

Shopper's Guide

Lena Community Park District and Evangelical Free Church
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VOL. 81 • NO. 16

YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, APRIL 17, 2019

Lena Retreat undergoes a 'changing of the guard'

By Tony Carton
EDITOR

After more than 20 years of offering a quality lifestyle the Lena Retreat, is experiencing a restructuring.

The first residents moved into the facility in 1997, immediately following construction, which began in 1996. The Retreat was a long-envisioned, and purposefully planned residential housing project meant to provide for lower income residents of Lena needing affordable housing. Ben Mayer, former director and president of Lena State Bank, along with many others, was instrumental in making the project a reality all those years ago. Much of the projects' success is due to the community members, such as Mr. Mayer, who have served on the Lena Special Properties Board and the Lena Community Trust Fund board over the years; always giving of their time and talent to help ensure that the property represented Lena well. Indeed, the project has been a proven success with an occupancy rate of over 98% over the past 10 years.

Since inception of the project, ownership has been structured as follows: The Lena Community Trust Fund; the General Partner with 1% ownership is a non-for-profit 501C3 entity, Citizen's State Bank; a limited partner with 49.5% ownership, and Lena State Bank; a limited partner with 49.5% ownership.

"The Lena Community Trust Fund is filling in as the other limited partner, so as Lena State Bank transitions away from being a limited partner Citizens State Bank and the Lena Community Trust Fund will step in," said Lena Retreat Board President Jason Kemple. "I think the actual change will be pretty seamless. I don't think the change will alter, shake-up, or limit anything we are doing as we move forward."

He said the Lena Retreat has been operating well and continues to serve its originally intended purpose.

"Lena State Bank has been a proud partner in the 24 unit Lena Retreat project for 22 years, said current

Lena State Bank director and President Curtis Derre." "And, we're even more proud to gift our 49.5% ownership interest in the project to the Lena community. Bank management and directorship believe a major part of our mission as a community bank is to invest in our community to help it grow and thrive, similar to Lena residents and businesses investing in their community banks, so that they may grow and thrive."

On last Wednesday, at a celebratory luncheon, in addition to gifting their ownership share back to the community, with Lena Community Trust Fund (LCTF) being the benefactor of the gift, Lena State Bank donated \$45,000 to the LCTF to be used as the Lena Special Properties board sees fit in maintaining and improving the property into the future.

"Lena State Bank has had the benefit of tremendous community support as it relates to our business, with 2018 being one of our best years ever," Derrer said. "Lena State wants to be able to continue its long history of supporting and assisting this community - a community that shares our goals and dreams for what we can accomplish together. What better way to do that than to make an additional investment in a project that has provided such significant benefits to such a large number of Lena community residents over the last 20+ years? While the management and directors of the bank are excited to be able to return this project to the community, we also wanted to be able to do so while being able to offer a tangible gift that can be used into the future. It's very important to us that this community project - started 22 years ago by visionaries here in Lena - be viable and beneficial long into the future and this donation is one way we can help to do that.

Kemple said Lena Retreat is very appreciative of the donation.

"I think we will be able to set aside the monies donated by Lena State Bank, so that we will have the

See RETREAT, Page 19



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Accelerated reader recognized

Sally Monigold earned the honor of Assistant Principal of the Day at Lena-Winslow Elementary by reading books and accumulating 300 AR points this school year.

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Junior High winners of the Poppy Poster contest in Lena are: left to right: Maddie Young, Ali Westergaard, Faith Offermann, Isabelle Paulsen, Hannah Pecoraro, and Kimberly Dominguez.



Elementary school Poppy Poster winners are: left to right: Evelyn Gabel, Scarlett Sager, and Payton Mathewson.



COURTESY PHOTOS Shopper's Guide

Poppy Poster Contest

Andrea Karnatz, Poppy Chairman, of the Lena American Legion Auxiliary recently held the annual Poppy Poster Contest. All students 4th-12th grade were eligible to participate for a chance to compete at the state level. Third graders also submitted posters, and were eligible to win a prize through the Lena Auxiliary. Ms. Voreis, Le-Win Junior High and High School art teacher, and Mrs. Amendt, Le-Win Elementary School art teacher, instructed students at Le-Win. A total of 227 posters were submitted.

This year's winners were: Evelyn Gabel (3rd grade), Payton Matherson (4th grade), Scarlett Sager (5th grade), Hannah Pecoraro (6th grade), Kimberly Dominguez (6th grade), Faith Offermann (7th grade), Isabelle Paulsen (7th grade), Maddie Young (8th grade), Ali Westergaard (8th grade), Lila Rudisill (9th grade), Alyssa Brown (11th grade), Taylor Patterson (11th grade), Sophie Tootelian (12th grade), Carson Diddens (12th grade). No 10th grade posters were submitted.

Each winner received a gift certificate from Sweetie Me Candy and Gift Shop, here. Poster winners (4th-12th) were then sent to the Department Headquarters of the American Legion Department of Illinois to be judged and awarded cash prizes.

The remaining posters will be put up in windows at businesses around town for Memorial Day.

American Cancer Society and Stephenson County lead the fight for a world without cancer

On Saturday, April 27, from 2-6 p.m., participants will join together at the annual Relay For Life of Stephenson County at the Stephenson County Fairgrounds to help the American Cancer Society attack cancer from every angle.

The American Cancer Society is the cause fighting cancer on every front; standing shoulder to shoulder with cancer patients and those supporting them. Last year, 2.7 million participants in the U.S. raised more than \$279 million at more than 3,500 events to help beat our biggest rival. Funds raised help the American Cancer Society attack cancer in dozens of ways, each of them critical to achieving a world without cancer – from developing breakthrough therapies to building supportive communities, from providing empowering resources to deploying activists to raise awareness.

Founded by Dr. Gordy Klatt in Washington in 1985, the Relay For Life movement unites communities across the globe to celebrate people who have been touched by cancer, remember loved ones lost, and take action for lifesaving change. Symbolizing the battle waged around the clock by those facing cancer, the event can last up to 24 hours and empowers communities to take a stand against cancer.

In addition to the support of the community, Relay for Life of Stephenson County is also supported by many local businesses and organizations. This year's top sponsors include: MetLife, Midwest Community Bank, and FHN.

Together, we can beat our biggest rival. Join or donate to the Relay For Life of Stephenson County. Visit RelayForLife.org and search for Stephenson County.

Lena Women's Slowpitch League

Lena Women's Slowpitch League is forming a team and has room for teams to join the Thursday night league. Women 18 and older are eligible to play.

Play begins May 16, and has a minimal cost. Wisconsin players and teams welcome to join. Please contact Louise Workerger at 815 369-4823.

THE SHOPPER'S GUIDE

"Committed to the communities we serve"

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Hanover Park District board members accept a \$2,500 check from Apple River State Bank. From left to right: Jason Thomasson, Crystal Geerts, Susan Fulton, Allen Bradt (Commissioner), Nellie Bainbridge (Vice President), JoAnn Nolan (Secretary), Michael Kuzniar (President) and Anita Larson.

Apple River State Bank donates to Hanover Township Park District roof repair

Apple River State Bank recently donated \$2,500 to the Hanover Township Park District for the repair and replacement of the Park District building's roof, which was damaged during the hail storm of April 2017. Eight sections of the roof were damaged causing leaking and loss of ceiling tiles. Even with hail damage insurance payments, the Park District still needed to raise an additional \$40,000.

Since 1930, this building has served as home to the Hanover Red Devils, the River Ridge Wildcats, and the Hanover Township Park District. Today, the Park District is used by many community groups.

"The bank's donation is an investment in our community and will help to ensure that the Park District building can continue to provide a home for community services and recreational

activities," said Joel Holland, Chief Executive Officer.

Apple River State Bank is located throughout Jo Daviess County in Apple River, Elizabeth, Hanover, Scales Mound, Warren and Galena (First Community Bank of Galena). The bank is a locally owned financial institution with its entire management team and board of directors residing within Jo Daviess County.

Illinois conservation easements need partners

NRCS State Conservationist, Ivan Dozier announces funding is now available for the Agricultural Land Easement (ALE) program. Dozier explains that the ALE program can help address development and population pressures that pose a threat to Illinois farmland acres currently used for agricultural production. Through use of these easements, NRCS can provide financial assistance to eligible partners. Those funds are then used to purchase Agricultural Land Easements (ALE). These easements keep working croplands and grasslands in active, profitable agriculture production. The sign-up opportunity for Illinois ALE runs through April 29, 2019.

Who can serve as an eligible partner? Entities, including state and local governments, and non-governmental organizations that have farmland or grassland protection programs may be eligible partners. Dozier explains, "Agricultural easements help protect the long-term viability of our nation's food supply. Easements prevent conversion of productive working lands to non-agricultural uses and conserve vital grazing land and pastures," Dozier adds.

Easements also help keep lands in family hands, while providing an enhanced opportunity to keep productive land available for entry into farming through increased availability of affordable land for young,

beginning, veteran and under-represented farmers. To date, producers and partners nationwide have successfully protected more than 1.1 million acres of farmland and 340,000 acres of grassland through ACEP's predecessor programs – the Farm and Ranch Lands Protection Program and the Grassland Reserve Program.

Since the 2014 Farm Bill, NRCS worked nationally with hundreds of landowners and partners to use easements that support preservation of almost 500,000 acres. "These easements offer not only tremendous benefits for individual landowners and partnership entities, but also the public by providing historic preservation, wildlife habitat, and protecting open space."

Agricultural Land Easements also contribute to a more diverse agricultural landscape and more resilient rural economies. They can also open new economic opportunities to landowners and rural communities who recognize and take advantage of birding, hunting, and other recreational activities people enjoy on their trips and vacations to the countryside.

Interested partners need to sign up for ALE now in their local NRCS office. The first funding cutoff will be April 29, 2019. Interested landowners need to find a partner who is willing to assist in purchase of the easement. If they do not know

of a partner, they can contact their local NRCS office to get more information about the type of partner that would hold an Agriculture Land Easement. To learn more, contact the local NRCS office in your Illinois county or visit www.nrcs.usda.gov to reach NRCS.

FHN offers BLS for healthcare professionals

Healthcare professionals interested in becoming BLS (Basic Life Support) certified are invited to attend a course at FHN Memorial Hospital in Freeport April 20.

The course will cover high-quality CPR individually and as part of a team and will enable participants to recognize and deal with several life-threatening emergencies. It will be held from 8 a.m. – noon Saturday, April 20 at FHN Memorial Hospital, 1045 W. Stephenson Street in Freeport.

The class is open to all healthcare professionals; employment at FHN is not a requirement. The \$40 registration fee includes the BLS Provider Manual and reference card and a BLS certification card which is valid for 2 years.

This course is for healthcare professionals only. A Heartsaver® First Aid course for the public is scheduled for May 18. For more information or to register, visit www.fhn.org/basic-life-support.asp.

Diabetes Prevention Program starting at Senior Activity Center

The Senior Resource Center and the University of Illinois Extension are teaming up to offer a 14-week diabetes prevention and management program called, "The Choice Is Yours."

The program provides information on understanding the fundamentals of diabetes, establishing healthy goals, and the importance of prevention and self-management. Participants gain an understanding of how health behaviors such as meal planning and food selection play a vital role in the management and prevention of diabetes.

Participants also will increase their knowledge of how other lifestyle behaviors such as stress management and physical activity alter their risk of developing diabetes. Sessions also will focus on the role these choices play in the management of those with diabetes.

The goal of The Choice Is Yours program is to help you improve your overall wellbeing, whether you are looking to prevent diabetes or improve your diabetes self-management. This program will complement the recommendations of your health care provider and help you and/or your loved one better manage/prevent diabetes.

