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YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, FEB. 6, 2019

## Lena-Winslow falls to Pearl City in conference battle

By Trent Scheidegger  
REPORTER

The Lena-Winslow boys came into the Pearl City gym holding a 16-6 overall record, while sitting at 5-2 in their conference. The 5-2 record is good enough to put the Panthers in fourth place, as the Northwest Upstate Illini-West Conference features a four way battle for first between Pearl City, East Dubuque, River Ridge, and Lena-Winslow. Pearl City came in at the top of the conference with an undefeated 6-0 in league record, while they held an 11-4 record on the season.

These teams faced off just over two weeks ago, when they both traveled to the United Center for what would be considered a non-conference game. Lena-Winslow would take home the victory 45-39; however it wouldn't benefit their conference standings, which is how Pearl City remained undefeated in the league.

Last Friday's match would be the third time these teams faced off this season, and it surely did not disappoint. Both teams have struggled to play scheduled games with recent weather. The weather also caused a lack of practice for both squads, and it showed early on in Friday's match up.

Pearl City had a fantastic first quarter from beyond the arc. Lucas Petersen and Brock Smargiassi each delivered a pair of three-pointers as they led the Wolves to a 16 point first. Parker Magee provided most of LeWin's offense early on, hitting a three-pointer and a pair of jumpers, giving him seven in the quarter. The Panthers would trail the Wolves 11-16 as they began the second.

Pearl City hit a drought in the second as they went 0 for 9 from the field through most of the quarter. In fact, for the first seven minutes, their only points came off three Jayden Kempel free throws.

LeWin's Sean Ormison managed to hit a spin move in the lane and land a tough layup which brought the Panthers within four, down 19-15. The Wolves finally got their first basket of the half with just over a minute

remaining when Braden Smargiassi hit a three-pointer. Collyn Kuberski would also hit a layup just before the buzzer, putting Pearl City up by nine just before halftime. Both teams would struggle offensively in the second, as the Panthers managed to get just four points of their own. The Wolves would hold a 24-15 lead as they went into the break.

Brock Smargiassi would score the first basket of the second half which would temporarily give the Wolves a double digit lead. Magee and the Panthers would answer quickly with a layup of his own, cutting the score to 26-17.

The teams would go back and forth on their next couple possessions, eventually coming to a 30-21 Pearl City lead.

While Jayden Kempel was at the free throw line, a technical was called on Lena-Winslow which allowed the Wolves to extend their lead to double digits once again, as they went up 32-21.

The Wolves and Panthers would head into the fourth with Pearl City up 33-23.

Parker Magee would then go on an absolute tear. Magee would hit a three, a tough layup, and another three-pointer as he scored 10 straight points for the Panthers and brought them within just two, down 33-31. Ormison would then hit a layup of his own, completing the Panthers 10 point run and tying the game at 33 all.

Jarod Kempel would end the Panther run by going two for two at the free throw line, giving the Wolves a 35-33 lead. Brock Smargiassi would steal the Panthers ensuing in-bound pass, leading to another foul, in which Brock would go two for two, and extend the Pearl City lead to four.

Parker Magee would continue his hot hand, however, as Magee hit two straight three-pointers right in the face of Pearl City's defenders. Magee almost single handedly tied the game for the second time Friday night, bringing the score to 39-39 with just under 40 seconds remaining.

Pearl City would hold the ball until the final seconds, as they set up the

play they wanted to run. Brock Smargiassi dribbled at the top of the arc until the clock hit 11 seconds; he ran a fake pick and roll until he found his brother Braden in the left corner with a matchup the Wolves liked. Braden then hit a pump fake which allowed him to drive to the basket where he hit a layup that bounced around the rim and eventually fell with just four

seconds remaining.

The Panthers did what they had to do, which was give Magee the ball. However, they had to drive the length of the court in just four seconds, and the Pearl City defense held Magee to just a half court heave, which would fall short.

The loss puts a damper on the Panthers Conference championship

hopes. With just two conference games remaining on the schedule, and Pearl City sitting at 7-0, it puts the Panthers just out of reach of passing up the Wolves.

These teams could meet up for a fourth time this season, however. It

See BATTLE, Page 10



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## 100 days

Pearl City Kindergarteners Karlee Hammer, Gavyn Gerke, Elmer Heid, Hudson Voss, Lily Block, Madi Mantei, and Brooklyn Voegeli shared their 100-day projects that they created at home with their families.

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# Lena-Winslow/Orangeville Speakers head to state tourney

The 2018-19 Illinois high school "regular" speech season came to a close on Saturday, Jan. 26. Some schools began competing in October, some in November, and most in December, but after the fourth Saturday in January fades into history, the "real thing" starts- the IHSA State Series, consisting of Regional, Sectional, and State competition.

"Real thing" may be a bit of a misnomer. The preceding invitational speech tournaments are important in that they prepare the students to be at their best in the State Series. They also help coaches determine who will be on the State Series team to begin with. Unlike the other tournaments where, within reason, the coaches can enter as many students as they wish in each of the fourteen speaking categories, the "Regional Team" as it's also called, is limited to one student per team per category. But unlike many other high school sports and activities, there is no regular season win-loss record to take into account. Speech teams are not seeded in the post-season. Come the first weekend in February, the slate is wiped clean and a new competition begins featuring the best that the competing teams have to offer.

The Lena-Winslow/Orangeville speech team certainly ended their regular season on a high note taking first place in the Small School Division (Ninth overall out of seventeen teams) at the Rockford Jefferson Top of the State tournament. A first place award in an invitational tournament

in and of itself may or may not indicate that a team is the "best" in that tournament, the local region, or even the entire state.

Subjectivity is intertwined into the DNA of competitive speech so much that any notions of "best" are purely speculative. The Le-Win/Orangeville team did have many quality performances that day including three first place awards. But, the key to the first place award was to have speakers earn high ranks in all fourteen categories. Invitational tournaments that follow well-established, but unofficial protocol award team points as a result of individual rankings of all participating students. The higher a student places, the more team points are awarded. Add up all of the points across the fourteen categories, and you have your rankings.

A common technique for a team to increase its tournament ranking is to "double-enter" students, meaning they compete in more than one category thereby earning more points. Typically, Le-Win/Orangeville has about half of its students double-entered. If a comparably-sized team has more double-entries, that team earns more points, and thus a higher ranking. So, a high ranking is a matter of quality and quantity.

So how, with high-quality performances from veterans and rookies alike did the Le-Win/Orangeville team wind up with such a high rank-

ing?

Two of the three individual first place prizes were given to the Orangeville radio-speaking pair of Malone and O'Brien, names that sound like they would be attached to a 1920s Dublin vaudeville act or a company that produces Irish spirits, but of course being Irish has nothing to do with anything. Some of the last names of IHSA Radio State Champions in the last few years have included Volkman, Surabhi, Sommerfeld, Georgiou, Patel, and Cavazos.

And what do all of those names' owners have in common? They were good at what they did, which was to take an extensive pile of news, sports, and weather clippings, plus a commercial, and given a mere forty-five minutes, assemble them into a newscast that must fit into a tight little window of four minutes and fifty seconds to five minutes and five seconds. Think that's easy? Try it.

Volkman, Surabhi, Sommerfeld, et al, like Malone and O'Brien are just good at what they do. They take God-given ability and apply it. That's their secret. And it's the secret of many other students in the state that have reached the top of their game, or are rapidly approaching it. And speaking of Lucas Schoaf...

The Lena-Winslow sophomore receives this year's "What Took You So Long? It's About Time" award to go along with his first place Next-In varsity award in Original Comedy, given to him at the Jefferson tournament. Lucas had a fantastic breakout year as a novice freshman, winning three varsity awards as well as many novice prizes. But, the coach with whom Lucas primarily worked last year resigned his Lena-Winslow teaching position last summer to take a similar job downstate, and sometimes that can wreak havoc with a coaching continuity.

A second fake award is the "You're Really Good and We've Been Waiting Two Years for You to Join the Team" prize, which is given to rising star Kierra Lynn Schulz, a Le-Win junior and veteran of the



COURTESY PHOTO Shopper's Guide

**Le-Win senior Ella Brunner displays her Dramatic Interpretation medal and the team's Small School Division first place trophy.**

Lena-Winslow stage. Even though she has performed in the Humorous Interpretation category just a small handful of times this year, she finished a very respectable eighth place at the Jefferson tournament, beating out top-flight talent from Freeport, DeKalb, and Bartlett, a large suburban school with an enrollment of nearly 2,500.

The "Break Time's Over, Back to Work" award goes to Le-Win senior Ella Brunner, who took her junior year off after a very successful freshman year and representing the team in the Prose Reading category at the 2017 Regional Tournament as a sophomore. She finished fifth in the Next-In Dramatic Interpretation category at Jefferson. Ella also teamed up with Kierra Lynn to form the team's strong Humorous Duet Acting pair.

And, if there was an award called "Getting Better and Better," Le-Win sophomore Andrea Sutter would win it, because her weekly rankings have been getting just that, better and better. Andrea won the fourth place Next-In prize (10th place overall) in

Prose Reading at Jefferson out of a field of thirty-seven competitors, the biggest category in the tournament.

The following is a list of all award winners from the Jefferson tournament:

Dramatic Duet Acting: Michael Decker/Payton Scace, sixth (Next-In Varsity); Dramatic Interpretation: Ella Brunner, fifth (Next-In Varsity); Extemporaneous: Ashlyn Enck, fifth (Next-In Varsity); Humorous Interpretation: Kierra Lynn Schulz, seventh (Varsity); Impromptu: Ronan O'Brien, fifth (Next-In Varsity); Improvisational Duet Acting: Michael Decker/Alysse Potter, third (Varsity); Original Comedy: Lucas Schoaf, first (Next-In Varsity); Oratorical Declaration: Justin Malone, fourth (Varsity); Original Oratory: Emma Beightol, sixth (Novice); Original Verse: Tabitha Roenneburg, fifth (Varsity); Prose: Andrea Sutter, fourth (Next-In Varsity); Radio: Justin Malone, first (Varsity); Ronan O'Brien, first (Next-In Varsity); Wretched Interpretation: Justin Malone, third Varsity.



