

Obituaries

Joe Sams

Joe "Roger" Sams, age 80 of Big Rapids formerly of Tuscola, passed away Saturday, Jan. 5, 2019 at Altercare of Big Rapids. He was born in Sulphur Lick, Ky., the son of Ples and Opal (Copass) Sams. Joe married Anita Dinsmore in 1959 and together they raised their family in Decatur and Jenison, Mich.

Joe was employed by Nabisco when his family lived in Illinois. Later, when Roger and Anita moved to Big Rapids, he began his career as a real estate agent with Green Ridge Realty. He enjoyed the outdoors, hunting, fishing, and golfing. Roger also liked to bowl.

He is survived by his wife of 59 years, Anita Sams of Big Rapids; three children, Tammy E. (Stephen) Wadase of Poway, Calif., Teresa K. Mosel of Ingleside, Texas, and Joe R. (Cindy) Sams of Jenison; son-in-law, Ken VanSlyke of Wyoming, Mich.; ten grandchildren; six great-grandchildren; two brothers, Harold (Inge) Clarkson of Johnsonville, Illinois and Roy D. (Sandy) Clarkson of Tuscola; sister, Debbie (Steve) Cook of Tuscola; and many nieces and nephews.

Roger was preceded in death by his parents, daughter Tabitha VanSlyke, granddaughter Melissa, and brother Gerald Clarkson.

Cremation has taken place and a memorial service is pending at this time.

Arrangements and care are entrusted to the Daggett-Gilbert Funeral Home in Big Rapids.

Share a memory or leave a condolence for the family by clicking the guestbook tab at www.daggettgilbertfuneralhome.com.



Madge Fultz

Madge M. Fultz, 85, Atwood, passed away at 4 a.m., Friday, Jan. 11, 2019 at the Arthur Home, Arthur.

Graveside Services were Monday, Jan. 14, 2019 at the Mackville Cemetery, Atwood. Visitation was prior to the services at the Hilligoss Shrader Funeral Home, 66 East US Highway 36, Atwood.

Mrs. Fultz was born on Jan. 6, 1934 in Atwood, the daughter of Lyle and Eva Corwin Baker. She married Robert G. "Bob" Fultz on Jan. 27, 1954 at the Lake Fork Church, rural Atwood. He passed away on March 15, 2008.

Survivors include her son: Steve Fultz of Atwood, daughter: Lisa (John) Hedrick of Decatur; grandchildren: Mark (Autumn) Taylor and Christy (Travis) Rahn; great-grandchildren: Bradly Mast, Daisy Mast, Savannah Taylor and Erin Taylor; step-great-grandchildren: Emily Rahn, Justin Rahn and George Rahn; and brother: George Baker of Arthur.

She was preceded in death by her parents; brother: Delmar Baker; and sisters: Ruth Ellen Eades and Ethel Barnes.

Memorials are suggested to the United Church of Atwood or American Cancer Society.

Madge was a homemaker and member of the United Church of Atwood. She loved crocheting and playing cards.

Online condolences may be shared via www.hilligossshraderfh.com.



my Personal side

By Craig Hastings



Can you believe it? It snowed in Tuscola as predicted. I think I read where this past Saturday's snowfall (8 inches) was the largest single event accumulation of snow here since the winter of 2005. However, we are all aware of how often the experts have publicly forecast 4" plus snowfall accumulations over the past 13 years. So what happens every time "the big one" is forecast to us common folk? Food panic, right!? And let's not forget the gas tank top off and a blanket in the car for when the storm is upon us either. But let's talk about these precautions and break them down a bit as they apply to my everyday travels.

First and foremost I had come to the conclusion that even when forecast, Tuscola wouldn't see the snow predicted, if any at all. Up until two years ago I was one of the sheep, one of the believers, one of the majority that would follow the herd and run to the store(s) and buy three of everything that I only needed one and one of everything I would probably never use or eat. I think, at least here in Central Illinois, people get excited in the anticipation of snow storm events. We think that even though blizzard like conditions are dangerous; their arrival is also very exciting to anticipate. We get to compare "What did you buy" storm lists with our friends in conversations. And if you happen to be the one in the conversation that didn't buy enough or forgot something, you then get to make another emergency supply run. And if you're the one that pointed out to your friends

they missed something, like 2 gallons of milk instead of 5, then you get to crown yourself king of the snow emergency suppliers. An honorable title for sure, right?

