



Photo: Rachel Ray

TCHS teacher Mark Sweeney was honored with a plaque from the Tuscola VFW Post 10009 for Teacher of the Year. Mr. Sweeney won the award from the VFW at the local and district level and has been entered at the state level. Pictured from left are TCHS Principal Steve Fiscus, VFW member James Beeson, Sweeney, and VFW members Sean Conner and Jon Beck.

Tuscola student events taking place this week

Tuesday, Jan. 29

- Kindness Week Activities
- EP volleyball vs ALAH-6 p.m.
- HS girls' basketball at Altamont-6 p.m.
- HS boys' basketball at CIC Tournament vs Central A&M-6 p.m.

Wednesday, Jan. 30

- Kindness Week Activities

Thursday, Jan. 31

- Kindness Week Activities
- EP volleyball vs Villa Grove-6 p.m.
- Freshman boys' basketball vs CG-Bement-6 p.m.
- HS girls' basketball at Sullivan-6 p.m.

Friday, Feb. 1

- Kindness Week Activities

Saturday, Feb. 2

- Tuscola IDTA Dance Contest

Monday, Feb. 4

- EP volleyball vs Judah Christian-6 p.m.
- Freshman boys' basketball vs Unity-6 p.m.

Tuesday, Feb. 5

- EP volleyball at Arcola-6 p.m.
- HS boys' basketball at St. Teresa-6 p.m.



Photo: Rachel Ray

The Vault held the Bluegrass Jam on Saturday, Jan. 26. The jam is always open to the public, and musicians with an acoustic instrument are welcome to join.

Manna Cafe

Come and enjoy a free meal with your family and meet some new friends.

Feb. 6th - 5 p.m.-6:30 p.m.
(Carryout meals may be available on a limited quantity after 6pm.)

Tuscola United Methodist Church
 901 N. Prairie
 217-253-4232
www.tuscolaumc.org



REAL LIFE WELLNESS

By Dr. Bill Hemmer

**A NEW YEAR...
A NEW YOU**

As your New Year resolutions start and your promises to yourself start fading, people lose confidence in themselves about their ability to can change their lives. I believe people sell themselves short and this doesn't have to happen. Every person reading this article has the power within them to change the way they live, think and work to make their lives better. This might sound optimistic, but I have seen it happen hundreds and hundreds of times in my life and millions of times in my research.

So, the big question is, "What is the common thread that strings all of these life changes together?" ...Faith!!!

When I say Faith, most people will automatically think of religious faith. This type of faith lays the ground work of our existences, but I am also talking about faith in yourself. Every person I have ever seen make huge changes in their life started by believing in themselves. Your spiritual faith allows you to know that you are loved at all levels where you are right now. Then your faith in yourself allows you to use your personal power to change anything in your life that brings you down.

But how do you increase your faith in yourself? You have done the same things for years and getting the same results, how can you create the faith that will overcome the terrible rut you're in?

By changing your awareness level. Your awareness level holds the key to change in your life. But most people,

power you create within yourself and the more faith you have in yourself to create change.

So what steps must you take to change your awareness level? Well you have already taken the first one, that's reading this silly article and trying to understand it. The next step is to search within yourself to uncover things about you that you haven't known before. Things like your learning style or your time management style. Learning more about yourself will allow your awareness level to continue to rise. The more you know about yourself the more power you can generate and the more faith in yourself you can have.

Over the next couple of weeks, I'm going to give a brief overview of the different aspects of wellness that will allow you to create more faith and power within yourself. Don't miss it!



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The TUSCOLA JOURNAL

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• The quality or "resolution" of the picture is important - if it's too low, your picture may look blurry or pixelated in print.



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Email your photos to kayleigh@thetuscolajournal.com
OR

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