

July—September 2008

Hope for Tomorrow, Inc.



Our mission is to empathically and holistically teach individuals with chronic substance use, co-occurring disorders or compulsive pathological gambling addictions how to "build their lives around their recovery instead of building their recovery around their lives"® and lead sober, accountable, responsible, productive, law-abiding, self-sufficient lives.

We accomplish our mission by providing innovative and individualized relapse prevention education, in conjunction with a highly-structured, clinically-guided, safe, and supportive substance-free living environment. Hope for Tomorrow, Inc. is committed to the belief that incorporating a community/family collaborative approach to the treatment of addictive disorders improves one's prognosis for future avoidance of addictive related problems.

HFT's 1st Annual Ride for Recovery



On May 17th, several supporters of Hope for Tomorrow, Inc. embarked on a 60 mile motorcycle run called "Ride for Recovery". The day was filled with lots of sunshine, loads of wonderful fellowship, plenty of good food, great music (live), and raffle prizes (donated by numerous kind-hearted motorcycle shops).



Singer and songwriter, Billy Croft, along with his band, provided inspirational music and Adam Gilbert (son of HFT's founder) started the day's event by singing the National Anthem.

Hope for Tomorrow, Inc. wishes to express its sincere appreciation to: LVC Powersports (Naperville); DGY Motorsports (Downers Grove); Fox Valley Cycles (Aurora); Nello's (Batavia); Woodstock Harley Davidson (Woodstock); Heritage Harley Davidson (Lisle); and Aurora Cycles (Aurora), and all the participants for contributing to the success of this event.



Pictured here, starting on top: Cyclist line up at the starting line in preparation of the 60 mile run. Ron Niemer (left)

looks at HFT founders Jeff & Janet Gilbert, as they make safety checks on their bike; Jeff & Janet lead the way across the finish line (Ron Niemer also pictured, as well as HFT board member Bob Niemann and his spouse Sheryl); Hesed House's (a local homeless/transitional shelter) executive director, Ryan Dowd, enjoys live music, fellowship and sun; HFT board member, Carolyn Duetsch (left), along with HFT friends, listen to Billy Croft and his band; and HFT's 2007-2008 board chairman, John Bush (right), spends time talking with Sheryl Niemann and HFT friend Kirk K. (Contact HFT for a schedule of our next "Ride for Recovery").

From the Founder & Executive/Clinical Director's Desk



“Insanity or Addiction ... Is there a difference”?

This article is being published to provide the readers with a personal look inside an active addicts mind.

A True Story Written By An Active Cocaine Addict During a 72 Hour Run

*Racing around, sweat dripping from my forehead onto my back, neck and cheeks. Lips chapped and burned. Eyes scratchy and red. My heart is pounding 100 mph. In a hurry - to do what? Another Hit!! Do another hit the demon inside me says, do another hit ! I haven't slept much in 2 days. I've consumed nothing but alcohol, crack cocaine and cigarettes. More alcohol, I think, yea, that will help bring me down. I open a cold beer, only to find it an hour later at room temperature. Smoke a cigarette. I have only smoked 3 packs today. **Destruction !! Total self-destruction !!** For what, I ask? I don't know the answer. It's a love hate affair. What do I love about it? For the life of me, I cannot think of anything. Maybe it's the rush or the challenge of the score. What ? Racing around the house, looking - no crawling on my knees in the carpet. I think I dropped some. **I BETTER LOOK!***

INSANITY OR ADDICTION ... IS THERE A DIFFERENCE?

