

LAKE FOREST YACHT CLUB
P O R T H O L E • N E W S

MARCH 1997

Mar. 22 PA Outlets Bus Trip
Mar. 23 Easter Egg Hunt
April 19 ... Atlantic City Trip
May 2 Family Movie Nite
May 4 Swim Team
..... Registration

MAY 4
6 - 8 PM

**'97 Lk. Forest
SWIM TEAM
REGISTRATION**

**Mark your calendars
— it's just around the
corner!**

LFYC SOCIAL ACTIVITIES REV UP

Kathy DeSena is planning a number of Spring '97 events for members of all ages. Join your neighbors and guests for some fun-filled days. Be sure to note the reservation deadlines on the bus trips. Enjoy!

March 22 - Bus trip to the Reading, Pennsylvania VF Outlets. Departs 8 am, Returns 8 pm, \$15/person. Reservation deadline Mar. 18

March 23 - Easter Egg Hunt for ages 12 and under, 1 - 2 pm. Raindate: Mar. 29, 11 am - noon.

April 19 - Another fabulous Atlantic City bus trip. Departs 8 am, Returns 8 pm. \$15/person, Reservation deadline April 15.

May 2 - Family Movie Night returns with a TBA feature. Remember to bring your own sports bottle and blanket. Popcorn is provided. Starts at 7 pm

For more information about any of these events, and to make reservations for the bus trips call Kathy at 663-1629.

BOARD OF TRUSTEES

Bernard Genaud	Commodore	-4649
Bob Drummond	Secretary	-0074
Paul Murray	Treasurer	-4019
Richard Stafford	-2605	Jeff Bessemer -1916
John Veninata	-5120	Martin Trew -1793

TRUSTEE COMMITTEE ASSIGNMENTS

<p>BOB DRUMMOND Land Sale • By-Laws • Insurance</p> <p>MARTIN TREW Welc/Memb • Computer Co-Grounds/Maintenance</p> <p>JEFF BESSEMER House • Tennis/Sports/Sailing Co-Grounds/Maintenance • Co-Security</p>	<p>PAUL MURRAY Swim Team Budget • Co-5 Yr</p> <p>RICHARD STAFFORD Co-Security • 5 Year Plan • Porthole Co-Grounds/Maintenance</p> <p>JOHN VENINATA Nursery School • Co-Docks Co-Security • Co-5 Year</p>	<p>GLENN DESANTIS Social • Beach</p>
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LFYC Office — 663-0158 — Tues • Thurs • 8 am to 2 pm • Sat 9 am to noon

Mrs. Margaret Dam, Administrative Assistant

House Chairman - Grace Bacorn -2944 • Nursery School Chairman - Jayne Petit-Clair -2598

Social Director - Kathy De Sena -1629 • Swim Team - Jim Bashant -3082

Security - to report trespassers • in case of emergency • call Jeff. Twp. Police 697-1300

BABYSITTERS

name	Red Cross age	certified	phone	name	Red Cross age	certified	phone
Jessica Levinson	13	yes	1383	Lydia Oser	15	yes	5820
Robyn Faruolo	13	yes	2166	Elaine Sutcliffe	17	-	0632
Lisa Greene	16	yes	1128	Lydia Seeland	12	yes	1693
Melissa Stafford	13	yes	2605				

To be included on the Babysitters List leave your name, age, phone, whether you've completed the Red Cross Babysitting Class on the answering machine 663-4649. (LFYC membership required.)



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FAMILY CONSIGNMENTS

Spring & Summer Fashions

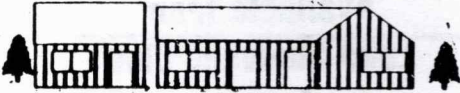
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🌲 HURDTOWN HAPPENINGS 🌲

- Visit Allyson's Expanded Family Consignments Spring Fashions In Stock
- Tole Painting, Sat. Mar. 22 (1-4PM), at Hobby Horse
- FREE try-out lessons at American Tae Kwon Do

Our 23rd Year

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WATERCOLOR CLASS

Wed. 7-9PM, starts Mar. 19

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Mon-Thurs 5 - 9pm • Sat 10-2pm

We regret to inform you of the passing of Ellen Blanco. Ellen and her husband Ed were long-time members and active participants of the Lake Forest Yacht Club. We will miss her warm and smiling face.

