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VOL. 19 • ISSUE 30

FREE

**THURSDAY, JULY 19, 2018** 



CAROL AND MCKENNA DONOVAN PHOTO The Shopper

## Harlem-Roscoe Golf Play Day deemed a big success

The 2018 Harlem-Roscoe Fire ble without the help of our sponsors Department's 5th Annual Golf Play Day was another huge success! The event was near sold out and organizers heard nothing but rave reviews. As with past years, 100 percent of the proceeds go to in fire district schools to purchase laptops for our youth.

The Trickie team gets ready to play.

Last year, we raised enough to purchase 100 laptops; preliminary numbers are still not in, but it looks like we have surpassed our goal again! This would of not been possi-

(listed below) and all the generous donations from the golfers.

Special thanks also to all the volunteers that assisted with this year's event! Again, thank you with Igniting our Youth's Future! Chairman Rob Lukowski

Trickie Enterprises: Dinner Sponsor, Golf Cart Sponsor, 3 Hole Diamond Sponsor

Legends Sports Bar & Grill: Bloody Mary Bar, 2 Hole Sponsor Meijer: Raffle Hole Sponsor

Backyard Grill & Bar: Lunch Sponsor

Gold Hole Sponsors: Northpointe, LandMark, Mercy Health, HRFD, C. Alms Photography, Sheriff Caruana, Kurtz Paramedic Services, Citizens Finance

Silver Hole Sponsors: Sprint, Rock Roads Companies, Inc., Firehouse Pub, FGM Architects

Putting Hole Sponsor: Physicians Immediate Care

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# SHARING APPRECIATION

A motorcycle accident left Luke Masterson with multiple fractures in addition to internal injuries. The longtime rider had taken all of the necessary safety precautions the morning of his accident. "I was just a little too complacent, a little too relaxed. And it cost me." If not for the crew of OSF Life Flight, Luke says he's not sure he'd be

alive today. "I don't know if I would have made it without them. I'm glad they do what they do."

Find Luke's story and others at osfhealthcare.org/sharing



Luke Masterson OSF HealthCare patient

## STATEPOINT CROSSWORD THEME: SINGERS AND SONGWRITERS

### ACROSS

1. "\_\_\_\_ of time" 6. Federal Communications Commission 9. Frosh, next year 13. "Vamos a la \_ 14. \*Don McLean: "A long, long time \_\_ 15. Par on a short golf hole 16. Whatsoever 17. Steadfast Soldier's material 18. Art class support 19. Classical music composition, pl. 21. \*One of his hits is a stadium favorite 23. \*Paul McCartney's 2013 album 24. Fat Man or Little Boy 25. Cul de \_\_

28. Prince of India 30. \*"I Will Always Love 65. "Farewell" from You" creator 35. "Goodness gracious!" 37. \*Chuck Berry's \_ Over Beethoven" 39. Bird-made fertilizer 40. Beginner 41. Interior designer's field 43. Come clean, with "up" 44. Meat jelly dish 46. Ad staple 47. What refugees do 48. \*Best selling artist in 2000s in U.S. 50. Type of tide 52. Pig pen 53. #34 Down, alt. spelling 55. Bird word 57. \*King of Pop

61. \*Bruce Springsteen Emmanuel Macron 66. Bonanza find 68. Cone shaped dwelling 69. Dust-related allergy trigger, pl. 70. "Days of \_\_\_\_ Lives" 15. Lipton package 71. \*Soul singersongwriter Hayes 72. Pavlova's pas 73. X 74. Smallest units of life

## DOWN

- 1. Pampering places
- 2. Chorus member
- 3. Indian flatbread
- 4. \*He's "Tangled Up in
- Blue" 5. Salt merchant
- 6. \*"\_\_\_\_" Domino 7. Computer-generated imagery 8. Urban dwelling 9. A fake in bed 10. Guesstimate phrase 11. Hammer part 12. Retained 20. Grammy, e.g. 22. Mischievous little rascal 24. Theater tier 25. Caterpillar hairs 26. Discrimination
- against seniors
- 27. Plural of carpus
- 29. \*Piano man
- 31. 1600s neck wear 32. Chinese weight units
- 33. Beginning of illness
- 34. Offensively curious

42. House pest 45. Population count 49. Cow call 51. Kind of license 54. Condescending one 56. Falstaffian in body 57. Impromptu performances 58. Miners' passage 59. Give a quote 60. \*Neil Young: "\_ on rockin' in the free world" 61. Type of seabird 62. October stone 63. \*"Kiss From a Rose" singer-songwriter 64. Abbreviated seconds 67. "The Murders in the

36. "How you \_\_\_\_

38. Opera house box

\_\_\_\_ Morgue"

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Puzzle answers on page 7	' <u> </u>
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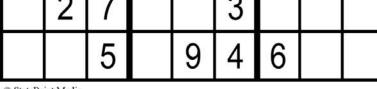
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The Shopper - Thursday, July 19, 2018 • 3



- Awards at 3:00 PM
- Vehicle Entry Fee
- Pre-Registration

## LP MP Police Beat

The following arrests are on file June 26 at the Loves Park and Machesney Park Police Depts. Readers are reminded that suspects are considered innocent until proven guilty in a court of law.

