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# Southern Illinois News

FEBRUARY 2020

## Veterans fly high twice this spring

By Liz Latta  
Editor

Lifting the spirits of hundreds of veterans over the past couple of years has been the honor of Veterans Honor Flight of Southern Illinois. Veterans that have served our country and fought for our freedom receive an opportunity to travel to Washington D.C. to visit monuments and memorials built in their honor and their service.

Since the inaugural flight of Veterans Honor Flight of Southern Illinois in April 2017, two flights have been available each year. Veterans have been afforded this once in a lifetime opportunity in the spring and fall with each flight carrying

approximately 85 participants.

Spring 2020 will double the opportunity for WWII, Korean War, Vietnam War and all other veterans to receive a free trip with not one but two spring flights. Flight 7 and Flight 8 will leave for D.C. on Tuesday, May 5, 2020 and Tuesday, June 9, 2020 respectively with a fully booked aircraft.

The reason behind the additional flight is about service. The Board of Directors of Veterans Honor Flight of Southern Illinois wanted to honor more veterans. With support from the community and businesses, it can achieve those goals.

Each flight will cost approximately \$100,000 and the program is 100% donation funded.

There are several ways to donate to this program. Donations are accepted on-line through PayPal. You can visit Peoples First National in person to make a donation.

Other ways to donate are by sponsoring a vet for \$750, Amazon Smiles, and a \$25 monthly donation through Friend of Honor.

Just recently, Peoples National Bank donated \$5,000. Walmart donated a check for \$5,000 just before Christmas. Since the program began, Walmart has donated over \$50,000 to Veterans Honor Flight of Southern Illinois.

The trip is absolutely all expenses paid. Veterans will go on a one-day trip and visit



Photo Caption: Veterans taking a trip to D.C. through the Veterans Honor Flight of Southern Illinois.

Photo credit: Jennifer Fortune  
5 pm, Friday, February 28, 2020 for Flight 7 and Friday, April 3, 2020 for Flight 8. If more information is needed, you may go to their website at: [veteranshonorflight.org](http://veteranshonorflight.org)

## American Heart Association recommends 'fueling up' before exercise

Diet and exercise are each vital components of a healthy lifestyle. While these components tend to be looked at separately, diet and exercise are actually interconnected.

According to the American College of Sports Medicine, adequate food and fluid should be consumed before, during and after exercise. Following that advice can help men and women maintain their blood glucose concentration during exercise, which allows them to maximize their performance and improves their recovery time.

Some people understandably may feel that eating before exercising seems counterintuitive, as food may contribute to feelings of sluggishness that would make it hard to maximize a workout. But what people eat, and drink, prior to working out is important, as the right foods can make a positive impact while the wrong foods can have the opposite effect.

The American Heart Association and the ACSM recommend

hydrating with water prior to working out. The ACSM recom-

(amounts can be adjusted based on variables such as the weather)



mends drinking between two and three cups of water two to three hours before exercising. Adults accustomed to working out in the early morning can try to wake up earlier so they can give their bodies time to hydrate before they begin exercising. It's also important to continue hydrating during a workout, as the ACSM recommends drinking between 1/2 and one cup of water every 15 to 20 minutes during a workout

er and individuals' body sizes). After a workout, the ACSM recommends drinking two to three cups of water for every pound lost during the exercise session.

Food also plays a vital role in maximizing a workout and improving recovery time. The AHA recommends fueling up on healthy carbohydrates, such as whole-grain cereals, whole-wheat toast or low-fat or fat-free yogurt, two hours

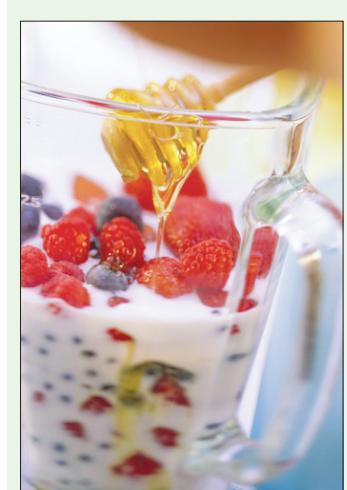
before exercising. Doing so might pose a problem for early morning exercise enthusiasts, and in such instances the AHA advises eating a piece of fruit such as an apple or banana five to 10 minutes before beginning a workout. Avoid saturated fats and a lot of healthy protein prior to working out, as it takes longer for these fuels to digest in the stomach. Until foods are digested, muscles may not get all of the oxygen and energy-delivering blood they need during a workout, so it's best to stick with foods that the body can digest more quickly.

The Mayo Clinic notes that it's also important to make food a part of your post-workout routine. Eating a post-workout meal that contains both carbohydrates and protein can aid muscle recovery and replace glycogen stores that help increase energy levels after working out.

The most effective way to exercise involves healthy foods, which can improve performance and lead to quicker post-workout recovery.

## Read Eating Well

Page 7



Rethinking Smoothies to Reach Health Goals  
from Big John's Metropolis



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## STATE & LOCAL NEWS

### **Motorcycle racing returns to Du Quoin State Fairgrounds**

Du Quoin, IL - Professional motorcycle racing will return to the Du Quoin State Fairgrounds racetrack this summer. RPM Promotions \$50,000 Horsepower National is set for July 25, 2020, marking a return of the sport after a five-year hiatus.

"We are thrilled to bring premier motorcycle racing back to the Du Quoin State Fairgrounds. Southern Illi-

nians are passionate about motorcycle racing. The "Magic Mile" has an illustrious history, with races dating back to the 1920's," said Fair Manager Josh Gross.

"RPM Promotions is excited to bring this professional event to the Southern Illinois community. These races will bring top professionals and the 18 fastest amateurs in the region to display their

race bikes and talents at speeds up to 140 MPH," said Jeff Hiers, RPM Promotions owner. Events include Open Pro Twins, Open Pro Singles, and the 450 amateur frame invitational."

Tickets are on sale now at <https://www.universe.com/events/duquoin-magic-mile-horsepower-national-motorcycle-races-tickets-ZWPM3D> with a pre-sale

discount. Pre-sale tickets are \$30 for adults and kids 17 and under are free with an adult ticket purchase. At the event, tickets will be \$40 for adults and \$10 for kids under 17.

More information about this event and other motorcycle related events can be found on the Du Quoin State Fair website and social media.

### **Chocolate fundraiser in Carbondale**

The Women's Center is sponsoring 'Taste of Chocolate 2020' this Friday, February 7, from 6 to 9 pm at the Carbondale Civic Center. The fundraiser is to raise money for victims of sexual abuse and domestic violence in Southern Illinois.

Attendees will be able to sample chocolate infused chili, Thai flavors of chocolate-dipped chicken wings, brownies, cookies, all sorts of chocolaty goodness from vendors throughout the area.

The organization hopes to raise \$50,000 at the event to help men, women, and children that are victims in the Franklin, Jackson, Johnson, Perry, Saline, Williamson, Union and Gallatin Counties.

The Women's Center, Inc. was one of the first domestic violence center in the country. Created in 1972, the center is recognized as a safe, secure environment for Southern Illinois women and their children. They are pro-choice in all aspects of women's social, educations, financial, family and legal rights.

There will be a silent auction of approximately 150 items including gift cards to restaurants and wine baskets. A live auction will take place with packages from the Paducah area and St. Louis.

The cost per ticket is \$40. For more information go to [thewomensctr.org](http://thewomensctr.org)

### **Pritzker: 'Root out the purveyors of greed and corruption'**

**By John O'Connor**  
AP Political Writer

SPRINGFIELD, Ill. (AP) Gov. J.B. Pritzker delivered his first State of the State address Wednesday, talking tough about ending fraud and graft in a state notorious for corruption and urging support for such contentious ideas as halting the time-honored practice of lawmakers leaving the Legislature to immediately become lobbyists.

Speaking a day after former Democratic Sen. Martin Sandoval pleaded guilty to accepting \$250,000 in bribes to protect local cities' red-light camera enforcement programs and following federal criminal charges against two other Democratic lawmakers, the Democratic governor called lawmakers to "urgent action to restore the public's trust in our government."

In addition to a prohibition of the so-called revolving door of lawmakers-turned-lobbyists, Pritzker suggested halting the practice of legislators working as lobbyists to other government bodies and beefing up disclosure of officeholders' conflicts of interest.

"We must root out the purveyors of greed and corruption in both parties whose presence infects the bloodstream of government," Pritzker said. "It's no longer enough to sit idle while under-the-table deals, extortion, or bribery persist."

The details, however, he left to the ethics commission the General Assembly created in November. It's due to report its recommendations by March 31.

In his first year in office, Pritzker accomplished virtually all his campaign goals with a balanced budget, a multibillion-dollar statewide construction program, legalized marijuana use, a \$15 minimum wage and legislative permission to ask voters in November whether to switch to an income tax structure that hits the wealthier harder.

Despite a tough campaign to win voter approval for the tax switch, Pritzker gave only passing notice to what he calls the "fair tax." He also said too little, at least for Republicans' comfort, about the state's crushing property tax system.

Instead he promoted Illinois and basked in the afterglow of his successful inaugural year, generously sharing credit with Republicans — he said "bipartisan" seven times in a 34-minute speech.

"It was more about the work and the hope and the optimism than about the details," explained House Majority Leader Greg Harris, a Chicago Democrat who will be listening next month when Pritzker delivers his budget plan.

House Minority Leader Jim Durkin shared his GOP colleagues' chagrin at the attention the governor gave to property taxes and economic growth. But the Western Springs Republican was pleased with Pritzker's remarks on ethics, particularly, he said, given the details of the Sandoval plea agreement and the filing in federal court this month of a document which suggests a forthcoming guilty plea by former Chicago Democratic Rep. Luis Arroyo on a bribery charge.

"We have lost the confidence of Illinois citizens — we do it year in, year out because of bad behavior," Durkin said. "We constantly have to ask ourselves whether or not we're doing enough to police ourselves, clearly not enough."

Durkin supports a revolving door ban, which in many states involves a "cooling off" period, often of a year or more, between legislating and lobbying. The idea has key Democratic support too.

"I've long been troubled by the appearance of someone serving as a member of the General Assembly on Friday and becoming a lobbyist on Monday," Senate President Don Harmon of Oak Park said.

Pritzker would also prohibit sitting legislators from working as paid lobbyists to other government bodies, a situation that gained the spotlight with Arroyo's arrest. He is accused of trying to bribe a senator to support legislation to legalize video "sweepstakes" games while Arroyo was also lobbying the Chicago City Council on the matter.

Federal prosecutors say the unnamed state senator in the Arroyo case was wearing a recording device as he has cooperated with the government in hopes of leniency in a pending case alleging he filed false income tax returns.

The other Democrat facing legal problems is Sen. Tom Cullerton, a Villa Park Democrat who has been charged with multiple federal counts of embezzlement for allegedly accepting more than \$250,000 in salary and benefits as a Teamsters union organizer while doing little or no work.

### **Grand Opening for Home Goods February 16**

Home Goods will soon be open at University Place Shopping Center in Carbondale. Known for their home decor and discounted prices, customers will enjoy fashionable merchandise from top brand designers.

If you need a home refresh, organizational tools for home or office, or just want to be inspired, you'll want to stop into Home Goods. The new address 1300 East Main St., Carbondale.

The hours of operation are Sunday 11 - 8 pm, Mon-Sat 9:30 am to 9:30 pm

### **Driver's license suspension may be eliminated in some cases**

SPRINGFIELD, Ill. (AP) — Gov. J.B. Pritzker has signed a law that eliminates driver's license suspensions for most non-moving violations.

The Democrat signed the measure last week. He says it will allow tens of thousands of motorists to have driving privileges reinstated. That means more people will be able to work.

