

# Entomology students host Insect Fear Film Festival

The 38 Annual Insect Fear Film Festival (IFFF) Featuring Fleas will be held on Saturday, February 27, 2021 and will be hosted by the Entomology Graduate Students Association in the Department of Entomology at the University of Illinois at Urbana-Champaign. The 2021 festival will be online via Zoom at <https://publish.illinois.edu/uiuc-egsa/iff/>. Registration is required but free. Activities will begin at 5 p.m., and films will begin at 7:30 p.m. A full schedule and a registration link will be available on our website.

This year's festival will feature an actual flea circus, a virtual insect petting zoo, flea Bugscope, flea crafts, a virtual tour of the INHS insect collection, and a virtual gallery of the annual IFFF art contest featuring insect themed artwork by local K-12 students.

This year's Insect Fear Film Festival will be "Featuring Fleas!" There are over 2,500 species of fleas worldwide and all are highly specialized blood-feeding parasites that live on birds and mammals. Only a small subset feed on humans, and of

those some are responsible for spreading deadly diseases like typhus and the bubonic plague. Fleas lack wings, but their highly specialized hind legs allow them to jump up to 50 times their body length, which makes them one of the most impressive jumping animals relative to body size. Their agile acrobatics even inspired 19th century watchmakers to create tiny flea circuses! This tradition is survived with our special guest, Dr. Tim Cockerill from Falmouth University in England, whose fleas will be performing for us. This year,

IFFF will be featuring 100 years of flea films, shorts, and documentaries. Child and adult-size T-shirts with this year's logo are available for purchase. Inventory is limited, so to guarantee you get a shirt, please mail or drop off pre-orders by February 16th (see website).

We look forward to seeing you virtually on February 27! For more information, please visit the IFFF website, our Facebook page, follow us on Twitter, or contact Jon Tetlie (jtetlie2@illinois.edu) or Scott Clem (carlc2@illinois.edu).

# BURTON

Continued from 1

he said they have received a lot of popularity. He said that it has been such a great and relaxing hobby to have picked up. Some of the favorites he has completed include one for his sister of a waterfall deep in the woods and a painting he calls 'silver moon' with a large moon being cradled by pine trees deep in the forest. Although, he notes that each is special to him.

Burton said that he be-

gins each painting with a vision in his head of what he wants to paint. However, he doesn't think that any finished painting matches his original vision. He said as he goes through the painting he notices things that could be changed, and they always end up better than he expected. Burton said "I would encourage any person who has any sort of desire to let their creative abilities out to really look into it. Just pick up a paintbrush. Paint what makes you happy. Just keep moving forward with it."

# Personal, Legal, and Mgt. subcommittee meeting

By Jim Allen

The Personnel, Legal, and Management committee met at 9:00 on February 2, 2021. Present were Jim Mikeworth, chair, Dick Hein and Don Munson. Also present was Attorney Lorna Geiler to advise the committee on possible changes to the current personnel policy. The discussion came about due to a current probationary employee who has become ill.

The committee discussed, among other possible changes, issuing of sick leave for probationary employees after one month of service and the donating of accumulated sick days from one employee to another. A point was raised that changes in any policy on a case by case

basis was not the best thing to do. As to the present personnel policy, it was stated that a probationary employee does not have the same status of a full time employee and therefore does not qualify for full time benefits. When asked, Attorney Geiler stated that although any changes in the present personnel policy were possible, the present policy was sound. After discussion, the committee agreed to keep the existing personnel policy unchanged.

The Plat and Planning Committee met at 9:00 on February 5, 2021. Present were Tom Hettinger, chair, Dick Hein, and Jim Mikeworth. "Possible revisions" to the current Wind Energy Conversion System ordinance was on the agenda as

well as the writing of a solar ordinance for the county. At this time Douglas County does not have an ordinance covering requirements for commercial solar "farms". Without such an ordinance, commercial solar cannot be permitted.

Discussion of a solar ordinance included the ability of solar panels to be recycled. At this time, the United States has no requirement to recycle solar panels. The state of Washington has a requirement for recycling the panels, but at this time no other state has that requirement. On a personal note, I find that ironic, at least for a green energy source. The panels have lead, cadmium and other hazardous materials included in their makeup.

