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YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, APRIL 29, 2020

This 4-H club gives a hoot

Jo Daviess County youth members learn about owls

The Owl Club is being led as a coordinated effort between the University of Illinois-Extension staff and master naturalists and the Jo Daviess County Conservation Foundation.

JDCF has focused on supporting citizen science initiatives since its inception.

"It is a great way to get people outdoors to grow an appreciation for our natural spaces," JDCF outreach and education manager Jessica Carryer said in a news release. "By educating the public about the importance of land protection and stewardship, the local communities now have access to nature preserves around the county."

Jo Daviess County 4-H program

coordinator Angela Miller echoed those sentiments.

"4-H's slogan has always been 'learn by doing,' so partnering with JDCF was a natural fit," Miller said. "Finding partners like JDCF, whose mission aligns with 4-H's mission, gets me really excited."

The Nesting Box Challenge has allowed members to collect data on both styles of boxes that they will monitor through the nesting season.

The club began to collect data in January and will continue to collect information through the end of May.

Finding the right location for the boxes was one of the first challenges to overcome.

Ben Steffes, site steward at the Valley of Eden bird sanctuary, took the time to scout potential nesting box placement locations that he felt would offer the best chance for success. He looked for places that were

easily accessible by hiking, close to a water source and in trees that were high enough but close in proximity to one another that owls could make a clear choice about which style of box they prefer.

"JDCF is eager to support this project-based outdoor experience for the kids in 4-H," Carryer said. "We hope that they remember hiking through the Schurmeier Teaching Forest to log their observations as part of the 4-H Owl Club for years to come."

The Owl Club has held two meetings to date, events at which members have learned about the habitat, diet and the mating habits of the barred owl.

Master naturalists Ed Purmann and Garnet Fee also have taught members how to build each style of box, discussed the importance of GPS coordinates and familiarized members about NestWatch, which is a nationwide monitoring program designed to track the status and trends in the reproductive biology of

birds, including when nesting occurs, the number of eggs laid, how many eggs hatch and how many hatchlings survive.

Members then traveled to the Schurmeier Teaching Forest near Elizabeth to disperse both sets of nesting boxes for a side-by-side comparison.

Steffes and Austin Wachter, of JDCF, were on location to hang the boxes for our members and then took

See HOOT, Page 6



COURTESY PHOTOS Shopper's Guide

Master naturalist Garnet Fee and Brayden Abbitt work together to make a nesting box for the 4-H Nesting Box Challenge.



Louis Berning, a Cloverbud member of the Menominee Achievers 4-H Club, places wood shavings into a nesting box.



The completed nesting boxes are placed strategically at the Schurmeier Teaching Forest near Elizabeth.

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Packing, labor issues affect availability of meat products

By Ben Orner
CAPITOL NEWS ILLINOIS
and Jeff Brown
ILLINOIS FARM BUREAU

The meat supply chain, which was running at full capacity at the start of the COVID-19 pandemic, is taking a hit as the disease infects plant workers and threatens the livestock industry's ability to keep up with high demand.

The spread of coronavirus through employees at some of the nation's largest meat plants could slow the flow of food, depending on how long plant closures last. At the same time, other plants that normally supply the food service industry with larger quantities of food are not equipped to distribute smaller packages suitable for grocery stores.

"When one section of the supply chain has a slowdown or complete shutdown, it bottlenecks the rest of the system," Illinois Farm Bureau President Richard Guebert Jr. said. "With highly perishable products like milk or vegetables, the bottleneck is slowing down the process longer than the items have in shelf life."

One of the nation's largest pork processing plants, a Smithfield Foods facility in Sioux Falls, S.D., shut down earlier this month because of a COVID-19 outbreak, taking 130 million weekly servings of food out of the supply chain. The closure also idled plants in Missouri and Wisconsin that rely on the Sioux Falls plant's raw materials.

On April 20, food processing company JBS shut down a Minnesota processing plant that produces about 5 percent of the nation's pork.

Tyson Foods also shut down an Iowa facility that produces 2 percent of U.S. pork.

Those four closures represent 10 percent to 15 percent of U.S. pork processing, said Illinois Pork Producers Association Executive Director Jennifer Tirey.

"That just creates a bottleneck for all the other packers, because they try to move those hogs to their other facilities," she said.

Of the three major pork facilities in Illinois, one is operated by JBS in Beardstown and another, in Monmouth, is operated by Smithfield Foods. The third major facility in the state is the Agar-operated Rantoul Foods in Rantoul.

While Tirey said the plants are experiencing disruptions, they remain in operation. There were, however, three employees at the Monmouth plant who tested positive for COVID-19 recently.

Tirey said the bottlenecked supply chain dropped the number of pigs processed in the U.S. on April 20 to 370,000, down from 415,000 only a couple days before.

"Just losing those couple processing plants in neighboring states brings the overall total down," she said.

Tirey added, though, that she does not expect the amount of pork in supermarkets will decrease, for



ILLINOIS FARM BUREAU *The Scoop Today/Shopper's Guide*

Keeping the shelves stocked like this one at a grocery in Bloomington is becoming more difficult as COVID-19 outbreaks and shutdowns at some U.S. processing plants have begun disrupting the meat supply chain.

now. Instead, she said, shortages at supermarkets should be attributed to consumers' heightened demand for meat.

Tirey also said that Illinois pork plants, including the one in Monmouth, have stepped up their safety protocols, including social distancing, daily temperature checks for employees and requiring workers to wear personal protective equipment (PPE).

Meanwhile, farms in some parts of the country have an oversupply of their products. The inability to bridge the gap between farmers growing produce, milk and meat with the growing number of needy consumers has not been from a lack of trying, Guebert said.

Illinois Farm Bureau and the Illinois Farm Bureau Young Leader Committee recently wrapped up a 16-day fundraising campaign that

raised \$26,000 for eight food banks that serve Illinoisans.

County farm bureaus in six northern Illinois counties donated \$5,000 worth of milk – nearly 2,000 gallons – to 30 food pantries in those counties.

And the American Farm Bureau Federation is working with the U.S. Department of Agriculture to purchase products from farmers who have lost other markets during the pandemic and redirect them to food banks.

"It isn't that the food isn't there," the Illinois Farm Bureau's associate director of food systems development, Raghela Scavuzzo, said. "What we are facing is a readjusting of the distribution system. That takes time. More time than any of us would like."

Guebert said farmers would prefer to donate their products to those who need them rather than dispose of them on the farm. But food pantries' capacity to store products with short shelf lives is limited.

"It's heartbreaking for farmers whenever they're forced to dispose of products," he said. "Many farmers do not know where their income is going to come from during this time, but believe me, they would rather find a home for these prod-

ucts."

Many food banks are based on repackaging bulk loads of products into smaller amounts to be distributed individually. But the volunteer base that performs that work largely has dried up because of social distancing guidelines.

Other barriers stand in the way of getting meat and dairy products from farm to fork.

The facilities that package eggs, milk and cheese, for example, are set up to distribute more than half of those products to food service sectors. Eggs are typically delivered in either liquid form or in 15-ounce quantities. Cheese might be delivered to a pizzeria in 10-pound bags, not the 8-ounce bags a shopper would buy at the grocery store.

And large amounts of milk ordinarily would be packaged in half-pint cartons for students eating lunch at school, not the gallon jugs that have been subject to rationing at many supermarkets.

"Approximately 60 percent to 65 percent of product from farms typically goes into the food service industry – restaurants, hotels, schools and cafeterias," Scavuzzo said. "The way in which these businesses purchase food is very different than what goes into a retail space or what the food banks are needing due to their labor barriers."

Some relief is coming to farmers struggling from low demand, supply chain crises and low prices after the federal government announced a COVID-19 agricultural aid package. The USDA will provide \$16 billion in direct payments to farmers and ranchers, including \$9.6 billion for the livestock industry.

Producers will be compensated for 85 percent of price losses from Jan. 1 through April 15. Compensation will then decrease to 30 percent of price losses through the next two quarters.

The USDA says another \$873 million will go toward purchasing agricultural products to be sent to food banks. This is on top of \$600 million of previous COVID-19 relief money set to food banks to purchase food.

