

Warriors advance to this week's sectional

Program secures first sectional berth in nearly 30 years; Addison Trail takes third

STAFF REPORT
The Willowbrook girls gymnastics team competed in last week's IHSA regional at Glenbard West. The Warriors earned a second-place team score of 133.7 at the regional to advance to this week's sectional, which will also be held at Glenbard West.

According to Willowbrook coach Andy Isaacson, this is the Warriors' girls gymnastics program's first team appearance in an IHSA sectional since 1993.

Willowbrook will join five other teams (Glenbard West, DeKalb, Geneva, Lake Park and Wheaton Warrenville South) in the team competition at this week's sectional in Glen Ellyn.

Glenbard West won the title at its Feb. 2 regional with a score of 141.25. St. Charles North (132.1) placed third, while Fenton finished fourth.

The top five individual finishers in each event at the Glenbard West Regional qualified for this week's Glenbard West Sectional in Glen Ellyn. Several other gymnasts also earned at-large sectional berths.

There are four sectional competitions (at Glenbard West, Oswego, Mundelein and Hoffman Estates) this week. The IHSA state meet will take place Feb. 18-19 at Palatine High School.

Senior Bella Naumovsky of Willowbrook won the regional's all-around title with her score of 36.3. Naumovsky's total of 36.3 included a pair of first-place scores in individual events. She won the regional title with her score of 9.5 on the uneven bars. She added another victory with her winning score of 9.075 on the balance beam.

Naumovsky and Willowbrook senior Tess Placek landed in a third-place tie in the vault; both Warriors earned

scores of 9.025 in that event. Placek qualified for the sectional's all-around competition by placing fifth in the regional's all-around standings with her total of 33.475.

Willowbrook junior Sarah Ball secured a sectional berth in floor exercises with her fifth-place regional score of 8.8. Ball also earned an at-large berth in the sectional's all-around competition with her seventh-place regional score of 31.45.

Ball and Placek both secured at-large sectional berths in the vault and floor exercises events. Placek added an at-large berth on the uneven bars, while Ball earned an at-large sectional berth in the balance beam.

Junior Hanna Mitrick contributed to Willowbrook's regional's lineup with her eighth-place all-around score of 28.625. Junior Molly Morris of the Warriors competed on the vault, earning a 13th-place score of 8.05, while sophomore Mia McBride contributed a 10th-place score of 7.8 on the uneven bars. McBride also provided an 11th-place score of 7.875 on the balance beam.

Addison Trail

Addison Trail competed in last week's Lake Park Regional. The Blazers earned a third-place score of 124.9 in the team standings of the four-team event. Lake Park won the regional title with its score of 142.325, while Wheaton Warrenville South (139.15) claimed second.

A pair of Blazers earned automatic sectional berths on the balance beam. Senior Delaney Gregory posted a fourth-place regional score of 8.5 on the beam, while sophomore Nicolette Franczak delivered a fifth-place score of 8.45.

Gregory, Franczak and junior Maddie Muccianti earned at-large berths in the sectional's all-around competition. Muccianti secured at-large sectional berths in the uneven bars, balance beam and floor exercises.



CHRIS FOX PHOTO Rock Valley Publishing

Willowbrook's girls gymnastics team competed in last week's IHSA Glenbard West Regional in Glen Ellyn. The Warriors posted a second-place team score of 133.7 in the four-team event. Glenbard West won the regional team title with its score of 141.25. The Willowbrook team secured an at-large berth into this week's sectional at Glenbard West. According to Willowbrook coach Andy Isaacson, this is the program's first team appearance in a sectional since 1993. The Warriors will compete against five other schools in the sectional's team competition. One photo from the awards ceremony of the Feb. 2 regional in Glen Ellyn shows Willowbrook senior Bella Naumovsky (center), who won the all-around title with her score of 36.3. Naumovsky delivered first-place finishes in two events at the regional. She won the individual title on the uneven bars with a score of 9.5, and she claimed first-place honors on the balance beam with a performance that received a score of 9.075. Willowbrook senior Tess Placek, who is pictured on the far right, finished fifth in the event's all-around standings with her score of 33.475.