*Heart pounding; sweat dripping; eyes itching and red; lips chapped and burned; fingers black and cut; stomach empty. **Is this insanity or is it addiction ?** But why, I ask? No answer comes to mind. I recall telling myself over and over and over again NEVER AGAIN. Never again would I torture myself and self-destruct. Thousands, no hundreds of thousands of dollars for insanity. It's late the second morning, the neighbors are all asleep. Peeking through the closed blinds, I believe I hear something. Paranoia and fear set in. They're coming! Self-centered thoughts set in. The whole world is coming in on me. My throat starts to swell. My heart increases in beats. Now it beats faster and faster and faster. I think I am going crazy. The sweat now pours off my forehead, cheeks and neck. I can feel the droplets hit my back. The answer, of course, do another hit! I think I will have more beer, more cigarettes and more crack! I take another hit. Wow, I think. I look, no crawl on the carpeting. Here I am an adult crawling on my hands and knees searching for what? I don't know. Looking for more insanity.*

*The sweat pours now like a waterfall. My heart beats like it's coming out of my chest. My stomach feels very empty, yet I cannot eat. The thought of food makes me want to vomit. Yet, the emptiness in my stomach also makes me feel sick. More alcohol, I think, to fill the void. **Insanity or Addiction ... Is there a difference** ? What “normal” adult, or for that matter what human-being, would put themselves in such a self-destructive mode of behavior? It goes against the most basic instinct. The instinct of survival! Depression sets in, I am trapped!!! I cannot stop. What's even worse, my mind tells me I don't want to stop. Go to the bitter end, I say. Why ??? The very often asked question. Why am I like this? It's not normal for someone to continuously—time and time again—put themselves into such a hell of self-destruction? Is there some sort of lesson to be learned here? But this is not God's will, this is self-will.*

I must be abnormal, I think. I'm different! Certainly normal people don't crawl on the floor, sweating like a thunderstorm, racing around the house all night and day, consuming just alcohol, smoking cigarette after cigarette.

Depression! Low self-esteem! Is there a way out? Do I want the road out, I ask myself? Yes, but I cannot stop this insidious trap. DO MORE, THE DEMON SAYS. DO MORE, MORE, MORE! I am helpless. The demon has his grip on me. I am being strangled, and I am providing the rope. It's like buying a gun and bullets for someone to shoot you with. Not seeing an escape, I do another hit. The lapse in time between hits gets shorter and shorter. I am powerless to stop. Insanity or Addiction ... Why? Still no answer comes to mind. Maybe if I do just one more hit I'll find the answer. Demonic stranglehold. Self-will run riot. Sweat dripping off my neck and forehead - onto my chest and back. My stomach churns; empty, it continues to growl. I put more alcohol in it to keep it quiet. I swear, never again. But then I find myself confused and trapped one more time. Why? No answer comes to mind. This is not the kind of life I want. Torture me, but not this. What is the reason? What is to come from all of this? Is there a lesson to be learned here? Still no answer, just another twisted hit. Insanity or Addiction ... Is there a difference?

Twelve hours have passed and I'm still insane. I know I cannot go on but I cannot seem to stop. As the neighbors sleep, I think I should also. But I cannot. Wait, what's that? I hear something.

It's the sound of fear, terror, frustration and bewilderment, and confusion. I am being engulfed and cocooned again! Oh, how I have felt these insidious foes before - so many times - too many times to count. Why am I like this? Nobody else in my family has this self-destructive demon. I don't want to live like this anymore but suicide is a cowardly way. And besides, then the demon would win. Can't let him win. Why did I do this again? I say to myself - always the same, never different. Escape seems impossible. I am hopelessly trapped! Over 48 hours have passed; I am overcome and out of control. Feelings of years past are real again. Why? Still, no answer; just another twisted hit! When will this all end? Will I have a heart attack and die? Then what would happen to the ones I care about? I say, if I continue like this, they're better off. I want it to end. I must be in hell. I yawn and my stomach growls. No relief. No food in over 65 hours, except a couple of cheese and crackers. Just alcohol, addiction, insanity, cigarettes, sweat and more ... hits.

