SOUTHERN ILLINOIS **November 2025 • Single Copy Free**

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In this 2023 photo: Jeff Richey (seated) and Corum Turner (standing) are two of the best-ever to play at Crab Orchard High School and also are two

Independent

legends from decades ago.

Basketball

> Decades ago, Independent Basketball produced countless great moments and gave many men the opportunity to play the game they loved well after their careers in organized basketball ended. page 6

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Counting our blessings here at Southern Illinois Sports Connection as we get ready for Thanksgiving

Greetings and welcome to the November issue of Southern Illinois Sports Connection.

Since this is the month where there is a greater focus on giving thanks, let me begin today by saying how thankful I am for this humble publication that we (sometimes with smoke and mirrors) put together for your enjoyment each month.

I often speak in this space and on social media about the countless blessings in my life – and they are countless – and I certainly put SISC in that "blessing" list.

What we have accomplished here at SISC during the past several years, and what we continue to maintain monthly, is truly a blessing to all involved – those who write, many times as a labor of love, and those who grab a copy each month.

And I would be remiss if I didn't mention that I am blessed and super thankful in all months, not just those that begin with the letter "N."

I believe the issue of SISC that you hold in your hand is a great reflection of why this publication continues to fly off the racks at the businesses that so graciously allow us to distribute and use their space for our FREE publication in each month.

And before I move on an take a look at the November issue, let me say again how blessed we are to have our faithful advertisers that support us monthly. The reason this publication remains FREE



is because of those advertisers, period!

I didn't count the names of the former basketball stars from our area that are mentioned in our cover story this month, but it was certainly a wonderful trek down memory lane. Brett Beasley is pastor of the Second Baptist Church in West Frankfort, and is not only a brother in Christ, but he is also a gentleman I count as a friend.

Brett contacted me that he was working on a story about the old days when Independent Basketball was thriving and common in many Southern Illinois communities.

Independent Basketball?? If you're a younger person you might be scratching your head right now and saying, "what the heck is Independent Basketball?" Well, after reading our wonderful cover story you will know all about the great games, players and also a wonderful era. Again, the names associated with this feature will literally jumpstart your memory about the greatest of the great

who played in Southern Illinois. Interestingly, the story came out so long that we had to divide it in two parts. We will run our first installment in November and our second in December. Just think of it as an early Christmas present!

We also have a feature this month, by Davy Broy, that captures the competitive fire and success that sometimes carries over from being a high school athlete to the coaching ranks. Broy does that perfectly when looking at the highly successful career of former West Frankfort athlete, and now Benton volleyball coach Kelli Nicholson-Griffith. You will enjoy this feature for sure!

One of the things I really admire in sports are the coaches that labor in obscurity in small schools for the joy of teaching young athletes about competition, teamwork and pulling together through the good and the bad in organized sports.

Randy Olson, of AreaSports.net, does a great job of illustrating that point in his feature about longtime Wayne City Coach LaMar Choate, who retired from coaching volleyball after this season. Simply stated, it's a must read this month!

And last, but certainly not least, we are blessed and fortunate to have a monthly column from the Fellowship of Christian Athletes in our publication each month. FCA does great work in our region! I am an advocate and a believer in their mission! I am a fan!

You read last month that FCA statewide director Bob Pankey was stepping down from his role to assume the lead pastor role at Whittington Church. With that said, this month we welcome into our SISC Family, Brian Laur, of Sesser, who will provide a monthly column for FCA. Let me throw that "blessing" word out again. It's a blessing to have a genuine good person like Brian Laur as a monthly contributor here at SISC!

Enjoy this month's issue, don't eat too much turkey and dressing and God's blessings to you!

Jim Muir

Jim Muir, Publisher of Southern Illinois Sports Connection



New columnist takes over FCA space

During the past three years, Southern Illinois Sports Connection has allowed Bob Pankey to write a monthly article for over three years and I have been so grateful for the coverage that this has provided for Fellowship of Christian Athletes.

As many of you know, Bob has worked full-time for FCA for several years and continued in his role as an associate pastor at Whittington Church during that time.

As seasons of life change, Bob will be moving away from FCA as a full-time staff member, and will volunteer on the FCA Board for the state of Illinois.

This will allow me to take over the role of providing a monthly article about Fellowship of Christian Athletes as the full-time Southern Illinois Area Director.

My role as the FCA Area Director officially started in October 2022, however, Bob Pankey and I began discussing what this role may look like as far back as December of 2021, after former FCA employee Justin Raby and my wife, Dana, had a conversation about FCA at a basketball game I was coaching.

This being my first article with Southern Illinois Sports Connection, I feel it is appropriate to give a bit of information about me, and our Southern Illinois FCA Team.

My wife Dana and I have been married for 28 years (can that be right?) and have three children. Dana teaches at Sesser-Valier and has coached every junior high girl's sport available at one time or another, and also co-leads the SV High School FCA, along with Jake Vanwey.

Our oldest daughter Delaney and her husband Andrew live in Tennessee and have been blessed with a baby girl, who is quickly becoming more than a baby!

Our middle child, Patrice, is







Top: A recent Fellowship of Christian Athletes meeting at Rend Lake College. Bottom: A recent FCA gathering in Christopher at the football field.

working towards becoming an elementary teacher, and after finishing her playing career in softball at Rend Lake College, is now coaching multiple sports as time allows with her schooling.

Our third child, Banx, is a sophomore at Sesser-Valier and we feel very blessed in most ways that he now has his driver's license, as he is in almost every sport, club, and experience available!

Our current Southern Illinois FCA Staff starts with Britt Fullerton. Britt and his wife Hannah live in Mt Vernon with their three daughters Haddie, Evie, and Jubilee. Britt has been the Area Representative for FCA in Washington, Jefferson, and Marion counties for over five years now.

He also pastors a church and is a team chaplain for several teams in his area.

Austin Dickson is our Southern Illinois Area Representative for Williamson and Saline counties and has been on staff for over two years. Austin lives in Marion with his wife Hailee, who teaches kindergarten in Carbondale, and their new son, Olin, who was born at the beginning of October, and apparently has his days and nights confused (they will sleep in a decade or so).

Our newest Area Representative is Eli Schoenbaechler, who was recently married to the former Bella Ketteman. Eli is the pastor of Eternal Friends in Christ Church outside of Sesser, and has joined FCA as the part-time Area Representative in charge of Camps.

This position has become vital to our Southern Illinois FCA area as we hosted seven camps last summer all over our 18 counties, and many new events are becoming a reality, leading to so many new opportunities to spread the Good News of Jesus Christ.

We also have two individuals who work behind the scenes and are vital to the growth of FCA in our area. Alysha Suver has been on staff for six years and lives outside of Ewing with her husband Caleb and three children Whitley, Willa and Brooks. Alysha helps us greatly with our social media and promotions.

Michelle Rojek has joined our

Southern Illinois FCA staff as the part-time administrative assistant while also working for Whittington Church and being the Administrative Assistant for our Illinois FCA Director. Michelle lives in DuQuoin with her husband Will, who recently retired from Continental Tire after over 41 years. They have a grown son, Justin, who is a Major in the

United States Army.

We also have Dawn Johnson, who lives in Benton with her husband Benjy. Her position is much more regional than just Southern Illinois, however, she will play a vital role in developing financial resources for the state of Illinois for FCA. They have three children — Reece, Blakely, and Parker, who are all currently in college.

In future articles we will expand on the role that FCA plays in Southern Illinois in being able to publicly talk about Jesus, and how those involved are empowered to become disciple makers for the Way of following Jesus.

It includes so many volunteers, donors, etc, and I am excited to discuss many different topics over the next several months!





