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May/June 2019

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**bioIDMETRICS**  
INTEGRATIVE MEDICINE INSTITUTE  
Dr. Monica Cisneros, DC

**Doctor of Chiropractic  
Functional Medicine Specialist**

Dr. Monica Cisneros credits The University of Chicago for fostering a fearless pursuit of knowledge and rigorous habits of mind that empowered life-long goals and aspirations. Those goals led Dr. Cisneros onto a less traveled, rewarding and challenging path: a Doctor of Chiropractic. Dr. Cisneros treats the patient and not the symptoms. She views her profession as a vocation that is transforming lives. Her professional license allows her to treat all human ailments from fatigue to musculoskeletal pain without use of prescription medication or surgery.

The key to her success is listening to her patients, looking deeper into their medical symptoms, and getting at the root of her patient's problems. She does this by analyzing clinical laboratory data, diagnostic imaging and findings in a comprehensive physical examinations to develop personalized and effective treatment plans with measurable and sustainable results. When needed, she couples this with correct application of chiropractic techniques and other effective health interventions. Dr. Cisneros's patients have time and time again left her office with not only improved health, but a sense of finding a doctor whom they can trust and really cares.

**BIO ID METRICS** Biochemical individuality Identification Metrics (values)

See page 8 for more information

*"What drives my care is love, compassion and a profound sense of duty to every person that crosses my door and gives me the privilege to help them. Some patients call me doctor, healer, miracle worker, life coach-but the best compliment is when a patient calls me friend."*



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Front row

Madi, Spa Assistant, Dr. Gina Lesnik/ Owner, Lori, Nurse Practitioner

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- Leg Rashes
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- Itching
- Dark Spots
- Restless Legs



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# Letter from the Publisher

*suburban* WOMAN  
of the western suburbs®

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## Thanks for picking up the Suburban Woman!

These last few months have been a whirlwind of change, but we are definitely getting our feet under us here at Suburban Marketing Group and Suburban Woman's Magazine. Our overflowing to-do list is a blessing, but if gone unchecked will also turn into a paralyzing race to "get stuff done." Being the go-getters and high-achievers that we are, we're always looking for the next mountain to climb, website or ad build, accomplishment to conquer. With warmer weather and sunny days upon us, we're feeling even more inspired. The planning is in full swing and we're taking full advantage of our passion to create.

What do you love to do in the warmer months? For us it's all about making memories with friends and family.

We enjoy watching our son Lincoln play baseball and our daughter Rhegan play soccer, eating meals on the deck, playing in the yard (yes, even the yard work), and all things outdoors. These are small moments, I suppose, but they are a way of life in warmer months that create the cozy memories of a simpler, slower lifestyle that we truly love.

Memories don't have to be monumental to be lasting. Those bigger events—such as vacations, weddings, parties, closing big deals at work—these are all great moments, but memories are also created in the mundane.

Of course, we love once-in-a-life-time moments, but we also love creating memories around simplicity. So, the question we have for you is *what simple memories are you going to make* over these next few months? Early morning walks by yourself enjoying the peace and quiet of thinking alone?

Maybe you want to read that book you've been putting off, grab a chair and cozy up in the warmth of sunshine and get reading. Or perhaps, plant that vegetable garden or flower bed you've always talked about.

Whatever it is, we want to encourage you to do as we're doing and slow down these next few months to create some memories in the warmth and joy Spring brings. The to-do list will no doubt be there tomorrow. So, try not to get lost in the busyness. Hit the pause button and enjoy.

Lauren and Tim Neff, Publisher's  
847-854-2744  
[info@SuburbanWoman.net](mailto:info@SuburbanWoman.net)



Suburban Woman Magazines



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# Jump Into Your Skin This Spring



Leslie Beard, MD

## Hydration:

Keep your skin hydrated and get rid of all the winter gunk! Here is our favorite treatment to bring the moisture back:

> *HydraFacial*

## Anti-Aging:

Add antioxidants, peptides and Hyaluronic Acid every morning to build healthy collagen back into your skin to defend against visible signs of aging. Our go-to product:

> *Pep Up by Colorescience*

## Rejuvenating:

'Tis the season for filler! Worried about bruising, redness and old collagen? This amazing product preps your skin before the treatment and supports your skin after:

> *Atastin Skin Nectar*

## Brightening:

Peel away old skin to brighten what's underneath! Our two favorites are:

> *VI Peel* > *RevePeel*

All products and treatments available at Beard Dermatology

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Friday: 8AM-5PM  
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# Tired of Dizziness or Imbalance? You are Not Alone! We Can Help You!

We are the only facility in the Chicago Suburbs with a  
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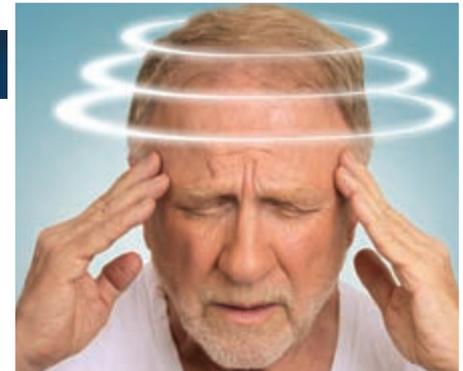


## Did You Know?

Falling, fear of falling  
and lack of balance  
is not a result of age.

**Good balance is normal at any age.**

- Falls are the leading cause of injury-related visits to the emergency room for people over the age of 65.
- Falls account for 70 percent of accidental deaths in people over the age of 75.
- Fear of falling is the number one concern for the elderly.
- Older adults who fall once are two to three times as likely to fall again within a year.
- Loss of balance can be caused by the aging process, accidents, viruses, heredity traits and change of weather.



Our facility has a comprehensive balance program that is used by  
Neurologists and Ear, Nose and Throat Physicians in the Chicago Suburbs.

### Other Services Provided:

- Neck & Back Pain
- Pre & Post-Surgical Rehabilitation
- Sprains, Strains, & Whiplash
- Parkinson's Disease, Stroke & Multiple Sclerosis
- Fibromyalgia, TMJ & Headaches
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- Fracture



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Volbella dermal filler and get  
**\$100 of Free Botox!**

Two dermal fillers at.....**\$999**  
(Juvederm, Restylane, Restylane Silk, Volbella, Versa)

Buy 2 vials of Kybella at  
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..... (reg.price \$149) only **\$110!**

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60 Minutes Massage..... only **\$49!**

## JUNE SPECIALS

**LA Eyebrow Lift:**  
PDO, Dermal filler, Botox  
Perk combo  
**\$1,199**

- PDO threads for eyes- This is a very popular procedure in our office. You can use PDO threads to lift the eyebrow do give a "more awake" look
- Dermal filler- You can place dermal filler in the eyebrows to softly elevate the brow. It is very natural and gives a youthful appearance
- Botox for crows feet- This will diminish the fine lines and wrinkles around the eyes.
- Perk for eyes

**Sculptra Brazilian butt lift!**  
Get 4 vials at **\$2,600**,  
6 vials at **\$3,800**, or  
8 vials at **\$5,000**

**Hyperhidrosis Treatment**  
(Excessive Sweating)  
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**Dysport Special-**  
Buy 50+ units,  
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**Health lies in a true understanding of the intricacies and complexities of the body.**

**What we do works!**

**Because we KNOW**

**Because we CARE**

**Because we LISTEN**

**Because we DELIVER**

**Because we have up-to-date knowledge and advanced training, evidence-based therapies, and state-of-the-art equipment.**

**Dr. Monica Cisneros, DC**, graduated from The University of Chicago and NUHS has specialized training from The Council on Diagnosis and Internal Disorder of the American Chiropractic Association, Institute of Functional Medicine and Functional Medicine University. She has a diplomate in medical acupuncture, certification in Graston technique, Cox technique for Spinal pain relief, McKenzie Method of Mechanical Diagnosis and Therapy, Physiotherapy board certification and Active Release technique. Patient satisfaction is driven by getting at the root of the problem, and providing measurable results.

**bioIDMETRICS Integrative Medicine Institute** is located in Oak Brook, Illinois and in Chicago. Many people travel to other states seeking specialized physicians in this discipline. Our medical facility offers this medical standard which addresses the healthcare needs of the 21st century. The goal of our therapies is to turn on the innate healing cascade, which becomes impaired by a layering of medications and the overload from our life styles.

📍 2425 W. 22nd Street, Suite 206/212 Oak Brook, Illinois 60523

🌐 [www.bioIDMETRICS.com](http://www.bioIDMETRICS.com)

**innovation in science and personalized medicine**

# The Mommy Makeover

## Turn Back the Clock and Restore Your Confidence!

The mommy make over is an outpatient procedure designed to help restore your body to the way it looked before, pregnancy, childbirth, weight gain/loss, or simply the natural aging process. This procedure typically includes combination of a breast lift (with or without implants) and a tummy tuck. Improvements in your body include the correction of sagging breasts, volume loss, abdominal skin excess, fat deposits and muscle separation. During your consultation, Dr. Bazell will discuss your options and will help you select the appropriate procedures to best achieve your personal goals. **Ready to learn more?**

**Schedule your FREE CONSULTATION today! Call us at (847)-382-4160.**



Before



After

(Actual patients)



Before



After



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- Laser Sun Spot Removal
- Laser Vein Removal
- Micro Needling



### Gregory Michael Bazell, MD

**Certification:**

The American Board of Plastic Surgery, Inc

**Membership:**

American Society of Plastic Surgeons

**Fellowship:**

Beverly Hills, CA



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**(847) 382-4160**

**Call today for your FREE consultation!**

# Robert Nathan aka **Chef Nirvana**

## ***Make it memorable and make it count!***

For me, it's all about focus, hard work and thoughtful creativity. Whether working, exercising, spending time with my wife & daughters or preparing a dish, I am always all in. If I am going to do something, I really do it! A better day, a tougher workout, something special with my family, the perfect dish is always my goal.

It is elating to push yourself to your limits and then just a little bit beyond. It's the ultimate opportunity for self fulfillment and reaching your goals. Goals, we should all have them. If you don't, you are truly cutting yourself short. Short-term, intermittent, long-term... it is all important. Without them, we are just floating along waiting for that next thing to happen. When it comes to your future, make it premeditated. Set goals that make your heart feel good and your mind fulfilled. Share your inspirations with the ones you love because you never know who may indulge in your visions. Dream big and do bigger! I know it's not always easy and you may not see the fruit of your labors immediately but if you put your mind to it, the feeling of accomplishment will make it all worth the effort.

I wish you all the best! Dream big and do big!

***Happy cooking! Until next time... eat healthy, live healthy, be healthy. Ciao!!***



Cast iron chicken in a fresh basil marinara with lots of garlic, red peppers, sweet onion, cilantro and yellow heirloom tomatoes served with simmered broccolini.



Wild jumbo shrimp puttanesca over edamame linguini pasta with garlic, shallots, capers, sundried tomatoes, kalamata olives, shiitake mushrooms, artichoke hearts and pine nuts sautéed in a Irish butter, white wine and lemon reduction.



Slow roasted short rib with a raspberry port wine reduction served over potato purée with a side of broccolini and roasted root vegetables.



Contact Chef Nirvana for copies of above recipes:

## **Chef Nirvana**

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# For Varicose Vein Treatment, THE VEIN AND LASER CENTER of Elgin Cardiac Surgery is the **Gold Standard** You Cannot Overlook!



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- American Board of Thoracic Surgery
- American Board of Surgery
- Former Chief of Surgery at Sherman Hospital

CYNTHIA STEIMLE, M.D.

Former Medical Staff President at Presence St. Joseph Hospital in Elgin.

