

Extension Series Connects Communities With Experts To Increase Public Health Knowledge

Technology has made health information more accessible than ever, but inaccurate and misleading online content poses serious public health risks. To address this challenge, educators, researchers, and community partners are working together to promote accurate, science-based information.

The University of Illinois, in collaboration with the Interdisciplinary Health Sciences Institute and Illinois Extension, has developed the Springtime Science 2026 webinar series as part of the Community Seminar Series. Community members will be able to explore current health research, gain dependable information, and engage directly with U of I researchers.

"Reliable health information is essential, especially as misinformation spreads so quickly," says Dee Walls, Extension outreach associate. "By bringing researchers and community members together, Springtime Science 2026 helps people get clear, trustworthy answers that support everyday health decisions."

Continuing education units, or CEUs, are available.

All sessions are presented from noon to 1 p.m., and topics include:

Eating Disorders and Food Insecurity: Feb. 25: Uncover the hidden link between eating disorders and food insecurity.

Virtual Reality for Cognitive and Social Engagement Among Older Adults: March 4: Explore how virtual reality is transforming

cognitive and social engagement for older adults.

Everyday Stability: How Home Environments Support Children and Caregivers Through Change | March 11: Discover how predictable, responsive home environments shape healthy child development.

I'll Go with You: Supporting Youth Through Trauma and Into Trauma-Focused Treatments | April 1: Learn practical, compassionate strategies to help young people heal after difficult experiences.

Register for free at go.illinois.edu/CSS-Spring2026. For more information about the Community Seminar Series, visit go.illinois.edu/CSSSeries.

If a reasonable accommodation is needed to participate, contact Dee Walls at walls1@illinois.edu or 217-300-6862. Early requests are strongly encouraged to allow sufficient time to meet access needs.

NEED HELP QUITTING?

Illinois Tobacco Quitline

Illinois Department of Public Health

1-866-QUIT-YESS

1-866-784-8937

BRIDGETOWN EVENTS

102 North Ida St., Lacon, Illinois

◆ Weddings
(Indoor/Outdoor)

◆ Funeral Dinners

◆ Meetings



◆ Reunions

◆ Showers

◆ Parties

◆ Banquets

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PUBLIC NOTICE

The City of Lacon is accepting sealed bids for its public grounds mowing and trimming for the 2026 season

(April 1st thru October 31st).

Please submit a bid for:

a) ALL of Johnson's Grove Park south of Park Street to the creek.
b) Weber Park and the marina property including the Park area and south side of the bridge.

c) City property located in the 500 block of S. Riverview Court.
Duties will include mowing and trimming. The city is requiring a 4 inch tall limit on all grass cutting and may require extra mowing before special events at the parks. Trimming is required around all trees, buildings, or any structure with the designated mowing area. Trimming is also required at the marina boat ramp south along the parking lot. The sidewalks, pavilions, etc. must be swept or blown off.

Bidder is to provide all equipment necessary to complete the job. Proof of liability insurance including workers compensation must be provided with the bid. Bids should be for the mowing season; bids per mow will not be accepted. No mowing on weekends (Sat. or Sun.) unless approved by the city.

Lacon City Hall must receive your sealed bid before four o'clock p.m. on March 9, 2026. Please contact Lacon City Hall at 309-246-6111 if you have any questions or concerns.

The City of Lacon has the right to accept or reject any or all bids.

2026's Best State Capitals To Live In

State capitals aren't just centers of government or facts to memorize. Many are vibrant cities with strong economies and rich cultural scenes, and some rank among the best places to live in the U.S. That said, not all capitals offer the same quality of life. For instance, nearly 31% of Harrisburg, Pennsylvania's residents live in poverty, compared with about 10.6% nationwide.

To identify which state capitals offer the best living conditions, WalletHub evaluated all 50 using 48 different measures. These indicators cover affordability, economic stability, quality of life, education, and health care, ranging from cost of living and crime rates to the quality of K-12 school systems.

"A state's capital city is more than just the seat of its government - it's also often the center of its economic activity. Some state capitals boast incredible job markets, high average salaries, world-class universities, and an abundance of attractions. Unfortunately, others have populations that are struggling financially,

failing public education systems and poor public health systems. States should aim to make their capital city a shining example of the best they have to offer."

Chip Lupo, Wallethub Analyst

Best Capitals To Live In

City	Score
1. Austin, TX.....	64.17
2. Raleigh, NC.....	60.42
3. Atlanta, GA.....	60.17
4. Madison, WI.....	60.04
5. Boise, ID.....	59.72
6. St. Paul, MN.....	56.25
7. Lincoln, NE.....	56.21
8. Bismarck, ND.....	55.94
9. Denver, CO.....	55.86
10. Salt Lake City, UT.....	55.63
11. Oklahoma City, OK.....	54.61
12. Nashville, TN.....	54.57
13. Pierre, SD.....	54.15
14. Concord, NH.....	54.04
15. Columbus, OH.....	53.96

32. Springfield, IL..... 49.23

Worst State Capitals To Live In

36. Salem, OR.....	47.52
37. Santa Fe, NM.....	46.10
38. Topeka, KS.....	45.80

39. Lansing, MI.....	45.56
40. Harrisburg, PA.....	45.08
41. Carson City, NV.....	43.57
42. Frankfort, KY.....	43.13
43. Hartford, CT.....	43.03
44. Montgomery, AL.....	42.35
45. Dover, DE.....	42.15
46. Little Rock, AR.....	41.97
47. Baton Rouge, LA.....	41.79
48. Trenton, NJ.....	40.05
49. Augusta, ME.....	39.26
50. Jackson, MS.....	35.81

Best vs. Worst

◆ Concord, New Hampshire, has the lowest violent-crime rate per 1,000 residents, which is 9.2 times lower than in Little Rock, Arkansas, the city with the highest.

◆ Austin, Texas, has the highest median household income (adjusted for cost of living), which is 2.1 times higher than in Hartford, Connecticut, the city with the lowest.

◆ Montpelier, Vermont, has the highest share of adults age 25 and older with at least a bachelor's degree, which is four times higher than in Trenton, New Jersey, the city with the lowest.

COUNTY CLERK ANNOUNCES EARLY/ GRACE PERIOD VOTING REQUIREMENTS

Jill M. Kenyon, Marshall County Clerk, announced that eligible voters can vote early starting February 20th without having to offer a reason or an excuse for wanting to vote early.

The early voting law allows voters to cast a ballot.

Early voting will be conducted in the Clerk's office during regular business hours, weekdays.

8:30 a.m. to 4:30 p.m.; excluding Holidays.

The law prohibits a person who voted during the early voting/grace period from voting at their regular polling place on March 17th, 2026. The votes cast during the early voting/grace period will be counted on Election Day.

Prior to 2006, voters who wanted to vote early had to request an absentee ballot and offer a reason such as being physically incapacitated or out of the county on Election Day.

The last day for voter registration is February 17th, 2026. (Excluding Grace Period)

Grace Period will begin February 18th through March 17th, 2026, in the office of the Marshall County Clerk & Recorder. You will need to bring 2 pieces of mail showing your current address as well a current driver's license, a state-issued ID card or another government-issued ID with a photograph.

For information about Early Voting or Grace Period, contact the Clerk's office 309-246-6325 Press 2 then 1 at 122 N. Prairie, PO Box 328, Lacon, IL 61540.

ANNOUNCEMENT

The law firm of

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is pleased to announce that

EAN R. ALBERS

has become a partner of our firm.

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