



Community Festival of Trees Display at Library, Online

Take some time this holiday season to view the FHN Community Festival of Trees entrants at the Freeport Public Library or online, and vote for your favorite through Saturday, December 12.

The FHN Community Festival of Trees brings organizations from across the area to decorate holiday

trees, with cash prizes awarded by a panel of judges and the public. In accordance with COVID-19 precautions, this year's trees are located a safe distance apart from each other and also can be viewed online via a link at www.fhn.org/festivaloftrees. The Community Festival of Trees is on display free at the Freeport Public Library from Monday, Nov. 30 through Saturday, December 26. The Freeport Public Library is located at 100 E. Douglas Street in Freeport.

The public is encouraged to vote for the People's Choice Award winner at the library or online through Saturday, December 12.

The top vote-getter for People's

Choice will take home \$500. The second-place award for People's Choice is \$200 and the third-place People's Choice award is \$100. Ballots are available at the library and votes will be taken through the end of the library's operating hours (1:00pm to 3:00 pm) on Saturday, December 12.

The formal panel of judges will award three prizes, as well: First prize is \$500, second prize is \$300 and third prize is \$150.

For more information on the Community Festival of Trees or any of the FHN Festival of Trees events, visit www.fhn.org/festivaloftrees.



Pie = \$\$

The Orangeville Lions Club would like to thank the pie lovers in the area. The November drive-by pie sale sold 79 pies and raised \$810 that will go toward local needs identified by the organization.



December

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Orangeville - The Best Little Town on Earth!

Editor: Chrystal Bostian ovillealert@gmail.com
PO Box 22, Orangeville, IL 61060
815-973-9539

the Alert!

I said when I took this paper on at the beginning of 2020 that I would give it a year to see if it was something that I could sustain. But, like so many businesses in these trying times, the Alert is going to close due to the Pandemic.

Of course, financial issues are at the top of the list of "why." I could literally not have asked for more from our wonderful advertisers, some of which have been with the paper since its inception. I did not feel it fair to ask them for more money, when readership is shrinking, due to fewer distribution sights being available.

And because there are no new advertising sources in Orangeville right now, going to nearby cities was my original plan. But COVID slashed advertising budgets everywhere.

One reason for the need for additional monies is that the 10-year old printing equipment is showing its age. And while the ACT Committee responsible for this publication was more than willing to spend the money on a new printer, operating that printer would have cost more monthly than what is currently coming in. With no exact end in sight for our current health situation, it would have been irresponsible to spend that money hoping advertising dollars would be found.

Please know that I truly enjoyed being the editor/reporter/printer/proof-

reader/spell checker/layout editor/headline writer/advertising editor/bookkeeper/illustration editor for this newspaper.

I also loved hearing from those who would walk up and tell me what a great job I was doing. (Even if every job I did was not always perfect!) Thank you so much for your kind words. That meant a lot to me.

In the meantime, if you want to keep up with what the Village Board is doing attend a meeting. And if attending a meeting at this time due to COVID keeps that from happening, contact your Village Board president or a board member. Names and numbers can be found on the Village website at www.VillageofOrangeville.com.

If you're curious about what's going on at the grade and high schools, tune in to the very informative website the administration keeps updated for you at www.orangevilleusd123.org. It also has names and numbers of officials you can contact with questions.

So, for now, I will not say "good-bye" but rather, "until we meet again."

I hope you and yours have an especially safe holiday; one without COVID issues or any other unpleasantness.

*Thank you!
Chrystal*

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Community Calendar

Dec 7 Village Board meeting 7:00pm
Village Hall/Legion Building

Dec 14 School Board meeting 7:00pm
HS Library (Virtual invite for attendees)



The Village of **ORANGEVILLE**

On Monday, November 2nd, the Orangeville Village Board approved the bid from Sager Fencing in Monroe for fence work at the old grade school playground. The fence around the playground park will cost \$2630.

The board is still seeking an additional trustee. Pay is \$530 yearly.

Village President Michael Siedschlag says the board is taking proposals for a new website manager. The current site, at www.villageoforangeville.com, is being done by an organization out of Madison, WI. He says the body is searching for a local tech-savvy organization to take it over to keep it up-to-date. Call 815-789-4416 if you're interested in talking with him about the job.