## Loves Park

June 25

12100 Central Park Blvd. -Colton A. Crain, 25, on charges of domestic battery

304 River Park Road - Terri L. Mutert, 56, on charges of battery and criminal trespass to property

## N. 2nd St./Carman Ave. - Leland

Hutchinson, 29, on charges of on charges of operating an uninsured motor vehicle with a suspended/ revoked driver's license, and a registration/title violation

7910 Venus St. - Jared L. Carder, 19, on charges of a warrant/summons/subpoena June 27

N. 2nd St./Pearl Ave. – James W. Rucker, 37, on charges of operating an uninsured motor vehicle with

**MANUS REPAIR** 

& STORAGE

registration, a suspended/revoked driver's license, and an in-state warrant

Garden Plain Ave./E. Riverside Blvd. - Tiara G. Spates, 31, on charges of operating an uninsured motor vehicle with no registration, improper use of registration, registration/title violation, a suspended/ revoked driver's license, and a license plate violation

N. 2nd St./River Lane - Nyera N. Hayes, 21, on charges of possession of 30 grams or less of cannabis and speeding

N. 2nd St./Pearl Ave. - Riley J. Delaney, 24, on charges of operating a motor vehicle with a suspended/revoked driver's license and seat belt violations

7019 N. Alpine Road – Antonio and improper turning

cancelled/suspended/revoked Johnny E. Rucker, 43, on charges of operating an uninsured motor vehicle with a suspended/revoked driver's license and equipment violations (non-specific)

N. 2nd St./River Lane – Debra L. Sanson, 56, on charges of driving under the influence of alcohol, driving under the influence of alcohol (over .08), transportation of alcoholic liquor, and traffic signal violation

N. 2nd St./E. Riverside Blvd. Justin R. Westhoff, on charges of possession of a controlled substance

#### June 29

330 Sheridan Lane - Christina M. Symons, 39, on charges of violation of an order of protection

## **Machesney Park**

June 27 Mitchell Road/Willowbrook Madison P. Vicenzio, 20, on charges of operating a motor vehicle with no driver's license and

traffic sign violation 500 Block Wilshire - John O. Lighthart, 54, on charges of operating an uninsured motor vehicle with a suspended/revoked driver's license, improper use of registration, hit-and-run, license plate offenses, traffic offenses, and other criminal offenses

#### June 28

N. Alpine Road/Harlem Road -Angel S. Hill, 18, on charges of a Rockford PD warrant

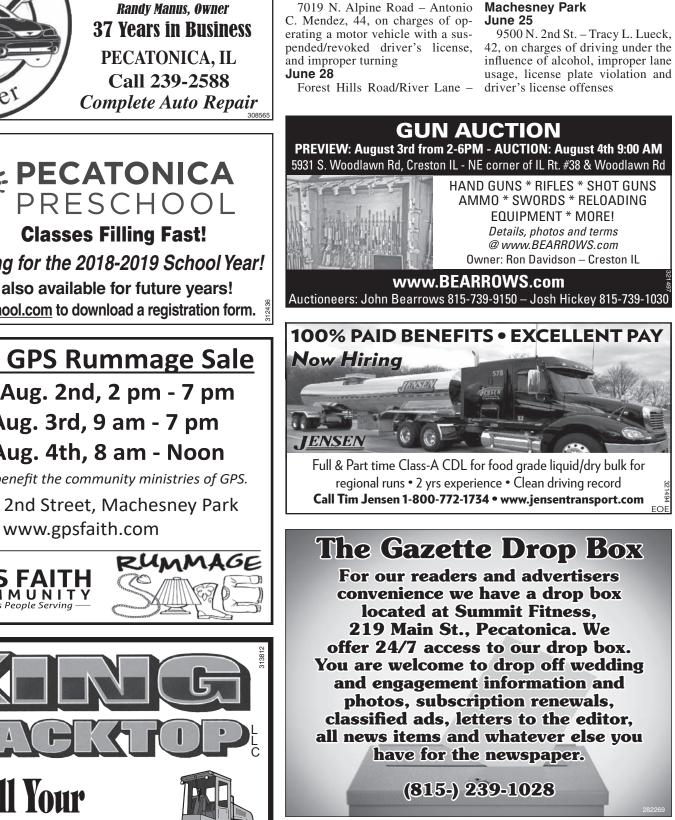
June 29

Harlem Road/Victory Lane Kylee M. Haggard, 20, on charges of driving under the influence of alcohol, speeding, and improper lane usage

Elm Ave./Harlem Road - Kylie S. Pumphrey, 27, on charges of operating an uninsured motor vehicle with a cancelled/suspended/ revoked registration, driving with a suspended/revoked driver's license, and failure to signal/improper signal

Elm Ave./Harlem Road - Robert D. Busekros, 33, on charges of theft - under \$500, possession of drug equipment, and possession or sale of hypodermic needles











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## Annual GPS Rummage Sale

Thurs, Aug. 2nd, 2 pm - 7 pm Fri., Aug. 3rd, 9 am - 7 pm Sat., Aug. 4th, 8 am - Noon

All proceeds benefit the community ministries of GPS. 10714 N. 2nd Street, Machesney Park

www.gpsfaith.com







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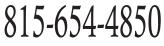
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## Slices of life Late Night TV Guy pays no heed to bedtimes

For the most part, my husband is a rational and logical human being. There is an orderly and predictable pattern to his days. He showers in the morning; brushes his teeth after meals. He rises early and goes to bed at a reasonable hour. He is a reasonable man - for the most part.

On occasion, however, something peculiar overtakes him and he becomes a mysterious stranger not concerned with clocks or bedtimes. About once a month, he becomes inexplicably and permanently rooted to the couch, remote control in hand. The hours tick by and he isn't moving until after some very late show is over.

It is on these nights that I know he has become Late Night TV Guy. Late Night TV Guy truly

believes he needs no sleep. He is wide awake, with a tenured spot on the couch. Unless he has a craving for a bowl of ice cream with chocolate sauce, he isn't moving - no way no how - until the some late night show, probably about history or sports, is over.

Invariably, by about 11 p.m., Late Night TV Guy can be found, head tilted back, breaths vibrating audibly in the indisputable rhythm of slumber – but don't tell him I told you so. He is watching TV (wink). Just leave him be.

Back in my naive days, I thought it I should rouse him and direct him to bed. This didn't work very well. First, he is too big for me to move myself. I had to wake him – really wake him – to get him to stand up on his own. Once want to be really awake. He'd rather roll over and catch a few

more Z's. Plus (again, I never said this) Late Night TV Guy can be rather grouchy when pulled from a good dream.

