

EFFINGHAM

SUMMER 2021

MAGAZINE

'THE LITTLE MERMAID'

INSIDE

THE GIVING PLATE

BARN QUILTS

THE FLYING YOUAKIMS

PERSONAL HEALTH RECORDS



TOP LAWYERS EFFINGHAM AREA BASED UPON A SURVEY OF THEIR PEERS



These **LEADING LAWYERS** have been recommended by their peers to be among the TOP LAWYERS in Illinois.

Q. Anthony Siemer Close/Private Held Business; Land Use/Zoning/Condemn; Real Estate: Comm; RE: Residential; Trust/Will/Est	Attorney at Law	Effingham	217.342.9291
John L. Barger Agriculture; Gov/Muni/Lobby/Admin; Real Estate: Comm; Real Estate: Resident; Trust/Will/Estate	Craig & Craig LLC	Mattoon	217.234.6481
Robert G. Grierson Agriculture; Banking; Close/Private Held Bus; Real Estate: Resident; Trust/Will/Estate	Craig & Craig LLC	Mattoon	217.234.6481
R. Sean Hocking Personal Injury Defense: General; Products Liability Defense	Craig & Craig LLC	Mattoon	217.234.6481
J. Patrick Lee Criminal Defense: DUI; Criminal Defense: Felon/Misd; Family; PI Defense: General	Craig & Craig LLC	Mattoon	217.234.6481
Gregory C. Ray Personal Injury Defense: General; Workers' Compensation Defense	Craig & Craig LLC	Mattoon	217.234.6481
John F. Watson Insurance/Insurance Coverage/Reinsurance; Medical Malpractice Defense; PI Defense: General	Craig & Craig LLC	Mattoon	217.234.6481
Elizabeth Eberspacher Nohren Family	Dove & Dove	Shelbyville	217.774.2137
David W. Sutterfield Nursing Home Negligence; Personal Injury: General; Social Security Disability	Sutterfield Law Offices PC	Effingham	217.342.3100
Daniel C. Jones Personal Injury: General; Workers' Compensation	Tapella & Eberspacher LLC	Charleston	217.639.7800
K. Lindsay Rakers Personal Injury: General; Personal Injury: Professional Malpractice; PI Plaintiff's: Product Liability	Tapella & Eberspacher LLC	Charleston	217.639.7800
William R. Tapella II Personal Injury: General; Personal Injury: Professional Malpractice	Tapella & Eberspacher LLC	Charleston	217.639.7800

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.

Angelica W. Wawrzynek Closely & Privately Held Business; Trust, Will & Estate Planning	Armstrong Grove & Wawrzynek LLC	Mattoon	217.234.7123
--	--	----------------	---------------------

Leading LawyersSM
*Find a better lawyer, faster*SM

emerging lawyersSM
*on a fast track to the top*SM

A lawyer CANNOT buy the distinction of Leading or Emerging Lawyer. The distinction was earned by being among those lawyers most often recommended by their peers. For a full description of our research process, a complete list of all Leading or Emerging Lawyers, and to view profiles of the lawyers listed on this page, go to

www.LeadingLawyers.com

A Division of Law Bulletin Media – est. 1854

On the Horizon



 Sarah Bush
Lincoln
Trusted Compassionate Care

SBL Bonutti Clinic
1303 West Evergreen Avenue
217-342-3400 • www.sarahbush.org



***People's Choice Best Locksmith
& Best Security/Alarm Dealer***

"Locally Owned & Operated For Over 50 Years"



For All Your Security Needs...

- Fire Alarms • Security Systems**
• Bonded Locksmith • Access Controls
• Burglar • Medical • CCTV

347-9630 OR 1-800-322-7569

1107 S. Willow • Effingham • IL 62401

**Hours: Mon-Fri 8AM - 4:30PM;
Closed Sat. & Sun.**



READY FOR YOUR ARRIVAL

Gathering with loved ones means more than ever. Laugh, hug, play and relax. The eight hotels and resorts along Alabama's Robert Trent Jones Golf Trail offer legendary locations to safely reconnect. From the shores of the Tennessee River to Mobile Bay, come experience world-class hospitality in picturesque settings. Plunge into resort pools. Relax in luxury spas. Play RTJ golf. Enjoy farm-to-table cuisine. We are open and will be here waiting for you.

Visit rtjresorts.com.



EFFINGHAM

SUMMER 2021

MAGAZINE

FEATURE STORY



David Cox photo
Aubrey Youakim, left, and her father, Dominique Youakim, get ready to take off from Coles County Memorial Airport in August of 2020.

PAGE

14

The Flying Youakims

By Charles Mills

Effingham Magazine
on the web

Check out current and past magazines at
effinghamdailynews.com/news/magazines/

CONTENTS

- 8 | THE SHOW MUST GO ON
- 14 | THE FLYING YOUAKIMS
- 18 | BARN QUILTS GAINING POPULARITY
- 22 | MARS HELICOPTER FLIGHT FULFILLING FOR MANAGER WITH TIES TO EFFINGHAM AREA



DEPARTMENTS

- 7 | FROM THE EDITOR
- 25 | FOOD & DRINK
- 28 | HOME & GARDEN
- 29 | HEALTH & FITNESS

ON THE COVER: Kaleigh Mason as Ariel (left) and Kalen Reardon as Prince Eric in Effingham High School's musical, "The Little Mermaid," directed by Shannon Hinkle (right). Photo by Andrew Adams.

With the summer 2021 edition of Effingham Magazine, we're happy to showcase one sign that things have begun the return to normalcy after a year of COVID: A behind the scenes look at the Effingham High School performance of "The Little Mermaid."

That it also marks the final show for longtime EHS Musical Director Shannon Hinkle was another reason for writer Andrew Adams

to spend time with the cast and crew.

The production ran for four days, with three evening shows and two matinees. Eighteen hundred people saw the performance at the Effingham Performance Center. Three of the shows sold out.

Hinkle said the show was a good one to end her directing career at EHS. It reminded her of why she's done this for nearly three decades.

"To see the joy on kids' faces, especially the kids who don't necessarily have other places to 'fit in' in high school," Hinkle told Adams. "Now more than ever, if anything, I want my kids to be inclusive and accepting of others."

Cathy Griffith brings you the inspiring story behind The Giving Plate in Altamont. More than a business, it's an example of the many ways the people in our community give back.

Charles Mills chats with the Youakim family of pilots and aspiring pilots. Aubrey Youakim's teacher at St. Anthony High School once joked that she should bring a helicopter to school. So she did.

Those stories and more make up the latest edition of Effingham Magazine. We'll be back again in the fall.

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 80s. Mills is a native of Vandalia, where he lives with his wife, Zoryana.



Andrew Adams is a reporter for the Effingham Daily News, covering Effingham City Hall and Effingham Community Schools Unit 40. He earned a bachelor's degree in science journalism from the Illinois Institute of Technology in 2020. He wrote for publications in Chicago and Champaign covering local politics and community organizations before finding his way down to Effingham.

PUBLISHER

Amy Winter
amy.winter@effinghamdailynews.com

EDITOR

Jeff Long
jeff.long@effinghamdailynews.com

CONTRIBUTING EDITOR

Cathy Griffith
cathy.griffith@effinghamdailynews.com

ART DIRECTOR

Natalie Reidford

CONTRIBUTORS

Andrew Adams
Charles Mills
Linda Ruholl

ADVERTISING SALES CONSULTANTS

advertising@effinghamdailynews.com

DeeAnn Bauguss
Jody Hardiek
Julie Harkins

CONTACT US

(217) 347-7151

E-MAIL

news@effinghamdailynews.com

Effingham Magazine is published quarterly by the Effingham Daily News at 201 N. Banker St., Effingham, IL 62401. Reproduction or use of editorial or graphic content in any manner without permission is prohibited. Copyright © 2021 by CNHI, LLC.

www.effinghamdailynews.com

Please recycle when you're done with it!

