MENDOTA PROGRESS 2022

Pillars of Progress

SECTION 3

FEATURING:

- First State Insurance
- Illinois Valley Community College
 - Maze Lumber
 - McDonald's
 - Mendota Area Churches
- Mendota Child Development Center
 - Mendota Elementary District 289
 - Services & Organizations
 - Specialty Body & Paint
 - Wasmer Funeral Home



Wednesday, February 23, 2022

Specialty Body & Paint prides itself on quality repairs in efficient, timely manner

Dennis Bodmer started Specialty Body & Paint in 1983 after the shop he was employed at (Mendota Custom) was destroyed by fire. He opened a shop in West Brooklyn in an old, two-lane bowling alley. With the help of his father, Mick Bodmer, they turned that bowling alley into a body shop.

Specialty Body & Paint stayed there until 1991 when Dennis went into partnership with Scott Grobe on First Avenue, Mendota. The shop was there one year when Don Schimmer offered to sell them their present location, the old Schimmer Pontiac property at 1503 Washington St. In 1996, they tore down the old Schimmer building and built their current facility in its place. In 2016, Scott Grobe left the business and Dennis Bodmer is now the sole owner of Specialty Body

Specialty Body & Paint operates a very modern shop with the latest technology. The paint department has two paint booths, one of which is a bake booth that dries a car's finish in 15 minutes. They use environmentally friendly, water-based paint with the latest clear coat products. Their paint shop is very clean and efficient.

The body repair department includes a Kansas Jack frame repair rack with laser measuring system. They use set procedures for every operation in the shop to assure quality and speed throughout the entire repair process. Our mission is to work as a team with your insurance company to give you a high quality, trouble free, collision repair in a timely manner.

Specialty Body & Paint has two employees including Jennifer Bauer, office



The staff at Specialty Body & Paint includes, left to right, Joe Arteaga, body tech; Dennis Bodmer, owner; and Jennifer Bauer, office manager.

manager, and Joe Arteaga, body tech.

Specialty Body & Paint's office is very modern, clean and comfortable. They are very proud of their facility and welcome anyone at any time. The business is con-

veniently located at 1503 Washington St., Mendota, so stop in to see them for a cup of coffee and a free estimate.

We would like to apologize for any delays or other issues any has had in their prior repair process with us

during COVID. Things are getting somewhat back to normal, but there are still parts availability issues from time to time. We want to thank everyone for their understanding over the past two years.

How you can avoid computer eye strain

Workplace hazards are a part of life for people in various professions. Office workers might not consider themselves vulnerable to injury when they're at work, but individuals who spent much of their day staring at a computer screen are at risk of developing computer eye strain.

According to The Vision Council, nearly 60 percent of individuals who routinely use computers and digital devices experience symptoms of computer eye strain. The health care experts at Cedars Sinai note that computer eye strain symptoms can include dry eyes, headache, blurred vision, and eye twitching. Despite the prevalence of computer eye strain, office workers and others who spend long periods of time at their computers can take steps to reduce their risk.

 Redo your work environment. Cedars Sinai recommends individuals concerned about computer eye strain create a better work environment to reduce their risk. The online vision health and wellness resource All About Vision notes that eye strain is often a byproduct of excessively bright light. That light could be natural light coming in through a window or from interior lighting that is harsh on the eyes. If exterior light is making your office excessively bright, close drapes, shades or blinds to keep that light out. Excessively bright lighting fixtures can be remedied by using fewer light bulbs or fluorescent tubes or replacing existing bulbs with lower intensity alternatives. All About Vision also notes that some individuals find floor lamps that employ soft white light from LED bulbs are less taxing on their eyes than overhead fluorescent lighting.

• Schedule vision checkups. Cedars Sinai notes that uncorrected vision problems are a major cause of computer eye strain. The American Academy of Ophthalmology recommends individuals get a complete eye exam once in their 20s, twice in their 30s and then again when they turn 40. A comprehensive eye exam at 40 is necessary because the AAO notes that this is when early signs of disease or changes in vision may appear. Diseases or changes can contribute to computer eye strain, among other issues. After conducting a comprehensive eye exam, ophthalmologists will then tell patients how often they should have their vision tested, and individuals should heed this advice and keep appointments.

• Upgrade your tech. All About Vision notes that flat-panel LED screens with anti-reflective surfaces are preferable to computer screens with cathode ray tubes, which can cause an imperceptible flicker of images that contributes to computer eye strain. Alarge display screen, whether it's a desktop computer or a monitor connected to a laptop, also can reduce risk for computer eye strain.

Computer eye strain can make workdays difficult for office workers. Individuals who think they might be dealing with eye strain can try various strategies to prevent it or reduce its severity.