I've learned it's best to embrace Late Night TV guy's nocturnal ways. When you've been married to someone for decades, you come to terms with each other's unconventional quirks. I put up with Late Night TV Guy and he puts up with a couple dozen or more of my (tiny) eccentricities, not the least of which includes giving him a starring role in this article.

I most definitely have the best end of that deal.

Time has taught me that Late Night TV Guy will come to bed on his own. He just needs a little nap on the couch first.

Usually, by about 1 a.m., I roll over and he is there, right where he's supposed to be, sleeping with the happy confidence of a man who knows he can make it through Saturday Night Live any day of the week.

Last night, Late Night TV Guy



seemed especially excited to watch the an important baseball (or maybe it was basketball) game, so at about 10 I checked the fridge to make sure we had ice cream and went to bed. The last I saw, Late Night TV Guy was in position on the couch with the remote securely in place in his right hand. Next thing I knew, it was 4 in

the morning and the spot next to me on the bed was cold and empty. 4 a.m.! Within three seconds, I was wide awake and filled with the vibe that wives and mothers know best - worry.

My thoughts immediately focused on the negative. A whoosh of all possible medical mishaps shot through my brain. Was Late

I had to check on him. I wouldn't wake him, just make sure he was breathing. I'd probably hear him sawing logs from the top of the stairs.

The night house was quiet an omnious sound. As I tiptoed toward the family room, I could make out his shape on the couch. I crept closer, my heart beating fast now, and tried to see if his chest was rising and falling. I couldn't tell.

I didn't want to disturb him just wanted to make sure he was alive. So I crouched down and gently, ever so gently, put my index finger under his nose. It was at that exact moment he decided to jump about two feet into the air. I jumped, too.

He was alive – and awake. "What're you doing?" he rightfully demanded.

In half a millisecond, my fear segued to embarrassment. What

was I supposed to tell him? "Oh, sorry, Honey, I just thought maybe you were dead so I was feeling for air under your nose." I didn't think he'd buy that one.

So, I just turned and went up to bed. He followed behind me.

When you've been married to someone for lots of years, you come to terms with each other's unconventional quirks. As you can probably guess, I'm chock full of 'em, not the least of which includes night stalking. Dealing with Late Night TV Guy is minor in comparison to the adventures I put us through.

Thankfully, Late Night TV Guy is an adventuresome sort.

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

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## CANDIDATE FOR CIRCUIT JUDGE

JULY 28, 2018 – 10:30 a.m. – 12:30 p.m. THIRD STREET STATION – PECATONICA, IL DURING "CARS ON MAIN"

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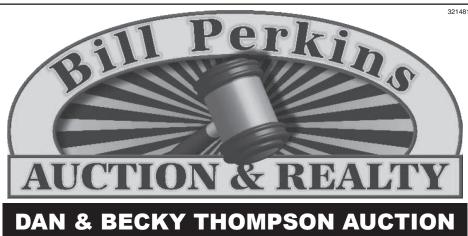
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32129

8 • Thursday, July 19, 2018 - The Shopper





## 4835 State Road 67, Beloit, WI SAT., JULY 21st • 9:00AM ON-SITE

DIRECTIONS: East of Beloit or west of Clinton WI on State Rd 67 near the state line. AUCTIONEERS NOTE: Bring a friend as 2 auction rings will run approx. 10am. Firearms to sell at 11:30am

### SEE WEBSITE FOR COMPLETE LISTING DETAILS & PHOTOS WWW.BILLPERKINSAUCTION.COM

SPECIAL ITEMS OF INTEREST: Heartland 48" Classic Electric Stove (\$7,000 New); Country Charm contemporary cast iron electric stove; Household, Fixtures, & Appliances, Antiques, Vintage Toys, Primitives, Onondaga Indian Basket, Country Collectibles, Clinton, WI Adv., Rhodes JD Sales & Farm Equip. Shop Jacket, General Store Cabinet, Lg. Whitetail mounts. FIREARMS & SPORTING GOODS: Remington, Marlin, Ruger rifles, shotguns, black powder & pistol. MUSICAL INSTRUMENTS: violins; Cornet; Xylophone's, children's guitars; Stoneware, Glass, Sterling, & China, Skid Loader: 2008 Case 440 Series 3-only 700 Hrs.; wheel tracks. VEHICLE: 04 Chevy Z71 4x4; TRACTORS: JD B; IH 1066 (stuck); Trailers, & Canoe: 12k lb trailer; Machinery, Log Splitter, & 3pt. Equip.; Storage Shed, Telephone Poles, Mowers, Work Shop, Tire Changer, Tools, & Misc.; Building Materials: Quantity of Drywall approx. (44) sheets 12'; Approx. 60 bags Regal insulation; Steel, Scrap, & Firewood.

Terms: Cash, Approved Check, Visa, MC, Discover, AE. 10% Buyers Fee on all purchases, 13% for all payments other than cash, or check. All items sold as-is as used merchandise.

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## PUBLIC AUCTION We will sell at Public Auction the following described Pickup, Van, Household, Collectibles & Garden

Tractors. This Auction will be held at our indoor facility located at 10786 Fowler Rd., Rochelle IL, **61068.** Watch for Bearrows Real Estate & Auction signs from Flagg Rd. & Rt. 251 at the North edge of Rochelle IL. **Visit our web site at www.bearrows.com for further information & pictures.** 

#### SUNDAY, JULY 29th, 2018 • 9:00AM (note date & time) **Comfort station** • Lunch

AUCTIONEERS NOTE: This Auction features some very clean Household, Antiques, and Collectibles. Van and mower to sell at approx. 12 Noon. Find full details by going to www.bearrows. com or www.auctionzip.com. There are many items not listed, check our web site often for updated list. Plan now to attend!!

