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# Shopper's Guide

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YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, APRIL 8, 2020

## Lena family finds a solution to finding yourself between a rock and a hard place

By Tony Carton  
EDITOR

Virginia Lehmann and her granddaughters have found a fun way to spark their creative juices, pass the time while the Lena-Winslow schools are closed, and spread a little happiness throughout the Village of Lena. Their project is named what many would term marketing genius because they're calling it, "Lena Rocks!"

"My husband and I winter in Florida and we noticed that a lot of the cities down there have rock pages on social media," Lehmann said. "They are called Kindness Rocks. Well, one day I found one and I thought it was really cute. It had a cute little picture on it and a message on the back that said if you find a rock take a picture of it and post it to the page. It was just a little thing to do."

She said some of the rocks were inspirational with messages that said to be kind or to smile or others said things like "Have a great day" or "You're special," and a lot of the ones she saw were just beautiful.

"They were works of art," said Lehmann. "So, when I got back to Lena and knew I would have my granddaughters for the day, I started to think about what we could do together that would be a fun project."

She remembered that some 40 years ago her daughters (now grown with kids of their own) loved to go out in the yard to find rocks and color on them with their crayons, so she decided they could all go out again, collect some rocks, and draw some pictures on them.

"Well, we looked up some things on Pinterest where there are just tons and tons of ideas," said Lehmann. "We decided to use Sharpie markers and we used that white school glue to seal our artwork. Then we took a can of spray clear acrylic to keep the pictures from fading under the sun."

She said they made a bunch of rocks and then one of her granddaughters suggested they take photos

of their handiwork and post them on their newly opened Lena Rocks Facebook page.

"It just grew from there," Lehmann said. "It still seems like we put out a lot more rocks that people find and take pictures of and it will probably spike during the warmer summer weather, so occasionally my granddaughter will come over and we'll do a bunch of rocks and them go out and hide them."

She said they don't hide their rocks in very hard to find places.

"It's growing and its fun," said Lehmann. "It's just something for the kids to do and that's really important right now. It's a little bit of art and a little bit of exercise. It's always important for kids to experience creativity. We want people to be able to find and enjoy them. We just want to put a smile on their faces for that moment."

Lena is beginning to catch "rock fever." The Lena Rocks Facebook page has grown to about 250 followers and more folks are finding the page, posting photos, and sharing little stories about their "finds." Some folks are even finding and re-hiding the rocks so others can enjoy them too.

"I'm always excited when someone finds and photographs any of the rocks," Lehmann said. "And, it's especially fun to learn about or see a rock that I know my granddaughters or I didn't do."

She said that folks usually comment about how finding one of the little treasures made their day or put a smile on their face.

"One of our rocks had been relocated to Oshkosh, WI and someone else found one up somewhere in Michigan and another one somewhere in Minnesota," said Lehmann. "We put 'Lena Rocks on Facebook; if you find one, post a picture' on the backs of the rocks. Of course it depends on how big the rock is, so sometimes there isn't room to write all that, but it's fun to see them turn up."

They also encourage folks to keep



COURTESY PHOTO Shopper's Guide

**Virginia Lehmann's granddaughters design batches of rocks and then head out placing them around town. If you find one, take a picture of it and post it on Facebook at Lena Rocks, then re-hide it for someone else to find. We hope it makes you smile!**

or re-hide the rocks they find.

"Our original thought was to put a smile on people's faces and then they can go find a place to re-hide the rock," Lehmann said. "Hopefully, then somebody else will find it, enjoy it, and it just keeps going like that."

She said hiding places are readily available around Lena.

"Lena Rocks are turning up in the

village parks and the downtown," said Lehmann. "Some are hidden in plain sight on window ledges like at the Subway or Sweetie Me. They all have window ledges and there are steps around the village that make good hiding spots too."

She suggests using the process of decorating and hiding rocks is a good distraction from the COVID-19 tragedy.

"Go out and look for rocks," said Lehmann. "Take a little walk. Get some fresh air. Enjoy the parks. Practice social distancing and most important of all; smile!"

If you're out rocking the village and find a treasure, post your find and a comment at Lena Rocks on Facebook and share a smile.

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# Politics, religion, and your health

I was told never to talk about politics or religion in the office. I'm going to bend those rules today because politics and religion in our current crisis is probably affecting your health.

A wise man recently gave me some practical advice; while reading, listening to, or watching the news, which changes by the minute, read God's word, which never changes, to help give you an eternal perspective. Psalms and Proverbs read along with the news can give you a better perspective and help your emotional state. However, you don't have to just read Psalms and Proverbs. You can start at the very beginning in Genesis of the Old Testament or Matthew in the New Testament and go on from there.

Let's move on to our physical health. I have found some lung health and immune system information to help us all be more proactive with what's going on. The healthier we are, the faster we will get through this. The following article was taken from Dr. James Chestnut, who is always on the cutting edge of research and applying it to our health. He is one of my go-to sources for how my family utilizes diet and exercise to help us maintain a healthy lifestyle.

Dr. Chestnut's Research Review April 2020 – The novel Coronavirus (COVID-19) pandemic is having enormous effects on all aspects of our society. The focus of medical and public health authorities is, understandably, on trying to find the best ways to determine who has



the virus, how to reduce the spread of the virus, and how to treat those who become very ill with the virus. However, what is also required, is a focus on what measures can be taken to reduce the number of people who become seriously ill and require hospitalization. This is the most important variable determining the overall impact of the pandemic. The level of crisis will be determined by the level of overburden on the hospital system which results in a lack of available beds and a lack of available ventilators. The system simply cannot handle huge numbers of people requiring hospitalization and/or ventilators at the same time and, if the available beds and ventilators all become occupied, there will be people who could have been saved that will end up dying as a result of the

lack of these resources. This scenario represents the real threat and the real source of tragedy – and the real source of panic.

The real impact of the pandemic on the population, on the healthcare system, and on the financial system, will ultimately be determined not by the number of people who become infected and become seriously ill and require hospitalization. This ratio is EVERYTHING because it is what determines whether the healthcare system will become overburdened and this is what will determine the level of panic in the population, in the healthcare system, and in the financial markets.

