

Serving the communities in Jo Daviess County

the Scoop Today

PORK CHOP DINNER
Saturday, Nov. 5
4:30 - 7:30 p.m.
Pork Chop Dinner \$12.00
"Thick Iowa Chop" 16 oz.
Dine in or carry out
Mississippi Man 5 - 9 p.m.
 Sponsored by Apple River Fire Dept.
 At the Stagecoach Event Center

VOL. 88 • NO. 45

YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, NOV. 2, 2022



SUBMITTED PHOTO Rock Valley Publishing

Stockton WA TAN YE supports elementary school

The Stockton WA TAN YE made a \$500 donation to the Stockton Elementary playground. Superintendent James Bunting received the check from co-presidents Sandra Heller (left) and Sally Tucker (right). WA TANYE has several fundraisers during the year in which proceeds are returned to the community to support in many ways.

Postal Customer **ecrws

PR SRT STD
US POSTAGE
PAID
ROCK VALLEY
PUBLISHING LLC

Stockton Chamber of Commerce presents 34th annual Christmas Walk

The Chamber of Commerce is excited to present the 34th annual Christmas Walk that will take place in Downtown Stockton and the surrounding businesses on Saturday, Nov. 26.

Santa and Mrs. Claus will have story hour from 10 a.m. to 11 a.m. at the Stockton Public Library. From 11 a.m. to 1 p.m. visit Santa and Mrs. Claus at Main Street Parties and Events. From 10 a.m. to 2 p.m. stop in participating businesses in town and visit vendors at Scouts Hall. Silkbug Stables will be at Harvest Baptist Church offering Horse Drawn Wagon rides from 11

a.m. to 2 p.m.

When arriving downtown pick up a punch card at Main Street Parties and Events to collect punches throughout the day. Return completed cards to the mailbox outside Main Street Parties and Events. All returned punch cards will be entered into a drawing for prizes. The winner will be announced on the Facebook page.

Visit <https://www.facebook.com/stocktonchamber> for more details. For more information about this and other Chamber events, contact the Stockton Chamber of Commerce at info@stocktonil.com.

SOS+ Nov. 10 program to host Mark Peterson

A bit of local history will be shared at the November meeting of the Senior Outreach of Stockton plus Surrounding Area (SOS+) as they welcome Historian and Highland Professor, Mark Peterson, to talk on the Civilian Conservation Corps camps during the Great Depression of the early 30's. Join SOS+ at 2 p.m. at Calvary UM Fellowship Hall, in Stockton on Thursday, Nov.

10. All seniors of Stockton and the surrounding area are invited to come hear Mark speak on the CCC Camps that were a part of Stockton and Freepport's early history.

There is a suggested free-will offering for this event which helps keep the outreach program running. Refreshments will be offered at the conclusion of the presentation.



Don't let politics drive your investments.

Ashlie L. Stoddard
Financial Advisor

115 North Main Street
Elizabeth, IL 61028
815-858-3386

Member SIPC
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

428627

Obituary

GLENN M. HOCKMAN

Glenn M. Hockman Jr. age 78 of McConnell died on Oct. 24, 2022, at Ascension St. Joseph Center in Freeport, Illinois. He was born on May 4, 1944, in Winslow to Glenn and Nora (Hurst) Hockman Sr. On June 6, 1965, he and Cheryl Ferguson were married at Red Oak Methodist Church.



guson, two sisters; Shirley Schade-waldt and L a V o n n e McWorthy and special friend Fran Ploessl and her family.

He was preceded in death by his parents, his wife, a sister, a niece, two brothers-in-law, a sister-in-law and a grandson, Austin.

Funeral services were held at 11 a.m. on Thursday, Oct. 27, at the Leamon Funeral Home in Lena, IL. Visitation was from 9 a.m. until 11 a.m. on Thursday, Oct. 27, at the Leamon Funeral Home in Freeport, IL. Pastor Roger Bronkema officiated the services. Luncheon was held at Orangeville United Methodist Church in Orangeville, IL following the burial. A memorial has been established in his memory.

The family wishes to extend a special thank you to FHN and Cara Hoffmaster, NP.

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

Prior to his retirement in 1999, he worked at Kelly Springfield Tire Company for 34 years. He enjoyed his children, grandchildren, camping, fishing, gardening, dancing, and the Green Bay Packers, Wisconsin Badgers, and Atlanta Braves. He spent many hours in his shop as he was an excellent woodworker. Glenn was also the president of the McConnell Historical Society.

Glenn is survived by his children Jeffrey (Gina) Hockman of Freeport, IL and Julie Edler of Orangeville, IL, grandchildren; Evan (Paige) Edler, Morgan Hockman, Grace Edler, Cheyenne Hockman, and Hannah (Daniel) Moreno, great-grandchildren; Brantley, Jagger, Wyatt, Madison, Mathayus, Leonidas, and Vaeda, his brother-in-law Gary (Pamela) Fer-

County set to receive \$20,780 to supplement food and shelter programs

The monies awarded to Stephenson County are used to supplement existing services that provide emergency food and shelter services in Stephenson County. The selection was made by a National Board which is chaired by the Federal Emergency Management Agency (FEMA) and consists of representatives from United Way of America, The Salvation Army; American Red Cross; United Jewish Communities; Catholic Charities, USA; and National Council of Churches of Christ in the U.S.A.

The local board, which is comprised of representatives from Stephenson County, is now charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas in our communities. The local board is seeking applications from qualified service organizations

(please see list of qualifications below) serving Stephenson County. Those interested in applying can visit United Way of Northwest Illinois' website or contact our office to receive an application.

Stephenson County has distributed Emergency Food and Shelter funds previously to Freeport Area Church Cooperative, Northwestern Illinois Community Action Agency Senior Citizen Services, Hearts That Care, VOICES of Stephenson County, Lena Ministerial Food Services and many others. Areas that are eligible to receive funds include organizations with existing programs: served meals, other food, mass shelter (on-site), other shelter, supplies/equipment, and utilities assistance

Eligibility to receive funds

Under the terms of the grant from the National Board, local

organizations chosen to receive funds must:

- 1) Be private voluntary nonprofits or units of government (if private voluntary organization, must have a volunteer board)
- 2) Have an accounting system
- 3) Practice nondiscrimination
- 4) Have demonstrated the capability to deliver emergency food and/or shelter programs

How to apply:

Public or private voluntary organizations interested in applying for Emergency Food and Shelter Program Funds can visit www.uwni.org/efsp or contact the United Way of Northwest Illinois, Inc. at (815) 232-5184 for an application. Grant request applications are due by at the United Way office, 524 West Stephenson Street, Freeport, Nov. 15, 2022, by 4 p.m.

Northwest Illinois Daily Drawing October winners

The Northwest Illinois Daily (a cooperative fundraiser) announces the first winners in the eighth year of the Daily Drawing. The Daily Drawing is a drawing for 365 daily cash prizes from Oct. 1, 2022 to Sept. 30, 2023 to those donating for a ticket. Over \$21,000 is paid out to ticket holders during the drawing year. Cash prizes vary between \$50 and \$250. A ticket may win multiple times as each ticket remains in the drawing each day for the entire year, no matter how often it may be drawn.

- \$50 – Melanie McCalley
- \$50 – Karen Hunt
- \$50 – John Horkay
- \$150 – Melanie McCalley
- \$50 – Sharon Eckstein
- \$50 – Rick Koehler
- \$50 – Jodi Sedivy
- \$50 – Brad Werner
- \$50 – Donald Olszewski
- \$50 – Amy Brinkmeier
- \$50 – Cindy Brown
- \$50 – Aaron Hicks
- \$50 – Marc DeMotta
- \$50 – Karen Travis
- \$50 – Bernadette Spurr
- \$50 – Janice Kehl
- \$50 – Daniel Beyer
- \$50 – Pat Widolff
- \$50 – Owen Kempel
- \$50 – Jack Stayner
- \$50 – Mary Hartzell
- \$50 – Ruth Bussan
- \$50 – Kristine Haas
- \$50 – Reese Raisbeck
- \$150 – Sharon Westenfelder
- \$250 – Jim Oleson
- \$50 – Wanda Honerbaum
- \$50 – Amanda Haas
- \$50 – Trey Ertmer
- \$50 – Jeff Wienen
- \$50 – Wells Offenheiser

News briefs

Lena American Legion Auxiliary

The Lena American Legion Auxiliary will be holding a Craft Fair on Saturday, Nov. 5, from 8 a.m. to 3 p.m. at the Lena American Legion Home, 316 W. Main St., Lena, IL. The proceeds from this event will be used to help replace the lighting at the veteran's memorial in Lena. A lunch stand will also be available.

The November meeting will be held on Wednesday, Nov. 9, at the Lena American Legion Home at 6:30 p.m. Tray favors will be made for hospitalized veterans and clothing donations will be collected. Gently used coats, gloves, and hats are needed. Dues will also be collected. New members are always welcome. Karen Sirgany will oversee the social hour.

The Clothes Closet

The Clothes Closet will be open Saturday, Nov. 5 from 9 a.m. to 12 p.m. for free shopping. It is located at Yellow Creek Church of the Brethren 12602 W. Dublin Rd. Pearl City, IL. Call Pastor Boughton at 815-238-1137 for additional information.

Majestic Skyscape Art Gallery

Majestic Skyscape Art Gallery of 16164 Carter Rd, Lanark, Illinois 61046, will be participate in the Scenic Art Loop's monthly art tour and will feature many kinds of eclectic art.

Stop in Nov. 4 through 6 to view the art displayed and to meet the artists. Hours are Friday and Saturday 10 a.m. to 5 p.m. and Sunday 1 p.m. to 4 p.m.

Local Girl Scouts receive \$2,000 grant from GSUSA

Girl Scouts of Northern Illinois (GSNI) received a generous \$2,000 grant from Girl Scouts of the USA (GSUSA) on July 14, 2022. Funds from this grant will be used to help Girl Scouts prepare for and finance their travel experiences to destinations around the world.

GSNI is grateful to GSUSA as they work to advance the Girl Scout Mission where future community leaders have a space all their own, where their interests, their experience, and their leadership—today and tomorrow—is the top priority.



Church news

St. John's Lutheran

St. John's Lutheran Church in Pearl City will be having the November Grace Meal on Nov. 20. The menu includes fried chicken, mashed potatoes and gravy, cranberry sauce, mixed vegetables, sweet potatoes, and dessert.