#### HOUSEHOLD& COLLECTIBLES

Curved glass wall cabinet; Glass Front Hutch & matching table and chairs; Buffett; Glass top sofa table; Corner curio cabinet; 2-Sofas; Office Chair; Knee hole desk; Power lift recliner & leather recliner; La-Z-Boy recliner; Flat screen & entertainment center; Lamps; Antique wardrobe/dresser; Glider rocker; Corner open cabinet; Antique dresser with slag glass type pulls; Chest of drawers; Fur coat; Patio type furniture; Twin Bed; Maple rocker; Baby lock BL3200 quilting sewing machine; / Recliner; Oak dining table w/2 leaves, custom pads, 4 padded & 2 side chairs; David Withers figurines w/ boxes; Brass & copper pieces; Glassware; Pictures & wall decorations; Apple tin canister set; Erector set; Daisy churn; Guardian ware; Walter A wood cast seal; Hanes (1 brass); Blue Ray disc home theater system BVD-E570 (NIB);/Dining room table w/ 6 padded chairs & matching hutch; Sofa & matching love seat; Leather recliner; Coffee & end tables; Motorola turn table console; Hurricane lamp; 3 piece full size BR set w/ bed, chest of drawers, dresser & mirror; Contemporary queen size BR set w/ headboard, night stands, dresser w/ mirror & armoire; King size water bed frame; Usual kitchen items; Linens & dry good; Side by side GE ref/freezer; Lawn furniture; Pet porter; GARAGE TYPE ITEMS: 5500 XL Generac generator (low hrs); Portable air compressor; Homelite chain saw; Electric edger; Poulan gas blower; Lawn & garden cart/wagon; Aerator; Mini cultivator; Band saw; Ladders; Self propelled 4 HP 21" cut yard machine w/ bagger; Self propelled lawn mower; Wheel barrow; Briggs& Stratton 6HP pressure washer; Fiberglass Keller 8' ladder; Fishing poles; Usual garage type items; **PICKUP, VAN, GARDEN TRACTORS & GOLF CART: (TO SELL AT APPROX. 12 NOON) 2002 FORD ECONOLINE E150 VAN**, V8 Gas, Auto Trans., Tuscany handy-cap accessible w/chair lift, approx. 89,500 miles, runs and looks good; 725 GRASSHOPPER, Liquid cooled 25HP, electric fold up 61" cut deck, mounted lift, Wood Bros. rear solid mt. vacuum (Used very little) super clean unit; JD LX 178 GARDEN TRACTOR, 38" deck, foot control hydro w/ bagger; 2000 CHEVROLET SILVERADO, K25, 4X4, 113,726 Miles, Std Cab, 8ft Box, Very clean truck; EZ-Go Electric golf cart (Needs batteries) good condition. LUMBER & BUILDING SUPPLIES: Assorted New Hardiplank siding in various configurations and colors; 21-5/8 4x12' drywall; 48-1/2" 4x12' drywall PERSONAL PROPERTY TERMS: Cash or Check w/ driver's license I.D., VISA, Master Card, Discover or American Express. 10% Buyers Premium applies to all purchases. Electronic clerking system used. Announcements made the day of Auction take precedence over all prior advertising Not responsible for accidents or items after sold. Jerry & Carol Blumeyer - Stillman Valley • Jessie Quarles - Rochelle Marquis Family Trust, First State Bank Trustee - Paw Paw, IL

## FARM EQUIPMENT AUCTION

In Order To Settle The Estate Of Chuck and JoAnn Dollman, The Following Farm Equipment, Country Collectibles And Farm Primitives Will Be Sold At No Reserve To The Highest Bidder At Auction Located On Site At 7416 Dunham Road, Union, Illinois. Just North of Rt. 20 on Coral Road. Watch For Almburg Auction Signs.

### Saturday July 28th • Starting at 9:30 a.m.

Deutz-Allis 7085 diesel tractor, MFWA, This tractor is a one-owner and has only 1980 hours. 3pt, 540-1000 PTO, cab with radio, heat and non-working AC. Very good shape.

John Deere 2510 gas tractor, Narrow front, syncro range, 3pt, pto, only 3776 hrs. Very good condition, Sells w/JD #10 side mount sickle mower. Works great. Ser #015835.

John Deere 630 gas tractor, Narrow front, flat top fenders Ser #2273. Tach shows 3599 hrs. Good original, one owner tractor. Ser #6302273.

John Deere 2640 diesel tractor, sells with JD48 loader, 3pt, dual hyd, 540 PTO. Just had the trans rebuilt. Runs great, rood rubber rear weights.

Simplicity 16hp. Riding Lawn Tractor w/ mower deck, Runs great.

FARM EQUIPMENT: New Holland 258 Rolabar hay rake, Just like new, very little use; HayRite 35ft mobile bale conveyor w/ electric motor drive, just like new very little use; Case-IH 8330 mower conditioner, new sickle bar; New Idea mounted picker, came off JD 630 tractor; 2-Killbros 350 side dump gravity wagons, on JD1065A gear and New Holland 806 gear; 2- Gehl 970 Forage wagons, side unload, steel sides and roof. One on tandem Gehl gear one on Single Gehl gear; Like new Woods Cadet 72 3pt mower; Winn-Power 12/20 PT2 PTO farm Generator; New Idea 180 bu. PTO spreader; New Holland 717 Super chopper, 1 rov, w/ hay head; IH 720 4-16 plow, toggle trip; JD 4 row RM 3pt cult; MM 10ft grain drill; JD 963 running gear; Hay rack; 2 section drag; Milking equipment, Stainless bulk tank; pipeline system; Hay mow bale conveyor; old dismantled windmill; Hay rack full of farm tools, supplies milk cans and Iron pile of scrape.

