

THE GAZETTE-DEMOCRAT

The Talk And Cobden Review • Serving Union County Since 1849

Thursday, January 9, 2025

Anna, Illinois

\$1.00

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News

Notes

Items of interest from throughout the Union County area, from social media and beyond...



Icicles formed on an Appleknocker Man in downtown Cobden during this week's winter storm.

A big Thank You to all of those who helped in any way to ease conditions related to this week's winter storm... especially all of those folks who have been working to restore power and clear areas impacted by fallen trees.

Word was shared that Union County may have seen a lot more ice than some neighboring areas.

Reminder: an American Red Cross blood drive is scheduled from 10:30 a.m. to 3:30 p.m. Wednesday, Jan. 15, in the Cobden High School library.

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Saying goodbye

Little Egypt Red Hat Ladies said goodbye to their Queen Mom Joan Graves Edwards when she went to Heaven.

Joan started the group over 25 years ago. At one time there were 75 members.

Little Egyptian Red Hat Ladies congratulate their new Queen Mom Kathy Jackson Milam.

Photographer Martha Ann Webb.

'Locally Historic Ice Storm' impacts Union County

Union County was impacted by last weekend's arrival of what was described by the National Weather Service office in Paducah as a possible "Major to Locally Historic Ice Storm."

The ice storm was followed by frigid cold temperatures.

The weather service also reported that a winter system will bring a period of light snow to portions of the region Thursday night (today) into Friday. Minor accumulation is possible, the weather service advised on Tuesday morning.

The storm had a widespread impact, causing extensive damage, ongoing power outages, hazardous travel conditions and numerous cancellations and closings.

Overview of Ice, Winter Storm

The weather service posted the following overview of the storm on its website:

A major winter storm impacted the region on January 5, 2025.

Impacts ranged from heavy snow and sleet accumulations to locations along and north of Interstate 64 in Southern Illinois and southwest Indiana, to a major ice storm across parts of Southeast Missouri, Southern Illinois and northwest Kentucky.

Peak snow and sleet accumulations ranged from four to eight inches.

In the hardest hit areas of the ice storm, widespread ice totals of 0.25 of an inch to 0.75 of an inch were reported.

The heavy snow and ice, combined with persistent gusty winds, led to widespread power outages over much of Southeast Missouri, Southern Illinois, southwest Indiana and northwest Kentucky.

At its peak, over 100,000 residents were without power on the night of January 5 and the morning of January 6.

Ice Storm Warning

An ice storm warning was issued by the weather service for parts of the region, including Union County. The warning was in effect from 2 a.m. Sunday through 6 a.m. Monday.

Counties in the region which were in the ice storm warning area included, by area:

Southern Illinois: Jackson,

Union, Alexander, Pulaski, Johnson, Williamson, Saline, Pope, Massac, Hardin, Gallatin.

Southeast Missouri: Carter, Wayne, Bollinger, Cape Girardeau, Scott, Perry.

Western Kentucky: Livingston, Crittenden, Union, Henderson, Webster, Caldwell, Hopkins, Mclean, Daviess.

Freezing rain and sleet mixed with snow were in the forecast.

Total ice accumulations of 0.25 of an inch to 0.75 of an inch were possible. Up to an inch of ice was possible in some areas. Sleet and snow accumulations of 1 to 3 inches were in the forecast.

The weather warned that major travel impacts were expected in the counties covered by the warning. The storm was expected to lead to nearly impossible travel conditions. Travel was being discouraged.

The weather service advised that persons should delay all travel if possible. If travel was absolutely necessary, motorists were cautioned to drive with extreme caution and to be prepared for sudden changes in visibility.

Those who had to travel were advised to allow extra time to reach their destination, to avoid sudden braking or acceleration, to be especially cautious on hills or when making turns and to make sure their vehicle was winterized and in good working order.

If travel was necessary, motorists also were advised to keep an extra flashlight, food and water in their vehicle in case of an emergency.

Scattered to widespread power outages, including long duration outages, were possible as a result of the icy conditions and potential strong winds.

The winter storm was expected to include east-northeast winds, sustained at 15 to 20 miles per hour, with gusts up to 30 mph.

An arctic blast of cold was in the forecast to follow the ice storm. Lows in the teens and single digits and wind chill values near zero degrees are expected through Thursday.

Dangerously cold temperatures were expected following the ice storm with the arrival

of the coldest air of the season. Arctic cold, accompanied by frigid wind chills, were expected to continue through this week.

Any power outages due to ice accumulation and gusty winds may cause the cold weather to become even more dangerous, the weather service warned.

Plumbing may freeze as actual temperatures drop into the single digits above and below zero during the overnight/early morning hours this week, especially where power outages occur.

The weather service began issuing alerts on its website last Thursday morning about a significant winter storm with mixed precipitation types which was poised to impact the region from Saturday night into Monday. Travel impacts were likely.

By last Thursday afternoon, a winter storm watch had been issued for parts of the region.

Warming Center Opened in Anna

The Anna Fire and Rescue Department announced that it would open a warming center at 10 p.m. Saturday to provide shelter to those in need during the cold weather.

Priority was to be given to individuals with disabilities, elderly residents and families with young children.

Anna Fire and Rescue Department captains Jessica Roberts and Todd Harris were spearheading the effort to open the warming center with the assistance of others, including community members. Twenty-four cots were secured from the American Red Cross in Cape Girardeau.

Hazardous Travel Conditions

The Union County Sheriff's Office advised on social media Sunday that everyone should stay home. "Road conditions are not safe and they are pro-

gressively getting worse," the sheriff's office reported.

On Monday, the sheriff's office reminded the public "that the roads have severely deteriorated and worsened overnight. If you do not have an emergency reason to be out on the roads, then please do not be out on the roads."

The Anna Fire and Rescue Department reported that "roads have deteriorated quickly. Please do not get out on the roads."

Anna Snow Route

The City of Anna issued a reminder that the following streets are designated part of the Emergency Snow Route, meaning that if snow and/or ice exceeds 2 inches, parking is not permitted: Main Street, Lafayette Street and Davie Street.

"This ensures that snowplows can effectively clear the streets during snow/ice events," the city shared.

(continued on page 2)



Jessica Roberts, a captain with the Anna Fire and Rescue Department, was working Saturday morning to set up a warming center, where cots would be available.



Utility lines along West Vienna Street in Anna on Monday morning.



Utility lines, utility pole and trees along South Walker Street in Cobden on Monday morning.



Trees along Freeman Street in Anna on Monday morning.



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American Red Cross offers tips for staying safe during Arctic blast

During the first full week of the new year, more than 250 million people were expected to face what could be the coldest January in 14 years as frigid air and snow and ice took aim at as many as 40 central and eastern states.

The American Red Cross advised that freezing conditions could lead to a major demand for power and possible damage.

At least three rounds of Arctic air are predicted through the middle of January.

In many areas, it will feel like it is below zero for days.

This weather could strain electricity grids, leading to power outages.

The American Red Cross offered some tips for staying safe during the Arctic blast.

Winter Safety

Stay warm indoors. If your home becomes too cold, go to a public library, shopping mall or warming center.

If you must go outside, wear layers of loose clothing, a coat, hat, mittens and water-resistant boots. Use a scarf to cover your face and mouth.

Check on loved ones and neighbors to make sure they are staying warm, particularly if they are older or live alone.

Be careful walking on snow or ice and avoid overexertion when shoveling snow. If possible, work with a partner and take frequent breaks.

Stay off the roads when possible. If you become stranded, stay in the vehicle and wait for help.

Stay warm to avoid frostbite and hypothermia. Your nose, ears, cheeks, chin, fin-

gers and toes are often the first areas affected.

Signs of frostbite include pain, numbness or a change in skin color.

Signs of hypothermia, which can be deadly, often include shivering, confusion, drowsiness and slurred speech.

Act fast and get out of the cold immediately if you see signs of hypothermia or frostbite.

Get emergency medical care right away.

Power Outages

If you are using a generator to power your home, please keep it outside and away from doors, windows and vents to prevent carbon monoxide poisoning.

Keep the generator dry and don't use it in wet conditions.

Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning device inside a home, garage, basement or other partially enclosed area.

Keep this equipment outside and away from doors, windows and vents, which could allow carbon monoxide to come indoors.

Operate the generator on a dry surface and don't touch a generator with wet hands.

Turn the generator off and let it cool down before refueling. Gasoline spilled on hot engine parts could catch fire.

Plug appliances directly into the generator. Never plug a generator into a wall outlet.

Carbon monoxide kills. If you start to feel sick, dizzy or weak, get to fresh air right away.

During a power outage,

unplug appliances and electronics to avoid damage from power surges. Leave one light on, so you'll know when power is restored.

Use flashlights or battery-operated lanterns, not candles, to avoid fires.

Don't drive unless necessary. Traffic lights will be out, and roads could be congested.

To prevent illness, keep food cold. When in doubt, throw it out.

Eat fresh, perishable foods first.