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## LeWin Preschool screening sign-up and Kindergarten registration

Preschool screening sign-up AND Kindergarten registration

Feb. 6, 9 a.m.-12 p.m.

Feb. 7, 2 p.m.-6 p.m.

Location: Elementary Office

BRING: copy of ORIGINAL birth certificate.

Questions: call Andrea Linden 815-369-3104 or email at lindena@le-win.net.

## THE SHOPPER'S GUIDE

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# 100 Women Who Care-Stephenson County

The next 100 Women Who Care-Stephenson County quarterly meeting is just under one month away. Bring a friend to help celebrate our Fourth Anniversary and further build upon this already wonderfully giving group you have created. Here is the information:

**Hosted by 9 East Coffee and Catering (9 E. Stephenson St, Freeport)**  
**-Cash bar**

**-Appetizers donated by 9 East Coffee and Catering**  
**Thursday, Feb. 14.**

**-Social Hour/new member registration (optional) 5:30-6:30 p.m.**

**-Meeting 6:30-7:30 p.m.**

Congratulations to Freeport Area Church Cooperative (FACC) on being the recipient of the November quarterly donations! They were presented with cash and checks totaling \$13,200!

Every year the FACC serves over 3,000 adults and 1,700 children through its food pantry. Though the number of families served through the food pantry has been fairly steady over the past several years, food donations from the community (that the pantry heavily relies upon to fight food insecurity) has been on the decline. Last year, FACC received almost \$11,000 less in food donations than in 2016. 2018 looks as though the pantry will again fail to raise enough food donations to adequately serve those in need.

In addition to fighting food insecurity in the greater Freeport area, FACC's

food pantry also strives to be a source for quality food which includes healthy alternatives for families and fresh produce.

In addressing declining food donations, while at the same time improving the quality of food available at FACC's food pantry, FACC will become a member of the Northern Illinois Food Bank, a local affiliate of the Feeding America and wholesale distributor of food items and commodities to local food pantries.

With the donation given to FACC by the 100 Women Who Care-Stephenson County members, FACC will budget at least \$1,000 per month in 2019 for the purchase of supplemental food items. These foods will not only help FACC keep its shelves full throughout the year but will help increase the overall nutritional value of the food FACC distributes to those in need in Stephenson County. Congratulations again to FACC and thank you to Peggy Wohlford for nominating this organization and providing such a wonderful presentation on their behalf.

As always, you can follow us on Facebook and we love new members so bring a friend to the meeting. Since the initiation of 100 Women Who Care-Stephenson County in February of 2015, members have donated \$181,300 (including the \$10,000 private family foundation matching donation) to local non-profit organizations.

## College news

### NIU announces Fall 2018

#### Dean's List

Northern Illinois University announces its fall 2018 Dean's List students. To earn this distinction, students must meet a minimum semester grade point average of 3.5 on a 4.0 scale in the College of Engineering and Engineering Technology or a minimum of 3.75 on a 4.0 scale in the colleges of Business, Education, Health and Human Sciences, Liberal Arts and Sciences, and Visual and Performing Arts.

Students from this area that achieved this honor include:

## Lena Live Wires to participate in Super Saturday

By Krista Keene  
 REPORTER

The Lena Live Wires Jan. 14, meeting was held at St. John's Lutheran Church in Lena. The business part of the meeting opened with Alonnah Sutter leading the pledges.

Super Saturday will be held March 9, at Highland Community College in Freeport. Our club will be donating to the 4-H Foundation. 4-H camp is June 10-14, so be sure to sign up to have a good time. Madi Schierloh showed us how to make bookmarks with a piece of paper.

Our next meeting will be Feb. 11, at 6 p.m. at St. John's Lutheran Church in Lena. The Sutter family will be providing the snack. Be safe and stay warm!



SONYA WILLIAMSON PHOTO The Scoop Today/Shopper's Guide

## Speech regionals

**Regional Champions for their events and on their way to Sectionals next week:**

**Front L-R Makayla Milan EPC and Jake VenHeizen Stockton/Warren**

**Back L-R Tory Leverton, EPC, Justin Malone Lena-Winslow, Kimberlyn Raab Stockton/Warren and Hailey Johnson EPC**

## Operation Christmas Child thank you

By Dana Williams

OPERATION CHRISTMAS CHILD

I am writing to thank Lena residents for sharing the true meaning of Christmas with children in need this past holiday season.

Because of the generosity of donors in Lena and across the United States, Operation Christmas Child, a project of Samaritan's Purse, collected more than 8.8 million shoeboxes in 2018. Combined with those collected from partnering countries in 2018, the ministry is now sending more than 10.6 million shoebox gifts to children suffering from poverty, natural disasters, war, disease and

famine.

These simple gifts bring smiles to the faces of children around the world. Packed with fun toys, school supplies and hygiene items, these gifts bring joy and are a tangible expression of God's love. Since 1993, Operation Christmas Child has collected and delivered more than 157 million gift-filled shoeboxes to children in more than 160 countries and territories.

It's not too late for people to make a difference. Though drop-off locations serving Lena shoebox packers are closed until November 2019, anyone can still pack a personalized shoebox

gift online at [samaritanspurse.org/buildonline](http://samaritanspurse.org/buildonline). Information about year-round volunteer opportunities can also be found at [samaritanspurse.org/volunteerwithOCC](http://samaritanspurse.org/volunteerwithOCC).

Thank you again to everyone who participated in this global project—many who do so year after year. These simple gifts send a message to children worldwide that they are loved and not forgotten.



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# \$15 minimum wage is first major legislation of 101st General Assembly

By Capitol News Illinois staff

Illinois Senate Assistant Majority Leader Kimberly Lightford, a Maywood Democrat, said the chamber is ready to push ahead with a bill to increase the state's minimum hourly wage from \$8.25 to \$15 over an undefined period of years.

The only rate structure mentioned at a Senate Labor Committee hearing on Wednesday, Jan. 30, was a \$1 increase to the \$8.25 rate for each of the next six years, then a 75-cent increase in the seventh year. Lightford said the rate would be phased in by 2025.

Business interests also preferred a regional rollout of the tax increase. In Oregon and New York, high costs of living areas have a minimum wage that is higher than in more rural areas. Lightford said this would be discussed, but she was not sure it would be permissible per the Illinois constitution.

Senator Dave Koehler, a Peoria Democrat, raised the idea of regional tax breaks for employers in lower cost-of-living areas to counteract the \$15 minimum wage.

The committee also heard testimony from employers who said a \$15 minimum wage would be a "job killer," and a nursing home advocacy group pro-

posed a measure to increase the state's reimbursement rate to Medicaid facilities as the wage increases.

The Illinois Association of Park Districts, small business lobbyists and the Illinois Restaurant Association all raised concerns that the hike could mean layoffs for minimum wage workers as well.

While the group agreed to several points of discussion, the clock was ticking for the interest groups to get their preferred language in the bill, as Gov. J.B. Pritzker wants the bill on his desk to sign prior to his budget address scheduled for Feb. 20.

**DIGITAL DAYS:** If a bill mandating five hours of direct teacher-student supervision becomes law this session, schools would no longer be able to count digital day alternatives to snow days as an official school day.

The Senate Education Committee advanced the bill unanimously Tuesday, Jan. 29, while agreeing to discuss more calendar flexibility for school districts.

State Sen. Jennifer Bertino-Tarrant (D-Shorewood), the bill's lead sponsor and Education Committee chair, said she understood that more flexibility is needed for school districts and was

committed to working toward it. But she warned of the "wild, wild west" created by the repeal of the five-hour mandate.

"Right now a district could choose to have four days of school in a year," she said.

If the bill passes both houses and is signed by the governor, the five-hour mandate would go into effect immediately. Superintendents, many whose districts were employing digital days due to the recent extreme cold, had concerns about the confusion this would cause for the current school year.

**GOVERNMENT EFFICIENCY COMMISSION:** Woodstock Republican Rep. Steve Reick wants a private-sector commission to examine the spending habits and management practices of state agencies by minimizing redundancies in funds the state already allocates.

His legislation, House Joint Resolution 6 and House Bill 275, would create an 18-member commission to comb through reports from the auditor general's office and recommend ways to reduce spending, boost performance and adapt management strategies for state agencies. The group would be funded through private donations.

Commission members would be chosen by each of the four legislative leaders and Democratic Gov. J.B. Pritzker.

Among the proposal's detractors is the Center for Tax and Budget Accountability Executive Director Ralph Martire. The Center is a nonpartisan think tank that "promote[s] social and economic justice for everyone," according to its website.

Martire said the commission's organization as a 501(c)(4) could allow dark money to manipulate the process.

**HOUSE RULES COMMITTEE:** The five-member Illinois House Rules Committee will maintain its power over the legislative process for the 101st General Assembly despite objections from Republican members of the committee this week.

Illinois House Deputy Minority Leader Tom Demmer, a Dixon Republican and member of the House Rules Committee, said the three Democrats on the panel have the power to hold any bills in the committee indefinitely for any reason.

Democratic Rep. Greg Harris said the process is old, efficient and necessary to sort the 6,000-plus bills that are filed each year – and it originated with Republicans in the 1990s.

"Thousands and thousands and thousands of bills are referred out to other committees," Harris said. "I think it's sort of a solution in search of a problem to find, out of 6,000 bills, the two or three that do not advance and say 'Aha! Something is going on.'"

