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THURSDAY, APRIL 20, 2000

VOL. 43, NO. 43

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From the Left Hand

by Bud Besser

It is predictable the trailing cars in a funeral procession will eventually cause an accident, most likely at an intersection.

Last week's letter-writer, David Miller, reminded us a 77-year-old Morton Grove man was killed last month while driving in a funeral procession down Shermer Road in Glenview. In a Bugle report the fatality occurred when the trailing car in the procession fell behind the preceding car and was struck at an intersection.

Miller's well-written letter noted today's suburban roads are very crowded. He writes the turning on of headlights in such a procession is ineffective since new cars automatically drive with its lights on.

Continued on Page 54

'Most Wanted' arrest on Ballard Road

A 27-year-old man featured as one of the Cook county Sheriff's "Most Wanted" and wanted by the FBI was arrested Wednesday morning at a maine Township apartment, the Office of Sheriff Michael F. Sheahan announced.

Kirsys Sergejus, of 90008 Ballard Rd., was taken into custody Wednesday morning about 5 a.m. at the apartment he shared with his wife in unincorporated Maine Township near Des Plaines by FBI Fugitive

Continued on Page 54

PR may build Touhy Avenue tunnel

The advisory task force looking at redevelopment possibilites for downtown Park Ridge, issued its first report to the City Council on Monday.

Recommendations from the Traffic and Parking subcommittee proposed constructing a tunnel under Touhy Avenue between Washington Street and

Continued on Page 54

Car's passenger, 27-year-old Park Ridge man, killed; Driver of car, Niles resident, charged with DUI, reckless homicide

One killed as car hits house in Park Ridge

One man was killed and another injured when the first crashed into a Park Ridge residence on Friday, April 14.

Park Ridge police and fire departments responded to the accident at Glenview and Hamlin Avenues at appromimately 1:45 a.m.

According to police, the driver, 23-year-old Mario Grana of Niles, was driving southbound on Hamlin in a 2000 Mitsubishi Eclipse when he apparently lost control of the vehicle, striking the single-family residence.

No one in the home was reported as injured. Passenger Theodore Karas, 27 of Park Ridge was treated at the scene and then rushed to Lutheran General Hospital for treatment. Karas was pronounced dead at 2:20 a.m.

Grana was also treated at the scene and then sent to Luthran General. He was released into police custody later Friday night. Grana was transported to

Continued on Page 54

Five of ten Niles liquor stores cited for violations

by Lisa Ashkenaz Croke

Half of Niles liquor stores targeted by police last week failed to ID purchasers of alcoholic beverages.

"We went to liquor stores all around Niles and tried to buy alcohol, " said a police department spokesperson. "Five out of 10 places didn't ask for ID."

According to police, this mini-sting operation occurs on a regular basis as part of the department's attempt to thwart illegal sales of alcohol to minors.

Last Wednesday and Thursday, police sent a young-looking officer into liquor stores throughout Niles with a $20 bill to buy beer. In half of those incidents, the officer was not asked for any identification and

Continued on Page 54

Health Promotion Clinic coming to Morton Grove

The Veterans Affairs Medical Center in North Chicago is conducting a Health Promotion Clinic in Morton Grove on Tuesday, April 25 at the American Legion Post #134, 6140 Dempster Street, from 9:30 a.m. to 1:30 p.m. All veterans are eligible to participate in the Health Promotion Clinic free of charge.

Services that will be provided at the Health Promotion Clinic

Continued on Page 54

Lincolnwood approves water price increase

In response to the City of Chicago's water-price increase, Lincolnwood residents will have to pay more for their water.

Mayor Madeleine Grant said that Lincolnwood's Board of Trustees voted to increase water rates in order to combat new prices that the village will now have to pay for water supplied by Chicago.

Residents will pay $2.45 per 100 gallons, a 10 cent increase.

The new rate will begin after the May 10 billing cycle.

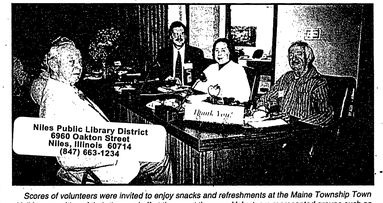
Steps taken to ease Old Orchard traffic

In an effort to ease congestion at the Edens Expressway off-ramp leading to Old Orchard Road, Urban Shopping Centers, Inc., owners of the Old Orchard shopping mall, plan to fund a project to widen the Skokie street.

