fall.

A Safe Place recognized the club's contributions with a special award.

## Catchpenny's Spring Fling

Catchpenny resale shop, sponsored by the Auxiliary of Good Shepherd Hospital, will hold its annual Spring Fling on Tuesday, March 30, from 10 a.m. to 4 p.m.

Spring outfits of clothing for women, men and children as well as Easter decorations are the main features of this event.

Other available items have included jewelry, books and housewares.

A major ongoing project for over 30 years, the shop is staffed by volunteer members of the Good Shepherd Hospital Auxiliary and is located at 118 East Main Street, Barrington.

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## Young Writers Project

The Barrington Area Arts Council invites those who have participated in past implementation of the Young Writers Project, now in its 25th year, to contact BAAC at 1-847-382-5626 regarding publicity.

BAAC is planning to select for interview and possible publicity several Young Writers Project participants from past years (founders, educators, graduated District 220 students, former and present Barrington Writers Workshop members, former and present BAAC members, community leaders, local organizations, and volunteers).

Interviews would take place during the months of February and March and will consider thoughts and memories of the

Young Writers Project, its history and significance to the participant(s). Some of these memories may appear in the 25th Annual Young Writers Project Booklet, to be distributed and offered for sale at the Young Writers Reception, slated for early May.

BAAC's 25th Annual Young Writers Project 2004 is sponsored by Bank One, Barrington. The Barrington Area Arts Council is a not-for-profit arts organization that supports, promotes and sustains programs in the visual, literary and performing arts. It is partially funded by individual and corporate support, grants from the Illinois Arts Council, a state agency, and the Village of Barrington.

Barrington LIFESTYLES March 2004 33





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**Book by March 17, 2004 for a special bonus!**

## Lecture on *Madame Butterfly*



(From left) refreshment chair Toni Savadel from Carpentersville and her committee: Marilyn Hayden from Barrington, Martha Kersey from Schaumburg and Mary Green from Barrington

The Barrington Chapter of Lyric Opera of Chicago's Feb. 1st program at the Barrington Area Library featured a lecture on Giacomo Puccini with musical excerpts from his time-honored opera, *Madama Butterfly*. A demonstration of Oriental brush painting followed. After the pro-

gram, members and guests enjoyed a delicious dessert buffet set amid decorative items, some of which were straight from Japan.

You may want to visit Lyric Opera of Chicago's Web site at [www.lyricopera.org](http://www.lyricopera.org).

## Trip to Chicago Flower Show

On March 18, the South Barrington Park District and the Garden Club are sponsoring a bus trip to the Chicago Flower Show at Navy Pier. Bus tickets for nongarden club members will be \$10. Guest of members will be \$8. There will be limited

seating capacity, so please call early to reserve a seat. Admission to the show is a separate \$11 for adults or \$5 for children. Call 1-847-381-7515 to place your reservation or for more information.

## Calling All Girl Scouts from Barrington Area

2004 marks the 72nd anniversary of Girl Scouting in Barrington. What began as a project of the Barrington Women's Club and a handful of girls has become an enormously successful organization for girls and women of all ages. Today, we have over 600 registered Girl Scouts in the Barrington/CUSD 220 area. Over the years, we have had thousands pass through the ranks as Daisy, Brownie, Junior, Cadette and Senior Girl Scouts, as well as adult volunteers. Many have rejoined as leaders and adult volunteers when their daughters joined the movement.

If anyone reading this was a Girl Scout or adult member in the Barrington area or knows of someone who was, please contact Mia Mehta at [GS\\_Historian@aol.com](mailto:GS_Historian@aol.com) or at Girl Scouts-Sybaquay Council at 12N124 Coombs Road, Elgin, IL, 60123, attn. Com-

munity Relations. We are trying to learn all that we can about the women who helped shape Girl Scouting in Barrington. If you have married and have changed your name, please include your maiden name (as it was at the time you were a scout), the years you were a member, and any other pertinent information such as a favorite memory or how Girl Scouting has changed your life.

