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VOL. 79 • NO. 10

YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, MARCH 8, 2017

Lena Winslow Food Pantry offers nutritional choices

By John Day
CORRESPONDENT

Hunger in America is pretty much everywhere, but all too often it's just not readily apparent. Lena, Illinois is one of those towns that typifies the Midwest. Grain elevators, a local history museum, railroad tracks, a growing downtown and a drive-in restaurant that is reminiscent of the 1950's.

Just on the other side of the drive-in restaurant is a building owned by St. John's Lutheran Church. The building is home to My Friends Closet, a thrift shop, the Friendship Adult Day Care Center and a food pantry. The food pantry serves people in need from the towns of Lena, Winslow and Orangeville, all located in Stephenson County.

The Lena-Winslow food pantry obtains the majority of its stock from the Northern Illinois Food Bank. Jennifer Nau, Communications Director at the food bank said, "The Northern Illinois Food Bank is currently providing food to pantries in 13 Illinois counties. The pantries in our network must have a board of directors, a governing body or a formal advisory group that establish policies and procedure including budgeting. For every \$1 spent a network food pantry receives \$8 in food."

Nau said, "Food pantries in our network must be a 501(c)(3) non profit, but are not required to have a separate 501(c)(3) registration if they are part of a church or other charitable organization."

"Although there may be some fluctuation each year, the situation has remained pretty consistent. There are more than 6,000 food insecure residents in Stephenson County and an additional 2,000 food insecure children. More than 800,000 meals are provided in Stephenson County through network food pantries."

Larry Bucheneau retired after spending a number of years with the Department of Transportation. He now devotes a good portion of his time volunteering as manager of the Lena-Winslow food pantry. Bucheneau said, "The food pantry has been in operation for over 10 years. The building that houses the food pantry as well as the thrift shop and adult day care room is owned by St. John's Lutheran Church. This allows us to operate without the obligation of rent and utilities."

Bucheneau explained that the Lena churches involved in the food pantry act as a board of directors and provide the majority of the funding. Bucheneau said, "We also receive contributions directly from people in the area as well as cash contributions from some businesses and community organizations like the VFW. The churches and other groups such as schools have food drives as well, providing canned and packaged goods."

"Sunbeam Bakery in Monroe, Wi. has helped us with bread and baked goods. Several other businesses in Illinois and the Monroe area have also been very helpful."

When asked about the facilities, Bucheneau said, "The church does a good job with the building upkeep. The church operates the clothing and thrift store that is in the front of the building. At the back of the building is the Friendship Center for the elderly who cannot be on their own during the day. The food pantry is in between."

"The inside of the pantry is pretty well organized. We have freezers and refrigerators for meat, frozen items and perishables. Two volunteers are on duty to run the pantry when we're open. The majority of our volunteers come from the churches that sponsor us. We do our best to use different volunteers each week to vary the work load."

The number of people who rely on

the Lena-Winslow Food Pantry have been fairly steady. Bucheneau said, "We provide food for about 20 or so families each week. Right now, most of the people come from Lena and Winslow as well as the rural area in between."

Things are stable at the moment and Bucheneau feels that finances are not a major issue just now. However he has concerns about the future.

What does the future hold? Bucheneau said, "We see a lot of people who seem to be the working poor. We see a lot of seniors who are struggling with fixed incomes and we see a lot of younger people."

Bucheneau told me of a concern about a young mother of two that is near to losing her apartment and is unemployed. It brought to mind some of the statistics given to me by Jenni-

fer Nau at the Northern Illinois Food Bank: 62% of households that need a food pantry will have to choose between food and rent at least once in a 12 month period. 62% of households that need a food pantry will have to choose between food and medicine in a 12 month period.

The Lena-Winslow Food Pantry is open every Saturday morning from 8:30 to 11:30.



COURTESY PHOTO Shopper's Guide

Got pie?

The pie eating contest was a major attraction at the Lena Winslow High School assembly celebrating National Future Farmers of America week.



Spring Ahead - set your clocks ahead one hour and change the batteries in your smoke alarm! Sunrise and sunset will be about 1 hour later on March 12, 2017 than the day before. There will be more light in the evening. Also called Spring Forward, Summer-Time, and Daylight Savings Time.

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The first stop on the series of tables set up for the Annual Lena Winslow Family Reading Night was the hat design station.

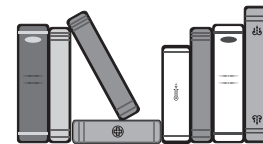


TONY CARTON PHOTO Shopper's Guide

Aaarg mateys

Mary Gerbode shared the book *Rufus Goes to Sea* with an enthusiastic crew of pirates during the annual Lena Winslow Family Reading night

(Left) Dozens of young pirates and their parents attended the annual Lena Winslow Family Reading Night Tuesday at the elementary school



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Public Notice from the Village of Lena

A fence has been installed around our Historic Water Tower. The structural integrity of the tower is sound, however the façade bricks need repair. The fence will be there until bids are received and the work is complete. We hope to have the project finished by late Spring or early Summer.

—Lena Village Board

274289

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EDITOR: Tony Carton

Advertising Sales:

Cyndee Stiefel: lenaads@rvpublishing.com

Office Manager: Laurie Tanley

To Contact The Shopper's Guide:

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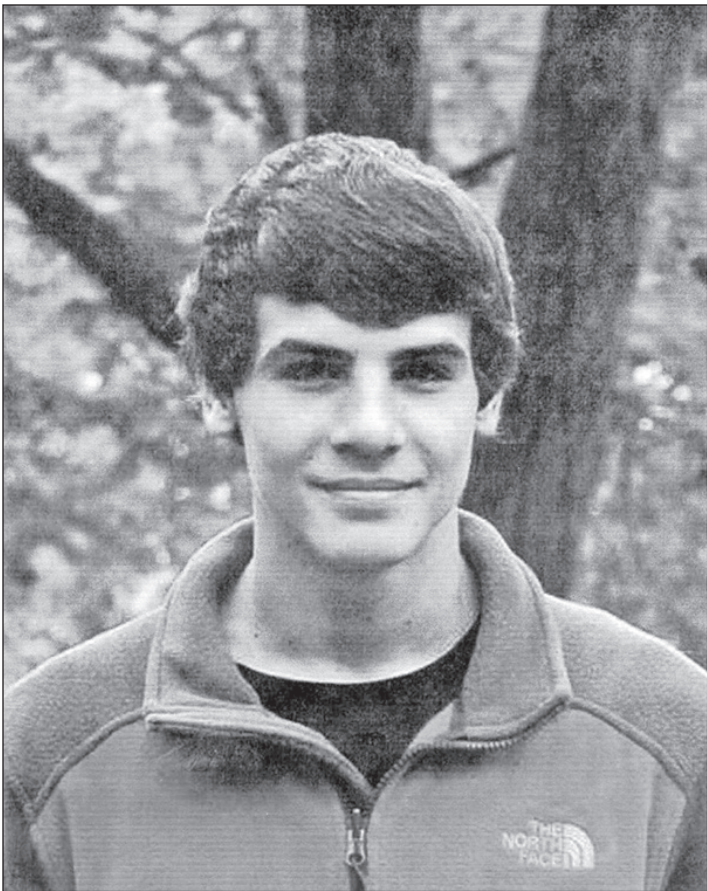
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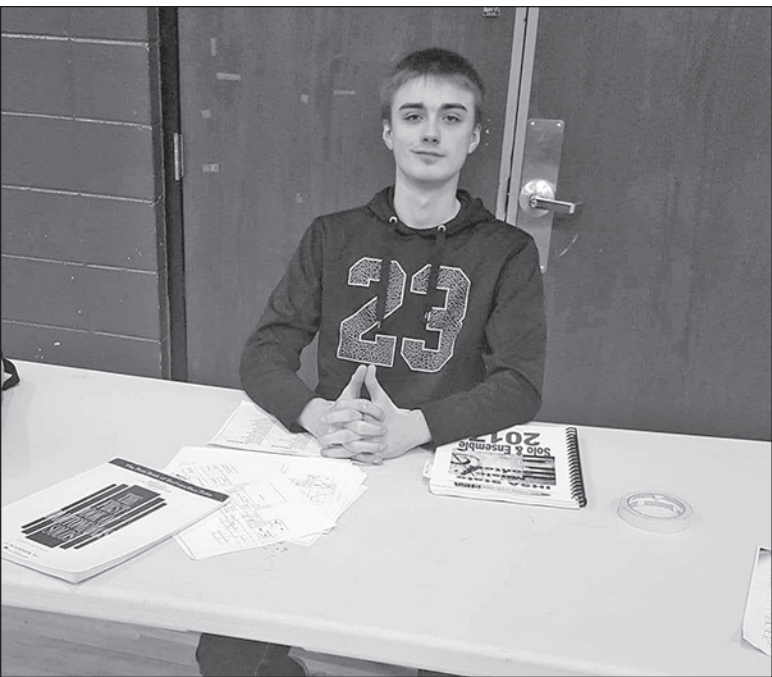




COURTESY PHOTO *The Scoop Today/Shopper's Guide*

Congratulations Austin Vincent

U.S Representative Cheri Bustos has nominated Stockton senior Austin Vincent to attend the United States Merchant Marine Academy. Congratulations Austin and his parents.