Keep refrigerator and freezer doors closed as much as possible to help keep food cold.

Use coolers with ice if necessary.

Measure the food temperature in your refrigerator and freezer with a thermometer. Throw out perishable food that has been warmer than 40 degrees Fahrenheit.

New rules, laws impacting public health in Illinois took effect on Jan. 1

The Illinois Department of Public Health, IDPH, announced that a number of new laws and rules designed to strengthen the public health system went into effect on New Year's Day, Jan. 1, 2025.

One of the key changes taking effect with the new year is a more stringent standard for public health intervention based on the results of testing of blood lead levels in children.

Under Illinois law, any child residing in a high-risk ZIP code is to be tested automatically at 12, 24 and 36 months, and all children 6 years of age and younger are required to be assessed for lead exposure through a questionnaire administered by a pediatrician.

Under existing Illinois law, blood tests which come back with lead levels exceeding 5 µg/dL (micrograms per deciliter) require a public health intervention.

Under the new rule approved by JCAR in August, intervention will be required for any test result higher than 3.5 µg/dL.

Such interventions include a home inspection to determine the source of the lead contamination.

If lead is found, the inspector will work with the homeowner to remove the sources of lead.

There will also be a visit from a public health nurse

SIU Board of Trustees honors Dr. Thomas Davis for his service

A Union County high school graduate has been selected to receive a Distinguished Service Award by the Southern Illinois University Board of Trustees.

Dr. Thomas W. Davis is one of five individuals recommended by SIU Carbondale Chancellor Austin A. Lane for honorary degrees and distinguished service awards.

The board of trustees approved the honors when it met in early December.

Davis, an orthopedic surgeon who graduated from Anna-Jonesboro Community High School and attended SIU Carbondale before earning his medical degree from Tulane Medical School, is credited as "an esteemed surgeon and healthcare visionary, renowned for pioneering orthopedic care across Southern Illinois."

After earning his medical degree in 1972, Davis initially practiced family medicine and general surgery in his hometown.

He returned to Tulane to complete his orthopedic surgery residency in 1980 and "became a 'traveling' orthopedic surgeon, servicing multiple hospitals in Southern Illinois before establishing Southern Orthopaedic Associates in Carbondale in 1984," introducing advanced services such as total joint and shoulder reconstruction, and foot and ankle surgeries, to local communities.

In 2000, Davis co-founded The Orthopaedic Institute of Southern Illinois (formerly Southern Illinois Orthopaedic Center), "an innovative center providing comprehensive services from diagnostics to same-day surgery, rehabilitation, and urgent care" that also created clinical opportunities for SIU students.

As a mentor, Davis, who retired in 2011, "inspired a new generation of medical professionals, many of whom have

remained in Southern Illinois to serve the community," the nomination states.

"His legacy endures in the countless patients he helped and the sustainable medical infrastructure he built. Dr. Davis's work continues to shape healthcare in Southern Illinois."

The board also approved Distinguished Service Awards for Edward M. Benyas, professor emeritus of oboe and conducting in the SIUC School of Music; and Arizona State University president Michael M. Crow, a former assistant director for program planning at SIU's Coal Research Center.

Honorary degrees were approved for Dr. Senait Fisseha, a pioneering advocate and leader in global women's health; and Reginald E. Petty, a well-known social justice advocate and civil rights leader.

All five of those being honored will be recognized at SIU Carbondale's commencement in May 2025 or at a future ceremony.

National Blood Donors Month commemorated

America's Blood Centers, the Association for the Advancement of Blood & Biotherapies, AABB, and the American Red Cross are have joined together to thank blood donors as National Blood Donor Month is observed in January.

The organizations encourage all healthy, eligible individuals to make an appointment to donate blood during the month, as the challenges facing the blood supply are often exacerbated this time of year as icy winter weather and seasonal illness often cause donors to postpone giving.

President Richard Nixon proclaimed January 1970 as the first National Blood Donor Month on Dec. 31, 1969, as requested by Senate Joint Resolution 154, to pay tribute to voluntary blood donors and encourage individuals to become blood donors. This month continues to be celebrated each year.

Every two seconds, someone in America requires a blood transfusion, with over 42,000 units of red blood cells, platelets and plasma used by patients each day.

These transfusions are essential in treating acute care needs such as trauma, as well as in disease management for patients facing cancer treatment, cardiovascular and orthopedic surgeries, and organ and bone marrow transplants.

The blood community encourages eligible Americans to donate blood during National Blood Donor Month and to make regular donation appointments throughout the year.

One of the following organizations can be contacted to find a local blood collection site and to schedule an appointment:

American Red Cross: www.RedCrossBlood.org; 1-800-RED CROSS (1-800-733-2767).

AABB: www.Where-To-DonateBlood.org; 1-301-907-6977.

America's Blood Centers: www.americasblood.org; 1-202-393-5725.

Anna VFW calendar of events

Veterans of Foreign Wars Carroll P. Foster Post No. 3455 of Anna has announced its schedule of events. The post is located at 70 VFW Ln. near Anna. The schedule includes:

Mystify Music is scheduled to be at the post from 7 p.m. to 11 p.m. Jan. 10.

Live music with Dave Clark and Jeremy Wheaton is planned from 7 p.m. to 11 p.m. Jan. 17.

Jan. 18. ACO at 10 a.m. Mystify Music from 7 p.m. to 11 p.m.

A joint meeting of the post and auxiliary is planned at 5:30 p.m. Jan. 20. The auxiliary plans to meet at 6 p.m. The post plans to meet at 7 p.m.

The canteen is scheduled to be open from 1 p.m. to 10 p.m. Sunday through Thursday and from 1 p.m. to 12 a.m. on Friday and Saturday.

Happenings at Shawnee Hills Arts Council, Anna

The Shawnee Hills Arts Council is voicing appreciation for the community's continuing support of the council's arts center on West Davie Street in Anna.

The arts council shared in a news release that 2024 was "a great year" and that the members of the organization's board of directors are looking forward to a successful 2025.

Some of the upcoming events scheduled at the arts center include:

Jan. 10, 7 p.m. to 10 p.m. Open mic, comedy, spoken word, music night. To reserve a spot, email zj.rowatt@gmail.com.

Jan. 14, 7 p.m. Art Social Connecting and Creating. Bring your own art supplies and create. Meet new friends and share ideas. All ages are invited. Questions: text Amanda at 618-434-0068.

Jan. 15, 6 p.m. Short Story/Poetry Night and Pizza. Led

by Tom Caldwell to discuss "Master Race" by Richard Ashby. RSVP by texting Tom at 1-217-994-3449.

Jan. 17 through Feb. 28. Journey to Freedom: Illinois' Underground Railroad. Looking for Lincoln presents this traveling exhibit.

The courageous stories of freedom seekers and the multi-racial conductors who assisted them are highlighted. Learn about the network of people who collaborated to assist those searching for freedom and dignity.

An opening reception is planned from 7 p.m. to 8 p.m. Jan. 17. Heather Feezor, program manager for Looking for Lincoln, is scheduled to give a presentation. Admission is free. Refreshments will be served.

The exhibit is scheduled to be open to view on Thursdays and Fridays from 11 a.m. to 2 p.m. and on Saturdays and Sundays from 1 p.m. to 3 p.m.



Casper Church singers
Norma and Danny Weaver and Ashley Smith sang at Casper Church near Anna Saturday night. Norma and Danny have the singings on the first Saturday of every month at 6 p.m. They welcome different musicians every month. Casper Church is located along Casper Church Road between Anna and Cobden. Photographer Martha Ann Webb.

✝

"The Preaching Pen"

✝

Who Are We?

Throughout history, God has always provided his people direction (or a way) if you will. The patriarchs had the ark, the Jewish fathers had the Ten Commandments, and even today God has given us his gospel. From scripture, we can read how the Christian life is a life of difference; our lives must be different than others of world. But to maintain that separation, it takes a diligent effort and strong resolve to continue to fight against the tide. According to the Apostle Paul, our spiritual warfare is between the principalities, powers, rulers of the darkness of this world, against spiritual wickedness in high places (Ephesians 6:12) and our commitment to God. For many in the world, commitment is an ugly word. It recalls concepts of weakness, inferiority, and shame. However, keeping our commitment to God shows obedience. It must be a willing act not done through coercion, force, or impulse. It must be deliberate not done by accident, feeling, or guesswork. Being obedient and fulfilling our commitment to God is a choice we make. Today, many want to read the Bible and equate being righteous with possessing some belief in the Bible. Without obedience, our acts (regardless of their quantity or quality) are worthless; obedience is necessary. It is God's will that we as His obedient, children be blessed both physically (Matthew 5:45) and spiritually (Ephesians 1:3). However, as we examine our lives, we often see that for one reason or the other we are not blessed spiritually as we should be. To be pleasing to God, we must not only do what He commands but how he commands it to be done. All too often, we see in the world how man's need for convenience, tolerance, and self-exaltation corrupts God's word. Innocent soul-seeking individuals are harmed by charismatic speakers who only wish to serve their own self-interests and not God's. Too many people want to be entertained instead of having their souls uplifted by the gospel. We must know the difference. Being "religious" in the eyes of the world and "spiritual" in the eyes of God are not the same; but many try to pass them off as the same. As with any problem, a solution must be found in order to correct the issue, restore the order, "balance the equation." If getting away from God is the root of the problem, it would stand to reason that the essential truth to remedy the situation is to return to God. May we strive to be the people our Lord demands that we be.

