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YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, OCT. 9, 2019

Baste your buds with Brandt's Hot Sauces

By Tony Carton
EDITOR

Brandt's Wicked Pissah Hot Sauces burst onto our taste buds after Chef Sean Huguenin sat down with a young man named Brandt Wellwood.

Wellwood is a 19-year-old who has always loved hot sauces and liked watching folk's reactions when they take on the hottest of the hottest peppers. So, the two teamed up and started a small business.

"We're making four varieties of Brandt's Wicked Pissah Hot Sauces right here in Lena," said Huguenin.

FYI, the adjective "wicked pissah" is defined in Urban Dictionary as: "The way a person in New England would describe something as being really awesome."

Huguenin said their four current varieties are:

"Signature Campfire" which is actually the brand's flagship product: a sweet sauce with lots of flavor and a touch of smoke, but very mild heat for anyone's taste buds.

"Beat Yo Face" is a Habanero based, sweet sauce with tons of flavor and a buildup heat.

"Colon Cleanser" a Habanero and Jalapeño based sauce with lots of addictive flavor and lots of heat.

"Walk to the Morgue" is their hottest sauce to date and is made with Reaper and Ghost Chili Peppers. It is packed with flavor and a heat that continues to build, so taste with CAUTION!!

"Brandt loves hot sauces and is intrigued by them, but he has Williams Syndrome which brings degenerative cardiovascular issues," Huguenin said. "As a chef, I just want to help him design something he feels is his own and his Signature Campfire was the first one we made right out of the gate. It has no heat at all, so he, his friends, and our customers that can't have spicy foods because of health issues can enjoy a bit of extra flavor."

Huguenin said their flavor packed, all natural "Campfire" variety is basically smoked red bell peppers with some brown sugar.

"Not only are our sauces all natural, but there are no artificial preservatives in them," he said. "If you read the la-



TONY CARTON PHOTO Shopper's Guide

Chef Sean Huguenin and Susan Schafer PHD of Natural Health Express in downtown Lena do a quick taste test between batches of Brandt's Wicked Pissah Hot Sauce.

bels on a lot of the hot sauces you find in the stores today you'll find xanthan gum which is a thickener or you might find acetic acid for PH balance, but our PH is balanced off of the vinegar and salt and our sodium content is very low, again to address health issues."

Huguenin said their four varieties run the gamut of mild, medium, hot, and extreme hot, each with its own unique flavor profile ranging from sweet to sweet heat. Then, Brandt brings a verde style sauce which is hot and finally, there is the extreme hot.

"A lot of sauces today are just hot and people chase that heat," he said. "They like that flavor, but depending on your palette, eventually you lose the flavor of the food or you even lose the flavor of the hot sauce once that heat kicks up. So, when we identified the heat level that we wanted to have with the peppers we were using we built the flavor profile into the heat.

With our sauces you're going to get that heat you want, but you're going to be able to maintain the flavors that you're looking for."

He said Brandt is really enjoying the ride.

"He comes with me when we do deliveries and when we did the 'Taste of Lena' and 'Fall into Stockton' this year," said Huguenin. "We're trying to get into the communities and introduce folks to Brandt's Hot Sauces. He's just a very charismatic young man that enjoys meeting people and talking about his sauces."

Brandt and team have decided to let

business grow the business.

"This is something that we've entered as a fun adventure and to see where it actually goes," he said. "As it grows, we will grow with it and we would like to eventually do some distant road trip events like chili cook-offs and just kind of target larger events.

Brandt's Wicked Pissah Hot Sauces are currently available at Sullivan's Foods in Freeport and Stockton and Wood-man's Markets in Rockford and Carpentersville. Also, it's on the tables at Natural Health Express and Brickhouse in downtown Lena and is

available at Generations Brewery in Lena.

Susan Schafer operates Natural Health Express in downtown Lena and is making her commercial kitchen available to Brandt's Hot Sauces for their preparation and bottling processes.

"I think Brandt has everything he needs for success," said Schafer. "He is absolutely amazing, so we're just here, coming along beside him."

Visit them online at <https://brandtshotsauce.com> or search Brandt's Hot Sauces on Facebook for more information and availability.

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TONY CARTON PHOTOS Shopper's Guide

LeWin Homecoming Parade

Members of the Lena-Winslow Marching Band lead the 2019 homecoming parade.



Homecoming celebrants from the Imagine, Discover, and Learn Daycare Center cheer on their favorites while at the LeWin Homecoming parade.



The Lena-Winslow Football teams ride proud in the homecoming celebrations.



Participants in the Lena-Winslow Volleyball program wave to their fans.

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or Lena Fire Station 369-2715

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In Loving Memory of
Mellissa Shumaker

Who passed away 10 years ago

October 11, 2009

In our hearts your memory lingers, Sweetly tender, fond and true.

There is not a day, dear Mellissa, That we do not think of you.

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

FROM LENA'S KITCHEN



The not so skinny cook

The temperature is now where it should be; I really like having sunny days of 50's and 60's. We once again had a deluge of rain. Everyone is waiting for what is coming from Darlington and praying it won't have much of a flooding impact. We need some sunny weather to start drying things up. This week we have some seasonal recipes and some just plain good ones.

This really good appetizer is very easy to make. You could make it the day before, and it would be great at holidays and in the summer. Several companies make garden vegetable cream cheese spread. Swiss Colony makes a good garden vegetable cheese spread that would work just as well. I have had it with regular green olives and the big ones too. They really look sort of like eyeballs, so I think you can use them for a Halloween party too.

Ham Roll Ups

8 oz. Honey ham slices, divided
2 T. mayo
¾ C. Garden vegetable cream cheese spread, divided
6 Spinach flavored 10-inch tortillas
36 pimento-stuffed green olives
2 C. loosely packed baby spinach leaves

Reserve 12 ham slices for later use. Finely chop remaining ham; mix with mayo and 2 T. cream cheese spread until blended. Cut 1½-inch slices off opposite sides of each tortilla; discard or reserve trimmed ends for another use. Spread remaining cream cheese spread onto tortillas. Starting at one rounded side of each tortilla, place 6 olives, with pimento ends together in vertical row on tortilla. Place 2 ham slices on center of each topped tortilla, overlapping edges of slices as necessary to completely cover center of tortilla. Spread chopped ham mixture

onto ham slices; cover with spinach. Roll up tightly, starting at olive-topped sides. Wrap individually with plastic wrap. Refrigerate 1 hour. Cut each roll-up into 6 pieces before serving.

This salad has a crispy taste to it with both the apples and celery. Pick a good hard eating apple for this salad. Honey Crisp, Braeburn, or Fuji are just a few good apples you can use.

Apple and Celery Salad

Dressing:
3 T. red wine vinegar
2 T. extra-virgin olive oil
1 T. minced shallots
1 t. Dijon mustard
½ t. sugar

Salad
5 C. sliced apples
1 C. sliced celery
2 T. chopped fresh parsley

Whisk together vinegar, oil, shallots, Dijon, and sugar; season with salt and pepper. Toss apples and celery and parsley with the dressing.

