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VOL. 88 • NO. 5

YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, JAN. 26, 2022

Stephenson County awarded funds under the Emergency Food and Shelter National Board program

Stephenson County is set to receive \$17,094 to supplement emergency food and shelter programs through Phase 39 of the EFSP and \$52,832 through Phase AR-PA-R Allocations. The monies awarded to Stephenson County are used to supplement existing services that provide emergency food and shelter services in Stephenson County.

The selection was made by a National Board which is chaired by the Federal Emergency Management Agency (FEMA) and consists of representatives from United Way of America, The Salvation Army; American Red Cross; United Jewish Communities; Catholic Charities, USA; and National Council of Churches of Christ in the U.S.A.

The local board, which is comprised of representatives from Stephenson County, is now charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas in our communities. The local board is seeking applications from qualified service organizations (please see list of qualifications below) serving Stephenson County. Those interested in applying can visit United Way of Northwest Illinois' website or contact our office to receive an application.

Stephenson County has distributed Emergency Food and Shelter funds previously to Freeport Area Church Cooperative, Northwestern Illinois Community Action Agency Senior Citizen Services, Hearts That Care, VOICES of Stephenson County, Lena Ministerial Food Services and many others. Areas that are eligible to receive funds include organizations with existing programs: served meals, other food, mass shelter (on-site), other shelter, supplies/equipment, and utilities assistance

Under the terms of the grant from the National Board, local organizations chosen to receive funds must be private voluntary nonprofits or units of government (if private voluntary organization, must have a volunteer board), have an accounting system, practice nondiscrimination, and have demonstrated the capability to deliver emergency food and/or shelter programs

Public or private voluntary organizations interested in applying for Emergency Food and Shelter Program Funds can visit www.uwni.org/efsp or contact the United Way of Northwest Illinois, Inc. at (815) 232-5184 for an application. Grant request applications are due by Feb. 14, 2022 at the United Way office, 524 West Stephenson Street, Freeport, by 4 p.m.



SUBMITTED PHOTO Rock Valley Publishing

Le-Win/Stockton PantherHawk Wrestling

Congratulations to Marey Roby (center) as he punched his ticket to the 100 win club in Durand as the PantherHawks beat Du-Pec 68-0!



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Rock Valley Publishing

Congratulations Zach White (center) on joining the 100 win club with a fall over Clinton, IA!

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Obituaries

ETHEL J. WICHMAN

Ethel J. Wichman, age 98 went to be with her lord with her family by her side on Tuesday, Jan. 18, 2022. She was born on Dec. 27, 1923, to George and Beada (Lied) Korth in Buckeye township in rural Stephenson County, IL. She married Clarence Wichman on Jan. 15, 1941.

Ethel worked for Newell for 28 years which she retired from in May of 1988. She was a member of the Emmanuel Evangelical Congregational Church in Cedarville, IL for many years. In her free time, she enjoyed reading, gardening, and tending to her flowers, and sewing her own clothes. Her husband and her loved traveling around the United States together. After retirement she took many bus trips with her sister. Above all she loved her family and spending time with her grandchildren.

She is survived by her son Melvin (Susan) Wichman of Orangeville, IL, three grandchildren- Matthew (Beth) Wichman, Jesse (Deborah) Wichman, and Jen (Mike Simler) Maves; 8 great-grandchildren- Amber (Dylan) Lutz, David (Samantha) Wichman,



Kelsy Wołosonovich, Kate Wichman, Alex Wichman, Rachel (Igor) Leshchinskiy, Rebecca Maves and Brennon Simler; 4 great-great-grandchildren- Grayson, Eli, Flora and Poppy along with many nieces and nephews.

She is preceded in death by her parents, husband Clarence in 1980, daughter Marcette in 1942, sister Florence Heck and brother Russell Korth.

Funeral Service will be held on Saturday, Feb. 5, 2022, at 11 a.m. at the Park Hill Church in Freeport, IL. With a visitation being held from 10 a.m. until time of service. Pastor Mark Balmer will be officiating the service.

Burial will take place at a later date at the Cedarville Cemetery in Cedarville, IL.

Cremation rites have been accorded. A memorial had been established in her memory for the Freeport Pregnancy Center. Condolences may be sent to the family at www.leamonfh.com.

DOROTHY WUBBENA

Dorothy Wubbena, age 97, of Shannon, IL, passed away Sunday, Jan. 16, 2022 at Lena Living Center. She was born in Shannon on Apr. 3, 1924 to the late Roland and VerDena (Daniels) Artman. Dorothy married Robert Wubbena on Sep. 27, 1946. Bob passed away on Oct. 20, 2007.