The ultimate question then, is what are the best ways to reduce the percentage of people who become infected who become seriously ill, or to put it another way, what are the best ways to increase the percentage of people who become infected, yet who do not become seriously ill. I heard a representative from the CDC on the news state that the level of baseline health and immune function status are the most significant variables determining whether or not those who get infected become seriously ill and require hospitalization or recover without any such burden on the healthcare system. The CDC has been adamant from the beginning that those who are at most risk of serious illness from COVID-19 are those who are either immunocompromised from pre-existing illnesses or who have reduced immune function due to old age.

I submit that it is not simply age that is the determining factor, but immune function. Though it is true that many elderly do indeed have

reduced immune function, there are also many elderly who have adequate immune function. A recent report published in The Lancet concluded the fatality rate from COVID-19 is about 13% for those over 80 years of age, about 6% for those between 60 and 80 years of age, and about 0.66% overall (Verity, R. et al. Estimates of the severity of coronavirus disease 2019: a model-based analysis. Lancet Infect. Dis. March 30, 2020 [https://doi.org/10.1016/S1473-3099\(20\)30243-7](https://doi.org/10.1016/S1473-3099(20)30243-7)).

Clearly age itself cannot be the determining factor of immune function, or immune defense status with regard to protection from serious illness and/or death from COVID-19. The real question is, what variable(s) are determining why the VAST majority of people infected with COVID-19, in all age groups, including the elderly, recover without the need for hospitalization or a ventilator while a small percentage require hospitalization and/or a ventilator and/or die?

The determining variable cannot be medical treatment; at the present time, there are no available anti-viral treatments or any other medical interventions for COVID-19 which have been shown to prevent hospitalization, prevent the need for a ventilator, or prevent death. What this means is that, regardless of age, the most significant determining variable with respect to the ratio of those who get infected and recover without serious illness vs those who get infected and do get seriously ill, require hospitalization and/or ventilators, and/or die, is the level of individual baseline health and immune function status of those who become infected. The question being begged is, are there any evidence-based or evidence-informed ways to improve baseline health and/or immune function status? The answer is, YES! Does this mean there are evidence-based interventions to decrease the severity of illness or death from the novel Coronavirus? NO! There just has not been enough time to conduct



**Please send Betty Raders well wishes in celebrating her 99th birthday on April 8, 2020**



**Send wishes to:  
Betty Raders  
228 Palm Dr.  
Lena, IL  
61048**

371234

A message from Paja Law Offices -

During these unusual times we are facing as a result of the covid-19 pandemic, I wanted to let the community and my valued clients know that my general practice law office is "open", though with some restrictions and modified hours.

Given that the Governor's Executive Order identified legal services as being essential, we're doing what we can to continue offering assistance to clients during the current circumstances. Anyone needing to reach the office can call 815-947-3396. If my secretary, Dee, isn't available when you call, please leave a message so that either she or I can return your call. Alternatively, I'm available by e-mail at [pajalaw@mehsi.com](mailto:pajalaw@mehsi.com). At present, I am working from home as much as possible since I'm in the greater "at-risk" category - age 60+ as well as being immune suppressed. As some of you may recall, I received a heart transplant in Oct., 2016, almost 3 1/2 yrs. ago. I've been blessed to have fully recovered with a return to practice full-time, that is, until the current pandemic. Staying safe and healthy are top priorities and from my perspective, we can't be "too cautious". There are just too many unknowns with the outbreak that ramp-up the stress and anxiety of the situation. When the Country was staring into the abyss of the Great Depression in the early 1930's, newly-elected President Roosevelt said "...the only thing we have to fear is fear itself..." Still sound advice for a worried and weary Country. Let's all be smart, keep our families safe and healthy, and do what we can to support our neighbors and communities through this ordeal.

Do not hesitate to contact me if I can be of service now or in the future. We can "meet" by telephone, exchange e-mails or use video conferencing tools such as Face Time, Google Duo or Zoom, to answer your questions, review your concerns and proceed accordingly.

**Ron Paja, Attorney at Law**  
Paja Law Offices  
116 S. Main St.  
Stockton, IL 61085  
815-947-3396

371090


**THANK YOU** for all the cards, plants, flowers, calls and prayers while Fred was at St. Joe's and since coming home. A BIG thank you to the PC and Kent fire departments for the rides.

*Fred & Donna Domberger*

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**MY SPECIAL THANKS** to all who remembered me on my 99th birthday. You all have a special place in my heart.

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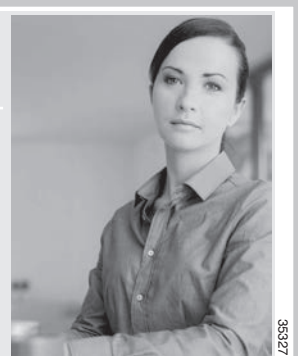
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# • Health (Continued from page 2)

any clinical studies so, at this point in time, there are no evidence-based interventions specifically relating to COVID-19. However, we do know how the immune system responds to viruses, we do know that the human immune system is, when not in a compromised state, capable of resolving infection from COVID-19 without serious complications. The data is clear, the VAST majority of humans who get infected with COVID-19 recover without serious complications.

Let's dive a little deeper. We know the COVID-19 virus is a constant; the same virus is infecting everyone. We know that immune status is plastic and can be in a state ranging from highly compromised function to optimal function. We know immune status is a significant determining

variable in immune defense against COVID-19 and all other viruses.

So, the most important questions are, what factors cause immunocompromised and what factors are required to improve current immune function and/or to express optimal immune function? Let's start with known factors that cause immunocompromised. The CDC is very clear that underlying health conditions such as chronic lung disease like COPD or asthma, heart disease, obesity, diabetes, kidney disease, and liver disease all cause immune system compromise. Further, many prescription medications such as corticosteroids, cancer treatment medications, and many others can cause immune system compromise. People who smoke or consume too much alcohol or other drugs are also of-

ten immunocompromised. We also know that air pollution is a major risk factor for respiratory infection and death; 7 million people die each year from air pollution worldwide. Emotional stress, sleep deprivation, poor nutrition, and sedentary lifestyle can also cause immune-compromise.

