

Serving the communities in Stephenson County

Shopper's Guide

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YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, FEB. 5, 2020

Lena Winterfest heralded as success

Jaime Hedding
LENA BREWING MARKETING
AND PROMOTIONS

The Lena Area Special Event Runners (L.A.S.E.R.) once again hosted their Winterfest, a Community Holiday this past week. Winterfest is sponsored by the Village of Lena.

The annual Scavenger Hunt had a terrific turn out. Six teams competed and once again, for the FIFTH year in a row, Team Three Generations won. It was very, very, very close! Team members include Kirk, Lynn, Kory, Kaite and Judy Polhill and Jean Breit. Congratulations! Thank you to Lena Brewing Company, Ross, Jaime, Dustin and staff for Hosting.

The Prince and Princess and King and Queen Coronations were both held at Coach's Golf and Grill. The 2020 Winterfest Prince and Princess is a sibling team of Leehn and Alivia Sheid, children of John and Heidi Scheid. Leehn was hilarious and answered the Prince winning answer of "who was the first avenger?" If you don't know, it was Captain America. They were

crowned by 2019 Princess Jordan Mills.

The 2020 Winterfest King and Queen are Dick and Danita Emford. They were crowned by 2019 King and Queen Steve and Glenda Rothscadl, who did a fantastic job for all of 2019! Congratulations to our royalty. Thank you to Coach's Golf and Grill, Steve and Andrea and all the staff for hosting.

A new Frosty Balls Relay Race winner was named! Five teams showed up to compete including a mascot team and for the first time ever, an IronMan who completed all three legs by himself. The winning team consisted of Nashville Recording Artist Corey Cox, Diesel Mechanic Superstar Logan Koester and The Silver Fox, Donny Fox. Many laughs were had and the trophy was allowed to travel for a brief time to the fine establishments in the area serving adult beverages. Big thanks to Mulligans, Iron Horse Tap and 101 Billiards for hosting. Kudos to Marsha and the staffs at all locations for making the event fun and safe.

Corey Cox, an honorary Lena

citizen, was on hand to play his fine music at Lena Brewing Company's Fifth Anniversary party and newcomer Gabe Schillman provided entertainment for the Coronation.

Snowcar was held at Rafters International Speedway. Congratulations to 2020 SnowCar Champion Bobby Kurth and his Navigator, Tim Dittmar. It was a fierce competition this year, but Kurth and Dittmar prevailed. Big thanks to Brian Stewart, Dennis Bergman and David Snyders for officiating. And thank you to Crossroads Metals, Knowlton Motors, T.A.S. Auto body, Freeport Industrial Roofing, Albers AMS, Rafters, Silver Fox Broth and Tea Company and Natural Healing Express. Also, a huge shout out to Ross, Jaime, Dustin, Donny and Jake for running a tight ship on RaceDay. Special thank you to the Lena Fire Department and Leamons' Ambulance.

L.A.S.E.R. is looking for more members to join in on the fun of these types of event. For more info contact Jaime at 815 275 0714. PR Contact: Susan @ skscham@aol.com

Psychiatric Mental Health Nurse Practitioner joins FHN

Angela Heuerman, DNP, PMHNP-BC, has joined the staff of FHN Family Counseling Center.

Heuerman earned a doctorate in nursing degree from Rush University College of Nursing in Chicago and a bachelor's degree in nursing at Saint Anthony College of Nursing in Rockford. She began her nursing career in the surgical department at FHN Memorial Hospi-

tal in Freeport.

She is a proud Pearl City High School and Highland Community College graduate.

Heuerman has years of experience caring for patients at Rockford's Rosecrance Substance Abuse and Mental Health centers, where she served in nurse manager, psychiatric nurse, and detox/inpatient services capabilities.

For more information about care at FHN Family Counseling Center or to make an appointment, call 815-599-7300.



COURTESY PHOTO Shopper's Guide

Pearl City students are hard at work

Mrs. Brouhard's Pearl City fourth graders have been studying the Midwest region.

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Capitol recap

In plea deal, former state senator agrees to cooperate with ongoing investigations

BY CAPITOL NEWS ILLINOIS

Former state Sen. Martin Sandoval entered a plea deal Tuesday, Jan. 28, in which he admitted to receiving more than \$250,000 in bribes over a three-year period and filing a false tax return.

In exchange for his plea, Sandoval agreed to cooperate with federal investigators in other ongoing investigations and he will not face sentencing until he is finished cooperating. That cooperation includes the possibility of testifying against other defendants who may be charged.

The plea deal was announced jointly Tuesday by John R. Lausch Jr., U.S. attorney for the Northern District of Illinois, along with officials from the Chicago office of the FBI, the IRS Criminal Investigation Division and the U.S. Department of Transportation's Office of Inspector General.

The bribery charge stems largely from Sandoval's relationship with a company that installs and operates red light cameras for local governments in the Chicago area. Those are devices that automatically photograph and issue citations to people who fail to come to a full stop at red lights. Revenue collected from those citations typically is split between the municipality and the camera company.

The plea agreement spells out a list of facts to which Sandoval has admitted. It includes an admission that, beginning in 2016, Sandoval solicited and received \$20,000 in annual campaign contributions from an entity prosecutors referred to as "Company A," but which is widely believed to be SafeSpeed LLC, a company identified in a search warrant that federal agents executed on Sandoval's Statehouse office in September.

The Chicago Tribune and Chicago Sun-Times each reported that during Tuesday's hearing in federal court, Sandoval inadvertently identified the company when he said, "I used my office as state senator to help SafeSpeed — er, company A ... (and) be its protector in the Illinois senate and influence other officials to roll out the red-light camera program in Illinois."

In 2017, according to the agreement, Sandoval asked a company official to break up those annual payments into smaller amounts that would show up in different reporting periods.

"Kind of, just kind of not make it obvious," Sandoval said to the company official, according to the agreement, not knowing that the person was cooperating with investigators.

In March 2018, according to the agreement, Sandoval accepted \$10,000 in cash from the company, "to be used for campaign-related expenses," in exchange for Sandoval's promise to block legislation that would have banned red light cameras in Illinois.

And beginning in July 2018, ac-

cording to the document, he solicited \$5,000 per month in "protection money" for using his position in the General Assembly to protect the company's interests.

STATE OF THE STATE ADDRESS:

Gov. JB Pritzker struck a tone of optimism and accomplishment in his annual State of the State Address on Wednesday, Jan. 29, declaring "the old patronage system needs to die" as he outlined his policy goals for 2020.

"Those who would shout doom and gloom might be loud — using social media bots and paid hacks to advance their false notions — but they are not many," Pritzker said in his speech to members of the House and Senate on the floor of the House. "You see, we're wrestling the public conversation in Illinois back from people concerned with one thing and one thing only — predicting total disaster, spending hundreds of millions of dollars promoting it, and then doing everything in their power to make it happen."

The governor laid out broad policy goals in the speech, emphasizing a need for ethics reform in the wake of an ongoing federal investigation which resulted in a guilty plea on bribery and tax fraud charges from former Democratic state Sen. Martin Sandoval on Tuesday, Jan. 28.

"And now we have to work together to confront a scourge that has been plaguing our political system for far too long. We must root out the purveyors of greed and corruption — in both parties — whose presence infects the bloodstream of government," he said.

Pritzker spoke of revolving-door prohibitions and lobbying bans for sitting lawmakers. He also emphasized pension reform and reforming the criminal justice system by phasing out cash bail among other legislative action.

He urged clean energy reforms, but said, "the old ways of negotiating energy legislation are over. It's time to put consumers and climate first. I'm not going to sign an energy bill written by the utility companies."

Pritzker said it's time to empower local governments to consolidate some of the 7,000 government units in the state, and he emphasized "job creation, education and job training programs, child care and pre-school, and a focus on building essential tools of success such as high-speed Internet in all corners of our state."

But for Republicans watching the speech there was a major omission: a commitment to a proposal they call "fair maps," which would take the power of drawing legislative districts out of the hands of lawmakers and give it to an independent commission.

"I've never seen this state so divided against Chicago as what I see it now and I, as I talk to people, the biggest reason for that is the Demo-

crats have given themselves so much power and such a supermajority by gerrymandering maps," Senate Minority Leader Bill Brady, a Republican from Bloomington, said. "The rest of the people in the state feel neglected."

While the policy agenda that Pritzker laid out focused mainly on positive-sounding initiatives, the issue of ethics reform was foremost on the minds of most lawmakers, Republicans and Democrats.

Their concerns were heightened this week after Sandoval's guilty plea. And they are sure to be a focus of attention next Tuesday, Feb. 4, when former Rep. Luis Arroyo, a Chicago Democrat, is scheduled to be arraigned on federal bribery charges.

"On Jan. 9, I was sworn in as a state representative and that afternoon I was called a corrupt politician," freshman Rep. Maurice West, a Rockford Democrat, said during the black caucus news conference. "And though I could get mad about that, I couldn't because of the history of how things have been operating in our state."

Veteran state Sen. Dale Righter, a Mattoon Republican who has announced he won't seek re-election this year, said he was disappointed in how little Pritzker spoke about the need for ethics reform.

"The governor who is the leader of a party that is drowning in corruption devoted four paragraphs of an 80-paragraph speech to corruption," Righter said in an interview. "He spent twice as much time talking about the flags outside the Thompson Center than he did about corruption within his own party. He missed a huge opportunity here."

House Republican Leader Jim Durkin, of Western Springs, said in a separate news conference that there is broad bipartisan support for ethics reform. But he argued that the roadblock to passing such reforms is House Speaker Michael Madigan.

FISCAL STATE OF THE STATE:

Illinois' top fiscal and investment officers touted some of the economic policy initiatives laid out by Gov. JB Pritzker in his State of the State speech Wednesday, Jan. 29, and stressed the importance of continuing to balance the budget.

The credit ratings agencies' view that Illinois has better financial stability than it did a year ago means "more dollars are going into our roads and bridges and our schools than into Wall Street bankers' pockets," Treasurer Michael Frerichs said.

Ethics reforms will ensure state officials are "always looking for the opportunity to stand up for taxpayers and to be an advocate for them," Comptroller Susana Mendoza said. Her office is backing measures to address the current "corrupt" red light camera system and eliminate the "exit bonus" some lawmakers get

when they leave office.

And while it is "good to see a governor talking about positive aspects of our state," Frerichs said, "it's clear we have financial issues that will need to be addressed."

He said his office is "doing what we can to help out." It increased the amount of interest money Illinois' investment accounts generated from \$49 million when he took office to \$340 million last year. It also instituted programs designed to help residents save for college and retirement.

Mendoza said the implementation of the Debt Transparency Act, which the General Assembly approved in 2017 on a bipartisan basis, "helped open up the books" and "tackle the financial crisis" caused when Illinois ran more than two years without a budget. With the information state agencies were mandated to send her office, it was able to address outstanding bills.

Frerichs said the next step is hearing whether Pritzker has "a plan to make sure we continue to have a balanced budget and we're able to pay down our backlog of bills."

ETHICS PANEL:

Government reform advocates told a panel of state lawmakers Thursday, Jan. 30, that Illinois has some of the weakest governmental ethics rules in the country and that lawmakers should put more teeth into them if they hope to regain the trust of the public.

"For me, the disheartening part of all of it is not that so many lawmakers at all levels of government have strayed so far from the rules and have overshadowed the good work of ethical lawmakers, but that so many across our state kind of react to this news with a shrug," said Georgia Logothetis, assistant director of the watchdog group Common Cause Illinois. "It's a kind of disheartened acceptance that, well, this is just the way things work in Illinois."

Logothetis was part of a panel of reform advocates who testified before the Joint Commission on Ethics and Lobbying Reform. The commission was formed last year in the wake of federal investigations that led to indictments against three sitting state lawmakers, two of whom have since resigned.

Thursday's hearing, the third since the panel was formed, focused on the state's Governmental Ethics Act, and specifically its provisions dealing with conflicts of interest and financial disclosure requirements.

While some states specifically prohibit lawmakers and other public officials from acting on issues in which they have a direct financial interest, Illinois has no such provision.

In fact, the only thing the Illinois law says about conflicts of interest is that when they arise, lawmakers "should consider the possibility of eliminating the interest causing the conflict."

Many of those testifying Thursday also called for updating and expanding the Statement of Economic Interests forms that public officials in Illinois are required to fill out.

"The interesting thing about this document to me is, I'm not sure it adequately assesses what the interests are," said Brad Cole, executive director of the Illinois Municipal League.

Former Illinois Lt. Gov. Sheila Simon, who served from 2011 to 2015 under then-Gov. Pat Quinn, said reporters often refer to the current document as a "none sheet" because people can write the word "none" on virtually all of the questions, even though they might still have significant outside interests.

She argued that the form should be designed in a way that is useful to the public rather than in a way that protects the privacy of public officials.

The joint commission so far has not made any recommendations for new ethics laws. Its final report to the General Assembly is due March 31.

VOTER REGISTRATION POLICY CHANGE:

While the information for approximately 4,700 16-year-olds was forwarded from the Illinois Secretary of State's Office to the Illinois State Board of Elections as part of an automatic voter registration program, no underage people were registered to vote, nor did they receive information about registering to vote, according to representatives of those two agencies.

"To be clear, no 16-year-olds were registered to vote," Henry Haupt, deputy press secretary for the secretary of state's office said in a phone call Thursday, Jan. 30. "In fact, the election authorities throughout the state have long had a system in place preventing them from registering anyone under age to vote."

Automatic voter registration became law in 2017, providing that Illinois citizens are automatically registered to vote whenever they apply for or renew a driver's license unless they opt out. Under that system, the secretary of state's office shares a database with the state elections board.

The transmission of 16-year-olds' information through that system was an issue of policy and not related to a previous glitch in the voter registration system which allowed 545 self-identified non-citizens to register to vote, according to officials.

Haupt said even though the secretary of state shared the information of 16-year-olds, they did so knowing they would not be allowed to vote if they did not reach the necessary age by the date of the next election.

In Illinois, a person who is 17 years old is allowed to vote in primary elections as long as they will turn 18 by the date of the general election.

Haupt said after recent discussions with ISBE, the secretary of state will change its current policy.

Stephenson County high school basketball roundup

By Trenten Scheidegger
SPORTSWRITER

Pearl City topples Orangeville

Last Friday, the Orangeville Broncos girls' basketball squad traveled to Pearl City High School to face off with the Wolves in what would be their third meeting of the season. Pearl City won both of the first two games by scores of 32-30 and 32-27. Both teams have struggled throughout the season, but each of their games have been nail biters with entertaining finishes. The Wolves were hoping to pull off the season sweep on Friday night.

