West Nile Virus Detected

Reports of a mosquito batch collected from the banks of Waubonsie Creek, in the Aspen neighborhood of the Oakhurst community, has tested positive for the presence of West Nile virus (WNV), according to the DuPage County Health Department (DCHD).

While similar batches have been found throughout the Chicagoland area, there have been no reports of human infection due to the virus in the immediate area. The only human infection reported as of July 1 has been to a boy in west-central Illinois. The DCHD encourages county residents to protect themselves from mosquito bites and the risk of contracting WNV.

The DCHD recently launched its countywide WNV surveillance program and already found two positive reports from mosquitoes trapped in the Carol Stream and Aurora areas. These early reports of WNV activity are in line with similar early reports of WNV activity elsewhere in Illinois from the Illinois Department of Public Health.

The DCHD is again using the Personal Protection Index (PPI) widget on its website, which is an easy-to-understand alert system that informs the public about the risk of contracting WNV, as well as the steps that should be taken to protect themselves and their families.

Oakhurst residents may also report dead birds using a simple form on the DCHD’s website http://www.dupagehealth.org/dead-bird-sighting. Dead birds can often be an early sign of the presence of the virus in the environment.

The PPI widget provides residents with a real-time snapshot of WNV activity in the county, which ranges from zero to three, zero meaning there is no risk and three announcing a high level of risk with multiple confirmed human cases of WNV. The widget is based on guidance from the Centers for Disease Control and Prevention and the Association of State and Territorial Health Officials. Residents will be able to see the PPI widget by visiting the DCHD’s website.

Many community partners including townships, municipalities and park districts, also have the PPI widget posted to their home web pages. Residents who click on the widget will be linked to the DCHD’s “Fight the Bite” page for prevention tips.

The prevention tips are based on the "4 Ds of Defense," which include draining standing water, using insect repellent to defend yourself, dressing with long sleeves to cover your skin and being careful during the day and after dark.

The DCHD monitors WNV activity by collecting and testing mosquitoes in traps located throughout the county. The PPI widget will be updated by 3 pm each Wednesday throughout the WNV season. These weekly updates will be determined by the DCHD’s vector-borne disease surveillance experts.

Information courtesy of the DuPage County Health Department
# Oakhurst Community Association Representatives

## Elected Board of Directors

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Bill Bernard, President</td>
<td>630-240-1052</td>
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<tr>
<td>Connie Gallagher, Vice President</td>
<td>630-778-5638</td>
</tr>
<tr>
<td>Noel Houghton, Secretary</td>
<td>630-220-0137</td>
</tr>
<tr>
<td>Jeffrey Johnson, Treasurer</td>
<td>630-499-7869</td>
</tr>
<tr>
<td>Clifton Mason, Director</td>
<td>630-486-3265</td>
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<tr>
<td>Claudia Schmidt, Director</td>
<td></td>
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<td>Simonne Primo, Director</td>
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## Oakhurst Property Management