Specially BODY & PAINT

At Specialty Body & Paint, we pride ourselves on doing quality repairs in an efficient and timely manner. We do it right the first time, every time! We use only quality parts and materials, and now using water born paint, which produces less hazardous waste, helps us do our part for the environment. Our services include auto, truck, and motorcycle collision and restoration. We also enjoy restoring antiques, such as pop machines, toys, bicycles, tractors, etc... Also we refinish residential interior and exterior doors, steel or fiberglass. Other services include exhaust replacement and repair, complete auto detailing, and cloudy headlight restoration. All of our staff is always happy to see you, and will help to make your collision repair experience quick and painless as possible.





E-mail jgriffith@mendotareporter.com or call 815-539-9396 for your password today. You can also register online by visiting our website.

Mendota District 289 buildings to become fully air-conditioned

At the start of 2022-2023 school year, the entire Mendota School District #289 will be air conditioned. This means our staff and students will enjoy the benefits of an air-conditioned school. A comfortable environment is crucial to the success of our students. Temperature controlled classrooms increase student focus, problem-solving and social skills. Furthermore, a major improvement in air quality is to be expected. Air conditioning filters and removes toxins from the air that circulates in our classrooms, thus giving students and staff a healthier environment. The days of early dismissal due to heat-related issues will now be a part of our past and as a result, we will be able to coordinate our school calendar with Mendota High School, so that families with students in both districts will now have almost identical

Mendota District #289 has partnered with GRP | WEGMAN to install new HVAC systems this summer in all three buildings. GRP | WEGMAN is an Illinois-based company focused on Illinois schools with expert engineers, project managers and service technicians. In our current state, roughly half of Blackstone, half of Lincoln and hardly any of Northbrook has air conditioning. Not only will the three schools be getting new air conditioning systems this year, but the heating units will have some pretty amazing upgrades as well. In some instances, we will be moving away from the very old boiler systems we have in place, addressing the inconsistent heating issues across campus, as we decrease our reliance on aging steam boilers and corresponding components.

school calendars.

At Blackstone, all of the first-grade classrooms will be taken off the boiler and individually heated with high-efficiency gas-fired units. At Lincoln, the entire building will have its antiquated boilers taken offline, as the original section will now have new high-efficiency gas-fired units. At Northbrook, the only sections that will continue to rely on boiler heat are the sixth, seventh, and eighth grade classrooms.

This \$4.19 million project will be mostly paid for by the Federal Government through the usage of ESSER II and ESSER III funds in conjunction with the pandemic, as the District will only have to account for just over a million dollars in local funds to complete the project. One of the primary benefits of this comprehensive HVAC project is a better flow of fresh, outside air into the classrooms, which is very healthy for our students and staff. The federal ESSER grants are all about healthy students, so the project is a great match for these funds. This exciting project is on track to begin at the end of our current school year and will continue throughout this

Celebrating Academic

Achievement District #289 is celebrating academic achievement. Coming into this school year we did not know what to expect with the students academically. We wanted to make sure that we were prepared for learning loss, social emotional needs and mostly getting back to normal. We adopted two ways to help students with learning loss, social emotional help and extra help with homework and intervention. Last summer the administrative team decided to create a new plan using data and apply it to our response to intervention time. MTSS is a program of multi-tiered systems of supports, which is used

nationally. Teams analyze

benchmarking Fastbridge

data three times per year and

look at students individually

and discuss students' academic and social/emotional

The data the team receives from the tests in math and reading help us look at the students in three tiers, based on local and national norms. These tiers dictate which type of intervention a student will receive in math, reading or both. Overall our scores have improved district wide by 3 percentage points from fall to winter testing. This is due to student dedication, teacher dedication, interventions given daily and from what we believe to be the best intervention of all; which is that we are in-person at school Monday through Friday from 8 a.m.-3 p.m. The testing students take includes a social/ emotional profile where our social workers and counselor can create support groups for students who need it.

Northbrook School used the fall benchmark data to look at how we wanted to approach students' individual level. We used the national tier system and focused on students who fell below the 10th percentile nationally in reading and math. Our data allowed us to hone in on specific deficits. Our reading and math teachers then broke down specific skills for students and presented interventions that targeted skills such as basic math facts, reading comprehension, and understanding words in context. Each teacher then presented the interventions along with a weekly progress monitoring test to look at skill progression. Our students were able to move to enrichment programming when they were able to show six weeks of progress. At the winter benchmark, we were able to increase our enrichment programming, and focus on smaller groups in our tiered classes.

Lincoln School's fall benchmark data showed a significant gap in learning loss. They took that data and made some significant programing adjustments by placing additional teachers and paraprofessionals in the classrooms with the students that needed it the most. Classroom teachers, along with the Title Specialists, also created a system of interventions and progress monitoring tools that were used to fill gaps in learning and track progress. Those programming adjustments showed a lot of student growth after the winter benchmarking data came in. Lincoln School staff continues to refine their programming to meet the

needs of all their students. Blackstone School started the year with kindergarten and first grade students at all different learning levels. We used fall benchmark data to determine students who needed extra academic and social emotional support. We have implemented WIN (What I Need) time at Blackstone this year. There is daily WIN time built into the schedule for 60 minutes. During this time, the students work with staff and get instruction at their level. We have groups of students who have similar struggles that get their interventions together. These students are progress monitored on a weekly basis to monitor growth and to make sure the interventions they are being provided are appropriate. We also have students that are receiving some enrichment instruction during their WIN time based on their benchmark data. We just completed winter benchmarking in January using ESGI in Kindergarten and FastBridge in first grade, and we are so proud to see the progress our students made since the fall benchmark time. Our teachers and paraprofessionals have been working extremely hard to support our students and provide each student with

what they need.

