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FREE THURSDAY, APRIL 23, 2020

Are you feeling stressed?

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The current stressful situation is causing many people to either have worsened symptoms or new symptoms. Emergency rooms, urgent cares, and medical offices need to be focused on critical cases, so many people are suffering at home.

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For the class of 2020

It isn't supposed to be like this. But own personal sense of loss. And for life is hardly ever predictable or fair. Everyone – all of us – are

Slices of life

sacrificing at some level. The current nationwide - worldwide situation is touching each of us in a truly personal way. I don't want to dismiss or make light of anyone's circumstance, but as the mom of a high school senior, I feel their burden in my heart and soul.

For a long time, I've contemplated writing a column about sacrifice, but it was going to be about a parent's sacrifice. We do it a lot, without even thinking. I thought perhaps other moms and dads could relate. But knowing what I know now about how the rug can be pulled out from under us in the blink of an eye makes writing about my own superficial sacrifices seem selfish.

This virus and stay-at-home directive has us all in mourning because we all are dealing with our me, I truly mourn for the high school seniors who may have many of their lasts ripped from them.

A last spring break that they were required to experience in a state of "self quarantine." Last Prom. Last spring sports season. Singing the school song one last time with their buddies. Senior slide show. Baccalaureate. Last quarter with the friends they've known since preschool. Senior banquet. Wearing the cap and gown in a formal graduation ceremony. Graduation open houses. Shaking hands. Hugging their friends. Simply being seniors and at the top of the world for the next few months.

Small things in the big scheme of things? Perhaps. But it depends on whom you ask, I guess.

In the meantime, they are learning about distance learning, sheltering in place, and toilet paper shortages.



They are young and feel invincible, but they are affected by this tragedy. They are growing up – maturing – too soon and too fast.

These are unprecedented times. The senior class of 2020 has put in their time and they've earned a great ending to their public education and senior year. But life isn't always fair. Heck, it's hardly ever fair. They unfortunately learned this lesson early on; 9/11 was never just a couple of numbers to them. It was something much greater, much more devastating.

This is not to downplay the

seriousness of what our nation is experiencing. I fear for those who are at higher risk for the coronavirus/ COVID-19. I have an elderly dad who would be clobbered by the disease, so I get it. I have friends who are work in medical careers. law enforcement, and other essential jobs and I applaud them. They are superheroes. Everyone - vulnerable or in the trenches - deserves our thoughts, prayers, and behavior changes. We have to work together now to make everyone as safe as possible.

Still, as a mom of a senior in high school, I mourn. For lost experiences. For lost time with friends. For sacrifices that I'd surely make in his place if I could, but I can't. Moms and dads can't help but be selfish for their children. And although I understand some may see my stance as selfish, I mourn - with real tears and real honesty.

I believe this group of young people is destined for greatness. They've certainly been dished a plateful from before they were even born. This adversity will lead to something big. They are being challenged because challenge leads to growth.

I am hopeful that all won't be lost. I am hopeful for my dad and the other individuals who are vulnerable. I am hopeful for the essential workers who still must go to their jobs each day. I am hopeful for people stranded on cruise ships or in another country unable to get home. I am hopeful we can get this thing under control and we all can get back to our regular lives. But I am especially hopeful we can do this for the class of 2020.

Jill Pertler is an award-winning syndicated columnist, published playwright and author. Don't miss a slice; follow the Slices of Life page on Facebook.

Weekly connection Trusting God even when there's no baseball

What a great spring it has been so far. There's been a good mix of sunny days as well as showery days. There hasn't been too much wind. The temps have slowly climbed each week without a sudden drastic shift from cold to warm and vice versa. It has been ideal. The kind of spring a high school baseball coach in Wisconsin dreams of. For the past thirty years I have been just that, a head baseball coach here in Wisconsin, and I have never seen a spring like this ever. It would have been the ultimate year to prepare a team for battle. We could have been outside practicing in dry-ish conditions.



