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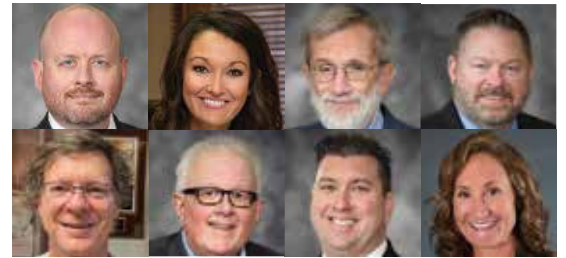
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John R. "Johnny Bob" Harrell arrested in Arkansas, September 1964. Submitted photo

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ON THE COVER: Special Olympics Illinois Region 1 Assistant Director of Development Vanessa Duncan leaps out of Lake Sara during the 2023 Polar Plunge. Duncan enjoys wrestling, which inspired the head gear she wore. Nick Taylor photo.

FEATURE STORY



Bob Walk hands a medal to a young marathon runner as he passes the finish line at the Santa Stomp 5K. Walk is several veterans responsible for handing out medals at the event. Kristi Sabo photo

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RUNNING FOR THE HONOR FLIGHT

By Nick Taylor

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FROM THE EDITOR

It was certainly good to see the Polar Plunge, which supports Special Olympics, back at Lake Sara earlier this year.

As Nick Taylor writes in the spring 2023 edition of Effingham Magazine, when COVID-19 first spread across the United States in 2020, it almost immediately prevented Special Olympics athletes throughout the country from competing. Despite this, Special Olympics and its athletes have emerged from the pandemic ready as ever

to train and compete in all the sports and events that were temporarily put on hold.

Special Olympics supporters have been taking the plunge at Lake Sara for nearly two decades.

"2004 is when it started in Effingham, right here at Lake Sara," said Vanessa Duncan, Special Olympics Illinois Region 1 Assistant Director of Development.

Nick also writes about another increasingly

popular event in our area, the Santa Stomp 5K in Teutopolis. December marked its fourth appearance, bigger than ever.

When longtime running buddies Larry Wilson and Kristi Sabo organized the Santa Stomp 5K, they had no idea it would grow as much as it has.

"We don't know what happened. Things just got crazy," Sabo said.

We're glad for that, because the event supports a good cause:

the Land of Lincoln Honor Flight, a non-profit organization that provides veterans of WWII, the Korean War and the Vietnam War with trips to Washington D.C. to visit their respective memorials.

Those stories and more make up this edition of Effingham Magazine.

Jeff Long
Editor



Jeff Long is the editor of the Effingham Daily News. He is a 1987 graduate of the University of Wisconsin-Madison, and has worked for newspapers in England, Pennsylvania and Virginia. For 13 years, he was a reporter and later an editor at the Chicago Tribune. A past president and current board member of the Illinois Associated Press Media Editors, he lives in Altamont with his wife, Karen.



Cathy Griffith is news editor of the Effingham Daily News. She is a 1998 graduate of Eastern Illinois University with a Bachelor of Arts in Journalism. She has worked at the Daily News for 22 years in news and magazine publications. She is a lifelong resident of Effingham, where she resides with her husband, Tim, and daughter, Leah.



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.



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.





Allison Linley in front of Hazel-Jayne in Effingham. Photo by Dawn Lester

Hazel-Jayne: Diversity, spirituality, spells, tarot and more

DAWN LESTER
FOR EFFINGHAM MAGAZINE

A woman with pigtail braids and a tattoo on her forearm depicting crystals and sunflowers sits inside Hazel-Jayne in Effingham, waiting for customers.

She opens a little late, after riding her bike to work. She takes a chalkboard sign out of the store to place on the sidewalk.

Meet Allison Linley, the owner of an eclectic space that celebrates diversity, spirituality, spells, candle magic, tarot card readings and more. Linley describes the store as her destiny, and an oasis of sorts.

"It's just super chill, but when it's

busy, it's busy," she says, pushing a broom around.

Linley explains that sometimes it's hard to get into work mode because it's such a relaxed environment. The employees seem as fascinated by the unusual collection of items as the customers.

"The girls look around the store and get so excited, like they've never seen the products before," Linley says.

The bells on the door chime. A gray-haired lady with arm tattoos walks in with a young girl.

"Hello!" Linley yells from the back of the store while making her way to the front. "Everything is 35% off, except vendor items."

"I've been in here before, but she hasn't," the gray-haired lady says, nodding to the girl. "She loves rocks."

Hazel-Jayne is full of rocks and crystals of all shapes and sizes.

There are also cauldrons, crystal jewelry, and candles.

And:

Clothing, bags, books, sunglasses, and temporary tattoos.

Art, herbs, essential oils, tarot cards, dragon statues, and incense.

Acupuncture pillows, pendulums, crystal crowns, air plants, succulents, water bottles with crystals inside, and macrame hangers.

Linley believes in astrology and says her birth chart suggested she would one day own a store like Hazel-Jayne.

"I love astrology. I feel like it's legit. It all has a lot of meaning to me; I really enjoy it," she says. "I really feel like more people should tune into it. And, like, learn more about themselves."

"It is my destiny, or my path to be, like, fully feeling authentically – living the job I'm in."

"So, I feel the store is in alignment with that. I could spend every day fully feeling the inspiration and creativity."

BACKGROUND

When Linley was 8, she met an older lady named Hazel who enjoyed sitting on her front porch. When Hazel passed away, Linley was given her rock collection.

Linley has two children, Gibson and Viola, but always thought she would have a third child. She meditated on it and saw the spirit of her third child. The child was a girl. The girl tells Linley to do something in her honor. Linley always wanted to have a store.

The name "Jayne" came from Linley's mother, her middle name. This is how the store was born. Hazel-Jayne opened nearly six years ago.

Hazel-Jayne started as just crystals in a small corner of We Yoga

365 studio, owned by Kaycie Metzelaars, at 112 E. Section Ave. A corner contained Linley's crystals, sage, and pendulums. Now Hazel-Jayne encompasses two rooms, and another building called Hazel-Jayne Village, where events take place.

"I bought the yoga studio in 2018. I had a vision of the place, and it reminded me of a place I went to in northern Illinois," Metzelaars said. It took a lot of work.

"The place was a total wreck," Metzelaars said. "I painted it, redid it, moved in and started doing yoga classes. I got pregnant in 2019. A year into it, I decided I didn't want to be a yoga studio owner. I loved teaching but didn't want to grow the studio. Allison was starting her business in her garage online, using Shopify.

"Once my baby was born, I was teaching less and was more focused on the baby. I gradually passed the lease to Allison, and it was ideal for both of us. Neither of us were well off."

Linley started small, with just \$70, using it to pay for an LLC and crystals. That \$70 turned into \$140, which turned into \$280. It took off after that, and her business is doing well.

"It's just the Wild West," Linley said of owning a business. "It's just scary. You don't know what the next day is going to be like, and you just hope, and you have to stay positive."

A DAY AT THE STORE

Linley gets the cash drawer ready by typing \$200 into the iPad attached to a Square card reader. Another part of opening procedures is burning essential oils.

Today she chooses lavender and rosemary from an assortment on a shelf behind the iPad register. The magic happens behind the counter. Hazel-Jayne offers custom spell work, candle magic, and tarot card readings among many other services.

"This is a custom spell I made for my



Clear quartz and blue aragonite, above, and crystal balls, below, on display at Hazel-Jayne. Photos by Dawn Lester

mom," she says, holding up a paper burned around all the edges.

While Linley describes the spell, the lady and child continue their shopping.

"Let's put this back before it falls on the floor and breaks," the woman tells the girl.

They walk closer to the register and the woman replies, "Do you want to look at the little animals over there? All right, you ready? Did you want to get the desert rose?"

"No, I said I had it already," the child replies.

The woman asks, "You said you had it already?"

"Yeah, I got it for Christmas," the girl says.

Linley rings up their purchase of two small animal rock statues.

"OK, it's \$6.99," she tells them and then asks for a phone number for

the loyalty rewards.

"Those are so cute," Linley says while wrapping brown paper around the small animal rocks.

"Here's a sticker for you, too!" Linley says, putting it in the bag for the girl. She usually sells them for \$2.75.

HELPING PEOPLE

"We are fostering a mentoring culture," Linley says. "So what does that mean? It's when an organization continuously promotes collaboration, and in return, they're empowering other individuals to develop themselves."

It's an informal mentoring. They are not therapists, just people who care.

"And that's really what this is about. Connection, friendship, understanding who you are, developing tools for socializing – all of that. I just want to make sure that through everything I've said or the image



Books for sale at Hazel-Jayne. Photo by Dawn Lester

that I've given you is that ... we are a mentoring culture," Linley says.