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Lawmakers slowly preparing for session to reopen

Republicans push for gradual reopening of economy

By Peter Hancock
CAPITOL NEWS ILLINOIS

Top leaders of the Illinois House and Senate said this past week there is still no timetable for calling lawmakers back into session, but they have launched a process for narrowing down the topics they'll need to address whenever they do return.

In recent weeks, the House and Senate have formed what they are calling "working groups" that are focusing primarily on how to resume state services and reboot the state's economy once the COVID-19 pandemic subsides.

The House has organized 14 such working groups, focusing on policy areas such as access to health care, economic recovery, child welfare, food accessibility, education and mental health and addiction.

In the Senate, there are 17 working groups focusing on many of the same topics as well as the state budget, executive orders, gaming, regulatory relief and unemployment insurance.

Officials have been careful, though, to stress that the working groups are not legislative committees and that they are not authorized to draft legislation, hear testimony or take votes.

"These are far more informal," Rep. Michael Zalewski, a Riverside Democrat and co-chair of the House economic recovery working group, said this past week. "I think they're simply ways for us to congregate and hear each other out and compare notes and ideas about what we're going to face in the near future, when we do return to normal regular order."

The difference between "working groups" and legislative committees is important because Article IV, Section 5 of the Illinois Constitution requires all meetings of the General Assembly, as well as legislative committees and commissions, to be open to the public, unless two-thirds of the chamber votes to close them.

Scott Szala, who teaches about the state Constitution at the University of Illinois College of Law, said the drafters probably never anticipated a situation like the one the General Assembly now faces, and there have been no Supreme Court cases since the Constitution was ratified in 1970 to clarify how far that provision extends.

In fact, he said, the only case dealing with that constitutional provision came in 2001 when the Supreme Court rejected a lawsuit filed by the Illinois Press Association and several member newspapers against then-Gov. George Ryan over media access to meetings of legislative and executive ethics commissions.

The court rejected that suit on the grounds that the governor was not a proper defendant in the case.

Zalewski agreed that the drafters of the state Constitution probably

didn't envision such a scenario. "I think that it's incumbent upon us to at least somewhat organize ourselves into policy silos to be ready for whatever's coming next," he said.

Rep. Dan Brady, R-Bloomington, said he accepts the fact that the working groups have only a limited charge

"I would have to tell you that I think if we have to do any votes or anything substantive like that, we're going to have to be back to the Capitol, I think, in order to effectively make sure that what we're doing is seen by the electorate and that people have the opportunity to be part of it," he said.

Senate Minority Leader Bill Brady, also a Bloomington Republican but no relation to Dan Brady, said the working groups are needed so lawmakers can focus on the tasks that will face them when they reconvene.

Pritzker issues modified Stay-at-Home order

Illinois Gov. J.B. Pritzker's modified extension of his Stay-at-Home order, announced April 23, will take effect this Friday and stay in place until the end of May, according to State Sen. Brian Stewart, R-Freeport.

Stewart said in a news release that while Pritzker has yet to announce any plans for a regional re-opening of the state's economy, the modified order includes several recommendations from Senate Republicans, such as resuming elective surgeries and allowing parks and some businesses to reopen.

"No one is happy that the stay-at-home order has been extended, but at least some of the governor's modifications indicate that he is hearing us," Stewart said in the news release. "We have told him that a one-size-fits-all approach to this situation is not working. Illinois communities and our citizens are very different depending on what region they are in, so the concerns and needs from the COVID-19 crisis should be addressed differently. Some of these modifications are a good start, but we have a ways to go yet."

Outdoor recreation

State parks will begin phased reopening on Friday. More details on which parks will reopen are available at the Illinois Department of Natural Resources website.

Fishing and boating in groups of no more than two people will be allowed.

Golf will be permitted under strict safety and social distancing guidelines provided by the Illinois Department of Commerce and Economic Opportunity.

New essential businesses

Greenhouses, garden centers and nurseries may reopen.

Customers and employees must wear a face covering.

Animal grooming services may reopen.

"These are challenging and difficult times. (Senate) President (Don) Harmon and I talked about what we can do to work on making sure that the legislators were educated and we didn't lose the time that we have to do that," he said.

Reopening the economy

Zalewski said one of the most pressing tasks - one that he said state government has little control over - will be getting the state's economy up and running again, which he said could take a very long time.

"I think it's going to be slower than many people would desire," he said. "I think that we're going to need a lot of economic stimulus from the federal government because they have the ability to inject immediate capital into the economy. Our ability to inject capital is far less available. What we're able to do is promote specific policy proposals that, down the line, could produce

Nonessential retail

- Retail stores designated non-essential businesses may reopen to fulfill telephone and online orders through pickup and delivery.

Face coverings

Individuals will be required to wear a face covering or mask in public places where they cannot maintain a 6-foot social distance.

Face coverings will be required in indoor public spaces such as stores.

This requirement applies to all individuals over the age of 2 who can medically tolerate a face covering.

Essential businesses

Essential businesses and manufacturers will be required to provide face coverings to employees who are not able to maintain social distancing.

These businesses also must follow new requirements to maximize social distancing and prioritize the well-being of employees and customers.

This includes occupancy limits and precautions such as staggering shifts and operating only essential manufacturing lines.

Schools

Educational institutions can establish procedures to pick up necessary supplies and student belongings.

Dormitory move-outs must follow public health guidelines, including social distancing.

Additionally, the Illinois Department of Public Health will be issuing guidance to surgery centers and hospitals to allow for certain elective surgeries for non-life-threatening conditions starting on May 1.

Certain criteria will be laid out that facilities must meet, including having proper PPE, ensuring enough space remains available for COVID-19 patients and testing elective surgery patients to ensure they do not have COVID-19.

economic activity."

Republicans recently have called for a strategic reopening of sectors of the economy in the coming days, and Gov. JB Pritzker has hinted at changes to his stay-at-home order, which is scheduled to end April 30.

Sen. Brady said in a phone call he would like to see the data Pritzker is relying upon so it could inform a regionalized approach to opening some businesses. He specifically pointed to hospitals that indicate they can reopen for certain procedures while still handling COVID-19 cases.

He said data might indicate some areas are ready for openings sooner than others.

"We need to plan for that," he said. "We need to tell the people of Illinois what the benchmarks are."

A group of House Republicans on April 22 called on the governor to allow hospitals to resume performing cancer screenings and other kinds of elective procedures, to allow many retail establishments to reopen provided they follow safety guidelines and to reopen state parks.


Rep. Ryan Spain, R-Peoria, said during a video news conference that

the stay-at-home order that took effect March 21 has been successful and probably has saved many lives, but he said the people of Illinois also need to get back to work.

"We've slowed the spread of COVID-19. We've bent the curve, allowing our health care workers to be more safe and better able to do their jobs," he said. "This has been important work. We've all made sacrifices together because this is going to be a long process as we go forward. But now we are looking at how we go forward and how we think about economic recovery in the state of Illinois."

During his daily COVID-19 briefing in Chicago, however, Pritzker said the state still needs more capacity to test for the disease, to trace all of the people who have come into contact with infected patients and build up an adequate supply of personal protective equipment, or PPE, before it can reopen the economy.


"While we're working very hard on PPE and testing and spinning up a contact tracing effort that will be very large at the end, those are three things we have to work on and we're not there yet," he said.



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The not so skinny cook

In a large bowl, whisk together mayo, mustard, lemon juice and hot sauce until smooth; stir in macaroni until well coated.

Stir in cheese, peas, ham, celery, green onion and red pepper into pasta mixture until well combined. Cover and refrigerate for 1 hour; stir before serving. Garnish with chopped parsley.

Taco Joe Dip

I have no idea who Taco Joe is, but he evidently has his own dip. This dip also can be made into a taco soup. Enjoy this appetizer or soup if you will!

1 can (16 oz.) kidney beans, rinsed and drained

1 can (15¼ oz.) whole kernel corn, drained

1 can (15 oz.) black beans, rinsed and drained

1 can (14½ oz.) stewed tomatoes, undrained

1 can (8 oz.) tomato sauce

1 can (4 oz.) chopped green chilies, drained

1 envelope taco seasoning

½ C. chopped onion

Tortilla chips

In a 5-quart slow cooker, combine the first eight ingredients. Cover and cook on low for 5 to 6 hours. Serve with tortilla chips.

