

# STRAIGHT FORWARD & ON TARGET

## Local Business News You Can Use

### Inside this issue:

Pg. 3.

ED Report

Pg. 4-5

Radio Auction

Pg. 6

HMHD

Pgs. 7-9

SIC

Pgs. 10-13

WCRC

Pg. 14

New Members

Save the Date

Pg. 15-16

Shop Local

Pg. 17

Beauty and the Beast

Pg. 18

Scholarship Info

Pg. 19

CEO Visits Huck's

Pg. 22-24

Joyner Therapy

Pgs. 23-26

Escapes Travel

Pg. 31

Coming Events

**MARCH 2017**

### *Business Spotlight: Joyner Therapy Services*

Our March Business Spotlight is Joyner Therapy Services located at 108 April Avenue in Carmi. The business is in the same office complex as Caleb Hughes' Edwards Jones office, which is right across the street from CVS. The owners of this family-owned business are Dr. Brian Joyner and Mrs. Lana Joyner. Dr. Joyner and his staff opened the clinic in Carmi in December of 2012, with December 2016 marking their 4 year anniversary. Joyner Therapy Services also has offices in Harrisburg and Marion and all clinics offer a wide range of services such as: physical therapy, occupational therapy, speech therapy, and massage therapy. In addition, home health services are offered in 9 counties of Southern Illinois, and long-term-care is offered in 8 counties.

Joyner Therapy Services is one of only a few therapy providers in the Tri-State area that offers **ASTYM**. ASTYM is a manual therapy technique which kick starts the body's regenerative process to break down unhealthy scar tissue and rebuild new, healthy scar tissue. This method of therapy treatment is used in conjunction with traditional therapy methods to speed healing, reduce inflammation, and improve range of motion. It is proven to help rehabilitate faster with longer lasting results. A few of the conditions that can benefit from ASTYM are plantar fasciitis, tennis or golfer's elbow, back pain, burns, and joint replacements.



The Carmi Joyner Therapy Services team includes, left to right, L to R Tammy Harrington, Marketing; Brianna Combs, Licensed Massage Therapist; Dr. Jessica Cook, PT, DPT; Megan Robershaw, OTR-L; Shelby Johnson, PTA. (Photo provided.)

### **Next Board**

#### **Meeting**

4:30 p.m.

**March 9**

Council Chambers

Other unique services offered at Joyner Therapy Services are **Women's Health Treatments and the WIPP Program**. Women's health treatments are offered by Dr. Jessica Cook, PT, DPT, who is certified to treat conditions such as urinary incontinence, post-mastectomy pain & scarring, osteoporosis, and prenatal and postpartum health issues. (Continued on next page...)

## Joyner Therapy Services Continued...

Joyner Therapy Services provides the WIPP Program to local schools for their female athletes. It was created by internationally-renowned orthopedic sports surgeon, Frank R Noyes, M.D. WIPP has been scientifically proven to decrease ACL injuries in female athletes.

Patients of Carmi and the surrounding area have a choice when it comes to therapy services! Rather than driving outside of the area for your therapy, why not choose Joyner Therapy Services? They offer a one-on-one whole body approach. They don't just treat the symptoms; they discover where a problem originates, and diagnose how to treat it. They develop a Plan of Care, and implement it to get better results faster. The Joyner Therapy Team doesn't just stop there; they educate their patients on home programs to be performed once therapy is finished, and also offer gym memberships to all patients once therapy concludes.

To find out more about Joyner Therapy Services and their staff, please take time to visit them online at [www.joynertherapyservices.com](http://www.joynertherapyservices.com). Their office hours are Monday-Friday from 7:30 AM to 6 PM at 108 April Avenue in Carmi. Phone number is **618-382-2771**.



Private patient rooms for individualized 1-1 treatment. (Photo provided.)



Massage Therapy Room. (Photo provided.)



Gym. (Photo provided.)



Work Hardening Room. (Photo provided.)

---

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



*Holly  
Healy  
Executive  
Director*

I'm sure that many of you are like me and looking forward to spring. It's a busy time for many of us, but I hope you will make room in your schedules for our many local events this time of year.

I especially hope you plan to listen to the Chamber's Annual Radio Day on WRUL on March 25 from 10am—1pm. The staff at WRUL put in a tremendous amount of work. We greatly appreciate The Original Company donating airtime for this event.

After we wrap up the Radio Auction, work will begin on the Annual Golf Tournament slated for June 24. Be making plans to attend this annual event.

As always, the Chamber door is open if I may be of assistance.

*-Holly*

---

### Save the Date!

WHITE COUNTY **CEO**<sup>®</sup>

Trade Show  
April 27  
Rice Motor Company

# We all win during Radio Auction

PAGE 4

## Carmi Chamber of Commerce Radio Auction



Live on WRUL 97.3FM

March 25—10 am—1pm

Listen to bid and win. We will also be updating you on a variety of happenings at the Chamber.

Thank you to The Original Company for the donation of air time.

Everyone enjoys a good deal, and your Carmi Chamber of Commerce is working to bring you several during this year's Radio Auction set for 10 a.m. to 1 p.m. Saturday, March 25 on 97.3 FM WRUL.

### How can you be involved?

**Donate items**—local businesses or individuals may donate any item from their stores to the Chamber to be auctioned ON AIR at 97.3 FM. Your name will be promoted with your item throughout the three-hour broadcast as well as promotions prior to the big event. If a Chamber director doesn't contact you, feel free to call the Chamber office to have your item included.

**Sponsor broadcast**—local businesses or individuals may purchase a \$75 sponsorship of the auction. Sponsors will be mentioned no less than 70 times in commercial promotions and day of event live credits. The deadline to become a sponsor and receive the full impact of the radio advertising is March 3.

**Buy an item**—Chamber "auctioneers" will set an opening bid level for each item, and people may call in to the station and bid on any item they want.