*Then the scrapping begins. Why can't I just set it down? It must be **all** gone and **all** avenues for more must be exhausted. How stupid can I be? I have everything in the world to live for (a loving and wonderful family, friends, career, children ...) yet I am trapped by this demon with no escape in sight. I struggle in trying to make sense of this all. Hopefully someday an answer will be revealed, but today the only answer that enters my mind is ... do another twisted hit!*

Anonymous

Note:

Hope for Tomorrow gratefully shares with the readers that the author of this article has been alcohol and drug-free for over nine years. And, the answer did come to the writer. Today, the writer helps others escape the stranglehold of active addiction. To date, they have assisted over 375 men and women recover from the devastating depths of despair. Never give up HOPE!

Excerpts From Three Recent HFT Graduates

When a HFT residential client successfully transitions into independent living, we request that they complete a "Client Discharge Questionnaire". Below are excerpts from three recent graduates.

Q: How has your life changed since coming into Hope for Tomorrow, Inc. ? What differences do you see in yourself and what differences do others see in you?

A#1: I have become more confident and comfortable in who I am ... I know where I am going and I know how to get there ... The differences people see in me now are hope, humility, honesty, less selfishness, more patience; kindness and willingness.

A#2: Pretty much everything has changed ... There was a time when my mom wouldn't call me after 7:30 p.m. because she was unsure what condition I would be in ... We use to fight constantly—mostly about my drinking ... Now things couldn't be better—they (my family) actually trust me again ... I am in a routine of spending time with sober friends, going to meetings, and attending sober functions ... Most of all, I am not afraid to ask for help ... The biggest difference I can see is that I can look in the mirror today and like what's looking back. Not too long ago, I hated myself.

A#3: When I first came into HFT I was lost; I didn't know myself or what to expect ... Now, I am much more outgoing, jovial, and less self-centered ... My self-confidence and self-image have increased immensely ... I believe that can be seen outwardly through my personality.

Q: In what way has Hope for Tomorrow, Inc. assisted you in "building your life around your recovery"?

A#1: It has given me the stability and accountability to gain back my self-respect, along with building a foundation of trust.

A#2: Hope for Tomorrow has allowed me to build my program of recovery the way it will benefit me most ... They (HFT) have provided me with the insight of doing the next right thing and being the best person I can be.

A#3: HFT has played a vital role in me achieving things I never thought possible ... I needed to learn structure, and I found that when I came to HFT. At first, I thought the slogan of "building your life around your recovery" was silly, but in time, I have learned that there is a delicate balance between life and recovery. If recovery is not met first, there is NO life. Fellowship and meetings supersedes everything. Without them, there is nothing!

Q: What are your discharge and aftercare plans?

