

# STELLA FOSTER/ Chicago Sun-Times

## Stress not all bad

September 23, 2008

BY **STELLA FOSTER** Sun-Times Columnist

**DR. MEHMET OZ**, **OPRAH's** favorite doctor and a regular on her show, has landed on the cover of Success magazine. And I just loved this quote from him on how NOT all stress is bad: "We are designed to withstand stress; it's a natural part of life. When you have no stress, you're almost certainly dead already." Ha! This was right on time, especially since Forbes magazine just called us the most stressed city in America.

**SECRETARY OF STATE JESSE WHITE** and his awesome Jesse White Tumblers were in Hawaii over the weekend to perform their amazing and high-flying stunts at the United Nations' "International Day of Peace Parade and Festival." Needless to say, those super athletes who have jumped and tumbled their way into the hearts of Chicagoans represented our city well. . . . And White will host a National Hispanic Heritage Month event at noon Thursday at the Thompson Center with WLS-Channel 7's **Michelle Gallardo** emceeing.

**ACTRESS SHANNA MOAKLER**, ex- wife of the much-tattooed Blink-182 former drummer **Travis Barker**, who along with **D.J. AM** was critically burned in a plane crash over the weekend in South Carolina that killed four of their friends, has issued this statement regarding her ex-husband, whom she's back together with again: "There are not enough words to express how thankful we are for the outpouring of love and support we have received during this very difficult time. We can only ask for prayers as we heal and mourn the loss of our dear friends who we considered part of our family. Our lives will be changed forever." Barker most recently teamed with rapper **Soulja Boy** on the "Crank That" remix and with **Flo Rida** on the hit "Low."

**ALD. SANDI JACKSON**, Illinois Attorney General **Lisa Madigan** and Cook County Chief Deputy State's Attorney **Anita Alvarez** will be honored at the Illinois Action for Children gala Oct. 10 at the Harold Washington Library.

**ON THE TOWN:** CNN's **Larry King**, the Bears' **Tommie Harris** and **Nathan Vasher**, WMAQ-Channel 5's **Bob Sirott** and wife **Marianne Murciano** all were in over the weekend at Gibsons . . . Cubs manager **Lou Piniella**, dining heartily with some pals at Gene & Georgetti's on Friday night before clinching their division Saturday . . . The Cubs' **Carlos Marmol** and **Aramis Ramirez** were seen partying last week at the Republic nightclub, and the White Sox' **Jose Contreras** (on crutches) was also in the house . . . **Tim Reid**, **Tom Dreesen** and author **Ron Rapoport** relaxed at Jilly's in Naperville and the LuxBar. . . . The Cubs' **Alfonso Soriano** was hanging out at the Jilly's Piano Bar on Rush Street.

**OUR TOWN HAPS:** **Janet Jackson** and **LL Cool J** at Allstate Arena on Thursday . . . Baseball Hall of Famer **Ryne Sandberg** is the special guest for the **Tom Waddle** and **Marc Silverman** (Waddle & Silvy) "Lunch with a Legend" ESPN radio series at Morton's on Wacker Friday . . . The Apparel Industry Board's "Chicago Is . . . Red Hot!" gala on Friday at Northerly Island, saluting fashionista **Dorothy Fuller** . . . The Black United Fund of Illinois' annual "Living Legends/Passing the Torch" awards benefit is Oct. 4 at the Harold Washington Cultural Center with hot R&B artist **Jeffrey Osborne** headlining . . . "A Taste for the Arts" gala for the Chicago Academy for the Arts is Oct. 16 at the Merchandise Mart. Frontera Grill's **Rick** and **Deann Bayless** and broadcaster **Bill Kurtis** and **Donna LaPietra** are co-chairs. By the way, **Lane Bayless**, daughter of Rick and Deann and a senior at the Academy, is directing the school's annual variety show to benefit AIDS Sept. 25-27 . . . The Mayor's Fashion Council of Chicago's kickoff party is Sept. 30 at Lumen . . . Renowned artist **Matt Lamb** is having an art show Nov. 7-9 at the Matt Lamb Studios on North Sangamon.