



**Rotary Club of  
Lisle to Award  
2008  
Scholarships**

Applications are now being accepted for the 2008 Rotary Club of Lisle scholarships. Four one-time \$1,000 college scholarships will be awarded to high school seniors, residing in Lisle, who exemplify the Rotary ideal of "Service Above Self."

Primary criteria in the selection of the scholarship winners are community service, school service, demonstration of leadership qualities, and academic excellence.

Interested seniors may pick up applications in the guidance offices of Benet Academy, Downers Grove North HS, Lisle Senior HS, Montini HS, Naperville North HS, St. Francis HS, Wheaton Academy and Wheaton Warrenville South HS.

Completed forms should be sent to: Rotary Club of Lisle Scholarship Committee, c/o James J. Renn, Lisle Savings Bank, 1450 Maple Avenue, Lisle, IL 60532 no later than April 4, 2008.

**Naperville  
Junior  
Woman's  
Club to  
Award  
2008  
Scholarships**

Naperville Junior Woman's Club is currently taking applications for its 2008 Scholarship Program. Five \$1000 scholarships will be awarded to graduating seniors who reside within either Naperville School District 203 or Indian Prairie School District 204.

Scholarships will be awarded based on

scholastic achievement, community service, school involvement, and financial need. Applications are due April 10<sup>th</sup> and can be downloaded from their website, [www.napervillejuniors.org](http://www.napervillejuniors.org). Questions can be directed to [info@napervillejuniors.org](mailto:info@napervillejuniors.org) or Anita at 548-3406.

**Naperville  
Junior  
Woman's Club  
2008 Safety  
Town Summer  
Program**

The Safety Town Summer Program is designed to teach children going into Kindergarten and First Grade valuable safety lessons. The classes run Monday through Friday for 90 minutes, at either 8am, 10am or 12pm and are taught by members of the Naperville Police Department, Naperville Fire Department, I-SEARCH, Naperville Electric, Animal

Control and volunteers from the Naperville Junior Woman's Club.

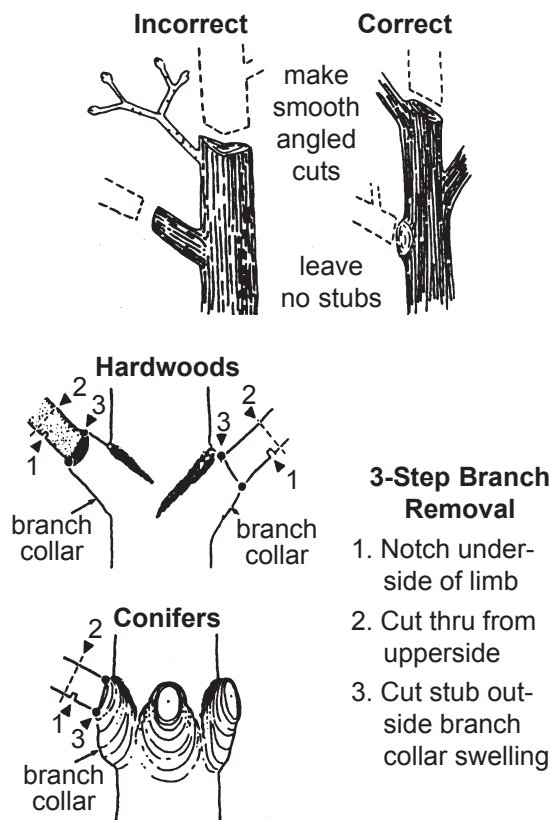
Teen Volunteers are needed for all sessions. Students entering 7th grade or older are eligible to work. Have fun while earning Community Service hours. Registration is also online beginning on April 7th. [www.napervillejuniors.org](http://www.napervillejuniors.org)

# Pruning Tips

from Betty Long

Spring finally arrives, and it is time to prune some of your bushes. Before grabbing that electric trimmer and setting out to tame your landscape, take a few minutes to review how pruning should be done. Remember, your goal is to enhance your landscaping, not mangle it. Some common pruning practices can actually be harmful, rather than helpful.

First, review the basics of how to make proper pruning cuts. A single well-placed cut works for smaller branches. For larger branches, use the 3-step method to avoid branch splitting and ripping live bark.



GRAPHICS COURTESY OF MORTON ARBORETUM

Next, what are you going to prune? Shrubs? Deciduous trees? Evergreen trees? There are different considerations for each.

## Shrubs

There are at least 4 different techniques for pruning shrubs. Decide which technique is right for a given shrub before starting to cut. When to prune depends on species. Early

spring is best for many, but wait until after flowering for species like lilacs.

**Heading back** is used to shape or control growth of a shrub. Selected branches are cut back to a lateral bud or branch.

**Rejuvenation** is used to restore some species of old shrubs. All stems or canes are cut back to the ground.

**Renewal** pruning is a multi-year process of removing a portion of the oldest stems to encourage vigor or flowering.

**Shearing** is done on *new growth* to maintain formal shape, ex. hedges.

## Evergreen trees

Pruning practices vary markedly for different types of evergreens. Use the right strategy for your tree.



