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VOLUME 77, NUMBER 37

September 16, 2015

## Lena Lions Club sixty-fifth annual Fall Festival draws big crowds to downtown Lena

**Tony Carton**  
Editor

LENA — The weather gods shined on the Lena Lions sixty-fifth annual Fall Festival aka, "The Cadillac of Small Town Festivals" last weekend and area folks turned out in big numbers to enjoy the fun.

The free entertainment Friday evening featured Maddmen a time tested group of seasoned veterans from the Northwest Illinois music scene who have been rocking out since the '60's. Folks came ready for good times and were not disappointed when the guys swung into arrangements with smooth harmonies and interpretive covers of artists like The Everly Brothers, Buddy Holly, and Johnny Cash. Their covers of The Beatles, The Searchers, Chuck Berry, Jimmy Reed and other artists of that great time in musical history definitely had folks dancin' in the streets. They did it all and when Maddmen took the stage again Saturday, plenty of partiers came back for more.

The current Maddmen are an advanced incarnation of the Nomads, a wildly popular local garage band from the '60's whose music continues to thrive today. Members of the group are: Lee Garner, Dean Kuehl, Deny Kuhl, Jim Martin, Kevin Trost and Chris Robinson.

Canary Blue is one of the hottest, high-energy bands in the Midwest and they showed their stuff from the big stage as well. The band offered a unique variety of popular music – all the songs people know and love – so there's truly something for everyone.

Canary Blue is comprised of talented, experienced musicians. Lynn Lupo's strong, versatile voice captures the spirit of all your favorite songs, while Bob Roberts' charismatic style can fire up any crowd. Backed by award-winning musicians, Canary Blue delivered the sound the crowd wanted to hear – from current, top 40 songs to classic hits and the crowd showed its appreciation with calls for encores and just one more.

The Lena Lions sold hundreds of raffle tickets for the 2015 Silver Ice Metallic Malibu LS (4 door sedan) and Saturday's big winner was Stan Schmitz of Brodhead, WI. The \$400 Lena Money Gift Certificate went to John Kruse of Monroe and the \$200 Lena Money gift Certificate went to Ted Frits of Lena. Steve Endriss of Apple River took home a 2015 Polaris Ranger 570 LE, EPS Bronze Mist Missile. George Dombeck of Elizabeth took home another \$200 of Lena Money and Rhonda Pokoj of Lena won \$100 of the same.

Skinners Amusements was back for the fifty-sixth year with carnival rides for all ages in the downtown parking lot and Merchandise Bingo and Ham Stand, the Lion's-operated long time favorites of festival attendees, were in their usual places on Main Street.

There was an incredible selection of taste treats on hand with the Le-Win Sports Association Food Stand and the Knights of Columbus filling their usual spots. And, folks operating those all time favorites like cotton candy, elephant ears, Boy Scout lemonade



Tracy Siegner photo

Five year olds Chaz Thrasher of Ladd and Franklin Leverton of McConnell battled it out for bragging rights and a trophy Saturday at the fire house during the Lena Lions Fall Festival

shake-ups, ice cream and soft drinks were kept running as the crowds grew larger and the sun got hotter.

The theme of this year's parade was "Lena, Together We Serve" and featured more than a hundred entries following the traditional flyover by the Freeport Pilot's Association which started the parade. High school bands and colorful church floats, Scouting

and 4-H groups, antique and classic cars and antique tractors, along with area fire trucks were all on parade and dozens of youngsters with decorated bikes made the event shine.

A special hat tip to this year's parade organizers Jeff Stamm and Bill Crichton for their hard work and nothing short of a standing ovation goes to Festival Chairman Susan Gordon, Street/Vendor Chairman Don

Brown and Adv/Pr: Chairman Marcia Meyers.

It was a full weekend of great food, hometown fun and entertainment and thanks to all who came or worked at the Lena Lions Fall Festival. See you all next year.

Remember, you can be part of this amazing Lena Lion organization. Contact a Lion member. There is no better time than now to be a Lion

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# Another stop on the Stephenson Blackhawk Trail

Compiled by Larry Nelson  
Correspondent

LENA — This is another part of a narrative about the Stephenson-Blackhawk Trail in and around Lena. All information was taken from an essay by Dr. Eugene Vickery.

The trail heads northward

from Crossroads and Pinhook, crossing the pathway where Captain Stephenson's mounted soldiers chased Black Hawk's men and their 10 stolen horses. On that day, June 17, 1832, the Indians raided Apple River Fort for the horses and then rode straight east for 20 miles until the soldiers caught them on the southern

slope of a hill north of Lena.

The Indians took refuge in a thicket. The soldiers charged three times during the bitter skirmish; then both sides slipped away. Black Hawk lost one man, though others may have been carried away. Three soldiers were killed, and Captain Stephenson was injured. Stephenson returned

to the battle site to bury the dead. The bodies remained there until Illinois Route 73 was built when they were transferred to the cemetery at the Kellogg Grove Battle site.

One and one-half miles north on Crossroads lies Crossroads Cemetery. Here lay many of the numerous pio-

neers, including family members of William Wadham and Luman Montague. From here, the trail heads eastward on Fisher Road, across Indian Creek and in one mile turns south on Five Corners Road. Soon, the trail traveler will make another stop, and you can read about it next time.

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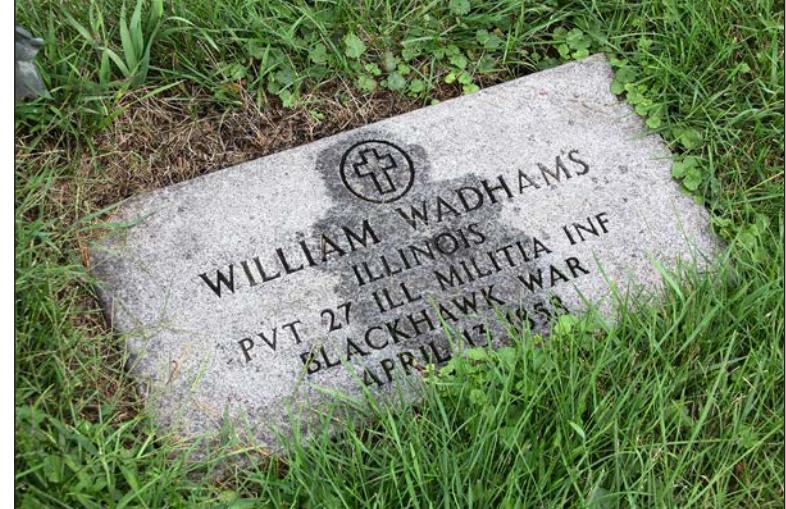
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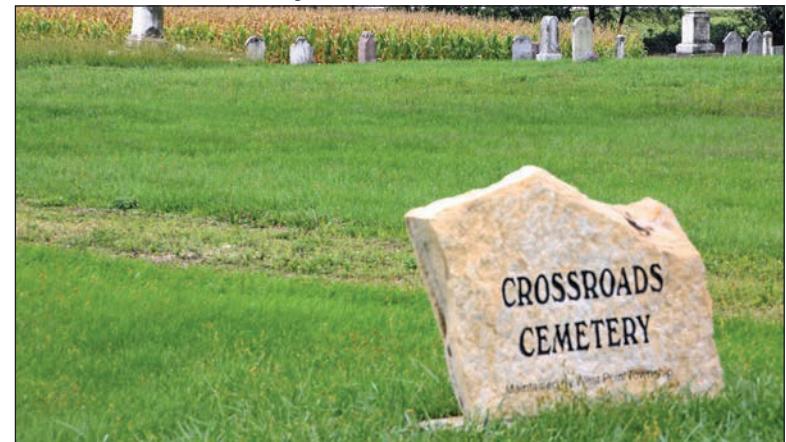


RSF1500142810



Larry Nelson photos

On the northwest corner of Crossroads and Pin Hook roads is a monument to early settler, William Wadams.



Numerous pioneers, including family members of William Wadams and Luman Montague lie at rest in Crossroads Cemetery

**AJ's Lena Maid Meats Cookouts!**

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**The Lena Historical Society**  
*will meet*  
**Wednesday, September 16 • 7 p.m.**  
**427 Grove Street • Lena**

*Guests are welcome to attend.*



**Harvey Wilhelms will present a program on**  
**The History of The Stephens Automobile**

*Named after George W. Stephens, this automobile was manufactured in Freeport from 1916-1924. Mr. Wilhelms is an expert on the history of Stephenson County.*

218567

# Wenzel home chosen Lena Business and Professional Association Beautification September Yard of the Month

LENA — Annuals bursting with color and perennials in late summer brilliance surround the home of Lee Wenzel. His yard at 649 Star Drive was chosen by the Lena Business and Professional Association Beautification Committee as September's Yard of the Month. The

yard shows dedication to years of tender care mixed with a little whimsy and peaceful places. The back yard allows one to wander through a gazebo and trails of flower beds. Or stop by the natural grasses and stop for a minute near a sentimental bench.

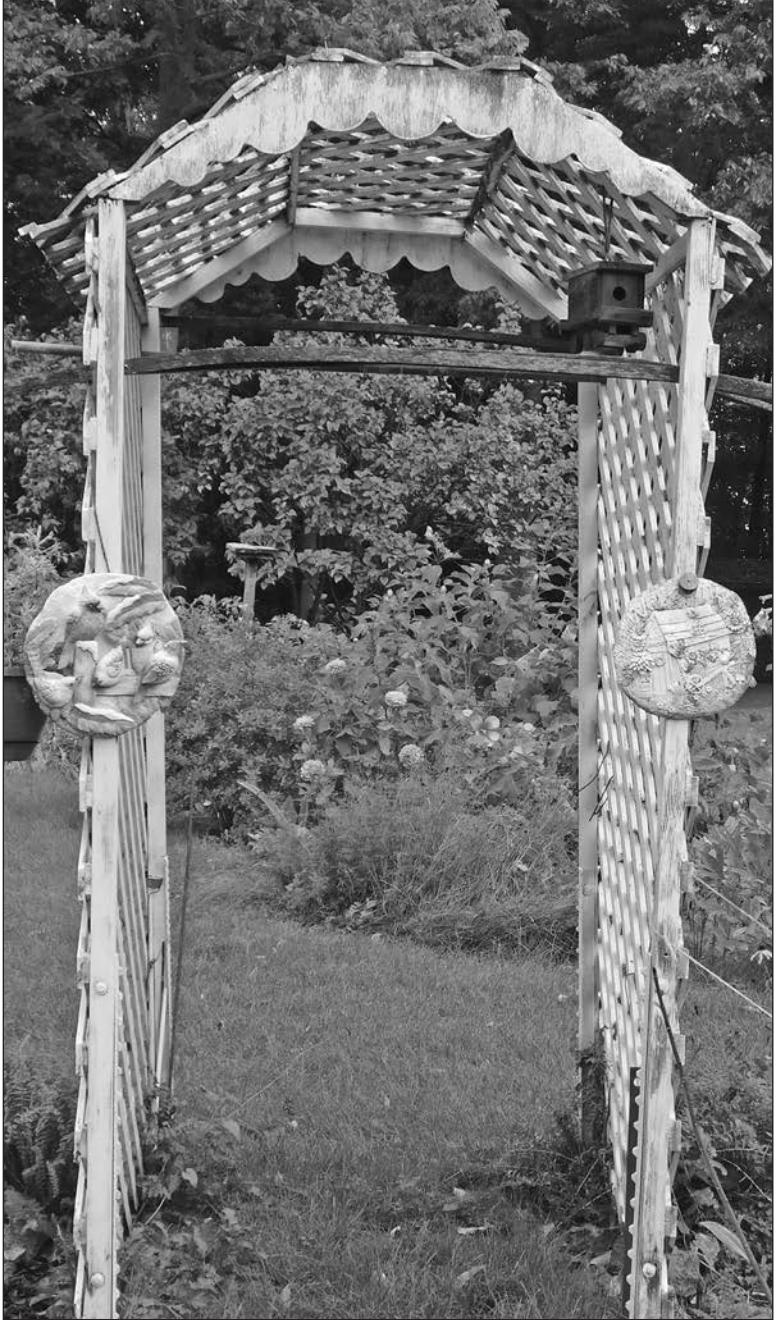


Photo submitted  
Paths through the back yard of the Lee Wenzel home allow one to wander through a gazebo and trails of flower beds.