The Broncos held the early advantage. Orangeville was able to jump out to a 9-4 lead over the Wolves as they went into the second quarter. Pearl City quickly responded by outscoring the Broncos 13-6 in the second quarter. With the impressive answer, the Wolves were able to take a 17-15 lead into halftime.

Pearl City carried their momentum into the second half as they outscored the Broncos in both quarters and went on to win by a final score of 41-31.

The Broncos were led offensively by Brittany George, who finished the game with ten points and seven rebounds. She was efficient in the Bronco offense, shooting four of six from the floor. Alyssa Ostendorf was next up with seven points to go along with seven rebounds. McKayla Riemer had five points and Timber Oakes finished the game with seven rebounds of her own.

Despite Orangeville out rebounding the Wolves 31-24, they were unable to keep up with the offensive momentum that the Wolves held throughout the final three quarters of the game.

Ostendorf Impressive in Lady Broncos' victory

Following the loss, the Broncos found themselves set to face off with Indian Creek in another battle. They were riding an eleven-game losing streak and Ostendorf was determined to break that streak. Her offensive performance helped the Broncos get off to an 11-5 lead in the first quarter. They carried that momentum into the second and went into halftime with a 27-11 lead.

The Broncos had one of their best quarters of the season in the fourth, when they combined for fifteen points. Ostendorf led the way on nearly every possession and her big night helped the Broncos earn a 49-34 victory over Indian Creek. Ostendorf finished the game with thirty points and seven rebounds while shooting twelve of fourteen from the free throw line. She was a major factor in the Bronco victory. Oakes was the next leading scorer and Emily George had an impressive night with six points and eleven rebounds.

The Broncos are currently 7-21 on the regular season.

Broncos fall to Aquin

Last Thursday, the Orangeville boys' basketball squad faced off

with the Aquin Bulldogs in a conference matchup. The teams had met earlier this season in a matchup where Aquin ended up winning by a score of 52-42. The Broncos were coming in off two straight losses and hoped to bounce back and even out the season series with Aquin.

Things were back and forth from the start, but the Bulldogs managed an 11-6 lead as they went into the second quarter. Orangeville fought their way back in the second quarter with an impressive showing. Their offense combined for seventeen points as they were able to cut into the Aquin lead and head into halftime trailing by just one, down 29-28.

The Bulldogs had a game changing third quarter, however. They racked up twenty points and held the Broncos to just twelve as they took a 49-40 lead into the fourth quarter. The Broncos were able to keep it interesting with an impressive offensive performance in the fourth, but Aquin seemed to have an answer for everything Orangeville could do. Both teams put up seventeen points in the quarter and the Broncos went on to lose by a score of 66-57.

Zach Baker was a leader offensively as he put up twenty-two points in a valiant effort. The Broncos had three scorers finish in double digits as Nate Anderson finished the game with twelve points and Garrett Rodebaugh added eleven points of his own.

Following the loss to Aquin, Or-

angeville suffered another tough loss to a solid Galena team. The Pirates came in with a record of 12-10 and managed to defeat the Broncos by a score of 47-39.

The Broncos are currently 10-9 overall and 2-6 in conference play.

Panther boys split week

Last week, the Lena-Winslow boys' basketball squad found themselves coming off a tough loss to Easton Valley and looking to get back in the win column. They were set up to face a struggling 10-12 team out of Durand, who had lost seven straight games. The Panthers came in with a record of 16-5 as they tried to deliver an eighth straight loss to the Bulldogs.

The Panthers came out in rhythm early on. Sean Ormiston had seven first quarter points as he helped Lena-Winslow get out to a 17-5 lead. In the second quarter, the Panthers were just as impressive. Luke Benson had seven points and Alex Daughenbaugh hit a three pointer to help the Panthers go up by a score of 35-12 as they went into halftime.

The team effort continued in the third as they combined for fourteen points and held the Bulldogs to just four. With a 46-16 lead heading into the fourth, the Panthers had a nearly insurmountable lead, but they kept playing. Le-Win's defense kept Durand off the scoreboard for the entire fourth quarter as the Panthers went on to win by

a score of 53-16. Luke Benson led the Panthers on offense, and nearly outscored the Bulldogs himself as he finished the game with thirteen. Benson did most of his damage from behind the arc, finishing with a trio of three pointers.

Following the win over Durand, the Panthers found themselves set to face off with a very impressive Dakota Indians team. The Indians came into the game with a record of 16-4 and were winners of seven straight. Lena-Winslow looked to put an end to that streak, but they struggled to get anything going against the Dakota defense.

The Indians gathered an early lead when they went into the second quarter up 17-8. They only further extended their lead when they outscored the Panthers 13-6 to go into halftime up 30-14. The Panthers continued to struggle throughout the second half as the Indians went on to win by a score of 54-26.

Ormiston led the team offensively, finishing the game with nine points and shooting five of six from the free throw line. The Panthers next leading scorer was Benson, with five.

The Le-Win boys will travel to Orangeville for their second meeting of the regular season, this Friday. The Panthers won their first meeting by a score of 52-35. The teams also met up in the Forrester Holiday tournament. Le-Win won there as well, by a score of 49-37.

Lena library news

By Brittany Gaulrapp
DIRECTOR

I'm baaaaaack! I want to thank all of our wonderful patrons who have wished me and my family well after the arrival of our new baby boy, Owen. It's good to be back and see all of you every 2 weeks again. We should also thank Kathy for holding down the fort for me while I was gone. The library ladies are awesome, and it is great to be back with them as well.

The story hour kids had a very busy week making their own paper plate yeti friends last week. Mrs. Kathy read all of the kids, and their yetis, the book, The Thing About Yetis. They also read, Say Hello to the Snowy Animals. They kids worked very hard on this craft and they were all so cute. You can go to our Facebook page and see the photos. After a busy week and a big

craft they got to relax last week with a fun day. They sang winter songs, "Snowman", "It Is Snowing.", "We Dress Like That", and "The Winter Pokey". Books read were Ten on the Sled and A Snowy Day. They also had time to play a memory game and winter flannel board.

The After School group also had a fun game day last week. They played indoor snowball games. From the sounds of things, everyone had a great time.

Our next book club group will be meeting Wednesday, February 26 at 9:30. Stop by for a cup of coffee and snacks, and tell us what you've been reading.

New books: Hindsight- Iris Johansen, I Really Needed This Today-Hoda Kotb, Moral Compass-Danielle Steel, The Rise of Magicks- Nora Roberts, Snowfall in the City-Susan Wiggs, Spy-Dan-

ielle Steel, Treason-Stuart Woods, The Way I Heard It-Mike Rowe, The Vanishing- Jayne Ann Krentz, and Bookshop in Berlin-Francoise Frenkel.

New DVDs: The Goldfinch, Once Upon a Time in Hollywood, Abominable, and Zombieland Double Tap.

We have more new books on order too. Blindside- James Patterson, Chasing Cassandra-Lisa Kleypas, Coconut Layer Cake Murder-Joanne Fluke, The Fifth Avenue Story Society-Rachel Hauck, Golden In Death-J.D. Robb, Long Range-C.J. Box, The Museum of Desire-Jonathan Kellerman, The Numbers Game-Danielle Steel, One Little Lie-Colleen Coble, Secrets of My Heart-Tracie Peterson, Sisters by Choice-Susan Mallery. Stop in or give us a call to place your holds now before they even hit our shelves.

Heart Healthy Living Workshop slated for February

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 Meals for a Healthy Heart 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.

Meals for a Healthy Heart, will

be held on Thursdays, Feb. 13, 20, & 27, from 1 - 3 p.m. at the Senior Activity Center, 216 E Stephenson Street, Freeport. To register, call University of Illinois Extension at 815-235-4125 or visit us online at go.illinois.edu/jsw. There is a \$20 registration fee, which covers participation in both sessions and handouts.

American Legion Auxiliary schedules February meetings

The February meeting of the American Legion Auxiliary will meet on Wednesday, Feb. 12; at the Lena American Legion Home at 6:30 p.m. Initiation of new members will be held. We will select delegates to American Legion Auxiliary Illini Girls State and will be making tray favors for the hospitalized veterans. We will also be collecting items and packing them up for the deployed National Guard. Dues will be collected. New members are always welcome. Kathy Pignato and Shiloh Bausman are in charge of the social hour. Junior members will meet on Feb. 8, at 10 at the American Legion Home. We will be working on earning patches, doing a fun project and doing a service project.

THE SHOPPER'S GUIDE

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EDITOR: Tony Carton

Advertising Sales:

Cyndee Stiefel: lenaads@rvpublishing.com

Office Manager: Laurie Tanley

To Contact The Shopper's Guide:

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• **Recap** (Continued from page 2)

"We went ahead and met with ISBE and we will no longer be sending 16-year-old registration information," Haupt said. "Now we're just not even going to send them that information. We're going to cut that out. We'll just start sending it when they're 17 years or older."

Matt Dietrich, the ISBE public information officer, said in a phone call the agency noticed a large number of applications for 16-year-olds coming through the automatic registration system even though they were clearly not of age to vote. But Dietrich said no 16-year-old got any further in the registration process than applying for a driver's license at the secretary of state's office.

"They were never registered to vote, they were never even forwarded to the local election authorities," he said.

CORONAVIRUS UPDATE:

The spouse of the first Illinoisan confirmed to have novel coronavirus has also tested positive for the illness and is being monitored, health officials said Thursday, Jan. 30.

The case is the first confirmed person-to-person transmission of the virus in the U.S. and the sixth confirmed case in the country.

Illinois Department of Public Health Director Dr. Ngozi Ezike hosted a news conference with county and city health officials in Chicago and said "the risk to the general public remains low."

The second case is a Chicago man and is the husband of the first confirmed case in Illinois," she said.

The woman, in her 60s, returned from Wuhan, China — the city at the center of the outbreak — in mid-January. Her husband did not travel to China.

All those who had close contact with the woman were being monitored, and her husband began displaying symptoms in recent days. When he did, he was admitted to the hospital and placed in isolation.

Dr. Ezike said there are 21 individuals in Illinois who are considered "persons under investigation" for the virus, which is considered "novel" because not much is known about the new strain.

She said health officials are taking other actions to guard against the spread of the virus and they continue to work with the federal Centers for Disease Control and Prevention.

"The virus is not spreading widely across the community at this time," Ezike said.

Chicago Department of Public Health Commissioner Dr. Allison Arwady said the news was a "continuation" of last week's news conference in which the first case in the state was reported.

She also said there is "not a significant risk of spread before people develop symptoms."

Arwady said the first patient "is doing well," and the transmission from wife to husband, who had close contact with each other, "is not totally unexpected."

"She remains hospitalized and in isolation, primarily for infection control," Arwady said, adding the woman's husband is hospitalized and in a stable condition as well.

EQUAL RIGHTS AMENDMENT:

Illinois Attorney General Kwame

Raoul and two other state attorneys general filed a lawsuit in federal court Thursday, Jan. 30, to ensure the Equal Rights Amendment officially becomes the 28th Amendment to the U.S. Constitution.

"Americans have long agreed that discrimination based on sex is unacceptable," Raoul said. "But by enshrining that shared value in our Constitution, we have made a commitment never to go back."

The states filing suit — Illinois, Virginia and Nevada — were the final three states to ratify the ERA. Nevada signed on in 2017, Illinois in 2018 and Virginia two weeks ago, allowing the amendment to meet the 38-state threshold to be added to the Constitution.

However, making the ERA binding is not as simple.

In the complaint, the attorneys general are asking a court to direct U.S. National Archivist David Ferriero to officially write the ERA into the Constitution, as per his duty. The U.S. Department of Justice, however, effectively ordered Ferriero not to do so because the ratification deadline imposed by Congress expired in 1979.

Additionally, five states want their ratifications rescinded: Idaho, Kentucky, Nebraska, Tennessee and South Dakota. The latter joined Alabama and Louisiana in a federal lawsuit last month that aims to block Ferriero from adding the ERA to the Constitution.

Experts have said it is likely the final decision will have to be made by a court.

HOUSE GOP PRIORITIES:

Remodeling how Illinois' political districts are drawn is the key to addressing the "dark cloud" of ethical violations hovering over state government, House Republican leaders said Tuesday, Jan. 28.

Communities are grouped "primarily for political advantage," Dixon Republican Rep. Tom Demmer said, restricting residents' ability to hold their legislators accountable.

"These political entrenchments — these situations in which politicians pick their voters instead of voters picking their politicians — had a chilling impact on our ability to debate the important issues of the day here in Springfield," he added.

One of those is redistricting reform, an issue the House Republican caucus is prioritizing this session and has supported for years. It will "stop" the culture that enabled unscrupulous behavior by some lawmakers over the past year and "devastated the state," Minority Leader Jim Durkin, from Western Springs, said.

Changing the method by which political maps are drawn "is probably the most important way we can clean up corruption and the culture that has created this horrible situation in Illinois," Durkin said.

All 44 House GOP members support a constitutional amendment that would remove politicians from deciding the boundaries of districts in favor of an 11-member commission tasked with drawing maps in a "fair, above-board way," Demmer said. It would affect boundaries of districts drawn after the 2020 census.

House Republicans are also push-

ing for legislation reforming lawmaker behavior. Rep. Grant Wehlri, from Naperville, said those "common sense measures" include prohibiting representatives and senators from being lobbyists while in office, preventing them from immediately becoming lobbyists after leaving their post and increasing the economic interest information legislators have to disclose.

The caucus is also planning to combat the "skyrocketing cost of property taxes" in Illinois, Rep. Dan Brady, R-Bloomington, said.

BUSINESS POACHING:

Two Democratic lawmakers unveiled legislation Tuesday, Jan. 28, to form a multi-state compact in which each member state would vow not to use company-specific tax incentives to lure businesses away from another member state.

Rep. Bob Morgan, of Deerfield, and Sen. Ram Villivalam, of Chicago, introduced identical legislation that would establish the "Phase Out Corporate Giveaways Interstate Compact."

"These kinds of tax breaks have historically been justified as a necessary evil," Morgan said during a Statehouse news conference Tuesday. "A necessary expense to bring jobs and business to our state, but in many ways to keep jobs from leaving the state of Illinois as they hold us hostage, because other states are offering them tax incentives."

The proposal is part of a nationwide effort to phase out all tax incentive programs aimed at luring businesses to move across state lines, or to prevent them from moving. Similar legislation has already been introduced this year in New York, Florida, New Hampshire, Hawaii, West Virginia, Iowa and Maryland.

Dan Johnson, a lobbyist for the Coalition to Phase Out Corporate Tax Giveaways, said that so far, Missouri and Kansas are the only states that have formalized such an agreement. However, that deal to end what many people in the region were calling a modern-day "border war" was limited to six counties that make up the Kansas City metropolitan area, which straddles both sides of the state line. The deal does not apply statewide in either state.

