



Back in the day...

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Do you recognize this week's Back in the Day photo? If so, drop us a note at The Journal. Your efforts will be rewarded. Thank you to Betty Kennedy for calling to identify last week's Back in the Day photo. The picture showed her son, Ron and classmate Danny during a Boy Scouts event.

10 years ago
April 7, 2010

With the help of auctioneers Jim Kleiss and Rudy Huber the Tuscola Rotary Club raised \$12,000 at their annual auction on March 30 at Ironhorse Clubhouse.

Lindsay Troike broke the school record, previously held by Erin Henderson, in the 1600-meter race. The junior broke the record with a 5:31.04 time.

The Future Business Leaders of America sent four members to their State Competition. Competitors included Taylor Turner, state vice president from the Central Area; Jessica Bosch, local co-president; Carson Alexander, local co-president; and sophomore Lauren Ovca. Each girl competed in a different event, and two brought home top-ten finishes at state.

Third-graders at North Ward Elementary school competed in an egg decorating contest on April 1. Luke Sluder won 1st place; Emily Kemp, McKinlee Miller, and Lukas Gower had a three-way tie for 2nd place; and Cade Morgan took home 3rd place.

20 years ago
April 4, 2000

Cooper Motel was the site of a major drug bust March 31 by the Tuscola Police Department and DEA agents. A late-night raid of the motel yielded methamphetamines, crack cocaine, and lab equipment. The motel manager and his son were taken into custody.

Drew and Christy Hoel

were proud to announce the birth of their first child, a daughter named Sydney Rose, on March 15, 2000 at 7:45 a.m. She weighed 7 lbs. 5 oz. and was 20 inches long.

This year's Tuscola Rotary Club auction, with fast talking Bill Huber at the helm, raised \$9,000 for high school scholarships and other philanthropic causes championing for the club.

Contestants in this year's Miss Tuscola contest were Stacy Anderson, Katie Arsenneau, Lindsey Binder, Sonja Carter, Tasha Carter, Erica Hall, Lauren Huber, Lindsey Long, Chrissy Mattlin, Johana Morgan, Jenny Mosely, and Adrienne Surma.

Craig Knight continued to rewrite the track and field records at East Prairie, touring the 400-meter oval in 54:36 during a March 27 meet with Bement to break the record of 54.7 set by Gary Alexander in 1985.

In Warrior baseball and softball action this week, the boys beat Atwood-Hammond 12-1 but lost to St. Joe 1-0 and Centennial 13-3. The girls suffered four losses, including a 28-0 and 13-3 doubleheader against Argenta-Oreana, dropped a 13-5 contest to Sullivan, and a 13-10 defeat by Oakwood.

Thirty years ago
April 3, 1990

The Tuscola Rotary auction reached a new zenith when bidders paid about \$4,500 for new and slightly used items of a wide variety.

Tuscola residents Dick and Kay Lake joined 65

American and Canadian volunteers participating in a five-day building effort constructing an 8,500 square-foot childcare center in Americus, Georgia. The center would be utilized by volunteers and employees at the international headquarters of Habitat For Humanity.

W.A. Bozarth of Tuscola was selected as one of the 11 delegates from Illinois to attend the 1990 Biennial Convention of the American Association of Retired Persons, to be held in June in Orlando, FL.

Forty years ago
April 1, 1980

Sheriff Gener Wigall hosted a farm crime prevention seminar at the Douglas County Farm Bureau. Statistics were showing the greatest increase in crime was happening in small rural communities.

Former Tuscolian Vicki Runyan was among workers in the John Denver Celebrity Pro-Am Tournament in Heavenly Valley in South Lake Tahoe, Cal. Runyan drove the celebrity bus and worked with personalities including Clint Eastwood, George Hamilton, Steven Stills, Barbie Benton, Barbara Mandrell, and Mac Davis.

Tuscola Masonic Lodge members recognized at a recent meeting for attaining 50 years of continuous membership were Clyde Colwell, Frank Vest, and O.B. Smith. Lodge Master Mike Woods made the inductions.