Representatives for the com-

Continued on Page 54

Maine Township volunteers recognized



Scores of volunteers were invited to enjoy snacks and refreshments at the Maine Township Town Hall in recognition of their time and effort througout the year. Volunteers represented groups such as the Youth Drop-In Center, Neighborhood Watch and many others. Above, Township Supervisor Mark Thompson joined Neighborhood Watch volunteers (from left) Francis Gual, Thompson, Margaret Cerabona and Carmen Cerabona .

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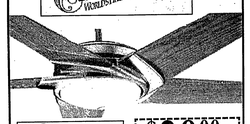

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LEGAL NOTICE

NOTICE – VILLAGE OF NILES
TAX INCREMENT FINANCING REDEVELOPMENT PROJECT AREA
REGISTRATION FOR INTERESTED PARTIES REGISTRY

Pursuant to Section § 5/11-74.4-4.2 of the Tax Increment Allocation Redevelopment Act, 65 ILCS § 5/11-74.4-1 et seq. (the "Act") the Village of Niles (the "Village") is required to establish an interested parties registry ("Registry" or "Registries") for each Tax Increment Financing ("TIF") redevelopment project area created pursuant to the Act (a "Redevelopment Project Area") whether existing as of the date of this notice or hereafter established. On MARCH 28, 2000, THE Village adopted an ordinance authorizing the establishment of Registries by the Village Clerk ("Clerk") and adopting registration rules for such Registries. The purpose of this notice is to inform interested parties of the Registries and registration rules for the Registries and to invite Interested Parties (as defined below) to register in the Registry for any Redevelopment Project Area.

Any organization active within the Village and any resident of the Village (an "Interested Party") is entitled to register in the Registry for any Redevelopment Project Area. Organizations include, but are not limited to, businesses, business organizations, civic groups, not-for-profit corporations and community organizations.

An organization seeking to register as an Interested Party with respect to a Redevelopment Project Area must also complete and submit a registration form to the Clerk. Such individual must also submit a copy of a current driver's license, lease, voter registration card, utility bill, financial statement or such other evidence as may be acceptable to the Clerk to establish the individual's current Village residency.

Interested Party Registries are being established for the following TIF Redevelopment Project Areas, which have either been adopted by the Village or which the Village has decided to consider establishing:

Lawrencewood TIF
Touhy Melvina TIF
Milwaukee Touhy TIF
Touhy Central TIF

All individuals and organizations whose registration form and supporting documentation comply with the registration rules and who submit such documentation, either in person or by mail, to the Village Clerk, 1000 Civic Center Drive, Niles, Illinois 60714, will be registered in the applicable

Continued on Page 3

Attention Seniors! Age 60+

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Jessica A. Saletnik

Jessica A. Saletnik has joined the United States Army under the Delayed Entry Program at the U.S. Army Recruiting Station, Prospect, IL.

The program gives young men and women the opportunity to delay entering active duty for up to one year.

The recruit qualifies for a $8,000 enlistment bonus.

Saletnik is a 1995 graduate of Maine West High School, Des Plaines, and a 1999 graduate of DePaul University, Chicago.

She is the daughter of Barbara A. and Paul H. Saletnik of Des Plaines.

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LEGAL NOTICE

Continued from Page 2

Registry within ten (10) business days of the Clerk's receipt of all such documents. The Clerk will provide written notice to the registrant confirming such registration. Upon registration, Interested Parties will be entitled to receive all notices and documents required to be delivered under the Act with respect to the applicable Redevelopment Project Area. If the Clerk determines that a registrant's registration form and/or supporting documentation is incomplete or does not comply with the registration rules adopted by the Village, the Clerk will give written notice to the registrant specifying the defects. The registrant will be entitled to correct any defects and resubmit a new registration form and supporting documentation. An Interested Party's registration will remain effective for a period of three years. Rules for the renewal or amendment of an Interested Party's registration are included with the registration form that may be obtained as described herein.