The Choice Is Yours begins Monday, April 22, and runs through Monday, July 29. This multi-week program consists of two-hour sessions, designed for anyone interested in preventing or managing diabetes. The program will be held from 10

a.m. to noon at the Senior Activity Center, 216 E. Stephenson St., Freeport.

The registration cost is \$40 per person (includes all sessions) or \$70 per couple (with one set of handouts). This program also includes the option to have your A1c tested at the beginning and end of the program, which allows you to track your progress in reaching your health goals for an additional \$40. An A1c is a common blood test that reflects your average blood sugar level for the past two to three months.


Pre-registration is required to attend and the deadline for registration is Thursday, April 18. To register or for more information, call the extension office at 815-235-4125 or online at web.extension.illinois.edu/jsw.

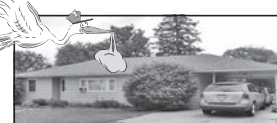
Jo Daviess SWCD fish sale

The Jo Daviess County Soil and Water Conservation District is now accepting orders for the Spring Fish Sale and will continue to take orders through April 13. Delivery is planned for Monday, April 23, at 8 A.M. at the Elizabeth Community Building. We are offering Hybrid Sunfish, Bluegill, Redear Sunfish, Hybrid Redear, Largemouth Bass, Channel Catfish, Albino Catfish, and Fathead Minnows. If you wish to order fish call our office at 815-858-3418 ext. 3 or write to the Jo Daviess SWCD, P.O. Box 502, Elizabeth, IL 61028.


Airyonna Willson says:

"Look what the stork brought us for Easter - Gianna Willson!"







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Capitol recap: Language filed for graduated income tax amendment

By Capitol News Illinois staff

Language is filed for a constitutional amendment that would allow the Illinois Legislature to enact a graduated income tax, and the measure cleared the Senate Executive Committee on party lines Wednesday, April 10.

The full text of the amendment reads: "The General Assembly shall provide by law for the rate or rates of any tax on or measured by income imposed by the state. In any such tax imposed upon corporations the highest rate shall not exceed the highest rate imposed on individuals by more than a ratio of 8 to 5"

At a news conference in his office Tuesday, April 9, Gov. J.B. Pritzker said it's time to "let the people vote" on whether they would like to see the tax structure overhauled.

"We have a constitutional amendment process that ultimately puts this decision to the voters," Pritzker said. "It's time to let the people of Illinois — our taxpayers — decide."

The measure, SJRCA 1, could be placed on the ballot as early as the 2020 presidential election, which would require approval from three-fifths of each the Illinois Senate and House. After that, it would require approval from 60 percent of those voting on the specific question or the majority of those casting votes in the election.

"This is something we've been working on for the better part of 10 years," Senate sponsor Don Harmon (D-Oak Park) said. "What's different now is Gov. Pritzker, a governor brave enough to say that this is the solution for our state, and to put his considerable political capital behind this effort."

The amendment needs 71 votes in the House and 36 in the Senate to be placed on the ballot, and those chambers have 74 and 40 Democrats in them, respectively.

While Harmon said he expects the Legislature to pass a specific proposal by the end of the legislative session, Republicans continued to question the likelihood of the rates remaining as they are in Pritzker's proposal for any measure of time.

Senate Minority Leader Bill Brady, a Bloomington Republican, opposed the amendment at committee Wednesday. He said he believed it opened up the ability to "raise taxes even further" and "play games" with the tax code by removing language which states "there may be no more than one such tax imposed by the state."

Todd Maisch of the Illinois Chamber of Commerce said this could allow the state to add "surcharges" or

assessments on separate lines of income for taxpayers.

TAX PLAN CRITICS: Opponents of Gov. J.B. Pritzker's proposal for a multi-tiered income tax structure came out with a new argument Tuesday, April 9, after the governor and Democratic leaders in the General Assembly unveiled their proposed language for a constitutional amendment.

Under the proposed language, they argued, the state would actually be allowed to levy multiple income taxes, each for a different purpose, which would effectively allow the state to tax the same income multiple times.

Supporters of the proposal say that's not true. Still, the issue likely will be the source of heated debate as the proposal is discussed in the House and Senate.

At issue is language in the Illinois Constitution which authorizes the state to levy a tax on income, "at a non-graduated rate."

The very next sentence provides: "At any one time there may be no more than one such tax imposed by the State for State purposes on individuals and one such tax so imposed on corporations."

That language does not appear in the proposed constitutional amendment that Pritzker and Democratic leaders unveiled Tuesday, prompting Republicans and business leaders to warn that it could lead to a system of multiple income taxes.

"Right now in the Constitution, we are protected," said Rep. Tony McCombie, a Savanna Republican, speaking to reporters outside the governor's office. "I and the middle class are protected by the flat tax. And we also cannot tax a dollar twice, and this amendment takes that away."

But Sen. Don Harmon, an Oak Park Democrat and lead sponsor of the amendment in the Senate, said that simply isn't true, and he accused critics of the plan of grasping at straws.

"I think they're getting more manic in their opposition," Harmon said in a phone interview.

TOBACCO 21: Gov. J.B. Pritzker signed legislation making Illinois the first Midwestern state to raise the minimum age to purchase tobacco products Sunday, April 7, in Chicago.

The ceremony marked the end of a four-year effort to change the age from 18 to 21 to buy cigarettes, e-cigarettes, vapes, chewing tobacco and other goods containing nicotine.

The law takes effect July 1, 2019.

RIGHT-TO-WORK LAWS: Gov. J.B. Pritzker on Friday, April 12, signed into law a bill that prohibits local governments from enacting so-called "right-to-work" laws that are aimed at weakening the power of labor unions.

The bill that Pritzker signed Friday came in response to a local ordinance adopted in the village of Lincolnshire, in northern Illinois, in 2015. It provided that workers could not be compelled to join a labor organization as a condition of employment within the village.

A U.S. District Court judge struck down that law in 2017, ruling that federal law allows only states to regulate collective bargaining. And in March 2018, the 7th Circuit Court of Appeals upheld that decision. But other federal circuits have ruled that local governments may enact local right-to-work laws, making the issue ripe for a U.S. Supreme Court review.

Asked about that during the bill-signing, Pritzker said he is confident the new Illinois law would be upheld.

SCOTT'S LAW: In light of an increase in accidents and deaths to Illinois State Police troopers, the state Senate on Friday, April 12, passed a measure to increase awareness of "Scott's Law," which requires drivers to slow down and switch lanes when they see flashing emergency lights.

Senate Bill 947, sponsored by Republican Chapin Rose of Mahomet, passed the Senate unanimously. The bill provides that renewal notices from the secretary of state's office will advise drivers of how to properly approach a stopped emergency vehicle.

The bill also requires the driver's license test to include a question concerning safe driving when approaching authorized emergency vehicles.

RACIAL IMPACT NOTE: State Sen. Kimberly Lightford, a Maywood Democrat, passed Senate Bill 1485 on Friday, April 12, to create the "Racial Impact Note Act" on legislation, similar to existing notes such as those for financial impact.

The bill provides that every bill "which has or could have a disparate impact on racial and ethnic minorities," can have a racial impact note filed by request of a member.

The note will be a "brief explanatory statement or note that shall include a reliable estimate of the anticipated impact on those racial and ethnic minorities likely to be impact-

ed by the bill." The bill also prohibits racial discrimination and harassment by state officers and employees, and provides that each state officer and employee shall annually complete a racial bias, discrimination and harassment training program approved by the appropriate jurisdictional authority.

FALLEN OFFICER HONORED: Lawmakers took time out from their session Thursday, April 11, at the Capitol to honor the service of McHenry County Sheriff's Deputy Jacob Keltner, who was shot and killed March 7 while police served an arrest warrant at a Rockford hotel.

ALCOHOL DELIVERY: A bill which passed the Illinois Senate on Thursday, April 11, would set a statewide standard for alcohol delivery from retailers such as grocery stores.

"More and more people are ordering their groceries online," state Sen. Don Harmon (D-Oak Park) said. "We want to keep up with this modern way of shopping and make sure that any retailers who want to provide this service to their customers are confident that they will be able to deliver anywhere in the state."

Senate Bill 54 would allow for home delivery of alcohol from grocery stores and other licensed retailers if certain conditions, including age verification and training, are met. The bill passed the Senate without opposition and heads to the House, where Harmon said he is continuing to meet with working groups to finalize the legislation.

SCHOOL BUS STOPS: Drivers who don't stop for school buses could see a doubling in ticket fines under a proposed state law that passed the House on Thursday, April 11.

House Bill 1873, sponsored by GOP Rep. Darren Bailey of Xenia, doubles the fine for first offenses to \$300 from \$150, and for second offenses to \$1,000 from \$500.

It passed the House by a vote of 74-16, with 12 representatives voting present after extended and heated debate.

Bailey called the bill a matter of "public safety, to protect school children as they load and unload off buses."

TEACHER SALARIES: More than 60 percent of Illinois public school districts have a starting annual salary for teachers of less than \$40,000.

That could change as both chambers of the General Assembly consider bills that would set \$40,000 as the minimum salary for a teacher.

Advocates say House Bill 2078, sponsored by Rep. Katie Stuart (D-Edwardsville) and approved Tuesday, April 9, by the House, would help remedy the state's growing teacher shortage.

"There's not just one issue why we don't have teachers, but the pay certainly is a big part of it" Stuart said in floor debate Tuesday.

In a March survey by the Illinois Association of Regional Superintendents, 85 percent of responding school districts had major or minor

problems with teacher shortages. The problems were pronounced in central and southern Illinois, where about 90 percent of responding districts said they had trouble finding qualified teachers to fill positions.

While opponents of Stuart's bill recognize the shortage, they argue that many school districts would have to lay off employees, cut programs, or increase classroom sizes to accommodate a salary increase.

HB 2078 passed by a vote of 79-31, and is now headed to the Senate for consideration.

The Senate, however, has its own bill raising the minimum teaching salary in the state to \$40,000. Senate Bill 10, sponsored by Bunker Hill Democrat Andy Manar, was approved Thursday, April 11. It was approved with an amendment the House version did not have, which directs a state review panel to figure out how Illinois' most underfunded school districts can get extra state aid to comply with the minimum salary law.

Manar said the state's school funding formula must be "slightly adjusted" to make up the difference for the cost of the bill, so that underfunded school districts could pay the minimum salaries.

PRIVATE DETENTION FACILITIES: The Illinois House passed a bill Wednesday, April 10, that would prohibit private, for-profit companies from operating civil detention facilities in Illinois, a measure that would effectively block a project currently being proposed in the village of Dwight, about 75 miles southwest of Chicago.

Illinois already prohibits private prisons from operating in the state, and Rep. Kelly Cassidy, a Chicago Democrat who sponsored the bill, said it is meant to accomplish the same goals.

"This is an industry that has been plagued by concerns about the health and safety, not only of the people that are held there, but the people that work there," she said. "Given that we were so forward-thinking as to create this ban in the first place, I believe that it's proper for us to complete that circle."

The bill, House Bill 2040, passed the House by a vote of 85-26. It now moves to the Senate.

DHS BUDGET: A Senate budget committee on Tuesday, April 9, began weighing Gov. J.B. Pritzker's request for a \$358 million, or 9 percent increase in general revenue funding for the Department of Human Services, the agency that manages most of the state's social welfare programs.

DHS Secretary-designate Grace Hou, who served as assistant secretary for DHS during former Gov. Rod Blagojevich's administration, told the panel the additional money is needed to make up for several years of underfunding in social services.

