



COMMEMORATE 250 YEARS of FREEDOM

As the United States approaches its Semiquincentennial, the **Henderson County Historical Society** is planning a Star-Spangled Celebration at Raritan on July 4th for the 250th Anniversary of the founding of the United States of America. Enjoy kids' activities in the One Room School House beginning at 10 am, a BBQ at St. Pat's Community Center 11 am to 1 pm, Henderson County Museum Tours 9 am to 2 pm, Quilt Show at Reformed Church 9 am to 2 pm, Tractor Show at the Ball Field 9 am to 2 pm, Apple Pie Contest at the Raritan State Bank Pavilion at 1 pm, Kid's Parade at the Museum Shelter House at 2 pm, and a Patriotic Program at the Opera House at 3:30 pm.

On Saturday, July 4th, the **Oquawka Fire Protection District** will be celebrating *250 Years of Freedom* with a parade. Line up is at 9 am with the parade starting at 10 am at 8th and Schuyler Streets. All entries are welcome. For more information, contact Fire Chief Marston at 309-299-7623. Also, the **Alexis Phelps House** at 101 Hancock Street will be open for tours from 10:00 a.m. to 2:00 p.m. in recognition of this very special 4th of July. This historic house was built in 1833 and is listed on the National Register of Historic Places. The **Oquawka Museum** at 502 Schuyler Street may be open if volunteers are available to host.



THIS PROGRAM ENDS JUNE 30TH!

Infant & Children COVID & RSV Vaccines at No Cost!

For uninsured, underinsured, and Medicaid participants.

Walk-In Clinics held every Thursday afternoon from 1:00 to 4:00 p.m.

Monday—Wednesday by appointment only.

Call for appointment: 309-627-2812, ext. 223.

Parents: please bring ID, Medicaid card, and copy of child's vaccination record if available to Henderson County Health Department. in Gladstone, Illinois.



STAY HYDRATED

As people of all ages are out and about these hot, humid days, it is vital to keep your bodies hydrated. Did you know that water makes up most of your vital organs? Drinking plenty of water keeps your body hydrated to fuel your brain, keeps your skin glowing, lessens joint pain, and keeps your blood flowing. Keep cool and hydrated!

25 MILLION PIECES of LITTER BY JULY 4TH

Let's beautify Henderson County to celebrate the 250th anniversary of our country's birthday on July 4th. One way we can start the beautification process is to pick up litter and properly dispose of it. According to *Keep America Beautiful*, littering along roadsides throughout the United States is down 34%. However, it seems that litter is increasing throughout Henderson County. Driving through the county one sees not only roadside trash, but also properties littered with multiple vehicles, tires, boats, and other adult toys as well as old furniture and debris. The health department recycles old electronics and small items such as microwaves and vacuums as well as old paint. No spray paint, please!

According to the most recent study about litter, it is estimated that there are 35 billion pieces of litter on the ground in this country. That equals 96 pieces of litter per person! Organize your family or enlist your friends and neighbors to spend a couple of hours making your corner of the world neater by picking up that litter and putting it in the trash. Everyone can make a difference in their community. It starts with you and me. Eliminating litter is an active step we can all take to clean, green, and beautify Henderson County.



MEET THE DRUG WAR'S

NEWEST CREATION

CYCHLORPHINE

Cychlorphine is a new synthetic opioid that is extremely potent. It is thought to be ten times stronger than fentanyl. It has been recognized in toxicology reports and several overdose cases in the past twenty-two months. It has been identified as the cause of death in four people in Illinois. As a newly recognized substance, it is not listed in standard drug-screening protocol and may be missed as being present in the body. Cychlorphine is pronounced **SIGH-klor-feen**.

The presence of cychlorphine is troubling due to its high potency. The full effects of cychlorphine are not yet fully known or understood. However, its effects are expected to be like other high potent opioids such as nitazenes (never approved for medical use), heroin, fentanyl, and other prescription opioids, but the effects from cychlorphine present at a much higher intensity to the user's system.

Signs of a life-threatening overdose may include severely slowed or stopped breathing, loss of consciousness or inability to wake, markedly slowed heartrate, pinpoint pupils, and blue or purple lips and fingertips. Due to its extreme potency, cychlorphine overdose can occur with exceedingly small amounts and may become fatal quickly. If an overdose is expected, seek emergency medical help immediately. Call 911 for emergency services, especially if the person is *unresponsive* or not breathing.



COOLING CENTER

The Henderson County Health Department is a designated cooling center for area residents. It is open to the public during the agency's hours of business. Call 309-627-2812, x 228 for information or transportation.

County Food Pantries

FOCC at 210 Main Street Stronghurst from 9:00 to 4:00
Monday to Thursday .
Guests may come weekly.

Henderson County Community Pantry at HC Health Department in Gladstone from 1:00 to 6:00 p.m. on Tuesday and from 4:00 to 6:00 p.m. on Thursday.
Guests may come monthly. Fresh produce the 4th Thursday.

Henderson County Pantry (ministry of the Oquawka United Methodist Church) at 230 Schuyler Street in Oquawka from 1:00 to 3:00 p.m. on Monday and Thursday. Guests may come every 14 days.

Food Pantry at Lomax Senior Center at 911 E. Main St. in Lomax from 10:30 a.m. to 12:30 p.m. on the 4th Thursday of the month.

CONTACT HCHD

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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
Farmers Market	June 22/July 6& 20	Broadway Street
Family Friendly	5:00 to 7:00 p.m.	Stronghurst, IL
Congregate Meals	Monday	Stronghurst Sr. Center
Call 309-734-4251 for info	Tuesday to Thursday	Oquawka Sr. Center
Free Bingo	1:00 to 3:00 Wednesday	Henderson County Health Department
Everyone Is Welcome	June 17/July 1, 15, 29	
Low Impact Exercise (Free)	Mon-Wed-Fri	Henderson County Health Department
No registration required	8:00 a.m. to 9:00 a.m.	
Fit and Strong! Exercise Class (Free)	Mon-Wed-Fri	Stronghurst Senior Center
No registration required	9:30 a.m. to 10:30 a.m.	Broadway Street
Open Gym for Exercise	Mon/Wed: 8:00 to 4:00	Henderson County Health Department
Fri: 8:00 to Noon	Tue/Thu: 8:00 to 6:00	
Senior Transportation	Monday - Thursday	Henderson County Health Department
Appointment Needed	309-627-2812, x 228	