

DOUGLAS COUNTY COURTHOUSE NEWS

(Editor's note: The following is a report of the traffic tickets, criminal charges, and law and divorce cases filed within the past week at the office of the Douglas County Circuit Clerk in the Courthouse, Tuscola.)

Tickets and cases covered were issued to or filed against residents of Douglas, Moultrie, and Piatt counties and towns within the circulation area of this newspaper.

Real estate transactions listed below were filed in the office of the Douglas County Clerk during the same weekly period.)

Traffic Tickets
Wyatt J. Harper, 21, of Urbana was ticketed December 17 for driving while license is revoked on Harrison Street at Oak Street in Villa Grove. Ticket was filed December 20.
Tameka N. Hamilton, 28, of Mattoon was ticketed December 18 for operating an uninsured motor vehicle on Main Street at Sheldon Street in Arcola. Ticket was filed December 21.

Austin L. Lawrence, 21, of Mattoon was ticketed December 21 for operating an uninsured motor vehicle on Route 133 at Jefferson Street in Arcola. Ticket was filed December 21.

Meghan M. Creech, 37, of Paris was ticketed December 22 for speeding 70 mph in a 55-mph zone westbound on U.S. 36 one-fourth mile east of Brushy Fork River in Newman. Ticket was filed December 26.

Damon A. Daugherty, 24, of Paris was ticketed December 22 for speeding 71 mph in a 55-mph zone eastbound on U.S. 36 at Brushy Fork River in Newman. Ticket was filed December 26.

Gregory A. Grubb, 49, of Union, Missouri, was ticketed December 22 for speeding 69 mph in a 55-mph zone eastbound on U.S. 36 at the bridge in Newman. Ticket was filed December 26.

Lisa K. Price, 48, of Homer was ticketed December 22 for speeding 76 mph in a 55-mph zone westbound on U.S. 36 at Brushy Fork River in Newman. Ticket was filed December 26.

Diana Strain, 29, of Sullivan, Indiana, was ticketed December 22 for speeding 69 mph in a 55-mph zone westbound on U.S. 36 at City Line Road in Newman. Ticket was filed December 26.

Jason L. Beech, 22, of Charleston was ticketed December 26 for speeding 75 mph in a 55-mph zone on County Road 1505 North at U.S. 45 in Tuscola. Ticket was filed December 27.

Wayne Donald Berry, 53, of Villa Grove was ticketed December 23 for failure to reduce speed to avoid an accident southbound on Route 130 at County Road 1150 North in Camargo Township. Ticket was filed December 26.

Frank Rodger Minelli, 34, of Scranton, Pennsylvania, was ticketed December 22 for speeding 87 mph in a 55-mph zone and driving while license is suspended west-

bound on U.S. 36 at County Road 400 East in Garrett Township. Tickets were filed December 26.

Tony W. Imgram, 25, of Chicago was ticketed December 26 for driving while license is suspended on County Road 850 East at U.S. 36 in Tuscola. Ticket was filed December 27.

Ronald R. Violante, 21, of Broadlands was ticketed December 22 for driving with no valid driver's license (expired seven months) and failure to wear seatbelt on U.S. 36 at Park Road in Newman. Tickets were filed December 26.

Jason L. Beech, 22, of Charleston was issued an ordinance violation on December 26 for possession of cannabis less than 10 grams on County Road 1505 North at U.S. 45 in Tuscola. Violation was filed December 27.

Jacob L. Schmidt, 35, of Decatur was ticketed December 23 for driving while license is suspended on Route 133 at Jacques Street in Arcola. Ticket was filed December 26.

Tami J. Haines, 35, of Camargo was ticketed December 22 for speeding 74 mph in a 55-mph zone eastbound on U.S. 36 at West Newman Bridge in Newman. Ticket was filed December 26.

Brandon L. Gire, 26, of Villa Grove was ticketed December 22 for driving while license is revoked on Lincoln Street at Spruce Street in Villa Grove. Ticket was filed December 26.

