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# SHOPPER'S GUIDE

YOUR FREE HOMETOWN NEWSPAPER

VOLUME 77, NUMBER 32

August 12, 2015

## LBPA member Lena Living Center hosts Freeport Area Chamber of Commerce breakfast

Tony Carton

Scoop/Shopper's Guide Editor

LENA — The Lena Living Center hosted a Freeport Area Chamber of Commerce breakfast Aug. 5 and welcomed the public, members of the Lena Business and Professional Association and members of the Freeport Chamber for a sneak peek at renovations underway at the center.

"We are moving forward with our new construction on 20 new Medicare rooms," said Lena Living Center Administrator Bart Becker. "We're going to have outpatient therapy, a new dining room, and some offices." The 20 new rooms will be private single rooms for folks with Medicare post-acute care issues.

"We are looking to serve people who have had surgeries and for whatever reason are being discharged from the hospital, but need rehab before they go home or to assisted living," Becker said. "We are doing a lot of upgrades."

He said the center currently has a capacity of 92 residents. "Sometimes we get close to that number and find ourselves wishing for more space for more people, so that is the real reason for the renovations and the 20 room addition," said Becker.

He said as the center's demo-

**See BREAKFAST, Page 3**



Lily Siegner photo

There were a number of enthusiastic volunteers willing to clog with the Prairie Thunder dancers, but after trying, most said clogging is a lot harder than it looks.

## Winslow celebrates its heritage with Antique Days

Tony Carton

Scoop/Shopper's Guide Editor

WINSLOW — Winslow Historical Society's Antique Days brought hundreds of people to town to reminisce, check out the museum, shop at flea markets, listen to music, and of course, eat.

"We're celebrating our history this weekend," said Winslow Historical Society and Museum treasurer/secretary Nancy Boeck. "We've had our ice cream social, we have our cloggers and on Saturday morning we will have breakfast served out of a military field kitchen."

She said among Winslow's claims to fame are its cream cheese which was later made famous as Philadelphia Cream

Cheese and the village was home to Doc Carver and his Wild West show.

"Those are our two important things," Boeck said.

She said the folks in town are becoming increasingly concerned because the younger generations are not as interested in preserving or discovering their heritage.

"Some of them do want to know, but it's more and more the older folks," Boeck said. "I think it is fun to learn those facts and if you don't know

where you came from how can you know where you're going? We all need to know about our history."

The museum is emerging as the gem of the Winslow Historical Society.

"It's taken us years to get all the materials together," said Boeck. "We finally got the funding to remodel our museum, so we could put items out on display and we've just opened the upstairs this past summer."

She said there is a lot more to

Winslow' heritage than cream cheese and a sharpshooter and the society intends to continue uncovering and sharing the materials it finds.

"This is our second year for hosting Winslow Antique Days and we will continue to do it," Boeck said. "We had a little lower turnout this year than last, but there is a lot going on and we still have our Saturday activities coming up. It's an important weekend for Winslow and we're glad to be able to host it."

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# Winslow Antique Days



Tracy Siegner photos

Dave Mammoser of Papa's in Oregon IL showed his antique wares at the flea market during Winslow Antique Days

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The Prairie Thunder clog dancers lived up to their name during their popular performance at Winslow Antique Days.

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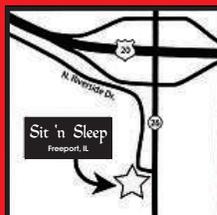
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The combination of the old and the more modern tractors made the Winslow Antique Days tractor show all the more interesting.

**• BREAKFAST**

*Continued from page 1*

graphic changes the staff and administration will implement whatever changes are necessary to meet the needs of their residents.

"As the different generations come into nursing homes they have different expectations," Becker said. "It's not just typically the bingo anymore and by the time people will come to a community like this they've already been at home as long as they can and they need the 25-hour care and they need the RNs and the CMAs to provide the things that they are unable to."

Lena Living Center owner Susan Koenig said it was time to update the center.

"I bought the center from FHN several years ago and we want to bring it to the twenty-first century," she said. "I think our facility provides such good care and it's hard for people to understand unless sometimes they see from the outside and we decided it was time to grow."

She said they also want to

be a part of building the Lena community.

"Lena is going through a lot of transformation and we want to be one of the leaders, especially when you look at it as a whole area stretching from Monroe to Iowa and Freeport and Rockford. We want people to understand this is a destination."

Koenig said it is important for folks to realize there is a place right in Lena that will take full care of their loved ones.

"They don't have to go anywhere else," she said. "We will care for their loved ones whether it be for short or long term illnesses. It's important for folks to know they don't have to travel miles and miles to get really good care."

To learn more about the services provided at the Lena Living Center visit them online at <http://lenaliving.com/> or visit the facility at 1010 S Logan St, Lena, IL. Please phone (815) 369-4561 for an appointment.



Tracy Siegner photo

Bob and Joyce Ciyou and Lena Living Center owner Suzanne Keonig joined Freeport Area Chamber of Commerce Director of Membership and Sales Kim Grimes for a preview of the renovation project underway at the center.

**ONE MAN'S OPINION**

By Jim Sacia

**Gun free zone**

PECATONICA — Of all the lunacy surrounding the passage of right to carry legislation is the declaration of "gun free zones". This is the "warm fuzzy" anti 2nd amendment folks believe will make the world a safer place.

Exactly the opposite is the case. We've all walked to the door of a business, a bank, a doctor's office, a church, wherever, and proudly displayed is a picture of a handgun with a line through it and a circle around it. It simply means that if you are a good decent person, in possession of a gun permit allowing you to carry a firearm concealed, that you cannot enter this facility. You must return to your vehicle and secure your weapon there, before you enter. God help us all. This is literally a flag to every crackpot that feels all manly about holding up a facility or going on a shooting rampage.

The key word thus far is a "crackpot". I have a degree in psychology but that's a word everyone understands. The real

travesty is that the anti-gunners believe that if they outlaw guns the world will be a safer place.

I am struggling to avoid listing the numerous situations across the nation where the declaration of a gun free zone caused the crime to occur at that location. What amazes me is that we, as a society, have not awakened to the fact that this very declaration of a "gun free zone" brings on violence. My degree in psychology is failing me.

You, as an employee of a business that has such a declaration at the front door of your work place, need to ask your supervisor why. Here is one standard answer, "because insurance requires it". Please be proactive and ask your supervisor to contact the insurance company and ask them why. The dance on the other end of the line will be amazing.

Folks we've heard it for years and nothing could be truer — "when guns are outlawed only outlaws will have guns". Wake up America. Gun free zones are a call to action for every crackpot.

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- 4.) Secure Pets

Thank you for your prayers, cards, flowers, plants and memorials given in mom's name for the Alzheimer's Association. Thank you for the food provided for the luncheon. We are truly blessed for the kindness and support from family and friends. Everything was very appreciated by Rachael Uecker's family.

Karen Wall and family  
 Julie & Alan Wenzel  
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# VIEWPOINT

## SENATE WEEK IN REVIEW

August, 3-7

**SPRINGFIELD**— The Senate reconvened in Springfield Aug. 4, approving one proposal to block cost-of-living increases for state lawmakers and advancing another measure that would ensure many human services providers continue to receive the federal funding they rely on to keep services going while the state budget impasse continues.

Gov. Bruce Rauner also signed a number of bills into law, including legislation to protect Illinois students, give terminally-ill patients access to potentially life-saving treatments, and institute more frequent reviews of the state's retirement systems.

### Senate appropriates federal funds

As the state budget gridlock continues into its second month, the Senate authorized the appropriation of nearly \$5 billion in federal funds to programs that provide meals for senior citizens and supplemental nutrition programs for women and children, help crime victims, and provide community and rehabilitation services for individuals with disabilities, among others.

The state is responsible for administering many programs mandated or funded by the federal government. Although funding for these programs has been approved at the federal level, the Comptroller is unable to cut checks to agencies for these programs without appropriations authority. Many social

service agencies have said they will be forced to cut services or eliminate programs without these federal funds.

Senate Bill 2042 would allow the Comptroller to spend those dollars and ensure the providers receive the federal funding they rely on. Having been approved by the Senate, the measure now advances to the House for consideration. If approved in the House, the legislation would move to the Governor's desk; a spokesman for the Rauner Administration recently said the Governor supports the measure.

### Senate blocks COLAs for lawmakers

Also during the week, the Senate joined the House in overwhelmingly rejecting a two percent cost-of-living adjustment (COLA) for state lawmakers during the current fiscal year.

Due to the way state law is written, the General Assembly receives an automatic COLA each year, unless the members vote to deny it. While these automatic pay bumps had been rejected over the last six years, this year the Democrat-controlled legislature allowed the automatic pay increase to take effect.

House Bill 576 eliminates all Fiscal Year 2016 pay raises for members of the General Assembly, state's attorneys, elected constitutional officers, agency directors, and other state officials whose pay is set by the Compensation Review Board. The measure also freezes per

diem and mileage reimbursements rates for lawmakers at their current level.

Legislative Republicans and the Governor had repeatedly called for the COLAs to be removed, citing the state's serious fiscal woes—a problem exacerbated by the lack of a Fiscal Year 2016 budget plan.

Protecting Illinois college students aim of new law

In response to the death of a central Illinois college student who took his own life, House Bill 3599 has been signed by the Governor to allow colleges to share mental health information with a designated individual. I am proud to be a cosponsor of this new law.

As part of the enrollment process, Illinois' colleges and universities will offer every new student the opportunity to sign a waiver authorizing the insti-

tution to disclose their private mental health information to a person of the student's choosing.

The university would only be allowed to disclose the information if they receive notice from a qualified medical examiner that the student poses a danger to himself/herself or others.

### Increasing student concussion awareness

Concussions are a dangerous reality for many students, prompting passage of a new law requiring schools to develop policies and procedures to help young athletes and non-athletes in Illinois' elementary, middle and high schools safely return to the classroom after suffering a concussion.

Senate Bill 7 establishes that before a student who suffered

from a concussion can return to the classroom, they must be cleared by a doctor. Additionally, the new law will require school districts, based on their resources, to create a concussion oversight team consisting of coaches, trainers, and medical professionals, and require schools to create an emergency action plan in the case of a serious injury.

The new law was pushed by lawmakers, many of whom had witnessed first-hand the impact head trauma can have on children. Students returning to school after suffering a head injury can have trouble focusing, memory problems and confusion, double vision and dizziness, headaches and nausea or vomiting, among other symptoms.

See SENATE, Page 16

## End of summer nears, still no budget

**FREEPORT** — Summer session continued for the 6th straight week without a budget in place. At this point, I would not expect there to be a compromise. Unfortunately, I believe this is going to end with whoever blinks first.

There are two philosophies that people need to understand and decide which one to support. The first viewpoint is to continue to do what we have done for the last decade while the second viewpoint would do things completely different. The question is, do you support the way Illinois continues to operate or do you want to see us try something new?

The answer sounds simple, but choosing a new direction is never simple, especially when one of the leaders has been in power for almost 30 years. However, we are all watching the fight for a new direction right this minute. Each and every one of us knows someone being affected by this budget impasse.

This week, the Senate voted on a measure that could bring some temporary relief to people who depend on programs provided by the State of Illinois. Passed 57-0, \$4.8 billion in federal dollars would be used for programs like the Low Income Energy Assistance Program (LIHEAP).

It provides spending authority (federal funds only) for \$100 million in Aging programs, \$1.7 billion in Human Service



**Brian Stewart**

STATE REPRESENTATIVE

programs, \$400,000 million in Healthcare and Family Services programs, \$317 million in Public Health programs and more (visit my website for a complete list).

This legislation was passed unanimously by both Democrats and Republicans. The Governor has already stated he supports the bill and would sign the legislation if it passed both chambers. I was hoping we would take up this issue this week, but instead Speaker Madigan has the bill assigned to committee next week. While it is a temporary solution to a much bigger problem, we should not be holding federal funds hostage.

Also, I would not get too excited just yet. Speaker Madigan has been known for attaching unrelated items to bills in the past as a political power move. If that were to happen, these federal funds might never be appropriated until a budget deal is negotiated.

Until then, thank you to everyone who emailed or called the office last week to share your concerns. It's always great to hear from you. I believe a

high level of communication will increase civic participation by ensuring people are aware and informed about the issues facing our state. We don't always have to agree, but ensuring you remain informed about the struggles facing our state is critical to me.

I'd like to thank the 2015 Summer Civic Interns including Colton Havens, Patrick Muggler, and Megan Smith. Their hard work and dedication has helped up reach out to over 7,000 constituents over 5 weeks by walking door-to-door. I am privileged to mentor and teach the next generation of leaders and I appreciate the commitment to our community our three summer interns demonstrated this year. We are now accepting applications for the 2015 Fall Civic Internship, please call Sally for more details.

