

Cronus expands partnership with thyssenkrupp Industrial Solutions

Cronus Fertilizers announced important changes to its partnership with thyssenkrupp Industrial Solutions (tkIS) that will enhance the success of Cronus' proposed Tuscola, Illinois, fertilizer plant. Cronus has extended its fixed price, lump-sum turnkey engineering, procurement and construction (EPC) contract with thyssenkrupp Industrial Solutions (tkIS) through June 30, 2021, and is finalizing an additional operations and maintenance (O&M) agreement with tkIS. Under the terms of the O&M agreement, tkIS will be involved in operating and maintaining the plant once it begins production. Furthermore, tkIS will become a minority shareholder in Cronus

Fertilizers LLC.

These agreements strengthen the partnership between Cronus Fertilizers and tkIS. The Cronus Fertilizers facility will be one of the largest of its kind in the United States.

"thyssenkrupp Industrial Solutions is looking forward to working in partnership with the Cronus team to realize this world-scale ammonia plant," said Dr. Sami Pelkonen, CEO of tkIS' Business Unit Chemical & Process Technologies. "Our investment in Cronus Fertilizers demonstrates our commitment to this project and to Cronus' success in particular."

In January 2020, Cronus announced new investment

from Keyman-Avunduk Investment Company AG (KAIC), which made KAIC the majority shareholder in Cronus Fertilizers. KAIC has provided financial backing and industry expertise that have helped to advance the project. "We are developing one of the largest fertilizer facilities in the U.S. and bringing together global experts to ensure the highest quality in both the construction and operations of the Cronus plant," said Melih Keyman, Chairman of Cronus Fertilizers. "We are proud to expand our partnership with tkIS on this important project."

The Cronus Fertilizers facility in Tuscola will produce up to 2,300 metric tons of ammonia per day, giving

regional farmers access to locally produced ammonia and largely eliminating the need for imported products. The facility will be a major new source of ammonia for the agricultural industries of the Midwest Corn Belt. "The Cronus project is another milestone for our continuing success story in the fertilizer business in North America," stated Ralf Richmann, long-term head of the Operating Unit Fertilizers at tkIS. Cronus previously announced an updated plant design that focuses on ammonia and on-site delivery.

"The expansion of our partnership with tkIS is a new vote of confidence in Cronus Fertilizers from the world's leading fertilizer technology

company," said Erzin Atac, CEO of Cronus Chemicals. "We look forward to working with our local and global partners on the continued progress of this project."

"Since we began our cooperation with Cronus during my time as president of tkIS (USA), I have been particularly impressed by the strong local and regional support," stated Karsten Radtke, now heading tkIS' global business development. "With the commitment and the strength of the Cronus team, we are confident that the Cronus Plant will create major benefits for Midwestern agriculture and the local economy in Tuscola and surrounding areas."

The plant is expected to provide a significant boost to

the economy in the form of construction jobs, long-term positions and spending activity. Cronus will announce updates to the project timeline as the development process advances.

About Cronus Fertilizers

Cronus Fertilizers is a project of Cronus Chemicals, LLC. Cronus Fertilizers works to provide high-quality, locally produced fertilizers for Midwestern farmers, while reducing reliance on imported nitrogen products. Cronus Chemicals, LLC was formed by a highly accomplished team of executives with decades of experience in the development, manufacturing and marketing of fertilizer products. www.cronuschem.com.

Tips to help you prevent living overstuffed from the LifeSpan Center

Everything we own is just stuff - except when it isn't. It turns out that guilt and sentimentality — powerful feelings attached to the things we own — are reasons we hang onto stuff. We also tend to overvalue our stuff, ignoring the fact that collections of Beanie Babies, Precious Moments figurines and Thomas Kinkadee paintings are worth pennies compared to what we paid for them.

Still, there are people who love their stuff and have no intention of parting with it until they're deceased. With over 8,000 Americans turning 65 each day, more and more of us are going

to be confronting our stuff. Because, let's face it, either we get rid of it or someone else will have to. Being on the "someone else" side recently, I can tell you it's not fun at all - actually, it can be quite painful.

A few stats to ponder:

* There are 50,000 storage facilities in the U.S. — five times the number of Starbucks. That's 2.3 billion square feet.

* 50 percent of storage renters are simply storing what won't fit in their homes even though the average home size has doubled in the last 50 years.