The Independent Spirit

Decades ago, Independent Basketball produced countless great moments and gave many men the opportunity to play the game they loved well after their careers in organized basketball ended

Cover story • BY BRETT BEASLEY

(This the first in a two-part series about the many great Southern Illinois players that excelled when Independent Basketball was thriving in the region.)

The weather in Southern Illinois is getting colder, but inside gymnasiums across the region temperatures will heat up. Basketball will shift into high gear, and teams at every level will take the court.

Southern Illinois has produced memorable teams and showcased outstanding talent in every sport through the years, but basketball is arguably the region's top sport. The history of basketball in Illinois is rich. The state coined the phrase now synonymous with College Basketball's iconic brand: Illinois had the original "March Madness!"

At each level, players, teams and fans will be experiencing what will become treasured memories for years to come. Scoring records may fall. Outstanding teams will make their mark.

Classic games will be played. Perhaps an area team will win a state title. As we approach another season with anticipation of history in the making, one of the joys of being a fan is recalling the great history of the past.

I have been a basketball fan since boyhood, and now at age 60, I'm officially an old basketball fan. The history of this great game



In this 2023 photo: Jeff Richey (seated) and Corum Turner (standing) are two of the best-ever to play at Crab Orchard High School and also are two Independent Basketball legends from decades ago.

is well-entrenched in my memory.

My goal for this article is to bring attention to a part of Southern Illinois basketball history you may have forgotten or never knew existed.

No official record books can be found, likely no film footage, few photographs, nor do championship banners hang in gymnasiums. For the men who participated in this part of Southern Illinois Basketball they have fond memories as their reward.

Independent Basketball produced great moments, provided an abundance of fun, and gave men the opportunity to play the game they loved well after their careers in organized basketball ended. Some who never played organized sports had the thrill of playing Independent Basketball.

The "Independent Spirit" they experienced may still maintain a place in their minds.

If men who were part of Independent Basketball meet up with an old teammate or former opponent, the opportunity is there to reminisce about their "glory days." They may share a chuckle over moments not so glorious.

The line between fact and fiction may be blurred, but their versions are clear when they tell their Independent Basketball tales.

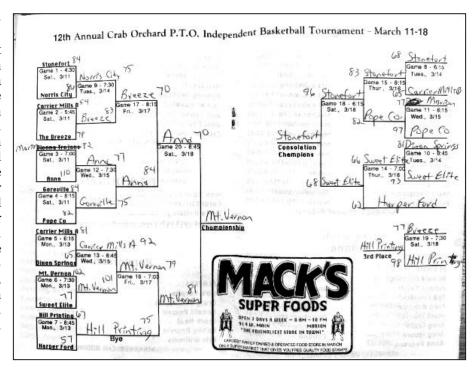
Independent Basketball was organized yet lacked organization. There was no entity providing oversight for independent competition. While the sport was not formally structured, there was an "understood" organizational aspect to it.

Rosters were fluid, teams might develop quickly and disperse equally as fast. Teams existed for multiple seasons as well. The team aspect of Independent Basketball gave it identity. Rivals in high school often became teammates in Independent Basketball. Keil Peebles (Johnston City) had tremendous high school and college careers, yet he still remembers fondly the days of Independent Basketball.

"Some of the best memories of basketball I've got were of Independent Basketball, to be honest." Keil shared that one of the things he enjoyed most was playing with many of the guys he competed against in high school. "It was the comradery that made it so much fun," Peebles said... "years later when I see guys I played with and

against, we talk about Independent Basketball."

Many teams were almost exclusively made up of men from specific towns and were a true brotherhood. Games were played in gymnasiums often "rented" on an hourly basis. With school teams growing in number and girls' basketball developing, available gyms were challenging to arrange. Older venues with gyms well beyond their primes became regular hotspots for Independent games. Men who played before large crowds in high school and college venues toiled away in dark, musty old gyms in the Herrin Lincoln Grade School, Royalton, Spillertown, Pittsburg, Stonefort, and many more schools.



see **COVER STORY** page 8 Brackets from the annual Crab Orchard PTO Independent Tournament.



COVER STORY

from page 7

The old Chittyville School, now location of a make-believe haunted house, was a place where the real Independent Spirit existed for men's basketball games.

Independent Basketball tournaments were conducted, often each week at various locations. Teams might enter eight to 10 tournaments per year. Non-tournament games were played without officials, with players using the honor system to call fouls on themselves or on an opponent.

No technical or flagrant fouls would be called, but those violations were occasionally committed. Fights took place rarely, and while tempers might flare, for the most part men practiced restraint and maintained com-

TOURN	AMENT H	ISTORY
Champion		Runner-Up
Mt. Vernon	1989	Anna
Hill Printing (Crab Orchard)	1988	Jive 5 (Carbondale)
Jive 5 (Carbondale)	1987	Boyd Bombers (Mt. Vernon)
Gregg's Raiders	1986	Harrisburg
Crab Orchard	1985	Hill Printing (Crab Orchard)
Goreville	1984	Hill Printing (Crab Orchard)
Shamrock Mine Supply (Crab Orchard)	1983	Harper Stockyards (Vienna)
Shamrock Mine Supply (Crab Orchard)	1982	Goreville
Sharnrock Mine Supply (Crab Orchard)	1981	Yellowjackets (Carrier Mills)
Charles White Insurance (Eldorado)	1980	Shamrock Mine Supply (Crab Orchard
Charles White Insurance (Eldorado)	1979	Murphysboro
Shawnee Sporting Goods (Eldorado)	1978	Shamrock Mine Supply (Crab Orchard

Tournament history of the Shamrock Mining Independent Tournament.

posure. Independent ball played without officials was never an issue; men understood the need to conduct themselves with decorum to have the opportunity to play the game. Jeff Richey (Crab Orchard) said playing games without officials was one of most unique things about Independent Basketball.

"We could go up to Sandoval and play that good team, or to

Goreville and play the team the Cruse brothers were on, and we had no officials. There was never an argument. We played Shamrock at Crab Orchard and other teams in gyms around with no officials and there was never a problem."

I echo what Jeff said from my own experience. I marvel it went so well without issue. To play without officials was remarkable, as I reflect on that now. One would think games without officials would be physical and rough, but the opposite was normally the case.

It allowed basketball players to play ball and use their skills freely. Those guys played hard and played to win, but Independent Basketball players understood the importance having class and respecting the opponent.



Teams were often "sponsored" by local businesses. This allowed the purchase of uniforms and funds to enter tournaments, while providing a form of public advertising for the sponsor. Some teams wore custom uniforms, others imprinted t-shirts, and some no uniform at all. Jeff Richey recalled the first time he played in the Tri-State Tournament in Evansville.

He said, "We put together a team and didn't have uniforms. The guys wore what they had. Some of our guys had to take a magic marker and draw a number on a t-shirt."

My experience with Independent Basketball began as a young boy and culminated in my mid-twenties when I stepped away to pursue officiating full-time.

For almost 20 years, Indepen-

dent Basketball was as much a part of my sporting life as any other aspect of team basketball.

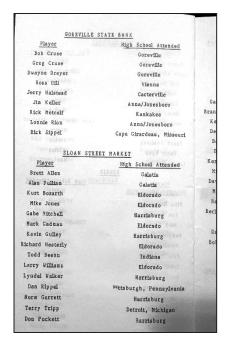
It was a bond that allowed my brother and I to share a connection with our father, and scores of individuals he interacted with. While Independent Basketball was not widely experienced, it is my hope all Southern Illinois sports fans will glean something from this article. For the participants, you can join me in a trip down memory lane. For those who know little or nothing about Independent Basketball, please enjoy hearing names from your past basketball fandom.

