



Park Tower News

THEN TO NOW: OF POOLS AND GARAGES

Park Tower residents have every reason to admire their enclosed swimming pool, but had they been either temporary or permanent Edgewater Beach Hotel guests on July 31, 1952, they would have read this in the *Sun Times* of that date: "Bathers will be able to park their autos in a new garage . . . next summer, then swim over them."

The new pool referred to in the newspaper was built north of the hotel and was meant to replace the natural beach lost when Lake Shore Drive was extended north of Foster Avenue in order to relieve the bottleneck at that point. Thus the hotel, our elegant predecessor, which gained its name and fame partly as a haven for aquatic-minded guests in the days before parking problems, would have remained a center of water sports.

The pool with an adjacent cocktail lounge, snack bar, and sun deck was budgeted to cost \$250,000, plus the cost of the garage below. One hesitates to estimate the cost of such a project in 1979! The pool was magnificent, as one can see from a drawing by the architect: 120 feet by 75 feet, with a children's area at the shallow end. It was lighted for night swimming and actually did draw special athletic events. The almost 90 stone cabanas around the pool area were available for rent by hotel guests.

This pool and garage project, too, along with the entire Edgewater Beach Hotel building, went under the wrecker's ball in 1970. And now here we are in our Tower and using our year-round pool and garage, which was, as its predecessor, also "built beneath the pool."

—Herbert Zimmerman

PORTABLE WASHERS, DRYERS ARE VERBOTEN

Portable dish washers, clothes washers, and clothes dryers are not allowed in Park Tower.

Economy Mechanical Industries, which is the company that designed Park Tower's mechanical system, explains that the main pipe risers for domestic hot and cold water and the sizing of the hot water heaters do not allow for an additional volume of washers. Furthermore, if a portable dish washer should overflow, it would cause damage not only to the user's apartment but also to the apartment below. With installed dish washers, this is not the case.

As for clothes dryers, if a dryer were vented to the outside of the building, it would cause condensation to form in the perimeter surfaces during cold weather. And if a dryer were vented to the interior of the building into the pipe chases or the corridors, heat and moisture would be added to the ventilation and air-conditioning systems beyond their original design capabilities.

NEW HOURS FOR RECEIVING ROOM

There are new hours for the Park Tower Receiving Room:

Monday and Friday	8:00 a.m. to 5:30 p.m.
Tuesday and Thursday	8:00 a.m. to 6:00 p.m.
Wednesday	8:00 a.m. to 1:30 p.m.
Saturday	9:00 a.m. to 1:00 p.m.
Sunday	Closed

In addition, the receiving room will remain open from noon to 1:00 p.m. during the week, a time during which it has heretofore been closed.

The new hours give Park Tower residents an extra half hour on Tuesday and Thursday, plus the convenience of being open from noon to 1:00 p.m. Northside Cleaners, the company that operates the Receiving Room, agreed to the new hours after receiving a request from the Board of Directors.

USE THE SUGGESTION BOX TO GET WORD TO YOUR COMMITTEES

Do any of the committee reports here remind you of something you wanted to tell a committee chairman? An idea to suggest? An infraction to report? A question to ask?

Drop a note in the Suggestion Box, located next to the doorman in the lobby. The committee chairmen can be most effective when they get feedback from the other residents.

Park Tower Condominium Association

Harold Pollen, president	Apt. 2901
Russell Baruch, vice-president	Apt. 3006
Peter Merrill, treasurer	Apt. 2311
Frank Reichert, secretary	Apt. 5402
David Salmon	878-7100

Budget and Finance Committee, James Byrd	Apt. 1902
Building and Maintenance Committee, Bobbi Corbett	Apt. 1109
Communication Committee, Dorothy Saxner	Apt. 3501
Garage Committee, Robert Stieber	Apt. 1701
Legal and Rules Committee, Charles Pikcunas	Apt. 2907
Safety and Security Committee, Ben Rawnley	Apt. 3211
Social and Recreation Committee, Ed Arnold	Apt. 3205

Deadline for articles is the 15th of each month.

HYPNOSIS AND DENTISTRY

Ah hah! Hypnosis—that word caught your attention. It has intrigued me for over 25 years. I go on learning more and more about it, frequently being forced by experience to unlearn what I used to know for sure, and start over. Now, all I can say about it for pretty sure is that hypnosis does not exist. The phenomenon that we are talking about is self-hypnosis. All that I do is act as a teacher of self-hypnosis. I can only hypnotise myself.

