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WINTER 2021

MAGAZINE

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Sat. Jan. 22 3:00 pm	Frozen 2 Sing-a-Long	\$35	\$15	\$15
Fri. Feb. 4 8:00 pm	Golden Girls Puppets	\$38	\$28	\$23
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EFFINGHAM

WINTER 2021

MAGAZINE

FEATURE STORY



An aerial view of the Walk clock tower.

Submitted photo

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The Walk clock tower

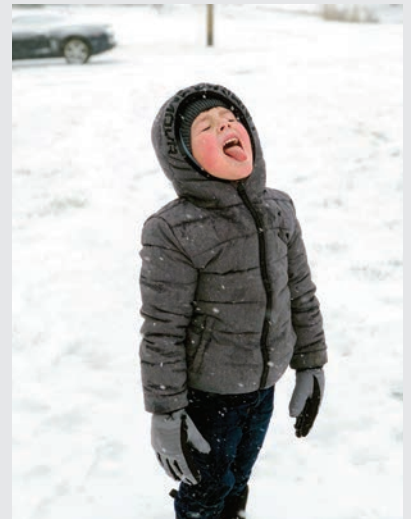
By Charles Mills

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Noah Meadows, 6, catches all
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ON THE COVER: Emma Overbeck,
3, of Mason. Submitted photo

FROM THE EDITOR

We're hoping the holidays this year are more "together" than 2020, when the pandemic kept many of us apart. We're not out of this yet, but things are looking brighter. In any case, stay safe. Enjoy time with family and friends. Look for ways to make this an even better place to live.

We touch on the holidays in this edition of Effingham Magazine with some ideas on ways to creatively shop local. But we also devote space to some of the many wonderful

people who contribute to our community in myriad ways.

We're delighted to bring you the story of how the Walk family in Sigel has spent years restoring the clock tower that used to loom over St. Michael's Church. It now rises 35 feet above a family farm established in 1917, now operated by Rick, Greg and Brian Walk. Their father, Mike Walk, has always wanted to restore it.

"The clock was functional until around the 1960s," Mike Walk told reporter

Charles Mills. "For years I wanted to restore the clock. I hated to see the old clock disappear."

Zach Roth, a new reporter for the Effingham Daily News and our magazine, spent some time recently talking to Effingham native Margaret Knight, who has made a name for herself as a producer, production manager and director. Over the course of a 42-year career, she has traveled the country, having a hand in commercials, music videos, movies and TV shows in places such as Nashville, Los Angeles and

the Arizona desert.

In our Food & Drink department, we look at how Fox Holler Coffee got started in Seth Wilson's basement in Effingham with a 2K coffee roaster. Wilson's roasting partner is Danny Borries.

"We looked at other things, but roasting coffee was something we were both interested in," Wilson said.

With the chill days of winter ahead, that sounds like a good brew.

Jeff Long
Editor



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



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



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



Zach Roth covers Effingham city hall and Unit 40 schools for the Effingham Daily News. A 2016 graduate of Bradley University in Peoria, he also was a member of the 2021 class of the Public Affairs Reporting Program at the University of Illinois-Springfield. A native of the capitol city, he has served as a contributor for the Springfield Business Journal in his hometown and as a reporter at The Columbus Telegram in Columbus, Nebraska. He lives in Effingham.

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Effingham Magazine is published quarterly by the Effingham Daily News at 201 N. Banker St., Effingham, IL 62401.

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Submitted photo

Emma Weidner stands in front of her recently opened boutique, Daisies & Denim, in downtown Effingham.

Daisies & Denim Boutique

Emma Weidner, 20, opens storefront in Effingham

BY CATHY GRIFFITH
EFFINGHAM MAGAZINE

To say Emma Weidner's life is busy is an understatement. Weidner is going to school to be an X-ray technologist while running a boutique. And she's only 20 years old.

How she juggles both is a question she gets asked a lot. But she really doesn't have an answer.

"I somehow make it work," she said.

Weidner admits she has some help from her mother and youngest sister. She also has help from her long-time friend, Kylie Zimdars, who she hired when she opened Daisies & Denim Boutique in downtown Effingham last month. Zimdars previously worked at another

boutique and was looking for another job after it closed.

"It worked out perfect because I know her really well and she just kind of knows the clothing industry," said Weidner.

In addition to clothing clothing, the boutique sells perfume, jewelry, purses and other accessories. And the list keeps growing.

"We even have coolers. We're getting some really cute blankets. We just have a little bit of everything," said Weidner.

Weidner's passion for clothes started when she was young.

"I always loved to play dress up, to play Barbie dolls," she said.

Weidner also has always loved to shop. But she never dreamed she would eventually own her own

boutique. That idea came from her mother.

"I was working at a boutique in Olney and then they shut down and I really just didn't know what I was going to do. I needed to find another job. My mom's like, 'Well, instead of getting another job at another clothing store, I think you should just start your own.' I really didn't know what to think about that idea because I was only 16," she said.