Even so, solar panels have been given approval for disposal in landfills. The glass encasing the panels will keep the hazardous materials from migrating into the soil as long as the large steel wheeled compactors used in landfills do not break the panels. After discussion the committee decided to make no recommendation to the board to approve a solar ordinance.

The second item on the agenda was discussed last. This item concerned possible revisions to the current Wind Energy Conversion System ordinance. Little discussion took place except to agree that views from the public would be welcome when the committee began consideration of revisions.

# Road and Bridge subcommittee holds meeting

By Jim Allen

The Douglas County Road and Bridge Committee met at 9:05 a.m. on February 10, 2021 with Chair Don Munson, Dick Hein, and Gary Luth present. Also present were Jim Crane, County Engineer and others.

The work on the rebuilding of the roads in the Wind Turbine Complex is continuing with Chastain and Associates performing soil boring investigation on areas of the roadway. Areas lacking rock will be excavated with poor rock being removed and new rock rebedded in those areas. Hanson engineering will be reviewing the assessments of Chastain and Associates.

The work on the roadways should be out for bid mid-March with an anticipated bid opening on Tues-

day April 6, 2021. The County Board will have final control over the plans for roadway work. This will be a "working day" contract which means that days lost to weather or circumstances beyond the contractor's control will not be counted against the time given in the proposal. When the work begins, the contractor will not be closing more than one intersection at a time. School bus routes will be accommodated as will emergency services and mail routes.

The committee recommended the renewal of the County-Township agreement for county road maintenance. No changes in the agreement were forthcoming. Under this agreement the Township Highway Commissioners are responsible for maintenance

of the county roads in their jurisdiction. This includes snow removal, pothole patching, maintaining signs, and other work. The County pays the townships \$1,300 per mile of road. The Townships prepare county roads for oiling and chipping but the County reimburses the Township for the road improvements.

The final estimate of cost for the bridge over the Kaskaskia River on County Highway 6 1450 North in Garrett Township is above what was awarded for construction. Therefore the state put \$150,000 allowed for construction engineering into the construction portion of the project. This will not allow a consultant so the project will be constructed with 100 percent oversight from

the Douglas County Highway Department. Due to the change in funding, the project will not begin by June, but will be let for bids in June.

Ten petitions for County Aid Township Bridge (CATB) were recommended by the committee. The total aid requested is \$447,170.00 and includes work in Arcola township (3), Bowdre Township (2), Garrett Township (1), Newman Township ((2), Murdock Township (1), and Bourbon Township (1).

In unrelated business, it was noted that the wind turbine blades being staged at Arcola are not for the Wind Turbine Complex in Murdock and Newman Townships. Although they are for an EDP project, that project is in Modoc, Indiana, about 70 miles East of Indianapolis.

# Horizon Health named stroke-ready hospital

Paris Community Hospital, a service of Horizon Health, continues to be officially recognized as an Acute Stroke-Ready Hospital in Illinois.

The Illinois Department of Public Health (IDPH) announced that the hospital

two important steps before a stroke patient is transferred to another facility. A special medication is administered to dissolve blood clots and reduce neurological damage. Imaging of the brain is also done to assess the patient's overall health status."



would retain its stroke-ready designation, effective January 30, 2021.

IDPH defines an Acute Stroke-Ready Hospital as being one capable of diagnosing, treating, and transporting acute stroke patients to a higher level of care as warranted. The three-year redesignation also means that ambulances transporting potential stroke patients cannot bypass Horizon Health.

"Being a stroke-ready hospital is great for our community because seconds matter," said Samantha McCarty, RN, manager of critical care at Horizon Health. "We take

Horizon Health was first designated an Acute Stroke-Ready Hospital in 2015. To maintain the designation, the hospital was required to submit data to the state to indicate its ability to treat stroke according to national standards of care for stroke patients.

According to the IDPH, stroke is the third leading cause of death in Illinois. In 2017, there were more than 6,000 deaths in the state due to stroke. Approximately 80 percent of all strokes are ischemic strokes, which occur when a blood clot interrupts blood flow to the brain.

# Information on Mild Cognitive Impairment (MCI) from the LifeSpan Center

Mild cognitive impairment (MCI) is the stage between the expected cognitive decline of normal aging and the more serious decline of dementia. It's characterized by problems with memory, language, thinking or judgment.

