

# Douglas County



# Court News

### TRAFFIC CITATIONS

Thomas M. Greer, 64, Bardstown, Ky., violation license class.

Hugh R. McComas, 40, Allerton, speeding 21-25 MPH over limit.

Gabrielle Leeann Davidson, 21, Philo, registration expired.

Timothy K. Lindsey, 22, Tuscola, display plate attachment.

Abigail G. Goad, 20, Champaign, no window treatment adjacent/driver.

Cecilia M. Medina, 19, Arcola, operating an uninsured vehicle and obstructed front windshield.

Logan N. Baker, 22, Mattoon, operating an uninsured vehicle.

Nathan L. Hershberger, 47, Tuscola, expiration of registration.

Kale Cline, 20, Camargo, muffler.

Savon Corneilous Black, 21, Laceys Spring, Ala., speeding 11-14 MPH over limit.

Kaylee D. Spinner, 20, Champaign, speeding 15-20 MPH over limit.

### CRIMINAL CHARGES

Thomas J. Vandeventer, 28, Villa Grove, charged with Class A misdemeanor for alleged unlawful use of a weapon.

William A. Schranz, 31, Bloomington, charged with a Class 4 felony for alleged obstructing justice and a Class A misdemeanor for alleged obstructing a peace officer.

Nicholas A. Frost, 41, Mattoon, charged with a Class 3 felony for alleged possession of methamphetamine; a Class 4 felony for alleged possession of controlled substance; a Class A misdemeanor for alleged driving on suspended license; and a Class A misdemeanor for al-

leged leaving the scene.

Henry L. Rice, 47, Tuscola, charged with a Class 2 felony for alleged domestic battery.

Ryan W. Turner, 28, Atwood, charged with a Class 2 felony for alleged unlawful use of possession of weapons by felon.

Kimberly A. Brown, 34, Paris, charged with a Class 3 felony for alleged possession of methamphetamine; a Class A misdemeanor for alleged possession of cannabis more than 30 grams but less than 100 grams; and a Class A misdemeanor for alleged possession of adult use cannabis in a vehicle.

William A. Schranz, 31, Bloomington, charged with a Class 4 felony for alleged theft.

### CRIMINAL JUDGMENT

Uriah H. Stayton, Atwood, pleaded guilty to battery. Sentenced to 48 hours in the Douglas County Jail and 6 months conditional discharge. Ordered to pay restitution of \$9,354.36 to Carle Hospital.

Leon G. Helka, San Antonio, Texas, pleaded guilty to unlawful possession of firearm with invalid firearm owner's identification card. Sentenced to 4 days in the Douglas County Jail and 12 months of non-reporting conditional discharge.

### REAL ESTATE

Morton Community Bank and State Bank of Arthur granted a release mortgage to Juan D. Garza and Leticia Garza for Chandler & Bales 1st. Addn. Arcola, Block 5, Lot 3.

First Neighbor Bank NA granted a release mortgage to Jackie R. Holmes and Leonor L. Holmes for Sec. 31, Twp. 16, Range 14, Govt. Lot NE; Cash's Subdivision, Lots 3, 4, 5, 6, 7 &

8; Assessor's Sub. Lot 9.

Annette M. Gerdes and Jed A. Gerdes granted a mortgage to Philo Exchange Bank for Sec. 6, Twp. 16, Range 11, Govt. Lot NW.

Beverly Janine Ramsey granted a Quitclaim deed to Malinda Irene Gosnell for Pleasant View Sub. Villa Grove, Block 2, Lot 9.

Carrel Joseph Gosnell and Malinda Irene Gosnell granted an affidavit to Malinda Irene Gosnell and Beverly Janine Ramsey.

Community Banc Mortgage Corp. granted a release mortgage to Christopher Misner and Elizabeth Tomlinson for Johnston's 1st Addn. Villa Grove, Block 81, Lot 8.

Phyllis J. Stiehl granted a notice of probate to Robert J. Stiehl for Sec. 20, Twp. 16, Range 7, Govt. Lot NW SE.

Iroquois Federal Savings and Loan Association granted a release to Apgar Investments LLC for Sec. 26, Twp. 16, Range 10, gov. Lot SW, Newman.

