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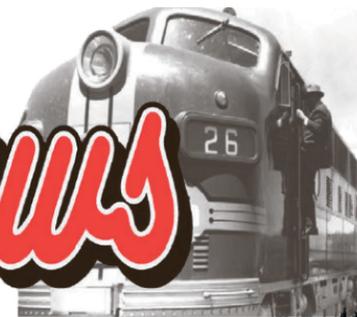
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Evan Taylor, JD

Southern Illinois News



NOVEMBER 2019



Photo Credit: facebook.com/metropolisfd

Metropolis Firefighters Protect Community Despite Shortage in Numbers

by Alexa Black
Staff Writer

After seeing a gradual decrease of Metropolis firefighters in 2008, the number has continued to decline up until 2019. The Metropolis Fire Department currently has only eight full time firefighters, and a shortage of staff is said to be making an already difficult job even harder. Bobby Williams of the department said that there are moments when the availability of firefighters at the station is slim, forcing them to reach out to other

local stations for help. After the unfortunate passing of Captain Chad Parker back in October, the Metropolis Fire Department is not seeking to replace him anytime soon. With revenue decreasing citywide according Mayor Billy McDaniel, all departments will suffer, as well as public safety services. With a cut in budget and the lack of a captain, the department has taken a hit. However, they expect an eventual recovery and will do all within their power and budget to help the community in the meantime.

Carbondale to have Multimodal Transportation Station

by Alexa Black
Staff Writer

Carbondale, Illinois will have a new multimodal transportation station, set to revitalize the downtown area. The changes will bring about an increase in jobs and a new look that citizens are expected to like. Total costs of the project will range from \$18-\$20 million and it is predicted to create up to 100 jobs. The current center has sat on the strip since the early 1980s across from the Varsity Theatre, and a new facility will allow for the current volume of traffic coming through. Overall, \$14 million in BUILD grants were received. The changes will provide better connections and mobility for rural residents of Southern Illinois,

and those visiting the area. The multimodal station will connect riders that are using the Amtrak Greyhound Bus and four transit agencies in order to access jobs, schools, healthcare services and other essentials in the area.

The Carbondale City Council has committed to funding the remainder with the Local Improvement Fund, feeling it will make it more "customer friendly, safer, and more attractive" for those venturing into the city. The installation will include an Amtrak station, a bike station, daycare facility and a Greyhound bus station. The city plans to spend the majority of 2020 on designing the multimodal transportation station, and will break ground on 2021, symbolizing growing commerce in the region.



Photo Credit: explorecarbondale.com



Thanksgiving Getting back to our roots

Get recipes and healthy eating ideas from our Eating Well page, sponsored by Metropolis Big John.

Page 7



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SIU extends its free application period through Dec. 1

CARBONDALE, Ill. — Southern Illinois University Carbondale Chancellor John M. Dunn announced that the campus is extending its free application period for prospective students through Dec. 1 due to the significant level of interest the initiative has generated from high school and transfer students.

“We are delighted at the positive feedback from students, parents, counselors, alumni and other stakeholders as a result of the university offering a free application period to help celebrate our 150th anniversary,” Dunn said.

Originally announced going into the SIU Homecoming weekend in mid-October, the free application period was originally scheduled to run through Nov. 1. By extending it another month, the university hopes even more students will take advantage of this limited opportunity.

Additionally, the university is sensitive to Chicago Public

School students who are affected by the teacher strike.

“In addition to the Chicago Public School students being able to take advantage of the extended free application period, we are accommodating the timeframe for their application for admission as it relates to consideration of competitive scholarships,” said Dunn.

SIU students currently receive a total of about \$144 million in financial aid and scholarships. Nearly 90 percent of Salukis receive scholarships, grants, loans or other financial assistance. Visit the Financial Aid Office website for more information.

Students interested in applying to SIU Carbondale can do so at admissions.siu.edu/apply. Enter the code “FREE-APP” to take advantage of this offer through Dec. 1.

SIU has also eliminated out-of-state tuition. All domestic students pay the same tuition rate as Illinois students.

Colorectal Cancer Screenings Save Lives!

Colorectal cancer (CRC) is the second deadliest type of cancer in the U.S. In Illinois 17 people are diagnosed with the disease every day. In the U.S. there are three “Hotspots” for CRC.

All seven Southern Illinois counties are located inside a hotspot and the number of cases is growing.

In response, Southern 7 Health Department will host several walk-in Fecal Immunochemical Tests (FIT) Clinics in November and December for anyone age 50 who hasn't had a colonoscopy in the last 10 years.

This highly sensitive, take home test detects blood in the stool, which may indicate possible colon cancer, with a 99% accuracy rate. It's non-invasive and requires no prep by the patient. FIT does not replace a colonoscopy; it is an option for colorectal cancer screening. FIT is not a cancer preventative, cure or treatment for colon



cancer.

FIT Clinics will be held on a walk-in basis from 11 a.m. to 1 p.m. at these locations:

- 11/14 – Massac County Health Department in Metropolis
- 11/18 – Alexander County Health Department in Cairo
- 11/19 – Pulaski County Health Department in Ullin
- 12/2 – Union County Health Department in Anna
- 12/3 – Johnson County Health Department in Vienna
- 12/4 – Hardin County Health Department in Elizabethtown
- 12/4 – Pope County Health Department in Golconda

With qualified insurance, the test is available at no charge to the patient if returned to Southern 7 Health Department within two weeks.

The Centers for Disease Control and Prevention (CDC) recommends that people at average risk of colorectal cancer start regular screening at age 50. If colon cancer is found early, nine out of 10 people will have a long-term survival and can be cured from the disease. Unfortunately, about 40 percent of people diagnosed with colon cancer are found in late stages when the survival rate is very low. As a result, Southern 7 recommends early and continued screenings as part of your overall healthcare routine.

To learn more about the Fecal Immunochemical Test (FIT), contact Southern 7 Health Department at 618-634-2297.

Get in shape at SIU's new Campus Lake Outdoor Fit Court



Minxiao Wang, a doctoral electrical and computer engineering student from China, tries out the new Campus Lake Outdoor Fit Court.

Photo provided

by Christi Mathis

CARBONDALE, Ill. — There's a great new way to get

in shape at Southern Illinois University Carbondale. Recreational Sports and Services recently opened the Campus

Lake Outdoor Fit Court, offering students and others the chance to utilize a wide variety of fitness apparatus. It's located on the Campus Lake trail, between Becker Pavilion and Bucky's Haven picnic shelter. **Many options included**

An addition to the many Rec Sports Fitness programs, amenities and assorted equipment already offered on campus, the new facility features a wide variety of new fitness equipment pieces.

Included are:

- Dip attachment.
- Loop post.
- Kick-plate post with medicine ball target.
- Post extension hanger.
- Battle rope attachment.
- Four-tier climber bar.

- Extended pull-up bar.
- Monkey bar bridge with globe grip side rail and cliff hanger side rail.
- Push-up/inverted row bar.
- Elite parallel bars.
- Plyo steps.
- Zig zag balance beam.
- Stall bars.

“With functional training equipment we are training our bodies to be healthy and strong simply by utilizing our own body as resistance,” Corné Prozesky, director of Recreational Sports and Services (RSS), said. “Functional strength makes a body sound and free from pain. Activity is a powerful way to grow, feel great, keep healthy and thrive.”