We also know that immune status can be positively influenced by lifestyle choice. The literature is clear that proper sleep, healthy emotional states, lowered emotional stress, proper nutrition, and sufficient exercise are all requirements for healthy immune function, and all have been shown to improve immune function status.

There simply is no scientific or logical reason not to make efforts to improve baseline health and immune function and to conclude that doing

so would be beneficial for those exposed to COVID-19; immune status is undeniably a major factor in determining how seriously ill any individual becomes when exposed to COVID-19. The next question being begged is, what can individuals do to reduce immunocompromised and/or to improve immune function? Well, as we are in an acute crisis it would not be a logical strategy to focus on reducing underlying conditions, prescription medication use, or air pollution. What is a logical strategy is to immediately implement emotional fitness and wellbeing strategies, healthy sleep strategies, physical fitness strategies, and healthy nutrition strategies. Everyone should be incorporating daily positive emotion or stress reduction activities, some physical activity, even if just going for a walk, and healthier eating strategies such as drinking more water, eating more raw fruits and vegetables, and eating less unhealthy foods.

One other thing people should be doing, is making sure they are getting sufficient intake of essential nu-

trients. Last month in my Research Review I went over some of the research which clearly shows that Omega-3 fatty acids, Vitamin A, and Vitamin D are all required for proper immune function.

This month I would like to look deeper into the research highlighting the importance of sufficient Vitamin D intake for proper immune function as well as the immunocompromising effects of deficient Vitamin D intake. I think the systematic review by Martinequ et al. published in the British Medical Journal in 2017 is an excellent focal point. The breakdown of this 2017 article can be requested by emailing me at: drmike@pchiropractic.com - It's a great article review of recent literature that is very timely with what's going on today.

Stay healthy. Get adjusted. We are still open serving the health needs of our community. If you don't have an appointment, please call first as we are extending our hours to be able to serve you better and maintain appropriate procedures.

## Help Monroe Clinic recognize outstanding staff

Monroe Clinic is asking the community to help spotlight the extraordinary contributions of their staff by nominating them for the DAISY and BEE Awards.

The DAISY Award is a special award given to a nurse who demonstrates excellent quality care, extraordinary compassion, focuses on the needs of both patient and family,

and effectively collaborates with other members of the patient care team.

The BEE Award is specifically designed to recognize staff members who demonstrate great teamwork and communication skills, collaboration, professionalism, exemplary service and a commitment to excellence. In addition, the BEE Award serves as a reminder that all mem-

bers of the healthcare team contribute to the patient experience.

Patients, visitors and staff can nominate a Monroe Clinic employee for the DAISY or BEE Awards. Nomination forms are available online at [www.monroeclinic.org/daisy](http://www.monroeclinic.org/daisy) or [www.monroeclinic.org/BeeAward](http://www.monroeclinic.org/BeeAward). Please submit all nominations by April 1, 2020.



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# FROM LENA'S KITCHEN



The not so skinny cook

We have another four weeks added to our "in house" time. I got a lot depressed on March 30 when I realized that the day I thought would bring a little freedom was changed. So like the rest of you, I look for things to do. This week is the last week of Lent and I do have a couple of recipes you could make. You could even save some for later.

The first is a great and easy appetizer. You can make it as hot and spicy as you want because the cayenne and hot sauce are optional. Enjoy this dip on pita chips, butter crackers, or with vegetables.

## Spicy Crab Dip

- 1/3 C. mayonnaise
- 2 T. dried minced onion
- 2 T. lemon juice
- 2 T. white wine or white grape juice
- 1 T. minced garlic
- 1/2 t. cayenne pepper (opt.)
- 1/2 t. hot pepper sauce (opt)
- 2 pkg. (8 oz. each) cream cheese, cubed
- 1 lb. imitation crabmeat, chopped

In a food processor, combine the first 8 ingredients. Cover and process until smooth. Transfer to a large microwave safe bowl. Stir in crab and mix well. Cover and microwave on high until bubbly, 2 to 3 minutes. Serve warm with crackers and vegetables.

This week I have another slaw recipe that uses a buttermilk dressing. It calls for an English cucumber, but you can use a regular slicing cucumber. You need to peel the regular cucumber because its skin is tough. Enjoy this great side.

## Creamy Cucumber, Radish, and Cabbage

## Slaw

- 1/2 C. buttermilk
- 1/2 C. mayonnaise
- 1/2 C. sour cream
- 2 t. chopped fresh chives
- 1 t. salt
- 1/2 t. pepper
- 1/4 t. garlic powder
- 4 C. thinly sliced red cabbage
- 2 C. thinly sliced green cabbage
- 1/2 English cucumber, halved, seeded, and sliced
- 1/2 C. thinly sliced radishes

In a large bowl, whisk together the buttermilk, mayo, sour cream, chives, salt, pepper, and garlic powder until smooth. Stir in all cabbage, cucumber, and radishes until well combined.

If you want to jazz up your typical tuna salad sandwiches, try this green goddess recipe. The green goddess recipe is homemade, but I suppose you could use the bottled one if you are short on time. I like to toast my English muffins under the broiler before assembling the sandwich.

## Green Goddess Tuna Salad Sandwiches

- 1/4 C. basil leaves
- 1/4 C. parsley leaves with tender stems
- 1/4 C. tarragon leaves
- 1/4 C. mayonnaise
- 1/4 C. sour cream
- 1 t. finely grated lemon zest
- 2 T. plus 1 t. fresh lemon juice
- 2 T. extra-virgin olive oil
- 1 can (5 oz.) tuna in water, drained
- 1 celery stalk, finely chopped
- 1 small garlic clove, finely grated
- Salt and pepper to taste
- Purée basil, parsley, tarragon, mayo, sour cream, lemon zest, 2 T. lemon juice, and 2 T. oil in a blender until very smooth and pale green. Transfer dressing to a medium bowl, reserving one teaspoon, and add tuna. Using a fork, break up tuna and incorporate into dressing. Mix in celery, shallot, and garlic; season with

salt and lots of pepper. Make sandwiches on English muffins; spread dressing that you reserved on each and place lettuce on muffin; spread tuna on each half. Either serve open faced or place two muffins together.

The other meatless entrée for this week is a vegetarian enchilada. This dish can be eaten all year long and is a good one for a quick supper meal.

