

“Walk With Heroes”
Underground Railroad
Cemetery Tour set for
July 11 in Jacksonville

By MELISSA LYNN
Enquirer~Democrat Reporter

A guided cemetery tour highlighting Underground Railroad conductor grave sites will be held Saturday, July 11, at 6 p.m. at Diamond Grove Cemetery in Jacksonville.

“Walk With Heroes” will explore the final resting places of several Jacksonville residents who assisted freedom seekers on the Underground Railroad. The event is free and open to the public.

Historian Chad Boehlke will lead and narrate the tour, which will visit multiple gravesites throughout the cemetery. Participants are encouraged to dress for the weather and bring water. In the event of inclement weather, the tour will be rescheduled for Saturday, July 18.

Gravesites scheduled to be included in the tour are David Spencer, Elihu Wolcott, Ebenezer Carter, William “Chauncey” Carter, William Kirby, Marc McLean Reed,

William Verry, Henry Irving, John Laurie, Thomas Melendy, Joseph O. King, Jonathan B. Turner, George Chambers, David Prince and Michael Huffaker.

Two additional Underground Railroad conductors, Benjamin Henderson and George Washington Price, are buried in Jacksonville East Cemetery and are not part of the July 11 tour.

The tour is being held in conjunction with the “Journey to Freedom: Illinois’ Underground Railroad” exhibit currently on display at the Jacksonville Area Museum. The “Journey to Freedom” exhibit highlights the stories of freedom seekers and the multi-racial network of conductors who assisted them on the Underground Railroad in Illinois. The exhibit is on display at the Jacksonville Area Museum through Aug. 1, 2026. The museum is open 10 a.m. to 4 p.m. Wednesdays and Saturdays and 1 p.m. to 4 p.m. Sundays at 301 E. State St.

Anti-Inflammatory Diet
May Lower Dementia Risk

Edited By MELISSA LYNN
Enquirer~Democrat Reporter

According to a new study, an anti-inflammatory diet may lower dementia risk, even in people with early signs of Alzheimer’s. The study was published in the journal ‘Jama Network Open.

The study followed more than 1800 adults from age 60 and older in Sweden who did not have dementia. Researchers assessed their diets over six years and measured three biomarkers associated with Alzheimer’s disease.

After 15 years, the researchers found that the people whose diets had lower inflammatory potential were less likely to develop dementia. That held even in individuals who had a higher biological risk.

An anti-inflammatory diet describes an overall pattern of eating associated with lower levels of chronic inflammation in the body. Experts say it amounts to eating more vegetables, legumes, whole grains, nuts, and fruit and less processed foods and red meats.

DO YOU NEED IT LAMINATED?
Enquirer~Democrat
854-2534

 **For Rent**

BELLM APTS. FOR RENT★
Great Neighborhoods★ Very clean★ No Pets. No Smoking.
217-854-7886 or 217-825-6370.

TFN

MODULAR HOME FOR RENT:
Unfurnished, all utilities included, including WiFi. Background check required. No pets, no smoking. 217-854-3201.

TFN

 **Services**

EXTERIOR & INTERIOR PAINTING, 1 or 2 story homes, barns, churches, garages, and decks. Call John. Home 217-965-3470.

TFN

CENTRAL ILLINOIS HOUSE PAINTING. Interior/Exterior. Homes, businesses, barns, machine sheds and decks, etc. References and Free Estimates. Call Mike 217-250-5460.

TFN

 **Garage Sales**

LARGE SUMMER GARAGE SALE - 211 W. Oak, Palmyra. Starts July 9 on Thursday, Friday, Saturday from 9 a.m. - 5 p.m. Will run every week, same days, until August 29th. Boys 6 mo to 3; girls newborn to 18; jr. girls XS to 2X; mens. Pageant/prom dress; scrubs; lots of nice shoes. Bunk bed (no mattresses); entertainment center. Lots more!

7/9-7/16

 **Miscellaneous**

AA 24-HOUR HOTLINE for problem drinkers—1-800-307-6600. Al-Anon 24-hour hotline — 618-463-2429.

TFN

EMOTIONS ANONYMOUS Meetings 6 p.m. Tuesdays, at Locust Street Resource Center, 320 S. Locust Street, Carlinville 217-710-3705 or 217-272-4560.

