

# South Central Illinois women Lynn Ehmen and Lori Camacho honored as 2021 Red Cross Heroes

Lynn Ehmen and Lori Camacho are to be Honored Virtually on April 29.

The American Red Cross Serving South Central Illinois is honoring extraordinary individuals for their acts of heroism, service and dedication to building a better community.

"In this difficult year, we are extremely honored to recognize these amazing individuals. Each one of these heroes embodies compassion, selflessness and commitment to others in need. Lynn Ehmen and Lori Camacho," says Dawn Morris, executive director of the American Red Cross Serving South Central Illinois.

"We are proud and thankful for the dedication that the 2021 Class of Heroes demonstrates every day to serve others. Each of them is making a lasting impact as we continue our road to recovery from this public health crisis," adds Morris.

## The 2021 Class of Heroes in South Central Illinois

Honorees were nominated in 12 community service categories. Heroes were chosen by an independent committee of leaders from the Illinois region in the business and civic community from nearly 200 nominees. The 2021 Illinois Red Cross Heroes include two exceptional individuals from South Central Illinois.

### Lynn Ehmen of Springfield is our Essential Services Hero

Lynn Ehmen is a mother of four from Springfield and a member of the Springfield Families Helping Families (SFHF) Facebook group. The group helps connect people in need by linking them with people who may be able to help. Throughout the COVID-19 pandemic, Lynn start-



Lynn Ehmen

ed to see an overwhelming demand for food deliveries within her Facebook group. She wanted to make the process easier for families and began volunteering to fulfill requests.

Lynn raised nearly \$20,000 dollars to create a total of 30 micro-pantries. Each pantry looks like a tiny house and is set up like a neighborhood library, except instead of books it's filled with food. The micro-pantries are open 24/7 with no paperwork necessary to receive food, allowing for anonymous pickup.

As a result of the pandemic, many families have found themselves out of work and struggling financially. These families often do not have access to traditional food pantries, inspiring Lynn to create a resource that anyone could access and avoid food insecurity. She continues to work to expand the program and started a community garden at Washington Middle School last year. The garden continues to grow, and produce is donated to the micro-pantries.

### Lori Camacho of Champaign is our Lifesaving Rescue Hero

On Thursday, October 22, 2020, a car drove into a 29-foot deep retention pond in front of Lori Camacho's



Lori Camacho

condo. Lori, a hospice nurse at Carle Foundation Hospital, knew someone had to help. She jumped in the pond and swam out to the car. The driver of the car was terrified, as freezing water poured in. The woman did not know how to swim. Lori calmly instructed her and was able to pull her out the window. Seconds later, the car sank to the bottom of the pond, and the suction from the vehicle against the water started to pull both women under with it.

Lori was able to swim her way to the surface, pulling the driver with her and back towards shore to safety, saving the woman's life. After the incident, Lori didn't skip a beat and went on to attend her 9:30 a.m. virtual COVID-19 safety meeting for work. The driver's husband came to Lori's home later that evening and shared with her that his wife had suffered a heart attack while driving and regained consciousness when the car plunged into the water. Lori's amazing heroic actions had saved her life.

Thank you to all our generous sponsors of the 2021 Illinois Red Cross Heroes event, including: Better, The Edwardson Family Foundation, Susan & Nick Noyes, KPMG, our media sponsor WAND-TV and many other

organizations who have made the Heroes program possible.

### About the American Red Cross of Illinois

The American Red Cross of Illinois serves 12.4 million people in 88 counties in Illinois, Iowa and Missouri including Adams, Bond, Boone, Brown, Bureau, Carroll, Cass, Champaign, Christian, Clark, Clay, Clinton, Cook, Coles, Crawford, Cumberland, DeKalb, De Witt, Douglas, DuPage, Edgar, Effingham, Fayette, Ford, Franklin, Fulton, Green, Grundy, Hamilton, Hancock, Henderson, Henry, Iroquois, Jasper, Jefferson, Kane, Kankakee, Kendall, Knox, LaSalle, Lake, Lee, Livingston, Logan, Macon, Macoupin, Marion, Marshall, Mason, McDonough, McHenry, McLean, Menard, Mercer, Montgomery, Morgan, Moultrie, Ogle, Peoria, Perry, Piatt, Pike, Putnam, Richland, Rock Island, Sangamon, Schuyler, Scott, Shelby, Stark, Stephenson, Tazewell, Vermillion, Warren, Washington, Whiteside, Will, Williamson Winnebago, Woodford. Iowa: Lee, Muscatine, Scott and Van Buren. Missouri: Clark, Lewis, Marion and Ralls. The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit us at [Redcross.org/Illinois](http://Redcross.org/Illinois) or visit us on Twitter @RedCrossIL.

