Tips for caregivers of stroke survivors

Dr. Judith A. Bishop, MD, a board-certified internist and a sleep disorders specialist with the Sleep Disorders Center of Chicago, offers the following tips to help caregivers of stroke victims:

1. **Get Enough Sleep**: The brain needs rest to repair itself, and sleep is essential for recovery. Encourage your loved one to get as much rest as possible.

2. **Stay Hydrated**: Adequate hydration is important for overall health and well-being.

3. **Exercise**: Light exercise can improve circulation and promote healing.

4. **Healthy Diet**: A balanced diet rich in fruits, vegetables, and lean proteins can help support recovery.

5. **Mindfulness and Relaxation**: Techniques such as deep breathing, yoga, or meditation can help reduce stress and promote relaxation.

6. **Social Interaction**: Encourage your loved one to stay engaged with friends and family to maintain a sense of community and purpose.

7. **Professional Help**: Consider seeking support from a mental health professional to address any emerging mental health concerns.

---

The Doctors Bag: Don't Blow It

Don't Blow It by Edward Hsi

Not sure how to handle a patient with sleep apnea? Here are some tips on how to approach this challenging disorder:

1. **Assess the Condition**: Determine the severity of the sleep apnea and plan appropriate treatment.

2. **Educate the Patient**: Explain the condition and its potential complications to the patient and their caregivers.

3. **Monitor Progress**: Regularly assess the patient's response to treatment and make necessary adjustments.

4. **Supportive Environment**: Create a supportive environment that encourages the patient to adhere to their treatment plan.

5. **Follow-Up**: Schedule regular follow-up appointments to monitor the patient's progress and address any concerns.

---

MONNACEP presents new program for nurses

MONNACEP, Oak Brook-based College Consulting for Health Professionals, presents a new program for nurses interested in cardiology. The program, titled "Career Pathway in Cardiology," is designed to help nurses advance their careers in this growing field.

---

Quiet Comfort. High Efficiency.

How to choose the right gas furnace for your home:

1. **Energy Efficiency**: Look for a furnace with an Energy Star rating.

2. **Gas Type**: Choose a furnace that runs on natural gas if you have access to it.

3. **Installation**: Ensure that the furnace is professionally installed to maximize efficiency.

4. **Maintenance**: Regular maintenance can help keep your furnace running efficiently.

---

Ambulatory option

An ambulatory option offers a new way to experience medical care. Instead of being confined to a hospital room, patients can receive care in a more comfortable and convenient setting.

---

Stay On Top Of The News

---

Health News
From the Left Hand

Advantage Plumbing & Heating Supply
7850 N. Milwaukee Ave., Niles
Tel. 708-965-4444
Forsaire Direct Vent Combustion Wall Furnace
- American Gas Association certified
- Companies with federal efficiency and energy conservation requirements
- ETL (Engineers' Test Laboratory) listed
- Home environment (no separate room)
- ETL (Engineers' Test Laboratory) listed
- Maintenance agreement
- 10% off
- Delivery and installation

A great place to shop for all heating needs.

was Morton Grove a winner?

Dear Editor:

In the April 21 election, Morton Grove voters approved a $17.5 million referendum, while Niles voters rejected a $16.5 million referendum.

Morton Grove voters, through their elected officials, have shown a strong commitment to providing high-quality education for their children. The referendum included funds for a new elementary school, improvements to existing schools, and technology upgrades.

Niles voters, on the other hand, rejected the referendum, citing financial concerns. However, the Niles referendum would have included funds for a new middle school, technology upgrades, and maintenance of existing facilities.

In both cases, the referendums were important for the long-term success of the school districts. Morton Grove voters, by approving the referendum, have demonstrated a willingness to invest in their children's education.

On the other hand, Niles voters' rejection of the referendum is a concern. The district is in need of substantial funding to provide quality education for its students.

Sincerely,

[Name]

Editor's Note: The outcome of the referendums in both Morton Grove and Niles highlights the importance of community support for education. In order to provide quality education, school districts need the financial resources to invest in facilities, technology, and programs. It is crucial for communities to support their schools by approving referendums when necessary.
Le Craner performs at MG library

Casual Italian Dining

OPEN FOR LUNCH OR DINNER
Lunches from $4.75
Dinners from $7.75

Private Area for Group of 20 or More
Gift Certificates Available

222 GREENWOOD - GLENVIEW
(708) 967-1222

Dine & Dance

 Locally owned & operated

Children's Theatre of the North Shore
Candlelight 7-9pm The Forum 8-10pm

INTERNATIONAL HOUSE RESTAURANT

ONLY AT IHOP

9206 N. Milwaukee Ave., Niles
(708) 824-1933

99¢
ANY BREAKFAST LUNCH OR DINNER ENTREE!