One day after the rules passed committee by a 3-2 vote, the House voted 73-42 along party lines Tuesday, Jan. 29, to keep the rules in place with only minor adjustments.

**GOVERNMENT REFORM BILLS:** A pair of Republican lawmakers filed government reform bills this week.

Rep. Margo McDermid of Mokena introduced a bill to ban any retired lawmaker from registering as a lobbyist, or receiving or making payments as a lobbyist, for one year or the remainder of

their term — whichever is longer.

GOP Rep. David McSweeney of Barrington Hills put forth a bill to end to lawmaker pensions for new members after Nov. 3, 2020.

House committee assignments have not been handed out, so both McSweeney's and McDermid's bills are stuck in the powerful, Democrat-controlled House Rules Committee. McDermid said it's possible her bill never makes it out of the committee.

**COLLEGE ILLINOIS:** Eric Zarnikow, executive director of the Illinois Student Assistance Commission, an agency that administers the program known as College Illinois, urged Illinois lawmakers this week to give the "full faith and credit backing" to the state college savings program.

He said the backing, which would give the program's debt obligations the same status as those of general obligation bonds, may be the only way to restore public confidence in the program.

By 2011, Zarnikow said, rising college costs and other market factors caused the program to rack up a \$536 million "unfunded liability" – the difference between its assets and expected earnings on the one hand, and the anticipated cost of all its current obligations on the other.

Officials expect that by 2026, the program will need an infusion of about \$81 million from the state in order to meet its "moral obligation."

The Tuesday, Jan. 29, meeting was for informational purposes only and no action was taken.

**REDISTRICTING PROPOSAL:** For the second consecutive legislation, CHANGE Illinois is proposing a constitutional amendment that would change how the state's political boundaries are drawn.

The coalition of interest groups has been working since 2012 to change Illinois' redistricting process, which occurs every 10 years, after each U.S. Census. The next redistricting period will be in 2022.

CHANGE Illinois proposes no longer allowing the General Assembly and governor to decide the boundaries of districts. Instead, those decisions would be made by a commission that "demographically, politically and geographically" represents the prairie state.

The group's twin measures, sponsored by Sen. Julie Morrison (D-Deerfield) and Rep. Ryan Spain (R-Peoria), would place map-drawing under the purview of the state Supreme Court. The chief justice and most senior justice "who is not elected from the same political party" would together select 16 citizens to form a commission — seven Democrats, seven Republicans and two independents. It would require state Supreme Court justices to have political party affiliations.

The redistricting revamp would require a constitutional amendment, which carries a high burden of approval to be successful. Both chambers of the General Assembly must give their support by a three-fifths majority before it can go to voters. Then, 60 percent approval by voters is needed.

**COMPTROLLER'S WORDS OF CAUTION:** Illinois Comptroller Susana Mendoza is imploring the General Assembly to be realistic with revenue projections this year to avoid adding to the state's backlog of unpaid bills.

A compromise budget passed last year was hailed as balanced by many lawmakers, but will actually add \$1.5 billion to \$2 billion to the state's backlog, which was estimated about \$7.3 billion as of Thursday, Jan. 31.

One year ago, the General Assembly passed Mendoza's Debt Transparency Act, mandating state agencies to provide accurate monthly reports on liabilities, including the escalating cost of interest penalties. This allowed budgeteers to identify which agencies lacked adequate appropriations to process their bills and account for it in negotiations.

Even with the adequate debt information, Mendoza said, a budget cannot be balanced without accurate revenue projections.

Shortfalls in last year's budget come from various sources, including false revenues from the non-existent sale of the James R. Thompson Center in Chicago. It also included savings from proposals, such as a pension buyout plan, that will potentially fall short for the current fiscal year, the comptroller's news release said.

Other key findings Mendoza listed in her report include:

- The unpaid bill backlog continues to force the Office of the Comptroller into crisis management, impede timely bill processing, cause instability for state programs, and creates unnecessary and costly late payment interest penalties.

- Given that the fiscal year 2019 budget also failed to address the current backlog of bills, taking significant steps in fiscal year 2019 to pay down the backlog of unpaid bills – or even keep it static – is impossible.

- Temporary tools to manage the backlog granted under the current budget do not resolve systemic budgetary issues. Dedicated funding is needed to lower the bill backlog.

**STEP INCREASES FOR WORKERS:** Illinois AFSCME union employees will receive their scheduled and long-withheld pay step increases starting in April, a spokesperson for Gov. J.B. Pritzker announced Thursday, Jan. 31.

Step increases are required by state law to be paid to employees in their first eight to 10 years because they start at a below-market rate as a savings to government. Former Gov. Bruce Rauner halted them in 2015 when AFSCME's last contract expired.

Pritzker promised to pay the step increases – which were mandated to be paid by court order anyway – in his first week in office.

The increase is expected to cost about \$50 million, and Pritzker's office said employees will begin seeing this reflected in their paychecks in the first half of April, although some agencies could require more time to adjust paychecks.

**OPIOIDS ALTERNATIVE:** Patients over the age of 21 who are prescribed opioids will have temporary access to medical marijuana as an alternative treatment after the state's Opioid Alternative Pilot Program began accepting patients Thursday, Jan. 31.

Under the program, patients must obtain a physician's certification of a condition which could require the pre-

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*Leamon Funeral Homes*

Lena Orangeville Warren Winslow

**815-369-4512**



# ON THE RECORD

## Obituaries

### JAMESON SWANSON

Jameson Swanson blessed this earth for 22 days before joining his maternal grandfather in Heaven on Jan. 28, 2019. He was born on Jan. 5, 2019, the son of Chad and Jamey Swanson. Even though his life was short, he was loved by so many and touched the hearts of everyone who knew him all the way from Kentucky to Wisconsin.



He is survived by his parents, Chad and Jamey Swanson; his sisters, Miranda, Hallie Jo and Janna; his brothers, Zachary, Jaden, Brendon, A.J. and Jonathon; his paternal grandparents, Steve and Denise Swanson; his maternal grandmother, Debbie Arrasmith; God Parents, Travis and Heather Cooper; and his many cousins, aunts and uncles. He was preceded in death by his maternal grandfather, James Arrasmith.

The funeral service was held on Saturday, Feb. 2, at the Hermann Funeral Home in Stockton. There was a visitation before the service. A private burial will take place at a later date. A memorial fund has been established. Condolences may be shared with Jameson's family at [www.hermannfuneralhome.com](http://www.hermannfuneralhome.com).

### DEBRA LYNN ANDERSEN

Debra Lynn Andersen, age 64 of Stockton, IL, passed away on Friday, Jan. 25, 2019 at FHN Memorial Hospital in Freeport. She was born Sept. 1, 1954 in Chicago, IL; the daughter of Deloris (Summers) and Lawrence R. Jones. She graduated from Gage Park High School. She went on to graduate from Chicago Circle College and Little Company of Mary Hospital Nursing School. Deb mar-

## When is the best time to plan your funeral?

Pre-need v. at-need; do you want your wishes known or have you ever experienced the untimely death of a loved one and didn't know where to turn for help? Volunteer Visitors of Northwest Illinois February Community Education meeting will be "When is the Best Time to Plan Your Funeral" held on Tuesday, Feb. 12, 10 a.m. in our office located at 105 S. Main Street in downtown Stockton.

Our guest speaker will be Briana Saunders, Funeral Director at Leamon's Funeral Home in Lena. She will explain what a person should do before, during and after a funeral. If you have any questions about funeral planning, this is the time to ask them.

Please register for the event as seating is limited. Reservations can be made by phoning Volunteer Visitors of NW IL at 815-947-3260 by Monday, Feb. 11.

ried Kenneth Andersen on June 9, 1985.

She had been a nurse for 41 years and spent the last eight years working at Midwest Medical ER in Galeana, IL. She enjoyed wildlife rehabilitation, horses and gardening. Most of all she loved her family.

She is survived by her husband, Ken Andersen of Stockton; stepsons, Erik (Laura) Andersen of Mokena, IL and Brian (Kathleen) Andersen of Manhattan, IL; step-grandchildren, Brian, Britney, Michael, and Jacob; brother, Larry (Laura) Jones of Cocoa, FL; and longtime friends, Sue Ellen Roberts and Carol Holding. She was preceded in death by her parents and brother, Lance Jones.

A visitation took place on Feb. 1, at the Hermann Funeral Home in Stockton. A memorial service followed. A memorial fund has been established in her name. Condolences may be shared with her family at [www.hermannfuneralhome.com](http://www.hermannfuneralhome.com).

### LAVONNE STOUFFER JONES

Lavonne Stouffer Jones died on Jan. 22, 2019. She was born on Tuesday, July 24, 1923 to Thad and Irma Stouffer in Nora Township, Jo Daviess County Illinois. The family moved to Lena in January 1926, where they continued operating a baby chick hatchery that had begun in 1920 and still active into the 1970's.

It was a wonderful life in a town of 1200 people, where everyone knew each other, and cared about each other like a big family. Lavonne graduated from Lena High School in 1941, and in February 1943, she and Leo K Jones of Freeport were married. World War II was expanding rapidly, and Leo was drafted into the Air Forces on March 27, 1943. He went first to Kearns Utah for basic training, and then to Fitzsimmons Hospital in Denver, for Medical Technician training. Lavonne joined him there



for 6 weeks until he was transferred to Jefferson Barracks, Missouri in preparation for departure overseas. He went first to North Africa, then Tunis, Corsica France, Germany and Italy. He returned home in late November of 1945. Later, Lavonne & Leo went into business with her parents at the Stouffer Hatchery in the spring of 1946.

Lavonne and Leo became the parents of 5 children: Jeffrey born in 1948, Bradley born in 1950, Melanie born in 1953, Brian born in 1956 and Valerie born in 1960.

