

August 2016

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**Meeting**

4:30 p.m.

**August 11**

 City Council  
Chambers

### *Business Spotlight: Merle Norman Cosmetics and Boutique*

A highly reputable product and a highly beloved co-worker were two of the big factors leading to one of Carmi's Main Street businesses changing hands back in 2007.

And two of the reasons it's flourished ever since.

Jo Haley had been working in the banking industry for 27 years, but decided to purchase the local Merle Norman Cosmetics store at 325 E. Main Street in Carmi in '07.

"I've been using Merle Norman products since about 1983," Jo explained. "It's a product I have always believed in, so I felt like I could do a good job in the business. Mary Winter owned the store and was looking to retire. I was at the stage in my life that if I was ever going to do anything in my life besides banking, this was the time to do it."

"I would not have bought the business if my mom [Ann Niekamp] was not also interested in it. She was interested in helping me and she did for seven years until she couldn't any more due to health reasons. She really enjoyed it."

"When we took over the store, we went to home office training. We spent 17 days in L.A. and really enjoyed it. Mom was here to work for me if I ever needed to be someplace else. It was wonderful that we had those years together. I wouldn't trade them for anything."

Although Merle Norman Cosmetics is the biggest draw, it is not the only line of merchandise at Haley's store. There is also a nice selection of home décor items and clothing in the boutique section.

Merle Norman, who opened her first store in Santa Monica, CA in 1931, was a trend-setter in that she started the concept of a studio where ladies came in and tried out cosmetics to find what they liked. Today, there are over 2,000 Merle Norman stores in the world. (Continued on page ...)



Jo Haley of Merle Norman Cosmetics.

## Merle Norman continued...

"It's a very good company," said Jo. "They stand behind their product. They guarantee everything. If we have a problem with something or if someone doesn't like something they purchase, they bring it back and we find something that will suit them. And the company backs all of that."

"It's a good product at a fair price. It's been around 85 years. Merle Norman developed the three steps to beauty, which we still sell today: a cleansing cream, a facial mask and a foundation. The company has really kept up with technology and new ingredients, and has kept up to date with skin care and foundations. We have 16 formulas of foundation, so we have something for everybody."

Jo is a former President of the Carmi Chamber of Commerce, having served in that capacity in 2008-09, and a firm believer in its mission to serve the businesses of the town.

"If you're in a town and have a business on Main Street, you need to be involved with the Chamber of Commerce," she said. "Support it, one way or another. If you don't want to serve on the board, then you can still support it in other ways."

"When I was on the board and trying to get new members, I was faced with the question of 'What's in it for me?' a lot. And I would tell them the more members we have and the larger we are, the more the Chamber can do."

When she's not working, Jo has another passion that she pursues in her spare time: competitive crappie fishing with her husband, Henry Bob Haley.

The two fish the Crappie U.S.A. fishing circuit. Henry has been doing so since 1988 and is a past national champ. Jo started fishing with him in 1998.

"I had done some pond bank fishing as a kid with my dad and uncles, but I had never actually fished out of a boat until I started fishing with Henry Bob," said Jo, who has teamed with Henry for a couple of second-place finishes at Nationals. "Every time we enter a tournament, we're fishing with the best crappie fishermen in the country, whether we're at Kentucky Lake or Alabama or wherever."

"Yes, we've been successful at the tournaments, but the thing that we like the most about it is the people we have met and the friends we have made from throughout the country. Fishing tournaments are a lot of work. That's why a lot of teams come and go. Henry's been doing it for 30 years and I have for 20. Fishing is a humbling activity. There are so many factors involved."

"The work side of it is always overshadowed by the fun that we have, though. We don't allow ourselves to get bogged down in the tension of it."

Jo Haley's Merle Norman shop is open from 10 a.m. to 5 p.m. Tuesday through Friday, and from 10 a.m. to noon on Saturdays.

