

GREEN TRAILS



PATHFINDER

NOVEMBER 2007

Welcome to November: Lung Cancer Awareness Month

A Moment for your Health..

by Green Trails Resident,
Dr. Carissa Tyo, M.D.



Of all the types of cancer that we as physicians treat, none is more dreaded than lung cancer.

Each year, lung cancer kills more people than breast, prostate and colon cancer combined.

With mortality rates so high, it is important to take a moment to discuss some of the basics of lung cancer.

Part of the problem with the treatment of lung cancer arises from the fact that most cases are diagnosed at an advanced stage. Unlike prostate, breast, and cervical cancer, lung cancer has no proven routine screening test to offer early detection. Sputum studies and chest x-ray examinations have demonstrated no advantage toward ultimate mortality outcomes. Recently, a large-scale trial of annual screening with high-resolution CT scan for those at risk of lung cancer was reported showing the diagnosis of early stage and therefore more curable lung cancer. Studies are underway to assess whether this is a viable routine screening tool on a large scale. Until this becomes a standard, the majority of lung cancer is found incidentally on testing for other issues or found once symptoms arise at a later stage.

The symptoms of lung cancer are nonspecific and may include:

- Persistent cough
- Chest pain often worse with deep breathing
- Hoarseness
- Weight loss or loss of appetite
- Bloody or rust-colored sputum
- Shortness of breath
- Recurrent infections such as bronchitis or pneumonia
- New onset wheezing



Once the cancer has spread outside of the lung, multiple other symptoms may arise including:

- Bone pain
- Jaundice (yellowing of the skin)
- Abdominal pain particularly in the right upper quadrant
- Numbness, tingling or weakness of the extremities
- Dizziness, headache or seizure
- Masses at or near the surface of the skin from lymph node involvement.

The specifics with respect to the types of lung cancer and modes of diagnosis are complicated and too broad for this brief discussion. I would defer to your personal physician and other resources for information regarding these management issues.

Regarding prevention, we do have the ability to manage our risk of contracting lung cancer. As with most cancers, smoking is the greatest modifiable risk factor for the development of lung cancer. Whether from direct inhalation or second hand, tobacco smoke creates inflammation in the lung, which predisposes the tissue to cancerous conversion. Though less is known about marijuana smoke, recent studies indicate it may have more potential to confer increased risk due to the depth of inhalation accompanied by breath holding. Hookah smoking or water pipe smoking has become more popular in the young population but offers no less injury to the lung despite the decreased tobacco content. In addition, other inhalational irritants including radon gas, diesel exhaust, asbestos, and a variety of possible toxins in the workplace can create the same problem within the lung.

(please see *Lung* continued on page 2)

Grow Don't Mow

Bob O'Brien, Lisle
Park District

Some residents have asked why the Park District does not mow down to the ponds' edges. The relationship between a pond and its shoreline is important. The shoreline buffer zone is the last line of defense against forces that may try to destroy a healthy pond. Naturally vegetated shorelines filter runoff from surrounding properties by removing harmful chemicals and nutrients. This in turn helps reduce the growth of algae. Excess nutrients such as those found in fertilizers encourage algae growth. At the same time, vegetation along the shoreline helps protect against erosion. The shoreline buffer zone also provides a home for aquatic microorganisms, fish, insects and other animals so that a balance in the aquatic ecosystem is maintained. Ecologists and other experts agree that a naturally vegetated shoreline buffer zone is critical to the long term health and quality of the pond.

The concept of the buffer zone is simple: it should be comprised of vegetation that exists naturally in a shoreline. This zone requires little maintenance and use of fertilizers and pesticides is not encouraged.

Canadian geese do not like to nest or walk through tall vegetation. They would rather be able to see all around themselves and watch for predators. Having a wide buffer of 15 – 25 feet will discourage the geese from gathering in the park or adjacent properties. For the park district, having a 15 – 25 foot wide strip of vegetation around some of its ponds is not possible due to pathways, light poles and resident properties; so we maintain a smaller zone in those areas. However, in areas where we have been able to maintain a buffer, there has been a notable reduction in the local goose population.

Additionally, residents should not feed the geese. Feeding creates overcrowding and makes the geese dependent on the hand-outs; they become unable to forage for themselves. People quickly find out that feeding the geese leads to having a flock living with them.

