# IT'S HERE!

## THE ALL-NEW





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623 S. Dixie Hwy. Phone: 217-283-7729 Lourdine Florek owner/publisher

## the facts

Phone: (217) 283-9348

Thursday, July 11, 1996 Hoopeston's only locally-owned daily news publication!

### Pack up summer fun with new tote from Friends of Library

Juggling the paraphernalia of summer just got a little easier thanks to the Friends of the Hoopeston Public Library.

The group is selling canvas tote bags just in time for summer's active lifestyles.

The burgundy and wheat bag is imprinted with a picture of the library, similar to the Christmas ornament the Friends sold last year.

The bag features a separate pocket large enough to hold a video and has a snap closure. Bags cost

\$12.50 each and are available at the library, 110 N. Fourth St.

Profits from the bag will be used for the library, said Barbara Powley of Friends of the Library. "We'll use them for extras (head librarian Lou Graham) does not have funding for otherwise," she said.

The group has used money from earlier fundraising efforts to help paint the library and for computer equipment.

### Children need special consideration in developing healthful habits

The following column by Barbara A. Brehm, Ed.D., was submitted by Sarah Miller, owner of S.A.R.A.H.'S. Fitness Center. Columns run as space allows.

Healthful lifestyles are not for adults only; children need them, too. Good health habits make for healthy

children. And the groundwork for many of the chronic diseases that develop during adulthood is laid in childhood.

Parents, caregivers and teachers can do a lot to help children develop attitudes and behaviors supporting a healthful lifestyle and preventing future illness.

Children learn more by example than by instruction during the early years. When parents and caregivers model healthful exercise, eating and stress-management habits, these habits trickle down to the children under their care.

Most important are caregivers' attitudes toward exercise, food and weight. Children seem to have a sixth sense in this regard. If they hear you evaluate people based on how they look, especially how thin they are, children learn that looking good is important. This endangers their self-esteem because the standards for looking good, as depicted by the media, are unreachable for most of us.

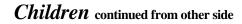
Overweight children often have parents who are struggling with weight problems themselves. Weightcontrol issues take on a larger, more emotional meaning



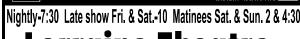
as children try to meet the expectations of the parents they love. It is unfortunate that in our culture, thinness symbolizes goodness, so children who are not thin likewise think they are not good. Many children, especially girls, begin dieting and worrying about

weight at 8 or 10 years old.

During the early years, parents and caregivers have a lot of power over the eating and activity levels of their children. They can take advantage of this by lovingly promoting healthful lifestyles. For example, a rule that eating is done while seated at the table cuts down on recreational eating, such as mindless snacking in front of the television. Portions can be given on plates so food is not eaten directly from the box or bag. Many families limit television time and encourage more active pursuits **See CHILDREN on other side** 











Jr. Horsemanship, Halter and Performance Non Wing Sprint Cars and Street Stock Car Paces	Horse Arena Grandstand	Time Trials 7 p.m.
Street Stock Car Races		Races 8 p.m.

#### Friday, July 12

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Western Horse Show Modified, Sportsman Street Stock Car Race	Grandstand			
Saturday, July 13				
Draft Horse, Pony and Mule (Halter)	Horse Arena	11 a.m.		
Draft Horse, Pony and Mule (Hitch)	Horse Arena	5 p.m.		
Dwarf Cars and Street Stock Car Races	Grandstand	Time Trials 7 p.m. Races 8 p.m.		
Car Show/Art Show Band - Bolero		9 a.m. 8 p.m.		

#### instead.

- Many people have problems with food, spending too

much time worrying about what they eat. Children should be spared this problem. They must learn to make good choices without becoming obsessed about food.

The words "diet" and "exercise" should not be part of their vocabulary. Adults should never make an issue of limiting fats and sugars even while they are doing so. Similarly, children shouldn't engage in physical

### **Officials list winners in Vermilion County Fair competitions**

Fairmount.

bright eyes award.

senior division.

**Court dispositions** 

practice, status check Aug. 1.

pleaded guilty, \$45 total.

guilty, \$75, 45 days to pay.

cloudy. High near 85, low near 64.

