Serving the communities in Stephenson County





HELP US CELEBRATE DAIRY MONTH!

June is National Dairy Month and Citizens State Bank is proud to support the hard work of our local dairy farmers Visit the Lena Lucky Clovers 4-H Club and their Dairy Month display Saturday, June 3 at the Lena Location. Stop by any of our three locations for special treats: Friday, June 2 – Ice Cream • Friday, June 16 – Cheese & Crackers While supplies last

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WEDNESDAY, JUNE 21, 2017

VOL. 79 • NO. 25

YOUR FREE HOMETOWN NEWSPAPER

izens State Bank awards 14 scholarships to area graduates

Leaders from Citizens State Bank presented \$500 scholarships to 14 extraordinary high school graduates at each school's awards ceremony and then recognized the recipients at a special luncheon Friday, June 9 at Stella's Café in Stockton.

"We are so proud of the Class of 2017, said Citizens State Bank President and CEO Fritz Kuhlmeier. "We had quite a few exceptional candidates, and we were pleased to have handed out 14 scholarships this year."

Citizens State Bank, with locations in Lena, Stockton, and Freeport, awards a minimum of twelve \$500 college scholarships each year to graduating high school seniors who have displayed excellence in academic achievement, community service, and extracurricular activities.

This year's scholarship recipients were: Griffin Koester, Aquin Alexandria Geiser, Freeport Sabree Hull, Freeport Samuel Morgan, Freeport Marissa Buss, Le-Win Brianna Haight, Le-Win Tanner Lawfer, Le-Win Sondra Winters, Le-Win Shayna Drake, Pearl City Mikayla Baysinger, Stockton Addiah Broshous, Stockton Courtney Haas, Stockton Olivia Kepner, Stockton Hannah McGivney, Warren



Citizens State Bank presented \$500 scholarships to 14 extraordinary high school graduates. This year's scholarship award winners are, left to right, with CSB staff:

Front row: Shayna Drake (Pearl City); Addiah Broshous (Stockton); Hannah McGivney (Warren); Brianna Haight (Le-Win); Sondra Winters (Le-Win); Courtney Haas (Stockton); Mikayla Baysinger (Stockton).

Back Row: CSB Loan Officer Dennis Groezinger; CSB Marketing and Business Development Officer Carrie Hass; CSB VP Commercial/ Consumer Lending Mike Mammoser; CSB CFO Amy Baker; Olivia Kepner (Stockton); Marissa Buss (Le-Win); CSB Loan Officer Brock Musser; CSB President and CEO Fritz Kuhlmeier; CSB Trust Officer Amy Powers.

Not pictured: Tanner Lawfer (Le-Win); Griffin Koester (Aquin); Alexandria Geiser (Freeport); Sabree Hull (Freeport); Samuel Morgan (Freeport)

Lena Community Park District has fulfilled a promise

By Deb Dietz

OP/ED CORRESPONDENT

The Park Board made a promise to pay off the debt and cut your taxes. Hooray, we have worked toward this goal starting in 2009, making this the end of an 8 year project. As you pay your property taxes, just scroll down the different taxing bodies until you see the park district. Check your taxes this year compared to last year. You should see about a 42% decrease. Plus, we have decreased your taxes every year since 2011. The park has been debt free since last December and our financial situation is quite healthy. Now, if you have built and addition or made major upgrades you may see a different result, but most of you will see a large drop in your park taxes.

How can this happen? It was the efforts of the board to watch the purse

strings. The park staff all jumped on sidewalks, in the planters, etc. Really board and have been wonderful partners in finding the best ways to purchase our supplies and make repairs. Not only have we been able to cut taxes, but we have made many upgrades such as metal roofing, updates to the pool, efficient lighting, new playground equipment, etc.

At the park we understand that every penny that comes to us through taxes, comes from a property owner that has expenses that they struggle with. It is our intention to treat our taxpayers money with wisdom and frugal spending habits.

As we jump into full swing, we are struggling with many of the same problems as other years. Our parks are 'NO SMOKING" properties, and yet some people feel free to light up and then throw their cigarette butts on the

smokers, please realize that when you use our parks like an ash tray, we have to pay staff to clean up behind you. Not good for keeping taxes down. Our parks are "DOG FREE" zones. We all like dogs, but within the park it is difficult to police who does and does not clean up behind their dog, or who has a dog that will bite or jump on others. We do not enjoy reprimanding smokers or dog owners, so please respect the park ordinances. These rules are in place to allow everyone to enjoy a

safe and enjoyable park experience.

We have had 2 performances of Music in the Park and look forward to more wonderful Sunday evenings throughout the summer. We also have movies in the park starting soon, make sure you attend and enjoy some oldtime fun with our movie lineup.

I ask that you remember that the park board serves for free with no payment whatsoever. Your board members are Jim Arnold, Rhonda Schoeny, Gordon Dammann, Ethan Lartz (our newest member) and myself. Nikki Leverton just retired after 6 years as a board member and secretary. Thank you, Nikki. Shari Staton started as our Recreation Director this year, be sure let her know how much you appreciate her efforts.

COURTESY PHOTO Shoper's Guide

We are always looking at ways to improve our programs and better serve the taxpayers that support us. Feel free to contact us with programs or ideas to improve our park district. Also, if you ever have any questions regarding the park finances, let us know. We will gladly answer your inquiries.



Postal Customer **ecrwss

2 • Wednesday, June 21, 2017 - Shopper's Guide



Make plans to be at the LeWin Elementary cafetorium June 23, for an entertaining presentation of The Ever After.

Coming to the stage at Le-Win Elementary School

The summer theatre class at Le- asks the question, "Can't we all just Win Elementary School will be presenting the play: The Ever After on Friday, June 23, at 10:30 a.m. and 12:30 p.m. in the Cafetorium. Please join us for this entertaining presentation. Students have been working hard to make this a fantastic performance.

A cheesy talk show host invites traditional fairy tale characters who have been estranged for 20 years to reconcile on live television. From Snow White and the Evil Queen to Cinderella and her middle-aged Ugly Stepsisters, this TV show parody

get along?" The talk show is punctuated by questions from obnoxious studio audience members and hilarious infomercials for fairy tale related products. Even Jiminy Cricket, now an occupational therapist and author of "My Life as Your Conscience" makes a guest appearance to lend his professional opinion. Complete with a trash-talking clairvoyant mirror, an unfortunate princess who is turning slowly back into a frog and many other wacky fractured fairy tale bits, this talk show spoof will be the talk of the town.

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Locally produced food featured at 32nd Annual Ag Breakfast Everyone is welcome to come to runs until 10 a.m., which includes

the Stephenson County Ag Breakfast at the Fairgrounds in Freeport, featuring a wonderful breakfast of products grown, raised or processed in Stephenson County. The 32nd annual event will be held Saturday, June 24.

whole hog sausage, beef bacon, scrambled eggs, cheese, coffee cake, milk and ice cream. A donation of \$5 per person includes breakfast and all activities. Children five and under are free. Handicap parking is The breakfast begins at 6 a.m. and available. Advance tickets can be

purchased at the Stephenson County Farm Bureau Office to avoid waiting in line at the breakfast.

A variety of educational displays and activities will help tell the story of agriculture.

There is something for everyone.

The fairgrounds are located on the south side of Freeport at 2250 S. Walnut Rd. For more information on the breakfast, call Ardath DeWall at 815-864-2561 or Bruce Johnson, 815-232-3186. For information on agriculture displays and activities, contact Kristin Dinderman at 815-291-9922. Volunteers are still needed, Contact Barb Curry, at 815-235-4125.

Eli's Joke of the week

Joe bumps into Dave at the country club and notices he isn't with his usual golfing buddy, Glen. When he asks why, Dave says, "Because Glen's dead." "Dead?" asks Joe, sur-prised. "What happened?" "Well," says Dave, "I hit a nice shot on the 5th hole, right toward the pin, and while I was looking for the ball, Glen pulled it out of the cup. He starts jumping up and down, all excited, telling me I just shot a hole-in-one. Then he clutches his chest and drops dead on the spot." "Oh, gosh," says Joe, "You must feel terrible!" "You bet I do!" says Dave. "Club management tells me without Glen's signature on my scorecard the hole-in-one doesn't count."

DOMINIC CARTON PHOTO Shopper's Guide

Apple River Mowter Speedway Brianna Anderson won her first race Saturday at the Apple Riv-

er Mowtor Speedway driving a cart built by her Grandfather Howard Doubler

ena 4-H Live Wires hold June meeting

Krista Keene REPORTER

The June 4, Lena Live Wires 4-H meeting was held at Lion's Park. To start off the meeting we had a bowl of ice cream since June is dairy month. The pledges were led by Alonah Sutter. Roll call was read by Garrett Sutter; the question was "What's your favorite summer activity". Garrett Sutter then read the Secretary's report. Krista Keene made a motion to pass the minutes and Alonah Sutter seconded the motion. Taylor Robinson read the Treasurer's report. Krista Keene made a motion to pay a bill and Alonah Sutter seconded the motion. The motion passed. Under old business we talked about the new calendar for our club. The Ag Breakfast is June 24. General Project's Day is June 28, so be sure you have

your projects ready. For new business we talked about picking up exhibit tags at the table you are going to be judged at. Hannah Pecoraro made a motion to pay for the 4-H leader's fair passes and Garrett Sutter seconded. The motion passed. The next meeting is August 14, at the Lena KOA at 6 p.m. Before the meeting starts we will be swimming and eating. Krista Keene gave a talk on Egypt and also gave a demonstration on how to make cheese muffins. Andrea Sutter gave a demonstration on how to identify wildflowers and she also gave a talk on how to show a goat. Ellie Bower did a demonstration on how to plant a fairy garden and did a talk on how to take a good photo. Sam Pecoraro made a motion to end the meeting and Garrett Sutter seconded. We ended the meeting by playing mini golf at Lion's Park.

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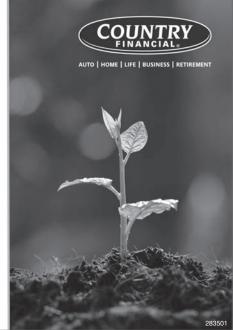
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COURTESY PHOTO The Scoop Today/Shopper's Guide

100 Women Who Care presented Tyler's Justice Center for Children checks from their May meet-

ing. Donations totaled \$12,200!

100 Women Who Care-Stephenson County Pictured from left to right: Angela Snyders (100 WWC nominating member); Chris Wallace, DeAnne Voss and Heather Dickman (100 WWC co-founders); Missy Lyons (Tyler's Justice Center, Executive Director); Amy Krolow (100 WWC co-founder); Sheriff David Snyders (Tyler's Justice Center, Board President); Kristi Diemer (Tyler's Justice Center, Board Treasurer).

The people that make Tyler's run are:

Kristi Diemer (Tyler's Justice Center, Board Treasurer), Kendra Mosley (Tyler's Justice Center, Program Coordinator/Family Advocate), Missy Lyons (Tyler's Justice Center, Executive Director); Sheriff David Snyders (Tyler's Justice Center, Board President).

A big thank you to each of you for helping the children and families in Stephenson County that need your help.

Illinois State Police receive rollover simulator from AAA's Auto Club

The Illinois State Police (ISP) has received a generous donation from AAA through its Auto Club Group Traffic Safety Foundation (ACGTSF). The ACGTSF donated a rollover simulator to be used as an educational tool that demonstrates the dangers of not wearing a properly adjusted seatbelt.

The Rollover Simulator recreates what happens to vehicle occupants during a rollover crash. The simulator works by rotating the trailer-mounted, half-truck up to 30 miles per hour with crash test dummies positioned in the vehicle in place of occupants. The test dummies are initially restrained, and the simulator is rotated. While the dummies are properly restrained, they remain in their seats as the device simulates a rollover crash, highlighting the importance of using seatbelts. The seatbelts are then taken off the dummies and the simulator is again rotated. The dummies are tossed around the inside of the simulator and fly out of the open windows, showing the possibilities of ejection from a vehicle, serious injury, or even death when occupants are not properly restrained.

"The simulator will undoubtedly impact the lives of countless motorists and emphasize the importance of proper seatbelt usage," said ISP Director Leo P. Schmitz. "We are extremely grateful for the Auto Club Group Traffic Safety Foundation's generous, lifesaving donation to help educate motorists of all ages,'

Schmitz added.

The ISP has other rollover simula-Safety Education Officers conducted 103 demonstrations using a rollover simulator previously donated by AAA. Nearly 85,000 people observed the rollover seatbelt simulator

not properly restrained.

