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MEMBER FDIC

VOLUME 82, NUMBER 37

September 16, 2015

Blackhawks' trail leads through possible post-season foes

By Chris Johnson
Reporter

POLO — For the Stockton Blackhawks the loss to the State ranked and conference leading Polo Marcos on Friday night, Sept. 11, 48-8, could only be remembered for a weekend.

At kick-off, with stadiums pausing to pay tribute and reflect on the victims lost during the attacks in 2001, six teams from the NUIC found themselves ranked on the State of Illinois' top ten list.

Teams often in this situation, must play each other before the nine game regular season schedule expires and on Friday night, Stockton ran into Polo.

In the NUIC, there is a good chance if you lose the first time around, during your regular season get together and still make it into the post-season, there is a good chance you will be able to exact revenge in the post season.

The loss for Stockton drops them into a tie for second with Milledgeville with identical 2-1 marks.

Stockton's offense could not move the ball against Polo.

Polo is experienced and strong at the positions that control the flow of the game, with a lot of talent in the front seven. The size advantage often allows the running game access to complete control of their arsenal.

Durand Head Coach Dennis Schwab said his team just couldn't handle Polo when they faced off just the week before.

"When we prepared for Polo, we knew they would be really good. They won a couple playoff games last year and they got a lot of talent back. Along with that, their frosh/soph team was loaded. We battled injuries, that didn't help, but we just couldn't keep up with them."

The Marcos are playoff-ready



Tracy Siegner photo

Stockton Coach Christopher Thornton gathers his squads for a last minute strategy consult before the beginning of Friday's game against Polo

and conference tested and have scored 159 points in three games this season.

Stockton has scored just one point less. The Blackhawks defense has given up almost 25

points a game, whereas the Marcos boast a record among the best in the State, allowing under three points a game.

Polo moved to 3-0 with the win, as the Blackhawks dropped

to 2-1.

The road will be tested this Friday night as Stockton takes on a familiar foe, one who they often shared opening night celebrations with, the Durand Bull-

dogs.

An upset of the Aquin Bulldogs on Friday night, 13-7, by Durand, put them just one game behind Stockton, chasing Polo in the NUIC Upstate.

Grant-Washburne committee publishes Civil War booklet

Tony Carton
Editor

JO DAVIESS COUNTY — On August 22 the city of Galena held a reenactment of the scene 150 years ago when General U.S. Grant and family returned to and was presented a home in Galena.

That date also marked the publication of a 60-page booklet entitled "News from the War 1861-1865." The booklet is compiled under the direction of the Grant-Washburne Interpretive Center Committee and covers the day to day events

of General U.S. Grant and the soldiers of Jo Daviess County during the American Civil War.

During the past five years the committee submitted monthly installments to local newspapers. These are featured in the booklet as well as numerous other Civil War facts. Pages are devoted to Building Breastworks, Prison of War experi-

ences, A Congratulatory Order to the Ninety-Sixth Regiment and the song, "Just before the Battle, Mother." Also highlighted is Henry H. Taylor, of Guilford Township, Jo Daviess County, Illinois who is the only Medal of Honor Recipient in the Civil War.

The idea and goal of this booklet was to bring all of

Galena and Jo Daviess County's brave soldiers and statesmen together in one place with the sole purpose of honoring their heroics and educating future generations about the huge role a small community played in the biggest conflict on our own soil.

See BOOKLET, Page 16

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FFA alumni to hold pork chop dinner fundraiser

STOCKTON — The Stockton FFA alumni will hold its sixth annual pork chop dinner drive-through fundraiser on Wednesday, September 16 in the Stockton High School parking lot. The meal, which will be packaged for carry-out, will include one or two pork chops, potato salad, apple sauce, and a dinner roll. Ticket costs are \$8 for a 1 Pork Chop Dinner and \$10 for a 2 Pork Chop Dinner. Tickets should be purchased in advance as there will be a limited

number of meals available the day of the event. All tickets may be obtained by contacting a Stockton FFA Alumni Member or Rick Duchow via e-mail rduchow@frontier.com. Tickets will also be sold at all home Football and Volleyball events up until the date of the dinner. The Stockton FFA Alumni would like to take this opportunity to thank the Stockton Community for the continued support of agriculture education and the FFA.

Stockton High School schedules its 2015 Homecoming activities

STOCKTON — Stockton High School is organizing their 29015 Homecoming Parade Thursday, September 24 with set up starting at 5 p.m. The rain date is set for Friday, September 25. If you have any interest in having a float in the parade, please contact the high school or a student council member for an entry form. The homecoming theme this year is Board Game, so please try to incorporate the theme into your float. If you have any questions, feel free to call Stockton High School at 815.947.3323.

Other scheduled homecoming events include: Powder Puff, September 20, 1-3 p.m., the Homecoming game against Pecatonica at 6 p.m. September 25 and the Homecoming Dance from 8-10:30 p.m. September 26.

Jo Daviess County Health Department Immunization Clinic schedule for September

JO DAVIESS COUNTY — The Jo Daviess County Health Department Immunization Clinic will offer vaccination services on Tuesday, September 29, 1 p.m. - 4:30 p.m.

There is a charge of \$13.00 per clinic visit per client that covers RN review of immunization records, assessment of client's health prior to vaccination, education on individual vaccinations, answering of questions and official documentation of vaccines received. In addition a \$7 fee per vaccine is charged.

The department provides vaccines for children and adults who meet the eligibility

requirements through the Vaccines for Children (VFC) or Vaccine for Adults (VFA) Programs. These immunizations are given at scheduled monthly clinics or by appointment.