We are planning a Girl Scout Birthday celebration on Friday, March 12. It will be at the Barrington Area Library Meeting Room from 1 to 3 p.m. Please mark your calendar. We hope you can attend and would appreciate a reply to one of the above addresses.

Your help on this project is sincerely appreciated.

## LWVBA Invites Candidates to Speak

One of the hotly contested primary races this March is the local Republican 54th Legislative District election. Three candidates are vying for the Republican slot on the November ballot. The League of Women Voters of the Barrington Area has invited all three Republican candidates to participate in a candidate's forum on Thursday, March 11. At this time, the candidates incumbent—Suzanne (Suzie) Bassi, Patricia (Pat) Sutarik and Warren

Kostka—will have an opportunity to explain their platform to the residents of District 54. The league will moderate the forum, and questions from the audience are encouraged. The forum will be held at the Barrington Middle School Prairie Campus at 7 p.m. For more information regarding the candidate's forum, see the league's Web site at—<http://bakhhome.northstarnet.org/League>.



## From a Woman's Point of View

by Gail Wickstrom, Wickstrom Ford Lincoln Mercury

Each February, the Chicago Auto Show rolls around, with the auto manufacturers showcasing their latest offerings. It's always interesting to see the competition and the concepts for the future. But what caught my attention this year was a display by Jesse White, our Secretary of State and the new rules for Child Safety Seats that went into effect Jan. 1:

- Children under age 8 must be secured in the appropriate infant, child or booster seat—in the rear of the vehicle.

- A child weighing more than 40 pounds may be transported in the back seat wearing only a lap belt *if* the seat is not equipped for booster seat installation (which requires shoulder/lap belts).

- Front seats are for adults and those over age 8—but be aware that children could be injured by deployment of the airbag system.

- Parents are responsible with providing a child safety seat to anyone who transports his or her child.

All new Ford, Lincoln and Mercury vehicles are equipped with latches for tether



straps for child seat anchoring. I know it's going to be a battle to keep the grandchildren in the back seat once they get a little older, but this time I'll have the law on my side. So if you're a grandparent, make sure your vehicle is equipped with the proper child safety seats.

If you missed the Chicago Auto Show, stop by one of our showrooms to see the new offerings from Ford, Lincoln or Mercury!

## Free Cosmetic Evaluations at Dentistry on the Lake

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- Missing teeth can be replaced.

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

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Call **1-847-526-2831** today for a free cosmetic evaluation!

## Lake Zurich Area Chamber of Commerce Announces 13th Annual Expo

### A Tradition of Bringing Business and Community Together

The Lake Zurich Area Chamber of Commerce will host its 13th annual Expo on Saturday, March 13, from 9:00 a.m. to 2:00 p.m. at the Foglia YMCA at 1025 Old McHenry Road in Lake Zurich. The event will feature over 60 local businesses showcasing their services and products to the community.

The 13th Annual Expo will also feature several other activities and attractions for the whole family. The Foglia YMCA's own indoor 25-foot high rock climbing wall will be open to the public; and the popular Cartoon Network character Johnny Bravo and his bulging biceps will make an appearance. Various entertainment will be provided by Lake Zurich's own community groups. Hot dogs, pizza, custard, muffins and other delicious treats will be

available for sale courtesy of several local restaurants, including Chicago Beef & Dogs, Rosati's Pizza, Culver's, and Big Apple Bagels. Door prizes and giveaways will take place throughout the day. Admission and parking are free. So don't miss this opportunity to beat the winter chill with indoor family fun and the opportunity to meet with local businesses.

The Lake Zurich Area Chamber of Commerce represents over 360 businesses and organizations in the Lake Zurich area. It has been in existence since 1915. Contact the Lake Zurich Area Chamber of Commerce by telephone at 1-847-438-5572, e-mail at [info@lzacc.com](mailto:info@lzacc.com), or visit them on the Web at [www.lzacc.com](http://www.lzacc.com) for more information.