We are proud to partner with the tors in its existing fleet. In 2016, ISP Illinois State Police in our mission to change driver behavior and save lives," said Auto Club Group Traffic Safety Foundation Executive Director Amy Stracke. "The addition of this new rollover simulator will and were impacted by the powerful allow the ISP to reach even more demonstration of what can happen in drivers and passengers and help keep a rollover crash if the occupants are Illinois roadways safe," Stracke said.



Stockton Fourth of July The grill at the Stockton Fourth of July celebration ran as effi-

ciently as any assembly line in any major manufacturing facility as thousands of chicken halves were cooked to perfection.

Ag and natural resources scholarship availability announced

Scholarship Fund is seeking individuals interested in applying for a scholarship for the 2017-2018 academic year. Funds are given to help college and university students who are, or will be, studying agriculture, natural resources or related programs with an emphasis in conservation. Those chosen to receive the award will be awarded a \$1000.00 scholarship.

To be eligible to apply, individuals must be residents of Stephenson County and be enrolled in an agriculture or related degree program with an emphasis in conservation. Applicants must be accepted at their chosen college or university and be a full-time student carrying a minimum of 12 hours per semester.

The R.C. Miller Scholarship was established by Miller, a life time Stephenson County resident and ar-

College News Iowa State University

Spring 2017 Dean's List More than 8,700 Iowa State University students have been recognized for outstanding academic achievement by being named to the

spring semester 2017 Dean's List. Students named to the Dean's List

must have earned a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work. Elizabeth II: Matthew Eden Car-

roll, 4, Agronomy Kelsey Grace Finn, 4, Nutritional

Science (H SCI)

Kent II: Jacob Reid Lawfer, 2, Agricultural Systems Technology

Lena II: Jordon E. Oellerich, 2, Agricultural and Life Sciences Education

Pearl City II: Timothy Thomas Lott, 4, Food Science (AGLS)

Stockton II: Ellen J. Bonvillain, 4, Management

Emily Marie Curtiss, 4, Apparel, Merchandising, and Design

Area students graduate at Rockford University

163rd Rockford University's graduation held Saturday, May 13, awarded undergraduate and graduate degrees to approximately 352 students from 18 states and six coun-

The R. C. Miller Agriculture dent supporter of agriculture, natural resources and conservation. Miller, who died in 2007, left a legacy in the community for his support of a variety of programs and efforts, especially youth and conservation causes.

To receive an application, please call the U of I Extension-Stephenson County at 815-235-4125. Completed applications are due by June 23, 2017 to the U of I Extension Office-Stephenson County, 2998 W. Pearl City Rd, Freeport. If requested, the application can be emailed to applicants for completion. The Stephenson County 4-H and Extension Foundation Board is responsible for selection the scholarship winners. Past recipients may re-apply for consideration each year.

For more information contact: Julie Miller - Office Support Assistant Office: 815-235-4125 or by email: jlmllr@illinois.edu

tries, including the following local students:

Cole Logemann of Lena, IL, received a BS degree.

Terry Wiltshire of Elizabeth, IL, received a MBA degree.

Rockford University is a four-year, co-educational institution founded in 1847 offering undergraduate and graduate degrees in traditional liberal arts and professional fields.

Upper lowa University 2017 Spring Dean's List

Upper Iowa University announces the Dean's List for the 2017 Spring semester. To be honored, a student must have earned a minimum 3.50 grade point average for the semester and be enrolled as a full-time student. Among the honorees, were the following students:

Elizabeth, IL - Amy Bonvillain, Sports Communication major;

Elizabeth, IL - Emily Frank, Conservation Mgmt major;

Pearl City, IL - Clayton Lieb, Business Admin major;

Founded in 1857, Upper Iowa University is a private, not-for-profit university providing undergraduate and graduate degree programs to about 5,800 students-nationally and internationally-at its Fayette campus, 25 U.S. education centers, as well as centers in Malaysia and Hong Kong



Senate lawmakers unveil Capitol Compromise package

Senate Republicans remain adamant that the Senate Democrats' partisan budget and watered-down reforms are a stark departure from the Senate budget and reform package being discussed in bipartisan working groups.

In response, several Senate Republicans, joined by a number of their House colleagues, filed a refreshed compromise plan that places budget negotiations back on the bipartisan track they were on before the Senate majority walked away from negotiations late last month.

The renewed package is based on a balanced budget bill with a fouryear hard spending cap of \$36 billion and approximately \$5 billion in spending reductions and adjustments. Incorporated into the comprehensive plan is a four-year property tax freeze, government consolidation allowing for more local control, workers' compensation reform providing relief to business owners while still protecting workers, education funding reform for more equitable school funding, pension reform that is expected to save taxpayers approximately \$1 billion per year, and term limits for legislative leaders and constitutional officers.

Each component included in the budget proposal incorporates critical compromises from both parties, demonstrating Republican lawmakers' willingness to reach across the aisle and work with the majority to put an end to an unprecedented budget crisis that has beset Illinois for two years.

Gov. Rauner has indicated that the compromise budget introduced by Republican lawmakers is a true path forward for Illinois, stating: "Republicans in the General Assembly have laid out a compromise budget plan that I can sign.

Amazon delivers new jobs to Illinois

Despite Illinois' ongoing uphill

battle to keep businesses from leav ing, one of the world's largest retailers is expanding facilities and bringing jobs to the state.

Amazon Incorporated, an enterprising e-commerce company, continues to expand throughout the state. The global retailer opened another fulfillment facility in northern Illinois back in September, creating approximately 1,000 jobs and continuing Amazon operation expansion in Illinois.

The e-commerce giant's Romeoville facility is just one of five current fulfillment centers operating in Illinois with another four facilities expected to be up and operating by 2018, bringing with them more than 8,000 jobs from all nine facilities throughout the state.

The successful expansion of Amazon's facilities throughout the state and the job growth being generated underscores the importance of fostering business development in Illinois. According to Senate Republicans, this means putting an end to the policies that drive businesses out and implementing critical reforms, like workers' compensation reform and significant property tax relief, which make Illinois more business-friendly and competitive with surrounding states.

Around the Northern Hills with Jo Daviess **County Farm Bureau Manager Annette Eggers**

Are you looking for something fun to do with the kids?

Our Farm Fun Day at the Apple Canyon Lake property owners club is this Saturday, June 24. The event goes from 10 a.m. to 1 p.m. and has a lot of activities for everyone. Of course, there are plenty of opportunities to interact with the animals. Start out with taking a walk through our mobile petting zoo and then try your hand at milking a real cow! You can also make ice cream and butter, circle of earth bracelets; make feed sack snack mix and much more!

Keep in mind that this event is dependent on the weather. If there is rain, the event may be canceled. Watch our Facebook page for updates if there is any doubt. Čan't make this event? You're in luck; we have another event scheduled at Shenandoah Riding Center on July 8.

It's that time of year to get your orders in for peaches

Orders are due by Wednesday, Aug. 2, with payment and order form.

Checks should be made payable to the Jo Daviess County Farm Bureau. Price is \$29/box for members and \$34/ box for non-farm bureau members. Pick-up will be in the farm bureau basement with an anticipated date of August 16, depending on weather. Peaches MUST be picked up the day of delivery to ensure freshness. Family Farm Signs

It's that time of year that we are all thinking of planting and sprucing things up around the farm. Why not add a "This is a Family Farm" sign to your landscape. The signs are 17.5" X 23" and cost \$30.

Ag Fun Fact: The average dairy cow consumes 300 pounds of water each dav.

Galena businesswoman announces candidacy for Illinois Legislature

Democratic businesswoman Ann Cameron Williams of Galena will roll out her campaign for State Representative in Illinois' 89th Legislative District at 10 a.m., Thursday, June 22, in Freeport's Debate Square, the site of an historic 1858 Lincoln-Douglas debate. The public is encourage to attend.

A native of northern Illinois, Williams has never run for elected office, but decided to do so during the divisive 2016 presidential campaign. "I want to be part

of positive solutions in government, and I'm willing to work with anyone to solve problems and improve issues for working families in the 89th District." She pledges to run a positive, collaborative, and relationship-grounded campaign.

Williams owns ao Strategies, a national consulting firm that helps disability organizations renew and sustain themselves. "My expertise in designing large scale programs, identifying problems and generating solutions for organizations that serve people

in need has provided me with skills that I will put to work for the people of the 89th District." Williams says she is committed to helping make the lives of hard-working families better. She understands the pressures that they face - not enough time, not enough money, not enough hands to help when help is needed, and the sense of helplessness that sinks in when there are inadequate resources to help care for children and aging parents. "I'll work tirelessly for affordable healthcare, outstanding schools,

well-paid jobs, pro-labor initiatives and for a balanced budget for Illinois."

Annette Eggers

Prior to starting her own company, Williams held executive positions with Easterseals and with The Arc of the United States, both of which assist people with disabilities. She is mother to a young man with Down Syndrome, has three rescue dogs, and is the proud owner of a Harley Davidson.

For more information, log on to www. williamsforstaterep.us or find Ann Williams on Facebook.



Ann Williams

Legislation expands Presidential Records Act Preservation to include social media

Today, U.S. Representative Mike Quigley (IL-05), co-founder and cochair of the Congressional Transparency Caucus, introduced the Communications Over Various Feeds Electronically for Engagement or "COVFEFE" Act. This bill codifies vital guidance from the National Archives by amending the Presidential Records Act to include the term "social media" as a documentary material, ensuring additional preservation

of presidential communication and statements while promoting government accountability and transparency.

'In order to maintain public trust in government, elected officials must answer for what they do and say; this includes 140-character tweets," said Rep. Quigley. "President Trump's frequent, unfiltered use of his personal Twitter account as a means of official communication is unprecedented. If the President is going to

public policy proclamations, we must ensure that these statements are documented and preserved for future reference. Tweets are powerful, and the President must be held accountable for every post.'

In 2014, the National Archives released guidance stating its belief that social media merits historical recording. President Trump's unprecedented use of Twitter calls particular attention to this concern. When referencing the use of social media, White House Press Secretary Sean Spicer

take to social media to make sudden has said, "The president is president of the United States so they are considered official statements by the president of the United States.

President Trump's tweets frequently make national news and are a topic of everyday conversation, including deciphering the meaning behind his tweet using the previously unheard of term, "covfefe." While his personal account has become the de facto account for government business, it is unclear as to whether or not it would be archived in the same manner as the official @POTUS account under

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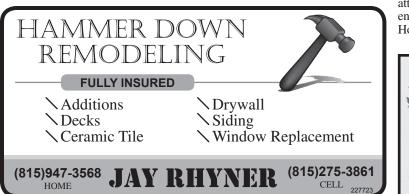
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the Presidential Records Act. Another concern relates to President Trump's frequent deletion of tweets. Including social media in the Presidential Records Act ensures that deleted tweets are documented for archival purposes, and makes deleting tweets a violation of the Presidential Records Act, subject to disciplinary action.

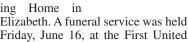
In Congress, Rep. Quigley is working to combat the Trump Administration's recent efforts to roll back transparency. In March, he introduced the Making Access Records Available to Lead American Government Openness (MAR-A-LAGO) Act, a bill that requires the publication of visitor logs to the White House or any other location where President Trump regularly conducts official business, including various Trump Organization properties frequented by the president. Last month, he questioned the Acting Administrator for the General Services Administration (GSA) about the Trump International Hotel lease and possible conflicts of interest.



ON THE RECORE Obituary

GLYNN ELLEN SHAW

Glynn Ellen Shaw, age 85, of Elizabeth, of Illinois, passed away peacefully with her devoted husband by her side, June Tuesday, 13, 2017 at the Elizabeth Nurs-



Methodist Church in Elizabeth. Burial took place in the Elizabeth Cemetery. A visitation was held June 15, at Law-Jones Funeral Home in Elizabeth. In lieu of flowers a memorial fund has been established in Glvnn Ellen's memory. Friends and family are invited to share in Glynn Ellen's life at www.lawjonesfuneralhome. com.

Glynn Ellen was born May 16, 1932 in Schapville, Illinois, the daughter of Leonard and Mildred (Mitchell) Stadel. She attended Elizabeth High School and graduated with the Class of 1950. Glynn Ellen continued on with her education receiving her Bachelor Degree in Teaching from the University of Dubuque in Dubuque, Iowa. Glynn Ellen married the love of her life, Glen Shaw on Aug. 1, 1954 at the United Methodist Church in Elizabeth. They celebrated 62 years together. She taught at school in Galena for a few years prior to having her son and daughter. Following the birth of her children, Glynn Ellen went back to teaching and taught second and sixth grade in Elizabeth, after 31 years she retired from River Ridge School.