We could have eased our arms into shape throwing outside instead of in a gym. We could have played some scrimmage games and taken great infield and outfield practice. It would have been about as perfect as one could have hoped for.

Well, needless to say, that isn't happening this year. In fact, this is my first year in the last thirty that I haven't even touched a baseball by this time of the year. Now to be perfectly clear, I wasn't going to be coaching this year anyway because I thought that thirty years was a good round number to wrap up a career on. So even though there's no baseball this year on account of the virus, I was going to be done anyway.

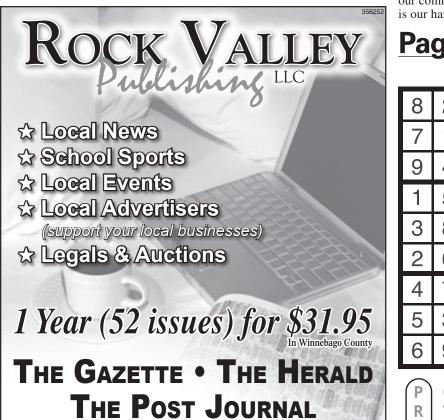
It seems hard to believe that we are still under "lock down" so to speak in our communities. I just hope and pray that people won't get used to this government takeover of our lives and decide that this is a good way to live. The strength of our communities across the country is our hard working, long enduring,

persevering, and honest work ethic. If we get comfortable collecting a government check and lose our fight to get back in the game, we could be in trouble. America has never faced a challenge by withdrawing into our homes and locking the doors.

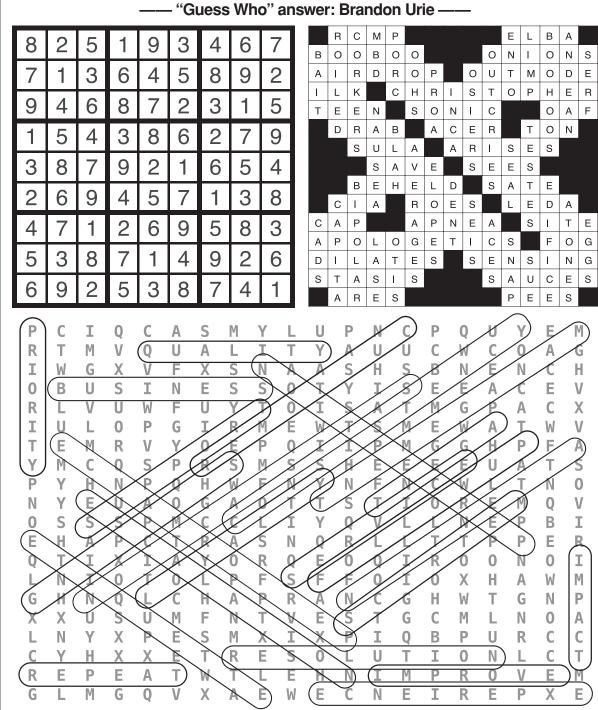
Now I realize there is a serious situation out there and that this virus spreads quickly and is more severe than other flus and sickness, but at some point, we are going to have get things going again. Yes, we don't want to overrun our hospitals, I understand. My good veterinary friends tell me that we need to start building up a herd immunity out in society. And this can only happen if we start to move around again. I hope and pray we are ready to take good commonsense precautions, but at the same time not be paralyzed by fear. I'm afraid we are becoming too scared to think clearly about our future. I don't believe the answer is going to be some all-powerful vaccine. It's going to be moving around again and dealing with whatever comes in a wise and sensible manner.

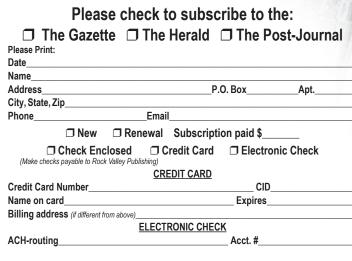
That's my opinion and I believe it is inline with scripture. II Timothy 1:7 says, For God has not given us a spirit of fear, but of power, of love, and a sound mind. Keep praying my friends and keep trusting that God will never leave us nor forsake us.