Warriors, Blazers both advance to Hinsdale South Sectional

Porro leads Willowbrook to a third-place regional finish; Fiermuga helps Addison Trail claim fourth

STAFF REPORT

The Willowbrook girls bowling team earned a third-place finish in Saturday's IHSA Metea Valley Regional, which took place at Fox Bowl in Wheaton. By finishing among the top four teams in the 13-team regional, Willowbrook advanced to this weekend's Hinsdale South Sectional at Bowlero in Woodridge.

The top four teams in each of the state's six sectionals will qualify for the IHSA state meet, which will take place Feb. 18-19 at the Cherry Bowl in Rockford.

Downers Grove South won the Metea Valley Regional title with its total score of 5,627. Metea Valley (5,565) placed second, while Willowbrook (5,089) finished third. Addison Trail (4,890) qualified for the Hinsdale South Sectional by placing fourth at the Metea Valley Regional.

Willowbrook sophomore Jacquelyn Porro delivered the third-best

individual score at the regional with her six-game total of 1,247. Senior Amia Jackson of the Warriors, who placed 18th in the regional's individual standings, bowled a six-game score of 998, while sophomore Olivia Williams turned in a score of 964, good for 21st place. Senior Amelia Williams rolled a six-game total of 946 (24th in the individual standings), while senior Megan Beausoleil fired a 25th-place regional total of 934.

Junior Kylie Fiermuga led Addison Trail at the regional with her sixth-place individual score of 1,172. Senior Sarah Soucie finished 17th with her six-game score of 1,002, while freshman Grace Cannizzo produced a 20th-place regional score of 978. Freshman Val Pizzoferrato contributed a score of 884, while freshman Amelia Leslie provided a 696. Freshman Angie Ayala bowled one game at the regional, turning in a score of 158.



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Warriors pick up two home victories

Team moves to 7-2 in conference play with a win over Downers Grove South; Willowbrook finishes the week with a narrow non-conference win over Romeoville

STAFF REPORT

The Willowbrook boys basketball team improved its overall record to 17-9 with a pair of home victories last week.

The Warriors moved to 7-2 in West Suburban Gold Conference play following a 52-39 win over Downers Grove South on Feb. 1. The Warriors picked up another victory on Saturday, when they edged Romeoville 72-70 in a non-conference contest.

Willowbrook led Downers Grove South 12-10 after one quarter and 32-18 at halftime. The Warriors held

a 41-32 advantage at the end of the third quarter.

Senior Noah Campbell scored 10 of his team-high 12 points during the second half. Senior Marquel Saleek provided all 11 of his points in the first half, Senior Terrell Walker and junior Isaac Sobieszczyk both provided eight points. Senior Evan Stubblefield supplied five points. Senior Alex Simmons contributed four points. Junior Joey Tumilty added four points by sinking four free throws during the fourth quarter.

The Warriors and Romeoville were deadlocked at 14-14 after one

quarter. The two teams were tied at 29-29 at halftime. Sobieszczyk drained a shot from 3-point range at the end of the first half to even the score. Willowbrook held a 43-34 edge with about three minutes left in the third period, but the Spartans cut the Warriors' lead to 44-42 by the end of the quarter.

Willowbrook held a 64-54 lead with 3:30 to play, but Romeoville made a 3-point shot with about one minute to play that cut the Warriors' lead to 68-64. The Spartans drained two more 3-point shots during the game's final minute.

Campbell's driving layup gave Willowbrook a 72-67 lead with about 16 seconds to play. The Spartans drove down the court and connected on a 3-point shot to cut the lead to 72-70 with 6.9 seconds on the clock.

Following a timeout, the Warriors drove to the basket and missed a shot. Romeoville tried to get the ball up the floor, but was unable to launch a shot before the buzzer sounded.

Saleek scored 18 points in Saturday's win. Campbell added 15 points, while Sobieszczyk, who made three

baskets in the fourth quarter, provided 14 points. Walker contributed 11 points. Stubblefield scored all 10 of his points during the fourth quarter. He made three baskets, including a 3-point shot, and sank three of four free-throw attempts in the final eight minutes.

The Warriors' schedule this week includes Friday's conference battle at Leyden, followed by Saturday's conference home game against Proviso East.

