

EFFINGHAM

SUMMER 2024

MAGAZINE

PREPARING FOR THE FAIR



HORATIO ALGER AWARD
MEMORIES OF
SUMMERS PAST
SOARING THROUGH
ECLIPSE SHADOW

TOP LAWYERS

EFFINGHAM AREA

BASED UPON A SURVEY OF THEIR PEERS



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This **EMERGING LAWYER** has been identified by their peers to be among the **TOP LAWYERS** in Illinois who are age 40 or younger OR who have been admitted to the practice of law for 10 or fewer years.

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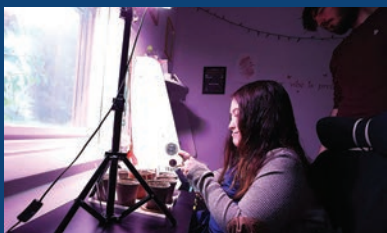
FEATURE STORY



Longtime horse race announcer Kurt Becker stands in his office in Altamont in April. Becker has been taking a close look at safety regulations for harness racing ever since a young spectator was fatally injured by a starting gate at the Effingham County Fairgrounds last summer.

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Improving safety at the fair

by Nick Taylor

Effingham Magazine on the web

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ON THE COVER: 2023 Miss Effingham County Fair Queen Paige Wendling waves to the crowd at the Effingham County Fairgrounds following her coronation. The 2024 fair is July 27 to Aug. 3. Nick Taylor photo.

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Every year at this time our thoughts turn to summer. And that means it's not long until that grand annual event – the Effingham County Fair.

This year, perhaps, our thoughts regarding that celebration will be tempered by the memory of what happened last year. In this issue of Effingham Magazine, we turned to longtime race announcer Kurt Becker for some perspective on the harness racing accident that killed 5-year-old Harper Finn in the grandstand.

In an interview with Nick Taylor, Becker offered thoughtful reflection on the tragedy, and the community's solemn response, along with insightful advice about how such events can be made safer. Some steps have already been taken, Becker told Taylor.

"We've had to look at the fair through a prism that we've never had to look at before," Becker said.

Meanwhile, congratulations are in order for Dr. Richard Workman, the founder of Heartland Dental. He tells us he's "very honored and very blessed" to have received the 2024 Horatio Alger Award, which is bestowed upon those who have achieved great success in the face of adversity.

To Workman, the award exemplifies those who "believe in the American Dream," which he thinks is still very much alive.

"We are delighted to welcome Dr. Workman as a lifetime member," said Terrence J. Giroux, the former executive director of the Horatio Alger Association. "From 85-hour work weeks as a dentist to dedicating his time to giving back to other current and future dentists, his journey exemplifies our Association's core values – perseverance, honesty, and determination."

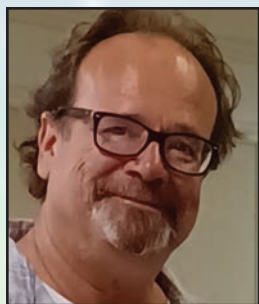
We hope you enjoyed your view of the April 8 solar eclipse. It just may be that a local pilot got a better view of the event than any of us. Ken Wohltman of Effingham soared along its path of totality.

"It's once in a lifetime for me," Wohltman said prior to the flight. "I think it's going to be a hoot."

Turns out it was. Read his description of the flight in this summer edition of Effingham Magazine.



Jeff Long
Editor



Jeff Long is the editor of the Effingham Daily News. He is a 1987 graduate of the University of Wisconsin-Madison, and has worked for newspapers in England, Pennsylvania and Virginia. For 13 years, he was a reporter and later an editor at the Chicago Tribune. A past president and current board member of the Illinois Associated Press Media Editors, 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 22 years in news and magazine publications. She is a lifelong resident of Effingham, where she resides with her husband, Tim, and daughter, Leah.



Nick Taylor covers Effingham County, Altamont, Teutopolis and Dieterich for the Effingham Daily News. He graduated from Butler University in 2021 with a bachelor's degree in philosophy. As the son of two Indiana attorneys, he worked as a paralegal assistant at Taylor Law Firm in his home state before moving to Effingham in the summer of 2022 to begin a career in journalism.



Devin Walk is a history writer from Altamont. Since 2017, he has been a writer and admin for memoriesoftheprairie.com and runs an Altamont history Facebook page. He is also a freelance web designer and marketer who graduated from Bradley University in 2015 with a bachelor's degree in advertising.



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

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RICHARD WORKMAN *earns* HORATIO ALGER AWARD

Story
Nick Taylor
Effingham Magazine

Dr. Richard Workman, the founder of Heartland Dental, said he's "very honored and very blessed" to have received the 2024 Horatio Alger Award, which is bestowed upon those who have achieved great success in the face of adversity.

To Workman, the award exemplifies those who "believe in the American Dream," which he thinks is still very much alive.



Dr. Richard Workman speaks to a large audience at the groundbreaking of the sports complex named in his honor in 2014. Effingham Daily News file photo.

"We are delighted to welcome Dr. Workman as a lifetime member," Terrence J. Giroux, the former executive director of the Horatio Alger Association, said in a press release. "From 85-hour work weeks as a dentist to dedicating his time to giving back to other current and future dentists, his journey exemplifies our Association's core values – perseverance, honesty, and determination. I have no doubt that Dr. Workman will set an incredible example for our Scholars and become a key resource in their educational paths."

Past recipients of the award, which is presented every year by the Horatio Alger Association, include former U.S. presidents, astronaut Buzz Aldrin and baseball hero Hank Aaron.

"To be recognized along with those other people and hear their stories is truly humbling and a great honor, no question," Workman said.

Workman received the award during a three-day induction ceremony that took place in Washington, D.C. from April 4-6. The main ceremony was held in the U.S. Supreme Court, and U.S. Supreme Court Justice Clarence Thomas, a previous Horatio Alger Award recipient himself, was present.

"It's the only non-legal event allowed in the Supreme Court building, and Justice Clarence Thomas is the person who put the medallion over my head," Workman said. "Justice Thomas was there for all the events, extraordinarily animated and enthusiastic about it."

He also said the event included a speech from former U.S. President George W. Bush.

"The point is it was an incredible event," Workman said. "I wasn't certain what to expect."

In addition to honoring individuals like Workman, the Horatio Alger Association, which is an educational organization, awards scholarships to students who, like its award recipients, have persevered through challenging situations.

"The more I learn, the more grateful and honored I am to have been selected," Workman said.

Every year, the Horatio Alger Association awards between \$15-20 million in scholarships, according to Workman.

During the three-day event, Workman heard from past award recipients and met with some of the association's scholars.

"There was a high school student there from Shelbyville, Illinois I met who has faced a lot of adversity," he said.

Another scholar he met, who traveled to the event from Chicago, told him that he plans on attending Harvard University after graduating high school despite having a difficult upbringing, which included being evicted from his

home with his family in North Carolina when he was in the fifth grade.

"I just sat down at lunch, and there he was," Workman said. "He said, 'I was homeless. I slept in my mom's car in Chicago in sixth and seventh grade, and then I finally got Section 8 housing.'"

"My point is, here's a kid who's obviously extraordinarily bright. He's going to Harvard, and he's going there in no small measure because of the Horatio Alger scholarships that they passed out."

Workman grew up on a farm in the small town of Ingraham, Illinois, and his upbringing helped instill in him an understanding of the importance of hard work, especially in the face of adversity, at a very young age. In fact, he said that hard work is the one thing that's guaranteed for anyone living the "farm life."

"I consider myself somewhat just a representative of downstate, small-town farm life," he said. "There's thousands of kids within 50 miles of Effingham who've gone through that."

"You learn to be resilient. Farmers have good years; they have bad years. They've got to go do it again, and they've got to go do it when it's time to do it."

Workman said his interest in dentistry stemmed from an earlier interest in becoming a doctor, which his mother suggested after joking that he was a "lousy writer."

"My mother was my first- and second-grade teacher at Ingraham Grade School. I had six in my class," he said.

A doctor from Flora, Dr. Foss, suggested that he get into dentistry.

"Those guys have it made," Foss told him. Workman decided to pursue it as a career.

After graduating from the Southern Illinois University School of Dental Medicine in 1980, Workman moved to Effingham, where he started his first dental practice.

"I wasn't certain how it'd work out," he said.

He explained that, at the time, dentistry was primarily organized around private practice. However, Workman would go on to establish Heartland Dental in 1997 and play a role in the creation of the Association of Dental Support Organizations.

"That is changing, but for 100 years, that's how it was," Workman said.

Workman has also invested a great deal of his time and money to support dental education, especially at High Point University, a private university in North Carolina. Through the Rick and Angie Workman Foundation, he and his wife donated \$32 million for a building for High Point University's new dental school, which is

now known as the Workman School of Dental Medicine.

"We hire and have hired 200-300 new dental graduates every year for 20 years, so we have a very, very good understanding of what new graduates all across the country know and a very good understanding of what they still need to know when they graduate. So we've spent tens of millions of dollars over the years helping them quickly become better at what they need to know," Workman said.

After visiting High Point University with his colleague, Dr. Gerald Bell of the University of North Carolina at Chapel Hill, and meeting its president, Nido Qubein, he realized the university shared many of the values he held most dear. In fact he said he almost immediately felt like he and Qubein were like "kindred spirits."

"I tried for about a decade to get a dental school here in Orlando. I talked to several schools, and it just didn't ever work out," Workman said. "It's not often you have university presidents talking about God, family and country. That is our motto."

Workman actually used the words of Qubein to sum up what he understands to be one of the key messages of the Horatio Alger Association.


"Your circumstances are not your destiny," he said, quoting Qubein. "And to me, that's something that every child, every American should be taught."

Workman didn't just donate funds for the new dental school, he also shares his years of experience and knowledge of dentistry with the school and its students to help ensure that those students have the tools they need to become successful in their careers after graduating.

"We're going to have our graduates come out of here ready to go," Workman said. "I do think I seem to have a perspective of what dental students need to learn."

