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VOL. 88 • NO. 24

YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, JUNE 8, 2022

Illinois dairy farmer shares his story in celebration of National Dairy Month

By Sierra Henry
ILLINOIS FARM BUREAU

With longer days and hotter nights, there's nothing quite like a refreshing bowl of ice cream after a hard day of work.

Many summertime favorites use the same quality milk

products supplied by local Illinois farms, and in celebration of National Dairy Month this month, Illinois Farm Bureau sat down with dairy farmer Tony Graves, owner and operator of Clover Farms in Dundas.

Graves grew up on his

family dairy, which has roots dating back to 1917. Today, he milks close to 1,200 cows on the farm and ships milk to Prairie Farms Dairy. In 2007, Graves joined the Prairie Farms Board to advocate for the betterment of the dairy industry. He also serves as

treasurer on the Illinois Milk Producers Association Board of Directors.

What is the best part of working in the dairy industry?

TG: The best part about working in the dairy industry

is that you get to meet a lot of good people, especially when you get to meet other dairy farmers because they understand the hard work that you're putting in. The processors, the people who promote our product, they too realize that we put a lot of hours into what we do. In turn, they do their best to sell more product to get into consumers' hands so they can enjoy a good, quality product that everybody is happy with. It's just rewarding. With the hard work that goes into it, it makes you feel good.

What do you want consumers to know about the dairy industry?

TG: I want consumers to know that we take animal welfare seriously. We are always doing our best to keep our cows happy and healthy. Many people are concerned about antibiotics in milk, but we want them to know that can never happen. Milk is always tested—it's tested when it leaves the farm, it's tested when it leaves the creamery—it's a healthy product and we always do our best to keep it that way. That's our goal.

What did this spring look like on your farm?

TG: We had a very wet spring, which was a challenge and put us behind on planting. During that time, we focused on hauling manure because

we weren't sure when we would be able to get into the field. We concentrated on applying the fertilizer, insecticide, and fungicide on wheat to ensure a good harvest in June.

What are some of the biggest issues facing the dairy industry right now?

TG: During the pandemic, it became known that our milk pricing had some holes in it. We had very large producer price differentials, and moving forward, we're trying to establish a fair and equitable pricing system for everyone involved in production. To do that, we're going to need consensus around the country. That's always a challenge because people have different needs depending on where they live. I really think if we work on it, we can make that happen.

What's your favorite dairy product?

TG: I guess my favorite dairy product—well the most refreshing—would be ice cream. I like vanilla bean; that's my favorite.

This story was distributed through a cooperative project between Illinois Farm Bureau and the Illinois Press Association. For more food and farming news, visit FarmWeekNow.com.



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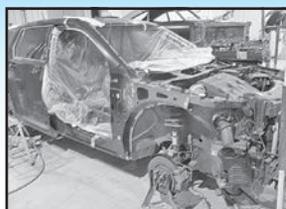
Lena Lions scholarship recipients

Luke Benson, Payton Scace, Sarah Edler and Brody Mahon are the deserving recipients of this year's Lena Lions scholarship. The recipients are pictured here with Lion Bill Crichton.

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Rural residents at a disadvantage with mental health services

By Tammie Sloup
FARMWEEK

The sea of dark purple on a map of Illinois counties told a concerning story.

Most of the counties were dark purple, indicating a shortage of mental and behavioral health providers in those areas. Only a handful of counties, mostly in Cook County and the collar counties, had no shortage or partial shortages.

But it's not just an Illinois issue. Mental health care in rural areas throughout the U.S. is in crisis.

Heather Whetsell, Southern Illinois University Medicine Population Science & Policy administrative director, presented findings of a yearlong study into mental health care in rural areas during the National Rural Health Association's (NRHA) Annual Rural

Health Conference. The research was conducted by the NRHA Rural Health Fellows mental health workgroup.

Barriers to mental health care in rural America are driven by three factors: availability of health care, access and acceptability, the fellows found.

"There are a lot of efforts going into trying to recruit and retain providers in these areas, but as you know, it's an uphill battle," said Janessa Graves, associate professor of nursing, Washington State University, who grew up in central Illinois.

When it comes to acceptability, the fellows are specifically referring to stigma.

"It's a documented problem in rural communities; mental health stigma both for discussing issues but then also accessing services," Graves said. "Also, health literacy is an issue and then lack of privacy. I live in a town of 2,000 people and everyone knows when I go get my hair cut, much less if I'm frequenting a mental health care provider in my town."

The report was not all doom and gloom, as part of its policy brief includes recommendations as well as innovative projects already in the works.

A heavy emphasis was placed on workforce recruitment and retention, including stipends and paid internships for rural providers, expansion of loan repayment programs, salary and bonus incentives and equitable grant making so all government funding isn't going to larger, urban health centers with experienced grant writers.

The health and wellness of the workforce also must

be maintained and even enhanced for mental health providers to stay in rural areas.

"You can't pour from an empty cup," said Brenda Mack, assistant professor of social work, Bemidji State University. "If we are emotionally exhausting our mental health care providers, they're not going to have anything else to give to the patients."

Other recommendations to address barriers included co-locations of services, expanding prevention programs, Medicare expansion for mental health providers and community engagement activities.

Mack hosts a monthly project called Cultivating Resiliency for Women in Agriculture, which is essentially a virtual coffee chat with an emphasis on wellness and well-being.

"We have folks who are joining us from their tractors and from their barns," she said.

In Illinois, Whetsell outlined the Healthy Hillsboro project, which launched when a frightening trend of youth suicide attempts emerged in the community.

The Partnership between SIU Medicine Department and Hillsboro Area Hospital won the 2022 NRHA Outstanding Rural Health Program Award for developing an assessment of contributing factors to the trend while involving a coalition of community members to best choose programs to meet the needs of local youth.

"One major benefit that we've seen already is a decrease in stigma around mental health," Whetsell said. "And getting the youth

MENTAL HEALTH IN RURAL ILLINOIS

Mental Health Professional Shortage Areas

by County, 2022

- SIU Medicine service area
- All of county is shortage area
- Part of county is shortage area
- No shortage



Source: U.S. Health Resources and Services Administration, January 2022

- Mental health care is in crisis in rural Illinois.
- Rural regions face a staggering lack of mental and behavioral health care providers.
- This lack of workforce is magnified by a mental and behavioral health system that is disconnected, inefficient, poorly funded and outdated.

SUBMITTED CHART Rock Valley Publishing

Heather Whetsell, Southern Illinois University Medicine Population Science & Policy administrative director, presented findings of a yearlong study into mental health care in rural areas during the National Rural Health Association's Annual Rural Health Conference.

to talk about it."