Dr. Steimle has been performing open heart surgery, complex blood vessel surgery, and intricate chest surgery for over 20 years.

## We offer the most advanced treatment in

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- Spider Veins (reddish surface veins)

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- Pico Genesis Laser for skin revitalization



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All procedures at the Vein and Laser Center of Elgin Cardiac Surgery are performed by a board-certified cardiothoracic surgeon. Working with us are two registered vascular ultrasound technologists, a certified surgical assistant, and an ACLS certified registered nurse. We are members of the American College of Phlebology. This makes the Vein and Laser Center of Elgin Cardiac Surgery qualified to treat all venous disorders from spider veins to severe leg ulcers.

## Is Your Tattoo No Longer You?



### How Does enlighten™ Laser Tattoo Removal Work?

Our enLIGHTEN™ laser features three wavelengths of laser light, not one like most other lasers. This allows us to treat more colors of ink faster and also allows us to treat more skin types.



The enLIGHTEN™ also has both traditional nanosecond pulses, which break up big ink particles, and picosecond pulses, which turn smaller particles into dust that the body can sweep away.

### How many treatment sessions are required?

The total number of treatments vary depending on the age of the tattoo, color and darkness of the ink, and the size of the tattoo. We can give you a better idea of the total number of treatments needed during your consultation.

### Does tattoo removal hurt?

Most people have only mild discomfort from the treatment with the enlighten laser. However, if you are very sensitive, we can provide a variety of local anesthetics to make the process for comfortable.

### How long does a treatment take?

The laser treatment itself can be anywhere from 2-30 minutes depending on the size and density of the tattoo. For example, a small, black ink tattoo might take just a few minutes while a large tattoo with lots of lines and colors might take around half an hour.

### If Your Tattoo Is No Longer YOU...

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# Preserving Your Natural Beauty with Enhancements and Care



**Rea S. Lorence,**  
RN, BSN  
Aesthetic Nurse  
Specialist

The Clinical Director of Allure Skin and Laser, Registered Nurse Rea Stavropoulos-Lorence is knowledgeable and experienced in achieving optimal skin for all ethnicities, at every age.

## Knowledge from Around the World

A world traveler, Rea has studied facial structure and skin treatments all around the globe, resulting in her expertise in providing each of her clients with a more youthful appearance in line with their ethnic identity and natural bone structure. She knows how to enhance the best parts of you.

The benefits of training around the world have expanded Stavropoulos-Lorence's knowledge of treatments and best practices. "Other places use different treatments for a variety of reasons. In some cases, product marketing makes the difference, in other instances people aren't aware of the same skincare issues, or that some skin

problems are not even talked about," says Rea.

For example, when traveling Rea has heard from a lot of people who want their skin to be brighter or whiter. She has also noticed acne scarring is more accepted here while in other areas of the world scarring is a need to be addressed. Because of that need, skincare experts in other countries have found solutions to scarring issues. She says, **"I offer my clients the right solution for their concerns, keeping their appearance natural while restoring a more youthful look."**

## New Treatments Available at Allure

Allure stays current with all the new treatments and now features a new two-day peel with amazing results. The process consists of applying the peel two times; one treatment on day one and then again 24 hours later. The latest in chemical peels, the technique relies on the two-day application process. From there, the skin will darken over a handful of days and then begin to peel on day five or six. About a week after the treatment your skin will look phenomenal, with a smoother texture and a minimization of fine lines and wrinkles. This ongoing transformation continues for at least six months. Plan ahead and schedule your appointments to see the dramatic, positive results.

Of course, Allure still offers dermal fillers, Botox®, and skin resurfacing, too. Rea's goal is to always provide her clients with a beautiful, fresh-faced look. She uses the best methods available to even out skin tones, control breakouts and identify the root cause of skin issues. She does this by utilizing the most advanced techniques.

In addition to the many anti-aging procedures she offers, Rea has also studied a variety of techniques for improving acne for all skin types. "You think about acne as being a teenage condition but adult acne is more common than people realize. If you have acne, know you can take control of your skin," continues Rea.

If you are seeking hair removal, Rea also has a new hair removal laser as well. The technology is the newest to the area and removes hair from all pigments and skin types. The new process is less painful the laser can treat any skin tone, including Asian, Indian, or African American. Now more comfortable, the laser is designed with a built-in cooling device. Plus, the treatment time is much shorter. Hair removal from one leg used to take an hour. With this latest technology, both legs can be done in that amount of time.

One of Rea's favorite things about her work is seeing the satisfaction people feel. "When clients first come in and they are not happy with how they look, it can impact their self-esteem. I want them to feel good about themselves and show them how we can work together on a collaborative plan. As the plan takes shape, they begin to feel better. Sometimes they have been hiding their personality behind an acne scar or hair overgrowth on their face. Once they are looking good and feeling good their outlook changes and they are able to manifest the lives they want for themselves," Rea says.

## Promoting a Healthy Lifestyle

**Rea and her team of healthcare and skin professionals aim to serve their guests with the utmost personalized service. Their mission goes beyond the surface of the skin. They promote a healthy lifestyle for all ages.**

"It's important to take care of yourself and your skin. Always use a good cleanser that is formulated for your skin type and exfoliate to get rid of dead skin cells and encourage new skin formation. Plus, anyone over 30 or 35 should be using a moisturizer and Retinol and all ages should wear sunscreen year-round. Remember, sunrays can damage your skin even when you are driving a car," suggests Rea.

Rea is licensed in both Illinois and Wisconsin and holds two bachelor degrees, one in business from DePaul University and the other in Nursing from Elmhurst College. She is an injectable trainer for a major dermal filler company. She is also a graduate of the National Laser Institute and is an active member of the American Society of Laser Medicine and Surgery, the American Academy of Facial Esthetics and the American Society of Plastic Surgical Nurses as well as the American Academy of Anti-Aging Medicine.

On top off all of these accreditations, Rea will soon be a nurse practitioner, too. Her extensive awareness of health and healing continues which is part of her insistence that Allure stays up to date.

Rea says, **"Everything we do is evidence based. New isn't always better, we insist on scientific research to back up every treatment we use. That said, technology does improve over time. When improvements to a treatment are made we make sure all of our procedures are top of the line to provide the more efficient treatments with the quickest results. It is not about being trendy, it is about providing treatments that prove the test of time and preserve natural beauty."**

**Complimentary Consultation  
and 25% OFF Any Service**

Expires 7/15/2019

[www.allure630.com](http://www.allure630.com)

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- Medical-Grade Customized Facials
- PhotoFacials
- HydraFacial MD
- Microdermabrasion
- Laser Treatments
- Spider Vein Treatment
- Acne Treatment
- Botox® Injections
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- Weight Loss
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- "O Shot"
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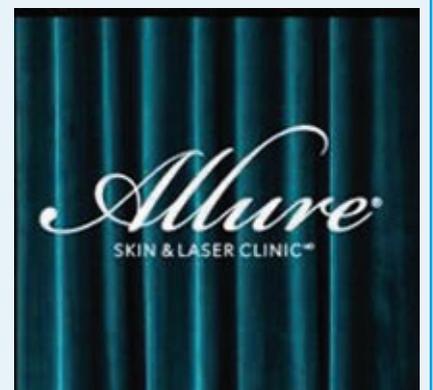
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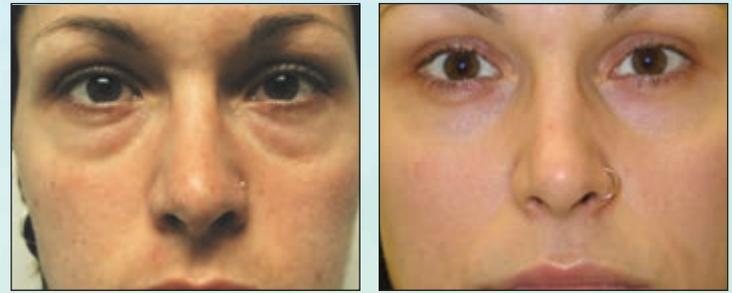
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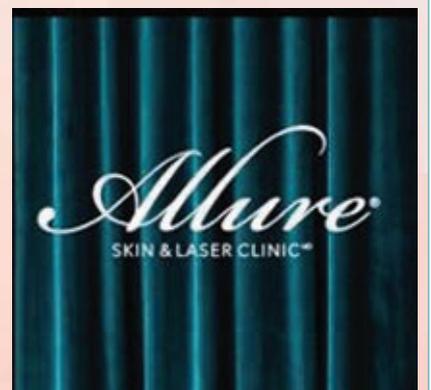
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# FOX VALLEY SAIL AND POWER SQUADRON

## Boating Safety

By Julie Perry



Julie Perry, Senior Navigator

Look at the calendar! It's Spring and heading toward Summer! Most of us will be near enough to the water to enjoy water sports before you know it. This brings some cautionary tales about safety.

As Past Commander of Fox Valley Sail and Power Squadron, a part of **America's Boating Club™**, I am very aware of preventable drownings since our

organization's major focus is on boating safety and boating education. We teach classes for new and experienced boaters to receive certification and know the rules and laws of boating to allow all of us to be safer on the water.

First rule is: Never get in a boat without a life jacket. Hopefully, you all buckle your seatbelt as soon as you get in a car; it's the same safety rule when getting in a boat. I know, these are the 5 top most heard excuses "Not to Wear a Life Jacket":

- 1) I have life jackets on board, but accidents happen too fast to put on a stowed jacket. It needs to be worn.
- 2) I'm a strong swimmer, but during an emergency, clothing can become heavy or waterlogged while in the water.
- 3) It's too hot and doesn't look cool, but old-fashioned, bulky orange life jackets have been replaced with new styles, like inflatable ones that are cooler in the warm weather.
- 4) It gets in the way, there are styles available for any recreational water activity – fishing, water sports, hunting, paddling and more – even styles for pets.
- 5) Nothing is going to happen to me, but face it, accidents happen even though most boating can be a safe and enjoyable activity. Wear It! The consequences can be grim.

Drowning is the single biggest cause of death in recreational boating accidents, accounting for more than 80% of boating deaths. And more than 80% of those drowning victims were not wearing life jackets when found.

Furthermore, 81% of deaths occurred on boats where the operator did not receive boating safety instruction, but only 14% of deaths occurred on vessels where the operator had received a nationally-approved boating safety education certificate. According to the Centers for

Disease Control and Prevention, drowning ranks fifth among the leading causes of unintentional injury death in the U.S. last year.

To educate the public on rules and safety on the water, certified instructors of **America's Boating Club™**, Fox Valley Sail and Power Squadron teach a basic public course, America's Boating Course (ABC), in an 8-10 hour class several times a year at various locations, in various configurations of days and hours. Upon successful completion, students receive certification that they meet boating licenses and certification requirements in most states. Go to our

email: [USPS.FoxValley@gmail.com](mailto:USPS.FoxValley@gmail.com) and ask any questions our course or go to our Web Site: [www.fvspboating.org](http://www.fvspboating.org), to see our calendar of course offerings. We also have opportunities for further opportunities to go beyond the basic course with Boat Handling and Marine Navigation. Additional electives include courses on Weather, Sail, Marine Electronics, etc.



We provide, free of charge, Vessel Safety Checks on your boat – either at a marina where you dock your boat or at your home from which you trailer it. Go to our web site to get the name and Vessel Safety Examiner near you to schedule a VSC with a VSE near you. That will put your mind at ease when the examiner goes through the checklist to let you know what you need to do to make your boat safer. You will get a sticker to put on your boat certifying that it passed the Vessel Safety Check.



getting together with others who have similar interests. Join us!