**Check us out on Facebook**—We will be posting all of the items on Facebook for you to see in advance.

**Listen in**—Even if you don't buy an item, we ask you to tune your radio dial to 97.3 FM to listen. In addition to the auction, we'll share important information about the Chamber of Commerce and the community in which we live and work.

If you are a Carmi business, please tune your dial to 97.3FM and let your customers listen in while they shop!

All 100 percent of your sponsorship and revenue from the sale of items goes to the Chamber for use in its worthwhile programs. **All advertisement and air time is being donated by WRUL.**

Thank you to  
WRUL for the  
airtime donation!

## Thank you to our Radio Auction Sponsors (as of press time)!

**Wabash Christian Retirement Center**

**Rush Appliance**

**Hale Body Shop**

**Campbell Funeral Home**

**First Mid-Illinois Bank & Trust**

**Carmi Manor Rehabilitation & Nursing Center**

**Ron Absher Auto Center**

**Southeastern Illinois College**

**Caleb Hughes Edward Jones**

**Brown's Fertilizer and Chemical**

**First Financial**

**Andy Acord Edward Jones**

**Yesterday's**

**First Insurance**

**Ferrell Hospital**

**Shepherd Insurance**

**Professional Auto Parts, LLC**

**Thank you to the following for the auction item donations in the Chamber office as of (as of press time):**

Umbrella– Campbell Funeral Home

Rayban Sunglasses (\$225 value)- Carmi Eye Care

Free pizza and drink coupons– Huck’s

Michael Koors sunglasses (\$150 value)- Taylor Eye Care

Mechanic Tool Set (\$39.99 value)- Gillard’s

\$25 Gift Certificate from Wild Imaginations Boutique

Free Oil Change– Rice Motor Company

Shirt and \$25 gift card from The Taco Factory

Two oil change and tire rotation gift certificates– Weber’s Auto Repair Center

Peticure Pet Set and Pet Cooling Mat– Plus Pets

Championship Title Ring– Botsch and Associates CPA’s LLC

Free night in a whirlpool room– Grayville Super 8 Motel

Picture Frame (\$35 value)- Stein’s Flowers and Gifts

Two boxes of paper– Reppert’s Office Supply

\$50 gift certificate from Rediscovered Treasures

Biofreeze Gift Basket and 30 minute massage– Joyner Therapy Services

Two St. Louis Cardinals game tickets– Hamilton Memorial Hospital District

Spartina 449 Purse (\$198 value)- The Courtyard

Cubs Merchandise (\$75 value)- Logo Graphics

Two \$30 off a month coupons from Tumble Time Cheer & Fitness

We know we have more items on the way!

Keep watching our Facebook page for more details!

## FAMILY NURSE PRACTITIONER, LAURA DEVOUS JOINS HAMILTON MEMORIAL HOSPITAL MCLEANSBORO FAMILY CLINIC, OFFERS WALK-INS & EXTENDED HOURS

(McLeansboro, Illinois) - Hamilton Memorial Hospital McLeansboro Family Clinic welcomes Laura Devous, FNP. Laura is a board certified family nurse practitioner. She earned her Bachelor's of Science in nursing from Chamberlain College in Addison, Illinois and continued her education there with a Master's of Science in Nursing, Family Nurse Practitioner.

Prior to signing with Hamilton Memorial Hospital District, Laura practiced at Ferrell Hospital in Eldorado. She is also known by many students at Southeastern Illinois College where she taught as a Practical nursing Instructor for three years.

At the McLeansboro Family Clinic, Laura's practice will include a full-range of family medicine including well-women exams and women's health care. Laura will begin seeing patients on March 7<sup>th</sup> and her office hours will be Tuesday through Friday from 8 am until 6pm.

"While we are sad to see Kristin Betz, FNP, leaving the clinic, Laura Devous will be a great addition to the team. We have full trust in Laura that she will take on Kristin's patients, as well as new patients with professionalism and wholehearted care", says CEO, Greg Sims.

The McLeansboro Family Clinic also offers extended hours Monday through Friday until 6pm and welcomes walk-ins. For more information or to make an appointment, please call 618.643.2988.

**Rehabilitation Department**



**Debilitation from surgery, injury, or illness, Hamilton Memorial Rehabilitation Department has you covered.**

**Therapy Services:**

- Aquatic Therapy**
- Physical Therapy**
- Occupational Therapy**
- Speech Therapy**

**For more information or to make an appointment call** **618.643.2361 ext. 2150**







**Transitional Care Rehabilitation**

Designed for patients to stay in the hospital under skilled nursing care while receiving intensive physical, occupational and/or speech therapy.

Contact Glenna Sutton, Coordinator for more information. 618.643.5824



<https://www.hmhospital.org/physical/>

## SIC Nursing Programs Ranked No. 1 in the State

Southeastern Illinois College's Nursing programs have earned a solid reputation over the years as quality programs - rigorous, but with caring instructors to help guide students to the end goal - a degree and the knowledge to pass the clinical exam. So the latest news among nursing schools came as no surprise - SIC is number one in the state for both the Associate Degree Nursing (ADN) and the Practical Nursing (PN) programs!

Additionally, when compared to Illinois schools offering Bachelor of Science in Nursing (BSN) degrees, SIC graduates ranked number three overall, beating out university programs.

The rankings were done by PracticalNursing.org and RegisteredNursing.org - nursing advocacy organizations built by nurses and other healthcare industry stakeholders to provide free support resources, tools, and information for future nurses.

According to the methodology listed on their websites, the schools were ranked based on pass rates averaged together and weighted by the recency of the exam, for example, exam pass rates in 2015 count more towards overall rankings than scores from 2012. The study included pass rates from 2012 to 2015.

"This award and these rankings are evidence that a great nursing program is because of great people," said Dr. Jonah Rice, SIC President. "Programs are people, programs are not buildings, not extraneous certifications, or hoop jumping. We have great faculty, clinical partners, and tough program standards. We emphasize quality first and foremost over quantity."