The benefits of having an established shoreline buffer zone around all of our ponds include:

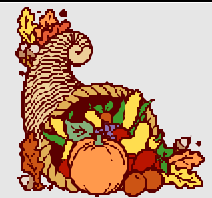
- Runoff is filtered
- Shoreline is stabilized
- Fish & wildlife habitat is preserved
- Noise is screened
- Aesthetic values are maintained
- Canadian geese are discouraged

Over the past years, the park district has encouraged its mow crews and contractor to avoid cutting the turf down to the water's edge. By doing this now and into the future, the park district will have an established shoreline buffer zone around its ponds thereby creating the benefits mentioned earlier. Please help the park district community in its endeavors to achieve these benefits and leave the mowing to us!



Don't forget to set your
clocks back one hour on
November 3 for Daylight
Savings!

Happy
Thanksgiving!



(Lung, continued
from pg 1)

Though family history appears to play a lesser role in the prevalence of lung cancer, the commonality of exposure and some predisposition of the genetic code must be considered in assessing risk. Diets rich in fruits and vegetables as with most cancers appear to decrease risk incrementally.

So what can we do as a community to prepare ourselves for such a difficult challenge? Arm us with knowledge. Resources abound for the patients, family and friends of those diagnosed with lung cancer. The American Cancer Society (www.cancer.org), The National Cancer Institute (www.cancer.gov) and the Lung Cancer Alliance (www.lungcanceralliance.org) all offer information to help in the management of this devastating disease.

Be smart, stay healthy. If you have suggestions for future topics, please feel free to email your thoughts and recommendations to me at carissa.tyo@gmail.com



Honoring Old Glory

Long time Green Trails resident, Marilyn Kramer started a non-profit organization earlier this year intent on honoring the United States Flag. Planning is underway to locate a flag memorial park in the Shenandoah Valley of Northern Virginia. Kramer's uncle, Fred McFarland, Sr., who served in the United States Air Force, had a dream to honor the American flag in a special way. When he had trouble finding volunteers to help him, Kramer, a flag enthusiast herself, volunteered to assist. "I offered to build a website as an online tribute to honor the flag. From there, I recruited a few talented people to help me start the non-profit organization and plans have grown to build a park in Virginia. People are very passionate about our nation's flag and interested in our project."



Kramer continued, "My family roots in the Northern Virginia area can be traced back to the American Revolutionary War era. My mother grew up in the Valley and my grandparents lived in Strasburg. It's a richly historic region and the scenery is spectacular. While shopping in an antique store, I picked up an old map that showed my great-great-great-great-great-grandfather was the founder of Middletown, Virginia. That was a long-ago forgotten piece of our family history in the Valley."

Lisle board gives red light cameras green light

By Eva McKendrick Staff writer, Daily Herald

Area drivers might want to think twice before creeping over that white line at a red light in Lisle.

The village of Lisle will join other area communities, including Bolingbrook, when they install red light cameras later this year. Naperville also recently agreed to install cameras.

On Sept. 10, the Lisle Village Board unanimously approved the installation of RedSpeed-Illinois cameras at high-accident intersections in Lisle.

For more information on RedSpeed-Illinois, visit www.redspeed-illinois.com.

Within the next few months, representatives for the company will stake out intersections in Lisle for eight hours, recording on paper and video the number of traffic violations, said Debra Beerup, director of marketing for RedSpeed.

Armed with that information, village officials will decide where to install the cameras, said Sgt. Ron Wilke of the Lisle Police Department. He said the cameras are expected to be installed within 90 days.

My goal is to have people involved from all parts of the country." People in Virginia, Illinois, Indiana, Louisiana and North Carolina so far have volunteered and will assist with all aspects of planning and fundraising." Sadly, Kramer's uncle died in early October.

A recent foundation press release announced that the Internal Revenue Service approved the USA Flag Memorial Foundation's 501(c)(3) application. The ruling means that most contributions to the foundation are tax deductible. This provides an incentive for individual and business donors to come forward and make financial contributions. (Donors should always consult their tax advisor for tax related questions.)

In addition to individual contributions, the USA Flag Memorial Foundation will begin to apply for grants from a number of foundations in order to help fund the park project.