Lavonne was a member of the Lena United Methodist Church since 1931, Wesleyan Service Guild, Lena P.T.A., and a charter member of Beta Sigma Phi Sorority. Lavonne and Leo spent many winters in Pompano Beach, FL. They loved to travel. For many years, they entertained State Department guests from all over the world, and many times re-visited the same guests in their own countries. They loved their family with all their hearts, putting their needs first.

Lavonne enjoyed decorating cakes for their children, teachers, and friends - making trains, dolls, miniature towns, churches, wedding & anniversary cakes. Knitting was another enjoyable hobby - making sweaters with space men, cowboys, angora kittens, and afghans for children and grandchildren.

Lavonne is survived by three sons - Jeffrey (Nancy) Jones of Cedarville, Bradley (Susan) Jones of Normal, Brian (Vicki) of Polo. Two daughters - Melanie (Terry) Flannery, Hudson FL, and Valerie (Rusty) Jacoby of Pompano Beach, FL. Grandchildren are Christopher (Melinda) Jones, Megan (Brian) Lapping, Thad Hanson, Tara (Justin) Cheek, Benjamin Wilken, Martha Renee Jones (Andrew Jackson), Joshua Lee Jones and Tessa Stouffe.. Great Grandchildren include Kyler Jones, Mailee Jones, Jazmyn Burnett, Kamryn Jones, Abigail Lapping, Julia Lapping, TJ Hanson, Chloe Hanson, Ryann Cheek, Logan Leo Cheek, Adelaide Stouffer and Amber Strothman (Tanner Wingert). Great Great Grandchildren Eli Wingert and River Wingert.

Sisters-in-law; Irene (Richard) Jones, Teresa (John) Jones, Mary (Jones) Bronkema and husband Wayne, Betty (Donald) Jones, and many nieces & nephews.

Preceding her in death were her beloved husband Leo on June 14, 2003, and newborn son David Bruce November 2, 1947. Sisters; Helen Daws, May 2010, Dorothy Shaw, December 1986, her parents Thad & Irma Stouffer, Sister-in-law Kathryn Kutz (and husband Gerald) and brothers-in-law Allen Daws, Morris Shaw, Homer Jones (and wife Jean Schultz), James Jones Jr (and wife Mary Uecker), Robert E Jones (and wife Alyce Affolter), Paul Jones (and wife Marjorie Smith), Richard Jones,

Donald Jones, John Jones, and Albert Jones.

Mom wanted to say a big Thank You to the Monroe Clinic Home Care nurses and the Pearl Pavilion Staff who were so very caring and thoughtful tending to her many needs.

The 23 Psalm reads, "Surely goodness and mercy will follow me all the days of my life" and it did.

The funeral and visitation were held on Saturday, Feb. 2, 2019 at Lena United Methodist Church; Pastor Keri Rainsberger officiated. Burial will be in Lena Burial Park. A memorial has been established in her name. Condolences may be sent to the family at [www.leamonfh.com](http://www.leamonfh.com).

## Apple River State Bank renews support of Dolly Parton's Imagination Library

For the third year, Apple River State Bank and First Community Bank of Galena has renewed the bank's sponsorship of the Dolly Parton Imagination Library with a \$5,000 payment to United Way of Northwest Illinois. The Dolly Parton Imagination Library, which was launched in March 2016, has grown to currently serve over 650 children each month in Jo Daviess County and has mailed over 17,000 books. In addition, 300 children have already "graduated" from the program received their final book that encourages them in their education as they transition to Kindergarten.

The bank renewed its generous support of the program because of their strong commitment to children in our community, but also because of the amazing response generated by the program.

"The DPIL has been an amazing gift for creating a passion for reading in each child, and has also encouraged parents to spend time reading to their children which is so important in the early ages and stages of literacy development," said Connie Kraft,

United Way Executive Director. "Parents say the program opens their world to books they may never have chosen on their own."

"Imagine if every child in Jo Daviess County entered school ready to learn and with a love of reading. We are so proud to be sponsors of the Dolly Parton Imagination Library to foster a love of reading in children and families," added Joel Holland, Chief Executive Officer of Apple River State Bank and First Community Bank of Galena.

The Dolly Parton Imagination Library is open to all children ages 0-5, who live in Jo Daviess County. The program provides an age appropriate book mailed to their home once a month. Parents can register their children by picking up a registration form at any Apple River State Bank or First Community Bank of Galena office.

For more information about how the Dolly Parton Imagination Library works or how your organization or business can help to support the program, contact the United Way of Northwest Illinois.



## Liles Chiropractic Clinic, Ltd.

**Dr. Jim Liles & Dr. Jared Liles**

BCBS provider

### LENA:

M-F 8:30 a.m. - 5:30 p.m.  
Saturday by Appointment.

**238 W. Main St.  
815-369-4974**

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### WARREN:

Friday  
8:30 a.m. - 5:30 p.m.

**102 Catlin St.  
815-745-2294**



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## Stockton FFA Strawberry Sales!

**Full Flats - 8 quarts \$28.00**  
**Half Flats - 4 quarts \$17.00**

**Orders due by February 25th**  
**Delivery the week of March 11th**

Contact Trish Krugg 815-238-1616 or  
[trish.krugg@stocktonschools.com](mailto:trish.krugg@stocktonschools.com)



3/27/24



# Our Area Churches Welcome You

## APPLE RIVER UNITED METHODIST CHURCH

102 E. Baldwin St., P.O. Box 188, Apple River, IL 61001  
**Pastor Libby Rutherford (815) 990-1428**  
**Church (815) 594-2223**  
 • *Sunday Worship – 9 a.m.*  
 • Bible Study - Every Monday 9 a.m.  
*Friendly Folks - Casual Attire - Join Us!*

## CALVARY UNITED METHODIST CHURCH

315 W. Maple St., Stockton, IL 61085  
**Pastor Jonathan Singleton (815) 947-2414**  
**E-Mail: calvaryum@yahoo.com**  
*• Sunday Worship – 10:00 a.m.*  
*• Sunday School – 8:45 a.m.*

## CHRIST LUTHERAN CHURCH ELCA STOCKTON

600 N. Main St., Stockton  
**Rev. Roger Hurlbut (815) 947-2033**  
**E-Mail: clc600@frontier.com**  
<https://www.facebook.com/pages/Christ-Lutheran-Church-Stockton-IL>  
*• Saturday Worship 5:30 p.m.*  
*• Education for all ages*  
*Sun. 9:00 a.m. September - May*  
*• Sunday Worship 10:00 a.m.*  
 • Confirmation Ministry  
 Wednesdays 3:05 p.m. - 5:00 p.m.  
 • Healing Services on 5th Weekends

## EBENEZER – SALEM UNITED CHURCH OF CHRIST

P.O. Box 102, Pearl City, IL 61062  
**Pastor Randy Nicholas • 815-369-4511**  
*Sunday Worship Alternates Monthly*  
*At the two churches*  
**Find us on Facebook**  
 • *Sunday Worship 9:00 a.m.*  
 • *Sunday School follows worship*  
 • Feb. worship is at Ebenezer-UCC Church  
 5421 S. Stone Church Road

## EVANGELICAL FREE CHURCH OF LENA

720 N. Freedom Street, Lena, IL 61048  
**Dr. Jim Erb, Pastor (815) 369-5591**  
**Rev. Scott Wilson Associate Pastor of Youth**  
 • *Sunday Morning Worship – 10:00 a.m.*  
 • *Sunday School – 8:45 a.m.*  
 • Awana Wednesdays at 5:30 p.m.  
 • Youth Group Wednesdays  
 Junior High from 5:30 - 7 p.m.  
 Senior High from 7 - 8:30 p.m.  
 • Listen to Pastor's weekly sermon  
 at [www.lenafreechurch.org](http://www.lenafreechurch.org)

## FIRST UNITED METHODIST CHURCH

411 S. Main Street, Pearl City, IL 61062  
 email: [pcumc@aeroinc.net](mailto:pcumc@aeroinc.net)  
 Find us on facebook at  
[www.facebook.com/pcumcil](http://www.facebook.com/pcumcil)  
**Pastor Matthew Smith (815) 443-2177**  
 • *Sunday Worship – 8:30 a.m.*  
 • *Sunday School – during worship after the children's message*

## FIRST UNITED METHODIST CHURCH

309 S. Main Street, Elizabeth, IL 61028  
 email: [firstumcfoelizabeth@gmail.com](mailto:firstumcfoelizabeth@gmail.com)  
**Pastor Tiffany Garcea**  
 • *Sunday Worship - 9:00 a.m.*  
 • *Sunday School - 8:15 a.m.*  
 • Women's Faith Group -  
 1st Tuesday monthly - 9:30 a.m.  
*We are handicapped accessible*  
*Find us on Facebook at*  
[www.facebook.com/fumcelizabeth](http://www.facebook.com/fumcelizabeth)

## GOOD SHEPHERD LUTHERAN CHURCH

118 East Mason Street, Lena, IL 61048  
**Pastor Miho Yasukawa**  
**(815) 369-5552**  
 • *Sunday Worship – 9:30 a.m.*  
 • *Sunday School – 10:45 a.m. (Sept. - May)*  
 • Piece Corps Quilters –  
 Wednesdays at 8:00 a.m. – 11:30 a.m.

## GRACE BIBLE CHURCH OF WOODBINE

1904 S. Vel Tera Road, Elizabeth, IL 61028  
**Pastor Michael Burdett (815) 858-3843**  
 • *Sunday Worship – 10:30 a.m. & 7:00 p.m.*  
 • *Sunday School – 9:30 a.m.*  
 • Prayer meeting – Wednesdays at 7:00 p.m.  
 Sunday services broadcasted at 11:30 a.m. on  
 Radio WCCI 100.3 FM

## HARVEST BAPTIST CHURCH OF STOCKTON

151 S. Main, Stockton, IL 61085  
**Pastor David McAusland - (815) 947-2986**  
 • *Sunday Morning Service – 10:00 a.m.*  
*(Church luncheon following morning service)*  
 • *Sunday Afternoon Service - 12:30 p.m.*  
 • Bible Study & Prayer - Wednesday Evening  
 6:30 p.m.