HOUSEHOLD ITEMS, COUNTRY COLLECTIBLES, FARM PRIMITIVES: 2 Vintage Tin RC Cola Road Signs Approx. 4ft Tall; Old Tin Beer Sign; Farm Toys; Longaberger Baskets; Old Milk Cans; Old Schwinn Bicycles; Stainless Milk Pails; Old Implement Seats; Old Hand Farm Tools; New Idea Hand Corn Sheller; Wooden Pop Cases; Hay Rack Full Of Old Farm Primitives. Late 1800's Parsons Hawkeye fanning mill; Nice Furniture including an Oak Dining Table with 6 Chairs; Glass Hutch With Buffet Storage; 2 Nice La-Z-Boy Chairs; Drop Leaf Table; Several Dressers; Floor & Table Lamps; Redwing China Set; Good Refrigerator; Several Odd Chairs; End Tables; Cooking & Housewares; Exercise Equipment; Shelves & Storage Cabinets; Old Trunk.

AUCTIONEERS NOTE: Mr. Dollman has been on this farm since the 50's. A good neighbor and Dairy Farmer. Lots of nice items on this auction. Not many auctions like this around anymore. Plan now on joining us.

TERMS: Cash, Checks, Credit Cards with 3% convenient fee added to all charge card usage. Almburg Auctioneering will provide free loader service, Bring your trucks and trailers. Not Responsible for accidents, injury or theft. Almburg Auction, Malta, Il. 815-739-3703. Steve, Andrew, Adam. Check out the Pictures on web site www.almburgauctions.com

Estate of Chuck & JoAnn Dollman

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PH.: 815/739-3703 All Our Auctions With Pictures Are Advertised Worldwide At www.almburgauctions.com

**GUN AUCTION** Having decided to liquidate my personal lifetime gun collection, we will sell at Public Auction the following described Guns, Ammo and related items. This Auction will be held indoors on site at **5931** South Woodlawn Road, Creston IL 60113. The auction site is located at the North East corner of IL Rt. #38 and Woodlawn Road in Creston, IL. Watch for Bearrows Real Estate & Auction signs from Rt. #38 & Woodlawn Rd. For More information, contact the Auctioneers, or visit our web site at www.bearrows. com for further information & pictures.

#### Saturday, August 4th, 2018 • 9:00 AM Preview Friday 8-3-18 from 2PM to 6PM **Comfort station** • Lunch

AUCTIONEERS NOTE: This one owner collection of 200+ Guns to be offered will feature some very well cared for firearms, many of which have never been fired. Online bidding available at Proxibid by going to http://www.proxibid.com/bearrows. We will start promptly at 9AM, so be on time. For questions, or more information, e-mail Auctioneer John Bearrows at bearrows@rochelle.net. Visit our web site www.bearrows.com to view colored photos or to download sale order/inventory. Plan now to attend.

NOTE: We will post a complete inventory and sale order as a PDF to our website when it is ready. Check back often.

HANDGUNS: Approx. 90 hand guns including all calibers. Makes include Colt & Colt Python, Colt Anaconda, Smith & Wesson's, Kimber's, Sig Sauer, Ruger, Springfield, Remington, Barretta, Browning, Taurus, Glock including models 23, 17, 42, 27, AMT, Intratech, Walther P22, Calibers include everything from 22, 9MM, 38, 44 Mag, 380, 357, 10MM, 45, 40, and others.

RIFLES & SHOT GUNS: Ducks Unlimited, Winchester, Browning's, Charles Daly, American Arms, Remington, Ithica, Beretta, Marlin, Henry Arms, and others. Shot gun configurations include pumps, over/under, lever action, & semi auto; Shotgun Gauges include 410, 16, 20, 24, 12, 28, Rifle configurations include bolt action, single shot and semi auto: Calibers include 338 WIN, 300 WIN, 30-06, 270WSM, 223, 243 WIN, 22-250, 25-20, 30-30, 32-20, 257, 25-06, 44 Mag, 444, 45 Cal. Sets and commemoratives include Henry Arms series, Ogle County (5 of 10); Illinois Proof set w/matching #'s; Remington Gold commemorative "USA Shooting Team"; Several other commemorative lever action guns. The following is only a partial list of the approximately 30 special rifles, of various calibers, including: 50 Cal Barrett 82A1 SR w/stand& scope; KSG 12 Ga. w/Scope, light & laser; Mossberg 12 Ga w/pistol grip; PAP M85 5.6 Cal; M1 style carbine; Thompson 45 Cal replica of 1927 AI; Poly -762, Colt CARA3 223 w/Nikon Scope & Field stand; Rock River Arms 5.56 Cal., LAR15 (Fred Eichler Series); Black Rain Ordinance fall out 15 model w/laser; Sig Saurer model 51GM400; Colt

competition; Diamond back AR model D8-15 w/ true glow sight. <u>AMMO, SWORDS, RELOADING EQUIPMENT AND RELATED ITEMS</u>: Many thousands of rounds of new ammo in all caliber & gauges. Assorted reloading equipment & supplies. Assortment of medieval swords & knifes.

GUN TERMS: Current IL FOID card or CC License, as well as Driver's License ID - Curio & Relic Licenses not accepted. Holding period for non-dealers is minimum of 72 hours. Pick up times and location will be posted at the auction. Cash or Check w/driver's license I.D., 3% fee for VISA, MasterCard, Discover or American Express. Electronic clerking system used. Go to http://www.proxibid.com/bearrows to register and/or full on line terms. A complete listing of gun terms will be handed out on auction day. Announcements made the day of auction take precedence over all prior advertising. Not responsible for accidents or items after sold.