If a parent is unable to accompany a child, the parent must complete a parental consent form for immunizations. The form can be found at the website: www.jodaviess.org. Print and complete the form and

See SCHEDULE, Page 10

Warren Women's Club to host September meeting

WARREN — Sadly, summer is almost over; hope everyone has had a beautiful one. So welcome back.

Here is what is going on for our first meeting September 22 at noon. This is our Potluck Luncheon and everyone is expected to bring a dish to pass; also please bring a place setting with silverware and a cup or glass for drinking.

We will have three guest speakers Mayor Wayne Raisback, Shawn Teske, and Sandra Worfram. This will be a first for the club. Hope to see everyone at the meeting.

Happy 90th Birthday Melva Law!



Come Join us to celebrate her Birthday at the Stockton Park House, Sept. 27 from 1-4. Cake & ice cream will be provided -Omit gifts-

217809

A special thank you and huge hugs to our kids and grandkids for making great efforts to make our 50th anniversary such a special day. We also send a huge thank you to everyone who sent cards, gave gifts or came to share time with us. We Greatly appreciated every gesture of kindness.

A heartfelt thanks to all Ron and Rita Magee



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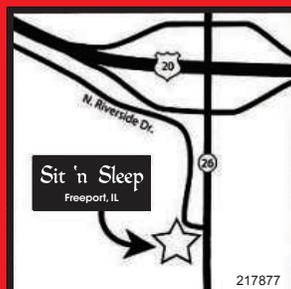
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MOVIES at MAME'S

A look at *The Departed* - 2006, Martin Scorsese

HONG KONG — Scorsese's remake of the Chinese film *Infernal Affairs* delves into the criminal underworld of Boston with Frank Costello (Jack Nicholson) as the Lord of all he sees. Costello rules Boston and no one crosses him and lives to tell the tale. With Mr. French (Ray Winstone) and Fitz (David O'Hara) as his muscle, Costello runs everything from cocaine to whores to numbers with no opposition. The Boston Police Department has been investigating Costello for years and trying fruitlessly to nail him on something. Their under-



cover department can find nothing until they send in new recruit, Billy Costigan (Leonardo DiCaprio). Billy is idealistic & driven, but comes from South Boston, long known for its criminal activity and disregard for the law, which makes Billy the perfect double agent. His ties to South Boston give him the street credentials he needs to join ranks under Costello as one of Costello's thugs. His only ally in his crusade to bring Costello down is his superior officer, Sargeant Queenan (Martin Sheen), who is only one of three people that know Billy is actually a cop. Queenan and Costigan suspect that there is a mole in the Bos-

ton Police Department that has been feeding Costello information that allows him to stay one step ahead of the law. It's Billy's job to find that mole. Colin Sullivan is a bright star on the rise with the Boston P.D. He comes from a good neighborhood, a good family, and is a hard worker. His one task after he is appointed the leader of the Special Investigations Unit is to bring Costello down. Colin, however, knows Costello personally. He was taken under Costello's wing when he, Colin, was just a boy. He knows just what Costello has done, and what he's capable of. But he feels a loyalty to Costello for caring for him when he was a child, and, since his appointment to the SIU, has been feeding Costello information about the investigation on him.

Friends, this movie is done with all the over-the-top, bloody good fun we've come to expect from Scorsese. It has an amazing soundtrack with songs running the gamut from Patsy Cline to The Rolling Stones (my personal favorites). It's a great story, full of crossing and double-crossing, and Jack Nicholson is so deliciously evil as Frank Costello that we watch to the very end

just to see him get his comeuppance. But does it actually come? Can Colin warn Costello before Billy finds out who the mole is? And what happens when Colin tells Costello his suspicions; that there is an undercover officer infiltrating Costello's empire? "The Departed" is rated R (Under 17 requires accompanying parent or adult guardian).

Around the Northern Hills with Jo Daviess County Farm Bureau Manager

STATELINE — Get to Know Your Policy: Soil Conservation



ANNETTE MCLANE

With harvest just around the corner, farmers need to be mindful of soil conservation. Our members try their best to implement practices to address soil erosion, sediment control and water quality, but we must strive to do better. What more can we add to our practice that will accomplish our goals? What assistance do we need?

Now is the time to review the organization's policy and provide feedback. Your Illinois Farm Bureau policy 36, Soil Conservation, provides you with the information that IFB uses to guide our involvement.

We support:

Soil conservation programs using education, voluntary compliance, financial incentives and other non-punitive

means to encourage compliance. Increasing funding and technical support for various state and federal programs to assist farmers, landowners, and drainage districts in controlling erosion and runoff.

Including funding for technical assistance in the overall costs to implement government programs addressing natural resource or environmental issues.

Public/private partnerships to provide consumer education programs on conservation programs.

You can review the entire policy by visiting www.ilfb.org.

You'll sleep better at night knowing that if the worst should happen, your family will be covered.

Farm Fun Fact: September is National Honey Month.