Dorothy graduated from Shannon High School in 1942. She was a member of Bethel United Methodist Church and United Methodist Women. She served as a 4-H Leader



for several years and worked in the office for the Carroll County Fair for numerous years. Dorothy enjoyed ceramics, sewing, gardening, fishing with her husband, attending sporting events and spending time with her family, especially her grandchildren and great grandchildren, she was so proud of all their accom-

plishments. She loved hosting Holiday family gatherings and looked forward to watching the grandkids and great grandkids play football in the backyard.

She is survived by her son, Wayne (Sandy) Wubbena of Warren; her daughter, Darlene (Douglas) Pauley of Winslow; her six grandchildren, Becky (Ryan) Guentner, Krista (Brett) Fry, Wendy (Shawn) Bean, Scott (James Waite) Wubbena, Jody (Ryan) Indergand, and Mark (Cynthia) Pauley; her 12 great grandchildren, Olivia,

Jack, Breyton, Sadie, Brynn, Sawyer, Payton, Kayla, Drew, Kiera, Brady and Miles; and several nieces and nephews. She was preceded in death by her parents; her husband; her son, Darold Wubbena; and her sister, Florence Thede.

A private family service will be held. A memorial service will be held at a later date. Interment will take place at Brethren Cemetery in Shannon. A memorial fund has been established. Condolences may be shared at www.hermannfuneralhome.com.

CAROL A. GRIFFIN

Carol A. Griffin, 77 of Stockton, IL, passed away Jan. 5, 2022 at her daughter's home in Chicago. She was in the presence of her three loving children, Donna, Laura & Daniel (Melissa). Carol was born Oct. 7, 1944 on the Southside of Chicago, the only child of Edward and Ruth Snack (Wellestat). Carol joined Daniel Griffin in marriage in 1965 and they raised three children.

Carol worked as a bookkeeper and was a licensed realtor. In 1986 Daniel and Carol purchased a farm in Stockton, IL where their youngest child, Daniel, grew up.

Carol had four grandchildren; Emily Ruch (Donna), Kylie Wiecezorek (Laura), Taylor & Carter Grif-



fin (Daniel). After 26 years of marriage Carol and Daniel amicably separated. In 1996 Carol partnered with Harlan Kluckhohn who precedes her in death (2015), to own and operate a successful Buelingo Beef Cattle operation. Carol loved her dogs, cooking and gardening. She was an active volunteer for Parkinson's support group. Carol continued working on her farm until she was physically no longer able to do so. Her family will keep the farm fully operational in her loving memory. A memorial of life will be held in the summer of 2022.

TERRY L. SCHEIDER

Terry L. Scheider, 80 of Rockford formerly of Lena passed away unexpectedly on Sunday, Jan. 16, 2022, at Swedish American Hospital in Rockford. He was born Feb. 13, 1958, to Donald and Joyce (Barker) Scheider in Freeport. He was a 1976 Le-Win graduate. He married Janice Miller on Mar. 20, 1976, and together they raised three wonderful children and a grandson. He started his working career as a farmer, worked many years at Kelly Springfield then Gunitie in Rockford.

He was a past member of the McConnell United Methodist Church, Crossroads Community Church, and St. John's Lutheran Church in Lena. He was an avid sports fan, and especially loved his favorite teams, Chicago Bears, Chicago Cubs, and Raptors. He enjoyed relaxing, driving around in his old green truck, singing for weddings and funerals, spending time with his family especially his grandchildren. Terry was a very witty man who was so proud of his children.

He is survived by his wife Janice of Rockford; three children- Chad Scheider of Dekalb IL, Angela (Jorge) Diaz of Darlington WI, Chris



(Tiffany) Scheider of South Elgin IL; grandchildren- Micah Scheider, A Deline (Oliver) Asturias, Carson Diaz, Araceli Diaz, Audrey Scheider, Vivian Scheider; one great grandchild on the way; his mother Joyce Scheider of Lena, IL; siblings- Judy Rampenthal, Steve (Sue) Scheider, and Debbie Vrstal; fluffy puppy Shaq; and numerous other family members.

He was preceded in death by his father Donald; brother-in-law David Rampenthal; and nephew Eric Scheider.

Visitation was held from 10 a.m. to 11 a.m. on Saturday, Jan. 22, at Leamon Funeral home in Lena, IL.

Funeral Service followed the visitation also at Leamon Funeral Home in Lena, IL. Officiating at the service was Son-in-law Jorge Diaz. Burial was at Chapel Hill Memorial Gardens in Freeport, IL.

In lieu of flowers, a memorial has been established in his memory. Condolences may be sent to the family at www.leamonfh.com.

