

EFFINGHAM

FALL 2021

MAGAZINE

EFFINGHAM CATHOLIC CHARITIES AT 40

INSIDE

THE CROSS AT THE CROSSROADS

THERAPY DOGS

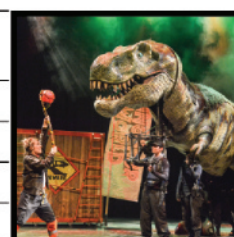
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Sat. Oct. 2 7:00 pm	Exile	\$36	\$26	\$20
Fri. Oct. 8 7:00 pm	Ultimate Queen	\$44	\$44	\$44
Sat. Oct. 9 7:00 pm	Dwight Yoakam	\$78	\$68	\$62
Fri. Oct. 15 8:00 pm	Leonid & Friends	\$39	\$34	\$29
Sat. Oct. 16 7:00 pm	The Frontmen of Country	\$69	\$59	\$54
Fri. Oct. 22 7:30 pm	Home Free	\$59.50	\$39.50	\$29.50
Fri. Oct. 29 8:00 pm	Rocky Horror Picture Show	\$15	\$15	\$15
Fri. Nov. 5 8:00 pm	Roots & Boots	\$69	\$59	\$54
Sat. Nov. 6 8:00 pm	Soul Asylum	\$44	\$44	\$44
Sat. Nov. 13 8:00 pm	Recycled Percussion	\$38	\$28	\$22
Fri. Nov. 19 8:00 pm	Hairball	\$29	\$29	\$29
Sat. Nov. 20 2:00 pm	Branson on the Road	\$35	\$25	\$20
Sat. Nov. 20 7:30 pm	Christmas Style			
Sun. Nov. 21 3:00 pm	Charlie Brown Christmas	\$43	\$33	\$28
Sun. Nov. 21 7:00 pm	Live on Stage			
Sat. Dec. 4 7:00 pm	The Life and Adventures of Santa	\$20	\$20	\$20
Sun. Dec. 5 2:00 pm	Claus - 3 Chicks & a Stage			
Fri. Dec. 10 7:00 pm	The Prophecy	\$26	\$21	\$16
Sun. Dec. 12 2:00 pm	The Price is Right Live	\$53	\$43	\$37
Sat. Dec. 18 7:00 pm	Scott Wattles	\$15	\$15	\$15
Sat. Jan. 22 3:00 pm	Frozen 2	\$35	\$15	\$15
Fri. Feb. 4 8:00 pm	Golden Girls Puppets	\$38	\$28	\$23
Fri. Feb. 11 7:00 pm	The Oak Ridge Boys	\$63	\$53	\$48
Sun. Feb. 13 3:00 pm	Dino World	\$38	\$32	\$26
Wed. Mar. 9 2:00 pm	Church Basement Ladies	\$45	\$40	\$35
Wed. Mar. 9 7:30 pm				
Fri. Mar. 11 8:00 pm	Clay Walker	\$70	\$60	\$50
Sat. Mar. 12 7:00 pm	Winter Dance Party	\$40	\$30	\$25
Sat. Apr. 2 8:00 pm	Kentucky HH/ Confederate RR	\$39	\$39	\$39
Sat. Apr. 9 7:00 pm	Rhonda Vincent	\$42	\$32	\$26
Fri. Apr. 22 7:00 pm	Pure Prairie League	\$37	\$27	\$21
Sat. Apr. 23 7:00 pm	Lonestar	\$51	\$51	\$51
Fri. Apr. 29 7:00 pm	Trace Adkins	\$75	\$75	\$75
Fri. May 6 7:00 pm	The Waverly Gallery	\$20	\$20	\$20
Sat. May 7 7:00 pm	- 3 Chicks & a Stage			
Sun. May 8 2:00 pm				
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EFFINGHAM

FALL 2021

MAGAZINE

FEATURE STORY



Charles Mills photo
Aspire student Cheyenne Sarver, center, gets a special visit from both Grace, a CDC dog, left, and Faith, a therapy dog, right.

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Therapy dogs provide comfort

By Charles Mills

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ON THE COVER: Sister Carol Beckermann has been the director of Effingham Catholic Charities for 14 years. Photo by Cathy Griffith / Effingham Daily News

FROM THE EDITOR

In these stressful times, it's good to be reminded of the comforting influences that surround us.

The Cross at the Crossroads has been a source of comfort and unity in our community for 20 years. Five days after the Sept. 11 attacks in 2001, more than 3,000 people were in attendance as the cross was officially dedicated and lit up for the first time. How many millions since then have drawn strength and inspiration as they pass by along the interstate? We look back at the cross over the years in this edition of Effingham Magazine.

Beyond that obvious symbol, you can find other sources of comfort most anywhere you look in our area.

Donna Rouleau's two dogs, Faith and Grace, are rescue dogs. They travel with her to the Sexual Assault and Family Emergencies (SAFE) office in Effingham, where Rouleau works. Charles Mills spoke to Rouleau for a story in this fall edition of Effingham Magazine.

Rouleau works as a medical advocate for SAFE and her dogs play an important role. SAFE is a 24/7 organization that offers free services to families and survivors

of sexual assault, sexual abuse, rape, stalking, sexual harassment, pornographic exploitation and human trafficking.

"They make individuals who come into our office feel more comfortable," Rouleau told Mills. "We have people coming in who are telling their stories that aren't so much fun to tell and the dogs help them out by easing them a little bit. ... The dogs have definitely made a difference," she said. "They are really making people feel better."

Meanwhile, Catholic Charities has been a source of comfort for 40 years. EDN News Editor Cathy Griffith

takes a look at the good that organization has done during those decades of service.

"One day is never like the other days. I never get bored," Director Sister Carol Beckermann told her.

From its humble beginnings in a little house next to St. Anthony High School to a spacious building that was once a furniture store, Catholic Charities has grown along with the needs of the community and helped countless numbers of people along the way.

Jeff Long
Editor



Jeff Long is the editor of the Effingham Daily News. A 1987 graduate of the University of Wisconsin, he has worked for newspapers in England, Pennsylvania and Virginia. For 13 years, he was a reporter and later an editor at the Chicago Tribune. He lives in Altamont with his wife, Karen.