#### **AUCTIONEERS:**

JOHN BEARROWS, Rochelle, IL (815) 739-9150

JOSH HICKEY, Steward, IL

Owner: Ron Davidson – Creston II



## **Auction Schedule**

SAT., JULY 21st - 15992 Edwardsville Rd., Winnebago, IL - 10:00 A.M. Ben & Sandi Milburn Contractor's Tool Auction. Hack's Auction & Realty Service, Inc., Pecatonica, IL, 815-239-1436, hacksauction.com SAT., JULY 21st - ANTIQUE MU-SIC AUCTION, 10:00am. Featuring an outstanding collection of phonographs, music boxes, Victrolas, Cylinder/Disc Records, Ephemera, Parts and More! Bid ONLINE at Proxibid.

com. Donley Auctions, 815.923-7000, 8512 S. Union Rd. Union, IL 60180, www.donleyauctions.com

WED., AUGUST 8th - 51-Acre McHugh Land Auction – 10:00 A.M. Located on W. Oliver Rd., Harrison Rd., Harrison, IL. Auction Held at Burritt Town Hall, 8284 Trask Bridge Rd., Wempletown, IL. Hack's Auction & Realty Service, Inc., Pecatonica, IL, 815-239-1436, hacksauction.com

## It's time to go for a walk in the woods

A year ago, I wrote about "forest bathing," the name given to spending time in the trees. We know sun bathing provides needed Vitamin D. Forest bathing provides scientifically proven feel-goods also.

In the book *Shinrin Yoku, The* Japanese Art of Forest Bathing by Yoshifumi Miyazaki, the various study results prove what common sense tells us. A walk in the woods reduces stress and boosts your immune system. Nature therapy, the term now used, is proven preventable medicine. I'm all for it.

Scientists in Japan and other countries study the physiological and psychological effect of forests on human health and wellbeing. The data gathered for the last 15 years along with the new ability to measure brain activity and nervous activity allows



us to have "evidence" that being amongst the trees is good for us. The only evidence I need is how I feel, but others like documentable proof.

According to the scientist author, "What started as an intuitive-based therapy has become an evidencebased therapy and can now be considered a preventative medicine." Super. In my lay terms, it feels good so do it.

It is no secret that many illnesses

are brought on by stress which lowers our immune system. From the common cold to weight gain to lack of sleep to depression and even heart disease and cancer, reducing stress can reduce risk. How can you reduce stress? Go out in nature. The science has measured these

direct benefits of forest therapy:

-Improvement of weakened immunity, with an increase in the count of natural killer (NK) cells, which are known to fight tumors and infection

-Reduction of blood pressure after only 15 minutes (spend one day in the forest and feel the benefits for the next 5 days)

-Reduction of sympathetic nervous system activity and increased parasympathetic nervous system activity which translates to increased relaxation in the body and reduced stress felt in the body

I don't live in a forest, but I have learned that I need trees in my environment. Green space is my happy place.

It never occurred to me that Japan was so green. I think of busy crowed Tokyo when I think of Japan. (Japan is one of the most densely populated countries, yet 69% is covered in forest.) The Japanese people have a reverence for nature and Japan is the leader of nature therapy research.

You don't have to go to Japan nor too far, no matter where you live, to find some green space. A park will do. Take a walk. A slow stroll. No phone. Just wander. For two hours. Yes, you can do that.

My own "study" has revealed that when my Prince and I go for hikes or

nature walks, we simply feel better. Calm and happy. If you can't fit in two hours just yet, take 20 minutes and go for a leisurely walk. Breathe in the air. Notice your surroundings. See the beauty.

When you consider these walks are actually preventative medicine, it is even more motivation to do so. Do your own experiment. Notice how stressed you feel before your walk and after your walk. Notice how you feel as you incorporate more walks into your schedule.

So simple, so effective.

Let's all do more forest bathing! If you want to learn more, or do some more expansive nature therapy walks with meditation, aromatherapy, and journaling, reach out to info@ kellyepperson.com.

## The Weekly Connection Family, baseball and strength to live

It's been a very busy summer here on the farms. I say farms because between the home farm, where my folks live, and the three other dairy farms in the family, there's a lot of running back and forth and here and there. There are so many kids running around the farms it seems an awful lot like a huge summer farm camp.

I counted 12 grandkids at my oldest brother's place the other day, then there were another five of my third brother's grandkids at his farm, as well as our own six here at our farm just down the road. I can't tell you how much fun it has been to hang out with this big summer crew. I call it "Cernek nation."

My sister also came to visit with her three kids who are growing up in Billings, Montana where her husband runs the family dry cleaning business. Her oldest son is eleven and discovered a love for baseball a couple years ago when the Cubs were winning their first World Series in over a hundred years.

I still can't believe that really happened by the way. Anyhow, as soon as they rolled into the neighborhood I stopped by and her oldest son's first words to me were, "Can you come and play baseball with us?" I told him that I would, and sure enough we ended up playing for quite a while with his younger brother and sister.

After the game I worked with him on his pitching technique and how to grip and throw different types of pitches. It was a lot of fun, and I think he could be a pretty good player if he continues to work at it.

As we practiced, I told him about my Grandpa's first cousin's son, Johnny Hopp, who played for the St. Louis Cardinals from 1939-53. My



mom remembers the Hopp relatives who lived in Nebraska, but no one ever heard much from them because they lived so far away. In those days there wasn't as much interstate travel because everyone was busy trying to keep bread on the table to feed their large families.

One of my uncles though, told me all about Johnny a couple years ago, and how cool it was having a cousin who made it to the big leagues. Johnny Hopp wasn't just a fly by night player; he played fourteen years in the bigs,

320595

mostly for the St. Louis Cardinals throughout the 40's. He was able to play in three World Series with them in 42, 43 and 44. Later he was traded to the Yankees and played with them in two more World Series. His best year was in '44 when he was voted into the all-star game for the National League.

On a side note, it's great to see the Brewers and Cubs in another dog – fight this year for the National League Central Division Championship. Last year the Cubs overtook the Brewers in the second half of the season and won the Division. This year it seems as if the Brewers might be a little tougher to overtake. They've added some good depth to their team over the winter, and that should help them when the battle begins to rage throughout the rest of the season.