Bridgette R. Fadili and Bridgette Warren granted a quitclaim deed to Bridgette R. Fadili and Najib Fadili for Pheasant Pointe Sub. Villa Grove, Lot 45.

Bridgette R. Fadili and Najib Fadili granted a mortgage to Mortgage Electronic Registration Systems Inc. and Newer LLC for Pheasant pointe Sub. Villa Grove, Lot 45.

Longview Capital Corporation granted a warranty deed to Bourbon Baptist Church for OT Newman, Block 10, Lots 8 & 9.

DC Global Trust, First Mid Wealth Management Company Trustee, Trust #44180170 granted a trustee's deed to Juanita J. Marner for Rust's

Block Arcola, Lot 15.

Farm Credit Illinois FLCA granted a release mortgage to Bass Ventures LLC and JAJ Family LLC for Sec. 23, Twp. 15, Range 9, Gov. Lot SE.

Villa Grove State Bank granted a satisfaction of mortgage to Joseph D. Henderson and Pamela R. Henderson for Richman's 2nd Addn. Villa Grove, Block 5, Lot 3.

GMAC Mortgage Corporation and Mortgage Electronic Registration Systems Inc. granted a release mortgage to Belinda R. White and Joshua C. White for Johnston's 1st Addn. Villa Grove, Block 28, Lot 2.

Rankin Land Surveying granted a plat for Sec. 27, Twp. 16, Range 9, Govt. Lot SE.

Jennifer A. Shafer granted a warranty deed to Bluestone Homesteads LLC for OT Okaw, Block 14, Lot 11.

Susan E. Brusa granted a power of attorney to Karl William Bursa.

Kristianna Sally Bursa Myus and Karl William Bursa granted a warranty deed to Mabelle Conlin and Timothy Conlin for Morningside 2nd Sub. Arthur, Lots 19 & 20.

Timothy Conlin granted a mortgage to Morton Community Bank for jMorningside 2nd Sub. Arthur, Lots 19 & 20.

Decker Family Farm LLC granted a mortgage to Morton Community Bank for Sec. 2, Twp. 16, Range 7, Govt. Lot SE; Sec. 1, Twp. 16, Range 7, Govt. Lot NW.

Jamie Prosser granted misc. documents to Ghana Capital LLC for Simpson's Addn. Hindsboro, Block 2, Lots 4 & 5.

Kevin M. Rhoads granted a warranty deed to Adam Bratten for OT Tuscola, Block 22, Lots 15 & 16.

Adam Bratten granted a mortgage to First Mid Bank & Trust National Association and Mortgage Electronic Registration Systems for OT Tuscola, Block 22, Lots 15 & 16.

Joseph D. Henderson and Pamela Henderson granted a warranty deed to Holden John Moore for Richman's 2nd Addn. Villa Grove, Block 5, Lot 3.

Holden John Moore granted a mortgage to Flat Branch Mortgage Inc. and Mortgage Electronic Registration Systems Inc. for Richman's 2nd Addn. Villa Grove, Block 5, Lot 3.

Judy Pollock, County Clerk, granted a tax deed to P & N Properties Inc. for OT Tuscola, Block 22, Lots 1 & 2.

Villa Grove State Bank granted a satisfaction of mortgage to Kevin M. Rhoads for OT Tuscola, Block 22, Lots 15 & 16.

Busey Bank and Main Street Bank & Trust granted a satisfaction of mortgage to Scott E. Kibler and Tina M. Kibler for OT Tuscola, Block 17, Lot 3.

Mortgage Electronic Registration Systems Inc. and Quicken Loans Inc. granted a release mortgage to Judith Ann Thomas for 123 N. Walnut St., Arcola.

Elizabeth S. Conner and Howard J. Conner granted a mortgage to State Bank of Graymont for Arco Acres 1st Arcola, Block 2, Lot 7; Assessor's Sub. Lots 19 & 6.

Allison Kuhns and Eric D. Kuhns granted a mortgage to First Mid Bank & Trust National Association for Sec. 6, Twp. 15, Range 9, Govt. Lot SE, Tuscola.

Roy Rentals LLC granted a mortgage to Villa Grove State

Bank for Hessler & Erwin's 3rd. Addn. Villa Grove, Block 2, Lot 18.

