

Carson Block named Villa Grove football’s “Dude of the Week”

By Tony Hooker

Each week during the football season, the coaches will select one player as the “Dude of the week.”

This week’s dude is Carson Block. Here is what Coach Heath Wilson had to say when nominating him.

“Carson has earned this award for this week not only due to how he played against SV, but how he has prepared for every week. It’s not always easy to get perfect snaps but Carson has done an excellent job so far this season. He always puts the team first, grinds through the

week and always does what is asked of him. Our “Dude” has been a leader all through the summer and off seasons and never misses a workout. Carson is a leader in the weight room and led during summer practices. He’s the boss on that offensive line. He is a leader for preparing for games by watching game film on Hudl. Carson is one of those “Dudes” that we can count on for doing the right thing. He contributes to game planning during practice. This award also shows his leadership on and off the field, respect for his team-

mates, respect to his school, and respect for our community. He has shown community service when asked to volunteer for events. Our “Dude” will lead our team on the field tomorrow vs Tri County, Great job Carson!!!”

Here are five questions to get to know Carson a little better.

What are you driving?

What’s coming out of your speakers?

I’m driving a 2001 7.3 Ford PowerStroke. I usually listen to 90’s country.

What’s your favorite restaurant? What are you ordering?

Outback Steakhouse. I usually get the Ribeye with mashed potatoes.

What is your favorite subject in school? Why?

PE, because I don’t have homework.

Who does the best Coach Wilson impression?

Probably Coach Lucas Wilson.

Where do you see yourself in 5 years? 10?

I see myself either starting a farm with Jacob Dohme or working full time on a farm.



Villa Grove Blue Devils fall sports wrap

By Tony Hooker

VGHS Cross Country Girls Cumberland

Powered by Emma Buesing’s 29th place finish, the Blue Devils ran sixth at the Cumberland invitational on October 9. Scarlett Howard finished 43rd, Madison Logan ran 45th, Kyleigh Price finished 48th and Hailey Stutz rounded out the VGHS scoring effort with a 58th place finish at the 80 runner meet.

Sullivan

Emma Buesing ran second, Hailey Stutz was sixth, and the trio of Scarlett Howard, Kyleigh Price and Madison Logan finished eighth, ninth, and tenth at the Sullivan meet on October 5. Jobeth Crafton ran 12th in the meet.

Boys Cumberland

Kurt Zimmerman ran 13th at the Cumberland invitational on October 9, leading VG to a 12th place finish at the 16-team event. Chase White came in 68th, Caleb Wiessing ran 86th, Austin Zoch finished in 100th, and

Blake Davis finished in 124th place in the 132-runner event.

Sullivan

Kurt Zimmerman raced to a second place finish at the Sullivan meet on October 5. Chase White finished 13th, Caleb Wiessing came in 18th, and Austin Zoch, Blake Davis and Andrew Fonner finished 28th, 29th and 30th for the Blue Devils.

Volleyball Buck Broncos

Vanessa Wright powered down 11 kills, Ava Vollmer had five and Jobella Crafton four to lead VGVB over

Cerro Gordo-Bement 25-17, 25-27, 25-23 in first round LPC tournament action on October 4.

Mauled by Lions

Jobella Crafton hammered four kills and Ava Vollmer added two, but the Devils fell to LSA 12-25, 19-25 in the tournament’s second round.

Monsooned by Storm

Despite Vanessa Wright’s eight kills, Sangamon Valley defeated Villa Grove 7-25, 24-26 on October 5.

Boys Golf

After a strong practice

round on the weekend, the wheels came off a bit for Villa Grove’s Gavin Kiser at the IHSA sectional meet, held at Crete’s Balmoral Woods course. Kiser was unable to advance to the state finals.

Junior High Cross Country Girls Sectionals

Lily-Lynn Davis gained valuable experience, racing to a 34th place finish at the IESA St. Mathew Sectional on October 9. Fifth grader Teaghan Henderson also got mileage under her belt, finishing 44th. Lindsay Zoch

was just behind, finishing 46th.

Boys Sectionals

The young VGJH Harriers got exposed to state level competition on October 9 at the IESA St. Mathew sectional run. Nolan Shadwick was the first Blue Devil finisher, running 49th overall. Logan Hauersperger finished 55th, RJ Mitsdarfer was 67th, and Bailey Keith, Miles Swigart, and Max Kneer packed up to finish 75th, 76th and 77th, respectively. Ethan Vail was just behind, running 80th.

EVERSOLES

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And this has a very special meaning to your family, right?

Yes. Our aunt DeDe was the reason that this came about. It started in 2014, I believe, the year that she was diagnosed, and the football team wanted to put pink ribbons on their helmets to honor her and her children, Spenser, Breleigh and Maris. Cassandra and Betsy did a great job of taking it and making it an amazing event, and I’m excited to be involved.

Do you know how much Fight Like a Blue Devil has raised over the years?

Over \$30,000.

What was your biggest challenge in putting this thing together?

