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By Phone At (217) 253-5086, Fax: (217) 253-5460

In Person At 115 W. Sale St, Tuscola, IL

By Mail: PO Box 170, Tuscola, IL 61953

Email:office@thetuscolajournal.com (ads must be pre-paid)

Deadline: 10 a.m. Thursday prior to publication

FOR RENT

TUSCOLA 700 E. Newkirk, 2 beds, 1 1/2 bath, $650 a month. Adult-living. No pets. No drama. Call 217-840-1056.

2 BR MOBILE HOME: Available soon, $450/mo. 3 bedroom mobile home, good sized yard, $400/mo. Both 10 miles from Charleston. Call 217-849-3282 for more information.

FOR RENT

2 BR HOUSE. Available October 1 $650/mo. 10 miles from Charleston. Call 217-849-3282 for more information.

APARTMENT for rent Villa Grove. 2 Bedroom, newly remodeled. Utilities included. References. No Pets. Call 832-7011.

FOR SALE

FOR SALE: 94' Ford 3/4 diesel F250 Turbo, asking $5,500; 350 bales of 2nd cutting pasture-mix grass, wire tied, $5 a bail; 3-year-old Angus bull, very nice, $1,300. Please call 217-849-3282 for inquiries.

FREE OLDER MOBILE HOME. 14 ft x 60 ft. Needs hauled away or demolished and removed. Parkview Trailer Ct. Trailer #14. Call Allen at 217-218-5122.

FOR SALE

SEALY FACTORY seconds mattress & box. New in plastic, king and queen size $250-$325; full $250, twin $150. Schlabach Mattress Outlet. Ph. 217-543-3493.

Tri County Journal 253-5086

HELP WANTED

MARION COUNTY HORIZON Center is hiring DSP's/CNA's to work with adults with developmental disabilities in Tuscola. Position involves helping men and women with intellectual disabilities live more independent lives in the community. Must have High School diploma or equivalent and a valid drivers license. In-house-training provided. E-mail your resume to raymondhousehm@gmail.com or call (217) 599-1076.

SERVICES

OWEN'S TREE Care,Trimming and removal. 3rd Generation Arborist, fully equipped and insured, free estimates. Call Owen 217-778-8030. Call for firewood.

KAR APPLIANCE. Kaufman's Appliance Repair, used appliance sales and services. 2 miles south of Chesterville in the old Rockhome Foodstore. David Kaufman- 217-254-4495. M-F 7 to 5, Sat 10-4.

SERVICES

APPLIANCE HAULING, scrap metal, batteries, ANYTHING metal. Clean out of storage units, garages, and estate sales. Kirkmans Klean-Up and Recycle. Call 217-832-8472.

FARM BUSINESS Consultants - Business and Farm accounting, tax preparation and filing. Call 253-3700.

STORAGE

STORAGE UNITS for rent in Villa Grove. Call Sid Shanks 217-369-2361.

TJ'S STORAGE – Multiple sized units ranging from 5x10-20x45. Outside storage for boats, campers, etc. Credit cards accepted. Ph. 253-6130.

UNITS. 5' X 10', $20; 10' X 10', $35; 10' X 20', $60. First month FREE. Easy access. Located in Villa Grove. Phone 832-7011.

Six popular health-based resolutions for the new year

Resolutions that focus on health and fitness are made each year. Numerous people are eager to lose weight, improve their physical fitness levels or even stop habits that can hinder their mental or physical wellness. As the new year ticks closer, individuals can explore these popular resolutions as they get on the path to better health.

1. Commit to quit. The American Cancer Society says about half of all Americans who keep smoking will die due to the habit. Smoking kills more Americans than alcohol, car accidents, guns, HIV, and illegal drugs combined. Smoking not only causes cancer, it also damages nearly every part the body, including the bones, reproductive organs, mouth, skin, eyes, and blood vessels. Quitting can help reverse the effects of years of smoking.

2. Limit alcohol intake. The phrase "everything in moderation" applies to alcohol consumption. Excessive consumption of alcohol can lead to liver and kidney damage. When these organs are not functioning properly, they cannot filter toxins out of the body, resulting in potentially irreparable damage. Resolve to cut down on alcohol consumption if you are drinking more than two drinks per day.

3. Address stress. It's easy to underestimate the effects of stress on the mind and body. Left unchecked, stress can contribute to heart disease, obesity, diabetes, and high blood pressure, says the Mayo Clinic. Resolving to reduce stress by adopting certain techniques can improve self-esteem and mood.

4. Exercise more readily. Physician Partners of America states that exercise can improve mood and sleep, help people control their weight, reduce the risk of heart disease, improve bone and muscle strength, and potentially extend their lives. Resolving to exercise doesn't require drastic changes. Small steps can add up to big results.

5. Visit the doctor. Too often people put off going to the doctor until something is wrong with their health. It is much better to be proactive and avoid illness through testing and conversations with a physician. Doctors may be able to recognize symptoms and risk factors that could be indicative of future illness. Routine physical exams also will check cholesterol and glucose levels, monitor blood pressure and include other preventive care options.

6. Improve your diet. Eating more meals made at home and incorporating more fresh fruits and vegetables, whole grains and lean protein into your meals can improve overall health.

Healthy changes top the list of New Year's resolutions each year. Certain resolutions can greatly improve overall health.

THE TRI-COUNTY JOURNAL CLASSIFIEDS WORK!

Call us: (217) 253-5086
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Date(s) ad is to run:_____
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Contact Name:_____ Contact Phone:_____
Street Address:_____ City:_____ Zip_____
Please enclose a check, $15.00 for the first 15 words, 40¢ for each word thereafter.

