



ALEXANDRA ARROYO, a senior at Tuscola High School was the February Student of the Month. Alexandra is the daughter of Delma Medina and the late Uriel Arroyo. She Student Council historian and in the National Honor Society and involved with Volunteer Work. As a junior, she was Student Council secretary and was in NHS and Volunteer Work (all four years). As a sophomore, she was also FBLA secretary. She was in FBLA as a freshman as well in addition to Student Council (all four years). Submitted photo.



DOUGLAS COUNTY ENGINEER Jim Crane, left, was awarded the Illinois' Association of County Engineers' (IACE) County Engineer Award for Zone 2 at the annual IACE conference in Champaign on March 2 "for meritorious service toward the enhancement of highway engineering in Douglas County." He is receiving the award from Rick Johnson, Coles County Engineer and current president of the Illinois Association of County Engineers. Submitted photo.

The Area's Newest Destination Steakhouse

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SCOTT'S LAW
POLICE
SLOW DOWN, MOVE OVER FOR EMERGENCY VEHICLES
It's the LAW!

It's the LAW
Do NOT pass a stopped school bus!
SAVE LIVES!

Learn how to respond when someone needs help

Arthur, Ill. – Mental health and substance use issues are common. Nearly 1 in 5 U.S. adults lives with a mental illness according to the National Institute of Mental Health. From 1999 to 2016, 630,000 people died from drug overdose according to the Centers for Disease Control and Prevention.

Give someone in your community a hand by learning how to recognize and respond when someone might need help with a free Mental Health First Aid workshop offered by University of Illinois Extension and the North Central Farm and Ranch Stress Assistance Center.

Mental Health First Aid is a skills-based program, where participants learn and practice a five-step action plan to identify common signs and symptoms of someone coping with mental health or substance use problems and how to help.

Gain skills to feel confident

interacting with a person in crisis and leave with resources to connect the person with appropriate care. Topics also include trauma, addiction and self-care.

This training is open to the public and is appropriate for anyone in the agricultural community. Participants will build skills by practicing with real-world, agriculturally based scenarios.

Register for FREE online at go.illinois.edu/mentalhealth2022. Participants will complete a two-hour self-paced online training before joining the instructor for a live webinar 8 a.m. to 3:30 p.m. CT Thursday, March 24. The deadline to register is March 10. For more information, contact Cheri Burcham at cburcham@illinois.edu or (217)543-3755.

University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to

participate in this program, please contact the Extension office at 217-543-3755. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

Illinois Extension leads public outreach for University of Illinois by translating research into action plans that allow Illinois families, businesses, and community leaders to solve problems, make informed decisions, and adapt to changes and opportunities.

This program is affiliated with The North Central Farm and Ranch Stress Assistance Center - a 12-state, 15-partner collaborative created to develop and expand stress management and mental health resources and services for agricultural producers and stakeholders in the North Central region. The North Central Farm and Ranch Stress Assistance Center is funded by USDA NIFA (2020-70028-32728).

Pizza topic for Ag in the Classroom

Pizza is one of the most popular foods in America. It is estimated that the average American eats 23 pounds (46 slices) of pizza each year. This month, Ag in the Classroom lessons taught that each of the foods found in pizza originates on the farm!

Pizza dough is made from wheat. Wheat flour is mixed with yeast, oil, sugar, salt, and water to make pizza dough. Pizza sauce is made from

tomatoes. Special herbs, such as oregano and garlic, are added to tomatoes used in pizza sauce.

Cheese is made up of milk that comes from dairy cows. Illinois companies produce more than 77 million pounds of cheese each year. Kraft Foods, a major cheese producer, is in Northfield, Illinois.

Pepperoni and sausage are meats made from pigs. Many Illinois farmers raise pigs.

There are over 300 commercial mushroom growers in the United States. Mushrooms grow in cool, dark places.

Younger students made a cute pizza craft and older students did a fun science experiment with yeast that inflated balloons.

Douglas County Ag in the Classroom is supported by Douglas County Farm Bureau, Douglas County Ag Center, and Illinois Ag in the Classroom.

