

Illinois Extension FCS professionals help area residents to "live well"

Health is a lot more than how one looks and feels. Conversations about health should include all eight dimensions or areas of wellness—that is mental, social, emotional, spiritual, financial, occupational, environmental, and intellectual. That's the focus of Living Well Month, a national event in March promoting overall wellness and the education provided by Family and Consumer Sciences professionals to improve the lives of people, families, and communities.

"The Illinois Extension Association of Family and Consumer Sciences works through University of Illinois Extension to offer information that will help families achieve a positive, healthy lifestyle," says Cheri Burcham, Family Life Educator. "Whether you are trying to manage your diabetes through meal planning and exercise, make decisions about health care and insurance, or get tips on effective parenting techniques, Extension FCS has a research-based answer."

To make every month a "Living Well Month," consider these tips:

1. Engage children in at least 60 minutes of physical activity on most days of the week. Adults need at least 30 minutes of physical activity. Play sports or recreational games, turn on some music and dance, hula hoop, or make an obstacle course. Take a walk or a bike ride in your neighborhood. All movement counts.
2. Start planning a garden now to work in the spring and summer. Gardening is great

physical activity. This activity could also nurture your mental and environmental wellness.

3. Rethink your drink. The average adult human body is approximately 60 percent water. Water regulates every living cell's process and chemical reactions. It transports nutrients and oxygen. Water also helps to maintain normal bowel habits and prevent constipation. Reduce the amount of soda and fruit drinks consumed daily.

4. Eat a variety of healthful foods. Eat colorful fruits and vegetables every day. Most people need to increase their fruit and vegetable intake. Have a sliced banana on cereal for breakfast. Enjoy a sandwich loaded with vegetables at lunch. At dinner, steam some vegetables and prepare a fruit parfait with yogurt for dessert. Try new fruits and vegetables. If there's a kind

you don't like, try preparing it in a different way. See www.choosemyplate.gov for more information about nutrition for yourself and members of your family.

5. Read, read, read. Go to the library and check out books. Keep the mental stimulation flowing throughout the year regardless of your age. This will stimulate your intellectual health.

6. Talk to a friend or start a journal to get your thoughts and feelings off your chest. Staying in check with emotional health can be tough, but it's important.

7. Check out parenting, finance, nutrition and/or food preparation classes offered by your Extension office. See www.extension.illinois.edu for more information about upcoming offerings.

8. Maintain a healthy home. Check that your smoke detector is working correctly and

test for the presence of Radon. Help manage allergies and/or asthma by cleaning and vacuuming regularly to reduce allergy triggers in the home. Avoid accidental poisonings by keeping medications locked up, and cleaning agents and other poisons out of reach of children.

9. Keep your family finances in check. Track your expenses and update your budget regularly. Eat at home often because meals outside of home usually cost more. Plan your menus and use coupons as a planning tool. Creating and sticking to a budget, along with paying of debt are great first steps to financial wellness.

All of the dimensions or areas of wellness are connected and support each other. Evaluate your overall wellness and take small steps to improve your health during Living Well Month and all year long.

Easy Dinners When You're Out Of Ideas

There's a cold wind blowing from the east. Hopefully it won't snow.

Last Friday's winds affected the Spring Craft Show in Mt. Zion which is held Friday night and Saturday. Lots of vendors including us waited to go until early Saturday morning. Sales Saturday topped the usual Friday evening and Saturday combined. It makes cleanup a lot easier with little or no leftovers.

It seems we might have more winter weather in March than we did in February. Maybe that will let me finish up a few more winter projects.

Try these one dish meals for quick dinners.

Chicken Stir Fry

- 2/3 c. Italian dressing
- 1 lg. onion
- 3 c. carrots
- 1 qt. beans (green)
- 1 qt. chicken broth
- 1 Tbsp. garlic salt
- 2 tsp. salt
- 1 Tbsp. soy sauce
- 1-2 lb. chicken breasts

In skillet fry chicken breasts, cut into bite size pieces with Italian dressing and oil. Season with garlic salt and seasoning salt. Add onions and carrots, cut into slivers and simmer until soft. Add rest of ingredients and thicken a little with clear jel. Serve over rice.

Buffalo Chicken Pizza

- 1 pizza crust
- 2 c. grilled or cooked chicken
- 1/3 c. hot sauce
- 2 Tbsp. butter, melted
- 1 c. pizza sauce
- 2 c. shredded cheese
- 1/2 c. ranch dressing

Combine chicken (chopped), hot sauce, and butter, set aside. Spread pizza sauce over crust and top with chicken mixture. Top with cheese. Bake 15-18 minutes. Top with ranch dressing.

