

Serving the communities in Jo Daviess County

the Scoop Today

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YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, FEB. 13, 2019

JDCF presents 'Intelligent Trees'

The Jo Daviess Conservation Foundation (JDCF) invites the public to a showing of the documentary film "Intelligent Trees" on Saturday evening, March 2, at the Galena Territory owners' club, 2000 Territory Drive, Galena. The 40-minute film features German forester Peter Wohlleben, and is based on his internationally best-selling book, "The Hidden Life of Trees." After the movie, botanist, ecologist and natural area survey Randy Nyboer will provide perspective and lead a Q&A.

As every child is amazed to learn, a major part of a tree's life takes place underground, in a massive array of roots that can extend two to four times the diameter of its crown. Wohlleben and others assert that roots are more than an anchor or pipeline, but rather are the "brains of the forests."

Scientists have known for centuries that tree roots have interactions with the fungi which surround and penetrate them. In 1885, a German botanist who was trying to cultivate truffles (mushrooms are the "flowers" of fungi), coined the term mycorrhizae to describe root/fungi symbiosis. Here's what happens: the tree captures energy from the sun and supplies it to the fungus, which in turn supplies water and mineral nutrients from the soil to the tree. Fossils contain evidence of these root/fungi associations, and they are believed to exist in 95% of all plants today.

In "Intelligent Trees," Wohlleben and colleagues posit that new research indicates that these mycorrhizae – root/fungi associations – link entire communities of trees in a "wood wide web" which allows trees to support each other with food and disease-fighting nutrients. And further, they claim trees can "warn" each other of "dangers." And most amazingly (and controversially), they say trees can be selective about which other trees they

support and which they ignore — a preferential sharing and protection they say "starts to look like a family."

The film will begin at 7 p.m., and doors will open at 6. Complimentary popcorn and beer will be provided, as long as supplies last. This event is free to attend, RSVP's are not necessary, but seating may be limited, and will be first come, first served.

The Jo Daviess Conservation Foundation is a local non-profit whose mission is to preserve land for the lasting well-being of people and wildlife. JDCF owns several beautiful and unique preserves that are open to the public for hiking, wildlife viewing, and picnicking, including a new addition to the popular Horseshoe Mound Preserve. For more information about JDCF, please visit their office at 126 N Main Street, Elizabeth IL, or contact them at www.jDCF.org, or info@jDCF.org.

Stockton girls earn Regional Championship

By Trent Scheidegger
REPORTER

The Stockton Lady Blackhawks dominated the regular season. Finishing 24-4 with a 9-2 conference record that put them in second place, the Blackhawks had earned the number one seed in their regional tournament. The one seed came with the luxury of a first round bye, home court advantage, and the opportunity to face off with a well known opponent in Pearl City. These teams faced off near the end of January, in which Stockton came away with a 63-38 victory.

The Blackhawks came in feeling confident, knowing they held the upper hand over the Wolves.

Stockton put their foot on the gas pedal immediately after the tip off, and they did not let up. They jumped

out to an impressive 20-0 lead to end the first quarter and they weren't finished.

The Stockton defense was impressive throughout as they held Pearl City to just four points in the first half which allowed their offense to create some major separation. The Blackhawks would take a 35-4 lead into halftime.

The third quarter was once again dominated by Stockton as they outscored the Wolves 13-4 which would pretty much put an end to things, as it put the game out of reach.

Holding a 48-8 lead heading into the fourth, Stockton would bring in the bench as they looked to wind down the clock. The Wolves would match their total from the first three quarters, which was eight, but it was too little too late as the Blackhawks would move on with a 50-16 victory.

Tiana Timpe and Elizabeth Eisfeller were dominant offensively as Timpe finished with 13 and Eisfeller was right behind with 12 of her own. Timpe hit a trio of three pointers on the evening. Kenze Haas added nine for the Blackhawks.

Pearl City Head Coach had some nice words for the Stockton team saying "I believe they have six or seven weapons that would be stars on any other team. They're coached well, and they are in the gym a lot."

The victory allowed the Blackhawks to move onto the second round where they would face off with the four seed in Sterling Newman Central Catholic. The Blackhawks would go on to win that game by a score of 60-32 as they earned their regional championship in comfortable fashion.



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COURTESY PHOTO The Scoop Today

Blackhawks of the Month

Each month the Stockton School District recognizes its Middle School students that are going above and beyond to display the Blackhawk Way expectations. These young people have been nominated for special acts of being respectful, responsible, and safe.

Fifth Grade - Noah Larson, Sixth Grade - Dylann Broshous, Seventh Grade - Kristian Adelman, Eighth Grade - Nate McPhillips

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SONYA WILLIAMSON PHOTOS The Scoop Today

Lady Blackhawks

Stockton fans have a great night celebrating with the Lady Blackhawks.

(Right) Katie Wright will advance in the three-point contest, along with Tiana Timpe.

(Right Bottom) Stockton's Elizabeth Eisfeller goes up for another Lady Hawk two.



SONYA WILLIAMSON PHOTO The Scoop Today

Speech team

The Stockton/Warren Speech Team end their season at sectionals with Kimberlyn Raab taking a seventh place for Dramatic Interpretation and Jake VenHuizen owning a sixth place finish in Humorous Interpretation.





SONYA WILLIAMSON PHOTOS The Scoop Today/Shopper's Guide

Lady Blackhawks

These Stockton fans celebrate big time as their Lady Blackhawks reel in a big win.



The Stockton Lady Blackhawks, their fans, and parents celebrate being Number One!



Anyone can get a quidditch trophy, but the Lady Blackhawks and their fans choose to celebrate their regional trophy.

(Right) Stockton Lady Blackhawks celebrate the school's regional win.

Friends of the Pecatonica River Foundation to host pancake breakfast

The Friends of the Pecatonica River Foundation are having a Pancake Breakfast at Applebee's in Freeport. The date is Saturday Feb. 23, from 8 to 10 a.m. This is a fund raiser to support our efforts to build and maintain our 58 mile Pecatonica River Water Trail.



Stockton becomes regional champs with a big win over Sterling Newman 60-32.



Friends of the Pecatonica River Foundation schedule February meeting

The Friends of the Pecatonica River Foundation will be meeting Thursday, Feb. 21, at 6:30 p.m. at The Rafter's Restaurant & Catering, 9426 W. Wagner Road, Lena, Illinois 61048. The meeting will be held in the Cafe' Dining Room with our President, Joe Ginger presiding. Great atmosphere, great food and POPCORN too! The Friends of the Pecatonica River Foundation is a 501(c)3 Not-for-Profit organization that is dedicated to improving all 58 miles of your Pecatonica River experience. This includes access, education, wildlife habitat, log jam extrication and river clean-up for the human communities in Stephenson County. Would you like to learn more? The FPRF is available to attend your organizations meeting too!

Be sure to pick-up the all new Second Edition of the Pecatonica River post card book, which is available at our meeting for \$12. Another collector book created by Joe Ginger with autographs available at our meeting. We will be discussing our Log Jam Removal, the proposed Wes Block Landing, Atten's Landing development, seeding and more. Free Canoe & kayak trips. Come check us out.

