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901 S. Hamilton, Sullivan
NEW ON MARKET! Stately 2-story Georgian brick well maintained and LOTS of character! Many original, beautiful features are still in tact. Spacious backyard, deck, four-season room and MAN CAVE too!! \$169,900. Call Trisha. Dir.: Rt. 121 to south on 32 to Sullivan.



2802 S. Mt. Zion Road, Decatur
Stunning ranch home in MZ schools! Spacious 3-season room overlooks nearly 1 acre of gorgeous landscaping. Gourmet kitchen. Wolf appliances and range hood, hickory floors, quartz countertops, 5-car attached garage!! Located down a shaded, private lane. Den/Library could be 4th bdr. \$429,900. Call Paula.



1515 August Hill, MZ
Just Listed: New construction, S.A. Lewis built townhome with lots of upgrades! Granite counters, under cabinet lighting, 3 bdr., luxurious master with sleeping tub and Mediterranean walk-in shower! \$244,900. Call Paula.



664 Antler, MZ
SHARP, soaring ceilings, sun room, 3 1/2 baths, kitchen island, full, finished, LL with wonderful windows overlooking beautiful backyard and multi-level deck! \$179,900. Call Paula.



121 South Shore Drive
REDUCED! 3 FP! Ranch style with adorable "upper room" could be 4th bdr or FR. LOTS OF HARDWOODS! Full bsmt, large patio, fenced backyard. \$79,900. Call Paula.



4030 Kruse Road, MZ
This raised ranch with a w/b basement sits on 1.3 acres w/a fully stocked pond, unique 13 sided gazebo w/wrap around deck. 2nd floor bath is 10'6x10'10. New poured concrete floor in the oversized two car garage and new air condition (2016). Open kitchen, dining and family room on main level. Lower level has an addition mini kitchen. \$147,000. Call Trisha.



635 Woodland Drive
Situated in the heart of MZ. 3 bdr., 2 bath property with spacious yard, new siding and windows, totally remodeled inside and out! \$117,900 Call Paula.



427 Shonna Drive, MZ
Immaculate Mt. Zion ranch with 3 bedrooms, sliders to spacious, privacy fenced backyard, fireplace, nice landscaping! All new flooring and lots of fresh paint! Large Patio. UPDATED BATH, brand new dw, mw and disposal! \$89,900. Call Paula.



4001 E Hickory, Decatur
Spacious ranch with 5 bdr is walking distance to the lake. Many updates including roof, furnace, AC, flooring. Oversized garage with 220. 4 season room too! \$84,900. Call Trisha.



1015 N. State Hwy. 121, MZ
Commercial Property. REDUCED! Fantastic commercial opportunity in the heart of MZ. 3800 sq. ft. retail/showroom??? all one level. Additionally 1.9 acres of land plus over 10,000 sq. ft. of warehouse, 200 ft. of road frontage. \$299,900. Call Paula.

Antibiotics – You Don't Always Need Them

The Illinois Department of Public Health (IDPH) is recognizing U.S. Antibiotic Awareness Week, November 13-19, 2017, to help decrease the misuse of antibiotics and protect people from the dangers of antibiotic resistant bacteria. Antibiotics do NOT cure viral infections such as colds, flu, most sore throats, most coughs and bronchitis, many sinus infections, and many ear infections.

"Antibiotics are crucial in treating many diseases. However, when antibiotics are used incorrectly or unnecessarily, which happens more than 50 percent of the time according to the Centers for Disease Control and Prevention (CDC), bacteria become resistant to antibiotics," said IDPH Director Nirav D. Shah, M.D., J.D. "As bacteria become more resistant to antibiotics, those bacterial illnesses will be more difficult to treat or untreatable."

According to the CDC, each year in the United States at least 2 million people become infected with bacteria that are resistant to antibiotics, and at

least 23,000 people die as a direct result of these infections. Since 2012, IDPH has maintained antibiotic stewardship initiatives engaging health care facilities across the state. This November, Illinois' program is expanding its focus to dentists, who comprise the fourth-highest antibiotic prescribing group in the United States. In addition to distributing antibiotic prescribing guidelines and patient education materials, IDPH will conduct a survey of Illinois dentists to learn what they are doing to improve their antibiotic prescribing practices and what challenges they face in doing so.

How can you help prevent antibiotic resistance:

- Do not ask for antibiotics when your health care provider thinks you do not need them. Antibiotics don't cure all diseases. They also have side effects, and may do more harm than good.
- Do not share or use leftover antibiotics; only take antibiotics prescribed for you.
- Do not save antibiotics for future illnesses. Talk to your pharmacist about safely

discarding leftover medicines.

- Do ask your health care provider if there are other steps you can take to feel better without using an antibiotic. Sometimes the best treatment may be relieving your symptoms.
- Do take antibiotics exactly as your health care provider prescribes. Do not skip doses or stop taking the course of antibiotics prescribed to you, even if you start to feel better.
- Do stay up to date on your recommended vaccines. Vaccines help prevent infections and keep diseases from spreading.
- Do wash your hands regularly. Cleaning your hands helps stop the spread of disease and protect yourself from illness.

It can be difficult to tell the difference between a common cold and a bacterial infection. Check with a health care professional if:

- Symptoms last more than 10 days without improvement
- Symptoms are severe or unusual
- A child younger than three months has a fever

Wise and Otherwise

By Kent A Stock

WHAT IS THIS DISCOUNT OF WHICH YOU SPEAK?