Glynn Ellen was a member of the First United Methodist Church in Elizabeth, in her younger years she

Engagement

was a member of the Zion Presbyterian Church in Schapville, Historical Society and the retired teachers. Glynn Ellen was an avid Chicago Cubs Fan and reader and may have been a book hoarder. She enjoyed crocheting, bird watching, helping on the farm, square dancing, playing cards, cooking, baking bread and cinnamon rolls. Glynn Ellen was a teacher at heart and never missed the opportunity to teach her family and friends.

Glynn Ellen will be dearly missed by her husband, Glen; son, Randy Shaw of Elizabeth; daughter, Lynn Kay (Lynn Allen) Pease of Elizabeth; five grandchildren, Jessica (Fiancé Ben Drury) Pease, Michael Pease,

Derek Pease, Bill (Katie) Longmore, Sandy (Wesley) Offenheiser; three great-grandchildren, Landis, Jerry Longmore and Owen Offehneiser. Glynn Ellen was preceded in death by her parents.

Births

David Keep

Leann Strobehn and Dustin Keep of Lena, Ill. are the parents of a son David Bentley Keep born Thursday June 15, 2017 at FHN Memorial Hospital, Freeport, Ill. David joins a brother Zackary Keep, 2. Grandparents are Gale Strobehn and Donna Keep both of Lena and David Keep of twin Falls, Idaho. Great grandmothers are Joanne Strobehn of Lena and Bridget Keep of Freeport.

Samantha Mills

Alexander and Jessie Mills of Orangeville, Ill. are the parents of a daughter Samantha Marie Mills born Wednesday June 14, 2017 at FHN Memorial Hospital, Freeport, Ill. Samantha joins a brother John Mills, 4. Grandparents are Debra Samuelson of Orangeville and Steve and Gail Mills Georgetown, Ill. Great grandparents are Eric and Evelyn Selin of Rockford, Ill, Nancy Samuelson of Delavan, Wis. and Henry and Theresa Mackowiak of Westville, Ill.

Scott Rea Jr.

Renee Camarillo and Scott Rea of Stockton, Ill. are the parents of a son Scott Alan Rea Jr. born Wednesday June 14, 2017 at FHN Memorial Hospital, Freeport, Ill. Scott has three sisters Alisyn Disney, 20, Tristin Rea, 20 and Nicole Rea, 27 and three brothers Steven Camarillo, 24, Izaa Williams, 22 and Tylor Disney, 19. Grandparents are Darlene Rangel of Fallon, NV and Don and Lyn Rea of Hanford, Ca.





Celebrating fifty years

Duane Charles Curran and Barbara Ann (Harter) Curran are celebrating 50 years of wedded bliss! They married on June 24, 1967 at Prince of Peace Lutheran Church in Freeport, Illinois.

Attending them in the ceremony included Maid of Honor Barb (Birkett) Scheidel, with bridesmaids Anita (Curran) Marsh, and Nancy Bonnet, along with Best Man Donald Harter, groomsmen Robert Curran, and Jerry Curran. The flower girl was Connie Miller and the ring bearer was Al Curran. Pastor Paul Oye performed the ceremony.

Barb and Duane raised three children who include Tonya (Kevin) Dieken, Colfax, IL: Tammy (Chris) Prewitt, Batavia, IL: and Tim (Jessica) Curran, Stockton, IL. They are also the proud grandparents to six young folks: Tad and McKenzie Dieken; Addie Prewit; and Angelique, Anthony, and Avery Goswick not to forget the recent addition of their first great-grandchild Emilia!

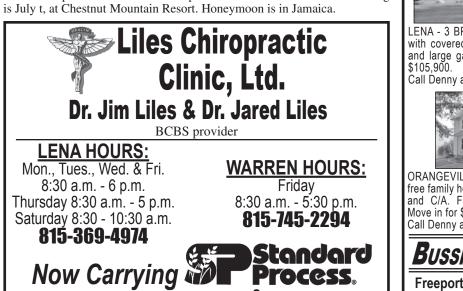
Barb and Duane will be celebrated with an Open House at Coach's Golf and Grill in Lena, Illinois on June 25 from 2-5: p.m. Please stop by to share memories of the past and create a few new ones for the future. The family asks only for your presence and no presents please.







Kristian Nicole Thoman to wed Benjamin Lee Hinrichs Announcement is made of the marrying of Benjamin Lee Hinrichs to Kristian Nicole Thoman of Stockton IL. His parents are Mark and Kim Hinrichs of Chadwick IL. Hers is Shelly Yeager of Stockton IL. He is a Yard Supervisor at Riverport Railroad. She is a supervisor at Kolb Lena Cheese. Wedding



SUPPLEMENTS

How does your garden grow?

Children are natural gardeners. They're curious, like to learn by doing, and love to play in the dirt. Working in a garden, a child can experience the satisfaction that comes from caring for something over time, while observing the cycle of life firsthand. Gardening gives children a chance to learn an important life skill, one that is overlooked in standard school curriculums. Gardening is also a great way to teach environmental awareness by exploring the workings of nature.

What to plant

Our children were involved with gardening from an early age, and it was gratifying to watch their interest and self-esteem grow as their gardening efforts yielded good results. Although there are many crops suitable for the young gardener, here are our "top five", which are relatively easy to grow, have short growing seasons and are fun to harvest.

Sunflower

A must for a youngster's garden. Plant just one or two, since they take a lot of room. Sunflowers will sprout in 1 week, become a small seedling in 2 weeks, and should be 2' tall in a month. In 8 weeks, the buds will flower revealing hundreds of seed kernels. Be sure to gorw 'confectionery' sunflowers, the type grown for food. They will dry naturally in the late summer sun; the seeds, rich in

protein and iron, can be roasted for snacks. Save a few for next summers' planting. Lettuce

A quick and reliable crop to give the child fast results, and also a good

Prevent tick bites with these five tips

Compiled by Tony Carton EDITOR

If you plan on spending time enjoying the great outdoors this summer, don't forget to protect yourself from deer ticks. They may be tiny, but ticks are capable of transmitting serious illnesses like Lyme disease. To learn about how to protect yourself from ticks please peruse the following tips.

Choose proper clothing

If you're going to be spending time in wooded areas or tall grasses, wear long pants, long-sleeved shirts and closed-toe shoes. Wearing light colored clothing will make it easier to spot ticks.

Maintain your yard

To keep your own yard tick-free, keep grass cut low and remove weeds, woodpiles and debris, which can attract ticks and other pests. Keep shrubs, bushes, and other vegetation well pruned, particularly around patios and play areas.

Wear insect repellant

Wear a bug spray containing at least 20% DEET when outdoors, and reapply as directed on the label. Hike smart

When hiking, do your best to stay in the center of trails, away from vegetation where ticks may be hiding and waiting to hitch a ride. Don't forget about pets

Avoid walking dogs in tall grass, where fleas and ticks often hide, and inspect pets for ticks on a routine basis. Just like humans, pets can contract Lyme disease from blacklegged ticks.

By following these tips, you and your family can take advantage of beautiful summer days without the dangerous health consequences that a tick bite can cause. If you consistently notice ticks on your property, contact a pest professional to determine the best course of tick control and treatment.

way to interest kids in salads. Lettuce likes part shade; keep soil moist especially during the first two weeks. The seeds will germinate in 7-10 days; growing season is 40-50 days. You can grow 'head' (space 8" apart) or 'leaf' (space 4" apart) varieties; the leaf varieties will mature sooner, about 30-35 days.

Bush beans

Fast, easy, high yield and, because they do not grow tall, they are easy for kids to harvest. Bush beans germinate in 4-8 days, and mature in 40-65 days. It's best to plant a small patch, then another in a few weeks. This will extend the harvest. When choosing seeds, select the "low bush" varieties because these will be easier for children to harvest. Plant closely spaced, about 4" apart. Grow in direct sun; water the soil but try to keep the leaves dry. Bush beans don't need poles or trellises to grow.

A quick-growing early crop, and fun for kids to eat right off the vine. They take about 10 days to germinate and mature in about 60 days. Peas prefer cooler, partially shaded locations in the garden; they should be sown closely, about 1" apart at most. Snow peas are popular because the pod is edible and since they are a dwarf plant they can be grown without a trellis.

Cherry tomatoes

Gotta have 'em! These may be the most fun crop for a child, aside from strawberries. Plant in full sun and use seedlings rather than planting from seed. Put in a 2' stake alongside each seedling; they need to be tied loosely to stakes as they get taller. Add lots of compost. Water at ground level, trying to keep leaves dry. Growing season is 50-75 days. Cherry tomatoes can also be grown in containers.

Five fun facts

Got allergies?

Sneezing with your eyes open is impossible.

Don't stand on the dinner table.

Butterflies taste food by standing on top of it! Their taste receptors are in their feet unlike humans who have most on their tongue.

Clean your room.

Most of the dust in your home is actually dead skin! Yuck! What time is it?

Even if an analog clock is broken, at least it shows the correct time twice a day. What?

The trickiest tongue twister in the English language is apparently "Sixth sick sheik's sixth sheep's sick". Give it a try and see for yourself.

Build a spaceship

Hello to all you future engineers and astronauts. This week on The Scoop Today kids page you will have the chance to work on designing and building equipment in outer space. Let's get started.

Design and build your own spaceship, space station or satellite. What features will you add to make your creation safe as it travels in space?

Introduction:

Manmade objects that are designed for use in space are complex engineering feats that take a lot of design and planning. Examples include such things as the International Space Station, spaceships and satellites.

Put your design and building skills to the test by creating one of these objects using an available resource such as K'Nex, Lego or various recycled household objects (including cardboard, tin foil, soft drink bottles, milk cartoons, newspaper and more). Instructions:

Choose which space object you would like to build. Decide on what equipment you will use to make your space station, spaceship or satellite.

Plan the design on paper before you start building.

Start building! Try to follow your original design as much as possible but it's ok to make changes as you go.

When you've finished, show off your finished creation to your family and friends and answer any questions they might have regarding your project.

Stuff to think about:

Why did you choose to build this?

Do astronauts live in your creation? If yes, where? What was the hardest part of building your space object? How well do you think you followed your original design? What would you do differently next time?

FHN Orthopedic Services Open House is June 28

According to arthritis.org, the rate of knee replacements jumped 120 percent over a recent 10-year period – and the number of surgeries done on 45- to 64-year-olds rose 188 percent. It's never too early to learn about the latest advances in this procedure.

The FHN Orthopedic Services team will hold an open house for the public from 5:30 - 7 p.m. Wednesday, June 28, at the FHN Family Healthcare Center - Burchard Hills, 1010 W. Fairway Drive in Freeport.

A brief presentation on TRU-MATCH® will introduce this personalized knee replacement now offered by FHN, in which a three-dimensional scan of a patient's leg allows the creation of customized sur- sary.

gical guides. These guides, specific to each patient's own anatomy, enhance the positioning and alignment of the implant, which is crucial to its overall performance. (Researchers have found that a misalignment as slight as three degrees can lead to uneven wear, instability, and increased risk of revision surgery.)

The event will also give attendees the chance to meet FHN's orthopedic specialists and surgery team and tour our physical rehab facility, the staff of which plays a critical role in the recovery from knee replacement surgerv.

The open house is free to attend; refreshments and giveaways will be provided. No registration is neces-

Powerball, Mega Millions could become casualty of Illinois budget failure

With no state budget in hand, two lions group. popular lottery games, Powerball and Mega Millions, are on track to be dropped in Illinois, because no budget means the state is not authorized to make payments to the Multi-State Lottery Association or the Mega Mil-

Discussions to drop Illinois from participating have been underway since 2015, but this is the first time action would be taken if there is no budget in place by June 30.

