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FREE
OCTOBER 2024
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JCity Center for Hope and Renewal

ARROW NEWS

INFORM • UNITE • PROMOTE

JOHNSTON CITY'S HOMETOWN NEWSPAPER

Halloween Calendar

Oct. 26 Spooktacular @
Arrowhead Campground

Oct. 31 Trail of Treats
downtown 4-6 pm
Official trick or treat hours 5-8 pm

'Haunted' Johnston City

Ghost tale dares generations to 'smell the roses'

BY DOUG HANCOCK

October brings the best time of the year with cooler weather, changing leaves, fall activities like football games, hayrides, wiener roasts, and ghost stories.



Arrow News reporter and podcast co-anchor, Doug Hancock is a retired postal worker.

Johnston City has its own share of Halloween tales repeated to generations of eager ears around a campfire on a crisp October night. Probably the most infamous story is Hook's Tomb. The largest structure in Lakeview Cemetery, this mausoleum was built from stone cut from a quarry near Harrisburg and delivered by draft horses about a hundred years ago. The tomb contains the bodies of Charles F. Hook (1880-1958), a banker at the John-

ston City State Bank, and his wife Clara (1880-1922). Originally the exterior featured metal doors with heavy stained glass, but due to vandalism sometime around 1980, the enclosure was sealed with brick. The oldest legend contends that if a person walks around Hook's Tomb seven times at midnight, the smell of roses can be detected.

Hook's Tomb has made the list of haunted places in Illinois, and the phenom-



This 100-year-old mausoleum near the entrance of Lakeview Cemetery in Johnston City, popularly known as Hook's Tomb, has been the subject of a local ghost story for at least 50 years. (Arrow News photo)

enon has gained mention on a couple of websites; although the number of trips around the structure has been reduced to three, followed by knocking on the door that no longer exists. For teenagers in the 1970s,

it was a rite of passage to drive that way after dark and dare one another to circle the tomb. I remember doing that once, but chickened out, as it was "getting late." Considering a midnight

visit to the tomb? Police Chief J.D. Barter informed Arrow News that the cemetery gate is closed at dusk and ghost hunters could be charged with trespassing. But if a person is in the (CONTINUED ON PAGE 2)



Ray Baine, 75, of West Frankfort, stands beside the 1960 Ford F100 pickup he restored to remember soldiers who didn't make it home. The color scheme and decals mirror equipment Baine helped maintain while serving in Vietnam. (Photo by Tim Hastings)

Johnston City Car Show

Vietnam vet dedicates restored pickup to fallen comrades

BY TIM HASTINGS

A Vietnam veteran who served two tours with Navy Seabees Unit 121 has restored a 1960 Ford F100 pickup in memory of fallen soldiers. Ray Baine, 75, of West Frankfort, displayed the truck at the Johnston City Car Show on Saturday, September 21.

"I bought this truck on my 65th birthday," Baine said. "I found it over in Jackson, Missouri. The boy who owned it was gonna junk it for college money. I was looking for something to piddle with." Baine found plenty to occupy his time (a "froze up" engine and deteriorated brake lines). He recalled, "I started tearing it apart and making it run again; it took me two years."

Baine, a retired mechanic, got the idea for a memorial while priming the truck's exterior. "The guy who had it, had painted the outside with white spray paint," Baine said. "I was trying to take the paint off and I got it down to bare metal. I put some primer on it and it was green. I was sittin' in a lawn chair, and I looked over at it and I said, 'I know what I'm doin'. I'm gonna make me a Seabee truck out of it." (The Seabees built roads, bridges, landing strips, and other infrastructure for the war

effort.) Commenting on the color, Baine said, "This is olive drab." It's almost the same color as our vehicles we had in Vietnam—maybe a little softer." However, Baine shared that the yellow emblem painted on the truck's doors is authentic. "That's from a brass stencil we used in Vietnam. I've got both stencils."

Baine worked for Jordan Motor Company, an American Motors dealer in Johnston City, before and after the war. "Then I worked for MAT, Old Ben Coal Company, Joy Mining, BBT, and Bucyrus," he said. "When I retired, I started playing with this thing." Baine entered the truck in Cruisin' the Coast last October in Biloxi, Mississippi, but wasn't surprised when he won no prizes. "No, no! This thing ain't gonna win nothin'," he said, "... too many nice trucks."

Cruisers

Not far from Baine's truck sat a blue 1967 Chevy Nova Super Sport displayed by Larry Shoemaker of Creal Springs. "It's a good little cruising car," Shoemaker said. "It's not a hot rod. Turn the air conditioning on, lay back, and down the road you go." (CONTINUED ON PAGE 2)



LEFT: Andresen's Café owner Anthony Spiller's 1930s-era Ford Model A sits in front of the café during the Johnston City Car Show. RIGHT: Reed Carter Stonbraker, age 10 of Johnston City, sits behind the wheel of his grandfather's 1950 Mercury Custom Coupe two-door. A drive-in tray and menu set the '50s mood.

Fall For
EVENT
Recovery

5

10/19/24

CITY-WIDE
CLEAN UP

6

OCT. 21-23

3



WASHINGTON MIDDLE SCHOOLERS WERE OUT IN FULL FORCE AT THE LIBRARY PUZZLE RACE. LEFT: The 7th grade team consisted of Alexandria Carpenter, Arianna McDonald, Sophia Lingafelter, Loretta Stroud, Elizabeth Boyt (pictured with teacher, Dawn Simpson). ABOVE: Eighth graders—Mae Saavedra, Locklyn McVey, Charlie Lindsey, Kaedance Imhoff, Summer Robinson

Library Puzzle Race

Teams of all ages compete to put the pieces together

WITH MARGIE SANDERS
A recent puzzle race sponsored by the Johnston City Public Library offered around 40 youth and adults an opportunity for exercising teamwork and puzzle skills. Ten teams participated in the event, September 16, at the Lake Creek Masonic Lodge.