## HOLY CROSS CATHOLIC CHURCH

223 E. Front Avenue, Stockton, IL 61085  
**Father Mike Morrissey (815) 947-2545**  
 • *Saturday Evening Mass – 4:30 p.m.*  
 • *Sunday Mass – 8:00 a.m., 10:00 a.m.*  
 and 5:00 p.m.  
 • Reconciliation Saturday – 3:30 - 4:15 p.m.  
 • Parish Hall for Rent – Seats 200

## LENA UNITED METHODIST CHURCH

118 West Mason Street, Lena, IL 61048  
**Pastor Keri Rainsberger (815) 369-5291**  
 • *Sunday Worship – 9:00 a.m.*  
 • *Sunday School – 10:30 a.m.*  
 • *Daily Dial-A-Devotion 815-369-4411*

## McCONNELL UNITED METHODIST CHURCH

211 Hulbert Rd. P.O. Box 97, McConnell, IL 61050  
<http://www.gbmg-umc.org/mcconnellumc>  
[mcconnellumc@yahoo.com](mailto:mcconnellumc@yahoo.com)  
 "Like" us on Facebook  
**Pastor Matthew J. Smith (815) 868-2324**  
 • *Sunday Family Worship – 10:30 a.m.*  
 • *Children's Ministries* Please call church  
 for dates and times  
 • United Methodist Women – 1:30 p.m.  
 (1st Wednesday of each month)  
 \* *We are handicapped accessible*

## SALEM UNITED CHURCH OF CHRIST

8491 West Salem Road, Lena, IL 61048  
 (Turn on Salem Road at Eleroy Rest Stop)  
**Rev. Randy Nicholas (815) 369-4511**  
 • *Adult & Children's*  
*Sunday School 9:30 a.m.*  
 • *Sunday Worship – 10:30 a.m.*  
 • *Bookworms Reading Group - 7:00 p.m.,*  
*2nd Monday of the month*

## SCHAPVILLE ZION PRESBYTERIAN CHURCH

635 East Schapville Road, Elizabeth, IL 61028  
**Pastor Dottie Morizzo**  
**(815) 845-2272**  
 Cell (815) 238-0670  
[www.schapvillezion.org](http://www.schapvillezion.org)  
 • *Sunday Worship Service – 10:00 a.m.*  
 • *Sunday School – 10:00 a.m.*  
 • Bible Study Classes Available

## SHEPHERD OF THE HILLS LUTHERAN CHURCH

536 E. Schapville Road,  
 Scales Mound, IL 61054  
**Pastor Mark Oehlert**  
**(815) 970-4780 (cell)**  
**(815) 845-2061 (church)**  
 • *Sunday Worship – 8:00 a.m. & 10:00 a.m.*  
 • *Sunday School (Sept. – May) – 8:45 a.m.*  
 • Holy Communion is celebrated weekly.

## ST. ANN CATHOLIC CHURCH

608 East Railroad, Warren, IL 61087  
**Father Skrobitt (815) 745-2312**  
 • *Sunday Mass – 8:00 a.m.*  
 • Reconciliation Sunday – 7:30 - 7:50 a.m.

## ST. JOHN'S LUTHERAN CHURCH

The Lutheran Church Missouri Synod  
 625 Country Lane Drive, Lena, IL 61048  
**Rev. Rick Bader (815) 369-4035**  
 • *Saturday Evening Worship – 5:30 p.m.*  
 • *Sunday Worship – 8:00 a.m. & 10:30 a.m.*  
 • Blast Program at 9:00 a.m.  
 • High School & Adult Sunday School at 9:15 a.m.

## ST. JOHN'S LUTHERAN CHURCH

Evangelical Lutheran Church of America  
 229 S. First St., Pearl City, IL 61062  
[www.stjohnspearlcity.org](http://www.stjohnspearlcity.org)  
**Pastor Thomas Ekstrand (815) 443-2215**  
 • *Sunday Morning Worship – 9:00 a.m.*  
 • Christian Education for all Ages - 10:15 a.m.  
 Handicapped Accessible

## ST. JOHN EVANGELICAL LUTHERAN CHURCH

8315 S. Massbach Road, Elizabeth, IL 61028  
**Pastor Lisa Burbank and Pastor Bruce Burbank**  
**Church: 815-589-3367**  
 • *Sunday Worship – 9:00 a.m.*  
 • *Sunday School – 10:00 a.m.*  
 "Celebrating 160 Years of Faith"

## ST. JOSEPH CATHOLIC CHURCH

105 West Webster, Apple River, IL 61001  
**Father Skrobitt (815) 745-2312**  
 • *Saturday Mass – 6:00 p.m.*  
 • Reconciliation Saturday – 5:30 – 5:50 p.m.

## ST. JOSEPH CATHOLIC CHURCH

410 West Lena Street, Lena, IL 61048  
**Father Skrobitt (815) 369-2810**  
 • *Saturday Mass – 4:00 p.m.*  
 • *Sunday Mass – 10:00 a.m.*  
 • Reconciliation Saturday – 3:30 – 3:50 p.m.

## ST. PAUL'S LUTHERAN CHURCH - KENT

The Little Church with a Big Heart  
 1334 Sunnyside Road, Kent, IL 61044  
 1/2 mile north on Kent Road  
 • *Sunday Worship – 10:00 a.m.*  
 • *Holy Communion every Sunday*  
 • Women Meet at 9 a.m. on the 2nd Sunday  
 • Chair Lift to Sanctuary

## ST. PAUL LUTHERAN CHURCH ELCA

209 Clinton St., P.O. Box 445,  
 Warren, IL 61087  
**Vicar Michelle Knight**  
**(815) 745-3444**  
[www.stpaulswarren.org](http://www.stpaulswarren.org)  
 • *Saturday Worship – 5:00 p.m.*  
 • *Sunday Worship – 10:00 a.m.*  
 • *Sunday School – 10:00 a.m.*

## UNITARIAN UNIVERSALIST CHURCH OF STOCKTON

219 N. Pearl St., Stockton, IL 61085  
[www.uuchurchofstockton.org](http://www.uuchurchofstockton.org)  
**Rev. Armida Alexander (815) 947-3812**  
**A LGBT Friendly Church**  
*Services and Religious Education are on*  
*Sundays at 10:30 a.m.*  
 A progressive, liberal religious and welcoming  
 congregation that encourages individuals to  
 search for their own answers to life's ultimate  
 questions. Our living faith now draws from  
 many sources including the wisdom traditions  
 of the world's religions and the findings of  
 science.

## WARREN UNITED METHODIST CHURCH

Corner of Water & Jefferson St., Warren, IL  
**Pastor Roger Bronkema (815) 291-6261**  
**email: rbronkema18@gmail.com**  
 • *Sunday Worship – 9:30 a.m.*  
 • Adult Sunday School before Worship  
 • Children Sunday School - During the service  
 Communion Every First Sunday  
 \* *Handicapped Accessible*

## WESLEY UNITED METHODIST CHURCH

Corner of Hudson & Benton St.,  
 Stockton, IL 61085  
**Pastor Chuck Wolbers (262) 308-2379**  
 • *Sunday School – 9:30 a.m.*  
 • *Sunday Worship – 10:45 a.m.*  
 • Adult Bible Studies Available  
 • Communion Every 1st Sunday  
 • First Sunday potluck following church  
 services.  
 • Open Sanctuary for meditation time from 4 -  
 6 p.m. every Wednesday  
 \* *Handicapped Accessible*

## WINSLOW GRACE BIBLE CHURCH

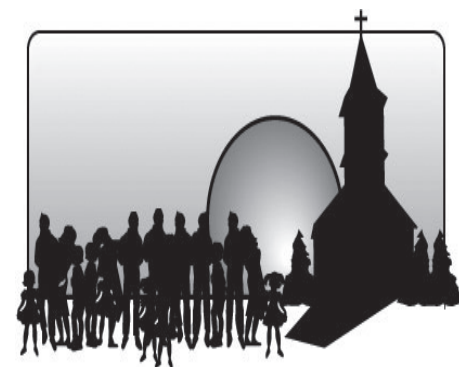
197 Carver Street, Winslow, IL 61089  
**Pastor Robert Patin (815) 230-1862**  
**608-669-5770**  
 • *Sunday Worship – 10:45 a.m.*  
 • *Sunday School – 9:45 a.m.*  
 • Prayer and Bible Study – Wednesdays at  
 6:30 p.m. in Home

## YELLOW CREEK CHURCH OF THE BRETHREN

12602 W. Dublin Road, Pearl City, IL  
**Pastor Ellis Boughton • 815-864-2049**  
**Email: [ellis.boughton@live.com](mailto:ellis.boughton@live.com)**  
 • *Sunday Services – 10:00 a.m.*  
 • *Sunday School – 9:15 a.m.*  
 (when available)

## ZION COMMUNITY CHURCH

10100 W. Sabin Church Rd.,  
 Pearl City, IL 61062  
**Worship Leader – Ed Curry (815) 541-3278**  
 • *Sunday Worship Service 9:00 a.m.*  
 • *Sunday School 10:15 a.m.*





# Join FHN for a Slice of Time

FHN's popular Slice of Time women's events at Cannova's Italian Cuisine are back this February with some great physician presenters and plenty of useful health information from the FHN women's healthcare team.

Four FHN experts will give short presentations which participants will "attend" without leaving their table, and members of the FHN Women's Healthcare Team will be on hand for conversation and to answer questions.