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Warriors finish a perfect conference season

Second-half surge propels Willowbrook to a win at Downers Grove South; Warriors wrap up the WSGC season with a 12-0 record

STAFF REPORT

The Willowbrook girls basketball team completed an undefeated West Suburban Gold Conference season with last week's 51-39 victory at Downers Grove South. The Feb. 1 win gave the Warriors a conference record of 12-0 and an overall season mark of 21-4.

In addition to beating Downers Grove South twice during the conference season, Willowbrook earned a pair of West Suburban Gold wins over five other opponents—Addison Trail, Proviso East, Morton, Leyden and Hinsdale South.

Willowbrook will face Lyons Township—

which finished first in the West Suburban Silver Conference standings—in this week's crossover game at Addison Trail. The Warriors will begin the IHSA Class 4A post-season by hosting a regional in Villa Park. The Warriors will face Conant in a regional semifinal contest on Feb. 14. If Willowbrook defeats Conant, it will face either St. Charles East or Glenbard North in a regional final on Feb. 17.

Willowbrook is the No. 5 seed in the Bartlett Sectional. St. Charles East—the Warriors' likely opponent in a potential regional final matchup—is the sectional's No. 4 seed.

The Warriors led Downers Grove South 15-

11 after one quarter of last week's conference game. The Mustangs delivered a 15-8 run in the second quarter to take a 26-23 halftime lead. Willowbrook regained the lead in the third quarter and held a 38-33 advantage with eight minutes to play.

Sophomore Calli Kenny and her younger

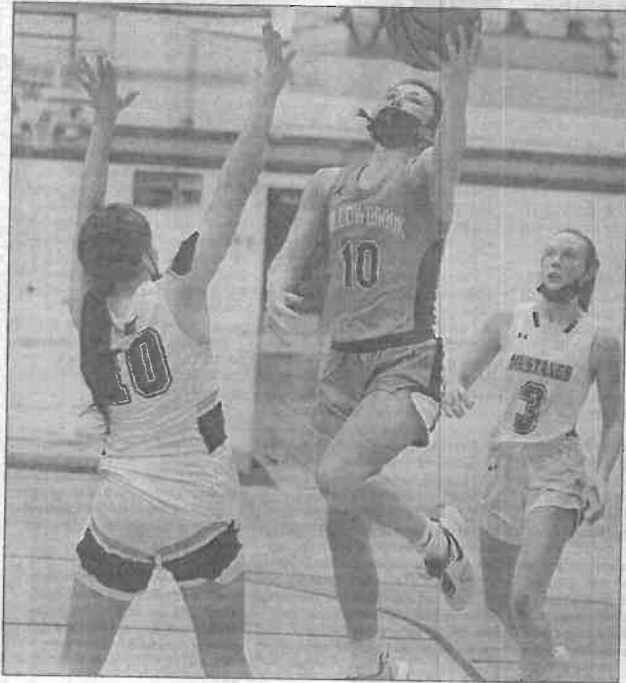
sister—freshman Hannah Kenny—both scored 16 points for the Warriors in the recent victory at Downers Grove South. In addition to scoring 16 points, Calli Kenny grabbed 16 rebounds.

Senior Sophie Sullivan added seven points, while junior Sara Stout and sophomore Elle Bruschk both scored five points.



CHRIS FOX PHOTOS Villa Park Review

Willowbrook's girls basketball team closed out an undefeated West Suburban Gold Conference season with last week's 51-39 victory at Downers Grove South. The Warriors finished their conference season with a 12-0 record. Willowbrook moved its overall season record to 21-4 with its Feb. 1 win over the Mustangs. One photo from the game shows sophomore Calli Kenny, who scored 16 points and pulled down 16 rebounds for the Warriors. Another photo shows her sister—freshman Hannah Kenny (No. 10)—who provided 16 points and five rebounds. Willowbrook will play Lyons Township—the first-place team in the West Suburban Silver Conference—in this week's crossover game at Addison Trail. The Warriors will open the IHSA Class 4A post-season by hosting a regional. Willowbrook will meet Conant in a regional semifinal in Villa Park on Feb. 14. If the Warriors beat Conant, they will battle either St. Charles East or Glenbard North in a regional final on Feb. 17.



EEH: Staying active may lessen symptoms of 'chemo brain'

Time and again, studies have shown that exercise can improve overall health and reduce risks for chronic illness.