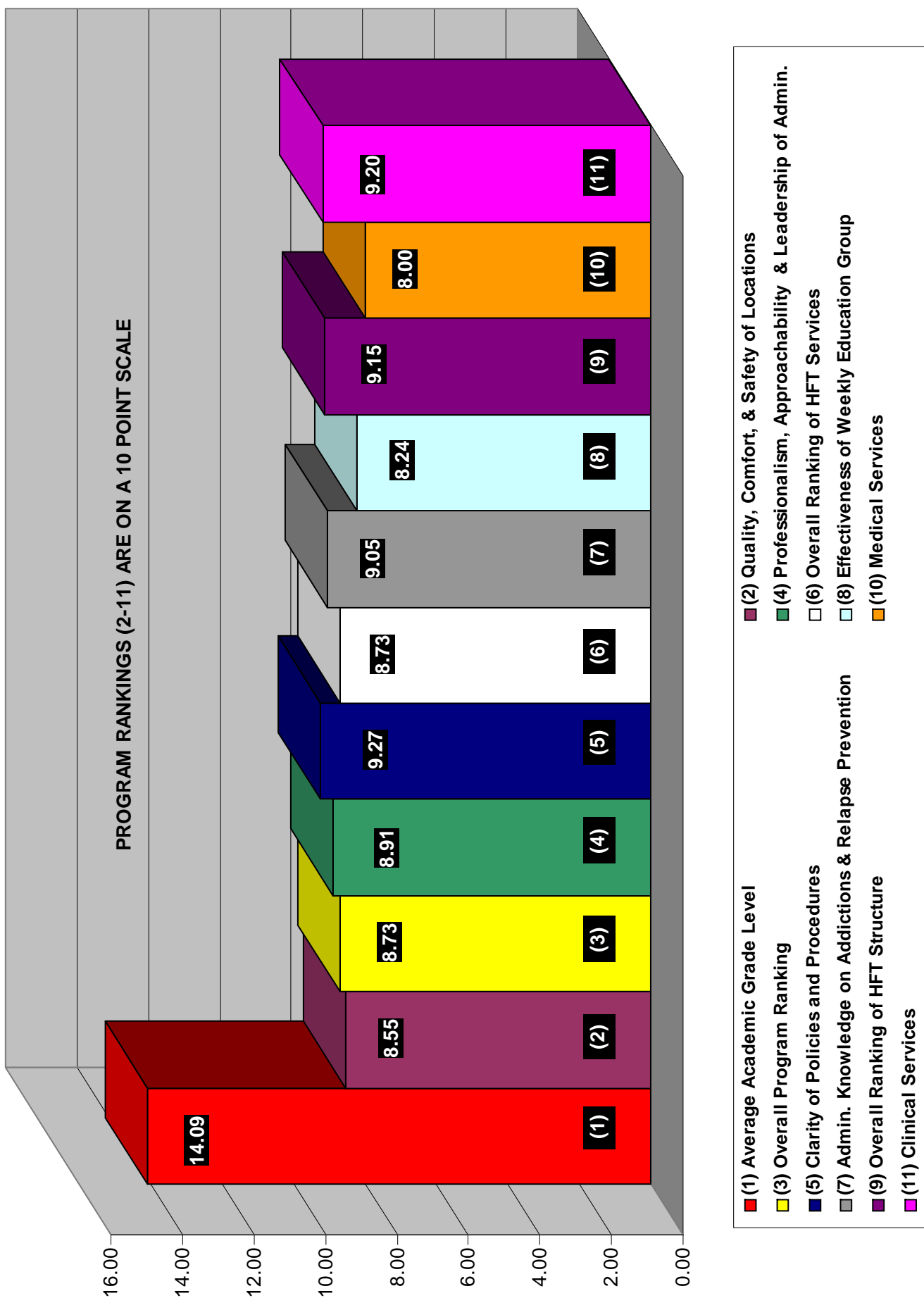
A#1: I will be moving back home (w/ my wife and children) for the first time in 18+ months ...

A#2: My plans are to keep things working exactly the same way as they have been (e.g. meetings, sponsor, church, community group ...).

A#3: Now, more than ever, I will remain very cautious, spiritually in touch, and in close contact with my brothers in sobriety. I plan on attending a lot of meetings in my new neighborhood; whereby creating a solid network, participate and contribute to HFT, lunch with my sponsor (weekly), and go to a meeting with a few of the housemates I had while at HFT.

In the interest of continually assessing and improving our residential and clinical services, we ask our clients to complete a Client Evaluation of Services every 6 months. Below are the scores of our most recent evaluation.

June 2008 Client Evaluation of Services



Client Testimonial

Hello, my name is Jamie. I just turned 21 years old, and I have been living at Hope for Tomorrow for the past 7 months. Before I came into Hope for Tomorrow, I drank alcohol everyday—I even went to high school drunk or high. Despite my families good efforts, alcohol ruled my life. It became my best friend; one that I had formed an extremely intimate relationship with. After high school, I couldn't hold down a job for more than 6 months because I would go out partying all night and I would feel awful in the morning. Even though I noticed that my physical appearance was deteriorating, I kept on drinking excessively. At that time in my life, I knew "of God" but I didn't have any kind of a relationship with Him. To obtain alcohol, I used men but was not interested in developing a long-lasting relationship with anyone. I missed so much beauty school that I almost didn't graduate. In essence, my life was consumed with my so called "fun".