Librarian Cindy Puls-

ford handed teams identical brown paper bags, each containing pieces of the same 500-piece puzzle. Ready, Set, Go, marked the signal for puzzlers to begin. Having no picture as guide, teams relied on dexterity, reasoning, and spacial skills. After only 58 minutes, a winner emerged with puzzle completed.

A team made up of Jenny Ditch, Cheleste Sieveking and Britney Baney won the contest. Banterra Bank provided \$50 in McDonald's gift cards for the winners. The library extends thanks to participants, workers, and the Masonic Lodge for use of their building.



Staff members of Southern Illinois Bank pose with winner of grand prize at 25th anniversary celebration in Johnston City (SI BANK PHOTO).

Ghost stories

(CONT. FROM P. 1)

area about 200 yards north at that time of night, folks could witness a ghost train running parallel to Eberhardt Road. So I've heard. HmMMM.

Remember, Charles Hook worked at the State Bank—now City Hall. In 1958, Hook died after being struck by a car in front of the bank. In recent years, overnight investigations by local ghost hunters brought cameras, motion sensors (and most likely caffeine) in hopes of catching Mr. Hook making his rounds at his former bank. City Clerk Jade West confirmed that at least two such hunts have occurred, though the results are shrouded in mystery. A local police officer, who shall remain anonymous, viewed the video and said he did see something moving on the stairs.

Let's move on. Is anyone familiar with Allegheny Road? It's a country lane that leads to a former settlement of the same name. Along some stretches of the road, the trees form a canopy, shielding the view from the traveler. When folks my

age were in school, supposedly a witch lived beside the road. Now don't scoff; stranger compounds existed where people desired secluded lives. Perhaps an elderly woman who kept to herself lived there, and children embellished the rumors. And then again?

Another story involves a small cemetery along Collins Road in Stirtz. Family members spoke of a glowing light that appeared over the tombstones. It might have been foxfire (a fungi that emits a bluish-green glow). Or was it something more?

This next *haunting* story came from Vi Roach and Opal Avery, who remember a certain two-story house on 4th Street that some family rented back in the 1950s. The family didn't stay long due to odd noises at night—like the sound of canned goods rolling down the stairs. I leave it to readers to determine which house—and if it's still there.

Ever walk through a cold spot in a room and wonder the cause? Neighbor Terry Starrick says his former home on 9th Street contained one of these. Supposedly, the only explanation was the sad story of a young boy who was killed as the

previous owner backed out of her driveway. *Brrrrr.*

Numerous places around town could be nominated for a local ghost story—the train depot, old coal mine sites, even former saloons where arguments got out of hand and the consequences were fatal. It just takes something repeated often enough to become folklore and then . . .

Finally, let me regale you with a story of my own. Our first home on Benton Street was rumored to be haunted, something told by the grandchildren of the man who built it. The bedroom door swayed open and closed as if it had a mind of its own, scaring the kids into believing that grandpa was still around. Well, grandpa's main occupation was truck driving, not carpentry. The bedroom door was not hung square. A small wooden rabbit as a doorstep solved the problem and thwarted the "ghost."

Happy Halloween everybody. Just remember—all things that go bump in the night might not be pesky critters. You might have a campfire tale waiting to be told.

City Council names Rice, Garland interim chiefs at JCFD

Wayne Rice has been named interim fire chief, and Michael Garland as interim assistant chief due to Fire Chief Tom Burton's medical leave. Both positions are full-time. Burton told the *Arrow*, he "appreciates everyone's prayers."

In other action during September council meetings, the City approved the purchase of two new police cars. Two of the oldest cars were declared surplus property to be sold to the highest bidder at a future meeting. Salary schedules for the City Clerk and Treasurer were adopted in advance of the upcoming municipal election in April 2025. The Council voted 3-2 to protect the local one percent sales tax on groceries from state-mandated suspensions.



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Homegrown SI Bank turns 25

BY MARGIE SANDERS
"Twenty-five years comes around fast when growing a bank, especially a Southern Illinois Bank," said bank president Toni K. Dunning. Southern Illinois Bank is truly a homegrown business. The first branch was built in Johnston City 25 years ago. The bank now has branches in West Frankfort, Zeigler, Thompsonville, and Herrin.

Dunning has been with SI Bank since it opened here September 10, 1999. She affirmed that the bank is locally owned and operated and emphasized that it is a "community minded bank." "The bank cares for the communities in which it operates," said Dunning. Staff members volunteer at many local functions, and can be seen out and about

in their communities. She went on to say, "The goal of the bank's experienced staff is to provide the communities it serves with the best customer service possible." Andrea Myers, loan officer, said, "I am working at the Johnston City branch because I want to help serve my hometown." Andrea grew up in Johnston City.

In August and September, the bank's officers, board of directors, and staff hosted 25-year anniversary celebrations at each branch, welcoming customers and the general public to a free lunch and a chance to win a new television. SI Bank social media announced, "Joe stopped by for a delicious cheeseburger and walked away with a brand new TV—talk about a great day!"

Car show (CONT. FROM P. 1)

Shoemaker's modifications to the Nova include a fuel injection system, air conditioning, and four speed transmission. "The car only has 52,000 actual miles on it. All the body parts are original," he claimed and pointed to the original body part number stamped into the steel under the trunk hood.

Shoemaker has shown the Nova at Super Chevies in Memphis, the Good Guys Show in Ohio, and at shows in Pigeon Forge, Evansville, Joliet, and Chicago.