"To improve is to change; to be perfect is to change often," Winston Churchill. Continuing down the same path is not an improvement nor is it change. While we may never be perfect, choosing a new direction is change with a chance at improving. I will continue to take that chance in hopes of a new Illinois.

As always, you can reach me or Sally at 815/232-0774 or email us at [repstewart@gmail.com](mailto:repstewart@gmail.com). You can also visit my website at [www.reprianstewart.com](http://www.reprianstewart.com) or follow me on Facebook, Twitter, and Google Plus.

## THE SHOPPER'S GUIDE

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# ON THE RECORD

## OBITUARIES

### Dorothy A. Dennison

Dorothy A. Dennison age 82, of Savanna, Illinois passed away Saturday, August 1 surrounded by her family at the University of Iowa Hospitals and Clinics in Iowa City, Iowa. Visitation was held from 4 - 7 p.m., Wednesday, August 5 at Law-Jones Funeral Home in Savanna, a second visitation was held at 9:30 a.m. Thursday at the church prior to the service. A funeral service was held at 10:30 a.m., Thursday, August 6, at the Community United Church of Christ, Savanna, with Pastor Niel Shoffner officiating. Burial will take place in Evergreen Cemetery in Sabula, Iowa. A memorial fund has been established in Dorothy's memory. Friends and family are invited to share in Dorothy's life at [www.lawjonesfuneralhome.com](http://www.lawjonesfuneralhome.com).



Dorothy was born October 2, 1932, Waukon, Iowa, the daughter of Daniel F. Adney and Hazel Mae Brainard Knappe. Dorothy worked as a farmer for many years. But her most cherished job was being a homemaker taking care of her family; they always appreciated her making them their favorite desserts when they stopped in to see her.

On December 4, 1948, Dorothy married Stanley J. Hoyer in Sabula. Stanley passed away Feb. 18, 2004. On March 22, 2006, Dorothy married Lew Dennison in Mt. Carroll, Illinois. Dorothy completed her GED in 2004, at the age of 74.

Dorothy was very active in the church; she was a Worship Board Member, Willing Workers Coordinator, on the Fellowship Team, sent notes to visitors, volunteered at the food pantry and thrift shop. She was most notable for reading scripture over the radio. She enjoyed baking, sewing, crocheting, gardening, canning. Most of all, Dorothy treasured spending time with her family and friends.

Dorothy will be dearly missed by her husband, Lew of Savanna; children, Jim (Shirley) Hoyer of Stockton, Illinois, Susan (Timothy Bradbury) Diehl of Freeport, Illinois, Dennis (Sandy) Hoyer of Dubuque, Iowa, Anna (Howard) McDanel of Savanna, Dave (Kelly) Hoyer of Littleton, Colorado; step-daughter, Julie (Norris) Hartman of Fulton, Illinois; sixteen grandchildren; twenty two great grandchildren; one

brother and four sisters. Dorothy is preceded in death by her parents; husband, Stanley; two brothers; one sister and three grandchildren.

### Lucille V. Rackow,

MONROE, WI — Lucille V. Rackow, age 83, passed away on Saturday August 1 in Monroe, WI. She was born on July 25, 1932 in Baileyville, IL to Jesse and Katie (Funk) Miller.

Lucille married Eldon Rackow on October 29, 1950 in Freeport, IL. She and her husband farmed all their lives in the Orangeville area. Lucille was an Avon representative and unit leader for 45 years.

She was a member of Mt. Olive Evangelical Lutheran Church in Monroe, WI. Lucille enjoyed bowling, playing bridge, antiques and flea markets, and working on the farm. She always enjoyed her grandkids visiting her on the farm.

She is survived by her husband, children; Daryl Rackow of McConnell, IL, Diane (Tom) Low of South Carolina, Cindy

Rackow of Orangeville, IL, Laurie (Alan) Boeck of Monroe, WI and Tim (Lisa) Rackow of Monroe, WI; eleven grandchildren; Jesse, Dan, Brandy, Chris, Sherrie, Cheryl, Jim Jr., Jordan, Mike, Erica, and Jennifer, 24 great grandchildren, two sisters; Joyce (Marion) Huttenlocker of Stockton, IL and Marian Carter of Red Oak, IL, numerous nieces and nephews.

Lucille was preceded in death by her parents, brother Wilbur Miller and brother-in-law Eugene Carter.

Funeral services were held at 10 a.m.. Saturday, August 8, at Mt. Olive Evangelical Church in Monroe, WI.

Visitation was held from 4 - 7 p.m. on Friday, August 7, at the Cramer-Leamon Funeral Home, in Orangeville, IL.

Officiating will be Pastor Donald Swartz.

Interment will be at Grandview Cemetery in Freeport, IL.

A memorial has been established in her name.

Condolences may be sent to the family at [www.leamonfh.com](http://www.leamonfh.com)

## Jo Daviess County Sheriff requests public assistance

GALENA — The Jo Daviess County Sheriff's Office is requesting the public's assistance with a theft that has recently occurred.

The investigation involves the theft of a boat motor along with the boat's gas tanks. Unknown suspect(s) removed a boat motor and gas tanks from a boat at Ferry Landing Boat Ramp in rural Galena, IL. The boat was sitting on its trailer in the parking lot. The motor is a black 28 horsepower Evinrude Tracker. The two gas tanks

are red metal with six gallon capacity.

Anyone with information pertaining to this investigation is encouraged to contact Dubuque/Jo Daviess Crime Stoppers at 800-747-0117 or the Jo Daviess County Sheriff's Office at (815) 777-2141. Persons providing information that leads to an arrest or recovery of property may be eligible for a reward of up to \$1,000.00. Potential callers are reminded that they may remain anonymous.

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## ANNIVERSARY



TOM AND DEB KLOEPPING

### Tom and Deb Kloeping celebrate their twenty-fifth wedding anniversary

LENA — Tom Kloeping and the former Deb Long we married August 16, 1990 at the Florence United Methodist Church in Florence Station, IL. The Reverend Sally Bowers officiated.

The couple has four children Duane Kloeping of Freeport, Paul (Patricia) Kloeping of Monterey, CA, Josh (Lauren Franecki) Kloeping of Scottsdale, AZ and Jennifer (Jesse Peters) Kloeping of Freeport. They have five grandchildren Tanika, Tyler, Michaela & Paisley Kloeping and Ceara Peters.



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# FROM LENA'S KITCHEN



The not so skinny cook

As I write this column, we are waiting for rain. I mentioned before that I hate watering; however, you have to water to keep things alive. If you want to have flowers in September, you have to water in August. Sage advice that I don't have to like, but I have to live with. Watering allows the garden to keep producing. This week's recipes are using a lot of garden fresh fruits and vegetables.

One of my friends found this neat way to use up all those cherry or grape tomatoes. She got the recipe from a newspaper, and she says it is easy and good. If you have extra tomatoes and don't want them to go to waste, this recipe is a good one to get rid of the over abundance.

## Tomato Jam

2 lbs. cherry or grape tomatoes  
1/4 C. extra-virgin olive oil

2 garlic cloves, smashed  
1 t. salt  
1/2 t. sugar

Combine the tomatoes, olive oil, garlic and salt in a large saucepan over medium-low heat. Simmer, stirring occasionally and smashing tomatoes with a wooden spoon until the tomatoes break down and sauce thickens, about 45 minutes to one hour. Discard the garlic. Add the salt and sugar to taste. Cool completely; cover and refrigerate up to 1 week. Top sandwiches, pizza, bread (use some cheese on top and broil) and toasted bagels.

My friend, Karen, called me with this tip for cooking sweet corn in the microwave. I know people who have done it in the microwave, but if you haven't, this is a slick way to make just a few ears. Karen says the beauty of it is that the husks and silks slide right off—no hacking away at tough ends or having to pick silk from the ridges. Enjoy this easy way to eat corn on the cob.

## Microwave Corn on the Cob

Keep the corn in the husk and microwave the corn for 4 minutes on High if you are doing two pieces. If you are doing only one, cook for 3 minutes. Wrap the cooked corn in a dish towel (pick it up with the dish towel because

it is hot!). Cut 1 inch from the biggest end of the corn. Use another cloth and wipe the corn husk and silk off in one sweep. Put your favorite butter on it and add salt and pepper. Enjoy the wonderful corn that seems to be around our town this week.

Corn and tomatoes are making their way from the garden to the table. This salad combines the great taste of both. Enjoy the melding of two tastes of summer.

## Corn and Tomato Salad

2 ears of corn, cooked  
1 pint grape tomatoes, halved  
1 T. Italian parsley finely chopped  
1/2 C. red onion  
2 T. extra-virgin olive oil  
2 t. fresh lime juice  
1/2 t. chili powder  
1/2 t. salt  
1/2 t. pepper

Cut kernels from corn and place in a bowl. Add the tomatoes, parsley and onion. Stir to combine. Whisk the oil, lime juice, chili powder, salt and pepper in a small bowl. Pour over the salad and toss well. Serve immediately.

The following are variations of chicken salad, a summer favorite. Use your own chicken salad recipe or use the basic start up recipe below. Enjoy many ways to make chicken salad more exciting.

## Chicken Salad

4 C. cooked chicken, cubed  
Veggie Chicken Salad: 1/2 C. sliced radishes, 3/4 C. chopped broccoli, 3/4 C. chopped carrot, 1/2 C. cannelloni or kidney beans, 1/2 C. Mayonnaise, 2 T. lemon juice, 1 t. salt, and 1/2 t. pepper. Combine the ingredients with the chicken and serve on oatmeal bread or croissants.

Or Chicken and Ham Salad: 1/2 C. deli ham, 2 C. chopped baby spinach, 1/2 C. mayonnaise, 1/2 C. grated Parmesan cheese, 2 T. lemon juice, 1/2 t. salt, and 1/4 t. pepper. Combine the ingredients

and stir in the chicken.

Or Mandarin Orange and Bacon: 1 C. cooked and crumbled bacon, 1 can drained mandarin oranges, 1/2 C. mayonnaise, 2 T. orange marmalade (heated in microwave for 5 seconds to thin it down), 1 C. finely chopped red onion, 1/2 t. salt, and 1/4 t. pepper. Combine the ingredients and stir in the chicken. Serve on a bib lettuce leaf or a croissant.

If the heat in the kitchen gets to you, this next recipe is a quick way to make a delicious stove-top supper. The tarragon sauce adds a great bit of flavor to plain old chicken breasts. Serve it over rice, noodles, or mashed potatoes. It is a great way to pep up your evening meal.

## Stovetop Tarragon Chicken

4 boneless skinless chicken breast halves (5 oz. each)  
2 t. paprika  
1 T. olive oil  
1 1/4 C. shredded carrots  
1/2 lb. fresh mushrooms  
2 cans cream of chicken soup, undiluted  
3 t. dried tarragon  
1 T. lemon juice  
3 small zucchini, thinly sliced  
Sprinkle chicken with paprika.

In a Dutch oven or large skillet, heat the oil over medium heat. Cook chicken until lightly browned on each side (at least 2 minutes to a side). Remove from the pan and set aside.

Add the carrots and mushrooms to same pan and cook, covered, 6-8 minutes or until carrots are crisp-tender, stirring occasionally. In a small bowl, mix the soup, tarragon, and lemon juice. Pour the mixture over the vegetables and return the chicken to the pan. Bring to a boil and reduce the heat to low. Cook, covered, for 8 minutes. Top with zucchini and cook, covered, 6-8 minutes longer or until a meat thermometer inserted in chicken reads 165 and vegetables are tender.

Zucchini is popping up every

where. The next two recipes use the plentiful vegetable. The first recipe is for pickles and the second one is for your sweet tooth. The cake is very moist because it uses yogurt. A regular carton size of yogurt is used. Enjoy the use of the great crop of zucchini that is available.

## Sweet and Sour Zucchini Pickles

11 C. thinly sliced zucchini  
1 large onion, halved and thinly sliced  
1/3 C. canning salt  
4 1/2 C. white vinegar  
3 C. sugar  
1 T. mustard seed  
1 1/2 t. ground turmeric

Place the zucchini and onion in a large bowl. Sprinkle with salt and toss to coat. Add water to cover; let stand at room temperature for 2 hours. Drain and rinse and then drain again, thoroughly.

In a 6-qt. stockpot, combine the vinegar, sugar, mustard seed and turmeric. Bring to a boil, stirring to dissolve sugar. Reduce the heat and simmer for 5 minutes. Add the zucchini mixture and return to a boil, stirring occasionally. Reduce the heat and simmer, uncovered, 4-5 minutes or until heated through.

Carefully ladle hot mixture into six hot 1-pint jars leaving 1/2 inch headspace. (Jars should have been boiled in water—remove from water carefully with a tongs or from the dishwasher immediately after it has finished drying.) Remove air bubbles and if necessary, adjust headspace by adding hot pickling liquid. Wipe the rims. Center lids on jars; screw on bands until fingertip tight.