Every year I get calls for using spaghetti squash. If you were lucky enough to get the spaghetti squash planted before monsoon season, you probably have some to use up. This one has a lot of good spices to give the squash flavor. A lot of people like to use the spaghetti squash as a substitute for meat. The hardest part of the recipe is getting the squash cut open!

Spaghetti Squash Casserole

1 medium spaghetti squash (about 8 inches)
1 T. butter
½ lb. sliced fresh mushrooms
1 large onion, chopped
2 garlic cloves, minced
1 t. dried basil
½ t. dried oregano
½ t. salt
¼ t. dried thyme
¼ t. pepper
2 medium tomatoes, chopped
1 C. bread crumbs
1 C. mozzarella cheese
¼ C. minced fresh parsley
¼ C. Parmesan cheese

Cut the spaghetti squash in half lengthwise and scoop out the seeds. Place squash, cut side down, in a baking dish. Add ½ inch water and cover tightly with foil. Bake at 375 until easily pierced with a fork, 20 to 30

minutes.

Melt butter in a large skillet. Add the mushrooms, onion, garlic, basil, oregano, salt, thyme and pepper; sauté until onion is tender. Add tomatoes and cook until most of the liquid has evaporated. Set aside. Scoop out the flesh of spaghetti squash, separating strands with a fork. Combine the flesh, tomato mixture, bread crumbs, mozzarella, and parsley. Transfer to a greased 2 quart baking dish. Sprinkle with grated Parmesan cheese. Bake casserole, uncovered at 375 until heated through and the top is golden brown, about 40 minutes.

This can be used for a breakfast dish or a quick main meal. The great thing about living in our time is having Pillsbury Grands buttermilk biscuits; in my mother's and grandmother's time, they had to make biscuits too. The refrigerated biscuits make this a recipe that can be made in a very short time.

Biscuits and Sausage Gravy Casserole

1 t. oil
1 lb. sausage
3 T. flour
2½ C. whole milk
1 T. chopped sage
¼ t. pepper, divided
¾ t. salt
1 can (16.3 oz.) homestyle buttermilk biscuits, quartered
1 T. unsalted butter, melted

Preheat the oven to 400. Spray a 4-quart baking dish with cooking spray. In a large skillet, heat oil over medium-high heat. Add sausage and cook for 6 minutes, breaking up the sausage. Add flour and cook for 1 minute, stirring constantly. Gradually whisk in milk, sage, 1 teaspoon pepper, and salt until smooth. Cook, whisking frequently, until mixture thickens, about 3 minutes. Spoon gravy into prepared baking dish. Place biscuit quarters in an even layer on top of hot gravy. Brush the biscuits with melted butter and sprinkle with remaining pepper. Bake until biscuits are golden brown and gravy is bubbly, 15 to 20 minutes. Let stand for 5 minutes before serving.

This recipe was given to me as one of those "knock off" recipes from the Olive Garden. You will enjoy this tasty pasta dish. The prepared sauces make

it really easy. Serve it with a salad and crusty bread for a great dinner.

Five Cheese Ziti

1½ lbs ziti or small tube pasta
2 jars (24 oz. each) Prego traditional sauce
1 jar (15 oz.) Alfredo sauce
2 C. mozzarella cheese, divided
½ C. ricotta cheese
½ shredded provolone cheese
½ C. grated Romano cheese

Topping:

½ C. grated Parmesan cheese
½ C. panko bread crumbs
3 garlic cloves minced
2 T. olive oil

Preheat the oven to 350. Cook pasta according to package directions for al dente; drain. In a large saucepan, combine Prego, Alfredo, 2 cup mozzarella, ricotta, provolone, and Romano cheeses. Heat over medium heat until sauce begins to simmer and cheeses are melted. Stir in cooked pasta; pour into a greased 9 x 13 baking dish. Top with remaining 1 cup mozzarella cheese.

In a small bowl, stir together the Parmesan, bread crumbs, garlic and olive oil; sprinkle over pasta. Bake, uncovered, until mixture is bubbly and topping is golden brown, 30 to 40 minutes. Let stand 10 minutes before serving.

I have been getting some great apple recipes, and this one not only tastes good, but looks good too! Be

sure to use the correct size of Bundt pan. Remember to take the pan and measure water into it to determine the size. Enjoy this seasonal favorite cake.

Apple Pound Cake with Buttermilk Glaze

1¼ C. unsalted butter, softened
2¼ C. plus 2 t. sugar, divided
4 large eggs, room temperature
3 C. plus 2 t. flour, divided
3 t. apple pie spice, divided
½ t. baking soda
1 C. buttermilk, room temperature
1 T. vanilla
2 ½ c. chopped apples

Buttermilk Glaze:

1½ C. powdered sugar
3 T. plus 2 t. whole buttermilk, divided
1/8 t. salt

Spray a 15 C. Bundt pan with baking spray with flour. In a large bowl, beat butter and 2¾ cups sugar with a mixer at medium speed until fluffy, 3 to 4 minutes, stopping to scrape sides of bowl. Add eggs, one at a time, beating just until combined after each addition. In a medium bowl, whisk together 3 cups flour, 2½ t. pie spice, baking soda, and salt. In a small bowl, combine buttermilk and vanilla. With mixer on low speed, gradually add flour mixture to butter mixture alternately with buttermilk mixture, begin-

See KITCHEN, Page 9



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Obituaries

B. NADINE ADKINS

B. Nadine Adkins went to heaven on Sept. 28, 2019, in Fort Dodge, IA. She was born on Oct. 26, 1929, in Mayview, MO, to Jacob and Bertha (Greer) Collett. Nadine lived most of her life in Illinois, where she also owned and operated Nadine's Market on Route 20 with Lloyd and Luetta Miller for many years. After closing the market, she moved to Lena and then later to Rockwell City, IA to be with extended family. Until her passing, she resided with friends at Sunny Knoll Care Center in Rockwell City, IA.

She is survived by many friends and "family by heart": Tom and Beatrice (Miller) Knisley; Dean (Elizabeth) Davis, Tamara (Kevin) Bowditch, Amber Hurst, Mike (Nik-



kie) Davis, Jim and Cindy Arnold and their family; Melissa (David) Watter, Lindsey (Chad) Wagner, Rebecca Arnold, Patrick (Heidi) Arnold; John and Colleen Arnold and their family; Kylene, Kathleen, Katrina, and John Arnold.

She was preceded in death by her dear friend Virginia (Jenny) Arnold.

Funeral services will be held at 11 a.m. on Saturday, Oct. 12, with a visitation from 10 a.m. until time of service at Chapel Hill Memorial Gardens. Pastor Jim Erb will officiate.

A memorial has been established in her name.

Condolences may be sent to the family at www.leamonfh.com.

ELAINE L. FLYNN

Elaine L. Flynn, 93, passed away on Friday Sept. 27, 2019 at her home surrounded by her family. She was born on Dec. 17, 1925 in Kent, IL to Virgil and Luella (Fehr) Mater. She married Victor Flynn on Aug. 10, 1946 in Lena. She was a member of St. Joseph Catholic Church.

Elaine was a homebody. She loved being at her home, with her family. She enjoyed listening to conversations and she loved bowling.