Me, one gallon of milk will last until the expiration date in my house. A loaf of bread lasts me a week. I have canned food in my cabinet left over from a winter storm warning 5 years ago that never materialized. What else do I need? Buttered bread, milk and one of my 6-month-old cereals will sustain me for weeks. If I run out I could grab a screwdriver and a hammer and open up one of those chicken noodle soup cans in my cabinet that will still be there in 2025 if I don't get snowed in between now and then. Let's talk about being snowed in. Just how long ago was it that anyone around here has been snowed in more than a day or two? Snow removal equipment is so much better today, and there is certainly more of it available. I remember ice being a bigger threat than snow. We don't see much of that anymore either. Ice can take our electricity out for days but, take a look back at my survival foods. Milk I can put outside and my bread and cereal are good in any temperature. I'll make it.

How about that gas topper warning. Is that for the traction of the extra weight or is that for when you spin off the road you can stay warm until the next person who shouldn't be out driving happens along and picks you up? Me, I certainly don't need to top my tank off because if I get fair warn-

ing that I shouldn't travel, then by god I'm staying home. And since my car is home I won't need the extra weight for traction in the snow I won't be driving in. Same goes for the blanket stock pile. I won't need blankets to in my car, because I'll be home. I'll be keeping my blankets inside the house in case the power goes out and I don't have heat. Was the blanket warning for the people out driving around in the snowstorm who didn't heed the tank topper warning? Is it they will need the blankets to keep warm when they get stuck and run out of gas? Maybe.

It's 12:10 a.m. Sunday, and Shannon has to work tomorrow, and I don't want to wake her so I'll be sleeping in Payton's bed tonight since he's at his mothers. It's a trip down memory lane for me. I used to lay with both boys when they were little and talk about these "storms." The snowstorms I would usually embellish a bit to make the night more exciting for them. We would talk about all the possible what if's associated with a snowstorm. We would discuss and plan for what we were going to do if this, that, or something else were to happen and we were cut off from the world for a few days. Again, as many times that "the big one" never happened it never changed our conversations when we bedded down for the night and lay waiting in anticipation.

Those were the days when dad's could save sons regardless of the threat. It's a difficult walk for me because I'm laying in the very same bed, in the very same room that I did in 2005-2011 with my boys on those storm nights for both thunder and snow. I'm surrounded by much of the same room décor that has been in this room since their births. I won't and don't change it because there's no reason for me to. I rely on

their mother to keep their rooms at her house decorated with all the things that keep teenage boys feeling hip and up to the times of their generation. Me, I'll keep their early 2000's bedrooms the way they've always been and live in the past with my boys for as long as my mind remembers.

I have one more "are you kidding me" preparedness suggestion. Some suggest a portable battery powered police scanner might be a good idea to have around to keep up on what may be happening close to you. Okay, maybe not a bad idea if for nothing else it might be exciting to listen to during the storm event. I worked late Friday night. When I came home Shannon had my police scanner out and on the kitchen counter. I asked her why she was listening to the scanner, because I was just on duty and she was calling me on the hour every hour to see if I had learned anything new. Her reply to me was, "Well, if we're going to get 12 inches of snow I want to know when it happens!" "Are you kidding me?" I said! "Do you think the sky is going to open up and just drop 12 inches of snow on top of Tuscola in an instant?" "Twelve inches of snow will take some time and for sure you'll have plenty of time to watch it accumulate." We both broke out laughing. Shannon had fallen victim of the exciting snowstorm anticipation virus going around Friday and Saturday. At least she was home and without her gas tank topped off, no blankets in her car, and the same food in the cabinets as we had the night before the last one.

SLICED

Continued from 1

could help a variety of problems," she said. "It doesn't have to be just weight loss, it can be related to other health concerns, because there is so much that food affects and a lot of it is a food/mood connection. We don't always know how food is affecting us."

Adams Smith has dabbled in clinical nutrition, which typically translates into help with diabetic indications, hypertension, high cholesterol, and other health risks; however, with the ability to craft her own style, she's opened the door for a variety of clients or patients to learn from her knowledge base through cooking demonstrations as well as formal consultation.

"The cooking demonstration is probably my passion," she said.

Adams Smith can invite a small group into her home and visit another's home for the demonstration. The service also caters to businesses or organizations who are looking for a unique group experience, as well.