No cost to use

The outdoor fitness center was created with students in mind but is open to anyone to use on a first-come basis. There's no fee or security access required. The suggested hours of operation are dawn to dusk.

RSS staff members encourage everyone to check out the new fitness area and see how it can benefit them.

“A fit mind promotes a fit body and a fit body promotes a fit mind,” Prozesky added. “People achieve the best performances from their minds when they regularly exercise their bodies and they will get more from their bodies when they regularly exercise their minds. It's that simple.”



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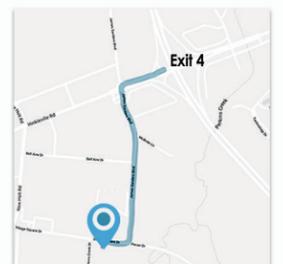
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AREA EVENTS

Carbondale

November 19

- How to Competitively Respond to Sources Sought and Influenced Illinois PTAC @ SIU: Noon
- Monthly Membership Luncheon Leadership Boys and Girls Club of Southern Illinois: Noon
- Junior Crafters (1st - 3rd) Printmaking: 4pm Craft Shop SIUC
- Indoor Golf Clinic SIU Student Recreation Center: 4pm
- SIU Math Club Fundraiser: 5pm Paglia's Pizza and Pasta

November 20

- Professional Services Stack Day for NI Win: 7:30am
- Creating a Customer Experience: 7:45am SIU Small Business Development Center
- Saluki Women's Basketball vs Memphis: Noon Banterra Center
- Launch: Speaker Series: Kim Babington Student Center Old Main Room: 5:30pm
- Meditation: Foundational Techniques: 6pm The Carbondale Public Library
- PV Film Series: Burt Lancaster in "The Swimmer" The Varsity Center: 7pm

November 21

- How to Win More Federal Contracts with Competitive Pricing: Noon Illinois PTAC at SIU
- Round Pies: Straight Talk: Jennifer Paulson-Food Works: Noon Carbondale Chamber of Commerce
- Clay Topics: Slip Trailing Craft Shop SIUC: 5pm
- Family Award Night Boys and Girls Clubs of Southern Illinois: 5:30pm
- Science Cafe: Jonathan Rem SIU: "Flood the Neighbor": 7pm The Science Center
- Terrier Live! Comedy Improv: 7pm The Varsity Center
- Choral Union and Concert Choir: A Baroque Holiday: 7:30pm Shryock Auditorium

November 22

- Friday Flicks: Kevin Costner in "JFK": 7pm The Varsity Center

- Latin Night: 9pm Hanger 9

November 23

- Yu Gi Oh! Day: Noon Castle Perilous Games and Books

- Low Back Pain and Sciatica Workshop: 2pm 1110 N. Cedar St

- Raquel: 3pm Honker Hill Winery

- NDSB at Southern Illinois Salukis: 3pm Saluki Stadium

- Store Championship: 4pm The Game Table

- Taul Paul and Slappin' Henry Blue @ PKs: 9:30pm 308 S. Illinois Ave

November 24

- Greyhawke Primo's November Game Day: 11am Primo's Pizza

- Sunday Crafternoon: Melt and Pour Soaps: 2pm The Carbondale Public Library

- Cody Lee: 3pm Honker Hill Winery

November 26

- Tan Tuesday: 8am SI Tan Company

- Networking at Noon: PKs

- Saluki Men's Basketball vs NC Central: 7pm Banterra Center

November 27

- Saluki Women's Basketball vs St. Louis: 7pm Banterra Center

- Wings Giving: 7pm Carbondale Elks Lodge

- Tresgiving: 8pm Tres Hombres Mexican Restaurant

November 29

- Karaoke with Cyndy and Friends: 3pm Honker Hill Winery

- Solo Show at Sergio's: 8pm Sergio Mexican Restaurant

November 30

- Speed Duet: Trails of Kingdom Sneak Peek Castle Perilous Games and Books: Noon

- Dale Myers Band: 3pm Honker Hill Winery

- Zumba Master Class with Fabio Barros: 5:30pm Gold's Gym

December 1

- Munchkin The Nightmare Before Christmas: 1pm Castle Perilous Games and Books

- Death Cafe Carbondale Neighborhood Coop Grocery: 4pm

December 3

- Coworking in Carbondale: Entrepreneur Focus Group Meet-Up: 3pm Carbondale Civic Center

- Saluki Women's Basketball vs UT Martin Banterra Center: 6pm

December 5

- Business Builder's Breakfast with SIU Grads Dunn Richmond Economic Development: 8:30am

- Meet the Mayor: 9:30am Gloria Jean's Coffees

- Holiday Craft Sale: 2pm Craft Shop SIUC

December 6

- A Merry Little Christmas: A Community Christmas Celebration: 6pm 7168 Old Hwy 13

- Art Over Easy 432 S. Washington: 7pm

December 7

- 15th Annual SOIL Alternative Gift Fair: 11am Carbondale Civic Center

- Tuba Christmas: 2pm University Mall

- Lights Parade: 4pm Carbondale Elks

- Cougar Drumline: Lights Fantastic Parade: 6pm Carbondale

December 11

- Meet Santa/Carbondale West: 2pm SIU Credit Union

- Advent: Soup Supper and Service: 5:30pm Epiphany Lutheran Church

December 12

- Meet Santa/Carbondale East: 2pm SIU Credit Union

Marion

November 20

- Mickey Mouse Story Hour: 11am Marion Carnegie Library

November 22

- Book Sale: 9 - 4pm Marion Carnegie Library

- Ribbon Cutting for Legence Bank 1133 N. Carbon St 4pm

November 23

- Frozen JR: 2pm Marion Cultural and Civic Center

November 25

- Tai Chi: 9am Marion Carnegie Library

November 26

- Thanksgiving Story Hour: 10am Marion Carnegie Library

November 28

- Kokopelli Thanksgiving Buffet: 5pm Kokopelli Clubhouse

December 2

- The Moscow Ballet's The Great Russian Nutcracker: 7pm Marion Cultural Civic Center

December 4

- Lifeline Screening Marion Knights of Columbus

December 6

- Exile: 7pm Marion Cultural and Civic Center

Harrisburg

November 23

- Evening of Hope: 6pm Little Chapel Church

November 27

- Sketch Club: 3pm Harrisburg District Library

Murphysboro

December 1

- Cookies with Mrs. Claus: 1pm University of Illinois Extension

Cobden

November 23

- The Winery Comedy Tour: 7pm Starview Vineyard

Golconda

November 23

- Pope County Deer Festival Parade: 2pm Main Street

Shawnee Hills Wine Trail

November 22

- Food Pairing: 10am Alto Vineyards
- Comedy Night: 7pm Starview Vineyard

November 23

- The Vintage: 2pm Alto Vineyards

- Polly Launay: 2pm Blue Sky Vineyard

- Bill Harper: 2pm Hedman Vineyards

- Chris Chames: 3pm Owl Creek Vineyard

- Brian Pender: 4pm Starview Vineyards

November 24

- John Ivas: 3pm Owl Creek Vineyard

November 27

- Wine and Yoga: 6pm Alto Vineyards

November 29

- Holiday Open House Shawnee Hills Trail: Noon

- Jermaine and Mallory: 2pm Blue Sky Vineyard

- Riley Kirk Duo: 2pm Starview Vineyards

November 30

- Holiday Open House Shawnee Hill Trails: Noon

- Naas Brothers: 2pm Hedman Vineyards

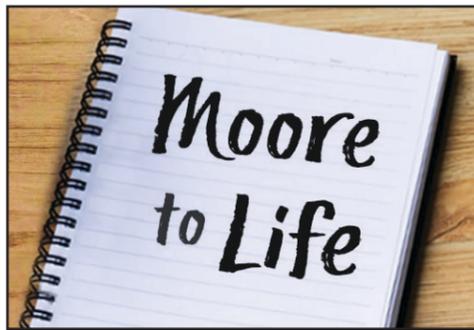
- The Natives Acoustic Trio: 3pm Owl Creek Vineyard

