

## Sheriff's Office counts on humor to help spread safety and compliance messages

The Champaign County social media team has a lot of fun coming up with new ways to make their messaging stand out. Here are two recent posts:

**The recently released** UFO photos from the government have raised a lot of questions. We can neither confirm nor deny that our deputies participated in anything back in Roswell...

Okay...sure the photo looks like a deputy here, but that

could literally be anybody. Everybody wore tan back then...I mean it's a black-and-white photo. Do we even know if it's tan? Who said tan?

And if we did recover an alien, hypothetically that would be pretttyy coooool. But we didn't. So, stop FOIA'ing us on this.

Anyways, you know what's not cool? Drinking and driving. We don't want you, or anyone else, ending up in a body bag. It is not worth the risk

to get behind the wheel after drinking.

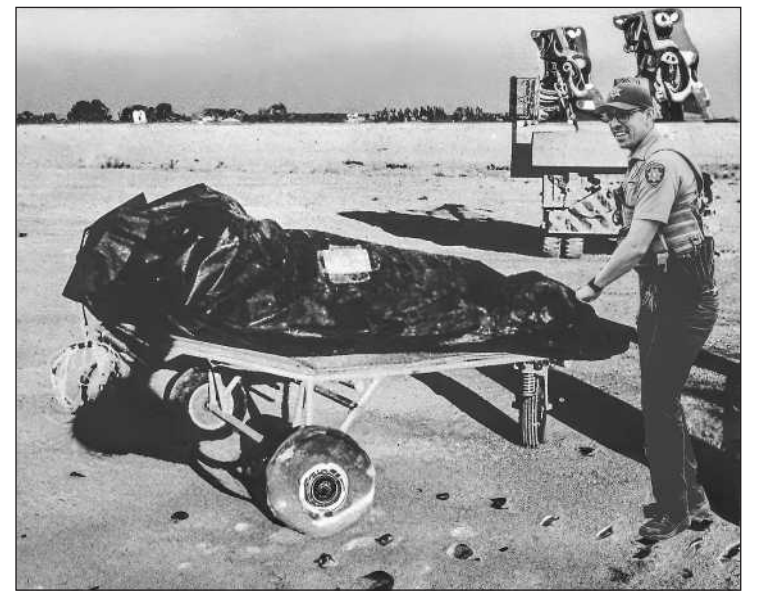
Call an Uber. Call a friend. Call a spaceship. Just don't drive impaired. We want everyone to go-home safe.

**As the Spice Girls** once sang, "So tell me what you want, what you really, really want I wanna, I wanna, I wanna, I wanna really, really, really wanna...have you stop dumping your trash on the side of country roads" - Ginger Spice? Sporty? I'm not sure...

It's entirely possible I misheard the lyrics...however, dumping your trash on the side of the road is illegal. Under ILCS 720 5/47-15, it's a Class B misdemeanor with a minimum fine of \$500.

Also, pro tip: if you think dumping trash on a back road means no one will know...it doesn't. We have ways to track it back, and we will.

Bottom line - don't be trash. Dispose of it properly. Happy Earth Day



**DID THE CHAMPAIGN COUNTY Sheriff's Office recover an alien? Social media team uses humor to drive messages.**

## Hard habit to break, neighbors getting ready for the big day...

"Show me thy ways, O Lord; teach me thy paths. Lead me in thy truth and teach me: for though art the God of my salvation; on thee do I wait all the day. Psalm 25:4,5

"Search ne, O God, and know my hearts try ne and know my thoughts And see if there be any wicked ways in me, And lead me in the way everlasting." Psalm 139:23,24

The first Monday of May and it is chilly and dreary. Cloudy and windy, always, always windy. It doesn't seem like a good day to do laundry. We have so many dreary days. And chilly winds. And yes, it is cold.

Or, yes, it seems cold to me. I feel like the flowers I planted look. Bedraggled, tired and wind-blown, too chilly to grow.

Of course, I don't need to do any growing. I was dismayed to see that the ten pounds I lost when Erwin was sick in January, found its way back. He didn't feel good enough to eat hardly anything. And I didn't

feel like eating because he was sick. Plus I had to wheel him around in the lift.

And yes, very sneakily, those ten pounds crept back. I suspect they were just hiding in out of the way places, snickering and having grandiose plans to fasten their obnoxious selves to my hips and wherever.

Actually, they probably jumped out of the ice cream buckets. Somehow, we have become habituated to having ice cream with our supper. It's a habit hard to break.

These past couple of weeks we've been watching neighbors getting ready for their daughters' weddings. It was very interesting to see how everyone worked together for the big day.

Tents went up, bench wagons, table trailers, cook trailers, and yes, probably tableware trailers appeared on the scene.

Parking was provided for the many buggies and cars,

then the day arrived, horses and buggies in neat formation, it's always an interesting sight.