The Lee Wenzel home is chosen to be Lena Business and Professional Association Beautification September Yard of the Month

I want to thank my great family & friends for the 75 Birthday cards I received & the wonderful party at the pond for my 80th Birthday  
**Thanks So Much**  
*June Dittmar*

218235

We want to extend a warm thank you to everyone for all the food, help, support and kind words at the time of Wendell's sudden passing. A special thank you to Pastors Wayne Fischer, Ed Curry and Chip Sohl for being there from the start, carrying us through and for the wonderful tributes at the funeral. We feel truly blessed to have such wonderful people in our lives.

Sharon Kurth & Family

218326

*Happy 50th Anniversary Sept. 25*

*Card Shower:*  
Leland & Alice Diehl  
S7426 Shannon Rd.  
Viroqua, WI 54665

218675

A Big Thank You to DeVoe Floral for drawing my name to win a beautiful flower arrangement to be delivered every month for a year!! Lena is an awesome place to live and SHOP!

Marybeth Brinker

218843

*Galway Thanks*

My Family and I would like to thank all of our many friends and neighbors for the many memorials, cards, food and calls on the death of Jim Galway, husband, father, and grandfather on April 30. The funeral was beautiful with the mass, Fr. Skrobutt, the music, the meal, and the military funeral with the U.S. Navy.

May God Bless you all abundantly,  
Jean Galway

Dan & Beth, Dana & Sydney Galway  
Lori Galway

218854

# VIEWPOINT

## Congresswoman Bustos thanks constituents for her most productive district work period yet

August and early September saw Congresswoman Bustos hold more than 40 Events across the Seventeenth District. Highlights include a Successful Jobs Fair, Veterans Resource Fair and Renewable Energy Tour across Western Illinois.

WASHINGTON, D.C. - Congresswoman Cheri Bustos thanks working families from across the 17th Congressional District for being a part of her most productive district work period to date. In all, Rep. Bustos held over 40 official events, meetings and job fairs during the August Congressional recess which ran from July 31 - September 7th.

"Over the last month, we've had our most productive District work period to date, and I want to extend my thanks to the Illinoisans who made it so," said Rep. Cheri Bustos. "Whether it was the hundreds of workers and employers who attended our job fair in Moline, the dozens of Veterans and Veterans Service Organizations who participated in our Veterans resource fair or the local farmers, business owners and energy producers I met on our rural renewable energy tour, their participation and input made this most recent District Work Period truly invaluable. I'm excited by the work we're doing together to strengthen our local economy and build a better future for our region of Illinois."

Highlights from the district work period include:

On August 21<sup>st</sup>, Rep. Bustos held a successful career fair in Rock Island that connected more than 200 job seekers with more than 50 local employers with open positions. Providing working men and women with better opportunities through face to face meetings with local job creators remains one of Rep. Bustos' top priorities. Bustos has previously held other career fairs in Peoria and Rockford as well as the Quad-Cities.

On August 27<sup>th</sup>, Rep. Bustos held a Veterans Resource Fair in Moline which connected more than 50 local veterans with 22 local organizations that serve our veteran communities. As a strong supporter of our brave men and women who have worn the uniform, Rep. Bustos is committed to helping Veterans access the health-care and benefits they have deserved and earned and successfully transition their skills from the military to good middle-class jobs.

Throughout the month District Work Period, Rep. Bustos also launched her rural renewable energy tour to learn more about the training and work being done across our communities to produce clean energy and make America energy independent. Her tour included stops at Bishop Hill Wind Energy Project in Henry County, Spoon River Solar Farm in Astoria, Acciona's EcoGrove Wind Farm in Lena and a discussion of the Wind Turbine Technician Program at Highland Community College in Freeport.

## ONE MAN'S OPINION

By Jim Sacia

*"I will give you my gun when you pry it from my cold dead hands"*

STATELINE — I recently wrote about the lunacy of the "no gun allowed" posted on businesses as an invitation to crackpots who want to kill. I was immediately challenged by my rather progressive brother-in-law who commented how do we stop the crackpots from getting guns? The simple answer is they will always be able to get them in a free society like America, but the point was completely missed.

Crackpots kill people!! They don't need a gun. The best description was in a recent cartoon: Depiction 1 – a man machetes a man to death. The question "why did you do that"? Depiction 2 – a person runs over and kills a group of people with a car. The question "why did you do that"? Depiction 3 – a person throws a homemade bomb and kills people. The question "why did you do that"? Depiction 4 – a man shoots and kills a man.

## HCC Foundation seeks distinguished alums

FREEPOR T — Highland Community College is seeking nominations for its 21st annual Distinguished Alumni Awards. Recipients will be honored during the Foundation's meeting in October.

The Foundation is looking for persons who have demonstrated community leadership, professional achievement, made their start at Highland College, and believe in the

### A little levity to lighten your day

LAUGH — A man was just waking up from anesthesia after surgery and his wife was sitting by his side. His eyes fluttered open and he said, "You're beautiful." Then he fell asleep again. His wife had never heard him say that before, so she stayed by his side. A few minutes later, his eyes fluttered open and he said, "You're cute." The wife was disappointed because she was now cute instead of beautiful. She asked, "What happened to beautiful?" The husband replied, "The drugs are wearing off."

mission of the community college and higher education," said Pat Dunn, coordinator of the Distinguished Alumni Awards program and the Foundation's director of operations.

Nominees do not have to currently live in the Highland District. The Foundation's Alumni Development Committee will review the nominations and select the award recipients. Nominees with an earned degree are preferred, although nominees who have taken some classes at HCC or participated in the Leadership Forum or Leadership Institute will also be considered.

Since the award's inception in 1995, the HCC Foundation and Highland Community College have recognized over 100 individuals as Distinguished Alumni.

Deadline for submission of nomination forms is September 18, 2015. Contact Pat Dunn at the HCC Foundation office at 815.599.3413 or foundation@highland.edu. The nomination form is also located at www.highland.edu/foundation.

The comment not question "we must outlaw guns". Absolutely that says it all.

The two young news people shot and killed in Virginia during a live broadcast on August 26 caused Presidential Candidate Hillary Clinton to comment immediately "we must act to stop gun violence". President Obama immediately slammed the number of gun related homicides in the United States adding that it "dwarfs any deaths that happen through terrorism".

Are you kidding me Mr. President? Why the media missed picking up on this comment mystifies me. Have you looked at the world stage Mr. President? Crackpots like (radical Muslims) are cutting heads off in record number. That's terrorism Mr. President. Whether by gun, machete, vehicle, bomb, or what have you, crackpots kill people. America has a history of leading when crackpots get out in front. Sadly our current leadership is missing that. ISIS runs rampant in many parts of the world killing mostly Christians at will.

A good friend recently said to me, "He has kept us out of war" referring to our President. Ya – those who see the world different than I will argue giving Afghanistan and Iraq to ISIS, in spite of the blood spilled by the youthful treasure of American lives, to free those countries is somehow okay. We just turned them over with "strategic withdrawal". It literally sickens me.

Neville Chamberlain who served as Prime Minister of the United Kingdom and Northern Ireland from 1937 until 1940 is best remembered for his "appeasement foreign policy". I see such a similarity in President Obama. In his mind he will leave a great legacy. In my mind he will bypass Mr. Chamberlain as a failed leader. His refusal to call "radical Muslims" what they are perplexes most Americans.

The most recent rumblings from "on high" are to repeal the Second Amendment. So far the comments are little more than a "trial balloon". America will never give up her guns. As a life member of the NRA I will be at the forefront of insuring that it never happens. The great actor Charlton Heston said it best, "I will give you my gun when you pry it from my cold dead hands".

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EDITOR: Tony Carton

Advertising Sales:

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# ON THE RECORD

## Monroe Clinic first to launch Care Everywhere International

NEW GLARUS, WI — Monroe Clinic hosted the first live Care Everywhere International record exchange at their New Glarus location on Monday, August 31. Representatives from Monroe Clinic and EPIC were present to usher in a new era of global medical records exchange, where results in Wisconsin immediately updated medical records in Canada and The Netherlands.

Monroe Clinic and EPIC Systems Corporation, a leading electronic medical record soft-

ware company, have worked together for over a decade to build a truly integrated electronic medical record system. The impact of the technology has been far-reaching, offering popular services like MyChart®, which allows patients and caregivers access to healthcare on their desktop or smartphone.

“Building on the benefits of MyChart, Care Everywhere International is the newest feature of electronic medical records. It makes our patients’ charts available wherever they

go, be it across town, across the country and now across oceans,” said Carrie Blum, Monroe Clinic Chief Information Officer.

### The Care Everywhere Journey

In 2012, Monroe Clinic launched Care Everywhere and over the past three years, they have exchanged records in 33 states with 63 other organizations. Since January, 64,045 medical charts have instantly traveled from city to city and coast to coast.

“The information is more

than a few paragraphs summarizing a patient’s health status it’s specific, secure, detailed and comprehensive. Medication lists, x-ray reports, doctor visit summaries and test results come together in one user-friendly file, meaning caregivers can consider a patient’s full medical background, even if they just met,” said Blum. “Monroe Clinic’s patients can have peace of mind as they travel to other countries, knowing if they need to seek care thousands of miles away from home, their doctor

can be quickly and completely informed of their medical history,” said Bruce Duemler, MD, Monroe Clinic.

EPIC is also working with hospitals in Canada, The Netherlands, Singapore, Australia, and United Arab Emirates to integrate their electronic medical record software. Upon the patient’s request, the information is instantly transmitted in a format allowing any caregiver access to crucial information, so they can offer informed medical care.

## Eight organizations in Northwest Illinois form co-op fundraiser

STATELINE — Eight organizations in Jo Daviess, Carroll and Stephenson County are selling tickets for a unique co-op fundraiser, The Northwest Illinois Daily Drawing (NWILDD). Daily cash prizes from \$25-\$250 will be awarded from October 1 through September 30, 2016. Participants can purchase a single ticket for

\$25 or five tickets for \$100 to be eligible for these daily cash prizes.

There will be 366 drawings as Leap Day is next year. Prizes awarded are as follows:

\$250 Holiday Bonus Prizes: Thanksgiving Day. Christmas Day. Easter Sunday. Independence Day

\$150 Holiday Prizes: Colum-

bus Day. Veteran’s Day. New Year’s Day. Valentine’s Day. Leap Day. Tax Day

Mother’s Day. Memorial Day. Father’s Day. August 15-Back to School. Labor Day

\$50 Prizes: Saturday and Sunday

\$25 Prizes: Monday through Friday

Daily drawing winners will

be notified monthly by mail of their winnings. Tickets can win multiple times as all tickets remain in the drawing each day for the entire year, no matter how often the ticket is drawn. A complete list of winners will be posted online monthly at [www.facebook.com/northwestillinoisdailydrawing](http://www.facebook.com/northwestillinoisdailydrawing) as well as listed in the Galena Gazette,

**See FUNDRAISER, Page 8**

## Red Cross encourages eligible donors to give during National Preparedness Month

NATIONAL PREPAREDNESS MONTH — The American Red Cross encourages eligible donors to help their communities prepare for emergencies by giving blood during

## BIRTH

### Dominick James-Lee Johnson

STOCKTON — Dominick James-Lee Johnson arrived August 29, 2015 weighing 7.6 lbs and 19 3/4 inches at Trinity Hospital, Minot ND.

His parents are Nickolas and Amanda Johnson, of Minot ND. He has two siblings: Alayna 3 yrs, Normal IL and Kameron 3 yrs. His paternal grandparents are Eric and Stacy Anderson, and Dave Johnson all of Stockton IL. Maternal Grandparents are Jay and Linda Hatter, California and Joe and Shawnae Ramer, North Dakota, and paternal great grandparents are Bill and Gayle Lingle of Freeport IL.

NATIONAL PREPAREDNESS MONTH — The American Red Cross encourages eligible donors to help their communities prepare for emergencies by giving blood during

Becoming a regular blood donor is one way to help ensure communities are prepared for any emergency, including those where blood transfusions are needed. The Red Cross also encourages the public to get prepared by making a disaster plan for their homes or work places.

A sufficient blood supply is central to ensuring hospitals are prepared to meet patient needs in times of disaster, including the very personal ones that can happen any day. Because blood takes about 48 hours to be tested, processed and made available for patients, it’s the blood already on the shelves that can help save the day when emergencies occur.