It is my hope this look at the past will cause all fans to appreciate what we have always had in Southern Illinois; a rich basketball tradition. Perhaps this story will bring a revival of the Independent Spirit and spawn a rebirth of the

game on the hardwood around the region for adult men. Maybe the ladies could experience the same and be pioneers of a new day for women.

Independent Basketball was played before my association with it, and I assume continued well beyond my years of involvement. With all due respect to those outside my personal experience, I write only of the era I experienced first-hand. Also, while I saw many teams and many players, I surely didn't see or play against them all in my era. I didn't see Southern Illinois legends Danny Johnson (Benton), Mouse Garrett (Centralia), or Bob Brown (West Frankfort). I am going to mention teams and names, but this is not exhaustive nor meant to be an exclusive list.

see COVER STORY page 10



Rosters from an Independent game between Goreville State Bank and Sloan Street Market.



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COVER STORY

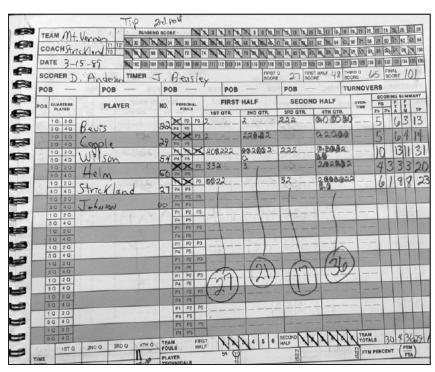
from page 9

Outstanding players I was most impressed by in Independent Basketball include household names for serious basketball fans. Some players never heard of by most fans became elite in the Independent circle.

One of the beauties of Independent Basketball was that late bloomers could rise to levels they never reached in school. Also, they might be part of teams far more successful than any they played on previously. While none of the players would trade a regional title in school for anything in Independent Basketball, it was highly gratifying to be on successful teams.

When I was no more than seven years old, my dad Dale Beasley (Crab Orchard) played with a group of friends on a team called the Parks Implement Plowboys. But what I recall more vividly was dad coaching an Independent Basketball team sponsored by Shamrock Mine Supply. The team wore green uniforms and played in the old Crab Orchard gym. The roster was a mix of Crab Orchard alumni and a few men from other local towns.

They played in tournaments in numerous locations around the region. When I didn't go with dad, I eagerly awaited his return to hear how the team fared. They normally fared well. That team competed for close to a decade and was highly successful. Over the years the players on that team became my friends, despite the age difference. When I am with those guys now there is always a part of me that goes back to those Shamrock days. The stories and memories we share never get old.



Scorebook picture from a Mt. Vernon Independent game in 1989.





My brother Jeff began playing Independent Basketball after his senior season of high school. One neat aspect of Independent Basketball was the way older players kept playing and new young players joined fresh out of school. I played for eight years.

My first year my teammate was Corum Turner (Crab Orchard), 14 years older than myself, and one of, in my opinion, the two best players to graduate from our school (Jeff Richey being the other).

My final two years I was a teammate of Doug Anderson, five years younger than me and arguably the best guard at Crab Orchard High School during the 1980s. It was common to see a guy competing at a high level that barely needed to shave, competing on the court with men with gray hair. Independent Basketball became a means to pass a baton from one

generation to the next. Independent teams were given new life by incorporating new players.

Young players, whether they knew it or not, played with men who had thrilled their local fans in high school and college ten, fifteen, perhaps twenty years earlier

Winning tournaments was the pinnacle of success for Independent Basketball teams. The Crab Orchard PTO Independent Tournament was highly competitive and featured outstanding teams. The tournaments included tremendous individual performances, but it was the battles that teams had that stood out.

The most prestigious tournament Southern Illinois teams participated in did not take place in Illinois. The Agoga Tri-State Tournament was played in the National Guard Armory in Evansville, Indiana.

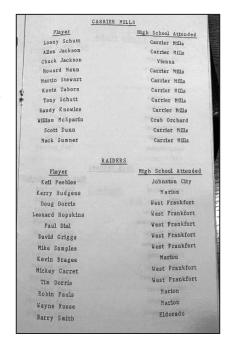
It was a 64-team (more in some years) single elimination format. Teams from all around the Midwest played in that event. The competition was elite. Former NBA/ABA players competed. A young guy from French Lick, Indiana played in that tournament. His name was Larry Bird.

You may have heard of him! McLeansboro great Jerry Sloan played in the Tri-State Tournament, as well as other pros Mel Daniels, Roger Brown, Don Buse, Bob Netolicki, Kenny Higgs, and more.

Over the years Southern Illinois Independent teams took a shot at the Tri-State Tournament.

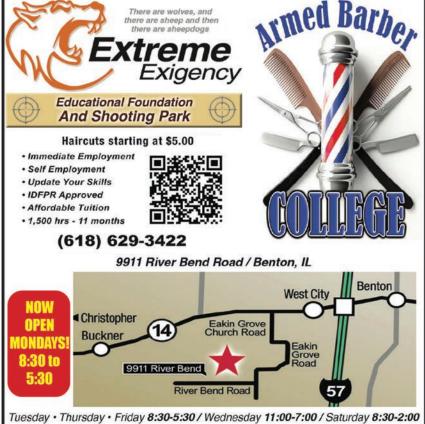
A pair of teams, one from Mount Vernon featuring Steve Strickland (Mount Vernon) and Jerry Wilson (Wayne City) made it to the final four.

see **COVER STORY** page 12



Another roster of standout players in a game between Carrier Mills and the Raiders.





COVER STORY

from page 11

The other, Charles White Insurance from Eldorado, had Rich Yunkus (Benton), Stan Powles (SIU), Jeff Richey (Crab Orchard), and Greg Starrick (Marion) among others. This group won the Tri-State Tournament in 1980.

Teams came from towns around the region. Many towns had multiple teams. Teams had sponsor names, others nick names, and some simply went by their town names.

Team names were quite colorful at times. Carrier Mills had a team called the "Yellowjackets." Carbondale had the "Jive Five." West Frankfort had the "Flash." They matched up against Sloan Street Market from Harrisburg, Goreville State Bank, Charles White Insurance from Eldorado, Bob Harper Ford from Vienna, our team Hill Printing from Marion (Crab Orchard), and Brushy Creek Coal from Saline County to name a few.

Independent Basketball was popular in local penitentiaries and state work camps. Prior to the violence and subsequent lockdown of the Federal Penitentiary at Marion, Independent teams were brought in to play to entertain the inmates.

Tournaments were held in that facility for years, with outside teams competing against other Independent teams. My dad's Shamrock team played there and at the Vienna Correctional Center as well. Being a minimum-security facility, I was allowed to go in with team and watch games at the VCC. Inmates watched the games too. The games were highly competitive, and tournament games were intense.

Vienna Correctional Center teams were allowed to leave the facility and participate in tournaments in other locations. Crab Orchard held a tournament for It didn't provide the same incredible seasons experienced by SIU, or any of the local JUCO powerhouses. It did, however, give Southern Illinois men an opportunity to be part of something they will never forget. To at least some of them, the Independent (Basketball) Spirit lives on.

about a dozen years as a fundraiser for the Parent Teacher Organization. It was a highly competitive tournament, and among the popular participants were teams from the Vienna Correctional Center.

The Crab Orchard gym filled with fans who paid to watch the inmate teams play with skill and passion. Independent Basketball gave inmates new opportunities after incarceration. Two players from the Vienna Correctional Center drew the attention of local colleges.

A lightening quick guard named Bobby Echols played for Greenville College after his release. Danny "Too Tall" Jones was recruited by Bob Brown at John A. Logan College.

Jones was part of one of the best teams in Logan history; a Region XXIV Champion in 1981. He parlayed that opportunity into two more years of college basketball at the University of Alabama Huntsville.

