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Hoopeston's only locally-owned news publication! P.O. Box 441. Hoopeston IL 60942 www.justthefacts.net

No strangers to illnesses, couple to open retreat for health

Sometimes in life, painful experiences can be a catalyst for good.

Jammie and Nikki Wilson, of Hoopeston, are using past experiences with illnesses in their families to create a business dedicated to health.

Jammie has witnessed firsthand the destruction of disease in his family, resulting in the deaths of his parents and first wife, Lori, said Nikkie Wilson, adding she has suffered with migraines for many years, which have been difficult for Jammie to witness.

"As we started doing extensive research for ways to help ourselves find (health), we felt a calling to help others, she said.

The Wilsons have created Healthy Living Retreat LLC, a center that offers natural therapy for overall wellness. The retreat, at 701 S. Market, Suite C, will welcome guests to a grand opening open house from 12-3 p.m. Saturday. Refreshments and light snacks will be served and the couple will give tours and answer questions about their new venture.

Mrs. Wilson listed the services and potential benefits:

Oxygen Bar Therapy, which can be done through a nasal canula or facial mask. Benefits include increased energy levels, improved mood and concentration, reduced stress, relief of headaches and hangovers and promotes better sleep. Oxygen facials increases skin hydration, promoting a boost in collagen, reducing fine lines and acne and providing more even skin tones.

Sessions are available in increments of 10, 20 and 30 minutes. Along with adults, oxygen therapy may be done on children ages six and older, she said.

Salt Room Therapy: Benefits include respiratory health improvement, including relief from asthma, bronchitis, chronic obstructive pulmonary disorder (COPD), cystic fibrosis, sinus issues, respiratory allergies and smoker's cough. It can relieve certain skin conditions, like eczema and psoriasis; can enhance sleep quality, reduce stress and boost mood and immunity.

Healthy Living will have one- and two-person sessions

for salt room therapy, each 45 minutes long. The therapy may be used for children two years and older.

Phone/Fax: (217) 283-9348

Lourdine Florek, Owner

Infrared Sauna: Improved sleep, detoxification, weight loss, relief from sore muscles and joint pain, clearer and tighter skin, improved circulation and providing a boost to the immune system are benefits of the infrared sauna.

One- and two-person sessions are available for either 30 or 45 minutes.

Red Light Therapy: is designed to rejuvenate facial skin, build collagen to reduce wrinkles, repair sun damage, decrease skin inflammation, fade scars and stretch marks, help hair growth, stimulate wound healing, and boost endorphins, which decrease stress and anxiety. It also boosts the immune system and activates the lymphatic system.

One-person sessions are available for 15-minute sessions. Red light therapy is safe for children as long as they can stay still for 15 minutes on their own and keep their eyes covered.

Massage Chair: Boosting the immune system, tissue regeneration, and reducing swelling and water retention are some of the benefits of this service. It also minimizes the appearance of cellulite, air bag compression stimulates the lymphatic system to increase circulation and gives a full body massage for complete relaxation. One-person 30 minute sessions are offered.

The chair can be used for all ages but has a height requirement of 4'8" to 6'6" and is for people who weigh less than 300 lbs.

Healthy Living Retreat will be open 7 a.m.-7 p.m. Monday-Friday and 9 a.m.-1 p.m. Saturday, with flexible appointment times.

To schedule an appointment, call (217) 474-5379, email healthylivingretreat@yahoo.com. or go online to healthy-living-retreat.square.site.

"Our goal is for the retreat to be a place where people can destress from the world around us and find healthy for themselves," Mrs. Wilson said.



CELEBRATE RECOVERY

Celebrate Recovery = Sustainable recovery 6 p.m. Thursdays Hoopeston First Church of God 1004 East Orange St. 217-283-6301 All are welcome Dinner and/or snacks served Transportation available upon request

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Obituaries

CLYDEN - Werner Ervin Clyden, 62, of Corapeake, NC, died Thursday, February 22, at home. Mr. Clyden was born in Vermilion County, Ill., on December 28, 1961, and was the son of Cindy Lou Rutledge Clyden, of Hoopeston and the late Donald Lee Clyden Sr. In addition to his father, he was preceded in death by an infant sister.



Retired as a Petty Officer first class from the U.S. Navy following more than

WERNER CLYDEN

20 years of service, he was a Baptist by faith. Among his many enjoyments, he particularly loved playing video games. Surviving along with his mother is his wife of nearly 39 years, Jo Nell Chism Clyden; two daughters, Alisha Clyden of Connecticut and Sara Clyden of Corapeake; his son, Christopher (Alexis Clyden, of Wilmington; two sisters, Janet Doyle and Vickie Beaty, and



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one brother, Donald Clyden Jr., all of Illinois; three grandchildren, Brandon Lee Conery, Corrine Rose Becker and Piper Jo Clyden; and many nieces, nephews and extended family members.

In accordance with his wishes, private services will be held.

Condolences may be shared at www.millerfhc.com.

BERNARD - Wilma M. (Dale) Zarring Bernard, 94, of Paxton, formerly of Cissna Park, died Saturday, February 24, 2024, at Carle Foundation Hospital, Urbana. She was cremated. Cox-Knapp Funeral Home, is handling arrangements. Condolences may be shared at www.cox knapp.com.

HEDRICK - Carolyn Sue (McCormick) Hedrick, 87, of central Illinois, died Friday morning, February 23, 2024. Visitation will be 5-7 p.m. Friday at Blurton Funeral Home, Potomac. The funeral will be at 11 a.m. Saturday at the funeral home. Burial will follow in Potomac Cemetery. Memorials are suggested to St. Jude Children's Hospital. Condolences may be shared at www.blurton funeral homes.com.