TFN



Illinois Valley Senior Citizens Menu

Carlinville 217-716-2337
Benld 217-835-3174

Monday, July 13
Chicken and Noodles, Dinner Roll, Red Skinned Mashed Potatoes, Mixed Vegetables, Fruit Cocktail

Tuesday, July 14
Fish Square w/ Bun, Macaroni & Cheese, Baked Beans, Plum

Wednesday, July 15
Baked Pork Chops, Bread, Seasoned Pinto Beans, Spinach, Cinnamon Applesauce/ Pudding

Thursday, July 16
Creamy Ground Beef & Potatoes, Dinner Roll, Peas & Carrots, Mixed Berries

Friday, July 17
Hamloaf, Bread, Au Gratin Potatoes, Asparagus, Tropical Fruit/Cake

Meal reservations must be made by 11:00 a.m. on the day BEFORE you wish to receive a meal.

 **CHECK PRINTING NEEDS NOW**

HAVE FREE STUFF?

FREE AD!

If you have **FREE** items to give away, you can advertise them with a liner Classified Ad in the Enquirer Express at **NO CHARGE!**

Maximum of 6 lines and 3 ads per month.

Call (217) 854-2534 for more details.

Enquirer Express



SUDOKU

	6		2	9		3		
8		3				7		
	7	5	6				1	
	1							
6		9			1		8	
				5				
								3
	2			8				4
5		4	9	2				

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1	7	8	6	2	6	4	3	5
4	6	9	3	8	5	7	2	1
3	2	5	4	7	1	9	8	6
9	3	1	6	5	8	2	4	7
7	8	2	1	4	3	6	5	9
5	4	6	2	9	7	8	1	3
6	1	4	8	3	9	5	7	2
2	9	7	5	1	4	3	6	8
8	5	3	7	9	2	1	9	4

RETAIL SUPPORT WORD SEARCH

Find the words hidden vertically, horizontally, diagonally, and backwards.

A E U Q I N U U B R W N E H C I N D S E
E P L N Y G H P L O I O C H W K L V E Q
A P O W M N M E V R U E K H O O Y S G V
T I Y O N R G B N L B T H Y N W E S Y N
K H A C O U K K Y T N R I R P W N E K O
K S L K U P O N S G R O C Q U G O N I P
U R T U G A R V Y L R E R B U M I I H O
V E Y T I N U M M O C O P A A E T S Y H
D N P T R O P P U S U U W R E H C U N S
I W Q E N K E C S W E W Q T E Q E B A S
S O G T Y I C I M O L C U Y H N L A G I
Q H I T Q H I T A N W P H K T T E D U T
U Y V I N I V N L N T C H E H P S U G U
A T Q S O Y R E L M K N K A E D T K R T
L E M I I S E H W M K R N R L G Q K S D
I I O P S H S T I V A D S H P Q L P T D
T R C K S E C U M M O H L A C O L O S
Y A V U A P L A I A N L L G R U Q V R E
H V U Y P M W K D A A E C B G A G O E B
K U E R I W S E L Y M O N O C E E S W H

 Trades & Services

 **EMMONS TREE SERVICE**
Bill Emmons / Jordan Emmons
(217) 556-3032 / (217) 556-7430
Carlinville, Illinois 62626

**FREE ESTIMATES
INSURED
TREE REMOVAL
TREE TRIMMING
FIREWOOD
STUMP GRINDING**

 **Goodman Agency INC.** Est. 1977

Auto • Home/Farm • Business • Life/Health

**Gretchen Killam
Trisha Dixon**

Office: 217-854-8616 265 N. Broad St., Carlinville

Giaudrone's Bang Bang Roofing

 **Giaudrone's Bang Bang Roofing**

- Roofing Installation
- Roofing Repair
- Gutters
- Siding
- Metal Roofing

We also specialize in insurance work!
Free Estimates • 217-250-1422 • Bret Giaudrone, Owner

Boente Shell

 **543 West Main St., Carlinville, IL 62626**
PH: 217-854-3164

 **830 E. 1st South St., Carlinville, IL 62626**
PH: 217-854-4012

"Serving our community since 1929"
Facebook: JF Boente Sons **www.jfboentesons.com**

Zach Simons (217) 851-5499

 **D&D Roll-Off Service**

10600 Cox Lane, Plainview, IL 62685
We have 20, 30 and 40 yard dumpsters for clean outs, construction debris, and demolition.

BURCHAM

 **Tree Service**

217-313-0911
Greg Burcham

WORDS

AUTHENTIC	LOCAL	SELECTION
BOUTIQUE	LOYALTY	SERVICE
BUSINESS	MARKET	SHOP
COMMUNITY	NICHE	SMALL
ECONOMY	OWNERSHIP	STORE
ENTREPRENEUR	PASSION	SUPPORT
GROWTH	PERSONAL	UNIQUE
HANDMADE	QUALITY	VARIETY