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card

The Country Square Restaurant & Banquet

Mother's Day Dining

Served in the Western North Shore Union Diner

Brunch Buffet

17230 W. Lincoln Highway, Northlake
In the Western North Shore Union Diner

20% OFF ON WEDNESDAY
with Golden Age Club Card
Entertainment

Moms receive gift at 'Fantasticks' performance

Moms accompanied by children are invited to the Community Theater May 9 at 8 p.m. for a special performance of "The Fantasticks," presented by screaming young people. The story is about a boy and girl who first fall in love, then grow apart and finally reunite. "The Fantasticks" opens at the Community Theater May 9 at 8 p.m. and runs through May 12. Moderne Theatre, 1015 W. Foster Ave. Tickets are $8 in advance or $10 at the door. Call (708) 477-1400 for information.

Plan dance at Kagan Home

Stot. & Sun.: 3:00, 9:35

"Ruthless," the adaption of novel starring of Captivating Forum Theatre celebrates its 100th performance on Friday, April 30. Showtimes are right on time. Dam Benes, Prisca Belise, and Prisca Belise.

Library screens "Used People"

Stot. & Sun.: 5:25, 7:30

A few good men..."

"Used People" is a new play opening at the Shakespeare Theatre in New York City. The play is a contemporary adaptation of "Les Misérables" by Victor Hugo. The story follows a group of people living in the shadows of Gotham City, including a young woman who has been abandoned by her husband and a middle-aged man who is struggling to make ends meet. The play runs from July 17 - 31, 1993. To reserve tickets, call (312) 286-0040 or (312) 352-1000. The Shakespeare Theatre is located at 1780 N. Milwaukee Ave., Chicago. Tickets are $35 per person.

Library features Native American presentation

Stot. & Sun.: 12:55, 5:25

"The Soul of America" is a new adaptation of the classic novel "Les Misérables" by Victor Hugo. The story follows a group of people living in the shadows of Gotham City, including a young woman who has been abandoned by her husband and a middle-aged man who is struggling to make ends meet. The play runs from July 17 - 31, 1993. To reserve tickets, call (312) 286-0040 or (312) 352-1000. The Shakespeare Theatre is located at 1780 N. Milwaukee Ave., Chicago. Tickets are $35 per person.

Sports News

Host special ed basketball tourney

St. Paul's Catholic High School is again hosting its annual basketball tournament. The tournament is open to all students in grades 9-12 who are enrolled in special education programs. The tournament will run from May 3-5 at the school's gymnasium. The registration fee is $125 per team, which includes a hotel stay for one night. The tournament will feature five games each day, with the winning team receiving a trophy and a monetary prize. To register, contact Mr. John Smith at (708) 965-0050 or email jsmith@stpauls.edu.

Marillac spring sports underway

Marillac College's spring sports season is off to a successful start. The women's volleyball team won the against Marian College in their opening game, while the men's basketball team rallied back to beat Cardinal Stritch University. The baseball team has also been strong, with a 7-1 record so far this season. Up next for the Bears is a doubleheader against Wisconsin-Green Bay on April 29. For more information, call (708) 965-5300.
James P. Notzen, Deputy Director of the Chicago YMCA Metro-Chicago, published an article in the "Sports News" section of the newspaper, discussing the opportunities for students to participate in various activities and competitions. He highlighted the importance of physical fitness and teamwork, mentioning the success of the Oakton student Jane Steffen, who received a trophy at the Skyway Conference. The article also featured a section on the Navy Petly Officer 2nd Class Championship, emphasizing the role of coaches in guiding their teams to success. Additionally, Notzen touched upon the benefits of volunteering and the impact of the Deep Tunnel Project on the community. He concluded by expressing gratitude to the Village of Morton Grove for their support and partnership.
Rush medical staff member added

'Salesperson of the Month' recognized

Barbara Mundt

William R. Fears, MD, in Waukegan, has recently joined the medical staff of Rush North Shore Medical Center as a member of the Department of Surgery. It is exciting news for anyone considering a surgical procedure, according to Nicholas S. Reinfurt, MD, chief of the Department of Surgery at Rush North Shore.