Criminal Petitions
Rodney Fitzpatrick Jr., 25, of St. Louis, Missouri, has been charged with aggravated fleeing or attempt to elude a peace officer, a Class 4 felony. Fitzpatrick is accused of failing to obey a peace officer on December 22 by willfully disregarding the officer's signal to stop (oscillating lights on a police vehicle) and driving away in an attempt to elude the peace officer at a rate of speed that was at least 21 mph over the speed limit. Charge was filed December 26.

Shatavia M. Kirkland, 32, of St. Louis, Missouri, has been charged with burglary, a Class 2 felony; retail theft more than \$300, a Class 3 felony; and retail theft with prior conviction, a Class 4 felony. Kirkland is accused of entering a retail merchant's establishment, Carter's in Tuscola, on December 22 with intention to commit therein a theft; of knowingly and willfully taking possession of certain merchandise without paying retail price for the items (clothing) and with intent to deprive the merchant permanently of the merchandise; and of stealing merchandise from Carter's after having a previous conviction for retail theft in St. Clair County. Charges were filed December 26.

LaMarr D. McClellan, 40, of Decatur has been charged with unlawful possession of a controlled substance, a Class 4 felony. McClellan is accused of knowingly possessing on

December 21 less than 15 grams of a substance containing heroin, a controlled substance. Charge was filed December 21.

Real Estate
Illinois Housing Development Authority granted Gaylord F. Wallace and Melissa D. Wallace a release for Lots 4 and 5 in Block 20 of the Original Town, Tuscola (309 East Pembroke Street, Tuscola).

First Neighbor Bank granted Philip M. Bowles a release for Lot 5 of Rose's Addition, Newman (503 S. King, Newman).

State Bank of Arthur, trustee of Trust 454, granted James L. Yoder and Carol L. Yoder a trustee's deed for a parcel in 30-15-7 (700 Mill Street, Arthur) and Lot 2 of Progress Industrial Subdivision, Arthur.

Anna Mae Schrock, Irene E. Schlabach, Katie Fern Schrock, Barbara Ellen Helmuth, Lonnie E. Diener, Esther Marie Helmuth, Paul Eugene Diener, and Enos M. Diener granted Lonnie E. Diener a warranty deed for a parcel in SW 32-15-7.

Anna Mae Schrock, Irene E. Schlabach, Katie Fern Schrock, Barbara Ellen Helmuth, Lonnie E. Diener, Esther Marie Helmuth, Paul Eugene Diener, and Enos M. Diener granted Joe A. Yoder and Martha Lucille Yoder a warranty deed for a parcel in SW 32-15-7.

Anna Mae Schrock, Irene E. Schlabach, Katie Fern Schrock, Barbara Ellen Helmuth, Lonnie E. Diener, Esther Marie Helmuth, Paul Eugene Diener, and Enos M. Diener granted Mervin A. Helmuth and Barbara E. Helmuth a warranty deed for a parcel in SW 32-15-7.

Anna Mae Schrock, Irene E. Schlabach, Katie Fern Schrock, Barbara Ellen Helmuth, Lonnie E. Diener, Esther Marie Helmuth, Paul Eugene Diener, and Enos M. Diener granted Roger W. Schrock and Anna Mae Schrock a warranty deed for a parcel in SW 32-15-7.

Sharon J. Shiu granted Sharon J. Shiu and Wade A. Shiu a quitclaim deed for Lot 1 in Block 35 of the Original Town, Tuscola (302 South Parke Street, Tuscola).

Patricia Wright granted First National Bank of Ivesdale modification of mortgage for a parcel in 34-16-9.

University of Illinois Employees Credit Union granted Jacob Sanders and Melissa Sanders a release for Lot 1 in Block 4 of Finney and Wallace (706 N. Carico Street, Tuscola).

