



# Back in the day...

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## 10 YEARS AGO Jan. 27, 2009

The Tuscola Kiwanis officially began sponsoring Key Club at the Tuscola High School. Key Club is open to high school students who wish to provide service to their school, community, and others. On Jan. 25 a chartering ceremony took place and officer installation at the Tuscola Community building. Serving as officers in the initial year were: Megan Riley as president, Zach Bosch as vice president, Courtney Day as secretary, Rachael Brewer as treasurer, and Taylor Turner as editor.

East Prairie teachers Marilyn Michener, Ted Minger, and Kirsten Day joined the Hornet Cheerleaders on the court to cheer on the boys' basketball team. The teachers were chosen as part of a fundraising event to help raise money for the medical expenses for the Logan family's son, Dalton. As part of the fundraiser, there were canisters left out for a day and a half with the teachers' names on them. The teachers with the most change were invited onto the court with the cheerleaders. They raised \$261.

## 20 YEARS AGO Jan. 26, 1999

Stanley B. Weaver of Urbana was sworn in as the State Senator for the 52nd District during the inaugural ceremonies in the State Chambers. He said his priorities were quality education, agriculture and economic development. Weaver was Mayor of the City of Urbana from May 1957 to January 1969.

The Lady Warriors claimed victory over Arthur for the LOVC Tournament Consolation Bracket Championship with a score of 47-36. The members of the team were: Mindy Lehmann, Rachel



Do you know these North Ward Tigers? If so, let us know at The Tuscola Journal.

Kohlbecker, Aja Kohlbecker, Cara Chaplin, Amy Cruzan, Casey Roberts, Amanda Griffith, Jennifer Mosely, Becka Stephenson, Jenna Wienke, Janeen Sutherland and Erica Ochs. They were coached by Stan Wienke and Beth Pugh.

Second Lt. Regina D O'Brien was awarded the Air Force Achievement Medal for meritorious service from Feb. 17 to Dec. 30, 1998. She distinguished herself by meritorious service as Special Assistant to the Commander, Air Force Reserve Officer Training Corps Detachment 442, University of Missouri-Rolla, Rolla, Mo.

## 30 YEARS AGO Jan. 24, 1989

Rudi and Juli Laufhuetten were selected to receive a Cabot Volunteer Service Award. They were a couple of the of nine recipients chosen whose volunteer efforts represented outstanding community service. Cabot donated \$1,000 to the Organization for United Response (OURS)

on behalf of the Laufhuettes.

The Warriors scored 102 points against Atwood, who only scored 60, in Little Okaw tournament action. Steve Weemer led the team in points with 21, while Brian Hatfield scored 16, and Matt Washburn scored 13. Roger Warner, Gary Alexander, Jon Roeder and Geoff Miller all had eight points each.

## 40 YEARS AGO Jan. 25, 1979

Mike Riley, a registered Physical Therapist, was appointed as Director of Physical Therapy at Jarman Hospital. Riley received his training at St. Louis University.

Tuscola Chamber of Commerce president Marge Conn announced the groups disagreement to construction of new city offices on South Main Street.

According to Don Young, of D and M Discounts, coyotes and foxes were on the increase in Douglas County. Young stated that fur buyers were

paying upwards of \$35 to \$40 for coyote hides and as many as 15-20 hides were being brought into his store weekly.

## 50 YEARS AGO Jan. 23, 1969

Dennis L Scheu, 21, son of Mr. and Mrs. Harold Scheu, enlisted in the U.S. Air Force and entered service April 16. He was a graduate of Tuscola High School and SIU Votech school.

The seventh and eighth grade Hornets claimed championship titles of the Douglas County grade school basketball tournament held at Villa Grove. Cheerleaders, Pom Pon, parents, and two passenger busses full of fans joined in cheering on the Hornets to victory. The final scores were 66-13 for the lightweight team and 39-15 for the heavyweight team. Each team was given trophies that were put on display in the school's display case.

This same feeling can happen for you. Once you get into alignment with your own personal priorities, your days become productive components with purpose, your momentum will begin to build, and you will accomplish more than you ever thought you could. If you don't believe me, just ask every English teacher I ever had. If they knew I was writing every week, they would probably fall over dead.

Next week I am going to talk about a very important topic...time off work. I believe quality time off of work is more important than what you do at work in many instances. More on that next week.

## COUNTY BOARD

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"Now we are having to rely on the dispatcher to gather the information, log the information, and relay the information via radio. Now the dispatcher's notes will be available to the officer as they are enroute to the call.

"It will have him or her more prepared as they arrive to a call," he said. "It also has prior contact information available to the officer, along with any booking photo on file to help the officer ID the individual. It will bring us into the 21st century as far as our dispatching, report writing, and investigations."