"And I'm honored and grateful to have the chance to share that, and not all schools, to be honest with you, have yet shown an interest in my perspective."

As the namesake of the school and one of its innovators in residence, Workman is in regular contact with the dean of the school, Dr. Muhammad Ali Shazib, who said other innovators



"The more I learn, the more grateful and honored I am to have been selected."

— Dr. Richard Workman



Dr. Rick Workman speaks with a High Point University student during a podcast in Nov. of 2023. Submitted photo.

of residence for High Point University include Steve Wozniak, the co-founder of Apple, and Marc Randolph, the co-founder of Netflix.

Shazib said Workman is “very actively involved” with the school and committed to its mission.

“Dr. Workman was a pivotal part of the High Point University journey when he was approached by our leadership to possibly name the school after him, and he was very forward minded and visionary of what we were trying to build,” Shazib said.

The Workman School of Dental Medicine is currently located in a temporary building, but Shazib said the new building Workman donated is expected to be completed in August of 2025.

“The facility is going to represent the future of health care, and when you walk into the facility, you’re going to see the future,” he said. “Students will learn on a VR machine, a simulator, on how to work in the mouth and do simulated exercises.”

“We are currently the world’s largest VR simulation facility for dentistry, even in our temporary facility.”

Shazib said the new building will assist with the school’s “problem-based” approach to teaching its students and teach them how to also be “humanistic” in their approach to dental practice which includes learning how to have difficult or sensitive conversations with patients.

Additionally, the new building will allow students to learn about 3D design and printing as well as artificial intelligence.

As someone who has known Workman for more than five years, Shazib said he’s an “outstanding leader and an outstanding human being” in addition to being the founder of the “largest dental support organization in the world.” He also congratulated Workman on receiving the Horatio Alger Award, calling it an “amazing achievement.”

“He has a vision where he wants to see dental education become more innovative to help prepare our graduates to succeed in whatever path

they choose and supporting multiple leadership development initiatives across the country for many many dental schools,” he said. “He has shown what the American Dream can achieve for many.”

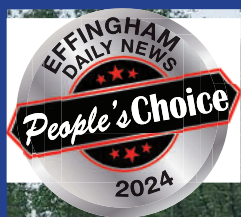
In addition to his strong support for the field of dentistry, Workman has also made significant contributions to the area he grew up in, including Effingham. He donated \$5 million for the Richard E. Workman Sports and Wellness Complex. His donation and the \$3 million raised by the community were crucial to its construction.

“What an incredible community Effingham is. What a unique community it is to be able to raise that kind of money and have that many people working toward a common project,” Workman said. “That’s been open for a number of years, and the thing that’s still most gratifying to me is that it’s busy. It’s busy all the time.

“It’s just gone, I think, terrific, and I’m very honored, proud to get back to be able to give back to the area.”

He also explained that he and others in the community had spent years trying to get a facility like the Richard E. Workman Sports Complex in Effingham, calling it a “grand idea,” and he said the entire project took about a decade.

“Back then, we helped more with our actions and less with our cash because we were young,” Workman said.



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LOCAL PILOT *soars through* ECLIPSE SHADOW

Story
Nick Taylor
Effingham Magazine

In preparation for the total solar eclipse that became visible on April 8 in parts of Effingham County and other communities across the U.S., residents thought of several creative ways to view it. A local pilot witnessed the breathtaking celestial event from the cockpit of his plane.

Effingham sat on the northern edge of the eclipse's path of totality. It could be seen in the city for about 40 seconds, beginning at approximately 2:03 p.m. However, the eclipse could be seen for much longer by pilots like Ken Wohltman of Effingham, who soared along its path of totality.

"It's once in a lifetime for me," Wohltman said prior to the flight. "I think it's going to be a hoot."

This photo was taken from the inside of Effingham pilot Ken Wohltman's plane as the sky quickly became darker in the Carbondale area during the eclipse that occurred on April 8. Lights can be seen shining from the towns below. Submitted photo.

This isn't Wohltman's first time using his plane to get a unique perspective of what most see from the ground. The experienced pilot has flown over Lake Sara during the annual fireworks show.

"Maybe I'm half nuts," he joked.

Wohltman has been flying for more than 50 years, but he had never taken a flight quite like this. He noted that his interest in flying was initially sparked by his brother-in-law, who worked as a pilot for Northwest Airlines and convinced him to enroll in flight school at Southern Illinois University Carbondale.

"I started flying in 1969," he said. "I switched gears from Lake Land and went straight to Carbondale down there and got into their flight school, and that's where I got my certificate from."

When he and his wife, Valerie Wohltman, got married and started their family, he chose to take a step back from flying to be closer to her and his four children.

"So I just kind of put the flying on the back shelf to raise my family and everything. And then about six or seven years ago, I retired and was flying with Ed again," he said.

After retiring, Wohltman purchased the plane he flew during the eclipse -- a red, white and gold Piper Archer II PA-28-181.

"That's a four-seater. It flies good," he said.

He's also become closely involved with the Effingham County Regional Airport over the years and serves as the pilot member of the Effingham County Regional Airport Commission.

In August of 2017, Ken Wohltman witnessed the total solar eclipse that passed over parts of the U.S. while on a lake in the Ozarks, which sat on the eclipse's path of totality.

Besides seeing the sky become darker during the eclipse, he noticed a drop in temperature similar to that which he noticed during the most recent eclipse.

"We were out in a boat out on the lake," he said. "It was really kind of eerie. You almost wished you had a jacket to put on. It was weird."

While he had some idea of what to expect to see during this most recent total solar eclipse, he wasn't sure what it would look like from thousands of feet above the ground.

He said the darkness caused by the eclipse in April appeared to be "more pronounced" than it was from his perspective during the eclipse in 2017. In total, he said he could see the eclipse from his plane for approximately 10 minutes.

"And I'm sure it's where we were situated in the total eclipse that made the difference," he said. "It worked out perfect."

Ken and Valerie Wohltman left the airport in his plane at approximately 1:15 p.m. on the day of the eclipse and began heading south.

"I flew at about 3,500 feet and got down around Harrisburg, and then I went farther south and east and saw the Ohio River," he said.

Although she was initially hesitant to join him on his eclipse flight because she's not quite as comfortable in planes as he is, Valerie Wohltman ultimately agreed to take the flight with him, and he said she's glad she went along for the ride.

"I'm thinking that she probably thought I was going to pull something crazy, so I think she decided she better go along and keep me from going wherever I was going to go," Wohltman joked. "For a day or two, she chatted about how cool

Ken Wohltman of Effingham stands by his plane, a Piper Archer II PA-28-181, at the Effingham County Regional Airport in Effingham just three days before flying his plane along the path of totality of an eclipse that became visible in parts of the U.S. on April 8. Nick Taylor photo.





This photo taken through the window of Effingham pilot Ken Wohltman's plane shows the lights on his plane which briefly turned on during the eclipse on April 8 due to the sudden loss of sunlight. Wohltman was flying over the Carbondale area at the time. Submitted photo.

that was to see from that perspective. I agree with her. It was kind of neat."

Although he was piloting the plane at the time, Wohltman was able to get a good look at the eclipse with some help from his wife.

"When you looked out to the west, it was kind of a real hazy, fuzzy type of skyline, and then we had the glasses with us, so Val was doing more watching of the moon coming across the sun than I was," he said. "She took the yoke and flew, so I could kind of observe that."

He also said that he was "shocked" by the number of aircraft he saw throughout his flight, both in the sky and on the ground at airports, including Carmi Municipal Airport and Fairfield Municipal Airport.

"I was kind of shocked at how many general aviation aircraft were up in the air at that time," Wohltman said. "I thought, 'Well, that's kind of neat,' because those airports don't get used that much."

Due to his perspective during the flight, Wohltman saw two different views of the eclipse, with the sun shining bright in the western sky and a burnt red and orange glow toward Indiana in the east.

"It was kind of cool to see that," he said.

As Wohltman approached Carbondale, he said the lights on his plane and the lights from the towns below came on as the sky darkened due to the eclipse. Additionally, according to one of his plane's gauges, the temperature in his location dropped by about eight degrees during the eclipse.

"At one time, I think I probably did turn a little cab heat on, but not very long," he said.



FIERCE PROGRESS IN EFFINGHAM

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Ken and Valerie Wohltman considered flying farther than Indiana, but they ultimately decided to head back to the Effingham County Regional Airport. They landed between 2:30 and 2:50 p.m.

"I was blessed to let her come along and to be there with me, experience it," he said "We talked for a day or two about how, for us, that was a chance of a lifetime to get to do that."

Prior to the flight, Wohltman jokingly said he might log the time he spent flying during the eclipse as night flight time in his flight log book.

"I could have for four minutes, but I didn't," he said.

However, he made sure to record the eclipse flight itself in his log book, so he can look back on it fondly any time he goes flipping through it. He said the flight he took on April 8 is one he will "always remember."

While he's not sure if he'll ever be able to witness another eclipse, he's glad he seized this most recent opportunity to do so. And despite this being his first ever flight during an eclipse, he said it was very similar to any flight he's taken before in terms of difficulty.

"The visibility was great there," Ken Wohltman said. "It was cool. I'm glad we had the opportunity to do it."



This photo taken inside Ken Wohltman's plane during the total solar eclipse on April 8 shows the moment the sky began to suddenly darken in the Carbondale area. Wohltman, who lives in Effingham, watched the eclipse from his plane with his wife, Valerie Wohltman. Wohltman was flying over the Carbondale area at the time. Submitted photo.

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f p t i y

2023 Effingham County Fair tragedy

Race announcer Kurt Becker suggests safety improvements

Story
Nick Taylor
Effingham Magazine

Tragedy struck Altamont during a harness race at the 2023 Effingham County Fair when an accident led to the death of a 5-year-old spectator. The lessons learned from the devastating event could be crucial to protecting the future safety of fair-goers.