## Vegetarian Enchilada Bake

- 1 C. shredded zucchini
- 1 T. finely chopped red pepper
- 1 t. olive oil
- 1 garlic clove, minced
- 3/4 C. frozen corn
- 3/4 C. black beans, rinsed and drained
- Salt and pepper to taste
- 3/4 C. salsa
- 2 T. minced fresh cilantro
- 3 corn (6-inch) tortillas
- 3/4 C. shredded cheddar cheese
- Sour cream

Preheat oven to 350. In a large skillet, sauté zucchini and pepper in oil until pepper is crisp tender. Add garlic; cook 1 minute longer. Add the corn, beans salt and pepper. Sauté 2 to 3 minutes longer. Stir in salsa and cilantro.

Place a tortilla in the bottom of a 1 1/2 qt. round baking dish coated with cooking spray. Spread with 2/3 cup vegetable mixture; sprinkle with 1/4 cup cheese. Repeat layers twice. Bake uncovered, until heated through and cheese is melted, 20 to 25 minutes. Let stand 10 minutes before serving. Serve with sour cream.

In honor of Easter, I thought this lemon pound cake would be really pretty on a cake stand. You use a fluted Bundt pan. It is moist and delicious if you like lemons.

## Lemon Lover's Pound Cake

- 1 C. butter, softened
- 3 C. sugar
- 6 eggs, room temperature
- 5 T. lemon juice

- 1 T. lemon zest
- 1 t. lemon extract
- 3 C. flour
- 1/2 t. baking soda
- 1/4 t. salt
- 1/4 C. sour cream

## Icing:

- 1/4 C. sour cream
- 2 T. butter, softened
- 2 1/2 C. powdered sugar
- 3 T. lemon juice
- 2 t. lemon zest

In a large bowl, cream butter and sugar until light and fluffy. Add eggs, 1 at a time, beating well after each addition. Stir in lemon juice, zest and extract. Combine the flour, baking soda and salt; add to the creamed mixture alternately with sour cream. Beat just until combined.

Pour into a greased and floured 10-inch fluted Bundt pan. Bake at 350 until a toothpick inserted near the center of the cake comes out clean, 55 to 60 minutes. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Icing: in a bowl, beat sour cream and butter until smooth. Gradually add powdered sugar. Beat in lemon juice and zest. Drizzle over cake. If desired top with additional lemon zest. Store in refrigerator.

This decadent peanut butter bar is just the thing for a snack. I think that you could put half chocolate and half butterscotch chips if you wanted. The salted peanuts give it a great taste. You do have to pay attention when you are baking the marshmallows; they could get too brown fast!

## Chewy Peanut Butter Bars

- 1/2 C. butter, softened
- 2/3 C. packed brown sugar
- 2 egg yolks, room temperature
- 1 t. vanilla
- 1 1/2 C. flour
- 1/2 t. baking powder
- 1/2 t. salt
- 1/4 t. baking soda
- 3 C. miniature marshmallows
- 2/3 C. light corn syrup
- 1/4 C. butter
- 1 pkg. (10 oz.) peanut butter chips
- 2 t. vanilla
- 2 C. Rice Krispies
- 2 C. salted peanuts

In a bowl, cream butter and sugar. Add egg yolks and vanilla; mix well. Combine the flour, baking powder, salt, and baking soda in a separate bowl. Add to creamed mixture and mix well. Press into a greased 9 x 13 pan. Bake at 350 until golden,

See KITCHEN, Page 8



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# ON THE RECORD

## Obituaries

### PATRICK JOSEPH BRUNNER

Patrick Joseph Brunner, 53, died suddenly at home in Lena on March 31, 2020.

He was born March 2, 1967 to Freeman Gerald and Mary Suzanne (Sue) Niemeyer Brunner at Freeport Memorial Hospital.

Patrick was their youngest son, 10th child of 11. He graduated from Stockton High School in 1985 and attended Highland Community College.

As a youth his "education" was augmented by working on Harry Koepp's fence building crew.

One memorable summer he worked with his brother Michael in the business office of an outdoor amusement company as it traveled throughout Kentucky, Indiana, and Ohio.

Later he worked as a journeyman electrician at Highland Electric, Freeport, as maintenance supervisor at Modern Plating, Freeport, and then as maintenance supervisor at KJ Finishing, Rockford.

He married Donna Lee Mauer Davis on Oct. 3, 1998 at St. Joseph's Catholic Church in Lena. He is survived by his wife and their children Timothy Davis, Joshua (Kiley Kampmeier) Brunner, and Elizabeth Brunner as well as by their grandchildren Aubree Eva Knoup, Liam Tyler Patrick Davis, Oaklynn Jolyse Brunner, Kaylee May Davis, and Brexlynn Grayce Brunner.

His surviving brothers and sisters are Norman (Joanne Knutson) Brunner, Ingleside; Michael (Sandy Tyndal) Brunner, Crossville, TN; Constance (Don) Hill, Lena; Gerald (Amy Schlichting) Brunner, Stockton; Thomas (Darcy Connolly) Brunner, Freeport; William (Darlene Wampfler) Brunner, O'Fallon, IL; Barbara (Jon) Kerns, Oelwein, IA; Theresa (Randy) Risser, Davis; Deborah (James) Nobis, Hanover as well as brother-in-law Norman Kunz, Stockton. Also surviving are 36 nieces and nephews, 51 great-nieces and great-nephews, and 16 great-great-nieces and great-great-nephews.

Also surviving are his father-in-law



Daniel (Mary) Mauer, Bellevue, IA and his brothers-in-law Daniel Mauer, Jr., Dubuque, IA; Roy Mauer, Freeport, and Troy Mauer, Freeport.

Patrick is preceded in

death by his parents, his sister Sylvia (Norman) Kunz, his niece Cindy Sue Aurand, and his mother-in-law Sandy Mauer.

Patrick was incredibly hard-working and always strove to put his family first. He and Donna bought a house boat/cabin cruiser several years ago as a pleasant home away from home.

His greatest joy was attending his children's musical, theatrical, and sports activities. His children's talents and abilities always amazed him, and he was very proud of their achievements and the caring adults they became. Each will miss his advice, guidance, and support but will forever cherish their memories of him as a caring, humorous, and practical parent.