The fun & fishing are great on your 10,000 year old river and the Wildlife viewing is even better. Our organization is a fun "hands on" group that is making great things happen. We encourage you to attend our meeting and consider becoming a member. Everyone is welcome.

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Impact of \$15 minimum wage on small businesses

By Mark Grant

NATIONAL FEDERATION OF INDEPENDENT BUSINESS

The big push early in the 101st General Assembly is to nearly double Illinois's minimum wage from \$8.25 to \$15 per hour by 2025. Raising it 80 percent over six years will have serious negative consequences for small businesses and their workers.

Supporters of the hike say we need to raise the minimum wage because you can't raise a family on \$8.25 per hour, but we think that premise is a red herring. The minimum wage is actually a starting wage. It is not and never was meant for experienced hourly workers. It's what an employer pays new inexpe-

rienced workers who are learning job skills.

When the Illinois Legislature took up a similar bill in 2017, the NFIB Research Center crunched the numbers and concluded that raising the state minimum wage to \$15 per hour would result in the loss of over 93,000 jobs over the first ten years it goes into effect. Here are some reasons why.

One, obviously, is the impact of the government dictating that employers give workers who currently earn the state minimum wage an 80 percent pay raise. According to the latest figures from the U.S. Bureau of Labor Statistics, about 18,000 people earn the state minimum wage.

Secondly, and this is very significant, employers would have little choice but to give a raise to hourly workers who earn a more than minimum wage. Starting pay here is \$8.25 an hour. Suppose you have an employee who's been on the job a few months and does a great job. Their hourly wage is, say, \$12 an hour. If the state tells you that someone with no experience must start at \$15 per hour, you'll need to pay the experienced employees a few dollars on top of that. It's government mandated inflation.

Think about the thousands of Illinois small businesses along the borders of our neighboring states that have lower minimum wages. These businesses will be forced to

raise prices and/or reduce employee hours. They will eventually lose business to their competitors just across state lines. Price is king for consumers, they'll shop next door.

Supporters also want the \$15 minimum wage to apply statewide. They are ignoring the cost of living difference between Chicago and the rest of Illinois. Our small businesses across our state, in our communities who are our neighbors, will get hit the hardest.

What's especially frustrating about all this is that economists say raising the minimum wage would have a negligible impact on working families. Supporters also claim it will help the working poor. Again University of Washington research-

ers who have studied the effects of the \$15 minimum wage in Seattle found that while low wage workers got raises, they lost hours. The study said for an average low-wage workers in Seattle, that would translate into a loss of about \$125 per month.

Illinois has seen a steady stream of taxpayers and businesses leaving over the last several years. This will undoubtedly worsen the trend. Can we afford this? Small businesses say absolutely not. If the General Assembly is serious about helping working families, it will focus less on forcing wage hikes and more on solving Illinois' debt and pension crises and creating an environment where small businesses can grow and create good paying jobs.

Senate Democrats send minimum wage bill to House

By Jerry Nowicki
CAPITOL NEWS ILLINOIS

A bill to raise Illinois' minimum wage passed the state Senate on partisan lines Thursday after Gov. J.B. Pritzker made a personal appeal to Democratic lawmakers at a private caucus prior to the vote.

Senate Bill 1 received only Democratic votes as it passed by a 39-18 margin, putting the onus on the Illinois House to get the bill to Pritzker's desk by his requested deadline of Feb. 20, when he is scheduled to give his budget address.

While no Republicans voted for the bill – and several spoke against it on the floor citing concerns about businesses leaving the state, unforeseen costs on schools and universities, and the potential for job loss for low-wage employees – Pritzker said conservative voices helped shape the legislation.

"I talked personally with several senators to make sure their ideas were incorporated. I talked with many of the interest groups that represent businesses, and Republican interests, to incorporate those into the bill," Pritzker said during a news conference in his office at which no

elected Republicans were present.

Interest groups are expected to continue to lobby for changes when the bill is heard in the House – particularly for an amendment to include a regional rollout of the minimum wage for lower rates downstate. But Rep. Will Guzzardi, a Chicago Democrat and SB1's House sponsor, said as far as he's concerned, his chamber should approve the current Senate version.

"I feel very confident that we will pass Senate Bill 1 as the Senate passed it," Guzzardi said. "I don't see the need for us to make any further changes to the legislation right here before us."

Current Details

If approved as is, the minimum wage will be phased in over six years, starting with an increase from \$8.25 to \$9.25 on Jan. 1, 2020, before increasing to \$10 on July 1, 2020, and \$11 on Jan. 1, 2021. After that, it would increase by \$1 every year until it hits \$15 in 2025.

Kimberly Lightford, a Maywood Democrat and the bill's Senate sponsor, said compromise is reflected in the six-year rollout and in a small business tax credit which won't af-

fect Chicago businesses until the wage exceeds Chicago's minimum, which is currently \$12.

The tax credit is available to businesses with fewer than 50 "full-time equivalent" employees, which means businesses that pay less than 2,000 employee hours in a one-week period.

The credit would start at 25 percent of the difference between the current minimum wage and an employee's wage in the final quarter of the previous calendar year. It would decrease by 4 percent each year until it hits 5 percent in the final two years.

Employers with 2,000 or fewer employee hours will be able to take advantage of the credit for 7 years, while employees with 200 or fewer employee hours will be able to take advantage of the credit for 8 years.

A 'Moral Issue'

Democratic senators, including Toi Hutchinson of Olympia Fields, said the vote was a moral one and \$8.25 is a poverty wage.

"In 2019, if you have ever said nobody that works full time should ever live in poverty, today is your day to do something about it."

Don't tell me what you believe in. Show me," she said.

Lightford, who has sponsored four minimum wage bills since 2010, painted the vote as a moral one too, while emphasizing that business interests were part of conversations throughout.

"The business credit is important because Democrats care about business too," she said. "A \$15 minimum wage increase actually creates economic activity. It decreases the reliance on government."

As an olive branch to the Illinois Restaurant Association, which became a proponent of the bill, a tip-credit will remain in the law. It allows employers to pay 60 percent of the minimum wage to tipped employees.

It will be accompanied by provisions to guard against wage theft, including increasing the amount that can be recovered when wages are underpaid.

A Balanced Budget?

Pritzker's office anticipated yearly increases to the state budget from \$82 million to \$270 million until the cost is about \$1.1 billion each year by the time the wage hits \$15 in 2025. This is because the bill accounts for increased appropriations by 3 to 5 percent to some human service programs and direct service providers as well as costs for state employee raises.

This increase does not account for increased demands for extra funding for nursing homes, hospitals, colleges, universities and some other state agencies and human services providers.

There is also more anticipated revenue from income taxes to help offset those costs.

Between 2020 and 2026, income tax revenues are expected to increase by varying amounts between \$20 million and \$96 million each year, even when accounting for increased income tax credits the bill would make available to businesses. By 2026, income taxes revenue will have increased by nearly \$400 million from 2019.