But **America's Boating Club™** is much more for our members than safety and education. Being a member of a squadron such as Fox Valley Sail and Power Squadron, means we also have lots of fun with boating related activities – on and off the water. In addition to learning from each other and swapping stories in a social setting, we enjoy taking part in community activities and keeping our waterways clean and safe. It is fun

Fox Valley Sail and Power Squadron is one of several squadrons in the area included in the **United States Power Squadron® / America's Boating Club™** that offer all these opportunities to be safer, and more fun, on the water. We are all volunteers in this non-profit organization. You can learn more at the web site for **United States Power Squadron®** [www.USPS.org](http://www.USPS.org). You owe it to yourselves, your family and friends on the water to be safe and make sure those around you are safer boaters.

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# Do You Want To Know More About The Past?

## Part Eight: More About Names

By Carol A. Wirth

Do you like your first or middle names? Would you change them if you could? We have chosen names in similar ways for thousands of years. Yes, new names are added but our favorites pop up again and again.

Some families honor old traditions while others create new ones. Did your father name your brother after himself so there is a Jr.? Did your husband give your son the same name as his deceased brother? Did you give your child the first or middle name of a parent or grandparent?

Let's go back in time. For many centuries in Germany it was traditional to christen babies with a first name that was spiritual or a favorite saint's name. The same first name was given to each child in the family so children were known by their middle names. Often legal documents were signed using only middle and last names.

If you are researching your family tree, you will find original spellings. You will want to use both name versions for your records. Some examples of Latinized and Germanized Irish names are Dennis (Dyonisii, Dionisium) and Ellen (Helenae, Helenam) and Mary Ellen (Mariam Helenam) and Mary Jane (Mariam Johannam). Some Latinized names you might guess but others are more difficult like Helena (Helenam, Magdalenam) and Jerome (Hieronymum, Hieronymus) and Lawrence (Laurentio) and Ralph (Raphael) and Richard (Rudgerii, Rutgerium).

Many German to Italian translations appear easier to figure out. Arnold (Arndt, Arne, Arnaldo) and Caesar (Kaiser, Casare) and Charlotte (Liselotte, Lotte) and Christina (Christa, Christel, Kerstin, Kristen, Kristin, Kristina, Cristiana, Cristina, Tina) and Eleanor (Eleonore, Hannelore, Leonore, Eleonora, Leonora) and Eva (Eve) and Guy (Guido) and Matthew (Matteo, Mattia) and Ursula (Ursel, Uschi, Orsola) and Yvonne (Ivonne).

Parents in Colonial times named children after a quality like Believe, Charity, Comfort, Deliverance, Desire, Endurance, Experience, Faith, Freeloze, Hope, Hoped For, Joy, Love, Mara, More Mercy, Patience, Peace, Reform, Rejoice, Restore, Return, Silence, Submit, Supply, Temperance, Thanks, Truegrace, Unite and Wait. Which name would you want?

Faith, Hope and Patience regained popularity from 1800 to 1850. Two other common Colonial boy's names are Eber (Hebrew patriarch) and Zurishaddai and Mehertable for a girl. There were no middle names during this time. From 1800 to 1850 children were named after a relative. They may be called "Little Joshua" or "Smiling Mary". This practice continued into the 1960's when I knew a Nancy and "little Nancy" but that stopped when "little Nancy" became an adult. Today "Brother John" or a nickname are used.

In the 1880s to 1920s popular boy's names were Charles, Frank, George, Harry, James, John, Joseph and William. In the 1890s to 1910s Berta, Ethel, Florence, Ida and Rose were common girl's names. In the 1920s top names include Anna, Donald, Elizabeth, Henry, Mildred, Robert and Virginia. Margaret and Ruth were popular in the 1920s through 1940s. Popular 1930s and 1940s names were Barbara, David, Doris, Gary, Maria, Patricia and Richard. Michael was a top name from the 1930s through 1990s and is back on the list in 2006.

Deborah, Gary, Kathleen, Linda, Nancy, Richard, Sandra and Susan were popular 1950s names. In the 1960s top names were David, Debra, Donna, Karen, Lisa, Mark and Steven. The top names in 1980s are David, Jessica, Matthew, Melissa, Rebecca and Sarah. Christopher was popular in the 1980s and 2000. Ashley, Hannah, Madison, Nicholas and Sarah are top

2000 names. Emily, Jacob and Madison are popular in 2000 and 2006. In 2006 popular girl's names were Abigail, Ethan, Joshua and Olivia.

Amelia, Asher, Atticus, Charlotte, Finn, Henry, Imogene, Isla, Jasper, Milo, Seraphina and Violet were top names in 2012. In 2013 the most common boy's names were Ethan, Jacob, Jack, Jackson, Jayden, Lucas and Mason. Girls names were Chloe, Emily, Isabella, Lily, Mia and Zoe. Aiden, Emma, Liam, Noah, Olivia and Sophia are top names in 2013 and 2017. Other top names in 2017 are Ava and Jackson. What names will pop up in the future?

Middle names started in Germany among the nobility in the 15th century. By the mid 1700s it spread to non nobility, yes regular folks. In U.S. middle names aren't commonly used until after the Revolutionary War when it became the mother's maiden name. By the 1800s many Americans were doing this so all children in the same family have the same middle name. Families gave a child the name of a dead sibling. This can be very confusing to genealogists. Some naming practices might seem strange but we must not be judgmental.

Some names were chosen for their meaning. If you are curious, here are a few.

Ferdinand = Ready to Journey  
(English, German, French, Czech)

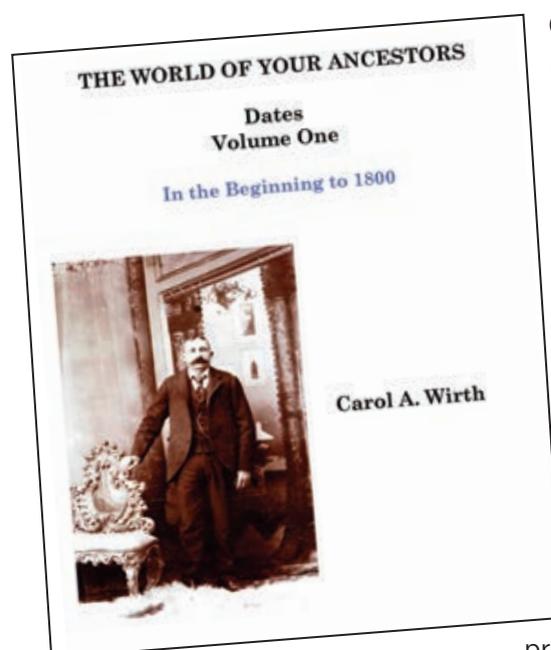
Irene = Peace  
(English, Italian, Scandinavian, Finnish, German, Greek Mythology)

Olivia = Created by Shakespeare in Twelfth Night  
(English, Italian, Spanish, German)

Waldo = Rule  
(English, German)

Walter = Ruler of the Army  
(English, German, Scandinavian)

Is your name or someone you know listed above?



Carol A. Wirth is the author of a three volume series, entitled THE WORLD OF YOUR ANCESTORS - GENERAL INFORMATION. Volumes cover early life in Europe, the Americas up to the early 1900's, Victorian, western and includes a genealogy section in volume 3.

A second series, THE WORLD OF YOUR ANCESTORS - DATES is six volumes. It shares events, famous people, inventions, populations,

prices, movies, television, theater, sports and a whole lot more. It starts in the beginning of time and ends in 2017.

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## Characters of Character -

# One Woman's Invention for a Worthy Mission

Joni Downey is full of enthusiasm as she talks about her own creative invention, Characters of Character a non-profit organization that was developed and piloted originally in 2005. Through her experience as a teaching assistant and stemming from her passion for kids and their ability to thrive, Joni used her gift of creativity to develop a wonderful program that kids respond to and enjoy learning.

**The Characters of Character mission is simple and powerful:**

*To provide a firm foundation for children to establish strong civic values.*



Joni shares, *"I love kids and I saw the need to teach them some fundamentals that would serve them for the rest of their personal and professional lives. Over time I came up with a set of relatable, fun characters for kids age 2-10 to learn about good behavior, perseverance, healthy habits, how to be a good friend, responsibility, respect, being proud of who they are, being kind and never being a bully. We believe that teaching these nine positive character traits in early childhood will create better-quality communities for everyone. Our organization has developed a unique*

			<b>Characters Of Character Daily Checklist</b> Were you... •on good behavior? •accomplishing goals? •friendly and honest? •being healthy? •minding your manners? •respectful to others? •responsible for yourself? •proud of your actions? •kind to others?

www.charactersofcharacter.org

*way to reach children and help them internalize the nine traits that we focus on. The nine Characters allow children to identify a specific trait tied directly to a fun unique character."*

Characters of Character was recognized with a National Promising Practice Award given by the Character Education Partnership and has been enjoyed and used effectively in schools, libraries, park districts, and with many other groups and organizations.

The Characters of Character organization has developed and offers:

- Over 30 books for parents, educators and facilitators (available on Amazon, Barnes and Noble and Books-A-Million)
- T-shirts that feature the nine character traits
- Fun painting kits that kids really love to work on together
- Real time presentations and workshops for your organization



*"I highly recommend Joni's Character of Character program. This program is unique because Joni has developed characters that*

*are appealing to children of all ages. Characters of Character strives to provide a firm foundation for children to establish strong civic values. These values can assist in social emotional learning, good decision making, positive relationships and self-awareness. Children learn about a specific positive character trait through story time and painting."*

*Jane Khaytin, Youth & School Services Librarian, Vernon Area Public Library*



For more information on available materials and programs go to [www.charactersofcharacter.org](http://www.charactersofcharacter.org)

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 urogenital tract (bladder infection – UTI, incontinence, sexually transmitted disease, sexual disfunction)  
 migraines & allergies • anxiety & depression • eye infections  
 dermatology (rash, warts, acne, scars fading, etc.) • ear-nose-throat (ENT) & sinus infections

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# Wheaton

By Stacey Nunez

Situated 26 miles west of Chicago, Wheaton is home to 53,000 residents with the median age of 37 and household income of \$84,980. A town rich with history and considered the safest city in Illinois, Wheaton offers a variety of family-friendly amenities including a bustling downtown area, a highly ranked library, exceptional schools, a zoo, and long tradition of residents giving back to their community.

According to the city's website, Wheaton was first settled between 1837 and 1838 by a trio of men, two with the last name of Wheaton, that traveled from New England and claimed hundreds of acres of land in northeastern Illinois.

Mr. Wheaton offered up some land to be used for a railroad and shortly thereafter a sign "Wheaton Depot" was posted giving the town its name. Today the Union Pacific/West line stops twice in town including a downtown station.

When Holly Schulz, Human Resource Director for the City of Wheaton, and her husband were looking to make the move from Chicago to the western suburbs an easy commute to the city topped her list.

"Location was a huge factor and having a train station was key," said Schulz who at the time commuted to Chicago for work. "Wheaton's stations have ample parking so you don't have to live within walking distance to use the train."

Recently rated 6th in the nation for the safest city in the country, Wheaton received the highest ranking in Illinois and the first city on the list representing the Midwest.

"We have great police and fire departments," says Schulz who's role for the town includes helping recruit first responders. "There's a real sense of community pride here - they care about their town and the people that work and live here."

A happening downtown area with lots of family-friendly activities is what also attracted Schulz to Wheaton.

Downtown Wheaton has an endless mix of retail stores such as yoga studios, salons and music shops, as well as restaurants for all foodie palettes including pizza, Asian cuisine, bagels, American fare, coffee shops, breakfast spots and only since 1985 - bars.