Until next week, God bless.



Page 6 puzzle answers





Mail form along with payment to: Rock Valley Publishing, 7124 Windsor Lake Pkwy #5, Loves Park, IL 61111-3802 Or call to subscribe: 815-654-4850

Police beat

The following arrests are on file Dungan, 51, on charges of possesat the Loves Park and Machesney Park Police Dept. Readers are reminded that suspects are considered innocent until proven guilty in a court of law.

Loves Park

March 29

Riverside/Alpine - John Russell Valery, 34, on charges of operating an uninsured vehicle, driving under the influence of alcohol, improper lane usage, and traffic signal violation

2108 Croydon Ave. - Steven C. Messink, 30, on charges of domestic batterv

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March 31 219 Belteberg Road - Sara A.

sion of drug equipment



The Harlem-Roscoe Fire Dept. responded to the following calls on April 3 to 9. They also responded to 54 medical calls.

April 6

sion of a controlled substance and

Machesney Park

8200 N. 2nd St. - Umar P. Will-

ingham, 20, on charges of retail

possession of drug equipment

March 29

E. Rockton Road/White School car fire

Road – controlled burn 9000 block of Leicester Way - fire alarm April 7

E. Rockton Road/Service road -

April 8

Forest Hills/251 - moving vehicle accident

The Shopper - Thursday, April 23, 2020 • 3

200 block of Forest Hills, northbound lane - moving vehicle accident



ente

Public Notice of Draft Permit

Public Notice Number KPM:16010601.docx is hereby given by Illinois EPA, Division of Water Pollution Control, Permit Section, 1021 North Grand Avenue East, Post Office Box 19276, Springfield, Illinois 62794-9276 (herein Agency) that a draft National Pollutant Discharge Elimination System (NPDES) Permit Number IL0048313 has been prepared under 40 CFR 124.6(d) for Exelon Generation Company, LLC, 4300 Winfield Road, Warrenville, Illinois 60555-5701 for discharge into Rock River, Woodland Creek, and an Unnamed Tributary to the Rock River from the Exelon Generation Company, LLC, Byron Nuclear Generation Station, 4450 North German Church Road, Byron, Illinois 61010 (Ogle County).

Belvidere Cemetery Association 1121 N. Main St.

bravery and prayers on our lips to secure your safety.

Byron Bank 11159 Hwy 76

The applicant is engaged in operating a nuclear power station with a nuclear fueled steam electric generating facility. Two pressurized water nuclear fission reactors provide steam to turbine generators with a maximum generating capacity of 2240 MW (net). Plant operation results in an average discharge of 22.35 MGD of cooling system blowdown from outfall 001, 0.042 MGD of reverse osmosis backwash from internal outfall A01, 0.006 MGD of sewage treatment effluent from internal outfall B01, 0.022 MGD of wastewater treatment effluent from internal outfall C01, 0.03 MGD of radwaste treatment system effluent from internal outfall D01, 0.29 MGD of stormwater runoff basin from internal outfall E01, an intermittent discharge of intake screen backwash from internal outfall F01, an intermittent discharge of steam generator cleaning waste from internal outfall G01, an intermittent discharge of stormwater runoff basin overflow form outfall 002, an intermittent discharge of east station area runoff from outfall 003, and an intermittent discharge of west station area runoff from outfall 004.

The following modification is proposed:

Approval of the facility's Entrainment Characterization Study.

The application, draft permit and other documents are available for inspection and may be copied at the Agency between 9:30 a.m. and 3:30 p.m. Monday through Friday. A Fact Sheet containing more detailed information is available at no charge. For further information, call the Public Notice Clerk at 217-782-0610.