Despite added revenues being less than the costs, Pritzker said he will present a balanced budget on Feb. 20.

"We are going to be presenting a balanced budget that includes the cost of the minimum wage," he said, offering no further details as to how that would be accomplished.

College news

Illinois State University announces 2018 Fall Dean's List

Illinois State University proudly announces the Dean's list for the Fall 2018 Semester. Students who have completed 12 credit hours or more during the semester and have a minimum of 3.25 grade point average (GPA), based on a 4.0 scale, are included on the dean's list. Highest Honors are awarded to students with a perfect 4.0 GPA. High Honors distinction is given to students with a 5.50 to 3.99 GPA, and Honors students have earned a GPA between 3.25 and 3.49.

Highest Honors awarded to Hannah McGivney, Apple River for her perfect 4.0 GPA for Fall 2018. Hannah is the daughter of Jim and Monica McGivney.

University of Minnesota Duluth announces Fall Semester Dean's List

The University of Minnesota Duluth (UMD) has announced its Dean's List for Fall Semester 2018. Students on the Dean's List have achieved a grade point average of 3.5 or higher.

Included is Colton C Brinker of Lena, SO, College of Liberal Arts, Sociology BA.

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ON THE RECORD

Obituaries

DONALD "DUCK" RAHORN

Donald "Duck" Rahorn 64, of McConnell passed away at his home on Saturday Feb. 9, 2019 with his family by his side. He was born on March 21, 1954 to Lester and Mary (Jackson) Rahorn in Freeport, IL. He married Sandra Reusch on Dec. 18, 1982 in Orangeville, IL.



He was a member of the Orangeville Fire Department. He worked at the Old Mill feed mill in Orangeville, Barr Livestock Trucking, helped his father Lester move buildings, and at Eiserman Sawmill in Dakota until 1984. Donald was a jack of all trades, could fix anything and would do anything for anyone. He enjoyed camping, boating, and having campfires down by the river. Sandra and Donald enjoyed traveling to Hawaii and Mexico. He was

Don't let scammers steal your winter getaway

Given last week's record-breaking low temperatures, it is natural to let your mind wander to warmer places. If you are planning a winter or spring break getaway, keep an eye out for too-good-to-be-true deals and double-check your reservations by confirming your booking with the hotels, airlines and other travel service providers.

"It takes a lot of planning and preparation to book the perfect vacation, and a couple of simple safety steps can help ensure that you get what you pay for," said Lara Sutherland, Administrator for the Division of Trade and Consumer Protection. "Research travel packages that you find online by contacting the businesses represented in the deal and verifying that they are participating in the offer."

One common travel scam involves fraudsters posting too-good-to-be-true offers for vacation rentals in on-

a family man, and a loving grandpa.

He is survived by his wife Sandra of McConnell, children; Craig (Jolene) Croffoot, Tony (Tasha) Croffoot, Derek (Jennifer) Croffoot and Tamera Ellis. Grandchildren; Steven (Kelsee Taylor), Katelin, Erin, Michael, Maya, Connor, Eliza, Lillian, and Silas Croffoot, Michael, Austin, and Haley Ellis, and Destiny Lewis. Great Granddaughter; Makenna and brother David Rahorn and special friends Pat and Roger Thruman.

He was preceded in death by his parents.

A Memorial service will be held at 1 p.m. on Saturday Feb. 16, at the McConnell United Methodist Church in McConnell, on Hulbert Street.

A visitation will be from 10 a.m. until time of services at the church.

Ernest Stabenow and John Rickerts will officiate the services.

In lieu of flowers, a memorial has been established in his name.

Condolences may be sent to the family at www.leamonfh.com.

KYLE A. TUCKER

Kyle A. Tucker, 35, of Freeport, Illinois, died Sunday February 3, 2019. He was born August 17, 1983 in Freeport, the son of Hal and Cindy (Tucker), and Sharie and Tommy Hoster. He is loved by his wife, Jennifer Tucker; and two girls, Saige and Maleia Tucker.



Kyle graduated from Freeport High School and was an accomplished football, baseball and track and field athlete who won a ton of medals and awards. Kyle had many passions, none greater than his wife, kids, family and friends. Kyle also loved his work; Kyle owned and operated K&J Electric in Freeport Illinois. He also loved playing darts on Thursday nights in his dart league. Kyle was a member of the Eagles Club in Freeport.

Kyle is survived by his wife, Jennifer

LINDA RANKIN

Linda Rankin 68, of Warren passed away on Wednesday Feb. 6, 2019 at Pearl Pavilion with her family by her side. She was born on May 2, 1950 to Lane and Genevieve (Baldwin) Peter-son in Rockford, IL. She married Rich Rankin on Aug. 3, 1973. She received her Bachelor's degree from Western Illinois University and taught second grade at Stockton Elementary School for 27 years. She was a member of the Warren United Methodist Church. She enjoyed her family and spending time with all of them.



If you book travel plans with a third-party company, call the airline, hotel or other service providers to ensure that the request was sent and you have an actual reservation – not just a confirmation. If you prepaid but the service provider cannot confirm your booking, report the situation to your credit card company immediately.

Mailings, telephone calls, websites, emails or faxes may offer exotic cruises or trips to tropical parades, but they are often pitches for worthless "vacation certificates" or vouchers. These "prizes" are typically sales gimmicks to get you to make a purchase, attend a sales presentation or commit to a membership contract.

A "free" vacation offer may come with a request for payment for fees or taxes. Do not pay it. Remember that a legitimate company will not ask you to pay for a prize.

Pay for reservations by credit card

Tucker; daughters, Saige and Maleia Tucker; parents, Hal and Cindy Tucker, Sharie and Tommy Hoster of Freeport; his brother, Kory; sister, Krista; and Brittany, step-sisters, Amber and Lorain; grandparents Roger and Eileen Arand; father and mother-in law, John and Sheila Carr; step-grandmother, Shirley Hintz; nieces, Adalynn Meyer, Vada Huett and Mia Anderson; nephews, Trae Pendleton, Wyatt Anderson, Jaeden Gomez and Elijah Meyer. Also surviving are many other friends and family that he held close to his heart. Funeral services were Thursday Feb. 7, at Embury United Methodist Church.

Family member, Rev. Adam Meyer officiated. Visitation was Feb. 6, at Burke Tubbs Funeral Home. In lieu of flowers a memorial has been established in Kyle's memory. Please sign his guest book and share a memory at www.burketubbs.com

WERNER P. FRIEDRICH

Werner P. Friedrich formerly of Winslow passed away on Sunday, Feb. 3, 2019 at Glen Brook Hospital in Glenview IL. He was born on Aug. 10, 1949 to Werner and Rosie (Leibfried) Friedrich.

He is survived by many cousins. He is preceded in death by his parents.

A memorial service will be held on Saturday, Feb. 16, at 1 p.m. at Leamon Funeral Home in Lena.

Officiating will be Pastor Rick Badner

Burial will be at Lena Burial Park.