Cathy Griffith is news editor of the Effingham Daily News. She is a 1998 graduate of Eastern Illinois University with a Bachelor of Arts in Journalism. She has worked at the Daily News for 20 years in news and magazine publications. She is a lifelong resident of Effingham, where she resides with her husband, Tim, and daughter, Leah.



Charles Mills is reporter and videographer for the Effingham Daily News. A 1983 graduate of Southern Illinois University, Carbondale, he is the son of a south-central Illinois newspaper publisher, worked as master control director for a St. Louis television station, assistant video editor at a video editing facility on Music Row specializing in music-videos, served as senior video editor for a Nashville television station and learned the art of computerized video editing while living in Hollywood, California in the middle 1980s. Mills is a native of Vandalia, where he lives with his wife, Zoryana.

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Cathy Griffith photos

Sister Carol Beckermann has been the director of Effingham Catholic Charities for 14 years.

Organization grew to meet needs of the community

CATHY GRIFFITH
EFFINGHAM MAGAZINE

Ask anyone working at Effingham Catholic Charities why they like it there and they'll give you the same answer – it's the people.

"One day is never like the other days. I never get bored," said Director Sister Carol Beckermann as the charitable organization marks a milestone this year.

For 40 years, Effingham Catholic Charities has been helping people obtain necessities. From its humble beginnings in a little house next to St. Anthony High School to a spacious building that was once a furniture

store, Catholic Charities has grown along with the needs of the community and helped countless numbers of people along the way.

HISTORY BY THE NUMBERS

Catholic Charities opened in Effingham on July 1, 1981, at the request of Springfield Diocese Bishop Joseph McNicholas, who invited the Daughters of Charity to run it.

They provided counseling, adoption services, infant foster care and emergency assistance for such expenses as rent and utilities. During that first year, they served 125 clients in Effingham County.

A year later, Second Hand Rose opened to help people who

couldn't afford brand-new items. The thrift store also provided a source of revenue for the agency's emergency assistance program.

During the next 11 years, from 1982 to 1993, the agency moved twice to larger facilities to accommodate growing need in the community.

In 1995, another service was added, Ramblin' Rose. The program provided free school supplies to students in need of them in Effingham County. That program would grow too, with the bus delivering the supplies to more counties.

In 2000, the agency added yet another program to its growing list. MedAssist helped the elderly or those who couldn't afford the cost of their medications.

That same year, the foster care program expanded to treatment foster care, which took children of all ages – from infants to until they aged out



In addition to the food Catholic Charities receives from food banks, area restaurants and stores, the agency also receives fresh produce from farmers.

of the system.

In 2002, FISH and Catholic Charities collaborated to create the Christmas Store. Prior to that, each organization had its own charitable program during the holidays.

At that point, Catholic Charities was operating from three different sites. A campaign was started in 2003 to put all the services under one roof. In two years, the campaign, called the Jabez Project, raised enough money to purchase the former Keller Furniture building in Teutopolis. Following renovation, in 2005 all of Catholic Charities' programs located to the new building and remain there today.

In 2008, the agency served nearly 59,000 clients and by 2010 that number increased to 75,600. The number continued to increase the following year, with 77,000 clients.

Although Catholic Charities discontinued the foster care program in 2011, other programs continued to grow and the mobile food pantry was added in 2012. The mobile pantry has a refrigerated truck that reaches underserved areas or "food deserts."

In 2014, Catholic Charities worked

with HSHS St. Anthony's Memorial Hospital to offer dental vouchers. The vouchers provide free dental services for adults on Medicaid. Eventually, financial assistance for diabetic medications and emergency medications was added.

Yet another program was added in

2015 – legal services. The pro bono legal service helps clients not only locally but at other Catholic Charities in the region with legal disputes such as child custody or tenant-landlord cases. A lawyer in Springfield meets with clients locally and enlists the help of local attorneys when possible.

To further help clients, a tax assistance program was added in 2017 in which volunteer tax preparers help those making \$60,000 or less file their taxes.

As Catholic Charities programs expanded, so did its reach.

The agency started out serving just Effingham County. Throughout the years, more and more counties were added. Now the agency serves Clark, Crawford, Cumberland, Effingham, Fayette, Jasper and the southern half of Shelby.

SISTER CAROL BECKERMANN

Effingham Catholic Charities has had several sisters at its helm.

Sister Catherine Mary Norris of the Daughters of Charity opened the first office. As the only staff member, Norris spent several weeks before the opening conducting a needs assessment and promoting the mission of Catholic Charities to the Effingham community.

Bags of food are lined up and ready to go for clients to pick up. The pantry is currently operating as a drive-thru only because of the pandemic.





Receptionist Maggie McDonald greets a walk-in client at the Effingham Catholic Charities office in Teutopolis.

Since then others have included Sister Beth Marie Ruder and Sister Brenda Fritz, who left in 2007 after 10 years to run a large day care center for Daughters of Charity in Evansville, Indiana.

About that time, Sister Carol Beckermann became interested in the position.

Beckermann is originally from St. Louis. She taught junior high for 25 years before becoming an associated administrator

at a rehab hospital run by her Franciscan order. After three years, she was elected to congregational leadership for 10 years. Then she took a year off. During that year, she visited a friend in Teutopolis who worked at St. Francis.

"She said Sister Brenda, who was the area director before me, was looking to move on," Beckermann said. "I told her, 'You tell her to hold that position for me. I may be interested in that.'"

Not knowing if the current director was really leaving, Beckermann said she was more or less teasing at the time.

"Well, the position did become available. I did apply and I was hired," she said.

Beckermann was hired in 2007 and has remained director ever since.

Besides the people she works with, Beckermann said one of the reasons she has remained in the position for so long is the people the organization helps.

"We're helping people and we can actually see it. Sometimes you help people and you don't know. Sometimes, we can see the results of our labors," she said. "In some cases, if we weren't here, they wouldn't get it. We're providing a necessary service for the people and the community."

Beckermann recalls one instance when they were able to help an older man who didn't know where

Catholic Charities food pantry provides a variety of food items that has grown over the years.



he was or remember where he was before. The man had been dropped off at Catholic Charities by someone who picked him up off the street.

"... HERE I FEEL LIKE WE'RE ACTUALLY MAKING AN IMPACT ON THE COMMUNITY AND HELPING THESE PEOPLE."