Weidner admits she thought her mother was "a little bit crazy."

"After about two months and thinking about it, I was like, 'OK, we can try it and see where it goes,'" she said.

So, right before her 17th birthday, with help from her parents, Weidner opened her first boutique in her parents' basement. Friends and family would come shop, as well as those who messaged her.

Three months later Weidner needed more room, and they moved

Cathy Griffith photo

Kylie Zimdars folds jeans at the Daisies & Denim Boutique, which recently opened in downtown Effingham.



the boutique to a shed on her family's property.

"We built a shop in there and made it really nice," she said.

The boutique was open every Saturday. Weidner even built her own website, daisiesanddenim.com. Two years later, they made the boutique mobile.

"We went to different little towns and just set up every weekend. We went to a lot of festivals and shows and if we didn't go to a show we would just go to a random town and just park and set up somewhere in that town," she said.

Weidner had been doing that for about a year and a half when she saw an opportunity for a more permanent storefront on Facebook.

"Before that, we were tossing around the idea of opening a store. But we weren't serious about it. We were just kind of looking at different ideas," she said.

Weidner liked the location.

"We called the owner of the building and said we were interested in it. I felt like it was just meant to be. It was just this spontaneous thing. We were like, 'All right, let's just do this. Let's try it.' Right after that, we went to city hall and got what we needed there. It all just kind of happened really quickly," she said.

Weeks later, Daisies & Denim celebrated its grand opening. That's when it hit her what was happening.

"It was just like craziness in here – so many people – and I'm like I actually own a storefront," she said.

Owning a boutique has provided Weidner an outlet for her passion and also taught her a lot about business.

"We started just by watching YouTube videos. We did a lot of that. We sat down with past boutique business owners. Got their advice – things that worked for them and things that didn't. My mom helps

more on the business side, because we learn things together," she said.

As for advice Weidner would give any young entrepreneur starting out:

"Go for it. Just don't hold back. If you're going to go for it, you have to go all in," she said.

Weidner said it also helps to have a good support system and don't be afraid to ask others for help.

"I always had a hard time with that," she said.

Weidner said being in the CEO program her senior year helped her make a lot of connections in the community and get her the help she needed when she had questions about business management. She also had the opportunity to give advice to a couple of CEO students starting their own business.

"I enjoy that a lot," she said of helping others.

While Weidner loves running a

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Cathy Griffith photo

Daisies & Denim Boutique in downtown Effingham has a variety of clothes and accessories.

boutique, she noted it takes sacrifice.

“When I started, I was in my senior

year, still in high school, so I had to miss out on a lot of things. You kind of have to do that,” she said.

Weidner said what she likes most about owning a boutique is meeting a lot of new people.

“I’ve made a lot of new friends from just opening this,” she said.

Weidner also likes making ladies feel great when they find that perfect shirt or perfect pair of jeans that fit really good.

One of her favorite things to do is help people pick out gifts.

“That can become stressful sometimes. You don’t know what to get somebody. I like to take that stress off of people and just help them find things for their daughters or granddaughters,” she said.

Weidner’s face especially lights up when she talks about trying on clothes.

“I love shopping for new clothes, finding the newest trends for customers,” she said.

Weidner goes to Atlanta, Georgia, to buy items for her boutique. She also buys a lot of stuff online that ships out of Los Angeles. Her goal is to one day go there, but with school, she’ll have to wait to make the long trip.

Weidner wasn’t sure she wanted to seek another career until COVID hit.

“I thought I wanted to do this full time. But then when COVID hit, it’s kind of scary when COVID hits and you have to shut down your business, because I can only do online. So, that just made me really nervous,” she said.

Weidner, who will graduate in the spring, said having another career also provides a good balance.

“So I don’t get burned out on either,” she said.

Weidner has not decided what she will do after graduation.

“I don’t really know yet. It just kind of depends on where I’m at,” she said.

She is sure about one thing when it comes to her boutique.

“I want to continue this as long as I can,” she said.

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Submitted photo

Dr. John Killough, left, and his wife, Lisa, right, started a side business called The Vintage Bee.

Altamont native walked into podiatry for a reason

Beekeeping is a passion for John and Lisa Killough

CHARLES MILLS
EFFINGHAM MAGAZINE

An Altamont native made a plan his junior year at the University of Illinois Champaign-Urbana.

John Killough graduated from Altamont Community High School in 1988 before attending the U of I, where he majored in biology. During his junior year he made a big decision.

"I was uncertain about my future," Killough said.

He wanted to be in medicine, but wasn't sure of what path to take. At the time, he had a steady girlfriend, Lisa Niccum from the Greenup area, and really wanted to keep her.

"I heard most medical doctors have a high divorce rate, so I figured out podiatry is typically a 9-5 job," he said. "I can take and read

my own x-rays, I can be a surgeon or not a surgeon and I could do something as simple as trim callouses that make a tremendous difference on my patients."

Killough said the more he read about podiatry, the more he liked it.



