



Back in the day...

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Tuscola's Leona Stevens called in with an enthusiastic rendition of the TCHS school song to win the Wednesday, Jan. 2 Back in the Day award. Do you recognize this week's photo? If so, let us know at The Tuscola Journal.

10 YEARS AGO

Jan. 20, 2009

TCHS senior, Michelle Ogden, was chosen for the Illinois Theatre Association from hundreds of high school students to play a role in the well-known musical "Hairspray". Ogden, who was cast as Prudy Pingleton, among 37 other cast members rehearsed for just five weeks under the direction of Kim White of Nazareth Academy, to make the musical come to life.

The members of the 1989 Elite Eight boys varsity basketball team, holding the record of 28-2, were invited back to the TCHS court for a small ceremony to celebrate and honor the teammates and coaches for their accomplishments just 20 short years ago.

20 YEARS AGO

Jan. 19, 1999

Army Special Agent, Dennis L. Shafer was decorated with the Army Achievement Medal. "The medal is awarded to soldiers who have served in any capacity in a noncombat area authorized by the Sec-

retary of the Army. The Recipients have distinguished themselves by meritorious service or achievement and accomplished the act with distinction." Shafer was assigned to the 31st Military Police Detachment of Fort Campbell, KY.

The seventh grade Hornets used a strong second half to pull away from Cerro Gordo in the championship game of the conference tournament and posted a 58-30 victory. Teammates included Jared Arwine, Cole Clapper, Craig Knight, Andy Pollock, Austin Arsenneau, Dustin Benner, Steven Rogers, Andy Corum, Adam Scribner, Justin Bozarth, Craig Roberts, Kane Kleiss, Page Tomlinson, Travis Evans, and Austin Dallas.

30 YEARS AGO

Jan. 17, 1989

The Stephen A Douglas chapter of the DAR (Daughter of the American Revolution) published Volume II of its book of family records. The book was presented to the Tuscola Public Library by Martha Ewing, regent and Martha

Burns, genealogical records chairman.

Poetry written by Rachel Middleton, a sophomore at TCHS at the time, was accepted for publication in a National Anthology of Poetry. American Poetry Anthology, published annually by the American Poetry Association, included two of Middleton's poems "Homeless" and "We're Moving."

40 YEARS AGO

Jan. 18, 1979

On January 18, 1979 inclement weather made travelling treacherous. Icy roads, sleet, rain and five inches of snow caused many accidents over the course of a couple of days. Temperatures plummeted to ten-below-zero and blustery winds causes snow to pile into drifts along local streets and roadways.

Members of the TCHS 1978-1979 Show Choir were Kevin Wigall, Jana Carie, Shelley Carter, Mark Payne, John Kennedy, Chris Lohr, Chris Weatherford, David Romine, Lori Ferguson, Brad Schultz, Denise Coon, Greg Porter, Angie

Jordan, Ed Kennedy, Howard Greninger, Brian Burress, Dan Hance, Shari Hausmann, Andy Gangloff, Chris Clevidence, Carolyn Boyer, Devon Flesor, Linda Hawkins, Patty Laley, Dirk Dietrich and Jim Whitmore.

50 YEARS AGO

Jan. 16, 1969

Jarman Memorial Hospital was nearly full. The occupants included mostly those who were having complications from the flu and broken bones. Winter was said to be a contributing factor to some of the broken bones. The hospital's occupancy was 56 while the max capacity was only 58. The only two open beds at the time were in the maternity ward.

Connie Smith, daughter of Mr. and Mrs. Glen H Smith, was capped by her mother during a ceremony that was held in the Illini Union Building in Champaign. She was one of 25 students who were capped. Smith was a 1968 graduate of Tuscola High School and was a first-year student at Mercy School of Nursing.

Another thing about goals you might not realize is you don't really have to know how you will achieve them when you set it. I know this sounds weird, but I have seen it work over and over again. Set your long term goals in such a way it makes the pit of your stomach feel a little weird. If you do that, then you are probably pushing yourself enough. If you set a goal, and then immediately think, "There is no way I can do that" then you probably can't and you need to reset that goal.

Next week, I will continue to talk about goals, but with a much different twist. I'm going to talk about how your goals get incorporated into your time log and you begin to use your days more effectively to truly create a lifestyle you really want. Don't miss it!

REAL LIFE WELLNESS

By Dr. Bill Hemmer

GOALS YOU CAN LIVE WITH

This week's article is near and dear to my heart...GOALS. My wife tells me I am a little obsessed about my goal setting. You see, I don't have a problem timing myself cutting the grass so I can see if I beat last week's time. Does anyone see a problem with that? But seriously, I have made goals a big part of my life ever sense I have been a little boy. There is huge power in setting goals but there can also be huge disappointments. This week I'm going to describe how to set up goals to drive you right where you want to go.

