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THURSDAY, NOV 26 1999

VOL. 43, NO. 22

From the Left Hand

by Bud Besser
 (Reprinted from
 Nov. 25, 1982 issue)

As one of my children mentioned last night, "Thanksgiving is a family day and I'm coming over the night before, just to be with the family."

Indeed Thanksgiving is for family. How often we reached for the family, gathering in the clan from near and far.

Back in 1943, my first year in service, I reached for the family some 700 miles away. I was in an air cadet program in Gettysburg, Pennsylvania and longed to be back home with "family" during this most American of holidays. I don't recall how it happened but I

Continued on Page 54

Library bidding for new contractor to finish 3-yr.-old job

by Rosemary Tirio
 Unbelievable as it may seem, the new Niles Library building at 6960 Oakton Street is still not officially completed, almost three years after the start of the \$9 million renovation project.

"We are actually bidding out for a new general contractor," said Cary Czarnecki, library administrator.

Repaving the west parking lot, which has already been done

Continued on Page 54

Qualatex perplexed by environmental charges, fines

by Rosemary Tirio
 Qualatex Corporation, an industrial laundry located at 7421 Waukegan Rd., Niles, pleaded guilty to causing a nuisance and endangering public health and safety after inspectors from the Cook County Department of Environmental Control cited the company.

The charges stemmed from complaints of odors emanating from the facility.

Redistricting plan to displace 836 in East Maine Dist. 63

In an atmosphere of controversy and criticism, board members of East Maine School District 63 have chosen one of several options suggested for redistricting after the Stevenson School reopens next school year.

According to the plan chosen, 836 students will be moved from their present schools. Gemini School will remain the district's sole junior high for grades seven and eight, while Nelson, Wash-

Continued on Page 54

Dist. 219 cracks down on unpaid fees

In another attempt to restore solvency to Niles Township High School District 219, officials are devising ways of collecting an estimated \$250,000 in unpaid fees from current students and another \$100,000 from former students.

District 219 Financial Director Gerry Yeggy said the \$250,000 figure may be inflated somewhat by the hardship waivers that have

Continued on Page 54

Park Ridge and DesPlaines Resolution of Opposition groups among protesters

Pickets protest gambling at Rosemont celebration

An anti-gambling group that got wind of a "victory party" celebrating the future of horseracing in Illinois organized a 25-picket protest of the event held at Rosemont's Rosewood Restaurant Nov. 15.

The protesters who were objecting to gambling in Illinois were gathered by Jack Roeser of

by Rosemary Tirio
 the Family Taxpayer's Network, an anti-gambling coalition, who organized the protest about a week before the event.

Representatives of other groups joined the protest, which appeared to target Arlington Park owner Richard Duchossois.

Among the protesters were eight representatives of the Ser-

vice Employees International Union Local 1 whose bright red jackets proclaimed "Justice for Janitors." All employees of a cleaning service firm owned by the son of Rosemont's mayor Donald Stephens, the local is attempting to organize the employees of the firm.

Continued on Page 54

Chamber hosts ribbon cutting for Oak Mill Natural Foods



The Niles Chamber of Commerce and Industry hosted a ribbon cutting for the new owners of Oak Mill Natural Foods. Owners Jim, Flo, and Jeff Gierk recently purchased the health food store which has been in Niles for nearly two decades. Oak Mill Natural Foods, carries health foods, vitamins, minerals, herbs, juices and beauty products. Oak Mill Natural Foods is located at 8062 N. Milwaukee, Niles, 847/825-5424. Hours: M,T,W,F: 10 a.m. - 6 p.m., Thurs: 10 a.m. - 8 p.m. and Saturday: 9:30 a.m. - 5 p.m.

Pictured: L-R Niles Chamber 1st VP Jeff Butler, Ambassador Larry Ptasiniski, owner, Jim Gierk, Mayor Nicholas Blase, owners Jeff Gierk & Flo Gierk, ambassadors Irv Coats and Jeff Cardella, Director Dean Strzelecki, chamber staff Marilyn Girka, Denny Mack, and Executive Director Denise McCreery.



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District 219 upgrades salary, duties of new PR director

Niles Township High School District 219 has expanded the responsibilities and increased the salary of the new public relations director recently hired away from the village of Oak Park.