The other part of our

academic achievement is an after-school program, which uses data to place students in the program and work on a more one-on-one type of experience or just homework help to catch up. Our after-school program is two afternoons per week and transportation is provided for the students who need it. We feel that this, along with our MTSS program, is part of the students achieving at the pace they are.

Another behind-thescenes program we are very proud of is our threat assessment team. A team of school administrators, our school psychologist, the district social workers, and the Northbrook guidance counselor meet monthly to discuss student concerns. The Mendota Police Department joins the team frequently to help discuss programming, and problem-solving of individual student needs. We are able to take the time to work together to help students in our community.

Of course, our biggest assets are our parents and staff. The staff has welcomed the students back, and have worked tirelessly implementing the programming, which has led to progress and moving forward. Our parents continue to communicate with the staff and support their children at home. We are forever grateful for the continued community support we receive to help the students of Mendota Elementary continue to progress.



Mrs. Smith's class gets pumped and is ready to learn.

Pillars of Progress Mendota Elementary District #289

At our December 2021 board meeting the Board of Education adopted the following strategic visions to provide focus and continuity for our schools.

Student Learning Achievement

- Integration of technology in and beyond the classroom in order to positively impact student learning.
- Professional development opportunities for teachers and staff that allow them to learn, plan, explore, collaborate, and grow in order to realize consistency, best practices, and expectations in classes, grades, schools, and the district.
- Student growth both in opportunity and achievement for all students.
- Grading systems that accurately assess student learning with a variety of innovative tools and methods, while being transparent to students and parents that are consistent across grade levels.
- Utilizing positive behavior intervention systems.

Finance and Facilities

- Develop a plan to maintain a balanced budget each year.
- Formulate a detailed facility assessment with a strategic plan to maintain and update the campus.
- Utilize alternative revenue sources, partnerships, and fundraising to accomplish projects and initiatives throughout the district.

Health and Safety

- Enhance the security of the building entrances and control visitor access.
- Develop standardized responses to crisis, and ongoing training for students and staff.
- Enact a comprehensive plan to monitor and support student and staff physical/ social/emotional well-being.

Community Relations

- Develop a routinized communication plan utilizing multiple methods of communication that meets the varied needs of the audience.
- Enhance the digital footprint (website, social media, etc.), making it more userfriendly, informative, responsive, updated and consistent to better communicate with the community.
- Develop a District brand identity that unites, engages, and represents the district mission, vision, and values.
- Expand opportunities and experiences for our students through community, business, and school partnerships.

Mendota Community Consolidated School District #289

1806 Guiles Ave. • 815-539-7631 www.m289.org

Bottom involved in college life as she pursues degree at IVCC

Illinois Valley Community College sophomore Emme Bottom of Mendota is working toward her associate degree in graphic design and marketing.

A4 • The Mendota Reporter

While attending IVCC, Bottom has worked as a student worker for Admissions and Records, joined groups such as the HYPE Crew, Student Activity Committee, Sigma Kappa Delta, and is the Student Government Association President.

Bottom is looking forward to transferring to Aurora University to double major in graphic design and marketing. Bottom is looking to enter a career in marketing that focuses heavily on

"After helping IVCC create its View Book, I've come to love the process of taking an idea and creating a visual

"Ever since I started at IVCC, I've felt like I've had someone in my corner rooting for me. The people at IVCC helped make me who I am today." -Emme Bottom

brand. One that represents who my client is," she said. Bottom's sister Elle en-

couraged her to attend. "All Elle spoke of was IVCC and how different it was. Being the younger sister

in high school, I couldn't help but want the same as Elle." Elle Bottom is studying broadcast journalism at the University of Kentucky where she is a member of the SEC Network, which works directly with ESPN. Elle also works with UK Athletics Media Relations where she

writes feature stories for

ukathletics.com and attends various sporting events to help market them.

Like Elle, Emme is happy she chose IVCC and its supportive environment.

"IVCC has so much opportunity to offer all students -whether they are traditional or not. Ever since I started at IVCC, I've felt like I've had someone in my corner rooting for me. Whether it was a teacher, classmate, or staff member, someone was always there. The people at IVCC helped make me who I am today.'



Emme Bottom of Mendota is IVCC's SGA President. She is pursuing an associate degree in graphic design and marketing.

Did you know?