SIC graduates have been consistently ranking above state and national averages in recent years, and 2016 is no exception. The official results were released this month by the Illinois Department of Financial and Professional Regulation for the 2016 National Council Licensure Examination (NCLEX). All SIC students taking the exams passed. Only one other ADN program and two BSN programs in Illinois achieved 100 percent pass rates.

The national and state average on the registered nursing test were 85 percent. Licensed practical nursing tests averaged 91 percent in the state of Illinois, with the national average at 84 percent.

"SIC is dedicated to preparing our graduates for safe practice in an entry-level position," said SIC Nursing Director Amy Murphy. "Our nursing students receive a rigorous curriculum with extensive training in delivery of patient care and professional skills."

Illinois and many other states are facing an impending nursing shortage as a result of a larger than usual population needing nursing care from the baby boomer generation and the rapid nursing retirements coming from that same generation. SIC is accepting applicants now through March for the fall semester. To inquire, contact the nursing office at 618-252-5400, ext. 2331 or [nursing@sic.edu](mailto:nursing@sic.edu), or visit [www.sic.edu/nursing](http://www.sic.edu/nursing).

The Southeastern Illinois College nursing program began in 1955 with a class of 13 students in what is now Harrisburg High School. It was the only program of its kind in Illinois, south of St. Louis, at that time. Since then, it has grown to approximately 100 students each year and includes online and traditional classes, as well as full- and part-time options.

## Career and Technical Education Programs Play a Vital Role in Meeting Workforce Demands

Southeastern Illinois College joins with community colleges throughout the state to celebrate Career and Technical Education Month.

Career and Technical Education (CTE) prepares individuals for high-skill, in-demand jobs that further Illinois' global competitiveness. These programs are at the core of the community college's mission to provide educational opportunities tailored to local business and industry needs. Last year roughly two-thirds (65.3 percent) of all Illinois community college graduates earned a CTE degree or certificate.

"Career and technical education is part of our core mission for the college," stated Vice President of Academic Affairs, Dr. Karen Weiss. "Graduates of our CTE programs are employable upon leaving SIC, and are helping to meet the demands from local and regional employers for a highly-skilled workforce."

Many of the career and technical education programs at SIC offer students unique educational experiences. For example, the Diesel Technology program is the only community college program in the state of Illinois that is NATEF (National Automotive Technicians Education Foundation) certified for medium and heavy-duty trucks.

Students in the Welding program have the option of completing curriculum to help them prepare to take the AWS (American Welding Society) certification exams.

The Information Technology program, in cooperation with Southern Illinois University at Carbondale, allows students to complete the first half of their bachelor's degree at Southeastern.

Online Biofuels Certificate and Degree programs provide training for those already working in the field, as well as those wishing to pursue a career in this growing industry.

The Criminal Justice program offers students the option of taking courses all online, in the classroom or both; and the internship course provides hands-on, real-world experience for those students wishing to enter criminal justice fields.

Instructors in these programs focus on the development of the knowledge and the skills for professional entry into the various technical fields. Students are provided with the opportunity to develop skills in well-equipped, hands-on learning environments. Several programs also offer clubs for additional opportunities to network with other students in that field, have a little fun and learn more outside the classroom.

"We are pleased to offer our students certificate and degree programs that allow them to enter the local workforce, earn a living and assist our business community," said Lori Cox, Associate Dean of Workforce & Community Education at SIC. (Continued on next page...)

## Career and Technical Education continued...

Each of SIC's CTE programs is backed by an advisory board, which provides valuable insight from stakeholders in the industry.

"CTE programs are investing in students and providing them with the latest technology and skills that will prepare them to become successful employees and future leaders." said Illinois Community College Board executive director Dr. Karen Hunter Anderson.

In recognition of Career and Technical Education Month, SIC held one of three annual high school spotlight days in February -- a Business Skills Competition - on Thursday, Feb. 23. The purpose of the event is not only to encourage and enhance the study of business knowledge and skills at an early age, but to familiarize area high school students with the available business and computer information technology programs at the college level. The competition format tests student skills in accounting, keyboarding, Excel, general business knowledge, information technology and web design.

SIC also held an Applied Technology Day for high school students in December for those interested in biofuels, coal mining, criminal justice, diesel, early childhood education, information technology and welding. Next up is the Allied Health Day on March 10, which will give students a hand-on preview of programs in massage therapy, nursing, occupational therapy assistant, pharmacy tech and phlebotomy. Interested students should contact their high school guidance counselors as soon as possible.

For more information about postsecondary career and technical education programs and services at SIC visit [www.sic.edu/cte](http://www.sic.edu/cte). To set up a campus tour and meet with instructors, call 618-252-5400, ext. 2245 or email [recruiters@sic.edu](mailto:recruiters@sic.edu). For information on career and technical education throughout Illinois visit [www.iccb.org/cte](http://www.iccb.org/cte).



SIC diesel technology instructor Ralph Boots fired up the diesel engine for area high school students interested in the program during SIC's Applied Technology Spotlight Day in December. (Photo provided.)

## **Wabash Christian Therapy & Medical Clinic starts Senior Fit Testing**

Carmi, IL – sessions Wednesday, February 22 at White County Senior Center for individuals age 55 and older.

“The day was a success with over 15 individuals tested,” said WCTMC Therapy Manager Janelle Waters. “Fitness is very important for all ages, and older adults especially need to have adequate strength flexibility, and endurance to perform everyday tasks.”

The Senior Fit Test is a simple method of assessing the physical attributes older adults need in order to perform daily activities. The tests measure upper and lower body strength, balance, walk speed, and shoulder joint mobility.

Senior Fit Testing can detect weaknesses, which then can be addressed before serious functional limitations develop.

Waters said of the 15 individuals tested, “three received immediate referrals and three others will ask their physician for orders at their next visit.”

There are three remaining sessions, May 24, August 23 and November 29 at 9 a.m. There is no charge, and the public is invited to participate. Participants receive a score card to track their fitness level. Therapists are available for questions during the session.

