

Images

NEIGHBORS, FAMILY HEALTH

AND BETTER LIVING

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Making decisions, meeting challenges

A Tower Lake woman's book uses an old-fashioned story to push a modern message

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Telling children the right thing to do is something almost every parent can handle. But making children want to do it is something altogether different.

Tower Lakes author Sheila Glazov went looking for that secret element that helps some people rise above the problems in their lives while others are destroyed by them. Watching her own son's battle with diabetes, she realized that self-esteem is what allows both children and adults to

make good decisions in their lives and meet challenges with their heads raised.

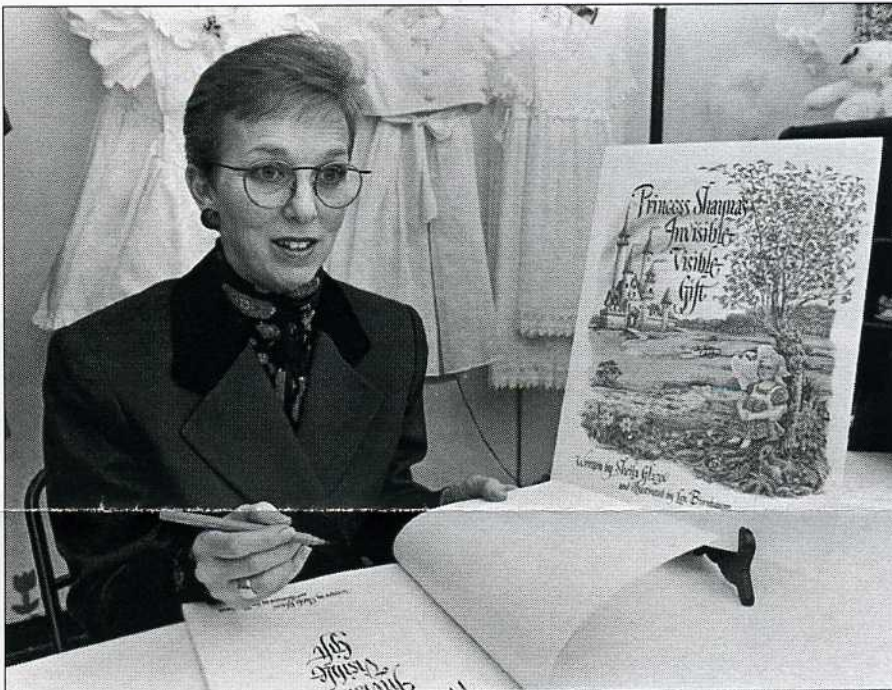
"It's the people who don't feel good about themselves who don't take care of themselves," Glazov said. "But when you're a kid, you don't see the ramifications of your actions."

"Who's Who in American Women" listed Glazov in its recent 20th anniversary issue and in 1995 *Today's Chicago Woman* newspaper named her as one of "100 Women Making a Difference" for her achievements in the creative field.

She speaks strongly of the importance of "vision" in her books and public talks.

"A vision is a goal with a passion," she said.

Glazov wanted to show the value of people's differences and the need everyone has for a supportive community. But she needed to do it in a way that was exciting and adventurous to children, so she constructed her lesson as a "fairy tale." Her book "Princess Shayna's Invisible Visible Gift" is meant to speak to children and parents of



Brian O'Mahoney/Pioneer Press



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Tower Lakes author Sheila Glazov hopes her new book "Princess Shayna's Invisible Visible Gift" raises awareness of the importance of self-esteem and of those who live with chronic diseases. Portions of the book's profits are going to diabetes education and research.

today, but set amid the medieval trappings and talking animals of old-time stories.

Her story has many layers of meaning and is meant to be read by the parent and child together, Glazov said. The older the child is, the more relevance he or she will see to the world around them. Questions on each chapter are printed at the back of the book.

One of the most important lessons is the way the people from different villages behave in the story, something Glazov hopes will help children recognize the differences in the personalities and strengths of the people they encounter. Another lesson close to Glazov's own heart is the way Princess Shayna deals with her illness.

Although not named as diabetes in the story, Glazov said that any parent or child who has lived with the disease will recognize Princess Shayna's problem nonetheless. Her own son Joshua was diagnosed with Type I diabetes when he was 15 years old. She believes it was the support and love her family gave him that allowed him to keep living his life as normally as possible, even amid a few near-death experiences. Today he is almost 27.

"Self-esteem is one of the reasons

Joshua is so healthy and a skydiver and an attorney," Glazov said. "He is a very active person who happens to have diabetes. We gave him the support he needed and he made the good choices in his life."

Promotion and distribution

Glazov said self-esteem is about self-caring, not self-centeredness. With February being National Self-Esteem month, she is working extra hard to promote her book in her local area including through a recent signing at Jump Street in downtown Barrington and the Kohl's Children's Museum in Wilmette. Portions of the book's proceeds are going toward diabetes research and education, which she said have been constantly improving during the decade her family has been dealing with the disease.

The book is available from both Jump Street and Toy Connection in Barrington or through Armstrong Distribution, which can be reached by calling (847) 382-3980. Glazov said she is using her own distribution company for the book to insure as much money as possible goes to the diabetes funds.

"We're trying a very unique way to sell the book, because it's a very unique book," she said.

Sheila Glazov of Tower Lakes signs copies of her new book, "Princess Shayna's Invisible Visible Gift," at Jump Street in Barrington. The importance of self-esteem is one of the themes of the book, appropriately being promoted during National Self-Esteem Month.