THE SHOW *must go on*



**EHS theater returns after a year
of COVID cancellations**

Not everyone under the sea is ready to play nice, like Mucha Donaldson's Ursula and her eel underlings, Cecilia Castillo's Flotsam and Veronika Mumma's Jetsam.

It's two hours to curtain on opening night.

Student actors come through the stage door at the Effingham Performance Center and start getting ready to put on a show. After only a few days of rehearsals in the space, some are still getting used to the large theater.

They meander and poke their heads around corners. They find the dressing rooms and start putting on tentacles and fish tails and body paint and glitter.

Effingham High School's spring musical, "The Little Mermaid," is about to begin.

Because of event regulations and a desire to keep audience members safe, attendees need to sit in socially distanced "pods" while they watch the show.

At the school's auditorium, implementing that kind of system would mean limiting attendance to just a few dozen people at a time. Shows like "The Little Mermaid" are expensive to produce and those audience sizes would have made the show impossible, so EHS counselor and longtime Musical Director Shannon Hinkle reached out to the EPC and partnered with them to host the show.

"The Little Mermaid" needs to do well. Last year's production of "Willy Wonka" was canceled four days before opening night due to COVID. Costumes had already been bought. Rights to the show had been paid for.

"People don't often know how much these shows cost if they're not famil-

iar. We spend \$10,000 to \$16,000 on a show," says Hinkle. "We lost about \$10,000 last year."

Though Hinkle says the school district has been kind to her program, she knows that she needs to sell tickets, despite the new venue and despite COVID's lingering shadow. This could have an impact on the EHS theater program for years to come.

75 MINUTES TO CURTAIN

The actors start doing vocal warm-ups, humming and chanting nonsensical tongue-twisters to get ready for the show. Some are unabashedly confident. Others, less so.

"I've been doing theater

since ..." says senior Jonathan Coffin before trailing off, trying to remember when he started acting. He eventually figures out that he had been in seven musicals, three plays, and one fiction podcast.

When asked if he was nervous, Coffin says something all of the actors that night agree with.

"Yeah, if you're not nervous, you're doing something wrong," Coffin says.

Other students don't have a history in theater, like the show's King Triton, senior Zac Slifer.

"I'm a jock, but now I'm a thespian," says Slifer, getting a laugh from everyone within earshot.

Slifer, a varsity football

player and wrestler, was convinced to do the musical (and taught how to sing) by Kalen Reardon, another jock-turned-thespian. Reardon, a varsity baseball and football player, is playing the male lead, Prince Eric.

"This is probably one of the best things I've done," Slifer says.

"Is this cap, Zac?" calls out EHS musical veteran Cecilia Castillo, accusing him of lying.

"No!" Slifer pleads. More laughs.

43 MINUTES TO CURTAIN

"Let's go, let's go, let's go!" Reardon says as Hinkle calls out to all of the actors to gather in a circle.

Every theater company – professional, amateur, and high school – has traditions for before a show, particularly opening night. It calms people down and helps center the actors and stagehands, nervous before putting on the show for the first time.

Each year, the EHS traditions begin with an original poem by Patty Winn, a longtime supporter of extracurriculars at the school. After Winn, Hinkle addresses her cast and crew.

"Tuesday night blew me away. Tonight, you're gonna have an amazing audience," says Hinkle. "Your talent is there. Your spirit is there."

Hinkle is confident in her students, but there's something she doesn't say, though everyone knows it: This is her last opening night speech. After 28 years, Hinkle is retiring.

Hinkle doesn't mention

Kaleigh Mason and Kalen Reardon as the two leads of EHS' *The Little Mermaid*.





Hinkle and the leads of *The Little Mermaid* stand onstage after curtain call on opening night. Left to right: Jarret Swan, Makenna Duckwitz, Christopher Grupe, Kalen Reardon, Kaleigh Mason, Callista Denoyer, Zac Slifer, Shannon Hinkle, Jonathan Coffin, Veronika Mumma, Mycha Donaldson, and Cecilia Castillo.

this, but seemingly everyone else does. Winn offers a notebook to the cast for them to fill with notes to Hinkle. Reardon leads a prayer before the show in which he offers gratitude for Hinkle's years of service. Others mention it in passing and students whisper about what they want to do for a "thank you" surprise.

For now, Hinkle is too busy to think about anything but the show.

25 MINUTES TO CURTAIN

While some theater traditions are not at all secret, others are known to only the people on stage. At EHS, the secret tradition is "couch time," in which the entire cast crams themselves into a dressing room and does ... something.

"I don't know what it is," Hinkle says as garbled chants emanate from the boys' dressing room. "They don't tell me."

The cast emerges from the dressing

room energized and starts to head to their places.

After that, the mood backstage begins to get tense. People start to



Kalen Reardon standing backstage, getting ready to perform as Prince Eric.

feel the reality that they're going onstage in absurd costumes and will be singing in front of hundreds of people.

"Leave the dresses on it. The dresses have to be on it," Hinkle says to a stagehand.

"I will boil you," one student warns Jarret Swan, who is playing Sebastian the crab.

Kaleigh Mason, playing Ariel, holds up a piece of her costume.

"And it's broken," she says.

"We have super glue. It will be fine," Hinkle says to Ariel.

12 MINUTES TO CURTAIN

Hinkle pops her head into the boys' dressing room to reassure the cast.

"Break a leg, everybody!" she says. A disembodied voice says something from inside the room.

"You haven't done anything weird,

have you?" Hinkle asks. Another mumble.

"You'll be fine."

Hinkle leaves the dressing room and sighs.

4 MINUTES TO CURTAIN

Reardon and Coffin stand onstage, only a curtain separating them and the audience. Reardon shadow boxes props to blow off energy before the show begins. A nervous sailor paces backstage, offering a thumbs up to everyone he passes.

Hinkle takes a deep breath. Everyone else holds theirs. The EPC stage manager pulls back the front curtain.

SHOW TIME

"Good evening ladies and gentlemen and welcome

to the Effingham Performance Center," Hinkle says to a theater full of family, friends, and strangers ready for the show.

For the next two hours and 15 minutes, the cast and crew do their best to entertain the audience and hit their cues.

Austin Zumbahlen, an EHS senior, is sitting behind the audience in the theater's sound and lighting booth. He spends the show controlling fairly complex lighting. His is one of the most important jobs in the production.

"If you mess up one light cue, you're screwed," Zumbahlen says.

Luckily, this isn't his first rodeo. He works part-time at the EPC with the lighting crew. Having done musicals with EHS for years, it's a good feeling to



Before the curtain lifts and the show begins, Jonathan Coffin whispers to fellow castmates on stage.

finally bring his two worlds together.

"It's amazing to actually have all my friends here," Zumbahlen says.

As he sits at the back, the actors take turns on stage, singing lines from the Disney classic and weaving together the story.

Ariel pines for life on dry land. She falls in love with Prince Eric. Ursula tries to ruin it all. Everyone lives happily ever after.

The audience is engaged. Despite the theater being at limited capacity, claps and shouts fill the space.

The show is done well,



Make Memories...Go Boating!



Serving Customers for Over 47 Years!



712 E. Fayette Ave., Effingham, IL 62401
217.342.6344 • www.lsmboats.com



PET SUPPLIES

One stop shopping for all of your family pet care needs.