Senate Bill 2502 and House Bill 4138 would enter Illinois into the Phase Out Corporate Giveaways Interstate Compact. That would involve an agreement not to use tax incentives or grants to lure a specific company away from any other compact member for the purposes of relocating a corporate headquarters, manufacturing facility, office space or other retail development.

That prohibition, however, would not apply to tax incentives that are available generally to all businesses such as workforce development grants. It also would not apply to company-specific incentives offered by local governments or incentives offered to companies already located in Illinois.

LIVE ANIMAL PRIZES AT FAIRS:

It is a mainstay of fairs and carnivals around the country: sink a ping pong ball into a fish bowl and win the goldfish swimming inside.

But if a bill in the Illinois Senate becomes law, carnivals would no longer be allowed to award live animals — such as fish, reptiles and hermit crabs — as prizes.

Illinois' Humane Care for Animals Act already prohibits rabbits, ducklings and baby chicks as carnival prizes, but Senate Bill 2472 would expand the law's protections to all animals — including the goldfish that winners can take home in a plastic bag.

Sen. Suzy Glowiak Hilton, a Democrat from Western Springs, introduced the bill with backing from the Humane Society of the United States.

"This isn't just a 'goldfish bill,'" she said. "Carnivals across the country give out other animals as prizes, specifically iguanas and other exotic reptiles."

Her county, Cook, is one of at least three municipalities in Illinois that have banned live animals being used as prizes. The other two are Kane County and the city of St. Charles.

Illinois would join Iowa, Massachusetts, South Carolina and Vermont as states that outlaw all live animals as prizes, according to Fish Feel, an advocacy organization for the humane treatment of fish.

Glowiak Hilton's bill applies only to carnivals. She plans to add an amendment to expand it to fairs.

HARMON LEADERSHIP TEAM:

New Illinois Senate President Don Harmon, D-Oak Park, announced his leadership team Tuesday, Jan. 28, on the first day of the 2020 legislative session.

Kimberly Lightford, D-Maywood, will remain the chamber's majority leader, while Bill Cunningham, D-Chicago, will become an assistant majority leader and president pro tempore — a position once held by Harmon under former President John Cullerton before he changed the caucus' leadership structure.

Sen. Laura Murphy, D-Des Plaines, will serve in another newly created position — that of deputy majority leader.

Sen. Linda Holmes, D-Aurora, previously a majority caucus whip, will ascend to assistant majority leader as well. She joins Sens. Dave Koehler, D-Peoria, Iris Martinez, D-Chicago, and Tony Munoz, D-Chicago, who all already held assistant majority leader positions and will retain them.

Sen. Mattie Hunter, D-Chicago, will remain majority caucus chair, and Jacqueline Collins, D-Chicago, will be the deputy majority conference chair, a newly created position. She was previously a majority caucus whip.

The three new majority caucus whips will be Omar Aquino, D-Chicago, Michael Hastings, D-Tinley Park, and Napoleon Harris, D-Harvey, all new to the position.

Noticeably absent from the list is Sen. Terry Link, D-Indian Creek, who was an assistant majority leader under Cullerton. Chicago newspapers have identified Link as the unnamed senator who cooperated with the FBI and wore a wire in conversations with indicted former Rep. Luis Arroyo. Link has denied the allegation and has not been charged with

any wrongdoing.

DNA TESTING BACKLOG:

When an Illinois Senate panel met last March to discuss the state's backlog of untested forensic evidence, there were more than 70 DNA samples in murder cases more than a year old awaiting action from Illinois State Police forensic investigators.

That number is down to 14, representatives of the Illinois State Police told the same Senate Public Health Committee on Tuesday, Jan. 28, but they noted the number is still too high and standard wait times for DNA processing are still too long.

"We know that there's a lot of DNA evidence that's not being analyzed, and as a result, we walk among murderers. We know we're walking among murderers," Sen. Patricia Van Pelt, D-Chicago, the committee's chair, said before testimony.

Robin Woolery, the assistant deputy director for ISP's forensic science department, said while turnaround on the oldest cases has "drastically improved," ISP is "still not where we want to be."

ISP Director Brendan Kelly said there are several challenges facing the agency, but around October, the completion of DNA tests began outpacing the number of tests coming in for the first time in years.

The average time for processing DNA evidence is about 215 days, or seven months, Kelly said, adding that the goal was to get to six months. That number shrank from 288 days in September.

He said progress in addressing the backlog has stemmed from implementing greater efficiencies through Lean Six Sigma training, which is used by organizations to ensure efficiency and consistency in processes.

KOBE BRYANT HELICOPTER CRASH:

The luxury helicopter that crashed Sunday, Jan. 26, in California, killing all nine people on board including former NBA star Kobe Bryant, was once owned by the state of Illinois.

The Sikorsky S-76B helicopter was built in 1991, according to the Federal Aviation Administration's aircraft registry. The state of Illinois used it from 2007 to 2015, according to helicopter information database Helis.

Under the direction of former Gov. Bruce Rauner, the state sold the helicopter along with four other surplus aircraft in 2015 for \$2.5 million. Rauner said selling the aircraft "also avoided an additional \$1 million in inspections and repairs," according to an Associated Press story after the sales.

The winning bid for the helicopter was \$515,161, placed by user "Jim-bagge1," according to a listing on the state's online auction website, iBid. Both the aircraft and its two engines had just under 4,000 hours of airframe time when the copter was sold.

At the time of the crash, the registered owner of the helicopter was Island Express Holding Corp of Van Nuys, California, which registered it a month after it was won at auction.

INSULIN PRICE CAP:

Democratic Gov. JB Pritzker signed a bill into law Friday, Jan.

Obituaries

ROBERT B. BONNET

Robert B. Bonnet age 93, passed away on Friday Jan. 31, 2020 at the Lena Living Center. He was born on July 16, 1926 to Bernard and Mary Sophia (Greenwald) Bonnet in Menominee Twp, Jo Daviess County at their rural home. He attended White Grade School in a one room building in rural Jo Daviess County and then Warren High School. He was raised on the farm in Menominee Twp. and farmed in the Warren, Stockton and Lena area since 1941.

He married Dorothy Ann Wolfram on April 8, 1947 at St. Ann Catholic Church in Warren by Father Frank Miller. He was a member of St. Joseph Catholic Church in Lena where he served on the Parish Council, a former Holy Name member at St. Joseph and Holy Cross, charter member of the Knights of Columbus #4776 (Lena, Stockton and Warren), a former advisor on the Production Credit Association Board, a former member of the Le-Win School Board District #202 for over 14 years (served as President for 2 of those years), a former member of the Sunday night euchre and 500 card clubs.

He enjoyed being with his family and traveling with his wife, Dorothy, to all "50" States, parts of Europe twice, Mexico, Canada, Australia, New Zealand, and two cruises, helping on his farm and his son's farms, planting and harvesting crops of any job connected with farming, and especially enjoying his grandchildren and great grandchildren.

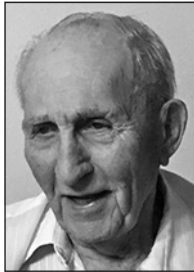
He is survived by two daughters; Nancy Bailey of Belvidere, IL and Kathryn (Eldon) Janssen of Monroe, WI: three sons; David (Sara) Bonnet of Poway, CA, Daniel (Cynthia) Bonnet of Lena and Edward (Lesley) Bonnet of Norton Shores, MI. 11 grandchildren, 10 great grandchildren, seven step grandchildren. three sisters; Evelyn Orzechowski of Winona, MN, Helen Toelle of Freeport, IL and Patricia (Gail) Proctor of Dyersville, IA. He is survived by several nieces, nephews and cousins.

He was preceded by his paternal and maternal grandparents, parents, two brothers; Arnold Bonnet and William Bonnet, one sister; Agatha "Sandy" Scheidt, three brother-in-laws; Stanley Orzechowski, Frederick Toelle, and Robert Scheidt, a son in law; Arnold Bailey Jr., one granddaughter, Adrian Bonnet.

Funeral services will be held at 10:30 AM on Saturday Feb. 8, at St. Joseph Catholic Church in Lena.

Visitation will be from 4 till 7 p.m. on Friday, Feb. 7 at the Leamon Funeral Home in Lena. Rosary will be at 3 p.m.

Rev. Father Andrew Skrobitt will



officiate the services.

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

In lieu of flowers, Masses and Memorials may be offered in his name or to the C.C. D. Program of St. Joseph Catholic Church of Lena to be used for children who cannot pay the fees to attend.

The family wishes to thank the staffs of the Lena Living Center and the S.S. Monroe Clinic Hospital.

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

RAY G. BRUBAKER

Ray G. Brubaker, age 67 of Yuma, AZ (formerly of Kent, IL) passed away suddenly at home on Jan. 26, 2020. Ray was born Feb. 4, 1952 in

Freeport, IL to the late Elwyn and Marian Brubaker. He attended Stockton High School and proudly got his GED in the Army. Ray had two children – Becky (born in Germany) and Rick Brubaker. Ray was drafted into the Army in 1972 almost completing his term, when called home for the death of his father.

Ray worked at the Pearl City Garage for Dal Murray for 35 years. He and Lori moved to Arizona in 2003 due to health reasons. Ray worked at Purcell Goodyear in Yuma, AZ until retirement. Ray enjoyed riding his Harley with Lori (getting married in Sturgis on Aug. 4, 1998), he also liked NASCAR (Dale Earnhardt, Jr. and Chase Elliott), country music and phone calls from all his family and friends.

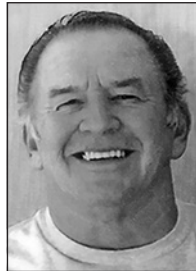
He is survived by his wife, Lori of Yuma, AZ; daughter, Becky (Bob) Potter; son, Rick (Romie) Brubaker; step-son, James (Renee) Eversoll; grandchildren, Randy (Makenzie) Potter, Ryan Potter, Khyle Brubaker, Kira Brubaker and step-grandchild, Sierra Eversoll; one brother, Ed Brubaker; and one sister, Kathy (Lonnie) Fox. He was preceded in death by his parents; brother, Wayne Brubaker; and sister, Donna Green.

A funeral service will be held on Wednesday, Feb. 5, at 11 a.m. at Hermann Funeral Home in Stockton, IL. There will be a visitation before the service beginning at 9 a.m. Please dress casually if you wish. Burial will take place at Morseville Cemetery in Stockton. Condolences may be shared at www.hermannfuneralhome.com.

CLAIRE "KELLY" T. CROSS

Claire "Kelly" T. Cross, 87, of McConnell, IL, passed away peacefully on Sunday, Jan. 26, 2020 at the Lena Living Center. He was born on July 24, 1932 in his home in McConnell, IL to Roy and Martha (Shippy) Cross.

Claire graduated from Winslow



High School in 1950.

He married Helen Rupnow on Feb. 24, 1952. They were crowned their High School Homecoming King & Queen. Claire worked for Lena Farmers Exchange for 41 years. He was a member of Good Shepherd Lutheran Church. Claire loved the Chicago Bears, playing cards, was a hunter in his younger years, camping in Sauk City, WI at Snuffy's. Claire and Helen got the privilege to travel all over from his sales through Kent Feeds. They traveled to Hawaii twice, made several trips to Europe, an Alaskan cruise, and to Mexico.

He is survived by his wife; Helen of 67 years, two sons; Ron Cross of Freeport, IL, and Robin Cross of Lena, IL, a sister-in-law; Charlotte Cross of McConnell, and several nephews and nieces.

Preceded by his; parents, siblings; Dale, Wayne, Keith and a sister in infancy.

Funeral services were held on Jan. 31, at the Good Shepherd Lutheran Church, Lena, IL.

Visitation was held Jan. 30, at Leamon Funeral Home, Lena, IL.

Pastor Miho Yasukawa performed the service

Burial will be at the Salem Cemetery.

A memorial has been established in his memory

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

RICHARD "DICK" G. HELLER

Richard "Dick" G. Heller, 83, of Warren, IL passed away peacefully surrounded by his family on Wednesday, Jan. 29, 2020 at his home.

He was born on Jan. 23, 1937 in Council Hill, IL to Harold and Gladys (Gray) Heller. He was a graduate of Warren High School. Dick proudly served his country in the United States Navy, passing the Submarine testing. He married Patricia Bausman on Nov. 27, 1960 at St. Paul's Lutheran Church in Warren, IL. When Dick and Patricia first got married, he was a farmer on the Paige farm. Dick was a supervisor for Kelly Springfield Tires, a truck driver for Patterson, and also worked at Stockton Cheese. He was a very hard worker who loved playing cards, especially Euchre, the Minnesota Vikings, and working in his yard. Dick enjoyed spending time with his grandchildren.

Dick is survived by his children; Jeff Heller of Rockford, IL, Steven (Grace) Heller of Apple River, IL, Sherry (Scott) Raisbeck of Warren, IL, and Rhonda Marcure of Warren; nine grandchildren, 15 great grandchildren; a brother Bill Heller of St. Petersburg, FL, and many nieces and nephews; and a special nephew Jerry Edwards of Scales Mound who would frequently visit with Dick, and his beloved dog Foxy.



Dick was preceded in death by his parents and his wife Patricia in 2010.

A celebration of life will be held at a later date.

Cremation rites have been accorded.

A memorial has been established in his memory for the Human Society.

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

DEAN A. "GREEK" KAISER

Dean A. "Greek" Kaiser, 57, of Warren, Illinois passed away on Jan. 24, 2020 at UW Hospital in Madison, Wisconsin.

Dean was born on Nov. 26, 1962 in Freeport, Illinois to Norman "Dale" and Gladys Kaiser. He graduated from Warren High School in the class of 1981. He married the love of his life, Cheri Fernstaedt, on Sept. 14, 1991 in Browntown, Wisconsin.

Dean was employed by Woodbine Bend Golf Course where he enjoyed watching the early morning sunrise and was very proud of the course.

Dean was a member of St. Paul's Church of Wayne Township, Wisconsin. He was known for his kind heart and helping others, his creativity, and sense of humor. He was most known for his outdoor holiday decorations, especially his Christmas light display which he spent over 100 hours on each year for others to enjoy.

Dean was an avid sports fan, especially for the Dallas Cowboys and Nascar racing. He ran chains with two of his brothers for years for the Warren football team. He enjoyed driving stock car and demolition derby and sharing his love of demos with his son Kody. He loved children and was a Cub Scout leader and so proud of both his boys for becoming Eagle Scouts. His greatest sports memories were watching his sons play sports and coaching some of their teams. Dean coached both of his boys' soccer teams. He coached T-Ball through travelling baseball and was an assistant coach for the 14U National Champ Freeport Stix.

