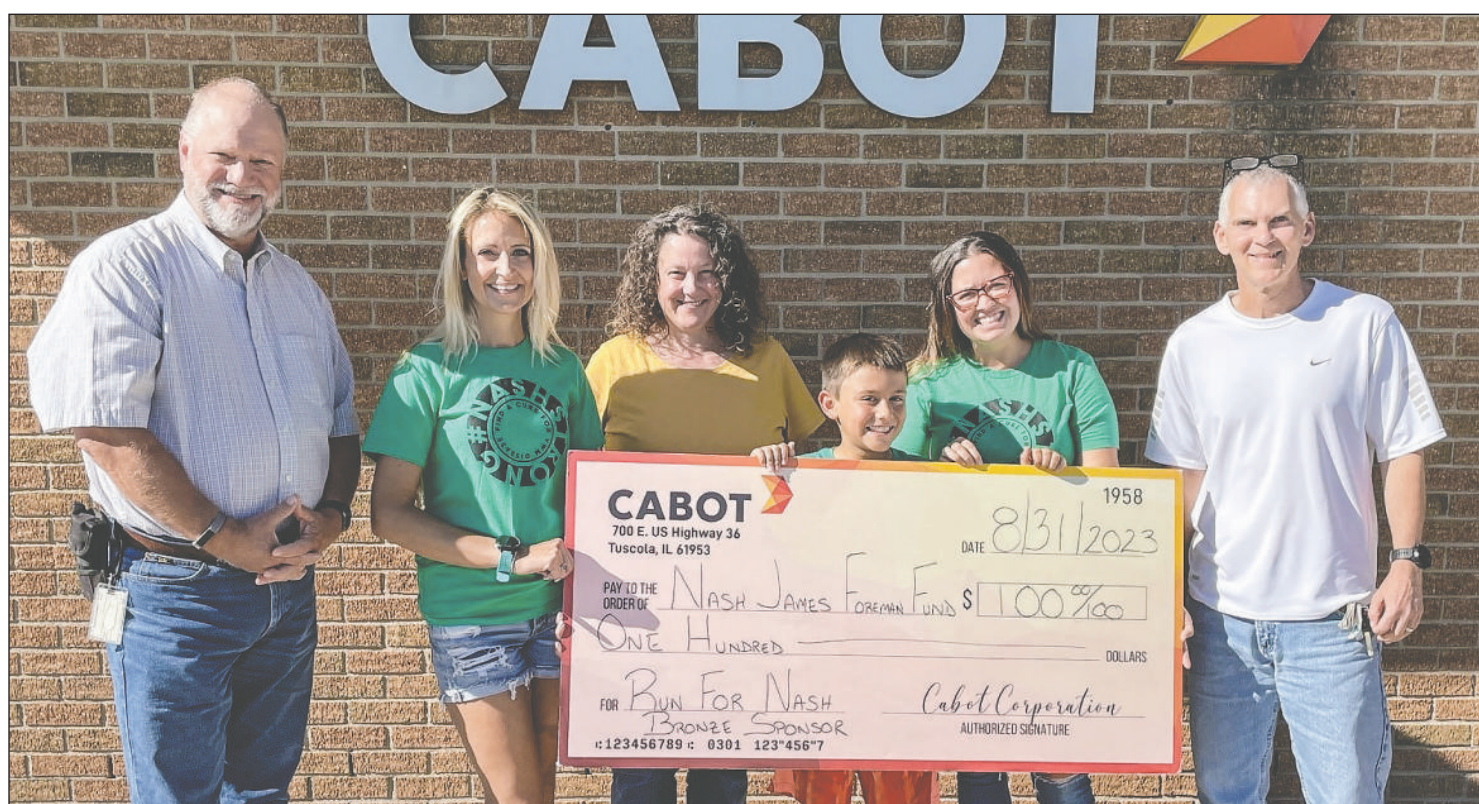


CABOT TUSCOLA DONATED \$500 to Merci's Refuge, <https://lifechangeshere.org/>. Merci's Refuge 4- to 5-month (plus possible 6 months transition program) residential counseling program is for adult women (ages 18-40) seeking freedom from various life-controlling issues. These issues often stem from past trauma and include depression, anxiety, addictions, unhealthy relationships, unplanned pregnancies, unstable income and housing, and involvement with the child welfare system. Their aim is to provide time, space, and support for woman to step outside of survival and crisis mode and being the hard work of healing from past trauma. The program includes counseling, group work, life-goal coaching, and various life-skills classes for pregnancy, parenting, finances, and health living. From left are Nate Homes, director of Merci's Refuge, and Abi Legesse, project engineer for Cabot.



