

Jane DeBolt Finds Mobility, Motivation, And Laughter Through Thrive Fitness



**Spotlight Member
Jane DeBolt**

While the workouts themselves have helped her physically, Jane says the people around her have made the experience even better. She especially appreciates the camaraderie of the 10:00 AM crew.

"The 10:00 AM crew are some of the best and funniest people I have ever met," Jane said. "Everyone is so encouraging, and that keeps me motivated."

Jane enjoys nearly every workout the gym offers, though she admits burpees aren't exactly her favorite. What keeps her focused is exercising alongside others and sharing the experience as a group.

She also appreciates how the trainers recognize progress along the way. Celebrating workout milestones has become one of her favorite parts of the journey.

Jane's advice for anyone thinking about starting their own fitness routine is simple: just begin.

"You owe it to yourself to feel good and have a great time meeting fun people," she says.

Looking ahead, Jane plans to continue showing up, staying active, and celebrating progress along the way.

After retiring, Jane quickly realized how important movement was to her overall well-being. About ten months into retirement, she began feeling the effects of a more sedentary lifestyle. Her body was aching, and she knew she needed to make a change.

That's when she decided to join Thrive.

Since starting her fitness journey, Jane says she has gained something incredibly valuable: mobility. The regular workouts have helped her body feel stronger and more capable again, something she didn't take for granted after experiencing discomfort from a lack of movement.

One milestone she's especially proud of is her improved strength. Jane now holds a plank much longer than when she first began, something she considers a big personal achievement.

First Baptist Church Of Sparland To Offer A Community Bible Study

The 1st Baptist Church of Sparland is now offering a Community Bible study. This Bible study will be held at the Lacon Community Center 405 N. Washington from 1:00 to 2:00 p.m. on the 2nd and 4th Wednesdays of every month. Communion will be offered. Everyone is welcome to attend.

Sparland Baptist Church Announces Their Upcoming Easter Season Service Times

The Sparland Baptist Church has announced their Easter Season Services.

On Thursday, April 2nd at 6:00 pm there will be a Maundy Thursday Soup Supper. A simple meal of soup and bread to represent the "Last Supper" will be served. Communion will also be served.

On Easter Sunday, there will be Sunday School at 9:15 am with Easter Worship Service starting at 10:45 am. We would love to have you worship with us at one or all services.

A Free Bingo Night In Henry Planned By The First Baptist Church Of Sparland April 1st

1st Baptist Church of Sparland is hosting a free bingo at Oak Field Place 1515 Bryan St. Henry IL on 4/1/26 at 1pm. Lots of prizes to choose from! After bingo we invite you to stay for Bible study.

Bills Advance

(From Toluca Front Page) food quality, and schools should be part of the solution, but we also want to make sure that implementation is practical."

The bill would require schools to begin removing ultraprocessed foods by July 1, 2029, and finish phasing out by July 1, 2032.

Juvenile trial fitness

House Bill 5270 would create a new evaluation to determine if juveniles are fit for trial. Bill sponsor Rep. Justin Slaughter, D-Orland Park, said current state law evaluates child and adults the same way on if they are fit to stand trial.

"This one size fits all approach fails to recognize the natural limitations in functional, social, adaptive and intellectual abilities that are inherent to our youth," he said.

Juveniles would be evaluated on factors such as traumatic stress, substance abuse and relative immaturity. Slaughter said the bill is partially driven by concerns that President Donald Trump wants Washington, D.C., residents as young as 14 to be charged as adults for crimes.

The bill passed out of committee on a partisan 10-5 vote.

Marshall Co. Court News

(From Toluca Front Page) -SW-SE, Notes Undiv. 1/2 Int., Pt. 1.00A. Deed Trust.

William L. Leigh Co. Tr. Grantee: Leigh Family Farms LLC. Section 19, Township 12N, Range 9E, Govt Lot --NW, Notes W 1/2, 80A. Section 14, 12N, 8E, --SE, Notes W 1/2, N 24.5626A, Ex Pt. Section 24, 12N, 8E, --NE, Notes W 1/2. Section 31, 12N, 9E, -NW-SW, Notes undiv 50% int. Section 23, 12N, 8E, --NE, Notes N 1/2. Section 14, 12N, 8E, --SW, Notes S 80A, Ex Pt. Section 14, 12N, 8E, -SW-SE, Notes Pt., 1.00A, Deed Trust.