- Small Animals
- Amphibians
- Pet Supplies & Habitats
- Tropical & Marine Fish
- Birds • Reptiles
- Carriers & Cages
- Top Quality Products like SuperPet, Aquarium Pharmaceuticals, Sunseed & many more.

NOAH'S ARK PET SHOPPE

117 W. Jefferson, Effingham

• Ph. 217-347-6624

noahsarkpetshoppe.com



Shop Wednesday-Saturday
10 a.m.-6 p.m.

Closed Sunday-Tuesday





"Everything's better, down where it's wetter, under the sea," sings Jarret Swan as Sebastian during the showstopping "Under the Sea."

but there are some bumps. It's part of the fun of opening night in live theater.

A miscommunication between King Triton and the show's projection-ist leads to out of sync effects. An

ensemble member misses a dance move. Ariel misplaces her wedding dress for the final scenes.

"The audience didn't notice. Only me," Hinkle says.

Kaleigh Mason and Kalen Reardon walk on to a standing ovation at curtain call on opening night.



CURTAIN CALL

At the end of the show, the actors line up on stage for curtain call. It's the one moment in the evening where people don't clap for the characters, but for the actors. Curtain call is often the first time actors have a chance to take a breath and actually see how many people are in the audience.

And the actors for "The Little Mermaid" are excited by what they see.

"A standing ovation on opening night, let's go!" shouts Reardon once he gets backstage.

The production runs for four days, with three evening shows and two matinees. Eighteen hundred people come to see it. Three of the shows are completely sold out. This is exactly what Hinkle needs. The ticket sales more than make up for the cost of the show and the excess will roll over, funding next year's musical.

"It looks like we're gonna be good," Hinkle says with a smile.

Beyond a more stable financial fu-



Kaleigh Mason's Ariel onstage.

ture, Hinkle says the show was a good one to end her directing career at EHS. It is one last reminder of why she's done this for nearly three decades.

"To see the joy on kids'

faces, especially the kids who don't necessarily have other places to 'fit in' in high school," Hinkle says. "Now more than ever, if anything, I want my kids to be inclusive and

accepting of others."

This student-centered approach runs deep for Hinkle. She keeps up with some students, even years after they graduate from her program. Several students from her very first show, "West Side Story" in 1994, visited her during the run of "The Little Mermaid."

Hinkle estimates well over 1,000 students have been in her shows at EHS.

One of those former students has become very involved in the school's theater program since graduating. Tracie Riley has worked with Hinkle for several years as a choreographer and directed last year's fall "play," a podcast about life in the COVID lockdowns.

Riley and the program's

vocal director, Michael Lambton, will take over for Hinkle once she leaves.

"I'm leaving it in very capable hands," Hinkle says.

Once the school year ends, Reardon plans to go to college for sports marketing. Zumbahlen hopes to study theatrical lighting. The rest of the cast of "The Little Mermaid" will scatter.

Hinkle plans to be more involved with The Little Theatre on the Square in Sullivan, where she sits on the board. She'll also spend time with her family and is looking forward to enjoying some leisurely rounds of golf.

And at EHS, Riley, Lambton and the rest of the theater program will make sure that the show will go on.

Colorful wigs may be the only way to identify someone in the darkened silence of backstage during showtime.





THE FLYING YOUAKIMS

David Cox photo

Aubrey Youakim, left, and Dominique Youakim, get ready to take off from Coles County Memorial Airport in August of 2020.

ST. ANTHONY H.S. STUDENTS SHARE THEIR PARENTS' LOVE OF THE SKY

CHARLES MILLS
EFFINGHAM MAGAZINE

Imagine arriving at your high school prom ... in the family helicopter.

Flying is a family affair for the Youakim family.

Aubrey Youakim is a junior at St. Anthony High School and her brother, Aiden Youakim, graduates this year from the school. Both have one thing in common: a passion for flying. They are training to get their FAA private pilot's license.

They're not the only pilots in the family. They get a lot of their inspiration from their parents. Aubrey Youakim said she started getting interested in flying at the age of 13.

"Both of our parents are pilots and that's how we got into flying," she said.

Their father, Dominique Youakim, is a Robinson Helicopter Company dealer and owns Aerinova Aerial, LLC, an agricultural flying service based at Coles County Memorial Airport in Mattoon. Their mom, Shannon Youakim, keeps busy as a commercial airline pilot for Delta Airlines.

Both parents are certified flight instructors. Dominique Youakim is also a certified helicopter instructor.

Recently, St. Anthony High School students saw a helicopter up close and personal after Dominique Youakim brought one to land on the SAHS soccer field to help Aubrey with her speech class.

Speech Teacher Ashley Jansen knew about Aubrey's love of flying.

"It started as a joke at the beginning of the year. My teacher told me I should bring a helicopter in and I did it," Aubrey said. "I had to make a 'how to' speech on how to start a piston versus a turbine helicopter. I explained the differences in starting procedures."

Aubrey presented a video in class and started the helicopter on the soccer field in front of the class to demonstrate the difference in sound when starting a turbine and piston helicopter.

Aubrey wants to one day have an aviation related career.

She is training to be a private helicopter pilot while taking some flight instruction in an airplane.

"If I choose to get my airplane (fixed wing) pilot's license, it would be considered an add-on to my private helicopter license," Aubrey said.

"You need to be 16 to solo, 17 to get a license and 18 to get a commercial license to fly for profit," Aubrey said.

Aubrey doesn't see herself going to aviation school to continue her flight training. She said she and her brother already have access to the aircraft and instructors they need for training. She has received helicopter flight instruction from her father and helicopter flight instructor Mike Daly.

She said once she gets her private helicopter pilot's license it will be good for the rest of her life – as long as she keeps current with FAA regulations and receives a flight review with a certified flight instructor every two years.

"Right now I have over 100 hours of flight time in a helicopter," Aubrey said. "To get my license, I have to fly solo cross-country and during one of my flights I have to talk to a control tower."

"Overall, I have 150 hours of both helicopter and airplane time," Aubrey said.

"I took a helicopter to prom this year," Aiden Youakim said. "Aubrey flew me and my girlfriend to prom."

Rather than arriving in a limousine or a conventional car, Aiden and his girlfriend, Neoga High School Senior Claire Cardinal, arrived at the Neoga High School prom in a helicopter.



Shannon Youakim photo

Aubrey Youakim is pictured in front of a helicopter she uses to take flight instruction at Coles County Memorial Airport.

They were chauffeured as passengers to the Keller Convention Center, where the prom was held, with Aubrey behind the stick of the helicopter under the supervision of their father.

First they landed at Tuscan Hills Winery for photos before making their way to the convention center for the prom.

"At the convention center, we landed right behind TGI Fridays on a concrete pad where the bowl-

ing alley used to be," Aubrey said. "Since I don't have my license yet, it was my dad and I together flying the helicopter."

Aiden plans to attend Lake Land College for two years after graduating from SAHS. He is learning to fly both a fixed wing aircraft and helicopter. He wants to have his private airplane pilot's license by the end of May.

"I have a total of 150-200 hours of flight time in an airplane and helicopter, however I'd say it is more airplane than helicopter time," Aiden said.

He is following the opposite direction of his sister, who started pursuing her private helicopter license first.

Shannon Youakim photo
Aubrey Youakim and her Father/Flight instructor Dominique Youakim chauffeur Aiden Youakim and his girlfriend Claire Cardinal from Tuscan Hills Winery April 17 on their way to the Keller Convention Center to attend the Neoga High School prom.



"I am doing my airplane private pilot's license first and then add on my helicopter," Aiden said.