— MAGGIE McDONALD

"He just knew that he needed to get somewhere," Beckermann said. "But he didn't have the name or address. We called the police to see if they could find out. He was in a detention center somewhere and he had just been discharged and let go and that's it. He had no clue where he was."

She said they were able to get in touch with the detention center he was released from and get some information.

"So, we were able to help him. We knew that he was at least safe," she said.

Beckermann said they sometimes hear later from those they help.

"You remember the people who come back and say thank you very much. I'm on my feet. I now have a job, have a place to live. I wouldn't of had it without you, without your initial help," she said.

INNER WORKINGS

Catholic Charities figures out the needs of the communities it serves and responds to those needs. One of the ways the agency does that is through its advisory board. Sister Carol Beckermann is quick to point out they are not a governing board. The board is made up of people who live and work in the community.

"I always call them the liaisons between Catholic Charities and the community and the community and Catholic Charities," she said. "If they see a need out there that they think we can fill or we can help with or we see a need, we say, 'Do you see this

out there?'"

One of the needs the advisory board saw was for free school supplies for families who could not afford them.

"Ramblin' Rose was at the suggestion of the advisory board," said Beckermann.

The board also is the fundraising arm of Catholic Charities. The agency relies on fundraisers, private donations, grants, foundations and Second Hand Rose, as well as partnerships to support its programs. But it is the community, Beckermann said, that keeps Catholic Charities going.

"This office is one of seven Catholic Charities offices. I believe we are strong and we are very strong because we get a lot of community support. I think we have the best support. That's how we survive," she said.

Beckermann said United Way of Effingham County has been "very generous" to Catholic Charities, which is one of its partner agencies. Other counties do not have as much support. The agency belongs to United Way in Crawford County, which Beckermann said is struggling.

"We're not getting very much from Crawford County to help the Craw-

ford County area. But United Way of Effingham is well," she said.

Beckermann believes the community will continue to support Catholic Charities.

"As long as we can help people here and the community continues to see the results of what we do ... and as long as we have that, community support I think is strong," she said.

Maggie McDonald didn't realize all the programs Catholic Charities offers until she started working there a year and a half ago.

"I had no idea what Catholic Charities consisted of until I walked in here. It's been a learning experience for me and to be a part of that is great. The fact that we serve seven different counties. All those counties reach out to us," she said.

As the receptionist, McDonald is the first person clients talk to when they call or come in. Her job keeps her busy.

"Some days that doesn't quit," she said recently, pointing to the phone.

"And that doesn't quit," she added, pointing to door.

But McDonald, who was formerly a waitress, loves her job.

"I feel I'm serving more of a purpose.

From left, Kathy Willenborg, Connie Holkenbrink and C.J. Rogger sort through items for Second Hand Rose.



You can go and sling food all day but here I feel like we're actually making an impact on the community and helping these people," she said.

Connie Holkenbrink also loves her job at Catholic Charities. She has worked there since 2002.

Holkenbrink works part-time at Second Hand Rose. Besides the flexible work hours and the exercise she gets moving and unloading items, she likes meeting the people who come there.

"I just like being out in the public, meeting all the people. It's just interesting work," she said.

Effingham Catholic Charities has 13 staff members, seven full time, but the agency also relies on its volunteers to keep its day-to-day operations going.

"We depend a lot on volunteers because volunteers drive the Ramblin' Rose bus. Volunteers go on the mobile food pantry. Volunteers work in the store. Volunteers work in the pantry," said Beckermann.

Normally, the agency has 50 to 60 volunteers who perform various jobs and some may work once a week or once a month.

Currently, the number of volunteers is much less, about 30.

"COVID has greatly reduced our volunteers and they still have not come back," said Beckermann.

TODAY

Beckermann said the last year and a half has been unusual for the organization.

"One of the interesting things that happened during the pandemic – and this seemed to be across the board – people were not coming to the food pantry like they had come before," she said.

Beckermann attributes that to stimulus monies and more places, like churches, offering free food.

"Schools were still giving lunches even though school was closed. There seemed to be lot of opportunities for people to get food at that

time," she said.

One program that the agency is noticing an uptick in is the crisis assistance. The program helps with costs of rent, utilities, transient transportation and temporary lodging. Beckermann said the agency is getting more requests for rent and utility assistance. However, Catholic Charities is limited in how much it can give, depending on what is available.

"We work with other human service agencies in the area. Together, we can help people," she said.

The number of clients needing help has exponentially increased over the years. Before the pandemic, Effingham Catholic Charities assisted 79,000 – the last count that is available, according to Beckermann.

Catholic Charities' MedAssist program has secured over \$20 million in medications for people who can't afford them since its inception. Sister Kathleen Bushur started the program and continues to help people with everything from Medicaid

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and Medicare sign-ups to finding medications at a cheaper price.

"She has this wealth of knowledge," said Beckermann.

That knowledge keeps her in demand.

"When Medicare Part D enrollment comes along, she's very, very busy during that time," said Beckermann.

Effingham Catholic Charities ended its counseling program this year. The agency provided counseling services at a reduced cost but as more counseling agencies opened locally that were able to offer those same services, Catholic Charities saw less of a demand.

"We filled a need and that need is no longer needed," said Beckermann.

CLIENTS

Over the years, Effingham Catholic Charities has had to adjust how it helps people, especially those who are homeless.

"There are many people who are homeless and they live around here," said Sister Carol Beckermann.

She said staff and volunteers have had to learn what they need and what they don't need.

"For example, do they know how to build a fire? Some people say don't give me anything I have to cook because I don't have any means of cooking it," she said, adding Catholic Charities has bags for people who are homeless.

Beckermann recalled one transient she helped on a Saturday, when the office was closed.

"I came here on a Satur-



Second Hand Rose has a large clothing section that features seasonal apparel.

day for some reason and there was a man sitting by the front doors. I said do you need something. I said do you want some food? Do you want some clothing because we have a clothing voucher?"

Beckermann brought the man some food. But she soon realized everything he owned he carried on his back, so he could only take some of it, because he could only carry so much.

"The whole idea their whole life is on their back," she said.

No matter their situation, Beckermann said everybody has a story.

"There are people who have just fallen out with their family and had to move and didn't have anything else or they didn't finish school so they didn't have an education. So how do you get a job without education? Or there are people who have mental illnesses and

they can't keep a job," she said.