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Obituary

RICHARD JOHNSON

Richard "Dick" Johnson, age 84 of Lena, IL formerly of Verona, WI, passed away on March 2, 2022, at Manor Court in Freeport, IL.

He was born December 22, 1937, in Dodgeville, WI, the son of Howard and Lenore (Syse) Johnson. Dick married Rene Guequierre on Sep. 21, 1968, in Rockford, IL. He served his country as a member of the United States Army. Dick worked for Wisconsin Telephone/Ameritech in Madison, Wisconsin for 33 years before retiring. He was a member of the Good Shepherd Lutheran Church in Lena. Dick enjoyed being an Amateur Radio Operator and metal detecting.

He is survived by his wife Rene of Lena; 3 children-David Johnson of Phoenix, AZ, Jenny (Brenda Larson) Johnson of Baraboo, WI, and Steve (Kittren) Johnson of

Gilbert, AZ; 3 granddaughters- Dallas Johnson of Phoenix, AZ, Taylor (JT) Link of Gilbert, AZ and Haley Johnson of Phoenix, AZ; grandson Kade Richard Johnson of Gilbert, AZ; brother Bill Johnson of Argyle, WI; sister-in-law Carolyn Johnson of Belleville, WI and numerous nieces and nephews. Dick was preceded in death by his parents and brother Phil.

Memorial Service will be held on Saturday, June 11, 2022, at 12:30 p.m. at Good Shepherd Lutheran Church. Cookout/Luncheon to follow service in Fellowship Hall at 1:00 p.m. Cremation rites to be accorded. In lieu of flowers a memorial has been established for the Lena Food Pantry and Good Shepherd Lutheran Church in Lena. Condolences may be sent to the family at www.leamonfh.com.



Attention

All friends and relatives of Laurin (Moose) & Jean Meyers are invited to attend an Open House/50th Anniversary Celebration

Sunday, June 12
Noon - 4 p.m.
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News briefs

American Legion Auxiliary news

The June meeting of the American Legion Auxiliary will meet on Wednesday, June 8, at the Lena American Legion Home at 6:30 p.m. The meeting will include planning the Fall Festival Parade and making tray favors for the hospitalized veterans. Dues will be collected. New members are always welcome. Judy Shippee oversees the social hour.

June events at the Thrift Shop

The Carroll County Thrift Continues to Celebrate 50 Years of Service with a Nifty Fifty Father's Day Sale on June 17 and 18. There will be fifty cent deals on all men's clothes. Sale Hours will be Friday from 10 a.m. to 4 p.m. and Saturday from 10

a.m. to 2 p.m. The shop is located at 126 South 4th St. Savannah.

Stockton CWA meeting and Prayer Drive

The Concerned Women for America, Stockton Group, will meet on Wednesday, June 8 at 2 p.m. at Calvary Church in Stockton. The CWA is a group of concerned Christian women who meet to be informed, to pray and act. The CWA is a non-denominational group that is pro-family, pro-life, pro-religious freedom, pro-national sovereignty, and against sexual exploitation. Nationally CWA was founded over 40 years ago. Any interested woman is welcome to join us. If you have any questions or need a ride, please contact Carol Rowe at 815-947-2122 or Pam Hess at 815-947-9154.

ORANGEVILLE VILLAGE GARAGE SALES

THURSDAY, JUNE 9 - 8 AM - 5PM
FRIDAY, JUNE 10 - 8AM - 5PM
SATURDAY, JUNE 11 - 8 AM - NOON

Maps are available at the BOCO Gas Station

The event is sponsored by ACT (A Community Together)

418873

College news

Local students celebrate graduation and dean's list

University of Dubuque graduation

Dharma Heidenreich
Ty Chrisman
Megan Gille

Monmouth College graduation

Kenneth Broge
Kaleb Plattenberger
Kody Plattenberger

University of Wisconsin-Milwaukee graduation

Eli Lingle, School of Architecture and Urban Planning, Bachelor of Science

Northland College dean's list

Colton O'Connor

University of Wisconsin-Whitewater dean's list

Macie Kaney
Olivia Matz
Simon Rillie
Nevaeh Roberts
Blake Schlueter

Rockford University Dean's list

Payton Stanley
Hannah Smith
Caitleigh McDermott
Jonathon Schubert
Distinguished Scholars
Sydni Aebly
Leah Schmid
Brianna Meyer
Mitchell Clark
Lexis Evenson
Benjamin Blocker
Megan Davis

Western Illinois University dean's list

Megan Hynek
Eve Nottrott
Hanna Skiston
Ilayzia Walton
Samantha Brooks
Leahnashia Campbell
Madeline Hasken
Brycelynn Smith
Owen Peight

Mobile gas station robbery

On May 27, around 10:24 p.m., officers of the Freeport Police Department responded to the Mobile Gas Station in the 1200 block of West Galena Avenue in reference to a robbery. Upon investigation, officers learned that a male suspect walked into the business and waited for other customers to leave. The suspect then approached the cashier and displayed a firearm, demanding money from the cash register.

The Freeport Police Department is conducting an investigation into the incident. If anyone has information about these crimes, they should contact the Freeport Police Department or Staline Area Crime Stoppers.

The suspect was able to obtain an undisclosed amount of cash and other items. The suspect is described to be a black male in his early twenties, 5'6" and 150 pounds.

Tips can be submitted to Staline Area Crime Stoppers by phone to: 1-866-TIPS NOW, through the Staline Area Crime Stoppers "P3 Tips" mobile phone app, or online at: www.statelineareacrimestoppers.com. Tipsters to Staline Area Crime Stoppers always remain anonymous and may be eligible for a cash reward up to \$1,000.

News briefs

Calvary Church Garage and Bake Sale

Calvary Church in Stockton is holding a Garage Sale for the first time in two years. This event is sponsored by the Evangelism Committee. It will be during the Stockton Town wide Garage Sale weekend. There will be many items for sale, from household items to clothing (all sizes), plus toys, books, linens, furniture and miscellaneous. We will also be offering Bake Sale items.

The hours will be from 7 a.m. to 5 p.m. on Friday, June 17 and from 7 a.m. to 2 p.m. on Saturday, June 18. A \$1 per bag sale will begin at 11 a.m. on Saturday.

Calvary Church is located at the corner of Rush and Maple Streets and is just south of the middle school.

Flag Retirement Ceremony

The Orangeville American Legion Post 720 will be hosting the annual County American Legion Flag Retirement Ceremony on Monday, June 13, 6 p.m., at the Orangeville Village Hall, 301 S. East Street.