Charles Mills photo
Vintage Bee honey is produced by local podiatrist John Killough and his wife, Lisa Killough

"The good news is I'm still married to my wife and she is a partner in everything I do," said Killough.

One of those partnerships is a small beekeeping business called The Vintage Bee, which they operate from their home on 20 acres in rural central Illinois. They started the business after inheriting bee hives from their daughter's 4-H project.

"We started with two hives and then it quickly became four," he said.

Today, they maintain 40 hives a year and keep their honey-making operation under 500 gallons a year.

In addition to honey, the Killoughs have a wide range of honey-based products.

"We really love our hobby!" Lisa Killough said.

The Killoughs produce fresh honey, creamed honey and occasionally comb honey – along with several products they make from bees wax, including lotion, lip balms, lotion bars, lip scrubs, a bee balm salve, cuticle cream, beard wax and foot care products.

"We also make paw cream for our

Charles Mills photo
Podiatric Assistant Melissa Masters looks over the shoulder of Dr. John Killough in one of his examination rooms in Effingham. Killough also has an office in Charleston.

dog friends," she said.

She said they produce items that are not wax-based, including sugar scrubs and hydrating face care products.

"We also make essential oil rollers, bath soaks, herbal bath salts, bar soaps, shave soaps and a very popular foaming soap, bath bombs, shower steamers, and beard oil and seasonal room scents!" Lisa Killough said.

"I'm the honey man and she does the lotions," John Killough said. "She is a lot more creative than I am. She likes doing the chemistry."

He said they have sold their products at the Hobnob Market at the Effingham County Fairgrounds for several years.

"The bees give us a potential income for our retirement," John Killough said. "We are always doing something together."

Lisa Killough said she and her



husband enjoy having a shared hobby.

"We accomplish everything as a team," she said. "Everything from tending the bees, harvesting, making products, packaging, and gardening."

"We both enjoy working with each other," John Killough said.

"We work together in the podiatry office throughout the week, so I am sure it is hard to imagine we would want to enjoy a hobby together, too," Lisa Killough said. "But it definitely works for us."

Charles Mills photo
Dr. John Killough has been practicing podiatry in Effingham since 2005, when he took over the practice of Dr. William J. Rezabeck.



In 1993, John and Lisa were married after John graduated from the University of Illinois. A week later they packed their bags and moved to Cleveland, Ohio so John could attend medical school. He finished medical school in 1997 and moved to Texarkana, Texas to finish his residency. He starting practicing in 1999 in Houma, Louisiana, located 50 miles southeast of New Orleans.

"It was in the middle of Cajun Country and although it was a phenomenal place to live it was hot," he said. "After four years of hot weather, my wife said she wanted to go home, so I said ... I guess I'll go with her."

They moved back to the area in 2002 to live closer to Lisa's family in central Illinois.



Submitted photo
Dr. John Killough, left, and his wife Lisa, right, started a side business called The Vintage Bee.

"The biggest challenge of the move was transferring my license from Louisiana to Illinois," Killough said.

Killough started the transfer process that January, moved to Illinois in July, and didn't get his license until Oct. 23, 2002. Next year will mark his 20th year practicing in Illinois.

He set up his first Illinois practice in Charleston, then added an Effingham location 16 years ago by taking over the practice of the late William J. Rezabek. He now spends half of his time in Effingham and the other half in Charleston.

"It's hard to believe I've been back in Illinois that long," he said. "Time travels so quick."

He said the favorite thing about his job is treating patients and seeing, in some cases, immediate results.

"I like the fact they walk in – often times in pain – and leave here feeling better when they leave," said Killough. "There are very few physicians you go to that you feel better when you're on the way out the door. It's the nature of my business."

Killough said the largest

part of his practice is diabetic foot care. He considers himself a general practice podiatrist, however his specialization is in diabetic wound care. In addition to his practice, he started carrying a line of Spenco brand products 15 years ago and later added their line of shoes designed for diabetics.

"Our business is completely patient driven. Whenever possible, we want to be a one-stop shop," he said.

On the average, Killough performs six or seven surgeries a month at either Sarah Bush Lincoln in Mattoon or HSHS St. Anthony's Memorial Hospital in Effingham.

He said he is an independent doctor, not employed by any health care system.

"I don't work for Carle. I don't work for Sarah Bush or St. Anthony's," Killough said. "So, I call myself 'unemployed' because almost every doctor you find works for somebody. I enjoy being a sole proprietor."

The couple has three children, two girls and a boy who are all over the age of 21.

"She runs the business side of things and I see feet," said Killough "No one has interest in your business like your own spouse."

He said he averages 50 patients a day and between 200 and 215 patients every week at his Effingham and Charleston offices. His Effingham office takes patients on Tuesdays and Wednesdays, while his Charleston office sees patients on Mondays and Thursdays.

Killough said his Fridays are reserved.

"On Fridays, it's catch up day. I'm either doing surgeries, catching up on paperwork or whenever possible I'm playing with bees," he said.

