

# my Personal side

By Craig Hastings



**Well, I'm going to talk to you tonight about me getting older.** I want to tell my story because I don't want any of you to make the same mistake I did. In the spring of 2022 as I became more active outside and in my yard I started to feel like I had pulled a groin muscle especially so after mowing my yard. Late in the evenings out here in Hillcrest I will usually walk the neighborhood which includes the Wimple Park area. It's about a two mile hike all said and done. During these walks sometimes it would hurt to put one or both legs forward each step I took. Again, I felt like it was a groin strain. So I went all spring, summer, and fall with this on and off again pain in my groin. All the while thinking it would eventually go away and all would be well again. Cold weather would soon be upon us and I would be slowing my activity schedule down and surely this would provide the time I needed to heal. Then some other things started to occur.

When I was doing leg presses in my weight room, it was painful to let the weight fully scrunch my legs all the way past horizontal and push it back up past horizontal. Once past horizontal, no pain. However, the pain wasn't in my groin, it was in my hips. But my hips had never hurt up until this leg weight lifting routine which I save for the winter months because I'm not pushing and pulling things outside in the winter like I do in the summer. But this was new. I'd never felt this sort of pain the winter before when doing these same leg lifts and I've been doing the same routine for years. What soon followed the leg press problems made me rethink the whole groin muscle strain self diagnosis. One evening while out in my back garage messing with my cars I went to throw my right leg over the seat of my motorcycle and I couldn't. Not because of strength but because of the pain in my hip. Just out of curiosity I tried the same motion with my left leg. It made it over the seat but not without pain. What in the world has happened to me I was thinking. I kind of panicked to be honest. Did I tear a muscle completely and it wasn't going to heal on its own? Maybe. After all, I've been down that road with three shoulder surgeries. Two on the left and one on the right. Rotator cuffs that tear and won't heal. The difference being, on days of pain in a shoulder I'd just try not to use that shoulder until it felt better. Well, you can't just use one leg to walk so it was time to quit guessing and see an orthopedic doctor.

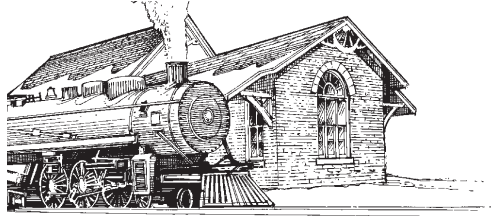
My go to favorite orthopedic surgeon at Carle, doctor Gurtler, has retired so now what do I do? I made an appointment in December at Carle and decided to just

roll the dice and see where I landed. The first doctor I saw was doctor Zimmerman in orthopedics. He's not a surgeon but is an orthopedic specialist. You never know what you're going to get when you meet a doctor you know nothing about so I was on edge. Well I told my story and of course was including my own self diagnosis about this being a muscular problem. Trying to convince him to diagnose me as not having much going on because that's what I wanted to hear. Funny thing though, the more I talked the more he smiled about what I had to say. Did this mean good news? Was he agreeing with my self diagnosis? When I finally shut up he said; "Well Craig it sounds to me like you have an arthritic hip." What?! How can that be? How do you get from my symptoms to a bad hip?

"Wait here and I'll see how quick I can get a pelvic x-ray done today." Twenty minutes later and I was off to x-ray. Another twenty minutes after that Dr. Zimmerman returned with a smile on his face. I thought to myself, good news! "Well Craig I have bad news and worse news." The bad news is that your right hip joint is bone on bone and needs to be replaced." I said; "Well what could be worse than that?" He said your left hip isn't far behind! I asked about injecting them both. He said I could but the right one probably won't respond well if at all and the left one was a who knows. So we scheduled the injections for the next week. As Dr. Zimmerman predicted the right one gave me some relief for about ten days and the left one is still giving me some relief thirty days later. These injections can only be done every ninety days so, like in my case, I had ten days of relief in the right hip and from there forward the pain became unbearable at times with no options.

I was left with what to do next? How do I pick a surgeon? This is a big deal! A complete joint replacement. Bones cut and ground down and then metal driven down my femur bone later to be mated to a glued and screwed metal cup in my pelvis bone! There are many surgeons at Carle that do this surgery so how do I decide. I made my decision after a long sit down with Dr. Zimmerman who by now I had grown to trust and like very much. I made my decision and my surgery was on, scheduled for April 19, last Wednesday. I'll tell you how that went next

week. I'm only in day three of recovery at home so I don't have much to share yet.



# Back in the day...

**STIFEL**  
(800) 829-2827

Think you're in the know about our weekly photo offerings here in Back in the Day? If you are the first person to correctly identify a photo, you will receive a \$10 gift certificate to spend at a local business.  
Vickie Miller, CPA, CFP® | Vice President/Investments Ryan Barrick, MPA | Financial Advisor  
Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | www.stifel.com



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.

**10 years ago**  
**May 1, 2013**

After hearing testimony from a dozen people, spanning over two hours, Judge Michael Carroll, on April 30, said he would make a ruling later in the week regarding whether to grant bail to Timothy Little of Villa Grove, who is accused of making threats to harm North Ward schoolchildren in January during a heated argument with his wife, Sarah Little.

It's guaranteed to be a magical evening on Sunday, May 5 when the Tuscola Chamber of Commerce's annual dinner takes place. Entertainment for the evening is Dennis Watkins, an award-winning, third-generation magician from Chicago.

**20 years ago**  
**April 29, 2003**

Tuscola High School students enjoyed prom activities at the new North Ward Elementary School this year. Seniors Steve Fox and Brittany Alexander were crowned king and queen of the evening.

Factory Stores at Tuscola welcomed a new addition to the outlet mall, with a recent ribbon cutting for Casual Male Big & Tall store.