Wheaton was a dry town for 51 years starting in 1934, when prohibition ended the year before. During this time there were no bars in town and none of the restaurants or grocery stores sold liquor. Fast forward to today and Wheaton has its fair share of drinking holes and bars including a brewery that celebrates the town's history with its name - Dry City Brew Works.

Shoppers walking around downtown Wheaton can take in plenty of historic sites. The Grand Theater was built in 1925 and is on the National Register of Historic Places. The theater is currently under restoration but hopes to open again some day to host performing arts programs, concerts and movies. Donations can be made to the Miracle on Hale Street to help with the restoration costs that are estimated between \$5 to \$6 million.

One store downtown that has taken up residence in Wheaton since the

1920s may have earned the title for the narrowest store in the Chicagoland area. The Little Popcorn Store on Front Street has set up shop in a space that was formerly an alley between two buildings and only measures 49 inches wide by 60 feet long.

The Downtown Wheaton Association hosts many events year round including a farmers market called the French Market that runs every Saturday in April through November, a chili cook-off, Boo-palooza to celebrate Halloween, lots of Christmastime activities and the Wine & Cultural Arts Festival.

"The downtown always has something going on and it's a great way to meet people and learn more about the local businesses," said Schulz.

There are a number of women-owned stores locally including Suzette's Creperie, Moore Toys & Gadgets, Kimmer's Ice Cream, Prairie Path Books and The Perfect Thing.

Wheaton schools are top notch and perhaps its most famous fixture is Wheaton College renowned for its liberal arts education. In 1859 Warren Wheaton became the village president and donated some land to the Illinois Institute, later renamed Wheaton College in his honor.

Today Wheaton College offers more than 40 undergraduate degrees and 18 graduate degrees in various fields of study. There are 2,400 undergraduates and 500 graduate students currently enrolled at the Christian college.

Known as one of Chicago's most conservative suburbs, Wheaton has 45 churches and an additional 30 places of worship in unincorporated areas. There are reportedly more than forty denominations worshipped.

A notable attraction not many suburbs can claim is a zoo. In 1973, one of Wheaton's residents donated land to the Wheaton Park District in honor of a relative. That land was turned into the Cosley Zoo and is home to farm animals, Illinois wildlife and a center for animal education. The zoo maintains 20 exhibits, housing more than 125 animals that represent over 50 species such as fox, raccoons, vultures, goats, snakes, birds and turtles.

In addition to the zoo, the Wheaton Park District, which has received the National Gold Medal Award for Excellence multiple times from the National Park and Rec Association, manages 52 parks covering more than 800 acres in Wheaton.

The Wheaton Public Library is one of the top libraries in the nation. Over the years it has undergone several renovations including the addition of a small restaurant called Cafe on the Park.

"The library offers a variety of free programming for kids young and old and it's a wonderful resource in town," said Schulz.

Moving to Wheaton was an easy decision for Schulz as it checked off all the boxes on her criteria - close proximity to Chicago via train, an active downtown with lots to offer, great schools, parks and library, plus the added bonus of a safe community that is welcoming to residents and visitors alike.

"It has everything we wanted and more!" Says Schulz. Something the Wheaton family would be very proud of.

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**Recently rated 6th in the nation for the safest city in the country, Wheaton received the highest ranking in Illinois and the first city on the list representing the Midwest.**

# Wheaton

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Seneca Health Center and Dental Clinic  
450 Dundee Ave.

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Friday – Saturday 8am – 5pm

Randall Health Center

1435 N Randall Rd., Suite 410

Inside Advocate Sherman

Medical Offices Building, 4th floor

Monday 3pm – 7:30pm

#### **Hanover Park**

Lake Health Center

1515 E. Lake St., Suite 202

Inside the AMITA Health Building, 2nd floor

Monday – Friday 8:30am – 5:00pm

#### **Streamwood**

Streamwood Community Health Center

135 E. Irving Park Rd.

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Friday – Saturday 8am – 5pm

#### **McHenry**

McHenry Community Health Center

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Friday – Saturday 8am – 5pm

#### **Wheeling**

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300 McHenry Rd.

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Friday – Saturday 8am – 5pm

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# Part 1: WHERE DO YOU WANT TO GO?

by Carol A. Wirth

**H**ave you ever come home from a long awaited vacation feeling taken advantage of or disappointed? Do you want to take a better vacation this year? This series of articles gives tips to eliminate some of the reasons a trip didn't meet your expectations. I've taken 132 trips and seen 193,000 miles. Let my experiences give you realistic data. My tips will show you how some research and minor changes can make your vacation more enjoyable and save you time, money and frustration.

Are you undecided where to go? My top 10 personal favorite destinations are Alberta, Canada - Arizona - British Columbia, Canada - California - Colorado - Hawaiian Islands (Kauai, Hawaii and Oahu) - Kentucky - New Zealand - Oregon - Utah.

How long is your trip? What is your budget? Some destinations do cost more money than others do. Are you driving, flying or both? Will you take a tour? What fun things do you want to do?

Contacting state or country's tourist board can help you narrow down choices. A few are below:

California - 800-862-2543 or 877-225-4367  
<https://www.visitcalifornia.com>

Colorado - 800-433-2656 kit only or 800-265-6723 or 800-265-6723  
[www.colorado.com](http://www.colorado.com)

Hawaii, Hawaii - 800-648-2441 or 808-923-1811 or 800-464-2924  
[www.gohawaii.com](http://www.gohawaii.com)

Kauai, Hawaii - 800-262-1400 - [www.kauaii.com](http://www.kauaii.com)

Kentucky - 800-225-8747 or 502-564-4930  
<https://www.kentuckytourism.com>

Oahu - 877-525-6248 - [www.lonleyplanet.com](http://www.lonleyplanet.com)

Oregon - 800-547-7842 - [www.traveloregon.com](http://www.traveloregon.com)

Utah - 801-356-9077 or 801-538-1030 or 800-200-1160  
or [www.utah.com](http://www.utah.com) - <https://www.visitutah.com>

Foreign country contacts can be found at Connected International Meeting Professionals Association at [www.cimpa.org/tourist\\_offices](http://www.cimpa.org/tourist_offices). Tourist Boards can provide maps, sites, lodging, restaurants, facts on life and photos. Brochures and photos can be saved for your scrapbook. Will you experience power outages and need a candle and matches or a mini flashlight? Will you need toilet paper because theirs isn't soft enough or is rationed? Do you need mosquito repellent because windows don't have screens?

What is a typical day in the foreign country you are considering? What's usually on the menu and when are meal times? Are shops or sites closed during midday? These little things are what I *do* want to know before my trip so I can mentally and physically prepare for them. They are not the kinds of surprises I enjoy.

Remember each destination wants you to visit and will say theirs is the best. Photos *do* lie as I found when I was in Tahiti and found poor quality beaches due to hurricanes years earlier. It was quite a shock. You can't believe postcards either since new technology makes deception easy. For example, I found an Italian plaza postcard that looked great only to

find I was standing in the exact spot the picture had been taken. I had not recognized it immediately because the color of the buildings had been 'enhanced' making the scene look very different from the lighter colors that was there.



Explore  
dream  
discover

Spending time doing some research can help ensure your expectations will be met. Most libraries carry travel magazines. A few of the more popular ones are *Afar*, *Backpacker*, *Budget Travel*, *Caribbean Travel and Life*, *Coastal Living*, *Conde Nast Traveler* ([www.concierge/cntraveler.com](http://www.concierge/cntraveler.com)), *Cruise Travel*, *Destinations, Islands* ([www.islands.com](http://www.islands.com)), *National Geographic* and *National Geographic Traveler*, *International Living*, *Outdoor Life*, *Robb Reporter*, *Sunset*, *Travel 50 and Beyond* ([www.travel50andbeyond.com](http://www.travel50andbeyond.com)) and *Travel and Leisure* ([www.travelandleisure.com](http://www.travelandleisure.com)) and *Wanderlust*.

Note what slant the article takes since their articles might also be more propaganda than reality. Are their details or ratings? For example, how many sources rate a site a 'must see'? It's wise to do more research on destinations that differ greatly from those here in Illinois. Check out additional websites, brochures, Chamber of Commerces or Consumer groups.

How you want to spend your vacation will also help determine your destination. Are you interested in airplanes, beaches, caves, hiking, home tours, national parks, shopping, snorkeling, etc. Library books or Internet research can help you find the "best of the best". Can you watch travelogues or travel programs? What destination's history, scenery or sites did you like best?

Do you enjoy Rick Stevens' Europe television programs or newspaper column? Newspaper travel sections provide current information including upcoming events. For instance, based on a few lines in my local newspaper I traveled to Ohio to attend a Doolittle WWII reunion event. Newspaper complaint columns give solutions to common travel problems. Traveler alerts and warnings appear in newspapers and on government sites. The Bureau of Consular Affairs / Citizens Emergency Center / Overseas Citizens Service / State Department of Overseas Services / U.S. Foreign Disaster Assistance all can be found at the Internet website of <https://travel.state.gov>. The information they provide is often free and includes general country information and passport and VISA information. All sites provide useful things to know before choosing a destination.

Your research or armchair travel can be fun and motivate you to travel somewhere new. I visited New Zealand after seeing its exhibit in Hawaii's Polynesian Cultural Center. Can a friend tell you about their trip/s? Most travelers love talking about their experiences. See what destinations they recommend. Find the tour company, resorts and sights they especially enjoyed. Let their personality or personal experiences help you choose a travel destination that is best for you. Good luck with your research finding great vacation destinations.

*Carol A. Wirth is the author of 11 ebooks including HOW TO TAKE A BETTER VACATION - SAVE TIME, MONEY AND FRUSTRATION. This ebook, filled with tips and links, helps readers make better decisions. Ebooks can be previewed and purchased at kobo.com. Using ebooks is easy with a quick download of programs, like adobe digital systems, that allow readers to read ebooks without buying a reading device.*



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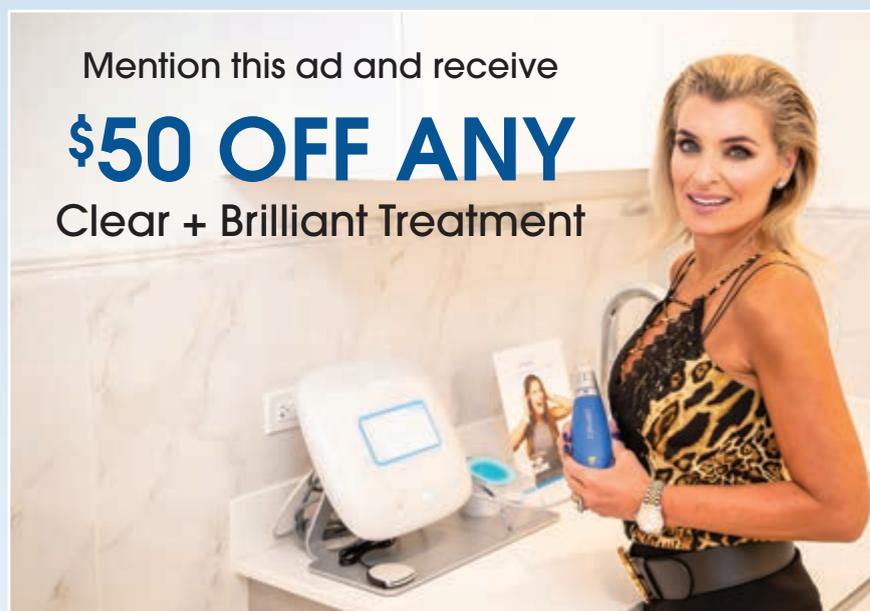
– Jennifer Aniston



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# ORAL CANCER: AWARENESS CAN SAVE YOUR LIFE

Oral cancers have up to a 90% survival rate when found at the early stages of development. Yet, death rates within the first five years of diagnosis continue to rise well over 50% due to a history of late-stage discovery. This is not necessarily related to the difficulty of finding oral cancers, but to the lack of public awareness and national screening opportunities that could drastically increase early diagnosis and survival rates. That said, **knowledge and responsiveness is key.**

Brian Hill is a stage IV oral cancer survivor and Founder and Executive Director of the Oral Cancer Foundation. The start of this now nationally-recognized non-profit organization was rooted in a mission-driven yet simple idea to launch a website that fostered oral cancer education and awareness. Brian has been through the fire and wanted to not only help others going through oral cancer diagnoses and treatments but have a hand in thwarting the unnecessary rise of these diseases. He also created an online support room to allow those currently battling to connect with other survivors, ask questions, and air out concerns.