Interested persons are invited to submit written comments on the draft permit to the Agency at the above address. The NPDES Permit and Joint Public Notice numbers must appear on each comment page. All comments received by the Agency not later than 30 days from the date of this publication shall be considered in making the final decision regarding permit issuance.

If written comments and/or requests indicate a significant degree of public interest in the draft permit, the permitting authority may, at its discretion, hold a public hearing. Public notice will be given 30 days before any public hearing. 371748

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Poplar Grove, IL 61065 byronbank.com 815-323-1452

Calvary Baptist Church

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Immanuel Lutheran Church

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The Shopper - Thursday, April 23, 2020 • 5





OSF HEALTHCARE KEEPING YOU CONNECTED AND INFORMED

OSF HealthCare has THREE ways to connect you 24/7 to trustworthy information about novel coronavirus (COVID-19).

- Visit our chatbot Clare, a digital assistant, at osfhealthcare.org
- Text OSF to 67634 to connect with OSF COVID Companion, a FREE text messaging tool



Call the COVID-19 Nurse Hotline* at 1-833-OSF-KNOW (833-673-5669)

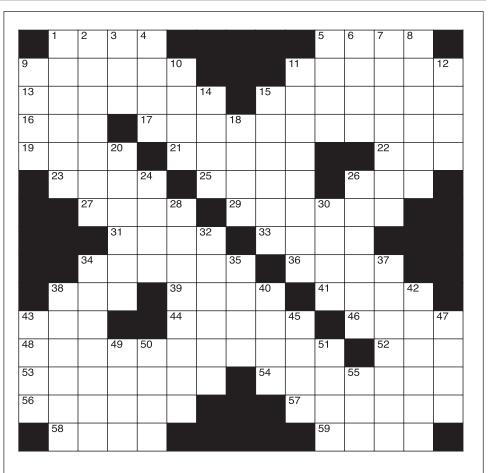
*Staffed by RNs and other health care professionals.



GAME ON! All game answers on page 2!

Guess Who?

I am a singer born in Utah on April 12, 1987. In school I was bullied for being hyperactive, but don't panic. Later that trait would suit my career as a lead singer of a pop rock band that is highly successful today.



CLUES ACROSS

- 1. Canadian law enforcers
- 5. Actor Idris
- 9. Cut or bruise
- 11. Vegetables
- 13. Aircraft delivery
- 15. To make obsolete
- 16. Things similar to those already noted
- 17. Columbus is a famous one
- 19. Age group
- 21. Denotes nature of sound
- 22. Klutz
- 23. Uninteresting
- 25. Computer manufacturer
- 26. 2,000 lbs.
- 27. Genus of seabirds
- 29. Emerges
- 31. Baseball stat
- 33. Witnesses

CLUES DOWN

1. Churned

- 34. Observed
 - 36. Satisfy
 - 38. Former OSS
 - 39. Small Eurasian deer
 - 41. Wife of Sparta's king
 - 43. Ballplayer accessory
 - 44. Temporary cessation of breathing
 - 46. Where construction workers ply their trade
 - 48. Arguments that justify a religious doctrine
 - 52. Thick cloud of tiny water droplets
- 53. Widens
 - 54. Detection
- 56. Period of inactivity
 - 57. Tomato and vodka are two
 - 58. Greek war god
 - 59. Urinates