How can self-hypnosis benefit a dental patient? There are no limits. After I had successfully taught one of my patients to control her phobia of dentistry, she asked, “Dr. Sutchter, is it O.K. if I use my trance to put myself to sleep? I’ve always had insomnia, and since you taught me self-hypnosis I have been able to put myself to sleep in a few minutes when I decide to.” Of course it is good for her to use her trance to benefit herself in any way she chooses.

Psychotherapy attempts to treat dental phobias, gagging, smoking, obesity, headaches, etc. If you use psychotherapy for these problems, you need to set aside six months to ten years or so for treatment. Not so with self-hypnosis. A colleague of mine, Frank Ewers, M.D., of Ottawa, Illinois, who appeared on a recent TV news report, uses a one-shot approach. I need a little more time. I use a three-visit scenario: one or two training sessions, and then you tape-record the third. You then have me on your cassette forever. Either you learn self-hypnosis from me in three sessions or you don’t. No dragging on for months and years.

Now, what about the question of getting rid of a dental phobia with self-hypnosis and having something worse crop up? No one can answer that one for sure. A research study showed that with self-hypnosis you get what you expect. Psychodynamic theory says that you will develop new and sometimes worse symptoms after hypnotic removal of old symptoms. Psychoanalysts expect problems with hypnotic symptom removal. Their articles state that their patients do get substitute symptoms. I believe that they get what they expect.

Dr. Ewers and I agree that patients do not develop substitute symptoms. On the contrary, our experience with thousands of patients is that therapeutic benefits of self-hypnosis tend to multiply. Patients are elated when they find that they can beneficially control their bodies. Dental phobias get cured, and patients themselves decide to solve their problems with insomnia.

There is another myth about hypnosis that bugs me. Myth: Only weak-willed people can be hypnotized. Truth: If you are smart enough and motivated enough, you can enter a trance and benefit from it. A good imagination is helpful, but not absolutely necessary.

I was flattered that *World Book Encyclopedia* photographed me “in action” for the hypnosis section of their 1980 yearbook. The editor really wanted the truth to be that I use hypnosis all the time in my practice of general dentistry. However, I do not. I use it only when it is appropriate and desired by the patient.

Going to the dentist is intrinsically not a favorite pastime. Self-hypnosis is just another tool that goes along with topical and local analgesics, nitrous oxide conscious sedation (gas), and pleasant surroundings to help make your dental treatment a little easier.

—Howard Sutchter, D.D.S.

RULES AND PROCEDURES FOR SWIMMING POOL PARTIES

The privilege of renting the pool for private parties is reserved for Health Club members only. The party must be scheduled after pool hours, and it must end by midnight. Also, it is the responsibility of the member to employ a pool attendant.

As for fees, the pool may be rented only in conjunction with the Party Room. The following fees are *in addition* to the required Party Room fees (see next article): for the pool, \$10.00 for the first two hours and \$5.00 for each additional hour thereafter; for the attendant, \$25.00 for the first two hours and \$5.00 for each additional hour thereafter.

The number of guests is limited to 25. A list of the guests must be presented to the doorman and to the pool attendant prior to the arrival of any guests, and all guests must sign in on the attendance sheet. The member hosting the party is responsible for guests at all times while they are using the facilities and on the building premises.

CONDITIONS FOR PARTYING IN THE PARTY ROOM

The present policy for use of the Park Tower Party Room is as follows:

- The maximum number of guests is 75.
- A \$100.00 cash security deposit must be paid in advance to the Management Office for any parties of more than 20 guests. On the day after the party, the Party Room is inspected for damages. If all is in order, the security deposit is refunded.
- A security officer must be hired for parties of more than 50 guests and for parties where liquor is served.
- A guest list must be submitted to the Management Office prior to the party. This list is then used by the doorman for admittance of the guests.
- Excessive noise, such as that made by strong amplifiers, is not permitted.

You’ll be glad to know that the Party Room will soon be completely refurbished.

SHAPE UP!

If you’re in excellent physical shape, this article isn’t for you. But if you’re not, and would like to be, Park Tower has the solution.