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ON THE RECORD

Obituaries

DELORES GILLILAND

Delores Gilliland, age 85, of Mt. Carroll, Illinois, passed away Wednesday, April 10, 2019 at the Good Samaritan Society, Mt. Carroll. A funeral service was held Monday, April 15, at the First Evangelical Lutheran Church, Mt. Carroll. Burial took place in Oak Hill Cemetery, Mt. Carroll. Visitation was Sunday, April 14, at Law-Jones Funeral Home. Memorials may be given in Delores' honor to the First Evangelical Lutheran Church, Mt. Carroll. Family and friends are invited to share in Delores's life at www.lawjonesfuneralhome.com.



Delores was born Oct. 27, 1933, in Oregon, Illinois, the daughter of Diedrich and Alice (Wiltfang) Mennenga. She graduated from Oregon High School with the Class of 1951. On Nov. 10, 1956, Delores married Earl Gilliland shortly after his return from his service in the Army during the Korean War. Together they celebrated 62 years of marriage and raised two children.

Delores worked as a secretary for Mt. Carroll School District #304 for 24 years. She also worked for the

Ogle County Farm Bureau for five years, and one year for the University of Illinois. Delores was a member of the First Evangelical Lutheran Church in Mt. Carroll. She enjoyed reading and attending basketball games. She loved going to Timberlake Playhouse musicals and being together with family—especially for holiday meals. Delores enjoyed the company of her grand dogs, Macy and Pepper, and helping raise the family beagles and her Siamese cat. She also loved traveling around the countryside with Earl, and even longer trips, including the Louis and Clark Trail and Ellis Island at New York, Philadelphia and Washington D.C.

Delores will be dearly missed by her husband Earl; son David (Gail) Gilliland of Stockton, Illinois; daughter Dori Gilliland of Mt. Morris, Illinois; two sisters-in-law, Dale Mennega of Oregon, and Phyllis (Willard) Haberer of Sterling, Illinois; one brother-in-law, Dave Rittenhouse of Rockford, Illinois; and many nieces and nephews.

Delores is preceded in death by her parents Diedrich and Alice, brother Gary Mennenga; two sisters, June Rittenhouse and Marialyce (Don) Block.

ROBERT LEE WOODEN

Robert Lee Wooden "Ol Bopper" passed away Feb. 19, 2019 at the

Galena Stauss Senior Care Community at the age of 93. Cremation rites have been accorded. As a Past Master of Integrity Lodge #997 A.F. and A.M. and of Miner's Lodge #273 A.F. and A.M. Robert will receive a Masonic memorial service at the Ferry Landing in Galena, IL on April 20, hopefully the weather is more cooperative. His memorial will be followed by a Good-Bye Party at the New Diggings General Store and Inn beginning at 2:30 until 6 p.m. The Furlong Funeral Chapel, Galena is assisting the family. He was born Jan. 23, 1926 in Smithville Indiana and was the son of Robert and Tonnie Wooden. He left home when he was 15 and never looked back. He became a proud meat cutter. His trade took him all over the country and to the Pacific islands. In the '40s, Bob spent time as a teamster on the Hanford Site Project – home of the Manhattan Project. But it was working at a meat counter in Chicago where he met his wife and lifelong love, Patricia. They were married June 3, 1950, and remained by each other's side until Patricia's death in Oct. 2016. Later Bob became a carpet layer and in 1970, he and Pat moved their family from Chicago to Galena, IL. Ol Bopper enjoyed hunting, fishing, and the (sometimes more than) occasional nip of Old Grand Dad 114. Ol Bopper never met a stranger. A natural talker, he loved BS'ing with anyone and everyone. His animated laugh filled the taverns, Masonic lodges, and Mississippi River banks of the tri-state area for 50 years. He will be dearly missed by all who knew him. He is survived by his daughter Linda Wulff (Randy) of Stockton, IL; his son Bobby (Marsha) Wooden of Scales Mound, IL; seven grandchildren, Gale, Tonnie, Tammy (Dean), Kurt (Meredith), Katie (Alex), Sam, and Ben (Casey); and twelve great-grandchildren. He was preceded in death by his wife Patricia; an infant son, Rick Timothy; and three siblings, Thomas, Francis, and Rachel. Bob's family would like to thank Greg and Dawn Fleege and the many friends that shared his life. Bob's family is grateful for the warmth, care, and kindness of Hospice of Dubuque and the Galena Stauss Nursing Home during this very difficult time. "Boom 1, 2."



Online condolences maybe left at www.furlongfuneralchapel.com



COURTESY PHOTO The Scoop Today/Shopper's Guide

Niemann-Fleege engagement

Delmar and Joyce Niemann of Stockton IL and Matthew and Diane Fleege of Platteville WI are pleased to announce the engagement of their children, Melissa Ann Niemann and Adam Matthew Fleege. The Bride attended Stockton Schools, University of Dubuque, and Purdue Global. She is employed as Director of Nursing/Agency Supervisor at 24 Hour Home Healthcare in Galena. The Groom attended Platteville Schools and UW Platteville. He is employed on the family farm. The couple plans a May, 2019 wedding.

your source for on-line news:
RVPNEWS.COM



COURTESY PHOTO The Scoop Today/Shopper's Guide

Celebrating 45 years

Terry & Carla Sertle are celebrating their 45th wedding anniversary!

Carla Furlong and Terry Sertle, Stockton, IL were married at St. Michaels Church in Galena April 20, 1974.

The couple has two children, Michael (Ashley) Sertle and Erin (Jason) Bisbee. They have five grandchildren: Tristan, Adelyn, Nolan & twins Lincoln and Ryan Bisbee. Happy Anniversary! - Love, your family

NRCS sign-up for updated CSP

State Conservationist, Ivan Dozier announced the next deadline for Conservation Stewardship Program (CSP) applications to be considered for funding in fiscal year (FY) 2019 is May 10, 2019. Nationwide USDA's Natural Resources Conservation Service (NRCS) plans to invest up to \$700 million for new enrollments and contract extensions in fiscal year 2019. The 2018 Farm Bill made several changes to this critical conservation program, which helps agricultural producers take the conservation activities on their farm to the next level.

"CSP continues to be a very effective tool for private landowners working to achieve their conservation and management goals," said Ivan Dozier, NRCS State Conservationist in Illinois. "It is the largest conservation program in the United States with more than 70 million acres of productive agricultural and

forest land enrolled." While applications are accepted throughout the year, interested producers should submit applications to their local NRCS office by May 10, 2019, to ensure their applications are considered for 2019 funding.

Changes to the Program

The 2018 Farm Bill authorizes NRCS to accept new CSP enrollments from now until 2023, and it makes some important improvements to the program. These updates include:

- NRCS now enrolls eligible, high-ranking applications based on dollars rather than acres. For fiscal year 2019, nationally NRCS can spend up to \$700 million in the program, which covers part of the cost for producers implementing new conservation activities and maintaining their existing activities.

See SIGN-UP, Page 6



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Standard Process
SUPPLEMENTS

Heart Healthy Living Workshop

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 Tuesday, May 7, 21, 28, 2019 from 1 - 3 p.m. at the Jo Daviess County Extension Office, located at 204 Vine St. Elizabeth, IL. To register, call the Extension office at (815) 858-2273 or visit us online at <http://web.extension.illinois.edu/jsw/>. There is a \$20 registration fee, which covers participation in all sessions, handouts and educational materials. Space is limited, so enroll today.

Since 1964, February has been known as American Heart Month.

The purpose behind American Heart Month is to raise awareness about heart disease, while educating the public about preventive measures they can take to reduce the risk of developing heart disease.

The most notable changes in the prevention of heart disease was the release of new blood pressure categories, in November 2017. The American College of Cardiology and the American Heart Association issued its report on Clinical Practice Guidelines to help individuals address high blood pressure, and complications that arise from having elevated blood pressure.

The changes to the guidelines are based on strong scientific evidenced from studies regarding blood pres-

sure related risks associated with cardiovascular disease. Additionally the new guidelines provide management strategies to help both healthcare providers and consumers. The guidelines stress the importance using proper technique when measuring blood pressure, the use of home blood pressure monitoring and early intervention with lifestyle changes.

"Lifestyle factors, health conditions and family history can put individuals at an increased risk for developing heart disease. However, you can decrease your risk by educating yourself and making healthy lifestyle choices," states Diane Reinhold, registered dietitian, with the University of Illinois Extension.

Whether you are planning, shopping and cooking for someone with heart disease or working towards preventing heart disease yourself, it can be a challenge. To help meet these challenges, University of Illinois Extension will offer a three-part workshop designed for anyone interested in preventing or managing heart disease. During each session, participants will learn how lifestyle factors impact the risk and management of heart disease. Receive recipes, watch cooking demonstrations, as well as learn about heart healthy eating, and physical activities to better care for their health.

Diane Reinhold is a University of Illinois Extension, Nutrition and Wellness Educator and registered dietitian. For more about upcoming programming on nutrition and wellness, visit <http://web.extension.illinois.edu/jsw> or call 815-235-4125.



SONYA WILLIAMSON PHOTO The Scoop Today/Shopper's Guide

Sixth grade Lady Blackhawks champions

Meet the 2019 Champions of the NWYBL. This is their second consecutive year of being first and going undefeated for their past two basketball NWYBL seasons.

Front, left to right: Ava Hess, Kacy Wright, Katelyn Winters.

Back, left to right: Coach Paul Broshous, Emily Broshous, Dylann Broshous, Madie Mammoser, Gracie Luke, Coach Mike Mammoser.

• Sign-up

(Continued from page 5)

Higher payment rates are now available for certain conservation activities, including cover crops and resource conserving crop rotations.

CSP now provides specific support for organic operations and those transitioning to organic production activities as well as a special grassland conservation initiative for certain producers who have maintained cropland base acres.

About the Program

CSP is offered in Illinois through continuous sign-ups. The program provides many benefits including increased crop yields, decreased inputs, wildlife habitat improvements and increased resilience to weather extremes. CSP is for working lands including cropland, pastureland, and nonindustrial private forest land.

More Information

For additional information about CSP, contact your local USDA service center.

• Recap

(Continued from page 4)

who are employed by DHS as well," Hou told the committee.

"It's clear that these last several years have eroded our system and impacted those who we are charged to serve," she added. "I came back to DHS because, like you, I want to be part of the solution and to make sure the essential services we provide are of high quality, accessible and equitable."

Capitol News Illinois is a nonprofit news service operated by the Illinois Press Foundation that provides coverage of state government to newspapers throughout Illinois. The mission of Capitol News Illinois is to provide credible and unbiased coverage of state government to the more than 400 daily and weekly newspapers that are members of the Illinois Press Association.

Northwestern Illinois Community Action Agency PY19 LIHEAP 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), and Weatherization Programs.

PY19 LIHEAP assistance is available from October 1, 2018 until May 31, 2019 or until funding is exhausted. No new PIPP applications may be taken after December 31, 2018.

If you have not applied for LIHEAP assistance during this program year which began October 1, 2018 or were previously denied for assistance, you may call the office to set up an appointment to apply.

If you have received LIHEAP assistance but now have a disconnect notice on your gas and/or electric bill, you may call the office to see if you are eligible for additional assistance.

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 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 heat and electric bills issued 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

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

Wine & Woodcocks viewing party

The Jo Daviess Conservation Foundation (JDCF) invites the public to a woodcock viewing party at the Valley of Eden Bird Sanctuary on Thursday, April 18, beginning at 6:45 p.m. Bring a lawn chair, blanket, and beverage of choice and join us at dusk to learn about and view woodcocks. It is a half mile hike to the viewing area and an ATV will be available for those needing assistance. A flashlight may be helpful for the walk back and long pants are recommended. This is the time of year for the woodcock mating call and dance. The event will be cancelled if it is raining. \$10 for non-members of JDCF. Valley of

Eden is located at 5559 E Rush Creek Road, Stockton, IL.