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Record Numbers Turn Out for Local Vote

Election Judge Kurt Schilling says 427 registered voters turned out to vote in person at the Orangeville Legion Hall November 3rd. "That's a record under my time here!" said Schilling with a smile.

He reports that everything went smoothly. Everyone wore a mask and stayed socially distanced. He kept the pens disinfected, and there were no complaints.

But Schilling reports there were inquiries about the absence of the "I Voted" stickers we normally get when we exercise our rights. COVID-19 prevented them from being passed out this year.

Schilling says he had 14 voting booths, socially distanced, throughout the Hall. And when he opened at 6:00 am that day, 16 people were waiting to cast their vote. He says he and the other 2 election judges were steadily busy throughout the morning and again in the afternoon.

Locally, Donald Trump was the top vote getter for president. Although Schilling reports that Oprah Winfrey did get a write-in vote for that office.



Where Are You Parked?

A reminder that we are now under winter parking restrictions until April 30th. The city code reads in part; no motor vehicle, trailer, semitrailer, motor home, or mobile home shall be parked in the city within the turning radius of a cul-de-sac; on the odd-numbered side of the street on the odd numbered days or on the even-numbered side of the street on the even-numbered days between November 1 and April 30 between the hours of 1:00 am and 7:00 am. Vehicles in violation may be removed from the street by the city police at the cost of the owner. In addition, the owner is liable for and subject to penalties provided by the ordinance. This ban does not apply to streets where parking is limited to one side of the street or streets where parking is restricted by ordinance.

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Monroe Clinic Emergency Department Nurse, Nancy Werren, RN, after receiving her Lifetime DAISY Award.

Monroe Clinic Nurse Receives Lifetime DAISY Award

Nancy Werren, RN Recognized for Lifelong Nursing Career

Nancy Werren, RN, a nurse in Monroe Clinic's Emergency Department, was recently awarded the Lifetime DAISY Award. The Lifetime DAISY Award is centered on a nurse's career, innovation for achieving exceptional outcomes, leadership within their team, embodying the organization's mission, and having 25+ years of service. Nancy helped start the process of building the Human Trafficking Taskforce in Green County. This has helped Monroe Clinic build a protocol within the Emergency Department to identify and protect these victims when they seek care. She has also worked to improve the advocacy program that in turn has improved care and outcomes for patients experiencing sexual or domestic abuse.

She has brought true awareness to the issues and helps staff and community partners on how to serve these victims and start them on the path of healing. As a certified Sexual Assault Nurse Examiner (SANE), she makes those

moments during that process a calming and safe environment for those victims.

Nancy's award nomination was written by the Emergency Department Leadership Team. "She is an exemplary example of our Mission. Nancy treats every patient with love and respect and teaches the new nurses how to share the same compassion and empathy," shared the group in their nomination. "She is building the next generation of holistic caregivers for our ministry."

The DAISY Award is a national initiative to honor nurses for the extraordinary care they provide to patients and families every day.

Monroe Clinic asks the community to help spotlight the extraordinary contributions of nurses, like Nancy, by nominating them for the DAISY Award. Nomination forms are available online at www.monroeclinic.org/daisy.



Shanaye Howard after receiving the BEE Award on November 24.

Shanaye Howard Receives Monroe Clinic's BEE Award for Providing Outstanding Care

Inpatient Services Nursing Assistant Shanaye Howard has been named the newest recipient of Monroe Clinic's BEE Award. Shanaye has been a member of the Monroe Clinic team for two years.

Shanaye was nominated by Inpatient Services nurse Janet Fenley. Her nominee shared that "Shanaye and I were providing care for a patient who lived alone, and her out-of-town family were anxious about her lack of support system. Shanaye lives only 5 minutes from her, so with permission from the patient's family, she gave the patient her personal phone number to call if she ever needed anything. The patient and her daughter were very grateful for Shanaye's assistance and compassion while providing the high level of care she always does."

Shanaye received a second nomination, from a thankful patient, which read: "As far as I'm concerned, Shanaye went above and beyond with the care she provided! She was friendly, helpful, and explained everything as it happened."

