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YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, OCT. 10, 2018

## Orangeville American Legion 720 serves its community

By John Day  
CORRESPONDENT

When autumn arrives there's nothing better than a bowl of hot chili or steaming soup to satisfy your hunger. Put a sandwich alongside and it's the perfect meal. On Oct. 17, American Legion Post 720 in Orangeville will be hosting their annual Chili and Soup Supper at the Village Hall. The proceeds from this event are used to sponsor the programs supported by the Legion.

The American Legion will be celebrating its 100-year anniversary next year. The Legion was founded March 19, 1919 in Paris, France to address the needs and concerns of the U.S. veterans that had fought the First World War. Since then, the Legion has come to represent all of those who have served in the United States Military. The concerns of veterans and their families are as large today as ever.

Richard Fox, former Commander of Orangeville Post 720 has been a member for about 35 years. Fox said, "We try and provide help for veterans any way we can. The Chili and Soup Supper is an important fund raiser for the post. We usually have nearly 200 attendees. This year we'll be serving Ham and Bean Soup as well as our chili."

"One of the activities that is a major recipient of funding is the American Legion National High School Oratorical Contest. The Legion Post and its auxiliary members each sponsor one boy and one girl annually in this contest. We cover the cost of going to the State level competition for the students."

The first national Oratorical Contest first began in 1938. The competition consists of a prepared oration and an assigned topic and is conducted in co operation with local high schools. The focus of the prepared oration is the question of a citizen's responsibility to the nation and government.

The theme of the assigned topic is the basic principles of government under the Constitution. Eventually, through a process of elimination, the competition is reduced to three finalists who receive American Legion Scholarships to offset the cost of college tuition.

In addition to the National Oratorical Contest, Post 720 assists veterans on a regional level by assisting with transportation to the Veterans Administration Hospital in Madison, Wisconsin and the Veterans Affairs office in Freeport. The Orangeville Legion also donates to scholarship funds for local students, has sponsored American Legion League baseball teams and provides direct aid to area veterans when possible.

Janice Fryer, an auxiliary member, has been involved with the Chili and Soup Supper for several years. Fryer said, "We usually have about 15 volunteers for the day. In addition to the chili and ham and bean soup we'll also have Beef Vegetable soup and several different kinds of sandwiches to go along with the meal. There will be cheese cake and several different kinds of pie for dessert."

Todd Welch is the new Post 720 Commander. Welch said, "This event is very special. Not only does it help raise for funds for our programs, it's an opportunity for friends and neighbors to come together and visit while helping good causes. We hope to continue to make a difference here in Orangeville."

The Chili and Soup Supper is scheduled come rain or shine on Oct. 17, inside the Village Hall, 301 south East Street from 4:30 pm to 7:30 pm. Adult tickets are seven dollars. Children 6 to 10 are six dollars. Tickets are sold at the village hall, local businesses and at the door. For additional information The Legion Post can be reached at 815 871 3584.



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## Coins for the Carolinas

Mrs. Pieper's Third Grade is studying floods and talking about Hurricane Florence in the Carolinas. They put their heads together and decided to run a relief drive called Coins for the Carolinas in the elementary this week. The project raised \$941.93. Thank you to Community Bank for handling ALL their daily coin counts.

## Film about Rockford Peaches scheduled in Freeport

The timeless Hollywood film about the Rockford Peaches and the All-American Girls Professional Baseball League—A League of Their Own—will be screened at Freeport's Lindo Theatre on Wednesday, Nov. 7 at 1 and 7 p.m.

In celebration of the bicentennial of Illinois statehood, the Freeport Classic Film Series is screening films this fall "set" in Illinois. The

third film of the series is A League of Their Own.

Starring Geena Davis and Tom Hanks, the film tells the story of a baseball league created during World War II that used women players while most of the professional baseball players were serving their country.

Each film in the Freeport Classic Film Series is preceded by an intro-

duction and followed by a question/answer period session, both led by Alan Wenzel and Ed Finch. Wenzel is a retired film studies instructor from Highland Community College, and Dr. Finch is a retired educator and historian.

The Lindo Theatre is located at 115 South Chicago Avenue, Freeport. Admission for each film in the series is \$6 per person.

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## Third grade readers

Because of generous donations, Kelli Pieper's third graders are smiling with their new books from the Scholastic book order. These ample funds allow every student in Mrs. Pieper's class to select a free book every month.



COURTESY PHOTO Shopper's Guide

## Panda goes to school

Koby Kearns steers Panda, came to visit the second and fifth grade students at Le-Win Elementary School. Koby's younger brother Blake, who is in Mr. Werhane's class, is pictured above.



COURTESY PHOTO Shopper's Guide

## Student Leadership

The Lena-Winslow Junior High School Student Leadership group organized the Coins for the Carolinas drive for their school.

Student Leadership is a service organization that oversees a wide variety of school and community-related activities such as student government, assemblies, parades, dances, and fund-raising projects.



COURTESY PHOTO Shopper's Guide

## Flood barriers

Kelli Pieper's third grade class undertakes a study of floods and builds model flood barriers after working through a four-step planning process.

## THE SHOPPER'S GUIDE

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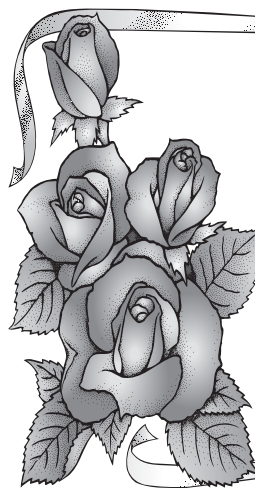
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never part;  
God has her in  
His keeping,  
We have her in  
our heart

*Love, Kameryn & Lillie  
Dad, Cyndy, Cody & Larynn  
Shannon, Craig, Shayleigh,  
Khayne, Layton & Grayson  
Whitney, Juan, Riley, Julian  
& Aiden*

## Now's the time to get your flu shot

More than 80,000 Americans died from flu-related illnesses last year, the highest number in four decades. A vaccination rate higher than 47 percent could have saved some of them. Some of the worst offenders are college students, one survey found, with as little as 8 percent getting vaccinated — and in close campus quarters, illness can spread fast.



*Thank you to all who made our  
60th Wedding Anniversary a  
special day.*

*Beginning with our children  
and grandchildren for attending  
worship service with us and  
hosting a luncheon celebration.  
Also, to all who sent beautiful  
cards and notes.*

*You are a blessing to us.*

*Carl & Ruth Keltner*



# BHRC to host Fall summit on community and economic development

Blackhawk Hills Regional Council will hold its annual fall summit on Oct. 19, 9 a.m., at the Classic Cinemas – Lindo Theatre, located at 115 S Chicago Ave in Freeport. Registration begins at 8:30 a.m. The event features Willis G. Johnson, President of Classic Cinemas; Carol Portman, Executive Director of the Taxpayers' Federation of Il-

linois; Jessica Jane Spayde, State-wide Coordinator of Wisconsin Local Food Network; and Jason Vangalis, Strategic Economic Development Manager of Ady Advantage. Topics include business/downtown development & entrepreneurship, taxes & Illinois fiscal state of affairs, economic diversification, local foods, & value-added ag, and

workforce. Additionally, there will be a local foods/value-added ag panel, featuring Generations Brewery Co., Massbach Ridge Winery, and others. The cost is \$30/person and includes breakfast and hors d'oeuvres. Please RSVP at [www.blackhawkhills.com/rsvp](http://www.blackhawkhills.com/rsvp), (815) 625-3854, or [info@blackhawkhills.com](mailto:info@blackhawkhills.com).

## October is Breast Cancer Awareness Month

As National Breast Cancer Awareness Month begins, the American Cancer Society says remarkable progress against the disease should not obscure the significant challenges remaining.

### The Facts:

Thanks to largely stable incidence rates, improved treatment, as well as earlier detection through screening and increased awareness, a woman's risk of dying of breast cancer dropped 39 percent between the late 1980s and 2015, translating into more than 300,000 breast cancer deaths avoided during that time.

Despite that progress, there's much more to be done. Breast cancer is still the second-leading cause of cancer death in women, second only to lung cancer. There is still a large racial gap in mortality, with African-American women having higher death rates compared to whites, even as incidence rates are similar.

The American Cancer Society's estimates for breast cancer in the United States for 2018 are:

About 266,120 new cases of invasive breast cancer will be diagnosed in women.

About 63,960 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer).

About 40,920 women will die from breast cancer.

While black and white women get breast cancer at roughly the same rate, the mortality rate is 42% higher among black women than white women.

At this time, there are more than 3.1 million people with a history of breast cancer in the United States. (This includes women still being treated and those who have completed treatment.)

### Risk factors:

Numerous studies have confirmed that alcohol consumption increases the risk of breast cancer in women by about 7%-10% for each one drink of alcohol consumed per day on average. Women who have 2-3 alcoholic drinks per day have a 20 percent higher risk of breast cancer compared to non-drinkers.

Obesity increases the risk of postmenopausal breast cancer. Risk is about 1.5 times higher in overweight women and about 2 times higher in obese women than in lean women.

Growing evidence suggests that women who get regular physical activity have a 10%-25% lower risk of breast cancer compared to women who are inactive, with stronger evidence for postmenopausal than pre-menopausal women

Limited but accumulating research indicates that smoking may slightly increase breast cancer risk, particularly long-term, heavy smoking and among women who start smoking before their first pregnancy.

If you or someone you love are concerned about developing breast cancer, has been recently diagnosed, are going through treatment, or are trying to stay well after treatment, the American Cancer Society provides important information on these topics and more.

### What the American Cancer Society is Doing

The ACS currently funds 155 multi-year grants focused on breast cancer totaling \$60.2 million. We have played a key role in many of the advances against breast cancer, including funding early work that eventually led to the development of tamoxifen and Herceptin.

Join us and help save lives from breast cancer: Fund-raise and participate in one of more than 250 Making Strides events or participate virtually at [makingstrideswalk.org](http://makingstrideswalk.org).

To learn more about ACS CAN's advocacy work and to help make fighting breast cancer a priority in your community, visit [acscan.org/makingstrides](http://acscan.org/makingstrides).

## Monroe Clinic Hosts 'Makeover Session with Heart' in Monroe and Freeport

Monroe Clinic's special event for women will provide tips and strategies that allow women to take control of their health and well-being. A panel of health care experts will be on hand to explain healthy habits and true wellness that is the best kind of "makeover"—one that will have lasting impact in the years ahead.

Events will take place in both Monroe and Freeport.

Monroe: Thursday Oct. 25 at 5:30 pm – Monroe Clinic Hospital; Café Meeting Rooms

Freeport: Tuesday, Oct. 30 at 5:30 pm- Freeport Public Library, 100 East Douglas St.

Presentations will highlight three key areas: heart health, joint health, incontinence and pelvic prolapse challenges. Panel members include Orthopedic Surgeon Dr. Jonathan Swindle,

### Make the grocery list a family affair

Post your grocery list in a central place for everyone to add healthy options.

Cardiologist Dr. Sunil Penesetti and Women's Health OB/Gyn Physicians Dr. Joseph Ehle or Dr. Erin Stefely.

Dr. Jonathan Swindle, a Monroe Clinic orthopedic surgeon, will provide insight on why women are prone to joint issues and what steps can be taken to help you remain active and pain free.

Dr. Joseph Ehle or Dr. Erin Stefely will discuss steps to help avoid pelvic prolapse and the troubling symptoms that go with this condition. With sensitivity and frank conversation, they'll

offer real strategies for today's woman.

Dr. Sunil Penesetti will outline a plan for heart-healthy living and how to get and stay on track to better lifestyle habits.

An open Q&A panel discussion will follow the presentations. Refreshments and gift card giveaway are all part of the evening of fun and information. Registration is required. Space is limited. Register on line at [Monroeclinic.org](http://Monroeclinic.org) or call 877-865-1462.

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## Eureka Club

The girls from the Eureka Club Unit of IAHCE, (Illinois Association for Home & Community Education) delivered Catheter Bags to Stockton Rehad and Healthcare Center for the residents use. The Unit made 16 bags for the Center.