Now, a new study suggests staying physically active can help women with breast cancer maintain memory and cognitive function and avoid "chemo brain."

Roughly 75 percent of breast cancer patients report having cognitive impairment during chemotherapy. Symptoms of "chemo brain" or "chemo fog" can include memory loss, difficulty concentrating, confusion and a shorter attention span, and can linger months after chemotherapy has ended.

In a study of more than 500 breast cancer patients, researchers found that women who met minimum national standards for exercise (150 minutes of exercise per week) during their treatment performed better on cognitive

tests than those who were inactive. Even women who were active before treatment began, but were inactive during treatment, performed better than those who were inactive during treatment, according to the findings.

Studies have also suggested that exercise has other health benefits such as boosting mood, aiding in sleep, improving energy levels and strengthening bones. Exercising can also help maintain a healthy weight and help lower the risk for chronic health conditions such as diabetes, high blood pressure or heart disease.

While exercising has many benefits, it is important for people (particularly for those undergoing medical treatments) to recognize their body's needs and limitations and to rest when needed.

Consider these tips for starting an exercise routine:

- **Talk to a doctor.** Patients

should let their cancer care team know that they'd like to start exercising and discuss a plan with the team. Keep the team informed of any health changes that could affect the exercise plan.

- **If needed, take small steps.** People don't need to go for a mile run to see the benefit of regular exercise. Taking a brisk walk or going for a bike ride is beneficial. Even walking laps around the house or up and down a hallway can help.

- **Break up exercise time.** Instead of exercising for 30 minutes at once, break it up into smaller chunks and do 10 minutes at a time if needed. The goal is to get moving.

- **Check in with local breast cancer survivor groups.** They may have a walking club or exercise group.

Get more information at EEHealth.org/services/cancer.

Warriors open post-season at Wheaton North Regional

Mabutas wins event's 170-pound title; AT's Skamra earns sectional berth

STAFF REPORT

Willowbrook's wrestling team competed in Saturday's IHSA Class 3A regional at Wheaton North High School. The Warriors finished sixth in the team standings of the eight-team regional.

Glenbard West won the regional's team title with its total of 209 points. The Hilltoppers advanced to the upcoming dual team sectional at South Elgin. Glenbard North placed second at the regional with its total of 176 points, while West Chicago (113) and Wheaton North (107) landed in third and fourth place, respectively. Glenbard East delivered a fifth-place team score of 87 points, while Willowbrook wound up sixth with its total of 74.5 points. Addison Trail placed eighth with 46 points.

The wrestlers who earned top-three finishes in each weight class at the regional advanced to this week's

individual sectional at Conant High School. Wrestlers who earn top-four finishes in each weight level at the sectional will qualify for the IHSA Class 3A state meet, which takes place Feb. 17-19 at State Farm Center in Champaign.

Willowbrook senior Nick Mabutas won the Wheaton North Regional's individual title in the 170-pound division. Mabutas, who received a bye in the event's quarterfinal round, delivered a first-period pin in the semifinal round. Mabutas added another first-period pin in the championship match.

Chris Grioux of the Warriors advanced to the Conant Sectional by placing third in the 113-pound level of the Wheaton North Regional. Willowbrook's Isaiah Smith qualified for the sectional by battling to a third-place showing in the 126-pound division.

Addison Trail

Addison Trail's Seth Skamra earned his team's only berth in the individual sectional by turning in a third-place effort in the regional's 182-pound level.

Answers

PUZZLE 1

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Speak Out

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We are so very disappointed in our neighbors in Villa Park north of the Sugar Creek area. So many of us walk in the blocks around that area, and some homes had not shoveled any snow after the snowstorm. This is wrong and I think against village ordinance. Does Villa Park have a way of fining these people? I hope so.

Too bad the Iowa border is 2½ hours away. I'd go patronize their businesses and restaurants on a regular basis now that their governor is ending their COVID-19 emergency declaration this month. She said, quote, "The flu and

other infectious illnesses are part of our everyday lives, and coronavirus can be managed similarly." Exactly! That will never happen here because our authoritarian Governor Billionaire likes issuing his mandates too much.

I heard the Washington football team has a new name, the Commanders. I don't know about you, but I'm offended by that name because when I think of commanders, I think of someone in authority commanding me, or ordering me, to do something. Why not name the team the Washington Variants or the Washington Vaccines? That's all

most Democrats in Washington obsess about anyway—COVID variants and vaccines.