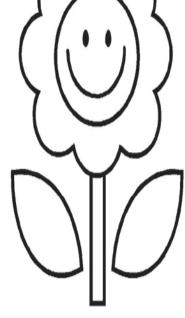
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Births Published FREE

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





Pink Heals Tour to visit Northwest Illinois

Compiled by Tony Carton FDITOR

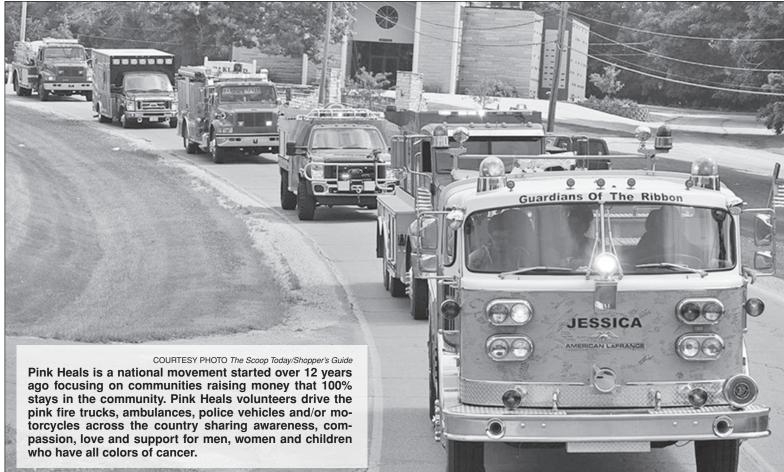
This year marks the fifth year hosting the iconic pink fire trucks from PINK HEALS chapters around the area. They will be rolling into town from as far away as Delafield, WI and Roberts, Il.. This year's event is scheduled for Saturday, June 24, in the parking lot at Logan's Bar and Grill. The day will begin at 8:30 a.m. with the PINK HEALS Awareness Motorcycle Ride. While the riders are out, we will be around the community with the pink vehicles visiting those who are needing love and support from PINK HEALS.

Pink Heals Awareness Motorcycle Ride

Meet up with friends and family for the Pink Heals Awareness Motorcycle Ride at Logan's Bar and Grill, 1805 South West Avenue in Freeport on Saturday, June 24, check in from 8-9 a.m. and hang for announcements and the blessing of the bikes at 9. Kickstands up at 9:30. The cost is \$35 per single or double rider. For more information visit pink heals tour Freeport on Facebook where you can register and pay via Paypal. Early sign-ups receive a free T-shirt, go get on it and Ride for Awareness.

Around 2 p.m., we will welcome the riders back and enjoy the event from 2-4 p.m. Along with the pink vehicles, there will be local fire departments, a silent auction, wellness booths, vendors, therapy dogs, kids activities and more.

PINK HEALS is a national movement started over 12 years ago focus-



ing on communities raising money that 100% stays in the community. PINK HEALS volunteers drive the pink fire trucks, ambulances, police vehicles and/or motorcycles across the country sharing awareness, compassion, love and support for men, women and children who have ALL colors of cancer. Sadly, cancer does not discriminate. It does not care whether you are young, old, male or female. The vehicles have thousands of permanent signatures and/or messages to our survivors or those who have lost the battle to cancer.

Over the past four years, a dedicated group of volunteers have raised over \$15,000 that has been donated to The Leonard G Ferguson Cancer Center, FHN Hospice nurses,

Wellness program at the Stephenson County Health Department and gift cards for groceries and/or gas to many families in our community that have been devastated by cancer.

As with any community, the more the community works together, the stronger the community is. Remember, all monies raised stay in our community. Any amount of a donation would be greatly appreciated. If you are looking to be part of this wonderful movement, a check made out to PINK HEALS Freeport % Roxanne Goodman 1201 S Carroll Ave Freeport, IL 61032.

Don't forget to stop by the following merchants to stock up on Pink Heals T-shirts and tumblers.

9 East Coffee - 9 E Stephenson Lori's Gifts - inside FMH

Odds - n - Ends - 20 S Chicago The Cheese Market -1791 S West

River Ridge Elementary School back to school reminders

Incoming Kindergartners need a physical, eye exam and dental exam. Second graders need a dental exam. Forms are available on the school nurse webpage. www.riverridge210.org

Pet Talk: Protect your pet from Canine Influenza

At the Texas A&M College of decrease exposure to other pets. Veterinary Medicine & Biomedical Sciences (CVM) veterinarians are working to educate pet parents about the recent outbreak of canine influenza in Georgia and Florida that could affect dogs in Texas.

Just like humans, pets can be affected by strains of influenza and experience flu-like symptoms. The strains of influenza that affect dogs are highly contagious and spread through particles in the air. However, the disease is typically not life-threatening when treated and is not transmissible to humans.

"The most common symptoms of canine flu include coughing and lethargy, as well as decreased appetite and fever," said Dr. Stacy Eckman, clinical assistant professor at the CVM. "In some cases, the infection can progress to pneumonia, especially when the flu is complicated by other respiratory bacteria or viruses.

The canine flu should be treated as soon as possible. If you are worried your pet is experiencing symptoms of the canine flu, contact your veterinarian before going in to their office. This allows the veterinarian to prepare for the visit and potentially

If you live in an area where the canine flu has been reported, consider keeping your dog away from other dogs by staying clear of the dog park or kenneling your dog.

Canine influenza is a relatively new virus in dogs, but there are vaccines available to help protect your pet. The vaccine does not prevent your pet from getting infected or spreading the virus, but it may reduce your pet's symptoms

"The vaccine is recommended for pets that go to dog shows, including hunting and agility; are kenneled or boarded; visit grooming salons or

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doggie day cares regularly; or are around a high number of dogs that visit these areas," Eckman said.

If your pet becomes infected with the canine flu, a veterinarian can provide supportive care and medications to make the pet feel better. In the meantime, consider your options for preventing your pet from facing this illness again in the future, such as with a vaccine.

As a pet parent, it is important to provide your dog with excellent healthcare. Talk with your veterinarian about reducing the chances of your dog being impacted by canine influenza.



CHURCH NEWS

Good Shepherd Lutheran Church

Good Shepherd Lutheran Church will gather for worship at Good Shepherd on June 25, at 118 E. Mason St. Lena, IL, at 9:30 a.m. All are invited to worship on this Mission Trip Sunday with Holy Communion. Krista Keene will be sharing her Special Music with us. Following worship, there will be a time of fellowship and at 11:30 a.m. all are invited to Good Shepherd for a Fellowship Lunch and a fun afternoon after worship service. The Men's Group will provide hotdogs, brat's hamburgers and drinks. Please bring a side dish (salad or desert) to share.

On Wednesday June 28, at 8 a.m. the Piece Corps Quilters will work together to craft quilts for Lutheran World Relief. They are always looking for more people to help tie quilts and sew. No previous quilting experience is necessary. Come join the fun and make a difference in the world.

Good Shepherd invites all to Open Church this summer on Wednesday evenings from 6-8 p.m. We will have games and snacks for all ages. Our first Open Church will be June 28.

Mark your calendars for Sunday, July 16. This will be Good Shepherd's Special Anniversary "160 years" Sunday. Worship at 9:30 with Bishop Clements and potluck dinner and a program at 12 p.m. A Sunday filled with food, folks and fun for our Special Day.

Vacation Bible School Adventure of the Treasure Seekers exploring God's Promises will be held from July 17-20 from 5:30-8 p.m. co-operating with Lena Methodist Church and the Beloved Church. Registration forms are available at the church.

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

Kent/Willow United Methodist Churches

Kent/Willow UMC will worship together Sunday June 25, at Kent UMC at 9 a.m. Our Lay Speaker; "Karl Lawfer" will be giving the message; you won't want to miss hearing him so you all are invited and welcome and also to stay for the fellowship following.

Sunday School is at 10:30 a.m. studying from the Holy Bible; you are welcome and invited to this time too. Kent UMC is located right in the town of Kent, IL.

Note: Karl Lawfer will also be giving his message at Wesley UMC in Stockton, IL at 10:45 a.m. so if you are unable to make it to Kent UMC at 9 a.m., you are welcome and invited to Wesley UMC (the corner of Benton/Hudson).

Pearl City First United Methodist Church

Join us at Pearl City First United Methodist Church, 411 S. Main St, at 8:30 a.m. on Sunday, June 25. Worship will be led by Pastor Mathew Smith with his message titled "The Prodigal Church". Summer Sunday school will be held during worship following the children's message. Following the service there will be a congregational meeting and breakfast. Please join us on Wednesday, June 28, for our Ice Cream Celebration from 4-8 p.m. There will be games and activities for the kids and an Ice Cream Piñata. The menu includes single dips; build your own sundae, floats/shakes and a hot dog and chips meal.

St. John's Lutheran Church continues with summer brat stand

On Sunday, June 25, Pastor Ekstrand will lead worship beginning at 9 a.m. The SPOTS (fifth and sixth grades) will meet at 11 a.m. at the Youth & Family Center.

St. John's continues to hold Saturday evening worship service at 5:30 p.m. This worship service lasts about 30-35 minutes and includes weekly readings, homily, communion and a hymn.

The Fifth Quarter Youth group (Junior High) will continue to meet at 11 a.m. on Wednesdays. The Genesis Youth group (High School) continues to meet on Sunday

evenings at 7:30 p.m. All youth groups are open to all area youth and held in the Youth and Family Center

St. John's will continue the Summer Brat Stand on Saturday, June 24 and July 1 serving from 11 a.m. til 2 p.m.. The Pearl Valley Rangers 4-H Club will be giving out ice cream for June is Dairy Month on June 24. The Brat Stand is adjacent to the Pearl City Post Office. A brat or hot dog with chips and drink for \$4.50 or sandwiches sold separate. Thanks so much for your support!

The Worship & Music Committee will meet on June 29, at 9:30 a.m. in the Conference Room.



Free vein screenings available June 27 at FHN Vein Center

Painful legs can be a sign of venous disease, which can lead to varicose veins, leg sores and even serious circulation problems like blood clots. The experts at the FHN Vein Center can help.

"The veins in your legs have a big job – getting blood back up to your heart for re-oxygenation," said FHN Director of Surgical Services George Lester, BSN, CNOR, RNFA. "When those veins don't work correctly, the swelling and pain that result can keep you from enjoying many of the daily activities of life, and may cause serious health problems."

The FHN Vein Center offers free screenings for leg vein issues each month at FHN Memorial Hospital. The next screening date is Tuesday, June 27; appointments are available from 3 - 6 p.m. by calling 815-599-VEIN (8346).

The FHN Vein Center offers two approaches to venous disease treatment. The first line of treatment, for mild or early cases, involves fitting the patient with compression hose to help the leg veins do their work.

For more advanced cases, outpatient surgical treatment can relieve pain and provide a long-term solution to venous disease. The FHN Vein Center offers a number of outpatient procedures featuring rapid recovery. Non-cosmetic treatment options are covered by most commercial health insurance carriers, including Medicare.

More upcoming free screenings are scheduled for 3 – 6 p.m. Tuesday, Aug. 22 and Tuesday, Sept. 26. For more information on venous disease and the FHN Vein Center, visit www.fhn.org or call 815-599-VEIN (8346).

Unitarian Universalists celebrated Flower Communion June 11

tarian Universalists the world over celebrate the Flower Communion, which was created June 4, 1923, by Norbert Capek for the church in Prague, Czechoslovakia. His congregation was the most liberal in the country, and people from many diverse religious backgrounds attended. Capek wanted to devise a centering, unifying ritual that would celebrate the beauty of the natural world and the unique contributions of each member. The result was the Flower Communion. Each parishioner brings a flower to church and places it in a large vase, which is brought forward at the beginning of the service. At the close of the service, each person (members, guests and visitors) takes a

EVANGELICAL FREE CHURCH OF LENA 720 N. Freedom Street Lena, IL 815-369-5591 Dr. Jim Erb, Senior Pastor Rev. Scott Wilcon

Rev. Scott Wilson Assoc. Pastor of Youth

Sunday Worship 10:00 a.m. Sunday School/ABF 8:45 a.m. AWANA-Wednesdays 5:30 p.m. Junior and Senior High Youth Wednesdays 7:00 p.m.

In the Spring of every year, Unirian Universalists the world over elebrate the Flower Communion, blessings of the faith.

This is the prayer written by Dr. Capek for this now historic service:

In the name of Providence, which implants in the seed the future of the flower and in our hearts the longing for people to live in harmony;

In the name of the Highest. in whom we move and who makes the mother and father, brother and sister, lover and loner what they are; In the name of sages and great religious leaders, who sacrificed their lives to hasten the coming of peace and mutual respect

—Let us renew our resolution sincerely to be real brothers and sisters regardless of any kind of bar which estranges us from each other.

In this holy resolution may we be strengthened, knowing that we are God's family, that one spirit, the spirit of love, unites us; and may we work for a more peaceful world and a more joyful life for all. Amen.

Dr. Capek was arrested by the Nazi's in 1941 and charged with "high treason" for his outspoken opposition to the Nazi occupation. He died in Dachau in 1942, but the ideals of God's all-inclusive love and freedom of religious belief and expression have lived on and are celebrated in his name every year.