The BEE Award was created to recognize any non-nursing staff member who demonstrates excellent quality care, extraordinary compassion, focus on the patient and the patient's needs and effective collaboration with other members on the patient-care team. Monroe Clinic asks the community to help spotlight the extraordinary contributions of our staff, like Shanaye, by nominating them for the BEE Award. Nomination forms are available at Monroe Clinic greeter's desks and online at www.monroeclinic.org/beeaward.



FHN, County Officials Address Recent Resurgence of COVID-19

With the recent resurgence of COVID-19 positive cases in our community, officials at FHN want the community to know that we have reached a critical point in this pandemic.

Yesterday, the Stephenson County Health Department reported 50 new cases to total 1,466 cases in Stephenson County.

According to IDPH information, as of today, JoDaviess County reported 7 new cases to total 624 cases. Carroll County reported 49 new cases to total 620 cases. Winnebago County reported 331 new cases to total 12,589 cases. Ogle County reported 91 new cases to total 1,646 cases.

These numbers, coupled with a rising positivity rate, currently at 12.8 percent, has moved the region into enhanced state mitigations.

With the number of hospital admissions increasing, healthcare systems across the state are beginning to feel the strain.

“Since the numbers are rising at

alarming rates and hospitals are experiencing significant increases in COVID-19 admissions, the overall available bed capacity is decreasing, at same time the demands on our highly qualified staff are increasing,” said FHN President and CEO Mark Gridley.

While FHN Memorial Hospital has not yet reached capacity, officials are concerned about what will happen if this trend of positive cases continues.

Additionally, FHN officials want patients and the community to know that current visitor restrictions at the hospital and office practices are an important part of our response to the significant rise in COVID-19 cases. While visitor restrictions can be difficult for patients and families, it's crucial right now that the hospital and office locations limit interactions and preserve physical distancing and ensure that our patients and staff are not put in a position where they could be exposed.

Now more than ever, local health systems across the state are pleading with their communities to

continue the preventive measures that can help stop the spread of the virus.

Limit your contacts and follow the 3Ws (Wear a mask. Wash your hands. Watch your distancing). Follow local travel guidance and limit non-essential travel.

Get your flu shot, and encourage others to do the same.

We must work together to stay healthy and stay safe.

For more information on COVID-19 statistics, visit the Illinois Department of Public Health COVID-19 webpage at www.dph.illinois.gov/covid19.

For updated Stephenson County statistics, visit the SCHD Facebook page at <https://www.facebook.com/StephensonCountyHealthDepartment>.

For more information on how FHN is working to stop the spread of COVID-19 and caring for our patients during the pandemic, visit www.fhn.org/coronavirus.

The Lena Food Pantry is available to Orangeville residents. Call 815-369-4625

Extension campaign gives tips for reducing diabetes risk

More than 34 million people in the United States have diabetes; that's one in 10. An additional one in three U.S. adults have prediabetes, and 84% of them do not realize they have it.

University of Illinois Extension unveiled a social media awareness campaign to raise awareness and educate those impacted by diabetes. The monthlong campaign is featured on Extension's nutrition and wellness social media platforms.

Diabetes occurs when a person's blood glucose, also called blood sugar, is too high. Prediabetes occurs when blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes.

About 90 to 95% of those living with diabetes have type 2 diabetes. “It often takes years for type 2 diabetes to develop and is usually diagnosed in adults; however, more and more teens and young adults are being diagnosed with Type 2 diabetes,” says Diane Reinhold, Extension nutrition and wellness educator. “Although researchers do not fully understand why some people develop diabetes and others do not, they know excess body weight, unhealthy food choices, and lack of physical activity are major risk factors.”

There is good news; understanding the risk factors and adopting healthy behaviors can dramatically decrease your risk of developing diabetes, Reinhold says. For a simple risk screening, check out the American Diabetes Associations website and use their one-minute

test.

“This social media campaign provides daily practical tips related to increasing your knowledge about diabetes prevention and management,” Reinhold says. “In addition, join Extension's 5-week virtual webinar series, Managing Diabetes in a Modern World. The webinar topics range from meal planning, setting realistic health goals, and talking with your healthcare provider to find resources to manage diabetes better. The Managing Diabetes in a Modern World recorded webinar series are available online at no cost.

