

Ask Dr. Z - Q and A on Health Topics that Matter with OSF Healthcare

Q: So Dr. Z, you've told us about why healthy sleep is valuable. Now, what are some tips for kids to get good sleep?

A: Parents know getting a child to sleep is not always easy. The best time to put your child to bed is when they're sleepy, not when they're already asleep. Also, if preschool kids wake up in the middle of the night, walk them back to bed. It's not a good idea to let infants and young children sleep in bed with adults.

No matter the age, a consistent bedtime routine is key. Try to do the same activities each night and in the same order. Some basics:

- Avoid caffeine, large meals and sugary treats before bed.
- Turn off electronics and

other bright lights.

· Depending on your child's age, do a light activity like reading or singing a lullaby.

· Make sure the bedroom is dark, quiet and at a good temperature for the season.

· Sleep tips for babies:

· Use one small night light in your child's room.

· If your baby wakes up, change their diaper and feed them if needed, but do not pick them up. Caress them and sing them a lullaby, but leave them in their bed and calmly leave the room.

· Sleep tips for toddlers:

· These children usually exhibit stalling techniques because of a fear of missing out on activities with mom and dad. They can also suffer from separation anxiety.

You can cut down on these complaints by giving them control over minor choices like what pajamas to wear or what book to read. Be patient and loving, but firm. Power struggles are likely to elicit a stronger response.

· Sleep tips for school-age children:

· These kids often have busy schedules. Try to follow a consistent schedule with a wind-down period.

· Strengthen the association between the bedroom and sleep. Have kids do their homework in another room.

· Sleep tips for teenagers:

· Insist they are home by a certain time every night.

· When they have a busy day coming up, remind them to go to sleep on time.

· Lead by setting an example. Although you may not go to sleep at the same time as your teen, you could start your bedtime routine at the same time to set the tone.

If you or your child has difficulty with sleep, you can see a sleep specialist.

Remember: early to bed and early to rise makes us healthy and wise. Wealthy, too? Maybe not so much!

Dr. Andrew Zasada is an internal medicine physician at OSF HealthCare Medical Group - Primary Care in Savoy and OSF HealthCare Heart of Mary Medical Center in Urbana. For more information, call 217-560-6300.

Have a health question for Dr. Z? Email jamie@thetuscolajournal.com.



Dr. Andrew Zasada.

LEGAL NOTICE

IN THE CIRCUIT COURT OF THE SIXTH JUDICIAL CIRCUIT URBANA, CHAMPAIGN COUNTY, ILLINOIS

BUSEY BANK, Plaintiff,

vs.

UNKNOWN HEIRS AND DEVISEES OF PHILIP J. REILLY, DECEASED, UNKNOWN CLAIMANTS AND LIENHOLDERS AGAINST THE ESTATE OF PHILIP J. REILLY, DECEASED, UNKNOWN CLAIMANTS AND LIENHOLDERS AGAINST THE UNKNOWN HEIRS AND DEVISEES OF PHILIP J. REILLY, DECEASED AND WESTLIN MEADOWS CONDOMINIUM ASSOCIATION, Defendants.

CASE NO. 22-FC-112

PROPERTY ADDRESS:

621 MEADOWS CT. UNIT 2R

RANTOUL, IL 61866

NOTICE BY PUBLICATION

NOTICE IS GIVEN YOU, Unknown Heirs and Devisees of Philip J. Reilly, deceased, Unknown Claimants and Lienholders Against the Estate of Philip J. Reilly, deceased and Unknown Claimants and Lienholders Against the Unknown Heirs and Devisees of Philip J. Reilly, deceased, Defendants, this case has been commenced in this Court against you and others, asking for foreclosure of the Mortgage held by the Plaintiff on the property located at 621 Meadows Ct. Unit 2R, Rantoul, IL 61866, more particularly described as:

i. The names of all plaintiffs and the case number are identified above.

ii. The court in which said action was brought is identified above.

iii. The names of the title holders of record are: Heirs and Devisees of Philip J. Reilly, deceased

iv. A legal description of the real estate sufficient to identify it with reasonable certainty is as follows:

Unit Number 2R in Westlin Meadows Condominiums, as delineated on the Survey attached as amended Exhibit "D" to the First Annexation Amendment of Condominium recorded January 5, 1989 as Document Number 89R00257 in Plat Book "AA", Page 269, which amends the Declaration of Condominium recorded July 21, 1988 as Document Number 88R15360 in Plat Book "AA", Page 227, as amended from time to time, together with its undivided percentage interest in the common elements, situated in the Village of Rantoul, Champaign County, Illinois.

