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FALL 2023 MAGAZINE

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Tyler Worthey bottles his 24 Carrot sauce using a bottling machine that allows him to dispense a specific amount of liquid each time. Photo courtesy of Tyler Worthey.

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FEATURE STORY



Debby Thomas stands with Dr. Justin Pals at New Health Chiropractic in Effingham. Submitted photo.

PAGE

Treating Breast Implant Illness

By Dawn Schabbing

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ON THE COVER: Kadence Wolff of Altamont sits in a plane owned by Tom Baker at the Effingham County Memorial Airport in August during the local EAA chapter's Fly-in Lunch. Photo by Nick Taylor

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From the editor

ebby Thomas was having peculiar and debilitating physical, neurological and emotional symptoms. It seemed nobody could figure out why. The Neoga woman's symptoms included extreme dizziness, light sensitivity, severe neck pain, uncontrollable muscle jumping, brain fog, nausea, fainting, seizures,

and anxiety.



She spent more than four years visiting multiple doctors and physician assistants, neurologists, physiologists, endocrinologists, psychiatrists, internists, a chiropractor, a wellness coach, and a physical therapist.

Freelance writer Dawn Schabbing spoke to Debby about

how the collection of symptoms all pointed to what is now called Breast Implant Illness.

Debby wants other women to know her story. And we do, too.

Another of our freelancers, Devin Walk, recalls the town of Freemanton – "Known far and wide as the hardest hole in Southern Illinois."

Today, all the buildings that once stood in Freemanton are gone. The only section remaining is the Freemanton Cemetery, which has the tombstones of many of the village leaders and Civil War veterans.

An indent that cuts through the cemetery was the site of the Old National Road. Tombstones marked with the date 1855 reveal the scars left from the cholera outbreak.

Cooler temperatures in the fall call for some spice. Over in our Food & Drink Department, EDN News Editor Cathy Griffith describes how Neoga High School senior Tyler Worthey is living his dream by selling his own line of hot

sauces, along with a wide variety of peppers he grows.

Tyler has been operating his startup business, Worthey Peppers, for a few years now and would like to eventually take it to the commercial level.

In case you missed it in the EDN back in June, we're running Sports Editor Alex Wallner's story about Teutopolis native Adam Wall, who is living out his own dream – working with NASCAR.

Adam is the race engineer for Hendrick Motorsports' No. 5 HendrickCars.com Chevrolet, driven by Kyle Larson.

"I remember going to Indianapolis, standing outside the fence, looking in those concrete garages and guys were working on tires. Being on the other side of that fence now is something else," he told Alex.

Our cover story is about one more dream come true. Reporter Nick Taylor spent some time with Kadence Wolff, 18, of Altamont, who has spent most of the past year earning her private pilot's license, which she recently received.

It has given her a bit of a head start in her pursuit of a career in aviation, something she's currently studying towards as a freshman at Southern Illinois University in Carbondale.

Best of luck to Kadence for a career in aviation.

Those stories and much more make up this issue of Effingham Magazine.

May your dreams come true.

Jeff Long Editor



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Contributors



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.



Dawn Schabbing is a former reporter at the Effingham Daily News who now freelances. A graduate of Lake Land College and Eastern Illinois University, she worked in the newspaper field for more than two decades. She previously worked in news and features at the Journal Gazette and Times-Courier newspapers in Mattoon and Charleston. She lives in Neoga with her husband, Paul.



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.



Alex Wallner is the sports editor of the Effingham Daily News. He earned a bachelor's degree in journalism from the University of Illinois at Urbana-Champaign in 2016. Before joining the EDN, he was the sports editor at the Standard-Democrat in Sikeston, Missouri for three years. He resides in Effingham.



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Food & Drink



Worthey Peppers are worthy of a taste

Story
Cathy Griffith
Effingham Magazine
Photos
Courtesy of Tyler

Worthey

yler Worthey is living his dream. The Neoga resident sells his own line of hot sauces, along with a wide variety of peppers he grows.

Worthey has been operating his startup business, Worthey Peppers, for a few years now and would like to eventually take it to the commercial level. And he's only a senior in high school.

Worthey's business started when he was a freshman and needed an FFA Supervised Agricultural Experience project. He chose agricultural processing, in which one product is turned into a finalized product and sold.

"For some reason, my brain was really hyper-fixated on the show 'Hot Ones' at that point," he said, referring to the YouTube talk show that features celebrities being interviewed over a platter of increasingly spicy chicken wings. "So, I really loved the idea of making my own hot sauce."

Worthey also has wanted to be an entrepreneur since he was a little kid. However, he didn't know how to make hot sauce. So, he went to Walmart and bought some ingredients.

"I just tossed a bunch of things into a pot and then boiled it and then blended it. That's what I did the first time and it turned out nice and then I went and looked for inspiration for some other hot sauces," he said.

He used his classmates as a test market.

"I literally brought lunchboxes to school full of bottles of hot sauce that I just sold to kids and teachers. I did that for like a year," he said.

Worthey decided to take his venture to another level. In 2021

he formed a sole proprietorship and officially formed Worthey Peppers into a legal identity.

Worthey took the record books he kept on his business and competed at the FFA state level, where he placed second after winning at the sectional and district levels. The following year he won state, before going on to achieve silver rank at the national level.

This year Worthey began branching out. He started growing his own peppers and has nearly 100 plants that he says are thriving.

"It's been amazing. I've got too many peppers at this point. Our fridge is full," he said.

Worthey is passionate about his peppers, which range from no heat to extreme heat, including the white ghost pepper and Carolina Reaper.

"If I go out in my garden, I can talk about one pepper for at least 10-15 minutes," he said.

For those looking to add a little kick to their breakfast, Worthey is also venturing into jellies and jams.

Worthey has developed the recipes on his own but admits he searches online to find what flavors pair best together.

He currently has three hot sauce flavors – Garlic Honey Hot Sauce, Tyler's Taco Sauce and 24 Carrot Gold. The Garlic Honey Hot Sauce, which he describes as having the flavor of an Asian zing sauce, pairs well with pork or chicken. The 24 Carrot Gold has a mild, but deep, flavor that amplifies everything.

"It adds a little bit of a kick," he said.

Although Worthey knows his sauces well, one thing may surprise people.

"I love the flavor of my hot sauces but I'm not an avid user of hot sauce," he said.

However, he said he has started liking them more as his palate develops.

While Worthey loves making sauces and growing peppers, he finds the

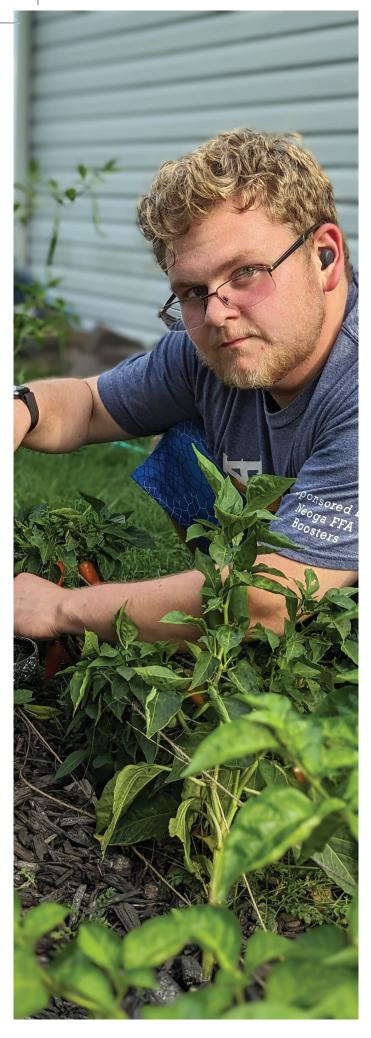
Tyler Worthey bottles his 24 Carrot sauce using a bottling machine that allows him to dispense a specific amount of liquid each time.



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financial and marketing sides of the business challenging.

To get seed money for his business, Worthey went to local companies and businesses asking for donations or to put in orders for sauce.

"And that actually got me through my first plateau," he said.

This time when the business needed a funding boost, Worthey didn't have to go to businesses or a bank

"Now, I'm just investing my own money into it just because I can afford to finally," he said.

He admits marketing his products and produce locally is a little tough, especially in the rural Midwest.

"It's kind of hard to get people who want hot sauce and hot peppers unless you break into that niche market," he said.

Nonetheless, Worthey said he has found people who enjoy them.

"I found some people that really, really, really enjoy my hot sauce and the hot peppers," he said.

Worthey has gotten some help from his mother, who has a background in business and marketing. She also helps with processing the sauce.

"She's helped me with a lot of the business side, but when it comes down to the hot sauces like the bottling and whatnot, I have all of that in my head. So, she'll be there helping me make sure everything's bottled correctly and then help me put the labels and sealers on," he said.

She also helps get everything packed up and ready for any events, he added.

Worthey would like to expand Worthey Peppers' reach from a cottage food business to a commercial one. Currently, Worthey can only sell his sauces and peppers at fairs, festivals and farmers markets in Illinois.

"I can also ship in state but that's as far as I can go. To sell outside of Illinois, I need to be at the commercial level, where I make and manufacture these sauces in a facility designated to just food processing, which is my next step that



Shown is a sample pack of Tyler Worthey's sauces.

I have to take once I have enough money," he said.

For now, Worthey is busy with school and his job at Chipotle, not to mention his business.

"I got a bit of a full plate," he said.

Despite being busy, Worthey loves seeing his product in places and hearing people talk about it.

"My mom works for a beauty company and she went to a school to talk about college to them and they're like oh, you're the mom of the hot sauce kid and I was like I'm known as the hot sauce kid," he said.

Worthey is OK with that.

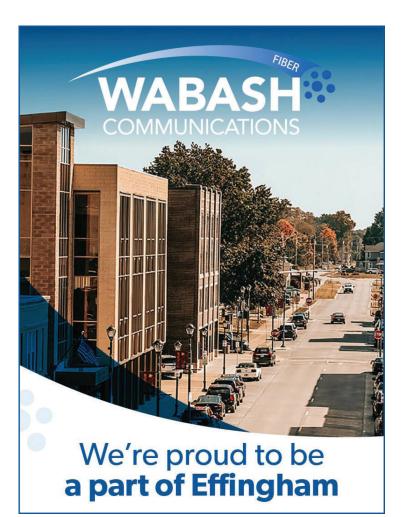
"Knowing I have a name out there now – the hot sauce kid from Neoga – that's cool to me. I really enjoy that," he said.

He also loves being an entrepreneur.

"Part of me really loves just making my own product and selling it to people. When I know it's something good that I put my heart into and they purchase it and they love it, it makes me happy," he said.

For more information, visit wortheypeppers.com, email wortheypeppers@gmail.com or call 217-460-1935.

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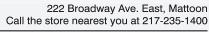
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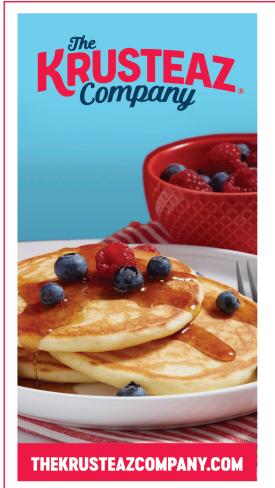
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nd it's no secret that employees at H The Krusteaz Company are making it happen in a fierce way, right here in Effingham. We're making fierce progress in new employment, machine capability, product capacity, and development opportunities.

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We've introduced three new lines in one year, increasing our product line to include our own delicious Krusteaz brand products.

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Four new staff and professional level positions were added to the local site and two additional corporate engineers were hired to help support projects at the plant.

At The Krusteaz Company, we bring innovative solutions to meet the tough market demand. We introduced a new fierce leadership development program, and we're hiring the best employees, who are passionately committed to bringing Krusteaz products to your table.

We are proud to be part of the Effingham County community and to work alongside so many other focused, innovative, entrepreneurial, responsive, collaborative, and energized companies.

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The collection of symptoms all pointed to what is now called Breast Implant Illness. She never suspected the implants that she'd had for about 25 years could be the culprit of an illness.

Now, she wants other women to know her story.

How it began

Thomas was 39 when she found herself fighting breast cancer in 1994. The cancer came back two years later. Facing a mastectomy, she found some comfort knowing that she could have saline breast implants surgically put in place to rebuild what was taken away.

But the matter worsened in 1997, when a "knot" was found in her second breast, warranting another mastectomy and second implant.

Another option, which would have been more invasive and have a longer recovery time, was to have new breasts rebuilt by taking fatty tissue from a tummy tuck. She chose saline implants, believing they were safe.

Then, at age 63, her world turned upside down as she battled new illnesses with several unusual symptoms.

"On the morning of Jan. 11, 2018, I was ready for the day," said Thomas. "I reached down to get my shoes on and all of a sudden the room started spinning out of control. I got sick to my stomach and my eyes could not stand to see any light. And the back of my neck hurt really bad."

After three days of this, she was taken by ambulance to a local hospital. She was discharged with the diagnosis of labyrinthitis, which is inflammation of the labyrinth – part of the inner ear – which causes vertigo.