Steps you can take to decrease your risk of developing diabetes

If you are overweight, losing as little as 5% to 7% of your current body weight can reduce the risk of diabetes, Reinhold says. “For example, a person weighing 180 pounds could improve their health by losing just 9 to 13 pounds, which may sound much more realistic than thinking you need to lose 50 pounds before you can get your health under control,” Reinhold says. Losing weight not only reduces the risk of developing type 2 diabetes; it will also have a significant impact on your overall health.

Weight-loss is just one component of a wellness journey. A healthy, well-balanced diet can lower risks of developing other chronic health conditions. The Dietary Guidelines for Americans provide evidence-based nutrition information and advice. The guides are designed to help Americans

make healthy choices about food and beverages, including incorporating a variety of fruits and vegetables, whole grains, low-fat dairy, and lean proteins into daily diets while limiting the amount of saturated fat, added sugars, and sodium.

Engaging in regular physical activity is one of the most important things people can do to improve their health and reduce your risk of developing diabetes. “Moving more and sitting less has tremendous health benefits for everyone, regardless of age or current fitness level,” Reinhold says.

Adults require at least 150 minutes of moderate-intensity physical activity and should perform muscle-strengthening exercises on two or more days each week. In addition to reaching a healthy weight, eating healthy, and being more active, include regular discussions with healthcare providers.



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Our office is closed Sundays and the following holidays:
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Thank you
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Advertisers are the backbone of any publication. And I would like to personally thank all of the advertisers who stuck with me throughout this last year.

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- Stump Busters
- Walnut/Bronco Country Apts.

If you don't already do business with these folks, consider it. Otherwise, says "thanks for your support of the Alert" next time you're in.

Thank You

The McConnell American Legion Auxiliary would like to thank everyone for the generous donations to their Troop Box Project. The Auxiliary originally planned to send out 40 boxes, but received enough items to send out at least another 40 boxes. The generosity of the people of the area is so amazing and appreciated. Thank you for helping us serve our active military community and veterans.

McConnell Auxiliary Unit 1225

Pastor's Post

As we move into the holiday season, a season the church calls Advent, the realization that things will be quite different has set in. Social distancing, masking up, isolation are things that threaten to dampen the holiday spirit. When I was a child, Christmas was an exciting time in my home. The house was decked out in decorations. A special tree selected and put up. My mother making special holiday cookies. Going to church and singing Christmas carols. Christmas Eve Services. Setting the dining room table with the fancy china and the good silverware, which was reserved for special holiday meals. My aunt and cousin coming over and joining us as we crowded around the table in our small dining room. Coming from the old country my mom and dad always felt the holidays needed to be special.

Then in 1967 things changed. My dad passed away that year and the holidays were never the same. There was something missing that could never be replaced. My mother did her best to maintain the holiday spirit, but I could never seem to recover that former excitement. When I joined the service, missed holidays added to the loss. When my mother died in 1991, I lost what small connection I still had to the holidays. I became a cynic bemoaning the commercialization of Christmas.

Change is inevitable but it is how we react to that change that defines who we are. It took me several years to rekindle the desire to make the holidays special again. To reconnect to my roots. It has been a journey that continues. I know that I will never be able to get back the same spirit I had as a child, but I am comforted by my faith. 1 Corinthians 13:11 says, "When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind." While I have and d cherish my childhood memories of the holidays, I will never be able to return to the same sense of comfort, joy and excitement those days provided. Several years ago, in an effort to, decommercialize the holidays for myself, I started on a journey of rediscovery. One key ingredient of my journey has been the phrase "I Believe..." It is a simple mantra, but it has a power that has renewed the sense of wonder, awe, and joy I once had. An unknown Jewish poet wrote these words on a wall during the Holocaust, "I believe in the sun, even when the sun is not shining." Belief and faith are knowing that something is there even when we do not see it. The spirit of the holidays never died even when I could not feel it. The sense of wonder, awe, and joy are not something that is dependent on outside

