

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

12/3 Christmas in Homer

12/3 Sidney Hometown Christmas 2022

12/3 Clothing Giveaway @ The Giving Place, Tolono 9am-12

12/3 Breakfast with Santa 9am-11am @ R.E Franks Center-Philo

12/4 Philo Library Annual Ornament Workshop and Tree Lighting @ 3pm

12/5 Village of Sidney Board Meeting at 7pm

12/10 Tolono Fun Days Christmas Tree Lighting and Celebration 6pm @ the Masonic Lodge

12/19 Sidney American Legion Meeting @ 6pm

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

Philo Phestivities Kicks off the Holiday Season

By Diane Ducey  
Staff Writer

You can't miss the nearly thirty foot Christmas Tree at the intersection of Washington and Harrison in downtown Philo!

The Hoffman family made the donation, working with the Kleisses, Herberts, David Happ and the Philo Knights of Columbus along with Davis Electric and the Village of Philo and Fire Department to help magically illuminate it on November 27th. The 3rd Annual Christmas Parade was organized by a committee made up of Lori Donovan, Lisa Quinn, Cindy Schweighart, Julie Pioletti and Judy Kirby, who's been at the Philo Exchange Bank for 47 years and is now the Village Clerk and a past Grand Marshal!

This years Grand Marshal, Margaret Khatchaturian, has been an active part of the community since 1959, teaching piano lessons as a professional musician, 4-H leader



A look from above as Santa pulls the switch to light the Philo Christmas Tree.

and Sunday School teacher Philo Library. She's got her lobby ready to host their annual Christmas Crafts for Kids and one of the founders of the display going in the library

coming up Sunday December 4th at 3pm, then the carols and tree lighting there at 4pm with her youngest son and local radio personality, Stevie Jay at her side. Sons Greg, Jon and Stevie rode in the lead vehicle driven by Brian Meharry with daughter Mary, the spouses and some of the 11 grandchildren and 7 great grandchildren cheering Margaret on! Mrs Khatchaturian is approaching her "29th" birthday December 10th and has loved living and raising her family in Philo. After a year long experience in India, it's said that the boys were playing and digging and talked about getting back to Philo as "The Center of the Universe!" It's a phrase that has stuck and was inscribed on the water tower!

With nearly 30 entries going by, "This Illinois Life" photography did video of the holiday experience, including live musicians Ben Young on trumpet and Lawrence Parks on the saxophone playing sing-a-long

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Sidney American Legion Discusses November 1 Honor Flight Participants, Christmas Activities, Programs and Events

November 21 Sidney American Legion Post 433 Meeting Coverage

By Ann Rhoton SCCTP News Correspondent

The Sidney American Legion Post 433 met on Monday, November 21 at 6:00 p.m. at the Post Home located at 221 South David Street in downtown Sidney.

Post 433 Commander Bill Hensch previously reported that Post 433 legionnaire Robert Reifsteck, Finance Officer Dannie Cline, legionnaire James Watson, and he would be participating in the November 1 Land of Lincoln Honor Flight and that Post 433 will be well represented with four of its members participating.

All returned safely from the trip and your correspondent took the opportunity to snap a photo of the guys before the meeting started. Look for the photo published in this week's edition of the Southern Champaign County Today Paper.

Post 433 Commander Bill Hensch brought the meeting to order at 6:07 p.m. following opening ceremonies and a prayer given by Post 433 Chaplain Fred Olds with 12 members and one guest; your correspondent in attendance.

Commander Hensch introduced meeting guest SCCTP



Left to right Sidney American Legion Post 433 legionnaires Robert Reifsteck and James Watson, Finance Officer Dannie Cline, and Commander Bill Hensch back from participating in the Saturday, November 1 Land of Lincoln Honor Flight. Photo by Ann Rhoton.

correspondent Ann Rhoton and thanked her for attending.

Commander Hensch asked if members had received a copy of the Monday, October 17 meeting minutes that were emailed or mailed to post

members and if there were any additions or corrections. There were no additions or corrections and the minutes were approved following a motion from Post 433 Finance Officer Dannie Cline and

a second to the motion by Post 433 legionnaire Robert Reifsteck.

Post 433 Finance Officer Dannie Cline gave the finance report for November. The report was approved as read

following a motion from Post 433 Adjutant Bill McLane and a second to the motion by Post 433 Commander Bill Hensch.

