

Kirby Foods Launches MDA Make Your Move Retail Campaign

More than 34 Kirby Foods advertising group retailers in the Illinois and Western Indiana area are raising funds and spreading awareness about muscular dystrophy, ALS, and related neuromuscular diseases during the annual MDA Make Your Move retail program to benefit the Muscular Dystrophy Association (MDA).

From July 16 to July 29, customers can add MDA pinups to their purchase at check out for just a \$1, \$5 or a larger contribution. The MDA Make Your Move Retail Program benefits the mission to fund groundbreaking research including best in class multidisciplinary care

at the MDA Care Centers at OSF HealthCare Illinois Neurological Institute in Peoria; SIU Medical Center in Springfield; Carle Spine Institute in Urbana; University of Illinois at Chicago in Chicago; Elkhart Clinic LLC in Elkhart; and IU Health Riley Hospital for Children in Indianapolis. Funds raised also make MDA Summer Camp

possible, giving kids the opportunity to learn vital life skills, make life-long friendships and experience independence, at no cost to their families. Funds also benefit MDA's advocacy efforts to provide access to healthcare, travel, education, and inclusive environments for the disability community. "Every MDA Make Your Move

pinup sold is a symbol of how we are making our move to improve the lives of children and adults with neuromuscular diseases, especially now that we're seeing the impact of MDA's investment in research resulting in treatments," said Director of Marketing, Tim Lubkeman. "Thanks to the generosity of Kirby Foods em-

ployees and customers, we can help MDA fund the world's best scientific and clinical researchers to find lifesaving treatment, care, and support programs. To learn more about the 2023 MDA Make Your Move program and how to get involved, contact Account Manager, Cindy Clark at 989-413-3878 or clark@mداusa.org.

National safety month bike safety tips

I wanted to share this article written by Extension Specialist Susan Sloop. Susan says: summer days are filled with fun outdoor activities that include biking! I remember riding my bicycle to visit friends, go to softball practice, and head to

the local swimming pool. My bike was not only transportation for me – it made me happy. Physical activity, like bike riding, is one of the best ways to boost your mood and manage your mental health! It lowers cortisol – the body's stress

Facts for Families By Cheri Burcham, Family Life Educator

hormone and increases those feel-good hormones – endorphins! A daily bicycle ride can

help manage depression, anxiety and improve your sleep. As you dust off that bicycle seat and embark on your first summer bike ride, here are a few reminders from the National Highway Traffic Safety Administration:

- Wear a Bicycle Helmet – Everyone at every age should wear a properly fitting helmet.
- Check your Equipment – Ensure the tires are correctly inflated, and the brakes are working before taking a ride.
- Adjust your Bicycle to Fit –

There should be 1 to 2 inches between the rider and the top bar if using a road bike and 3 to 4 inches if using a mountain bike. The seat should be level from front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be level with the seat.

- Go with the traffic – Ride on the right in the same direction as other vehicles – go with the flow, not against it!
- Stay alert at all times, watch for parked cars, look before turning, and use bike lanes or paths if possible

Activity at https://4h.extension.illinois.edu/sites/default/files/2022-03/Bicycle_0.pdf and have fun making memories on your bikes this summer!

Author: Susan Sloop, University of Illinois Extension Specialist, <https://extension.illinois.edu/blogs/our-illinois-4-h-story>

For more information on University of Illinois Unit 19 programming and to read more helpful articles, visit our website at <https://extension.illinois.edu/ccdms>, call us at (217)345-7034 or contact Cheri Burcham at cburcham@illinois.edu Also visit the Family Files Blog at <https://go.illinois.edu/familyfiles>

Agriculture from page 5

eggs and egg products. The highly pathogenic avian flu that cut laying hen numbers and led to high egg prices is also out of the news at present. Online I found an interactive map that shows HPAI outbreaks all over the country. Most of the detected outbreaks are in the backyard or small number of flocks. There is a commercial turkey flock of 18,200 birds

in Wayne County, Illinois that is infected, and a flock of ten birds in Missouri as well. The information at our fingertips is amazing, as well as knowing the Centers for Disease Control tracks ten bird flocks in Missouri. The extended dry weather slowed down the need to mow but we have roadsides left to get over the first time. We hauled our last bin of corn out. I do not think there is much grain left on the farm, at least

in Central Illinois. It will soon be time to ready the grain bins for the 2023 crop. Cooler weather is needed for getting serious about that. Most farmers are thinking about getting ready for harvest.