Place the jars into a canner with simmering water, ensuring they are completely covered with water. Bring to a boil. Process in the water bath for 10 minutes. Remove the jars and cool.

## Chocolate Zucchini Cake

2 C. flour  
2 C. sugar  
1/2 C. baking cocoa  
1 1/2 t. cinnamon  
1 t. baking powder  
1 t. baking soda

See RECIPES, Page 7

## NOW AVAILABLE!!

### A Walk Through History, Lena and the Surrounding Areas

by Margaret E. Scholtz;  
edited by James C. Scholtz

Join Margie for an enjoyable and endearing look back at Lena (IL) history and the history of the surrounding towns. This book presents a topical reprinting of Margie's 350+ articles appearing in *Lena and StephCo Ink* from 2000-2004, complete with photographs and index.

A great gift idea, this book can be ordered using the handy order form below. Please call 331-425-9481 for more information.

### Order Your Cop(ies) TODAY!!

(a portion of sales profits will be gifted to the Lena Area Historical Society)

### A Walk Through History - Pre-Publication Order Form

Name \_\_\_\_\_ Telephone \_\_\_\_\_  
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# of copies \_\_\_\_\_ @ \$45.00  
(includes IL sales tax and S/H) (Allow 3 wks for delivery)  
Please make checks (no credit cards accepted)  
Payable to: James C. Scholtz.  
Mail to: Walk Through History  
5404 Abbey Drive, McHenry, IL 60050  
Ship to address same as above \_\_\_ Yes \_\_\_ No  
If no, ship to following name/address: \_\_\_\_\_

Order form also available at Lena Merchantile. 214814



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Dr. Jim Liles & Dr. Jared Liles

BCBS provider

### LENA HOURS:

Mon., Tues., Wed. & Fri.  
8:30 a.m. - 6 p.m.  
Thursday 8:30 a.m. - 5 p.m.  
Saturday 8:30 - 10:30 a.m.

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815-369-4974

### WARREN HOURS:

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1:30 - 5:30 p.m.  
Friday  
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Photo submitted

Students celebrated their achievements with friends and families at the commencement ceremonies held in UW-Whitewater's Kachel Fieldhouse.

## More than 1,500 graduate from UW-Whitewater

WHITEWATER, WI — The following students received degrees this spring from the University of Wisconsin-Whitewater.

Lena - Annalise Modica graduated with a bachelor of business administration in human resource management.

German Valley- Renita Krusey graduated magna cum laude with a bachelor of science in education in physical education.

Students celebrated their achievements with friends and families at the commencement ceremonies on Saturday, May 16, held in UW-

Whitewater's Kachel Fieldhouse.

Students from the College of Business and Economics, the College of Letters and Sciences, the College of Education and Professional Studies, the College of Arts and Communication and the School of Graduate Studies earned degrees.

Students who graduated cum laude had a grade point average of 3.4 to 3.59. Magna cum laude students had a great point average of 3.6 - 3.84. Summa cum laude students had a grade point average of 3.85 and above.

## Scholarship Recipients Announced by Stephenson County 4-H and Extension Foundation

FREEPORT — Bonnie Campbell, Chairperson of the Stephenson County 4-H and Extension Foundation, recently announced the winners of the R.C. Miller Scholarship for the 2015-16 year, after they were selected by a

committee of judges from the Foundation's Board of Directors.

The R. C. Miller Scholarship was established and funded by the late R. C. Miller, a local leader in agri-business. He started the scholarship program to encourage and support Stephenson County residents pursuing degrees in agriculture with an emphasis in Conservation. The Stephenson County Extension and 4-H Foundation is responsible for the scholarship administration.

This year's winners are Landon Baumgartner, of Dakota, and Nicholas Barker, of Davis, and they will

each receive \$1000.00 to use towards their educational expenses. Landon Baumgartner is studying Environmental Management and Sustainability, at the George Williams College of Aurora University, and Nicholas Barker is studying Resource Management-Law Enforcement at the University of Wisconsin-Stevens Point.

For more information about the Stephenson County 4-H and Extension Foundation, which provides financial support to the University of Illinois Extension and 4-H in Stephenson County, please call 815-235-4125.

## COLLEGE NOTES

Local students receive spring 2015 University of Iowa degrees

IOWA CITY, IA — About 5,100 students received degrees from the University of Iowa at the close of the spring 2015 semester.

Students included: Morgan Buisser of Cedarville, IL 61013, received a BA-Art; BA-Journalism and Mass Communication degree

Beatrice Bierie of East Dubuque, IL 61025, received a BA-Communication Studies degree

Jacob Crome of Elizabeth, IL 61028, received a BSE-Chemical Engineering degree.

## RECIPES

Continued from page 6

- 1 t. salt
- 2 large eggs
- ¾ of a container of plain yogurt (about ¾ cup)
- ¼ C. canola oil
- 2 t. vanilla
- 2 C. shredded zucchini
- Powdered sugar

Preheat the oven to 350. Grease a 9 x 13 pan. In a large bowl, whisk together the flour, sugar, cocoa, cinnamon, baking powder, baking soda, and salt. In another bowl, whisk eggs, yogurt, oil and vanilla until blended. Add to flour mixture; stir just until moistened. Stir in zucchini. Transfer batter to prepared pan. Bake 25-30 minutes or until top springs back when lightly touched. Cool completely in pan on a wire rack. If desired, dust with powdered sugar before serving.

### Creamy Fudge Frosting

- 40 oz chopped unsweetened chocolate
- 1/3 C. cubed butter
- 1 can (5 oz.) evaporated milk
- 1 C. sugar
- ¼ t. vanilla

Melt the chocolate and butter in a metal bowl over barely simmering water. Stir until smooth. Place the milk, sugar and vanilla in a blender, cover and process 1 minute to dissolve the sugar. Add the warm chocolate mixture and cover and process just until the mixture thickens to desired consistency, about 30 seconds. Frost cake and refrigerate any leftovers.

I can't believe that August is one half over. Fall sports practices have begun, and the aisles are full of students and parents who are shopping for school supplies. You can purchase Lena-Winslow District

202 calendars at any school building or at any of the three banks in Lena. It is a great way to keep track of school activities. Proceeds from the sale of the calendars support the projects of the Lena-Winslow Education Foundation. The cost of the calendar is \$6.00 for one and \$10.00 for two. I had a fresh peach the other day, and it was delicious.

Several people made the raspberry cake from last week's column. One of the readers told me that she only baked it 45 minutes, and that was plenty of time. Watch the cake after 45 minutes because ovens bake at different times and temperatures. Another reader substituted strawberries, and another told me she was going to make it with blueberries.

I love all the fruit that is coming in. People have been going to U-Pick places around Rochelle to pick blueberries. I didn't know there was anywhere around here to pick blueberries. I guess you learn something every day! This morning at the Farmer's Market there were green beans, carrots, potatoes, cucumbers, zucchini, summer squash, cucumbers, spices, kale, kohlrabi, beets, cabbage, ground cherries, sweet corn, jams, jellies, and snacks as well as baked goods. (I am sure I missed something!) Don't forget to support our local Farmer's Markets on Saturday mornings. Remember if you have some summer recipes to share, you can contact us in person, by mail, or email us at From Lena's Kitchens, Shopper's Guide at 213 S. Center St. or email scoopshopper@rvpublishing.com.

## LORAN FEST 2015

AUGUST 15 - 16

MUSIC AT

MUSIC & CRAFTS



PORK CHOPS

BRATS

PIE & ICE CREAM

Saturday, August 15th

- Horse & Buggy parade at 1 p.m.
- Trail Ride & Horse Pulls (after parade)
- Forrest Carter & Friends at 2 p.m.
- Get Back (Beatles Tribute Band) at 8 p.m.

Sunday, August 16th

- Tractor parade at 1 p.m. and Ride & Drive
- Car & Motorcycle Show Noon - 6 p.m.
- Garret Hillary Band at 2 p.m.

## DEADLINES

### News Items

Friday at 4 p.m. the week prior in the Lena Office on a space available basis.

### Display Ads

Friday noon the week prior to publication.

### Classified Ads

Friday at 4 p.m. the week prior to publication.

### Legals

Friday at 4 p.m. the week prior to publication.

# Hello BENEFITS

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You must continue to pay your Medicare Part B premium.

The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year.

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5-Year Tax-Deferred Fixed Interest Annuity: a 5-Year Contract with an interest guaranteed for 5 years. Minimum & maximum deposits may exist. Yearly 15% free withdrawal available after the 1st contract year—may be withdrawn at any time. Surrender charges exist for early withdrawals in excess of the member benefit. After the initial guaranteed period, the contract has a variable minimum guaranteed interest rate. Withdrawals made prior to age 59½ may be subject to an IRS penalty (consult your tax advisor). Advertised rate subject to change without notice. Appropriate application and membership requirements apply. Not available in all states. Not FDIC insured. Products backed 100% by KSKJ Life (2439 Glenwood Ave., Joliet, IL 60435).

# CHURCH NOTES

You're welcome to join us at St. John's

## PASTOR'S CORNER

PEARL CITY — The August 16 Worship Service will be led by Pastor Ekstrand beginning at 9 a.m. Following worship the Memorial & Finance and the Stewardship & Outreach committees will meet. The SPLAT Youth Group will meet at 11 a.m. to deliver Grace Meals. The August Community Grace Meal will be served at 11:30 a.m. and the menu will feature Pulled Pork. \ Fifth Quarter (seventh and eighth grades) will resume on August 12. The Genesis Youth Group (high school) will meet on Friday, August 14 from 11 a.m. - 1 p.m. at the Youth and Family Center. The youth groups will resume their Sunday evening meeting times on August 23.

The next Brat Stand will be held on August 15 adjacent to the Pearl City Post Office. The brat stand includes a bratwurst or hot dog sandwich, chips and drinks.

Ladies Night Out/Annual meeting of the Women's Gathering will be held on August 26 in Luther Hall. The menu will be pork loin with apple chutney sauce (side), Au-gratin potatoes, tossed greens with vinaigrette, salted caramel brownie, lemon pudding pie and beverage for \$10 including tax and tip. A musical/comedy skit titled, "Is There a Doctor in the House?" will be the entertainment provided by the St. John's players. Come and laugh with us. Sign-up on the bulletin board by Thursday, August 20.

**TICKETS AVAILABLE:** We have some tickets available for "The Talented Templetons" at White Pines in Oregon on Thursday, October 15. The tickets are \$29 which includes a buffet lunch with beverage, dessert, tax, gratuity and the performance. We will carpool from the church at 10:45 a.m. and return at approximately 4 p.m. "The Talented Templetons" are a family of Mom, Dad and their nine children harmonizing and playing a variety of instruments. The family showcases their abilities through country favorites, bluegrass, gospel, classics, old time tunes, Celtic reels and jigs. The deadline has been moved up to September 13 or when all 40 tickets have been paid for. There

is a sign-up on the bulletin board. Please make checks to St. John's Women's Gathering and give to Lynda Palmer, Kris Eden or Karen Bremmer. Members and guests are welcome to join us.

Don't forget to take Flat Jesus with you on your summer activities or trips. You may find a copy of our Flat Jesus on the website at <http://www.stjohnspearlcity.org/flat-jesus-project> or there are additional copies on the table by the office. The Flat Jesus project is for all to participate in!

mer activities or trips. You may find a copy of our Flat Jesus on the website at <http://www.stjohnspearlcity.org/flat-jesus-project> or there are additional copies on the table by the office. The Flat Jesus project is for all to participate in!

### Good Shepherd Lutheran Church

LENA — Mission Trip Sunday and Special Music at Good Shepherd Lutheran Church

Good Shepherd Lutheran Church will gather for worship on Mission Trip Sunday August 16, at 118 E. Mason St. Lena, IL, at 9:30 a.m. The Good Shepherd Mission Trip Team to Pine Ridge Indian Reservation will share stories, encouragement, pictures and music during worship. Pastor Miranda Klosterboer will share the children's message and sermon and lead worship along with Karen Niemeier who will lead on the organ. All are invited to worship on this Twelfth Sunday after Pentecost with Holy Communion. Mark Fulfs, Jesse Klosterboer, and the Good Shepherd Men's Group will share special music. Following worship, there will be a time of fellowship with treats and coffee where pictures from the mission trip will be shown. At 11 a.m. the Summer Bible Study will meet.

On Tuesday August 18 Pastor Miranda will lead devotions at the Friendship Center at 1:30 p.m.

On Wednesday August 19 at 8 a.m. the Piece Corps Quilters will work together to craft quilts for Lutheran World Relief. They are always looking for more people to help tie quilts and sew. No previous quilting experience is necessary.