The park is currently in Phase I of planning, which is raising funds to purchase land for the project. For more information, go to www.USAFlagMemorial.org. The mailing address is USA Flag Memorial Foundation, 228 Elizabeth Dr., #217, Stephens City, VA 22655. Phone 540-247-9931.

Kramer and her husband Tom Berdan have been residents of Green Trails since 1989.

Here's how RedSpeed works: Sensors in the ground turn a camera on during a red light. If the sensors catch someone going over the white stop line, a camera takes three pictures - one each of the car crossing the line, in the intersection and a close-up of the license plate.

Reviewers at RedSpeed look over all the film, and when they see a traffic violation, the tape gets sent to the local police. If the police agree a violation has occurred, the tape goes back to RedSpeed, where a supervisor reviews the footage one more time for a final review. If all three groups agree, a ticket gets sent to driver.

But Beerup said these tickets are treated like parking tickets - they do not affect the violator's driving record or insurance rate, as a ticket written by a police officer would.

Beerup said that, once the ticket arrives in the mail, drivers can look on the RedSpeed Web site for the 12-second video clip of their violation before deciding whether to take the ticket to court.

A 2005 study by the Insurance Institute of Highway Safety determined that red light-related crashes resulted in more than 800 deaths and about 165,000 injuries annually. The report also found that cameras reduce red light violations by 40 percent to 50 percent and reduce injuries by 25 percent to 30 percent.

Summary of GTIA Board Meeting Tuesday September 11, 2007

President, Peter Bakas, called the meeting to order at 7:30 PM at Kennedy Jr. High School. Board members present: Peter Bakas, John Charicki, Pat Coughlin-Schillo, Joan Dudas, Linda Gilbert, Marg Hough, Gerry Jackson, Terri Kolman, Julie LaFond, Les Lavin, Betty Long, Gail Robinson. Board members excused: Rodd Elges, Rob Getz, Tom Maslanka. 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. Under Treasurer's Report, it was noted the CD was to rollover for 12 months, not 18 months. Under Finance Committee, the first sentence should begin with, "Per John Charicki's request".

Board Motion: Julie LaFond motioned to approve the minutes of the August meeting as amended, Terri Kolman seconded. The motion passed by unanimous voice vote.

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

Board Motion: Betty Long motioned to accept the revised check register expenditures of \$43,188.74 for August, Joan Dudas seconded. The motion passed by unanimous voice vote.

Board Motion: Marg Hough motioned to accept the revised check register expenditures of \$59,731.79 for September, Pat Coughlin-Schillo seconded. The motion passed by unanimous voice vote.

Management Report: Telephone log line items were reviewed.

Management stated that there have been a total of 40 College Green apartment-condo conversions, with 56 left to be converted.

Management reported that there have been a total of 8 Torrey Pines conversions, with 16 left to be converted.

Management noted that all scheduled trail work has been completed. Restoration should be completed soon.

Management provided a 5-year analysis of liens filed vs. money recovered from those liens.

In response to last month's inquiry, Management contacted outside legal counsel to inquire if it was a requirement to maintain minutes of executive session. Our attorney stated that GTIA is a master association governed by the Illinois Condominium Property Act which does not require minutes of executive session.

Management reminded Board members of the Smile

(please see *Minutes* continued on page 6)

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
Betty Long - Secretary - Area B, HF1, OKS
Tom Maslanka - Area A, HF3, 4&5
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.
Gail Robinson - Area M, HPT
Rob Getz - 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: November 13, 2007

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

Or E-Mail us at:

gtia@greentrails.org

GTIA Yearly Assessment Policy

Assessments are paid annually. The billing for the new year's assessment will be mailed no later than Nov. 29th and is due Jan. 31. If payment is not received by Feb. 1st, administrative fees will be added to the assessment. If a owner does not receive an invoice by Feb. 10th if management immediately, GTIA policy states the owner 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

For Commercial Ads
Contact Pam Shuta
ARBOR

Printing & Graphics
5100 Academy Dr., Ste 100

Lisle, IL 60532

630-969-2277

Butternut Squash and Creamed Spinach Gratin (Serves 8 – 10)

This is a rich, bubbling gratin that may be assembled, but not baked 1 day ahead. Cover surface with wax paper, then cover with plastic wrap and chill. Let stand at room temperature 1 hour before baking.