Supporting small businesses means supporting community

Supporting small businesses ensures more money stays in the communities those businesses serve. The U.S. Small Business Administration says \$48 out of every \$100 spent at a small business stays in

the community. On the flip side, when a person spends \$100 at a bigbox store or a national chain, only \$14 remains in the community. Local businesses are more likely to utilize other local businesses, such

as banks, service providers and even farms. Small businesses also pay employees, many of whom are local and shop local, thereby keeping even more dollars in their communities.



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IVCC Summer 2022 Registration begins March 31. Summer classes begin May 16. Fall 2022 registration begins on April 6.



Illinois Valley Community College 815 N. Orlando Smith Road, Oglesby, IL 61348

815-224-0447

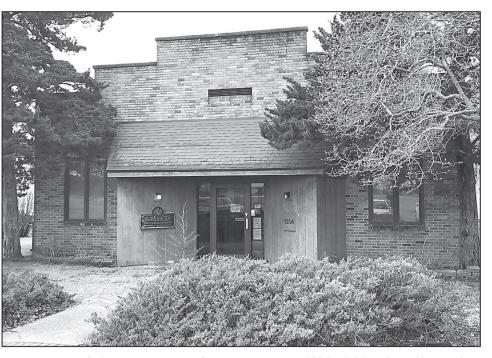


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The Mendota Child Development Center, located at 1304 Division St., offers before and after school care and childcare from 6 weeks to 5 years of age.

Mendota Child Development Center celebrating 30th anniversary in '22

MENDOTA – The Mendota Child Development Center is proudly marking its 30th anniversary in 2022. Located at 1304 Division St., Mendota, the Mendota Child Development Center serves a large area including Mendota, LaMoille, Peru, Amboy, Sublette, 20-mile radius, and Rochelle.

The Center offers before and after school care and childcare from 6 weeks to 5 years of age. They also provide a 12-month curriculum for 3- and 4-year-old children at their Busy Bee Preschool. The Center provides nutritious meals and a secured outdoor play area.

Mendota Child Development Center is state licensed by the DCFS and all their teachers are certified in early childhood development, providing a secure and loving environment for children, so families can rest easy knowing their little ones will be in safe hands. Staff is also CPR and First Aid Certified.

Director Lynn Furar, who has been with the Center since 1995, says, "If you want care you can trust, choose Mendota Child Development Center in Mendota!"

Regular hours are Monday through Friday from 6:15 a.m.-5:30 p.m. Holiday hours may vary. Please call them at (815) 538-3333 for details. Furar may also be reached by e-mail at furar4@ yahoo.com.

Visit their website at mendotachilddevelopmentcenter.com or see them on

3 ways you can help local small businesses thrive

(BPT) - There are millions of small businesses in the United States owned by passionate people working hard to make their dreams a reality. Rather than buying from a big retailer the next time you need something, consider supporting the locally owned businesses around you.

When you support a small business, you're not only helping build your community, but also directly impacting someone's life. Every customer counts when it comes to small business, which means your dollars can help that small business owner thrive.

Here are three simple ways to support small businesses and have a positive impact:

Get to know your community through its businesses

Your support matters all year long. For many people, this means shifting their mindset to thinking about local options first and getting to know the types of products and services your local businesses are providing.

Whether you are purchasing items for yourself or someone else, start to understand how these local businesses can fill your needs. Don't forget, many small businesses offer gift cards, which are wonderful ways to show ongoing support.

Support small business service providers

Small businesses aren't just for tangible goods. Many provide important services, such as your local mechanic, dentist or insurance agent. So, no matter your needs, try and find businesses that are active in the community.

You can spot these businesses by seeing how they engage with their neighbors. Look for the providers that are going above and beyond to support the neighborhood and other small businesses. By supporting those that have a strong investment in your community, you are helping them create a greater impact.

Share your experience

Many small businesses rely on satisfied customers to tell others so they can grow their client base. People trust word of mouth, so your effort makes a difference.

In fact, more than eight out of 10 people around the world said they completely

or somewhat trust the recommendations of friends and family, according to Nielsen. Plus, two-thirds said they trust online opinions from consumers. So, tell a friend in person, share a post on social media, or leave a positive review online.

If you're a small business owner, consider using your platform to build up other entrepreneurs in your neighborhood.

The next time you have a need arise, think of how a small business can help. Every effort counts to build your community, show your support, and ensure you continue to have thriving small businesses near you.





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with the purchase

of a Cheeseburger. Expires 5-31-22. Not valid with any other offer. Value 1/20¢

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BOTH MENDOTA LOCATIONS

Locally Owned and Operated by Paul & Mary Breznay

☐ McDonald's – 1503 13th Ave.



☐ McDonald's – 2701 E. 12th St.



McDonald's offers two Mendota locations

Whether it is their freshly made coffee or a tasty frappe, a classic burger, sandwich or other delicious menu item, or breakfast all day long, McDonald's has something guaranteed to make your day. McDonald's offers two locations in Mendota to serve you, 1503 13th Ave. and U.S. Route 34 near I-39.