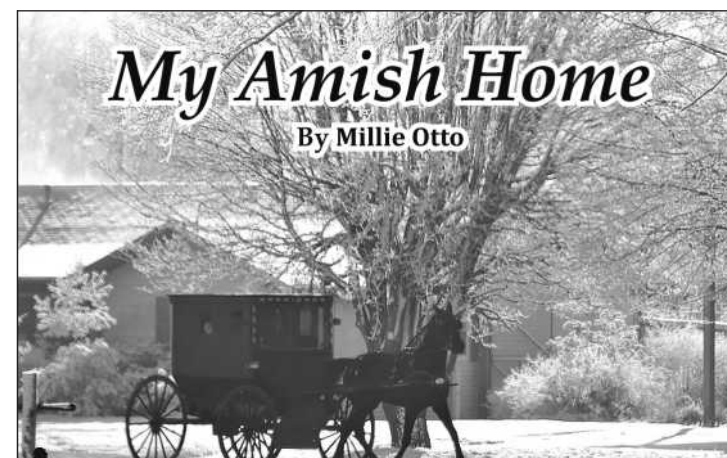
Then the next day, it's all in reverse, the tents come down, the trailers get loaded and away they go. Slowly things settle down to a new normal of daughter moving out and starting a new chapter in her life.

This is now after lunch. I brought Erwin home and we barely made it before the big rain came. I just got Erwin inside and then it started. We even had some pea-sized hail. I just got inside the barn, then it really poured. But it actually stopped as I was done. And didn't start up again until I was in the house.

It has now sorted of cleared off. I hope it doesn't rain more.

We are planning to go to the visitation of Jaylen Cole Otto, 12. He is the son of Eldon and Kendra Otto.

Friday afternoon/evening he had a 4-wheeler accident that took his life. his sister Ava



was with him. I understand she wasn't hurt physically. But mentally, she may have a lot to deal with, I'm not sure of her age, maybe 10. Jaylen would have had his 13th birthday, May 13.

My heart just hurts for them. But God makes no mistakes. We just have to trust. Which, for myself, find hard at times.

I did not know Jaylen but I was told he was a quiet, very respectful boy.

Let's just remember Mom,

Dad, sister Ava and the extended family in our prayers.

In closing---Games can't be won unless they are played, and prayers can't be answered unless prayed. Today pray with a sincere heart. Pray earnestly and constantly.

This week's recipe is one of my favorite pies. Of course, I have many!

### Butter Pecan Pie

1 baked pie crust  
1/3 cup butter  
1 cup chopped pecans

1/2 cup brown sugar  
Put butter and pecans in heavy skillet; heat until pecan are lightly browned. Then add brown sugar; stir until melted. Cool.

#### BUTTERSCOTCH FILLING:

1 cup brown sugar  
1/2 tsp. salt  
1/3 cup butter  
1 cup water  
1 2/3 cups milk  
1/4 cup (heaping) Perma-flo  
2 egg yolks, beaten  
1/2 tsp. vanilla

Mix dry ingredients together. Then mix water and milk, then mix into dry ingredients in a heavy saucepan. Cook and stir until thickened. Boil 1 minute. Remove from heat. Add egg yolks to half of hot mixture. Beat together, then add rest of hot mixture, boil and stir one more minute. Remove from heat; add vanilla and butter. Cool. Put pecan mixture (about 1 cup) in bottom of pie crust. Fill with butterscotch filling and top with cool whip and sprinkle with the remaining pecan mixture. Delicious!!

## Knowing stroke signs can save a life when every minute counts

A stroke can change a life in an instant. In the minutes after symptoms begin, quick action can help protect the brain, reduce long-term disability and save a life, according to the American Stroke Association, a division of the American Heart Association. In rural communities, where EMS responses can be delayed and minutes matter, it's important to be aware of the signs and symptoms and seek treatment quickly.

On average, nearly 2 million brain cells die every minute a stroke goes untreated, making early recognition and treatment critical. During May, American Stroke Month, the Stroke Association is highlighting the importance of recognizing stroke warning signs and understanding how early treatment and prevention can make a meaningful difference when it matters most.

Stroke is the fourth-leading cause of death, according to the American Heart Association's 2026 Heart Disease and Stroke Statistical Update[1],

and a leading cause of serious, long-term disability in the United States. Each year, approximately 800,000 people in the U.S. experience a stroke. A stroke can happen to anyone, at any age.

### Three things you can do to take action against stroke:

1. Learn B.E. F.A.S.T. to spot a stroke. If you see sudden Balance loss, Eye or vision changes, Face drooping, Arm weakness or Speech difficulty, it's time to call 911. Explore the signs by playing the B.E. F.A.S.T. Experience at Stroke.org/StrokeMonth.