Whoever thought one man, who obviously has cognitive problems, would have the power to bring down a country as strong as America? America has changed in the past year. Do Americans make things happen or do they wait to see what will happen? The world is watching.

So Gov. Pritzker wants to help us regular folks out by suspending grocery taxes and freezing gas taxes, which are roughly 39 cents a gallon. That is a help. But a \$300 rebate on property taxes is an insult, a drop in the bucket compared to what we pay in DuPage County. And from what I read it may only count for people who can claim deductions, which many of us cannot, so it might not matter. Come on, representatives, even the Donald gave us over \$1,000 one time, which I used to help pay my property taxes and it was still a drop in the bucket. I also had to think: if the governor makes all these cuts to help the little guy, who will end up making up for all that money the state won't be making? I pity the fool.

I would love to see Lombard and Villa Park take a page from Aurora's

playbook, kind of like Small Business Saturday, and do a one- or two-day "Love Local" event to attract more shopping at our businesses in town.

Egomaniacs like Pritzker aren't scared about ending the mask mandate because they're worried about kids. They're afraid that nothing will happen to kids if and when the masks come off, as has been the case in neighboring states and countries around the world. If the masks come off and kids are fine, Pritzker will look like a fool. He's more concerned about his reputation than he is about kids.

Mr. Biden referred to a news correspondent as a son of a (expletive deleted). I just wonder how he would like it if somebody called his wife something derogatory. I know he wouldn't like it. I don't care if he told the correspondent it's nothing personal. I mean, Mr. Biden got caught with his pants down. You Biden lovers, you got sold a bill of goods.

The Democratic Party has lost me. I no longer look at them as a party that represents me as a patriotic American.

They put Biden in charge to take the blame for all their bad policies that they have major control. We need to wake, not woke, up.

History says Nero fiddled while Rome burned. Will President Biden eat chocolate chip ice cream cookies while America goes to war with Russia?

In light of the growing frustration of the ongoing activity at our southern border, you can't help but wonder: the people in Washington are getting a payout from the drug cartels. That doesn't seem to be any other logical explanation other than the Democrats are looking for more voters to further their agenda.

So Whoopi Goldberg is being suspended for two weeks from "The View" for saying the Holocaust was not about race. Imagine if a conservative had said that. An apology and suspension wouldn't have been enough. Regressive leftists everywhere—especially on that godawful program—would demand that person be fired.

• Warriors (Continued from page 7)



SUBMITTED PHOTOS Villa Park Review

Remembering a Warrior



Willowbrook High School sophomore Cecelia "Cece" Meier passed away on Jan. 29. Willowbrook students and staff honored Meier by wearing purple and green to school on Friday, Feb. 4. "It is always difficult to lose a member of our Willowbrook family, and we will continue to help each other through this difficult time," said Willowbrook Principal Dan Krause. Pictured (left to right) on Friday are: Krause, Willowbrook Guidance Counselor Carmen Avdlu, junior Olivia Mattia, senior Hannah Webster, junior Madison McTigue and Willowbrook Social Worker Erik Engel. In addition to wearing purple and green to school on Friday, Willowbrook students honored Meier by decorating the rock outside of the school and leaving flowers nearby.



CHRIS FOX PHOTOS Villa Park Review

Willowbrook's boys basketball team won a pair of home games last week to improve its overall season record to 17-9. The Warriors beat Downers Grove South 52-39 in a West Suburban Gold Conference game on Feb. 1. Four nights later, Willowbrook beat Romeoville 72-70 in a non-conference battle. One photo from Saturday's win over Romeoville shows senior Noah Campbell (No. 25), who scored 15 points. Another photo from Saturday shows junior Isha Sobleszczyk (No. 15), who provided 14 points. Senior Marquel Safé scored a team-high 18 points in Saturday's win. Campbell scored a team-leading 12 points in the Feb. 1 victory over Downers Grove South. That win pushed the Warriors' conference record to 7-2. Willowbrook's schedule this week includes conference games against Leyden and Proviso East.

