



# The TUSCOLA JOURNAL

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## Journal Entries

*"If we were meant to stay in one place we'd have roots instead of feet."*  
—Rachel Wolchin

### Seventh Grade Regionals

The seventh grade boys' basketball team will begin post-season play in the Shelbyville-Moulton Regional Tournament. The Tuscola boys, who earned a #1 seed and bye in the first round of the tournament, will tip off at 6 p.m. Tuesday, Jan. 22 against the winner of the Sullivan/Arthur game on Monday, Jan. 21.

### Save the Date

The 2019 Relay for Life of Douglas County will be 4-10 p.m. Saturday, June 15 at Tuscola Community High School. This year's theme will be Peace, Love, & Hope. Follow the event on Facebook, Twitter, and Instagram for upcoming announcements and information regarding the big event.

### Parkland Dean's List

In honor of their outstanding scholastic achievement, the following students from Tuscola have been named to the Parkland College Dean's List for fall 2018: Caleb L. Arends, Sophia S. Christy, Sariah R. Deal, Lisa M. Gibson, Grace L. Hardwick, Haleigh L. Knight, Peyton R. Kresin, Olivia N. Phillips, Dylan I. Pugh, Graham H. Rodmaker, Ashton M. Smith, Baylee L. Tackitt, Stephanie E. Venis, Ryce N. Ward, and Jackson Wiessing.

### Girls' CIC Tourney

The TCHS girls' basketball team has been named the #5 seed for the Central Illinois Conference tournament. Tuscola will begin tourney play in a revenge match with Clinton at 4:30 p.m. Saturday, Jan. 19 at St. Teresa High School.

### It's Sub Time

Tuscola MOPS will be selling sub sandwiches just in time for Superbowl Sunday. The sub sandwiches will be made with LaGondola bread. Orders can be made by emailing [tuscolamops.finance@gmail.com](mailto:tuscolamops.finance@gmail.com) or calling/texting 217-508-6761. Orders are due Friday, Jan. 25.

### Library Happenings

The Tuscola Public Library has invited anyone with tech questions to drop in any Friday from 2-4 p.m. Also, StoryTime with Miss Marta will be 1 p.m. Tuesday, Jan. 22, and Knitting Club will meet 5-6 p.m. Monday, Jan. 21. All are invited.

### Prom Dress Sale

The annual Miss Moultrie Douglas Pageant Prom Dress Sale will be at the Tuscola mall in Store A1100 Jan. 25-27. The pop up store will be open Friday, Jan. 25 from 5-9 p.m., Saturday, Jan. 26 from 10 a.m. to 9 p.m., and Sunday, Jan. 27 from 11 a.m. to 6 p.m. Gently used formal dresses can be put into the sale for \$5. Dress owners price the dress, and if it sells you keep the proceeds. Dress drop off will be Jan. 21-23 from 5-7 p.m.

## Snow much fun!



Tuscola's Logan Fowler, MaKenna Kleiss, Sage Stahler, and Addi Fowler decided to give the "fast side" of the hill at Wimple Park a try after the first big snowfall of the year Saturday, Jan. 12.

Photo: Rachel Ray

## Mayor Kleiss declares Jan. 3, 2019 Joe Slaughter Day

**By Kayleigh Rahn**  
Joe Slaughter doesn't care to draw much attention; however, Monday, Jan. 14 Mayor Dan Kleiss saw it appropriate to put the 95-year-old in the spotlight. Kleiss presented Slaughter with a proclamation declaring Jan. 3, 2019—Slaughter's 95th birthday—Joe Slaughter Day in Tuscola. "...Joe and his late wife Ruth raised a family in Tuscola that now includes many grandchildren and great-grandchildren who trace their roots to Tuscola and whereas, Joe's residence on North Main Street has always been a welcoming home, particularly to this mayor, and particularly as a stopping over point between downtown Tuscola and Ervin Park for his children and their many friends; whereas, Joe has contributed immensely to our community, its economy and its agricultural heritage as a longstanding employee of Dekalb. "He continues to contribute his wisdom and sage advice as in his recent suggestion to clear the old fence behind City Hall thereby clearing the view of all the good things happening in Tuscola," the Mayor continued. "I encourage his family and friends and all citizens of Tuscola to wish him a happy birthday." Kleiss said during the Monday, Jan. 14 council meeting that Slaughter was quite shocked when the mayor stopped by to present the proclamation. Andrew Salmon led the council in the Pledge of Allegiance to begin the meeting, and Kleiss

