

Family takes on eating disorders

A year ago June, Cori Sikich, a bright, athletic 25-year-old woman who spent part of her childhood in west suburban Riverside, lost a seven-year battle against bulimia and died—despite her and her family's best efforts to overcome the disease. On Thursday, from 4 to 6 p.m., the family is sponsoring an educational event on eating disorders at Patriots Park, 26th Street and Parkway Road in Riverside.

"I want to let any young girl or boy who suffers from this that it's nothing to be ashamed of, and there is help and people they can go to who will understand," said Cori's mom, Susan Sikich, who along with her husband, John, will speak at the event.

Other scheduled speakers include former Chicago Bull Bob Love—Cori used to baby-sit his son—a nutritionist and a psychologist.

The event is co-sponsored by The National Eating Disorders Association, which estimates that after puberty, 5 million to 10 million girls and women and 1 million boys and men struggle with eating disorders.

Cori's struggle with food began as she entered college in Virginia. Her parents think it was overwhelming, despite Cori's success in academics and competitive horseback riding, and a loving family, including twin sister Megan.

The event is being paid for by the Cori Elizabeth Sikich Memorial Foundation, which also pays the salary for a youth minister at Riverside Presbyterian Church and a therapeutic equestrian center for children in Williamsburg, Va.

For more information, contact Riverside Parks and Recreation, 708-442-7025.

—Anne E. Stein