"Oral cancer is growing very fast because risk factors aren't changing and people don't have enough information," Brian said. "It's a problem that needs attention and ongoing awareness is very important."

We tapped into Brian's extensive first-hand knowledge, his expertise derived from science and medical resources, and education offered by the Oral Cancer Foundation to offer this initial guide to *General Oral Cancer Awareness*.

## What are the types of oral and oropharyngeal cancers?

Oral cancers are those found in the front of the mouth, tongue, and lips and are typically more easily recognized and/or felt by the individual or a dental professional.

Oropharyngeal cancers are those in the back of the mouth that are harder to detect and often go without symptoms, such as tonsil cancer, voice box cancer, and throat cancer.

## What are the causes?

According to the Oral Cancer Foundation, there are two prominently distinct causes of oral and oropharyngeal cancer. **One** is tobacco and alcohol use, a historically large problem and source. The **second** is exposure to the human papilloma virus version 16 (HPV-16), a relatively newly-identified cause often associated with cervical cancer in women. A less-common **third** category are those cancers with no recognized cause, currently believed to be related to genetics or unidentified risk factors.

## Who is at greatest risk?

Historically, most people are over the age of 40 at the time of oral and oropharyngeal cancer discovery. But with a rise in sexually-transmitted HPV, occurrences in non-tobacco users in younger age groups are becoming more frequent.

Of course, tobacco use of all kinds significantly increases risk. Even safer alternatives to smoking that are filling the market today are *not* proven to be safer when focusing on oral and oropharyngeal cancers. High alcohol consumption also puts you at greater risk of developing one of these cancers.

## How do I screen for oral cancer and what do I look for?

CheckYourMouth.org was launched to support the early detection of oral cancer by promoting routine self-examination. Using just your fingers, a mirror, a light source, and a piece of gauze, the site explains in greater detail how to evaluate the neck, jaw, mouth, tongue, cheeks, tonsils, and throat once per month. Though cancers can present differently,



according to the site, the main red flags to feel for around your neck and jaw are: distinct difference from the other side, firm, doesn't move easily when pushed on, enlarged, swollen, and *painless*. Inside your mouth, look for hardness, discoloration, texture change, and disproportionate tonsil size. Most issues in the mouth heal in about 10 days to two weeks. So, if any of the above descriptors ring true for *more than two weeks* or show rapid change, you should see a dental professional, according to Brian, the Oral Cancer Foundation, and CheckYourMouth.org.

## Since it's not as easily detected, what are the symptoms to look for in oropharyngeal cancers?

Back of the mouth cancers don't typically have visual cues, but the Oral Cancer Foundation lists these *chronic* symptoms as possibilities of oropharyngeal cancer:

hoarseness, sore throat, difficulty swallowing, and numbness around the face or neck.

Just as we are taught to do routine breast and skin examinations for detection of early and even pre-cancerous stages, we should be doing the same regular screenings for oral and oropharyngeal cancers. Brian offers this balanced advice: "You want to make sure your response is proportionate to the risk," he said. "Eighty percent of things found in the mouth are *not* cancer. But your awareness could very well lead to the discovery of something curable and truly save your life."

**OralCancerFoundation.org** and **CheckYourMouth.org** are phenomenal websites providing expansive information on oral and oropharyngeal cancer facts, prevention, screening, and treatment. We encourage you to educate yourselves, your family, and your friends so we, too, can play a part in spreading awareness.

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Now that I've had the procedure, I feel better physically and emotionally. Just a week after getting my new teeth, I thought about dating for the first time in years! There were so many parts of my life I just thought were over, things I hadn't even considered because of how my teeth looked. Now I look forward to being in a social setting. I look forward to getting up, putting on make-up and even getting dressed up.

The improvement in my life goes far beyond my looks and self-confidence. I'm sleeping better and my skin looks better. I used to feel rundown all the time. I thought maybe it was allergies, I didn't think it could have been what was going on in my mouth. Now I feel great! Plus, my cardiologist said I added 10 years to my life because I've cleaned out the decay and bacteria, from of my mouth. I can eat normal, healthy foods again!

Of course, I was nervous about having the procedure because I needed to have teeth removed, but the pain wasn't as bad as I anticipated it would be and I didn't have the amount of swelling I imagined.

I've had a lot of follow-ups to be sure everything was going well and it has been worth every visit. The teams at Always Great Smiles, Glen Ellyn Implant and Oral Surgery Center and the "Artist" at Jade Dental Lab gave me and my smile the custom, personal attention needed to make my smile look natural. They even looked at photos of my smile from before my teeth went downhill. Now I know I will not only stay healthy, but I look great. I wouldn't change anything.

I can eat without worrying about my mouth constantly, wondering if it will hurt to eat something, or even if I can eat something. I can bite into food like an adult, without having to cut it up. I look in mirrors now, rather than avoid them. I'm more myself. I don't have to worry about covering my mouth and being self-conscious when I talk. I'm able to eat healthy foods and I've improved my quality of life.

Always Great Smiles gave me my life back. There's no way for me to even explain how much my life is better now. I'm happier than I've been in years.  
— C - Naperville



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# The Great Cork Vs. Screwcap Debate

by Christina Anderson-Heller, Lynfred Winery

**"Wine is the most civilized thing in the world."  
- Ernest Hemingway**

For centuries the sound of a cork popping has heralded delight. Although now one might add the sound of a twisting cap may do the same. Wine corks have been the popular closure choice since the 1600s when uniformly-shaped glass bottles began being used for wine storage (earthenware was the first storage vessels, dating back to 4100 B.C.). In the past two decades we have seen a movement from natural cork to screw caps, causing much debate among wine drinkers.

**Natural Cork:** Natural cork, wine's oldest closure, comes from wild-growing oak trees known as cork trees, primarily grown in Portugal, Italy and Spain. Cork is a natural renewable product because it comes from the trees that regenerate themselves. Cork has miniscule holes that allows an ingress of oxygen, aging a wine. The problem with cork closures is trichloroanisole, commonly referred to as TCA, a natural compound that at higher levels can impart aromas of mustiness. The term often used for this defect in a wine is 'cork taint' (hence, a 'corked' wine). Testing done in 2005 found upwards to 7% of wines with natural cork showed signs of cork taint.

**Screwcap:** The Stelvin screwcap, or what we simply call 'screwcap,' was created in 1964 by an Australian named Peter Wall (then of Yalumba Winery). The screwcap is relatively new as a wine closure but gained significant interest from New Zealand who bottles over 90% of their wines with this closure. These caps are meant to preserve a wine as pristine or fresh and is often used on wines that should be drunk young. Research is still being done to determine if wines can truly age with screwcaps. There are many countries that forbid screwcaps, including many regions of Spain.

**Synthetic Cork:** These corks are often made of plastic and defy any idea of cork taint; however they are also not biodegradable. They are designed to look like and 'pop' just like a natural cork.

**Plant-based Cork:** The newest category of closures is plant-based and is derived from sustainable, renewable sugarcane-based raw materials. These corks allow for natural oxygen ingress like natural cork without the risk of cork taint.

**Natural vs. Screwcap vs. Synthetic vs. Plant-Based.** There are many closure options for wines in today's world, and there is great wine using all four options. The winery where I work has chosen to use the plant-based corks to eliminate cork taint but has also used natural cork in the past. Next time you open the bottle, I hope the 'pop' means a little something more.

Christina Anderson-Heller is the Marketing Director for Lynfred Winery. Lynfred Winery, located in Roselle, with tasting room locations in Wheaton, Wheeling and Naperville, is Illinois' oldest and largest, continually-operating family winery. All the wines mentioned in this column can be found at Lynfred. Follow her on Twitter and Instagram @lynfredwinery.



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# The Summer Reading Slump: What You Need to Know as a Parent

by Noelle Hoffmeister

As an educator, I'm often asked my opinion about summer reading expectations given that many families want a break from academic rigor in the summer. Now, I get it - I have a family too. And when the school year ends, we all look forward to the slower pace of summer. But while the textbooks and nightly homework go away, reading never goes away. Reading is an activity for life, not just for school. But even in families who recognize that reading is a vital skill that each of us use every single day of our lives, they still struggle with the questions - What is the effect of "taking some time off" from reading? It can't really be that detrimental, can it?

The answer is plain and clear - Yes, it is that detrimental. So detrimental, in fact, that researchers have come up with a name for it - the "Summer Reading Slump".

Researchers have proven that the cumulative impact of the Summer Reading Slump costs a child 1.5 years of reading growth from grades 1 to 6. Think of it, if your child works hard at school every year, but drops reading each summer, he or she will be a year and half behind his or her peers as they graduate 6th grade. That's the best case scenario. Let's say your child struggles with reading and wants to take a break from reading (which is typical of students who struggle). In that case, researchers say that the lowest students fall even farther behind, creating a larger gap between their ability and that of their peers. Catching up, while not impossible, is hard. Really hard. The longer the family waits, and the older the child, make catching up just all the more difficult.

Even more troubling is that after grade 7, students lose 36% of their reading ability each year due to dropping reading in the summer, which means that from elementary to middle school, the trend increases. And from middle school to high school, studies show that students tend to read even less.

This, as parents, should frighten us.

## What Does This Mean for My Child?

It means that your child should read every day. Let me clarify. Your child should be reading, not just holding a book, but engaged reading for 20-30 minutes a day for grades K-12.

Research indicates that most kids read less than 10 minutes day- not even enough to "exercise" the reading muscle in the brain! For those of you who have children who won't read- it's probably because it's hard for them. If your child struggles to be able to make themselves read, read to them. Everyone loves being read to. Choose a book they're interested in, acquire a copy for each of you, and read aloud while they watch the words. Researchers have noted that interest trumps readability. As you read, have a conversation. Talk about what you're reading. What questions do you have? What are you reminded of? What pictures are in your mind? When we read a book as adults, we share ideas and preferences. These conversations will

let your child see the joy and value of reading. And that's half of the battle.

## What Does This Mean for Me?

You, Parent, are of the utmost importance to this process. Your kids are watching you to see if you read. If parents don't value and take time to read, why would a child? Children will always do what they see, not necessarily what they're told. Be a model for your child. Read with them and show your love of the process. Just giving a child a book and telling them to read isn't enough. There has to be an exchange of ideas for the reading to have value.

## How Do I Find Books for My Child to Read?

There are many sources for finding good text. The first source is your teacher. He or she should know your child's reading ability and be able to give you a list of titles. Other great sources are librarians, friends, and other parents. Additionally, if your child's school uses NWEA MAP assessments, he or she can plug in their RIT score to [yourreadingpath.com](http://yourreadingpath.com), and the site will come up with pages of titles and covers to choose from in all different genres from science to graphic novels. Read with your child at least for a time to make sure he or she is able to read most of the words on the page and discuss it.