Car show attendee Buford Stout, 83, of Marion, reminisced as he admired a 1950 cherry-red, two-door Mercury Coupe. Stout said the car brought back memories of riding in a black

1950 Mercury two-door sedan when he was a student at Johnston City High School. "My friend had a '50 Mercury. And we used to tool between Johnston City and Marion and Herrin and West Frankfort in it, and just had a good time meeting people," Stout observed. "The Mercury's sleek shape was part of the car's attraction. It was very sleek for those years. It was a smooth design. It just looked fast."

Throughout the afternoon event, DJ John Milani of Big Elvis Rock and Roll Show spun tunes reflective of the decades represented at the car show. Proceeds from the event went toward the 2025 Johnston City Fireworks Spectacular.



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izens. Great job done by all who contribute!
 —Barbara Kee Vatovec

"I enjoy reading *Arrow News*. Very informational."
 —Tom Burton



From our readers...

Just want to thank Tim Hastings for the nice article he did on my book *Reflections of an Imperfect Woman*. It was very much appreciated.

Also want to thank you all for the publication of *The Arrow*. We enjoy it every month and wish it was at least every week. It is professionally produced and is a much-needed asset to Johnston City and its cit-

"Enjoy every issue, thank you." [Content suggestion] "City plans to address road conditions, sidewalk replacements, etc."

—Shane Hermetz

Comments or suggestions? Scan this...



October Events

OCT. 1
 Business Leaders Meet-N-Greet, Andresen's, 9:00 am

Lions Club Meeting, JCity Church, 6:00 pm

OCT. 2
 Rotary Meeting, Andresen's, Noon

OCT. 4
 Farmers Market, 3:00 - 6:00 pm

OCT. 4
 BBQ Chicken Football Team Touchdown Club, Scout Cabin, 1:00 pm

OCT. 10
 Honeysuckle Holler at Lemongrass Boutique, collecting for Manna Mission

OCT. 11
 Farmers Market, 3:00 - 6:00 pm (last of the season)

OCT. 14 - Columbus Day
 No School

Lunch with the Library (Arrowhead Campground, large shelter), 11:00 pm

OCT. 15
 Lions Club Meeting, Andresen's, 9:00 am

OCT. 16
 Rotary Meeting, Indigo Realty Office, 4:00 pm

OCT. 17
 Commodity Distribution, Methodist Church

School Board Mtg., Unit Office, 6:00 pm

OCT. 19
 Lions Club Fish Fry, Masonic Lodge, 11 am - 2 pm

OCT. 19
 "Fall Into Recovery," JCity Center/Take Action Today Anniversary Celebration, 3-5 pm (free community meal 5-6 pm)

OCT. 21
 JC Planning Meeting, Scout Cabin, 4:00 pm

OCT. 21-23
 Citywide Clean Up (curbside, same day as regular trash pickup)

OCT. 24
 Half Day of School

OCT. 25
 No School (Teacher Institute)

OCT. 26
 Spooktacular, Arrowhead Campground, 5-7 pm

OCT. 31
 Trail of Treats, Downtown, 3:00 - 5:00 pm

November Events

NOV. 2
 St. Paul Spaghetti Dinner, 11:00 am - 6:00 pm

NOV. 5 - ELECTION DAY
 No School

Business Leaders Meet-N-Greet, Andresen's, 9:00 am

NOV. 6
 Rotary Meeting, Andresen's, Noon

NOV. 9
 JCMA 10 Commandments Hike, Arrowhead Lake, 10:30 am

NOV. 11 - VETERAN'S DAY
 No School
 Lunch at the Library, 11:00 am

NOV. 16
 Library Cake Bingo, Scout Cabin, 5:00 - 7:00 pm

NOV. 18
 JC Planning Meeting, Scout Cabin, 4:00 pm

NOV. 19
 School Board Meeting, Unit Office, 6:00 pm

NOV. 20
 Rotary Meeting, Indigo Realty 4:00 pm

NOV. 21
 Commodity Distribution, Methodist Church

NOV. 26
 School Early Dismissal

NOV. 27-29
 No School

NOV. 28 - THANKSGIVING

NOV. 30
 Hometown Christmas, Downtown

Weekly Events

MONDAYS
 SIMI (Southern Illinois Men of Integrity), 7pm. Call 618-952-1272 for details.

THURSDAYS
 Food pantry/clothes closet open, First Christian, 505 E. Broadway, 3:30-5:30 pm

Save the date: JCMA Christmas food box sign-ups, Dec. 2-6, 9-13

Darren & Shelley Pyle
PYLE
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 Johnston City, IL 62951 (618) 983-7777
 pylefuneralhome.com

DEALS - FOOD - MUSIC - FUN!
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JUNKFEST
Oct. 19 & 20
PICKERS OUTLET MALL
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 (618) 983-5151

Washington Avenue Baptist Church

 9th and Washington
 Johnston City, IL 62951
 Barry Robertson, pastor
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 & First Sat. Monthly: 9:30-12:30

Edward Jones

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Arrow Distribution Points
 Each month, volunteers distribute 1,500 copies of *Arrow News* to more than 30 local establishments. Here is a partial listing of places to pick up your copy:

Andresen's	Food Shop
Ark Insurance	Gibbons & Kiel
Arrowhead Store	JC Community
Bandy Drugs	Health Clinic
Banterra Bank	JC Public Library
Blondie's Bakery	JCity Church
Blush Salon	JCUSD Office
Casey's	Legence Bank
City Hall	Manna Mission
Dollar General	McDonald's
Down Home	ROC
Comforts	SI Bank
DQ	St. Paul's
Easy Coin	State Farm
Laundry	Steal the Show
Edward Jones	Subway
El Jalisco	T-Moe's
First Christian	Washington Ave.
First United	Baptist
Methodist	ZK

To access the online version before the print edition arrives, sign up for a free digital subscription at jcity.center/subscribe.