Our Health Club includes not only the swimming pool and whirlpool, but also a fully equipped exercise room, sauna, and sun room. The exercise room consists of several bicycles, exercise boards, and other body-building equipment.

The Health Club is available for use seven days a week from 8:00 a.m. to 10:00 p.m. on weekdays and 9:00 a.m. to 9:00 p.m. on weekends.

—Donna Cohen

PREVENTIVE MAINTENANCE TIPS

The following are some preventive maintenance tips to keep in mind.

A/C heating units. Check the filter to be sure it is in its proper position. It can normally be put in the correct position by pushing upward on the filter until it snaps in. Vacuum the drip pan under your unit regularly. At the same time, remove the grills and vacuum the heating/air-conditioning coils of your unit. This could help prevent clogging of the drip pan, which would cause an overflow during the air-conditioning season. Do not allow paper or other matter to enter the unit, as it results in rattling noises and can cause damage.

Kitchen cabinet hinges. These hinges are available through the Management Office for \$1.50, and all you need is a Philips screwdriver to install them. American Craig, the supplier, will not sell them to individuals.

Toilets overflowing. Should your toilet begin to overflow for any reason, you can stop the water in most instances by lifting the ball inside the tank while tapping the flush handle until the water recedes. This action could prevent water damage.

Frosted windows. To help prevent ice from forming on your windows during the winter, turn your convector grills so that the heat is directed toward the windows. Keep your heat on low at all times. Also, keep humidifiers as low as possible and as far away from windows as possible. If you are doing a great deal of cooking, turn off your humidifier to avoid excess moisture.

Exhaust vents. Vacuum these vents regularly to keep them functioning properly.

NO DOGS, CARTS PERMITTED IN FRONT ELEVATORS

Dogs and carts are not permitted in the front elevators; they must ride in the freight elevators.

If you are a resident who brings a cart into the front elevators, you are being discourteous to your neighbors.

If you are a dog owner who permits your dog to ride in the front elevators, you are violating the rules established by the Board of Directors and your pet will be subject to eviction. Do you really love your pet? Then do it a favor by following all the rules.

CARTONS CAN DAMAGE THE INCINERATOR

Large cartons should not be placed in the incinerator unless they are crushed flat. Everything deposited in the incinerator is compressed by a hydraulic impactor at the bottom of the chute, and large cartons tend to clog the impactor and impede its performance.

If you can't readily crush the carton, an alternative is to leave it outside the incinerator door for pickup by the maintenance staff.

SAFETY POSTS INSTALLED IN GARAGE

New steel posts have sprouted up around the fire door in the lower level of the garage. The object: to prevent parking in this area. Parking is forbidden in the area because parked cars could interfere with lowering of the fire door in case of an emergency.

PROGRESS REPORTS FROM YOUR COMMITTEES

SOCIAL AND RECREATION COMMITTEE

At the Social and Recreation Committee meeting held September 27th the purchase of a universal gym—an apparatus eight people can use at one time—was discussed. It was decided to circulate a questionnaire to members of the Health Club soliciting their suggestions and feelings on the matter.

Another subject brought up was the swimming pool hours, which are now 8:00 a.m. to 1:00 p.m. and 4:00 p.m. to 10:00 p.m. during the week and 9:00 a.m. to 9:00 p.m. on weekends. A questionnaire will also be circulated requesting pool members to give their suggestions as to what hours they would like the pool open, the possible outcome being longer hours during the week. To help in finding out when the pool is most heavily used, the lifeguards will be required to keep a daily form showing when the pool is most populated. The questionnaire will ask for members' ideas on a guest policy and how they feel about the present charge for guests.

For pool security, it was decided that the lifeguard's desk should be moved as near the door as possible so that the guard on duty can check on the people coming into the pool. It was also decided that the guard should ask for membership cards or other means of identification that can be checked against the Roladex.

—Lois Senderoff

LEGAL AND RULES COMMITTEE

At its meeting last month, the Legal and Rules Committee adopted rules based on proposals submitted to it by the Garage Committee. The rules, if approved by the Board of Directors, will govern the assignment of parking spaces in the garage and the manner of parking. The changes are intended to correct parking abuses that have been brought to the Garage Committee's attention.

—Morris Saxner

BUDGET AND FINANCE COMMITTEE

The Budget and Finance Committee has decided that future meetings will be held on the first Tuesday of each month at 7:30 p.m. in the Party Room.