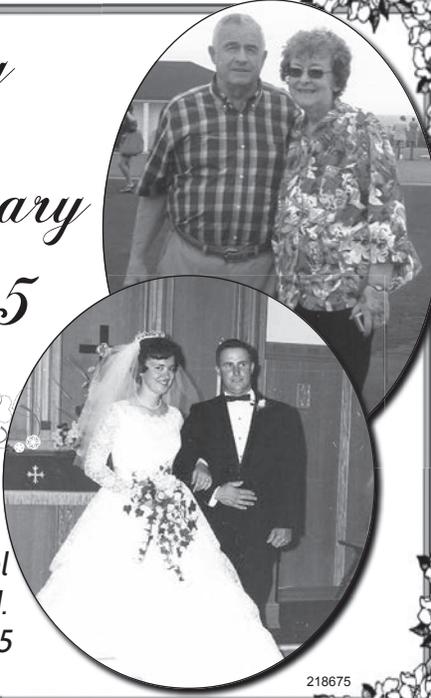
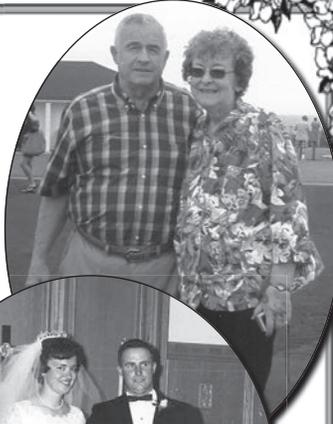


Photo submitted

Cavity Free Kid

The Cavity Free Kid for July is five year old Evelyn Craft of Stockton

*Happy
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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 Illinoisians 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 21st, 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 27th, 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 healthcare 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.

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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HCC Foundation seeks distinguished alums

FREEPORT — 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

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 orfoundation@highland.edu. The nomination form is also located at www.highland.edu/foundation.

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 happen to beautiful?" The husband replied, "The drugs are wearing off."

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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 as well as listed in the Galena Gazette,

The Scoop and Village Voices.

As a Northwest Illinois Daily Drawing donor, you support the: Caring Community of Elizabeth, East Dubuque Music Boosters, Eastland Athletic Boosters, Galena ARC, Galena Music Boosters, Pearl City Athletic Boosters, River

See FUNDRAISER, Page 8

Red Cross encourages eligible donors to give during National Preparedness Month

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

National Preparedness Month this September.

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 or call 1-800-2767. For information on planning for emergencies

and preparedness training, visit 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 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.

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 Shawnea Ramer, North Dakota, and paternal great grandparents are Bill and Gayle Jingle of Freeport IL.

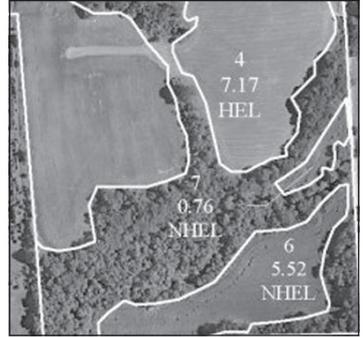


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FROM LENA'S KITCHEN



The not so skinny cook

Fall is here—we had great fall weather this past week-end. 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 week-end a success. I heard great things about the pork chop on a steak; they were huge and moist. Where else but in small town America 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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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
 3/4 C. shredded pepper Jack cheese, divided
 1/2 C. plain Greek yogurt
 2 T. chopped cilantro
 1 t. ground cumin
 1 t. chili powder
 1/2 t. ground coriander
 1/2 t. salt
 1/2 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 1/2 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, 1/2 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 1/4 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

1/2 C. sugar
 1 T. lemon juice
 1/4 t. cinnamon
 Dash of salt

Topping:

1 C. Bisquick
 1/4 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 juic-

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 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.

Area resident named Country Financial® Representative

STOCKTON — Sarah Heller of Stockton has been named a financial representative for Country Financial®.

Heller recently completed the organization's extensive training about the solutions Country Financial® offers to help customers become financially secure. The training also focuses on guiding customers toward successfully setting and achieving their goals.

Heller can provide customers with auto, home, life and long term care insurance, annuities, mutual funds and college education funding options. She can



Photo submitted
Sarah Heller of Stockton has been named a financial representative for Country Financial®.

also offer investment management, retirement planning and trust services provided by Country Trust Bank, which is part of Country Financial®.

Sarah resides in the rural Stockton/Warren area with her husband, Joe, and their two children, Allison and Blake. She was previously a Production Assistant for Country Financial® Representative Bill Briggs for 14 years, prior to his retirement earlier this summer.

Sarah serves customers from her Country Financial® office at 123 W. Front Ave in Stockton. The office phone number is 815-947-3293.

Home Extension, Blackhawk Unit hosts September meeting

STOCKTON — Blackhawk Unit of Home Extension will meet September 17 at 7 p.m. at the home of Shirley Oppold. Ruth Keltner will be co-hostess. The lesson on "What Oil Should I Use" will be given by Paula Gerke. Come and join us.

Autumn Home Spectacular

Open House - 1-3 p.m. Sunday



8382 Five Corners Road
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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 Orangeville 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

FREEPORT — 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@rvpublishing.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 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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CHURCH NOTES

PASTOR'S CORNER

Open your ears

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. Noth-

ing 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 condemned 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!

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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:" A Narrative from the Mouths of the Hebrew People of God.

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.

St. Paul's Lutheran 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

Willow/Kent United Methodist Churches

WILLOW/KENT — Willow/Kent UMC will worship together Sunday Sept 20 at Willow UMC at 9 a.m.

Pastor Brenda Morris will be giving the message; all are welcome and invited to hear her and enjoy the fellowship following.

Sunday School is at 10:30 a.m. studying lessons from the "Upper Room" devotional using God's Word in the Holy Bible.

Willow UMC is located about 7 miles SE of Stockton, IL on Willow Rd. For more info, please call 815-601-6742.