* Currently, there are 7.3

square feet of self-storage for every man, woman, and child in the nation. One in 10 Americans rents offsite storage. It's the fastest-growing segment of the commercial real estate industry over the past four decades (New York Times Magazine)

* 25 percent of people with two-car garages don't have room to park cars inside them; 32 percent have room for only one car (U.S. Department of Energy)

* The home organization industry, valued at \$8 billion, has more than doubled since 2000 at a rate of 10 percent each year

Peter Walsh, an organi-

zational expert and former host of The Learning Channel's Clean Sweep show, divides clutter into two general types. "Memory" clutter is stuff that reminds us of important events, like old school programs or newspaper clippings. "Someday" clutter refers to items you won't toss because you feel you might need them someday.

"It's about balance," Walsh says of clutter control. "If you have so much stuff it drags you into the past or pulls you into the future, you can't live in the present. When people see clutter, they use language like 'suffocat-

ing,' and 'I can't breathe.'"

Not only can living with too much stuff create falling hazards, clutter is bad for your physical and mental health. Too much clutter can be a fire hazard. Dust, mold, and animal dander that collect in cluttered homes are all bad for allergies and asthma. All of these things can be just the beginning of more serious health issues down the road.

So, how do you get rid of Grandpa's lucky fishing hat or the Depression glass candy dish Great-grandma used? How do you dispose of a jewelry collection your mother spent a life-

time building, or cast off the huge china cabinet from your childhood home, even though you really don't want it and it doesn't fit in your home? Start small.

Tackle one room, one closet, or just one bookshelf at a time. Take out items that can be thrown away, then things you can donate. As you start to control the clutter, you can begin to feel better and take better care of yourself. Accomplishing a little at a time is better than not getting started at all. Remember, "Rome wasn't built in a day" — and neither was the over-stuff!

GOLDEN

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dent. "Funding for such programs is essential, too often, talented, motivated individuals cannot make a career shift into teaching because the loss of income during preparation, along with the inevitable realities of tuition, fees, and other expenses, makes the shift virtually impossible. The funding provided by Golden Apple for our first cohort was crucial to EIU being able to recruit and enroll a sufficient number of candidates to make the program viable for the university."

Golden Apple is continuing partnerships with Blackburn College and Eastern Illinois University. The organization is also continuing to

have meetings with prospective new higher education and school district partners across the state. Here's how the partnership will work: Partner districts will provide a valuable residency placement to an Accelerator, place a mentor teacher from the district with the Accelerator, allow for appropriate release time to complete university coursework, and partner to hire the Accelerator and enhance the development of the Accelerator in the two years following the residency. To learn more about or apply for the program, interested parties can visit: www.goldenapple.org/accelerators.

"EIU has been a critical hub for future and emerging educators for more than a century," said Stephen Lucas, Associate Dean of the EIU

College of Education. "We are extremely pleased to continue our outstanding partnership with Golden Apple, which allows us to further enrich our regional school districts by providing them with ambitious, qualified, and energetic teachers."

Golden Apple is also addressing the teacher shortage through its established Scholars program, which recruits high school seniors and first- and second-year college students in Illinois to thrive in challenging school environments where teachers are needed the most. In total, more than 800 Scholars participated in Scholars Institutes this past summer to prepare to become teachers in schools-of-need throughout the state. Together, Accelerators and Scholars will deliver

hundreds of new teachers and teacher residents to Illinois classrooms in the 2020/2021 school year alone.

"As we head into our second year of partnership with Golden Apple's Accelerators program we are confident that the program will continue to deliver passionate educators into hard-to-fill positions in our schools," said the Regional Office of Education #39. "The teacher shortage crisis has worsened due to the COVID-19 pandemic, making this work that much more crucial for our students and students across Illinois."

Golden Apple has a proven track record of preparing resilient educators, retaining 82 percent of their Scholars who began teaching for five years or more,

compared to Illinois' retention rate of 54%. In addition to addressing the teacher shortage in terms of overall quantity, Golden Apple's future growth will support increased diversity inside the profession. Right now, only 15 percent of Illinois teachers are teachers of color. In sharp contrast, over half of Golden Apple Scholars are teachers of color. By recruiting Scholars who later return to teach in the communities from which they came, Scholars inspire students with similar backgrounds and cultures. Research demonstrates that students of color grow more academically when they see teachers and leaders that look like them and with whom they can relate culturally.

About Golden Apple
Golden Apple's mission

is to inspire, develop and support teacher and school leader excellence in Illinois, especially in schools-of-need. Our leading-edge preparation delivers exceptional teachers who make an impact. We help students thrive in the classroom and in life. Since our beginning, we have recognized master educators annually; and, these master educators prepare the future generation of teachers. Our vision is an Illinois in which every classroom has a great teacher and to realize this, we are committed to making a material difference in resolving the teacher shortage throughout Illinois. Visit www.goldenapple.org/accelerators for more information, or to apply to the 2021 Accelerators cohort.

The importance of having technology education for older adults

The onset of the COVID-19 pandemic has caused a surge in the use of digital health care, including among older adults.

