



## REAL LIFE WELLNESS

By Dr. Bill Hemmer

### THE THUMPING OF YOUR BODY CLOCK

Last week I talked about how to manage your time. The first thing you must do is begin to put values on each activity you do each day. Some things you do are very high value activities, such as spend time with your family, exercise and sitting down for meals. Low value activities such as

answering emails, sorting through junk mail or watching TV should be minimized. Once you get a better idea of how you actually spend time through your day you can begin to construct a more productive existence.

Another key factor for long-term success is to work within your personal

body clock. Your body clock is the natural tendency of you being able to perform certain tasks better in certain parts of your day. A perfect example for me is writing. I can write so much better in the early morning than I can in the afternoon or evening. My train of thought won't leave the station after lunch and I can get things down on paper very effectively.

If I had to write in the evening, I would be sunk. My brain is tired from working all day and all I want to do is enjoy family activities or mess around in the yard. I can do phys-

ical work with no problems, but mental work is slow, hard and not very good. So, I have learned to do my mental work as early as I can and leave my physical work till later in the day.

But this is my body clock. I know people who are the exact opposite. Some people aren't morning people. Their brains don't begin to work before noon. Forcing them to do mental work in the morning is torture. These people need to do brainless physical work like exercise in the morning to get the blood pumping into their brain. I know

some people who become very creative and bright later in the evening or even at night. This is when these people need to work on mental tasks and leave the physical tasks behind. I know this stuff seems like common sense, but I see people violate these simple rules every day.

So, once you figure out what kind of work you need to be doing when, then look at your time log again. Are you doing the right high value activities at the right time? Are you doing your heavy brain work when you can be most productive at them?

Are you exercising when you should be working on projects that require creativity? Only you can answer these questions. Once you do, then look how you can change your schedule to be more in-line with your body clock. Believe me it makes your Real Life much more productive and joyful.

Now that you have your time log and your body clock under control, what is next? Goal setting is the next very important part of the preparation process, we will begin to talk about that next week.

## Carle Foundation Hospital limiting visitors to help keep patients healthy

Due to increasing cases of flu in the area, Carle Foundation Hospital and Carle Hoopston Regional Health Center are extending temporary visitor guidelines for all hospital patients. For the safety of patients, visitors and staff, there will be a maximum of two visitors allowed in a patient's room at a time.

"The safety of our

patients, visitors and staff is always our top priority," said Susan Ruwe, RN, MSN, senior infection preventionist at Carle.

"With these temporary changes our patients, staff and visitors have less of a chance to catch or spread the flu," Ruwe explained.

"These visitor guidelines will be lifted when the threat of flu diminishes."

Carle has adopted the following Illinois Department of Public Health recommendations to help protect patients and visitors from exposure to the flu:

- Those under age 18 should not visit the hospital.
- Two visitors at a time should be in a patient room.
- Visitors with respiratory illness should not visit

the hospital, or wear a mask if they must visit.

• If a patient is in isolation because of flu, limit the visitors who are vital to the patient's emotional well-being and care.

• Visitors should cough or sneeze into a tissue and throw away that tissue immediately.

• Visitors should wash hands with soap and water

or hand sanitizer after blowing the nose or coughing or sneezing.

Additional guidelines exist in women's and children's areas to keep our smallest patients and new mothers healthy.

"We understand the excitement that families have in welcoming a new baby or concern we share when kiddos are in the hos-

pital, but limiting visitors helps to keep women, children and babies healthy," said Chantel Ellis, MSN, Women's and Children's Services director.

Carle encourages members of the public to get a flu vaccination if they haven't done so. Even at this late date, a vaccine will protect patients from the flu virus.

## OSF HealthCare Medical Center also requesting public to limit visits

To protect patients, family members and staff during this time of increased seasonal flu activity and other upper respiratory illnesses, OSF HealthCare Heart of Mary Medical Center is asking the public to limit visits as a precautionary measure.

These guidelines are based on recommendations from the Illinois Department of Public Health.