Beckermann remembers one homeless woman she knew well who couldn't stand people around her.

"If in a store and other people come into the aisle, she would lose it. Then they would call the police and now she has a police record. She's not dangerous. She just has this mental illness," she said.

Despite that, the woman had a talent Beckermann admired. She would come into Second Hand Rose in the morning before the store opened and fix the mannequins and decorate the windows. As soon as store opened, she was gone.

"That mental illness hampered her from becoming a productive member of society and having a home of her own, staying at a job," she said.

Now the woman has a place to live, Beckermann said.

Beckermann said there are many reasons why people become homeless and sometimes it's not necessarily what they did.

"Nobody wakes up in the morning and says, 'I want to be poor.' There are circumstances sometimes beyond their control. There's all kinds of reasons why people end up in poverty," she said.

Even though Beckermann is 74, she has no plans to retire anytime soon.

"As long as I feel I can give the best I can give, once I know I can't do that, then I need to move on. Or if they need new blood to move it to the next stage," she said.

She doesn't see any more career changes either.

"I think this will probably be my last job," she said, smiling.



Charles Mills photos

Mark Cullen is a new member of the National Grain and Feed Association board of directors and senior vice president of feed and livestock at The Equity.

Meet The Equity's senior vice president of feed and livestock

A variety of products can be found in The Equity Farm and Home Store in Effingham.



CHARLES MILLS
EFFINGHAM MAGAZINE

Mark Cullen has been in the ag cooperative industry for 29 years, spending most of his career in animal nutrition – specializing in ingredients, consulting on the farm or management.

A native of southwest Iowa, Cullen arrived in Effingham Jan. 1 to fill the position of senior vice president of feed and livestock at The Equity.

In addition to his responsibilities at The Equity, Cullen is associated with the National Grain and Feed Association (NGFA).

"This will be my fourth year associated with the

National Grain and Feed Association," Cullen said. "I was on the feed regulatory and legislative committee for three years, then became a new board member this year."

He said NGFA is a 125-year-old trade organization made up of companies related to the feed and grain industry. He said there are currently 1,000 NGFA members that represent about 7,500 locations across the United States.

His responsibilities as a board member include approval of capital and budgets, strategic planning and the hiring and firing of the Chief Operating Officer.

"We actively work on trade rules and policy and interact with the government agencies," he said. "We help guide or influence trade rules and policy for agricultural related businesses and producers."

As an example, Cullen said the committee he was on before becoming a board member helped shape the rules of the Food Safety and Modernization Act.

"So we would spend active time with FDA (Food and Drug Administration) members to try and influence how those laws were written," Cullen said. "So, we are very active in legislative and rule making."

He said NGFA would also be advocating on the agricultural related parts of the infrastructure package announced by President Joe Biden and his team about rural waterways.

"We are actively trying to influence those kind of things to benefit our members and ag producers," Cullen said.

He said they are currently concerned about the climate and how that may potentially impact ag related businesses.

"Whether it's electric cars or whether it's renewable fuel can have a significant impact on corn production as it relates to ethanol and biodiesel," Cullen said. "It could have a direct impact on our member/owners at The Equity."

Cullen's responsibilities at The Equity include oversight of three feed mills, a livestock management team that manages swine facilities and The Equity farm and home store.

"We have everything in that store from feed, hardware, boots to tools," Cullen said. "We expect our store expansion will get underway very soon. We will add product lines we never had before."

The 85 ft. x 90 ft. expansion will be used as a fulfillment center for the store.

"We anticipate the work will be



The Equity Farm and Home Store is adding an 85 ft. x 90 ft. fulfillment center to the store. Mark Cullen is senior vice president of feed and livestock responsible for oversight of the store.

done by sometime in October," he added. "We'll have to wait and see."

Cullen said Mother Nature will play a major role in determining the exact opening date.

"Another thing that plays into that

is the supply chain," he said.

Cullen has a bachelor's degree in Ag Business from Northwest Missouri State University of Maryville, Missouri and a master's in Business Administration from Iowa State University.


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Therapy dogs provide comfort



Jill Wright SAFE photo
Faith the therapy dog and Grace, a CDC dog, greet visitors when they come to the Effingham SAFE Office. Pictured from left, Faith, SAFE Medical Advocate Donna Rouleau and Grace.

CHARLES MILLS
EFFINGHAM MAGAZINE

Donna Rouleau travels to work every day with her two best friends.

Her two dogs, Faith and Grace, are rescue dogs. They travel with her to the Sexual Assault and Family Emergencies (SAFE) office in Effingham, where Rouleau works.

Faith, a black Malcur mix, is an Alliance of Therapy Dogs (ATD) certified therapy dog and Grace is a pit bull and lab mix who is also a Canine Good Citizen (CGC) dog. Rouleau hopes Grace will one day become a therapy dog.

Rouleau works as a medical ad-

vocate for SAFE and her two dogs play an important role. SAFE is a 24/7 organization that offers free services to families and survivors of sexual assault, sexual abuse, rape, stalking, sexual harassment, pornographic exploitation and human trafficking.

"They make individuals who come into our office feel more comfortable," Rouleau said. "We have people coming in who are telling their stories that aren't so much fun to tell and the dogs help them out by easing them a little bit."

She said Faith greets everyone who comes through the door.

Sometimes Faith gets the chance

to get out of the office for a visit to Vandalia.

"Faith goes over to the State's Attorney's (Fayette County) office sometimes when a victim has to testify," Rouleau said. "She helps ease their nerves and calm them before they testify."

"We stay behind the scenes. We don't go into the courtroom. It can be a long wait before they go to testify," she said. "Animals bring some comfort to them."

She said testifying in court can elevate emotions and Faith helps ease those emotions. She said currently Fayette County is the only county where they can bring their therapy dogs.

Rouleau said her CDC dog, Grace, also plays an important role with SAFE. Faith and Grace make weekly visits to Aspire School in Effingham.

She said during their visits to the school both dogs greet everyone as they enter the school.

"We go into each classroom and Faith gives each each student some attention. Each dog has its own purpose," Rouleau said.

She said Grace helps kids learn about the effects of animal cruelty. She said some kids who have experienced trauma in their lives have also experienced animal cruelty.

"She is very sweet and very gentle, but doesn't trust everyone either," Rouleau said. "So, they can learn from each other. She's shy, but she let's every one of the kids pet her."