This month also marks the sixth year that the Red Cross and Sport Clips Haircuts have

teamed up to help increase blood donations. Through the “Saving Lives Never Looked So Good” campaign, Sport Clips is thanking those who come to give blood in September with a coupon for a free haircut at participating Sport Clips locations. The coupon is valid through Nov. 8, and will be sent to donors via email a few days after their donation.

Every two seconds someone in the U.S. needs blood, and volunteer donors are the only source of blood for patients needing transfusions. The Red Cross needs blood donors of all types – especially those with types AB, O negative, B negative and A negative – to give blood regularly.

To make an appointment to give blood, download the Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-2767. For information on planning for emergencies

and preparedness training, visit [redcross.org/prepare](http://redcross.org/prepare).

Upcoming blood donation opportunities

Lena

9/25: 1 p.m. - 5:30 p.m., Lena American Legion Hall, 316 Main St

How to donate blood

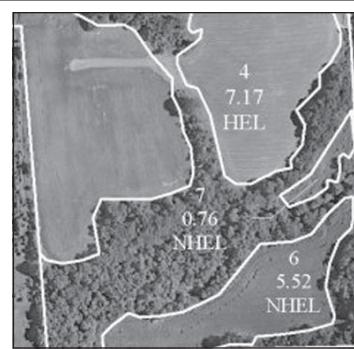
Simply download the American Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-733-2767 to make an appointment or for more information. All blood types

are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.



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JAY RHYNER

# FROM LENA'S KITCHEN



The not so skinny cook

Fall is here—we had great fall weather this past weekend. The cooler temperatures and the bright sun are just the right things for autumn. We successfully completed a great Fall Festival. Hats off to all of you who worked so hard to make this weekend a success. I heard great things about the pork chop on a steak; they were huge and moist. Where else but in small town American can you get pork chops on a stick that rank right up there with the best meats in the country? I saw people with cotton candy, funnel cakes, and packages of sandwiches. I saw pink sparkling cowboy hats, stuffed animals and gold fish. These are things that make a childhood memorable—although it is a bummer when the gold fish

dies. The weather has ushered in some fall cooking recipes. This week there is a great summer squash (a twofer—to be explained later), tomato pie, two salads, an entrée, and a dessert. Happy Fall cooking—even if the weather does get warmer!

Do you have a lot of summer squash? My friend, Karen, sent me this great “twofer” summer squash recipe; there is the original recipe, and then there is a variation for a different taste. I love it when readers send me these recipes that are unique and can have a variation built right in them. Try this summer squash recipe for a great side.

### *Karen's Summer Squash (Two Ways!)*

4 summer squash (about 8 oz. or ½ lb. each)  
1 small garlic clove minced  
1 t. grated lemon zest  
1 T. lemon juice  
7 t. extra virgin olive oil  
Salt and pepper to taste  
1½ T. chopped fresh parsley

Combine the garlic and lemon juice in a large bowl. Set aside for at least 10 minutes. Using a vegetable peeler, shave each squash lengthwise into ribbons. Continue turning

the squash and peeling ribbons until you reach the seeds. Discard the core.

Whisk 6 t. of oil, ¼ t. salt, 1/8 t. pepper, and lemon zest into garlic mixture. Heat the remaining 1 t. of oil in a 12-inch nonstick pan over medium high heat until just smoking. Add the squash and cook, tossing occasionally with tongs until the squash has softened and is translucent, about 3-4 minutes. Transfer squash to the bowl with the dressing; add 1 T. fresh parsley and toss to coat. Season with salt and pepper to taste. Transfer to a serving dish and sprinkle with the remaining parsley.

Variation: In the dressing, use 1 T. lemon juice and no zest, 2 t. oregano, and ¼ t. red pepper flakes. The rest of the recipe is the same.

On the cooking shows, tomato pie is a staple this time of the year. Of course, they want you to use heirloom tomatoes. We don't have a lot of those in our gardens unless we specifically planted them. For this recipe, you can use just plain old garden variety tomatoes. You can make a meal of this or use it as a side. Enjoy this year's cooking craze—tomato pie.

### *Tomato Pie*

4 medium tomatoes, cut into ¼-inch slices

¾ t. salt  
1½ C. shredded sharp cheddar cheese  
¾ C. flour  
¼ C. cold butter, cubed  
1-2 T. half and half  
5 bacon strips cooked and crumbled

#### Filling:

1 pkg. (8 oz.) cream cheese, softened

½ C. thinly sliced basil leaves  
2 T. minced fresh thyme  
½ t. garlic powder  
1/8 t. ground black pepper

Preheat the oven to 350. Place tomato slices in a single layer on paper towels; sprinkle with ½ t. salt. Let stand 45 minutes and pat dry.

Meanwhile, place the cheese, flour and remaining salt in a food processor; pulse until blended. Add the butter and pulse until the butter is the size of peas. While pulsing, add just enough cream to form moist crumbs. Press dough onto the bottom of an ungreased 9-inch tart pan with a removable bottom. Gently press crumbled bacon into the dough. Bake 20-22 minutes or until the crust is a light brown. Cool on a wire rack.

In a large bowl, beat the cream cheese, herbs, and garlic powder until blended. Spread over the crust. Top with tomato slices; sprinkle with pepper. Bake 35-40 minutes longer or until edges are golden brown and tomatoes are softened. Cool completely on a wire rack. Refrigerate leftovers.

This colorful side is a bit spicy because of the jalapeno peppers. You could substitute red bell peppers in the recipe. You can shred your own cabbage or buy it by the bag. The colors of the pepper and radishes make this a great and colorful addition to any meal.

### *Fiesta Coleslaw*

2 C. shredded cabbage or 1 pkg. (14 oz.) coleslaw mix

1 C. chopped celery  
6 radishes, halved and sliced  
4 jalapeno peppers, seeded

and finely chopped

1 medium onion chopped  
1/3 C. minced fresh cilantro  
½ C. mayonnaise  
¼ C. cider vinegar  
2 T. sugar  
½ t. salt  
½ t. celery salt  
¼ t. ground pepper  
Lime wedges, optional

In a large bowl, combine the cabbage, celery, radishes, peppers, onion, and cilantro. In a small bowl, whisk the mayo, vinegar, sugar, and seasonings. Pour over the coleslaw mixture and toss to coat. Refrigerate, covered, until serving. If desired, serve with lime wedges.

Romaine is one of the healthiest green leafy vegetables that we have. This salad uses fresh peaches with the romaine for a tasty and healthy way to get your quota of vegetables. This salad is great by itself with crusty bread or with a light supper.

### *Romaine Salad*

3 T. extra-virgin olive oil  
2 T. white wine vinegar  
2 T. fresh lemon juice  
2 t. honey  
1 t. Dijon mustard  
1/8 t. salt  
1/8 t. black pepper  
8 C. chopped romaine lettuce  
2 C. thinly sliced fresh peaches

Whisk together oil, vinegar, lemon juice, honey, Dijon, salt and pepper in a small bowl. Place romaine lettuce in large bowl. Add the peaches and toss with the dressing.

This recipe is for four stuffed peppers. The chicken gives it the great taste for a main meal. The black beans, corn, and cheese gives the peppers a great taste for a main meal. I like the fact that it is in a small quantity. Enjoy this main entry with either the colorful coleslaw or the Romaine Salad,

### *Chicken-stuffed Bell Peppers*

½ C. brown rice  
1 boneless, skinless chicken breast

See RECIPES, Page 7

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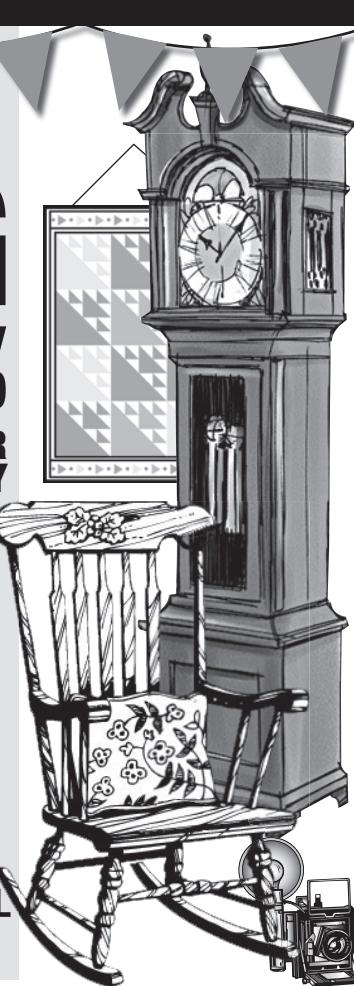
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## DEADLINES

### 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.

60846

**• RECIPES**

Continued from page 6

2 t. olive oil  
 2 T. seeded and minced jalapeno  
 2 T. chopped green onions  
 1 T. minced fresh garlic  
 1 T. fresh lime juice  
 1 C. black beans, drained and rinsed  
 1 C. corn kernels  
 ¾ C. shredded pepper Jack cheese, divided  
 ½ C. plain Greek yogurt  
 2 T. chopped cilantro  
 1 t. ground cumin  
 1 t. chili powder  
 ½ t. ground coriander  
 ½ t. salt  
 ½ t. black pepper  
 4 red bell peppers, halved lengthwise, stems, ribs, and seeds removed  
 Sliced green onions for garnish

Preheat the oven to 375. Cook the rice according to package directions for ½ cup of dry rice; set aside. Cook the chicken in oil in a nonstick skillet over medium-high about 7 minutes and the juices run clear. Transfer chicken to a plate to cool; shred with two forks.

Sauté the jalapeno, onion, and garlic in the same skillet over medium-low heat until

fragrant, about 2-3 minutes. Deglaze the skillet with lime juice, scraping up any brown bits.

Combine the beans, corn, ½ cup of cheese, yogurt, cilantro, cumin, chili powder, coriander, salt and pepper with the rice, chicken and jalapeno mixture in a large bowl. Arrange the bell peppers in a 9 x 13 baking dish sprayed with cooking spray. Spoon the filling into the bell peppers. Add 2 T. water to bottom of dish; cover with foil and bake for 30 minutes. Remove the foil and bake until the peppers are fork tender. Garnish with remaining ¼ cup of cheese and green onions.

I have mentioned that I really like cobbler. I have made peach cobbler but never a blueberry one. This recipe is easy and tasty. It blends two really seasonal fruits to make a nice dessert. Serve it warm with ice cream.

**Blueberry-Peach Cobbler****Fruit Mixture:**

8 medium peaches, peeled and cut into 6 wedges from each peach

1 C. fresh blueberries

1 T. cornstarch

½ C. sugar  
 1 T. lemon juice  
 ¼ t. cinnamon  
 Dash of salt

**Topping:**

1 C. Bisquick  
 ¼ t. ground nutmeg  
 2 T. milk  
 2 T. butter, softened  
 2 T. sugar  
 2/3 C. chopped pecans or walnuts

2 t. milk (optional)

1 T. coarse sugar

Preheat the oven to 400. In a medium bowl, stir together the peaches, blueberries, cornstarch, sugar, lemon juice, cinnamon, and salt. Let stand in the bowl for 10 minutes to allow the sugar to pull the juice.

es from the peaches. Transfer to an ungreased 8-inch square glass baking dish. Bake uncovered for 10 minutes or until fruit is bubbling. Remove from the oven and stir. Bake 10-12 minutes longer or until bubbly around the edges (fruit must be hot in the middle so the biscuit topping bakes completely.)

Meanwhile, in a medium bowl, stir the Bisquick, 2 tablespoons of milk, butter, 2 tablespoons of sugar, and nuts until a firm dough forms. Drop by 6 spoonfuls onto the warm fruit mixture. Brush dough with the 2 teaspoons of milk and sprinkle with coarse sugar. Bake 25-30 minutes or until the biscuits are deep golden brown

and the bottom of the center biscuit is no longer doughy. Cool 10 minutes on a cooling rack and serve warm.