Since coming into Hope for Tomorrow, on November 29th, I have been 100% alcohol-free. I have the same job for the past 6 months (which I am one of the top producing salespersons); I am learning how to live life independently (e.g., paying bills on time, washing clothes, cleaning my room, completing daily household chores, setting goals), and I have been establishing sober relationships that have proven invaluable to me. My family relationships are better than they have ever been—I value their friendship and love more than I could ever say. My relationship with my mom is terrific! My attitude toward life has changed; I am not depressed and stuck on stupid all the time. Today, my relationship with my higher power is one of reliance. I rely on His guidance and wisdom each day. I pray all the time, feel more at peace, and less at war with myself. I have great sponsor—she's awesome. We talk on a regular basis. She more than my sponsor, she's also a friend.

Hope for Tomorrow has brought stability, structure and confidence into my life. The structure and accountability has allowed me to become independent and live independently. Had it not been for Hope for Tomorrow, I wouldn't have the friendships I have today. I am very grateful for all the opportunities that my higher power has given me. You can be living this way too—if you simply build your life around your recovery.

*Building a life that centers around recovery is similar
to baking a cake from scratch; if all the ingredients are not
precisely measured, the end result will not be good.*

Jeff Gilbert

Hope for Tomorrow, Inc.

One Agency —> Multiple Locations



*These 5 homes provide **life-saving opportunities** for 31 men and 7 women who are "building their life around their recovery"®.*

Imagine... Your company or family name here

Is a monthly/annual sponsor of this home that is investing in the community by assisting individual's, who are recovering from substance use/mental health disorders, rebuild their life and return to society as sober, productive, responsible, law-abiding, taxpaying, accountable citizens.

Call (your company name), at (company telephone #), for all your (what services your company provides) needs.

Example:

The Johnson Group of Aurora, Illinois

Is an annual sponsor of this home that assists individual's recovering from addictive disorders re-build their life, and return to society as sober, productive, responsible, law-abiding, taxpaying, accountable citizens.

Please call The Johnson Group, at (630) 555-5555, for all your financial planning or insurance needs.

The Johnson Group of Aurora; Making our communities safer, healthier, and a better place to live.

Reasons Why You Should Become A Sponsor

- Sponsorship shows the community that you and your company are investing in building and improving the community;
- Sponsorship is a great way to advertise your company;
- Your company name, along with your services, will be eloquently displayed in all of our newsletters, special mailings, and will be prominently posted on our website;
- You'll feel great knowing that because of your help, individual's trapped in the degenerative cycle of addiction are receiving long-term comprehensive and holistic treatment services;
- Hope for Tomorrow, Inc. is a 501(c)(3) not-for-profit organization. As such, all gifts and contributions are tax-deductible to the fullest extent of the law.

How To Become A Sponsor

- Contact the Hope for Tomorrow staff at (630) 966-9000.
- Sign-up to become an annual sponsor. Annual sponsorship amount is calculated by averaging monthly expenses (e.g., lease, food, utilities, maintenance, liability insurance ...) for each residence. **The average monthly expenses per house are \$2,911.00 (excluding professional guidance and counseling). Your company or family can provide life-changing opportunities for eight people—each and everyday—for as little as \$12.12 (each).**

Hope for Tomorrow, Inc.

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Chairman of the Board	John Bush, BS, JD, Atty.
Vice Chairman	Bryan Lundeen
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⇒ Denotes non-voting board member

Hope for Tomorrow Foundation, Inc.

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Director	Janet Gilbert
Director	Carolyn Duetsch
Director	Jeffrey Weseman

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Jeff Gilbert, MA, CADC, PCGC, MISA I
Founder & Executive/Clinical Director

Dr. William Gossman, MD
Medical Director (On Call/Non-compensated)

Luke Marquardt
Assistant to the Executive Director

Janet Gilbert
Administrative Assistant (Non-compensated)

Residential House Managers

House 1—Lenny H.
House 2—Jim C.
House 3—Todd C.
House 4—Vicki T.
House 5—Tim S.