An extended starting gate attached to a pace car struck Harper Finn, the daughter of Bethany and Richard Finn of Altamont, while she was in the grandstand for the July 30 races. Her father was preparing to compete in another harness race that day.

Harper Finn died on Aug. 2, 2023 at St. Louis Children's Hospital. The horrific tragedy stunned the local community, which quickly rallied behind the Finn family during this incredibly difficult and emotional time.

As officials prepare for this summer's county fair, which is scheduled to include harness racing, questions about the accident remain. An Altamont resident who has spent most of his life announcing races like these, including the

one last summer, recently suggested some ways in which the Effingham County grandstand could be made safer for both spectators and competitors.

"My dad, he had called races there since 1965, so that's how I got involved. Then he and I shared the duties for several years," Kurt Becker said of his father, Carl Becker. "The first year I announced at the fair was 1986. That was for the harness races."

In addition to announcing horse races, Becker has been a play-by-play NASCAR announcer for the Motor Racing Network since 1994.

Becker explained that he doesn't want to comment on what exactly caused the accident at the fair that day because he is not a member of the Effingham County Fair Board. However, he has been reflecting on the incident and considering how the fair could prevent something like this from happening again.

"I will say that the thing that sticks in my mind about the day when this happened last year was chaos followed by silence," Becker said.

Longtime horse race announcer Kurt Becker stands in his office in Altamont in April. Becker has been taking a close look at safety regulations for harness racing ever since a young spectator was fatally injured by a starting gate at the Effingham County Fairgrounds last summer.



Becker can still recall the words that the Effingham County Fair's chaplain, LeRoy Tucker, said as he led a prayer following the accident. At this point, residents at the race track were, for the most part, unaware of just how severe the accident was.

"I remember thinking his words were well chosen," Becker said as he fought back tears. "I think he said something to the effect of, 'Lord we commend this child into your hands. Your will be done.'"

The incident created a dark cloud that hovered over the remainder of the 2023 Effingham County Fair, especially at the grandstand.

"The other thing that sticks in my mind is throughout the week of the fair, the silence at the fairgrounds, at least in the afternoons," Becker said. "Normally, the fair is a time of recreation and enjoyment, but there was a reserved attitude, and even a somber attitude, when one would go to the fairgrounds that week and talk to someone.

"I would call it a hushed respect for the circumstance that had taken place, and also for the Finn family."

The Finns, Becker explained, have deep roots in harness racing. Over the years, Becker has gotten to know multiple generations of the Finn family and has called races for them. He noted that Richard Finn's uncle, Randall Finn, has won the most harness races in the history of the Effingham County Fair.

"I have known the Finn family since I was a child," he said

Becker said that about 40 members of the Finn family have competed in harness races at the Effingham County Fair since it was first established in 1944, and he credits Richard Finn for carrying on this legacy.

However, Becker said he's not sure if Richard Finn will continue to compete in harness races, considering everything he and his family have been through in the past year.

"Because of my respect and appreciation for what his family has given to the sport, I hope that maybe some day he can see fit to want to be involved. But I certainly can understand if he eventually decides that's a chapter of his life he wants to close," he said.

Over the course of his career as an announcer, Becker has witnessed several accidents. He noted that these accidents usually involve competitors, not spectators. In fact, he is aware of just one other accident that resembles what happened last summer.

"I have an extensive library in my office of harness racing magazines stretching back to the 1940s," Becker said. "There was a similar incident at a county fair in York, Pennsylvania in September of 1969. In that particular case, the outer wing of the starting gate failed to retract. It was a mechanical issue in that case and struck and killed a woman aged 62."

Some changes have recently been made to regulations for harness races in the state of Illinois following the incident involving Harper Finn, according to Becker. He said a representative from the Illinois Department of Agriculture was

at the Effingham County Fairgrounds when the accident occurred, and he said that the department has been consulting with the U.S. Trotting Association and Illinois Harness Horsemen's Association as they take a closer look at safety standards for the sport.

"It's regrettable when it takes a situation like we saw last summer to get us to stop and think," he said.

The Effingham County Fairgrounds has been consulting with the U.S. Trotting Association and Illinois Harness Horsemen's Association as they take a closer look at safety standards for the sport.

One of these changes includes a new guideline that requires a representative of race competitors, the superintendent of the racing program and the judge residing over races to meet prior to the first race of the day. He explained that this will allow each of these parties to express any safety concerns they may have before it's too late.

Another new rule at the state level requires all gates on the south turn of race tracks to remain closed during races.

"I think a lot of fairs, not just our fair, a lot of times have left those gates open during a race," Becker said. "That will not happen any more."

While changes like this might improve the safety of competitors and their horses, they do little to address accidents like the one involving Harper Finn.


To help improve the safety of spectators, Becker suggests that the Effingham County Fair Board consider creating some kind of divider between the grandstand and the outside lane of the race

track.

"With this situation you really had an issue involving spectator safety, and arguably that is the purview of each individual fair," Becker said. "I would recommend that the fair board consider the fact that there is no grassy apron, like a lot of fairs have, separating that home stretch of the race track from the front row of the spectators' seating area, and I think that is something that they might want to take under advisement with an engineer, a designer, and maybe see how that situation could be addressed to reduce the risk of an incident."

Becker said race tracks at the White County Fair and the Pana Tri-County Fair already have setbacks like this in place.

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Harness racers prepare to run in the Jeffers Memorial Stakes at the Effingham County Fairgrounds on Sunday, July 30, 2023. The race stopped after Harper Finn, 5, a spectator in the grandstand, was injured by the starting gate on the pace car.

He also said that some of the other fairgrounds in the state that don't have this divider, like the Edgar County Fairgrounds, have higher concrete walls separating the front row of their grandstand and their race track.

"I think that their retaining wall is high enough that spectators in the front row are elevated high enough to see over the wall. It's doubtful an incident of this nature would happen under those circumstances," he said.

He also suggested that the judge presiding over races be given the authority to stop races when potentially dangerous incidents occur, which could be useful when medical crews need to make their way from the infield of the race track to the grandstand to assist spectators. He said judges already have the power to do this in parimutuel racing.

"He needs to have the right specified in that rule book for a county fair race to declare a race no contest," Becker said.

If a rule like this is put in place, Becker said the Effingham County Fair could set up lights around the track that notify competitors when they need to stop. If these lights are too expensive, he said the fair could use flags for the same purpose.

"The driver sees that red flashing light, and now he or she knows there's no ambiguity. They know this race has been called off," he said. "I think these are things that need to be discussed and considered."

For now, the primary way that competitors are told to stop during harness races at the Effingham County Fairgrounds is through instructions given over the race track's PA system – which is often ineffective because of how difficult it is to hear while riding or driving a horse.

"I would suggest the drivers can't hear much of anything, even in the home stretch where the loud speakers are," Becker said.

As a longtime race announcer, Becker is well aware of just how important it is to learn from accidents like the one involving Harper Finn and make the changes necessary to prevent future accidents. In fact, he was working at the Daytona International Speedway when NASCAR driver Dale Earnhardt died after crashing his car, and he witnessed the long term impact it had.

"In the aftermath, the safety initiatives that came from that have been significant, such as head and neck safety devices," Becker said.

Becker made it clear that while he does think there are some areas in which the Effingham County Fair could potentially improve the safety of attendees, he appreciates that the fair has made some positive changes over the years. Additionally, Becker admitted that he, like many involved with the fair, didn't even consider the potential harm a starting gate could do to a spectator until he witnessed it himself.

"That's what they inherited to work with, and I think it's nothing short of a miracle, hindsight being what it is, that to my knowledge, there had never been a spectator safety issue in the front row or rows of the grandstand until what we saw last summer. But I think now, one does have to broaden his perspective and take that into consideration," he said.

Until a permanent roof was constructed over the grandstand in 1963, all that covered the grandstand was a canopy, which caught fire one year. He said the fire, like the accident that occurred last year, was a "wake up call" for the Effingham County Fair.

In 2001, the Effingham County Fair Board had the rails separating its race track from its infield removed, and in 2021, a winner's circle was created to avoid "close calls" with horses warming up for other races, according to Becker.

"There were parimutuel tracks that started removing those rails because of injuries to horses and drivers," he said. "That was a significant step toward the safety of the horses and the drivers. It was a concerning situation."

With the 2024 Effingham County Fair just around the corner, Becker is optimistic that some positive things will come out of this year's races. But he acknowledged that it could take years before the fair returns to a sense of normalcy.

"There are people all over this county to whom that fair means a great deal, and the fair traditionally has been a place of fun, carefree days, and there is no avoiding the reality that the accident that happened last year, involving the death of a spectator – and a child at that – I would suggest, affected the relationship of the whole community to the fair because we've had to look at the fair through a prism that we've never had to look at before," he said.

2024 Effingham County Fair Schedule of Events



Fred Helmuth of Arcola competed during the Illinois Tractor Pulling Association tractor pull at the Effingham County Fair in 2022. Effingham Daily News file photo

TALENT SHOW

July 28
6:30 p.m.

ITPA TRACTOR PULL

July 29
6:30 p.m.



Sam Probst keeps eye contact with the judge during 4-H Sheep Show competition at the 2022 Effingham County Fair. Effingham Daily News file photo

5K RACE

July 27
7:30 a.m.

CAR SHOW

July 27
9 a.m.

HORSE RACING

Sunday through Friday
1 p.m.



Gage Wendling, left, receives a first-place ribbon from 2021 Miss Effingham County Fair Kaylee Phillips, right, for Wendling's 4-year-old Holstein cow. Effingham Daily News file photo

GABBY BARRETT WITH WALKER MONTGOMERY CONCERT

Aug. 2
Gates Open 6 p.m.
Show at 7:30 p.m.

DEMOLITION DERBY

Aug. 3
6:30 p.m.



Wyatt Avenatti drives "Commander Bob" during the Open Colt and Gelding Pace on the sixth day of harness racing at the 2022 Effingham County Fair. Effingham Daily News file photo

PARADE

July 28
4:30 p.m.