Colby Decker, a Tuscola High School senior, signed

a letter of intent to attend Evansville University in Evansville, Ind. on a football scholarship. The 18-year-old planned to major in business at the university, which has a student enrollment of 4,500.

Fifty years ago
April 9, 1970

An official change in ownership of The Tuscola Review, from the longtime publisher Burt Quckenbush to Robert Hastings, went into effect with the publication of this edition.

Amos Albritton was presented the Man of the Year Award at the annual Tuscola Chamber of Commerce dinner, chosen for his many civic and community activities over the past several years. With the presentation, Albritton joined a select group of previous winners that included Dennis Dietrich, Glen Smith, and Dick Lake.

Three test wells were being drilled by Panhandle Eastern Pipeline Co. approximately four miles north of Tuscola, to determine if the company wished to exercise an option on approximately 800 acres of land for natural gas storage.

Six Warriors earned their varsity letters in the first track and field outing of the season, the Charleston Invitational. They included Rick Izquierdo, Kenny Burke, Greg Lindsay, Tom Gossett, Greg Sebens, and Jim Cox. Coach Gener Murray was pleased with the fifth-place team finish in the competitive meet.

in their blood than the other 2 control groups. Thus showing that soothing music can boost your immune system.

So just turn off the news already. Don't watch it 24/7. Once a day is enough to get the facts or just read it online. We all need to relax at this time and not panic or fret. That will only break down our immune systems even faster. Exercise, eat healthy, and listen to upbeat, or soothing music.

Better yet, learn how to play upbeat and soothing music. Learning to play a musical instrument uses both the left and right sides of your brain and boosts memory power. Learning how to play also produces patience and perseverance as you enter a new dimension of learning with both body and mind acting together. It also increases the immune system, time management skills, and memory capabilities. It also increases your self-confidence as you get better and better each time you practice.

There is no better time than the present to learn a new instrument. Time is precious. Spend it wisely.

So I ask you again; what is your background music? We become what we surround ourselves with. Choose wisely.

Letters to the Editor

Dear Editor,

One year ago today, I had a breakdown with my motorhome right at the freeway exit to Tuscola. What could have been a very bad experience turned into a good memory.

My alternator and belt failed so I could not drive the motorhome. Within seconds, a service van stopped to offer assistance. He phoned a repair shop across town who came and towed my vehicle to his shop, purchased the parts, and made the repairs without my waiting or leaving my vehicle.

When I paid the bill, which was very fair, I offered a tip to buy him dinner. He refused: "No, everybody pays the same." I was on the way home having lost only 3 hours of traveling time."

How fortunate you are to have folks like this in business in your community. I have traveled the country from coast to coast. This kind of kindness and fairness is rare. When I travel this route again, I will stop, if nothing more to say "thank you" one more time to Kirk at Little Auto Repair.

Sincerely,
Roy W. Dieck
Antigo, Wisconsin

A letter to the editor and the people of Central Illinois,

No one could ever imagine how much turmoil the first 3 months of 2020 would bring. Our lives will never be the same. But I believe this change in our society can be used for good. Especially when referring to Healthcare.

I have never been prouder to be an American. Our National, State, County and Municipal workers all continue to bravely serve us. Our current Shelter in Place order has literally saved thousands of lives in our communities. The Public Health Depts, Police, Fire, EMS and hospital systems have all worked tirelessly to keep us safe. We all owe them a huge debt of gratitude.

But what are you doing for yourself in this time of crisis? What changes in your own personal existence are you going to make to become a better person and have a positive impact the people you love around you?

When the Governor shut down all non-essential businesses in Illinois, I was relieved that my business was considered essential. I take this designation very seriously and have spent many hours soul-searching about what makes my business essential.

As an Integrative Healthcare provider, I address the complete Triangle of Health when I provide care. Physical Health, Chemical Health and Social/Mental Health all play important roles in the overall well-being of every person who comes into my office.

Most of you know me as a Chiropractor, a bone cracker, somebody who can make you feel better and have less back pain. You are right. This is the label I have spent the last 32 years of my life carrying. I am proud of this label. This is the first reason my business was considered essential. If people with severe back pain can't come see me, then they will likely go to the ER and use precious resources. These resources should be saved for victims of the pandemic.