A memorial has been established in his name.

Condolences may be sent to www.leamonfh.com.

uncles.

Linda was preceded in death by her parents, step-mother Beverly Peterson, sisters; Lana Sitnek and Linda Patsche, brothers; Lane Peterson Jr and Brian Peterson.

Visitation will be at Bartell-Leamon Funeral Home in Warren on Wednesday Feb. 13, 2019 from 4 till 7 p.m. with a prayer service to follow.

Cremation rites have been accorded.

A memorial has been established in her name.

Condolences may be sent to the family at www.leamonfh.com.

BIRTH

Owen Andrew Martin



Andrew and Carly Martin are proud to announce the birth of their son Owen Andrew Martin born January 17th, 2019 weighing 6 lbs 15 oz. and measuring 19 1/2 inches.

Grandparents are Jerald & Elizabeth Martin of Lena, IL and Kevin & Cathy Kunz of Winslow, IL. Great Grandparents are Norman Kunz of Stockton, IL Charlane Kunz of Freeport, IL, the late Cletus & Phyllis Martin, the late Oscar & Joyce Tessendorf, and the late Samuel & Berniece Frey.

Key reasons to get a flu vaccine

- Flu vaccine has been shown to reduce flu illnesses, hospitalization, and even death in children.
- During the 2016–2017 season, vaccination prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 influenza-associated hospitalizations.
- Flu vaccination also is an important preventive tool for people with chronic health conditions.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.



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Portrait of the Month



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WHAT WOMEN WANT FOR VALENTINE'S DAY

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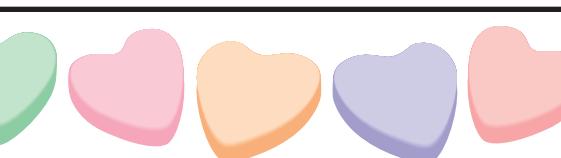
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What is the story behind Valentine's Day?

On Feb. 14, around the year 278 A.D., Valentine, a holy priest in Rome in the days of Emperor Claudius II, was executed.

Under the rule of Claudius the Cruel, Rome was involved in many unpopular and bloody campaigns. The emperor had to maintain a strong

army, but was having a difficult time getting soldiers to join his military leagues. Claudius believed that Roman men were unwilling to join the army because of their strong attachment to their wives and families.

To get rid of the problem, Claudius banned all marriages and engage-

ments in Rome. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret.

When Valentine's actions were discovered, Claudius ordered that he be put to death. Valentine was arrested and dragged before the Prefect of Rome, who condemned him to be beaten to death with clubs and to have his head cut off. The sentence was carried out on Feb. 14, on or about the year 270.

Legend also has it that while in jail, St. Valentine left a farewell note for the jailer's daughter, who had become his friend, and signed it "From Your Valentine."

For his great service, Valentine was named a saint after his death.

In truth, the exact origins and identity of St. Valentine are unclear. According to the Catholic Encyclopedia, "At least three different Saint Valentines, all of them martyrs, are mentioned in the early martyrologies under the date of 14 February." One was a priest in Rome, the second one was a bishop of Interamna (now Terni, Italy) and the third St. Valentine was a martyr in the Roman province of Africa.

Legends vary on how the martyr's name became connected with romance. The date of his death may have become mingled with the Feast of Lupercalia, a pagan festival of love. On these occasions, the names of young women were placed in a box, from which they were drawn by the men as chance directed. In 496 AD, Pope Gelasius decided to put an end to the Feast of Lupercalia, and he declared that Feb. 14 be celebrated as St Valentine's Day.

Gradually, Feb. 14 became a date for exchanging love messages, poems and simple gifts such as flowers.

JDSWCD offers Lester A. Johnson Memorial Scholarship

The Jo Daviess County Soil and Water Conservation District (SWCD) is taking applications for a \$1,000 Scholarship in the memory of Lester A. Johnson. This will be awarded to a Jo Daviess County youth who is or has graduated from a Jo Daviess County school to further his or her education beyond high school in agriculture, soil, fisheries, or a wildlife field. All completed forms must be received by March 29, 2019 to the SWCD office at 227 North Main Street, Elizabeth, IL 61028. Applications may be obtained from any of the high school guidance counselors, by calling the SWCD office at 815-858-3418, extension 3, or emailing mindy.pratt@il.nacdnet.net.

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338290

Family YMCA of Northwest Illinois Annual Campaign

The YMCA is globally recognized as a non-profit organization that collectively promotes youth development, healthy living, and social responsibility. The YMCA's mission is, "To put Christian principles into practice in all we do building healthy spirit, mind, and body for all."

Traditionally, the Annual Campaign is an opportunity for local businesses, YMCA staff, members, and residents of the region to assist families and individuals in their community to pursue life-enriching programs through subsidized costs. In 2018, the YMCA of Northwest Illinois was fortunate to grant an ap-

proximate of \$60,000 back into the community. One hundred percent of the proceeds are utilized to enhance lives and distribute resources including: feeding children in the before and after-school care program, summer camp scholarships, and subsidized memberships and programs for low-income households.

"I have high expectations for this year's annual campaign as the community has continued to resonate

with the mission and values of the YMCA and the need for the Y continues to grow in our community. For us, it's never been about what the Y can accomplish on its own, but what we as a community can do to make sure the needs of our neighbors are being met," said Marketing Director Moriah Schau.

The Annual Campaign is founded on values that ensure relationships in the region are flourishing with

core qualities of caring, honesty, respect, and responsibility. Donations from the campaign serve districts including: Freeport, Cedarville, Lena, Dakota, Orangeville, Pearl City, Lanark, Shannon, Durand, Pecatonica, Stockton, Warren, Forreston, Rock City, and Davis.

For more information or to make a contribution, call your local YMCA at 815-235-9622 or visit www.freeportymca.org/donate-0.

It's Family YMCA Mardi Gras time

The Family YMCA of Northwest Illinois is not shy to celebrating with events making a difference in the community. The annual occurrence of Mardi Gras is an occasion for staff, donors, and members to unite in remembrance of influencing families and individuals through financial contributions and tangible resources.

The marketing department strategically organizes Mardi Gras in alignment with the YMCA core values of caring, honesty, respect, and responsibility. Guests of this event have interacted with the "Y" as a personal investment to give back into the community. The YMCA was established to equip people to pursue a healthy lifestyle in spirit, mind, and body. Throughout the development of the "Y" and numerous community partnerships, this non-profit organization is practically and relationally transforming the region.

"The Mardi Gras is a unique event

because not only does it provide opportunity for community members to give back, but it also creates an opportunity to celebrate what we have already accomplished as a community. The YMCA will always represent the 'Us' that works so hard to strengthen our society."

Mardi Gras is the time where Community Partners are honored for their investment and thanked for their contributions. On Feb. 23, at the Grand River Hall, 101 S Liberty Ave, Freeport, guests will come together to celebrate this occasion. Tickets are now on sale for \$38/person, \$65/couple, or \$270/table of eight. Purchases can be made at the front desk in the YMCA or online at <https://www.freeportymca.org/program-registration>. The event will feature the following: silent auction, 50/50 raffle, Mr. Ed live band, Twisted by Time escape room, dessert auction, a photo booth, and more!