"Within a couple of weeks my right leg would jump and I would have to hurry up and move my left leg just to catch up with myself," said Thomas. "My balance was off. If I was walking to the car, I would veer to the right. Sometimes my feet would just stop and I had to really concentrate to start them moving again. My neck pain was off the charts. I had brain fog. I would sit down to work at the computer, but couldn't remember how to use it."

Her physician's assistant at that time sent her to physical therapy. But after two sessions, the therapist believed the symptoms were more than labyrinthitis and insisted she see her physician's assistant again that day. The therapist sent her away using a walker.

Trips to the emergency room due to muscles jerking and her inability to walk followed.

"I saw my first neurologist in the emergency room in Champaign – at that time my body was jerking and I could barely walk," said Thomas, now 68. "I was admitted for observation. I had tests done and everything came back normal. The neurologist said I was just stressed and I needed to take a cruise."

As time progressed and the symptoms became worse, more neurology appointments followed. A stress disorder was believed to be her issue. One doctor suggested extensive physical therapy, another suggested counseling, and another suggested seeing a physiologist.

She saw doctors in a Chicago hospital, where she was diagnosed with functional movement disorder with the

emphasis on stress. It seemed nobody had answers for her. Nobody had a treatment that would help the symptoms and her inability to walk and keep her balance was worsening.

It was suggested she try a chiropractor to help with neck pain and balance issues, so she started meeting with Dr Justin Pals at New Health Chiropractic in Effingham. Her first appointment there was Feb. 26, 2018, a little over a month after symptoms began.

After hearing her concerns, the first thing he did was a treatment using the Neurological Integration System, of NIS, which was to help relieve her neck pain and help with walking.

Pals earned his bachelor's degree in science at Eastern Illinois University and his Doctor of Chiropractic at Logan College of Chiropractic. He's been a chiropractor for 19 years. He is also the only certified practitioner in Illinois and only one of four in the United States that specializes in the Neurological Integration System, developed by Neurolink, which specializes in acute pain and chronic illness using the latest scientific research at the cellular level to address causes – not just symptoms, according to Pals' New Health Chiropractic website.

Relief

While Pals was helping Thomas have some good days, and even some good weeks, things still weren't normal.

Devastated by her unusual symptoms with little relief, someone at New Hope Church in Effingham recommended to her daughter, Kristy Buescher, who is the Kids Director there, that the family look into Phil Carson Wellness, which is located near Tupelo, Mississippi.

"No one knew what was wrong with me and I was refused at Mayo Clinic due to too many requests," said Thomas. "It was recommended that I check out Phil Carson Wellness, but I almost didn't do it. I had gathered my daughters, Kristy Buescher and Amy Reynolds, and I told them I could not go on like I was."

At this point, she was having fainting spells, was getting weaker and spent more time in bed than ever before.

"I was exhausted. I had a non-epileptic seizure and was ready to try medical marijuana to get some relief," said Thomas. "Kristy asked me if I would try one more thing and I said 'no.' I have been everywhere and was going to have to accept that this is going to be how it is for the rest of my life."

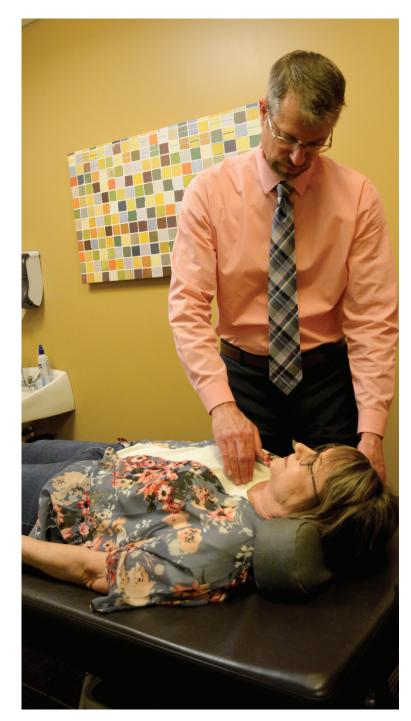
Her daughters pushed that she try Phil Carson Wellness.

On Aug. 27, 2021, Thomas had her first virtual meeting with Wellness Coach Phil Carson. After giving him her health history including the breast cancer several years earlier, he asked her to look at a website that might answer many of her questions and concerns. The website was https://www.breastimplantillness.com

"You said you had breast cancer twice," Carson said during that virtual visit. "By chance do you have breast implants?"

He encouraged her to check out the website and see if she could relate.

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Shown is Dr. Justin Pals (standing) with Debby Thomas. He is performing one of the Neurolink's NIS corrections. There are a series of those checks that he can do and then tap the top of the head for the correction. In this one, he is assessing the thymus gland, which is our major immune gland. We build immunity through the thymus gland so he said he uses that contact quite often.

"I think you will be surprised at what you find there," he said.

Thomas reviewed the site and her prayers were being answered because finally she was getting some answers to the years of illness and symptoms.

"My wellness coach, Phil Carson, is also very important to me," said Thomas. "I was blessed to have him as he is also a Christian man. He helped me to eat better and monitored my diet. We talked about God and he was always encouraging and giving me ideas about adapting exercises.

"I had tears running down my cheeks, because I could

finally relate to women that had some of the same symptoms I had," said Thomas. "I was convinced I had Breast Implant Illness."

She knew the implants needed to come out.

Progress

Thomas worked virtually with Carson on a weekly basis for about three months. She finally met him in person on Oct. 10, 2021, when he was in Effingham for a conference and book signing. He took time to meet her at Joe Sippers in Effingham.

The conference's topic was about the importance of community, hosted by the author and Carson's friend, Teresa McCloy.

Thomas continues to work with Pals in Effingham. While she's no longer a client of Carson's, the two have remained in touch.

"Tremendous progress has been made in Debby's case, even more than I ever expected, but it has been a very long journey with several layers of healing," said Pals. "Inevitably the foundational issue that caused her symptoms were the breast implants leaking over several years, but it took several months to narrow down her symptoms to finally figure that out."

Pals said he believes she is healed – but hesitates to use the word "cured."

"The implants were the source of the toxins that led to most of Debby's symptoms," he explained. "The damage had been done over several years and as we corrected and improved her physiology, we were better able to narrow the implants down as a problem. Until the source of the toxins were removed, it would continue to destroy the body from the inside out.

"This will be an ongoing process to continue to detox and stimulate her body to function at its normal potential, keeping in mind that every day we encounter countless toxins that could potentially make the problem flare up again," said Pals.

Thomas said today, overall, she feels great compared to where she's been with this illness.

"I still have a few bad days, but I still have toxins in my body," said Thomas. "It is getting better and of course, I go see Dr. Pals when bad days happen, and he puts me back together."

Neurological Integration System

Pals said he continues to use NIS with Thomas.

The NIS bases its treatment methods on the neurophysiology principle that the brain governs optimum function of all the body's systems. This in essence makes the brain, not the practitioner, the most knowledgeable and qualified to diagnose and correct your complaint, according to the website.

"NIS is an extremely complex system of correction and takes several years to be good at, let alone master," said Pals. "I have been using and practicing this system since 2006 and I am the only certified practitioner in the State of Illinois and only one of four in the United States."

He added that he attends a Masters Symposium once

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a year and helps with the foundation seminars for new practitioners wanting to learn NIS.

Pals said for several years his office might see patients who have been everywhere and tried everything – and finally end up in his office as a last resort.

Today, that is often not the case, but it might have been for Thomas. She was losing hope.

"Debby's situation was a very difficult one and had no answers in the beginning," said Pals. "But I told her if her body had the potential to be better I would find it and start the process of recovery. Every new patient who walks into my office is a 1,000-piece jigsaw puzzle. I just have to figure out how to put the pieces back together and see what the picture shows me to start the process of healing and recovery."

Pals said his office handles traditional chiropractic care, such as low back and neck pain – plus chronic illness, infertility, behavior issues in children, and help for colic babies.

"There are not very many issues we have not treated successfully using natural methods of healing, including adjustments, NIS, specialized therapy and supplements," he said.

For Thomas, it took some time and lots of questions about how she was feeling and how her body was responding to treatments and supplements.

Pals, too, initially believed she needed to be seen by a neurologist and he made some suggestions about where to go, before moving forward with his treatment plan.

"Dr. Pals always listens and asks me questions about my symptoms and how it all affects my body," said Thomas. "He is the only one that could relieve my symptoms. He believed in me and did not think this was all because of stress."

Early on, he focused on neurological corrections to stabilize her balance issues. Later, he also used technology to help detox her body and build back immunity.

"I have been so blessed by this man," said Thomas. "If it wasn't for him, I believe I would have ended up in a wheelchair. He is a very caring, kind, knowledgeable, thoughtful Christian man and I have a lot of respect for him."

NIS is a specialized system of analysis that uses the latest scientific research to address acute and chronic health issues at the cellular level, based on the neurophysiological principle that the brain governs all body functions, Pals explained.

"Therefore, it is used to address structural, neurological, emotional, pathological, and hormonal issues," said Pals

NIS is a modality of care that allows practitioners to investigate the status of body function from the neurological point of view. This is a very unique approach. Healthcare with NIS has everything to do with the brain – and nothing to do with the mind. It is important to make that differentiation, he said.

All the principles behind the system of treatment provided by an NIS practitioner are based on neuroscience. The brain controls optimum function, through

its neurological circuitry. It is constantly receiving information from every facet of the body, and in turn sends back 'fine tuning' messages, many times per second. This means every cell, gland, organ, muscle, tendon etc. in the body is constantly monitored via these circuits to the brain.

"However, from time to time, circuits break down – very similar to a fuse blowing in your car or home. Power is now lost to that circuit, reducing function," Pals said.

Pals also began treating Thomas with supplements. These supplements were to help with her overall good health.



Shown is a saline breast implant.

"My patients teach me something new every day," said Pals. "I have learned a tremendous amount from Debby about how toxins – and in particular leaking breast implants – can affect the neurological and immune systems. It has also taught me that the body is an amazing creation that is capable of more than we can imagine."

Pals so far has been intrigued and amazed with Thomas' progress. He couldn't say for certain about the

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Data on BII

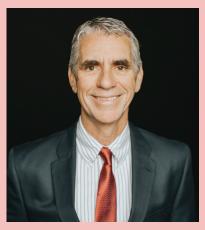
The data show that the FDA received 2,497 medical device reports containing symptoms consistent with BII from Nov. 2018 to Oct. 2019.

The FDA's data from Jan. 2008 to Oct. 2018 showed 1,080 reports that contained such symptoms. More patients and providers are reporting these conditions, likely due to increased awareness from press, social media, and FDA's General and Plastic Surgery Devices Advisory Committee meeting held in March 2019.

The Cleveland Clinic reports some 50 symptoms have been reported by people, but symptoms of BII can vary from person to person. These symptoms affect many areas: musculoskeletal system, cognitive symptoms and overall body.

Common symptoms in these areas might be: joint pain, muscle pain, muscle weakness, anxiety, depression, brain fog, fatigue, memory loss, trouble concentrating, chronic pain, dry eyes, low vision, hair loss, rashes and skin problems.

"If a person is experiencing symptoms that no one can seem to determine why the symptoms are occurring, as in Debby's case and many others, don't ignore and don't delay," said Carson. "Reach out to an informed wellness professional who can guide and help you get to the root cause, which just may be BII."



Phil Carson

number of similar cases in the Effingham area, but he's seen at least one other case that is believed to be Breast Implant Illness.

"Debby has been through a lot in her life and yet her system still had the strength to detox and recover from this significant poisoning," Pals said.

Breast Implant Illness

According to breastcancer.org, to date, there haven't been any studies that looked at the number of women with breast implants who develop BII.

But more women have been reporting BII symptoms to doctors and to the FDA during the last few years, which may be because social media groups and media coverage helped to raise awareness of the condition, according to the website.

Thousands of women have joined online communities related to breast implant illness. For example, the "Breast Implant Illness and Healing by Nicole" Facebook group has more than 170,000 members.

Thomas joined two Breast Implant Illness support groups – one from Illinois and one from Michigan. She said typically these groups are private.

"I wanted to see what kind of symptoms these women had," said Thomas. "I could relate to everything these women were talking about. I had tears running down my face because I finally had a name for what I have."

After a hospital stay in July 2021, she had to see her primary care doctor. He asked her what neurologist she wanted to see this time.

"I said I don't want to see another neurologist, I think I have Breast Implant Illness. Have you ever heard of it?"

She said her question to the health care provider was ignored.

Thomas asked for a mold and toxin, cortisol, and adrenal test. She was told they did not do that type of test at that facility and he would never get Medicare to pay for it. So, she offered to pay for it herself.

"I was laughed at and told I needed to see a psychiatrist," said Thomas. "I left that office in tears. I was already told by a physiologist that my stress level did not warrant the movement of my body."

Phil Carson, the wellness coach from Mississippi, came to her rescue.

"My philosophy as a healthcare provider and wellness coach is to test, don't guess," said Carson. "There are numerous tests available that can likely bring clarity as to the root cause of the symptoms a person is experiencing. If BII is suspected then the person would need to find a surgeon who is well experienced in implant removal."

Carson, a doctor of pharmacy and wellness coach, earned his degree in Pharmacy at the University of Mississippi School of Pharmacy. He is also certified as a diabetes care pharmacist, and National Diabetes Prevention Program coach, and holds numerous certifications in holistic wellness therapies. He is the owner of Carson Natural Health, LLC.