God tells us that our lives can only stay strong in the Lord when we make

him our foundation. Like a good baseball team, our lives are stronger the deeper we are. This is done through making a conscientious effort to be thankful each and every day. It shows depth when we understand that the struggles we might have help to make us strong. In Psalm 62:2 we read; *He only is my rock and my salvation, my stronghold; I shall not be greatly shaken.* 

In other passages of scripture we read that our trials do make us strong. Strength in the struggle is a sign that we are deep with the Lord. Do you struggle with negativity and complaining? Try turning it over to the Lord and living with a thankful spirit. Whenever I get in a funk, I remember that my situation could always be worse.

Until next week, may God bless you, as you live for him.

RETIREMENT AUCTION ROWALD REFRIGERATION & HEATING MFG. Saturday July 21 • 9:30 a.m. Inspection: Friday July 20 at 10 a.m. – 3:00 p.m. 515 Grable St., Rockford, IL 60117

**Auctioneers note:** Mr. Bob Rowald has decided to retire and is offering all equipment and real estate at auction. Can't make it to the auction - bid live on Proxibid. **Real Estate:** 2.66 acres Commercial real estate setting on Highway 20.

Equipment: Machine shop equipment, Material handling equipment, Welders, Shop tools, Specialty equipment.

**Terms & Conditions:** Cash payment or Bank check or wire transfer. A (**10**%) buyer's premium will be charged on all Purchases. A (**12**%) online buyer's premium will be charged. A (**10**%) buyer's premium will be charged on the *real estate*. All items must be paid for before items are removed. Everything sold as-is, where-is.

Complete details call or visit our website: www.advancedauction.com



<u>www.beloitauction.com</u> ONLINE REAL ESTATE AUCTION Tuesday, July 24 • 7:07 P.M.

## JULY 28, 2018 AT 10:00 AM ITEMS: Antiques, collectibles, tools, and other miscellaneous items. SEE IRENEAUCTIONCOMPANY.COM FOR COMPLETE LISTING AND PICTURES IRENE AUCTION COMPANY Kenneth Freeman, Owner 815-289-7904 AUCTIONEER LICENSE: 441.002085

**IRENE AUCTION COMPANY** 

6708 BUTTERFIELD DR., CHERRY VALLEY, IL 61016

'Ben & Sandi Milburn Contractor's Tool Auction' SATURDAY, JULY 21st – 10:00 A.M. 15992 Edwardsville Rd., Winnebago, IL (Located 1-Mile E. of Pecatonica Rd.)

**Ben has been a Quality Builder for Many Years & Now Wishes to Sell:** 2014 Bravo Star Cargo Tandem Axle Enclosed 8.5 x 12 ft. Trailer; Quality Contractor's Shop & Power Tools & Related; Big Selection incl. Delta, DeWalt, Makita, B&D, Paslode, Stanley, Rockwell, Bostitch, etc.; New Pella Windows & Doors; Louisville Contractor's Ladders; Scaffold; Lawn & Garden incl. Agri-Fab Mow-n-Vac; Lumber; Fishing; Much More!

#### REAL ESTATE AUCTIONS '51-Acre 'McHugh Farm' Land Auction' WEDNESDAY, AUGUST 8th – 10:00 A.M. W Oliver Bd, Harrison U

#### 1842 East State Street - Rockford, IL

Several blocks E of Swedish American Hospital

Beautifully maintained 3-bedroom Craftsman style brick home with 2 car garage. 2 baths – newer furnace – central air – remodeled kitchen with large pantry – 4 season room – enclosed porch – basement – clay tile roof – fenced back yard with pond. \$69,000 minimum opening bid.

**Preview: Sat., July 21 – 1-2 P.M.** Terms: This is an ONLINE REAL ESTATE AUCTION. 10% buyer's fee. \$3,000 earnest money required by 2 P.M. Wednesday, July 25, at Beloit Auction & Realty offices – 534 W. Grand Ave., Beloit, WI. Balance due at closing within 30 days. Property offered as is with no contingencies.



Successful bidder will be required to sign a standard offer to purchase. Minimum opening bid \$69,000. In the event the successful bidder does not meet the earnest money requirement, he/she will forfeit bidding rights to the property and his/her credit card required to register will be charged the stated earnest money amount as forfeiture fee.



608.364.1965 or 608.751.2184 Richard Ranft - CAI, GPPA, AARE, AMM Registered Wisconsin & Illinois Auctioneer WI #237 • IL #441.001071 • IL Real Estate license #478.000010

#### **AUCTION DEADLINE IS 3:00 FRIDAY!**

W. Oliver Rd., Harrison, IL

**Featuring 51 Acres +/- of Very Good Producing Farm Land with Frontage on the Pecatonica River.** Offered in (2) Parcels. Part of Sections 26 & 27 of Harrison Twp. 43 Acres Tillable - Soil PI: 125+. Great Opportunity. Productive Farm Land, Recreational & Hunting, Farm Location: 2-Miles S. of Harrison in Winnebago County. Auction Site: Burritt Town Hall, 8284 Trask Bridge Rd., Wempletown, IL 61108.

#### 'Sitton Estate Real Estate Auction' SATURDAY, SEPTEMBER 8th – 1:00 P.M.

#### 308 W. Soper St., Winnebago, IL

Nice 3-Bedroom, 2-Bath Home & Garage on Large Landscaped Lot. Great Location, Near Parks and Walking Path.

#### 'Maxine Schauer Real Estate Auction' SUNDAY, SEPTEMBER 9th – 1:00 P.M.

#### 435 W. Seventh St., Pecatonica, IL

Modern 3-Bedroom Bi-Level Style Home. Over 1,900 SF. Large Rooms. Full Basement. 2.5-Car Garage. Great Location!

Please Call for Details or a Private Showing!



