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# FREE

December 21, 2016



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**FOR THE RECORD**

**FOUR OUT OF FIVE? REMEMBER THAT ONE?**

Do you remember those old commercials that said "four out of five dentists recommend sugarless gum for their patients who chew gum?"

That's actually great advice – although we always wondered exactly what the fifth dentist recommended! But here's another statistic that's actually much more important.

**Four out of five adults over the age of 35 have some form of gum disease!** That's pretty scary isn't it?

Gum disease (or as we call it "periodontal disease") occurs when bacteria in the mouth cause the gum tissues to become inflamed and infected. And since our mouths are already loaded with bacteria (including healthy strains), periodontal disease is quite common.

As it gets more severe, gum disease will cause the tissues surrounding the teeth to become red and puffy, and they may bleed easily. The infection may progress to where it actually starts to eat away at the bone that holds the teeth in place! That's why gum disease is the #1 cause of tooth loss in adults – more than cavities, accidents, or anything else! To make matters worse it causes horribly bad breath!

In its early stages, gum disease can only be detected by the team of dental professionals. That's why we sometimes call it "the silent killer". You also may have heard of recent studies that suggest gum disease is linked with heart disease, diabetes, low birth weights, and many other threatening health conditions.

**There is good news!** In most cases gum disease can be successfully treated right in our dental office without the need for a gum specialist or surgery. Of course it will take some work on your part (you knew it was coming – proper brushing and flossing), but the path to treatment begins with your dentist and dental hygienist.

If you are in need of or overdue your dental exam and cleaning, don't wait – call now! We will perform a thorough check of your gums to make sure they are healthy. Don't worry and don't delay – we are here to help you save your teeth!

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**Merry Christmas**



*Rejoice in the spirit of Christmas which is Peace, the miracle of Christmas which is Hope, and the heart of Christmas which is Love. From our family to yours, have a Merry Christmas and a Happy New Year.*

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# Christmas past is about the simplest things

Bob Hope once said, "When we recall Christmas past, we usually find that the simplest things — not the great occasions — give off the greatest glow of happiness." He spoke the truth. When I recall Christmas past of my childhood, it's the feelings that I remember. Anticipation. A full belly. Love.

My Grandma O hung candy canes and chocolate bells on her tree for us. She taped her Christmas cards up on the back of her front door. And that was about it for decorations. And I loved it. It felt like a home.

Then I became a mom and sometimes got a little wrapped up in all the doing and having a fabulous Christmas card photo. Decorating the house to the nines did not matter to little boys. How fancy gifts were wrapped did not get their attention. Probably the items they received may not even stick in their memories. It's the feelings.

Laughter. Time with cousins and playing games. Silly traditions. That is what gives off the greatest glow of happiness.

Part of our tradition was a large family gathering on Christmas Eve night at Grandma O's house. That's what I remember as a kid and my boys have faint memories too. When she died, I took over being host house for the festivities. We kept her punch recipe and changed some of the games, but the feeling of love was always the



By **KELLY SIMMONS**  
Columnist

steady constant.

When I divorced and moved in to a small condo, my sons and I decided we would carry on the tradition even if space would be tight. We had all the fam over and partied until the wee hours and had the most fun ever. Then came my Prince Charming and the Joy House with plenty of room for bodies, games, and spiked punch. And all that food.

That's a Christmas Eve memory too - platters and platters of treats and goodies filling every square inch of counter space. And a tummy that feels happy if not a bit too full.

What I love about Christmas and life is that we keep evolving. Old traditions get tweaked, as nothing can ever stay exactly the same, and yet the fun of the occasion is what remains. Gentle lasting memories come from rowdy loud games shared by the generations. That is one of my favorite recent memories, watching my parents and my sons play off-color games together with the gang and the hoots and howls that accompany it.

Now the torch that warms my heart is we that we will have a new location for our family Christmas Eve night party. My firstborn, now age 24, just bought a condo (not far from me!) and he wants to be the party house. That makes this mama proud.