But as I continued to think about my "essential" business, it became clearer that the other two parts of the Triangle of Health were much more important during this pandemic than me cracking people's back. Chemical Health refers to your Diet, Lifestyle, Sleep and Fitness. I have been working to educate the people of Central Illinois about all of these things since I moved my family to Tuscola almost 24 years ago.

Chemical Health is the most important part of building and maintaining your Immune system on a daily basis. Every bite you take, exercise you do, good night sleep you enjoy and good habit you have, supports and enhances your Immune system. Controlling Inflammation is also a huge part of keeping your Immune System strong. So, anyone with chronic health conditions can make positive changes to their Chemical Health to decrease their Inflammation and therefore, increase their Immune system.

The final side of the Triangle of Health is the Mental/Social side. No one is spared from the death toll rising, the financial burdens, the Social distancing and the panic that has been created by the Coronavirus. There is no such thing as business as usual right now. But if we can focus on Chemical and Physical Health, which is totally under your control, even as you Shelter in Place, the Mental/Social anxiety will calm, and this will help us all get through this together.

I have never been more proud of my association with the Tuscola Fire Dept and Douglas County Emergency Planning Committee. These organizations, of course, are essential to the public good. My business, the Tuscola Pain & Wellness Center, is essential because 6 months from now when the new normal is settling in, your health is going to be your engine to get your life back.

I'm here to help with that.

Signed,
Dr. Bill Hemmer

Holding It All Together

Your Soundtrack

by Amy McCollom



If your life was a movie right now, what would be the song playing in the background? Would it be a song of courage and hope, of peace and love, of fear and anguish, of drama and anger? What we hear has a direct effect on how we feel.

Everyone knows the Star Wars theme. Doesn't it make your adrenaline rush just a bit? What about the Emperor's March, when Darth Vader marches down the halls of the death star with his white-clad soldiers close behind? Puts a deep thud of dread in your stomach, doesn't it. And on Indiana Jones, when Indy starts to win against the bad guys and the action gets going, that uplifting anthem of exciting hope is unmistakable! Duh, du-du duhhhhh! Duh, du-duhh! Duh, du-du duhhh! Duh, du-duhh duhh duhhhhh!

In 1976, when Rocky Balboa fought Apollo Creed in the very first Rocky movie, who can forget that tremendous climatic final scene and anthem song, "Gonna Fly Now?" My husband,

who was just a thirteen-year-old boy then, said that he and his friend felt so good after the movie that they ran all the way home.

Music affects us. It has been proven again and again in science and nature itself. Sound and noise make the body respond in ways both good and bad. Fortunately, we are able to control some of the sounds and noise we experience by choosing what we allow to be in our environment.

Music can help physically and mentally, as Dawn Kent wrote in her thesis at Harvard University entitled, "The Effect of Music on the Human Body and Mind. She claims that even back in the days of Plato, music has been used to relieve stress and anxiety, and "It inhibits the occurrence of fatigue, as well as changes the pulse and respiration rates, external blood pressure levels and psychogalvanic effect." In the Bible it is recorded in I Samuel 16:14-23 that King Saul called for a talented harp player, David, to come

and play music for him and it soothed his tormented soul every time.

It has been studied and said that music can affect someone's romantic life as well, by increasing their serotonin level. Certain music can even help you exercise better. A study has shown that some songs helped bike peddlers use 7 percent less oxygen and reach goal heart rates of 145 bpm. Those songs were Bruce Springsteen's "Born to Run," Spoon's "Don't Make Me a Target" and the Beach Boys' "Do You Wanna Dance."

Did you know that it is good for you to sing? It helps keep your brain functionality healthy. It is especially good for you if you are older and suffer from any type of lung disease or disorder. It helps improve respiration in patients with chronic breathing disorders.

In a study at Wilkes University, students who listened to soothing music for 30 minutes a day, were found to have a greater amount of immune boosting IgA antibody

Local businesses within the community are what keeps small town America unique. Whether you need to purchase a storefront or have a line of credit for inventory, our Commercial Lenders are here to help your business prosper.

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