Ryan Thornsberry,
Anna Church of Christ

What Is The Value Of A Community Newspaper?

What is the value of a community newspaper? What does it bring to that community that no other institution can provide?

The local newspaper is a basic institution in any community, like the post office, the schools and the churches.

The local community newspaper, whether it be a 2,000 circulation weekly or a 50,000 circulation daily, serves to keep people connected to their community, by telling them what's happening with their neighbors, as well as the institution serving the community.

The publication of obituaries, birth announcements, weddings and other significant events in our lives remind us of poet John Donne's words, "no man is an island."

Community newspapers alert members of the community to problems needing attention.

The community newspaper facilitates the exchange of ideas and opinions through its editorial page and letters to the editor.

There are so many things of value community newspapers provide: the recording of local history and helping to maintain a healthy local economy through effective advertising for local businesses are just a few areas of value.

The community newspaper's value to its community is unquestioned.

— from Publishers Auxiliary,
a publication of the National Newspaper Association

THE GAZETTE-DEMOCRAT

The Talk And Cobden Review

Serving The Union County Area Since 1849

Obituaries

Larry Wenger

Larry L. Wenger, 83, of Smithton, died Monday, Dec. 30, 2024, at his home, surrounded by his family.

He was born on Jan. 24, 1941, in Jonesboro, the son of Francis Louis and Clela Pauline Godwin Wenger.

He married Cindy Ring Steelman on Dec. 26, 1998, at Beech Grove.

He is survived by his wife, Cindy Wenger of Smithton; sons Larry Dean (Cheri) Wenger of Waterloo, Gregory (Heather) Wenger of Waterloo and Jeffery (Jessica) Wenger of Sahuarita, Ariz.; step-children Albert, Mike, Jerry, Perry, Dana, Daman and Rachel; grandchildren Justin, Bailey, Jillian and Josh Wenger; step-grandchildren Aliza, Aleigha and Perri Lynn Cory, Morgan, Mikayah, Blake, Kaylee, Dale, Ashley, Dalton, Briana and Megan; six step-great-grandchildren; sisters Irma Kelly-Brown of Jonesboro, Joyce Boyer of Cape Girardeau and Debbie (Steve) Haldeman of Jonesboro; and brother Terry (Debbie) Wenger of Jonesboro.

He was preceded in death by his parents, infant sister Phyllis Wenger and brother-in-law Jim Brown.

Mr. Wenger served in the U.S. Navy. He dedicated his career to public service, working as an inspector for the Federal Department of Agriculture until his retirement.

He cherished his time with



his wife and his horses, whether camping, traveling or riding the trails. His love for the outdoors and his equestrian pursuits were an integral part of his life and brought him immense happiness. He will be remembered as a kind, gentle man who always had a smile on his face.

Funeral services were at 1 p.m. Tuesday, Jan. 7, at Rendleman & Hileman Funeral Home in Anna, with the Rev. Perry Williams officiating.

Interment was in Beech Grove Cemetery, with military honors conducted by Carroll P. Foster Post No. 3455 of the VFW in Anna and the Navy funeral honor team.

To view the obituary and to leave online condolences for the family, visit www.rendlemanhilemanfh.com.

Rendleman & Hileman Funeral Home in Anna was in charge of arrangements.



Bonnie Sue Heidinger

Bonnie Sue Heidinger, 80, passed away on January 1, 2025, in Carbondale, with her husband and daughter nearby.

Born on November 14, 1944, Bonnie was a cherished member of the Carbondale and Southern Illinois community, known for her amiable personality and significant contributions as an educator. She was a lifelong resident of Southern Illinois and a committed wife to her husband Roy for 61 years.

Bonnie's academic journey began at Cypress Elementary School in Cypress and continued at Vienna High School in Vienna.

She worked for legislator Paul Powell before furthering her education at Southern Illinois University, earning a Bachelor's degree in 1969 and a Master's degree in 1970.

She began her illustrious teaching career at Cairo High School and Shawnee Junior College, then dedicating most of her professional life to teaching English and American History at Anna-Jonesboro Community High School in Anna.

Bonnie's passion for education was evident in her 30-plus years at the school and her annual presentations at Southern Illinois University's regional history fair, where she was notably recognized for her contributions.

Bonnie's commitment to community service was profound. She held leadership positions in numerous organizations, including the Union County Historical Society, authoring numerous articles on historical area homes, and the Carbondale Branch of the NAACP, where she served as Assistant Secretary.

A staunch supporter of advancing women's rights and education, she was an early advocate of the Equal Rights Amendment (ERA), a lifetime member of the Association of University Women (AAUW), serving as Chapter President, and a member of Delta Kappa Gamma for over 40 years. Bonnie also contributed to the Abraham Lincoln Presidential Library as a member of the high school advisory committee.

Her personal interests included walking around campus



Lake with her daughter or friends, birdwatching with her husband, listening to NPR with morning coffee, reading, hosting family Thanksgiving dinners and traveling.

She was active in several local book clubs, and traveled both nationally and internationally, alone and with friends and family, more recently visiting Cuba with husband Roy.

Bonnie is survived by her husband, Roy Heidinger; daughter Sonia Heidinger; sisters Wilma (and Raymond) Hartline (Dongola, Ill.) and Mary Lou Haffly (Dongola, Ill.); and sister-in-law Carol (and Brian) Hunt (St. Louis, Mo.).

She was preceded in death by her mother, Eunice Kelly; father, Delbert Osman; and brothers-in-law George Heidinger and Donald Haffly.

Services to celebrate Bonnie's life were held Wednesday, Jan. 8, at 6 p.m., with eulogies and remembrances from family and friends, at Crain Pleasant Grove-Murdale Funeral Home.

Interment will take place at Pleasant Grove Memorial Park.

In lieu of flowers, contributions may be made to SIU Women's Basketball or the McLeod Summer Playhouse, honoring Bonnie's passion for supporting local initiatives. Bonnie's legacy as a dedicated educator, community leader and family member will be deeply missed and forever cherished by all who knew her.

Crain Pleasant Grove-Murdale Funeral Home in Murphysboro is in charge of arrangements.

To view the obituary and/or to leave an online condolence for the family, visit www.crainsonline.com.

Task force recommends warehouse tornado shelters

By Ben Szalinski
Capitol News Illinois

SPRINGFIELD — A task force created in the wake of a deadly Metro East tornado has issued recommendations for better protecting warehouse workers.

Six people were killed when an EF-3 tornado with 150 mph winds struck an Amazon warehouse in Edwardsville on Dec. 10, 2021. The incident raised questions about the safety of warehouses in severe weather, including if warehouses are designed to withstand extreme winds and if warehouse operators are properly prepared for severe weather.

Illinois lawmakers established the Warehouse Safety Standards Task Force in January 2023 to study warehouse safety in response to the Edwardsville tornado, and it issued its final report in December.

Among its recommendations was that building codes be amended to require tornado shelters in warehouses.

The International Building Code, IBC, became Illinois' statewide building code on Jan. 1 after being approved by the legislature in 2023. The task force recommended shelters be added to that code.

The IBC doesn't have specific requirements for severe weather because threats vary around the world, Tim Schmitz from the International Code Council told the task force. However, communities can adopt their own codes specifically to meet the needs of natural disasters in their area.

Providing the right shelter from tornadoes can save lives, Greg Bryant from the Masonry Structural Coalition told the task force. He pointed to a 2004 F4 tornado in Woodford County that destroyed a manufacturing plant, but all 140 people in the building made it out alive after taking refuge in a designated safe area of the building.

The six people killed in Edwardsville were not in a safe area of the warehouse, Edwardsville police said after the tornado.

The 2021 tornado hit around 8:30 p.m. as the facility was bustling ahead of the holidays. According to the National Weather Service, the tornado touched down near I-270 and Illinois Route 255 southwest of the warehouse and traveled through the south half of the building.

The tornado first impacted

the west-facing wall, causing it to collapse. That caused other structural failures, including the roof to collapse. The tornado was on the ground for just five minutes, but debris from Amazon was found miles away from the warehouse after the tornado lifted.

An Occupational Safety and Health Administration, OSHA, investigation into Amazon did not find any violations, according to the task force report.

OSHA recommended the company review its severe weather procedures, ensure employees are provided training and participate in drills, have site-specific information about severe weather plans and ensure audible warning devices are accessible. The warehouse was rebuilt and reopened in September 2024.

The task force also recommended requiring site-specific emergency plans based on OSHA's guidelines for employers to prepare for tornadoes.