Aiden started a business called Extreme Detail, offering detailing services for vehicles and aircraft. He said after graduating from Lake Land College he wants to either expand his detailing services or one day take over his father's helicopter dealership. He said right now he doesn't have plans to attend a four-year university.

He said he wants to complete his helicopter training and other ratings this summer, since he is turning 18.

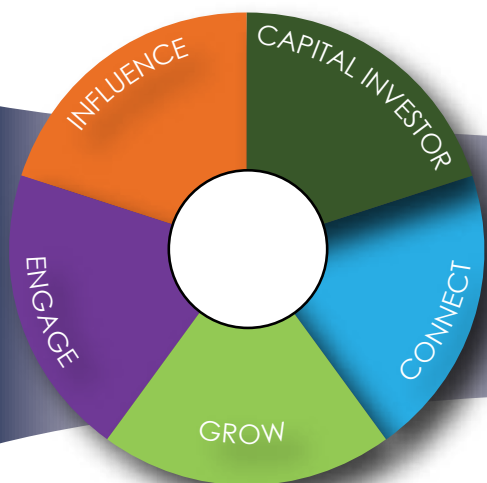
Aubrey Youakim photo St. Anthony High School Senior Aiden Youakim, left, and girlfriend Neoga High School Senior Claire Cardinal, right, pose for a photo at Tuscan Hills Winery before being flown by Aiden's sister Aubrey and his father Dominique to the Keller Convention Center for the Neoga High School prom.

Be part of something **BIGGER**

Join Today

There's never been a better time to become a member!

FOR MORE INFORMATION CALL (217) 342-4147



- Business-Building Resources • Customer Development
- Networking • Valuable Educational & Training Resources
- Volunteering • Mentorship • Employee Development
- Marketing • Community Investment



EffinghamCountyChamber.com

903 N Keller Dr., Effingham, IL • (217) 342-4147

The Wood Loft

138 S. Vine St., Arthur, IL
Mon.-Sat. 9 a.m. to 5 p.m.
Phone: 217-543-2766

Quality Custom Furniture

Dining Room Tables & Chairs
Custom Gun Cabinetry
Bedroom
Office
Den



Made to order - Choice of Woods and Stain - Experienced Design Assistance
Amish Craftsmanship for more than 30 years - Located in Downtown Arthur

www.WoodLoft.com

www.Custom-Guncabinet.com

Compassionate Care to Ease Your Journey



Bauer Funeral Home has been serving the Effingham area since 1932. Our staff will provide you with dedicated and compassionate service during your difficult time of need. We will guide your family in creating a meaningful ceremony to honor the life and memory of your loved one.

BAUER FUNERAL HOMES

Family Owned - Carole Bauer

Brian Young • Mallory Loker • Eric Althoff • Chris Bauer

1212 W. Evergreen Ave.
Effingham, IL
217-342-2177

302 E. Main St.
Teutopolis, IL
217-857-3800

www.bauerfh.com

ALL AGES WELCOME

Scheduling in-person and tele-visit appointments.

Call today!

SIHF HEALTHCARE

YOUR HEALTH. OUR MISSION.

900 West Temple
Building A, Suite 208
Effingham, IL 62401

**We welcome all patients;
no insurance required.**

sihf.org

217.342.0211

Visit Our New Spring & Summer Home & Garden Showroom

- Home Decor
- Wind Chimes
- Spring Wreaths
- Garden Flags
- Outdoor Mats
- Outdoor Angels
- Decorative Lanterns
- Cemetery Flowers
- Memory Stones
- Wet Steps
- Perennials & Annuals
- Shrubs & Trees



Heartland Landscaping, Inc.

910 W. Evergreen Ave. | Effingham, IL

217-342-2579 | www.ffmpeghamlandscaping.com

Hours: M-F 8 a.m.-5 p.m.; Sat. 8 a.m.-1 p.m.





BARN QUILTS GAINING POPULARITY

STACEY ZERRUSEN TEACHES THE CRAFT

Charles Mills photos

Above, a barn quilt recently painted by Stacey Zerrusen. Left, barn quilts come in several shapes and sizes. This is just one example.

CHARLES MILLS
EFFINGHAM MAGAZINE

Barn quilts are becoming more popular in this area, according to Stacey Zerrusen, a rural Teutopolis artist. The demand is keeping her busy.

Zerrusen is an art teacher for grades 1-12 in the Dieterich school district, where she has worked for three years. Before teaching in Dieterich, she was an art teacher at Effingham Junior High School.

She created her first barn quilt five years ago, depicting an eagle. It's on the first barn you see when passing the Zerrusen family farm.

"I've always loved sewing and I've always loved painting," Zerrusen

said. "When I started seeing these first barn quilts hanging on people's barns, I thought they were a great combination of the two."

The name barn quilt can be a little misunderstood. They are made from a piece or pieces of plywood, not sewing material. However, the designs created and painted on the plywood emulate the appearance of a sewn quilt.

Barn quilts come in many different sizes and designs. Zerrusen creates barn quilts from 1-foot by 1-foot square, up to as large as 8-feet by 8-feet. She doesn't make many of the larger quilts due to storage issues and she can't get plywood cut in the larger sizes. She has to build a frame for the big quilts,

piecing together smaller sheets of plywood to make the larger size.

Maggie Kremer reached out to her, wanting a barn quilt. She had a special request.

"She asked me if I would consider doing a barn quilt class," Zerrusen said. "Then she said I have enough people to fill up a class and tell me how many you need to fill it."

Since February she has taught three classes.

"The most I'm willing to take is 17 people a class. I have four more classes scheduled and they are all booked," Zerrusen said. "They've been filling up as fast as I can schedule them."

She teaches barn quilting in her art classroom at Dieterich High



Charles Mills photo
Stacey Zerrusen holds a small barn quilt
she painted.

LIFE CHANGES.

We are here to help when it does.



Buying or Remodeling a Home?

Saving for the future?

Starting your own business?



Located in Effingham & Mattoon
www.washingtonsavings.net





Submitted photo
Leo Zerrusen, 9, stands in front of a barn quilt he created for a playhouse he shares with his 5-year-old sister, Millie.

School. She said the barn quilt class lasts about four hours, taught in one session. Students choose what barn quilt they want to paint, along with what colors they want to use, before the day of their class.

"There are millions of designs out there," Zerrusen said. "I measure out the grid for my attendees."

Zerrusen said patterns used on a barn quilt are based on some form of a grid system. She said the squares are either a solid or divided into a diagonal shape.

"Then I teach them how to draw the actual barn quilt," Zerrusen

said. "My goal for the class is that attendees can leave and create a barn quilt on their own without having to depend on me to draw one out for them."

When the class starts, she teaches everyone how to draw out the quilts. Then they start painting them.

"And with the help of a few hair dryers we are finished in about four hours," Zerrusen said.

The class uses outdoor water-based paint she finds at the local Menard's store.

She is working with Kremer and her friends on a project to create

a barn quilt trail for Cumberland, Effingham and Jasper counties. The trail being developed will lead visitors on a journey from one property to another where they can find barn quilts.

"I will make a brochure once the trail is all mapped out," Zerrusen said. "We only started looking into a barn quilt trail in March."

There are quite a few locations that have more than one barn quilt on display on their property, according to Zerrusen.

In fact, she has five on display on the family farm where she lives. She gets a little help from her family.

Charles Mills photos

Top, This is the first barn quilt Stacey Zerrusen created several years ago. Bottom, a recently painted barn quilt on the Zerrusen farm, painted by Stacey Zerrusen.