Roy Rentals LLC granted an assignment to Villa Grove State Bank for Hessler & Erwin's 3rd. Addn. Villa Grove, Block 2, Lot 18.

Villa Grove State Bank granted a satisfaction of mortgage to Roy Rentals LLC for Hessler & Erwin's 3rd Addn. Villa Grove, Block 2, Lot 18.

Carol A. Ingram granted a quitclaim deed to Carol A. Ingram and Everett D. Ingram for OT Arcola, Block 20, Lot 2.

Roy Rentals LLC granted a mortgage to Villa Grove State Bank for Riverside Addn. Villa Grove, Block 4, Lot 11.

Roy Rentals LLC granted an assignment to Villa Grove State Bank for Riverside Addn. Villa Grove, Block 4, Lot 11.

Villa Grove State Bank granted a satisfaction of mortgage to Roy Rentals LLC 701 S. Spruce Series for Riverside Addn. Villa Grove, Block 4, Lots 11 & 12.

Homestep LLC 204 S. Washington Series granted a warranty deed to Jennifer L. Woodard and Robert W. Woodard for OT Tuscola, Block 33, Lots 2 & 3.

Jennifer L. Woodard and Robert W. Woodard granted a mortgage to Midland States Bank and Mortgage Electronic Registration Systems Inc. for OT Tuscola, Block 33, Lots 2 & 3.

Allison Kuhns and Eric D. Kuhns granted a mortgage to First Mid Bank & Trust NA for Sec. 6, Twp. 15, Range 9, Govt. Lot SE, Tuscola.

# Understand the science behind being healthy

Understanding the science of chronic disease can guide individuals to a healthier life. University of Illinois Extension, in collaboration with the Interdisciplinary Health Sciences Institute, will present a series of free, online health workshops.

The series will be held each Wednesday beginning March 30 and ending May 4. The workshops begin at noon and lasts 60 minutes. Register at [go.illinois.edu/HealthScience](http://go.illinois.edu/HealthScience). If reasonable accommodation is needed to participate, contact Dee Walls at [walls1@illinois.edu](mailto:walls1@illinois.edu).

The workshops include:

**March 30: Preventing Chronic Disease Through Behavior Modification:** Lifestyle medicine seeks to prevent risk of chronic disease and improve quality of life through patient-driven behavior modification.

**April 6: Engineering the Future of Health:** Regenerative medicine goes beyond disease management to discover therapies to heal tissues and

organs and restore the body to a state of well-being.

**April 13: Patients vs. Pathogens:** When Antimicrobials No Longer Work: Antimicrobial occurs when commonly prescribed medications that could previously treat bacterial or fungal infections no longer work on infected patients, often leading to death.

**April 20: How Being Too Informed is Hurting the Health of the World:** Are differing information choices vital to remaining informed, or can they be considered harmful to a person's ability to retain messages and make conscious health decisions?

**April 27: The Impact of Cutting Physical Activity Opportunities in Schools:** Learn how physical activity became part of the school day; the impact of physical education cuts on children's academic success; and how teachers, school administrators, policymakers, and parents can increase children's access to physical activity opportunities.

**May 4: Influence of Hedonic Eating on Mood and Emotions:** Understand the motivation behind eating and brain neural networks working behind it.

For more information on University of Illinois Extension programming in Coles, Cumberland, Douglas, Moultrie and Shelby county, visit our website at <http://web.extension.illinois.edu/ccdms/index.html> or call us at (217)849-3931. Early requests are strongly encouraged to allow sufficient time for meeting your access needs. The University of Illinois Extension provides equal opportunities in programs and employment.

### COVID-19's effects on your dental health

This article has been written by Danny Vogwill, a student in Interdisciplinary Health Sciences at UIUC. Danny says: The COVID-19 pandemic

has shifted our world, ushering in an age of Work from Home, vaccination protocols, social distancing, and countless other ways in our daily lives, but what if I told you that your dental health was also at risk during the pandemic!

In 2020, the Center for Disease Control (CDC) put out a statement, "Populations at higher risk for many chronic diseases are similar to those at higher risk for developing oral diseases." This increased risk alongside the nationwide closures of many dental practices made for an incredibly dangerous combination that left many Americans' oral health at the wayside. Regular dental cleanings and hygiene checkups are recommended every six months. These compounding factors can explain why people's oral health has declined, with some individuals claiming they have not been to the dentist in three years due to the pandemic.