In the evening on Wednesday August 19 at 7 p.m. Good Shepherd will host an informal summer worship service in the fellowship hall. All are welcome to this Summer Wednesday Worship service! It is for youth and adults of all ages. The theme is Kingdom Community, and the worship services include video clips, discussion, and contemporary worship music. It is a chance to gather together, to sing praises to God, to pray, to hear the Word of God, and to connect that Word to your everyday lives.

On Saturday August 22 Good Shepherd will staff the Lena food Pantry.

### Kent/Willow United Methodist Churches

KENT — Kent/Willow UMC will worship together at Kent UMC Sunday, Aug 16, at 9 a.m. Pastor Brenda Morris will be giving the message and all are invited and welcome. Also to stay for fellowship following.

Sunday School is at 10:30 a.m. studying from the lessons in the devotional "The Upper Room"; all are invited and welcome.

Kent UMC is located in the town of Kent IL. For more info, call 815-601-6742.

### ST. PAUL EV. LUTHERAN CHURCH-LCMS

411 West Catlin Street,  
Elizabeth IL, 61028  
815-858-3334  
Pastor Mike Nesbit

**Memorial Day to Labor Day**  
**Sunday Worship** at 9 a.m.  
**Summer Bible Study** at 10:15 a.m.  
**Wednesday Evening**  
**Worship** at 7 p.m.

205017

### EVANGELICAL FREE CHURCH OF LENA

720 N. Freedom Street  
Lena, IL  
815-369-5591

**Dr. Jim Erb, Senior Pastor**  
**Rev. Scott Wilson**  
Assoc. Pastor of Youth

**Sunday Worship**  
**10:00 a.m.**  
**Sunday School/ABF 8:45 a.m.**  
AWANA-Wednesdays 5:30 p.m.  
Junior and Senior High  
Youth Wednesdays 6:45 p.m.

178234

### Some Secrets Are the Heaviest of Weights to Bear

Fawn Nolan, Parish Assistant  
St. John's Lutheran Church, Lena, IL

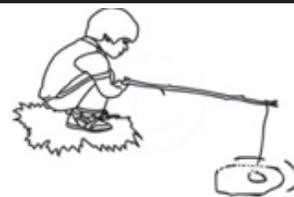
I just spent a week with my three grandchildren and became very acquainted with their individual personalities. My grandson will keep very quiet and not let you know how he is feeling, but my youngest granddaughter is loud and you know exactly how she is feeling. I find myself at times wishing she would keep a little more of it to herself. The whole world doesn't need to know that she wants a purple color and not the green. And that we will all continue to know that fact until she is satisfied once again. So we continue to work with her, trying to help her come to reason and make

sense out of what seems logical to us, and train her to avoid loud and sudden outbursts. That requires taking the focus off of self. It takes a lot of energy and constantly being on guard.

I recently heard a song that contained the line "They tell us from the time we're young to hide the things that we don't like about ourselves, inside ourselves". The song's chorus answers "I don't care if the world knows what my secrets are." These secrets are referring to character flaws we find in ourselves that we want to remain hidden. The release of hiding who we are brings joy and satisfaction. We are able to become who God created us to be.

But it isn't just feelings and insecurities that we keep secret. Sin has a way of taking over

See CORNER, Page 10



### Lena Baptist Church CHILDREN'S FISHING TOURNAMENT

Saturday, August 22, 2105  
9 a.m. - 2 p.m. • Ages 6 - 12 • \$5 per child  
at Lake LeAquaNa, Lena

**Bring your own pole and bait.**  
**Prizes for different categories.**  
**Lunch is provided.**



Register by August 15, late registration will be \$8.  
Children must be accompanied by an adult.  
\*Registration forms are available on our website  
[lenabaptistchurch.churchspring.net](http://lenabaptistchurch.churchspring.net)  
For more information call 815-369-4612

214128

### St. Josephs Church, Apple River

## Fish Boil and Quilt Raffle

### Labor Day Weekend

Friday September 4, 2015 • Apple River Event Center

Prepared by the Gartiot Fire Department

Serving 4:30 -- 7:00 PM

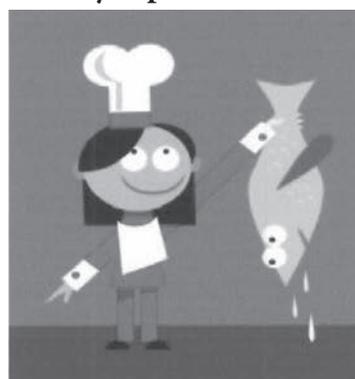
Tickets will be on sale until

Thursday Sept 3, 2015

Advance Tickets...\$10.00

Purchased at door...\$11.00

Children under 12...\$5.00



For more information call St. Joseph at 815-745-2312

212133

# Sigafus family states 2015 reunion in Apple River

APPLE RIVER — On July 26, 59 members and friends attended the annual Sigafus Family Reunion, held at the clubhouse at Apple Canyon Lake. Family members came from Kansas, New Hampshire, Indiana, Ohio, Kentucky, Minnesota and Wisconsin as well as a number of different towns in Illinois.

At the 11a.m. worship service, the Sigafus Singers sang "The Family of God"

accompanied by Lydia Hurst, pianist. Becca Sigafus led an opening instrumental band, and Janis Sigafus and Kim Whitehurst provided special music. Roberta Skinner updated us on the offering collected last year for the KY/Ecuador Partners of the Americas program, and Becca Sigafus gave a report on the program she has initiated for homeless veterans and their families, the focus of this year's offering collection.

Alvin Sigafus gave the children's story and the message and Laurel Vanderheyden closed with prayer and a blessing for the meal.

A lavish potluck dinner immediately followed the worship service. Afterwards, family members spent time sharing updates and information, which included a celebration of Alvin and Phyllis's upcoming seventieth wedding anniversary.

We truly enjoy these yearly gatherings of our family, especially since it is the only time we get to see and visit with some of them. We look forward

to next year when we will meet again at the Apple Canyon Lake Clubhouse on Sunday July 31, 2016,

## • CORNER

Continued from page 9

in the hidden parts of our lives too. We do things we don't want others to know about. At times we think we will continue to get away with it until it won't matter anymore. In Jeremiah 17:9-10 we learn "The heart is deceitful above all things and beyond cure. Who can understand it? I the Lord search the heart and examine the mind, to reward a man according to his conduct, according to what his deeds deserve." Sin leaves us beyond cure and the conscience becomes burdened and weighed down with worry. God sees our secret sins. But thank God that sin can be forgiven, consciences can find peace. When what is hidden is confessed and revealed to Jesus and Him alone, God is pleased and the weight we bear is lifted. God sees the most inner parts of the heart. We should be careful of the hypocrisy that hides itself in the secrets. Restoration comes

when it is disclosed.

If you are feeling the weight of a guilty conscience, you need not carry that any longer. "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." I John 1:9 The heaviest of weights to bear are lifted and removed from our hearts as far as the east is from the west. Our secret sins, every sin, can be erased in our belief in Jesus Christ. God always does what is just. He is faithful to His promises to us and keeps His Word. Tell God about the willful sins you have committed, the good deeds you have failed to do and the very sinful nature in each and every one of us. In that truth His goodness will prevail and we will gain victory over that sin. Jesus opened the way. We give thanks to our Loving Lord who reaches out and saves us as He shares the wonders of His grace.

## LEGALS

STATE OF ILLINOIS  
IN THE CIRCUIT COURT  
OF THE FIFTEENTH  
JUDICIAL COURT  
STEPHENSON COUNTY  
IN THE MATTER OF  
THE ESTATE OF  
JANICE NICKEL,  
DECEASED.

IN PROBATE  
NO: 2015 P 22  
NOTICE FOR  
PUBLICATION - CLAIMS  
Notice is given of the death of JANICE NICKEL. Letters of Office were issued on March 18, 2015, to Candice Kehl whose address is 1500 S. Adams, Freeport, Illinois, and whose attorney is William E. Sisler, 10 N. Galena Avenue, Suite 210, Freeport, Illinois 61032.

Claims against the estate may be filed in the Office of the Clerk of this Court at 15 N. Galena Avenue, Freeport, Illinois 61032 or with the representative, or both, on or before (six months after 1st publication or three months from date of notice to known claimants) and any claim not filed on or before that date is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within ten (10) days after it has been filed.

BONNIE K. CURRAN / BSM  
Clerk of the Circuit Court  
(Published in  
The Shopper's Guide  
July 29, Aug. 5 & 12, 2015)

212750

**PUBLIC NOTICE**  
**VILLAGE OF PEARL**  
**CITY**  
**THIRD AMENDMENT**  
**TO PEARL CITY TIF**  
**DISTRICT**

Pursuant to the Illinois Municipal Code [65 ILCS 5/11-74.4-5(c)], the Village of Pearl City, Stephenson County, Illinois, hereby gives notice of an Amendment to the Village

of Pearl City Tax Increment Financing District Redevelopment Project Area, Plan and Projects by reducing the size of the Area.

The following change has been made to the Redevelopment Project Area:

Ordinance No. 2015-02 was adopted by the Mayor and Village Board of Trustees on August 3, 2015, providing for and approving the Third Amendment to the Pearl City TIF District Redevelopment Project Area, Plan & Projects, in particular the removal of the following parcel: 02-17-08-284-015, legally described as Lot 12 in Block 7 of Eby's Addition in the Village of Pearl City.

If you have questions regarding the Third Amendment to the Pearl City TIF District, please contact Village President Robert Knoup at (815) 443-2141. Cheryl Liebenstein, Village Clerk

(Published in  
The Shopper's Guide  
Aug. 12, 2015)

214492

14-032487  
IN THE CIRCUIT COURT  
OF THE 15TH  
JUDICIAL CIRCUIT  
COUNTY OF STEPHENSON  
- FREEPORT, ILLINOIS  
FIFTH THIRD BANK, AN  
OHIO BANKING CORPORATION  
Plaintiff,  
vs.  
THOMAS L. KEMPEL;  
STATE BANK  
Defendants,

14 CH 136

NOTICE OF SALE

PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure entered in the above entitled cause Intercounty Judicial Sales Corporation will on Wednesday, September 16, 2015, at the hour of 2:00 p.m. in the office of Security First Title Company,

205 West Stephenson Street, Freeport, IL 61032, sell to the highest bidder for cash, the following described mortgaged real estate:

The North 87 feet of the following described Real Estate: Beginning on the North line of Lot 8 in Roush's Subdivision of the Village of Lena, Illinois, 18 feet West of the Northeast Corner thereof and running thence West along the North line of said Lot 8 and Lot 9 of said Subdivision to the East line of the alley running North and South to said Lot 9, running thence South along the East line of said alley, 162 feet, thence East parallel with the North line of said Lots to a point 18 feet West of the East line of said Lot 8, running thence North 162 feet to the place of beginning; Situated in the Village of Lena, Stephenson County, Illinois.

Commonly known as 107 Lincoln Street, Lena, IL 61048. P.I.N. 11-07-33-354-006.

The improvement on the property consists of a single family residence. If the subject mortgaged real estate is a unit of a common interest community, the purchaser of the unit other than a mortgagee shall pay the assessments required by subsection (g-1) of Section 18.5 of the Condominium Property Act.

Sale terms: 10% down by certified funds, balance within 24 hours, by certified funds. No refunds.

The property will NOT be open for inspection.

For information call Sales Department at Plaintiff's Attorney, Manley Deas Kochalski, LLC, One East Wacker Drive, Chicago, Illinois 60601. (614) 220-5611. 1666390

(Published in  
The Shopper's Guide  
Aug. 12, 19 & 26, 2015)

214929

## Food pantry Sunday at Saint Paul's Kent

KENT — On Sunday, August 16, St. Paul's Lutheran Church in Kent will observe the Twelfth Sunday after Pentecost at their 10 a.m. family worship. The sermon title will be "Christ's Invitation Of Love" based upon John 6. Jean Hill is the liturgist, and Deb Winning is the organist. We sing the golden oldies!

August 16 is also FOOD PANTRY SUNDAY. Each member is encouraged to bring at least one item for the

Pearl City Area Food Pantry. Sherri Brown is our representative and is responsible for making sure the food pantry items are delivered to the Pearl City Methodist Church, where the food pantry is located.

St. Paul's welcome all who come to worship at the little church with the big heart. We are located in the suburbs of Kent on Sunnyside Road. For more information, call 232-4010.

## St Paul Church of Epleyanna to host Autumn Fest

DAVIS — Mark your calendars and plan to attend the St. Paul "Autumn Fest"! This exciting event will take place at St Paul Church of Epleyanna, located at 8800 E Epleyanna Rd, Davis, IL on Saturday, Sept. 12 from 4 to 7 p.m.

There will be FREE Food, Games, Prizes, Bounce House with Obstacle Course, Cake Walk, Family photos, Petting

Zoo, Face Painting, and live music will be provided by Matt Hoffland too! Visit his website at: [www.matthoffland.com](http://www.matthoffland.com)

Be sure to bring your whole family for a refreshing evening of good old Christian FUN!!

