

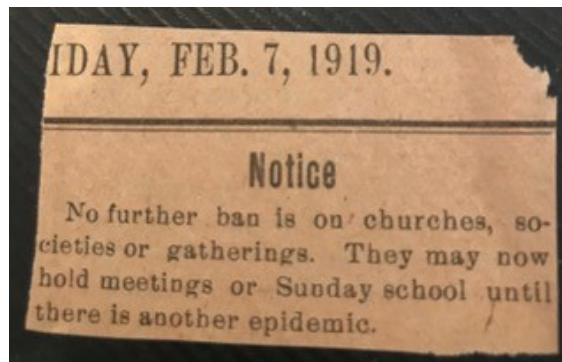


Weekly News

Did You Know?

The Spanish Flu Terror of 1918-1919

This small article, clipped many years ago from the Tremont News, is brief, but the back story for the announcement is huge.



(From an article in the Peoria Public Library)

The "Spanish Influenza" pandemic occurred during the final year of WWI. Many people today are not aware that it was the worst pandemic in modern history. Unbelievably, it took four to five times more lives than the war did. 50 million people were killed worldwide, which was 3-4 percent of the entire world population at the time. This flu was unusual because it targeted the very young and those 20-40 years old, and older than 65. There were no vaccines or medicines for the flu at the time.

Orders in Peoria and local towns were to ban all gatherings including funerals. Churches, theaters, and public gathering places were closed. Most businesses shut their doors. The epidemic spread, and people began staying in their houses as much as possible. Those who did venture out were told to wear gauze masks. Many of our local doctors were serving in the war, so retired nurses volunteered to help other nurses. Many of them were victims as well. It was a terrifying and dark time.

So, this little newspaper notice was met with relief and happiness to those who opened their newspapers here in Tremont in February of 1919.

~ Tremont Museum and Historical Society

Fall Volleyball Fun - 1st-4th Grade

This will be a fun, laid back time for the girls (1st - 4th grade) to learn the fundamentals of volleyball. Sign up at the park district office or online (there is a processing fee of 3% for online registration).

For more information, https://www.tremontil.com/Tremont-news/2019/2019fall_volleyball.pdf



Weight Loss Wednesday

When: September 11th – November 30th, 2019
Wednesday Nights 5:15-6:15PM or Saturdays 11AM – 12Noon

Change 4 Life, Eat Well, Move More and Live Longer

In this 12-week program, participants will compete against one another to lose weight and body fat. Fitness coach Michelle Williams will help you start your weight loss journey by coaching you with healthy eating and fitness programs.

The goal of the program is to give the participant a life coach to help them become accountable for lifestyle change. The areas of expertise are nutrition, exercise, stress reduction and time management.

Cost: \$50 Residents, \$60 Non-Residents (50% goes directly to jackpot)

For more information about the program and prizes, go to: https://www.tremontil.com/Tremont-news/2019/Weight_loss_wednesday.pdf

Tremont Library Events

Bored? Games!
1st Wednesdays, 3-5PM
September 4, October 2, November 6, December 4
Ages 5 and up.

Drop by the library after school for board and card games. Bring your favorite game or try one of ours! Children under 8 must be accompanied by an adult.

For more information about this program, call the library at 925-5432, or email tremontlibrary.childrens@gmail.com



Yoga Class

8:15AM - Fridays at Tremont Park District Gym
Beginner Friendly! All levels welcome
Mats provided or bring your own.

\$5 per class or free for gym members

Booster Club Golf Outing

The Booster Club Golf Outing is on Saturday, September 21 at 8:30AM this year. The deadline for signing up to golf is Friday, September 6th. We need at least 10 teams to be able to hold the golf tournament and are shy of that number right now. Please consider joining the Booster Club for our 2nd Annual Golf Outing!

Please see the entry form for more information: <https://www.tremontil.com/Tremont-news/2019/TurkeyShootoutEntryForm.pdf>

Tremont Gallery/Pearl Street Stamping

"Make It Take It"

Friday, September 13th
10:00AM to 5:00PM

Stop in to Make a Free Greeting Card!

Tremont Agricultural Heritage Museum

Coming soon...



Monday

Labor Day

HS JV Football home vs Dee-Mack - 5:30PM

Tuesday

HS Golf home (Sunset) vs Fieldcrest, Tri-Valley - 4:00PM

MS Softball @ Washington Central - 4:15PM

MS Cross Country home vs Delavan, Dee-Mack - 4:15PM

MS Baseball @ Delavan - 4:30PM

HS Volleyball @ PCS - 5:30PM

HS Soccer Co-op @ Metamora - 6:30PM

Wednesday

Board/Card Games – 3:00-5:00PM
Tremont Library

HS Golf @ El Paso County Club vs EPG, Eureka - 4:00PM

MS Baseball @ Germantown Hills (A&B) - 4:15PM

MS Softball @ Germantown Hills (A&B) - 4:15PM

Thursday

HS Golf home (Sunset) vs MWC, Havana, Brimfield - 4:00PM

MS Baseball home vs Broadmoor (A&B) - 4:15PM

MS Softball @ Beverly Manor (A&B) - 4:30PM

Friday

MS Softball home vs Hartem - 4:15PM

HS Soccer Co-op home (EP) vs Monmouth @ Raider Classic tournament - 6:00PM

HS Football home vs Fisher - 7:00PM

Saturday

HS Soccer Raider Classic continues @ Eastside

Farmer's Market - 8:00AM-Noon
City Park

HS Volleyball @ Olympia for CTI invite - 9:00AM

HS Cross Country @ Rochester Invite - 10:00AM

Around Town



Please send us your news stories and they will be included in upcoming emails. Deadline to include information is Friday, 6:00PM for the following Monday.

We accept information from official Tremont, IL businesses, organizations, and advertisers. We will also post Public Auctions and Open Houses.

Thank you,

Haas IT Solutions, Inc. on behalf of Tremont Winning Communities

Tremont Winning Communities | info@tremontil.com | <http://tremontil.com>