- Jeff Bradley: 4pm Starview Vineyards

**To add an area event to the calendar,
contact: kpilatta@gmail.com**

INSPIRATION

VICTORIOUS *Living* ...in a troubled world



No News is Bad News

It appears that CBS News this week fired an employee after CBS discovered that the employee, who was formerly a reporter for ABC News, leaked video footage which confirms a decision by ABC to cover up a critical story about Jeffrey Epstein. In case you're unfamiliar with Mr. Epstein, he was an American financier and convicted sex offender who committed his indecencies via an elite social circle that preyed upon women and underage girls. Epstein was arrested in July of this year on federal charges for the sex trafficking of minors in Florida and New York. In August he took his own life in his jail cell.

This recent development involving two of our major American news outlets deeply disturbs me. Jeffrey Epstein

could have been stopped in his tracks three years earlier, but that did not happen, sadly. So ABC gets caught but seeks the help of CBS to punish the employee who brought the truth to light. And CBS dutifully complies.

Last I read, from the University of Pennsylvania, only six in 10 Americans can name any of the five rights protected by our First Amendment. So I will remind us all: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances" (emphasis mine).

The First Amendment protects the media. There's

no doubt about that. And we must be willing to err on that side for the preservation of our democracy. But, friends, journalists are only "journalists" if they strive for accuracy. We desperately need the journalist's independent voice – that's for sure – but we also depend desperately upon the journalist's commitment to integrity.

I know that I'm a pastor, but I'm concerned that our culture is losing the discipline of journalism. I like the definition of the role of a journalist offered by Andy Crouch: "to make complicated things clear, quickly, for people who could be doing something else, in the service of truth." I would submit to you that a noble understanding of journalism, something along the lines of what Mr. Crouch has penned, goes hand in hand with the freedom of the press which is enshrined in our Constitution.

If the truth is not at the center of the news, is there really any news?

Certainly no conservative

evangelical, but warmly embedded in my childhood psyche, Walter Cronkite (1916 – 2009) said it like this: "The ethic of the journalist is to recognize one's prejudices, and biases, and to avoid getting them into print."

Pondering his own profession, and the vocation of journalism in general, Cronkite also remarked: "Our job is only to hold up the mirror – to tell and show the public what has happened."

Walter Cronkite speaks during the Apollo 11 mission, broadcast by CBS-TV, July 1969. Photo made from television screen. (AP Photo)

And that's exactly why the covering up of Jeffrey Epstein's offenses alarms me. The public could not know something the public should have known. Something we needed to know. From the Society of Professional Journalists Code of Ethics: "Ethical journalism treats sources, subjects, colleagues and members of the public as human beings deserving

of respect." I can live with that. But it doesn't feel to me like that's what happened in this case. Especially when the withholding of critical information seems motivated by the valuing of Disney Dollars over vulnerable children.

In a season (that feels more like an epoch by now) when everything is politicized beyond measure, you and I need to be praying for a revival of truth-telling in our day. The world may feel "post-truth" on many levels, and it may seem unfashionable to speak of truth in such a way that objectivity still matters, but WE MUST TELL THE TRUTH ABOUT TRUTH.

Jesus prayed for His own (John 17:17): "Sanctify them in the truth; your word is truth." What more reliable word do we need? Perhaps it will be the Church at Paducah through whom the Spirit of the living God will reawaken in our day – and in our land – a passion for the truth.

"And that's the way it is."
Pastor Charles

Simply because I don't want to

by Dr. Billy Holland
billyhollandministries.org

Many will read this title and attach it to an unlimited array of personal issues and the problems that are associated with them. I remember a few years ago while talking with a friend about temptation and the constant struggles within the Christian life, he shared about how often he wilts under the power of negative influences and like most of us, he usually ends up being disappointed with his choices. After going back and forth confessing our weaknesses and failures, out of frustration he asked me a pointed question: "why do we continue avoiding our responsibility to do what is right?" Hmmm...I tried to find an intelligent response or some spiritual way to justify our disobedience, but all I could come up with is the sobering fact that we just do not want to. Attached to this embarrassing explanation is that we will never change this rebellious cycle of defeat until we allow Christ to renew our mind and help us develop self-discipline. It's true, we can live as close to God as we desire.

We realize this is a

strong statement and one that we would rather not think about, but the Bible also never promised the Christian life would be easy. George Orwell is quoted as saying, "The further a society drifts from truth, the more it will hate those who speak it" nonetheless, I would rather be known as someone who confronts our problems than ignores them. I remember watching Flip Wilson back in the early seventies and one of his more popular comedy routines was called, "the devil made me do it." Everyone laughed and thought it was funny and many could relate to the clever idea of accusing the dark-side for our bad decisions. We understand how easy it is to blame someone else for our mistakes, but as most of us know, this is just hiding behind more excuses. Anytime we intentionally deny the truth, we are heading down a dangerous road and will eventually pay a great price whether it be in this life or the next. The reality is that the devil can attack us within the parameters of God's approval, but he mostly plays the role of a tempter and persuader. Our own carnality is also

a strong influence and might suggest a second piece of chocolate pie, but no one is making us eat it.

I'm not saying I know more or trying to tell anyone about what God wants to change in them, I'm only presenting some things to consider so that we can all think a little more clearly about what is really important. We know there are many different levels of seriousness with our spiritual lives especially when it comes to knowing why we are here and what are we called to do. In order to follow God's purpose, it's wise to develop discernment to recognize the voice of the shepherd from the voices of distraction. When we agree that knowing and obeying our creator is the meaning of life, only then can we begin to climb the real stairway to Heaven.

A couple of the first steps include being sincerely prepared to submit our will to God and giving Him complete control over our decisions. You see, there is a throne in the heart of every person and there can only be one king who rules upon this throne. If God is not sitting upon the throne of our life, someone else

is. For Christ to be our Lord, this means that we literally become possessed by Him. This may sound rather extreme, but He cannot lead us if we are always making our own plans. Most of us love the idea of going to Heaven but are not really interested in all the details of taking a holy vow and coming into cov-

enant with God. Romans chapter six reminds us that we are "Servants to whom we obey," and since our actions reveal our intentions, it would be good to examine our hearts and make sure Jesus is occupying our throne. You see, where we spend our time and what we think about, reveals our allegiance

to our true master. The core of the gospel is that Jesus came to rescue us, but He did not save us so that we can do whatever we desire, He saved us so that He could accomplish His desires through us.