His website is philcarsonwellness. com.

Carson ordered the tests that revealed her count was high on all of the tested areas.

"I started communicating these things and test results with Dr. Pals," she said. "I started taking supplements to detox my body. Dr. Pals was very supportive and kept me going with Neurolink."

With this newfound information on BII and its toxins potentially leaking into her body, Thomas continued to research, and worked with Carson and Pals. She knew she wanted to have the implants removed and searched for the best surgeon to do it.

"I was able to help Debby as her wellness coach and providing her with recommendations for nutritional support as well as emotional," said Carson. "My passion as a wellness coach is to do the necessary investigative work and look for clues to help my clients get to the root cause of the health issues they are struggling with. In Debby's case, the clues were pointing toward BII and I am grateful we discovered this and helped her to get her health and life back."

Finally, on March 18, 2022, five months after first meeting with

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the surgeon, she was ready to have the saline implants removed.

"Those five months were not only physically, but mentally hard," said Thomas. "I struggled with my faith. I knew in my heart that I was doing the right thing by getting them out of my body. I knew I was blessed to have Dr. Pals in my life who supported me in my decision 100 percent. I will always be grateful for Phil Carson, the wellness coach, who answered my prayer by telling me about Breast Implant Illness."

Thomas said Pals and Carson listened to her concerns and she believes their success in their respective fields is because they put God first.

"Listening to your patient is one of the best things any person in the medical field should do, however, it is becoming a lost trait in our society today," said Thomas. "But these two men do what it takes to find out the truth about what is going on with you – and most importantly they care about their patient."

As she learned from Carson and breastimplantillness.com, there is no single test to diagnose BII, so symptoms can be used to recognize the pattern of characteristics prevalent with breast implants.

"It is an invisible illness that often goes undetected or misdiagnosed," the BII website explained. "Chemical poisoning, silicone toxicity, heavy metal toxicity, and biotoxicity are often underlying factors. Some researchers have said that breast implants create an illness of their own."

According to the BII website, the illness occurs with both saline and silicone implants and it is a multifaceted illness. Breast implants are large foreign objects that overwhelm and weaken the immune system, eventually creating a cascade of dysregulation in the body that may include au-

toantibodies and autoimmune diseases, endocrine dysfunction, thyroid and adrenal problems, and more.

"Therefore, it is not a matter of if you will get sick, it is a matter of when you will get sick. An overburden of toxicity manifests itself in inflammation and other health issues," according to the BII website.

Leakage, ruptures, and shell degradation can increase symptoms. Implants have more than 40 toxic chemicals, various silicones of different molecular weights and many heavy metals such as mercury, arsenic, lead, cadmium, platinum and more, according to the BII website.

Thousands of women with breast implants have developed various symptoms in response to the inflammation (foreign body reaction) and toxicity from their breast implants. They begin seeking help from their physician and specialists – many adjust their lifestyles to cleaner eating, less work,

various health treatments – without resolve until connecting their symptoms to a systemic response to their breast implants regardless of make or model, according to the BII website.

"My surgery went well," said Thomas. "My left implant was attached to my rib bone so they had to scrape the bone. My implants were textured implants and my surgeon thought that they had been recalled, but I wasn't aware of that. The implants were leaking in my body. He removed the capsules and the implants. I had silicone poisoning in my body."

And within two weeks after the surgery, Thomas reported that her eyes were no longer sensitive to light.

"All my symptoms are pretty much gone after seven months post-op," said Thomas.

Thomas said she has learned that the FDA recently came out with a warning label on the box that holds the capsules. But patients don't see the box.

"If you decide to explant, which is the removal of the implants, and a surgeon tells you that the capsules do not need to be removed because your body will absorb them," said Thomas. "Run as fast as you can and do not let him do that. And lots of women have implants and never have any health problems with them. However, there are hundreds of women that suffer from this illness – and it is a nightmare."

Carson said he's researched BII for about two years.

"I first learned of BII from listening to a program presented by 'The Heal is Real,' a BII awareness organization in the spring of 2021," said Carson.

Carson said to his knowledge there is no current official diagnosis of BII. Instead, BII is classified as a set of symptoms, somewhat like the condition known as fibromyalgia.

A new table on FDA's website summarizes unique BII medical device

reports from the U.S. and worldwide that the FDA has received from Jan. 1, 2008 to Oct. 31, 2019.

"My gut feeling was that there was possibly some type of toxicity issue that was causing her symptoms," said Carson. "In my research I had discovered that there have been many cases where mold was found in the breast implants removed."

Carson reiterated that at this time there is no official diagnosis, but there are a variety of common symptoms that are experienced, which can determine if a person potentially has BII.

Thomas is convinced that Carson was key to regaining her life with his knowledge on BII and helpfulness.

"He is not just a health coach, but a friend," said Thomas. "I owe him my life. He gave it back to me."

"I have learned a tremendous amount from Debby about how toxins — and in particular leaking breast implants — can affect the neurological and immune systems. It has also taught me that the body is an amazing creation that is capable of more than we can imagine."

- Dr. Justin Pals

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s the nation's aviation industry continues to see a decline in the number of young people pursuing careers in aviation, one recent Altamont High School graduate is joining the ranks of young pilots defying this alarming trend. And she's doing so in a male dominated field.

Kadence Wolff, 18, has spent most of the past year earning her private pilot's license, which she recently received. It has given her a bit of a head start in her pursuit of a career in aviation, something she's currently studying as a freshman at Southern Illinois University in Carbondale.

"It feels nice to already go in knowing a little about some things, because I don't know much about the technology side yet," Wolff said. "Either way, Carbondale would have taught me what I need to know, and they're going to."

Although she spent some of her childhood in the world of aviation, it wasn't until November of last year that she began to seriously consider this career path.

"December 31st was the first time I was up in the plane with my instructor," Wolff said. "So November of last year is when I decided to pursue this as a career. But my dad, Kerry Wolff, he is a member of the EAA chapter along with me."

The EAA, or Experimental Aviation Association, is a group with thousands of chapters throughout the country, including one that encompasses Effingham County and the surrounding area.

Wolff said her father also joined the area's Cloudhoppers Flying Club after her family moved to Illinois when she was just 4.

"He learned how to fly while he was in college, and he kind of wanted to do it more as a hobby," she said.

Once her father became active in the EAA and the Cloud-hoppers Flying Club, Wolff quickly began her introduction to the world of aviation.

"So I think I was maybe between the ages of about 8 to 10, and he would take me up here to the airport and let us jump in the planes, see the hangar, and some of the guys from the chapter would talk to us and teach us the phonetic alphabet and all kinds of cool stuff," Wolff said.

Wolf said she also helped as a volunteer at some of the Fly-In Breakfasts held by the EAA when she was a little girl and even received an honorary promotion from members of EAA Chapter 16.

"I was real little," she said. "I've been around it for a while."

According to Wolff, her father has been one of her greatest supporters ever since she first showed an interest in flying.

"He loves it," she said. "He gives me a whole bunch of pointers, information, and he connected me with a man named John Wendling. He's part of this chapter as well, and last summer he took me on a discovery flight."

It was during the discovery flight that she began to seriously consider a career of her own in aviation.

"In my experience, he threw me into the plane and made me fly it, and it kind of started turning wheels in my head," Wolff said. "And I was like, 'That was kind of fun. I kind of like that."

"And when I couldn't figure out what I wanted to do in college, it kind of came back, and I was like, 'You know what, flying would be cool."

In addition to continuing her study of aviation flight at SIU, Wolff said she's working toward earning a bachelor's degree





in aviation technology.

"I didn't want to go into management," she said. "And If I ever decide to go work on planes instead, it'd be nice to have some information and extra knowledge on how a plane works."

In order to do something like this, Wolff explained that she will have to first get her Airframe and Powerplant (A & P) certification.

"I think that would be really cool to be an aircraft technician at some point," she said.

At SIU, she will also be able to keep her flying skills sharp as she plans to fly "at least three times a week when the weather's permitting."

Wolff's parents, Gina and Kerry Wolff, are happy to see their daughter take such a massive step on the path toward her career in aviation, and both of them have been supportive,

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even though her mother might get a bit nervous seeing her daughter flying thousands of feet in the air.

"I was too scared to let her mow the yard," Gina Wolff quipped.

Kerry Wolff is particularly excited both to have another aviator in the family and to see another young person go down that career path.

"For a young person today looking at a potential career in aviation, there has never been a better time to go into it," he said. "Whether you want to be on the piloting side or if you want to be on the mechanical side, the opportunities are just incredible."

He also said he's looking forward to flying with her, rather than just having her come along for the ride like she has in the past.

"She was still a student last time we flew together, so it's gonna be cool flying together with her now that she's a pilot," Kerry Wolff said. "It'll be a good father-daughter bonding exercise."

Kerry's interest in aviation has certainly rubbed off on Kadence, but her family's experience with aircraft goes back generations.

"My grandpa, her great-grandpa, was an airplane mechanic in the military," Gina Wolff said.

Additionally, Kerry said he sees some of the same bravery and determination in his daughter that he said her great-great grandma, Lizzie Schmohe, had years ago.

"She had done trips from this area to Canada to visit her brothers who homesteaded there, and she visited her relatives in Florida," he said.

Kerry noted that she did all this traveling across North America when she was just a young woman during a time when transportation wasn't nearly as efficient or reliable as it is today.

"It kind of reminds me of that a little bit," he said regarding his daughter's recent accomplishment.

Kadence said that just about 8% of those working in aviation are women, but this only seems to motivate her more because she would like to see that number increase.

"It's good to see that the women in my life are also proud of me pursuing something that they couldn't have done back then," she said. "And it's really fun being a woman in aviation. It's starting to rise a little bit."

She said that when she tells people she's pursuing a career in aviation, they sometimes ask if she is studying to become a flight attendant.

"That's the first response I get, and it's just really cool to see the surprise on their face when I'm like, 'No, I'm a pilot,'" Kadence Wolff said.

Kadence said the thing she loves the most about flying is being up in the sky with a beautiful view and the peaceful sense of solitude she feels when she's up in the clouds. "I just like being up in the sky," she said. "My dad, he took me up in a plane a few times, and it's just cool to bond up in the plane where no one else was at with us. It's a different experience, and I really recommend everyone try it at least once."

It took Wolff about seven months to earn her private pilot's license, and although she's happy she went through with it, she found the process to be very stressful at times.

However, she said she felt fairly confident when she took her written test in June and completed a check ride in late July, both of which she passed.

"The good thing about my instructors is that they like to over-prepare you for your tests, so that whenever you have to take it, you breeze right through it," she said.

In addition to her family and instructors, Wolff recognized the EAA for the group's ongoing support.

"All the guys here, they're super supportive, and they've been such great help," she said. "They're always offering me new information and just things to do, things to prepare myself for."

"It's good to see that the women in my life are also proud of me pursuing something that they couldn't have done back then. And it's really fun being a woman in aviation. It's starting to rise a little bit."

Kadence Wolff

Through the EAA, Wolff received a \$11,000 scholarship from the Ray Foundation to help her on her way to a career in aviation.

EAA Chapter 16 President Doug McDevitt and fellow EAA member Ken Wohltman explained the aim of the scholarship and the grant selection process.

"The Ray Scholarship will provide \$11,000 to a 16- to 19-year-old high school student for the sole purpose of getting their private pilot's license," McDevitt said. "We're fortunate enough to be selected for that this year."

"This was actually our first Ray Foundation Scholarship that we've received," Wohltman said. "Hopefully, we can submit more applications in the future and come up with some more scholarships for these young folks."

Now that she has her license, Wolff said she's going to be focusing her

studies to ensure that she is both safe and effective in whatever field of aviation she ends up pursuing.

"The flying part, that's all the fun, and then you have to learn all the federal aviation regulations and all the important safety sides of it," she said. "It's just making the time to get through school as well as studying through all of these tests that I have to take to make myself safe and to keep people around me safe."

Wolff said it's a relief to finally have her pilot's license, something she was somewhat nervous about at first before hearing some words of encouragement from an instructor.

"She told me that, "You're already a pilot. You just have to prove to this guy that you're a pilot," she said. "And I proved that I'm a pilot, and it's really nice to be like, 'Yeah, that's something I can do.'

"It's kind of nice to get that weight off my shoulder."