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Biden among those calling for Frerichs' release

Lombard native held hostage in Afghanistan for 2 years

STAFF REPORT

Jan. 31 marked two years since Lombard native Mark Frerichs was kidnapped and taken hostage in the Afghanistan capital of Kabul.



Mark Frerichs

Frerichs, 59, a U.S. Navy veteran, had been living and working in Kabul for 10 years as a civil engineer until his abduction. It is believed he is in the custody of the Haqqani network, which is linked to the Taliban. Frerichs is the only American hostage in Taliban custody.

President Joe Biden, the U.S. State Department, Illinois' two U.S. Senators Dick Durbin and Tammy Duckworth, and U.S. Rep. Raja Krishnamoorthi noted the two-year anniversary and called for Frerichs' release.

"Mark is a native of Illinois. A son. A brother," said Biden on Jan. 30, addressing Frerichs' case for the first time. "And his family has now endured two gut-wrenching years—praying for his safety, wondering where and how he is, aching for his return."

"Threatening the safety of Americans or any innocent civilians is always unacceptable, and hostage-taking is an act of particular cruelty and cowardice. The Taliban must immediately release Mark before it can expect any consideration of its aspirations for legitimacy. This is not negotiable."

A statement released by the State Department echoed Biden's sentiments:

"Mark is a civil engineer who was helping with construction projects for the benefit of the Afghan people when he was taken captive. Despite his innocence, he remains held hostage by the Taliban and its affiliates. The United States has raised Mark's case in ev-

ery meeting with the Taliban, and we have been clear that the legitimacy the Taliban seek is impossible to consider while they hold a U.S. citizen hostage. His release is among our core, non-negotiable priorities. We will continue to send a clear message to Taliban leadership: immediately and safely release Mark and disavow the practice of hostage-taking."

Durbin and Duckworth—herself a retired U.S. Army National Guard lieutenant colonel—released a joint statement Jan. 31, saying the United States must do whatever it can to secure Frerichs' release from the Taliban, Haqqani network or their affiliates.

"Securing the safe return of potentially the only remaining U.S. hostage of the war in Afghanistan, a Navy veteran who served this nation honorably, is an urgent matter and we were glad to see President Biden's statement acknowledging the situation and forcefully calling for Mark Frerichs' immediate release. Our attention must be devoted to continuing to push on every reasonable lever to secure the safe return of Mark Frerichs to his family."

Krishnamoorthi, whose 8th Congressional District represents parts of Lombard, said Frerichs being taken and held hostage "was an act of cruelty and cowardice."

Frerichs' father, Art, and his sister, Charlene Cakora, live in Lombard. They have neither seen nor heard from Mark since he was taken hostage.

In a *Washington Post* op-ed published Jan. 26 titled "President Biden, please bring home my brother, the last American held hostage in Afghanistan," Cakora wrote, "We have had so many opportunities to secure Mark's release—and two successive administrations have missed every one of them. Each time, there was something more important. We helped facilitate the re-

lease of thousands of Taliban prisoners in 2020, but no Mark. We drew down our troop levels at the end of 2020, but no Mark. We evacuated the country in (August) 2021, but no Mark. Since our withdrawal, we have allocated nearly \$800 million in aid for Afghanistan since October, but no Mark. ... Every day we don't bring Mark home is another day he remains in danger."

However, in a statement that was published Jan. 30 by the *Associated Press*, Cakora said her family is grateful for Biden's statement.

"But what we really want is to have Mark home," she said. "We know the president has options in front of him to make that happen and hope Mark's safe return will become a priority for him personally."

Elmhurst U., District 88 schools partner to offer social justice course

Elmhurst University and DuPage High School District 88 have teamed up to offer a college-level course on social justice topics to students from the district's two high schools.

Fifty-five students from Addison Trail High School, in Addison, and Willowbrook High School, in Villa Park, are enrolled in Explorations in Social Justice. The multidisciplinary course introduces students to contemporary equity and social justice issues by having them explore social movements and current events related to race, ethnicity, gender, sexual orientation and class; and discuss how those concepts influence relationships and understanding in the world today.

"One of our top priorities at District 88 is to create and sustain an inclusive environment through ongoing equity work," said Jean Barbanente, superintendent of DuPage High School District 88. "We know equity is a journey, and we continue to look for ways to enhance this critical initiative and remove barriers to help all students achieve their goals. Our new course with Elmhurst University is a tremendous example."

