

Simple and Sustainable Ways to Become a Healthier You in 2019 cont'd from pg. 3

rots, bell peppers, Brussels sprouts, and eggplant. Veggies like cauliflower, broccoli, carrots, and Brussels sprouts are delicious when roasted in the oven, and sautéing cabbage, bell peppers, and eggplant brings out their natural flavors. Finally, start any meal with a simple salad of mixed greens to help you meet your veggie quota.

Try lettuce wraps instead of bread. Iceberg, green leaf, or butter lettuce make a surprisingly delicious bread substitute. Use them in place of bread for your next sandwich. Nestle burgers or grilled chicken inside a lettuce "cup" in place of hamburger buns, and carefully wrap deli meats and toppings into a low-carb lettuce sub sandwich and secure it with wax paper and a piece of tape. Then tear the paper away as you eat.

Eat veggie noodles in place of pasta. For a great pasta substitute, sample the veggie noodles trend. Veggie noodles are a delicious, lower-carb option that can be eaten in place of grain-based

pastas. A kitchen tool called a "spiralizer" quickly and easily turns vegetables into "noodles," or you can use a standard vegetable peeler for a similar result. For even more convenience, you can now find these spiralized veggies in the freezer or produce section of many grocery stores. Try noodles made from zucchini, sweet potato, carrot, or spaghetti squash. Top them with chili, Bolognese sauce, or use them to make a cold "pasta salad" or noodle dishes like Pad Thai. Hint: You can also try cauliflower, butternut, or broccoli "rice" in place of regular rice for a lower-carb option.

Schedule in exercise five days a week. What you write on your calendar and allot time for is more likely to get done. Your workouts don't have to be extra rigorous to be effective. Just taking a brisk 30-minute walk each day—or at least five times a week—is a great way to get your heart rate up and kickstart weight loss and improved health. Of course, if you'd like to take up run-

ning or sign up for a cardio class, go for it! But if you are sedentary, it's important to start slow and build up your endurance so you can maintain your new routine!

But don't do ONLY cardio. Get in some strength training too (even if you're watching TV at the same time). Strength or resistance training makes your body more sensitive to insulin and can lower blood glucose. It also helps to maintain and build strong muscles and bones. The American Diabetes Association recommends doing some type of strength training at least two times

per week. Activities include using weight machines, free weights at the gym, or resistance bands; exercises that use your body weight to work your muscles like squats, lunges, planks, wall-sits, and push-ups; or activities that build and keep muscle like heavy gardening.

Do at least some of your exercise outdoors. There's nothing wrong with going to the gym, but if you're feeling unmotivated to do your normal indoor routine, take your workout outside. The fresh air is invigorating, and studies show that being in nature decreases stress and

promotes positive emotions. So be sure to trade out some of your time on a treadmill for a walk or jog in a local park. Or do lunges, push-ups, and other strength training in your backyard for a change of scenery.

Shake up your sedentary workday every chance you get. Sitting at a desk all day can negatively impact your health. If the nature of your work causes you to be sedentary for eight hours a day, look for chances to build more movement into your day. For example, take a ten-minute walk after lunch, get up and move a little each

hour (even if it's just a walk to the water fountain or restroom), park farther away than you normally would, take the stairs instead of the elevator.

There's no reason your New Year's resolutions have to be painful, punishing, and ultimately unsustainable. Making more manageable changes—that you will actually enjoy—is a better game plan for success. Make 2019 the year you finally shift into a healthier lifestyle and start moving toward building a better you.

Health Points: What Do you Need to Know About Your Private Septic System?

By Lana Sanstrom, LEHP

When it comes to waste generated in the bathroom or even the water from the kitchen sink, most people are just glad to have it leave their home. It seems like people are always caught at the most unexpected and vulnerable time when the urgent problem of sewage back-up occurs in their home. The last situation anyone wants is to have sewage flowing back into their house through the basement, the bathtub, a sink or from a toilet which will not drain. This back-up can occur because the septic tank is not able to empty fast enough because it is too full in the first place. It is also possibly due to the seepage field possibly being flooded by a seasonal high water table or not being sized correctly from many years ago.

A temporary fix for an overflowing septic tank can sometimes be accomplished by having the septic tank pumped which should be done every 3-5 years anyway to remove the sludge. This keeps the tank operating and gives the seepage field time to heal itself as the seasonal high water table lowers. An old system may have to be replaced, but this will buy the homeowner some time until that decision can be made.