Add a 29-oz can of tomato sauce to the slow cooker.

Easy Minestrone Soup

Speaking of soup, this quick minestrone soup is one you can have on the table in no time. You use jarred pasta sauce. You can jazz it up by using a pasta sauce with basil or red peppers; there are a number of them besides the traditional. This is a great soup for those who don't eat meat or who are trying to cut down on meat dinners.

1 bag (14 oz.) frozen mixed vegetables

1 jar (23 oz.) Prego pasta sauce

5 C. water

1 can (12 oz.) cut green beans

1 can (15.5 oz.) white beans, drained and rinsed

4 oz. small pasta or cheese tortellini

Pepper and Parmesan cheese

Heat the frozen mixed vegetables in a large pot. Add the Prego and water and bring to a boil. Stir in green beans, white beans and pasta. Cook until pasta is done, about 5 minutes. Top with black pepper and Parmesan cheese.

Flaky Chicken Wellington

I have made Beef Wellington, but this recipe intrigued me because it uses chicken instead. If you have an opportunity, crescent rolls now come in one sheet rather than having the perforations.

Pillsbury realized that so many recipes use these that making them easier to use was a good selling point.

The dill pickles and juice make for a great flavor enhancer. You can use rotisserie chicken for the cubed chicken; it will make for an easier preparation.

2 C. cubed cooked chicken

1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry

3 hard-boiled eggs chopped

½ C. finely chopped dill pickles

1/3 C. finely chopped celery

2 tubes (8 oz. each) crescent roll

2 t. prepared mustard, divided

1 C. sour cream

2 T. dill pickle juice

Preheat oven to 350. In a bowl, combine the chicken, spinach, eggs, pickles and celery.

Unroll one tube of crescent dough into one long rectangle; press the perforations to seal. Spread half the mustard over dough; top with half the chicken mixture within ¼ inch of the edges. Roll up jellyroll style, starting with a long side; pinch seam to seal. Place, cut side down, on a parchment lined baking sheet. Cut slits in top. Repeat with the remaining crescent dough, mustard and chicken mixture. Bake until golden brown, 15 to 20 minutes.

Meanwhile, stir together sour cream and pick juice; serve with pastry sprinkled on the top.

Strawberry Swirl Pound Cake

I guess I am big into pound or Bundt cakes lately. This one is beautiful and would make a great birthday cake. It has buttermilk in the cake and the frosting. The buttermilk really makes it moist. You can buy the strawberry glaze in the produce section of most stores.

1 C. unsalted butter, softened

1 pkg. (8 oz.) cream cheese, softened

3 C. sugar

4 eggs

1 t. almond extract

½ t. vanilla

4 C. flour

1 T. baking powder

½ C. plus 2 T. buttermilk, divided

2/3 C. strawberry glaze

2 C. powdered sugar

Fresh strawberries

Spray a 15-cup Bundt pan with baking spray with flour. In the bowl of a mixer fitted with the paddle attachment, beat butter, cream cheese and sugar at medium speed until fluffy, 4 to 5 minutes, stopping to scrape sides of bowl. Add eggs, one at a time, beating just until combined after each addition. Beat in almond and vanilla extracts.

In a large bowl, whisk together flour and baking powder. With mixer on low speed, gradually add flour mixture to butter mixture alternately with ½ cup buttermilk, beginning and ending with flour mixture, beating just until combined after each addition.

Pour one-third batter into prepared pan. Dollop 8 rounded teaspoonfuls of strawberry glaze onto batter and swirl together with a wooden skewer. Repeat batter with glaze procedure once; top with remaining batter.

Bake until a wooden pick inserted near the center comes out clean, about 70 minutes. Let cool in pan on a wire rack for 15 minutes. Remove from pan and let cool completely on a wire rack.

In a small bowl, whisk together powdered sugar and remaining 2 T. buttermilk until smooth; drizzle onto cooled cake. Garnish with strawberries. Cover and refrigerate for up to three days.

Chocolate Mint Chip Sheet Cake

Someone gave me some sheet cake recipes. You start with a basic chocolate or vanilla cake recipe and then do different things to make different kinds of cakes.

You can make the cake in a 9-by-13-inch pan if you don't want a sheet cake. Obviously the slices are thicker in a cake pan than a sheet pan. You can buy the Dutch process cocoa powder at Walmart and Cub. I haven't been to the grocery store in a month and half, so I don't know if Sullivan's has it. You can substitute Hershey's, but the chocolate won't be as rich.

2¼ C. flour

1¼ t. baking powder

¼ t. salt

½ t. baking soda

1 C. boiling water

¾ C. Dutch process cocoa powder

2 C. sugar

½ C. oil

½ C. buttermilk

2 eggs room temperature

1 T. vanilla

Preheat the oven to 350. Butter a 9-by-13-inch baking pan or a 13-by-18-inch sheet pan. Dust the bottom and sides of the pan with cocoa powder.

In a bowl, whisk flour, baking soda, salt and baking powder. Pour boiling water over cocoa powder in a separate bowl; whisk until smooth. Let cool 10 minutes, then whisk in sugar, vegetable oil, eggs and buttermilk.

Whisk in flour to buttermilk mix-

ture in two batches until smooth. Spread the batter in the prepared pan and tap on the counter to release any air bubbles. Bake until a toothpick inserted into the center comes out clean, 35 to 45 minutes (if using sheet pan bake only 30 to 35 minutes.) Transfer to a rack and let cool completely in the pan before frosting.

Frosting

3 sticks softened butter

Pinch of salt

4 C. powdered sugar

1 t. vanilla

1 t. peppermint extract

3 T. milk

2 to 4 drops of green food coloring

½ C. mini chocolate chips plus extra for garnish

Beat the butter and salt with a mixer on medium high speed until fluffy, about 2 minutes. Gradually beat in powdered sugar on low speed until combined. Add vanilla and peppermint and beat on medium-high speed until fluffy, about 3 minutes. Beat in milk until combined, 1 to 2 more minutes. Stir in food coloring to desired mint green color. Remove beaters. Add mini chips and stir in frosting gently. Frost cake and sprinkle with extra mini chips.

Final thoughts

As we prepare for another week of social distancing, there are at least a few places that are free to open up for business by the time the paper comes out.

The nurseries and flower shops are allowed to sell things because their business is so seasonal. If you go inside any store that can now be open, you need a mask or scarf. I know there are a lot of golfers that will be anxious to hear the restrictions they have, but they will be able to get on a course. We can continue to support the local restaurants with take-out orders.

I read somewhere that little towns are very supportive of their restaurants, so keep it up! Sullivan's grocery is offering a pick-up service. They will take orders online at www.sullivansfoods.net.

You will need to set up an account. You will pay with a credit or debit card. You pick your date and time. You will be notified by phone when you can pick your order up. If you don't have a computer or cell-phone, you can contact Renee at Sullivan's.

We all have to try and do what we can to get through all of this upheaval in our lives. This morning on the news Harry Smith said the key words are patience and perseverance. We in Northwest Illinois are good at adapting and persevering. Stay safe, wear your mask and stay home if you can. Have faith that this epidemic can come under some type of control and we can be free to do our normal routines.

If you have found any spring 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 to scoopshopper@rvpublishing.com.

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ON THE RECORD

Obituaries

CLARA ENDRESS

Clara E. Endress, 96, of Stockton, IL, passed away Sunday, April 19, 2020, at Lena Nursing Home.

She was born Nov. 23, 1923, in Pleasant Valley to the late Arthur and Louisa (Streicher) Tipton. Clara married Myron Endress on Feb. 16, 1946, in Freeport. Myron passed away on March 28, 1972.

Clara was a member of Wesley United Methodist Church in Stockton. She retired from Atwoods in 1985. She enjoyed visiting and sharing stories. She also adored her cats.

Several nieces and nephews sur-



live her. Her parents, her sister Florence Wickler and her brothers Harry, Carson, Earl and infant Clyde preceded her in death. A private family graveside service was held April 23, 2020 at Ladies Union Cemetery in Stockton. A memorial fund has been established. Condolences may be shared at hermannfuneralhome.com.

GRACE CARLSON

Grace Carlson, 91, passed away peacefully April 22 in Asheville, NC. Her legacy of love and laughter will live on in the hearts of the many family and friends who loved her dearly. Her infectious smile, boundless wisdom and whip-smart wit will bring joy to our memories and solace to our souls.