*Cutting the branch ends back into woody stems killed a large section of branches in this previously full pine. Know what you're doing before cutting branches!*

## Find out more

Take advantage of The Morton Arboretum Plant Clinic, either in person or online at [www.mortonarb.org](http://www.mortonarb.org) (click Plant Trees, Plant Clinic, Information Leaflets). Their Horticultural Care information leaflets are very helpful, with detailed instructions and diagrams.

**Pruning Trees** shows how and where to make proper cuts, and also when to prune trees.

**Pruning Deciduous Shrubs** give details of the four techniques for pruning shrubs and lists which techniques and timing are appropriate for many shrubs.

**Pruning Evergreens** provides both general and specific advice for whorled-branched evergreens (pines, spruces) and random-branched evergreens (arbovitae, junipers).

### Village of Lisle Branch Pickup

Begins Monday, April 28 in Green Trails

## Summary of GTIA Board Meeting Tuesday March 11, 2008

President, Peter Bakas called the meeting to order at 7:35 PM at Kennedy Jr High School. Board members present: Peter Bakas, John Charicki, Pat Coughlin-Schillo, Rob Getz, Gerry Jackson, Terri Kolman, Julie LaFond, Les Lavin, Betty Long, Gail Robinson. Board members excused: Craig Donofrio, Joan Dudas, Rodd Elges, Linda Gilbert, Marg Hough. Management: Joanne Broda. Paula Gleason was Recording Secretary. A quorum was present.

**Open Forum:** None

**Minutes of the Prior Meeting:** Minutes of the prior meeting were reviewed.

**Board Motion:** Gerry Jackson moved to approve the minutes of the February meeting, Terri Kolman seconded. The motion was passed by unanimous voice vote.

**Treasurer's Report:** John Charicki reviewed the February Balance Sheet and Income and Expense Statement.

**Board Motion:** Gerry Jackson motioned to accept the revised check register expenditures of \$10,228.64 for March, Pat Coughlin-Schillo seconded. Motion was passed by unanimous voice vote.

**Management Report:** Telephone log line items were reviewed.

Management noted that one more unit was sold in the College Green apartment-condo conversion.

Management reported that there were no new sales in February in the Torrey Pines conversion.

Management submitted amended copies of the Board roster and committees list to be filed in directors' binders.

Management researched three area banks relating to investment of operating funds; however all three banks quoted below 3%. As the current rate at Lisle Savings Bank on the Wall Street checking account earned 3.31% last month, funds were left in that account.

There were 55 demand notices for assessment collection sent out on 3/1/08.

A list of trees available from Kane-DuPage Soil & Water Conservation District was distributed to board members. The consensus of the Board was to purchase 20 White Pines, 10 Concolor Firs and 30 Douglas Firs.

Management again reminded Board members to be prepared to take a Board photo at the next meeting.

Management provided a list of February 2008 newcomers. Board Directors are encouraged to call on newcomers in their respective areas.

(please see *Minutes* continued on page 5)

### Green Trails Improvement Association Board of Directors

**Peter Bakas** - President - Area N, TYN-APC  
**Leslie Lavin**, Vice President - Area E, WGL(W)  
**John Charicki** - Treasurer - Area F, CWD, HTW, WGL 1-31  
**Gail Robinson** - Secretary - Area M, HPT  
**Rob Getz** - Area A, HF3, 4&5  
**Betty Long** - Area B, HF1, OKS  
**Marge Hough** - Area C, WV1,2,TLO  
**Joan Dudas** - Area D, HF2, WGL (E)  
**Linda Gilbert** - Area G, PRM  
**Pat Coughlin-Schillo** - Area H, GR1 &2, LWS, SR5  
**Gerald Jackson** - Area I, SR1  
**Terri Kolman** - Area J, SR2, BLM  
**Julie LaFond** - Area K, SR3, LW2  
**Rodd Elges** - Area L, SR4, LW1, AWC, CG apts.  
**Craig Donofrio** - Area O, GT apts.

Green Trails Pathfinder is a newsletter of the  
Green Trails Improvement Association

Board Meeting is on the second Tuesday of the month.  
All Green Trails residents are welcome.

**NEXT MEETING: April 8, 2008**  
7:30 p.m. Kennedy Jr. High School

#### PROPERTY MANAGER JRM Properties, Inc.

P.O. Box 3106  
Lisle, IL 60532  
(630)961-7456  
Joanne Broda

Please call JRM Properties if  
you need information or have  
questions regarding Green Trails.

#### Visit our Green Trails website at:

[www.greentrails.org](http://www.greentrails.org)  
Or E-Mail us at:  
[gtia@greentrails.org](mailto:gtia@greentrails.org)

#### GTIA Yearly Assessment Policy

Assessments are paid annually. The billing for the new year's assessment will be mailed out no later than Nov. 29th. Payment is due Jan. 1 st. If payment is not received by Feb. 1 st, an administrative fee is added to the assessment. If an owner does not receive an invoice by Dec. 10th, notify management immediately. GTIA policy states the homeowner is responsible for paying on time, with or without the invoice. If your address has changed, or if you have any questions regarding your bill, call Joanne Broda at JRM Properties at 630-961-7456.