Before opening Hazel-Jayne, Linley already had experience helping people. She holds a Bachelor of Social Work from Southern Illinois University Carbondale. She graduated in 2008. She did social work from 2008-2013, in Phoenix, Arizona.

"I liked the business experience it gave me, like how to handle and deal with people," she says. "I appreciate that now. At the time, I felt like I was helping people, making a difference. But the reason why I stopped was because I felt like I really wasn't helping. I feel like the system's messed up. And I was just tired of it. It was really hard to watch and to be a part of."

She enjoyed working with the elderly in a nursing home.

"And I learned a lot about like, the hoops you have to jump through for insurance and dealing with people and just systems. And it just felt really robotic. And it felt like my soul was just kind of getting depleted. It was like, this stifling ... So, I decided I would quit social work altogether."

So that's when she started selling doTERRA, a brand of essential oils.

"And in that time, I became very spiritual. Like really in tune with na-

ture. We'd go out in nature all the time. I started noticing my emotional cycles, understanding the moon phases. I started doing rituals and just getting really in touch with myself."

doTERRA helped Linley find her way from Catholicism to spirituality. She started meditating regularly and doing rituals. doTERRA inspired her to buy books on chakras and read about healing medicine. Linley would have 600 people listen to her talk about oils and spirituality. She got in touch with her spiritual gifts and became a certified medium.

"Oils just opened me up ... I think that it changed some things in my brain, you know, and because there's like chemicals, like natural chemicals in essential oils, and they'll help heal parts of your brain. And I think that those just helped me with my own traumas ... They helped me with personal development and then also business development, understanding like marketing."

SERVICES

She also practices reiki (pronounced ray-key). She places her hands over a person and meditates. As a receiver, sometimes a person can feel heat or sensations. As the giver, sometimes she feels a big ball of energy that is usually positive and good. Linley and Metzelaars practice reiki as an energy healing technique.

There are many services offered at Hazel-Jayne, including reiki, tarot card readings, custom spells, and more. Among the products offered at the store are triangular shelves and tarot card holders, with moon phases printed on them.

Lindsey Parker, from the Facebook page "Traditions," met Linley through a mutual friend. The friend noticed Parker made shelves and asked her to make shelves to sell at Hazel-Jayne.

She describes Linley as professional and friendly. She sold 30 or more shelves and tarot card holders through Hazel-Jayne. Parker and her boyfriend, Perrin Voran, worked

on them together. Parker even bought a Cricut machine to imprint moon phases onto the shelves, and tarot card holders.

Even though Metzelaars stepped back while Linley took over the lease, Metzelaars is still currently a part of the Hazel-Jayne Village. Metzelaars still offers yoga one-on-one and small yoga classes. She also does reiki, and tarot card readings.

"Reiki and tarot connected me with Allison. I did reiki on her in her living room. While I was teaching theater camp at the Effingham Performance Center, working backstage, and setting up for bands, Allison's husband and others were working there also. Everyone said I would like Allison," Metzelaars said.

"Allison did a psychic reading for me over Facebook Messenger. Finally, I came to her house, and the kids met each other. We started doing reiki on each other. We were destined to be friends."

Of course, Metzelaars has supported Linley by buying crystals as well. When asked if she owned crystals, she laughed.

"Do I own crystals? Giiiiirrr! My 2-year-old is fascinated by them," she says. "My son collects rocks. I used to wear crystal jewelry all the time."

"When I teach yoga, I'll wear a particular one, smokey quartz. I had it with me when I was pregnant with my girls. My favorite is smokey quartz because it has smokiness and darkness, reminding me of the balance between light and dark."

Hazel-Jayne has gone from a small website in Linley's garage to a corner in the We Yoga 365 building, to now taking over two buildings. The store has now developed into a spiritual community event center, including reiki share days, yoga and meditation.

The future is bright for the store and Hazel-Jayne Village. Linley has plans to go even bigger, owning a warehouse for an online store.

Meanwhile, Metzelaars plans to eventually incorporate yoga into a 12-step recovery program.



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Freezing for the future of Special Olympics



Members of the Effingham County Lightning Polar Plunge team stop to high-five a member of the Effingham County Dive Rescue Team before making their way back to the shore at Lake Sara. Nick Taylor photo

NICK TAYLOR
EFFINGHAM MAGAZINE

When COVID-19 first spread across the United States in 2020, it almost immediately prevented Special Olympics athletes throughout the country from competing.

Despite this, Special Olympics and its athletes have emerged from the pandemic ready as ever to train and compete in all the sports and events that were temporarily put on hold.

The resilience of Special Olympics, its athletes, and its supporters can be seen right here in Effingham County, where Special Olympics Illinois recently held its annual Polar Plunge at Lake Sara.

Special Olympics supporters have been taking the plunge at Lake Sara for nearly two decades.

"2004 is when it started in Effingham, right here at Lake Sara," said Vanessa Duncan, Special Olympics Illinois Region 1 Assistant Director of Development.

Although COVID-19 pandemic regu-

lations put a stop to most large gatherings, the pandemic couldn't keep supporters from taking the plunge.

"Of course, during COVID in 2021, we did an at-home challenge," Duncan said.

The at-home challenges first came about out of necessity, but they have already become popular with many plungers because it allows them to support the cause from the comfort of their own home.

When it came time for Duncan to do her at-home challenge in 2021, she took the plunge to the extreme.

"I plunged in a dunk tank on the coldest day of the year. It was Feb. 1 of 2021," she said. "We have a dunk tank that we use for our Special Olympics community festival at Lake Land."

Duncan said it was so cold that day that the gauge on the dunk tank froze, which prevented them from removing the water from the dunk tank.

"We had to take a blow torch to

it," she said.

Although she made it through the challenge, Duncan is happy to be out of the dunk tank and back at the lake for the plunge.

"I will never do a dunk tank again, ever," Duncan said. "I'd much rather get out in the lake than a dunk tank."

Unfortunately for Special Olympics athletes, the pandemic didn't just prevent the plunge at Lake Sara in 2021, it also robbed them of roughly an entire year of competing and enjoying their favorite sports.

"Since mid 2021, we started implementing our sports back," Duncan said. "And now we're back in the full swing with all 14 of our competitions throughout the year."

In fact, Effingham County's own Lightning basketball team is heading to the Special Olympics Illinois state championship in Bloomington in March.

"Both of our Effingham County Lightning basketball teams won their local and district competition and they're going to state," Duncan said.

With the dust of the pandemic settled, Duncan and Special Olympics Illinois have been working to bring the plunge back in all its glory.

"We try to kind of rebuild it like it was before COVID in 2020," Duncan said. "Because we had 308 plungers in 2020, and then two weeks after our plunge here in Effingham the whole state shut down for COVID."

Unfortunately, attracting massive crowds to the plunge hasn't been easy since the pandemic.

"So we at least had our 2020 polar plunge, but I know that our numbers have died down," Duncan said during this year's event. "We had 103 register last night and set to plunge today."

However, Duncan believes the dip in numbers is at least partially a result of the recent addition of at-home plunges, as well as create-your-own plunges, which have been popping up throughout the region, many of them organized or hosted by area schools.

In addition to hosting the plunge at Lake Sara, Duncan said thousands have been raised by Special Olympics Illinois create-your-own plunge teams.

"We had four of our large teams do their create-your-own plunges this year, and they raised \$6,000," she said. "Oblong High School is plunging at their school and they're having the fire department hose them down."

Although some aspects of these plunges are different from the annual plunge at Lake Sara, the goal remains the same: to have fun and endure the cold for an organization that benefits countless athletes in Illinois alone.

"It's still freezing cold water, and it's still outside on a winter day. So, they're going to be cold," Duncan said of the Oblong High School plunge.

Like the create-your-own plunges, the at-home plunges introduced in response to the COVID-19 pandemic also allowed participants to

get creative with their plunge.

"There's the option that we did during COVID of plunging on your own, and a lot of our teams liked it," Duncan said.

According to Duncan, many at-home plungers shared photos or videos of their plunges on social media sites, which also provided a platform for Special Olympics Illinois to spread the word and allow more people to learn about the Polar Plunge.

The funds raised through Special Olympics events like the Polar Plunge allows the organization to continue covering a number of costs for athletes to ensure that nobody is turned away simply because they can't afford to train, compete, or purchase the necessary equipment.

"Everything that our athletes get, whether it's in our healthy athletes program, our sports program, our athlete leader programs, it's all for free for them," Duncan said. "And that includes when they advance."

Duncan also explained that when athletes travel for competitions, Special Olympics covers the cost

of plane tickets, their hotel room and provides them with free meals.

This year, plungers collectively raised more than \$25,000 for Special Olympics athletes.

