

REAL LIFE WELLNESS

By Dr. Bill Hemmer



Real Life Wellness 168
Your Health Your Way
One good thing which came out of the pandemic is most of us realize we must take control of our own health and be much more aware of what is good for us. Each of us is unique. We all come from different experiences, backgrounds, and bases of knowledge. But one thing we can all agree on is we want our health span to equal our life span.

The problem is we have all been lulled into a state of learned helplessness because of the confusing, contradictory, and false propaganda that has been published over the last 120 years about what a healthy lifestyle looks like.

I have been in practice 35 years, and it has taken me this long be able to write about these things in a way that makes sense to me. I can only imagine how hard it must be to try to make sense out of all this stuff if you don't focus on it every day like I do.

So, here is my attempt to make building and maintaining a healthy lifestyle easy. It comes back to a book I read many years ago called The Blue Zones, 9 Lessons for living longer from the people who've lived the longest by Dan Buettner. In this book, people who lived in these Blue Zones have three things in common. They eat Real Food. They Move every day. And they do both of those things surrounded by a Community.

Sound familiar? I don't see any reason to re-invent the wheel. What if there was a simple way to talk about those three things on

a regular basis so you could use spaced repetition (which is how we have all learned everything in life from talking to riding a bike) to make building a healthy lifestyle easy and fun.

The biggest obstacle we all face in building a healthy lifestyle is our current health-care system was never designed to keep you healthy. It was designed for you to slowly get sick and then go to the doctor so they can address the symptoms of your disease not the root cause of your disease. This is how they make money. If they took care of the root cause, you wouldn't need them anymore.

This system has been in place for about 120 years. This rescue-care health system is full of chronic-care patients that are not being treated properly. It is not a bad system, as a matter of fact, if I have an accident, injury, or severe infection, I will be the first person in line to engage in our current health model. We truly have the best system in the world for those problems.

But our current system is trying to put a square peg in a round hole. You must go to five different doctors for five different symptoms only to be given more tests and drugs that don't address the root cause of your chronic conditions.

My solution to this issue is easy. Educate yourself to the point you can take care of almost all your chronic health conditions yourself and use only use our rescue-care system when it is absolutely necessary. More on that next week.

Hook, Line and Sinker

With Tony Hooker

Happy Thanksgiving everyone!

As is my custom, I am putting my gratitude for the blessings in my life into writing this weekend before the holiday.

I am thankful that my kids will be able to gather and share dinner, laughter, and memories with us this week.

I am thankful that my grandson Henry will be able to join us for the first time this year. I heard somewhere that a grandchild fills a hole in your heart that you never knew you had, and I now know exactly what that means.

I am thankful for my lovely, understanding and oh so patient spouse. After 3 decades plus, she's heard all my jokes and stories, probably more than once, but she still indulges me, every once in a while.

I am thankful for my best buddies. Life is too short to fight through it alone, and these two dudes are a hoot to hang out with.

I am thankful for my mom and my stepdad. As Chaucer surmised, Time and Tide wait for no man, and it's taken its toll on them as they've roared into their 70's and 80's respectively, but I am blessed to still have their company and friendship.

I am thankful for Parkland College. I enjoy the professional opportunities it has given me; I cherish the colleagues with whom I toil, and most of all, I value my students. They're rock stars, and I'm glad they let me share a small part of their limelight.

I am thankful for the bounty that nature provides us all. To watch nature come alive from a tree stand or ground blind as the sun creeps over the horizon recharges my

soul's batteries. So too does a walk on the beach with the warm tide splashing over my feet.

I am thankful for this community that I choose to call home. It's not without its warts, nowhere is, but there are so many good, well-meaning people who dwell here. I love my neighbors and I love the direction the mayor has given the city. The world is changing quickly, and a modern approach to facing it was needed. I believe that the decisions that we have made over the past few years as a council will have us ready to face the next 100 years.

I am thankful for my past. In my mind, growing up in VG was about as idyllic as it could have been. The memories I made remain fresh and comforting as my classmates and I head into our sixth decade here on planet earth. It's not an exaggeration to say that in large measure, my time in the Navy made me what I am today, for better or for worse. Hopefully better! It afforded me the opportunity to see the world. It gave me a group of brothers whom I could depend on today if I needed them, even though it's been 40 years since we sailed together, and that's pretty cool.