The American Legion performs this service, usually around Flag Day. Faded, frayed and unserviceable U.S. flags are properly and respectfully retired and destroyed at this time. Please give unusable flags to a Legion member at any time. All Legion posts in

Stephenson County, the Boy Scouts and Orangeville village officials will take them. The flags will be stored at the Orangeville Village Hall until the time of the ceremony. The public is invited to attend this free event.

Water bead gun safety reminder after complaints

After a string of complaint calls over Memorial Day weekend, The Freeport Police Department is urging caution with the use of SplatRBall Water Bead guns or similar branded water bead guns.

Use of these water bead guns should be kept at home and not to be fired at people, animals, vehicles, or property. These battery-operated water bead guns are capable of firing eight water beads per second and hold 400 water beads at a time.

Per SplatRBall's user manual, adult supervision is required as they can cause eye injury. Firing at people, animals, property, and vehicles may result in ordinance violations or, in serious cases, misdemeanor charges.

Please be reminded that the



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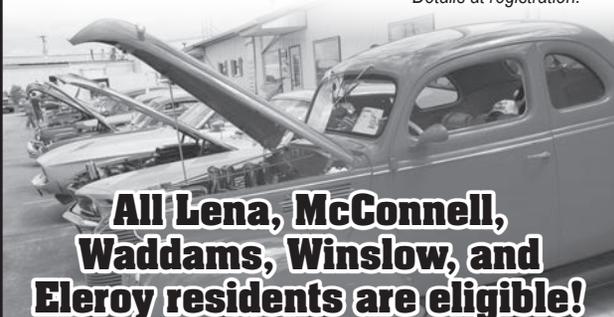
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OPINION



Slices of life

A daily treasure hunt--for water

I think a lot about perspective. I've even touched on the topic from time to time. But today, I stumbled across a new take on it. (Stumbled being the operative word. Isn't it funny—in a not-so-funny-way—how life is a series of stumbles sometimes?)



By **JILL PERTLER**
Columnist

Each of our days is filled with moments. They string together to make up the whole. Minutes. Hours. Days. Weeks. Years. Decades. Lifetimes. And so on.

We can trudge through them, as I've often been known to do. One day after the other. They blend together to the point that one isn't distinguishable from the next. Day after day after week after year.

Let's put that perspective on pause and return to a wonderfully open time in life known as childhood. It's a time of play and pretend, when make-believe is real and entities like a large bunny and a white bearded man leave treasures for you—just because.

During childhood, each day is like a treasure hunt, with something new and magical ready to discover at every turn of the corner. Moment by moment.

What if we, as adults, lived life as though it was a treasure hunt, with us noticing the treasures and many miracles put before us each day?

I may have lost you at miracles. Let me explain it in another way.

There is an essay by the late writer, David Foster

Wallace, that moves me every time I read or listen to it. I'll do my best to summarize, but I encourage you to check it out online because he was so much more eloquent than I could ever be.

Wallace starts his story with three fish. The elder swims by the two younger fish and asks, "How's the water?"

The two younger fish keep swimming and soon one turns to the other and asks, "What the hell is water?"

The crux of the message is that the fish are so busy with whatever fish get busy with that they have lost sight of the simple fact that they are living and breathing in—water. In a sense, they are lost.

It is deafeningly sad. To be so adrift and unaware of your circumstances you don't even realize you are immersed in it.

Part of Wallace's message is about losing sight of the moment—the very "water" we are living in and breathing—to such an extent that we don't even understand what water is anymore. We forget what it is like to appreciate the water—that it sparkles in the sunlight and reflects all of life around it.

See **SLICES**, Page 5

In my opinion

It's all about the parenting

Chicago Mayor Lori Lightfoot finally put her finger on the fundamental problem about youth violence in her city: "Parents should not let their 10-year-olds go downtown alone late at night, as some are doing!"



By **JIM NOWLAN**

Duh. I fear the quality of parenting has declined sharply over the past half century, especially in—I'm generalizing here,

of course—households that often lack good intergenerational child rearing skills; a paucity of financial resources, and

inadequate positive social support networks in the community.

Parenting is a tough job in the best of situations. And almost impossible when the parents and grandparents have largely lost the skills that they should be passing along, and when most absent fathers have never given a thought to being in the home with their children.

I am still haunted by an after-class discussion at the Downstate Illinois prison where I have frequently been a guest instructor in a course on how to behave on the outside upon release—after 15-20 years out of circulation. One of the inmates said, wistfully, "I just wish somebody had given me some love as a

child." I noticed heads nod.

A mother naturally wants to love her child, yet it's hard to show that love when your life is chaotic, lacking in the structure and stability that should underpin the household. In a city like Chicago, where the gang culture is strong, joining is often a way to belonging, to something.

The Chicago Crime Commission publication "The Gang Book 2012" reported that Chicago has more gang members than any other city in the world, with a reported gang population of 150,000.

For context, there are this year 345,000 Chicago public school pupils, K-12.

See **PARENTING**, Page 5

THE SCOOP TODAY SHOPPER'S GUIDE

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Extraordinary Stephenson County volunteer honored

Illinois 4-H volunteers empower and prepare youth for success as the program relies on its more than 6,000 volunteers to fill key leadership and mentoring roles. Dean Kuper, a 16-year volunteer in Stephenson County, was recently honored by the Illinois 4-H Foundation for their selfless dedication to the University of Illinois Extension 4-H youth development program.

Kuper is the co-organizational leader of the Florence Crickets 4-H Club in Baileyville. He and his wife Lisa raised two daughters who were very involved in 4-H at both the county and state

level, raising and showing Oxford sheep and Homing Pigeons. Besides engaging youth in his 4-H club, he also helps with county poultry clinics and county 4-H events.

"Dean Kuper has seen the doors that 4-H has opened for his own children in areas such as public speaking, showing animals, and engaging with other youth," says Brenda Heimann, Stephenson County 4-H Program Coordinator. "He is always looking for ways to engage his 4-H members and provide a positive and enjoyable experience at club meetings," says Heimann.

(Right) Dean Kuper and his family celebrate his induction into the Illinois 4-H Hall of Fame. Those inducted have a track record of exemplary service to 4-H or outstanding career and community achievement and were nominated by either county University of Illinois Extension staff or by the Illinois 4-H Foundation Board. Each inductee receives a commemorative Hall of Fame medallion.