Submitted photo
Students of Stacey Zerrusen's barn quilting class display their artwork. Pictured from left are Jamie Vahling, Jessie Rexroat and Lisa Rexroat.

Zerrusen wants the barn quilts around the family farm to have a patriotic theme. Her husband, Sean, served in the Army and Illinois Army National Guard and served one tour of duty in Iraq. Today, Sean Zerrusen gets the task of hanging Stacey's barn quilts on their barns and farm buildings.

Her 9-year-old son, Leo, painted a barn quilt of his own for a small playhouse he shares with his 5-year-old sister, Millie.

In addition to making quilts for her family farm she also donates a few quilts to organizations such as the Teutopolis Education Foundation and Teutopolis Sports Backers, to name a few.

Anyone interested taking a barn quilting class is encouraged to contact Zerrusen at (217) 821-8064. The cost is \$65 per person.

**WE OFFER THE BEST
CHEMICALS FOR
YOUR POOL & SPA**

W.E.T. Pools & Spas
217-347-3450 • 888-377-3311
www.WetPoolsAndSpas.net
**East Rickelman Ave.,
Effingham**
(West of Pilot Truck Stop)
Locally Owned and Operated Since 1996
Doug Thoele Owner

THE TRUSTED POOL CARE EXPERT

**PLAN NOW FOR YOUR
SUMMER POOL OPENING!**

New Pool Accessories Have Arrived!

**Tell Foot Pain to
Take a Hike.**

**Don't let foot pain stop you from
enjoying an active lifestyle.**

- Achilles Tendon • Ankle Instability • Ankle Sprains • Arthritic Foot & Ankle Care
- Athlete's Foot • Bunions • Calluses • Corns • Crush Injuries • Diabetic Foot Problems
- Flat Feet • Fungus Toenails • Hammertoes • Heel Pain • Heel Spurs • Ingrown Toenails
- Injuries • Neuromas • Planter Fasciitis • Warts • Wounds

Specialized treatment with a caring, personal touch

900 W. Temple, Suite 202 • Effingham Medical Center, Effingham, IL
217-342-2040
www.grahamfootankle.com

Dr. James C. Graham
Board Certified Foot Specialist



NASA via Jacksonville Courier-Journal photo
 Susan Gorton is manager of the Revolution Vertical Lift Technology Project. The Mars Helicopter Ingenuity traveled to Mars aboard the Perseverance Rover.

Mars helicopter flight fulfilling for manager with ties to Effingham area

SAMANTHA MCDANIEL-
 OGLETREE
 JACKSONVILLE JOURNAL-COURIER

Six years of long hours, hard work and research culminated April 19 in a successful, proof-of-concept flight on the surface of Mars.

For Susan Gorton and her team,

the successful takeoff of NASA's Ingenuity Mars Helicopter — which rose about 10 feet above the Mars surface, hovered, turned and touched back down — proved to them and others that flight is possible on other planets.

"It's a little surreal," Gorton said. "When the lead pilot announced

the instruments were working and had a successful flight and we got the pictures from the rover of the pick up, it was so fulfilling. We know we made a difference. That part is so exciting."

Gorton is the daughter of Effingham natives John and Mary Lou Althoff.

Gorton, who grew up in Jacksonville, Illinois, is manager of the Revolution Vertical Lift Technology Project. The Mars Helicopter Ingenuity traveled to Mars aboard the Perseverance Rover, which landed safely in February.

Ingenuity is a prototype and will

help establish proof that an aircraft can fly in the Mars atmosphere and will remain operational, Gorton said.

"It's very exciting," she said.

"We've accomplished the first flight on another planet."

The helicopter will see about five flights to document data about flight on another planet and whether the technology can survive.

So far, outside of an error message that has been fixed, the helicopter is operating as hoped, Gorton said.

"It has behaved as we thought it would," she said. "The batteries are recharging, it's surviving the atmosphere."

Because of the distance it will cover and because no one will be in control of it while it is operational, the helicopter needed to have some autonomy to correct its flight patterns and balance.



NASA/JPL-Caltech via AP photo
This illustration made available by NASA depicts the Ingenuity Mars Helicopter on the red planet's surface near the Perseverance rover, left. NASA is upping the ante with its newest rover headed to Mars. Perseverance is NASA's brawniest and brainiest Martian rover yet.



**BANK FROM
HOME
PANTS ARE
OPTIONAL**

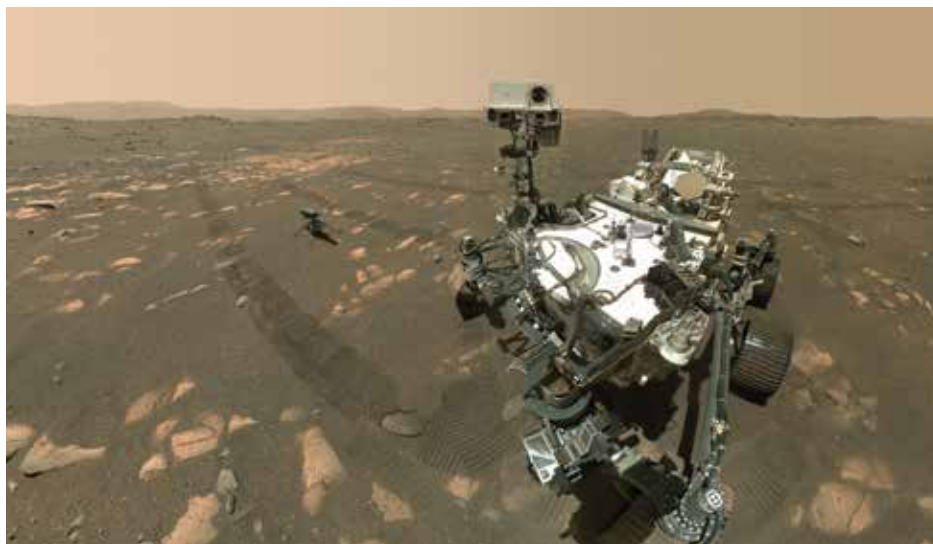
 **Land of Lincoln** CREDIT UNION
Bank on learning more.

BSI NCUA

llcu.org

GET IT ON
Google Play

Download on the
App Store



NASA/JPL-Caltech/MSSS via AP photo

This image made available by NASA shows the Perseverance Mars rover, foreground, and the Ingenuity helicopter about 13 feet behind. This composite image was made by the WASTON camera on the rover's robotic arm on the 46th Martian day, or sol, of the mission.

Gorton said that as a sophomore at Routt Catholic High School in Jacksonville, she discovered her dream while on summer vacation with her family in Houston.

She determined she wanted to be a part of NASA.

The helicopter was conceptualized by the Jet Propulsion Laboratory and developed and tested by Gorton's team starting in 2013. It would be several years before she knew if the planned exploration would get a green light. In 2018, NASA announced it was moving forward with the project.

Among the problems the team had to navigate were an atmosphere that is 95% carbon dioxide and temperatures that range from minus 14 degrees to minus 117 degrees Fahrenheit or lower.

Because of the distance it will cover, the helicopter needed to have some autonomy to correct its flight patterns and balance because no one would be in control of it while it was operational.

The helicopter is able to communicate with the rover and send pictures, which the rover then will be able to relay to NASA Mission Control, Gorton said. Mission Control will be able to relay instructions

to the helicopter via the rover.

"The Ingenuity is a technology demonstration," Gorton said. "It's sole purpose is to prove we can fly on other planets."

In the future, the helicopter technology can be used to reach areas the rover can't and help perform tasks on other planets.

Once the final flights are conducted and the tests proving the technology's viability are complete, Gorton, her team and others will work to establish how they adapt the technology for future missions.

