

## Obituaries

### Marjorie F. Bishop

Marjorie Frances Bishop, 87, of Pesotum passed away at 6 a.m. Sunday (Jan. 3, 2021) at home.

Public graveside services were held at 2 p.m. Thursday, Jan. 7, at Bailey Memorial Cemetery, Tolono, with the Rev. John McIntosh officiating. Masks had to be worn to attend the service. Freese Funeral Home, Tolono, assisted with arrangements.

Marjorie was born June 14, 1933, to Roscoe Joe and Helen Ring McGee. She married James Irving Bishop on Aug. 11, 1956. He preceded her in death on Aug. 21, 1974. They had two children, Janice Lynn (Delbert) Reifsteck and Michael Dean (Tammy) Bishop.

She graduated from Unity Senior High School in 1952. She was employed at Unit 7 schools for many years.

She leaves behind a son, Michael (Tammy) Bishop of Pesotum; son-in-law, Delbert Reifsteck of Pesotum; five grandchildren, Tyler Reifsteck of Champaign, Clint (Allison) Reifsteck of Pesotum, Rachel Bishop of Pesotum, Riley (Emily Conner) Bishop of Camargo and Rebecca Bishop of Pesotum; two sisters, Rita (Ron) Grace of Tuscola and Carol (Paul) Mohr of Tolono; four nieces; and four nephews.

She was preceded in death by her parents; daughter, Janice Reifsteck; and a sister, Joanne (Bob) Lee of Champaign.

Marjorie loved spending time with her grandchildren. She also enjoyed helping people, from babysitting for many local families to helping the elderly as an in-home care provider.

Memorials may be made to Pesotum United Methodist Church.



### Martha E. Pillows

Martha E. Pillows passed away Saturday morning (Jan. 30, 2021) at Country Health Care & Rehab, Gifford. She finally found her way back to you, Dad.

Martha was born March 7, 1944, in Russellville, Ala., to Bithie and William Gabriel. They moved to Rockford in 1960, where Martha went to West High School and Rock Valley College. She worked at Atwood Industries for several years, as well as in retail and antiques. She married William Pillows on New Year's Eve 1966. Together, they traveled, gardened and eventually retired to Whitehouse, Texas, in 1994, where she continued her work at Tyler Square Antiques until she moved back to Illinois to be near family.

Martha loved the garden: planning, planting, tending and seeing the enjoyment it brought to other people. She loved traveling to visit her grandchildren and taking road trips with friends. She was always happy to give you her honest opinion, whether you asked for it or not.

Left with a lifetime of memories are her daughter, Kim (Mike) Freeman, and son, Bill Pillows, both of Champaign. She had a very special place in her heart for her nephew, James Gabriel, and niece, Mindy (Jessica) Brown, both of Tuscola, who will dearly miss their Auntie Mom. She will be remembered by nieces and nephews, Keith and Keenan Gabriel, Adam Lackner and Rose and Christian Gabriel, and will be reunited with her brother, Paul; sister, Juanita; and nieces, Frankie and Pam.

Martha adored her grandchildren, Ben (Ioana) Thoren of Bucharest, Romania, Thomas (Avani) Thoren of Austin, Texas, Jakob Pillows of Denver, Will and Lark Wentworth of Champaign and Kristle and Amanda Bryan of Texas. And she was so happy to be great-grandmama to Miriam.

A small graveside service for family will be held in Tyler, Texas, at a later date. You may leave condolences and memories at [dignitymemorial.com/obituaries/10031633](http://dignitymemorial.com/obituaries/10031633).



### Roger E. Ponder

Roger E. Ponder, 79, of Garrett, IL passed away at 4:34 p.m., Monday, February 1, 2021 at the Carle Foundation Hospital, Urbana, IL.

A Memorial Service was held at 11:00 a.m. Saturday, February 6, 2021 at the Hilligoss Shrader Funeral Home, 66 East US Highway 36, Atwood, IL. Visitation was held from 9:30 to 11 a.m. Saturday at the funeral home. Private burial will be held at a later date.

Roger was born September 24, 1941 in Newman, IL the son of Howard and Edith Foltz Ponder.