ISP report traffic crash with injuries

District 16 Troopers are on the scene of a crash with injuries at U.S. 20 and Mitchell Road. On June 16, at approximately 6:21 A.M., Troopers were notified of a two-axle box truck that had left the roadway and struck a tree. The vehicle was hauling containers of a corrosive liquid. The box of the truck was compromised and the load was ejected. Approximately five barrels were cracked and may have released a corrosive liquid. There is no immediate threat to the public and no evacuation has been necessary. The westbound lane of U.S. 20 was blocked by emergency vehicles and recovery equipment. The driver/sole occupant was transported to a nearby hospital with injuries which are not believed to be life-threatening. A crew is in route to

inspect and manage and spilled material(s).

Through the investigation it was determined that the driver of the box truck, Jeffrey D Schwartz of Elgin, was westbound on US Rt 20 when he fell asleep and went off the roadway. His vehicle struck two tree's prior to coming to rest. Schwartz was transported to Midwest Medical Center with non-life threatening injuries by the Elizabeth ambulance. Schwartz was issued citations for driving while ill or fatigued and improper lane usage

The Illinois State Police were assisted on scene by Elizabeth Fire and Ambulance, Jo Daviess County Sheriff's department, IDOT, and the Jodaviess County Hazardous Material Response Team.

College News

Augustana College 2017 commencement participants

Augustana College held its spring commencement ceremony on Sunday, May 21. Dr. Al Bowman, president emeritus of Illinois State University, delivered the commencement address. Around 480 students participated in the ceremony, including the following students:

Steven Todorov of Davis, who studied Neuroscience

Claire Kepner of Lena, who studied Biology, Public Health and English, cum laude

Amie Badgett of Orangeville, who studied Business Administration-Mangement and Accounting, summa cum laude.

Founded in 1860, Augustana College is a selective four-year residential college of the liberal arts and sciences.





Come One- Come All! Ice Cream Social Zion Community Church Of Pearl City Where: Due to our Church fire, we will be holding our Ice Cream Social at the Pearl City Fire Department in Pearl City When: June 25th, 2017 Time: 4:00 p.m. - 7:30 p.m. **Music and Bingo** • Brats, BBQ Sandwiches, Hot Dogs, Pork Loin Potato Salad, German Potato Salad, **Baked Beans & Apple Sauce**

 Strawberry, Strawberry Rhubarb, Pecan, Blueberry, Peach, Cherry, Raisin, Raspberry, Apricot & Apple Pies!

Ice Cream & Sundaes

Lena Sons of the American Legion schedule benefit ride and youth fishing derby

The Lena Sons of The American Legion will host their eleventh annual Benefit Day on Saturday, June 24, at Coach's Golf and Grill in Lena II. The day will start with sign up from 9 – 11 a.m. for the annual Fun Run. This year's route of 140 miles will start and end in Lena and travel throughout Northern Illinois and Southern Wisconsin with stops in Orfordville, Janesville, New Glarus, Browntown and Winslow. Cost for the ride is \$20 and this includes a Pulled Pork dinner upon return and chances to win over \$4,000 in door prizes. All forms of transportation are welcome two- wheel, three- wheel, four- wheels or more.

New this year will be a youth fishing derby from 11 - 1. The fee will be \$10 per entrant and prizes will

be awarded based on the total of inches of the fish caught. The contest will be for children 16 and under and they must be accompanied by an adult. Prizes will be awarded at the end of the contest. Please bring your own fishing gear. There will be limited supplies of bait available at no cost to the competitors.

The Lena Sons of the American Legion are a branch of the American Legion and funds raised will be used to support various Veterans program in the area. We encourage everyone to come and enjoy the day and help raise funds to support the men and women how fought for our freedom. If you want additional information you can e-mail us at salpost577@gmail.com

LEGALS

IN THE CIRCUIT COURT FOR THE 15TH JUDICIAL CIRCUIT STEPHENSON COUNTY -FREEPORT, ILLINOIS Illinois Bank and Trust PLAINTIFF

Vs. Michelle D. Griffiths; et. al. DEFENDANTS

16CH 00041 NOTICE OF SHERIFF'S SALE OF REAL ESTATE

PUBLIC NOTICE IS HERE-BY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on 7/19/2016, the Sheriff of Stephenson County, Illinois will on 7/10/17 at the hour of 9:30AM at Stephenson County Courthouse 15 North Galena Avenue 1st Floor, West door of courthouse Freeport, IL 61032, or in a place otherwise designated at the time of sale, County of Stephenson and State of Illinois, sell at public auction to the highest bidder for cash, as set forth below, the following described real estate: A PART OF THE NORTH-WEST QUARTER OF THE SOUTHWEST QUARTER OF SECTION 13, TOWNSHIP 28 NORTH, RANGE 5 EAST OF THE FOURTH PRINCIPAL MERIDIAN, DESCRIBED AS FOLLOWS TO-WIT:

BEGINNING AT THE SOUTHWEST CORNER OF SAID NORTHWEST THE QUARTER OF THE SOUTH-WEST QUARTER, AND RUNNING THENCE NORTH ALONG THE **SECTION** LINE 474 FEET TO A POINT, THENCE EAST PARALLEL WITH THE SOUTH QUAR-TER QUARTER SECTION LINE 184 FEET TO A POINT, THENCE SOUTH PARAL-LEL WITH THE WEST SEC- 474 FEET TO THE SOUTH under the Condominium Prop-LINE OF THE NORTHWEST QUARTER OF THE SOUTH-WEST QUARTER, THENCE WEST A DISTANCE OF 184 FEET TO THE POINT OF BEGINNING, SITUATED IN WEST POINT TOWNSHIP, STEPHENSON COUNTY, IL-LINOIS.

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Sale terms: 10% down of the highest bid by certified funds at the close of the auction; The balance, including the Judicial sale fee for Abandoned Residential Property Municipality Relief Fund, which is calculated at the rate of \$1 for each \$1,000 or fraction thereof of the amount paid by the purchaser not to exceed \$300, in certified funds, is due within twenty-four (24) hours. The subject property is subject to general real estate taxes, special assessments, or special taxes levied against said real estate and is offered for sale without any representation as to quality or quantity of title and without recourse to Plaintiff and in "AS IS" condition. The sale is further subject to confirmation by the court.

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

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

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

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

The property will NOT be open for inspection and Plaintiff makes no representation as to the condition of the property. Prospective bidders are admonished to check the Court file to verify all information.

IF YOU ARE THE MORT-GAGOR (HOMEOWNER). YOU HAVE THE RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER EN TRY OF AN ORDER OF POS-SESSION, IN ACCORDANCE WITH SECTION 15-1701(C) OF THE ILLINOIS MORT-GAGE FORECLOSURE LAW

For information: Examine the court file or contact Plaintiff's attorney: Codilis & Associates, P.C., 15W030 North Frontage Road, Suite 100, Burr Ridge, IL 60527, (630) 794-9876. Please refer to file number 14-16-05746.

I723103

(Published in The Shopper's Guide June 14, 21 & 28, 2017)

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10 • Wednesday, June 21, 2017 - Shopper's Guide

$\mathbf{\hat{}}$ NA'S KI you will love, a great pasta salad, a at least 1 hour. Serve with cooked



The not so skinny cook

We are very close to the first day of summer, and the days have been warm but nice. We have had a little rain—it helps when God waters and I don't have to! This week we are featuring a great dip, an appetizer

beef entrée, and a beautiful strawberry cake.

This dip has a nice little kick to it and serves as a great condiment for cocktail shrimp. It is also good on carrots and celery. One of my friends likes to use it on roast beef sandwiches too. Enjoy this unique flavored condiment.

Honey Horseradish Dip

- ¹/₂ C. plain Greek yogurt ¹/₄ C. stone-ground mustard
- ¹/₄ C. honev
- 2 T. prepared horseradish

ICE CREAMEREMATION !!!

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5 Unique Flavors

Wednesday, June 28th 4-8_{PM}

Games & Activites for the kids

Ice Cream Pinata at 7:00 PM and Other Surprises!!

Cooked shrimp and other vegetables

Combine the yogurt, mustard, honey and horseradish; refrigerate shrimp and vegetables.

I really like basil pesto. If you have a ton of basil, you can make your own. I buy mine in the grocery store in the refrigerated section. Adding this pesto to spiral pasta and the vegetables will give them a great flavor. I think you could substitute summer squash for the zucchini and green pepper for the red pepper. Serve this with crusty bread as a luncheon course or use as a side salad.

Garden Pesto Pasta Salad

- 3 C. uncooked spiral pasta
- ¹/₂ C. prepared basil pesto
- 3 T. white wine vinegar
- 1 T. lemon juice
- 1/2 T. salt
- 1/4 t. pepper
- ¹/₄ C. olive oil

1 medium zucchini, halved and sliced

- 1 medium red pepper, chopped 1 medium tomato, seeded and
- chopped
- 1 small onion, halved and thinly sliced
- ¹/₂ C. grated Parmesan

Cook pasta according to package directions; drain and rinse with cold water and drain well.

In a small bowl, whisk together the pesto, vinegar, lemon juice, salt, and pepper. Gradually whisk in the oil until blended. In a large bowl, combine the vegetables and pasta. Drizzle with pesto dressing and toss to coat. Refrigerate, covered, at least an hour. Serve with Parmesan cheese.

Need a good appetizer that uses lots of things you have in your cupboard? This buffalo chicken appetizer has the zingy taste of blue cheese. You can really make this quickly because you use prepared blue cheese salad dressing and rotisserie chicken. You could use the combo of cheddar and Monterey jack cheese if you can't find the Mexican blend. I have mentioned before that A.J.'s Lena Maid Meat bacon is great because you get all bacon and not a lot of fat. It suggests the white corn tortilla chips, but I think you could use the blue tortilla chips as well.

Buffalo Chicken Nachos

- 1/4 C. blue cheese salad dressing
- 1/2 C. hot sauce
- 2 T. butter, melted
- 2 C. shredded cooked rotisserie chicken
- 1 bag (13 oz.) white corn tortilla chips
- I large tomato, seeded and chopped, about 11/2 cups

 - ¹/₂ C. sliced black olives ¹/₄ C. jalapeno pepper slices
 - 12 slices cooked bacon, crumbled 1¹/₂ C. shredded Mexican cheese
- 1 C. shredded Monterey Jack cheese

2 T. chopped cilantro

a large rimmed baking sheet with parchment paper and spray with cooking spray.

dressing, hot sauce, and butter in a bowl until well blended. Add chicken and toss to coat.

pared baking sheet. Sprinkle chicken mixture over chips and top with tomato, olives, onion, jalapenos, and

Combine the cheeses in a bowl and sprinkle evenly over the nachos. Bake until cheese is melted and lightly browned, 12 to 15 minutes. Drizzle with remaining 1/2 cup of blue cheese dressing and sprinkle with cilantro.

This easy casserole is a good onedish dinner. Serve a salad and have some bread, and you have a meal fit for company.

Mostaccioli Beef Casserole

8 oz. uncooked mostoaccioli

- 1¹/₂ lbs. ground beef 1 C. chopped green pepper
- ³/₄ C. chopped onion
- 2 cans (8 oz. each) tomato sauce
- 1 jar (41/2 oz.) sliced mushrooms,

drained 3 t. chili powder

- 2 t. sugar
- 1 t. salt
- 1/4 t. pepper
- 2 T. butter

2 C. shredded cheddar cheese Cook the mostaccioli according to package directions. In a large skillet, cook the beef, pepper and onion over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, mushrooms, chili powder, sugar, salt, garlic powder, and pepper. Bring to a boil. Reduce heat; simmer, uncovered for 5 minutes.

Drain mostaccioli; toss with butter. Spread 1/2 cup meat sauce into a greased 21/2 quart baking dish. Top with half of the mostaccioli, meat sauce and cheese. Repeat layers. Bake uncovered, at 350 for 20-25 minutes or until heated through.

This cake is very beautiful and tastes great too. Fresh strawberries are in season now, and this cake is a beautiful way to serve them. It does take a little preparation time, but it is a great cake for any occasion.

Strawberries and **Cream Cake**

21/4 C. cake flour

See KITCHEN, Page 12

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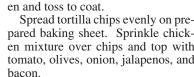




blend

Preheat the oven to 400. Line

Stir together 1/4 cup blue cheese



& Chips

Meal

Governor signs legislation to transform bail process, ease jail overcrowding

Illinois Governor Bruce Rauner today signed a comprehensive criminal justice reform bill that will transform the bail process. The bill sponsors Sen. Donne Trotter (D-Chicago) and Rep. Elgie Sims (D-Chicago), House Minority Leader Jim Durkin (R-Western Springs), Cook County State's Attorney Kim Foxx and advocate Dr. Willie Wilson joined the governor at the signing at Chicago Baptist Institute.

