

my Personal side

By Craig Hastings



I hope you read last week's column because this one picks up where that one left off. Tonight is day nine since my total hip replacement surgery. I reported to Carle Hospital at 5:00 a.m. last Wednesday for a scheduled 7:30 a.m. surgery. The surgery took place on time and about two hours later I remember waking up in extreme pain in my hip. I assumed by the way the recovery room nurse responded that whatever nerve block had worn off a bit early. In short order I was given something for the pain and I went back to sleep. The next time I woke up, all was well as far as the pain I was feeling. I was eager to leave but first there was a series of things I would have to be able to do. A short walk, a few stair steps, and a series of questions and answers and I was ready to get dressed.

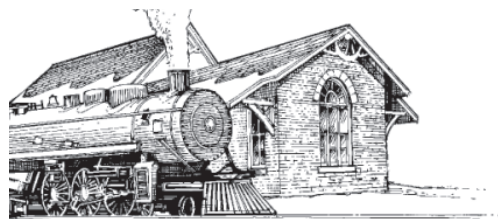
Getting dressed was a challenge. My right leg was essentially nothing more than a heavy log that was difficult and painful to move. I gave up trying to put my socks and shoes on because leaning or bending over was absolutely prohibited with a new hip. That really didn't matter because the pain when trying to bend over was more than I could stand anyway. After I was dressed and ready it was off to the curbside for pickup and my ride home. I live in a bi level house by myself so any direction into my house is a stair climb. That was interesting but I managed. Because I have twenty-seven staples in my hip there was no comfortable way to lay down or sit down. Everyone gets sent home with some sort of pain reliever but I'll tell you now, it wasn't enough so that I was able to get a good night's sleep. As a matter of fact I still haven't been able to sleep through a single night without getting up three or four times to take a walk around the interior of my home. It's the only pain relief I can get at night. It sounds odd but for me, it's the only relief I can get at night when I'm trying to sleep.

Getting out of bed in the morning is painful but much better now at day nine. Once I'm up and moving around it is reasonably comfortable. I used a walker to move around the day of my surgery but haven't needed it since. I followed orders not to shower but instead sponge bath in a sink for the first week. That lasted three days and ever since I've been getting in the shower. Getting in and out of the shower is the most cringe worthy thing I do because I live here by myself. I know that if I slip and fall I'll be headed to the emer-

gency room to relocate my dislocated new hip. And that would be after I managed to get to my phone! A Carle physical therapist made her visit forty-eight after surgery. Fortunately for me she concluded I was doing better than expected forty-eight hours post op. She coached me through several exercises and depending on how I was doing on her next visit I just might get released from home physical therapy sessions. She returned this last Wednesday morning and put me through the drills and decided that unless I took a turn backwards, she would release me. My next visit is this next Thursday to have my surgeon remove the twenty-seven staples.

I'm continuing to work hard at home with the exercises I've been given, maybe too much so. I'm not supposed to bend over past ninety degrees for fear of the new hip joint dislocating. I can't cross my legs for fear of the same. This is difficult because I can easily bend over past ninety degrees now and have been able since day four. I have to think about it every time I put shoes on so as not to be stupid and end up down and out on the floor in pain because the new joint dislocated. I'm at a point of going nuts because I'm stuck at home by myself and not supposed to be doing much at all. I'm ready for the next step forward for sure. I want to get back to work and feel useful again.

I want to reach out and thank everyone who has contacted me wishing me the best of luck with my recovery. Boyd checks on me about every other day and yes sir I appreciate the effort you make to check on me. I only used a walker one day but, that one day I needed it for sure. Thank you to the couple who were kind enough to allow me to borrow theirs. I've got two new police cars to get ready for service, including striping them and two others to strip out, remove the lettering, and get sold. I have much to do waiting on me and I'll be getting after it all once I'm released to do so. Any of you that find yourself in the position for a hip replacement, reach out to me and I'll tell you everything you might expect from day to day. Don't be dumb like me and wait too long. The pain I had before the surgery was worse than the pain I'm experiencing now. If you're told you need it, do it because the pain gets worse quickly. A big thank you goes out to Dr. Kawakita at Carle and the surgical staff who performed my surgery. I'm sure I'll be doing the left hip in the near future and I'll for sure request Dr. Kawakita perform my next one.



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

10 years ago May 8, 2013

Disaster has struck Douglas County, Garrett and Atwood specifically, and officials from throughout the county sit around a table in the county highway department shed in Tuscola, laptops lined up in front of them and maps of the affected areas dominated one side of the room, plotting strategy and coordinating efforts in reaction to the catastrophic event. The "disaster" is a hypothetical F-2 tornado dubbed the 2013 Goad Twister (named after county GIS/IT coordinator Jason Goad), but the nailing down of details in response to it is very real and quite specific.

The City of Tuscola is featured in the May issue of the Illinois Municipal Review magazine as part of its "Member Profile" series. Each month a different Illinois Municipal League (IML) member municipality is highlighted with historical and contemporary photos, along with a brief history and present-day information about the municipality. Tuscola has been a member of the IML since 1975.

Cystic Fibrosis may have been the diagnosis Erin Hettlinger Lindelof of Tuscola received at age 7, but it wasn't her legacy. A life vibrantly lived is what she is best remembered for, and her battle against the disease that ultimately and far too soon claimed her life at age 22 is still being fought by loving family members and friends in the form of an annual 5K race/walk to benefit the Cystic Fibrosis Foundation.

