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Hoopeston man is armed for success, gets second place win in recent heavyweight competition

Josh Birch has excelled in what some might consider extreme sports. As a kid, he wrestled and played baseball, but after high school, the 33-year-old Hoopeston native found the competitive fire he had been missing.

Birch decided he wanted to fight, so he trained in MMA (mixed martial arts) and had a couple of cage fights. As part of that experience, he met Fred Dedrick, who introduced him to powerlifting.

At the same time, he and Dedrick thought they would give arm wrestling a try. "While Fred did great, I, on the other hand, did not," Birch said. "So I set my sights on and trained for powerlifting for the following five years, off and on."

The effort paid off and, in 2018, Birch broke the United



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States Powerlifting Association (USPA) state record at that time for his class, with a 650 lb. dead-lift.

It seemed arm wrestling -"armwrestling" to those in the sport - was off the table. Then, about a year ago, Wills

Then, about a year ago, Wills Clayton ran into Birch at the IGA and asked if he wanted to get back into the sport. "I wanted to, Birch said," but the work schedule wouldn't allow me at that time, he said.

Six months ago, "I pulled the trigger and built a gym in my shop and starting training hard," Birch said. He and Clayton trained every Thursday night.

On January 21, Birch again realized success through hard work. Entered in the amateur class of the Illinois State Armwrestling Championships in Pocahontas, Birch came home with

a second in right-handed and third in left-handed in the super heavyweight class.

"My main goal in armwrestling is to take it as far as I can, become pro at some point and get on a national level one day," he said. "I have a very long way to go, but look forward to this journey."

Birch's next big step will be the Michigan State Championships on June 3 in Battle Creek.

Hard work gets him where he is today in the sport, but so does family. "I want to give a huge shout out to my family who supports me," he said. Those people include his fiancé, Kamie Kuhles; her parents, Wanda and Kenny Kuhles; his brother, Adam Birch, and his parents, Mona and Gary Birch.



Photos submitted

Josh Birch, of Hoopeston, far right, displays the right arm that won him second place in the Illinois Armwrestling Tournament in Pocahantas. Birch got third place left handed in the super heavyweight class. Also pictured are, from left, first place, David Ostberg, of Missouri, and third place, Stephen Williams, also of Missouri. Below, Birch's medals from the competition.



Birch and Clayton are both amateur pullers, with Willis in a lighter weight class, but both men are interested in spreading the word about the sport. "We encourage anybody who is interested in training for arm wrestling to reach out to us," he said.

Obituaries

LANE - Shirley Lee Lane, 86, of Hoopeston, passed away at 6 a.m. Sunday, January 29, 2023, at Heritage Health Therapy and Senior Living in Hoopeston. She was born January 22, 1937, in Boswell, IN, the daughter of Roy and Cozetta (Wagoner) Fix. She married Ronnie Lane on June 16, 1957, at the First Christian Church in Hoopeston. He preceded her in death. She is survived by two



daughters, Kristie Lane Gonzalez of Hoopeston, and

SHIRLEY LANE

Shawn Lane of Hoopeston; two sons, Jeffrey (Lisa) Lane of Kankakee and Tory (Janice) Lane of Pasadena, MD; one sister, Carolyn Fix Longest of Hoopeston; one brother, George (Sheila) Fix of Rotonda West, FL; one sister-in -law, Dixie Fix of Watseka; six grandchildren, Nick (Elizabeth) Gonzalez, Chanelle (Markus) Davis, Courtney

(Adam) Traeger, Kali (CJ) Goodrum, Caleb Lane, Cody Lane, Garrett White, and Andrew Lane; 13 greatgrandchildren, Ashton and Layla Birch, Kyli and Remington Davis, Navarro Gonzalez, Kaedyn, Avery, and Grayson Goodrum, Austin Traeger, Ryker and Cora Lane, and Cameron and Avalynn Lane; and several nieces and nephews.

In addition to her husband, Shirley was preceded in death by her parents; two sisters, Ginny Probasco and Joyce Williams; one brother, Steve Fix; and two brothersin-law, Carl Longest and Leon Probasco.