Presenting the donation is Arlene Orton and Deb Domrowski to Christina Daniels who accepted the bags for the nursing home.

The Eureka Unit also delivered 35 pounds of pop tabs to McDonald's on the same day.

## Contact Helpline seeks volunteers

CONTACT's Helpline is looking for volunteers to help man the phone line. AN Informational Meeting on becoming a CONTACT Volunteer will be held on Monday, Oct. 15, at 5:30 p.m. at 1033 W. Empire St. (next to Freeport Press/Pretzel City Paper). Join us and find out what is involved in helping at the 24 helpline. During the training participants will become Certified in Mental Health First Aid free of charge. For more information please call Pam at 815-233-4357.

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SUPPLEMENTS

# Pharmaceutical distributor must pay \$625 million

Attorney General Lisa Madigan today announced a \$625 million settlement with pharmaceutical distributor AmerisourceBergen Corporation (ABC) to settle allegations that the company sold adulterated drugs across the country.

The settlement with 43 other states and the federal government resolves allegations that ABC and certain of its subsidiaries improperly sold cancer drugs that were not regulated by the Food and Drug Administration (FDA). ABC allegedly adulterated cancer drugs Aloxi®, Anzemet®, Kytril®, Neupogen®, Procrit®, as well as the generic version of Kytril® by “breaking the seal” and supplying the drugs in pre-filled syringes without FDA oversight. Illinois will receive more than \$1 million as part of the

settlement.

“ABC sold the public prescription drugs without proper oversight and in violation of the law,” Madigan said. “This settlement holds these drug companies accountable for their reckless actions.”

The settlement resolves allegations concerning a purported pharmacy under ABSG, Medical Initiatives Inc. (MII), which pooled vials of drugs used during chemotherapy in order to create Pre-filled Syringes (PFS) to sell to practitioners. The investigation revealed MII was not a pharmacy, but a so-called re-packager that was required to apply for a New Drug Application (NDA) to sell the PFS. To prepare the PFS, MII broke the seal of the FDA-approved drug vials and re-packaged them into plastic syringes

that allowed MII to sell the excess drug product in the vials, known as “overflow.” The PFS, which were prepared in an unsterile environment and often contained particles of foreign matter, were then shipped to providers through another branch of ABSG, which was named Oncology Supply Company (OSC). MII did not comply with pharmacy regulations in any state where it was licensed. Additionally, since there was no new NDA, the drugs were unapproved by the FDA and adulterated, therefore not eligible for reimbursement by government healthcare programs.

Under the settlement, ABC will pay nearly \$100 million to Medicaid programs. ABC subsidiary, AmerisourceBergen Specialty Group (ABSG), previously plead-

ed guilty to illegally distributing misbranded drugs in September 2017. ABSG is the parent entity for companies in the specialty pharmaceutical market, including biotechnology and oncology, in addition to pharmaceutical manufacturers and providers. ABSG agreed to pay \$260 million in criminal fines and forfeitures.

The settlement also resolves double billing for drug vials that occurred when MII used the overflow drug product, and it also addressed unlawful kickbacks provided to physicians to induce them to purchase one of the drugs, Procrit®, in PFS rather than vials.

The investigation that led to the settlement resulted from three actions originally filed in 2010, 2012 and 2014 in the U. S. District

Court for the Eastern District of New York under the federal False Claims Act and various state false claims statutes.

Deputy Bureau Chief Heather Tullio D’Orazio with Madigan’s Medicaid Fraud Bureau led a National Association of Medicaid Fraud Control Units (NAMFCU) team that participated in the investigation and conducted the settlement negotiations with ABC on behalf of the states. Other members of the team included representatives from the following attorneys general offices: California, Florida, New York and Oregon. Madigan’s office works in conjunction with the Illinois State Police Medicaid Fraud Control Bureau to investigate and prosecute civil and criminal cases of Medicaid Fraud.

# Bustos and Loeb sack urge Trump administration to allow year-round sale of E15

*In Letter to the President, Heartland leaders press the President to take this step to help hardworking farmers*

Congresswoman Cheri Bustos and Congressman Dave Loebsack sent a letter to President Trump urging him to allow year-round sale of E15 ethanol blended fuel. Currently E15 is not permitted to be sold during the summer, however allowing year-round sale would be a boon to farmers who are struggling to get by in this tough agricultural economy.

“Too many of our hardworking agricultural producers are struggling as a result of low commodity prices and a trade war with no end in sight,” said Congresswoman Bustos. “While this is not a complete solution to all of these challenges, one way we could improve things is by allowing the year-round sale of E15 to provide a boost to corn growers across the heartland. I strongly urge President

Trump to make this common-sense change to strengthen our agricultural economy.”

“Ethanol is a homegrown renewable energy source that supports millions of jobs in rural communities across Iowa and throughout the country,” said Congressman Loeb sack. “Allowing the sale of E15 in the summertime would remove an unnecessary barrier to greater choices at the pump. Additionally, this move will help expand consumer choice at the pump, reduce our dependence on fossil fuels and foreign oil, and stimulate economic development throughout rural communities.”

**Below is the text of the Bustos and Loeb sack Oct. 5, letter.**

Dear Mr. President:

We write to request your support for farmers by finally honoring your pledge to grant a Reid Vapor Pressure (RVP) waiver, which you have repeatedly committed to do,

for E15 (gasoline blended with 15 percent ethanol) from June 1 to September 15. Further, we urge you to honor this pledge without taking other actions that undermine the current effectiveness of the Renewable Fuels Standard. Allowing the year-round sale of E15 represents a significant step towards strengthening America’s Heartland.

Commodity farmers are currently facing unprecedented challenges. Stagnating prices are chief among them. A bushel of corn in August, 2018 sold for \$1.90 less than it did 10 years ago in August, 2008. At the same time, farm expenses continue to rise. With these and many other obstacles threatening Heartland agriculture, farmers are more reliant than ever on expanding markets.

The current law restricting the sale of E15 during summer months presents a major obstacle to increased market share for corn farmers. Ninety-seven percent of vehicles in the United States are E15 compatible, yet only a little over 1% of fueling stations currently sell this blended fuel. The prohibition on E15 sales during the summer months, when fuel demand is at its highest, represents a major deterrent to more widespread adoption of E15 pumps by fueling stations. Furthermore, there is no evidence that the RVP for E15 is any higher than for E10.

We request that you remove this unnecessary regulatory burden that is impeding economic growth in the Heartland and grant a RVP waiver for E15. The number of sta-

tions that will be able to sell E15 is projected to nearly double by 2021, and opening markets to year-round E15 sales presents a potential new market for billions of bushels of corn. It would also strengthen ethanol refineries which are engines driving economic growth for many rural communities.

At a time when American agriculture is under attack and the livelihoods of many in the Heartland are threatened, we ask that you renew your commitment to support and expand markets for farmers and “empower them to do the hard work that they love to do so much.”

Sincerely,

Cheri Bustos, Member of Congress

Dave Loeb sack, Member of Congress

## Lena American Legion Auxiliary recognizes Veteran’s Day

In honor of the end of WWI, the WWI Centennial Commission is asking everyone to toll their bells on Nov. 11, at 11 a.m. local time. Toll them 21 times at five second intervals.

The Lena American Legion Auxiliary is collecting pictures of servicemen and women, both past and present in their military uni-

form. We don’t want the originals but would like a copy about 8-1/2 by 11 or whatever. Put the name of the individual on the back of the picture. Pictures will not be returned. We would like to make a window display for Veterans’ Day. We would like the pictures by Oct. 15, if possible. Please send them to Veteran’s Picture, PO Box 21,

Lena, IL 61048. For more information, please contact the legion at jamcps54@yahoo.com or 815-369-4684.

## Illinois drivers face deer collision increase

It’s October, and officially Fall. Did you know that the odds of hitting a deer while driving more than doubles during October, November and December when deer collisions are most prevalent?

For the sixteenth year, State Farm® has produced an annual deer collision report and there are some really compelling Illinois numbers of interest:

Illinois drivers have a slight increase in likelihood of hitting a deer compared to a year ago. Chances of hitting a deer in Illinois have increased to 1 in 200, up from the 1 in 204 chance in 2017.

In regards to state rankings, Illinois remains in the middle of the pack at #32 (same ranking as 2017).

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328358

## Adkins Energy LLC calls for year-round sale of E15

By Ray Baker  
ADKINS ENERGY GENERAL MANAGER

The member-owners and staff of Adkins Energy appreciate the continued support of Representatives Bustos and Loeb sack. We hope that adding their voices and the voices of their constituents to this issue will inspire President Trump to call for the year-round sale of E15 nationwide. In a recent visit to Adkins Energy in Lena, Rep. Bustos confirmed to us her support of year-round E15 sales as a way to increase the amount of ethanol blended into our nation’s fuel supply. She and Rep. Loeb sack understand that corn producers and ethanol plants like Adkins are an important part of the Midwest’s economy. President Trump has a rally planned in Council Bluffs, Iowa next week. We hope, along with many other corn producers and ethanol supporters, to receive some good news that day.



# ON THE RECORD

## Obituary

### VELMA E. ANKNEY-BALTHAZOR

Velma E. Ankney-Balthazor, 90, passed away on Saturday, Sept. 29, 2018 at Liberty Village in Freeport. She was born on Jan. 19, 1928 to Myron and Estella (Kling-smith) Chadwick in Shelton, Nebraska. She married David Ankney on Aug. 5, 1946, he preceded her in death on Nov. 11, 1976. She then married Francis Balthazor in 1984. Velma retired from Micro Switch in Freeport after 25 years of service. She was a member of Immanuel Lutheran Church in Freeport.

Velma enjoyed camping, dancing,



playing cards, especially pinochle and euchre. She also enjoyed playing board games, jewelry, gardening; growing flowers and tomatoes, which she canned. Velma enjoyed cooking and baking. She enjoyed spending time with her family, especially her grandchildren.

Velma is survived by her children; Larry (Nannie) Ankney of Forreton, IL, Erma (Kenny Stark) Rubin of Freeport, Martin (Judy) Ankney of Lena, grandchildren; Corrine (Mike) Coy, Jen (Rick) Zink, Jerry (Amanda) Rubin, Melissa (Craig) Fietzer, Jessica (Rich) Ankney, Jeremy (Sarah) Ankney, great-grandchildren; John, Christy, Jayden, MacKenna, Emelyn, Khaleesi, Madelyn, Amber, Brandon, Nathan, Grant, Spencer, Nolan, Johann, sister; Margery Brown of California, step-children; Liana (Phil) Collati of Freeport, Sue (Clayton) Heilemei-

er of Freeport, David Balthazor of Wisconsin, Alan Balthazor of California; several step grandchildren and step great-grandchildren, many nieces and nephews.

She was preceded in death by her parents, step mother, husband's David and Francis, son David, siblings; Kenneth, Arlene, Erma, Delbert, and Stanley, grandson Todd Ankney, and great-granddaughter Pamela.

Funeral services visitation were held Friday, Oct. 5, at the Leamon Funeral Home in Lena, IL.

Burial will be at Lena Burial Park in Lena, IL.

A memorial has been established in her name.

Condolences may be sent to the family at [www.leamonfh.com](http://www.leamonfh.com).

The family wishes to thank the staff at Liberty Village and FHN Hospice for the care their mother received.

## How posture, spinal alignment, and spinal movement can make this school year your healthiest ever

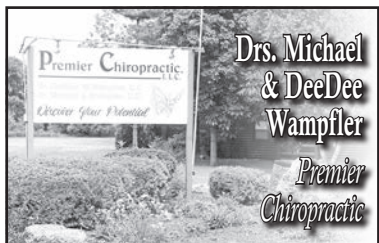
The end of summer and children returning to school represents a time for check-ups and annual measurements. Toddlers and young children usually take an annual trip to a physician for baseline monitoring of blood pressure, heart, and physical wellness. Older student-athletes undergo mandatory physicals to participate in athletics and activities as well as receive guidance on nutrition, training, exercise, and sport-specific issues.

These annual exams represent the same reasons a parent would take their children to a Chiropractor for a spine and nervous system evaluation.