**Baum Property Management**
Manager, Tina Straits
630-897-0500 X 1830  Tina@baumprop.com
P.O. Box 46, Aurora, IL 60507

## Single-Family Neighborhoods

### Ashbrook
- Bernie Biernacki 630-820-8414
- Doug Lucas 630-585-1028

### Aspen
- Sue Ellen Gerchman 630-585-0440
- Charlotte Dockstader 630-585-0440

### Autumn Meadows
- Jim Valastro* jmvalastro@sbcglobal.net
- Jeffrey Zalc 630-851-7367

### Breckenridge
- Lynn Minnis* 630-978-4712
- OPEN POSITION

### Carriage Estates
- Karyn Mrozek* 630-978-0199
- Barb Garlitty 630-870-9042 bgarlitty@aol.com

### Inverness
- Rick Mervine 630-851-5633
- Linda Grula 630-585-8694

### Mayfair
- Bill Poppe* 630-978-1314
- OPEN POSITION

### Stanfield
- Lewis Bullock* 630-978-8265
- OPEN POSITION

### Summerfield
- Debbie Beatty* debbiebeatty@sbcglobal.net
- Debbie Basak 630-851-1624
- Bill Bernard 630-240-1052

### The Woods
- Duane Pifko* 630-820-6673
- OPEN POSITION

### Wild Meadows
- Steve Bosco* 630-898-9457
- Abha Dey 630-236-9843

## Multi-Family Neighborhoods

### Autumn Lakes Condo Assn.
- Connie Gallagher 630-499-9923

### Country Homes of Oakhurst Assn.
- Janet Begeman 630-692-1040

### Heather Glen Assn.
- Jason McLindsay

### The Townes of Oakhurst Homeowners Assn.
- Jeff Johnson

### The Townes of Oakhurst Condo Assn.
- Karen Trolier* 630-897-0500 x1829
- OPEN POSITION*

### Hunter's Glen Apartments
- Bob Gleason, Manager*

### Abington Woods
- OPEN POSITION*
- OPEN POSITION

### Oakhurst Community Association Committees

<table>
<thead>
<tr>
<th>Committee</th>
<th>Chairperson</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Architectural Modification</td>
<td>Bill Poppe, Chairperson</td>
<td>630-978-1314</td>
</tr>
<tr>
<td>Landscape</td>
<td>Claudia Schmidt, Chairperson</td>
<td>630-499-7869</td>
</tr>
<tr>
<td>Recreation</td>
<td>OPEN</td>
<td></td>
</tr>
<tr>
<td>Traffic</td>
<td>Rick Mervine, Chairperson</td>
<td>630-851-5633</td>
</tr>
<tr>
<td>Oakhurst Oracle Newsletter</td>
<td>Bernie Biernacki, Editor</td>
<td>630-820-8414</td>
</tr>
</tbody>
</table>

## APD Officer Mike Townsend #218

Phone: 630-256-5385 F: 630-256-5339 C: 630-675-1690
Email: townsendm@apd.aurora.il.us

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ATTENTION
Reminder to All Oakhurst Residents

* Sheds are not allowed in the Oakhurst community. Per the association bylaws, Article XII, Section 12, "...no tent, utility shed, shack, trailer or other structure of a temporary nature shall be placed upon a Unit or any part of the properties."

* The amenities within the Hunters Glen Apartments, part of the Oakhurst Community Association's Multi-Family Neighborhoods, are for the Hunters Glen residents only. Parking is for residents and their guests. Swimming pool access is for residents and their guests. Also, the dumpsters within the Hunters Glen Apartment complex are for the residents of that community only. Anyone caught dumping in the dumpsters or using the facilities without authorization will be charged with trespassing and be ticketed. All others are reminded to respect the Hunters Glen privacy.

ORACLE SUBMISSIONS
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MBierna409@aol.com
630-820-8414

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Publication of paid advertisements in this newsletter are not an endorsement or recommendation of any advertised product or service. The Oakhurst Community Association is neither responsible nor liable for the content of any advertisement published, herein.

Information to Use

For those who use the restrooms at Oakhurst Community Park on Oakhurst Drive, this year’s access code is 323.
If there is a problem within the restrooms, please contact Oakhurst Property Management at 630-897-0500, extension 1829.

Oakhurst Community Association
2016 Meetings of the Board of Directors
Tuesday, July 26
Tuesday, September 27
Tuesday, October 25
7:00 p.m.
Oaks Recreation Club Clubhouse
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2 South 610 Rt 59, Unit 9, Warrenville, IL 60555
Preparing articles for your Oakhurst Oracle is a challenge. There are many good people who help with their words and thoughts about what they see within the Oakhurst community.

As an Oakhurst resident, I do get out and about in the community. Talking with people about their homes and what they see and do in their daily lives.

I am not making this a challenge, but what do you as residents want to see in future issues of the Oakhurst Oracle?


It is your call. You can reach me at MBierna409@aol.com.

Bernie Biernacki
I was going to update you on the latest information but, as I write this in late June, the state has just announced that IDOT will shut down their projects at the end of June. This action comes as the state prepares to enter a new budget year July 1 without a budget – again. Now, I suppose there could have been a resolution between when this was written in late June and when this newsletter reaches your mailboxes in the second week of July. It could happen. I am hopeful. That doesn’t change the root cause of the problem.

But hope is not a strategy, not something that usually gets things done. If that did happen, then our construction projects for infrastructure expansion are continuing but that still doesn’t solve the underlying problem. Expanding infrastructure is something we have to keep working toward in a city that grew from 75,000 people to over 200,000 in 25 years. People need to get to their jobs, to school, to recreation, church and a myriad of other places. Storm water needs to be handled, better access to the train station, more parking. That’s why we have endured the construction we have for the last three years and now that we are so close to the end, to have it halted or the threat of stopping so close to the end can be too much for some residents. I’ve heard from them and they are frustrated with the state.

