

# ROCKET NATION

WITH DIANE DUCEY



I was invited by my friend Terri Lipscomb to attend the Klemmer Personal Mastery seminar at the Hilton Garden Inn in Champaign recently. It's really been enlightening, getting insight from the facilitator, Krystal, who's very good at presenting the topics and information in a way that's engaging and challenging for attendees to process and internalize for practical use in our lives! It's terrific learning focus, gain clarity and improve our faith journey as we set out to attain our goal in 90 days!

Insight into looking at ourselves in the "victim" segment was very interesting, assessing the feelings that go along with being in that chapter of life and how the shame can be soul-sucking. Taking responsibility and

identifying personal choices that go along with that scenario can help a person own up to what happened and turn the negative into a positive way of learning to deal with issues and grow in our lives. The 3 R's: Resentment, Resistance and Revenge can also be self destructive. A person must face these issues head on and be open, honest and responsible, as challenging as it may be to be able to let go and move on.

After a liberating round of stating our intention with a bold declaration, and finding a mechanism to get there with the cheering and support of friends in the room to make us feel how it will be to get these results that we desire, I found out there are numerous ways to be creative and to get to a goal! I was thinking more

about my life and how I want to live it in an honest, productive way and how I need to make a plan to achieve my dreams, keeping that forward momentum without any of this baggage from the past or negative people in my life holding me back.

Valentine's Day is coming, with a spotlight on love and appreciation for the blessings in your life. This dose of self-improvement made me feel grateful for my people and I hope to let them know with some hand-written notes this week. Maybe it's a good time for you to look within and assess? It's great to be more self-aware and confident as you pursue your life mission and leave a great legacy behind when your time is up. All the best with forward progress in 2022!

## Alternatives to Common Valentine's Gifts

Millions of people are set to spend untold dollars on Valentine's Day gifts or experiences this year. Data compiled by InfographicPlaza.com indicates that individuals traditionally spend the most on jewelry, a night out, flowers, apparel, and gift cards on Valentine's Day. Fifty-two percent of people who buy Valentine's gifts will spend money on candy, particularly chocolate.

Though tried and true gifts never fail, those looking for something a little different this Valentine's day can consider these alternatives.

Traditional: Candy/chocolate

Alternative: Baked goods  
Bite-sized baked offerings can be a welcome change to boxed chocolates or chocolate-covered strawberries. Consider petit fours, which are tasty layered cakes about one to two inches in size. The popular franchise Nothing Bundt Cakes also offers Bundtinis®, which are slightly smaller than cupcakes and can

be mixed and matched in a variety of cake flavors.

Traditional: Bouquet of a dozen red roses

Alternative: Flowering plant

Even well-maintained cut bouquets only last so long. A flowering plant can endure much longer. Beautiful interior flowering plants include African violets, Bromeliads, Orchids, Peace lilies, Amaryllis, Christmas cactuses, and Jasmynes.

Traditional: Dinner out

Alternative: Feed the needy  
Civic-minded sweethearts may appreciate the thought of donating the time and money they might normally spend on a restaurant meal by helping to ensure needy children and adults have access to hot meals. The Feeding America network is a nationwide network of food banks that secures and distributes meals. Individuals can learn more about volunteerism or how to make donations at [feedingamerica.org/](http://feedingamerica.org/).

Traditional: Lingerie

Alternative: Time spent together

In a poll of more than 350 women, Business Insider discovered that lingerie was one of the gifts women did not want to receive on Valentine's Day. In fact, 97 percent of respondents weren't fans of receiving lingerie on Valentine's Day. Spending time together doing something couples are passionate about may be more well-received.

Traditional: Stuffed animal

Alternative: Adopted animal  
There are only so many stuffed animals, particularly fuzzy teddy bears, an adult can collect. Instead, why not adopt a shelter animal or donate to an animal rights organization? Before gifting a pet, confirm the recipient is on board with the idea. A pet is a years-long emotional and financial commitment that requires forethought and planning.

Take a look beyond the traditional when shopping for Valentine's Day gifts this year.



## The Night Sky

By David Leake

Retired Planetarium Director of Staerke Planetarium at Parkland College, Co-Founder of the Champaign-Urbana Astronomical Society, Inc

February 2-8

This Friday, Dr. Decker French visits the Staerke Planetarium at 6:30 for the first Kaler Science Lecture of the spring. She will talk about "The Lives and Deaths of Galaxies." Admission is \$2 at the door and seating is limited. See [www.parkland.edu/planetarium](http://www.parkland.edu/planetarium) for more

information.