"It's not so much about watching me cook, but it's me talking about these foods

you might not be familiar with or experienced with using," she said. "It could be a cooking technique or ingredients."

During the holidays, Adams Smith hosted an open house at her home to launch the new business. She put together caprice kabobs using the traditional basil, tomato, and mozzarella.

"Usually a balsamic vinaigrette is used over the top," she said. "It may be quick and easy to buy it in the store; however, when you look at the label and see the ingredients, you're really not getting balsamic vinaigrette. You're getting grape juice with a bunch of preservatives."

During the demo she boiled the balsamic vinegar to create a reduction and drizzled it right over the caprice.

"It's not expensive, it's easy, and it's not hard to find," she said. "It's about the health benefits and learning how to prepare things quick, easy, and inexpensively."

In her demos, she teaches guests to not only swap ingredients but to swap cooking techniques as well.

"There's a lot more baking, grilling, steaming, and boiling," she said.

Along with the health



food alternatives, Adams Smith has jumped into a wine sales team that has a basis in philanthropy.

"So it pairs well with my cooking demos and pairing wines can be a piece of the experience," she said. "For each bottle of wine sold the company donates to a cause, and if you host a party you not only get wine but also choose where the donations are directed."

The second piece of

Adams Smith's services includes the nutrition consultations.

"I'm educating on healthy foods to eat, but it's a behavior change model," she described. "Looking at making those steps of change. We all have bad habits and years of making those bad habits, so it's not going to happen over night. It's a marathon, not a sprint. You don't have to deprive yourself but there is a little

bit of give and take to make it last long term."

Individual or group consultations and packages offer a level of accountability, direction, and flexibility.

"Accountability is probably the bigger piece," she said. "A lot of the time, we know what we need to do, it's just doing it and just having that reminder. The great thing about the packages I offer is that we don't have to meet in person. We can easily meet over the phone, email, or video chat, so it can be as easy for the patient as possible. I've learned to do as much as possible to meet the patient where you are at."

And while most of her experience is with weight loss the same services can be adapted for a variety of health goals or eating practices.

"We tend to have the same concerns," she said. "One is more choosing food and one is avoiding food. They still have the same challenges and concerns."

Adams Smith also acknowledges that many go getters launch into the new year with a weight loss plan they've purchased online or started at their local gyms, but the consultation services are a tool for people to use to help reach their goals, not to

replace their current plan.

"That's something I can help you with, the accountability and behavior change aspect," she said. "I don't want to turn people away, because they are already doing a program, but in essence the buddy system works a lot better if you have that accountability. Once a month or every other week. It's as frequent as they want it to take those steps one at a time and what's going to work for them."

Contact Adams Smith via any social media outlet, emailing kristinaadams-smithrd@gmail.com, or calling 217-493-8970.

"If you're in question don't hesitate to contact me no matter how silly you feel the question may be," she said. "Working with very diverse populations in Champaign and Mattoon, I've built a lot of resources that I'm able to develop and grow over the journey."

Adams Smith is married to Shandon Smith and they are raising their children Brix (9) and Vivienne (5) in rural Tuscola.

Public invited to submit IDOT stories

The Illinois Department of Transportation is seeking real stories from people who have lost loved ones or otherwise been affected by poor choices and driving behaviors. The stories will be used as a part of Life or Death Illinois, IDOT's ongoing effort to encourage better driving habits and reach zero deaths on Illinois roads.

"Traffic crashes and fatalities do not just represent statistics, but names and faces of people with families and loved ones who care about them,"

said Cynthia Watters, IDOT's bureau chief of Safety Programs and Engineering. "The choices we all make in our daily travels can change your life or someone else's forever. By sharing these stories, we hope to honor victims and save lives."

The stories will be used as part of the following campaigns: Drive Sober or Get Pulled Over, Click It or Ticket, distracted driving awareness, work zone safety, motorcycle safety, bicycle safety and pedestrian safety.

To submit a story for consideration, visit LifeorDeathIllinois.com.

Last year, 1,047 people died on Illinois roads, according to provisional IDOT statistics, marking the third consecutive year of more than 1,000 traffic fatalities, among the highest totals in a decade.

In response, IDOT in 2018 launched Life or Death Illinois to spotlight the importance of safe driving and appeal to audiences to stop and consider the seriousness of the issues on state roads.

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