## The Bottom Line

Reading ability has been proven time and time again as an essential tool for success in school and beyond. Let's not shortchange our children by dropping it in the summer. Let's encourage them to see that reading is more than an exercise for school, it's a skill for life.



**Noelle Hoffmeister**  
Curriculum Coordinator,  
Instructional Coach  
Harvest Christian Academy, Elgin



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## Has Your Life Been Affected by Someone Else's Drinking?

If you have, you certainly are not alone. The problem is that alcoholism *"is the only disease that denies itself"*. No one wants to admit that something is a bigger problem than they can manage. Also, the drug, whatever drug it is, becomes so important that the addicted individual needs to protect the supply. Discussing the issue calmly becomes impossible because they often get irritable and unreasonable. Family members start to feel "crazy" and focus all their attention on the addicted individual, neglecting friends, family and their own health. Years ago there was a commercial for Alanon. The commercial began with a typical alcoholic family scene with an intoxicated person and a very distressed and tearful spouse engaged in an argument. The tag line said, *"Alcoholism, you know what it's doing to them but do you know what it's doing to you?"*

Alanon Family Groups were started by Lois Wilson, wife of Bill Wilson, co-founder of AA. In 1935, when Bill Wilson and Dr. Bob began the fellowship of AA, they were busy helping other alcoholics. However, the spouses were still left alone to manage the children, the household and the finances. Different aspects of the same problem. They needed their own support to recover from the impact of the disease of addiction and Alanon was born.

How do you know if you are impacted by someone's drinking according to the Al-Anon website:

The following questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone drinks?
2. Do you tell lies to cover up for someone else's drinking?
3. Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
4. Are plans frequently upset or canceled or meals delayed because of the drinker?
5. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
6. Have you been hurt or embarrassed by a drinker's behavior?
7. Are holidays and gatherings spoiled because of drinking?
8. Do you search for hidden alcohol?
9. Do you ever ride in a car with a driver who has been drinking?
10. Have you refused social invitations out of fear or anxiety?

Although our understanding of addiction has widened through clinical and brain research over the years, the impact of loving someone with a self-destructive disease remains the same.

When do you ask for an intervention? My response is whenever you realize it's a problem. Here's a few things we have learned over the years:

1. Support Networks usually ask for an Intervention after all options have been exhausted.
2. The Support Network does not know how to communicate with the Addicted Individual to make a difference.
3. The Addicted Individual has usually not hit their "bottom" and may be resentful at the Intervention.
4. The initial stage of an Intervention is to establish an agreement to talk.
5. An Intervention is a process with the goal of the Addicted Individual entering some form of treatment and the Support Network to begin their own recovery. Depending on the severity of symptoms the AI displays, this may mean immediate entry into a facility or ER.

If you have a situation you'd like to discuss, please call Riverwalk Counseling Center at 630-848-0445 and ask for Char Scott, LCSW, CADC, CIP. This is a free, confidential phone call to see if we can help you and your loved one.



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# Comfortable, Timeless and Flexible

Home is where the heart is... and the place where individuals and families get to express themselves in colors, furnishings, lighting and layout. Patricia Schier from Schier Design in Algonquin has an incredible flair for translating her client's style and preferences into comfortable, practical and beautiful homes – whether that be a single-family home, townhome or condominium. Patricia also works in commercial space whether that be new construction or rehab of an existing structure.

Patricia holds a bachelors degree in design and has a background in real estate. She's at home in homes! She is passionate about getting to know her clients and building a relationship that enhances their work together. Her priority is creating spaces that reflect her customer's needs for affordable comfort and style while integrating the practical considerations that her clients need to function well in their homes.



*flexibility as tastes change. Clients really enjoy including unique elements in their homes that might include an amazing piece of art, a luxe fabric, a repurposed item or antique. Homes tell a story about who lives there and I love being a part of expressing that."*

### Getting Started on Your Home

Most people like certain aspects of their home, favorite pieces or accessories that have aesthetic or sentimental value. Patricia works with clients to help set priorities about where design can have the greatest impact and where to invest in making changes. Patricia shares **"I recommend that my clients be selective in where they**

**choose to focus so that those investments have the highest impact. Maybe it's a custom sectional, tailor made window treatments, or an exceptional area rug. At the same time, beautiful elements have to serve the client's lifestyle. Floor finishes and rugs for families have to be practical and easy to clean. There are so many choices for materials now used in rugs and fabrics for high use areas that don't fade and are impervious to stains. It's not great design if the elements don't work for the client's lifestyle or are too fragile."**

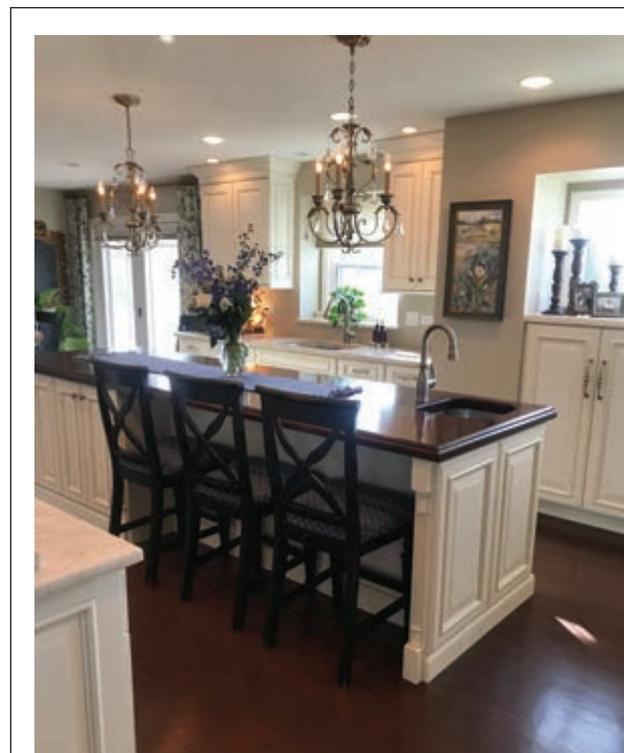
### Update, Refresh, Renew

Spring is a great time to take a fresh look at your home. Maybe it includes the most utilized area of your home, or maybe it's just a room you have been longing to change. Patricia at Schier Design looks forward to helping you set the direction for your home and bring new life to your spaces!

**Contact Patricia at Schier Design 847.710.5026  
Patricia@schierinteriordesign.com**



Patricia shares **"Busy professionals and families want beautiful spaces that are comfortable, timeless and have flexibility for their lifestyle. I make sure that our work together creates a result that is both attractive and functional. Whether my client prefers, modern, classic, eclectic or bohemian, my specialty is representing their taste well and guiding a process that will serve them for years to come yet allows for**



### Patricia shares what she sees as the "Top Trends" for design in 2019

- Farmhouse elements are still going strong
- Mid-century modern has increasing appeal especially for millennials
- Mixing and layering textures is popular including linen, leather, velvet and fur
- Selective use of jewel tones are returning including rich greens, reds and blues
- Painting walls and trim the same color is growing in popularity
- Pastels are trending – replacing whites to include soft pinks, blues and greens
- Bold tile accents in baths and kitchen
- Moroccan tiles, Bohemian or natural accents, exceptional rugs as features
- Use of healthy green plants as accessories have returned!
- White kitchens with high contrast that might include a rich island color or backsplash
- Quartz and marble are winning over granite
- Brass has returned in matte or burnished finishes

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# ASK Kay THE GARDENER!!!!!!!!!!!!

OK, LADIES! Oh, and Gentlemen too. (Look, I know you guys read my column all the time because you send me questions.) Almost Summer is upon us and now we will take the lists I told you to make... You did make them, didn't you? Of course, you didn't. No spanking over that gaffe.

Oh, and are you admiring ALL the bulbs flowering so gloriously in your neighbor's yard? Remember I TOLD you to buy all the bulbs you could lay your hands-on Last Fall and plant them. Nobody listens. Just remember: Bulbs that flower in the spring Have to be planted in the fall. It's a very hard lesson to learn for many of you. Enough scolding. We'll just move on from there.

Anyway, it is time to whip the ol' yard into shape 'cause summer is coming. Sure, you can rely on the yard guy for advice, and I'm sure he will have decent advice for you but come on. Now is your time to experiment, experiment with the kids-YOU are in charge of teaching them that milk comes from cows and French fries grow under the dirt. (Uh, Mom, potatoes grow on vines under the dirt!)

## ANNUALS and CONTAINERS FOR ANNUALS

There are just a few general rules for containers that will help you love your containers more.

**Picking Plants:** Combine flowers and foliage, about three or four flowering annuals with one tall, good-looking leaf thing. Don't be afraid to pop some unusual plants in there too. Curly parsley's dark green color is dynamite again bright colored annuals. Keep those basil plants trimmed in a shapely manner and they will be delightful with flowering annuals in pots. Are you getting this picture? You'll be adding your herb cuttings from your containers into sandwiches when you make lunch. Those containers will still look fabulous. Herbs in containers mean only a really tall bunny can reach them. A sight to behold is Mr. Bunny on his hind legs nibbling out of your containers!

Just so you know, remember that plant material should be approximately twice as tall as your container. Do not be shy about doing your containers yourself. Believe me, there are no right or wrong combinations...ever.

You can do this. Mix those crazy colors with texture. Don't forget to get a little advice from your garden center about which plants may have different growing conditions. In other words, don't mix plants that need lots of water with foliage that likes it dry, stuff like that, because then your success cannot be guaranteed, and you will come crying to me with the "Failure" word fresh on your lips and we can't have that!

A really goofy container you may want to ferret out is ...wait for it! It's a Potato Growing Can! And this is exactly how you're going to teach the kiddies and possibly yourself where potatoes come from. Potatoes grow underground. Normally you buy seed potatoes, cut them into pieces, let them dry out for a few days then put on your farmer pants, dig a hole and pop a few of the seed potato pieces in there. Cover with just a couple inches of soil. As the plant starts to grow, start welling up the dirt around the plant, slowly filling the hole to the top with dirt. The potato plant will ...get this, BLOOM! Then slowly die back. This is when you know your potatoes will soon be ready to dig. That is a quickie potato class, so you have a general idea of what growing potatoes in a garden is like. When you buy the Potato Growing Can you will read the Instructions carefully and do what they tell you. YUM! Pommes Frites!!!

These days you read a lot about the need for humans to keep their pollinators happy. You may not know that much of our food supply is dependent on these guys. So, who are they and what can we do to help them?

Pollinators are anything (think honey bees, wasps, butterflies, flying bugs, etc.) that flies from flower to flower covered with dusty yellow pollen, which rubs off a bit in each flower visited, causes fertilization and then we get fruit! A crazy system, but that is how much of our food is produced. Just so can hold forth a bit on this at your next cocktail party... Fact: honey bees come from Europe-not native. We have a number of different kinds of native bees, but they are solitary, do not make tons of honey and live all alone.

Many insects, bees and pollinators, in general, are declining. Farmers all over the Midwest use pesticides, home gardeners use pesticides (and I happen to know you Never read the instructions and use twice as much as you're supposed to). We plant sterile plants that are non-native, we remove all leaf litter around trees and bushes, all bad for our native bugs.