Grace was born in Crandon, WI, on Feb. 19, 1929, to Harvey and Agnes Aubol. After growing up in Crandon, she married the love of her life, Al Carlson, on the day after her 18th birthday. They moved to Mount Carroll, IL, after starting their family and later settled in Stockton, IL. She relocated in 2018 to live with her granddaughter in Asheville, NC.

Grace was predeceased by her parents, in-laws, husband, sister-in-law June and daughter-in-law Gloria. She will be lovingly remembered by her sons, Art (Jonnie) of Wilmington, NC, and Steve of Machesney Park, IL; her grandchildren Jeff of Machesney Park, Beth (Jeff) of Wake Forest, NC, Brian (Patti) of Naperville, IL, Jer-ry (Amanda) of Stockton, IL, John (Shanda) of Rockford, IL, Cara of Asheville, NC, Toni of Wilmington, NC, and Jodi (Brian) of Juda, WI; 8 great-grandchildren, 1 great-great grandson, her brother Kenny of Crandon, WI, and her neph-



ew Marty of Rhineland, WI. Grace owned an upholstery and craft shop in Stockton for many years, working steadily well into her 80s. She also operated the police radios when Al was chief of police in Stockton. During that time, the door was always open, a pot of coffee was always on and there was always a seat at the table. She also worked alongside him in Mount Carroll running a movie theater. A woman of many talents, she was always quick to help others.

Grace volunteered in her church most of her life. She was willing to help in any way she could: cleaning the church building, teaching Sunday school, caring for young children during services, giving rides to those in need. A loving follower of Jesus, Grace had long looked forward to being reunited with Al, who passed away in 1996 just short of their 50th wedding anniversary. Her family takes comfort in knowing that she is with her husband again.

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

RONALD HORIST

Ronald G. Horist, 77, of rural Apple River, IL, passed away on April 18, 2020, at home with his family by his side.

Due to state and federal guidance on gatherings due to the COVID-19 pandemic, the family will not be having a public memorial at this time. A private family service will be held. The Miller & Steinke Funeral Home of Scales Mound, IL, is serving the family.

Ron was born on Nov. 4, 1942, at Sullivan, IN, the son of Bernard and Irene (Storozyszyn) Horist.

He was a graduate of Mt. Prospect, IL, High School, Class of 1961. On May 30, 1963, he was united in marriage to Carol L. Moore at St. Margaret Mary Catholic Church, Algonquin, IL.

Ron worked as a mechanic for a few years and then he joined the Chicago Fire Dept. where he served as an engineer until his retirement in 1997, when he and Carol moved to Apple



Canyon Lake. He also operated a trucking company for a few years. Ron was a volunteer fireman for the Apple Canyon Lake Fire Dept., a member of Apple Canyon Lake Trail Committee and President of the Horseshoe Committee. Ron always was willing to help anyone in need. He enjoyed playing cards, scuba diving and snowmobiling.

Surviving is his wife Carol; three sons, Michael (Michelle) Horist, of Chicago, Richard Horist of West Chicago, and Mark (Elaine) Horist of Chicago; three grandchildren, Samantha, Jake and Sarah.

His parents, Bernard and Irene, preceded him in death.

Online condolences may be left for the family at www.millerfhed.com.

EILEEN DELKER

Eileen J. Delker, 93, passed away Friday, April 10, 2020.

Eileen (Butler) Delker was born on Aug. 12, 1926, to Clayton and Edna Butler, of Nora, Illinois. She attended Nora schools, with a brief time in South Wayne schools. She married Clyde Curtin on Feb. 2, 1951, and they had one child, Patricia, before he passed away in January 1953.

She married Norman McGloin on Oct. 3, 1954, and the family lived in Nora for many years until Norman died in August 1965.

In 1967, she met Robert Delker, a

native of South Dakota and an independent long haul truck driver. Robert was persistent in wooing Eileen and they were married on Dec. 2, 1967. The family continued to live in Nora. Eileen and Robert worked together in the trucking business; Eileen would join her husband on cross-country trips. They were active in independent truckers' organizations and met many new friends at conventions and get-togethers. Robert passed away unexpectedly in February 1989. After his death, Eileen moved to Apple River, Illinois.

Eileen was preceded in death by her husbands, parents, a broth-

er (Francis Butler) and a half-sister (Dorothy Butler Franklin). She is survived by her daughter.

Eileen enjoyed traveling, particularly with Robert. She was a country music fan, attending many live performances over the years and getting to know many of the performers. She was a great cat lover, enjoying the company of many felines over the years with a particular affection for Amos, a Maine Coon. A lifelong Chicago Cubs fan, Eileen always delighted in a Cubs win and a promising season.

Eileen will be buried in Ladies Union Cemetery in Stockton, Illinois.

KEITH HEIDENREICH

It is with great sadness that I announce that my dad, Keith Heidenreich, passed away Wednesday, April 1, 2020, in Apache Junction, AZ, which he chose as his second home.

Born Dec. 23, 1938, he grew up in Stockton, IL, graduated high school in Stockton, married in Stockton twice, farmed, owned Keith's Main Tap, raised his children to have them graduate from the same town he had, served as a volunteer mounted patrol Deputy Sheriff in Jo Daviess County, IL, in which he and his team would conduct searches and police business where vehicles could not.

He was a long-standing member of the Masons and Eastern Star organizations and was a man of trades, but he always perked up when farming was the topic of discussion and always had immovable opinions on crop rotation, contour plowing and International

Horseshoe Mound host site for scavenger hunt

The Jo Daviess Conservation Foundation has canceled upcoming events, but its six nature preserves remain open for those needing an escape to nature during the COVID-19 pandemic.

A scavenger hunt will be held at Horseshoe Mound Preserve, located at 1679 N. Blackjack Road in Galena, starting this week and running throughout the summer.

Visitors are asked to practice social distancing while searching for the five clues on this hunt. A numbered tree cookie will mark the correct spot for each clue. Answers will be posted on JDCF's website at www.jdcf.org.

- A grassy mound designed for gazing at the night sky.
- Boulders imprinted with outlines of prehistoric animals.
- A home for blue flying friends.
- An overlook with distant views of the Mississippi and turkey vultures circling at eye level.
- At the final stop, visitors can drop a few coins in the tube to help JDCF keep this site open to the public.

For more information, visit www.jdcf.org or call 815-858-9100.



Harvester vs. John Deere.

He mustered into the U.S. Army on Jan. 8, 1956, and mustered out on March 19, 1958. Trained in technical military intelligence, spending most

of his time stationed in Hawaii and assigned to the U.S. Army Security Agency (precursor to NSA-National Security Agency). On Oct. 4, 1957, he and other technical intelligence specialists in the ASA around the globe were instructed to monitor and listen for radar signals high in the sky. Keith was able to hone in on a signal that kept fading in and out, and that signal turned out to be the first artificial Earth satellite launched into space, Sputnik. Long story short, Keith was one of the first people on Earth to listen to a live satellite orbiting Earth.

Of his many occupations, he was a farmer, a business owner, a truck driver and a warehouse foreman.

NICOLE JERRY

Nicole Marie Jerry, 34, of Pearl City, IL, passed away Sunday, April 19, 2020, in Freeport. Nicole was born in Freeport on July 9, 1985, to Frank and Deborah (Neumen) Wool.

She was a 2003 graduate of Pearl City High School and went on to attend nursing school. She was a good cook. Nicole loved her two children, Jakari and Jayvion Wool.

She is survived by her father, Frank Wool, of Pearl City; her two children, Jakari and Jayvion Wool, of Pearl City; her brother, Cody (Amy Pierce) Wool, of Freeport; her niece, Ashton Wool, and several aunts and uncles. She was preceded in death

As a business owner in Stockton, he overhauled an average bar and turned it into Keith's Main Tap, a restaurant and bar that was family-friendly and became the focal point for card clubs, movie nights, free music, summer BBQs and a social gathering place after high school basketball and football games.

His passions in life were the Chicago Bears (always gloating about the '85 Super Bowl team), Chicago Cubs (elated beyond expression with their 2016 World Series championship), traveling the United States and his dogs Fella and Decon. In retirement, Arizona was his choice because he came to appreciate the beauty of the desert landscape and its climate.