"We are taking an important step in improving our state's criminal justice system," Governor Rauner said. "Our system must work equally for all our residents, in every community, regardless of their income. We should be focused on putting people in jobs not jail.'

Overcrowding is a problem in many county jails, partly because low-level offenders cannot pay their bail. They are forced to stay behind bars until their trial. The purpose of the legislation – SB 2034 – is to ensure low-level, non-violent offenders have their bond reviewed quickly and even lowered if they have not been able to post bond because of financial reasons. Additionally, this group of offenders will earn more credit toward fines while incarcerated.

"Pretrial release must not focus on the defendants' ability to pay," Sen. Trotter said. "This new law allows the courts to look at the threat to the public safety or their risk of failure to appear.'

"Our efforts to reform Illinois" broken criminal justice system must focus on protecting victims, providing second chances to individuals who have made mistakes and incapacitating those who are threats to the safety of our communities," Rep. Sims. "By reforming our broken bail system. Illinois becomes a national leader in ensuring incapacitation is

or suffer from mental health or substance abuse challenges. I applaud the Governor for signing SB 2034 and making it law in Illinois and will continue to work with him to reform our state's criminal justice system."

"Extending RICO and reforming our bail bond system is both tough but smart on crime. RICO is a valued tool for law enforcement and prosecutors to conduct long term investigations against street gangs and criminal enterprises throughout the state. Bail reform makes sense based the multiple examples of low level misdemeanor defendants spending extended time in the jail awaiting trial for lack of resources. The legislation signed today is a good example of forward thinking legislation worked in a bi -partisan manner," said House Republican Leader Jim Durkin.

"This legislation represents a major step in achieving meaningful reform while maintaining the tools we need to fight violent crime," State's Attorney Foxx said. "By preventing the expiration of state RICO, the legislature has maintained an important tool that can help aggressively pursue those high-level players who are orchestrating narcotics and firearms trafficking; while at the same time making strides towards reforming Illinois' broken bond system, which too often detains individuals who pose no threat to public safety simply because they are poor."

"It is with tremendous excitement and thankfulness to Governor Bruce Rauner and our Illinois legislators for passing my SB 2034," Dr. Willie Wilson said. "Their courage, support and dedication to non-violent prison reform with will help put an end to this moral issue and set the example throughout the country and United States of America. This movement is reserved for those who are threats to well past due, and I'm proud to say

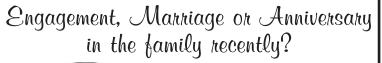
What do farm animals, pirates, superheroes, and explosions in common?

They will all be explored at Dis- floats your swag, and craft a sail to covery Center Family Fridays this summer.

Swashbuckling Science

June 30; 11:00 a.m. - 3:30 p.m. Avast, there, me hearties! Sharpen our pirate skills and dress for wet! Design a doubloon, test the boat that

catch the wind. Put on a pirate hat, add a hook for your hand, sample hardtack, and more! Landlubbers are welcome, eye patches and peg legs optional. Yar. Sponsored in part by Dolphin Swim Club and the Illinois Arts Council Agency.





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public safety, not those who are poor that the State of Illinois is taking this Healthcare and Family Services, the stand."

Additionally, the bill extends the Illinois RICO statute until 2022. The Illinois Street Gang and Racketeer Influenced and Corrupt Organizations statute is an important tool for prosecutors and law enforcement. The bill also adds a number of jobs considered public officials under the statute that handles threats to public officials. Social workers, case workers, attorneys, or investigators who work for the Department of

Department of Human Services, the Department of Children and Family Services, or the Guardianship and Advocacy Commission are now covered under the law.

Since Governor Rauner took office, he has advocated to change the criminal justice system in Illinois to focus more on rehabilitation. The administration has focused on safely reducing the prison population by providing offenders valuable education and resources to help them build

meaningful and productive lives. Since taking office, the prison population has dropped more than ten percent. In 2015, the governor created the Criminal Justice and Sentencing Reform Commission to examine ways to improve the criminal justice system in Illinois, and some of the recommendations have already become law. The Department of Corrections has moved to open three new Life Skills and Re-Entry Facilities to help prepare offenders for life after prison.







12 • Wednesday, June 21, 2017 - Shopper's Guide

• Kitchen (Continued from page 10)

21/2 t. baking powder 2 C. sugar 1 pkg. (3 oz.) strawberry-flavored gelatin 2 sticks unsalted butter, softened 4 eggs 1 C. milk 1/2 C. whole strawberries, pureed 1 t. vanilla

Filling and frosting

1 ¹/₂ C. heavy cream (whipping cream), well chilled

2 T. sugar 2¹/₂ t. vanilla

1 pkg. (8 oz.) cream cheese, softened 1 stick unsalted butter, softened

4 C. sifted powdered sugar

1¹/₂ C. thinly sliced strawberries 11/2 C. halved strawberries

Preheat oven to 350. Grease and flour three 9-inch round cake pans; place parchment paper in the bottom and spray with cooking spray. Whisk together flour and baking powder in a small bowl. Beat together sugar, gelatin, and butter with an electric mixer in a large bowl until fluffy. Add eggs one at a time, beating well after each addition. Beat in flour mixture and milk in a few alternating batches until well combined. Fold in pureed berries and vanilla. Divide equally into prepared pans.

Bake with 2 pans on the upper

rack and 1 pan on the lower rack until toothpick inserted into center of cakes comes cut clean, 20 to 25 minutes. Cool 10 minutes in pans. Turn out cakes and cool completely about 45 minutes on a wire rack.

Filling:

Beat cream in a bowl with an electric mixer on high until frothy. Add sugar and beat until firm peaks form. Fold in 1/2 teaspoon of vanilla. In another bowl, beat the cream cheese, butter, powdered sugar and remaining 2 teaspoons of vanilla with an electric mixer until creamy.

Assembling the cake:

Set 1 cake layer on a serving plate or

cake stand. Spread with a third of the filling and scatter 1/4 cup sliced berries. Top with second cake layer, spread with another third of filling, and scatter with remaining 1/4 cup sliced berries. Top with third cake layer and spread with remaining third of filling. Frost sides and top of the cake with the frosting and mound quartered berries on the top of the cake

Last week I had a bar recipe for strawberry-lime bars. It used a crust and crumble dough, and it allows you to make several kinds of bars with the dough as the base. This week the combo is raspberry and pineapple bars. This combination has a great taste together even though you may have never paired raspberries and pineapple before. Enjoy these great summer bars.

Crust and Crumble Dough

1 C. plus 3 T. unsalted butter, softened

- 1 large egg yolk 2 C. flour
- 2/3 C. old-fashioned oats
- 1 C. sugar
- 1¹/₂ t. baking powder
- 1/2 t. salt

Spray a 9 x 13 pan with baking spray and flour. Line the pan with parchment paper, letting excess extend over the sides of the pan.

In a large bowl, beat the butter and egg yolk with a mixer at medium speed until smooth and creamy. In a medium bowl, whisk together flour, oats, sugar, baking powder, and salt. Gradually add the flour mixture to the butter mixture, beating just until combined.

Turn out mixture onto a work surface, and gently knead until a crumbly dough forms. Press three-fourths of the dough into the prepared pan. Reserve the remaining dough in a small bowl.

Raspberry Pineapple Bar Filling

2 T. unsalted butter

6 C. diced fresh pineapple 1 T. firmly packed light brown

- sugar
 - 4 C. fresh raspberries
- ¹/₂ C. sugar

2 T. cornstarch

Preheat the oven to 375. In a medium saucepan, melt butter over medium heat. Add pineapple and brown sugar; cook, stirring occasionally, until pineapple is tender and mixture is reduced by half. Drain pineapple, discarding liquid. In a large bowl, gently stir together pineapple, raspberries, granulated sugar, and cornstarch. Pour mixture onto prepared Crust and Crumble Dough in pan; crumble reserved dough onto mixture.

Bake until top is lightly browned and filling is hot and bubbly, 45-50 minutes. Let cool completely in part on a wire rack. Using excess parchment as handles, remove from pan before cutting into bars. Store in an airtight container for up to 2 days.

This past Wednesday brought even more people to the Wednesday Gathering in downtown Lena. There was great food, more at the farmer's market-I got some great onions, radishes, and cauliflower for a relish tray I was taking this weekend. There were strawberry pies, turnovers, braided breads, ice cream and drinks. You could even buy just one slice of pizza. The food pantry collected some needed items. This week will feature Rafters Catering, cheese curds, ice cream, and the farmer's market goodies. It will also feature some motorcycles on display. Come and take part in a family friendly evening. We continue to look for summer recipes that feature rhubarb, strawberries, radishes, onions, and asparagus. 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.



Tues:/Wed./Fri. 8am - 6 pm; Sat. 8am - 5pm

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2014 Ford Focus SE Gray, 2.4L 4 cyl.,

Are colored sport drinks good or bad?

Compiled by Dr. Mike Wampfler HEALTH CORRESPONDENT

Sports drinks are an often helpful way to prevent dehydration and depletion of your body's carbohydrate reserves during prolonged physical activity, though not all sports drinks are created equal. Many commercial sports drinks contain questionable ingredients that may unfavorably affect your health. It is important to understand the circumstances in which sports drinks can best support your exercise performance and the ingredients that make up these beverages.

ELECTROLYTES EXPAINED

Electrolytes are ions (and, in some cases, essential minerals) that affect metabolic processes in your body, including the movement of nutrients into your cells and the removal of cellular waste products.

Electrolytes help regulate the acid-base balance in your body necessary for normal cellular function. Sweat that you lose during exercise contains numerous electrolytes, including calcium, magnesium, sodium, chloride, and potassium, among others. Significant sweat loss without electrolyte replenishment may lead to severe dehydration.

EFFECTS OF DEHYDRATION

Your body sweats during exercise to help keep your core temperature constant. The cost of keeping your core temperature at 98.6 degrees, however, is fluid and electrolyte loss. Dehydration can occur quickly with physical activity in extreme environments. The physiological effects of dehydration depend on the percentage of body weight you lose as sweat during prolonged exercise. According to a study published in the International Journal of Sports Medicine, you will experience impaired exercise performance after losing as little as 2 percent of your body weight as sweat(which if you think about it 100lb person loosing 2 lbs of sweat is a lot of sweat. A 4percent body weight loss as sweat significantly reduces your ability to perform muscular work, and sweat-related body weight losses of 5 and 7 percent cause heat exhaustion and hallucinations, respectively. If you lose 10 percent of your body weight as sweat, you will experience circulatory collapse and heat stroke.

CARBOHTDRATE DEPLETION

Carbohydrate depletion – the deoletion of your muscle and liver



glycogen reserves- is another factor to consider with prolonged, endurance-based activities, such as marathon running. Glycogen is the principle form in which glucose is stored in your liver and muscle tissue. Your body reacts to prolonged periods of physical exertion by releasing hormones that convert glycogen to glucose to maintain your blood glucose levels. When you perform exercise that relies more on carbohydrates as a fuel (as opposed to fats) you can maintain a relatively high intensity for about 2 hours. After 2 hours, your muscle and liver glycogen stores are in danger of being depleted. Further exercise will require the consumption of carbohydrate to starve off low blood sugar levels, fatigue and other detrimental effects to your exercise performance. Ingesting carbohydrate during exercise can help you maintain your body's glycogen levels and provide you with the energy you need to perform your endurance event or activity.

SPORTS DRINK CONSIDERATONS

Sports drinks, though consumed by many athletes, both recreational and competitive alike, may be most appropriate for individuals participating in vigorous physical activity; that is, amount of exercise lasting at least 45-60 minutes, during which time you are sweating profusely.

Sports drinks may provide little benefit beyond water for individuals participating in low-intensity activity for short durations.

Consider both the duration and intensity of your activity as well as the climate in which you will be exercising before selecting your sports drink.

Common inclusions in many commercial sports drinks, or energy drinks, include caffeine, high-fructose corn syrup, and other added sweeteners.

Caffeine, often found in high quantities in these beverages, stimulates your nervous system and actually may improve your endurance performance.

One study published in the journal Physician and Sports medicine notes that caffeine can increase exercise ventilation and lung function at all workloads in competitive endurance athletes but caffeine may also raise your heart rate and blood pressure. Some people who consume large amounts of caffeine may experience insomnia, irritability, restlessness, headaches, and heart palpitations. High fructose corn syrup and other types of added sweeteners are common ingredients in sports drinks, and they present significant health risks. The Mayo Clinic states that consumption of large amounts of any type of added sugar in beverages, including high-fructose corn syrup, is linked to weight gain, dental cavities, poor nutrition, and elevated triglyceride levels, which may boost your likelihood of a heart attack.