All meals will be curbside pick-up with reservations due by 5 p.m. on Thursday, Nov. 18 to the church office. Call 815-443-2215 to reserve a meal. Curbside pickup is available Sunday, Nov. 20

from 11 a.m. to 12 p.m.

Join St. John's Lutheran Church every Sunday, at 9 a.m. for Worship, Sunday School and Communion. Worship is led by Pastor Shellie Knight. Join the fun for monthly dominoes on Nov. 1 at 9 a.m.

St. John's Lutheran Church is located at 229 S First St., Pearl City, IL. 815-443-2215. Worship Services are currently in-person and livestreamed on Facebook Live by visiting www.StJohnsPearlCity.org.

Due to the election, the Lena American Legion Post 577 will have their monthly meeting on Nov. 7. New members are welcome.

Thank You to those who sent donations for new lights at the Veterans Memorial.

Lena Legion Post 577 Commander, Tim Schoeny

your source for on-line news:
RVPNEWS.COM

OPEN HOUSE

Join us to celebrate Merlyn Barker's 90th Birthday on Nov. 13 from 1 - 3 p.m. at McConnell UM Church (211 N. Hulbert Rd., McConnell, IL)

Merlyn hauled milk, made cheese, farmed and drove a bus for over 30 years. He retired at 75. Hosted by his 4 daughters. No gifts, your presence is enough.

Cards can be sent to:
1008 S. Logan St., Apt. 16, Lena, IL 61048

BELVIDERE COLLECTIBLE COINS

NEED CASH? Turn your Gold and Silver into CASH!

10% MORE for jewelry with this ad!

Gold • Silver • Jewelry • Coins
Flatware • Diamonds • Sterling

BUYING ALL: U.S. Rare Coins • World Coins • Proof Sets • Mint Sets • BU Rolls • Gold • Silver • Platinum • Dental Gold • Jewelry • Sterling Silver • Scrap Gold Bullion • Currency • Pocket Watches • Diamonds • .999 Fine Silver/Gold Plate Costume Jewelry • Silverware • Foreign Exchange

815.547.7111 | www.GoldSilverJewelryCoin.com
880 Belvidere Rd. (Logan Square), Belvidere, IL • bcoins60@yahoo.com
M-F 10 a.m. - 5 p.m. • Sat. 10 a.m. - 2 p.m.

OPINION

Slices of life

Exploring love

"We've been infected with this idea that love is an emotion only felt between two people. But love is a universal energy." —A.R. Lucas



By **JILL PERTLER**
Columnist

Today, let's explore the topic of love.

I think when we look back at life—at the end of it all—what we'll remember most is love. And, as was referenced above, not just the romantic love we've experienced, but ALL of it, every bit of it. Love is all around us, every second of every day, if we are open and aware. Receiving as well as giving. I know that may sound corny, but it's truth (with a capital T).

Love fuels the soul. It makes the heart beat a little faster. It makes us catch our breath and causes our lips to curl upward. It improves our mood and makes life worth living. Love comes in many forms. It can be spectacular and it can be everyday – and everything in-between.

Noticing the beauty of dewy water droplets on blades of grass in the morning is love.

A mama duck leading a trail of her ducklings across the path is love.

Feeling the positive energy in a smile from a stranger is love.

A sunrise. A sunset. A full moon. A starry night. All love when seen and felt from the heart.

The same can be said for helping a turtle cross the road. Feeding birds in the winter. Rescuing a spider from your kitchen and bringing it outside.

Love isn't complicated. It's superbly simple when pure and done right. When done from within - from the heart.

Many of us live under the misconception that love

comes from without—from other people, from the world at large. I don't believe this to be true. Real love comes from within. It starts there, grows there and blooms there.

Once you embrace the love from within - truly embrace and accept it. Once you open yourself fully to it and understand its importance to your well-being and joy, then you can appreciate and enjoy the love all around you. You will be more open to accepting love because you are fully encompassed on spreading your own.

As you sow your seeds and spread and grow this love outward, it returns to you exponentially, because you can't give love without receiving it in return. That's just how the universe operates. You benefit just as much from the love you give as from the love you receive—maybe even more so.

That's the magic in it. I think of the concept of love like an ice cream sundae. It starts with a scoop of ice cream at its core. It wouldn't be a sundae without the ice cream. This is the love that comes from within.

Love from the world at large—people, animals, hobbies, passions, nature—is the whipped cream, hot fudge, sprinkles and other toppings. They enhance the sundae but without the ice cream, you are left with a bowl of condiments. They

See LOVE, Page 9



Weekly connection

Working to raise good families

I wrote an article several years ago about the changing landscape of the family farm and its effect on the family. I wrote how it was sad to see the number of empty barns that speckled the countryside, and I lamented the fact that the times of families working together on small family farms was no longer as much of a reality as it once was. In fact, years earlier when I was a senior in high school in 1980, I wrote a research paper on this same topic. I wrote how the family farm was about to change from individual farmers along with their spouses and kids operating their own manageable farm to large corporate farm businesses taking over the industry. In those days we were about to



By **SCOTT CERNEK**
Columnist

lose an important element of society, the family farm along with its structure and stability that was going to have a profound effect on rural America.

Sure enough, throughout the 80's and 90's this transformation took place and today we don't see many small family farms at all except for the Amish and Mennonite communities that still exist as a kind of throw-back society. The Amish farms take us

back to the times of our great grandparents. We get a glimpse of the early 1900's and the use of real horsepower and steel wheeled implements. Whereas the Mennonite farms seem to go back to the times of the 70's and 80's when the farms were operated by individual families using small tractors and more modern but much smaller implements than we see today.

I enjoy driving by an Amish or Mennonite farm these days

and getting a small look back into farming history. It's great to see a whole family working side by side just like we used to do when we were kids on our family farm. We always had huge gardens, small tractors and implements, and lots of hands-on work to do year around to make the whole thing productive and keep our family in shoes, clothes,

See FAMILIES, Page 9

Holiday Shopping Expo & Bake Sale
Saturday, Nov. 12
9 a.m. - 3 p.m.
Jane Addams Community Center
430 W. Washington St.
Cedarville, IL

- "Coats Share" drop off for Salvation Army
- Lions Food Stand

Expo sponsored by the Cedarville Lions Club

VOTED #1 BEST CHIROPRACTOR (2021 BEST OF THE REGION)

22 Years in a Row!

815-233-1800 DR. GALIN D. SCHRAM DR. CHUCK SCHRAM

OVER 40 YEARS OF QUALITY CHIROPRACTIC CARE

Schram Chiropractic

1009 Loras Drive
Freeport, IL
 Electronic Health Records Certified!

schramchiropractic.com
 NIU students: see our website for our DeKalb office

THE SCOOP TODAY SHOPPER'S GUIDE

"Committed to the communities we serve"

EDITOR: Kathleen Cruger
Advertising Sales: Cyndee Stiefel: lenaads@rvpublishing.com
Office Manager: Jessica Tessendorf

To contact The Scoop Today & Shopper's Guide:
Telephone: 815-369-4112 • 815-947-3353 • **Fax:** 815-369-9093
Email: News/Letters to the Editor: scoopshopper@rvpublishing.com
 Ads: ads@rvpublishing.com
 Classifieds: scoopshopper@rvpublishing.com
 Legals: legals@rvpublishing.com
Billing Office: businessoffice@rvpublishing.com
 Available online at: rvpnews.com

Mailing Address:
 The Scoop Today/ Shopper's Guide
 240 W. Main Street, Suite B, Lena, IL 61048

TO SUBSCRIBE:

- Yearly subscriptions to The Scoop Today and Shopper's Guide are available at \$25 annually for Jo Daviess & Stephenson Counties and \$39.95 annually for those out of the area. Subscriptions are non-refundable. Within our circulation area, The Scoop Today and Shopper's Guide are free. You can pick up single copies of The Scoop Today or Shopper's Guide at convenient locations throughout the area.
- CLASSIFIED RATES: Classifieds start at \$7.00 for the first 3 lines, then add \$1.95 per each additional line thereafter, for private party ads. Please call for complete rate information.

©2022 Rock Valley Publishing, LLC • All rights reserved

In my opinion

Choosing a Medicare plan: Three key benefits to consider

By Mona Clor

The Medicare Annual Election Period is officially under way, and individuals ages 65 or older may be eligible to select a healthcare plan for 2023.

Now to Dec. 7, people eligible for Medicare can review plans to find the best one for their health needs, as well as their wallets.

Although it may seem intimidating, it is important that eligible individuals start by identifying their top priorities—like convenience or quality of care—and then finding an accommodating plan.

While some people will opt for traditional Medicare, an alternative is Medicare Advan-

tage, which typically offers additional benefits, such as prescription coverage, fitness plans and routine checkups or cleanings. Additionally, home-based healthcare continues to be a service offered by many plans, which is something to consider as you choose your plan for 2023. Specifically, I encourage you to consider the following benefits when reviewing your options:

- In-home primary care. Did you know that you may be able to see your primary care provider in your home? House calls are back in popularity and companies, will send a provider and care team to your home—and offer telemedicine services—for both routine and

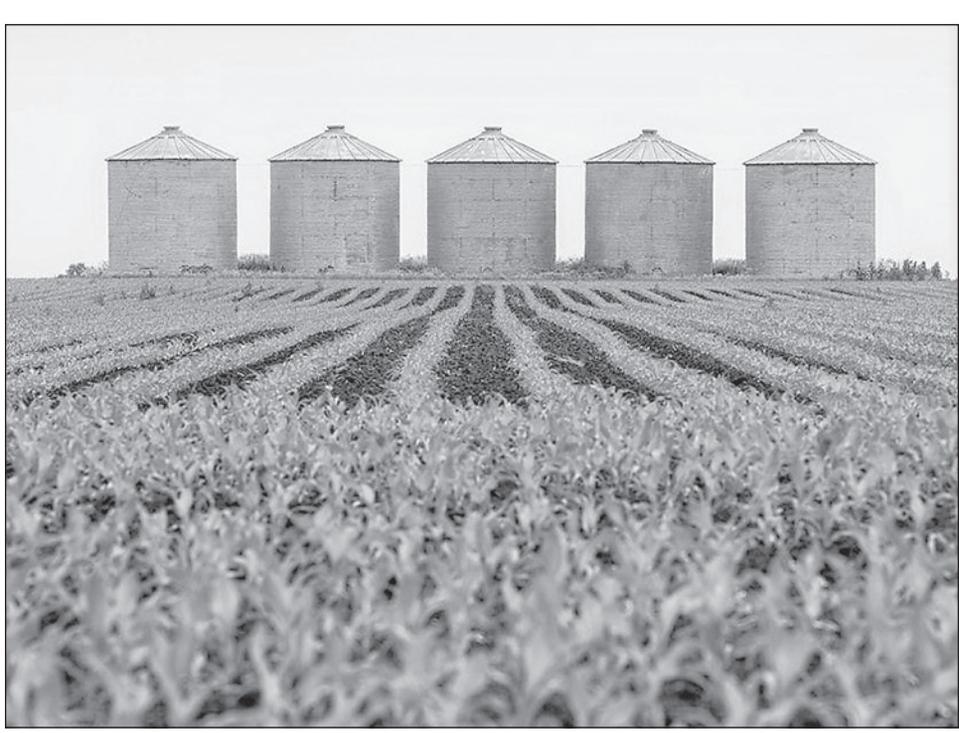
sick visits. The best part is that in-home visits typically last around 45 minutes, compared to a 15-minute office visit, allowing more time to review concerns with your doctor and allow them to treat all your health needs.