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The family of Curtis (Big Curt) Broge would like to thank all of our friends and family for all of the love and support shown to us during this difficult time. It was so special to see so many friends and family at the funeral and to know Curt touched so many lives. All of the cards, phone calls, visits, food, flowers and memorial donations are very much appreciated. Thank you to the Winslow Fire Dept. and anyone else that helped at the time of Curt's passing.

God Bless! LaVerne & Linda, Mark, Val & family

411421

The family of Lona Kuhlmeier would like to express our sincere thanks to everyone who sent cards, memorial contributions, flowers, food, prayers and other acts of kindness at the time of our loss. A special thank you to pastors Wayne Fisher and Chip Sohl and also to FHN Hospice.

411422

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Incidentally, Diastemas

A diastema is a term used for a gap between the teeth. While they can occur anywhere in the mouth, the diastema you are most familiar with is when the gap occurs between the two front teeth. On the upper arch this is called a maxillary midline diastema (MMD), while a gap between the lower front teeth is called a mandibular midline diastema. The good news is that MMDs are extremely common in children with primary or "baby" teeth and will usually resolve themselves naturally by the time their last permanent teeth erupt.

There are many causes for diastemas and these varied etiologies mean that there is no one size fits all treatment plan to address a diastema. Sometimes diastemas have a genetic etiology. The size of your jaw, congenitally missing, misshapen, or small teeth, cleft lip, cleft palate (or both), and overgrowth of the frenum (skin between the top lip and the front teeth.) There are also occasions when the etiology or cause of the diastema may be the result of a behavior. An example of this would be dysfunctional habits like prolonged thumb sucking (after age 3) which can lead to a midline diastema in the upper jaw, or tongue thrusting (which can lead to a midline diastema in the lower jaw. Poor oral hygiene, especially when accompanied by a diet high in sugar and acids, can lead to premature loss of primary teeth due to decay and periodontitis in children. Periodontal disease and decay can lead to loss of permanent teeth in children and adults as well.



By **DR. STEPHEN PETRAS**
Illinois Licensed
General Dentist

Whatever the cause or location of a diastema, that extra space can cause misalignment of the teeth. Diastemas may also lead to issues with pronunciation and speech. They can affect your ability to eat and digest food properly and cause psychological issues such as low self-esteem. A posterior diastema often becomes a food trap, contributing to tooth decay, periodontal disease and further loss of bone.

When and how diastemas are addressed depends on a number of factors. These include the underlying cause of the diastema, where it (or they) is (are) located, how many teeth are involved, any accompanying overall health or oral health issues, the age of the patient and jawbone development. For instance, sometimes when a permanent tooth is congenitally missing, a primary tooth may remain, as there is no secondary tooth to push it out. With excellent oral hygiene, the tooth may be retained until jaw growth is complete and an implant can be placed. If the tooth is lost to decay or an accident, other interventions may be required to restore normal function. Early intervention is also required to address habits such as prolonged thumb sucking and tongue thrusting to avoid further

See DIASTEMAS, Page 8

News briefs

Believers Basics Bible study

This Bible study offering covers the basic truths of Biblical Christianity. It will be held at the Community Center, LL at 497 Lions Dr. on Sunday, Jan. 30 at 5 p.m. Call Pastor Cliff at 716-229-9281 for information.

Lena United Methodist Church

The "Kid's Night Out" Valentine's Party will be held on Thursday, Feb. 3 from 5:30 p.m. to 8 p.m. at Lena United Methodist Church, 118 W. Mason Street. Kids 5-10 years old can come join us for crafts, games, food, friends and fun! Kids will be supervised at all times by adults and older church youth. Masks

will be required except while eating and drinking. Kid's night is free. Please RSVP so we can plan accordingly through email umclena@gmail.com or call 815-369-5291.

Pearl City UMC soup and sandwich luncheon

The luncheon is scheduled for Sunday Feb. 6, from 11 a.m. to 2 p.m. The menu includes soup (chicken and rice, bean and ham, or cheesy potato), and egg salad or a ham sandwich. Dine-in or carry-out at Pearl City UMC 411 S. Main St. in Pearl City. The cost is \$6 per adult, \$3 per children ages 5-12, and free for children under 5.

Stephenson County Fair

The Stephenson County Fair Association is excited to bring the fair to Freeport on Jul. 26 through 30, 2022. The Grandstand events will be Tractor Pulls on Tuesday and Wednesday. Youth and Family Night with Scramblers and activities is on Thursday. Friday night is Bulls and Barrels and the Demolition Derby is on Saturday. There are many new free activities and events on the grounds for 2022.