How to write an effective classified ad:

1. IDENTIFY - Start with the item to sell or service offered.
2. DESCRIBE - More information = more responses.
3. ACCURACY - Put the condition and features in but be accurate.
4. PRICE - Price = more calls. If price is negotiable, list that.
5. AVAILABLE - List hours you will be available to take calls. Be ready to answer questions.

Stop by 115 W. Sale St., Tuscola or mail it to us at P.O. Box 170, Tuscola 61953

TRI-COUNTY JOURNAL

Classified ads must be prepaid.

PORTER Auto Body
Serving You at 2 Convenient Locations
1607 Madison - Charleston 345-7832
2116 Lake Land - Mattoon 234-8855

WE'RE STILL BUYING!
Good Tractors or Loaders or Loader-Backhoes, Compact and Utility tractors: needing some TLC is ok.
WE ALSO BUY small 3 PT hitch equipment.
Just call 217-346-2482 NOW!
Please save this ad, it will only come out once a month.

FARMERS NATIONAL COMPANY

FARMLAND FOR SALE
- 82.29± Acres, Douglas County • Sargent Township • located about 2 miles northeast of Hindsboro or about 11 miles ... farm, road frontage along north boundary and access to grain markets is very good • L-2100035; $10,900 per acre — SALE PENDING!
- 65.29± Acres, Vermilion County • Class A Farm! Excellent quality soils!; L-2000379; $9,900 per acre — SALE PENDING!
- 80± Acres, Vermilion County • ...ip; Productive farmland. All tillable with CRP income & 3 grain bins; ...$3,800 per acre — SOLD!

COMMERCIAL PROPERTIES FOR SALE
- 7.313± Acres, Sangamon County, 5965 W State Route 97, Pleasant Plains, IL: Formerly Stone Seed Processing Facility located 4 miles west of Springfield, excellent frontage on IL Hwy 97, Improved commercial property offers 2,450 sq ft office building with attached 31x50 climate-controlled warehouse, three additional warehouses, seed processing tanks & equipment. Call for details! L-2000261 • $1,150,000

HOME FOR SALE
- NEW LISTING! 806 E Park, Arthur: *Move-in ready!* This 2 bedroom home has recently been given a fresh coat paint, new flooring in the family room and kitchen and bathroom has also been updated. It offers hardwood floors in the living room and bedrooms, gas burning fireplace in the family room with sliding doors leading to the fenced in back yard and bedrooms have cedar lined closets. Oversized 2 car attached garage and is located on a corner lot. Call today for a showing! L-2100132 • $72,000
- PRICE REDUCED! 15 Country Club Lane, Arcola: *Lovely updated 2-story home on 1.25 Ac located in Country Club Estates.* Kitchen includes all stainless steel appliances, a large center island and two areas for dining with wet bar/coffee station. Large living room with wood burning fireplace, family room with vaulted ceiling and gas fireplace, and sliding doors leading out to a large deck with newly poured patio. Three bedrooms on the 2nd floor which includes the master bedroom having new vinyl flooring, master bath and a walk-in closet. The 2nd floor offers a second full bath with laundry area. New in 2020 are a heat pump and A/C unit. Move in ready! L-2000669 • $259,000

For additional information on these listings contact:
Winnie Stortzum, GRI, ARA, ALC, Managing Broker, (217) 372-7550
Tucker Wood, Broker/Agent, Auctioneer, (217) 822-2386
Jennifer Shafer, Broker/Agent, (217) 246-6732
1-800-500-2693 or (217) 268-4434
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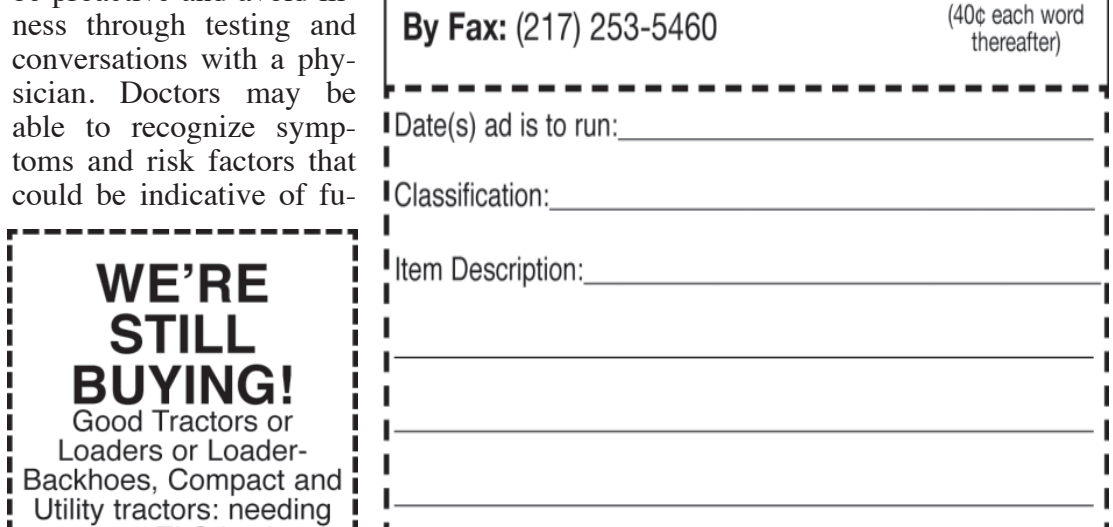
Tuscola Pain & Wellness Center