Transmissibility of COVID-19 was at the start of the pan-

demic that kept people from wanting to attend any non-essential medical exams, and with oral health, the idea of having someone within such close proximity to your open mouth was a clear violation of COVID-19 safety protocol. As these mandates and procedures began to loosen, people were still hesitant to book an appointment with a dentist as cases still flared up from time to time.

Another factor that could be at play is the high out-of-pocket dental costs. At the start of the pandemic, a 2020 report by the United States Bureau of Labor Statistics stated, "Of the 16.9 million people unemployed in July, 9.6 million (57 percent) were unable to work because their employer closed or lost business due to the pandemic." With a large portion of the population unemployed, most Americans use their employer health benefits plans to cover dental costs. If they are no longer employed, they can opt for COBRA, the Consolidated Omnibus Budget Reconciliation Act. COBRA allows for the individual to have the ability to continue to pay for their insurance plan, but this is usually more expensive since you are covering the entire cost of insurance.

The Surgeon General of the United States mentioned that oral health is essential to overall health and well-being, and this came from the report done on oral health in 2000. The second-ever report on oral health is in the works now, and it will be interesting to see if the effects of the pandemic are also included in this report. It speaks volumes that there have only ever been two reports on oral health by the Surgeon General and could demonstrate the importance of oral health for all Americans. Dental practices have indi-

cated that they have seen decreased visits due to the pandemic. One study by Meyers and Danesh (2021) stated, "During the pandemic, the quarterly fluoride utilization rate significantly decreased at dental visits." The long-term effects of forgone dental health maintenance range from tooth decay to oral infections, and worse if left untreated. The British Dental Journal found a link between poor oral hygiene and hyper-inflammation, leading to a higher risk of more severe infection from COVID-19. Their findings urged United Kingdom residents and the world to reinvest in their oral health and schedule an appointment with their dentist.

There is no need to panic because there are still things you can do to ensure that your oral health is not in jeopardy. Make sure to call your dentist's office and set up an appointment, and there are options for those that still do not feel comfortable back in dental offices. Telemedicine has been on the rise since the start of the pandemic for both physical health and oral health. Individuals can opt for a virtual call with their dentist to perform a supervised fluoride treatment and answer questions when in-person visits are not ideal.

We cannot forget about our teeth as we think about getting back to full health. In 2020, the CDC stated, "The mouth is indispensable to eating, speaking, smiling, and quality of life. The most prevalent oral conditions are dental cavities and periodontal diseases, and they are largely preventable."

As we continue to adapt to the COVID-19 pandemic, we can all help our overall health and well-being by flossing and brushing twice a day and making sure the next time you see the dentist, they are captivated by your gorgeous smile!

Peace Meal March		23	24	25
28	BBQ Pork Sandwich Mini Potato Bakers Corn Creamy Cole Slaw Bun	Country Fried Chicken w/White Gravy Mashed Potatoes Scandinavian Veggies Pineapple Whole Grain Bread	Baked Ham Candied Sweet Potatoes Brussels Sprouts Cranberry Salad Roll	Pangasius Fish Sandwich w/condiment Pinto Beans with Bacon California Blend Tangy Cole Slaw
29	Turkey Pot Roast w/Carrots & celery Italian Green Beans Pineapple Whole Grain Roll	30	31	April 1
		Savory Sausage Stew Broccoli Chunky Applesauce Biscuit Surprise Dessert	Meatloaf Mashed Potatoes & Brown Gravy Tomatoes & Zucchini Apricots Whole Grain Roll	CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED

For Reservations Call 1-800-543-1770. Tuscola number: (217) 253-2278. Skim milk and desserts with no sugar added are available in many locations. Ask the Site Supervisor for information. Sometimes we need to substitute on our menus. We still guarantee a nutritious meal. The Peace Meal Senior Nutrition Program suggests a donation of \$3.50 for each congregate and home delivered meal. No older person shall be denied a meal because of their inability to contribute towards the cost of the meal. We accept the Illinois Link Card.