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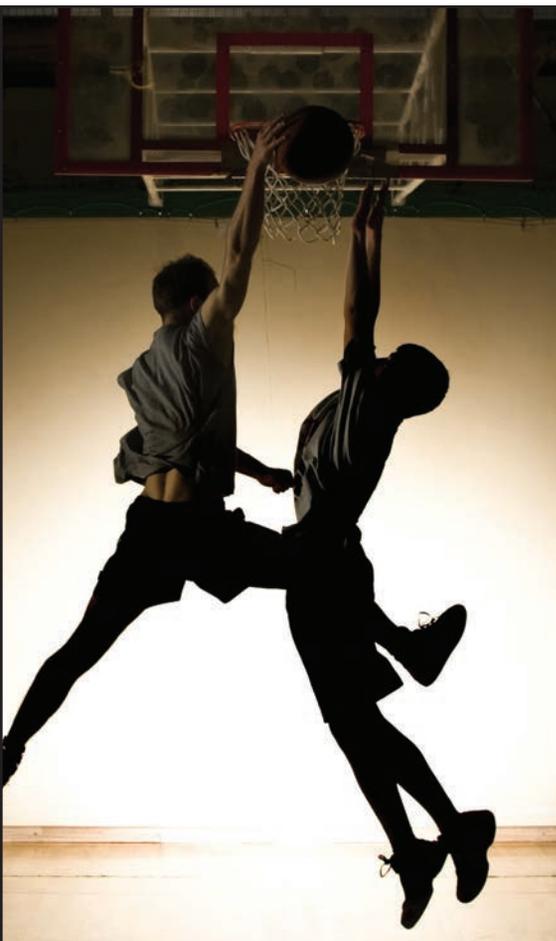


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FHN Jo Daviess Family Healthcare Center
Call 815-947-3211 for an appointment or more information.

This sports physical meets IHSA eligibility requirements for all sports. It does NOT meet the requirement for a 9th grade school physical or for new students from out-of-state.

A portion of the Sports Physical Form must be completed and signed by a parent BEFORE the exam. If a parent does not accompany the student, a Consent for Medical Care Form must be signed and brought with the student. **IHSA exam forms and FHN Consent for Sports Physical forms can be found at www.fhn.org/areasportsphysicals.**

Masks are required.

Sports Physical Cost: \$25

Please make checks payable to FHN. Cash or Check only. Debit/Credit cards not accepted
FHN donates all proceeds from the sports physicals to the school.



Lena-Winslow High School releases honor roll

Principal's Honor Roll Freshman

Shayleigh Albright
Madeline Chiles
Alyssa Daughenbaugh
Eden Dietz
Ella Kerr
Michael Kowalke
Mya Ortiz
Hannah Pecoraro
Ryan Pieper
Rachael Setterstrom

Sophomores

Molly Amendt
Ava Fiedler
Sarah Geiseman
Quinn Rodebaugh
Jacob Schumacher

Juniors

Henry Engel
Tianna Esser
Owen Gilbertson
Andrew Kempel
Emma Kempel
Wesley Offermann

Jenna Ransom
Drew Streckwald
Madison Young
Jacob Zeal

Seniors

Luke Benson
Kamryn Cain
Conor DeZell
Sarah Edler
Sarah Foley
Ethan Fye
Leah Goebel
Zakary Krahrmer
Brody Mahon
Conner Reynolds
Rahmareon Roby
Payton Scafe
Mikhail Schoonhoven-Hus-sain

High Honors Honor Roll

Freshman
Paige Hancock
Cheyanna Kerr

Cienna Kerr
Allie Oxley
Chloe Wild
Paige Williams

Sophomores

Blayr Davis
Janessa Esser
Grace Groezinger
Casey Klever
Chloe Mader
Natalie McNutt
Deaken Randecker

Juniors

Braden Jacobs
Kieran Madigan
Ayden Packard
Chloe Renter
Rowen Schulz

Seniors

Zoe Bardell
Paige Bennett
Tyler Croatt
Tess Dameier
Michael Decker
Taylor Ditzler Amill

Brady Eilders
Belle Jordan
Kamron Klever
Laughlynn Leamon
Ava Randecker
Lila Rudisill
Ross Stabenow
Marissa Strominger
Nicholas Swedlund
Kaitlyn Sweeney

Honors Honor Roll Freshman

Alexis Brookman
Kale Buss
Maverick Cass
Kegan DeZell
Benjamin Elbert
Rhianna England
Jillian Goebel
Landon Grindey
Cobryn Lynch
Mahi Patel
Sophomores
Maia Benson

Abbie Cameron
Gage Dunker
Lucas Fye
Cierra Hatelak
Faith Jordan
Eli Kleckler
Daely Kluck
Weston Lartz
Kaidynce Lynch
Mikaela Nieman
Faith Offermann
Alex Packard
Isabelle Paulsen
Aspen Roberts
Mason Spidahl
Odin Stabenow
Trenton Swedlund
Kyah White
Cadie Wolfrom
Jordan Yount

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Autumn Bonebright
Livia Esser
Levi Gable
Nicholas Inden

Samantha Johnson
Emma Marvin
Olivia Parker
Samuel Pecoraro
Hailee Schiess
Zavier Sheppard
Hailey Smith
Elizabeth Westergaard

Seniors

Ellie Bower
Jacob Cheatham
Gina DeVoe
Naomi Draeger
Emma Gobeli
Kalli Humphrey
Danica Kaiser
Jacob Kubly
Bella Lawson
Nate Noller
John Spinhirne
Jaydon Stouffer
Tristen Tessoroff
Kylie Wagner
Saige Yount
Jack Zellweger

Pearl City announces second semester honor roll awards

Pearl City High School Highest Honor Roll

Seniors: Benjamin Bremmer, Jacob Joseph, Oliver Petta, Cody Pitts, Brianna Stager, Sidney Wright

Sophomores: Kyle Niehaus, Ethan Petta

Freshmen: Natalie Greene, Talia Stewart

High Honor Roll

Seniors: Savanah Brandt, Tyson Clark, Madilyn Diddens, Kendall Dixon, Aliya Fischer, Owen Joseph, Audra Lartz, Brynn Solt

Juniors: Addison Bremmer, Nathan Brinkmeier,

Jonathan Dinderman, Jordan Johnson, Brea Musser, Tanner Perdue, Nicholas Polizzi, Laine Rosenstiel

Sophomores: Jayden Downs, Lexton Endress, Kyleigh Gentz, Miranda Posey

Freshmen: Ayden Bratley, Ethan Bremmer, Kylie Campbell, Kaitlyn Christensen, Anna Dampman, Paige Hille, Marley Joseph, Jaxsyn Kempel, Brinkley Knoup, Kendra Kuhlemeier, Taytum Mullen, Jacob Runkle, Jared Runkle, Sylvia Schnoor, Adeline Smith, Lucas Tichler