The following is a list of some other septic system "do's and don'ts".

DO
Do have your septic system pumped out every 3 to 5 years. There are licensed pumpers who do this; contact the health department if assistance is needed in locating one.

Do make certain your septic system is up to code. The health department has a record of most septic systems installed back to 1976 if you cannot locate yours or have no knowledge of its size or layout. When requesting information, it is helpful to have the original owner's name and have an idea of the construction date. With 911 addressing not being in use prior to the early 1990s, it is hard to determine the correct septic system paperwork with a Rural Route # or directions to a house 2 houses east of "the old school house"! Keep a drawing of your septic system for reference for when emergencies arise.

Do conserve water to prevent overload to your system. A leaky faucet can cause too much water to flood your septic system.

Do know the procedures for making repairs or remodeling your system. In Douglas County, to renovate your septic system, you MUST have a permit.

DON'T
Do NOT use a garbage disposal without checking with your local ordinances, your system manufacturer, AND your contractor to insure your septic system can handle the additional waste. If the house did not have a garbage disposal at the time the system was installed, the tank may not be large enough. The disposal is only meant for small particles of food that make it to the drain; throw garbage in the trash not down the sink.

Do NOT allow excess water from drains, pumps, or drainage paths to filter into your septic system.

Do NOT drive over or park on top of your septic system. Definitely do not build, pour concrete, or place a deck/patio over a septic system.

Do NOT dump non-biodegradables into your toilet or drain. Chemicals, grease, gasoline, oil, paint, pesticides, antifreeze, and other chemical liquids will cause dangerous run-off from your system as well as kill the microbes that make your septic system function

When there haven't been large amounts of rainfall and any of the following are noticed, your system should be evaluated for possible failure. Sometimes it can be as simple as having your septic tank pumped to remove a buildup of sludge, but older systems may need replaced.

sluggish drains
sewage backing up into your home through the plumbing
outdoor odors
sewage surfacing onto the ground surface
presence of algae growth or black slime on the ground surface in the seepage field

For further information contact the Douglas County Health Department at 217-253-4137. Septic permit applications, lists of soil evaluators working in Douglas County can also be obtained by viewing "http://www.DCHHealth-Dept.org"www.dchealthdept.org .

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Koss: building a better future for VG cont'd from pg. 1

to an alderman. Talk to Cassandra...she'll put you to work! <laughing> We all really need to have pride and make it (Villa Grove) a nicer town.

<vgnews> I think that beautify Villa Grove is a great idea, but it takes money.

<BK> Money and time and people to put in the effort! The Christmas Tree Lighting Festival had more volunteers the second year than the first, for example.

<vgnews> That's a great example of what we've been talking about, though. Kristy and Tyler Bird found something that they're passionate about and they took it and ran, right?

<BK> Things like that help the businesses bring more people into town. When people come in, they need to say "Hey, this is a nice looking town." At night, when you look down Main Street, with the tree decorated, it

looks really good.

<vg news> And that takes volunteers, right? It sometimes seems like it's the same few people who are always out there, volunteering.

<BK> People don't realize all that happens in the city. The city workers do a lot. Somebody said "Well, they're just riding around in the truck," and they are, but they're on their way to do something. You don't seem them down in that mud hole or riding that mower.

Changing directions a little bit, what are some of your favorite memories of growing up in Villa Grove?

The Res is a good memory! Playing at Henson Park is a good memory. The rope and the sand beach at the Res (John Leon Reservoir) were great!

Where did you grow up, here in town?

Down on the south side of town, on Arthur Street.

Who was your favorite teacher in school? Did you like any of them?

I took building and trades. Serge was pretty good.

You had Serge?

Yes, I had Serge. There were a few good teachers along the way. Mr. Coleman, Mr. Mitchell. I couldn't wait to get out of school, though! <laughing>

<vgnews> There are so many, probably hundreds of young men, I don't remember any young ladies, whose careers got their starts in Mr. Sergeant's Building and Trades class.

<BK> When they were building the houses out at Pheasant Pointe, I went out and volunteered a bit with Phil (Durland) and there were two young ladies working on those projects. I volunteered a bit when they were building the Masonic Lodge down south of town, too.

Did you play sports?

No, I didn't play sports. I was out working. I was always with dad, working on somebody's house or rental properties or out painting.

How come you stayed in Villa Grove?

I don't really know. The people are friendly. My graduation was in June, and you had to have your diploma by May to join the union, so I went to work for Jim Fish and Rock Hudson at Kaiser and never left.