Hack's Auction & Realty Service, Inc. Greg & Swan Hachmeister, Auctioneers <u>www.hacksauction.com</u> Pecatonica, IL 815-239-1436 I.A.F.L. #444.000128





#### FAMILY FEATURES

f the many challenges parents face daily, encouraging healthy eating habits for their children can be one of the most vexing. While the consumption of nutritious foods like vegetables is good for kids while they're young, it can also serve an important role in encouraging lifelong healthy habits.

One strategy for achieving that goal is to pair familiar foods with vegetables and prepare them in interesting ways. This tactic – pairing foods kids already enjoy with the foods you want them to start eating willingly – is called 'associative conditioning," and can help encourage children to try the new food, according to research conducted by Elizabeth Capaldi-Phillips and Devina Wadhera and published in the "Journal of the Academy of Nutrition and Dietetics."

For example, prepared beef products like hot dogs, deli roast beef, salami and summer sausage provide sources of nutrients like protein, zinc and vitamin B12. In addition to the direct benefits, these meats can also be used in recipes like Green Bean Twists and Salami-Babs to help encourage the consumption of vegetables.

Easy-to-make recipes such as Jerky Trail Mix, Fried Bologna Cups and Beefy Lettuce Cups also provide simple snacking solutions for kids that include the nutritional benefits of both beef and veggies.

Find more family-friendly recipes and tips to encourage nutritious eating habits from the North American Meat Institute, a contractor of The Beef Checkoff, at meatpoultrynutrition.org.

#### Fried Bologna Cups

Recipe courtesy of The Beef Checkoff

Yield: 8 bologna cups

Vegetable oil sprav

8 slices beef bologna

Potato-Vegetable Filling (enough for one bologna cup):

1/4 cup mixed vegetables 1/4 cup mashed potatoes

1 tablespoon grated cheddar cheese

Apple Salad Filling (enough for one bologna cup):

- 3 tablespoons chopped apple 2 teaspoons minced celery
- teaspoon golden raisins
- 2 teaspoons light mayonnaise
- 1 teaspoon plain, low-fat yogurt

Spray large, nonstick skillet with vegetable oil spray. Set skillet over medium heat and lay bologna slices in pan, as many as will fit in one layer. Let bologna fry until it cups. Transfer cups to serving plate and fry remaining bologna in same fashion. To make Potato-Vegetable Filling: In small, microwave-safe bowl,

stir together vegetables and potatoes; microwave until hot. To make Apple Salad Filling: In small bowl, stir apple, celery,

raisins, mayonnaise and yogurt.

Spoon desired filling into each cup. For cups with Potato-Vegetable Filling, top with grated cheese.

# Encourage Healthy **Eating Habits**



Jerky Trail Mix

Recipe courtesy of The Beef Checkoff Yield: 4 cups

- 1 1/2 cups kettle corn with no added sugars
  - cup mini unsalted
  - pretzels 1/2 cup unsalted,
- dry-roasted peanuts 1/2 cup beef jerky, broken
- or chopped into 1/4-inch bits 1/2 cup golden raisins

In large bowl, stir kettle corn, pretzels, peanuts, beef jerky and raisins together. Seal in sandwich bags or serve in bowl.

Jerky Trail Mix





#### Salami-Babs

Recipe courtesy of The Beef Checkoff Yield: 8 kebabs

- - 6 ounces beef salami or summer sausage, cut into 3/4-inch chunks
  - bamboo skewers (8 inches long) 8 ounces cheese (cheddar or swiss), cut into 1/2-inch chunks 4
  - 16 small broccoli florets
  - 4 baby carrots, cut in half crosswise

Thread pieces of meat onto skewers, alternating with cheese, broccoli and carrots. Arrange on plate and serve.

Note: To prevent choking, children should be seated while eating, especially when a recipe involves toothpicks; encouraged to take their time and thoroughly chew their food; and should be carefully supervised. When serving young children, cut any circular-shaped

**Green Bean Twists** Recipe courtesy of The Beef Checkoff Yield: 16 twists 8 ultra-thin slices roast beef, about

2 ounces, cut in half lengthwise 16 green beans, trimmed, blanched and chilled

Wrap one slice roast beef around each bean, creating spiral, arrange on plate and serve.

#### **Beefy Lettuce Cups**

Recipe courtesy of The Beef Checkoff Yield: 8 lettuce cups

- 8 ounces corned beef, chopped
- 1/2 cup shredded carrots
- 1/2 cup chopped water chestnuts
- tablespoons unsalted, dry-roasted cashew pieces
- 2 tablespoons teriyaki sauce
- 8 butter lettuce leaves

In medium bowl, stir together corned beef, carrots, water chestnuts, cashew pieces and terivaki sauce. Spoon onto lettuce leaves and serve

Green Bean Twists and Beefy Lettuce Cup

foods like grapes, carrots or hot dogs into thin, coin-shaped slices or long, thin strips.

## **6** Strategies to Encourage **Nutritious Snacking**

With an abundance of prepared-in-advance snacks available that likely come along with unnecessary salts and sugars, it can be difficult to encourage kids

Quick recipes that include beef and veggies may not be the first snack idea that comes to mind for kids (or parents), but it's not impossible to instill better decision-making in the kitchen. Skip the chips and improve your children's snack habits with these simple ideas for influencing healthier decisions:

- Enhance the visual appeal of foods by piercing them with decorative toothpicks.
- Offer a variety of colorful foods on a plate.
- Create color contrasts with foods on a plate or in a bowl.
- Arrange foods in an orderly way using a bento box or divided plate that helps keep them separate.
- Involve kids in preparing their meals.
- Pair nutritious foods, like fruits and vegetables, with well-liked or familiar foods.



Salami-Babs

Funded by the Beef Checkoff.

The Shopper - Thursday, July 19, 2018 • 11

AUTOMOTIVE

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