Spaghetti Casserole

From My Amish Kitchen

By Doris Yoder

16 oz. pkg. angel-hair pasta
1 1/2 lb. hamburger
1 qt. pizza sauce
2 (8 oz.) cans tomato sauce
1 can mushroom soup
1 c. sour cream
2 c. shredded cheese
Cook pasta according to directions. Drain pasta. Brown hamburger and add pizza sauce and tomato sauce. Mix together mushroom soup and sour cream. Grease 9"x13" pan and put half of meat mixture in pan, then half of pasta, and half of soup mixture. Repeat layers. Top with cheese. Bake at 350 degrees for 1 hour.

Simple Taco Salad

2 c. flour
2 tsp. sugar
1/2 tsp. salt
2/3 c. milk
4 tsp. baking powder
1/2 tsp. cream of tartar
1/2 c. shortening
1 1/2 lb. hamburger
1 pkg. taco seasoning
16 oz. sour cream
8 oz. cream cheese
Lettuce
Tomatoes
Grated cheese
Taco chips, crushed
Hot sauce

Combine first 7 ingredients and spread in a 11"x17" cookie sheet with sides. Bake at 350 degrees. Mix sour cream and cream cheese and spread on cooled crust. Brown hamburger and season with taco seasoning and pizza sauce. When cooled, spread on top of sour cream layer. Top with shredded cheese. Serve with lettuce, tomatoes, taco chips, and hot sauce. Cut into squares before

putting lettuce and tomatoes on top.

Best Barbeque Burgers

1 1/2 lb. hamburger
1 egg
1/3 c. oatmeal
1/4 tsp. onion salt
1/4 tsp. garlic salt
1/4 tsp. pepper
1/8 tsp. salt
1/4 c. sauce
Sauce:
1 c. ketchup
1/2 c. brown sugar
1/4 c. honey
2 tsp. mustard
1 1/2 tsp. Worcestershire sauce
1/4 tsp. salt
1/4 tsp. Liquid Smoke
1/8 tsp. pepper
Beat egg and add rest of ingredients and form into burgers. Grill, layering with sauce. Delicious and moist. Serves 8.

Moultrie County Court

Traffic Citations

DUI: Cody N Durbin, 32, driving under the influence of alcohol, improper traffic lane usage.

Albert F Kirkbride, 17, driving 21-25 mph above limit. Austin B Boyer, 17, fail to reduce speed.

Michael A Beavers, 29, violation license class 1ST & 2ND Div, improper traffic lane usage.

Logreeta A Myers, 70, driving 21-25 mph above limit.

Matthew R Sample, 19, driving 21-25 mph above limit.

Robert W Yoder, 75, driving 21-25 mph above limit.

Gasige D Nance, 26, operating uninsured motor vehicle.

Kyle B Shelton, 32, speeding 26-34 mph over limit.

Martino D Parsons, 52, driving/never issued license.


Criminal Cases

Misdemeanor: David A Veach, 64, battery/makes physical contact, filed 3/03/2023.

Dissolution of Marriage
Dissolution (w/o Child): Plaintiff Penny Rhonda Gayle Kleiboeker vs Defendant David Martin Kleiboeker, filed 3/06/2023.

Marriage Publication

Isabella Ann Grider, 26, Argenta; and Nathan Dean Jozsa, 27, Lovington, issue date 3/03/2023.



Barry Wensel
WHITETAIL
Seminar

Monday, March 20
Otto Center
Arthur, IL

Doors Open 5PM / Show 6PM-8PM

\$15.00 Adults - Kids 14 and under FREE

Most of Barry's bowhunting success has been documented on film for decades. In his quest for sharing woodsmanship skills and hunting strategies, Barry has recently produced two brand new "You Lo" videos. And the fact he has taken four Boone and Crockett class freerunning whitetail bucks with his reserve bow, all at under 100 yards, attests to the fact his hunting strategies work. A lot of his techniques are NOT common knowledge, so they are usually very well received. Sharing these secrets from Barry will take years off your learning curve pursuing giant whitetails!

In Our Community



GOSPEL ECHOES TEAM PRISON MINISTRY

21st Annual BENEFIT AUCTION & HAYSTACK SUPPER
Friday, Mar. 17, 2023
at The OTTO CENTER
2056 CR 1800 E - Arthur, IL 61911 - 1/2 mile South of Arthur

GRILLED CHICKEN SANDWICHES - BAKE SALE - HAYSTACK SUPPER - ICE CREAM
YODER'S KETTLE KORN - SOFT PRETZELS - LEMONADE - BOOK SALE - ANIMAL BALLOONS