2019 Stephenson County Home Show

Limited exhibition space remains for the 2019 Stephenson County Home Show to be held March 16 and 17 at the Highland Community College / YMCA Sports Complex in Freeport. Show hours are Saturday 9-5 and Sunday 11-4. Admission is free and there will be concessions available.

The show annually features area businesses including investment companies, contractors, communications experts, healthcare providers, insurance agents, landscaping contractors, heating and air conditioning contractors, furniture and appliance dealers and many more.

Businesses interested in having a booth should contact the Home Show Coordinator immediately as the exhibit hall is well over half sold out. The starting price for a 6' x 8' booth is \$235 and larger booths are available while they last.

Last year's show featured over 80 businesses and attracted more than 3500 area residents. A map of the show along with packets to sign up can be found at abcadsonline.com on the Home Show tab, or are available by mail or email upon request.



Dr. Caitlin Pullara

Stockton Dental Center

Dr. Stephen Petras

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www.stocktondental.com

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A licensed Illinois General Dentist

We are proud to welcome

Dr. Caitlin Pullara (Finnane) to our community to join Dr. Petras at Stockton Dental Center. Dr. Caitlin grew up in Janesville, Wisconsin. She completed her undergraduate studies at University of Wisconsin-Madison and Wisconsin Lutheran College before attending dental school at Midwestern University in Downers Grove, Illinois. Prior to moving to the Stockton area, she served the area of Shorewood, Illinois as a general dentist.

Dr. Caitlin has established herself as a skillful and compassionate clinician early in her career. Her dedication to giving back to her community has been evident from an early age, and combining that drive with her commitment to providing quality dentistry is something that is very important to her. She is devoted to building trust with patients and remains active in post-graduate learning. Dr. Caitlin is looking forward to the opportunity to establish herself as a healthcare professional and community leader in northwest Illinois.

Dr. Caitlin and her husband are excited to relocate to the Stockton area. Outside of the office, Dr. Caitlin enjoys watching her Wisconsin sports teams, being outdoors, and spending time with friends and family.

337679

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Event Time: Fri. 6 - 8 p.m. • Sat 9 a.m. - 4 p.m.

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CHURCH NEWS

Illinois' Catholic bishops urge rejecting marijuana legalization

Good Shepherd Lutheran Church

Good Shepherd Lutheran Church will gather for worship on Feb. 17, 118 E. Mason St. Lena, IL, at 9:30 a.m. Our reading is from Jeremiah that those who trust the Lord are like trees. All are invited to worship on this Sixth Sunday after Epiphany with Holy Communion. There will be a time for coffee, juice, treats, and fellowship after the service. Following worship, all Sunday School children will gather for Sunday School Opening at 10:45 a.m. followed by learning, Bible study, prayer, and fellowship.

On Wednesday Feb. 20, at 8 a.m. the Piece Corps Quilters will work together to craft quilts for Lutheran World Relief. They are always looking for more people to help tie quilts and sew. No previous quilting experience is necessary. Come join the fun and make a difference in the world.

On Thursday Feb. 21, Good Shepherd will be at the Friendship Center for Devotions and Dessert at 1 p.m.

If you have any questions, please call the church at 815-369-5552.

Kent/Willow United Methodist Churches

The Kent/Willow United Methodist Churches will worship together Sunday, Feb. 17, at Kent UMC at 9a.m. Pastor Chuck Wolbers will bring the message. All are invited and welcome to stay for fellowship. Sunday School is at 10:30 a.m., studying from the Upper Room. All are invited and welcome to this time too.

Friday, Feb. 15, is our Willow Music Circle Jam 6:30 to 9 p.m.

Kent Church is located in beautiful downtown Kent, IL. For more information, please call Pastor Chuck at 815-947-2541.

Salem United Church of Christ

You are invited to Salem United Church of Christ, 8491 W. Salem Road, Lena, on Sunday, Feb. 17. Sunday School for children and adults is at 9:30 a.m. and worship follows at 10:30 a.m. Pastor Randal Nicholas will present the sermon titled "Flash Nonfiction," based on 1 Corinthians 15:12-20. The Wednesday Morning Breakfast Group meets on Wednesday, Feb. 20, at the Country Junction in Freeport at 1669 S. Willard Dr.

St. John's Lutheran Church (Pearl City)

You're invited to join us at St. John's for worship on Sunday, Feb. 17, for the Sixth Sunday of Epiphany. The Memorial and Finance Committee will meet after worship. Sunday School and Confirmation classes will also meet after worship. Fifth Quarter Youth Group (6 p.m.) and Genesis Youth (7:30 p.m.) groups will gather in the evening.

The February Grace Meal will be served in Luther Hall on Feb. 17, at 11:30 a.m. The menu is chili, cornbread muffins, cole slaw, valentine cake and beverages.

Congratulations to Janette Scott, Pearl City, for winning the the \$200 Calendar Raffle drawing on Jan. 17, and to Claire Brinkmeier for winning the \$200 drawing on Feb. 3.

The Women's Gathering will meet on Feb. 19, at 9:45 for fellowship, bible study and meeting. A Sit n' Sew and lunch will be held following the meeting.

Need a place to hold an event in Pearl City? The main hall at St. John's is available for rent. Call the church for more information and availability.

St. John's Lutheran Church is at 229 S. First Street, Pearl City, Illinois. The office phone number is 815-443-2215 (mornings). All are invited to our weekly worship services and youth to our Sunday School and youth ministries. You may also email at prshadmin@gmail.com.

Christ in the Wilderness Spaghetti and Meatball Dinner Fundraiser

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338241

By Peter Hancock

CAPITOL NEWS ILLINOIS

Supporters of legalizing recreational marijuana in Illinois will face stiff opposition this year from leaders of the state's largest religious denomination.

The six Catholic bishops in Illinois issued a joint statement Monday urging lawmakers to reject any attempt to legalize marijuana.

"As lawmakers consider this issue, it is important to remember they are not only debating legalization of marijuana, but also commercialization of a drug into an industry the state will profit from," the bishops said in the statement. "In seeking the common good, the state should protect its citizens."

The six bishops are leaders of the six Catholic dioceses in Illinois, which compose the Catholic Conference of Illinois. CCI is made up of the Archdiocese of Chicago and other dioceses in Belleville, Joliet, Peoria, Rockford and Springfield.

CCI Executive Director Bob Gilligan said in an interview that there are roughly 3.5 million Catholics in the state. That's about 28 percent of the state's population, making Catholicism the single largest denomination in Illinois, according to the Pew Research Center.