Patrick was happiest when he was able to dote on his grandchildren as he had had so much practice after raising three children and spending quality time with his 30+ nieces and nephews throughout his life.

His laugh was infectious, especially when one of his siblings was telling a "true" story from their youth.

Growing up in Stockton as the youngest boy in a large family, he collected Matchbox toys and rode his bike all over town. With the advent of social media, he loved to send random "Remember When?" texts.

His nieces and nephews often referred to him as the "favorite uncle" for his ability to be a kid at heart. Whether it be lifting them high enough to touch the ceiling, showing them how to throw or hit a ball, displaying "proper" golfing technique, forcing them to pick wild black raspberries,

or teaching them the finer points of driving, Patrick loved to horse around with his kids and his multitude of nieces and nephews.

Each looked up to him as a role model and a friend. The sparkle in his eye and the smile on his face that he exuded while interacting with them will live in their memories forever.

He never missed a birthday party, a graduation party, a senior night sporting event, or any other "big game". He would always stop over after the game to offer his opinion on the play, the coaching, and even the officiating. As a natural athlete (He holds at least one track record that still stands at Stockton High school and tried out for the Cincinnati Reds in the early 1990's), he had a competitive, yet jovial spirit.

Patrick had a beautiful baritone voice and was known for singing at wedding ceremonies of his family and friends. He and daughter Elizabeth had been practicing duets for later events.

Patrick continues to assist the wider community because he signed as an organ donor.

He was known to help anyone at a moment's notice, and his family, friends, and community will miss him deeply. As TJ put it, Patrick was the best dad anyone could have ever asked for.

Final arrangements are in the care of Walker Mortuary, Freeport. Condolences may be shared at [www.walker-mortuary.com](http://www.walker-mortuary.com).

### ALTA R. WUTHRICH

Alta R. Wuthrich, 87, of Orangeville, IL passed away at Monroe Clinic Hospice Home with family by her side on March 27, 2020. She was born on Nov. 14, 1932 to Earl and Ruth (Kneller) Kubatzke in Ridott, IL. She graduated from Orangeville High School. Alta married Gene Wuthrich on Nov. 22, 1951 at St. John's United Church of Christ in Freeport, IL. They were married just one day shy of 64 years after Gene's passing on Nov. 21, 2015. For the majority of those years, Alta worked alongside of Gene on their second generation farm and raising five children. Alta was a very active member of the Orangeville United Methodist Church. Alta loved the beauty of the outdoors and was known for her beautiful flower beds and her bountiful vegetable gardens. As a busy farmwife and mother, she did find time to enjoy her hobby of collecting items for all of her numerous collections. Alta was an animal lover and cats were at the top of her list. Every night there was a large group of neighborhood cats waiting for her specially prepared gourmet meals. Alta loved the holidays and she always made each one a big production. One of her most noted productions was her exciting Easter Egg hunts for all her grandchildren and then great-grandchildren.

Alta is survived by her five children Cindy Phillips of Winslow, IL, Sandy (Michael) Kint of Vero Beach, FL,



Candy (Mark) Keltner of Brodhead, WI, Andy (Tana) Wuthrich of Orangeville, IL, and Aaron (Tracie) Wuthrich of Brodhead, WI, 12 grandchildren, two step-grandchildren,

10 great-grandchildren, three step-great-grandchildren, and one step great-great-granddaughter, sister Marjorie Damon of Freeport, IL, brother-in-law Glen (JoAnn) Wuthrich of Berlin, WI, and numerous nieces and nephews.

She was preceded in death by her parents, sisters Jane Cummins, Doris Last, brother Bill Kubatzke, and her husband Gene.

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

Burial will take place at Oneco Cemetery.

Cremation rites have been accorded.

A memorial has been established in her memory.

Condolences may be sent to the family at [www.leanonfh.com](http://www.leanonfh.com).

**More obituaries are found on page 11**

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**Evening Lenten Services - Thursday evenings at 7 p.m.**

**Holy Week Worship Services:**

**Good Friday (April 10) 7 p.m.; No Saturday Service (April 11)**

**Easter Sunday (April 12) 7 a.m., 9 a.m., 10:30 a.m.**

**Regular Weekend Worship Services**

**Saturdays 5:30 p.m.; Sundays 8 a.m. & 10:30 a.m.**



**St. John's Lutheran Church (LCMS)**  
625 Country Lane Dr., Lena, IL

368808

370771



# Lady Wolves prepared for softball

By Trenten Scheidegger  
SPORTSWRITER

Despite all the outside events, Head Coach Jacey Ensor and the Pearl City Lady Wolves are hopeful to give it another run in 2020 as they looked to build off their success from last season. In 2019 the Wolves were able to finish with an impressive 21-11 overall record while going 12-2 and falling just short of the Conference Champions in the 13-1 Eastland Cougars. Ensor, in her third season as head coach, more than doubled her total win mark from her first season in year two. With her program developing and the kids becoming more and more comfortable in the system, it would be really exciting to see what Ensor's squad could do as they return a slew of experienced players to the roster.

A trio of standout seniors would lead the way for the Lady Wolves as Sarah Pena is prepared to give it one final run in her senior campaign as someone who does a little bit of everything for Pearl City, playing outfield, infield, and is considered an all-around utility player. Pena leads the way but is complimented well by her fellow classmates in Kayla Runkle, who we will see in the hot corner by third base, and in the pitcher's circle, as well as Nicki Adolph, the senior second baseman. The three seniors lock down key positions across the diamond for coach Ensor, and it allows her to put some cornerstones that she can rely on in key positions on defense.

Behind them are a duo of exciting sophomores as both Cheyenne Handsaker and Brianna Stager return after starting their freshman year. Handsaker returns as a pitcher and utility player, and she has plenty of chemistry with Stager, who is behind the plate at catcher. The duo had exceptional freshman years and it will be interesting to see how they have developed their game over time.

With every season comes newcomers, and coach Ensor believes she has a few that will have an impact on the team this season. Junior Madyson Stephan is expected to get some playing time in the outfield and at first base, Kendall Dixon is a sophomore who is also expected to compete in the outfield and at first base, and finally, Bree Musser is an up-and-coming freshman who could see some time at shortstop or in the outfield.