Thank you for reading about Douglas County and world agriculture this month.
Larry W. Dallas
District 12 Director
Illinois Farm Bureau

Town Talk from page 3

lem is that they have somehow made that ramp down to the seats much steeper! Or maybe it's just my age? Anyway, "Jersey Boys" was fantastic, we enjoyed "The Great American Trailer Park" and last week we saw "Driving Miss Daisy." Saw the movie many years ago and vaguely remembered it. This production was terrific and the acting was just remarkable. There are only three characters, Miss Daisy, her son Boolie, and Hoke, the chauffeur. The actor portraying Boolie, Michael Jones, had a wonderful

expressive face when reacting to his mother's shenanigans. Glory Kissel played Daisy and, as I learned, this is her last role. She just turned 81 and is retiring from acting after appearing in many shows at this theater. Have to admit I have no idea how she remembered all that dialogue because there was a lot of it. The gentleman who played Holt was just that, a real gentleman. Mujahid Abdul-Rashid is new to the Little Theater and I hope we see more of him. Watching the relationship between Miss Daisy and Holt grow over the 'years' was moving and all the actors' ability to portray their charac-

ters as they aged was touching to observe. A wonderful story. Next up is "Million Dollar Quartet" which runs from July 20 to 30. We are going this Saturday and, after seeing a bit of video of the cast rehearsing, I am really looking forward to that one too. Anyway, if you haven't had a chance to get to the Little Theatre I would suggest you check out their facebook or website for more information and get down to Sullivan. We are very fortunate to have this caliber of entertainment available to us in the cornfields!
And that's -30-
for summer going way too fast!

Millikin University Spring 2023 Dean's List

Millikin University is pleased to announce the names of the outstanding undergraduates who have been named to the Dean's List for the Spring 2023 semester. The students named to the Dean's List at Millikin University are listed in alphabetical order according to last name.
Madison Gentry of Mount Zion, IL has made the High Dean's List.
Camryn Skundberg of Mount Zion, IL has made the High Dean's List.
Rebekah Barnes of Oakley, IL has made the Dean's List.
Andrew Detmers of Mt Zion, IL has made the Dean's List.
Jessie McCoy of Mount Zion, IL has made the Dean's List.

Eden Niebrugge of Mt Zion, IL has made the Dean's List.
Carly Thomas of Mt Zion, IL has made the Dean's List.
Adam Walker of Mount Zion, IL has made the Dean's List.
Stefany Ater of Oakley, IL has made the Dean's List.
Emily Lux of Dalton City, IL has made the Dean's List.
Jaxson Mackling of Dalton City, IL has made the Dean's List.
Colton Middleton of Lovington, IL has made the Dean's List.
Audrey Eades of Mt Zion, IL has made the High Dean's List.
Lauren Wyatt of Mt Zion, IL has made the High Dean's List.
Steven Allen of Mount Zion, IL has made the Dean's List.

Morgan Bailey of Mt Zion, IL has made the Dean's List.
Kynleigh Blake of Mt Zion, IL has made the Dean's List.
Gracey Reynolds of Mt Zion, IL has made the Dean's List.
Mia Brandenburg of Cerro Gordo, IL has made the High Dean's List.
Derek Austin of Mount Zion, IL has made the Dean's List.
Dylan Austin of Mount Zion, IL has made the Dean's List.
Rylan Doran of Mt Zion, IL has made the Dean's List.
Justin Kirk of Mt Zion, IL has made the Dean's List.
Tristen Kuiters of Mt Zion, IL has made the Dean's List.
Mya Lux of Mt Zion, IL has made the Dean's List.

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