For the past three years, Jo has been joined at the shop by Chelsey Devoy, who works two days a week.

You can find the store on Facebook by searching for "Merle Norman Carmi." The shop can be reached by telephone at 618-382-4922.

## *From the Desk of the Executive Director...*



**Holly  
Healy**  
**Executive  
Director**

This year's fireworks show truly took a village. Due to the amount of rain on July 3 we needed to protect the horse track at the fairgrounds with plywood. Thank you to Toby Brown for making a connection to have Jeremy Courson open Carmi Lumber (not once, but twice) so we could get the plywood needed.

Thank you to Larry Hite and Mike Young for arranging the use of a 4-wheeler so Melrose Pyrotechnics could get the fireworks across the track, on plywood, to set up the show.

Please understand, if Carmi Lumber and Larry and Mike had not helped on July 4<sup>th</sup>, you would not have had a fireworks show.

Of course, it goes without saying, our sponsors also make the show possible— and they are listed on the next page. Thank you also to Botsch and Associates CPA's and Carmi Lumber Company for donating the plywood.

Larry Hite and the Carmi Fire Department go above and beyond each year to make the annual fireworks show happen starting preparations well before July 4th. I appreciate all they do.

The Carmi Police Department also go above and beyond each year. I appreciate all they do as well.

Finally, thank you to my husband Phil, who willingly (with bronchitis) helped drag around plywood for two days. If he and Toby (who helped us put it down) and a few folks at the fairgrounds (who helped us pick it up) had not helped... well... I'm not sure I could have done it alone.

We are blessed to be in a community where we help one another. I believe this year's fireworks show is a true example of the good in our community.

-Holly



14 of the 16 sheets of plywood used for the July 4th fireworks.

AND...On a humorous note, Phil and I did manage to drop a sheet of plywood on my leg. I'm blaming him for the bruise that followed.

# Thank you to our 2016 Fireworks Sponsors

## Celebration Sponsor



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Matheny State Farm Insurance, Carmi Family Dental, Banterra Bank,  
Yesterday's Drive In, Carmi Veterinary Clinic, R Energy LLC, Campbell  
Funeral Home, Gholson Chiropractic, Pundrake's

## Youth edges out experience at Young Leader Pistol Shoot

Nineteen shooters from throughout Illinois gathered for the 6th Annual Young Leader Pistol Shoot, coordinated by the White County Farm Bureau Young Leader Committee. The event was held on Saturday, July 16 at the Carmi Rifle Club and featured shooters of all ages and experience.

In the "Speed Steel" Competition, shooters had to work their way through five stations with five steel targets each. Individuals shot five rounds at each station. Time was kept for each round, with the slowest time at each station being dropped. The lowest overall time won the competition.

In the adult division, Brian Fawcett from Mt. Vernon, IN won the division with a total time of 67.90 seconds. Second place went to Les Cline of Cisne, IL with a time of 71.99 seconds. Tim Armstrong from Tunnel Hill, IL took third place with a time of 74.52 seconds. Fawcett won a brick of .22 ammunition for winning the division.

In the youth division, Trevor Armstrong from Tunnel Hill, IL took first with a time of 66.72 seconds, edging out the competition in both the adult and youth divisions with the best time of the day. Second place in the youth division went to Case Winter of Carmi, IL with a time of 163.81 seconds. Armstrong won a brick of .22 ammunition for winning the division.

All of the shooters were given one ticket for the grand prize drawing of a Browning BuckMark .22 target pistol. The top three shooters in each division were given extra chances. Sheryl Lane of Kinmundy, IL was the winner of the pistol. The Young Leader Committee would like to thank Justin Johnson and The Gun Room in Norris City for their assistance in obtaining the pistol.