Applications for vendors, community entertainment and involvement from all of the Stephenson County Organizations are now being accepted. For more information, go to stephensoncountyfair.org or call the office at 815-235-2918

Spelling Bee

The Lena-Winslow Annual Spelling Bee will take place Tuesday, Feb. 1, 2022, with an inclement weather date of Feb. 2. The Spelling Bee competition will take place at 9 a.m. in the Lena-Winslow Elementary cafeteria for grades four through eight, with doors opening at 8:45 a.m. The two winners of this event will advance to the Regional Spelling Bee. Please wear a mask and enter through the Panther Den entrance.

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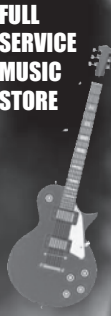
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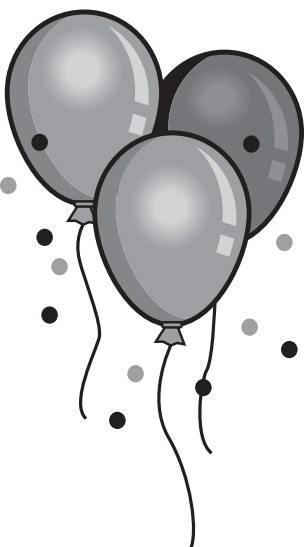
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411430

Latest COVID-19 surge has likely peaked, Pritzker says

Numbers of hospitalizations, and patients in ICU or on ventilator, declining in Illinois

By Peter Hancock
CAPITOL NEWS ILLINOIS

Gov. JB Pritzker said Jan. 18 that he is "cautiously optimistic" that the recent surge in COVID-19 cases spurred by the omicron variant has peaked, but he cautioned that another variant could appear at any time and continued to urge people to get vaccinated and wear face coverings when in public.

"Over the last two years, I've said over and over that you don't know when a surge

has reached its peak until you're on the other side of it," Pritzker said during a news conference in Chicago.

As of late in the day Jan. 18, 6,507 Illinoisans were hospitalized with COVID-19, a relatively high number but still down 11.8 percent from the peak recorded on Jan. 13 when 7,380 were hospitalized.

Of those hospitalized, 1,085 were in intensive care units and 608 were on ventilators, also high numbers but still down from their peaks of

about a week earlier.

On Jan. 19, the Illinois Department of Public Health reported 26,491 new cases of the virus out of 194,306 tests performed. Over the previous seven days, the case positivity rate averaged just over 12 percent. But IDPH Director Dr. Ngozi Ezike said the reported number of cases is no longer the most important statistic to track.

"I am absolutely moving away from the cases because we know that that's not even the full story, given all the home tests and all the positives that are happening at home that are not recorded

in any of our Department of Public Health databases," she said. "But the hospitalizations, you can't hide a hospitalization. And so as we look at those hospitalizations and understand where those numbers are going, ... that is definitely a clear signal of the direction we're moving in."

The news conference took place on the same day the U.S. Postal Service officially opened a new website on which people can order free home testing kits. Every household can order a package of four individual rapid antigen tests that will be shipped in late January. That

website is <https://special.usps.com/testkits>.

Despite the downward trend, Pritzker and Ezike both urged residents to get vaccinated, to get booster shots when they're eligible and to continue wearing face coverings in public places.

"The omicron surge has tested and proven once again that vaccines and masks are our best tools to keep most people safe from each variant of COVID-19," Pritzker said. "Nevertheless, omicron's high transmission rate caused more COVID hospitalizations than ever before. The vast majority unvaccinated. Our hospital

systems and health care workers have battled to treat and to save not just COVID-19 patients, but every patient who walks through their doors."

Pritzker noted that some hospitals in Illinois have been strained so much that they are reaching out to the Federal Emergency Management Agency for help. On Jan. 18, he said, more than two dozen health care workers were deployed to Ingalls Memorial Hospital in Harvey, a south suburb of Chicago. That's in addition to the 22 workers deployed last week to the Javon Bea Hospital-Riverside in Rockford.

Church news

Good Shepherd Lutheran Church

All are invited to worship at Good Shepherd Lutheran Church, 118 E. Mason St. Lena, IL. On Sunday, Jan. 30th, 2022 at 9:30 a.m. we will hold Fourth Sunday after Epiphany worship service. This is communion Sunday. The service can be joined in-person or via Facebook Live. The reading will be from Luke 4:21-30, 1 Corinthians 13, and Jeremiah 1:4-10. We will hold the annual congregational meeting after the service.

The state and CDC guidelines will be followed for gathering. For the safety for everyone it is encouraged to wear masks and practice social dis-

tancing inside the building.

On Saturday, Jan. 29, Men's Group will meet at 4:30 p.m. at church. On Tuesday, Feb. 1, Bible Study group will meet at 10 a.m. We are reading the end of Genesis. Everyone is welcome to join.