CYNTHIA DONTN CARTON PHOTO *The Scoop Today/Shopper's Guide*

Manning the registration table

Christian Kampmeier was one of several Stockton Servant Leaders to volunteer at the annual Solo and Ensemble Competition held this year in Stockton

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Working the sax

Jill Harmston, a saxophonist with the Stockton High School Band entertained a sold out crowd during the Stockton Music Boosters annual dinner at Stellas



MARCI SCHUBERT PHOTO *The Scoop Today/Shopper's Guide*

Warming up for the show

Stockton High School Seniors
Lauryn schubert alto
1, Olivia Kepner Alto
2, Mikayla Baysinger
Soprano 2, and Jill Harmston Soprano
1 performed at the Solo and Ensemble Competition.

Rhonda McPeck

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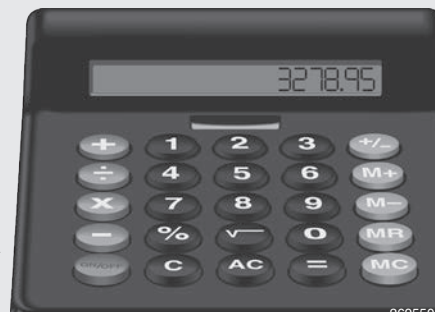
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VIEWPOINT

And another thing

By Tom Fore
OBSERVER OF LIFE

Remember the good ol' days? Those golden-hued times when everyone was happy? When we were all employed in well-paying jobs we loved, when disease was all but wiped out, when schools were routinely graduating everyone who came through their doors, when crime and other social maladies were practically non-existent, and when everyone always said please and thank you?

Do you remember these times? Yeah, I don't either.

I'm about midway through my seventh decade on this planet (that means I'm in my 60s, but who's counting?), so I've been around long enough and witnessed enough and survived enough to categorically say that the "good ol' days" weren't that great. They weren't that bad, either. They were good and bad. They were . . . days.

There's something about the past that causes us to romanticize and feel nostalgic over decades-old mundane events that we thought little of when they happened. But through some filtering process that psychologists can

explain better than me, we remember the good and leave the bad behind. Most of the time, anyway.

Perhaps you recall a trip to the beach many years ago when the sky was a deep azure blue which was reflected on the calm, still water, water so warm it felt as if you were reclining in a bath tub, and the sun was a golden ball in this deep blue sky which provided just enough rays to give you a golden tan that lasted all summer and was the envy of your many, many friends.

What you may not recall was your dad griping about the traffic on the way to the beach, the car's lack of air conditioning on this sweltering day, the hassle to find a place for your beach towels and other items because everyone else in three counties had the same idea, the flies buzzing around your food, and the sunburn so intense you couldn't sit back in a chair for two days.

But, you filter out the bad and keep the good and, presto, a good memory you can add to your Good Memory Account that is safely tucked away at the Good Ol' Days Bank and Trust.

Eventually, this account grows un-

til it's brimming with enough memories to provide material for a feel-good Disney movie and two sequels. There is, though, one little problem. These golden memories of ours must be put into the context of the era in which they were created.

Like others of my vintage, I remember things big and small from my late-50s, early-60s childhood. And, like anyone else, I filtered out much of the bad and kept much of the good. I remember the good days and filter out the bad because there were, to me anyway, more good than bad, so the task was easy. The Cuban Missile Crisis and the beginnings of the Viet Nam war didn't mean too much to a 10-year-old. But, what happens when the bad outweighs the good? What happens when day-to-day existence is so terrible, so stressful, so horrid that very little, if anything, can be remembered with the golden light of nostalgia?

Folks currently in their early 80s may remember the early 1940s as a wonderful time because they were small children then. To them, life was blissful and simple and filled full of the usual childhood joys that

we all experienced. But to an adult back then, the time was not so ideal, nor was the decade that preceded it, the decade of the Great Depression. Memories of war, hunger, unemployment, and the poverty that touched so many lives then were so pervasive, that when these people approached old age, it is highly doubtful that they considered the 1930s and 40s as the golden age of their lives. Not with all they had to go through.

So when would these people who are now in their 90s and older consider their Good Ol' Days to have been? Perhaps the 1950s, a decade that by comparison to the previous two, must have seemed like bliss. As described by historian David Halberstam in his aptly-titled book, *The Fifties*, the decade of the Eisenhower administrations was anything but stagnant, as some have said. Many of the people that had suffered danger and privation during the preceding twenty years now found themselves in a stable environment with their own home in a new neighborhood, their own new car, their own appliances, and an overall idyllic lifestyle that allowed them to make money (and

babies). NBC newsman Tom Brokaw called this group of people *The Greatest Generation* for good reason. After what they went through, they are rightly entitled to their Good Ol' Days.

But to you, the reader: what are your Good Ol' Days? Are they just a few sunny days at the beach when you were kids, a complete decade that offered a respite after twenty years of suffering? Perhaps they're when you're just entering adulthood and you got that first good job right after marrying your high school sweetheart and then before you know it, you're reading *Good Night Moon* to that precious little baby who has no idea what you're saying because she's just a baby, but that doesn't matter because she's your baby and she's perfect.

Yeah, maybe these will be your Good Ol' Days someday. You won't remember the jabs to your ribs at 3 AM and then hearing those six little words you really didn't want to hear: "It's your turn to feed her." Well, most of those times, anyway. But, you will remember, "Goodnight stars, goodnight air, goodnight noises everywhere."

Around the Northern Hills with Annette Eggers

Marketing Meeting offered. The Jo Daviess County Farm Bureau is offering a marketing meeting on March 7, starting at 11 a.m. at the farm bureau office in Elizabeth. The session will have two speakers. First, a representative from Prime Ag talking about the grain markets, potential opportunities to market grain in the coming year. A representative from Equity Livestock Cooperative will talk about the livestock markets (specifically cattle) and talk about their marketing services. A light lunch will also be provided. If you

plan on attending, please call our office at 815-858-2235 to RSVP so we can make the appropriate plans for seating and lunch.

The Jo Daviess County Farm Bureau Foundation is part of the Prairie Farms Our Caps Your Cause program! This is a simple and easy way to raise money for ag education and scholarships.

It's easy to participate. Begin by purchasing Prairie Farms white or flavored milk in gallon or half gallon sizes. Peel off the cap sticker to reveal a unique, redeemable code.

Next, go to www.prairiefarms and click enter cap codes. From the drop down menu, select the Jo Daviess County Farm Bureau Foundation, then enter your codes, (up to 5 at a time). Click the Redeem Codes button. That's it! If you don't have the internet, no worries. You can always bring or mail the cap stickers to our office at 212 N Main Street, PO Box 501, Elizabeth, IL 61028, and we will be happy to enter them. For every code redeemed, Prairie Farms will donate 5 cents to the foundation.

Smartphones 101 class offered. Are you ready to trade in that flip phone? Or, do you have a smartphone but don't know how to use it? That's good news for Jo Daviess

County Farm Bureau members. Sign up for an upcoming Smartphones 101 class presented by Amanda DeRue of Illinois Farm Bureau. The Jo Daviess County Farm Bureau is hosting this class on March 16, at the Elizabeth Community Building in Elizabeth. The class starts at 6:30 p.m. Participants are encouraged to bring their device, an iPhone, Android, iPad, tablet, or anything else that they would like help conquering. For more information, or to register, call our office at 815-858-2235.

Illinois Farm Bureau Rural Nurse Practitioner Program. Applications are now available for IFB's Rural Nurse Practitioner scholarship program. There will be five scholar-

ships available, worth \$4,000 each, granted this year. The scholarship program, now in its twenty-fifth year, helps encourage and develop the pool of rural health practitioners to help meet primary health care needs in rural Illinois. Students who receive scholarships agree to practice for two years in an approved rural area in Illinois. To be eligible for the scholarship, students must be Illinois residents and be a Registered Nurse accepted or enrolled in an accredited Nurse Practitioner Program. Applications are available at RIMSAP.com. Applications are due May 1.

Farm Fun Fact: March is National Nutrition Month.

Trippin' Midwest Mama transports readers to big destinations with small price tags

"You should be a travel agent!" If Lena resident Tabitha Engel had a nickel each time she heard that suggestion, she could fund a trip around the world. But since she doesn't have a mountain of nickels, Engel opted to launch a blog, trippinmidwestmama.com, instead.