Grantor: Kyle Matthew McBride. Grantee: Andrew Lamango. Warrens Add Lot 3, Notes S 1/2 of W 135'. Warranty Deed.

Grantor: Sheriff of Marshall Co. Grantee: Well Properties Inc. Lacon (Original Town) block 41,

Lot 8. Sheriff Deed.

Grantor: John A. Hunt, Marjorie F. Hunt. Grantee: Thomas Real, Joseph Roberts. Lombards Railroad Add Lot 299, Warranty Deed.

Grantor: The Whitetail Group LLC. Grantee: Jamy Flory. Section 5, Township 30N, Range 1W, Govt Lot --NW, Notes S 1/2. Warranty Deed.

Grantor: The Whitetail Group LLC. Grantee: Jamy Flory. Section 1, Township 30N, Range 2W, Govt Lot --SE, Notes Pt. Subj to ease. Warranty Deed.

Grantor: Lee Ann Conrad. Grantee: Ted Doodle LLC. Lake Wildwood Development Lot 1548.

Grantor: Jerry A. Read Tr., Tamara K. Read Tr. Grantee: Joseph Michael Seymour. Section 6, Township 13N, Range 10E, Govt Lot --NW, Notes Pt, 40.06A, Warranty Deed.



April Events

Lacon Area Community Center



| | | |
|-----------------|--------------------------------|-----------------------------------------------------------------------------------------------|
| April 1-Wed. | 11:00 am 6:00 pm | Lutheran Church Service Card Players (call for more info.) |
| April 2-Thurs. | 6:00 pm | Book Club |
| April 5-Sun. | | Easter Sunday |
| April 6-Mon. | 9:00 am | Luminous Unveiled Homeschool Co-op |
| April 7-Tues. | 6:30 pm | American Legion Meeting |
| April 8-Wed. | 11:00 am 1:00 pm 6:00 pm | Lutheran Church Service Sparland Baptist Bible Study Card Players (call for more info.) |
| April 11-Sat. | 10:00 am | Scrapbooking Crop |
| April 13-Mon. | 9:00 am | Luminous Unveiled Homeschool Co-op |
| April 14-Tues. | 3:45pm 6:00 pm | Youth Art Class LACC Org. Meeting |
| April 15-Wed. | 11:00 am 6:00 pm | Lutheran Church Service Card Players (call for more info.) |
| April 16-Thurs. | 9:00 am | Marshall Co Democratic Convention |
| April 20-Mon. | 9:00 am | Luminous Unveiled Homeschool Co-op |
| April 22-Wed. | 11:00 am 1:00 pm 6:00 pm | Lutheran Church Service Sparland Baptist Bible Study Card Players (call for more info.) |
| April 27-Mon. | 9:00 am | Luminous Unveiled Homeschool Co-op |
| April 29-Wed. | 11:00 am 6:00 pm | Lutheran Church Service Card Players (call for more info.) |

For more information about any of these programs, other activities and building rental use please contact us: (309)246-4050 Laconcommunitycenter@gmail.com or find us on Facebook.



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PETS OF THE WEEK

For more information call The A.R.K. 477 State Route 26, Lacon, at 309-246-4275, or email us at arkanimalshelter@yahoo.com.

Elbert

Two-year old Elbert is a wonderful boy in every way. He is very loving, affectionate and attentive. (Did we mention handsome?) He loves to play with other friendly dogs, and he gets along with humans of all sorts. This sweet young boy is also neutered, micro-chipped and current on all his shots.

Bella

Bella is a lovely three year old female tortie. She is friendly and quiet, and is quick to sweetly greet visitors when they arrive in her room at the shelter. She is very laid back and provides a comforting, quiet, affectionate presence. She'll be a wonderful companion for some lucky person or family, and she is already spayed, micro-chipped and current on all her shots.

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