Keith leaves behind his sons Randy and Tony Heidenreich, grandson Will Heidenreich, stepson Rick Reuter, three daughters-in-law (Mary Ann Heidenreich, Abigale Heidenreich and Heather Reuter), and his first wife, Jan Lamont. Preceding Keith was his wife, Patricia Heidenreich, and a granddaughter, Cara Heidenreich. Keith will be laid to rest at Fort Rosecrans National Cemetery in San Diego, CA.



by her mother, Deborah Wool; her maternal grandparents, Arlene and Richard Neuman Sr.; and her paternal grandparents, Eileen and Salvador Wool.

Private family services will be held. Interment will take place at Highland Cemetery in Pearl City. A memorial fund has been established. Condolences may be shared at hermannfuneralhome.com.

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Help is on the way for area nonprofits

Much of grant support targets COVID-19 response efforts

The Freeport Community Foundation and the United Way of Northwest Illinois announced that their respective organizations are awarding \$205,000 in COVID-19 response fund grants to 30 nonprofit organizations based throughout Stephenson, Jo Daviess and Carroll counties.

The grants awarded include funding for 10 northwest Illinois organizations offering assorted COVID-19 emergency needs support programs to citizens impacted by the pandemic, nine support emergency food distributions throughout the region, four

assist with emergency child care programming, four support short-term economic stimulus projects and three emergency nonprofit operational assistances as related to COVID-19 losses.

"It is clear that all of the agencies that applied for COVID-19 grant funding are struggling to continue meeting even the most basic human needs during this challenging environment," Freeport Community Foundation Board President Brad Stewart said in a news release. "Yet, despite their own respective operational challenges, the applying organizations presented programs outlining numerous ways to support their neighboring residents throughout northwest Illinois."

United Way of Northwest Illinois

Board President Ryan Stodden added, "Everyone in our community is experiencing unique challenges presented by COVID-19. Our goal with this funding has been to assist affected individuals by providing for basic necessities, aiding those organizations that care for the most vulnerable individuals and supporting local businesses."

COVID-19 response fund monies distributed through the United Way of Northwest Illinois include:

- \$30,000 to Jo-Carroll Energy NFP for its Neighbor-to-Neighbor Care Program
- \$10,000 to Amity Society of Freeport for emergency child care assistance
- \$10,000 to Family YMCA of Northwest Illinois for emergency child care assistance
- \$10,000 to VOICES of Stephenson County for emergency pandemic support services
- \$7,500 to Senior Resource Center for safety net services for seniors
- \$5,000 to The Workshop - Galena for emergency community support
- \$5,000 to Galena Order of Elks #882 for Jo Daviess County Food Pantry emergency support
- \$5,000 to The Salvation Army of Freeport for COVID-19 response
- \$5,000 to Riverview Center for COVID-19 sexual assault & DV crisis response program
- \$4,000 to Boys & Girls Club of Freeport & Stephenson County for their Grab & Go child nutrition program
- \$4,000 to Hearts That Care Inc., of Freeport, for family food assistance

- \$2,500 to Elizabeth Food Basket Inc. for family food assistance
- \$2,500 to Faith Community Food Pantry
- \$2,500 to Hanover United Presbyterian Church pantry for family food assistance
- \$2,000 to RAMP for emergency services for individuals with disabilities

The funds supporting these grants include \$100,000 awarded to the agency partnership from the Illinois COVID-19 response fund and an additional \$5,000 awarded to the United Way of Northwest Illinois from private donations.

"I'm proud of the time and effort FCF and UWNIL have put into this partnership to support the nonprofits in our community," Stodden said. "It's critical these nonprofit organizations have the resources they need to continue to operate at the highest capacity and help those individuals who are most vulnerable during this unique time."

The additional \$100,000 comes from the Freeport Community Foundation's Community Needs/Matt Marvin Unrestricted Fund:

- \$15,000 to New Horizons Counseling Center, of Freeport, for emergency care reduced fee program
- \$15,000 to Freeport Area Church Cooperative for emergency food pantry support
- \$10,000 to Northern Illinois Food Bank for food acquisition and distribution
- \$10,000 to Midwest Medical Center, of Galena, for COVID-19 operational fund support
- \$10,000 to Greater Freeport Part-

nership for small business economic stimulus program

- \$6,000 to Mother Hubbard's Kiddie Cupboard for emergency family relief
 - \$6,000 to Northern Illinois Community Action Agency for NICA Golden Meals senior support
 - \$5,000 to CONTACT of Northern Illinois for COVID-19 crisis helpline and referral support
 - \$5,000 to Galena Area Chamber of Commerce for COVID-19 business and community project
 - \$4,500 to The Rosecrance Foundation for distance counseling operating support
 - \$4,000 to Timberlake Playhouse for emergency operational support
 - \$3,000 to Public Health Foundation of Northern Illinois for community mask project
 - \$2,500 to Children's Hands-On Museum of Northwest Illinois for emergency operating support
 - \$2,000 to Lena Area Historical Society for LBPA stimulus and resident assistance
 - \$2,000 to Stockton Chamber of Commerce for small business economic stimulus program
- "I feel proud of the thought, time and hard work that both organizations have put into this matter to get critical funding into the hands of the nonprofits in our region," Stewart said. "Additionally, I cannot say enough about the efforts of the FCF and United Way staff. Without their teamwork, and without the FCF securing a seat at the table through our relationship with the Alliance of Illinois Community Foundations, I do not think this much-needed financial support would have come to fruition for northwest Illinois."

Hoot (Continued from front page)

them around the forest for an informative nature hike.

Each club member is responsible for collecting data for two weeks during this challenge.


"Members are happy to be a part of the Owl Club and have said this is one of the few opportunities they have to safely spend time outside of their homes," Miller said. "Owl monitoring has always been a social distancing activity. Families are truly grateful to have the nature preserves open right now."

Members are hiking to each box location and using an extendable fruit picker and personal cellphones to record a video of each box. Once members are home, they can look at

the video and fill out a form noting anything they observe. All data collected will be uploaded to NestWatch, which will then be used by the Illinois Raptor Center for study purposes.

The next Owl Club meeting will take place via Zoom in May. Carryer will lead the group in a stream ecology program.

"4-H continues to thrive despite the challenges we have faced over the past few weeks," Miller said. "I appreciate Jessica and JDCF's commitment to the Owl Club and our members' enthusiasm and adaptability. When you find the right volunteers, kids that are eager to learn, and the right partners ... great things happen."



Stockton Chamber of Commerce Small Business Fundraiser

During these challenging and changing times, we are all struggling in some way, shape or form. Small businesses are especially hard hit and we do not want to see any of them disappear as a result of the shut-down.

HERE IN STOCKTON, IL WE ARE STRONGER TOGETHER and this campaign is our chance to prove it! We have taken inspiration from other towns in their efforts by selling clothing made by local screen printing companies and donating the money back to those Chamber small businesses members in need.

A portion of the proceeds from each garment sold will go directly to help a business of your choosing! \$8 minimum will be donated back to well over \$10 per item because the more we sell, the more money per garment the businesses will be able to get. So let's show the state-line, the country, and world just how strong we are when we band together.

#stocktonstrongertogether

HOW IT WORKS:
With the help and creativity from See It Signs and Apparel we have created an online store for anyone to purchase articles of clothing, to designate which business you would like to donate those funds to, and then we will donate back to that small business from the funds raised. If you would like to browse the collection OR order to support our local Chamber small businesses, go to the link below.

DEADLINE IS FRIDAY, MAY 8

https://seeitstores.club/stockton_stronger_together/shop/home

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Waverly Place of Stockton
Woodbine Bend Golf Course
Wursters Sales & Service

Stockton Chamber of Commerce
#STOCKTONSTRONGERTOGETHER

Nature group inviting folks to help count birds

The Eagle Nature Foundation is sponsoring a spring big bird day on Saturday, May 9, with naturalist Terrence Ingram.

The event will be held at the Apple Creek Arboretum, 8384 North Broadway.

Ingram will be counting the species of birds he sees from dawn to dusk. He will document and compare this count to previous big bird events.