Here's a roundup of the shooting times for this year's event (in seconds)... Trevor Armstrong 66.72, Brian Fawcett 67.90, Les Cline 71.99, Tim Armstrong 74.52, Eric Zachman 81.07, Tom Gordon 84.87, David McTaggert 89.52, Gordon Simpson 90.82, Jeromey Toombs 95.82, David Johnson 96.15, Sheryl Woodham 97.87, Doug Fly 105.03, Margie Holmes 107.08, Doug Anderson 111.51, Sheryl Lane 132.15, Ralph Duvall 133.14, Ryan Williams 133.73, Dale Magnum 135.94, and Case Winter 163.81.

Following lunch, shooters gathered for the second contest of the event. The "Display of Marksmanship" contest tested the shooter's ability to hit a 12" target at 25 yards using the same gun they used in the speed competition. Each shooter had 10 shots, with no time limit. First place in the Marksmanship competition went to Les Cline of Cisne, IL with a score of 87. Second place went to Tim Armstrong of Tunnel Hill, IL with a score of 85. Third place went to Trevor Armstrong of Tunnel Hill, IL with a score of 78. Les Cline won a brick of .22 ammunition for his top score.

Here is a rundown of the scores for the Marksmanship competition... Les Cline 87, Tim Armstrong 85, Trevor Armstrong 78, Doug Fly 76 X-1, Sheryl Woodham 71, David Johnson 69, Tom Gordon 62 X-1, Brian Fawcett 58 X-1, Margie Holmes 54, Gordon Simpson 48, Jeromey Toombs 43, Eric Zachman 42, Doug Anderson 42, Case Winter 19, Sheryl Lane 13, Dale Mangum 10, and Ryan Williams 8.

We couldn't hold this event without our sponsors. HARVEST SPONSORS for the 2016 Young Leader Pistol Shoot COUNTRY Financial, Farm Credit Services, and Yesterday's Restaurant and Catering. GROWTH SPONSORS for 2016 were Botsch and Associates, Burnt Prairie Fertilizer, Citizens National Bank of Albion, Citizens for Dale Righter, Consolidated Grain & Barge, Don's Bumper to Bumper, Roark Trucking, Scates Valley Irrigation, and Wabash Valley Service Companywith assistance from the Carmi Rifle Club and The Gun Room at Indian Creek RV.

Proceeds from the Young Leader Pistol Shoot will support the annual Young Leader Collegiate Scholarship as well as the committee's participation in other county and state Young Leader programs.

Additional pictures from the event are posted to the organization's website at [www.whitecfb.com](http://www.whitecfb.com) and on the organization's Facebook page.—Submitted by White County Farm Bureau. (Photos follow on next page.)

## Young Leader Pistol Shoot Photos



**Winners of the 6<sup>th</sup> Annual Young Leader Pistol Shoot – Trevor Armstrong, Tim Armstrong, Brian Fawcett, Sheryl Lane, Les Cline, and Case Winter.** (Photo provided.)



**Young Leader Pistol Shoot.** Nineteen shooters gathered for the 6<sup>th</sup> Annual Young Leader Pistol Shoot on July 16 at the Carmi Rifle Club. Shooters competed in two events, a Speed Steal competition and the Display of Marksmanship. The event was hosted by the White County Farm Bureau Young Leader Committee. (Photo provided.)

## Kiwanis Club Hears from John Moreland, New Owner of Carmi McDonald's



John Moreland, new owner of the Carmi McDonald's, speaks to the Carmi Kiwanis Club. (Photo Credit: Toby Brown.)

John Moreland started his professional career in the Air Force. He wanted to honor his father, who had lost his life as a fighter pilot in World War II. It's safe to say Pops would be beaming now over his son's accomplishments.

One of the largest employers in Southern Illinois, Moreland is the owner of 12 McDonald's franchises in the area, including his newest acquisition in Carmi. He was the guest speaker at Thursday's Carmi Kiwanis Club meeting, where he shared some fascinating facts about the restaurant empire for which he works and the path that led him to it.

