

OBITUARIES

Connie Sue Bagley

CHENOA — Connie Sue Bagley, 70, Chenoa, died at 1:35 a.m. Tuesday, Jan. 19, 2016, at Good Samaritan Nursing Home, Pontiac. Duffy-Pils Memorial Home, Chenoa, has charge of arrangements.

Alice Barnes

Alice Barnes, 84, of Pontiac, died at 11:30 a.m. Saturday, Jan. 16, 2016, at Tjardes Health Care Center at Even-glow Lodge.

Cremation rites will be accorded and a memorial service will be held at noon Saturday, Jan. 30, at McDowell United Methodist Church, with Rev. Andy Black officiating. A private family inurnment will be held at Graceland Cemetery, Fairbury.

Friends may call from 11 a.m. until the hour of service at the church Saturday, Jan. 30.

Calvert & Martin Funeral Home, Pontiac, has charge of arrangements.

Born Feb. 25, 1931, Alice was a daughter of Carl and Emma (Aberle) Schmidtgall. She married LeRoy Barnes on Aug. 14, 1949, at McDowell United Methodist Church.

Survivors include her husband of 66 years, LeRoy Barnes of Pontiac; two daughters, Jeanne (Greg) Andruskevitch, Riverton, Linda (Ray) Kavois, Orland Park; three grandchildren, Aaron (Tish) Andruskevitch, Megan (JR) Combs, Ryan (PJ) Kavois; seven great-grandchildren, Brennon, Shaye, Aarik, Luke, Jackson, Brock and Hudson; five sisters, Flo Herda, Clermont, Fla., Lorene (Don) Davis, East Peoria, Lucille Drager, Bradley, Erma Svoboda, Rockford, and Marjorie (Ralph) Kuntz, Gridley.

Her parents; two sisters, Wilma Jean and Carolyn; and one brother, Silas, preceded her in death.

Alice attended Fairbury schools and graduated from Fairbury Township High School. She was a member of the United Methodist Women of McDowell, where she served as treasurer for 28 years. She was a member of the McDowell Sunshine Club and also did volunteer work at Asta Care Center in Pontiac. She belonged to Pontiac Woman's Club.

She was a devoted wife, mother and friend to all. She enjoyed doing volunteer work, traveling and spending winters in Florida, visiting her many friends there. She loved her family, grandchildren and great-grandchildren and took pride in her home.

Alice will be greatly missed by all.

Memorials in Alice's name may be made to McDowell United Methodist Church.

Online condolences may be left at calvertmemorial.com.

Charles E. Hanes

WESTON — Charles E. "Chuck" Hanes, 90, of Sonora, Calif., formerly of Weston, died Wednesday, Jan. 6, 2016, surrounded by his family.

Funeral services were held Jan. 11, in Sonora, Calif.

Charles was born May 16, 1925, in Gary, Ind., to Earl and Lillian (Farley) Hanes. He married Ruth Eneman of Skokie on May 13, 1949. She preceded him in death.

Surviving are two sons, John of Sonora, Calif. and Mitchell of Morgan Hills, Calif.; a brother, Del (Jan) Hanes, Bloomington; a sister, Dorothy (Bud) Rosenberger, Chenoa; seven grandchildren, all of California; and numerous nieces and nephews.

His parents; a daughter, Gayle (Rod) Johnson; and a brother, Norman R. Hanes, also preceded him in death.

Chuck attended Fairbury High School and served in the U.S. Marines.

Lana D. McKune

CENTENNIAL, Colo. — Lana Diane McKune, 68, of Centennial, Colo., formerly of Pontiac, died Saturday, Jan. 16, 2016, at her home, surrounded by family.

A life celebration will be held at 2 p.m. Friday at the PACE Center, Parker, Colo.

Online condolences may be left at ponderosavalleyfunerals.com.



Mrs. Alice Barnes



Ms. Lana D. McKune

Lifestyle

QUESTIONS? Contact Paul Westermeyer at 815-842-1153 or at pwestermeyer@pontiacdailyleader.com

PONTIAC CHAMBER OF COMMERCE

Biggest Loser challenges community with contest

The Pontiac Area Chamber of Commerce is joining a national wellness initiative that is launching across the country on Feb. 15. Network NBC and The Biggest Loser are launching The Biggest Loser Community Challenge.