## EVICTION

Continued from 3

clarifies that renters can be protected from eviction as long as they submit their declaration form, even if they submit the form after their landlord began legal action to evict them.

Previous executive orders on the eviction moratorium established that law enforcement could not enforce a court order to evict tenants if brought by a landlord, said Michael Steadman, a Chicago attorney who represents landlords.

Steadman, a sole practitioner, said the new executive order effectively extends the period of time in which renters can make the written declaration, which is a form provided by the Illinois Housing Development Authority.

Pritzker has renewed his eviction moratorium through several executive orders since March order expired.

His executive order in November, which created the declaration form, es-

tablished that renters could be evicted if they were a threat to the safety of other tenants or a risk to property.

Steadman, who works on Chicago's southwest side, said some of his clients who only own one or two buildings are struggling.

Phil Vacco, a sole practitioner and chairman of the Illinois State Bar Association's real estate law section, said the eviction moratorium is a regular topic of discussion during the organization's meetings.

In the meantime, Vacco said landlords are still obligated to pay real estate taxes, insurance, maintenance fees and mortgages on their property.

Capitol News Illinois is a nonprofit, nonpartisan news service covering state government and distributed to more than 400 newspapers statewide. It is funded primarily by the Illinois Press Foundation and the Robert R. McCormick Foundation.

**WE'RE STILL BUYING!**  
Good Tractors or Loaders or Loader-Backhoes, Compact and Utility tractors: needing some TLC is ok. WE ALSO BUY small 3 PT hitch equipment.  
**Just call 217-346-2482 NOW!**  
Please save this ad, it will only come out once a month.

**POE'S MOWING**  
Residential Commercial Insured  
**(217) 530-1536**

## Responding to industry needs career pathways

### By Dr. Josh Bullock Lake Land College President

April is Community College Month and a time for community colleges across the nation to showcase the value they bring to their respective communities. At Lake Land College, the past year certainly tested our core value of innovation as we navigated the pandemic and learned new modes of providing high quality education and services to our students. Our faculty and staff rose to the challenge and continued innovating to meet area workforce demands and create new opportunities for community residents.

One way in which the college ensures curriculum is relevant is by hosting a DACUM, Developing a Curriculum. In these workshops, industry professionals share their expertise with the goal of identifying the skills needed to be successful in a given career path. As a result of a DACUM held in March 2019, the Emergency Medical Services faculty and staff have created a new Fire Science major. The program



Dr. Josh Bullock Lake Land College President

provides an educational pathway for current firefighting professionals to advance in their careers. As the only program south of Chicago, this new opportunity has the potential to positively impact first-responders in our communities.

Medical Assistant faculty are also paving the way for career advancement as the only program in the region to be accredited by the Commission on Accreditation of Allied Health Education Programs. Faculty have also created a Medical Assistant Associate Degree Completion program that allows current certified medical assistants to receive credit for professional certification and accelerate the time to complete a degree.

Earlier this year, Abbott Ambulance Services in Effingham approached the college about hosting an on-site training program to fill a

See PATHWAYS page 6



**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](http://www.tuscolaeyecare.com)  
Tuscola 253-2220 902 South Court Suite 1  
Sullivan 728-4451 108 E. Harrison

Ad Deadline Thursday 10 am

**DEBBIE DICK**  
Providing superior service for over 30 years with your automotive questions and needs. Ford, Lincoln, Chrysler, Dodge, Ram and Jeep. Give me a call today  
**Pilson Auto Center**  
2000 Lake Land Blvd. Mattoon,  
234-2397 or Call Direct 217-238-6732  
Email: [Debbie@pilsonauto.com](mailto:Debbie@pilsonauto.com)

To view the Tri-County Journal on our website visit [www.thetuscolajournal.com](http://www.thetuscolajournal.com)

**Stop Your Pain and Increase Immunity Today!**  
Did you know you could enjoy both by understanding ONE simple idea?  
To Learn more, go to [www.taminginflammunity.com](http://www.taminginflammunity.com) or call **253-2370**  
**Tuscola Pain & Wellness Center**