circumstances, it is something within the heart. Within us. Time are changing, yes. The circumstances are new to us, yes. But what has not changed is the spirit within us. Jesus once said, "And surely I am with you always, to the very end of the age." (Matthew 28:20) It is my faith in a constant God that sees me through times of trial. While we may not see him, Jesus is there. HE is the spirit of Christmas. Advent/Christmas services will be on-line through Zoom this year. Times and meeting ID numbers are included in this issue of the Alert or you can stop by the main entrance of the church and pick up a listing of times and meeting ID numbers. These numbers will work either through computer access or through a phone (any phone). If you are unfamiliar how to use Zoom please feel free to contact me through the church and I will be happy to assist in getting you started. I hope that you will join us in our Advent series which has been appropriately titled "I Believe Even When...". I wish all of you a very merry and joyous season of wonder, awe, and beauty. I would like to close out this message with words from a poem written by Henry Wadsworth Longfellow on Christmas Day in 1863 during the heart of the Civil War and at a particularly painful time in his life.

"Then pealed the bells more loud and deep:
"God is not dead, nor doth [not] sleep;
The wrong shall fail, the right prevail,
With peace on earth, good will to [all]."

*Your humble servant,
Pastor Siegfried*



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Orangeville United Methodist Church
111 S. East Street / Orangeville, IL 61060
Office 815/789-3170

Due to Covid guidelines, all in-church worship services have been cancelled. We will be having Zoom services per the below numbers. Please join us on Zoom to celebrate this joyous season either on-line or on the phone.

Phone number for all services 312/626-6799
Sunday Worship Services 9:15 am
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Holidays in a Pandemic

Christmas and the New Year are near. Many are wondering if it is possible to safely celebrate during a pandemic. These tips are from the website [//healthblog.uofmhealth.org/wellness-prevention/how-to-have-a-safe-holiday-season-during-covid-19-pandemic](http://healthblog.uofmhealth.org/wellness-prevention/how-to-have-a-safe-holiday-season-during-covid-19-pandemic):

Experts agree that the ongoing COVID-19 pandemic may mean that your typical holiday gathering will look different this year.

“Expanding your circle of people during the COVID-19 pandemic increases your risk of exposure,” says Amanda Valyko, director of infection prevention & epidemiology at Michigan Medicine. She and other experts recommend against traveling, especially to communities that are seeing increases in cases of COVID-19.

And unfortunately, taking a test before traveling isn’t a guarantee of safety. “It is possible to have been exposed, but not yet shedding virus. A negative test could give a false sense of security and lead to COVID-19 exposures,” adds Valyko.

So what can you do to safely acknowledge the holidays, especially during a tough year?

Coming together (at a distance)

Limit your gatherings to those in your immediate household, if possible. “You can still have your favorite aunt make the pies and then divvy them up between households. Or one

person could provide holiday to-go plates,” says Sheria Robinson-Lane, Ph.D., RN, assistant professor in the department of systems, populations and leadership at the U-M School of Nursing.

If you do choose to get together, limit the size of your groups and ensure people wear masks and maintain a distance of at least six feet.

“Make sure there is plenty of space to maintain distance and keep some fresh air circulating by keeping a window open. If your mouth or nose are visible, you are potentially spreading more germs than if it were covered,” says Robinson-Lane. She and Valyko suggest gathering outdoors instead, weather permitting.

College students contemplating a trip home should be careful. “If you have students returning from college that have not been strictly self-isolating in the two weeks before the holiday, I would highly suggest they keep a mask on indoors when around others and have their meal separate,” adds Robinson-Lane.

Creating connection

“You can create a sense of connection by listening to the same Pandora or other streaming music channel during the meal, having the same menu, having a family call or Zoom before or after the meal, or even having an outdoor, socially distanced visit,” says Robinson-Lane.

Maintaining connection with others is important for mental health. Amanda Leggett, Ph.D., of the U-M department of psychiatry suggests thinking about what are the traditions that are important to your family and friends that you can hold onto in a virtual way. Some suggestions include:

Having an ugly sweater party over Zoom or some other friendly competition.

Taking time to write a letter or have a phone call with someone you

haven’t talked to in a while.