Permanent Index Number:

20-09-03-155-048

v. A common address or description of the location for the real estate is as follows:

621 Meadows Ct. Unit 2R, Rantoul, IL 61866

vi. An identification of the mortgage sought to be foreclosed is as follows: Names of the Mortgagors: Philip J. Reilly, Husband and Barbara L. Sleight, Wife

Names of the Mortgagee: Busey Bank Date of the Mortgage: July 13, 2018 Date of the recording: July 17, 2018 County where recorded: Champaign County

Recording document identification: Document No. 2018R12133

YOU MAY STILL BE ABLE TO SAVE YOUR HOME. DO NOT IGNORE THIS DOCUMENT. By order of the Chief Judge of the Circuit Court of the Sixth Judicial Circuit, this case is set for Mandatory Mediation Pre-Conference on December 2, 2022 at 9:00 AM at the Champaign County Courthouse, Jury Assembly Room, First Floor, 101 E Main Street, Urbana, Illinois 61801. A mediation coordinator will be present to discuss options that you may have and to assist you with a potential mortgage modification. YOU MUST APPEAR FOR THE PRE-MEDIATION CONFERENCE OR YOUR RIGHT TO MEDIATION WILL TERMINATE.

UNLESS YOU FILE your answer or otherwise file your appearance in this cause in the Office of the Clerk of this Court at the Champaign County Courthouse, 101 E. Main St., Urbana, IL 61801 on or before November 11, 2022, A JUDGMENT OR DECREE BY DEFAULT MAY BE TAKEN AGAINST YOU FOR RELIEF ASKED IN THE COMPLAINT FOR FORECLOSURE.

CLERK OF THE COURT

THIS IS AN ATTEMPT TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Faiq Mihlar (#6274089)

HEAVNER, BEYERS & MIHLAR, LLC

Attorneys at Law

P.O. Box 740

Decatur, IL 62525

Send Notice/Pleadings to:

Veronika J. Miles (#6313161)

Email: Non-CookPleadings@hsbattys.com

Telephone: (217) 422-1719

Facsimile: (217) 422-1754

6095-927627

published 10/12, 10/19, 10/26/2022

From My Amish Kitchen: Delicious Fall Pumpkin Favorites

By DORIS YODER

A lovely fall morning! Predictions are for frost before the weekend.

The estate sale for my parents' belongings is now done and over with. It was a lot of work when you empty out a house. It is unbelievable how much "stuff" there is. We all enjoyed good food and family time.

This past Saturday I catered a banquet at the Mt. Zion Convention Center for Cancer Care Specialists of Central Illinois. Roast beef, chicken breasts and all the trimmings and deserts were on the menu.

I am baking fruitcakes for the holiday season. They can be purchased at the Kitchen of Doris Yoder.

Here's more pumpkin recipes.

Pumpkin and Roasted Pepper Soup

2 Tblsps. Butter
1 red onion, chopped
1 stalk celery, chopped
3 c. chicken broth
1 can (15 oz.) solid-pack pumpkin

½ c. chopped roasted red pepper

½ tsp. salt

¼ tsp. paprika

¼ tsp. dried thyme

¼ tsp. black pepper

2 Tblsps. half-and-half

Melt butter in large saucepan over medium-high heat. Add onion and celery; cook 5 minutes or until onion is translucent, stirring occasionally.

Add broth, pumpkin, roasted red pepper, salt, paprika, thyme, and black pepper; bring to a boil. Reduce heat to low; simmer, uncovered, 30 minutes, stirring occasionally

Working in batches, puree soup in blender or food pro-

cessor until smooth. Return soup to saucepan; stir in half-and-half. Cook until heated through, stirring occasionally.