The plans would be shared with local first responders and would include floor plans and details about what is stored in the warehouse.

Illinois saw a record of 142 tornadoes in 2024, according to the National Weather Service. The state has averaged 60 tornadoes each year over the last 10 years.

But the number of tornadoes in the state could be increasing as technology to detect them improves, according to data compiled by The New York Times. Most Illinois counties saw an increase in tornadoes in the 20 years from 2002 to 2022 compared to the previous 20 years.

Most tornadoes are not as powerful as the Edwardsville tornado, Marc Levitan from the National Windstorm Impact Reduction Project told the task force, but warehouses are more vulnerable because they're tall and supported by heavy walls that rely on the roof for stability.

Levitan told the task force it is better to design buildings to withstand the more common modest tornadoes, and buildings should be constructed either with a shelter inside or with a more wind resistant exterior structure.

The National Weather Service in Chicago reported all but one of northeast Illinois' 63 tornadoes in 2024 had winds of 110 mph or less.

First responders also need more assistance responding

to tornadoes, retired Edwardsville Fire Chief James Whiteford told the task force.

The task force agreed with his recommendation that the General Assembly provide regular funding to the Mutual Aid Box Alarm System, MABAS.

MABAS is a series of intergovernmental agreements between Illinois fire departments to bring additional or specialized support to major incidents.

MABAS calls range from dispatching additional units to a structure fire to long-term disaster response missions, including outside Illinois. The system received a \$200,000 grant from the Office of the State Fire Marshall in fiscal year 2024.

Capitol News Illinois is a nonprofit, nonpartisan news service that distributes state government coverage to hundreds of news outlets statewide. It is funded primarily by the Illinois Press Foundation and the Robert R. McCormick Foundation.

Illinois State Police report two Move Over Law-related accidents

Illinois State Police, ISP, officials on Jan. 3 reported they investigated two separate traffic crashes that occurred in DuPage and Cook counties involving ISP troopers.

The troopers were handling separate vehicle crashes when their squad cars were struck by drivers who failed to move over.

On Dec. 31, at approximately 1:57 p.m., an ISP trooper was outside of the trooper's squad car handling a crash with the vehicle's emergency lights activated on Interstate 55.

A Hyundai sedan failed to move over and rear-ended the parked squad car. The parked squad car blocked three troopers on scene from being hit. No injuries were reported.

The ISP squad car was towed from the scene due to damage sustained during the crash.

The driver of the Hyundai, a 23-year-old woman from Lockport, was charged with driving too fast for conditions and a Scott's Law violation.

On Jan. 1, at approximately 3:09 a.m., two ISP troopers were en route to assist with a previous personal injury crash

State police K9 to receive protective vest

DU QUOIN – Illinois State Police K9 DuQ is set to receive a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s Inc.

K9 DuQ's vest was sponsored by Vested Interest in K9s Inc. and will be embroidered with the sentiment "Born to Love-Trained to Serve-Loyal Always." Delivery is expected within 10 weeks.

Vested Interest in K9s Inc. established in 2009, is a 501(c)(3) charity whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies throughout the United States.

This potentially lifesaving body armor for four-legged K9 officers is U.S. made, custom fitted and National Institute of Justice certified.

Since its inception, Vested Interest in K9s Inc. has provided over 5,878 vests to K9s in all 50 states at a value of \$6.9 million, made possible by both private and corporate donations.

County Line News

(Mill Creek and Upper Elco)

By Suzan Harvel

Brrrr, just looking out the window this icy Sunday morning was enough to send me scurrying back to bed.

Granted, it was only 4 a.m., but ice was already coating the rain on the porch, the rain had a mix of ice in it and the wind was starting to howl. Sounds like the opening narrative of a horror book to me.

We'll see how bad it gets throughout the day and apparently into tomorrow. Great way to start the new year, huh?

Church Canceled

Church was canceled today at Mill Creek Baptist and, from the scrolling list on television, pretty much everywhere else.

I doubt I'll be going into work tomorrow and most kids will get an extra day out too. Let's hope and pray it's only one day.

The dire predictions were giving me a headache, so I shut the television off. What will be, will be, and we'll deal with it accordingly. There is certainly not much we can do about it, but stay indoors, stay warm and wait it out.

I worry though. Not just about my family who aren't close by, but about those who don't have a secure home, travelers caught unaware,

animals and livestock and our service personnel and first responders who are required to be out in this mess.

Once again, not much I can do about it, except pray. We can all do that and certainly need to...and winter is just getting started.

Prayer List

Our prayer list expanded to include Kendra Pope (Moehring) and her family as they mourn the passing of her son, Judah; the family of Janseen Hand, who passed away this last week while overseas; Maddie Henson, who is having heart surgery; Cole Tripp, who was in a car accident; Gary Rider, who had another procedure to prepare for another surgery; Ken Wilson, who is still struggling with health problems; Cassie Cobb, who is recovering from surgery; David and Terri Isom, who have both been quite ill; my grandchildren, who keep passing illness between them; Karly and Griffin Sadler, who have been sick; Joe Seabaugh, for health issues; and Mary McIntosh, who has been ill. Also, Sue Starr is hoping to be released from the hospital soon and we hope the same.

Stay safe and warm everyone.

Union County Fixin's

By Suzan Harvel
Layered Bean Dip
by Suzan Harvel

1 16 oz. can refried beans
1 4 oz. can chopped green chillies, drained

1 envelope taco seasoning mix
2 ripe avocados, peeled and pitted

2 tablespoons lemon juice
1 12 oz. jar of picante sauce
1 cup sour cream
1 cup shredded lettuce
1 cup shredded cheddar cheese

1 small can sliced black olives, drained
1 bag of tortilla chips, warmed if desired

In medium bowl, mix together refried beans, chillies and taco seasoning. Spread in a serving bowl.

Blend the avocados, lemon juice and 1/2 cup of picante sauce until smooth. Spread on top of bean mixture.

Spread sour cream on top of avocado mixture.

Top in order with lettuce, cheese, the rest of the picante sauce and the black olives.

Serve with bowl of warm tortilla chips...which you can do by spreading tortilla chips in a thin layer on a parchment covered cookie sheet and heating at 400 degrees, in the oven, for 5 minutes.

Jonesboro Library

events slated

Jonesboro Public Library has a variety of events on the calendar for January.

The library is located at 412 S. Main St. in Jonesboro. Regular hours are scheduled from 1 p.m. to 5 p.m. Tuesday through Saturday.

The January schedule of events at the library include:

Homework Help. Jan. 9, 16, 23, 30. 3:30 p.m.

Adult Craft. Jan. 10, 17, 24, 31. 3:30 p.m.

Marble Run. Jan. 11. 2 p.m. Crafternoon. Jan. 14, 21, 28. 1 p.m. to 5 p.m.

Teen Club. Jan. 15, 22, 29. 3:30 p.m.

Game Boy. Jan. 18. 2 p.m. Book Club. Jan. 25. 3:30 p.m.

News from

Anna Nazarene Church

A morning worship service was held Sunday, Jan. 5, on Zoom due to the weather.

A message titled “Seek the Holy Spirit” was brought by Pastor Randy Wright. Scripture was from John, Hebrews, 1 John and Romans.

There was no Sunday evening service.

Birthday: Dorris Johnson, Jan. 7.

The church’s prayers and sympathy are extended to Lea Wright and family in the loss of their loved one, James Dillow. Funeral services for James Dillow were at 1 p.m. Friday, Jan. 3, at Rendleman & Hileman Funeral Home in Anna.

Sunday, Jan. 12
Breakfast, 9 a.m. Sunday School, 9:30 a.m. Morning service, 10:35 a.m. Evening worship service, 6 p.m.

Wednesday, Jan. 15
A Wednesday night service is planned at 6:30 p.m. in the sanctuary. A youth group meeting is planned at 6:30 p.m. in the fellowship hall.

The church can be contacted by calling the church office at 833-6702 and leaving a message if necessary or by calling Pastor Wright at 618-534-7103.

Fallen Illinois State Police Trooper Carns laid to rest

ORLAND PARK – The Illinois State Police, ISP, on Jan. 3 joined Trooper Clay M. Carns’ family and friends, along with officers from law enforcement agencies across the country, to honor and pay respects to Trooper Carns, who was killed in the line of duty on Dec. 23, 2024. Trooper Carns was laid to rest on Jan. 3.

“Today, and every day going forward, we honor Illinois State Police Trooper Clay Carns for his sacrifice, and the sacrifice made by his family,” said ISP director Brendan F. Kelly.

“While ISP is hurting as we

lay to rest the second trooper killed on Illinois highways in just three months, we will not falter. To honor Trooper Carns means to preserve and uphold that which he stood for: Integrity, Service, and Pride. Trooper Carns will remain in our hearts and in our sacred work of protecting public safety and pursuing justice.”

Trooper Carns entered the ISP Academy on Nov. 10, 2013, as part of Cadet Class 123, and graduated on May 2, 2014.