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To submit news items, story ideas, events, employment/volunteer opportunities, donations, please call 618-952-1272 or email jcitycenter@gmail.com. All items for publication must pertain to events, individuals, or jobs located within Johnston City, Illinois.

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Christ & Community First

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 Randy Carney, pastor



Sunday School 9:30 | Morning Worship 10:30 | Wed. Night 7:00

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COUNSELING



COMMUNITY NEWS

A COUNSELING OFFICE AND PODCAST STUDIO

*Just two of many ways
we're Building Bridges
to better lives ...a better community*

After 3 years, people are still asking...

What do we do?

The scope is broad and three-fold and can be summarized as personal, relational, and community development. In practice, it looks like this:

- **Personal Development:** mental health counseling, trauma/grief counseling, addiction recovery, community education
- **Relational Development:** marriage and family counseling, support groups, Bible studies
- **Community Development:** providing new local media sources (*Arrow News* print, podcast editions), promoting volunteerism, community service

ON A RAINY AFTERNOON in October of 2021, officers, board members, and friends of two brand new nonprofits cut the ribbon to officially open JCity Center for Hope and Renewal. Both Take Action Today and the Center both had incorporated the previous year. TAT executive director Mike Tyson and a few part-time employees were ready to provide services before leadership at the Center had time to organize volunteers and launch programs. Thus, the Center's first role was providing space for Take Action Today's first "peer recovery community resource center." JCity Center became a place for TAT to meet with clients, train a growing staff, and address the personal needs of those dealing with substance use and homelessness.

For almost three years, imprinted vinyl banners glued to 4' x 8' OSB sheets on a wooden frame stood in the front yard at 504 E. Broadway Blvd. Emblazoned with the Center's stylized bridge logo, the temporary sign proudly proclaimed, "JCity Center for Hope and Renewal, a nonprofit community development organization." But what exactly is a *community development organization*?

The question remains

Every few weeks, someone calls or drops by the Center just to ask, "What do you do here?" It's an awkward question and hard to answer completely with a typical elevator spiel. The umbrella term is "community development." But what does that mean in a small town like JCity? The United Nations defines *community development* as "a process where community members come together to take collective action and generate solutions to common problems." It's a broad term that may encompass many different activities. The emphasis is on bringing the community together to address shared challenges—building,

(or in many cases, rebuilding bridges) between individuals, families, and resources. Those of us at the Center believe that we can help rebuild bridges to better lives and a better community by helping both individuals and our town collectively. Every community includes individuals, families, businesses, churches, schools, and other organizations, but the basic building blocks are individuals and families. We believe that better people make better communities, and better communities mean better lives.

How do we do it?

How does a volunteer-run, grassroots organization provide all these services? Our programs in Johnston City are provided through partnerships and cooperation with nonprofit organizations and other local entities (churches, schools, and businesses). We attempt to connect individuals and families with counselors, mentors, and resources to improve mental health, relationships, addiction recovery, financial stability, adequate housing, and community involvement.

It began with a church's vision

More than a decade ago, the congregation of JCity Church, then First Free Will Baptist Church, caught a vision for a ministry center to address problems in our community, particularly in the areas of mental health, family conflict, addictions, and generation-



al poverty. The small, hard-working congregation joined hands in prayer and soon recognized the need to work with other churches and organizations to address "city-like" issues faced by residents of Johnston City. The church's signature ministry that began in 2010 (JC Kids' Lunch Bunch) served as a prototype for a community-wide effort supported by other churches, local businesses, and grants from governmental and private corporations.

JCity Church originally planned to use its vacant Happy Time Daycare building for this community center,

community development "a process where community members come together to take collective action and generate solutions to common problems."

What we're up to now—

CURRENT SERVICES:

- **Addiction Recovery Resources.** Our partner Take Action Today (trained peer recovery specialists delivering non-clinical support services to improve an individual's chances for successful long-term recovery)
- **Mental Health, Trauma, and/or Relationship Counseling** provided through:
 - Caring Counseling Ministries: for those with qualifying insurance or who self-pay
 - Invested Counseling (exchange of community service hours for counseling): for those with no insurance or non-qualifying insurance such as Medicaid, All Kids, or Medicare
- **SIMI (Southern Illinois Men of Integrity)**—a weekly peer-led, anonymous and completely confidential support group for men overcoming unwanted sexual behavior.
- **Prepared meals (in partnership with JCity Church and Lunch Bunch)**—daily to-go lunches (carry-out only, Tue.-Thu. 11:30- 12:30)
- **Free showers for individuals who are homeless or without water**
- **Access to laundry facilities (by appointment only)**
- **A small selection of clothing, toiletries, and personal items collected by Take Action Today as provisions for those experiencing homelessness**



ONE OF MANY HOT MEALS SERVED AT THE CENTER

but the aging structure proved too costly to renovate. As the church considered other options, First Christian Church expressed a desire to sell a property adjacent to JCity Church's parking lot. The two churches agreed on price and terms to transfer ownership of a former parsonage—a 12-room, 3,200 square foot, brick, ranch-style home—that would house this effort. In the midst of the COVID pandemic, JCity Church spun off this new nonprofit community development organization. JCity Center for Hope and Renewal, Inc. was chartered in the State of Illinois and federally recognized as a 501c3 nonprofit charitable organization in 2020.

