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 Anyone having information concerning a felony crime may call or email
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The Douglas County Sheriff's Office along with the Douglas County Crime Stoppers is seeking information about a burglary to Proud Mary's, located at 1003 E. Southline Road, City of Tuscola. The burglary occurred on January 22nd, 2019, between the hours of 11:00 p.m. to 11:07 p.m. An unknown male damaged a

window that was located on the east side the business, subsequently gaining entry. The male then proceeded to the cash register located behind the bar and attempted to gain access to the contents of the cash register. Surveillance video located at the establishment captured a portion of the crime. The Douglas County Sher-

iff's Office is asking anyone with information to call (217) 253-2913 or if you wish to remain anonymous you can call the Douglas County Crime Stoppers at 1-800-280-8316. Tips provided through Crime Stoppers that lead to the successful arrest of the person or persons responsible could lead to a cash reward of up to \$1000.

Take a Trip to the Mediterranean for Heart Health

By Monica Nyman MS, RD, LDN

In Honor of American Heart Month, try a different approach to healthy eating, specifically the Mediterranean diet.

For the first time, the Mediterranean diet is ranked 2019's best overall diet by US News and World Report.

This healthy eating plan is not a strict calorie-counting regimen, but a way of eating that emphasizes fruits, vegetables, low fat dairy, whole grains, legumes, fish and healthy fats. If you'd like your family to enjoy the healthful benefits of Mediterranean meals, these easy tips can get you started.

Dish Up Dairy
 Low-fat dairy is a flavorful part of meals and snacks on the Mediterranean diet, due to its versatility and variety. Choose strong-flavored cheeses like feta or parmesan in small portions to add flavor to your plate. Enjoy plain, fermented or Greek yogurt as well as low fat milk, ricotta and mozzarella cheese. "Dairy foods provide essential nutrients, including 8 grams of protein per serving. It's important to pair protein with other foods at meals and snacks to keep you fuller for longer, and adding dairy will do just that," states Monica Nyman, Registered Dietitian with St. Louis District Dairy Council.

Find More Fiber
 Fiber found in whole grains and legumes provides many health benefits, including low-

ering cholesterol and blood sugar. If you are growing tired of the same high fiber bread, swap it out for brown rice, bulgur, pinto beans or chickpeas. Ancient grains, such as quinoa, amaranth, millet, farro, and spelt all have different tastes and textures. Try a new variety each month as part of your meal planning. Get Friendly With Fruits and Veggies
 The Mediterranean diet emphasizes 7 to 10 daily servings of fruits and vegetables, but how do you get all of those in? Get creative when including them in meals and snacks. Add spinach and peppers to your feta cheese omelet, pair fresh veggies with a seasoned yogurt based dip, and enjoy an apple with mozzarella cheese instead of crackers. "Dairy compliments both fruits and vegetables, and can be a great way to sneak in extra servings, along with a punch of dairy nutrition," states Nyman.

For more information on the Mediterranean diet, visit www.choosemyplate.gov.

Lemon Yogurt Breakfast Bowl
 Yield: 1 serving
 Ingredients:
 1/4 cup part-skim ricotta cheese
 3/4 cup nonfat vanilla Greek yogurt
 1 teaspoon lemon zest
 1 tablespoon fresh lemon juice (or to taste)
 1/4 cup raspberries
 1/4 cup blueberries
 2 tablespoons pecans, chopped

Directions:

- Combine ricotta cheese, yogurt, lemon zest and fresh lemon juice in a bowl. Stir well.

- Top with raspberries, blueberries and pecans.

Nutrition Facts: 307 Calories, 16 Grams Fat, 22 % DV Calcium, 20 Grams Protein

Greek Style Quesadillas

Yield: 8 servings

Serving Size: 1/2 quesadilla;

1/4 cup tzatziki sauce

Quesadilla Ingredients:

8 (8-inch) whole wheat flour tortillas

1 (10-ounce) package frozen chopped spinach, thawed and drained

1/2 cup Kalamata olives, chopped

1/2 cup sun dried tomatoes in olive oil, drained and chopped

2 cups mozzarella cheese, shredded

1 cup feta cheese, crumbled

Tzatziki Sauce Ingredients:

1 cup plain Greek yogurt

1 cup cucumber, finely diced

1/2 teaspoon garlic powder

1 tablespoon fresh dill, chopped

1 tablespoon fresh lemon juice

1 teaspoon lemon zest

Salt and pepper, to taste

1 tablespoon olive oil

Directions:

- To make the tzatziki sauce, combine Greek yogurt, cucumber, garlic, dill, lemon juice and lemon zest in a small bowl; season with salt and pepper, to taste. Drizzle with olive oil. Refrigerate for at least 10 minutes.