Brian Nolan, 42, will receive 42 percent or \$17,000 more than the former District 219 public relations director who was dismissed last September for what district officials termed unsatisfactory performance that included failure to produce two newsletters, a brochure and a district webpage.

Nolan's responsibilities will involve production of many more brochures and newsletters intended to keep the community better informed of District 219 events, long an under-realized goal of the board. His salary will be \$57,000.

In the past, the district had outsourced some brochure and newsletter production, which proved somewhat costly. By having Nolan produce the communications "in-house," the district will save money, according to District 219 Board President Robert Silverman, who said he hoped Nolan, who will be physically present in the school buildings and at the staff meetings, will keep everyone much better informed about what is actually going on in the district.

Silverman also said Nolan's advanced skills justified the large salary increase assigned the public relations position. A survey of salaries paid for similar positions in 12 school districts from Villa Park to Lincolnshire revealed an average salary of \$54,511.

Actual salaries paid in nearby districts were \$55,000 in Glenview's Glenbrook District 225, \$53,500 in Evanston Township District 202, and \$42,500 in Maine Township District 207.

Supt. Griff E. Powell said the prevailing market and increased job expectations more than justify the salary increase.

The need for improved public relations is underscored by the fact that the school board is seriously considering appealing to the public for a tax increase in a referendum on next spring's ballot.

Silverman, however, said there is no relation between the upgrading of the public relations position and the proposed referendum. He termed the coincidence just poor timing.

Nolan's resume includes public relations positions with Moraine Valley Community College, the Oak Lawn Park District and St. Rita High School before he became communications director for Oak Park. His skills include communications, marketing, publishing and design and computers.

Nolan, who started his new position Nov. 16, said, "It's nice to be back in the school setting and communicating internally and externally about everything that's going on in Dist. 219. I certainly will be learning quite a bit over the next few months and I look forward to communicating all the happenings here at the school, especially positive stories about our students."

Morton Grove Firemen sponsor food drive

Holiday Food Drive to be sponsored by the Firemen's Association of Morton Grove.

Dates: November 26, 1999 through December 21, 1999. Times: Donations should be brought in preferably Monday through Friday from 8:30 a.m. to 5 p.m.

Drop off site: The Morton Grove Fire Department, Station #4, 6250 Lincoln Avenue, Morton Grove, (847) 470-5226.

There will also be Food Drive Barrels at the Village Hall (6101 Capulina Ave.) and the Park District (6834 Dempster).

Food: All food should be non-perishable and have a current expiration date.

Due to limited storage space, we are unable to accept toys and/or clothing. Please limit your generosity to food or a cash donation for which food can be purchased.

The food collected will be distributed to needy families during the holidays.

If you have any questions, please contact Bill Porter or Stanley Kimura at the fire station (847) 470-5226.

Sergeant Roger Wilson retires from Niles Police Department



After a 30-year career with the Village of Niles, Sgt. Roger Wilson has retired from the Police Department. Sgt. Wilson joined the Police Department on April 21, 1969, as a patrol officer, and was promoted to sergeant on July 1, 1985. As of May 22, 1992, he assumed the duties of the 911 Center Manager, Public Information Officer, Telecommunications and Records Section Manager.

Sgt. Wilson was presented with the plaque at the October Village Board Meeting for his years of dedicated service. Pictured above with Sgt. Wilson are (left to right), Trustee James Mahoney, Sgt. Roger Wilson, Mayor Nicholas B. Blase, and Sgt. Don Leavitt.

Morton Grove offers low cost meals

Two ordinances passed on the Monday, November 22, 1999 Morton Grove Village Board Meeting focused on a couple of the humanitarian efforts that have been undertaken by the Village in the past several years.

Since 1979, Morton Grove has administered a Housing Rehabilitation Project. 82 projects have been completed since inception of the program. However, the viability of the program has suffered due to a lack of qualified applicants and limited funding available from the Cook County Community Development Block Grant (CDBG).

To remedy the situation and continue to provide this service to qualified families in Morton Grove, the Village Board passed an ordinance transferring the remaining \$15,075.00 of village funds to the Northwest Housing Partnership in Arlington Heights, and to allow the Northwest Housing Partnership to provide rehabilitation services to Village residents. This organization is a county CDGB funded Housing Rehabilitation Agency. Currently the organization serves twelve suburban communities, including Niles, Park Ridge and Prospect Heights.