- | | |
|---|---|
| 3 lb fresh spinach (or 3 10-oz. packages frozen leaf spinach, thawed) | ¾ tsp black pepper |
| 5 Tbsp unsalted butter | ¼ tsp fresh grated nutmeg |
| ¾ cup finely chopped onion | 1 cup heavy cream |
| 3 garlic cloves, minced | 2 large butternut squash |
| 1-1/2 tsp salt | peeled, quartered, seeded |
| | ¼ cup finely grated Parmigiano-Reggiano |

Thoroughly squeeze cooked fresh or thawed frozen spinach in small handfuls to remove excess moisture, then coarsely chop and transfer to a bowl. Melt 3 tablespoons butter in a heavy skillet over moderately low heat, then cook onion and garlic, stirring until softened, approx 3 – 5 minutes. Add onion mixture to spinach along with salt, pepper, nutmeg and cream; stir to combine. Place oven rack in upper third of oven, preheat oven to 400 degrees. Butter a 3-quart shallow baking dish (or 13 x 9, but not glass). Cut squash pieces lengthwise into approximately 1/8 inch slices. Layer squash and spinach mixture in baking dish, using about one fifth of squash and one fourth of spinach for each layer, beginning and ending with squash. Sprinkle top layer of squash evenly with cheese and dot with remaining 2 tablespoons butter, then cover directly with a sheet of parchment, or wax paper. Bake until squash is tender and filling is bubbling, 25 to 30 minutes. Remove paper, and bake gratin until browned in spots, 10 – 15 minutes (or broil 3 inches from heat, 2 – 3 minutes).

Be mindful that happiness isn't based on possessions, power, or prestige,
but on relationships with people we love and respect.

Your friend is the person who knows all about you and still likes you.

Two rules of life: You only need two tools: WD-40 and Duct Tape
If it doesn't move, and should, use the WD-40.
If it shouldn't move, and does, use the duct tape.

Season tips inside and Out *Consumer Reports excerpt submitted by Terri Kolman*

Use your mower to mulch shredded leaves, even from slightly acidic oak trees, enrich the soil as they break down. Most lawn tractors and mowers have a mowing deck that can be closed off in the mulching mode so that leaves are chopped by the spinning blade. But even models without a mulching mode can be used to shred leaves in the side-discharge setting. Mulching works best when leaves are less than an inch deep, so mow frequently. For the first pass, put the mower in the side-discharge mode to lift and loosen leaves. Then mow the same area using the mulch mode. Otherwise, just use the side discharge mode for both passes. Use an electric-powered blower with a vacuum mode to collect and mulch leaves near bushes and in flower beds. If using your mower to mulch isn't an option, and the area is too big to rake, use a power blower to move leaves into piles for bagging, composting, or Lisle's curbside leaf pick-up.

(please see Season Tips continued on page 6)



(Minutes, continued from pg 3)

Days event Saturday, September 15th where the art project benches would be auctioned at 3:00 PM.

Management distributed a list of August 2007 newcomers. Board Directors are encouraged to call on newcomers in their respective areas.

Finance Committee: John Charicki distributed revised copies of the GTIA 2008 proposed budget as prepared by the Finance Committee.

Board Motion: Julie LaFond motioned to accept the proposed budget for publication as submitted, subject to change after executive session, Gerry Jackson seconded. The motion passed by unanimous voice vote.

Maintenance Committee: Les Lavin suggested a proposal to replace cedar wood in the Gazebo with pressure-treated wood at an estimated cost under \$1,000. A written proposal will be submitted to Management this week. The consensus of the Board was in the affirmative to accomplish this project within the next two weeks.

Les Lavin and Betty Long distributed a site plan indicating where the 50 trees from the pine grove should be transplanted along College Road. It was also agreed that Les and Betty should select an additional 5 five-foot white pines from the pine grove to transplant in a sparse area on the southwest side of College Road. Additionally, the Board empowered Betty and Les to purchase appropriate deciduous trees to be planted on the southeast side of College Road.

Communications Committee: Marg Hough stated that the Pathfinder Editor agreed with the committee's recommendations to increase the Pathfinder to at least 10 pages of content. In addition to the editor's input, committee members Terri Kolman and Paula Gleason agreed to submit relevant articles monthly. After much

discussion relating to paid ads and unpaid classified ads in the newsletter, the matter was tabled for further research by the committee.