The Jo Daviess Conservation Foundation is a member supported, local non-profit whose mission is to preserve land for the lasting well-being of people and wildlife. JDCF owns several beautiful and unique preserves that are open to the public for hiking, wildlife viewing, and picnicking, including a new addition to the popular Horseshoe Mound Preserve. For more information about JDCF, please visit their office at 126 N Main Street, Elizabeth IL, or contact them at www.jdcf.org, or info@jdcf.org.

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NIU students: see our website for our DeKalb office



337870

Church notes

Calvary Church - Stockton

The annual Maundy Thursday service with the Last Supper served will be held at Calvary Church in Stockton on April 18, at 7 p.m. On Good Friday, Calvary Church will offer a Christ based service, "The Service of the Cross" at 7 p.m. on April 19. Both services are open to the public. Calvary Church is to the south of the Middle School on the corner of Rush and Maple Streets.

Good Shepherd Lutheran Church

All are invited on Easter Morning, April 21, as Good Shepherd, 118 E. Mason St. Lena, IL, will gather to proclaim the risen Lord among us. Sunrise Service will be at 7 a.m. with dramatic reading from the Gospel of John. Easter Festival Service will be 9:30 a.m. with children's message. Both services will celebrate the Holy Communion, and there will be special music by chime choir and choir. Easter breakfast will be served starting at 8 a.m. between services. Come and join us as the Good Shepherd Lutheran Youth will serve ham, eggs, cinnamon rolls, fruit, juice, milk and coffee!

On Wednesday April 24, 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 April 25, Good Shepherd will be at the Friendship

Center for Devotions and Dessert at 1 p.m.

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

First Baptist Church (Warren)

First Baptist Church, 101 W. Jefferson St. in Warren, will be presenting "A Living Hope: One Man's View of the Resurrection" at 9:45 a.m. on Sunday, April 21. It is a short dramatic presentation given from the perspective of the Apostle Peter. After the presentation, there will be a light breakfast, then we will be having our Easter Worship Service. We would be honored to have you join us on this special day. Come when you can and stay just as long as you are able. If you have any questions, feel free to call us at 815-745-2287.

Morseville Church

Morseville Church will hold their spring service on May 5, at 2 p.m. at the church. Gospel music will be provided by the "Weapons of Prayer". Everyone is welcome to come and enjoy the music. There will be finger food and fellowship in the basement following the music. Morseville Church is located at 12231 E. Morseville Rd., Stockton, IL.

St. John's Lutheran Church (Pearl City)

St. John's will hold services during Holy Week. Maundy Thursday service will be on April 18, at 7 p.m., Good Friday service

on April 19, at 7 p.m., Easter Vigil worship at 8 p.m. on April 20, and Easter Morning service at 9 a.m. on April 21. The Easter Morning worship service will include the Joy Choir and Chancel Choir. An Easter Egg Hunt will held after worship for the young children.

Congratulations to Mikayla McHugh, Onalaska, WI, for winning the \$200 Calendar Raffle drawing on April 7.

The Health Ministries Committee at St. John's will host a Health and Wellness Expo on April 24, at 8:30 - 11 a.m. at St. John's. The event is open to the public and all are welcome. Admission is free. The event will include free health screenings (fasting required), information booths, presentations, door prizes and refreshments. Presentations begin at 9:15 a.m. and include nutrition, yoga, exercise and fitness, programs offered by the Senior Resource Center, and Senior Living options and more.

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.

Willow/Kent United Methodist Churches

The Willow/Kent United Methodist Churches will have our Maundy Thursday service 7 p.m., April 18, at Kent with Holy Communion. Easter Sunrise service and breakfast will be at 7 a.m., on April 21, at Willow.

He is risen. He is risen Indeed!

Willow UMC is located seven miles SE of Stockton, IL on Willow RD.

For more information, please call Pastor Chuck at 815-947-2541.

Wesley UMC in Stockton

Wesley United Methodist Church in Stockton will be observing Maundy Thursday with Kent United Methodist Church on April 18, at Kent at 7 p.m. Communion will be served. Please feel free to join us there.

April 19- Wesley will be hosting

Good Friday Service at 7 p.m. Please join us for this special service.

April 21-Easter- we will join Willow United Methodist Church at 7 a.m. for Sunrise Service and at 10 a.m. Wesley will offer a regular Easter Service with communion. Our doors are open to all. We would love to welcome you at any or all of these meaningful services or any other time.

Wesley is located at the corner of Hudson and Benton sts. and

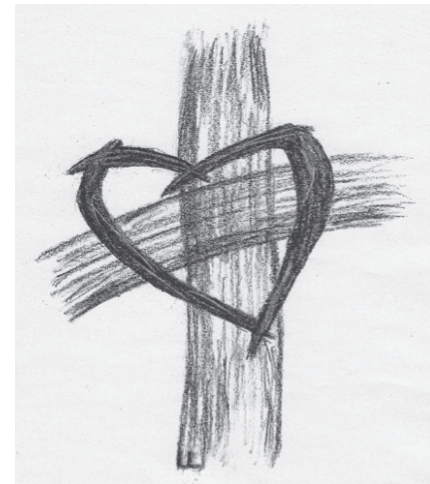
is handicap accessible. Regular worship times are Sunday School at 9:30 and Worship at 10:45.

For information please call Pastor Chuck at 815-947-2541 or check our website -stocktonwumc.org or on Facebook -Stockton Wesley United Methodist Church.

your source for on-line news:
RVPNEWS.COM



This is what Love looks like - God's love for us in Christ



Worship with our family at St. John's this Holy Week and find out what God's love looks like for you!

- 7:00 p.m. Maundy Thursday Worship
Holy Communion
Stripping of the Altar
Canticle Choir sings
- 7:00 p.m. Good Friday Tenebrae Worship
Sanctuary progressively gets darker
Meditative thoughts shared by members of our family
Singing is Acapella
- 7:00, 9:00 and 10:30 a.m.
Easter Worship
Canticle Choir sings
Children's Message
Power Point & Video
- 8:00 a.m. Easter Breakfast - eggs, sausage, pancakes, donuts, coffee, milk
Served by our Junior & Senior High Youth
Free will donation

Artwork by Lisa Lobdell, used with permission.



625 Country Lane Drive
Lena, Illinois 61048
815.369.4035

Our Web Site: stjohnslena.org
e-mail: office@stjohnslena.org
Find us on Facebook



COURTESY PHOTO Shopper's Guide

Starve the emptiness/feed the hunger

Leslie Hawley, from the Unitarian Universalist Church of Stockton, presents a check for \$400 to Colleen Fox, Elementary Principal and Superintendent of the Stockton School District. Each month, the church donates all the money received in its Sunday collection plate to a charitable organization of its choice. February's donation goes to support SNAP, the nutritional assistance program at Stockton Schools."

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.
Youth Group Wednesdays
Jr. High - 5:30 - 7:00 p.m.
Sr. High - 7:00 - 8:30 p.m.

Listen to pastor's weekly sermon
at www.lenafreechurch.org

FRIDAY FISH FRY



Side Track Inn
All You Can Eat Cod
 Starting at 5:00 p.m.

Try out other delicious Seafood Items.
 Mouth-watering Regular menu also available

Includes choice of potato, salad, relish tray and sweet rolls
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- Salmon

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 while supplies last

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2 PIECE COD DINNER, POTATO WEDGES, SALAD & ROLL \$6.69

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 Sautéed shrimp, tomatoes, broccoli & mushrooms
 Includes garlic bread stick

CATFISH FILLETS - (2) 7 oz. breaded fillets - \$16.95
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ALL-YOU-CAN-EAT Fantail shrimp - \$18.95
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Ash Wednesday Special - Fish or Shrimp Tacos

Friday Lunch Special - 2 pc Fried Fish, Dinner Specials - Baked or Fried Fish, and Specialty Fish (changes weekly)

Saturday - Ribeye or Prime Rib fresh from AJ's Lena Maid Meats

Salad Bar on Friday and Saturday nights from 4:30 - 9:00 p.m.

340085

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2 Piece Haddock Dinner \$8.50
 (hand battered or baked)
 Served with fries, coleslaw and dinner roll
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341069

GO FISH!



Stephenson County Soil & Water Conservation District offers scholarship

The Stephenson Soil & Water Conservation District is offering a \$500 scholarship for the 2019-2020 school year. The student must be a resident of Stephenson County and have a junior or senior standing in an accredited college or university with a career in agriculture, natural resources, or a related field. For fur-

ther details and an application form, please call 815-235-2141 Ext. 3. Applications must be received at the SWCD office by 3 p.m. June 7, 2019. Applications are available on our website www.stephensonswcd.org or may be picked up at Stephenson SWCD, 1620 South Galena Avenue, Freeport IL 61032.

Broad Ideas Arts Show announces scholarship

The Broad Ideas planning committee is committed to creating opportunities for artistic exploration. Because of this overarching goal and the generosity of donors, the Broads are excited to announce that our 2019 event will include a scholarship!
"It is our hope that the Broad Ideas show at the Galena Center for the Arts held during March, Women's month, will help all people find their voices and tell their stories. In order to foster further growth in artistic expression, the Broads from Broad Ideas would like to offer a \$500.00 scholarship to support to a visual artist, writer or musician who is developing their art, and is participating in the 2019 Broad Ideas Show. This scholarship can be used for classes, supplies, babysitters or for any purpose that helps applicants grow in their art."
Please go to www.broadideas.org for more details.



Happy Easter!

easter egg hunt

Evangelical Free Church of Lena

Saturday, April 20th at 1 p.m.
Age 3 - 6th Grade
Over 4,000 Eggs!
Special Eggs and Prizes!
Hear the Easter Story!

Evangelical Free Church
720 N. Freedom St., Lena, IL
815-369-5591 (held indoors in case of inclement weather)

MCCONNELL EASTER EGG HUNT!
Saturday, April 20
McConnell United Methodist Church Hall
 (211 N. Hulbert Rd. in McConnell, IL)
Registration starts at Noon
Egg Hunt at 1 pm sharp!
All children up to 8 years old
 Come and see the Easter Bunny, hunt eggs and get some fun prizes!

Bring your own Basket

This event is sponsored by The McConnell Area Historical Society.
 Questions? Contact Robin Pardus 815-821-2428

WOODBINE BEND
 GOLF COURSE & RESTAURANT

Happy Easter!
Easter Brunch Menu

April 21st 10-2

- Lamb
- Ham
- Smoked Salmon
- Omelets
- Scrambled Eggs
- Eggs Florentine
- Hash Brown Casserole
- Potatoes Au Gratin
- Bacon + Sausage
- Cream of Asparagus Soup
- Green Bean Almandine
- Fritata
- French Toast
- Fresh Fruit
- Salad
- Assorted Desserts

Adults: \$24.95 • Kids: \$12.95

Make your reservations in advance by email woodbinebend@yahoo.com or phone 815-858-3939
www.woodbinebend.com
3500 E. Center Rd. • Stockton

Easter Sunday Buffet
APRIL 21, 2019
10 A.M. - 2 P.M.

Get your photo taken with the Easter Bunny!