Each Registry will be available for public inspection at the office of the Clerk during normal Village business hours. The Registry will include the name, address and telephone number of each Interested Person and, for organizations, the name and phone number of a designated contact person.

Interested Parties will be sent the following notices and any other notices required under the Act with respect to the applicable Redevelopment Project Area:

(i) pursuant to § 5/11-74.4-5(a) of the Act, notice of the availability of a proposed redevelopment plan and eligibility report, including how to obtain this information; such notice will be sent by mail within a reasonable period of time after the adoption of the ordinance fixing the public hearing for the proposed redevelopment plan;

(ii) pursuant to § 5/11-74.4-4(a) of the Act, notice of changes to proposed redevelopment plans that do not (1) add additional parcels of property to the proposed development project area, (2) substantially affect the general land uses proposed in the redevelopment plan, (3) substantially change the nature of or extend the life of the redevelopment project or (4) increase the number of low or very low income households to be displaced from the redevelopment project area, provided that, measured from the time of creation of the redevelopment project area, the total displacement of inhabited households will exceed 10; such notice will be sent by mail not later than 10 days following the Village's adoption by ordinance of such changes;

(iii) pursuant to § 5/11-74.4-5 (c) of the Act, notice of amendments to previously approved redevelopment plans that do not (1) add additional parcels of property to the redevelopment project area, (2) substantially affect the general land uses in the redevelopment plan, (3) substantially change the nature of the

Continued on Page 54

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SUN & HOLIDAY: 11:30 A.M.-10:00 P.M.

'Health Community - Healthy Youth'

by Barbara A. Mendelsohn

Forty-five members of the community met to learn how to nurture our youth at a seminar held at the Niles Human Services facility on Tuesday, April 4. Representatives attended from our congressional district and the local governments and agencies of Niles, Des Plaines, Park Ridge, and Skokie - plus schools, churches, youth service groups, hospitals and businesses.

The Niles Village Board agreed to sponsor the day-long seminar after the Niles Healthy Community Partnership attended a Search Institute presentation. The Search Institute is a non-profit research organization based in Minnesota that focuses on defining young people's needs and setting up initiatives to nurture those needs.

The Institute researches, evaluates and surveys young people using a confidential process. From this, it has developed a list of 40 "developmental assets," both *external* (nurturing that comes from the home and community) and *internal* (self-developed positive characteristics and attitudes).

Data shows that, to the degree these assets are present in a young person's life, the greater the probability that he or she will avoid certain high-risk behaviors. The seminar's format is built around these 40 assets and is an outgrowth of the Institute's "Healthy Community - Healthy Youth" initiative.

The facilitator, an educator from New Mexico, introduced data that shows the total number of assets claimed by pupils in grades 8-12 is generally lower than the number claimed by younger children, and she challenged the group by asking, "Who is socializing those children? - Their peers, and the media," she answered, making the point that we're missing the opportunity.

She explained how neighbors can contribute. "Just smile and show you know kids by name," she urged, adding that recognition can do much to make young people feel a part of their community.

In St. Louis Park, Minn., a lady avoided walking a certain route to the park because some of the kids who congregated on a corner looked strange, with colored hair and pierced faces. But she reconsidered and modified her route. Ultimately, smiles and greetings were exchanged. When something kept her away, she received a call. A woman said, "You don't know me, but my daughter knows you, and she noticed you haven't been to the park recently. She asked that I call to see if you're well."

The facilitator agreed that di-

Continued on Page 47

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The new Esposito's Smokehouse & Pizzeria celebrates opening

New owner George Kouvelis and Chef Carlos welcomes old new customers alike to the all new Esposito's. In addition to all your favorite pasta dishes, homemade soups, salads, sandwiches & superb pizza you can treat yourself to delectable, mouthwatering smokehouse ribs.

Dining in will be a special experience in the tastefully remodeled restaurant. The new staff is prepared to greet you with great food, excellent service and a reason to return. Carry out available. The new Esposito's is located at 9224 N. Waukegan Rd. in Morton Grove.

Medical care offered in exchange for groceries

by Laurie Matlin

Proceeds will benefit local food pantry.

If you can spare an extra bag of groceries next month, you could get free medical care.