Food pantry Sunday at Saint Paul's in Kent

KENT — On Sunday, September 20, St. Paul's Lutheran Church in Kent will observe the Seventeenth Sunday after Pentecost at their 10 a.m. family 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 member is encouraged to bring at least one item for the Pearl City Area Food Pantry. Sherri Brown is our representative and is responsible for making sure the food pantry items are delivered to the Pearl City Methodist

Church, where the food pantry is located.

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

McConnell United Methodist Church
211 N. Hulbert Road, McConnell, IL

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, Colelaw,
Applesauce, Rolls, Dessert, Coffee, Milk
\$9.00 - Adults • \$4.00 - Children 5-10 years
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218785

Village of Lena welcomes new era with official ribbon cutting

LENA — 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.

• SCHEDULE

Continued from page 2

bring the form with the child. Parents may also stop at the Health Department in advance of the appointment and fill out the necessary forms. Previous immunization records must be

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

presented to clinic personnel for verification or child will be rescheduled for a later date.

Please call for an appointment 815-777-0263 or toll free 1-877-777-0263

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 pedestrian and vehicle traffic, establish energy efficient lighting focused on the needs of those visiting the area and create a cultural destination for residents, visitors and busi-

nesses.

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.

LEGALS

IN THE CIRCUIT COURT OF THE 15TH JUDICIAL DISTRICT JO DAVIESS COUNTY - GALENA, ILLINOIS DEUTSCHE BANK NATIONAL TRUST COMPANY, AS TRUSTEE FOR EQUIFIRST LOAN SECURITIZATION TRUST 2007-1, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2007-1 Plaintiff,

-v.-

WILLIAM D. HEIDENREICH, et al Defendant

15 CH 00001

NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN THAT PURSUANT to a Judgment of Foreclosure and Sale entered in the above cause on July 9, 2015, an agent for The Judicial Sales Corporation, will at 1:30 PM on October 13, 2015, at the office of Vincent Roth Toepfer & Leinen PC, 122 1/2 N Main St, Galena, IL 61036, sell at public auction to the highest bidder, as set forth below, the following described real estate:

LOT NUMBER FOUR (4) IN THE HESS ADDITION TO THE VILLAGE OF STOCKTON, AS SAME IS NUMBERED IN THE PLAT THEREOF RECORDED IN THE RECORDER'S OFFICE, JO DAVIESS COUNTY, ILLINOIS. SITUATED IN THE COUNTY OF JO DAVIESS IN THE STATE OF ILLINOIS.

Commonly known as 426 S. WARD STREET, STOCKTON, IL 61085 Property Index No. 43-17-001-601-00. The real estate is improved with a single family 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 (HOMEOWNER), 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 14-14-17336. 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 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. 14-14-17336 Attorney ARDC No. 00468002 Case Number: 15 CH 00001 TJSC#: 35-10424 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. I668533

(Published in The Scoop Today Sept. 9, 16 & 23, 2015)

217771

Good Shepherd Lutheran Church

LENA — Good Shepherd Lutheran Church will gather for worship on September 20, at 118 E. Mason St. Lena, IL, at 9:30 a.m. It will be Bible Sunday and all are invited to worship! Pastor Miranda Klosterboer will share the children's message and sermon and lead worship along with Karen Niemeier who will lead on the organ. Following worship, there will be a time of fellowship. All Sunday School children will gather for Sunday School Opening at 10:45 a.m. The Good Shepherd Choir will practice at 11 a.m. and in the afternoon the Chime Choir will practice at 5 p.m.

On Wednesday September 23 at 8 a.m. the Piece Corps Quilters will work together to craft quilts for Lutheran World Relief. They are in the last weeks of preparation before "God's Work, Our Hands" Sunday on September 27 in which they will display beautiful quilts throughout the Sanctuary and bless the quilts before they are sent out to those in need. They have crafted over 550 quilts already this year! They are always looking for more people to help tie quilts and sew. No previous quilting experience is necessary. Come join the fun and make a difference in the world!

The After School Program for fourth through eighth graders will meet at the Hangout downtown on Wednesday afternoon at 3:30 p.m. Each day there is worship with music and a Christian message; pizza; homework help; and lots of time for all sorts of games, challenges and play.

At 6:30 p.m. on Wednesday Confirmation seventh through ninth grade students will meet for learning, fun, prayer, and fellowship.

The Men's Group will meet on Saturday at 8:30 a.m. in the Fellowship hall for breakfast and will be doing some "God's Work, Our Hands" projects after breakfast.

The congregation of Good Shepherd Lutheran Church in Lena will head out into the community for "God's Work, Our Hands" Sunday on September 27. Brothers and sisters in Christ of all ages from Good Shepherd and any interested community members will join hands to serve together following worship on September 27. The serving teams will spread out at project sites throughout Lena. There will be serving opportunities for all ages and abilities. If you are interested in joining in this day of service as a volunteer, contact the Good Shepherd church office at 815-369-5552 so that you can be assigned to a project team.

People serve throughout their families, workplaces, community organizations, neighborhoods, and more every day. "God's Work, Our Hands" Sunday is a fun opportunity to join hands and serve shoulder to shoulder together. The teams will gather for a time of prayer, sharing, and refreshments following the day of serving.



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Freeport Community Foundation awards \$4,000.00 grant from the John M. Drogosz Youth Substance Abuse Prevention/Treatment Memorial Fund

FREEPORT — The Freeport Community Foundation Board of Directors awarded a \$4,000.00 grant from the John M. Drogosz Youth Substance Abuse Prevention/Treatment Memorial Fund to The Rosecrance Foundation at a grant reception on August 27 at Rosecrance's Griffin Williamson Campus. Grants made from this Fund are directed to non-profit organizations with educational, prevention and/or treatment of substance abuse

programs focused on helping youth ages 21 or younger in Stephenson, Jo Daviess, and Carroll Counties.