"I love helping my friends find great deals on travel, but I don't have the patience to be a travel agent. However, I'm a writer by trade," she said.

Engel has over 20 years of writing experience. Since working for her college newspaper and earning a degree in public relations in 2000, she went on to be a journalist for Sauk Valley Newspapers, a freelance features reporter for the Freeport Journal Standard, a public relations specialist and a marketing writer. She even enjoyed a recent 2-year stint as a travel scout for Midwest Living. Some people may remember her years writing "Engel's Angle," a weekly humor column that appeared in the Freeport Journal Standard.

"I figured it was time for my writing skills and pas-

sion for travel to get married. The product of that union is a baby named Trippin' Midwest Mama," Engel explained.

After input from friends, she selected the name to best reflect her distinct voice: A wife and mother living in the Midwest. As for the "Trippin'" part?

"It's really two-fold. I'm obviously writing about trips, trip deals, trip itineraries, my trips and other people's trips. It's a really trippy blog. The second meaning is that I've been told more than once that my obsession for travel and travel deals is a bit much. Folks say things like, 'You have a problem' or 'You're nuts.' And maybe I am. So why not funnel that all that crazy into a labor of love?"

Since launching her blog on Valentine's Day, Engel has poured herself into the project. She began with a series that featured "5 family spring breaks under a day's drive." She is working on a special series for March, "Celebrating the Emerald Isle."



**Lena Town
Garage Sales**

**May 12th & 13th
2017**

**Mark Your Calendar
More info to come
in the Shopper's Guide**

274203

ON THE RECORD

Anniversaries



Theresa (Mellnick) and Robert Kepner

Kepner family celebrates wedded bliss

Robert and Theresa (Mellnick) Kepner will celebrate 40 years of wedded bliss on March 12. They were married on March 12, 1977 at St. John's Lutheran Church in Pecatonica. Congratulations on this milestone anniversary! Thank you for being great examples of a loving marriage and we wish you many more years of happiness. Much love from your kids and grandkids! Shower them with greetings by mail: 1282 North County Divide Road, Lena, IL 61048.

First Birthday



Happy first birthday Conner Furth

Connor Elliot Kurth turned one on March 3, 2017. Parents are Bob and Annie Kurth of Lena. Grandparents: Wayne and Janis Kurth of Lena and John and Barb Statfield of Freeport.

Birth

Bennett J. Johnson

Douglas and Jennifer Johnson of Stockton are parents of a son, Bennett James, born Thursday, Jan. 12th, 2017 at Beloit Memorial Hospital. Bennett weighed 7 # 3 oz. and was 20 in. long. Bennett was welcomed home by sisters, Hayley (13) and Sadie (7), and brother, Jarrett (7).

Maternal grandparents are Ernest and Minnie Lieb and paternal grandparents are Rusty and Jane Johnson, all of Stockton. Paternal great-grandparents are Carl and Dolly Furlong of Galena.

Adoption

Weston family joyfully welcomes their Justin

Jeff and Brooke Weston of Wheaton are parents of a son, Justin, born Thursday, Nov. 15, 2012. Justin was embraced by his parents on Thursday, Feb. 9, 2017 in Bujumbura, Burundi. They arrived home Saturday, February 18 and were joyfully welcomed by Justin's siblings, Leah, Jake, Hailey and Bridget. Grandparents are Roy and Carol Endres, Peoria, and Russ and Helen Weston, Lena. Great-grandparents are Ray and Cathy Weston, Independence, Iowa.



COURTESY PHOTO The Scoop Today/Shopper's Guide

Celebrating 50 years



On March 18, 1967 Mel Dotson was joined in marriage to Linda Halzel by Dr. J. Fred Young in Freeport's Berean Baptist Church. The couple were both born and raised in Freeport, then in 1977 they built their dream home in Lena, Ill. where they raised their 2 children; Jonmark (Laurie) Dotson now of Monroe, Wis. And Melinda (Brad) Lasater now of Jackson, Tenn. Mel and Linda are now blessed with their 5 grandchildren Brandon, Tyler, Makayla Dotson and Sienna, Cassidy Lasater. Mel retired from Kelly-Goodyear Titan Tire Company after 43 years. While Linda worked for Ho9neywell's Micro Switch, Mary Kay Cosmetic and served eight years on the Stephenson County Board. The Dotsons' are planning their Golden anniversary family and friends. A card shower would be appreciated 11376 W Timber Lane Rd., Lena, Ill. 61048.

TONY CARTON PHOTO
The Scoop Today/Shopper's Guide

Celebrating 75 years

Donald and Myra Krug of Stockton, Ill receive proclamation from Ill State Representative Brian Stewart honoring their 75th wedding anniversary during a luncheon at Stella's in Stockton. The Krugs have two daughters Sandra (John) Stoehr of Browntown, WI, and Nancy (David) Brockman of Freeport, Ill. They have two grandchildren and five great grandchildren.

Help Wanted at Apple Canyon Lake

Full & part-time seasonal positions available in the following departments. Apply in person at the Association Office, 14A157 Canyon Club Dr., Apple River, IL 61001, or email customerservice@applecanyonlake.org for application.

Fax application or resume to 815-492-2160. Please note the Department or position of interest on your application. Equal Opportunity Employer

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Maintenance: golf course maintenance, landscaping maintenance, general maintenance

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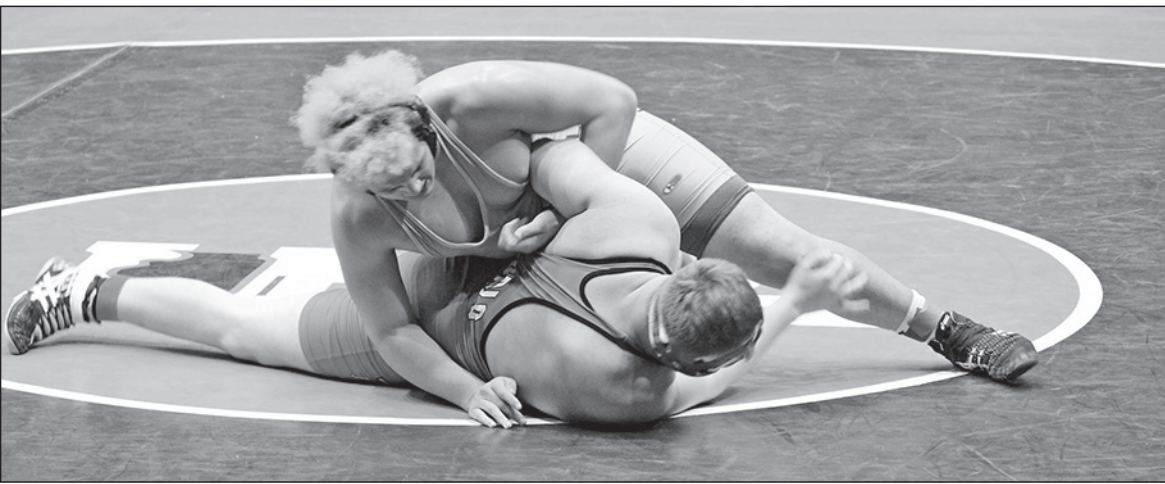
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Connor Davis 220 lbs