Following the annual Polar Plunge at Lake Sara, participants and volunteers dry off and make their way to the Effingham Event Center, where they enjoy a warm meal, hear the fundraising totals for the day and announce and hand out the awards to the year's winners of a variety of categories.

"Our Golden Plunger Awards are our coveted awards," Duncan said.

Handing out this year's Golden Plunger Awards was Kim Stivers.

Stivers is somewhat of a Special Olympics and Polar Plunge veteran, which made her an appropriate choice for the role of Plunge Ambassador in the most recent Polar Plunge at Lake Sara in late February.

Not only has Stivers been plunging at Lake Sara for years, she's also taken part in a number of plunges throughout the region.

"I did it at EIU, Decatur and I'm

A pair of plungers wade through the cold waters of Lake Sara during the 2023 Polar Plunge. Nick Taylor photo





Kurtis Allen from 104.3 FM The Party recognizes sponsors during the Polar Plunge at Lake Sara in February. To Allen's left is the beloved Polar Plunge mascot, Nick Taylor photo

back to Effingham," Stivers said.

Stivers has won a number of Golden Plunger Awards over the years.

"I have gotten the spirit award," Stivers said. "And then at EIU my team got the most money raised by a team, and I got the most money raised by an individual."

Stivers said she alone raised \$1,460 in 2020.

Stivers somewhat echoed Duncan's explanation for the dip in the number of plungers at Lake Sara since the start of the pandemic.

"I know college teams aren't here because they're going to do EIU," Stivers said.

An aspect of the Polar Plunge that has proven to be as popular and entertaining as the plunge itself is the Polar Plunge costume contest, which has inspired a number of creative and often comical outfits.

Stivers plunges with the C-C Gold-diggers plunge team from Coles County. But this year, dressed as Eeyore from "Winnie the Pooh," her eyes were set on the award for the best individual costume.

Plungers this year kept the festive tradition going, dressing as a wide range of characters that included Papa Smurf, Batman and several characters from the film "The Wizard of Oz."

Stivers competes in bocce, bowling and track and field, but she has

Special Olympics Illinois Region 1 Assistant Director of Development Vanessa Duncan, right, announces the winner of the raffle held after the Polar Plunge at Lake Sara. In the center, to the right of the plunger who won the raffle, is 2023 Plunge Ambassador Kim Stivers who was tasked with presenting awards during the after-party at the Effingham Event Center. Nick Taylor photo



taken part in a number of other sports over the years, including basketball.

In fact, Stivers was actually on the Effingham County Lightning team one season when the team went to compete in the state competition.

"Their team goes to state every now and then," Stivers said. "They are very good."

This year, Stivers will again be competing at the state level, but this time she will be competing in her favorite sport, bocce.

Like Duncan and other die-hard plungers, Stivers didn't let the pandemic prevent her from plunging in 2020.

"We had a pool that we plunged in," Stivers said.

However, Stivers said nothing quite compares to the massive plunge at Lake Sara, which she was thrilled to take part in once again.

"I think this is a lot better," she said. "It feels really good."

Another regular Polar Plunge volunteer, Dalton Ricketts, has been volunteering as a member of the Lake Sara Polar Plunge "beach crew" since he was in high school.

"I've been volunteering for Special Olympics for 15 years, and this is my ninth year as plunge MC," Ricketts said.

As the MC for the plunge, Ricketts is responsible for making announcements and ensuring everything goes smoothly on the day of the event.

"I just kind of run the beach. We make sure that everybody's lined up and ready to go," Ricketts said.

While Ricketts has also noticed the slight decline in numbers since the start of the pandemic, he is happy to see everyone back at the lake to "come together for such a great cause and still wanting to get out here and plunge."

Anyone wanting to learn more about the Polar Plunge can visit the website plungeillinois.com

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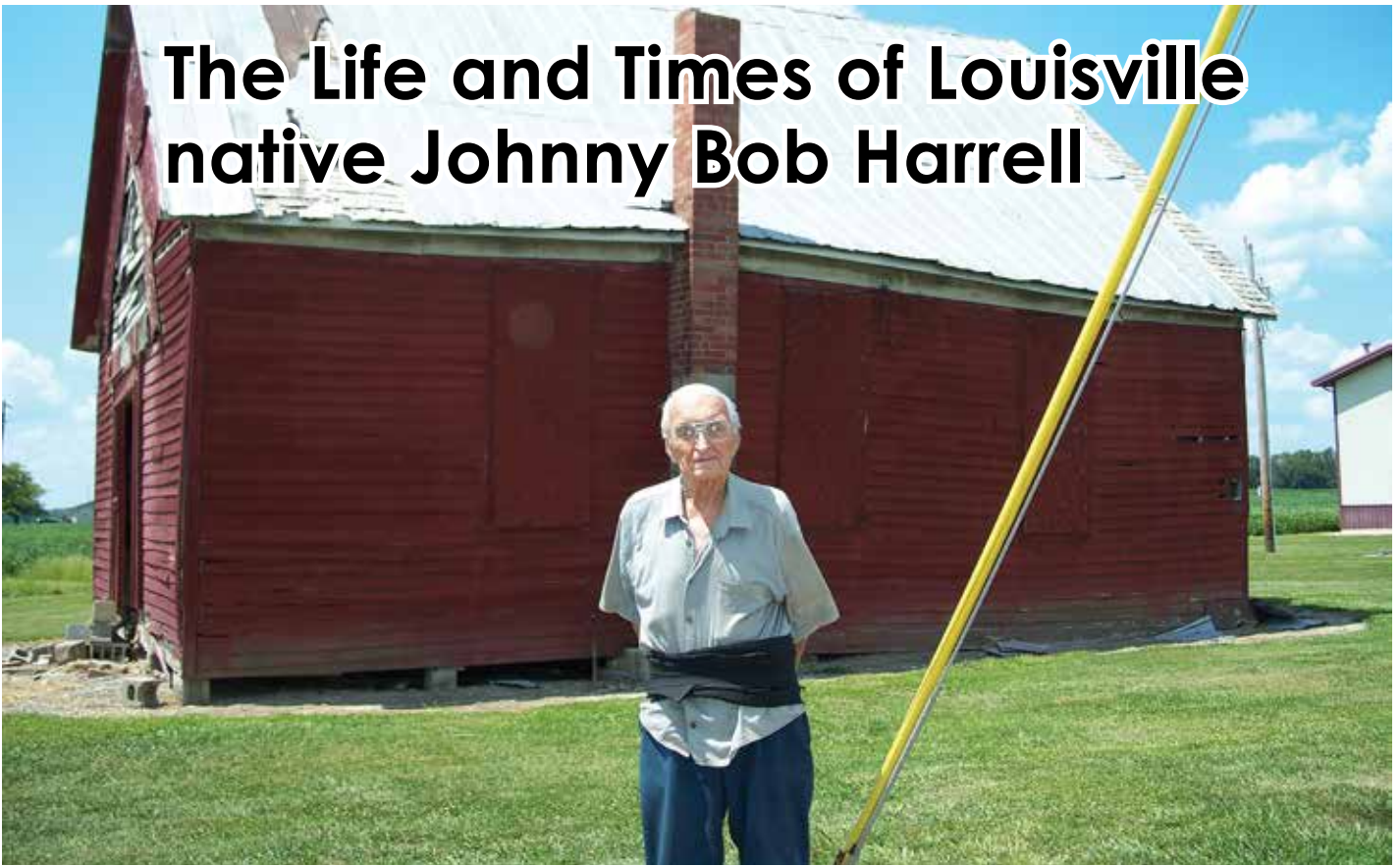
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The Life and Times of Louisville native Johnny Bob Harrell



John R. "Johnny Bob" Harrell in front of Coles Church just outside of Louisville in 2017. The church has since been razed. Submitted photo.

JEFF LONG
EFFINGHAM MAGAZINE

Visionary. Man of God. Cult Leader. Fugitive. Inmate. Patriot.

So begins a publicity blurb for "Johnny Bob: The Life and Times of John R. Harrell of Louisville, Illinois," a book by Illinois native Cary O'Dell, published in 2022 by America Through Time.

O'Dell said in an interview that Johnny Bob, who died in 2021 at age 99, was called all those things during his long and colorful life. The author himself does not consider Johnny Bob the leader of a "cult," but understands the perception that some held.

"A deeply religious, independently wealthy man, in the 1960s Harrell was known throughout the Midwest for his eccentric estate (which included a full-size replica of Washington's Mount Vernon) and the rogue Louisville-based religious

colony he founded which many labeled a 'cult'" says the book blurb.

"In August of 1961, U.S. federal agents stormed his Louisville property to retrieve an AWOL Marine who had taken refuge on Harrell's 'sovereign' grounds. This military action, involving over 100 armed officers, was national news and set off a chain of events in the U.S. courts, in military tribunals, and eventually across the United States as Harrell and his family became fugitives, running from the law.