Find out more about Billy's free CD offer and his brand-new book at billyhollandministries.com

Jeremiah 8:4

Jeremiah, say this to the people of Judah: This is what the Lord says: You know if a man falls down, he gets up again. And if a man goes the wrong way, he turns around and comes back.

2 Corinthians 12:9-10

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

Deuteronomy 31:8

The LORD is the one who is going ahead of you. He will be with you. He won't abandon you or leave you. So don't be afraid or terrified.

Anchor of Hope in Wickliffe invites you to attend worship on Sunday mornings.

2nd Annual Heartland Rotary Coat Drive Initiated

by **Alexa Black**
Staff Writer

Through a partnership with Caritas Family Solutions, board member and coat drive founder Jason Powell was able to fulfill a state need by distributing coats to kids. He originally began the project of collecting coats back in 2011, and it has since grown tremendously. What started as Powell collecting a mere 12 coats per drive, the number has increased to 550 in the last year, which is something Powell believes is due to his former presidency at the Heartland Rotary of Williamson County. Both the rotary club and foster care provider have partnered up this year for the 2nd annual winter coat drive, and seek to beat their 2018 goal of accumulating 500 coats.

Considering that Caritas Family Solutions is one of the largest foster care providers

serving the 42 lower counties of Southern Illinois, they are able to get these coats into the hands of kids privately, rather than in school seated next to peers. In working with the foster care provider, it revealed to Powell a true need for warm winter wear, as many children will be transferred to their foster guardians with the clothes on their backs. The families many fosters are relocating from are not equipped to provide warm winter wear, and with Caritas Family Solutions and Powell's efforts, the children are able to get immediate assistance. The coat drive will be accepting donated coats of all sizes up until November 30. Drop-off points are located in various areas throughout Southern Illinois and can be found listed on the Marion Republican Facebook and Heartland Rotary of Williamson County facebook pages.



Photo Credit: Jason Powell

Illinois EPA Launches Annual Environmental Education Competition

SPRINGFIELD - Fifth and sixth grade writers and artists from around Illinois are invited to compete in this year's Poster, Poetry and Prose Contest sponsored by the Illinois Environmental Protection Agency (EPA). This year's contest theme is *Algae: The Good, the Bad, and the Ugly... How Can You Keep Your Local Pond Healthy?* focusing on how algae can affect waterbodies (good and bad). The theme also emphasizes how to prevent nonpoint source

pollution, including nutrient runoff, to maintain healthy water ecosystems. Educators are asked to introduce these topics using the Illinois EPA's newly developed, free curriculum: Environmental Pathways surface water unit *Why is the Pond Green?* The unit was developed by the Office for Mathematics, Science, and Technology Education (MSTE) at the University of Illinois Urbana-Champaign and is aligned with Next Generation Science Standards (NGSS).

Each school can enter up to eight works (four posters and four written) depicting this year's theme. Entries must be postmarked and sent in to the Illinois EPA by February 3, 2020. An in house panel from the Illinois EPA will judge all entries to select the finalists, and those entries will then be judged by an outside panel of authorities to determine the top twelve winners.

All finalists, together with their families and teachers, will be invited to an awards

ceremony and reception on April 18 at the Old State Capitol historic site in Springfield. After the awards ceremony, participants are invited to attend the City of Springfield's Earth Awareness Fair on the Old State Capitol's lawn. Finalist entries will be on exhibit in the atrium of the Illinois EPA's headquarters building in Springfield from April 20 through May 13, and the top winners will be featured on the Illinois EPA's website.

Information about the

annual event can be obtained on Illinois EPA's website at: <https://www2.illinois.gov/epa/topics/education/contest/Pages/default.aspx>, or by contacting Kristi Morris, Environmental Education Coordinator for the Illinois EPA, at 217-558-7198, or by email at Kristi.Morris@illinois.gov. The Environmental Pathways curriculum unit can be found at: <https://pathways.mste.illinois.edu/>.



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Is Your House Winter Ready?

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Winter Time is for Staying Warm:
After unclogging the gutters be "worry free" from ice-damming. However, if you notice your gutters have suffered damage due to winter storms, call Reynold's Roofing. Winter may not be ideal for a new roof or gutters but you want to stop the problems before they hit.



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SIU law, medical school form unique partnership to help Illinois veterans



Photo provided

by Pete Rosenbery

CARBONDALE, Ill. — Students and faculty from the SIU School of Law and SIU School of Medicine are partners in a unique collaboration designed to streamline and bolster disability claims for Illinois military veterans.

The Veterans Legal and Medical Partnership (VetLAMP) will provide additional assistance to military veterans statewide who are utilizing the law school's Veterans' Legal Assistance Program to help appeal denials of Veterans Affairs disability benefit claims.

Third- and fourth-year medical school students, in collaboration with faculty, will review medical records for evidence to support service-related disability appeals. If there is a gap in the medical records, medical school faculty volunteers will advise students and, if needed, examine the veterans to complete missing information.

Will provide better service to veterans

VetLAMP is believed to

be one of the first, if not the first, law/medical school partnerships for veterans. At a Veterans Summit in Mount Vernon sponsored by the SIU System in September, Dr. J. Kevin Dorsey, interim system president and former dean of the medical school, discussed the potential for a partnership with Martin Parsons, a clinical assistant professor and director of the Veterans' Legal Assistance Program. They saw an opportunity to increase the legal program's effectiveness by including the medical school and its students.

Parsons and Carolyn Pointer, an assistant professor of medical humanities at the School of Medicine in Springfield, say they are excited for what the collaboration will mean in assisting veterans and providing an important educational component for students. Before the partnership, Parsons and students in the Veterans' Legal Assistance Program reviewed medical records and used the internet to help them draw legal conclusions based on medical reports.

Allowing School of Medicine faculty and students to focus on the medical aspects of a service-related disability appeal can move cases forward more quickly, allow more veterans to be helped and raise the success rate of appeals.

The addition of the School of Medicine will likely get more physicians and psychiatrists involved for conditions like post-traumatic stress disorder, which tend to be underdiagnosed. Pointer said veterans' survivors can also benefit if there is a belief a spouse died from a service-related illness that was denied or went undiagnosed.

VetLAMP will be based at the SIU School of Law in Carbondale.

Media Availability

For more information on the program, contact Martin Parsons at the SIU School of Law at martin.parsons@siu.edu or 618/713-9264 or Carolyn Pointer at the SIU School of Medicine at cpointer49@siumed.edu or 217/545-4391.

Piecing together a 'complete product' "Ultimately, this is going to be a much better product for the veterans, which then means, I believe, more hope for them in the claims process," Parsons said. "If we can get a faster, more thorough review of these documents we have a better chance of success."

Pointer noted that myriad medical records can be convoluted and arrive from several areas -- the VA, military service records and civilian medical records. Law and medical school students will be able to view confidential client records through a

secure file, she said.

"This is a good way for students to work on team building, see how different medical record systems work and utilize their skills for a patient with real consequences," said Pointer, whose father served 20 years in the U.S. Navy. She noted that several medical school students are in the military and will be joining the service after medical school.

Pointer and Parsons both noted that students also will be discussing cases from different perspectives on a professional level, a valuable experience that will serve them well in their future professions.