"Suspending licenses for having too many unpaid tickets, fines, and fees doesn't necessarily make a person pay the bill, but it does mean that people don't have a way to pay," Pritzker said.

According to Chicago Mayor Lori Lightfoot, a study showed that 42% of those who had their licenses suspended lost their jobs.

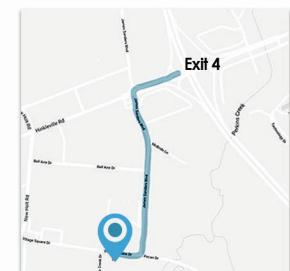


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# AREA EVENTS

<b>WEDNESDAY, FEB. 6</b>	Jonny Coller 2 pm Owl Creek Vineyard Cobden	Carbondale City Council Meeting 6 pm Carbondale Civic Center	Family Style Story Times 10 am Carbondale Public Library	2020 Marion Professional Firefighters Cash Bash 6 pm Marion
Friendship Story Hour 10am Marion Carnegie Library	Blackberry Blossoms 2 pm Hedman Vineyards Alto Pass	Dancing and Live Music with The Ghost Rider's Band 6:30 pm WB Ranch, West Frankfort	Karaoke 9 pm Hanger 9 Carbondale	Jo Dee Messina with Dave Fenley and Tucker Kuhnert Band 7:30 pm Marion Cultural Civic Center
Rotary Club Carbondale - noon Carbondale Elementary District 95 Headquarters	Nass Brothers 3 pm Honker Hill Winery Carbondale	Karaoke 9 pm Hanger 9, Carbondale	<b>WEDNESDAY, FEB. 19</b> Presidents Story Hour 10 am Marion Carnegie Library	Better Days Band 7:30 pm Marion American Legion
Commercialized: A Green Screen Program 1pm - Marion Carnegie Library Marion	Luke Perring 4 pm Starview Vineyards	<b>WEDNESDAY, FEB. 12</b> Teen Craft Night: Carving Pumpkin 4 pm Marion Carnegie Library	Rotary Club of Carbondale - Noon Meeting Carbondale Elementary District 95 Headquarters	Cement Pond Band 9 pm Tres Hombres Carbondale
Teen Craft Night 4pm Marion Carnegie Library	Magic the Gathering Standard 6 pm 207 W. Main St. Carbondale	Wednesday Night Dungeons and Dragons 6 pm Castle Perilous Games in Carbondale	Teen Craft Night: Carving Pumpkins 4 pm Marion Carnegie Library	Wedding Banned at Hanger 9 9:30 pm Hanger 9 Carbondale
Saluki Entrepreneur Corp Guest Speaker 5pm SIU Carbondale	Tim Crosby 6:30 pm Molly's Pint Brewpub Murphysboro	Wine and Yoga 6 pm Alto Vineyards, Alto Pass	Project Next Generation 4 pm Carbondale Public Library	Maple Syrup Festival Touch of Nature Environmental Center, Makanda
Wednesday Night Dungeons and Dragons 6 pm Castle Perilous Games and Books Carbondale	SIU Men's Basketball vs Missouri State 7 pm SIU Carbondale	<b>THURSDAY, FEB. 13</b> Valentine's Day Craft Show 3 pm SIU Carbondale	<b>THURSDAY, FEB. 20</b> Distinguished Tenney Lecture - University Honors Justin Schoof, Ph.D. Climate Change Talk 6 pm SIU Carbondale	<b>SUNDAY, FEB. 23</b> SIU Women's Basketball vs University of Evansville 2 pm SIU Carbondale, Crafternoon 2 pm Carnegie Public Library Marion
Wine and Yoga 6pm Alto Vineyards - Alto Pass	The Coasters 7:30 pm Marion Cultural and Civic Center	Valentine's Kids Crafternoon 3:30 pm, Carbondale Public Library	Foster Parent Informational Meeting 6 pm Marion	Southern Illinois Chamber Music Society presents: Guitars Around the Globe 3pm SIU Carbondale
Menopause The Musical - Feb 5 & 6 7:30 pm Marion Cultural Civic Center	Buddy Dee and the Cruisers 7:30 pm American Legion Marion	Lincoln and Kennedy: Two Iconic Presidents 6 pm SIU Carbondale	Sustainability Commission Meeting 6 pm Carbondale Civic Center	<b>MONDAY, FEB. 24</b> Tai Chi 9 am , Marion Carnegie Library
February 6 Business Builders Breakfast 8:30 am Dunn Carbondale	Leight July 9 pm Pin Oak Pub Carterville	SIU Darwin Week Public Lecture #2 7 pm SIU Carbondale	SIU Men's Basketball vs Evansville 7 pm SIU Carbondale	Kiwanis Club of Carbondale 12 pm Hunan Restaurant Carbondale
Coffee and Coloring 9:30 am Marion Carnegie Library	The Magnatones 9 pm Tres Hombres Carbondale	Hanger 9: Karaoke with DJ Sammy J 9 pm Hanger 9 Carbondale	SIU Swimming vs MVC Championships (women) SIU Carbondale	Big Muddy Film Festival Opening Reception
Saluki Pride Committee Meeting Noon - Chamber Office Carbondale	Nonstop Reggae Crew tribute to Bob Marley 9 pm Hanger 9 Carbondale	<b>FRIDAY, FEB. 14</b> SIU Softball vs Middle Tennessee 11 am SIU Carbondale	<b>FRIDAY, FEB. 21</b> SIU Softball vs UMass Lowell 11:15 am SIU Carbondale	Concealed and Carry Renewal Class 6 pm Extreme Exigency Benton
Creative Writing Star Group 1pm Carbondale Public Library	Teddy LaMaster 10 pm Pk's Carbondale	SIU Softball vs Purdue University 1:30 pm SIU Carbondale	SIU Softball vs Michigan State University 3:45 SIU Carbondale	Pokeman League 6:30 pm The Game Table Carbondale
Bullet Journal 6 pm Harrisburg District Library	<b>SUNDAY, FEB. 9</b> SIU Softball vs North Dakota State University 10 am SIU Carbondale	Blue Billies Literary Salon 7 pm 100 E Jackson Carbondale	<b>TUESDAY, FEB. 25</b> Family Style Story Times 10 am Carbondale Library	<b>TUESDAY, FEB. 25</b> Birthday Story Hour 10 am Marion Carnegie Library
Dancing and Live Music with The Ghost Rider's Band 6:30 pm WB Ranch 1586 Pershing Rd. West Frankfort	Marlene Rivero as Elizabeth Keckly 2 pm Carbondale Public Library	The Liverpool Legends: All you need is love 7:30 pm Marion Cultural and Civic Center	2020 Carbondale Chamber of Commerce Annual Banquet 5 pm SIU Student Center	Networking at noon Tres Hombres Carbondale
Shary Boyle Artist Lecture 7 pm Guyone Auditorium Carbondale	Zach Modglin 2 pm Owl Creek Vineyard Cobden	Fresh Fitness 10 am Carbondale Community High School	Annual Award Banquet: Roaring 20s in 2020 5:30 SIU Student Center	Dancing and Live Music with Ghost Rider's Band 6:30 pm West Frankfort
Hanger 9: Karaoke with DJ Sammy J 9 pm Hanger 9 Carbondale	Bruce Blew 3 pm Honker Hill Winery Carbondale	SIU Softball vs University of South Dakota 11 am SIU Carbondale	SIU Women's Basketball vs Indiana State University 6 pm SIU Carbondale	Karaoke 9 pm Hanger 9 Carbondale
<b>FRIDAY, FEB. 7</b> Southern Illinois University Softball vs Ohio State University Noon SIU Carbondale	Dave Simmons DuO - The Tasting Room 3 pm Walker's Bluff - Carterville	Saluki Men's Basketball vs Bradley 1 pm SIU Carbondale	<b>WEDNESDAY, FEB. 26</b> Wine and Yoga Alto Vineyards	SIU Men's Basketball vs Indiana State 7 pm SIU Carbondale
Friday Night Magic 6 pm Castle Perilous Games and Books	<b>MONDAY, FEB. 10</b> Tai Chi, 9 am Marion Carnegie Library	SIU Softball vs Monmouth University 1:30 pm SIU Carbondale	<b>THURSDAY, FEB. 27</b> Killer Reads Book Club 6 pm Carbondale Library	SIU Softball vs Florida Gulf Coast University 9 am SIU Carbondale
Karaoke 6 pm Starview Vineyards Cobden	2020 International Festival 11 am SIU Carbondale	The Women's Center Presents The Vagina Monologues 2 pm The Varsity Center Carbondale	SIU Baseball vs Arizona	SIU Symphonic Band and Wind Ensemble presents: Variations 7:30 pm SIU Carbondale
Friday Night Music with DJ Dustin 7pm Pheasant Hollow Winery, Whittington	Kiwanis Club of Carbondale Noon Hunan Restaurant	SIU Wind Ensemble and Community College Winds and Percussion Festival Concert 6 pm SIU Carbondale	<b>SATURDAY, FEB. 22</b> Marion FFA and Alumni Blue and Gold 5K 7 am Marion High School	<b>FRIDAY, FEB. 28</b> Northern Illinois University Baseball vs Chicago State 10 am Marion; 1:30 pm Marion
Forever Plaid 7:30 pm The Varsity Center Carbondale	Kindness Club 5:30 pm Marion Carnegie Library	Magic the Gathering Standard 6 pm 207 E. Main Carbondale	SIU Softball vs Florida Gulf Coast University 9 am SIU Carbondale	Unicorn Party 2 pm Marion Library
The Traveling Salvation Show Neil Diamond Tribute 7:30 pm Marion Cultural and Civic Center	Pokeman League 6:30 pm The Game Table Carbondale	Last Band Standing 7:30 pm Marion American Legion	Fresh Fitness 10 am Carbondale Community High School	SIU Softball vs Purdue Fort Wayne 2:30 pm SIU Carbondale
SIU Opera Ensemble presents: Dido and Aeneas 7:30 pm SIU Carbondale	SIU Darwin Week Public Lecture 7 pm SIU Carbondale	Aaron Kamm and the One Drops 9 pm Hanger 9 Carbondale	Saturday Teen Games 10 am Marion Carnegie Library	Joseph and the Amazing Technicolor Dreamcoat 7:30 pm Marion Cultural and Civic Center
Kristin Kearns 9 pm, Pin Oak Pub Carbondale	Preservation Commission Meeting 7 pm Civic Center Carbondale	<b>SUNDAY, FEB. 16</b> SIU Softball vs Nicholls State University 9 am SIU Carbondale	The Bostick Family, A journey to freedom 10:30 am Carbondale Public Library	<b>SATURDAY, FEB. 29</b> Baseball and Softball Equipment Distribution 9 am Rent One Park Home of Miners
The Natives 9 pm, PK's Carbondale	<b>TUESDAY, FEB. 11</b> Open Studio 9 am Little Egypt Arts Association Marion	Forever Plaid 2 pm The Varsity Center Carbondale	Yu-Gi-Oh 1 pm 2017 W. Main Carbondale	25th Annual 'Taste of Blackness' Soul Food Sampler 11:30 am New Zion Missionary Baptist Church
Time Whiteford Band 10 pm Tres Hombres Carbondale	Valentines Story Hour 10 am Marion Carnegie Library	<b>MONDAY, FEB. 17</b> Tai Chi 9 am Marion Carnegie Library	SIU Baseball vs USC 3 pm SIU Carbondale	<i>To add an area event to the calendar, contact: kpilatta@gmail.com</i>
<b>SATURDAY, FEB. 8</b> SIU Softball vs UNC Greensboro 10 am SIU Carbondale	Crafty: String Art Cards 4 pm Marion Carnegie Library	50 Second Story: A Green Screen Project 1 pm Marion Carnegie Library	Fairly Odd Duo in the Tasting Room at Walker's Bluff 3 pm Walker's Bluff Carterville	
Fresh Fitness 10 am Carbondale Community High School	Lawyer in the Library 5:30 pm Marion Carnegie Library	Lego Club 5:30 pm Marion Carnegie Library	SIU Softball vs Fordham University 3:45 SIU Carbondale	
Saturday Teen Games 10 am Marion Carnegie Library	Concealed Carry Renewal Class 6 pm Extreme Exigency, Benton	<b>TUESDAY, FEB 18</b> Career Fair 10 am SIU Carbondale	Magic the Gathering Standard 6 pm 207 W. Main Carbondale	
Tween Movies 1 pm Marion Carnegie Library				

## ENTERTAINMENT

# Having everything, except love

By Liz Latta  
Editor

Valentine's Day is three weeks away. Being the object of someone's affection is what we hope for, or is it? Dirty John is a Bravo original series, currently playing on Netflix, adapted to the popular true crime podcast for the Los Angeles Times about a really bad guy who manipulates an attractive, wealthy woman. Debra Newell, played by Connie Britton, is a self-made successful designer. She has beautiful children, a successful business, money; the only thing that is missing is love.