<p>14" Thin Crust Pizza with 1 Topping, 5 Breadsticks & Family Salad</p> <p>\$24 Additional toppings may be purchased.</p> <p>Carry-Out & Delivery. No Coupon Required. Limit 3. Online code: 14plus</p> <p>Must mention offer. Restrictions may apply. Not valid with other coupons or offers. Toppings exclude extra cheese. Delivery charges may apply. Available at participating Monical's Pizza® locations. Valid 2/28/22 - 3/27/22.</p>	<p>16" Thin Crust Pizza with up to 3 Toppings</p> <p>\$17.50 Additional toppings may be purchased.</p> <p>Dine-in, Carry-Out & Delivery. Coupon Required. Limit 3. Online code: 163top</p> <p>Must show coupon. Restrictions may apply. Not valid with other coupons or offers. Toppings exclude extra cheese. Delivery charges may apply. Available at participating Monical's Pizza® locations. Valid 2/28/22 - 3/27/22.</p>
<p>8" Thin Crust Pizza with up to 3 Toppings</p> <p>\$6 Additional toppings may be purchased. (Delivery available with \$10 minimum purchase)</p> <p>Dine-in & Carry-Out. Coupon Required. Limit 3. Online code: 83top</p> <p>Must show coupon. Restrictions may apply. Not valid with other coupons or offers. Toppings exclude extra cheese. Delivery charges may apply. Available at participating Monical's Pizza® locations. Valid 2/28/22 - 3/27/22.</p>	<p>14" Thin Crust Family Pleaser® with up to 3 Toppings</p> <p>\$21.50 Includes: Family Garden Salad and Soft Drinks</p> <p>Dine-in, Carry-Out & Delivery. No Coupon Required. Limit 2. Online code: 143fp</p> <p>Must mention offer. Restrictions may apply. Not valid with other coupons or offers. Toppings exclude extra cheese. Delivery charges may apply. Available at participating Monical's Pizza® locations. Valid 2/28/22 - 3/27/22.</p>

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Church Directory

<p>Bourbon Baptist Church 626 CR 475 E, Tuscola Church Sunday 10 a.m., Sunday School 10:30 a.m. Youth Group Sunday evenings 6-7:30 p.m. Email bourbon.baptistchurch@yahoo.com</p>	<p>First Church of God 821 E. Barker Tuscola 253-2180 Sunday School 9:30 a.m. Morning Worship 10:30 a.m. Prayer Time 1:30-2:30 p.m., Wednesday Night 6 p.m. Missionary Women meet 2nd Tuesday of each month 6 p.m.</p>
<p>Church of Jesus Christ of Latter-Day Saints 1100 E. Northline Road Tuscola 253-3896 Sunday Morning Sacrament Meeting 9:30 and 10:40 a.m., Wednesday Youth Night 7 p.m.</p>	<p>Forty Martyrs Catholic Church 210 E. Van Allen Tuscola 253-4412 Pastor: Rev. Angel Sierra Sacrament of Confession: Saturdays 5 p.m. Or by appointment by calling the church office. Weekday Mass Times: 8 a.m. Monday, Thursday, and Friday Weekend Masses: 5:30 p.m. Saturday, 8 a.m. Sunday</p>
<p>Church of the Nazarene 1001 Egyptian Trail Tuscola 253-3541 Song & Praise Worship 8:30 a.m. Traditional/Hymnal Service 10:30 a.m., Sunday Evening Worship 6 p.m. Wednesday Bible Study 7 p.m.</p>	<p>Immanuel Lutheran Church 600 E. Northline Tuscola 253-4341 Saturday Evening Service 5:30 p.m. Sunday Worship Service 9 a.m.</p>
<p>Eagle Mountain Assembly of God 401 E. Sale Tuscola 253-4444 Sunday Services 10 a.m.</p>	<p>Tuscola United Methodist Church 901 N. Prairie Tuscola 253-4232 Sunday Morning Worship Services 8:45 a.m. and 11 a.m., Sunday School 10 a.m.</p>
<p>Faith Baptist Church 300 Northline Road Tuscola 253-4231 Sunday School 9:30 a.m. Sunday Morning Service 10:30 a.m. Sunday Evening Service 6 p.m. Wednesday Adult Bible Study, Real Teens, King's Kids 6:30 p.m.</p>	<p>United Church of Christ 114 E. Pembroke St, Tuscola 253-2532 Sunday Morning Worship: 10:30 A.M. Sunday School: 9:30 A.M. Email: dealralph5@aol.com</p>
<p>First Baptist Church 300 E. Daggy Tuscola 253-4231 Sunday School 9 a.m., Worship Service 10 a.m.</p>	<p>First Christian Church 100 E. Church Street Tuscola 253-2394 Worship Services 8 and 10:30 a.m. Sunday School 9:15 a.m., Sunday Youth Group (Grades 7-12) 6:30 p.m. Wed. After School Program (Grades 5-6)</p>

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