If you have mild cognitive impairment, you may be aware that your memory or mental function has "slipped." Your family and close friends also may notice a change. But these changes aren't severe enough to significantly interfere with your daily life and usual activities.

Mild cognitive impairment may increase your risk of later developing dementia caused by Alzheimer's disease or other neurological conditions. But some people with mild cognitive impairment never get worse, and a few eventually get better.

Your brain, like the rest of your body, changes as you grow older. Many people notice gradually increasing forgetfulness as they age. It may take longer to think of a word or to recall a person's name.

But consistent or increasing concern about your mental performance may suggest mild cognitive impairment (MCI). **Cognitive issues may go beyond what's expected and indicate possible MCI if you**

**experience any or all of the following:**

- \* You forget things more often.
- \* You forget important events such as appointments or social engagements.
- \* You lose your train of thought or the thread of conversations, books or movies.
- \* You feel increasingly overwhelmed by making decisions, planning steps to accomplish a task or understanding instructions.
- \* You start to have trouble finding your way around familiar environments.
- \* You become more impulsive or show increasingly poor judgment.
- \* Your family and friends notice any of these changes.

**If you have MCI, you may also experience:**

- \* Depression
- \* Irritability and aggression
- \* Anxiety
- \* Apathy

There's no single cause of mild cognitive impairment (MCI), just as there's no single outcome for the disorder. Symptoms of MCI may remain stable for years, progress to Alzheimer's disease or another type of dementia, or improve over time.

Current evidence indicates that MCI often, but not always, develops from a lesser degree of the same

types of brain changes seen in Alzheimer's disease or other forms of dementia. Some of these changes have been identified in autopsy studies of people with MCI. **These changes include:**

- \* Abnormal clumps of beta-amyloid protein (plaques) and microscopic protein clumps of tau characteristic of Alzheimer's disease (tangles)
- \* Lewy bodies, which are microscopic clumps of another protein associated with Parkinson's disease, dementia with Lewy bodies and some cases of Alzheimer's disease
- \* Small strokes or reduced blood flow through brain blood vessels
- \* Brain-imaging studies show that the following changes may be associated with MCI:
  - \* Shrinkage of the hippocampus, a brain region important for memory
  - \* Enlargement of the brain's fluid-filled spaces (ventricles)
  - \* Reduced use of glucose, the sugar that's the primary source of energy for cells, in key brain regions

**The strongest risk factors for MCI are:**

- \* Increasing age
- \* Having a specific form of a gene known as APOE e4, also linked to Alzheimer's disease — though having the gene doesn't guar-

antee that you'll experience cognitive decline

**Other medical conditions and lifestyle factors have been linked to an increased risk of cognitive change, including:**

- \* Diabetes
- \* Smoking
- \* High blood pressure
- \* Elevated cholesterol
- \* Obesity
- \* Depression
- \* Lack of physical exercise
- \* Low education level
- \* Infrequent participation in mentally or socially stimulating activities

People with MCI have a significantly increased risk — but not a certainty — of developing dementia. Overall, about 1 to 3 percent of older adults develop dementia every year. Studies suggest that around 10 to 15 percent of individuals with MCI go on to develop dementia each year.

Mild cognitive impairment can't always be prevented. But research has found some environmental factors that may affect the risk of developing the condition. **Studies show that these steps may help prevent cognitive impairment:**

- \* Avoid excessive alcohol use.
- \* Limit exposure to air pollution.
- \* Reduce your risk of head injury.

- \* Don't smoke.
- \* Manage health conditions such as diabetes, high blood pressure, obesity and depression.
- \* Practice good sleep hygiene and manage sleep disturbances.
- \* Eat a nutrient-rich diet that has plenty of fruits and vegetables and is low in saturated fats.

- \* Engage socially with others.
- \* Exercise regularly at a moderate to vigorous intensity.
- \* Wear a hearing aid if you have hearing loss.
- \* Stimulate your mind with puzzles, games and memory training.



**Let Us Bring Things Into Focus**

**Accepting VSP, Eye Med and Medicare!**

**Tuscola Eye Care & Sullivan Eye Care**

*We offer quality, one-stop vision care for the whole family.*

**Jamison T. Boyd, O.D.**

**www.tuscolaeyecare.com**

<b>Tuscola</b> <b>253-2220</b> 902 South Court Suite 1	<b>Sullivan</b> <b>728-4451</b> 108 E. Harrison
---	---