Mendota Child Development Center and Busy Bee Pre School

30 Years of Caring Established in 1992

Director: Lynn Furar 1304 Division St., Mendota, IL • 815-538-3333 Visit us at: mendotachilddevelopmentcenter.com or on FB

Certifications:

- Licensed by DCFS
- Teachers have Early Childhood Certifications
 - CPR & First Aid Certifications

Over 35 Years of **Experience**

Nútritious meals provided

Serving Mendota and a 20 mile radius: Lamoille, Peru, Amboy and Sublette

Ages 6 weeks-5 years Hours: 6:15 A.M-5:30 P.M.



Busy Bee Preschool provides a 12-month curriculum for 3 & 4 year olds.

We provide a secure and loving environment for children so you can rest easy knowing they are in trusting hands.



You can trust the professionals at First State Insurance in Mendota to handle all of your insurance needs. Members of the team, left to right, are Jenny Hendren, Tony Ayala, Jennie Smith, Gary Safranek, Erica Escatel, Mike Wasmer, Mary Ann Baughan, Tyler Full and Jackie Near.

First State Insurance has been offering personalized, expert service for 23 years

First State Insurance, a wholly owned subsidiary of First State Bank, is located in downtown Mendota. First State Insurance includes three locations - Mendota, Earlville and Paw Paw.

The agency, celebrating its 23rd year of operations, offers a comprehensive choice of services and companies. Because FSI is an independent insurance outlet, there are many choices available to the agency's customer base.

"Our main purpose is to provide the highest level of personalized service and insurance expertise possible," said Mike Wasmer, the agency's manager for the past 22 years. "In order to provide a high level of service, we must be both knowledgeable and caring. Our agency's goal is to provide our customers with special attention for their needs." A total of four licensed agents currently service the Mendota First State Insurance policies: Mike Wasmer, Jackie Near, Tyler Full and Mary Ann Baughan.

As an independent insurance agency, First State Insurance represents many excellent companies. Various coverage options as well as premium requirements are considered for each customer. Several of the property companies represented by First State are Auto-Owners, LaPrairie Mutual, Travelers, Mendota Mutual, Safeco, Met Life and Kemper.

Automobile insurance companies repre-

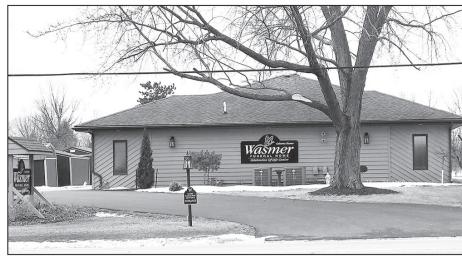
sented are Auto-Owners, IMT, Progressive, Travelers, Grinnell Mutual, Kemper, Met Life, Safeco and Rockford Mutual. First State Insurance has several outstanding outlets for farm insurance needs, including Auto Owners, Bradford Mutual, LaPrairie Mutual and Mendota Mutual. First State Insurance also offers life and health insurance through several sources.

Wasmer stated, "Although not all of the companies with whom we contract are well known companies, they deliver excellent service to our customers, or we would not represent them. As independent agents with a choice of different companies, we do our best to identify the best coverages with the best company for each customer.

"It's important to have a lot of choices," Wasmer added. "Our experienced staff can take the guess work out of our customer's insurance needs. Farmers, business owners, commercial customers and individuals can depend on us to find the right policies at the right price when they turn to First State Insurance."

First State Insurance Agency is located at 715 Washington St. in Mendota, 114 W. Railroad St. in Earlville, and 385 Chicago Road in Paw Paw. They can be contacted at (815) 539-5651, (815) 246-8261 and (815) 627-8552. Visit them at firststateinsurance. biz or on Facebook.

Wasmer Funeral Home



Wasmer Funeral Home is located at 2112 W. Main St., Mendota. Catherine Wasmer, director, said the celebration of life center celebrates life and healing grieving hearts. Your every need is handled by a licensed professional. When you have experienced the loss of a loved one, you can trust Wasmer Funeral Home to guide you through the process of honoring life. Wasmer Funeral Home prides itself on serving families in Mendota and the surrounding areas with dignity, respect, and compassion. The staff is experienced in a variety of funeral services and can help you celebrate your loved one no matter your religion, culture, or budget. Wasmer Funeral Home can be contacted by calling 815-539-8500 or emailing wasmerfh@

Unique ways that local small businesses can work together

The effects of a thriving small business sector are undeniable. Though the COVID-19 pandemic challenged the small business sector in various ways, one study from the U.S. Small **Business Administration** conducted prior to the pandemic found that small businesses account for 44 percent of economic activity in the United States. A post-pandemic return to normal could help small businesses regain that influence, especially if such establishments work together.