The health and wellness of the family begins with preventative measures designed to maintain health through proactive measures which actively prevent the onset of sickness, disease, and injury. The same parents who invest such care in pediatric and athletic exams often overlook the importance of spine and nervous system care. Preventative care plans begin with Chiropractic.

The spine intimately connects to the function of the brain and nervous system and regulates the overall health of the body. A misaligned spine which does not move appropriately alters feedback in the central nervous system, setting off a cascade of hormones that lead to or contribute to unwanted symptoms that presents as sickness and disease. A compromised nervous system decreases function and performance in the brain and body.

Spine and postural health remain as important to health, function, and quality of life as good nutrition and exercise. Research done by medical doctors and published in the reputable Spine medical journal revealed the influence of posture on overall body



health and well-being. Studies evaluated spine and postural health using x-rays and plumb-line measurements along with other health measurements and recorded subjective data. Patients listed specific, unwelcome symptoms or ailments that went along with objective measurements of blood pressure, pulse, and respiration. Research authors found that every recorded aspect of health deteriorated as measurements of posture deviations (shifts in posture) got worse.

This study further details the importance of healthy posture, spinal alignment, and spinal movement. Better Posture = Better Health. Abnormal posture or small shifts in the spine, referred to as subluxations, operate like cavities in the teeth. They slowly and often times painlessly form in the

back and neck and take root before ever festering with symptoms that declare a problem exists. The intimate relationship between the spine and nervous system makes subluxations a critical component in altering mood, hormones, and function. Poor alignment results in loss of focus, inability to concentrate, less energy, and issues with immunity and digestion. The central nervous system regulates organs and function. Maintaining a healthy spine serves to only enhance the health and wellbeing of every member of the family.

Annual checkups to the physician and athletic staff represent routine landmarks on the path to a healthy year. Chiropractic care provides a key element which enhances the physical, mental, and emotional health potential of the entire family. The start of a new school year offers new possibilities and new beginnings. Chiropractic offers the beginning of a healthier future.

*Spine-September 2005 "The impact of positive sagittal balance in adult spinal deformity." SD Glassman, K Bridwell, JR Dimar, W Horton, S Berven, F Schwab*

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## Sixtieth Anniversary

Alvin and Lorelee (Kunz) Smith of Lena will be celebrating their 60th Wedding Anniversary on Oct. 31. They are both retired from Newell Rubbermaid, and enjoying life

They have four children, David (Sharelon) Smith of Lena, Steve (Amy) Smith Of Monroe, WI, Caralee (Rick) Scace, and Chris (Cory) Blair both of Warren, 12 grandchildren, Jeffrey deceased, and 14 great grandchildren.

An open house with a lunch for family and friends will be given by their children on Saturday, Oct. 20, from 1 – 5 p.m. at their farm at 14615 Hwy 20 W Lena, IL. They request no gifts.

**33rd Annual  
NORTHWEST ILLINOIS CLUB CALF SALE**  
Sponsored by Eastland FFA

**Saturday, October 13, 2018 • 7:30 PM  
Stephenson Co. Fairgrounds • Freeport, IL  
Cattle ready for viewing at 5:30 PM**



2018 Reserve Grand Champion Steer  
Shorthorn Junior Nationals



**For more information contact: Cindy Feltmeyer (Eastland FFA Advisor) – 815-297-2492, [cfeltmeyer@eastland308.com](mailto:cfeltmeyer@eastland308.com) or Alyssa Miller – 815-297-3609, [alyssa.miller@ejshs.org](mailto:alyssa.miller@ejshs.org)  
Auctioneer: David Koning, 608-325-9808, IL License 041000330**



## OPEN HOUSE

Sunday, Oct. 14 • 1:00 - 3:00 p.m.



**316 S. RAILROAD STREET • WARREN**  
**FIRST TIME OPEN - CUTE 4 BEDROOM, 1 1/2 BATH** located in Warren sitting on close to 1 acre. This property will fulfill all your outdoor needs. The yard is also equipped with storage sheds. There are 2 bedrooms on the main level and 2 upstairs. There is currently main floor laundry with the option to move it to the basement. Air conditioner is negotiable. Priced at .....\$72,500

## OTHER PROPERTIES



**STOCKTON - PRICED TO SELL!** 4 bedroom, 2 bath, 2 stall detached garage. Spacious rooms on main level. Located close to school and downtown. Would make a great investment property! Home and appliances are being sold "AS-IS" Priced at .....\$35,000



**LENA - BUILDING ONLY!** Be your own boss, move your business or start a new one in this building with a great location - just a half block off of Main Street in Lena. New roof on main portion 2010 and siding 2011. Priced at .....\$26,400



**LENA - VERY NICE 4 BEDROOM, 3 BATH HOME** features split bedroom plan, large living room with stone gas log fireplace. Dining area has a built-in china cabinet. Main floor laundry. Carpet and tile flooring. Large master bedroom with full master bath featuring double sink, whirlpool tub and shower, spacious walk-in closet. Deck is 17'3" x 33'5". Lower level features 2 egress windows. Three stall attached garage with side walk-in door, concrete driveway and sidewalks. Located in one of Lena's newer subdivisions. Priced at .....\$215,950

## LAND AND LOTS

**LOOKING TO BUILD YOUR DREAM HOME?**  
 We have the following lots waiting for your new home.  
**SOMETHING FOR EVERYONE!**

### BUILDING SITES WITH ACREAGE

### COMMERCIAL LOTS

**LENA**  
**13 NEW 2+ ACRE BUILDING LOTS AVAILABLE - TIMBER RIDGE ESTATES - ROLLING TERRAIN** - Country home sites with underground utilities, located within 1/4 mile of Lena and schools. Some lots wooded, many could have walk-out basements. Build your dream home in the country today. Prices starting at .....\$39,000  
**LARGE 1.28 ACRE M/L** residential building lot in Oak View Terrace Subdivision on Wolf Hollow Golf Course. Priced to sell at .....\$38,900

**START YOUR NEW BUSINESS OR RELOCATE YOUR PRESENT BUSINESS TO AREA'S NEWEST COMMERCIAL SUBDIVISION.**

### LENA

**1 - 2.5 ACRE M/L.**  
 Priced at .....\$135,000  
**1 - 5.27 ACRE M/L.**  
 Priced at .....\$160,000  
 Great location, city water, sewer and natural gas available. Close to U.S. Hwy. Rt. 20 and IL. Rt. 73.

### BUILDING LOTS

**CEDARVILLE**  
**VACANT BUILDING LOTS** - 1-3.5 lots approximately. They have a driveway off Stephenson Street (Route 26) and an alley off Oak Street. Get your lot now and be ready to build in the spring. Priced at .....\$26,000

**WINSLOW**  
**.69 ACRE BUILDING LOT WITH BEAUTIFUL VIEW.** Slopes to rear so you can have walk out basement. Paved road. Priced to sell at .....\$21,000

**NEED A BUILDER?**  
**WE CAN ALSO WORK WITH YOU TO FIND A BUILDER.**  
**CALL US TODAY FOR MORE INFORMATION**

**CALL US TODAY FOR A SHOWING ON ANY OF THESE PROPERTIES**

**PLEASE BE SURE TO VISIT OUR WEBSITES TO TOUR ALL OF OUR LISTINGS AT:**

**[www.patbrownrealtor.com](http://www.patbrownrealtor.com)**

**[www.realtor.com](http://www.realtor.com)**

**FOR MORE INFORMATION: E-mail [patb@aeroinc.net](mailto:patb@aeroinc.net)**



**Pat Brown Realtors**  
**(815) 369-5599**



OR FOR LONG DISTANCE CALL TOLL FREE - 1-866-369-5599

**217 W. MAIN, LENA, IL**

*(Restored Elevator on Main Street, in Lena)*



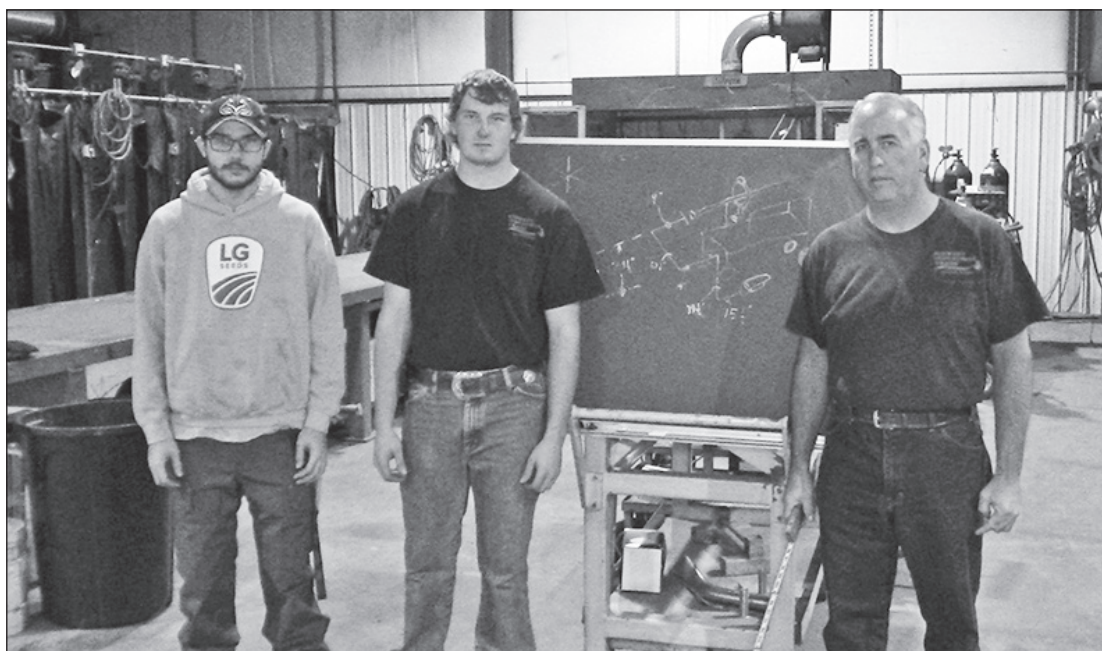
**Bill Scheider Jr.**  
 Broker  
 815-703-6458



**Pat Brown**  
 Managing Broker  
 815-297-5599



**Adam Werhane**  
 Broker  
 815-297-4403



AMY LASKE PHOTO The Scoop Today/Shopper's Guide

## Midwest Industrial Trade School

**Congratulations to Andrew Melvin and Tyler Swanson. They both graduated today from Midwest Industrial Trade School. Andrew and Melvin are set to start a new career in welding after only nine weeks. Their class project was to mount a rack and build a motorcycle ramp for the motor home.**

## Eagle Nature Foundation Fall bird seed sale

Once again the Eagle Nature Foundation will be holding a Fall Bird Seed Sale. This year the pickup date will be on Nov. 3. Please contact the Eagle Nature Foundation for bird seed varieties and prices. The seeds have to be ordered and paid for in advance of Oct. 29. Then, on

Nov. 3, anyone who ordered bird seed must come to 8384 North Broadway Road, just 1/2 mile south of Apple River between the hours of 10 a.m. and 3 p.m. to pick up whatever seeds they ordered. If this date

is not possible, a later date can be arranged.

As this sale is a fundraiser for ENF, anyone who orders seed can consider 30% of what they pay to be a tax deductible donation to ENF. Anyone and everyone is invited to get their winter's supply of bird seed during this sale.

Also available on the porch at 300 East Hickory Street are some of Richard Briggs' homemade bird houses and bird feeders.

For more information contact: Terrence N. Ingram, Exec. Director, Eagle Nature Foundation, 300 East Hickory St., Apple River, IL 61001 Phone 815-594-2306

## Vaccination remains your best flu protection

Fall brings cooler temperatures, colorful leaves, and football games. It also means another flu season is upon us. Last year's season was rough. The best way to prevent flu and its potentially serious complications is getting a flu vaccine.