Helping a homeless shelter prepare a Thanksgiving meal or make care packages for essential workers who are working over the holidays.

“One benefit of virtual communication is you may be able to connect with friends and family from long distances that you wouldn’t usually get to see,” says Leggett. Thinking of others can take the focus off of activities you may be missing out on, she adds.

Taking care during COVID

Being sick over a holiday is never fun—but it’s especially important to take precautions if you or a loved one has COVID-19. If someone in your circle is ill, it is important to protect your family while caring for that individual, says Robinson-Lane. “If you are sharing a living space, it is important to quarantine for the full 14 days. This can certainly interfere with holiday plans, but it may be helpful to take the perspective that you are giving the gift to your family of protecting their health.”

If the person who typically prepares the meals falls ill this year, they should pass those duties to someone else. “You can engage them by getting their recipe for the dish they would usually prepare and making it the way they would make it and dropping off a holiday plate,” says Robinson-Lane.

Or, suggests Leggett, have friends and family do a drive by or socially distanced visit to keep the person who is sick connected to the family.

If you’ve had and recovered from COVID-19, that doesn’t necessarily mean you are now immune and can get together. “At this time there is not enough evidence to confirm that a COVID infection confers long term immunity,” says Valyko. “Even those with previous COVID infections should continue to follow mask and distancing guidelines.”



Keeping Pets Healthy During the Holidays

The turkey is in the oven, the halls are decked and the gifts are wrapped, but do you know where the cat is? With all the excitement of the holidays, sometimes we can lose track of our four-legged family members, only to find the cats chewing on the décor or the dog eating through the kitchen garbage after a family feast. Follow the holiday pet safety tips from our Veterinarians below all season long.

Dos and Don’ts of Décor: Make sure to keep decorations and ornaments up and out of reach of curious pets.

Instead of glass ornaments, look for non-breakable options (such as metal or plastic), since pieces of broken glass ornaments can be easily swallowed or stepped on.

Keep an eye out for any loose confetti or tinsel that might be in reach of pets, especially cats. These little eye-catching pieces of plastic can lead to blockage in the digestive track, if swallowed.

Poinsettias aren’t deadly to pets, but if eaten they can cause pets to vomit and have digestive upset, so keep them away from animals.

Candles can set the celebratory mood and they can become a fire hazard with an unsupervised pet moving around. A bump of a table

or the pulling of a tablecloth can lead to a candle tipping over. Don’t leave any lit candles unsupervised and keep them in sturdy holders.

If you put up a Christmas tree, either real or artificial, make sure it’s properly secured. Curious cats may like to climb on it and larger dogs can easily knock them over.

Glowing lights or moving décor are sometimes too good to pass up for some pets. Make sure to unplug or turn off any decorations to prevent harm and possible fire hazards when you leave the house or go to bed at night.

Dogs and cats can get startled by holiday noise makers and poppers. If you have noisemakers at your celebration, set your pet up with their own quiet space, away from the party.

Food Faux Pas:

While humans relish in the chocolate goodies of the season, this sweet treat is dangerous to pets. Keep chocolate candy sealed and out of reach, and if you think your pet may have ingested chocolate, call your veterinarian.

A holiday turkey can be a major stomach concern to our four-legged friends. The skin on the turkey is soaked in oils, seasonings, and fats, which may lead to stomach pain and even pancreatitis.

Also, be sure to keep your

kitchen garbage out of reach or covered, since the turkey bones can be a particularly dangerous choking and digestive hazard if pets get their paws on them.

Advise your dinner and party guests to not feed your dog any scraps to avoid digestive upset. If your dog tends to beg near the table at mealtime, put your dog in a quiet room during the feast to avoid temptation.

Please note: If your pet’s health status or behavior changes suddenly in any way, call your veterinarian. He or she can help rule out any underlying medical issues as well as make additional recommendations, beyond these general holiday pet safety tips.

These tips are from www.myhappy-pets.com/behavior/article/holiday-pet-safety-tips

Community Contact Information:

Michael Siedschlag

Orangeville Village President

Phone: 815-789-4416

Email: president@villageoforangeville.com

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Grant writer

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