"It's another tool in our toolbox," Gorton said. "We can plan a more capable vehicle in the future. It'll be a question of what the next missions need and (we'll) make our designs based on the mission."

Instead of wrapping up flight tests at the beginning of May, NASA gave the helicopter at least an extra month to tackle tough new terrain and serve as a scout for its companion rover, Perseverance.

Officials announced the flight extension April 30, following three short flights in under two weeks for the \$85 million tech demo. Soon afterward, there was more good news: Ingenuity — the first powered aircraft to soar at another

planet — had aced its fourth flight at Mars.

For the April 30 trip, Ingenuity traveled 872 feet (266 meters) at a height of 16 feet (5 meters) for two minutes — considerably farther and longer than before. An attempt the day before had failed because of a known software error.

On its fifth flight, the 4-pound (1.8-kilogram) chopper was expected to move to a new airfield on Mars, allowing the rover to finally start focusing on its own rock-sampling mission. The rover is seeking signs of ancient life at Jezero Crater, home to a lush lakebed and river delta billions of years ago.

The helicopter team at NASA's Jet Propulsion Laboratory in Pasadena, California, expected to chalk up a sixth and seventh flight in May. The previous limit had been five. If all goes well, the helicopter mission could go even longer.

"Ingenuity loves Mars," project manager MiMi Aung told reporters. "It takes off and I almost feel the freedom that it feels."

The Associated Press contributed to this report.



NASA via AP photo

In this image from NASA, NASA's experimental Mars helicopter Ingenuity lands on the surface of Mars Monday, April 19, 2021. The little 4-pound helicopter rose from the dusty red surface into the thin Martian air, achieving the first powered, controlled flight on another planet.



Cathy Griffith photo

Tiffany Wasson, left, and Tiffany Dunaway stand next to the sign outside the Giving Plate and Deb's Catering in Altamont.

The Giving Plate

'WE JUST GENUINELY WANT TO HELP PEOPLE'

CATHY GRIFFITH
EFFINGHAM MAGAZINE

When Tiffany Wasson started working full time for her parents at Deb's Catering in Altamont three years ago, little did she know it would lead to her own business that centers on giving.

The idea started when Wasson helped a co-worker who needed a temporary place to stay.

Wasson has known Tiffany Dunaway practically her whole life. Dunaway had worked at Wasson's parents' previous Altamont business, The Dairy Bar, and was in her brother's class. But it was not until they started working together as adults at Deb's Catering that they became close friends.

Dunaway has been battling

cancer since 2014, when she was first diagnosed with stage 3 breast cancer. She underwent a double mastectomy, chemo and radiation treatments. Then, more than two years ago, she relapsed when the cancer spread to her bones.

The chemo left Dunaway susceptible when her husband and son got the flu. Unable to stay at her parents' house after her mother also tested positive for it, Wasson offered that Dunaway stay at her home. Dunaway, who was receiving meal trains at the time, asked if the meals could be delivered to Wasson's while she was staying there.

When the meal train arrived, Wasson was amazed by what she saw.

"They come in my house with all these coolers for this meal. The lady was so nice. She made everything — even dessert. The whole thing. It was a lot of food, but you could tell by how much effort she put into it that she really wanted to do something nice," recalled Wasson.

The act of kindness inspired her.

"The whole time I'm eating this

meal I kept thinking about this woman that just made all of this and it was so good," said Wasson.

She couldn't stop thinking about it.

"I just kept laying in bed and I kept thinking about this idea of how beautiful it was this woman spent all this time making this beautiful meal for her and her family to enjoy. But then I thought, 'There's got to be an easier way for people like me who are intimidated to do a meal train.' I could just come up with something that would be a lot easier. So, I came up with the idea and then I talked to my mom about it first," she said.

The idea: Homemade meals people could take home, reheat and enjoy.

Wasson's mom, Deb Schultz, who started the catering business that bears her name, liked the idea.

"She's like, 'I really think you have something here,'" she said.

Wasson said her mother has always been one of those people who goes for it when a good idea surfaces.

"I think that's why when I had this idea I kind of knew I could go for it. She's always shown me that. She's always told us if you work really hard and you believe in it, you can do it," she said.

Wasson then got Dunaway on board.

"It really blossomed quickly from there," said Dunaway.

The two immediately came up with the "Giving Plate" name, and Deb's Catering provided everything they needed.

"I couldn't believe it because all of a sudden here we are starting and we're scared because Deb's Catering is so well known for over 25 years then. We want to be successful for our owners, her parents, but they were on board and just kind of like, 'Whatever you girls need,'" said Dunaway.

From the time Wasson had the idea to the time they put the first menu out, it was less than five months.

Now coming up on two years in business, Dunaway said they have learned a lot along the way.

"You learn how to make things easier and quicker because we get busier. I can't imagine going back to the first week or two because we would never be able to make it," said Dunaway.

The first week in business, the Giving Plate had 23 customers. Wasson laughs at that now.

"I remember having a panic attack, which now is hilarious because that's nothing," she said.

Dunaway and Wasson each have their own job in the business that complements the other. Wasson is the cook while Dunaway is the organizer.

"Tiffany is the most organized human being I've ever met in my life. I am not," said Wasson. "She's not very comfortable in the kitchen but she can organize anything. I don't feel confident organizing anything. I feel very confident in the kitchen."

Wasson said she grew up "literally" in a kitchen, so it's no surprise she enjoys cooking. She comes up with the meals and menus, using recipes she enjoys making and people enjoy eating.

"I love having people over and cooking," she said, adding she has tons of cookbooks.

Wasson got better at expanding the recipes.

"Each week got a little bit busier and I got a little bit better at cooking in bulk," she said.

"Now that we're knocking on two years and we have four places, it's like 200 people will get onto the website and order. Sometimes it's

less. Sometimes during the holidays, it's more," she said.

The Giving Plate started with two meal pickup sites: one in Altamont, where Deb's Catering and the Giving Plate are located, and one in Effingham. Then Vandalia and, just recently, Shelbyville were added.

What started with just Wasson and Dunaway grew to three people cooking and five putting the meals together and organizing them. During the holidays, as many as 10 to 12 workers are helping them.

While the meal options sometimes include Deb's Catering favorites, Dunaway points out the meals are different than Deb's in that there's a lot of variety because the menu changes every week.



Submitted photo
For nearly two years, Tiffany Wasson, left, and Tiffany Dunaway have been doing more than selling pre-made meals through the Giving Plate. They have been helping families through tough times by giving them away.

"A lot of love, a lot of time goes into our food but that's what people love. It's easier for us to do all the work then you can reheat it at home," said Wasson.

Dunaway said there is a lot of research and thought that goes into the operation, from finding the most efficient ways to pack the food to finding the right packaging.

The two also try to use locally sourced food.

"Our big thing is helping out communities. From buying some

things we need to make our meals to helping people around," said Dunaway.

THE 'GIVING' PLATE

From the start, Wasson wanted to do more than have a successful business — she wanted to help people.

"I didn't know what that was going to look like at first," she said. "I thought first maybe we do a percentage of sales and we donate it."

Then she thought maybe just the gift of a meal.

"Just seeing the gift of food and what it does for a family. We talk about it often between the two of us. How important a meal is," she said.

The two came up with the idea of nominating a family to receive free meals each week for a month.

"They could put any person or family. It could be their pastor. It could be their daycare provider. It could be their friend that had a new baby, people going through chemo, people that have lost a family member. People that have lost jobs, anything," said Dunaway.

Dunaway writes the names of those nominated down and one is drawn for that month.