Family Medicine Physician Rebecca Pedersen, MD, will talk about getting important healthcare documents like advance directives in or-

der; she'll share tips on how to start the conversation with loved ones and talk about the importance of making these arrangements.

Gastroenterologist Timothy Laurie, DO, will talk about the pros and cons of two types of colon screenings – FIT (fecal immunochemical blood tests) and colonoscopies. FIT is non-invasive and has been endorsed as a good screen for colon cancer, but there are some reasons to get a regular colonoscopy.

Vice President of Patient Services and Chief Nursing Officer Kathy Martinez, MSN, RN, will talk about Connect the DOTS, a community initiative working to help provide sup-

port to individuals and families in the area facing complex care challenges.

Audiologist Anneliese Hartman, AuD, will talk about ways to keep your hearing healthy, and ways to give it a little boost, if needed.

Spots for this free program – offered Monday, Feb. 11 and Monday, Feb. 18 – go fast. (The program will be the same both weeks; FHN asks that people sign up for just one event.) Each event begins at 5:30 p.m. at Cannova's Italian Cuisine, 1101 W. Empire Street in Freeport. The program is free to attend and all attendees will receive complimentary snacks, drinks and dessert. Registration is required. Visit [www.fhn.org/sliceoftime](http://www.fhn.org/sliceoftime) or call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901 to reserve a spot.

## FHN offering special pricing on heart tests for American Heart Month

Most heart attacks could be prevented with early diagnosis of risk factors for coronary artery disease (CAD). FHN is celebrating American Heart Month in February with special pricing on two heart health tests.

Call between Friday, Feb. 1 and Thursday, Feb. 28 to schedule a Standard Walking Treadmill Stress Test or Calcium Scoring CT Heart Scan and pay just \$139 for the test.

"The treadmill stress test is a screening test for determining a patient's heart health when they have no known history of heart trouble," said FHN cardiologist Bhadresh Patel MD, FACC, FACP. "The patient walks on a treadmill while a specially trained registered nurse monitors how his or her heart is working with an electrocardiogram. This test helps determine your exercise capacity and the circulation to the heart, which is helpful in determining the cause of unexplained fatigue, shortness of breath, irregular heartbeats during exercise or existing or borderline high blood pressure."

"Another simple screening test that FHN offers is a CT scan to detect plaque in the arteries," said Dr. Patel. "The test is non-invasive and is used to predict the probability of future heart problems. Like the treadmill test, it doesn't take long to complete."

For more information or to schedule an appointment, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 944. Tests must be scheduled between Feb. 1 and 28, and performed by Friday, May 31, 2019 to qualify for the special rate.

These tests should not replace consultations with your healthcare provider. If you do not have a primary healthcare provider, FHN will work with you to determine how to handle your test results when they are communicated to you. Payment for the tests is due (cash, checks and credit cards accepted) at the time of service.

## FHN celebrates Heart Month with Special Heart Health Program

February is American Heart Month, and FHN is celebrating with a free program sharing the latest heart health information, guidelines, and ways to keep the beat going on.

Join Clinical Nurse Leader Laura Mack, MSN, RN-BC, CNL and Cardiac Services Team Leader Diane Bardell, BSN, RN-BC for Straight from the Nurse: Straight to Your Heart, at 5:30 p.m. Wednesday, Feb. 13 at the FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive in Freeport.

The program will focus on the most common heart diseases in our

area, risk factors, and treatment options. Our experts will also discuss the latest in heart health, including highlights on updated national guidelines for cholesterol and other heart-related indicators. Light refreshments will be served.

This program is free and open to the public; registration is requested. Register online at [www.fhn.org/hearthealth](http://www.fhn.org/hearthealth) or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

For more information on heart health, including an American Heart Month special on FHN's heart tests, visit [www.fhn.org](http://www.fhn.org).

### Good Shepherd Lutheran Church

Good Shepherd Lutheran Church will gather for worship on Feb. 10, at 118 E. Mason St. Lena, IL, at 9:30 a.m. Our reading is about Jesus calling the disciples to fish for people. All are invited to worship on this Fifth Sunday after Epiphany with Holy Communion. There will be time for coffee, juice, treats, and fellowship after the service. There will be no Sunday school due to annual congregational meeting.

On Tuesday Feb. 12, at 9:45 a.m. Good Shepherd will meet for Hymn Sing at the Lena Living Center.

On Wednesday Feb. 13, at 8 a.m. the Piece Corps Quilters will work together to craft quilts for Lutheran World Relief. They are always looking for more people to help tie quilts and sew. No previous quilting experience is necessary. Come join the fun and make a difference in the world.

On Thursday Feb. 14, Friendship Club will meet at noon for a Valentine's Day Potluck Dinner & entertainment with "Mary Berryhill".

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

## Heart Healthy Living workshop

Almost half of all Americans (47%) have at least one major risk factor for developing heart disease. Risk factors for heart disease are behaviors or conditions that increase your chance of developing heart disease, such as having high blood pressure, high LDL cholesterol and smoking.

Although some risk factors cannot be controlled, many can. In fact, each choice we make will have some degree of impact on our risk factor for developing any variety of health conditions. Those daily choices, otherwise known as our lifestyle can help to decrease our risk of developing a health condition such as heart disease.

Join us and learn how you can make changes to your current lifestyle, and decrease your risk of developing heart disease. Planning, shopping and cooking for someone with heart disease can be a challenge. To help meet this chal-

lenge, University of Illinois Extension will offer a two-part workshop designed for anyone interested in preventing or managing heart disease. During each session, participants will receive recipes, watch cooking demonstrations, as well as learn about proper diet and exercise to better care for their health.

Meals for a Healthy Heart aims to improve your overall wellbeing. This program will complement the recommendations from your healthcare provider and help you and/or your loved one manage or prevent heart disease.

Meals for a Healthy Heart will be held on Thursday, Feb. 14 and 21, from 1 - 3:30 p.m. at the Senior Activity Center, 216 E. Stephenson St., Freeport. To register, call the U of I Extension at 815-235-4125 or visit us online at [go.illinois.edu/jsw](http://go.illinois.edu/jsw). There is a \$20 registration fee, which covers participation in both sessions.

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The course will be held from 8 a.m. – 4:30 p.m. Saturday, Feb. 9 at FHN Memorial Hospital in Freeport. The cost is \$60, which includes a student workbook and a CPR certification card that is valid for two years. Registration is required. For more information and to register, visit [www.fhn.org/heartsaver-first-aid-cpr-aed.asp](http://www.fhn.org/heartsaver-first-aid-cpr-aed.asp) or call FHN's Center of Innovative Learning at 815-599-6707.



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# Martin Luther King's influence resonates in Illinois

By Maudlyne Ihejirika

CHICAGO SUN-TIMES

"He would have been 90 this year," says the Rev. Jesse Jackson, founder and president of the Rainbow PUSH Coalition.

Jackson was reflecting on this year's holiday honoring his mentor and friend.

Jan. 15 was Dr. Martin Luther King Jr.'s birthday, celebrated nationally on Jan. 21.

As the years go by, there are fewer of those who marched with him to share their memories. But Jackson, one of his closest aides, can still recount milestone moments from King's Chicago Freedom Movement of 1965-66 like it was yesterday.

"Our offices used to be at 366 E. 47th St., in what's now Bronzeville, and we used to meet every Saturday morning at Chicago Theological Seminary," says Jackson, 77, who first met the man of peace at an airport in 1964, when King was en route to pick up his Nobel Peace Prize.

Jackson then marched with King in the 1965 Selma to Montgomery marches.

He soon joined the team of the charismatic civil rights leader and was assigned to run Operation Breadbasket, the Southern Christian Leadership Conference's anti-poverty effort.

When the Baptist preacher who espoused nonviolence brought the fight for equal rights north to Chicago, Jackson was at his side. Here are



SUN TIMES FILE PHOTO The Scoop Today/Shopper's Guide

**Dr. Martin Luther King Jr. speaks at a Chicago Freedom Movement rally in Soldier Field on July 10, 1966.**

significant events involving King in Chicago.

Chicago churches still standing to-

day were the sites of their strategizing meetings, including Fellowship Baptist Church, 4543 S. Princeton Ave.;

New Friendship Baptist Church, 848 W 71st St.; and Stone Temple Baptist Church, 3622 W. Douglas Blvd.

There was King's June 21, 1964 speech at the Illinois Rally for Civil Rights at Soldier Field, days after the Civil Rights Act of 1964 was passed. Then, after being asked by the Coordinating Council of Community Organizations to come help Black Chicago fight for quality schools, King led a July 26, 1965 march on City Hall; gave a fiery speech before tens of thousands at the July 10, 1966 Freedom Sunday Rally at Soldier Field; and on Aug. 26, 1966, held a globally covered "Summit Agreement" with Mayor Richard J. Daley.

As part of his "End Slums" campaign, King famously moved his family into a dilapidated, third-floor walk-up at 1550 S. Hamlin Ave. in North Lawndale on Jan. 1, 1966, the building is long gone but the Dr. King Legacy Apartments and Fair Housing Exhibit Center now marks the spot.

King's open housing marches, and the attendant violence from angry residents on the Southwest Side, are most remembered, culminating with the infamous Aug. 5, 1966, march through Marquette Park, where the Baptist preacher was felled to the knee by a rock to the head, lending credence to his famous quote: "I have never seen, even in Mississippi and Alabama, mobs as hateful as I've seen here in Chicago."

"When King came to Chicago, we couldn't live west of Ashland, and blacks were hemmed into these ghettos," Jackson says, taking a reporter down memory lane.

Born Jan. 15, 1929, in Atlanta, Ga., King was ordained and became assistant pastor at his father's Ebenezer Baptist Church in 1948. He married the beautiful Coretta Scott King in 1953, with whom he had four children.