#### SELLING? REFINANCING?

Anyone selling or refinancing within the Green Trails Improvement Association area should require a letter from JRM Properties, Inc., regarding their status of the yearly assessment charge. Requests for such may be called into the Management Office or requested by letter. Information to provide is as follows: 1) Property address; 2) Seller's attorney name and phone number; 3) Buyer's name; and 4) Date of closing. All this information will be required no less than 14 days prior to the close. If notice is given less than 14 days prior to closing, a \$25 fee will be assessed. JRM Properties, Inc. P.O. Box 3106, Lisle, IL 60532. Contact Joanne Broda, 630-961-7456.

Please read the box on the Classified  
page for instructions on how to  
submit an ad.  
Commercial ads should submit to  
address at right.

#### EDITOR

Jan Seeden  
630-305-3977

E-Mail stories to:  
[pathfinderads@comcast.net](mailto:pathfinderads@comcast.net)

For Commercial Ads  
Contact Pam Shuta  
**ARBOR**

Printing & Graphics  
5100 Academy Dr., Ste 100  
Lisle, IL 60532  
630-969-2277

No other vegetable signals spring like asparagus. In this recipe, it makes for a rich, creamy side dish that's beyond delicious!

*Asparagus Gratin (6 Servings)*

- 2 lb asparagus, trimmed & cut Diagonally, 1-1/2" pieces
- 1/4 C pine nuts (1-1/4 oz)
- 1/4 tsp black pepper
- 2 T olive oil
- 2 oz finely grated Parmigiano-Reggiano (1 cup)
- 2 T unsalted butter, cut into bits
- 1/2 C finely chopped shallots
- 1/2 tsp salt
- 4 slices firm white sandwich bread, Cut into 1/4" pieces
- 1/2 cup mascarpone cheese

Butter a 2-1/2 quart shallow baking dish. Cook asparagus in a large pot of boiling salted water, uncovered, until crisp-tender, about 4 minutes. Drain in a colander, then transfer to baking dish and keep warm, tightly covered with foil.

Heat oil and butter in a heavy skillet over high heat until foam subsides, then cook shallots, stirring until pale golden, about 3 minutes. Add bread and pine nuts, and cook about 5 minutes, until browned in spots. Transfer to a bowl and add pepper, 1/2 cup Parmigiano-Reggiano, and 1/4 tsp salt, tossing to combine.

Preheat broiler.

Toss warm asparagus with mascarpone, remaining 1/2 cup Parmigiano-Reggiano and remaining 1/4 tsp salt until combined well.

Sprinkle bread-crumble mixture evenly over asparagus. Broil 5-7 inches from heat until topping is golden brown, 1 or 2 minutes.

*Sweet Peas with Lettuce and Mint (8 Servings)*

(In this recipe, frozen peas taste as good as fresh, thanks to the addition of bright mint and crunchy lettuce)

- 1 medium onion, finely chopped
- 2-1/2 C thinly sliced lettuce leaves
- 5 T unsalted butter
- 3/4 C fresh mint leaves, torn in bits
- 1 lb bag frozen peas, not thawed
- 1/2 tsp salt
- 2 T water
- 1/4 tsp black pepper

Cook onion in butter in heavy pot, until softened, about 6 minutes. Stir in peas and water and cook, covered, stirring occasionally, about 5 minutes until peas are tender. Remove from heat and stir in lettuce, mint, salt and pepper.

Life is a gift to you. The way you live your life is your gift to those who come after ...make it a fantastic one!

Each life needs its own quiet place.

It's the little moments that make life big.

May you live to be a hundred years, with one extra year to repent.

**Instrument Sale at Steeple Run Elementary School: Saturday, May 3, 2008; 10 - 11:30 am**

Seller Drop off:

- Thursday, May 1, 2008 from 3:30-5 pm
- Friday, May 2, 2008 from 6-7:30 pm



Instrument must be in playing condition. Sellers receive 75% - Home & School receives 25%

Seller Pick up:

- Saturday, May 3, 2008 from 11:30-12 noon

Note: Numbers are handed out starting at 8:00 am

Sponsored by Steeple Run Home & School. For more information, call 630-428-9035.