Ensor has a talented squad with plenty of experience on her roster. She knows that they still have to compete in a tough conference, however. "It would be hard to say how things would finish; our conference is a tough one. - Orangeville is always tough as Lon Scheuerell has a good program there. Dakota always has a great program as well." Ensor says.

Still, the Lady Wolves are locked on as Ensor shared, "Motivation and determination is our driving force to succeed.

# Lady Broncos hopeful for softball

By Trenten Scheidegger  
SPORTSWRITER

Lon Scheuerell and the Orangeville Lady Broncos were ready as ever as they prepared to jump into their 2020 season. Scheuerell, entering his nineteenth season with the team as head coach, has developed a winning mentality in the Orangeville program. Scheuerell has an impressive career record of 415-182, so it is safe to say one of his squads will always be considered as one of the top teams in the conference. Coming off a 26-5 season where they earned a Northwest Upstate Illini-East Conference Championship with a 13-1 record in league play, were titled Regional Champs, and won their second straight Sectional.

Orangeville is prepared to have one of the most experienced rosters they have carried if they are able to play the season out. They return a plethora of All-Conference talent, former starters, and even added a pair of new athletes to the squad. We return eight starters from last year's team and we have added two seniors from Aquin High School who have now joined our softball program. Aquin did not have a softball team last year because of low numbers so they have

now joined our program. This year there are 2 seniors Kira Brubaker and Carly Neubauer who will be playing with us." Scheuerell explained pertaining to their added talent. "We return our number one pitcher in Tori Plowman and First team All-State shortstop Tessa Janecke. We also return First team All -Conference third baseman Payton Meier." Scheuerell further explained as we discussed the insane amount of talent on this class 1A team.

It is exciting to think about what a winning head coach like Scheuerell could do with a lineup stacked with All-State, All-Conference, and a slew of Varsity experienced players could do on the ball diamond. Still, he recognizes that there was talent lost, as well. "We will need to replace First Team All-Conference catcher, Katie Boomgarden." Scheuerell said. Boomgarden played a key role for the Broncos, not only as a catcher but on the offensive side of things, as well. She will be hard to replace and Scheuerell is unsure who is right for the job yet as, "There are a few players competing for the spot." He explained.

The expectations are high for this Lady Bronco squad. Scheuerell

says the team goal is, "To repeat as Conference, Regional and Sectional champions this year. Last year we went 26 and 5 and won our second straight Sectional Championship. The ultimate goal would be to get to the state tournament in Peoria." So there is certainly no shortage of expectation for success in the Orangeville program. When you look at the roster along with coach Scheuerell's resume, it is easy to see why many would have predicted them to repeat as Sectional Champions and even find their way into the State Tournament this season.

Although the status is unknown, Scheuerell says his main job is to have everyone ready. "To have this team ready to play if there is a season. If it does happen, we will need to be prepared immediately to play a lot of games in a short amount of time." He says is his main goal as head coach right now.

Of course, Scheuerell and the Lady Broncos are hopeful to be able to get out on the diamond and play this season, but I think the Orangeville fans and surrounding community would be just as disappointed to miss out on what could be with this Broncos' squad.

## Monroe Clinic pharmacy lobby temporary closure

Beginning Wednesday, March 25, the Monroe Clinic Pharmacy lobby will be closed to the public. Pharmacy services will still be available Monday - Friday from 8 a.m. - 5:30 p.m. and on the weekends 8 a.m. - 4 p.m. If patients need prescriptions, they will be asked to utilize a mail delivery service. If it's a time-sensitive script, we will have curbside pickup available. In those

cases, patients can pull up to the circular drive near the hospital entrance (there will be signage on the door) and call to have their urgent prescriptions delivered to their vehicle. For prescriptions, pharmacy questions, or hearing aid supplies, please call 608-325-3111. If hearing aid repair is needed, please contact the Audiology team at 608-324-2344.

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- Product Injuries

## Message from Dr. Deschepper on closure extension

Dear Orangeville parents and community members:

I hope this message finds you and your families safe and well. Yesterday, March 31, Illinois Gov. JB Pritzker announced that remote learning in Illinois will be extended through April 30 in order to slow down the spread of COVID-19.

During this time, on-site learning will remain suspended but our schools' commitment to learning and education will remain open and learning will continue for all students - just through a different format.

While it is not ideal, we want to assure you that at Orangeville CUSD #203, our teachers and staff are fully engaged and willing to take on this new challenge and push forward with remote learning, engaging with students and continuing with our food distribution program.

I know this is not the school year that any of us imagined, but I want to thank you for your patience and understanding as we have dealt with this unprecedented situation together.

As a recap, here are the three priorities for our leadership and planning moving forward:

**Priority 1** - Feed and care for the extended safety, health, and welfare of students.

**Priority 2** - Communicate clearly; share coherent, organized and controlled messages with your staff, students and community.

**Priority 3** - Provide for the continuity of learning in Illinois and follow the Orangeville Plan.

It's important we continue to work together and support our students. Thanks again.

Orangeville CUSD Plan  
Based on the above information

given by the State Agencies, this is our Plan.

Continue to follow State Guidelines, and not allow students into the building during the shutdown.

Provide Remote Learning on the following days: March 31 - April 30.

Continue to provide Sack Lunches to any student through April 30.

Office hours during the school closure will be from 9 a.m. - 2 p.m. and Social Distancing will be followed.