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2023-2024 SEASON SCHEDULE

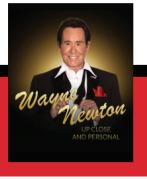
DATE/TIME	SHOW	TOP TIER	LEVEL A	LEVEL B
Oct. 13 7:00 pm	The Everly Set	\$35	\$25	\$20
Oct. 19 7:00 pm	t. 19 7:00 pm		\$40	\$30
Oct. 21 7:00 pm	t. 21 7:00 pm Dailey & Vincent		\$32	\$27
Oct. 27 8:00 pm	7 8:00 pm The Rocky Horror Picture Show		\$15	\$15
Nov. 4 7:00 pm	Crowder	\$74.99	\$49.99	\$34.99
Nov. 10 7:00 pm	John Anderson	\$55	\$45	\$35
Nov. 11 7:00 pm	The Music of Billy Joel & Elton John Starring Michael Cavanaugh	\$48	\$38	\$25
Nov. 17 8:00 pm	Hairball	\$32	\$32	\$32
Nov. 18 2:00 pm Nov. 18 7:30 pm	Branson on the Road - Christmas Style	\$35	\$25	\$20
Nov. 26 3:00 pm	Nov. 26 3:00 pm The Prophecy		\$21	\$16
Dec. 9 3:00 pm	ec. 9 3:00 pm The Polar Express Experience		\$15	\$15
Dec. 15 7:00 pm	The Oak Ridge Boys - Down Home Christmas	\$65	\$55	\$48
Dec. 16 7:00 pm	Scott Wattles Christmas	\$25	\$25	\$25
Dec. 20 2:00 pm Dec. 20 7:30 pm	Church Basement Ladies: Away in the Basement	\$45	\$40	\$35
Jan. 20 3:00 pm	00 pm Moana Experience		\$15	\$15
Jan. 26 7:00 pm			\$65	\$50
Feb. 4 5:00 pm			\$35	\$28
Feb. 10 7:00 pm	eb. 10 7:00 pm Tusk: The Ultimate Fleetwood Mac Experience		\$35	\$25
Feb. 17 7:00 pm	One Vision of Queen featuring Marc Martel	\$44	\$44	\$44
Feb. 23 7:00 pm	Forever Young	\$48	\$38	\$28
Feb. 24 7:00 pm	Six String Summit	\$20	\$20	\$20
Mar. 9 7:00 pm	Buckcherry	\$68	\$48	\$38
Mar. 15 7:00 pm	Buckets N Boards	\$35	\$20	\$20
Mar. 17 2:00 pm	The Price Is Right Live	\$60	\$50	\$40
Apr. 5 7:00 pm	Etta May & The Southern Fried Chicks	\$45	\$35	\$25
Apr. 20 7:00 pm	20 7:00 pm Wayne Newton: Up Close & Personal		\$59	\$45
Apr. 26 7:00 pm	pr. 26 7:00 pm EPC Idol Finals		\$10	\$10
June 1 7:00 pm	Scott Wattles & The Blue Suede Crew	\$20	\$20	\$20











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TOP LAWYERS BASED UPON A SURVEY OF THEIR



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

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Robert G. Grierson	Craig & Craig LLC	Mattoon	217.234.6481	AG; Banking; Close/Private Held; RE: Residential; Trust/Will/Estate
R. Sean Hocking	Craig & Craig LLC	Mattoon	217.234.6481	Personal Injury Defense: General; Products Liability Defense
J. Patrick Lee	Craig & Craig LLC	Mattoon	217.234.6481	Crim Def: DUI; Crim Def: Felonies/Misdemean; Family; PI Def: General
John F. Watson	Craig & Craig LLC	Mattoon	217.234.6481	Insurance/Coverage/Reins; Medical Malpractice Def; PI Def: General
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John J. Waldman	Kanoski Bresney	Decatur	217.429.3509	Workers' Compensation
Jack Kiley	Kiley Klein Ltd	Decatur	217.428.0948	Civil Appellate; Commercial Litigation; PI Def: General; PI: General
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Joshua J. Dubbelde	Samuels Miller Schroeder Jackson & Sly	Decatur	217.429.4325	Close/Private Held; RE: Commercial; RE: Resident; Trust/Will/Estate
Scott E. Garwood	Samuels Miller Schroeder Jackson & Sly	Decatur	217.429.4325	Close/Private Held; Merger/Acquisition; RE: Comm; Trust/Will/Estate
James T. Jackson	Samuels Miller Schroeder Jackson & Sly	Decatur	217.429.4325	Commercial Litigation; Personal Injury Defense: General; School
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Craig W. Runyon	Samuels Miller Schroeder Jackson & Sly	Decatur	217.429.4325	Banking; Cred Rts/CommCollect; RE:Comm; RE:Res; Trust/Will/Estate
Darrell A. Woolums	Samuels Miller Schroeder Jackson & Sly	Decatur	217.429.4325	AG; Banking; Gov/Muni/Lobby/Admin; RE: Comm; Trust/Will/Estate
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FREEMANTIN

Known far and wide as the hardest hole in Southern Illinois'

Devin Walk For Effingham Magazine

n the mid-1810s, Griffin Tipsword moved into Effingham County. He was purportedly the first white settler in Effingham County and had many interactions with the local Native American tribe, the Kickapoo.

By 1831, when Effingham County became a county, it had dozens of families living within its borders.

In William Henry Perrin's 1883 book entitled "The History of Effingham County, Illinois" he describes the county at the time:

"These vast prairie seas, with their long reaches of desert waste, their flat surface covered with tall, dank grass, often as high as a man's head on horseback. In the autumn when this grass became sear, it was burned, and the smoke from these fires filled the atmosphere for hundreds of miles with smoke that darkened the face of day and hung like mourning drapery upon the horizon. The prairies were wet, flat and marsh. Waters standing a goodly portion of the year on, perhaps, two-third's of the soil's surface. When the grass was freshly burned the weary eye could find no relief in the

vast expanse save the crawfish chimneys that thickly dotted the face of nature."

When the settlers moved to the area they noticed fields filled with bison skeletons. Bison were numerous in the area, up until the early 1800s. In 1830, the Indian Removal Act was passed, which started the process of removing the last Kickapoo Native Americans that lived in Illinois.

Early residents lived in the woods close to water sources. This kept them close to firewood in the winter and kept them

a safe distance from prairie fires that could be miles wide. They built primitive log cabins and hunted wild animals. Children received a bare-bone education at local pioneer schools.

At an Old Settler's Association meeting in 1898, Owen Scott, a native Effingham County resident that was born in 1848, described the clothing of early Effingham County

"The way they made most of their clothes in those days was to plant a little patch of flax and raise, cut, reap, 'hackle' it, weave it, and make it up into the 'wamus' that the men wore in those days. They also wore buckskin and leather breeches. A little later came the wool that was sheared from the sheep and carded."

One of the first villages in the county was called Freemanton, named after John Freeman, one of the early residents of the village. It was located on modern-day Route 40, between Dexter Road and the first creek east of Dexter Road. The only remnant of the former village is the Freemanton Cemetery on the south side of Route 40.

The Old National Road was the first national, federally-funded highway in America. The first part of the road was authorized by Congress in 1806. The second part, which

would reach St. Louis, was authorized by Congress in 1820.

When the Old National Road reached Effingham County in the early 1830s, it started bringing wagonloads of people. Some of the workers stayed behind in the new village of Freemanton.

Many places on the frontier had a rough aesthetic, with copious amounts of drinking, violence, and vigilante justice. a reputation that Scenes of drunkenness and violence at

But Freemanton had surpassed the rest of the area settlements.

the village were even known to frighten travelers passing through on the National Trail.

Perrin wrote that Freemanton was "known far and wide as the hardest hole in Southern Illinois ... it could get away



Ron and Carolyn Peters portray Ruth and Griffin Tipsword at a tombstone dedication in rural Beecher City in 2013. Griffin Tipsword is noted historically as the first white settler of Effingham County. Effingham Daily News file photo.

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with more rot-gut whiskey and scare up more fights than any other place of its size in the wide world."

He also continued later on in the book: "It was a great place for drinking and fighting, and its reputation abroad was anything but enviable. Men were killed in Freemanton, but

such incidents are better forgotten than perpetuated on the page of history."

One murder that happened in the village was the killing of Richard Hill. Hill was sitting on a horse near a blacksmith shop in the middle of town when he was shot. Richard Hill was County Superintendent of Schools and County Collector.

Hill was believed to be a heavy gambler and was even accused of being a counterfeiter. The whole village heard the gunshot. Perrin stated: "His practices and followers, and henchmen were such that he could and did override and cow many, and secure the dread or hate of nearly all."

It's surmised that the residents were aware of who committed the

murder, but didn't say anything.

Some residents that moved to Freemanton were met with open arms. Dr. Charles Wright, who later built the Wright House in Altamont, moved to Freemanton after he finished medical school in Pennsylvania. According to an account from his son, Charles Wright II, Charles Wright Sr., asked a stagecoach worker how far west he could get with his last remaining money. The stagecoach worker told him it would be Freemanton.

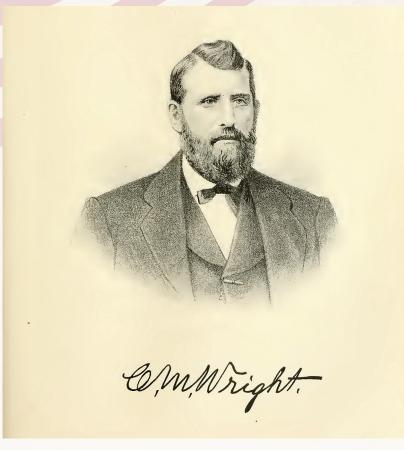
Dr. Wright arrived in Freemanton off the Old National Road. The locals, wearing rag-tag clothes, looked at the man in a silk hat in wonder and puzzlement. They warmed up to him after he walked into a saloon and bought everyone a drink. Wright proclaimed that he was their new town doctor. The bartender told him they already had a town doctor – Dr. LeGrand.

Dr. Wright met with Dr. LeGrand moments later. They struck up a partnership and Dr. Wright got on his horse to ride towards a house call near Wolf Creek that same day.

As the year passed, Dr. Wright became dismayed that Dr. LeGrand wasn't collecting payments from patients. Dr. LeGrand informed him that he wasn't collecting payments because his patients were pioneers, they couldn't afford it, and it would be cruel to expect them to pay. They canceled their

partnership and Dr. Wright's practice became profitable.

In the mid 1840s, Jacob Bishop and James Devore organized a Methodist Church in the village. This helped to tamper down Freemanton's lawlessness. Sermons were sometimes directed towards shaming residents that misbehaved.



An illustration of Dr. Charles Wright Submitted photo.

In 1855, a cholera outbreak struck Freemanton. Cholera is a bacterial disease usually spread through contaminated water. If it's not treated quickly, it is a fatal affliction. Without antibiotics, it ravaged settlements on the frontier like Freemanton that had inadequate sewage containment or tainted drinking water.

Freemanton was also important because of its Post Office, which served residents in many parts of the county. There was also a pony mail delivery service on the National Road that could travel to Terre Haute.

During the Mexican-American War and the Civil War, Freemanton's men joined the war effort. The village was al-

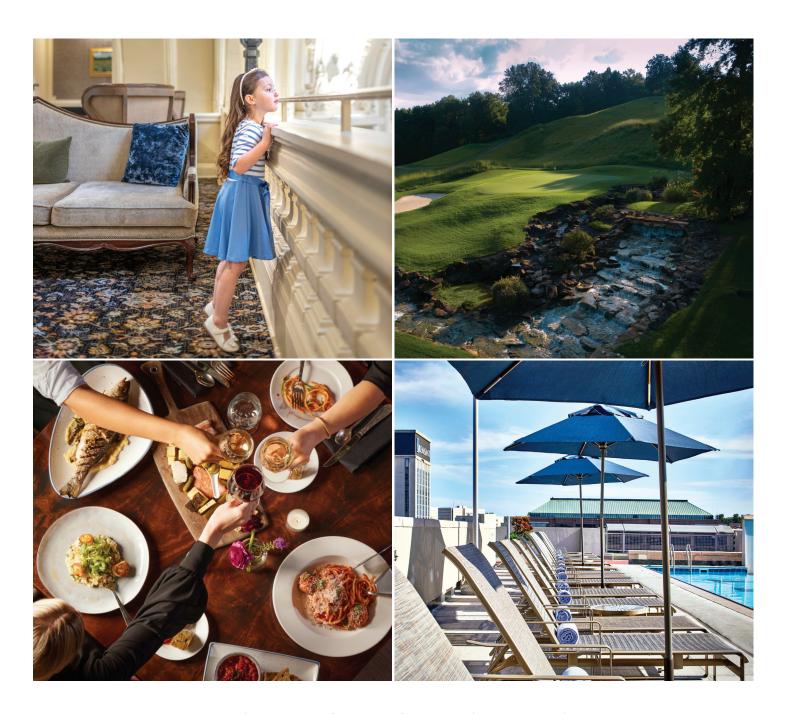
most emptied when its men went off to fight for the Union during the Civil War. Many of them joined Col. Funkhouser, an Effingham County resident, into battles including Chickamauga, the second bloodiest battle of the war. Henry Hughes, a Freemanton resident was a prisoner-of-war at the notorious Andersonville, where Union soldiers were starved and 13,000 prisoners perished.

In Freemanton's heyday, it had a blacksmith shop, mill, general store, post office, inns and taverns, a school, and more. However, a decade later, the Vandalia Rairoad was built less than a half mile north of the village. The residents packed up and moved to Dexter, next to the railroad and the new burgeoning town of Altamont.

Today, all the buildings that once stood in Freemanton are gone. The only section remaining is the Freemanton Cemetery, which has the tombstones of many of the village leaders and Civil War veterans. An indent that cuts through the cemetery was the site of the Old National Road. Tombstones marked with the date 1855 reveal the scars left from the cholera outbreak.

When standing in the cemetery, it's difficult to imagine the rough and rowdy Freemanton stood next to it. Gone are the sounds of drunken fights and horse-drawn wagons. The only sounds left are the songs of robins and the radios of passing Route 40 traffic.

