

# OBITUARIES

*continued from previous page*  
 He taught an apprentice program at BAC/SWIC in Belleville, IL and a pre-apprentice program in Champaign-Urbana, IL. Roger was a member of the Mascoutah Sportsmen's Club, and other various sportsmen clubs in the area. He was a previous member of the Mascoutah Lions Club and was a United States Army veteran.

He is preceded in death by his parents, Stanley and

Augusta, nee Heimberger, Schubkegel, two sisters, Marilyn and Jane Schubkegel, two brothers-in-law, Jerry Robb and Robert Stewart.

Surviving are his wife, Rebecca, nee Stewart whom he married in Cahokia, IL on Nov. 18, 1961; two children, Sandra (Larry) Shackelford of O'Fallon, IL, Scott (Dawn) Schubkegel of Dayton, OH; a grandson, Eric Shackelford; two sisters-in-law, Virginia Robb, Ramona (Ronald) Klein; brother-in-law,

Leland Stewart; four nieces, Danielle Webb, Brynde Connors, Nynce Tarleton, and Ayme Brannen.

Memorials may be made to the Mascoutah Sportsmen's Club, 1535 N County Rd, Mascoutah, IL 62258. Condolences may be shared with the family by visiting [mollfuneralhome.com](http://mollfuneralhome.com).

Funeral: A "Celebration of Life" will be held at a later date.

*Moll Funeral Home  
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## Focus on the Family

"Focus on the Family" is sponsored by Zion Lutheran Church of Mascoutah.



**Jim Daly**

### Addiction can be powerful and deceptive

**Q:** I guess it's time to admit that my use of alcohol is starting to impact my family -- and even my work. I doubt that I'll be able to stop drinking without professional assistance. Can you help point me in the right direction?

**Jim:** I commend you for already taking the most important step toward change -- admitting that you need help.

Nobody sets a goal of becoming addicted to any substance. Addiction is powerful and deceptive in its nature. It's a nondiscriminatory progressive disorder of the body, mind and spirit. So, it isolates people spiritually, emotionally and socially. The only way to move beyond this isolation is to intentionally choose to do so.

I encourage you to start your recovery journey by identifying the nearest support group that deals with alcoholism or other addictive behaviors. In addition to Alcoholics Anonymous (AA), there are many faith-based recovery meetings that can offer encouragement.

If you're unsure what level of care you need, I'd recommend that you contact a licensed chemical dependency treatment program locally to schedule an evaluation. That assessment will help you determine the next step. Sure, the thought of taking that step may seem

intimidating. But I strongly encourage you to follow through on their recommendations. Your life is too precious to gamble -- and overcoming any addiction without outside help is extremely difficult.

Getting treatment is a crucial decision, but it's just the beginning. After treatment, the stresses of living sober can quickly lead to a relapse. You'll want to connect with a strong aftercare program that teaches relapse prevention techniques and skills.

Finally, I invite you to call our licensed counselors at 855-771-HELP (4357). They can provide encouragement and also help you find a qualified therapist in your area.

**Q:** Our teenage son would play video games 24/7 if he could. We struggle to try and get him involved in any kind of physical activity or even just to read a book. Help!

**Dr. Danny Huerta, Vice President, Parenting & Youth:** You're not alone. Recent polls reveal that more than half of parents have abandoned most (or all) of their pre-pandemic rules regarding screen time. And yet 70 percent wish they did a better job of monitoring their children's tech use.

Boys are especially vulnerable to the pull of video games (illusion of power, feelings of competence,

a sense of belonging and worth, etc.). They're drawn to games' excitement and risk without "real life" threats and dangers.

I'd suggest it's time to go beyond "encouraging him to do other things," and actually set some clear and consistent limits:

-- Explore what draws him so intensely toward video games.

-- Explain your concerns and needed changes. Your life-giving goals for him are health, growth and maturity -- not his happiness.

-- Discuss why a balanced life is essential to mental health. Together, develop a list of alternate activities (reading, face-to-face time with friends, exercising, being outdoors, etc.); post it on the refrigerator.

-- Clarify limits for video games (use a timer) and consequences (like loss of privileges) when boundaries aren't respected.

-- Don't shrink in the face of frustration, anger and complaining. If you're consistent, your child will probably develop some healthy new interests within a few short weeks.

Most parents who stay strong in this battle find that their teens will eventually discover that there's more to life than the illusions on a screen.

## Fairview Church Plans Car Show

By Randy Pierce  
 Herald Publications

First Baptist Church of Fairview Heights, at 10401 Lincoln Trail, is seeking participants in a free entry car show that is planned for Saturday, September 25, from 8 a.m. until 4 p.m.

Awards will be provided to the top three vehicles in 20 different classifications

and specialty awards presented for best paint, best interior, best motor and the pastor's choice.

The event will also include food trucks, music by DJ Integrity and attendance prizes.

The entry classes are antique to 1959 stock, along with stock in three other divisions: 1960 to 1969, 1970 to 1989 and 1990 to present. Other entry categories include street rods, rat rods, all Corvettes, all Mustangs, all Mopar, trucks both stock and modified, sport compact and special interest.

Street machine entries will be judged for those that are stock in three divisions: 1949 to 1969, 1970 to 1990 and 1991 to present while those that are modified can also be entered in the same categories by year.

All entered vehicles will receive a free meal coupon redeemable at one of the food trucks which will be present. No alcohol will be allowed on the premises. Also prohibited will be loud music and burnouts.

For further information, call or text Ben Beyer at 618-334-4943.

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