To help the foundation, Ingram is asking people to pledge donations to ENF for every species of bird that he sees or send in a donation for his efforts. Last year he saw 42 species.

According to a news release, ENF will use the funds to help in their efforts to preserve the bald eagle and find out why they are not reproducing or why the young are not surviving as well as they should be.

Send pledges and/or donations to ENF, 300 E. Hickory St., Apple River, IL 61001.

For more information, contact Ingram at 815-594-2306.

It's official: IHSA cancels spring tournaments

By Trenten Scheidegger
SPORTS WRITER

These past few weeks have drug on for a lot of us. Certainly, a majority of us have experienced some form of boredom during these times, but especially our student-athletes.

We see these kids put in limitless hours of effort on their respective field, court or course. What many do not realize, however, is that we only see what is on the surface.

We see these athletes showcasing their talents they have developed from the countless hours of work that they are putting in behind the scenes. But we do not see their early morning workouts in the weight room, after school practices, breaking down film with teammates and coaches, the team dinners and, of course, the bus rides.

A student-athlete's schedule can be quite chaotic, which is often the result of a highly driven work ethic that many have developed in their young lives.

Unfortunately, so many of these extracurricular activities have been taken away as schools were shut down, gyms closed their doors and social distancing rule have kept them separated from their coaches and teammates.

Practicing these rules has been a crucial step toward getting back to our normal everyday lives, but we have all had to sacrifice something in one way or another.

Fans around the world hold hopes that the sports industry is going to help us open our world back up. High school athletes around the country have held onto hope that they would eventually be able to complete their 2020 spring sports seasons, specifically this year's seniors.

Unfortunately, the inevitable answer came April 21 when the IHSA Board voted to cancel the 2020 spring state tournaments. The decision came on the same morning that the Wisconsin Interscholastic Athletic Association reached the same decision.

Although we have seen some sports-related events take place during these times, such as the NFL Draft. Unfortunately, it is nearly impossible to make a team event happen while following all of the guidelines of the stay-at-home order. So it seemed inevitable that high school sports would not be back this spring.

IHSA Executive Director Craig Anderson shared some thoughts on the situation on IHSA.org, saying, "We support the decision by Gov. Pritzker and the Illinois State

Board of Education, and given the logistics, we simply felt we could not conduct state tournaments that meet the expectations of our member schools this spring.

"As disappointing as it may be for the students, it is the right decision for their health and safety, as well as the health and safety of the

general public, as we cope with this unprecedented pandemic."

All hope is not lost, however, as the board left a door open for the possibility to make some competitions happen under the proper circumstances.

"Once it is determined safe to return, we will provide a detailed out-

Freeport Salvation Army providing thousands of meals

The Salvation Army continues to adjust services, collaborating with other local organizations feeling the effects of the ever-growing food insecurity issue.

Unfortunately, social distancing has distanced even more of our community from the funds needed to continue to provide for the unforeseen needs during this crisis.

Although the Freeport offices are closed to the public, the Corps continues to provide meals and emergency pantry orders daily Mondays through Fridays from 9:30 a.m. to 1 p.m.

"The Salvation Army has served Stephenson County and surrounding areas for more than 140 years and plays a vital ongoing role in building sustaining community," Capt. Jim Brickson said in a news release. "I am asking if you would consider to help fight for good in Freeport?"

The Freeport Salvation Army has been providing thousands of meals weekly since the onset of the COVID-19 virus began to plague the

United States. It isn't just those that suffer from food insecurity, but those essential public workers that need a little boost.

The Salvation Army's emergency disaster crew, working closely in collaboration with NICCA Golden Meals and The Holy Smoke BBQ crew, is serving those essential workers in the Freeport area.

"Most notably the Salvation Army has provided services longer than any other local organization," advisory board member Cal Wescott said in a news release. "Often, they are a silent provider in services they provide."

The organization is seeking financial support to offset the increasing services they have been providing. Financial support can be as easy dropping off cash or a check to the Salvation Army at 106 W. Exchange St. or Golden Meals, at 524 W. Stephenson, Freeport, Illinois, 61032.

For more information, call 815-235-7639 or visit <http://migration.salvationarmy.org/freeport>.

line to our schools on the plan for summer contact days and possibly some kind of spring athletic events, including if the number of days and dates that coaches can meet with athletes has been altered," Anderson said. "At this point, though, all that is dependent upon state government and medical leaders giving the go-ahead for such.

"Our thoughts right now are with all the impacted students, coaches and communities, especially the seniors," Anderson posted. "It will be difficult for them to find a silver lining in all of this, but we stress that even if they don't get the chance to compete again at the high school level, they are better for having been a part of their respective high school teams.

"By participating in high school sports and activities, they were exposed to life lessons in teamwork, leadership and overcoming adversity that are difficult to replicate elsewhere," Anderson continued. "The latter is applicable now more than ever. We hope that we can band together and refocus all our efforts on supporting the doctors, nurses, first responders and all the other essential personnel who are putting their health and safety on the line each day to keep us safe."

We are all going through these unprecedented times together, and if we continue to practice safe social distancing, we may be able to get things back toward being normal in time to give our 2020 seniors an opportunity to compete one last time.

Lena branch limiting hours of operation

The Monroe Clinic announced Monday that it has begun limiting days and hours of operation at its Lena location to conserve resources due to the COVID-19 epidemic.

The Lena clinic will be open from 8 a.m. to 5 p.m. Mondays, Wednesdays and Fridays, meaning the office is closed Tuesdays and Thursdays

until further notice.

Staff will be contacting patients with upcoming appointments to reschedule.

Patients can continue to reach out at 815-369-4541 with questions.

For continued Monroe Clinic updates, visit www.monroeclinic.org/coronavirus.



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Double Carmel Apple Pork Chops	\$19.95

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Open Sat., May 9th 8:30 a.m. - 3:00 p.m.

LEGALS

Notice of Public Meeting
On Wednesday, May 6 at 9:00 a.m., a meeting conducted by Stockton School District will take place virtually via zoom. The purpose of the meeting will be to discuss the district's plans for providing special education services to students with disabilities who attend private schools and home schools within the district for the 2020-2021 school year. If you are a parent of a home-schooled student who has been or may be identified with a disability and you reside within the boundaries of Stockton School District, you are urged to attend.

To join the meeting virtually through video conferencing please follow this link: <https://zoom.us/j/92355006226?pwd=eUtHcTU1a2RhcEV-BQURPcVk4R0twUT09>

To join via telephone audio please enter: 1-923-5500-6226 Password: 2UDZZh followed by the # sign

This information can also be found on the District website at www.stocktonschools.com.

If you have further questions pertaining to this meeting, please contact Mrs. Casey Downey at 815-947-3391.

(Published in The Scoop Today April 22 & 29, 2020)

371931

STATE OF ILLINOIS
IN THE CIRCUIT COURT
OF THE FIFTEENTH
JUDICIAL CIRCUIT
STEPHENSON COUNTY
IN THE MATTER
OF THE ESTATE OF
ETHEL L. LOBDELL,
DECEASED.

IN PROBATE
NO. 2019 P 41

NOTICE FOR PUBLICATION - CLAIMS

Notice is given of the death of ETHEL L. LOBDELL. Letters of Office were issued on April 29, 2019, to Debra Brown, as Independent Executor, whose address is 1494 N. Bolton Road, Freeport, Illinois, and whose attorney is William E. Sisler, 10 N. Galena Avenue, Suite 210, Freeport, Illinois 61032.

Claims against the estate may be filed in the Office of the Clerk of this Court at 15 N. Galena Avenue, Freeport, Illinois, 61032 or with the Administrator of the Estate, or both, on

or before October 29, 2020, that date being at least six (6) months from the date of first publication, or within three (3) months from date of notice to known claimants and any claim not filed on or before that date is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the Administrator of the Estate and to the attorney within ten (10) days after it has been filed.

Nate Luy

Clerk of the Circuit Court

(Published in

The Shopper's Guide

April 29, May 6 & 13, 2020)

372476

STATE OF ILLINOIS
IN THE CIRCUIT COURT
OF THE FIFTEENTH
JUDICIAL CIRCUIT
STEPHENSON COUNTY
IN THE MATTER
OF THE ESTATE OF
JEFFREY J. KLEVER
DECEASED.