Sincerely,  
Dr. Douglas DeSchepper

Note: The Remote Learning Plan and Student Grading during Remote Learning documents can be found on the Orangeville website under District - Remote Learning. You may also follow the links below:

Remote Learning Plan: <https://5il.co/ei99>

Student Grading for Remote Learning: <https://5il.co/ei9a>

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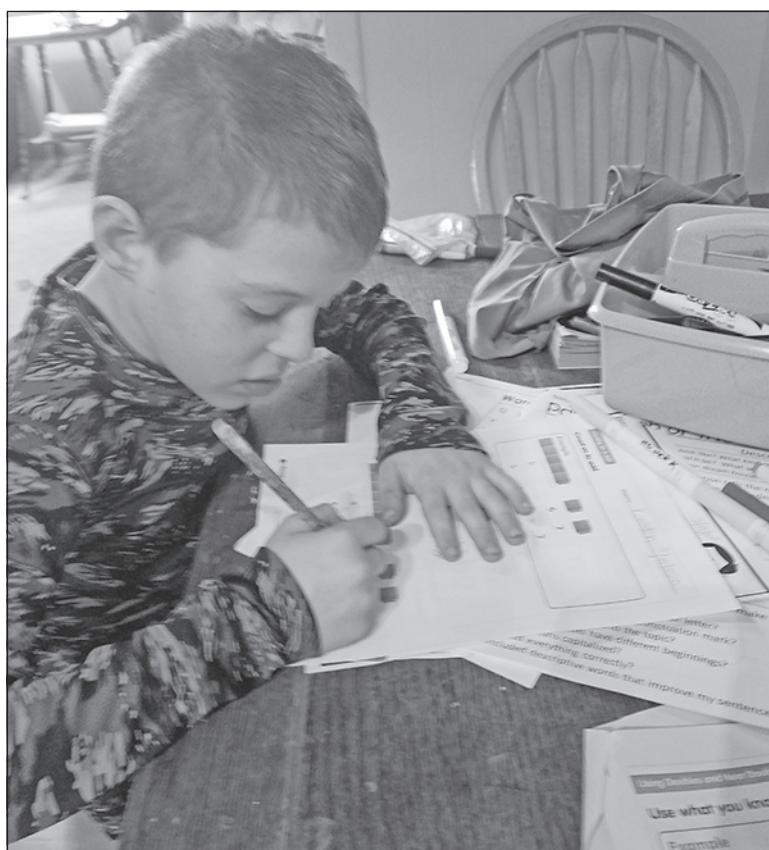
COURTESY PHOTOS Shopper's Guide

## Pearl City E-learning

Jackson, Lucas, and Sam Howe are Superhero boys!



Alyssa and Jonah work together on an art project as a part of E-Learning.



Camdyn works on one of his E-Learning materials.



Autumn proudly displays one of her art projects.



Champaign and Isabella research and complete their home-work assignments.



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SUPPLEMENTS

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## LEGALS

IN THE CIRCUIT COURT OF  
THE FIFTEENTH JUDICIAL  
CIRCUIT  
STEPHENSON COUNTY,  
ILLINOIS  
DITECH FINANCIAL LLC,  
PLAINTIFF,  
VS.  
KAREEM STEWART A/K/A  
KAREEM A STEWART;  
RACHEL L STEWART  
A/K/A RACHEL LYN  
RYBAKOWSKI, A/K/A  
RACHEL L RYBAKOWSKI,  
A/K/A RACHEL LYN  
STEWART,  
DEFENDANTS.

19 CH 19  
1314 SOUTH FLOAT AVENUE  
FREEPORT, IL 61032  
NOTICE OF SALE  
PURSUANT TO JUDGMENT  
OF FORECLOSURE  
UNDER ILLINOIS  
MORTGAGE  
FORECLOSURE ACT  
PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered by the Court in the above entitled cause on January 28, 2020, Sheriff of Stephenson County will on May 5, 2020, in Stephenson County Courthouse 15 N. Galena Ave (West Door), Freeport, IL 61032, at 9:30 AM, sell at public auction and sale to the highest bidder for cash, all and singular, the following described real estate mentioned in said Judgment, situated in the

County of Stephenson, State of Illinois, or so much thereof as shall be sufficient to satisfy said Judgment:

PART OF LOT 1 IN BLOCK 1 IN THE RE-SURVEY OF RICE'S ADDITION TO FREEPORT BOUNDED AND DESCRIBED AS FOLLOWS:

BEGINNING 120 FEET NORTH OF THE SOUTH-EAST CORNER OF SAID LOT 1 IN BLOCK 1; RUNNING THENCE WEST 100 FEET MORE OR LESS TO LAND FORMERLY OWNED BY JACOB J. GRAESSLING; THENCE NORTH 60 FEET; THENCE EAST TO THE WEST LINE OF SOUTH FLOAT AVENUE (FORMERLY FLOAT STREET); THENCE SOUTH TO THE PLACE OF BEGINNING.

SITUATED IN THE CITY OF FREEPORT, STEPHENSON COUNTY, ILLINOIS.

TAX NO. 18-19-06-228-012  
COMMONLY KNOWN AS:  
1314 South Float Avenue  
Freeport, IL 61032

Description of Improvements:  
Tan vinyl siding, two story single family home, detached two car garage

The Judgment amount was \$48,036.86.

Sale Terms: This is an "AS IS" sale for "CASH". The successful bidder must deposit 10% down by certified funds; balance, by certified funds, within 24 hours. NO REFUNDS.

The subject property is subject to general real estate taxes, special assessments or special taxes levied against said real estate, water bills, etc., and is offered for sale without any representation as to quality or quantity of title and without recourse to plaintiff. The sale is further subject to confirmation by the court.

Upon payment in full of the bid amount, the purchaser shall receive a Certificate of Sale, which will entitle the purchaser to a Deed to the real estate after confirmation of the sale.

The property will NOT be open for inspection. Prospective bidders are admonished to check the court file to verify all information.

The successful purchaser has the sole responsibility/expense of evicting any tenants or other individuals presently in possession of the subject premises.

If this property is a condominium unit, the purchaser of the unit at the foreclosure sale, other than a mortgagee shall pay the assessments and the legal fees required by The Condo-

minium Property Act, 765 ILCS 605/9(g)(1) and (g)(4).

IF YOU ARE THE MORTGAGOR (HOMEOWNER), YOU HAVE THE RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER ENTRY OF AN ORDER OF POSSESSION, IN ACCORDANCE WITH SECTION 15-1701(C) OF THE ILLINOIS MORTGAGE FORECLOSURE LAW.

For Information: Visit our website at <http://ilforeclosure-sales.mrpllc.com>.

Between 3 p.m. and 5 p.m. only - McCalla Raymer Leibert Pierce, LLC, Plaintiff's Attorneys, 1 N. Dearborn St. Suite 1200, Chicago, IL 60602. Tel. No. (312) 346-9088. Please refer to file# 269262

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

Plaintiff's attorney is not required to provide additional information other than that set forth in this notice of sale.