Pumpkin Ice Cream Pie with Caramel Sauce

25 gingersnap cookies, finely crushed (about 1 1/2 cups)
¼ c. (1/2 stick) butter, melted

2 Tblsps. Granulated sugar
1-quart pumpkin ice cream, softened

1 c. packed dark brown sugar

½ c. whipped cream

6 Tblsps. (3/4 stick) butter, cubed

¼ c. light corn syrup

½ tsp. salt

1 c. chopped pecans, toasted*

Preheat oven to 350 degrees.

Spray 9-inch pie plate with nonstick cooking spray.

Combine cookie crumbs, melted butter, and granulated sugar in medium bowl.

Press on bottom and upside of prepared pie plate. Bake 8 minutes. Cool completely on wire rack.

Spread ice cream evenly in crust. Cover and freeze 1 hour.

Combine brown sugar, cream, cubed butter, corn syrup, and salt in medium saucepan; whisk over medium-high heat until sugar is dissolved. Boil 1 minutes without stirring. Remove from heat; cool completely. Drizzle over pie. Sprinkle with pecans.

*To toast pecans, spread in single layer on ungreased baking sheet. Bake in preheated 350-degree oven 6-8 minutes or until golden brown, stirring frequently

Pumpkin Carrot Cake

2 c. all-purpose flour

2 tsps. baking soda

2 tsps. ground cinnamon

½ tsp. salt

¾ c. milk

1½ tsps. lemon juice

3 large eggs

1¼ c. Pure Pumpkin

1½ c. granulated sugar

½ c. packed brown sugar

½ c. vegetable oil

1 can (8 oz.) crushed pineapple, drained

1 c. grated carrots (about 3 medium)

1 c. flaked coconut

1¼ c. chopped nuts, divided

Cream Cheese frosting (recipe follows)

Preheat oven to 350 degrees. Grease two 9-inc round baking pans.

Combine flour, baking soda, cinnamon, and salt in small bowl. Combine milk and lemon juice in liquid measuring cup (mixture will appear curdled).

Beat eggs, pumpkin, granulated sugar, brown sugar, oil, pineapple, carrots, and milk mixture in larger mixer bowl; mix well. Gradually add flour mixture; beat until combined. Stir in coconut and 1 c. nuts. Pour into prepared baking pans.

Bake for 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool in pans for 15 minutes. Removed to wire racks to cool completely.

Frost between layers, on side and top of cake with Cream Cheese Frosting, Garnish with remaining nuts. Store in refrigerator.

Cream Cheese Frosting: Beat 11 ounces softened cream cheese, 1/3 c. softened butter, and 3½ c. sifted powdered sugar in large mixer bowl until fluffy. Add 1 tsp. vanilla extract, 2 tsps. orange juice, and 1 tsp. grated orange peel, beat until well combined.

Slow Cooker Sticky Caramel Pumpkin Cake

2 c. all-purpose flour
2 tsps. baking powder
1 tsp. baking soda
½ tsp. salt

½ tsp. pumpkin pie spice or ground cinnamon

11/3 c. sugar

1 c. (2 sticks) butter, softened

4 eggs, at room temperature

1 can (15 oz.) solid-pack pumpkin

1 jar (16 oz.) caramel sauce or ice cream topping

Spray 4½-quart slow cooker with nonstick cooking spray.

Combine flour, baking powder, baking soda, salt, and pumpkin pie spice in medium bowl. Beat sugar and butter in large bowl with electric mixer at high speed 3 minutes or until light. Add eggs, one at a time, beating well after each addition. Beat in