For one week next month, Doctors Feed the Hungry, a statewide philanthropic group, is offering to donate its services in order to help feed needy families. In exchange for bringing in nonperishable food items, patients can come in for check-ups, consultations or help for a specific ailmens.

This isn't even something that people will need to go out and buy," said Dr. Styros Bakis, clinical director of Health One, a medical and multi-discipline center in Morton Grove which is participating in the program for the seventh year. "A lot of people have food they were saving for Y2K and they have leftover cans and groceries."

Health One, 5818 Dempster Street, will offer medical care for new patients during the week of May 1. Patients are asked to call and schedule an appointment.

Bakis, who also is president of the Chicago Chiropractic Society, is one of three doctors at the facility offering services. Dr. Linda Ermann and Dr. Josefina Caling-Cruz will also be available to offer medical, chiropractic, nutritional and rehabilitation services in exchange for food. Donations will benefit the Niles-Skokie Food Pantry.

Suggested food items include canned meats, canned fruits and juices, peanut butter, cereals, as well as toiletries and other items such as soap, paper towels and tissue paper.

The food pantry, which needs food for families year-round, has a harder time collecting donated food at this time of year, explained Genevieve Esterman who works at the pantry. The pantry receives the majority of its donations during November and December holidays.

"We've always wanted to give back to people who need us. As doctors, that's what our job is. This is one of the ways in which we do that," Bakis explained.

The Health One clinic specializes in muscular-skeletal problems but offers both traditional and alternative medical care, with herbal therapy and acupuncture available.

Services available under the food program will include new patient physical exams, consultations and X-rays if needed.

Anyone who wants to participate may call 470-1177 to make an appointment or find out more information.

'Stepping out to New Beginnings'

Orchard Village invites you to participate at the 13th Annual Auction Dinner Dance, **Stepping out to New Beginnings**. On Saturday evening, May 6, over 500 guests will gather at the Palmer House Hilton in Chicago to dance, dine and bid on live and silent auction items to benefit the men, women and children with developmental disabilities supported by Orchard Village. Barry Krause, President of Publicis & Hal Riney Advertising, serves as this year's Honorary Chairman. Robin Robinson of WFLD-TV, Fox 32 News will be the Master of Ceremonies.

The evening includes an elegant four course dinner, with music provided by the Bradley Young Orchestra. Ticket price is $200 per person, and the event is black-tie-optional.

Live and silent auction items include: Round-trip, Frist class air transportation for two to any destination of American Airlines; a chef's table in the Palmer House Penthouse for 10; a vacation excursion to St. Johann in Pongau Resort, Austria; a coat from M. Alper Furs, Chicago; a complementary lunch for two with Dutchie Caray, at Harry Caray's; premium spirits; electronic and computer equipment; oriental rugs; arts and collectibles; autographed sports memorabilia; weekend getaways; tickets to sporting events; elegant dining experiences at Chicago area finest restaurants, including La Tini De Paris, Gibson's Steakhouse, Hugo's Frog Bar, Bistro Zinc, Catering by Michael's and Timber Lodge Steakhouse; tools and home improvement equipment from W. W. Grainger, Inc.; quality cookware from WestBend; plus much more.

Orchard Village is committed to enhancing the quality of life of people with developmental disabilities by protecting and nurturing the right to control one's own destiny. We provide community integrated residential, vocational and respite services that are both supportive and challenging. We promote individuals' rights and teach responsibility for life choices.

To make a donation, purchase tickets, or ask questions, please constact Erika Paukstis, Associate Director of Development, at (847) 967-1800.

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Health / Fitness

How to Win At Losing Weight

A 10-week program designed to help people lose weight through healthy food choices, exercise guidelines, nutrition assesment, a low-fat eating plan and behavior modification will be presented by Resurrection Medical Center, 7435 West Talcott Avenue.

Win At Losing Weight will be presented on 10 consecutive Wednesdays from 6 to 7 p.m. beginning April 26 in the Sister Gregory Room on the ground floor of Resurrection Medical Center. The program will be conducted by two Resurrection health care professionals, Jan Fortina, a registered dietitian, and Carrie Zakarias, exercise physiologist.

