

Macon County Adoptable Pets of the Week



Bitzy. Bitzy is one of our long term cat residents at the shelter. She lives in the cat colony with several other cats and does really well. Bitzy loves to relax in the cat window boxes. Bitzy also has a playful side and you can often find her romping and playing with the other cats in the colony. Bitzy would make a great 2nd cat in your home, so stop by and meet her soon.



Bean. Bean is the longest term dog resident at the shelter. He is a great boy who LOVES to play fetch. He will go get the ball as many times as you are willing to throw it for him. He loves to run and play in the outdoor runs. He is one of the only dogs who will climb on the play ground. Bean would make a great walking partner, he is great on the leash. Bean is treat motivated so training should be easy with this big guy. Bean came to the shelter when his owner could no long care for him. He is 5 years young, neutered, up-to-date on vaccines, heartworm negative, and micro-chipped.

January Senior Student of the Month



Name: Kylie Nichols
Activities during High School: Inspire Program (Secretary) 12, National Honors Society (Vice President) 10-12, Math Team 9-10, WYSE Club 12, SADD (Board Member) 9-12, Key Club (Secretary) 10-12

Medics (Secretary) 9-12, Apollo Conference All-Tribe Leader 12, Academic Team, Decatur PEO Star Scholar, 2018 Miss Illinois Festival, 2016 and 2018 UCA Camp Champs, 2016-2018 UCA Leadership Award, All-Star Cheerleading National Bid, I Dare You Leadership Award, National Society of High School Scholars, Senator Rose's 2018 Youth Advisory Council, Illinois Leadership Seminars, Outstanding Scholastic Achievement, 2015 Junior Miss Macon County, **College/University:** Attending after Graduation: University of Missouri, **Major:** Biology, **Parent/Guardian Names:** Doug and Kelly Nichols, **Congratulations!!!!**

Dalton City United Methodist Church Pancake Breakfast



NATURAL NUTRITION WEIGHT-LOSS PROGRAM

Lose weight, gain muscle and continue to eat foods you enjoy

- One-on-one meal planning and weekly check-ins with a registered dietitian
- Physician-monitored weight loss
- Creative recipes and dining out options
- Gluten free
- Low glycemic index
- Great tasting

The Natural Nutrition system is simple:

- No fasting; continuously fuel your metabolism
- No measuring; portions are based on the size of your hand
- No limit on non-starchy vegetables

Delicious Natural Nutrition shakes contain:

- No preservatives
- No artificial sweeteners
- No yeast
- No wheat

Monika Moni, MD
Medical Director



Flavors of shakes:

Vanilla • Cinnabun • Chocolate • Banana • Chocolate Peanut Butter

FOR MORE INFORMATION CALL 217-876-4249



Schrock, Inc.
"Professional Kitchen Design At An Affordable Price!"

O.E. Schrock Builders & Remodelers
The key to better living since 1966

1011 E. Columbia • Arthur, Illinois
217-543-3725

www.oeschrock.com

COMMUNITY BINGO

Tuesday, January 22 at 6:30 p.m.
You're invited for an evening of BINGO! Complimentary hot dogs, chips, cookies, and drinks will be available while you play! Prizes will be awarded to the winner of each game!

6	22	34	53	72
11	27	38	56	71
4	●	●	52	69
13	21	42	●	67
14	24	32	59	68

The Glenwood Supportive Living
1635 Baltimore Ave., Mt. Zion
217-864-1073
www.theglenwoodcommunities.com
Where the Only Things You Leave Behind Are Worries