Spiritual Principles of the 12 Steps

Step Number

Principle Behind Step

- | | |
|-----|------------------|
| 1. | Honesty |
| 2. | Hope |
| 3. | Faith |
| 4. | Courage |
| 5. | Integrity |
| 6. | Willingness |
| 7. | Humility |
| 8. | Brotherly Love |
| 9. | Discipline |
| 10. | Perseverance |
| 11. | Awareness of God |
| 12. | Service |

The spiritual principles behind each step are meant to be used as a guide in our daily life. We should measure our actions by principles to ensure that we are living in accordance to God's will. Principles are constant; meaning the definition of each will always remain the same. Honesty is honesty—it will still mean the same thing one hundred years from now, as it did one hundred years ago.

Our experience has showed us that by incorporating these principles in our lives, not only does the obsession or desire to use alcohol and drugs disappear, but great miracles occur.

"Balance, in every area of our life, is the key to recovery".

Rob Castillo, MSW, LCSW, CADC, MISA II

HOW TO BECOME A HOPE FOR TOMORROW CONTRIBUTOR

There are many ways to support the life-changing mission of Hope for Tomorrow, Inc. Listed below are just a few of the ways you can become a HFT contributor. Simply complete this form and mail it into our office (corporate address listed on the back page of this newsletter).

- ☐ HFT Benefactor \$5,000.00 or more
- ☐ HFT Member \$1,000.00 to \$4,999.00
- ☐ HFT Sponsor \$100.00 to \$999.00
- ☐ HFT Friend \$10.00 to \$99.00

Print Your Name: _____

Telephone Number: () _____

You can also contribute securely on-line (Paypal) by visiting our website (www.hopefortomorrow.net/donate). Please consider remembering Hope for Tomorrow, Inc. in your estate planning. We also accept stocks, bonds, and mutual funds.

***"Knowing how to free oneself is
nothing; the difficult thing is knowing
how to live with that freedom"***

Andre Gide (1902)

HOPE FOR TOMORROW GOLF BENEFIT

Sponsored by Bush, Sethna & Cook

July 31, 2008

LOCATION

Glendale Lakes Golf Club
1550 President Street
Glendale Heights, IL 60139



**12:00 Noon Lunch & Registration 1:00 p.m.
Shotgun Start**

18 Holes of Golf with Cart & Curb Side Bag Service

Followed by Dinner, Raffle & Prizes

4 – Man Scramble Format

Hole-in-One Contest / Closest to the Pin Contest / Longest Drive Contest

CONTACT: John Bush, Darius Sethna or Jason Cook

(630) 574-3600 or Fax (630) 574-3605

RESERVATION: Donation per person: \$150.00 \$100.00 \$50.00

Golf/Dinner Golf Only Dinner Only

1. _____

2. _____

3. _____

4. _____

_____ I do not have a foursome. Please put me in a group.

_____ I/We want to sponsor a hole in the amount of \$100.00

_____ I/We want to be a Beverage Cart Sponsor in the amount of \$500.00

_____ I/We want to donate a raffle prize. Please contact John at (630) 574-3600

ADDITIONAL SPONSORSHIPS AVAILABLE! CONTACT JOHN or DARIUS at (630) 574-3600

Name as you wish it to appear on the sign: _____

Check No. _____ payable to Bush, Sethna & Cook is enclosed in the amount of \$ _____

Please charge \$ _____ to credit card No. _____ Expires: _____ CVV: _____

Please specify credit card type - Visa / Master Card / Discover Card / American Express (circle one)