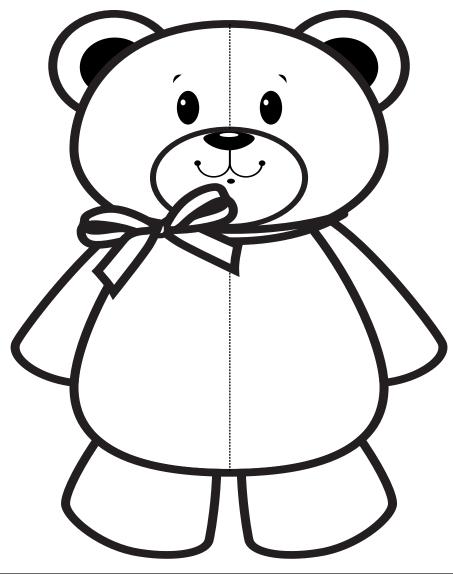
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P R I O R I T Y P N O E Q L G X L C R G	I M G U V L M C H E S A I I N U Y H P M	Q V X S U O R Q N U S P X O Q S X X E G	C Q V I W P V S P A P C I T L U P X A Q	A U F N F G Y P Q O M T A O C M E E T V	S A X E U I O R H G C R Y L H F S T W X	M L S S Y R E S W A C A O P A N M R T A	YINSTMPMFOLSRFPTXELE	L T A O O E Q S N T I N Q S R V I S E W	UYATIWISYTYQEFAEXOHE	P A S Y S T I H N S Q R O F N S P L N C	NUHIASPEFTVLQOCTIUIN	C U S S T M M E N I L L I I G G Q T M E	PCBEMEGECOLTROHCBIPI	Q W N E G W G E W R N T O X W M P O R R	U C E A P A H U L E E P O H T L U N O E	Y O N C A T P A T M P P N A G N R L V P	EACECWFTNQBEOWNOCCEX	MGHVXVASOVIRIMPACTME	CUSTO ESCAL/ ETIQUE EXPERI FOLLOV IMPACT IMPROV LOYALT MANAG METRIC PERCEF PERFOF PRIORIT QUALIT REPEAT RESOLU SATISF/ SERVIC SHOPP SUPPO

ITION ESS STENCY DMER ATION ETTE IENCE W-UP DVE GEMENT CS PTION RMANCE ITY TΥ UTION ACTION ΩF PING DRT

Find the words hidden vertically, horizontally, diagonally, and backwards.

Creative Coloring

Celebrate favorite childhood toys. Color in this picture to create your own masterpiece.



SUDOKU

5

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9	3	6	7	Nur
4				Lik Then
	2			sudol bendi

1 by the mbers

ke puzzles? you'll love ku. This mindbending puzzle will hooked have vou from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

28. Computes

2. Seal bottles

3. Million barrels per day (abbr.) 4. Meat from a pig (French)

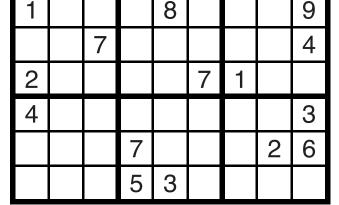
- 5. Within
- 6. Walk in a slow pace
- 7. Cries

8. About Andes

9. Fishermen use it

- 10. Expresses delight
- 11. Shouts
- 12. Feudal agricultural laborer
- 14. Sailboat
- 15. Small Eurasian willows
- 18. S. American native people
- 20. Extreme disgust
- 24. Nonsense (slang)
- 26. Produce male reproductive cells

- 30. Pop singer 32. Weds secretly 34. Having two poles 35. Yankee hero Bucky 37. Building
 - 38. Per ____, each 40. Six (Spanish)
- 42. Makes amends
- 43. Scoundrels
- 45. Baseball's best pitchers
- 47. Some are scrambled
- 49. Emit coherent radiation
- 50. Singer Redding
- 51. Break
- 55. Institute legal proceedings against





Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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8 • Thursday, April 23, 2020 - The Shopper



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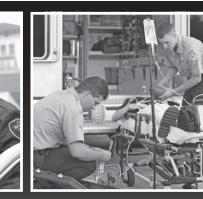
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Most will tell you they're just doing their jobs – another mark of a true hero. But, at times like these, a paycheck is not nearly enough to compensate them for the personal dangers they endure for the benefit of others. As the threat of coronavirus rages, our hometown heroes continue to put their communities ahead of themselves and their families. A simple thank you comes up woefully short as an expression of our appreciation. We, the sponsors of this page, salute you with tears in our eyes to honor your bravery and prayers on our lips to secure your safety.

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