



emergency RESPONSE

Monday, Nov. 6

At 9:36 a.m. Tuscola fire responded to a report of a hot odor at Outlets at Tuscola. Nothing found on scene.

Monday, Nov. 13

At 1:14 p.m. Tuscola fire was dispatched to the 900 block of Fairview Drive for a gas leak. Ameren was on scene upon arrival.

Tuesday, Nov. 14

At 5:48 p.m. Tuscola fire was dispatched to the 50 block of Poplar Drive for a house fire due to improper ventilation in a wood burning stove. The fire was extinguished with tank water.

Wednesday, Nov. 15

At 10:16 a.m. Tuscola fire was dispatched to the 900 block of East Southline Road for a request for medical attention.

Thursday, Nov. 16

At 7:23 a.m. Tuscola fire was dispatched to Arcola for a request for mutual aid for a fire at a maintenance shed. The Tuscola crew was not used and released.

Peace Meal Nov. 27-Dec. 1

Monday, Nov. 27—Sausage in gravy, hard cooked egg, fruit juice, mini potato bakers, biscuit, warm cinnamon buttered apples.

Tuesday, Nov. 28—Cheese tortellini alfredo, kidney bean salad, peas, peanut butter cup, whole grain wheat (1), warm fruit cobbler

Wednesday, Nov. 29—Cabbage rolls in sauce, corn, broccoli, raisin bran muffin, Mandarin oranges

Thursday, Nov. 30—Fried chicken, mashed potatoes with gravy, Italian green beans, Texas toast, cranapple salad

Friday, Dec. 1—Goulash with beans, seasoned greens, dinner roll, fresh fruit

Call 800-543-1770 for reservation information. Skim milk and desserts with no sugar added are available in many locations. Ask the site supervisor for information. Sometimes we need to substitute on our menus. We still guarantee a nutritious meal. The Peace Meal Senior Nutrition Program suggests a donation of \$3.50 for each congregate and home delivered meal. No older person shall be denied a meal because of their failure to contribute all or part of the cost of the meal. We accept the Illinois Link Card.



REAL LIFE WELLNESS

By Dr. Bill Hemmer

**STOMACH ACID GOT A BAD
REPUTATION FOR NO GOOD REASON!**

I'm continuing my discussion about digestion. If you don't digest your food properly, you will never be healthy and stay healthy. I get very fired up about the topic of stomach acid because, like chiropractic, it has been misunderstood for a very long time. This week, I'm going to explain why we all need MORE stomach acid not less.

Your stomach is designed to be the first major area of digestion. It's true that some digestion begins in the mouth, but the real action begins once the food reaches the stomach. When food reaches the stomach, your brain sends a signal to cells in your stomach to produce acid. Acid then activates enzymes to begin the process of breaking apart carbohydrates, fats, proteins and minerals. If there is not enough acid present in the stomach, these actions are not done effectively.

We have all been conditioned to believe we have too much acid in our stomachs and that is what causes our heartburn, reflux and stomach aches. The truth be told, all of these things occur because we don't have enough acid, not that we have too much. Allow me to explain.

Your ideal pH level in your stomach is about 2. This is very acidic. Your stomach lining is designed to act as a barrier between your smooth muscle wall of your stomach and the contents of your meal. When your pH is low enough, the valve on the top of your stomach closes properly and the valve on the bottom of your stomach opens properly. If your acid levels aren't high enough, these valves begin to mess up and leak. This leads to reflux

and heartburn.

You might be wondering how you feel that acid feeling if you aren't producing enough acid. Good question. What you are actually feeling is your food rotting in your nice warm moist stomach. It is trying to be digested, but if your food stays in your stomach too long it begins to rot. Then, when your top valve isn't closing properly and the bottom valve isn't opening properly you begin to burp it up and it causes these symptoms.

We have also been told stress makes you produce more stomach acid. This is absolutely wrong. When you are stressed, your body will go into fight or flight mode. This mode actually decreases digestive function because you don't need to be able to digest a meal to run away from a bear. You need to put energy towards your heart, lungs, muscles and brain.

The other myth is that you produce more stomach acid as you get older. The opposite is actually true. You have a 50 percent decrease in the amount of stomach acid you produce by the time you're age 50. We all need stomach acid to kill the nasty bugs that come into our body's every day from our foods. The more stomach acid you have, the more bugs you kill.