Consider making your own sports drink to promote both health and performance or using other products readily available in many grocery stores. Coconut water contains more potassium than sports drinks, and more natural sources of sodium. A lot of athletes swear by it these days

The only downside to coconut water is the price. If you want an inexpensive (yet still healthy and tasty) alternative, try this.

Make your own sports drink that doesn't have artificial colors.

A recipe from WellnessMama.com

Natural Sports Drink Recipe Prep: 5 mins / Total: 5 mins Yield: 4 cups

Save money and avoid artificial ingredients by making your own homemade natural sports drink recipe with electrolytes. Endless options to make a flavor you love!

Ingredients

*1 Quart of liquid (options: green tea, herbal teas, coconut water, plain water, etc)

*1/8-1/4 tsp high quality salt (or more if needed)

*1 tsp calcium magnesium powder *1/4 cup or more of juice (option-

al)- Can use grape, apple, lemon, lime, pineapple, etc *1.2 TBSP sweetener (optional)-

*1-2 TBSP sweetener (optional)can use honey, stevia, etc. I suggest brewing stevia leaf into the base liquid for the most natural option.

Instructions

1. Brew tea if using or slightly warm base liquid

2. Add sea salt and calcium magnesium to mix.



3. Add juice and sweetener if using with and mix or shake well. Red Raspberry Leaf, Alfalfa, Net-

4. Cool and store in fridge until ready to use.

5. Will last up to four days in fridge.

Notes As an example, normal recipe includes 1 quart of tea (brewed

ur days in cup grape or apple juice (no cocktail). normal rec- Can make half a batch or less if

needed.

tle and Stevia), ¹/₄ tsp sea salt, 1 tsp

calcium magnesium powder, and 1/4

OPEN HOUSES Saturday, June 24 • 1 - 3 p.m. Sunday, June 25 • 1 - 3 p.m. C.416. 649 N. STAR DR. 213 LEET ST. LENA LENA FIRST TIME OPEN -STUNNING COUNTRY FIRST TIME OPEN WELL CARED FOR ONE OWNER home located VIEWS the edge of town. 3 bedrooms, 2 1/2 baths, main floor in Fairway Hills Subdivision. Main floor living features 2 spacious bedrooms, large living room with wood burning fireplace, dining room, eat in kitchen, 1 1/2 baths and laundry. In the lower level is a family room with bar, fruit collar and storage mechanical room baths, laundry. Open flowing main Open floor plan flowing from kitchen to living room. from Spacious family room cellar and storage mechanical room. The lower level is roughed in for a bathroom and has a Bilco door. The living room and kitchen have patio doors to the deck overlooking the park like back yard and countryside. Priced at\$149,900 on the lower level. Fourth bedroom possible but does not conform to egress laws. Beautiful walkout in lower level to patio. Neighboring sheds with extra are negotiable. Garage is 28x32. 3 seasons porch overlooks country view. All concrete driveway with extra parking spot Priced at\$168,500 209 E. MASON ST. 8198 N. IL RT. 73 LENA TIME LENA FIRST OPEN FIRST TIME u I R.M OPEN WOW! YOL GARMETTE WITH WONDERFUL POTENTIAL to be a ACRES M/L TE WITH DON'T WANT TO MISS seeing all of the updates done to this 4 bedroom 2 bath home. great equestrian property with two Kitchen has been relocated and tastefully done with center island with ăcres 'tο board tastefully done with center island with snack bar, tile backsplash and an abundance of cabinet space. Main floor also features large entry, living room, dining room, office, bedroom, full bath, laundry room and enclosed 3 seasons porch. Going up the front stairs you will find the other 3 bedrooms and the 2nd full bath. The master bedroom has a walk in closet plus another closet. Hungry? Head down the back stairs and you are right in the kitchen. Covered horses with a total of 12 stalls, a 60x120 indoor riding arena, and outdoor pasture. Large barn also has entertainment hay storage. do need some areas and Smaller outbuildings do need some work. House features 3 bedrooms, 2 large full baths, eat in kitchen with double sided fireplace into the family room. DON'T MISS SEEING THIS ONE TODAY! Priced at\$285,000 you are right in the kitchen. Covered front porch, back deck, nice size yard for playing or possibly adding a larger garage. Newers include, insulation in Sunday, June 25 • 2 - 3:30 p.m. attic, new carpet and paint upstairs, upstairs bath updated and mulch spread 2017, water heater 2016, kitchen and main bathroom 2012, other newers include roof, siding, 1st floor windows. 130 WOODLANE DR. CEDARVILLE COME SEE THIS 3 bedroom, 2 full bath that offers the best in un mu Muni \$124,900 Priced at small town living. This nicely landscaped home has a master suite with private bathroom and a walk in closet. A 2 stall Sunday, June 25 • Noon - 1 p.m. (extra deep) garage that has plenty of 205 E. HIGH S.I. ORANGEVILLE FIRST TIME OPEN - YOU WON'T BE room for a workshop. There is copious amounts of storage that included a walk up attic and/or an unfinished basement Either could also easily be finished into additional living space or rec room/man this 2 bedroom, 1 bath home. This is cave. Updates include a radon mitigation system 2013, new roof in 2013, and small town living at its best, but still a fenced in yard that is fenced with maintenance free fencing professionally installed in 2013. This home is has easy access to larger communities. Recent upgrades to this home is a new roof in May 2017, totally remodeled bath in 2013, 5 new windows in 2013, new furnace in 2009, upgraded electric in 2009. This home also boasts beautiful move in ready and is priced to sell. Priced at\$99,900 hardwood floors, a single stall attached garage, a nice sized kitchen, and A LOT of storage. As you can see this home has plenty to offer and is priced to sell so don't wait to see this one. PLEASE BE SURE TO VISIT OUR WEBSITES TO TOUR ALL OF OUR LISTINGS AT: www.patbrownrealtor.com www.NorthwesternIllinoisHomes.com www.realtor.com www.billscheider.net FOR MORE INFORMATION: Priced at\$72.000 E-mail patb@aeroinc.net Sunday, June 25 • 1 - 3 p.m. Pat Brown Realtors (815) 369-5599 OR FOR LONG DISTANCE CALL TOLL FREE - 1-866-369-5599 109 E. LOCUST ST. LENA SPACIOUS 2 ROOM. 2 TOLL FREE - 1-866-369-5599 **217 W. MAIN, LENA, IL** (Restored Elevator on Main Street, in Lena) BED BATH BRICK HOME. Eat-in kitchen plus formal dining room, large formal living room plus a family room with patio door to deck. The master bedroom and the 2nd bedroom are spacious in size. Main floor laundry. Full finished basement, 2 stall attached R garage, covered front porch. Located at the edge of town and close to a park. Priced at\$137,500

STOCKTON TOWNWIDE GARAGE SALES

225 S. Ward St Multi Family Sale Fri June 23, Sat 24th, Sun 25th (9-?) Couch, inversion table, vacuum cleaner, household misc, boys bike, jogging stroller, high chairs, co sleeper, baby monitor, toys, books, clothing (baby-adult) and lots more! Everything priced to sell!

225 S. WARD ST., Fri. June 23, Sat. 24th, Sun. 25th (9-?). Multi Family Sale: couch, inversion table, vacuum cleaner, household misc., boys bike, jogging stroller, high chairs, co slepper, baby monitor, toys, books, clothing (baby-adult) and lots more! Everything priced to sell!

235 W Benton Ave Stockton In back of house Fri. June 23rd 8-5. Sat. June 24th 8-? Jrs and women's clothes xs to small Girls clothes 5t to 6x Boys clothes 18 months to size 8 Toys and games and books galore Household items desks tables and bakers rack, crafting supplies Lots of misc.... come check it out you won't be disappointed marked to sell!

312 N HUDSON ST Multi family sale Fri. June 23rd 8-7 & Sat. June 24th 8-5. Clothes children -3X, a lot of power tools & hand tools, file cabinets, antique platform scale, pots & pans, household items, books, misc. items, 31 bags, Mary Kay. Too much to list it all.

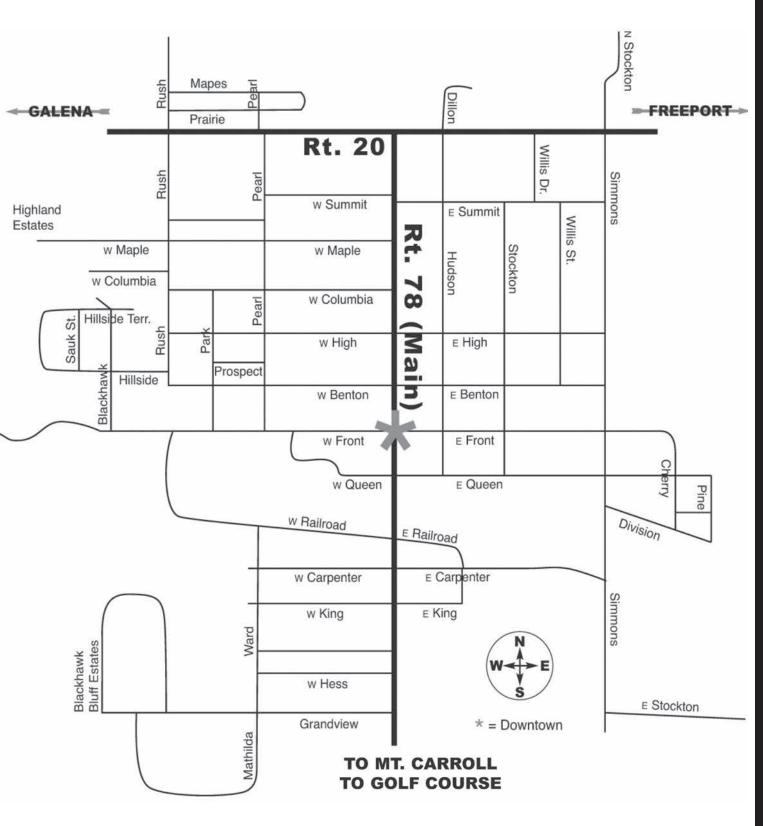
327 WARD ST Friday 8-4, Saturday 8-3 men's, women's and junior clothing, toys, material, jars, glass ware, lots of misc.

528 N Simmons St. Stockton, IL HUGE Multi-Family Garage Sale Friday, June 23rd 8AM-4PM & Saturday, June 24th 8AM-12PM. TONS of name brand kids' clothes, toys, bedding, furniture, household items & antiques – too much to list!

6175 S. Elmoville Road Friday, Saturday & Sunday 8 a.m. to 4 p.m. HUGE GARAGE & ESTATE SALE: contractor's equipment, tools, clothes, ice fishing gear, sewing machine in cabinet, electronics, jewelry, furniture, kitchen wares, linens, home & garden décor, plus eBay store new inventory selloff.

625 NORTH STOCKTON DR 4 family sale. June 22-24 Thurs. 12-6, Fri. 8-5, Sat. 8-12 box fans, tables, rocking chair, patio table & umbrella, filing cabinet, shelving, Xmas decorations, pots & pans, lamps, & shades, lots of dishes, antique books, Harlequins, books, plastic ware, 2 swivel rockers, purses, shoes, boots, DVD's, JR, women's & men's clothing Lots of misc.

651 N MAIN ST TWO FAMILY SALE 9 a.m.-4 p.m. Friday and Saturday Quilting yard goods lots of books lots of misc. items. No clothes Priced to sell



Friday, June 23rd & Saturday, June 24th



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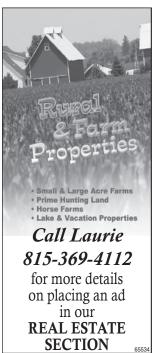
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Garage Sales

116 N HUDSON ST Fri. & Sat. 8-3, Lots of clothes childrenadult, books, 30" gas range, refrigerator, bathtub & shower surround, copy machine, radio, small microwave

Lena Garage Sales

702 OAK ST Sat. June 24 8-4. Horse tack & saddles, Trek & Huffy bikes, golf clubs, sets & singles all newer, microwave stand, furniture, sewing machine, guitar, VHS movies & player, kitchen & holiday items, grills, deer tree stands, motorcycle rain suit & parts, Honda Civic rims & tire, misc.