The Centers for Medicare & Medicaid Services has expanded the list of telehealth services reimbursable by Medicare, and seniors are using them. According to a survey from Deloitte, more Medicare Advantage members said they used telehealth or virtual health through the first four months of 2020 than during all of 2019.

This increase in technology use among older Americans is not entirely unexpected. While this generation is adopting technology at slower rates than the rest of the population, research shows they're still more digitally

connected than ever. Moreover, seniors are yearning to use more technology in all aspects of their lives, especially in health care. A recent study from CVS Health found that nearly half (45 percent) of all respondents 65 and older reported that they'd be more likely to communicate with health care professionals if they were able to do so through digital messaging.

The rate at which seniors are adopting technology is exciting, especially considering the ways it can help maintain their total health during the COVID-19 pandemic. Tools like FaceTime, Zoom, and WhatsApp can help seniors stay connected with their families and friends while physically distanced. This is particularly important

for a population at risk of social isolation, which research reportedly indicates can be as harmful to a person's health as smoking 15 cigarettes a day.

Programs like SilverSneakers are providing live and on-demand virtual exercise classes to help seniors stay active from the comfort of their home, including yoga, balance, cardio and strength classes. According to a 2019 SilverSneakers member survey, 86 percent of SilverSneakers members who took part in such activities reported that the program improved their quality of life. A recent SilverSneakers Pulse Survey further found that 51 percent of those surveyed participated in a digital exercise program in September 2020, up from

39 percent in April.

While there's no doubt that technology is a convenient and beneficial tool for many, it can be confusing and difficult to navigate for others. Seniors face unique barriers to using and adopting technology, with a Pew Research Center study finding that some 34 percent of older people who use the internet have little to no confidence in being able to use electronic devices to perform tasks online. Nearly half of seniors

responded that when they receive new electronic devices, they typically need someone else to set it up or show them how to use it.

The issue is not that seniors are technology-averse. They may just need more support than so-called digital natives. Luckily, there are resources available to help seniors overcome barriers to technology, incorporate it more easily in their day-to-day lives and use it as a tool on their overall health jour-

neys.

Technology can be a useful tool for seniors in their daily lives and in achieving their best overall health. Regardless of comfort level, there are tools and resources that can help the seniors in your life. We encourage you or a loved one to seek out help in the way that best suits you.

In a time when physical distancing is necessary for health, technology can be a real lifeline.

SCREENINGS

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stetricians and Gynecologists recommends average-risk women between the ages of 21 and 29 have a Pap test every three years, while those between the ages of 30 and 65 have a Pap test and an HPV test every five years.

Skin: Skin cancer screenings typically involve doctors examining patients' skin from head to toe. If the doctor notices any abnormalities, a biopsy may be taken. People at increased risk of skin cancer, which includes those with fair complexions, a significant history of sun exposure and sunburns and a family history of

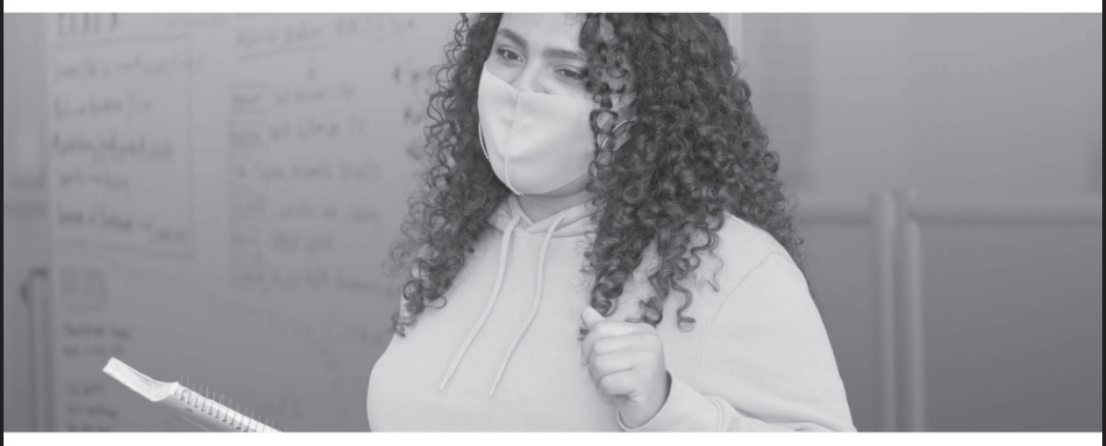
skin cancer and melanoma should receive full-body screening exams every year. People also can conduct self-examinations and report any abnormalities they find to their physicians immediately.

Cancer screenings are vital components of preventive health care and should remain so even during the pandemic.

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