



May, 2025

Events

- May 3** – Story Time @ 10 AM
@ Flewellin Library
- May 5** – Yarn Twisters @
11 AM @ Flewellin Library
- May 8** – Preschool Screening for
Ages 3-5 @ Indian Creek
School District
- May 9** – Mother’s Day Roses \$18 a
Dozen @ 4 PM – 6 PM @
Lions Depot
- May 10** – Mother’s Day Roses \$18 a
Dozen @ 7 AM – 11:30 AM @
Lions Depot
- May 10** – Story Time @ 10 AM
@ Flewellin Library
- May 10** – Community Game Night
@ 5 PM – 8 PM @ Chumly’s
- May 12** – Yarn Twisters @
11 AM @ Flewellin Library
- May 14** – Euchre @ 11 AM – 2
PM @ Flewellin Library
- May 17** – Story Time @ 10 AM
@ Flewellin Library
- May 19** – Yarn Twisters @
11 AM @ Flewellin Library
- May 21** – Elder Care Services &
Tech Help @ 12 PM – 2 PM
@ Flewellin Library

(Continued on the next page)

How We're Strangling Ourselves in Red Tape

By Kallan Welsh

(This article reflects my views as an individual and does not necessarily represent the views of the entire Village Board)

Why is the village of Shabbona having such difficulty bringing in new business to town?

Is it because the economy here is too poor and limited to possibly support any small businesses?

When I moved to town and purchased the historic Shabbona Hotel property, it was completely empty. And yet, despite some naysayers, today, it's inhabited by 6 separate businesses including a hotel, barber shop, realty office, laundromat, and computer services office.

Though it's certainly difficult to operate a small business in a small town like Shabbona, it's very possible to pull it off. But margins are necessarily slim. So what is stopping more people from opening up more small businesses?

The answer that you will get from me, and just about every other attempted and successful entrepreneur within the village, is that the village is strangling itself in red tape.

There's a serious temptation amongst those in power to use that power to force the outcomes they want, and, of course, as a village official, you will always be pressured to "do something" about a problem. Unfortunately, sometimes the "doing something" is the problem.

(Continued on the next page)

Village Government News

By Joshua Snyder

(This article reflects my views as an individual and does not necessarily represent the views of the entire Village Board)

The Village's regular board meeting took place on April 28. During this meeting, the previous board discussed and voted on several new ordinances and resolutions and then the new board was sworn in. Here is a brief summary of the meeting broken into the two boards:

The previous board:

- The farmer's market received permission to use Purdy Park again this year and the Village approved paying \$285 for insurance for them.

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Shabbona Express

Events (Continued)

- May 24** – Story Time @ 10 AM @ Flewellin Library
- May 26** – Yarn Twisters @ 11 AM @ Flewellin Library
- May 28** – Euchre @ 11 AM – 2 PM @ Flewellin Library
- May 31** – Story Time @ 10 AM @ Flewellin Library
- May 30** – Light Supper & Game Night @ 5:30 PM @ Shabbona Community Church

Have an event?
E-mail editor@shabbonaexpress.com

How We're Strangling Ourselves in Red Tape (Continued from the previous page)

By my count, the Shabbona Village Code is 308 pages long, and it refers to a building code which is 726 pages long, a plumbing code that is 267 pages long, an Electrical Code that is 622 pages long, a mechanical code that is 152 pages long, a fire code that is 600 pages long, an energy conservation code that is 190 pages long, a 47-page property maintenance code, and more. The zoning code alone is nearly 100 pages and regulates any possible use of every property in the village, along with exactly how any new buildings must be designed, floor area ratios, lot sizes, setbacks, etc. Just since I've moved here and in the handful of years prior, the Village of Shabbona has adopted numerous additional regulations, license requirements, and taxes.

Every new project must comply with every bit of those thousands of pages. Given how strictly regulated the business environment is, the idea that one more ordinance will do the trick to bring back small business is foolhardy. Each new regulation, ordinance, license, and tax creates an additional cost upon small businesses which already start out with incredibly slim margins in a small town like ours.

I'm not advocating for a repeal of all regulations - far from it. So often the largest costs are little throwaway lines buried in ordinances which, at best, carry very little marginal benefit for tremendous cost. A recent draft regulation would've made it illegal for some businesses to use extension cords. If, for example, an old building only has one electrical outlet per room, that is essentially a mandate to rewire the entire building, even if the building's electrical system has already been updated to utilize modern jacketed wiring and breakers. The cost is astronomical - in the \$20,000-30,000 range - for that one tiny regulation! That sort of cost renders most small businesses completely unviable, and we're imposing it on our entrepreneurs in the most willy-nilly of fashions.