He was assigned to Troop 3. Trooper Carns was a passionate public servant who will be remembered for his unparalleled dedication to his city, community and state, Kelly said.

Around 9:42 p.m. on Monday, Dec. 23, 2024, Trooper Carns observed debris in a lane on southbound I-55 just north of Blodgett Road near Channahon.

He turned on his emergency lights and pulled over to the right shoulder.

Trooper Carns exited his vehicle and was removing debris from the road when he was struck by a Chevrolet Silverado driven by John Fleet.

Trooper Carns was taken to St. Joseph Hospital in Joliet, where at approximately 10:45 p.m., he succumbed to his injuries.

Trooper Carns was 35 years old and served 11 years as an officer with ISP. He is survived by his wife Meghan, children Gray and Ally, parents Patti and Danny Carns, and siblings Chad Carns, Erica (Carns) Raciak, and Elyssa Carns.

On Dec. 24, 2024, the Will County state’s attorney’s office approved a Scott’s Law charge (Class 4 Felony) against Fleet. ISP also issued Fleet multiple Illinois Vehicle Code citations.

The Trooper Clay Carns Memorial fund has been established in his honor.

The sponsors on this page urge you to attend the church of your choice.



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Prayer can be something we desire to do often...talking with God just like we pick up the phone to call a friend. In fact, God is our best friend. We can hash things out with Him through prayer. We can ask for courage and strength to bear the unbearable. We can ask for the insight to be thankful for what we have. We can thank Him for our many blessings. We can acknowledge the gift of His grace in our lives. God is ready to teach us if we will listen for His answer. With worship and prayer we can gain the wisdom and courage we need for a lifetime...and sometimes a miracle or two!

Weekly Scripture Reading						
Matthew 1.18-25	Matthew 2.1-12	Matthew 2.13-23	Matthew 3.1-17	Matthew 8.1-17	Matthew 8.18-34	Matthew 9.1-17

Scriptures Selected by the American Bible Society

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NOTICE

On January 21, 2025, Anna CCSD #37 will hold a public hearing at 5:30 pm in the media center at 301 S. Green St. Anna IL. to discuss adopting a resolution to use E-Learning days. 5g

HELP WANTED

The City of Anna, IL is accepting applications for the position of a Full-Time General Laborer, as well as, a Full Time/Part Time General Laborer. Candidates must be at least 18 years of age. Please contact the Human Resources Department at 618-833-8528 with any questions. Applications will be available for interested candidates at Anna City Hall or online at cityofanna.org. Please return employment application to the Human Resources Department at Anna City Hall, 103 Market Street Anna, IL 62906 or by email to mmcreynolds@cityofanna.org. Positions will remain open until filled. EOE 4-5gp

PUBLIC NOTICE

IN THE CIRCUIT COURT OF THE FIRST JUDICIAL CIRCUIT UNION COUNTY, ILLINOIS

IN THE MATTER OF THE ESTATE OF DONALD M. BALLESTRO Decedent. No. 2024-PR-28

CLAIM NOTICE

Notice is given to creditors of the death of DONALD M. BALLESTRO. Letters of Office were issued to Executor, Sandra L. Ballestro whose address is 3085 Kaolin Road Cobden, Illinois 62920, whose attorney of record is the law office of Brandon, Schmidt & Montgomery, 916 West Main Street, P.O. Box 3898, Carbondale, Illinois 62902. (The estate will be administered without court supervision unless under 28-4 of the Probate Act (755 ILCS 5/28-4) any interested person terminates independent administration at any time by mailing or delivering a petition to terminate to the clerk.)

Claims against the estate may be filed in the Union County Circuit Clerk’s Office or with the representative or both, on or before July 9, 2025 or, if mailing or delivery of a notice from the representative is required by 18-3 of the Probate Act of 1975, the date stated in that notice. Any claim not filed on or before that date is barred. Copies of a claim filed with the clerk must be mailed or delivered by the claimant to the estate representatives and to the attorney within ten

REQUEST FOR BIDS

The Village of Dongola will be taking sealed bids for the demolition of five (5) vacant properties. A bid opening will be held at the Dongola City Hall at 10:00am on January 30, 2025. All sealed bids must be received by the Village of Dongola, 136 NE Front Street, PO Box 404, Dongola, IL 62926, C/O DONGOLA DEMO by 10:00am on January 30, 2025. No bids will be considered after the bid opening on January 30, 2025. Bid documents may be obtained at the Dongola City Hall, 136 NE Front Street, Dongola, IL 62926 or Southern Five Regional Planning District, 5 Justice Drive, Ullin, IL 62992. For additional information, please call Heather Rose at (618) 845-9000. 5g

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IN THE CIRCUIT COURT OF THE FIRST JUDICIAL CIRCUIT UNION COUNTY, ILLINOIS

ESTATE OF MARILYN D. LANGHOLF TOLER, DECEASED
NO. 2024-PR-29
IN PROBATE

NOTICE OF DEATH INDEPENDENT ADMINISTRATION, AND CLAIM DATE
NOTICE IS GIVEN to creditors of the death of Marilyn D. Langholf Toler, of Anna, Illinois. Letters of Office were issued on Dec. 20, 2024, to Doug Bridgeman, 605 Barringer School Lane, Anna, Illinois 62906 as Independent Executor, whose attorney is Elvis C. Cameron, 205B N. Main St., Anna, Illinois.
Further notice is given to descendants of Shirley Toler, fi any, and to Dale Lawrence, whose whereabouts is unknown, as to the rights detailed herein.
Within 42 days after the effective date of the original Order of admission, you may file a petition with the Court to require proof of the Will by testimony of the witnesses in open Court or other evidence, as as provided by Section 5/6-21 of the Probate Act (755 ILCS 5/6-21.)
You also have the right, under Section 5/8-1 of the Probate Act (755 ILCS 5/8-1), to contest the validity of the Will by filing a petition with the Court within six (6) months after admission of the Will to probate.

The estate will be administered without Court supervision unless, under Section 5/28-4 of the Probate Act (Ill. Compiled Stat. 1992, Ch. 755, Par. 5/28-4), any interested person terminates Independent Administration at any time by mailing or delivering a petition to the Clerk of this Court.
Claims against the estate may be filed in the Office of the Clerk of this court at the Union County Courthouse, 309 W. Market St., Jonesboro, Illinois, or with the Independent Executor, or both, on or before July 2, 2025, or if mailing or delivery of a notice from the Executor is required by Section 5/18-5 of the Probate Act of the State of Illinois the date stated in that notice. Any claim not filed on or before that date is barred. Copies of a claim filed with the Clerk must be mailed or delivered by the claimant to the Executor and to the attorneys within ten (10) days after it has been filed.
Dated: December 20, 2024.
DOUG BRIDGEMAN
CAMERON LAW FIRM, LLC
ELVIS C. CAMERON
ATTORNEY FOR INDEPENDENT EXECUTOR
205B N. MAIN ST.
ANNA, ILLINOIS 62906
PHONE: 618-833-2220
ARDC# 6244394
8221-949156

4-H awards food advocacy grants to youth-led projects

By Hannah Spangler FarmWeek
Illinois 4-H has selected 14 youth-led projects to receive funding from the 2024 Food Advocacy Grant program.
The grants are designed to invest in the next generation of food access leaders, supporting projects that take on the challenge of food security in their communities. The selected applicants will receive a grant of \$500 to \$1,000 based on the project’s budget.
This year’s recipients include the following 4-H groups:
Clay County 4-H Federation and Dismal Creek Critters, Johnson County 4-H Eagles, Hilltoppers 4-H Club, Wayne County 4-H Ambassadors.
Blue Ribbon 4-H Club, Funny Farmers 4-H Club, Edgar County 4-H Federation, Casey Achievers 4-H, Sangamon Valley and Cisco Clovers 4-H Clubs.
Hancock County Youth Leaders Academy and Teen Teachers, Kankakee 4-H Lepra’ Club, Urban Adventur-

ers 4-H Club, Chicago High School for Agricultural Sciences and Trinity Trailblazers 4-H Club.
“Since the 4-H office started offering this grant in 2020, we’ve really been able to take advantage of it and get several kids involved,” said Lora Ford, a leader of the Trinity Trailblazers 4-H Club in DuPage County.
This year, the club is working with DuPage Pads, an organization working to end homelessness in the county, through a new project led by 4-H member David Wiewiura.
After meeting with Erica Whelan, the DuPage Pads grants manager, Wiewiura and other club members decided on a project to reach those who need more help this time of year.
During a Dec. 15 service learning event, the club planned to pack meal gift bags to help people who are single and homeless during the holidays. The event also marked the launch of “Food Advocacy Heroes,” a new service-learning 4-H SPIN club that will help more youth become involved in fighting food insecurity.
“We just want to encourage the kids to raise their voice and to think about their community where they live, and what they can do to make everything better,” DuPage County 4-H coordinator Nancy Reppe said.
In Edwards County, the Blue Ribbon 4-H Club saw a different need in their community and wanted to help.
The Edwards County Senior Citizens Lunch Program, organized by club member Chloe Isle, will help the senior center in Albion provide pork and hamburger meat to more than 100 people.
“It doesn’t matter how old our members are, they can make a difference,” said the club’s leader, Debbie Fearn.
Mark Becker, Illinois 4-H food systems specialist, said the program was launched to help teens play a key role fighting food insecurity. Teens are less likely

to access the services meant to help them because of the shame they can associate with not having access to food.
The program gives youth leadership opportunities to address the problem while showing them that they don’t have to figure it out alone.
“Since its inception we’ve been able to fund \$80,000 worth of projects led by youth,” Becker told FarmWeek. “That’s for about 85 projects in 50 counties.”
Last year eight people applied for a grant and this year there were 26 applicants. Becker expects the program to continue growing.
“4-H has programming in all 102 counties,” Becker said. “So the goal moving forward, we’re at 50 counties, ... we want to see a program in every county.”
This story was distributed through a cooperative project between Illinois Farm Bureau and the Illinois Press Association. For more food and farming news, visit FarmWeekNow.com.