Dean enjoyed being outdoors hunting, fishing, and working in his multiple gardens. He was often seen outside playing ball with his boys. He was a great baker and carried on his mom's Christmas cookies tradition, as well as making homemade bread and pickles.

Dean was a volunteer firefighter for about 32 years where he served as one of the lead airpack men and helped train many others. He enjoyed teaching children about fire safety and walked in many Pumpkin Festival parades. He was very proud of the brotherhood he formed with his fellow firefighters.

Dean enjoyed family gatherings and telling old stories. But his greatest pride and joy in his life



was his family, especially his "babydoll" and his two sons, Kody and Kolton, to whom he was an amazing father.

Dean is survived by his loving wife Cheri and two boys; Kody and Kolton (Kaitlyn Brown) of Warren. Siblings Daniel Kaiser of Warren, Debra White of Monroe, Donna (Paul) Socia of Selingsgrove, Pa, David (Sharon) Kaiser of Warren, and Douglas (Marcia) Kaiser of Monroe. Parents-in-law Tom and Judy Fernstaedt of Warren, and sisters-in-law Valerie (Leland) Woodley and Ashley (Justin) Wolber both of Warren. Nieces and nephews Nicole (Sean) Norton and Brooke (Dante) Elmer both of Rockford, Trent (Shannon) Kaiser of Monroe; Jacob (Cheryl) Stiefel of Selingsgrove, PA; Conner White of Whitewater, WI; Bradley (Jinger) Kaiser of Roscoe, IL and Lindsay (Tim) Campbell of Winnebago, IL; Kylie (Matt) Davis of DeForest, WI and Haley (Luke Neuenschwander) Kaiser of Monroe; Mason Woodley, Corbin and Brodey Wolber all of Warren. Fifteen great nieces and nephews: Samara, Jensen, and Hendrix Norton; Finnick and Lola Elmer; Avery, Leighton, Knox and Charli Kaiser; Justus and Jonas Stiefel; Jaxon Claire and Ben Campbell; and Kameron Davis. Also his pets Beethoven, Snowflake and Peanut.

He is preceded in death by his beloved mother, Gladys Kaiser, in 2008.

Visitation was held on Friday, Jan. 31, at the Bartell-Leamon Funeral Home in Warren.

Funeral Service was Feb. 1, at the Warren United Methodist Church.

Officiating was Rev. David Busker.

Interment will take place at the Elmwood Cemetery.

Luncheon to follow at the Warren American Legion.

In lieu of flowers a memorial has been established in his memory.

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

PATRICIA ANN LEVERTON

Patricia Ann Leverton, age 74 of Rockford, formerly of Freeport, passed away Sunday, Jan. 26, 2020 at Generations at Neighbors Nursing Home in Byron, IL. She was born, March 13, 1945 in Freeport to the late LaVern and Berniece (Miller) Evans.

Patricia was a 1963 graduate of Orangeville High School and had worked for Mitek for many years. She loved NASCAR and dirt track racing. She also enjoyed gardening and sewing, but most of all, spending time with her family, especially her grandchildren and great grandchildren.

She is survived by her daughters, Sherri Leverton-Johnsrud of



Our Area Churches Welcome You

APPLE RIVER UNITED METHODIST CHURCH

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

CALVARY UNITED METHODIST CHURCH

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

CHRIST LUTHERAN CHURCH ELCA STOCKTON

600 N. Main St., Stockton
Pastor Paul Gebo (815) 858-0941
E-Mail: clc600@frontier.com
<https://www.facebook.com/pages/Christ-Lutheran-Church-Stockton-IL>
 • *Saturday Worship 5:30 p.m.*
 • *Education for all ages*
Sun. 9:00 a.m. September - May
 • *Sunday Worship 10:00 a.m.*
 • Confirmation Ministry
 Wednesdays 3:05 p.m. - 5:00 p.m.
 • Healing Services on 5th Weekends

EBENEZER – SALEM UNITED CHURCH OF CHRIST

P.O. Box 102, Pearl City, IL 61062
Pastor Randy Nicholas • 815-369-4511
Sunday Worship Alternates Monthly
At the two churches
Find us on Facebook
 • *Sunday Worship 9:00 a.m.*
 • *Sunday School follows worship*
 • Feb. worship is at Salem UCC Church at the corner of Loran and Kent Roads

EVANGELICAL FREE CHURCH OF LENA

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

FIRST UNITED METHODIST CHURCH

411 S. Main Street, PO Box 236, Pearl City, IL 61062
 email: pearlcityumc@gmail.com
 Website: pearlcityumc.org
 Find us on facebook at www.facebook.com/pumcil
Pastor Donna Hoffman (815) 443-2177
 • *Sunday Worship – 8:30 a.m.*
 • *Sunday School – during worship after the children's message*

FIRST UNITED METHODIST CHURCH

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

GOOD SHEPHERD LUTHERAN CHURCH

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

GRACE BIBLE CHURCH OF WOODBINE

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

HARVEST BAPTIST CHURCH OF STOCKTON

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

HOLY CROSS CATHOLIC CHURCH

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

LENA UNITED METHODIST CHURCH

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

McCONNELL UNITED METHODIST CHURCH

211 Hulbert Rd. P.O. Box 97, McConnell, IL 61050
<http://www.gbmg-umc.org/mcconnellumc>
 Email: info@McConnellUMC.org
 "Like" us on Facebook
Pastor Donna Hoffman (608) 293-0194
 • *Sunday Worship – 10:30 a.m.*
 • *KidZone: 5:30 - 7:30 p.m.*
 1st & 3rd Thursday - monthly
 * *We are handicapped accessible*

SALEM UNITED CHURCH OF CHRIST

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

SCHAPVILLE ZION PRESBYTERIAN CHURCH

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

SHEPHERD OF THE HILLS LUTHERAN CHURCH

536 E. Schapville Road, Scales Mound, IL 61054
Church number (815) 845-2061
Rev. James Mehlretter
Website: www.shepherdofhill.com
 • *Sunday Worship – 8:00 a.m. & 10:00 a.m.*
 • *Sunday School (Sept. – May) – 8:45 a.m.*
 • Holy Communion is celebrated weekly.

ST. ANN CATHOLIC CHURCH

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

ST. JOHN'S LUTHERAN CHURCH

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

ST. JOHN'S LUTHERAN CHURCH

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

ST. JOHN EVANGELICAL LUTHERAN CHURCH

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

ST. JOSEPH CATHOLIC CHURCH

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

ST. JOSEPH CATHOLIC CHURCH

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

ST. PAUL'S LUTHERAN CHURCH - KENT

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

ST. PAUL LUTHERAN CHURCH ELCA

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

UNITARIAN UNIVERSALIST CHURCH OF STOCKTON

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

WARREN UNITED METHODIST CHURCH

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

WESLEY UNITED METHODIST CHURCH

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

WINSLOW GRACE BIBLE CHURCH

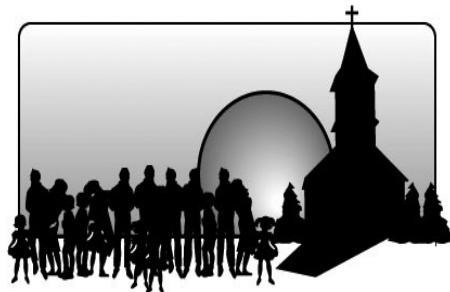
197 Carver Street, Winslow, IL 61089
Pastor Robert Patin (815) 230-1862
608-669-5770
 • *Sunday Worship – 10:45 a.m.*
 • *Sunday School – 9:45 a.m.*
 • Prayer and Bible Study – Wednesdays at 6:30 p.m. in Home

YELLOW CREEK CHURCH OF THE BRETHREN

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

ZION COMMUNITY CHURCH

10100 W. Sabin Church Rd., Pearl City, IL 61062
Pastor Wayne Fischer • 815-266-6260
Pastor Chip Sohl • 815-541-1425
 • *Sunday Worship Service – 9:00 a.m.*
 • *Children's Church - during church service*
 • *Prayer Shawl Knitting Tuesday at 6:30 p.m.*
 • *Bible Study Wednesdays at 6:30 p.m.*



Church news

Good Shepherd Lutheran Church

Good Shepherd Lutheran Church, 118 E. Mason Street, Lena, will gather for worship with Holy Communion on Feb. 9, at 9:30 a.m. Following worship, there will be a time of fellowship. All Sunday School children will gather for Sunday School Opening at 10:45 a.m. followed by learning, Bible study, prayer, and fellowship. Confirmation class will meet at 11 a.m.

On Tuesday Feb. 11, at 9:45 a.m. Good Shepherd will meet for Hymn Sing at the Lena Living Center. Come and make a joyful nose to the

Lord together.

On Wednesday Feb. 12 at 8 a.m. the Piece Corps Quilters will work together to craft quilts for Lutheran World Relief. They are always looking for more people to help tie quilts and sew. No previous quilting experience is necessary. Come join the fun and make a difference in the world!

On Thursday Feb. 13 Friendship Club will meet at noon for a Potluck Dinner & entertainment with "Set Free".

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

St. John's Lutheran Church (Pearl City)

You're welcome to celebrate the

Fifth Sunday after Epiphany on Feb. 9, at St. John's Lutheran Church in Pearl City. Sunday School and Confirmation Class will be held after worship. The Stewardship & Outreach Committees will meet after the worship. The SPLAT Youth Group will meet at 11 a.m.

The February Grace Meal will be on Feb. 16. All are invited to play Mexican Train Dominoes on Feb. 17 at 9 a.m. The Women's Gathering will meet for their Bible Study on Tuesday, Feb. 18 at 9:45 a.m. followed by a Sit n' Sew.

The Bible Studies are in full swing at St. John's on Monday evenings at

7 p.m. and on Thursday mornings at 9:30 a.m. Both Bible Studies are held in the Conference Room and it is handicap accessible. The Monday evening Bible Study continues with their series on "The Growth of the Church" with accounts from the Epistles. The Thursday morning Bible Study will continue with St. Luke's Gospel.

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, IL-

linois. 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.

Stockton Community Choir to begin rehearsal

The Stockton Community Choir will begin rehearsal on Thursday Feb. 6, 8 p.m. at Calvary United Methodist Church in Stockton, IL. They will be rehearsing the musical Cantata "Never Thirst Again" which will be performed on March 29.

Salem United Church of Christ (Lena)

Please join us for Sunday School for all ages at 9:30 a.m. and worship at 10:30 a.m. at Salem United Church of Christ, 8491 W. Salem Road, Lena, on Sunday, February 9. Pastor Randal Nicholas will ask "What's So Smart About a Smartphone?" in his sermon based on scripture from the New Testament, 1 Corinthians 2:1-16.

Bookworms Reading Group will gather at Joy Gerbode's home for their meeting and discussion on Monday, Feb. 10. Sally Gerbode will lead the discussion on her book choice "An Extraordinary Union" by Alyssa Cole. The Wednesday Morning Breakfast Group will meet at 8 a.m. on Feb. 12 at Coach's Golf and Grill on Stagecoach Trail in Lena.

St. John's Lutheran Church to host pancake supper

Chris the Crazy Pancake Man is returning to Lena at St. John's Lutheran Church, 625 Country Lane Drive, Lena, on Saturday, Feb. 8, from 4 - 8 p.m. He will be preparing an all-you-can-eat pancake supper served with whole-hog sausage, applesauce, cheese, coffee and milk. Chris provides good food and fun for all.

Advance tickets are available from church members or the church office for \$6 for adults and \$4 for children (ages 3 - 10). At the door, tickets can be purchased for \$7 for adults and \$5 for children (ages 3 - 10). For more information, call the church office at (815)369-4035.

Alzheimer's Association offers winter safety tips to prevent wandering

Sixty percent of those with Alzheimer's disease will wander at some point during their diagnosis. This is a significant safety concern for the more than 230,000 people living with Alzheimer's in Illinois. A person living with Alzheimer's or another dementia may not remember his or her name or address and can become disoriented even in familiar places. In cold temperatures and winter weather conditions, wandering can be dangerous - even life-threatening. As the weather becomes inclement it is important to keep your loved one with dementia safe by taking simple precautions to prevent wandering.

Alzheimer's Association's Tips to Prevent Wandering:

- Carry out daily activities: Having a routine can provide structure. Consider creating a daily plan.
- Avoid busy places: Shopping

malls and grocery stores can be confusing causing disorientation.

- Night wandering: Restrict fluids two hours before bedtime and ensure the person has gone to the bathroom just before bed. Also, use night lights throughout the home or facility.

- Locks: Place out of sight. Install slide bolts at the top or bottom of doors.

- Doors and doorknobs: Camouflage doors by painting them the same colors as the walls. Cover them with removable curtains or screens. Cover knobs with cloth in the color of the door or use childproof knobs.

- Monitoring devices: Try devices that signal when a door or window is opened. Place a pressure-sensitive mat at the door or bedside to alert of movement.

- Secure trigger items: Some people will not go out without a coat,

hat, pocketbook, keys, wallet, etc. Making these items unavailable can prevent wandering.

When weather temperatures plummet and staying indoors is encouraged, planning ahead for your loved one can be crucial for his or her safety. The Alzheimer's Association can help with activity suggestions, communication and how to identify confusion and the triggers that increase the incidence of wandering.

Planning Ahead:

- Keep a list of people for the person with dementia to call when feeling overwhelmed. Have their telephone numbers in one location and easily accessible.
- Ask neighbors, friends and family to call if they see the person alone or dressed inappropriately.
- Keep a recent, close-up photo and updated medical information on

hand to give to police.

- Know your neighborhood. Pinpoint dangerous areas near the home, such as bodies of water, open stairwells, dense foliage, tunnels, bus stops and roads with heavy traffic.

- Know if the individual is right or left-handed. Wandering generally follows the direction of the dominant hand.

- Keep a list of places where the person may wander, like past jobs, former homes, places of worship or a restaurant.

Should a loved one go missing, especially in colder temperatures, experts recommend calling 911 as soon as possible so that an Illinois Silver Search advisory or other public notification can be issued. For more information about the Illinois Silver Search program, visit silversearchillinois.org.



COURTESY PHOTO The Scoop Today/Shopper's Guide

Opening their hearts

The Holy Cross Religious Education first, fifth and seventh graders worked on Valentine's Sunday morning.



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FROM LENA'S KITCHEN

Super Bowl Sunday has come and gone, and the groundhog has made his prediction. To me this means that winter is half over! I guess we will see. This week there are some good recipes for Valentine's Day. If you have to cook for those you love, you might find something good to make.