Moreland, who grew up on a farm in Northwestern Iowa, also owns McDonald's restaurants in West Frankfort, West City (just outside of Benton), Herrin, McLeansboro, Johnston City, two in Marion, Carterville, Harrisburg, Fairfield and Albion. He employs about 800 individuals today and estimates he has employed around 30,000 during his 50-plus-year career.

"We have the lowest turnover of any operating group in our region, which is made up of over 600 McDonald's," said Moreland. "We take good care of our people. Our average general manager has been with us for over 20 years. I have one that's been with us for 35 years. All of my senior staff has well over 30 years with us."

"The key to being successful in business today is your people. You can do a lot of other things, but if you take care of your people, they'll take care of you."

Moreland's road to entrepreneurship was one less traveled, to say the least.

After high school, he spent a year at Iowa State University before becoming an intelligence instructor for the Air Force in Turkey. He lived just outside of Istanbul and was stationed there during the infamous coup d'état of the government in 1960 (another coup d'état was attempted in Turkey earlier this month).

Moreland eventually traveled all throughout the Middle East before returning to the U.S., where he was stationed at a base in Austin, Tex. during the Presidency of Lyndon Baines Johnson, who was born about an hour away in Stonewall. Moreland got to meet the President and most of his cabinet, too, on several occasions.

Moreland decided to finish his education at the University of Texas, where he majored in Modern City Growth.

After graduation, he went to work for a McDonald's in Austin at a time when there were only two McDonald's in the whole state.

He quickly worked his way up the chain and became an area supervisor, then opened up an in-house advertising agency.

He later moved to Milwaukee, Wisc., where he was a supervisor, then became Director of Marketing and Sales for the entire Milwaukee area. (Continued on next page...)

## McDonald's Continued...

He decided to buy his first franchise in 1980 and opted for the West Frankfort location when it became available. He still resides there today with his wife, Mary, who serves as the volunteer girls' golf coach for Frankfort High School and is President of the local school board. The couple has two children, Michael and Stephanie, who are also in the business.

Moreland is President of the Tri-State Co-op, which consists of 54 franchises in Southeast Missouri, Western Kentucky and Southern Illinois, and also belongs to the Evansville, Ind. Co-op.

In 1995, he was awarded the prestigious Golden Arch award, which goes to only the top one percent of operators in the world.

"Our every-day goal is to provide good food in a clean and healthy place," said Moreland. "We try to do that every day and are very proud of that."

Some of the interesting facts Moreland shared about McDonald's nationally and globally included:

- Over 100 billion hamburgers have now been sold.
  - One billion pounds of beef are consumed by McDonald's customers in the U.S. alone each year. That makes them about 14 of 15 percent of the beef market in the country.
  - The company purchased 5.5 million head of cattle last year.
  - Nine million pounds of French fries and one billion cups of coffee are sold around the world each day.
  - A new restaurant opens every four hours somewhere in the world.
  - McDonald's is the nation's largest owner of retail property.
  - It employs one million workers in the United States every year, more than any other American organization, public or private. One in eight American workers has been employed by McDonald's.
  - It is the nation's largest purchaser of beef, pork and potatoes, and second-largest purchaser of chicken.
  - McDonald's sales are larger than its nine closest competitors combined.
- Submitted by Kiwanian Toby Brown
- 

## Your 2016 farmland taxes will be higher, learn why

Are you wondering why your White County farmland taxes are higher this year? Are you having trouble understanding the complicated formula used to calculate your farmland assessments?

The White County Farm Bureau, in cooperation with the Illinois Farm Bureau, is hosting an informational program, titled "Changes to the Farmland Assessment Law". Brenda Matherly, Assistant Director of Local Government with the Illinois Farm Bureau, will discuss the recent changes to the farmland assessment formula, and explain how those changes have impacted your 2016 property tax bill.

The program will be held at the White County Farm Bureau office in Carmi on Monday, August 15 beginning at 7:00 p.m. There is no cost to attend. RSVP's are requested. Please call the Farm Bureau office at 382-8512 and let us know if you will be attending.