This competition invites teams of four to join an eight-week, online health and wellness community challenge. The challenge is for companies of all sizes and people of all fitness levels. Businesses are encouraged to register teams of employees to represent their company in the challenge.

For only \$100 for a team of four, this challenge is a new way to start the new year. While there is a strong focus on companies to sign up teams, anyone in the community can create a team of four.

Past contestants of The Biggest Loser will guide teams through eight weekly challenges. Challengers will also receive weekly motivation and nutrition tips from trainer, Dolvett Quince.

Participants will earn points for each minute of activity they engage in, as well as additional points for completing weekly tasks and logging additional challenge activities designed to improve nutrition and overall

Each participant will have access to their own private wellness account and mobile app, where they will journal challenge activities, access weekly health guidance and keep their eye on friends and competitors on live leaderboards.

Prize draws will be made each week, with over 10,000 prizes to be won across the country, including trips to LA to see the Finale live!

More information, registration and key dates can be found online at www.biggestlosercommunity.com

PUBLIC RECORD

POLICE BRIEFS covering accidents, arrests, associate court news, court cases and fire department calls are information the Daily Leader receives from the respective agencies. The **Daily Leader** also welcomes reader-submitted items such as club meetings, students in college and family reunions. **ITEMS WITH PHOTOGRAPHS** are also welcome. Items may be emailed to the Daily Leader at ldrnews@mchsi.com or may be faxed to 815-842-4388.

GLOWING WITH HEALTH

Serving sizes discussed

I feel like all I do is preach serving size. It is something that can be difficult to abide by, but can make a huge difference in your health and weight loss journey.

People often over eat even when eating healthy and sometimes serving sizes can just get plain confusing especially if you are using the food pyramid.

Here is a quick guide to help. I am using the serving size reference guide from Hilton Head Health:

- Nuts & Seeds
 - 1/3 cup or 1 oz. nuts
 - 2 Tbsp. seeds
 - 2 tsp. butter (Peanut, almond, etc.)
- Monounsaturated Fats
 - 1 tsp. oil
 - 1 tsp. soft margarine
 - 1 Tbsp. low fat mayonnaise
 - 2 Tbsp. light salad dressing
 - 1/8 medium avocado
- Lean Protein
 - 3 oz. cooked fish, poultry, or meat — often referred to about the size of a deck of cards.
 - 1 egg or 1/2 cup legumes = 1 oz. lean protein
 - Low Fat Dairy
 - 8 oz. milk
 - 1 cup yogurt
 - 1 oz. cheese
 - 1 1/2 low fat cheese

- Whole
 - Grains/Starch Vegetables
 - 1 slice bread
 - 1 oz. dry cereal
 - 1/2 cup cooked rice, pasta, corn or cereal
 - 1 small ear of corn
 - 1/2 hamburger bun
 - 1/2 small bagel
 - 1/2 English muffin
 - 1/2 cup starchy vegetables — winter and acorn squash, sweet potato, white potato
 - Fruits/Vegetables
 - 1 medium fruit
 - 1/4 cup dried fruit
 - 1/2 cup fresh/frozen/canned fruit
 - 1/2 grapefruit
 - 6 oz. fruit juice
 - 1 cup raw leafy vegetable
 - 1/2 cup cooked vegetable
 - 1/2 cup raw vegetable
 - 6 oz. low sodium vegetable juice



Amy Bomarito

Wife frustrated by husband's talks with mom

Dear Annie: You must know that for every letter that you get, you only hear half of the story.

I read the letter from "Wife on the Outside," who said her husband talks to his mother negatively about her.

I hope that my wife reads that and follows your advice to go to counseling.

I am a loving husband and father, and tired of accusations of disloyalty. I love my wife.

When my mother asks me how she's doing and my answer is, "She is very unhappy," I am not being disloyal. I am being truthful. But my wife doesn't like it.