A recent study from Red Egg Marketing found that 82 percent of consumers indicate they would spend more to support small businesses after the pandemic.

That support should go a long way toward aiding the recovery of small, locally owned businesses. But such establishments can do themselves a favor by finding ways to work together. Such collaborations can be a great way for local companies to connect with new customers while also supporting fellow small businesses. The following are a handful of ways local businesses can work together as they recover from the economic effects of the pandemic.

· Consider cross-promotional events. Cross-promotion is a marketing endeavor in which two or more businesses work together to promote a service or product. For example, a local

brewery may partner with a local restaurant to showcase a new beer release and a special menu item that pairs well with that particular beer. These types of promotions shed light on what each business can offer, and many consumers would be happy to learn they're supporting at least two local businesses

at the same time. Change suppliers. Many partnership opportunities can be effective even if they're less public in nature. Global supply chains were in flux during the pandemic and have yet to return to normal. That makes now a great time for local businesses to recon-

See Together, Page A7



Left to right: Tyler Full, Jackie Near, Mike Wasmer, Mary Ann Baughan



FIRST STATE INSURANCE

First State Insurance, Mendota is located right across the street from First State Bank. It offers the following insurance products:

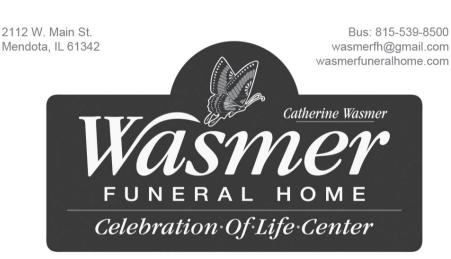
- Home
- Auto
- Health

Independent

Insurance Adent.

- Medicare
- Farm
- Crop Hail Multi Peril
- Life
- Supplements
- Annuities
- Commercial
 - **Earlville** Mendota 246-8261 539-5651

"The More Than One Company Agency"



CELEBRATING LIFE

and healing grieving hearts



loved one, you can trust Wasmer Funeral Home to guide you through the process of honouring life. At Wasmer Funeral Home, we pride ourselves on serving families in Mendota and the surrounding areas with dignity, respect, and compassion. Our staff is experienced in a variety of funeral services and can help you celebrate your loved one no matter your religion, culture, or budget.

Catherine Wasmer, Director Cell: 815-228-6260



Hayden Hurst

Don Shields

Kristen O'Connell

2112 W. Main St., Mendota, IL 61342



Professionals can take note of the relationship between being organized and being productive and embrace certain strategies to be more organized at work.

How to be more organized at work

The dawn of a new year is a time when change is readily welcomed by millions of people across the globe. Many people see a new calendar year as a great time to turn over a new leaf, and New Year's resolutions are often made with the intention of making positive changes.

Committing to being more organized is a popular goal each January, and it's one that can pay some surprising dividends if individuals can see it through to fruition. For example, in 2011 researchers utilized functional magnetic resonance imaging and other measurements to determine that clearing clutter from a home and work environment improved individuals' ability to focus and process information. That study, published in the Journal of Neuroscience in 2011, also concluded that clearing clutter increased productivity.

Professionals can take note of the relationship between being organized and being productive and embrace certain strategies to be more organized at work. While organizing at home

may be as simple as emptying the pantry or tossing out old magazines, organizing at the office is more likely rooted in minimizing distractions that can make it hard to maintain focus and complete tasks. The following are some strategies to clear clutter in office environments.

• Communicate during your commute. Professionals who take mass transit or carpool to work can use their commutes to comb through their emails. That may seem like an insignificant strategy, but it's not. In 2018, Adobe surveyed more than 1,000 office workers in the United States and found that the average worker spent more than three hours per day on work emails, and an additional 2.5 hours on personal email. Professionals can use their commutes to organize emails and respond to those that are most pressing. That should free up time to get more done during the workday.

• Turn off unnecessary notifications. Smartphone and device notifications provide an endless stream of distractions that can make it hard for professionals to organize their days and maintain their productivity. A 2020 study from the multinational telecommunications firm Telefónica found that the average smartphone user gets as many as 63.5 notifications per day. During the workday, individuals can clear some mental clutter by turning most app notifications off.

· Keep a clean professional pantry. A disorganized kitchen cabinet can make it hard to find ingredients when preparing a meal at home, and that sense of disorganization can compromise efforts to complete projects at work. A system for naming and storing files can make it easy to access documents quickly throughout the day. Keep separate folders for each project as well as subfolders for each component of the project. Store these in an organized manner on your computer and archive files and folders after the project is completed.

Various strategies can help professionals clear out work-related clutter and increase productivity.

Together

Continued from Page A6

sider their suppliers. When doing so, look into local suppliers and let it be known that your products are locally sourced. For example, local restaurant owners can highlight the fact that their foods are sourced from local farms and manufacturers. That may impress foodies with a fondness for freshness, and also should reassure customers who want to keep as many

of their dollars in the local community as possible.