TRACTOR PULL

Pro Pulling
Champions Tour
July 28
6:30 p.m.

QUEEN PAGEANTS

July 30
7 p.m.

TRACTOR PULL

Pro Pulling Western
Series
& Local Classes
July 31
7 p.m.

RODEO

Aug. 1
7:30 p.m.



Flames shoot out of a car during the demolition derby at the 2023 Effingham County Fair. Effingham Daily News file photo



Fairgoers make their way through the food court at the Effingham County Fair in 2021. Effingham Daily News file photo

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A brief history of **NURSING** *in Effingham County*



Story
Linda Ruholl
For Effingham Magazine

Photos
Submitted

From the days of the first settlers in Effingham County, women gave birth. Pregnancy and childbirth were dangerous, and women knew it. The lay midwife learned her duties on the job, often from her own mother or another close relative. The two biggest threats were hemorrhage and infection.

The midwife did her best to manage both, woman-to-woman. She controlled post-birth bleeding by massaging the abdomen; using care to press firmly enough to expel the placenta, but not so hard as to damage the uterus. She also tied the umbilical cord tightly and severed it while minimizing contact with the environment. She used a dedicated scissors, and made sure it was sharp.

Sterile technique was a concept for the future, but the midwife valued cleanliness. Prenatal teaching involved convincing her patient to use the hottest iron she could muster to prepare linens for her childbed as well as for the infant.

Mustard plaster was used as counter-irritant at the turn of the last century.



In the 1860s

Much of the history of Civil War nursing is lost to us. In Effingham County, we are fortunate that Mary Newcomb recorded many of her transport boat and hospital experiences. For her, nursing was an extension of motherhood's duties. Mary Newcomb called the wounded men she encountered her "boys" for that reason.

Mary Newcomb understood the value of safe water, protein and fresh fruits and vegetables. Her Gatorade was fresh lemonade or orangeade. She used an invalid feeder to hydrate the patient, because the drinking straw was a concept for the future.

The boys faced the same enemies in

combat and in the field hospital that women did in childbirth – hemorrhage and infection. Mary Newcomb used clean bandages to control bleeding and localized cleaning to prevent or control infection.

One of her memories was of the man on a troop transport boat who begged her to save his arm from the surgeons who wanted to amputate it to ward off gangrene. She got an oilcloth and a basin with soap and warm water, and washed and rewashed. Cleaning triumphed, and Hiram Shouse kept his arm and went on to become a physician.

Around the turn of the last century

Schools of nursing were founded in this country before 1900. One of the first was St. John's School of Nursing in Springfield. The start of World War I accelerated the trend. A central concept was duty, but it was not duty to other women as the midwife saw it, nor was it duty to the extended family as the Civil War nurse saw it. Diploma school trained nurses had a professional duty to the patient in the hospital or in the home.

The concept of duty was tested during the Spanish flu epidemic, and nurses died as a result, including several Hospital Sisters of St. Francis at the former St. Anthony Hospital. Beyond basic cleanliness, the nurses of that era had few effective virus fighting tools. One of the things they could use was a counter-irritant, the mustard plaster. The theory at the time was that inflammation of the lungs could be countered by irritating the skin surface on the outside and raising a blistered area.

The era of effective active treatment

Starting in the 1920s and extending into the current era, increasingly effective medical therapies became available, and nurses struggled to keep up. Promoting patient safety was



Starting in the 1920s, nurses had to administer new drugs safely.

clearly a duty, and that duty included continued education post-graduation.

Nurses had to administer new drugs safely, including vasopressors, antibiotics, various insulins, and thyroid preparations. Monitoring responses to the drugs included awareness of side effects and how to manage them.

The new techniques for assessing and treating identified problems ballooned. Nurses started administering injectable preparations by syringe. IV fluid therapy, blood administration, cardiac rhythm interpretation, and hemodialysis soon followed. Things got complicated enough that specialty nursing was a necessity.



The midwife used a dedicated scissors, and made sure it was sharp.

The expansion of prevention era

Population-focused health developed as our understanding of disease causation revealed that prevention was cheaper than cure. Public health nurses excel at it, but all nurses in all fields of practice have a duty to be part of the prevention picture.

Primary prevention includes techniques to totally avoid disease or injury. Prenatal classes and vaccinations are good examples. Secondary prevention concentrates on finding health problems early before they get complicated and expensive. Screening tests for cancer and osteoporosis are classic examples.

Tertiary prevention emphasizes control of identified problems. Diabetes management is a strong example. Early on, nurses tested urine in clinical settings to administer regular insulin coverage.

Today people can monitor their blood sugars via various technologies from almost anywhere.

Nursing roles change over the years, but nurses continue to do their duty.

Linda Ruholl is a retired nurse educator. Her home is north of Teutopolis.



Nurses tested urine in clinical settings to administer regular insulin coverage.

The concept of duty was tested during the Spanish flu epidemic, and nurses died as a result, including several Hospital Sisters of St. Francis at the former St. Anthony Hospital.

Mary Newcomb understood the value of safe water, protein and fresh fruits and vegetables. She used an invalid feeder to hydrate the patient, because the drinking straw was a concept for the future.



Summer Memories

New beginnings and lasting memories



Shown is the Carriage Inn Restaurant in the 1960s.

Story
Devin Walk
For Effingham Magazine

Photos
Submitted

As it gets warmer outside, I'm reminded of my childhood in Altamont. It also reminds me of all the stories about past summer days from previous generations in our community. As the layers of pollen recede and the graduation caps are tossed into the air, the town fully shakes off the final layer of winter blues.

In generations past, especially the couple of decades after World War II, the Triangle became a hub on summer weekends. Every weekend, the bandstand on the Triangle would host shows that were often performed by high school band students. For a while, they were on Saturday evenings and then Friday evenings. Businesses around the Triangle stayed open in the evening. Families from throughout the area would drive into town to hear the music and shop in the stores. After the band finished a song, honks from cars served as applause. The night would end with a cash prize drawing. In the 1980s, this community mainstay faded out.

With the approach of sweltering days on the horizon, people start eyeing ways of staying cool. One place people cooled down was the Altamont Campground, built in the 1960s and owned by the Frederking family. Kids swam and fished for bluegill and catfish in the lake. One person on my Altamont History Facebook Page remembered jumping off the diving board while having car springs attached to his feet.

Meanwhile, families could picnic out there. The Fourth of July was a big event at the campground. After enjoying their stay, a few families from outside of the area decided to stay in Altamont and became prominent community members. The area was later developed into Town and Country Subdivision.

Another swimming spot was the Carriage Inn pool. Local children would ride their bikes there every day where they performed cannonball jumps menacing whoever was in the pool. This was where the Carriage House and Cobblestone Inn are currently located.

The famous Dairy Bar was another cool-down spot. Towards the final days of school, teachers took their students to the Dairy Bar for ice cream. Then afterward, they took turns making themselves dizzy on the park's Merry-Go-Round. Throughout the summer, kids would recreate that ritual. The Dairy Bar is now closed and its iconic red and white stripes have been painted brown. The building is now a Mexican cuisine restaurant called El Rancherito.

McDonald's was also a last day of school highlight. In the late 1990s and 2000s, I remember my grandpa taking me there. The drive-thru line stretched out to Main Street. Inside it was a zoo, hardly any tables were open and you didn't even think about waiting your turn at the Lego Block table. That was when there was a dollar menu. Recently the building was updated with modern decor and high-tech kiosks.

Sports, particularly baseball and softball, began to pop up this time of year. Post World War II, community softball games were played in the middle of the fairgrounds track. Later on Gilbert Park – aka “the ballpark” – was built where baseball games for kids of all ages are still being played. After the kids leave the field, men's softball teams play on the diamonds. When I was a child, I played in the Khoury League, where I did my best Bill Buckner impression of not being able to catch the ball.

Going further back in time, my grandfather, Bill Wendling, who is a member of the Greatest Generation, remembers many picnics for family and friends started this time of year. When he was a child, his family and their Lutheran friends picnicked near modern-day Ballard Nature Center. He accidentally fell into a bee hive and the kindly ladies at the picnic spent much time applying different condiments and ointments to the numerous stings.

On weekends, my great-grandfather, Louis Wendling, an electrician and mechanic, was known for showing free movies off a projector for kids around the Triangle. He used bed sheets for the screen.

At the old Immanuel Lutheran Church, before air conditioning, businessmen gave out paper fans to church attendees with their business names advertised on the back. I still have

a few Wendling Electric Shop ones that Louis Wendling passed out.

The older homes in Altamont had large porches, which were designed for staying cool. At night, people still sit on their porches with friends and family, especially before the mosquitoes start to emerge.

For many years, the Memorial Day Parade has been a big part of the community. Each year it ends with a solemn speech at Union Cemetery, reminding people what Memorial Day is about.

Some of my earliest memories are from Frog Pond Nursery School, where I attended pre-school in the mid to late 1990s. The little red schoolhouse has been a preschool for decades. In late May, Frog Pond's graduation takes place on the tennis court next to the school. When the well-attended ceremony isn't rained out, the little graduates receive their diplomas in red gowns in front of a huge crowd of family members.

Of course, the end of May is also the time for high school graduations and the numerous graduation open houses that accompany them.

Depending on the weather, it's also this time of year when the farmers work day and night planting crops. Altamont residents like my father do their own version of farming, maintaining an immaculate lawn.

Because of Altamont's midwestern location, there are often severe thunderstorms. I remember hiding in my grandfather's musty basement and the smooth jazz music the Weather Channel played during tornado warnings. Afterward, Third Street and Jefferson Street turned into canals. In the past, people were known to take boats down Jefferson Street. (There have been previous tornadoes that have hit the southern part of town.)

City-wide garage sale day in early June is like a holiday. In my childhood, we always had one in East Meadows Subdivision, and then a few years later at our house on Main Street. I'd always be shocked to see which toys of mine that my mom put up for sale. But she was right. I never played with those toys, anyway.