She is survived by her daughter; Susan (Jerry) Jones of Lena, nine grandchildren; Tiffany (Bill) Reed, Todd Jones, Jaime (Erica) Jones, Kipp Jones, Samantha (Todd) Addison, Stephanie Jones, Sean Flynn, Scotty Flynn, and Jeremy (Stephanie) Flynn her great grandchildren; Korey and Kayla Merkel, Patrick (Jamie Heiler) Reed, Liesl Jones, Michael and Marissa Jones, Owen and Hudson Addison, Brynn Albaugh, Kenzie and Journee Hodges, Alex and Autumn Flynn, Kiley and Prestyn Flynn, Laurel and Jace Flynn, great-great grandchildren Mea Merkel, Britton and Braxton Reed, Brody and Brielle Roberts.

She was preceded in death her parents, husband Victor, sons Randall and Ronald, Brother Robert Mater and infant sister.

Private family services will be held at Leamon Funeral Home in Lena, IL.

Burial will be in St. Joseph Catholic Cemetery in Lena, IL.

Officiating will be Father Michael Morrissey

A memorial has been established in her name.

Condolences may be sent to the family at www.leamonfh.com.



He was preceded in death by his parents, Vincent Camarillo Sr. and Lucita Mauricia Herrera Camarillo. He is survived by his brothers Vincent Camarillo II and Jess Camarillo of Dinuba, Phillip Camarillo of Fowler, Thomas Camarillo of Visalia, and his only sister Carmen Huerta of Orosi and many nieces and nephews. He lived out the last of his days with his favorite niece and caretaker Renee Camarillo Rea of Stockton, Illinois.

Graveside services were held on Saturday, Oct. 5, 2019 at Ladies Union Cemetery in Stockton, Illinois.

Father Michael Morrissey performed the services.

A memorial has been established in his memory.

Condolences may be sent to the family at www.leamonfh.com.

MELODIE ANN SCHEIDER

Melodie Ann Scheider age 73, passed away on Sept. 25, 2019 at St. Mary's Hospital in Madison, WI. She was born on Oct. 13, 1945 to John and Evelyn (Hage) Esmond. She graduated from Lena-Winslow High School in 1963, and then went on to Cosmetology school. She married Darrell Scheider on June 13, 1964 and together they raised three children. Melodie owned and operated her own salon in her house for many years. She also owned and operated the Ben Franklin in Lena for many years. Melodie also worked for Swiss Colony for 10 years. She was a lifetime member of St. John's Lutheran Church in Lena, where she was active in many church activities. She was a member of the Beta Sigma Phi sorority. Melodie was an avid bowler and golfer, loved the Green Bay Packers, going on cruises, motorcycle trips, snowmobiling trips up north and boating on the Mississippi River.



She is survived by her children; Barbara (Troy) Lobdell of Darlington, WI, Dann (Angel) Scheider of Antioch, IL and Scott (Lorri) Scheider of Collierville, TN, grandchildren; Courtney, Casey (Morgan Fitzsimmons), and Carson Lobdell, Charlie, and Alexander Scheider, Renee and Andrew Scheider, siblings; Betty (Fritz) Werhane, Karen (Richard) Spinhirne, Patricia (Ron) Mahon, and several nieces and nephews.

She was preceded in death by her parents.

Memorial services and a visitation were held Thursday, Oct. 3, at St. John's Lutheran Church in Lena, IL.

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

Rev. Rick Bader performed the services.

Cremation rites have been accorded.

A memorial has been established in her memory for St. John's Lutheran Church.

Condolences may be sent to the family at www.leamonfh.com.

Births

Jagger Jeffrey Edler

Evan and Paige Edler of Orangeville, IL are pleased to announce the birth of their son Jagger Jeffrey Edler born on Oct. 3, 2019 at FHN Memorial Hospital in Freeport, IL. Grandparents are Tim Pettit of Freeport, IL, Brandi Yang of Orangeville, IL, Julie Edler of Orangeville, IL, and Danny & Kelly Edler of Red Oak, IL. Jagger joins big brother Brantley at home.

Isabelle Juliette Maurer

Zach & Hannah Maurer of Shannon, IL are pleased to announce the birth of their daughter Isabelle Juliette Maurer born on Sept. 27, 2019 at FHN Memorial Hospital in Freeport, IL. Grandparents are Tim & Julie Maurer of Pearl City, IL, Michelle Boyer of Mt. Carroll, IL, and Randy & Lori Boyer of Kent, IL. Great Grandparents are Richard & Carol Frey of Mt. Carroll, IL, Boyd & Marie Boyer of Freeport, IL, Doug & Rhonda Paulson of Freeport, IL, Pete & Angie Honchalk of Pearl City, IL, Joe & Jewel Maurer of Pearl City, IL, Stan & Sylvia Bomgarden of Freeport, IL. Isabelle joins sister Charlotte and brother Adler at home.

Camille Alyse Thoren

Chris and Mollie Thoren of Elizabeth, IL are pleased to announce the birth of their daughter Camille Alyse Thoren born on Sept. 20, 2019 at FHN Memorial Hospital in Freeport, IL. Grandparents are John & Mary Steele and Kelly & Michele Thoren all of Elizabeth, IL.

Stormi Rae Waterman

Krysta Waterman of Warren, IL is pleased to announce the birth of her daughter Stormi Rae Waterman born on Sept. 30, 2019 at FHN Memorial Hospital in Freeport, IL. Grandparents are Steve and Lisa Mischler of Warren, IL. Stormi joins big sister Jada at home.

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NICAA Golden Meals Program serves senior citizens in Stephenson, JoDaviess, Carroll, and Whiteside Counties.

NICAA Golden Meals delivers hot mid-day meals to persons 60 years of age and older who are homebound and are unable to make their own meals or are unable to attend a congregate site. Hot meals are delivered Monday through Thursday with a cold tray for Friday and frozen meals for the weekend.

The Golden Meals menus provide one-third of the USDA recommended daily allowances for senior citizens and are approved by a registered dietitian. Each meal included 3 ounces of protein, two ½ cup servings of fruits or vegetables, bread, and milk.

Congregate meal sites are located at:

- 524 West Stephenson St. in Freeport,
- Mest Manor at 525 3rd St. in Savanna,
- Dew Drop Inn at 104 Main St. in Rock City.

Meals are served from 11:00 a.m. to 12:45 p.m. Monday through Friday.

A confidential donation of \$3.00 per meal is requested. No one will be denied service due to their inability to donate.

For more information or to begin home-delivered meal service, call the NICAA Golden Meals office at 815-232-8896.

The Northwestern Illinois Community Action Agency Senior Citizens' Services Golden Meals Program is funded in part with Title III-C Older Americans Act funds received through the Illinois Department on Aging and the Northwestern Illinois Area Agency on Aging.

NICAA golden Meals does not discriminate in admission to programs or treatment of employment in programs in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act and Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions.

356153

JOSE MARIA CAMARILLO

Jose Maria Camarillo, 70 years old, was called home to Jesus on Sept. 30, 2019. He was born Aug. 15, 1949 on his grandparents' ranch in East Orosi. Jose served in the US Army and received a medal of honor for his service in the Vietnam War. He was a lover of music and could be seen playing his harmonica, keyboard and guitar. Jose also enjoyed dancing and spending time with friends and family.