Brunch Menu:
 PRIME RIB • BAKED HAM • BROASTED CHICKEN
 MASHED POTATOES • BABY REDS • GLAZED CARROT
 SALAD STATION • FRESH FRUIT
 SCRAMBLED EGGS • DONUTS • GRILLS • HOMEMADE DESSERTS
 COFFEE • ORANGE JUICE • MILK

Adults: \$16.99 • Children 6-12: \$9.99
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Warren • 815-745-3311

THE Apple River STATE BANK

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FIRST Community BANK OF GALENA

Shopper's Guide



All Creation Wept
By Melissa Range

And not just those disciples whom he loved, and not just his mother; for all creation

was his mother, if he shared his cells with worms and ferns and whales, silt and spiderweb,

with the very walls of his crypt. Of all creation, only he slept, the rest awake and rapt with grief

when love's captain leapt onto the cross, into an abyss the weather hadn't dreamt.

Hero mine the beloved, cried snowflakes, cried the moons of unknown planets, cried the thorns

in his garland, the nails bashed through his bones, the spikes of dry grass on the hillside, dotted with water

and with blood—real tears, and not a trick of rain-light blinked and blurred onto a tree

so that the tree seems wound in gold. It was not wound in gold or rain but in a rapture

of salt, the wood splintering as he splintered when he wept over Lazarus, over Jerusalem,

until his sorrow became his action, his grief his victory—until his tears became a rupture

in nature, all creation disciplined to his suffering on the gilded gallows-tree,

the wood which broke beneath the weight of love, though it had no ears to hear him cry out, and no eyes to see.

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A Nativity

Rudyard Kipling, 1865 - 1936
 1914-18

The Babe was laid in the Manger
 Between the gentle kine—
 All safe from cold and danger—
 “But it was not so with mine,
 (With mine! With mine!)
 “Is it well with the child, is it well?”
 The waiting mother prayed.
 “For I know not how he fell,
 And I know not where he is
 laid.”

A Star stood forth in Heaven;
 The Watchers ran to see
 The Sign of the Promise given—
 “But there comes no sign to me.
 (To me! To me!)
 “My child died in the dark.
 Is it well with the child, is it well?
 There was none to tend him or
 mark,
 And I know not how he fell.”

The Cross was raised on high;
 The Mother grieved beside—
 “But the Mother saw Him die
 And took Him when He died.
 (He died! He died!)
 “Seemly and undefiled
 His burial-place was made—
 Is it well, is it well with the child?
 For I know not where he is laid.”

On the dawning of Easter Day
 Comes Mary Magdalene;
 But the Stone was rolled away,
 And the Body was not within—
 (Within! Within!)
 “Ah, who will answer my word?”
 The broken mother prayed.
 “They have taken away my Lord,
 And I know not where He is
 Laid.”

“The Star stands forth in Heaven.
 The watchers watch in vain
 For Sign of the Promise given
 Of peace on Earth again—
 (Again! Again!)
 “But I know for Whom he fell” —
 The steadfast mother smiled,
 “Is it well with the child—is it well?
 It is well—it is well with the
 child!”

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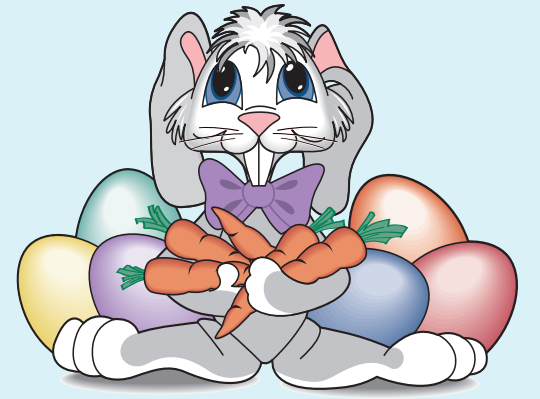
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First ever Jo Daviess Health Expo coming up soon

Time is fast approaching for the first-ever Jo Daviess County Health Expo in Elizabeth. It will be from 8:30 to noon Thursday, April 25, at the Elizabeth Community Building,

402 West St., Elizabeth. The event will feature a full house of more than 30 vendors, health screenings by Midwest Medical Center, a blood pressure screening by 24 Hour Care,

Lions Club hearing tests, developmental screenings for children ages 0-3 by the Family TIES Birth to Three Program, free snacks, door prizes and more. The focus of the

event is on information to improve health. One example will be found at the 24 Hour Care booth.

"A nurse from 24 Hour Care will be taking blood pressures and explaining why having your blood pressure checked at regular appointments is important," said Nicole Karberg, 24 Hour Care community relations manager. "The lower your blood pressure, the lower your risk of heart attack, heart failure, stroke and kidney disease will be."

Other exhibitors will represent a full spectrum of health topics including nutrition, chiropractic, senior services, underage drinking, services for people with disabilities, senior living, senior driving classes, fire safety, natural healing, finances and

education.

The free expo is presented in collaboration by not-for-profit and for-profit organizations: 24 Hour Care, Bell Tower Retirement Community, Senior Resource Center and Volunteer Visitors of Northwest Illinois.

Sponsors include Silver Sponsors Apple River State Bank, First Community Bank of Galena and Hospice Care of America, and Bronze Sponsors Prairie Ridge of Galena, Premier Chiropractic of Stockton and American Federation of State, County and Municipal Employees Retiree Subchapter No. 71.

For more information, check the event's Facebook page at Jo Daviess County Health Expo.

FHN Drug Take-Back Day

FHN Family Counseling Center, the Freeport Police Department, and the U.S. Drug Enforcement Administration are partnering to give the public a chance to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

Bring pills for disposal between 10 a.m. and 2 p.m. Saturday, April 27 to Cub Foods at 1512 S. West Avenue in Freeport. (The site cannot accept liquids or needles or sharps, only pills or patches.) The service is free and anonymous, no questions asked.

Last fall Americans turned in nearly 460 tons (more than 900,000 pounds) of prescription drugs at more than 5,800 sites operated by the DEA and almost 4,800 of its state and local law enforcement partners. Overall, in its 16 previous Take Back events, DEA and its partners have taken in almost 11 million pounds — nearly 5,500 tons — of pills.

This initiative addresses a vital public safety and public health issue.

Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. The Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health shows year after year that the majority of misused and abused prescription drugs are obtained from family and friends, including someone else's medication being stolen from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines — flushing them down the toilet or throwing them in the trash — both pose potential safety and health hazards.

For more information about the disposal of prescription drugs or about the April 27 Take Back Day event, go to www.DEATakeBack.com.

'The Medium was Rare' or Was It?

Ready for a mysteriously good time? The Galena Center for the Arts, 219 Summit, Galena, Illinois will be presenting "The Medium Was Rare" radio play this month. Dates are April 25, 26 and 27 at 7 p.m. and April 28 at 2 p.m. The play features the Adventures of Philip Marlow, Private Detective, based on the radio series written by Raymond Chandler. "The Medium was Rare" was originally broadcast in September 1951. The current production will showcase period costumes, original jingles for sponsors, live music and sound effects. Local sponsors for the event are Blaum Bros Distillery Company, the DeSoto House and Exact Pest Solutions.

The cast for the radio mystery in-

cludes Susan Barg, Emily Painter, Michael Crawford, Robert Armstrong and Mark Haman. Dan Harms will assist at the sound effects table. David Resnick will tickle the ivories of the piano. Cathy Harms serves as Stage Manager. Carole Sullivan directs.

Reserved seats may be purchased online now. Tickets are \$16 and \$8 for students.

Purchases can be made online at www.GalenaCenterForTheArts.com or at the Center for the Arts, 219 Summit on Thursdays thru Sundays from 1 to 4 p.m. For more information 779-214-0261. Seating is limited and many of the previous radio shows have sold out, so be smart and not clueless in getting your tickets early.

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Highland student named Coca-Cola Academic Team Bronze Scholar

Michelle Johnson of Stillman Valley, a student at Highland Community College, has been named a 2019 Coca-Cola Academic Team Bronze Scholar and will receive a \$1,000 scholarship.

The Coca-Cola Scholars Foundation sponsors the Coca-Cola Academic Team program by recognizing 50 Gold, 50 Silver, and 50 Bronze Scholars with nearly \$200,000 in scholarships annually. Each scholar also receives a commemorative medallion.

"Selection as a Coca-Cola Bronze Scholar was based on scores the student earned in the All-USA Academic Team competition, for which more than 2,000 applications were received this year," said Carolyn Petsche, Phi Theta Kappa Honor Society Advisor. "This program is sponsored by the Coca-Cola Scholars Foundation and is administered by Phi Theta Kappa Honor Society.

Students are nominated for the academic team by their college administrators. Selection is based on academic achievement, leadership, and engagement in college and community service.

"The Coca-Cola Scholars Foundation has a long history of providing financial assistance to outstanding students at community colleges," said Jane Hale Hopkins, President of the Coca-Cola Scholars Foundation. "We are proud to partner with Phi Theta Kappa and make it possible for deserving students to achieve their educational goals."

Coca-Cola Academic Team members were recognized in both local and statewide ceremonies as well as internationally during Phi Theta Kappa's annual convention, PTK Catalyst, April 4-6 in Orlando, Florida.

Phi Theta Kappa is the premier honor society recognizing the academic achievement of community college students and helping them to grow as scholars and leaders. The Society is made up of more than 3.5 million members and nearly 1,300 chapters in 10 nations. Learn more at ptk.org.

LEGALS

NOTICE OF PUBLIC MEETING

On May 1, 2019 at 9:00 am, a meeting conducted by Pearl City Schools will take place at Pearl City Schools in the HS Library. The purpose of the meeting will be to discuss the district's plans for providing special education services to students with disabilities who attend private schools and home schools within the district for the 2019-20 school year. If you are parent of a home-schooled student who has been or may be identified with a disability and you reside within the boundaries of Pearl City Schools, you are urged to attend.

If you have further questions pertaining to this meeting, please contact Tim Thill, Superintendent of Pearl City schools at 815-443-2715.

(Published in The Shopper's Guide April 17, 2019)

343502

Notice of Public Hearing on Township Budget

Notice is hereby given that a tentative budget and appropriation ordinance for the Township of Loran in the County of Stephenson, State of Illinois, for the fiscal year beginning April 1, 2019 and ending March 31, 2020 and will be on file and immediately available to public inspection at 215 E. South Street, Pearl City. Please call ahead at 815-443-2880.

Notice is further given hereby that a public hearing on said budget and appropriation ordinance will be held at 7:00 p.m. on June 10, 2019 at 215 E. South Street, Pearl City and final action will be taken by the Board of Trustees at this meeting.

Deb Foust

Loran Township Clerk

(Published in The Shopper's Guide April 17, 2019)

343574

Notice of Public Hearing on Road District Budget

Notice is hereby given that a tentative budget and appropriation ordinance for the Township of Loran in the County of Stephenson, State of Illinois, for the fiscal year beginning April 1, 2019 and ending March 31, 2020 and will be on file and immediately available to public inspection at 215 E. South Street, Pearl City. Please call ahead at 815-443-2880.

Notice is further given hereby that a public hearing on said budget and appropriation ordinance will be held at 7:00 p.m. on June 10, 2019 at 215 E. South Street, Pearl City and final action will be taken by the Board of Trustees at this meeting.

Deb Foust

Loran Township Clerk

(Published in The Shopper's Guide April 17, 2019)

343577

GCGS to hold annual meeting

The Green County Genealogical Society will hold their Annual Meeting on Saturday, May 4. Nancy Sorchy will present the program, "Have You Ever Wondered How Women Got Into Their Clothes Through the 18th and 19th centuries or Why Did Women All Have the Same Shape?" She will discuss and show us what the clothing looks like close up and what's underneath what you can see? Come to the meeting and find out. The Research Center will be closed May 4, so members can view clothing at the Green County Historical Museum.