He is still unpacking and may not even have a tree up, but that won't matter. The decking of the halls is inconsequential. The merriment is not location or decoration dependent. There will food and games and punch. And aunts, uncles, parents, grandparents, and cousins. And a baby and a toddler and one on the way. And my baby is now old enough to be the host. That he wants to be the host is a gift to me.

Life keeps changing and traditions shape shift as we go, and yet some things never change. Like Bob Hope said, it's the simplest things. Cheers. To that I raise my

glass.

Kelly Epperson Simmons invites you to join her weekly inspiration-

al email newsletter at [www.kelly-epperson.com](http://www.kelly-epperson.com). Snail mail to PO Box 2324, Loves Park, IL 61131.



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GET FITTEAM CHALLENGE

## Happy New Year!

### Is your New Year's resolution fitness-related?



# 2017

**The challenge kicks off on January 8, with baseline screens\* being held at FHN Burchard Hills Facility Lower Level on:**

<b>January 4, 2017</b>	<b>January 5, 2017</b>	<b>January 7, 2017</b>
10 am–1 pm	3 pm–6 pm	8 am–11 am

\*You must attend one of the scheduled baseline screens in order to have your points count. Please schedule your screen early to be sure to get the date and time that works best for your schedule. There will not be "make up" screening dates.

If you have a resolution to be more fit in 2017—or if you'd like to resolve that now—FHN's Get FiTeam Challenge is here for you!

For just \$25 each, you and three of your friends/family members will compete with other four-person teams in a 12-week program timed to help you be in better health for all of your summer activities. You'll earn points for exercise, drinking plenty of water, and eating five servings of fruits and vegetables every day. At a baseline screen, you will confirm your current height, weight, blood pressure and cholesterol level. Throughout the challenge, you will receive challenge updates, healthy recipes, and invitations to health-related events. You will also be able to take advantage of trial memberships only for Get FiTeam members at local health and fitness clubs. When all is said and done, the top teams of the competition will win great prizes!

**Get your team together and Get Fi!** Register online at [getfit.fhn.org](http://getfit.fhn.org). For more information call us at 1-877-6000-FHN ext. 901 or email us at [getfit@fhn.org](mailto:getfit@fhn.org).



**Slices of life**

# The holiday letter: Life gets busy, complicated

Greetings!  
Like the Terminator, we are back! You may have missed our holiday letter last year because we didn't send one. We weren't trying to be naughty, and I hope our lack of communication didn't get us knocked off your Christmas card list. In case it did, I am sending our greetings early this year so you will have time to fire off a card to us after receiving ours. Our lack of holiday note last year was due to a family vacation. You may have seen the 547 photos we posted on Facebook chronicling our



By **JILL PERTLER**  
*Slices of Life*

adventure. It was an exhausting trip. I spent so much time taking and posting pictures I hardly had the chance to enjoy the beach or my family. I planned to send a card out after the New Year, but since I took the time off for vacation, I had to play

catch up with work. Luckily the trip gave me lots of writing ideas. You probably read about some of them here. I thought about sending a Valentine's letter, but one of the kids caught the flu. Then another. And another. And so on. By the time it was time for me to get sick, the entire long month of February had passed and March was marching in like a lion. This year, we're all getting flu shots. Maybe you saw the statistics I posted about the efficacy of immunizations.

I considered sending a spring greetings card, but we had toilet and laundry issues and I didn't think anyone would want to read about them - although they did make for column fodder. I'm not sure about the logic there and probably don't want to go into a big explanation. Let's just say we are glad to be flushing again. Before I knew it, June rolled around and we were planning for high school graduation. (Yes, they let number three graduate!) I sent out announcements, and surely hope you received one. Still, a simple graduation announcement cannot take the place of an informative holiday card, so my apology continues.

After high school comes real life. Or in our case, a wedding. Not for the graduate, but for his big sister. I would have sent out a late summer holiday greeting, but for the plethora of tasks involved with planning a wedding. (That's a letter in and of itself.)

Hopefully you were able to check out the 1,000+ photos we posted on Facebook. It would have been hard to narrow them down to a few hundred; it was such a big, big day. I now consider myself an expert in cupcake preparations.