The Vintage Bee has a Facebook page that features many of their products: facebook.com/HoneyandMe93 and you can email them at thevintagebeestore@gmail.com

Charles Mills photo
A basket of products produced by The Vintage Bee, a business owned by Dr. John Killough and wife Lisa Killough.





Zach Roth photo

Effingham native Margaret Knight stands in front of St. Anthony Grade School during a recent visit home.

BY ZACH ROTH
EFFINGHAM MAGAZINE

Margaret Knight has made a name for herself as a producer, production manager and director of commercials and music videos. But when she went to college in the 1970s at Southern Illinois University in Carbondale, she had a very different idea of what she wanted to do with her career.

"I was going to be a weatherman," said Knight, an Effingham native now living in Arizona. "I was going to get a minor in meteorology."

That never exactly panned out, but Knight has found a different way to make her mark on screen. Over the course of a 42-year career, she has traveled the country, having a hand in commercials, music videos, movies and TV shows in places such as Nashville, Los Angeles and the Arizona desert.

She lives now in Sedona, Arizona – 29 miles south of Flagstaff and 116 miles north of Phoenix.

But Knight got her start in Effingham, working behind the scenes on plays and class productions at

St. Anthony High School.

"When we were kids, we used to put on plays and productions and I was always the behind-the-scenes type of gal," Knight said. "I didn't necessarily need to be on stage or in front of the camera. I like production and I think that's something that's rang true most of my life."

Following her graduation from high school, Knight bounced around from places in California and Colorado before she returned to SIU-C to get her degree. Before and even after that, she didn't quite know what to do with her career following the end of her meteorological dreams.

She found time to receive a boating license in Florida – becoming an able seaman with the Merchant Marines – planning to start an all-female boat charter company before she moved to Nashville in 1979 to be with her boyfriend.

Around that same time, she came across an ad for a movie that needed a production coordinator.

"It was a regular interview," Knight said. "It was just to work in the office as a production coordinator.

The guy that owned the company asked, 'What did you do before this?' I said, 'I was a Merchant Marine for five years, I got my captain's license and I worked in the Gulf.' He goes, 'Oh! I used to do that in Boston. If you did that, then you can do this.'"

The office job would prove to be the spark of her career, as she began working on projects in Nashville for a variety of different producers and companies. Among them were commercials for Crisco shortening with Loretta Lynn. During her time in Nashville, she worked alongside the likes of Waylon Jennings, Kris Kristofferson, Willie Nelson and Dolly Parton.

Eventually, she would make her way out to Los Angeles in 1984 with another boyfriend, who would eventually become her husband, Robin. After a winding trip through movies – which allowed her to join the Directors' Guild of America – and motherhood, she made her way out to Arizona in 1988, where she still lives to this day.

For the most part, Knight makes her living through commercials as

a freelancer, receiving work by call whenever a production company needs a qualified producer or director or production manager.

"I'm in a network of people because I've been doing it for 40 years," Knight said. "They call and they say, 'We're going to shoot Michael Phelps in Phoenix and we need a first assistant director.' They know what that means because they have to fill a whole crew list of people, equipment and everything. They'll call me and I'll say, 'Yes, I'm available.'"

Her work puts her in contact with numerous athletes like Phelps – the former Olympic swimmer who lives in suburban Phoenix – along with area teams like the Arizona Cardinals, the Phoenix Suns and the Phoenix Mercury.

She also works on westerns for Italian producers and creates footage of the state's spectacular exteriors for car companies.

"We get 344 days of sunshine per year," Knight said. "That's a pretty good average when you're working with 70 people – you're not going to get a lot of rain."

While she's left her days as a boat captain behind, she still gets to use her qualifications when she does projects on Lake Powell in northern Arizona. The combination of the water, the terrain and the beauty of the experience make it instantly memorable for her each time she visits for work.

"When you're on Lake Powell, it's a surreal experience," Knight said. "It's very unique – it's like somebody saying they're going to shoot in the Grand Canyon. The terrain is really stunning. It's just an awesome experience every time I've ever worked up there."

Her long career has allowed her to build long-standing connections with other writers and producers, many of whom have worked on notable projects for major production companies.

Dev Ross, an Emmy Award-winning writer for children's television series

such as "Darkwing Duck," "Talespin" and the TV adaptations of "Aladdin" and "The Little Mermaid," said that Knight is unlike anyone she's ever met in her career.

"She's a Renaissance woman," Ross said. "She's smart as a whip, funny and generous. Sometimes we tease her because she can tell you what to do and she's right."

Katie Carmichael, a fellow film producer, has memories of working with her on westerns for Italian producers, some of which got a little bit hairy when the funding used to support one project ran out, due to a clerical error at a bank.

"The producers ran out of money only because the bank that they were wiring money to thought that they were laundering it," Carmichael said. "They returned the money back to Italy and there we were, in the middle of shooting a movie without any money and Margaret and I both started laughing."

Both agreed that Knight was the

first person that they would call if they needed something or just needed to talk.