Nancy L. Melton and First Franklin Financial Corporation granted U.S. Bank assignment of mortgage for

a parcel in Block 16 of Winston's Addition, Tuscola (210 E. Newkirk Street, Tuscola).

JP Morgan Chase Bank granted Ronald E. Wallace and Kathryn A. Wallace a release for Lots 3 and 4 in Block 3 of the Original Town, Atwood (302 N. Main, Atwood).

Jordan Taylor and Rachel M. Taylor granted First State Bank a mortgage Lot 4 in Block 3 of the Original Town, Tuscola (108 E. Ensey, Tuscola).

Alan R. Shoemaker and Marcia K. Shoemaker granted Cathy Adkisson and Brett Adkisson a warranty deed for Lot 13 in Block 21 of the Original Town, Tuscola (308 East North Central, Tuscola).

Cathy Adkisson and Brett Adkisson granted Prospect Bank a mortgage for Lot 13 in Block 21 of the Original Town, Tuscola (308 East North Central, Tuscola).

Cathy Adkisson and Brett Adkisson granted Prospect Bank assignment of rents for Lot 13 in Block 21 of the Original Town, Tuscola (308 East North Central, Tuscola).

Antoinette M. Cassano granted Dennis M. Mitsdarder and Connie J. Mitsdarder memorandum of contract sale for Lot 2 in Block 18 of Johnston's First Addition, Villa Grove (10 N. Oak Street, Villa Grove).

Dale Stuart and Sharon Stuart granted Gerald E. Reynolds and Nancy S. Reynolds a warranty deed for a parcel in Block 15 of Kelly's Second Addition, Tuscola.

Anna B. Kauffman and Gary E. Kauffman, executor, granted David E. Beachy and Ruth A. Beachy an executor's deed for Lot 63 of Morningside Third Subdivision, Arthur (506 Orchard Lane, Arthur).

Adlia Gingerich and Irene A. Gingerich granted David O. Chupp and Lori A. Chupp memorandum of contract sale for a parcel in NE 11-14-7 (North County Road 525 East, Arcola).

Nancy M. Von Lanken and Amber N. Von Lanken Bolt granted Austin W. Walters and Ashley N. Taylor a warranty deed for Lot 8 in Block 12 of Andrews Subdivision of Block 12 in Mathers NE Addition to Tuscola (609 East Newkirk Street, Tuscola).

Austin W. Walters and Ashley N. Taylor granted First State Bank a mortgage for Lot 8 in Block 12 of Andrews Subdivision of Block 12 in Mathers NE Addition to Tuscola (609 East Newkirk Street, Tuscola).

Farm Credit Services granted Elmer M. Miller and Loretta R. Miller a partial release for parcels in 11-14-7 and 12-14-7.

Farm Credit Services granted Elmer M. Miller and Loretta R. Miller a partial release for parcels in SW SW 12-14-7 and 11-14-7.

Farm Credit Services granted Elmer M. Miller and Loretta R. Miller a partial release for parcels in 11-14-7 and 12-14-7.

Elmer M. Miller and Loretta R. Miller granted Farm

Credit Services a mortgage.

Mortgage Electronic Registration Systems Incorporated and BankChampaign granted Kenneth R. Fernandes and Amie L. Ziegler-Fernandes satisfaction of mortgage for Lot 11 in Block 1 of Shaw's Addition, Newman (609 N. King Street, Newman).

Busey Bank granted Larry E. Morgan a release for Lot 5 in Block 2 of Gross Second Addition, Atwood (329 N. Iowa Street, Atwood).

BankIllinois granted Harry E. Foster and Marilyn M. Foster a release for a parcel in 35-16-7 (539 East County Road 1050 North, Tuscola).

Busey Bank granted Steven Thomas Reinhart a release for Lot 21 of Pheasant Pointe Subdivision, Villa Grove (1007 N. Fox Run, Villa Grove).

First Mid-Illinois Bank granted Mark E. Vogel and Tammy S. Vogel a release for Lot 16 of Southgate Subdivision, Tuscola (115-B Fina Drive, Tuscola).