The first recipe is for a really good salad. It uses romaine, and I do know some people are not into buying romaine any more because of all the call backs. If you are more comfortable substituting leaf lettuce or a bag of spring mix, I think the salad would taste just as good.

Mixed Greens with Oranges

2 oranges
Juice of 1 large lemon
¼ C. plus 2 T. extra virgin olive oil
4 C. roughly chopped romaine leaves
2 C. roughly chopped endive
2 C. roughly chopped baby spinach
½ C. fresh parsley leaves
Salt and pepper

Cut off the top and bottom of the oranges to expose the fruit and place cut-side down on a cutting board. Using a knife, cut off the peel and white pith, following the curve of the fruit. Holding the oranges over a bowl, cut in between the membranes to release the segments into the bowl.

In a large salad bowl, whisk together the lemon juice and olive oil. Add the greens and toss lightly to coat them with the dressing. Season with 1 teaspoon each salt and pepper. Add the orange segments. Serve immediately.

This main dish is good enough for a really nice Valentine's Day dinner. Use the rotisserie chicken and you have a good start. The combination of the chicken, spinach, and cheese will make

these shells really tasty. This dish is also really pretty on a serving platter, so it is great for a special occasion. Enjoy a great Italian dish at home for a bargain price.

Chicken Parmesan Stuffed Shells

1 jar (25 oz.) tomato basil pasta sauce
2½ C. shredded chicken
2 C. baby spinach, torn
1 container (15 oz.) ricotta cheese
2 C. shredded mozzarella cheese, divided

1 egg, beaten
2 T. chopped fresh basil
1½ t. garlic powder
½ t. black pepper
21 jumbo pasta shells, cooked according to package directions
½ C. grated Parmesan cheese
½ C. panko bread crumbs

Preheat the oven to 350. Spray a 3-quart baking dish with cooking spray. Spread 1½ cups pasta sauce in bottom of prepared pan. In a large bowl, stir together the chicken, spinach, ricotta, 1½ C. mozzarella, egg, basil, garlic powder and pepper until combined. Stuff chicken mixture into cooked shells; place in pan. Pour remaining sauce into shells. Cover with foil. Bake for 30 minutes. Uncover and sprinkle Parmesan, bread crumbs and remaining ½ C. mozzarella onto shells. Bake until cheese is melted, about 5 minutes more. Let stand for 10 minutes before serving.

These elegant mashed potatoes go well with steak or pork. They really will go well with the recipe below.

Blue Cheese and Parmesan Mashed Potatoes

5 lbs. russet potatoes, peeled and cubed



The not so skinny cook

2 T. plus 1½ t. salt, divided
½ C. unsalted butter, softened
¼ C. warm half and half (do not boil)

1 C. sour cream
½ C. crumbled blue cheese
1/3 C. grated Parmesan cheese
2 T. chopped green onion
½ t. ground black pepper

Garnish with grated Parmesan cheese and fresh chopped parsley

In a large Dutch oven, bring potatoes, 2 T. salt, and water to cover by 2 inches to a boil over medium-high heat. Reduce heat to medium-low, and cook until tender about 20 minutes. Drain well. Return potatoes to pot. Cover over low heat, stirring frequently, until dry, about 3 minutes. Add butter. Using a potato masher, mash potatoes to desired consistency. Stir in half-and-half, sour cream, blue cheese, Parmesan, green onion, pepper, and remaining 1½ t. salt until combined. Garnish with Parmesan and chopped parsley.

Enjoy this pretty simple and delicious beef dish. It is just as good as steak and a whole lot cheaper!

Hamburger Steaks with Mushroom Gravy

2 lbs. ground beef
2 T. Worcestershire sauce
1 T. chopped fresh thyme
2 garlic cloves, minced
2 t. salt
1 t. pepper
1 t. canola oil
1 medium onion, halved and cut into ¼-inch thick slices
1½ C. sliced mushrooms
2 T. flour
1½ C. beef broth

In a large bowl, stir together beef,

Worcestershire, thyme, garlic, salt, and pepper. Divide mixture into 6 portions. Shape each portion into a ¼-inch thick patty. In a 12-inch ovenproof skillet, heat oil over medium-high heat. Add patties; cook until browned, about 3 to 4 minutes per side. Remove from skillet using a slotted spatula, and let drain on paper towels, reserving 2 tablespoons of drippings in skillet. Add onion to drippings. Cook over medium-high heat, stirring frequently, just until tender, about 5 minutes. Stir in mushrooms; cook just until tender, about 4 minutes.

Reduce heat to medium. Stir in flour and cook for 1 minute. Whisk in broth until well combined; return patties to skillet and bring to a boil. Reduce heat to medium-low and cook until gravy is thickened and an instant-read thermometer inserted in patties registers 160, about 8 to 10 minutes. Garnish with chopped fresh parsley. This dish goes great with mashed potatoes.

Everybody loves a little chocolate for Valentine's Day. The next two recipes are full of chocolate decadence. The first is a great brownie to eat with really good vanilla ice cream. The second is a traditional red velvet for a more elegant dessert.

Chocolate Fudge Brownies

1 C. butter, cubed
6 oz. unsweetened chocolate, chopped
4 eggs, room temperature
2 C. sugar
1 t. vanilla
½ t. salt
1 C. flour
2 C. chopped nuts

Powdered sugar, optional
Preheat the oven to 350. In a small saucepan, melt the butter and chocolate over low heat. Cool mixture slightly. In a large bowl, beat eggs, sugar, vanilla and salt until blended. Stir in the chocolate mixture. Add flour, mixing well. Stir in nuts.

Spread in greased 9 inch square baking pan. Bake 35 to 40 minutes or until a toothpick inserted in center comes out with moist crumbs (do not over bake). Cool brownies completely in pan on a wire rack. If

desired dust with powdered sugar. Cut into bars.

Red Velvet Goopy Butter Cake Bars

1 box of red velvet cake mix
3 eggs, divided
1 C. unsalted butter, melted and divided
1 pkg. (8 oz.) cream cheese, softened
1 t. orange zest
1 t. vanilla extract
1 pkg. (16 oz. powdered sugar, plus more for sifting)

Preheat the oven to 350. Spray a 9 x 13 pan with cooking spray. In a large bowl, beat cake mix, 1 egg and ½ C. melted butter with a mixer at medium speed just until combined. Press mixture into prepared pan. In the same bowl, beat cream cheese with a mixer at medium speed until smooth. Beat in zest, vanilla and remaining eggs. Add powdered sugar and beat until well combined. Slowly add remaining butter, beating until well combined. Pour mixture onto prepared crust.

Bake until center is just set, about 30 minutes. Let cool completely in pan on a wire rack. Cut into bars, and sift with powdered sugar. Store in an airtight container up to 3 days.

I am submitting this column before Ground Hog Day; everyone is predicting that he will see his shadow. I guess we will live with whatever we have to, and the little bugger can stay inside or come out. Things are winding down at school. Girls' basketball and wrestling will be moving into regionals. Spring things will start, and that is a good thing to look forward to. I have to decide how long I will leave my snowmen up. I like them, and I am guessing it is a little too early for bunnies. It is time to think about St. Patrick's Day and green recipes; it is also time to be thinking about meatless recipes for Lent. We continue to feature some soups this month, so if you find a good one, please pass it on. If you have any recipes you think we would like, 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.

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Living with arthritis can be a challenge

Arthritis is a condition in which one or more of your joints become inflamed, often leading to stiffness, soreness and in some cases swelling. This disease affects the lives of more than 54 million adults in the US with more than 21 million having osteoarthritis. However, certain lifestyle behaviors could help improve your joint health, and can help prevent, relieve and manage its symptoms.

University of Illinois Extension Nutrition and Wellness Educator, Diane Reinhold, will be offering an educational workshop "Living with Arthritis." During this workshop, we will provide insights into the most common types of arthritis. You will

also learn how diet, physical activity and maintaining a healthy body weight can help manage symptoms.

"Living with Arthritis" will be held on Thursday, March 26, from 1 to 3 p.m., at the Senior Activity Center, 216 E. Stephenson Street, Freeport. There is no cost to attend this program, however seating is limited and pre-registration is requested. Beat the registration deadline, Monday, March 23, by calling today. To register or for more information call our office at 815-235-4125 or visit us online at go.illinois.edu/jsw. If you need a reasonable accommodation to participate in this program, please let us know when registering.



PantherHawk Wrestling

(Left) Another great weekend for the PantherHawk wrestlers! Varsity won the Litchfield Tournament placing all 13 wrestlers in the top four. Jaden Rice, Jason Hermann and Case Harmston placed first. The JV PantherHawks competed at the Oregon Fresh/Soph Tournament crowning three individual champions: Griffin Luke, Nate Noller and Wyatt Raab.

Northwestern Illinois Community Action Agency announces the PY20 LIHEAP, PIPP, and Weatherization Assistance Programs

Program Year October 1, 2019 – May 31, 2020

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 (gas, propane, electric) through the Home Energy Assistance Program (LIHEAP), Percentage of Income Payment Plan (PIPP) and Weatherization Programs.

Effective January 1, 2020, LIHEAP clients may apply for the Direct Vendor (DVP) one time payment assistance only. **No new PIPP applications will be taken after December 31, 2019.**

All income eligible households may schedule an appointment to apply for assistance with their heating utilities. LIHEAP applications will be taken until May 31, 2020 or until funding is exhausted.

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

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

1 person household - \$1,561 2 person household - \$2,114

3 person household - \$2,666 4 person household - \$3,219

Add \$553 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. **No other document is accepted as proof of social security number.**
- 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
- Complete current heat and electric bills **and** disconnect notices received.
- Medical Card from Illinois Department of Human Services
- Copy of current lease or rent receipt
- Proof of Homeownership (Title for Mobile Homes) and tax bill are required for weatherization assistance.

PY 20 LIHEAP Emergency Furnace Program

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

The purpose of the LIHEAP Furnace program is to restore heat to the household and is available from October 1, 2019 through March 31, 2020 or until funds have been exhausted.

All income eligible homeowners may apply for emergency furnace assistance.

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

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

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

1. Copy of real estate tax bill

AND

2. One or more of the following:

- Copy of warranty deed, contract for deed, or quit claim deed (all of these must be stamped and registered with the county clerk)
- Copy of current mortgage statement
- Copy of the original Mobile Home title

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

Northwestern Illinois Community Action Agency
27 S. State Ave., Suite 102, Freeport, IL 61032
www.nicaa.org

Stockton FFA Chapter to host annual Chili Cook-Off

The Stockton FFA Chapter is holding its second annual Chili Cook-Off at the Bottle Shed on Feb. 16, beginning at 12 noon. If interested in entering your pot of chili, please contact Haley Brudi at 206. haleybrudi@stocktonschoools.com or Trish Krug at trish.krugg@stocktonschoools.com by Sunday, Feb. 9. There is no entry fee. Cash prizes will be awarded for first place in the judge's and people's choice categories. The cost to sample and vote for your

favorite chili is \$5. Children under the age of 10 are FREE!

We will be raffling off a Vizio 40" Smart LED TV. Tickets can be purchased ahead of time at home basketball games or by contacting Trish or Haley. Tickets can also be purchased the day of the cook-off. Tickets are one for \$5 or five for \$20. Final judging and drawing will take place at 4 p.m. We hope to see you all there!

FHN Memorial Hospital implements temporary restrictions

In accordance with an Illinois Department of Public Health recommendation, FHN Memorial Hospital in Freeport has put into action the following visitor restrictions for the health and safety of our patients and staff:

- No visitors under the age of 18 (including the OB unit, to protect our youngest patients)
- Only two (2) visitors per patient at one time.

- Visitors with fever, cough, or sore throat should NOT visit. If they MUST, masks are required (and will be provided).

- Patients hospitalized for flu may have visitors ONLY when necessary for emotional well-being or care.

- Respiratory hygiene/cough etiquette (cover coughs, tissue disposal immediately after use, hand sanitizer) MUST be followed at all times

These restrictions apply to ALL

hospital patients, including OB and Pediatrics – please check with the nurse on duty if you have any questions.

All medical services remain available to patients of all ages throughout FHN. Those who feel they or a family member may have the flu and could be contagious can take advantage of telemedicine services 24 hours a day, 7 days a week through FHN. Visit www.fhn.org/fhnnow for details.

Cooking under Pressure: Air Fryers & Pressure Cookers

Did you recently receive or purchase a pressure cooker or air fryer? Are you wondering what to do with it? Or if it is as easy to use say they say? If you answered yes to any of these questions, consider attending the University of Illinois Extension upcoming working shop, Cooking Under Pressure: Air Fryers & Pressure Cooker.

During this workshop we will discuss the pros and cons of using either the air fryer or pressure cooker, offer helpful tips when using either and discuss healthy cooking options to help you meet your wellness goals.

Cooking Under Pressure: Air Fryers & Pressure Cooker, will be held on Tuesday, Feb. 25, from 1 to 3 p.m., at the Jo Daviess County Extension Office, 204 Vine St. Elizabeth, IL. There is a \$5 fee to attend this program and pre-registration is required.

The deadline for registration is Friday, Feb. 21, 2020. Seating is limited so call today to register, or for more information. We can be reached at

815-858-2273 or visit us online at web.extension.illinois.edu/jsw. If you need a reasonable accommodation to participate in this program, please let us know when registering.

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.

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for our DeKalb office



Second period rush grants Fury win over Beaver Dam

It was a momentous night at SLICE in Monroe on Jan. 30, as the Fury hosted Beaver Dam. Six members of the Fury grew up playing Avalanche Hockey at this arena. All six players took pride in taking their spots in the starting line up knowing this is the first and last time in foreseeable future that all six positions will be filled by former Avalanche players on home ice. Brooke Teubert, Brodhead, took her place in net. Defense-men Anna Malone, Orangeville, and Sarah Edler, Lena-Winslow, held the blue line. Forwards Haley Knauf and Alyssa Knauf, Albany, with Anika Einbeck, Monroe, lined up at faceoff.

Although it turned into a lopsided game, the Fury and Beaver Dam were scoreless in the first period despite the Fury outshooting them 30-1.

The second period the Fury put up seven goals. Alyssa Knauf had a hat trick which led to her achieving 100 point career milestone. Like her

line mates Haley Knauf and Anika Einbeck who reached their 100 points Jan. 21, Alyssa reached this milestone in her third year of playing high school hockey. All three are first in Fury Hockey history to achieve 100 points in under three seasons.

Also tallying goals for the Fury were Anika Einbeck, Sara Loeke, Sara Nerad, Presley Kovacevich, Claudia Boehlke, Anna Malone, and Jena Loeke. Anna Malone, Anika Einbeck, and Haley Knauf earned playmakers in the game. Sara Loeke, Sara Nerad, Presley Kovacevich, Sarah Edler, and Sam Wells also earned assists.