The first thing about goals is it's only a goal if it can be measured. The statement, "I want to feel better" is not a goal. This is

a want. There is nothing wrong with making that statement, but there is no way of measuring the effectiveness of your actions toward it. People talk to me about their wants all the time. When I ask them to put their wants into a specific goal, they get this funny look on their face. There is something about making a specific goal that automatically sets into action a process of reaching it. You don't get the same effect if you just express a want. But as soon as you state your want into specific measurable terms, you set the action wheels into motion.

The second part of goal setting is the difference between a short term goal and a long term goal. You must have both in order to

make goal setting work. Long term goals can be goals that are 1 year or longer. A goal like "I will be 20 pounds lighter by July of 2019 by eating less sugar and exercising 5 days a week" is an example of a long-term goal. Short term goals then break up the long term goal into smaller pieces. A short-term goal such as "I will walk 30 minutes a day, 5 days per week for 6 months" is a reasonable goal.

Speaking of reasonable goals, I am the king of biting off more than I can chew, so be sure you make your goals reasonable. Reasonable means you have at least a 50 percent chance of reaching your goal with a good solid effort. On the other hand, if you easily reach 100 percent of your goals while you are sitting on the couch, you are probably not pushing yourself enough. Just like everything else I have talked about, the key is balance. Balance in your life will help you achieve goals you would have never thought possible.

Submitted photo

Rocky is a male Shepherd and Bernese Mountain Dog mix. He is very friendly but doesn't like to be around other dogs or cats. He is available for adoption at the Douglas County Animal Shelter. Call 253-4921 for more information or to adopt Rocky.


HumankindNESS

Dare to be Different

By: Jennifer Richardson

My parents have always seemed to have the guts to be different.

In some ways their bravery made my life very unlike the lives of my peers, and dating was one example of this. Those of you who know my family know that we were not encouraged to casually date. My parents believed in courtship that would lead to a real commitment. Anything else was just non-essential.

We told them things had changed, it was a new world now. We consistently reminded our father of how he met our lovely mother and then dated her for five years before marrying her at the tender age of 19.

He reported that he knew he would marry his Nancy Anne the first day he saw her descending the church steps on the day of a big church picnic, so it was meant to be. That kind of lightning only strikes once apparently. But everyone else gets to, we said. My parents hoped we would use our time for things that had eternal significance—and they reminded us that it was ok to be different.

Naturally, this did not stop any of the children in my house from having as many crushes as the next kid, but we knew that open resistance was futile. This was when the world still believed that parents were truly in charge of their children's lives.

There were a few brave crusaders who were confident they could storm the Smith castle and ride off into the sunset with one of the girls. We begged and pleaded for them not to make a fuss, but there were just some boys that had to try.

I can clearly remember a very determined out-of-town boy who, despite the fact that he had been warned, called the house wanting to talk to me. I answered the phone very nervously. My father promptly got on the other extension and joined our conversation, and asked the young man what was the purpose of his call?

The boy stammered something about wanting to talk with me, and my father graciously assured him that, while his daughters would not be available for talks on the phone, he was certainly available should the young man need to speak with someone.

They did have a strained chat for a few minutes while I wrung my hands in worry and embarrassment. Apparently the prospect of a chat with my parent wasn't as appealing as my father thought it might be; the young man never called back.

There were some upsides. For instance my three sisters and I had a cottage industry of babysitting jobs. Everyone knew they could call the Smith house any weekend and find someone who could offer childcare—who was sure to be available because they had no weekend plans.

In this current age of dating anyone at basically any age, I know this sounds challenging, and it was. But my parents were kind people, and they made it clear they wanted only the best for our lives. They tempered their rules with an on-going conversation about "someone special" and over the years we comically called it the "saving someone special for you speech."

Both their lives and their words said we should wait for greatness, and not jump into every possible relationship. They encouraged us to look for specific traits in a person, and then when we were courted someday, to hold those suitors up to the standards we set. And only spend our precious time with those people who displayed the qualities of someone that could help build a life. For me, this turned out to be great advice.

In retrospect, I learned many things during my teen years, such as patience, wisdom, and the power of hope. I made multitudes of mistakes, but I also learned it was not only ok to be different; it was preferable to being someone who just went with the crowd. Being different was survivable, and admirable, you came out on the other side a much stronger person.

Also, I learned that any man who isn't capable of talking with my father is probably not worth marrying. No doubt the best outcome of having your first date when you are 19, and getting married when you are 23, is that you can end up married to the only man you have ever loved. I know because I did.

Dating was only one of the ways in which my parents were not afraid to ask us to be different than the world around us. This courage is a trait I now admire in them, and I strive to show that quality to my own children. Dare to be different, world-changers always are.

WHAT IS YOUR ONE THING THAT GUARANTEES WEIGHT LOSS RIGHT NOW?

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pet of the week