An Homage to Hometown Happenings

By Kate B. Jerome

No matter where my travels take me, I always seek out the local newspaper. I know. My smartphone easily provides more detail about a town than I will ever need.
But the local paper does so much more. That’s because it fits the many pieces of the community puzzle together. Where else can you get a glimpse of what a citizenry most values and fears – all within a few recyclable pages?
In the tiny town where I grew up, the local paper was a powerful tool – no doubt for many reasons beyond my young comprehension. However, I looked forward to the daily delivery for two simple reasons.
First, I loved to read the personal stories – from tragedy to triumph – about the people in my own community. It was the first inkling I had that I might be part of something larger than the family who lived at 12 Parkview.
Second, I couldn’t wait to hear the interesting dinner conversations that some tidbit in the paper was bound to spark. Of course, my favorites were the most heated discussions. And when my parents resorted to spelling out words? Well, let’s just say the training led to considerable success in my grade school spelling bees!
Decades of educational publishing experience later, I know my hometown paper was just one arrow in the successful child-raising quiver my parents used. But it was an important tool, and the outcomes it helped produce are still of the utmost importance today.
You see, building a strong sense of place plays a key part in a child’s social and emotional development. When children connect with the community around them, it helps them develop their own personal identity. An added benefit is the sense of stewardship it often inspires.
And the value of generating meaningful conversations? In my view, it’s off the charts. Too often in our busy world, dialogue with our kids tends toward the practical (Did you pick up your toys?) rather than the profound (Keep trying even when it’s hard!). So any tool that inspires discussion of such issues as friendship and community should be deeply valued. Why? Because that’s when our own stories of personal grit and resilience begin to flow.
And aren’t those the kind of Hometown Happenings that we really want our children to remember?

Kate B. Jerome is the author and series creator of two Read Together/Do Together children’s book series from Arcadia Kids that are designed to jump-start meaningful conversations between kids and their favorite adults. A publishing executive, an award-winning children’s book author, and a recent Fellow in Stanford’s Distinguished Careers Institute, Kate is a passionate supporter of intergenerational communication.

The Gazette-Democrat

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After the rain fell...
Water was flowing over a ford in a creek at the Trail of Tears State Forest in Union County after heavy rain fell in late December. The heavy rain was accompanied by a flood watch which had been issued for parts of the region.

Television Listings

THURSDAY

	ABC	CBS	FOX	NBC	ESPN	TBS	USA	DISN	HBO	MAX	PARSHO
6 PM :30	Local Programs	Local Programs	Local	Local Programs	ESPN Original	Bang (HD) Bang (HD)	(4:00) College Basketball (HD)	(5:25) "Movie"	"Beetlejuice" ('24)	"The Rev-enant" ('16) Leonardo DiCaprio. (R)	"No Country" ('07) (R)
7 PM :30	Ext. Makeover (HD)	Hollywood Squares	Hell's Kitchen (HD)	Law & Order (HD)	To Be Announced <i>Info unavailable.</i>	Bang (HD) Bang (HD)		Big City Big City	★★★ "Dune: Part Two" ('24) Timothée Chalamet. (HD)		★★★½ "Braveheart" ('95, Action) Mel Gibson. (R) (HD)
8 PM :30	Only Murders (HD)	Marriage Ghosts	Animal Dutch	Law & Order: SVU		Bang (HD) Bang (HD)	Law & Order: SVU	Big City TBA		(:06) "Criminal" ('16, Crime) Kevin Costner. (R)	
9 PM :30	Only Murders (HD)	(:01) Matlock (HD)	Local Programs <i>Local info.</i>	Found (HD)		Jokers Jokers	Law & Order: SVU	Kiff TBA	"Love Lies Bleeding" Anna Baryshnikov. (R)	"The Glass Castle" ('17) Brie Larson. (HD)	
10 PM :30	Local Jimmy Kimmel Live	Local (:35) Late Show (HD)		Local (:35) Tonight (HD)	SportsCenter (HD)	"21 Jump Street" ('12, Comedy) Jonah Hill.	Law & Order: SVU Sex crimes. (HD)	Wizards Wizards			"Drive Angry" ('11) Nicolas Cage.
11 PM :30	Nightline	Midnight		Late Night	SportsCenter (HD)			Wizards	Bill Maher		Dexter Sin

JANUARY 9, 2025

THURSDAY

7:00pm

HBO Dune: Part Two ★★★ (2024, Science Fiction) Timothée Chalamet, Zendaya. Paul Atreides must evade the conspirators who killed his family while searching the desert for a way to avenge their deaths. PG-13 (HD)

8:06pm

MAX Criminal ★★½ (2016, Crime) Kevin Costner, Gary Oldman. When a CIA agent dies during a mission, his training and abilities are transferred to the mind of an incarcerated criminal who must finish the operative's work. R (HD)

FRIDAY

	ABC	CBS	FOX	NBC	ESPN	TBS	USA	DISN	HBO	MAX	PARSHO
6 PM :30	Local Programs	Local Programs	(5:00) Local Programs	Local Programs	TBA (:43) To Be Announced <i>Info unavailable.</i>	Bang (HD) Bang (HD)	Law & Order: SVU	Big City Big City	"Mrs. Doubtfire" ('93)	"Beowulf" ★★½ "Machete Kills" Danny Trejo.	"Untouchables" ('87)
7 PM :30	Gears Elementary	NCIS: Sydney (HD)	College Basketball <i>UCLA vs Maryland</i> (Live)	Night (HD) Night (HD)		★★★ "Den of Thieves" ('18, Action) Gerard Butler. (R)	WWE Friday Night SmackDown (HD)		(:10) "Keeping Up with the Joneses" ('16)		Dexter: Original Sin
8 PM :30	(:01) 20/20 <i>Investigative news.</i> (HD)	Fire Country (HD)		Dateline NBC <i>Investigative news.</i>				Primos		(:13) "Paranoia" ('13) Liam Hemsworth. (HD)	The Agency (HD)
9 PM :30		S.W.A.T. "Gang Unit"	Local Programs		(:05) To Be Announced <i>Info unavailable.</i>		Law & Order: SVU	Primos Primos	Bill Maher: Is? (HD)		"Murder Company" ('24) (HD)
10 PM :30	Local Jimmy Kimmel Live	Local (:35) Late Show (HD)	Local Programs <i>Local info.</i>	Local (:35) Tonight (HD)		★★★ "Law Abiding Citizen" ('09) Jamie Foxx.	Law & Order: SVU	Primos Chiverse	(:10) Bill Maher: Is?	"Black Adam" ('22) Dwayne Johnson. (HD)	"The Hateful Eight" ('15) (R) (HD)
11 PM :30	Nightline	Midnight	Local	Late Night	SportsCenter (HD)		Law & Order: SVU	Big City Big City	(:20) Bill Maher: Is?		