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Growing up in Teutopolis, Cory Hess had lived and worked in St. Louis for 15 years and is excited to join the SBL Effingham Cardiology Clinic. He is working with SBL Cardiologists Michael LaMonto, DO, and Batlagundu Lakshminarayanan, MD (Dr. Lakshmi).

Additional New Specialties



Employee Assistance Counseling L.J. Welsh, LCPC



Endocrinology Hannah Dukeman, APRN



UrologyKeith
Ballinger, PA-C



Weight
Management
Doug Kabbes, MD

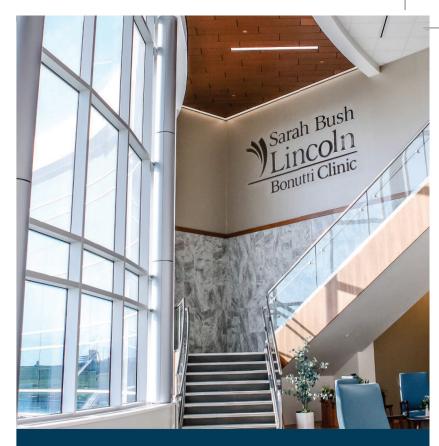
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FIRST FLOOR

Diagnostic Imaging/MRI	Suite 102			
Laboratory Services	Suite 101			
Physical and Occupational				
Therapy	Suite 103			
Walk-In Clinic	Suite 100			
Weight Management	Suite 100			

SECOND FLOOR

3143113 1 LO OIK				
Cardiology	Suite 201			
- Cory Hess, ACNP				
Effingham Medical ClinicSuite 202				
– Katelyn Klosterman, MD	'			
– Megan Steffen, APRN Endocrinology Suite 20				
– Hannah Dukeman, APRI				
Internal Medicine	V			
	Suite 200			
Interventional Pain	Suite 200			
	Suita 201			
Management	Suite 201			
- Brian Ogan, MD	Cuito 200			
Occupational Medicine				
– Stacia Dennison, APRN	_			
– Jennifer Hess, APRN				
Orthopedics				
– Joseph Ajdinovich, MD				
– Peter Bonutti, MD	– Frank Lee, MD			
– Stacia Dennison, APRN	•			
– Kayla Deters, ARPN	,,,,,,			
– Timothy Gray, MD	– Nick Williams, PA-C			
Pediatrics	Suite 203			
– Cari Fearday, PA-C				
– Abby Welsh, MD				
Urology Suite 20.				
– Keith Ballinger, PA-C				
Visiting SpecialistsSuite 2				



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Endocrinology Clinic Hannah Dukeman, APRN

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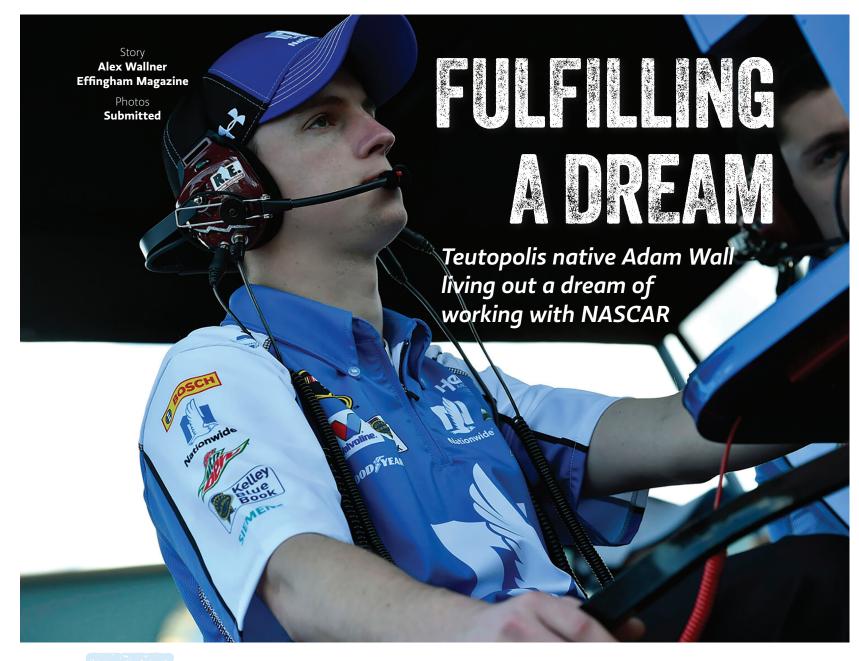
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Engines gearing. Fans roaring in the distance.

This is the life that Teutopolis native Adam Wall dreamed of having and is now realizing.

"It still feels like a dream," Wall said. "I remember going to Indianapolis, standing outside the fence, looking in those concrete garages and guys were working on tires. Being on the other side of that fence now is something else."

Wall is the race engineer for Hendrick Motorsports' No. 5 HendrickCars.com Chevrolet, driven by Kyle Larson — who owns 21 wins and 153 top-10 finishes to his name.

Though working with a driver of that magnitude is something Wall only could imagine, now that it's a reality, he knows he wouldn't be in this position without his hometown.

Teutopolis means too much to the 2007 graduate and former member of the Wooden Shoes soccer and tennis teams.

"That's a big deal to me," Wall said. "It's an awesome com-

munity. I'm super thankful to the Teutopolis school system; they're second to none in the area. All the staff, teachers, coaches, and everything I had over the years is super important to me, and I'm super thankful for all that."

Teutopolis is known for its rich tradition within the basketball and baseball programs.

Wall, however, went another direction and it has paid off.

Wall got his first taste of motorsports when he was 5 years old and attended races in Belleville that his uncle was involved in.

Ever since then, Wall said he's been "hooked."

"Since I was 5 years old, I've been hooked. I never did any racing and didn't help my uncle with his car or anything; I was just a big race fan," Wall said. "The whole math and

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Teutopolis native Adam Wall is the race engineer for Hendrick Motorsports' No. 5 HendrickCars.com Chevrolet.

science thing came easier, so it worked out when I was trying to figure out what to do in life."

Like most professions, Wall had to work his way up, though. He didn't start at the top.

After graduating from Teutopolis, Wall attended the University of North Carolina at Charlotte, where he majored in mechanical engineering with a preference for motorsports.

Wall interned for the CARS Tour — formerly known as the Hooters Pro Cup Series — for three years in college.

"The middle of my senior year, I started sweeping floors at the Chassis Shop and did that parttime for a whole year," Wall said.
"Then six months after I graduated, they offered me an engineering role measuring bodies down there, so that's how I got my foot in the door."

Wall has since been with Hendrick Motorsports for 12 years.

He said he loves how wide-ranging his job is, as well.

"I'm doing everything from looking at tire test data,

which way we want the wheels to point and how much camber angle we want them to have," Wall said. "We're looking at everything from that to aerodynamics data to figure out what position we want to put the car and what different settings we want to change on the car to fuel mileage and pit strategy."

But while the job is intriguing, it is likewise very demanding, especially on Sundays. What is considered a day of rest for Americans is not for Wall. The last day of the week is the busiest for him.

"On race day, we get to the track about three hours before the race starts and make some final adjustments to the cars," Wall said. "The crew chief [Cliff Daniels] and I will sit in the lounge of the transporter for an hour and talk through what changes we want to make for the race that day based on practice the day before. We'll go out to the car during the adjustment period and make those and push the car out onto the grid."

From there, Wall said that he and Daniels then review pit strategies, fuel mileage and the number of tire sets they have.

That is then followed by a team meeting and a rundown of everything with all team personnel — including Larson.

Wall will then go into the pit box, where he sets up around 16 monitors.

"We have timing and scoring, SMT data — computer images of the car as they go around — throttle traces, steering traces and brake pressure from any car in the field," Wall said.

As this is all happening, Wall is listening to numerous voices, too.

"We have a radio to the driver, a radio to the spotter and we have another radio that's just to the team and another radio that's just to Cliff and I, so I have five sets of voices in my

"It still feels like a dream. I remember going to Indianapolis, standing outside the fence ... Being on the other side of that fence

now is something else."

— Adam Wall

ear," Wall said. "Then, we're also listening to NASCAR to see what penalties they're issuing."

Just when you think the day starts to wind down for Wall once the driver is ready to get onto the track, think again.

"As the race is going and the driver is giving us feedback on what he needs at this point in the run, we talk about what adjustments we need to make on the next round of pitstops, whether that's air pressure or springs," Wall said. "Then, the entire time I'm feeding my fuel program with lap times to figure out how much fuel we're going

to need at the next stop and what our fuel window is, what lap we're going to need to pit and what we might want to do on strategy."

Wall is doing all of this while sitting in the pit box, but unlike how it was when he first started, the job has adapted to a more hands-on approach today.

When Wall started, he was relegated to just the pit box.

The pandemic has since altered those plans, as Wall is now involved below.

Once pit stops occur, Wall holds up the sign to signal the driver and catches the right-side tires as they come off.

"I used to stay up in the pit box because we had enough guys that we didn't have to come down off the pit box, but during COVID, they really limited our roster, so we had to get more hands-on," Wall said.

Seeing how fast the pit crew works is incredible to Wall.

"NASCAR went to the single lug at the start of last year and to see where they had gone from when that started to now is ridiculous," he said. "You would have thought there was no

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way to improve it in a second and a half from where we started, but it's insane."

Being able to pick the brains of drivers that Wall used to watch on television has been just as insane, too.

Wall said that since he joined, he's gone from watching Dale Earnhardt Jr. and Jimmie Johnson work to Larson and Chase Elliott.

"I couldn't ask to be with a better organization," Wall said. "Since I started here, you've had Johnson and Earnhardt Jr. — the biggest names in the sport — and now, it's Elliott and Larson, and having that caliber of names behind the company here is second to none. I was with Johnson on the No. 48 [car] in 2020."

Wall said working with Johnson was an "amazing experience."

Johnson is a former seven-time NASCAR Cup Series champion, has won 83 races and has 374 top-10 finishes in his career.

"He's looked back on his career at Hendrick and is thankful for what he went through here. I'm super thankful to have that opportunity," Wall said. "He's one of the smartest racers to come through the sport, so I think that translated to a lot of his success."

The company transitioned from Johnson in 2020 to Larson in 2021, culminating in him winning the 2021 NASCAR Cup Series in his

first year with Hendrick.

"There was a list of names out there and you don't know who you're going to get and then when you end up with Larson, everybody was just super happy," Wall said. "The cool thing about him is his desire to race. If he's not racing with us on Sundays, he's doing dirt races all week. At Talladega, we got to be with him and his late model race on Friday night. So, he's racing across the country all week, which is a leg up on everybody else. You can say it's a different form of racing, but it's keeping his skills sharper than others might be able to."

While 2021 was great for the company, 2022 was not up to Hendrick's standards.

One such instance was at the Enjoy Illinois 300 at World Wide Technology Raceway. Larson finished the race 12th, making for a not-so-great homecoming for Wall.

"This is a very performance-driven industry, so we don't take running like we did at Gateway last year lightly," Wall said. "The whole company, we've focused on our short-track program to try and amp that up because that was one of our deficiencies last year."

Even though Larson didn't finish nearly as well as he and the team wanted, Wall still did not take his return to the area for granted.

Wall calls the Enjoy Illinois 300 a "true home race."

CUP SERIES

CUP SERIES

After all, Wall's mother, Judy, is from O'Fallon and Adam's wife, Amy, is a resident of Troy.

"We went to the first Busch [Series] race in 1997 and truck races when I was in high school. Gateway is home to me," Wall said. "I hope it continues because it feels like a true home race."

The finish this year felt more like home, as well.

Larson finished fifth and all the wrongs from the previous year were reversed, making for a truly enjoyable Enjoy Illinois 300 for the local product.

Editor's note: This story originally appeared in the Effingham Daily News on June 16, 2023.

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Adam Wall (left) poses

Hendrick Motorsports

for a picture with

HendrickCars.com

driver Kyle Larson.

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Going for Gold

Trio of local Girl Scouts achieve Trifecta status

Story & Photos

Cathy Griffith Effingham Magazine

ess than 5% of Girl Scouts get their Trifecta award. But for Girl Scouts from the same service unit, let alone troop, to accomplish that feat is even rarer.

Three local Girl Scouts did just that.

Dalanie Bell and Hannah Wells of Beecher City and Aspen Rehkemper of Effingham completed projects to enhance their communities this past year, earning them each Gold Awards. The Gold Award is just one of three awards Girl Scouts can earn to achieve Trifecta status.

Since the girls had gotten Bronze and Silver awards, troop leader Angie Moeller said it only made sense they go for the Gold.

"The Gold Award not only benefits your community, but also helps the girls gain so many leadership skills," said Moeller.

To earn the Bronze award, the girls put on a kick-off party at Camp Wassatoga for the Girl Scout Service Unit 511 Nut, Candy, and Magazine sales and for the Silver Award they power-washed, painted, and fixed up equipment, picnic tables and bleachers at Beecher City Community Park. They also planted trees.

After spending most of their lives as Scouts before aging out of the program, the high school graduates reflected on the projects that earned them the organization's highest award.



Aspen Rehkemper

Aspen Rehkemper joined Girl Scouts in fourth grade after hearing from her friends all the cool stuff they did and the good they did in the community.

"I was like I want to be a part of that." she recalled.