Have you ever had a cooking disaster week? Mine was this past week. I managed to make the most pepper-filled meat loaf in the world. Have you ever added a spice (like pepper), gotten interrupted, and then added it again. Of course, you don't find out about it until you try to eat it. My next disaster was a spaghetti casserole—you won't be getting the recipe or eating it any time soon. Maybe I can get it in better shape and then share it with

**See RECIPES, Page 8**

**University of Illinois Extension workshop slated for sheep and goat producers**

STATELINE — One of the greatest challenges for sheep and goat producers is the control of internal parasites. To help producers address the challenge, a Small Ruminant Integrated Parasite Management Workshop will be held on Tuesday, October 6. The U of I Extension and HCC Ag Department cosponsored workshop will be held in Building T, Room 122 of Highland Community College, 2998 Pearl City Rd, Freeport. The workshop will start at 6 p.m. and conclude by 9 p.m.

Commercial Agriculture Educator, Teresa Steckler will help producers better understand the type of internal parasites, their life cycles, and their impacts on the animal and overall production. Diagnostic methods will be discussed including

general appearance and visible signs, fecal egg count, blood packed cell volume, anemia and FAMACHA, worm count and identification. Deworming methods will be outlined with information including classes of dewormers, formulations, administration, and resistance. Fecal flotation tests will be demonstrated. Producers are encouraged to bring fresh fecal samples for testing that evening.

Advanced registration is required by October 2nd and seating is limited. A \$10 per person registration fee includes all lab supplies and program materials for the Small Ruminant Integrated Parasite Management Workshop. FAMACHA certification is an extra \$15. Registration can be completed by calling the University of Illinois Extension at (815) 235-4125 or on-line at web.extension.illinois.edu/jsw.

**Autumn Home Spectacular****Open House - 1-3 p.m. Sunday**

8382 Five Corners Road  
Lena

FIRST TIME OPEN — Situated on 7.15 acres this stone and frame home offers more than 3100 square feet of living area. Combined with a 4-car garage, there is plenty of space to go around. Home has 2 fireplaces and three living levels. The yard is divided between lush landscaping and some tillable acreage. Must see inside to love it all. \$249,900.

**Other Properties**

NEW LISTING — Duplex in Orangerville that provides large rooms and an attached garage. Each unit has a private deck and laundry facilities. Separate utilities. Gas forced air heat. \$51,000.



IN STOCKTON — Get ready to move into this 3 bedroom home as it is ready for you! Well-cared for condition throughout with two living areas plus a lower level kitchenette. Furnace new in 2015. Central air and replacement windows. Now \$119,900.



BRICK EXTERIOR — and unique design compliment this home in Lena. Very large living area is perfect for entertaining. Main floor laundry plus interior potting room. Pine vaulted ceilings in a sitting area with sliders to outdoors. Price includes adjacent lot. Immediate possession. \$172,000.



FLORIDA ROOM — plus two additional living areas provide versatile living in this brick and vinyl home. An open floor plan, two fireplaces, main floor laundry room, and full basement are some of the available features. Immediate possession too. \$172,000.

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# HCC Early Childhood Education is one of five participating in pilot program

**FREEPOR**T — The Early Childhood Education program at Highland has been accepted as one of only five schools in the state of Illinois to be part of a pilot program with Gateways to Opportunity. The Technical Assistance Credential is designed to have early childhood education professionals act as mentors to new or less experienced professionals and to students working toward a degree or certification in education or child care.

Melissa Johnson, coordinator for Early Childhood Education, said she learned in June that Highland was selected to be part of the program. Highland received a stipend of \$7,500 to cover the cost of the courses for the working educators who are becoming mentors to Early Childhood Education students at Highland. Eight teachers, two of whom are students, are participating in the program.

"The long-term goal of the program is to give Highland a solid base of people who have been granted credentials to be mentors to our students," Johnson said. "The mentors serve as cooperating teachers and act as supervisors to help the students who work in the field and to help guide them toward best practices in teaching. HCC has until August 2016 to get the participants through the pro-

cess. They are taking classes this semester and also in the spring semester."

Johnson said the mentoring program is invaluable for Highland. The Gateways to Opportunity pilot program will provide the students with knowledge beyond books, giving them access to teachers already in the field who will offer feedback, which is key in any education program.

The Technical Assistance Credential from Gateways to Opportunity is a symbol of professional achievement that validates those who:

Act as a coach, mentor, consultant and/or technical assistance provider supporting early care and education and/or school-age practitioners

Exhibit commitment to the

## • RECIPES

*Continued from page 7*

you all. The Farmer's Market comes back this Saturday in the parking lot. (The Ferris wheel was set up where the Farmer's Market usually is!). They will be back this week with all kinds of good things. Remember that we are on the hunt for some good squash, apple, pumpkin, and pork recipes for fall. If you have some 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@rvpublising.com](mailto:scoopshopper@rvpublising.com).

use of evidence-based practices when providing services to others

Utilize relationship-based methods to recognize and build on strengths and capacities of practitioners and programs

Demonstrate action in pursuit of their own professional development

Understand principles of adult learning

Gateways Credentials are awarded and recognized by the Illinois Department of Human Services (IDHS) Bureau of Child Care and Development. For more information, contact Melissa Johnson at [melissa.johnson@highland.edu](mailto:melissa.johnson@highland.edu) or call 815.599.3484.

## • FUNDRAISER

*Continued from page 5*

Ridge Education Association and Stockton Strong.

Although the fundraiser supports Northwestern Illinois organizations, participants can be from all over the country. The tickets make great gifts, especially for kids and grandkids.

Purchase tickets in support of your local organization, by contacting Brenda Ertmer at 563.590.5165, Jen Sturtevant at 815.275.0073, Mary Flynn at 815.747.3117, Dave Decker at 815.777.2248, Mary Beth Hyde at 815.777.3215, Amy Lieb at 815.541.9589, Doug Vandigo at 815.858.9005 and Deb Gile at 815.947.3233. For a complete list check their facebook page.

## *It is time to get your flu vaccine*

**By Centers for Disease Control and Prevention**

**STATELINE** — Flu vaccination is important for long-term care facility residents and personnel.

Influenza (flu) is a serious health threat, especially for vulnerable populations like older adults and people living with long-term chronic medical conditions, like asthma, diabetes, heart disease, and kidney and liver disorders. So, it's especially important that all people living with or caring for those with chronic medical conditions and/or aging persons – including those working in long-term care (LTC) facilities – get vaccinated against the flu and other vaccine-preventable diseases.

Protect Health Care Personnel and Residents in Long-Term Care Facilities

Health Care Personnel (HCP) in LTC facilities may have direct or indirect contact with older adults, persons with disabilities, and persons with chronic medical conditions receiving care. Studies have attributed influenza outbreaks in long-term care facilities and hospitals to low influenza vaccination coverage among HCP in those facilities. During a confirmed flu outbreak in a Long-Term Care Facility, up to one in three residents and one in four staff develop flu-like illness. Preventing flu among health care personnel (HCP) can help reduce the spread of flu in vulnerable LTC resident populations.

The best way to prevent the flu is by getting a flu vaccine each year. HCP should get their flu vaccinations by October if possible (or soon after the flu vaccine becomes available). Since it takes about two weeks for antibodies to develop after being vaccinated, make sure your HCP staff are vaccinated early in the flu season so that they are protected before flu becomes prevalent in the community and in the LTC Facilities.

Know How to Improve Flu

Vaccination Coverage among HCP

Continued efforts are needed to ensure HCP are vaccinated early in the flu season. Vaccination coverage among certain HCP, especially those in long-term care facilities, and among assistants and aides and administrative and non-clinical support staff in all work settings needs the most improvement.

There are a number of studies that show proven interventions to promote flu vaccination among HCP each season. Some strategies that employers should use to reduce barriers to HCP vaccination include offering flu vaccination:

Onsite over multiple days and shifts,

Free of charge, and with

Frequent and strong promotion.

Use the Toolkit for Long-Term Care Employers

To help LTC employers increase flu vaccination among health care personnel in LTC settings, the National Vaccine Program Office and CDC launched a Toolkit for Long-Term Care Employers. This comprehensive toolkit includes a number of resources intended to help long-term care facility, agency, or corporation owners and administrators provide access to flu vaccination for their workforce and to help LTC employers understand the importance of flu vaccination for their employees.

The toolkit includes information about:

Why it is important to vaccinate LTC health care personnel

Vaccination coverage rates

Resources to increase awareness

Community best practices

Guidance related to flu prevention, outbreak, and response.

Manufacturers have started shipping flu vaccines for this season. Make sure both your health care personnel and LTC residents are protected by encouraging flu vaccination as soon as it becomes available!



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## Portraits of the Month Miss Jo Daviess Cty. Fair **Kristin Enright**



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# CHURCH NOTES

## OPEN YOUR EARS

**Information  
compiled by Sid  
Kemmis, Lay  
Minister, St. John's  
Lutheran Church,  
Lena**

LENA — How many of us have the words of God's love fall upon our ears but have not heard them? Or how many of us have all the words of faith in our brains, yet do not live by faith or work the works of God?

Telemachus was a monk who lived in Asia Minor about the year 400 AD.

During his life the gladiatorial games were very popular. The gladiators were slaves or political prisoners condemned to fight each other to death for the amusement of spectators in the Coliseum.

Telemachus was very upset that the Emperor Honorius, who was a Christian, sponsored the games; and that so many people who called themselves Christian went to see them. What, he wondered, could be further from the Spirit of Christ than the horrible cruelty of the gladiatorial games? The bishops and priests spoke against them, but most people were deaf to their message.

Telemachus realized that talking about this evil was not enough. It was time to do something, but what could he actually accomplish — one lone monk against the whole

Roman Empire? He had no power. And the games had been part of Roman life for centuries. What could he possibly do to make a difference?

For a long time Telemachus agonized about the problem. Finally he could live with himself no longer. For the sake of his own soul he decided he had to obey the voice of Christ within him — regardless of the consequences. So he set out for Rome.

When Telemachus entered the city, he heard people shouting, "To the Coliseum! The games are about to begin!" Telemachus followed the crowd and found a seat in the crowded Coliseum. Far away in a special place he saw the emperor. The gladiators came out into the center of the arena. Everybody was tense and sat silent as the two men faced each other. They drew their swords. The fight was about to begin! One of them would die within a few minutes. Who would it be?

At that moment Telemachus rose from his seat and ran down onto the arena floor. He held high the cross of Christ that he carried and threw himself between the two gladiators. "In the name of Jesus", he cried, "Stop fighting!"

The two men hesitated. Nothing like this had ever happened. They did not know what to do. They put down their swords for a moment. Then the spectators became furious.

Telemachus had robbed them of their entertainment. They yelled wildly and stampeded toward Telemachus and beat him to death with sticks and stones.

There on the arena floor lay the battered body of the monk. Suddenly everyone grew quiet. Emperor Honorius rose and left the Coliseum, as did the rest of the people.

The Emperor's ears were finally opened by the words and actions of Telemachus. His tongue was loosened as well. He issued an edict forbidding all future gladiatorial games. And so it was, in the year 404 AD, because one individual filled with the love of Christ, dared to say, "No" all gladiatorial games ceased.

Jesus, the Word made flesh, came into this world to save sinners. The Christ-child was born of a virgin in Bethlehem, just as the prophets foretold.

He lived a perfect life among us, then took our sins on his back to that cross and died in our place. Even more, he rose from the grave in complete victory over sin, death, and the devil. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands con-

demned already because they have not believed in the name of God's one and only Son." (John 3:16-18)

The emperor's ears were finally opened, and he took

action—he did something about it. How about you? Hear the Word of God; believe with your whole heart, mind and soul; then live like you mean it!

## Warren St. Paul's Lutheran Church to host annual ham supper

WARREN — St. Paul's Lutheran Church, located at 209 Clinton St. in Warren, IL. will be having their annual ham supper on Wednesday, September 29 from 4:30 to 7:00 P.M. The menu consists of ham, scalloped potatoes, corn, salads, desserts, and beverage. The cost is adults \$10, children ages six to ten \$6 and ages five and under are free. All carry outs are \$10.

The meal is served buffet style and the church is handicapped accessible, carryout available.