Kyle Kalkbrenner 160 lbs



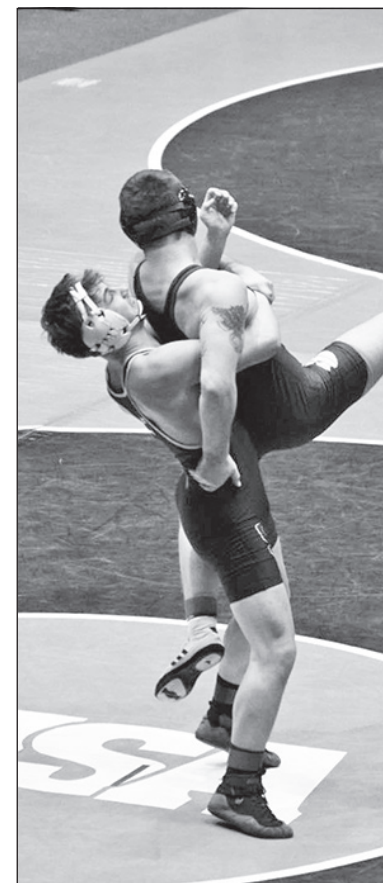
Brock Gobel 195 lbs



Rahveon Valentine 170 lbs



Aaron Dvorak 152 lbs



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Elijah Rowe 182 lbs



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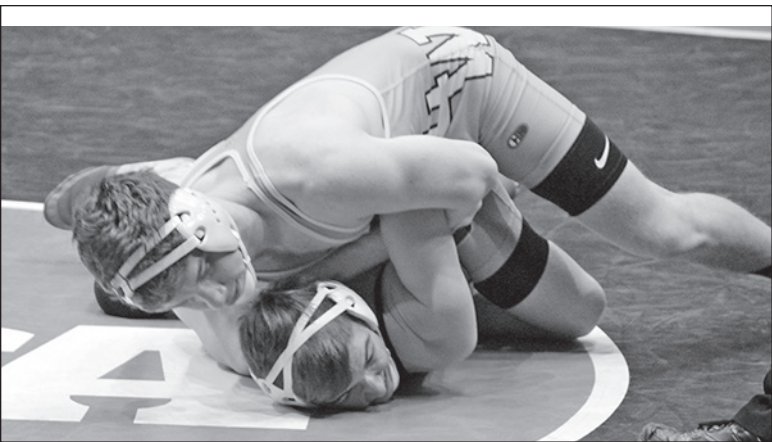
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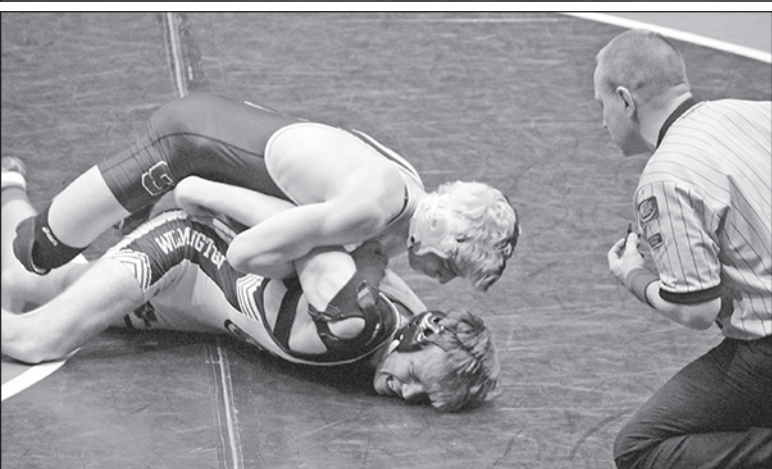
Peyton Keeffer 145 lbs



Chris Hicks 120 lbs



Austin Vincent 113 lbs



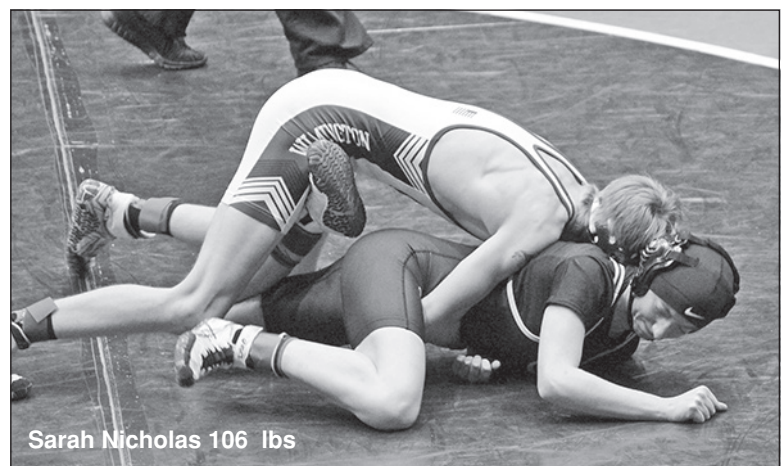
Hunter Luke 132



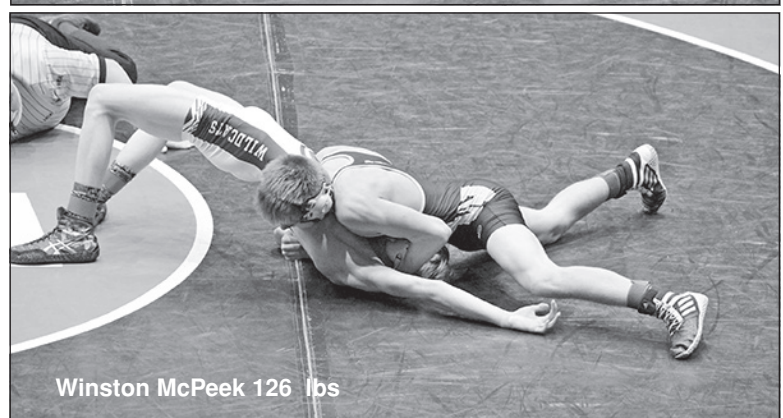
JANET DVORAK PHOTOS *The Scoop Today/Shopper's Guide*

Our Pantherhawk state champions

Jeremiah Hermann 138 lbs



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Senior Citizen Health & Services Guide

This unique book is published annually and distributed to area seniors and their families. This book is a comprehensive senior services guide produced for our area residents. This book contains information on Service Organizations, Meals, Retirement Housing, Assisted Living, Health Services, Entertainment, Churches, Hospice Care, Funeral Homes & Cemeteries.



The expanded distribution includes Senior Courier and will be inserted in twelve daily and weekly newspapers in Boone, Winnebago, McHenry, Ogle, Stephenson, Rock & Green Counties.

273911



TABITHA ENGEL PHOTO The Scoop Today/Shopper's Guide

Le-Win 6th Grade Boys Basketball Team Brings Home Championship

The Lena Sports Association 6th grade Le-Win boys basketball team ended an undefeated season by bringing home the Northwest Illinois Youth Basketball League 6th Grade Championship. Forreaston hosted 7 area teams during the Feb. 25 tournament. After winning against Tri-County and Warren, Le-Win claimed a 24-23 victory over Pecatonica in a nail-biting championship game, concluding a 10-0 season. This is the team's second NWIYBL championship and undefeated season.

COURTESY PHOTO
The Scoop Today/Shopper's Guide

Every one's a champ!

The Pearl City Lady Wolves Seventh Grade Girls Basketball Team defeated Durand 27-25 in overtime to win the Stephenson County Championship.



COURTESY PHOTO The Scoop Today/Shopper's Guide



Participants at Science Siesta get involved in hands-on learning activities that encourage their interest in science!

Science Siesta! girls + science = fun!

Have you ever dreamt of spending the night in a museum? No, this is not a movie, it's Science Siesta! Hosted by University of Illinois Extension, this annual event for fourth-sixth grade girls will take place on April 21 and 22. Once again, this program will be held at the Discovery Center Children's Museum in Rockford. This action-packed overnight will combine the fun of a pajama party with hands-on science experiences. "This is our sixteenth year of conducting Science Siesta, we have reached over 2,400 girls so far and we are excited to continue to offer this fun, interactive event to encourage girls to consider science-related career fields," said Johnna Jennings, University of Extension 4-H Youth Development Educator.

At Science Siesta, girls have the opportunity to meet females in actual science career fields from throughout northern Illinois. The scientists will share information about their background and involve the girls in activities much like they complete in their work every day.

Following the face-to-face interaction with female scientists, youth participate in activities based on the "Wonderwise" curriculum developed by the University of Nebraska. This curriculum highlights the work of female scientists and then translates their work into hands-on science based activities, which are fun and engaging. Participating girls

may choose one of three workshop tracks for breakout sessions. Their choices include activities from "Vet Detective", "Parasite Sleuth" and "Urban Ecologist".

Statistics show that girls are less likely to pursue degrees and careers in science and mathematics than boys. Researchers agree that this is a complex problem with no easy answers, but believe that there are things that can be done. They suggest that having role models that girls can look up to, as well as making science fun and interactive will encourage girls to stay involved and interested in science. Events such as Science Siesta are designed to help bridge the gap for girls at a time when many may start to lose interest in science or question whether science is a field they should choose.

Science Siesta for Girls will begin with registration at 5 p.m. on Friday, April 21 and will conclude with check-out at 8:30 a.m. on Saturday, April 22. The registration fee is \$40 per girl. The registration fee covers pizza, snack, breakfast, admission to the Discovery Center Children's Museum and all hands-on activities. For additional information, as well as to register for either one of these Science Siesta events, go to the University of Illinois Extension website at <http://web.extension.illinois.edu/bdo/> or call (815) 758-8194. The registration deadline for this event is Friday, April 7

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FROM LENA'S KITCHEN



The not so skinny cook

One day it is warm, and the next day it is freezing. My tulips are confused! Sounds as if this week will be no different than the past several weeks have been. And as they say, time marches on (a little pun on March there). Lent is in full force, so there are a couple of meatless

recipes. St. Patrick's Day is coming up—Sullivan's has a lot of corned beef in the meat case. Today the column features two recipes for the Irish in all of us.