## *Joyner Therapy Services Awards Gym Membership*



Joyner Therapy Service Awards Barb Walthers a 3 month gym membership. Barb was the winner of the drawing from entries received at the Relay for Life. In the attached picture you will find Dr. Jessica Cook, DP, DPT, providing instructions on the proper usage of the gym membership. (Photo provided.)

## *Dr. Jessica Cook Addresses Carmi Kiwanis Club*

On 06/30/16, Dr. Cook presented an informative presentation to the Carmi Kiwanis Club regarding the importance of education in the physical therapy industry.

Some of specialized education which is offered at Joyner Therapy Services (JTS) is: work ergonomics, body mechanics, and injury prevention. JTS takes the “Whole Body Approach” to therapy, and the therapists work with their patients to develop a plan to meet each individualized need. Through the use of an innovative therapy called ASTYM, problems such as scarring, fibrosis, and degeneration are addressed. These problems may develop as a result of trauma, surgery, or overuse. The use of ASTYM stimulates the body to regenerate soft tissues, decreases pain, and improves your range of motion. Currently Joyner Therapy Services is the only business in Carmi which offers this service.



Dr. Cook gave a quote at the luncheon from Biochemist, Dr. Ida Rolf that said, “Where you think it is, it ain’t!” She discussed how you may have hip pain that is directly related to an old back injury, and perhaps you can fix the back problem and help the hip pain go away. The therapists treat these dysfunctions through the ASTYM therapy approach offered only in

Carmi at the JTS office. Dr. Cook uses the instruments you see in the picture above, to stimulate the body’s restorative mechanisms to promote healing. Along with specific stretches and exercises the body will heal in a way that will allow you to do what you want without pain!!! -Photo and story submitted by Joyner Therapy Services.

**Stop by our office at 108 April Ave or call us at (618)382-2771 for more information.**

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## Carmi Kiwanis Club Hears from White County 4-Hers

Few, if any, organizations can match 4-H when it comes to generational loyalty.

... Especially in a small, farming community such as this. It's a family heirloom in the form of a club.

The projects may have evolved from the corn and cooking clubs of past generations to today's more advanced realm of drones, robots, computers and 3-D printing, but the bond between generations remains as strong as ever, as mothers and fathers work with daughters and sons to prepare their projects for their annual show.

Carmi's Kiwanis Club got to hear from some local second-generation 4-Hers at its weekly meeting Thursday in the Farm Bureau building. Kiwanian Amy McCarty is the Program Coordinator for the White County 4-H program, and she brought her daughter, Grace, and seven other children of current Kiwanis Club members to speak about their upcoming projects for White County 4-H Week, to be held July 9-13.

"Our clubs are active in community service and continue to make an impact," said A. McCarty. "Whether it is cleaning out flower beds at the local nursing home, placing flags at veterans' graves in honor of our fallen soldiers on Memorial Day, preparing a sweet treat for seniors around Valentine's Day or writing cards and letters to soldiers overseas, our members are making a positive impact in our communities."

White County is celebrating its 95th year of 4-H and is currently enjoying a healthy enrollment, according to A. McCarty.

"We currently have six active clubs in our county," she said. "The Grayville Go-Getters, Crossville Prizewinners, Centerville Ripsnorters, the Mad Hatters, Enfield Blue Ribbon and the 76 Clovers of Norris City. We also have a very active Shooting Sports SPIN Club and now a White County 4-H GIFT Garden SPIN Club."

Some 120 White County 4-H members are enrolled in over 704 exhibits for the upcoming White County 4-H shows. Members display their projects, are interviewed by a judge and receive a rating based on the overall quality of the project and interview. According to A. McCarty, the ultimate goal for every 4-H member is to be selected as a Best of Show winner, state fair delegate or grand champion.