For More Information, contact Pastor Scott at (815) 865-5314 or by email at: [office@stpaulchurchdavis.org](mailto:office@stpaulchurchdavis.org)

# Willow Folk Festival continues toe-tapping tradition

**Tony Carton**

*Scoop/ Shopper's Guide Editor*

STOCKTON — Willow Folk Festival has been a second weekend in August tradition on the grounds of the Willow United Methodist Church, southeast of Stockton for nearly 50 years.

Folks sleep out in the pasture across from the church grounds where the main stage is set up, and you'll find musicians strumming, picking, and improvising till the wee hours with anyone willing to join in. You never know who will join in during the weekend long event.

"We had a good turn out again this year," said one of the festival organizers and church member Pauline Craig. "It went very well. We had a lovely crowd."

Legend has it that the festival was born of desperation. The church needed money, and had a student minister at the time who really liked blue grass music. There were a lot of music festivals going on in those days, so he suggested they give it a try.

When the church made a hundred dollars that first year they were pretty excited and

decided to do it again the next year, and now some 48 years later, they've done it every year since and it's become something of a tradition.

Many of the customs that made the festival popular remain. There is an electric sound system, but the musicians may not plug their instruments into it. Hot coffee and fresh rolls are still the sunrise bill of fare, and the campground is alive and jumping all night long as the musicians join in impromptu jam sessions that often lead to newly formed groups taking the stage for the allotted ten minutes during the next day.

Stew and sandwiches and homemade pies are the traditional bill of fare and Craig said they ran out again this year.

"The last pieces of pie went to the kids who helped us break down the benches and stage area," she said. "They volunteered to stay and help us, so they got some sandwiches and lemonade and pie."

Craig said the event is the congregation's only fund raiser.

"We use the money for worthy causes in the community and to help with the church,"



Tracy Siegner photos

**There was plenty of time for hunting crawdads during in the creek across from the church grounds during the Willow Folk Festival**

she said.

Now, they are going to rest a bit and then start planning for next year's festival.

"There will definitely be at least two more, so we can make it to our fiftieth festival," said Craig. "We're too close. We have to keep going."

She estimated attendance at around a thousand.

"We had about 400 registered campers and then there were the folks that came to see the performances, so I'm saying we had a good crowd," Craig said. "People came out of the campground and played and it was a lot of fun."

Some members of the audience brought their own lawn chairs or blankets while others sat on the wooden planks stretched across hay bales; all

listening intently to the performers on the stage. And, there are always folks off to the side tossing a Frisbee, cradling infants, or just passing time. Bring your family, friends and neighbors to the 2016 Willow event. Mark off the second weekend in August and be there when the forty-ninth Annual Willow Folk Festival will fill the surrounding hills with music from the Willow United Methodist Church lawn.



No music festival is complete without at least one vintage VW micro-bus and the Willow Folk Festival was not exception and this one sporting a solar panel was a real conversation starter.

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The Shopper's Guide

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## Schedule of Events

All net proceeds go towards: Conservation & Agricultural Partners (CAP), Pearl City Food Pantry, Pearl City Schools Needy Children's Fund

- 8:00 a.m. Pitmasters Check In (Pre-registration required - Contact Kristin Dinderman 815-291-9922)
- 10:00 a.m. Beer Garden Opens (open until Midnight)
- 11:00 a.m. Parade (Contact Nathan Pickard at 815-821-2403 - Registration at 9 a.m.)
- 11:00 a.m. Hog Roast Lunch/Dinner
- 12:30 p.m. Kiddie Tractor Pull (Sponsored by Stephenson County Farm Bureau)
- 2:45 p.m. Ag Olympics (Sponsored by Stephenson County Farm Bureau) Pre-registration required
- 4:00 p.m. Kiddie Water Fights (Sponsored by PC Fire Department)
- 4:45 p.m. LIVE ENTERTAINMENT by Aaron Phillips**
- 6:00 p.m. PC Pitmaster BBQ Samples available (while supplies last)
- 6:45 p.m. Gail "Johnny" Johnson Service Awards
- 7:00 p.m. Pitmaster Category Champions
- 7:30 p.m. LIVE BAND Nathan Dean and the Damn Band**
- 8:30 p.m. Pitmaster Best in Show Award
- 9:30 p.m. **LIVE AUCTION for EPC State Champion Football Helmet**
- 9:45 p.m. Raffle Drawing (Contact John Schroeder to purchase tickets 815-275-4301)

214807

Find out more! [www.pearlcityboulevardbash.com](http://www.pearlcityboulevardbash.com)

# Willow Folk Festival



Tracy Slegner photos  
The crowds may have been enjoying the bands on the stage at the Willow Folk Festival, but the real family fun was happening in the campground across the road.



One of the traditions at the Willow Folk Festival is the impromptu sessions that break out in the campground and most of the "campground" groups end up performing on the festival main stage.



The music was nearly nonstop for all three days of the 2015 Willow Folk Festival held on the grounds of the Willow United Methodist Church near Stockton.

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I recommend this rehabilitation facility to anyone.  
Sincerely yours, Duane Kupersmith

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The folks that make the Willow Folk Festival happen took time out from their administrative tasks to worship Sunday morning in the beautiful and historic Willow United Methodist Church.

# L.A.S.E.R to host Lena Shakedown August 15

**Tony Carton**  
Scoop/Shopper's Guide Editor

LENA — The newly revived Lena Area Special Event Runners are up and running with big plans for this year's Lena Shakedown.

"This is an event that's been happening in Lena for the last couple years under the name, 'The Taste of Lena,'" said Ross Vehmeier who is one of the Lena Shakedown organizers.

He said that while the Taste of Lena was a very successful event for the community, it was decided to either cancel the event or move it in 2015 because of the downtown renovation project.

"Luckily, they decided to move it and along with that they needed a place that could accommodate people and park-

ing and all that stuff, so they came to me and my family and asked if we would host the Shakedown," Vehmeier said.

His family owns The Rafters, The Mill Furnishings and Design, Lena Brewing and the Red Barn all of which, in addition to offering a plethora of services can provide ample parking and room for a major event.

"We're able to keep the event in Lena and avoid the renovation project currently underway in our downtown," he said, noting the downtown project is nearing completion, but said when the shakedown was in its initial planning stages there was some doubt as to whether the downtown would be ready.

"The construction crews

moved a little faster than originally planned, but it would still have been kind of a mess even as early as this weekend, so we didn't want to take the risk," said Vehmeier. "It was either cancel the event or take it somewhere close and we opted to move the location."

Susan Schafer who is handling public relations for the Shakedown said the event will host a number of vendors including The Rafters, Saporito's Pizzeria, Café 217, Cedar Inn, AJ's Lena Maid Meats, Rt 73 Brew and Chew, Natural Healing Express, Lena Q's Cotton Candy and Lena Brewing Company. The Lena United Methodist Church will be in charge of the AJ's Lena Maid Meats vendor area. The Friends of the Pecatonica River

Group will be selling water and the Lena Boy Scouts will be selling Lemon Shake Ups.

"I think it is going to be a fun day," she said. "Please come out and support these local non-profit groups as they work for their own fundraiser activities."

The Smoking Hot BBQ contest will begin at 8am for participants. Pit masters will compete for the tastiest BBQ with baby back ribs, whole turkey breast, boneless pork loin, whole beef tenderloin and a mystery "meat". For more information on participating in the BBQ contest, please contact Marcia Pax at 815.369.4522.

The Lena Shakedown will also feature a Vintage and Antique Car show. This is a great time to roll out your vehicles and win a prize! Classes include: Pre-1950's, 1950's, 1960's, 1970's, 1980's, 1990's+, Stock Truck, Mod Truck, Hot Rods, Motorcycles, Special Interest and Tractors. Goody bags including dash plaques will be handed out for the first 125 registered entrants, and trophies awarded for top three in each class and best of show. Pre-registration

is encouraged! For more information regarding the car show, please contact Rhonda or Troy Pokoj at 815.369.9747.

Also, great entertainment will be on the stage throughout the day. The headline act will be Nashville Recording Artist Corey Cox, whose first single, "Wake Up Drunk" is climbing the charts. Kim Lepak of WCCI will DJ and host the stage for the day. Local band, Just for Kicks will feature several rock and roll tunes following the car show. Nashville Recording Artist and national act Joe Denim. The Aaron Whalen Band will ease the crowd from a fun filled family day into an exciting live music evening.

Stop out to the Shakedown.

"We're running all day," Vehmeier said. "Gates open at 11 and the cars show participants are allowed to get in a little earlier to get set up and of course, anybody doing the BBQ competition should be here earlier than that, but stop by The Lena Shakedown. If you've got stuff going on during the day, come out at night and enjoy the music, the food and the fun."

## Stockton FFA Alumni schedule fourth annual antique tractor drive

STOCKTON — Plans are underway for the 2015 Stockton FFA Alumni Antique Tractor Drive. This year's event has been expanded to include a full day worth of touring rural Jo Daviess and Stephenson Counties.

The event will be held on Saturday, August 22. It's an opportunity for antique tractor lovers from Northwestern Illinois and Southern Wisconsin to showcase their family collections. All tractors that are model year 1980 or earlier, and that can travel at least 10 mph, are welcome to participate.

Participants should check in no later than 8 a.m. at Stockton High School which is located at 540 N. Rush St. just off U.S. Route 20 in Stockton. The drive will start promptly at 8:15 a.m. and will cover approximately 46 miles round trip. The planned route will take tractors past the Stockton Rehabilitation Center for the enjoyment of their residents. Stops along the route will be Adkins Energy Ethanol Plant; Lena Brewing Company; and lunch at Lena Lions Park in Lena, IL; a tour of the Bill Dietz Antique Tractor Collection in rural Wad-dams Grove, IL; and a close view of the wind turbines as we return to Stockton High School around 4:30 p.m.. The event will be held rain or shine, but poor weather conditions may alter the route.

Registration is \$40 per tractor and it will include lunch, tractor sign, button, name tag, and refreshments. Drivers must be

least 16 years of age and have a valid driver's license in order to drive in this event. Drivers will need to sign a Driver Safety Pledge prior to participating. There are approximately 15 seats available on a covered wagon that will be a part of the drive at a cost of \$25 per seat. Passenger will be required to sign a Passenger Liability Waiver. Anyone under the age of 18 will need a legal guardian's signature on the required paperwork as well.

Please pre-register by Saturday, August 2. Registration will be available the day of the event, but pre-registration is appreciated. There are approximately 15 seats available to passengers on a covered wagon for a cost of \$25.00. All participants must sign either a Driver Safety Pledge or a Passenger Liability Waiver in order to participate. This event will be held rain or shine, but poor weather conditions may alter the route. Additional information is available at [www.stocktonffa.org](http://www.stocktonffa.org) or by contacting Greg Millerschone (815) 947-3345 or Brad Brudi (815)

858-4366. For information concerning the rules and requirements or to register please contact Greg Millerschone (815) 947-3345 or Brad Brudi (815) 858-4366.

Registration forms need to be returned to the Stockton FFA Alumni, c/o Rick Duchow, 312 N. Hudson St., Stockton, IL 61085. Pre-registration is preferred by Friday, August 14, but people can register the day of the event as well.

Please pre-register by Saturday, August 2. Registration will be available the day of the event, but pre-registration is appreciated. There are approximately 15 seats available to passengers on a covered wagon for a cost of \$25.00. All participants must sign either a Driver Safety Pledge or a Passenger Liability Waiver in order to participate. This event will be held rain or shine, but poor weather conditions may alter the route. Additional information is available at [www.stocktonffa.org](http://www.stocktonffa.org) or by contacting Greg Millerschone (815) 947-3345 or Brad Brudi (815) 858-4366.

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Photo submitted

### LBPA Yard of the Month

Summer is in full bloom at the home of Mike and Nan Determan. Their home at 313 School Street has been chosen by the Lena Business and Professional Association Beautification Committee as Yard of the Month. Hues of pink and purple tumble from the upper deck and continue in baskets hanging from the porch before reaching the ground. The perimeter of their house and yard sparkle with color and care. Nan said both she and Mike work on the flowers while Mike is the primary lawn mower.

## Join 100 Women Who Care at their next meeting August 13 at The Rafters in Lena

LENA — We are a group of local women who are interested in supporting the local communities within Stephenson County.

Our goal: Donate \$10,000 to a local charity in 1 year, 4 times a year.

How do we do it?

Members each donate \$100 to a local non-profit organization/charity chosen by a ballot vote. 100 members donating \$100 each equals \$10,000 given to a local charity!

We meet for one hour, four times a year, and each member brings a check for \$100 to each meeting

Members nominate organizations to be put into a hat

Three organizations are drawn at random at each meeting. Nominating members each make a 5-minute presentation about the organizations We all vote on which cause to support.