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## Barrington Martial Arts Offering Free Anti-Abduction Training for Children

In an effort to make children in the Barrington area safer, Barrington Martial Arts will conduct a free, half-hour personal safety and anti-abduction seminar for children ages 8 to 15 years. The seminar will be held on March 5 and 6 at 123 Barrington Commons Plaza, Barrington.

The training aims to give children a fighting chance against physically abusive adults and sexual predators by increasing their awareness about potentially dangerous situations. The interactive session will feature role-playing scenarios in which children learn appropriate responses to danger, including setting verbal bound-

aries, running away, telling a trusted adult and calling 911. The seminar will also introduce children to some of the physical resistance techniques they can use in the event they are confronted with unavoidable danger.

With the recent events in Florida that we all heard about in the news, Barrington Martial Arts feels that this free seminar is appropriate as well as needed to help the children in the community be more prepared for potentially dangerous situations, be it as serious as child abduction or as common as bullying.



## REMODELING 2004

With four growing children, John and Kathy Loy had come to the conclusion that the kitchen of their 1970's vintage house was no longer serving the needs of their family. Although pleased with the basic L-shaped layout, the couple felt the massive storage closet and soffits made the kitchen feel too confined. They also wanted to replace their dark oak cabinets and 70's era appliances. Designer Ross Gerami of **Barrington Kitchen & Bath Studio** worked with the Loys to create this stunning new kitchen, but not without a test of his creativity.

"One way to really open up the kitchen visually and add extra storage space is to remove the soffits. Often, they were put in by builders just to fill space, but sometimes we find vents or plumbing pipes running through them," says Ross. At the Loys's, pipes were discovered over the range and over a doorway. Ross felt so strongly that the new kitchen would be enhanced by the removal of the soffits that he went back to the drawing board and created a unique maple chase to enclose the pipes. "We call remodeling 'the art of the unexpected,'" Ross continues. "That's why it is important to choose seasoned designers and tradespeople who aren't thrown by the unexpected situations which can arise during remodeling." Experience has given him the ability to make lemonade out of lemons. Ross also feels it is important to have the design work and the installation done by one source, so that if unexpected conditions arise, the homeowner has everybody on the same team—theirs—and not shifting responsibility back and forth. "Through our sister company **Delta Renovations**, I am lucky to work hand in hand with some of the best and most experienced craftsmen in the business. As challenges arise, we work together to find solutions!"

The finished kitchen is a testimony to that experience. Using simple



The Loys new kitchen is light and warm. The checkerboard tile gives just the right amount of punch.

light maple cabinets from Crystal, earthy granite countertops and sparkling stainless appliances, the finished room is warm and inviting. Two pantry cabinets replace the space-wasting built-in closet. Fluted angles on each side of the sink add definition and style. The wood floor, refinished to complement the new color scheme, glows with warmth.

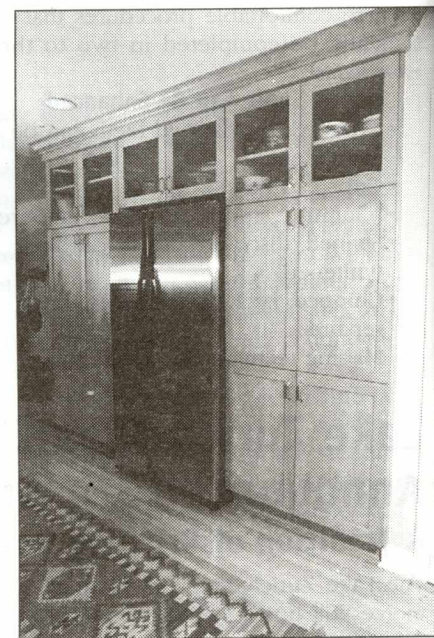
If you are considering a new kitchen and want to put our team on your team, call **Barrington Kitchen & Bath Studio** at 1-847-381-3084. Let us put our experience to work for you—we guarantee you'll love your beautiful new kitchen!



Designer Ross Gerami used a wood chase and stacked moldings to dress up the kitchen and hide plumbing pipes exposed when the soffit was removed.