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CHURCH NEWS

Good Shepherd Lutheran Church

All are invited on Oct. 13th Good Shepherd, 118 E. Mason St. Lena, IL for worship service with Holy Communion at 9:30 a.m. This service will include affirmation of baptism by the assembly. Fellowship time with juice, coffee and treats will follow after worship service. All children will gather for Sunday school for the opening at 10:45 a.m. with songs, prayers, and learning. Choir rehearsal will be at 11 a.m. and Chimes/hand bell practice at 5 p.m. Anyone who would like to sing and play bells are always welcome to join.

On Monday Oct. 14, from 12-3 p.m. the Parkinson Support Group will not hold their regularly scheduled meeting; instead FHN will have Flu Shots available from 12-3 p.m. at Good Shepherd in Fellowship Hall.

On Wednesday Oct. 16, 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 Oct. 17, Good Shepherd will lead Devotions & Dessert at Friendship Center.

On Saturday Oct. 19, Good Shepherd will join Lena Park District Truck or Treat at the Lion's Park from 10:30 a.m.-4 p.m. Stop by and play Giant Jenga.

September and October are food pantry months. We will collect donations for the local food pantry. Personal hygiene products are always appreciated. Just bring your donations to the church.

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

Salem United Church of Christ

Open communion will be offered at the 10:30 a.m. worship service of Salem United Church of Christ at 8491 West Salem Road on Sunday, Oct. 13. Sunday School for all ages begins at 9:30 a.m. "Missionaries of Love", the sermon by Rev. Randal Nicholas, will be based on scripture from 2 Timothy 2:8-15.

Bookworms will discuss "The Mountain Between Us" by Charles Martin at their meeting at 7 p.m. on Monday, Oct. 14 at Joy Gerbode's home, with discussion led by Janice Lockwood.

The monthly collection for the Lena Food Pantry in October is canned or packets of soups, and crackers (no saltines please).

Breakfast for the Wednesday Morning Group will be at the Two Eagles Restaurant, 18 E. Main St. in Freeport at 8 a.m. on Wednesday, Oct. 16.

St. John's Lutheran Church (Pearl City)

You're welcome to join us for worship at St. John's on Sunday, Oct. 13 at 9 a.m. Sunday School and Confirmation will meet immediately following worship. The SPLAT Youth group will meet from 11 am to 12:30 p.m. The Stewardship & Outreach Committees and the Memorial and Finance committees will also meet after worship.

The October Grace Meal funded by a grant from the Freeport Community Foundation will be held on Oct. 20 at 11:30 at St. John's. The menu will be grilled pork chops, baked potatoes, peas/carrots, applesauce, Black Forrest Cake and beverages.

Lois Hillmer, Pearl City, IL, was the winner of the \$200 Calendar Raffle drawing on September 29, 2019.

The Women's Gathering will have their monthly Bible Study beginning with fellowship on Tuesday, Oct. 15 at 9:45 a.m. Following the bible study they will be working on ornaments, etc. Lunch will be a Baked Potato bar. Sign-up to bring a side dish.

St. John's will host their Annual Craft and Vendor Fair on Sunday, Nov. 3 at 10 a.m. to 2 p.m. Contact the church office for an application if interested in being a vendor. Cost is \$30 for an 8' table and \$15 for a half table. The day will also include the Spaghetti Lunch serving 10:30 am - 1:30 p.m. and an FHN Flu Shot Clinic at 10 a.m. until Noon.

Bible Studies continue to meet at 7 p.m. on Mondays and at 9:30 a.m. on Thursdays. Morning Prayer is held at 9 a.m. on Tuesdays and Thursday. Members and guests are all welcome to any events at St. John's.

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.

Lena UMC to host Country Breakfast, Sweet Shoppe and Craft event

Lena United Methodist Church will hold its annual Country Breakfast, Sweet Shoppe and Craft event from 8-11 on Saturday Oct. 19. Breakfast buffet will include: Scrambled eggs, biscuits and gravy, baked French toast, sausage, ham, fruit bowl, cinnamon rolls and beverage.

A raffle will be held for: 1st prize: Quilt made by Pas-

tor Keri Rainsberger, 2nd prize: Goodie basket by Mills Furnishing & Design, 3rd. Prize: \$25 gift certificate for AJ's Lena Maid Meats. You do not have to be present to win. UM women have tickets for sale now.

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

Orangeville Legion to host Chili and Soup Supper

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

The soups being served are chili, ham and bean, and vegetable beef. There will be ham, turkey and cheese sandwiches. A large selection of desserts will be offered. Coffee and milk will be served. Take outs are available.

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

The American Legion and Auxiliary are non-profit and not only support our veterans programs, but provide scholarship funds for local high school students. The Legion and Auxiliary also fund 100% of the cost to send high school boys and girls to one week sessions of Boys State and Girls State.

Come on out for the evening and support the Orangeville American Legion and Auxiliary with their annual fundraising event!

Pearl City UMC to host Fall Festival

Pearl City UMC announces its Annual Fall Festival on Wednesday, Oct. 23, from 4-7 p.m. Come one, come all for a lot of fun and fellowship. We will have fun fall games (bobbing for apples, pumpkin race, candy corn bowling, apple launcher, etc.) with new prizes, a hot dog dinner, and crafts. We will also have a bouncy house and a pinata! Come on out and have some fun! Pearl City UMC is located at 411 S. Main Street, Pearl City. For more information, you can call the church office at 443-2177 or email at pearlcityumc@gmail.com.

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14th Annual **Fall Luncheon**
Wesley United Methodist Church
Stockton, IL
Sunday, Oct. 20 at 11:30 a.m.
Fellowship Hall

Featuring: Chicken & dressing, BBQ, beef sandwiches & hot dogs. Chili, potato & chicken noodle soups. Potato salad, cinnamon applesauce, lime-pineapple jello, assorted pies, cakes and bars!

Carryout food items available.

Serving through the
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Auction start time 12 p.m.

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Sunday Worship 10:00 a.m.
Sunday School/ABF 8:45 a.m.
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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

Warren United Methodist Church Roast Beef Supper

"Save the Date"

Saturday, Oct. 12th
4:30 - 7:30 p.m.

Adults \$10.00 • Children under 10 \$5.00

Roast Beef, Mashed Potatoes, Gravy,
Corn, Green Beans, Applesauce,
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357288

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LAND & PERSONAL PROPERTY AUCTION
SAT., NOV. 2 10:00 AM (STARTING W/REAL ESTATE)
 RAY LEE BROSHOUS ESTATE
 13480 E. KRIS RD., STOCKTON, IL
120 A. (M.O.L.) w/buildings

From Stockton: E. on Rt. 20, S. 5mi. on S. Willow Rd., E. Krise Rd. to 1st place.