It was in 1955 that his civil rights efforts began in earnest, when he became president of the Montgomery Improvement Association, the group that led the 13-month Montgomery Bus Boycott after Rosa Parks refused to give up her seat to a white man on a city bus. It ended with the U.S. Supreme Court ruling segregation on public buses unconstitutional.

King gave his tide-turning "I Have A Dream" speech at the 1963 March on Washington for Jobs and Freedom, and in 1964 came the Nobel Peace Prize.

The Selma to Montgomery marches, following the infamous "Bloody Sunday" at the Edmund Pettus Bridge, followed in 1965. And King would spend most of the following year in Chicago, marking the expansion of the civil rights battle from the South to northern cities, with key activists Jackson, James Bevel and Al Raby.

King's mark — while combating racial segregation and discrimination in Chicago — extended to suburban and Downstate Illinois, such as his Feb. 10, 1966, speech before thousands at the Fred Young Fieldhouse of Illinois Wesleyan University in Bloomington.

Some still debate the success of King's Chicago campaign — Illinois' largest city remains one of the



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# • Legislation (Continued from page 4)

scription of an opioid. Such a prescription could be taken to a dispensary to receive medical marijuana for a fixed period of time.

The Illinois Department of Public Health's rules regulating the program can be found on their website at [www.idph.illinois.gov](http://www.idph.illinois.gov).

The bill went live just a week af-

ter downstate Democratic Sen. Andy Manar, of Bunker Hill, and Chicago Democrats Sen. Heather Steans and Rep. Kelly Cassidy hosted a Springfield town hall to discuss the legalization of cannabis recreationally. Gov. J.B. Pritzker has said he would embrace such a proposal.

TERM LIMITS FOR LEADERS?

State Rep. Tom Demmer, a Dixon Republican, has filed a bill to limit terms for legislative leaders – such as powerful House Speaker Mike Madigan – in the General Assembly.

Demmer filed an amendment to the Illinois Constitution on Thursday, Jan. 31, to limit the number of years any lawmaker could serve as speaker of the

House of Representatives, president of the Senate, minority leader of the House or minority leader of the Senate.

Per the amendment, legislative leaders would be limited to serving for a total of eight years in any one position and 12 years combined in two or more positions.

Speaker Madigan is the longest-serv-

ing state house speaker in U.S. history and was first elected in 1983.

The powerful House Rules Committee headed by one of Madigan's main lieutenants – Rep. Greg Harris (D-Chicago) – controls the flow of any bill filed in the House and would have the power to prevent its committee hearing.

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Dr. Caitlin Pullara (Finnane) to our community to join Dr. Petras at Stockton Dental Center. Dr. Caitlin grew up in Janesville, Wisconsin. She completed her undergraduate studies at University of Wisconsin-Madison and Wisconsin Lutheran College before attending dental school at Midwestern University in Downers Grove, Illinois. Prior to moving to the Stockton area, she served the area of Shorewood, Illinois as a general dentist.

Dr. Caitlin has established herself as a skillful and compassionate clinician early in her career. Her dedication to giving back to her community has been evident from an early age, and combining that drive with her commitment to providing quality dentistry is something that is very important to her. She is devoted to building trust with patients and remains active in post-graduate learning. Dr. Caitlin is looking forward to the opportunity to establish herself as a healthcare professional and community leader in northwest Illinois.

Dr. Caitlin and her husband are excited to relocate to the Stockton area. Outside of the office, Dr. Caitlin enjoys watching her Wisconsin sports teams, being outdoors, and spending time with friends and family.

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Braden Smargiassi soars above the defense bringing the Wolves back out on top.



(Above) Senior Parker Magee looks for an open man down low. Magee led the Panthers in scoring Friday night.

(Above Right) Drake Musser gets up on the side for the jumper contributing two to the Wolves' side of the board.

(Left) Panthers Cade Benson looks for somewhere to go against the tight Wolves defense.



After a loose ball recovery, Lucas Petersen brings the ball back up top to set up the play.



PC Wolves mascot works to get the crowd roaring as the score ties up.

## • Battle

(Continued from front page)

is possible for both teams to meet in a regionals playoff matchup, which would be quite similar to how Friday's game felt. Both teams fans brought all of their energy to the Pearl City gym and it had that playoff atmosphere from the tip to the final buzzer.

Brock Smargiassi led the Wolves with 10 last Friday. Jayden Kempel and Lucas Petersen each finished with nine.

Parker Magee led the way for LeWin, scoring a majority of their points on Friday. Magee hit five three-pointers, four of which came in the fourth quarter alone, as he finished the evening with 25.

The Panthers next conference matchup will come Wednesday, Feb. 6, when they host Warren.



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# FROM LENA'S KITCHEN



*The not so skinny cook*

Trying to stay warm! I think that is how I started last week's column. I had intended to have some Super Bowl recipes in this week, but time (actually a whole week got away from me), so I hope you all had good eats for the game. It seems as if I can't keep my days straight. I spent last year at this time having the same problem but for different reasons. When you can't go outside, you tend to have trouble keeping track of what date it is and where you are in terms of weeks of the month. I am writing this in the middle of our polar vortex because there are not a lot of exciting things to do. We are supposed to

have relief by Super Bowl Sunday and maybe rain. What will we get hit with next? This week's recipes are some more comfort food for cold weather. Enjoy some of these easy treats.

The first recipe is for another soup. This one is based on the Reuben sandwich. It is easy to make and if you like corned beef, you will like this one. Be sure you rinse your sauerkraut to keep a handle on the salt. I also always use the reduced sodium beef and chicken broth. You can find deli corned beef in most grocery stores. Keep warm with this great soup.

## Reuben Soup

2 T. olive oil  
1 sliced onion  
¼ t. salt  
1½ C. drained sauerkraut  
1½ t. caraway seeds  
5 C. beef broth  
8 oz. corned beef, chopped into bite size pieces  
¾ C. sour cream  
Shredded Swiss cheese  
Marble rye bread, toasted and cut into squares  
Heat olive oil in a large pot over

medium high heat. Add the sliced onion and salt and cook, stirring often, until onion is soft, about 8 minutes. Add sauerkraut and caraway seeds and cook for 2 minutes. Add beef broth and increase heat to high. Bring mixture to a boil. Reduce heat to a simmer and stir in corned beef. Simmer until corned beef is warmed through, about 10 minutes. Turn off heat and stir in sour cream. Ladle into bowls and top with shredded Swiss and marble rye squares.

This is an easy way to change the traditional lasagna. I have had chicken lasagna made with a white sauce, but this recipe makes chicken parmesan into lasagna. Funny thing about the recipe is that it doesn't use Parmesan cheese—thought I should mention that in case you thought I didn't have the recipe correct. Remember that you can substitute dried basil and oregano. If the recipe asks

for two teaspoons of fresh or two tablespoons, use one teaspoon of dried or one tablespoon. I really like the freeze dried herbs that are available near the fresh ones in the produce aisles. They are much better and fresher than the ones in the spice aisle. Also use any kind of pasta sauce other than the traditional for more flavor.

## Chicken Parmesan Lasagna

1½ lbs. chicken cutlets, browned and cooked  
1 can (28 oz.) crushed tomatoes  
1 jar (24 oz.) pasta sauce  
2 (15 oz.) containers ricotta cheese  
2 eggs  
2 T. chopped fresh oregano  
2 T. chopped fresh basil  
¼ t. salt  
1 t. garlic powder  
½ t. pepper

16 lasagna noodles, cooked and drained according to package directions

4 C. shredded Italian cheese blend, divided

1½ C. shredded mozzarella cheese  
¼ C. panko

Coarsely chop the chicken breasts into bite size pieces. Preheat the oven to 350. Spray a 9 x 13 pan with cooking spray. In a small bowl, stir together crushed tomatoes and pasta sauce. In a medium bowl, whisk the ricotta, eggs, oregano, basil, salt, garlic powder and pepper. Spread ½ C. tomato mixture in the bottom of the prepared dish. Arrange 4 egg noodles over tomato sauce. Place one-third of ricotta mixture onto noodles. Spread one-third of the chicken and 1 cup Italian cheese blend onto ricotta mixture. Drizzle

**See KITCHEN, Page 13**

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For more information or to schedule an appointment today, call **1-877-6000-FHN** (1-877-600-0346) ext. 944 or visit **[www.fhn.org](http://www.fhn.org)**. During Heart Month, take steps to be sure yours is in good shape!

These tests should not replace consultations with your healthcare provider. If you do not have a primary care provider, we will work with you to determine how to handle your test results when we communicate them to you. Payment (cash, checks, credit card) due at time of service.



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nation's most segregated. But the Chicago Freedom Movement inarguably led to the Fair Housing Act of 1968, signed into law a week after King's assassination.

Jackson, however, says the larger quest at the heart of the revered leader's work in Chicago also is inarguably achieved — empowerment and representation, evident in the diverse

political landscape of Illinois, of Chicago and nationwide.

"King's legacy is the Voting Rights Act, which has stood the test of time and resistance," says Jackson.

"Today," Jackson continued, "Chicago is the urban center with the most U.S. senators of color, Carol Moseley Braun, Roland Burris and Barack Obama; and the home of

two African-American men who ran for president, myself and President Obama. In Illinois, we now have an African-American lieutenant governor. So King's legacy stands tall.

"And on this past Nov. 6, his legacy manifested itself in the largest number of women and minorities ever elected in a freshman class of Congress, along with statewide

candidates. If you look at Stacey Abrams' candidacy for governor in Georgia, Andrew Gillum's candidacy for governor in Florida, and U.S. Senate races in Texas and Mississippi, a new South is rising," adds Jackson.

"The gap that was once a horizontal gap between black and white is now a vertical gap of disparity be-

tween the haves and the have-nots. That, more than anything, is the unfinished business of Dr. King's work."