Honor Roll

Seniors: Kenner Brinkmeier,

Cheyenne Handsaker, Aalijah-Alexandri Herron, Adal-it Hinojosa Gonzalez, Stella Prasse

Juniors: Juan Barajas, Emma Boyer, Aiden Dampman, Blane Foulker, Cade Monks, Brooklyn Schrec

Sophomores: Daneli Ayala, Jesus Bernal Zetina, Georgia Shallenberger, Alex Spahr

Freshmen: Joely Christansen, Tyler Clark, Jackson Corbin, Elizabeth Dinderman, Fallyn Endress, Myles Freedlund, Jorja Johnson, Zinnia Larson, Paige McClaran, Alexander Medina, Kaydence Miller, Alonna Posey

Pearl City Junior High School Honor Roll Awards Highest Honor Roll

8th Grade: Gracie Ditsworth, Tana Gravert, Xander Krowl

7th Grade: Mackenzie Lotz, Leo Petta, Scarlett Snyder

High Honor Roll

8th Grade: Kameron

Downs, Remington Duke, Roy Hackbert, Brandon Hille, Kip Martens, Eden Schubert

7th Grade: Parker Allen, Eli Bremmer, Parker Cantwell, Clayton Downs, Tanner Hiester, Braylon Liebenstein, Danica Stager, Lincoln Voss, Sawyer Williams

Honor Roll

8th Grade: Teigan Dyson,

Makenzie Ihus, Lane Kempel, Kayden Martin, Carma Miskimon, Nakiya Pickard, Jayce Reed, Kenadee Schreck, Brody Voegeli, Maya Youtzy

7th Grade: Donna Baker, Tristan Ertmer, Lila Gerber, Chet Haas Jr, Sherlyn Hernandez, Braxton Kubatzke, Jocelynn Kubatzke, Brynlee McPeek, Austin Veer, Brycen Voegeli.

Church news

St. John's Lutheran Church

Join St. John's Lutheran Church in Pearl City on Sunday, June 12 for worship with the No Worries Band at 9 a.m. Pastor Shellie Knight will lead the worship service.

The Summer Brat Stand has resumed in downtown Pearl City. The Brat Stand will be open 11 a.m. to 2 p.m. on June 11 and 25. A Brat or Hot Dog meal deal will be \$6 and individual sandwiches are also available.

The Tree of Healing Vacation Bible School will be held on Saturday, June 25 from 9 a.m. to 1 p.m. for all youth ages 3 (potty trained) through 6th Grade. This one-day event will be filled with fun activities such as crafts, games, story time, and music. Lunch will be served from 12:00 p.m. to 1 p.m. and the menu includes hot dogs/brats, popcorn, apple-

sauce, and cookies. Parents and adults are welcome to join the children for lunch. Registration is accepted until the event, however, to assure sufficient supplies, please register on or before June 15.

All children and families are welcome to join for worship on Sunday, June 26 at 9 a.m. at St. John's Lutheran Church. The children will be singing VBS songs during

worship. Visit St. John's website at www.stjohnspearlcity.org or email prshadmin@gmail.com for registration forms. Contact the church at (815) 443-2215 with any questions.

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See CHURCH NEWS, Page 12

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FROM LENA'S KITCHEN



The not so skinny cook

After a very warm Memorial Day, we have settled into some milder weather. The weather people have said that we won't have a return to warmer weather until after the middle of June. This week's recipes feature some warm weather recipes, some seasonal recipes, and an "oldie but a goodie" recipe. Have a great cooking week.

Quick Vegetable Salad

If you need a quick side that uses things you probably have in your cupboard or refrigerator, this salad is a fast one to put on the table. You could substitute green or kidney beans for the corn if you want.

- 1 can (16 oz.) whole kernel corn, drained
- 1 large tomato, seeded and chopped
- 1/2 C. chopped celery
- 1/2 C. chopped cucumber
- 1/3 C. finely chopped green pepper
- 1/4 C. finely chopped onion
- 1/4 C. sour cream
- 2 T. mayonnaise
- 1 T. cider vinegar
- 1/4 t. salt
- 1/4 t. celery seed

1/8 t. pepper
In a large salad bowl, combine the corn, tomato, celery, cucumber, green pepper, and onion. In a separate bowl, combine the sour cream, mayo, vinegar, salt, celery seed, and pepper. Pour the dressing ingredients over the vegetables and gently toss. Refrigerate one hour before serving.

Asparagus and Mushrooms

People are still harvesting asparagus and this recipe is a simple one with mushrooms and garlic. It makes a great side to any meal.

- 1 lb. asparagus
- 1 T. olive oil
- 8 oz. sliced mushrooms
- 1 finely chopped garlic

1/2 t. salt
1/2 t. pepper
Trim stem ends off the asparagus spears and cut into 1 1/2 inch pieces. Heat the oil in a large skillet over medium-high heat. Add the sliced mushrooms; cook, stirring occasionally, until just tender, 8 to 10 minutes. Stir in asparagus; cook until bright green and tender, 3 to 5 minutes. Add chopped garlic at the last minute of cooking. Season with salt and pepper.

Mediterranean Chicken and Rice

If it gets warm again, this skillet supper would be a great dinner to make. The chicken thighs can be bought at A.J.'s Lena Maid Meats in the frozen cooler. They are

not boneless or skinless, but I think you could take the skin off and keep the bones for good flavor. They are good sized and really delicious. If you are not a fan of yellow rice, you could substitute your favorite rice.

- 2 lemons
- 1 1/2 lbs. boneless, skinless chicken thighs
- 1 t. paprika
- 1/4 t. salt
- 1/4 t. pepper
- 1 T. oil
- 1 pkg. (7 oz.) yellow rice
- 1/3 C. drained roasted red pepper strips, chopped
- 1/3 C. pitted Kalamata or green Spanish olives
- 1/4 C. chopped fresh parsley or cilantro

Squeeze 2 T. lemon juice from 1 lemon, reserve. Cut remaining lemon into wedges; reserve. Rub chicken all over with paprika, salt and pepper. In a large nonstick skillet, heat oil over medium-high heat. Add chicken and cook, flipping once, until browned, about 4 minutes per side. Remove from skillet and place on paper towels.

In the same skillet, over medium-high heat, bring 2 C. water to a boil. Stir in rice; boil 1 minute. Add chicken; reduce heat to medium-low. Cover and cook until rice is tender and chicken is no longer pink near the bone, 20 to 25 minutes. Remove from heat. Add roasted red pepper strips, olives and reserved lemon juice; stir until combined. Cover and let stand 5 minutes. Uncover, using 2 forks to break

up or shred chicken (or take off the bone) into large pieces. Top with parsley. Serve with lemon wedges.

