



Submitted photo  
**TCHS American Government and U.S. History teacher Helen Leib took a group of students to Champaign to sit in on two Supreme Court oral argument hearings, one of which was a direct appeal from Douglas County. Pictured in the back row from left are Colin Lewis, Lucas Burnett, Leib, Sara Kremitzki, Lauren Farley, Caleigh Parsley, and Turner Hastings. Pictured in the middle row from left are J.D. Barrett, Sydney Hoel, Caroline Rominger, Halie Pfeiffer, and Kaylee Rexroad-Campbell. Pictured in the front row from left are Morgan Jones, Brooke Ray, and Sabrina Alcorn.**



## REAL LIFE WELLNESS

By Dr. Bill Hemmer

### USING TECHNOLOGY FOR GOOD

I'm not a techy kind of guy. When I got to Tuscola 21 years ago, I didn't own a computer. Today, we all understand how technology is interwoven into our daily life. Not that I'm loving it, but it becomes harder to get away from every day. So, I have

decided to use technology for good. This article is an example of the good use of technology. As I sit here and hunt and peck on my computer in my office, I know I can use my mouse to click save, and I don't even have to print it.

Many of you receive emails from me educating you on many different health topics. These emails are sent through technology. I have tons of technology in my office to help me get people better faster. My latest use of technology is even better than anything else I have done before. I want to use technology to help you narrow down your health problems without ever stepping foot into my office. I want you to learn to become your own health care provider by narrowing down your different health problems to the point at which you can then

make an informed decision on the next logical step you need to take. This technology is simple to use. All you do is answer questions. There are no blood tests. There are no x-rays. You go through multiple sets of questions to create a priority list. Once you know what your biggest priority is, then you have to decide if you want to tackle it. But now you know. We all suffer from paralysis of analysis. In other words, when there are too many things to do at one time, we get confused as to what needs to be done first and so we

don't do anything. This is human nature. But what if you could answer a bunch of simple questions and figure out the most important thing to do right now to help yourself. Plus, do it for free. This is the gift technology has to offer. Another great use of technology is the ability to "google" anything. Google is now a verb! It has allowed all of us to have almost all information at our fingertips. This can be a blessing and a curse at the same time. It's a blessing because people like myself can stay up on current research and can have a pres-

ence on the Internet. It can be a curse if you don't do what you say you are going to do or try to be dishonest. My goal is to use technology to help as many people as I can to find their most important health problem right now and become educated about it. When you can shine the light of knowledge on a problem, there is usually an effective way to solve it. Then you can move on to the next problem, then the next. So, I will keep using technology to help as many people as I can, but right now I can't find my phone!!

## VAULT

Continued from A1

adjustments to cut expenses while working on ways to improve foot traffic. Expenses will be cut in accounting,

which will now be the responsibility of a member of the cooperative, and management duties. "There is a five-person board of directors, and they will develop the mission and policy for The Vault with

input from the members," Pringle said. "They will serve for four months and rotate. They will be welcome to serve again but the idea is to get new, fresh ideas and not over burden someone."

also from the larger towns in the area—Champaign, Urbana, Charleston, Mattoon. We figure a lot of those people may be interested in supporting the business too, and we thought this would be a good way to help with the financial footing of The Vault."

to use as retail space. "That's probably the biggest challenge," he said. "The upstairs is the biggest challenge. It's difficult to rent for retail. It's upstairs. It's hard to find, and people just don't like to climb stairs."

Bend in the River name to eliminate costs in changing the business name. Five or six of The Vault's renters live in Tuscola while the others hail from communities as far away as Fairbury and Indianapolis. The Vault has about 55 artists with items for sale. There were about 70 artists at the collective during McDevitt's peak.

★ Thank you to everyone that supported my campaign and voted for me for Douglas County Sheriff, I am beyond humbled! ★

★ Joshua Blackwell ★

The family of **Richard Maggio** would like to express our most sincere appreciation to everyone for all the kindness shown to us during his illness and passing. Kind words, prayers and other expressions of friendship were greatly comforting.