"This book retraces Johnny Bob Harrell's nine decades, from his claims of an early 'miracle' healing to the founding of his religious

community to the 1961 siege, and Harrell's subsequent life as fugitive, federal inmate, and right-wing provocateur."

THE BOOK

O'Dell is a graduate of Southern Illinois University at Carbondale and works for the Library of Congress. He is the author of five books and resides in Culpeper, Virginia.

"Although I grew up in the northern part of the state of Illinois (Galesburg, to be exact), I spent a lot of my childhood and teens in southern Illinois, the part of the state often referred to as 'Little Egypt,'" he explains in the introduction to the book. "Both sets of my grandparents lived in the small town of Kinmundy, Illinois (pop. 900), and after my dad retired from his job in 1997, he and my mom returned to live in Kinmundy permanently.

"I had never heard any mention of a man named Johnny Bob Harrell until one day, around 2013, when a

You can order "Johnny Bob: The Life and Times of John R. Harrell of Louisville, Illinois" at <https://www.through-time.com/products/johnny-bob-the-life-and-times-of-john-r-harrell-of-louisville-illinois>

friend of my mother's made a passing mention of him and this overgrown, Mount Vernon-style home in the nearby town of Louisville."

That mention spurred O'Dell's research and eventual book. O'Dell interviewed Johnny Bob several times before Johnny Bob's death, along with many of his children and people who knew him.

"He led a very interesting life," the author said.

"He was always a very kind man, a very gracious man," O'Dell said. "I liked him. The first time I went over to meet him, knowing some things about him but not everything, I was surprised. I was expecting someone very 'fire and brimstone.' But by the time I met him, he was in his early 90s. He had mellowed out by then."

O'Dell's book describes how, at the height of the Red Scare and McCarthyism, Johnny Bob often accused people in tiny Louisville of being part of a Communist conspiracy.

"Accusing people of being Communists was not uncommon at that time," O'Dell said. "Now, that so many were harbored in little Louisville, does seem odd. But it was something that a lot of people were very anxious about, very nervous about."

O'Dell sees early parallels between Johnny Bob and the divisive politics of today. Johnny Bob once ran for state senate, and claimed election fraud when he lost by a wide margin.

"You kind of see that happening now with politics," O'Dell said.

"We're getting very red and blue focused, here, with certain people in Congress even calling for a national divorce. You're seeing a lot of anger and a lot of accusations. People are using the term 'commie' to accuse liberals or vice versa.

"He said God told him to run for of-

Mount Vernon house during construction in Louisville. Submitted photo.



Cary O'Dell is a native of Illinois and a graduate of Southern Illinois University at Carbondale. He works for the Library of Congress, is the author of five books, and resides in Culpeper, Virginia. Submitted photo.

fice, and he did. He had billboards up and around southern Illinois. He was a pilot, so he would fly around the state and do campaign appearances.

"His motto was 'Put God back in Government,' which many candidates still try to do, despite divisions of church and state. Throughout the state, his candidacy was not treated with great seriousness. He

was fourth out of a five-man race.

"Later Johnny Bob said even though God told him to run for office, God never told him he would win. But he did manage to get his message out to a lot of people he otherwise would not have reached."

'MOUNT VERNON'

Diagnosed with cancer, Johnny Bob claimed to have been miraculously healed. He re-pledged his life to God. Along with running for office, God told him to build a giant home, based on George Washington's Mount Vernon. It's still standing, though was never finished.

It didn't have plumbing or electricity. Second floor access was via an external staircase.

"I would not go in it," O'Dell said. "It is chock full of junk."

In June of 1961, the National Enquirer published an article on Johnny Bob Harrell under the headline: "House of Fear," with the subhead: "Rich Johnny Bob Built It to Escape The End of the World .. And He Invites You to Join Him."

"The accompanying text to the article related much of Johnny Bob's story – his miraculous cure from cancer, his failed political bid and his ongoing crusade against locally based communism," O'Dell wrote in his book.





John R. "Johnny Bob" Harrell and AWOL Marine Dion Davis on the porch of the Mt. Vernon house in Louisville, August 1961. Submitted photo.

Not long after that, an AWOL Marine named Dion Davis showed up at the compound on the grounds of Johnny Bob's estate, where several families had already

moved and which Johnny Bob had declared a "religious retreat."

Soon, authorities seeking Davis arrived and demanded his surrender.

"Johnny Bob refused," O'Dell said. "He said he was a sovereign state and the laws of the U.S. did not apply to him. And that Dion Davis said he did not want to go back, saying killing was wrong and the U.S. government was turning people into killing machines. So he was taking refuge here. There were some negotiations between federal authorities, local police and state police.

"And then on a morning in April, 100 service men stormed the compound. They came over the property from three directions. There were the two

main entrances at the front. They used a half-track, which is like a tank, to storm the front gate. They also came over the river across the back. This was at 4 o'clock in the morning. They also had a plane flying overhead.

"It was probably overkill. But if you're military, or the police for that matter, you don't go in unprepared.

"A few guys ended up with scrapes. But nobody was killed."

Johnny Bob was bailed out of jail 48 hours after the raid.

FUGITIVE

On his way to a meeting in Springfield with the IRS, which was also investigating him, Johnny Bob and his wife and children disappeared. Their car was found abandoned in Taylorville. Followers said he'd been kidnapped. Officials say he was on the run.

"At one time, authorities received a letter from him – handwritten on yellow paper – saying he'd been kidnapped and was being held by a Communist contingent," O'Dell said. "His followers in Louisville assumed that was true. But law enforcement did not. Eventually, he and his family were discovered living in a town called Strawberry, Arkansas."

Johnny Bob spent five years in federal prison. Upon his release, he returned to Louisville.

"Johnny Bob later became involved in what we now call 'Identity Politics' – very strong right-wing political viewpoints," O'Dell

said. "He redesignated his property as a training ground for paramilitary groups who were preparing for the Apocalypse, the possible invasion of Communism, the fall of the U.S. government."

By the early 1980s, Johnny Bob was holding "Freedom Festivals" on the grounds of his property in Louisville. According to O'Dell, there were workshops on how to not pay taxes, the role of women in paramilitary organizations, how to establish a new economy, and survival techniques.

But by the mid-1980s, the views of such organizations had become too radical for Johnny Bob and he bowed out.

BOOK RECEPTION

O'Dell said reception to his book has been positive.

"In southern Illinois, it's been really positive. There's been a lot of interest in this story. People remember fragments of it. Or they heard bits of it.

"It is a fascinating story. If this had been a novel, nobody would have believed it. It would have been too far-fetched.

"Did he get carried away? At times, yeah. Should he have run from the cops? No. Should he have turned over Dion Davis? Probably. It's not a good idea to throw down with Uncle Sam.

"You can admire his tenacity and his desire to follow his beliefs. But it did cause trouble for a lot of people, including his own family."

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The race directors for the Santa Stomp 5K and local veterans stand and sit alongside each other at the Teutopolis Banquet Hall. From left are Larry Wilson, Bob Walk, Jerry Walk and Kristi Sabo. Nick Taylor photo

Running for the Honor Flight

TEUTOPOLIS MARATHON SUPPORTS AREA VETERANS

NICK TAYLOR
EFFINGHAM MAGAZINE

When longtime running buddies Larry Wilson and Kristi Sabo first organized the Santa Stomp 5K roughly four years ago, they had no idea it would grow as much as it has.

"We did not expect this when we first started," Sabo said.

All they had was a passion for running, charity and a shared desire to give back to local military veterans.

In December, they held the fourth Santa Stomp 5K in Teutopolis, an event that has become quite popular among residents and some who have driven well beyond the boundaries of Effingham County for the marathon.

"We don't know what happened. Things just got crazy," Sabo said.

In fact, for some, the Santa Stomp 5K has become a beloved part of their holiday tradition.

The funds raised from the 5K are donated to Land of Lincoln Honor Flight, a nonprofit organization that provides veterans of WWII, the Korean War and the Vietnam War with trips to Washington D.C. to visit

Local veterans and volunteers present a \$14,000 check for Land of Lincoln Honor Flight after the 2022 Santa Stomp 5K. In the first row, from left, are Jerry Walk, Roch Westendorf, Bob Walk and Albert Seiler. In the second row, from left, are Land of Lincoln Honor Flight Veteran Coordinator Steve Wheeler, Harold Meyer, Land of Lincoln Honor Flight President Joan Bortolon and Don Will. Kristi Sabo photo



their respective memorials.

According to Sabo, the Santa Stomp 5K race director, she and Wilson came up with the idea after she discovered how much she enjoyed marathons.

"The year we started it I had just ran my first marathon, so I was like, 'OK, now what are we gonna do?'" Sabo said. "So he humored me, and here we are four years later."