The organization with the most votes receives our donations; checks are made out DIRECTLY to that organization on the spot.

For more information:

Like us on Facebook--100 Women Who Care-Stephenson County

Visit our website:

100WWCStephensonCounty.weebly.com

E-mail us: 100WWCStephensonCounty@gmail.com

### A little levity to lighten your day

Women only call me ugly until they find out how much money I make. Then they call me ugly and poor.

Say You Saw It In The Shopper's Guide

## Movies at Mame's looks at a 2008 documentary, Trouble the Water, NR, contains language, frightening images

Kimberley & Scott Roberts are residents of New Orleans' Ninth Ward, a neighborhood long known as the poorest and most neglected area of the sprawling city. This movie begins with footage taken from Kimberley's Hi-8 camera early on the afternoon of August 27, 2005 as she interviews friends and neighbors about their plans for the oncoming storm dubbed Hurricane Katrina. Kimberley knows she and her family will not be evacuating, they do not have the means to do so, and it looks like most of her neighbors will be staying as well. They comment "We've had storms before; I guess we'll ride this one out too." Footage from the morning of August 28 shows stronger winds and rain and Kimberley intones "This is going to be a day to remember." By the morning of the 29, power is out in her neighborhood and the waters are beginning to rise. Kimberley and Scott raise their furniture off the floor and can do nothing more than watch the water wash into their house. Then the devastating blow: The levees surrounding the city are breached. As raging water pours into a city that was ill-prepared for such an occasion, the Ninth Ward is flooded. Kimberley, Scott, their children and their dogs retreat to the attic, where they pray the roof will remain intact. Archived calls made by frantic residents stranded by the storm to rescue services are heartbreaking as the residents are informed over & over "No rescues are being made at this time." These desperate souls come to the terrifying realization that they may die in this storm. Rescue comes for Kimberley and Scott and their family in the form of Scott's brother, Larry, who uses a heavyweight bag as a flotation device & a scav-



enged boat to take them to a relatively undamaged house to safety. From there, we see the deplorable conditions & shameful treatment evacuees are subjected to, Kimberley & Scott desperately waiting for their money from FEMA so they can leave New Orleans for good and start over elsewhere, tear-filled phone calls trying to track down loved ones and learning, in some cases, that they didn't make it out of the city or to safety in time.

Friends, I know this is heavy fare. With the tenth anniversary of Hurricane Katrina just ahead, I feel it's necessary to remember those we lost in the storm. Not just the people, but the places, the way of life and the resilience of this beautiful city I now call home. It's been 10 years and only two thirds of the city's residents have returned. There is still street after street showing damage, houses that were razed have never been cleared away or rebuilt. This is still a city in mourning, but it is also just as lovely and full of life as such tragedies can allow us to be. I'm proud to live here and as they say here, I'm "proud to swim home!"

## Women's Slo Pitch Standings as of 7/30/15

LENA — GT Auto 7-1  
Iron Horse 2-6  
Corner Tap 1-7  
Carpenter Construction 1-6  
Lena State Bank 7-1  
Little John's 3-4  
Ten Star Massage & Reflexology 6-2

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### Lena-Winslow District Calendars on Sale

The Lena-Winslow Education Foundation is now selling Lena-Winslow District 202 Calendars. The calendars are available at each building in the school district, Citizens' State Bank, Community Bank, and Lena State Bank.

All school activities for all buildings as well as sporting events are listed on the calendars. Price: \$6.00 per calendar or 2 for \$10.00. A limited supply is available. Help support foundation grants and scholarships with the purchase of a calendar.



214817

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# Apple River woman experiences adventure of a lifetime

Submitted by JoAnna Dillon

APPLE RIVER — I am back from my unbelievably amazing adventure of a lifetime. Spending 19 days of my summer without family was defiantly an experience I will never forget. I learned so much and can't thank everybody enough who was able to contribute to make the trip possible.

We spent the first three days in England. We did all the touristy things like the London Eye, The Tower of London, a musical on the West End, Big Ben, Palace of Westminster, Tower Bridge, and the Changing of the Guard. We also had some opportunities that the average tourist does not get to do. We met a member of Parliament who explained how England's government is run. Also, we visited Warwick Castle, where we "joined the army" and trained in sword fighting.

From there, we traveled to Wales. Our hotel was right on the beach and as a group we waded in the, rather chilly, Atlantic Ocean. The next day we spent the entire day stepping out of our comfort zone. We spent the day with the other 39 students team bonding and karate chopping boards until we made our way to Penrhyn Castle where we repelled 75 feet down its tower. It was pretty nerve-wracking leaning over the side of the tower only attached to a harness and 2 ropes. It was completely safe and completely scary all at the same time.

The next day we headed to Ireland where we had many more incredible experiences. We visited farms that would have been in use between the 1930's and 1940's, visited various museums, learned how to play the popular sports in Ireland such as Gaelic Football, and rode in a horse drawn carriage through Ireland's mountains. Also, we got the opportunity to view the daily lives of the Irish while staying in their homes and going out to the bog to help cut peat. Peat is a popular form of an energy source that requires going out, cutting, drying, and stacking. The peat that we cut that day was being donated to elderly residents.

Northern Ireland was also incredible. While there, we learned about the conflicts that had been occurring between Northern Ireland and the Republic of Ireland. We met students from Belfast and learned how their schools are similar and different. We also crossed a rope bridge that is 65 feet long suspended



Photo submitted

JoAnna Dillon of Apple River recently spent almost three weeks visiting England, Wales, Ireland and Scotland

over an 85 feet drop. Also, we went to the Giant's Causeway which is formation of rocks that are molded into octagon shaped columns as a result of an ancient volcanic eruption.

After Northern Ireland, we were on our way to Scotland, our last country. We went to Stirling, an ancient city with a giant castle. We also took a swing at golf. My first time was relatively successful. We went and saw St. Andrew's Golf Course which is

hosting The British Open in just a couple of days. Also, who could go to Scotland without looking for the Loch Ness Monster?? I found multiple Nessies but they were all plastic and in the gift shop. We visited a sheep farm and watched sheep dogs do their job, which was extremely impressive. We finished our trip in Scotland's capital, Edinburgh.

The trip was incredible and unforgettable. It was such a great learning experience, not only about the

British Isles and its history and culture, but I also learned that I am capable and responsible. I met incredible people and have friends from across the United States. My next trip is to visit them!

## Remembering TV before Tivo with Larry Nelson

By Larry Nelson  
Reporter

LENA — If you're under 30, no, 40. Oh, hey, under 50, just skip this column and continue texting, twittering, and doing whatever social media has to offer. This is a little friendly column about old-time television and film. You remember television, right?

I was in a local restaurant recently when someone uttered the phrase, perhaps reacting to a rather large breakfast of bacon, eggs, pancakes, sausage, and probably much more. The diner, after a long pause, stated, "I can't believe I ate the whole thing." Many of us snickered, knowing that the user had recalled an ad-based phrase. (Think Alka Seltzer) The youngsters at the table looked at us wide-eyed and then burrowed into their iPhones. So I started thinking about the television and film catch phrases—those phrases which have been marked so indelibly in our minds. For example, who

can forget, "Here's Johnny"? Of course, it is a reference to Ed McMahon's announcing Johnny Carson from "The Tonight Show." Or how about, "Sit on it, Fonzie" from the 70s "Happy Days."

So, for just a little fun, what follows is a list of catch phrases from early tv and perhaps early film. Your task, if you choose to accept it, (reference Mission Impossible) is to identify the speaker, either the character or the actor, for each of the following catch phrases. Of course you can find the answers easily, but for the purists, the answers will be published next week. Thanks for playing. And we are open to suggestions for future reader feedback contests.

- "And that's the way it is."
- "Bam!"
- "Book 'em, Danno"
- "Do you believe in miracles?"
- "Don't make me angry."
- "Elizabeth, I'm coming."
- "Gee, Mrs. Cleaver."
- "Good night and good luck."

"Have you no sense of decency?"  
"How you doin'?"  
"I know nothing."  
"I am not a crook"

"Oh, and just one more thing."  
"Let's be careful out there."  
"God'll get you for that."



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# Bustos and a bipartisan coalition of Members of Congress urge the White House to promote the utilization of local skilled workers projects

WASHINGTON D.C. — The members sent a letter to Labor Secretary Tom Perez calling on the White House to renew its efforts to increase the number of Project Labor Agreements (PLA) on federal construction projects.

In the letter to Secretary Perez, the members noted that when President Obama first came to office he overturned a ban on PLAs and set up a task force to look at how to use them more

widely. The members requested that the task force renew and increase its efforts to promote PLAs as a successful tool to complete quality projects in a timely manner.

"We are writing to urge the Administration to renew its efforts to promote and facilitate the use of Project Labor Agreements (PLAs) for federal construction projects," the Members wrote in the letter sent

today. "PLAs are successful project management tools that support the cost effective and timely completion of high-quality federal projects."

PLAs are used to negotiate a contract between project managers and labor unions before workers are hired for a job. The

agreements establish quality worksite conditions and aim to ensure construction finishes on time. Typically, priority is given to local workers on federal projects when PLAs are utilized.

Other Members who signed the letter include Derek Kilmer (D-WA), David Joyce (R-OH),

Frank LoBiondo (R-NJ), David McKinley, (R-WV), Mike Bost (R-IL), Mark Pocan (D-WI), Donald Norcross (D-NJ), Jared Polis (D-CO), Peter King (R-NY), Stephen Lynch (D-MA), Michael Turner (R-OH), Joe Courtney (D-CT), and Leonard Lance (R-NJ).

## • SENATE

Continued from page 4

### New law seeks to help the terminally ill

Illinois' new "Right to Try" law will give terminally-ill residents hope for the future by allowing citizens with HIV, ALS, cancer and many other serious health conditions to move forward more quickly with clinical-trial, experimental medicines and treatments.

The federal Food and Drug Administration has a roughly five-year trial period for testing medical and pharmaceutical products and procedures, an important process that nonetheless takes away precious time that many with life-threatening illness can't afford to lose.

House Bill 1335 establish-

es guidelines that will allow terminally-ill patients to more quickly access experimental medical treatments that aren't yet approved for general use.

### Closer scrutiny of pension funds

A new law signed by the Governor Aug. 3 will require more frequent review of the five state-funded pension systems, in an effort to get a better grasp of the state's pension indebtedness.

House Bill 422 requires the state's five pension systems to move to a three-year schedule for actuarial reviews, instead of the current five-year schedule. More frequent analysis will help provide a greater sense of the state's long-term pension liability, and ensure state officials are better prepared when making funding choices.

The State Universities Retire-

ment System, State Employees' Retirement System, Judges' Retirement System, and the General Assembly Retirement System perform a statutorily-required review of their systems to examine the mortality, retirement, disability, separation, interest and salary rates. The Teachers' Retirement System has already adopted the three-year schedule.

### Job loss underscores need for reform

For months, House Speaker Michael Madigan has repeatedly claimed that the "number-one problem facing Illinois is the budget deficit." But the rest of Illinois — outside of state government — is suffering as well after 12 years of Democrat control. New figures in the past month show an economy struggling to get back on its feet, even as Democrats in the Legislature fight tooth-and-nail against pro-jobs reforms.

According to the federal Bureau of Labor Statistics, Illinois has lost 7,300 manufacturing jobs so far this year, compared to gains in competing Midwestern states Indiana (+6,700 jobs) and Michigan (+12,800).

The most recent month also showed an overall jobs decline of 7,500 jobs statewide, according to the Illinois Department of Economic Security (IDES), with job growth "still slow downstate." According to IDES Director Jeff Mays, "the need for a full statewide recovery remains." That statewide loss was the biggest month-to-month loss of any state in the country.

And according to the state's economic experts, the nonpartisan Commission on Government Forecasting and Accountability (COGFA), Illinois' labor force, total exports, and new car/truck registrations are all down from a year ago.