"The dogs have definitely made a difference," she said. "They are really making people feel better."

She said her dogs aren't trained by other people. Rouleau said she gets her training right along with her dogs as a team.

"They are trained in classes that I go to, also. So, we're both trained at the same time," she said. "I still go to the training because my dogs love to go."

Rouleau said going to the classes

keeps a closer bond between the dogs and herself. She said the classes can determine if a dog has the right personality to become a therapy dog.

"Not all dogs are made out to be therapy dogs," Rouleau said.

She said she enjoys working with her dogs and how people react to them.

"There are people who feel alone, there are those who no longer trust others and there are people who just need something to help them smile," she said.

Rouleau said her dogs help individuals in crisis and make people feel accepted. She said the dogs also help build trust and make people smile.

"I love to see the comfort and healing she brings to people," Rouleau said about her dog Faith. "I like to see my girls figure out what they need to do to help someone."

SAFE Awareness Director Jill Wright said SAFE has been using therapy dogs for a while now for victims and school programs, but not their own. Today, they have two on board.

"Now we have dogs full-time at our facility helping to deescalate survivors," Wright said. "It's been very successful."

The SAFE organization offers prevention education programs for schools offering programs on body safety, sex trafficking, healthy relationships, bullying, internet safety, consent, dating violence and sexting.

The programs are available for schools, colleges, churches, youth groups, clubs, organizations and businesses. SAFE covers 11 counties in south central Illinois: Effingham, Fayette, Bond, Clay, Clinton, Hamilton, Jefferson, Marion, Washington, Wayne and White counties.

There are SAFE offices in Effing-



Charles Mills photo
Aspire Student Rachel Akeman visits with Faith during her first class of the day.

ham, Vandalia, Centralia and Mt. Vernon. Currently, Rouleau's dogs are the only therapy dogs working for SAFE.

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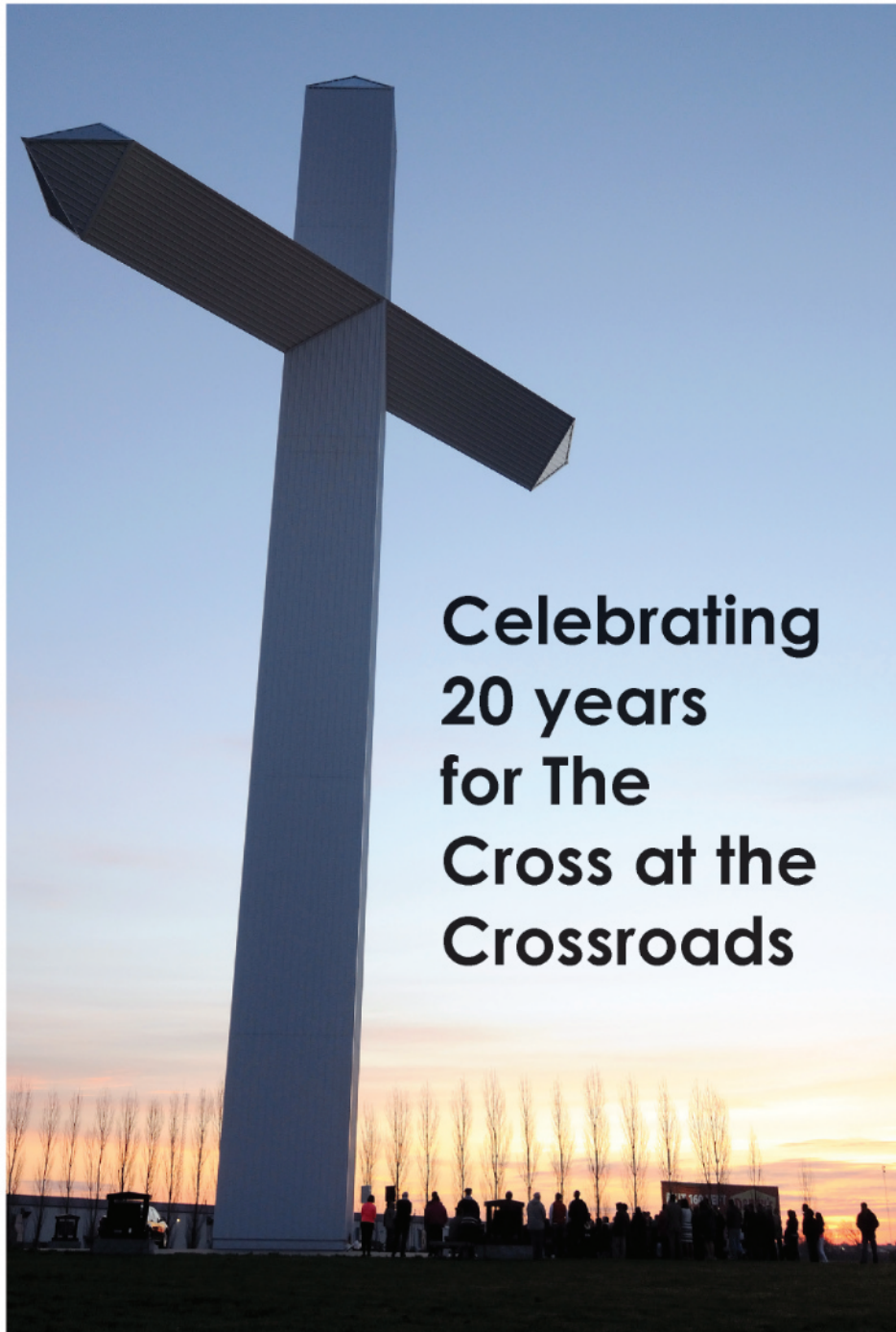
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Celebrating 20 years for The Cross at the Crossroads

13 children from 12 area churches were recognized and brought to the construction site for a groundbreaking ceremony, according to a story in the Effingham Daily News at the time.