Slow Cooker Corned Beef and Cabbage Stew

Stew:

- 1 T. oil
- 2 large onions, chopped
- 2 large garlic cloves, finely chopped
- 4 C. sliced cabbage
- 3 C. sliced red potatoes
- 1 carton (32 oz.) chicken broth
- 2 C. water
- 2 dried bay leaves
- 1/3 C. chopped fresh parsley
- 1/2 t. pepper
- 1 corned beef brisket (3 lbs.) with spice packet

Spray a 6-7 quart slow cooker with cooking spray. In a large skillet, heat the oil over medium-high heat. Cook the onions and garlic in oil for 4-5 minutes, stirring occasionally, until softened. Add the cabbage and cook 2-3 minutes until slightly wilted. Spoon the mixture into the slow cooker.

Add the potatoes, broth, water, bay leaves, 1/3 cup parsley and the pepper to the slow cooker; stir. Top with corned beef and sprinkle with the contents of the spice packet. Cover and cook on LOW heat setting for 6 hours.

Remove beef from slow cooker. Discard the bay leaves. Chop beef, discarding fat. Return the beef to slow cooker and stir other ingredients. Serve with the horseradish

sauce.

Horseradish Sauce

- 1 C. sour cream
- 3 T. prepared horseradish
- 1 T. chopped fresh parsley
- 1 t. grated lemon peel.

In a small bowl, stir together the ingredients. Refrigerate until serving time.

Slow-Cooker Irish Soda Bread

- 1 egg
- 1 container (16 oz.) sour cream
- 1/4 C. butter, melted
- 1/4 C. packed brown sugar
- 3 3/4 C. flour
- 1 t. baking soda
- 1/2 t. salt
- 1 C. raisins

Mix the egg, sour cream, butter and sugar in a bowl until blended. Combine the flour, baking soda and salt in a large bowl. Add the sour cream mixture and raisins; stir just until mixture forms soft dough. Place on a lightly floured board; knead 10 times or just until dough is smooth and no longer sticky. (Do not over mix.) Shape dough into a ball and place in a 4-qt. slow cooker sprayed with cooking spray. Use a sharp knife to cut 1/4-inch-deep "X" in top of dough. Cover with the lid.

Cook on HIGH 2 3/4 to 3 hours or until a toothpick inserted in the center comes out clean. Turn off the slow cooker; remove the lid. Let bread stand 10 minutes. Run a knife around the edge of the slow cooker to loosen bread. Transfer the bread to a wire rack to cool. If you have some leftover bread, it is great served toasted and spread

with butter or your favorite jam.

Congratulations to the Le-Win-Stockton Wrestling team on the first in state finish. We are proud of all of their hard work. I can't think of a sport that does more traveling than the wrestling team. They put in a lot of miles to compete, they return late at night, get up and go to school, and manage to keep their grades up. Most tournaments are all day Saturday affairs far away. These young people are truly dedicated, and their finish couldn't happen to a nicer coach and team. We are really proud of you! Baseball, softball, and track have started, so we move into a new season. I know the quarter ends this week, so there isn't much school left. The high school musical at Le-Win is this weekend. It is the DROWSY CHAPERONE. I am not able to make it to the production, but got a sneak preview this past week. It is genuinely funny, and it makes you think about times past. I had not heard of this musical, but it is a rare treat that I hope you get to see. The musical staff and Le-Win musicians not only have the weekend musical, but they also had Solo and Ensemble Contest this past weekend. Talk about busy kids!

As we go towards Easter, we continue to look for Lenten recipes. If you find some great seafood or meatless recipes or have some good brunch and ham recipes for Easter, you can contact us in person, by mail, or email us at From Lena's Kitchens, *Shopper's Guide* at 213 S. Center St. or email scoopshopper@rvpublishing.com. Have a great New Year's celebration.

Postal Service celebrates National Consumer Protection Week

National Consumer Protection Week (NCPW) runs March 5 to March 11. This coordinated, consumer-education campaign is sponsored by the Federal Trade Commission and encourages individuals across the country to take full advantage of their consumer rights.

The Postal Service and the U.S. Postal Inspection Service are playing an important role by drawing attention to the continuing consumer fraudulent schemes, and building on a national outreach effort to help protect consumers against identity theft. "The Freeport Post Office is proud to work with a broad coalition of groups to share tips and information to protect consumers against fraud," said Postmaster Deborah Graves. "As the most trusted government agency, consumers have a high confidence in the mail and expect the Postal Service to protect the privacy of their personal information."

This year's theme educates the general public about scams to which older Americans are increasingly susceptible. "Anyone can be a victim of a scam, but scammers often target individuals whom they perceive as vulnerable, so older adults tend to be targeted again and again," said Graves. "These crimes take a toll, both financially and emotionally. Financial exploitation can seriously affect the lives of seniors and their families, who are often unaware until it's too late," added Graves.

Persons who expose themselves to sales situations, even legitimate ones, are more likely to be victimized by fraud. Consumers of all ages should start doing this today:

Get a non-published number and install an answering machine with a large caller ID display. Screen all incoming calls. Pick up only if you recognize the caller. Otherwise, let the call roll to the answering machine.

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FHN Hospice Volunteer Training Starting March 27, 2017

FHN Hospice Volunteer Training provides information on all aspects of hospice care and hospice volunteering, and will equip volunteers to provide compassionate care and companionship to the terminally ill and their families. Volunteers provide important care for FHN Hospice patients and their families, including companionship, relief for caregivers, running errands and delivering supplies. Volunteers also have the opportunity to assist with clerical services at the FHN Hospice office.

Please contact the Hospice Volunteer Coordinator at 1-877-6000-FHN (1-877-600-0346) ext. 960 if you are interested in becoming a volunteer.



Every Monday • March 27 – May 8 • 5:30 – 8 p.m.
FHN Hospice • 773 W. Lincoln Boulevard, Freeport • 4th Floor

Broncos bring big crowd to Pec Sectional arena

By Chris Johnson
SPORTS CORRESPONDENT

The Orangeville Broncos Boys' Basketball Team brought a huge contingent with them as they traveled to Pecatonica following their Regional Championship win at Elgin-Westminster Christian On Friday, Feb. 24.

On Tuesday, Feb. 28 however, the fortunes faded for the Broncos and those riding the wave of they'd built, as the NUIC-West's top-team proved to be too dynamic to contain. Orangeville fell in the Class 1A Sectional

Semi-Final 48-38.

Pecatonica Gymnasium reportedly can seat up to 1600 people. The entire west side of the gym was overflowing in purple and gold as Orangeville supporters traveled the short distance to their NUIC-rivals in Pecatonica.

East Dubuque also brought a large collection of fans, even as strong to severe weather overtook many areas across northern Illinois.

In the Tuesday night Sectional Final a familiar leader jumped to the front and led Orangeville through

the night's activities. Sharpshooter junior Austin Guy scored 23 points for Orangeville.

Braden O'Haver and Noah Parriott added six each for Orangeville as freshman Carter Kleckler rounded out the Broncos' scoring with his long-range attempts. Peyton Heller paced East Dubuque with 17 points.

The one-seed Warriors opened the night doubling-up on the three-seed Broncos 16-8 in the first eight minutes of play.

They followed that feat with a similar one during the second as

they outpaced Orangeville 8-4 in the frame. At the half East Dubuque was in front 24- 12.

Guy started finding room again in the third period. His shot was receiving the friendly spin and his four points preceded his impressive finish. During the first half Guy scored eight points. Six of those were in the first eight minutes of play. During the second he was held to just one look and missed his chances from the line.

Two baskets later the Broncos had cut into the deficit they faced. The

twelve points scored matched the game total, to that point After three the top-seed Warriors lead was back to only single digits, up 33-24.

The fourth quarter featured a lot of free throw shots. The Warriors had 20 opportunities to score. They hit 12 of them. Only one field goal was registered in the fourth quarter for East Dubuque. Heller hit his shot. They won the game from the line.

Orangeville was getting a solid

See **BRONCOS**, Page 14

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DOUG SCHRODER PHOTO Shoppers Guide

The OHS student section made a lot of noise in cheering on the team during the Broncos Sectional game against East Dubuque at Pecatonica High School on Tuesday, Feb. 28. Orangeville's season came to an end with a 38-48 loss.



COURTESY PHOTO Shopper's Guide

Congratulations Orangeville!

The 2016-2017 Orangeville Broncos Boys' Basketball Team thrilled their fans repeatedly throughout the season and will be remembered for years to come. Congratulations to the team, their parents, their coaches, and their fans on a great year!

It is a daily challenge to maintain health in our modern world

On a regular basis we eat, drink, breath & apply to our skin a varied amount of toxins. While it doesn't seem to kill us immediately, we enjoy whatever effect "it" has had on us, so we continue going with it. That "It" can be a number of things. The "it" we are referring to is "Toxins" within our cells, therefore the application or consumption of the negative things to or in our bodies would be better referred to as "Poisonous Substances".