2. Understand your stroke risk and explore ways to lower it. Identifying personal risk factors — especially high blood pressure, the leading risk factor for stroke — can help you have informed conversations with your health care team about stroke prevention and long-term brain health.

3. Find support after stroke. Recovery is a journey and connection matters. Explore support services for survivors and

care partners, including virtual Stroke Meetups, and sign up for the Stroke Connection e-newsletter at Stroke.org/StrokeMonth.

### Recognize Stroke Warning Signs: B.E. F.A.S.T.

When a stroke happens, blood flow to the brain is interrupted. The longer treatment is delayed, the greater the risk of lasting damage. Calling 911 is the fastest way to get stroke care. EMS can begin treatment immediately and alert the hospital stroke team before you arrive. Rural hospital staff are trained to provide rapid stroke evaluation and treatment and play a key role in stabilizing patients for transport to stroke-capable hospitals for surgical treatment options.

B.E. F.A.S.T. is a simple way to remember common stroke warning signs:

- Balance Loss – Sudden trouble walking, dizziness or loss of coordination
- Eye (Vision) Changes – Sudden vision loss or trouble seeing in one or both eyes

- Face Drooping – One side of the face droops or feels numb; a smile may look uneven

- Arm Weakness – One arm feels weak or numb or drifts downward when raised
- Speech Difficulty – Slurred speech or trouble speaking

- Time to Call 911 – If someone shows any of these signs, even if symptoms go away, calling 911 right away can help get lifesaving care started. Noting when symptoms first appeared can also support treatment decisions.

### Take steps to prevent stroke

According to the Heart Association and the Stroke Association, approximately 80% of strokes are preventable. High blood pressure is the leading risk factor for stroke[2], and uncontrolled blood pressure, diabetes and obesity significantly increase risk.

### A large majority of strokes can be prevented by taking steps to:

Manage blood pres-

sure. Lowering and controlling blood pressure reduces the risk of stroke. Regular check-ups, monitoring at home and following a treatment plan can lower risk and support long-term brain health.

Build healthy habits. Eating well, staying active, not smoking and keeping up with routine health screenings all play an important role in reducing stroke risk. The Heart Association's Life's Essential 8™ outlines key steps for improving and maintaining cardiovascular and brain health.

Reduce the risk of a second stroke. Prevention takes on added importance for people who have had a stroke or a transient ischemic attack (TIA), sometimes called a "warning stroke." Nearly 1 in 4 strokes occur in people who have had a previous stroke[3]. Understanding what caused the first stroke and identifying personal risk factors can help guide next steps and reduce the chance of another one.

### Support that meets you

### where you are

Stroke recovery looks different for everyone, and support can play an important role along the way. The Stroke Association offers resources designed to help survivors and care partners feel informed, connected and supported, including live, virtual Stroke Meetups where participants can share experiences, ask questions and learn from trusted experts. Stay connected with recovery tools and support by signing up for the Stroke Connection e-newsletter.

**Stroke can happen suddenly.** Knowing the signs with B.E. F.A.S.T. can help you respond when minutes matter. This American Stroke Month, explore trusted resources, practical tools and support Stroke.org/StrokeMonth.

**The HCA Healthcare Foundation** is a national sponsor of the American Stroke Association's Together to End Stroke® initiative and American Stroke Month.

## Spring Fling

*Continued from page 1*

205 South David Street and they had a soft opening of the business at the event.



**THE SIDNEY MILITARY MUSEUM** owned by Bill and Susan McLane and housed inside the Sidney American Legion Post 433 was open for tours during the Saturday, May 9 Inaugural Sidney Spring Fling event brought to you by The Goose & The Gander, LLC and the Sidney Improvement Group. The Uncle Sam head cut out provided extra fun to take some great patriotic photos. *Photo by Ann Rhoton.*

The military museum owned by Bill and Susan McLane located inside the Sidney American Legion Post 433 building located at 221 South David Street was open

for folks to tour during the spring fling event as well.

No Sidney event could take place without the Sidney Dairy Barn attending and the Sidney Dairy Barn Moo Mobile was downtown with some great ice cream treats enjoyed by all!

As I said, there were around 31 vendors featuring flower bouquets, health care items, stained glass, pictures, jewelry, pottery, candles, The La Paloma Food Truck, and more.

The Sidney Saloon was open with a special on chicken salad croissants, Winston's Old Bank opened early at 9 a.m., the Fix It Woodshop was open during their normal hours, and last, but not least, The Goose & The Gander LLC an event sponsor was open from 8 a.m. – 4 p.m.

Your correspondent hopes readers were able to enjoy this inaugural event in downtown Sidney.



**A LARGE CROWD SHOPS** at The Goose & The Gander LLC during the Saturday, May 9 Inaugural Sidney Spring Fling event brought to you by The Goose & The Gander, LLC and the Sidney Improvement Group. *Photo by Ann Rhoton.*