After the wedding I took a few weeks to recover and eat leftover cake. Besides, school was starting and I had to buy a bunch of glue, number 2 pencils and peanuts (for the squirrels). I help the kids prepare for class and the critters prepare for

winter. As the autumn leaves were blowing, I (along with the rest of the nation) found myself in the middle of a highly-contested, highly-opinionated election season. I got so tied up in being swayed and influenced by online political articles (fake and true), postings and rants that I missed my last best chance to get last year's holiday letter in the mail. That brings me to present day and I guess I officially missed the holiday note last year because it is now this year. In 2016 we've been good.

We had a graduation and a wedding, which you probably already figured out. We added a son-on-law to our family and are planning another trip in the near future. Don't worry. I'll post photos. Lots of photos. Keep an eye out for them.

*Jill Pertler is an award-winning syndicated columnist, published playwright, author and member of the National Society of Newspaper Columnists. Don't miss a slice; follow the Slices of Life page on Facebook.*

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**Merry Christmas!**

From **The Helnores** 2016

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Photos courtesy of Getty Images

## Low Carb Cranberry-Ginger Pork Roast

Servings: 4  
Prep time: 5 minutes  
Cook time: 8 hours

- Cooking oil**  
**2 pounds pork chops or roast (center rib, bone-in)**  
**1/4 teaspoon salt, plus additional for seasoning**  
**1/8 teaspoon freshly ground black pepper, plus additional for seasoning**  
**1/2 chipotle pepper in adobo sauce**  
**1/2 cup cranberries**  
**1/8 cup sugar-free maple syrup**  
**1 teaspoon freshly grated ginger**  
**1/2 cup chicken broth, bouillon or consommé**  
**1/2 cup (4 ounces) water**  
**1/8 teaspoon guar gum or xanthan gum**  
**1 tablespoon unsalted butter stick (optional)**

Prepare skillet with small amount of oil over medium-high heat. Season chops or roast with salt and pepper then place into skillet and brown each side for about 1 minute, 4 minutes total, to help seal in moisture and give it color. Set aside on plate to cool slightly.

Finely dice chipotle pepper and chop cranberries, if desired.

In small bowl, combine syrup, diced chipotle, ginger, 1/4 teaspoon salt and 1/8 teaspoon pepper. Rub mixture onto roast then place it into slow cooker. Add cranberries and pour chicken broth down side of pan (avoiding rinsing rub from roast).

Cover and cook on low 8-10 hours.

Remove roast and set on serving platter covered with tent of aluminum foil; reserving liquid.

Keep slow cooker on low and add water and guar gum or xanthan gum to reserved mixture, whisking to combine. Continue to cook on low heat until sauce thickens slightly. Once thick, enrich sauce, if desired, with butter, adding additional salt and pepper, to taste.

Serve sauce over pork roast.

**Tip:** While it is not necessary to chop cranberries (they will break down while cooking), chopping them makes sauce smoother.

## TASTY TIPS FOR A

# Healthier Holiday

### FAMILY FEATURES

The holiday season evokes thoughts of delicious, hearty and festive meals. Whether planning a family feast or flitting among gatherings, you may find it harder than ever to maintain a healthy lifestyle and keep your weight management goals on track. However, with the right approach, you can still enjoy many of your holiday favorites and serve foods your guests will appreciate as much as your waistline does. The key is managing your carbohydrate and sugar intake.

If you're looking to lose or maintain weight, you know the importance of relying on a lifestyle with proven results – without feeling deprived. A low carb approach is backed by more than 80 scientific studies and still allows you to enjoy a wide variety of delicious foods. When you control your carbohydrate intake, you start burning stored fat as your fuel source instead of carbohydrates. A long-term, well-balanced, low carb eating plan such as Atkins encourages reduced levels of refined carbohydrates and added sugars, while optimizing levels of protein, high fiber carbohydrates, fruits, vegetables and healthy fats.