Weather

Everything from babies to bulldogging is being judged at the Vermilion County Fair this week. Results from the fair include:

Western Action: (Monday results) calf roping, Larry Davis, Danville; bulldogging, Rusty Rock, Webbers Falls, OK., open team roping, Damon Ennis, Allerton, Bret Piatt, Westville; barrel race, Shellane Nale, Danville.

(Tuesday results) calf roping, Stormy barricklow, Lebanon, IN.; bulldogging, Brandon Strohl, Lafayette, IN.; open team roping, Bret Piatt, Westville, Mark Butzow, St. Joseph; barrel race, Bob Alexander,

## In the hospital

Hoopeston Community Memorial Hospital July 9, 1996

Admitted: Lillie Mae Shipman and Ted Morris, Hoopeston; Floyd Stanley, Browning. Discharged: none.

Thursday Trivia<br/>Co-sponsored by Burger King<br/>Call 283-9348between 8 and 8:30 a.m. today to win!The winner will receive a FREE Whopper™<br/>Value Meal from Burger King!<br/>Meal must be redeemed Friday.Today's question: What article of clothing is<br/>celebrating its 50th anniversary this year?<br/>Last week's winner: Naomi Yonke<br/>Last week's answer: :) is a smiley used in<br/>electronic mail (e-mail).

activity that is boring or has no element of fun. If exercise is a chore, they will figure out a way to avoid it. Most young children inherently are active off and on

throughout the day. Play opportunities are generally all they need - a visit to the playground, pool, river or park.

Baby contest: Erika Solis, daughter of Lori and

Marshall Solis, 0-6 mos.; Danielle Richardson,

daughter of Aaron and Nikki Richardson, 7-12 mos.;

Unity Rollins, daughter of Gene Browfield and

Sandy Rollins, 13-24 mos.: Kendrick Sturbberg,

Talent: Lindsey Swafford, first place, junior

Fair Queen Pageant: Kelly Oliver, Miss

Vermilion County Fair: Carrie Griffin, first runner

June 20: Tina Vohs, Rossville, to pay \$136.72,

Mari Whealon, Champaign, six counts deceptive

Joseph Wininger, Jasper, no parking; pleaded

Jennifer Wagoner, Hoopeston, no parking,

Angel Zarate, Hoopeston, to pay \$75 by July 25.

Tommy Creamer, East Lynn, battery, nolle pros.

Lisa Smith, Hoopeston, failure to yield; pleaded

Mostly sunny today. High in the low 80s. Tonight,

fair, warmer. Low in the mid 60s. Tomorrow, partly

failed to appear, rule to show cause issued.

Sarah Watts, Hoopeston, paid \$45 in full.

guilty, \$50 fine and costs, status check July 25.

division; Scout, Andy, Neil and Doug, first place,

#### whether or not we prepared your tax return. **R&G Tax & Professional Services** GAIL LANE, E.A. 1018 W. Penn, Hoopeston

**Tax problems?** 

If you have received a notice from the IRS or any

state tax agency, contact us for assistance. We are

experienced in problem resolution and can assist you

1-800-TAX LAWS or 283-6990

#### COMPUTER TROUBLES? Never used a computer before?

Want to make better use of your computer? Buying a computer?

Let me help you by:

✓Helping you choose a computer and software- Do you really need to spend thousands on a new computer?

 Independently evaluating computers and software you may be considering - how can you tell if that price is too good to be true?
Connecting you to the Internet, with setup and training along the way.

✓ Setting up computerized bookkeeping systems.

 Recovering lost files, diagnosing bad hard drives and virus scanning.

Backing up your hard disk and data.

Optimizing Windows, memory managers and hard drives.
Setting up applications to suit your needs.

 Providing hands-on training in: Windows, Windows-95, DOS, word processors, spreadsheets, databases and financial software.





#### APARTMENTS FOR RENT

2-bedroom at Honeywell Apt. complex. Lease and deposit. No pets. Contact Bob Totheroh, Wellington, (815) 984-4513.

RUMMAGE SALES