IN PROBATE
NO. 2020 P 20

NOTICE FOR PUBLICATION - CLAIMS

Notice is given of the death of JEFFREY J. KLEVER. Letters of Office were issued on February 24, 2020, to LuAnn Klever, as Administrator of the Estate, whose address is 232 E. Palm Drive, Lena, Illinois, and whose attorney is William E. Sisler, 10 N. Galena Avenue, Suite 210, Freeport, Illinois 61032.

Claims against the estate may be filed in the Office of the Clerk of this Court at 15 N. Galena Avenue, Freeport, Illinois, 61032 or with the Administrator of the Estate, or both, on or before October 29, 2020, that date being at least six (6) months from the date of first publication, or within three (3) months from date of notice to known claimants and any claim not filed on or before that date is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the Administrator of the Estate and to the attorney within ten (10) days after it has been filed.

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Stay-at-home order did not slow robust marijuana sales in March

By Jerry Nowicki

CAPITOL NEWS ILLINOIS

More than \$109 million of marijuana products were purchased in Illinois in the first three months of legalization, and the third month of sales was on par with the first two despite a stay-at-home order being in place for 11 days in March.

Preliminary numbers show statewide that adult-use cannabis sales in March totaled \$35.9 million, according to a news release last Thursday from the Illinois Department of Financial and Professional Regulation.

Dispensaries across the state sold more than 812,000 items over the 31-day period. The March sales topped February's \$34.8 million and fell short of January's \$39.2 million.

Illinois residents bought about \$27 million of marijuana products in March, while out-of-state residents purchased about \$8.8 million.

None of the figures include taxes collected, and they are not broken down in sales before the implemen-

tation of the March 20 stay-at-home order levied by Gov. JB Pritzker or after. That order did not apply to cannabis sales, which were deemed essential.

Per the release, medical and recreational marijuana were deemed essential "to ensure the cannabis supplier industry protects medical cannabis patients during the COVID-19 pandemic," and because revenue generated by adult-use sales funds social justice and equity goals that are "at the core of Illinois' adult use law."

Because of the COVID-19 pandemic, designated caregivers are allowed to pick up medical marijuana for the patients they care for, and dispensaries can sell marijuana to medical patients or caregivers on a public walkway or curb adjacent to the dispensary property. However, dispensaries are not permitted to deliver medical cannabis to a home.

The exemptions, which are extended until April 30 along with the stay-at-home order, do not apply to

recreational marijuana sales. Those must still take place inside the limited access area of the dispensary.

"Three straight months of consistent adult use cannabis sales show there is – and will continue to be – strong support and demand from consumers," Toi Hutchinson, Pritzker's senior adviser for cannabis control, said in the news release. "To ensure medical users are able to access the product they need during the ongoing COVID-19 pandemic, curbside pickup will remain an option for medical patients through April 30."

Pritzker also recently signed an executive order extending the deadline for applications for cannabis infuser, craft grower and transporter licenses to the Illinois Department of Agriculture from March 30 to April 30.

The department will award up to 40 infuser and craft grower licenses each, and an unlimited amount of transporter licenses, by July 1, according to the release.

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Please Sign Up EARLY. Early Registration is Appreciated!!

Maintaining mental health amid COVID-19 pandemic

By Ben Orner
CAPITOL NEWS ILLINOIS

State lawmakers put mental health on center stage during a recent virtual town hall in which medical professionals offered advice to Illinoisans struggling with the mental and emotional pressures of the COVID-19 pandemic.

Hosted by Chicago Democrats Rep. Ann Williams, Rep. Yoni Pizer and Sen. Sara Feigenholtz, the town hall laid out the mental health challenges related to COVID-19's social and economic disruptions and offered therapies and solutions to people affected.

"I don't think any of us is immune to the challenges we're facing. Many of us feel anxious, fearful, sad, and we're experiencing a range of emotions, a lot of ups and downs," Williams said.

The three lawmakers presented questions to three Chicago-area medical professionals on the videoconference. The experts included the president of the Illinois Psychiatric Society, Dr. Hossam Mahmoud, psychologist Dr. Carri Hill and licensed clinic social worker Alexa James.

James, who is executive director of the Chicago affiliate of the National Alliance on Mental Illness (NAMI), said people are dealing with four main mental health challenges during COVID-19—having fulfilling connections with other people; the ability to adapt to change; the ability to handle trauma; and maintaining productive activity.

"In an instant, much of that was diminished for us. Much of it was complicated or disrupted," she said, as people's work lives, personal lives and daily routines were changed by social distancing and Gov. JB Pritzker's stay-at-home order.

An American Psychiatric Association survey last month found 36 percent of Americans said the coronavirus pandemic is having a serious impact on their mental health, while 59 percent said it is seriously impacting their daily lives.

James said unsettled routines have especially disrupted people's sense of purpose, which is why people stuck at home should not suddenly expect themselves to be more productive.

"Be compassionate with yourself. Be kind to yourself," she said. "Our expectations, we get married to them, and then when we don't do them we

get really disappointed. And I don't think we have any room for that right now."

James suggested people try something positive every day in the name of self-care, whether it is "one creative thing," "one connective thing," "one productive thing" or "one self-care thing."

James said she told her sister, who lives in "the middle-of-nowhere, Michigan," to do simple things like wash her hair and put on mascara, because they "may just make you feel more human."

Mahmoud said it is important to process what is happening by using what he calls "radical acceptance."

"We're going to go through tough times, but there is an end to this. And at some point, it will be over," he said.

Impact on families

Hill, a psychologist with Jewish Family and Children's Services in Chicago, pointed out that the major routines of school and family life have been upended, as many parents have to juggle working from home, running their households and helping their kids with remote learning.

She said that parents should lower the academic expectations they have for their children because we are in "survival mode" during this crisis.

"Our two primary goals right now are, one: to make sure everybody's healthy; and two, to maintain positive relationships," Hill said. "And then outside of those, a lot of our other expectations may need to be adjusted in order to achieve those goals."

For kids having trouble coping, Hill suggested that parents impose some structure, like having dinner at a normal time, setting a regular bedtime and making kids finish their school work before talking with friends.

Most importantly, Hill said, parents should talk openly and honestly to their children about COVID-19.

"Trying to protect them by not sharing things with them actually just makes them more anxious," she said.

Along with age-appropriate information about COVID-19 and its impacts, Hill said children need emotional support when they may be acting out or seem down because of underlying stress and anxiety.

"What they need is additional support and love from everyone, so more hugs, more cuddles, that type of stuff," she said.

Staying connected

Mahmoud, the psychiatrist, said

that telehealth services have increased in the past four or five weeks as therapy sessions have moved online. He said psychologists, psychiatrists and social workers have quickly learned videoconferencing so they can stay connected with patients.

Gov. Pritzker issued an executive order in March that requires health insurance companies to cover telehealth services.

Mahmoud also suggested ways that people can stay connected as this period of social distancing is merely just physical distancing.

"Maintain interactions with your social network as much as possible," he said, adding that video chatting and phone calls offer a more personal experience than just texting, especially when staying in touch with loved ones at nursing homes.

Feigenholtz said she experienced a hidden upside to videoconferencing this month when she held Passover Seder with her family over Zoom—calling it a "Zeder."

"I was able to have my East Coast

and Midwest family in a Seder, which would have never happened," she said. And although she was reluctant at first, "it was such a positive experience."

Feigenholtz also predicts that expanded telehealth access will continue past the pandemic, especially because of its benefits for rural and underserved communities.

"I don't think you're going to see the genie go back in the bottle. I think that having telehealth access is going to be the new normal," she said.

Mental health is one of a handful of issues that state lawmakers are focusing on in anticipation for a return to the Capitol, as both chambers have divided their members into "working groups." The Illinois House of Representatives has a working group of seven members dedicated to "mental health and addiction."

While no plans to return to Springfield have been announced, lawmakers are currently "on call" to return at any time. They were last in session on March 5. The 2020 session is scheduled to run through May 31.

Resources

The state launched a mental health hotline called "Call4Calm." When someone texts "talk" to 552020, they will receive a free call from a counselor at a local community health center. Spanish speakers can text "hablar" to the same number.

People can also text "unemployment," "food" or "shelter" for assistance with those things.