120A. M.O.L. in Wards Grove Twp., Section 32, 76.72A. tillable. Improvements:
 Home: 3 bedroom, 1 1/2 bath, ranch style home. Full basement w/2-stall garage. 1120 sq.ft. Built in 1968. New septic system.
 Pole Building: 40x90 w/dbl. doors on both ends. Metal w/dirt floor.
 Dairy Barn: 32x50 w/loft.
 Machine Shed: 24x70
 Other out buildings

TERMS: Nonrefundable 10% down day of auction. Balance due at closing, approx. 45 days. Taxes prorated at closing. Seller has the right to accept or reject bids. Property sells "AS IS."

For viewing call Jim Calhoun, Auctioneer 815-244-9660 IL
 Lic.440000333
 FOR PICTURES www.calhounauction.com
 Nancy McIntyre, Executor

357728

AUCTION
SATURDAY, OCT. 12 10:00 AM
PATRICIA (ANN) BURKITT
25300 LOCUST ST., LANARK, IL
 Shed available if inclement weather

4-WHEELER: 1990 Polaris 4x4; **RIDING MOWER:** Cub Cadet LT1050, 50in. cut, snow blower; **GARAGE ITEMS:** Honda tiller; MTD 8hp chipper/shredder; Agri-Fab aerator; lawn Agri-Fab lawn sweep; pull-behind 55gal. gas power sprayer; 2 scooters; **HOUSEHOLD:** commercial elec. meat grinder, tenderizer & meat slicer; combination safe; Bose stereo system; Ludwig drum; guitar; **ANTIQUES & COLLECTIBLES:** Maico & Roadmaster moped; cookstove; coffee grinder; JD jack; Wagner & Griswold cast skillets; Schwinn scooter; **SPORTING:** homemade deer taxidermy stands; deer forms; cross bows; arrows; deer decoy; hunting clothes; tanned hides; fishing; traps; snow shoes; fur stretchers; 6x4 dbl. door gun safe

TERMS: CASH OR CHECK
 MUST HAVE PHOTO ID TO REGISTER
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355901

HANDYMAN'S AUCTION
7016 US 20 WEST • LENA
(Auction held at Skate Station in Eleroy)
SATURDAY, Oct. 12, 2019 - 10:00 A.M.

PLOW TRUCK, 4-WHEELER & TRAILERS: 1999 Ford F-250 V8 plow truck w/Boss 8' V-plow, automatic w/140,000; 1978 Yamaha "TerraPro" 4-wheeler w/786 hours, has PTO; Yamaha 48" finish mower (needs work); Kiefer 16' livestock trailer w/ramp door; dbl axel homemade trailer w/1T engine crane w/elec. motor mounted on trailer (NO title); dbl axel 16' enclosed/tarped trailer (NO title); Ambulance box turned into trailer w/pin hitch (NO title); SnowMaster 40" 3-point snow blower; **TOOLS, GARAGE/SHOP SUPPLIES, OUTDOOR ITEMS & MISC. ITEMS:** Ram Air upright air compressor; Generac 5500 & Homelite generators; pressure washer w/heater; Wel-Bilt 1Hp shallow well pump; Knipco heater; Murray self-propelled push mower; 4' snow blade; snow thrower; backpack sprayer; garden hose & reel; aluminum cargo carrier; hand dollies; scaffolding; wood & aluminum ladders; round 6-shelf spinning rack; wheelbarrow; shop vacs; plastic over-wheel well truck tool box; Craftsman radial arm saw; drill press; band saw; bench grinder; torch gauges & head; power & hand tools; chain binders; floor jacks; tool boxes; Helium tank; trailer hitches; 10W40 motor oil; tarps; parts bins; hardware; 5-gal & rubber buckets; 5-gal buckets of roof coating; paints; lawn/garden sprays; lawn/garden tools; misc. lumber; **NEW** exterior door; chicken wire; blonde cedar chest; travel trunk; sled; wood propellers; wood tool tote; farm primitives; galvanized sq wash tub, bushel basket & buckets; plastic milk crates; glass window blocks.

TERMS: CASH or GOOD CHECK

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357846

Back to school and a new routine

Compiled By Dr. Mike Wampfler
 PREMIER CHIROPRACTIC

The annual arrival of fall accompanies children returning to school. Many families choose this time to reestablish and recommit to basic daily routines. Bedtimes, wakeup times, and activity schedules produce a set of norms for families and children. Detailed attention to health also requires a routine in order to flourish.

Summertime tends to have its own set of norms and routines ranging from what gets eaten to the amount of sleep and sleep patterns. A return to school produces the perfect time to invest in some healthy habits for every member of the family. Parents tend to get annual physicals and dental checkups on the calendar, but spinal hygiene may very well be the most important health concern of all. A basic scoliosis screening by a school nurse represents a tiny fraction of investment into a physical area deserving of so much more attention. Studies prove that a direct link exists between spinal asymmetries and whole-body health. A return to school accompanies new activities, new back packs, new periods of seated learning, and a long list of reasons to ensure that every child's spinal health empowers them to have a great year full of abundant health. The purpose of the spine goes well beyond the structure. Research explains that when a spinal vertebra moves incorrectly or becomes misaligned, a cascade of pathways trigger adversely in the spinal cord and

nervous system. The alteration in the spine and nerve pathways, known as vertebral subluxation, predisposes a child or adult to several organic health problems as well as the progressive condition called scoliosis. Scoliosis identifies as a condition where the spine becomes increasingly curved and deformed. Scoliosis comes in all degrees but can be very progressive in young children.

A 2000 study showed that even subtle changes to the health of the spine puts stress on the nervous system and sets the stage for scoliotic curves to form. The biggest factor in preventing or treating scoliosis comes from early detection. Scoliosis progresses with an absence of symptoms. Much like high blood pressure and cavities, the presentation of symptoms comes long after a detrimental condition exists.

Understanding the development

of scoliosis empowers parents with purpose. Chiropractic care provides an opportunity to proactively attend to a young person's overall health in both the spine and organs. Spinal health plays a tremendous role in longevity and quality living and tends to be frequently overlooked by medical professionals until a severe condition like scoliosis begins showing symptoms. The return to school serves as an annual reminder to get children back into healthy routines and norms. Regular spinal checkups sit atop the pyramid of a proactive healthy routine. Children, infants, and adults all receive an active benefit to long term health through preventative care provided by proactive maintenance of the body. Chiropractic care positively impacts healthy, growth, and long-term quality of life. Make Chiropractic part of the back to school routine.

Stockton Heritage Museum to present 'History of Stockton Schools'

Learn the history of the Stockton School System including the evolution story of 39 country schools and the transition of Stockton Public School District 121 into Consolidated School District 206 in 1956. The program will be staged Oct. 12, at 2 p.m. at the Stockton Heritage Museum.

Warren Dixon, Museum Board member and native of Pleasant Valley is our presenter. The 39 rural schools covered areas from Massbach, and Woodbine to Berreman, Thompson

and Rush Townships. In 1950-51 the Community Unit District # 206 was established.

Warren has researched photos, Bob Aubrey archives, and talked to folks who attended the rural schools. Warren himself attended Willow and Fitzsimmons schools.

Please join us at this program full of history and interesting details. Do you where Union school was and is? Where did they hold school after the great fire? Come find out! We look forward to seeing you.

