

# Bertha's C o r n e r



By  
**BERTHA PARSONS**

## Stop fuming and fretting

People like us seem to make our lives more difficult by fuming and fretting. OK, you may find these to be old fashioned words, yet fit well for today. "Fume" means to blow off, agitated, mad. "Fret" means to cry, whine or be annoyed.

Today in our fast paced world, we seem to want to destroy our bodies by working too much. We want it all - that is our human nature. What is ALL to us? More money, less work, a new car, a loving family, debts all paid and more time for me?

The other day, while visiting my daughter and three grandsons, the boys about the rain and storms. They had not been able to golf, practice soccer or swim in the pool! Then they said, "It's really nice that you and Grampa came to visit so we can talk about happy stuff. They like to hear about us, hard to believe, and stories about their Mother. No fuming and fretting!

Right now you are asking, "Well Bertha, what do you expect me to do when things go wrong? I would like to say there is one great answer that works, however each of us is different and our problems are different.

It certainly seems like fuming and fretting is one way to solve things but I'd say not the best. Sure, we need to get things off our chest, out of our mind and getting mad or upset may help for a while. It may seem like you have the world all figured out. Great. But stop fuming and fretting!

For me, in times of trouble when my world is upside down (and it has been) I like to find a quiet place and think of peaceful times, joyous times and pray. It is so important to be quiet and listen to your heart.

We all want perfection, joy, no problems, no fuming and fretting. Yet, you and I control our thoughts and actions. Don't blame me, your spouse or a friend. Really, don't blame anyone. Decide to take care of you. Rest when you need it. Call a friend when you are down. Be patient with those who make a point of upsetting you. Want less and enjoy what you have more.

There is no magic pill. (I wish there was) You hold the key to stop fuming and fretting, just look within yourself. It's there. I know it is, I believe in you.

Email:

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# Just the Facts

**Tuesday, July 10, 2018**

*Hoopeston's only locally-owned daily news publication!*

**P.O. Box 441, Hoopeston IL 60942**

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Louridine Florek, Owner

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## Master naturalist course teaches about nature, conservation

Do you have a desire to protect the natural areas found within your community? Are you happiest when you're out in nature?

Come join East Central Illinois Master Naturalists, where there are opportunities to learn, teach and improve Illinois' natural history, environment and conservation. Master Naturalists are actively engaged with nature, from gathering prairie seeds to giving tours, trail stewarding to collecting data on wildlife populations and much more.

East Central Illinois Master Naturalist (ECIMN) Program is sponsored by University of Illinois Extension, Champaign County Forest Preserve District, Champaign Park District and Urbana Park District. It is available to all residents of Central Illinois. Any adult can join EC-

IMN and become a Master Naturalist through training, which will be held this fall.

U of I Extension Horticulture Educator Ryan Pankau organizes training and feels it offers valuable education to participants. "The Master Naturalist course offers members of the central Illinois community an opportunity to learn about Illinois ecosystems from experts that study them in the field," he said.

The program will kick off with a welcome party on August 14. Classes will be on Tuesdays and cover topics including nature interpretation, botany, mammalogy, grasslands, river exploration, climatology and much more. Saturday field trips to the Don Gardner Prairie in

**See NATURALIST on other side**

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\* Options for your previous employer 401(k) may include: leave the money in the plan, if permitted; roll over the assets to a new employer plan; roll over the assets to an IRA; or cash out the account value. Be sure to weight the pros and cons of all available options before making a decision.

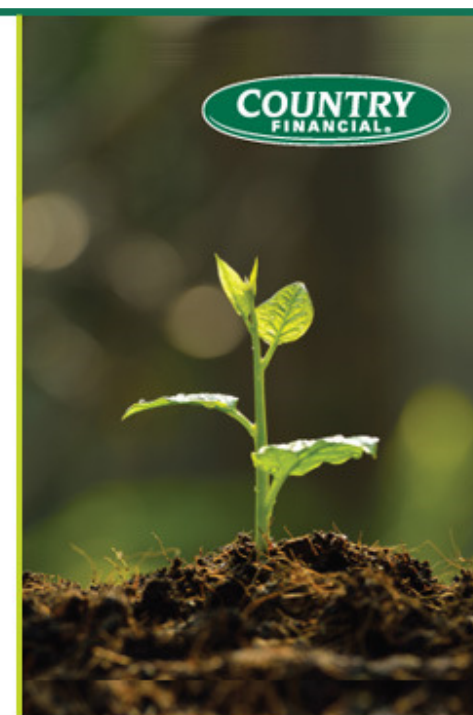
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**Autumn Fields at 217-283-2222 or visit**  
[www.redcrossblood.org](http://www.redcrossblood.org)



Scan to schedule an appointment

## Briefly

### HMA seeks donations

Hoopeston Multi Agency is seeking donations for its annual school supply program. Donations may be dropped off at the agency, 206 S. First Ave.

