Q: My kids have all this Hal- o-oween candy. If we restrict the amount of candy a child eats on any one day, their overall health may fall into those two categories. Whether it’s Halloween, Thanksgiving, or any other special event, parents need to carefully manage their children’s candy consumption to avoid negative health impacts.

Dr. Andrew Zasada

By Diane Daisy

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 (Walmart and Central Streets) to see the end of the Halloween Parade of decorated golf carts and vehicles as well as a “Trunk or Treat” event. Costume Contest and a performance from Unity’s Shaw 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 afternoon 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 involved were coming from the playbook that started earlier in the afternoon October 26th as Unity’s football team beat Harrisburg 21-0! Announcements were made throughout the afternoon and early evening regarding the 1990s halftime fun with 50’s bands and rock and roll music! The evening concluded with a fall fireworks display. Photos courtesy Diane Ducey

By Terry Breezy

The IHSA post season is off to an exciting start for fall sports. Some seasons have completed and some are still going strong. Here is a look back at week 10 of the IHSA Fall Playoffs. 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 the bust in the first quarter when Cale Rawdin hit Dylan Moore for a 4 yard touchdown pass. The game would stay 7-0 until the third quarter when Matt Bonnen pushed in a 3 yard touchdown run. Brawn records at the quarter in the fourth quarter to seal the win for the Rockets with a 2 yard touchdown run. The Bull- dozers defense stepped up 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 Sat- urday at 11am @ Winstons Old Bank.

By Diane Daisy

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

By Diane Daisy

Tolono Wraps-Up October in Festive Fall Style

Tolono Fun Day held a “Hello Fall” festival on Saturday, October 29 at Tolono 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

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

Have a health question for Dr. Z? Email jamie@thesouc- iomjournal.com

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SERVING ALL OF SOUTHERN CHAMPAIGN COUNTY

South County Spotlight

St. Patrick Catholic Church’s “Blew Away” Golf Tournament

9:10-20-Located at the Parish. Providing a fun, family friendly event for meat and pantry items. Serving all of Champaign County

VFW of Villa Grove Bingo Every Friday Night 8-7pm

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 @ 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 9pm

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

11/11 Veterans Day

11/11 Heritage Meet the Players Night

11/21 Sidney American Legion Meeting @ 8pm

11/24 Thanksgiving

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

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