The Rosecrance Foundation will use the grant to acquire learning resources for the Rosecrance School, which is housed at the Rosecrance Griffin Williamson Campus. These resources include software that enables adolescents to prepare for their GED and four computers. This technology will enhance the students' learning

experience at the school, a vital component of the clients' treatment plan and unique among adolescent treatment centers in offering four hours of schooling daily.

Also, the Foundation will announce its fall grant awards at the Foundation's 40th Anniversary Fall Grant Reception on October 22 at the Freeport Eagles Club, 1200 West Galena

Ave., Freeport, IL. Please RSVP to the Foundation by October 9 if you plan on attending.

The Freeport Community Foundation has a 40-year history as a community-based charitable organization guided by community leaders dedicated to providing financial solutions for current and future community needs. 501(c) (3) not-for-profit organizations from Northwest

Illinois and the surrounding communities are eligible to receive funding.

For information or to apply for a Freeport Community Foundation grant, visit the web-site: www.freeportcommunityfoundation.org, or call 815.801.3035. The foundation is located at 524 West Stephenson Street, Suite 102, in Freeport, IL.



Dan Packard photo

Kiley cuts loose

River Ridge senior Konner Kiley powers downfield during Friday's game with Lena-Winslow



Photo submitted
The Freeport Community Foundation Board of Directors awarded a \$4,000.00 grant from the John M. Drogosz Youth Substance Abuse Prevention/Treatment Memorial Fund to The Rosecrance Foundation at a grant reception on August 27



HELP KEN E. VAN HORN CELEBRATE HIS B-DAY WITH A DONATION TO "SAFE HAVEN" HUMANE SOCIETY, P.O. BOX 305 ELIZABETH, ILLINOIS 61028

Pearl City Legion & Auxiliary Public Supper
Saturday
September 19, 2015
Serving 5:00 p.m. - 7:30 p.m.
at the Pearl City Legion Hall
OPEN to the Public

MENU
Swiss Steak
Potatoes
Vegetables
Salad/Roll/Butter
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Coffee/Lemonade

Adults • \$9.00
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201355

Lena Lions Fall Festival parade



Tracy Siegner photo

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



(Left) Jo Daviess County Fair Queen and Junior Miss sisters Kristen and Kaitlin Enright were chauffeured by their mom in Saturday's Lena Lions Fall Festival parade

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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



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

Lena Lions Fall Festival parade



Tracy Siegner photos
Members of the Orangeville High School Marching Band participated in Saturday's Lena Lions Fall Festival parade



(Right) Members of the Lena American Legion had the honor of leading the Lena Lions Fall Festival parade carrying the American flag



Members of the Lena-Winslow chapter of FFA rode in the parade in a bale wagon to promote their agriculture programs



Long time Lena residents and entrepreneurs Bill and Jean Engel were Grand Marshals at Saturday's Lena Lions Fall 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 30th at 2:00
Sponsored by FHN Top 50 & Midland State Bank

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♥ Physical Therapy ♥ Occupational Therapy ♥ Speech Therapy
Long Term Care ♥ Respite Care
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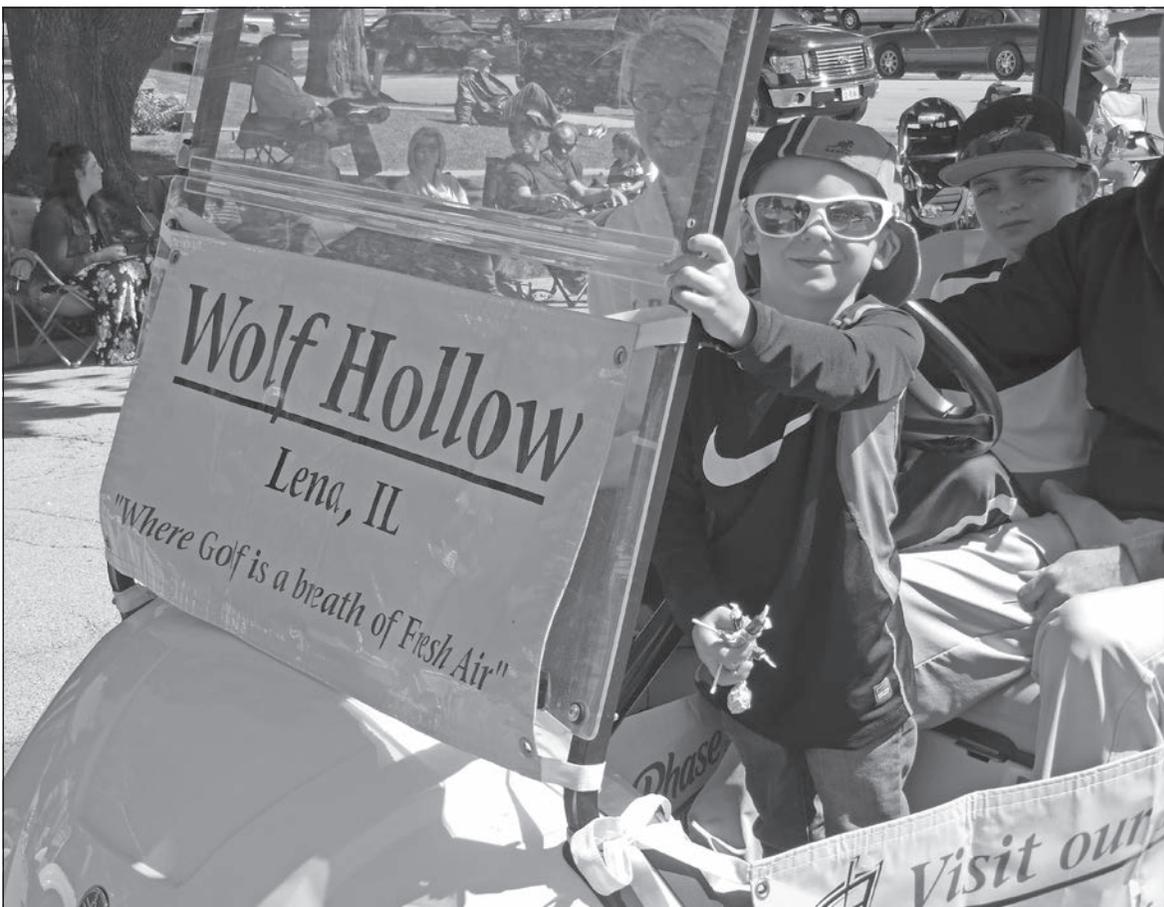
Tracy Siegner photos