I told you I get fired up!! Next week, I will continue my explanation of why we all need more stomach acid and how you can see if you need more yourself.

**The Tuscola
Journal
253-5086**

Community invited to Flag Raising Ceremony

As we approach our 200th year of statehood, The Illinois Bicentennial Commission has requested that every Illinois County participate in a simultaneous Flag Raising Ceremony at noon on Monday, Dec. 4.

In accordance with their request, all Douglas County community leaders, elected officials and the public are invited to attend the Ceremony at the Douglas County Courthouse.

Obituaries

Samuel Wallace

Samuel LeRoy Wallace, 90, of Casey, passed away at 7:54 p.m. on Monday, Nov. 13, 2017 at his home surrounded by his family. He was born July 20, 1927 in Janesville, Wisc., the son of Allen LeRoy Wallace and Martha Lucille Kelley Wallace. On Jan. 29, 1949 he married Betty Louise Zellers in Paris.

Survivors include his wife, Betty Wallace of Casey; sons, Stephen W. and Marie Wallace of Jacksonville, Fla.; Loren Keith and Leslie Wallace of Martinsville; Jerry W. and Meri (Ealy) Wallace of Redmond, Ore. and Gary Eugene Wallace of Tuscola; sister-in-law, Deborah Zellers of Martinsville; six grandchildren, ten great-grandchildren and three great-great-grandchildren, many nephews, nieces and cousins. He was preceded by his parents, brother-in-law Jerry Zellers and, granddaughter Jessica Wallace.

Sam was a graduate of Parkland College, Champaign. He was a US Army WWII veteran serving his country in Japan. He was a supervisor for USI in Tuscola and had worked at Disney World for 21 years. He was a member of Marshall VFW and was a lifetime member of Tuscola Masonic Lodge.

At his request private graveside services will be held at Ridgelaawn Cemetery, Martinsville.

Memorial donations may be made to American Cancer Society, 675 E. Linton Ave., Springfield, IL 62703.

To view the full obituary, send a condolence message, light a candle or post photos, visit www.markwellfuneralhome.com. Greenwell Funeral Home of Martinsville is in charge of the arrangements.

Charlie Bowles

Charles E. "Charlie" Bowles, 64, of Tuscola, passed away at 12:35 a.m. Wednesday, Nov. 15, 2017 at Mattoon Rehab & Health Care Center, Mattoon.

Celebration of Life Services and Military Rites were 2 p.m., Tuesday, Nov. 21, 2017 at the Tuscola United Church of Christ, 114 East Pembroke, Tuscola, IL. Visitation was held one hour prior to services at the church. Hilligoss Shrader Funeral Home, Tuscola, is in charge of the arrangements.

Charlie was born on May 30, 1953 in Tuscola, the son of Thomas E. and Laura Mogene Dallas Bowles.

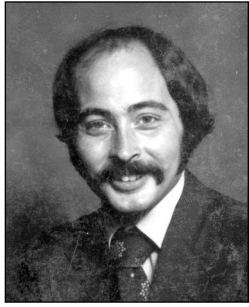
Survivors include his son: Kyle Bowles of Arkadelphia, Ark.; daughter: Nichole Colyer of Springfield; his siblings: Larry Bowles of Springfield, Joyce Hall of Leroy, and Mike (Lorri) Bowles of Bethany; nieces and nephews: Jason (Carrie) Hall, Jamie (Eric) Whitlock, Jared Hall, Jennifer King and Crystal Bowles; six great-nieces; and four great-nephews, several aunts, uncles and cousins.

He was preceded in death by his parents.

In lieu of flowers, memorials are suggested to the Tuscola United Church of Christ.

Charlie served his country in the US Air Force. He formerly worked as a meat cutter for Eisner Grocery Store for several years. He then worked at Cabot and drove a truck for Carso's.

Online condolences may be shared via hilligossshraderfh.com.



Diamond Hollenbeck

Diamond L. Hollenbeck, 72, of Tuscola, passed away on Saturday, Nov. 18, 2017 at the Sarah Bush Lincoln Health Care Center, Mattoon.

Funeral Services will be held at 11 a.m., Wednesday, Nov. 22, 2017 at the Hilligoss Shrader Funeral Home, 705 South Main Street, Tuscola, with the Rev. Jess Adams officiating. Burial will follow in the Tuscola Township Cemetery.