Cases from around the state

Originally started in 2008, the Veterans' Legal Assistance Program with Parsons and second- and third-year law school students resumed in January 2017. Parsons has five law school students working on veterans' disability claims.

While many of the claims originate in Southern Illinois, clients come from throughout Illinois, including Champaign-Urbana, Chicago, Rockford, Springfield and the Metro East area. The program now has a caseload of 50 to 60 VA disability claims. Parsons and Pointer anticipate the collaborative effort could result in more claims.

Parsons notes the program has enjoyed "decent success" in its short time. Even veterans who are frustrated with the process when their initial claims are denied give the VA the benefit of the doubt, he said.

"There are elements to a

claim. They need documentation and evidence, and some claims are harder than others," said Parsons, a 26-year veteran of the U.S. Marine Corps and Illinois Army National Guard.

Medical school students attend orientation this week

An orientation on Wednesday in Springfield for 25 faculty and about a dozen medical school students provided an overview of the VA claim process, what is required to succeed on a claim, and the students' important role in this process. A veteran volunteered to let the group use his medical records as part of the training to walk through a review of a claim.

Parsons anticipates a similar training session will be held soon in Carbondale for law school students and School of Medicine faculty who will be involved.

Veterans who need help

Veterans who are in need of help on disability claims or other legal issues should contact the Illinois Armed Forces Legal Aid Network at 855-IL-AFLAN (855-452-3526). IL-AFLAN is the first-ever statewide hotline and network of legal support services for Illinois veterans, active-duty military, National Guard, reservists and their dependents. The statewide hotline acts as a hub, and has attorneys available to provide information and initially discuss cases. If needed, VA disability claim issues are referred to SIU's VLAP program.

(Steve Sandstrom, public information associate, Office of Marketing and Communications, School of Medicine-Springfield, contributed to this release.)

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<p style="font-weight: bold;">WELCOME TO A&W EXPRESS MART</p>		

A & W Express Mart Now Open in Brookport, IL

The new A & W Express Mart is now open. After weeks of remodeling, the convenience store located on US 45 is serving breakfast, lunch and dinner. In addition to their regular menu, A & W will have plate lunches and daily

specials. Specials such as beans and ham, varieties of soups, and more. Open from 6am to 6pm Monday through Saturday, be sure and stop by and congratulate the new owners, Lis and Greg Williamson on their new venture.

EATING WELL

'Tis the season to eat our veggies... Winter Root Vegetables

by **Liz Latta**
SOIL Staff Writer

Many think about eating fresh vegetables in the summer; sweet corn, juicy tomatoes, crisp cucumbers. We go to our gardens, or hope that our neighbors will share their overabundance from their gardens, the local farmer's market, or even our local grocers.

However, some of our most delicious vegetables are actually produced in the cooler

months. Root vegetables are ideal this time of year and our bodies get the densest and most nutritious vegetables on the planet.

Generally speaking, any edible part of a vegetable that grows under the ground is considered a root vegetable. The reason why these vegetables are so nutritious is because they grow in the soil and the roots take advantage of the nutrients and moisture. There are health advantages to the winter root

vegetable. Most are high in antioxidants that help fight disease, aging, and provide a way to detox our bodies. Some of the more common root vegetables are carrots, radishes, sweet potatoes, beets, turnips, fennel, leeks, parsnips and rutabagas.

Buying and preparing root vegetables during the cool months provide several reasons to shop. Produce that grows during their 'peak' season typically has more flavor and have more nutritional

quality. Winter root vegetables are at their tastiest after the first frost. They thrive in the cool air and are typically crisper.

Cooking with root vegetables is extremely versatile. Some root vegetables such as carrots are delicious raw. Most root vegetables taste better if they're cooked or softened because of their hard texture. Roasting is a very popular way to cook root vegetables; setting your oven at 400°F, peeling the vegetable,

cutting it into slices, coating it with olive oil with salt and pepper to taste. Roast for 30 minutes and they're ready and delicious! You may also steam, boil, puree, sauté or grill.

Your local grocer, like Big John in Metropolis, carries a nice selection of all the winter vegetables. As mentioned, it's harvest time for these vegetables and buying them at the grocery makes perfect sense. Delicious, ripe, colorful, seasonal winter vegetables.



Bouquet of Root Vegetables

Peel and cube all root vegetables:

- Butternut squash
- Beet
- Yellow onion
- Sweet potato
- 8 Golden potatoes (small)

Add all vegetables to one large bowl
Prepare marinade:

- ¼ cup of olive oil
- 2 teaspoons of honey
- 2 cloves of garlic
- ½ teaspoon of fresh lemon juice
- Sprinkle of oregano
- Salt and pepper

Mix or shake

Add to vegetables

Spread out onto large cookie sheet

- Grate lemon peel on top of the vegetables

Roast at 400°F for 30 minutes or until tender

- Sprinkle with crumbled blue cheese, goat cheese, or feta cheese

Serve with sprigs of oregano or fresh parsley

BUTTERNUT SQUASH SOUP WITH CRANBERRY CHUTNEY

- 2 Butternut squash peeled and cubed
- Yellow onion chopped
- Salt and pepper

Transfer squash to large pot

Roast in oven at 400°F until soft

- Add a quart of low sodium chicken broth
- ¼ teaspoon of nutmeg
- ⅛ teaspoon of allspice

- ½ cup of honey

- Salt and pepper

Bring soup to a low boil

- Add one cup of half and half for creaminess (or heavy cream)

Puree mixture in blender after slightly cooled

Add soup back into pot

- Make a roux from a Tablespoon of cornstarch and a cup of cold apple juice

Add this to the pot

- Stir in ¼ cup of brown sugar and ¼ teaspoon of cinnamon

Continue to warm at low heat

Prepare Cranberry Sweet Pecan Chutney:

- In a separate pan, reduce down a cup of cranberry juice and ½ cup of red wine
- Then, add a teaspoon of ground clove
- Add a packet of gelatin to ½ cup of cold cranberry juice. Let it sit for a minute and then add it to sauce pan.

- Add a cup of dried cranberries and sugar coated pecans to the reduce relish
- Continue to saute until desired consistency

Serve over top of butternut squash soup



APPLE GLAZED CARROTS

- Melt a teaspoon of butter in pan
 - Add a bunch of peeled and cut carrots (cut at an angle or straight)
 - Add two spiced cloves crushed
 - Add ⅛ teaspoon of cumin
- Saute for five minutes
- Add one cup of apple juice
 - ¼ cup of fresh lemon juice
 - Two teaspoons of honey
- Saute for another eight to ten minutes
Serve

Big John Grocery List

Butternut Squash Soup w/ Cranberry Chutney Topping

- Two Butternut Squash
- One Yellow Onion
- Quart of Low Sodium Chicken Broth
- Honey
- Apple Juice
- Brown Sugar
- Heavy Cream
- Dried Cranberry
- Sugary Pecans
- Cranberry Juice
- Gelatin
- Bottle of Merlot or Cabernet (check spice rack)
- Root Vegetables of Choice
- Butter
- Garlic Cloves
- Lemons
- Butter
- Olive Oil (check spice rack)

Healthchek: Root Vegetables Health Report

Onions: High in antioxidants, potential to reduce blood sugar levels, and lower risk for certain cancers