For more information about Senior Fit Testing, contact WCTMC at 618-382-2927 or [info.wctmc@chliving.org](mailto:info.wctmc@chliving.org).



Wabash Christian Therapy & Medical Clinic Senior Fit Testing. (Photo provided.)



Wabash Christian Therapy & Medical Clinic Senior Fit Testing. (Photo provided.)



Wabash Christian Therapy & Medical Clinic Senior Fit Testing. (Photo provided.)



## Another great success!



"I am so grateful for the care that I have received at WCTMC! I came to them with a severe wound to my left arm. Their compassion and expertise has been amazing. From the wound care vac and dressing changes, to the therapy exercises... my care has been outstanding. It is such an opportunity to have this facility in Carmi."

**Ron Lamp**



## Another great success!



"I feel very fortunate to have had my knee replacement therapy at WCTMC. It was very convenient being close to home. When I first started, I was very unstable on my feet. After 12 weeks of therapy with the professional help of Leevi, Lynn, Heather, and several others. I have Regained my strength and returned to my normal activities.

**Lawrence Martin**

# **Tired of shoveling your way out? Stressing about winter utility bills?**



Wabash Heritage Apartments  
**Maintenance Free Living**  
**Immediate Openings**

Call Andrea to schedule  
your tour today.  
**618-382-4644**



wabash heritage apartments  
548 Abelson Drive • Carmi, IL 62821

**APARTMENTS**

**AVAILABLE**

**Contact us for more information!**

**618-382-2900**



supportive living of wabash

## Welcome New Members!

### **Shepherd Insurance**

812-473-5100

Shepherdins.com

### **Plus Pets**

907 E Main

618-387-1369

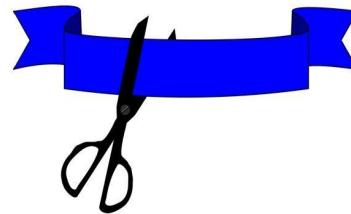
---

---

Save the Date!

### **Ribbon Cutting for Rediscovered Treasures**

April 5—11:30 am



---

Join the Carmi Chamber of Commerce for a

### **Ribbon Cutting for GlitchTech**

127 E Main Street—Carmi

March 10—9am



## When Things Get a Little Heated

According to the Consumer Product Safety Commission, about 2,000 people lose their lives in residential fires every year in the U.S. A majority of fatal fires happen when families are asleep, so having a properly installed and maintained smoke alarm standing guard for you around the clock is considered to be one of the best and least expensive ways of providing an early warning of a potentially deadly fire. When the alarm first senses smoke, it sounds a shrill alarm, allowing precious, but limited, time to escape ([www.cpsc.gov](http://www.cpsc.gov)). Once you and your family are safely outside the structure, the local fire department is called into action.

Upon their arrival, they may be able to quickly identify the source of the fire and extinguish it without any serious damage to your home, or perhaps their role may be to contain the fire to your residence while saving your vehicle, your exterior structures, or the neighborhood from damage. In addition to residential fires, local departments also respond to incidents on our roadways, and to fire events at commercial structures, farm buildings, and in our fields and forests.

Sadly, the news and social media are full of heartbreakng stories, like the massive wildfires in Gatlinburg, Tennessee in late November 2016. Most of us have either experienced a fire event or know someone who has – perhaps, a neighbor, a friend, a co-worker, or another family member. A fire destroyed the residence of two of my family members. Due to the conviction of a 4-year old who understood the importance of getting out of the house and calling the fire department when he smells smoke, learned during a fire safety program provided to his Head Start class by one of our local fire departments, he is now 8 and his big sister is 12.

I recently read a Facebook post by a friend who outlined that a fire broke out in her roof during the night while she was sleeping. Her post offered a huge THANK YOU to the local fire department for their promptness and professionalism while identifying the source of the fire. Her post closed with “We feel very blessed to be part of our community.”

Whether your local fire department has volunteer or paid staff, funding to support the department comes from a variety of sources, including local, state, and federal. Many of our rural communities throughout the state also seek out grant funding in an effort to keep their departments operating. Despite the specific funding source, the harsh reality is that funding is required to keep the fire trucks rolling, keep the staff at the ready, and to keep the equipment in good working order.

When faced with a shrill alarm awakening us from our sleep at 2 in the morning, we expect the fire truck to come rolling in. Therefore, there is no better time to remind the residents of Illinois that **Spending Locally First ensures the department will be there if things get a little heated.**

The State of Illinois, and many of our municipalities and counties, especially those in the rural regions of the State, are experiencing unprecedented fiscal challenges. Stagnant or declining revenue streams as a result of buying patterns that no longer support local businesses, which generate tax revenues and provide local jobs, are plaguing our rural regions. This new reality is placing increased pressure on local governments and other taxing districts to provide essential services, such as fire protection. The resulting dilemma for local governments is to identify new ways to balance the budget. This can mean increasing revenues (i.e. raising taxes), cutting expenses, or a combination of the two. Either way, rural residents lose, as they either pay higher taxes and/or have fewer services available.  
(Continued on next page...)

## When Things Get a Little Heated Continued...

Therefore, in the simplest of terms, the more money we spend locally and within our State, the more tax dollars we will generate to support our state, county, and municipal budgets, resulting in more resources to fund the fire departments that provide fire safety education and respond to our emergency calls.

Certainly, there may be “perceived” lower cost alternatives available online, or perhaps, just across the border in a neighboring state, but the reality is when you purchase items and pay sales taxes out of state, you are supporting their state, county, and municipal budgets, not ours.

University of Illinois Extension Educator Susan Odum says, “In a nut shell, if essential public services, such as fire protection, are important to you, then shopping local SHOULD be important to you, because it provides the resources needed for emergency response efforts to occur.