I know what’s caused this threat as do a growing number of people. It’s time to address the threat and fix the problem. Last year, the state came looking for money rightfully due the municipalities in Illinois to try to balance their budget. That didn’t fly. We here in Aurora balance our budgets and have held the line on net tax levy increases for 8 years now. The state should do no less. Oh, and let’s not forget the state still hasn’t figured out how to properly fund education in this state. It’s time for some serious reform in Springfield and that means making sure our representatives represent our interests and not those of any one man. This tactic over the last few decades is making this state a shadow of its former self and the resident’s nothing but pawns. Call our state representatives (Linda Chapa LaVia and Stephanie Kifowit) and tell them to stop listening to one person and listen to all of us. It’s time to change how we are represented in Springfield – they need to advocate for reform and put the partisan fighting behind them. Ask them to change how they allocate our precious resources and learn to live within a budget the way the rest of us do. It’s time to fix the pension mess that isn’t going away at the state level. Oh, one more thing - its time this information is more widely known among residents of this state and our community.

Updates
• The DuPage County Health Department traps in the area found mosquitos infected with West Nile Virus in early June. The city got the word out quickly and there is an article on the front page of this newsletter with more information about it.
• The two Multi-Use Paths are progressing with the next phase of engineering underway.
• Shop Local will return for the 5th year this August. Support your local businesses!

Look up, focus on the road and Keep Them Alive. DRIVE 25! Remember, 20 MPH in the SCHOOL ZONE when children are present!

It is an honor to serve you in the 8th Ward. Call me if you have any questions. Rick Mervine, 8th Ward Alderman AldermanMervine@gmail.com • 331-452-5136 Customer Service 630-256-INFO (4636) Facebook: Alderman Rick Mervine • www.MyWard8.com www.Aurora-il.org
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“The older you get, the more exercise you need.”

I didn’t mind slinking into old age until I heard that statement. I just hope it was crazy talk. If not, cancel my order for the electric rocking chair.

In the future, there will not even be a porch at assisted-living confines to install my rocker, and sitting around will be illegal. It will be labeled “the new loitering.” Anyone putting the finger on a sitting oldster will be rewarded with a second dessert.

Meanwhile, I must convince my husband to push his exercise goals. He doesn’t seem to be sweating during his morning work-out; his t-shirt’s not damp. The shirt actually smells better when he first puts it on.

Everyone’s sitting in front of a laptop or computer much of the day. “Sitting is the new smoking,” a friend advised me recently. “My husband and I eat dinner standing at our bar-high counter due to all the sitting we do at desks weekdays.”

Because of her full-time desk duty, she’s a weekend warrior, taking kickboxing classes; she wants to try kickboxing.

“I can get my leg up pretty high,” she confided.

I predict a lucrative peak in hip replacements surgeries in another decade down the road – from those kickboxing classes alone. Let’s gamble dough on hip implants and invest in Stryker medical equipment stock.

“I think you eat less if you sit for meals,” I countered, “because your body is bent in the middle, with the abs 90 degrees to the thighs. When you stand, the food slides down without any compression to warn you when plenty is enough.”

“I have my portions under control,” she said, with a wrist flip.

Binge-watching a TV series is another temptation to sit. I would avoid that, except for the program on TLC TV: “My 600-lb. Life.” My jaw is slack when viewing the “before” portion of the hour; my eyes -- usually rheumy, with leaden lids -- burst open to CD size.

Weight Watchers could show excerpts of the “before” weight-loss parts to their prospective clients, and then film follow-up testimonials of their clients’ triumphs for seductive ads.

Our daughter Alison is also a devotee of “600-lb.”

“They are too big to sit up,” she observed.

They couldn’t bend in the middle if they wanted to. But we viewers lean forward alert with apoplectic eyeballs, even if we had been previously laid back in a recliner.

When the program is recorded, we sit even longer because we can speed the remote through the commercials rather than shuffle to the kitchen to binge-snack. However, “600-lb.” is not forever. When the reruns run out, we can rise again.

Our church has soft-cushioned pews, but is doing its part to keep members sit-less by having us standing and kneeling right and left. I pray my joints will hold up.

After eyeing x-rays of my left knee, an opinionated ortho told me not to kneel anymore.

“What about church?” I asked. I needed to pray for knee healing.

“Once or twice a week,” he allowed.

Practicing Muslims kneel prayerfully more often than that. They even sit on their heels -- the ultimate knee compression! How are their knee joints after, say, 60?

“No squatting either,” the doc continued, already on his feet with his running shoes sliding to the door.

“What about trying to press the city sticker on my sports car license plate every year? Should I drag a chair out to our garage?”