Illinois legalized marijuana for certain medical uses in 2013, and

Blackhawk Unit of Home Extension schedules February meeting

The Blackhawk Unit of Home Extension's February meeting will be held Thursday, Feb. 21, at 7 p.m. at the Pearl City Library in Pearl City, Illinois. Roll call will be answered by "My favorite Salad Dressing." Janet Ferguson will give the major lesson on "Cooking for One or Two" and Brenda Hass will give the minor lesson on "Salad in a Mason Jar". Refreshments will be provided by Karen Pohl and Susie Dvorak. Any one is welcome to come and join us.

state lawmakers are expected to consider proposals this year to expand the list of conditions for which people can obtain prescriptions for the drug. CCI did not take an official position on that issue, Gilligan said.

But legalizing it for recreational use was also a major issue for Democratic Gov. J.B. Pritzker's successful campaign in 2018, and a number of supporters have already begun trying to draft legislation.

In addition, voters in Cook County in March 2018 overwhelmingly approved a nonbinding ballot referendum calling for statewide legalization of recreational pot for people over age 21, subject to state regulation and taxation.

As of 2018, according to "Governing" magazine, 10 states and the District of Columbia had legalized recreational marijuana. But as Illinois ponders whether to become the 11th state to do so, Gilligan said he believes the momentum for it is waning.

"I think there was a lot of energy, and there's still a lot of energy behind the efforts to legalize it, but that was in a campaign mode prior to November," he said. "This was on some ballots where you saw a fairly large number of people supporting it. But now that it's time for those people to figure out how to implement this in

such a way that it does not harm the public, the momentum that you're seeing is slowing down considerably."

The statement from the bishops did not reference any specific theological objection to marijuana use. Rather, it suggested there would be a danger of widespread public health and safety consequences.

"Data collected by government agencies and public-interest groups document that drug use is rampant in modern society," the bishops said. "Just a few years ago, we heard too many stories of children turned into orphans after their parents overdosed on heroin. Today, we hear of the opioid crisis and the lives it claims. If marijuana is legalized, it will only add to the problem."

Pritzker's press secretary, Jordan Abudayyeh, said in an email statement that the governor remains committed to legalization.

"Governor Pritzker supports legalizing and taxing the recreational use of marijuana and is confident we are ready to do this in a safe and economically beneficial way in Illinois," Abudayyeh said. "He is committed to working with leaders in the General Assembly, listening to experts and community leaders, and drawing lessons and best practices from other states to move this forward."

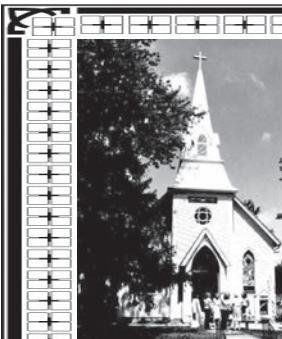
FHN Memorial Hospital implements temporary visitor restrictions

In accordance with an Illinois Department of Public Health recommendation, FHN Memorial Hospital in Freeport has put into action the following visitor restrictions for the health and safety of our patients and staff:

- * No visitors under the age of 18 (including the OB unit, to protect our youngest patients)
- * Only two (2) visitors per patient at one time.
- * Visitors with fever, cough, or sore throat should NOT visit. If they MUST, masks are required (and will be provided).
- * Patients hospitalized for flu may have visitors ONLY when necessary for emotional well-being or care.
- * Respiratory hygiene/cough etiquette (cover coughs, tissue disposal immediately after use, hand sanitizer) MUST be followed at all times.

These restrictions apply to ALL hospital patients, including OB and Pediatrics – please check with the nurse on duty if you have any questions.

All medical services remain available to patients of all ages throughout FHN.



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647

FROM LENA'S KITCHEN



The not so skinny cook

We were frigid last week, then we went up in temperature 70 degrees, and then we had an ice storm. I am writing this column during the ice storm. I needed a break from my painting and carpet cleaning, so I decided to get my writing done early. This week there are many things to serve for Valentine's Day. If you don't go out for heart day, you can have several choices to make for the special people in your life.

This winter salad has some maple syrup, lime, and ginger to help enhance the taste of winter fruits we are lucky enough to get from Florida and California. The salad calls for the oranges to be supremed (there is an accent there some where, but I have forgotten how to do it on my computer!). This means you cut both ends off the orange so that you can place it flat on the surface. You cut down the sides all the way around removing the peel and pith (white part) and then have just the segments left. It also calls for pomegranate arils—the seeds in the pomegranate. Try this tasty winter salad; it is refreshing and makes you think of warmer weather.

Winter Fruit Salad

Dressing:

1 t. minced lime zest
2 T. lime juice
2 T. pure maple syrup
½ t. grated fresh ginger
Salt to taste

Salad

4 kiwis, peeled, halved lengthwise and sliced

4 Clementine's, peeled and segmented

2 oranges, supremed
1 pear, cored and diced
¼ C. pomegranate arils

Whisk together the zest, lime juice, maple syrup, and ginger in a bowl for the syrup; season with salt. Gently toss kiwis, clementines, oranges, and pear with syrup. Top with servings of arils.

I like butter lettuce or as some people call it, Boston lettuce. I buy it

frequently because it comes in small heads. It holds up well and if you are one person as I am, you don't have any waste. I like butter lettuce with just about anything, but it is really good with pasta dishes.

Butter Lettuce Salad Dressing:

3 T. extra-virgin olive oil
2 T. fresh lemon juice
2 T. finely chopped onions
1 T. white wine vinegar
2 t. honey
1 t. Dijon mustard
Salt and pepper to taste

Salad

8 C. butter/ Boston lettuce (about 1 large head)
2 C. Mandarin oranges
3 T. Dill weed
¼ C. sliced almonds, toasted

Whisk the ingredients for the dressing together. Toss the salad ingredients together with the dressing. Top with almonds.

These spaghetti cups are a unique way to serve something that is sort of a standard fare spaghetti. These would make a really great dinner entrée for Valentine's Day.

Loaded Chicken Carbonara Cups

4 oz. uncooked spaghetti
1 egg, lightly beaten
5 oz. frozen chopped spinach, thawed and squeezed dry (about ½ cup)
½ C. cottage cheese
½ C. shredded Parmesan cheese, divided
¼ t. lemon pepper
6 bacon strips, cooked and crumbled, divided
½ C. cream of chicken soup, undiluted
¼ C. cream cheese, cubed
½ t. onion powder
1 C. chopped cooked chicken breast
1/3 C. shredded mozzarella cheese
¼ C. finely chopped oil packed sun dried tomatoes

Preheat the oven to 350. In a large saucepan, cook spaghetti according to direction; drain, reserving 1/3 cup pasta water. In a large bowl, mix egg, spinach, cottage cheese, ¼ cup Parmesan cheese, lemon pepper, and half of the bacon. Add cooked spaghetti; toss to combine. Divide among 12 greased muffin cups. Using a greased spoon, make an indentation in the center of each.

In a large bowl, whisk together the soup, cream cheese and reserved pasta water. Stir in chicken, mozza-

rella, and sun dried tomatoes; spoon into indentation in cups. Sprinkle with remaining bacon and Parmesan cheese. Bake cups until set, about 15 minutes. Cool for 5 minutes before removing from pan.

