

Fieldcrest's Jasmyne Arndt Named Toluca Rotary Club's Student Of The Month

The Rotary Club of Toluca is happy to announce that Jasmyne Arndt was chosen as the January Eighth Grade Student of the Month from Fieldcrest Middle School. Jasmyne is a fantastic student who consistently demonstrates kindness, compassion, honesty, and responsibility in all that she does. She treats others with respect and empathy, creating a positive environment for her classmates. Her integrity and strong sense of responsibility make her someone teachers and peers can rely on. Jasmyne's character and work ethic truly set her apart as an outstanding member of the school community.



Fieldcrest Knights Head To Final Week Of The Regular Season

The Fieldcrest boy's basketball team had a busy week, playing four games in six days, going 2-2 over that span as they head into the last week of the regular season with a 15-12 mark.

The Knights began the week at home on Monday with a 57-45 win over Woodland as they roared back from a 25-17 halftime deficit. They came right back on Tuesday to score a 61-42 win at home over the Falcons.

The road wasn't as friendly for the Knights as they lost a 56-34 decision to Tremont on Friday, then dropped another road game on Saturday, 68-46 to U-High.

(See page 9 for box scores)

The Knights will close out their regular season this week with a couple of tough games starting on Tuesday when they travel to face a LeRoy team that boasts a 25-2 season mark. The Knights are home for their regular season finale on Friday when they host Tri-Valley.

Starting on Monday, February 23, the Knights will travel to Knoxville to compete in the 1A Regional Tournament for the first time, having competed in 2A since their existence.

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Senior guard Braden Hahn handles the ball for the Knights.

Join Master Naturalists For A Birdhouse Workshop For Young Nature Enthusiasts

Families are invited to join University of Illinois Extension and Master Naturalist volunteers on March 14, 2026, from 1:00 p.m. to 3:00 p.m. at the Marshall-Putnam County Extension Office (509 Front St, Henry, IL 61537) for a hands-on Birdhouse Workshop designed especially for children. This engaging program will teach participants how to build a bluebird nest box and explore the basics of bird biology and conservation.

Bluebirds are a beloved species that rely on safe nesting spaces to thrive. During the workshop, kids will learn why nest boxes are important, discover fun bird

facts, and take home a birdhouse they built themselves. It's a perfect way to spark curiosity about nature and encourage stewardship of local wildlife.

Children under 13 must be accompanied by an adult. Registration cost is \$5 per child and covers the cost of all materials. Space is limited and pre-registration is required at go.illinois.edu/BirdhouseMP.

If you need an accommodation to participate, please contact Emily Hansen at emhansen@illinois.edu or 815-224-0896. Early requests are strongly encouraged to allow sufficient time to meet your access needs.

Heart Health & Mental Health: Is There A Connection

Marshall Co. Mental Health Board
February is American Heart Month, a crucial time to focus on cardiovascular health, as heart disease remains the leading cause of death in the U.S. It is a national, month-long observance to raise awareness about preventing cardiovascular disease through healthy lifestyle changes. Key actions include eating a healthy diet, managing blood pressure and stress, and staying active.

Key Aspects of Heart Health Month:

- **Preventable Risk Factors:** Key risks to manage include high blood pressure, high cholesterol, smoking, diabetes, and physical inactivity.
- **Healthy Habits:** The Centers for Disease Control and Prevention and VA News.gov recommend at least 150 minutes of moderate-intensity aerobic activity per week, quitting smoking, and eating nutritious foods.
- **Know Your Numbers:** Regularly check blood pressure, cholesterol, and blood sugar levels to moni-

tor heart health.
• **Resources:** The NHLBI, NIH provides educational toolkits, calendars, and resources to promote heart health within communities.

Actionable Steps:

- **Get Active:** Participate in activities like walking, jogging, swimming, or biking.
- **Eat Smart:** Focus on a diet rich in fruits, vegetables, and whole grains.
- **Reduce Stress:** Practice yoga, meditation, or other relaxation techniques.
- **Stay Informed:** Learn the warning signs of a heart attack or stroke.

How Mental Health May Affect Heart Health

Mental health and heart health are closely linked in a bidirectional, "two-way street" relationship, where chronic stress, anxiety, and depression can lead to physical heart issues, and existing heart disease often triggers mental health disorders. Chronic mental health conditions, such as depression or PTSD, (Continued On Page 4)



Fieldcrest senior honored on senior night from left to right: Layten Gerdes, Kash Klendworth, Aiden Alexander, Lucas Anson, Kayden

Eilts, Braden Hahn, Eli Gerdes and Lucas May.

Marshall County Court News

CIVIL JUDGMENTS

Amy M. Ellis (D). JP Morgan Chase Bank, NA (P). 2/10/26 judgment \$7,606.14 (P)

MARRIAGE LICENSE

Kathleen Jo Durkalski. Shantel Sharalynn Stalter. 2/6/26 Issue Date.

FINES LEVIED

Danelle L. Watson 7/6/25 by County traffic "Drvg under influ of alcohol" 2/10/26 12 months Supervision, Fine \$2,660.

Chrissie M. Dreckman 12/20/25 by Henry, "drvg under influ of al-

cohol" 2/10/26 12 months supervision, fine \$2,660.

Ryan P. Paton 12/12/25 by County traffic "driving 21-25 mph above limit" 2/10/26 charge amended/reduced "driving 15-20 mph above limit" 90 days supervision fine \$375.

Aiden J. Dunbar 1/2/26 by County Traffic "expiration of registration 2/10/26 fine \$251.

Eric J. Biesecker 1/9/26 by County traffic "driving 21-25 mph above limit" 2/6/26 fine \$164.

LAND TRANSFER

Grantor: The Judicial Sales

Corporation. Grantee: Quicken Loans Inc., Quicken Loans, LLC; Rocket Mortgage LLC. Section 7, Township 13N, Range 10E, Govt Lot: --SW, Notes Pt. Judicial Deed. Grantor: Michael B. Beall Inc. Exec. Grantee: Zackary L. Rice. Warrens Add, Lot 15, Notes E 1/2 of S 60'. Lot 14, Notes N 6' of E 1/2. Executor's Deed.

Grantor: Donald R. Hutton, Laura A. Hutton. Grantee: Donald R. Hutton II Tr. Section 18, Township 30N, Range 1W, Govt Lot --SE, Notes Pt. Quit Claim Trust. (Continued On Page 4)

<p>TOLUCA SPORTSMAN'S CLUB FISH FRY & DRAWDOWN AT THE TOLUCA AMERICAN LEGION</p>	<p>FRIDAY FEBRUARY 20 4:30 - 7:00 p.m.</p>	<p>Dine-In ♦ Carry-Out ♦ Curbside Kids (10 & Under) - \$8 ♦ Adults - \$15 Fried Pollack, French Fries, Cole Slaw, Baked Beans, Bread & Butter, Coffee or Lemonade and Cash Bar</p>	<p>Drawdown Only 250 Tickets Sold Starts at 7:00 p.m. 50-50 Raffles ♦ Raffles ♦ Tip Boards www.facebook.com/tolucasportsmansclub tolucasportsmanclub@gmail.com</p>
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MONA'S POLENTA IS BACK!!

WEDNESDAY, FEB. 18

4:30 to 8:30 p.m.

Italian Restaurant
Toluca, IL - Phone (815) 452-2303

Also Serving From Our Full Menu