Bridging the digital divide

One of our community development goals is to inform, unite, and promote Johnston City by publishing *JCity Arrow News*, a free, hometown newspaper. When the first edition of the *Arrow* hit the streets, a local newspaper had not circulated here in more than three decades.

Though interest in print media is declining worldwide, a demographic/psychographic study obtained by the Center revealed distinctive preferences in Johnston City and vicinity. The report indicated a majority of residents prefer traditional media like newspapers and television for local news. It is also true, however, that a growing percentage

Another way we've impacted our community

of locals are embracing new technology like social media, streaming video, and podcasts. *Arrow News* bridges the digital divide by providing print editions accompanied by an online video podcast. With this issue (the 17th) of the newspaper, monthly circulation of the *Arrow* has grown to 1,500.

You work, we listen

JCity Center for Hope and Renewal offers a program we call invested counseling. This unique program allows individuals, couples, and families to exchange community service (or local church ministry) for counseling sessions. Invested counseling is predominantly for the underinsured, the uninsured, or those with government-provided coverage limiting their choice of service provider.

The types of counseling available include mental health, trauma, relationships, grief, conflict resolution, and spiritual issues. Depending on availability, counselors may see children and teens, as well as adults. Clients with private or employer-provided insurance may receive counseling at the Center through our partner organization, Caring Counseling Ministries.

For those unable to fulfill the community service requirement, i.e., the elderly, disabled, small children, a family member or friend may work on behalf of the client. Service hours not under direct supervision of JCity Center can be verified by a pastor or community leader.

The professionals providing invested counseling services are well-trained Christian counselors, either clinical or pastoral, who volunteer their time in our community.

Want to help?

We always need more volunteers for current and future programs, and we welcome donations of any size (and almost anything). Stop by JCity Center, 504 E. Broadway in Johnston City, call 618-952-1272, or email jcitycenter@gmail.com.

Presently,

JCity Center is

totally staffed

by volunteers

and mainly

supported by

local donations.



Plan to donate to the Center through GiveSI on Giving Tuesday, December 3. All funds raised during this event will go toward providing free ready-to-eat meals for our community. More details online on jcity.center, our social media pages, and in the next issue the *Arrow*.

- **Live Music**
- **Speakers**
- **Popcorn**
- **Cotton Candy**
- **Snow Cones**
- **Cake/Cookie Walk**
- **Face Painting**
- **Resources**

Fall For

EVENT

Recovery

504 E. Broadway Blvd.
Johnston City, IL

10/19/24

Event: 3-5:00PM

FREE Meal: 5-6:00PM

Join us in celebrating our 3 year anniversary together!

The only thing we have to FEAR is FEAR itself

BY BARRY ROBERTSON
Most people have heard this quote from Franklin D. Roosevelt's first inaugural address during the Great Depression; but are we familiar with the second part of the sentence? He goes on to explain the kind of fear he's talking about: "nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance."

According to Northwestern Medicine Clinical Psychologist Zachary Sikora, "As soon as you recognize fear, your amygdala (small organ in the middle of your brain) goes to work. It alerts your nervous system, which sets your body's fear response into motion. Stress hormones like cortisol and adrenaline are released. Your blood pressure and heart rate increase. You start breathing faster. Even your blood flow changes—blood actually flows away from your heart and into your limbs, making it easier for you to start throwing punches, or run for your life. Your body is preparing for fight-or-flight."

And we have plenty of fears: fear of heights, fear of closed or tight spaces, fear of creatures like bugs or spiders or snakes (*my*

wife thinks all snakes are constricting, copper-headed, rattle moccasins), or fear of public speaking. That's my fear.

Maybe you're thinking, "Just how is that possible since you're the pastor of a church?" God often calls us to do things we can only do with His help, in His strength—things for which we must rely on Him. That's how He gets the glory and keeps us from trying to take credit for it. We should also know, "God has not given us a spirit of fear, but of power and of love and of a sound mind," (2 Timothy 1:7). God wants us to rely on His power and love to keep us from giving in to our fears.

Fear can also be a good thing. When you're standing on the edge of a cliff, a thousand feet up, and the rocks start crumbling beneath your feet, fear will convince you to step back to keep from falling over. When you're driving 15-20 mph over the speed limit (*I know, you don't do this*), and you top a hill only to see a state police car parked as a speed trap, the sinking feeling in the pit of your stomach will convince you to slow down and hope for the best. A proper fear for the authority of a police offi-



Barry Robertson has served as pastor of Washington Ave. Baptist Church since 2010.

cer or the court system will keep you from breaking the law.

Proverbs 9:10 says, "The fear of the Lord is the beginning of wisdom." A proper "fear of the Lord" will keep us from breaking God's Law, the 10 Commandments. People who seek to love the Lord with all their hearts and respect His authority will want to do the things that please Him. It doesn't mean we do this perfectly or sinlessly, but we will repent—turn away from doing wrong and turn to doing what's right instead.

Consider joining the Ministerial Alliance for the 2nd Annual 10 Commandments Walk at Arrowhead Lake, November 9th starting at 10:30am.