Amber Miller singled off one of the state's best pitchers at the bottom of the second, setting the table for a Lady Warrior comeback victory over one of the top teams in the state, dropping Shelbyville 13-5 this past Tuesday, April 30. Tuscola's softball team went down 4-0 before putting runs on the board in four of the next five innings to secure the Okaw Valley Conference victory.

20 years ago May 6, 2003

Tuscola High School science teacher Beth Chamberlain was recently named this year's recipient of the Davidson Award, presented annually to the outstanding chemistry teacher in Illinois. The honor came with a \$3,000 cash award.

Janet Weatherford of Tuscola was the winner of the \$20 Chamber of Commerce gift certificate from the Dig Up The Savings contest being held in conjunction with the downtown renovation.

Tuscola School Board members were wrestling with Sunday practices and increased school gym usage at a recent school board meeting.

Celebrity waiters turned out in all manner of apparel for the 2003 Chamber of Commerce



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.

annual dinner, which featured themed tables for attendees. Serving up fun along with the food were Dennis Swan, Angela Hastings, Jennifer Thomas, Mark Jacobs, Bill Hemmer, Bruce Hall, and Kim Higgins.

Lady Warriors track coach Mark Sweeney asked his girls for their very best efforts at the Tuscola Open and they responded, winning the 12-team meet by a 23-point margin. The boys team came up just shy of a 12th straight Tuscola Open victory, but included new course records set by senior Ryan Bonner in the 100 (10.96) and 200 (22.4).

The boys baseball team continued its steady march to the LOVC crown with three solid victories this week against conference opponents. They included a 6-1 win over second-place Arthur-Lovington, and 10-running Okaw Valley and Cerro Gordo.

30 years ago May 4, 1993

A standing-room-only crowd watched as Erica Holmes was crowned Miss Tuscola 1993. Kim Harris was named first runner-up, and Nichole Utterback second runner-up. The Ginger Allen Heretik Award (formerly Miss Congeniality) went to Holmes and Amy Kappes.

Scott Branca and Carrie Brian were named king and queen at Saturday night's junior-senior prom, held at the Round Barn Center in Champaign.

Recognized as Tuscola Woman's Club "Jewels" at the recent May Luncheon were Mary Ross, Doris Helm, Lucille

Burns, Mary Carmack, Edith Bozarth, and Martha Brown. The Jewel status signified reaching the 50-year membership milestone.

The Gem Theatre in Villa Grove was playing "Teenage Mutant Ninja Turtles" this week, and next week's movie would be "The Adventures of Huck Finn."

Sophomore Tracy Baird stepped in for the injured Toni Best at the Monticello Invitational, teaming up with Patty McDaniel, Holly Sluder, and Kim VonLanken for victories and meet records in the 800, 800 medley, and 1600-meter relays.

40 years ago May 10, 1983

After nearly eight years of conflict with area farmers, Illinois Power Company had yet to complete its proposed 35-mile power line between Sidney and Kansas, Ill. A committee of several Douglas, Coles, and Champaign county farmers had repeatedly blocked the line's construction through circuit and appellate court appearances and testimonies before the Illinois Commerce Commission.

Ambuc officers recently installed included Everett Groves as director, Gaylord Schweighart as sergeant-at-arms, Frank Hausmann as director, Mike Rogers as secretary, Don Moody as first vice president, and John Leamon as treasurer.

The Warrior 800-meter relay team of Mark Smith, Tom Dilts, Steve Bates, and Nate Izquierdo ran a 1:36.2 time to win that event and establish

the meet record at the annual Sullivan Redskin Relays. Meet records were also set by the sprint medley foursome of Izquierdo, Dan Meyer, Bates, and Smith; and the distance medley team of Scott Day, Jim Nayonis, Meyer, and Davis.

This week's baseball action left the Tuscola Warriors 10-3 overall and 6-3 in the Okaw Valley conference. Duff Hoel currently led the team in hitting with a .500 average. Close behind was Tom Peach at .415 and John Brookins at .414. Lee Grimm had 19 RBI for Tuscola.

50 years ago May 3, 1973

A new product, plastic grocery bags, was unveiled this week at Tuscola's USI chemical plant. IGA retailers were the first to use the self-standing sack, which was expected to revolutionize the grocery bag industry.

Douglas County farm advisor Dale Bateman was reporting that area farmers needed help, having lost a five percent advantage in yield by not being able to plant corn in April.

Hornet eighth-graders scored in every event Saturday to win that division of the Little Trojan meet in Charleston with 67 1/2 points. They won six events and set five new school records in the process: Steve Conner in the 440 (57.2); 440 relay team of Gordon Cross, Steve Conner, Kenny Hogue, and Mike Otto (49.9); Don Payton in the shot (48-3); Kenny Hogue in pole vault (9-6); and Doug McCro-

ry in the 880 (2:17.5).

Business Directory

To advertise in the

Business Directory, email

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

INSURANCE

AMERICAN CENTRAL INSURANCE SERVICES

Group Employee Benefits

Individual Medical

- Dental
- Vision
- Short Term
- Life

Medicare Supplement, Advantage, and Part D

Sherri L. Stewart
Insurance Broker
sherri@americancentrals.com
(866) 549-2247
304 E. Southline Rd., Suite A., Tuscola

Let Us Bring Things Into Focus

Accepting VSP, Eye Med and Medicare!

Tuscola Eye Care & Sullivan Eye Care

We offer quality, one-stop vision care for the whole family.

Jamison T. Boyd, O.D.

www.tuscolaeyecare.com

Tuscola 253-2220 902 South Court Suite 1	Sullivan 728-4451 108 E. Harrison
---	--