*Openings Available
in A.M. Program*

***Lake Forest
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Children must be 3 by Sept. 30

*For more information
call Betty Peters -5120*

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THE SPINE: KEY TO YOUR HEALTH



*American Journal of Pain Management Vol. 4, No. 1, January 1994

The spine is the key to the body's sustained good health according to researchers* and posture is a window to the health of the spine. The importance of posture should never be minimized. A recent study on posture concluded that, "Posture affects all human function... from breathing to think-

ing."* In order to make more people aware of the importance of the spine and posture and to introduce new families to the many benefits of chiropractic care, we offer a **FREE** spinal health class every Wednesday at 7 PM in our office.

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GARDENING

by Jim McGraw

It's not too early to start thinking about spring lawn and garden chores.

The two biggest problems that I have with my lawn are white grubs and fungus. Fungus can be controlled with fungicides which are costly, but effective.

This month I want to focus on white grubs. I've been battling grubs ever since I can remember. That's one of the reasons why my front lawn looks like patchwork. The grubs eat the roots during early summer and I resod areas during mid summer and fall.

Scotts has a new product called Grubex which is unconditionally guaranteed to kill white grubs anytime. Now is the time to buy it. Last year I waited until June and every place was sold out. A \$25. bag treats 5,000 sq. ft.

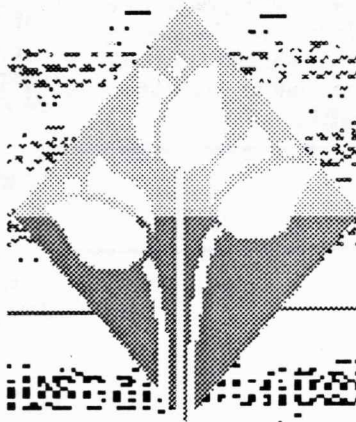
Although the best time to

treat grubs is when they are first hatched in mid August, Grubex can be used anytime. If you wait until August, the mature adults which have toughed out the winter several inches below the surface, will have done irreparable damage prior to the treatment. Scotts advised me that Grubex should be applied between May 15 and August 15. They also emphasized that the product should be watered in with at least one inch of water within 20 hours of applying.

A local garden center runs 50% off sales frequently. Watch for their ads in the local papers.

If you have "clean" fireplace ashes, sprinkle them lightly over your flower or vegetable gardens. They contain potassium which enhances root growth and development.

Finally - - - Spring arrives March 20!



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on

Monday, May 19, 1997

at

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SALTY PAWS —

Salt applied to streets to melt snow and ice can be painful to your dog when it cakes on the pads and builds up between them. Pity the poor pooches that must walk gingerly on painful paws and then ingest the salt when they try to clean it off once they're home. Try walking your dog away from the side of the road where salt builds up, and washing off those paws as soon as you both arrive home

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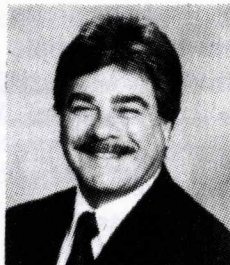
AVAILABLE HOMES:

41 Ripplewood Drive	Lake Front	\$269,900
63 West Shawnee Tr. REDUCED	3 BR Starter	\$99,900
15 Mason Street	2 BR Starter	\$110,900
33 Ripplewood Drive	3 BR Lakefront	\$319,500
31 Como Terr.	3 BR Ranch	\$129,500
94 Yacht Club	Raised Ranch	\$159,900
4 Marine Terrace	4 BR Bi-Level	\$179,500
88 Ripplewood	4 BR Ranch	\$174,900

RECENTLY SOLD HOMES:

86 East Shawnee Trail	3BR Lakefront	U/C
2 Ripplewood Drive	Lake Forest	Closed
19 Yacht Club Drive	Lake Forest	Closed
136 East Shawnee Trail	Lake Front	Closed
59 Woodlawn Terrace	2 BR Split	Closed
19 Venetian Drive	Lakefront	Closed

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THE SPORTING LIFE

Michael Stewart 663-2241

Spring is rapidly approaching again. This year it seems that the weather is ahead of the calendar. Even though many people have stayed active in outdoor activities, the nice weather means that more people are going to be out and about. Now is a good time to remind people about sharing the road. If you are on foot, roller blades, or bicycle, do not make life hard for automobiles; you cannot win in a collision. Be sure to keep your ears open; your Walkman does not make it easier to hear what is happening around you so leave it at home. Leave plenty of room for the cars to get by. Keep watching for cars in all directions. If you are on a bicycle, be sure to follow the rules of the road for your vehicle. Returning safely from a trip out is part of the fun. If you are on foot or on skates, be careful as you cross the road. Move along the side of the road that offers you the most space. You do not want to be forced to walk in the road as you face traffic, when, across the street, the shoulder is 15 feet wide. For you drivers, do not forget that sometimes you are a walker. Treat the other people as you wish the drivers would treat you. Lower your headlight beams because the bright lights blind others just as much as they blind you. Leave room for the others as you pass. Slow down; it is easier to avoid having an accident when you go slowly than when you are driving 50 miles per hour in a 25 mile per hour zone. If you are moving slowly as you pass people, you may be able to avoid splashing them. Above all drivers, pay attention to the situation. Last month I was running at night on W. Shawnee Trail when a car drove straight at me, forc-