### Bills signed into law

Gov. Rauner took action on a number of bills during the week. A complete list is available on the Senate Action page of the Senate Republican Caucus Web site at <http://senategop.state.il.us/AbouttheSenate/SenateAction.aspx>



## Specials Good

Thursday, August 13<sup>th</sup> - Tuesday, August 18<sup>th</sup>

### MEAT

#### Feature Meats

- ~ USDA Choice Black Angus Boneless Beef New York Strip Steak • **\$8.99/lb.**
- ~ Pork Skinless Baby Back Ribs • **\$2.99/lb.**
- ~ Assorted Cut Pork Loin Chops • **\$1.69/lb.**
- ~ Center Cut Stuffed Pork Loin Chops • **\$2.69/lb.**

Gold'n Plump Family Pack Chicken

Leg Quarters • **4.5 lb. • \$3.99**



Sugardale Sliced Bacon • **16 oz. • 2/\$6.00**

Oscar Mayer Beef or Cheese Franks • **2/\$7.00**

Oscar Mayer Ready to Serve Bacon • **2.5 oz. • \$2.99**

### DELI

Klement's Original or Garlic Summer Sausage • **\$5.99/lb.**

Mrs. Gerry's Steakhouse Potato Salad • **\$1.99/lb.**

Shullsburg American Cheese • **\$3.49/lb.**

### PRODUCE

- Green or Red Seedless Grapes • **\$1.49/lb.**
- Western Cantaloupe • **\$2.49 each**
- Imported Clementine Oranges • **3 lb. Bag • \$4.99**

Fresh

### FROZEN/DAIRY

- Schoep's Malt Cups • **4 Pack • \$1.89**
- Shurfine Lemonade • **12 oz. • 89¢**
- Pillsbury Grand Biscuits • **16.3 oz. • \$1.19**
- Shurfine Soft Margarine • **15 oz. Tub • 89¢**



### GROCERY

- Shurfine Squeeze Bear Honey • **12 oz. • \$2.89**
- Hunt's Ketchup • **24 oz. • \$1.19**
- A-I Steak Sauce • **10 oz. • \$2.99**
- Betty Crocker Cake Mixes • **15.25 oz. - 99¢**
- Betty Crocker RTS Frosting • **12-16 oz. • \$1.29**
- General Mills Cheerios or Honey-Nut Cheerios • **12-12.25 oz. • 2/\$5.00**
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## • REAL ESTATE •

14-032487

IN THE CIRCUIT COURT OF THE 15TH JUDICIAL CIRCUIT COUNTY OF STEPHENSON - FREEPORT, ILLINOIS

FIFTH THIRD BANK, AN OHIO BANKING CORPORATION Plaintiff,

vs. THOMAS L. KEMPEL; STATE BANK Defendants,

14 CH 136

### NOTICE OF SALE

PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure entered in the above entitled cause Intercounty Judicial Sales Corporation will on Wednesday, September 16, 2015, at the hour of 2:00 p.m. in the office of Security First Title Company, 205 West Stephenson Street, Freeport, IL 61032, sell to the highest bidder for cash, the following described mortgaged real estate:

Commonly known as 107 Lincoln Street, Lena, IL 61048.

P.I.N. 11-07-33-354-006.

The improvement on the property consists of a single family residence. If the subject mortgaged real estate is a unit of a common interest community, the purchaser of the unit other than a mortgagee shall pay the assessments required by subsection (g-1) of Section 18.5 of the Condominium Property Act.

Sale terms: 10% down by certified funds, balance within 24 hours, by certified funds. No refunds.

The property will NOT be open for inspection.

For information call Sales Department at Plaintiff's Attorney, Manley Deas Kochalski, LLC, One East Wacker Drive, Chicago, Illinois 60601. (614) 220-5611. 1666390

(Published in The Shopper's Guide Aug. 12, 19 & 26, 2015)

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# ANNIVERSARIES



**RONALD AND DONNA KEMPEL**

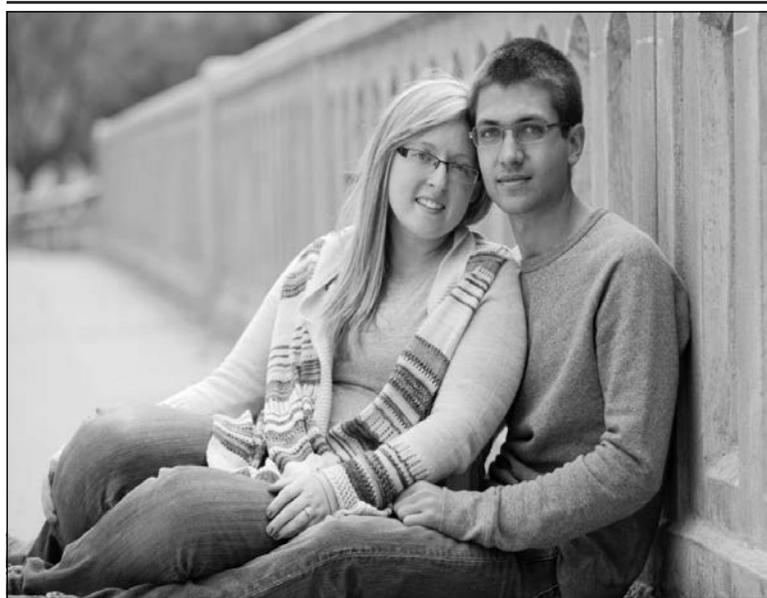
## Ronald and Donna Kempel celebrate 60 years of marriage

LENA — Ronald and Donna (Boyer) Kempel recently celebrated their sixtieth wedding anniversary. They were married on July 23, 1955 at the home of Donna's parents, Paul and Orlena Boyer. Rev. David Ockerman from the Lena Brethren Church performed the ceremony. Their children are Gregory (Heather) Kempel of Freeport, Bradley (Diane) Kempel of Lena, and Douglas (Connie) Kempel of Lena. They have 10 grandchildren and 8 great-grandchildren. A family celebration was held at the Rafter's Restaurant in Lena.



**VALERIE AND PAUL PHILLIPS**

# ENGAGEMENT



**ABIGAIL SWITZER AND JESSE RILLIE**

## Abigail Switzer and Jesse Rillie to wed

LENA — Terry & Dawn Switzer of Lena, IL are pleased to announce the engagement of their daughter, Abigail Switzer, to Jesse Rillie, son of Darla (Matt) Chapman and the late Scott Rillie, both of Lena, IL. Abigail is a 2011 graduate of Highland Community College and is a medical biller at Practice Velocity in Machesney Park, IL. Jesse is a 2012 graduate of Highland Community College and is an Engineering Technician II at Ultrasonic Power Corporation in Freeport, IL. A September 2015 wedding is planned for the couple.

# BIRTHDAY



## Happy 80th Birthday June Dittmar

LENA-On August 18th, 2015 Please send your wishes to:  
15315 W. Stees Road, Lena IL 61048

## Phillips fiftieth anniversary

Paul D. Phillips and Valerie K. Wick were married on August 14, 1965 at St. John's Lutheran Church in Pearl City, Ill. by Pastor Milton Whitney. They have three children- Michael (Rhonda) Phillips, Scott (Donna) Phillips, and Rebecca (Scott) Vorwald all of Lena. Paul and Valerie are blessed with seven grand children and one step grandson and five great-grandchildren and four step great-grandchildren. The couple will celebrate with a family supper.

## LARRY THOMMEN ESTATE AUCTION

**BENTON AUCTION BARN: 72 Easy St – Benton WI 53803**

**Sunday August 30, 2015 – 9:00 A.M.**

**NOTE: OPEN FOR VIEWING AUGUST 29, 2015 - 9:00 A.M. – 4:00 P.M.**

**SHOP EQUIPMENT:** Delta Table Saw, Delta Planer, Delta Sander, Delta Jointer, Bobcat Tube Air Compressor – Gas Powered, Saw Blades, Shop Vac, Power Sprayer, Large Amount of Hand Tools – Wrenches, Socket Sets, Come-alongs, Tool Chests, Hammers, Screw Drivers, Large Selection of Nuts & Bolts, Parts – Electrical Items, Bolt Bin Assortment, Power Tools – Drills, Saws, Garden Cart, Electric Drill, Tarps, Extension Cords, Milwaukee Sawzall, Trimmers, Hoses, 1800 PSI Power Washer, Leaf Blower, Parts Drawer Unit, Metal Cabinet, Gas Water Pump, Lime Spreader, Step Ladders, - APPROX. 50 FLATS OF HARDWARE, NUTS & BOLTS, ELECTRICAL, & MISC - **GOLF CART:** Yamaha Gas Golf Cart. **FARM SUPPLIES:** Chicken Feeders, (3) Bags Pasture Mix, Sprayer, Tomato Cages, (4) Rolls of Barbwire, 100' Chain Link Fence, Bunk Feeder, (2) Gates, Shovels, Hay Forks, Bale Spears, Grain Aerator, (2) Chicken Boxes, - **MANY MORE ITEMS - ANTIQUES & MISC:** Large Cast Iron School Bell, Dinner Bell, 45 Records, Oil Cans, Beam Bottles, Elvis Bottles, Cow Bell, Cast Iron John Deere Sign, (2) Hand Carved Cuckoo Clocks, Antique China Cabinet, Trophies, Double Sided Greyhound Sign, Saddles, Saddle Barrel, Bicycle, Yard Stick, Harness, Windmill, Baskets, Hoosier Cabinet, Sleigh Bells, Amana Wringer Washer, Buck Saw, Sythes, Yard Sticks, Glass Jars, 200 Sets of Antique Salt & Pepper Shakers, Large Selection of Antique Glass Ware, Antique Bed Frames, Bale Forks, Pulleys, Saws, Tools, Crocks, Milk Cans, **HOUSEHOLD FURNITURE:** LG 40" Flat Screen TV, Grand Father Clock, Corner Cabinet, Glide Chair & Ottoman, Lamps, Pole Lamps, Cedar Chest, Hand Carved Cooks Clock, Metal Cabinet, Misc Chairs, Roll Top Desk, Leather Couch, Leather Chairs & Ottoman, Metal & Glass End Tables, (4) Large Pictures, Power Recliners, Oak Table & 6 Chairs, Oak Cabinets, Curved China Hutch, Log Table, White Dresser, White Bedroom Set, Dressers, Custom Made Log Bedroom Set - Log Dresser, Log Queen Bed Set, Log Table, Log Night Stand, Log End Table, & Log Bench, Queen Comforter, Blankets & Bedding, **MISC HOUSEHOLD ITEMS:** Weber Grill, New Defender Home Security System, Nikon Camera, (2) Mix Masters, Color Glass, Dish Set, Cooking Utensils, Bake Ware, Pressure Cooker, Glass Ware, Crock Pot, Pots & Pans, Games, Toys, Books, Granite Dish Pans, Luggage, Christmas Lights & Décor, Small Deep Freeze, Food Vacuum Sealer, Front Load Washing Machine & Dryer - **LIKE NEW**, Electric Heaters, Fans.

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# FARMLAND AUCTION

**Wednesday, September 16th, 2015 at 11:00 A.M.**

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Polo, IL 61064  
Ph: 815-946-4120

Owners: John & Michelle Gilbert  
Attorney, Kim Krahenbuhl (815) 732-2101



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# STOCKTON POLICE REPORT FOR WEEK OF JULY 26

## Criminal Citations:

On July 26, at approximately 06 p.m., an officer of the Stockton Police Department observed a grey BMW cross the center line at the intersection of North Main and Summit Street. The officer initiated a traffic stop to investigate the erratic driving. Upon checking the driver's license it was discovered the driver, Derick M. Diels, age 26, of W6890 Edwards Drive, Mer-

rill Wisconsin to be a revoked driver. Derek was arrested, posted bond and was released.

On July 2, at approximately 07:09, p.m. it was reported to the Stockton Police Department of a disturbance in the 300 block of High Street. The complainant informed the officer that Darren J. Nesemeier came to her residence and made threatening remarks which alarmed and disturbed the complainant. Darren J.

Nesemeier was located by the Stockton Officer and Darren J. Nesemeier, age 22, of 224 1/2 East Front Street, Stockton was arrested for Disorderly Conduct.

On July 23, a joint investigation by the Stockton Police Department and the Adult Protective Services of Jo Davises and Stephenson County was initiated in which over \$6,000 had been financially exploited from an elderly male person of Stockton. The investigation was successful in recovering \$6,000. Names are being withheld pending

criminal prosecution by the Jo Daviess County States Attorney's Office.

## Traffic citations for the month of July:

Sherrod T. Bolanle, 200 University Avenue, Dubuque, Iowa was arrested on July 07 for speeding, 53 MPH in a 30 MPH zone.

Milissa L. Hackbart, 1166 12 Street, Sioux City, Iowa was arrested on July for disobeying a traffic Control Device.

Patricia M. Quinn, 13N Chester Drive, Park Ridge, was arrested on July 11 for

speeding 47 MPH in a 30 MPH zone.

Smrt J. Mehta, 1124 Kristin Lane, Libertyville, Illinois was arrested on July 12 for Speeding 46 MPH in a 30 MPH zone.

Megan J. Hicks, 1447 Deming Avenue, Freeport was arrested on July 14 for No Valid Registration.

Jennifer F. Schillings, 279 Berstrom Road, Kiverside, Illinois was arrested on July 19 for Speeding 50 MPH in a 30 MPH Zone.

Derek M. Diels, Edward Drive, Merrill, Wisconsin, was arrested July 26 for Revoked Driver License.

Mirco Panizzon, Via Place 23, Borqoricco Italy, was arrested on July 27, for Speeding 59 MPH in a 30 MPH zone.