Children participating in the groundbreaking ceremony included Levi McElroy, First Baptist Church of Louisville; Ben Lovel, First Baptist Church of Effingham; Broc Krietemyer, Effingham Willow Street Church of Christ; Bethany Stuemke, A.S.K. Ministries; Aminta Brooks, New Hope Baptist Church, Effingham; Holly Petty, Crossroads Free Will Baptist Church, Effingham; Rachel Timmerman, Effingham Assembly of God; John Jacob Barcroft, Crossroads Free Will Baptist Church, Effingham; Caleb McCluskey, Oak Street Baptist Church of Flora; Erica Meek, Sacred Heart Catholic Church, Effingham; A.J. Harris, First Church of God, Effingham; Alex Wright, Grace Lutheran Church of Dieterich; and Blake Koerner, St. Anthony Catholic Church, Effingham.

Construction was hampered in early 2001 due to inclement weather.

EDN file photo
Area residents celebrate Easter Sunrise Service at The Cross in Effingham in 2014.

EFFINGHAM MAGAZINE

The Cross at the Crossroads has been a staple of the Effingham community since its dedication 20 years ago in September of 2001.

A faith-based group named The Cross Foundation was formed with members from several different faiths in the Effingham and surrounding areas, along with busi-

ness leaders. After raising \$1 million for the project and five years of planning, the cross became a reality.

Over 200 community members representing church leaders and volunteers gathered at the First Baptist Church in Effingham for a kick-off inauguration ceremony on Feb. 11, 2001. After a prayer from foundation member Tom Wright,



EDN file photo
Adam Jackson, who was stationed at Abraham Lincoln Capital Airport in Springfield, shows daughter, Alana, The Cross during the marking of its 10th anniversary in 2011.



Submitted photo
Bud Althoff is honored with a plaque and Red Bud tree at The Cross at the Crossroads in 2014. Althoff, who died in 2016, was a co-founder of the Cross and played an integral part in bringing it to Effingham.

According to a Cross at the Crossroads handout, engineers designed the cross in Kansas City, Missouri, and United Steel Fabricators of Indianapolis manufactured sections of the structure. Wind tunnel tests were conducted in Montreal, Canada, and AKRA Builders of Effingham planned and performed the physical construction of the Cross.

The Cross is located east of Effingham and south of Fayette Avenue exit 159, where drivers from both Interstates 70 and 57 can view the 198-foot tower with a 115-foot cross arm. The Cross was built to a height that was just under that at which the FAA requires a red light at the top. There are 10 marker stones placed around the base of the Cross, each inscribed with one of the Ten Commandments.

Five days after the Sept. 11 attacks in 2001, The Cross at the Crossroads was officially dedicated and lit up for the first time, with over



Submitted photo
Bud Althoff dedicates The Cross at the Crossroads in September 2001. Althoff, who died in 2016, was honored in 2014 for his contributions to bringing the Cross to Effingham.

3,000 people in attendance.

The Cross at the Crossroads Welcome Center was officially dedicated on May 15, 2005, and the chapel was added in February of 2006.

Every Good Friday before Easter, the Cross lights up in the color red and an annual sunrise Easter service is held under the Cross or in the welcome center chapel in case of bad weather. The chapel and visitors center has also hosted 9/11 memorial services, weddings

and groups.

Two maps on the wall of the welcome center are marked with pins showing where visitors to the Cross live. One map is of the United States and another world map shows visitors from other countries. A volunteer greeting program was established in July of 2002 and today the program has grown to more than 200 volunteers. The greeters host more than 12,000 visitors at the welcome center every year.

Submitted photo
Shown is final construction work on the 198-foot-tall Cross at the Crossroads.





EDN file photo
Chaplain Tim Overbey with Chapter 112 in Oakland City, Indiana, delivers the message during the gathering at The Cross at the Crossroads in Effingham in 2019. An estimated 80 members of Road Riders for Jesus pulled into Effingham for the annual Son Rise Ride.



EDN file photo
Carolyn Hollar and her brother, Randy Curry, send off a Chinese lantern during the 10th anniversary celebration of The Cross at the Crossroads. The lanterns were in memory of loved ones lost.



EDN file photo
Zetta Haag of Effingham releases a balloon with a prayer card during the 15th anniversary celebration for The Cross at the Crossroads in 2016.



EDN file photo
A large group of volunteers, donors and board members were present for the symbolic groundbreaking for the new enhancements to the grounds at The Cross at the Crossroads in 2018.



EDN file photo
First Baptist Church Pastor Roger Marshall leads a group of worshipers in a final prayer during Easter Sunrise Service at The Cross in Effingham in 2016.

Greeters host more than 12,000 visitors at The Cross at the Crossroads welcome center every year.



EDN file photo
Bev Marshall directs the FACE Orchestra during The Cross at the Crossroads Christmas Open House in 2018.



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SNAPSHOTS

The pages of the Effingham Daily News and our website at effinghamdailynews.com provide daily snapshots of the people and events that make our community a place worth living in. Here are some of those snapshots.



◀◀ Andrew Adams photo
Marvin Lindsay watches as Tom Saltsman putts his disc into one of the holes at the Lake Sara Disc Golf Course.



▲▲ Charles Mills photo
Former Effingham County Sheriff David Mahon, left, receives a Certificate of Appreciation, a Resolution of Appreciation and an Effingham County flag from Effingham County Board President Jim Niemann.

▶▶ Charles Mills photo
Brian and Deana Tusing, both of Pierceton, Indiana, traveled to Effingham in their 1971 Volkswagen convertible. Deana Tusing and a friend hand painted the bug.



Charles Mills photo
A convoy of antique tractors from around the area traveled through the countryside north of Altamont for a special tractor drive to benefit the Mill Road Threshermans Association FFA scholarship program. ▼▼



▲▲ Alex Wallner photo
The St. Anthony softball team won the Class 1A Super-Sectionals against Marissa (Coulterville) on June 14 at Johnston City High School. St. Anthony would go on to play in the state championship, finishing as runner-up for the title.



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EFFINGHAM
DAILY NEWS

SNAPSHOTS (continued)



▲▲ Charles Mills photo
Otto VanDyke competes during the 4-H Goat Show competition at the Effingham County Fair.



►► Charles Mills photo
A color guard made up of members of the Rolling Thunder Chapter Three Illinois organization displayed the U.S. Flag and flags from all branches of the military during a memorial dedication in Beecher City.



►►

Charles Mills photo
2020 Miss Effingham County Fair Queen Taylor Hartke, back row center, crowns the 2021 Miss Effingham County Fair Queen, Kaylee Phillips. Pictured from left, First Runner-Up Kyandra Zerrusen, Phillips, Hartke, Miss Illinois County Fair 2020 Kelsi Kessler of Carmi and Second Runner-Up Ella Zumbahlen.