Brooke Teubert earned her second shutout of the season.

Up next for the Fury is another conference game vs Madison Metro Lynx Feb. 1 at 7:30 p.m. at Madison Ice Arena. Both teams are tied for second with 14 points in conference play.



SUSIE KNAUF PHOTOS Shopper's Guide

Anna Malone of Orangeville is one of three Fury members to earn playmakers in the game.

Orangeville Grade School second quarter awards

PERFECT ATTENDANCE*

Mrs. Hanson-Kindergarten

Brinley Baker
Griffin Davis

Mrs. Cahoon-Jackson-First Grade

Kinley Ward
Mackenzie Ethridge

Mrs. Wells - Second Grade

Brendon Amborn
Maci Diffenderfer
Bailey Ennis
Zackarey McDearman

Mrs. Shellhouse-Third Grade

Mason Ethridge
Paxx Listenberger
Grey Miller
Xander Pacek
Hayden Simpson
Ian Smith

Mrs. Brown-Fourth Grade

Caleb Amborn
Kaytlyn Blakely
Dallas Borden
Brody Breed
Zoey Jordan
Azalynn Pfeiffer
Aaliyah Poss
Elle Schmidt

Mrs. Maurer-Fifth Grade

Oskar Bissell
Narrissa Gaines
Matthew Soddy

Mrs. Campbell - Fifth Grade

Amery Dinderman

Aubrey Fryer

Beau Janecke
Brynlee Schofield
Alexis Smith
Michael Wise

"A" HONOR ROLL*

Mrs. Shellhouse-Third Grade

Grady Scheurell
Grey Miller
Allie Brandt
Hayden Simpson
Ian Smith

Mrs. Brown-Fourth Grade

Rylie Scheuerell
Mrs. Maurer-Fifth Grade
Oskar Bissell
Ashlynn Schultz

Mrs. Campbell-Fifth Grade

Beau Janecke
Nathan Briggs
Abigail Hazzard
Aubrey Fryer

"B" HONOR ROLL*

Mrs. Shellhouse-Third Grade

Jaymeson Pudwill
Mason Ethridge
Phoenix Lampe
Brandon Kujat
Maggie Thompson
Makena Yeagle
Tony Cantrell
Xander Pacek

Mrs. Brown-Fourth Grade

Caleb Amborn

Dallas Bordon
Kaytlyn Blakely
Owen Henneman
Zoey Jordan
Izabella Martins
Makenna Wheeler
Brody Breed
Elle Schmidt

Mrs. Maurer-Fifth Grade

Emily Doescher
Narrissa Gaines
Kelsey Gordon
Garrett Johannsen
Brock Komprood
Kara Leopold
Ivy Parriott
Matthew Soddy

Mrs. Campbell-Fifth Grade

Rylee O'Haver
Amery Dinderman
Kerralyn Evans
Alexis Smith
Brynlee Schofield
Elwyn Thomm
Michael Wise

*The Honor Roll Award is presented to the students who received an A average for the quarter. (Grades 3 - 5)

*The Perfect Attendance Award is presented to the students for perfect attendance during the quarter. (Grades K - 5)



Defenseman Sarah Edler of Lena-Winslow holds the blue line for the Fury.



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• Obituaries (Continued from page 5)

Rockford and Michelle (Charles) Leverton-Pierce of Rockford; her son, Douglas Leverton of Rockford; her brothers, Robert (Mary) Evans of Lanark and Michael (Karen) Evans of Freeport; her grandchildren, Jamie (Rachel) Leverton, Jesse Johnsrud, Jace Johnsrud, Briana (Devontae) Shackelford, Brielle-Nicole Pierce, Ashley Koch and Aleisha Koch; her great grandchildren, Kaleah, Kyleigh, Emma, Berniece, Kathleen and Camden; and several nieces and nephews. She was preceded in death by her parents; her daughter, Beth Leverton; her brothers, Ronald and Donald; and her niece, Martha Evans.

There will be a committal service in the Chapel of Peace at Chapel Hill Memorial Gardens in Freeport at a later date. A memorial fund has been established. Condolences may be shared at www.hermannfuneralhome.com.

CAROL JANE (HILL) TUCKER

Carol Jane (Hill) Tucker, age 83 of Stockton, IL, passed away peacefully at home surrounded by her family on Wednesday, Jan. 29, 2020. She was born on Oct. 12, 1936; the daughter of the late Cletus and Lyla (Newman) McKee. She attended country school at Puckett, Garfield, & Greenvale. Carol married George W. Hill on June 27, 1954. She later married Clarence E. Tucker on March 29, 1981.

Carol farmed in the Stockton area until moving to Stockton in 1981.



She worked as a bookkeeper at Don's Jack & Jill in Stockton from 1984-1985. She was also office manager at Stockton Herald News and the Stockton/Warren Gazette for 11 years and 1 month until the office closed in 1997. Carol was a member of Wesley United Methodist Church in Stockton where she was also a member of the choir. She was also a member of the Greenvale Club. She loved watching NASCAR, Chicago Cubs and Chicago Bears.

She is survived by her sons, Don (Connie) Hill of Lena, IL, Ricky (Shanna) Hill of Stockton, Dean (Debra) Hill of Lead Mine, WI; step-son, Ken (Sally) Tucker of Stockton; Grandchildren, Michele (Lynn), Mark (Carla), Matthew, Mackenzie (Bruno), Miles, Amanda (Doug), Quinn (Sarah), Evan, Lona (Ken), Dana (Justin), Hailey, and David (Courtney); great grandchildren, Alisha, Haley, Grace, Jacob, Nathan, Kendra, Ethan, Hayden, Freeman, Kaydin, Archie, Regan, Wyatt, Landon, Addison, Roman and Warren; and great great grandson, Declan; and brother, Lloyd (Maureen) McKee. She is preceded in death by her parents; both husbands; son, Mark Anthony; step-son, Gerald Tucker; brothers, Franklin, Allen, Brian; sister, Lynette DeMuth.

She had many friends who talked to her on the phone and will miss her, including her special friend Phyllis who she had coffee with every morning for the last 40 years. She will be deeply missed by her

family and friends.

The funeral service was held on Feb. 3, at the Hermann Funeral Home in Stockton with a visitation. Interment will take place at Ladies Union Cemetery in Stockton. A memorial fund has been established. Condolences may be shared at www.hermannfuneralhome.com.

SONJA L. WOLFF

Sonja L. Wolff, 85, of South Wayne, WI passed away on Tuesday, Jan. 28, 2020 at the Monroe Hospital with her family by her side. Sonja was born on March 23, 1934 in Monroe, WI. Sonja was the salutatorian of her class of 1951, South Wayne High School. She married Edward R. Wolff Sr. on June 9, 1951; he preceded her in death on Dec. 26, 2012.

Alongside her husband, Sonja and Ed farmed for many years, and raised their seven children. Once her children were grown, she re-entered the workforce as a dietary aide at the Monroe Clinic and Hospitals for 14 years.

Faith was such an important part of her life. She was a lifetime member of St. Paul's Lutheran Church in Warren, where she served on the church council and



sang in the choir.

She served her community and was on the Blackhawk School board, where she was the first female president of the school district. In addition, she was a member of the South Wayne Community Foundation and the Village Election Board.

Sonja is survived by her children Rhonda (Joe) Hartwig of South Wayne, WI, Rod Wolff of South Wayne, WI, Russ (Sheila) Wolff of Cottage Grove, WI, Rita (Tim) Crotty of Shullsburg, WI, Tim (Kristen) Wolff of Monroe, WI; daughters-in-law Kay Wolff of Montello, WI, and Bonnie Wolff of Minnesota; 21 grandchildren, 24 Great-grandchildren; brothers Roger (Sallie) Ellingson, and Robert (Sherri) Perdue, and a sister Sharon (Dennis) Paulson; numerous nieces and nephews.

She was preceded in death by her

father Earl Ellingson, her mother, Shirley Purdue her step-father Jim Perdue, husband Edward Wolff in 2012, her brother Terry Ellingson, sons Edward "Rick" Wolff and Randall "Randy" Wolff, and a granddaughter Alyson "Aly" Wolff.

Sonja was an excellent role model for her family and those around her. We will miss her love, strength, and inspiration!

Funeral services were held on Friday, Jan. 31, at St. Paul's Lutheran Church in Warren, IL.

A visitation was held Thursday, Jan. 30, at St. Paul's Lutheran Church in Warren, IL.

Burial will be at Elmwood Cemetery in Warren, IL.

Vicar Michelle Knight performed the services.

A memorial has been established in her memory.

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

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Northwestern Illinois Community Action Agency (NICAA) Senior Citizens Services Golden Meals Program

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
- 106 West Exchange St. in Freeport (Salvation Army)
- Mest Manor at 525 3rd St. in Savanna
- Dew Drop Inn at 104 Main St. in Rock City

Meals are served from 11 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.

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Stockton JV basketball

Kassidy Sullivan drives to the baseline.



Morgan Blair turns on the heat.



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What is the story behind Valentines' Day?

On Feb. 14, around the year 278 A.D., Valentine, a holy priest in Rome in the days of Emperor Claudius II, was executed.

Under the rule of Claudius the Cruel, Rome was involved in many unpopular and bloody campaigns. The emperor had to maintain a strong army, but was having a difficult time getting soldiers to join his military leagues. Claudius believed that Roman men were unwilling to join the army because of their

strong attachment to their wives and families.

To get rid of the problem, Claudius banned all marriages and engagements in Rome. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret.

When Valentine's actions were discovered, Claudius ordered that he be put to death. Valentine was arrested and dragged before the Prefect of Rome, who condemned

him to be beaten to death with clubs and to have his head cut off. The sentence was carried out on Feb. 14, on or about the year 270.

Legend also has it that while in jail, St. Valentine left a farewell note for the jailer's daughter, who had become his friend, and signed it "From Your Valentine."

For his great service, Valentine was named a saint after his death.

In truth, the exact origins and identity of St. Valentine are un-

clear. According to the Catholic Encyclopedia, "At least three different Saint Valentines, all of them martyrs, are mentioned in the early martyrologies under the date of 14 February." One was a priest in Rome, the second one was a bishop of Interamna (now Terni, Italy) and the third St. Valentine was a martyr in the Roman province of Africa.

Legends vary on how the martyr's name became connected with romance. The date of his death may

have become mingled with the Feast of Lupercalia, a pagan festival of love. On these occasions, the names of young women were placed in a box, from which they were drawn by the men as chance directed. In 496 AD, Pope Gelasius decided to put an end to the Feast of Lupercalia, and he declared that Feb. 14 be celebrated as St Valentine's Day.

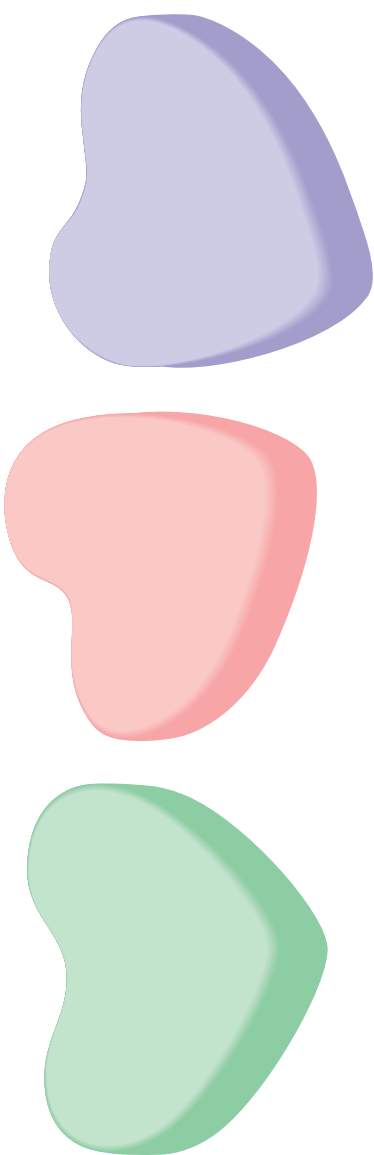
Gradually, Feb. 14 became a date for exchanging love messages, poems and simple gifts such as flowers.



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(1) \$15.99 (2) \$18.99

Chicken:
Chicken Bruschetta
On bed of Rice \$15.99

Seafood:
6 oz. Lobster Tail \$19.99
(add meal for \$13.99)
Cocnut Shrimp \$16.99

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COURTESY PHOTOS Shopper's Guide

Celebrating 100 days

Students from Mrs. Bunker's Kindergarten room celebrated 100 days of school.



COURTESY PHOTO Shopper's Guide

Pearl City students are hard at work

Mrs. Jones' Pearl City fourth graders studies involved the automobile industry, including the creation of the Assembly Line and the huge impact it had on the economy at the time.

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Amaziah and Autumn show their work celebrating 100 days of school.



Maylynn and Yvanna have fun celebrating 100 days of school.



Oliver and Tate join in the 100 days celebration staged in Mrs. Bunker's Kindergarten room.

Six ways your taxes will change in 2020

By Karla Bowsher
MONEY TALKS NEWS

The due date for filing your 2019 federal income tax return is April 15, 2020. If you want to make the most of everything from tax deductions to tax-advantaged accounts this year, now is the time to learn the rules that will apply to your next return.

1. No individual mandate penalty
Most of the tax code changes stemming from the Tax Cuts and Jobs Act of 2017 took effect in 2018. One exception is the change to the shared responsibility payment, which takes effect this year.

The shared responsibility payment — commonly referred to as the individual mandate penalty — has applied to folks required to have health insurance under the Affordable Care Act but who didn't get coverage and didn't qualify for an exemption.

2. Higher medical expense deduction threshold
Another way in which 2010's Affordable Care Act had an impact on

taxes was by raising the threshold for deductible medical and dental expenses from 7.5% to 10% of adjusted gross income, which made it harder to qualify for the deduction.

This meant that if you itemized your tax deductions, you could deduct eligible out-of-pocket medical expenses if they exceeded 10% of your income, rather than the previous 7.5%.

3. No alimony deduction
Elimination of the alimony deduction is another Tax Cuts and Jobs Act change that took effect in 2019 rather than 2018. For divorce and separation agreements made or modified this year or thereafter, alimony payments will not be deductible, says IRS Publication 5307.

4. Higher retirement account contribution limits
This year, you can stash more cash in various types of tax-advantaged retirement accounts, as we detail in "Limits for 401(k), IRA and Other Retirement Plans to Rise in 2019."