Finally, I am thankful for my colleagues at the newspaper for giving me the weekly opportunity to 'data dump' the thoughts bouncing around in my head. The newspaper industry is changing daily, and I am glad that this one remains, no matter the format changes. Moreso, however, I am thankful for those of you who continue to read these ramblings. This is your newspaper, and your stories, and I'm thankful that you allow me to be a small part of it.

Pastor Stahl's Weekly Message of Faith



Hello Everyone!

I hope everyone has a Blessed Thanksgiving this year! Enjoy the Turkey and Dressing, Mashed Potatoes, Noodles, Sweet Potatoes, Scalloped Corn, and my personal favorite, Green Bean Casserole! A Blessing to everyone this year!

One of the Thanksgiving Traditions in Washington D.C. has always been the Presidential Pardon of the Thanksgiving Turkey.

Someone presents the President of the United States with a Turkey in a ceremony in the Rose Garden. The turkey may have a sign hung around its neck: "Good Eating, Mr. President!" Then the President will issue a formal proclamation, pardoning the turkey from being the main course at Thanksgiving, and sending it off to a petting zoo, where it will live out the remainder of its days fat and happy. The pardoning of the turkey was one of the last events President John F. Kennedy did in November of 1963, before he went to Texas, where he was assassinated. 60 years on November 22.

I discovered that the Pardoning of the Turkey got its start with President Abraham Lincoln. In 1862, the Lincoln's son Willie died. Mary and Abraham sat by his bedside and watched as death would not loose him from its grip. After Willie's death, President Lincoln became very close to his youngest son, Tad. Tad would accompany the President to Cabinet meetings and could go anywhere in the White House. The President loved having Tad around him all the time. One day, Tad

comes home with a turkey, and made the turkey his pet, even putting a leash around it. The turkey followed Tad around all the time.

On Christmas Eve, 1862, the White House Chef grabbed the turkey and was going to make it the centerpiece in Christmas Dinner the next day. Tad, of course, was very upset and ran to the President. "Dad, you have the ability to pardon prisoners. Can't you please pardon my turkey?" President Lincoln was very touched by Tad's request, and formally pardoned the turkey. I think the next day all they had was sweet potatoes and green bean casserole, but Tad's turkey had been pardoned. And so the tradition began.

As God Watched over the children of Israel in the wilderness, He Continues to Watch over us. God Has a Home for us, a House not made with hands, eternal in the Heavens. As we approach Thanksgiving this year, let us Thank the Lord for all the wonderful Blessings He Has Given us out of His Wonderful Abundance. For many of you, this may be the first Thanksgiving without a loved one. An empty chair at the dinner table that was filled last year. In the midst of the pain, in the midst of the tears, in the midst of the heartbreak, GOD IS THERE. CLING TO THAT WHEN EVERYTHING ELSE FALLS AWAY.

May God Bless each of you during this Season of Thanksgivings!

Blessings!
Pastor Jeff Stahl
Countryside and Ogden United Methodist Churches

Donations Needed for our Troops

New items are needed to fill at least 20 holiday boxes for soldiers from our area serving all over the world!

Items needed are: beef jerky, breath mints, playing cards, chapstick, chewing gum, hard candy, individual kleenex tissue, handwipes, life savers, puzzle books, word search books, and white socks.

No liquid is allowed in the boxes.

Boxes are located at St Thomas Church and the Philo Library.

Name and addresses are needed of soldiers currently serving.

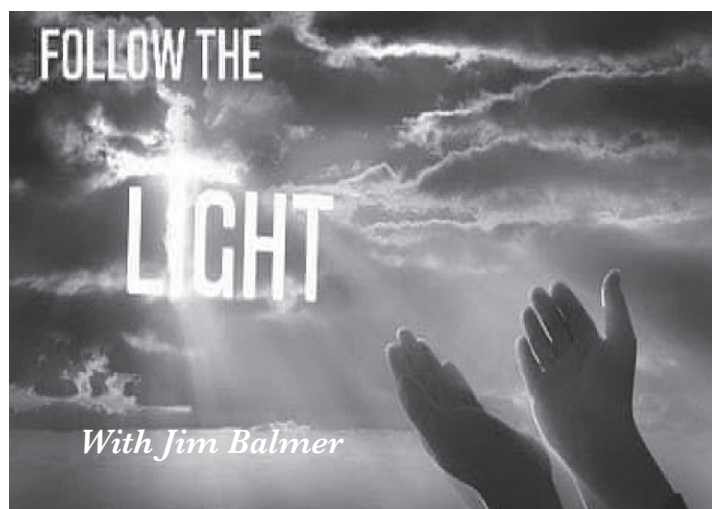
Monetary donations will help cover the cost of postage which is over \$20 per box.