Our bodies were created with the amazing ability to defend itself, that is called your Immune System. When the Immune System is working, we don't often realize how many times we were saved from bacteria, viruses, etc.. The addition of more foreign substances "Poisons", only cause our Immune System to work harder. In some cases the Immune System isn't able to deal with the "Poison" and can create a "Toxic Overload", causing the body to act in an abnormal manner.

Understanding and responding to dementia-related behavior

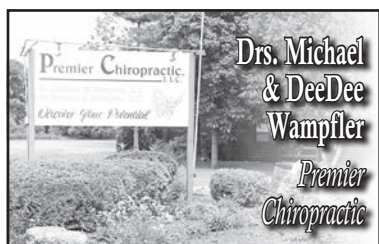
The Alzheimer's Association, Greater Illinois Chapter's educational program, Understanding and Responding to Dementia-related Behavior, will take place at 1 p.m. on Thursday, March 9, at Lena Living Center, 1010 S. Logan in Lena, IL.

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.

Join us to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Program specialist Sue Sklar will present and take questions following the program.

The end of Alzheimer's disease starts here. To register for this program offered at no cost, call 815-484-1300 or register online at www.alz.org/illinois.

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Symptoms of "Toxic Overload" Include, but not limited to:

Consistent Fatigue (Even with plenty of sleep).
Stubborn Weight Gain
Bad Breath
Constipation
Sensitivity to Scents
Muscle/Joint Aches and Pains
Skin Reactions
Irregular Bowel Movements (Increase or decrease)

The "AMJ Clin Nutr 2004; 80:1611-7", found children with Autism compared with "normal children" (children with no diagnosed

diseases) had much lower ability for Methylation. Methylation is summarized as, the addition of a single carbon and three hydrogen atoms (called a methyl group) to another molecule.

The removal of methyl group is called demethylation. Imagine billions of little on/off switches inside your body that control everything from your stress response and how your body makes energy from food, to your brain chemistry and detoxification. That is demethylation and methylation.

Methyl groups control:
Stress (fight-or-flight) response
The production and recycling of glutathione – the body's master antioxidant

The detoxification of hormones, chemicals and heavy metals

The inflammation response
Genetic expression and the repair of DNA

Balancing of brain chemistry

Energy production
Repairing of cells damaged by free radicals

The immune response, fighting infections and viruses and regulating the immune response

If you have a shortage of methyl groups, or methylation cycle is interrupted, all of these processes can become compromised, and you could become ill. Research has clearly linked impaired methylation with autoimmune conditions.

Methylation and Glutathione:

Improving methylation is important for everyone, but it's especially important if you have an autoimmune condition. One of the reasons is the role of methylation in the production and recycling of glutathione, the body's master antioxidant and master "splinter" remover. Glutathione directly neutralizes free radicals, reduces inflammation and assist in the role of other antioxidants like vitamin C, E and lipoic acid.

Glutathione contains sulfur groups, which are sticky compounds that adhere to toxins and heavy metals which carry them out of the body. This is a good thing and you want lots of it!!! None of us (including me) with any type of autoimmune condition have adequate methylation and levels of glutathione.

Since we don't live in a "Perfect World" there are consequences to what we put on or in our bodies via: mouth, skin, or directly into our blood stream. Because we will continue to add Poison/Toxins to our bodies, what can we do??

1st Stop Adding the Poison!!!
2nd Attend our Workshop on April 11th

3rd Add Good Foods to help your body to start the Purification process.

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Stephenson County 4-H hosts Level Two Sewing Clinic

University of Illinois Extension-Stephenson County and the Stephenson County 4-H Program is sponsoring a Level Two Sewing Clinic for all youth ages 8-18 (as of 09/01/16). Join us on Tuesday, March 21, from 5:30 - 8 p.m. to learn intermediate and advanced sewing

techniques. Sewing machines will be provided for those who do not have their own. To register, contact the Extension office at 815-235-4125 or you can register online at <http://web.extension.illinois.edu/jsw>. The cost for the clinic is \$5 and includes all materials. The clinic will be held at

University of Illinois Extension, located at 2998 W. Pearl City Rd. on Highland Community College campus in Freeport. You do not need to be a current 4-H member to participate. Space is limited, so early registration is encouraged.

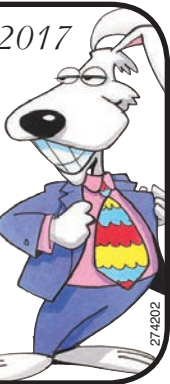
The Bunny Hop is Friday, March 17, 2017

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274008

•Broncos (Continued from page 10)

fourth quarter from Guy before he fouled out later in the period. He scored eleven points as the Broncos lost the final period by one point, 15-14 and fell in the Pecatonica Class 1A Sectional Final 48-38.

Births Published FREE

158945

The Shopper's Guide & Scoop Today publishes baby's birth announcement information for free. The only requirement is that the parents or grandparents be in the home delivery area.

A picture may also be included.

For information, call Laurie at 815-369-4112 or 815-947-3353

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Family Medicine, Lena
Monroe Clinic-Lena

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6 pm**

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- *Advance Directives* by Cindy Klein, Social Worker
- *Estate Planning* by Attorney Nicole Bauer & Attorney Lyle Krug, Plager, Krug, Bauer & Rudolph

The Broncos advanced to the Pecatonica Class 1A Sectional Semi-Final courtesy of their win over Northeastern Athletic representative Elgin-Westminster Christian on Friday, Feb. 24, 55-53.

The season ended for Orangeville as they pushed towards the 20-win plateau. Their victor, East Dubuque moved on to defeat the two-seed Freeport Aquin Bulldogs in the Pecatonica Sectional Final on Friday, March 3, 55-39.

On Tuesday, March 7 East Dubuque

faced Chicago Hope Academy at the Class 1A Super-Sectional in DeKalb at Northern Illinois University as their post-season hopes continued.

In Orangeville the pitching mounds are already being worked and the first pitches wait just weeks away. The Broncos had another good showing in another "major" high school season. They did well in football and basketball and now the focus can turn towards the warmer months and the outdoor games with baseball, softball and track-and-field.



DOUG SCHRODER PHOTOS Shoppers Guide

Andy Alber (14) goes for a loose ball in the Broncos Sectional game against East Dubuque at Pecatonica High School on Tuesday, Feb. 28. Orangeville's season came to an end with a 38-48 loss.



Austin Guy makes an acrobatic move to the basket in the Broncos Sectional game against East Dubuque at Pecatonica High School on Tuesday, Feb. 28. Orangeville's season came to an end with a 38-48 loss.



Orangeville's Noah Perriott (20) goes up for a shot, as teammate Braden O'Haver (31) boxes out.

274383

CHURCH NEWS

Willow/Kent United Methodist Churches

Willow/Kent UMC will worship together Sunday March 12, Brenda Morris giving a series of "The Apostles Creed" "I Believe - in Jesus Christ". All are invited and welcome and to also stay for the fellowship following.

Sunday School is at 10:30 a.m. studying from the Holy Bible; all are invited and welcome to this time too.

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

NOTE: Sunday evening March 12, at 7 p.m. "The Lenten Service" is at Kent UMC with "Christ's Country Choir". All are invited and welcome to this service. Kent UMC is located right in the town of Kent, IL.

St. John's Lutheran Church

On Sunday, March 12, Pastor Ekstrand will lead worship on the Second Sunday of Lent beginning at 9 a.m. After worship, Whirl Sunday School will meet and focus on the lesson, "Jesus and Nicodemus." Confirmation class will also meet at 10:15 a.m. The Stewardship and Outreach committees, the Memorial and Finance and the Property Committee will all meet at 10:15 a.m. or immediately following worship. The SPOTS Youth group will also meet at 11 a.m. in the Youth and Family Center.

The Genesis (high school) youth group will meet at 7:30 p.m. on March 12, at the Youth and Family Center. The 5th Quarter (seventh and eighth grades) youth group has moved their meeting time to Wednesdays at 3:30 - 5 p.m. at the Youth and Family Center.

St. John's will host Mid-week Lent worship services on Wednesdays at 7 p.m. starting on March 8th. Worship services will be held in the nave and will include the Chancel Drama, "Written by the Finger of God." Pastor Ekstrand will also lead Stations of the Cross at Noon on Fridays during Lent.

The Pearl City United Methodist Church will be hosting Lenten Luncheons followed by a bible study on Wednesdays at Noon during Lent. An area church will lead each week's bible study. Everyone is invited to the Lenten Luncheons at the Pearl City UMC located on South Hwy 73/Main Street, Pearl City. St. John's will lead the bible study on March 15.

The community is welcome to participate in Family Fun Night at 6 pm on March 11. Bring a dish for the potluck and stay and play dominoes, euchre, bag toss or watch a movie.