Independent Basketball featured outstanding teams and great players. Southern Illinois basketball legends continued to make their mark.

As a boy, I saw many great players in Independent Basketball. As a young adult, I played with, and on some occasions against, men I had been in awe of during their playing days.

Several names of Independent Basketball players are familiar to fans. Tim Ricci (West Frankfort) was a big man with an all-around game fresh from a stellar career at SIU.

Shooters were still filling it up.

Keil Peebles (Johnston City) was still bombing away with amazing accuracy from deep long before the three point shot. Greg Starrick (Marion) was an unbelievable marksman well into his 30s. Nate Bufford (SIU) remained in the area after his collegiate playing days and was in range after he crossed the half line! Irv Lukens (Herrin) was one of the best all-around players I ever saw or certainly ever played against (or weakly attempted to play against). I saw great big men: Stan Powles (SIU) was a "stretch five" before there ever was such a thing.

Steve Strickland (Mount Vernon) was a "point forward," way ahead of his time. Dennis and Barry Smith (Eldorado) were outstanding all around talents well after college.

Leonard Hopkins (West Frankfort) could shoot outside or muscle his way for a layup. Dean Taborn (Carrier Mills) was a flatout scoring machine. Jeff Richey (Crab Orchard) had a stellar college career and played professionally in Europe.

He played Independent Basketball at a high level for 20 years. Cal Johnson (Norris City) was fantastic in high school, and ten years after, was an incredible player.

The list of men Southern Illinoisans watched make State Tournament runs and have stellar college careers that later played Independent Basketball go beyond the ones mentioned. Independent Basketball was loaded with great players.

Over the years, men perhaps

not as well-known developed legendary status in Independent Basketball. Corum Turner (Crab Orchard) was an elite high school player, but at a very small school. When he entered a gym to play an Independent game, his reputation preceded him.

Gimmick defenses or unusual matchups awaited him from often bigger defenders. Rarely did it have an impact on Turner. Corum was an incredible talent. He was clutch when the game was on the line. He made everyone around him better.

He was smart and strong and kept the defender off balance. He was a favorite of the inmates at the Federal Penitentiary. Turner's cool demeanor and graying hair led to the inmates calling him "The Iceman."

Gerry Glasco (Crab Orchard) began playing with Shamrock immediately after his senior season in 1976. He said, "I was a bench player for Shamrock, but the best thing for me was I got to have a front row seat just to watch Corum Turner play basketball." As an 18-year-old Independent Basketball "rookie" in 1983 I was in awe of his game too, watching a man almost twice my age make guys my age look foolish.

Southern Illinoisans have witnessed great basketball. Independent Basketball never surpassed the tradition of High School Basketball.

It didn't provide the same incredible seasons experienced by SIU, or any of the local JUCO powerhouses. It did, however, give Southern Illinois men an opportunity to be part of something they will never forget.

To at least some of them, the Independent (Basketball) Spirit lives on.

— (Part two of the feature on Independent Basketball will be the December issue of Southern Illinois Sports Connection.)











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My favorite time of the year for sports

October and November have always been my favorite months for sports. As 2025 winds down, it's been very enjoyable to watch post-season play for several high school and junior high sports as well as major league baseball. At the same time, I especially like watching the NFL season as it is now in full swing.

I'm a huge football fan so it was great to see that deep Southern Illinois had a lot of good teams again this season as the IHSA postseason playoffs began Friday, October 31st and November 1st.

As we faced the deadline for this publication (Nov. 6th), 14 area schools from three local conferences (South Seven, River-to River and Black Diamond) had made the first round of the playoffs and five made it to the second round.

A special congratulations to Franklin County as all four of its high schools — West Frankfort, Sesser-Valier, Benton and Christopher-Zeigler-Royalton — qualified for the playoffs. It's the first time in IHSA football history that all four schools have made it to the playoffs in the same year.

It was another good MLB season and the four top teams in the post season got there in different ways as far as payroll.

We all hear a lot of discussion about how some MLB teams like the Dodgers, Mets and Yankees have an advantage because they spend so much on payroll.

That is a legitimate discussion, but I have always looked at it a little differently. Each team determines how much of their revenue they will spend on salaries.

Some choose to spend more of their money percentage wise while others spend less. Some-

SPORTS REFLECTIONS

BY DAVY BROY



As 2025 winds down, it's been very enjoyable to watch post-season play for several high school and junior high sports as well as major league baseball.

times that works out well for teams while at other times it doesn't.

According to recent revenue data calculated by Forbes, I found it interesting how much major league baseball teams spent this year compared to their revenue from 2024. Data for 2025 revenue is not available yet, but basically in most cases, 2025 revenue will determine how much each team spends on payroll in 2026.

I took a close look at the four teams that made it to the MLB League Championship Series this year. The 2025 World Series champion Los Angeles Dodgers' revenue for 2024 was \$752 million and their payroll for 2025 was \$549 million which was the highest in MLB. They spent 73 percent of their 2024 revenue on 2025 payroll. Only the Mets at 90 percent spent more.

The Milwaukee Brewers revenue for 2024 was \$335 million and their payroll for 2025 was \$137 million. They spent 40.8 percent of their 2024 revenue on 2025 payroll which was the 24th lowest out of the 30 MLB teams.

The Seattle Mariners revenue for 2024 was \$379 million and their payroll for 2025 was \$175 million. They spent 46.1 percent of their 2024 revenue on 2025 payroll which put them in the middle of the pack at 16th in MLB.

Toronto Blue Jays revenue for 2024 was \$387 million and their payroll for 2025 was \$277 million. They spent 71.5 percent of their 2024 revenue on 2025 payroll which was the 3rd highest percentage behind only the Mets and Dodgers.

For local fans, the St. Louis Cardinals revenue for 2024 was \$373 million and their payroll for 2025 was \$160 million. They spent 42.9 percent of their 2024 revenue on 2025 payroll which was 20th in MLB.

The Chicago Cubs revenue for 2024 was \$584 million and their payroll for 2025 was \$213 million. They spent 36.4 percent of their 2024 revenue on 2025 payroll which was 26th in MLB. Only the Pirates (27th), the Rays (28th), the White Sox (29th) and the Marlins (30th) spent less

percentage wise.

Every MLB fan has a right to look at all of this the way they choose to, but at the same time every owner in MLB has the right to determine how much of their revenue will be spent to operate their team and pay their employees.

With all of this being said, as a fan of MLB, I wish the league had the type of parity that we see in the NFL. MLB uses a luxury tax on their teams to try and help create more parity, while the NFL uses a salary cap.

Some people agree with the NFL salary cap and some don't, but there is no question that it helps the league stay more equal. The NFL's hard cap prevents overspending entirely, whereas the MLB luxury tax is designed to discourage it, with penalties increasing for repeat offenders and higher payrolls.

The MLB luxury tax hasn't come close to helping create the type of parity that we see in the NFL. From year-to-year, we see NFL teams rise from the bottom of the standings to the top which is great for their fans.

Unfortunately, that's not the case with the lower revenue teams in MLB like the Pirates, Royals, A's, Marlins and others who struggle almost every season.

— **Davy Broy** is a lifelong resident of West Frankfort and a longtime sports fan, coach, and local sports historian. He served on the Frankfort School District Board of Education for 16 years (1983-1998). His column appears monthly in Southern Illinois Sports Connection. He also owns the website www.westfrankfortsports.com.



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Fishing winter's cold water

Cold weather anglers may have to fish a variety of locations. It makes winter fishing more difficult as the fish are not congregating in a single type of location or habitat. Fish located in a single area may or may not be a specific species. What is usually a crappie location may prove to be a school of bass.