Sweet Potatoes: May improve blood sugar levels and high in vitamin C

Turnips: High in vitamin C and may lower risk of certain cancers

Ginger: Rich in antioxidants, can reduce nausea, and decrease inflammation

Beets: Good source of nitrates, may increase blood flow, and decrease the growth of cancer cells

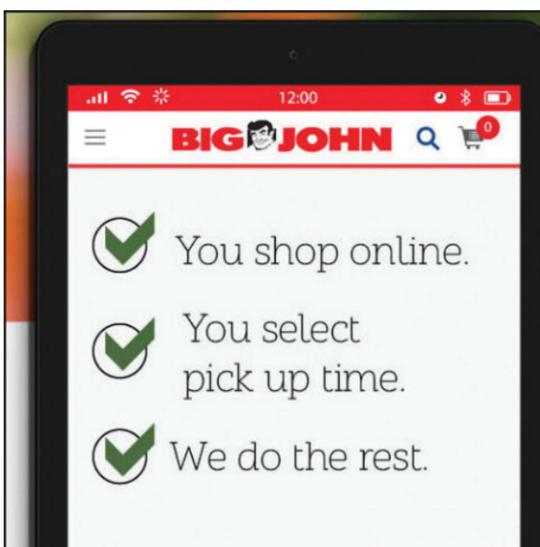
Garlic: Improves immunity, may reduce blood pressure, and decrease cholesterol and triglycerides

Radishes: Good source of fiber and vitamin C and may protect against stomach ulcers

Fennel: May reduce blood sugar levels

Carrots: Lowers the risk of vision problems and certain cancers, may lower cholesterol, and improve antioxidants

Rutabaga: High in fiber, may protect against cancer, and prevent stress



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The Future of Crown Brew Coffee Co.

by Alex Black
Staff Writer

The local business Crown Brew Coffee Company in Marion, Illinois was started with the intent to make an impact in the world, and to brew high quality coffee while doing it. When not perfecting brews, the founders are said to have traveled abroad to combat human trafficking, promote education and agriculture, as well as creative arts and medical outreach – all as part of nonprofit organizations. The business mission is to change lives internationally and locally through their coffee shop headquarters in the Southern Illinois

community.

However, the future for Crown Brew Coffee Co. is soon to change, and the business will be moving from their current Carterville location to 107 E. Union Street, Marion Illinois, nearby the square in the downtown area of Marion. In the process, the coffee company will be moving and then doing major renovations, providing more space, convenience of location for customers, and bettering the shop's aesthetic overall. Crown Brew Coffee Company remained quiet on their location when they initially announced the upcoming move back in September, but the owners have finally released renderings

(models) of the new space to the public.

"This new location would never have been possible if it wasn't for your support and encouragement through this transition," Crown Brew Coffee Co. owners announced to loyal customers on their social media page.

The company is known for priding themselves in providing quality services to the community, and will even offer new products to go along with the renovations. Crown Brew Coffee Co. offers a variety of signature drinks from their broad menu, such as jules, lattes and lemonades, along with exotic coffee blends and loose tea variations.



Photo credit: facebook.com/CrownBrewCoffee



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LOST DOG

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)

Canton Area lake front 2 acre mobile home park adjacent to new Lake Barkley Bridge. Call Robert King 615-491-0812 Owner finance available. (tfn)

PACKAGE LIQUOR Store, selling lot, building, license, trade fixtures and inventory. Resession proof business. Historic location in Leeder Bottoms Contact 1241 Liquors, 270-534-1241. 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 lareg fenced-in backyard, lots of closte space, bonus room, and theatre room! contact 270-331-1740, Crystal Oliver, Re/Max

Combined Rental Property For Sale. Two homes - Duplex and Single Family, located at 800 & 802 North

23rd St. & 2217 Lindsey St. \$70,000. Paducah, Ky 270-534-0788.

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 backyard. 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)

000 Lakeview Church Road Gilbertsville, KY 42044
MLS: 100256
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)

Luke's Restaurant in Arlington, KY is for sale. 5970 S Highway 51. \$340,000. Contact 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

CLASSIFIEDS

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)

Single family home located at 165 County Road 1015, Cunningham, KY 42035. Call Ella Burgess at 270-562-1234 \$115,000 (tfn)

Single family and retail located at 301 E Clay Street, Clinton, KY 42031. \$55,000. Contact Ella Burgess: 270-562-1234 (tfn)

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

EXCEPTIONAL 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 & 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

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.

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

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

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.

Lot 30 Links, Mayfield, Kentucky 42066 Located in Links Subdivision. Beautiful, Corner Lot, .54 acres, 193.25 road frontage on Links and 145.22 on Master's Drive. Lot located near Country Club. Only \$19,900! Contact: Shulorn Hollowell Jeter, Realtor 270-994-4600

000 Crittendon 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

524 Harrison, Paducah, KY. Multi Family Triplex. MLS# 97817 Price \$239,900 Call Randy Bridges, Re/Max Realty Group, 270-331-0648. (tfn)

536 E Clay Street, Clinton, KY - single family home for just \$39,900. Contact Ella Burgess: 270-562-1234 (tfn)

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)

120 Petter Ave. - Paducah -7.964 acres convenient-ly 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)

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)

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)

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.

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)

3 1/4 acres on Sugar Creek Rd. in Grand Rivers, KY area. Call Kentucky Bluechip Properties LLC 270-575-0322. (tfn)

105 acres (100 tillable acres) and home located at 6066 HWY. 142, Philpot, KY \$975,000 270-925-2961 (tfn)

98.7 ACRES, SALEM, MO. 1,500 sq. ft. home. fireplace, deck, garage, barn, 4 ponds, fenced, 1127 CR 5500, Salem, Missouri. \$250,000. Call 731-352-5057 or 731-358-4450 (tfn)

Canton Area lake front -2 acre mobile home park adjacent to new Lake Barkley Bridge. Call Robert King 615-491-0812 Owner finance available. (tfn)

COMMERCIAL Building 600 sq ft. 1200 Poplar Street. prime location in the city of Benton Kentucky. Great opportunity for small business or office. Assessed at \$28,500. Accept best offer over \$20,000 Call 270-227-6154 (tfn)

CONVENIENT to I-24 access, close to downtown Paducah, 152'x163' lot, 152' road frontage. Your Home Team Realtors, 270-744-9999 Tammy Gross Realtor, 270-556-4864 (tfn)

FOR SALE: 3 city lots in 150'x155' no improvement. Good building lots 3rd & Pine St \$15,200 Call 270-748-5963 (tfn)

FOR SALE: 3 lots on Pine St. in LaCenter, 150'x155' water & sewer, 20x24 garage, 2 old trailers. \$19,500 Call 270-748-5963 (tfn)

Historic Home, INVESTMENT OPPORTUNITY 1880's 5 bedroom 3 bath home with 4 apartment rental unit building and carriage house with

apartment apartments fully rent, for details call ron was used as a bed & breakfast (tfn)

FOR SALE: 489 Acres surveyed in Paris TN. Road fronts on 218 bypass. Approx 100 acres in the city of Paris TN. Approx 50 acres is zoned for business. Join's new subdivision. 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)

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@ahoo.com 270-217-1207 or 270-217-1265 (tfn)

Large Ky Lake lot mature trees, utilities, restricted to new construction or double wide. \$24,900. 270-970-8000 (tfn)

Vacant Commercial Lot 809 S. 3rd. street, Paducah Conveniently located to I-24 Exit. Close to downtown. Daily traffic count 14,000. Great for professional, light industry, reataurant or dealership. Tammy Gross, Your HOME Team Realtors. 270-556-4864 (tfn) For Sale -Dwelling 185 Jasper-Shoulta area, 1 acre lot, 16 x 80 mobile home (needs work) \$25,000. 270-370-7112.