Cont. pg. 6

LEGAL NOTICE

On August 30, 2022, the Circuit Court for the Sixth Judicial Circuit, Champaign County, Illinois in Case No. 2022-FC-91, appointed John P. Brown as the Special Representative of Estate of Mark Hiles, deceased, to represent this decedent's interest in this foreclosure proceeding. The real estate that is the subject of this foreclosure proceeding recited in this publication is located at 1456 Mather Drive, Rantoul, IL 61866. All heirs, legatees, persons possessing this real estate or having assets on this property, and anyone knowing of any heirs or legatees of this decedent, or seeking or having information regarding either this real estate, the mortgage being foreclosed upon or otherwise regarding this real estate or foreclosure should contact this John P. Brown, Special Representative at telephone number (217) 352-7610 and at 606 Indigo Avenue, Savoy, Illinois 61874 not later than 10 days after the last publication of this Notice in this newspaper. 6095-927175 published 09/28, 10/05, 10/12/2022

LEGAL NOTICE

On September 26, 2022, the Circuit Court for the Sixth Judicial Circuit, Champaign County, Illinois in Case No. 2022-FC-32, appointed John P. Brown as the Special Representative of Estate of Clara Gray, deceased, to represent this decedent's interest in this foreclosure proceeding. The real estate that is the subject of this foreclosure proceeding recited in this publication is located at 1308 Harper Drive, Rantoul, IL 61866. All heirs, legatees, persons possessing this real estate or having assets on this property, and anyone knowing of any heirs or legatees of this decedent, or seeking or having information regarding either this real estate, the mortgage being foreclosed upon or otherwise regarding this real estate or foreclosure should contact this John P. Brown, Special Representative at telephone number (217) 352-7610 and at 606 Indigo Avenue, Savoy, Illinois 61874 not later than 10 days after the last publication of this Notice in this newspaper. 6095-927547 published 10/12, 10/19, 10/26/2022

LEGAL NOTICE

IN THE CIRCUIT COURT OF THE 6TH JUDICIAL CIRCUIT CHAMPAIGN COUNTY - URBANA, ILLINOIS NEWREZ LLC D/B/A SHELLPOINT MORTGAGE SERVICING, PLAINTIFF

VS.

JOSHUA L. PRIESTLEY, JULIA M. PRIESTLEY; UNKNOWN OWNERS GENERALLY, AND NON-RECORD CLAIMANTS. DEFENDANTS

Case No.: 2022FC000046

Property Address:

1207 Robin Rd

Mahomet, IL 61853

NOTICE OF PUBLICATION

The requisite affidavit for publication having been filed, notice is hereby given to: Joshua L. Priestley and Unknown Owners, and Non Record Claimants, Defendants in the above-entitled action, that a Complaint for Foreclosure and Other Relief has been commenced in the Circuit Court of Champaign County, by said Plaintiff against you and other defendants, praying for the foreclosure of certain mortgages conveying the premises legally described as follows:

LOT 82 IN ROLLING HILLS ESTATES IV SUBDIVISION, AS PER PLAT RECORDED JUNE 6, 1979 AS DOCUMENT NUMBER 79R10501, IN PLAT BOOK "Z" AT PAGE 80, SITUATED IN CHAMPAIGN COUNTY, ILLINOIS. P.I.N.: 15-13-12-127-006

COMMON ADDRESS:

1207 Robin Rd, Mahomet, IL 61853

And which mortgages were made by

Joshua L. Priestley, Julia M. Priestley, as Mortgage(s); and given to

Mortgage Electronic Registration Systems, Inc. as nominee for Guaranteed Rate, Inc. as Mortgagee; to

wit: that certain "Mortgage" dated (a)

10/26/2018, and recorded as Document No.2018R18931, that Summons was duly issued out of said

court against you as provided by law, and that the said Complaint is now

pending for foreclosure of said mortgages and for other relief.

Now, therefore, unless you Joshua L. Priestley and Unknown Owners, and Non Record Claimants, file your Appearance and Answer to the

Complaint in said action in the office of the Clerk of the Circuit Court of Champaign County, Chancery Division, on or before October 28, 2022,

default may be entered against you at any time after that day and a judgment entered in accordance with the

prayer for relief in said Complaint. CLERK OF THE CIRCUIT COURT

Kluver Law Group, LLC

225 West Washington Street

Suite 1550

Chicago, IL 60606

(312) 236-0077

courtesults@kluverlawgroup.com

Atty. No. 6275308

Firm Case#: SMS000451-22FC1

6095-927252

published 09/28, 10/05, 10/12/2022

LEGAL NOTICE

IN THE CIRCUIT COURT FOR THE SIXTH JUDICIAL CIRCUIT CHAMPAIGN COUNTY, ILLINOIS MARINE BANK, Plaintiff

vs.