## Frederick Douglass portrayed during Black History Month at HCC Clarence Mitchell Library

The Highland Community College Clarence Mitchell Library is hosting a Black History Month program on Feb. 19 at 2 p.m. The library is located in the Marvin-Burt Liberal Arts Center, 2nd floor, at Highland Community College, 2998 W. Pearl City Rd., Freeport, Ill.

A Freeport native and living History presenter, Steven A. Cole speaks about the Anti-slavery Movement and the Civil War in the persona of Frederick Douglass. The Clarence Mitchell Library presentation focuses on Douglass' 1863 answer to the question, "Why Should a Colored Man Enlist?"

In April 1863, Frederick Douglass was repeatedly asked this question while he was raising men for the 54th Massachusetts Regiment. Douglass' answer to the question reflects his feelings on citizenship, duty, equal rights, self-preservation, patriotism and the preservation of the black man's rightful place in the history of the United States.

Cole's program will include an excerpted speech, question and answer period. The event is free and open to all audiences. For more information, contact Laura Watson at 815-599-3456 or [laura.watson@highland.edu](mailto:laura.watson@highland.edu).

## American Legion Auxiliary lists culinary competition winners

The winners at this year's American Legion Auxiliary's weekend activities are:

1st place-Janice Fryer, Orangeville, with her peach pie  
2nd place- Janice Fryer, Orangeville, with her cherry pie  
3rd place- Bonnie Campbell, Orangeville, with her blueberry pie  
There were 14 pies judged.

The judges for this event were: Linda Werkheiser, Terry Andrews and Randy Nicholas of Lena.

The American Legion Auxiliary, who sponsored the event would like to thank everyone for participating.

Those attending the event rated the soups and top votes received were: first-Pilgrim Potato by Andrea Karnatz of Lena, second-Cheesy Broccoli by Julia Moore of Lena, and third-Taco Soup by Bonnie Campbell of Orangeville. There were 23 soups to taste.

# Let's talk about life...insurance



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- **You're a single parent, and you'll do anything to protect your kids.** A life insurance policy can help you safeguard your children's financial future.

**Not sure what type of life insurance is right for your family? Give me a call today. I can help you prioritize your needs and understand your options.**



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# •Kitchen (Continued from page 11)

with about 1½ cups tomato mixture. Repeat the layers twice, ending with remaining 4 noodles and remaining tomato sauce. Spray a sheet of foil with cooking spray; cover lasagna with spray side down. Bake until hot and bubbly, about 1 hour. Uncover and sprinkle with mozzarella, bread crumbs, and remaining 1 cup cheese blend. Increase oven temperature to broil. Broil on middle rack of the oven until the cheese is melted and bread crumbs are lightly browned, about 1½ minutes. Let stand for 20 minutes before serving. Garnish with parsley or basil if desired.

This spice cake has the flavor of an old fashioned spice cake that my grandmother used to make. It makes a really pretty cake on a stand. Enjoy this spice cake that gives you a nice warm feeling when you eat it.

## Mama's Spice Cake

1½ C. sugar  
1 C. raisins, chopped  
1 C. water  
¾ C. butter, cubed  
1 t. cinnamon  
½ t. allspice  
¼ t. ground cloves  
¼ t. ground nutmeg

4 eggs, separated  
2 C. Flour  
3 t. baking powder  
½ t. salt  
¼ t. baking soda  
¼ C. chopped pecans  
Frosting: 1 pkg. (8 oz.) cream cheese, softened  
¼ C. butter, softened  
1 t. vanilla  
4 C. powdered sugar  
Pinch of salt.

In a large saucepan, combine the sugar, raisins, water, butter, cinnamon, allspice, cloves, and nutmeg; cook and stir over medium-low heat until sugar dissolves. Remove from the heat; let mixture cool.

In a large bowl, beat egg yolks, gradually stir in the spice mixture. In a separate bowl, combine the flour, baking powder, salt, and baking soda. Gradually add the dry mixture to the batter and stir until blended. Stir in pecans. In a small bowl, beat the egg whites until soft peaks form; fold egg whites into batter.

Pour into two greased and floured 9-inch round baking pans. Bake at 325 until a toothpick inserted in the center comes out clean, about 35 to 40 minutes. Cool for 10 minutes

before removing from pans to wire racks to cool completely.

For the frosting: in a large bowl, beat the cream cheese and butter until fluffy. Add vanilla and salt. Gradually beat in powdered sugar until smooth. Spread the frosting between layers and over the top and sides of the cake, leaving the sides slightly exposed. If desired top with pecans. Store in the refrigerator.

These candy-like bars would be great for Valentine's Day. You can get the Ghirardelli candy melting wafers at most large grocery stores. I find they work the best. Be careful you don't get really cheap melting wafers because they have wax in them and are hard to melt. If you want to substitute pistachios or walnuts for the nuts you could.

## Sweet and Salty Chocolate Bake

2 (10 oz. each) white chocolate melting wafers  
1 C. crushed pretzels, divided  
¼ C. chopped dried cherries  
¼ C. chopped dried cranberries  
¼ C. chopped salted pecans  
1/3 C. dark chocolate melting wafers

Line a 12 x 9 baking sheet with parchment paper. In a large microwave safe bowl, melt white chocolate melting wafers, according to package directions. Stir in ¾ cup of pretzels. Spread onto prepared pan. Sprinkle with cherries, cranberries, nuts, and remaining pretzels; gently pressing into white chocolate. In a small microwave safe bowl, melt dark chocolate melting wafers according to package directions. Place melted dark chocolate in a piping bag, and drizzle over bark. Let cool until set, about 2 hours. Break into pieces. Store in an airtight container up to a week.

In my boredom of staying inside for many, many days in a row, I have been cooking and baking up a storm. I have been making old favorites and trying some new things. I have been sharing like mad. If you came to my house, you left with a treat! It was fun, and it made me realize that I still could do a lot of the things I wasn't sure I would be able to do again. We are approaching Valentine's Day at a gallop. I heard on the news that the company who made the little candy hearts went out of business. Someone else either bought the recipe or

developed their own, and they will be made again—just not this year. So there will be no more "Be Mine" small candy Valentine hearts next week. We are looking for some red recipes—cherries for President's Day, strawberries for romance, raspberries because we like them, and any other red recipes. We continue to look for winter recipes—some appetizers, soups, and sandwiches.

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

## Stockton Community Choir opens choral season

The Stockton Community Choir will begin practice on Feb 7, at 8 p.m. at the Stockton Calvary UM Church. We will meet every Thursday until April. We will have a concert on April 7, at 7 p.m. on Sunday Evening. All are welcome to come and participate in the Community Choir.

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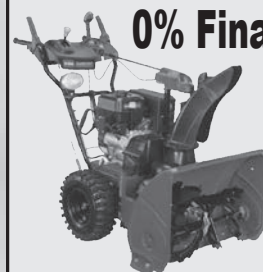
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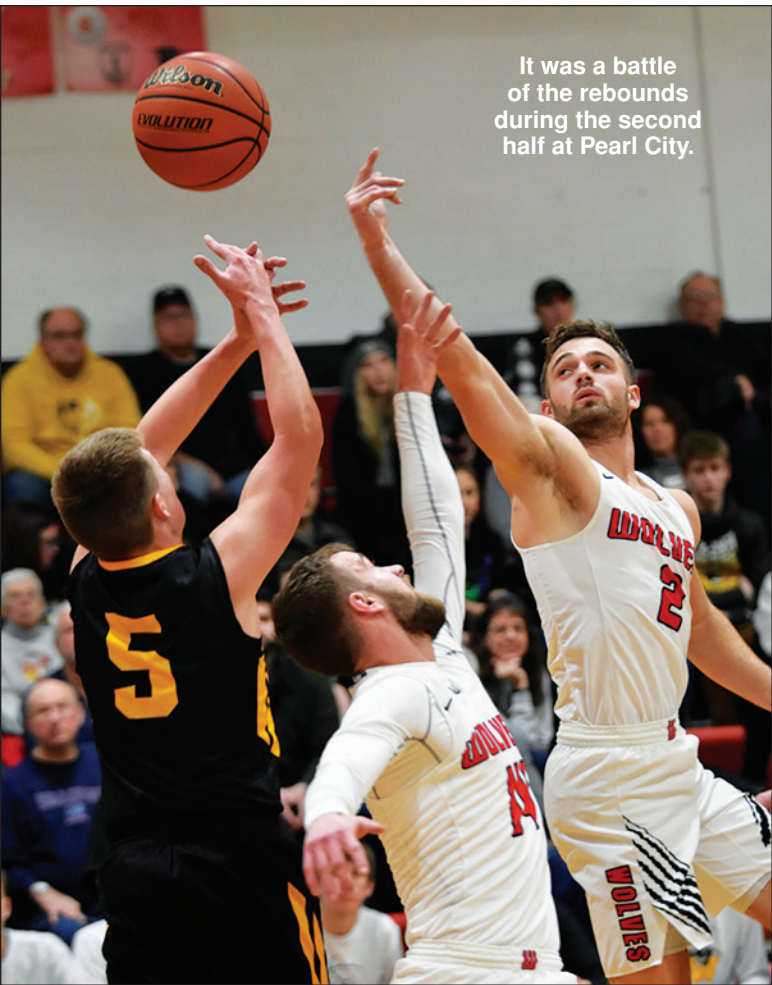
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It was a battle of the rebounds during the second half at Pearl City.



(Above) Junior Sean Oemiston beats the defense to the hoop making the jump shot good.

(Left) Kolton Heun goes up on the inside adding two for LeWin.



MANDY FIELDS PHOTOS *Shopper's Guide*

## LeWin vs. Pearl City

Getting control of the loose ball played big roles on both sides of the court during Friday night's conference matchup.

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