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COURTESY PHOTO The Scoop Today/Shopper's Guide

Bill & Deb Dietz celebrate 50th Anniversary

Bill and Deb Dietz of rural Lena, IL, recently celebrated their 50th wedding anniversary with a dinner with their children, children's spouses and their grandchildren.

The couple was married Sept. 27, 1969, at Lanark Methodist Church. Their first home was in rural Lanark (on a property now occupied by Lake Carroll). They eventually settled on a farm near Waddams Grove, where they raised their three children and pursued many entrepreneurial adventures together, with businesses in masonry, agriculture, horse breeding, rental management and real-estate. When they aren't busy with their rental properties or farm projects, the couple enjoys spending time with family or on the trails with their horses.

Their children include Rodney (Dennae) Dietz of McConnell, IL; Sara (Curtis) Derrer of Lanark, IL; and Tabitha (Ryan) Engel of Lena, IL. They have eight grandchildren: Ava, Eden and Violet Dietz; Henry and Emily Engel; Emma, Caleb and Sadie Derrer.

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11060 FISHER STREET - ROCK CITY, IL 61070
AUCTION DATE: SUNDAY, OCTOBER 13, 2019 @ 9 AM

Information: 608-439-5760 ♦ 608-439-5761 ♦ 608-214-3765



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TERMS: 10% of purchase price, **NON-REFUNDABLE**, to be paid down the day of auction. The balance of the purchase price due & payable on or before day of closing, **Monday, November 18, 2019**. Possession will be given on the day of formal closing. Property will be sold in **AS-IS** condition without any contingencies.



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 101 E Murray St - Brownstown, WI 53522
Office: 608-439-5761 or **Email:** spowers3764@yahoo.com

LEGALS

ASSUMED NAME PUBLICATION

Public Notice is hereby given that on **September 10, 2019**, a certificate was filed in the Office of the County Clerk of Stephenson County, Illinois, setting forth the names and post-office addresses of all persons owning, conducting and transacting the business **Lena Dance Company**, located at **141 W. Railroad St., Lena, IL 61048**.

Dated September 10, 2019
VICIR. OTTE
 Stephenson County Clerk
 by **LISA BARKALOW**
 Deputy

(Published in
 The Shopper's Guide
 Sept. 25, Oct. 2 & 9, 2019)

356578

ASSUMED NAME PUBLICATION

Public Notice is hereby given that on **September 27, 2019**, a certificate was filed in the Office of the County Clerk of Stephenson County, Illinois, setting forth the names and post-office addresses of all persons owning, conducting and transacting the business known as: **Wild Roots Salon** located: **222 W. Exchange St. Suite #7, Freeport, IL. 61032**.

VICIR. OTTE
 Stephenson County Clerk
 by **FLORENCE VANMATRE**
 Deputy

(Published in
 The Shopper's Guide
 Oct. 9, 16 & 23, 2019)

357621

NOTICE TO BIDDERS

Notice is hereby given that the Lena-Winslow School District #202 will receive sealed

bids at the Office of the Superintendent, 401 Fremont St., Lena, IL 61048 up to the hour of 3:00 p.m., Monday, October 14, 2019.

1. District is looking to purchase John Deere 1575 TerrainCut with ComfortCab Front Mower, 72" Fastback Commercial Rear Discharge mowing deck, and Rear Work Light Kit. Response to Bid Invitation should provide alternative bids outlining cost for purchase of one or any different (discount) pricing available if two units are purchased. Bids should also outline costs associated with lease terms versus a straight purchase as well as adjustment for two units the District intends to trade in as part of the transaction.

Specifications will be available from the Lena-Winslow School District Office located at 401 Fremont St., Lena, Illinois 61048 from 8:00 a.m. to 3:00 p.m. You may also call 815-369-3100 to request a copy of the specifications.

The bids will be publicly opened at 3:05 p.m. on October 14, 2019 in the District Office at 401 Fremont St., Lena, IL. The Lena-Winslow School District reserves the right to defer acceptance of any proposal for a period not to exceed thirty (30) calendar days after the due date of the bids. The Lena-Winslow School District reserves the right to reject any or all proposals.

(Published in
 The Shopper's Guide
 Oct. 9, 2019)

357812

Lena Volunteer Fire Department 2019 Raffle

Raffle ticket sales have been extended!

Drawing will be held on Oct. 28.

Tickets are available at All Lena Bank locations OR from ANY Lena Fireman

Matt Strong 275-4516, Ryan Thomas 990-2715, Brad Strong 275-5933, Shane Gerber 297-4368, Eric Thomasson 821-5265, Adam Leverton 238-7695, Brian Eilders 238-8205, Ian Blair 541-5583, or Lena Fire Station 369-2715

The cost of the ticket is \$10 each or three for \$20.

Five cash prizes will be given away!

Ticket Stubs and money may be returned to Lena Volunteer Fire Department

P.O. Box 46 Lena, IL 61048 or given to any Lena fireman.

Your support of the Lena Fire Department is greatly appreciated!

"Lending A Hand To Those In Need"



COURTESY PHOTO Shopper's Guide

FFA on the road

The Pearl City High School FFA tours the World Dairy Expo in Madison, Wisconsin. The group was able to learn from different organizations throughout the day and gain a wealth of experience attending the event.



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 SAT OCT 12 1-3PM SAT OCT 26 1-3PM
 TUES OCT 29 4-6PM

TERMS AND CONDITIONS: 4.5% Buyers' Fee added to purchase price. \$20,000 per parcel earnest money due day of auction. Buyer to sign contingency free offer and close within 45 days. Property sold AS-IS. Full terms can be found on website.

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Lions Candy Days

Friday, October 11th • Saturday, October 12th



The LENA LIONS
 will be on the streets of Lena
 offering candy rolls and accepting
 contributions. LIONS Candy Days supports
 humanitarian services for the blind, visually
 impaired, deaf and hearing impaired. Your
 support will help those in need. Thank You!



357144

ning and ending with the flour mixture, beating just until combined after each addition.

In another medium bowl, toss together apples, remaining 2 teaspoons sugar, remaining 2 teaspoons flour, and remaining 1/2 teaspoon pie spice. Spoon one third of batter (about 2 1/4 cups) into the prepared pan, spreading with a spatula. Sprinkle half of apple mixture onto batter. Repeat layers once. Gently spread remaining batter onto apples. Place pan in cold oven, and bake at 300 until a wooden pick inserted near center comes out clean, about 80 minutes, loosely covering with foil during last 15 minutes of baking to prevent excess browning, if necessary. Let cool in pan for 20 minutes. Invert cake onto a wire rack, and let

cool completely. Place pound cake on a pedestal cake stand and glaze.

Glaze:

In a medium bowl, whisk together powdered sugar, 3 T. buttermilk, and salt until smooth. Stir in remaining 2 t. of buttermilk if needed for a glaze consistency. Drizzle with buttermilk glaze onto cooled cake.