The Green County Genealogical Society meeting will be held in the second floor meeting room of the Monroe Public Library at 10 a.m. Saturday, May 4. Refreshments are available for 15 minutes before the meeting. Visitors are always welcome and there is no cost to attend. You may call Sharon Mitchell (815-868-2416) or Donna Kjendlie (608-921-1537) if you have questions. Please leave a message if we are not available to answer.

The GCGS Research Center (located in lower level of the Monroe Public Library) is again available to

the public for research. Normal Research Center hours are: Tuesdays and third Saturday 10 a.m. to 3 p.m. and first Saturday after the meeting from 1 to 3 p.m. or by appointment by calling 608-921-1537. Main holdings are on Green County. Both Rock and Lafayette Counties are well represented as well as several other counties, states, countries, and ethnic groups. A large clipping collection of births, marriages and obituaries is available. Volunteers are on staff to help with your research.

Pearl City athletes look to the future

The following Pearl City athletes signed letters of intent to continue their athletic careers:

Zach Lieb--baseball at UW Platteville

Brock Smargiassi--football at UW Platteville

Braden Smargiassi--football at UW Platteville

Addison Kelter--football at UW Platteville

Lucas Petersen--football at UW Platteville

Collyn Kuberski--football at Monmouth College

Notice of Pearl City Schools' Public Meeting

On May 1, at 9 a.m., a meeting conducted by Pearl City Schools will take place at Pearl City Schools in the HS Library. The purpose of the meeting will be to discuss the district's plans for providing special education services to students with disabilities who attend private schools and home schools within the district for the 2019-20 school year. If you are parent of a home-schooled student who has been or may be identified with a disability and you reside within the boundaries of Pearl City Schools, you are urged to attend.

If you have further questions pertaining to this meeting, please contact Tim Thill, Superintendent of Pearl City schools at 815-443-2715.

HCC Adult Education Program seeks volunteers

The Highland Community College Adult Education Program is seeking volunteers to tutor adults in Highland's district. Volunteers tutor math, reading, writing or English as a Second Language. All interested individuals are encouraged to attend a session held in two communities.

The following meetings will be held:

Tuesday, April 23, 2 to 3 p.m., Mt. Morris Public Library, 105 S. McKendrie Ave., Mt. Morris, Ill.

Tuesday, April 30, 2 to 3 p.m., Savanna Public Library, 326 3rd St., Savanna, Ill.

The informational meetings will address questions, including: What does a volunteer tutor do?, How much time does it take?, and What experience do I need?

The support and encouragement tutors provide is a key influence in the lives of students. Students show greater achievement when they have individual instruction. By volunteering an hour or twice a week, tutors are a source of inspiration.

The program is rewarding for the volunteers as well. Volunteer tutors help their communities by improving the lives of residents, one person at a time. Volunteers tutor when it is convenient - morning, afternoon or evening and in an academic subject area they enjoy.

For more information about these meetings, please call 815-599-3460.

This project was made possible by a grant awarded by the Illinois State Library (ILS), a division of the Office of Secretary of State, using state funds designated for literacy. The Highland Community College Adult Education program is an equal opportunity educator and employer.



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FROM LENA'S KITCHEN



The not so skinny cook

We enjoyed some great days; my tulips have started to pop up; I am hoping they will "weather" the cold weather this weekend. I was hoping to have a nice day for Palm Sunday. I guess the cold once again is making a statement. It is hard to believe that this week is Easter.

Easter means you have to have deviled eggs. You either have them for Easter dinner or make them the week after because you have hard boiled eggs left from the Easter Egg hunt. There are many things you can do to deviled eggs to make them a little different. This week the devil egg featured will be the Pimento Cheese deviled egg.

Deviled Eggs

12 large eggs
Water
½ C. pimiento cheese
2-4 T. water
Salt and Pepper to season
1 sliced green onion
Cooked and crumbled bacon
Put eggs in a pot and cover with cold water. Bring to a boil, then reduce the heat to medium low and simmer for 10 minutes. Drain the eggs and run under cold water to cool. Peel and halve lengthwise. Scoop out the yolks and mash or put yolks in a small food processor. Pulse the eggs or mash with a fork until yolks are finely chopped.

In a separate bowl, stir in pimiento cheese to the mashed egg yolks adding the water to make them a spooning consistency. Season with salt and pepper. Mix in 1 sliced green onion. Spoon into egg whites and top with cooked bacon.

This strawberry salad is very different. It has a sweet taste to it; you could use it for a dessert. The sweet and salty taste of the nuts makes for a unique side to any meal.

Swift Strawberry Salad

4 C. fresh strawberries, sliced
2 T. caramel ice cream topping
2 T. maple syrup
1 t. orange juice
½ C. salted cashew halves
Place strawberries in a large bowl. Mix caramel topping, syrup and orange juice in a small bowl. Drizzle over the strawberry slices. Top with cashews.

If you are looking for a brunch dish for Easter, this ham and broccoli dish is very tasty. You could also use this for a dish after you have made the Easter ham. This quiche is different because the crust is made of hash browns the entire dish is made in the microwave.

Cheesy Broccoli and Ham Quiche

2 C. frozen shredded hash brown potatoes
1 C. shredded cheddar cheese
1 C. diced fully cooked ham
½ C. chopped fresh broccoli
4 eggs
½ C. whole milk
1 t. dried minced onion
½ t. garlic powder
½ t. salt
½ t. pepper

Place hash browns in a greased 9-inch microwave-safe pie plate Microwave, uncovered, on high for 3 minutes or until thawed. Press the hash browns into the bottom and halfway up the side of the pie plate. Microwave, uncovered, on high for 3 minutes. Sprinkle with cheese, ham, and broccoli.

In a large bowl, whisk the eggs, milk, and seasonings; pour over the ham mixture. Cover and microwave at 70% power for 5 to 7 minutes or until a knife inserted in the center comes out clean. Let stand for 5 minutes before cutting into slices.

If you are looking for an interesting side for your Easter dinner, these potatoes will fill the bill. I think you could make them early and put them in the crock pot. I would use a sweet onion; this recipe would be really good with Vidalia onions. Maybe we can remember it when they arrive from Georgia. The recipe calls for topping the potatoes with shredded cheese. You can use cheddar, gruyere, or a combination of shredded cheeses.

French Onion Mashed Potatoes

2½ lbs. russet potatoes, peeled and cut into 2-inch chunks
Salt
1 stick unsalted butter
1 C. half and half plus more if needed
Pepper
1 T. unsalted butter
1 T. olive oil
1 onion, thinly sliced
1½ t. chopped thyme
Salt and pepper to season
Shredded cheese

Put the potatoes in a large pot and cover with water by 1 inch; season with salt. Bring to a simmer over medium heat and cook until tender, about 15 minutes. Drain well. Place the potatoes in a bowl, and then using a ricer or food mill, press the potatoes into the pot. Warm them over low heat. Add the butter and half and half. Season with salt and pepper and stir until smooth.

Heat 1 T. butter and 1 T. olive oil in a large skillet over medium heat. Add 1 thinly sliced large onion and 1½ t. chopped thyme, and season with salt and pepper. Cook, stirring the onion until caramelized, 20 to 25 minutes. Top mashed potatoes with onions and shredded cheese.

If you would like to jazz up your green beans for the Easter dinner, this recipe is an easy one to try. The seasoning for the vegetables is a package of ranch dressing mix.

Ranch Roasted Green Beans and Carrots

1 lb. carrots, cut diagonally into ¼ inch thick slices
½ lb. green beans, trimmed
1 (1 oz.) pkg. ranch dressing mix
2 T. olive oil
1 T. chopped fresh parsley
½ t. salt
1 clove garlic, minced

Preheat the oven to 400. Line a large baking sheet with parchment paper. In a large bowl, stir together all ingredients until coated. Place in an even layer on prepared pan. Bake until tender, about 20 minutes. Serve immediately.

Many Easter dinners have ham as the main dish of the meal. This slow cooker ham has an interesting apricot glaze rather than the traditional pineapple one. I think the slow cooker will help spiral hams to remain moist. When cooking spiral hams, be careful not to cook them too long because they have a tendency to dry out.

Slow Cooker Glazed Ham

1 fully cooked spiral-cut bone in ham (about 7 lbs.)
1 jar (10 oz.) apricot jam
½ C. packed brown sugar
¼ C. Grey Poupon Dijon mustard
2 t. cornstarch
2 T. water

Place the ham in a 6 quart or larger slow cooker sprayed with cooking spray. In a small bowl, mix jam, brown sugar, and mustard until blended; spoon over ham and cover with the lid.

Cook on Low 3 to 4 hours or until ham is heated through. Transfer the ham to a platter, reserving the jam mixture in the slow cooker; cover ham to keep warm. Turn slow cooker to HIGH. Whisk cornstarch and water until blended in a small bowl; whisk into reserved jam mixture. Cook, uncovered, for 10 to 15 minutes, or until thickened, stirring occasionally. Spoon half the jam mixture over the ham. Serve ham with remaining jam mixture on the side.

This dessert recipe is an easy one to make. You can do it several days ahead because it is a freezer pie. Buy a pre-made graham cracker crust, and it is a dessert as easy as pie—sorry about the pun! Just a note: I did not forget the lemonade—the lemonade flavor comes from the lemon pudding.

Strawberry Lemonade Freezer Pie

2½ C. thawed sweetened, sliced strawberries
1 Pkg. (3.4 oz.) instant lemon pudding mix
1 carton (8 oz.) frozen whipped topping, thawed
1 graham cracker crust
Whipped topping and fresh strawberries for garnish

In a large bowl, combine the strawberries (with juices) and pudding mix; let stand until slightly thickened, about 5 minutes. Fold in whipped topping. Spread into graham cracker crust. Freeze for at least 8 hours or overnight. Let stand 5 to 10 minutes before serving. Serve

with whipped topping and fresh strawberries.

I love to see all the unique desserts that come out at Easter. I have a friend who decorates chocolate eggs, and still others who make beautiful many tiered cakes. This recipe is an easy one to get you in the mood for Easter. I think kids would like this one too. Make these easy carrot cake "nests" and fill them with your favorite flavor of jelly beans.

Carrot Cake Nest Cookies

1 1/3 C. flour
1½ t. cinnamon
½ t. ground ginger
Pinch of ground cloves
¼ t. salt
1 stick unsalted butter, softened
1/3 C. sugar
1/3 C. brown sugar
1 large egg yolk, room temperature
2 t. vanilla
¾ C. finely grated carrots
¼ C. chopped toasted pecans
1¾ C. shredded sweetened coconut

Filling:

2 oz. cream cheese, softened
2 T. unsalted butter, softened
¼ t. vanilla
½ C. powdered sugar
Jelly beans for garnish

Preheat the oven to 350. Line 2 baking sheets with parchment paper; set aside. Whisk the flour cinnamon, ginger, cloves and salt in a medium bowl. Beat the butter, sugar and brown sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 3 minutes. Add the egg yolk and vanilla and beat until well combined, then beat in the carrots and nuts. Reduce the mixer speed to low and beat in the flour mixture until just combined.

Roll tablespoonfuls of dough into balls, then roll in the coconut. Arrange 1 inch apart on the prepared baking sheets. Make a deep indentation in the centers with the handle of a wooden spoon. Bake, switching the pans halfway through, until the

See KITCHEN, Page 18



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Highland seeks nominations for Daisy Faculty and Student Award in Nursing

For many years, The DAISY Award for extraordinary nurses from the DAISY Foundation has recognized the many pressures on nursing faculty, and the profound impact on the future practices of their students.

Highland Community College is seeking nominations for The DAISY Faculty Award and for the DAISY Student Award for Extraordinary Nursing Student. The award is about celebrating nursing faculty and students for their inspirational influence on nurs-

es of today and tomorrow.