The streets throughout Lena were packed Saturday with folks who had come out to see the big annual Lena Lions Fall Festival parade

Lena Lions Fall Festival parade



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



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



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



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NUIC golfers continue positioning for shot at Sectionals

By **Chris Johnson**
Reporter

LENA — Next Wednesday, Sept. 23, Lena-Winslow will tee off at Wolf Hollow in what will be one of the final multi-team conference tests, left in the 2015 regular season.

Athletes from Lena-Winslow, Stockton and Pearl City, just as other programs within the conference, continue to refine their game.

There are fewer matches left to work with and, for some, fewer chances to make a move, with the regular season quickly coming to a close.

Wins and losses are taken more seriously, now that the regular season winds down towards completion.

The Northern Illinois Upstate Conference Tournament will be held in Galena this year, with athletes beginning to tee off at 9 a.m. on Thursday, Oct. 1.

Following the conference playoffs, Regionals begin.

On Sept. 10, the Pearl City Wolves lost to Polo by 15 strokes, 185-170.

With the round played through, Polo ace Mark Llanas won Medalist honors with his round of 40. Teammate Tristin Woodin pulled down Runner-Up recognition with his 42.

Jaryd Breece was Pearl City's low finisher, rounding out the day with a 43.

Trevin Woodin of Polo and teammate Christophre Rademacher signed their cards, after rounding the turn with marks of 44.

Nathan Lott shot a 45 for Pearl City.

On Sept. 9, Eastland defeated the Wolves by four strokes.

In the win, Eastland's Collin Eubanks captured Medalist honors with a 45.

The Runner-UP honors were shared between his teammate Kaden Henze and the Pearl City Wolves' strikers, Nathan Lott and Zach Brinkmeier. All three golfers finished their day with scores of 46.

The difference for Eastland came in those immediately chasing the leaders.

Austin Poffenberger finished with a 47 and Curt Strauss carded a 49. The Wolves could only answer with Jaryd Breece's 49.

In other NUIC action, West Carroll won a triangular match with River Ridge and Freeport Aquin on Thursday, Sept. 10.

West Carroll's 169, was six strokes better than runner up River Ridge and eight strokes less than Freeport Aquin could reach.

Sean Keckler for West Carroll shot a 35, winning Medalist honors, with Tim Straight from River Ridge claiming the Runner-Up spot with his 39.

River Ridge's Carter Wild carded a 44, while his teammate Andrew Brown finished with a

45. Carson Lord shot a 47 for River Ridge.

West Carroll's Anthony Mendoza finished second best on his team with a 40.

Freeport Aquin finished with four players shooting scores between 41 and 49, good enough for their third place finish.

NUIC action continues over the

next two weeks, as teams prepare for their final chance to get to "playoff-ready" condition, with hopes of advancing deep into the post-season.

Playoff path paved through northern Illinois

By **Chris Johnson**
Reporter

HANOVER — With one third of the 2015 high school football season already completed, the road to a run through the upcoming State Tournament appears to lead through northern Illinois.

Many say that path could drive visitors towards Dakota, Forreston or even Stockton.

With a lot of the focus in the NUIC this past weekend turned towards Dakota, with Forreston, the defending Class 1A State Champion, on an undefeated roll, in town for a clash with the undefeated Dakota Indians, Lena-Winslow was momentarily overlooked.

A reminder of presence was presented on Friday night as the Panthers invaded and pounced on River Ridge 53-14 to improve to 3-0 on the season, tied for first in the NUIC.

The Dakota Indians won their game over Forreston on Friday night, 34-0, to join Lena in the "Best in the West" conversation.

The Panthers host the Galena Pirates this Friday night, Sept. 18. Galena knocked East Dubuque

out of their previous first-placed shared position on Friday, Sept. 11, 42-16.

With the loss, East Dubuque fell one game behind both Lena-Winslow and Dakota in the race for the top spot in the NUIC.

As the Panthers prepare for this Friday night's game at home against Galena, an earlier conversation with a NUIC newcomer, South Beloit Head Coach Jason Ware, helped bring in to account the depth of talent in the Route 20 Corridor.

South Beloit opened the season with the Galena Pirates.

Galena fell to Forreston in the Class 1A State Semi-finals in 2014.

Ware said his team was prepared, but, Galena was just better that night.

"Galena is big and strong. We weren't able to keep up with them, just because of their size and speed."