- Telemedicine services. A recent survey by AARP indicates that nearly one-out-of-three adults 50 and over are highly interested in using telemedicine for themselves or a loved one. Telemedicine not only offers the convenience of visiting with a healthcare provider from the comfort of your home but also provides safety from picking up germs and contamination from in-office appointments. Check to see if your Medicare Advantage plan covers telemedicine, including online counseling, prescription management and urgent care issues.

- Pharmacy mail order. For convenience, consider a plan that offers home delivery for your prescriptions. Often, mail-order programs allow beneficiaries to set up automatic refills for prescriptions to be delivered to their doorstep, ensuring you never run out of your medications. Many mail-order pharmacies offer 24/7 service which is helpful if you have questions about your medication outside of business hours.

For additional information on choosing the right Medicare plan for you or a loved one, visit the Medicare Plan Finder on Medicare.gov.

Mona Clor, M.D., is a family medicine physician with Heal Primary Care.



SUBMITTED PHOTO Rock Valley Publishing

In addition to traditional production costs associated with growing crops each season, farmers who choose to participate in carbon market opportunities incur additional costs. Farmers are paid between \$10 and \$40 per acre for carbon farming practices, amounts that don't come close to outweighing the cost to implement them.

U of I paper spotlights challenges, solutions to ag's role in carbon markets

By Timothy Eggert
FARMWEEK

More Illinois farmers might participate in carbon market opportunities if major reforms were made to improve contracts, stabilize demand for soil carbon sequestration and increase financial incentives, according to a new study published by University of Illinois researchers.

The paper, titled "The Achilles heels of carbon farming: Operational constraints on the next cash crop," spotlights challenges surrounding the adoption of storing carbon in soil on ag land in Illinois and offers some policy-based solutions.

It was written by members of the U of I's Center for the Economics of Sustainability and was supported by the Illinois Farm Bureau Board of Directors. Stakeholders ex-

pect the paper to ultimately spur additional research or influence future policy decisions.

"IFB has been very interested in exploring the topic of soil carbon sequestration and carbon markets, and we support market-based solutions to mitigating climate change," said Lauren Lurkins, IFB's director of environmental policy. "But the way those solutions are manifesting themselves in the countryside right now is not attractive or appealing to a majority of our farmer members."

What accounts for "arguably the largest barrier" to the development of carbon farming in Illinois is the dynamic around annual cash rental agreements and non-owner-operated farmland, according to the paper.

Specifically, if a tenant who

adopts a conservation practice on a piece of rented ground loses that lease the following year, then the carbon stored in the soil "is put at risk" and depends on the next tenant adopting similar practices to maintain the sequestration.

In addition to high upfront costs, tenant farmers are hesitant to adopt a conservation practice because the benefits of that practice—better soil health increases the land's value, for example—likely will be accessible by only a future tenant or the landowner, said Amy Ando, a professor in the U of I's College of Agricultural and Consumer Economics who led the study.

"If you're somebody who's just renting the land, you yourself don't have obvious incentives or even capabilities

See **MARKETS**, Page 10

Northwestern Illinois Community Action Agency
PY23 ENERGY ASSISTANCE PROGRAM
(LIHEAP)

Northwestern Illinois Community Action Agency, as administrator of the Home Energy Assistance Program in Stephenson and Jo Daviess Counties, is pleased to announce that funds are available through the Department of Commerce and Economic Opportunity (DCEO) to assist income-eligible households with their natural gas, propane, and electric heating bills.

The LIHEAP program began Sept. 1 for all income-eligible households. Applications will be taken on a first-come first-served basis through May 31, 2023, or until funding is exhausted. There will be no priority groups this program year. Households in need are encouraged to apply.

Due to funding limitations, there will be NO NEW enrollments in the PIPP program this year.

Applicants may apply for a Direct Vendor Payments (DVP) which provides a one-time benefit payment for income eligible homeowners and renters to gas or propane and electric vendors to help with home utility bills and for reconnection assistance. Households must be at or below 200% of the Federal Poverty Guidelines listed below to receive a benefit from LIHEAP.

Income Guidelines:

Family Size	30 Day Income	Family Size	30 Day Income
1	\$2,265	6	\$6,198
2	\$3,052	7	\$6,985
3	\$3,838	8	\$7,324
4	\$4,625	9	\$7,484
5	\$5,412	10	\$7,643
		11	\$7,802

For more than 11 household members, please add \$590 for each additional person.

Please call the Freeport office at 815-232-3141 or 800-883-1111 to receive information on how to receive a pre-application packet. Completed pre-application packets and required documents listed below may be submitted for processing by mail, email, drop box or fax. Appointments will be made for those needing help with the packet.

**** To submit an application, you MUST submit ALL of the required documents. ****

- Proof of Social Security numbers (SSN) or Individual Taxpayer Identification Number (ITIN) for all household members. Individuals without an SSN or ITIN can still apply and NICAA will advise.
- Proof of all gross income for all household members for 30 days prior and including the application date such as pay check stubs, SSA/SSI/SSD income, pension/retirement statements, unemployment reports, child support, TANF/AABD/Township GA assistance, self-employment reports and proof of zero income.
- Complete current heat and electric bills issued within the last 30 days.
- Copy of current lease if any utilities are included in the rent payment.

LIHWAP water and sewer bill assistance funding is exhausted.

Northwestern Illinois Community Action Agency
27 S. State Ave., Suite 102, Freeport, IL 61032
815-232-3141 or 800-883-1111 • www.nicaa.org

Is service or installation TODAY soon enough?

Repair on all makes & models
SERVICE CALL SPECIAL \$39.95

\$200 OFF
any water conditioner or iron filter!

815-544-0978
TOLL FREE 1-877-353-7638
EXPIRES 1/31/23. COUPON MUST BE USED AT TIME OF PURCHASE.

Serving the area for over 30 years

New baby? You need life insurance.

Steve Rothschadl, LUTCF, RICP
Financial Representative
Lena
steven.rothschadl@countryfinancial.com
(815)369-4581

Home insurance policies issued by COUNTRY Mutual Insurance Company®, COUNTRY Preferred Insurance Company® and COUNTRY Casualty Insurance Company®, Bloomington, IL.
0221-508HC_03015-7/26/2022

Our Area Churches Welcome You

APPLE RIVER UMC

102 E. Baldwin St., P.O. Box 188,
Apple River, IL 61001
Pastor Libby Rutherford (815) 990-1428
Church (815) 594-2223
• *Sunday Worship – 9 a.m.*
• Bible Study - Every Monday 9 a.m.
Friendly Folks - Casual Attire - Join Us!

CALVARY UNITED

METHODIST CHURCH
315 W. Maple St., Stockton, IL 61085
Pastor Jonathan Singleton
(815) 947-2414 or (815) 947-2522
E-Mail: calvaryum@yahoo.com
• *Sunday Worship – 10:00 a.m.*
• *Sunday School – 8:45 a.m.*
• Communion and Potluck every 1st Sunday
• Wednesday Night Bible Study - 6:30 p.m.
• Sat. Youth Group - 6 - 8 p.m.
You may find our facebook page and weekly messages by searching for "Calvary United Methodist Stockton Illinois on facebook.com You are welcome! Please visit us!

CHRIST LUTHERAN CHURCH

ELCA STOCKTON
600 N. Main St., Stockton
Pastor Chrissy Salser (815) 988-9450
E-Mail: clc600@mediacombb.net
Find us on Facebook at ChristOnMainSt
• *Worship times: Saturday, 5:30 p.m.*
Sunday, 10 a.m.
• *Sunday School: Sunday, 9 a.m.*

EBENEZER – SALEM UNITED

CHURCH OF CHRIST
P.O. Box 102, Pearl City, IL 61062
Currently served by Guest Speakers
See Facebook or call 815-291-1965
• *Sunday Worship: Currently 8:30 a.m.*
(may vary)
Services alternate monthly at 2 locations
• Nov. 6 & 13 services are at Salem UCC Church, Corner of Loran & Kent Roads
• Nov. 20 & 27 services are at Ebenezer-UCC Church, 5421 S. Stone Church Road

EVANGELICAL FREE

CHURCH OF LENA
720 N. Freedom Street, Lena, IL 61048
815-369-5591
Rev. Scott Wilson, Assoc. Pastor of Youth
• Adult bible study and Children's Sunday School - 8:45 a.m.
• *Sunday Morning Worship Service and Children's Church/Nursery – 10:00 a.m.*
• Awana Wednesdays at 6 p.m. (Sept. - April)
• Pastor's weekly sermons at www.lenafreechurch.org

FIRST UNITED METHODIST CHURCH

411 S. Main Street, PO Box 236,
Pearl City, IL 61062 • (815) 443-2177
email: pearlcityumc@gmail.com
Website: pearlcityumc.org
Find us on facebook at
www.facebook.com/pcumcil
Pastor Doug Carroll (815) 541-3159
• *Sunday Worship – 8:00 a.m.*
• *Sunday School – during worship after the children's message*

FIRST UNITED METHODIST CHURCH

309 S. Main Street, Elizabeth, IL 61028
email: firstumcfelizabath@gmail.com
Pastor Roger Bronkema (815)-291-6261
email: rbronkema18@gmail.com
• *Sunday Worship - 8:30 a.m.*
• Women's Faith Group -
1st Tuesday monthly - 9:30 a.m.
We are handicapped accessible
Find us on Facebook at
www.facebook.com/fumcelizabeth
GOOD SHEPHERD
LUTHERAN CHURCH
118 East Mason Street, Lena, IL 61048
Pastor Miho Yasukawa
(815) 369-5552
• *Sunday Worship – 9:30 a.m.*
• *Sunday School – 10:45 a.m. (Sept. - May)*
• Piece Corps Quilters –
Wednesdays at 8:00 a.m. – 11:30 a.m.