My wife drinks a lot of wine in the evening. When she is no longer sober, she becomes nasty to the point where she is unbearable. She refused to go for counseling, so I went alone.

My counselor recommended that I attend Al-Anon, and I plan to go back soon.

My wife does not consider herself an alcoholic. If there is any way you can help convince her to get counseling, I would be very grateful. — *Suffering Husband*



Kathy Mitchell



Marcy Sugar

Annie's Mailbox

band

Dear Suffering: Your wife didn't write to us, and we are unlikely to convince her of anything, since she is unwilling to admit she has a problem. Our advice is for you: First, please stop telling your mother that your wife is unhappy.

While we know that Mom can be a source of support, your marital problems are not really her business. If your wife considers it "disloyal," then you must stop confiding in Mom.

If you need to talk to someone, go back to your counselor. Second, we hope you will return to Al-Anon meetings and learn the limits of what you can

do in this situation and how you can help yourself cope.

Living with someone who abuses alcohol can be both difficult and exhausting. We'll be thinking of you.

Dear Annie: I read your column every day, and I've been finding myself feeling sorer and sorer for women in their 40s and 50s.

So many letters are about men who can't anymore and women who don't want to anymore. The message seems to be that sex has to end the minute a woman hits menopause. And that's absolutely not true!

Last week, I had lunch with two women who have been my friends since high school.

We are all in our early 70s, and every one of us agreed: Sex has been better in the last 15 years than ever before.

We're not working now, so we can stay in bed and cuddle for hours if we want. There are no kids at home, so we can "take a nap" with our honeys without the slightest embarrassment.

If we need lubrication, we use it. If there's more petting than fireworks, then we celebrate petting — but we all have delighted in recent fireworks, too.

Come on, women! So our bodies don't look as awesome as they used to. So our sweethearts are a bit flabby.

If two people love each other, they should still enjoy giving and taking pleasure. And, take it from us three women, you'll look years younger with that glow in your cheeks and that sparkle in your eyes. — *Three Sexy Old BROADS in Vermont*

Dear Vermont: Whatever they are putting in the water up there, you ought to bottle it. Bless you for pointing out that loving someone makes the effort worthwhile.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, long-time editors of the Ann Landers column. Please email your questions to anniesmailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254.

Dunkin' Donuts to host grand opening Friday

Dunkin' Donuts, will celebrate the grand opening of its restaurant in Pontiac on Friday.

Representatives from the Pontiac Public Library will be on-site to distribute free travel mugs and free medium coffee coupons from 7:30 to 9:30 a.m. to all who donate to the library. The Bull 107.7 FM will also be on hand with tickets to the Luke Bryan concert to give away.

Sujal Patel, who owns and operates the new Dunkin' Donuts, and other Dunkin' Donuts officials will be on hand for a ribbon cutting.

After the cutting, Patel will present a check for \$750 to Pontiac Public Library.

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Dinner Specials at Pontiac Family Kitchen

Mon.
Stuffed Peppers \$7.45
Salisbury Steak \$7.95

Tues.
Polish Sausage and Sauerkraut \$7.45
BBQ Beef Ribs \$8.95

Wed.
Corned Beef and Cabbage \$8.45
Swiss Steak \$7.95
Goulash \$7.45

Thur.
Beef Tips Over Noodles \$7.95
Tilapia \$8.45
Stuffed Cabbage Roll \$7.45

Fri.
Salmon Patty \$7.45
ALL YOU CAN EAT Walleye \$7.95 and Cod \$8.95

Sat.
Baked Pork Chop \$7.95
Homemade Lasagna \$7.45
Salmon Filet \$8.95

Sun.
Roast Turkey or Pork \$7.95
1/2 Slab of Baby Back Ribs \$10.45
Pineapple Ham Steak \$8.95

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* All Dinners Served with Soup or Salad, and a Dessert!

Pontiac Family Kitchen 815-844-3155 Sun-Thur 5am-9pm
904 Custer Ave. Pontiac Carryout Available! Fri and Sat 5am-10pm

Celebrating? The Leader has engagement, anniversary and wedding forms available to fill out.