The topics in the yearlong course are viewed through a national lens, but during the Spring Term the course places a special emphasis on equity and social justice issues that affect the Chicago metropolitan area.

The students work in person every day with their high school teachers and then twice a week, they meet remotely from their classrooms with different

Elmhurst University faculty members who address topics like immigrant residential segregation, criminal justice, health care, education and environmental racism.

Associate professor of history Kan Benjamin is a strong advocate for the course's multidisciplinary approach. "It gives students an opportunity to look at this huge concept of social justice from all of these different angles to find where their own specific passion or interest lies," she said. "So, matter what the next step is for them they have a lot of different ways to think about things."

The course also gives students a sense of all the different majors available to them at Elmhurst University somewhere else, Benjamin said.

"It allows them to blend this idea, care and concern for the world with 'What am I going to do after I graduate from high school?'" Benjamin added.

Explorations in Social Justice is the latest of several Elmhurst University courses that are available to District students. Others include College Algebra, Calculus III and English 105, which offer high school students the opportunity to experience the rigor of high education and earn college-level credit while also connecting with Elmhurst University.

"We know our students continue succeed inside the classroom and beyond because of these collaborations and we truly value and appreciate a strong partnership with Elmhurst University," Barbanente said.

Half as many COVID-19 cases reported last week compared to previous week

The Illinois Department of Public Health (IDPH) on Feb. 4 reported 60,389 new confirmed and probable cases of coronavirus disease (COVID-19) in Illinois, including an increase of 608 deaths since Jan. 28.

The number of cases reported last week (60,389) is less than half as many reported during the previous week (123,812).

Currently, IDPH is reporting a total of 2,957,563 cases, including 31,296 deaths, in 102 counties in Illinois. The age of cases ranges from younger than one to older than 100 years. Since Jan. 28, laboratories have reported 1,047,216 specimens for a total of 51,846,053.

As of Feb. 3, 3,135 individuals in Illinois were reported to be in the hospital with COVID-19. Of those, 546 patients were in the ICU and 314 patients with COVID-19 were on ventilators.

The preliminary seven-day state-

wide positivity for cases as a percent of total test from Jan. 28-Feb. 3 is 5.8 percent.

The preliminary seven-day statewide test positivity from Jan. 28-Feb. 3 is 8.0 percent.

A total of 20,623,484 vaccines have been administered in Illinois as of Feb. 3. The seven-day rolling average of vaccines administered daily is 28,626 doses.

Since Jan. 28, 200,384 doses were reported administered in Illinois. Of Illinois' total population, more than 75 percent has received at least one COVID-19 vaccine dose, 66 percent of Illinois' total population is fully vaccinated, and more than 47 percent boosted according to data from the Centers for Disease Control and Prevention (CDC).

All data are provisional and will change. Additional information and COVID-19 data can be found at <https://dph.illinois.gov/covid19.html>.

EEHealth joins HRSA, Gift of Hope in organ donor registration campaign

Edward-Elmhurst Health has joined the Workplace Partnership for Life Hospital Organ Donor Registration Campaign.

The purpose of this initiative, sponsored by the U.S. Department of Health and Human Services', Health Resources and Services Administration (HRSA), in collaboration with Gift of Hope, is to expand awareness about the benefits of organ and tissue donation and increase donor registration. Nationwide more than 1,700 hospitals and healthcare organizations participate in this campaign each year.

There are more than 106,000 people in the U.S. who are waiting for an organ transplant. While 95% of U.S. adults support organ donation, only 58% are registered as donors.

By becoming a registered organ and tissue donor, people could soon day:

- Save up to eight lives through organ donation;
- Restore sight in up to two people through eye donation;
- Heal more than 75 people through tissue donation.

Since the program's inception in 2011, the campaign has generated more than 575,000 donor registrations.

Gift of Hope Organ & Tissue Donor Network is a not-for-profit organization that coordinates organ and tissue donation and provides public education on donation in Illinois and northwest Indiana. To learn more about organ and tissue donation visit GiftOfHope.org.