Survivors include his son: Roger W. Ponder and wife: Heidi of Monticello; daughter: Tina Lidy and husband Donald of Effingham; four grandchildren: Courtney (Brandon) Locker, Cody Ponder, Christopher West and Brandon West; three brothers: Robert, Steve and Hugh Ponder.

Roger was preceded in death by his parents and a sister: Sandy.

Roger was a United States Army veteran. He worked in the maintenance department at Panhandle Eastern Pipeline for many years. Roger enjoyed gardening, woodworking, spending time with his family and sitting around a campfire with friends.

In lieu of flowers, memorial donations may be made to the James Reeder American Legion Post #770 Atwood, IL or A-H Christmas Needy Fund/Food Pantry.

Online condolences to the family may be shared via [hilligossshraderfh.com](http://hilligossshraderfh.com)



### Debra S. Smith

Debra S. Smith, 66, of Longview passed away at 4:10 a.m. on January 28, 2021 at her home.

Debra was born on August 15, 1954 in Tuscola, IL to Leonard and Shirley (Young) McGuffey.

She is survived by one daughter, Amanda Mank of Longview; one brother, Robert (Lori) McGuffey of Arcola; and two sisters, Conna Peters and Cheryl Weaver both of Danville.

She was preceded in death by her parents, Leonard and Shirley McGuffey.

Debra graduated from Newman High School in 1972. She was a member of the Homer New Life Church of Faith.

A funeral service was held at 2:00 p.m. on Wednesday, February 3, 2021 at the Joines Funeral Home (401 W. Gilligly St.) in Newman; Pastor Greer officiated. Burial followed at the Newman Cemetery.

In lieu of flowers, memorial donations may be made to Traditions Hospice.



### Steven J. Spears

Steve passed away from congestive heart failure at home on Sunday, Jan. 24, 2021 (1-24-21, a palindrome, teaching math to the end).

Steve was born April 2, 1960, and grew up in Lowpoint.

Steve is survived by his beloved daughters, Korrine and Audrey Spears; mother, Doris (Dennis) Spears; a sister, Debbie Nesmith; a brother, Dennis Spears; two nieces; two nephews; and great-nieces and great-nephews.

He was preceded in death by his father, Jack Spears.

Steve received a master's and bachelor's degree/teaching certificate in math education from the University of Illinois at U-C. He graduated salutatorian from Lowpoint-Washburn High School, lettering in basketball, baseball and track.

Teaching and coaching were Steve's passion. He encouraged his students and athletes to excel in all endeavors. He spent most of his teaching career at Chester and Tuscola high schools and taught part time at Parkland College. He possessed an extraordinary talent of being able to make even the most complex math easy to understand.

While attending the University of Illinois, Steve was a proud member of Alpha Delta Phi fraternity, where he served as president and was in the Orange Krush. Steve was a member of the Chester Moose Lodge.

Memorial donations may be made to the Illinois Alpha Delta Phi Scholarship Fund, P.O. Box 17306, Urbana, IL 61803, or a local American Heart Association.

Due to COVID-19, no services will be held. The family requests individuals celebrate Steve's life on his birthday, April 2, by wearing a tropical shirt, Illini gear or a wild tie, and remember how he enlightened the lives of so many with his brilliance and humor.

### Janet R. Scribner

Janet R. Scribner, 88, of Champaign died at 12:53 p.m. Thursday, Jan. 14, 2021, at OSF Heart of Mary Hospital, Urbana.

Graveside services were held 11 a.m. Tuesday, Jan. 19, 2021, at Grandview Memorial Gardens, Champaign. Morgan Memorial Home, Savoy, is handling arrangements.

Janet was born Nov. 16, 1932, in Charleston, the daughter of Roy and Mabel Fasig Endsley. She married Jerry W. Scribner on Oct. 16, 1949, in Charleston; he died on June 1, 1985.

Survivors include three sons, Dr. Kenneth (Linda) Scribner of Decatur, Tony (Linda) Scribner of Tuscola and Charles (Lori) Scribner of Pooler, Ga.; two daughters, Marsha (Alan) Schultz of Mt. Pleasant, S.C., and Kathy (Terry) Winn of Greensboro, Ga.; 15 grandchildren; 14 great-grandchildren; and one brother, Larry Endsley of Charleston.