The proceeds will go to help Cindy Freeman and a Wartburg seminary student. Cindy has lived in Warren for approximately 30 years. She lost her husband from complications of

a stroke in October 2014. Then on June 22 of this year, during a storm, a tree fell on her house causing extensive damage. Consequently, Cindy is without a home as the house is not safe to live in. Presently she is staying with a friend. Her daughter graduated from Warren High School and is now living in North Carolina. Cindy is basically alone. The insurance company engineers are evaluating the house, but have not come to a definite conclusion as far as damages. Cindy is having some financial difficulty keeping up with the expense of maintaining that home and having independent living expenses. Please support the ham supper so that we can make life a little easier for Cindy

## Whirl Sunday School, Confirmation and Bible Studies in Full Swing at St. John's

PEARL CITY — The September 20 worship service will be led by Pastor Ekstrand and will include the Joy Choir. We are thankful to have 27 youth from Kindergarten through sixth grade in the Joy Choir this year. After the worship, Whirl Sunday School and Confirmation will begin the new year. The SPLAT Youth Group will meet at 11 a.m. to deliver Grace Meals. Then the Community Grace Meal will be served at 11:30 a.m. Fifth Quarter (seventh and eighth grades) will meet on Sunday, September 20 at 6 p.m. In addition, the Genesis Youth Group (high school) will meet at 7:30 p.m. on the same day.

Members and non-members alike are welcome to participate in two different Bible Studies starting this fall. The Monday

evening bible study will start on September 14 at 7 p.m. and is titled, "Give Us a King" and is based on first and second Samuel. The Thursday morning bible study is held at 9:30 and it will begin on September 17. The discussion will be on "Genesis."

The Worship and Music Committee will meet at 9:30 a.m. on Wednesday, September 16. The Chancel Choir will begin meeting on Wednesday evenings on September 16.

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Sunday Worship at 10 a.m.  
Wednesday Evening  
Worship at 7 p.m.

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Rev. Scott Wilson  
Assoc. Pastor of Youth

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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.

### Zion Community Church of Pearl City Swiss Steak Supper

Sunday, October 4, 2015  
Pearl City School Cafeteria  
Serving from 4:30 - 7:00 p.m.

ADULTS \$8.50 • Children 6-10 \$4.25 • Children 5 & Under FREE

ADVANCE Ticket  
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815-443-2502

(Ticket Sales ends Sun., Sept. 27)

### Menu

Swiss Steak, Mashed Potatoes & Gravy,  
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## Ham Supper & Bake Sale

Saturday, Sept. 26 • 4 - 8 p.m.

You are invited to our Annual Ham Supper  
Please bring your Family and Friends  
We are serving Family Style - All You Can Eat  
Ham, Scalloped Potatoes, Green Beans, Coleslaw,  
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## LEGALS

IN THE CIRCUIT COURT  
OF THE FIFTEENTH  
JUDICIAL CIRCUIT  
STEPHENSON COUNTY,  
ILLINOIS  
WILMINGTON SAVINGS  
FUND SOCIETY, FSB D/B/A  
CHRISTIANA TRUST AS  
TRUSTEE FOR HLSS MORT-  
GAGE MASTER TRUST  
FOR THE BENEFIT OF THE  
HOLDERS OF THE SERIES  
2014-4 CERTIFICATES IS-  
SUED BY THE HLSS MORT-  
GAGE MASTER TRUST  
Plaintiff,  
-v.-  
JEFFREY M. MARSH, et al  
Defendants

15 CH 00030

**NOTICE OF SALE**  
PUBLIC NOTICE IS HERE-  
BY GIVEN that pursuant to a  
Judgment of Foreclosure and  
Sale entered in the above cause  
on June 9, 2015, an agent for  
The Judicial Sales Corporation,  
will at 1:00 PM on October 20,  
2015, at the Stephenson County  
Courthouse, 15 N. Galena Ave.  
(West Door), FREEPORT, IL  
61032, sell at public auction to  
the highest bidder, as set forth  
below, the following described  
real estate:

LOT 43 PLAT NO. 6 PARK  
CREST SUBDIVISION, THE  
PLAT OF WHICH IS RE-  
CORDED IN BOOK "G" OF  
PLATS PAGE 45, IN THE RE-  
CORDER'S OFFICE OF STE-  
PHENSON COUNTY, STATE  
OF ILLINOIS; SITUATED  
IN THE COUNTY OF STE-  
PHENSON IN THE STATE  
OF ILLINOIS.

Commonly known as 2119  
REVERE STREET, FREE-  
PORT, IL 61032 Property In-  
dex No. 18-13-35-131-007. The  
real estate is improved  
with a residence. Sale terms:  
25% down of the highest bid  
by certified funds at the close of  
the sale payable to The Judicial  
Sales Corporation. No third party  
checks will be accepted. The  
balance, including the Judicial  
sale fee for Abandoned Resi-  
dential Property Municipality  
Relief Fund, which is calculat-  
ed on residential real estate at  
the rate of \$1 for each \$1,000 or  
fraction thereof of the amount  
paid by the purchaser not to ex-  
ceed \$300, in certified funds/  
or wire transfer, is due within  
twenty-four (24) hours. No fee  
shall be paid by the mortgagee  
acquiring the residential real  
estate pursuant to its credit bid  
at the sale or by any mortgag-  
ee, judgment creditor, or other  
lienor acquiring the residential  
real estate whose rights in and  
to the residential real estate  
arose prior to the sale. The sub-

ject property is subject to gen-  
eral real estate taxes, special  
assessments, or special taxes  
levied against said real estate  
and is offered for sale without  
any representation as to quality  
or quantity of title and with-  
out recourse to Plaintiff and in  
"AS IS" condition. The sale is  
further subject to confirmation  
by the court. Upon payment  
in full of the amount bid, the  
purchaser will receive a Certifi-  
cate of Sale that will entitle the  
purchaser to a deed to the real  
estate after confirmation of the  
sale. The property will NOT be  
open for inspection and plain-  
tiff makes no representation as  
to the condition of the prop-  
erty. Prospective bidders are ad-  
monished to check the court  
file to verify all information. If  
this property is a condominium  
unit, the purchaser of the unit  
at the foreclosure sale, other  
than a mortgagee, shall pay the  
assessments and the legal fees  
required by The Condominium  
Property Act, 765 ILCS  
605/9(g)(1) and (g)(4). If this  
property is a condominium unit  
which is part of a common inter-  
est community, the purchaser of  
the unit at the foreclosure sale  
other than a mortgagee shall  
pay the assessments required  
by The Condominium Property  
Act, 765 ILCS 605/18.5(g-1).  
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TO REMAIN IN POSSES-  
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ENTRY OF AN ORDER OF  
POSSESSION, IN ACCORD-  
ANCE WITH SECTION 15-  
1701(C) OF THE ILLINOIS  
MORTGAGE FORECLO-  
SURE LAW.** You will need a  
photo identification issued by  
a government agency (driver's  
license, passport, etc.) in order  
to gain entry into our building  
and the foreclosure sale room  
in Cook County and the same  
identification for sales held  
at other county venues where  
The Judicial Sales Corporation  
conducts foreclosure sales. For  
information, examine the court  
file or contact Plaintiff's attor-  
ney: CODILIS & ASSOCIA-  
TES, P.C., 15W030 NORTH  
FRONTAGE ROAD, SUITE  
100, BURR RIDGE, IL 60527,  
(630) 794-9876 Please refer to  
file number 14-15-03328. THE  
JUDICIAL SALES CORPO-  
RATION One South Wacker  
Drive, 24th Floor, Chicago, IL  
60606-4650 (312) 236-SALE  
You can also visit The Judicial  
Sales Corporation at [www.tjsc.com](http://www.tjsc.com) for a 7 day status report  
of pending sales. CODILIS &  
ASSOCIATES, P.C. 15W030

NORTH FRONTAGE ROAD,  
SUITE 100 BURR RIDGE,  
IL 60527 (630) 794-5300 At-  
torney File No. 14-15-03328  
Attorney ARDC No. 00468002  
Case Number: 15 CH 00030  
TJSC#: 35-9175 NOTE: Pur-  
suant to the Fair Debt Collec-  
tion Practices Act, you are ad-  
vised that Plaintiff's attorney is  
deemed to be a debt collector  
attempting to collect a debt and  
any information obtained will  
be used for that purpose.  
I669152

(Published in  
The Shopper's Guide  
Sept. 16, 23 & 30, 2015)

218355

"THIS IS AN ATTEMPT TO  
COLLECT A DEBT AND  
ANY INFORMATION OB-  
TAINED WILL BE USED  
FOR THAT PURPOSE"

W15-1447  
IN THE CIRCUIT COURT  
OF THE 15TH

JUDICIAL DISTRICT  
STEPHENSON COUNTY,  
ILLINOIS

COUNTY DEPARTMENT,  
CHANCERY DIVISION

Bayview Loan Servicing, LLC,  
a Delaware Limited Liability  
Company;

Plaintiff,

VS.

Delma J. Oates; City of Free-  
port; Unknown Heirs and Legatees  
of Delma J. Oates, if any;  
Unknown Owners and Non Record  
Claimants;

Defendants.

15 CH 69

**NOTICE BY PUBLICATION**

The requisite affidavit for  
publication having been filed,  
notice is hereby given to you:

-Delma J. Oates  
that Plaintiff has commenced  
this case in the Circuit Court of  
Stephenson County against you  
and other defendants, for fore-  
closure of a certain Mortgage  
lien recorded against the premises  
described as follows:

LOTS 13 AND 14 IN BLOCK  
3 IN BAILEY'S PARK SUB-  
DIVISION TO THE TOWN  
(NOW CITY) OF FREEPORT;  
SITUATED IN THE CITY OF  
FREEPORT IN THE COUN-  
TY OF STEPHENSON AND  
STATE OF ILLINOIS.

C/K/A: 1641 South Chicago  
Avenue, Freeport, IL 61032  
PIN: 18-19-06-278-003  
said Mortgage was given by  
Delma J. Oates, Mortgagor(s),  
to Citicorp Trust Bank, FSB,  
Mortgagee, and recorded in  
the Office of the Recorder of  
Deeds of Stephenson County,  
Illinois, as Document No.  
200500065806 Book 103 Page  
1159-1164.

UNLESS YOU file your ap-  
pearance or otherwise file your  
answer in this case in the Office  
of the Circuit Clerk of Stephen-  
son County, Stephenson County  
Courthouse, 15 North Galena  
Avenue, Freeport IL 61032 on  
or before October 16, 2015, A  
JUDGMENT OF FORECLO-  
SURE OR DECREE BY DE-  
FAULT MAY BE ENTERED  
AGAINST YOU FOR THE  
RELIEF ASKED FOR IN THE  
PLAINTIFF'S COMPLAINT.

Russell C. Wirbicki (6186310)  
The Wirbicki Law Group  
LLC

Attorney for Plaintiff  
33 W. Monroe St., Suite 1140  
Chicago, IL 60603  
Phone: 312-360-9455  
Fax: 312-572-7823

W15-1447  
pleadings.il@wirbickilaw.  
com  
I669165

(Published in  
The Shopper's Guide  
Sept. 16, 23 & 30, 2015)

218512

STATE OF ILLINOIS  
IN THE CIRCUIT COURT  
OF THE FIFTEENTH  
JUDICIAL CIRCUIT  
STEPHENSON COUNTY  
IN THE MATTER OF THE  
ESTATE OF  
GREGORY L. WAGENK-  
NECHT, DECEASED

IN PROBATE  
NO: 2015 P 88

NOTICE FOR

PUBLICATION - CLAIMS  
Notice is given of the death  
of GREGORY L. WAGENK-  
NECHT. Letters of Office were  
issued on September 4, 2015,  
to Charyl J. Wagenknecht, as  
Independent Administrator  
whose address is 1795 E. Cur-  
rier Road, 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. Ga-  
lena Avenue, Freeport, Illinois  
61032, or with the Independent  
Administrator, or both, on or  
before six months after 1st pub-  
lication or three months from  
the 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 Independent  
Administrator and to the attor-  
ney within ten (10) days after it  
has been filed.

Nate Luy

Clerk of the Circuit Court  
(Published in  
The Shopper's Guide  
Sept. 16, 23 & 30, 2015)

218682

# Food pantry Sunday at Saint Paul's in Kent

KENT — On Sunday, Sep-  
tember 20, St. Paul's Lutheran  
Church in Kent will observe  
the Seventeenth Sunday after  
Pentecost at their 10 a.m. fam-  
ily worship. The sermon title  
will be "Whoever Welcomes A  
Child." based upon the ninth  
chapter of Mark. Jean Hill is the  
liturgist, and Deb Winning is  
the organist. We sing the golden  
oldies.