A warming drawer was a must for this busy family. Handy at holidays, too. Deep drawers are perfect for storing pots and pans or those ubiquitous plastic storage containers. Note the styled end panel.



Pantry cabinets with rollout shelves and glass doors for display now replace a bulky space-wasting storage closet.



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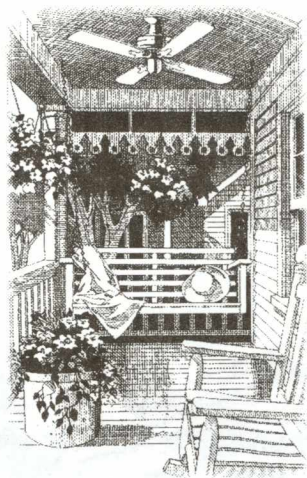


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Since 1995, **Closet Masters** has been

committed to creating imaginative yet practical **ORG**anizing solutions. Quality materials and innovative accessories are combined with our experienced and professional design and installation to solve your toughest challenges. Our endless line of products is designed with you in mind and offers flexibility for your ever-changing **ORG**anizational needs. Check out some ideas and solutions at [www.homeorg.com](http://www.homeorg.com).

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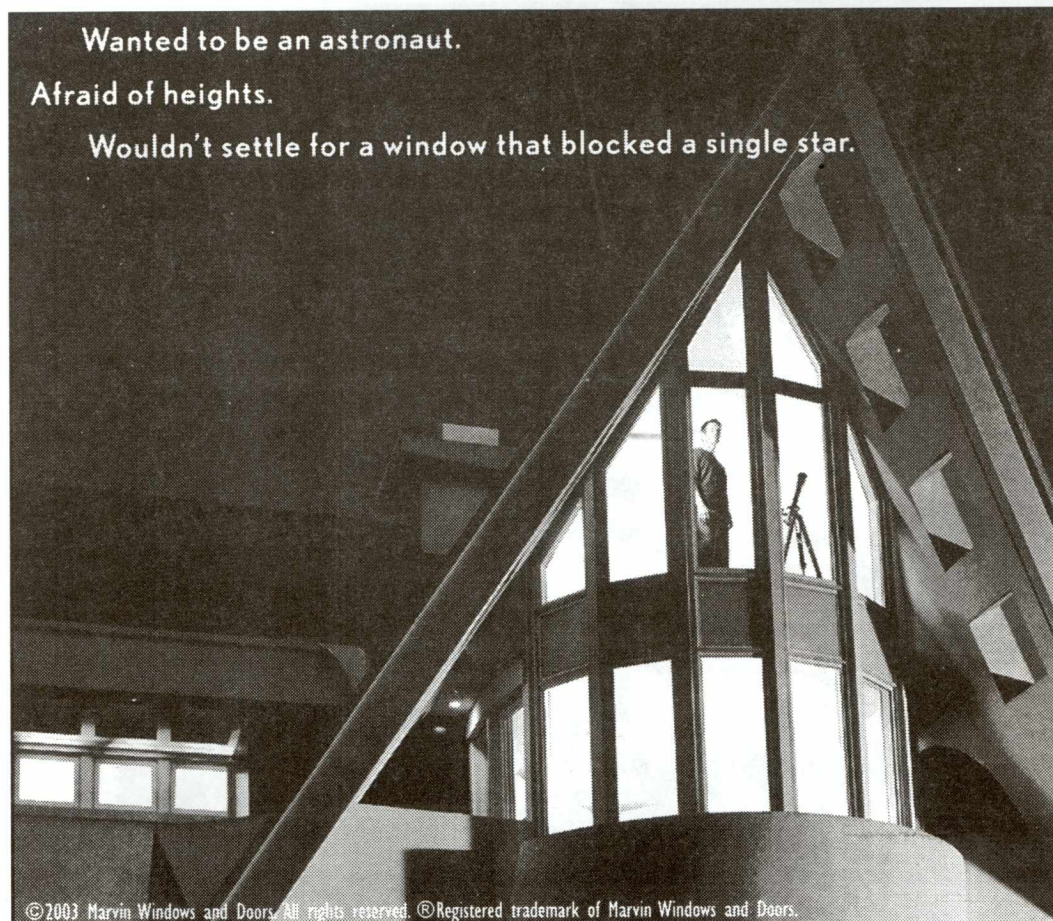
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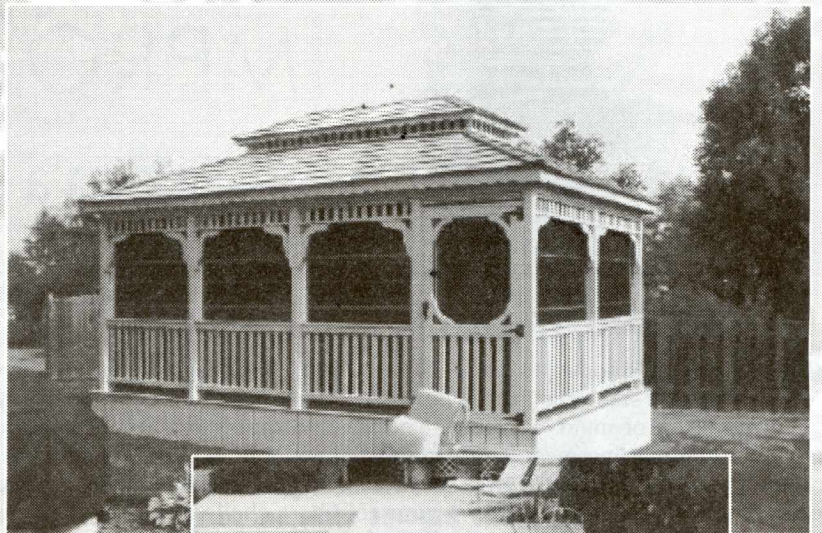
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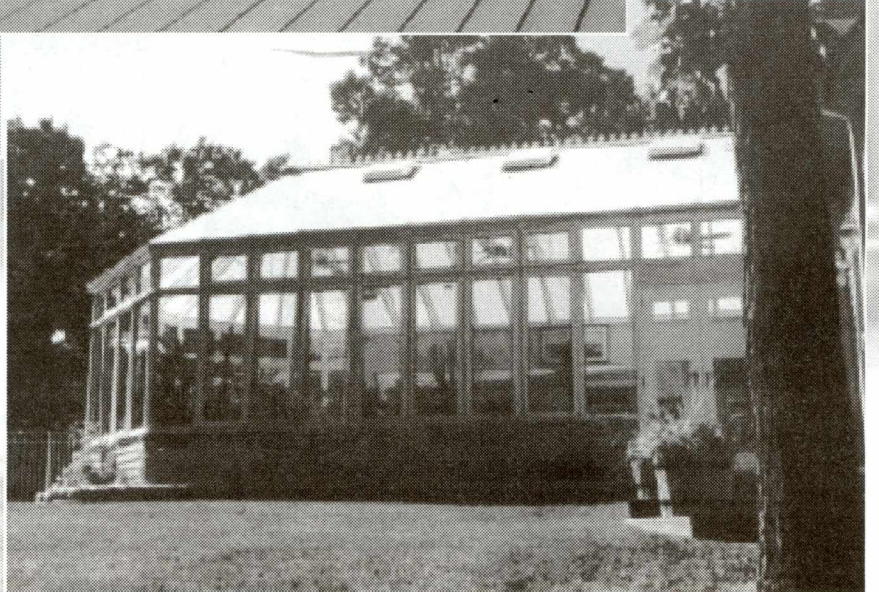
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## Don't Miss Geimer's Third Annual Garden Show in Long Grove

**Geimer Greenhouses, Inc.**, in Long Grove will host its **Third Annual Garden Show** during the first weekend of spring, Saturday and Sunday, March 20 and 21.