This wide range of foods makes it easy to find delicious ways to celebrate the holidays without feeling restricted. Colette Heimowitz, vice president of nutrition and education at Atkins Nutritionals, Inc., offers several tips to help stay on track this season:

- Leading up to the big meal or holiday party, snack on proteins that contain healthy fats such as nuts or grab some cubes of cheese.
- When crafting a holiday menu, identify a savory main dish that offers a healthy serving of protein, such as this Low Carb Cranberry-Ginger Pork Roast. Finish off the meal with a Low Carb Pumpkin Pecan Cheesecake, and you and your taste buds will be very satisfied.
- When alcoholic beverages are being served, confine yourself to a glass (or two at most) of wine or one glass of spirits. Just be sure to have your spirits with club soda and a slice of lemon or lime, or a mixer made without sugar. And make sure to drink plenty of water to stay hydrated.

For step-by-step instructions for this tasty, low carb holiday roast, watch the video and find more recipes at Atkins.com.



Recipes courtesy of Atkins.com



## Low Carb Pumpkin Pecan Cheesecake

Servings: 4  
Prep time: 25 minutes  
Cook time: 50 minutes

- 2/3 cup halved pecan nuts**  
**2/3 cup sucralose-based sweetener (sugar substitute), plus 1 tablespoon**  
**1/4 teaspoon cinnamon**  
**3/4 tablespoon unsalted butter stick**  
**1/2 large egg white**  
**9 2/3 ounces cream cheese**  
**1/2 cup heavy whipping cream**  
**6 ounces canned pumpkin, without salt**  
**1/2 teaspoon vanilla extract**  
**1/2 teaspoon pumpkin pie spice**  
**1 1/4 large eggs**

To make crust: Heat oven to 350 F.

In food processor, combine pecans, 1 tablespoon sugar

substitute and cinnamon. Process until finely ground. Toss with butter and egg white; press onto bottom of 9-inch springform pan, rounding up to cover pan seam. Bake until golden and set, 8-10 minutes. Cool completely on wire rack.

To make filling: Reduce oven heat to 325 F.

In large bowl, combine cream cheese, 2/3 cup sugar substitute and cream. With electric mixer at medium speed, beat until smooth. Add pumpkin puree, vanilla and pumpkin pie spice, mixing to combine. Beat in eggs, one at a time, until just combined.

Pour batter over crust. Bake until just set, 45-50 minutes. Turn off oven and let stand 10 minutes; transfer to wire rack and cool completely.

Cover and refrigerate until chilled, 4 hours or overnight. Slice and serve.

## Low Carb Browned Pumpkin with Maple and Sage

Servings: 4  
Prep time: 10 minutes  
Cook time: 15 minutes

- 1/2 tablespoon unsalted butter stick**  
**1/2 pound pumpkin**  
**1/8 cup chopped shallots salt**  
**freshly ground black pepper**  
**1/4 cup bouillon vegetable broth**  
**1/16 cup sugar-free maple syrup**  
**1/8 teaspoon sage, ground**

In medium skillet over medium-high heat, heat butter. Cube pumpkin into 3/4-inch chunks.

Add pumpkin and shallots to pan; season with salt and pepper. Sauté until pumpkin is lightly browned and shallots are translucent, approximately 5-6 minutes.

Turn heat to low, add vegetable broth and simmer, covered, 8-10 minutes until pumpkin is tender.

Add maple syrup and sage, tossing to combine. Serve immediately.

**Tip:** Use fresh sage (7-8 leaves), if possible.

# 43 YEARS OF "CAN DO"

**COMPETITORS** put on tires and if an alignment is needed they **"CAN'T DO"** it. If a wiper blade is needed they **"CAN'T"** or **"WON'T DO"** it. **THEY CAN'T DO ANYTHING BUT TIRES.**

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# FREE

## Lube, Oil & Filter Change

With the purchase of 4 tires

*Can not be combined with any other offer*

**\$25 OFF ANY SERVICE OF \$150 OR MORE**



*Must present coupon at time of service. Not valid with any other offer or tires. Expires 12/29/16.*

**\$40 OFF ANY SERVICE OF \$250 OR MORE.**



*Must present coupon at time of service. Not valid with any other offer or tires. Expires 12/29/16.*

## FF TIRE WORLD AND SERVICE CENTER Oil Change Service

Standard **\$14.88** High Mileage **\$29.99**  
 Full Synthetic **\$59.99** Includes Top Off Service  
 Includes Synthetic Blend Motor Oil

- Most vehicles • Install new oil filter
- Refill up to 5 quarts motor oil (Additional quarts extra)
- Lubricate chassis (if applicable)
- \$3.00 disposable fee.

