



Section D is a **PULLOUT** of Section C

**Health** c2



**Grieving kids can go to camp free**

**Naturally Rockford** c4



**Chiropractic procedures: benefit or shamanism?**

By Dr. Phillip Schalow

**Sports** c7



**Indians win Class 3A team title**

By Matt Nestor

**Vikings hope strong finish carries over in Regional**



Photo by Matt Nestor

Guilford senior Maikel Fresco throws a pitch during a 9-4 win over Harlem last week. The Vikings are the fourth seed in their regional, despite winning 13 of their last 15 games.

**By Matt Nestor**  
Sports Columnist

The Guilford Vikings baseball team are the 4th seed heading into the IHSA class 4A regionals this week. But they are playing as well as anyone in the conference heading in.

The Vikings struggled early in the season, but finished strong to have one of their best seasons ever.

In their last 15 games, the Vikings only lost twice, both to conference champions and No. 2 seed Hononegah. That helped Guilford to a school-record 14 conference victories and a 25-8 record overall.

"We're pretty confident," Guilford coach Steve Mrizek said. "In the second half of the conference, that's 10 in a row. We're feeling pretty confident. We're feeling pretty good about ourselves right now."

The Vikings have been led all year by Valparaiso recruit Cyrus Wimberly, their No. 1 pitcher and arguably the best shortstop in the conference. But Mrizek said his entire team is stepping up right now, especially with senior catcher Ryan Blume out.

"Everyone knows about (Wimberly), but not every- Continued on page C7 ▶

**Tree makes three The Second Half**



**By Kathleen D. Tresemer**  
Columnist

My regular readers know I plan to live to be 120 years old. Specialists in longevity will tell you it is certainly possible to stay healthy and active, but you have to "look out for that bus" (meaning avoid accidents).

Well, here's a story you might enjoy.

Last week, Hubby and I were standing in our driveway visiting with friends. Now, living in the country, our driveway is more of a lane, stretching quite a distance from road to house and bordered on the north by

Continued on page C3 ▶

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**Health** c2-c3

**Sports** c6-c7

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**Courtesy of The Rock River Times - Warning from the Better Business Bureau.**

**Work-at-home and fraudulent employment opportunities.** Work-at-home and business opportunity scams are frequently found online as well as in the classified sections. They promise high income for minimal work and minimal effort. However, when an interested consumer "applies", they almost always ask for money up-front to pay for materials, training kits, or investment money. After sending payment, most consumers either have their checks deposited and never hear anything again, or obtain something that is completely useless- essentially junk mail. Internet employment opportunities, mostly found on job boards, looking for "shipping" or "billing managers", "payment processors", or anything with a financial sounding name, very frequently turn out to be fraudulent listings that are in actuality looking for victims to commit money laundering by accepting and forwarding payments.

**Mystery/secret shopping scam.** Fraudulent mystery shopping promoters frequently use newspaper ads and internet solicitations to create an impression that they are affiliated with or work for respectable and reputable companies. The website that you will be led to often asks that you "register" and pay a fee in order to receive information about a certification program, a directory of mystery shopping companies, or baseless guarantees of obtaining mystery shopping positions. Most don't exist, have already expired, or have nothing to do with legitimate secret shopping offers.

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**Pets**

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