Effective Jan. 2, it is requested that:

- Visitors should be at least 18 years of age and older. This will minimize exposure of patients to

children, who are known to be high risk for transmission of viral infections, and will protect children from contracting an illness while visiting the hospital.

- Please do not visit hospitalized patients if you are not feeling well, particularly if you have had flu-

like symptoms during the past seven days. Symptoms include a fever of 100 degrees Fahrenheit or higher, cough, and/or sore throat.

- Remember to cough and/or sneeze into your arm or shoulder or use a tissue. The spread of germs

can be reduced by coughing into your clothing. Avoid covering your mouth with your hands, as the germs can easily be passed through direct contact with surfaces or people.

To assist in limiting the spread of disease, please wash your hands with soap

and water or use an alcohol-based hand foam/gel when entering and leaving a patient's room.

For tips on staying healthy during flu season, visit:

<http://www.cdc.gov/flu/protect/habits.htm>.

## Applicants sought for Joe and Sue Summerville Agricultural Scholarship

Applications are now being accepted for the 2019 Joe and Sue Summerville Agricultural Scholarship. Wishing to preserve and grow the agricultural community, the Summerville Agricultural Scholarship will help a student pursue their education in an agricultural related field of study. Having grown up on

a family farm, Sue is offering this scholarship in memory of her mother and father, Lois and Myron Riddle of Tuscola, Illinois. The deadline for application is Friday, Feb. 22, 2019.

To be considered for the 2019 Joe and Sue Summerville \$1,500 Agricultural Scholarship, successful

applicants must meet the following requirements:

- They reside in Douglas County, Illinois and are a graduating senior from high school.
- Include a copy of high school transcripts.
- Plan on attending a 2 or 4-year college/university or trade school (fulltime) majoring in agriculture or

an agricultural related field of study.

- Successfully meets and is accepted to their college or trade school choice. Please include a copy of letter of acceptance.
- Write a short one-page essay, single spaced, indicating their interest in agriculture, why they would be deserving of the

scholarship, and demonstrate need if applicable.

- Successful applicant will be awarded \$1,500 in two installments upon proof of registration to their institution. Installment will be mailed directly to the applicant's institution he or she is attending.

Applications should be submitted to the Douglas

County Farm Bureau office, 105 N. Main Street,

Tuscola IL, 61953 no later than Feb. 22. For more information about the Joe and Sue Summerville Agricultural Scholarship, contact Tyler Harvey at (217) 253-4442.

## Douglas Co. Farm Bureau Foundation scholarship applications available

The Douglas County Farm Bureau Foundation is a private foundation dedicated to the youth of Douglas County.

Up to \$2,000 in scholarships are available to assist students pursuing a college degree in Agriculture. Interested students

may apply each year for consideration.

Applicants can receive up to one award per year of school; however, the applicant must re-apply every year.

Applications are now being accepted at the Douglas County Farm Bureau

for consideration and are due by Friday, Feb. 22, 2019. Applications are available at the Douglas County Farm Bureau office or on their website, [www.douglascfb.com](http://www.douglascfb.com) under the Foundation tab.

Successful applicants will meet the following

requirements:

- Enrolled in an Agriculture related field of study.
- Completed one semester of college course work.
- Submit a copy of college transcript
- Submit a letter of

application telling about yourself (500 word maximum)

• Parent or applicant must be a member of the Douglas County Farm Bureau

For more information about Douglas County Farm Bureau Foundation

Scholarships, contact the

Douglas County Farm Bureau office at 217-253-4442 or at:

[douglasmgr@douglascfb.com](mailto:douglasmgr@douglascfb.com).

## January 'Radon Awareness Month' in Illinois to avoid preventable risk

January is "Radon Awareness Month" in Illinois to increase awareness about the presence of radon. Radon gas is a naturally occurring radioactive gas that is recognized as the second-leading cause of lung cancer in the United States. It's estimated nearly 1,200 people in Illinois develop radon-related lung cancer each year.