This move expands the existing regional service offered by Northwest Housing Partnership.

The Village Board believes that this transfer of money and services will be a more cost effective way to provide a valuable service to Morton Grove residents as opposed to doing so on an individual Village basis.

County probes shooting of Des Plaines man

An unidentified Des Plaines police officer who fatally shot a 43-year-old man wielding a bat in a domestic abuse incident is under investigation by the Cook County state's attorney's public integrity unit.

Nancy Scalia, 66, of the 1000 block of Hollywood, called police Nov. 16 saying she was having trouble with her son, Neil T. Scalia, 41.

When Scalia arrived at the scene, Scalia threatened to harm anyone coming near the house and to kill himself. Charging at police swinging a bat, Scalia refused to drop the bat despite several police warnings.

When Scalia continued swinging the bat and advancing toward police after several warnings, the four-year veteran officer fired one shot at him striking him in the torso, according to Des Plaines Police Sgt. Neil Lowe.

The officer is on administrative duty pending results of the investigation, Lowe said.

James G. Orphan, MG village attorney, longtime resident

James G. Orphan, who spent most of his life in Morton Grove and served as village attorney for 12 years, died Nov. 17 in St. Francis Hospital in Evanston after a lengthy illness. He was 81.

Mr. Orphan attended grammar school and high school in Morton Grove before obtaining a degree from Loyola University. His law studies at De Paul University were interrupted by his enlistment in the Marines during World War II shortly after the attack on Pearl Harbor.

After the war, Mr. Orphan completed his law degree and worked for a Chicago law firm before going into private practice in Morton Grove in 1949.

For many years, Mr. Orphan was corporation counsel for a number of municipalities including Morton Grove. He also served as attorney for the newly created Niles Park District during the 1950s and 1960s. Mr. Orphan was a past president of the Morton Grove Lions Club.

Morton Grove Mayor Dan Scanlon said, "Jim was like a lot of other people in Morton Grove, a good father, a wonderful husband, a very good citizen. He had a good business, and he loved life. He loved to go skiing in Colorado," Scanlon said.

Scanlon also reminisced about Murphy's Steakhouse owned and run by Mr. Orphan's mother near Austin and Dempster. Mr. Orphan met his wife Elizabeth at the steakhouse.

"We've missed him for the past few years. Now we'll miss him even more," Scanlon said.

Besides his wife, Mr. Orphan is survived by two sons, a brother and five grandchildren. Services were held at St. Martha Catholic Church Nov. 20.

Niles Park District total budget down

What's something you don't see everyday? Smiles during a board meeting (any board meeting) discussing a budget.

But that was the effect last Wednesday when Finance Committee Director, Tom Elenz, announced that not only was he "happy that the budget process is coming to the end," but that the Niles Park District's proposed 2000 budget is balanced and for public display as of Thursday, November 18, 1999.

Elenz also had the pleasure of reporting that the Niles Park District will see \$1.4 million in debt reduction by the end of the fiscal year.

"I just can't resist one other comment," said James Hynes, the board's president, "Comparing the '99 budget to the 2000 budget, the total budget is down \$288,000 plus change for next year." Hynes said that figure includes payments of \$125,000 toward next year's debt-service tab.

Elenz did report a 5% increase in budget expenditures for 1999.

"This increase was primarily due to a \$640,000 expense of the (350-team) Spring Hockey League," said Elenz. "On the other side, the league will be bringing in \$690,000 net revenue, so it will be showing a \$50,000 net profit."

President Hynes commended park district staff and board members for their participation in the good fiscal news.

"I think overall, we've increased revenues, decreased expenses, and it's yielded a pretty tight budget, a realistic one, and one that's going to continue to reduce our debt and operating expenses," said Hynes.

The board also approved three ordinances which may reduce taxes called for payments toward three General Obligation Bonds by an estimated 23% through next year. Each ordinance calls for "abating the tax heretofore levied for the year 1999 to pay principal of and interest" on the \$9,295,000 of General Obligation Bonds.

The three abatements total \$2,110,971, and will be paid "Whereas the District has or will have the funds available, up to and including December 1, 2000."