We would like to extend a special thank you to Hilligoss-Shrader funeral home, Nancy Smith at the Smith House for the wonderful luncheon and Petals and Plants for the beautiful flower arrangements. Their help and professionalism turned a very difficult day into a wonderful last tribute for a man who will be dearly missed.

*Thank you again,  
Judith Maggio  
Shelly and Mike Fortney and family  
Christina and Brad Hunt and family*

The cooperative is represented by about 25 stake holders who have paid about \$300-\$400 on average to create the group. "I think it's exciting but nerve-wracking," Pringle said. "While no one has a huge stake in the game, at the same time most of those people haven't owned a business before. There are a few who have, so there is some guidance there and experience to draw from, and (Carroll) has helped a lot with how best to go about the business transition."

For artists to set up displays or to rent space at the gallery, the new requirement will be to purchase a share, as well. Within the last year, the business has undergone a phase of rebranding to fit the current artists and their styles. "I think they are feeling their way right now, and since it's the same artists here who have bought shares, I don't think it will be very different," Pringle said about the feel of the space moving forward. "I think the goal is to attract a few more artists and to figure out what to do with the upstairs."

Pringle is hopeful others will see the space as a good fit for a studio or workshop. The other opportunity for change is in the library, located in the heart of the facility with a built-in bookcase filling the west wall. "My hope is that we can find someone to turn that into a craft beer or wine bar or a tea and coffee room," he said. "That would be the only other major change to come. We would look at leasing the space to have someone put that in. That would be the one thing I think we need to bring regular foot traffic in the door."

The cooperative will continue to operate under the

In the future, the cooperative will offer shares to the public at about \$50 each. "This is for the public who want to support the arts and the mission of The Vault," he added. "We draw people from Tuscola of course, but

Pringle has previously shared goals for the second floor, although they've realized that it would be difficult

county like Douglas that the food handlers serving us are our friends and neighbors; they work quite hard to allow us the opportunity to relax and dine outside our homes. It has been important to me that education be the focus of inspections to help the food handlers provide a quality dining experience. It should be understood that all Douglas County food establishments in 2017 passed inspections; so far, the 2018 award winners are among other restaurants with passing scores, also. There are presently 146 permitted food establishments, and on average, there are about 17 inspections conducted each month.

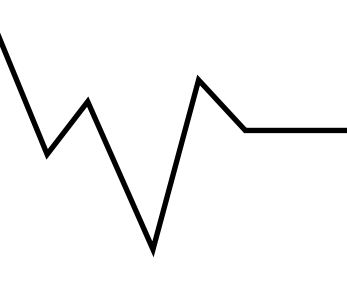
The inspection process will change in 2019 because of the Illinois Department of Public Health's adoption of a

## Health Points

The Douglas County Health Department over the last ten years has recognized the accomplishments of food establishments achieving exemplary inspection scores. I as an inspector have always recognized that in a small

new code based on the Food Drug Administration's Food Code. Beginning in January of 2019, each food establishment will be expected to post their inspection report which will show a pass, pass with conditions, or a fail. This process will be explained more fully in a future Health Point article.

At this time in recognition of Douglas County food establishments efforts in maintaining sanitary conditions and promoting safe food handling, the Douglas County Health Department is presenting awards for January and February inspections.



- Daily Kneads Café
- El Toro of Arcola
- Proud Mary's
- Road Ranger-Tuscola
- Sierra's Place
- Subway-Arcola
- The Corn Crib Grill
- Villa Grove School

- Clean Spoon Award (Score 95 - 99):**
- Beachy's Bulk Foods
  - Fuel Mart-Tuscola
  - Baymont Inn
  - Country Salvage
  - Dollar General-Tuscola
  - It'll Do Arcola
  - Lambo's 5 BP
  - Blondie's Bar and Mexican Grill
  - Jarman Center
  - The Smith House Catering

## CAN INNOVATION SAVE YOUR HEALTH?

ANSWER 3 QUESTIONS TO FIND OUT.



**LiveHealthyEverAfter.com**