The show will kick off **Saturday, March 20**, at 9 a.m. with coffee, donuts and a special gift to the first 100 gardening enthusiasts in the door. Tree, annual, perennial and landscape experts will be on hand to answer all of your gardening questions and discuss this year's new plants.

At 10 a.m., landscape architect and garden historian Barbara Geiger will give a special presentation titled "Flower Power," in which we'll revisit the groovy '70s



**Garden historian and landscape consultant Beth Geiger kicks off Geimer's third Annual Spring Garden Show in Long Grove with a free presentation on tropical plants.**

tropical plant craze that is currently enjoying a resurgence in the form of tabletop gardens, macramé plant hangers and wild sand-design terrariums.

Be sure to bring the kids, because at the same time, we'll host a Kids' Clinic at our potting desk in which budding gardeners can create their own special garden art to take home with them!

At noon, don't miss the "Seed Starting Demo" hosted by Mike Geimer, a make-it, take-it workshop (a nominal fee will be charged to cover the cost of materials) followed by another kids' clinic at 2 p.m. and a seminar on this year's exciting new plant introductions.

(Please continue on page 50)



**Chicagoland Gardening editor and former Sun-Times columnist Carolyn Ulrich wraps up Geimer's Third Annual Spring Garden Show in Long Grove with a free slide presentation on "Small Space Gardening."**

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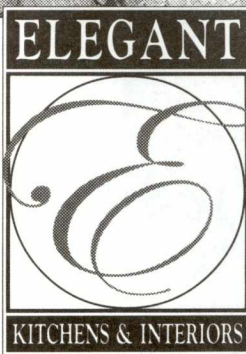
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## FREE Cooking Classes

Thursday, March 4th, 11am - 1pm

Wolf Cooking Class

"Vegetarian Luncheon"

Wolf Corporate Chef Pete Trusiak will be presenting a cooking class designed beyond just the vegetarians. The interesting menu will cover numerous cooking styles and techniques; everything from five-pepper chili, root vegetable terrine, vegetarian pad Thai and espresso ice cream with chocolate cake.

Tuesday, March 16th, 11am - 1pm

Aga Cooking Class

"St. Patrick's Day (Eve) Festive Lunch"

Aga Corporate Chef Marie Havel will be preparing a traditional Irish feast fit for St. Patrick himself, in the Aga Range. It's not just a range, it's a lifestyle. Come and see if it is your lifestyle.

Limited seating, by RSVP only 847-381-7950 or for more detailed information and to register online for a cooking class or seminar, go to

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

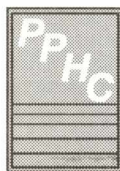


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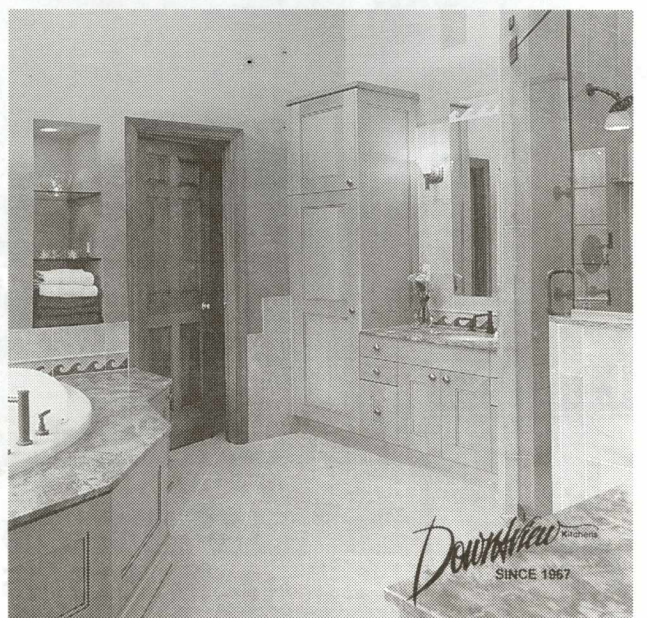
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