Visitation will be held from 9:30 a.m. until the time of services on Wednesday.

Diamond was born on May 9, 1945 in Decatur, the daughter of Oscar and Stella Watts Webb.

Survivors include her children: Mary (Ron) Scott of Tuscola, Becky (Tim) Fintoski of Tuscola, Wade (Rosa Jean) Hollenbeck of Tuscola, Patricia (Chuck) Jones of Paducah, Ky., and James Hollenbeck of Tuscola; 24 grandchildren; 31 great-grandchildren; and sister: Nettie Eades of Monticello.

She was preceded in death by her parents; daughter: Diana Hawk; son: Travis Webb; eight brothers; and six sisters.

Memorials are suggested to the Gunny Sack Review.

Diamond was a homemaker. She loved her Gunny Sack Review family and was a member of the Cowboy Church in Arthur. She enjoyed going to garage sales and auctions. Diamond liked to decorate her home for the holidays, collect Teddy Bears, and talk on her phone.

Online condolences may be shared via hilligossshraderfh.com.



ADOPT-A-PET



**Rusty is a male
Spaniel mix. He is a
few years old and
very friendly. He and
several other dogs
are available for
adoption at the Douglas
County Animal
Shelter. Call 253-4921
for more information
or to adopt Rusty.**

Anniversary

**Clyde and Alma Miller to celebrate
65 years of marriage**



**Clyde William (Bill)
Alma Kate Miller**

Clyde William (Bill) Miller and Alma Kate Miller of Tuscola will celebrate their 65th wedding anniversary Wednesday, Nov. 29.

They were married Nov. 29, 1952 in Forth Smith, Ark.

Clyde worked and retired from USI in Tuscola after 38 years of service.

The couple has three children: Dr. Bill (Laurie) Miller, Dr. Rick (Brook) Miller, and Connie (Mike) Carlson; eight granddaughters; and two great-grandchildren.

Their children request friends and family send cards to the couple at 1221 N. County Road 530 East, Tuscola, IL, 61953.



Recipe for healthy holiday food, drink

Starting with Thanksgiving and going through New Year's Day, it's the time of year for family dinners, parties, and other gatherings where food is served. But the merriment can turn to misery if the food makes you sick.

The Centers for Disease Control and Prevention estimates 48 million people a year get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die.

Typical symptoms of foodborne illness include vomiting, diarrhea, and flu-like symptoms, which can start anywhere from hours to days after consuming contaminated food or drinks. Symptoms can last anywhere from a few hours to a few days. Those at risk of more severe and even life-threatening foodborne illness include older adults, infants, young children, pregnant women, and people with weakened immune systems.

Fortunately, there is a simple recipe that can help you stay healthy.

HEALTHY HOLIDAY RECIPE

1. Clean—Keep everything in the kitchen clean, including your hands
2. Separate—Separate raw meats from other foods
3. Cook—Cook and keep food at the right temperature
4. Chill—Refrigerate food promptly

A good rule of thumb is, make sure hot foods are hot (above 140 degrees F) and cold foods are cold (below 40 degrees F). Don't eat food that has been sitting out for more than two hours if the food is not being kept hot or cold. More information on Food Safety During The Holidays can be found on the IDPH website.

I would like to thank everyone for the thoughts and prayers during my recent surgery and recovery. Special thanks to John Brookins and Greg Ziegler for keeping the cemetery grounds in order. Also thanks to Russ Deem and Mike Carroll.

Doug

★★★★★



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Insurance**



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Travissurma@consolidated.net

The family of Craig Dutton wishes to extend a very sincere note of thanks and appreciation to those who made it possible to celebrate his life with love, humor, humility and honor. Special thanks to Reverend Ralph Deal for words of encouragement and for sharing memories of his last conversations with Craig. Special thanks to Marvin Meadows and Angie Alwardt at It'll Do for hosting a beautiful gathering of family and friends and for a generous donation to the Douglas County Humane Society in Craig's honor, a favorite charity of his. Thanks also to Tim Hilligoss and Hilligoss Shrader Funeral Home for providing the DVD of pictures of Craig's life and all other arrangements. Thanks to all who brought food, stories and pictures to share. With heavy hearts we bid Craig farewell. We know he is with Jesus now and we will be with him again some day.

~The family of Craig Dutton