



**BOB CRAVENS  
VOLUNTEER**

Robert (Bob) Cravens is a man who lives near Gladstone, Illinois, but volunteers for the benefit of all of Henderson County. Bob is a native of south Texas who was attracted to this part of Illinois because of its natural beauty and the rolling hills. Bob is a Viet Nam veteran who was stationed at Chanute Air Force Base. He and his late wife reared two daughters and one son at Loda, Illinois, which is located in central Illinois on flat land. Bob has five grandchildren who enjoy participating in outdoor activities when they visit. He has been retired from Wal-Mart Transportation for nine years. He enjoys taking care of his small cattle herd when he is not working part-time for the Gladstone Water Department or maintaining Kemp Cemetery.

Bob serves with the Gladstone Volunteer Fire Department and represents the Biggsville American Legion Post by mentoring Boy Scout Troop 60. It is important to Bob to give back to his community by volunteering his many skills, sense of humor, and time through hands-on service. Bob sees a need for more volunteers to help keep Henderson County growing and vital in a changing world. Bob's volunteerism is greatly appreciated!!!! >



**Bob Cravens enjoys meeting new people and the beautiful landscapes of Henderson County.**

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Bob's most recent volunteer activity is serving the guests who visit the Henderson County Community Pantry which is housed at Henderson County Health Department. Bob also unpacks and shelves the food staples and maintains the refrigerator and freezers that contain dairy, produce, fish, and meat.

**BE A FORCE OF NATURE  
BE READY.GOV**

September is National Preparedness Month. It is a time to prepare yourself and those in your care for emergencies and disasters. You know that emergencies can happen unexpectedly in Henderson County, to people just like you. In just this year, we have seen blizzards, hurricanes, tornado outbreaks, river floods and flash floods, wildfires, and even water main breaks and power outages throughout the United States. Police, fire, and rescue personnel may not always be able to reach you quickly in an emergency or disaster. The most important step you can take in helping your local responders is being able to take care of yourself and those in your care.

This September, please prepare and plan in the event you must go for three days without electricity, water service, access to a grocery store, or local services for several days. It is important to make a family emergency plan that can be put in action as soon as disaster strikes. Make sure to include plans for infants, children, seniors, people with disabilities and special needs, and don't forget pets! A supply kit is a must when planning for potential disasters.

Check out Ready.Gov online!!

## NEANDERTHALS . . .

Gave Us

## BEDBUGS

Bedbugs were likely the first human pests – and Neanderthals gave them to humans. Researchers at Virginia Polytechnic Institute found that the bugs leaped from bats to cave-dwelling Neanderthal cousins some 60,000 years ago. Once they began adapting to *Homo neanderthals*, it was easier to make the jump to *Homo sapiens*. Bedbugs stayed with us as we developed agriculture and then cities and spread all over the world. By comparing the complete sequences of the bat and human bedbug lineages, which are now genetically different, researchers can gain insight into how pests adapt to thrive in urban developments. “What will be interesting is to look at what’s happening in the last 100 to 120 years,” says co-author, Warren Booth, an urban entomologist. Bedbugs were pretty common in the old world, but once DDT was introduced for pest control, populations crashed.” But then, he says, “within five years, they started reappearing and resisting the pesticide.” The result is that bedbugs are once again plentiful, and they will likely continue to evolve alongside of humans!



Contact Henderson County Health Department for information about treatment for insect infestations.



HELP FILL the CUPBOARD  
for  
HENDERSON COUNTY  
COMMUNITY PANTRY  
at  
HENDERSON COUNTY  
HEALTH DEPARTMENT

NONPERISHABLE FOOD  
LAUNDRY SUPPLIES  
HYGIENE SUPPLIES  
MONETARY GIFTS

## CONTACT HCHD

Phone: (309) 627-2812

Fax: (309) 627-2305

208 West Elm Street,

P. O. Box 220,

Gladstone IL 61437

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Business

Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday: 8:00a.m. - Noon

| Event                                                                | Time & Date                                                      | Location                                        |
|----------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------|
| Stronghurst Fall Fest                                                | Saturday Sept. 20, 2025<br>9:00 to 3:00                          | Stronghurst Park                                |
| Schuylar Street Stroll                                               | Saturday, Sept. 27, 2025<br>9:00 to 3:00                         | Oquawka<br>Schuylar Street                      |
| Free Bingo                                                           | 1:00 to 3:00 Wednesday<br>Sept. 3rd & 17th                       | Henderson County<br>Health Department           |
| Low Impact<br>Exercise (FREE)<br>No registration required            | Mon-Wed-Fri<br>8:00am-9:00am                                     | Henderson County<br>Health Department           |
| Fit and Strong!<br>Exercise Class (Free)<br>No registration required | Mon-Wed-Fri<br>9:30 am to 10:30 am                               | Stronghurst<br>Senior Center<br>Broadway Street |
| Oquawka Farmers<br>Market                                            | Saturday-Sept. 6th<br>9am to Noon                                | Indian Park<br>Oquawka                          |
| Stronghurst<br>Farmers Market                                        | Monday Evening<br>LAST MARKET<br>Sept. 8th<br>5:00 pm to 7:00 pm | Broadway Street<br>Stronghurst                  |