In other discussion, Newman resident Aaron Luth spoke in favor of the Harvest Ridge Wind Farm, who said that varying opinions about land use has been a topic of debate for generations.

"I think wind technologies, from what I'm noticing around the nation, is something the nation is going to rely on," Luth said. "It's a good technology. I've worked in gasoline refineries, coal fire power plants, natural gas... They're dangerous to work. The refineries jeopardize men and women's lives and they pollute the air. The area townships will greatly benefit from this."

He said he's noticed local trucking companies hauling dirt for preparation work and local sanitation companies working site resources.

"That's the very last end of it for me," he said. "I support it because it's the only way I can give back to my community right now. That's the way I feel about it."

According to the Jan. 9 Douglas County Highway Department report, county contracted Stanly Consultants has completed the initial permit review of the EDPR application to construct a wind farm in the northeast corner of Douglas County. State's Attorney Kate Watson notified EDPR of the application shortcomings with the initial application and presented EDPR with a comprehensive list of shortcomings.

EDPR, Stanly Consultants, the state's attorney's office, and the county engi-

neer's office were working to schedule a meeting following Monday, Jan. 21.

Finally, board chairman Don Munson commended the county departments for ending the Fiscal Year 2018 county general fund in the black with a \$106,000 balance.

"It is quite well known that revenues have remained flat lined for about five years now, and for us to be able to operate with a better than balanced budget I think is a testament to people who sit on appointed and elected offices in Douglas County and to our employees who diligently watch with fiscal responsibility," Munson said. "I know it hasn't been easy. We haven't been able to grant funding for places we'd like, but we have to continue to do the best we can. It really has nothing to do with the board, but it has a lot to do with the people who work for this board."

In other business, the board:

- Approved the Dec. 19 regular board meeting minutes.
- Approved the payment of the county's financial obligations.
- Approved the reports of fees of county offices.
- Approved the county mileage reimbursement rate at 58 cents per mile.
- Approved Chuck Knox to serve as the Douglas County Animal Control Administrator from Jan. 1 to Dec. 31 of 2020. Knox will be compensated at \$250 per week and reimbursed for no more than two visits to the shelter per week.
- Approved 12 active county bridge fund petitions for Fiscal Year 2019 that total \$535,895.50 in requested county funds by the various township road districts and municipalities.
- Transferred legal representation to Klein, Thorpe, & Jenkins, LTD (KTJ). Sheryl Churney, principal with Myers, Berry, O'Connor & Churney, has become a partner with KTJ. Churney has previously engaged with the county to provide services to the county board and the road and bridge committee in connection to the wind farm application and other miscellaneous matters concerning the county's highways.
- Adjourned until the Wednesday Feb. 20 meeting.



## REAL LIFE WELLNESS

By Dr. Bill Hemmer

### CHEWING GUM AND WALKING AT THE SAME TIME

Over the last few weeks I have been talking about how to make better decisions about your time. I have been describing how different times of the day work better for different activities and how you must make a priority list in order to be most effective. So how do you put all of these pieces together, so you can reach all of your wellness goals? Well it's not easy!

I've been to countless seminars, have read 100's of pages and listened to many recordings about making the best use of your time. What I have decided is that there is no right answer for everyone. I believe it comes back to your brain and how you get yourself motivated. For me, long term thinking combined with short term results gets my blood pumping. In other words, I create a huge project (like Real Life Wellness), then I begin to make many smaller projects out of it (like these articles), and boom I get motivated.

But everyone is different. Some people need

checklists to get jobs done. Others need to be held accountable to somebody else to get the job done. Still others need to analyze everything to death before they do something. You must figure out what kind of system you need to create for yourself, and then make it interesting and fun and then, chances are, you will be able to follow through and do it.

So, the whole point to this article is this; use your own unique talents to create your personalized time management system. You know what your priorities are. Write at least two priorities down in each of the 4 Real Life Wellness categories, Chemical (Diet), Structural (Fitness), Psychological (Stress Management), and Spiritual (Relationships and Energy). Then set that piece of paper next to your time log. How much time are you currently spending on each of these 4 areas? Do you need to make some adjustments? Are you really spending your time most efficiently

to get close to what you really want to get done?

Once you answer these questions, then you can begin to walk and chew gum at the same time. What I mean by this is you can really start to live your life with purpose and joy and know that you are coming into better alignment with your real purpose of being on this Earth.

I have learned if you're doing what is natural and good for you, it is much easier than you think to accomplish even difficult tasks. For example, when I first started writing these articles it took forever to write one. Now it has become one of the favorite parts of my early morning. Not because they have gotten any better, but because I can just sit down and let the article flow out of me. I don't try to fight it nearly as much.

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**Cory M Kleiss, CFP®**  
Financial Advisor  
502 E Southline Road  
Tuscola, IL 61953  
217-253-5053

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