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Chamber Committees

Annual Dinner
Scholarship
Golf
Christmas
Retail/Sidewalk Sale
Newsletter/Publicity
Membership
Hospitality/Programs
Expo

Contact Us

Chamber of Commerce
PO Box 138
Palos Heights, IL 60463
708-923-2300 Answering Service
708-361-9711 Fax
info@paloschamber.org

Doctor Prescribes Healthy Habits to Treat Ills

Dr. Principe Offers Holistic Road to Wellness

by Meg Sullivan

A local doctor and part-time chef is teaching his patients to lead healthier lives with the right balance of good nutrition, physical activity, and stress reduction.

Dr. John R. Principe, who has practiced since 2006 at his office at 11950 S. Harlem Avenue in Palos Heights, uses a combination of conventional medicine and Eastern practices to treat patients' ills.

"Western medicine has never focused on holistic treatment. We need to integrate," Dr. Principe said. "The Western theory is 'a pill for every ill' but in reality you never really address the problem. We find the root cause. Disease means the body is no longer in equilibrium. The body was designed to be in equilibrium so we can't force it to do things it's not supposed to do."

Principe's purpose as a doctor is to re-educate patients on how to establish wellness and health in their lives, he said. He teaches "A Road Map to Wellness: A 6-week holistic course to improve nutrition, physical activity and life balance." During the six weeks, participants meet with a physician and allied health professional to assess various bio-metric data such as blood pressure, weight, waist circumference, Body Mass Index, and body fat percentage.

During the course, participants learn about the glycemic index, dietary fiber, and how to choose and use healthy carbohydrates. They learn the difference between saturated and unsaturated fats, the dangers of trans fats, how to obtain more N-3 fatty acids (Omega 3) in their diet, and necessary protein intake.

Principe, a part-time chef, has studied wellness nutrition through Harvard University's "Healthy Kitchens, Healthy Lives" program at the Culinary Institute of America.

Principe encourages an anti-inflammatory diet. "Inflammatory foods are those with a high sugar content and processed foods," he explained. "Almost every illness can be traced back to inflammatory foods. The

Continued on p 3

President's Message

Dear Fellow Chamber Members,
Hopefully we are past the erratic Chicago weather and can start enjoying some consistent warm and sunny spring days. I am also hopeful, by the time that this is published, that the Bulls are still in the playoffs. They have been very impressive this year!

Speaking of impressive, this year's Community & Health Expo was our biggest and best yet. I hope each of you were able to participate or attend. Each year, we continue to grow and make adjustments. We welcome your feedback and suggestions and are always seeking out volunteers to assist with the Expo, as well as our other Chamber events. Currently, we are looking for volunteers to help with our next event, the Sidewalk Sale, which will be held July 14th, 15th & 16th. Please contact the Chamber office if you are interested in assisting or would like to provide suggestions for improvements.

I don't know about you, but I can't recall being this anxious for a holiday to arrive! For years, we all heard the term "Banker's Hours" and "Banking holidays". When I started working at a bank, nearly 30 years ago, these terms were still relevant and true. Bank employees had some pretty cushy hours and every holiday off, but times have changed. These days, we go from the New Year's Day holiday until Memorial Day before getting a paid holiday off. That makes for a very long six months! I am looking forward to three days of barbecues, family get-togethers and gardening. And, if it rains, maybe I'll finally get around to painting that bathroom!

Thank you to Bob Grossart, of

Cont'd on p 3





The City of Palos Heights Car Classic

July 21
123rd & Harlem Avenue

The City of Palos Heights Car Classic will be held on Thursday July 21, starting at 5:00 p.m. at 123rd and Harlem Avenue.

Tickets to win a 1976 Corvette or \$15,000 cash are sold at City Hall and Tastee Freez. Tickets are \$20.00 or 6 for \$100. Free Event Admission!

Scholarship Winners Announced

The Palos Area Chamber of Commerce is pleased to announce the recipients of this year's scholarships. Each will receive a \$1,500 scholarship. The winners are Michael Girzadas (Brother Rice High School), Julia Dunford (Mount Assisi High School), Bridget Jaekel (Sandburg High School) and Emily Santos (Stagg High School).

Michael is planning to study physical therapy at Saint Louis University. Julia's plans are to attend Saint Mary's College and study history and mass communications. Emily will be an undeclared major at Washington University. Bridget will be heading off to the University of Wisconsin where she will major in psychology.

The winners and their parents will be honored at the June Chamber luncheon, which will be June 14th at Capri Restaurant.

Lake Katherine Fishing Day

Saturday, June 11 8 am-1 pm Residents \$15
Non-Residents \$25 Tickets went on sale
Monday, April 30, 2011. A limited number of tickets will be sold! **Proof of residency must be shown at time of ticket purchase.

June Palos Area Chamber of Commerce Luncheon

Tuesday, June 14
11:45 a.m.
Capri Restaurant
12307 S. Harlem Avenue
Palos Heights
Cost: Pre-Registration \$20.00

The Chamber Presents...Scholarship Winners: The Chamber will award four graduating high school seniors with scholarships.

RSVP Today to info@paloschamber.org or call 708-480-3025.

Independence Day Parade

July 3: 2:30 p.m.; Harlem Avenue

The City of Palos Heights parade will take place on Harlem Avenue on July 3 at 2:30 p.m. Celebration festivities will be at Community Park. For more information, visit the city's website at www.palosheights.org.