Hynes said that the ordinances will pay for the year 2000's tax revenues charged for back-year's principle and interest on the bonds.

Finally, the board voted 3-1 (Commissioner Charles Baraglia was absent) to delay spending a budgeted \$65,000 to construct a berm at Tam GH Course's fifth hole.

Hynes proposed to defer allocation of funds until a new golf pro is hired. The board president said that before voting on the measure, he wants to see a presentation surveying golf course users, and a review determining maintenance impact.

Charges dropped in bus access protest incident

The disorderly conduct charge filed against a member of Pace's Americans With Disabilities Act Advisory Committee who handcuffed herself to a Pace bus in Niles last month was dropped.

W. Carol Cleigh, 44, a wheelchair user, said she was bringing attention to the lack of wheelchair accessibility of the Pace buses.

Suicide prevention for children and adolescents

On Thursday, December 2nd from 6:45 p.m. to 7:45 p.m. at Culver School (6901 Oakton in Niles), Mimi Kravitz Omilinski of LINKS North Shore Youth Health Service will be speaking on suicide prevention for children and adolescence. This free program will help identify warning signs of suicide and discuss prevention strategies for adults. This information is too important to miss; suicide is the second leading cause of death among 15 to 19 year olds. Child-care will be provided to enable

all parents/guardians to attend. To register for the program and childcare, please call Eileen Kearns, Family and Community Involvement Coordinator, at 966-9280, ext. 120.

Mimi Kravitz Omilinski is a clinical social worker specializing in the issue of adolescents and their parents. As a longtime prevention educator, she has presented at hundreds of schools, parent organizations, community organizations and businesses on various topics pertinent to parents and children.

Knightly News & Views

North American Martyrs Council 4338, Knights of Columbus, Grand Knight Rich Zaprzalka offers a big thank you to everyone that attended the council's Special Memorial Mass for the deceased members of the council and the council auxiliary, at St. John Brebeuf Church. This yearly event allows us to honor these deceased members of our family. The officers and members offer their deepest sympathies to the families of all members of the council and the women's auxiliary.

Chairman Irv Blaszyński provided another outstanding Tur-

key Night, following the Memorial Mass. Irv lived up to his promise in providing a massive amount of prizes along with the traditional Turkey Give-Away! Thanks to 'Irv Who?' and his wife Lucille for all their hard work toward this successful event!!

Membership Director Don Kajpust offers a special welcome to the Eight New Brother Knights that joined us in November (so far). Welcome to: Fr. Adam Galek, Steven Bronder, Lawrence Hageman, Zygmunt Koziera, Casimir Pabis, James Kolasiak, Andrew Wiechec and

Brian Puszczan. He also welcomes Sir Knight Ed Lewandowski, as a transfer to our Council. Welcome to all new brothers and their families, as you join in our active knightlife!

Mark your calendar for the annual council Christmas Party, to be held at Flanagan Hall, on Friday, December 10, 1999. The Great Larry Hulina will provide the music and entertainment. Dinner and entertainment - for only \$15 per person. Reservations are required and tables of 10 available by contacting Bill Chase at 847-965-6141. Social Hour - 6 p.m., Dinner - 7 p.m. and music till 11 p.m. Join us for a great meal, music, dancing and great company.

The '2000' Entertainment Books are still only \$35, with Northwest, West and South editions available. Other areas of the country also available! Delivery within the area available by calling Ken Lee at 847-967-6234. All proceeds will be applied toward the Flanagan Hall Elevator Project. Order yours today!!

Please keep our sick and distressed members, especially Charles Szatkowski, in your prayers. May God bless everyone with good health very soon.

"It's Disgusting"

On Nov. 11, 1999, I put out my American Flag, early in the morning. At that time there were no other flags flying on the street I live on. Had breakfast and started on my chores (shopping-etc.). While driving through Park Ridge, Des Plaines and Niles, I counted four (4) American Flags flying.

Don't people realize the hundreds of thousands of men and women that gave up their lives to keep America free and the freedom we have today? It would have taken five minutes to put out "Old Glory."

Like it's been said, "God Bless America," so why don't people appreciate what all the veterans died for?