ing me to jump up the side of the hill by the road. I was well lit by all of the reflectors that I was wearing, but the driver seemed to zero in on me because I was lit up. Perhaps the driver thought that it was fun to scare me, for me it was not fun.

The outdoors also brings out many hibernating tennis players. The annual Jefferson tennis tournament will be played again this year. Watch this space for a tournament entry.

Now that the Jefferson school board is allowing for pay and play for high school sports, perhaps some parents will be interested in trying to start a tennis team at the high school. If there are parents that want to try to start a tennis team, we could direct any tennis tournament income greater than expenses to supporting a tennis team. If any one is interested in such an arrangement, please contact me to try to work it out.

For many people, summer is the time to scuba dive. If you plan to dive, you should begin getting in shape. Diving is more strenuous than you would think. Making yourself sore and tired on the first day of a trip could ruin the whole trip. Exhaustion also makes you more susceptible to problems like decompression sickness. If you are in shape, you're much more likely to be in control while diving, and maximize your enjoyment.

Remember, when you exercise, especially if it is before meal time, you generally do not need to watch your diet and miss out on that extra cookie. If you diet without exercising, you will probably be looking for another diet to lose the pounds you gain after giving up on the last diet. Just choose something fun to do and you won't think of it as exercise.



Lake Shawnee/Lake Forest

TRADING POST

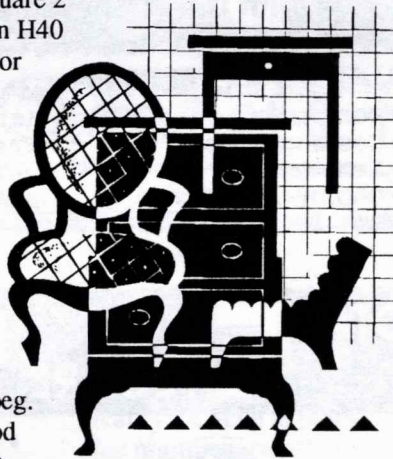
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HOUSEHOLD ITEMS FOR SALE

- mens left-handed golf clubs: Square 2 irons, like new 1-sw, \$125.; Hogan H40 irons, 3-pw, exc. cond, \$175; Taylor Made graphite driver \$65; NordicFlex Gold universal exercise machine, Medalist model, like new, \$450, call Mike or Linsa 2946
- honey pine, corner TV unit, w/lower drawer, \$75, call Susan 5526
- 2 PWC: '89 Yamaha WaveRunner, low hrs, very clean, fresh water only, great for beg. or youth; '89 SeaDoo 2 seater, good cond, both adult owned, \$1,600/ea, \$3,000/both, will deliver call Keith 5674
- elec. hot water heater, 220v, 52 gal, used 2 summers, \$99; 14 ft. boat trailer, replaced bearings & tires, \$150; call Keith 5674
- portable washer & dryer, swap or best offer, asking \$150/pr, call Mitch 1810
- 3 pc French white bdrm furniture incl: 6-drawer dresser, mirror, nitestnd, \$80, call Laurie -5778
- Moving to Florida- household goods for sale, from furniture to large & small appliances, indoor and outdoor, call -0465
- 4, 36" round tables w/ 16 chairs \$400, can be sold separately; king size bed w/ brass headboard \$300; recliner in yellow leather \$30; stool yellow leather \$25; 2 love seats \$75/ea; call Phil or Lorelee -3327
- dishwasher replacement parts GE/RCA/Hotpoint, brand new "hub & brng" #WD22x71 (\$22.25 new); "pwr-twr kit" #WD22x120 (\$19.25 new), make an offer, call Diorios 0647



- Ebonite reg. size billiard table, good cond. \$650, call Eric or Jill 4948
- computer desk \$25, drawing table \$10, call Adrienne 4230

- alto saxophone, Bundy, excellent condition, \$365. call Vern 4120
- 24' travel trailer, good cond, liv. rm, bdrm, bathw/shower, kitchen w/apps, \$4000, call Marc -5551

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no grps, \$625/wk July & Aug, \$225/midwk offs, call Jack 0329

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