Not to be combined with another offer. See store for details. Offer valid thru 12/29/16.

Ask about a **FREE TIRE ROTATION!**

## JOIN OUR VIP TEXT CLUB

TO RECEIVE AN OIL CHANGE FOR ONLY

**\$9.99**

Text STOP to 36000. For help, Text HELP to 36000.



5257 SWANSON RD. ROSCOE  
 2 MILES SOUTH OF HONONEGAH ELEVATOR ON RT. 251  
 M-F: 8-5:30, SAT: 8-3  
**815637-4055**

### YOUR LOW PRICE TIRE STORE! [WWW.TIREDEALS.COM](http://WWW.TIREDEALS.COM)

520 LOGAN AVE. BELVIDERE  
 3 BLOCKS EAST OF BELVIDERE PARK  
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**815544-4452**

1610 S. ALPINE RD. ROCKFORD  
 1 BLOCK SOUTH OF COLONIAL VILLAGE  
 M-F: 8-5:30, SAT: 8-3  
**815398-7867**

1983 PAWLISCH DR. CHERRYVALE MALL  
 M-F: 8-5:30, SAT: 8-3  
**815332-9445**

5302 N. 2ND LOVES PARK ACROSS FROM POPEYE'S  
 M-F: 8-5:30, SAT: 8-3  
**815282-1177**



# Classifieds

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**Employment**



**Merchandise**



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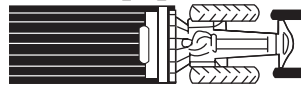
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For your convenience  
Visa & Mastercard  
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## Employment

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Byron CUSD #266 has a vacancy for a **High School Kitchen Worker** - 3 hours per day. Interested individuals should apply online at [www.byron22.org](http://www.byron22.org) in the Byron CUSD #226 tab under Employment Opportunities.

267485



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Monroe WI 53566  
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[hrmonroe@monroetruck.com](mailto:hrmonroe@monroetruck.com)

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For details on placing an ad in our **Help Wanted Section** Call Mary Jane 815-654-4850 ext. 22 [mjane@rvpublishing.com](mailto:mjane@rvpublishing.com)



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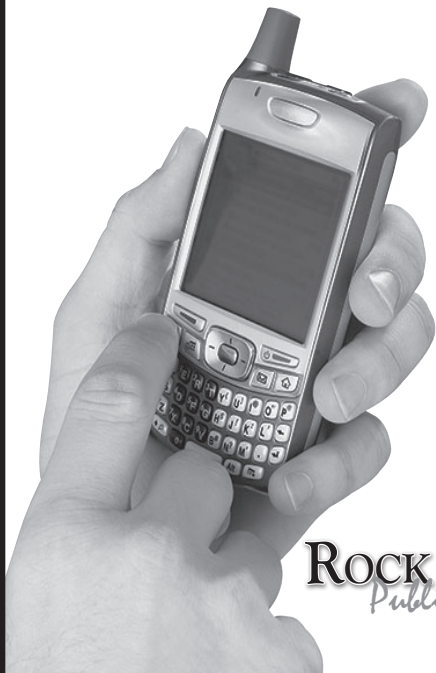
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**Rock Valley Publishing**  
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222788

# HOLIDAY OFFICE HOURS

Rock Valley Publishing will be closed on  
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Monday, January 2.

Be Safe this Holiday Season.

One way we can help each other get through these challenging times is to keep our dollars local. Here are three good reasons.

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No individual, unless licensed or holding a permit as a child care facility, may cause to be published any advertisement soliciting a child care service. A child care facility that is licensed or operating under a permit issued by the Illinois Department of Children and Family Services may publish advertisements of the services for which it is specifically licensed or issued a permit. Rock Valley Publishing strongly urges any parent or guardian to verify the validity of the license of any facility before placing a child in its care.