Then the process starts over again. There is no limit to how much food they receive.

"If they have 10 kids and they want to order every single thing we have on our entire menu for 10 people, they can do it," said Wasson.

Dunaway contacts the selected families and handles their orders — a job she enjoys.

"I feel like in the position I am, it's receiving. I want to be able to do that for people, too. I am able

to do that through this. They just kind of let me do what I want with that," she said.

That has grown into the Giving Plate helping more than one family a month.

"They may write what they're going through or people that we know too are personally going through. Some stories really touch our hearts and we talk about it," said Dunaway.

"We go ahead and sponsor them anyway," added Wasson.

Those families are given a meal for a week.

"We do that for us because we just genuinely want to help people. It truly is the best thing of what we do," said Wasson.

"And it's very rewarding," added Dunaway. "There's tears of joy and we get so many thank-you cards. I think the people that know we do this — even the monthly thing — they love that about us. They love that we can maybe help their family member or we can maybe help their friend."

The two unexpectedly found themselves in the position to help even more families after COVID hit and an area native made a sizable donation. The person, who wishes to remain anonymous, learned of the Giving Plate through social media and wanted to help those back home. They entrusted Wasson and Dunaway to ensure meals gifted from the money went to those suffering during the pandemic.

"The word 'cry' cannot describe what I was doing. We were just sobbing because no one had ever done this to us before. It was amazing," said Wasson. "It really impacted a lot of families. We were really able to help a lot of people."

With the donation, the Giving Plate fed five large families every week for a month in addition to the families they were already helping.

The donation sparked others.

"Once people heard about it, we had people coming in making donations," said Wasson.

One family decided to forgo traditional gift giving for Christmas and instead donate to the Giving Plate. The donation is still providing meals.

"We've even had someone who's passed away and they really enjoyed The Giving Plate, so the family chose The Giving Plate as a place to send memorials. It's just happened very organically," said Wasson.

Dunaway said they try to choose people for donations who really need the help.

"This is people that are really going through a hardship that need a hand right now," she said.

Recently, the benevolence has branched into fundraising.

It started when Wasson's nephew's traveling baseball team needed to raise money. The Giving Plate supplied pizza kits and frozen cookie dough to sell. To sweeten the fundraising goal, Wasson proposed something else.

"I said, 'If your team achieves that goal, we're going to let your team sponsor a family for free meals for an entire month,'" she said. "The team crushed their goal big time. We were able to help a family from Effingham for a month with free meals, but it was in that baseball team's honor."

Now they are being approached to do other fundraisers. The two couldn't be more excited.

"I'm always happy when other people are happy," said Wasson.

BACK TO BUSINESS

The two have a lot of fun working together, and it shows.

"We laugh a lot. We always say we have the best jobs because we truly do. I would like to see anybody have more fun at work than we do," said Wasson.

However, Dunaway noted they also work hard, especially during the holidays.

"Everyone here that helps us works hard. I just can't imagine being somewhere else. I feel like how my career plan went is not how I envisioned at all. But I am so thankful for it because they put family first," said Dunaway.

Wasson considers herself fortunate to work with Dunaway every day helping as many people as they can. She hopes their success inspires others to go for it.

"I think it's cool a woman can start her own idea and watch it go. I get really inspired seeing other women working really hard and building those businesses. We have a lot of incredible women around here, too," she said.

Wasson would like to continue to grow the Giving Plate, but for now she is elated about a new addition to the operation — a custom-built refrigerated truck.

"We have outgrown our refrigerated van," she said. "I'm so happy. I cannot wait!"

For more information or to order, visit thegivingplatemeals.com

Submitted photo
Tiffany Wasson, left, and Tiffany Dunaway in the kitchen.



Keep houseplants happy with simple solutions

UNIVERSITY OF ILLINOIS
EXTENSION

Keeping houseplants is a source of satisfaction for many. When plants are not thriving, it can be concerning and confusing.

"As soon as a leaf yellows, or develops a brown spot, many run for a remedy," says University of Illinois Extension horticulture educator Sarah Vogel. "They may reach for fertilizer, or household pesticides, neither of which is an appropriate first response."

Yellowing, brown edges, leaf spots, or drops are all symptoms something is ailing a plant and cultural, or environmental conditions are often the culprit. Knowing what to look for can alleviate houseplant woes.

Photo credit: Creative Commons
Plants can outgrow their container and become rootbound. Lack of adequate soil and nutrients will cause deficiencies and decline in plant health.



All species of plants have specific light, water, and soil condition needs. This houseplant care guide from University of Missouri Extension, available at go.illinois.edu/Caring-ForHouseplants, outlines the basics of each.

"Many plants go through an adjustment period whenever they are moved," Vogel says. "This can happen whether it's from the nursery to a home, the living room to a porch, or one window to another."

This may cause yellowing, or leaf drop, but the plant will eventually acclimate if in favorable conditions. If the yellowing continues longer than a few weeks, place the plant in another spot and change its watering schedule slightly.

Yellow leaves can also mean the plant is over-watered. A great way to decipher watering issues is to carefully remove the plant from its container and look at the roots.

"With some exceptions, healthy plants generally have white roots," Vogel says. "If the roots are rusty orange to light brown, it is under-watered, and if the roots are dark brown to black, it is overwatered."

Gently place the plant back in the container and adjust the watering schedule accordingly. If over-watering is the issue, withhold water until the soil is quite dry and gradually begin a new watering schedule. After two weeks, apply a water-soluble, houseplant-specific fertilizer. If no improvement is seen in the next two weeks, pot again in fresh soil.

Yellowing may also occur if a plant needs fertilizer. Depending on what nutrient is needed, yellowing may begin on the outer edges of leaves, or from the vein outward, or the leaf may even curl. Become familiar with the fertilization needs of each species. Occasionally, a plant needs fertilization when it becomes root-bound and may simply need to be potted again in a larger container.

Leaf spots on foliage can be caused by too much sun. When spots appear consistently, move the plant to a place it receives less sun.

"Leggy, or stretching plants occur when they are reaching for more light," Vogel says. "Move them to a brighter location, or turn them occasionally to keep them growing evenly."

Some fungal diseases may also cause leaf spots, so ensure proper circulation, remove and destroy infected plant parts, and allow soil to dry between waterings.

Brown-edged leaves may indicate an erratic watering schedule or exposure to cold drafts. Another cause of brown leaf edges is an accumulation of fertilizer salts on containers. If other issues have been eliminated and the brown edges continue, scrub the edges of the pot and flush the soil with clear water.

Most common insect pests on houseplants include scale, fungus gnats, aphids, spider mites, and mealybugs.

If the plant is heavily infested with scale, it is best to discard it. Fungus gnats can be greatly reduced by letting the plant dry completely between waterings. Aphids can be controlled by washing away with water, or using insecticidal soap. Spider mites often affect already stressed plants, so keeping plants healthy is the most effective control measure. Horticultural oil, or insecticidal soap may be used for spider mite infestations. Mealybugs can be wiped away with a cotton swab soaked in rubbing alcohol.

When using pesticides, make sure they are labeled for indoor use and read and follow all label directions.

If the problems persist, horticulture educators and Master Gardener volunteers are available to provide assistance at Illinois Extension offices around the state.

Local offices can be located at go.illinois.edu/ExtensionOffice

Creating your family's Personal Health Record



LINDA RUHOLL
FOR EFFINGHAM
MAGAZINE

Remember that last middle-of-the-night trip to the ER with your spouse?

You're tired and scared, and he's barely conscious. The staff needs to know the names and doses of his medicines.