In an interview with ABC Nightline, Newell said, "I decided that I had it all, except love". She was searching for her soulmate and the search brought her to online dating where she met John Meehan, a man that would forever change her and her children's lives.

This 'real life' crime drama began in 2014. Meehan had been released from prison two days before meeting Newell online. After two months of dating, Newell agreed to marry Meehan after a trip to Las

Vegas. Newell said she overlooked red flag after red flag.

In time, Meehan exposed himself for what he was, a violent man that wanted total control of Newell's life and wealth. It took Newell a full year to truly understand the 'vicious duplicity.' During the ABC interview, she was asked why she let this happen, Newell replied, "You weren't in my shoes."

Internet dating sites have been around since the mid 90s and gained legitimacy after the release of the movie "You've Got Mail." There are pressure put on singles to find a partner, soulmate, or significant other. Pressures either placed on themselves or by others. And, in today's world, it's difficult to meet people. So much of our world is dealt with through technology.

If you check out some of the internet dating sites today, you'll find that it's very easy to narrow down potential prospects by geography. In Southern Illinois, the most used internet dating sites are Tinder and Christian Mingle.

Now, there are mobile apps available for online dating like the before-mentioned Tinder,

Bumble.com, and Hinge. Newell was asked if she could have handled things differently, what would she have changed and did she have any advice to share with others? She said, "Do a background check, talk to their friends, never allow them to come over to your home, and take your time."

There are some safety tips to follow to help you find that special someone safely. Do your research. It's so easy to find out more information about a prospective date. Use your google search engine to find out basic information. Try Facebook or Instagram.

Video chat before your date. Being able to watch for nonverbal cues that might be alarming during your conversations may be very helpful. Many times it's easy to spot a deceptive person by watching facial expressions and body movements.

Drive yourself to your date. Don't get in a car with someone you just met. This way, you'll have control of when you want to leave or if you want to continue on with the date.

Meet in a public place. Remember Newell's disre-



**Debra Newell, a successful designer, used internet dating to meet her soul mate and in this true crime drama, met her worst nightmare.**

tional warning, "Don't let someone come over to your home."

If you want more information on how to keep yourself safe while internet dating, there are more tips available to you on this site: safety.

com/10-online-dating-safety-tips/. Everyone wants love. Just be smart about your choice of where to find love and do your due diligence if going on internet dating sites.

## First round of grandstand concerts announced for 2020 Illinois State Fair

SPRINGFIELD, IL - Following last year's historically successful state fair season which generated record-breaking revenue and the highest grandstand attendance in years, Illinois State Fair Manager Kevin Gordon announced six of the eleven concerts for the 2020 Illinois State Fair today.

"We are excited to announce the first wave of concerts today. The lineup reflects a diverse mix of genres from both established artists and emerging stars that will appeal to a wide variety of fans," Gordon said. "Toby Keith's mix of country anthems and party tunes are the summer staple we can build the rest of this year's lineup around. And when that lineup already includes popular hip-hop artist and actor LL Cool J, country's

newest stars like Kane Brown and Chris Young, and alternative rock powerhouses Puddle of Mudd and Fuel, we are well on our way to having another record-breaking State Fair lineup."

Country music megastar Toby Keith brings his 'Country Comes to Town' tour to the 2020 Illinois State Fair on Sunday night, August 16, capping a full day of special activities for our State's veterans on Veterans Day at the Fair. Fittingly, Craig Morgan -- a U.S. Army veteran himself -- will serve as Keith's opening act.

Keith, a multi-platinum selling singer and songwriter, has sold more than 40 million albums worldwide during a career spanning 25 years. He has had 61 singles on Billboard's Country Charts including 20

number one hit songs. Hits like "How Do You Like Me Now?!", "Should've Been A Cowboy," and "As Good As I Once Was" have made Keith a can't miss country concert across the nation. In addition, in what Keith himself describes as his most rewarding experiences, his 11 USO Tours to date have enhanced the lives of nearly 256,000 troops and military families in 18 countries with more than 285 events. He was recognized for his commitment with the Spirit of the USO Award (2014).

Veteran Craig Morgan is best known for his hit single "That's What I Love About Sunday," but has had six songs -- including "International Harvester" and "Bonfire" --

Country's rising superstars also are slated to hit the Illinois Lottery Grandstand stage this year with Kane Brown headlining the concert on the Fair's first full day, Friday, August 14 and Chris Young performing on Tuesday night, August 18.

Debuting at No. 1 on the Billboard 200, Kane Brown's newest album "Experiment" was released in November 2018. The acclaimed singer-songwriter, who first rose to stardom on social media, released his first full-length album, self-titled "Kane Brown," in December 2016. The hit single "What Ifs" came from the album, and in October 2017, Brown became the first artist to have simultaneous number ones on all five main Billboard country charts.

Following a record year on the road in 2019 playing to more than 400,000 fans on his headlining tour, multi-platinum entertainer Chris Young will bring his arena/amphitheater "Town Ain't Big Enough World Tour 2020" to Springfield on Tuesday, Aug. 18. Chris will be joined by multi-platinum performer Scotty McCreery as direct support along with Payton Smith.

In what is sure to be one of

the Fair's most hopping nights at the Grandstand, Wednesday, August 19, features award-winning rapper, actor and producer LL Cool J. A two-time Grammy Award winner, LL Cool J is best known for hip-hop favorites "Mama Said Knock You Out", "Going Back to Cali", and "Hey Lover". In 2010, VH1 placed him on their "100 Greatest Artists of All Time" list and in 2017, LL Cool J became the first rapper to be honored with the Kennedy Center Honors.

Yet another genre will be the highlight of Thursday night, August 20, as legendary post-grunge alternative rock artists Puddle of Mudd and special guests Fuel, as well as Trapt and Tantric, will slash their way through their electric sets. The Fair is offering special pricing for this show, with all tickets -- including seats in the Grandstand and standing room only on the Track -- costing only \$12 each.

With Puddle of Mudd having sold more than seven million albums to date and having a string of number one mainstream rock hits, including "Control" and "She Hates Me" off their triple-platinum album "Come Clean;" and with Fuel having their massive hit single "Shimmer," and their second album hitting multi-platinum driven by the singles "Innocent" and "Hemorrhage", which remained at #1 for ten weeks, this is sure to be one rocking night at the Fair with the additional support from Trapt and Tantric.

At an even greater bargain, The Traveling Salvation Show will play a FREE show on Senior Night at the Fair, August 17. The Neil Diamond Tribute returns this year after inclement weather pushed up the start time of last year's scheduled performance which caused many disappointed fans to miss this concert. This up-tempo, rock-oriented tribute to the legendary Neil Diamond will have everyone

dancing and singing along to all of Diamond's classic hits.

Tickets will go on sale Saturday, April 25 during the Illinois State Fair's "Corndog Kickoff" special event. Stay tuned for additional details about both the Corndog Kickoff and ticket sales for the Illinois Lottery Grandstand concerts at the 2020 Illinois State Fair.

Ticket prices for the concerts announced today, include:

Kane Brown, Friday, August 14th

Track - \$58 / Tier 1 - \$48 /  
Tier 2 - \$43 / Tier 3 - \$38

Toby Keith with Craig Morgan, Sunday, August 16th

Track - \$59 / Tier 1 - \$49 /  
Tier 2 - \$44 / Tier 3 - \$39

The Traveling Salvation Show - A Tribute to Neil Diamond, Monday, August 17th

### FREE Concert

Chris Young with Scotty McCreery and Payton Smith, Tuesday, August 18th

Track - \$47 / Tier 1 - \$37 /  
Tier 2 - \$32 / Tier 3 - \$27

LL Cool J, Wednesday, August 19th

Track - \$47 / Tier 1 - \$37 /  
Tier 2 - \$32 / Tier 3 - \$27

Puddle of Mudd with Fuel, Trapt & Tantric, Thursday, August 20th

Track (SRO) - \$12 / Seating - \$12 \*

\*This concert will be General Admission in both Seating & Track areas, but ticket buyers will need to decide when purchasing their tickets whether they want to be in Grandstand seats or in standing room only on the Track.

Mark your calendars now for the 2020 Illinois State Fair, August 13 through 23, in Springfield. Stay up to date with all the latest news and announcements from the Illinois State Fair by connecting with us via Facebook, Twitter, and Instagram.

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## HEALTH NEWS

# Brusha Brusha Brusha making brushing fun

**By Liz Latta**  
Editor

February is the month to recognize healthy children's smiles. According to the American Academy of Pediatric Dentistry (AAPD) children by the age of 1, or within six months thereafter, should make their first visit to the dentist. Raising awareness for oral health is the goal of Dental Health Month sponsored by the American Dental Association.

Developing good oral health habits at an early age and visiting the dentist regularly is a good start to healthy teeth and gums. And both parents and children have to get involved in helping to maintain that healthy smile.

If you have ever watched the movie "Grease" you know the song 'Brusha Brusha Brusha, get the new Ipana, with the brand new flavor, it's dandy for your teeth.' Jan is standing in front of the black and white television while Bucky Beaver sings the song for Ipana toothpaste, a toothpaste manufactured by Bristol-Myers Company back in the 1950's.

It's one of those tunes that once you hear it, it's tough to get it out of your head. But, that's a good thing. That's what marketing companies want you to do...remember their products.

Getting children to have fun while they brush their teeth is key when taking care of oral health. Let's face it, brushing your teeth can be a task since toddlers and children don't realize the importance until they start having cavities.

As parents, it's our job to make sure children take care of their smile. First, you'll need to make an appointment with your local dentist. For toddlers, you may consider a pediatric dentist.

Some pediatric dentists have the option of doing postgraduate work at children's hospitals. During their training they learn about kid specific issues like sedatives, treating children under general anesthesia, and behavior guidance.

And, if you don't have the personality to treat children, it's a losing battle. Kids are messy, they throw tantrums, they're loud,

they cry, and can be quite stressful to navigate.

Pediatric dentistry takes the whole household ap-

proach to protecting your child against cavities. So it's prevention, hygiene, diet and nursing. If they're snacking too much and not eating regular meals, it can expose them to more cavity-causing bacteria. It's nice to know someone has your back. It's not just about the one visit every six months.

The first visit to the dentist will require a patient health history. If

you have any questions or concerns, now is the time to ask. The visit will last 30-45 minutes, depending on the age of the child, and will include a full exam of the teeth, jaws, bite, gums, and oral tissue to check growth and development.