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**MACHINERY CONSIGNMENT SALE, MON., JANUARY 16, 2017 at 9:00 A.M.** Consign early by Dec. 30, 2016 for complete advertising. No Small Items, Tires, or Pallet Items Accepted After Friday, Jan. 6. Next Machinery Consignment Sale is Mar. 6, 2017. Gilbert's Sale Yard, LLC, 641-398-2218. 2 MI. N. of Floyd, IA on Hwy. 218. Tractor House Internet Bidding Available. www.gilbertsaleyard.com (MCN)

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**2007 HYUNDAI TIBURON GT** red fire pearl, excellent condition, 1 owner, new pioneer sound deck w/pandora bluetooth hands-free calling, sunroof, auto, 71k miles, \$7,000 OBO, 262-767-0550.

**2007 NISSAN SENTRA** 140k, 6-speed manual, \$2,400 262-758-4685.

**2012 CAMARO ZL1** 580 HP. 6 speed, one owner, 2,100 mi. mint condition, never driven in snow or rain, kept in heated storage. Asking \$38,000. 262-514-2116 or 262-995-8904

**2013 FORD FUSION SE** 37k, silver, \$11,497. 262-539-3600.

**2014 MITSUBISHI MIRAGE** green, auto, ex. cond., only 4,500 miles, 3.5 yrs factory warranty remain., \$9,600 Call 262-332-7248.

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**WANTED OLD JAPANESE MOTORCYLES** KAWASAKI Z1-900 (1972-75), KZ900, KZ1000 (1976-1982), Z1R, KZ1000MK2 (1979,80), W1-650, H1-500 (1969-72), H2-750 (1972-1975), S1-250, S2-350, S3-400, KH250, KH400, SUZUKI GS400, GT380, HONDA CB750K (1969-1976), CBX1000 (1979,80) CASH !! 1-800-772-1142, 1-310-721-0726 usa@classicrunners.com



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**2007 YAMAHA VECTOR** Rage Long Track. 4 stroke, low miles, 20mpg, Yamaha overnight luggage carrier. Many extras - call for details Health reason for selling. \$4600 - 608-345-8645

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**1977 AUSTIN MINI** with parts to convert to rear wheel drive, w/215 alum., V8 & 5 speed, wt. 1,500lbs Call 847-838-1916.

**1978 JAGUAR XJS V12, 88K** Runs & drives needs interior and paint. \$1250 OBO. Must go! 414-218-6398.

**1989 TRANS AM** Red, new engine, less than 5000 miles, asking \$3800, 414-659-0680

**2001 AUDITT COUPE,** Blk ext. & int. 99K, excellent shape, \$8,500. 262-716-9561.

**AVENGER FORD GT40** Tube frame, mid eng., turbo Buick v-6, 4 spd., silver, w/ chin spoiler. 847-838-1916

**MANTA MIRAGE, STREET CAN AM RACE CAR** S. B. C., 4 spd. tube frame, custom wheels, chrome yellow, show winner, fast. 847-838-1916

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**Auction Schedule**

Sunday, Jan. 1, 2017 -- 10 a.m. New Year's Day Auction, North Boone Fire District #3, 305 W. Grove St., Poplar Grove, IL. Now accepting quality antiques and collectibles. Log on to AuctionZip.com for list. Woody's Auction Service, 415 E. Pleasant St., Belvidere, IL. 815-544-0249.

eer. www.wooden-it-be-nice.net.  
Sun., Jan. 1 - 2017 - 10 A.M. Annual New Year's Day Antique Auction -- Hack's Auction Antique Center - 400 W. Third St., Pecatonica, IL. Hacks Auction & Realty Service, Inc., Pecatonica, IL, 815-239-1436, hacks auction.com

**Woody's AUCTION SERVICE** 815-544-0249

**NEW YEAR'S DAY AUCTION**  
Sunday Jan. 1, 2017 • 10:00 a.m.  
Early Viewing at 8:00 a.m.  
North Boone Fire District #3 Building  
305 W. Grove St., Poplar Grove, IL

\* INDOOR HEATED FACILITY \*

For complete list and photos, log on to AuctionZip.com  
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All items must be paid for & removed day of sale - NO EXCEPTIONS!  
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