HAYSTACK SUPPER - 4-8:00PM | AUCTION BEGINS AT 6:00 PM

FURNITURE & MISC:
36 x 80 Knotty Alder Bookcase
40 x 80 Knotty Alder Bookcase
w/2 Doors & 2 Drawers
36 x 84 Hickory Bookcase
41 x 36 Round Br Maple Bookcase
Earlstone & Burnished Stain
64" Maudroom Bench
KingSize Bed Frame
36 x 48 Oak Table w/2 Leaves
36 x 4 Side Chairs
5 Drawer Chest
30" High Paint Case Range (LP or NAT)
5x12 Chicken Coop w/RUN
CHIR'S Rocking Chair
Honda Mower HRX w/Bagger
33x41x12 White Vinyl CH Windows
(2) 29" White Pivots Storm Doors
Mini Pony Harness
Miniature Pony - 4-yr old Sorrel
STBD Harness Bio
22" Husky Generator
24-Hole Yonck Rollaway Chicken Nest
Rocking Horse
CHIR'S Rocking Chair
Mag Holder
5-Pc Wooden Train Set
85" Trunk Log
(2) Coats - 1 Case IH - 1 Leather
M-18 Milwaukee 4-1/2 Grinder
M-18 Milwaukee 6-Gal Vac Battery
M-18 Milwaukee Handheld Vac
Battery
Makita 18-V Lithium Work Lite
Rogue Hoe
7-Pc Ratchet Wrench Set
Deluxe Country Stable Play Set
Seahawk Skylander Backpack
Camera
ERTL JD Model G-34 Plow
1/16 Scale
JD 70 ERTL - 1/16 Scale
Case Skidder - 1/32 Scale
JD Model G - 1/16 Scale

Kid's Wheelbarrow
K-nex Game
JD Skidder - 1/32 Scale
2 White Rabbits w/legs
Clyde's BBQ Sauce
Pink's Apple Butter
Clyde's Apple Butter
Clyde's Apple Butter
24x40 UT Cabinet (Black)
(1) Cases Lithium Grease
(2) Cases Auto Gold 10W30
(2) 2.5 Gall Center Hyd Fluid
Aloe Vera Plants
24x40 Denim Carpet
(10) 6-pk Northern Dotted
Towel Paper
(10) 6-pk Brawnie Paper Towels
Dolls Play Center
Doll w/Stock
Amish Doll w/Cradle
Decorated Window
Bird Feeder
Newspaper Basket
Sewing Basket
Lemon Grass Basket
(2) CHL Toy Spones
12" Diamond Masonry Blade
Fire King 2-Drawer Fireproof
File Cabinet
3-Drawer Pack Out
2-Drawer Pack Out
Bird Feeder
Bird Feeder
Don Fidget
29" Smokeless Griddle
Blue Hovr Bed
3-Pc 3/8" Extension Dr
Fendt 536 w/cutter - 1/16 Scale
Gleaser Combine - 1/16 Scale
(2) LED Headlamps
Ear Muffs
Poncho Rain Coat
18V Genesis Drill Driver
Tool Set - Glove-Hammer - Tape
18-Pc Combination Wrench Set
64-Pc Ratcheting Screw Driver Set
(2) Allie Chaimers Floor Mats
1.50 AMP Lithium Battery
- Door Prizes -
Payments by Cash or Check
Partial Listing of Items - More Items Will Be Added

CERTIFICATES:
Fishing Trip for 2 - Dan Kaufman
2-Yr Country Bag
- Premier Woods
20# Grilled Chicken on Primo Grill
1-Hr Antler - Kenny Houshater
Grilled Pork Steak for 30 People
- Jo's Drive
\$50 Gift Certificate - LaCasas
Mexican Grill
\$50 Gift Certificate - Yoder's
Kitchen
\$100 Gift Certificate - Yoder's
Kitchen
- Beech's Butte Food
\$100 Gift Certificate
- Country Salvage
2-Hr Custom Sailing - My Place or
Yours - Country Bag Sawmill
10 Bags DAC 12 Horse Feed
- Stutzman's Feed Mill
4 Tickets to Abbeys Website
Manure Hauling
Delivery on up to 10 Ton of Rock
- Hovr Trucking
Horse Shoeing for 4 New Shoes
- Martin Otto
4 Tire Mount & Balance
- Gingersich Repair
Gas Vehicle Oil Change
- Gingersich Repair
Lions Mineral - FD Miller
Lions 5-Way - FD Miller
16 Yr Sawdust - Walnut Grove PKG
- You pick up or pay for delivery
1 Wk at Dennis Plank's Cabin
- Must be used this year
- w/ Camper Hookup
Hay Mowing
\$25 Gift Certificate - Roseales
Full Vehicle Detailing
- Gingersich Detailing


FOR MORE INFORMATION CONTACT:
LEWIS & VERNIA OTTO 217-962-0596
LOYD & JUDY GINGERICH 217-273-0751
WILLIS & DOROTHY OTTO 217-856-2171
ELDON & KENDRA OTTO 217-246-5656

www.gospelechoes.com

Proceeds will go toward sponsoring prison Bible studies
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Ad compliments of:

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