Family Worship Center
400 W. 13th St.
Johnston City, IL,
(618) 952-1280
Pastors Brad & Kelly Dexter

First Baptist Church
401 E. 7th St.
Johnston City, IL 62951
(618) 983-6455
Larry Stevens, pastor

***First Christian Church**
505 E. Broadway Blvd.
Johnston City, IL 62951
618-983-6474
Adam King, pastor

***First United Methodist Church**
400 W. Broadway
Johnston City, IL 62951
618-983-5150
Sherry Cisneros, pastor

***Heritage Fellowship**
(Church of God of Prophecy)
308 W. 12th St.
Johnston City, IL 62951
Pastors Gaylon & Dawn Stewart

***JCity Church**
(Free Will Baptist)
609 Monroe
Johnston City, IL 62951
618-983-5254
Dr. Randy Carney, pastor

Johnston City United Pentecostal Church
1101 W. 10th
Johnston City, IL 62951
618-983-5938
Brandon Abernathy, pastor

***St. Paul's Catholic Church**
1103 Washington Ave.
Johnston City, IL 62951
618-983-5073
Father Brian Barker

***Stiritz United Methodist Church**
Sherry Cisneros, pastor

***Washington Ave. Baptist Church**
9th and Washington
Johnston City, IL 62951
Barry Robertson, pastor
618-694-2995

Other Ministries

***JC Kids' Lunch Bunch**
c/o JCity Church (see above)

***JCity Center for Hope and Renewal**
504 E. Broadway Blvd.
Johnston City, IL 62951
618-952-1272

***Manna Mission**
306 E. Broadway Blvd.
Johnston City, IL 62951
618-983-6262

*Active members of Johnston City Ministerial Alliance

Citywide cleanup

Republic Services to provide curbside pickup of household items, Oct. 21-23

As part of its contract with the City of Johnston City, Republic Services will pick up residents' fall clean-up items at their homes, October 21-23. Allowable items will be collected curbside on the same day as regular trash collections. City leaders encourage citizens to do their part to beautify our town.

Allowable Items

Furniture (couches, chairs, dressers, tables, bookshelves, desks, headboards, etc.); mattress sets; glass portions of doors, windows, etc. (NOTE: These


must be broken and placed into a small box to prevent injury. All nails or anything sharp and exposed must be removed to prevent injury.); basketball sets/poles; (NOTE: These must be broken down/cut into 4 ft. sections; please do not include concrete).

Prohibited Items

Construction debris/home remodel or demolition debris of any kind (shingles, drywall, vinyl siding, molding/trim, fencing, kitchen cabinets, etc.); appliances (washers, dryers, refrigerators, freezers,


stoves, dishwashers); loose trash (please bag all trash); air conditioners; water heaters; concrete; tires; any liquid form of lead/oil-based paint or varnish; batteries; yard waste; fluorescent light bulbs; hazardous waste of any kind; electronic waste. (Due to state law, electronics cannot be disposed of in landfills and therefore cannot be accepted during cleanup. This includes televisions, computer monitors/accessories, and DVD/VCR players.)

For questions about the cleanup, call City Hall, 618-6651.



The churches of Johnston City working together to serve our community as the "hands and feet of Jesus."

Helping residents of the Johnston City School District
Call 618-952-1272 for information



9764 Herrin Rd
Johnston City IL 62951
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Let's get rid of ANTS in Johnston City

BY KEITH FLETCHER



On the Saturday of the City's annual Car Show an exchange on social media reminded me of the mission of *Arrow News* in our community. Someone posted a question on a local online forum asking what was going on downtown. A local resident eventually answered the question accurately and succinctly, "Car show." Unfortunately, an hour earlier, two others (I don't know whether they live here or not) had left comments that made me both angry and sad. One person said, "Probably nothing" followed by two smiley faces. Another posted, "Drugs lol," followed by a laughing/crying emoji.

I am not in the habit of wading into unproductive exchanges on social media. Those typically lead to argumentative dead ends, but what do comments like these say about our community? That nothing good ever happens in this boring, backwater, little town, and only "druggies" live here? To borrow a term from mental health counseling, I believe these comments indicate automatic negative thoughts or ANTs.

According to a Harvard Medical School website, "ANTs are cognitive distortions that make us interpret situations in unbalanced, upsetting ways." Like the tiny insects bearing the same name, ANTs are invaders. They infest

the brain—attacking our emotions, stealing happiness, and clouding our perceptions of the world around us. Thoughts that turn inward may damage self-esteem and contribute to depression and social anxiety. A minor mistake could trigger the intrusive thought, "I'm an idiot; I can't do anything right." Couple that with a negative perception of what others think of us—reinforced by a bit of unsolicited advice or lack of appreciation for our accomplishments—and the ANTs begin carrying more weight than warranted. Once in this negative state of mind, it becomes easy to remember failures and hard to remember successes. We fall into all-or-nothing thinking and catastrophizing.

What others actually think of us, either as an individual or as a community, is our reputation. What we think of ourselves is self-perception (or self-image). Reputation is often based on incomplete or inaccurate information. Self-perception may be based on cognitive distortions—the lies we believe of ourselves (ANTs). These have been forged by previous experiences, feedback we received early in life, peer influence, and comparison with others.

Collectively, ANTs can invade a community's consciousness and damage

its residents' perceptions of their hometown. These negative perceptions are shared with others, either at local gathering places in the form of gossip, or on social media with flip-pant and crass comments. On that platform, they are easily amplified by out-of-towners quick to sling mud on another community that may actually be a better place than where they live.

One of the Twelve, before meeting Jesus, heard the name of the Savior's hometown and said, "Can anything good come out of Nazareth?" (John 1:46). Nathaniel, the disciple who made this comment, didn't live in Nazareth so what he said was based solely on the town's reputation in the region. It was not based on the reality that the Son of God had grown up in that community.

In my role as director of a Johnston City-based non-profit, I have encountered peers from other communities who are surprised to discover all we're doing here. Johnston City, like Nazareth, may not have a great reputation in our area. Blame that on bad press if you will (or more likely, lack of coverage of local positives). Hence, I present two aspects of the *Arrow's* mission: to IN-FORM and PROMOTE.

