

## Staying Mentally Healthy During The Summer With Tips From The MC Mental Health Board

Summer is a time for family, friends, and the great outdoors. But, with the often-relaxed expectations and routines, mental health flare ups can also coincide. Below are some tips to help you and your loved ones stay mentally aware and healthy during the coming months.

### 1. Daily Habits & Wellness

• **Beat the Heat:** Extreme temperatures strain emotional regulation. Limit outdoor activities to the cooler early mornings or late evenings. Most importantly, stay hydrated—severe heat spikes cortisol and triggers mood drops.

• **Maintain Structure:** Summer's open-ended days can cause disorientation. Keep a loose, but consistent sleep and meal schedule to regulate your mood.

• **Remember to Rest:** Just be-

cause the days are longer doesn't mean you need to be active 24/7. Intentionally schedule downtime to prevent burnout.

### 2. Social Boundaries

• **Combat "FOMO":** You don't have to say yes to every barbecue or weekend trip. Practice mindful planning by only committing to plans that you genuinely look forward to.

• **Avoid Seasonal Pressure:** Society and social media often hypes summer as "the best time of the year," which can make you feel guilty if you aren't constantly having fun. Set realistic expectations for yourself.

### 3. Mindfulness & Nature

• **Get Sunlight Early:** Soak in morning sunlight before the peak heat sets in. It increases serotonin to naturally elevate your focus and mood.

• **Unplug & Ground:** Take a break from electronics. Spend time in shaded areas of local parks or engage in gentle, mindful hobbies like gardening or yoga.

## Marshall-Putnam 4-H Offers Plastic Brick Workshop On Tues., June 17th In Wenona

Marshall-Putnam 4-H is offering a Plastic Brick Workshop on Tuesday, June 17, from 9:00–11:00 a.m. at Bethany Lutheran Church, 302 N. Birch St., Wenona.

Plastic Bricks is one of the newest 4-H project areas and continues to grow in popularity among youth members

The workshop is open to all youth ages 8–18. Participants will learn basic plastic brick terminology, explore building categories for 4-H exhibits, and gain skills to create a successful 4-H Show exhibit.

Registration is required for this free event through ZSuite at [4h.zsuite.org/events](http://4h.zsuite.org/events). Participants do not need to be current 4-H members to attend.

Bricks will be provided for workshop activities only. Youth planning to begin work on their 4-H Show exhibit are encouraged to bring their own bricks.

For more information, contact Anne at 309-364-2356.

## Rotary Scholars

(From Toluca Front Page) litical Science and Theatre. He has been a member of the Fieldcrest Interact Club for 4 years working with food drives, cleanup days, and the Backpack SnackPack program. During his years at Fieldcrest he was active in academics, sports, choir, and school plays. He was also active in the church choir at Minonk Baptist Church and Vacation Bible School at St. John's Lutheran Church in Toluca. He has helped at the Firemen's Breakfast in Minonk, with various youth camps, and at Memorial Day. Because Lucas is seen by others as a quiet leader, he hopes to be able to make a positive influence in his community in the future.

## Chicago Bears

(From Toluca Front Page) offered to other businesses.

"The reality is I wasn't willing to give up billions of dollars of taxpayer money in order to give it to a billionaire-owned team," Pritzker said.

Earlier Monday on the Senate floor, Sen. Seth Lewis, R-Bartlett, expressed concern that the stadium authority appointed by municipal officials would have taxing and bonding powers.

Lewis asked the bill sponsor, Sen. Bill Cunningham, D-Chicago, if the stadium could set up a tax structure the community might not want.

"The bill does not prohibit a municipality from doing just that. I would point out this is restricted to home rule units of government. They have those taxing powers right now," Cunningham said.

Americans for Prosperity Illinois Deputy State Director Brian Costin said lawmakers have more work to do to provide certainty for taxpayers.

Although the Bears have not publicly indicated they would reconsider the decision to narrow their stadium site options to Arlington Heights or Hammond, Indiana, Chicago Mayor Brandon Johnson said his city's 2024 plan reflected the same principles the legislature ultimately centered on.

"We have a publicly owned site the team has already vetted and approved, an existing sports authority with a dedicated revenue stream, and a framework for moving a deal forward," Johnson said in a statement.

Arlington Heights Mayor Jim Tinaglia expressed disappointment and said in a statement that the outcome of the legislative session was a "fumble" for Illinois.

Hammond, Indiana Mayor Thomas McDermott, Jr. said in a social media post that someone should check on the state of Illinois. Quoting the musical "Hamilton," McDermott posted, "You don't have the votes, you don't have the votes."

# ST. JUDE RUNS KIDS FISHING DERBY

Benefiting St. Jude Runs

### EVENT DETAILS

**Saturday, June 13, 2026**

975 Thenius Rd  
Sparland, IL

Sign-Up: 10:00 AM – 10:45 AM

Fishing: 10:45 AM – 12:30 PM

Prizes Awarded: 1:30 PM

### AWARDS & FUN

- Longest Fish per species in each age group
- Food Truck On Site
- Treat Stations
- Kids Games
- Raffles
- 50/50 Drawing
- And Much More!