Besides G. McCarty, the other 4-Hers who spoke were Annsley Healy (daughter of Kiwanian Holly Healy), Payton and Trey Dixon (children of Kiwanian Amy Dixon), Issie and Abbie Bryant (daughters of Kiwanian Sandra Bryant), and August Saunders (son of Kiwanis President Alan Saunders).

G. McCarty displayed one of her sewing projects, A. Healy brought along a chair she had recently painted for visual arts, P. Dixon was accompanied by her dog, Jax, that she has trained and also displayed one of her art pieces, T. Dixon talked about the sheep he will be showing, I. Bryant displayed one of her sewing projects, A. Bryant displayed one of her paintings for visual arts, and Au. Saunders talked about a heifer he will be auctioning off.

For additional information on 4-H, one may contact the White County Extension Office at 382-2662. -Submitted by Kiwanian Toby Brown



Pictured above are the White County 4-H members who were guests at Thursday's Carmi Kiwanis Club meeting, all of whom are the offspring of current Kiwanians. Pictured left to right are Amy and Grace (holding her sewing project) McCarty; Phil, Holly and Annsley (standing next to the chair she painted) Healy; Abbie (holding her painting), Eli, Sandra and Issie (holding her sewing project) Bryant; Eric, Amy, Payton (holding the leash of her dog, Jax, and Trey (holding a photo of his sheep) Dixon; and August and Alan Saunders. A. McCarty, H. Healy, S. Bryant, A. Dixon and Al. Saunders are all Kiwanians, and all but Saunders were 4Hers themselves as youngsters. (Photo credit: Toby Brown.)

## Chamber Seeking Nominations for Citizen of the Year and Large and Small Business of the Year

Preparations for the 72nd Annual Chamber of Commerce Dinner, to be held on October 3, 2016, are underway. The Carmi Chamber of Commerce is once again asking for nominations for Citizen of the Year and Large and Small Business of the Year- awards that will be one of the highlights of the annual dinner.

Since 1957 the Chamber has recognized a member of the community as Citizen of the Year for their good deeds and community spirit. The recipients have come from many walks of life, but they all have one thing in common—they have made Carmi a better place to live.

Once again this year, the Chamber will also be honoring a small and large chamber member business. When making your nomination keep in mind the activities and significant contributions these businesses have made to the City of Carmi. A list of Chamber member businesses may be found at [www.cityofcarmi.com/the-chamber](http://www.cityofcarmi.com/the-chamber).

Letters submitting nominations for Citizen of the Year and Large and Small Business of the Year should be mailed to 225 E Main Street, Carmi, IL 62821 or may be emailed to [chamber@cityofcarmi.com](mailto:chamber@cityofcarmi.com).

Nominations must be received by August 31, 2016 to be considered.



2015 Citizen of the Year, Jack Martin (center), with Chamber Vice President Caleb Hughes (left) and Chamber President Andy Acord (right) at the 2015 Annual Dinner.

## *Reservations Needed for Chamber Dinner*

The Carmi Chamber of Commerce will host their 72nd Annual Dinner Monday evening, October 3 at the First Christian Church. The event will begin with a social hour at 6 p.m. with dinner to be served at 6:30 p.m.

This year's event will once again include the State of the City address which will be delivered by Carmi Mayor Jeff Pollard. The evening will also include the announcement of the Carmi Citizen of the Year along with the presentation of the Large and Small Business awards. The night will also include the introduction of five new directors who will assume their duties in October.

This year's featured speaker is Tracy Orr, Facilitator of the White County CEO Program. She will be speaking about the progress of the CEO Program in White County.

Pre-paid reservations are currently being accepted at the Carmi Chamber of Commerce office. Chamber Executive Director Holly Healy noted invitations will be mailed August 16, but anyone who would like to attend the dinner may do so by calling or visiting the Chamber office to reserve a seat at a cost of \$20 per person. Pre-payment is required. The table service meal will include a pre-selected choice of prime rib or buttermilk pecan chicken.