**RIDE IF YOU DARE ON THE TRAIN OF TERROR**



**It's ALL ABOARD!! as the train leaves the station for uncharted suspense! On certain nights in October ghosts and ghouls can be found haunting our rails. As the train rolls along, you never know what or who might step out of the darkness to greet you. Will the train return?? Check your fear at the door and come find out for yourself.**

**OCTOBER 6th, 13th, 20st, 2018**

**6p.m. - 9p.m. \$8.00 PER PERSON**

**2954 S. WALNUT RD FREEPORT, IL 61032**

**(815)235-2198 [www.thefreeportshow.com](http://www.thefreeportshow.com)**

**STEPHENSON COUNTY VISITORS CENTER (800)369-2955**

## Highland Choirs present 'From Stage and Screen'

The Highland Chamber Singers will present excerpts from the Gilbert and Sullivan operetta "HMS Pinafore," as well as selections from the movie-musical "The Greatest Showman" at 7:30 p.m. Friday, Oct. 19, in the Fine Arts Theatre in the Highland Community College Ferguson Fine Arts Center on campus at 2998 W. Pearl City Rd., Freeport, Ill.

The Highland Chorale is singing selections from "Frozen," "Winnie the Pooh," and a "Forrest Gump Medley." The Highland Youth Choir will sing selections from Willy Wonka and the Chocolate Factory with "Pure Imagination," "Candy Man," and "Oompa-Loompa." They will also sing "Top Secret Personal Beeswax" from Junie B. Jones, and "How Far I'll Go" from Moana. The Royal Scots will sing a medley of songs from the musical "Jekyll and Hyde."

Tickets are \$12 for adults; \$10 for seniors and \$8 for students. Purchase tickets online at [highland.edu](http://highland.edu).



# CHURCH NEWS

## Good Shepherd Lutheran Church

Good Shepherd Lutheran Church will gather for worship with Holy Communion on Oct. 14, at Good Shepherd, 118 E. Mason St. Lena, IL, at 9:30 a.m. All are invited to worship on this Twenty-first Sunday of Pentecost with Holy Communion. Following worship, there will be a time for fellowship.

On Wednesday Oct. 17, at 8 a.m. the Piece Corps Quilters will work together to craft quilts for Lutheran World Relief. Our quilts provide warmth and love to people in our community and in the world. Materials and helping hands to tie and saw quilts are always appreciated. No previous quilting experience is necessary. Come join the fun and make a difference in the world!

On Thursday, Oct. 18, Good Shepherd will be at Friendship Center for Devotions & Desserts.

During the month of October we are collecting donations for Le-Win Food Pantry. Personal hygiene products such as shampoos, conditioners, deodorants, tooth brushes and tooth pastes are especially appreciated.

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

## Kent/Willow UMC

The Kent/Willow United Methodist Churches will worship together Sunday, Oct. 14, at Kent UMC at 9 a.m. Pastor Chuck Wolbers will

bring the message from the Holy Bible. All are invited and welcome to stay for fellowship. Sunday School is at 10:30 a.m. studying from the Upper Room. All are invited and welcome to this time too. We have recently had some secret mystery house guests downstairs.

Kent Church is located in beautiful downtown Kent, IL. For more information, please call Pastor Chuck at 815-947-2541

## St. John Lutheran

You're invited to join us for worship at St. John's on Sunday, Oct. 14. The service will be led by Pastor Ekstrand. The Property, Memorial & Finance and the Stewardship and Outreach Committees will all meet after worship. The Sunday School continue their "Dig In-Discipleship" study beginning at 10:15 a.m. The Confirmation youth will also meet at 10:15 a.m. The

SPOTS Youth Group (four-six grades) will meet at 10 a.m. The 5th Quarter (7saeventh-eighth grades) will meet at 6 p.m. and the Genesis (high school) group will meet at 7:30 p.m.

Come out to Cub Foods, Freeport, on Oct. 12-13 for lunch. St. John's will participate in the Cub Foods Brat Stand on Oct. 12-13. All members are encouraged to sing-up for a shift. The sign-up is in the Narthex or contact the Church office.

Congratulations to Jodi Revels, Rockford, IL for winning the the \$200 Calendar Raffle drawing on Oct. 3.

On Nov. 4, St. John's will have the SPLAT Spaghetti Lunch (10:30-1:30 p.m.), the Craft & Vendor Fair (10 a.m.-2 p.m.) and host an FHN Flu Shot Clinic (10 a.m.-Noon). Vendors interested in participating should contact the church office at the phone number or email below.

Interested in a Book Study? St. John's is introducing a Book Study that meets at 6 pm on Sunday evenings at St. John's. The first book is "In the Middle of the Mess" by Sheila Walsh. "The trials we face in this life can feel overwhelming. We can convince ourselves we are too far away from God's grace for it to reach us where we are. This six-session video study shows how to use spiritual disciplines to break free from the cycle of despair and experience joy as a child of God." All are welcome, even if you haven't read the book or can only attend one session.

The Monday Evening bible study meets at 7 p.m. and focuses on "Apocalypse: Daniel and Revelation." The Thursday morning Bible Study meets at 9:30 a.m. and focus on "The Prophetic Imagination of Jeremiah." Members and non-members alike are welcome to attend the bible studies. Both bible studies are held in the Conference Room on the Lower Level. You're welcome to use the East entrance with stairs to the Lower Level or the Front/West Door and use the elevator.

Need a place to hold an event in Pearl City? The main hall at St. John's is available for rent. Call the church for more information and availability.

St. John's Lutheran Church is at 229 S. First Street, Pearl City, Illinois. The office phone number is 815-443-2215 (mornings). All are invited to our weekly worship services and youth to our Sunday School and youth ministries. You may also email at prshadmin@gmail.com.



COURTESY PHOTO The Scoop Today/Shopper's Guide

Each month the Stockton Unitarian Universalist Church gives a generous portion from Sunday's plate collection to a designated non-profit. The church has met its goal of giving 12 "Service Partners" groups additional donations in 2018.

## Fundraising concert at Council Hill Station benefits many

The Fifth Annual Service Partners Concert at Council Hill Station in Scales Mound on Saturday, Sept. 8, was hosted by the Stockton Unitarian Universalist Church. They extend special thanks to the generous sponsorship of Illinois Bank and Trust, Apple River State Bank, and First Community Bank of Galena. Hundreds of folks enjoyed the music of the popular local band, The Lonely Goats, and bid on silent auctions items generously donated by local businesses, agencies and individuals.

Each month the Stockton Unitarian Universalist Church gives a generous portion from Sunday's plate collection to a designated non-profit. The church has met its goal of giving 12 "Service Partners" groups additional donations in 2018.

The twelve 2018 organizations receiving support from the Stockton Unitarian Universalist Church from this benefit concert are:

SNAP, Riverview Center, NWILG-SA, The Workshop, Food Pantries of Warren, Stockton, Apple River and Elizabeth, JDCF, Hospice of NW Illi-

nois, Tylers Justice Center, Unitarian Universalist Service Committee

Each group will receive an additional check this year due to making a profit of \$3000 at this concert. Council Hill Station generously provided the beautiful rural setting for this day of family fun and of feeling good for helping. Our thanks to all of you who helped and to all that attended.

## EVANGELICAL FREE CHURCH OF LENA

720 N. Freedom Street  
Lena, IL • 815-369-5591

**Dr. Jim Erb, Senior Pastor**  
**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.**

*Listen to pastor's weekly sermon  
at [www.lenafreechurch.org](http://www.lenafreechurch.org)*

289317

## 'Peace Seekers' to be at First Presbyterian Church of Apple River Gospel Night

On Sunday, Oct. 14, from 7-8:30 p.m. at the First Presbyterian Church in Apple River, IL, "Peace Seekers" will be the featured singers.

The "Peace Seekers" are group of men and women who enjoy singing together and sharing their music with others.

The second portion of the evening will be open mic for anyone who wishes to share their music.

A sing-a-long gives everyone a chance to sing their favorite hymn.

Please contact Pastor Kathy Linn at 815-858-5410 for more information.

## Lena United Methodist Church hosts Country Breakfast

Lena United Methodist Church will hold its annual Country Breakfast, Sweet Shoppe and Craft event from 8-11 a.m. on Saturday, Oct. 20. Breakfast buffet will include: Scrambled eggs, biscuits and gravy, baked French toast, sausage, ham, fruit bowl, dessert cake, cinnamon rolls and beverage.

A raffle will be held for: 1st prize: Quilt made by Pastor Keri Rains-

berger, 2nd prize: Goodie basket worth \$150 by Mills Furnishing & Design, 3rd. Prize: Amish rug donated by Sue Bussian, 4th prize: \$25 gift certificate for AJ's Lena Maid Meats. You do not have to be present to win. UM women have tickets for sale now.

Grab a friend for some fun, come to breakfast and shop our baked goods and craft area.

## Warren United Methodist Church Roast Beef Supper

"Save the Date"

**Saturday, October 13th**  
**4:30 - 7:00 p.m.**

Adults \$10.00 • Children under 10 \$5.00

Roast Beef, Mashed Potatoes, Gravy,  
Corn, Green Beans, Applesauce,  
Fruit Cocktail, Rolls, Beverage.

*Pies made by the great baker Lola . . .*



328143

13th Annual **Fall Luncheon**  
**Wesley United Methodist Church**  
**Stockton, IL**  
**Sunday, October 21st at 11:30 a.m.**  
**Fellowship Hall**

**Featuring: Chicken & dressing, BBQ, seasoned beef sandwiches, hot dogs, chili, potato soup, potato salad, cinnamon applesauce, lime-pineapple jello, assorted pies, cakes and bars!**

**Serving through the**  
**Big White Church Auction.**  
**Auction start time 12:30 p.m.**

328176



## Northwestern Illinois Community Action Agency 2019 LIHEAP, PIPP and Weatherization Assistance Programs

Northwestern Illinois Community Action Agency has funding from the Department of Commerce & Economic Opportunity (DCEO) to assist residents of Jo Daviess and Stephenson Counties with home heating utility costs through the Low Income Home Energy Assistance Program (LIHEAP), Percentage of Income Payment Plan (PIPP) and Weatherization Programs.

LIHEAP clients with ComEd and/or Nicor Gas as utility providers may have the option of choosing between the traditional Direct Vendor (DVP) one-time payment or the Percentage of income Payment Plan (PIPP). The choices will be explained to clients during their application visit. PIPP applications will be taken until December 31, 2018 or until funding is exhausted. LIHEAP applications will be taken until May 31, 2019 or until funding is exhausted.

**Beginning Monday, Oct. 1, 2018**, income eligible seniors (age 60 and older) and people receiving disability benefits may call to schedule an appointment to apply for assistance.

**Starting November 1, 2018**, income eligible households without home energy service (are disconnected or have a disconnect notice from their primary and/or secondary heating utility) and families with children age 5 and under may also call to schedule an appointment to apply.

**Starting December 3, 2018** all other low income eligible households may apply.

Eligible households may call 800-883-1111 or 815-232-3141 from 8:00 a.m. to 3:30 p.m. to schedule an appointment to apply for assistance at one of the following locations.

NICAA Main Office- Freeport • Stockton Banking Center  
Warren Township Library • Hanover Village Hall  
Citizens State Bank of Lena • East Dubuque Library  
Illinois Bank & Trust - Galena Downtown  
German-American State Bank - German Valley

**Income Guidelines:** To qualify, a household must have a 30 day gross income at or below 150% of the federal poverty level shown below for 30 days prior to and including the application date.

1 person household - \$1,518      2 person household - \$2,058  
3 person household - \$2,598      4 person household - \$3,138  
Add \$540.00 for each additional person in the household

**\*\* The following documents will be required to apply for assistance \*\***

- Social Security Cards for all members of the household.
- Proof of all gross income for all household members for 30 days including the application date including pay check stubs, SSA/SSI/SSD current benefit letters, pension/retirement statements, child support, unemployment reports, TANF/AABD/Township GA assistance notices, self employment reports, and proof of zero income.
- Current complete heat and electric bills and disconnect notices you have received.
- Medical Card from Illinois Department of Human Services.
- Copy of current lease or rent receipt.
- Proof of homeownership, tax bill or title (for mobile home), is required for weatherization assistance.

## PY 19 LIHEAP Emergency Furnace Program

An Emergency Furnace Assistance Program is available for LIHEAP households of Stephenson and Jo Daviess Counties who are homeowners and whose existing heating systems are not functioning or have been red-tagged by their utility.

