



TREVOR J. CLATFELTER

MESSAGE FROM THE MAYOR

A TIME TO GIVE THANKS FOR THIS GENEROUS, SUPPORTIVE COMMUNITY

In this season of thankfulness, let me start with my wonderful family and your tireless Board of Trustees, both as dedicated to Sherman as I am. Next, a sincere

thanks to the Sherman friends and neighbors who made the Village Park inaugural season one of the best shows of community spirit I've ever experienced.

Building a park for future generations and economic development – that was the hope for Village Park. We knew it would take a small army of volunteers to make it come alive this first season. We got that and more. We also received thousands of dollars in cash donations and many thousands more in the form of in-kind services. See page 2 for a summary of gratitude.

The believers made it happen, it's as simple as that. They are the neighbors who want more for their community. They understand the connection between a robust, active system of parks and recreation programs, and a Village's quality of life – the economic value, the health and environmental benefits, and the social importance. For that, I'm sincerely grateful.



Next season will bring continued improvements to Village Park. Projects planned for 2019 include a playground that will be designed over the winter with the help of our elementary school students. Also, we'll install a safe walking path to the Park from Old Tipton

Estates. Of course, we're planning more activities and events for all ages.

We're not done this year, though. The 2nd Annual Tree Lighting Ceremony is November 25, and Willie the Frog "jumps" off. In the meantime, bundle up, visit your local parks, and dream of warmer weather and another season of fun.



HAVE IDEAS FOR PROGRAMS IN 2019?

Village staff are currently planning events, activities and programs for the 2019 park season. We would like YOUR input. So, what would you like to see in 2019?

Check or write in your preferences below. Then take a photo with your phone and send it to: info@shermanil.org

- Concerts: 70s Rock 80s Rock Country Folk
- Choirs/Bands/Orchestras
- Other (genres or names) _____
- Festivals/Shows/Carnivals: (theme) _____
- 5K or 10K Walk/Runs
- Food Truck Event/Taste of Sherman Event
- Farmer's Market
- WHS Art Show WHS Madrigals WHS Jazz Band
- Local Theater productions _____
- Friday Night Local Bands _____
- Car and Truck Show
- Return of Movies in the Park _____
- Return of Kelsey Hickman Return of The Boat Drunks
- Other Be creative! _____



DONORS RUSH IN TO PROVIDE PARK TREES & BENCHES

The volunteers of Sherman M.O.V.E., in cooperation with the Village, made a simple request to residents - help us offset the cost of planting trees and placing benches so our new park is exceptional.

The response was immediate and overwhelming - **31 benches at \$750 per bench; and 41 trees at up to \$400 each – nearly \$40,000 in donations** that commemorated loved ones, advertised businesses, and represented residents who simply wanted to show their support.

“You never know, but I strongly suspected this community would be generous with Village Park,” said Mayor Trevor Clatfelter. “We are fortunate, as these types of enhancements are usually only possible when the people who are going to use it, step up and get involved. A sincere thanks to the M.O.V.E. volunteers, who are nothing short of awesome, for leading this fundraiser.”

It’s not too late to get involved and help beautify Village Park. Commemorate your loved ones with a Tree or Park Bench. Learn more on how you can be part of our growing group of supporters. Applications at Village Hall or call (217) 899-3332.



Family and friends gather in Village Park for a “Reveal Party”. Congratulations.

Sherman residents Nick and Amy Nell and their children Lucy, 9, and Brooks, 7, enjoy the gazebo adjacent to Village Park pond.



Sherman resident Shelly Whitley and Luna get some exercise in Village Park on a brisk fall day.



Sherman resident Janet Icemogle uses Village Park to train future service dogs



Sherman resident Bobbie Brown and her dog Junebug stroll in Village Park

DID YOU KNOW?

“Parks improve the local tax base and increase property values.”
-Texas A&M review of 25 studies of parks’ Return on Investment (ROI)

“Creating places to be physically active can result in a 25% increase of residents who exercise at least three times per week.”
-Centers for Disease Control and Prevention

A SALUTE TO ALL PARK EVENT SPONSORS IN 2018

Cash or In-Kind – We couldn’t have done it without you!

Brent Theatrical and Mason Sound
Chick-fil-A and the Garrison Family
County Market & Randy Tremain
Fire & Ale and Steve Fickas
Illinois Times
Lincoln Land Development Group & the Sapp Family
Pensebene Family
PepsiCo
Prairie Animal Hospital of Sherman
Fern’s Café and Rachael Bennett-Paul
Robert “Chick” Fritz Distributors
Hickory River Smokehouse & Ryan Lewis
Fairlane Diner & the Schneider Family
Sherman M.O.V.E.
Sherman Sun Times
United Community Bank & Darlene Kmett
Walgreens
Williamsville State Bank and Trust
...and anyone we missed, and all our volunteers!

FOUR YEARS AFTER STARDOM, SONYA JONES STILL EMBRACING HEALTH AND LIFE

SHERMAN RESIDENT'S NEW BOOK SHARES LESSONS INFUSED WITH HUMOR



At age 44, Sonya Jones said she has never felt younger. The former Williamsville school teacher and coach whose fearless battle with weight loss inspired people all over the country a few years ago, is still a bundle of happy energy.

She laughs often as she talks about her life these days. As the fit, healthy outreach representative for wellness at HSHS Medical Group, she is literally paid to inspire others.

"I fell in love with the power of a positive message and a microphone," said Sonya, who speaks to groups in communities within a 100-mile radius of Springfield. She was hired by HSHS in March 2016 after the VP of Business Development read an article about her in *Springfield Scene Magazine*.