Want to help? You better, or the frig is going to look mighty empty. Use NO pesticides, reduce artificial fertilizer use. Plant native plants. They are meant to grow here in the Midwest, and they have evolved just for our pollinators and soils. Plant as many varieties of native plants as possible (this is plant diversity). You don't like the same thing for dinner every day and neither do our bug friends. Try to have a yard of flowering plants from early spring to frost. Hybrid plants have very little pollen. Leave leaf litter and grass clippings around your plants and yard as mulch. Herbs have lots of pollen and are very attractive to pollinators. Tasty, for humans too.

Check out these Friends to Pollinators- the Conservation Foundation's website and specifically



their Conservation At Home program. Another informative one is Illinois Audubon. Both of these groups do "Garden Certifying" meaning you answer some questions about your yard that hopefully shows it is "Nature-Friendly," give them a donation and they will certify your yard as a haven for nature and our pollinator friends. Then they send you a cool sign to proudly display in your flower beds that announces to the world that you support nature!!

Also, a lover of pollinators are my friends at Chicagoland Gardening Magazine. Chicago advice, Chicago gardens, real Chicago gardeners, all digging in the weird clay soil, just like you. Their "Resources Guide" is the Best for helping find a plant nursery near you or with your specific needs or interests.



2' tall orange butterfly weed (asclepias tuberosa) Not invasive. Mark this perennial well as it tends to come up late.



2' tall yellow butterfly weed (asclepias tuberosa) "Hello Yellow" perennial, not invasive

butterfly garden projects, make your home gardens more butterfly/pollinator friendly, you'll see publicity I've received on behalf of butterflies, all good positive stuff, not to mention my old TV shows which can be used for programs by groups, learn how to get milkweed seed samples, pretty milkweed packets and/or bulk common milkweed that is free to anyone with big acreage who wants to get milkweed started. Whew! Longest sentence ever. And don't think I don't talk in person that way. Haha.

There is much to do, People, and YOU will help me do it. First: You will share All this information and help with your kid's teachers and schools. Second: All that female monarch butterfly wants in your yard is a couple of milkweed plants on which to lay her eggs so when she flies through, legs crossed, hoping for a milkweed plant (Monarchs ONLY lay their eggs on milkweeds, you know) she will be delighted to find those plants in your yard. (Check out the pictures of my favorites which are Not aggressive.)

**ATTENTION HOMEOWNER: SWAMP MILKWEED AND BUTTERFLY WEED ARE NOT INVASIVE!!!** Pink swamp milkweed and white swamp milkweed (Ice Ballet.) and orange butterfly weed, and the gorgeous Hello Yellow are NOT invasive!!!!!! Common milkweed (Asclepias syriaca) IS an aggressive plant and best planted in big fields.

You and your kids will learn how to raise caterpillars in your house. Left outside, something always eats them. As a matter of fact, if left outside there is a 90% chance they will be eaten. No, Mom, you don't need to touch them. I assure you, this will turn out to be the most fascinating, crazy hobby you have ever become part of. My website will teach you how to do this and you'll see the most adorable caterpillar wandering around my Home Page. Should we name him? Probably not.

Well, Dear Readers. You know I am your most irreverent Garden Writer. Love to save you money, love to get you to try crazy stuff, love to introduce you to new things you have never heard of before. Plus, I am the last person on earth to tell you ...if you call me, I will call you back. So, contact me with your queries, I am...

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I love to help!

You know your Favorite Garden Writer is a Butterfly Maniac, specifically harping on monarch butterflies and how to help them. Well, we are coming into Butterfly Season, and that means... For Monarchs- Plant Milkweeds and for black swallowtails, have an area of dill (dill is an annual- just throw a packet of dollar store seed in that area every year) or fennel (fennel is a perennial. Buy it at a garden center) and both are swell diced into your evening salad.

Help other butterflies. Plant Dutchman's pipe vine for the Dutchman's pipe vine swallowtail to lay its eggs on, spicebush for spicebush swallowtails, tulip trees for tiger swallowtails, pussytoes, pawpaw trees-all great host plants (meaning plants certain butterflies will only lay their eggs on.)

To Help You Help Butterflies More, Gardener Kay Has A New Solution!

The Husband (Is there anything he can't do??) has put together a new web site for me that will help YOU find the butterfly information you want and need easier. Isn't he clever? So, go to...www. MilkweedForMonarchs.info and you will see my YouTube video, you'll see photos of the plants you need and want, you can download literature I've written just for you, you can ask me questions, get help for your kids' classroom butterfly studies and



2' tall pink swamp milkweed (asclepias incarnata) Monarchs love all milkweed equally



3' tall swamp milkweed (asclepias incarnata) "Ice Ballet" Not invasive

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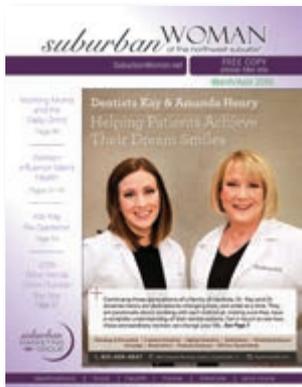


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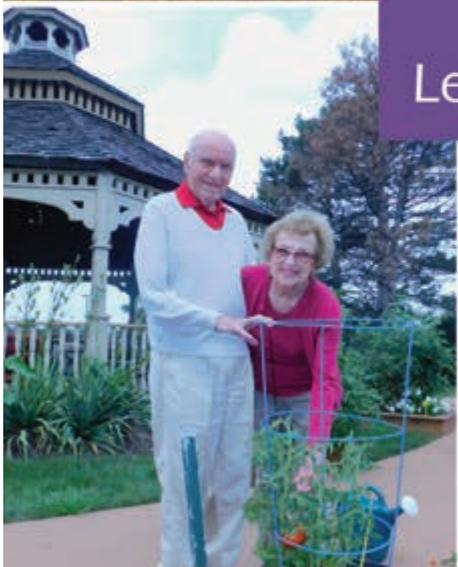


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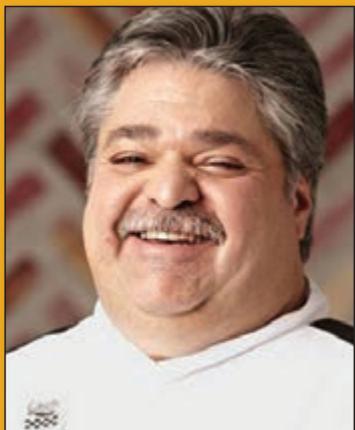
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## Sausage Pasta

### Ingredients

- 3/4 pound pasta
- 1 tablespoon olive oil
- 1 pound spicy Italian sausage
- 1 onion, chopped **White Onion, Large**
- 4 cloves garlic, minced
- 1 (14.5 ounce) can chicken broth
- 1 teaspoon dried basil
- 1 (14.5 ounce) can diced tomatoes  
**Muir Glen Organic Diced Tomatoes  
Fire Roasted**
- 1 (10 ounce) package frozen chopped spinach
- 1/2 cup grated Parmesan cheese

### Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.
2. In a large skillet, heat oil and sausage; cook through until no longer pink. During the last 5 minutes of cooking, add onion and garlic to skillet. Add broth, basil and tomatoes with liquid.
3. Cook over medium heat for 5 minutes to slightly reduce. Add chopped spinach; cover skillet and simmer on reduced heat until spinach is tender.
4. Add pasta to skillet and mix together. Sprinkle with cheese and serve immediately.

*Enjoy!*

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## FIGHT WITH HEART *Written By Delilah Matos*

Living a great life can sometimes seem like a constant fight. No matter what issues you're facing, there's an underlying truth that applies to all of us — we have to learn how to fight wholeheartedly for what we want. Yes, whole-heartedly. Things will not just happen on their own. I'm not sorry to break it to you, but a wish is not enough.

We need a plan, determination, and to be willing to put in the work. Maybe you are fighting with waking up on-time, for spending quality time with family, with what to do with your business, with your finances, or maybe with ways to better your health. Whatever the case may be, there is hope for you. How do I know? Because, you will never fight for something you don't truly care about. If you want it bad enough you will fight wholeheartedly for it.

The fact that you are wrestling around with "it" and fighting for good change in your life, says that you want to become better in your knowing needed area of change. Striving to become better is the best start that you could have ... to change. It means you are ready to start fighting with heart, with ALL of your heart.

**Here are ways you can be better prepared to fight with Heart for what you want right now:**

- Be yourself.
- Find common ground.
- Gather everyone together.
- Give hugs instead of handshakes.
- Listen.
- Keep eye contact.
- Ask better questions.
- Become better at remembering names.
- Be a giver of small gifts.
- Find ways to compliment others.

Many times people will wait and take life as it comes to them. But if you already know what you want from life, there's no point in standing around and waiting for it to come to you. Make a plan for action and go do something amazing. Focus on your one top goal, then write that one thing down and take a look at your goal every single day. Once you complete that goal, then write down your next biggest goal and only focus on it. Continue this process one goal at a time and fight for it until it is done. Before you know it, you'll have every goal completed. Doing this will increase your focus and keep you fighting wholeheartedly forward!

Remember, it's not about the time you have, it's more about the focus and determination in your heart to fight for what you want, on a daily basis, that will help you live a life with purpose.

Now, go and fight wholeheartedly for what you want!  
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## How Can Hypnotherapy Help You Reach Your Goals and Grow?

You have probably heard anecdotal evidence of how hypnotherapy helped people lose weight, stop smoking, relax, sleep better, feel better. You might wonder if that is possible? Most of us need to know how something works before committing our trust, time and finances to a "new" technique.

I will explain a little bit about hypnotherapy and how it works so you can decide for yourself if it might suit you.

### What Does Hypnotherapy Do?

Hypnotherapy works by breaking away from the damaging or unhelpful thought processes and habits. You focus your attention on changing the patterns from within and changing them for good. Not just until the next emotional crisis pushes you over the edge.

In other words, hypnotherapy is appropriate if you are seeking a long-term solution to your health and life challenges and want to develop as a person.

### What Doesn't Hypnotherapy Do?

Hypnotherapy does not focus on the past. During your sessions, you are not going to analyze and need to re-live past events and traumas.

### What are Some of the Principles of Hypnotherapy?

Here are some of the principles of hypnotherapy you will learn with your hypnotherapist so you can practice them in your everyday life:

- **Finding your balance:** An experienced hypnotherapist will teach that all you need is already within you. You just need to access it, and it will become automatic. This journey involves getting to know yourself, becoming aware of your thinking patterns, and finding your inner balance. Often, goals such as weight loss are just a welcomed side-effect of this process.
- **Positive thinking:** You need to believe that you will reach your goals. It is better to choose to believe the plan will succeed than to choose to believe it will fail. You will behave in such a way as to bring about your own predictions.
- **The use of positive suggestions:** It is always more effective to use positive than negative suggestions. For instance, if you want to lose weight, instead of repeating *to yourself* "this cake will make me feel sick and fat," use the sentence "I need to protect and respect myself and my body."
- **Imagining the future:** It always helps to project the future image of yourself into your mind. Imagine how you would like to look and behave and attract that future. That image pulls you toward a goal in a more effortless way.

To sum it up, hypnosis is there to help you access what you already possess and use it in a way that can help you build a better life. However, more than one hypnotherapy session will probably be required. You were building negative thoughts and habit patterns for

decades, so the positive ones will need some time to establish. Your muscles do not tone up after a single visit to the gym either, do they?



Steve Cohen is a Certified Hypnotherapist, located in Batavia and Chicago, IL. His specialties include weight loss, smoking cessation, stress management and, pain management, Sports Hypnosis, and Hypnosis for the Caregiver. In 2007, Medvesta Hypnosis Healthcare was founded as a place where high-quality hypnotherapy sessions are offered to individuals facing difficulties as well as their family members and caregivers.