thanked the street crew for their work during the most recent snowfall that totaled about inches in Tuscola. In other business, the council: • Approved the adoption of the annual supplement to the city's Code of Ordinances. The council was invited to bring in their hard copies of the code to be updated by city staff. • Approved three maintenance items that included: a \$1,412 contract with Rainbow Seamless Guttering for work at the South Fire Station; an \$11,700 contract with French construction for roof replacement at the Spray Field (which will require two 50-degree days to be completed); and a \$23,728 contract with All Pro Heating & Plumbing for the Street Shed furnace overhaul. City administrator Drew Hoel said city officials have worked with All Pro to compare options and prices before deciding on a radiant tube system. The council also waived formal bidding of the project, as the detailed project package was provided by All Pro. "I'm confident we are getting a good deal from a local contractor," Hoel said. Work is slated to begin in about two weeks. • Approved the recommendation for a wage step increase for Ann Carter to clerical general II. Carter has worked for the city for two years and the new pay rate will be effective from Monday, Jan. 14. • Approved the payment of bills in the amount of \$158,980.73. • Approved the minutes from



Mayor Dan Kleiss on Monday, Jan. 14 presents a proclamation to Tuscola's Joe Slaughter declaring Jan. 3, 2019 Joe Slaughter Day in Tuscola. Slaughter celebrated his 95th birthday Jan. 3.

Submitted photo

the Tuesday, Dec. 26 meeting. • Learned the city has made the cut to present to a committee in Springfield regarding the application for an OSLAD grant to fund the two park updates including the tennis court resurfacing and light pole replacement. The three-minute presentation will be one of 92 communities' pitches. • Learned Eddie Boutilier and Red Barn Veterinary Services are included on the TIF delinquency report. City Treasurer Alta Long noted that Red Barn Vet has been submitting adequate payment. • Adjourned until the Monday, Jan. 28 meeting.

## Kristina Adams Smith slices into homegrown nutrition business

**By Kayleigh Rahn**  
Kristina Adams Smith grew up playing in the dirt with her mother and grandmother. And, from the women in her family, she learned at a young age to collect a garden harvest and transform the goods into delicious, healthy meals for the family. Working in the kitchen with the spoils from the family garden helped Adams Smith draw a special connection to real food early in life and eventually to a fulfilling career teaching people how to have healthy relationships with what they place on their plates. And after nearly two decades of working in a medical center atmosphere, the Tuscola native is launching her homegrown nutrition counseling and cooking demonstrations business—Sliced Right Nutrition—that focuses on weight management and healthy relationships with food. Following 12 years of work with Carle Foundation Hospital and six years at Sarah Bush Lincoln Health Services, Sliced Right Nutrition is Adams Smith's next venture. The two-fold business model offers nutrition consultation in one-on-one or group counseling in a variety



of mediums and cooking demonstrations by Adams Smith that showcases her arsenal of healthy swaps in the kitchen. "As long as I can remember, my grandmother canned, and in the summers that's where we spent our time, my mother helped her, and I think just seeing and being

exposed to the love of gardening and canning, that brought a love of home cooked food with it," Adams Smith said. "As I got older and went to school I kept thinking what could I do. It was either culinary school or, after talking with my adviser, the dietetics option came up. She said a master's in nutrition is one piece, but a degree in dietetics can open a lot more doors." The 1988 TCHS graduate earned her bachelor's and master's degrees in dietetics at Eastern Illinois University and completed a dietetic internship at Carle. While working through the clinical rotations there were a variety of departments interns experienced.

"When I did the community rotation, that's the one that stuck with me the most, being out in the community, talking with people who had lots of questions about how can they do better," she said. "When I did the clinical rotation piece, I was hearing from people who were there because they weren't taking care of themselves. Very few and far between would you get someone who was ready for change. That's when it clicked. I want to be reaching the people who are ready to hear what I want to say, who are ready for a change." At its core, Adams Smith's business has a bit to do with diet but a lot to do with behavior. "I talk with patients, and

they want me to just tell them what to eat, but it's not that simple," she said. "Health has to come with a behavior change. There's a realization that you can't go back and eat the way you were before. There has to be changes put into place and habits that have to be tweaked." She says her services provide a knowledge base of health education through community outreach, which can be adapted to a variety of diet-related goals or needs, not just weight loss. "Obviously my expertise is weight management and weight loss, but I had a friend reach out who had questions about how certain foods