Source:

Susan Odum  
Extension Educator, Community Economic Development  
University of Illinois Extension  
912 S Commercial Street, Suite 4  
Harrisburg, IL 62946



## Carmi League of Arts to Present *Beauty and the Beast*

Auditions for "Beauty and the Beast" will be held on Saturday, April 8 from 10:00 am to 1:00 pm at the CWCHS Auditorium. One will need to present a vocal piece that features your range, read a passage from the script, and perform a short dance that Choreographer, Zan-drea Hafenrichter will teach you. No accompanist will be available. Please bring your own music. All vocals must be preformed solo. The auditions will be closed. Only the Directors will be present. All ages are welcome to audition. Children must be old enough to learn a song. The show will be performed on June 23, 24 and 25 at the CWCHS Auditorium.

If this audition time is not convenient for you, please contact Sherry Passmore at spass-more90@yahoo.com.

**TORNADOS**  
A WHIRLWIND OF FLAVOR!™

\$1.00  
EVERY TUESDAY  
ALL TORNADOS

SAVE 89¢

**TORNADOS TUESDAY**

The advertisement features a large image of a golden-brown egg roll filled with a dark, chunky filling. To the left of the egg roll is the word "TORNADOS" in large yellow letters, with "A WHIRLWIND OF FLAVOR!" in smaller black letters below it. A red flame graphic is positioned next to the word "TORNADOS". To the right of the egg roll, the price "\$1.00" is displayed in large red numbers. Below the price, the text "EVERY TUESDAY" and "ALL TORNADOS" is written in black. A yellow starburst shape contains the text "SAVE 89¢". At the bottom, the words "TORNADOS TUESDAY" are written in large red letters.

---

## Hamilton Memorial Hospital Foundation "Careers in Healthcare" Scholarship Applications Now Available

Hamilton Memorial Hospital Foundation "Careers in Healthcare" Scholarship applications are now available to graduating seniors from Hamilton County Senior High, Carmi-White County High School, and Norris City-Omaha-Enfield High School.

As in previous years, the Foundation will offer a minimum of one \$1,000 scholarship to seniors looking to pursue a career in healthcare from each of the schools.

In addition, they will include one \$1,000 scholarship to a home schooled student from both White County and Hamilton County. One \$500 scholarship will also be available to a past recipient from White or Hamilton County that has chosen to continue their healthcare education.

"It is very important for small communities, like ours, to ensure their students have ample resources to pursue a career in healthcare. With the shortage of physicians in rural areas, this scholarship creates an advantage for our youth and the future", says Foundation President, Bobbin Lasater.

The deadline to turn in applications is April 14<sup>th</sup>. For more information, contact any of the school guidance offices, Michele Bivins, Foundation Manager, or visit [www.hmhospital.org/foundation](http://www.hmhospital.org/foundation).

This scholarship is made possible by the donors of the Annual Foundation Golf Scramble. Healthcare providers and local businesses and community members helped raise over \$6,000 at the September 2016 event. The Foundation looks to continue the event to raise funds for local seniors on their path to a healthcare career.

---

### Chamber to Offer Scholarship

The Carmi Chamber of Commerce is pleased to announce that Carmi White County High School seniors, as well as church and home schooled students living in the Carmi White County School District, can obtain applications for a \$500 scholarship from the high school guidance office or by contacting the Chamber office at 382-7606.

The scholarship is a one-time \$500 scholarship. Proceeds for the scholarship come from the Chamber's annual golf tournament. The 2017 tournament is scheduled for June 24.

Deadline to apply for the scholarship is March 22, 2017. Those seeking further information should contact the Chamber office.

## White County CEO Class Visits Martin & Bayley

The White County CEO Class visited the Martin and Bayley Corporate Office. Photos provided by Martin & Bayley.



## Business After Hours

Hosted by Botsch & Associates CPA's, LLC

April 13– 5:30– 7pm

Carmi Country Club



**FH**

**Ferrell Hospital**  
CARMI FAMILY MEDICINE  
DEACONESS ILLINOIS PARTNER

*Our family coming to yours*

---

# MARCH 2017

---

We're proud to announce the opening of the Carmi Family Medicine clinic on March 6. We look forward to serving you.

1340 IL HIGHWAY 1 SUITE A | CARMI, IL 62821  
PHONE: 618-380-9321

## Illinois Farm Bureau and County Farm Bureaus Participate in Agricultural Safety Awareness Week March 5-11

The 2017 Agricultural Safety Awareness Program (ASAP) Week will be celebrated March 5-11. The theme for the week is “Get Out of My Space” and will highlight a different “space” safety focus each day of that week.

Monday, March 6 – Confined Space (Grain Bin, Manure Pit)

Tuesday, March 7 – Animal Space (Large Animals)

Wednesday, March 8 - Equipment Operator Space (Kids and Equipment)

Thursday, March 9 – Electrical Space (Power Lines)

Friday, March 10 – Driver Space (Road Safety)

Agriculture ranks among the most dangerous industries. Over an eight-year period, 5,816 agricultural workers died from work-related injuries in the United States. Even more startling, 38 children are injured every day on U.S. farms. Tractors are the leading cause of deaths on the farm.

“We need to make safety a priority on our farms,” said Peggy Romba, who manages the safety program for Illinois Farm Bureau. “Agriculture is one of the most dangerous jobs in the nation. It’s no surprise that almost every farmer personally knows of a family who has lost a loved one in a farm mishap, not to mention the injuries that cause loss of fingers, hands, arms and legs.”

Romba reminds us that spring planting will soon be underway. “That means tractors will be started, plows attached, and long days of hard work are ahead.”

[Tune in to RFD Radio Network](#) during Ag Safety Week to hear interviews on a variety of subjects with safety experts.

The Agricultural Safety Awareness Program is coordinated by the American Farm Bureau Federation (AFBF). Farm Bureaus across Illinois take part in this special week by providing information about farm safety. To learn more, contact your county Farm Bureau or [fb.org](http://fb.org).