St. John's will host the March Community Grace Meal on Sunday, March 19, at Noon in Luther Hall. The menu will be Swiss steak, roasted red potatoes, green bean casserole, dessert and beverage.

St. John's Lutheran Church-Pearl City continues to have Saturday evening worship services at 5:30 p.m. in the Nave. This is a 30-35 minute abbreviated worship service with readings from the weekly lessons.

Bible Studies continue to be held at St. John's in the Conference Room on Mondays at 7 p.m. and on Thursdays at 9:30 a.m. Members and non members alike are invited to join the Bible Study discussions. The East door to the Lower Level is open for your convenience.

Christ Lutheran Church

Christ Lutheran Church will gather for worship on Saturday, March 11, 5:30 p.m. and Sunday, March 12, 10 a.m., celebrating the Second Sunday of Lent, with Pastor Susan Davenport delivering the sermon. Sunday School for all ages is at 9 a.m. Our Lenten theme for weekend worship during Lent is "With Awe and Love: Luther's Small Catechism."

For midweek Wednesdays during Lent (excluding Ash Wednesday) we worship using "Holden Evening Prayer" and gather for "Simple Soup Suppers" at 6 p.m. in the Fellowship Hall. All are welcome. Our theme is "Pray Like Jesus: The Lord's Prayer."

See our "Reformation 500 Bookstore" display through March 26, with a sample of Lutheran and Martin Luther writings available for purchase at a discount and with Free Shipping.

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FHN Hospice to offer early grief support group

This spring, FHN Hospice is offering a support group for people coping with the first nine months after a loss.

Managing Early Grief: The First Nine Months After a Loss is an eight-week group that will meet from 6 - 8 p.m. Thursdays beginning March 16 at FHN Hospice, 773 W. Lincoln Boulevard, Suite 403 in Freeport.

The group is designed for anyone who has lost a loved one in the past nine months. Participants will learn about and share their grief with others who have also recently lost a loved one. This supportive environment will help participants to better understand their grief experience.

Topics to be discussed include how grief affects us; the physical side of grief; moving through grief; coping skills; growing through grief; coping with holidays and special days; and looking ahead to the future.

There is no charge to participate in the Managing Early Grief group, but registration is required. For more information or to register, call FHN Hospice at 815-599-7240.

FHN also offers two ongoing grief support groups, open to anyone in the community who has lost a loved one:

First Steps Grief Group, a bereavement group for anyone who has experienced a loss, meets from 9:30 - 11 a.m. on the third Tuesday of each month. The group offers support as the first steps are taken in dealing with a loss.

Living Through Grief (formerly called Grief Recovery Group) meets from 7 - 8:30 p.m. on the second and fourth Mondays of each month. This group uses videos, books, speakers and discussions to help participants learn more about the grief process, share their stories of loss and regain hope for healing. This group provides a confidential place to talk about thoughts and feelings as well as to learn about grief.

Both of these ongoing groups are open-ended and new members are welcome at any time. Both groups meet at FHN Memorial Hospital, 1045 W. Stephenson Street in Freeport. There is no charge to participate and registration is not necessary.

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Unitarian-Universalist Church of Stockton announces Service Partner recipient

The Unitarian-Universalist Church of Stockton gave the Stockton Nutritional Assistance Program \$287.24. Pictured: Bill Schuldt - Unitarian-Universalist Church of Stockton and Colleen Fox of Stockton Elementary School.

Lena Historical Society to host cookie cutter program

The Lena Historical Society is sponsoring a special program featuring Dr. Gary Oldenburg, who will talk about his extensive collection of cookie cutters.

The program will be held at the Lena Historical Museum, 427 Grove Street on Sunday, March 19, at 2 p.m.

Dr. Oldenburg started his collection at an early age while attending college. He has over 22,000 antique and new cookie cutters in the col-

lection. Dr. Oldenburg is an active member of The National Cookie Cutter Club. Most cookie cutters were made by hand before the 1930s when aluminum was introduced. After World War II, Plastic cutters were produced. Dr. Oldenburg's family owned the Lena Bakery on Railroad Street in the 1860s.

Please mark your calendar for this free and interesting program and for more information please call 815-369-2352.

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Congratulations to the Stockton Renegades' athletes that wrestled at sectionals and a hat tip their parents that drove countless miles, probably lived on fast foods, and made it all happen for the kids. Sectional Qualifiers pictured from left to right starting with bottom: Arrison Bauer, Brady Haas, Jared Dvorak, Griffin Luke, Garrett Luke, Olive McPeek, Karl Hubb. Top: Jaden Rice, Case Harmston, Gavin Keefer, Jason Hermann and Simon Rillie. Not pictured: Andrew Haas and Morgan McPeek.

Six renegades qualified for state, which will take place March 9-11 at the BMO Harris Bank Center in Rockford.

Three sectional champs - Garrett Luke, Jaden Rice, and Jason Hermann Second place - Case Harmston

Third place - Simon Rillie and Jordan Paisley



JODI ROWE PHOTO

The Scoop Today Shopper's Guide

(Left) Regional champs knocked out #1 rival Dakota! Also beating Savanna (West Carroll)

The top 4 wrestlers in each weight class moved on to the individual state tournament.



JODI ROWE PHOTO The Scoop Today/Shopper's Guide

Lena/Stockton Coop Wrestling Team wins: Stillman Valley 58-18, 1/26 Dakota W 40-27 Mercer County 48-30, Riverdale 64-18, Sherrard 52-24, El Paso-Gridley 63-12, Erie Prophets Town 49-27, Morrison 51-15, Byron 40-21, Rock Falls 46-27, Porta 49-27, Hope Academy 54-16, Auburn 58-16, Wilmington 43-32, Clinton (IA) 40-27, Dakota 40-27 One loss to Coal City in a tight match 35-30



JODI ROWE PHOTO The Scoop Today/Shopper's Guide

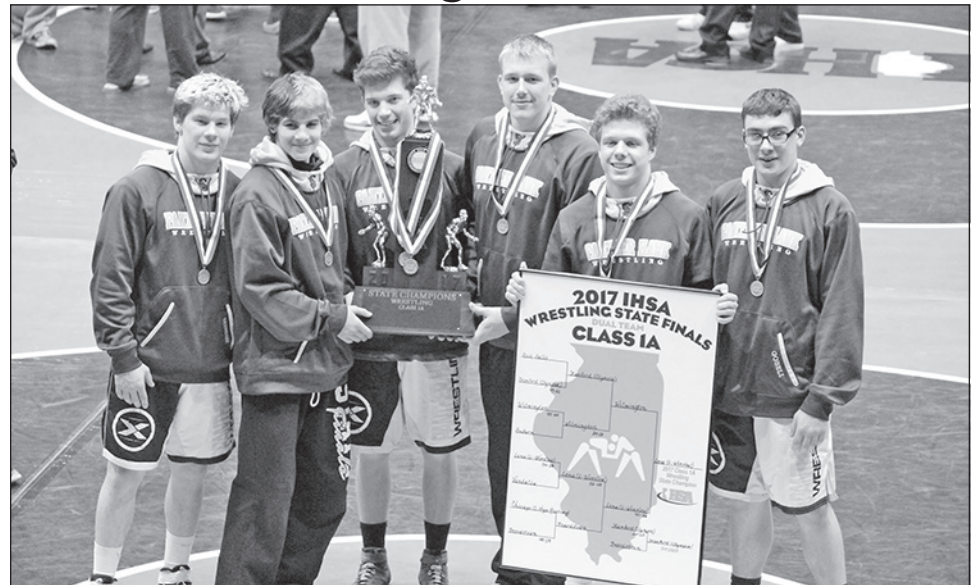
Lena Winslow/Stockton coop wrestling team attains sectional championship by beating out Mercer County 40-26

Congratulations Le-Win/Stockton Wrestling Team



JODI ROWE PHOTOS The Scoop Today/Shoppers Guide

Lena-Winslow/Stockton wrestlers Win class 1A state championship beating Vandalia 54-18 in quarterfinals, Beardstown 53 -16 semifinals, Wilmington 40 - 36 championship round.



And, we bid farewell to those Lena-Winslow/Stockton Pantherhawk Seniors that will be graduating to bigger mats next year. Congrats on a job well done!

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Breed medals at Iowa Winter Senior Olympics

On Saturday, Feb. 25, while competing in the 70-74 year age group, Reverend James Breed entered seven races and medaled in his age group in five of them. Breed ran the 55m dash (2ndplace), the 100m dash, the 200m dash (2nd place), the 400m dash, the 800m run (2nd place), the 1500m run (3rd place), and the 3000m run (1stplace). Rev. Breed is a retired pastor and college instructor, and currently serves as Assistant Track Coach for River Ridge High School, Hanover, IL.