"She'd be the first person to call if you're in trouble," Ross said. "She will think straight, she will hold on to you and she's tough enough to do what needs to be done."

While she's busy working on any number of projects throughout the year out in the desert, she still finds time to make it back to the Effingham area two or three times each year.

In October she attended the 50th anniversary of St. Anthony's 1971 class. While Effingham has evolved plenty since she left more than five decades ago, she still notices many of the same things and people that were here when she left.

"It's a very stable community," Knight said. "The fact that a lot of people raise their kids here and their kids live here, you have a lot of generational stuff you don't have in a lot of towns and cities."

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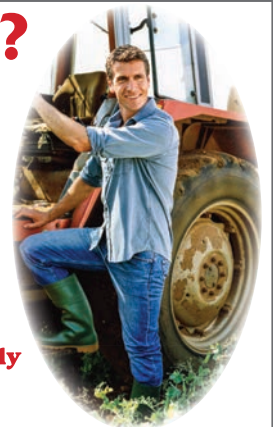
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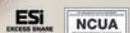
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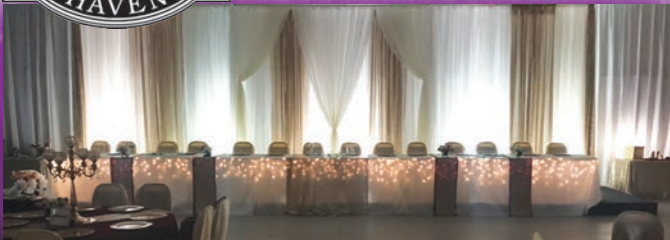
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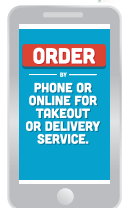
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SNAPSHOTS

At this time a year ago, the shadow of COVID-19 hovered over most of our celebrations. Parents and their children drove by Santa's house and waved to him from their cars. The Thanksgiving and Christmas community meals hosted by FISH were delivered to homes. Here's hoping for a return to normal in 2021 as people continue to get vaccinated and take other precautions so that we can end the pandemic.



▲▲ Crystal Reed, Daily News photo
Andrea O'Dell-Schweska and Halcyon Schweska enjoy skating during Neoga's Hometown Christmas in 2019.

▶▶ Andrew Adams, Daily News photo
Volunteers filled the gym of Cornerstone Christian Church on Thanksgiving Day in 2020 to distribute 986 meals – about 300 more than the previous year. Of the meals, 702 were delivered and 239 were given away at a curbside pickup station under pandemic precautions. The rest of the meals were given to volunteers.



▶▶ Charles Mills, Daily News photo
Santa waves to families driving by his house in downtown Effingham in 2020.



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◀◀ Submitted by Evelyn Bible
Kids sled in the snow with their buddy tagging along the way.

Readers shared their photos after more than 10 inches of snow blanketed the Effingham area on Feb. 15, 2021.



▲▲ Submitted by Meghan Rewers
Meghan Rewers and son James, 6.

▶▶ Submitted by Krista Mette Oliver and Emery Mette.
"I'm not cold, Mom."



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Charles Mills photo

Seth Wilson, left, and Danny Borries stand in front of a new roaster at their Fox Holler Coffee drive-thru on South Banker Street in Effingham.

Good things brewing at Fox Holler Coffee

BY CHARLES MILLS
EFFINGHAM MAGAZINE

It's not every day a hobby turns into a business with three locations.

Fox Holler Coffee got started in Seth Wilson's basement in Effingham with a 2K coffee roaster. Wilson and his roasting partner, Danny Borries, work for Verizon at Al's Tire Mart.

"We were looking for something completely different from wireless retail that was just more crafty," Wilson said. "We looked at other things, but roasting coffee was something we were both interested in."

He said craft coffee was their go-to brew when it came to work.

"We drank it a lot," he said. "Every Monday meeting it seemed like we would drink a gallon of craft coffee. Then we thought, maybe we should try to roast coffee."

Wilson's wife is a breast cancer survivor, which also motivated him to start a side business.

"You realize life is kind of short," he said. "So, I just didn't want to do wireless retail alone."

Wilson and Borries were roasting coffee for their friends when someone suggested they reach out to Teutopolis Treats, because their drive-thru wasn't being used in the morning. They started using the drive-thru for the business in May of 2020.

"We were kind of worried because everything was locked down due to the pandemic, but luckily drive-thrus rose to the top and we got a ton of support rather quickly," Wilson said. "This was just a side hustle that just took off."

In early June, they worked with Peace Lilly Metal Works and AM Wood, both of Effingham, to make an espresso cart. Wilson said their first thought was to take it around to different events and the Farmers Market.

"We ended up positioning it at St. Anthony's Hospital because it was important to us that people who are having same-day surgery, moms who just had babies, or dads who are with them, or people in the ER should have coffee, too," Wilson said.