### AGE GROUPS

3-6  7-10  11-14

### REGISTRATION FORMS AVAILABLE AT THESE LOCATIONS

- LHP Creative Designs  
118 N Broad St • Lacon
- Jonathan Krieghauser –  
COUNTRY Financial (Lacon)

## ENTRY FEE - \$30 PER CHILD

EACH ADDITIONAL CHILD WITHIN THE SAME FAMILY \$10 EACH

**\$50 MAX PER FAMILY**

Includes:  
 Bait  
 Kids T-Shirt  
 Snack Bucket  
 Additional T-Shirts Available for \$15 Each

**SPACES LIMITED SO SIGN UP EARLY!**

**DEADLINE TO SUBMIT ENTRY FORMS: JUNE 6<sup>TH</sup>**

### IMPORTANT INFORMATION

All children must have a parent/guardian with them at all times.

Please bring your own fishing pole.

**FOR ADDITIONAL INFORMATION OR QUESTIONS CONTACT JACKIE OSBORNE AT 815-503-4340.**

**Thank you for supporting ST. JUDE RUNS!**

## SPICERS AUTO REPAIR

**JAKE SPICER, OWNER**

(309) 264-0156  
510 COUNTY ROAD 1300E  
LACON, IL 61540

**Cell 309.253.0163**  
Office 309.444.8800  
ccook@maloofrealty.com

**100 N. Main St. | Washington, IL 61571**

**LET ME SELL YOUR HOME!**

**NEW PRICE**

**Wyoming: 100 Kennedy Court**

Welcome to this charming 3-bedroom 2-bathroom home situated on a desirable corner lot. Highlights include an attached garage, a cozy fireplace in the family room and a whole house generator. New furnace in 2021, roof is approximately 6 to 7 years old. 3-bedroom has laundry hook-ups and shower. Schedule a private showing today. **\$152,000**

**NEW LISTING**

**Washburn: 00 Sunset Drive**

"Incredible investment opportunity! Secure a rare package of six residential lots for the price of one. All lot's have city water, sewer, electric and gas at the lot lines. Excellent building sites. City of Washburn Restrictions apply. See plat for individual lot dimensions. Taxes reflect all 6 lots. **\$45,000**

**PENDING**

**Washburn: 510 Highview Ridge**

Step into this stunning 5-bedroom, 3 bath ranch home nestled at the end of a cul-de-sac. Boasting an open floor plan, this home features a welcoming front porch and a finished walkout basement with in-floor heat. The inviting living room is enhanced by a cozy gas log fireplace. The kitchen has wraparound cabinetry and center island. The primary suite has a walk-in closet that extends into the garage. (This closet is not included in the square footage as it does not have direct heat or air). Oversized attached garage with in-floor heat tubing installed ready to be completed. The rear deck off the kitchen dining area offers a great place to grill or entertain. Relax in the outdoor hot tub and enjoy all season comfort with thoughtful amenities throughout. This property comes with an extra lot for added privacy. **\$289,000**

**PENDING**

**Lacon: 615 S Fulton Street**

Well Maintained, Two-bedroom, One bath ranch home with an attached single car garage. Conveniently located near a beautiful park, this home offers both tranquility and accessibility. Enjoy peace of mind with Whole-house generator. Schedule a private showing today. **\$110,000.**

**PENDING**

**Lacon: 717 Harmony Lane**

Welcome to this charming 2-bedroom, 2-bathroom ranch home nestled on a dead-end street. Inside, you'll find beautiful hardwood flooring and built-in cabinetry adding a touch of classic charm. The bright sunroom leads to a serene screened-in porch perfect for relaxing. Secondary laundry room is on the main level for added convenience. The finished basement with egress window offers potential for a third bedroom. You will enjoy spending time in the fully fenced-in back yard. The fireplace is for decorative use only. Schedule a private showing today. **\$149,000**

**PENDING**

**Washington: 912 Bayberry Drive**

Welcome home! Check out this well-maintained 3-bedroom, 2.5 bath spacious ranch. Located in Firethorn subdivision. The great room is open and airy, has hardwood floors and a custom built entertainment center. The main floor features a convenient laundry area and a bright, open layout ideal for both everyday living and entertaining. The kitchen provides ample cabinetry and workspace, flowing easily into the dining and living areas filled with natural light. The primary suite offers a shared bath, while two additional bedrooms provide flexibility for family, guest or home office. The finished basement adds exceptional versatility with a second kitchen-perfect for entertaining or extended living-along with a spacious family room and additional room for recreation or storage. The basement carpet was installed in April 2026. Car enthusiasts and hobbyists will appreciate the oversized garage, complete with a sink and a work area with lots of storage cabinets. Step outside to a beautifully maintained backyard featuring mature trees and a large deck with a gazebo. There is a shed for additional storage. This home offers the perfect setting for relaxing or hosting gatherings. **\$329,000**