Reinfurt noted the new addition was an excellent addition to the staff, adding a home. "The "Salesperson of the Month" recently employed by Era Callero and Catino for over 15 years, is a member of the American Medical Association and the Illinois State Medical Association. Era Callero and Catino have been in business for over 30 years, and have an excellent reputation for honest and fair dealings.

Features

• Integrated board with humidifier and air conditioner
• Spill-proof and easy to clean
• Gas options with left and right side gas inlet
• High quality, durable materials
• Seamless steel for maximum corrosion resistance.
• Ultra-lightweight and energy efficient
• Multi-functional design for higher output and improved performance
• Interchangeable, adjustable, and optional features available for easy and quick modifications.

Introduce offices at Jaycees meeting

The One Million Women’s meeting will be held Monday, March 30, at 7:30 p.m. at Jaycees, 1300 N. Lakeshore Dr. The meeting will feature the new chapter President, Barbara Mundt, who has been associated with the Niles based Realtor to an excellent start for 1993.

She led the real estate sale team at Giuseppe’s LaCantina (formerly Paisano’s) on the monthly General Meeting. Her efforts have been aided by her professional and experienced staff. For more information, contact President Mundt at (708) 764-6773.
If you want something, you have to know which buttons to push.

1 8 0 0

3 4 7

LOAN

You know just what you want. Perhaps it's a new car, a best, a great, a silk shirt or just anything you've been after. Now how are you going to get it? Try the smart way. By calling Loan by Phone from First of America. You talk to a professional bank lender who will listen your needs. You'll get rates just as low and terms just as flexible as if you were to approach an officer in one of our local branches. In most cases, you'll get an answer while you wait.

FIRST OF AMERICA

A Bank for Life™

FRANK'S LAWN MOWER

PHONE: (708) 699-2223

Lawn services in all areas. For reservations, call (708) 702-9940.

The service of Cleveland Home Supply Co., Lisle, Illinois.
### PET SUPPLIES “PLUS”

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulk Thistle Seed</td>
<td>55¢</td>
</tr>
<tr>
<td>Rabbit Pellets</td>
<td>6.48</td>
</tr>
<tr>
<td>Cat Litter</td>
<td>$66c</td>
</tr>
<tr>
<td>Large Biscuits</td>
<td>$1.99</td>
</tr>
<tr>
<td>Collars or Leads</td>
<td>35% OFF</td>
</tr>
<tr>
<td>All Season Mixed</td>
<td></td>
</tr>
<tr>
<td>Wild Bird Seed</td>
<td>$4.99</td>
</tr>
<tr>
<td>Dog Food</td>
<td></td>
</tr>
<tr>
<td>Cat Food</td>
<td></td>
</tr>
<tr>
<td>Puppy Food</td>
<td></td>
</tr>
<tr>
<td>Cat Carrier</td>
<td></td>
</tr>
<tr>
<td>Small Animal Food</td>
<td></td>
</tr>
<tr>
<td>Hamster Cage</td>
<td>$10.72</td>
</tr>
<tr>
<td>Guinea Pig Cage</td>
<td>$21.00</td>
</tr>
<tr>
<td>Red Cedar</td>
<td>$1.98</td>
</tr>
<tr>
<td>Coa Bedding</td>
<td>$5.98</td>
</tr>
<tr>
<td>Cockatiel Cage</td>
<td>$14.98</td>
</tr>
<tr>
<td>Parrot Food</td>
<td>$3.49</td>
</tr>
<tr>
<td>Cockatiel Food</td>
<td>$1.53</td>
</tr>
</tbody>
</table>

#### Special Offers:
- **Buy One-Get One Free** (SAVE $2.03)
- **Over 1/2 Off** (SAVE $6.41)
- **Saved $10.00**
- **Saved $3.99**

#### Contact Information:
- **Telephone:** (708) 581-1144

**Morton Grove, Illinois**
- **Monday thru Saturday:** 9 am to 9 pm
- **Sunday:** 11 am to 5 pm

*No sales to dealers. Prices effective thru May 31, 1993. We reserve the right to limit quantities.*