Pickup trucks filled to the brink with bargains flooded the streets. Just about every other house had a garage sale. Schmidt Park even had sales in each pavilion. My mother was always dismayed to see when I pulled my bike into the driveway, that I brought home more



Shown is downtown Altamont on the Triangle in the 1940s.

stuff than I had sold. These days, there aren't as many sales or shoppers. But it is still a busy day in Altamont.

High school kids also start their first jobs during the early summer. Throughout the years, many have worked at the Dairy Bar, the Carriage Inn, the Dutch Pantry, or at local gas stations like Stuckey's. I worked at Tropical Sno making snow cones. On days when there wasn't much business, I'd spend some of the time playing guitar. I definitely don't miss the sticky snow cone flavoring.

My brother Alex was a lifeguard at the St. Elmo pool, where I'd swim every day. Luckily, my brother only had to use his skills once. Most of the time he had to tell kids to stop running around the pool. Sadly, it is gone now. It was filled in with dirt a few years ago.

One of my favorite stories from my Altamont History Facebook page came from a post about the Carriage Inn. A man worked at the Carriage Inn in high school. He remembered in the 1970s a group of guys with spiked hair and combat boots that walked into the restaurant. They stood out like a sore thumb and a few of them had British accents. He asked them if they were in a band.

They replied, "Yes, we're in a band called The Police. We have a hit song called Roxanne."

Throughout the decades, Altamont teenagers have discovered this time of the year is perfect cruising weather. Teenagers drive their first vehicles up and down Main Street and through the country with the windows down. Many cruises have led to teenagers getting their first speeding tickets.

Over time, cars have evolved. The audio systems playing loud music have changed from simple dial car radios to eight-track players, cassette players, cd players, iPod rigs, and now touch screens.

This time of year was often the beginning of the end for many teenage romances and friendships. Many head off to college in August and other high school graduates leave for the military. Some parents become empty-nesters for the first time.

This is the season of new beginnings and lasting memories. It has been that way for generations of Altamont residents. I imagine it will continue to hold that magic shine.

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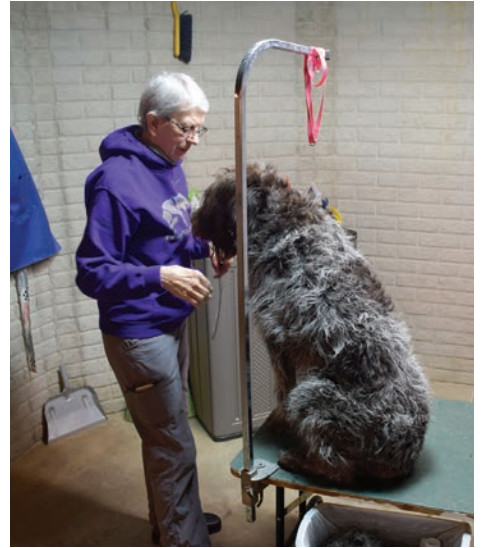
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The Effingham Daily News captures in words and pictures the life of our community in print four days per week and every day online at effinghamdailynews.com. Here are some snapshots of those stories from the past couple months.

►► Bishop Thomas John Paprocki of the Catholic Diocese of Springfield in Illinois enters the gymnasium at St. Anthony High School in Effingham before leading area Catholic students in Mass. Nick Taylor photo.



►► Ruth Vogel of Effingham takes a look at her dog, Hart, as he sits at the grooming station she has set up in the basement of her home. Hart received several awards at the 2023 American Wirehaired Pointing Griffon Association (AWPGA) National Specialty in Helena, Montana. Nick Taylor photo.



Effingham Polar Plunge Assistant Director Vanessa Duncan raises her hands above the water at Lake Sara. Duncan was the last of all participants to take the plunge, which raised \$39K for Special Olympics athletes. Nick Taylor photo. ▼▼



FEBRUARY

A resident brushes the snow off of a vehicle in downtown Effingham. The snowfall that hit the area led to several traffic accidents, some leaving motorists with minor injuries. Nick Taylor photo. ▼▼



Christie Parker, left, and Cory Parker, right, of Milwaukee, Wisconsin watch the eclipse at Dieterich Liberty Park during an eclipse viewing party. Christie and Cory Parker decided to stop in the village while on their way to Kansas City. ►►



APRIL





◀◀ Claire Boehm, one of the three seniors on Altamont High School's girls basketball team, speaks to residents in the gymnasium at Altamont High School during a ceremony held for the team following their third place finish at the state tournament. Altamont senior Grace Nelson, left, listens. Nick Taylor photo.



Tom Wright, the chairman of Wright's Furniture & Flooring, speaks to residents during a ribbon cutting ceremony for the Wright Family Center in Dieterich. Wright's family purchased the naming rights for the facility in 2022. Nick Taylor photo.



▲▲ Effingham Unit 40 Superintendent Andrew Johnson tells Unit 40 Board members how the copier the district is purchasing will help it better communicate with students in the district who are learning English as a second language.

MARCH



U.S. Army Veteran Tom Rodriguez, left, recognizes Tom Clough, right, for his military service while presenting him with a Quilt of Valor at Effingham American Legion Post 120. Tom Clough's daughter, Beth Clough, holds the quilt. Nick Taylor photo. ▶▶



◀◀ Several members of the Effingham Retired Volunteer Firefighters Association take the cover off of a statue memorializing the St. Anthony Hospital fire during a ceremony held outside of HSHS St. Anthony's Memorial Hospital. Nick Taylor photo.





Plan a magical garden animals will love

Story
Tara Dorsett
For Effingham
Magazine



Unlike some girls, I never dreamed of being a princess. I wasn't interested in castles or parties or fancy jewels.

But Snow White did have something I wanted: animals. There was something magical about being surrounded by butterflies, small birds and gentle creatures. While other girls were prancing around in fancy dresses or having tea parties, I was dreaming about cute gardens filled with flowers and trees and adorable homes for all the woodland animals.

My childhood designs would have made an architect cringe. I had small crooked houses awkwardly perched at the base of odd-looking trees. Groups of spiny flowers were scattered among weirdly shaped tulips. Not much to look at, but in my mind, the animals loved it.

My drawing skills as an adult never improved, but my ability to plant real flowers and trees and set tiny pre-made houses around them in

a cute array certainly did. This is what I did for my grown-up garden.

I chose a large tree for the center of my garden. My critters jumped in to help clear away dead branches and undergrowth. Though I'm not sure that chasing sticks and digging up earthworms was particularly helpful. Anyway, once the tree was ready, I hung a few baskets of flowers from the limbs. (FYI: An eight-pound tabby cat fits nicely in a large hanging basket.) I scattered a variety of seeds around the tree, but not so close that the tiny plants would be swallowed in the shade. My dog dug a shallow hole for the shepherd's hook, and I clipped the bird feeder onto it. I added a few birdhouses in the higher limbs of the tree.

Next, I set up a small decorative fence, just tall enough to keep a short-legged, somewhat overweight dog out. As a finishing touch, I positioned a few cute figurines around the plot. I have to admit, it looks pretty cute. It might not win the garden of the month, but the critters seem happy and I'm proud of my hard work.

Some things to remember as you plan your magical spot:

- » Almost any space can become a wildlife habitat.
- » Don't overfill the area.
- » Add flowers that attract butterflies and bees. You can find packets of premixed seeds labeled butterfly mix and pollinator mix. (marigolds, bottlebrush buckeye, echinacea, lantana, zinnias, black-eyed Susans, salvia).
- » Fill bird feeders with a variety of seeds to draw in different birds. A mix of nuts, seeds, dried fruit and suet is a good option.
- » Attract hummingbirds with brightly colored flowers and feeders.
- » A small decorative fence adds a nice touch and gives your overzealous nephew a visual when he is mowing the lawn.
- » Birdhouses should be weatherized and sized for the birds you want to nest in your tree.
- » A bird bath is a fun addition. Just be sure to change the water frequently to avoid slime and mosquitoes.
- » Figurines can be added to give the area some character.
- » Most importantly, have fun making this magical spot.

Tara Dorsett is a columnist for Terre Haute Living, a sister publication to Effingham Magazine. She can be reached at taramarie611@gmail.com





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Lincoln Highway: The Granddaddy of road trips

Story
David and Kay Scott
For Effingham
Magazine

For most travelers “road trip” brings to mind a vehicle journey in which the destination is less important than the experience of getting there. A leisurely drive along Route 66, U.S. 1, or the Pacific Coast Highway would certainly qualify.

More modest, but equally enjoyable candidates, might include the Blue Ridge Parkway or Highway A1A along Florida’s East Coast. Seldom mentioned by even experienced travelers is the granddaddy of them all, the Lincoln Highway.

What a shame, because America’s first trans-continental roadway connecting New York’s Times Square with San Francisco’s Lincoln Park is a history-filled journey like no other.

Evolution of Travel in the Early 20th Century

Interstate transportation was dominated by railroads in the early 1900s, a time when roads, mostly unpaved, were the responsibility of individual communities, counties, townships or the families that used them.

Automobiles had been around since the turn of the century, but most were expensive, and it wasn’t until 1908, when Ford Motor Company began mass-producing the Model T, that middle-class families began purchasing motor cars.

The increase in vehicle ownership and the public’s desire for more and better roads resulted in governments providing funding matches for

financing road construction.

About the same time, businessman Carl Fisher, owner of a firm that manufactured automobile and truck headlights, began promoting a coast-to-coast hard-surface highway. Fisher looked to the automotive and related industries to provide financial support for fulfilling his dream. With pledges from important individuals and businesses, the project gained steam and the proposed highway was named after one of Fisher’s heroes, Abraham Lincoln.

This post in San Francisco’s Lincoln Park marks the western terminus of the Lincoln Highway. The post is nearly 3,400 miles distant from the eastern terminus in New York City’s Times Square. Photo by David and Kay Scott.



Authors David and Kay Scott visit vintage tourist cabins located beside the Lincoln Highway in southwestern Wyoming. Built in 1929 and refurbished in 2009, the cabins were once an extension of a hotel. Courtesy photo.