• Form a local business network. When one business on Main Street is thriving, others tend to follow suit. That's especially true when businesses network in the hopes of creating a bustling local shopping district. Local business owners can organize a network via social media or in person communication. Encourage business owners to share

what worked, and didn't work, as they built their businesses. Local networks also can be a great forum to plan and pitch community-based events like festivals, holiday bazaars and other functions designed to bring more consumers to Main Street.

Rebuilding after the pandemic poses some unique challenges to small business owners. Working together can be an effective way to overcome those challenges.

your guide to area CHURCHES

FIRST PRESBYTERIAN CHURCH

Established 1855 1003 Fifth St. • Mendota 10 a.m. Worship Phone: 815-538-5603 ail: mendotafirstpres@gmail.

Email: mendotafirstpres@gmail.com www.fpcmendota.com Livestreamed Services: www.facebook.com/fpcmendota

ST. JOHN'S LUTHERAN CHURCH

Established 1858
607 10th Ave. • Mendota
Rev. Ken Gibson, Pastor
Worship – 9 a.m. Sundays
Church Phone: 815-539-5626
Handicapped Accessible
www.stjohnsmendota.org
Find us on Facebook!

HOLY CROSS CHURCH

Established 1858 • Catholic Diocese of Peoria
1010 Jefferson St. • Mendota
Pastor Fr. Peter A. Pilon
Parochial Vicar Fr. Jeff Windy
Services:
Monday - 7 p.m.
Tuesday, Thursday - 7 a.m.
Wednesday - 8 a.m.
Friday - 8:15 a.m.
Saturday - 4 p.m.
Sunday - 6:30 a.m., 10:30 a.m., 12 p.m. with Spanish
815-538-6151
mendotacatholic.org

IMMANUEL EVANGELICAL LUTHERAN CHURCH

Established 1864
398 Church Road • Compton
Pastor Jeff Schlesinger, Pastor
Ph. 815-539-6567
Sunday Services:
8:30 a.m. Worship at Immanuel
10:30 a.m. Worship at First, Lee
Online "devotional service" videos every Sunday through
facebook.com/ilccompton and YouTube
Check our website & facebook page for more information
ilccompton.org

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SERVING ONE LORD

SERVICE ORGANIZATIONS

These fine service organizations support the Mendota area by focusing on the future of our community and its people. Please support them as they support us.



Mendota Booster Club

Supporting the Students and Athletes of M.H.S. for more than 70 years!

Meetings on the first Wednesday of the month, 7:00 p.m. at Mendota High School

This club is comprised of parents and community working together to support and raise funds for the extra curricular activities at Mendota High School.

Membership Open.



Mendota Lions Club

"We Serve Our Local Community"

Meetings: 2nd Monday of the month at 6:30 p.m. at the Lions Den, Tri-County Fairgrounds, Mendota

President: Catherine Wasmer • Secretary/Treasurer: Betsy Westrick

Corn Dogs - OUR Specialty!



MENDOTA ELKS LODGE 1212, B.P.O.E.



Benevolent & Protective Order of Elks
707 Indiana Ave

707 Indiana Ave 815-538-3557

Bar open 7 days a week
League bowling & open bowling on request

Meetings: First and Third Thursdays at 8 p.m.

Pillars of Progress

Maze Lumber offers products for every part of your house

For over 174 years, Maze Lumber has been providing the best building materials available to the Illinois

From the first time lumber was sent down the Illinois & Michigan Canal to a bustling Illinois Valley, Maze Lumber has been servicing customers with quality building products to meet every need. Whether it's kitchens or fireplaces, siding or Marvin windows and doors, decks or stone veneers, hardwood flooring or tile, Maze Lumber has exactly what you are looking for. The modern Maze Lumber Yard is located in a 14,863-square-foot office and display building. Maze Lumber's "Hall of Flame" has the area's largest burning gas and wood fireplace displays in Central Illinois, featuring units from Lopi, Kozy Heat, Fireplace Extraordinaire, Jotul, and White Mountain Hearth.

Maze offers such do-ityourself materials as plywood, dimensional lumber, molding and millwork, hardwoods, and has the ability to special order almost anything. Maze Lumber also handles a full line of major-brand plumbing products featuring Kohler, Moen, Delta, Cultured Marble of Arthur, The Onyx Collection, Tere-Stone, Aker, Maax and Sterling. Sagehill, Ronbow, and custom vanities help to complete the package. Along with Maze Lumber's extensive line of bathroom fixtures, Maze features Woodharbor, Haas, and Breeze cabinetry, as well as an extensive line of countertop options including Cambria, Zodiaq, Silestone, Laminate, Corian, and natu-

To help finish up the projects in your home, Maze is a world class Marvin window

dealer with a full line of working displays as well as offering onsite measuring and quoting for your window renovations. Maze Lumber General Manager Peter M. Loveland and Operations Manager David Munson oversee the yard operation, which is staffed with a professional group of sales associates readily identified by their bright yellow shirts. Chad Errio specializes in stove and fireplace products. Once employed in the HVAC industry, Chad has the knowledge and background to assist with any hearth products. Andrew Kreofsky is the expert and salesman for natural and manufactured stone veneers and brick, along with offering product and sales support of all Maze departments.