The DAISY Award for Extraordinary Nursing Student is designed to remind students, even on the hardest days in nursing school, why becoming a nurse is an enriching career choice. It is for those students who exemplify the delivery of clinical care in a compassionate way to patients and their families.

The DAISY Faculty Award was established to provide colleges a national recognition program to demon-

strate a commitment and influence on their students. The DAISY Foundation recognizes faculty retention; engagement and a positive work environment. The faculty award program is about encouraging nursing faculty to continue teaching.

The DAISY Awards were established in memory of J. Patrick Barnes, who died at 33 from an auto-immune

disease. The Barnes Family was awestruck by the clinical skills, caring, and compassion of the nurses who cared for Patrick. They created this national award to demonstrate appreciation to the faculty of nursing students and to say thank you.

Highland Community College believes that by recognizing faculty and students for going above-and-beyond

with care and compassion shown to patients and their families is what it truly means to be a nurse.

The deadline for nominations is Tuesday, April 30. For questions, contact Jessica Larson, MSN, RN, Nursing Faculty at 815-599-3452 or by email at jessica.larson@highland.edu. Nomination forms are available at highland.edu.

•Kitchen

(Continued from page 15)

cookies are set and the coconut is golden brown, 22 to 25 minutes. Let cool completely on the pans.

Filling: beat the cream cheese, butter and vanilla in a medium bowl with a whisk until light and fluffy. Mix in the powdered sugar until fluffy. Refrigerate until ready to use. Transfer the filling to a resealable plastic bag. Snip a corner and pipe the filling into the indentation of each cookie. Top with jelly beans.

I have had quite a week. I was responsible for making about 10 dozen cookies for this week. I got them made and in the freezer last Wednesday. On Thursday my oven quit. Thank goodness the Lord took care of me. I don't know about many of you, but I use my oven a lot. It would have cost a lot to fix a 15 year-old stove,

so I went stove shopping. I found out that I could spend a lot of money for a stove. I did my research on line, and then went to my trusted friends in Scales Mound. Joann helped me find a really nice stove that didn't break my bank account, and it will be here in a week! I will let you know how fast I can adapt to the learning curve of a new stove. We will be almost finished with April, so we will begin to look for some spring recipes that include asparagus and rhubarb. If you have any other spring recipes, we would like to hear about send them also.

If you would like to share any recipes, 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

What is a Mediterranean Eating Plan?

The Mediterranean diet or eating plan is influenced by the cultures, lifestyles and typical dietary patterns of those living within the Mediterranean region in the early 1960s. The Mediterranean eating plan, gained notoriety when Ancel Keys, a researcher from the University of Minnesota, noted a correlation between cardiovascular disease and diet. During Keys research, he noted a phenomenon in which poorer communities around the Mediterranean region had healthier individuals, compared to wealthier individuals living in the United States. This led to the Seven Countries Study and from this study the concept of the Mediterranean eating plan was developed.

The Mediterranean eating plan or pattern, varies greatly. And which foods should be included within the plan is controversial, given the variation between the counties within the

region. However, there are common foods and health behaviors that we can all agree on. To learn what those foods are join University of Illinois Extension, Nutrition and Wellness Educator, Diane Reinhold at a workshop called the Mediterranean Eating Plan.

During the Mediterranean Eating Plan Workshop, we will look at the foods included in the eating plan, compare the eating plan to the dietary guidelines for Americans and look at the science behind it, as well as the health benefits. It is important to note, the Mediterranean eating plan is not just about what we eat,

but also about how we live. Thus we will also look at lifestyles and health behaviors and the impact they have on our overall health.

Mediterranean Eating Plan Workshop will be held Thursday, May 16 from 1 to 3 p.m., at the Senior Activity Center located at 216 E. Stephenson Street, Freeport, IL. There is no cost to attend this program, however seating is limited and pre-registration is required. The deadline for registration is Monday, May 13. For more information or to register, call the University of Illinois Extension 815-235-4125 or visit on-line at go.illinois.edu/jsw.

Passport Days at Freeport Post Office

Do you plan to take an international trip? Is your current passport about to expire? Or, are you applying for your first passport? Well, look no further than your local Post Office.

The Freeport Post Office will host a Passport Day event on May 11, and June 8 from 9 a.m. – 12 p.m. "This is a great opportunity for Freeport area residents planning to travel outside the United States to apply for a passport without making a reservation," said Freeport Postmaster Deborah Graves.

In addition to the familiar passport book, travelers can also apply for a passport card, which may be used for land and sea travel only between the

United States and Canada, Mexico, Bermuda or the Caribbean region. The wallet-size passport card is a less expensive alternative for those who travel to these destinations, but it is not available for international travel by air.

To apply for a passport book or passport card for the first time, applicants need proof of U.S. citizenship in the form of their birth certificate issued by the city, county or state, or a certificate of citizenship or a naturalization certificate. Applicants will also need a valid form of photo identification, and they must submit a photocopy of that identification, such as a current valid driver's license,

government ID or military photo ID. There will be passport photo service available at the Freeport Post Office.

For first time applicants, the fee for a passport book is \$110 to the Department of State with an acceptance fee of \$35 to the Postal Service. The Acceptance fee for an adult passport card is \$35. An expedited process is also available for an additional fee. Passport applications for both the book and the card require a 2 x 2 photograph in color, which can be taken at the Passport Day event for a \$15. The application fee for minors under the age of 16 is \$80 for a Passport Book and \$15 for a Passport Card, and the Acceptance Fee is \$35.

"We're here to help our customers as they prepare to travel the world," added

Graves. "We make getting a passport easy and convenient with a one-stop shop solution," she explained.

Customers can learn more about passport application costs and save time by downloading forms at www.usps.com/passport. U.S. citizens may also obtain passport information by phone, in English and Spanish, by calling the National Passport Information Center toll-free at 1-877-487-2778. For the latest information on passport deadlines and other travel requirements established by the U.S. Department of State, go to www.travel.state.gov. Travelers can check the status of their passport applications online at: http://travel.state.gov/passport/status/status_2567.html.

The Postal Service receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.



COURTESY PHOTO The Scoop Today/Shopper's Guide

Betty Clementzk, left, spoke at the relay dinner, is a cancer survivor, and active with Whiteside County Relay for Life; Pat Townsend, Stockton, and Kris Eden, Pearl City are on the Relay for Life Committee.

Carroll/Jo Daviess County cancer survivors honored

By Bev Lundquist

CARROLL CO. CANCER RELAY FOR LIFE COMMITTEE

One hundred seventeen cancer survivors, spouses, caretakers, and guests joined the "Angels Among Us" to help fight cancer at the recent Relay for Life Cancer Survivor celebration and dinner. The survivors were greeted outside by Steve & Char Behrens with their giant bubbles. Each survivor was given an angel that they could take home. Following a delicious meal, the group was entertained by "His Angels", a singing group from Chadwick and Lanark. Betty Clementz, cancer survivor and active in the Whiteside County Relay for Life, talked about being a cancer survivor and of the help available through the American Cancer Society.

Many businesses, organizations, and individuals contributed to this very successful dinner. The survivor committee would like to say a "big thank you" to the Mt. Carroll Church of God for the use of their facility, to all of those contributing food, monetary contributions, and helping in any way to honor these survivors. A job well done!

To all cancer survivors - we want to remind you that we have another event planned for Saturday, June 8, at St. John The Baptist Catholic Church/Antl Hall in Savanna, when the Relay for Life Event - Survivor Victory Lap will be held. The Relay gets underway at 5 p.m. and will run until 9 p.m. The Relay is open to the public and we encourage everyone to come and help in our fight against cancer!

ENF to sponsor a Spring Big Bird Day

The Eagle Nature Foundation is sponsoring a Spring Big Bird Day on May 11, to be conducted by Naturalist, Terrence Ingram, at Apple Creek Arboretum, 8384 North Broadway, Apple River, IL. On that day Mr. Ingram will be trying to count all of the species of birds he can see from dawn to dusk. He will be attempting to document all of the species of birds that he can see on that day to compare with the species of birds which he has seen on past Spring Big Bird Days. This Big Bird Day is his attempt to document the many birds, which will have returned to the area this year.

Mr. Ingram invites anyone and everyone to join him on that day to see what birds they can find. He could definitely use help in seeing the birds.

To help the Eagle Nature Foundation, (ENF), Mr. Ingram is asking people to pledge \$\$\$ to ENF for every species of bird that he is able to see on that date, or just send in a donation for his efforts. Last year on Spring Big Bird Day he saw only 45 different species of birds.

ENF will use the raised funds to help in their efforts to preserve the bald eagle and to find out why the bald eagles are not reproducing, or the young are not surviving, as well as they should be. Send your pledges and/or donations to: ENF, 300 East Hickory Street, Apple River, IL 61001.

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

Digital marketing workshop for local food growers and producers

Growers and producers selling into the local food system via farmers markets, farm stands, orchards, and other channels are invited to attend a workshop on digital marketing this May in Rockford.

The Deeper Roots: Digital Marketing in the Local Food System program will be held on Saturday, May 18 from 9 a.m. to 12 p.m. at the University of Illinois Extension Winnebago County Office (1040 North Second St, Rockford, IL 61107). The cost for the class is \$15 and will include handouts. Attendees are encouraged to bring their laptop, cellphone, and/or other devices they will be using to implement their digital marketing this season. Space is limited to 15 participants. For more information and to register, please visit go.illinois.edu/deeperroots or call 815-986-4357.

"It's becoming more common for farm businesses to have a digital presence when selling into the local food system. Consumers are expecting to have a greater 'behind the scenes' of what is happening at the farm" states Grant McCarty, Local Foods and Small Farms Educator. "The challenge is that best practices for digital marketing tend to not recognize the uniqueness that is a local food entrepreneur that depends on customers coming to the farmers markets, visiting the orchard, and/or ordering their CSA box."

The Deeper Roots: Digital Marketing in the Local Food System program is tailored for local food entrepreneurs who sell produce, meat, eggs, and/or value added products through farmers markets, CSAs, local restaurants, orchards, farm stands, and other channels. This class will be geared toward those who will be using digital marketing to share their farming story and create greater brand awareness. The class is designed for those who have already setup a digital presence such as a Facebook Fan Page, website, or other.

Panthers fall to Lady Wolves

By Trent Scheidegger
REPORTER

Last Monday April 8, the Panthers hosted the Lady Wolves for an inner-conference matchup. Pearl City posed as a tough matchup for Lena-Winslow as the Wolves came in near the top of the conference sitting in second place. The Panthers brought a 5-5 record into the game as they looked to get above .500.

The Wolves jumped out to an early lead on Monday when an error and three straight singles from Tia Clark, Cheyenne Handsaker, and Isa Pena allowed Pearl City to get a 3-0 lead before even recording an out. Nicki Adolph capped off the offensive outbreak for the Wolves with a double to left field, bringing in Pena to give them a 4-0 lead after just the top half

of the first inning.

The Panthers would struggle to fight back as they were held scoreless in the bottom half and the Wolves put themselves on the scoreboard once again in the second inning. Following a pair of singles from Clark and Kerstan Shippy, Hannsalker hit a line drive to right field, bringing in both for her third rbi in just two innings. The Wolves were looking to put things out of reach quickly as they led 6-0 heading into the bottom of the second.

The Wolves put up another run in the fourth when they took advantage of a LeWin error allowing them to go up 7-0. They held the Panthers scoreless until the final inning when Jenna Bidlingmaier hit a line drive to right allowing Kamryn Cain to score. It would be their only run of the eve-

ning.

Shippy and Hannsalker led the way offensively for Pearl City. Shippy went three for four while scoring three runs while Hannsalker went two for three, driving in three runs of her own. Pena was also impressive going three for four and driving in a run.

