

**POLICE BRIEFS**

**Arrests**

The following persons were arrested or taken into custody by law enforcement agencies in Livingston County and taken to the Livingston County Jail. These persons were either released after posting bond, remain in jail or are serving a sentence imposed by the court.

Nicholas J. Allen, 21, Pontiac, was charged by Pontiac Police with criminal damage to property and disorderly conduct. He was taken into custody in the 200 block of East Timer Street.

Jeremy Gasser, 23, Tremont, was charged by Illinois State Police with driving while under the influence. He was taken into custody on I-55 near Pontiac.

Alexander Kotz, 23, Cary, was charged by Illinois State Police with reckless driving. He was taken into custody on I-55 near Streator.

James G. LeClair, 42, Pontiac, was charged by Pontiac Police with criminal damage to property and domestic battery. He was taken into custody in the 800 block of Illini Avenue.

Willie L. Millsap, 21, Pontiac, was charged by Pontiac Police with home invasion, violation of electronic monitoring and resisting arrest. He was taken into custody in the 400 block of West Water Street.

Rachel L. Ramsey, 27, Carol Stream, was charged by Livingston County Sheriff's Police with driving while under the influence. She was taken into custody in Livingston County.

Zachary J. Scherwin, 26, Woodridge, was charged by Dwight Police with theft. He was taken into custody in Dwight.

**DAILY LEADER**

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**Managing Editor**  
Erich Murphy  
**Sports Editor**  
Erich Murphy  
**Business Manager**  
Linda J. Stiles  
**Circulation Manager**  
Lisa Heberg

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IF YOU FAIL TO RECEIVE YOUR DAILY LEADER:

Our goal is to deliver the City of Pontiac by 7:30 a.m. and the rest of Livingston County same day via mail.

If you do not receive a paper, call circulation at 815-842-1153. In Pontiac a paper will be delivered same day, if you live outside of Pontiac the paper will be sent out with next day's paper.

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# Lifestyle

QUESTIONS? Contact Joy Butler at 815-842-1153 or email to jbutler@pontiacdailyleader.com

## Prominent citizens honored in Threshermen's Parade



Pontiac Area Chamber of Commerce Business Person of the Year Pam Schahrer in her 1956 Studebaker Power Hawk coupe. JOY BUTLER/DAILY LEADER



Pontiac Area Chamber of Commerce Agri-Business Person of the Year Cindy Kridner. JOY BUTLER/DAILY LEADER



4-H Queen and King Lane Honegger and Jared Freese. PAUL WESTERMEYER/DAILY LEADER



Rotary Citizen of the Year Bob McKenzie. JOY BUTLER/DAILY LEADER

**AMISH COOK** By Gloria Yoder

Millions of food choices are available for us today. There are healthy foods, junk foods, convenience foods, and the list goes on and on. What do you like to eat? And what are the "stand by" foods in the Yoder household?

Don't we all like to eat the easiest and tastiest? A Little Debbie cookie or swiss roll sounds easy enough, right? There's an ever increasing awareness of the detriments of prepackaged foods containing things that really aren't good at building a healthy body.

The Amish never buy prepackaged foods, though, do they? As any other question, your answer depends on what individual or community you are talking about. My answer is simply this: "Yes, we do try to stay away from things such as prepackaged foods and appreciate homemade things."

But, take my husband Daniel. Even though he loves homemade baked goods he also has a liking for store-bought Swiss rolls. So, what to do when he occasionally comes home with a box of Swiss rolls? Roll my eyes and become frustrated? No, that's fine. But guess what? I find if I have a good homemade replacement for them it'll appease his hunger for them.

Have you ever tried a homemade Swiss roll? They are amazing. They're super moist and delicious tasting, a lot like the store-

bought kind minus the packaged aftertaste which I have never been fond of.

If you are traveling on the journey to healthier eating habits, don't lose heart if you get hungry for the foods you are trying to cut back on, simply find a good alternative. Try other drinks to replace some of your sodas or mixed nuts for potato chips. You may even learn to enjoy baking your own cookies rather than buying them. Most baked goods freeze well. I like making large batches and freezing the extras.

The path to healthier eating may feel hopeless at times but it also can be an interesting journey as you try new ideas and experimentations to see what works best for you.

One of our favorite healthier snacks are homemade smoothies. We can't get enough of them. They are a healthy and thrifty alternative. Daniel's favorite kind is coffee, while I tend to go for fruit ones made with fresh or frozen fruit, yogurt and milk and maybe some lemon. They all have their own unique flavor and you can experiment. By the way, we have solar-powered appliances in our community, like blenders.

My mind keeps going to our daily diet of socializing and living. Isn't it just like the food we eat? What am I feeding off of? Do I feed from the negatives of others

or do I feast on God's word and the Holy Spirit?

If we have been used to eating what is the easiest or unhealthiest, nutritious foods may not be an attraction to us at all. Not until we've had a healthier lifestyle and actually feel the difference will we be ready to take the needed steps to give our body the nutritious foods it needs.