GRACE BIBLE CHURCH OF

WOODBINE
1904 S. Vel Tera Road, Elizabeth, IL 61028
Pastor Michael Burdett (815) 858-3843
• *Sunday Worship – 10:30 a.m. & 6:00 p.m.*
• *Sunday School – 9:30 a.m.*
• Prayer meeting – Wednesdays at 7:00 p.m.
Sunday services broadcasted at 11:30 a.m. on
Radio WCCI 100.3 FM

HOLY CROSS CATHOLIC CHURCH

223 E. Front Avenue, Stockton, IL 61085
Father Mike Morrissey (815) 947-2545
• *Saturday Evening Mass – 4:30 p.m.*
• *Sunday Mass – 8:00 a.m., 10:00 a.m.*
and 5:00 p.m.
• Reconciliation Saturday – 3:30 - 4:15 p.m.
• Parish Hall for Rent – Seats 200

LENA UNITED METHODIST CHURCH

118 West Mason Street, Lena, IL 61048
Pastor Keri Rainsberger (815) 369-5291
• *Sunday Worship – 9:00 a.m.*
• *Sunday School – 10:30 a.m.*
• *Daily Dial-A-Devotion 815-369-4411*

MARTINTOWN COMMUNITY

CHURCH
W8996 Lena St., Martintown, WI 53522
(1 mile north of Winslow, IL)
Pastor Kevin Cernek • 608-558-0974
• *Sunday Worship – 8 & 10:30 a.m.*
Worship inside or watch from the parking lot on the jumbotron
• *Sunday School for all ages – 9:30 a.m.*
• *Sunday Youth - 6 p.m.*
• *Tuesday Bible Study - 10:30 a.m.*
• *Thursday Prayer & Bible Study - 6 p.m.*

McCONNELL UNITED

METHODIST CHURCH
211 Hulbert Rd. P.O. Box 97,
McConnell, IL 61050
http://www.gbmg-umc.org/mcconnellumc
Email: info@McConnellUMC.org
"Like" us on Facebook
Pastor Rev. Doug Carroll (815) 541-3159
• *Sunday Worship – 9:30 a.m.*
• *KidZone: 5:30 - 7:30 p.m.*
1st & 3rd Thursday - monthly
* *We are handicapped accessible*

SALEM UNITED CHURCH OF CHRIST

8491 West Salem Road, Lena, IL 61048
(Turn on Salem Road at Eleroy Rest Stop)
(815) 369-4511
Pastor Christopher Ham
• *Sunday Worship – 10:00 a.m.*

SCHAPVILLE ZION

PRESBYTERIAN CHURCH
635 East Schapville Road, Elizabeth, IL 61028
Pastor Dottie Morizzo
(815) 845-2272
Cell (815) 238-0670
www.schapvillezion.org
• *Sunday Worship Service – 10:00 a.m.*
• *Sunday School – 10:00 a.m.*
• Bible Study Classes Available

SHEPHERD OF THE HILLS

LUTHERAN CHURCH
536 E. Schapville Road,
Scales Mound, IL 61054
Church number (815) 845-2061
Rev. James Mehlretter
Website: www.shepherdofhill.com
• *Sunday Worship – 8:00 a.m. & 10:00 a.m.*
• *Sunday School (Sept. – May) – 8:45 a.m.*
• Holy Communion is celebrated weekly.

ST. ANN CATHOLIC CHURCH

608 East Railroad, Warren, IL 61087
Father Skrobitt (815) 745-2312
• *Sunday Mass – 8:00 a.m.*
• Reconciliation Sunday – 7:30 - 7:50 a.m.

ST. JOHN'S LUTHERAN CHURCH

The Lutheran Church Missouri Synod
625 Country Lane Drive, Lena, IL 61048
Rev. Rick Bader (815) 369-4035
• *Saturday Evening Worship – 5:30 p.m.*
• *Sunday Worship – 8:00 a.m. & 10:30 a.m.*
• Blast Program at 9:00 a.m.
• High School & Adult Sunday School at 9:15 a.m.

ST. JOHN'S LUTHERAN CHURCH

Evangelical Lutheran Church of America
229 S. First St., Pearl City, IL 61062
www.stjohnspearlcity.org
815-443-2215
• *Sunday Morning Worship – 9:00 a.m.*
• Christian Education for all Ages - 10:15 a.m.
Handicapped Accessible

ST. JOHN EVANGELICAL

LUTHERAN CHURCH
8315 S. Massbach Road, Elizabeth, IL 61028
Pastor David Russell
Church: 815-589-3367
• *Sunday Worship – 10:00 a.m.*
"Celebrating 165 Years of Faith"

ST. JOSEPH CATHOLIC CHURCH

105 West Webster, Apple River, IL 61001
Father Skrobitt (815) 745-2312
• *Saturday Mass – 6:00 p.m.*
• Reconciliation Saturday – 5:30 – 5:50 p.m.

ST. JOSEPH CATHOLIC CHURCH

410 West Lena Street, Lena, IL 61048
Father Skrobitt (815) 369-2810
• *Saturday Mass – 4:00 p.m.*
• *Sunday Mass – 10:00 a.m.*
• Reconciliation Saturday – 3:30 – 3:50 p.m.

ST. PAUL'S LUTHERAN CHURCH -

KENT
The Little Church with a Big Heart
1334 Sunnyside Road, Kent, IL 61044
1/2 mile north on Kent Road
• *Sunday Worship – 9:30 a.m.*
• *Holy Communion every Sunday*
• Women Meet at 9 a.m. on the 2nd Sunday
• Chair Lift to Sanctuary

ST. PAUL LUTHERAN

CHURCH ELCA
209 Clinton St., P.O. Box 445,
Warren, IL 61087
Vicar Michelle Knight
(815)745-3444
www.stpaulswarren.org
• *Saturday Worship – 5:00 p.m.*
• *Sunday Worship – 10:00 a.m.*
• *Sunday School – 10:00 a.m.*

WARREN UNITED

METHODIST CHURCH
Corner of Water & Jefferson St., Warren, IL
Pastor Roger Bronkema (815) 291-6261
email: rbronkema18@gmail.com
• *Sunday Worship – 9:30 a.m.*
• Adult Sunday School before Worship
• Children Sunday School - During the service
Communion Every First Sunday
* *Handicapped Accessible*

WESLEY UNITED

METHODIST CHURCH
Corner of Hudson & Benton St.,
Stockton, IL 61085
Pastor Doug Carroll (815) 541-3159
• *Sunday Worship – 11 a.m.*
• Adult Bible Studies Available
• Communion Every 1st Sunday
• First Sunday potluck following church services.
Find us on website StocktonWUMC.org
or Facebook-Stockton Wesley United
Methodist Church
* *Handicapped Accessible*

WILLOW UNITED METHODIST

6522 S. Willow Road, Stockton, IL 61085
Pastor Cheryl Carroll (815) 541-7020
• *Weekly Sunday Worship – 9:30 a.m.*
with community fellowship following
• *Sunday School – 11 a.m.*
www.willowfolkfestival.com

WINSLOW GRACE BIBLE CHURCH

197 Carver Street, Winslow, IL 61089
Pastor Robert Patin (815) 230-1862
608-669-5770
• *Sunday Worship – 10:45 a.m.*
• *Sunday School – 9:45 a.m.*

YELLOW CREEK CHURCH OF THE

BRETHREN
12602 W. Dublin Road, Pearl City, IL
Pastor Ellis Boughton • 815-864-2049
Email: ellis.boughton@live.com
• *Sunday Services – 10:00 a.m.*
• *Sunday School – 9:15 a.m.*
(when available)

ZION COMMUNITY CHURCH

10100 W. Sabin Church Rd.,
Pearl City, IL 61062
Pastor Wayne Fischer • 815-266-6260
Pastor Chip Sohl • 815-541-1425
• *Sunday Worship Service – 9:00 a.m.*
• *Children's Church - during church service*
• *Prayer Shawl Knitting Tuesday at 6:30 p.m.*
• *Bible Study Wednesdays at 6:30 p.m.*





SUBMITTED PHOTOS Rock Valley Publishing

This week's little Blackhawks

Congratulations to Stockton Elementary and Middle School students who were recognized this week for following the Blackhawk Way.



your source for on-line news:
RVPNEWS.COM



Chris Folmar
Financial Advisor
640 W. South St, #4
Freeport, IL 61032
815-616-5955

Compare our CD Rates
Bank-issued, FDIC-insured

1-year Minimum deposit \$1,000 4.40%^{APY*}	3-year Minimum deposit \$1,000 4.70%^{APY*}	5-year Minimum deposit \$1,000 4.75%^{APY*}
--	--	--

* Annual Percentage Yield (APY) effective 10/25/22. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

426864

Edward Jones

MAKING SENSE OF INVESTING
www.edwardjones.com

Member SIPC



Veterans Day Clearance Sale
Sale Starts October 31 and Ends on November 12th

30-50% OFF
Select Pictures • Mirrors
Lamps • Bean Bags

TAKE 50-70% OFF
Carpet Remnants

RED, WHITE, & BLUE TAG MARKDOWNS
Chest • Dresser • Mirrors
Night Stands • Headboards

WHITE TAG MARKDOWNS
Recliners • Club Chairs
Wing Chairs • Accent Chairs
Sofas • Love Seats • Sleepers

ALL NEW & REFURBISHED APPLIANCES ARE ON SALE

TAKE AN ADDITIONAL 5-10%
Select Red, White, & Blue Tag Items
Bedroom • Dining Room • Living Room

FIRST MARKDOWN
SECOND MARKDOWN
FINAL MARKDOWN

CLOSEOUTS
On Select Serta Mattresses.
All Window Air Conditioners are on a Season Closeout.