On Wednesday, Feb. 2, Peace Corps Quilting group will meet from 8 a.m. to 11:30 a.m. No quilting experience necessary. Come and tie the quilts and make difference in the world.

All services will be recorded and be available on church's Facebook page and website at <http://goodshepherdlena.org/> and <https://www.facebook.com/GSLCLenaIL>. Please contact the church office at 815-369-5552 with any questions.

FHN to offer free Covid SHIELD testing

FHN will offer free Covid SHIELD saliva-based COVID-19 testing in Freeport beginning Thursday, Jan. 20.

Developed by the University of Illinois, the Covid SHIELD test bypasses the RNA extraction step that is part of most tests, which speeds up the test process, reduces the cost, and avoids supply chain challenges. The process requires individuals to simply deposit a small amount of saliva in a vial, which usually takes less than five minutes.

Testing is free and open to the public and will be offered via appointments from 7 a.m. to 11 a.m. Mondays and from 2 p.m. to 5:30 p.m. Thursdays at FHN's COVID-19

vaccination site, 1763 S. Dirck Drive in Freeport.

In order to get tested, individuals should create an account on the SHIELD Illinois portal located at portal.shieldillinois.com and schedule their test appointment. Please use df5brbrj for the Agency Code. Individuals can also contact 217-265-6059 for help setting up an account, creating appointments, and accessing results.

Persons must present an ID and the QR code provided when the appointment was scheduled and should not eat, drink, or put anything in their mouth for an hour before taking the test. That includes smoking,

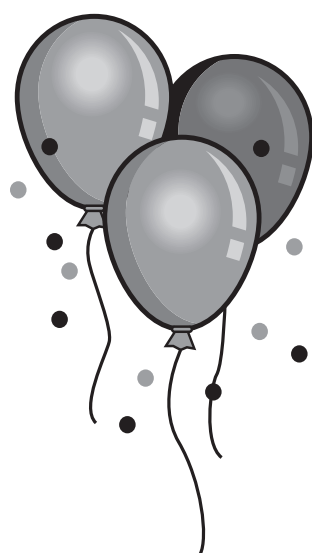
drinking, chewing gum, and using mouthwash.

Results are available within 72 hours and will be posted in the SHIELD patient portal after the lab results are completed. FHN will not be made aware of nor have access to your results; please refer to the SHIELD portal for your results. By law, positive test results are reported to the relevant public health department(s) for contact tracing.

For more information about the Covid SHIELD test, visit www.shieldillinois.com. Visit www.fhn.org/coronavirus for more information on vaccinations and local efforts to slow the spread of the COVID-19 virus.

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'Historic moment' for Illinois rural medicine

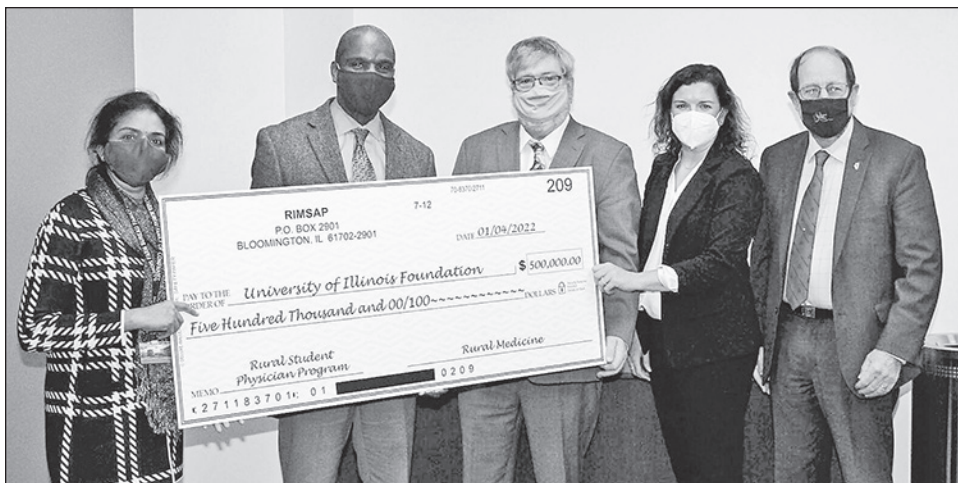
By Kay Shipman
FARMWEEK

A program to train rural student physicians will continue, thanks to a \$500,000 donation. The Rural Illinois Medical Student Assistance Program (RIMSAP), sponsored by the Illinois Farm Bureau and the Illinois State Medical Society, presented a contribution Jan. 4 to the endowment fund for the Rural Student Physician Program (RSPP) at the University of Illinois College of Medicine.