Bass patterns vary in cold waters. Nevertheless, the techniques are much the same only slower. Although one can catch bass on crankbaits and spinner baits, it is a good idea to downsize for winter fishing. One might even want to try jigging spoons or small jigs.

In cold water, fish suck bait in gently and leave only the sensation of a tic on the line. They are just not as aggressive as they might be when the water temperature is above 55-degrees.

Cold weather fishing means warm clothing and it is a good idea to take along extra clothing just in case yours get wet. A ski suit, hand warmers, ski mask and rubberized gloves are a good idea. It would not hurt to have a thermos of hot coffee, hot chocolate, or soup.

It is important to use care around cold-water situations. Wet rocks or a dock can have ice on it and cause an angler to fall into water or otherwise injure himself. When launching a boat, you need to take care that both boat trailer and tow vehicle can get back up the ramp. Ice on ramp can be a problem.

Getting back to fishing patterns, any current in a body of water will increase the oxygen content and fish will relate to it. Generally, fish will be in



the 12-to-20-foot-deep range. In larger impoundments without warm water discharges, the warmer water will be in the section closest to the dam.

In the main part of a lake, the combination of structure and current is desirable. Fish tend to be just out of the current near structure.

Forage fish are there seeking small plankton that flow with the current. Bass hang around areas close to stumps, beneath undercuts, rocks, or just on a sharp break line.

Runoff increases a river flow and signals a feeding frenzy in predator fish. For some reason the larger fish are the first to react. Often one will have to fish hard and for a long time to get bites. Often the fish that bite will be the larger ones.

Disruptions such as sudden noises on shore or in the water makes the fish shut down. Light also seems to influence fishing action. The brighter the day, the closer to the bottom fish seem to be located.

Weedy areas, or those with dark bottoms, warm sooner and are likely to harbor fish. The weeds and the dark muddy bottoms absorb the heat available on a sunny day and hold it longer. Cold water lures fall into two categories, jigs, and deep diving crankbaits. Rods should be very sensitive and the line very light test. The bite will be just a tic and therefore the need for light line. One-piece rods are also more sensitive than a two-piece one.

Fish lures slowly. They need to get down to or near the bottom. Crankbaits should slowly bounce along the bottom kicking up small clouds of mud. A loose wobbling crankbait that disturbs the silt on a branch or stump is more likely to attract attention than one that just passes quickly over it

Because bait fishes are just as slow reacting as larger fish, crankbaits need to move in slow motion. The idea is to make the crankbait imitate the action of the baitfish, that is, to dart, slow down, shimmy in one spot and then move off.

Remember that the lure is going to have to be right in front of the larger fish's nose for him to react. Long retrieves are necessary to get the crankbait down to the strike zone of a fish sitting on the bottom.

Jig fishing is easier. A 1/16th or 1/32nd-ounce jig fished right below the boat works well. With a fish locator, one can park the

boat right on top of the fish and bounce a jig right in front of their noses.

Thoroughly cover the fishing zone with the jig. The fish will not be more than a foot off the bottom. One can do well with just about any type of jig or jigging spoon if it does not weigh more than an ounce.

Fish jigs slowly and right up against any structure available.

In the case of both the jig and crankbait, pay close attention for the tic of the bite and set the hook quickly. They will not hold the lure for long. Any variation in the action of the line calls for a quick hook set. This is a game of total concentration to the job at hand.

Water clarity is an issue. With runoff, the water becomes muddy. Siltation gives visual evidence of current. With clear water next to muddy water, there will also be a difference in water. It is the change in temperature that attracts game fish and forage.

The game fish like to hold on the edge of the muddy water, concealed from the forage fish. The silt attracts forage fish as it presents a new source of food.

Cold weather fishing means sluggish fish that bite lightly. However, it often means big fish. Be safe, fish slowly and you too might tie into one of those lunker bass.

— **Don Gasaway** is a veteran freelance outdoor writer from Marion. The author of over 1,000 magazine articles, he is on Facebook at www.facebook.com/#1/DonGasawayWriter and www.facebook.com//DonGasawayfishing/. Comments and reviews are welcome.

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Open Horizons

A common phrase and overall idea of college, aging and the cycle of life is, "you're going to meet so many new people!"

Time and time again I heard that very phrase, whether it was being used by someone calming my nerves for the undeniable changes college was to throw my way, or to bring excitement into my opportunities, I never seemed to grasp its value. I would always think of being here in Carbondale, on campus balancing student and athlete life, and to be honest, was quite nervous about developing new friendships and connections in addition to that.

It was never that I was not incredibly excited for the people I would meet and get to know, it was simply a complete unknown. Besides my incredible teammates who I had met briefly, there was an entire blank sheet sitting in front of me, waiting to be filled in with the names of even more incredible people.

Looking back now to the first few weeks of school, where I believe I said, "What's your name?" or "What's your major?" or "Where are you from?" around a million times, I find joy in reflecting on my first interactions with people.

Some simply stayed as familiar faces you smile at on campus, others as classroom friends and much needed pre-test debrief partners, and even some who seem to fit perfectly in my life as great friends. In three short months, I cannot believe how many new people there are in my life.

Whether I see them every day or even once or twice a week they all have impacted my understanding and perspective of the world.

We seem to live in a time where seeing through the eyes, experi-

OPEN & HONEST
BY MAYA ROUNDS



ences and challenges of others seems to be fading, I have found the importance of broadening my understanding of other lifestyles, cultures, people, and pretty much everything. Even only in the short time I have been here at SIU, I have connected with friends and especially teammates, who I find myself spending a great deal of time with, and learning about what their "normal" is like.

Having teammates from major cities such as Chicago, Dallas, St Louis, Phoenix, it has been so enjoyable to share my love for Southern Illinois with them, as they share the love they have for

their home with me. The vast difference in experiences across not only the students here at SIU but my team, is uniquely what connects us.

The foundations of my connection with the team holds the pillars of trust, growth, and support we all share and will continue to foster throughout my time here at SIU.

I say all of this not just to share my experiences, but to highlight the importance for all of us to continue to broaden our understanding of others. Because the truth is, there really are so many people out there for us to meet. There are so many other ideas, values, and experiences out there for us to learn about. It's up to us to keep our hearts and minds open to others. Now, every day I understand the value of the phrase "you're going to meet so many new people," because not only can I appreciate the connections I have, but excitedly look forward to what the rest of life will bring.

As time has passed for me here, I cannot help but feel at peace with my environment. The opportunities God has blessed me with continue to deliver in countless ways that go far past surface level. My happiness comes from what God has provided for me and the ways in which I use it.

Pushing myself to pull up a chair at new tables, appreciating my education and falling in love with the process of collegiate athletics are all a few of the countless things that have and will continue to provide for me while bringing me great peace.

Allowing myself to be comfortable being uncomfortable is a message I hope to bring to life for everyone to see and hopefully inspire others to appreciate the good things of the world around us.

— Maya Megan Rounds is a 2025 graduate from Sesser-Valier High School, where she was a three-sport athlete, playing volleyball, basketball and track. She is now continuing her track and field career at nearby Southern Illinois University in Carbondale. She loves all-things Taylor Swift and enjoys spending my time with my friends and family. She hopes to use this column as a way to be open and honest about her training and athletic experiences.

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Going out on top

Longtime Wayne City High School volleyball coach LaMar Choate finishes his more than 20-year coaching career with a school record-setting season

BY RANDY OLSON AreaSports.net

We have all heard that famous phrase: "all good things must come to an end."

While the original source for that phrase dates back to a 14th Century poem by English poet, Geoffrey Chaucer, the phrase can easily be applied to the career of LaMar Choate, of Wayne City High School.