If you want something really special for "heart day," this shrimp scampi dish is great. It has a pasta dish that can be used as a bed for the scampi or you can just use your own fettuccini tossed with Parmesan cheese if you want. I think you have to use the raw shrimp because of putting it in the oven. I think the cooked shrimp would get tough. Aldi's have the best shrimp in the area, and it is reasonably priced. Enjoy this entrée with a salad and some crusty bread. You can even make it more like a Red Lobster event if you make the Red Lobster biscuits. The mix is available in many grocery stores.

Crispy Baked Shrimp Scampi with Lemony Spinach Pasta

1 ½ lb. large shrimp, peeled and deveined
4 T. unsalted butter
3 green onions, minced
4 cloves garlic, minced
1 large lemon, zested and juiced
¾ t. kosher salt
½ t. pepper
1/3 C. panko
2 T. grated Parmesan cheese
1 T. chopped fresh parsley
¼ t. crushed red pepper flakes
Lemony Spinach Pasta
¼ C. unsalted butter
2 cloves garlic, thinly sliced
1 large lemon, zested and juiced
1 bag (5 oz.) fresh baby spinach
¼ C. chopped fresh parsley
½ t. kosher salt
¼ t. black pepper
½ (1 lb.) pkg. fettuccine, cooked according to package directions
½ C. shredded Parmesan cheese

Preheat the oven to 425. In a large bowl, stir together shrimp, 2 tablespoons melted butter, onions, garlic, lemon zest and juice, salt and pepper. Place shrimp and butter mixture in a 2-quart greased baking dish. In a small bowl, stir together bread crumbs, cheese, parsley, red pepper flakes, and remaining 2 tablespoons melted butter; sprinkle over

the shrimp. Bake for 15 minutes. Increase oven temperature to broil. Broil until golden brown, 4 to 5 minutes. Serve over Lemony Spinach Pasta.

Pasta: in a large saucepan, melt butter over medium high heat. Add garlic and zest; cook until fragrant, about 1 minute. Stir in lemon juice, spinach, parsley, salt and pepper; cook until spinach and parsley are wilted, about 2 minutes. Stir in cooked pasta and cheese; cook until heated through, about 2 minutes.

You have to have a red dessert for Valentine's Day. This poke cake is interesting in that you use pudding instead of Jell-O. The pudding is put on top of the cake which has been poked with large holes. You have to let it set before moving on to the next step. If you want to make it for St. Patrick's Day, you could use spearmint extract instead of peppermint.

White Chocolate Peppermint Poke Cake

1 ½ C. butter, softened
1 ¾ C. sugar
4 egg whites
2 eggs
3 t. peppermint extract, divided
3 ½ C. flour
1 T. baking powder
½ t. baking soda
½ t. salt
5 C. milk, divided
1 bar (4 oz.) white chocolate, melted

2 boxes (3.4 oz.) cheesecake instant pudding

1 (16 oz.) container whipped topping, thawed

Garnish: crushed peppermint candies

Preheat the oven to 350. Spray a 9 x 13 baking dish with baking spray with flour. In a large bowl, beat butter and sugar with mixer at medium speed until fluffy, 3-4 minutes, stopping to scrape the sides of the bowl. Add egg whites and eggs, one at a time, beating well after each addition. Beat in 2 teaspoons of extract. In a medium bowl, whisk together the flour, baking powder, baking soda and salt. Gradually add flour mixture to butter mixture alternately with 1 ½ cups of milk, beginning and ending with the flour mixture, beating just until combined after each addition.

Stir in melted chocolate. Spoon batter into prepared pan. Bake until a wooden pick inserted in center comes out clean, 45 to 50 minutes, covering with foil halfway through baking to prevent excess browning. Let cool in pan for 39 minutes. Using the handle of a wooden spoon, poke 1-inch holes into the warm cake at ½-inch intervals.

In a large bowl, whisk together pudding mixes, remaining 3 ½ cups of milk, and remaining teaspoon of extract until thick and smooth. Slowly pour onto cake, smoothing top with a spatula. Cover and refrigerate for at least 4 hours before serving or up to 3 days. Spread with whipped topping just before serving and garnish with crushed peppermint candies.

This decadent chocolate cherry cake is divine. Most black forest cakes use cherry pie filling. This one uses frozen dark sweet cherries. You can get them at A. J.'s Lena Maid Meats. It doesn't take much time because you use a cake mix. Enjoy this beautiful chocolate cake which is perfect for a Valentine's supper.

Black Forest Cake

1 box devil's food cake mix
1 ¼ C. water, divided
1/3 C. oil
3 eggs
¼ C. sugar
¾ t. cherry extract, divided
2 C. heavy whipping cream
¾ C. powdered sugar

1 C. frozen dark sweet cherries, thawed, halved, patted dry and divided

Garnish: grated chocolate and chocolate curls

Preheat the oven to 350. Spray 2 (8 inch) cake pans with cooking spray. Line the bottom of the pans with parchment paper. In a large bowl, beat cake mix, 1 cup water, oil, and eggs with a mixer on low speed just until combined. Beat at medium speed for 2 minutes. Divide the batter between the two pans. Bake until a wooden pick inserted in the center comes out clean, about 26 minutes. Remove from pans, and let cool completely on a wire rack.

In a small saucepan, bring sugar and remaining ¼ cup water to a boil

See KITCHEN, Page 10

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Heart Healthy Living workshop

Almost half of all Americans (47%) have at least one major risk factor for developing heart disease. Risk factors for heart disease are behaviors or conditions that increase your chance of developing heart disease, such as having high blood pressure, high LDL cholesterol and smoking.

Although some risk factors cannot be controlled, many can. In fact, each choice we make will have some degree of impact on our risk factor for developing any variety of health conditions. Those daily choices, otherwise known as our lifestyle can help to decrease our risk of developing a health condition such as heart disease.

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NOTE: Joe & Beth Zimmerman have been in the farming industry for their entire lives. In 2018, they decided to sell their livestock and have now decided to sell the remainder of the farm equipment and machinery.

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Kitchen (Continued from page 9)

over medium-high heat; cook for 3 minutes. Remove from heat; let cool to lukewarm. Add ½ teaspoon of cherry extract and stir well. Using a fork, poke holes in the top of the cake layers. Slowly spoon sugar mixture over the layers until absorbed. Let stand for 10 minutes.

In a large chilled bowl, beat cream with a mixer at medium-high speed until slightly thickened. Gradually add powdered sugar, beating until stiff peaks form. Add remaining ¼ teaspoon of cherry extract, beating until combined. Place one cake layer on a cake plate. Spread with one-third of whipped cream and top with ¾ cup of cherries. Top with remaining cake layer. Spread remaining whipped cream on top and sides of cake, and top with remaining ¼ cup cherries. Garnish with grated chocolate and chocolate curls. Refrigerate for at least 3 hours or overnight before serving.