Douglas County Sheriffs Office Recognizes Jane Dallas' Commitment to K9 Kuno

On January 25, 2019, the Douglas County Sheriff's Office (DCSO) recognized rural Tuscola resident Jane Dallas for her support of the DCSO K9 program and DCSO K9 Kuno. Through Protecting K9 Heroes, a not-for-profit organization, Ms. Dallas provided a financial donation that allowed Protecting K9 Heroes to outfit Kuno with a medical kit that includes Narcan, as

well as a ballistic vest. The total cost of this equipment is valued at over \$1000. Ms. Dallas was invited to the DCSO to see in person the equipment her donation provided, as well as presented with a plaque and letter of appreciation by Sheriff Joshua Blackwell. The plaque read as follows, "In appreciation of your generous and unwavering support to K9 Kuno and

the Douglas County Sheriff's Office K9 Program. Thank you!" The equipment that Kuno was provided with will be instrumental in keeping him safe while he is working and ensure that he is able to continue to serve the Citizens of Douglas County.

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Holding It All Together cont'd from pg. 4

Learn how to flirt. The internet is full of suggestions, but the best and most romantic way, in my humble opinion, is the quiet eye glance, head turn flirt. This subtle flirty move shows that you are interested without saying a word. Position yourself across the room from your target, your face angling slightly to the right of his.

With your chin tilted slightly down, move your eyes only towards his eyes. When you catch his glance, look away with your eyes only, back to where you started. Again, look towards your target, until you catch his glance again,

but this time when your eyes lock, slowly turn your head up and over until you are staring at him face to face, and smile sweetly as you do so. If target doesn't react by approaching you, repeat, or move on to new target, cause this one is obviously gay.

So I said all of that to say this; you need to like and accept yourself for who you are before you can be liked in that same way by someone else. Still, no matter what trick or method you use to be liked, and no matter how perfect and good you are, there will simply be some people who won't like you. Probably

due to personality conflicts, or something in the past that has nothing to do with you, or whatever the reason, some people can't and won't move forward with a friendship, no matter what the circumstances. And all I can say about that is; that's life.

LEGAL NOTICE

IN THE CIRCUIT COURT FOR THE SIXTH JUDICIAL CIRCUIT DOUGLAS COUNTY - TUSCOLA ILLINOIS Wells Fargo Bank, NA Plaintiff, vs. Christopher D. Montavon; Jenise Koehler Defendants. Case No. 2017CH38 706 South Ohio Street, Tuscola, IL 61953 Judge Richard L. Broch Jr. NOTICE OF SALE PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure and Sale entered in the above entitled cause on November 30, 2018, Fred Galey will on February 14, 2019, at the hour of 9:00AM at the Douglas County Sheriff's Office, Douglas County Courthouse, 401 South Center Street (First Floor), Tuscola, IL 61953, sell to the highest bidder for cash, the following described mortgaged real estate: The Real estate legally described as follows: The North 50 feet of the East 157 feet of the South Half of Block 11 of Wamsley and Cannon's Addition to the Tuscola, Douglas County, Illinois. Commonly known as 706 South Ohio Street, Tuscola, IL 61953 Parcel Number(s): 09-02-34-432-007 The real estate is improved with a Single Family Residence.

Sale terms: Bidders must present, at the time of sale, a cashier's or certified check for 10% of the successful bid amount. The balance of the successful bid shall be paid within 24 hours, by similar funds. The subject property is offered for sale without any representation as to quality or quantity of title and without recourse to Plaintiff and in "AS IS" condition. The sale is further subject to confirmation by the Court. The property will NOT be open for inspection. If this property is a condominium unit, the purchaser of the unit at the foreclosure sale, other than the mortgagee shall pay the assessments and the legal fees required by the Condominium Property Act, 765 ILCS 605/9(g) (1) and (g)(4). For information call Plaintiff's Attorney, Manley Deas Kochalski LLC, One East Wacker, Suite 1250, Chicago, IL 60601. Phone number: 312-651-6700. Attorney file number: 17-039894. Shanna L. Bacher MANLEY DEAS KOCHALSKI LLC Attorneys for Plaintiff One East Wacker, Suite 1250 Chicago, IL 60601 Telephone: 312-651-6700 Fax: 614-220-5613 Attorney. No.: 6302793 Email: StateEFiling@manley-deas.com published 01/16, 23, 30/2019