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.

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.

Mobile Home For Sale. 1997 Fairview 16x80 2 BR 2 Bath All Electric \$12,000 OBO 270-205-1396.

Pine Bluff Shores 47 Primrose Dr. New Concord, KY. \$75,000 fully furnished. 1 1/2 lots. Lovely Lakehouse with new roofs, paint, gutters, hardwood floors, 2 bed, 1 bath, 2-carport covered attached & cooks shed. front porch, large back deck, community dock short walk to KY Lake paved. 480-947-0548 or 270-293-7252 (tfn)

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)

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. 270-210-5588 (tfn)

REDUCED: Property with house that needs repair, large acre with 10 x 20 shed, water, electric. Very private Sells as is \$23,500 270-562-2261.

HUD PUBLISHER'S NOTICE All real estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to advertise any preference, limitations, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preferences, limitations or discrimination in the sale, rental or advertising of real

estate based on factors in addition to those protected under federal law. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis. (tfn)

House for Sale by Owner -3003 Oregon St. Lone Oak. Ideal for residence or commercial. \$151,000 270-554-4087 (tfn)

3 BR/2.5 bath modular home on brick foundation. 1.5 miles from Bardwell in Carlisle County. New metal roof, concrete 1/2 circle drive, 2 car garage, 2 out buildings, well water, propane gas heat/cooling, new stove, refrigerator. 20 yr. old house. \$80,000 all reasonable offers will be considered. 251-233-1015 (tfn)

Home for Sale - Exciting Lower-town. Home for sale in the historic lowertown section of Paducah, KY. 505 North 5th St. 3/2. 1,548 sq. ft. Original hardwood floors, large garage/ workshop/ studio with half bath. A double lot by owner. (972)816-8766 \$140,000 (tfn)

Brick house for sale in Mayfield, KY. 3 BR, 1 1/2 BA, 1 car garage, ALL New central heat & air, kitchen appliances, hot water tank, carpet and permastone. All gas. Fenced in back yard, nice covered patio. \$90,000 270-804-6023 or 270-804-9457 (tfn)

House for Sale in Blandville. 1,800 sq. ft, 4 BR, Bath and a 1/2, large LR and Kitchen, 13 land acres, 9 fenced acres. 270-564-6378 (tfn)

Ky Lake home, all brick, 2 BR, furnished, 1 1/2 bath, screened front porch, large patio, circular drive, built 1996. Must see \$149,000. 270-619-

5605 (tfn) 135 South 6th St. Barlow, KY 3 BR, 1 BA 1700 sq ft, full basement, full upstairs, on 1/2 acre. \$79,500.00 270-983-0179 (tfn)

855 Duffy Rd. -24.88 rolling acres in Graves County. 3 BR, 2B manufactured home + shop. Excellent hunting land! \$159,900 #90428 Call David, PRG @270-556-1858 (tfn)

Lovely 3 BR condo overlooking 13th fairway of Paducah CC. \$440,000. Call Missy Brown, Century 21 Service Realty. 270-519-2134. (tfn)

Beautifully and totally renovated condo in exciting Lower Town, Paducah, KY. Stainless steel and granite kitchen, original wood floors, two master suites with attached baths. Carport with storage. 2/3 -2,140 sq. ft. \$247,500 (972) 816-8766 (tfn)

Attractive 3 bed 2 bath home in Happy Hollow with a large yard and a huge storage building. The kitchen appliances stay with the home and there are new countertops and plenty of cabinets. The living and dining is open concept. The attached garage is finished and could be used as garage or living space. In Paducah. \$112,500 call Crystal Jeter, Keller Williams MLS#83673 (tfn)

PALESTINE SCHOOL ROAD/W. PADUCAH 17 acres, lots of road frontage, 2 ponds on property with large deer. Wonderful outdoor playground. \$93,500 MLS#77943 Call David, PRG at 270-556-1858 (tfn)

1674 US Hwy 60 W, 3 BR/2 BA, 2 stall barn, 2 car garage - 2.4 acres, \$124,900. Call Betsy, Century 21 Service Realty: 270-559-0960. (tfn)

Green Way Village, Brand New Condos! 2 & 3 Bdrms, garages, clubhouse & In-

CLASSIFIEDS

ground pool. Call Andrea or Betty, Century 21 Service Realty: 270-559-2566 or 270-519-6991. (tfn)

Ledbetter -House for sale. Brick 4 BR, 1 BA, w/attached garage, new central air 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/breakfast 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.

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 avilable, \$8900 obo, call or text 270-748-7499.

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)

2006 Impala, superb condition. Air, power, low miles, runs like a dream. 121K miles. Beautiful inside and out. \$5800 call 843-516-3479 (tfn)

2012 Honda CR-V-4 cyl., utility 4D, EX, 2WD, dark blue, extra sharp & clean, excellent condition, 31,000 miles, Call 270-224-2245 or 270-853-6500 (tfn)

MOTORCYCLES

2010 Harley Heritage -low miles. Garage kept -

Beautiful bike. \$10,300 270-556-1877 (tfn)

1993 Honda GL1500AP Goldwing aspencafe, Royal Blue Motorcycle, 60,305 miles. 2 Seats (1 blk leather, 1 gray plush), extra chrome, pin striping by Scarecrow, luggage rack, semi horn, radio/tape player, CD radio, headphones, 2 helmet, passenger special footrests, excellent condition, garage-kept. fully carpeted inside with leather garment bag. Call 270-224-2245 or 270-853-6500. (tfn)

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)

Kubota RTV900 Diesel 4wd, 2004, \$5250. Has hyd pump bed. Great condition and tires like new. Phone: 270-201-2898 or 502-682-2898 (tfn)

2007 34' Copper Canyon Travel Trailer, Indian Point RV park in Eddyville, Ky. Sleeps 6, heat and air, large wrap around deck, gas grill, 4 x 5 storage unit, large table, chairs, small refrigerator freezer, 8 x 8 storage shed with electric/lighting, health and age forces sacrifice \$18,500 obo. Call 615-822-3584 or 954-778-9737 (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.

FARM EQUIPMENT

CASE / IH 7088 4x4 Combine. Loaded. Excellent condition. Shedded. Call 573-703-5606.

FORD 8N Tractor. Looks and runs good. Call 270-853-4108 or 270-210-2870.