There is a lot of work ahead for Lena-Winslow. Even as they prepare for this Friday night's game with Galena, Conference-watchers are already looking forward to the week five show-down against the Dakota Indians.

On Friday, Sept. 11, Forreston Cardinals Head Coach Denny Diduch and his team ran into Dakota.

"This is a very talented Conference and Dakota is a very good team.

They beat us on Friday night. I think the team that just shut us out might be better than the one that won it all in 2011. They are fast and they get off the ball so low. Their pad level seemed to be six inches to a foot below ours. In football, it's known to get down. Dakota does that."

A win over Galena paired with a week five victory over Dakota and the Lena-Winslow Panthers will have already secured their position in the upcoming football playoffs.

The Pirates are 2-1 on the season, having opened the season with a win over 0-3 South Beloit before falling to Forreston in week two, 32-29.

The "rebound" win on Friday Sept. 11, over East Dubuque, 42-16, keeps Galena in the conversation for a late run at the NUIC crown, with just six games to play.

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 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 2 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.

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MEMBER FDIC



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 bodies are continually removing old bone and replacing it with new bone. Unfortunately as we age, our bodies become less effective at 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. - 12:30p.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/>.

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 an in-depth understanding of how COPD affects the body; explain the role diet plays in helping to manage COPD, and offer fun recipes.

Healthy Living with COPD will be held at YMCA of Northwest Illinois, 2998 W. Pearl City Road, Freeport, on Wednesday, September 16 from 11:30 a.m. - 1 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/>.



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REAL ESTATE

IN THE CIRCUIT COURT OF THE 15TH JUDICIAL DISTRICT JO DAVIESS COUNTY - GALENA, ILLINOIS DEUTSCHE BANK NATIONAL TRUST COMPANY, AS TRUSTEE FOR EQUI-FIRST LOAN SECURITIZATION TRUST 2007-1, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2007-1 Plaintiff, -v- WILLIAM D. HEIDENREICH, et al Defendant

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(Published in The Scoop Today Sept. 9, 16 & 23, 2015) 217773

ANTIQUES & HOUSEHOLD AUCTION

507 E. MAIN ST. • LENA, IL

THURSDAY Evening, September 17, 2015 - 4:30 P.M.

ANTIQUES & HOUSEHOLD ITEMS: lg mounted fish in aquarium & stand; (8) Northern Beaver gum ball, game & novelty vending machines; (4) joke telling machines; Elm Spring Dairy milk caps; '87 & '89 proof sets; marbles; fool's gold; Navy Exposition reissue medal; ammo; RC Cola bottle/baseball cap; Pepsi pop crate; ammo box; Indian picture; Star Wars items; Pez dispensers; sports cards; '75 All-Star game brochure; set of Rooster dishes; cookbooks; holster; Star Diamond Industries commercial rock polisher/grinder; rock collection; Kenmore stackable washer/elec. dryer; Frigidaire sm chest freezer; single bed; oak end table; plastic shelf units; LightBlast entertainment projector; lg wall projector screen; 5lb stainless sausage stuffer; 8lb sausage stuffer; Ginny's 10in1 everything oven; usual kt & household items; Hayward Comfort Zone furnace; Craftsman tool box; hand & power tools; lawn/garden tools; 11'x9.5' hex dome tent; fishing reels & tackle. **TERMS: CASH or GOOD CHECK**

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SUNDAY, September 20, 2015 - 10:00 A.M.

ANTIQUES & COLLECTIBLES: cherry? dbl bed; Art-Deco dresser & nightstand; commode; oak table boards; platform scale; Opollo drum set; yard sticks; road maps; local adv; 10K ring & locket; sterling; costume jewelry; 45rpm records incl. Elvis; HO gauge train sets; china dishes; cream pitcher collection; beer & pop mugs; cookbooks; framed baseball stamps; framed Corvette posters & ad; books: 1888 reprint of Portrait & Biographical Album of Stephenson Co.; JD Operation, Care & Repair of Farm Machinery; Ag related; Corvette; Harley Davidson; Railroads of Southern WI; Baseball; Packers; The Executioner series by Don Pendleton in paperback; Samson Windmill repro catalog #41; area town books; plat books; other assorted books; **HOUSEHOLD ITEMS:** G.E. ref/freezer; G.E. elec. stove; Maytag washing machine; G.E. 10,000 BTU window A/C; lg oak entertainment center; glider/rocker; 4-drawer file cabinet; wood porch rocker; MAG flat screen TV; Yorx stereo & speakers; CT-636 elec. keyboard; oven jerky tray; usual household & kt items. **TERMS: CASH or GOOD CHECK**

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BOOKLET

Continued from page 1

This booklet is now available to the public at the Market House and at Grant's Home which are part of the Galena State Historic Sites in Galena, IL.

The Grant-Washburne Interpretive Center Committee was formed in 1998 to explore the idea of a Grant-Washburne Interpretive Center to be constructed and located near President Grant's Home in Galena on State of Illinois property. President Grant is the only president not to have a library where interested persons can study and research his contribution and legacy in winning the Civil War, his Presidency and the unification of our great nation, The United States of America.

Efforts by the committee to secure this interpretive Center using state and federal funds continue.

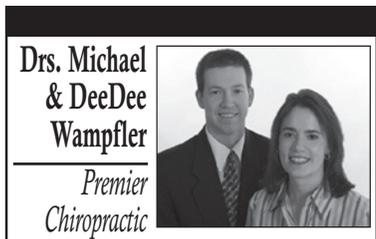
For more information on the project and how you can participate contact I. Ronald Lawfer, retired Illinois State Representative and Grant-Washburne Interpretive Center Committee member at 815.947.3474.