Choate is retiring from teaching and coaching at the end of this year. He has spent 32 years educating students by teaching history, civic, and government at his alma mater, and he has led the Wayne City High School volleyball program for 24 years, serving as their Head Coach.

Ironically, the Lady Indians just enjoyed their most successful volleyball season ever, finishing the year with an overall record of 30-5, which is a new all-time standard at Wayne City.

They also won the Midland Trail Conference regular season and the MTC Tournament Championship without losing a single set, on their way to a school record season, therefore enabling Coach Choate to "go out on top" as his tenure comes to end.

"God has blessed me with a great career," said Choate. "I am enjoying this last year the best I can. I haven't really reflected too much on it yet, because it's been so busy. When you coach volleyball, you actually start before classes even start in the school year. I only addressed it at the beginning of the season and from



The Wayne City volleyball team finished with a 30-5 record during the just completed 2025 season. — WHITNEY COY PHOTOS

then on, we have just focused on having the best year we could and the girls really responded well. We had a great year and I am very proud of them."

When you look at the 30-5 record that Wayne City accomplished this year in volleyball, it is especially gratifying given the difficult schedule that they play. The Lady Indians face many volleyball opponents from larger schools in 2A. They beat several of them, and held their own with

many others.

"Some of our losses were to teams like Fairfield, Carmi, Edwards County and NCOE who are traditional volleyball powerhouses," said Choate. "Four of the five schools who beat us were regional champions, so we feel like we competed very well against some of the best teams around. We did not feel bad about those losses."

While Choate is thrilled to go out on top with a school record

30-5 season, he is quick to reflect on the fact that it is ultimately the players who got the job done.

"I really do praise these players because they were very consistent. Night in and night out, it meant something to them to play strong volleyball," said Choate. "Making a clean sweep of every conference team in the Midland Trail for two straight years, both in the regular season and in the tournament which is a hard trick to pull."

Thinking back to his own playing days on the basket-ball floor at Wayne City High School, LaMar shared a story with me that applies here.

"I learned a good lesson from my former coach, Jerry Wilson. You do all that you can as a coach to prepare and get ready for a game, but in the end, it's really up to the players to execute," said Choate.

"Just like in basketball, the coach doesn't shoot any free throws or grab any rebounds in the game. The same is true in volleyball.

"We won 30 games but that is due to those players. They did the serving, the setting, the spiking, not me. I have been blessed to coach a group of girls where the team concept was

more important to them than the individual accomplishments. This Lady Indians team epitomizes that type of culture and it has been a winning culture."

One of the rewards of teaching and coaching in the same location for so many years has been seeing students grow up to become productive members of society, many getting married and raising a family of their own.

Choate enjoys talking about past students who would come back and see him at the school after being away for many years, giving him the opportunity to reconnect and catch up.

see **CHOATE** page 24



During his 24-year coach career at Wayne City, Choate has seen 20 players go on to play volleyball a the college level. — WHITNEY COY PHOTOS

You can listen to the full interview with LaMar Choate on the AreaSports.net YouTube Channel at this link: https://www.youtube.com/@AreaSportsBasketball/videos



CHOATE from page 23

"Many of the students I had in the earlier years were not educated in this newer building and perhaps have not seen it, so it is fun when they come back to see the facility and talk about what is going on their life," said Choate.

"Some of the former players come back and sometimes I hear them reflect about things we did in practice way back when. They will say that they didn't know or understand why they had to do certain things in a certain way at the time, but they fully understand it and appreciate it now, later in life, and that it had life lessons. I just chuckle at those remarks, but it is very gratifying to me."

Community support was very apparent at volleyball games in

Wayne City. They were very well attended. LaMar went a long way in developing an interest among the students, parents, grandparents, and former players who would all come out to watch the girls compete. "Success does that a little bit, because people want to see a winner," said Choate. "More and more people are discovering that volleyball is great entertainment. It is emotional, exciting, and tense."

Over the years, Choate has seen a vast improvement in the skill level of volleyball players. "It is a lot faster, which has been influenced by club volleyball, which has taken off and exposed more girls to the sport during more months of the year,' said Choate. "I think that volleyball is really growing, and I don't know if you can say that about some of the other sports.



LaMar Choate (left) and veteran NCOE volleyball coach Cathy Black (right).





"You look at college volleyball today, and even at the JUCO level, volleyball is really growing, and the talent level of the players is exploding. I would say during my tenure at Wayne City, we have had around 20 players go on and play volleyball at the next level."

Wayne City had their season end this year in the Regional Championship, when they fell to a very good Edwards County team. "The Lady Lions ended our season two years in a row, and I have great respect for that program," said Choate. "They have always been very competitive at volleyball, and I can go back and tell stories about the late Linda Oxby (former coach at Edwards County) and the advice and things she told me along the way. She helped me out when I was a young coach, as did people like Cathy Black at Norris City. I am grateful."



Wayne City volleyball coach LaMar Choate says the popularity of the sport is growing by leaps and bounds.

As for his teaching career, Choate makes some interesting points about how changes in technology have changed his profession in many ways. "I have gone from the old school chalk boards to white boards, and now smart boards. Students take notes on school supplied notebooks today," said Choate. "Access to technol-

ogy for students has increased dramatically with almost every student having a smartphone. And now we live in the advent of AI, so the changes are going to possibly be even more dramatic. It is a new world the younger generation is now facing as they become adults. Our job is to prepare them for it, and in the present, utilize AI the best way we can in the classroom. Teachers have to adapt."

What are his plans after retirement at the end of this school year? "I'm taking things day by day right now. I have thought about a few things, but I don't have solid plans right now," said Choate. "I will continue to play guitar in the praise band at church. That is important to me. I am sure that I will still get out and watch some volleyball. It will be interesting to see the game from a different perspective."

LaMar told me saying goodbye to the players (especially the seniors) after the Regional Championship loss was difficult for him. "It is always tough, but especially this year. They gave it a great effort, and I am proud of them. The three seniors had a remarkable career, and collectively in these past two seasons they were the key part of a run where we went 57-11, which is amazing," said Choate.

In his coaching career at Wayne City High School, Choate accumulated 361 career wins, making him the winningest volleyball coach in school history, and he guided this 2025 team to a school record of 30 wins. It has been a great run of 24 years coaching volleyball at Wayne City, and 32 years of teaching in the classroom. By any objective measure, LaMar Choate is certainly going out on top.





The Ultimate Competitor

Benton volleyball coach and former West Frankfort Redbirds standout Kellie Nicholson Griffith still has a passion to win

November feature • BY DAVY BROY

Benton Middle School Language Arts teacher and high school head volleyball coach Kellie Nicholson (Griffith) is in the process of rebuilding a strong volleyball program with the Rangerettes.

Kellie, who is in her 28th year as a teacher in Benton, took over the high school head coaching position in 2024 and in just two short years, she has changed the culture and has the program back on the rise.

Prior to her taking over the head coaching position the Benton varsity volleyball program, (according to ihsa.org) had only two winning seasons in nine years (2015-2023) and during that time an overall record of 145-156.

The recent 2025 Benton volley-ball team had the school's best season in a few years as they finished with an overall record of 22-13 and a conference record of 7-3.

It was the most wins by a Rangerettes team in six years, and they did it this year with a very young squad with only one senior. Benton lost in the IHSA Class 2A Regional championship game to a very good and experienced 26-11 Fairfield squad.



Kellie Nicholson Griffith directs her volleyball team as the head coach of the Benton Rangerettes.

It's no surprise that the Benton High School volleyball program is seeing success again. Kellie has always been a hard worker and a great, intense competitor going back to her days (1988-1992) as one of the best female athletes in West Frankfort High School history. In a recent interview she said this about the Benton volleyball program.