September 20 is also Food  
Pantry Sunday. Each mem-  
ber 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 deliv-  
ered 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.



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on the shoreline



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## Marvin Uecker

Agency

Dan Harnish  
308 East Lena St.  
Lena, IL 61048  
815-369-4569



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# Lena Library News

By Dixie Altoff

**LENA —** Looking outside today, it looks like fall is coming, which means cooler temps will be coming also. That is not a bad thing though after the hot and humid stuff we have been having. It would be nice if we could bottle up some of these beautiful days and release them come January to give us a reprieve from the bitter cold.

Story hour programs will be starting on September 15th and the after school program will begin on September 21st. If you have not signed your children up, there is still time to do so. Ms. Kathy is planning lots of fun things for both groups, which means you do not want to miss out on any of the fun!

The adult summer reading program has ended. The last weekly drawing winner was Anita Bonebright. There were two winners for the end of the program: Kathy Talley and Colleen Rakowska. Congratulations to all of you! Good reading this summer!

Book discussion was held August 26th. We had a nice

group and a good discussion over a good mix of books. Some of the books discussed were: The Knitting Circle by

Ann Hood, Object of Virtue by Nicholas Nicholson, Devil's Hearth by Phillip Depoy, Pretend You Don't See Her by Mary Higgins Clark, The Crush by Sandra

Brown, Only Time Will Tell by Jeffrey Archer, Leaving Time by Jodi Picoult, and The Third Target by Joel Rosenberg. We will be meeting again on September 23rd

at 9:30 am. Hope you can join us.

New Fiction: Brown Eyed Girl by Lisa Kleypas, Code of Conduct by Brad Thor,

Devils Bridge by Linda Fairstein, Friction by Sandra Brown, Murderers Daughter by

Jonathan Kellerman, Silver Linings by Debbie Macomber, We Never Asked For Wings by Vanessa Diffenbaugh, Who Do You Love by Jennifer Weiner, Last Time I

Saw Her by Karen Robards, Point Blank by Fern Michaels, Undercover by Danielle

Steel, X by Sue Grafton and Lesson in Hope by Philip Guley, and The Memory Weaver by Jane Kirkpatrick.

New Large Print: Perfect Match by Fern Michaels, and Death Wears a Beauty Mask by Mary Higgins Clark.

New Western: An Uneasy Alliance by JD March.

New Juvenile: Llama Llama Gram and Grandpa by Anna Dewdney, Waiting by

Kevin Henkes, What Pet Should I Get? by Dr. Seuss, Sky's the Limit by Valerie Tripp, Taking Off by Valerie Tripp, and 1 and only by Valerie Tripp.

New DVDS: Home, Aloha, The Runner, and Insurgent.

Lots of new things in so stop by and browse. We still have some books for sale too or a good movie to watch. My book recommendation this week is The Nightingale by

Kristin Hannah. I just finished it and just loved it. Let me know what you think!

Watch the Shopper's Guide for future events. Enjoy the cool weather!

## Village of Lena welcomes new era with official ribbon cutting

**LENA —** Village of Lena welcomes new era with official ribbon cutting

The Village of Lena is ready to welcome a new era to our community and we invite you to join us for the official ribbon cutting ceremony on September 19, at 9 a.m. for the newly revitalized downtown.

The planning process for Lena's revitalized downtown streetscape has been long and detailed. It began with the creation of the Lena TIF district in the year 2000, a program dedicated to developing Lena's downtown creating a viable area for business and cultural activity. A few years later the "Lena 20/20 Vision Committee" was formed, a group of volunteers representing various areas of the community focused on specific goals for Lena's future. One of these goals was to create an active, vibrant and prosperous downtown that would enhance the uniqueness and charm of the Lena community. This downtown revitalization marks a milestone in Lena's planning efforts and an important moment in Lena's history.

The downtown revitalization is the result of a public/private partnership and is a significant representation of the collaborative efforts between

the Village Board of Trustees, local businesses, organizations and the Lena Community. The downtown improvements were designed to increase functionality of local businesses, facilitate more efficient pedes-

trian and vehicle traffic, establish energy efficient lighting focused on the needs of those visiting the area and create a cultural destination for resi-

See RIBBON, Page 12

**A new job is exciting, but don't forget your old 401(k)!** You have choices about what to do with that money. Contact me to discuss which one is right for you.

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change?



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## OPEN HOUSES

Sunday, Sept. 20 • Noon - 1:30 p.m.



**309 SCHOOL ST.  
LENA**  
REDUCED \$3,500 -  
SPACIOUS MOVE IN  
READY 4 bedroom,

2 bath home with many updates. Living room has pocket doors to the dining room and French doors to the front porch. The front porch works for all seasons with its electric baseboard heating. The main floor family room with porcelain tile floor has patio doors to the outdoor living space. There is a dining room as well as an eat-in kitchen. Kitchen updates include pass through to dining room, porcelain tile flooring, granite countertops, backsplash, stainless steel appliances, ceiling, lighting, movable island. Main floor bath updates include tile floor, vanity, mirror and lighting. Other updates include lighting, refinishing of wood floors, interior painting. Two sets of stairs lead to the 4 bedrooms all with wood floors, 2nd bath, built-in cabinet and drawers in hallway. Floored attic is perfect for storage or finish for more living space. In the lower level is another family room or use it as a toy room or maybe a home gym. New roof in 2014. Large yard plus a storage shed. New Price ..... \$139,900

Sunday, Sept. 20 • 2 - 3:30 p.m.



**816 MILFRED AVE.  
LENA**  
FIRST TIME OPEN -  
MOVE IN READY  
BI-LEVEL features 4

bedrooms, 2 1/2 baths, eat in kitchen with door to deck and back yard, living room, family room and another lower level room. Laundry room with storage space. There is a 2 stall detached garage. Newers include some floor coverings, interior paint, furnace, air, water heater, replacement windows, roof and exterior doors. Priced at ..... \$83,500

## OTHER PROPERTIES



**LENA - SPACIOUS - YES IT IS!** Large dining room and living room, 5-6 bedrooms but could

be used as an office, playroom, den, etc. Has a large full walk-up attic, several other small rooms, main floor laundry. 40 x 60 metal building with indoor swimming pool plus a 2nd shed for workshop and garages for several cars and all your toys. A MUST SEE! Priced at ..... \$128,500

Sunday, Sept. 20 • 1 - 3 p.m.



**6 LINDEN CIR.  
LENA**  
FIRST TIME OPEN -  
COME LOOK AT THIS

one owner all brick ranch home on a quiet cul-de-sac. This home has 3 bedrooms and two baths. Roof was new in 2012. Full unfinished basement that is just waiting for your finishing touches. Basement has been recently waterproofed with a transferable warranty. Two stall attached garage. This home has a lot to offer. Don't let it slip away. Priced at ..... \$125,000



**LENA - REDUCED \$3,000 - QUIET CUL-DE-SAC, GOLF VIEWS,** move in ready 3 bedroom 2 1/2

half bath split bedroom floor plan ranch home. This home also features spacious living room with vaulted ceiling and gas fireplace, updated kitchen with granite countertop, stainless steel appliances (except dishwasher), pantry and snack bar, office and main floor laundry with 1/2 bath. Exposed lower level awaits your finishing touches. Outdoors you will find covered front porch, screened back porch, stamped concrete driveway and walks and a beautifully landscaped yard. New roof, gutter helmets, water heater and carpet. This just like new home can be yours. New Price ..... \$179,500



**525 RANTOUL ST.  
LENA**  
FIRST TIME OPEN -  
VERY NICE LARGE HOME (2,164 SQ. FT.),

**4 BEDROOMS, 1.5 BATH.** Located on a large (3/4 acre) lot in an established neighborhood. Many updates and improvements! Carpet, stainless steel appliances, hot water heater, washer and dryer, countertop and backsplash, roof on house and garage, windows, remodeled bath, stone front on gas fireplace, painted exterior of house and garage, aluminum siding, furnace, central air, laminate floor and more! Home has eat-in oak kitchen, formal dining room, family room plus a very spacious living room leading to the screened in porch. Has a walk-up attic used as a bonus room. 2 stall detached garage plus a carport. Newer concrete patio, sidewalk and storage shed. YOU WON'T WANT TO MISS SEEING THIS ONE! Call listing agent for a list of dates on all updates and improvements. Priced to sell at ..... \$137,500



**LENA - REDUCED \$11,000 - 2 ACRE M/L FARMETTE** located on paved road. 3 bedrooms,

1 bath, large, newer eat-in kitchen, main floor laundry. Newer well and septic tank and drain field. Very nice 2 stall garage plus a hobby barn. Million dollar view of the countryside. New Price ..... \$88,000

**CALL US TODAY FOR A SHOWING ON ANY OF THESE PROPERTIES**

**PLEASE BE SURE TO VISIT OUR WEBSITES TO TOUR ALL OF OUR LISTINGS AT:**

[www.patbrownrealtor.com](http://www.patbrownrealtor.com)

[www.NorthwesternIllinoisHomes.com](http://www.NorthwesternIllinoisHomes.com)

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**FOR MORE INFORMATION: E-mail patb@aeroinc.net**



**Pat Brown Realtors  
(815) 369-5599**

OR FOR LONG DISTANCE CALL TOLL FREE - 1-866-369-5599

**217 W. MAIN, LENA, IL**

*(Restored Elevator on Main Street, in Lena)*



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Broker**  
815-291-9204



**Pat Brown  
Managing Broker**  
815-369-4832



**Bill Scheider Jr.  
Broker**  
815-703-6458





Tracy Siegner photos

## A plan to provide care is on the way

The Sisters of the Immaculate Heart of Mary, Mother of Christ are working to open a shelter in Freeport for expectant mothers and their newborns called the Madonna Renewal Center

**The Lena Farmers Market**  
is located in the  
Downtown Lena parking lot  
**on Saturdays**  
**8 a.m. to 11 a.m.**  
**Featuring**  
**Fresh Local Produce**



217746



## Wave to the folks

Members of the Lena Loins Club marched proudly in Saturday's festival parade.



**Newly Remodeled Private Medicare rooms available now. Rehabilitation powered by Aegis Therapy - Committed to your journey one step at a time**

## Community Supper

Wednesday, September 16 ~ 5:00 - 6:00 p.m.  
All ages welcome! No cost - no obligation.  
Just good food and good fellowship.

## Senior Bingo Lunch

Thursday, September 24th  
Complimentary Lunch at 12:30 p.m.  
Bingo at 1:30 p.m.  
Both events at the Doll Apt.  
Community Room



Come Learn About  
*"Identity Theft"*  
September 30<sup>th</sup> at 2:00

Sponsored by FHN Top 50 & Midland State Bank

## Lena Living Center

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Skilled Nursing Care ♥ Rehabilitation

♥ Physical Therapy ♥ Occupational Therapy ♥ Speech Therapy

Long Term Care ♥ Respite Care

"Celebrating the Journey...Living Life to the Fullest..."

218710

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218860  
RS-F15000140096.V4

## One great sandwich comin' up

Members of the Knights of Columbus were kept busy Saturday and Sunday serving hot sandwiches and cold drinks to long lines of hungry folks at the Lena Lions Fall Festival

### • RIBBON

Continued from page 13

dents, visitors and businesses.

The community of Lena is growing. Local business and industry continues to expand, our school district is growing to meet the needs of current and future students and new businesses continue to locate in Lena because of this open dedication and investment in the community. Lena's downtown revitalization effort embodies this community spirit.

Please be our guests on Saturday, September 19 as we welcome in a new era for our downtown business and cultural center.

**Support Our Advertisers - They Live and Work in Your Communities.**

158956



### The little guy puts around pretty well

Paxton Woker kept his golf cart on the road and did a great job representing Wolf Hollow Golf Club during the Lena Lions Fall Festival parade Saturday

Tracy Siegner photos



### Kids of all ages love fire trucks

Four year old Blake Dunlevey got to ride with mom and dad in one of the big fire trucks featured in Saturday's Lena Lions Fall Festival parade



### Future Lena fire fighters

Bo Tessendorf and pal Jared Kurtz rode with the Lena Fire Department during Saturday's Lena Lions Fall Festival parade

# COMING TO LENA

---

## SPRING 2016



Watch for upcoming activity at the building site for our BRAND NEW FACILITY being erected in the Spring of next year.