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,



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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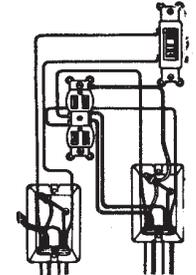
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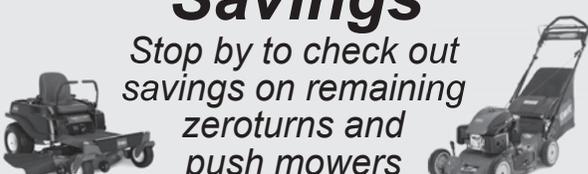
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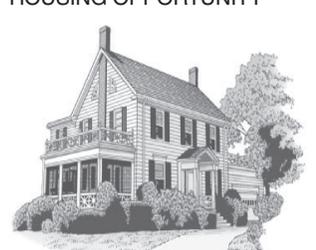
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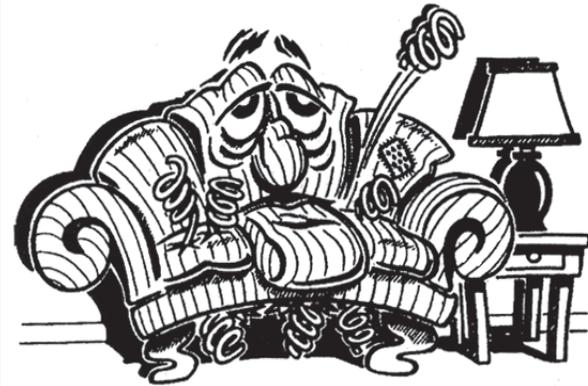
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1993 LOWE DECK w/trailer, recreational/fishing, 150 HP inboard, \$6,500, 262-492-7681

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

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

1998 15' SMOKERCRAFT w/trailer, like new, 30 HP Evinrude, trolling motor, cover, steering, \$2,500 OBO, 262-210-8080

2005 STARCRAFT 20FT DECK-BOAT 2010 Aurora, 190 hp, IO, seats 12. Low hrs, excellent cond. E. Z. Tandem trailer. \$16,500. 847-651-6298. Burlington.

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

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

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2004 ITASCA SUNRISE 34'6" Ford V-10 13136 mi., ex. con. 2 slides, loaded. must see \$59,900 608-206-1481

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2004 HARLEY DAVIDSON softtail standard. Low miles. Ex cond. \$10,000 815-275-7914

2005 TRIKE corvette rear end, 100 cu in. rev. bech engine, harley springer front end, less than 1,000 miles, 4 speed w/reverse, \$20,500 Call 815-629-2053 leave message.

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1993 H1 HUMMER diesel w/winch under 51k, 4 door, tan, \$42,000 OBO Call 262-878-2046.

2007 LEXUS RX 350 ex cond., 86k, heated leather, sunroof, full power, \$14,800 Call 815-245-5038 or 262-248-7125

2011 TOYOTA RAVE4 49,900 miles, all wheel drive, extended warranty, pristine, \$15,500 608-792-3515.

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'01 SILVER DODGE DAKOTA extended cab, 4 x 4. 1 owner. \$3,000. 815-623-6886.

1995 DODGE DAKOTA 85k mi. 3.9 V6. Prem. sound, tool box, new fuel & water pumps. \$1900. 815-289-1139.

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1995 GMC 3500 Dually 4WD, Only 80k miles, 455 gears/454 engine. \$2500. 608-751-0430.

1998 FORD RANGER 4 cyl. automatic. Driven daily. 201K miles. Good mech. condition. Some rust. \$1500 OBO. Call Rich. 847-603-1619.

1998 TAHOE LT Newer trans., new tires, 260K. \$2800 608-897-6032

2007 CHEVY SILVERADO CLASSIC LT, 2 wheel drive, 112,000 hwy miles, Kelley blue book \$7,600, \$6,000 cash OBO Call 815-218-5091 no dealers.

2008 GMC 3500 4X4 6.0 cylinder, Black regular cab, towing package,p/s,p/b, a/c, cruse. 92 K mil. \$18,500 262-749-0181.

'94 FORD F150 Standard cab, short box 351 AT, 108K mi., rust free, very nice truck 262-989-4112

TRAILER SALE! 2016 7'x16' PLUS V-NOSE, ramp & side door \$4,063.00; 6'x12' plus V-nose, ramp & side door \$2,750.00; 4'x6; cargo, ramp door \$1,566.00; 8'x20' plus V-nose 10k \$7,277.00; open ATV trailers 12' & 14'. Just in over 70 open & enclosed trailers. 515-972-4554 www.FortDodgeTrailerWorld.com (MCN)

Vans, Mini Vans

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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

plenty of omega-3 foods and also supplementing in most cases. Through a combination of both, my advice is to make sure you're getting at least 1,000 milligrams a day of EPA and 700 mg of DHA and about 4,000 milligrams of total omega-3s (ALA/EPA/DHA combined). With so many choices and benefits available, healthy fats are primed to become a staple in your diet.

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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Losing eyesight and feeling in his arm, Ron Smith remembers being thankful for his wife's leadfoot. Once he arrived at Monroe Clinic, the skilled response of the Emergency Department and Cardiology teams turned the real-life drama of Ron's heart attack into a happy ending. Today, Ron lives with an intense appreciation for life's everyday moments. Life is very, very good.

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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-Her 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!”