Slow Cooker Pork Ribs with Cola Sauce

These ribs are a great meal for the heat also. The slow cooker does the work. This winter I had a cola pot roast, and the sweet flavor of the soda adds flavor to the meat. Remember you can't use diet soda because you need the sugar to tenderize.

- 2 racks (2 1/2 lbs.) baby back ribs
- 3 T. canola oil, divided
- 2 1/4 t. salt, divided
- 1 1/4 t. pepper, divided
- 1 can (12 oz.) cola (not diet)
- 1 1/2 C. ketchup, divided
- 1/2 C. firmly packed light brown sugar
- 2 t. paprika
- 1 t. garlic powder
- 1 t. onion powder
- 3 t. hot sauce, divided
- 2 T. white vinegar
- 2 t. Worcestershire sauce

Spray a 6-qt. slow cooker with cooking spray. Using a sharp knife, pierce thin membrane off back of ribs; peel off and discard. Cut each rack of ribs in half. Brush with 2 T. oil onto ribs; sprinkle 2 t. salt and 1 t. pepper onto ribs. Brush large skillet with remaining tablespoon of oil and heat over medium heat. Working in batches, cook ribs until browned, about 3 minutes per side. Add ribs to slow cooker.

See KITCHEN, Page 11

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The Role of Teeth in Paleontology and Anthropology

Teeth are important fossils for both Paleontologists (scientists who use fossils to study all life throughout geologic times) and anthropologists (scientists who study humans, both past and present). While paleontology's primary focus is understanding the diverse forces that created changes in life on Earth in the past, this knowledge offers crucial benefits to our future. The same is true in anthropology. The more we understand the diversity of past cultures, environments, diets, health, and cultural and environmental changes that occur over a human lifetime, the better we can understand how to predict, diagnose, intervene, prevent, and treat adverse conditions or diseases in the future.



By **DR. STEPHEN PETRAS**
Illinois Licensed
General Dentist

paleontologists to refer to teeth as "the black box" of information about the organism they belonged to. Just like a black box retains information even if the plane is destroyed, the extraordinary strength of tooth enamel will preserve the knowledge contained in teeth, even if the body has decomposed. Teeth reveal what species an animal is, what environment it lived in, how it interacted with other species, what it ate, and how old they were.

In anthropology, teeth can also reveal the person's

social status, relationships, the cultural diversity of their society, knowledge of medicine and dentistry, what their culture found attractive or valued, the length of childhood, and whether the person experienced malnourishment and/or disease in childhood.

As I discussed in a previous column, the four distinct types of teeth in humans (as well as all the other mammals) have unique shapes and features designed to serve various functions. Incisors cut food, canines pierce and tear food, and both premolars and molars chew and grind food. A paleontologist uses this and other knowledge revealed by teeth to identify varied species, their diet, and their age. For example, plants are hard to digest so herbivores had more

molars. Certain dinosaurs ate only an extremely specific diet, so they only had one type of tooth in their jaws, which varied in size. Some carnivores have modified

molars (carnassials) that work in tandem with the opposite premolar to allow for shearing rather than tearing of flesh and some mammals developed oversized canines that they use

for defense. While humans have two sets of teeth, paleontologists have discovered that some

See **TEETH**, Page 11

LEGAL NOTICES

STATE OF ILLINOIS
CIRCUIT COURT
STEPHENSON COUNTY
PUBLICATION
NOTICE OF COURT
DATE FOR REQUEST
FOR NAME CHANGE
(MINOR CHILDREN)

2022MR13
Case Number

REQUEST OF:
Chelsey K. Schaar
TO CHANGE NAMES
OF MINOR CHILDREN

Publication is not necessary if both parents, confirmed on birth certificate, agree to the name change or have been given notice. There will be a court date on a *Request for Name Change (Minor Children)* for these children:

1. Current Name of Minor Child: Jaxon Alex Veer
Proposed New Name of Minor Child: Jaxon Alex Schaar

2. Court Date Information: July 18, 2022, 11:00 a.m., 15 N. Galena, Freeport, Stephenson County, Illinois. Courtroom 3.

/s/Anthony V. Coon
Anthony V. Coon
Attorney for Petitioner
(Published in

The Shopper's Guide
June 8, 15 & 22, 2022)
419455

IN THE CIRCUIT
COURT FOR THE 15TH
JUDICIAL CIRCUIT
STEPHENSON COUNTY
- FREEPORT, ILLINOIS
NewRez LLC d/b/a
Shellpoint Mortgage
Servicing

PLAINTIFF
Vs.
Elizabeth Ann Wertz;
et. al.

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2021CH7
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pursuant to a Judgment of
Foreclosure and Sale entered in the above cause on 04/19/2022, the Sheriff of Stephenson County, Illinois will on July 21, 2022 at the hour of 9:30 AM at Stephenson Coun-

ty Courthouse, 15 North Galena Avenue 1st Floor, West door of courthouse Freeport, IL 61032, or in a place otherwise designated at the time of sale, County of Stephenson and State of Illinois, sell at public auction to the highest bidder for cash, as set forth below, the following described real estate:

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605/9(g)(1) and (g)(4). If the property is located in a common interest community, purchasers other than mortgagees will be required to pay any assessment and legal fees due under the Condominium Property Act, 765 ILCS 605/18.5(g-1).

If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagor's attorney.

Upon payment in full of the amount bid, the purchaser shall receive a Certificate of Sale, which will entitle the purchaser to a Deed to the real estate after Confirmation of the sale. The successful purchaser has the sole responsibility/expense of evicting any tenants or other individuals presently in possession of the subject premises.

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.

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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 14-20-06112. I3196009

(Published in
The Shopper's Guide
June 8, 15 & 22, 2022)

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•Kitchen (Continued from page 8)

In a medium bowl, whisk together cola, 1 C. ketchup, brown sugar, paprika, garlic powder, onion powder, and 1 t. hot sauce; reserve 1 C. sauce in a small bowl. Pour remaining sauce all over ribs, turning to coat. Cover and cook until tender, about 3½ hours on high or 7 hours on low. Rotate ribs in cooker halfway through cooking. Transfer ribs to a cutting board, reserving liquid in cooker.

In a medium saucepan, bring 1 C. cooking liquid, reserved 1 C. of cola sauce, vinegar, Worcestershire, remaining hot sauce, remaining salt and pepper to a boil over medium-high heat, stirring occasionally. Reduce heat and simmer, stirring occasionally, until slightly thickened (about 5 minutes) Serve with ribs.