Meals for a Healthy Heart will be held on Thursday, Feb. 14 and 21, from 1 - 3:30 p.m. at the Senior Activity Center, 216 E. Stephenson St., Freeport. To register, call the U of I Extension at 815-235-4125 or visit us online at go.illinois.edu/jsw. There is a \$20 registration fee, which covers participation in both sessions.

I have been having my living, dining, and family room painted. It is really a great color, and they did a good job. Then the next step was to get the carpeting cleaned, so my house has been topsy turvy since the Christmas decorations were put away. I think everything should be put back together by the weekend. Is it too early to put my bunnies out yet? I missed Easter last year, so I am excited to put my Easter decorations out. We will see if I can hold myself back. We are still looking

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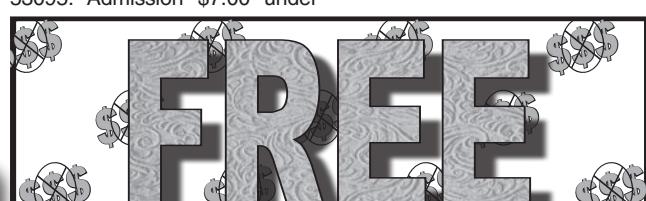
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Chiropractic—ultimate remedy during cold and flu season

Compiled by Dr. Mike Wampfler
D.C.

PREMIER CHIROPRACTIC

Winter accompanies the time of year when coughs, fevers, stuffy noses, and tummy aches become the norm in both kids and adults. The spread of these conditions run rampant at the start of the new year and especially after holidays. Yet some people remain unscathed and seemingly untouched by the microbes which contribute to sickness— even while living with family members who become sick. The thought often crosses our minds with wonder about why some people get sick and others do not. People all possess an immune system meant to protect the body and fight disease, yet all immunity does not appear to manifest equally: even in families under the same roof. Every person's body comes equipped with an amazing immune system comprised of little soldiers created with the specific purpose of being vigilant against foreign invaders in the form of germs and disease. The location of an invader triggers a set of hor-

mones to call specific white blood cell fighters to crash the scene and destroy the unwelcome presence. The process occurs without the conscious awareness of the human body. The immune system operates through a series of constant ongoing procedures that take place without thought or human instruction. The entire fascinating process of health, healing, and restoration occurs under the guidance and direction of the autonomic nervous system. Evidence proves that Chiropractic care improves function of the autonomic nervous system through gentle adjustments which increase movement in the spine and balance communication between the brain and nervous system. The adjustments empower the autonomic processes by reducing stress in the nervous system. The outcome leads to improved hormone balance that guides immune function and results in better health. Research from 2010 showed that patients receiving Chiropractic adjustments increased a specific signaling molecule in the body called Interleukin-2. Interleukin-2 regulates the activities of white blood cells responsible for immunity, a key component of the body's natural response to microbial infection. Interleukin-2 also helps the body recognize and create specific responses that neutralize foreign invaders.

This protein molecule existed at higher rates in people who received a Chiropractic spinal adjustment in comparison to people who did not. The primary focus of a Chiropractic adjustment does not target the immune system or a specific symptom or condition. The increased health function from an adjustment simply serves as an example of an outcome which takes place after removing

interference from the nervous system. The static in the nervous system lines decreases when the spine becomes better aligned and mobile. While other health professions attempt to change the environment to suit a weakened body, Chiropractic focuses on strengthening the body to suit all naturally occurring environments. Four methods of improving long term immunity include: 1)

Staying on track with adjustments to keep the autonomic nervous system balanced 2) Making sure to get adequate amounts of Vitamin D (a major immune booster) 3) Adding 30-60 minutes of sleep to a normal routine (inadequate sleep plummets immunity) 4) Replacing sugary drinks and snacks with more nutritious choices (sugar drains immunity.)

Warren basketball season finishes with strong showing

By Trent Scheidegger

REPORTER

Warren girls fall to Galena

The Warren Lady Warriors had a bit of a long season as they went 0-11 in conference and finished the regular season with a 3-22 overall record. The Warriors lost a number of All Conference players due to graduation last season, which left them with a younger, more inexperienced roster this season. Despite having four seniors on the team they also carried with them a number of juniors and sophomores that will look to build off of this season as they become more comfortable in the varsity setting.

The Warriors were placed as the number ten seed in the Galena Regional and they would be set up with a tough task in round one as they had to face off with Galena on their home court. The Galena Lady Pirates went 19-9 on the year which would earn them the six seed; however they did have the home court advantage.

Warren's final game of the regular season was actually against their regional opponent, when they hosted the Galena Pirates. The Warriors fell by a score of 58-41, but it did give them a chance to get to know their opponent before the playoffs began.

Warren found themselves down in the first quarter when the Pirates outscored them 13-2 and took a double digit lead into the second.

The Warriors were able to get things going in the second quarter as they put up nine points. Galena would expand on their lead, however, as Warren went into halftime trailing by a score of 32-11.

The third quarter was a little more evenly matched. Galena would outscore the Warriors by just five in the quarter. However, the Pirates already held what could be considered an insurmountable lead as they went into the fourth quarter up by a score of 43-17.

The Warriors would outscore the Pirates 8-6 in the fourth but that would put an end to their season as they fell by a final score of 49-25.

Despite the loss they do have a lot to look forward to as Coach Kelsie Johnson will be entering her third year as coach and will have developed a strong relationship with her young Warrior squad.

Warren boys suffer losses to Eastland and LeWin

Last Saturday, on Feb. 2, the Warren Warriors hosted in the Eastland Cougars, one of the top teams in their conference. Warren, despite being 10-11 overall, held just a 1-6 conference record. The Warriors found themselves with an early lead as Noah Wulfekuhle landed five first quarter points and Matthew Riedl went three for three from the line. The duo combined for all of Warren's first quarter points as they held

an 8-6 lead heading into the second quarter.

Ethan Williams had the hot hand for the Warriors following the break. Williams stayed hot in the fourth quarter as he added on another 12 points to his total. Williams did everything in his power to try and propel a Warriors comeback, but they would fall just short as they fell by a score of 62-59.

Last Wednesday the Warriors traveled to Lena-Winslow high school for yet another conference matchup. Warren once again found themselves as underdogs as LeWin carried a 6-3 conference record into the game.

Ethan Williams led the way with a three-pointer in the quarter.

Ethan Williams seemed to carry over his hot hand from the Eastland game as he led the way offensively in the second quarter with six points. Warren had a tough time keeping Panther Parker Magee off the boards in the fourth, however. Magee put up nine points as he helped lead the LeWin team to a 16 point quarter as they looked to put things out of reach.

Andrew Slichenmeyer and Garrett Williams did their best to keep things close as they combined for seven points in the fourth, but it wasn't enough to keep up as the Warriors fell by a score of 50-42. The second straight tough loss for Warren, leaving them at 10-13 on the season.

Stockton Community Choir opens choral season

The Stockton Community Choir will practice at 8 p.m. at the Stockton Calvary UM Church every Thursday until April. The choir will have a concert on Sunday, April 7, at 7 p.m. All are welcome to come and participate in the Community Choir.

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