Rehkemper is surprised so few Girl Scouts achieve the Trifecta, going through all the way – Bronze, Silver and then Gold.

"Some people just skip to Gold. They're like OK I got my gold – done. But I stuck it out until the end," she said.

For Rehkemper, that meant stepping outside her comfort zone for her Gold Award project – a sand volleyball court at Camp Wassatoga, located at Lake Sara, for which she had to gather donations and volunteers.

While volunteers were mostly family and friends, getting donors wasn't as easy.

"I was nervous. I don't really like talking to strangers that often," she admitted.

Rehkemper approached Charles Heuerman to donate sand and 3 Sisters Logistics of Teutopolis to ship it. They both agreed.

Picking what project to do was much simpler for Rehkemper, who played volleyball all through junior high and high school.

"I love the sport," she said.

To prepare for the project, Rehkemper researched the dimensions of a sand volleyball court. From there, she figured out how much PVC pipe, sand and paint she needed.

"Then underneath the sand is weed protector fabric to prevent weeds from growing through

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it, so I needed the dimensions to figure out how much of each I was going to need," she said.

Besides talking to people, Rehkemper said the most difficult part of the month-and-a-halflong summer project was spreading the sand.

"The only day everyone was available was the hottest day. So, I didn't want people getting heat stroke. I thought it was hard because you have to be super strong to be able to shovel up that sand. They would dump it on the corners and then we would have to scoop it and spread it out," she said.

Once the court was finished, Rehkemper set up a volleyball camp, which she enjoyed doing.

"I got to share my love of volleyball with other people that want to play," she said.

Rehkemper got something else from the project and camp.

"Leadership. I had to talk to everyone and everyone was asking me questions because I'm the leader," she said, adding it improved her communication skills as well.

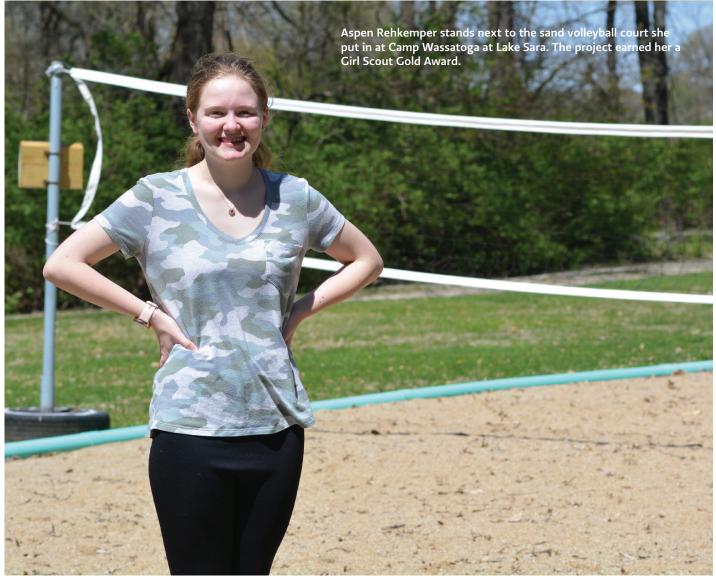
"She really came out of her shell and gained confidence," said her troop leader, Angie Moeller.

Moeller said the court is enjoyed by others, as many rent Camp Wassatoga, which used to be run by the Girl Scouts of Southern Illinois. Now that Wassatoga is run by a local nonprofit group as a youth camp, Moeller said groups, including 4-H, church, Boy Scouts, and Girl Scouts, can enjoy the court.

"I GOT TO
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OTHER
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ASPENREHKEMPER



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DELANIE
BELL SAID
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THE FUTURE
SOMEONE
WILL NOTICE
THE WORK
SHE DID IS
THE MOST
REWARDING
PART.



Dalanie Bell

Dalanie Bell heard about the fun her friends were having in Angie Moeller's troop and wanted to join. Looking back, she said the experience was amazing and misses it. But she still keeps in contact with everyone.

"Angie is a big part of my life for sure. She's helped me tremendously grow and so have all the other girls," she said.

Moeller said Bell's project of sprucing up the Beecher City Junior-Senior High School library was appropriate since she was born and raised in the small community and loves her school.

"I knew the school needed some remodeling here and there because the library hadn't been touched in a couple of years," said Bell.

So in May of 2022, Bell began removing bookshelves and sanding them.

"They hadn't been touched in years, so there was dust matted to them," she said.

She then stained and applied polyurethane to them. But after finishing the shelves, she realized that wasn't enough.

"I decided I would add more color to the library," she said.

Bell added picture frames with inspirational quotes on them and then made a plaque recognizing the project she did to hang in the library.

Bell paid for it all with money she earned through fundraisers she participated in while she was a Girl Scout. The decision to use that money wasn't easy.

"I made the large decision of not going on our trip with our Girl Scouts because I needed that money toward the project. So, I took the money I did not use on that trip and put it toward my fund of my project instead of using it," she explained. Bell also spent long days during the summer months working on the project but said she had "a tremendous amount of help."

"My parents were amazing help. I had my leader (Angie Moeller) coming to help. The other Girl Scouts in my troop came and helped me. Parents of theirs. It was amazing. It took me around 50-plus hours," she said.

While Bell is familiar with woodworking – in fact, she loves it – the most challenging part of the project for her was time management, which she admits she struggles with.

"It's hard for sure. I kind of underestimated how long it would take me. I think I thought I would have it done in like two months but no," she said.

Bell also was babysitting during that time.

"There were times when I would think about just taking them to my house and finishing boards with me," she said jokingly. "It was stressful but it was worth it."

Bell said knowing that in the future someone will notice the work she did is the most rewarding part.

"There for awhile I would go back in the school and I would look at the shelves that I did and I would be concerned if I would see the change the shelves made. You had to get so many in before you could see the change. When I saw it, I was very proud of myself," she said.

Beecher City history teacher Bill Hammer, who serves as the district's media specialist and sponsor of the library club, said students have taken notice of Bell's work.

What impressed him the most is Bell's desire to give back to the school and her motivation to complete the project, especially when it became more challenging than she anticipated.

"She is a busy girl who undertook an extensive task," he said.

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Hannah Wells

When it came time to select a project for her Gold Award, Hannah Wells admits she really didn't know what she wanted to do.

So, she turned to the Beecher City Village Board of which her dad, Jason Wells, is a member.

"I went to the board to see what they needed," she recalled.

One thing she knew was needed was a water fountain in the village park. The park had a spigot but no water fountain.

"I thought it was a really good idea," said village President Rita Sue Felty.

So with the village board's approval, Wells began researching water fountains. After a lot of research, Wells found one that she thought was unique. The fountain has two spouts at different heights, a dog bowl that fills up with water and a water bottle filler.

"I thought that was really cool," she said.

Wells was able to pay for the fountain with funds from her past cookie sales, along with some donations.

Wells notes she had a lot of help with the project. The village board helped her map out the project, while her family helped her install the fountain.

While Wells learned how to work with municipal government – something she had never done before – she said the installation was a whole different experience, from pouring

the concrete to having a functioning fountain.

Immediately after the fountain was installed last August, Wells noticed the effect it had.

The day it was finished Wells saw people using the fountain. She has driven by since and seen bunches of people using it, especially during ball games. To see that, she said is "really cool."

Next to the fountain is a plaque with Wells' name on it, as well as the names of sponsors who helped.

Wells said the feedback has been great, but the most rewarding part of the project is giving back to her community.

"I'm really proud of her. You hear all of the stuff about when kids vandalize and you hear all about stuff about kids that are getting into trouble. I think it's really, really refreshing to see some children take some civic pride. It's like they kind of take ownership of their community. They feel more connected to their community when they help us with stuff like that," said Felty.

Felty notes more youth are helping to improve the village from Scouts planting trees and renovating the bathrooms at the village park to the high school art class decoratively painting picnic tables. In addition, the high school ag class grew and planted flowers to fill decorative pots the Ruritans set along the highway.

"I think we got some kids that are coming on that are really taking some interest in the community. It's pretty encouraging I think," she said.

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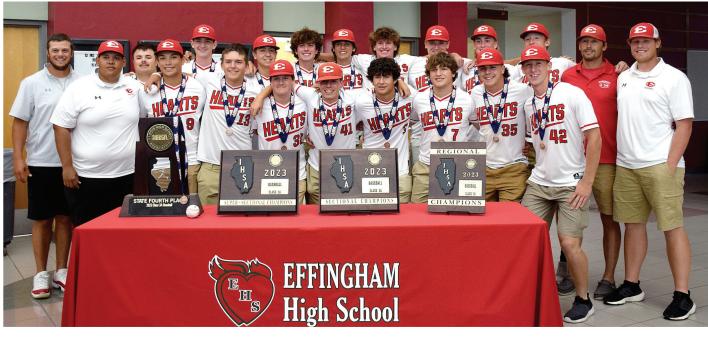
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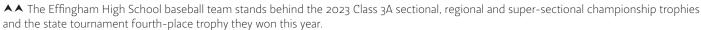
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Snapshots

Throughout the year, the Effingham Daily News holds a mirror to our community in stories and photographs. Here is a look back in pictures over the past few months at athletic achievements, personal triumphs, artistic talent and much more.









A local Special Olympics athlete takes a turn carrying the torch during the 2023 Law Enforcement Torch Run as fellow athletes and runners follow.

<<





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Jayne Edwards, left, opens a gift that was given out during the Relay for Life Survivors and Caregivers Dinner this year at Christ's Church in Effingham. Kyla Doedtman, center, raises her hand as volunteers pass out gifts.





▲▲ Supporters wave flags and hold signs as they cheer on the St. Anthony High School softball team as part of the team's send-off to the state championship in Peoria.



Dr. Ruben Boyajian, left, stands beside his wife, Emily, and son, Jacob, after the unveiling of the second panel of the "Canticle of the Sun" mosaic that he has been working on the last couple of years.







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▲ Luke and Molly Ames of Sullivan hold the "Best of Show" award they won for Luke Ames' woodworking at this year's Effingham Artisan Fair.



▲ A group of children lean on the fence at the Buckin' for Heroes rodeo in Teutopolis as they try to get a closer look at a horse.

JULY



Cancer survivors and caregivers from throughout Effingham County walk on the track at Teutopolis Junior High School during the 2023 Relay for Life survivor lap.



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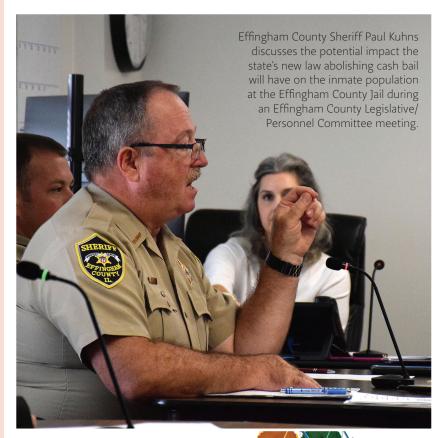






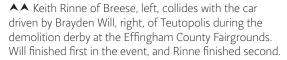
A surprised Will Anderson, front, holds his hands to his face as his wish to go to Hawaii is granted during a surprise announcement prior to the start of the Buckin' for Heroes rodeo in Teutopolis as Anderson's family members smile at his reaction.

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AUGUST





A Paige Wendling, bottom right, fights back tears during her coronation after being named 2023 Miss Effingham County Fair Queen as 2022 Miss Effingham County Fair Queen Anna Carrell places the crown on Wendling's head. Beside Wendling and Carrell are, from left, first runner-up Krista Phillips and 2023 Junior Miss Effingham County Fair Queen Kinze Polk.

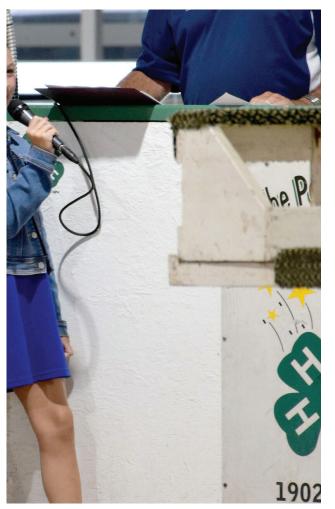
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2023 Junior Miss Effingham County Fair Queen Kinze Polk addresses the crowd at the 4-H Rabbit Show at the Effingham County Fairgrounds. ▼▼







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Americans not sure what's true in age of health misinformation

Story
Darius Tahir
KFF Health News

round 3 in 10 Americans still believe ivermectin is an effective treatment for COVID-19. What's more, few place significant trust in any form of news media or official institution to accurately convey information about health topics, from COVID-19 treatments and vaccines to reproductive health issues, a new poll from KFF shows.

The confusion about what's true — and who's telling the truth — is of critical importance to public health, experts in political science said.

"Misinformation leads to lives being lost and health problems not being resolved," Bob Blendon, a professor emeritus of public health at Harvard, said in an interview. Blendon was not associated with the survey.

Such misinformed beliefs are strongly held by only a sliver of the population, according to a recent KFF poll. Nearly a third of the 2,007 respondents said the dewormer ivermectin was definitely or probably an effective treatment for COVID-19. (It's not: Numerous randomized controlled trials have found otherwise.) A mere 22% thought ivermectin was definitely ineffective.

