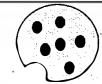
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Lourdine Florek editor



Susan Comstock ad manager

Tuesday, Nov. 22, 1994

Hoopeston's only locally-owned daily news publication! P.O. Box 441, Hoopeston, IL. 60942 (217) 283-9348

Rossville trustees table action on selling part of Deaton land

ROSSVILLE—A resolution to sell part of a 23acre parcel of land recently purchased by Rosssville trustees was tabled for public input.

Trustees Monday night shelved a resolution which would allow part of the property to be sold, giving residents time to express their opinions.

The parcel, known as the Deaton property, was purchased so a pond on the property could be used as a dumping site for clean fill.

Trustee Mick Braddock suggested waiting. "We need to tell the people around there." he said. "Give them a month, as a courtesy to the people who are there. The same people who are interested now are going to be interested a month from

Smith said while the village plans to sell part of the property, he is unsure how many of the 23 acres will end up on the market.

In related business, no action was taken on a list of suggestions for the property, submitted by resident Michael Atchison.

Atchison, a loss control consultant with Management Services. Inc., suggested the property be inspected monthly for conditions which might cause injury. Other suggestions included posting no swimming signs around the pond, prohibiting the use of dirt bikes or other vehicles and documenting all inspections of the property.

Copies of the suggestions will be sent to owners of property near the pond.

Chamber-sponsored seminar in time for holiday stress

"Stress is a factor in everyone's life, caused by jobs, relationships and, particularly at this time of vear, holidays.

Since stress will always be a part of life, it is up to people to deal with it appropriately, said Dr. Joseph Zaccaria.

Zaccaria presented a seminar on "Dealing with Stress, Worry and Tension" last week. The seminar was sponsored by the Hoopeston Chamber of Commerce.

Stress is divided into two categories. Zaccaria said. Overload is when a person experiences too much stress, while underload is when very little stress is experienced.

There are "certain basic assumptions" about stress, he said. These include: some stressors cannot be avoided, everyone will experience stress, there is a choice between staying stressed or managing it, and learning stress management skills.

Zaccaria presented a list of strategies for dealing with stress in a healthy manner. They are:

Develop a healthy lifestyle - develop a positive attitude toward work; avoid smoking; develop regular sleep habits; exercise; have hobbies; avoid using drugs; have activities which are meaning-

Recognize your stress response - the types and locations of your responses.

Monitor your stress level - general level of stress: direction of stress level; current responses.

Reduce stressors - use assertive skills, practice time management; deal constructively with ocnflict; alter your life script; financial management;

See STRESS on other side

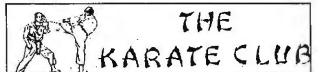
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Nov. 25, 26, 27
Friday & Saturday 9 a.m.~5 p.m.
Sunday 1~5 p.m.

Refreshments Door Prizes Bonnie Wolfe, Owner Rita Morgan, Manager

Classifieds

ANNOUNCEMENTS

Rossville-Alvin Class of 1968 reunion, 7 p.m. Saturday, Nov. 26, Rossville American Legion. All Rossville-Alvin alumni welcome. Refreshments, DJ. Donations will be taken.

325-329

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Up & Coming

Slab open weekends

The city slab will be open to the public the next two weekends for disposing yard debris and branches only. After the weekend of Dec. 3, the site will be closed for the winter.

Chapter 1 meeting

A Chapter 1 Parents/Student/Teacher meeting will be held at 6:30 p.m. Thursday, Dec. 1, at John Greer Grade School.

The program will be "Hooked on Learning."

Refreshments will be served and prizes will be given.

Education sessions planned

An educational program offering GED classes, field trips and college-credit courses will be offered at John Greer Grade School in January.

The sessions are similar to the summer school offered earlier this year.

For more information or to sign up for classes, call the Chapter 1 office at 283-7038.

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Police News



Two camera lenses were found Sunday in the garage area of Rosewood Terrace. The owner may identify and claim them at the police station.

Police are investigating an accident which happened at 12:30 p.m. Sunday. An unidentified vehicle struck the water faucet at Burger King, damaging the water line.

Isaac N. Esslinger, Champaign, reported Sunday that someone took his front license plate, YAHMON5.

Stress continued from other side

estate planning; learn human relations skills; improve communications skills and interpersonal relations with significant others.

Use crying as a form of emotional release - recognize crying as a positive stress management procedure; don't apologize for crying.

Develop an effective support network - including blanket people, those who are comforting, and sandpaper people who challenge you.

Practice relaxation techniques - including deep breathing, prayer, rest, sleep and meditation.

Seek professional help.

Budget stress management efforts wisely use appropriate techniques. "Don't use \$5 worth of stress management for a five-cent problem," he said. Lowell Null of M&N Pallet Co., reported Monday that someone damaged the company's computer room.

Todd Burch, 428 S. Third St., reported Monday that someone took a CB, radar detector, refrigerator, radio and weather scanner from his semi truck while it was parked at RBT.

In the hospital



Hoopeston Community Memorial Hospital Nov. 17, 1994

Admitted: Wayne Boehme, Hoopeston.

Discharged: none.

Nov. 18, 1994

Admitted: none. Discharged: none.

Nov. 19, 1994

Admitted: Esther Jensen, Rossville.

Discharged: Wayne Boehme, Hoopeston; Esther Jensen, Rossville.

Nov. 20, 1994

Admitted: none. Discharged: none

Weather



Sunny and cold today. High around 40. Tonight, clear and cold. Low in the low 20s. Tomorrow, partly cloudy. High near 44, low near 24.

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Just the facts

will be closed
Thursday for the
Thanksgiving holiday.
Publication will resume
Friday

Plan to attend Molly's annual

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