Busey Bank granted Darrell P. Rowe assignment of Mortgage for Lots 2, 3, and 6 in Block 4 of Henson's First Addition, Villa Grove (605 East Elm Street, Villa Grove).

Wells Fargo Bank granted Chad P. Karnes and Katie Anne Karnes a release for Lot 23 in Block 19 of Timmons Subdivision, Tuscola (913 Timmons Drive, Tuscola).

Key Mortgage Services Incorporated granted Patrick E. O'Laughlin a release for a parcel in Block 2 of Mathers NE Addition, Tuscola (509 East Northline Road, Tuscola).

Midland States Bank granted Keyauni M. Kern satisfaction of mortgage for Lot 57 of Hillcrest Subdivision, Tuscola (57 Poplar Drive, Tuscola).

First Mid Illinois Bank and Trust and Mortgage Electronic Registration Systems Incorporated granted Jack M. Plunk satisfaction of mortgage for Lot 26 of Iron Horse Subdivision, Tuscola (807 Pheasant Run Road, Tuscola).

Teutopolis State Bank granted Tuscola Stone Company satisfaction of mortgage for a parcel in NW 10-15-8.

American General Financial Services granted Steven L. Pearcy and Dee A. Pearcy a release for parcels in 7-14-10 and 18-14-10.

Tuscola National Bank granted Alan R. Shoemaker and Marcia K. Shoemaker a release for Lot 13 in Block 21 of the Original Town, Tuscola (308 East North Central, Tuscola).

Tuscola National Bank granted Tyrel D. Ledbetter and Mindy M. Ledbetter a release for Lot 4 in Block 2 of Reeders Fourth Addition, Arthur (210 East Logan Street, Arthur).

Jack Thompson and Mary Thompson granted Longview State Bank modification of mortgage for Lots 1-16 of the Original Town, Camargo and parcels in 34-16-9 and NE SE 34-16-9.

Farm Credit Services granted Johnathan L. McGee and Jeannie M. McGee a release

for a parcel in NE 5-15-14.

Farm Credit Illinois FLCA granted Jonathon Logan McGee, also known as Jonathon L. McGee, and Jeannie M. McGee a release for parcels in NE 34-15-10, SE 27-15-10, and NE 5-15-14.

Farm Credit Services granted Jonathon L. McGee a release for parcels in 27-15-10, SE 27-15-10, and SW 27-15-10.

Farm Credit Services granted Jonathon L. McGee and Jeannie M. McGee a release for parcels in NW NE 12-16-10 and SW SE 27-15-10.

Irv Thompson Enterprises Incorporated granted Freda I. Thompson a quitclaim deed for parcels in NW 33-15-14, 34-15-9, and NE 8-14-9.

Lonnie S. Crafton granted Longview Bank a mortgage for Lot 20 of Pheasant Pointe Subdivision, Villa Grove (1008 N. Fox Run, Villa Grove).

Alisha N. Waugh and Matthew D. Shinn granted Land Home Financial Services Incorporated a mortgage for Lot 11 of Northgate Addition, Tuscola (1204 Parkside Drive, Tuscola).

First Community Bank of Moultrie County, trustee of Trust 677, granted State Bank of Arthur, trustee of Trust 488, a trustee's deed for a parcel in SW NW 15-14-7.

Paul Miller and Rosella Miller granted Morton Community Bank a mortgage for Lot 19 of Surrey Lane (108 Surrey Lane, Arthur).

Lisa K. Strode granted Stacey L. Kinney a warranty deed for a parcel in SW SW 11-16-9 (909 S. Sycamore Street, Villa Grove).

Stacey L. Kinney granted First State Bank a mortgage for a parcel in SW SW 11-16-9 (909 S. Sycamore Street, Villa Grove).