If you, the parent, have anxieties about going to the dentist, be careful not to let your children see you sweat. If they seem anxious, ask the practice if you can take a tour of the building. See the dental chair, the water fountain with the cup, or check-out the oral irrigator. And, at the end of the visit they may get a toy or at the very least a new toothbrush.

The dental visit is only a small portion of your child's oral health. Protecting your child's teeth and gums at home is a big challenge. Before teeth come in, you want to clean the gums with a damp cloth. After the teeth start poking through, brush with a soft bristled toothbrush and a very small amount of toothpaste.

At the age of three, you may use a pea-size amount of toothpaste. Continue to supervise your child's brushing until they're around seven or eight years old. Children should brush their teeth twice a day for approximately two minutes.

Making brushing fun is the best way to get your child to brush their teeth. It's tough to get a two year old to stand still long enough for you to brush their teeth for two minutes. First, they want to do it themselves. It's good to let them start off brushing their own teeth, but at some point you'll have to take over. Sing songs like 'Brusha Brusha Brusha' while brushing teeth. Have a dance party. Brush your teeth while they're brushing theirs. Make them grin and you win!



Children's Dental Health Month encourages children to have fun while brushing their teeth to create healthy smiles.

## Recognize signs of heart attack in women

Many people are familiar with the image of a heart attack sufferer clutching his or her chest or feeling surprising, tingling sensations in his or her left arm. While those symptoms are common, heart attacks can produce a wide array of symptoms, and some of them may actually be much less apparent than chest pain or tingling in the left arm. That's especially so for women.

The organization Go Red for Women, which highlights women's heart health during the month of February, advises that many symptoms women can experience when suffering from heart disease may be overlooked or misunderstood as signs of less threatening conditions. However, jaw pain, nausea, pressure, and sweating all may be indicative of a heart attack. A failure to recognize that and act quickly could prove fatal.

Heart attack occurs when blood flow to the heart is blocked by a buildup of a substance called plaque in

the coronary arteries. Heart attack can strike any woman, though women who deal with high stress, are overweight or are heavy smokers are at the greatest risk.

### Symptoms of heart attack

Symptoms of heart attack in women generally are more subtle than in men. These can include but are not limited to:

- shortness of breath as though you just ran a marathon
- a feeling of a squeezing rope tied around the upper back
- dizziness
- lightheadedness or actual fainting
- unusual fatigue
- neck, jaw, shoulder, upper back, or abdominal discomfort
- indigestion
- perspiration

### How heart attacks are different for women

Women tend to have blockages not only in their main arteries, but in the smaller ones that supply blood to the heart. This is a condition called coronary microvascular disease, says the

Mayo Clinic, and it may be why symptoms are more vague and not as apparent in women as they are in men.

Women also can have symptoms while resting or even when asleep, and emotional stress can trigger heart attack symptoms in women.

A woman's risk for heart disease increases if she has diabetes, has experienced mental stress or depression, smokes, has gone through menopause, has had complications during a pregnancy, has an inflammatory disease, and/or is physically inactive.

Women of all ages should take heart disease seriously and schedule a check-up with a doctor to discuss risk and heart health. Women who suspect or notice any symptoms of heart attack should not hesitate to call for help. If you suspect you are having a heart attack, call 9-1-1 immediately; do not drive yourself.

Women can learn more about heart disease at [www.heart.org](http://www.heart.org).

## SIH hosting a job fair for nurses mid-February

CARBONDALE, IL — Southern Illinois Health-care System is hosting a nursing job fair Feb. 19 from 10 am to 2pm at University Mall in Carbondale.

The event offers an opportunity for current and prospective nurses to meet hiring managers and nurse management.

SIH says candidates will be able to submit online applications, learn about opportunities in various

nursing units and take part in on-site interviews with particular departments.

SIH also offers scholarships and a student loan forgiveness program up to \$21,000 for eligible candidates.

Advance registration for the job fair is not required.

For more information, contact Cordy Love, a recruiter in human resources, at 618-457-5200 or [cordy.love@sih.net](mailto:cordy.love@sih.net).



## EDUCATION NEWS

# Illinois teacher shortage acute in central, southern areas

SPRINGFIELD, Ill. (AP)

— A study has uncovered an acute shortage of teachers in parts of central and southern Illinois, leading to canceled classes, increasing class sizes, and substitute teachers or administrators taking on larger teaching roles.

The Illinois Association of Regional Superintendents of Schools surveyed 500 school districts and found that 89 percent of districts in central Illinois have trouble filling teaching positions with qualified candidates, The State Journal-Register reported. Southern Illinois fared worse, with 92 percent having issues staffing open positions.

Mark Jontry, the association's president, blamed the shortage on low salaries for new teachers, teacher evaluations pushing people out of the industry and fewer student teachers passing tests to acquire a teaching license.

Districts reported having to cancel classes or programs

because of the lack of staff or turning to online classes. The shortage is also especially affecting the number of school psychologists, library specialists, foreign language teachers and instructors for blind or deaf students.

Young educators are more attracted to Chicago and surrounding areas for certain quality-of-life aspects, said Jeff Vose, the regional superintendent for Sangamon and Menard counties. The salaries also tend to be higher in Chicago's suburbs, he said.

"Trying to attract young educators to smaller, rural communities seems to be one of the most challenging things in the state," Vose said.

Schools in the region are often asking substitutes to take on longer assignments, increasing class sizes or having administrators teach classes, he said.

"Teachers are spread thin," Vose said.

Peoria Public Schools is

conducting virtual job fairs and expanding recruitment at universities, but ending the shortage will take a statewide effort, said Beth Crider, the regional superintendent of Peoria County.

"The ultimate battle is this: how do you reduce barriers for people to become teachers, but not reduce the quality of teacher candidates in the classroom?" she said.

Democratic Sen. Andy Manar is sponsoring a bill that would increase the minimum wage for teachers to \$40,000 by the 2023-2024 school year. He said other possible solutions include creating a loan forgiveness program that would incentivize teacher to go to underfunded districts and making it cheaper to get a teaching license.

"We have a severe shortage of teachers in downstate Illinois," he said. "That problem's not going to change by wishing it away."



# SIU kicks off Black History Month this week

By Christi Mathis

CARBONDALE, Ill. — Inspirational speakers, amazing acrobats, poetry, dance, a diversity luncheon and a wide variety of other activities are planned as Southern Illinois University Carbondale commemorates Black History Month in February.

"African Americans and the Vote" is the theme for the celebration in 2020, a year in which voters will cast ballots for president as well as deciding numerous other legislative and local races. All Black History month events are open to the

public as the university honors and reflects upon the contributions and heritage of African Americans and inspiring change for the future.

*Kickoff is Feb. 3*

The festivities begin with a big kickoff fest at 5 p.m. on Feb. 3 at Shryock Auditorium. Jennifer Brobst, interim associate dean and associate professor of law at the SIU School of Law will be the guest speaker.

As SIU is wrapping up its 150th anniversary celebration, this year also marks the 150th anniversary of the ratification of the 15th Amendment to the

U.S. Constitution which gave all men, regardless of race or color, the right to vote. Brobst will discuss the historic amendment and the importance of exercising voting rights.

The event will also feature performances by Laurie Goux, who was trained in the Katherine Dunham technique, and the Zuzu Acrobats. Dunham was an acclaimed dancer, anthropologist, scholar, choreographer and activist who revolutionized American dance by weaving in elements of black culture and dance. Renowned for her dancing and choreography, Dunham also made recordings, wrote books, and served as an artist-in-residence at SIU Carbondale in 1965. Morris Library's Special Collections Research Center houses a substantial collection of Dunham's papers, manuscripts, scrapbooks, recordings and other materials.

The Feb. 3 dance performance features Goux, who is the SpiritWing Dance Ensemble artistic director/choreographer and instructor.

The Zuzu African Acrobats will perform a colorful, high-energy show featuring traditional Kenyan acrobatics. The troupe from Mombasa, Kenya, reached the semifinals of "America's Got Talent" competition with their pyramid-building, chair-balancing, hat-juggling act that includes hoop diving, and fast skip-roping. They have appeared on various television programs, at three Super Bowls and in numerous venues across the country.

*Finding Peace*

"My Journey: From Active Duty to Discovering Pieces of Peace, a personal account of military experiences and lessons learned over two decades in the military, and the journey to reclaim pieces of peace every day" is what the 2020 Margie Parker Teach-In for Peace is all about. Set for Feb. 4 in Room 108 of the Carbondale Civic Center, 200 S. Illinois Ave., the event begins with social hour at 6 p.m.

Natasha Erskine, Chicago Veterans for Peace public school parent activist, will speak at

7 p.m. She enlisted in the U.S. Air Force while a high school senior and went on to serve in a number of key military roles over the course of her 20-year career before retiring in 2016. She deployed with Army and Marine units to expedite the drawdown from Iraq and redeployment to Afghanistan. As the only Air Force Osprey weapon system support manager, Erskine led programmatic acquisition for 50 specialized aircraft valued at \$4.4 billion.

While stationed in northwest Florida, Erskine found a reignited focus on connecting with her community and getting involved with community organization. She'll share her insights into finding personal peace.

Donations for local food banks will be accepted at the event in memory of Margie Parker, who served as an organizer and officer for the Peace Coalition of Southern Illinois.

*Hip Hop Caucus keynote*

Rev. Lennox Yearwood Jr., president and CEO of the non-profit, non-partisan Hip Hop Caucus, will be the keynote speaker for Black History Month. He will address the "Importance of Voting" at 5 p.m. on Feb. 11 in the SIU School of Law Lesar Law Building Auditorium.

A minister, community activist and retired United States Air Force officer, Yearwood is very influential in the world of hip hop politics, serving as a key architect of P. Diddy's "Vote or Die!" campaign prior to the 2004 presidential election. He led the 2008 launch of "Respect My Vote", a campaign and coalition that works with hip hop artists to engage young people in the electoral process.

Yearwood's efforts have been directed at a variety of causes, including environmental issues, engaging young people in the politics, fighting climate change and helping those who have been suffering due to natural disasters.

He established the award-winning Gulf Coast Renewal Campaign to help those affected by Hurricane Katrina in 2005, has led campaigns working toward

divestment of fossil fuels, was dubbed a New Green Hero by Rolling Stone magazine and was named a Champion of Change by President Barack Obama.

*Diversity in Aviation*

Four aviation student groups on campus are collaborating to present the inaugural Aviation Diversity Luncheon at 11 a.m. on Feb. 21 at the Transportation Education Center. The Aviation Student Diversity Leadership Council event will feature a variety of speakers from the aviation industry, sharing about their professional journeys, diversity and the challenges they have overcome.

The Organization of Black Aerospace Professionals, Women in Aviation, National Gay Pilot's Association and The Association for Women in Aviation Maintenance have invited panelists from numerous air transportation companies to participate.

Anyone may attend and there is no cost but all must RSVP by Feb. 7. For more information email diversity.luncheon@gmail.com.

Much more on tap

2020 Census Q&A sessions, a showing of the movie "Harriet," an Afrocentric Fashion Show, a poetry event, Dunham Dance Technique presentations, the Tunnel of Oppression and numerous other events will also take place during the month.

"The Black Vote with MK," originally slated for Feb. 13, is now scheduled for 5 p.m., Feb. 20 in Student Services Building Room 150/160. Recent SIU graduate Mikala Barrett will be featured.

All events are open to the public and unless otherwise specified, free.

Find the complete schedule and additional information online at [www.smrc.siu.edu](http://www.smrc.siu.edu).

Call 618/453-3740 for more details.

Black History Month 2020 at SIU is sponsored by the Black Resource Center and the Office of Associate Chancellor for Diversity, with assistance from numerous other campus units and offices.

## Volunteer income tax assistance available at SIU

Free income tax preparation courtesy of students participating in the Volunteer Income Tax Assistance (VITA) preparation program.