"This contribution guarantees that RSPP will continue into the foreseeable future because of this endowment," said Dr. Paul Pedersen, RIMSAP chairman. "This is a historic moment for all of us."

IFB Director Steve Stallman added the IFB has always supported the presence of physicians in rural communities because many Farm Bureau members live in rural areas.

In accepting the donation, Dr. Meenakshy Aiyer said the contribution will help the college to continue to train future physicians and prepare them



SUBMITTED PHOTO Rock Valley Publishing

Rural Illinois Medical Student Assistance Program (RIMSAP) representatives contribute to the endowment fund for the Rural Student Physician Program (RSPP). Pictured (from left to right) are Dr. Meenakshy Aiyer and Dr. Kelvin Wynn, both representing RSPP, and RIMSAP board representatives, Illinois Farm Bureau Director Kenton Thomas, Board Vice Chairwoman Dr. Julie Brown, and Illinois Farm Bureau Director Steve Stallman.

for the challenges facing small towns and rural Illinois.

As a former rural physician, Dr. Kelvin Wynn added he was impressed that RIMSAP has supported efforts in rural medicine since 1948.

RIMSAP aims to increase

the number of rural primary care physicians in Illinois.

RSPP will continue "to get physicians into rural communities where they need to be and to help alleviate the disparity," Wynn said. "Thank you for investing in the fu-

ture."

This story was distributed through a cooperative project between Illinois Farm Bureau and the Illinois Press Association. For more food and farming news, visit FarmWeekNow.com.

Senator Steward sending Valentines wishes to residents of long-term care facilities

State Sen. Brian Stewart (R-Freeport) is asking northwestern Illinois residents to join with him to help uplift the spirits of people living in long-term care facilities by making and sending them Valentine's Day cards.

Stewart is encouraging community members, churches, schools, and other groups to participate in the Valentines for Seniors Card Drive, by dropping off Valentine's Day cards or mailing them to his district office in Freeport. Once the cards have been collected, they will be delivered to residents of the various long-term care facilities in communities across the 45th District.

"As the COVID-19 pandemic - with all its restrictions - enters its third year, long-term care facilities continue to follow strict protocol to protect their residents from COVID-19 in all its various forms," Stewart said. "This isolation means many long days for our senior citizens who do not have much outside physical contact with their loved ones and friends. Sending Valentine's Day cards will let them know that people do care and are thinking about them."

Valentine's Day cards will be accepted through Feb. 7. Participants will have the option to either mail cards or drop them off at Sen. Stew-

art's district office, 50 W. Douglas St., Suite 1001, Freeport, IL 61032.

Those choosing in-person delivery should remember to maintain social distancing and

to wear masks when entering the offices. Contact Connie Marney at connie@senatorstewart.com for more information, or to indicate interest in participating.

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Pork Chop Dinner offered by the Pearl City FFA

The Annual Pearl City FFA Pork Chop Dinner is scheduled for Friday, Feb. 11, from 5 to 7:30 p.m. The dinner will be held at the Pearl City High School Cafeteria. Tickets can be purchased from members of the Pearl City FFA or at the door. The dinner will include a pork chop sandwich, chips, cookie, and drink for \$8.

The Pearl City FFA and FFA Alumni host this dinner along with a silent auction to raise funds to benefit the Pearl City FFA. The funds will be used to help students attend leadership trainings, camps, state and national conventions as well as judging competitions and contests. Stay after the dinner and cheer on the Pearl City Boys Basketball team as they play the Le-Win Panthers.

LEGAL NOTICE

The regular monthly business meeting for the West Point Township County of Stephenson and State of Illinois for the year 2022 will be held at 7:00 PM at the West Point Township Building, 6890 N Five Corners Rd, Lena, on the following dates:

- January 4, 2022
- February 1, 2022
- March 1, 2022
- April 5, 2022

- May 3, 2022
- June 7, 2022
- July 5, 2022
- August 2, 2022
- September 6, 2022
- October 4, 2022
- November 1, 2022
- December 6, 2022
- William Staton, Clerk
(Published in
The Shopper's Guide
Jan. 26, 2022)

411510

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Slices of life

Don't put off a chance to chase your dreams



By **JILL PERTLER**
Columnist

There's something about a new year that often has me reflecting on time. I guess that's fairly natural. For many of us, January is a time of assessing priorities, setting goals, wrapping up the old year and planning for what's to come.

This year, those thoughts were punctuated by a note I received in the mail from my friend, Alice, in Ohio, who is a regular reader of this column. Alice originally reached out to provide kind words of support after the loss of my husband and we became friends. She was 96-years-old at the time.