# GET OUT OF MY SPACE

Ag Safety Awareness Week • March 5-11, 2017

**38** children are injured every day on U.S. farms.



Have an escape route when working with animals.



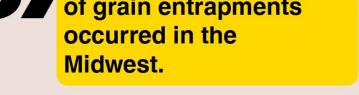
Tractors are the leading cause of deaths on the farm, with about **125** per year.



Consider any overhead power line dangerous.



**87%** of grain entrapments occurred in the Midwest.





MX184-T7

## Caleb Hughes wins Bio-Freeze Bundle from Joyner Therapy Services-Carmi

This prize was awarded during their Valentine's Day Celebration. Bio-freeze products are available for sale at 108 April Ave, Carmi, in the spray, gel, or roll-on variety.

L to R: Caleb Hughes, Winner; and Tammy Harrington, Marketing at Joyner Therapy Services. (Photo provided.)



Joyner Therapy Services presents a massage gift certificate to Lincoln School. This massage gift certificate will be part of a Mom's Day Basket which will be raffled off at the Annual Carnival/Chili Supper coming on March 10, 2017.

Pictured L to R: Tammy Harrington, Marketing, Joyner Therapy Services and Kelly Northcott, Lincoln School . (Photo provided.)



## Patient Testimonials

*"I came in with major neck pain. In 3 Shelby sessions I am feeling little to no pain. I won't say they are miracle workers but pretty close. In a few more sessions I'll probably feel like going golfing." Randall Questelle*



*Shelby Johnson, PTA and Randall Questelle,  
patient*



## Patient Testimonials

*"My balance and coordination is much improved. I can also navigate uneven terrain and stairs much better. I am very pleased with my therapy at Joyner."* Wayne Dubble



***Dr. Jessica Cook, PT, DPT and Wayne Dubble,  
patient***

## *Escapes Travel & Cruises – Special Deals & Offers*

*Call Michelle Winters at (618) 382-2465 or cell at (618) 383-4800 for more information*

Region/Category	Book By	Travel Between
<b>Canada</b>		
• CAR RENTALS — FREE UPGRADES & DISCOUNTED RATES	09/30/17	Now - Varies
<b>Caribbean</b>		
• AMRESORTS COLLECTION — UP TO \$250 <b>NEW</b>	03/31/17	03/03/17 - 12/22/17
• ARUBA — ROOM SPECIALS	03/15/17	02/08/17 - 06/30/17
• BAHIA PRINCIPE HOTELS & RESORTS — SAVE UP TO \$200	03/10/17	02/02/17 - 12/22/17
• ESCAPE THE COLD IN PUERTO RICO — UP TO 48% OFF ROOMS + RESORT CREDITS**	03/19/17	12/05/16 - 05/31/17
• GANSEVOORT TURKS AND CAICOS — FREE NIGHTS**	03/31/17	02/27/17 - 12/18/17
• HOLIDAY INN RESORT — SAVE UP TO 67% ON ROOMS + MORE**	03/31/17	03/01/17 - 09/30/17
• JAMAICA — RESORT CREDITS + MORE	03/10/17	01/25/17 - 08/31/17
• KARISMA HOTELS & RESORTS — SAVE! <b>NEW</b>	03/31/17	03/03/17 - 11/30/17
• MAJESTIC RESORTS — FREE GOLF**	03/15/17	02/22/17 - 07/31/17
• PALACE RESORTS — UP TO \$200 OFF + RESORT CREDITS <b>NEW</b>	03/31/17	03/03/17 - 12/22/17
• RIU HOTELS & RESORTS — SAVE \$100 + MORE <b>NEW</b>	03/31/17	03/02/17 - 12/22/17
• ROYALTON FAMILY OF RESORTS — UP TO 57% OFF ROOMS**	02/22/17	02/22/17 - 12/22/17
• SANDALS AND BEACHES RESORTS — GREAT AIRFARE SAVINGS TO THE CARIBBEAN	Ongoing	Varies
• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime
• THE CARIBBEAN — UP TO \$250 OFF + DOUBLE ROOM UPGRADES* <b>NEW</b>	03/01/17	03/01/17 - 09/30/17
• THE CARIBBEAN — UP TO 65% OFF ROOMS*	Ongoing	Ongoing
• THE ROYAL PLAYA DEL CARMEN, GRAN RESORTS, HYATT ZIVA™ AND HYATT ZILARA™ — SAVE UP TO \$200 + MORE <b>NEW</b>	03/31/17	03/03/17 - 12/22/17
<b>Central America</b>		
• AMRESORTS COLLECTION — UP TO \$250 <b>NEW</b>	03/31/17	03/03/17 - 12/22/17
• MEXICO + COSTA RICA — ROOMS SPECIALS, RESORT CREDITS + MORE	Ongoing	Ongoing
• RIU HOTELS & RESORTS — SAVE \$100 + MORE <b>NEW</b>	03/31/17	03/02/17 - 12/22/17
<b>Europe</b>		
• EUROPE — UP TO 30% OFF ROOMS, FREE NIGHTS + MORE	Ongoing	Ongoing
<b>Hawaii</b>		

• AULANI, A DISNEY RESORT & SPA IN HAWAII — UP TO 30% OFF ROOMS TO SELECT STAYS**	04/04/17	04/13/17 - 06/12/17
• HAWAII — HOTEL SAVINGS, FREE NIGHTS AND MORE*	Ongoing	Ongoing
• HILTON WORLDWIDE PORTFOLIO OF HOTELS & RESORTS IN HAWAII — SAVE UP TO \$275	03/27/17	02/08/17 - 08/31/17
• HYATT® RESORTS IN HAWAII — SAVE UP TO \$225 WITH CAR RENTAL	03/28/17	02/09/17 - 08/15/17
• KA'ANAPALI BEACH HOTEL — UP TO \$175 OFF WITH A CAR RENTAL	03/28/17	02/14/17 - 08/31/17
• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime
• STARWOOD HOTELS & RESORTS HAWAII — UP TO \$225 OFF WITH CAR RENTAL	04/06/17	02/06/17 - 08/31/17