Get your binoculars out next Tuesday evening and check out the first quarter Moon. The Moon will be situated below and right of the Pleiades star cluster or the Seven Sisters. See how many stars you can count in the cluster with just your eyes and then try again with the binoculars.

Some say the stars make the shape of a small dipper. There are actually over a thousand stars in the cluster at a distance of about 440 light years. That makes it one of the nearest star clusters to our Earth. The Pleiades lead our bright winter stars across our February skies.

## Unity Student Council Weekly Senior Spotlight



Who did this friendly fashionista grow up to be?

Sophia Darnall  
Plans after graduation: She plans on attending Illinois State to major in Political Science!

Best StuCo Memory or favorite thing about StuCo:

Her favorite memory of Student Council is when Unity hosted the Halloween Dance.

Why join Student Council?  
"I joined student council be-

cause I loved the idea of being able to help out the school/community while having fun and doing activities with my friends."

## Winter is Upon Us: Managing Winter Blues cont'd from pg. 2

person (following COVID precautions), phone, or video chat – being able to continue to socialize and to confide in someone you trust is essential for everyone's mental health and well-being.

Volunteer. Giving back to others can boost your mood and satisfaction and may also provide a needed distraction from your own thoughts. Delivering meals or sending thoughtful cards to the homebound, checking in on and maybe running errands for older neighbors and donating needed items to food pantries, shelters and schools are just a few ideas to help others in your community.

Be kind to yourself and do something you enjoy. Maybe

that is reading, watching a favorite show, engaging in an activity like puzzles or crafts – whatever brings you joy when you are involved in it. This may also include a little pampering/relaxation like getting a massage, a yoga session, or meditation.

Take care of yourself physically. Continue to get exercise, stay hydrated, try to eat healthy and manage any health conditions by following your provider's instructions. Plan something you can look forward to. I find that it is helpful to always have something on the calendar that I look forward to. That may be lunch with a friend, a special event to attend, a movie or show I've been wanting to

watch – it can be anything big or small – but something that you anticipate doing.

Try to enjoy the present moment. This is about not thinking or dwelling on something you should have done in the past or worrying about what might happen tomorrow. It can be very freeing and rewarding to focus on what is happening in the present moment as you live it. This is called mindfulness and research has shown the many physical and mental benefits it has for us.

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, you may have what is called seasonal affective disorder (SAD) and should consult with your healthcare provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide. Your provider may prescribe medications, light therapy, and psychotherapy to help treat SAD. There are also helplines you can call like SAMHSA's National Helpline: 1-800-662-HELP (1-800-662-4357) or the National Suicide Prevention Hotline at 1-800-273-TALK (1-800-273-8255) for assistance.

# Christmas Club

**ADD A LITTLE EXTRA PADDING TO YOUR 2022 HOLIDAY BUDGET**

You can save \$440 for your 2022 Christmas shopping by setting aside just \$40 a month!!

Christmas Club payments will be set up as an AFT (Automatic Funds Transfer) from any deposit account at Prospect Bank.

An AFT will be issued in October of 2022 for the amount that has been deposited. Set aside up to \$1,000.00 per month!



Disclosures: The above example is intended to be used as a guideline. Automatic funds transfers will continue until an account is closed. Withdrawals from Christmas Club account are not permitted prior to annual disbursement. There will be a \$20.00 fee for closing a Christmas Club account early. The rate may change after the account is open. Minimum opening deposit of \$1.00

### CONTACT INFORMATION!

Please send all of your news related items to: [jamie@thetuscolajournal.com](mailto:jamie@thetuscolajournal.com)  
Send your advertising related items to: [jamie@thetuscolajournal.com](mailto:jamie@thetuscolajournal.com)  
For Questions or to Place a LEGAL NOTICE please call our home office at **217-543-2151**

### East Central Illinois Christian School

#### TOWN HALL MEETING

Please join East Central Illinois Christian School for a town hall meeting.

**Saturday, February 5th, 2022 from 3:00-5:00 pm @ Tuscola Community Building**

There will be a brief presentation and a question/answer period.

*Everyone is welcome!*

# RETIREMENT ANSWERS

Do you need help with figuring how much you can spend per month at retirement without running out of money?

Do you need assistance deciding how much & what to invest your retirement assets or rollover money in?

If you want someone to help you find the answers to these questions call:

Lisa S. Boyer, CFP®  
Stan Boyer  
(217) 268-3216  
[www.boyersappenfield.com](http://www.boyersappenfield.com)  
102 E Main St.  
Arcola IL 61910

Dan Sappenfield, CFP®  
(217) 832-3033  
1 N Sycamore  
Villa Grove, IL 61956

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