Alice has since had a birthday and is currently 97. I hope she doesn't mind my divulging her age; it should be a source of pride. Not many of us have the

opportunity to grace this planet for 97 years—and remain in good health. Alice has managed to do both.

In her latest letter, Alice shared a bit of advice about life and this column. When a 97-years-young friend is kind enough to offer guidance based on their own life lessons you should understand it's high time to listen. I sure did.

Alice suggested that if I was looking for something to write about, I might tackle this credo: "Don't sweat the small stuff and always think on the positive side." It's a mantra that Alice lives by, so it must be a pretty good one. In fact, it's so good I think I may have heard it before. Writers may have already covered the subject, maybe even in a book.

Still, the words are appropriate and worthwhile to ponder, as I did. They've served Alice for many years and have proven themselves not only enduring but true. I will keep them in mind and think of Alice when I do.

This advice from Alice, while appreciated, was not, for me, the most important part of her letter. That came at the very end, when she told me that if and when she makes it to 100 years old she is going to go for a ride in a hot air balloon.

Upon reading that sentence, I knew it was my turn to share some advice. I

may be much younger than Alice, but I've got a few gems up my sleeve. If the last year has taught me anything it's this:

Alice, don't wait three years for the hot air balloon ride. You've already waited 97 years, why wait any longer? Go tomorrow. Go today. Just go.

Even if you go tomorrow, nothing is stopping you from going again when you turn 100. Nothing is stopping you from taking 100 hot air balloon rides between now and your 100th birthday. Or, by then you may have thought of something even grander you want to do.

Some of us wait our whole lives for our own hot air balloon ride, never taking the time for lift off. Some of us never get the chance for lift off. We bank on tomorrow when tomorrow isn't guaranteed.

I'm living that out through grief right now. We are all living it out through this "damndemic," if you'll excuse my semi-profane, albeit clever, play on words.

We are all living it out, but in 2022 whether or not you are 97, or 49 or 28, my advice is to live. Don't wait for your next "big" birthday or life event to live out your own hot air balloon ride. Don't wait to enjoy. And, whatever the color of your balloon, or experience, it's going to be spectacular because you can make it so.

Make it so.
Jill Pertler is an award-winning syndicated columnist, published playwright and author. She invites readers to follow the Slices of Life page on Facebook.

Diastemas

(Continued from page 3)
developmental damage. An overgrown frenum will need to be addressed in infants when it affects latching on in breastfeeding or difficulty in bottle-feeding. A lingual frenectomy (to remove an overgrowth of the frenum that connects the underside of the tongue to the floor of the mouth) may be required in toddlers who are experiencing difficulty in speech or eating. If this condition is not corrected, it may change the position of the jaw as the

child compensates to make speaking easier.
The bottom line is that every dental plan must be individualized to each patient's specific and unique needs, with the goal to restore optimal function and health.

The Scoop Today & Shopper's Guide

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Local students make fall 2021 dean's list

Highland Community College

Highland Community College announces the 2021 fall graduates. Graduates were awarded associate degrees, associate of applied science degrees, or certificates.

Elizabeth: Claire Ketelsen, Associate of Arts, Criminal Justice Certificate; Mary Frances Tracey, Associate of Science

Freeport: Lacreica Allen, Associate of General Studies; Destiny Brooks, Cosmetology Certificate; Brady Carlisle, Associate of General Studies; Christine Ceroni, Associate of Applied Science — Equine Science, Stable Manager Certificate, Equine Riding Instructor Certificate, General Equine Science Certificate; Jaylynn Coppernoll, Basic Welding Certificate;

Craig Downing, Associate of Arts; Jason Eicher, Associate of Arts; Timothy Farrar, Machine Processes Certificate, CNC Machinist Certificate; Austin Flemming, Associate of Science Pre-Pharmacy; Jocelyn Gryzlak, Associate of Arts; Megan Kubly, Associate of Arts; Hailie Lenz, Associate of Arts; Johnathan Martz, Associate of Applied Science - Criminal Justice;

Lena: Isaac Shelly, Associate of Applied Science Industrial Manufacturing, Associate of Applied Science Industrial Mechatronics, Machine Processes Certificate, Welding & Fabrication Certificate, Industrial Maintenance Certificate, Basic Welding Certificate, CNC Machinist Certificate

Pearl City: Amber Roach, Associate of Arts

Stockton: Hailey Lantz, Associate of General Studies; Elizabeth Rowe, Cosmetology Certificate
Warren: Noah Folks, Associate of Science

Stephan
Stockton: Kaylee Luke, Bryce Platt
Winslow: Bryana Wulfekuhle

Iowa State University dean's list

Elizabeth: Greta Dittmar
Hanover: Julianna Kuzniar
Pearl City: Isabella Kostalari
Stockton: Kendra Scace