Marti N. Uminska, 2829 North Trail Avenue, Elmwood Park, Illinois was arrested on July 07, for speeding 42 MPH in a 30 MPH zone.

Mason H. Hughes, Howardsville Road, Lena, Illinois was arrested on July 31<sup>st</sup>, for Electronic Communication Device (Cell Phone)

Brian C. Deleon, 7200 West Keeney Street, Niles, Illinois was arrested on July 31<sup>st</sup> for speeding 48 MPH in a 30 MPH zone

Cristal M. Vazquez, 400 Jaysville Lane, Iowa City Iowa was arrested on July 31<sup>st</sup> for speeding 49 MPH in a 30 MPH zone.



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Main floor family room and lower level family room with Hearthstone wood stove. Central air main floor family room and master bedroom 2014, landscaping 2014, garage/family room roof 2012, well pump 2009, house roof 2005, water softener 2003, lower level bath updated 2002 and main floor bath 2001. 40 x 80 Cleary building has 30 x 40 cement shop area with 2 large overhead doors. The barn portion of the building has cement walkway, hayloft overhead which can hold 400 bales. There are 3 heated automatic waterers, 3 runways with fencing and gates. The pasture is divided into 3 smaller pastures with woven wire fencing with electric tape. You just need to bring your animals. New Price ..... \$199,900

## OTHER PROPERTIES



**STOCKTON - DON'T WAIT LONG TO LOOK** at this ranch home in the country. 2-3 bedrooms, 2 full

baths and an attached 2 stall garage on 2 rural acres. This home was custom built in 1981 and features an open floor plan and double studded walls which makes the insulation extra thick. Full basement that is finished and has access from both the house and the garage. This home is priced to sell and won't be around long. Priced at ..... \$150,000

## OTHER PROPERTIES



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**THOMSON - COME LOOK AT THIS MAJESTIC PROPERTY** on the banks of the Mississippi

River. Home sits on 3.37 acres and joins the US Army Core's river banks. This home is just 2 years old and is a one owner home. No expense was spared when this home was built. Many upgrades including



custom cabinetry and woodwork built by Amish Craftsmen and with wood sawn from native NW IL trees. This 2 bedroom, 2 bath home has a very open floor plan and has room for a possible third bedroom. On the main floor is a 15 x 15 octagon shaped screened-in covered porch that looks over the mighty river. Also, on the property is a 30 x 50 garage with a cement floor and electric. This home is being sold furnished and also includes a snow plow truck! You don't want to miss seeing this one! All this for ..... \$295,000

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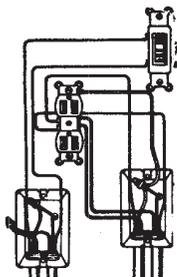
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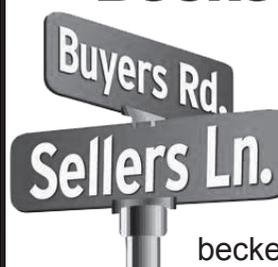
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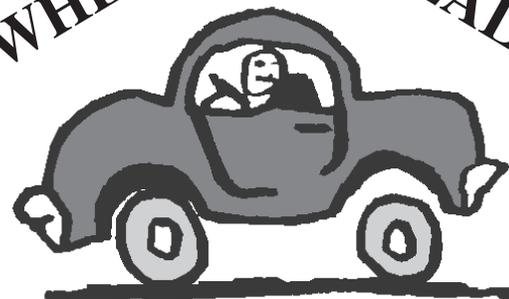
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**1993 RINKER, V6, 220HP, 24FT, I/O, trailer.** \$7,000. 847-838-1743.

**1995 1750SE CARABELLE** open bow 135hp, 3.0XL Alta 1 Mercruiser, easy loader trailer, \$4,900 Call 708-543-9797.

**1995 CROWLINE 22.5', 350 Chevy, Cuddy porter potty, low hours, all the toys, skis jacket & etc., very well maintained, \$9,200** Call 815-985-0795.

**2007 STARCRAFT-STAR FIRE 1700** 17 ft., fish finder, trolling motor, custom cover, 2012 Mercury 40 hp, 4 stroke, 2012 Mercury 9.9 4 stroke, trailer. Very good cond., \$11,900. 262-864-4290 or 815-228-1988

**2008 ALUMACRAFT CLASSIC 16.5'**, black, twin hall, custom trailmate trailer, honda 75 hp electric start stainless prop, minnkota 55 pd bow mounted, lawrence X50 locator, mousing cover, app. 30 hours in water, stored indoors all the time, \$12,000 OBO Call 262-514-2373.

**22' 1988 MARAGE INTRUDER 3500** mercruiser magnum engine, well maintained, w/trailer, boat in water, Fox Lake, IL, \$6,800 Call 815-245-5038.

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**1999 PACE ARROW 36', 60k, Ford Triton, V10, 2 slides, duel air, very well maintained, \$25,000** Call 815-985-0795.

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**HD ULTRA CLASSIC, 2010 31K;** excellent condition; extras; red, \$15,000 OBO 262-534-4690.

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# This is the second part of 15 anti-inflammatory foods

**Information compiled by Dr Mike Wampfler D.C.**  
**STOCKTON** — When we look at the diseases that plague our society — arthritis, heart disease, diabetes, high blood pressure, asthma, inflammatory bowel disease (IBD) — we see that long-term lifestyle changes are needed. What might not be as obvious is the common denominator tied to all of them and more: inflammation is at the root of most diseases.

By addressing the inflammation with anti-inflammatory foods, not only can the symptoms of these diseases be alleviated, but we could even see them cured.

Small, gradual changes are typically more sustainable, easier for the body to adapt to and can make you less likely to go back to your old ways. So rather than emptying your pantry and sailing off to the Mediterranean, you can pursue an anti-inflammatory diet one step at a time.

By adding in the anti-inflammatory foods that fight inflammation and restore health at a cellular level, you can begin to repair the body without any drastic changes. Once you find foods that heal your body and satisfy your palate, you can remove the inflammation-causing offenders without feeling deprived. This week let's take a look at more of the best anti-inflammatory foods you can add to your diet.

**8. Salmon**  
 Salmon is an excellent source of essential fatty acids, and considered one of the best omega-3 foods. Omega-3s are some of the most potent anti-inflammatory substances, showing consistent relief of inflammation and reduction of the need for anti-inflammatory medications. (12)

Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases, such as heart disease, cancer and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function. (13)

The source of fish and meat among anti-inflammatory foods is a vital component. One of the dangers of farmed fish is it doesn't have the same nutrients as wild-caught salmon.

**9. Bone broth**  
 Bone broths contain minerals in forms that your body can easily absorb: calcium, magnesium, phosphorus, silicon, sulphur and others. They contain chondroitin sulphates and

glucosamine, the compounds sold as pricey supplements to reduce inflammation, arthritis and joint pain. (14)

When my patients suffer from leaky gut syndrome, I ask them to consume a lot of bone broth it contains collagen and the amino acids proline and glycine that can help heal leaky gut and the damaged cell walls of the inflamed gut.

**10. Walnuts**  
 When following a diet without a lot of meats, nuts and seeds can make up the difference for protein and omega-3s. Add omega-3-rich walnuts to green leafy salads drizzled with olive oil for a satisfying anti-inflammatory meal, or grab a handful for an on-the-go snack.

Phytonutrients can help protect against metabolic syndrome, cardiovascular problems and type 2 diabetes. And some phytonutrients in walnuts are hard to find in any other foods. (15)

**11. Coconut oil**  
 So much can be written about the way herbs and oils work together to form anti-inflammatory partnerships. Lipids (fats) and spices create strong anti-inflammatory compounds, especially coconut oil and the components of turmeric (see #15). (16) In a study in India,

the high levels of antioxidants present in virgin coconut oil reduced inflammation and healed arthritis more effectively than leading medications. (17)

Also, oxidative stress and free radicals are the two biggest culprits of osteoporosis. Since coconut oil benefits include fighting such free radicals with its high levels of antioxidants, it's a leading natural treatment for osteoporosis.

Coconut oil uses include topical preparations as well as culinary — and as a heat-stable oil, it's excellent for sautéing anti-inflammatory vegetables.

**12. Chia seeds**  
 Fatty acids found in nature are more balanced than the fats we typically consume in our typical diets. Chia seeds benefits, for example, offer both omega-3 and omega-6, which should be consumed in balance with one another. (18)

Chia are an antioxidant, anti-inflammatory powerhouse, containing essential fatty acids alpha-linolenic and linoleic acid, mucin, strontium, vitamins A, B, E, and D, and minerals including sulphur, iron, iodine, magnesium, manganese, niacin, thiamine.

Chia seeds' ability to reverse

inflammation, regulate cholesterol and lower blood pressure make it extremely beneficial to consume for heart health. (19) Also, by reversing oxidative stress, someone is less likely to develop atherosclerosis when they're regularly consuming chia seeds.

**13. Flaxseeds**  
 An excellent source of omega-3s and phytonutrients, flaxseeds benefits include being packed with antioxidants. Lignans are unique fiber-related polyphenols that provide us with antioxidant benefits for anti-aging, hormone balance and cellular health. Polyphenols

support the growth of probiotics in the gut and may also help eliminate yeast and candida in the body.

Before you use them alongside your other new anti-inflammatory foods, consider grinding them in a coffee grinder to ensure the digestive tract has easy access to their many benefits. (20)

**14. Turmeric**  
 Turmeric's primary compound, curcumin, is its active anti-inflammatory component. Documented for its effects against inflammation in numer-

See FOODS, Page 24

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 2nd Annual Car Show - Saturday  
 Pancake Breakfast - Saturday 8 - 10 a.m.

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 Saturday - KillBourn (Band)

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## Extension schedules 'Kick Your Bad Chainsaw Habits' session

ELIZABETH — Over time, bad habits can develop in the best of us. Improper techniques with a chainsaw can lead to injuries or death. Don't fall into this trap. Come to the Kick Your Bad Chainsaw Habits workshop in Elizabeth on Tuesday, August 25.

IDNR Forester Jeff Harris will cover many of the bad habits that we all develop after several years of using a chainsaw, and then explain the proper and safest ways to adapt your behavior - both in handling the operation of

your chainsaw and in keeping it running in the most efficient and safest way possible. This is not a hands-on chainsaw safety class; rather it is intended for those who have been using a chainsaw off and on for years.

University of Illinois Extension and Northwest Illinois Forestry Association are teaming together for the Kick Your Bad Chainsaw Habits workshop. The workshop will be held at the Elizabeth Community Building just off of West Street in Elizabeth,

IL from 5:30 - 8:00 p.m. To register, please contact the U of I Extension office in Jo Daviess County at 815-858-2273 or go online to: <http://web.extension.illinois.edu/jsw/>. There is no charge for this event but registration is REQUIRED by August 20th. Space is limited

A brief indoor session will cover the safe operating and maintenance techniques and then at an outdoor session, Jeff will demonstrate the operational techniques. There is no need to bring safety equipment or your chainsaw.

### • FOODS

Continued from page 23

ous circumstances, turmeric health benefits prove invaluable in an anti-inflammatory diet. (21)

The journal Oncogene published the results of a study that evaluated several anti-inflammatory compounds. It found that aspirin (Bayer, etc.) and ibuprofen (Advil, Motrin,

## Clarification regarding possible water rate increase

ELIZABETH — There seems to be some confusion regarding the possible 5% water rate increase within June 17 Board Meeting minutes.

To be clear, NO approval of a water rate increase has been made. The only Board approved vote on June 17 was to add it to the "2016 Budget" (aka Appropriation Ordinance) which had to be passed at the July 22 Board meeting.

Because there wasn't enough time for a public discussion on the rate increase before our July 22 meeting, it was tabled to our August 19 by Board Meeting where it will be discussed further and voted upon at that time.

We invite all who are interested to join us on Wednesday, August 19 - 7 p.m. at the Elizabeth Municipal Building (old high school) - Room 140 to join the discussion.

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etc.) are least potent, while curcumin is among the most potent anti-inflammatory and anti-proliferative agents in the world. (22)

Due to its high anti-inflammatory properties, turmeric is highly effective at helping people manage rheumatoid arthritis (RA). A recent study out

of Japan evaluated its relationship with interleukin (IL)-6, the inflammatory cytokine known to be involved in the RA process, and discovered that curcumin "significantly reduced" these inflammatory markers. (23)

### 15. Ginger

Used fresh, dried, or in supplement form and extracts, ginger is another immune modulator that helps reduce inflammation caused by overactive immune responses.

Ayurvedic medicine has praised ginger's ability to boost the immune system before recorded history. It believes that because ginger is so effective at warming the body, it can help break down the accumulation of toxins in your organs. It's also known to cleanse the lymphatic system, our body's sewage system.

In fact, ginger health benefits may even include treating inflammation in allergic and asthmatic disorders. (24)

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