Anybody who is able to make it work under these conditions has my incredible admiration; that entrepreneurial spirit is flush in Shabbona and should be allowed to flourish.

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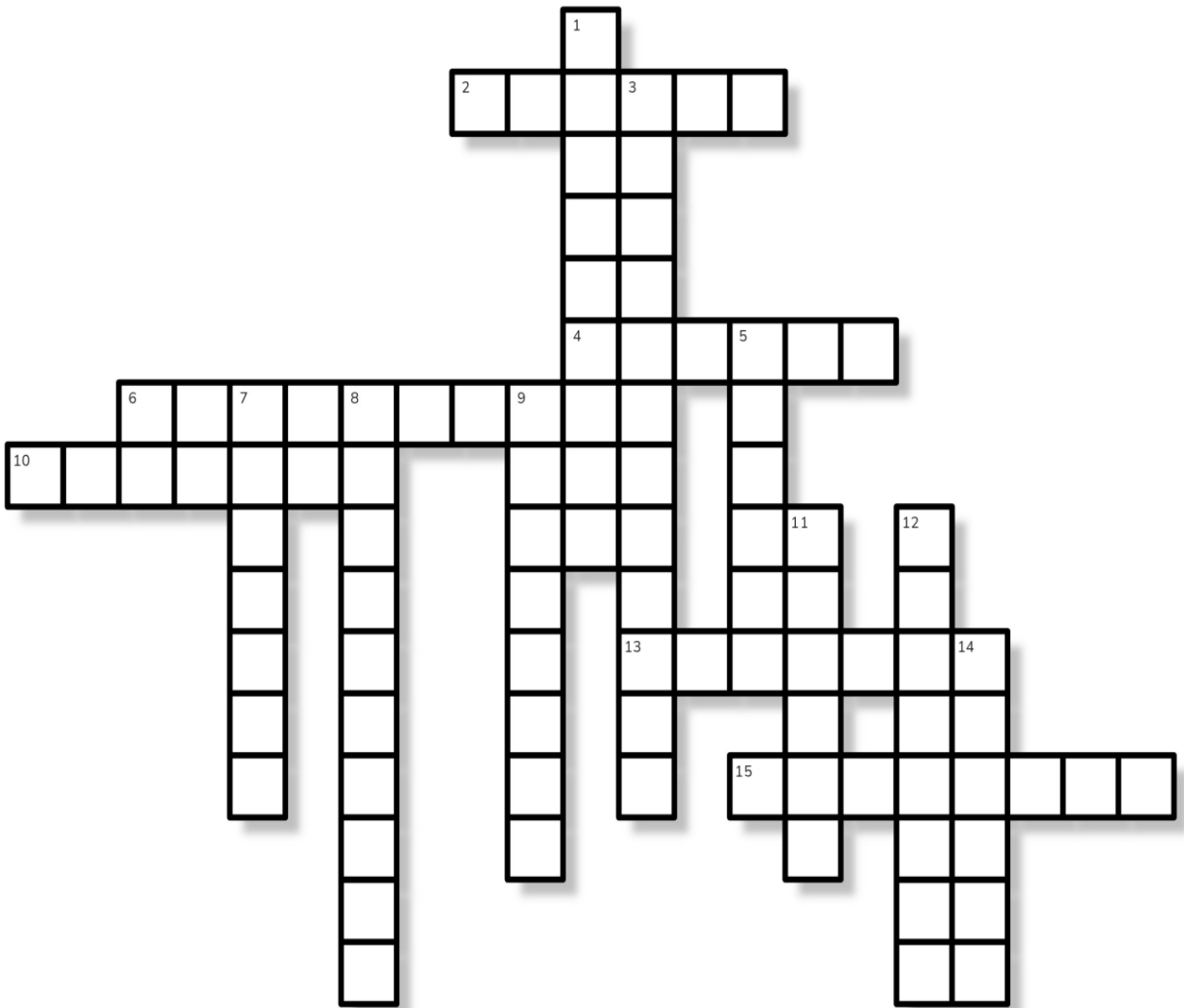
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Across

2. Sultry, hot, passionate, humid
4. Thin coating of cement material
6. Fear of fire
10. Create, imagine, invent, dream up
13. Slope or bend upward
15. Common ankle injury

Down

1. Widespread and permeating throughout.
3. Ability to adjust and change as needed
5. Relating to outer space or the universe
7. In a state of fatigue, disrepair, or exhaustion.
8. Instruments played by striking or beating
9. Reading enthusiast who devours literature
11. Popular Garden Plant with Colorful Blooms
12. Warm and fragrant spice used in baking
14. A perplexing puzzle or mystery