CABOT TUSCOLA BECAME a Bronze Sponsor for Run for Nash 5k run/walk, Kids ½ mile Dash for Nash. Run for Nash is an event to support the Foreman Family and funding research for Vanishing White Matter (VWH). VWH is a rare genetic brain disease that affects 300 people in the world. VWH affects the white matter, or myelin, of the brain known as leukodystrophies. VWH destroys myelin and in doing so permanently affects the transmission of brain signals to the rest of the body. VWH is a terminal disease with no cure, but there is hope with the first human trial happening. Run for Nash is at 9 a.m. Oct. 28, at Ervin Park, Tuscola. To sign up, go to Facebook at [runsignup.com/Race/IL/Tuscola/RunforNash](https://www.facebook.com/runsignup.com/Race/IL/Tuscola/RunforNash). Register by Oct. 1, to guaranteed a T-shirt. Should you have questions, call 217-202-4649 or email Rolyats1099@yahoo.com. Pictured from left are Kim Murphy, NA FMO technical manager at Cabot, Sarah Sumption of Run for Nash, Karey Lynch, HR generalist for Cabot, Nash Foreman and Hanna Foreman of Run for Nash, and Bryan Pierce, DCS engineer for Cabot.

Harvest to Home is set for Oct. 6-7, at the Illinois Amish Heritage Center

Harvest to Home returns to the Illinois Amish Heritage Center Oct. 6-7. Hours for the event are 9 a.m. to 6 p.m. on Friday, Oct. 6, and 7 a.m. until 3 p.m. Saturday, Oct. 7. Harvest to Home returns to broaden activities and demonstrations at the Center and rotates with our Steam Threshing Days which occur in even numbered years while Harvest to Home is in the odd numbered years.

The purpose of the show is to teach show attendees how crops were grown and harvested during the late 19th and early 20th centuries. The Amish continue using many of these methods in their farming operations today.

The 2023 show will feature activities surrounding corn and different types of corn such as Broom, Dent, Flint,

and Popcorn. Corn will be harvested using hand shucking and mechanical pickers pulled by horses and tractors. Corn shelling using a Minneapolis Moline Corn Sheller will demonstrate how corn is separated from the ear and cleaned. The cobs will be ground into livestock bedding using a cob grinder. Corn will be ground into livestock feed powered by horses. A grist mill will be in operation making corn meal.

Wood and lumber demonstrations are a big attraction. This year, you will see sawmilling powered by gas and steam power, plus a buzz saw. Field demonstrations will feature horse and tractor plowing, corn stalk chopping and disking. There will be displays of antique farm machinery, tractors, early "hit and miss"

gasoline engines, and miniature steam powered displays. Visitors will see blacksmithing demonstrations, horse shoeing, equipment powered by horse treadmills, broom and rope making. There will be buggy rides and a "train" will transport show goers around the grounds along with a variety of children's activities.

The IAHC Campus continues to expand. This year will feature tours of the 1879 Miller/Herschberger Barn that was relocated and raised in 2022, plus the restored 1882 Daniel Schrock home that has been beautifully outfitted with period furnishings and fixtures. The 1865 Moses Yoder home will be open as well as our German Schoolhouse and Yoder Workshop. A highlight each day will be the Parade of

Power featuring horses and mechanical powered equipment with commentary provided to describe the items as they pass by.

Food will be served in the pavilion. They will have full meals and sandwiches, plus a pancake, sausage, and liverwurst breakfast served on Saturday. You can also enjoy home made ice cream, kettle corn, lemonade shakeups, crafts, exhibitors, "fall related activities" and much more. All funds are used for the continued growth of the Illinois Amish Heritage Center Campus.

Everyone is welcome and invited to come out for a day of fun and learning for the entire family. Golf carts are welcome. The campus offers convenient parking with restroom facilities

on site and is also handicapped accessible.

The Illinois Amish Heritage Center is located on Illinois 133 nine miles west of Arcola or 3.5 miles east of Arthur on Illinois Route 133. For more information, call Jim Fleming at 217-791-1026 or online

www.illinoisamish.org and be sure to like us on Facebook, Illinois Amish Heritage Center. This is an outside event and is completely reliant upon the weather. Decisions affecting activities may be made on site without notice of printed and broadcast announcements.