REASONABLE OFFERS ACCEPTED ON CLOSEOUT PRODUCTS | JUST IN TIME FOR THE HOLIDAY SEASON
Many One-of-a-Kind Items Need to be Moved Out to Make Room for New Holiday Merchandise.

Fall in love with your smile!

Cosmetic Dentistry
Implant Dentistry
Custom Dental Whitening Kits
Laser Therapy

Stockton Dental Center
120 West Front Avenue
Stockton, IL 61085
815-947-3700

Dr. Stephen Petras
Licensed Illinois General Dentist

RiteWay
Northwest IL Largest Furniture, Mattress & Appliance Dealer

VISA MASTERCARD FINANCING AVAILABLE

HEIGHTS FINANCE
Short & Long Term Financing is Available.

FREE LAYAWAY FOR CHRISTMAS

ASHLEY YOUR LOCAL DEALER

2022 BEST OF THE REGION

20 E. Stephenson St, Downtown Freeport • 815-235-4911
Mon-Fri 9-5; Sat 9-4 • ritewayfreeport.com

Furniture & Appliances



Stephenson County HCE International Director, Judy Shippee, stands with Mary Julius who presented the program on the country of Italy at the International Meeting last month.

SUBMITTED PHOTO Rock Valley Publishing

Stephenson County Association for Home and Community Education annual meeting

The 98th annual meeting of the Stephenson County Association for Home and Community Education (AHCE) *Aspire to Inspire* was held on Oct. 12, 2022, at the Farm Bureau in Freeport.

The AHCE State President, Angela Hicks, spoke at the meeting and installed county board members.

The Mock Orange Unit was recognized as the Unit of the Year. AHCE members Carla Meyer, Silver Creek, and Janice Fryer, Mock Orange received Homemaker of the Year awards.

There were many members who had been in AHCE for 15 to 55 years and Shirley Schadewaldt from the Pearl City Unit was recognized as a 65-year-member. The International Meeting

was held immediately following the noon luncheon. Mary Julius presented the program on the country of Italy.

AHCE units are located throughout Stephenson County. For more information on SCAHCE, please contact Diana Ethridge at 815-275-0680.



IN*CI*DENTAL*LY

TMJ Awareness Month

The temporomandibular joint (TMJ) is the joint on each side of your head that connects your lower jaw (mandible) to the temporal bone of the skull (craniomandibular articulation). Each of your TMJs has a disc between the ball and socket that acts as a cushion as the jaw moves. These two critical joints, aided by their supporting structures (jaw muscles and ligaments) enable you to open wide, glide your mouth forward, backward, and side to side, bite, chew, swallow, and speak. When a medical or dental condition (or a combination of both) interferes with the function of the TMJs and/or their supporting structures, this is referred to as a temporomandibular disorder (TMD). While TMDs affect millions of people, many do not understand the cause of or how to relieve their pain or the actions that they can take to support their TMJ. To address this educational need and relieve unnecessary suffering, November has been declared National TMJ Awareness Month.

Part of your dental examination includes assessing the TMJ and its supporting structures for any limitation in range of motion, localized, radiating, or chronic pain, muscle tenderness, swelling at the joint, jaw locking, clicking, popping, and any difficulty biting, chewing, speaking, or swallowing. It is important that you report any issues with migraines, tinnitus or ringing in the ear, changes in the way your teeth fit together, injuries to



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

or dislocation of the joint, a history of joint disease, stress, dysfunctional habits (excessive gum chewing, chewing on nails, ice or using your teeth as tools) grinding your teeth, or holding your head forward when using a computer for prolonged periods every day.

Before treatment can begin, the first and often difficult step is diagnosis. TMDs can have multiple physical and medical contributing causes which all must be addressed to provide relief from symptoms and joint support. For instance, arthritis can wear away the bones in the joint causing a change in tooth alignment. Conversely, tooth misalignment can cause damage to the disc and wear away bones in the joint. To

further challenge diagnosis, some medical conditions can mimic the symptoms of TMD (chronic sinusitis and chronic headaches). In addition to a complete dental exam, consideration of your medical history, and responses to the questions, your dentist may take x-rays and/or perform a CBCT scan. If he suspects damage to the joint bones or disc from arthritis or trauma, he may order an MRI scan.

Treatment will vary depending on contributing factors, but all will be aimed at providing you relief while promoting joint health. Symptoms can often be significantly diminished just by recognizing and avoiding the actions that contribute to your pain. A forward head posture strains the head and neck muscles, which fatigues the jaw, causing pain and popping of the TMJ and/or difficulty in opening the mouth. If your job requires sitting at a computer all day, be aware of your posture, work to improve it, and take short,

See TMJ, Page 12

MOWERY AUTO PARTS

USED AUTO PARTS
FOR MOST MAKES AND MODELS
LOCATING SERVICE AVAILABLE

Also buying junk cars & trucks

Hours: M-F 8 a.m. - 5 p.m. • Sat. 8 a.m. - Noon
815-599-0480
686 Van Buren, Freeport, IL
www.moweryauto.com

406843

BURLINGTON SHOES

QUALITY FOOTWEAR FOR YOU

Men's & Women's
Smartwool Socks
Buy 3 or more pair,
get \$2 off each pair
Good selection!

1013 16th Avenue
Monroe, WI

608-325-4464
Hours: M-T 10-5; F 10-6, Sat 10-4

EXPERIENCE YOU CAN COUNT ON

KONING'S
PRECISION
PAINT AND BODY

301 Dodds Drive, Lena, IL
815-369-4148

- Free Estimates
- Certified Technicians
- Free Pickup & Delivery
- All Insurance Welcome
- Free Car Rental
- Competitive Rates
- Lifetime Guarantee

427075

REMAIN COMPLETELY ANONYMOUS

CRIME STOP!
235-7867
STOP

Crime Stop Works!

IN STEPHENSON COUNTY
call 815-235-7867 (STOP)

"Get Involved, Without Getting Involved"
Stephenson County Crime Stop, Inc. est. 1981

download our app
www.sccrimestop.com

@sccrimestop

393674

24-HOUR SERVICE ON ALL BRANDS

BECKER SUPERIOR
HEATING AND AIR CONDITIONING

New installation • Remodeling
Routine maintenance • Repairs

815-291-2866 • Lena, IL

www.superiorhvacservices.com

409644

FROM LENA'S KITCHEN



The not so skinny cook

We continue to have some beautiful fall weather. The fields are being harvested at a record pace because there has been only a little rain. If you drive down the road, you can see the dust from the fields as they are frantically getting in this year's harvest. Be careful when driving and watch for farm machinery.

I write this column before Halloween but am gearing up for my many trick-or-treaters. I will have a full report next week. This week continues to feature fall recipes that you can try out on the people that you have eating at your house. Enjoy this week's fall cooking.

Pigs in a Blanket with Cheese Parmesan Ranch Butter

This appetizer will be a favorite at your next party. It would be a great appetizer for the holidays. It uses crescent rolls and ranch seasoning along with the little smoky hot dogs. Easy and fun is the recipe for this great party starter.

- 2 cans crescent rolls
- 30 little smoky hot dogs
- 8 slices sharp cheddar cheese, sliced and cut into fourths
- 4 T. butter, melted
- 1/2 a packet of dry Hidden Valley Ranch dressing
- 1 T. parmesan cheese, grated

Preheat the oven to 425.

Line a large baking sheet with parchment paper. Roll out the crescent dough and separate by the triangles. Cut each triangle in half to create smaller same shape triangles. Starting at the bigger end of each triangle, lay a small square of cheese, topped with a sausage, then roll up on itself. Lay on the baking sheet. Continue until all 30 pigs in a blanket are on your baking sheet. In a small bowl, combine the melted butter, ranch pack seasoning, and parmesan. Brush the rolled-up pigs in a blanket with the butter. Bake for 12 to 15 minutes or until the dough is browned and cooked through.

Farmhouse Apple Coleslaw

My mother was a great one for adding fruit to coleslaw. Our family favorite was pineapple, but come fall when apples were in season, apples became the fruit addiction. The apples provide a great crunch to the coleslaw. If you are not a raisin lover, omit them. I would use golden raisins if adding the raisins.

- 4 C. shredded cabbage
- 1 large apple, chopped
- 3/4 C. raisins
- 1/2 C. chopped celery
- 1/4 C. chopped onion
- 1/4 C. mayonnaise
- 2 T. lemon juice
- 1 T. sugar
- 1 T. olive oil
- 1/2 t. salt
- 1/8 t. pepper

In a serving bowl, combine the cabbage, apple, raisins, celery, and onion. In a small bowl, combine the remaining ingredients. Pour over cabbage mixture and toss to coat. Cover and refrigerate for at least 30 minutes before serving.

Roasted Acorn Squash with Honey

I found another great acorn squash recipe to share with you. The honey makes it really special. This particular way to cook the squash is pretty easy and uses ingredients most people have in their refrigerators and cupboards.

- 2 medium acorn squash, halved lengthwise and seeded
- 2 T. unsalted butter, softened
- 1/4 C. firmly packed light brown sugar
- 1 pkg. (8 oz.) cream cheese, softened
- 2 T. honey, plus more for drizzling
- 1/2 t. salt
- 1/4 t. pepper

Preheat oven to 425. Carefully trim about 1/8 inch off bottom of each squash half so squash will sit flat; place cut side up on a large rimmed baking sheet lined with foil. Using a sharp knife, carefully score flesh of squash. Rub with butter and sprinkle with brown sugar. Bake until tender and golden brown, about 55 minutes. Let cool for 10 minutes. Leave oven on. Pour off any liquid from center of each squash half. In a small bowl, stir together the cream cheese and honey. Spoon cheese mixture into center of each squash. Sprinkle with salt and pepper. Bake until cheese is heated through, about 10 minutes. Drizzle with honey.

Florentine Spaghetti Bake

This dish is a perfect weeknight meal. It will come together quickly and has pasta and vegetable all in one. Use your own spaghetti sauce or a good one from the grocery store. If you don't want it as spicy, use regular pork sausage.

- 8 oz. uncooked spaghetti
- 1 lb. Italian sausage
- 1 onion, chopped
- 1 garlic clove, minced
- 1 jar (24 oz.) pasta sauce
- 1 can (4 oz.) mushrooms

- stems and pieces, drained
- 1 large egg, lightly beaten
- 2 C. 4% cottage cheese
- 1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 1/4 C. grated Parmesan cheese
- 1/2 t. seasoned salt
- 1/4 t. pepper
- 2 C. shredded mozzarella

Preheat oven to 375. Cook pasta according to package directions. In a skillet over medium heat, cook sausage and onion, crumbling meat, until sausage is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in pasta sauce and mushrooms. Bring to a boil. Reduce heat; cover and cook until heated through, about 15 minutes.