## STEEPLE RUN SCHOOL APRIL NEWS

- ★ **Hot Lunch Dates:** 11<sup>th</sup>- Hamburger Day; 18<sup>th</sup>- Variety Day; 25<sup>th</sup>- Hot Dog Day.
- ★ **Market Day** Pick-up is scheduled for April 10<sup>th</sup>, from 5:45 -6:30p.m., in the gym.
- ★ The next **Home and School Meeting** will take place on April 17<sup>th</sup>, at 9:30a.m., on the stage.
- ★ The final session of the “**Climbing Wall**” will take place from April 7<sup>th</sup> - April 18<sup>th</sup>, during the student’s gym classes. Thanks to Mr. Lies, Mr. Mitchell, and all the parents and staff who volunteer their time, without all of them, this activity would not be possible.
- ★ Our 3<sup>rd</sup> graders will participate in a **Band Instrument Demonstration** on April 15<sup>th</sup> at 1:00p.m. They will be able to try out various instruments to see what instrument they might be interested in for band next year.
- ★ Students and Counselors, from **Kennedy and Jefferson Jr. High Schools**, will be visiting and talking with our 5<sup>th</sup> graders, on April 15<sup>th</sup> at 1:30p.m.
- ★ The Spring Session of “**Fit for Fun**” will begin on April 16<sup>th</sup> from 2:30-3:30p.m. Students should meet in the gym. “**Fit for Fun**” will also be held on April 23<sup>rd</sup> and 30<sup>th</sup> from 2:30-3:30p.m. Information will be sent home with the students regarding the activities for the Spring Session.
- ★ “**Turn off the TV Week**” is scheduled for the week of April 21<sup>st</sup>-25<sup>th</sup>. Information will be sent home with the students regarding various family activities to be held during this week.
- ★ On April 21<sup>st</sup>, our 5<sup>th</sup> Graders will be **visiting** their future **Junior High Schools** (Kennedy/Jefferson); at 9:00a.m.
- ★ **Spring pictures** will be taken on April 23<sup>rd</sup>. **Don’t forget to wear those SMILES to school ☺ !!**
- ★ **Kennedy Jr. High and Jefferson Jr. High School** will be hosting **Band Concerts** at 7:30 p.m. on April 30<sup>th</sup>. Band students from the feeder elementary schools will also be participating in the concert.



(Minutes,  
continued  
from pg 3)

**Finance Committee:** John Charicki reported the committee met with GTIA auditor, Robert Ripp, last week to discuss and review the 2007 audit and tax return, which will be presented at the April meeting. John reported that Mr. Ripp was very complimentary of Management’s books and records. The committee will present a revised collection policy at the April meeting. Also, in April, the committee will present a comparison of estimated project costs versus projected assessment income.

**Maintenance Committee:** Les Lavin suggested management obtain several quotes for painting the Gazebo. Also the entrance signs will need to be repainted.

**Communications Committee:** In Marg Hough’s absence, Terri Kolman discussed the draft of GTIA meeting minutes policy as submitted by the committee. Several suggestions were offered to incorporate into this

policy. The committee will meet this month to review all suggestions and finalize revisions to the policy for the next Board meeting.

**Parks Committee:** Pat Coughlin-Schillo gave a synopsis of the February Lisle Park District Board meeting.

**Nominating Committee:** No report.

**Old Business/New Business:** None

**Board Member Area Reports :** Area H - Pat Coughlin-Schillo suggested it would be timely to publish an informative article in the Pathfinder relating to the current influx of coyotes in the Green Trails neighborhoods.

**Adjournment: Board Motion:** There being no further business, Betty Long motioned to adjourn the meeting, Julie LaFond seconded. The motion was passed by a unanimous voice vote; meeting adjourned at 8:10 p.m. Respectfully Submitted, Paula Gleason, Recording Secretary

## Highlands School April News

- \*SPRING BREAK ends and we return to school on April 7<sup>th</sup>. Hope you had a great time!
- \*Diversity club will meet after school on Mondays this month; Cardinal Reading Buddies will meet after school on Tuesdays and Thursdays.
- \*Third and fourth graders will take the ITBS tests from April 8<sup>th</sup> through 11<sup>th</sup>. Fourth graders will also take the CoGATs that week. Good luck to all!
- \*The Building Leadership Team meets on April 8<sup>th</sup> from 2:45-4:00 pm.
- \*Battle of the Books practice will be held on April 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup> after school.
- \*Book cart and ice cream sales will be held on April 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>.
- \*The fifth grade Panoramic Picture will be taken on April 10<sup>th</sup>—be sure to look your best!
- \*Artrageous IV will meet after school on April 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and May 1<sup>st</sup>.
- \*First grade visits the Field Museum on April 11<sup>th</sup>.
- \*Manna cash and carry will be available on April 11<sup>th</sup> and 25<sup>th</sup> from 9-11 am.
- \*Hot lunch dates—Friday, April 11<sup>th</sup>—Hot dogs, chicken or chili; Friday, April 25<sup>th</sup>—Burgers or salad.
- \*Get ready for the Highlands Clothing Exchange! It will be held on the 17<sup>th</sup> and 18<sup>th</sup>, with receiving on the 15<sup>th</sup> and pre-shop on the 16<sup>th</sup>.
- \*On April 15<sup>th</sup>, KJHS visits the fifth graders. On April 24<sup>th</sup>, the fifth graders visit KJHS.
- \*On April 15<sup>th</sup> as well, the third graders will try out various band and orchestra instruments.
- \*Home and School executive board meets at 8:30 am on the 17<sup>th</sup>; Home and School Association meets on the 24<sup>th</sup> at 9:00 am.
- \*Fourth graders will learn how to “Be Smart, Be Safe” on the 17<sup>th</sup>, 24<sup>th</sup>, and May 1<sup>st</sup>.
- \*On the 21<sup>st</sup>, there will be a parent-child book club from 6:30 to 7:30 pm for both kindergarteners and first graders. There will also be a Board of Education meeting at 7:30 pm.
- \*On the 22<sup>nd</sup>, third graders will “learn not to burn,” and the District Awards Reception will take place from 7:00-9:00 pm.
- \*The 23<sup>rd</sup> is Secretaries Day—tell our fabulous secretaries, Mrs. Griffith and Mrs. Kamenjarin, what a great job they are doing!
- \*Kindergarten will visit Las Palmas Mexican Restaurant on the 24<sup>th</sup>. Enjoy!
- \*Ozzie’s reading club can attend the Kane County Cougars Game on April 26<sup>th</sup> at 5:00 pm or May 12<sup>th</sup> at 6:00 pm.
- \*The Battle of the Books will be held on April 28<sup>th</sup> at KJHS with fourth grade competing at 4:00 and fifth grade at 5:30. They also compete at Nichols Library on the 29<sup>th</sup> at the same times. Best of luck, Battle Team!
- \*April 29<sup>th</sup> is also Cultural Experience Night at Highlands. It is sure to be a delightful, educational evening—don’t miss it! It runs from 6:30-8:00 pm.
- \*On the 30<sup>th</sup>, HURRAH will hold its luncheon. There is also a KJHS Feeder Band Concert at 7:30 pm.
- \*May 1<sup>st</sup>, the Student Advisory Board will meet after school. Fifth grade orientation for parents will be held at KJHS, 7:00 pm.