Sponsored by Beta Alpha Psi, an SIU College of Business honors accounting student organization.

Each Saturday Feb. 8-April 4 (except March 7, 14) from

9 a.m. to 1 p.m., lower level of Rehn Hall, 1025 Lincoln Drive.

Open to all U.S. citizens who meet income and other qualifications.

New drop-off service offered this year.

Email [cobvita@business.siu.edu](mailto:cobvita@business.siu.edu) or call 618/453-1407 for more details.



Tax prep help -- SIU student volunteers are ready to start preparing free tax returns for area residents. From left to right, Megan Jordan and Donna Adkinson, master of accountancy students, are with Michelle Johanson, coordinator of online undergraduate instruction for the College of Business.

(Photo provided)

## EATING WELL

# Rethinking smoothies to reach healthy goals

By Liz Latta  
Editor

According to the United States Department of Agriculture (USDA), 'MyPlate', formerly known as the Food Guide Pyramid, we should consume five to seven servings of fruits and vegetables a day. We all know this...it's nothing new. Just the same, if you're a busy person, it's really hard to get that many servings into one day's nutritional requirements.

One incredibly quick, versatile, highly nutritious and delicious solution is smoothies. Pureed fruit drinks have been around for centuries. The first recognized 'smoothie' in the United States was invented in the 1920's by a young man, Julius Freed. Freed had stomach issues and wanted a way to enjoy oranges. The acid in a fresh squeezed orange contained way too much acid so he found a way to decrease the acidity by adding a few ingredients. The result is a drink familiar to us today,

the Orange Julius. It wasn't until the mid 80's that smoothies became mainstream.

Juice bars started popping up everywhere. Popular exercise gyms were not only a place to get a healthy snack, but also a place to meet other health-conscious people.

Today, there are options to buy prepackaged smoothies. The down-side to this grab-and-go snack is that it can be loaded with calories and sugar. By preparing your smoothie in your home, you can cut down on all the ingredients that cut



smoothies out of the healthy equation. MyPlate will provide you with a simple guide for preferred fruits and vegetables to eat and the number of servings.

Fruits and vegetables provide you with loads of fiber. They also provide important vitamins and minerals and are low in calories. Perfect for healthy, delicious smoothies.

cup of liquid to two cups of frozen fruit. You can buy your fruit already frozen at your local grocer or you can buy fresh fruit and freeze it yourself. Frozen fruit can be strawberries, blueberries, bananas, mixed berries, mango, whatever fruit you prefer. Liquid ingredients can be orange juice (low to no sugar), almond milk (unsweetened), coconut milk (unsweetened), water, coconut water.

In addition to the fruit and liquid, you may try adding seeds, Greek yogurt (non-fat), greens, and other nutritious foods. For more sweetness, add honey or agave.

**Second, A good blender always set on high speed.** With some smoothie recipes, you may have to add more liquid when adding greens like spinach or kale. Be prepared for it to take a bit longer to blend. And, if your smoothie isn't sweet enough, add some more honey or agave. Once you place all your ingredients in the blender, blend until smooth.

### How to make the perfect smoothie in two steps

First, you need to know the perfect ratio of fruit to liquid. For a basic smoothie recipe, it's one

### Frozen Raspberries



2 cups raspberries  
1/2 banana  
One cup almond or coconut milk (unsweetened)  
Three mint leaves (two to blend and one for garnish)  
Blend

### Frozen Strawberry

Two cups of strawberries  
1/2 a banana  
1/2 cup Greek yogurt (non-fat)  
Cup of orange juice (no sugar or 50% less sugar)  
Blend  
Top with sliced strawberries

### Frozen Blackberry

2 cups blackberries  
1/2 banana  
Juice of one lime  
1/2 teaspoon lime zest  
1/2 cup Greek yogurt (non-fat)  
One cup almond milk (unsweetened)  
Blend



### Fruity

One banana  
Cup of mango chunks (frozen or fresh)  
1/2 cup blueberries  
1/2 cup Greek yogurt (non-fat)  
1/2 cup orange juice (sugar free)  
1/2 cup spinach or kale  
Blend

### Fruit Tips...

• Buying fresh fruit at the grocer may be less expensive than the frozen fruit and more convenient for smoothies. When buying fresh fruit for smoothies, wash, cut into slices, place on parchment paper and stick in the freezer for two hours. Store in an airtight container.

• If fresh fruit is all that's on hand when it's smoothie time, just add a few ice cubes to the blender.

### Peanut Butter Banana

Two frozen sliced bananas  
1/2 cup Greek yogurt (non-fat)  
Cup of almond milk (unsweetened)  
Two tablespoons peanut butter (all natural preferred)  
One teaspoon honey  
Blend. Top with fresh, sliced bananas

### Fruit Servings from MyPlate

(each food item is one serving per day)

- ◆ One medium apple, orange, pear, or banana
- ◆ Two small fruits: plums, kiwi, mandarin, oranges
- ◆ Six strawberries, 10 grapes, 16 raspberries

### Vegetable Servings from MyPlate

(each food item is one serving per day)

- ◆ 1/2 cup cooked vegetables (fresh or frozen)
- ◆ One bowl of salad
- ◆ One bowl of homemade vegetable soup

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## ADVICE

**Introducing  
Dear Annie**

The Southern Illinois New of KPI, will now be featuring a weekly advice column from the nationally acclaimed columnist, Annie Lane. Readers have sought Annie's counsel in her column, "Dear Annie," since July of 2016 for her common-sense solutions to everyday problems; from family and relationships to finances and mental health, Annie has advice for any and all inquiries.

Her words have been described as firm, funny, and sympathetic, much in the style of her biggest inspiration, Ann Landers. A California girl, Lane went east for college and graduated with honors from New York University where she majored in English literature and specialized in psychology. She went on to earn her Juris Doctor from New York Law School. Now a wife and mother, Annie writes

from her home outside of Manhattan when she is not devoting time to her husband, two children, and her two family dogs. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com), and let us at KPI know that you have submitted so that we may feature her response. Reach out to us at [kpischedules@gmail.com](mailto:kpischedules@gmail.com).

# Dear Annie

## Gracefully declining saying grace

**Dear Annie:** This has been bothering me for several years. I am 75 years old. I grew up saying the Pledge of Allegiance and the Lord's Prayer and singing "The Star-Spangled Banner" every morning in elementary school. Those days are gone. I was slow to accept that the pledge and prayer might offend, but I've come around.

Now, I find that I dislike being forced to bow my head, when I'm out at a restaurant with friends or at their homes for dinner, before meals whenever someone at the table announces, "Let's hold hands and bless this food!" Of course, no one objects, but I've wanted to speak up on many occasions. I know I would be judged as an atheist, which I'm not. I often will hold hands and look around to see who else is peeking.

I feel it is out of place for anyone to force prayer on others unless it is in their own home.

I soon will have a large group at my home for a

dinner meeting. I know someone will do the "join hands" bit. I want to say: "My home; my choice. Let's eat!" I'm fine with the criticism I know I'll get (mostly behind my back), but I feel strongly I should not be forced to publicly pray in my own home. -- Old Codger

**Dear Old Codger:** No, no one has the right to force you into saying grace, at home or anywhere else. But you don't have the right to force anyone not to say it, either. The next time that you find yourself in this situation, I suggest sitting silently and taking a few deep breaths. In this fast-paced world, we could all benefit from such pauses.

**Dear Annie:** As soon as you can, please inform people that if they know of someone who snores to be tested for sleep apnea. It may save a life. -- Joe P.

**Dear Joe:** I am happy

to put the word out. According to the American Sleep Apnea Association, symptoms of sleep apnea can include heavy snoring, excessive daytime fatigue, difficulty with concentration or memory and waking during the night feeling short of breath. Left untreated, it can increase one's risk for stroke, heart disease, high blood pressure, diabetes and other serious conditions. Treating sleep apnea can drastically improve one's quality of life. Visit <https://www.sleepapnea.org> for more information.

**Dear Annie:** I have an idea for "Ears Burning." I, too, have a friend who has "rallied the troops" in the form of mutual friends to his side when we have had a disagreement. I understand the need to gain perspective from others when I have had a fight with a friend. Sometimes, another person serving as a sounding board helps give me a

reality check and opens my eyes to my role in the disagreement. What I resented was that he was asking our mutual friends. So, I asked him as nicely as I could to please seek advice from people outside of our circle, and that seemed to have worked. Just a thought! -- Jeff

**Dear Jeff:** Kudos for your directness, and for showing empathy, understanding and maturity. Hopefully, your friend takes a page from your book.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book -- featuring favorite columns on love, friendship, family and etiquette -- is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

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By Annie  
Lane

## CLASSIFIEDS

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If you have placed a GUARANTEED CLASSIFIED AD with us, please call 270-442-7389 to let us know to take the item out if it has sold. If you do not see your ad, and it is supposed to keep running, please give us call, or email [kpiads@kynews.com](mailto:kpiads@kynews.com).

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Male Bull Dog Masittis. He is White with brown spots 9 months old 125 pounds. answers to the name tiny. for more information call 360-624-3547

**HELP WANTED**

Help Wanted In need of someone or a roofer to replace several shingles in Whispering Oaks subdivision at 108 Britten Drive. Call 270-462-3503

Please help us restore and maintain the historic Smithland Cemetery (1810), tax deductible, Smithland Cemetery Fund, Smithland City Hall, PO Box 287, 310 Wilson Ave., Smithland, KY 42081 (tfn)

**SERVICES OFFERED**

Will do babysitting in my home in the Wickliffe area. 270-335-3829.

**WANTED**

Paying cash for authentic flint or stone Indian relics. Call Joe@ 618-252-7959 or 618-841-1733.

**BUSINESS OPPORTUNITIES**

Turn Key Maintenance Shop business for sale. Block building on road front property located on main Hwy in LaCenter. 221 West Kentucky Drive. Call for more information 270-823-6870 (tfn)

713 Phillips Drive, Wickliffe KY. Previous Family Dollar building, 2.362 acres, Commercial building and lot. Building is 8,052 sq feet. Less than 17-19 year old building. Brick front. \$100,000.000. Call 573-783-7877 (tfn)

FOR SALE: Business & franchise rights to Circus Skate roller skating arena

located on 2.4 acre corner lot in Murray Kentucky. 100% reserve

heating/cooling capacity, 1500pair rental skates, 175 bikes, scooters, 3&4 wheelers, backup sound & power system, roof renovated 2015. Contact Joe Nanney at 270-753-9622, leave message after 3 minute recording or in person at a public sessions. (tfn)

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PACKAGE LIQUOR Store, selling lot, building, license, trade fixtures and inventory. Resession proof business. Historic location in Leeder Bottoms Contact 1241 Liquors, 270-519-5850 Re/Max Realty Group (tfn)

534-1241. Recently reduced! \$65,000 (tfn)

**REAL ESTATE**  
100 Willow Lake DR. Paducah, KY-\$295,000. 3,586 sqft. beautiful, well maintained, one owner home in a quiet neighborhood

large fenced-in backyard, lots of closte space, bonus room, and theatre room! contact 270-331-1740, Crystal Oliver, Re/Max

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Newly remodeled 4 bedroom 2 bath home 2ith 1 car detached garage MLS #100916 8925 Moore Rd, West Paducah ,KY Laura Braboy 270-519-5850 Re/Max Realty Group (tfn)

Charming 2 bedroom, 1 bath bungalow centrally located at 2118 Jackson st. in Paducah, asking \$88,000. call Kevin Rennegarbe with Re/Max Realty Group (270)331-0089 (tfn)