The espresso cart is open to the public and staffed Mondays, Wednesdays and Fridays at HSHS St. Anthony's Memorial Hospital. The cart is set up where ER, imaging and Prairie Heart Institute all meet – before approaching the elevators to same-day surgery.

In August, Fox Holler Coffee opened its Effingham location on South Banker across from NAPA Auto Parts. Wilson said they purchased a larger 12K roaster when they opened in Effingham. They can now roast 26 pounds of coffee at one time, rather than three pounds at a time with the 2K roaster.

Charles Mills photo

A collection of coffee beans from several different countries located at the Fox Holler Coffee roastery.





Taylor Steele photo

Customers at Fox Holler Coffee have a choice of several seasonal flavors for the holidays.

er they started their business with.

“We now use the 2K roaster when we do a sample roaster,” he said.

“We like the south side (of Effingham), Danny is from T-Town and I’m originally from Altamont,” Wilson said. “When we were young, we would always come to the south side of Effingham to the mall. There is a lot of traffic on the south side.”

Wilson said one of the things they feel is important about the business is a program they run monthly called “The Heart of the Holler.” Every month they choose a different organization to donate a portion of the proceeds from every bag of coffee sold.

Organizations they have supported include the Women’s Wellness Center, Relay for Life, Real Men Wear Pink and Effingham Bark Park. Wilson said they are always looking for organizations to support.

They have 15 employees among the three Fox Holler Coffee locations.

Borries said the name of the business has a special meaning. The landmark name for the property

where he grew up south of Teutopolis was Fox Holler.

“There is a giant holler that runs down my dad’s property where we do a lot of hunting,” Borries said. “My grandfather (Clarence “BZ” Borries) called it Fox Holler back in the day.”

“My dad (Danny Borries) called it Fox Holler, I called it Fox Holler and

my nephews call it Fox Holler,” Borries said. “So after kicking around a bunch of names, we just kinda went back to it. It means a lot to me.”

“The name just kinda stuck,” Wilson said.

Wilson said their coffee is available at retail locations, including Nuxoll’s Food Center of Effingham, S & W of Altamont and Old Mac’s of Dieterich.

“It just started in the basement ... and here we are two years later with two locations and an espresso cart,” Wilson said. “We do have plans to have some seating options at our Effingham location in the future and we hope to expand to other towns as well.”

The Effingham business hours are 6 a.m. to 6 p.m. Monday through Friday and 6:30 a.m. to 3 p.m. on Saturdays. The drive-thru is located at 1200 South Banker Street, Effingham.

Teutopolis hours are Monday-Saturday 6 a.m. to noon. The drive-thru is located at 101 West Main St, Teutopolis.

Hours at HSHS St. Anthony’s Memorial Hospital are Monday, Wednesday and Friday from 7 to 11 a.m.

To check out coffee selections, food and seasonal specials visit the Fox Holler Coffee Facebook page.

Submitted photo

Members of the Fox Holler Coffee family are ready for the holidays. Pictured from left: Anni Borries – holding a dog, Ellie – Abby Bloemer, Kadi Borries, Taylor Steele, Danny Borries, Hudson Wilson, Seth Wilson, Abel Wilson and Jennifer Wilson.





Soo-Yeun Lee and Aubrey Dunteman.

Submitted photo

Reducing salt in bread without sacrificing taste

BY MARIANNE STEIN
UNIVERSITY OF ILLINOIS

Most people in the U.S. consume too much salt; adult Americans typically eat twice the daily amount recommended by dietary guidelines. Bread may not seem like an obvious culprit; however, due to high consumption and relatively high salt content, baked goods are a major source of sodium in the diet. A new study from the University of Illinois explores ways to reduce sodium in bread without sacrificing taste and leavening ability.

“Bread is one of the staple foods in a lot of people’s diets, and people generally don’t stick to just one serving of bread,” says Aubrey Dunteman, graduate student in the Department of Food Science and Human Nutrition at U of I, and lead author on the paper.

“About 70% of sodium in the U.S. food supply comes from packaged and processed foods. And the top source is actually baked goods, so reducing salt in that particular category would help to reduce sodium consumption tremendously,” adds study co-author Soo-Yeun Lee, professor of food

science at U of I.

We can’t completely eliminate salt from our diet, but we can reduce it to a healthier level.

“Salt is an essential nutrient, and this is why we crave it. However, we consume more than we should, just like sugar and fat. Salt is related with hypertension and other cardiovascular diseases, but it’s the amount that is the problem, not the salt itself,” Lee notes.

Salt is also an essential ingredient in bread making; it contributes to the structure and flavor of the bread, and is necessary for the yeast to work properly.

Dunteman and Lee conducted an extensive review of academic literature on sodium reduction in bread. They identified four main categories: Salt reduction without any further mitigation, physical modification, sodium replacements, and flavor enhancers. They discuss each of these methods in their paper, published in the *International Journal of Food Science and Technology*.