JANUARY 10, 2025

SATURDAY

	ABC	CBS	FOX	NBC	ESPN	TBS	USA	DISN	HBO	MAX	PARSHO
6 PM :30	Local Programs	Local NFL Today	(3:00) Local Programs	Local Programs	To Be Announced <i>Info unavailable.</i>	(4:13) "Empire" ('80)	(3:30) IMSA WeatherTech Sports Car Championship (HD)	(5:15) "Movie"	"Compton" ('15) (HD)	The Knick (:43) The Knick (HD)	(:15) "Final Destination" ('00) Devon Sawa.
7 PM :30	Celebrity Jeopardy!	NFL Football "Teams TBA" (HD)	College Basketball <i>Indiana vs Iowa</i> (Live) (HD)	The Wall (HD)		"Star Wars: Episode VI: Return of the Jedi" ('83) Mark Hamill. (HD)		StuGo StuGo StuGo	"Silver Linings Playbook" Bradley Cooper.	The Knick	
8 PM :30	Ext. Makeover (HD)			Dateline NBC						(:18) The Knick (HD)	"Slingshot" ('24) Casey Affleck. (R) (HD)
9 PM :30	High Potential (HD)		Local Programs	Saturday Night Live	(:15) To Be Announced <i>Info unavailable.</i>		9-1-1 (HD)	Kiff Kiff	(:05) "Look Into My Eyes" ('24) (R)	(:02) The Knick (HD)	
10 PM :30	Local Programs	Local Programs <i>Local info.</i>	Special Forces: World's (HD)	Local Saturday Night Live (HD)		"Star Wars: Episode IV - A New Hope" ('77)	9-1-1 (HD)	Kiff		★★★ "Sisters" ('15, Comedy) Tina Fey. (R) (HD)	"Braveheart" ('95, Action) Mel Gibson. (HD)
11 PM :30	Local Programs		Local		SportsCenter (HD)		9-1-1 (HD)	Big City Big City	★★★ "Call Me by Name" ('17)		

JANUARY 11, 2025

SUNDAY

	ABC	CBS	FOX	NBC	ESPN	TBS	USA	DISN	HBO	MAX	PARSHO
6 PM :30	Home Videos (HD)	60 Minutes (HD)	NFL Play NFL on FOX	Football America (HD)	2025 Australian Open "First Round" (Live)	Bang (HD) Bang (HD)	Law & Order: SVU	Big City Big City	★★★ "St. Vincent" ('14)	"Your Number" ('11)	(4:30) "Face/Off" ('97)
7 PM :30	Gears (:31) ★★★ "Marley & Me" ('08, Comedy) Owen Wilson. (HD)	NCIS: Origins (HD)	Simpsons Universal	(:15) NFL Play-offs (Live) (HD)		Bang (HD) Bang (HD)	Law & Order: SVU	"Ralph Breaks the Internet" John C. Reilly.	"Jason Bourne" ('16, Action) Matt Damon.	"Forgetting Sarah Marshall" Jason Segel.	Dexter: Original Sin
8 PM :30		NCIS: Origins (HD)	Burgers Krapopolis			Wipeout	Law & Order: SVU				The Agency (HD)
9 PM :30		NCIS: Origins (HD)	Local Programs			"The Hitman's Bodyguard" ('17) Ryan Reynolds. (R) (HD)	Law & Order: SVU	StuGo StuGo	"Charlie and the Chocolate Factory" ('05)	"Everything Everywhere All at Once" ('22)	Dexter: Original Sin
10 PM :30	Local Programs <i>Local info.</i>	Local Programs	Local Programs	Local Programs <i>Local info.</i>	SportsCenter (HD)		Law & Order: SVU	Hamster Hamster			The Agency (HD)
11 PM :30		Local Programs	Local Programs		SportsCenter (HD)	"Bodyguard"	Law & Order: SVU	Bluey Bluey	(:05) "Wonka" ('23)	★★★ "The Secret" ('20)	Dexter: Original Sin

JANUARY 12, 2025

MONDAY

	ABC	CBS	FOX	NBC	ESPN	TBS	USA	DISN	HBO	MAX	PARSHO
6 PM :30	Local	Local Programs	Local Programs	Local Programs	Monday Countdown	Bang (HD) Bang (HD)	Law & Order: SVU	Big City Big City	(5:55) Bill Maher: Is?	"Paranoia" ('13) (HD)	"The Untouchables" ('87) Kevin Costner. (R)
7 PM :30	(:15) Monday Night Football	Neighbor. Poppa's	Name Tune (HD)	The Voice <i>Hopetuls coached.</i> (HD)	(:15) NFL Play-offs "Wild Card" <i>Team TBA at Team TBA</i> (Live)	Bang (HD) Bang (HD)	WWE Monday Night Raw (HD)	Wizards ZOMBIES	(:05) "The Martian" ('15, Science Fiction) Matt Damon.	★★½ "Machete Kills" Danny Trejo.	Dexter: Original Sin
8 PM :30		NCIS "Trouble with"	The 1% Club (HD)			Bang (HD)		Kiff		(:48) "Inherent Vice" ('14, Crime) Joaquin Phoenix. (HD)	The Agency (HD)
9 PM :30		NCIS: Origins (HD)	Local Programs <i>Local info.</i>	Brilliant Minds (HD)		Dad (HD) Dad (HD)		Kiff Hamster	"He's Just Not That Into You" Ben Affleck.		Dexter Sin
10 PM :30	(:15) Local	Local		Local	Monday	Dad (HD)	Law & Order: SVU	Wizards Wizards			The Agency (HD)
11 PM :30	(:50) Jimmy Kimmel Live (HD)	(:35) Late Show (HD)	Local Programs	(:35) Tonight (HD)	SportsCenter (HD)	Dad (HD)		Bluey		"Bleed for This" ('16)	(:50) The Agency (HD)
		Midnight		Late Night	Sports	Dad (HD)	Race <i>Alaska race.</i>	Bluey	"It Follows"		"Drive Angry"

JANUARY 13, 2025

TUESDAY

	ABC	CBS	FOX	NBC	ESPN	TBS	USA	DISN	HBO	MAX	PARSHO
6 PM :30	Local Programs	Local Programs	(5:00) Local Programs	Local Programs	TGL Golf (Live)	Bang (HD) Bang (HD)	Law & Order: SVU	Big City Big City	(5:15) "Watchmen" ('09) Malin Akerman. (HD)	"The Monster" ('16)	★★★ "Bad Moms" ('16)
7 PM :30	Will Trent (HD)	FBI "Detente" (HD)	Murder Small	Medical Night (HD)		Bang (HD) Bang (HD)	Law & Order: SVU	Wizards ZOMBIES		★★½ "American Renegades" ('18)	Dexter: Original Sin
8 PM :30	High Potential (HD)	FBI: International	Accused (HD)	The Voice (HD)	College Basketball <i>Miami vs Duke</i> (Live) (HD)	Bang (HD) Bang (HD)	Law & Order: SVU	ZOMBIES Kiff	The AFC North	(:46) "Black Christmas" ('19) (HD)	"The Fabulous Four" ('24) (HD)
9 PM :30	The Rookie (HD)	FBI: Most Wanted	Local Programs <i>Local info.</i>	The Irrational (HD)		Bang (HD) Bang (HD)	Law & Order: SVU	Kiff Hamster	The AFC North		
10 PM :30	Local	Local		Local	College Basketball <i>Baylor vs Arizona</i> (Live)	Jokers Family	Law & Order: SVU	Raven Home Raven Home	"Balls Out" ('15) Jake Lacy. (HD)	(:19) ★★ "Morgan" ('16) Kate Mara. (R) (HD)	★★★ "Crazy, Stupid, Love." ('11) Steve Carell.
11 PM :30	Jimmy Kimmel Live	(:35) Late Show (HD)	Local Programs	(:35) Tonight (HD)		Family Family	Law & Order: SVU	Bluey Bluey			The Agency
	Nightline	Midnight		Late Night	Sports				AFC North		

JANUARY 14, 2025

WEDNESDAY

	ABC	CBS	FOX	NBC	ESPN	TBS	USA	DISN	HBO	MAX	PARSHO
6 PM :30	Local Programs	Local Programs	(5:00) Local Programs	Local Programs	NBA (HD) (:43) NBA Basketball <i>New York vs Philadelphia</i> (Live) (HD)	Bang (HD) Bang (HD)	SVU (HD)	Big City Big City	"Beetlejuice Beetlejuice" Michael Keaton.	"The Kill Team" ('19)	"Tropic Thunder" (R)
7 PM :30	Gears Elementary	The Price Is Right at	MasterChef (HD)	Chicago Med (HD)		All Elite Wrestling: Dynamite	Law & Order: SVU	Wizards ZOMBIES		"A Private War" ('18) Rosamund Pike. (R) (HD)	"Jack Reacher" ('12, Crime) Tom Cruise. (HD)
8 PM :30	Celebrity Jeopardy!	Raid The Cage (HD)	Ramsay's Food Stars	Chicago Fire (HD)			Law & Order: SVU	Kiff	Update Family (HD)		
9 PM :30	What Would You Do?	Elsbeth (HD)	Local Programs <i>Local info.</i>	Chicago P.D. (HD)	NBA Basketball <i>Miami Heat at Los Angeles Lakers</i> (Live)	Jokers Family	Law & Order: SVU	Kiff Hamster	An Update (:45) Update Family	"Free Fire" ('17) Sharlto Copley.	"Mission: Impossible Ghost Protocol" ('11) Tom Cruise.
10 PM :30	Local	Local		Local		Family	Law & Order: SVU	Raven Home		(:22) ★★½ "Ismael's Ghosts" ('17)	
11 PM :30	Jimmy Kimmel Live	(:35) Late Show (HD)	Local Programs	(:35) Tonight (HD)		Family	Law & Order: SVU	Bluey	★★ "Neighbors 2: Sorority" ('16)		"Murder Co."
	Nightline	Midnight		Late Night	Sports		SVU (HD)	Bluey			

JANUARY 15, 2025

WEDNESDAY

7:00pm

PARSHO Jack Reacher ★★★ (2012, Crime) Tom Cruise, Rosamund Pike. A homicide investigator takes his job to another level while trying to figure out why a trained military sniper shot five innocent individuals. PG-13 (HD)

9:00pm

CBS Elsbeth "Diamonds Are for Elsbeth" After an employee at New York's most exclusive jewelry store is found dead, Elsbeth and the team dig into the case and discover a daring gala heist. TV14 (HD)

Opinion and Commentary

Healthy habits can help prevent spread of germs

It’s that time of year again...when it seems everyone is coming down with a cold, a “bug” or the dreaded flu. To help keep yourself and family healthy and to prevent the spread of illness-causing germs, Southern 7 Health Department urges everyone to follow a few simple, health tips.