Maybe the negative comments were made by people who don't even live in Johnston City. If that's the case, those individuals had no right to answer the question. Called "trolls" on the Internet, these individu-



Education

COMMUNITY SCHOOL COORDINATORS (2 positions) Please see www.jcindians.org/page/departments for the job description, requirements, and information on how to apply for these positions. Return the required documents to Mrs. Kathy Clark, Superintendent, Johnston City C.U.S.D. #1, 1113 Grand Ave., Johnston City, IL 62951.

COACHES

High School Assistant Girls' Basketball Coach Please send a Letter of Application, resume, and proof of meeting the requirements in the IHSA by-law 2.070 "Qualifications of Coaches" to Mrs. Lindsey Bush, IHSA Athletic Director, Johnston City C.U.S.D. #1, 1113 Grand Ave., Johnston City, IL 62951.

5th and 6th Grade Girls' Basketball Coach

Please send a Letter of Application, resume, and proof of meeting the requirements in the IHSA by-law 2.070 "Qualifications of Coaches" to Mr. William Brayfield, SIJHSAA Athletic Director, Johnston City C.U.S.D. #1, 1113 Grand Ave., Johnston City, IL 62951.

Transportation

BUS MONITOR, SUBSTITUTE BUS DRIVER, SUBSTITUTE BUS MONITOR Please check the website listed above for an application for these positions and return the application to Mrs. Rebecca Vancil, Director of Transportation, Johnston City C.U.S.D. #1, 1113 Grand Ave., Johnston City, IL 62951.

School Food Service

OPAA! is now hiring Kitchen Staff and Substitute Kitchen Staff. Please go to website for more information and application.

als' remarks were based on outdated, incomplete, and likely false information. If the commenters live here, then they need to examine their own minds for ANTs. Why be down on your own hometown and spread negativity? If you believe this is a boring, drug-infested place, why do you continue to live here? Here's an idea: Why not volunteer to help with a community activity or in an organization that is addressing the problems in our town? Why not become part of the solution instead of remaining a part of the apathetic, disgruntled element standing in the way of Johnston City's progress?

If we work together to combat negativity and bad-mouthing our own town, we can change our community's self-perceptions and maybe even its areawide reputation. I am

not saying we should deny the truth. We do have problems—problems that need to be addressed, solutions that must be found. That only happens if we take action, get involved, and cooperate with those who are proud of our hometown and believe its best days are still ahead.

The remaining goal of the *Arrow* is to UNITE our community, and that may be the most difficult task. It will take more than thoughtless comments and emojis on social media. Accurate information, shared optimism, kindness, and cooperation comprise the formula for an effective "insecticide" to rid our town of ANTs.

ABOUT THE AUTHOR: Keith Fletcher is director of JCity Center and publisher of *Arrow News*. He may be reached at 618-952-1272 or jcitycenter@gmail.com.

OCTOBER 2024 SCHOOL SPORTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 Varsity Golf IHSA Regional (A) TBA OPEN Coed Middle School Cross Country (A) 4:00 PM WF Central Jr. High Coed Varsity Cross Country (A) 4:30 PM WF HS Girls Varsity Volleyball (H) 5:00 PM Goreville	02 Varsity Golf IHSA Regional (A) TBA OPEN	03 Coed Middle School Cross Country Unity Christian (Run the Pines) (A) 1:00 PM Multiple Opponents Girls Varsity Volleyball (A) 5:00 PM Webber High School Freshman Football (H) 6:00 PM Anna-Jonesboro	04 Varsity Football (A) 7:00 PM Hamilton Co.	05 Girls Varsity Volleyball Marion Volleyball Invite (A) TBA Multiple Opponents
07 JV Football (H) 6:00 PM Hamilton Co.	08 Girls Varsity Volleyball (A) 5:00 PM Goreville	09 Coed Varsity Cross Country Chuck Ingram Invite (A) 4:30 PM Harrisburg HS	10 Freshman Football (A) 4:30 PM Vienna HS Girls Varsity Volleyball (A) 5:00 PM Christopher HS	11 Varsity Football (H) 7:00 PM Dixon HS	12 Coed Varsity Cross Country (A) 8:00 AM Benton HS
14 JV Football (A) 4:30 PM Vienna HS	15 Girls Varsity Volleyball (A) 5:00 PM Sesser-Valier Jr/Sr High	16	17 Coed Varsity Cross Country Black Diamond Conf. CC Meet at Hamilton Co. (A) 4:00 PM Multiple Opponents Girls Varsity Volleyball (A) 5:00 PM Trico High School Freshman Football (H) 6:00 PM Sesser-Valier	18 Varsity Football (A) 7:00 PM Sesser-Valier	19
21 JV Football (H) 6:00 PM Sesser-Valier	22 Girls Varsity Volleyball (H) 5:00 PM Vienna	23	24 Girls Varsity Volleyball (H) 5:00 PM Sesser-Valier Boys Freshman Football (A) 6:00 PM Carmi-White Co. HS	25 Varsity Football Senior Night (H) 7:00 PM Carmi-White Co.	26 Coed Varsity Cross Country IHSA Regional (A) TBA OPEN JV Football (A) 11:00 AM Carmi-White Co. HS
28 Girls Varsity Volleyball IHSA Girls Regional (A) TBA OPEN Girls Middle School Basketball (A) 6:00 PM Massac Co. JHS	29 Girls Middle School Basketball (A) 6:00 PM Farrington Community School	30	31	<p>MIDDLE SCHOOL BOYS BASKETBALL OPEN GYM & TRYOUTS</p> <p>Oct. 2 & 8 Open Gym, 5th-8th grades, 5-7 pm</p> <p>Oct. 9 & 10 5th-6th Grade Tryouts, 4:45-5:45 pm 7th-8th Tryouts, 5:45-7:00 pm</p>	

JCity SPORTS NEWS



Washington Middle School baseball players huddle with Coach William Brayfield at an end-of-season game (photo posted on Tee Pee Talk)

WMS baseball/softball season winds down

As the Arrow goes to press, both the Washington Middle School boys baseball and girls softball teams are entering the playoffs. In last game of regular season boys baseball, September

20, the combination of Jaxson Mapps, Carson Lennon, and Jordan Williford produced a no hitter and 12 strikeouts in the Indians' win over Sesser-Valier (source: Tee Pee Talk).