◀◀

Andrew Adams photo
After a speech at Culver's in Effingham, State Sen. Darren Bailey, R-Louisville, makes his way through the crowd. Bailey is seeking the GOP nomination for governor.





▲▲ Charles Mills photo
Vincent Ash of Watson tests the slide at the new Lake Sara Beach Park playground for ages 2-5.

Andrew Adams photo
Ron Mietzner leads a lap around the track at this year's Relay for Life.



Charles Mills photo
Rodger Wilson, of Bolingbrook, brought his 1921 REO T-6, four-door touring car to the Effingham County Fair. ▼▼



▲▲ Andrew Adams photo
U.S. Rep. Mary Miller addresses the crowd at her July fundraiser.



Charles Mills photo
Several people and dogs gather at the Effingham Performance Center for the Evergreen Bark Park 5K dog walk/run. ▼▼



▲▲ Charles Mills photo
Allison Heuerman of Teutopolis holds a potato she found during the 40th Annual Mill Road Threshermans potato digging event held at the Effingham County Fairgrounds.

▶▶ Charles Mills photo
Gary Rabine, a Republican gubernatorial candidate, stops at Joe Sippers in downtown Effingham.

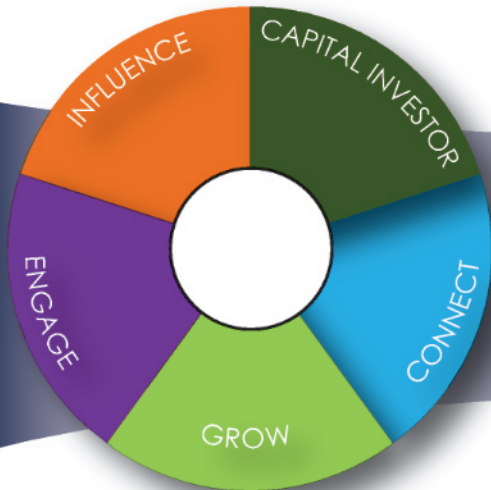


▲▲ Charles Mills photo
Wyatt Dial of Effingham, left, sits patiently as Liv Hoene of Effingham paints a spaceship on his arm at the St. Anthony Parish Picnic.



Andrew Adams photo
Before the demolition derby at the Effingham County Fair, youngsters participate in the "Power Wheels Derby." ▼▼

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Plant asters for unique display of fall color

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URBANA, Ill. – Fall gardens may need some added pops of color this time of year to maintain beauty and diversity until winter arrives. Asters are a late-blooming, pollinator friendly flower that looks great in the garden and in a fall floral display.

"Think beyond the obvious, fall-blooming favorite mums this year," says Brittnay Haag, University of Illinois Extension horticulture educator serving Livingston, McLean, and Woodford counties. "Select a gorgeous, full-of-color aster instead."

There are 180 species of aster, many of which are native to Illinois. Their dainty, daisy-like flowers range in color from purple, white, pink, and red, all with bright yellow centers. New England aster, *Symphyotrichum novaeangliae*, and aromatic aster, *Symphyotrichum oblongifolium*, are two easy-to-find favorites.

Asters grow best in full sun to partial shade areas with well-drained soils. They are typically perennials in Illinois gardens, but need to be in the ground at least six weeks before it freezes to develop a good root system and overwinter successfully.

Varieties can vary in height from 6 inches to 6 feet. Taller varieties can be pruned back by a third several times throughout the summer, stopping in late July, to create a more compact plant. This will also increase the number of blooms on the plant.

Asters will begin to bloom when the days get shorter in late sum-

mer to early fall. They are short-day plants, like mums, meaning they need long periods of darkness to initiate flower buds.

"Beware, it is normal for the lower leaves to turn brown and dry up when the plant is in full bloom," Haag says.

To prevent asters from self-seeding throughout the garden, cut back the plant to about 2 inches above ground level after the first hard frost has turned the foliage brown. Gardeners can also choose to leave the plant and developing seeds for winter interest and for the birds to enjoy.

To keep asters tidy and healthy, divide the plants in early spring every two to three years, or when the center dies out. Some varieties are unfortunately prone to powdery mildew, which can be reduced with good air circulation and watering in the morning at the base of the plant.

"A bee and butterfly favorite, asters are a great source of fall nectar for pollinators traveling on their fall migration," Haag says. "While most flowers have already finished blooming, asters are just starting their show in the garden."

They serve as the larval host plant for several butterflies and moths, including painted lady butterflies.

Asters also make great cut flowers for mixed fall arrangements. Arrange them with bright yellow goldenrod and ornamental grasses for a stunning autumnal décor display.

For more information on garden care, find a local Extension expert at go.illinois.edu/ExtensionOffice.

About Illinois Extension
Illinois Extension leads public outreach for University of Illinois by translating research into action plans that allow Illinois families, businesses, and community leaders to solve problems, make informed decisions, and adapt to changes and opportunities.

Kelly Allsup photo

There are 180 species of aster, many of which are native to Illinois. These fall-blooming dainty, daisy-like flowers range in color from purple, white, pink, and red, all with bright yellow centers.



Your personal microbiome

The symbiotic relationship between us and the organisms within us



LINDA RUHOLL
FOR EFFINGHAM
MAGAZINE

We are never alone. Multiple microorganisms live on us and

in us, and together they form an organ system known as the microbiome.

The term microbiome was coined in 2001 by Joshua Lederberg, a Nobel Prize winner in the field of genetics. But long before Lederberg, the study of the number and diversity of organisms in the body got started with Antoine van Leeuwenhoek. He invented the microscope around 1680, and he made slides of material from the mouth and from the far end of the gastrointestinal tract. Leeuwenhoek found different bacteria in both places, and he also discovered that sick people had different numbers and kinds of bacteria than well people in both places.

Our microbiome organisms coexist in communities, and each community is made up of a mixture of bacteria and fungi. These organisms are tiny; many are less than 1/100 of the width of one of the hairs on your head. There are trillions of them, and they are our friends for the most part. Our body and its microbiome is an example of a symbiotic relationship, which means there are benefits to both

partners. We give them a place to live, water, oxygen and something to eat, and they help us with digestion, energy production, skin protection, and control of inflammation, among other things.