The 2019 contribution limits in-

clude:

401(k) base contribution: \$19,000 (up from \$18,500 last year)

401(k) catch-up contribution (for taxpayers age 50 and older): additional \$6,000 (unchanged)

IRA base contribution: \$6,000 (up from \$5,500)

IRA catch-up contribution (for taxpayers age 50 and older): additional \$1,000 (unchanged)

5. Higher HSA contribution limits
Health savings accounts are another type of tax-advantaged account for which the contribution limits generally increase as the years roll along.

The 2019 contribution limits for people who are eligible for an HSA and have the following types of high-deductible health insurance pol-

icies are:

Self-only coverage: \$3,500 (up from \$3,450 last year)

Family coverage: \$7,000 (up from \$6,900)

6. Higher standard deductions

Standard deductions are somewhat higher this year on account of inflation. The IRS reports that they are:

Married filing jointly: \$24,400 (up \$400 from last year)

Married filing separately: \$12,200 (up \$200)

Head of household: \$18,350 (up \$350)

Single: \$12,200 (up \$200)

7. Higher income brackets

Income tax brackets are also somewhat higher in 2019 than they were last year on account of inflation.

The IRS reports that the tax rates and corresponding 2019 income brackets are as follows for folks whose tax filing status is single:

37% tax rate: Applies to incomes of more than \$510,300

35%: More than \$204,100 but not more than \$510,300

32%: More than \$160,725 but not more than \$204,100

24%: More than \$84,200 but not more than \$160,725

22%: More than \$39,475 but not more than \$84,200

12%: More than \$9,700 but not more than \$39,475

10%: \$9,700 or less

For complete 2019 tax rate tables for all tax filing statuses, see IRS Revenue Procedure 2018-57

Stephenson SWCD Fish Sale is underway

Stephenson County Soil and Water Conservation District spring fish sale is underway. Fish that can be ordered include: channel catfish, albino catfish, largemouth bass, hybrid sunfish, redear sunfish, bluegill, black crappies, fat head minnows, and grass carp. The various species can be ordered for stocking new and existing ponds.

* Grass carp orders must be placed by Wednesday, April 8, 2020.

* All other species by Friday, April 17, 2020

* Delivery will be at the USDA/ SWCD office parking lot at 11:00 a.m. on Monday, April 27, 2020.

Order forms can be picked up at the District office or printed from the SWCD website www.stephensonswcd.org

Order and payment must be mailed or dropped off at the Stephenson SWCD office; 1620 S. Galena Avenue, Freeport IL

Stephenson SWCD Tree Sale is underway

Stephenson County Soil and Water Conservation District annual tree sale is underway for 2020. Each year the District sells bare root tree, evergreen and shrub seedlings to increase efforts to provide energy conservation and/or habitat cover for wildlife. These plants are for conservation purposes only and shall not be used as ornaments or for landscaping. Deadline to order is Friday, March 13, 2020. The deadline allows us to adjust pre-ordered quantities with the nurseries. We are hoping this eliminates the "extras" at the end of the sale.

Trees are sold in bundle sizes of 10, 25 and 100.

Evergreens available include Balsam Fir, Fraser Fir, White Pine, Colorado Blue Spruce, Norway Spruce, White Spruce and American Arborvitae.

Deciduous Trees include Kentucky Coffeetree, Black Walnut, Quaking Aspen, Shagbark Hickory, White

Oak, Burr Oak, Northern Red Oak, Pin Oak, Swamp White Oak, and Red Maple.

Shrubs available include Allegheny Serviceberry, Redosier Dogwood, Highbush Cranberry, Nannyberry and American Plum.

Quantities are limited this year; and we will be unable to order additional stock; place your order early!

Additional items for sale include marking flags, Plantskydd Animal Repellent, tree mats, tree tubes and stakes along with bat houses, blue bird houses and wood duck houses.

Tree Order pick-up is scheduled for Thursday, April 16, 8 a.m. to 5 p.m. at Stephenson County Fairgrounds; Fairgrounds Road, Freeport, IL. A reminder postcard will be sent to confirm the pick-up date, time and location.

Order forms can be picked up at the District office or printed from the SWCD website www.stephensonswcd.org

Order and payment must be mailed or dropped off at the Stephenson SWCD office; 1620 S. Galena Avenue, Freeport IL.

Friends of the Pecatonica River Foundation schedule February meeting

The Friends of the Pecatonica River Foundation will be meeting Thursday, Feb. 20, at 6:30 p.m. at The Rafter's Restaurant & Catering, 9426 W. Wagner Road, Lena, IL. The meeting will be held in the Cafe' Dining Room with our President, Joe Ginger presiding. Great atmosphere, great food and POP-CORN too!

The Friends of the Pecatonica River Foundation is a 501(c)(3) Not-for-Profit organization that is dedicated to improving all 58 miles of

your Pecatonica River experience. This includes access, education, wildlife habitat, log jam extrication and river clean-up for the human communities in Stephenson County.

Would you like to learn more? The FPRF is available to attend your organizations meeting too!

Be sure to pick-up the all new Second Edition of the Pecatonica River post card book, which is available at our meeting for \$12. Another collector book created by Joe Ginger with autographs avail-

able at our meeting. We will be discussing our Log Jam Removal, the proposed Wes Block Landing, Atten's Landing development, seeding and more. Come check us out.

The fun & fishing are great on your 10,000 year old river and the Wildlife viewing is even better. Our organization is a fun "hands on" group that is making great things happen. We encourage you to attend our meeting and consider becoming a member. Everyone is welcome.

Exploring current diet trends

An estimated 45 million Americans go on a diet each year. Yet according to the Center for Disease Control and Prevention, almost 72% of adults, aged 20 years and older are either overweight or obese. So how is it possible with so many going on a diet each year that the weight of the nation continues to climb?

Did you know dieting to lose weight can actually put you at increased risk for future weight gain?


The truth of the matter is many trending diets focus primarily on rapid weight loss, rather than on long-term nutrition and health.

Many continue to be intrigued by the popular diets trending on social media because they are reading stories of dramatic weight loss. Keto, Whole 30, Paleo and Intermittent Fasting are just a few of the popular

See DIET, Page 22

The family of Jewell Keith would like to thank the following:

Lena Living Center staff for their care and friendship, who made it her home for the past 8 years, to FHN - Linda Borsdorf and Dr. Tawfik, to all our friends and relatives for the expressions of sympathy with cards, memorials, flowers, food, phone calls, visits and comforting words during mom/grandma's passing. It all meant so much to us. Thank you also to Ernie Stabenow for his wonderful eulogy at the McConnell United Methodist Church, mom's requested pallbearers, Leamon Funeral Home, and the McConnell American Legion for the use of their facility for her requested Last Party.



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FEMA's Youth Preparedness Council accepting new member applications

FEMA is seeking applicants for its Youth Preparedness Council. The council offers an opportunity for youth leaders to serve on a distinguished national council and

participate in the Youth Preparedness Council Summit in Washington, D.C.

The Youth Preparedness Council offers an opportunity for young

leaders to complete a youth preparedness project of their choosing while learning about youth disaster preparedness from FEMA leadership and other national organiza-

tions. During their two-year term, council members will complete a national-level group project and share their opinions, experiences, ideas, solutions, and questions with FEMA and other preparedness organizations.

Students in 8th through 11th grade are eligible to apply. Youth interested in applying to the council must submit a completed application form, two letters of recommendation, and their academic records. All applications and supporting materials must be received no later than 11:59 p.m. Eastern Standard Time, March 8, 2020.

Students from Region V states who apply for the National Youth Preparedness Council will also be considered for a place on the Region V Youth Preparedness Council (Region V YPC). The Region V YPC is an additional service and leadership opportunity for high school students living in the states of Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin.

To access the application materials, read about the current council members, and for more general information about the Youth Preparedness Council visit www.ready.gov/youth-preparedness-council.

• More recap (Continued from page 4)

24, capping the out-of-pocket cost of prescription insulin for many people in Illinois.

Senate Bill 667, sponsored by Sen. Andy Manar, a Bunker Hill Democrat, caps the cost at \$100 for a 30-day supply, a significant reduction for many diabetes patients currently paying hundreds of dollars per month for the life-saving medication.

The law takes effect Jan. 1, 2021. Each year after that, insurers are allowed to raise the out-of-pocket cost by the rate of health care inflation.

"Diabetes affects people from all walks of life. It doesn't discriminate between those who can afford medication and unconscionable costs and those who cannot," Pritzker said during a bill-signing ceremony at a public health clinic in Springfield.

Megan Blair, a diabetes patient from Harristown, said she has frequently been forced to ration her insulin supply because she couldn't afford the \$1,800 per month she was being charged.

"I've been in and out of the hospital, close to being in a diabetic coma more than once due to not taking my medication like I should – not because I wanted to, but because I had no choice but to ration the insulin I did have," she said.

Diabetes affects more than 30 million people in the United States, including an estimated 1.3 million in Illinois.

With the signing of SB 667, Illinois became only the third state to cap out-of-pocket insulin prices. The law applies to people who are cov-

ered by health plans subject to state regulation. That includes most kinds of private insurance, the state Medicaid plan and the state employees' health plan.

It does not, however, apply to self-insured plans, which many large companies with thousands of employees offer. Those plans are regulated under federal law.

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.

Public notice

The Township of Pleasant Valley passed Road District Resolution 2020-1 on Jan. 30, 2020, to authorize the posting of weight limitations upon certain roadways to prevent damage to surfaces and shoulders in accordance with Chapter 625 Illinois Compiled Statutes, paragraph 5/15-316.

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College news

Reese Vanderheyden graduates from Northern Illinois University

Over 1,300 students received their degrees from Northern Illinois University in December. Included among the graduates was Reese Vanderheyden of Stockton who earned a Bachelor of Science in Business Administration.

NIU announces Fall 2019 Dean's List

Northern Illinois University announces its fall 2019 Dean's List students. To earn this distinction, students must meet a minimum semester grade point average of 3.5 on a 4.0 scale in the College of Engineering and Engineering Technology or a minimum of 3.75 on a 4.0 scale in the colleges of Business, Education, Health and Human Sciences, Liberal Arts and Sciences, and Visual and Performing Arts. Students from this area who achieved this honor include:

Elizabeth, Jill Harmston, History - B.S., Political Sci-Public Law-B.S., Stockton High School

Pearl City, Taylor Bastian, Family Social Services, Pearl City High School

Peyton Brudi, Mechanical Engineering - B.S., Pearl City High School

Stockton, Reese Vanderheyden, Business Administration - B.S., Stockton High School

Northern Illinois University is a student-centered, nationally recognized public research university, with expertise that benefits its region and spans the globe in a wide variety of fields, including the sciences, humanities, arts, business, engineering, education, health and law.

Area student named to Mount Mercy University Fall 2019 Dean's List

The following student is named to Mount Mercy University's Fall 2019 Dean's List: Andrew Lorig from Lena.

Students with a semester grade point average of 3.60 or better and who are graded for six or more semester hours are eligible for inclusion on the Dean's List.

Located in Cedar Rapids, Iowa, Mount Mercy's 1,800+ students come from around the globe, creating a vibrant, diverse and open-minded campus community.

For more information on Mount Mercy University, visit www.mt-mercy.edu.

Edler named to Mercy College of Health Sciences Dean's List

Rachel Edler of Lena, IL has

been named to the Dean's List for the Fall 2019 semester at Mercy College of Health Sciences in Des Moines, Iowa. To qualify for this academic recognition, students must attain a grade point average (GPA) between 3.50 and 3.831, in their most recent semester, for a minimum of six credit hours.

To learn more about the health science programs offered at Mercy College, visit its website at www.mchs.edu.

Augustana College's Fall semester Dean's List

Augustana College announced more than 1,000 students were named to the Dean's List for the 2019-20 fall semester. Students who have earned this academic honor have maintained a grade point average of 3.5 or higher on a four-point scale for courses taken during the term.

Kelsey King of Stockton
Cassidy Potter of Hanover

Rene Powers of Stockton

Founded in 1860, Augustana College is a selective four-year residential college of the liberal arts and sciences.

Aurora University announces Fall 2019 Dean's List

Aurora University congratulates the more than 1,300 undergraduate students who earned Dean's List honors for the fall 2019 semester including Devyn Bilich* of Apple River, sophomore, Accounting, BS, Lazime Limani* of Elizabeth, freshman, Political Sci & Public Po, Chris Stockton* of Lena, senior, Computer Science, BS, Laura Dickman of Pearl City, sophomore, Pre-Social Work. The Dean's List recognizes students who have earned a 3.6 GPA or higher. Students recognized with high honors (*) have earned a perfect 4.0. Students included on the Dean's List completed a minimum of 12 semester hours for a letter grade in the term.

Aurora University is a four-year, private, nonprofit, fully accredited higher education institution offer-

ing students an excellent education while maintaining one of the lowest private school tuition rates in Illinois.

Area Student named to Bradley University Dean's List

Bradley University announces the Fall 2019 Dean's List. To be eligible for the Dean's List a student must achieve a minimum 3.5 grade point average for the semester on a 4.0 scale.

Miah Stiefel of Warren is a Psychology major.

Bradley University is a top-ranked, private university in Peoria, Illinois, offering 5,400 undergraduate and graduate students the resources of a larger university and the personal attention of a smaller university.

Area student named to Marquette University's Fall 2019 Dean's List

Thomas Fellers of Lena, IL, has been named to the Dean's List for the fall 2019 semester at Marquette University in Milwaukee, Wisconsin. Fellers is pursuing a Bachelor of Science in Biomechanics.

Marquette University is a Catholic, Jesuit university that draws its more than 11,500 students from all 50 states and more than 75 different countries.

Carthage College Fall 2019 Dean's List

More than 900 students have been named to the Carthage College dean's list for the fall 2019 semester including:

Marissa Buss of Lena
Payden Lingle of Winslow
Cecelia Zink of Stockton

Dean's list honors are accorded to Carthage students who achieve a minimum 3.5 grade-point average while carrying at least 14 credit hours during a semester.

At Carthage, a private institution that enrolls about 2,800 students, we embrace an educational approach that's personal in focus and driven in action, exemplified in our multifaceted career development initiative.

Clarke Announces Fall 2019 Dean's List

The following area students were named to the Dean's List at Clarke University for the Fall 2019 semester. The list recognizes full-time Clarke students who have earned a 3.65 grade-point average or above, on a 4.0 scale, with a minimum of 12 graded hours.

Elizabeth, Sydney Thorsen
Pearl City, Burgundy Barklow

Founded in 1843 by the Sisters of Charity of the Blessed Virgin Mary, Clarke University believes learning is lifelong and life-changing.

Iowa State University announces Fall 2019 Dean's List

A total of 10,066 Iowa State University students have been recognized for outstanding academic achievement by being named to the fall semester 2019 Dean's List. Students named to the Dean's List must have earned a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work.