Getting the Project Up and Running

To get the project off the ground, the Lincoln Highway Association was formed to raise funds to be matched by government. Theodore Roosevelt and Thomas Edison, both friends of Fisher, were early contributors, as was then U.S. President Woodrow Wilson. The majority of Association funds were spent for publicity which proved successful in that most work on the highway — much of which was a gravel trail — was funded and completed by government.

The highway's proposed 3,400-mile route through 13 states was announced Sept. 14, 1913. New York City's famed Times Square was a natural eastern base, while Lincoln Park in San Francisco was selected as the western terminus. The route would be altered and the distance decreased over the years.

Traffic was sparse during the first few years after the highway's completion, but journeys picked up after the Lincoln Highway Association began publishing a guide containing information about towns along the way. The guide also offered driving advice and suggestions for spare equipment to take along. Depending on the number and length of side-trips, the journey required from 20 to 30 days, assuming a ten-hour day at an average speed of 18 miles-per-hour.

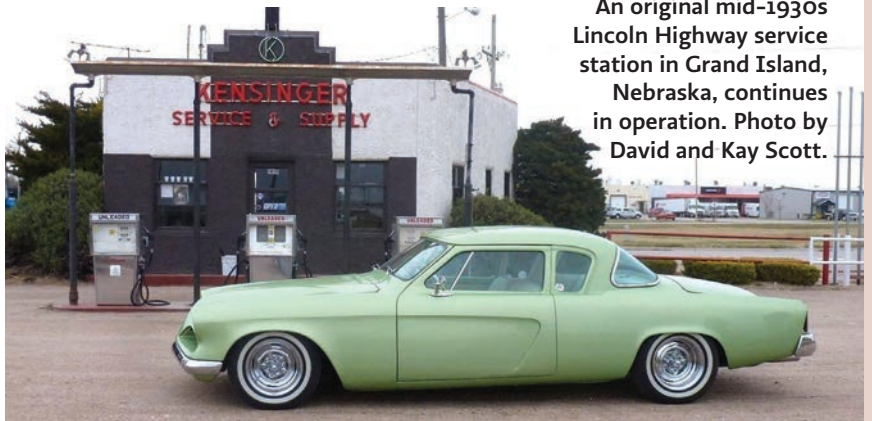
By the mid-1920s, numerous municipal campgrounds had been established along the route. These were followed by private cabin camps, also referred to as tourist camps or motor courts, on the edge of towns.

One of the final acts of the Lincoln Highway Association was designating a marker — a bronze head of Lincoln with the highway logo and a blue directional arrow — for the Lincoln Highway. On September 1, 1928, at 9 a.m., 3,000 concrete markers were placed coast-to-coast by members of the Boy Scouts at one-mile intervals along the highway's original route. Some of these historical markers remain today to mark our country's first transcontinental highway.

For today's traveler, the Lincoln Highway offers one of America's premiere extended road trips. From New York City's Times Square to San Francisco's Lincoln Park, the highway passes through 12 states, each with interesting attractions that include the Thomas Edison Monument (Edison, NJ), The Coffee Pot (Bedford, Pa.), Pro Football Hall of Fame (Canton, Ohio), Studebaker National Museum (South Bend, Ind.), Fort Bridger (Wy.), and the original road over California's Donner Pass.

The Lincoln Highway parallels much of the Oregon-California Trail across Nebraska and the famed "Loneliest Road in America (U.S. 50) through Central Nevada.

The time required for driving the entire length of the highway depends on how much someone wants to see. According to Kay Shelton Kozak



An original mid-1930s Lincoln Highway service station in Grand Island, Nebraska, continues in operation. Photo by David and Kay Scott.

The Lincoln Highway in Illinois

The Lincoln Highway enters Illinois from the east on U.S. 30. The route runs west through Chicago Heights, where the highway crossed the Dixie Highway, commemorated at Arche Park.

The Lincoln Highway continues west through New Lenox to Joliet, and then northwest, still on U.S. 30, through Plainfield, crossing historic Route 66 on the way to Aurora.

From Aurora, the highway takes Illinois state route (IL) 31 north towards Geneva. At Geneva, it turns west on IL 38 toward DeKalb.

The Lincoln Highway continues west on IL 38 through Rochelle to Franklin Grove, the location of the National Headquarters of the Lincoln Highway Association.

The highway continues west on IL 38 through Dixon. Visitors should be sure to stop at the Lincoln Monument located here.

West of Sterling, the Lincoln Highway rejoins U.S. 30, goes through Morrison, and then IL 136 into Fulton. A Lincoln Highway information center is in the windmill near the crossing of the Mississippi River into Iowa.

— The Lincoln Highway Association

of the Lincoln Highway Association, the drive could be done in about 10 days if someone makes few stops other than for fuel, food and sleep. Seeing some places, but not everything, should take about two weeks. Taking time to explore plenty of places would likely consume about three weeks. Those who complete the trip are eligible to receive an award from the association.

For more information including maps, points of interest and history, visit the Lincoln Highway Association website at lincolnhighwayassoc.org

CNHI columnists Kay and David Scott are authors of "Exploring the Oregon Trail: America's Historic Road Trip" (Globe Pequot). The Scotts live in Valdosta, Georgia. Visit them at blog.valdosta.edu/dlscott.



Spinal Muscular Atrophy: Patient, advocates weigh in on rare genetic disorder

Story
James Bennett III
For Effingham Magazine

Photos
Tim Bath
Kokomo Tribune

Chloe Caldwell, who has Spinal Muscular Atrophy, is shown in her house in Kokomo.



At the age of 23, Chloe Caldwell is learning to drive.

She had her first lesson in mid-April, but won't be able to get back in the driver's seat until the summer. She has to wait until her new set of wheels is modified so it can be operated with two paddles.

Caldwell, of Kokomo, Indiana, was born with Spinal Muscular Atrophy, a genetic disorder that, according to the Centers for Disease Control and Prevention, affects approximately 1 out of every 10,000 people.

The rare disorder happens when a segment of the survival motor neuron 1 gene is missing. When that happens, the gene isn't able to make protein, resulting in motor function loss.

There are different levels of SMA with ranging severity often linked to how old the person was when their symptoms began to manifest.

In Type 1 SMA, which comes before infants reach 6 months, it can affect a baby's ability to swallow, breathe, sit and walk. Without treatment, it can also result in death.

Caldwell has Type 2 SMA, which usually comes as infants are learning to walk.

Her two brothers also have Type 2 SMA. The eldest was able to walk until he was 18, and the youngest was able to walk until he was 12. The disorder progresses, though, Caldwell pointed out. Patients begin to lose their muscles.

It's uncommon for SMA patients to have siblings with the disorder, she added.

"It's very rare, the disease itself. Both parents have to have the gene that makes it," Caldwell said. "But it's crazy because there's a lot of other families out there, SMA families, where one kid has it but the others don't."

An organization called Cure SMA works to support programs and individuals in the SMA community. It also funds and directs research for treatment.

Life with SMA

Caldwell said her life isn't really much different from other people's. She just needs help with certain things since she isn't able to transfer herself from an electric wheelchair or lift anything heavier than three pounds.

She's lived on her own for roughly five years. A home health aide comes over and helps her.

"I would say the stuff she can do, most people take for granted," her boyfriend Caleb Bunch said. "For her lifting three pounds, that's like me trying to deadlift 150. So she gets really tired really fast."

Caldwell added tasks that might take someone without SMA 10 minutes to complete can sometimes take her an hour.

She plans to resume classes at Ivy Tech in Indianapolis in the fall, where she's been working on a degree that will let her become a social worker or psychologist.

"I want to help people who are in my situation and help people who have been through traumatic things," Caldwell said, later adding "that's what I want to do in life, is to help people."

While at home, she likes to make art and spend time with her pets. Caldwell also likes to travel.

She and Bunch go to Michigan from time to

time, have stopped by Chicago and recently got back from Las Vegas.

Tennessee is Caldwell's favorite, though. She calls it her second home.

It's the first place she plans to drive when she finally gets her driver's license.

"There's still so much to learn, but it's really cool," she said.

Caldwell explained the car is operated with two paddles on either side of the driver's seat. The right hand paddle steers the car and the left hand paddle controls the acceleration.

It was raining when she took her first lesson, but she wasn't too nervous. The difficult part, she said, has been getting a car.

Caldwell won a van six months ago through the Muscular Dystrophy Family Foundation. Hundreds of people apply for the donated vans every year, she said, but just three were able to receive one.

Indiana Vocational Rehabilitation is paying for the van to be converted, but it'll take a while since it has to become a passenger van first, then modified so Caldwell can drive it.

Bunch chimed in the van costs roughly \$150,000. It isn't a fancy sports car, he added, just something to get Caldwell to school or work and back. He pointed out the same amount of money could buy a house.

"They definitely make the world way more difficult for disabled people," Caldwell said. "It's so unfair."

Treatment and detection available

Kenneth Hobby, president of Cure SMA, wrote in an email to the Tribune that roughly 7 million people across the U.S. are SMA carriers and it can show up in later generations. People are able to be screened for the disorder, he added.

"It can have a huge impact on an individual, the family, and also the broader community beyond," Hobby added. "The successful progress we have had in SMA is looked at as a model for developing effective therapies for many other diseases, and some of these can be quite common genetic and neurological."

There are three SMA treatments that have been approved by the FDA, with several others in clinical development. Caldwell takes a liquid medicine orally every day that's supposed to stop the progression of her SMA.

In some cases, she said, it can slightly reverse the effects of SMA. Caldwell has regained a bit of strength in her arms, but knows others who haven't regained any muscle.

Without the treatment, Caldwell estimated she would die before turning 40.

"They've come out with so many drugs that weren't a thing when I was a kid," she said. "This medicine didn't even come out until four



Chloe Caldwell, who has Spinal Muscular Atrophy, is shown watering the vegetable seeds she planted.

or five years ago, and now there's one that is for babies that can cure it."