The high school celebrated Homecoming this past week. For those of you who remember, this marks the 60th year of Lena-Winslow High School (and the school district too!) That is a lot of football and a lot of Homecoming celebrations. I have to submit my column before the big game, so I am hoping that there will be a win to celebrate. This past week was sad because I had to say goodbye to my Farmer's Mar-

ket friends, Roger and Mary Lobdell. I probably will see them around, but it was nice to see them every week. I will miss the treasurers that had to offer every Wednesday. This year was truly a labor of love to get anything from a garden. I think they had to wear boots to rescue some vegetables. Thanks for a great year, and for Nikki Keltner and the U. of I. Extension Office, who supports Farmer's Markets. We continue to look for some recipes that feature vegetables from the garden and peaches, raspberries, pumpkin, and apples. If you have any recipes you would like to share, send them our way. You can contact us in person, by mail at From Lena's Kitchens, *Shopper's Guide* at 213 S. Center St. or email us at scoopshopper@rvpublishing.com.

Affordable Health Screenings coming to Lena

Residents living in and around the Lena, Illinois can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with affordable screenings by Life Line Screening. St John's Lutheran Church will host this community event on 10/25/2019. The site is located at 625 Country Lane in Lena.

Screenings can check for:

- The level of plaque buildup in your arteries, related to risk for heart disease, stroke and overall vascular health.

- HDL and LDL Cholesterol levels
- Diabetes risk
- Bone density as a risk for possible osteoporosis
- Kidney and thyroid function, and more

Screenings are affordable, convenient and accessible for wheelchairs and those with trouble walking. Free parking is also available.

Packages start at \$149, but consultants will work with you to create a package that is right for you based on your age and risk factors. Also ask about our Wellness Gold Membership Program with allows customers to get all the screenings they need now, but pay \$19.95 a month. Call 1-877-237-1287 or visit our website at www.lifelinescreening.com. Pre-registration is required.

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Help Wanted

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Job Requirement:

- Possession of a current and valid Paramedic/PHRN license in the State of Illinois
- Possession of a valid driver's license

If interested please send resume with qualifications to
Stockton Ambulance Service at 113 E. Queen Ave.,
Stockton, IL 61085. Email: stocktonems@frontier.com
Fax # 815-947-9102. If questions call 815-947-3500
(leave message).

357325

Lena-Winslow School District currently has an opening
for a Cook in the Elementary/JH
kitchen. The position is 7hrs/day
at \$9.42/hr. Please send letter of
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Junior High School, 517 Fremont
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Zero rust, stored winters,
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great, 150K miles, 1 owner.
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2010 NISSAN ALTIMA 4 dr. Excellent
condition, 180,000 highway
miles., non smoker. \$4,500.
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2014 CHEVY EQUINOX AWD,
39k, one owner, garage kept,
asking \$15,100. 262-353-6029

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GET UP TO \$500 for your unwanted
junk truck, running or not,
will haul away 7 days a week.
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14 FT SYLVAN FISHING BOAT
w/trailer, 7.5 hp. Johnson motor.
Ready to use. \$625 OBO. 262-
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1985 23 FT. SEARAY with trailer.
\$2,500 OBO. Linn Pier area. Call
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CAMPER \$1,400 Call or text
(262-758-2089)

2006 30FT. DURANGO 5th
Wheel. 2 slides, sleeps 6. A-1
shape. \$7,400. 815-335-2094.

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MYERS 4516 FORAGE wagon.
Bought new 4 years ago. On a
tandem gear. 815-275-0012

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Black. Low mileage. \$8,700 262-
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Excel. cond. Cobra pipes, must-
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VERTIBLE Gold w/black top.
\$6,000. 262-332-1987.

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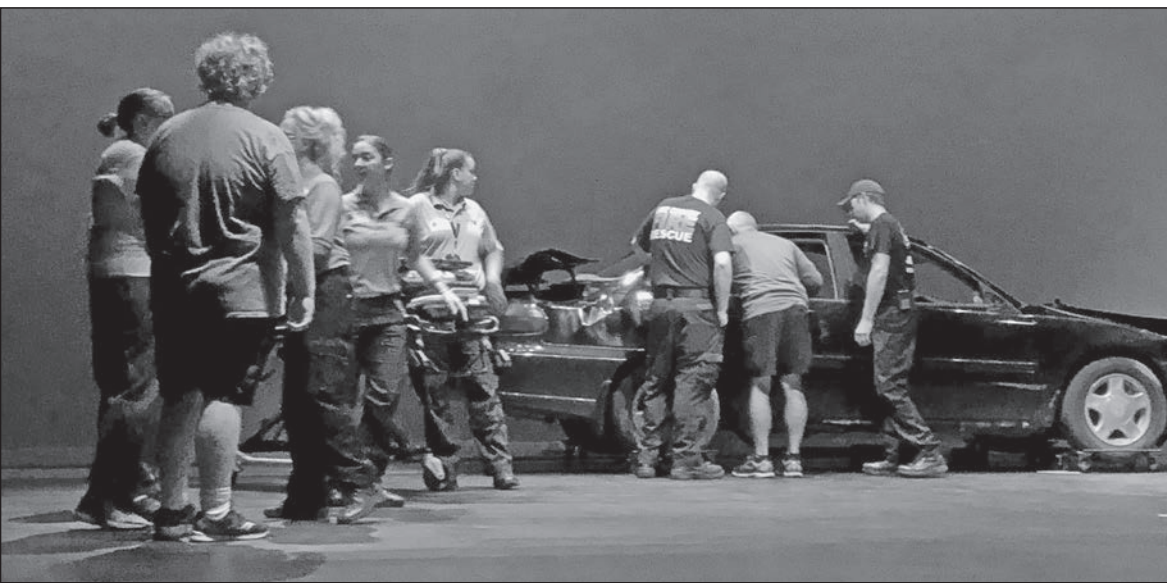
2004 Toyota Tacoma 4 wheel
drive. extended cab, auto trans,
142,000K, Nice, some rust on
bumper. Garage kept. \$6,500
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Vans, Mini Vans

2006 DODGE GRAND CARA-
VAN SXT 150k, runs & drives
good, 7 pass., \$1250. 847-209-
9145



COURTESY PHOTO Shopper's Guide

P.A.R.T.Y. at the PAC

Green County emergency responders reenact a crash scene at the 11th Annual Prevent Alcohol and Risk-Related Trauma in Youth (P.A.R.T.Y.) program.



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C-SPAN'S 16th Annual StudentCam video competition

Mediacom and C-SPAN announce the start of this year's annual student documentary competition and encourage middle school and high school students to participate in the video documentary competition known as "StudentCam." Students are asked to create a short video documentary, five to six minutes in length, and submit it online between Nov. 1, 2019 and Jan. 20, 2020.

This year marks the 16th Annual StudentCam competition, and the new topic for 2020 submissions is "What's Your Vision in 2020?" Entries will

explore an issue that they most want presidential candidates to address during the campaign and, also analyze the current or historical significance of their chosen issue and include differing points of view.

Cash prizes of up to \$100,000 in total will be awarded to winning documentaries. Winners will be announced in March 2020 and the top-rated videos will be televised on C-SPAN in April 2020. Complete competition details and entry forms are available on the C-SPAN StudentCam website <http://www.studentcam.org>.

