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Saturday, Aug. 17 8:30 p.m.-12:30 a.m.
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Just the facts

Thursday, Aug. 15, 1996
Hoopeston's only locally-owned daily news publication!

Phone:
(217) 283-9348

Local program offers help to those with substance abuse problems

For many people suffering with drug and alcohol addition, the addiction is a deep, dark secret.

The fact that counseling is available in Hoopeston for people with those addictions is another secret.

Kim Kelley, a licensed social worker with Prairie Center, a chemical dependency treatment center, is at the Hoopeston Multi Agency twice each month. But few people know it.

Prairie Center, which started in Champaign-Urbana, opened a Danville office last December. Since the beginning of this year, Kelley has come to Hoopeston on the second and last Thursday of each month.

Currently, Kelley does client assessments in Hoopeston, referring people to the Danville office for outpatient and group therapy. However, she said, counseling can also be done in Hoopeston for those who cannot get to Danville.

Prairie Center's clients come from different sources, Kelley said. Some are people who realize

they have a problem and need help. Others, such as those convicted of driving under the influence of alcohol or drugs, are referred by the court system. Still others are referred by employers, attorneys or the Department of Children and Family Services.

It is not just those who are addicted who utilize the organization's services, Kelley said. Family members affected by a loved one's drinking sometimes seek help, and counselors can help with Adult Children of Alcoholics issues, as well.

Clients range in age from 12 to adulthood, Kelley said. While youngsters ages 12 to 18 are now only seen in the Danville office, a youth counselor could come to Hoopeston if enough children sought help.

The program's cost varies, from \$65 per hour for individual counseling to more than \$200 for in-patient treatment at the Champaign facility.

Services are covered by Medicaid, insurance and private funds, Kelley said.

For more information on the program, call Prairie

Surgeon general's report links lack of exercise to some

Editor's note: The following column was submitted by Sarah Miller, owner of S.A.R.A.H.'S. Fitness Center. Miller's columns run as space allows.

A report issued recently by the U.S. Surgeon General's office shows that not only is exercise good for you, but that lack of exercise is bad for your health.

The news came in the Surgeon General's first-ever Report on Physical Activity and Health. In the report, the nation's highest medical authority issued a warning to Americans: Lack of physical activity is detrimental to your health.



Most people are aware that physical activity is good for us, but what they don't realize is that lack of it is actually detrimental to our health. According to the report, 250,000 people suffer premature death annually due to lack of physical activity.

Citing hundreds of studies on the health benefits of exercise, the report notes that regular physical activity can help reduce risk and/or control symptoms for a variety of diseases and degenerative conditions from cancer to heart disease to depression. Among the conclusions drawn from the report are:

Stock Up on the Candle of the Week

while there is still time!

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Four youngsters were arrested at 10:05 p.m. Tuesday, charged with illegal consumption of alcohol by a minor.

The 16-year-old girl, a 15-year-old girl and two 15-year-old boys, were arrested near the entrance of the

Police News



Hoopeston Public Library at 110 N. Fourth St.

All were released to guardians on notices to appear.

Ray Edwards, 726 S. Second Ave., reported Wednesday that his 1989 Pontiac was scratched

while it was parked at 829 E. Wyman.

Elijah Stephenson, 25, of Lot 19, Sunny Oaks trailer Park, Bismarck, turned himself in to police at 1:50 p.m. Wednesday. Stephenson, wanted on a traffic



Court dispositions



Aug. 1: **Alvin Lovell**, Hoopeston, theft; \$150

Phone service interrupted

Long distance phone service in Hoopeston and the surrounding area was interrupted for more than three hours Wednesday.

Hoopeston, Rossville, Cheneyville, Rankin and East Lynn were among communities affected by the outage.

The outage affected not only residential and business customers, but also Vermilion County 911 service.

The cause of the outage was not known at press time. GTE, provider of local service in the area, could not be reached by phone.

See **EXERCISE** on other side

Exercise continued from other side

□ People concerned with losing weight and body fat should increase their level of physical activity to 50-60 percent of maximal aerobic capacity for 50-60 minutes per workout.

□ Physical activity and physical fitness are causally related to the risk of death from coronary heart disease.

□ Data suggests lack of physical activity is likely to be causally related to increased incidence of colon cancer.

□ The largest and most consistent difference in risk on non-insulin dependent diabetes mellitus occurs between people who report relatively no activity and those who report doing something.

□ On average, people who are active are at two times lower risk for depressive symptoms.

For more information on how you can increase your activity and reduce your risk of disease, contact Miller at

converted to 35 hours public service work, one year court supervision.

Steve Robinson, Hoopeston, battery, failed to appear; summons issued.

Belinda Roberts, Rankin, \$170 applied on bond; total fine and costs \$170.

Heather Snyder, Rankin, status check, failed to appear; rule to show cause issued.

Obituaries

BITNER - Esther M. Bitner, 75, of Melvin, died at 11:20 a.m. Monday, Aug. 12, 1996, at Heartland Health Care Center in Paxton. Funeral services will be at 10:30 a.m. Thursday at St. Peter's Lutheran Church, Melvin. Burial will be in Chatsworth Cemetery. Visitation was 4-8 p.m. Wednesday at the Lamb-Young Funeral Home, 108 N. Walnut St., Roberts, and will be one hour before visitation at the church. Memorial contributions are suggested to St. Peter's Lutheran Church or the Melvin Public Library.

Mrs. Bitner is survived by a son, John Bitner, and a

In the hospital



Hoopeston Community Memorial Hospital
Aug. 13, 1996

Admitted: none.

Discharged: Donald Seaman, Alvin.

Weather



Mostly sunny today. High in the mid 80s. Tonight, fair. Low in the low 60s. Tomorrow, partly cloudy. High near 85, low near 63.

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208 N. Market
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Classifieds

GARAGE SALES

104 N. Market (Amvets post). Aug. 16, 8-3, Aug. 17, 8:30-1. Lots of clothes and other items.

310 Green St., Rossville. Aug. 17, 9-4, Aug. 18, 9-2. Adult and children's clothes, toys, dishes, many decorative items, etc.

HELP WANTED

Wanted: harvest help. Inside and outside. Good starting wage. Call Kaufman Grain, (217)397-2235 222-236

Delivery person needed for Just the Facts, Sunday through Thursday nights. Must be 18. Position available Sept. 1. Call (217) 283-9348.

PETS

Three little kittens are looking for their mittens...and a new home. Call (217) 283-5876.

VEHICLES FOR SALE

1987 Nissan pickup truck, \$2,200. Call (217) 283-6147 or see at 711 E. Lincoln, Hoopeston.