The children have to get treated while in their infancy, though.

"The sooner that SMA can be detected then there is the best opportunity to intervene and stop further irreversible damage to the nerve cells," Hobby wrote in an email. "We now have very powerful treatments that are approved and available that can stop the course of the disease and prevent further damage from happening."

Indiana became the fourth state to start screening for SMA and severe combined immunodeficiency after Gov. Eric Holcomb signed Indiana House Bill 1017 in 2018. The screening is mandatory unless parents submit written objection for religious beliefs.

According to Cure SMA, more than three-quarters of the states have now implemented newborn screening for SMA.

Hobby explained people can help fight against the disorder by supporting research and development toward treatment.

Bennett writes for the Kokomo Tribune, a sister paper to the Effingham Daily News.

Chloe Caldwell cooks with her boyfriend Caleb Bunch at her house in Kokomo.



Effingham & Area Events



May 31: Golf Cart Drive-In Movie Night at Teutopolis Banquet Hall. Fun starts at 5 p.m. with food trucks, bounce houses, Teutopolis FFA petting zoo, face painting, and henna tattoos. 50/50 Drawing. The movie "Elemental" begins at dusk. Chairs and blankets are also welcome. Admission is free. Donations accepted toward future Teutopolis for Tomorrow projects and events.

May 31 & June 1: Altamont Town-Wide Garage Sales.

June 1: Dieterich Town-Wide Garage Sales.

June 1: Lions Club Chicken Fry & Fresh Strawberry Shortcake at 4 p.m. at the village park in Strasburg.

June 1: Rhythm & Blooms Music Festival at No Bad Days Farm, corner of Lithia Heights Rd & 2300 East, Shelbyville starting at 4 p.m. Music by Guy Ash, Jake & Mikayla, Ella Gibson and Oliver Steele. Concessions available.

June 1: Scott Wattles & The Blue Suede Crew. A variety of songs will also include Elvis hits and gospel music that appeals to audiences young and old. Tickets online now! Effingham Performance Center at 7 p.m. theepc.org

June 1: A Night to Unite by Unified Worship Ministries and Jervis Campbell, Nashville-

based CCM Artist, at The Stage at Lake Sara beginning at 7 p.m. Free admission. Games and food are available for purchase.

June 7: Teutopolis Boys & Girls Golf Outing. Noon lunch, 12:30 shotgun start at Cardinal Golf Course in Effingham. Benefits T-Town boys & girls golf teams.

June 7: Teutopolis Knights of Columbus Picnic at Teutopolis Banquet Hall grounds starting at 5 p.m. Food, beverages, beer stand, bingo, family fun & more! Thunder Road Band from 6 p.m to 8 p.m. and Flight Fifty from 8:30 p.m. to the end.

June 7 & 8: Back Forty Pride & Power Truck, Car & Tractor Show at Jasper

County Fairgrounds in Newton, 9 a.m. to 11 p.m. Proceeds to Jasper County Shrine Club for Shriners Children's Hospital. Free public admission. Food & beverages both days. Saturday evening: Live music by Hayden Brown & Friends at 6 p.m. and The Andy King Band at 8 p.m. Truckers Parade of Lights at dusk Friday night.

June 8: Jeepin' for the Paws Jeep Run. Registration at A1 Liquors on Hwy 33, Effingham, at 10 a.m. For more info, email ears2urescue@gmail.com

June 8: Veterans Jeep Run. Sign in from 10 a.m. to noon at MVP Happy Holler in rural Newton. Baywolfe band from St. Louis plays from 5 to 9 p.m.

June 8: Brush Pull at Beecher City Community Park.

June 8: Rock For Kids - Crisis Nursery Benefit Concert at The Stage at Lake Sara from 2 p.m. to 9:30 p.m.

9 Local Musicians:

- Laila Smith Music
- Southern Comfort
- Blue and the Face
- Colten Adam and the 45's
- Heyvn
- THE BENDZ
- The Hip Huggers

Adults look on as children play in the corn pit at the Jasper County Fair in 2018.



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- Max Heuerman and the Little Truckers
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June 8: Magic & Mischief: A Fairy

Market from 1 to 6 p.m. at Hazel-Jayne in Effingham. Street market, food trucks, fairy vendors, performers, DJ music, local florists, oracle readings, photography, face painting, artists & more! Free entry. Costumes encouraged.

June 8: Breast Trivia Night Ever! by Amy's Awesome Traveling Trivia in support of Mandy Schumacher's Fight at Effingham VFW, 2304 S. Veterans Dr, Effingham. 50/50 raffle, silent auction, full cash bar & trivia! Ages 13+ welcome. For more info, donations, or to register, contact Kiley Iffert at 217-821-3389, Lindsey Mette at 217-821-8529 or Sarah Lin at 217-821-5379.

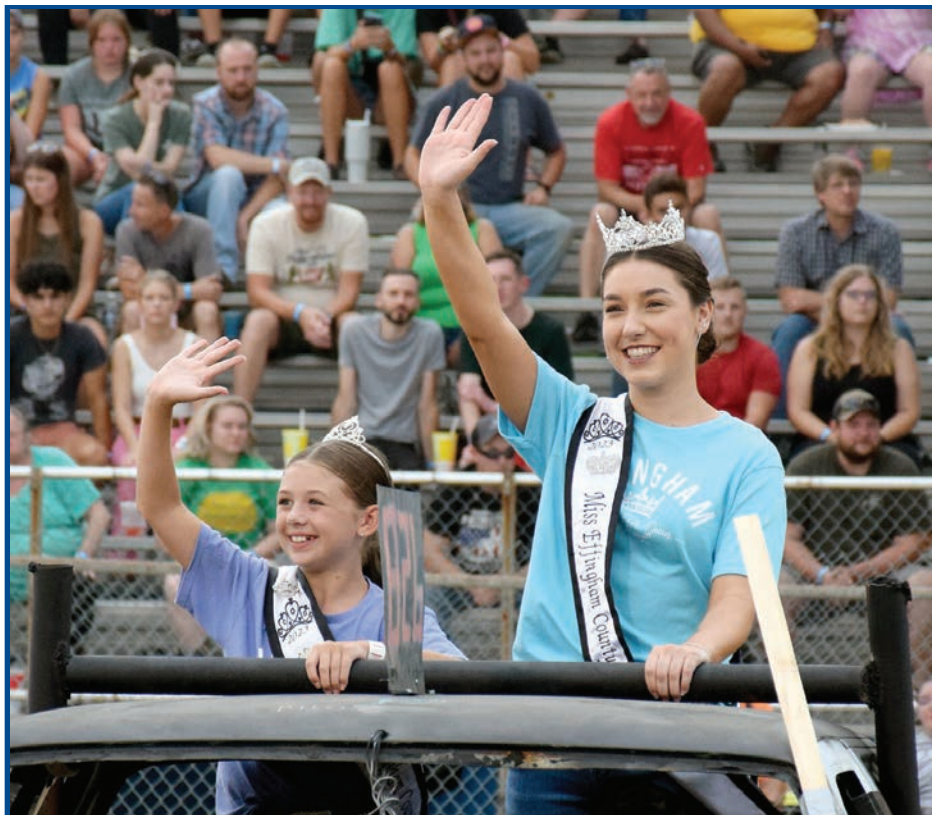
June 9: Partners For A Good Paws

presented by The Effingham County Animal Shelter & Control. Noon to 2 p.m. at Brown Pavillion in the back by the playground at Evergreen Hollow Park in Effingham. Support local businesses, meet a new furry friend to take home, fun events, and more!

June 14: Teutopolis Cruise Night and Car Show starting at 5 p.m. at Teutopolis Banquet Hall. Good food, cold beverages for purchase, great DJ & more!

June 14, 15 & 16: Strasburg 150th

Celebration. Food trucks, carnival, entertainment, music, children's activities,



2023 Junior Miss Effingham County Fair Queen Kinze Polk, left, and 2023 Miss Effingham County Fair Queen Paige Wendling, right, wave to the crowd at the Effingham County Fairgrounds during the demolition derby.



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Dave Parker and Cheryl Parker of Effingham seize the opportunity to sample some hometown barbecue during the EffingHAM-JAM Hometown Throwdown in 2022.

exotic petting zoo, parade, fireworks & more in Strasburg.

June 15: Tractor Drive starts at St. Clare Catholic Church in Altamont, with registration at 8 a.m. Twenty-five-mile tour of eight country churches, with historical presentations along the way and lunch included by the Bethlehem Ladies. To register in advance or for more info, go to millroadthresherman.org or call Ken at 618-335-3790. All proceeds go to Mill Road Thresherman Association FFA and 4-H scholarships.

June 20, 21, 22 & 23: 10th annual Moccasin Creek Festival on The Stage at Lake Sara, Effingham.

June 22: Edgewood Fest. Go to their Facebook Page for more info. 5K Run & Walk at 7:30 a.m. with registration at 7 a.m. at Edgewood Ball Diamond. You can pre-register before race day at Shorty's Pub in Edgewood. Food, music, fireworks and more!

June 22 & 23: Sacred Heart Picnic. June 22 5 p.m. to Midnight and June 23 Noon to 11 p.m. on the grounds of Sacred Heart Catholic Church, Effingham. Flea market 9 a.m. to 9 p.m. on June 22 and 11 a.m. to 6 p.m. on June 23. Chicken & ham dinner 11 a.m. to 6 p.m. in the air-conditioned parish center on June 23. Shamrock Mario Kart Challenge, bingo, inflatables, games, raffles, food & drink stands. Online auction at www.bidschmid.com. Live music on June 22 from 5:30 p.m. to 6:30 p.m. by Max Heuerman and from 7 p.m. to 10 p.m. by The Flynn's. Live music on June 23 from 3:30 to 5 p.m. by Abby Dietzen, 5:30 to 6:30 p.m. by FACE Orchestra and 6:30 to 8 p.m. by Cumberland Divide.