Drain pasta. Combine in a bowl the beaten egg, cottage cheese, spinach, Parmesan, salt, and pepper. Spread 1 C. sausage mixture in a greased 9 x 13 baking dish. Top with spaghetti and remaining sausage mixture. Layer with egg mixture and mozzarella cheese. Cover and bake 45 minutes. Uncover and bake until lightly browned and heated through, about 15 minutes longer. Let stand 15 minutes before cutting.

Chicken and Dumplings Casserole

If you are looking for an easy weeknight supper, this casserole will feed your family pretty quickly. You can use canned chicken or rotisserie chicken to make it even easier. If you want to make your own dumplings instead of using the canned biscuits that will work to.

- 2 T. unsalted butter
- 1 T. oil
- 1/2 C. chopped onion
- 1 C. chopped celery
- 1 C. chopped carrot
- 1 T. flour
- 3 C. chicken broth
- 1 C. heavy whipping cream
- 1 T. chopped fresh sage or 1 t. dried
- 1 T. chopped fresh parsley or 1 t. dried

- 3 C. shredded cooked chicken
- 1/2 C. panko breadcrumbs
- 1 can of Pillsbury butter-milk Grands biscuits, cutting each biscuit into thirds

Garnish with fresh parsley. Preheat the oven to 275. Spray a 9 x 13 baking dish with cooking spray. In a large saucepan, melt butter with oil over medium heat. Add onion, celery, and carrot. Cook, stirring occasionally, until tender, about 6 minutes. Stir in flour; cook, stirring constantly, for 2 minutes. Gradually stir in broth and cream until smooth; bring to a boil. Reduce heat and simmer, stirring occasionally, for 20 minutes. Stir in sage and parsley.

Spread chicken in an even layer in prepared pan. Pour cream mixture over chicken. Drop biscuits over the top of the chicken. Sprinkle with breadcrumbs. Bake until biscuits are slightly browned, and filling is bubbly, about 25 to 30 minutes. Let stand 10 minutes before serving. Garnish with parsley.

Caramel Apple Cupcakes

These are yummy apple cupcakes. The caramel frosting makes them extra delicious and the applesauce makes them really moist. Enjoy these apple creations.

- Cupcakes**
- 1 stick salted butter, room temperature
- 1/4 C. sugar
- 2 eggs
- 1 T. vanilla
- 1 C. applesauce
- 2 C. flour
- 1 1/2 t. baking powder
- 1 t. salt
- 1/2 t. baking soda
- 1/4 t. ginger
- 1/4 t. grated nutmeg

- Frosting**
- 1 1/2 sticks salted butter at room temperature
- 3 C. powdered sugar, sifted, plus more if needed
- 3 T. apple cider, plus more as needed
- 1/4 C. caramel sauce

Caramel sauce for drizzling. Preheat the oven to 350. Line a 12-cup muffin tin with paper liners. Beat the butter and sugar in a large bowl with a mixer on medium speed, scraping down the sides as needed, until well combined, 2 to 3 minutes. Add the eggs and vanilla and beat again, scraping until smooth, about 1 minute. Add the applesauce and mix until combined. In a separate bowl, whisk the flour, baking powder, salt, baking soda, ginger, and nutmeg until light and fluffy. Add to the butter mixture and mix on low speed until just combined. Divide the butter among the muffin cups, filling each about three-quarters full; gently tap the pan on the countertop to remove an air bubbles. Bake until a toothpick inserted into the center of a cupcake comes out clean, 20 to 25 minutes. Let cool for 5 minutes in the pan, then carefully remove the cupcakes to a rack to cool completely.

Frosting: Beat the butter in a large bowl with a mixer on medium speed until completely smooth, 2 to 3 minutes. With the mixer on low speed, add the powdered sugar in 3 batches, alternating with the cider, scraping down the bowl frequently. The frosting should be smooth, thick, and creamy. Add the caramel and beat on medium speed until fully incorporated, about 2 more minutes. Adjust the consistency by beating in more cider or powdered sugar as needed. Spread frosting on the cupcakes. Drizzle with caramel sauce.

Final Thoughts

I finally got to visit an apple orchard last week. I guess I am one of the few people who has never been to a famous apple orchard. I have always taught school and worked on Saturdays (and some Sundays too), and I have never had the "orchard experience". I can now check it off my bucket list. It was eye opening and a

See KITCHEN, Page 10

FREELANCE REPORTERS AND PHOTOGRAPHERS NEEDED

Rock Valley Publishing is seeking freelance reporters and photographers to produce local news and photos for your hometown newspaper. Weekly stories and photos needed for Jo Daviees and Stephenson Counties. Writing and reporting experience a plus. Work from home as an independent contractor with no in-office requirement.

PLEASE EMAIL RESUME TO: scoopshopper@rvpublishing.com

ROCK VALLEY Publishing LLC
The Scoop and Shopper's Guide

Your "Main Street Chiropractors" with over 40 years service to our community

Liles Chiropractic Clinic, Ltd.

Dr. Jared Liles & Dr. Jim Liles

238 W. Main St. • Lena
815-369-4974

M-F 8:30 a.m. - 5:30 p.m. • Saturday by Appointment.

- Palmer Graduates • Digital X-Ray
- BCBS Provider • Electronic Insurance Billing

Now proudly accepting United Healthcare and Quartz insurance plans.

B&B Hillside Repair

AUTOMOTIVE REPAIR

BOLENS • TROY-BILT • LAWN BOY

Service

Our Services Include:

- All types of Automotive Repair - for cars, trucks and SUVs
- Lawn & Garden
- all makes and models

Sales of Briggs & Stratton Generator

Sales of products

Owners • Brent & Brock Kappes
9807 E. Binkley Rd. • Stockton, IL 61085
815-947-3297 Cell: 815-275-1184

Cornerstone Credit Union to host eighth annual WREX Freeport Food Drive

Cornerstone Credit Union will host the eighth annual WREX Freeport Food Drive at their facility on W Meadows Drive in Freeport on Friday, Nov. 4, 2022, from 6 a.m. until 7 p.m. WREX-TV Channel 13 will broadcast live throughout the day including their morning, noon, and evening news shows. This local effort began in 2014 when WREX became aware

that some food pantries were at risk of closing their doors due to lack of food through the Freeport Area Church Cooperative. Those Freeport pantries were able to keep their doors open because of the community's response to the food drive, and now it's an annual event.

Cornerstone has been proud to host this effort since 2017, as the need continues. People

are invited to bring their donations of in-date non-perishable food items and toiletries to the main office in Freeport at 550 West Meadows Drive on Nov. 4. The credit union hopes to match and even surpass past donations of over two tons of food and thousands in monetary donations. The Freeport Area Church Cooperative will be taking the donations for distribution to those in need.

FHN Casino VINO celebrates good friends, good wine, and a great cause

Tickets are now available for the FHN Festival of Trees Casino VINO, back in-person at 7 p.m. Friday, Nov. 18 at Grand River Hall in Freeport.

Casino VINO attendees will sample a variety of wines from local vineyards and hors d'oeuvres and charcuterie while they enjoy casino-style gaming, contests, silent auction shopping, and more. A full bar, as well as

an array of non-alcoholic beverages will also be available.

"We are so excited to be planning an in-person Gala this year," said FHN President and CEO Mark Gridley, MBA, FACHE. "All proceeds from this year's event will be designated to the year-end campaign to purchase new hospital beds for FHN Memorial Hospital in Freeport."

FHN Foundation Director Al Evon has announced a special matching gift: "A very generous donor has pledged a \$250,000 matching gift, so every dollar spent on tickets, drinks, gifts, and fun at Casino VINO will, like all gifts to the year-end campaign, be doubled."

Casino VINO tickets are \$75, available now at www.fhn.org/gala2022.

Love (Continued from page 3)

can't stand alone. Without the base of ice cream, they fall flat.

The same goes for your ability to love others if you don't first love yourself.

We talk of unconditional love. When my husband first left this earth, I reflected on our great love story and made it my goal to love even better and more fully in the future. I wanted to love other people unconditionally.

But I've changed my mind—or at least my choice of words. I've come to the conclusion that the term unconditional love is sort of an unnecessary phrase and perhaps even repetitive.

Putting conditions on love negates it. It makes it less than love. Love, felt truly, madly, deeply from the heart is infinite and without conditions. It is love—plain and simple. Miraculous. Wonder-filled and wonderful. Infinite, expanding, without beginning or end. Love traverses time and thought. It is bigger than any of us as individuals, yet it lives individually within each of us. It encompasses us all. It is both within and without.

It just is. Now and forever. Beyond the end of "time" as we perceive it.

And that thought, I think, is unconditionally beautiful

and even (if you'll forgive me) lovely.

Jill Pertler is an award-winning syndicated columnist, published playwright and author. She invites readers to follow the Slices of Life page on Facebook.

Families (Continued from page 3)

and food. There was something about working together that drew us close as a family. Everybody had their own chores each day and the hard work gave everyone a feeling of great satisfaction. When the kids grew up, they found a farm nearby and started their own family farm. It made for strong communities all across rural America.

Today, many of the small farm homesteads we see across the countryside that once were full of livestock and a bustle of activity are now just empty crumbling buildings with very little activity. The big corporate farmers roll onto their fields and make a couple hours work of what used to be weeks and weeks of fall harvest by an entire family working together. When I was in Ag class

years ago, we learned about progress and productivity and how competition drives the industry. Well, it's done the driving that's for sure and

now the family structure has paid the price just as many predicted it would. The young people grow up and move to bigger cities where there are exciting things to do and see and the average age of the American farmer keeps getting older and older each passing year. In 1978 the average age of the principal operator on the farm was 50.3 years of age. In 1992 it rose to 53.3. In 2007 it was 57.1. In 2012 it climbed to 58.3 and today the average age of the principal operator on the farm in the United States is 59.4.

It's not that I'm against large farmers. I know their progress and production help to feed the world like never before, but it's just a shame that we had to lose a wonderful way of life in the process. The Apostle Paul wrote to Timothy that a good leader in the church must be able to manage his won family well and see that his children obey him, and he

must do so in a manner worthy of full respect. I Timothy 3:4. It used to be easier to make this happen in the family when everyone was working together on the farm. Now it's much more difficult.