If you have a name or a monetary donation please contact Barb Kleiss at 217-684-2336.

Southern Champaign County Today
A combination of the
Sidney Times • Broadlands News
Philo Booster
A product of
BETTER NEWSPAPERS, INC.

For Editorial or Advertising:
E-mail: jamie@thecounty-chronicle.com
Call or Text Ph.: (217) 369-1398
For Questions on Legals or Classified Page or to Place a Legal Notice or Classified Page Ad:
Call: 217-543-2151

Greg Hoskins, Publisher
Jamie Morse, Advertising/Editorial
jamie@thecounty-chronicle.com
Published every Wednesday
Distributed free to the communities
of Sidney, Philo, Broadlands, Homer,
Allerton, Longview, Pesotum and Tolono



Psalm 100
King James Version
100 Make a joyful noise unto the Lord, all ye lands.
2 Serve the Lord with gladness: come before his presence with singing.
3 Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we

are his people, and the sheep of his pasture.

4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

5 For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.

Area Church Services

<p>IMMANUEL LUTHERAN CHURCH 390 CR 2400E, Broadlands (217) 834-3289 Pastor Rev. John Sharp Sunday Schedule Service - 9 a.m. Sunday school and Bible classes - 10:15 a.m. (Aug. - June) Adult Bible Study Wednesdays - 9 a.m. (Aug. - June) Men's Bible Breakfast - 7:30 a.m. Second and Fourth Saturdays (Lincoln Street Lounge) •Youth Group•Sewing Circle• •Men's Club• Call the church office for more information.</p>	<p>FIRST CHRISTIAN CHURCH (Non-Denominational) "Come Rejoice With Us" 701 N. Sycamore Street Villa Grove, Illinois Phone (217) 832-5231 Fax (217) 832-9348 website: www.fccvg.com e-mail: fccvg@frontier.com Minister—Mike Zylstra e-mail: fccvgmin@frontier.com Open communion observed weekly Morning Worship Service: 9:30 a.m. Sunday School (all ages) 10:45 a.m. Jr. & Sr. High Youth Group 1st & 3rd Sundays 6:00 p.m. Wednesday Bible Study 6:30 p.m.</p>	<p>TOLONO UNITED METHODIST CHURCH 301 N. Bourne St. Tolono Pastor Gail Meyers Office phone: 217-485-3610 e-mail: tolonomethodist@msn.com Sunday Service 10:30am</p> <p>COUNTRYSIDE UNITED METHODIST CHURCH 1807 County Road 1000N, Urbana Between Sidney and Philo Rev. Jeff Stahl E-mail: cumc.office99@gmail.com www.countrysidemethodist.com Worship Coffee Hour- 8:30 a.m. Worship-9:00 a.m. Nursery Available during worship Wednesday Facebook Devotionals on Thursdays - 1:30 Crossroads Youth Group meets on the last Sunday of the Month from 5-6:30pm; dinner is provided. (Ages 7 & up) Please contact the office for more information 217-688-2422 "Love God; Love Each Other"</p>
---	--	--

To Add Your Church to the directory email:
jamie@thecounty-chronicle.com

Business and Professional DIRECTORY

The following Business and Professional People are ready to serve you. Call for their services.

<p>VETERINARY SERVICES</p> <p>Four Counties Mobile Veterinary Services</p> <p>Kathleen M. Mcmanamon, DVM</p> <p>House and Farm Calls Small Animal and Equine</p> <p>Hours: Monday-Friday, Noon-8 p.m. Saturday, By Appointment</p> <p>Phone: (217) 834-3472</p>	<p>EYE CARE</p> <p>CHITTICK FAMILY EYE CARE</p> <ul style="list-style-type: none"> • Adult & Pediatric Eye Care • Contact Lenses • Custom Vision Correction • Digital Retinal Exam • Glaucoma detection & management <p>10 West Adams Villa Grove, IL 61956 Office: 832-2111 Hours: Mon - Fri 8 - 5 Medicare assignments accepted/Health Alliance Provider</p>
--	---

This Could Be Your Ad!
Advertise in the SCC Today,
County Chronicle & More!
Call Jamie: 253-5086
or Email:
jamie@thecounty-chronicle.com
For more information on
AFFORDABLE ADVERTISING