"We want our program to get back to the level of success that we had under former head coach Tony Phelps who was 476-148-7 during his outstanding 17-year coaching tenure at Benton High School from 1998-2014."

Whenever you talk to Kellie about coaching, you can see the drive and competitiveness in her eyes and you can also hear it in her voice. As I watched her Benton team play a few matches this past season, I quickly saw that the highly competitive and disciplined Rangerettes varsity volleyball team was a reflection of their coach.

The team played smart and with great intensity as they battled hard to the final point of every set. There's no doubt that Benton is very proud to have that kind of program within their school district as they continue to see very good success with almost all of their sports programs.

Benton athletic director Shane Garner had this to say about the 2025 Rangerettes' volleyball team.

"The Rangerettes have shown tremendous growth and resilience this season. They've learned to play for one another and represent our school with pride. What they have accomplished comes from hard work, commitment, and a belief in something bigger than themselves."

Tony Phelps, who was one of the most respected volleyball coaches in Southern Illinois history is impressed with the current state of the Benton High School volleyball program.

"Kellie and I have been friends for a long time. In the late 1990s the Benton Middle School finally approved volleyball as a school sport and Kellie was the first coach of that program. She and I worked together then to give her some ideas as she was more of a basketball person.

"Kellie and I were there together when holes were drilled in the middle of the court. That was a big deal! She was then my assistant coach at the high school for one year. Kellie knows the game well now. This past summer she went the extra mile with junior camps and workouts for her high school kids. There is no substitute for hard work and she really put the time in! I'm very glad that Benton volleyball is back on the map!"

Bailey Neibch, a 2025 West Frankfort graduate, played volleyball for the Central Junior High Lady Redbirds when she was in the seventh and eighth grade and Kellie Nicholson Griffith was her head coach. At that time, Kellie was also the Frankfort High School head volleyball coach (fall season) for two years (2019 & 2020). In Neibch's eighth grade spring volleyball season (2021), the team won the SIJHSAA

Regional championship. Neibch went on to be a four-year starter (2021-22 through 2024-2025) for the FCHS Lady Redbirds and a two time All-Conference and All-South selection. She is currently a freshman at Rend Lake College where she earned a full ride scholarship to play volleyball.

Neibch holds Kellie Nicholson Griffith in high regard.

"Kellie had a huge influence on my volleyball career," Neibch said. "She was tough, but that's what made us good. In the seventh grade was where my love for volleyball began and Kellie had a lot to do with that. During my 8th grade year, we had a record of 10-2, and because of COVID, it was a short season. We also won a regional championship, but unfortunately, there was no state tournament that year.

see **GRIFFITH** page 28



Kellie Nicholson with the ball while playing for the West Frankfort Lady Redbirds in 1991.



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Kellie used to invite us eighth graders to the high school open gyms in the summer to get extra reps. I think that was a great idea to build an amazing atmosphere/ culture around Redbirds' volleyball."

Neibch said her former coach taught her much more than the game of volleyball.

"I have so much respect for Kellie because she taught me not only the basic fundamentals of volleyball, but also what it takes to be great. She taught me to be a tough, disciplined player, and that's a big reason why I succeed today. Looking back, I am glad I had a coach who instilled confidence in me to lead and stay

composed under pressure. Kellie didn't just make me a better player-she also made me a better person."

Looking back at Kellie Nicholson's high school playing career, specifically in basketball, the FCHS Lady Redbirds probably had more team success than any program in school history. During Kellie's four-year career the West Frankfort Lady Redbirds basketball team had an overall record of 83-25.

There have been a lot of good guards in Southern Illinois girls' basketball history. There have been very few that were as well rounded as West Frankfort's Kellie Nicholson as she played point guard her first two years in high school and shooting guard her final two years.

She not only directed the Lady Redbirds with very good ball handling and passing ability, she was also an outstanding outside shooter with great range.

Kellie had a stellar high school basketball career. She was a fouryear starter for the Lady Redbirds (1988-92) and is sixth on the girls' all-time scoring list with 1,403 points. Showing her versatility, she also had over 400 assists which is a school record. She was a starting guard on three straight Class A Sectional championship teams from 1990-92 which is the only time that it has happened in girls' basketball school history. During those three years, West Frankfort had an overall record of 73-11. The team also won two straight South Seven Conference championships.



Kellie Nicholson was also a very good softball player for West Frankfort in the early 1990s.



The Lady Redbirds won those conference championships despite being a smaller Class 1A school playing against bigger Class 2A schools. West Frankfort competed in the South Seven Conference for 55 years (1939-1993) until they moved to the River-to-River Conference in 1994.

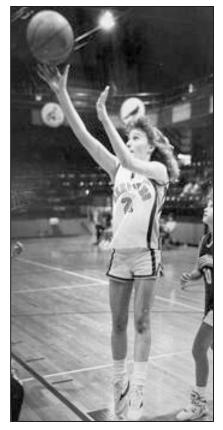
Kellie was selected All-South Seven Conference in basketball all four years at FCHS and she was also selected as the conference MVP in both her junior and senior years (1991 & 1992).

She was also selected All-South her sophomore, junior and senior years, All-State Honorable Mention her sophomore year, All-State 4th team her junior year and All-State 2nd team in her senior year.

Kellie was a good all-around athlete at FCHS. She played varsity softball for three years and she was an All-Conference and All-South selection in both her junior and senior years. She was also a three-year starter in volleyball and she competed in track and field her freshman year.

As an 8th grader at Central Jr. High School, Kellie broke the high jump record and it stood for 30 years.

As one of the best high school players in Southern Illinois, Kellie earned a basketball scholarship to John A. Logan College. She started for two years as a shooting guard for head coach Gary Barton who had one of the best junior college basketball programs in the nation.



Kellie Nicholson while playing for West Frankfort in 1992. She is now the volleyball coach of the Benton Rangerettes.

When speaking about her time at JALC it's obvious that Kellie enjoyed her experience there.

"I loved playing for Coach Barton. We finished 8th in the nation in both my freshman and sophomore years. We thought that we had a pretty good chance at winning it that first year, but then

I rolled my ankle in the second game of the tournament and was unable to play after that. While playing at JALC, DePaul University coach Doug Bruno recruited me to play at his school my last two years in college. He was also interested in some of our other JALC players, but told me that he would red shirt me and have me ready to play after I spent a year getting bigger and stronger. I was only 120 pounds at the time. I was thankful that I had the opportunity to play Division I basketball, but chose not to go. I decided to stay closer to home and not play basketball any longer. I wanted to get my teaching degree so I decided to finish college at SIU-

There's no doubt that Kellie had a great career as a high school and college athlete. To go along with her very good physical skills, Kellie's greatest assets might have been her leadership ability, strong work ethic and a competitive drive that was off the charts.

Those same traits have carried over as she coaches volleyball at Benton High School.

The overall record for this year's Benton High School volleyball program (freshman, JV and varsity) was a very good 49-18 which proves that the program is on the rise. Over the summer the coaches committed the entire month of July to the girls.

They went to Cape Girardeau for varsity and JV tournaments a few times and they also played in tour-

naments at each level throughout Southern Illinois. They had a junior high team camp and also a camp for grades 3 through 6 that the high school players helped with. They also started league play for the grade school girls.

Kellie gives a lot of credit to her assistant coaches at the high school.

"My assistant coaches Cassie Jay and Brooklynn Calcaterra go above and beyond and I am very thankful for them. It's their dedication and hard work along with our volunteers that will make our program successful in years to come."

As the Benton Rangerettes volleyball team and their coaches anxiously await next year's 2026 season, Kellie had this to say about working with such a great group of players.