After I left the farm myself to become a teacher, my wife and I had to find things to get our family involved in that would teach them respect, hard work and teamwork. Our kids played and I coached every sport I could, and we worked together as a family every chance we could doing community and church activities. God was good to us, and our kids are raising their own families today to work together and love the Lord with all their hearts. Even though we don't all have farms to teach our children the lessons of life, we can still make it happen with a little creativity and a lot of prayer.

Until next week, God bless.

ROEDER IMPLEMENT

15th Annual Inventory Reduction Auction

Date: November 26, 2022 – Time: 10:00 AM

Location: 2550 Rockdale Rd - Dubuque Iowa 52003

Join Us For A Great Line Up Of Quality Trade In Equipment, Up For Auction To the Highest Bidder

Visit www.powersauction.com to see the entire catalog

100+ Items Including The Following Items:

- | | | |
|--|---------------------------------------|---------------------------------|
| 13' Case IH 145CVT Puma Tractor, 1,750 Hrs, MFWD | 15' Case IH Farmall 140A, 1,636 Hrs | 09' Harvestec 4306C Corn Head |
| 12' Geringhoff RD830B Corn Head, Patriot Crop Reel | 10' Case IH 2206 Corn Head, Headsight | Krause 5515 Grain Drill, Caddy |
| 11' Case IH 5088 Combine, 2,603/1,790 Hrs, 2 Owner | 93' Case IH 1644 Combine, 2,907 Hrs | 13' New Holland 258 Rake, Dolly |
| 10' Case IH 6088 Combine, Pro 600, Chopper 2,432 Hrs | 17' Case IH DC133 Discbine, Nice | Great Plains TC5113 Disk Chisel |
| 14' Anderson TRB1400 Bale Mover | 18' CIMA T55 Orchard Sprayer, Tracks | 05' Case IH DCX101 Discbine |
| 73' International 1066 Ldr Tractor, Hydro, Euro Cplr | 14' Jaylor 5650 TMR, Single Axle | Kubota B2650HSD Ldr Tractor |

Listing is subject to change do to daily business. Please call 563-557-1184 before traveling a distance to check availability.

Complete Catalog & ONLINE BIDDING AVAILABLE THROUGH: www.equipmentfacts.com

Terms: A 2.5% Online Buyers Premium Applies To A Items Capped At \$750.00 Per Item Purchased. All Items Must Be Paid The Day Of Sale By: Cash, Check, or Credit Card (4% Convenience Fee.) Online Buyers: ACH Payment, Wire Transfer. A Photo I.D is required to register. All Sales are Final. Everything is Sold AS-IS, WHERE-IS W/ No Warranties or Guarantees Implied or Expressed. A \$50.00 Doc Fee Applies on ALL Titled-Registered Items. ANNOUNCEMENTS MADE THE DAY OF SALE SUPERSEDE ANY PRINTED MATERIAL. POWERS AUCTION SERVICE IS NOT RESPONSIBLE FOR ITEMS ONCE SOLD.

POWERS AUCTION SERVICE
110 E. Murray Street - Brownstown, WI 53522
Dan Powers: 608-214-3765 - Mike Powers: 608-214-5761
Office: 608-439-5760 Call & Book Your Auction Today!



CASH FOR CANS MARKET PRICE
Crushed or Uncrushed
Prices subject to change

WE BUY:
• Iron • Copper • Brass
• Radiators • Aluminum
• Rebuildable Car Parts

Northwest Metals
Formerly Crossroads Metals

MONDAYS AND THURSDAYS 3 to 5
SATURDAYS 9 to 12

4906 N. Crossroads Rd., Lena
2 miles W. of Rt. 73 on Rt. 20;
then 1 mile North

CALL 815-369-4731

AUCTION

DON & SHARON BEHRNS ESTATE
SATURDAY, NOV. 19 at 10:00 A.M.
13705 Elizabeth Rd., Savanna, IL
From Mt. Carroll: N. 1 1/2 mi. on 78, W. on Elizabeth Rd.,
5 1/2 mi. to sale site.

FARM RELATED: Parker 2600 gravity box, 400 bu.; Kewanee 9-shank chisel; JD 16ft. disc; Kraus 21ft. wing disc; Knowles gear, 8x16 bale cage; 15ft. soil finisher; Bushhog 2315 wingback mower; 45ft. & Eagle 48ft. conveyor on truck; 4-section drag harrow; 3pt. blade; 600 gal. bulk tank; qu. SS pipeline; 2T. & 6T. bulk bins; **GARAGE ITEMS:** AC 608 mower; Troy-Bilt tiller; **COLLECTIBLES:** cider press; sleds; JD & Int. planter plates; milkcans; cast iron kettle; (4) steel wheels;
CONSIGNED BY DON NEISEMEIER EST.: JD flat rack; Kline hog chute; long horns; dbl. trees; 2 saddle bar stools; saddles.

TERMS: CASH OR CHECK
MUST HAVE PHOTO ID TO REGISTER
JIM CALHOUN, AUCTIONEER IL LIC.440000333
MT. CARROLL 815-244-9660
FOR FULL LISTING & PICTURES www.calhounauction.com

LIVING ESTATE AUCTION

WITH REAL ESTATE

Live and webcast

208 W. MAIN ST., SUBLETTE, IL 61367
SATURDAY, NOV. 5 • 10 A.M.
ONLINE CATALOG BEGINS AT NOON
PREVIEW: FRIDAY, NOV. 4 • NOON - 4 P.M.

We have an amazing living estate auction in beautiful Sublette, IL.

REAL ESTATE (SELLS AT NOON): 4 bedroom, 1 bath 1800+ sq. ft. two-story house on large double lot. 2 car detached garage. You could move right in or remodel to your own taste. House has amazing historic features including beautiful ornate trim, transom windows, hardwood floors, and more.

MISC.: Antiques, local advertising, Indian artifacts and collectibles, jewelry, silver, gold, vintage Atari systems, firearms, household, large garden shed (like new), Dixon zero-turn mower, Homelite 5000w generator, Simplicity snowblower, air compressor, Sublette Fire Department memorabilia, fishing supplies, outdoor games, china cabinets, Pyrex nesting bowl sets, sports cards, telescope, and more still being uncovered.

TERMS: 15% buyer's premium. Checkout immediately following auction.

AUCTIONEER'S NOTE: This auction has something for everyone. There will be a select online bidding catalog for this auction but hundreds of uncataloged lots to bid on live in-person, so be sure to come on out and enjoy this auction! Catalog will be uploaded to www.kitsonauctions.hibid.com.

Andrew Kitson 815-973-0915 • www.KitsonAuctions.com • www.kitsonauctions.hibid.com

•Markets (Continued from page 4)

to make long-term commitments to what happens on that land," Ando said.

Further complicating owner-operators' participation in carbon farming programs are multi-year contracts that don't take into account the temporal aspect of storing carbon in the soil on working ag lands.

Contracts are often unclear, for instance, about an owner-operator's obligation to the contract, the "ownership" of the stored soil carbon if

the land enrolled in the practice is sold and the duration of sequestration. Potential solutions include developing and implementing standardized, explicit contract terms that do not require long-term commitments but aim for rewarding soil carbon storage on both intermediate and permanent scales, Ando said.

Also underpinning the contract issues is a shared uncertainty by farmers toward "the long-term viability of de-

mand" for soil carbon storage in a voluntary market, according to the paper.

Because no public policy like a cap-and-trade greenhouse-gas emissions program for industrial emitters exists, demand for carbon sequestration in soil is voluntary and mostly limited to corporations seeking credits to meet environmental performance targets or consumers looking to offset their carbon-intensive activities.

The lack of national standards for defining and verifying carbon offsets and the market's constant change also

contribute to farmers' doubts about participating in a program that could be replaced by a better system, Ando said.

She added that USDA or another federal agency developing standards or certification rules "could potentially increase confidence in these contracts and increase the value of them."

A final issue and solution to carbon farming involves the financial incentive for farmers who implement a practice.

Farmers are paid between \$10 and \$40 per acre for carbon farming practices, amounts that don't come

close to outweighing the cost to implement them.

Increasing those totals and developing a scale where payments are based on storage duration—bigger payments for longer sequestration periods—would result in more participation, the paper suggests.

Ando and the researchers also point to the inability to "stack" payments for multiple environmental services, like both installing buffer strips to reduce runoff and practicing no-till to sequester carbon in soil on the same piece of land.

"If a farmer does one thing

and it reduces nutrient runoff in waterways and it also reduces greenhouse gas emissions, why not get paid for both of those services?" Ando said. "And if you only can get paid for one, then really the benefits to society are larger than what the farmer is getting paid. So, figuring out a good way to do stacking could be very helpful."

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.

PUBLIC NOTICE PEARL CITY PARK DISTRICT

The Pearl City Park District has the following vacancies for the upcoming Consolidated Election on April 4, 2023

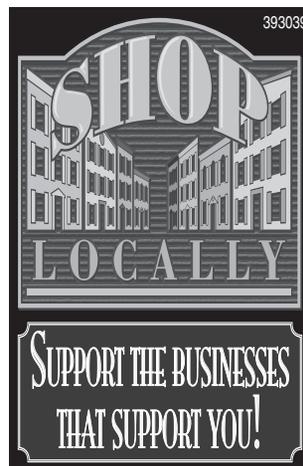
Two (2) Commissioners 6 year term

One (1) Commissioner 6 year unexpired term, expires 2027

Candidates may obtain petition packets by calling Kris Visel, the Park District's secretary, at 815-297-3817

The Park District petition must be filed with Kris Visel no earlier than Monday, Dec. 12, and no later than Monday, Dec. 19.

426867



•Kitchen (Continued from page 8)

lot of fun. I got to sample apples, lots of other good stuff, and get a taffy apple. I am one of the few people on earth who doesn't really get into apple cider donuts. I hope that doesn't make me un-American! Would I go again? You bet! We are fortunate to have apple orchards in our area that raise beautiful apples.

Football playoffs have started in the area, so that means all eyes are on Friday or Saturday games. It also

means that basketball practice has started in some schools, and even junior high boys games have begun. We don't have much time left before this year ends. The dreaded time change comes at the end of this week's publication. The leaves have reached their peak in our area and are falling to the ground in buckets. I had my furnace checked and filtered, and now am ready to pay the bills for heating. Winterization is in full swing. I

am gearing up for some good fall recipes.