Douglas-Hart Nature Center hosts 'OAKtober' celebration

Local Master Naturalists want to inspire you to appreciate Illinois' trees and learn some interesting facts along the way. Our OAKtober Celebration will take place 9-11 a.m. Saturday, Oct. 7, at Douglas-Hart Nature Center.

Learn about oaks and other native trees. Discover fun facts about lichen, mosses, and acorns as you stroll through the grounds of Douglas-Hart Nature Center. Pre-registered participants will receive a passport to add fun information at each of the eleven stations. Complete your passport and receive a prize.

Check-in will begin at 9 a.m.

at Douglas-Hart Nature Center, 2204 Dewitt Ave. E., Mattoon. To register, go to go.illinois.edu/OakCelebration or call the Mattoon Extension office at 217-345-7034. This event is free and open to the public. Participants will need to be able to hike moderate trails. Please wear proper clothing and shoes. Donations are appreciated.

If you will need an accommodation in order to participate, please email uie-ccdmms@illinois.edu. Early requests are strongly encouraged to allow sufficient time to meet your access needs.

Lake Land College to host Laker Visit Day Oct. 9

Lake Land College in Mattoon will host Laker Visit Day from 9 a.m. to 12 noon on Monday, Oct. 9, in the Luther Student Center. This event provides students and parents with the opportunity to learn about The Laker Advantage and how it can guide them on the path to success.

Attendees will tour campus

with a student ambassador, who will share information from a student perspective. Participants can learn more about Lake Land's wide range of academic programs, ranging from short-term certificates to two-year degrees. Students can choose among career, university transfer, trade and technical programs

to link their interests with a matching profession.

Faculty from all programs will be available at the event to speak with students. Representatives from many services, including Counseling Services, Career Services, Student Accommodations & Mental Health Initiatives, TRIO Student Support Services, Health

Services, Student Wellness and more will be available to provide information and answer attendees' questions.

A parent/guardian session will be offered as well to provide information relevant to potential parents or guardians of future Lakers.

For info or to register, go to lakelandcollege.edu/visit.

Constitution Week Sept. 17-23

From Stephen A. Douglas Chapter, National Daughters of the American Revolution The Constitution is alive and well! Its power comes from "We the People." A revolutionary idea in 1787 that ordinary people can create and participate in a government that will serve their interests, structured to provide orderly representation and law making, a fair justice system, an elected president with three branches of government: the legislative, the judicial and the executive.

In the age of kings and

queens, this was an astonishing idea! How could ordinary people govern themselves? How could such a system check itself for over-reach? How could a president agree to relinquish power should he not be re-elected? Despite the naysayers, our government has survived - and the idea of self-government has swept the world!

We must remember that "We the People" works only if we all participate.

Constitution Week is Sept. 17-23.

FEMA

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FEMA's Public Assistance program includes recovery assistance for governments and certain private nonprofits after a disaster and does not include individuals and households. FEMA's Individual Assistance program—or federal grant funding to assist individuals and households with their recovery after the June 29 - July 2, 2023, disaster—is currently available only in Cook County.

The next step in the public assistance process is a series of applicant briefings to

identify and report damage to FEMA, so project worksheets can be prepared for eligible work. FEMA provides 75 percent of the project cost to the state with other non-federal sources covering the remainder. For more information about FEMA's Public Assistance program, visit Assistance for Governments and Private Non-Profits After a Disaster | FEMA.gov.

Additionally, all areas of the state are now eligible for hazard mitigation assistance.

For even more information about the disaster recovery operation in Illinois, visit www.fema.gov/disaster/4728.


THE MISSION HOUSE
 PRESENTS:
FELLOWSHIP IN THE PARK
SATURDAY, SEPTEMBER 30
EBERHARDT PARK • 3:00 TO 6:00 P.M.
 (Southwest edge of Arthur)
FOOD (HAMBURGERS, FISH & CHICKEN)
LIVE MUSIC BY WIL YODER
EVERYONE IS INVITED
SUPPORTING COMMUNITY OUTREACHES & CHRISTIAN FELLOWSHIPS
 **BE A LIGHT IN YOUR COMMUNITY**
 FOR MORE INFORMATION PLEASE CALL 217-621-6444