Sabo partially credits their ability to effectively organize such a popular event to their experience running in marathons throughout the country.

"We know what we want," she said. "It apparently works because this year we had 636 people."

The 2022 Santa Stomp 5K not only boasted high participation, it also raised \$14,000 for Land of Lincoln Honor Flight.

Although many runners participating in the Santa Stomp 5K are from the Teutopolis area, Sabo said she's seen participants who have driven a long way for the event, including a father from Nashville, Tennessee.

"We have a family group from Chicago that we've had every year," she said.

Several local veterans have also begun taking part in the event as runners, walkers and volunteers.

"Jerry has walked it every year with his family," Sabo said, referring to Jerry Walk, a local U.S. Army veteran who served in the Vietnam War. "We also have our veterans hand out the medals at the finish line."

Veterans, including Jerry Walk and his brother Bob Walk, a fellow Army veteran, were invited back to the event after the COVID-19 pandemic prevented veterans from taking the Honor Flight in 2020.

The festive nature of the Santa Stomp 5K has made the event particularly popular among families, attracting participants of all ages.

Unlike most marathons, it's not just the runners who finish first that win awards at the Santa Stomp 5K. An award also goes to the most festively dressed participant. Since the event takes place during the holiday season, there is no shortage of Santa, elf, and other similar Christmas-themed costumes that make it all the more entertaining, especially for children.

"I think last year was the most kids we've ever seen," Wilson said.

The event also includes live mu-

Santa Stomp 5K runner Scott Reed shows off his festive costume alongside Santa who was played by Roch Westendorf. Kristi Sabo photo



Santa Stomp 5K Race Director Kristi Sabo sits in a truck alongside several marathon runners. From left are Suzannah Bartos, Jill Witte, Patty Jansen, Kristi Sabo, Angela Sabo, Barbie Ambuehl and Emily Bernardes McAfee. Kristi Sabo photo

sic from a brass ensemble band as well as two sets of Christmas carolers from the St. Francis Music Ministry.

In addition to veterans handing out medals to runners at the finish line, the event also includes the presentation of colors by Effingham VFW Post 1769.

For any hungry participants, biscuits, gravy and donuts are available at the banquet hall, as well as beer.

"You've got to feed the masses," Wilson said.

Sabo said that when she and Wilson first organized the Santa Stomp 5K, they didn't anticipate the massive crowd they were met with that morning.

"We would be happy with 75, and we ended up with 330," Sabo said.

Before the Santa Stomp 5K was held at the Teutopolis Banquet Hall, it was held at Stevens Industries.

"The first one was held over at Stevens," Sabo said. "Stevens Industries has been our main sponsor."

Stevens has been just one of many local sponsors who have helped fund the 5K event, allowing Sabo and Wilson to focus more on their fundraising efforts.

After realizing that they would

have to accommodate for many more runners than they had initially anticipated, Wilson and Sabo decided to move the Santa Stomp 5K to the banquet hall because it is a much more suitable venue for such large crowds.

Last year's Santa Stomp included the highest number of runners and walkers who have ever taken part in the event.

Among these participants are both experienced and inexperienced marathon runners which takes a lot of the pressure off any first time marathon runners but also attracts skilled participants.

For the less-experienced runners and walkers, the Santa Stomp 5K also includes a one-mile race.

The top three finishers in each age group receive a trophy or a medal.

Sabo said another award called the "Hometown Proud Award" is also given out every year.

According to Sabo, this award goes to someone who lives in Teutopolis or went through the Teutopolis school system and usually includes a wooden shoe and other items such as gift cards to local businesses.

Although he's been instrumental in organizing the Santa Stomp 5K since the very beginning, Wilson



Members of the Effingham VFW Post 1769 perform the presentation of the colors before the start of the Santa Stomp 5K at the Teutopolis Banquet Hall. Kristi Sabo photo

credits Sabo with the idea to use funds for the race to benefit Land of Lincoln Honor Flight.

Sabo has volunteered on a number of Honor Flights, including one with her father, who was a veteran himself.

"I've been on that flight six or seven times, I think," Sabo said. "It is an incredible day."

Although she's taken the flight several times, Sabo said her favorite part of the trip has always been the moment veterans arrive back at the airport where they are welcomed by a crowd of supporters.

Sabo said the moment is always emotional for everyone involved, but her first time witnessing the welcome home in Springfield was overwhelming.

"The first year I did it, I had no idea," she said. "There was just hordes of people out there. And I probably cried more than the veterans."

Sabo said the Honor Flight is so important to the veterans who are able to take it that some of them have even asked to be buried in their Honor Flight shirts.

Sabo said one reason why this moment is so important and emotional is the fact that many veterans never received a proper welcome home when they flew back from serving overseas.

"They weren't welcomed back," she said. "They never got that."

Sabo said fundraising for Land of Lincoln Honor Flight is as important



Santa Stomp 5K Race Directors Kristi Sabo and Larry Wilson hold some of the medals that are given out to runners and walkers at the finish line at the Teutopolis Banquet Hall. Kristi Sabo photo

as ever because the cost of the trip has recently risen.

"Their operating costs have completely skyrocketed," Sabo said. "They're kind of hurting a little."

Sabo has her own personal connection to the military and the Honor Flight program. Her son is currently serving in the United States Army.

Additionally, Sabo's father served during the Korean War, and in 2014 he joined a group of Teutopolis veterans for the Honor Flight.

"So even though I wasn't my dad's guardian, I got to go along," Sabo said.

Sabo enjoyed helping with the Honor Flight so much that she has been volunteering as a guardian on as many as she can ever since.

"I've been to every one since I was on one," she said.

In addition to a number of volunteers, Sabo and Wilson have also enlisted the help of Kirby Davis of Neoga, who sings the national anthem during the event, and Roch Westendorf, who plays one of the most important roles in the Santa Stomp 5K, the role of Santa himself.

"He leads the race in the golf cart," Wilson said of Westendorf.

"We couldn't do this without him," Sabo said.

Due both to the success of the event and their deep appreciation for the veterans they raise funds for, Wilson and Sabo work tirelessly to prepare for the event, spending almost the entire year finding ways to improve the event and ensuring it meets their high standards.

"People have come to expect a certain amount from us," Sabo said.

The next Santa Stomp 5K is scheduled for Dec. 16 at the Teutopolis Banquet Hall. Information regarding the Santa Stomp 5K and how to register can be found on the Santa Stomp 5K Run/Walk Facebook page.

The Green Way to Exercise

GET THE MOST OUT OF GARDENING THIS SUMMER

DEVAN FILCHAK
CNHI NEWS SERVICE

Getting down and playing in the dirt isn't just for kids.

Many people garden every year. It provides physical exercise, and it can help relieve arthritic pain.

For people of any age, certain precautions should be taken while spending days out in the summer sun.

Kelsey Allbright, nurse practitioner at Open Door Health Services in Anderson, Indiana, and Melissa Ochoa, staff occupational therapist at Community Hospital Anderson, shared some tips about how to stay safe and get the most out of gardening this spring and summer.

In this Effingham Daily News file photo, Nik Alwerdt, owner of Alwerdt's Gardens south of Altamont, holds a rose bush.



1. CONSIDER GARDENING REGULARLY, EVEN IF YOU HAVE ARTHRITIS

Gardening can actually help improve arthritis symptoms.

Two and a half hours of moderate physical activity can give people more energy and help reduce arthritis pain and stiffness, according to the Centers for Disease Control and Prevention.

Gardening is a good way to exercise, in part because it provides a distraction while working your muscles.

2. USE THE RIGHT TOOLS

Tools made with wider handles can reduce arthritis pain caused by gripping. A cheaper alternative, to use a tool you already have, is to tape a hand towel around the handle.

The idea, Ochoa said, is to widen the diameter of the tool, which will help make the grip more comfortable. Curved and padded handles might make gardening less painful, as well.

3. BEND CAREFULLY

When you get down to ground level, should you go down on both knees or bend over at the waist?

Neither.

"When you're going down to get something off the ground, it's better to go down onto one knee and keep one leg up," Ochoa said. "When you're squatting, bend at the knees and not at the hips."

Better yet, don't bend at all, if you can avoid it. Ochoa suggests keeping a garden in raised flower beds.

"I know that's a little more costly, but that would help save some energy and help with pain," she said.

4. COVER YOUR SKIN

Sunscreen should always be used on bare skin exposed to the sun.

When gardening and doing yard work, it is better to wear light-weight clothing with light colors.

"Even if you have sunscreen on, you're still exposed to ultraviolet rays," Allbright said. "As the sunscreen wears off, you're at an even more increased risk (of developing skin cancer)."

Wearing a hat and sunglasses can help protect skin and eyes, as well.