Parks Committee: Betty Long met with members of the Park District to review the Park Grounds Inspection Forms submitted to them by GTIA. Several items will be addressed this year and some are on the schedule for next year. Marg Hough gave a synopsis of the most recent Park District meeting. The Park District intends to enlarge their trails up to 8 feet in width. After much discussion, GTIA Board members requested management send a letter to the Park District requesting that the park paths be tapered where those paths meet with our GT paths which are not as wide. Peter Bakas will attend the September 20 Park District meeting.

Nominating Committee: In Rob Getz's absence, Joanne Broda noted that there are still Board candidate vacancies for areas F and O.

Old Business/New Business: None

Board Member Area Reports: Gerry Jackson reported a pile of brush just off of New Albany, near light pole 122. Marg Hough reported a dead tree on Trinity.

Executive Session: Board Motion: Gerry Jackson motioned to adjourn to Executive Session, Linda Gilbert seconded. The motion was passed by a unanimous voice vote at 9:15 p.m.

Board Motion: Betty Long motioned to adjourn the Executive Session, Teri Kolman seconded. The motion was passed by a unanimous voice vote at 9:26 p.m.

Adjournment: Board Motion: There being no further business, Joan Dudas motioned to adjourn the meeting, Julie LaFond seconded. The motion was passed by a unanimous voice vote; the meeting adjourned at 9:27 p.m. Respectfully Submitted, Paula Gleason, Recording Secretary

(Season Tips, continued from pg 5)

Maintain your furnace. Heating is the biggest energy expense in most homes. A well-maintained furnace runs more efficiently and lasts longer, typically 15 – 20 years.

Repair: Unless a key part such as the heat exchange or control module breaks, it makes more sense to repair your furnace than to replace it. Simple maintenance steps include checking your furnace filter monthly during the heating season and cleaning or changing it as needed, dusting heat registers and keeping furniture away from them, and scheduling an annual furnace checkup.

Replace: Furnace efficiency ranges from 78 to 97 percent, but high efficiency models are usually more expensive. So compare both initial and operating costs of several models. Avoid buying a furnace that's bigger than you need. Besides being more expensive, an oversized furnace cycles on and off more frequently, which wastes fuel, can wear out furnace components, and can be noisy and causes uncomfortable temperature swings.

Remember, the best time to replace your furnace and get a better deal is in the fall or spring, when contractors aren't juggling emergency heating or cooling calls.

STEEPLE RUN SCHOOL NOVEMBER NEWS

- ★ **Hot Lunch Dates:** 2nd-Hot Dog Day; 9th- Pasta Day ; 16th- Variety Day; 30th Pizza Day
- ★ **Market Day Pick-up** is scheduled for Nov. 1st, from **5:45-6:30**, in the gym.
- ★ Steeple Run's 3^d annual **"Cookie Dough Fundraiser"** will kick-off on Nov. 5th.
"Savory Foods" is our vendor again this year! They will be offering 11 different flavors of cookie dough; 4 flavors of Gourmet Popcorn and, of course, the "Lava-Licious" Fudge Cakes. Money and order forms need to be returned by Nov. 26th.
- ★ Our **"Fabulous Fifth Graders"** will be presenting their annual **"Music Program"** on Nov. 7th, at **7:00p.m.**, in the gym. Thanks to Mrs. Karen Foley, the teachers, and of course the students, for all the hard work and time they put into this program. **Enjoy!**
- ★ **Picture re-takes** will be November 9^h. Students need to bring their original Portrait package with them for retakes.
- ★ Our annual **"Veterans Day Assembly"** will take place on Nov. 12th at **8:30a.m.**, in the gym. Please join us in paying tribute to our American Heroes.
- ★ The next **"Home and School Meeting"** will be held on Nov. 13th, from **7:00-9:00p.m.**, in the LRC.
- ★ There will be **no** school on **Nov. 21st; 22nd and 23rd. HAPPY THANKSGIVING!!!!**
- ★ On Nov. 30th, volunteers will be **setting-up** for the **"Holiday Store"** from **3:30-4:30**, in the gym.



Looking ahead to December:

On Dec. 1st, Steeple Run's Annual "Holiday Store" will be open from 9:00a.m.-12:00noon, in the gym. Volunteers will be there to assist the children with their Holiday Shopping. Prices usually range from \$1.00-\$5.00.