### From the Blotter

Hoopeston police are investigating a report made at 6:52 a.m. Sunday. A 47-year-old resident of the 900 block of Wilson reported someone damaged the tires on a vehicle.

### LITHGOW AUTOMOTIVE

1121 S. Dixie Hwy., Hoopeston  
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Applications for supplies will begin being accepted July 16. Supplies will be handed out in early August.

Last year, the HMA program served 96 families and

### Naturalist continued from other side

Kempton, and Kennekuk Environmental Education Center in Danville, are also included.

A \$200 fee covers the cost of a manual as well as class materials. To find out more about Master Naturalists and to apply for training this fall, visit the ECIMN website at [go.illinois.edu/ECIMN](http://go.illinois.edu/ECIMN) or call 217.333.7672. Come learn about the natural world and increase your appreciation of nature!

University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, call the Extension Office.

### Weather

Slight chance of thunderstorms today. High 87. Tonight, mostly clear. Low 61. Tomorrow, sunny. High 84, low 62.

215 children.

### At the library

Upcoming events at Hoopeston Public Library include:

- High School Happenings, 2-2:30 p.m. Wednesday. Games, crafts, food, fun and more for high schoolers.
- Middle School Madness, 2-2:30 p.m. Thursday. Games, crafts, food, fun and more for middle school students.
- Summer Reading Program carnival, Voyage to Outer Space, 2 p.m. Thursday

## Classifieds

### APARTMENTS FOR RENT

Large 3 bedroom apartment, down stairs, washer dryer hook up, \$475 month 217-418-3121

### HELP WANTED

Small Wonders Preschool: Resumes for our Assistant Teacher position can be sent to First Presbyterian Church, P.O. Box 297, Hoopeston, by July 15. This is a part-time position, 8 – 11:30 a.m. M-F, beginning September 1. Qualifications include being high school graduate and having a love of kids!

Hubbard Trail Country Club is looking for an experienced, reliable cook. 4-5 days a week. Stop by the clubhouse to pick up an application or call the clubhouse 217-748-6521

Accepting applications for help in deli/bakery. Part-time hours only. Must be available evenings. Apply Hoopeston IGA.

Daytime server positions available at Danville Country Club. Great atmosphere and salary. Call clubhouse, 217-442-5213 for more information or stop by.

### HOUSES FOR RENT

Hoopeston - Newer Duplex, 2 bedrooms, 2 baths, W/D hookup. laundry room, yard, patio. Walk to shopping. Nonsmoking. No pets. Available July 1, 2018. \$600/mo. 217-260-8762.

### MISCELLANEOUS FOR SALE

Electric stove w/oven, dressers, end tables, china cabinet, hide-a-bed, cloth covered recliner, wooden wall fireplace, has electric glow log. Call 217-283-6021, please leave message.

### RUMMAGE SALES

HOOPESTON: 407 W. Dice. Fri. & Sat., 8-? Longaberger, glassware, Christmas items, lamps, electric kitchen stove, deep fryer, toys, new golf balls, misc. used golf clubs, older portable sewing machine, hose reel w/hose, girl's bike, baby scale, books, men/women/small boy clothing, men's hunting clothes plus lots of other household and misc. items. Everything clean and in good condition.

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# Summer Snaps

Photo Contest  
June 20-Sept. 20

1 photo selected each week to compete for a \$25 monthly prize.  
One photographer will win a

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Amateur photographers only. Limit 1 photo/week/person. Decision of the judges is final. Submission transfers photo rights to Just the Facts. Entries must be less than 2 MB in size.

Email photos to [publish@justthefacts.net](mailto:publish@justthefacts.net) and include "photo contest" in subject line, names of subjects in photo (if applicable), location and photographer's real (not screen/alias) name.