LUHRSEN - Hildegard Selma "Hilda" (Freche) Luhrsen, 88, of Buckley, formerly of Cissna Park, died at 4:36 a.m. Sunday, February 25, 2024, at Heritage Health. Hoopeston. Visitation will be 9 a.m. until the 11 a.m. memorial service Saturday, April 13, at Trinity Lutheran Church, Cissna Park. Burial will follow in the church cemetery. Memorials are suggested to the Alzheimer's Association, Trinity Luthera Ladies Aid or Cissna Park American Legion Auxiliary. Condolences may be shared at www.baierfuneralservices.com.

ORTIZ - Maria Ines (Banda) Ortis, 89, of Danville, formerly of Hoopeston, died at 11:28 a.m. Saturday, February 24, 2024, at OSF Sacred Heart Medical Center, Danville. Visitation will be 10-10:45 a.m. Thursday at Anderson Funeral Home, Hoopeston. Funeral Mass will be held at 11 a.m. at St. Anthony Catholic Church, Hoopeston. Burial will follow in Floral Hill Cemetery, Hoopeston. Memorials are suggested to St. Anthony Catholic Church, 423 S. Third St., Hoopeston IL 60942. Condolences may be shared at www.anderson-funeralhome.com.

Classifieds

HELP WANTED

Experienced caregiver needed for elderly male with dementia. Daytime hours. Emails may be send to publish@justthefacts.net with Box G in the subject line.

Robinson Chiropractic is looking for energetic, enthusiastic, selfmotivated, and a strong individual who has an interest in natural healthcare. Candidates will be trained to assist with patient care. Medical insurance experience is welcomed but not required. We have competitive wages, PTO, and a Simple IRA contribution. Full-time employees receive free Chiropractic care. If interested, please send your resume to trina.keller@robchiro.com.

Enjoy talking to people? Do you love natural health care? How about educating people? Robinson Chiropractic of Hoopeston is holding open interviews for a Practice Representative on Tuesday, February 27 @ 6p.m. in our office located at 830 S. Dixie Hwy. Please bring a resume with you to the interview. Please call 217-283-5638 to reserve your spot!

Accepting applications for part time server position. Must be a team player. Availability to work days, nights, and weekends. Schedules will vary. Applications may be picked up in person at the Rossville Family Restaurant, 715 S. Chicago St. Rossville.

The City of Hoopeston is seeking applicants for the position of dispatcher. Applications are available at City Hall, 301 W Main St. or on our website at www.cityofhoopeston/employment/. For questions, please contact the police department at 217-283-5196.

Silgan Containers is hiring for Press Line Mechanics. Please apply online at silgancontainers.wd1.myworkday jobs.com/ en-US/silgan/job/Mechanic R168.

Full-Fill Industries in Henning is hiring for 2nd Production Machine Operators, \$18/hour. Apply at www.full-fill.com Applications available onsite. EOE

East Lynn Fertilizer is looking for a full-time custom applicator. Competitive Pay. Health Insurance & Retirement Plans. Apply in person at 41284 S Main St. East Lvnn, IL.

Aquality Solutions is looking for men or women to deliver its products to area businesses and residential customers. This position offers benefits and incentive bonuses. Apply in person at 102 N 1* Street in Hoopeston or call us at 855-692-7824

City of Hoopeston Police Department is taking applications for certified police officers/part time certification is recognized. Applications ongoing; no deadline applies for certified officers.

Science, as kids make their drawings float, do a floating paperclip project, floating M&Ms experiment and build a catapult.

day.

A benefit for three-year-old Lizzy Herron, of Rossville, will be held from noon-5 p.m. Saturday, March 2, at The Legion, 502 E. Penn, Hoopeston. Lizzy, daughter of Pete and Autumn Herron, is battling kidney cancer.

Moms' group

Moms, come meet other moms and their children at 10 a.m. the first Friday of each month at the Hoopeston Multi Agency, 206 S. First Ave. The goal is to build friendships for moms and their children. For information, call/ text Somer at (309) 242-5017.

Bulk garbage day

Bulk garbage day, for Hoopeston residents only, will be

held from 7:30-10:30 a.m. Saturday at Hoopeston City Hall parking lot.

Residents are limited to one load per bulk day and must unload their own load or bring some-one to help.

Dumping of electronics, appliances, paint, liquids, tires, batteries, yard waste, construction/demolition material or anything that fits in the provided blue totes is not allowed. Items from apartments with a dumpster will not be allowed and items from businesses and contractors will not be permitted.

Gospel concert

Nashville recording artists, Adam's Voice, will perform at 10:30 a.m. Sunday, March 3, at Hoopeston Community Church of the Nazarene, 402 E. Honeywell. The group will bring an uplifting gospel message through a range of musical styles. A freewill offering will be received..

Floral Hill cleanup

Cleanup of Floral Hill Cemetery will begin soon. Please remove winter decorations by Thursday, March 8. Items left after that date will be disposed of by cemetery staff.

Weather

Becoming sunny, breezy today. High 32. Tonight, clear. Low 20. Tomorrow, sunny. High 42, low 30. For real time Hoopeston weather, visit justthefacts.net/ weather/.

— Briefly At the library

Digital Learning Day, 1:30 p.m. Thursday. Learn how to install/operate the SHARE Mobile Library app and online libraries, Libby and Cloud Library. Note: We will only focus on downloading and managing HPL's apps. Your device must have wi-fi access and you must have a basic working knowledge of the Internet.

Kids' STEAM Lab, 3:30 p.m. Thursday. This week,

City Chat with Mayor Jeff Wise, 10:30 a.m. Satur-

Stomp Out Cancer benefit