4'x5' Round bales of grass hay, \$25 and up. Delivery available.270-559-8507 (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)

JD-S550 684 Eng. hrs., 469 sep. hrs, 2WD duals, custom cab, 3- spd. elec. shift, contour master. Retiring. Asking \$180,000. (815) 228-4021. (tfn)

JD 7720, 4WD, 30.5x32 tires, long auger, \$12,000 OBO. Call 859-608-4942 (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 Rotadisc, 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)

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

Southern Illinois Hospital transitioning to Level II Trauma Center

by **Alexa Black**
Staff Writer

Southern Illinois Hospital recently announced that it will soon be at the forefront of saving lives as a Level II Trauma Center, making it the only one in Illinois just south of Springfield. Hospital staff even had drills in preparation for such occurrences, noting that as soon as doctors receive a call for a traumatic injury, a quick response time

is crucial in saving a life. Previously, many with life threatening injuries have had to be transported via flight to get proper care. The hospital becoming a Level 2 Trauma Center means that patients in need can receive immediate urgent care and will not have to wait for transport. The transition can save many lives, and the number of transfers is already said to have decreased while changes are being made to accommodate

patients accordingly. SIH reported that in recent years nearly 800 patients were transferred to trauma centers of Evansville, IN, St. Louis, and various others due to the lack of urgent care in the area. Medical staff at Southern Illinois Hospital and locals in the region who are utilizing the facility have been hopeful, and feel more at ease with the upcoming transition to a Level II Trauma Center.



Photo Credit: siumed.org

Vision for Carbondale dog park underway

by **Alexa Black**
Staff Writer

After the Carbondale Day of Giving in October, the Friends of Carbondale Dog Parks (FCDP) is said to be 20 percent closer to financing their goal after campaigning, raffling, and hosting the event for further funds. They are a 501(c) non-profit organization working toward building a dog park in Carbondale. After having been in the works for two years, the organization fully plans on completing the dog park when enough

funds are raised. Just recently, the FCDP received a sizable donation from Glenn and Jo Poshard and the Murphysboro Walmart Foundation, bringing their plans closer to a reality in the near future. The Community Grant of \$1,000 was given to FCDP November 12, and was presented at the site of Carbondale's first public dog park located at Parrish Park, 2500 West Sunset Drive.

In the event that the group receives an additional grant, the dog park project will

then be 50 percent funded and closer to completion. The need came from the amount of dogs within the city and the lack of a safe space for them to roam freely and socialize with other dogs. FCDP and organizers feel the dog park would benefit their city as a whole, making the community more welcoming to students of Southern Illinois University, long term residents, and visitors coming in from surrounding areas. The park in progress still requires adequate fencing, water fountains, gates and signage. So far, a \$9,600 pavilion, two \$500 benches, and \$20,000 worth of pro bono work has been donated. FCDP has launched campaigns as of late and will continue to in order to raise money and encourages further donations.

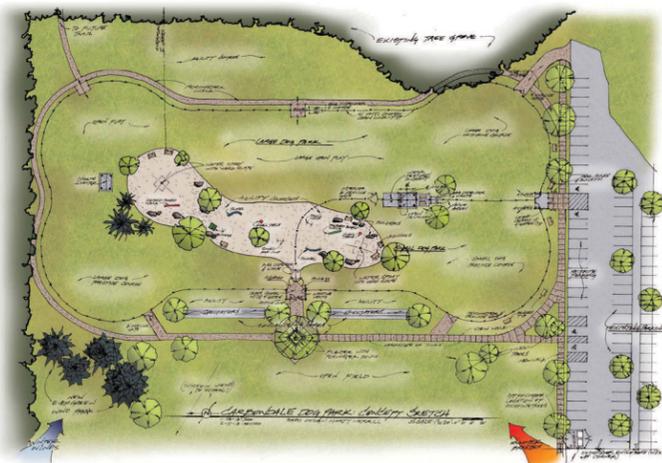


Photo Credit: cdaledogparks.org

Cobden's 10th Annual *Christmas in the Village*

Saturday, December 7 • 8am to 4pm

Events and Activities

- Arts and Crafts Vendors
- Hospitality Table
- Caroling
- Hayrides
- Sandwiches, Snacks and More at the Old Feed Store!

Santa and Mrs. Claus

- Noon to 3pm

Schedule of Events:

8am to 3pm

- St. Joseph Bazaar
- Soup Luncheon
- Special Exhibit of artwork by Fr. Federico Higuera

9am to 4pm

- Bears and Chairs Exhibit

11am, 2pm & 3pm

- Walking Tours Historic Sites

4pm

- Village Tree Lighting and Pinata

**Visit the Union County Museum Christmas Shop
Open weekends now through December 15**

For additional information go to www.visitcobden.com

Illinois House Approves Bill to Cap Insulin Costs

by **Doug Fink**

Illinois House members voted overwhelmingly Wednesday to approve legislation capping out-of-pocket insulin costs for some diabetics.

The House voted 100-13-1 to approve the bill, despite objections that it only helped a limited number of diabetics and didn't attack the root problem of high drug costs.

The bill must still get another vote in the Senate because of a couple of changes made by the House.

The gist of the bill remains the same as

it has since Sen. Andy Manar, D-Bunker Hill, introduced it: The out-of-pocket expenses a diabetic will pay for insulin costs will be capped at \$100 for a month's supply. The bill does not go into effect until 2021.

The bill does not cap the costs for all diabetics. Those covered by a federally regulated insurance program will not be able to take advantage of the cap. Rep. Will Guzzardi, D-Chicago, said that means people covered by employer health insurance are not affected, nor are Medicare or Medicaid plans. State workers, on the other hand, would

be covered because their health plan is regulated by the state. It's been estimated only about 20 percent of diabetics in Illinois will be affected by the bill.

"This bill is not a complete solution to the problem of the high cost of insulin. This is a start," Guzzardi said.

The cost of insulin has skyrocketed in recent years and people often pay hundreds of dollars out of pocket each month to obtain the medication they need. Others skimp on doses to save money, often making their illness worse in the process. Insulin costs are

much higher in the U.S. than they are in other industrialized countries. The bill requires the Department of Insurance to conduct a study to determine the causes of the disparity. Guzzardi said that in many instances, other countries have single-payer health insurance systems that "use the leverage of the entire buyer pool to drive prices down."

Rep. Tom Demmer, R-Dixon, said the state has never before set the price of product.

"Others might come to Springfield and suggest if we did that for insulin, maybe we could do this for any number

of other prescription drugs," Demmer said. "We are talking about the first time in state law we as a legislature are going to decide how much something should cost."

Demmer said the bill could result in insurers deciding not to cover the cost of insulin. Demmer, though, noted that there was no longer any opposition to the bill from drug companies or insurers and that there were no adverse results after Colorado adopted a similar law.

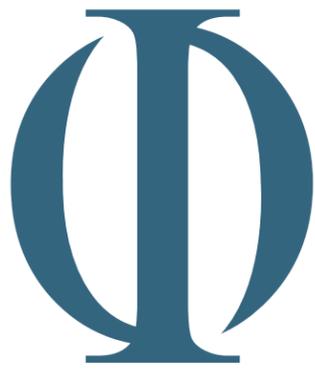
Demmer also said the bill doesn't address the root cause of high drug costs.

"This doesn't relieve pressure, it just shifts it," he said.

Rep. C.D. Davidsmeyer, R-Jacksonville, said he feared the issue could get out of control.

"I just want to ensure we're not coming back for every single disease, every single drug. This could get pretty hairy," he said.

Davidsmeyer ended up voting for the bill, as did Reps. Tim Butler and Mike Murphy, both Springfield Republicans. Rep. Avery Bourne, R-Raymond, voted against the bill. Rep. Sue Scherer, D-Decatur, was absent.



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