I dug this out of the Wise and Otherwise archives. Hope you enjoy!

Have you ever had an innocuous question tossed at you out of the blue that just leaves you stammering? Of course I sometimes get stumped when people ask my name and address. The mind just goes blank but this is a little different, I was not sure how to respond appropriately.

In line at the grocery store, my items were scanned and bagged when the very young (aren't there child labor laws around here?) asked me if I wanted the Senior Citizens Discount. I did one of those look around things first as if she must be talking to someone else. Nope she is looking right at me so I did my usual stuttering and stammering gibberish before going to my last resort when I am uncomfortable or confounded – maniacal

laughter.

I asked her "how old do you think I am?" which was stupid because she obviously thinks I'm old enough for the discount. "Is it the gray hair?" I ask still laughing like a hyena which I'm sure made the check-out girl, who was probably 20 after all but kids these days look so young, think "you are not just old but crazy." I continued my fun banter about age which probably did offend the lady two carts back who was at least 117.

I'm doing all this because I panic thinking do I look 65? 60? 55? Amazingly enough as we age I don't think I look that age at all. Other people do but not me! Just kidding so now I am holding up the line of the rest of us old fogies trying to understand this inquiry which had thrown me for a loop when I saw the sign – Senior Citizen Discount 50 and over.

I suddenly felt better about her question but worse about my

reaction. So, to make matters worse, I then go on to explain that I'll be 50 in ten months. Oh, and I apologized but I was still chortling as she started helping me put things in the cart. I'm sure if she'd had a panic button she would have pressed it by now so she thought get the loony bird out of my line, 49 or not!

I wasn't mad or offended and I did find the episode amusing. I think dumbfounded is the word I'm searching for. I certainly was found to be dumb I'm positive. Thank goodness she did not ask for my name and address so she could put a tag on me, call my relatives to come save me as I'd escaped. I'm sure I could not have come up with that either. That's what happens when you get to be my age I guess. Now I'm just bummed that I did not get my discount and saved that ninety-six cents – ten more months and I'll be back you young whippersnapper.

Delta Dental of Illinois Foundation Awards More Than \$175,000 to Organizations that Improve Illinois Children's Oral Health

Through its Community Grants Program, Delta Dental of Illinois Foundation, the 501(c)(3) charitable arm of Delta Dental of Illinois, awarded more than \$175,000 to 19 nonprofit and community organizations with programs and services that improve children's oral health in Illinois.

"In the past five years, Delta Dental of Illinois Foundation has awarded nearly \$800,000 in community grants to organizations throughout the state that share our mission to improve children's oral health. We are honored to partner with this year's recipients and help support their work to tirelessly provide oral health care and education to Illinois children, many who wouldn't otherwise have this access," said Lora Vitek, director of philanthropy and community relations for Delta Dental of Illinois Foundation. "Too many children in Illinois don't receive the dental education and care they need, and therefore, do not routinely practice preventive oral health behaviors and suffer from untreated cavities and more serious oral health problems."

The following organizations received grants from Delta Dental of Illinois Foundation to improve the oral health of Illinois children by providing access to dental health care and education.

Bond County Health

Department, Greenville:

The grant will help Bond County provide preventive services to 500 more children. It will support the purchase of another hygiene chair and equipment, as well as the installation of an additional counter and sink in the current office space.

Chicago Dental Society Foundation, Chicago:

The Chicago Dental Society Foundation will use the grant to help fund a patient outreach coordinator position. The coordinator will work with local organizations to support homeless children, specifically helping them access needed oral health care services and identifying and vetting dental providers who are willing to provide specialty services at no cost.

Chicago Family Health, Chicago:

Chicago Family Health (CFHC) will use the grant to hire a new bilingual dental hygienist whose time will be split between CFHC's Chicago Lawn and East Side locations. Chicago Lawn is experiencing increased demand for pediatric dental services because of a new partnership with Chicago Public Schools, and East Side is at capacity and unable to meet the community need for dental services.

Hancock County Health Department, Carthage:

The grant will help provide more operatory capacity for the Hancock County Health Department by enabling the department to purchase necessary equipment to make an additional operatory fully functional. The operatory will significantly reduce wait times for patients completing treatment plans.

Heartland Head Start, Bloomington:

Heartland Head Start is a

federally funded program providing comprehensive services to more than 200 low-income children and families in McLean and Livingston Counties. This grant will provide support for restorative dental care for older siblings of Heartland Head Start children.

Howard Area Community Center, Chicago:

The grant will help the community center treat more than 75, 3- to 5-year-old patients on-site. The on-site visits are critical to help children become more comfortable at a dental office as most are used to being treated in the mobile dental clinic.

Illinois State Dental Society Foundation, Springfield:

The grant will help support the Illinois Mission of Mercy (MOM), a two-day event that provides free dental care to patients who otherwise do not have access to care. The 2018 IL MOM is scheduled for July 20-21, 2018 at the Bank of Springfield Center in Springfield. The goal is to see 400 children during the two-day period.

Infant Welfare Society of Chicago, Chicago:

The Infant Welfare Society (IWS) will use the grant to help support its pediatric oral health care home program, which is focused on providing children access to health care education, prevention and treatment. The IWS program starts by offering prenatal oral health care, where expecting mothers are educated on the importance of establishing their child's dental home before age 1 and the correlation between maternal periodontal infection and adverse pregnancy outcomes.

Loyola University Medical Center, Chicago:

Loyola will use the grant to purchase a handheld dental (Continued on Page 5)

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