### *We need your help!*

Sharing Connections is currently low on furniture to help over 400 families waiting to furnish their homes. Donating your one dresser, one table, or one bed will make a huge difference in the life of another person!

Help us continue our tradition that our founder, Leeanne McGrath, began over 20 years ago – one simple act of sharing will uphold the dignity of another and improve the quality of their life.

For more information about donation guidelines and pick-up service, please visit their website at [www.sharingconnections.org](http://www.sharingconnections.org)

Sharing Connections is a 501(c)3 charitable organization in Downers Grove that provides furniture and household items to families in need.

### **The Steeple Run Stingray Swim Team 2008 Come and join the fun!!**

With summer fast approaching, its time to think about activities for your children that include FUN, FAMILY, EXERCISE, INSTRUCTION and FRIENDSHIP.



This and so much more can be found with the Steeple Run Stingray’s swim team.

This recreational and instructional program is open to children between the ages of 4 and 18 years old and runs through the months of June and July. All swim levels are accepted!

Registration is Wednesday April 9 at the Steeple Run Clubhouse from 5pm to 7pm.

Please contact Lisa or Reid Wtherell at (630) 527-9005 for more information. [www.srswwim.org](http://www.srswwim.org)

## Green Trails Classified Ads

**Green Trails residents may submit ads and articles for publication in the Pathfinder free of charge according to approved guidelines:**

1. Ads must be received by the editor on or before the 10<sup>th</sup> of each month to be considered for publication. Ads may be sent by e-mail or by USPS. If sent by USPS, the ads must be typed or printed on 8 ½ X 11 paper. (2207 Ridgewood Road - Lisle)
2. Ads must include the residents GTIA Account Number (as found on their Pathfinder label), name, address, telephone number and/or e-mail address.
3. Ads will be limited to 25 words.
4. Renewal ads must be re-submitted each month according to these guidelines.
5. Ads that do not meet policy guidelines will not be printed.
6. Ads for businesses will not be accepted for free publication.
7. First-time classified ad submissions will take priority over repeat ads, and the editor will have discretion over revisions to ads.

### DISCLAIMER

The Green Trails Improvement Association does not endorse any of the products or services listed in the Pathfinder.

### SUBMITTING CLASSIFIEDS

- Classifieds must be renewed monthly via e-mail with "pathfinder" in the subject line.
- No phone-in ads or phone renewals.
- Classifieds should be sent to Jan Seeden at: [pathfinderads@comcast.net](mailto:pathfinderads@comcast.net).

**Questions:** Call Jan at 1-630-305-3977.

### FORSALE:

- Table top pad - New, never used. Pad is 3/8" thick and protects up to 350 degrees. 2pc - 47"x38" EACH piece with squared corners. \$50.00 Call 630-579-9144.
- Boy's Bike, red & black with Boy-suitable decorations. Good condition. 14" wheels. \$25 OBO. 630-357-9099.
- First Choice of Photography Students: Canon AE-1 Camera with Canon 50mm FD and 28mm FD lenses, Canon Speedlite 177A, Tiffen Wide Angle + Super Wide Angle + Telephoto converters, everything in excellent condition; Canon cleaning kit, Canon camera leather case, camera carrying case and all individual lens cases included; \$500 OBO, In Tyrnburly subdivision; Call 630-357-9099.