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Choice Award 6 years  
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a row, 2015-2019*

## Looking for Hair Color Ideas for Spring? (Psst...Go Lighter!)



**James Gartner, Owner**

As the weather warms up, it's time to shed your winter look and welcome the colors of spring. Sunny days have many thinking of lighter hair color ideas, but that doesn't mean you have to go blonde. Blonde tones are lovely, but so are painterly pastels, warm honeys, and beachy corals.

**Plus, this month save 20% on your highlight when you book at one of our locations.**

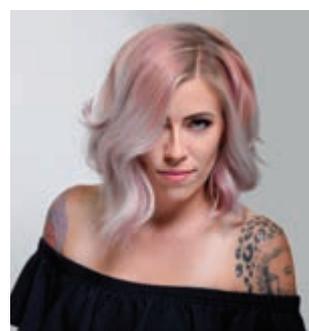
Lighter tones around your face can elevate your style. Just a touch of face framing color can reduce years and up definition, slimming the appearance of your face and adding a playful, youthful feel.



*Face Framing  
Natural Highlights*

Wondering what this means for you? Well, if you have blonde hair, you may opt for some strawberry blonde or sunny streaks. If you have dark long locks and are looking for hairstyles for long hair, think natural caramel

highlights or an eye-catching golden red.



*Go Bold with Color*

Lightening up for spring can also mean pastels, soft blues and pinks. These powdery and light tones are playful and trendy. If you are looking for something more traditional, go with a buttery, honey color, subtler highlights that will still turn heads.

And if you have been admiring rose gold tresses but are looking for something new, try a subtle lilac tone or an ocean coral. **Pantone's color of the year for 2019** is a living coral, so you may see more of this color in hair and fashion in the coming months.

Ready to discuss hair color ideas but are unsure which tone to choose? Chat with a Bii Hair Artist to find the right look for you. At Bii we listen to what you are looking for and are able to provide you with salon hair that fits into your day-to-day lifestyle.

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# Professional Cosmetic Makeup and Electrolysis at It's Beauty and Beyond

Located in the western suburbs of Chicago, It's Beauty and Beyond offers cosmetic services to feel confident and look fabulous. With a variety of services available, from permanent makeup to electrolysis, Marcia McCloud, owner of It's Beauty and Beyond, has the knowledge and experience necessary to provide you with a look you'll love.

## What is Permanent Makeup?

Permanent makeup is a process that adds ink, or pigment, into your skin to maintain a put together look wherever your life takes you, from the gym to the dance floor.

It's Beauty and Beyond specializes in couple different types of permanent makeup. Often people are looking to permanent makeup as a convenience in their day-to-day life. It is easier to wake up with a beautiful, made up look that lasts throughout the day than have to put on a product. Marcia specializes in permanent pigment to enhance eyebrows, eyeliner, lip liner, and lip color.

There are also private uses of permanent makeup. Some guests have scarring and Marcia is able to blend the scar from a facelift through a camouflage technique. Women can also have the areolas of their breast darkened or, in the case of breast cancer survivors, shaped to look more realistic.

## How are Permanent Cosmetic Procedures Performed?

A digital machine is used at It's Beauty and Beyond which allows Marcia to provide different looks, such a powder brow. A powder brow is when the pigment used on your eyebrow is diluted and shaded into the skin, for a softer look.

If a guest is seeking a defined look with individual hair strokes, Marcia uses ultra-fine nano needles. She prefers these to microblading because she finds the nano needles to be easier on the skin.

## Who Benefits from Permanent Makeup?

Everyone! It's a convenient alternative for busy professionals who don't have a lot of time to primp. When you have permanent makeup, it is easy. Your look is always ready to go.

Older people also find it useful if their hands shake and they have trouble with makeup application. Individuals with alopecia, a type of spot baldness, also opt for permanent makeup to add an appearance of eyebrows.

## Are Permanent Cosmetics Really Permanent?

A lot of different factors determine how long your permanent makeup will last. While 3-5 years for permanent cosmetics is typical, many who have their eyebrows enhanced find their powder brows or individual strokes will fade in about 2 years. The fading happens gradually, over time, and how long it takes varies as skin types differ.

When Marcia applies permanent makeup, she is careful to space out the time between appointments. Allowing the skin to heal between procedures is optimal and provides long-lasting results. Also, if you take care of your skin and keep it healthy, exfoliated, and hydrated, your makeup will last longer. Keeping hydrated and taking care of your skin is important.

## How Much Does Permanent Makeup Cost?

The cost of permanent makeup and other services depends on your choices. For permanent makeup at It's Beauty and Beyond you can expect to spend around \$450 for a two-time treatment.

Each treatment lasts 2-3 hours. Marcia is known for booking longer appointments to ensure there is time for discussion. From there, she carefully plans her application and takes time to select the ideal color to complete the procedure. She wants to be sure her

## You Need an Expert When It Is Permanent



### Marcia McCloud

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guests receive the results they're looking for. It is essential everyone is happy with the shape and color choice along the way.

## What Are the Side Effects?

You should find yourself healing within a week, and most don't find the procedure to be painful. If anything, guests describe the feeling as a minor irritant.

Typically, there is more than one appointment. Marcia will go over the aftercare and what you need to do to take care of your permanent make up.

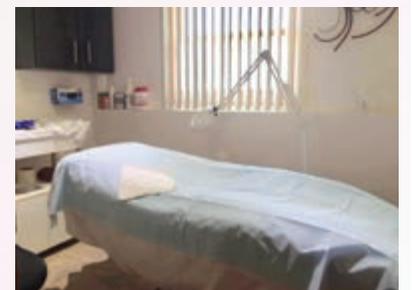
From there, the only restriction is to avoid sun exposure allowing your skin to heal fully. Swimming and sweating needs to be avoided for a short time also. This will allow your skin to fully heal and your pigment to stay true to color.

## Does It's Beauty and Beyond Offer Electrolysis?

Yes! In addition to permanent makeup, Marcia has decades of experience removing unwanted hair, from facial hair to bikini lines and underarm growth.

If you have been tweezing, now is the time to move away from the tweezers and toward electrolysis. Tweezing causes hair to grow deeper and thicker, creating more cosmetic problems over time. Men and women do electrolysis for their unwanted hair on their face and body.

Professionally performed electrolysis is the solution, it removes unwanted hair and is preferred over waxing, threading, and tweezing. How often you need to have electrolysis performed varies from individual to individual. Hair growth is connected to hormone production. So, where you grow hair and how much hair you grow changes throughout your life. Changes in your hormones, such as pregnancy and menopause, will impact hair growth.





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## Jeremiah McDole, PhD – Chief Science Officer

Jeremiah is a 2004 graduate of Berea College. In 2009, he earned a Ph.D. in neuroscience from the University of Cincinnati with a focus in neuroimmunology. Through the end of 2012 he continued his education at Washington University in St. Louis School of Medicine as a Postdoctoral Research Associate in the department

of Pathology and Immunology.

During his academic science career, Jeremiah worked in a broad range of therapeutic areas that targeted multiple human diseases. He has publications related to several disease conditions including multiple sclerosis, encephalitis, stroke, and inflammatory bowel disease.



## Dr. John Rachel – Head of Surgery

Dr. Rachel has more than 15 years of combined surgical experience. He is Triple Board Certified in Head and Neck Surgery, Facial Plastic and Reconstructive Surgery, and Cosmetic Surgery. Dr. Rachel graduated from Michigan State University and then went on to graduate with honors from Wayne State University School of Medicine before completing his

residency at Detroit Medical Center Hospitals and Beeson Cosmetic Surgery Institute.

He is the recipient of numerous awards and honors including The Distinction in Biomedical Research Award, The National Institutes of Health Research Recipient Award and The John Orlando Roe Award for excellence in research.

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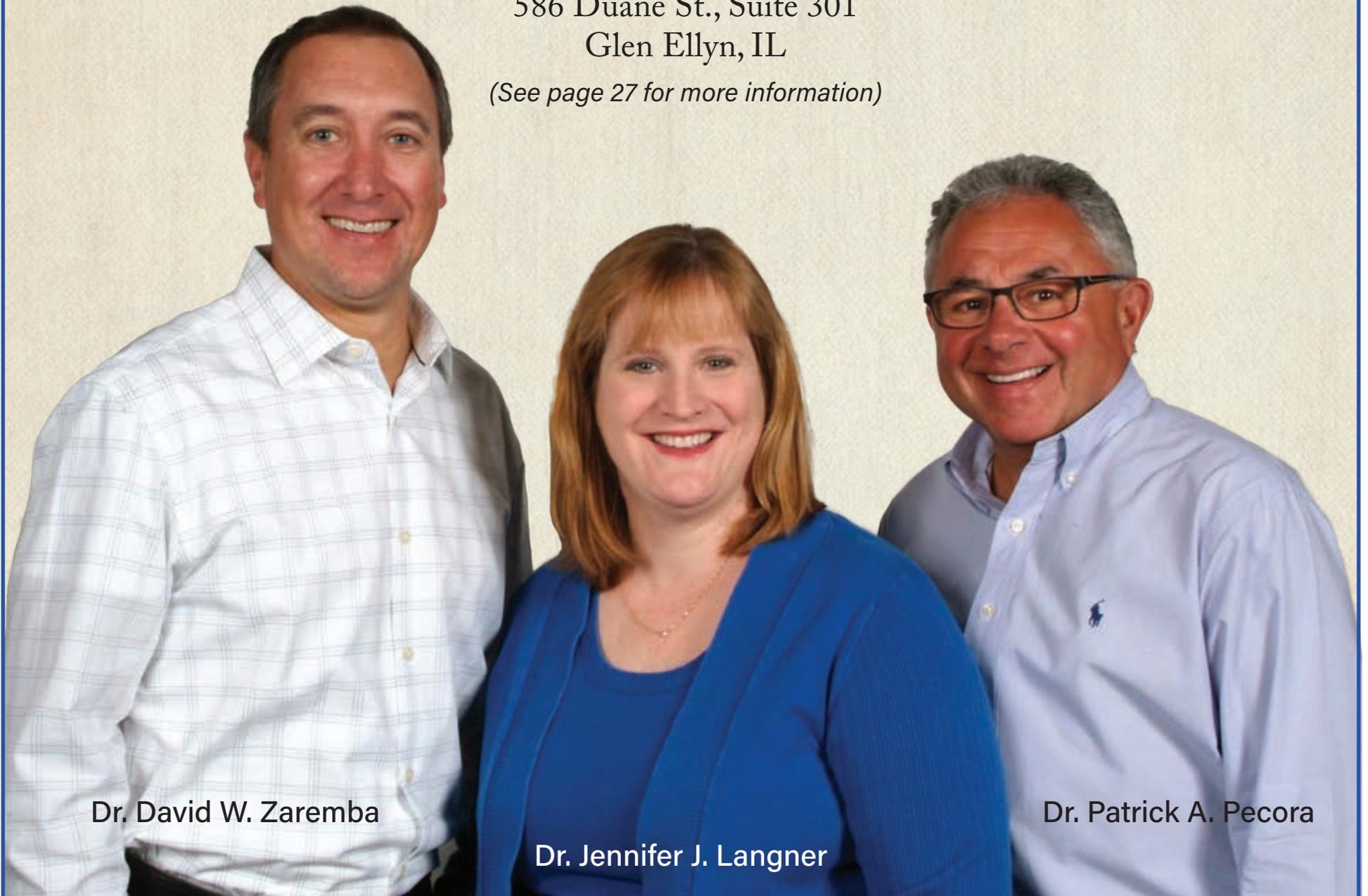
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*(See page 27 for more information)*



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