June 23: St. Rose Church "Fun" Raiser Food & Fun & Big Raffle in Montrose.

June 23 through 29: Jasper County Fair at the Fairgrounds in Newton.

June 24: Dieterich Zip Code Day 62424. Food, entertainment, activities, big raffles, and drone show, all in Dieterich.

June 27, 28, 29 & 30: Stewardson 150th Celebration. All events are in Stewardson, IL. June 27: Lions Club Tractor Pull. June 28: bed races, bounce houses, food trucks, The Flynt's Band. June 29: car & bike show, tractor show, vendor fair, mud volleyball, dunk tank, petting goat zoo, coffee, tea and food trucks, bounce houses/corn pile, Stewardson history, Backroad Boogie Band and Bryor Rhodes Band. June 30: tractor show, dunk tank, pork chop lunch, bingo, parade, vendor fair, monster truck rides, bounce houses/corn pile, Lions Club food stand, Stewardson history and fireworks.

June 28: Whippoorwill Rodeo at Jasper County Fair in Newton. 7 p.m.

June 28: Our Town Shelbyville Car & Motorcycle Show & Vendor Event at the Johnstown Mall in Shelbyville. Car registration 2 to 4 p.m. Judging at 5 p.m. Trophies will be awarded at 6 p.m. Live music, food trucks and vendors beginning at 4 p.m. Cruise starts at 6:30 p.m. For more info, call Robert Leigh at 217-565-3345.

June 29: BBQ Fundraiser starting at noon at Effingham County Fairgrounds in Altamont. BBQ competition, celebrity bartender, bags tournament, bounce houses, fire apparatus display, car show, beer garden by On The Rox, Queen of Hearts raffle, free will donation meal, Hip Huggers Band. Fun for the family!

Fundraiser for Altamont Fire Protection District. For more info, contact Will Zumwalt at 217-994-3800, Kent Stuckey at 618-322-6987, or Jon Becker at 618-267-3130.

June 29: Buckin for Heroes Rodeo at Teutopolis Banquet Hall starting at 4 p.m. Music by The Flynts 4:30 p.m.; Rodeo begins at 7 p.m. Music by Flight Fifty at 9 p.m. Food trucks. Merchandise vendors. Full bar. All proceeds will be donated to Make-A-Wish IL and Land of Lincoln Honor Flight.

June 29: Hardwire: A Tribute to Metallica Band at 8 p.m. at Hangar 18 in Windsor.

July 11 through 16: Fayette County Fair in Brownstown.

July 12 & 13: Summer sales in Downtown Effingham. Friday 10 a.m. to 5 p.m. Saturday 10 a.m. to 2 p.m.

July 12: EffingHAM-JAM Hometown Throwdown BBQ Competition in downtown Effingham. Food trucks, vendors, beer tents, and live music will start at 4 p.m.!

July 12: Relay for Life of Effingham County "Masquerading for Hope" 4:30 to 9 p.m. at Teutopolis Jr. High School in Teutopolis.

July 12: CSS Art Auction & Community Celebration 5 to 10:30 p.m. at Teutopolis Banquet Hall. Food, drinks, loads of kids activities, auction at 6 p.m., Captain Rat & The Blind Rivets after auction!

July 13: Lions Club Tractor Pull & Sandwiches at the park in Strasburg.

Ken Goeckner leads a caravan of antique tractors to a visit to Linden Alwardt's military exhibition in rural Altamont during the 2021 Mill Road Threshermans Association tractor drive.



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The Villas of Holly Brook Effingham celebrates living great great lives, offering well-designed apartments with convenient features, delightful dining options, and enriching activities. Our friendly staff is dedicated to making your life easier, more comfortable, and more joyful, whether you choose to relax in the game room with friends, enjoy a movie night, or simply relish maintenance-free living. Enjoy the freedom to live extraordinarily today!

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July 13: Cork & Pork Festival in Sainte Marie. Wineries offer tastings and delicious pork, including pulled pork, pork burgers, America's cut chop, pulled pork nachos, and live bands performing throughout the day. Don't like wine? There's also a beer garden!

July 13: Cork & Pork Jeep Run in Memory of Jeff Lybarger. Registration 9 a.m.-10 a.m. at Picquet Park in Sainte Marie. Jeep run leaves at 10 a.m.

July 19, 20 & 21: Corn Fest at Beecher City Community Park.

July 19 through 26: Clay County Fair in Flora.

July 20: Run for the Bagel in conjunction with Mattoon Bagelfest. 5K and 10K routes start at KC Summers Toyota and wind through

Mattoon. Registration at mattoonymca.org or raceentry.com Questions: Sarah Dowell at (217)234-9494 or sdowell@mattoonymca.org

July 20: Eliminator: ZZ Top Tribute Band at 7 p.m. at Hangar 18 in Windsor.

July 26, 27 & 28: Farm Heritage Days American Farm Heritage Museum in Greenville. Tractor pulls & much more! Free parking.

July 27: Ville Market Craft Fair & Car Show from 10 a.m. to 4 p.m. at Shelby County Fairgrounds, Shelbyville. Vendors selling food, crafts, clothes, jewelry & more! Car show!

July 27: Jeepin for A Cure Jeep Run starts at Toledo American Legion in Toledo.

July 27 through Aug. 3: Effingham County Fair in Altamont.

Aug. 10: Made in America: Tribute to Toby Keith at 8 p.m. at Hangar 18 in Windsor.

Aug. 10 through 17: Cumberland County Fair in Greenup.

Aug. 16: Newsboys Christian music group with 33 #1 radio hits that include "We Believe," "Magnetic," "Born Again," and "God's Not Dead." Tickets online now! Effingham Performance Center at 7 p.m. theepc.org

Aug. 17: The Bellamy Brothers at the Windsor Harvest Picnic in Windsor.

Aug. 21: Happy Together Tour 2024. Show

full of chart-topping hits from the '60s and '70s – an undeniable 60 Billboard Top 40 smashes! The tour includes The Turtles, Jay and the Americans, The Association, Badfinger, The Vogues and the Cowsills. Tickets online now! Effingham Performance Center at 7:30 p.m. theepc.org

Aug 31, Sept 1 & 2: Casey Popcorn Fest in Casey. Food, fun, music & more! In beer garden: X-Krush Aug 31, The Matt Poss Band Sept 1 & Silver Lake Band Sept 2. For more info, visit their Facebook page.

Sept. 1: St. Mary's Church Picnic in Sainte Marie.

Sept. 6 & 7: Downtown Effingham Fall Open Houses.

Sept. 6, 7 & 8: St. Joseph Church in Island Grove 150th Celebration. Live bands, food & drinks & more! 16987 N 200th St., Teutopolis.

Sept. 7: Fall Village-Wide Rummage Sales in Strasburg.

Sept. 7: Last Chance Pull at Beecher City Community Park.

Sept. 13, 14 & 15: Summer Sundown Music Festival at The Stage at Lake Sara.

Sept. 20: Icons of Country Tribute Show featuring Keith as Kenny Chesney, Erica as Miranda Lambert and Cal as Jason Aldean at 8 p.m. at Hangar 18 in Windsor.

Sept. 21: Aaron Tippin. Aaron has released more than 30 singles, including such hits as "You've Got to Stand for Something," "My Blue Angel," "I Wouldn't Have It Any Other Way," "Kiss This," "Workin' Man's Ph.D.", "There Ain't Nothing Wrong with the Radio" and "Where the Stars and Stripes and the Eagle Fly." Tickets online now! Effingham Performance Center at 7 p.m. theepc.org

Oct. 5: Dieterich Village-Wide Garage Sales.

Oct. 9, 10, 11 & 12: Greenup Apple Festival Ham & bean supper Oct. 9, pageant, parade, food trucks, live music, children activities, vendors. Apple tastings & activities also at Grissoms Family Orchard & Farm Market, Greenup.

Oct. 18: Jack Willhite Rock & Roll Comedy Show at Tuscan Hills Winery in Effingham, starting at 7 p.m. See winery website for tickets.

Oct. 26: Halloween Soup Supper, Parade, Costumes, Cake Walk at the community center in Strasburg.

Oct. 26: Halloween Celebration at Greenup Municipal Building in Greenup.

Nov. 3: American Legion Christmas Auction at 1 p.m. at the community center in Strasburg.

Have an event you want to promote? Send to jody.hardiek@effinghamdailynews.com

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"Cory was very thorough and professional, explaining in detail everything about my heart condition. He took time to answer every question I had."

"I can't speak highly enough about Cory Hess. He is very knowledgeable and not once did I feel like he was in a rush. Sarah Bush Lincoln is fortunate to have him."

"My appointment with Cory was well worth the drive to Effingham! He is very compassionate and encouraging, and gave detailed explanations about my heart concerns."

"I learned more from Cory about my heart condition than from any other cardiologist I have seen in the past."

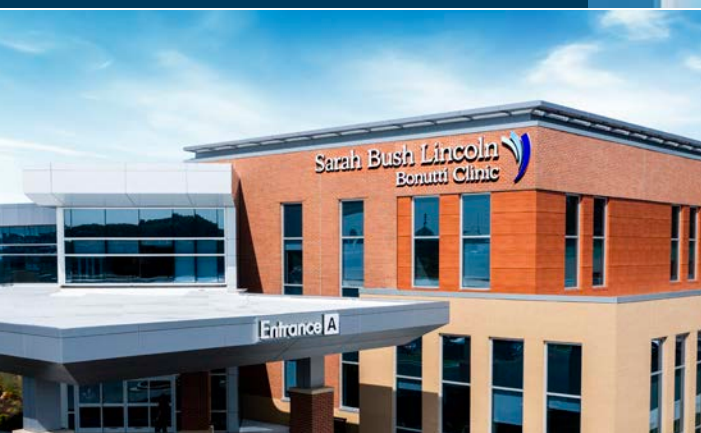
"I highly recommend Cory and Sarah Bush Lincoln. He is very easy to talk to. He went extraordinarily above and beyond in caring for me."

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