The Baserunners

BY JIMMY DEAN

For almost my entire life, I have either played, attended, broadcast, watched, or officiated sporting events. I have watched hundreds and hundreds of different coaches throughout my time and observed the different tactics they used.

Some screamed, some cursed, some sat stone-faced, some were encouraging, some dressed for the fans, and many dressed for self-recognition.

Most coaches strove to win at any cost, often telling families their son or daughter would get a scholarship to play college sports or even beyond. Many times, these conversations started at a very young age, even as young as T-ball.

Four of my favorite coaches (and some of my best friends), Tom Wheeler, Bob Karnes, Joe Hosman, and the late Rich Herrin, were the exceptions. They played hard, coached hard, wanted to win, but did it the correct way, while teaching players about life beyond high school and college. Each one encouraged his players to not forget where they came from.

What am I leading up to? A few weeks ago, my grandson participated in a seven-year-and-under baseball tournament in Jackson, Tennessee, at the sprawling Jackson Sports Complex. I had been by this complex many times when we would attend the Cubs' Class AA Minor League Jackson Generals base-

ball games next door. This weekend was my first experience at this incredible sports complex.

My son-in-law had told me about the coach of my grandson's team. He had said the players listened, respected, and loved playing for this man. Even parents were invited and encouraged to be a part of post-game meetings. I know how hard it is to keep the attention of a team of five-, six-, and seven-year-olds while also keeping their parents happy, especially after a loss.

Enter Terry Martin, a man who has coached youth in basketball, softball, baseball, and soccer for most of his adult life. Martin is Regional Sales Manager of H&R Agri-Power with dealerships in 21 locations across six states. Three of his businesses are in Southern Illinois.

Coach Martin does have a grandson on the team, yet you would never know this. Terry treats him the same as any other player. This coach is not in it for money or fame, but to simply teach kids the love of the game, while teaching and showing respect on and off the field.

My first encounter with Martin's coaching style came that Saturday morning after a three-inning, run-rule loss to a team that could possibly beat this year's Chicago White Sox. The next two losses were about the same, with both being mercy rule short games. The Baserunners (name of the team) were outscored by several runs in the tournament.

Most coaches would go crazy and yell and look for excuses and blame the young boys for not winning.



Jimmy Dean is a freelance writer and former Mayor of Johnston City. He can be reached at jrdean@mchsi.com.

Not Martin.

After each loss, parents, grandparents and players were invited to a team huddle where Martin talked to them. He told the kids to stop talking and show respect. They did as he asked. He told the players to turn their hats around the right way. "Baseball players don't wear their hats like that." Each time he spoke, you could hear a pin drop as all eyes and ears were tuned in to what he would say next.

Going from player to player, he found something good to say to each one, something each had accomplished that day on the field. A couple of the players were crying because of the loss. He told them, "There are a lot worse things that will happen to you in life besides losing a baseball game; don't let today, or any game define who you are. All of you will be okay."

At the end of each practice and game, he prayed with any players and their families willing to participate. He encouraged them and assured them they were going to get better.

I did some background work, talking to other parents who have gotten to know Coach Terry, and they all say the same thing: "This is genuine. He wants to teach kids not only about baseball, but also about life."

I know there are probably other coaches out there doing the same thing. But after seeing and hearing others, I believe the world needs more people like Terry Martin in our youth sport organizations.

October 11th Home Football Game
The Johnston City Indians welcome the Dixon Dukes for a home football game, Friday, October 11, 7:00 pm
This game replaces the game against Vienna.

Washington Middle School Scorecard

BOYS BASEBALL:

Sept. 3	JC-14	Hamilton Co.-2
Sept. 5	JC-7	Hamilton Co.-0
Sept. 9	JC-2	West Frankfort-3
Sept. 11	JC-5	West Frankfort-2
Sept. 16	JC-0	Goreville-10
Sept. 16	JC-0	Goreville-5
Sept. 18	JC-15	Sesser-Valier-0
Sept. 20	JC-13	Sesser-Valier-0

GIRLS SOFTBALL:

Sept. 3	JC-1	Hamilton Co.-3
Sept. 5	JC-2	Hamilton Co.-16
Sept. 9	JC-11	West Frankfort-15
Sept. 11	JC-0	West Frankfort-13
Sept. 16	JC-0	Goreville-15
Sept. 16	JC-0	Goreville-2
Sept. 18	JC-6	Sesser-Valier-12
Sept. 20	JC-6	Sesser-Valier-14

Find October's School Sports Calendar on p. 7

I SMELL A NEW HOME OWNER

Indigo REALTY

- Across:**
1. Orange Halloween vegetable (7 letters)
 2. Person who turns into a bat (7 letters)
 4. Scary house (7 letters)
 6. Animal that howls at the moon (4 letters)
 7. What ghosts say (3 letters)
 10. Worn on Halloween (7 letters)
- Down:**
3. Month of Halloween (7 letters)
 5. Black bird associated with Halloween (5 letters)
 8. Witches fly on this (5 letters)
 9. Creepy, crawly insect (3 letters)



HAPPY HALLOWEEN

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