"The sky's the limit for these girls. I've told them time and time again that I would put them up against anyone. We struggled at times this past season with staying at a high level and keeping it there, being consistent and finishing teams off.

"We had a young team so next year I'm hoping that we can get past that and have more of a killer instinct. They are a very athletic group of girls who are smart and they have good chemistry which is always a plus. I'm very excited for next season.

"These girls can do anything that they set their minds to."

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A rare feel good story

It is unbelievable the amount of bad news occurring these days.

Every time you read a newspaper, turn on the television, or radio another story about a senseless shooting, war, church bombing etc is right in front of us.

I keep reminding myself there is hope in this crazy world, and I get to see it at least one time a month.

This is what I mean.

For the past several years I have been volunteering on the third Thursday of the month at the local food pantry.

About 20 people on the average help on a regular basis.

Near the end of the school year last year, I contacted the sponsors of a couple of clubs at the high school, The National Honor Society and the Student Council. GUEST COLUMN BY JIMMY DEAN

We were blessed to have five different members and a sponsor the rest of the year come the third Thursday of each month to help us. Our group is mainly made up of older men and women and these kids are a blessing.

Every month the girls would help along the food line and the boys

would help unload the truck and carry the food outside to the person's car.

You could tell both the kids and recipients respected each other, and a lot of "thank you, and you're welcomes" were heard throughout the morning.

Two of the honor society mem-

bers even came back over the summer on their own time to help.

This October, I've been told, we can also expect some of the football players to help.

I have been told by a majority of students comments like "I didn't know there were so many hungry people. I heard about it, but this has really opened my eyes."

"This made me realize how fortunate I am."

"I want to help as much as I can."

Hearing these kind of comments make you appreciate even more the caliber of students we have in Johnston City. These are just a small sampling.

This always makes me remember that in Johnston City, there is more good out there than bad.





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 - ★ Wheat Threshing
 - ★ Veneer Mill · Saw Mill
 - ★ Grist Mill Dynamometer
 - ★ Gas Engines & Tractors
 - * Baker Fans
 - **★ Tractor Activities**
 - ★ Rope Making

- ★ Broom Corn Threshing & **Broom Making** ★ Shingle Sawing * Steam Shed with
 - **Operational Equipment**
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- ★ Plowing with Tractors, Steam Engines, Crawler Tractors, **Horses & Feature Tractors**

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- · For safety reasons, tractors with duals will not be allowed within the center ring.
- · Lawn & garden tractors manufactured prior to and including 1975 will be accepted for display & exhibit. All others, 1976 and newer, will need to be registered as a golf cart/utv.
 - Plows inside the center ring will be restricted to 4 bottoms maximum.
 - Exercise Caution when near Steam Engines due to extreme hot temperatures.

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Antique Auto Show & Swap Meet Sunday, August 16

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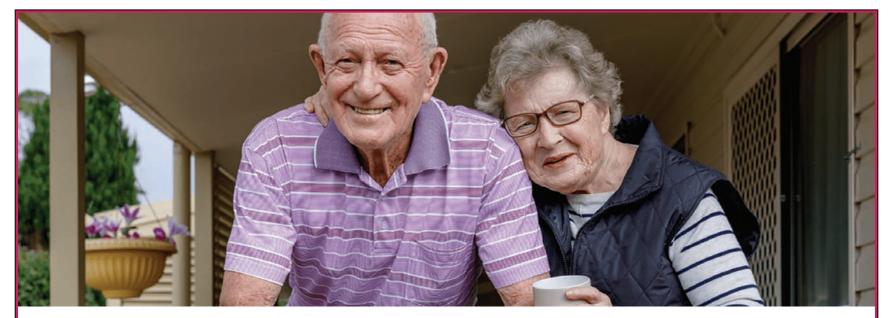




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SYDENSTRICKER NOBBE

You versus Old Man Winter!

A guide to fighting the 'Cold Weather Blues' here in Southern Illinois

In researching ideas on being active and staying healthy during the upcoming winter months, I stumbled across some great ideas such as cross-country skiing and snow-shoeing. Great ideas if you don't live in good ole southern Illinois.

So, for those of us who have no plans on visiting the North Pole this winter season, I decided to share some ideas that almost anyone, anywhere can utilize.

Walk Indoors – This could obviously be at a gym or on your home treadmill, but you can also use local shopping centers such as the mall or hardware store (you might as well burn calories while that cash is burning a hole in your pocket).

Take the Stairs – If and when possible, take the stairs instead of the elevator. You can also take quick 5-minute breaks and walk up and down the hallways or stairs at your work, school or home. Small walk breaks can really add up by the end of the day.

Go For a Swim – Not talking about the Polar Plunge here (unless that is your idea of fun!) Find an indoor pool and swim or even walk laps. There's something that makes you feel like a kid again by getting in the pool in the middle of winter.

Make It a Game – So many options out there from online workout programs to even



using your kid's gaming system. Embarrass yourself or your child in the privacy of your own home by showing off your sweet "Just Dance" moves or by playing baseball or boxing on the Wii.

Create Your Own Home Gym – Stay with me here. It's amazing how much you can accomplish with some small inexpensive items such as: dumbbells, yoga mats, hula hoops, jump ropes, a stability ball, and if you've been extra good this year, maybe even ask Santa for a stationary bike or a nice, sturdy weight bench.

Get Outside – Again, hear me out. I, for one, love to be outside even on the coldest of winter days. Many people do not share this crazy love of the cold. I hear you. Bundle up. You'd be amazed how quickly you warm up after just a few minutes of brisk walking. Just dress appropriately with the layer of clothing closest to your body covered in fabric designed to pull water/sweat away from your skin (called wicking). Keep your head and ears covered. I like to wear gloves, but I always make sure I have pockets, so I can take them off and tuck them safely away as I warm up.

*Side note: We do have some of

the most beautiful areas to walk and hike. Take advantage!

Do Some Chores - Anyone who knows me knows I cannot keep a straight face while recommending this. It actually is a great idea. While I love a good walk outside in the cold, I loathe all things related to the word "chore". But, hey, maybe cleaning is your thing, and good for vou! (I would rather be doubledog-dared...well, we all know how that ends). I hear sweeping, mopping, dusting, vacuuming... all that "fun" stuff can lead to burning major calories. So, turn on some music and get to clean-

Be a Good Neighbor – Whether it be offering to walk their dog, shovel snow off their sidewalk, or even going to the store or just to the mailbox for them...being a good neighbor can be good for your physical and even your mental health.

Less Daylight=More Moodiness – Keeping your mental health in check during the winter months is just as important as maintaining your physical health. Chemicals in your brain such as serotonin and melatonin, regulate mood and sleep, and can be affected by the limited daylight hours. The "winter blues" can be combatted by making healthy food choices, getting regular exercise, and getting exposure to sunlight when possible. It's always a good idea to talk to your primary care physician for more information.

Let me be completely honest. Every single year, when I reluctantly roll the clocks in my home back, I began the whining about how it gets dark too early, and how I magically forget how this time of year feels. Every. Single. Year.

It's not my favorite, but I try to keep in mind that it does mean the holidays are just around the corner along with a brand-new year!

When your internal clock gets thrown off track, it can result in memory issues, mood swings, difficulty concentrating, fatigue, daytime sleepiness and lower performance in physical activities.

Physical activity can help maintain and even improve your immune system. With guidance from your physician, you can decide what vitamins or daily supplements might be helpful as well.

Try to find ways to keep your mental and physical health in check this season! Before we know it, we will find ourselves once again complaining about the heat and humidity and the bugs! I, for one, enjoy living in a place that does have changing seasons.

Southern Illinois definitely offers us a glimpse of beauty in all of its changing seasons. Get out there and enjoy it-and stay safe!







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