“The most basic method is just reducing the amount of salt in the product,” Dunteman says. “That can be good to a point, depending on the original level of salt and equivalent in the recipe. There’s always going to be a minimum amount of salt you need just to have the bread function and the yeast do its job. So it’s a limited method, but it can help to reduce high levels of sodium intake.”

Another method is physical modification, which involves uneven distribution of salt in the product.

“Sensory adaptation occurs when you have constant stimulus. If the salt is evenly distributed in a slice of bread, as you take more bites, it’s going to taste less salty, because you’re already adapted to the first few bites. But if you have different distribution of salt, alternating between densely and lightly salted layers, people will

perceive it as more salty. So you can obtain the same taste effect with less salt," Lee explains.

A third method involves replacement of sodium with other substances, such as magnesium chloride, calcium chloride, or potassium chloride. "This is one of the most commonly used methods in industry, but it can only be used up to a certain point, before you get a bit of a metallic taste from these compounds," Dunteman points out.

The fourth method involves flavor modification with taste enhancers such as herbs and spices, or even monosodium glutamate (MSG). The researchers note multi-grain bread also allows for more salt reduction than white bread, because it has more flavor on its own.

Dunteman and Lee conclude the best approach to sodium reduction in bread will be a combination of methods.

"One of the four categories, salt reduction, is technically involved in

all of them," Dunteman notes. "Another category, salt replacement, is already heavily studied. We recommend more research into physical modification methods, as well as flavor enhancement types, and how to combine each of these methods with salt reduction."

Finally, the researchers have some advice for home bakers looking to reduce sodium in their creations.

"If you're interested in using less salt in your home-baked bread, you could try to reduce the amount to 50%, if you're using standard recipes that are widely available," Lee says. "You'd be surprised that the dough would still rise, though the bread would taste a little different. You can also use flavor enhancers to provide the salty, savory, satiating sensation you lose when you reduce the salt. But that wouldn't help with the rise, so you cannot remove salt 100%."

The research was supported by the Institute for the Advancement

of Food and Nutrition Sciences (IAFNS) through an ILSI North America Sodium Committee grant. IAFNS is a non-profit science organization that pools funding from industry collaborators and advances science through the in-kind and financial contributions from public and private sector participants. IAFNS had no role in the design, analysis, interpretation, or presentation of the data and results.

The Department of Food Science and Human Nutrition is in the College of Agricultural, Consumer and Environmental Sciences, University of Illinois.

The paper, "Sodium reduction technologies applied to bread products and their impact on sensory properties: a review" is published in International Journal of Food Science and Technology. [<https://doi.org/10.1111/ijfs.15231>]. Authors are Aubrey Dunteman, Ying Yang, Elle McKenzie, Youngsoo Lee, and Soo-Yeun Lee.

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Towering clock in Sigel took years to restore

BY CHARLES MILLS
EFFINGHAM MAGAZINE

Towering over the rural countryside northeast of Sigel is a clock tower.

Holding several pieces of history, it keeps on ticking.

The clock tower rises 35 feet above a family farm established in 1917, now operated by Rick, Greg and Brian Walk. Their father, Mike Walk, has always had a passion to restore an old clock in the tower of St. Michael's Church in Sigel that hadn't been working for several years.

The original clock was donated to St. Michael's by William Hess and installed in February of 1905, according to a St. Michael's 100-year history book. Originally, the clock sold for \$412.78 from the A.E. Pollhans Company of St. Louis, which allowed a rebate at the time for \$100.

"The clock was functional until around the 1960s," Mike Walk said. "For years, I wanted to restore the clock. I hated

to see the old clock disappear."

He said there was a steep set of stairs that led up to the clock tower, and when the church installed a new pipe organ that was larger than its old one it required them to take the stairs out. Walk said it was dangerous to go up to the clock because the only way up was by ladder.

The clock is powered by a large weight-and-pendulum system, with weights that have to be cranked up to the top of the building. As the weights gradually descend, power is generated to the clock. The weights then needed to be cranked back up to the top of the building to keep generating power for the clock and keep the pendulum swinging.

On a smaller scale, Walk compared his treasure to a cuckoo clock that requires the weights to be constantly cranked by chains to keep the pendulum on the clock from stopping.

Walk said they eliminated the weights and attempted to run the clock with one electric motor and another electric motor to strike the bell. He said the clock and bell sides were connected through mercury switches.

"That didn't work real great," Walk said. "It quit after a short time."

Brian Walk recalled the clock working for a short period of time in the 1980s.

Mike Walk at one time was a member of the

Cumberland County Board and their courthouse clock started having problems. They hired Harry Hopkins from Mason to fix it. He said he had Hopkins fix the church clock.

"He replaced the mercury switches with micro switches and it was working pretty good," he said. "Then one of the electric

motors burned out."

He said the priest at the time said he wanted a clock that worked and replaced the clock system. He said today the clocks are powered by independent electric motors.

"They no longer strike the bells," Mike Walk said. "Now they have a simulated bell sound."

Charles Mills photo

Mike Walk stands in front of a clock tower that houses a restored clock mounted inside he purchased from St. Michael's Church of Sigel. The clock was restored by Bob Mazzocchio of St. Louis.