A fifth thought it was definitely or probably true that the COVID-19 vaccine had killed more people than the virus itself. (Multiple studies, examining different data sets, have found lower death rates among recipients of the vaccine than among those who didn't get the shot.)

But nearly half, 47%, thought that claim was definitely false.

'Alarming' prevalence of vaccine misinformation

Nevertheless, said Brendan Nyhan, a professor of government at Dartmouth College who has spent years studying the transmission of false information, the prevalence of vaccine misinformation is "alarming." And, while not necessarily resulting entirely from misinformation, 30% of respondents thought parents should not be required to vaccinate their children against measles, mumps, and rubella.

More than a third of respondents also thought using birth control such as intrauterine devices made it harder for most women to get pregnant once they stopped.

For Lunna Lopes, a senior survey analyst at KFF and one of the poll's authors, the results

show wide exposure, but limited uptake, of false claims.

"A lot of people have heard about these health misinformation claims. Just because they're exposed to it doesn't mean they're buying into it," she said.

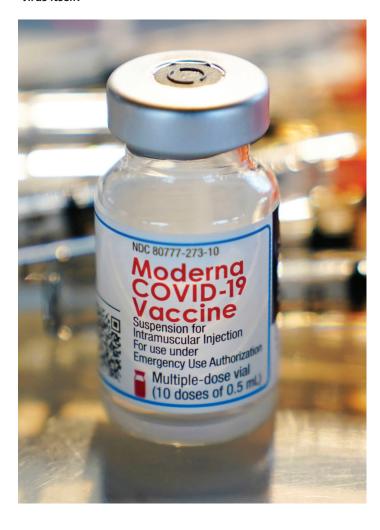
Still, the din of misinformation might leave the populace unsure what to believe.

"You might be less trusting, and less likely to outright reject false information," she said.

Limited trust in media and official institutions

The limited embrace of outright misinformation may be cold comfort for public health

Misinformation: A fifth of survey responders thought it was definitely or probably true the COVID-19 vaccine had killed more people than the virus itself.



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advocates. The study also found only grudging trust, at best, for media sources of all kinds and the federal government. The limited trust the survey recorded is colored by wide partisan gaps, noted Nyhan.

Respondents did not have "a lot" of trust in the information relayed by any news media institution. Just over a quarter had this high level of trust for local TV news stations. And that was the highest mark of the institutions tested, which ran the ideological and stylistic gamut from MSNBC to The New York Times to Fox News and Newsmax. More people had "a little" trust in each of these institutions.

For Blendon, however, the mild support is a problem. It suggests that "we are short" of trusted sources of news about health.

Journalists and editors, he said, should consider there's "something about the way you're presenting information that's not seen as credible by viewers." Seventy percent of respondents said the news media wasn't doing enough to limit the spread of health misinformation.

The public conversation tends to focus on the often extreme declarations and wild claims featured on social media and on both corpo-

Pfizer-BioNTech Col After dilution, vial con For Intramuscular use For use under Emres DILUTE BEFORE TO Martin When stores In the Before T rate and government attempts to regulate the medium, Blendon noted. Sixty-nine percent of respondents said social media companies were not doing enough to limit the spread of false or inaccurate information.

But the poll shows that while the public tunes into social media quite frequently, they have very little faith in the health information they see there. No social media outlet enjoyed a double-digit percentage of respondents saying they had "a lot" of trust in it.

Even so, said Lopes, a significant slice of the public — about a quarter — turn to these platforms for health in-

formation and advice. "That stood out to us," she said. Latinos and the young are especially likely to use the forums.

The picture is similarly bleak for official institutions. Around a quarter of respondents had "a great deal" of trust in the Centers for Disease Control and Prevention's recommendations. That response rate dropped to a fifth when it came to the Food and Drug Administration. The Biden administration, Donald Trump, and

state and local public health officials lagged behind.

Those findings, combined with the partisan gaps in trust, were especially discouraging for Nyhan.

"They will be essential sources of information in future pandemics despite their errors and misjudgments during the pandemic," he said of public health institutions.

By far the most highly trusted source of health information? One's own doctor. Forty-eight percent of respondents had a great deal of trust in their recommendations.

The survey, the KFF Health Misinformation Tracking Poll Pilot, was conducted May 23 through June 12, online and by telephone among a nationally representative sample of U.S. adults in English and Spanish.

KFF Health News is a national newsroom that produces in-depth journalism about health issues and is one of the core operating programs at KFF—an independent source of health policy research, polling, and journalism.

By far the most highly trusted source of health information?
One's own doctor.
Forty-eight percent of respondents had a great deal of trust in their recommendations.

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Keep growing with herbs indoors this fall, winter

Story Chris Enroth Illinois Extension

Photo
Karolina Grabowska
via Pexels.com

ust because days are shorter and colder and the outdoor gardening days are over, that doesn't mean growing must come to an end. Indoor green houseplants are an option, so add some herbs to the mix this fall and winter.

Whether growing indoors or outdoors, plants still have the same needs. When growing indoors during the winter, the two primary restricting factors affecting growth are light levels and humidity.

Light exposure

Herbs usually need between 6 to 8 hours of bright light each day. Southern exposure windows are great. If windows don't receive that much light during the winter months, growers can use supplemental lighting. However, supplemental light is not equivalent to natural light, which is why the lights need to run for longer. Plants need around two hours of supplemental lighting for every one hour of natural light. This means most supplemental lighting must be on for 12 to 16 hours per day. An automatic timer can help ensure the lights get switched on and off each day.

If the location is lucky enough to have a window with lots of natural light, make sure to rotate containers every few days. Plants will lean toward the light, which is called phototropism. To encourage even growth, turning the containers is helpful and recommended.

Containers

Make sure all the containers used to grow herbs have drainage holes and utilize a good-quality potting mix. Don't use garden soil in the containers. Plan on using a water-soluble fertilizer every two weeks for herbs, but don't fertilize more often. Fertilizing too often may negatively affect the flavor and aroma of the growing herbs.

Temperatures

Room temperatures are best 70°F and below, so avoid placing potted herbs near a direct heat source. However, winter heating causes homes to be fairly dry. To increase humidity, cluster plants together. Another option is to place a humidifier near the plants or grow them in an enclosure.

What type of herbs can grow indoors?

Basil, chives, oregano, thyme, winter savory, rosemary, parsley, sage, and mint all do well indoors. Harvest herbs as needed in cooking. If using fresh herbs instead of dried herbs in a recipe, the conversion rate is I tablespoon of fresh herbs for every I teaspoon of dried.

Even providing ideal conditions indoors, herbs will likely grow more slowly than they do outdoors in the summer. If using herbs frequently with home cooking, consider preserving and

drying herbs in the summer for use in the winter. Or grow more herbs indoors during the colder months. There is nothing wrong with having more indoor

plants.

For more research-based information on growing herbs indoors, connect with a local Illinois Extension county office at go.illinois.edu/Extension-Office.

Chris Enroth is an Illinois Extension horticulture educator for Henderson, Knox, McDonough, and Warren counties.

Growing indoor, green houseplants like herbs keeps the growing going during the fall and winter seasons.



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Effingham County Events



Sept. 30: Oktoberfest 2023 from 5 p.m. to midnight at the Teutopolis Banquet Hall grounds. Bands will include Butch's Polka Kings from 5:30 to 9 p.m. and Bad Habit from 9 p.m. to midnight. Free admission! Free inflatables for the kids! German style food! German style beer! Stein holding contest! Sponsored by the Teutopolis Civic

Oct. 12, 13 & 14: Rusty Reel Lake Jam at Lake Sara, Effingham IL featuring Big & Rich with Guest Cowboy Troy, Bret Michaels, Blackberry Smoke and many more music artists! 10+ food & drink vendors, boutiques with fall & country wear, drink specials, and much more! For more information go to www.RustyReelLakeJam.com

Oct. 13: The Everly Set featuring Sean Altman & Jack Skuller at 7 p.m. at the Effingham Performance Center. Teens Phil and Don Everly supercharged the vocal sound of Rock 'n Roll with "Bye Bye Love" and "Wake Up Little Susie", unleashing the sparkling vocal harmonies that would influence The Beatles, Simon & Garfunkel, The Beach Boys, The Hollies, The Eagles, Peter Paul & Mary and the Bee Gees.

Oct. 13: Winery Bingo from 6 to 8 p.m. in the Stellar Cellar at Tuscan Hills Winery in Effingham.

Oct. 19: Craig Morgan at 7 p.m. at the Effingham Performance Center. A multifaceted entertainer, Craig Morgan has made a name for himself as a country music icon, TV personality, celebrated outdoorsman, and patriotic Army veteran. Morgan has charted 25 songs on Billboard and thrills massive crowds with hits including "Bonfire", "Almost Home", "Redneck Yacht Club", "International Harvester", "This Ole Boy", "Soldier", "Wake Up Loving You", "That's What I Love About Sunday", and his faith-filled tribute to his son Jerry, "The Father, My Son and The Holy Ghost". Last fall, Craig released his gripping new memoir - God, Family, Country - in partnership with Blackstone Publishing. He details all aspects of his inspiring life, revealing never-before-heard stories including how he worked alongside the CIA as a soldier in Panama, fought sex traffickers as an undercover agent in Thailand, forged his own path to country music stardom, and lives his life by the deepest values: God, family, country.

Oct. 20: United Way of Effingham County Witches Ball at the Thelma Keller Convention Center in Effingham, IL to benefit 20 local partner agencies. Begins with Hors D'Oeuvres and Silent Auction at 6 pm, Dinner at 7 pm, and Live Auction at 8 pm. Music by Bierman D] Service. Costume Contest – Best Individual & Best Group. Halloween costumes encouraged but not required to attend the event. Tickets \$65 per person or VIP Table Options. RSVP by Oct. 11 to the United Way office at 217-342-3824.

Oct. 21: Magic & Mischief: A Witches Market. Events include DJ, Food Trucks, Tarot Readings, Witchy Vendors, Magical Drinks, Fire Dancers, Hula Hoopers, Henna, Face Painting and More! Witch or Wizard Attire Encouraged. Event held at Hazel-Jayne, 112 E. Section Avenue in Effingham, IL.

Oct. 21: Dailey & Vincent at 7 p.m. at the Effingham Performance Center. Five-time GRAMMY Award winners Dailey & Vincent have been performing together for nearly 20 years. Their sound is a concoction of traditional country, gospel and bluegrass blended together by the fantastically instinctive vocal blends of Jamie Dailey's tenor and Darrin Vincent's ready harmonies.

Oct. 26: Women's Health Showcase at Keller Convention Center. Watch the HSHS St. Anthony's Memorial Hospital Facebook page for more information.

Oct. 27: The Rocky Horror Picture Show at 8 p.m. at the Effingham Performance Center. Celebrate Halloween with this cult classic! This bizarre comedy developed its famous cult following at the Waverly Theater in New York where the fans began to dress as characters and recite dialogue with the film, turning the show into an offbeat, interactive

Oct. 28: Benefit for Heather Hodge Davis from 3 p.m. to 10:30 p.m. at The Carriage House Event Center in Altamont IL. Doors open at 3 p.m. with a silent auction; Meal (Freewill Donation) from 4 to 7 p.m. includes Pulled Pork, Baked Beans, Twice Baked Potato Casserole, Coleslaw, Applesauce (Carryouts also available); Children's Activities; Live Auction at 6 p.m. (Cash or Check Accepted); Josh Holland Band from 8 to 10:30 p.m. All proceeds will go to the Mike & Heather Davis family to help defray medical costs as Heather continues her fight with colon cancer.

Oct. 28: Trick or Treat from 2-4 p.m. at businesses with balloons in Downtown Effingham.

Nov. 3-4: Holiday Open Houses in Downtown Effingham.

Nov. 3: Winery Bingo from 6 to 8 p.m. in the Stellar Cellar at Tuscan Hills Winery in Effingham.

Nov. 4: Crowder with special guest Christian Paul at 7 p.m. at the Effingham Performance Center. Over 3 million records sold and 3 Grammy nominations, Crowder's first solo album "Neon Steeple" debuted at No. 8 on the Billboard 200, was named iTunes 2014 Christian Album of the Year, garnered multiple radio hits, a Grammy nomination for "Come As You Are", a Grand Ole Opry debut, a Dove Award and multiple nods and numerous K-LOVE Fan Award nominations. "American Prodigal", album released in 2016, landed at No. 1 on the Christian & Gospel Album Chart. His third project, "I Know A Ghost" hit #1 yet again on the Billboard Top Christian Albums Chart. His latest album, "Milk & Honey" has already shown immediate connection with the first smash single "Good God Almighty", which hit

During the 2022 **Halloween Parade in Effingham**, participants dressed as characters from "Scooby Doo" threw candy to the crowd. The theme for the 2023 parade, scheduled for **Oct. 29**, will be "Favorite Characters from Outer Space." The parade is set to commence at 2 p.m. and is presented by Effingham Sunrise Rotary. Effingham Daily News file photo.



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#1 at Christian radio and #1 on the Billboard's Hot Christian Songs chart.

