



SERVING ALL OF SOUTHERN CHAMPAIGN COUNTY

**South County
SPOTLIGHT**

St. Patrick Catholic Charities - Tolono IL Free Food Pantry Every Monday from 5-6:30 and Friday 9-10:30 -Located at the Parish. Providing fresh produce, meat and pantry items. Serving all of Champaign County

VFW of Villa Grove Bingo Every Friday Night @ 7pm

The Giving Place is open every Wednesday from 4pm-6pm in Tolono to help families in need with food items.

3rd Thursday of every month Tolono Fun Day Committee meet at 6:30 @ Police Station

11/5 Homer Community Library Local Author Book Fair from 9am-Noon

11/5 Katie Moore 5k Memorial Run, Registration begins at 11am @ Winstons Old Bank

11/6 St Patrick Chili Supper 4pm-6pm @ Parish Hall, Tolono

11/7 Village of Sidney Board Meeting @ 7pm

11/8 Election Day!

11/8 Philo Knights of Columbus Election Night Stag Benefits Philo Tree 5pm

11/11 Heritage Veterans Day Program @ 9am @ Heritage E/JH

11/11 Veterans Day

11/11 Heritage Meet the Players Night

11/21 Sidney American Legion Meeting @6pm

11/24 Thanksgiving

If you have an upcoming event that you would like to see featured in Spotlight email us at: jamie@thetuscolajournal.com

Rocket Recap: Rockets Football Advance to Second Round with Shut-out Win Over Harrisburg, XC Girls Blew Away Competition at IHSA Sectional

By Tony Reetz
The IHSA post season is off and running for all fall sports. Some seasons have completed and some are still advancing. Here is a look back at week 10 of the fall season:
Football: The Rockets advanced to the second round of the IHSA 3A Playoffs with

a win over Harrisburg. The game was a battle of two great defenses that kept the game tight into the fourth quarter. The Rockets got on the board late in the first quarter when Cale Rawdin hit Dylan Moore for a 16 yard touchdown pass. The game would stay 7-0 until the third quarter when

Matt Brown punched in a 3 yard touchdown run. Brown would strike again in the fourth quarter to seal the win for the Rockets with a 2 yard touchdown run. The Bulldogs would only threaten the Unity defense a couple times and ended up empty handed each time. The 21-0 win was

the 5th time this season the Rockets first string defense hasn't given up a score.

The Rockets will host Mt Carmel high school this Saturday at

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The Unity Girls Cross Country team is honored during the home playoff football game. The girls won the IHSA Sectional on Saturday.



Dylan Moore (10) & Cale Rawdin (13) celebrate a touchdown they connected for in the first quarter against Harrisburg.

Tolono Wraps-Up October in Festive Fall Style

By Diane Ducey
Wrapping up October has been great! Our local Tolono Fun Day committee had a wonderful response to the Fall Festival idea with quite a crowd gathering at East Side Park (Walnut and Central Streets) to see the end of the Halloween Parade of deco-

rated golf carts and vehicles as well as a "Trunk or Treat" event, Costume Contest and a performance from Unity's Show Choir "Vocal Rush". A couple of dozen singing Rockets did a segment of their "showcase" that will be featured at Unity High School on Friday November

4th if supporters would like to come out to hear music in the gym for a \$10 admission fee that helps raise money for their programs, uniforms, costumes, choreography and copy writing fees. (Details found at UnityMusicBoosters.org).

Many of the students in-

volved were coming from the playoff game that started earlier in the afternoon October 29th as Unity's football team beat Harrisburg 21-0!

Announcements were made throughout the afternoon and early evening regarding the \$10 50/50 raffle tickets that were being sold to help fund

community activities brought on by the Tolono Fun Day committee, like the upcoming "Tree Lighting" ceremony December 10th at the Masonic Hall with a new live tree recently planted thanks to the Cunningham family. Holiday festivities are in the works for shoppers

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Tolono Fun Day held a "Hello Fall" festival on Saturday, October 29 at East Side Park. The day was full of events including a Trunk or Treat, Golf Cart Parade, costume contest/parade and more fun activities. The evening concluded with a fall fireworks display. Photos courtesy Diane Ducey

Ask Dr. Z - Q and A on Health Topics that Matter with OSF HealthCare

Q: My kids have all this Halloween candy at home after Monday's trick-or-treating. How can they indulge their sweet tooth without ruining their health?

A: We know kids trick-or-treat with a goal of getting as much candy as possible. And here's some good news for them: experts have made a sudden about-face on this topic in recent years. They say there is no right or wrong in the amount of candy a child should consume during or right after Halloween. Keep your child's specific health

needs in mind. But generally, the experts say if a child enjoys a large amount of candy one day, their overall health should be fine as long as their diet is balanced with fruits, vegetables and proteins the other 364 days of the year. Brushing and flossing your teeth should also be a part of the daily routine. It's only if we continue to eat large amounts of sugar day after day that things start to add up in a negative way.

Another reason not to heavily restrict the amount of candy your child eats after

Halloween: the candy becomes a forbidden fruit, and the child will only want more. In the end, it's probably just better to let them eat the candy in the days following Halloween. If your child gets a stomach ache, comfort them and treat them with over the counter medication. But turn it into a valuable lesson about overindulging.

Whether it's Halloween, bringing food home from school or any time your child gets handed a treat, parents need to inspect the morsel. Be cautious of anything home-

made as it may contain allergens. Discard anything that looks like it was tampered with or anything that looks spoiled. Food that is "regifted" may fall into those two categories.

Dr. Andrew Zasada is an internal medicine physician at OSF HealthCare Medical Group - Primary Care in Savoy and OSF HealthCare Heart of Mary Medical Center in Urbana. For more information, call 217-560-6300.

Have a health question for Dr. Z? Email jamie@thetuscolajournal.com.



Dr. Andrew Zasada.