5. LISTEN TO YOUR BODY

Ochoa suggests that you work in gardens close to your home, in case you need to get out of the sun or get more water suddenly.

Drinking a lot of water is a must, including throughout the day. Ochoa suggests resting about every 15 minutes when it is exceptionally hot out. Drink water and rest either inside or in a shady area.

6. TAKE A BREAK

It's not healthy for anyone to be outside all day without a break. If you start feeling tired, Allbright said, it's best to take a break and leave the yard for a bit.

7. BEWARE OF POISONOUS PLANTS

Poison sumac and poison ivy can generally be avoided if you know what they look like. If you touch a plant that might be poisonous, don't take a chance.

"Wash your skin thoroughly with soap and water," Allbright said.

8. GET THAT TETANUS SHOT

Gardeners are extra susceptible to getting tetanus if they aren't vaccinated. Tetanus lives in soil, and gardeners use tools that could nick skin on the hands and arms.

Adults should get a tetanus vaccination every 10 years, according to the CDC.

Local businesses come together

CATHY GRIFFITH
EFFINGHAM MAGAZINE

Alice Wines and her family have been coming to Tuscan Hills Winery every Friday during Lent. But you won't find her drinking wine. She's there for the fish.

Since 2020, Country Rhodes Catering has been serving up a fish fry that has drawn people like Wines to the Effingham winery. She started visiting last year.

"I went to different ones and came back to here because it's the best," said Wines, who likes the variety they serve on the buffet, including the chicken.

This Sunday Brunch features mimosas and a bloody mary from Village Wine & Spirits and food from Taqueria Don Pedro. The two businesses started the monthly collaboration earlier this year. Submitted photo



The food and drink drew Jackie Akers from Flora to the winery on a recent Friday.

"I love it – 'Come in and get shrimp and wine.' Can't beat that," she said.

Country Rhodes co-owner Lee Althoff said the buffet draws people like Akers who live 45 minutes to an hour away. But they don't just come for the food, which also includes crab legs.

"They also love the building and the atmosphere here as well," he said.

Lee notes the fish fry has a lot of repeat customers who can't wait to indulge in the freshly cooked food that starts serving at 4 p.m.

"We'll have people here at 3:30 waiting," he said.

Lee and his wife, Kelly, bought the catering company in 2019. Then COVID hit, challenging food and drink businesses like Country Rhodes Catering and Tuscan Hills Winery – which is owned by Kelly's parents, Wes and Wanda Pitch-

er – that rely on large volumes of customers to survive.

"So, we had to get really creative with how to bring people in and keep our doors open," said Lee.

The two businesses started to collaborate and began a drive-thru fish fry.

"We had cars all the way out and into the street. They would also have wine sales as we were doing our drive-thru fish fry," said Lee.

"It worked really well. In fact towards the end of Lent, we had to space out our wine sales because it was working so well," said Tuscan Hills Winery General Manager Erin Hartke.

While the fish fry has moved indoors, it still attracts plenty of customers.

Lee calls the collaboration a "symbiotic" relationship between the two businesses.

The fish fry gives the catering company a place for customers to try their food without a 50-plus person event to cater.

"And for the winery, we get to compete with the popularity of fish fries during Lent without having to operate out of our own kitchen when we can concentrate just on beverages," said Hartke.

Lee notes the buffet also brings in a different clientele than normally comes to the winery, such as families.

"We had a 10-year-old boy here and he's never had crab legs before so I was like, 'Hey man, you want some?' So, I gave him some and showed him how to crack it, and he had the biggest smile on his face. That's what's cool about this place as well. It's very family friendly. You have the adults who are able to have the wine or whatever adult beverage they would like and the kids also feel very welcome here as well, which works out well for a family-style fish fry," he said.

For the family members who aren't fans of seafood, Hartke said the winery's kitchen can serve up a cheese pizza or other items.

And Hartke notes, "Anytime we can get new people in the door, we hope we provide an experience where they might want to come back outside of a fish fry."

The two have had collaborations other than during Lent, including a Fourth of July fundraiser. And throughout the year if there's a Friday where neither business has much going on, they'll plan a fish fry.

"Even if it's just two weeks out, we'll bring 100, 150 people easily every time. We have a really good following for this," said Lee. Village Wine & Spirits and Taqueria Don Pedro began collaborating after Village Wine Manager of Operations Katina Niebrugge kept hearing from customers there was nowhere to have brunch in town.

"I basically proposed to Lili about doing a Sunday brunch," said Niebrugge, referring to Taqueria Don Pedro General Manager Liliana Iffert.

Iffert liked the idea but had to juggle staffing schedules since Taqueria Don Pedro isn't open on Sundays. Village Wine also would have to open its doors earlier to accommodate the brunch crowd from 10 a.m. to 2 p.m.

The two decided to go for it and have one the last Sunday of each month, with Village Wine providing a bloody mary and mimosa bar and



Josi Wines and Jayce Kinkelaar of Effingham fill their plates during the Country Rhodes Catering Fish Fry at Tuscan Hills Winery. Cathy Griffith photo

Taqueria Don Pedro the food. The first one was in January.

"The first day we were super busy. We were so busy that by 1:30ish we were almost out of food," said Iffert.

The Sunday Brunch is not the first time the two businesses have collaborated. Ever since Taqueria Don Pedro moved in next door to the downtown wine shop and bar, the two have fed off of each other to offer customers what Niebrugge calls "the best of both worlds."

"Boris (Bonutti) had been wanting for quite some time to be able to offer food to the clientele. But it's a whole different ball game than running a bar. Some of us have a little bit of restaurant experi-

ence. But for the most part, none of us wanted to take on managing a restaurant," said Niebrugge.

When COVID hit, Iffert said it was a difficult time.

"We were hesitant. We were wondering should we close, should we stay open. But then we had this opportunity, this is a sign: Let's just do it," she said. "It's been great."

Since making the move, Taqueria Don Pedro has been able to offer its customers the wine shop's knowledge and vast selection of wine and spirits. The two have even paired what wines go best with some dishes.

For Village Wine, the Register Room allows customers to enjoy both, as customers can order

from the restaurant and wine shop.

"They can do rooftop. They can do patio, basically anywhere in the building they have access to both of us," said Niebrugge.

That has brought in more clientele.

"We have a lot more (families) than what we used to and that's where that separate room has really benefited us. That room and the rooftop, because families don't feel like they're sitting in a bar," she said.

The two say it's not unusual to have customers start in the bar for a few drinks and then move to the restaurant or another area of the building for dinner and vice versa.

Katina said that has given Taqueria Don Pedro the opportunity to develop a different menu.

Iffert said the menu has been evolving according to the clientele they get. The brunch menu also is never the same.

"Even the salsas are different because that's what I want to bring in collaboration with the wine shop because it's a unique place, so they deserve to have a unique menu to offer to customers," said Iffert.

"I think it's opened up a world to people that maybe normally wouldn't have ventured to trying something different," said Niebrugge.

Iffert has even started incorporating wines into some of her dishes.

"She'll come over and get stuff from the bar to ex-



A hot Americano using Fox Holler's signature espresso is pictured alongside Cold Brew Blissful Bites. Submitted photo

periment with over here when she's making dishes," said Niebrugge.

"They have such a wide selection of everything. Why not cook with it. And vice versa. Whenever they're bartending, they allow me to serve margaritas. We've learned to rely on each other in many aspects of the bar business. There are many times I'll ask her what do you think about this," said Iffert.

While Iffert admits there are challenges like anywhere, the two women have developed a healthy relationship.

"We can actually talk about it and complain about it to each other and then come up with a solution. I think that's very healthy to do with a partner – whether a business partner or any kind of partner – to be able to talk about any issues that come up and find a solution is something that doesn't occur very often," she said.

Fox Holler Coffee knows well the benefits of partnerships. The local shop and roastery has been finding ways to include local products and partner with other local businesses since it opened.

"When it comes to food and beverages, we have partnered with Deb's Catering for breakfast

burritos, have always used honey from various local farms, support local bakers like Lisa's Pastry Sensations and Pie Bird Bakery for muffins, scones, granola bars and cake pops, and most recently, we have teamed with Heartland Health Food Store to serve healthy fresh-pressed juices," said Marketing and Project Manager Taylor Steele.

Another one of Fox Holler's collaborative ventures is with Blissful Bites.

Blissful Bites owner Rebecca Webster approached them about selling her plant-based treats that she started as a CEO business in high school.

"I had ran my business just primarily online, so I was just eager to get it in a physical store," she said.

Webster said the partnership has benefited her business ten-fold since it began over a year ago.

"I think that was a major catalyst to me, not only financially of being able to be successful in business, but belief in myself," she said.

When Webster started the partnership, she still had a full-time job. As the treats started successfully selling at Fox Holler, it gave her the confidence to quit that job and pursue Blissful Bites as her full-time business.