HIGHLANDS SCHOOL NOVEMBER NEWS

- *Hot lunch dates—November 2nd—Hot dog, chicken, chili, or salad; November 9^h—Pizza or turkey wrap; November 16th—Burgers, crazy bread, or salad; November 30th—Chicken, pasta or salad.
- *Book cart and ice cream sales will be held on November 7^h, 14th, and 28th.
- *Manna cash and carry will be available on both November 9^h and November 30th from 9-11 am. Do some early holiday shopping!
- *The weeks of November 5^h and 12th are rock climbing weeks at Highlands.
- *Fourth graders will take a field trip to the Opera on November 6^h and to Naper Settlement on November 15th, while first graders will visit Norris Cultural Center on November 7^h. Have a great time!
- *November 7^h is also Community and Business Back to School Day.
- *Artrageous Session 2 will meet after school on November 8th, 15th, and 29th, as well as on December 6^h and 13th.
- *Highlands will hold a Veteran's Day ceremony from 8:15-8:45 am on November 9^h.
- *Don't miss the fourth and fifth grade parent/child book club discussion the evening of November 13th!
- *The fourth grade band will give a concert from 7-7:30 pm on November 14th.
- *School Family Community Partnership (SFCP) will meet November 14th from 2:45-3:30 pm.
- *The monthly Home and School (H&S) meeting will take place November 29th from 9-10 am. H&S executive board will meet from 8:30-10 am on the 15th.
- *Finally, there will be no school on November 21st, 22nd, or 23rd. Happy Thanksgiving!



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 10th 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.

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

FORSALE:

- 55 Used Baseballs & 18 Softballs Very good condition - Excellent for soft toss or tee work \$35.00 for all. Please call 630/357-5203.
- Gary Fisher Bicycle, Model: Cosmo, 20" wheels, like new, \$300 new, \$75; Waterbed with heater and head-board, Twin+ size, well maintained, \$75 OBO. 630-369-3391.
- St. Martin Oyster Bay Beach Resort studio timeshare for sale. No week restrictions, low yearly maintenance fees. \$9500 negotiable. www.oysterbaybeachresort.com Call Kim at 630-319-3432.

- 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.
- Girl's Huffly Bike, Model: Sassy; Color: pink, decorated with girl-suitable decoration; Condition: Excellent; one-year new; Wheel size 16 inch. \$30 obo. Phone: 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 Tyrbury subdivision; call 630-357-9099.
- Pool Table, 2 year old - American Heritage, 8 X 4, slate base- oak wood w/navy blue felt, includes rack, balls and 6 cues, also includes 3 light table light - \$1200. 630-961-5699.
- 72" 4-door french provincial maple buffet, \$75; Beautiful oriental cherry wood entertainment unit 52" x 56", \$600; beautiful traditional cherry wood bookcase with computer desk arm accessible from both sides, with glass top, \$850; Pat 630-527-9442.
- Amateur Radio - SB-220 Heatkit linear \$550, no shipping. Contact George 630.420.1033.
- Planning on taking a High School Photography course? Canon EOS Elan II E SLR camera with 28-80mm Canon lens with skylite filter, Canon 75-300 zoom lens with skylite filter, additional uv filter, Canon 277T speedlite flash unit, Tamrac bag and manuals. \$350 OBO. Call Kate 630-416-3092.
- Pine Entertainment Center w/ double doors. Measures 72"h x 42"w x 20"d. TV opening is 40"w. Plenty of storage for DVDs and video equipment. Must See! \$50 obo. Call Kelly 630-305-8274.
- Appliances: White GE 27" double oven ~2yrs/\$500; White Kenmore Elite Dishwasher ~3yrs/\$150; Off-white Amana 22.5 cuft refrigerator ~6yrs/\$400; Stainless Jenn-Air cooktop ~10yrs/\$100. Great condition. All manuals. Call 630-983-6034.
- Table top microwave - excellent condition, great for rec room or basement - \$10 Call 630-724-9015.
- 7 piece youth bedroom set. Great condition. Honey brown wood finish. Highboy dresser, desk, 2 book cases, desk and chest of drawers, twin headboard, frame & desk chair. \$200 630-585-5661.