Ira L. Herschberger and Marjorie Herschberger granted Daniel L. Gingerich and Laura M. Gingerich a warranty deed for Lots 4 and 5 in Block 2 of Reeders Second Addition, Arthur (323 South Pine Street, Arthur).

Polly Hershberger, Floyd J. Hershberger, Chester R. Hershberger, Alan J. Hershberger, and Nathan Hershberger granted Floyd J. Hershberger, Chester R. Hershberger, Alan J. Hershberger, and Nathan Hershberger a corrective quitclaim deed for Lot 5 in Block 11 of Sheldon and Jaques Addition, Arcola (478 East Washington Street, Arcola).

First Federal Bank granted Phyllis Rund satisfaction of mortgage for parcels in NW NW 6-16-9, 1-16-8, and SW SW 5-16-9.

M. Jeanette Strang, trustee of Arnold Downs Trust, granted M. Jeanette Strang a trustee's deed for a parcel in SE NW 31-16-7.

Arnold Downs Trust granted M. Jeanette Strang, Phillip G. Hadden, and Opal F. Buel a trust deed.

Simple and Sustainable Ways to Become a Healthier You in 2019

By Jennifer Bucko Lamplough and Lara Rondinelli Hamilton

Around the new year, most of us vow to make drastic changes to our diet or lifestyle. For some that means adopting a strict (and joyless) diet or signing up for hardcore fitness classes that meet at 5:00 a.m. (despite the fact that you're horribly out of shape). It's no wonder these resolutions are often short-lived. When it comes to making lasting changes to your diet and lifestyle habits, slow and steady wins the race.

There's no doubt that committing to eat healthier and get more exercise are great New Year's resolutions. But unless your new practices are sustainable, any progress you make could be short-lived. Small diet and lifestyle changes over time that aren't too disruptive stand a better shot at becoming permanent healthy habits.

Whether you want to lose 30 pounds, get better control of your diabetes, or achieve a similar health goal, it's best to make small but powerful changes. Eventually, you'll see results.

If you're ready to take some small yet mighty steps toward better health in 2019, give these tips a try.

Cut out sugary drinks immediately. Sugary drinks like regular soda, fruit drinks, energy drinks, and sweet tea raise your blood glucose and add empty calories to your daily intake. Even though it can be a hard habit to kick, do all you can to eliminate these drinks from your diet. Replace them with fresh water, low-fat milk, flavored calorie-free carbonated water, and unsweetened tea and coffee.

Purge the junk food. Cookies, chips, sweets, and other snacks are hard to resist when they are an arm's

length away. The best way to avoid them is by removing them from your home. But don't worry. When you're craving a snack, you can try a healthier whole food option, like slices of avocado, a handful of nuts, kale chips, a small serving of Greek yogurt, a piece of fruit, veggies with hummus or nut butter. These snacks are more satisfying and pack more nutrition than your processed favorites.

Do some research and identify an eating pattern you can live with. Studies show that there are many different eating patterns that can be helpful in managing diabetes. That means that if you're trying to get your health in order, you don't have to stick to a rigid plan that restricts many of your favorite foods. Some effective eating patterns include vegetarian or flexitarian, Mediterranean, low-carbohydrate, and low-glycemic.

Choose leaner cuts of meat. Saturated fat—the kind found in animal protein—raises blood cholesterol levels, which is a risk factor for heart disease. An easy way to reduce your saturated fat intake is by choosing lean cuts of meat. Avoid or reduce your intake of lard, fatback, and high-fat meats like regular ground beef, bologna, hot dogs, sausage, bacon, spareribs, and the skin from chicken and other poultry. Instead, choose skinless poultry; fish, turkey, and beef trimmed of fat, including round, sirloin, flank, and tenderloin; and lean cuts of pork, including center loin chop and tenderloin.

Plan your meal around veggies (instead of making them the afterthought). At mealtimes, try to fill at least half of your plate with non-starchy vegetables like spinach, cauliflower, broccoli, cabbage, car-



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