Ches Peterson
U.S. Navy Veteran WWII

Brian C. Scott

Navy Cmdr. Brian C. Scott, son of Charles T. Scott of Skokie, recently reported for duty with the aircraft carrier Precommissioning Unit Harry S. Truman, based at Newport News, VA.

The 1975 graduate of St. Ignace College Preparatory High School of Chicago, joined the Navy in May 1979. Scott is a 1979 graduate of Marquette University, Milwaukee, WI, with a BA degree.

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Health / Fitness

Kids on prescription drugs - Too much Ritalin, too little Ritalin

It seems every kid with any problem is given Ritalin, Adderall, or Dexedrine for attention deficit disorder (ADD). In many respects, it seems ADD is the "fad" diagnosis of the 1990s. "Misinformation and prejudice is causing much of the problem," states Dr. Leland Heller, national expert on mental disorders and author of the new book, *Biological Unhappiness* (Dyslimbia Press, 1999). Children don't suddenly "catch"

ADD like the flu, and it has very strong genetic factors. Many things other than ADD cause hyperactivity including stress at home, depression, allergies, sleep problems, and fear. A common misconception is that ADD and hyperactivity are the same. They're not. Many "hyper" individuals don't have attention deficit disorder and a high percentage of those with ADD do not have hyperactivity, especially girls. Those with

ADD who also have hyperactivity are diagnosed as having ADHD - attention deficit hyperactive disorder. Many "hyper" individuals are treated for ADHD who do not have the disorder, and many individuals with attention deficit problems go unrecognized and untreated.

Dr. Heller believes that "attention deficit disorder isn't really a disease, but a genetic trait that has advantages in some environments and disadvantages in others. In today's high paced, details oriented society, having ADD is like an individual with red hair, fair skin and freckles trying to be a charter boat captain in Key West."

"Sections of the brain work differently in those with ADD. Creativity is extremely high, as is the ability to stay focused during extremely stressful experiences. They're great at the big picture, but terrible with details. They are easily distracted, which causes them to have difficulty staying on task. They lack that 'split second' to consider their thoughts before taking action - both in speech and behavior. AD(H)D does not go away at adulthood, and causes tremendous problems in our society. Untreated AD(H)D leads to substance abuse (30-55%), accidents, family break up, failure to reach potential, legal problems and cigarette smoking. Nicotine and cigarette "treats" ADD with deadly consequences. Medications are necessary like sunscreen is needed for those with fair skin in a sunny environment.

According to Dr. Heller, "AD(H)D is much more common than most people think." Dr. Heller says that "contrary to popular belief, Ritalin is safe, non-addicting, effective and has the long term side effects of reducing the risk of cancer. Just because some people abuse Ritalin doesn't mean those with AD(H)D shouldn't use it, any more than they shouldn't use gasoline, glue or spray paint - as there are individuals who will abuse them as well. Adults actually need robust doses of medication." Information on AD(H)D, Ritalin, and other causes of Biological Unhappiness, along with a thousand "Ask the Doctor" questions and the screening test he uses for his patients is available online at Dr. Heller's Website www.biologicalunhappiness.com. ISBN# 192894700X \$22.95 - is available at Amazon.com, B&N.com, directly from Dyslimbia Press with a 30 day unconditional money back guarantee, 109 NE 19th Drive, Okeechobee, FL 34972 (\$3 S&H), and in bookstores nationwide.

Employee of the Quarter at Holy Family



Kim Evans

Holy Family Medical Center is pleased to announce that Kim Evans, 2NR, Telemetry has been selected as Employee of the Quarter.

This award is given four times a year to Holy Family employees in recognition of outstanding service and excellence in guest relations. Awardees are nominated by their peers and winners are selected by Holy Family's Award and Recognition Committee.

Kim is described as an energetic, positive, excellent nurse who has a wonderful way of dealing with patients, families, and staff. She is a positive change agent in that she keeps an open mind about everything presented before her and is truly an example of positive guest relations.

Kim is married to husband, Sean, and resides in Algonquin.