Strawberry Rhubarb Crisp

If you still have some rhubarb, this recipe is a good one to try. It is served with strawberry ice cream which I have never heard of doing. Enjoy yet another rhubarb recipe.

Filling:

- 3 C. sliced fresh rhubarb
- 3 C. thickly sliced strawberries
- 1 t. grated ginger

•Teeth

(Continued from page 9)

Animals only have one or multiple sets. For example, most dinosaurs replaced their teeth often. If one broke or fell out another would take its place. A paleontologist can study the diverse types of teeth shed in an area to find out what species lived together.

Human teeth tell anthropologists that hunter-gatherers had fewer cavities, and they were generally the result of trauma to the tooth or erosion of the enamel exposing the tooth pulp to bacteria, infection, and further decay. Due to the lack of knowledge about how to treat infections, oral infections spread unchecked and often led to death. When societies began more agrarian, and bread became more of a staple in the diet, the incidence of cavities rose. These were the result of tooth erosion from the grit in the flour destroying the protective enamel. While honey has been used in most of Europe, Africa, and Asia since 10,000 B.C. and sugar was first refined in India in 100 A.D., it was not until both of these became regularly consumed throughout the world that the incidence of decay and periodontal disease exploded, now affecting billions of people throughout the world.

- ½ t. cinnamon
 - ¾ C. packed light brown sugar
 - ¼ C. flour
 - 1 t. salt
- Topping:**
- 1 C. flour
 - 1 C. rolled oats
 - ½ C. brown sugar
 - ½ C. white sugar
 - 2 sticks cold salted butter
 - ½ C. chopped pecans
 - Strawberry ice cream

Preheat the oven to 350. Butter a 2-quart baking dish.

Filling: Combine the rhubarb, strawberries, ginger and cinnamon in a large bowl and toss. Whisk together the brown sugar, flour, and salt in a separate bowl; add it to the rhubarb mixture and mix well.

Topping: In a separate large bowl, mix the flour, oats, brown sugar, white sugar, and salt. Cut 1½ sticks of cold

butter into cubes; work the butter into the flour mixture using a pastry cutter. Stir in pecans. Pour the rhubarb filling into the baking dish and sprinkle with the topping. Cut the remaining ½ stick of butter into cubes and dot the top of the crisp with it. Bake until the fruit is bubbly, and the topping is golden brown and crisp, 50 to 60 minutes. Serve with strawberry ice cream.

Wyoming Cowboy Cookies

This recipe came from a friend who now lives in Wyoming. They make a great cookie to take when working in the field or playing in the yard). The toasting of the coconut and pecans makes for a great flavor.

- 1 C. sweetened shredded coconut
- ¾ C. chopped pecans
- 1 C. butter, softened
- 1½ C. packed brown sugar
- ½ C. white sugar
- 2 eggs, room temperature
- 1½ t. vanilla
- 2 C. flour
- 1 t. baking soda
- ½ t. salt
- 2 C. old fashioned oats
- 2 C. chocolate chips

Preheat the oven to 350. Place coconut and pecans on a 15 x 10 x 1 inch baking pan. Bake for 6 to 8 minutes or until toasted, stirring every 2 minutes. Set aside to cool.

In a large bowl, cream butter and sugars until light and fluffy. Add eggs, one at a time, and vanilla; beat well. Combine the flour, baking soda and salt in a separate bowl. Add to creamed mixture; beat

well. Stir in the oats, chocolate chips and toasted coconut and pecans. Drop by rounded teaspoonfuls onto a greased baking sheet. Bake at 350 for 11 to 12 minutes or until browned. Remove to wire racks to cool.

Final thoughts

As I am sitting here, I just got in from outside. It was a beautiful afternoon, and I am loving the seventy something temperature and the shining sun. It is a perfect June day. Summer things are beginning. The pool is open, summer concerts are starting, and baseballs and softballs are flying around. I retrieved my flowerpots from the cemetery, and they seem to have weathered the heat and the wind. The trick will be to keep them alive all summer! Memorial

Day celebrations were plentiful this year. There were parades and programs to remember those who gave so much for all of us. I ate brats and potato salad and several other great summer foods. It was a wonderful weekend and week to start off what will hopefully be a fun-filled couple of months. Don't forget to check out the Saturday evening concerts in the park and the Sunday night concerts at Krape Park. These are free and not very far from us all (you don't have to spend much on gas). We continue to look for early summer recipes with strawberries and peas. You can contact us in person, by mail at From Lena's Kitchens, Shopper's Guide at 240 W. Main St. or email us at scoopshopper@rvpublishing.com.

You ought to be in pictures!

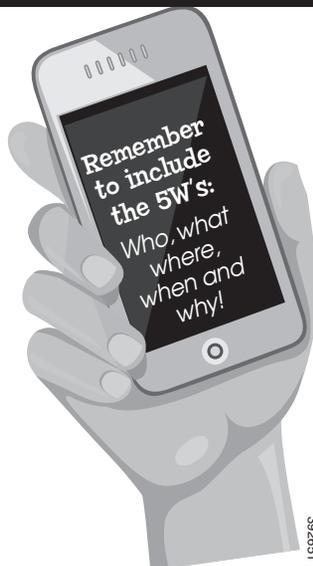
THIS IS AN OPEN CALL FOR SUBMITTED PHOTOS TO BE USED IN YOUR COMMUNITY NEWSPAPER

▼ Community events, car washes, festivals, lemonade stands, school projects - people at work and at play.

We are interested!

- ▼ Show the community what your group has been doing!
- ▼ **NO EXPERIENCE NEEDED!**
- ▼ Just shoot and e-mail!
- ▼ We need you to ID everyone in the photo *first* and *last* names required
- ▼ Tell us what's happening in the photo
- ▼ **Please do NOT crop your photos.**
- ▼ Tell us who took the photo and we will give them a photo credit

This is your chance to promote your organization or special event!



E-mail your photos at the highest possible resolution to:
scoopshopper@rvpublishing.com
BY NOON ON FRIDAY

PHOTOS MAY ALSO APPEAR ON OUR WEB SITE. rvpnews.com

JULY AUCTION - Accepting Consignments In May & June!

Stateline Consignment Auction

July 8-9, 2022 • Starting at 8:00 AM

101 E Murray Street, Browntown, WI 53522

Stateline Auctions Office (608) 439-5794

Mike Powers: (608) 214-5761 • Dan Powers Sr: (608) 214-3765

WE ARE LOOKING FOR QUALITY USED FARM EQUIPMENT

Construction Equipment • Skid Steers • Attachments

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Call & Schedule an Appointment!