Post 433 Commander Bill Hensch reported under American Legion Illinois Premier Boys State that Post 433 Adjutant Bill McLane will be making an appointment with folks at Unity High School following the Thanksgiving holiday for he and Adjutant McLane to visit with about American Legion Illinois Premier Boys State.

Commander Hensch also reported under Poppy Distribution that poppies had been counted and that there were plenty of them left for 2023 poppy distribution.

Post 433 Adjutant Bill McLane reported under membership that the post has 48 paid up members with one pending to start the 2022/2023 American Legion year, that 9 members have not yet paid their dues, and that he expects to lose a few members this year which will result with the post possibly not making 100% membership for the year.

Post 433 Adjutant Bill McLane reported that the post had received a thank you note from the family of Charles Negangard for their part in providing

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

Q: With the cold seasons here, I'm reminded about seasonal affective disorder (SAD). What should I know about the ailment?

A: Over three million people in the United States will get SAD this year. It's more than just winter blues. SAD is a depression brought about by a disturbance in the body's circadian rhythm, which in turn is disrupted by a lack of sunlight. This disruption causes our brain to produce less neurotransmitters that keep us happy and healthy. It also causes an alteration in the amount of melatonin our brains produce, which influences our sleep.

SAD tends to run in families. It is more common in women ages 18 to 35. It can manifest as a single episode or recur for several years. Though the is a summertime

variant of SAD, most of the cases are seen in the winter. Symptoms include sadness, lack of energy, weight change, appetite change (including cravings of carbohydrates and sweets), loss of concentration, lack of interest in normally fun activities, sleep changes and feelings of worthlessness. In severe cases, suicidal thoughts are possible.

The exact cause of SAD is not known. But risk factors include a family history of the disorder, vitamin D deficiency and a personal history of depression or bipolar disorder. Your home's distance from the equator also plays a role. Homes on the equator get 12 hours of daylight year-round, so SAD may be less prevalent there.

To avoid or treat SAD, learn to relax, keep an eye on your mood and manage

stress. Follow a healthy diet that is rich in vitamin D and low in starches. Get seven to eight hours of sleep per day, going to sleep at a consistent time. Avoid alcohol. Spend time with others. Take a trip to a warm or cool climate, depending on whether you have summer or winter SAD. Exercise regularly.

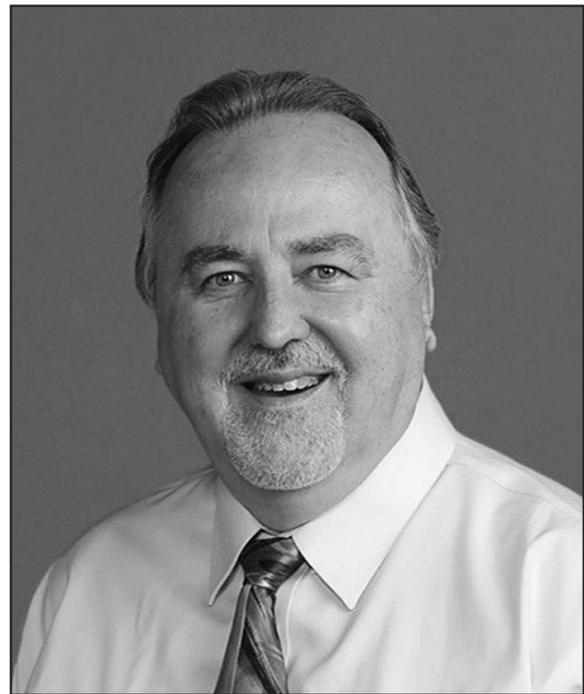
If you think you have SAD, see your primary care provider. There are tests that can see if other medical issues are causing your symptoms. And there are question-and-answer tests to clinch a SAD diagnosis. Don't be afraid to seek help. If untreated, SAD can lead to social withdrawal and substance abuse.

Your provider can recommend treatments which can alleviate symptoms or put the disease completely into remission. Treatments include

medication like Wellbutrin or Zoloft. Light therapy is another treatment. This is a special lamp that simulates sunlight and is typically used each morning. Some people find psychotherapy (talking with a counselor) helps. Finally, daily self-care does the trick for a lot of people. Keep your home and office well lit or sit next to a window if that is not possible. Surround yourself with things that make you laugh.

Don't give up. There is light at the end of the tunnel.

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.



Dr. Andrew Zasada.