The purpose of the LIHEAP Furnace program is to restore heat to the household and is available from October 1, 2018 through March 31, 2019 or until funds have been exhausted.

Priority periods for the LIHEAP Emergency Furnace Program are the following:

**Beginning Monday, Oct. 1, 2018**, income eligible seniors (age 60 and older) and people receiving disability benefits may call to schedule an appointment to apply for assistance.

**Starting November 1, 2018**, families with children age 5 and under and households with an imminent disconnect notice may also call to schedule an appointment to apply.

**Starting December 1, 2018** all other low-income eligible households may apply.

To qualify for the LIHEAP Emergency Furnace Program, the household must first apply for and be approved for LIHEAP assistance.

The household must have active service with both primary and secondary heating utilities. Households and disconnected utilities are not eligible for this assistance.

In addition to LIHEAP documents, the following homeownership documentation must be provided:

1. Copy of real estate tax bill  
AND
2. One or more of the following:
  - Copy of warranty deed, contract for deed, or quit claim deed (all of these must be stamped and registered with the county clerk)
  - Copy of current mortgage statement
  - Copy of the original Mobile Home title

Please call 815-232-3141 or 800-883-1111 to make an appointment for assistance.

Northwestern Illinois Community Action Agency  
27 S. State Ave Suite 102, Freeport, IL 61032  
Phone: 815-232-3141 or 800-883-1111 • Website: [www.nicaa.org](http://www.nicaa.org)

328598

## Reality of racism explored

On Wednesday, Oct. 24, at 6 p.m. in the Lutheran Church of the Good Shepherd at 1829 N Rockton Ave, Rockford, (across street from West Middle School) the "Eliminate Racism in Rockford" movement is asking local organizations (faith communities, businesses, nonprofits, government bodies, and clubs) to partner with us in order to awaken the public to both personal and systemic racism.

We are offering programs to increase understanding of unconscious racism and to expose the prevalence of stereotyped judgments.

## Girl Scouts to open Freeport Resource Center

Mark your calendars and help us spread the good news that Girl Scouts of Northern Illinois (GSNI) will celebrate its newest resource center at 1834 S. West Street (in the Meadows Shopping Center) in Freeport with a family-friendly grand opening for the public from 10 a.m.-1 p.m. on Saturday, Oct. 13. This free event is to celebrate one of several new and redesigned Girl Scout locations as the organization moves to be more visible in local communities and offer increased convenience for families and volunteers. Be sure to bring the family. We hope to see you there.

your source for on-line news:  
**RVPNEWS.COM**



Please invite your community to participate with us in our first event. Together we can overcome obstacles and create solutions.

Please call Rev. Ken Board 815-312-5323 or Ann Rundall 815-978-6464 and let us know how many may attend. Bring your thoughts, questions, and confusions to our discussion format.

## Zion Community Church of Pearl City Open House

Please join us Sunday, Oct. 21, for an Open House celebrating our new church building. Worship service starts at 9 a.m. Open House will be from 1 - 3 p.m. with a short program at 2 p.m. Light refreshments will be served.

Zion Community Church, 10100 West Sabin Church Road, Pearl City. For more information contact Ed Curry at 815-541-3278.

## Salem United Church of Christ

You are invited to Salem United Church of Christ, 8491 W. Salem Road, Lena, on Sunday, Oct. 14. Sunday School for children and adults is at 9:30 a.m. and worship follows at 10:30 a.m. Pastor Randal Nicholas will present the sermon titled "The 100 Percent Rule," based on Mark 10:17-31. The Wednesday Morning Breakfast Group meets on Wednesday, Oct. 17, at the Country Junction in Freeport at 1669 S. Willard Dr.



COURTESY PHOTO  
The Scoop Today/Shopper's Guide

## Welcome home

Rausch Realty, Inc. is pleased to announce the addition of Judy Hedden to their sales force.

Judy grew up in Stockton, the granddaughter of Ralph and Cecile Pierce, and daughter of Mary Ellen Block. After many years in the Houston, Texas area, Judy recently returned to Stockton, and purchased a home. She trained as a paralegal, and worked for many years in land development and property management. In her leisure time, Judy enjoys crafting and sewing. "I'm so very pleased to be back in my home town and look forward to meeting old friends and new and helping them to locate the perfect home in our wonderful area."

Judy Hedden can be reached at Rausch Realty, 815-947-3963, or at 815-281-2871.

# Black Hawk Run Year End Gala and Halloween Party Saturday, Oct. 27

**Discount price on drinks,  
appetizers and finger food.**

**Music**

**Prizes for best costume**

**Come for a fun night  
ADULTS ONLY**



3501 S. Golf Road • Stockton  
815-947-3011  
[www.blackhawkrungolfcourse.com](http://www.blackhawkrungolfcourse.com)



328933



# FROM LENA'S KITCHEN



The not so skinny cook

We once again had the roller coaster of temperatures. If you have joint problems like me, this weather is a problem. I really am looking forward to the crisp fall temperatures coming. Hopefully we will see some of them after our next warm spell. This week the recipes will feature apples because there are a lot of good ones out there to eat and two casseroles that are good for fall main courses.

The first recipe features a homemade pimento cheese spread. It is great as an appetizer as well as a good spread on BLT sandwiches, burgers, grilled chicken sandwiches, or with pita chips or crackers.

## Pimento Cheese

2 C. shredded mild Cheddar cheese  
1 pkg. (8 oz.) cream cheese, softened  
1 jar (4 oz.) diced pimiento peppers, drained

2 T. mayonnaise  
½ t. salt  
¼ t. garlic powder  
¼ t. onion powder  
½ t. cayenne pepper

In a large bowl, beat all the ingredients with a mixer at medium speed until well combined. Cover and refrigerate for up to 5 days.

Since this time of the year is apple season, this apple addition to a green

salad adds an interesting crunch. The apple vinaigrette dressing adds just the right amount of punch to a rather boring green salad. Enjoy this different green salad.

## Apple Vinaigrette Salad

¼ C. apple juice  
1 T. balsamic vinegar  
1 t. Dijon mustard  
1 t. honey  
3 C. baby spinach blend  
1 apple, diced

Whisk together apple juice, vinegar, Dijon, and honey; drizzle over greens and diced apples before serving.

This casserole's name is misleading. Yes, it is full of the traditional loaded mashed potatoes, but it also includes some meat and vegetables. You have a regular meal with this one dish. I have a friend who uses the refrigerated mashed potatoes a lot. She likes the convenience of

them. She also uses them to stretch her homemade mashed potatoes.

## Loaded Baked Potato Casserole

6 bacon slices  
2 pkg. (24 oz. each) refrigerated mashed potatoes  
½ pkg. of an 8 oz. cream cheese  
¼ t. pepper  
3½ C. shredded rotisserie chicken breast, divided  
2 C. shredded cheddar cheese, divided  
1 C. chopped green onion, divided  
1½ C. fresh broccoli florets, divided

Preheat the oven to 375. Spray a 9 x13 pan with cooking spray. Fry the bacon and drain on a paper towel. Cool and then crumble the bacon. Peel back the film at the corner of each package of potatoes to vent. Microwave on HIGH for 3 minutes.

In a large bowl combine the pota-

toes, cream cheese, and pepper; beat at medium speed with a mixer until combined. Stir in 1¾ cups of chicken, 1 cup cheese, 2/3 cup of green onions, half of the broccoli, and half of the crumbled bacon. Spread mixture in prepared dish. Sprinkle with the remaining 1¾ cups of chicken, remaining broccoli, remaining bacon and remaining 1 cup of cheese.

Cover and bake for 45 minutes or until cheese melts and casserole is heated through. Sprinkle with remaining green onions.

I have been hungry for beef stroganoff, and I am always looking for different ways to make it. This recipe uses jarred gravy, so it is really easy. Again the use of the vegetables makes this a one-pot meal. I like to use the Kluski Amish Noodles for the pasta.

See KITCHEN, Page 14

## National 4H Week • October 7 - 13, 2018



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my *heart* to greater loyalty,  
my *hands* to larger service,  
my *health* to better living,  
for my **club**,  
my **community**,  
my **country**  
and  
my **world**.

328842

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# U.S. News & World Report names Monroe Clinic among best in knee replacement orthopedic procedure

The annual Best Hospitals rankings, now in their 29th year, are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions or for common elective procedures. Monroe Clinic was recognized as a Best Hospital of 2018-19 for Knee Replacement Orthopedic procedures.

"Monroe Clinic's Ortho team has been providing solid results for patients for many years...and it's

great to see their work recognized on the national stage," shared Mike Sanders, Monroe Clinic President. "In 2014 Monroe Clinic implemented a program that incorporates intense patient education and a patient coach experience to further improve results ... and clearly it is working."

Wes Speer, Monroe Clinic Director of Orthopedic Services, explained that experienced surgeons, nurses, physical therapists and even volunteers work together to achieve

results that allow knee replacement patients to get up and moving the same day as surgery. Speer elaborated, "Comparison of our joint replacement results to other joint replacement centers nationwide testify to the level of excellence Monroe Clinic has achieved." Wes was quick to point out that while the U.S. News & World Report recognition focused on Monroe Clinic's knee replacement procedure---the team has high-achievement results in fracture care, minor hand and

foot procedures, knee and shoulder arthroscopy, as well as hip, anterior hip and shoulder replacement procedures.

For the 2018-19 rankings, U.S. News evaluated more than 4,500 medical centers nationwide in 25 specialties, procedures and conditions. "For nearly 30 years, U.S. News has strived to make hospital quality more transparent to health-care consumers nationwide," said Ben Harder, managing editor and chief of health analysis at U.S.

News. "By providing the most comprehensive data available, we give patients and their physicians' information to support their search for the best care across a range of specialties."

For more information, visit [monroeclinic.org/USNews](http://monroeclinic.org/USNews) or Best Hospitals and use #BestHospitals on Facebook and Twitter.

## Lena library news

By Brittany Gaulrapp  
DIRECTOR

October is here already and that means Halloween is just around the corner. We will be having a Halloween party on Monday Oct. 29, from 5-7 p.m. The party will be an open house format, so come anytime. There will be food, treats, and fun for the whole family. Wear your costumes too. We will be judging costumes all night, so get to work on those creative disguises. We always look forward to seeing what you've come up with each year. The party will take the place of the After School and Story Hour classes and parties that week, so we really hope you will join us Monday night. Mrs. Kathy will be sending reminders home with each of the kiddos after class with more information. For additional questions regarding the event or programming call us at 369-3180 or message us on our Facebook page.

As some of you may have already seen, the After School kids have been very busy these last few weeks. They created some awesome fall art. Their work will be displayed for another week or so here at the library, so stop in and check it out. This past week the kids worked on fall search and finds and word search puzzles, and played fall/Halloween themed charades. It sounded like everyone had a great time.

The Story Hour groups have been just as busy. Last week they celebrated the first days of fall with a fall themed sticker sheet. They had time for a few books as well: Kitten's Autumn and Clifford's First Autumn. This last week each of the kids made their own scarecrow magnets and talked all about leaves with a leaf tracing and coloring sheet. As always, more books were read: Where Is Owl's Scarf?, We're Going On A Leaf Hunt, and Apple Pie ABC.

New Books: Echoes of Evil-Jance, The Forbidden Door-Koontz, and In Pieces by Sally Field. Stop in or give us a call to place a hold on any of our new titles. It's getting to be that time of year where your favorite authors will be releasing their holiday books. We have a few on order already, so keep us in mind as those holidays get closer and closer.

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# Lady Hornets enter final phase of post-season planning

By Chris Johnson  
REPORTER

The time to refine is nearly behind for the Scales Mound Lady Hornets. In a little over a week the IHSA Girls' Class 1A Volleyball Championship Tournament will begin. Time is running out to try to figure out how to get the wins to line up again, like they did earlier this season.

On Wednesday Oct. 10, the Lady Hornets head to Pearl City for the final time this season. The next night they head west to East Dubuque. The regular season comes to a close following home games against long-distance traveler Pecatonica on Saturday, Oct. 13 and on Oct. 17 against River Ridge.