232 Maple St., LaCenter, off Hwy 60. 2,000 sq. ft New/Updated bathroom. NICE living room & family room. Kitchen opens to living room. 2+ BR. Fenced-in back yard. Detached 24x32 garage that is heated and cooled w/ full bathroom & office. Covered front porch. Priced to sell at \$97,500

Call Kelly Miller 270-217-0435 • Century 21 Service Realty (tfn)

Recently remodeled 4 bedroom 2 bath home 2ith 1 car detached garage MLS #100256 000 Lakeview Church Road Gilbertsville, KY 42044

Luke's Restaurant in Arlington, KY is for sale. 5970 S Highway 51. \$340,000. Contact Ella Burgess: 270-562-1234 (tfn)

Price: \$9,999 Call Shawn Brandstetter: 270-508-0648(tfn)

Single family home located in Wickliffe, KY. 572 County Farm Rd. \$159,000 Contact Ella Burgess at 270-562-1234. (tfn)

740 Walker Harris Road Calvert City, KY 42029 MLS: 101051 Price: \$555,000 Contact Shawn Brandstetter: 270-508-0648 - shawnb@kw.com (tfn)

Keller Williams Experience Realty

Single family home on 545 Lebanon Church Rd. in Paducah for \$329,000. Contact Ella Burgess at 270-562-1324 (tfn)

Ella Burgess at 270-562-1234 (tfn)

264 State Route 703 E, Clinton, KY 42031. Single family. Contact Ella Burgess with Century 21: 270-562-1234. - \$170,500 (tfn)

2880 Krebs Station rd. paducah, KY MLS:101801 price: \$107,500 contact Shawn Brandstetter at 270-508-0648 (TFN) Keller Williams Experience Realty

340 Harting Ridge RD- west paducah gorgeous 4 bedroom 2 bath home with 3 car attached garage. 4308 sqft on over 2 acres. \$329,000 CALL VERA STONE AT CENTURY 21 SERVICE REALTY 270-556-0295 (tfn)

6450 Highway 62, Bardwell, KY. Single family. \$144,900. Contact Ella Burgess: 270-562-1234 (tfn)

## CLASSIFIEDS

<p>Single family home located at 165 County Road 1015, Cunningham, KY 42035. Call Ella Burgess at 270-562-1234 \$115,000 (tfn)</p> <p>Single family and rental located at 301 E Clay Street, Clinton, KY 42031. \$55,000. Contact Ella Burgess: 270-562-1234 (tfn)</p> <p>140 Boisdark Circle Gilbertsville beautiful 4 bedroom home, inground pool, minutes from public boat launch, 2 minute walk to Kentucky lake. \$187,500. CALL BONNIE McCUISTON AT CENTURY 21 SERVICE REALTY 270-293-0389</p> <p><b>EXCEPTIONAL</b> investment opportunity. - This property includes 3 buildings, a four unit short term rental, a 1 apartment carriage house and the five bedroom home located at 901 Jefferson Street (list # 99985). The apartment building was total refurbished in 2004. The Victorian home was used as a Bed &amp; Breakfast up until recently and still gets calls today. It features detailed woodwork, Stained glass windows, 5 bedrooms, 5 baths, a second floor laundry with built in cabinets. the Carriage house located behind has a one bedroom one bath apartment that can be rented as well. The top floor of the home is a honeymoon suite. The turret has 3 sitting areas for wonderful ambience. It is located in an H-2 Historical Commercial Zone, so has professional and commercial use. A must see property. The home can be purchased separately at \$449,000 or in the package of all three buildings at \$875,000. Call for all the details. Ron Hughes RE/MAX Realty Group 270 519-7889</p>	<p>20 Acres, 3 bdr., 2 bath, home, pond, lg. pole barn, workshop, outbuilding, home built in 2005, Quiet, Calm, Area, perfect for you! Minutes from Mayfield or Murray! \$289,000 Contact: Shulorn Hollowell Jeter, Realtor 270-994-4600.</p> <p>2 acres, 4,000+ sq. ft. of living space, 4 bd, includes 2 master suites, 3 baths, lg. man cave, 2 decks, near lakes, Ft. Campbell. \$329,900 contact: Shulorn Hollowell Jeter, eXp Realty 270-994-4600</p> <p>863 Duncan Creek, Kirksey, Kentucky 3 bd., 2 bath, approx. 1700 sq. ft., Approx. 1.5 acres, Shulorn Hollowell Jeter, Realtor eXp Realty 270-994-4600</p> <p>4 BR 2 1/2 BA home on the corner of 5th and pine in the murray city limits! walk to the court square. divided into 4 apartments. only one is rented. total potential income is \$1650/mo. or turn into personal home and collect off the rented apartment! \$81,800. call Angie Bogard for more info. 270-293-8738. listed with c21 Service Realty. Andrea Hindon Broker.</p> <p>Land for sale-4.3 acre lot at 297 Stover Rd. Located outside city limits of Martin, TN. Has well, septic, barn and pond. \$35,000. Call 731-469-0041 or 731-514-8565. (tfn)</p> <p>Land for sale: Carlisle Co. south of Bardwell. 157 acres (2 tracks) with 100+ tillable acres, fenced for cattle, hwy frontage, excellent building sites. Contact for price 270-832-5036, 270-748-8342 or 270-853-0080.</p> <p>100 ACRES, Sold all together Livingston County, near Elementary school. store, fire department. Can be used for residential or commercial. 10 miles from Ky Lake 270-210-6697 (tfn)</p> <p>000 Crittenden Lane, Hardin, Ky. 42048 50 acres, located in Pirates Cove Resort, utilities easy to tap on. new owner may have access to amenities in the resort. Contact: Shulorn Hollowell Jeter, Realtor 270-994-4600</p> <p>524 Harrison, Paducah, KY. Multi Family Triplex. MLS# 97817Price</p>	<p>\$239,900 Call Randy Bridges, Re/Max Realty Group, 270-331-0648. (tfn)</p> <p>536 E Clay Street, Clinton, KY - single family home for just \$39,900. Contact Ella Burgess: 270-562-1234 (tfn)</p> <p>Space for Lease next to Global Wines and Spirits on James Sanders Blvd. -3-5 year lease, \$2300 per month plus utilities. Call Crystal at 270-331-1914 or email crystalbailey-homes@gmail.com (tfn)</p> <p>120 Petter Ave. - Paducah -7.964 acres conveniently located with public water and sewer. Great site for townhouses and condos, off Lone Oak Rd. Zoning is R-1. \$145,000 MLS#48851 Call David, PRG 270-556-1858 (tfn)</p> <p>Kentucky Lake waterfront lot with dock. Lot is in a protective cove with year round water and wonderful view! Cambridge Shores. \$149,000. Call Kimberlee Copeland at Park Avenue Properties for plat and details. 270-205-0076 (tfn)</p> <p>Land for sale-4.3 acre lot at 297 Stover Rd. Located outside city limits of Martin, TN. Has well, septic, barn and pond. \$35,000. Call 731-469-0041 or 731-514-8565. (tfn)</p> <p>FOR SALE: 3 lots on Pine St. in LaCenter, 150'x155' water &amp; sewer, 20x24 garage, 2 old trailers. \$19,500 Call 270-370-7112.</p> <p>2 Bd, 1 bath,brick home at Lake Barkley. Camage Cove Corner lot. Huge master bedroom. Oak cabinets. New HVAC Wifi thermostat. 30 X 36 garage. Attached 2-car carport. 812-457-7297.</p> <p>Fabulous 4/5.1 Custom Cape Cod Home on 3.89 acres in prestigious West Vale Subdivision. Newer roof, 3 FP's, Tennis and basketball court. Call Roxie at 270-519-9763.</p> <p>Mobile Home For Sale. 1997 Fairview 16x80 2 BR 2 Bath All Electric \$12,000 OBO 270-205-1396.</p> <p>Pine Bluff Shores 47 Primrose Dr. New Concord, KY. \$75,000 fully furnished. 1 1/2</p>	<p>Has water and sewer at the property. Loaded with deer and turkey and has 65 acres of good farm land. \$2150/acre. Will not divide 270-753-5344 (tfn)</p> <p>Reduced Kentucky Lake Lot 27 block 15, Hardin, Ky in Pirates Cove Resort. Great Fishing at Jonathan Creek. Restricted to Site built or modular homes. Camp ground, Marina, Air Strip, Cabins, Etc. \$3,500. lewisandwanda@yahoo.com 270-217-1207 or 270-217-1265 (tfn)</p> <p>3 BDR., 1 Ba. with completely finished attic, 1/2 basement. All electric and well on 3.31 acres. Call 270-876-7346 or 270-876-7582. (tfn)</p> <p>5.14 acres with Cedar siding 2 story house with geo thermal unit, 2,828sq. ft, 3 br, 3 full bath, granite in kitchen, remodeled bathrooms, horse barn with water and electricity, carport, 28x26 detached garage, lots of extras. 220 Whiteside Rd in Boaz, KY near St Johns area. \$340,000. 251-233-1015 (tfn)</p> <p>5.14 acres with Cedar siding 2 story house with geo thermal unit, 2,828sq. ft, 3 br, 3 full bath, granite in kitchen, remodeled bathrooms, horse barn with water and electricity, carport, 28x26 detached garage, lots of extras. 220 Whiteside Rd in Boaz, KY near St Johns area. \$340,000. 251-233-1015 (tfn)</p> <p>5.14 acres with Cedar siding 2 story house with geo thermal unit, 2,828sq. ft, 3 br, 3 full bath, granite in kitchen, remodeled bathrooms, horse barn with water and electricity, carport, 28x26 detached garage, lots of extras. 220 Whiteside Rd in Boaz, KY near St Johns area. \$340,000. 251-233-1015 (tfn)</p> <p>5.14 acres with Cedar siding 2 story house with geo thermal unit, 2,828sq. ft, 3 br, 3 full bath, granite in kitchen, remodeled bathrooms, horse barn with water and electricity, carport, 28x26 detached garage, lots of extras. 220 Whiteside Rd in Boaz, KY near St Johns area. \$340,000. 251-233-1015 (tfn)</p> <p>5.14 acres with Cedar siding 2 story house with geo thermal unit, 2,828sq. ft, 3 br, 3 full bath, granite in kitchen, remodeled bathrooms, horse barn with water and electricity, carport, 28x26 detached garage, lots of extras. 220 Whiteside Rd in Boaz, KY near St Johns area. \$340,000. 251-233-1015 (tfn)</p> <p>5.14 acres with Cedar siding 2 story house with geo thermal unit, 2,828sq. ft, 3 br, 3 full bath, granite in kitchen, remodeled bathrooms, horse barn with water and electricity, carport, 28x26 detached garage, lots of extras. 220 Whiteside Rd in Boaz, KY near St Johns area. \$340,000. 251-233-1015 (tfn)</p> <p>5.14 acres with Cedar siding 2 story house with geo thermal unit, 2,828sq. ft, 3 br, 3 full bath, granite in kitchen, remodeled bathrooms, horse barn with water and electricity, carport, 28x26 detached garage, lots of extras. 220 Whiteside Rd in Boaz, KY near St Johns area. \$340,000. 251-233-1015 (tfn)</p> <p>5.14 acres with Cedar siding 2 story house with geo thermal</p>
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## CLASSIFIEDS

unit, new flooring 2374 Heather Drive \$79,000 270-705-5335 (tfn)

**LOWERTOWN**  
Great Buy! 3 or 4 BR, LR, large eatin kitchen w/wood cabinets, bath w/walk-in closet. 2 rooms upstairs, hardwood floors, front & back sunporches, new roof Reasonably priced. 270-519-5111 or 270-519-6150 (tfn)

New 2 BR home on 200 Acres 7 mi. from West Baden dome, 24 mi. from Crane on HWY 150. City water, new septic. Immediate occupancy. \$450,000. 812-385-0012. (tfn)