Suburban Life

ATHLETE OF THE WEEK



BELLA NAUMOVSKY

Willowbrook, senior, gymnastics

Why Naumovsky was selected: Naumovsky won the all-around with a score of 36.30, uneven parallel bars with a high school best score of 9.5 and balance beam with a score of 9.075 at the Glenbard West Regional. She was voted the Athlete of the Week by readers.

Here is Naumovsky's interview with Sports Editor Joshua Welge.

Welge: How did you feel about your regional performance?

Naumovsky: I was really proud of myself. It was my first year doing all-around and I got third place on vault, something I haven't done in five years. As a team, I was really proud of us. We didn't have the greatest night, but we had great atmosphere. We cheered more than any other team.

Welge: What would making state mean to you, given all you've been through with all your surgeries and everything?

Naumovsky: I think I would feel very accomplished. This is my last year doing gymnastics and I want it to end well. Doing great at sectionals would make me happy. Especially with all the injuries, I don't think I can keep going after this year.

Welge: What are all the surgeries you've had?

Naumovsky: Freshman year, I had two hip surgeries, I wasn't able to walk for two months, I was home-schooled for two months. I wasn't cleared for eight months. Sophomore year, I came in half-year through the season. I've had multiple

sprained ankles, dislocated my shoulder three times, I had knee surgery last year. And I'm having heart surgery in 16 days.

Welge: Are you in pain while you compete?

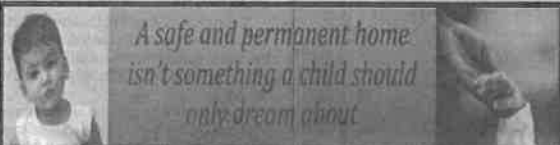
Naumovsky: I am in a lot of pain and I don't take pain meds because I'm 100% against them and they don't work. I just think how it's just a little bit of pain and after I'm over it will be OK. I take a deep breath and compete. Even doctors have tried to stop me and I just can't let go.

Welge: How do you feel about this team? I've heard it's Willowbrook's best team in decades?

Naumovsky: I consider this the dream team. We have been doing so well. We had a score of 129 our first meet, our highest is 139. I'm really proud of this team. Every day we perfect more and more skills.

Welge: What's your plans after high school?

Naumovsky: I'm going to college to major in biological sciences and go to med school to go into orthopedic surgery. Right now my top choice is Northern Illinois University.



You CAN make a difference in the life of a child

Court Appointed Special Advocates is a nonprofit, volunteer organization that advocates for the best interests of abused and neglected children within the Juvenile Court system.

CASA volunteers are making a difference in the life of a child every day.

Facts About Heart Disease

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An Affordable Assisted Lifestyle Community for the Older Adult

Heart disease is the number one cause of death for both men and women in the United States.

According to the CDC, more than 600,000 Americans die annually of heart disease. This accounts for roughly one in every four deaths. Any number of heart conditions can account for what is referred to as heart disease, but each condition shares the commonality of affecting blood flow to the heart.

Signs and Symptoms of Heart Disease

Because heart-related illnesses vary, so do their signs. There are however some common symptoms that could indicate various conditions like arrhythmia, heart attacks, or heart failure.

Typical symptoms of a serious heart condition include chest pain and discomfort, extreme fatigue, shortness of breath, swelling of the feet, ankles, legs, or neck, dizziness, nausea, and general upper body pain. It is important to take notice of any of these symptoms immediately and seek the proper care if they do not subside. This is one instance where the on-site staff at a supportive living community like Heritage Woods can help, with regular monitoring and check-ins.

Heart Disease Prevention

Many heart diseases are related to high blood pressure, high cholesterol, obesity, and excessive tobacco and alcohol intake. Fortunately, this also means that these conditions and their effects can be prevented by taking certain precautions.

Undergoing large lifestyle changes may not always be feasible at the outset, so making smaller, incremental adjustments can be a great starting point to build off of and develop healthy habits from there.

A healthy diet and regular exercise program are key elements to maintaining your weight and cardiovascular health. In turn, this will help fend off many diseases, including those of the heart. This is another area where supportive living is beneficial, with opportunities for regular physical activity, and access to healthy meals and snacks throughout the day. Such programs are designed to maintain and improve overall health, while reducing the risk of developing heart disease.

These are just some important heart health facts to understand. For more information on how supportive living can help identify and monitor heart conditions, visit our website or call us at 630-406-9440.

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