Fall sports began in August across northern Illinois. In less than three weeks, it is Halloween. The regular season is about over for most IHSA-member volleyball teams. At the same time, things are about to get a lot more interesting for a few well-deserving programs. Many choices will be made by many players on many teams within the NUIC and across the State this week, regarding how far they are willing to go to help carry their team as far as it can go into the Class 1A Tournament. Last year NUIC member Durand made the march to State and came away with a trophy for its effort.

When the playoffs start, it's win or go home. In the playoffs the hot

team is probably going to pull down the win and move on to fight another night. There are chances for upsets waiting for lower seeds, such as those in place for the Lady Hornets in the opening round of the Polo Regional-Sectional complex. Knocking down the opener will put into motion a path that will lead Scales Mound into a lot more trouble right away though. Survival from there will mean things might look a lot more promising suddenly.

Brackets are set up to reward the best teams, those with the greatest win totals and accomplishments. That means the one, two and even three-seed will be given the easier paths to follow. An upset of the top or number two seed means that same path is waiting for the upset-driven sleeper. With the amount of talent filling the field in Polo, there's a statistical chance that someone else, perhaps someone who collected more wins this season than the Lady Hornets have, might go home before Scales Mound does.

The NUIC was loaded this year. Eight teams have already registered double-digit, above .500 marks. East Dubuque with a season record of 12-8-2 currently sits in ninth place with a week to go. They are in the field in the Polo Sectional com-

plex with Scales Mound. The Stockton Lady Blackhawks with their 7-2 NUIC mark and 14-7 overall record could be a team the Lady Hornets run into during early post-season play. They are also in the field feeding into Polo.

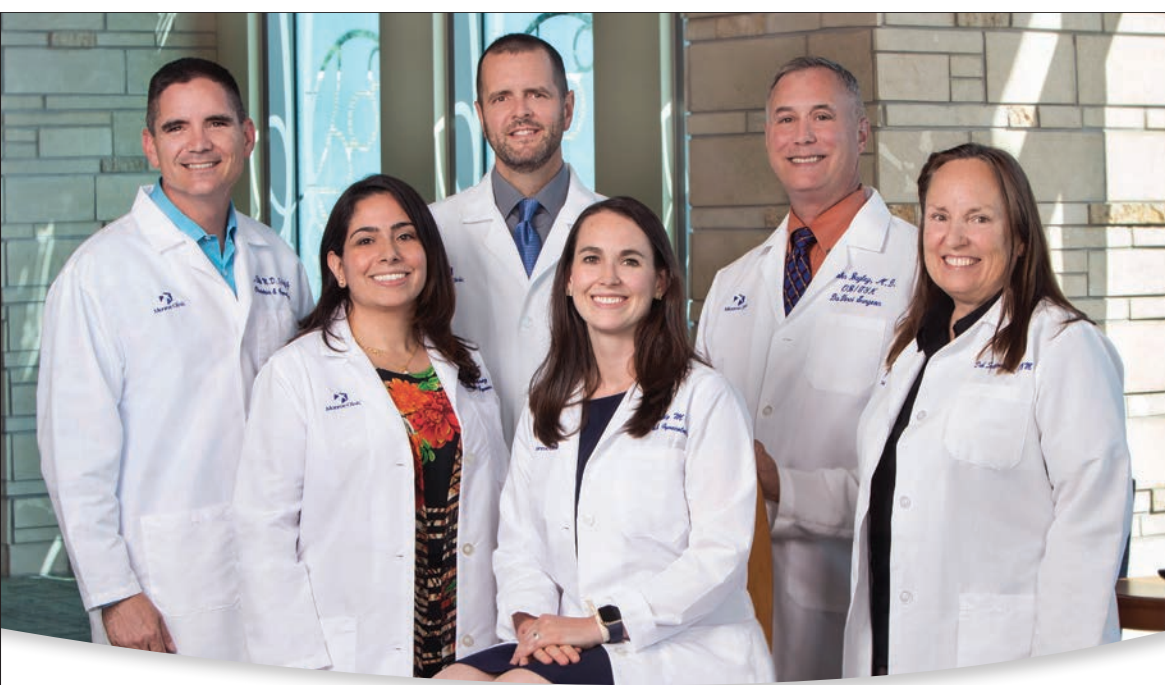
Durand and Alden-Herbron host opening round games and at this time will be forces to beat. The Lady Bulldogs lead the NUIC with only a few days to play. They entered this week with a 23-2 mark

but aren't alone in front. They are joined at the top of the conference by Galena with its 22-3 mark. Both teams are 10-0 in NUIC battles. Lena-Winslow also remains undefeated in head-to-head showdowns. They are 9-0 and are the third 20-game winner representing the NUIC so far this season. Forreston is in fourth place with a 7-2 mark and sits ahead of the Lady Blackhawks due to their nearly 20-win conference and non-conference win total

## Blackhawk Unit of Home Extension schedules October meeting

The Blackhawk Unit of Home Extension will hold its monthly meeting Thursday, Oct. 18, 7 p.m. at the home of Karen Pohl with Janette Wingert as her co-hostess. The lesson on "Drug Issues" will be given by Judy Shippee. The food collected this month will be taken to the Lena Food Pantry. Anyone interested is encouraged to join us.

The 95th annual meeting of the Stephenson County Association of Home and Community Education will be held on Oct. 15, with registration beginning at 9:30 a.m. at the Farm Bureau Building in Freeport. General and Mrs. Grant (Scott and Peggy Whitney) will be the speakers in the afternoon. All members are encouraged to attend.



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## Pearl City volleyball

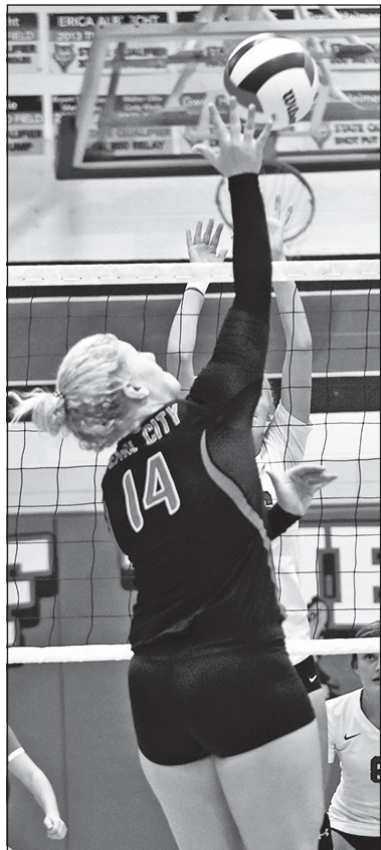
Pearl City Head Volleyball Coach Jordy Mcpeek holds a meeting of the minds during a time out.



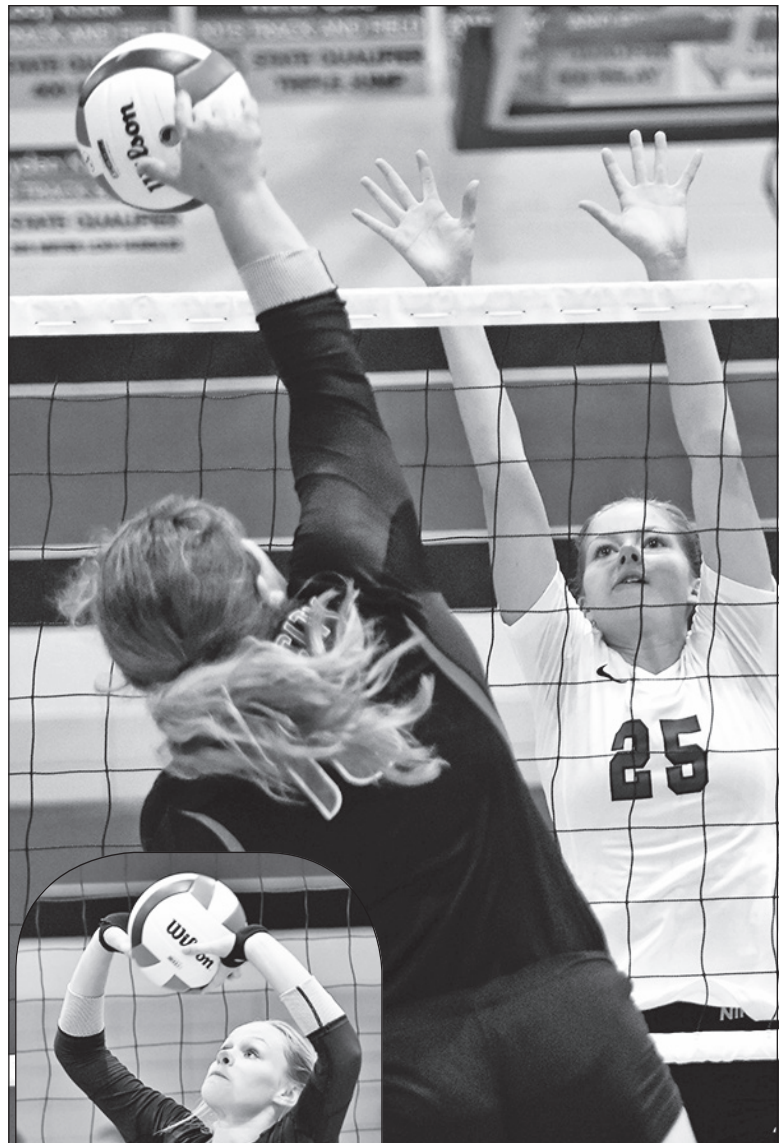
Alayna Palmer gets the first pass off for the Pearl City Wolves.



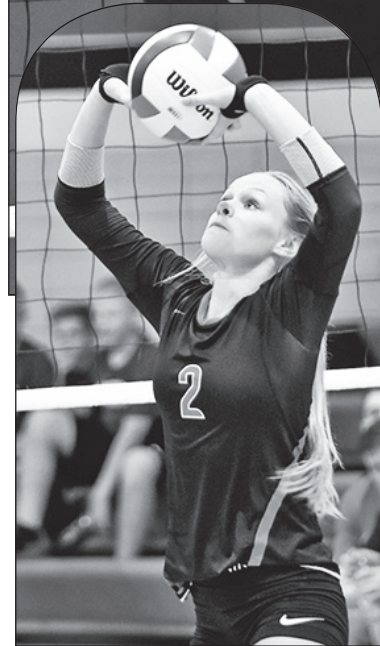
Jenna Robinson gets up from the right side delivering the spike for the Pearl City Wolves.



Elizabeth Dixon of Pearl City attacks from the side during the match with East Dubuque.



Pearl City's Nicole Adolph gets up to find empty space against East Dubuque.



Brynn Solt steers the pass to the outside hitter during the Wolves match against East Dubuque.



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## Orangeville American Legion and Auxiliary to host Chili and Soup Supper

The 16th Annual Orangeville American Legion and Auxiliary Chili and Soup Supper will be on Wednesday, Oct. 17, from 4:30 - 7:30 p.m. at the Orangeville Village Hall, 104 North Church Street, Orangeville, IL.

The soups being served are chili, ham and bean, and vegetable beef. There will be ham, turkey and cheese sandwiches. Dessert is included and this year there will be homemade pie, as well as cake and cheesecake. Coffee and milk will be served. Take outs are available.

Tickets can be purchased in advance from any Orangeville Legion member or at the door. Adults are \$7, children 6-10 years are \$4 and children under 6 are free.

Enjoy an evening out and help the Orangeville American Legion and Auxiliary with their annual fundraising event.