- For now we are just a short distance away  
and can accommodate all of your collision repair needs.*
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New location will be on Dodds Drive, near Sullivans.



## Reading and writing with a big buddy

Cooperative Learning 6th Grader Ben Bremmer reads with his 1st Grade brother Eli



## Specials Good Thursday, Sept. 17<sup>th</sup> - Tuesday, Sept. 22<sup>nd</sup>

### MEAT

#### Feature Meats



- ~ USDA Choice Black Angus Boneless Beef New York Strip Steak • \$7.99/lb.
- ~ Assorted Cut Pork Loin Chops • \$1.89/lb.
- ~ Center Cut Stuffed Pork Chops • \$2.69/lb.
- ~ Sugardale Half Hams • \$1.49/lb.

Patrick Cudahy Sliced Bacon • 16 oz. • \$3.99  
Johnsonville Pork Sausage Links  
or Patties • 12 oz. • 2/\$6.00  
Icelandic Crab Cakes • 6 oz. • 2/\$6.00



### DELI

Klement's Original or Garlic Summer Sausage • \$5.99/lb.  
Klement's Old Fashion or Olive Loaf • \$3.99/lb.  
Mrs. Gerry's Sliced Potato Salad • \$1.99/lb.

### PRODUCE

Michigan Apples Assorted Varieties • 3 lb. Bag • 2/\$5.00  
Marzetti's Apple Crisp Mix • 9 oz. • 2/\$5.00  
Tastee Caramel Apples • 3 Count Package • 2/\$5.00  
Sleeved Celery • \$1.29 each  
Yellow Onions • 3 lb. Bag • \$1.49 *Fresh*

### FROZEN/DAIRY

Bagels Forever Bagels • 11.5 oz. • 99¢  
Pillsbury Toaster Strudel • 11.7 oz. • \$1.79  
Shurfine Beans, Corn or Mixed Vegetables • 99¢  
Pillsbury Crescent Rolls • 8 oz. • \$1.99  
Pillsbury Cinnamon Rolls • 12.4 oz. • \$1.99  
Shurfine Butter Quarters • 16 oz. • \$2.59

### GROCERY

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Campbell's Chicken Noodle or Tomato Soup • 10.75 oz. • 99¢  
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Shurfine Pancake Syrup • 24 oz. • \$1.49  
Shurfine Non Dairy Creamer • 16 oz. • \$1.89  
Kellogg's Apple Jacks or Froot Loops • 12.2 oz. • \$2.99  
Kellogg's Frosted Flakes • 10.5 oz. • \$2.99

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## Working together on an acrostic name poem

Cooperative Learning 6th Grader Cole Hille and 1st Grader Mackenzie Lotz enjoy working together



Photos submitted

## Students build gun control essay

Isaiah Downs and Jared Mellnick, Senior students in Mr. Kostallari's Research class at Pearl City High, are diligently working on their informal argumentative essay on gun control

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Pearl City Legion & Auxiliary Public Supper Saturday

September 19, 2015

Serving 5:00 p.m. - 7:30 p.m.  
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OPEN to the Public

### MENU

Swiss Steak  
Potatoes  
Vegetables  
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- 1.) When calling 911 clearly state your Name, Location and Emergency.
- 2.) Locate a current list of Medications and Allergies.
- 3.) What is the patient's Physician's name.

202592



Photos submitted

## PC students participate in Hoosier Run

Fitness Run 8th Grade students Zander Endress and Keegan Buss participate in the Hoosier Run as their partners Mitchell Brinkmeier and Braden Diddens count.



## Students at participate in a fitness run.

Fitness Run 8th Grade students Jayden Lincicum, Alayna Palmer, and Abby Ditsworth participate in the Hoosier Run as Bryanna Euler, Jenna Robinson, Sydney Monks, and Yuni Hinojosa count for their partners



## PC science class dissects insects

PC Science Pearl City High School Student Paige Fuchs dissects a grasshopper

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Stockton: 133 W. Front Ave., Stockton, IL 61085 · (815) 947-3366

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# Autumn Joys of Gardening to feature Fall Tablescape

STATELINE — Fall Tablescape will be the theme of the annual Autumn Joys of Gardening program hosted by the University of Illinois Extension. Every fall this event features fact filled information combined with fun make and take projects. This year is no exception, with fun ways to incorporate fall botanicals in your table decorations.

Autumn Joys of Gardening will be held on Saturday, October 17, at the Freeport Public Library, 100 E. Douglas Street, Freeport. The program will begin at 9 a.m. and conclude by Noon. Registration cost is \$25 to cover project materials, and coffee and tea.

To lead off the day Candice Miller, U of I Extension Horticulture Educator, will

present the principles of good floral design, and then lead a hands-on workshop with participants to create their own one of a kind, fall arrangement. She will then demonstrate how to transform the fall arrangement into a festive winter/holiday arrangement. Participants will make their own fall arrangement; we will be working with fresh botanicals.

Master Gardener Cindy Bielefeldt's presentation will round out the program by sharing a variety of table decorating ideas for fall, giving participants pointers on how to make these projects at home. She will then demonstrate how to make a decorative silverware holder and a fall candle holder, participants will be given the opportunity to make these two projects to

take home with them.

To register for Autumn Joys of Gardening visit [web.extension.illinois.edu/jsw](http://web.extension.illinois.edu/jsw) or call the U of I Extension at (815) 235-4125. Registration cost is \$25 and includes coffee, tea, handouts and the make-and-take projects. Advanced registration is required and is limited to the first 30 participants.

## Healthy Living with chronic obstructive pulmonary disease

STATELINE-According to the Centers for Disease Control and Prevention National Center for Health Statistics report, chronic obstructive pulmonary disease, COPD,

is the third leading cause of death in America.

COPD is a progressive lung disease that makes it difficult to breathe by limiting airflow due to either a loss

of elasticity and/or inflamed damaged or clogged airways. If you haven't heard of COPD before, perhaps that is because COPD is a general term which includes conditions such as chronic bronchitis and emphysema. COPD is a disease that affects both middle-aged men and women, and although there is no cure, proper treatment along with good nutrition can slow its progression.

If you have COPD you may have little appetite or feel too tired to eat or prepare meals.

Therefore planning what and when you will eat is important to ensure your body will receive the nutrients needed to help you stay energized while staying healthy.

Join University of Illinois Extension's Nutrition and Wellness Educator, Diane Reinhold, and the YMCA of Northwest Illinois for a workshop specifically designed to help participants meet the dietary challenges faced by those living with COPD. The Healthy Living with COPD workshop will offer

### • REAL ESTATE •

IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT STEPHENSON COUNTY, ILLINOIS WILMINGTON SAVINGS FUND SOCIETY, FSB D/B/A CHRISTIANA TRUST AS TRUSTEE FOR HLSS MORTGAGE MASTER TRUST FOR THE BENEFIT OF THE HOLDERS OF THE SERIES 2014-4 CERTIFICATES ISSUED BY THE HLSS MORTGAGE MASTER TRUST

Plaintiff,

-v.-  
JEFFREY M. MARSH, et al  
Defendants

15 CH 00030

#### NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on June 9, 2015, an agent for The Judicial Sales Corporation, will at 1:00 PM on October 20, 2015, at the Stephenson County Courthouse, 15 N. Galena Ave. (West Door), FREEPORT, IL 61032, sell at public auction to the highest bidder, as set forth below, the following described real estate:

Commonly known as 2119 REVERE STREET, FREEPORT, IL 61032 Property Index No. 18-13-35-131-007. The real estate is improved with a residence. Sale terms: 25% down of the highest bid by certified funds at the close of the sale payable to The Judicial Sales Corporation. No third party checks will be accepted. The balance, including the judicial sale fee for Abandoned Residential Property Municipality Relief Fund, which is calculated on residential real estate at the rate of \$1 for each \$1,000 or fraction thereof of the amount paid by the purchaser not to exceed \$300, in certified funds or wire transfer, is due within twenty-four (24) hours. No fee shall be paid by the mortgagee acquiring the residential real estate pursuant to its credit bid at the sale or by any mortgagee, judgment creditor, or other lienor acquiring the residential real estate whose rights in and to the residential real estate arose prior to the sale. The subject property is subject to general real estate taxes, special assessments, or special taxes levied against said real estate and is offered for sale without any representation as to quality or quantity of title and without recourse to Plaintiff and in "AS IS" condition. The sale is further subject to confirmation by the court. Upon payment in full of the amount bid, the purchaser will receive a Certificate of Sale that will entitle the purchaser to a

deed to the real estate after confirmation of the sale. The property will NOT be open for inspection and plaintiff makes no representation as to the condition of the property. Prospective bidders are admonished to check the court file to verify all information. If this property is a condominium unit, the purchaser of the unit at the foreclosure sale, other than a mortgagee, shall pay the assessments and the legal fees required by The Condominium Property Act, 765 ILCS 605/9(g)(1) and (g)(4). If this property is a condominium unit which is part of a common interest community, the purchaser of the unit at the foreclosure sale other than a mortgagee shall pay the assessments required by The Condominium Property Act, 765 ILCS 605/18.5(g-1). IF YOU ARE THE MORTGAGOR (HOME-OWNER), YOU HAVE THE RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER ENTRY OF AN ORDER OF POSSESSION, IN ACCORDANCE WITH SECTION 15-1701(C) OF THE ILLINOIS MORTGAGE FORECLOSURE LAW. You will need a photo identification issued by a government agency (driver's license, passport, etc.) in order to gain entry into our building and the foreclosure sale room in Cook County and the same identification for sales held at other county venues where The Judicial Sales Corporation conducts foreclosure sales. For information, examine the court file or contact Plaintiff's attorney: CODILIS & ASSOCIATES, P.C., 15W030 NORTH FRONTAGE ROAD, SUITE 100, BURR RIDGE, IL 60527, (630) 794-9876 Please refer to file number 14-15-03328. THE JUDICIAL SALES CORPORATION One South Wacker Drive, 24th Floor, Chicago, IL 60606-4650 (312) 236-SALE You can also visit The Judicial Sales Corporation at [www.tjsc.com](http://www.tjsc.com) for a 7 day status report of pending sales. CODILIS & ASSOCIATES, P.C. 15W030 NORTH FRONTAGE ROAD, SUITE 100 BURR RIDGE, IL 60527 (630) 794-5300 Attorney File No. 14-15-03328 Attorney ARDC No. 00468002 Case Number: 15 CH 00030 TJSC#: 35-9175 NOTE: Pursuant to the Fair Debt Collection Practices Act, you are advised that Plaintiff's attorney is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.

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(Published in The Shopper's Guide  
Sept. 16, 23 & 30, 2015)  
218356

## Preventing and Living with Osteoporosis

STATELINE — Did you know that as you age, you are slowing losing more bone than you making? That is because as we age, our bod-

ies are continually removing old bone and replacing it with new bone. Unfortunately as we age, our bodies become less effective at

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doing this and osteoporosis occurs. Osteoporosis causes bones to become weakened and brittle. Weakened bones are more susceptible to fractures - from even the mildest stresses, such as bending over or coughing.

Findings published in August of 2015, by the Centers for Disease Control and Prevention's National Center for Health Statistics reported sixteen point two percent of adults have osteoporosis. Both men and women of all races are affected by osteoporosis however post-menopausal women, of European heritage, are at greater risk for developing this bone disorder.

If you have osteoporosis or want to reduce your risk of developing osteoporosis join University of Illinois Extension's Nutrition and Wellness Educator, Diane Reinhold, and the YMCA of Northwest Illinois for an hour long workshop titled What You Need to Know about Osteoporosis. This workshop will offer an understanding of how osteoporosis develops and what lifestyle changes you can make to reduce your risk of developing osteoporosis. Diane will explain the role diet plays in helping to maintain your bone health.

What You Need to Know about Osteoporosis will be held at the YMCA of Northwest Illinois, 2998 W. Pearl City Road, Freeport, on Wednesday, September 30 from 11:30 a.m. - 12:30 p.m. The cost for this program is \$5; you can register by calling the U of I Extension at 815-235-4125 or on-line at <http://web.extension.illinois.edu/jsw/>.