Shirley was a cook at Pla-Mor Lanes lunch counter and later at the Corner Café. She was also a cake decorator for many years. After retirement she enjoyed living in Florida, watching the sunset and later moved home to be near family.

She was a member of the First Christian Church Disciples of Christ in Hoopeston and later attended the First Church of God. She was also a member of the Women's Bowling Association and Little League Moms. Shirley enjoyed bowling and was inducted into the Hoopeston Bowling Hall of Fame in 2012. She also enjoyed attending her kids and grandkids sporting events and was very

active in the youth baseball concession stand and doing other tasks. She was an avid Chicago Cubs fan and enjoyed visiting with her friends at the coffee club at McDonald's, Henning's and later 112 Coffee Shoppe. The love of Shirley's life was her kids and grandkids.

A visitation will be held 10:00 a.m. – 12 p.m. Thursday, February 2, 2023, at Anderson Funeral Home 427 E. Main St. Hoopeston. The funeral service will follow the visitation, beginning at 12 p.m. Thursday at the funeral home. Burial will follow in Floral Hill Cemetery in Hoopeston.

Memorials may be made to the Hoopeston Area Sports Boosters, the Hoopeston Area Music Boosters, or Heritage Health Therapy and Senior Living in Hoopeston.

Please visit www.anderson-funeral-home.com to view Shirley's eternal tribute page and to send the family condolences.

Anderson Funeral Home in Hoopeston is handling the arrangements.

CRAIGHEAD - Jennie Mae Craighead, 70, of Milford, died Sunday, Jan. 29, 2023, at Riverside Medical Center, Kankakee. Visitation will be 4-7 p.m. Thursday at Knapp Funeral Home, Milford. The funeral will be at 10 a.m.

at

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HOOPESTON **Smoked B** Danville Area **GED/ESL Rossville Family Restaurant** Spring 2023 Saturday, Feb. 4th & Sunday, Feb. 5th **NEW -Day GED** February 6 - March 9 March 13 - May 11 Monday-Thursday 9 a.m.-12 p.m. Night - GED February 6 - May 1 Monday & Wednesday 6 p.m.-8:30 p.m. ESL - Dav February 6 - May 13 Monday & Wednesday 4 p.m.-6 p.m. Interested students may register in advance or registration and placemnt testing will take place the first day/night of class. For more information, call 217-443-8782



Friday at the funeral home. Burial will follow in Maple grove Cemetery, Milford. Memorials are suggested to St. Jude Children's Hospital. Condolences may be shared at www.knappfuneralhomes.com.

Weather

Mostly sunny today. High 30. Tonight, mostly cloudy. Low 19. Tomorrow, mostly sunny. High 38, low 11.

For real time Hoopeston weather, visit justthefacts.net/ weather/.

Classifieds

HELP WANTED

The Vermilion Housing Authority in Hoopeston is hiring a Maintenance Mechanic, starting pay \$20/hr. Applications available online at www.vermilionhousing.

Full-Fill Industries in Henning is hiring 2nd Shift Compounders, \$20/hour. Applications available onsite at www.full-fill com. EOE

Silgan Containers is hiring Press Operators. Please apply online at: silgancontainers.mua.hrdepartment.com/hr/ats/Posting/view/ 13375

Silgan Containers is hiring Press Line Mechanics. Please apply online at: silgancontainers.mua.hrdepartment.com/hr/ats/Posting/ view/13293

Silgan Containers is hiring an Electrician - Industrial/ Maintenance Technician. Please apply online at: silgancontainers.mua.hrdepartment.com/hr/ats/Posting/view/13392

MILFORD CROSSROADS YOUTH CENTER is seeking a DIRECTOR., Flexible Hours. Working with youth in grades 2-10. Applications available at Milford Building & Loan, Milford Village Hall or on Facebook at Milford Crossroads Youth Center. Contact Rod at (815) 471-4634. Immediate start date.

City of Hoopeston Police Department is taking applications for certified police officers/part time certification is recognized. Applications will be ongoing; no deadline applies for certified officers.

Cade's Heating and Air seeks a HVAC service/ installer tech. IL DR license required and Freon license preferred. Must have mechanical ability. HVAC experience preferred. send resume to: ramcade@frontier.com:101 E Penn St. Hoopeston, Starting pay based on experience.

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