"On top of that, Fox Holler has been great to work with as far as community involvement and marketing together, and just on a personal level, everybody that works there has been phenomenal to work with," she said.

Webster now has a storefront in downtown Effingham, as well as wholesales, where she has now partnered with other businesses, including Heartland Health Food Store in Effingham.

Steele said since Fox Holler started selling Blissful Bites, they haven't been able to keep them in stock.

"They are an extremely popular item that we sell alongside our cold brew, lattes and fraps daily," she said.

The two have built on that suc-

cess by pairing Webster's Red Velvet Bites with Fox Holler's Red Velvet Cake iced latte to serve at its Effingham location and her Chocolate Strawberry Bites with its specialty Chocolate-Covered Strawberry cold brew at its Teutopolis drive-thru. They added another layer to the partnership by incorporating finely ground Brazil beans fresh from Fox Holler's roastery into Blissful Bites' Cold Brew bite.

Fox Holler's other partnerships include selling its products at several local eateries and stores. Their bagged coffee is sold at S&W Supermarket in Altamont, Nuxoll Food Center in Effingham, Old Mac's Drive Thru in Dieterich and John Boos Factory Showroom & Outlet in Effingham, and their hot coffee is served at Gabby Goat American Pub & Grill in Effingham, Steve's Liquor and Snacks on Highway 40 in Funkhouser and Open Door Diner in Altamont.

In addition, Rusty Reel on Lake Sara serves Fox Holler's cold brew and a Long Island cocktail with Fox Holler coffee, and Vahling Vineyards in Stewardson sells bottles of a coffee liquor that they created using Fox Holler coffee.

Fox Holler's partnerships don't just include businesses. Through its charitable program, Heart of the Holler, the business donates a portion of its bagged coffee sales to a local not for profit or community organization. Currently, Heart of the Holler is partnering with Family Matters Parent Training & Information Center. Past groups include Community Support Systems, HSHS St. Anthony's Women's Wellness Center, EARS, Relay for Life, Effingham Unit 40 Mentoring Program and others.

Steele said while the relationship with Blissful Bites has brought new customers to Fox Holler, it has led to something more.

"I believe it has provided a sense of community to us both as two small businesses supporting each other and genuinely lifting each other up."



Abby Welsh, MD

PEDIATRICIAN
left

Cari Fearday, PA-C

CERTIFIED PHYSICIAN ASSISTANT
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SNAPSHOTS

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



▲▲ John Anderson of Distress Bandanna passes out Distress Bandannas and safety information to student drivers at Teutopolis High School. Nick Taylor photo.



▲▲ Greg White of Newton relaxes as Amber Gill and Marlana Rodebaugh, both American Red Cross Collection Specialists III, work with him during a blood donation. Dawn Schabbing photo.

FEBRUARY

Board member Martin Reyes, center, and Altamont Unit 10 Board Vice President Kerry Wolff, right, look around the basement of Altamont Community High School as Altamont Unit 10 Maintenance Director Alan Whitt, left, shows them where asbestos removal and other maintenance is needed. Nick Taylor photo. ▼▼



▲▲ Beecher City High School teacher John Brown, right, speaks with Jason Eirhart, the school's physical education teacher. It is Brown's second year teaching at Beecher City High School. Brown is a retired Army officer and FBI agent. Nick Taylor photo.

District 12 constituents listen as U.S. Rep. Mike Bost speaks at EJ Water in Dieterich. Nick Taylor photo. ▼▼



▲▲ A student hands Bishop Thomas John Paprocki the bread during the all-schools Mass at St. Anthony High School Enlow Center Feb. 1. Nick Taylor photo.



◀◀ Land of Lincoln Honor Flight President Joan Bortolon gives Larry Niemerg his flight hat before beginning the Honor Flight presentation in Niemerg's living room. Nick Taylor photo.



▲▲ Altamont Garden Club President Nita Miller, left, listens to Angie Braasch, a fellow club member, as she discusses some of the group's upcoming events and projects during the club's meeting. Nick Taylor photo.

Local homeowners learn about different businesses at the wide range of booths that were available at this year's Effingham Area Home Builders Association Home Show. Nick Taylor photo. ▼▼



HEALING IN THE HEARTLAND

To those with non-healing wounds, HSHS St. Anthony's award-winning Wound Healing Center offers hope

HSHS St. Anthony's Wound Healing Center is used to the gratitude expressed by their patients when a wound they thought would never go away is healed completely. Since opening in 2010, the center has helped over 4,000 patients, so they have seen many people sign their healing boards in the center and get to ring the bell when they are healed. But as Ashley Dillingham, director, shared, "It happens a lot, but it never gets old to hear the bell ring."

The Wound Healing Center provides care for those experiencing a variety of wounds, from diabetic foot ulcers to nonhealing trauma wounds, to bites and scratches that have become infected or any other wound not healing in a reasonable amount of time. Patients can receive a referral from their family doctor or a specialist, but patients may call the center to make an

appointment if they suspect an injury is not healing the way it should. Dillingham shared, "Regardless of how a patient comes to us, we always work closely with their doctor to provide progress reports on the healing process, so they stay well-informed on their patient's care."

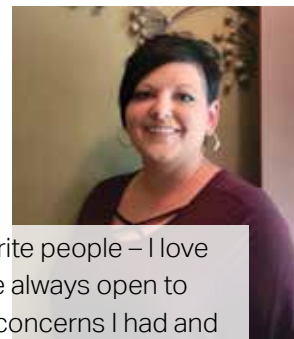
There are several advanced wound care treatments that the Wound Healing Center team may use to bring healing:

- Topical wound care products that promote/stimulate healing.
- Pressure relief or "off-loading" products such as shoes, boots or casts that require that no weight or pressure is put on the wounded leg or foot.
- Tissue-growing therapies that help new skin cells develop by delivering living tissue directly to the wound, activating the body's

inherent ability to repair and regenerate through new cell growth.

- Negative pressure wound therapy that draws the fluid from the body through the wound and stimulates blood flow to the wound.
- Hyperbaric Oxygen (HBO) therapy, delivered in one of the center's two HBO chambers. The therapy stimulates the growth of new blood vessels and tissue with a pressurized, oxygen-rich environment that allows blood plasma to carry up to 20 times the normal amount of healing oxygen.

Healogics® network of over 600 Wound Care Centers,® the nation's largest provider of advanced wound care services. Every year since it opened, St. Anthony's Wound Healing Center has won Healogics' Center of Distinction award. The award recognizes outstanding clinical outcomes, including high patient satisfaction rates and wound healing rates.



"They are my favorite people – I love them! They were always open to listening to any concerns I had and worked well as a team. I don't know that I would be here today or still have my foot if not for them."

– Kylie Rhodes

Dillingham is justifiably proud of the care that the Wound Healing Center provides. St. Anthony's Wound Healing Center is a member of the

"Of all the Healogics wound centers, we are one of only five other centers nationwide who have won the Center of Distinction award this many consecutive years," said Dillingham. "This demonstrates when people are passionate about their health care professions, truly care about their patients, enjoy working together, and continue to advance their training, it shows. Our staff has 107 years of wound experience collectively and truly desire to change people's lives by bringing hope and healing."

The Wound Healing Center cares for people who have wounds that have not begun to heal by conventional methods in two weeks or have not completely healed in six weeks. If you have a wound or injury that is not healing, please call the Wound Healing Center to learn more or make an appointment at 217-347-3565.





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SPORTS PHOTOS

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



◀◀ Altamont's Grace Nelson celebrates with teammates Peyton Osteen (15) and Kylie Osteen (22) after a win over Effingham during a girls basketball game in the Newton Bob Kerans Tournament on Friday, Nov. 25, 2022, at Newton High School. Alex Wallner photo. ▶▶

Altamont's Dillan Elam screams after a win over St. Anthony during a boys basketball game in the National Trail Conference Tournament championship game on Saturday, Jan. 28, 2023, at Altamont High School. Alex Wallner photo. ▶▶



Teutopolis' Brendan Niebrugge dives for a loose ball during a boys basketball game against Rantoul in the St. Anthony Thanksgiving Tournament on Monday, Nov. 21, 2022, at the Enlow Center at St. Anthony High School. Alex Wallner photo. ▶▶



◀◀ Teutopolis' Caleb Siemer screams during a boys basketball game against Rantoul in the St. Anthony Thanksgiving Tournament on Monday, Nov. 21, 2022, at the Enlow Center at St. Anthony High School. Alex Wallner photo.



◀◀ St. Anthony's Brock Fearday and Michael Martelli (35) scream during a boys basketball game against Robinson in the St. Anthony Thanksgiving Tournament on Monday, Nov. 21, 2022, at the Enlow Center at St. Anthony High School. Alex Wallner photo.