Your daughter got the coveted slot at church camp. But there's a form to complete before you write the check. It asks about her childhood vaccinations — number of doses, boosters, and dates. Her shot record is buried in those tubs still unpacked from your move to the new house six months ago.

You're in the doctor's office for your annual physical after months of isolation. The desk clerk presents you with a revised intake record requesting comprehensive lifelong medical data — your hospitalizations, your surgeries and on and on. You're running late. So was that TKR (total knee replacement) in 2010 or 2012?

A Family Personal Health Record (PHR) can be the solution to all these problems. A PHR is not the same as an electronic medical record (EMR). EMRs are owned and controlled by providers, institutions and insurance entities.

A PHR is yours — you own it and you control it. Control means you get to decide what goes in, what stays out, order of placement, how it is updated, and where and how it is stored. It is possible to create and store a PHR online, and there is some evidence suggesting current online methods are easy to use and secure.

One problem with the online method is that what you believe is secure today may turn out to be vulnerable to a data breach later. Security has to update constantly and that is expensive. Furthermore, hackers are numerous and tireless. So although a totally electronic version may be appealing to the computer savvy, users may ultimately find that a paper PHR in a ring binder is less vulnerable. It's a personal choice only you can make.

The first step is deciding what to include in your PHR and in what order.

MEDICATIONS

Keep medication lists first in each family member's section. Note the dose and the frequency. The drug list is routinely sought by just about every provider in all settings at every visit. Medication reconciliation is an expectation in hospital settings, but the facility can't reconcile what it doesn't know about.

Over-the-counter medicines are not viewed as "medicine" by some, but they have desired effects, side effects and interactions just like prescription drugs do. Individuals with chronic joint pain, for example, may self-medicate with an NSAID (non-steroidal anti-inflammatory like ibuprofen or naproxen), and accidentally get into trouble with adverse reactions if a different NSAID is added to their prescription list. Too much NSAID is a challenge to the kidneys and the liver.

Likewise, supplements like vitamins

and plant products for depression can interact with both prescription and OTC medicines. The result can be unpredictable and occasionally lethal.

Immunization records are essential for tracking child compliance with public health recommendations. When parents/guardians are lax in keeping shots up-to-date, infectious diseases bounce back that had been well controlled. Measles is a shameful example in the United States.

ALLERGIES

Be specific about drug allergies; record the nature of your undesired reaction. A skin rash that faded in 24 hours is not in the same category as a swollen face and tongue with respiratory difficulty that had to be treated in ICU. The same is true of food allergies and environmental allergies, like bee stings.

Summarize what happened, how often, and the treatment that helped you. If you are facing a diagnostic test using dye, you want to be sure the person holding the syringe knows about any issue you had with dye earlier.

If you had allergen challenge testing, include the results in this section. Allergies to latex and to specific kinds of tape and adhesive bandages should be noted.

PROVIDERS

Record the name, address, phone number and fax number of each doctor and specialist. Requested records may arrive faster if the clerk can fax a signed request.

We are often asked about earlier referrals during acute illnesses, and it is challenging to instantly recall the name of the specialist your husband saw once five years ago.

DIAGNOSTICS

Get copies of all original reports

from all your lab work, x-rays, EKGs, scans and other diagnostic tests. Use plastic protectors for small sheets. Don't depend on the EMR system. Your provider may not be able to access it today in the place where you are being seen. EMR compatibility across health care systems is not 100%.

Don't be bothered by your lack of understanding of a report. The provider reading it from your binder will understand it and be glad to see it. The negative impact of an emergency in another state can be minimized by comprehensive data instantly available.

IMPLANTS AND PROSTHESIS

Anything added to your body can malfunction, so if you have a pacemaker or an artificial joint or any other acquired biologic, metal, or plastic material in your body, be proactive in acquiring information about it. Get as much specific data as you can, for example,



name and model of device, serial number (if applicable), and manufacturer.

Things often go wrong on holiday weekends, and your care will be better and quicker because of your preparedness.

CHRONOLOGICAL HISTORIES

Significant illnesses and injuries can have long-term consequences, something that is becoming ever

clearer as people recover from COVID-19. Viruses and bacteria in particular are known for their long term aftereffects, so this is nothing new.

Post-polio syndrome and post-strep heart valve damage are examples from the past. Prior environmental exposures to toxins, as well as hospitalizations and surgeries can suggest potent underlying factors for a current illness. A list at hand with dates also saves time and energy in the course of completing those long institutional intake forms.

Compiling a set of Family Personal Health Records takes time and determination, but the effort will pay off repeatedly as you and your family navigate the health care system.

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

FREE SHIPPING
TO YOUR DOORSTEP
NO MINIMUM*

ONE OF OUR BIGGEST SUMMER SALES!
Find a store near you at
Slumberland.com or shop by phone at
888-95-SLUMBER.

slumberland
FURNITURE
a family-owned company

Memorial Day

SALES EVENT

INCLUDES 4 ACCENT PILLOWS.

sale
\$1000 off list price
\$698

Soft pillow back and thick seat cushions provide amazing comfort!

Zander Sofa
99.5" w 44" d 42.5" h
SKU: 01013304

Beautiful modern design built with tropical mahogany solids.

sale
\$500 off list price
\$298

chocolate brown
black

Riva Queen Platform Bed
62" w 84" d 44" h. SLEEP POSITION: ACCOMMODATES A MATTRESS ONLY.

slumberland
FURNITURE
it's a good life.

127 STORES!
shop • find stores
join our e-club

222 Broadway Ave. East, Mattoon
Call the store nearest you at 217-235-1400

slumberland.com



The Heart Center

Meet the **Sarah Bush Lincoln cardiology team** at the SBL Heart Center. We are pleased to bring these great minds together to care for the cardiovascular needs in our community. Their breadth of knowledge is deep, and they work in unison to provide extraordinary care.

Pictured left to right:
Cardiologists

B. Lakshminarayanan, MD
Michael LaMonto, DO

Advanced Practice Provider
Allyson Gough, APRN
Interventional Cardiologist
Dean Katsamakis, DO

Diagnostic Services

- EKG - Holter and Event Monitoring
- Stress Testing
- Nuclear Stress Testing
- Echocardiography
- Transesophageal Echocardiography
- Cardiac Cath (right and left)
- 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


**Sarah Bush
Lincoln**
Trusted Compassionate Care

The Heart Center
1000 Health Center Dr. • Mattoon
217-238-4960
www.sarahbush.org



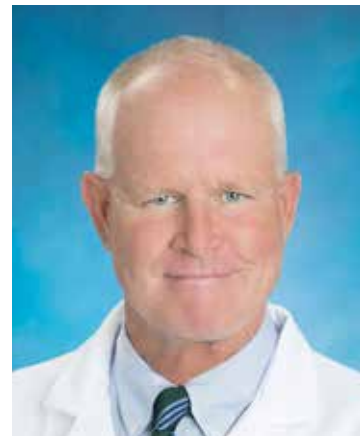


Now Scheduling Orthopaedic Surgery Patients in Effingham!

If you're looking for an orthopaedic surgeon, **John Powell, MD**, is welcoming new patients at HSHS Medical Group Multispecialty Care - Effingham.

Dr. Powell is a board-certified orthopaedic surgeon specializing in the surgical and non-surgical treatment of knee, hip and shoulder conditions, as well as joint replacement surgery.

**For an appointment with Dr. Powell,
please call 217-540-2350.**



John Powell, MD
Orthopaedic Surgery



HSHS Medical Group

HSHS Medical Group Multispecialty Care - Effingham
900 W. Temple Ave., Bldg. B, Suite 2500 • Effingham, IL 62401
HSHSMedicalGroup.org