- Birdcage for sale, 12x18x20 inches, shaped like a house; Suitable for a single small bird (parakeet etc); Excellent condition; \$25 OBO. Phone: 630-357-9099.
- James Taylor at Ravinia. 4 PAVILION seats all together on Saturday June 7. Tickets sold out in 20 minutes. Section right nn. His first and only appearance at Ravinia in Highland Park. Treat yourself to a legend. \$235 per ticket. Will split 2/2. 630-420-0260.
- SAT-ACT Pocket Prep Handheld Interactive Tutor by the Princeton Review. Includes full-length Practice Tests and a carrying case. New; 2 copies of The Official ACT Prep Guide (from Thompson and Peterson). This Guide contains 3 actual ACT Tests 621 pp. ('07 edition); Kaplan ACT 2006 Edition of ACT Prep, 464 pages. Includes ACT Prep Course notes from classes taken in '07. Call 630-853-3538.
- 30" figurine lamp, \$50; 2 mahogany end tables with 2 drawers, \$199; New triple door frameless beveled glass medicine cabinet, \$75; IBM Aptive SQC Computer, 200 MHZ Pentium, 4.2 GB Harddrive, with HP printer, \$100; Beautiful cherry wood entertainment unit 52" x 56" , \$600; Stereo and floor speakers, \$100; Fall Landscape Oil painting, realistic and beautiful 24.5" x 4.5' , \$100. 630-527-9442.
- 95 Cadillac Fleetwood Brougham - Candlelight white / Dark Cherry Interior. Beautiful collectors item or use as limo. Worth about \$10,000, but will take best offer. Contact Cheryl 630-544-8943.
- Amateur Radio - SB-220 Heathkit linear \$550, no shipping. Contact George 630-420-1033.
- Metal baseball bat, DeMarini Vexxum DXVNR, 30 / 21.5 oz (-8.5) Only used last season, like new, lots of hits still in it, lists for \$249. Sell for \$75. 630-961-5699.
- 2000 Chrysler Town & Country LXi, 3.8L V8, leather, loaded with options, new tires/brakes, original owner, 94K miles, great condition - \$4,900 OBO 630-961-5699.
- New golf balls \$6.00 per dozen, \$11.00 for 2 dozen, Josephine 630-527-8643.

### SERVICES:

- Ready to remodel your home? I can replace outdated electrical/plumbing fixtures, tile and drywall, paint and more. Quality work at fair rates. Ray, 630-717-8727.
- Art instruction, workshops, and parties. For inquiries, contact Patti 630-400-6871.
- Brick work. GT resident specializing in paver patios, chimney repair, tuckpointing, & waterproofing. Call Allan - free estimate. H 630-527-8269; C 708-744-5657.

*(please see Classifiedscontinued on page 8)*

*(Classifieds, continued from pg 7)*

- All about Spot: Certified dog trainer and life-long animal lover offering dog walking, pet sitting, basic obedience training. Call 630-719-2473.
- Pants too long or seams coming apart? Get them repaired at a reasonable rate. Tyrbury resident. Please call: 630-357-9099.
- Friday Evening/Saturday Anytime/Sun Afternoon Childcare service offered at your home by a CPR-certified, DCFS-qualified Childcare Teacher. Tyrbury resident. Phone: 630-357-9099.
- Nanny on Call - Former child care provider will care for your children evening and weekend hours in your home. Please call Karen at 630-357-8033 to set up an interview.
- eBay selling! Sell your extra or unwanted "stuff" on ebay? Turn your unwanted items into cash. Experienced ebay seller will sell for you. Over 450 transactions. Will pick up items, photograph, sell and send you a check! Small commissions. Small items to vehicles. Call PaulV @ 630-983-6434.
- Tutoring: Kindergarten through College. All Subjects, test preparation and study skills. Screening for Dyslexia and ADD. Emphasis on Reading, Math, Writing and related subjects. ACT/SAT, etc. Contact Cheryl, 630-420-1033.
- TV, Home Theater, & smart home technology. Move your TV to a new room, install a new component, or upgrade your entire system. George 630-420-9023.
- Math Tutor - 20 Years experience - All levels and ages - Flexible appointments - reasonable rates. Contact George at 630-420-9023.
- Landscaping: Professional planning & design, 100% guarantee. McKay Nurseries Representative, University of Illinois Master Gardener. Free Flowering Crab Tree, no obligation. Contact Tracey Nardi at 630-717-7238.
- Golf lessons: Need a tune-up or just learning the game? Contact Dave Bailey USGTA certified for times and prices: (H) 630-369-8787 or (C) 630-209-8991.
- Tutoring elementary through high school. Math, Science (Chemistry, Biology, Molecular Bio) and Music (string instruments). Experience teaching, Master of Science degree. Call 630-357-9296.
- Experienced teacher and tutor providing multisensory instruction in reading, spelling, and math, K-8th grades. Specializing in instruction in written language expression and skills, grades 3-12. Screening for dyslexia. References available. Call Joan, 630-416-6101.
- Pamper your pet. Away on vacation, let your pet stay at our Green Trails home. We also provide daily walks. Call Scott and Susan at 630-204-6687.

**FREE:**

- Life Style Cardio Force Total Body Workout, Like brand-new. Call 630-420-7102.
- Math and/or Physics tutoring free for high school or college students. I am an experienced teacher, with a PHD & I was an assistant professor at one of the best universities in Russia. My English is poor, but I believe it is enough for tutoring in Mathematics & Physics. I hope to improve my English skills through tutoring. Also, if there is anyone who can help me improve my English through conversation, it would be much appreciated. Vladimir 630-357-9101, 4p.m. - 10p.m. Please speak slowly and clearly.