Clark pitched an impressive game for the Wolves, going seven innings while allowing just six hits and one run with eight strikeouts as she captured the win. Zoe Johnson was on the mound for the Panthers as she also pitched all seven innings, allowing just five earned runs but took the loss with little offensive support on the day.

The Wolves took a 7-1 victory as they moved on to 8-3 on the season while the Panthers fell to 5-6.

Senior living options program planned at Senior Activity Center

Ever wished you could learn more about many of the senior living choices in Stephenson County all at once? Your opportunity is coming this month. The Senior Resource Center is hosting a Senior Living Options Program from 1 to 3 p.m. Friday, April 26, at the Senior Activity Center, 216 E. Stephenson St.

The event will resemble both a speech and an expo. It will feature five-minute presentations from 11 senior living choices in Stephenson County plus the Senior Resource Center followed by time at the end for participants to visit respective tables for each community. Refreshments also will be served.

The senior living options represent low-income apartments, indepen-

dent living facilities, assisted living facilities, skilled nursing facilities, memory care units and rehabilitation programs. The communities are:

- Heritage Woods of Freeport
- Lena Living Center
- Liberty Village of Freeport
- Lincoln Towers
- Meadow Ridge/Prairie Ridge
- Oakley Courts Assisted Living Community
- Parkview Home
- Pearl Pavilion
- Presence Saint Joseph Center Skilled Nursing Care
- Walnut Acres (Stephenson Nurs-

ing Center)

• WinnPrairie
The Senior Resource Center offers programs, education and activities for people 50 and beyond, their families and caregivers in Stephenson and Jo Daviess counties. The programs include Adult Protective Services, AARP Tax-Aide, Information & Assistance, Money Management Program, Community Care Program, Transit and Education & Activities.

For more information or other questions about the Senior Resource Center, call 815-235-9777 or go to the center's website, www.seniorresourcecenter.net.

Spring into Summer with FHN and the YMCA

This year's Spring Into Summer/Healthy Kids Day® event is bigger than ever – we're proud to welcome the Freeport Public Library, Ste-

•Retreat

(Continued from front page)

funding for future maintenance projects and capital improvements," said Kemple. "At this point in time there are no emergency needs.

He said the donation helps the project to not only continue to serve the community, but to move forward and meet future challenges."

"We are very appreciative of the continued involvement of Citizens State Bank as a limited partner and the Community Trust Fund as the other limited partner," he said. "The Lena Retreat really is a great Community project. The people came together, saw a need and got the retreat up and going through the Community Trust Fund and with the involvement of the banks, it's been a great success."

phenson County Health Department and the All Our Kids Network Baby Expo to the fun!

Join us from 9 a.m. to noon Saturday, April 27 at the YMCA of Northwest Illinois, 2998 W. Pearl City Road in Freeport for a whole bunch of fun activities and good ideas to kick off a healthy spring and summer.

Activities will include a fun obstacle course, a spy game, the YMCA Imagination Station, learning about germ killing and much more. People of all ages can have their blood pressure checked, get some good nutrition tips, find out about the Freeport Public Library's summer reading program and get some gardening tips from the U of I Extension Master Gardeners. We'll have a Safe Kids Car Seat Check and good information to help parents keep their kids healthy and busy this summer!

All activities are free and the event will be held rain or shine indoors at the YMCA. For more information, visit www.fhn.org.

Friends of the Pecatonica River stage annual fundraiser

The Friends of the Pecatonica River Foundation will hold our 7th Annual Spring Thaw Fund Raiser and Silent Auction at Logan's Bar & Grill on Saturday April 27, from 5 to 9 p.m. located at 1805 S. West Ave, Freeport, Illinois. Tickets for this buffet are \$15 for adults, children 3-10 \$10, under 3 free. Tickets are available in advance: 815-369-4633 or 815-238-6895, or at the door. All proceeds benefit the Pecatonica River in Stephenson County. The Friends of the Pec is a 501(c)(3). Web site is www.pecriver.org or follow us on Facebook.

Join us for dominos

Tired of this winter weather? Looking for something to do? Come join in the fun and play Dominos with us – Dominos, Chicken Foot or Mexican Train on Wednesday, April 24 at 1 p.m. at the Volunteer Visitors Office, 105 S Main St, Stockton.

To RSVP please call 815-947-3260 and bring a friend. This event is sponsored by Volunteer Visitors of Northwest Illinois and Senior Resource Center.



Consignee's wanted for
The Durand Charm Consignment Auction
Sunday, June 9th, beginning at NOON sharp.
Last day auction items accepted is Saturday, June 8th, from 8 AM-5 PM.
For more information visit www.durandcharm.com or call Chris DeSchepper at 815-978-8694.
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will be flushing hydrants from April 22 - May 3.

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Stockton Boys Track weekly results

By Trent Scheidegger
REPORTER

On April 4, the Stockton boys track squad traveled over to River Ridge once again. This time for a four way meet between River Ridge, Stockton, Southwestern, and West Carroll.

Case Harmston had himself yet another impressive performance all around. Harmston took the win in the eight hundred meter run with a time of two minutes, twenty-three seconds. He also finished in fourth place in the discus with a throw of ninety-eight feet and four inches. Another notable outing for Harmston as he placed well in multiple events.

Connor Vincent was another Blackhawk who returned to River Ridge for an impressive performance. Vincent took third place in the thirty-two-hundred-meter dash with a time of eleven minutes, twenty-two seconds. Vincent also finished near the top in the sixteen-hundred-meter run, coming in at fourth place with a time of five minutes, thirty-nine seconds. He showed that he can do it all with his legs on the fourth, finishing in fifth place in the triple jump with a distance of thirty-two feet, three inches.

Zach Cook was another Blackhawk with a notable performance on the day. Cook took first place in the three-hundred-meter hurdles with a time just over forty-six seconds. Patrick Mesendike finished just behind him in second place with a time off forty nine seconds. Cook also took third place in the hundred-ten-meter high hurdles with a time of nineteen and a half seconds. Aiden Cahill took fifth place in the two-hundred-meter dash coming in just over twenty-six seconds.

Despite the impressive outing for the Blackhawk athletes, they finished in fourth place on the day with a team score of 41. River Ridge came in first with a blowout score of 190, while West Carroll finished second at 58, and Southwestern was close behind with 54 for the third place finish.

Wildcats fall to East Dubuque in walk-off

By Trent Scheidegger
REPORTER

Last Thursday the Scales Mound-River Ridge Wildcats traveled to East Dubuque for an early season matchup. The Wildcats came in at 1-4 while East Dubuque was 1-3 as each team looked to earn their second victory of the year.

It was an offensive battle from start to finish as this game featured zero scoreless innings and went into extras to decide the winner.

Scales Mound-River Ridge put up a run in the top half of the first when Wiene singled to bring in Frey for the early 1-0 lead. East Dubuque quickly responded with two runs in the bottom half to take the lead themselves.

The Wildcats would score again in the second as a leadoff double and a walk put Stulc in a position to drive runs in and she did just that with a single to center field. Not long after Wiene found herself up with the bases loaded and once again took advantage with a single

to bring in Peart and give the Wildcats the 3-2 lead. East Dubuque quickly took the lead back, however, with a five run second inning they held a 7-3 lead heading into the third.

The Wildcats would fight there way back, however. Later on in the fourth inning they plated a pair of runs and cut the East Dubuque lead to just three as they trailed 8-5. As they went into the seventh inning the Wildcats would have one last opportunity to at least tie the game or take the lead as they trailed 9-6. They did just that as they combined for four singles to put the pressure on. Once again, Wiene found herself in position to come through clutch for the Wildcats and give her team a chance. She came through with a line drive to center field al-

lowing Frey to score and tie the game at nine. Unfortunately, a runner was thrown out at third on the play which ended the Wildcats late run as they were forced into extra innings.

After going scoreless in the top of the eighth, East Dubuque used their home field advantage as a run would end the game and give them a win. They did just that with a double to hold off the Wildcats with a 10-9 walk off win.

Frey and Wiene led the way offensively for the Wildcats, once again. Wiene went three for five with three rbi's while Frey went three for three, scored three runs, and drove in a rbi of her own. The duo's talents just weren't quite enough for the Wildcats to pull off the comeback.

Free hearing screenings at FHN audiology event

The public is invited to a special hearing screening and demonstration event at the FHN Audiology Department April 22 - 26. The event is by appointment only, and is free to attend.

FHN Audiologist Anneliese Hartman, AuD and her staff will conduct free hearing screenings and consultations and will present a demonstration of the ReSound LiNX Quattro™, the world's most advanced rechargeable hearing aid solution, for guests at this limited-time event.

Appointments are available throughout each day Monday, April 22 through Friday, April 26. For more information or to make an appointment, call 815-362-7588.

The LiNX Quattro offers excep-

tional sound quality and anytime access to support and personalization in a convenient, long-lasting rechargeable package. The Quattro battery is a lithium ion battery and is guaranteed for the life of the hearing aid.

FHN Audiology is proud to offer a full line of state-of-the-art hearing technology in a range of affordable, mid-priced instruments.

For those who choose battery-powered devices, FHN Audiology offers a Hearing Aid Battery Club: When you purchase 10 hearing aid battery packages through the FHN Audiology department, the 11th package is free! It is not necessary to be an FHN Audiology patient to participate.

LENA LIVING CENTER

THE BOOK OF SELF CARE: REMEDIES FOR HEALING MIND, BODY AND SOUL

With Author Mary Beth Janssen, MindBody Expert with the Chopra Center

Saturday, May 4th
2:00 p.m. - 5:00 p.m.

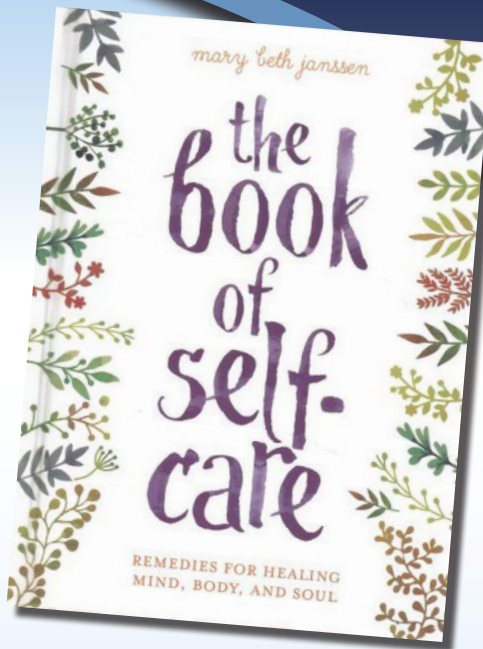
*Mimosas and petite desserts will be served. Please join us for this very special event. Mary Beth Janssen will share insights from her new book, **The Book of Self Care: Remedies For Healing Mind, Body And Soul.***

Reservations are required - please call 815-821-3512 or 708-417-2911

Copies will also be available for purchase and signing.

Reviews from the Prestigious Library Journal include "Janssen provides a comprehensive and valuable handbook for enhancing consciousness and compassion."

Gain guidance on practices to deeply nurture yourself!



Presented by award-winning educator, Mary Beth Janssen, CAyur, RYT, CMT. She is a certified mind-body health/Ayurveda educator for the Chopra Center for Well-Being - personally trained by Deepak Chopra, M.D. and partner David Simon M.D.

She has shared the same stage with the likes of Dr. Mehmet Oz, Bob Greene and Suze Orman, among others. Mary Beth writes a popular column,

"Ask the Organic Wellness Expert," for Organic Spa Magazine and has authored eight books.



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