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Health / Fitness

Local chiropractor builds a mountain of macaroni

Many Niles area residents will eat better this winter thanks to Richard Chiropractic Clinic. During October, Dr. Robert Richard of the Richard Chiropractic Clinic collected boxes of macaroni and cheese to help restock the shelves at the Maine Township Food Pantry. While there is always a need for donations, there is an increased need during the holiday season. New patients to Richard Chiropractic Clinic received first day services in exchange for a minimum donation of 10 boxes of macaroni and cheese during the entire month of October. Dr. Richard matched all donations to further help the drive. The total collected exceeded 500 boxes of macaroni and cheese.

"We strongly believe in giving back to the community and reaching out to those in need," said Dr. Richard. "By sponsoring the food drive, we help to build the resources of local food pantries. By offering complimentary chiropractic services, we introduce or reintroduce the public to the benefits of chiropractic care."

Dr. Richard sponsors several community projects each year including a drive in conjunction with the American Heart Association and free community health education.



Dr. Robert Richard is a 1986 graduate of Palmer College of Chiropractic. He has completed postgraduate programs on the diagnosis and treatment of soft tissue injuries through National College of Chiropractic and Texas Chiropractic College. He maintains a practice in Niles at 8933 West Golf Road. You can also contact Dr. Richard at: www.richardchiropractic.com

Center of Concern Calendar of Events

The Center of Concern has announced the following calendar for the month of December.
Mon., Dec. 6, 13, 20, 27. Employment Counseling - by appointment only.
Mon., Dec. 6, 13, 20, 27. Weight Loss Support Group, 10 a.m.
Wed., Dec. 1, 8, 15, 22, 29. Medicare Counseling - by appointment only.
Thurs., Dec. 2, Alzheimer Support Group, 11 a.m.
Thurs., Dec. 2. Wills Counsel-

ing - by appointment only.
Thurs., Dec. 2, 9, 16, 23, 30. Grief and Loss Support Group - 2 p.m.
Sat., Dec. 4, 11, 18. Legal Counseling - by appointment only.
Sat., Dec. 18. Blood Pressure Testing and Blood Sugar Screening 10 a.m. to Noon. Appointment not necessary.
HAPPY HOLIDAYS!
The Center of Concern offices will be closed December 24, 25 & 31 and Jan. 1.

Medicine for Less

Are you unable to pay for the medication you need? Many pharmaceutical companies offer free or discounted prescriptions, through rarely publicized programs, to patients who meet criteria for assistance. The programs vary in scope and eligibility requirements.

To make the information more widely known, the Cost Containment Research Institute in Washington DC, has published a 32-page booklet, "Free and Low Cost Prescription Drugs." The booklet lists phone numbers and addresses of 85 pharmaceutical companies, and an easy to use index of the 1,500 drugs they make, as well as several discount mail-order services.

The information is available to download for free from the Institute's Internet Web site, www.institute-dc.org or for a paper copy send \$5 to cover the cost of printing, postage and handling to: Institute Fulfillment Center, Prescription Drug Booklet # PD-370, P.O. Box 462, Elmira, NY 14902-0462.

Stress headaches are for real!

For the millions of Americans who suffer from stress-related headaches, the pain is real and you don't have to quit your job to get relief. Chicago's Diamond Headache Clinic describes them as tension-type headaches, which are caused by the tightening of the muscles in the back of the neck and scalp. The Diamond Headache Clinic also points out several treatment options that are bringing relief where, until recently, skepticism and frustration ruled.

There are two classifications of tension-type headaches, episodic and chronic. Episodic is usually triggered by environmental or internal stress that stimulates a spontaneous, over-excitable state and lasts for the length of the individual's stress. Such headaches often disappear with the use of over-the-counter analgesics such as aspirin or ibuprofen, combined with withdrawal (if possible) from the source of stress and a brief period of relaxation.

Chronic tension-type headaches are daily, continuous headaches which may have variability in intensity of pain over a 24 hour period. Common with these chronic headaches is the sensation of a tight skull cap and early or frequent awakenings, the latter of which may be a sign of underlying depression. The primary drug of choice for chronic tension-type headaches is amitriptyline or a similar antidepressant. Prescribing one of these antidepressants, which have analgesic actions over and above their antidepressant effects, is based on the presence of a sleep disturbance and may be effective regardless of depression being a factor. Many individuals suffering from chronic tension-type headaches also suffer from migraines as well. Headaches can be managed with appropriate medication therapy, and the implementation of lifestyle changes related to diet, sleep, exercise and methods of coping with stress.