If you are doing some fall cooking and if you have some good vegetable, apple, or pumpkin recipes for the season, send them our way. Or if you have enjoyed this column for many years, let me know that too. 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.

The Scoop Today & Shopper's Guide

Service Corner

427782

Denny's Service Center

10146 N. Wachlin Rd. • McConnell, IL 61050
815-291-9010 • E-mail denrak03@yahoo.com

Dennis Rakowska Auto Technician



413749

PEARL CITY SEAMLESS GUTTERS INC.

5" & 6" Seamless Gutters & Gutter Guards Available. Multi-color, Color Match.

Owner Operated

815-291-6449

423071

G & H PAINTING



Interior & Exterior Painting & Staining
LENA, IL

Fully Insured

Brent Geilenfeldt
815-369-5368 • Cell 815-275-1069

Adam Heimann
815-275-6450

111032



Nick Judge • 815-990-8937
www.sixpointservices.com

Residential and Commercial
Power Washing
Gutter Cleaning
Window Washing
Holiday Lighting

Fully insured

413671



Your local Toro Dealer & Master Service Center

WIN WINTER!



10240 N. Old Mill Rd. • McConnell, IL 61050
815-541-3348 • heidrepair@yahoo.com

Repairing & servicing all brands of mowers & small engines

406924

Werhane Total Truck Repair

Straight Trucks - Semis - Dump Trucks - Farm Type Vehicles including Farm Tractors

**AVAILABLE FOR REPAIRS
CALL FOR AN APPOINTMENT TODAY!**

815-369-4574

FAIR • FAST • FRIENDLY

- Clutches • Brakes • Welding (Steel & Aluminum) • Electrical
- Lube & Oil Change • Suspension • King Pins • Transmission & Drive Line
- Differentials • Tune Ups • Over Hauls • Minor Body Work
- Tractor-Trailer Wash • Air Conditioning

KEEP US IN MIND FOR ALL YOUR REPAIR NEEDS



Werhane Enterprises

509 E. Main St. • Lena

2022-11-23-22-24

427070

Bob's Handyman Service

(Formerly Wybourn Construction)

Lena, IL

Cell: 608-558-1095

bobwybourn@gmail.com

- Windows • Doors • Kitchens
- Bathrooms • Decks

No Job Too Small To Appreciate!

407366

Rock Valley Publishing

Classifieds

AD DEADLINE:
Friday
at 4 pm

SERVING NORTHERN ILLINOIS AND SOUTHERN WISCONSIN

Call
815.369.4112
to place your ad

employment 	for sale 	rentals & real estate 	automotive 	services offered 
--	--	--	--	--

help wanted

JOB OPPORTUNITY

The Village of Lena will be accepting applications for Illinois Certified part-time police officers.

A background check and an oral interview will be given prior to consideration for employment with the Village of Lena. All applicants must be able to perform normal police duties daily. You will not be considered for employment if you have had any felony convictions, DUI or any domestic battery or similar offenses. Eligible applicants will be notified to schedule an in-person interview.

Applications can be picked up at Village Hall in Lena (122 E Main St, Lena, IL). To have an application emailed, please call 815-369-4016. All applications must be turned in to Village Hall by Wednesday, Nov. 16, at 4:30 p.m.

The Village of Lena is an equal opportunity employer.



Pearl City Park District Recreation Director

The Pearl City Park District has an opening for a Recreation Director to oversee and grow the park's programs. The ideal candidate will be a self-starter interested in growing with the park and growing the park's reach in the community. We are looking for someone who is energetic and engaging as well as detailed and imaginative.

The duties include but are not limited to: Managing reservations for rentals of our facilities, Working with the coordinators of our various leagues and activities to manage schedules, taking payments, and other related tasks, Working with other community groups to increase the park's offerings, General cleaning of park facilities, Reporting to maintenance staff any items that need to be repaired, Purchase and manage supplies for the park, Monitor the park's FOB access and security camera systems, Attend park board meetings and provide monthly reports
A qualified candidate will have the following attributes: Self-motivated/self-starter, Basic level abilities with office computing and software, Good people skills, particularly dealing with the public as well as with children, Be excited to create new programs and opportunities for our taxpayers to enjoy our parks, Basic mechanical and maintenance abilities a plus

This is a part-time position with full-time potential. The right candidate will earn more hours by creating more events, programs, and activities for the park. This is an ideal position for someone who loves being involved in their community and loves the opportunity to grow with a job.

transportation

Automobiles

1969 & 1977 CADILLAC ELDO-RADOS For Parts/Restoration. Call 262-581-5371.

Boats

1972 AMF ALCORT SUNFISH New white sail w/dolly, \$1,000 optional trailer \$300. 262-745-6982. pic/info.

Campers and RVs

5TH WHEEL COUGAR CAMPER YEAR 2000, 28 ft. long, slide with new awnings. \$8,000 or OBO. 847-946-7660

Motorcycles

'07 HARLEY ULTRA 34,000 MI. Excellent condition. Asking \$10,500 OBO 608-214-4863.

1992 750 HONDA NIGHTHAWK with Velorex sidecar. 51,000 miles. \$2000. (414) 688-4008

2002 HONDA SABER 1100cc, 34,000 miles. \$2100. (414) 688-4008

Sport Utilities

1999 CHEVY TAHOE LT select 4WD, 198k mi., new fuel pump, tires & more, 5.7 eng., well maint'd, little rust. \$3k. 815-845-2006

Trucks & Trailers

2002 GMC YUKON 4x4, 155,000 MI. Asking \$4500/OBO. Call 608-214-4863

FORD RANGER SPLASH 1994, 103,000 mi., no rust, \$3500 262-857-2939

garage sales

LAST BIG GARAGE SALE!!

ONE DAY ONLY!
Saturday, Nov. 5
10 a.m. - 5 p.m.

Household items, clothes, toys, games, garden items, suitcases (vintage and new), books, Bunn coffee maker, small furniture, new women's shoes, some new items, jewelry, several vintage items, holiday decorations and so much more!

6318 N. Lake Rd.
Lena, IL

Don't Miss This Sale!

for rent

Apartments

NORTH PRAIRIE APARTMENTS - STOCKTON

Managed by CMS Management, LLC

108 Mathilda Drive, Stockton, IL 61085
815-947-2237

1, 2 & 3 Bedroom Apartments

Laundry Facility On-Site • Appliances Furnished

Applications are available in the hallway of
108 building, across from laundry.

This Institution is an Equal Opportunity Provider.



LENA 1BDR Ground floor apartment. Appliances furnished. \$375/month. No Smoking 815-369-2827



Time To Sell Your Home?

Call
815-369-4112
for details
on placing an ad

for sale

Announcements

CLASSIFIED IN-COLUMN ADS cannot be credited or refunded after the ad has been placed. Ads canceled before deadline will be removed from the paper as a service to our customers, but no credit or refund will be issued to your account.

DISCLAIMER NOTICE This publication does not knowingly accept fraudulent or deceptive advertising. Readers are cautioned to thoroughly investigate all ads, especially those asking for money in advance.

ADVERTISING SALES EXECUTIVE

Rock Valley Publishing, your hometown newspapers serving the stateline has an opening for an experienced Media Sales Representative to call on current and new accounts in a protected sales territory.

Growing area with many new businesses, this is a great opportunity for the right applicant.

We publish newspapers, shoppers and niche publications throughout the stateline. You have the opportunity to sell into all Rock Valley Publishing. L.L.C. publications, making your paycheck much larger!

For immediate consideration send resume/job history to:

Vicki Vanderwerff, Director of Advertising
Email: vicki@southernlakesnewspapers.com
Fax: (262) 725-6844

392953

real estate

PUBLISHER'S NOTICE All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, disability, familiar/ status or national origin, or an intention to make any such preference, limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-900-669-9777. The toll-free tele phone number for the hearing impaired is 1-800-927-9275. EQUAL HOUSING OPPORTUNITY

For details on placing an ad in our

Classified Section
Call 815-369-4112

Serving the communities in Jo Daviess County Serving the communities in Stephenson County
The Scoop Today Shopper's Guide

Find us online: rvpnews.com



422795

• TMJ (Continued from page 7)

frequent breaks to stretch and loosen up your neck and back muscles. Avoid chewing gum excessively, grinding your teeth, and the other dysfunctional/repetitive habits listed above. Moist heat and a softer diet, along with physical therapy exercises to strengthen jaw muscles and learning ways to control jaw tension will all help to decrease TMJ

inflammation. Your dentist may also prescribe a limited regime of alternating Tylenol with Ibuprofen until the acute inflammation has subsided. To avoid further damage, your dentist may prescribe orthodontic treatment, and/or a night guard. If the MRI shows joint damage, he may also refer you to a joint specialist and/or an oral surgeon.



SUBMITTED PHOTO Rock Valley Publishing

Medals awarded to American Legion state participants

The Stockton American Legion Commander Bob Heuerman presents medals to the girls state and boys state participants at a recent meeting. The program consists of a one-week camp where students learn how the government works. Pictured left to right are Legion member Mike Beatty, boys state participant Skyler Davis, and girls state participant Brooklyn Fahrney.

For Free Checking and a high rate of interest, get the Apple Advantage.

NEW Higher Rate!

3.04% APY* on balances up to \$20K & **0.05% APY*** on balances over \$20K
or **0.01% APY*** if qualifications aren't met

FREE Debit Card!

- EACH CALENDAR MONTH:
- Have at least 15 debit card purchases post and clear
 - Have at least one direct deposit or automatic Apple River State Bank loan payment
 - Receive eStatements



Apple River STATE BANK

FIRST Community BANK OF GALENA

Local Bankers... Making Local Decisions... Meeting Local Needs

Apple River State Bank locations:
Apple River, IL • Scales Mound, IL • Warren, IL
Elizabeth, IL • Hanover, IL • Hazel Green, WI
Galena, IL – First Community Bank of Galena

AppleRiverStateBank.com

*3.04% Annual Percentage Yield (APY) paid on balances between one penny and \$20,000.00, and .05% APY paid on all amounts above \$20,000.00 each calendar month the minimum requirements are met. If you do not meet the requirements per calendar month, your account will still function as a free checking account earning 0.01% APY. Rates as of October 28, 2022. We may change the interest rate and APY at any time after the account is opened. No minimum balance is required. Available to personal accounts only and limited to one account per customer.