She was preceded in death by two grandsons, three brothers and four sisters.

Janet was the co-founder of Kirby Foods Inc. (IGA). She belonged to University Place Christian Church in Champaign since 1961, where she served as a deacon, elder, trustee and on numerous committees. She was a 50-year member of Eastern Star, co-president of Columbia Grade School in 1957 and a den mother for Cub Scouts.

Janet loved the St. Louis Cardinals and was a supporter of University of Illinois sports.

We will miss you, Mom: Kathy, Ken, Tony, Marsha and Chuck.

The family requests no flowers; instead, memorial contributions may be made to Shriners Hospitals for Children.

Condolences may be offered at [morganmemorialhome.com](http://morganmemorialhome.com).



### Willian J. Kirkman

Willian Joseph (Joey) Kirkman, 62, of Crossville, TN, formerly of Villa Grove, passed away Saturday, January 30, 2021, at home. He was on Hospice.

Joey was born March 30, 1958, at Jarman Hospital, Tuscola, IL, a son of William Eldon Kirkman and Marjorie J. Kirkman.

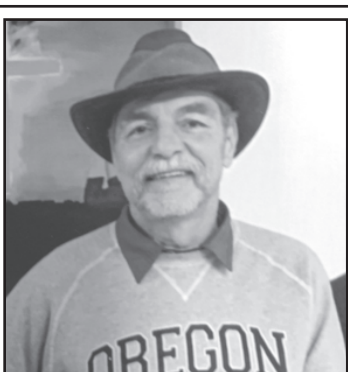
He married Crystal on August 11, 2000 at Lake Tahoe, CA.

Surviving is his wife, Crystal, Crossville, TN; son Randy (Susan) Stoops of Newton, granddaughter, Noel Stoops, Newton; brothers, Carl (Francie) of Alma, Marty (Cindy) of Camargo, Tom (Pam) of Urbana, Bernie of Murdock.

Preceding him in death were his parents; sister Patricia Kirkman; brothers, Melvin, Don, Larry, Jerry, and Randy Kirkman.

Joey proudly served his country in the Army at Desert Storm. He retired from Intel Corporation, Hillsboro, Oregon after 24 years of service.

Memorials and/or cards may be sent in care of Crystal Kirkman, 792 Turkey Blind Rd! Crossville, TN.



### Anna Miller

Anna Miller, 84, of Arthur, IL passed away at 10:00 p.m. on Saturday, February 6, 2021 at the Arthur Home.

Funeral services were held at 9:00 a.m. on Tuesday, February 9, 2021 at the HCK West Building, one mile south of Arthur, IL. Bishop Nelson Diener officiated. Burial was in the Otto Cemetery in rural Arthur, IL. Visitation was held any time after 3:30 p.m. on Sunday, February 7, 2021 at the HCK west building. The Edwards Funeral Home is assisting with arrangements.

Anna was born on August 27, 1936 in Arthur, IL. She was a daughter of Dan A. and Lena M. (Schrock) Miller.

Survivors include seven siblings, Menno Miller and his wife Lorene (Plank) of Arcola, IL, Verna Schlabach and her husband Daniel of Atwood, IL, Elmer Miller of Lovington, IL, Willis Miller and his wife (Katie) Schrock, Omer Miller and his wife Nancy (Miller), and Merle Miller and his wife Jane (Reece) all of Arthur, IL, one sister-in-law, Mary (Yoder) Miller of Sullivan, and several nieces and nephews.

She was preceded in death by her parents, two brothers, Amzy Miller and Ervin Miller and two sisters-in-law, Katie Marie (Yoder) Miller and Susan (Yoder) Miller.

Anna had worked at Country Salvage Store and was a member of the Old Order Amish Church.

## Illinois Department of Agriculture to host virtual hemp summit

The Illinois Department of Agriculture (IDOA) will host a virtual Hemp Summit Tuesday, February 23. The free online event will take place from 9 am to noon with presentations from growers, processors, university researchers, industry stakeholders and IDOA staff.