802 BIRCH DR Huge Multi Family sale. Fri. 8-3, Sat. 8-12. Toys, Craft Supplies, kitchen Dishes & appliances, Home Decor, Electronics & video games, books, furniture, shelves, filing cabinet, kids clothes \$.50 each. girls 12M-3T boys 4-8 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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The Scoop Today & Shopper's Guide

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AUTOMOTIVE

Automobiles

1964 CORVAIR 4 dr., auto, 30k, no rust, \$4,500, 262-716-3064.

1973 BUICK ELECTRA 225, 4 door sports sedan. 43K miles, excellent condition. Over 25K invested - make reasonable offer. 608-897-8033.

1999 CHRYSLER CONVERT Sebring loaded. V6 duals, newer top. \$1700 847-987-7669

1999 CHRYSLER SEBRING LXi Loaded, leather, air, roof, V6. Bargain. \$1,400? 847-987-7669

2000 HONDA ACCORD 4 door sedan, one owner, newer Michelin tires, looks and runs great, auto trans, shifts real smooth, garage kept. No rust or dents. Leather seats, metallic grey, moon roof, ps. p.b. auto, V6, tilt, new brakes, cruise, a/c, great on gas. \$3,250. 847-922-6341.

2001 AUDI TT COUPE, Blk ext. & int. 99K, excellent shape, \$7,000. 262-716-9561.

2002 PONTIAC FIREBIRD CON-VERTIBLE V6 automatic, a/c, pw, pw top, good carfax. 70,000 mi., nice original paint. \$6,850 262-835-4174

2002 SATURN 155k, clean, new brakes, runs good, \$1,400 262-210-7698.

2008 CHRYSLER SEBRING CONVERTIBLE 72,000 mi., excellent shape. \$5,900 call 224-225-6061 or 224-829-2884 2009 GOLD CADILLAC CTS \$5,900. If interested call 815-389-3230. GT GRAND AM BEAUTIFUL

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14' MIRROCRAFT BOAT 25 hp, electric start motor, calkins trailer, motor guide trolling motor, new tire & battery anchor, \$1,750 Call 262-994-4990 Sturtevant.

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1986 MASTER CRAFT PRO STAR 190 w/trailer, runs good, needs to be upholstered, 1150 hours, \$6,500, 773-848-8984.

1993 HARRIS FLOTE BOAT PONTOON, 240 Classic. \$6,500 O/B/O. Includes trailer and custom cover. Life jackets, 2 ladders, 2 tables. See at Recreation Plus 614 Rink Ave., Twin Lakes, WI. Stored inside yearly. Runs great. Contact Bob at Rec. Plus 262-877-2794 or Lorry at 708-724-6518.

1994 P170 TRACKER 40hp, merc. motor, minkota, fish locator & trailer, \$4,500, 262-537-2604.

20 FT. PONTOON BOAT W/50 HORSE YAMAHA w/trailer & cover. \$4,500 Call 262-895-2096

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STARCRAFT 1994 OPEN BOW 2005 mercury 90hp + trailer, runs great, \$4,000 OBO 262-210-7698.

TRAILER One ton axle flat bed used for trailering 4-wheeler. No title, \$474. BOAT: 16' Jonboat. 9.9 Mercury HP motor, 35 lb. thrust trolling motor. Comes with boat cover. Registered through 2018. \$1,400. 262-206-4370

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2004 OPEN ROAD 396 RDDS 5th wheel 4 slides, fireplace queen queen bed No pets no smoking Good condition Everything goes 2 ac units \$12,000 815-312-7021

2006 FOURWINDS HURRI-CANE Motor Home, Ford Triton 6.8L V-10, 30', excellent cond., \$29,500. 262-514-3046.

2007 MCKENZIE STARLITE MODEL 8230 Travel trailer, 23' excellent condition,hardly used/ smoke free. \$8,400 OBO 815-678-4234

2010 34' 5th WHEEL Cross Roads Cruiser 3 slides, fireplace, hitch. Everything goes. No smoking. No pets. Excellent condition. \$18,000. 815-858-0012

2013 36' COACHMAN EN-COUNTER RV, 3 slides, very low miles, stored in heated garage, excellent cond. 815-499-9239.

Farm Machinery

1940's McCORMICK DEERING FARMALL H Tractor. Single owner. 2003 engine overhaul. \$1800. 815-675-2562.

1953 ALLIS CHALMERS WD 45 TRACTOR W/3 bottom plow. Single owner. 2004 tune-up, 2015 carburetor. rebuild, org. manuals. \$2100. 815-675-2562.

Jet Ski

SHORE STATION TRAIL-ER,1997 SEA/DOO WAVERUN-NER Needs work. \$1,200 262-818-2947

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1984 HARLEY LOW RIDER Solo seat with saddle bags & new tires. \$5,500 OBO Looks and rides great. Mike 262-539-4309

1999 HARLEY PRO STREET custom 107 cubic inch S&S motor. All forged internals. Axtell cylinders. 10.5 to 1 compression. STD dual plug heads. Dyna 2000i ignition. 4500 miles since built. Transmission is ultima case with Andrews gears and shaft. Bdl belt drive. Black and billet rims and matching rotors. Needs tires. No time to ride with 4 kids. Over 20k invested and hate to sell. Very fast bike and very comfortable. \$9,800 OBO 815-751-2627.

2000 HONDA SHADOW SPIRIT 1100 cc, 11K, Ex. cond. Gar. kept. Many extras. \$2,750 OBO. 815-963-1104 or 815-543-0110.

2001 HARLEY CLASSIC ex. con., extra chrome, emerald green, \$9,500 OBO 262-495-8838.

2001 HD ULTRA With a DFT trike kit. Included in sale is an enclosed 2007 Pace American cargo trailer, with elec brakes. All in exc cond., asking \$16,500 OBO, 262-497-5985.

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2012 HARLEY DAVIDSON, Ultra Classic, peace officer special edition, 11,200 mi., mint condition, must sacrifice, \$13,500 Call 815-721-3005.

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rest. \$2,600 OBO. 262-661-9144. 2014 YAMAHA STAT-O-LINER

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1940 FORD DELUXE four door street rod Chevy V*8 crate motor, auto, \$23,000 262-495-8838.

1940 FORD SEDAN 2 DOOR flathead, runs/drives good, no rust, \$12,500 262-495-8838.

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1982 MONTE CARLO V8, automatic, no rust, \$1,500 firm 262-495-8838.

1984 MONTE CARLO collector, all orig., air, no rust/salt, stored inside, \$12,000, 262-537-2604.

1987 MERCURY COUGAR 20th anniversary edition, awesome interior, no rust, owned since 1989, not driven in winter, 106k, best offer, 262-989-4112

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

LINCOLN LOVERS: 1979 Lincoln Town Coupe. Very nice shape, well maintained. \$7,800. Will negotiate price. 262-758-6370.

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

Trucks & Trailers

1997 CHEVY KING CAB 182k, V8, \$1,200 262-210-7698.

1999 DODGE RAM 1500 4 X 4 8 cylinder automatic, 110,000 mi. parts truck or mechanic special, runs and drives, clean title, located in Union Grove. \$900 Call 414-736-7279

2000 DODGE PICK UP RAM 1500 Tunnel cover, great tires, some rust, 99,200 mi., \$3,500 Call 224-225-6061 or 224-829-2884

2015 JAY FLIGHT BY JAYCO, this is a mint must see, save over new 14.5', rear bath, 2600 lbs., great for two, \$6,995, (262) 492-2160

33" x 8' TRAILER \$50. 815-233-2628

R.G.N. LOWBOY Semi trailer. 45 ton tri-axle, operates on pony motor or wet kit. \$11,500. See pics on Craigs List Milw./Heavy Equip. 262-497-0574



Love is in the air at The Mighty Richland Players Dessert Theater

Those ladies of Harmony are back in, "Harmony Romance," and this time they are planning a wedding. Leah, a fellow church lady, is getting married to Howard, a man she hasn't seen in years and with whom she has had only an e-mail and telephone relationship. When Howard finally arrives in town, the

spots on his hand form a pentagram, which they suspect could indicate he may be a warlock or a demon. And to make matters worse, the church ladies have to decorate the church in the bride's chosen color scheme, varicose-vein purple and bedpan white. On the day of the wedding,

restaurant at the rehearsal dinner the night before, suffers a major spastic colon flare-up and disappears into the church's bathroom. Now it's up to the church ladies to find a way to get Howard out of the bathroom before he misses his own wedding.

The Mighty Richland Players

church ladies discover that the liver Howard, who ate at a Mexican Dessert Theater in Orangeville is dedication, diligence and teamwork excited to bring this comedy to the stage June 23-25. The audience will be stepping into a wedding reception-like atmosphere and be served a wonderful dessert during intermission.

"Directing Harmony Romance has been so much fun," said Paula Fulton. "The majority of the cast are not strangers to MRPT. We have worked together many times over the years. This very talented cast's

is just a few of the reasons you don't want to miss this hilarious comedy."

Specific performance dates are follows: Friday, June 23 and Saturday 24, at 7:30 p.m., and Sunday, June 25, at 2 p.m.

Tickets are available by calling (815) 819-1310. For more information, please check out the Mighty Richland Players Dessert Theater Facebook page or log onto mightyrichlandplayers.com.



The Mighty Richland Players in Orangeville will be opening a new show June 23 called, "Harmony Ro-

mance." Pictured left to right are: Peter Woodruff, Charles Hancock, Jolene Kilcoyne, Mary Jo Frederick, Sue Wichman, Sandy Sweitzer, Paula Fulton, and Ron Pallek.



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PLAINTIFF Vs. Michelle D. Griffiths; et. al. DEFENDANTS

16CH 00041 NOTICE OF SHERIFF'S SALE OF REAL ESTATE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on 7/19/2016, the Sheriff of Stephenson County. Illinois will on 7/10/17 at the hour of 9:30AM at Stephenson County Courthouse 15 North Galena Avenue 1st Floor, West door of courthouse Freeport, IL 61032, or in a place otherwise designated at the time of sale, County of Stephenson and State of Illinois, sell at public auction to the highest bidder for cash, as set forth below, the following described real estate: PIN 11-06-13-301-002

Improved with Single Family Home COMMONLY KNOWN AS: 8345 N. Waddams Grove Road Lena, IL 61048

Sale terms: 10% down of the highest bid by certified funds at the close of the auction; The balance, including the Judicial sale fee for Abandoned Residential Property Municipality Relief Fund, which is calculated at the rate of \$1 for each \$1,000 or fraction thereof of the amount paid by the purchaser not to exceed \$300, in certified funds, is due within twenty-four (24) hours. The subject property is subject to general real estate taxes, special assessments, or special taxes levied against said real estate and is offered for sale without any representation as to quality or quantity of title and without recourse to Plaintiff and in "AS IS" condition. The sale is further subject to confirmation by the court.

If the property is a condominium and the foreclosure takes place after 1/1/2007,

REAL ESTATE

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

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

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

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

The property will NOT be open for inspection and Plaintiff makes no representation as to the condition of the property. Prospective bidders are admonished to check the Court file to verify all information.

YOU ARE THE MORTGAGOR //EOWNER), YOU HAVE THE IF (HOMEOWNER), RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER ENTRY OF AN ORDER OF POSSESSION, IN ACCOR-DANCE WITH SECTION 15-1701(C) OF THE ILLINOIS MORTGAGE FORÈCLO-SURF LAW.

For information: Examine the court file or contact Plaintiff's attorney: Codilis & Associates, P.C., 15W030 North Frontage Road, Suite 100, Burr Ridge, IL 60527, (630) 794-9876. Please refer to file number 14-16-05746. 1723103

(Published in The Shopper's Guide June 14, 21 & 28, 2017) 284547



STOCKTON'S INDEPENDENCE OF AUTOMATION OF A CONTRACT OF A

FIREWORKS START AT DUSK!

SCHEDULE

Stockton Lion's Famouse BBQ Chicken - 11 a.m. UNTIL SOLD OUT - 1/4 Chicken \$8.00 each, 1/2 Chicken \$10.00 17th Annual NorthWest Illinois Car Show - 8 a.m. - 3 p.m. 3 on 3 Basketball Tournament - 8 a.m. - 3 p.m. Over 70 Arts, Crafts & Food Booths - Open at 9 a.m. Pearl City Lions Club Mobile Bingo Stockton FFA Alumni Kiddie Tractor Pull - 11 a.m. Remote Control Car Demo - 4 p.m. - 6 p.m. Bounce House & Photo Booth - 10 a.m. - 6 p.m. Baseball Tournament - 8 a.m. - 2 p.m.

July 1 - 5K/10K Run-Walk - j3events.com

LIVE STAGE ENTERTAINMENT

Medicinal Purposes 5 p.m. - 9 p.m.



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