◀◀ St. Anthony's Collin Westendorf holds his follow-through during a boys basketball game against Robinson in the St. Anthony Thanksgiving Tournament on Monday, Nov. 21, 2022, at the Enlow Center at St. Anthony High School. Alex Wallner photo.

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CALENDAR OF EVENTS

March 31 – “The Price Is Right Live”

7 p.m. at the Effingham Performance Center. Come on down for your chance to win! 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 1 – “Rock for Kids 2023” 6 p.m. at the Effingham Performance Center, presented by Crisis Nursery of Effingham County in partnership with HSHS St. Anthony’s Memorial Hospital. The lineup includes St. Francis Children’s Choir, Danny Shelton & The Bird Dogs and The Surviving Members.

April 1 – 10th Annual United Way Barstool Golf. It’s no foolin that Barstool Golf is BACK!

The event will be held April 1, 2023. Registration will start at 11 a.m. at the Teutopolis Banquet Hall. Shuttle services will be provided! The cost is \$25 per person / \$100 per team. \$125 per team on day of event. Locations include: Teutopolis Banquet Hall, Shoebox, Kenter’s Tavern, Ping’s, A1 Highway 33, Brickbat, Danny’s, Effingham Event Center, Truckers Pub, Downtown Lounge, The Midway, The Orchard, The Office, Village Wine, The Gabby Goat, Big Papa’s, Gopher’s Grill, and Tap Out Lounge. The event will begin and end at the Teutopolis Banquet Hall. Participants must visit NINE of the participating locations to complete. Phone the United Way of Effingham County Office at (217)342-3824 to register.

April 1 – 6th Annual Trivia Night – Effingham Unit #40 Mentoring Program.

You’re invited to the 6th Annual Trivia Night benefiting the Effingham Unit 40 Mentoring Program. The Effingham Unit 40 Mentoring Program provides youth access to an adult outside their immediate family who can provide

support, encouragement, and a role model to emulate. The one-on-one attention of a mentor is a way to reach out, in a very personal way, to students searching to find their way to adulthood. The purpose of mentors is not to take the place of parents or guardians, but only to supplement them. Mentors are neither counselors nor tutors, but friends. The goal of Unit 40’s Mentoring Program is to give support to students as well as their parents and caregivers so that our children can be as successful as possible in both school and life. The State of Illinois Mentoring Partnership has recognized Unit 40 Mentor Program for reaching their highest level of best practices in the field of mentoring. We are proud that we hold the highest standards for our mentors and students. Theme: Game Night. Location: Effingham Event Center. \$1,000 raffle sponsored by Ginger Ale’s. Snacks will be available for purchase by Ginger Ale’s or you may bring your own! Alcoholic beverages and soda will be available for purchase. Prizes awarded for: Best Dressed, Best Decorated Table and Best Team Name. Time: 6 p.m. | Doors open; 7 p.m. | Trivia begins. Registration required. Contact Zach Scott at (217)690-0785.



April 8 – Easter Egg Hunt at Legacy Harley Davidson at 11 a.m. We will have 5 different age groups from age 0 to 10 years old. We offer candy-filled eggs and the 5 age groups will be able to register for a grand prize at the end of the Easter Egg Hunt. Plus, bring your cameras so you can get a photo of your child with the Easter Bunny!

April 14 – “Glen Miller Orchestra”

7 p.m. at the Effingham Performance Center. From New York, the world-famous Glen Miller Orchestra, with its unique jazz sound, is considered to be one of the greatest bands of all time. Tenor saxophonist Erik Stabnau, who is the current music director, brings his lifelong enthusiasm for big band music to each performance.

April 15 – “Tommy James & The Shondells” 7 p.m. at the Effingham Performance Center. The band was prominent in the 1960s with its 1966 debut “Hanky Panky” and continues to impress audiences with its expansive catalog of upbeat classics like “Crimson & Clover”, “Draggin’ the Line”, “Mony, Mony” and “I Think We’re Alone Now”.

April 15 – The TEF Recycling Drive to be held in front of the Teutopolis High School Gymnasium/ Unit Office. More details to be shared soon, including the list of acceptable and unacceptable items. Many older model TVs will be assessed a charge for recycling by the company. No items may be dropped off prior to the event. This community service is provided by the Teutopolis Educational Foundation. Donations will be accepted the day of the event.

April 22 - The Family Life Center will be hosting its 3rd Annual 5K Run/Walk for Life from 7:45 a.m. to 11 a.m. starting at the Effingham Performance Center! Please help us make this race a huge success and allow us to continue to provide education, parenting classes, ultrasounds and help to young families in the area. Registration required. Call Linda Spindler at 217-342-5433 or email development@familylifepcc.org.

April 23 – Very Fancy Tea Party at the Effingham Event Center. Table Reservations- \$20/each which includes: Tea, coffee, sandwiches, scones, pastries & cakes. Cash bar. Fashion show. Live Music.

April 28 – “EPC Idol Finals” 7 p.m. at the Effingham Performance Center. Calling all karaoke singers! We have a competition for you to see 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 set to take the stage for a night of performances to determine who will be voted the EPC Idol. During the finals, audience members will participate in electronic voting to determine which one of the finalists will win the prize money!

May 6 – “LeAnn Rimes – the story.... so far tour” 7 p.m. at the Effingham Performance Center. The tour celebrates the last 25 years of LeAnn’s career, so get ready to hear all the hits from her first release “Blue” to her brand-new album “God’s Work”.

May 7 – 4th Annual Sunday Funday Spring Vendor Event at Teutopolis Banquet Hall starting at noon.

Join us on the patio and pickleball courts for shopping, food trucks, live music and adult beverages! No entry fee. Everybody is welcome!

May 12 – BBBs Glo Bingo, featuring Glo Daddy at the Effingham Event Center from 6 p.m. to 10 p.m. Come join us for a great time of glow in the dark bingo, music and food while supporting the potential and promise of our young people! Event by Big Brothers Big Sisters of Effingham County.

May 19 – “1973 – The Music of Journey” 7 p.m. at the Effingham Performance Center. This pays tribute to one of the greatest arena rock bands of all time, Journey! 1973 brings the music and experience of Journey live and in concert to audiences of all ages.

May 19 – 56th Annual Effingham County Chamber Golf Outing from 8 a.m. to 5 p.m. at the Effingham Country Club. Are you ready to hit the links this Spring at the 56th Annual Effingham County Chamber Golf Outing, presented by HSHS St. Anthony’s Memorial



Hospital? We sure are! Early bird gets the worm. If you are a morning golfer, it’s never too early to register! For more information, contact Nicole Morrison at (217)342-4147 or email nmorrison@effinghamcountychamber.com

June 3 – Magic & Mischief: A Fairy Market from 1 p.m. to 8 p.m. in downtown Effingham. Event will include Food Vendors, Fire Dancers, Sidewalk Sideshow, Stilt Walkers, Face Painting, Costumes Encouraged, Fairy Vendors, DJ Music, Photography, Local Florists, Artists and Oracle Readings. Contact Hazel-Jayne in Effingham for more information.

June 3 – “Scott Wattles & The Blue Suede Crew” 7 p.m. at the Effingham Performance Center. They will perform a variety of songs including Elvis hits and gospel music.

June 16 – 5th Annual Cruise/Car Show at Teutopolis Banquet Hall in Teutopolis, IL. Rain date will be June 17.

July 14 & 15 – Effingham Artisan Fair at Tuscan Hills Winery in Effingham from 5 p.m. to 9 p.m. on July 14 and from 9 a.m. to 4 p.m. on July 15. First 100 entries gets a free tote bag! The Effingham Artisan Fair is a juried art fair featuring 30 plus artists from central Illinois and the Midwest.

July 29 to August 5 – Effingham County Fair at the fairgrounds in Altamont, IL.

August 23 – “Happy Together – Tour 2023” 7:30 p.m. at the Effingham Performance Center. The Turtles, Little Anthony, Gary Puckett & The Union Gap, The Vogues, The Classics IV and The Cowsills return for the Happy Together Tour 2023, performing their biggest hits of the 1960s and 1970s.

September 23 – “One Funny Mother – starring comedian Dena Blizzard” 7 p.m. at the Effingham Performance Center. Dena will take you on a hilarious journey through the trials and tribulations of motherhood and marriage. This show is for anyone who is a mother, who has a mother or who is married to a mother.

October 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. For more information, contact Hazel-Jayne in Effingham.

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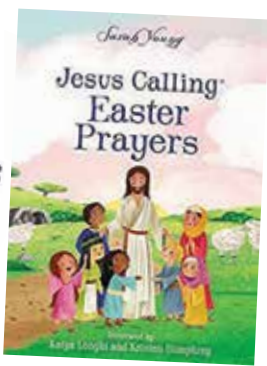
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