Hill suggested some online resources, like joining a Facebook group or reaching out to JCFS or Tuesday's Child, a behavioral management nonprofit in Chicago. She also said that parents should consider professional help if their child's emotions are impairing family dynamics.

James's organization, NAMI, can help with a wide range of mental health challenges no matter a person's age or insurance status, she said.

James added that if feelings worsen, people can call the National Suicide Hotline (1-800-273-8255), their local or personal health care provider or, in the most extreme cases, 9-1-1.

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Church sets up Facebook page to post updates

I have set up a Facebook account on the rectory office computer for us to keep up with information from St. Ann and St. Joseph in Apple River.

Please help us get the word out to those on Facebook and keep others updated that do not have an account.

It is St. Joseph/St. Ann Catholic Church (I will try my best to keep posting but if you feel the need to tag the page go ahead) I will keep Father updated as well.

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Monica McGivney

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Information regarding pregnancy and COVID-19

Information about coronavirus changes by the hour. For pregnant women, this can be extremely unsettling.

How worried should pregnant women be about getting the virus? Will they have to give birth alone? Will they be exposed to patients with COVID-19 at the hospital where they deliver?

Unfortunately, little is known at this time about how this new virus affects pregnant women. For now, experts are basing recommendations largely on infection control considerations for other respiratory viruses, such as the flu, SARS and MERS.

While experts do not currently know if pregnant women have a greater chance of contracting COVID-19, the American College of Obstetricians and Gynecologists (ACOG) asserts that pregnant women should be considered an at-risk population for COVID-19.

Pregnancy alters a woman's immune system, which may put her at higher risk of developing respiratory infections

like the flu. Also, pregnant women who develop a respiratory infection face a greater risk for complications. The risk increases for women with underlying health conditions like diabetes or lupus.

It is not yet known if the virus causes problems during pregnancy, but it may increase the risk of complications. According to the Centers for Disease Control and Prevention, there have been a small number of reported problems with pregnancy or delivery, such as preterm birth, in babies born to mothers who tested positive for COVID-19 during pregnancy. It is not clear whether the preterm births were because of the virus.

It is also unknown whether a pregnant woman can pass the virus to her baby during pregnancy or delivery, but the risk appears to be low. The virus has not been found in samples of amniotic fluid or breast milk.

Preliminary research suggests the virus isn't likely to be transmitted from mother to baby through the womb. In

Wuhan, China, an infant tested positive 30 hours after being born, but experts believe it is more likely that the baby caught the virus after birth, not during pregnancy.

A study of nine pregnant women who were infected with COVID-19 found the virus was not present in breast milk, but it has not been confirmed that it's impossible to transmit the virus in breast milk.

In response to the pandemic, some pregnant women are considering giving birth at home or are asking for early induced labor to avoid being in the hospital during a possible surge of COVID-19 cases. Most experts advise against both.

A planned hospital birth is still considered the safest option to deliver your baby. Most hospitals are taking precautions to ensure that pregnant women aren't exposed to ill patients and visitors, including modifications in caring for pregnant women suspected of having COVID-19.

Pregnant women should take these steps to protect themselves and their babies from COVID-19:

- Clean your hands often with soap and water for 20 seconds or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, mouth and nose.
- Cough or sneeze into your bent elbow.
- Eat a healthy diet, stay hydrated and get enough sleep.
- Avoid contact with people outside of your household (stay at least six feet away from others). Don't have visitors to your home. Avoid social gatherings, such as baby showers.
- Avoid anyone who is sick.
- Avoid all travel at this time.
- Ask your doctor about having prenatal checkups by phone or video conference.
- Make sure you're up to date on your vaccines, including the flu shot and Tdap.
- Identify one support person who

can be with you during labor and delivery. (If you also have a doula, plan for a video call.)

• Plan for a back-up caregiver in case you or your partner contract the virus.

Pregnant women who begin to have symptoms of COVID-19 (fever, dry cough, shortness of breath), should first call their OB-GYN and/or primary care physician.

To protect patients and the community, Edward-Elmhurst Health has updated its visitor policy. Pediatric patients may have two parents, and patients in the Mother Baby Unit and Labor and Delivery Unit may have one partner or support person. All visitors will be screened for a temperature greater than 100 degrees before entering Edward-Elmhurst sites. These policies may be adjusted for patients with known or suspected COVID-19.

See the latest updates to Edward-Elmhurst's visitor policy and read more about updates on COVID-19 at <http://www.EEHealth.org/coronavirus>.

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In my opinion

Don't relax dental hygiene habits during COVID-19

Dr. Stephen Petras
STOCKTON DENTAL CENTER

As our country works together to control the exponential growth of COVID-19, dental offices remain closed to ensure the safety of our patients, dental team and community.

As we all seek to maintain optimal overall health for our loved ones, it is imperative that we continue best dental home care practices.

While we will continue to provide emergency services, Dr. (Caitlin) Pullara and I wish to offer the following advice to help protect your family's oral health:

Before and after brushing your or your children's teeth, wash your hands for at least 20 seconds, or the time it would take you to sing the

"Happy Birthday" song twice.

Floss once a day, before brushing, and brush your teeth with fluoride toothpaste for 2 minutes twice a day. The second time should be right before you go to sleep because you produce less saliva at night.

The change in our daily routines may mean extra baking and snacking on sweets. Try to limit treats to mealtime, when an acid plaque attack already is taking place. Avoid sugary and acidic drinks and keep well hydrated by drinking fluoridated tap water. Avoid hard foods that can crack a tooth, such as popcorn, hard or sticky candy and peanut brittle.

Avoid unhealthy oral habits that can lead to chipped or cracked teeth, such as chewing on ice, nail

biting and using your teeth as tools. Do not use anything else but floss (such as toothpicks) to remove food particles stuck between teeth. Gum lacerations from these activities and nail biting can lead to bacterial infections that may enter the blood stream.

Avoid excess alcohol consumption and smoking as these compromise blood flow to your oral tissues.

Should a dental emergency arise, call your dentist so he or she can evaluate your symptoms and give you guidance.

If your dentist decides that you need to be seen, be aware that you will need to stay in your car until any other emergency patient has left the office and sterilization procedures have been carried out.

At this time only each individual emergency patient will be allowed into the dental office, so anyone accompanying you must remain waiting in the car.

In the time of COVID-19, preventing infections that can tax your immune system is vital for you and your family.

Use these extra hours to oversee

your child's flossing and brushing routine, to give guidance and ensure a lifetime of oral health. For children under the age of 8, adopt a brushing buddy system where they brush and floss first and then you follow through.

Until this situation is resolved, stay safe, healthy, smiling and at home.

Master Gardeners offering helpline again

It is that time of year again when the University of Illinois-Extension Master Gardener volunteers offer their helpline.

Have a home gardening question? Master Gardeners are available to help with research-based information to solve gardening issues.

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Each year the Master Gardeners field a variety of questions from

across the region. These calls are logged in order to identify trends in disease issues or pest populations. Master Gardeners answer homeowners' questions regarding trees, shrubs, perennials, insects, lawns and more.

Visit go.illinois.edu/jsw to see the multitude of online resources that are available for the home gardener, including upcoming webinars about garden topics, fact pages on garden-related topics, recorded webinars and more.



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80% of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink. Talk to your kids about the dangers of underage drinking and encourage others to do so too. [#WeTalked](https://www.samhsa.gov/underage-drinking) as a family and you should too.

Learn more at <https://www.samhsa.gov/underage-drinking>

The [#WeTalked](https://www.samhsa.gov/underage-drinking) hashtag encourages parents and other adult role models to have ongoing conversations with kids about the dangers of underage drinking, share their experiences on social media, and inspire other parents to have these important conversations too. Share your voice and support underage drinking prevention by using the [#WeTalked](https://www.samhsa.gov/underage-drinking) hashtag today!

Use These 5 Goals When Talking to Kids about Alcohol and Other Drugs

- 1 Show you disapprove of underage drinking and other drug misuse.
- 2 Show you care about your child's health, wellness, and success.
- 3 Show you're a good source of information about alcohol and other drugs.
- 4 Show you're paying attention and you'll discourage risky behaviors.
- 5 Build your child's skills and strategies for avoiding underage drinking and drug use.

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to have many short talks.