Reservations are required by September 23rd to provide a proper meal-count. One may make reservations by phone at 382-7606 or e-mail at [chamber@cityofcarmi.com](mailto:chamber@cityofcarmi.com) and arranging for payment or mail the reservation along with payment to Carmi Chamber of Commerce, 225 East Main Street, Carmi, IL 62821.

In preparation for the dinner, Chamber of Commerce is once again asking for nominations for Citizen of the Year and Large and Small Business of the Year. A list of Chamber member businesses may be found at [www.cityofcarmi.com/the-chamber](http://www.cityofcarmi.com/the-chamber). Nominations for these awards should be sent to the Chamber office no later than August 31.



# Ferrell Hospital

## SURGICAL SERVICES



WE'RE PROUD TO ANNOUNCE:

# WE'RE GROWING

## MEET OUR TEAM OF EXPERT SURGEONS



**Janna Pathi, MD**  
*General Surgery*

Dr. Pathi is a graduate of Gandhi Medical College in Hyderabad, India. He performed his residency at St. Thomas Hospital in Akron, Ohio and Fairview General Hospital in Cleveland, Ohio where he served as chief resident during his final year of residency. Dr. Pathi has more than 41 years of experience in the surgical field.



**Samir Abdo, MD**  
*General Surgery*

Dr. Samir Abdo is a resident of Eldorado, IL. He earned his medical degree from the University of Wisconsin Medical School, and performed his Internship and residency at Akron General Medical Center in Akron, Ohio. Dr. Abdo comes to us with more than 40 years of surgical experience.



**Cary L. Hanni, MD**  
*General Surgery*

Originally from Decatur, IN, Dr. Hanni received his Doctorate in Medicine from the Indiana University School of Medicine. He completed his graduate training at Michigan State University followed by a fellowship in general surgery at St. Vincent Hospital in Indianapolis, IN. Dr. Hanni has over 38 years of experience in his field.

618-297-9623 | [www.ferrelhosp.org](http://www.ferrelhosp.org)



## Another great success!



“Everyone at WCTMC is wonderful, professional and caring. They have given me so much of my strength back.”

— Nancy Mitchell

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### *Construction Continues at Wabash Christian Therapy and Medical Clinic*



"Are you as excited as we are?! Construction continues to rapidly progress; shooting for a September opening!!! We LOVE being able to make more room to better serve our community, and provide ample services for our patient's needs." -Submitted by Wabash Christian Therapy and Medical Clinic

**Do you care for someone diagnosed with Alzheimer's disease or a related dementia? Are you looking for information and support?  
You are not alone.**

# **alzheimer's association support group**

**Alzheimer's Association Caregiver Support Groups provide emotional, educational and social support for family and friends of individuals with Alzheimer's disease and other, related dementias.**

**2pm, 3rd Monday of Each Month**

**Wabash Heritage Apartments**

**548 Abelson Drive, Carmi, IL**

**Cathleen Garner @ (618) 382-4644**

These support groups are intended for family caregivers of individuals in the middle to later stages of Alzheimer's disease/other dementias. For more information, call the Alzheimer's Association, Greater Illinois Chapter at 800.272.3900 or go to [alz.org/Illinois](http://alz.org/Illinois) and click on 'Support Groups'

**alzheimer's  association®**

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## WHO SHOULD ATTEND

Anyone with a chronic health condition OR anyone who is a caregiver for someone with a chronic health condition such as:

- Arthritis
- Heart Disease
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- Lung Disease
- Diabetes
- Emphysema
- Parkinson's
- Others

## WHAT YOU'LL LEARN

- Building a more effective relationship with your doctor
- Dealing with pain, frustration, isolation, lack of energy
- Exploring an exercise routine
- Communicating with family and friends about your condition
- Eating tips to help you feel better
- Managing your medications
- Setting and achieving goals
- Solving problems



*Developed at Stanford University, the research has shown:*

- Reduction of days in the hospital
- Reduction of emergency room visits
- Increased feeling of control of your life
- Increased energy levels
- Significantly improved overall health status

**Class meets every Wednesday for 6 weeks  
beginning on August 3, 2016  
from 2:00-4:30 pm  
at Trinity Assembly of God-  
Fellowship Hall  
1600 Saunders Ave., Carmi, IL 62821**



This program is a collaborative effort of the DTRTs of the lower 15 counties of Illinois.