Is there anything you would like to add?

If people want to come out, there are things for people to do. Greg Harbin and I can come up with all kinds of things that we need to do. <laughing> When Greg and I get together that's what we do, just sit around talking about all the things we need to do around town!

Douglas County Agriculture: Staying busy in the cold months cont'd from pg. 1

ourselves a grassroots organization. The policy discussion comes from the bottom up as the counties surface proposed changes and additions to our policy book. A president from each of the 18 districts in the state serves on a resolutions committee to look at these proposals and forward them on to the Annual Meeting. In Chicago, representatives from every county debate the proposals that will make up the policy book. That book is 100 pages long and deals with just about anything that affects farming and rural life. It gives us and our representatives a template to follow in our discussions and lobbying for the coming year. The process will start all over again in March when a

new Resolutions Committee is appointed.

In Chicago we were lucky to hear from US Secretary of Agriculture Sonny Perdue. He spoke to the delegates for half an hour and ate lunch with some of our people as well. The Secretary has been very visible in the Corn Belt at meetings and conventions. He was of course upbeat about resolving trade problems and passing a Farm Bill out of the US Congress. We have seen progress on both fronts. A Farm Bill did get passed in Congress and China is back in the market for our soybeans. The markets were not impressed with the trade news and actually went down a dime the day the first sale was announced. I have

not seen a good summary of the Farm Bill and can't give an opinion on what the good and bad parts are.

An important winter chore for farmers is checking the grain we have stored on farm. We try to look at our grain bins about every two weeks and make sure the contents are in good shape. The bins we can get into we walk around in feeling the grain for moisture and heat. Some are so full we just open the roof hatch and look in. Those need to be emptied

first since they can't be reliably checked. On cold nights you can sometimes hear aeration fans running as farmers cool the stored grain closer to the outside temperature.

Thank you for reading about Douglas County Agriculture this month. Have a Merry Christmas and a very Happy New Year!

Larry W. Dallas
President
Douglas County Farm Bureau

LEGAL NOTICE

IN THE CIRCUIT COURT OF THE SIXTH JUDICIAL CIRCUIT OF ILLINOIS
DOUGLAS COUNTY
MORTON COMMUNITY BANK, An Illinois Banking Corporation, Plaintiff,

v.
BRIAN P. WHITE a/k/a BRIAN WHITE, SUSAN M. WHITE a/k/a SUSAN WHITE, UNKNOWN OWNERS and NON-RECORD CLAIMANTS, Defendants.
Case No. 18-CH-21

NOTICE OF SHERIFF'S SALE PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure entered by the Court in the above entitled cause the property hereinafter described or so much thereof as shall be sufficient to satisfy said judgment, will be sold to the highest bidder.

1. The name, address and telephone number of the person to contact for information regarding the real estate is: Lynne M. Binkele, Benckendorf & Benckendorf, P.C., 101 NE Randolph Ave., Peoria, IL 61606, (309) 673-0797.
2. The common address and other common description, if any, of the real estate is: 1015 S. Eastview Drive, Tuscola, Illinois 61953.
3. The legal description of the real estate is: Lot 17 in Meadow View Subdivision, according to the Plat thereof recorded in Plat Book 1, Page 544, Douglas County, Illinois; P.I.N.: 09-08-02-106-008.
4. A description of the improve-

ments on the real estate is: single-family residence.
5. The real estate may be inspected prior to sale at the following times: This property will not be open for inspection.
6. The time and place of the sale are: January 22, 2019, at 10:00 a.m., at the Douglas County Courthouse.
7. The terms of the sale are: This is an "AS-IS" sale for cash. The successful bidder must deposit 10% down by certified funds and pay the balance by certified funds within 24 hours.
8. Title will be conveyed subject to rights of tenants in possession, all general unpaid real estate taxes, special assessments, if any, easements and restrictions of record, and all liens not terminated by the Judgment of Foreclosure entered herein. This property is offered for sale without any representation as to sufficiency of title and without recourse to Plaintiff. The successful purchaser has the sole responsibility and cost of evicting any tenants or other individuals presently in possession of the premises.
MORTON COMMUNITY BANK, An Illinois Banking Corporation, Plaintiff,
By: /s/ Lynne M. Binkele
LYNNE M. BINKELE
One of Plaintiff's Attorneys
Benckendorf & Benckendorf, P.C.
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