"We have had two solid hemp growing seasons here in Illinois, with many take-aways from those who have weathered the challenges that come in the infant stages of an industry," said IDOA Division Manager, David Lake-man. "To have a venue where farmers, processors and others involved in the industry can share what works and what doesn't is invaluable."

The Summit's agenda is structured to optimize the distribution of information and limit repetition during the three-hour event. Topics on the agenda include: the 2020 growing season, best practices, and lessons learned. Information on the panelists will be available prior to the event.

The 2021 Hemp Summit is free to attend, but registration is required. Those interested in attending can register online at <https://www2.illinois.gov/sites/agr/Plants/Pages/Hemp-Summit-Registration.aspx>. Registered attendees will be emailed a link to the event Monday, February 22.

## Some of the effects of Sarcopenia with aging

From the time you are born to around the time you turn 30, your muscles grow larger and stronger. But at some point in your 30s, you start to lose muscle mass and function. The cause is age-related sarcopenia or sarcopenia with aging.

Physically inactive people can lose as much as 3 to 5 percent of their muscle mass each decade after age 30. Even if you are active, you'll still have some muscle loss.

There's no test or specific level of muscle mass that will diagnose sarcopenia. Any loss of muscle matters because it lessens strength and mobility.

Sarcopenia typically happens faster around age 75. But it may also speed up as early as 65 or as late as 80. It's a factor in frailty and the likelihood of falls and fractures in older adults.

### Symptoms and Causes of Sarcopenia

Symptoms can include weakness and loss of stamina, which can interfere with physical activity. Reduced activity further shrinks muscle mass.

Although sarcopenia is seen mostly in people who are inactive, the fact that it also occurs in people who stay physically active suggests there are other factors in its development. Researchers believe these include:

- \* Reduction in nerve cells responsible for sending signals from the brain to the muscles to start movement
- \* Lower concentrations of some hormones, including growth hormone, testosterone, and insulin-like growth factor
- \* A decrease in the ability to turn protein into energy
- \* Not getting enough

calories or protein each day to sustain muscle mass

### Treatments for Sarcopenia

The primary treatment for sarcopenia is exercise, specifically resistance training or strength training. These activities increase muscle strength and endurance using weights or resistance bands.

Resistance training can help your neuromuscular system, hormones. It also can improve an older adult's ability to convert protein to energy in as little as two weeks.

The proper number, intensity, and frequency of resistance exercise are important for getting the most benefit with the least risk of injury. You should work with an experienced physical therapist or trainer to develop an exercise plan.

Although medication is not the preferred treatment for sarcopenia, a few are being studied. They include:

- \* Urocortin II. This can prevent muscle atrophy that can happen when you're in a cast or taking certain medicines. Its use for building muscle mass in humans has not been studied and isn't recommended.
- \* Testosterone supplements
- \* Growth hormone supplements
- \* Medication for treatment of metabolic syndrome (including, insulin-resistance, obesity, and hypertension)

If these prove useful, you'll use them with resistance exercise, not instead of it.

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### HELP WANTED

**Maternal Child Healthcare Assistant**

The Moultrie County Health Department is seeking a part-time employee (up to 24 hours/week) to serve as a Maternal Child Health Assistant. Primary responsibilities in this position include clerical activities, coverage of the reception desk, and developing expertise with the department's scheduling and program software systems.

This role is an entry-level position in the field of public health.

Other responsibilities include maintaining inventory and supply orders for the maternal and child health programs, assisting with billing and reimbursements for immunizations, and completing other clerical duties as assigned.

**Qualifications include:**

- High school diploma required. Associates degree a plus.
- Experience and proficiency in using MS Office Suite (especially Word, Excel, and PowerPoint).
- One year of full-time office or customer service experience required.
- Strong clerical, communication, customer service, and organization skills are essential in this role.
- Previous experience with medical records and terminology is a plus.

Salary commensurate with education and experience. The MCHD will accept applications through the close of business on Wednesday, February 24, 2021. Qualified candidates should submit a resume and cover letter via [www.moultriehealth.org/careers/](http://www.moultriehealth.org/careers/) EOE.