Although they are so small, they account for 2% or so of our body weight. That means if you weigh 150 pounds, three pounds of your body weight is a collection of small organisms with DNA different than yours. If you tip the scales at 200 pounds, four pounds of that are microorganisms. The communities differ from one site on the body to another. Researchers have identified the mouth and the gut as harboring the most diverse communities of organisms.

More and more knowledge is emerging about what they do and how their communities change over our lifespan. The ones in the gastrointestinal tract have been studied the most. Each of us has a unique grouping of organisms there, but overall, we are more alike than different. Nevertheless, babies born vaginally develop an initial gut biome that differs from those who emerge by C-Section. Vaginal birth babies have microbiomes that resemble those of mom's birth canal, but the C-section baby's microbiome is more similar to what is typically found on human skin. This change happens within 20 minutes of birth.

What and where you eat as you

go through life has an influence. Breast fed and bottle fed babies have different gut organisms. People who live in countries where the protein intake is primarily plant-based have gut organisms that have little in common with the intestinal inhabitants of western countries with wide access to meat-derived protein.

Traditionally, bacteria were grown in a culture in controlled environment, and their behavior was analyzed by looking at colonies in Petri dishes, and by viewing slides under magnification. These are artificial environments, very different from where they usually live. So it is not surprising that these tiny creatures act differently in the human body than they do in the lab. Compare that analysis to what you know about nondomestic animals - the tiger running free in the wild displays different behaviors than the tiger you see in a zoo. The wild tiger has to run to catch his food; the zoo tiger lays around and doesn't have to work for his dinner.

We know more today about our biome than we did 20 years ago because bacterial and fungal DNA has been sequenced. That information hadn't been discovered yet when I was in college, so there was nothing about it in my microbiology textbook, nor in my anatomy and physiology books. It turns out that this genetic view is a better way of identifying and

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getting to know our microbiome constituents, in contrast to looking at them on the culture media and through the microscope of my microbiology course.

As a result of this basic science research, we are getting a better understanding of what the organisms that live in us and on us actually do. One thing is certain, we can't function without them. Anything that decreases their usual numbers and balance has implications in that part of the body, and often has effects in other parts of the body that you wouldn't predict if you were guessing.

Many of the microbes in the mouth are in the biofilm, which is that slick coating you can feel on the inside of your cheeks and on your teeth. International researchers have detected over 700 bacterial species in the oral cavities of healthy people. So little is known about half of them that they haven't even been assigned names. Of the ones that have been identified, streptococcus pneumoniae is one that might cause trouble if it goes to another location. If your airway allows you to aspirate the saliva from your mouth into your lungs during the night, it can lead to bacterial pneumonia.

The microbes in the gut seem to be fairly stable over time, but external factors can alter them. One example is broad spectrum antibiotic therapy. For example, three or so days after ingesting Cipro (ciprofloxacin), the total



number of gut bacteria drops, and the varieties of bacteria in the community decrease as well. The missing members of the gut's microbial community usually tend to bounce back after a week or so, but people vary in how much. In some cases, some of the prior residents don't return to the community for a long time, even years.

The long-term implications of these changes in gut microbes are not well understood, but researchers suspect they don't have a positive effect on overall health. Conservative antibiotic therapy is more common now among prescribers. Read the package insert if you get a prescription from a provider, and don't be afraid to report diarrhea that doesn't quickly resolve.

If you are older and have been given IV antibiotics in an inpatient

setting, you may be at risk for a clostridium infection or "C diff." This organism is very hardy because the individual bacterium form a hard protective shell called a spore. Spores can be spread by human hands or picked up from environmental surfaces. Vigorous hand washing with soap, water and friction is protective for you and for medical workers.

If this Clostridium bacterium gets into your gut when your protective microbiome is disrupted by antibiotic therapy, it can wreck havoc in the bowel. You will be placed in isolation if your diarrhea raises the suspicion that you have C diff. and lab work confirms it is present. And, unfortunately, if you have it once, you are vulnerable to getting it again.

Probiotic supplements may be helpful in preserving gut health in some situations. One readily available source that contains healthy and active bacteria is active culture yogurt, but check the yogurt label to make sure it has live cultures. Lactobacillus acidophilus is one common helpful bacterial example.

Kefir is a more potent probiotic supplement made by introducing a certain kind of grain into milk. Kefir was popular for a long time in Eastern Europe before it was readily available here. It has other healthy organisms in addition to lactobacillus. Kefir has a sour flavor like yogurt, but a thinner consistency. For some people, the sourness makes it a developed taste.

On the other hand, probiotic pills will decrease the cash in your wallet faster than they will increase the protective lactobacillus varieties in your gut. The Food and Drug Administration has yet to approve any probiotic capsule or gummie to prevent or treat any disease. Don't be fooled by fancy advertisements for these products.

Linda Ruhoff is a retired nurse educator and an Effingham County Museum Board member. Her home is north of Teutopolis.

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- Peripheral Angioplasty
- Vascular Ultrasound
- Cardiac CT Angiography
- Pacemaker Services

Treatment Services

- Cardiac Catheterization (right and left)
- Stent
- Angioplasty
- Cardioversion

Monitored Exercise Testing Services METS

- Cardiac & Pulmonary Rehabilitation
- Diabetes Management

Pulmonology Clinic



Jeremy Topin, MD
Pulmonologist


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Move on from orthopaedic pain.

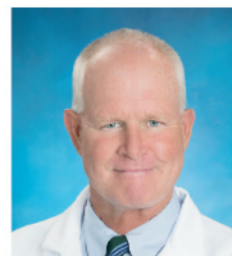
HSHS Medical Group's orthopaedic surgeons are here to relieve your pain caused by carpal tunnel syndrome, arthritis, tendonitis, fractures, dislocations and more using surgical and non-surgical techniques.

John Powell, MD, and Scott Urch, MD, are board-certified orthopaedic surgeons committed to helping you move on from orthopaedic pain of all types.



HSHS Medical Group

To schedule an appointment and learn about your treatment options, call 217-540-2350 or ask your primary care provider for a referral to HSHS Medical Group.



John Powell, MD



Scott Urch, MD

HSHS Medical Group Multispecialty Care - Effingham
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