But my allotted time was up; after a patronizing pat on my back, the ortho had dashed through the door. Doctors rarely sit for more than a paragraph with a patient; patients had better read their questions aloud quickly -- or join the sprinters in the halls.

Having time to dress, I spied the computer screen the doc had studied in order to avoid eye contact when delivering the bad news to me. My knee x-rays had disappeared and been replaced by a lengthy list of patients. I found my name, then read farther on the horizontal line: “right knee.” My right knee was fine (so far); it was my left that was iffy and the subject of the medical diagnosis. What’s the ortho really know?

My cushioned kitchen chair, where I do daily battle with my laptop, now has two ominous circular dents in the Naugahyde exactly where my sitting bones land. Are my buns -- formerly finely sculpted from walking backwards -- getting bony? My weight’s unchanged; where has the maximus muscle gone? Kiss it goodbye.

We are expected to live long and live fit. Sitting will not go out of style, even with the threats of sciatica and standing-desks that rise for ten minutes of every hour. But balancing exercise and recuperative rest is like herding feral cats. The exercise I recommend is slouching into and rising from a beanbag chair. Try it. You won’t like it. But while you consider that, I’ll continue to crawl into and out of my sports-car bucket seat. Upright or folded, we can still watch the world jog by.
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Come FOLLOW the Band

By Nancy Springs

Even though most of us are in full summer break mode, the marching band, pardon the pun, marches on! I recently interviewed Kevin Carroll, the director of the Waubonsie marching band and was given the low down on all that goes into the group of musicians and flag twirlers we watch on the football field during half-time as they make formations. It is way more than meets the eye!

Kevin Carroll came to us after an extensive background in music including a 22 year long career at Joliet West High school as the sole director of the band. Here at Waubonsie, he is in charge of the marching band, pep band and wind symphony, concert band and jazz band. He also teaches small group lessons called technique classes throughout his day. A major factor in making the move was that Mr. Carroll has a new son that he very much wants to watch grow up. This schedule is actually lighter than the one he had at Joliet if you can imagine.

The actual concept for the approximately seven and half minute performance was formulated back in January. All the marching band staff got together and brainstormed ideas for music and themes, narrowed down the choices and chose music that best fit the theme they landed on. This year is going to be Devil in the White City with an underlying Good vs. Evil topic. Several pieces of music were then sent to an arranger who took them and put together a score. Mr. Carroll is responsible for applying for the rights to the music during this time.

Next comes the choreography, which is a multi-step/multi-person process as well. Caitlynn Burgess is responsible for the color guard’s movements and Phil Beale is in charge of the percussion section. The formation is then arranged electronically by yet another person, and between them all they form the show that will be performed throughout the entire season.

In early June the 2016-2017 season began with four days of what’s called Fundies, in which returning members alongside incoming freshman spend four hours a day learning or honing the fundamentals of the movements. When they return in August, the members of the band are given the choreography on an animated website on Google Classroom that can be used to map out each person’s position. Next, practice begins, and for two weeks they have ten, eight hour rehearsals where they learn the music and movements by musical measure or musical phrase.

The official marching band season kicks off with a partial performance at the Pig Roast which is on August 19th this year. They then perform at all home varsity football games as well as competitions at various high schools and colleges throughout the state of IL. They participate in the Labor Day and Memorial Day parades as well.

Our band has taken home some impressive awards throughout the years, and Mr. Carroll pointed out that Waubonsie always places in competitions they attend. In fact, in 2013 they won class 6A and were grand champions at the University of Illinois’ Illini Classic. The following year they won first in class 6A again.

We should be very proud of the caliber of performance these musicians provide, and knowing how much work goes into these shows only solidifies the fact that we have a fantastic music program at Waubonsie.
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Notify newsletter@oakhurstcommunity.org to ADD, CHANGE, or DELETE a Working Youth Listing.

The Working Youth Directory is a service for youth, ages 12 and above, living in the Oakhurst community.

Parents: If you wish your child to be listed in this directory, please email MBierna409@aol.com.

- Include your child's name, address, neighborhood within Oakhurst, home phone number of a parent who will be responsible for fielding requests, and the service(s) you permit your child to provide. Be sure to talk with your child about personal safety before listing in this directory.

Each monthly issue of the Oracle is posted online to the community association's website, www.oakhurstcommunity.org.

**B-RC:** Red-Cross Certified Babysitter, **B:** Babysitter, **MH:** Mother's Helper, **P:** Pet Sitter, **Y:** Yard Help, **O:** Odd Jobs, **V:** Vacation Watch, **SR:** Snow Removal, **T:** Tutoring.
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