**FOR RENT:**

- Luxurious mountain ski condo, Winter Park, CO. Ski-in, ski-out. Just steps from the lift. Sleeps 4, fully furnished including complete kitchen, fireplace, hot tub, heated garage & balcony overlooking the Continental Divide. 6 yrs old. Snowmobiling, snowshoeing, sleigh rides. \$799 per week. Phone 630-460-0010.
- 2BR Townhome in Highpoint. All new carpet paint and pergo. Cathedral ceiling, 2 BR, 2 Full baths, family room, basement, all appliances incl W/D, garage, pool. Snow removal, lawn care & water incl. \$1350 per month. Immediate occupancy. Phone 630-460-0010.
- Disneyworld Florida - 2 bd/2ba condo minutes from Disney. 8 pools, 2 restaurants on property. Fully furnished, washer, dryer, whirlpool in unit. All weeks available. \$1250/week. 630-420-0260.

**WANTED:**

- Someone to mow my lawn as needed from spring through fall. Use your mower. East side of College Ave. Call 630-983-4669.
- Top quality, lightweight, Road Bike, 55-58cm range. Heidi 630-853-7496.
- To rent a room in Lisle home 1-2 weeks/month when working in Lisle office location. Heidi 630-853-7496.
- Need Nanny starting in July for summer and afterschool care. Four children ages 10, 9, 8, and 6. Must drive. Call Dennise at 630-420-0899.
- PT from home. Set own hours. Minimum age: 18. Ideal for friendly student, mom, retiree who's comfortable talking w/others. Generous commission. 630-258-4390.
- Pak Mail of Lisle is looking for an energetic, self starter for all aspects of store operations. Customer service experience is a plus, as well as attention to details. Part-time, Mon., Wed. and Fri. 9am-1pm and every other Sat. 10am-2pm. \$9.00/hour. Fax Resume to 630-355-5040.

## *A Moment for your Health..* by Green Trails Resident, Dr. Carissa Tyo, M.D.

### With April Showers Comes...Allergy Season

As the snow finally melts away, the grass and trees burst forth in growth and the flowers start to bloom. It is prime time for allergy season to start. With the release of pollen comes the frustrating battle of itchy eyes, runny noses, sneezing, coughing and overall misery. But, what really is an allergy? To understand the symptoms, one must begin to understand the mechanism of how an allergy develops.

Allergies are the body's response to a perceived noxious stimulus. They arise when the body makes note of an exposure to an allergen such as pollen, grass, or pet dander for example and begins to mount a defense against it. While to the average person these allergens are ignored as they are truly not a threat to the body's well-being, in the person with allergies, the body sees these stimuli as potentially harmful and begins to activate the immune system against the allergen.

So what exactly does that mean? The body responds as if it is under attack and begins to release histamine and inflammatory mediators as a counteroffensive. This response results in the typical nasal congestion, runny nose, sneezing, itchy/watery eyes and post nasal drip with cough. For some people with an asthmatic predisposition, this response may progress to deeper inflammation in the lungs themselves with shortness of breath, cough and wheezing. Others develop difficulty sleeping at night and may have persistent headaches particularly along the front of the head. And so the misery begins.

The mainstay of allergy treatment is generally medicinal. Because the specific triggers of symptoms are so ubiquitous and often unavoidable, attempts to avoid the allergens may be cumbersome. Some simple lifestyle modification may, however, go a long way to help in symptom management. Changing the air filter on your home's air conditioner monthly can help to decrease allergic symptoms by removal of the offending pollen or spores. The use of a mask when outdoors, particularly on high pollen count days, can help to limit symptoms particularly when one has to work outside for extended periods of time. Keeping the windows closed can help to keep the offending agent out of the environment especially when used in conjunction with ongoing air conditioning/filtration. When using a single room air conditioning unit, consider turning it on and leaving the room for about 30 minutes as on start up there may be a release of allergens built up on the filter while the unit was off. Unfortunately, indoor allergens are just as prevalent as outdoor allergens. A dehumidifier may help to limit mold growth and spore formation in the home itself. Further, particularly in those with strong asthmatic components to their allergy, limiting the amount of carpeting and other dust-harboring elements like stuffed animals may help to decrease respiratory symptoms related to allergies.

As for medications, several classes of drugs have been created to deal with this onerous problem. The initial and most utilized drug is the antihistamine. Many of these have



now become available over-the-counter including diphenhydramine (Benadryl) which has been out for a long time, as well as the reportedly non-sedating antihistamines like loratidine (Claritin) and cetirizine (Zyrtec) which have more recently come into the market. These medications may be paired with a decongestant like phenylephrine, chlorpheniramine, or pseudoephedrine. The decongestants work by causing constriction of the blood vessels of the nose to limit the restriction of air passage. Systemic decongestants, however, are not selective in their action. They may cause this effect on blood vessels throughout the body and may result in a rise of blood pressure. Patients with hypertension (high blood pressure) should check with their doctors before using such products.