## Mexico

• AMRESORTS COLLECTION — UP TO \$250 NEW	03/31/17	03/03/17 - 12/22/17
• BAHIA PRINCIPE HOTELS & RESORTS — SAVE UP TO \$200	03/10/17	02/02/17 - 12/22/17
• CANCUN AND RIVIERA MAYA — UP TO 63% OFF ROOMS AT SELECT RESORTS**	03/04/17	02/01/17 - 06/30/17
• KARISMA HOTELS & RESORTS — SAVE! NEW	03/31/17	03/03/17 - 11/30/17
• MEXICO + COSTA RICA — ROOMS SPECIALS, RESORT CREDITS + MORE	Ongoing	Ongoing
• PALACE RESORTS — UP TO \$200 OFF + RESORT CREDITS NEW	03/31/17	03/03/17 - 12/22/17
• RIU HOTELS & RESORTS — SAVE \$100 + MORE NEW	03/31/17	03/02/17 - 12/22/17
• ROYALTON FAMILY OF RESORTS — UP TO 57% OFF ROOMS**	02/22/17	02/22/17 - 12/22/17
• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime
• THE ROYAL PLAYA DEL CARMEN, GRAN RESORTS, HYATT ZIVA™ AND HYATT ZILARA™ — SAVE UP TO \$200 + MORE NEW	03/31/17	03/03/17 - 12/22/17

## United States

• WALT DISNEY WORLD® RESORT VACATIONS — SAVE UP TO 25% ON ROOMS**	03/30/17	02/20/17 - 06/10/17
• AULANI, A DISNEY RESORT & SPA IN HAWAII — UP TO 30% OFF ROOMS TO SELECT STAYS**	04/04/17	04/13/17 - 06/12/17
• CAR RENTALS — FREE UPGRADES & DISCOUNTED RATES	09/30/17	Now - Varies
• FLORIDA — FREE NIGHTS + UP TO 50% OFF ROOMS*	Ongoing	Ongoing
• HAWAII — HOTEL SAVINGS, FREE NIGHTS AND MORE*	Ongoing	Ongoing
• HILTON WORLDWIDE PORTFOLIO OF HOTELS & RESORTS IN HAWAII — SAVE UP TO \$275	03/27/17	02/08/17 - 08/31/17
• HYATT® RESORTS IN HAWAII — SAVE UP TO \$225 WITH CAR RENTAL	03/28/17	02/09/17 - 08/15/17
• KA'ANAPALI BEACH HOTEL — UP TO \$175 OFF WITH A CAR RENTAL	03/28/17	02/14/17 - 08/31/17
• LAS VEGAS — SPECIAL ROOM RATES + RESORT CREDITS + MORE**	Varies	Varies
• MGM RESORTS INTERNATIONAL — SAVE UP TO \$125 + DINING PROMOTION**	03/05/17	01/25/17 - 07/01/17
• RENO TAHOE — NEW FLIGHTS, SKI PACKAGES + CAR RENTALS DEALS	Ongoing	10/03/16 - 03/26/17

• SHERATON HOTELS & RESORTS — SAVE UP TO \$200	03/06/17	02/01/17 - 08/01/17
• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime
• STARWOOD HOTELS & RESORTS HAWAII — UP TO \$225 OFF WITH CAR RENTAL	04/06/17	02/06/17 - 08/31/17
• UNIVERSAL ORLANDO RESORT™ —UP TO 35% OFF ON-SITE HOTELS**	Ongoing	Varies
• WALT DISNEY WORLD® RESORT PACKAGE — 1,000 EXTRA BONUS MILES, FREE NIGHTS + MORE** NEW	03/31/17	03/01/17 - 09/30/17

## **Walt Disney World® Resort**

• WALT DISNEY WORLD® RESORT VACATIONS — SAVE UP TO 25% ON ROOMS**	03/30/17	02/20/17 - 06/10/17
• AULANI, A DISNEY RESORT & SPA IN HAWAII — UP TO 30% OFF ROOMS TO SELECT STAYS**	04/04/17	04/13/17 - 06/12/17

## **Group Travel**

• FLEXIBLE GETAWAYS — VACATIONING TOGETHER MADE EASY	Ongoing	Ongoing
• GROUP TRAVEL — GET EVERYONE TOGETHER	Ongoing	Ongoing
• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime

## **Honeymoons & Destination Weddings**

• SPECIAL DESTINATION WEDDING SAVINGS	Ongoing	Anytime
---------------------------------------	---------	---------

## **SkyMiles**

• EARN MORE MILES	12/31/17	Now - 12/31/18
-------------------	----------	----------------

## **Worldwide**

• EARN MORE MILES	12/31/17	Now - 12/31/18
• SHERATON HOTELS & RESORTS — SAVE UP TO \$200	03/06/17	02/01/17 - 08/01/17

Restrictions/luggage fees may apply. Travel may be on other airlines.

## ***Other Specials:***

### **Park, Stay & Fly Program:**

Start your vacation a night early with our Park, Stay & Fly program! Call us today for the best rates at your departure airport!

- Stay at a hotel near your departure airport at discounted rates
- Free parking for up to 14 nights at the hotel during your vacation
- Complimentary round-trip shuttle transportation between the hotel and airport

*Current Group Cruises:*

April 1-8, 2017 - Carnival Magic - 7 Night Western Caribbean From Port Canaveral, FL

July 3-8, 2017 - Carnival Triumph - 5 Night Western Caribbean From New Orleans, LA - \$50 On Board Credit\*

July 30 - Aug. 6, 2017 - Carnival Dream - 7 Night Western Caribbean From New Orleans, LA - \$50 On Board Credit\*

Nov. 5-12, 2017 - Carnival Dream - 7 Night Western Caribbean From New Orleans, LA - \$75 On Board Credit\*

Nov. 14-29, 2017 - Star Princess - 15 Night Hawaii From Los Angeles, CA - \$75 On Board Credit & 2 Princess Mugs\*

Feb. 3-11, 2018 - Carnival Conquest - 8 Night Southern Caribbean From Ft. Lauderdale - \$100 On Board Credit\*

April 29-May 29, 2018 - Carnival Horizon - 10 Night Europe From Barcelona - \$200 On Board Credit\*

\*On board credits are per room and are subject to meeting the minimum group requirements at the time of sailing.