Address: _____ Zip Code: _____

Name as it appears on Credit Card _____ Signature: _____

Mail completed forms with payment to: Bush, Sethna & Cook

1900 Spring Road, Suite 503
Oak Brook, Illinois 60523

Hope for Tomorrow Would Like To Gratefully Acknowledge The Following 2008 Contributors

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Oakbrook, Illinois 60523

(630) 574-3600

Specialists in:

- *Divorce, custody, support, and adoption*
- *Defense against misdemeanor and felony criminal charges, including DUI, drug charges, and juvenile offenses*
- *Commercial and residential real estate matters*
- *Business formation and corporate contracts*
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True Blue Painting & Decorating

Bryan Lundeen, President

(630) 975-0497

- *Professionalism at its best—no job is too big. Let True Blue take care of all your decorating needs.*

These companies are proud supporters of Hope for Tomorrow's mission of assisting men and women build an alcohol & drug-free life based upon truth; justice; integrity; discipline; courage; perseverance; community service; and self-sufficiency.

We thank Bryan Lundeen, John Bush, Darius Sethna, and Jason Cook for their continued support.

******* Advertise Your Business In Our Newsletter *******

Increase your visibility.

Call (630) 966-9000 for pricing details

Reach hundreds of potential customers.

WIN THIS 2008 HARLEY DAVIDSON

105th Anniversary, Limited Edition Road Glide

(only 1500 of these motorcycles are made; this bike is #359/1500)



Hope for Tomorrow, Inc. is raffling this 2008 Harley Davidson motorcycle. You could win this rare/limited edition bike. Tickets are on sale now!

ONLY 300 RAFFLE TICKETS WILL BE SOLD.

THEREFORE, YOUR CHANCES OF WINNING ARE GOOD.

DRAWING WILL TAKE PLACE AS SOON AS 300 TICKETS ARE SOLD!

Winner need not be present to win.

Tickets are \$100.00 each.

*Call (630) 966-9000 **TODAY** to get your winning ticket,
or purchase your ticket on-line by visiting:*

www.hopefortomorrow.net/raffle.html

Hope for Tomorrow, Inc. is a 501(c) 3 not-for-profit organization.



HOPE FOR TOMORROW, INC.
"Building lives, Restoring hope, &
Strengthening families"

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Website: www.hopefortomorrow.net
My Space: www.myspace.com/hopefortomorrow_net
E-mail: jeffgilbert@hopefortomorrow.net

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Hope for Tomorrow, Inc. is a 501(c)(3) not-for-profit organization. Our mission is to comprehensively teach individuals with chronic substance use disorders and/or compulsive pathological gambling addictions how to ***"build their lives around their recovery instead of building their recovery around their lives"***®.

We provide professional clinical services to individuals regardless of race, ethnicity, creed, sex, sexual orientation, age, HIV/AIDS status, or financial ability to pay.

Professional Clinical Services Offered

Level I & Level II Adolescent Alcohol/Drug Treatment
Level I & Level II Adult Alcohol/Drug Treatment
DUI Evaluations
DUI Remedial Education
Early Intervention Counseling
Alcohol, Drug & Gambling Interventions
Substance-Related Life Coaching
Three DASA Licensed Men's Recovery Homes (24 beds)
Men's Structured, Sober, Supportive Housing (7 beds)
Women's Structured, Sober, Supportive Housing (7 beds)
Certified Pathological Gambling Counseling
Freedom From Smoking ® Counseling
Case Management—focusing on occupational, legal, financial, medical, psychological, spiritual, and relational areas of life.

Licensed through the Illinois
Department of Human Services,
Division of Alcoholism & Substance
Abuse (DASA).

Member of the Illinois
Association of Extended Care (IAEC)

Residential services are funded, in part, by the
Illinois Department of Human Services, Division of
Alcoholism & Substance Abuse (DASA).

**Make Your Reservations NOW
For Our
Sixth Annual Celebration Dinner
& Auction.
September 13, 2008 (6:00 p.m.)
www.hopefortomorrow.net/banq.html**