Realtors Welcome @ 3% of Sale. New Construction, Conveniently located near I-24 in Metropolis, IL. 3Bedrooms, Office, 2-Baths/whirlpool tub in master, kitchen features cherry cabinets, stainless steel appliances/breakfas t bar, screened-in porch overlooking woods, corner lot w/sprinkler system 2-car/garage 2 Dove Ln. 618-524-1130, 618-771-0541 (tfn)

202-208 Pine & 209 3rd., Hazel, Kentucky  
Selling together 4 plex and 7,000 sq. ft. bldg, concrete floors, the apts. currently occupied updated cozy units. Located near Murray. For more info. Shulorn Hollowell Jeter, 270-994-4600 eXp Realty

8925 Moore Rd. West Paducah, Kentucky 42086 4 bd., 2 bath, 1426 sq. ft. updated cute, .46 sq. ft. \$119,000 Shulorn Hollowell Jeter, Realtor 270-994-4600 eXp Realty

**SOUTH MARSHALL AREA**  
3BR, 2 bath home on 1/2 acre secluded lot, attached garage, central h/a, hardwood/laminate/ tile floors, walk-in closet, deck & more \$150,000 Call 270-205-0096 (tfn)

**NEWLY REMODELED** 3 or 4BR, 2B. home at 5635 Husband Rd. New roof, kitchen cabinets, appliances, carpet!

\$95,000 Call 270-816-6845 (tfn)

**Paducah, 4010 Maxon Rd.**  
Spacious home, 3106 sq. ft. 4 bed, 3.5 bath, on 1 1/3 acres. 270-443-1676 (tfn)

We are semi-retiring and selling our poultry farm (Tyson contracted) and home, 5 miles East of Clinton, KY. Call Steve at 270-254-6047. Serious inquiries only please. (tfn)

Waterfowl 41 acre Hunt farm ownership 1/11 share. Near East Praire Missouri between 6WMAs, 4 blind one pit, \$26,000/offer. Text/Message 270-836-9417 or 270-983-1936 (tfn)

### FOR RENT DWELLING

**COLONY HOUSE** now taking applications for 1,2,3 and 4 BR Units, Section 8 Housing-Equal Housing Opportunity, Handicap accessible. Office hours Mon-Wed-Fri. 9-3. 1-270-334-3148 TTD 711

Home for rent - 2 BR 2 Bath in Blandville (Ballard Co.) Appliances, well water and storage shed. Available Sept 1 \$450 Security Deposit. Call Ron 619-895-8289.

House for rent - Brick split level home 3 BR 1 1/2 bath, basement, carport, large fenced back yard located in LaCenter, Ky Call 270-519-5111 or 270-519-6150.

House, 2 BR, 1 BATH, carport, 8730 Blandville Rd Shown by appointment renter sign contract, need references, no pets \$750 deposit 270-970-0535 (tfn)

\*\*For rent by owner\*\* Nice double wide trailer in Cunningham. New flooring. \$850 per month. 700 County Rd 1024 Cunningham, KY 42035 (tfn)

In Reidland beautiful 1 br private bath room for rent. Not accessible to home

area. Cable, microwave, coffee pot, apartment ref, crockpot if necessary, garage, sliding glass door goes out to patio from room.

Inground pool which may be used by renter in summer. All utilities included. No smoking and no pets. 1st and last month rent. \$500/per month. Call 270-366-4807 or 270-898-3536 (tfn)

For Rent: Attractive Lone Oak Home with Horse Barn & Pasture One year lease with references, background check & credit check. \$1,950.00 per month. 270-415-9472

**DUPLEX FOR RENT:** 2 Bedroom 1 bath in Paducah's west end near ky oaks mall shopping & dining area! New flooring & paint throughout. VERY clean! Quiet neighborhood & non through street ! 1 year lease no pets or smoking. Water & trash provided. 270-415-9472

**ANIMALS/PETS**  
AKC Registered Black Lab Puppies. Great for hunting or service dogs. Born May 18, 2019. Call 270-994-7647

AKC/UKC Registered Lab pups. Born 11/26/18. Shots and wormed. Excellent hunting stock. Parents on sight. 270-210-6161 (tfn)

**AKC CHAMPION** Blood Line English Bull Dog pups. 1Male & 1Female \$2000.00 each. 270-376-2715 (tfn)

**BORDER COLLIE** PUPPIES! Not registered, \$200 Negotiable /deliverable. 6 wks old. Shots/ wormed. Farm dogs, great pets. 573-414-4601 or 573-587-9377 (tfn)

AKC Registered Lab pups good hunting stock-yellow. Born 5/1/17 Males- \$250 Females - \$250 270-885-0716 (tfn)

### MISCELLANEOUS FOR SALE

**PRICE REDUCED!** Firearms: Perazzi MX2000, 2-barrel concept, standard barrel plus heavy barrel matched to weight of standard barrel with tubes, Kolar 20-28-410 tubes Americase fitted aluminum airline case, as new, fired approx. 1000 times, \$8,000 Call: 270-554-2417 (tfn)

Video Cherry Masters, Video Poker machines like new \$500 each. Call 270-210-5588 (tfn)

Classic Schwinn Delivery Bicycle, used by drug and grocery stores in '30s, '40s, '50s.

Excellent shape. Big wire basket over front wheel. \$750 obo. 270-210-7012 (tfn)

**PRICE REDUCED!**

Remington 3200 competition 4-barrel set, 12-20-28-410 matched weight, custom wood, rare. Nasco fitted airline case. \$4,000 Call: 270-554-2417 (tfn)

Do you love to cook? Then you will want to purchase the Full Gospel Temple Praise Team's cook book which has over 300 of the best recipes you'll ever make. Just \$20, three ring binder that allows you to add your own favorite recipes.

You can call 270-442-7389 or 270-519-3396. (tfn)

Gammon Drum 5 piece set plus symbols, foot pedals, mutes and extra drum heads. \$300 OBO. Call 618-645-2682 (Metropolis). (tfn)

AeranCo Champion Airplane. \$30,000, been renewed. 618-525-2063. (tfn)

8x8 Tilt Trailer \$400 Call 270-382-2818.

**AUTOMOTIVE**  
2003 ENVOY Sle 4 wheel drive. Good condition. asking \$3950. Call 270-853-4108 or 270-210-2870.

AKC Registered Lab pups good hunting stock-yellow. Born 5/1/17 Males- \$250 Females - \$250 270-885-0716 (tfn)

1997 Dodge Dakota Sport. Clean, good truck asking \$2500. Call 270-853-4108 or 270-210-2870.

2007 Honda accord, heated leather seats, cruise control, sun roof, 100,000 miles, \$5,000 or obo. call 270-898-1606

2008 Mercedes C300, excellent condition, 98K, loaded, sunroof, new tires, new battery, low profile wheels, white/tan, garage kept, car fax available, \$8900 obo, call or text 270-7499.

2012 Toyota PU 94,xxx miles, 4 dr, exceptional clean, new tires, tonneau cover, many extras, sacrifice \$16,000. Call 615-822-3584 or 954-778-9737 (tfn)

2005 Buick LaCrosse FWD air clean 187k miles Good condition \$3500 Call or text 270-705-7530 (tfn)

2000 Red Grand Prix GT, high miles, runs, leather interior. REDUCED \$1200 Call 270-988-2748 (tfn)

Challenger 2, been completely restored to new condition. Price negotiable. 618-525-2063. (tfn)

2007 4D TOYOTA SEQUOIA LTD. pearl white, V8, sunroof, heated seats, 3rd row seat. \$14,500 270-994-1780 (tfn)

Gammon Drum 5

piece set plus symbols, foot pedals, mutes and extra drum heads. \$300 OBO. Call 618-645-2682 (Metropolis). (tfn)

AeranCo Champion

Airplane. \$30,000, been renewed. 618-525-2063. (tfn)

8x8 Tilt Trailer \$400 Call 270-382-2818.

**MOTORCYCLES**  
2010 Harley Heritage -low miles. Garage kept - Beautiful bike. \$10,300 270-556-1877 (tfn)

44' SC 5th Wheel MONTE CARLO \$37,500 2 bd, 3 elec. slideouts, elec. awning, 3 central ac/h units, washer/dryer, lg.

appliances, fireplace, satellite/cable ready. No smoking/pets !!!MUST SELL!!!! 870-329-4933 (tfn)

**REDUCED PRICE** 2015-5th wheel 37 ft. self contained. Sleeps 6. 2 slide outs. Electric awning, fireplace, washer/dryer with many extras -No smoking or pets. \$23,000 870-329-4933 (tfn)

1990 16 ft Bomber Bass Boat 90 HP Yamaha w/ Spider Rig & Trailer. Runs great! \$3,500. Murray Area.

**RECREATIONAL VEHICLES**  
Boat For Sale: LUND 18 Ft. Consul 50 HP Yamaha 4 stroke fishing boat. Used less than 300 hours. great shape, w/trailer, \$6,900. Lone Oak area. 843-312-1343.

Lot paid up til Sept 30th at Southern Komfort Campground right on the water (side D-8). 45 ft 2016 5th wheel Highland Ridge, open range model #3X427BHS bunk, house, like new, 5 slide outs, 1 1/2 bath, 2 BR, outside kitchen, automatic level system, sleeps eight, with satellite, no smoking. \$40,000. 270-210-5588 (tfn)

450 PARKER AUGER CART!! new gear box and augers, GREAT shape! (573)703-5606 (tfn)

**SMALL WIRE CONCAVES** fits 1680-2388 CASE IH combines (573) 703-5606 (tfn)

850 JD TRACTOR FINISH MOWER front loader, 3 point hitch, less than 1000 hours, great condition, sized for mowing a large yard/ acreage, asking \$11,500 reduced to \$8,900. (270)898-2805 (tfn)

OLIVER 1958 880 DIESEL, wf, power adjust rimes, 15 hrs., on restore. \$8,000. 309-255-9513. (tfn)

2010 Versatile-485, Cat., PS, 2395 hours, 4wd, QSX 15 L Cummins, recent overhaul, 710/42 Michelin tires 70%, factory AS, 6-hyd, remotes \$119,500. Call 618-535-3456. (tfn)

**FOR SALE: 16'** Aluminum ladder type 1. Excellent condition. \$90 cash 270-703-7425 (tfn)

**JOHN DEERE** 6700 sprayer, new in the spring of 08, 603 hours, 60 ft. boom, 3 wheel with shields \$67,500. PRICED REDUCED!!! Call anytime 309-376-6741. (tfn)

Killbros -1200, Factory ext's, 750 bu., new vertical augers, Exc. shape, 30.5x32 tires. \$10,500 OBO (217) 493-2105 (tfn)

2015 New Holland Big Baler 330R Crop Cutter, 3 x 3 square bales w/ preservative, rotor cutter, steerable tandem axle, hdy. folding roller chute, auto-lube, Intelli III monitor. 9778 bales, \$89,000 OBO. Call Robert at 815-291-6856. (tfn)

2014 Massey Ferguson 2270 Baler, 3 x 4 square bales w/ preservative knotter blower, standard chute, single axle, 8869 bales, \$79,000 OBO. Call Robert 815-291-6856. (tfn)

KillBros Seed Tender w/plastic auger, \$2,000 1985 M & W 375 Wagon \$2,200 309-275-0524. (tfn)

2007 Geringhoff Rotodisc, 8 row head, w/ rotacone corn savers, this head is very good and had very little use, needs no work on it before fall season, always shedded \$29,000 815-761-2531. (tfn)

Case International 950 solid row crop, 6-11, 6-30 inch or 15 inch rows. \$4750. Call 217-532-9408 (tfn)

Kinze 3700, 24R20", No-till, liquid fertilizer, heavy duty down pressure springs, good condition. Call 815-378-8640 (tfn)

Stone mortar mixer. 1.5 bag tub. 8 HP Honda motor. Runs

## INSPIRATION

# A Questioning Mind

Series on the Case for Christ

by Teresa LeNeave

Leneave2@comcast.net

As the younger generation grows up, Christian's are going to be faced with some tough questions that they better know the answer to. Questions like, "Why is there so little written about Jesus in history? Which version of how the world began, should we believe?" You will hear statements like: "I don't believe in God. And, there may be a God, but if there is why do so many people around the world suffer?"