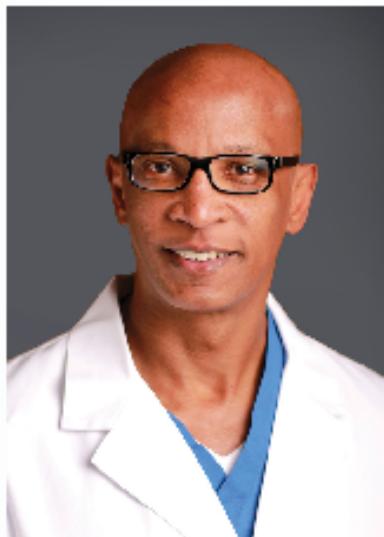


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**Tatiana Ramirez, MD**  
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\*according to 3Q 2015 Illinois Critical Access Hospital outpatient customer satisfaction survey of HMH patients  
These providers are independent contractors and are not employees of HMHD.

# Golf Scramble to benefit our residents

**Friday, September 16**

Registration 7:30 am • Tee Off 8:30am

Proceeds will be used to  
purchase a Cook & Hold Oven

**Carmi Country Club**

883 Country Road 1350N  
Carmi, IL 62821



Register online at:

**www.wcrcconnect.org**



wabash **christian** retirement center

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9:30A.M.-1:30PM.

**Higher Education**



Whether you are in Business, K-12 Education, Workforce Development or Higher Education, we all play a critical role in developing the region's workforce to produce high quality employees. Please join us for a symposium to talk about the Greater Wabash region and what leaders in your community are planning to do to help address some of the skills gaps of the workforce in our region.

REGISTER ONLINE AT: [www.gwrpc.com](http://www.gwrpc.com)

*Lunch provided by Two Chicks and a Spoon  
Program sponsored by U of I Extension, USDA Rural Development, DCEO, and Greater Wabash Regional Planning Commission*

*University of Illinois Extension and the U.S. Department of Agriculture provide opportunities in programs and employment.  
Reasonable accommodations for persons with disabilities will be made if requested at least 2 weeks in advance.*

*Contact Sarah Mann at (618) 445-3612*

**August 2016**

*August 1-6– White County Fair*

*August 16– Chamber Ballots Mailed*

*August 16– White County CEO class begins*

*August 30– Ballots due in Chamber office by 10:00 am*

*August 31– September Newsletter Deadline*



**225 East Main Street**

**Carmi IL 62821**

Phone:

**618-382-7606**

Email:

**chamber@cityofcarmi.com**

Website:

**www.cityofcarmi.com**

## **2015-2016 Chamber Officers**

Andy Acord	
President	
Caleb Hughes	
Vice President	
Toby Brown	
Secretary	
Bryan Cowling	
Treasurer	
Debbie Hoskins	
Past President	
Holly Healy	
Executive Director	

## **2015 - 2016 Board of Directors**

Kara Kessler.....	2013-2016
Megan Goff .....	2013-2016
Kendall Dale .....	2013-2016
Jeremy Jordan.....	2013-2016
Whitney Barbre.....	2014-2017
Heather Price .....	2014-2017
Brock Bolerjack.....	2015-2019
Keith Botsch.....	2015-2019
Ryan Mitchell.....	2015-2019
Dr. Jonah Rice .....	Ex-Officio
Mayor Jeff Pollard.....	Ex-Officio
Emily Brown, CWCHS.....	Ex-Officio