Submitted photo
The Walk clock tower decorated for Christmas

Mike Walk said he purchased the old clock from the church.

"I always thought it would be neat to restore it back to the old weight-and-pendulum system," Walk said. "I thought this is something that needed to be preserved. I was worried if they took it out of the church it would end up scrap, and then it would be gone."

He said the former church clock was one of the smallest models A.E. Pollhans Clock Company had ever built. Walk said the room where the clock was housed in the church wasn't very big and the company in 1905 made clocks to

order to fit the situation.

"We had to be careful how we got the clock down out of the church," Walk said. "We could have done substantial damage to the organ pipes if we happen to drop one of the clock parts."

He said the clock weighs between 300 and 400 pounds. To avoid damage to the organ pipes, they disassembled the clock to bring down the clock in small pieces.

Walk enlisted the help of a specialist, Bob Mazzocchio, from St. Louis to help him get the clock operational again in 2005.

"He and I started a

search for parts," said Walk. "He had a catalog showing where some of the old A.E. Pollhans Company clocks were located. A lot of them didn't look like this clock at all."

Frank Holkenbrink, a machinist who owned a machine shop in Sigel, and local electrician Tony Sudkamp worked on the clock when the church decided to make the transition from a weight-and-pendulum-driven clock to an electric clock. Walk said when the Sigel machine shop closed, some of the clock parts were taken to a machine shop owned by his son, Henry Holken-

brink of Effingham, where they found some of the original clock parts they needed.

He said he also found missing clock parts in Springfield at Sacred Heart Church on a tower clock.

The pulleys and weights that operated the clock were all gone and he had to create his own system to power the clock.

All of the parts for the clock were found, except one.

The missing part was a gear the clock needed that had to be custom designed. A former



Charles Mills photos
At top, Brian Walk winds an old clock that was once used in St. Michael's Church in Sigel. Above, the St. Michael's tower clock is dedicated in memory of Karl Walk, a son of Mike Walk.

Boeing design engineer from St. Louis, Jay Broad, a friend of Mazzocchio, created a mechanical drawing of the gear needed to make the clock work again. Walk said Kremer Precision Machine of Shumway created the gear from Broad's mechanical drawing. A letter sent to Kremer from Broad remains in Mike Walk's notebook about the history of the clock.

Walk keeps a large notebook full of the clock's history, including a letter he received from Edward A. Rohde, the grandson of Adam Pollhans, who founded A. E. Pollhans Company, when he found out Mazzocchio was restoring the St. Michael's clock for Walk.

The clock was finished 10 years ago by Mazzocchio and sat in his shop waiting for a place to deliver it.

The next hurdle would be to find a place to display the clock. Walk said his first thought was to put the clock in the cupola of the granary in a double corn crib, however someone suggest-

ed he should build a free standing iron tower.

Walk's grandson came up with a plan.

Nick Walk gave his grandfather a drawing of a separate structure to add to the double corn crib to house the clock. The drawing of the structure featured clock dials facing in four directions. Mike Walk liked the idea and gave his grandson's plan to Randall Sweitzer to build the tower.

"The only difference between my grandson's plan and what we built was a higher angle of the roof," Walk said.

Walk said three faces (dials) of the clock came from the former Henry VIII Inn and Lodge that was located near St. Louis Lambert International Airport on North Lindbergh Boulevard in Bridgeton, Missouri. The motel was demolished during an airport expansion project that added a new runway west of the airport.

"We had the fourth (dial) made in

T-town by Double D sign company," he said.

Walk designed a pulley system for his clock tower with a way to add on extra weight if needed.

The bronze bell housed in Walk's clock tower is from the Sisters of the Most Precious Blood, an order of nuns from O'Fallon, Missouri. He said the bell was located in their convent and was originally cast in 1875 in St. Louis by J.G. Stuckstede and Brother. Walk said his bell is a smaller version of the bells located in St. Michael's Church.

Walk's clock tower was finished in May of 2019 and the clock was installed on Oct. 12, Columbus Day of last year.

Mazzocchio brought the clock from St. Louis to Sigel to install in the new clock tower building along with Broad, who created the custom gear, and Jim Willman, who works for Mazzocchio. Also assisting with the install were local residents Randall Sweitzer and Buck Buchanan.

Brian Walk takes on the responsibility of maintaining the clock and keeping it wound. He said sometimes the clock doesn't want to strike every time on the half hour.

"It's a pretty amazing machine to do what it does," Brian Walk said. "It may have had the same problems back in 1905."

"I think it probably did," Mike Walk added.

The clock is dedicated in the memory of Karl Walk, older brother of Brian Walk and son of Mike Walk.

Walk said he welcomes anyone to drive by to see the clock tower. He said his grandson, Ethan Walk, enjoys decorating the tower for Christmas. The clock tower is located at 138 County Road 500N, Sigel, Illinois.

The bell rings on the hour and half hour.

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