How do you answer these questions? Do you just flatly tell them, "You should believe because the Bible says you should - and that's that?" Or, do we give them an answer that will give them something to think about and to satisfy their questioning minds?

For the next few weeks we are going to discuss "The Case for Christ". You are encouraged to send me your questions and comments at leneave2@comcast.net. With all the archeological evidence that is being found there is

more and more proof for the questioning mind to consider the Creation story which I believe is truth. I know several young people who are grappling with the God question and my hope is that this series will answer some questions. Maybe it's because the Church is not talking as loudly as the world, but kids today do not believe everything they are told. They want evidence. I want to inject here that "faith is the substance of things hoped for and the evidence of things not seen" (Heb 11:1). God gives us faith to believe in what seems impossible.

When they tell us they don't believe in God, what do we tell them? In the Bible, Paul said, "Walk in wisdom toward those who are outside, redeeming the time. Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one" (Colossians 4:5-7 NKJV).

The Apostle Peter said, "But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope



that is in you with meekness and fear" (1 Peter 3:15 KJV). As we go through The Case for Christ we'll discover the biography of Jesus was written before He was born. Who else has that happened to? No one.

Old Testament prophecies predicted the city He would be born in (Micah 5:2); it foretold His Name (Isaiah 7:14); and what He would do while in the world (Isaiah 61:1,2). Jesus clearly said those prophecies were about Him. He quoted Isaiah 61:1, 2 and then "closed the book, handed it to the minister, sat down and said, 'This day is this scripture fulfilled in your ears'" (Luke 4:18-21).

Jesus actually

is talked about in ancient history, which solidly backs up the Bible. Following are some ancient sources that mention Jesus:

In Book 18 of the Antiquities, 63-64, Josephus a Jewish historian who lived during Jesus time wrote: "About this time there lived Jesus, a wise man, for he was a performer of wonderful deeds, a teacher of such men as are happy to accept the truth. He won over many of the Jews and many of the Gentiles. When Pilate, at the suggestion of the leading men among us, had condemned him to the cross, those who had loved him at the first did not forsake him; and the tribe

of Christians, so named from him, are not extinct to this day." (<http://www.facingthechallenge.org/josephus.php>)

Tacitus - A Roman Historian wrote about Nero's hatred for the Christians. He said the name 'Christian' comes from the name of 'Christ' who is the founder of the Christian religion. Scholars say all the details that Tacitus give matches the details in the Bible. ([http://www.christian-faith.com/html/page/did\\_jesus\\_exist](http://www.christian-faith.com/html/page/did_jesus_exist))

Pliny the Younger, a governor in those days, wrote that there was a new sect of people called Christians. He talks about how the Christians sang

praise to their leader, Christ. Pliny the Younger, Letters 10.96 ([http://www.christian-faith.com/html/page/did\\_jesus\\_exist](http://www.christian-faith.com/html/page/did_jesus_exist))

The truth is, Jesus has been debated for centuries, but His name and power can't be disproved. Paul said Apollos, who was a disciple, an eloquent man, and mighty in the scriptures, debated the Jews publicly. Paul says Apollos "publicly proved by the scripture that Jesus was the Christ." (Acts 18:28) You can do the same thing. The evidence for Jesus is too compelling to ignore and we must pass it on to our children and our children's children.

Jesus IS written about in history, but most young people won't look up those old writings of antiquity. Like so much of the world's history that's disappeared, if we don't pass the truth on, writings of these old historians will be washed away with time and will be forgotten by the general public. As we begin our Case for Christ series, I hope you'll send me your own experiences with Christ and why you believe.

## Our Spiritual Evaluation

by Dr. Billy Holland

Billyhollandministries.com

People believe many different things about God and spirituality. Some are convinced that it's arrogant to assume that we can know God's will or walk with the Lord personally, however, what most people never stop to consider is how could the creator ask His creation to accomplish something without knowing who He is or what He expects from them? The divine reality of absolute truth includes the concept that God sincerely desires to share His mysteries and to work alongside His children to help them accomplish His will. I do not believe like the deist who are convinced in their theology that God does not intervene in the affairs of

humans. I personally embrace the conviction that our maker wants to help us and walk with us every second of every hour and patiently waits for us to ask for His assistance. Have you considered that deists do not look to prayer as an answer but rather turn to their own intelligence to find solutions to their problems? It can also be noted that when deists do succeed from their labors, we generally know who receives the glory. For those who are proud to pull up their own boot straps, these individuals relate to God through logical reasoning and the observation of nature, but not by revelation or supernatural manifestations, such as miracles which is a phenomenon they regard with skepticism. How sad that many live

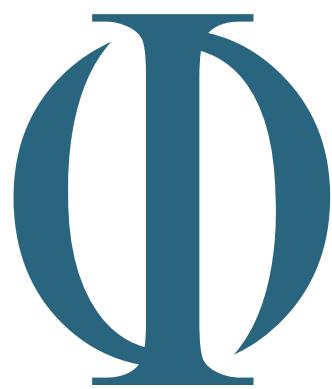
a lonely and miserable existence as they believe that humans are unable to have a personal relationship with the God who loves them more than anything. Like many of you, I'm grateful that we are not living on our own or need to rely on our own strength for everything. The deeds that have been manifested to the glory of God are spiritually empowered and accomplished by the very one who inspired them!

So, how can we learn to draw closer to God in this New Year? The first step is to understand that in order to do His will, we must surrender ours. We hope and pray that everyone would want to fulfill the destiny that God has made for them, but sadly we know this is not going to happen.

Yes, we can be energetic and have a certain amount of worldly success, but this is not the same as following the blueprints of God's perfect plan for our lives. You see, I believe that God has a general will and a perfect will for each of His children. His general will is our obedience to the truth of His written Word, while His perfect will is the unique individual direction that He has chosen for each of us. Every person has been called and a specific design has been drawn by the one who knew us before we were born. When we fall at His feet and surrender our mind and heart to Him, the light of His glorious presence can illuminate our path and then we make the decision to follow or refuse. To those who respond to His voice

they can look forward to hearing Him say, "Well done my good and faithful servant: thou hast been faithful over a few things, I will make you a ruler over many things: enter into the joy of your Lord" Mathew 25:21. For the ones who ignore their spiritual calling and would rather follow their own imaginations, they have not only wasted this life but are in danger of missing their heavenly invitation. Is the Lord seeking someone who is perfect? I hope not, because Jesus is the only one who is perfect. However, He is searching for an individual who wants to be transformed into what Christ died for them to be. Why do we have such a hard time with this? Because our level of determination

has not risen to the conscious state of complete surrender to God's demands. "We will only succeed for Christ when our desire to change becomes greater than our desire to remain the same." Until we develop an attitude that we will not compromise with carnality, we are a "sitting duck" to defeat. Personal change does not happen with a "whim" and being controlled by God's Spirit is a wonderful and noble suggestion, but it will take more than charisma, intelligence, or happy thoughts. Spiritual advancement requires a complete transformation as Jesus replied in Matthew 22:37, "Love the Lord your God with all your heart and with all your soul and with all your mind."



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- Loyola University Medical Center – General Surgery Internship
- Tulane University Medical Center – Orthopaedic Residency
- Andrews Sports Medicine Institute Birmingham, AL – Foot and Ankle Fellowship

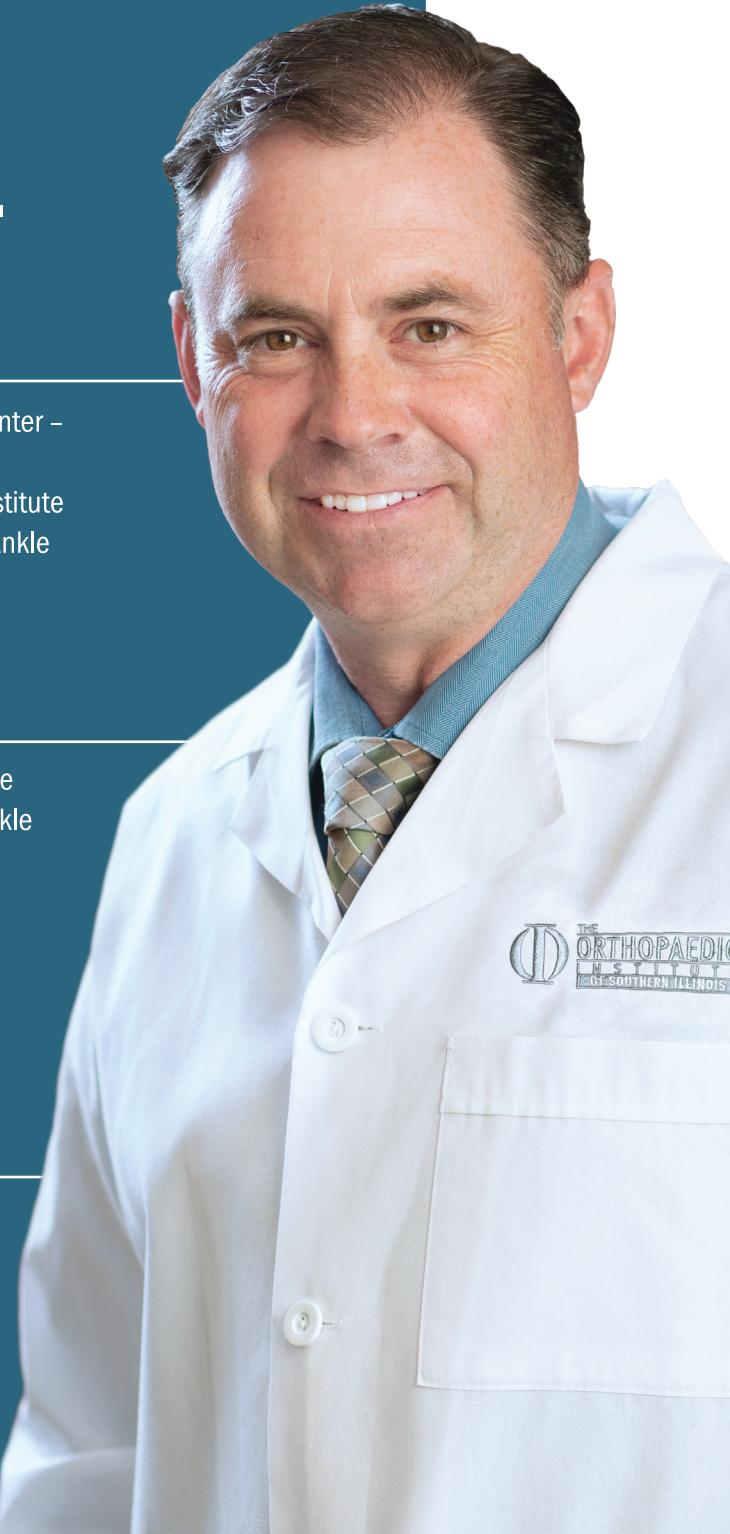
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### PHILOSOPHY

"I believe in developing a true partnership between patient and physician. A doctor must listen to not just what the patient says, but also read the patient in order to come to the diagnosis. Each case is so unique. My goal is to both treat symptoms and to educate the patient so that they can become an active participant in their foot and ankle health."

*Dr. James Murphy*



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