Biofeedback, an area pioneered by Diamond Headache

to the patient on an ongoing and immediate basis, voluntary controls can be taught.

The biofeedback program at the Diamond Headache Clinic consists of training with two types of instrumentation: temperature monitors and EMG Outpatient training usually consists of 10 to 14 sessions, while inpatients receive training one to two times daily, during their stay.

For more information, contact the Diamond Headache Clinic at 1-800-432-3224.

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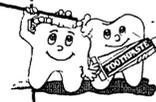
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Health / Fitness

The facts about headaches

Prevalence

- More than 45 million Americans suffer recurring headaches (minimum six headaches/year).
- An estimated 25 million Americans suffer from migraine, the most common vascular headache.
- Women are more than twice as likely to suffer from migraine than men.
- Migraine is the seventh most common reason for an outpatient visit in the U.S.

Impact of Headache in the U.S.

- Frequent headache sufferers cost the U.S. economy an estimated \$5.6 to \$17 billion/year in lost labor productivity.
- An estimated 21.5-157 million workdays are lost each year due to headaches.
- According to Rand Short Form 36 quality-of-life survey results (from multiple studies, as described in the Solomon, G., Quality-of-Life Assessment in Patients With Headache article).

Headache sufferers experience a lower quality of life than people with diabetes, angina, osteoarthritis, lower back pain and depression.

Diagnosis and Treatment

- Average time lapse between onset of migraine and correct diagnosis is 5.1 years.
- 25 percent of female and 22 percent of male non-diagnosed migraine sufferers have headaches at least once a week.
- According to a study by the National Headache Foundation, 36 percent of diagnosed migraine sufferers noted that physicians "do not take my headache complaints seriously enough." This percentage was 53 percent for patients that suffer severe headaches at least once per week.
- Relatively few physicians in the U.S. focus exclusively on headache treatment.

Proper diagnosis is the key to effective management of headache pain. Depending on the type of headache and individual sufferer's circumstances, comprehensive treatment might include medication, dietary modification, biofeedback training, physical therapy, lifestyle modification and psychological counseling.

Doctor of the Quarter at Holy Family



Richard Goldberg, M.D. side in Deerfield and has four children.

Holy Family Medical Center is pleased to announce that Richard Goldberg, M.D., Emergency/Occupational Health, has been selected as Doctor of the Quarter.

This award is given four times a year to Holy Family physicians in recognition of outstanding service and excellence in guest relations. Awardees are nominated by staff members and winners are selected by Holy Family's Award Recognition Committee.

Dr. Richard Goldberg is described as having a very down to earth demeanor and great team approach. He is always considerate and respectful to others and brings to all projects a wealth of experience and expertise.

Eye Care and Contact Lenses

Eyes have to last a lifetime. If you are a contact lens wearer, you should incorporate specific habits into a daily routine. When cared for properly, soft contact lenses provide healthy, comfortable and convenient vision correction. The following will help you avoid problems and enjoy the benefits of soft contact lenses:

1. Wash, rinse and dry your hands thoroughly each time you handle your lenses.
2. Lenses removed from your eyes must be cleaned, rinsed, and disinfected after each wearing period if they are reused.
3. Remove your lenses immediately if they become uncomfortable.
4. Do not insert a new or spare lens into an eye that is red, irritated or painful.
5. Consult your eye care professional before wearing your lenses overnight or while sleeping.
6. Replace your lenses with a new pair as often as recommended by your eye care professional.
7. Do not skip visits with your eye care professional just because your lenses feel comfortable.

General eyecare guidelines:

1. Always wear safety goggles when using power tools, lawn equipment or chemicals.
2. Look for the ANSI Z87 logo for maximum lens impact resistance.
3. Wear sunglasses that block 99 to 100 percent of the sun's harmful UVA and UVB rays.
4. Always wash hands thoroughly before applying eye cosmetics and never share eye makeup.
5. Do not allow children to play with firecrackers, matches, or flammable materials.

The Safe America Foundation and The American Optometric Association remind you that injury prevention depends on the practice of good safety habits. For year-round safety information call: 770-218-0071, go online at <http://www.safeamerica.org>, or e-mail: safeamerica@mindspring.com.



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