A small deposit with full names and dates of birth is needed to book. Group prices can be combined with all current specials. If you would like to take advantage of a special, just ask!

Payment plans are available - Payments can be made at any time!

\*Cruse prices are per person, based on double occupancy.

# Annual 4-H Support Committee Pork Chop Dinner

**Saturday March 18, 2017**

**4-7 PM**

**White County Fairgrounds**

The dinner will include pork  
chops, mashed potatoes,  
green beans, bread,  
homemade dessert &  
drink.

*Tickets:*

**\$10.00 a person**

*In advance*

*or at the door.*

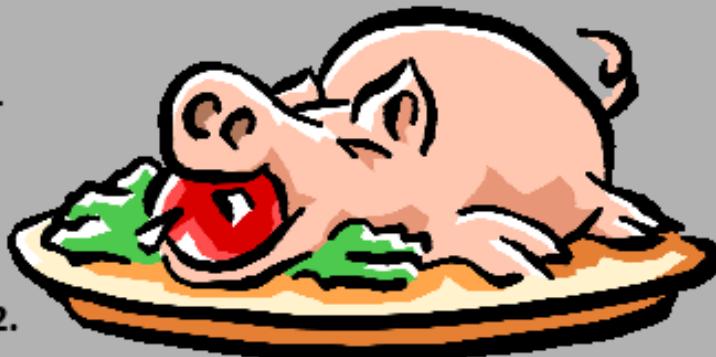
**Tickets Available from:**

**Any 4-H member or leader**

**HCE Members**

**Extension Office**

**Any questions call 382-2662.**



Each year the Support Committee gives money from the Pork Chop Dinner to Extension. That's the money we use to buy awards, fund trips, workshops, pay part of 4-H enrollment, and provide a discount to members on project manuals.

**THIS IS THE MAIN FUNDRAISER OF THE YEAR. PLEASE PLAN ON ATTENDING!!!**

# Pamper Your Princess

Ages: 1st-3th Grade

Location: Floral Hall-Fairgrounds-Carmi, IL

Date: March 11, 2017

Time: 2:00-4:00pm (Doors open at 1:30)

Registration Fee: \$20

Mail Registration form and money to:

Olivia Bohleber

683 IL Highway 14

Carmi, IL 62821.

Deadline—March 4, 2017

(618) 382-5333 or (618) 599-5800

Spend the afternoon with local royalty  
for a manicure and makeup session,  
dancing, pictures, and learn how to  
walk the runway! There will be a  
fashion show at 3:45, so come dressed  
in what you would like to model.

Fundraiser for:



# Registration Form

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Year in School: \_\_\_\_\_

Hobbies/Activities:  
\_\_\_\_\_

Favorite Song: \_\_\_\_\_

Favorite TV Show: \_\_\_\_\_

List Three Words That Describe You: \_\_\_\_\_

Parent's Names: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

*I give permission to have my child photographed and publicized.*

*Yes:* \_\_\_\_\_ *No:* \_\_\_\_\_

*You can find these pictures on Facebook at Miss Illinois Teen USA .*

*Entry Fee: \$20      Check: \_\_\_\_\_      Cash: \_\_\_\_\_*

*Make check payable to: Warriors for Ross*

Dr. Rhonda J. Button from Button Chiropractic Natural Health Center, PC will be at Plum Street Pharmacy location on March 28th between 10:00-2:00. Free blood sugar and cholesterol testing, blood pressure checks, as well as complimentary consultations with Dr. Button will be offered!



**9 out of 10 Americans most at risk  
for type 2 diabetes don't know it.**

Join us on March 28 as we ask all Americans to take the Type 2 Diabetes Risk Test. In less than 60 seconds, you'll know if you're at risk for developing diabetes. Then learn more about this disease, how to prevent it and how to fight back to help transform lives. **#DiabetesAlertDay** [diabetes.org/alertday](http://diabetes.org/alertday)

**ALERT! DAY**

March 28, 2017  
10:00 A.M.-2:00 P.M.

- Harrisburg Walmart Pharmacy
- Ridgway Golden Circle
- Carmi Plum Street Pharmacy



Transportation available upon request. Please contact (618) 313-1227 for more information.

## **March 2017**

*March 9– Chamber Board Meeting, 4:30 pm*

*March 10—GlitchTech Ribbon Cutting, 9am*

*March 18– White County 4-H Pork Chop Supper*

*March 24– Guardian Center Dinner*

*March 25– Chamber Radio Auction*



**225 East Main Street**

**Carmi IL 62821**

Phone:

**618-382-7606**

Email:

**chamber@cityofcarmi.com**

Website:

**www.cityofcarmi.com**

### **2016-2017 Chamber Officers**

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

### **2016 - 2017 Board of Directors**

Whitney Barbre.....	2014-2017
Dr. Jessica Cook.....	2016-2017
Josh Foster.....	2016-2017
Brock Bolerjack.....	2015-2019
Keith Botsch.....	2015-2019
Ryan Mitchell.....	2015-2019
Sally Weber.....	2016-2018
Sheri Stevens.....	2016-2019
Abbey Gholson.....	2018-2019
Michelle Winters.....	2018-2019
Katelyne Wolff.....	2016-2019
Dr. Jonah Rice.....	Ex-Officio
Mayor Jeff Pollard .....	Ex-Officio
Emily Brown, CWCHS.....	Ex-Officio