"Radon related health risks are preventable," said Governor Rauner. "Radon can be detected with a simple test and fixed through well-established techniques. With greater awareness we can

save lives."

The Illinois Emergency Management Agency (IEMA) and the American Lung Association in Illinois (ALAIL) are joining forces in January to increase public awareness of radon risks and ways to reduce radon exposure. IEMA and ALAIL announced today the continuation of statewide contest that encourages students to use their creative talents to promote radon awareness. Starting today, the American Lung Association will begin accepting submissions for the annual radon poster and video contests.

The Illinois Radon Poster Contest is open to students ages 9-14. Entries are due by March 1. Prizes include \$200 for first place, \$150 for second place and \$100 for third place. For more information about the poster contest, visit <https://www.lung.org/local-content/illinois/documents/2019-illinois-radon-poster.pdf>.

High school students can also compete for prizes by participating in the Illinois Radon Video Contest. This contest requires for students to produce a creative 30-second YouTube video

about radon. The video submission deadline is March 8. Videos can be created by an individual student, group of students or classroom. Student prizes include \$1,000 for first place, \$750 for second place, \$500 for third place and \$250 for seven honorable mention videos. New this year, the winning video may appear on the big screen in local movie theaters across the state.

The top 10 videos will also be entered into a 'most views' contest to develop students' marketing and outreach skills. Winners will be provided

a link to share with their friends. The video with the most views will receive an additional \$300. Additionally, the schools of the top three winners will receive \$300, \$200 and \$100 for first, second and third places, respectively.

All videos, entry forms and release forms must be submitted by March 8. Details about the video contest are available on the American Lung Association in Illinois (ALAIL) website at [https://www.lung.org/local-content/illinois/documents/2019-illinois-radon-video-official-](https://www.lung.org/local-content/illinois/documents/2019-illinois-radon-video-official-rules.pdf)

rules.pdf.

All contest prizes are funded by a grant from the U.S. Environmental Protection Agency. Both contests are sponsored by IEMA, ALAIL and U.S. Environmental Protection Agency Region 5.

The top posters and videos from the 2018 contests can be viewed on IEMA's radon website at [www.radon.illinois.gov](http://www.radon.illinois.gov). The website also includes information about radon and lists of licensed measurement and mitigation professionals. Information is also available through IEMA's Radon Hotline at 800-325-1245.

## Tuscola student events taking place this week

**Tuesday, Jan. 8**

- HS Yearbook Orders Open
- EP volleyball at Heritage-6 p.m.
- EP boys' basketball at JHOC at Cerro Gordo
- HS boys' basketball vs Unity-6 p.m.
- PTO Meeting-7 p.m.

**Wednesday, Jan. 9**

- 2pm Dismissal

**Thursday, Jan. 10**

- EP volleyball vs Sullivan-6 p.m.
- EP boys' basketball at JHOC at Cerro Gordo
- Freshman boys' basketball vs Paris-6 p.m.
- HS girls' basketball at Warrensburg-6 p.m.

**Friday, Jan. 11**

- HS boys' basketball at Shelbyville-6 p.m.

**Saturday, Jan. 12**

- HS girls' basketball at CIC vs NTC Shootout
- HS Scholastic Bowl F-S Conference at Sullivan
- EP volleyball at LSA-9 a.m.
- Freshman boys' basketball at Tuscola Tourney

**Monday, Jan. 14**

- EP volleyball at St. Matthews-6 p.m.
- EP boys' basketball at Decatur Our Lady of Lourdes-6 p.m.

**Tuesday, Jan. 15**

- HS boys' basketball vs Central A&M-6 p.m.

Morgan Stanley



Caleb Englehardt CFP®, CRPC®, CRPS®

Vice President  
Financial Advisor  
1806 Fox Dr  
Champaign, IL 61820  
217-351-3624

[www.morganstanleyFA.com/thecregroup](http://www.morganstanleyFA.com/thecregroup)

© 2014 Morgan Stanley Smith Barney LLC. Member SIPC.  
CRC89754106/14