The Care Pathway Approach

Presented by Arden Courts Memory Care Community on Tuesday, June 28, 6:00 p.m. - 7:30 p.m.

Continued on p 3

WELCOME NEW MEMBERS

Welcome to our newest Chamber Members!

Erbs Organic Wellness

Dr. Larry Erbs
6420 West 127th Street, Suite 106
Palos Heights
708-629-0708

Palos Park Public Library

12330 S. Forest Glen Blvd
Palos Park
www.palosparklibrary.org

Lawrence, Kamin, Saunders & Uhlenhop

John F. Mahoney
300 South Wacker, Suite 300
Chicago, IL
312-924-4245



The Chamber's Annual Scholarship Golf Outing will be held on August 10 at Water's Edge Golf Course. Dollars received are used to fund the annual college scholarships awarded by the Chamber to four local high school seniors. Registration opens at 10:30 a.m. Shotgun start at Noon with a scramble format. \$110 per person, includes golf and dinner or \$25 for dinner only. A hole sponsorship is \$225 or beverage sponsorship is \$350. For further information, please contact the chamber at 708-480-3025 or email info@paloschamber.org. Registration forms are available.



PALOS HEIGHTS PROGRESS
visit www.paloschamber.org

Jamie Robinson from The Neurology and Alzheimer's Disease Center of Northwestern University will teach the latest interventions and strategies for caring for someone with dementia.

For further information, please call 708-361-8070 or email PalosHeights@arden-courts.com

Moraine Valley Community College Seminar

Excel for Business: Unleash the Power **June 8**

Moraine Valley Community College staff will walk you through this dynamic program that can accomplish so many tasks for your business.

Registration opens at 8:00 a.m., Seminar begins at 8:15 a.m. promptly and concludes at 9:15 a.m. Seminar is \$15 and includes a continental breakfast.

Hosted by Moraine Valley Community College Southwest Education Center at 179th Street and 94th Avenue in Tinley Park. Call 708-974-2110 for more information or to register.

'Healthy Habits' Continued from page 1

obesity epidemic is based on inflammation and ongoing studies are showing it is even linked to Alzheimer's disease."

Out of the average 21 meals a person eats in a week, "only two should be off the beaten path," he said. "That doesn't mean gorging on McDonalds, but a piece of pizza or an ice cream cone is not going to kill people. What kills is eating this everyday."

Principe explained that Americans have taken celebratory foods from other cultures and made them everyday foods and a way of life.

Principe encourages plenty of exercise for optimum health. "If you could increase physical activity in this country, you would address 90 percent of chronic diseases."

He said during exercise, the brain releases natural endorphins that not only make people feel better, but also improve brain function. He referenced a recent study involving Alzheimer's patients during which those who exercised actually had better cognition than those that did not.

"Studies are showing that you can actually regenerate brain cells," he said.

'President's Message' Cont'd from p 1

the City of Palos Heights Economic Development Committee, for a very interesting and enlightening presentation at our May luncheon! Please mark your calendars and join us for our next luncheon, which will be held on June 14th at Capri Ristorante Italiano. This luncheon is our annual presentation of scholarship awards to four local deserving high school seniors. The scholarships are funded by the proceeds of the annual golf outing held each August. I look forward to a great turnout at the luncheon and hope that you will continue to support this scholarship program by participating in the golf outing. Not only is this a worthy cause, but it is also a really great way to spend a summer afternoon!

Thank you for your continued support!

Sincerely,
Eileen Fetta

CHAMBER ANNOUNCEMENTS:

- Coming June 2011...Chamber's New Website Look
- Chamber's Free Luncheon Winner for June 2011 is... Lauren Barrett, State Farm

RECYCLE YOUR ELECTRONICS AT LAKE KATHERINE

Electronic Recycling program provided by Vintage Tech Recycling, Inc. - Monday through Friday 9am to 5pm, except holidays.

Questions? Contact Gareth Blakesley 708-361-1873; email: gareth.blakesley@lakekatherine.org. For a list of items to recycle, please visit the website at www.lakekatherine.org.



Every Wednesday, rain or shine, 7:00 a.m. to 1:00 p.m. Located in the Municipal Parking Lot at 12217 S. Harlem Avenue, Palos Heights. To become a vendor, please call 708-846-8826.

PALOS HEIGHTS PROGRESS

visit www.paloschamber.org



Palos Heights Chamber of Commerce
P.O. Box 138
Palos Heights, IL 60463

Address Correction Requested

Calendar of Events and Important Dates:

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| June 7 | Chamber Board Meeting at 8:15 a.m. at First Midwest Bank; 12600 S. Harlem Avenue. |
| June 11 | Lake Katherine's Family Fishing Day; 10:00 a.m. to 3:00 p.m. |
| June 14 | Chamber Scholarship Luncheon 11:45 a.m. at Capri Restaurant; Palos Heights. |
| July 14, 15 & 16 | Palos Heights Chamber Sidewalk Sale |
| July 21 | City of Palos Heights Car Classic, for more information checkout the City of Palos Heights website at www.palosheights.org . |
| August 10 | Chamber's Annual Golf Outing, Water's Edge Golf Course, Worth |

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