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No late consignments will be accepted

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Visit Our Website at www.powersauction.com
 For More Details and Information!

July 2 - Last Day to Consign

July 8 - Stateline Auction—Day 1
 Auction Starts at 8:00 AM

July 9 - Stateline Auction—Day 2
 Auction Starts at 8:00 AM



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Website: www.powersauction.com - Facebook: Powers Auction Service



REAL ESTATE NOTICE

IN THE CIRCUIT COURT FOR THE 15TH JUDICIAL CIRCUIT STEPHENSON COUNTY - FREEPORT, ILLINOIS
 NewRez LLC d/b/a Shellpoint Mortgage Servicing
 PLAINTIFF
 Vs.
 Elizabeth Ann Wertz; et. al.
 DEFENDANTS

2021CH7
 NOTICE OF SHERIFF'S SALE OF REAL ESTATE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on 04/19/2022, the Sheriff of Stephenson County, Illinois will on July 21, 2022 at the hour of 9:30 AM at Stephenson County Courthouse, 15 North Galena Avenue 1st Floor, West door of courthouse Freeport, IL 61032, or in a place otherwise designated at the time of sale, County of Stephenson and State of Illinois, sell at public auction to the highest bidder for cash, as set forth below, the following described real estate:

PIN 18-14-31-354-007
 Improved with Residential COMMONLY KNOWN AS:
 621 W American St
 Freeport, IL 61032

Sale terms: 10% down of the highest bid by certified funds at the close of the auction; The balance, including the Judicial sale fee for Abandoned Residential Property Municipality Relief Fund, which is calculated 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, is due within twenty-four (24) hours. 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.

If the property is a condominium and the foreclosure takes place

after 1/1/2007, purchasers other than the mortgagees will be required to pay any assessment and legal fees due under The Condominium Property Act, 765 ILCS 605/9(g)(1) and (g)(4).

If the property is located in a common interest community, purchasers other than mortgagees will be required to pay any assessment and legal fees due under the Condominium Property Act, 765 ILCS 605/18.5(g-1).

If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee, the Mortgagee or the Mortgagee's attorney.

Upon payment in full of the amount bid, the purchaser shall receive a Certificate of Sale, which will entitle the purchaser to a Deed to the real estate after Confirmation of the sale. The successful purchaser has the sole responsibility/expense of evicting any tenants or other individuals presently in possession of the subject premises.

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 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.

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 14-20-06112. 13196009

(Published in The Shopper's Guide June 8, 15 & 22, 2022)



SUBMITTED PHOTO Rock Valley Publishing

Friends of the Lions scholarship recipients

Ava Randecker and Michael Decker, this year's recipients of the Friends of the Lions scholarship, celebrate their accomplishment with Lion Bill Crichton.

• Church news (Continued from page 7)

20 hours/week) offers flexible work hours. For a full job description visit www.Stjohnspearlcity.org or call the church office at 815-443-2215 (mornings).

Good Shepherd Lutheran Church

All are invited to worship

at Good Shepherd Lutheran Church, 118 E. Mason St. Lena, IL on Sunday, June 12, 2022, at 9:30 a.m. for Holy Trinity Sunday Worship Service. The reading will be from John 16:12-15.

On Tuesday, June 14, Bible Study group will meet at 10 a.m. On Wednesday,

June 15, Peace Corps Quilting group will meet from 8 a.m. to 11:30 a.m.

All the services will be recorded and be available on church's Facebook page and website. If you have any questions, please contact the church office at 815-369-5552.



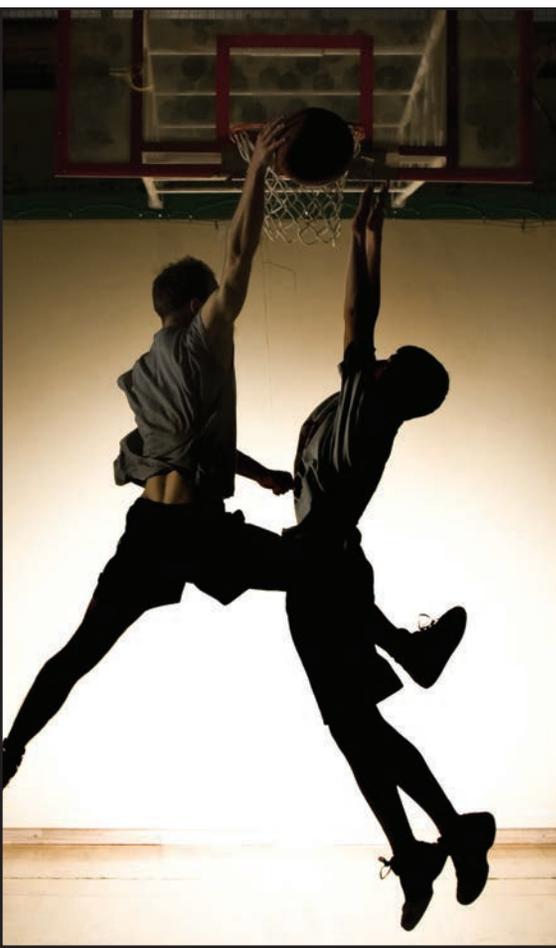
SUBMITTED PHOTO Rock Valley Publishing

Jet Memorial making progress

On Tuesday, May 31 Faulkner Construction of Freeport erected the pylon at the site of the NW Illinois F-4 Jet Memorial. The pylon was previously picked up in Oregon at the fabricators and then brought up to the site to be erected it into place on the platform that had been constructed late last fall. If necessary funding comes in, the next step will be to have the jet painted and then have it towed into Lena to the permanent site on Main Street. Donations can be mailed to PO Box 290, Lena, IL 61048.



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RVPNEWS.COM



SPORTS PHYSICALS FOR LE-WIN SCHOOL DISTRICT

Tuesday, June 14 • 3:00 – 6:00 p.m.
FHN Family Healthcare Center – Lena
Call 815-369-3300 for an appointment or more information.

This sports physical meets IHSA eligibility requirements for all sports. It does NOT meet the requirement for a 9th grade school physical or for new students from out-of-state.

A portion of the Sports Physical Form must be completed and signed by a parent BEFORE the exam. If a parent does not accompany the student, a Consent for Medical Care Form must be signed and brought with the student. **IHSA exam forms and FHN Consent for Sports Physical forms can be found at www.fhn.org/areasportsphysicals.**

Masks are required.

Sports Physical Cost: \$25

Please make checks payable to FHN. Cash or Check only. Debit/Credit cards not accepted
FHN donates all proceeds from the sports physicals to the school.