Some of the topics that will be covered in the 10-week program include: Healthy food choices, an overview of essential nutrients; Are you fit or fat? Body composition; Setting goals. The ABCs of Behavior; How to shop smarter in the supermarket; Restaurant survival - making better choices when eating out.

Participants will receive assertiveness training and learn stress management techniques and strategies for long term success.

"Winning at losing weight isn't about dieting at all -- this program is for people who've tried and failed to keep off the pounds when using the latest diets," Fortina said. "This program is about working on changing behaviors and attitudes about eating. Long-term weight loss comes from knowing about different foods and their effect on the body. Choosing alternative, lower fat foods, and knowing how much can be eaten is what leads to long-term weight loss -- and weight control."

Participants in the program will also learn about the importance of regular exercise in weight loss and weight control. "Weight control can be much more effective when regular exercise is part of the plan," said Zakarias. "Exercise -- which doesn't have to be drudgery -- not only helps you control your weight, it also helps reduce stress, improves your stamina and generally contributes to overall good health."

The cost for the entire 10-week program is $100 and includes all course materials. Registration is required. For more information and to register for Win At Losing Weight, call Resurrection's Health Management Department at 773-792-5022.

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Expires 5/13/00

Outpatient exercise program for cardiac patients finds devotees

Angela Walstra exercise physiologist, and Dorothy Rogal, a Niles resident, check the monitor on Rogal's recumbent bike exerciser in the Center for Heart and Lung Fitness at Resurrection Medical Center. Rogal is enrolled in Resurrection's Phase III exercise program for cardiac patients.

It's Monday morning and nearly every piece of exercise equipment is humming. Some people are rowing, others are working out on treadmills, recumbent bikes and stairmasters. The scene could be any neighborhood health club, except almost all the 23 faces of those working out here are of older folks. It's all taking place in the Center for Heart and Lung Fitness at Resurrection Medical Center, 7435 West Talcott Avenue.

Debbie Baumgart, Supervisor of the Cardiac and Pulmonary Rehabilitation Department, seems excited as she explains activities planned for the center's patients to celebrate National Cardiac Rehabilitation Week.

"Each day we're posting on our bulletin board a trivia question on some aspect of heart disease, and every Phase II or III patient who answers a question correctly has a chance to win prizes," Baumgart says.

In the cardiac rehabilitation program, a patient progresses through three levels, or phases, of exercise. Phase I begins in the hospital, soon after the patient has suffered a heart attack, had angioplasty or open-heart surgery. Phase I includes bedside exercises, getting up and walking, going up and down stairs, instruction on levels of physical activity when the patient goes home and education about risk factors such as diet, stress and smoking.

After receiving a stress test and a written order from their physician, a cardiac patient may then enroll in Phase II. This is a 12-week program of 36 one-hour group sessions in the fitness center. During exercise, the patient's heart rate and blood pressure are monitored. An individual case manager is assigned to guide and monitor the patient's progress.

Phase II not only includes exercise supervised by extensively trained physiologists and registered nurses, but educational handouts, speakers and, during Cardiac Rehab Week, heart-healthy snacks. About 70 cardiac patients are now enrolled in Resurrection's Phase II program.

Upon completion of Phase II, a patient graduates to an ongoing Phase III program, also medically supervised. Patients rotate from one piece of exercise equipment to another, completing four 10-minute exercises. Following each exercise, participants monitor their heart rate by taking their pulse. Phase III patients begin training on equipment designed for aerobic exercise, then move up to include resistance, or weight training exercise. There are currently 150 cardiac patients in Phase III classes.

For more information about Resurrection's cardiac rehabilitation program, call the Center for Heart and Lung Fitness at (773) 792-5023.

Holy Family Doctor of the Quarter

Dr. George Bendikas

Holy Family Medical Center is pleased to announce that George Bendikas, MD, Ophthalmology, has been selected as Doctor of the Quarter.

This award is given four times a year to Holy Family physicians

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Health / Fitness

Internist appointed at Resurrection

Nicholas S. Papanos, M.D.

Nicholas S. Papanos, M.D., has been appointed to the medical staff at Resurrection Medical Center, 7435 West Talcott Avenue.