In addition to oral decongestants, some nasal sprays like oxymetolazine (Afrin) or Neo-synephrine also work by constricting the nasal blood vessels with less systemic effect. These sprays should not be used for more than 3 days, however, as they may engender a dependence in the user with terrible congestion arising once stopped after prolonged usage. Steroid nasal sprays as prescribed by a physician are becoming more popular to control the symptoms of allergic rhinitis and may be considered as part of the therapy regimen for patients with more persistent symptoms. These sprays work by suppressing the local immune response directly at the site of allergen exposure in the nares. As with all agents that suppress the immune response, they should only be used under a doctor's supervision. Finally, the class of medications known as leukotriene inhibitors has been created to work along a separate pathway of inflammation created by the body's response to an allergen. Medications like montelukast (Singulair) or zafirlukast (Accolate) were originally designed to assist in the management of asthma, but have gained approval for use in the treatment of allergic rhinitis as well and may be considered as part of the regimen for treatment of seasonal allergies.

For those people with severe or persistent allergies, consultation with an allergist should be considered. They should be able to help manage the symptoms more effectively and may recommend allergy shots as a way to help treat the problem. For those patients with clearly known triggers, the shots allow for the controlled exposure to the allergen in an attempt to help the body to learn to tolerate and thereby limit its response. Though not a cure, this form of immunotherapy may be a targeted way to treat some forms of allergic response.

So bring on the sunshine and warmth. Revel in the burst of color with the blossoming of the trees and flowers. Take comfort in knowing that there is an arsenal of support out there to help you manage your sneezing in the sunshine. Take a moment to talk it over with your physician to help you manage your symptoms effectively such that you can truly enjoy the passage into spring.



Greetings! The topic I'd like to explore this month is, "WHY FASHION MATTERS." Has it been a while since you checked your style?

How important is what we wear? Do Clothes really matter?? Can't people look through all the superficial fluff and see the real us? The Answer: USUALLY NOT. There is scientific research to support the notion, that what you wear really does make a difference in how you influence the world around you. It's called the First Impression. Behavioral Scientists tell us that the effect of a first impression is a strong one. The process of sizing you up is something that goes on subconsciously. Your evaluation by a stranger takes 30 seconds or less, and can be so strong that it takes up to 5 years to erase! **Since 90% of you is covered by apparel, the clothing you choose makes a significant impact!**

Looking stylish is not about following the fashion trend of the hour, or losing weight, or being rich. There is nothing wrong with tipping the scales in your favor, since by and large, fashion is all about highlighting your assets and minimizing your flaws! Dressing to show off what you love about yourself and hiding what you don't. That's a big YES for all of us! It makes a heavier person look voluptuous, a skinny person look full bodied, and a petite person look taller, slender or both. That's what makes it so amazing, like magic! Proportion, Proportion, Proportion! The advice I always give, is dress for who you are today, not 10 pounds from now or because you don't have time. Dress to feel attractive to yourself. Others will notice and feel attracted to you!

The clothes we wear are also a means of self expression; they enable us to say something to the world about who we are, or who we'd like to be. It addresses our fundamental human need to belong, to identify ourselves with a group of others like us, whether it's a lifestyle, a religion, a profession or an attitude. We use fashion as protection, like an armor. We all have that favorite pair of black pants or a special skirt, that something in our closets that flatter us, and boost our confidence making us feel powerful. If you don't... then get going and get shopping! Take a friend with a discerning eye and a mouthful of hardcore truth to keep you from repeating the same old mistakes!

Tim Gunn says that, " We have become a nation of slobs! If comfort is your only guide, then fashion will elude you. There is something about being a little cinched, a little starched and put together that is contrary to how it feels to wear sweats all day. If you want to look like you never got out of bed... DON'T GET OUT OF BED!" Before you go down Harsh Lane, what he is trying to impart here, is in situations such as job interviews, sales presentations, special dates, cocktail parties and the like, it is important to make not just a good, but a great impression! Also, when you're dressed well, your confidence level's boost, increasing daily productivity! That's a plus!

### **This Month's tip!**

What everyone needs to get started in freshening up your wardrobe are just a few simple basics that are easy to obtain.

**Women** - start with a classic dress pant, no pleats please, with hems that touch the bottom of your heels (Yes, your higher heels! They have come a long way, and there are many comfy varieties that add height and length! Try a wedge heel or a thicker heel for comfort), a great fitting pair of jeans, a well fitting white, button down shirt, a classic black dress and a seasonal trench coat, (not black, go with your most flattering color on this one, like red or baby blue, even lemon yellow to get in that springy mood!)

**Men** - it's much the same, a great suit, a sport coat, a well fitting pair of jeans, a white button down shirt, and dress pants, again, no pleats please!

### **Forecasting**

New Boheme – a nouveau twist on artisan style! Look for dip dyed skirts, gladiator style heels and sandals, fringe, beads, bright colors, prints in vintage florals, poet necks, cap sleeves, romantic safari and of course dresses are still the big hit!