Maze Lumber is the exclusive IV dealer for Natural Stone Veneer, Eden Stone, Boral Cultured Stone, ProVia

Stone, Montana Rockworks, Glacier Stone, and Real Stone Systems.

Nicole Andersen, Autumn Kirk and Heather maze provide a true designer's eye in the kitchen and bath departments. They have created some of the most elegant kitchens in the area, and have years of combined experience to assist you. Whether you're just remodeling, or designing your dream kitchen and bath, Nicole, Autumn and Heathers brand new showroom is your perfect starting point.

Joe Salz provides expertise as our outside salesman, always available to answer the needs of contractor and industrial accounts as well as homeowners.

Chuck Loebach works in our sales office manning the counters at all times, providing assistance on all products on our showroom floor.

Jim Kreiser works in our sales office with homeowners and contractors, dealing with all types of sales.

Jennifer Smith is the office administrator, handling all computer and accounting responsibilities.

Craig Justi is the outside yard manager, coordinating activities of the driver and yard crew with the help of Jim Tipton, Bob Toner, Matt Lightle and Sam Loveland. Maze Lumber also provides a full-time delivery service with a fleet of vehicles including two boom trucks, two box vans and multiple dump and pickup trucks to expedite hard-to-handle loads.

The Maze Lumber crew prides itself on providing customer service in a speedy

and efficient manner and looks forward to your business. Maze Lumber is always updating their showroom to offer the most current products on the market, allowing customers to visualize our products on and in their homes.

Maze Lumber is open Monday through Friday from 7:30 a.m. to 4:30 p.m., and even Saturday mornings from 8 a.m. to noon. Maze has been providing top-quality building materials for over seven generations and is ready to help you with your next project. Stop on down the next time you're in the area, and see what Maze Lumber can do for you!

For more information, go to mazelumber.com or "Maze Lumber" on Facebook.



Professionals can take various steps to overcome the most common distractions in an effort to be more efficient.

Distractions that can affect efficiency at work

Busy workdays are the norm for many professionals. Though most workers undoubtedly would prefer to feel busy rather than bored, it's easy for professionals to succumb to burnout if they don't get periodic breaks from the demands of their careers.

Burnout is a significant issue for work-

Burnout is a significant issue for working professionals. A recent survey of 1,500 working professionals from various sectors and backgrounds by the job aggregator site Indeed found that 52 percent of respondents were experiencing burnout in 2021. That marks a nearly 10 percent increase from a similar survey Indeed conducted prior to the onset of the COVID-19 pandemic.

Various factors, some of which are beyond individuals' control, can contribute to burnout. Professionals who want to avoid burnout without taking a step back from their careers can look for ways to be more efficient during the day. Overcoming these common distractions can improve efficiency, which should help professionals free up time and reduce their risk for burnout.

• Smartphones: A 2015 CareerBuilder survey of hiring and human resources managers from various industries found that employers cited smartphones and texting as the biggest productivity killers in the workplace. Professionals no doubt recognize how distracting their phones can be during the workday, and they may feel powerless to avoid them. But they're not. Alter notification settings so the phone only delivers the most important notifications (i.e., children's schools, meeting reminders, etc.) during the day. Turn off notifications from news, sports and entertainment apps.

• The internet: The CareerBuilder survey found that employers believed the internet is the second biggest productivity killer.

Professionals with a lot on their plates should do everything they can to avoid surfing the internet during the workday. The internet can be a rabbit hole, and even individuals who only intend to take a brief break from work to check the news or clear their head may soon find themselves moving from website to website while their work piles up. If it's a mental break you need, get up and take a brief walk around the office instead of surfing the internet.

• Emails: Emails are another significant distraction during a typical workday. To overcome the seemingly endless flood of emails coming from coworkers, friends and family during the day, professionals can work in offline mode for a predetermined period of time each day. This affords the opportunity to work on specific tasks or projects without being interrupted by emails. Emails will still accumulate while the computer is in offline mode, but professionals won't be notified as each message is delivered and will be able to work distraction-free until

they turn offline mode off.

• Meetings: Meetings may be well-intentioned, but they often compromise productivity and distract professionals from their jobs. A recent study titled "Meetings in America" commissioned by Verizon Conferencing found that 90 percent of professionals admitted to daydreaming during meetings, while 39 percent admitted they had fallen asleep during meetings in the past. Managers can help employees get more done and limit distractions by scheduling fewer meetings or reconsidering just who needs to attend

meetings more carefully.

A distraction-free workday might seem unlikely, but professionals can take various steps to overcome the most common distractions in an effort to be more efficient.

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