The biggest challenge was just trying to make it as big and successful an event as Cassandra and Betsy did. We want it to honor DeDe.

Did you do the assembly and all of those things, too?

Our assembly is Tuesday at 2:00 p.m., because we don’t have school on Friday or Monday, so we pushed it back.

Is there anyone you would like to give a shout out to?

Gosh, there are so many that have helped! <laughs> Cassandra and Betsy have answered so many questions.

Shirley Badman and Terri Jones have counted all the money. They sorted all the bags. They’ve done so much behind the scenes that it could not have gotten done without them. Amy Malin helped with the bags also. Dixon Graphics got our order done so quickly! It used to be Weiskamp, but they’ve changed over, and they got everything back to us super-fast! I have to thank the community for participating. They’ve made it a super huge fundraiser this year. Everyone in the school has helped with getting the packets out and getting the order forms out and back to me. The whole community. (has helped)

Is there anything new this year?

This year we did a coloring contest to raise funds. Every student in grades K-8 got a coloring sheet, and a representative was chosen from each grade level, and it’s out in front of the unit office to see who wins. The winner of that will get a popsicle party for their entire grade level. The Hillard Agency actually printed off our sheets for that.

Do you see anything changing in the future? Are you going to keep trying to grow it or do you think it’s reached its peak?

We’re definitely going to keep trying to grow it, just to raise as much money as we possibly can for this great cause. This year, we are doing another contest where the teacher who raises the most money has to sleep on the roof of the school. All of our specialist teachers have cans outside the office with their faces on them, and whichever teacher the students vote for the most by donating money has to sleep on the roof. The coloring sheet winner and the sleep on the roof contest winners will be announced at the assembly. I would also like to thank Miranda (Hahney) with the high school cheerleaders, Maddison (Perkinson) with the junior high devilettes and Sarah (Bouton) with the high school Devilettes. They’re all performing at the assembly and the high school cheerleaders have passed out necklaces and bracelets. They’ve had a bake sale.

This is really a community thing, isn’t it?

It really is. It’s just amazing. DeDe was so amazing and so loved, and it’s just even more special that the community loves this as much as we loved her. She’s shining through, even now.

Is there anything you would like to add?

I just think this is a great opportunity to show the students that people can come together for a cause. We can all work together and fight for the same thing. It teaches them about being sympathetic and realizing that we can help each other out.

Different risk factors for the likelihood developing breast cancer

No two women are the same. But when it comes to breast cancer, women from all walks of life share various risk factors for a disease that the World Health Organization indicates is the most frequent cancer among women.

Risk factors are anything that affects the likelihood that individuals will get a certain disease. In regard to breast cancer, the American Breast Cancer Foundation notes that various factors, some that result from lifestyle choices and others that are not changeable, can increase a woman’s risk of developing breast cancer. Recognizing these risk factors can help women make any necessary changes and even highlight the importance of routine cancer screenings that can detect the presence of the disease in its earliest, most treatable stages.

Lifestyle-related risk factors

The ABCF notes that certain habits or behaviors can increase a woman’s risk for breast cancer. But the good news is that women who understand the link between certain habits or behaviors and breast cancer can avoid those behaviors to decrease their risk of developing the disease. According to *Breastcancer.org*, the following are some habits, behaviors or lifestyle choices that can increase a woman’s risk for breast cancer.

- **Alcohol consumption:** Breastcancer.org notes that researchers have uncovered links between the consumption of alcoholic beverages and hormone-receptor-positive breast cancer. One study found that women who consume three alcoholic beverages per week have a 15 percent higher risk of developing breast cancer than women who don’t drink at all. And while research into the connection is limited, a 2009 study found a link between alcohol consumption and breast cancer recurrence.
- **Sedentary lifestyle:** Exercise consumes and controls blood sugar and limits blood levels of insulin growth factor. That’s an important connection, as insulin growth factor can affect how breast cells grow and behave. A sedentary lifestyle also can increase a woman’s risk of being obese, which the ABCF notes is a risk factor for breast cancer among postmenopausal women.
- **Smoking:** Smoking has long been linked to cancer, and Breastcancer.org notes that smoking has been linked to a higher risk of breast cancer in younger, premenopausal women.

Unchangeable risk factors

Unfortunately, many risk factors for breast cancer are beyond women’s control. For example, the ABCF notes that roughly two out of three invasive breast cancers occur in women age 55 and older. Women cannot change their ages, but recognizing the link between age and breast cancer risk is important, as such a recognition may compel more women 55 and older to prioritize cancer screening.

Gender and family history are two additional unchangeable risk factors for breast cancer. Women are much more likely to get breast cancer than men. In addition, Breastcancer.org notes that between 5 and 10 percent of breast cancers are believed to be caused by abnormal genes that are passed from parent to child.

Women are not helpless in the fight against breast cancer. Knowledge of breast cancer, including its various risk factors, is a great weapon against it as women look to reduce their risk of developing the disease.

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