(please see *Classifieds* continued on page 9)

(Classifieds, continued from pg 8)

- 9 Gymnastic leotards sizes Med and Lg from \$10 - \$35. 10 HS Dance Dresses - S/M/L - from \$5 - \$25. Call Sue at 630-369-8787.
- IBM Aptiva S9C, 200 MHZ Pentium Processor with MMX technology, 32 MB SDRAM (expandable to 64 MB), 4.2 GB Hard Drive, 16 X max (variable speed) CD-ROM Drive, 256 KB External L2 Cache, 336 KBPS Data (maximum)/144 Kbps Fax Modem Software Upgradeable to 56 Kbps Data, 2 MB SGRAM Video Memory, HP Printer included, \$200 or best offer. Good starter computer for child. Call Pat, 630-527-9442.
- Cherry Dining Room table with 2 leaves and 6 chairs. Perfect condition, Ethan Allen. Asking \$800. Phone 630-369-7995.
- Bassett Sofa- green, tan & cream plaid - excellent condition, very comfortable, rarely used; \$150 obo. Call 630-699-7148.
- Brown upright piano, Hobart M. Cable asking \$ 350; black rocking chair \$25; light brown tall computer desk \$20; Old World spa gift certificate worth \$400, selling for \$75; Call Kathy at 630-699-9889 or 630-416-8387.
- Boy's bike, red and black with Boy-suitable decorations. 14" wheels; Good condition; \$25 OBO Phone: 630-357-9099.
- An original Universal Gym machine. Nine work stations plus separate leg machine. Good condition. First \$500 gets it. Call Dave at 630-416-9778 or 630-248-5346.

SERVICES:

- MS., MPH., PhD retired college teacher. Tutor for English, pre-nursing, pre-dental hygienist, pre-pharmacy, microbiology, biology and how to succeed in college; 630-946-6524.
- Math and science tutor has immediate openings. District 203 teacher on leave with own children will tutor yours, all ages, will travel. Kim 630-319-3432.
- 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. Tyrnburly resident. Phone: 630-357-9099.
- Evenings/Weekend Childcare service offered at your home by a CPR-certified, DCFS-qualified Childcare Teacher. Tyrnburly resident. Phone: 630-357-9099.
- Does your home need remodeling? Do-it-yourself project overwhelming you? I can fix project mishaps, provide consultation or do the entire job. Call Ray, 630-717-8727.

- Home Repairs: Small repairs, painting, electrical, plumbing, and remodeling. Room, patio, and deck additions. No job too small or large. Quality work at reasonable prices. Contact Gary 630.420.1033.
- TV, Home Theater, and smart home, Move your TV to a new room. Install a new component. Upgrade your system or install a new one. Contact George 630.420.9023.
- 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.
- Experienced EBay seller can list, sell & ship your treasures. Small commission. Let me know what you have, I will be glad to look at (or discuss) your items and let you know if EBay is feasible. Small items to vehicles or? Call Paul @ 630-983-6434.
- Golf lessons - keep your game sharp all year round. Call Dave (USGTA instructor) at 630-369-8787. All levels welcome.
- 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.

FOR RENT:

- Luxurious Mountain Ski Condo. Winter Park, CO, Ski in- Ski out, just steps from the lift. Sleeps 4, 1BR fully furnished including complete kitchen. Outdoor hot tub, fireplace, deck, heated garage. Snowmobiling, snowshoeing, sleigh rides. \$1195 per week. 630-460-0010.
- Highpoint Townhome. Very nice 2br, 2ba w/family room, garage and basement. All new paint, carpet and pergo. All appliances incl W/D. No pets. 630-460-0010.
- Getaway weekend at Geneva Landings, WI, waterfront condo in resort area, 2B/2B with fireplace overlooking water. Close to Alpine, Lake Lawn, shopping and dining! \$600 Friday- Monday + \$80.00 cleaning fee; Call: 815-404-9700.
- Vacation in a beautifully furnished 3BR Cape Coral Fl home with water view, heated pool, close to beaches. Available by wk/mo. For info call 630-241-0255.
- For rent - 4 BR, 2.5 Bath, 2 car garage, basement, family room, living room, dining area, appliances included. No lawn mowing. Near Kennedy JH, close to highways, shopping, daycare and public transportation. Call (630) 930-9593.