# The five best healthy fats for your body

**STOCKTON** — Are you afraid of fats? If so, you're not alone. Fat in foods has been criticized in America for the past few decades, as low-fat and non-fat foods became the norm, and we were told that a low-fat diet would help us get the body we want. In fact, it's one of the biggest nutrition lies that the public's been told. In other parts of the world, fat has always been welcome at the table. In the U.S.? We're only now realizing the truth: Not all fats are created equally. Our bodies need fat — more specifically, they need healthy fats.

## How Did We Get Here?

How did fats get on the naughty list to begin with? Post-World War II, research began emerging that seemed to link foods with saturated fats, like eggs and red meat, to coronary heart disease. By the 1960s, the American Heart Association had recommended that people reduce their fat intake, and in 1976, the U.S. Senate held a series of committee meetings, "Diet Related to Killer Diseases," on the topic. Subsequent food guidelines advocated for eating less saturated fat and more carbohydrates. The war on fat had begun. While the guidelines advocated for more carbs in the form of fruits, vegetables and whole grains, what the average American understood was that carbs — any kind of carbs — were good (even refined carbohydrates!) while fat was bad. The food industry pounced: High-carb, low-fat foods became the norm. Grocery store shelves and refrigerators were soon lined with low- and no-fat items that were packed with sugar — because without any natural fat, a lot of favorite foods just didn't taste good anymore.

Not coincidentally, both a sugar addiction as well as an obesity epidemic in America began soon after low-fat diets became the standard recommendation. The problem? None of the studies actually linked high-fat diets to heart disease. The science just wasn't there. In fact,



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numerous studies have since debunked the myth. It's been proved there is no evidence that dietary saturated fat increases a person's risk for coronary heart disease or cardiovascular disease.

Additionally, a seven-year study of more than 48,000 women showed that low-fat diets doesn't lead to more weight loss or less disease. And yet another study found that, when subjects ate a Mediterranean diet, low-fat diet or low-carb diet, those following a high-fat, low-carb meal plan not only lost the most weight, but also drastically reduced their bad cholesterol levels. It turns out: Healthy fats can be good!

## The 5 Best Healthy Fats for Your Body

Not all fats are created equal, but the ones below pack a lot of punch. From lowering bad cholesterol and helping shed excess weight to giving you shiny hair and healthy nails, your body will reap the benefits of these healthy fats.

### 1. Avocados

The benefits of avocados are so numerous that they're one of the healthiest fruits you can consume. They're rich in monounsaturated fats, which raise levels of good cholesterol while lowering the bad — talk about a double-whammy. Avocados are also packed with the benefits of vitamin E, which help prevent free radical damage, boosts immunity and acts as an anti-aging nutrient for your skin. Plus, it's chock-full of healthy protein; in fact, it has more than any other fruit. For pregnant women, avocado is also one of the great folate foods, as this vitamin can help reduce the risk of birth defects. Get more avocados in your diet. Or use it to cook with by adding avocado oil into your kitchen. It has a mild taste

that won't overpower dishes the way other oils might. Its high smoke point of about 520 degrees means that it's suitable for grilling or frying. And because it isn't solid at room temperature, it's a tasty choice to drizzle on salads, sandwiches or veggies.

### 2. Butter

We're all familiar with "butter-like" substances; margarine, I Can't Believe It's Not Butter and all those other "vegetable oil spreads" found in stores. But real butter — preferably raw or from grass-fed, organic sources — is what you should reach for. Another victim of the war on fat, butter's experiencing a comeback as a healthy fat as the benefits of butter become more widely known. The omega-6 and omega-3 fatty acids found in butter help your brain function properly and improve skin health. More importantly, these two fatty acids are considered essential, meaning the body needs them but can't produce them on its own; they must be derived from food sources. Butter's also rich in fat-soluble vitamins and trace minerals, including beneficial selenium, a powerful antioxidant. Because of its low burning temperature — about 250 degrees Fahrenheit — butter is not great for cooking at high temperatures. To use it at high temperatures safely, butter must be emulsified by melting the butter over low heat until the milk and butterfat separate, and then pouring out the milk solids. Since much of butter's decadent taste comes from the milk solids, however, the downside of emulsifying is that the taste just isn't the same. If you want to save yourself the trouble and still get that buttery flavor, instead use butter in baked goods and spread on fresh-baked bread (including gluten-free varieties) or add a spoonful to roasted veggies.

### 3. Coconut Oil

One of my favorite oils because of its numerous benefits — did you know you can use coconut oil on your skin and coconut oil for your hair

— the benefits of coconut oil are many. It's rich in medium-chain fatty acids, which are easy for your body to digest, not readily stored by the body as fat and small in size, allowing them to infuse cells with energy almost immediately. These fatty acids also improve brain and memory function. Plus, the high amount of natural saturated fats in coconut oil mean that it increases good cholesterol and promotes heart health, while the antioxidants found in coconut oil make it an effective anti-inflammatory food and help reduce arthritis. Adding coconut oil to your diet is easy; I love using it for cooking and baking, or even applying it directly on my skin. Beware that when cooking directly with coconut oil, the flavor can be a bit overpowering for some. If that's the case, try using less of it. It's also important to note that, at room temperature, coconut oil is solid, so it's not the best choice when you need a healthy fat in liquid form, like as a salad dressing. When choosing a coconut oil, I recommend extra virgin varieties, as refined or processed coconut oils can eliminate many of the health benefits, the refined oils work well for sautéing due to its high smoke point.

**4. Extra Virgin Olive Oil**  
Olive oil benefits are so profound that any diet should include it. First, extra virgin olive oil (EVOO) is great for heart health. In fact, a 2013 study found that when people supplemented a Mediterranean diet with extra virgin olive oil, it reduced the incidence of heart attack or dying of heart disease, probably due to its high levels of monounsaturated fats. The high amount of antioxidants in EVOO means it protects your cells from damage. It also helps improve memory and cognitive function, and works as an anti-inflammatory. Since so much disease stems from chronic inflammation, this is a biggie! Unfortunately, buying this healthy fat isn't as easy as just grabbing the first bottle you see. First, note that I recommend only extra virgin varieties of the oil. This means no chemicals are involved when the oil is refined. Unfortunately, many common brands are fake olive oil! A 2011 study by UC Davis found that many top-selling brands failed the standards for extra virgin olive oils; lawsuits against olive oil companies have followed suit. Some tips for recognizing

**See FATS, Page 23**

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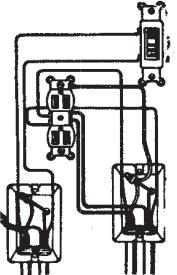
 

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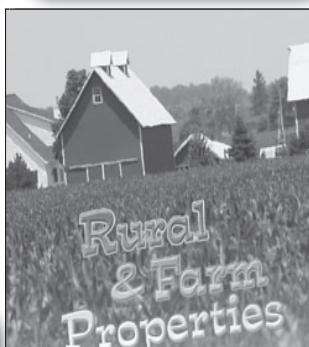
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**FATS**

Continued from page 17

real EVOO are to beware of any brand that costs less than \$10 a liter; look for a seal from the International Olive Oil Council; check the harvesting date on the label; if it's labeled as "light," "pure" or a "blend," it isn't virgin quality; and finally, opt for dark bottles, as they protect the oil from oxidation. EVOO isn't recommended for cooking at high temperatures because of its low smoke point, but it's terrific for making salad dressings or drizzling over breads or cooked foods.

**5. Omega-3s**

Why are omega-3 fatty acids considered essential? Because the body isn't capable of producing them on its own. Therefore, we must rely on omega-3 foods in our diet to supply these extremely beneficial compounds. There are actually three different types of "ome-

ga-3s": ALA (alpha-linolenic acid), DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). The preferred sources of omega-3s are DHA and EPA, the kinds found in seafood sources like nutritious salmon and sardines. ALA, on the other hand, is found in some plant foods, including certain nuts and seeds, as well as high-quality cuts of meat like grass-fed beef. The human body is able to turn ALA into usable DHA and EPA to some degree, but this isn't as efficient as getting DHA and EPA directly from food sources that provide it. Even after extensive research, it's not totally clear how well ALA converts into EPA and DHA or if it has benefits on its own, but health authorities, like those at Harvard Medical School, still consider all sources of omega-3s crucial in the

diet.

Historically, we've seen that populations that consume the most omega-3 foods, like people in Okinawa, Japan, live longer and healthier lives than people who eat a standard diet low in omega-3s. The best omega-3 nuts to consume are walnuts while seeds with the most significant omega-3 nutrition include chia seeds and flaxseeds. Many vegetables, especially green leafy ones, are good sources of ALAs. Some of the vegetables highest in omega-3s include Brussels sprouts, kale, spinach and watercress. Because there is such debate over waters being contaminated with toxins and pollutants like mercury, many people find it hard to get enough omega-3s from eating fish, nuts, seeds and veggies only. This is one reason why some people prefer supplementing with

fish oil in addition to eating some omega-3 foods.

The difference between "fish oil" and "cod oil" can be confusing. Fish oil is a great source of omega-3 fatty acids EPA and DHA, but it doesn't have much vitamin A or D. On the other hand, cod liver oil is lower in omega-3s but very high in vitamins A and D. So, when it comes to getting enough omega-3s into your diet, I recommend eating

## Plant garlic this fall for next summer

**STATELINE** — With soil freezing in the next couple of weeks, now is the time to get garlic planted.

"Garlic requires a long growing season and it's necessary to plant it in the fall in order to harvest it in June," states Grant McCarty, local foods and small farms educator. "Many people forget about planting it and then it is too late when the soil freezes."

Garlic comes in softneck and hardneck types. "You want the hardneck type as it performs better for our climate. Some hardneck varieties are Carpathian, Spanish Roja, and Music. Vegetable growers in the area may have additional varieties they may sell you."

Garlic sold in grocery stores should not be planted. "These are commonly softneck types

and you also do not know the variety that it is," McCarty continues. "While you may still have a garlic bulb develop, it will not perform as well as it would if it was hardneck."

Garlic cloves should be planted at a depth double the size of the clove. Plant the clove in the same direction as it comes in the bulb with 5-6 inches between cloves in a row. "You need to mulch the garlic with 6 inches or more of straw. This will protect the garlic as it grows and the stems will come through the straw in the spring."

Grant McCarty is an educator with University of Illinois Extension. For more information about upcoming programming related to local foods and small farms, visit <http://web.extension.illinois.edu/jsw> or call 815-986-4357.

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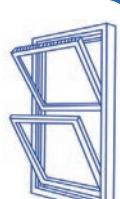
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**Jo Daviess  
County 4-H'er  
recipient of  
2015 'Youth  
in Ag' award**

APPLE RIVER — WCCI radio presented Veronica Moote, of Apple River, IL, with the 2015 "Youth in Ag" award. Veronica, the daughter of Kevin Moote & Lori Steitz, was presented with a belt buckle during the Jo Daviess County 4-H Fair livestock auction. According to Brian Reusch, Station Manager at WCCI, "The Brownfield Network, America's leading voice in agricultural broadcasting, originated the award in 2010 as a way to acknowledge the hard work, dedication, and contribution to agriculture by young people in the state of Illinois."

Veronica has been a very active 4-H'er for the past 9 years. She served as a Rabbit Superintendent during this year's 4-H Fair and has led rabbit clinics for younger youth. Veronica also exhibits horses, dairy and meat goats, beef cattle, and rabbits. She is a member of the 4-H Federation and served as President of the 21st Century 4-H club.

Veronica is a 2015 graduate from Warren High School and will be studying at the University of Wisconsin-Platteville this fall. Veronica would like to continue working with her animals and is considering majoring in an agriculture related area because of all the skills, knowledge, and leadership experiences she has gained through her 4-H career. Living on the farm and taking care of her animals has been a major part of her life growing up.

### **A little levity to lighten your day**

LAUGH — Phil was sitting reading his paper when his wife hit him on the side of his head with a frying pan. "Why in the Hell, did you do that?" The man yelled. Barb replied, "That was for the piece of paper with the name Jenny on it that I found in your pants pocket."

Phil calmly explained, "Last week, when I was at the race track, Jenny was the name of the horse I bet on." The wife apologized and went on with the housework. Three days later, Phil is watching TV when Barb hits him on the right side of his head with the same frying pan. "Why in God's world, did you hit me this time?" Phil demanded. Barb answered, "Your horse just phoned!"