# Kitchen (Continued from page 9)

## Beef Stroganoff Casserole

1 lb. ground beef  
2 lb. sliced fresh mushrooms  
1 lb. green beans, trimmed and cut into 2-inch lengths  
2½ C. egg noodles, uncooked  
1 jar (12 oz.) Brown with onions gravy  
1 (8 oz.) container of sour cream  
3 T. Worcestershire sauce  
½ t. pepper  
1 container (2.8 oz.) French fried onions, divided

Preheat the oven to 350. Cook the meat and mushrooms in a medium skillet on medium-high heat for 8-10 minutes or until meat is no longer pink, stirring frequently. Add the beans to a large pot of boiling water and cook 3 minutes or until beans are crisp-tender and bright green in color. Remove beans and drop them in ice water with a slotted spoon. Add more ice and let stand until beans are completely cooled. Drain off the water. Add the noodles to a pan of boiling water and cook as directed on the package omitting the salt. Drain the noodles and return to saucepan. Add meat mixture, gravy, sour cream, Worcestershire sauce, pepper and ½ cup French friend onions; mix lightly. Spread beans onto bottom of a 9 x 13 baking dish sprayed with cooking spray. Top with noodle mixture and remaining onions. Cover with foil. Bake 30 minutes or until heated through, uncovering after 20 minutes. Sprinkle with 2 tablespoons of

chopped fresh parsley before serving  
This great bread recipe is a good one for the freezer. Put the recipe away and use it for the holidays after you have made it using fresh apples that are so tasty in this fall season. It is really moist and good.

## Apple Bread

3 C. flour  
2 C. sugar  
2 t. cinnamon  
1 t. baking soda  
½ t. baking powder  
½ t. salt  
4 eggs  
1 C. canola oil  
½ t. vanilla  
2 C. chopped peeled apples (about 2)  
1 C. coarsely chopped pecans or walnuts

Preheat the oven to 350. Line two greased 8 x 4 pans with parchment paper; grease the paper. Whisk together the flour, sugar, cinnamon, baking soda, baking powder and salt. In another bowl, whisk the eggs, oil and vanilla; add to flour mixture, stirring just until moistened (batter will be thick). Fold in apples and nuts.

Transfer to prepared pans. Bake until a toothpick inserted in center comes out clean, 50-55 minutes before removing to wire racks to cool. You can securely wrap cooled loaves in plastic and foil and then freeze. To use, thaw at room temperature

I make a really great baking dish

of apple dumplings the traditional way. However, I had several extra cans of crescent roll dough. When I found this recipe, I used up those extra cans to make this easy apple dumpling recipe that was much less time consuming than my regular recipe. Enjoy this dessert with ice cream or half and half. If you want to substitute 7-Up for the Sprite or Mountain Dew, it will work just fine.

## Country Apple Dumplings

2 large Granny Smith apples, peeled and cored  
2 (8 oz.) cans refrigerated crescent roll dough  
1 C. butter  
1½ C. sugar  
1 t. cinnamon  
1 (12 oz.) can of Mountain Dew or Sprite

Preheat the oven to 350. Grease a 9 x 13 baking dish. Cut each apple into 8 wedges. Separate dough into 16 triangles. Roll up apple wedges in each triangle and pinch end to seal completely. Transfer to the prepared baking dish.

Melt butter in a small saucepan. Stir in sugar and cinnamon. Drizzle over the dough. Pour the soda on the side of the pan for a crunchy top or over the top of the pan for a softer top. Bake until golden brown about 45 minutes. Let stand 10 minutes before serving.

October started out as a wet and

wild one. We had rain and wind; hopefully it will calm down because I am tired of having to get friends to put my flower pots upright. I am glad it is at the end of the season because there are lots of broken branches, leaves, and flowers. Baseball is over; I am a sad Cub fan. When I was recuperating, I watched a lot of baseball. I was hoping my team's season would last a bit longer. My Milwaukee Brewer friends are happy even if I am not. The fall season of television has started, and I am trying out some new shows. We will see if any of them really excite me. The last of the Farmer's Market comes this week; as I said last week, I am going to miss the squash and other vegetables as well as the homemade cookies and bars. I have stocked up on several jars of jelly for the winter also. There are a lot of craft fairs in our area. It seems as if there are a few more this year. Because I was cooped up for so long, I look forward to riding around the area and looking at the trees. I am looking forward to cooking some more this fall. We continue to look for some apple, squash, and pork recipes.

If you would like to share, please send them in. 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.

# Monroe Clinic sponsors 'Mental Health First Aid' training in Lena

Monroe Clinic will sponsor a 'Mental Health First Aid' training on Tuesday, Oct. 30 at St. John's Lutheran Church, 625 Country Lane Drive, Lena, Illinois.

Similar to 'First Aid' and CPR, 'Mental Health First Aid' teaches community members how to help those experiencing mental health challenges or crises. The training takes place from 8 a.m. to 4.30 p.m. with registration starting at 7:30 a.m.

Mental health challenges—including depression, anxiety, psychosis and substance use—are common among teenagers in the United States. Twenty percent of the adolescent populations live with a mental health condition, but only fifty percent will ever receive the help they need.

Teachers, school staff, pastors, youth-group leaders, agency staff, local citizens, or anyone working with children of all ages are welcome to attend the event. Learn more about Mental Health First Aid at [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

A \$25 fee includes the training, continental breakfast and lunch. To register for this event, please contact Tammie at 608-324-2639 or [tammie.jamiska@ssmhealth.com](mailto:tammie.jamiska@ssmhealth.com)

## PREVENTIVE CARE



## FHN 2018 Flu Shot Clinics

### OCTOBER

8	noon – 3 p.m.	<b>Good Shepherd Lutheran Church</b> 118 E. Mason Street, Lena*
9	1 – 3 p.m.	<b>Mest Manor</b> 525 3rd Street, Savanna
12	9 a.m. – noon	<b>Carroll County Senior Center</b> 306 N. Main, Mount Carroll ♥
14	10 a.m. – noon	<b>First Lutheran Church</b> 301 S. Clay, Mount Carroll
16	9 a.m. – noon	<b>Golden Meals</b> 524 W. Stephenson Street, Freeport (rear entrance) ♥
19	8:30 – 10:30 a.m.	<b>Lena Living Center</b> 1010 S. Logan, Lena
19	3 – 6 p.m.	<b>State Bank</b> 215 S. Main Street, Pearl City
23	10 a.m. – noon	<b>Wesley Chapel, Bethel UMC</b> 201 S. Hickory Street, Shannon
25	10:30 – 11:30 a.m.	<b>Liberty Village Estates</b> 2080 Navajo Drive, Freeport ♥
26	2 – 4 p.m.	<b>State Bank</b> 1718 Dirck Drive, Freeport
30	9 – 11 a.m.	<b>Oakley Courts</b> 3117 Kunkle Boulevard, Freeport

♥ Indicates a site with a free blood pressure screening at the flu shot clinic site. Blood pressure screenings are available to anyone free of charge.

See [www.fhn.org](http://www.fhn.org) for November and December flu shot clinic dates.

## Protect yourself and your family with a flu shot!

Influenza ("flu") isn't anything to mess around with – it can be serious or even deadly for elderly people, newborn babies, and people who have certain chronic illnesses.

Help your body fight off the flu this year by getting a flu shot at one of FHN's flu shot clinics, open to the public at convenient locations across northwest Illinois.

If you are an adult under 65 years of age, you will get a quadrivalent vaccine for \$28.

If you're 65 or over, you will receive a high-dose version of the vaccine (\$62). There will be no out-of-pocket expense if you are covered by Medicare Part B (please present Medicare card) or a Medicare HMO accepted by FHN (there's a list available at each location; covered persons MUST present the Medicare HMO card instead of the Medicare card for the billing process).

All immunizations not covered by Medicare or a Medicare HMO must be paid for by cash or check payable to FHN. The prices shown here are only available at these flu shot clinics; other rates may apply in FHN offices. No other insurance coverage can be accepted at these flu shot clinics, and per government regulations, no Medicaid cards can be accepted at these locations.

Because of federal guidelines to prevent identity theft, everyone must present a photo ID to receive an immunization. Children can only be immunized if a written prescription from a physician indicating dosage is presented.

You should NOT receive a flu shot at any of these clinics if you:

- Are allergic to eggs or the flu vaccine
- Are ill or have a fever
- Have a depressed immune system

Please contact your healthcare provider or call FHN toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 945 for assistance in finding a provider if you can't receive a vaccination due to the above restrictions.

For more information, visit [www.fhn.org](http://www.fhn.org).





# Stockton CUSD #206 BOE September meeting summary

In her Superintendent's report, Mrs. Fox reported meeting with Citizen's State Bank, Doug Broshous and Vicki Eden are completing paperwork to receive fuel tax credits and refunds. She stated that the ROE had completed their yearly inspection of the District on Sept. 19. She reminded the Board that it was an election year and that four members are up for re-election. In her good news report, Principal Colleen Fox thanked all community members that had made donations to support elementary school students with school supplies and morning milk fees. Elementary Picture Day was Sept. 12, and re-take day is Oct. 23. Mrs. Fox reported that the current enrollment at the elementary school is 251 students Pre-K through fourth grade. In her administrative report, Mrs. Fox reported that the first PTO meeting was on Sept. 12. Parents are encouraged to become involved with the Stockton PTO. Fire and storm drills have been completed at the elementary school and Grandparent's day will be celebrated on Sept. 28. Sept. 7, was the first SIP day and staff worked on ALICE training and required GCN trainings. In her good news report, Mrs. Downey stated that a pep assembly was held to recognize senior students for their achievement on the SAT exam. Students that had achieved a certain score were entered into a drawing to win prizes. Winners of the prizes were Ellen Fox, Lindzy Friedlein, and Jennifer Hatfield. Lindan Legal was the winner of the Sprocket. On Sept. 6, students attended an anti-bullying assembly presented by Keith Deltano. Thank you to the Galena Elks Lodge for arranging this assembly. In her administrative report, Mrs. Downey reported that all fire and storm drills for the high school have been completed, first quarter progress reports were issued on Sept. 14, a county wide teacher institute was held at River Ridge on Sept. 17, Mrs. Hoffer, Mrs. Heidenreich, Mrs. Malone with Mrs. Downey attended a transitional math summit on Sept. 21, at

Highland Community College, the Jo Daviess County Women's League of Voters came on Sept. 21, to assist students that are 18 years old to register to vote, MAP testing has been completed at the high school and RTI services will be implemented for identified students. In his good news report, Mr. Fox congratulated the Blackhawks of the month: 5th grade, Ari Zink; 6th grade, Kyla Arnold; 7th grade, Anthony Bilich and Dominick Bilich; and 8th grade, Kylah Kurek. In his administrative report Mr. Fox thanked Mrs. Malone for organizing the high school student mentor program for fifth and sixth grade students. The mentor program is in its seventh year. Mr. Fox stated that student handbook material had been reviewed with each grade level, all fire and storm drills have been completed at the middle school, and MAPS testing has been completed at the middle school and RTI services will be implemented for identified students. FHN has received a grant and will be providing drug and alcohol prevention education to seventh and eighth grade students. Mrs. Fox reviewed minutes from the CTE Academy and NWSE. The building and grounds committee met and continued to discuss the opportunity assessment of the District.

In new business, the board took the following action:

1. Approved administrative reports as written into board minutes 6-0 following a motion by Haas and second by Gille.

2. Approved FY 19 budget 6-0 following a motion by Haas and second by Gille.

## Discovery Center Scout Saturday

Don't miss Scout Saturday on Saturday, Oct. 13, 10 a.m. – 5 p.m.

Scouts in uniform (as well as uniformed scout leaders) receive discounted admission of \$6/person today. This also includes FREE planetarium shows today (one in Spanish when available) and FREE admission to the Great Balls of Fire temporary exhibition.

lowing a motion by Mapes and second by Haas.

3. Approved removing Connie Hill and Diane Kunz from student activity CD 53636 at Citizen's Bank and adding Casey Downey, Brad Fox, and Colleen Fox 4-2 following a motion by Cahill and second by Haas. Voting yes was Cahill, Haas, Mapes, and Vincent. Voting no was Gille and Schubert.

4. Approved installation of call-in switches in 5 rooms at the middle school 6-0 following a motion by Mapes and second by Haas.

5. Consideration of moving forward with bollards project for the high school was tabled.

The board voted to go into closed session under the Open Meetings Act 5 ILCS 120/2 for the purpose of appointment, employment, compensation, performance of personnel, and matters relating to students at 7:23 pm 6-0 following a motion by Haas and second by Mapes. The board voted to return to open session at 8:20 pm 7-0 following a motion by Haas and second by Mapes.