Wash your hands. You should wash frequently with water and soap for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub containing at least 60 percent isopropyl alcohol.

Avoid touching your face. Try not to touch your eyes, mouth, or nose with unwashed hands.

Cough and/or sneeze into your elbow. Be sure to practice this healthy habit to avoid germey hands.

Wipe down and disinfect high-touch surfaces such as door-knobs, light switches, tabletops, countertops, bathroom sinks, toilets, faucet handles, shopping cart handles and gas pump handles. It’s a good idea to keep a bottle of hand sanitizer in your vehicle to use after pumping gas.

Disinfect hard, nonporous surfaces in your vehicle, including cup holders, steering wheel, door handles, seat buckles, and radio knobs as permitted by the manufacturer’s instructions. Always follow manufacturer’s instructions for cleaning and disinfecting of electronics.

Maintain your space between yourself and others keeping 6 feet of distance whenever possible. Try to avoid close contact with people who are sick.

Wear a face mask to help reduce your chance of inhaling viral particles or spreading a virus to someone who may have a weakened immune system.

Boost your immune system. Proper diet, hydration, exercise and sleep are all needed to maintaining good health. While a strong immune system doesn’t prevent you from getting sick or passing a virus on to others, establishing these habits are beneficial to help maintain your physical health during cold and flu season.

Stay home when you’re sick.

“Since we are now at the peak of the flu and cold season, we need to stay vigilant in preventing the spread of illness-causing germs,” said Kimberly Laird, RN and communicable disease program manager for Southern 7 Health Department. “Covering your mouth when coughing and/or sneezing can decrease the chance of directly sharing a respiratory illness with your loved ones. Flu viruses can live on surfaces for up to 48 hours, so wiping down high touch surfaces and frequent hand washing, or use of a hand sanitizer, can help minimize the indirect spread.”

By remembering to follow these tips we can help protect ourselves and others from colds and the flu and help stop the spread of germs. For those who are unvaccinated, public health officials note that it’s not too late to get vaccinated. It takes about two weeks for vaccinations to provide their full level of protection. Getting shots now will offer protection through the cold and flu season that lasts into the spring.

To schedule your vaccination appointment with Southern 7 Health Department, or for more information, call 618-634-2297 or download the Southern 7 app.

Set goal of living healthy

If you’ve notice those holiday treats are still showing up on your bathroom scale, now is a good time to set a goal of living healthier.

People who maintain a healthy lifestyle reduce their risks of diabetes, heart disease, stroke, cancer and joint pain.

If your New Year’s resolution is to make 2025 the year to lose weight and stay healthy, Southern 7 Health Department and the CDC offer some living healthier advice for staying committed to your goals past the end of January.

The first thing to do is to start with a plan. Living healthy isn’t about following a diet or program; it includes a lifestyle with healthy eating patterns, regular physical activity and stress management.

Start any health regimen by talking to your healthcare provider. Remember, what works for others might not work for you. Sleep, age, genetics, diseases, medications and environments may also contribute to weight management.

Make a commitment and write it down. Whatever your reason for losing weight or living healthier post these reasons where they serve as a daily reminder of why you want to make the change.

One of the best tools is accountability. Write down everything you eat and drink for a few days in a food and beverage diary. Tracking physical activity, sleep and emotions can also help you understand current habits and stressors.

Examine your lifestyle. Identify things that challenge your weight loss efforts such as little time built-in for exercise and high-calorie or sugary foods in the workplace.

If you have a chronic condition or a disability, ask your healthcare provider for resources to support healthy weight and ask for a follow-up appointment to monitor changes in your weight or any related health conditions.

Be realistic in your goals. People with gradual, steady weight loss (about one to two pounds per week) are more likely to keep the weight off than people who lose weight quickly.

Setting unrealistic goals, such as losing 20 pounds in two weeks, can leave you feeling defeated and frustrated. Expect occasional setbacks and get back on track as quickly as possible; thinking about how to prevent setbacks in similar future situations.

Don’t go it alone. Find family members or friends who will support your efforts. Coworkers or neighbors with similar goals might share healthy recipes and plan group physical activities. Joining a weight loss group or visiting a healthcare professional such as a registered dietitian may also help.

And finally, reward yourself for your successes. Recognize when you’re meeting your goals and be proud of your progress. Use non-food rewards, such as a bouquet of fresh flowers, a sports outing with friends or a relaxing bath. Rewards help keep you motivated on the path to better health.

For more ways to live healthier, visit www.cdc.gov or contact Southern 7 Health Department at 618-634-2297 for more information. You can follow Southern 7 Health Department on Facebook and Instagram to share these tips with others.

Please read this... No internet means using 'dic•tion•ar•y'

By Geof Skinner

Let’s start with a few Critter Sighting Updates...and then move on the “good stuff”...

A whole of black birds (starlings?) cooling off in a pool of water on an icy winter afternoon. Yup. Monday afternoon. I can see them out the window while I am crafting this week’s gem. I’m not sure that my idea of a good time would be a dip in the pool when it’s 20 degrees outside. Maybe it’s some kind of Polar Plunge thing for birds...

Two birds in a bush... One bird in a bush... A flock of water-fowl (geese, maybe) flying overhead. A squirrel with a feast in its face. Yup. Yup. Yup. Yup. Please see the captions for the photographs...

Oh, one more...pileated woodpecker in a neighbor’s ice-covered tree. Yup. Monday afternoon.

Meanwhile...

Ice.

“Water frozen solid.”

Which pretty much defined the coating on my car Monday morning.

The definition of the word “ice” was found in “The American Heritage College dic•tion•ar•y Third Edition,” which is one of the resources on the shelf next to my desk at The Home Office.

I worked at The Home Office last Monday afternoon in the aftermath of the exciting winter storm which we experienced over the weekend in our little corner of the world.

I had to use the old school dic•tion•ar•y because our internet access was temporarily (I hope) unavailable due to the aforementioned winter storm, which certainly had to be our highlight for last Sunday. I think the dic•tion•ar•y was picked up at a book sale.

Under “normal” circumstances, to find the definition for a word, such as “ice,” your intrepid writer would have just paid



Just one bird in a bush...a lone cardinal spotted on a recent winter afternoon.



So many choices...a squirrel faced a virtual smorgasbord...and decided to start with morsels in the bird feeder on the right. We can only assume that the birds that should have been snacking at the feeders were in a bush somewhere...

a visit to the internet, done a Google search for the word...and voila...done.

By the way, did you know that “voila” is a word which means “Used to call attention to or express satisfaction with a thing shown or accomplished”? To be honest, I’d never given much thought to what “voila” actually meant. I just used it...

Anyway...

Given the weather that we had over the weekend, ice seemed like a cool word to write about...

The ice which Mother Nature was kind enough to share with us set the stage for a rather noisy Sunday afternoon, evening and night in our little corner of the world.

Branches on trees coated in frozen precipitation gave way with SNAPS, CRACKS, WHOOSHES and THUDS when they hit the ground.

The snapping/cracking/whooshing/thudding branches were accompanied by intermittent power outages in our humble abode...

...and the internet was coming and going, too...

...until it just went. Period. As of Monday afternoon, when this was being typed, we still had no internet...

Which meant that I had to use the dic•tion•ar•y. And it turned out to be OK. I did, however, read in the Preface to the publication that the “ideal dictionary takes full advantage of the resources of the present.” If that truly were the case, then it should have given me access to the internet...

We’ll finish things this week (thank goodness) with another thought or two about last Sunday’s weather...

With ice coating the landscape and the temperature somewhere in the 30s, how was it possible that at about 1 p.m. that we saw lightning and heard the rumble of thunder?

That’s all for now folks. Stay warm...



A whole bunch of birds...not in a bush...up the sky...they were spotted on a recent daily walkabout.



Two birds in a bush...which brought to mind a fellow traveler on The Journey Through Life who once toiled at The Paragraph Factory. He often gave me a good-natured hard time about taking pictures of birds in bushes...



January sunset
A setting sun in a sky partly covered in clouds created a colorful end to the day and a striking landscape west of Cobden last Friday evening.