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Village Government News

(Continued from page 1)

The previous board, continued:

- A resolution passed to reallocate funds from sales tax revenue into a *Facade Improvement Program*. This resolution divides the income from the municipal sales tax into the following:
 - 50% to the General Fund
 - 40% to the Capital Improvement Fund
 - 10% to the Facade Fund
- A new sign was purchased to recognize Allie Peterson as the 2024-2025 State FFA Proficiency Winner (Village purchased but it was mentioned the Indian Creek FFA would reimburse)
- A donation of \$24,000 was approved for the Flewellin Memorial Library
- The Village adopted a new ordinance for the “Licensing and Operation of Raffles and Poker Runs”. This ordinance generally applies to the use of raffles and similar gambling fundraising efforts for non-profits.
- A new ordinance modifying the construction of sidewalks was implemented. The primary changes seem to be the requirement that sidewalks be a minimum of 5 feet wide in residential and commercial districts and a minimum of 5 inches thick (6 inches at driveways)
- A new ordinance banning parallel parking on the east side of the North Parking lot was implemented.
- A new ordinance enacting the new Facade Improvement Program was passed.
- A resolution to demolish the Greenwell Small Engine Repair Shop located at 106 ½ W Comanche Ave at the cost of \$6,000 was passed.
- A resolution to hire Attorney Mark Schuster out of Elgin as an Administrative Adjudication Hearing Officer was passed but was then motioned to be reconsidered and was tabled until the next regular board meeting by the new board.

The new board:

- Liquor and Video Gaming Licenses were renewed for all businesses (Express Lane (BP), Indian Oaks Country Club, and R&R Pub. Casey’s received a new class of license in the April meeting)
- The Village is considering the use of MFT (Motor Fuel Tax) funds to repair existing sidewalks. The new board tabled the vote until the next board meeting so they can have time to review the information due to not being given the information related to the vote until their swearing in.
- The Village President asked the new board if they would be in favor of granting a zoning variance for a potential new bar in the C-1 zoning district. The board came to the consensus that the C-1 district already allows bars in its current code so no variance would be required.
- As previously mentioned, the new board decided to reconsider the hiring of the Administrative Adjudication Hearing Officer and tabled it until the next board meeting.

Shabbona Express

65% of Readers Have This Vitamin Insufficiency

By Kallan Welsh

What is the most common vitamin deficiency in the country?

Vitamin D, the "sunshine vitamin," is critical for strong bones, immune health, and even mood regulation. Yet, a staggering number of Americans are falling short, with deficiency and insufficiency reaching epidemic levels. According to recent data from the National Health and Nutrition Examination Survey (NHANES, 2001–2018), **24.6% of Americans have vitamin D deficiency** (serum 25(OH)D levels <50 nmol/L), while **40.9% suffer from insufficiency** (50–75 nmol/L). That means nearly two-thirds of the population isn't getting enough of this vital nutrient.

The numbers are even more alarming for certain groups. Non-Hispanic Black Americans face an **82.1% deficiency rate**, followed by Hispanics at **69.2%**, largely due to higher skin melanin reducing vitamin D synthesis from sunlight. Women, young adults (20–29), and those with limited sun exposure—like nursing home residents (50–60% deficient)—are also hit hard.

Why is this happening? Modern lifestyles are a big culprit. We're spending less time outdoors or slathering on sunscreen. Diets low in vitamin D-rich foods (think fatty fish or fortified milk) and conditions like obesity or malabsorption disorders further stack the deck.

The consequences are serious. Beyond brittle bones and rickets, low vitamin D is linked to higher risks of heart disease, diabetes, cancer, and even severe cold and flu outcomes. Yet, it's a fixable problem. Safe sun exposure, dietary tweaks, or supplements (600–800 IU daily, per the Institute of Medicine) can make a big difference.

Given the staggering percentage of people who are insufficient in this critical vitamin, you should be spending more time outdoors, and, especially in the winter when sunlight exposure is limited, taking Vitamin D supplements.

Interested in writing your own article or have a differing view you'd like to share? E-mail us at editor@shabbonaexpress.com

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Shabbona Lions Club

Mother's Day Roses for Sale at Lions Depot
\$18 a Dozen
105 N Illini St, Shabbona

May 9 @ 4PM to 6 PM
&
May 10 @ 7 AM to 11:30 AM

Vendors Wanted!