I find this to be true in my spiritual life. At times it looks easier to pursue other things and I cut out my personal time with God each day. So what happens when I do this? If I neglect a healthy, balanced spiritual diet my spiritual body suffers. There is no way I can build a strong spiritual body on my own — only Jesus can do this for us.

Just as we don't eat only fruits and vegetables the same way it would be difficult to spend our days alone with God. Yet it amazes how we develop a taste for the foods we eat. As we invite God to work in our hearts and established a deeper connection with Him we develop a hunger for more of Him.

Not only that, we find Him to satisfy us on a deeper level as our cravings for the other things wane. Jesus brings health and healing to our pain, sin, addictions, or whatever is heavy in our hearts.

We can be assured that God does hear and answer the cries of

those who sincerely seek him.

**Gloria Takes On Little Debbie**

Prep time: 20 mins  
Cook time: 25 mins  
Total time: 45 mins  
Serves: serves 6

**Ingredients**

- 2 eggs
- 1 1/2 cups sugar
- 1/2 cup olive oil
- 1/4 teaspoon salt
- 2 teaspoons soda
- 1/2 cup cocoa
- 2 cups applesauce
- 2 cups flour

**Filling**

- 1 cup powdered sugar
- 8 ounces cream cheese
- 8 ounces whipped topping
- 2 tablespoons maple syrup

**Topping:**

- 5 tablespoons butter
- 1 1/2 cups chocolate chips

Instructions  
Mix everything together and pour into a greased 13 X 17 rimmed cookie sheet. Bake at 350 for 25 minutes or until toothpick comes out clean. Half a recipe can be put into a 9 X 13 pan.

For filling: Mix powdered sugar and cheese and add whipped topping and maple syrup. Beat and spread on top of cooled cake.

For topping: Melt butter. Remove from heat. Add chocolate chips. Stir until smooth and spread hot topping over the filling.

**AROUND THE AREA**

**TUESDAY September 6**  
PONTIAC  
9:30 - 10 a.m. — **First United Methodist Church** will host a free sitters class for senior citizens.

PONTIAC  
3 p.m. — **Veteran's Assistance Committee of the Livingston County Board** will meet in the Livingston County Courthouse committee room.

PONTIAC  
4 p.m. — **Information and Technology Committee of the Livingston County Board** will meet in the Livingston County Courthouse committee room.

PONTIAC  
5 p.m. — **Sheriff, Jail and License Committee of the Livingston County Board** will meet in the Livingston County Courthouse committee room.

PONTIAC  
6 p.m. — **Agriculture, Zoning and Emergency Services Committee of the Livingston County Board** will meet in the Livingston County Courthouse committee room.

**WEDNESDAY September 7**  
PONTIAC  
9 - 11 a.m. — **Mothers of Preschoolers** will meet at United Methodist Church. All mothers of preschoolers are welcome.

PONTIAC  
**Livingston County Health Department** is taking appointments for wellness clinics that will be conducted at the health department. The clinics are open to all adults in Livingston County. To make an appointment, call 815-844-7174.

PONTIAC  
3 p.m. — **Election, Rules and Legislation Committee of the Livingston County Board** will meet in the Livingston County Courthouse committee room.

PONTIAC  
4 - 6 p.m. — **Livingston County Farm Bureau** will host a grant workshop for all K-8 educators. Event will provide teachers with specifics needed to apply for IAITC's classroom project and special book grants. Pre-registration is

requested by Friday, Sept. 2, by contacting Debbie Ruff at debra.ruff@il.nacdn.net or calling 815-844-6127, ext. 3.

PONTIAC  
4 p.m. — **Property Committee of the Livingston County Board** will meet in the Livingston County Courthouse committee room.

PONTIAC  
5 p.m. — **Personnel Committee of the Livingston County Board** will meet in the Livingston County Courthouse committee room.

PONTIAC  
6 p.m. — **Finance Committee of the Livingston County Board** will meet

in the Livingston County Courthouse committee room.

**THURSDAY September 8**  
PONTIAC  
10 a.m. - 3 p.m. — **First United Methodist Church** will host a senior drop-in center with games, cards and socializing. Free lunch is available. Call the church at 815-842-1157 by 9:30 a.m. if a ride is needed or by 10:30 a.m. if planning to come for lunch.

PONTIAC  
3:30 p.m. — **Highway Committee of the Livingston County Board** will meet at the Livingston County Highway Department, 1705 S. Manlove

St., Pontiac.

PONTIAC  
5 - 6:30 p.m. — **Teen MOPS Group** will meet at United Methodist Church. All mothers of teens are welcome.

PONTIAC  
5 p.m. — **Administrative Committee of the Livingston County Board** will meet in the Livingston County Courthouse committee room.

**FRIDAY September 9**  
CORNELL  
6 p.m. — **Cornell Days** kicks off with a hot dog dinner at South Park, followed by an ice cream social at 8 p.m. and a showing of "The Jungle Book" after dark.

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- Showing 1 Week only! (R)
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- Disney's "Peter's Dragon"
- Tues - Thu: 5:15
- Showing 1 Week only! (PG-13)
- "Lights Out"
- Tues - Thu: 7:20 only

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