I3148633

(Published in  
The Shopper's Guide  
March 25, April 1 & 8, 2020)  
370192

### ANNUAL TOWN MEETING NOTICE IS HEREBY GIVEN

To the legal residents of the Township of Stockton in the County of JoDaviess and State of Illinois, that the ANNUAL MEETING of said Township will take place on **Tuesday, April 14, 2020** being the second Tuesday of said month. The Town Meeting for the transaction of miscellaneous business of said Township will be held at the hour of 7:00 o'clock P.M. on said day at Stockton Park House and a Moderator having been elected, will proceed to hear and consider reports of officers and decide on such measures as may, in pursuance of law, come before the meeting; and especially to consider and decide the following: Meeting Times, Financial Reports, Authorize Transfer of Funds.

Dated this 26<sup>th</sup> day of March, 2020.

DAYLE NAGEL  
Town Clerk  
(Published in The Scoop Today  
April 8, 2020)  
370874

## •Kitchen (Continued from page 4)

about 12 to 15 minutes. Sprinkle with marshmallows; bake until the marshmallows begin to puff, 2 minutes. Cool.

Combine the corn syrup, butter, chips and vanilla in a large saucepan; cook and stir over low heat until the chips are melted and the mixture is smooth. Remove from the heat; stir in cereal and peanuts. Spread warm topping over the marshmallow layer. Chill until set.

Do you need an easy and pretty dessert for Easter? This "pie" or rather cheesecake is made with crushed ice cream sugar cones. It gives the base a great flavor. There are also some alternative bases at the end of the recipe. This dessert is really a pretty one to serve, and it goes along with the spring season.

### Confetti Pie

2 $\frac{3}{4}$  C. crushed ice cream sugar cones  
2 T. plus  $\frac{1}{2}$  C. sugar, divided  
 $\frac{1}{2}$  C. butter, melted  
1 envelop unflavored gelatin  
 $\frac{1}{4}$  C. cold water  
2 pkg. (8 oz. each) cream cheese, softened  
2 C. heavy whipping cream  
2 t. butter flavoring  
1 t. almond extract  
 $\frac{1}{3}$  C. assorted sprinkles  
Preheat the oven to 350. In a bowl, combine crushed sugar cones, 2 tablespoons sugar with melted

butter. Press cone mixture onto the bottom and up the sides of a greased 9-inch deep-dish pie plate. Bake until set, 12-15 minutes. Cool completely on a wire rack. (Variations for crust: mix  $\frac{3}{4}$  C. crushed pretzel sticks with  $\frac{3}{4}$  C. melted butter and  $\frac{1}{4}$  C. sugar. Bake for 12-15 minutes. Or use a chocolate graham cracker prepared crust!)

Sprinkle gelatin over the cold water in a separate bowl, and let stand for 5 minutes. Beat cream cheese and remaining  $\frac{1}{2}$  C. sugar until smooth in a mixing bowl. Add the gelatin. Slowly beat in the cream, butter flavoring, and almond into the cream cheese mixture. Fold in the sprinkles, and transfer filling to the crust. Refrigerate, covered, until set. About 3 hours. Top pie with additional assorted sprinkles.

As we go into our thirty-day countdown, remember to stay safe and be careful. We are beginning the last lap in this race (I hope). Soon we can get back to church; I hope kids can get back to school; and I can roam around a grocery store that has full shelves! Keep busy, enjoy some sunshine, and keep the faith. If you have any spring recipes you think we would like, contact us by mail at From Lena's Kitchens, Shopper's Guide at 213 S. Center St. or email us at [scoopshopper@rvpublishing.com](mailto:scoopshopper@rvpublishing.com).

## Stephenson County Fiber Art Fair cancelled

Due to the coronavirus and the restrictions on the number of people at gatherings and events, we are cancelling the Stephenson County Fiber Art Fair that was scheduled for Saturday, April 11.

Our 2020 vendor list will remain on the website for the entire year. Please visit our vendors and shop at their online stores.

If you registered for a workshop

you will be reimbursed. If you paid for your workshop online using PayPal then you will receive a PayPal refund. If you mailed in a check then your voided check will be mailed back to you.

We will miss seeing all of our fiber friends, and we look forward to having a great event next year! The 2021 date will be announced soon.

See you NEXT April!

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## Village of Stockton

### Spring 2020 Open Burn Dates

The Spring open burn dates for landscape waste will run from April 17 through April 26, 2020. All burning of landscape waste shall be carried out in compliance with Ordinance No. 674 which is posted on the Village's website at [www.villageofstockton.com](http://www.villageofstockton.com)

370682



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Please send resume and credentials to Mark Kuehl, Principal, Lena Winslow High School, 516 Fremont St, Lena IL 61048.

**Secondary Science Teacher** will be teaching primarily at junior high level with some high school classes. Please send resume and credentials to Andrew Lobdell, Principal, Lena-Winslow Junior High School, 517 Fremont St, Lena, IL 61048.

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**1999 HARLEY DAVIDSON 1450 cc** 1 owner Electro Glide Ultra, less than 26k miles. Two-tone

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## FOR SALE

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COURTESY PHOTOS Shopper's Guide

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## HCC Foundation extends scholarship deadline for 2020-21 school year

The Highland Community College Foundation has extended the deadline for its scholarship applications for the 2020-21 school year. The deadline for the majority of scholarships is June 1.

Highland awarded \$482,262 scholarships to more than 200 students for 2019. Highland-bound student scholarships are available for traditional and non-traditional

students in more than 17 areas of study, including undeclared majors.

Pat Dunn, Director of Operations for the Highland Foundation, emphasizes that scholarships aren't just for academic achievement.

"Highland has over 350 scholarships based on where you live, fields of study, special interest, financial need and academic per-

formance, so there is something for almost everyone," Dunn said. "The Foundation is always happy to help students find the specific opportunities to apply for."

Applicants can view the list of scholarships by accessing [highland.edu/scholarships](http://highland.edu/scholarships). For more information on Highland Foundation scholarships email [foundation@highland.edu](mailto:foundation@highland.edu) or call 815-599-3413.



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