Students listed below are from this area:

Apple River, Morgan Kathryn Cocagne, 4, Marketing

Elizabeth, Christopher R. Schnitzler, 3, Chemical Engineering

Lena, Jordon E. Oellerich, 4, Agricultural and Life Sciences Education

Pearl City, Nathan Edward Lott, 4, Agricultural Systems Technology

UW-Stevens Point undergraduates honored for scholastic achievement

The University of Wisconsin-Stevens Point honored more than 2,275 undergraduate students from its campuses in Marshfield, Stevens Point and Wausau for attaining high grade point averages during the spring semester of the 2019-2020 academic year.

Students from this area that received honors include: Hanover, Daniel Bellich, Senior, High Honors

Christopher Haring graduates from University of Iowa

Christopher Haring of Elizabeth was one of more than 1,800 University of Iowa students to celebrate earning their degree from the

See COLLEGE, Page 21



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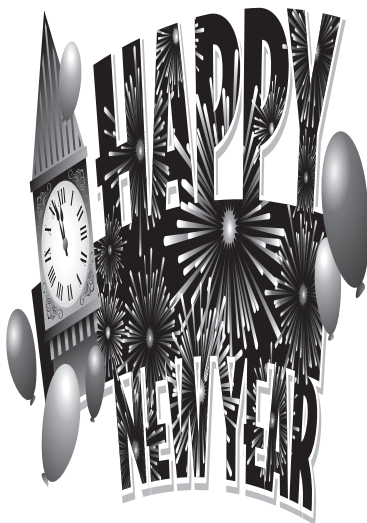
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Cornerstone Credit Union announces scholarship program

Cornerstone Credit Union is now accepting applications for their 2020 Founders Scholarship Program. Cornerstone will be awarding six (6) \$1,500 Founders Scholarships, for a total of \$9,000, to deserving high school seniors. The deadline for submission is Feb. 29, 2020.

Since the program's inception

in 1998, Cornerstone has awarded thousands of dollars in scholarships to youth in the areas they serve. This one-time scholarship will be awarded to recipients who have exemplified leadership and dedication throughout their high school scholastic career and who plan to attend an accredited

college, university, community college, or technical/trade school. "Education is a key element of the credit union's mission and is vital to the success of our community and economy," said Gail Clore, President of Cornerstone Credit Union.

Visit cornerstonecu.org for an ap-

plication and full details. Applicants or their parent must be a current Cornerstone Credit Union member. Membership is open to people who live or work in Boone, Bureau, Carroll, Jo Daviess, Lee, Ogle, Stephenson, Whiteside or Winnebago Counties in Illinois, or Green and Rock

Counties in Wisconsin. Established in 1939, Cornerstone Credit Union is a full-service, not-for-profit financial cooperative with \$120 million in assets, serving nearly 13,000 members. Cornerstone offers service centers in Freeport, South Beloit, Sterling, and Milledgeville.

• College (Continued from page 17)

Lester A. Johnson Memorial Scholarship

The Jo Daviess County Soil and Water Conservation District (SWCD) is taking applications for a \$1,000 Scholarship in the memory of Lester A. Johnson. This will be awarded to a Jo Daviess County youth who is or has graduated from a Jo Daviess County school to further his or her education beyond high school in agriculture, soil, fisheries, or a wildlife field. All completed forms must be received by March 27, 2020 to the SWCD office at 227 North Main Street, Elizabeth, IL 61028. Applications may be obtained from any of the high school guidance counselors, by calling the SWCD office at 815-858-3418, extension 3, or emailing mindy.pratt@il.nacdnet.net.

UI during commencement ceremonies staged in December after the completion of the UI's fall 2019 semester.

Haring received a Doctor of Philosophy degree with a major in Geoscience.

Haring and the UI's newest graduates came from both near and far, some from the other side of the planet, drawn by the UI's nationally ranked academics, beautiful campus, competitive athletics, and welcoming community.

University of Iowa Fall 2019 Dean's List

More than 6,100 undergraduate students at the University of Iowa were named to the dean's list for the 2019 fall semester including: Ellen Fox of Stockton, IL [Major: English; College: College of Liberal Arts and Sciences], and Ryleanne Stuckey of Apple River, IL [Major: Radiation Sciences; College: Carver College of Medicine].

The University of Iowa is one of the nation's premier public research universities, dedicated to academic excellence, groundbreaking discoveries and creations, commitment to Iowa and the world, and a culture that prizes community, diversity, and opportunity.

Upper Iowa University announces 2019 Fall Dean's List

Upper Iowa University is pleased to announce the Dean's List for the 2019 fall semester. To be honored, a student must have earned a minimum 3.50 grade point average for the semester and be enrolled as a full-time student. The honored students include: from Pearl City, IL - Clayton Lieb, and from East Dubuque, IL - Hayley Peacock.

Founded in 1857, Upper Iowa University is a private, nonprofit university providing undergraduate and graduate degree programs to about 5,200 students-nationally and internationally-at its Fayette, Iowa, Campus, 21 U.S. locations, as well as a location in Hong Kong.

UW-Whitewater announces Dean's List

The following area students were named to the University of Wisconsin-Whitewater Dean's List for the 2019 fall semester.

- Warren, IL: Kirty Kopp
- McConnell, IL: Olivia Matz
- Stockton, IL: Drake Oppold
- Stockton, IL: Taylor Timpe

These students have demonstrated their academic abilities by receiving a grade point average of 3.4

or above in a single semester.

Emily Raab named to Wartburg College Fall Term Dean's List

Emily Raab of Warren was named to the Wartburg College Fall Term Dean's List.

The college recognized 472 students for Fall Term.

The list honors students who earned a cumulative GPA of 3.5 or above in at least four course credits during the term.

Area student recognized as WIU Fall 2019 College Centennial Honors Scholar

Christopher A. Wagner (Lena, IL) graduates with a bachelor's degree in law enforcement and justice administration, with high academic distinction, magna cum laude. He is also an Honors Scholar. He is a member of the SALUTE Veteran's National Honor Society, serving as vice president, Alpha Phi Sigma National Criminal Justice Honor Society and received two certificates of commendation from the Marine Corps. At WIU, he is a member of the Veteran's Club, raising money for the Great Peoria Honor Flight; the Food and Culture Club and Lambda Alpha Epsilon. He completed an internship with the McDonough County Sher-

iff's Department and was offered a part-time job in the county jail. After graduation, he hopes to get a job as a federal law enforcement officer and is currently interviewing with three federal agencies.

Highland Community College Fall Graduates 2019

Highland Community College announces the 2019 fall graduates. The 51 graduates were awarded associate degrees, associate of applied science degrees, or certificates.

Apple River: Dawn Freese, Associate of General Studies

Elizabeth: Micah Ransom, Associate of General Studies

Lena: Mark Diddens, Associate of Arts; Kara Kalkbrenner, Associate of Arts; Connie Kraft, Associate of General Studies

Pearl City: Amelia Huizenga, Associate of Arts; Rebecca Thomas, Hospitality Management-Associate of Applied Science, Restaurant Management, Hospitality Start-Up, Hotel Management Certificate

Stockton: Natasha Rowe, Associate of Arts

Warren: Jeffrey Schelberger, Associate of Arts

Winslow: Sydni Aebly, Associate of Arts; Phylcia Blair, Associate of Arts

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LEGALS

ASSUMED NAME PUBLICATION

Public Notice is hereby given that on **January 21, 2020**, 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 **Circle G Trucking, located at 8777 N. Crossroads Rd. Lena, IL 61048.**

Dated January 21, 2020

VICIR. OTTE

Stephenson County Clerk
by *NICOLE L. SHERE*
Deputy

(Published in
The Shopper's Guide

Jan. 29, Feb. 5 & 12, 2020)

366276

ASSUMED NAME PUBLICATION

Public Notice is hereby given that on **January 22, 2020**, 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 **MW Translation Service, located at 39 N. Mernitz, Freeport, IL 61032.**

Dated January 22, 2020

VICIR. OTTE

Stephenson County Clerk
by *LISA BARKALOW*
Deputy

(Published in
The Shopper's Guide

Jan. 29, Feb. 5 & 12, 2020)

366470

IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT

STEPHENSON COUNTY,
ILLINOIS
NATIONSTAR MORTGAGE
LLC D/B/A MR. COOPER,
PLAINTIFF,
VS.

TAMMY M HERAL A/K/A
TAMMY M STAHL;
ROBERT W HERAL;
EVELYN M STAHL A/K/A
EVELYN MARIE STAHL,
A/K/A EVELYN STAHL;
ASSOCIATED BANK,
N.A., SUCCESSOR IN
INTEREST TO FIRST
FEDERAL CAPITAL BANK;
UNKNOWN OWNERS
AND NON-RECORD
CLAIMANTS,
DEFENDANTS.

2019 CH 54

111 WEST NORTH STREET
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Evelyn M Stahl a/k/a Evelyn Marie Stahl a/k/a Evelyn Stahl defendants, that this case has been commenced in this Court against you and other defendants, asking for the foreclosure of a certain Mortgage conveying the premises described as follows, to wit:

LOTS 3 AND 4 IN BLOCK 5 OF THE TOWN OF DAKOTA, SITUATED IN THE VILLAGE OF DAKOTA, STEPHENSON COUNTY, ILLINOIS.

Commonly known as: 111 West North Street Dakota, IL 61018

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Tammy M Heral a/k/a Tammy M Stahl, Robert W Heral, Evelyn M Stahl a/k/a Evelyn Marie Stahl, a/k/a Evelyn Stahl

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PURSUANT TO THE FAIR DEBT COLLECTION PRACTICES ACT, THE PLAINTIFF'S ATTORNEY IS DEEMED TO BE A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION WILL BE USED FOR THAT PURPOSE.

McCalla Raymer Leibert
Pierce, LLC
Attorney for Plaintiff
1 N. Dearborn St. Suite 1200
Chicago, IL 60602
Ph. (312) 346-9088
File No. 271150-201558
13143843

(Published in
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Feb. 5, 12 & 19, 2020)

366468

Industrial Hemp Production Workshop slated for March 24

The signing of the Illinois hemp bill has provided opportunities for the cultivation, distribution, and processing of hemp for fiber, grain, and CBD. This versatile cash crop has the potential to empower small farmer, but is not without its own set of challenges regarding planting methods, fertility, harvesting, storage and extraction. To help give some perspective on the lessons learned from the 2019 growing season, University of Illinois Extension will be hosting its 2nd annual "Industrial Hemp Production Workshop" at Highland Community College's Student Conference Center on March 24th, 2020. The workshop will begin at 8:30 and run until 3 p.m.

"We learned a lot this year, but I

am not sure that anyone was truly ready for the challenges associated with growing hemp," Extension Educator Phillip Alberti said. "We are a long way from giving research-based recommendations to our growers on how to grow hemp, start to finish. But what we can do is bring together those who have faced these challenges head on and share their experiences while research programs are developed."

The "Industrial Hemp Production Workshop" will host a wide range of presenters who are involved in the industry, discussing topics such as production challenges, variety selection, greenhouse/indoor propagation, seeding methods, extraction, insurance, and marketing.

Those interested in viewing a

complete agenda or attending the workshop may register online at go.illinois.edu/jsw or by calling the University of Illinois Extension-Stephenson County at 815-235-4125.

The cost of the program is \$25 which includes light refreshments and lunch. Pre-registrations are encouraged due to limited seating.

If you need a reasonable accommodation to participate in this program, please contact the Extension Office, early requests are strongly encouraged to allow enough time for meeting your access needs. For additional questions, contact Phillip Alberti, Crop Science Educator with University of Illinois Extension at 815-599-3644 or palberti@illinois.edu

FHN offers special price on heart tests for American Heart Month

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

Call between Friday, Feb. 1 and Friday, Feb. 29 to schedule a Standard Walking Treadmill Stress Test or Calcium Scoring CT Heart Scan and pay just \$119 for the test.

"The treadmill stress test is a screening test for determining a patient's heart health when they are able to walk and have no history of heart trouble," said nurse practitioner Kristine Fosler, who cares for patients in the cardiology department at

FHN. "The patient walks on a treadmill while a specially trained registered nurse monitors how his or her heart is working with an electrocardiogram. This test helps determine your exercise capacity and the circulation to the heart, which is helpful in determining the cause of unexplained fatigue, shortness of breath, irregular heartbeats during exercise or existing or borderline high blood pressure."

"Another simple screening test that FHN offers is a CT scan to detect plaque in the arteries," Fosler said. "The test is non-invasive and is used to predict the probability of future heart problems. Like the

treadmill test, it doesn't take long to complete."

For more information or to schedule an appointment, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 944. Tests must be scheduled between Feb. 1 - 28 and performed by Friday, May 29, 2020 to qualify for the special rate.

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

•Diet (Continued from page 15)

diets offering a quick fix to losing those unwanted pounds. However, how do you know if these diets are healthy and sustainable?

Join University of Illinois Extension Nutrition and Wellness Educator, Diane Reinhold, as we explore

the world of dieting. Learn what foods are allowed by some popular diets such as Keto, Whole 30, Paleo and Intermittent Fasting. During this workshop, we will weigh the pros and cons and look at the evidence and safety of these diets. You will also learn how to identify potential red flags of any diet plan, so you can walk away empowered to lead a healthy lifestyle. (Do you want to mention the healthy eating patterns that will be discussed as well?)

Exploring Current Diet Trends: The Good, the Bad, and the Hard to Maintain, will be held on Thursday, April 23, from 1 to 3 p.m., at the Senior Activity Center, 216 E. Stephenson Street, Freeport. There is no cost to attend this program, however seating is limited and pre-registration is requested. The deadline for registration is Monday, April 20. To register or for more information call our office at (815) 235-4125 or visit us online at go.illinois.edu/jsw.

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168.19 ACRES, JoDaviess County, IL

AUCTION SITE: Lena Community Center, 497 Lions Dr., Lena, IL 61048.

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Highly productive soil; Class A, B, C Soils. Spring 2020 Possession, open lease. Offered as: Tract 1: 61.25 Acres Farm Land, 91% Tillable - P.I. 118.04; Tract 2: 106.94 Acres Farm Land, 95% Tillable - P.I. 133.35; Tract 1 and Tract 2 Combined: Total 168.19 Acres.

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- Assigning substitute drivers as needed
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- Assisting with annual state transportation report
- Performing and administering to all general and preventative maintenance on all buses, district vehicles and power equipment
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To apply: Send letter of application and resume to Superintendent Colleen Fox, Stockton CUSD #206, 236 North Pearl Street, Stockton, Illinois 61085. Specific questions about the position may be addressed to Transportation Director Doug Broshous, 815-947-2015.

Deadline to apply: Wednesday, Feb. 12, 2020.

366768

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