Shabbona Farmers Market

Sell your locally
produced
Foods & Crafts

Saturdays June-September
9:00am - Noon
Purdy Park
East Navaho Ave, Shabbona

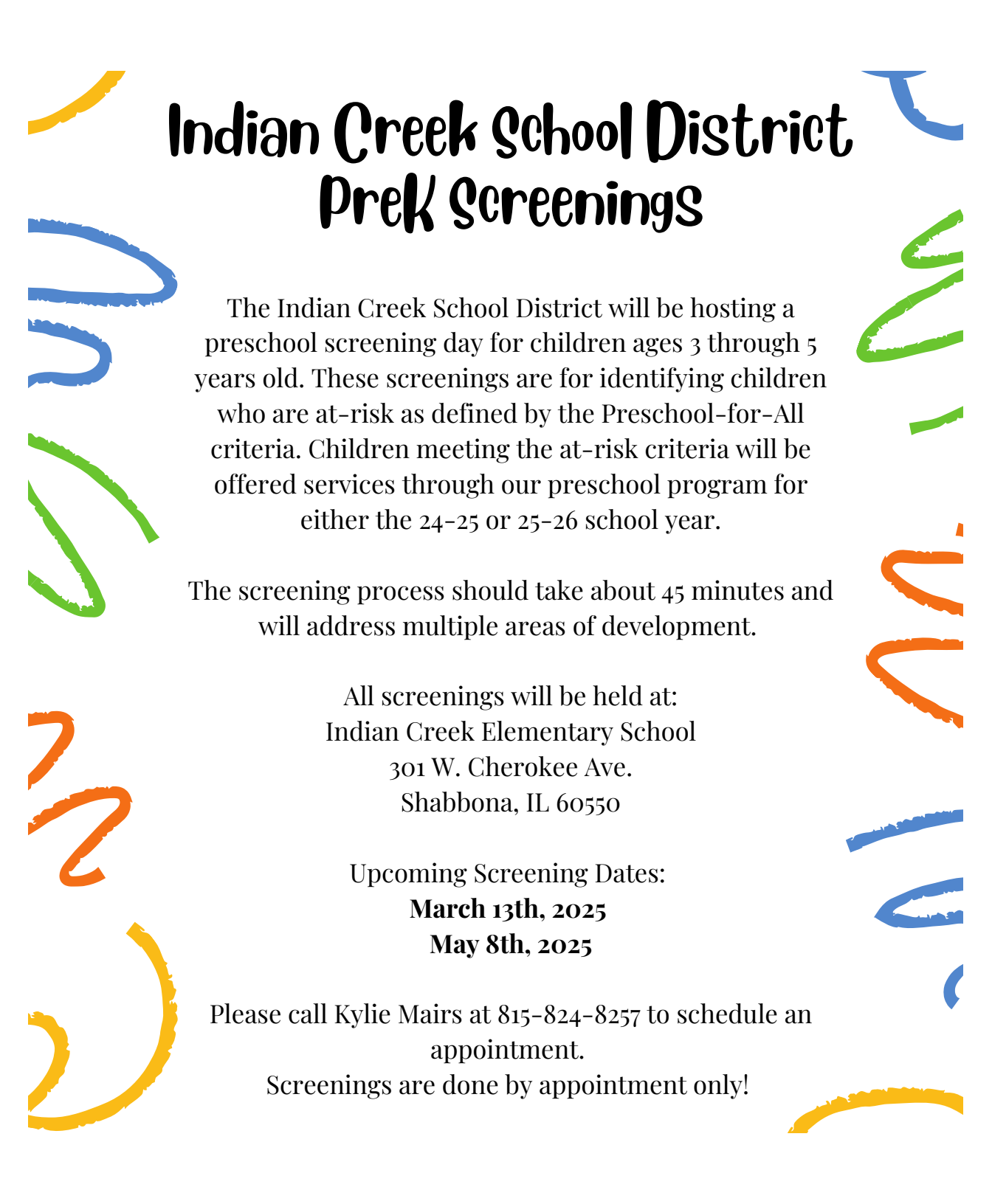
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Indian Creek School District PreK Screenings

The Indian Creek School District will be hosting a preschool screening day for children ages 3 through 5 years old. These screenings are for identifying children who are at-risk as defined by the Preschool-for-All criteria. Children meeting the at-risk criteria will be offered services through our preschool program for either the 24-25 or 25-26 school year.

The screening process should take about 45 minutes and will address multiple areas of development.

All screenings will be held at:
Indian Creek Elementary School
301 W. Cherokee Ave.
Shabbona, IL 60550

Upcoming Screening Dates:

March 13th, 2025

May 8th, 2025

Please call Kylie Mairs at 815-824-8257 to schedule an appointment.

Screenings are done by appointment only!

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