Dr. Papanos, of Norridge, received his bachelor's degree from Augustana College, Rock Island, IL, and his medical degree from L'Aquila School of Medicine and Surgery, L'Aquila, Italy. He completed an internship at La'Sapienza School of Medicine and Surgery, Rome, Italy, and residency at Illinois Masonic Medical Center, Chicago. Papanos is board certified in internal medicine, and has a special interest in geriatrics. Dr. Papanos speaks Italian and Greek.

Dr. Papanos is a member of the American Medical Association and the Hellenic Medical Society.

Dr. Papanos is in practicewith Ehab M. Shams, M.D., of Global Health Care. Their offices are in Chicago at 2433 North Harlem, Suite 400. Appointments can be made by calling 773-237-8722.

Face Asthma Management challenges in the new year

Each year there are over 70,000 asthma visits to emergency departments and 19,000 asthma hospitalizations in the Chicago area alone. In addition, Cook County has one of the highest asthma mortality rates in the country. Primary care practitioners can come one step closer to changing these outcomes by participating in the Chicago Thoracic Society of the American Lung Association of Metropolitan Chicago's Asthma Management in Primary Care: Challenges for the Year 2000 seminar.

The one-day session takes place on Friday, May 19, from 8 a.m. to 4:30 p.m. at the Chicago Illini Union of the University of Illinois at Chicago, 828 S. Wolcott. Designed to help medical professionals enhance their practice's asthma management services and ensure that every asthmatic patient's needs are effectively met, the session offers interactive case-by-case analysis and participatory small group discussions.

Registration is $100 for physicians and $75 for allied health professionals. Group and early registration discounts are available. Lunch and program materials are included in the registration fee. Exhibit space will be available.

Asthma Management in Primary Care: Challenges for the Year 2000 co-sponsors include the American Thoracic society and the Chicago Thoracic Society with endorsement from the Chicago Asthma Consortium.

Proceeds benefit the lung association's research, advocacy, and education programs. For more information or to register, call Gina Demke at (312) 243-2000 or email at gdemke@almac.org. Visit Chicago Thoracic Society website at www.lungchicago.org.

AICR seminar translates latest diet & cancer research

In labs and clinics around the world, the study of cancer is proceeding at a breakneck pace. Each week, it seems, a new study showing how diet influences cancer risk gains the national spotlight. But all of this incoming information can seem overwhelming: Tomatoes or soy? Broccoli or orange juice? How much, and how often? Without practical advice that sorts through the science, some of us may be tempted to throw up our hands.

The American Institute for Cancer Research (AICR) is presenting a free seminar to clarify the overall diet and health message that's consistently emerging from today's cancer research. The presentation separates fact from fiction about diet and cancer prevention.

"Myths and Facts about Diet and Cancer Prevention" is presented by Karen Collins, a registered dietitian and syndicated health columnist for AICR. During the two-hour seminar, Ms. Collins uses clear, direct language to explain how to choose delicious foods that lower risk for cancer. More importantly, she offers practical tips for making these foods a part of your everyday lifestyle.

Ms. Collins also addresses some of the nutrition questions that perplex people today. Which is better, margarine or butter? Should I take supplements? Will the new high-protein diets hurt my health? What about soy? Are eggs back on the good-for-you list?

The presentation includes a slide show, a question-and-answer period and free publications on reducing cancer risk.

The seminar will be presented at the following times and locations:

Skokie, Tuesday, May 2, 2000, 1 p.m. and 7 p.m., at the Holiday Inn North Shore, 5300 W. Touhy Avenue.

Mount Prospect, May 3, 2000, 1 p.m. and 7 p.m., at the Ramada O'Hare North, 200 E. Rand Road.

There is no charge for the seminar, but reservations are requested due to limited space. Please register by calling toll-free, 1-800-843-8114, ext. 996.

Bendikas . . .

Continued from Page 6

in recognition of outstanding service and excellence in guest relations. Awardees are nominated by staff members and winners are selected by Holy Family's Award Recognition Committee.

Dr. George Bendikas is described as a very competent and knowledgeable individual who is always willing to answer any questions thoroughly and honestly as possible. His patients have great confidence in him. He treats each patient in a caring and understanding manner which allows each individual to feel important.

Dr. Bendikas resides in Lake Forest with wife, Sylvia and have three daughters.

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