The committee is now working with several other committees: with the Garage Committee, in order to have a better understanding of its revenues, expenses, and accounting procedures; with the Social and Recreation Committee, in order to make recommendations regarding racquetball court fees; and with the Building and Maintenance Committee, in order to learn what preventive measures are being taken by the building engineers.

—Jim Byrd

THANKSGIVING SUGGESTIONS FROM THE COMMUNICATION COMMITTEE

The members of the Communication Committee—*June Baruch, Shirley Blum, Carol Carman, Donna Cohen, Faye Eisenberg, Dorothy Saxner, and Herbert Zimmerman*—wish you a happy Thanksgiving and offer the following recipe suggestions for your eating pleasure.

Donna Cohen's Strawberry Jello Mold

1 large box of strawberry Jello
1 pint of vanilla ice cream
1 box or carton of fresh or frozen strawberries

Place the Jello powder in the mold container. Add half the amount of water for both hot and cold as listed on the back of the package, and stir. Melt the ice cream, and put into the dissolved Jello. Stir until smooth. Slice the strawberries thin, and add them to the Jello and ice cream. Stir and refrigerate. The mold will be ready to serve in 6 to 8 hours. Serves eight.

June Baruch's Sweet Potatoes and Apples

2 lb sweet potatoes (5 to 6 medium)
1½ lb cooking apples
2/3 cup brown sugar
6 tbsp butter
½ cup apple cider
3 tbsp maple syrup
1 tbsp lemon juice
1 tsp cinnamon
½ tsp ginger

Cook potatoes in skins for 30 minutes. Drain. Cool. Peel and slice crosswise in ¼-inch pieces. Peel and slice apples. While preparing sauce, keep apples in water with lemon juice. In small saucepan combine sugar, butter, cider, syrup, lemon juice, cinnamon, and ginger. Bring to boil and cook at slow boil for 10 minutes. Arrange overlapping slices of potatoes and apples in buttered shallow 2-quart casserole or baking dish. Pour sauce over all. Bake at 325° for 25 to 30 minutes, until apples are tender, basting occasionally. Serves six.

Dorothy Saxner's Pumpkin Pie

1½ cups chopped fresh or canned pumpkin
¾ cup sugar
½ tsp salt
½ to 1 tsp ginger
1 to 1¼ tsp cinnamon
¼ to ½ tsp nutmeg
¼ to 1 tsp cloves
3 slightly beaten eggs
1¼ cups milk
1 6-ounce can (¾ cup) evaporated milk

} Higher amount is for spicier pie

Thoroughly combine pumpkin, sugar, salt, and spices. Add eggs, milk, and evaporated milk, and blend. Pour into 9-inch pastry-lined pie pan. Bake at 450° for 10 minutes, then at 325° for 45 minutes, until filling does not adhere to knife. Cool, and top with whipped cream. If you are actually counting calories on Thanksgiving, top with a whipped cream substitute.

Bon appetit!

KEEP US POSTED, AND WE'LL DO THE SAME

Just a reminder that the purpose of the Park Tower bulletin board is to keep you informed of the events, activities, and happenings that would be of interest to all. Flyers and notices taped on or around the bulletin board or on walls not only are unattractive, but defeat the purpose of the board.

We welcome your ideas and suggestions. If you wish an event to be posted, please put it under the door of Apt. 1511 so that we can post it properly on the board.

—Donna Cohen

LOCKED DOORS THWART BURGLARS

A study of the burglaries that have occurred in Park Tower has disclosed a noteworthy fact: in all but two instances, the burglar entered an apartment in which the resident did not use the key to double-lock the door.

Obviously, a burglar is reluctant to temper with a double-locked door, so it is wise to use your key when leaving your apartment. Simply closing the door provides minimal protection, whereas by turning your key in the lock you spring a strong, effective bolt into place.

You can ensure even better protection against burglary by installing a Segal lock in addition to the lock presently provided on each door. This additional lock is available through the Management Office for approximately \$30.

ANNA HELD

Edgewater Beach Flower Shop
555 N. Sheridan Rd.
561-1940

Flowers for all occasions

**NOVEMBER MARKS OUR
50TH YEAR IN BUSINESS
IN THIS LOCATION**

We send flowers everywhere