LEGAL NOTICE

IN THE CIRCUIT COURT OF THE SIXTH JUDICIAL CIRCUIT OF ILLINOIS DOUGLAS COUNTY MORTON COMMUNITY BANK, An Illinois Banking Corporation, Plaintiff, v. KEITH M. SHIELDS, CARRIE L. SHEPHERD, MIDSTATE COLLECTION SOLUTIONS, INC., an Illinois Corporation, UNKNOWN OWNERS and NON-RECORD CLAIMANTS, Defendants. Case No. 18-CH-19 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: 221 Circle Drive, Arcola, Illinois 61910. 3. The legal description of the real estate is: Lot 6 in Block 5 in Section 3 of ARCO ACRES SUBDIVISION of a part of Lot 19 and Lot 6, EXCEPT the North 3 1/3 acres of said Lot 6 of Assessor's Subdivision of the Northeast Quarter of Section 4, Township 14 North, Range 8 East of the Third Principal Meridian, as shown by survey and plat thereof recorded



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in Plat Book 2, Page 18, in the Recorder's Office, situated in the City of Arcola, Douglas County, Illinois; P.I.N.: 01-14-04-202-006. 4. A description of the improvements 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: February 12, 2019, at 9:00 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. 101 NE Randolph Avenue Peoria, Illinois 61606 Tel.: (309) 673-0797 Fax: (309) 673-8759 published 01/16, 23, 30/2019

LEGAL NOTICE

IN THE CIRCUIT COURT FOR THE SIXTH JUDICIAL CIRCUIT DOUGLAS COUNTY - TUSCOLA ILLINOIS JPMorgan Chase Bank, N.A. Plaintiff, vs. Jeremy S. Paddock; Rachel Paddock; Unknown Owners and Non-Record Claimants Defendants. Case No. 2016CH21 651 North CR 000 East, Arthur, IL 61911 Judge Richard L. Broch Jr. NOTICE OF SALE PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure and Sale entered in the above entitled cause on August 10, 2017, Fred Galey will on February 14, 2019, at the hour of 9:00AM at the Douglas County Sheriff's Office, Douglas County Courthouse, 401 South Center Street (First Floor), Tuscola, IL 61953, sell to the highest bidder for cash, the following described mortgaged real estate: Commencing at a found IDOT vault at East Quarter Corner of Section 13, Township 15 North, Range 6 East of the Third Principal Meridian; Thence North 00 degrees 35 minutes 34 seconds West, along the West line of the West Half of said Section 18, a distance of 106. 18 feet; Thence North 89 degrees 24 minutes 26 seconds East, a distance of 49.46 feet to an iron pin and the Easterly Right of Way line of FAP 816 (Atwood-Arthur Road) as monumented, said point being the true point of beginning; Thence North 85 degrees 04 minutes 31 seconds East, a distance of 253.28 feet to an iron pin; Thence South 87 degrees 19 minutes 04 seconds East, a distance of 204.95 feet to an iron pin; Thence South 01 degrees 09 minutes 30 seconds West, a distance of 234.00 feet to an iron pin; Thence South 89 degrees 19 minutes 45 seconds West, a distance of 450.00 feet to an iron pin and the Easterly Right of Way line of FAP 816 (Atwood-Arthur Road); Thence North 00 degrees 23 minutes 45 seconds West, along said Easterly line, a

distance of 94.23 feet to an iron pin; Thence South 89 degrees 34 , minutes 05 seconds West, a distance of 5.00 feet to an iron pin; Thence North 00 degree 50 minutes 40 seconds West, along said Easterly line, a distance of 90.00 feet to an iron pin; Thence North 89 degrees 42 minutes 39 seconds East, along said Easterly line, a distance of 5.00 feet to an iron pin; Thence North 00 degree 36 minutes 02 seconds West, along said Easterly line, a distance of 42.83 feet to the point of beginning, containing 2.488 acres, more or less. Commonly known as 651 North CR 000 East, Arthur, IL 61911 Parcel Number(s): 0718300005 The real estate is improved with a Single Family Residence. Sale terms: Bidders must present, at the time of sale, a cashier's or certified check for 10% of the successful bid amount. The balance of the successful bid shall be paid within 24 hours, by similar funds. The subject property is offered for sale without any representation as to quality or quantity of title and without recourse to Plaintiff and in "AS IS" condition. The sale is further subject to confirmation by the Court. The property will NOT be open for inspection. If this property is a condominium unit, the purchaser of the unit at the foreclosure sale, other than the mortgagee shall pay the assessments and the legal fees required by the Condominium Property Act, 765 ILCS 605/9(g) (1) and (g)(4). For information call Plaintiff's Attorney, Manley Deas Kochalski LLC, One East Wacker, Suite 1250, Chicago, IL 60601. Phone number: 312-651-6700. Attorney file number: 16-013790. Shanna L. Bacher MANLEY DEAS KOCHALSKI LLC Attorneys for Plaintiff One East Wacker, Suite 1250 Chicago, IL 60601 Telephone: 312-651-6700 Fax: 614-220-5613 Attorney. No.: 6302793 Email: StateEFiling@manley-deas.com published 01/16, 23, 30/2019