Rental rates for the Tuscola Community Building were raised, with Tuscola residents now going to be charged \$50 for two hours or less, \$75 for two to six hours

use, and \$150 for full-day rentals.

Anna Hettinger of Tuscola was the recipient of the 2003 Outstanding Undergraduate Student Award from the Dept. of Accounting at Illinois State University College of Business.

Tuscola's softball team continued its winning ways this week by adding three more victories to the total, two of them by the 10-run rule and another by an eight-run margin. Amanda Hance delivered the second no-hitter of her career in a six-inning shutout of the South Piatt Lady Wildcats.

**30 years ago**  
**April 27, 1993**

Supt. of Schools Jim Voyles announced at the April 26 school board meeting that, due to major downward reassessments of industrial property including Quantum, the district would suffer a 5.43 percent loss in total tax base. Converted to dollars, it would mean a more than \$3 million reduction in EAV.

Sharon Wax, owner of Petals & Plants in Tuscola and Newman, moved her Tuscola shop from Sale Street to 107 N. Main, formerly the Sears catalog outlet.

Both the boys and girls TCHS track teams flexed their muscles and took home the first-place hardware at their own invitational, the Tuscola Open. Sophomore

distance man Frank Tarantino came up huge with wins in the 1,600- and 3,200-meter runs. Speedster Kin VonLanken buried the field in both the 100- and 200-meter dashes, and anchored the winning 800 medley and 1,600-meter relay teams.

In the first game of a double-header against Atwood, freshman Matt Wingstrom had a brilliant game, going 4-for-4 at the plate with two runs scored, two stolen bases, and excellent defensive execution.

**40 years ago**  
**May 3, 1983**

Sagging walls were all that was left of the Ralph Hanners home, located one mile west of Galton, following a tornado that struck at 9:30 p.m. Sunday. Extensive damage was also done at the Harold Hackett farm one mile east of Tuscola on Route 36. Winds blew the roof off the granary and demolished a machine shed next to it, yet leaving two grain bins and another barn untouched.

Sarah Jane Stanfield and Sam Brandenburg were planning a June wedding, while Theresa Mattix and Steve Quinn had August nuptial plans.

Three Tuscola elementary students—Tisha Little, Jamie McDonald, and Missy Chappell—were named Authors of Merit in the eighth annual Parkland College Story Shop. TCHS senior Bruce Bird,

son of Paul and Betty Bird, was named the first recipient of the Ray William Scholarship award. He planned to attend the U of I, majoring in civil engineering.

Tuscola Warrior Tom Peach, in three at-bats, cracked two home runs and drove in six runs as Tuscola obliterated Sullivan 18-0 in five innings. Duff Hoel had two home runs as well, and John Brookins had one home run and four RBI.

**50 years ago**  
**April 26, 1973**

Tuscola voters gave Garland Strohl a decisive victory for mayor over his opponents, and Harold Scheu was elected city clerk for a four-year term, and Richard Parker was unopposed for city treasurer. Dean Mulligan was elected to the Ward 1 alderman seat, N.H. Wakefield to Ward 2, Mary Margaret Hance to Ward 3, and Thomas Morgan and Glen Smith to Ward 4.

Police Chief Larry Beam announced his resignation, effective April 30, and Milton Wirick was appointed chief pro tem.

Eleven TCHS students were recognized in Who's Who Among American High School Students. They included Kathy Romine, Pat Bissey, Jeri Wills, Pat Horn, Cynthia Bateman, Janice Kennedy, Ruth Ann Fauke, Larayne Dallas, Jim Lee, Kim Dillon, and Philip Jordan.

# Business Directory

To advertise in the  
**Business Directory, email**  
[jamie@thetuscolajournal.com](mailto:jamie@thetuscolajournal.com)

**PUT LOCAL BUSINESSES**

at the  
*Top of Your List!*

**EYE CARE**  
**Chittick Family Eye Care**

- Adult & Pediatric Eye Care
- Contact Lenses
- Custom Vision Correction
- Digital Retinal Exam
- Glaucoma detection and management

10 W. Adams • Villa Grove, IL 61956  
Office: 832-2111 Hours: Mon-Fri 8-5  
Medicare assignments accepted/Health Alliance Provider

**VETERINARY**  
**Four Counties Mobile Veterinary Services**

Kathleen M. Mcmanamon, DMV

House and Farm Calls  
Small Animal and Equine

Hours:  
Monday-Friday Noon-8 p.m.  
Saturday by Appointment  
Phone: (217) 834-3472

**Q.W.F Electric**  
**Electrical Work Wanted**

Upgrade your existing lights and 4-8 ft. Fluorescent lights to LED's and save \$

Call Dan at  
**217-722-2259**  
Licensed, Insured & Bonded

**INSURANCE**  
**AMERICAN CENTRAL INSURANCE SERVICES**

Group Employee Benefits

Individual Medical  
-Dental  
-Vision  
-Short Term  
-Life

**Sherri L. Stewart**  
Insurance Broker  
[sherri@americancentralins.com](mailto:sherri@americancentralins.com)  
**(866) 549-2247**  
304 E. Southline Rd., Suite A., Tuscola

**Hearing Aid Service**

...MEANS BETTER HEARING FOR YOU  
**Homer Community Building**  
500 E. Second St., Homer, Illinois  
**Wed., May 3, from 8 - 9 a.m.**

- Free Electronic Hearing Test
- Free Cleaning on ALL Makes and Models
- Battery Sales
- In Home Service on Request

**BELTONE HEARING AID SERVICE**  
816 N. Country Fair Dr, Champaign, IL 61821 • 359-3331 • M-F 8-4