THE MICHAEL E. HYNDS TRUST DATED DECEMBER 26, 2002; HICKORY POINT BANK & TRUST; PROSPECT BANK; DEVONSHIRE SOUTH II HOMEOWNERS ASSOCIATION; STATE OF ILLINOIS - DIRECTOR OF EMPLOYMENT SECURITY; UNITED STATES OF AMERICA; RICHARD J. HYNDS AS SUCCESSOR TRUSTEE OF THE MICHAEL E. HYNDS TRUST DATED DECEMBER 26, 2002; UNKNOWN OWNERS AND NONRECORD CLAIMANTS, Defendants

and HICKORY POINT BANK & TRUST, an Illinois banking corporation, Counterplaintiff,

vs.

RICHARD J. HYNDS AS SUCCESSOR TRUSTEE OF THE MICHAEL E. HYNDS DECLARATION OF TRUST DATED THE 26TH DAY OF DECEMBER, 2002, AS FROM TIME TO TIME AMENDED; PROSPECT BANK FKA EDGAR COUNTY BANK AND TRUST CO.; STATE OF ILLINOIS; UNITED STATES OF AMERICA; DEVONSHIRE SOUTH II HOMEOWNERS ASSOCIATION; AND UNKNOWN OWNERS AND NONRECORD CLAIMANTS Counterdefendants.

2022-FC-000002 NOTICE OF SALE PUBLIC NOTICE is hereby given that pursuant to a judgment of foreclosure entered by the court on the Complaint for Foreclosure in the above-entitled cause, the property hereinafter described or so much thereof as shall be sufficient to satisfy said judgment, will be sold to the highest bidder.

(A) The name, address and telephone number of the person to contact for information regarding the real estate is: Hickory Point Bank & Trust, P.O. Box 2548, Decatur, IL 62525; Attn: Joe Silveri; Telephone: (217)

652-6992 (B) The common address and other common description, if any, of the real estate is: 1006 Galen Drive, Champaign, Illinois

(C) The legal description of the real estate is: Lot 240 in Devonshire South II Subdivision, as per Plat recorded in Plat Book "Z" at Page 208, Situated in Champaign County, Illinois.

(D) A description of the improvements on the real estate is: Single family residence.

(E) The real estate may be inspected prior to sale at the following times: Not applicable.

(F) The time and place of the sale are: 9:00 a.m. on October 28, 2022 in the Jury Assembly Room of the Champaign County Courthouse, 101 E. Main Street, Urbana, IL

(G) The terms of the sale are: Cash in hand on day of sale. Plaintiff may credit bid at the sale. The successful bidder will receive a Certificate of Purchase following the sale and a Sheriff's Deed upon confirmation of the sale by the Circuit Court of Champaign County, Illinois.

(H) Title will be conveyed subject to real estate taxes for 2021 and subsequent years and special assessments, if any; to building restrictions and restrictive covenants of record; to easements of record or in place; to rights of way for roads, streets, and highways; to rights of tenants in possession, if any; to redemption rights of the United States of America as provided in 28 U.S.C. §2410. Sale is subject to approval of the Circuit Court of Champaign County, Illinois.

Any real estate transfer tax which may be due as a result of the sale shall be paid by the purchaser. BROWN, HAY & STEPHENS, LLP Emmet A. Fairfield Registration No. 6180505

205 S. 5th Street - Suite 1000

P.O. Box 2459

Springfield, IL 62705

(217) 544-8491

efairfield@bhsllaw.com printed 09/28, 10/05, 10/12/2022

REAL ESTATE

IN THE CIRCUIT COURT FOR THE SIXTH JUDICIAL CIRCUIT CHAMPAIGN COUNTY, ILLINOIS MARINE BANK, Plaintiff