Under continued new business, the

board took the following action:

1. Approved employment of Darin Glass as substitute / special trip bus driver 7-0 following a motion by Haas and second by Gille.

2. Approved moving forward with FEH Design Architect firm 7-0 following a motion by Mapes and second by Vincent.

3. Approved employment of high school computer / business teacher Lindsey Duerr for the remainder of the 2018-2019 school year 7-0 following a motion by Haas and second by Cahill.



COURTESY PHOTO The Scoop Today/Shopper's Guide

## Youth Leadership Training

Patrick Mensendike, Drew Mensendike, Haylen Scott, and David Lancaster of Stockton Boy Scout Troop 31 are National Youth Leadership Training Graduates.

## TRUCK OR TREAT VENDORS NEEDED!!!

**SATURDAY, OCT. 20TH • 9AM-9PM**

**EARLY REGISTRATION PRICE EXTENDED!!!**

**\$50 per booth/vendor truck, additional \$35 for electricity.**

**Food vendors must have food permit from Stephenson County Health Department.**

**Not for profits, schools, and churches set up FREE!**

**Booths approximately 12' x 12'; provide your own tables, chairs, supplies, & extension cords.**

**ANY TYPE OF VENDORS ARE WELCOME!**

**Any questions or to sign up, contact the Lena Park District at 815-369-5351 or lenapark@aeroinc.net**





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The Scoop Today & The Shopper's Guide

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## HELP WANTED

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328692

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# Senior Resource Center Rocking 50 and Beyond Expo

Mark your calendars for Oct. 11. That is the date of this year's Senior Resource Center Rocking 50 and Beyond Expo Presented by State Bank. Expect to not only learn from vendors but also this year we are adding entertainment and other features you will enjoy.

"We are expanding the expo to appeal to even more people as the idea of a senior broadens every year," said Susan Lambert, Senior Resource Center executive director. "We even have a small locally drawn art display this year depicting the idea of 'Rocking 50 and Beyond.'"

The expo runs from 8:30 a.m. to noon Thursday, Oct. 11, at the Freeport Eagles Club, 1200 W. Galena Ave. Parking is available in the Eagles Club lot as well as the center area of the Lincoln Mall parking lot across Galena Avenue. Senior Resource Center shuttle buses will be running between the mall and the expo to transport attendees who need a ride between the two venues.

For the first time, the Senior Resource Center is offering early registration which will streamline the sign-in process for attendees. Those who sign up for early registration should wait in line at the door a shorter amount of time. Plus all paperwork will be prefilled and your raffle prize will be entered for you. Expo early registration is open until 4 p.m. Oct. 8. Just call 815-235-9777, ext. 221, to sign up for early registration.

Another new item to the expo this year is a food drive. The Senior Resource Center asks guests to bring a non-perishable food item canned or boxed item to the expo. All donated food will be given to food pantries in Stephenson and Jo Daviess counties. The food drive is not mandatory and you receive only the good feeling that comes from helping others.

Once at the expo, the first 250 guests again this year will receive a gift courtesy of Angela Damin of Jewell Insurance. Attendees will be able to visit our 60-plus vendors in the main

exhibit area representing an array of organizations including senior living facilities, insurance agents, not-for-profit organizations, fitness centers and health organizations.

The entertainers Gramps With Amps from the Beloit, Wis., area will perform periodically in the main area. The duo sing '50s, '60s and '70s music. When not playing short sets, they will visit with attendees from 9:30 to 11:30 a.m. Their performance is sponsored by Aetna and the Lynn Kempel Agency.

During the expo, the new Hospitality and Health Room Sponsored by the Freeport Recycle Store will feature free donuts and coffee and a seating area. On the health side, FHN will offer glucose, cholesterol and blood pressure screenings, the Stephenson County Health Department will give flu shots, and Monroe Clinic will present information on "3Bs: Bones, Brain and Bowels." In addition, the Senior Resource Center tables, where you can make your Medicare Open Enrollment appointments, will be in this room, as will the Illinois Secretary of State Mobile Office that renews drivers' licenses and state ID cards and the Illinois Treasurer ICash table. Raffle prizes also will be claimed in that area this year.

Our Rocking 50 and Beyond Expo sponsors are: State Bank, presenting sponsor; Freeport Recycle Store, Hospitality and Health Room Sponsor; Angie Damin of Jewell Insurance, promotional item sponsor; JCWIFI and MetLife Auto & Home, gold sponsors; Aetna and Lynn Kempel Agency, entertainment sponsors; Big Radio, The Journal-Standard and Visible Outdoor Ads, media sponsors; Chesney for State Representative, FHN, Monroe Clinic sponsored by SSM Health and Walker Mortuary, bronze sponsors.

Proceeds from the expo help support the Eight Pillars of Service the Senior Resource Center provides and the people who count on those programs.

For more information about either expo, people may contact Julie at the Senior Resource Center, 815-235-9777, ext. 254

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# Lions Candy Days

Friday, October 12th • Saturday, October 13th



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328278

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## LEGALS

### STATE OF ILLINOIS, CIRCUIT COURT STEPHENSON COUNTY PUBLICATION NOTICE OF COURT DATE FOR REQUEST FOR NAME CHANGE (ADULT)

**2018MR83**  
**Case Number**

Request of:

Joyce Marlene Shelly Goeke

There will be a court date on my Request to change my name from: Joyce Marlene Shelly Goeke to the new name of: Joyce Marlene Shelly.

The court date will be held on November 26, 2018 at 11:00 a.m., at 15 N. Galena Ave., Freeport, Stephenson County.

/s/ JOYCE MARLENE  
SHELLY GOEKE

Joyce Marlene Shelly Goeke  
(Published in

The Shopper's Guide  
Oct. 10, 17 & 24, 2018)

328667

### NOTICE OF PUBLIC HEARING ON TOWNSHIP BUDGET

Notice is hereby given that a Tentative Budget and Appropriation Ordinance for Road Purposes of the West Point Township, in the County of Stephenson, State of Illinois, for the fiscal year beginning April 1, 2018, and ending March 31, 2019, will be on file and conveniently available to public inspection at the home of the Town Clerk, Bill Staton, from and after 7 o'clock a.m., on October 15, 2018.

Notice is further given hereby that a public hearing on said Budget and Appropriation Ordinance will be held at 7:30 o'clock p.m., on November 6, 2018, in the West Point Township Garage in this town and that final hearing and action on this ordinance will be taken at a meeting at 7:30 p.m. in the West Point Township Garage on November 6, 2018.

John Murrell, Supervisor  
Bill Staton, Clerk

(Published in  
The Shopper's Guide  
Oct. 10, 2018)

328752

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COURTESY PHOTO Shopper's Guide

## Good genes

Pearl City Seventh Grade students enjoy making DNA Helix models in Science class.



COURTESY PHOTOS Shopper's Guide

## Writers matter

Pearl City fifth graders Edén Schubert, Kayden Martin, and Morgann Britton help first graders with a writing project.



Pearl City fifth grader Kameron Downs works with first grade buddy Cara Brinkmeier on a writing project.



COURTESY PHOTO Shopper's Guide

Pearl City students Lucas Peterson and Libby Dixon are happy to accept a donation from Forrester State Bank presented by Monica Sandel.

## Pearl City School benefits from debit card accounts

Thank you to the Forrester State Bank and the entire community for this donation to the school. This donation was due to community members opening a new account and electing to have the Pearl City School District Debit Card. When a new account opens, the bank donates

\$25 to the school. If a person already has an existing account, and makes the decision to get the Pearl City Debit Card, the bank donates five dollars to the school. The Pearl City School District is grateful to the bank and the community members for this generous donation.

## MEDICARE Solutions



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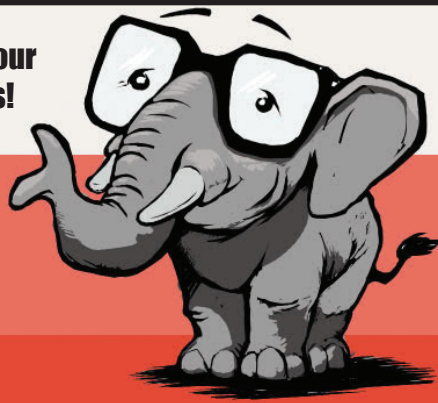
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328507



**Don't forget to use your insurance benefits!**



**It's the end of the year and insurance benefits will be resetting soon**

As a reminder if you have treatment you have put on hold, now may be a good time to schedule an appointment to **maximize** your **INSURANCE BENEFITS** and use any remaining **FLEX ACCOUNT DOLLARS** you may have.

Call us today to schedule your appointment  
**815-947-3700**

**Dr. Stephen Petras**  
**Stockton Dental Center**  
120 West Front Avenue  
Stockton, IL 61085

328696

## U of I Extension offers Backyard Orchard sessions

Come join University of Illinois Local Foods and Small Farms Educator Grant McCarty as he presents The Backyard Orchard. This program is being held on Thursday, Oct. 18, from 1 to 3 p.m. at the Elizabeth Community Building, HWY 20 W Elizabeth, IL or from 6 to 8 p.m. at the Jo Daviess County Extension Office, 204 Vine St Elizabeth, IL. The cost of this program is \$5 and pre-registration is requested by Tuesday, Oct. 16. For more information or to register call the Jo Daviess County Extension Office at 815-858-2273 or visit us online at [web.extension.illinois.edu/jsw](http://web.extension.illinois.edu/jsw).

The Backyard Orchard program is designed for people with already established fruit trees or those who are looking to get started in setting up an orchard. Topics that will be covered include variety selection, trellising/support, day 1 of planting, pruning, insect/disease management, and harvest. The types of fruit trees covered will be apples, peaches, pears, and plums along with other unique fruit trees.



COURTESY PHOTO The Scoop Today/Shopper's Guide

## Cavity Free

**Stockton Dental Center Cavity Free Kids winner for the month of July is Grace, age 6.**

## Freeport Salvation Army prepares for deeper water

The local Salvation Army disaster teams were activated Friday by regional disaster officials in Peoria.

"This is our community and we serve with the desire to make tomorrow a better day, we strive to relieve suffering humanity" said Captain Lee Brickson

Salvation Army will continue with

the normal daily services at 106 W. Exchange St. as they continue to assess their response. A response team is being assembled with Disaster Services volunteers and equipment from neighboring communities from as far away as Cedar Rapids IA, Davenport IA., Chicago and Sterling - Rock Falls.

Help us bring  
**LIGHT  
TO THE  
FIGHT!**



Early detection is the most effective weapon we have in the fight against breast cancer, so OSF HealthCare wants to make sure every woman 40 or older, or who is at high-risk for breast cancer, is getting a regular mammogram.

Our goal is to perform more than 1,000 mammograms by the end of October - Breast Cancer Awareness Month. When we hit our goal, we'll bathe the hospital in pink spotlights to shine a light on the community's commitment to fighting breast cancer.

As a bonus, every woman who gets a mammogram at OSF HealthCare now through October receives a free packable tote (while supplies last). Women getting their first mammogram also receive a voucher for a free chair massage at the Rejuvenation Center at OSF HealthCare Saint Anthony Medical Center.

### Walk-in screening mammogram services at:

OSF Saint Anthony Women's Health Center  
5666 E. State St., Rockford, Illinois (in the North Tower)

OSF HealthCare Center for Health - Rock Cut  
9951 Rock Cut Crossing, Loves Park, Illinois

OSF HealthCare Center for Health - Belvidere  
1954 Gateway Center Drive, Belvidere, Illinois



**OSF HEALTHCARE**

[osfhealthcare.org](http://osfhealthcare.org)

328337

**ECHO BEAR CAT**



**ONE DAY SALE**

**20% OFF SELECT UNITS\***

**1-DAY ONLY SALE**

**Friday, October 12, 2018  
8:00am-5:00pm**

**20% OFF SELECT ECHO UNITS\***

\*20% off MSRP discount applies to select ECHO or ECHO Bear Cat units on the day of the dealer sales event only. Excludes all GT-225 models, SRM-225 models, PB-250LN, PB-2520, 58v cordless and all accessories. Not to be combined with any other offers.

**Wurster's Sales And Service LLC**  
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