TONY CARTON PHOTO
The Scoop Today/Shopper's Guide

Trust it to Konings

The crew at Konings Precision Paint and Body are up and running in their new Lena location at 301 Dodds Drive. Stop in and see the new shop or call (815) 369-4148 for an appointment.



FHN Stockton Clinic announces Saturday walk-in clinics

There's never a good time to be sick, but the FHN Family Healthcare Center – Stockton aims to make it more convenient to see a provider when you need one. The clinic offers walk-in Saturday morning hours once a month.

FHN Family Nurse Practitioner Teresa Blair, FNP-BC is available to care for patients on a first-come, first-served basis from 8 a.m. to noon on the second Saturday of each month. It's not necessary to be an FHN patient to take advantage of these walk-in hours.

Teresa Blair is a board-certified family nurse practitioner certified to diagnose and manage acute illnesses and injuries, plus stabilize long-term chronic illnesses in collaboration

with other members of the health-care team. She can prescribe medications, order and interpret laboratory tests, x-rays and developmental and screening tests to identify her patients' health problems, risk factors and strengths. She sees patients weekdays at the FHN Family Healthcare Center – Warren, and is currently accepting new patients.

No appointments are needed for the Stockton Saturday Walk-In Clinics. To arrange an appointment with Teresa Blair during the week in Warren, call the office at 815-745-2644. To arrange an appointment with Michael McFadden, MD or LuAnn Jordan, FNP-BC during the week in Stockton, call the office at 815-947-3211.

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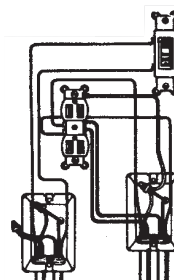
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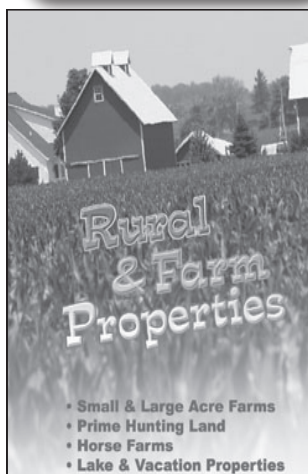
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LEGALS

ASSUMED NAME PUBLICATION

Public Notice is hereby given that on **February 24, 2017**, a certificate was filed in the Office of the County Clerk of Stephenson County, Illinois, setting forth the names and post-office addresses of all persons owning, conducting and transacting the business known as: **Creative Edge Landscaping** located at **4829 Ling Free Dr., Freeport, IL 61032**.

Dated February 24, 2017

VICI R. OTTE
Stephenson County Clerk
by **HB**

Heather Becker Deputy
(Published in

The Shopper's Guide
March 1, 8 & 15, 2017)

273714

NOTICE

Lena-Winslow School District is currently seeking bids for two DeDietrich Absolute model ABS2000 boilers. Bids accepted until 3/22/17. Please direct inquiries and bids to Dave Hoff, Maintenance, Lena-Winslow CUSD #202, 401 Fremont St, Lena IL 61048.

(Published in
The Shopper's Guide
March 8, 2017)

273854

ASSUMED NAME PUBLICATION

Public Notice is hereby given that on **March 2, 2017**, a certificate was filed in the Office of the County Clerk of Stephenson County, Illinois, setting forth the names and post-office addresses of all persons owning, conducting and transacting the business known as: **Kristian Services** located at **214 E. Iroquois, Freeport, IL 61032**.

Dated March 2, 2017

VICI R. OTTE
Stephenson County Clerk
by **HB**

Heather Becker Deputy
(Published in

The Shopper's Guide
March 8, 15 & 22, 2017)

274404

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Rainbow Rangers 4-H Club visits Parkview Health Center

Residents at Parkview Health Center were thrilled to receive Valentines from the Rainbow Rangers 4-H Club for Valentine's Day. The club members handmade the Valentines at their February club meeting. "It's great when our youth have the opportunity to visit local residents and participate in a community service project," stated Lori Tessendorf, Stephenson County 4-H Program Co-



COURTESY PHOTO Shopper's Guide

Rainbow Rangers 4-H Club members visited Parkview Center: (back row) Mary Engelkens, Sandra Binder, Hailey Niedermeier, Riley Niedermeier and Adam Engelkens; (front row) James Binder, Peyton Bartha, Madison Binder, Natalie Bartha and Molly Ginn.

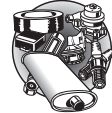
ordinator. "4-H gives youth the opportunity to be leaders in their club, participate in community service events, and build skills to help them in their future." The Rainbow Rangers 4-H Club, with Karen Wilhelms and Gail Engelkens as the club leaders, is one of the five clubs located in Freeport.

For more information about 4-H, contact University of Illinois Extension-Stephenson County at 815-235-4125.

POLITICS?...NON TRUTHS?...LACK OF KNOWLEDGE?...WE ARE CONFUSED!

- Pearl City School Board policy 2:230(2) read, "Identify oneself and be brief. Ordinarily comments shall be limited to 5 minutes". At the May 2013 School Board meeting, President Bremmer announced that they had a new "rule". They would be limiting public comments to 2 minutes. Still they allowed some to speak longer than 2 minutes and another individual used profanity during their comment time. Then others were told loudly and rudely by President Bremmer to sit down at the 2 minute time. A complaint was filed with the Attorney General's office in August 2016 concerning the OMA (Open Meetings Act). After receiving a copy of the complaint, Supt. Thill suggested at the September 2016 School Board meeting that they change the policy to read 2 minutes and the amended version of Policy 2:230 through that evening. Six board members voted yes, and R. Johnson voted nay. In October 2016, the Attorney General found that the Board violated the requirement of the OMA by imposing a restriction on public comment that is not authorized by its established and recorded rules. Supt. Thill then had to backtrack and take the correct action on amending a School Policy. The amended version was presented to the public at the November 2016 Board meeting, giving the public 30 days to review the changes, and then voted on at the December 2016 Board meeting. Again, vote was 6-yes, 1-nay. Why did the Administration and School Board Members not know their own school board policies? Why did they try to incorrectly amend it? Why did Supt. Thill state that the community member who filed the complaint cost the School District money? Confused??
- When the budget was to be voted on at the November 2016 School Board meeting, a member of the audience ask why they did not supply a copy of the budget to those in the audience. Principal Wallace stated that it was on the School website for the past 30 days. This audience member had been checking the website everyday and the 2017/18 budget did not appear on the website until the day of the board meeting. Confusing???
- Also in the December 2016 School Newsletter, Supt. Thill stated that there had been 3 Office of Civil Rights complaints filed. But at the December School Board meeting, Thill ranted to a member in the audience that CFE was lying to the community. He said that there had only been 2 OCR complaints filed and that the District did not violate any student rights. OCR's mission is to ensure equal access to education and to enforce civil rights in our nation's schools. OCR found evidence and reason to investigate each case filed. The School District signed a resolution agreement and took steps to address issues and correct policies. Based on this, how can Supt. Thill state that the District did nothing wrong? Only one School Board member spoke with the families and showed concern. What does this say about our other School Board members? Truly Confused!!!!
- A complaint was filed by a member of the community in regards to the spraying of the football field. This complaint was filed in concern for the safety of our children and the people of the community. The state found that the School District did not have a proper policy in place for the spraying and the ones who did the spraying did not have the proper license. The State handed out fines for pesticide misuse to the School District and those individuals involved in the spraying. A group of community members took up money to pay for the school fine. Supt. Thill recommended to the board that they "gift" the three people whom were fined, passes to all school home games. Thill also stated, "we can't give them money, but the passes would not cost the school anything". Really?? We certainly understand that the spraying was done out of the goodness of their hearts, and people of the community give their time and money for good causes. But the State has rules in place and schools have policies in place to protect the health and safety of all. Why did the School Board and Administration not accept that wrong was done and move forward? Why were people rewarded for an illegal act? Again! Confused!!
- Supt. Thill has made the statement at School Board meetings that people of the district were "costing" the district money. Again, in his December 2016 Newsletter, he mentioned the cost of legal fees because of frivolous complaints. OCR found reason to investigate. The Attorney General found the District was not following Policy, and the State found reason to hand out fines in the spraying incident. Why would the health and safety of our students, and the right to have your voice heard, be frivolous things to the Superintendent? It is the responsibility of the School Board and Administration to follow School policies and State laws. It is sad when community members have to file complaints to make sure the District does the "right" thing.
- The School Board has read letters and heard from people of the district giving them praise and thanks for the wonderful job they are doing. But when they have individuals stand and voice a concern over their actions, not one board member or administrator thanks them for bringing their concerns to the board's attention. Really Confused???
- So we ask the School Board members - Do you know your School Board Policies and do you care that they are being followed correctly? Or do you simply lack knowledge of policies and rules and your duty as a School Board member?
- Accountability - "an obligation to accept responsibility or to account for one's action". (Merriam-Webster.com)

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