26th Annual
River Ridge PTO

Autumn Craft Fair

October

SATURDAY
9 AM - 5 PM

SUNDAY
9 AM - 4 PM

River Ridge School

4141 IL Route 84 South, Hanover, IL
Just outside of Elizabeth off Hwy 20



Over 100 indoor booths with
Handmade Crafts,
Food Court
and **FREE Parking!**

353024



FHN 2019 Flu Shot Clinics

OCTOBER

8	8:30 a.m. – noon	Golden Meals 524 W. Stephenson Street, Freeport (rear entrance – lower level) ♥
9	12:30 – 3 p.m.	Mest Manor 525 Third Street, Savanna
11	2 – 4 p.m.	Lena Living Center 1010 S. Logan Street, Lena
12	7:30 – 10 a.m.	Drive-Through Clinic at FHN Family Healthcare Center – Burchard Hills 1010 W. Fairway Drive, Freeport
13	10 a.m. – noon	First Lutheran Church 301 S. Clay, Mount Carroll
14	noon – 3 p.m.	Good Shepherd Lutheran Church 118 E. Mason, Lena*
18	2 – 4 p.m.	State Bank 1718 Dirck Drive, Freeport
22	10 a.m. – noon	Bethel United Methodist Church 217 S. Hickory, Shannon
23	9 a.m. – noon	Carroll County Senior Center 306 N. Main Street, Mount Carroll ♥
24	10:30 – 11:30 a.m.	Liberty Village Estates 2140 Navajo Drive, Freeport ♥
25	1 – 3 p.m.	Sullivan's Foods 201 Dodds Drive, Lena
25	4 – 6 p.m.	Sullivan's Foods 103 W. North Avenue, Stockton
27	8:30 – 10:30 a.m.	Faith United Methodist Church 1440 S. Walnut Street, Freeport
29	9 – 11 a.m.	Oakley Courts 3117 Kunkle Boulevard, Freeport

♥ Indicates a site with a free blood pressure screening at the flu shot clinic site.
* Indicates a site that is part of a Parkinson's Support Group meeting.

See www.fhn.org/flu for November and December flu shot clinic dates.

Protect yourself and your family with a flu shot!

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

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

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

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

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

Because of federal guidelines to prevent identity theft, everyone must present a photo ID to receive an immunization. For their own safety, children should be immunized at their regular healthcare provider's office.

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

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

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

For more information, visit www.fhn.org/flu.

We're here, for you.
FHN

Stephenson County Home Extension schedules annual meeting

A reminder that the Stephenson County Home Extension will hold its annual meeting Monday, Oct. 14, at the Stephenson County Farm Bureau Building. The business meeting will begin at 1 p.m.

followed with a program presented by Rita Leerhoff on "The Odyssey of a Long Journey to Freedom" which will begin at 2:30. She will be sharing her experiences during World War II. The program is open to the public. Blackhawk Unit of Home Extension will hold its October meeting on Thursday, Oct. 17, at 7 p.m. at the home of Anita Costello of Kent. Brenda Hass will be her co-hostess. The major lesson on "Senior Bullying" will be given by Becky Thomas. We will be celebrating the wedding of Anita's daughter, Sara Patta, with a monetary bridal shower (a tradition in our unit). Hope to see you there.

Brain Health and Aging

In partnership with the Interdisciplinary Health Sciences Institute, University of Illinois Extension is hosting an educational event on brain health and aging research on Thursday, Oct. 10, from 1-3 p.m.

This event will feature a presentation by Neal Cohen, PhD, co-director of the Center for Brain Plasticity and Director of the Center for Nutrition, Learning, and Memory (CNLM), University of Illinois Urbana-Champaign. Through his presentation, participants will learn about the hippocampal memory system, how neuroimaging systems can show quantifiable changes in the brain that can

lead to improved memory outcomes.

The second session of the program will feature Wits Workout, a newly developed engaging and interactive brain health curriculum. Wits Workout is a 24-session facilitator's guide designed for leaders to conduct their own brain health classes. This educational model serves a need in increasing socialization/reducing isolation, and promoting intellectual engagement among older adults, all of which complement current aging brain health research.

There will be a brief half-hour networking time at the in-person and satellite locations beginning at 12:30 p.m. so professionals can gather before the program begins at 1 p.m.

Locally, this event will be hosted at the University of Illinois Extension in Jo Daviess, Stephenson, and Winnebago Counties. The event will be offered at these locations via web-conference. There is no cost to participate unless seeking CEUs. For more information on locations, registration, or CEUs, visit go.illinois.edu/brainhealthoct10 or call the University of Illinois Extension, 815-858-2273 for the Jo Daviess office, 815-235-4125 for the Stephenson office.

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50th anniversary CROP Walk event

The 2019 Freeport Area Crop Walk will take place Saturday Oct. 19. Opening ceremony and step-off will be at 9 a.m. Registration will begin at 8 a.m. at Debate Square (Between the Freeport Public Library and Union Dairy, on Douglas St.) Freeport has held a Walk for over 30 years. Walkers will be able to choose one, two, or six mile routes in the city-center area and will collect donations to support development, emergency needs, and fight hunger and poverty locally and around the world. 75% of the funds will go to Church World Service who will distribute the money to major hunger and relief organizations that donors have the opportunity to designate. 25% will go to local food pantries. \$12,610 was raised in 2018 by local participants. This year's goal is \$15,000.

Bunker's Bargains!!!



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2003 GMC Envoy SLT
Onyx black, VORTEC 4200
4.2L 16 MPI DOHC, auto,
85k miles. **\$7,995**



Stock #200322
2013 Chevy Impala
Victory red, 3.6L V6, auto,
112k miles.
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Stock #391531
2014 Chevy Equinox LTZ
Black, 2.4L 4 cyl., auto,
180k miles.
\$8,500



Stock #6687
2012 Chevy Sonic LTZ
Silver ice met., Ecotec 1.8L I4
DOHC VVT, auto, 92k miles.
\$8,900



Stock #66881
2008 Toyota RAV4 LTD
Blizzard pearl, 2.4L 4 cyl.,
auto, 136k miles.
\$8,995



Stock #65781
2009 GMC Acadia SLE1
Quicksilver met., 3.6L V6,
auto, 127k miles.
\$9,412



Stock #293321
2012 Chevy Equinox LTZ
Mocha steel met., 3.0L V6,
auto, 138k miles.
\$9,500



Stock #292481
2011 Chevy Equinox LT
Mocha steel met., 2.4L 4 cyl.,
auto, 90k miles.
\$9,799



Stock #6655
2013 Chevy Equinox LTZ
Atlantis blue met., 2.4L 4 cyl.,
auto, 143k miles.
\$9,987



Stock #391582
2007 Buick Lucerne CX
Dk. garnet met., 3.8L V6,
auto, 33k miles.
\$9,995



Stock #292771
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Mocha steel met., 2.4L 4 cyl.,
auto, 95k miles.
\$10,159



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2.4L 4 cyl., auto, 59k miles.
\$10,956



Stock #6672
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\$11,420



Stock #66511
2011 GMC Terrain SLT-Z
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auto, 114k miles.
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