The article detailed her whirlwind year as a contestant on the hit reality show "Biggest Loser" in 2014-2015. As most local residents remember, Sonya steamrolled through the competition, making it to the finals before losing by less than 1 pound as the Sherman viewing audience held its collective breath.

"I thought I was going to win," said Sonya, who also lost out on the \$250,000 grand prize. "I was never outworked during that six months and I never cheated. But, looking back, it was meant to be. God spoke to my heart and said, 'Sonya, this is your chance to live what you've been saying to your kids (students) – that we all have a responsibility to lose with grace and integrity.'"

She returned to Sherman where she taught for another year and shared her story on the weekends, before HSHS called. "I

miss my summers off," said Sonya, with a laugh. "I miss my people tremendously – the kids and my fellow teachers – but this is what I was meant to do."

In a way, the former teacher with two Master's degrees in Education said she is still teaching. But these new lessons are about helping people achieve what she has – confidence, a healthy body and mind, and a deep desire to pay it forward.

"My emotional tie to food is gone," said Sonya. "I learned that being healthy is more than weight loss. In fact, keeping the weight off is harder than losing it. I had to peel back the layers and find out why I couldn't break the cycle that began when I was in 7th grade."

Today, she is off all medications, the ones that treated her pre-diabetes, sleep apnea, high blood pressure, high cholesterol, arthritis, lower back pain, diverticulosis, and joint pain. "I had one last appointment before I would have received a gastric bypass," said Sonya. "I went online and filled out an application for Biggest Loser. I got the call and it changed my life."

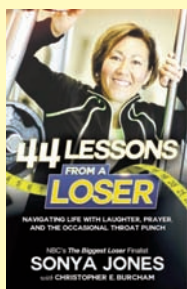
Her kitchen is where she "creates magic" these days – planning meals, eating clean, and never allowing her emotions to dictate her food choices. She also jogs 2-3 times a week and takes care of herself – body, mind, and spirit.

The book – *44 Lessons From A Loser* – shares her insights but also features chapters about the people she's known who have had challenges more daunting than hers, such as a beloved fellow teacher who bravely battled cancer. She also highlights a senior track athlete she coached at WHS, who was crushed by a disqualification during preliminaries at the IHSA State Meet but went on to anchor the championship 4X400 relay team the very next day.



So why 44 lessons? Sonya laughs as she describes a lifelong obsession with the number 44 – her jersey number from high school to college softball and soccer to the semi-pro softball she played when she was younger. "I've also watched my favorite movie – *A League of Their Own* – 44 times!" she said.

So, as she enters her 44th year, Sonya said she is pretty certain it's going to be wonderful. "I cannot express enough how thankful I am to have lived in this community during the show, and for the support I received before, during and after," said Sonya. "Thank you, Sherman."



BOOK SIGNING SATURDAY

We have an author in our midst! Congratulations to our own Sonya Jones, who has a new book out chronicling her journey through weight loss and self-discovery.

Sherman Public Library is hosting a book signing for Sonya on **Saturday, November 10, 10 a.m. – noon.**



401 St. John's Dr ★ Sherman, IL 62684
INFO@SHERMANIL.ORG

PRSRST STD
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U.S. POSTAGE
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Postal Customer

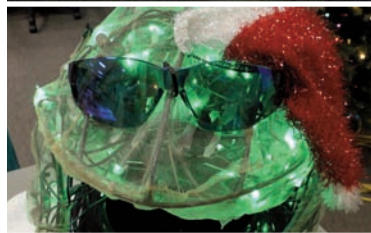


Sean Newton and the Public Works Department crews use the nice weather to string lights in the trees along Sherman Blvd. and Meredith Drive and prepare for the most festive time of the year in Sherman.

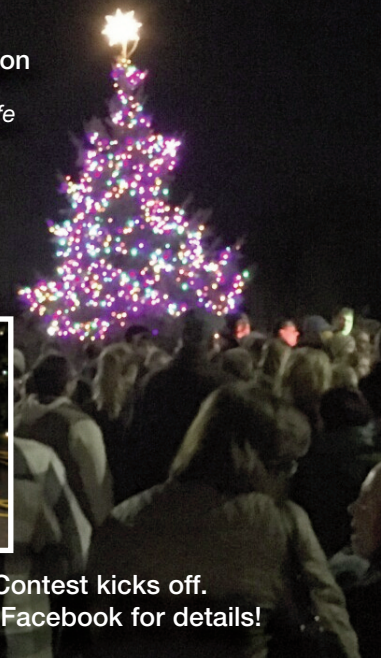
HELP US KICK OFF THE SEASON!

Sunday, November 25
Village Park Fireplace Pavilion
*Cookies and Cocoa provided
by Fern's Coffee House and Cafe*

Chili Cookoff 1-4pm
Christmas Music 4-6pm
Light the Tree 6pm



2nd Annual Willie the Frog Contest kicks off.
Watch our website and our Facebook for details!



DATES TO REMEMBER

Saturday, November 10 Sonya Jones Book Signing 10 am-Noon Sherman Public Library

Sunday, November 11 Happy Veterans Day! Thank you for your service

Monday, November 12 Zoning Board of Appeals Meeting 6pm Village Hall

Tuesday, November 13 & 20 Village Board Meeting 6pm Village Hall

Sunday, November 18 11th Annual Sherman Holiday Wonderland 10am-4pm Sherman Athletic Club

Thursday, November 22 Happy Thanksgiving! Village Offices Closed

Saturday, November 24 Sherman Area Chamber of Commerce "Small Business Saturday"

Sunday, November 25 2nd Annual Tree Lighting Ceremony

Sunday, November 25 2nd Annual Willie the Frog Contest Kicks Off