Nov. 10: John Anderson at 7 p.m. at the Effingham Performance Center. Multiplatinum selling artist John Anderson has one of the most instantly recognizable voices in country music. Over the course of his career, Anderson has charted more than 60 singles on the country music charts including 20 Top 10 hits with #1 hits including "Swingin", "Seminole Wind", "Black Sheep", "Wild and Blue", "Straight Tequila Night" and "Money in the Bank".

Nov. 11: The Music of Billy Joel & Elton John starring Michael Cavanaugh at 7 p.m. at the Effingham Performance Center. Michael Cavanaugh is the new voice of the American Rock & Roll Songbook. He is a charismatic performer and musician made famous for his piano/lead vocals in the Broadway musical "Movin' Out." Handpicked by Billy Joel to star in "Movin' Out.", Cavanaugh evokes a style rivaling the Piano Man. He appeared in the show for three years with over 1,200 performances and received multiple accolades.

Nov. 17: Pink Friday business sales and specials in Downtown Effingham.

Nov. 17: Hairball, A Tribute to Arena Rock at 8 p.m. at the Effingham Performance Center. Hairball is returning for a Rock & Roll experience that will not soon be forgotten! Homage will be paid to some of the biggest arena acts in the world including Van Halen, KISS, Motley Crue, Queen, Journey, Poison and Aerosmith. Hairball's show includes lights, sound, video screens, smoke bombs, confetti and more!

Nov. 18: Branson on the Road Christmas Style. Shows at 2 and 7:30 p.m. at the Effingham Performance Center. The show includes Christmas music along with old country favorites and plenty of hilarious comedy. Brason on the Road Christmas Style blends mandolin, banjo, guitar, upright slip bass, beautiful rhinestone costumes, hilarioius comedy, bluegrass, rockabilly and gospel music.



Dec. 2: Downtown Effingham Hometown Christmas 2023.

Enjoy the traditions of Christmas in Downtown Effingham with Santa, kids activities, variety of food & nonfood vendors, a lighted parade, ice skating, horse-drawn carriage rides, train rides + more family friendly activities presented by the Downtown Effingham Business Group. Mistletoe Market: Showcase your local product, craft, baked goods + more!

Nov. 22: Walking Through Wonderland: A Visit Effingham Experience in downtown Effingham.

Nov. 26: The Prophecy, A Tribute to the Trans-Siberian Orchestra at 3 p.m. at the Effingham Performance Center. Experience the power, the music and the magic this Christmas season with this powerhouse group of classically trained musicians that hail from different parts of the states and come together to create nothing short of an electrifying evening of holiday rock!

Dec. 9: The Polar Express, An Interactive Movie Experience at 3 p.m. at the Effingham Performance Center. Join us for an interactive movie experience as The Polar Express takes us on an adventure to the North Pole! On Christmas Eve, a young boy embarks on a magical adventure to the North Pole on the Polar Express while learning about friendships, bravery and the spirit of Christmas. Tickets include a goodie bag at the door.

Dec. 15: The Oak Ridge Boys Down Home Christmas Show at 7 p.m. at the Effingham

Performance Center bringing four decades of charted singles and 50 years of tradition to the stage featuring their hits along with holiday favorites!

Dec. 16: Scott Wattles Christmas Show with Firebox Bluegrass Band at 7 p.m.
at the Effingham Performance Center. Join the holiday tradition with Scott Wattles and The Blue Suede Crew as they celebrate the season with their Rock 'n Roll Christmas Show performing Christmas classics including "Jingle Bell Rock", "Silver Bells", "Grandma Got Run Over by a Reindeer" and more!

Dec. 20: "Away in the Basement" by the Church Basement Ladies shows at 2 and 7:30 p.m. at the Effingham Performance Center. This Sunday School Christmas program starts with the children rehearsing up in the sanctuary while the ladies of the kitchen are finishing up the goodie bags and putting the final touches on the Nativity pieces. Little do they know what surprises are in store for them as they are called upon to, once again, step in and save the day. A great show for group travelers!

Jan. 20: Moana at 3 p.m. at the Effingham Performance Center. Join us for an interactive movie experience as we set sail on an epic adventure! Moana is a spirited teen who embarks on a daring mission to prove herself a master wayfinder and fulfill her ancestors' unfinished quest. During her journey, Moana meets the mighty demigod Maul, and together, they cross the ocean on a fun-filled action-packed voyage.

Jan. 26: Night Ranger at 7 p.m. at the Effingham Performance Center. Heavy hitting rock legends, Night Ranger has transcended the arena-rock sound and style well beyond that era. Some of its best-selling albums include "Dawn Patrol", Midnight Madness", "7 Wishes", "Big Life" and "Man in Motion". Night Ranger's popularity is fueled by a number of instantly recognizable hit singles like "Sister Christian", "Don't Tell Me You Love Me", "When You Close Your Eyes" and "(You Can Still) Rock In America".

Feb. 4: Dinosaur World Live at 5 p.m. at the Effingham Performance Center. Crab your compass and join our intrepid explorer across unchartered territories to discover a prehistoric world of astonishing and remarkably life-like dinosaurs. Meet a host of impressive creatures including a Triceratops, Giraffatitan, Segnosaurus and the Tyrannosaurus Rex.

Feb. 10: Tusk: the Ultimate Fleetwood Mac Experience at 7 p.m. at the Effingham
Performance Center. Five musicians recreate
the music of Fleetwood Mac to perfection
with note for note renditions, featuring
the talents of Mick Fleetwood, John McVie,
Lindsey Buckingham and Stevie Nicks. The



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members of Tusk have been making music together in various combinations and style for over 25 years.

Feb. 17: One Vision of Queen featuring Marc Martel at 7 p.m. at the Effingham Performance Center. The World's Most Spectacular Queen Tribute Show is returning for a night of Queen's greatest hits. One Vision of Queen is an explosive, attentioncommanding tribute where some of the most iconic rock anthems of all time collide with a theatrical performance style and eye-popping production. The riveting show focuses on the extremely diverse body of the band's greatest hits including "Bohemian Rhapsody", "We Will Rock You", "We Are The Champions", "Another One Bites The Dust", "Under Pressure", "Somebody To Love" and "Crazy Little Thing Called Love".

Feb. 23: Forever Young at 7 p.m. at the Effingham Performance Center. Forever Young follows one unforgettable group of friends as they discover the greatest hits of all time! Set in a music-filled suburban basement, this heartfelt, true story is guaranteed to take you back to the first time you pushed play, tuned in and set the needle down. Forever Young features hit songs by Billy Joel, The Beatles, The Rolling Stones, Huey Lewis & The News, Styx, Queen, Michael Jackson, Bob Dylan, Johnny Cash, Brooks & Dunn, The Black Crows, Bon Jovi and many more! This multi-award winning production is jam-packed with powerhouse vocals, dynamite choreography and one sensational true story that is guaranteed to make you feel......FOREVER YOUNG.

Feb. 24: Six String Summit at 7 p.m. at the Effingham Performance Center featuring seven of the area's best guitar players backed up by the amazing Summit Bnad. The 2024 line-up features: Alex Thoele of Teutopolis, Chain Station, Marty Williamson of Effingham, Hello Dave, Andy Baylor of

April 8: 2024 Solar Eclipse Event sponsored by Dieterich Business Association to be held in Dieterich, IL. Food Trucks, Kids Activities, Special Guest Speakers, More to Come!



The "diamond ring" can be seen moments after totality during the total solar eclipse in Carbondale in 2017. A total solar eclipse will put a swath of central Illinois in its shadow on Monday, April 8, 2024. Effingham Daily News file photo.

Champaign, Clockwork Orange, Reverend Robert of Charleston, Superbad, Ted Freezeland of Charleston, Feudin' Hillbillys and Rod Evans of Neoga.

March 9: Buckcherry at 7 p.m. at the Effingham Performance Center. From hit songs to platinum and gold records to millions of fans worldwide, Buckcherry beat the odds and built its reputation on live shows and its hit songs. Buckcherry released its 10th album this summer titled "Vol. 10" with songs including "Good Time" and "Shine Your Light".

March 15: Buckets N Boards at 7 p.m. at the Effingham Performance Center. A hilarious, high-energy show chock full of amazing percussion, ridiculous

songs, spectacular tap dancing, inventive instrumentation and an incredible variety of musical talents! Matthew Levingston and Careth Sever have handcrafted a fresh and unique comedy experience for the entire family to enjoy! Regarded as a must see show for any evening out with the family, their unexpected comedy and upbeat personalities will keep you laughing.

March 17: The Price is Right Live at 2 p.m. at the Effingham Performance Center. "Come on Down" for your chance to win at The Price Is Right Live! Contestants will be selected from the audience to play classic games made famous by the iconic network television show "The Price Is Right." Prizes will include cash, sought-after appliances, epic vacations and, of course, a brand-new car! Games will include favorites like "Plinko", "Cliffhangers" and "The Big Wheel".

April 5: Etta May & The Southern Fried Chicks at 7 p.m. at the Effingham Performance Center. Etta May headlines the successful all-female comedy tour, selling out theaters all over the country! Think Blue Collar Comedy Tour with better hair and a bigger attitude! Etta May has performed her brand of clean comedy on Oprah, Showtime, Comic Strip Live, MTV and as a great commentator on "CBS Sunday Morning". She is the winner of the prestigious American Comedy Award's "Comic Of The Year" and so much more!

April 20: Wayne Newton "Up Close & Personal" at 7 p.m. at the Effingham Performance Center. "Mr. Las Vegas", Wayne Newton is back with a show unlike any he has ever done before. This show is very intimate as he engages with the audience telling stories about his life in Las Vegas, creating a magical evening singing crowd favorites and playing an assortment of the many instruments he has perfected.

April 26: EPC Idol Finals at 7 p.m. at the Effingham Performance Center. Calling all karaoke singers to the EPC Idol Contest to determine who will be named the EPC Idol and win a \$1,000 cash prize! Preliminary karaoke contests will be held at sponsoring locations with the winners of each preliminary contest to take the stage for a night of performances to determine who will be voted the EPC Idol. During the finals, audience members will vote electronically to determine which of the finalists will win the prize money!

June 1: Scott Wattles & The Blue Suede Crew at 7 p.m. at the Effingham Performance Center performing a variety of songs including Elvis hits and Gospel music. Audience members young and old are embraced by their talent and will sing along with every word!



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Local marching band schedules



EFFINGHAM RED REGIMENT 2023 SCHEDULE

Sept. 1 - EHS football game

Sept. 8 - EHS football game

Sept. 9 – Metro East Marching Class, O'Fallon

Sept. 16 - Sage City Invitational, Monticello

Sept. 23 – Marching Maroons Band Festival,

Robinson

Sept. 29 - EHS football game

Sept. 30 - Panther Marching Band Festival, EIU

Oct. 7 - Newton Marching Band Classic, Newton

Oct. 13 - EHS football game

Oct. 14 - U of I Marching Band Championship

Oct. 21 - Effingham Marching Invitational



2023 NEWTON MARCHING EAGLES SCHEDULE

Sept. 15 – Home Football Game

Sept. 16 - Monticello Sage City Invitational

Sept. 22 - Home Football Game

Sept. 23 – Robinson Marching Maroons

Invitational

Sept. 30 – EIU Panther Marching Band Festival

Oct. 6 - Homecoming Parade and Home Football

Game

Oct. 7 - Newton Band Classic

Oct. 14 – U of I Marching Band Championships

Oct. 20 - Home Football Game (Senior Night)

Oct. 21 - Effingham Marching Hearts Invitational

Oct. 28 – Oblong Spooktacular Competition and

Parade

Nov. 18 – Magnificent Mile Lights Festival Parade

(Chicago)

Nov. 20 - Magic Kingdom Parade (Orlando,

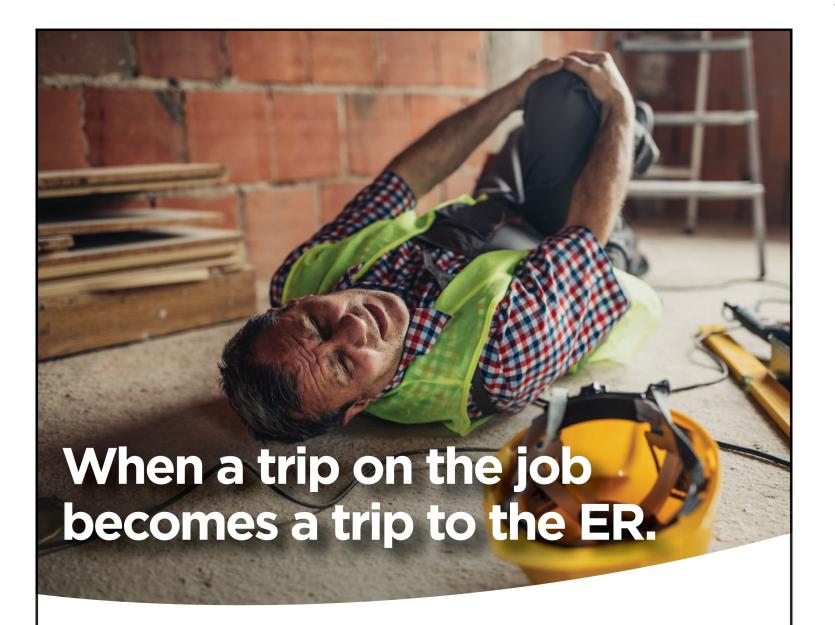
Florida)

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