Loras College dean's list

Apple River: Madelyn Cogne
Lena: Mary Fellers, Lucas Schoaf
Orangeville: Hannah Hazard
Pearl City: Madyson

Mount Mercy University dean's list

Lena: Andrew Lorig

Northern Illinois University dean's list

Lena: Joseph Lenz,
Pearl City: Jenna Robinson,
Stockton: Haley Brudi, Britany Robinson

University of Iowa dean's list

Lena: Gennings Dunker
Pecatonica: Madalyn Fitzanko
Stockton: Ellen Fox



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411044

LEGAL NOTICES

2022 SR. CITIZEN ASSESSMENT FREEZE HOMESTEAD EXEMPTION

Qualifications:

- Must be 65 years of age or older in 2022;
- Have used the property as your principal place of residence since January 1, 2021;
- Own the property on January 1, 2021 and January 1, 2022;
- Must be a single family residence;
- Be liable for the payment of property taxes for 2021 and 2022;
- Have a total household income (includes everyone who lives at the residence) of no more than \$65,000 for 2021.
- Must renew annually

You **must** submit a complete copy of both your Federal income tax includ-

ing Schedule 1 with your application. If you DO NOT file income tax, then you **must** submit a copy of your Statement of Social Security Benefits, Statement of Pension Benefits, W-2's and 1099's or any other household income. You must apply for this exemption every year.

This exemption freezes the assessed value of your property. It does NOT freeze your tax bill. The deadline for filing is July 1, 2022.

If this is the first time you are eligible, please contact the County Assessment Office at (815) 777-1016 for an application.

Chief County Assessment Office

(Published in The Scoop Today Jan. 26, 2022)

411371

PLEASANT VALLEY TOWNSHIP 2022 MEETING SCHEDULE

Thursday, January 13 @ 7 pm	Monthly Meeting
Thursday, February 10 @ 7 pm	Monthly Meeting
Thursday, March 10 @ 7 pm	Monthly Meeting
Tuesday, April 12 @ 7 pm	Annual Town Meeting*
Tuesday, April 12 @ 7:30 pm	Monthly Meeting*
Thursday, May 12 @ 7 pm	Monthly Meeting
Thursday, June 9 @ 7 pm	Monthly Meeting
Thursday, July 14 @ 7 pm	Monthly Meeting
Thursday, August 11 @ 7 pm	Monthly Meeting
Thursday, September 8 @ 7 pm	Monthly Meeting
Thursday, October 13 @ 7 pm	Monthly Meeting
Thursday, November 10 @ 7 pm	Monthly Meeting
Thursday, December 8 @ 7 pm	Monthly Meeting

All meetings held at the Pleasant Valley Township Hall.

All meetings will be held on the second Thursday of the month with the following exceptions:

*The Annual Town Meeting, to be held on Tuesday, April 12th in combination with the monthly meeting.

(Published in The Scoop Today Jan. 26, 2022)

411431

2022 Disabled Veterans' Standard Homestead Exemption

Qualifications:

- You must be an Illinois resident who has served as a member of the U.S. Armed Forces on active duty, Illinois National Guard, or U.S. Reserve Forces and not dishonorably discharged;
- You must have at least a 30% service-connected disability certified by the U.S. Dept. of Veterans Affairs;
- You must own and occupy the property as your primary residence on January 1, of the assessment year, or the exemption granted under this Section shall be prorated on a monthly basis, beginning the first completed month in which the person occupies the qualified residence, and be liable for the payment of the property taxes;
- You must have a total EAV of less than \$250,000 for the primary residence;
- MUST renew annually.

A certified DD Form 214 and a **current** disability certification letter from the U.S. Dept. of Veterans Affairs for the current assessment year must be provided.

Deadline for filing an application is July 1, 2022.

Please contact the Chief County Assessment Office at 815-777-1016 for an application.

Chief County Assessment Office

(Published in The Scoop Today Jan. 26, 2022)

411372

2022 Disabled Persons' Homestead Exemption

Qualifications:

- You must be disabled or become disabled during the assessment year;
- You must own or have a legal or equitable interest in the property on January 1, 2022;
- You must occupy the property as your principal residence on January 1, 2022;
- You must be liable for the payment of the property taxes;
- Must renew annually.

Proof of disability must be submitted in the form of a Class 2 Illinois Disabled Person

Identification Card, Social Security Administration disability benefits, Veterans Administration disability verification you are receiving a person for non-service connected disability. Railroad or Civil Service disability benefits (100% disability).

Deadline for filing is July 1, 2022.

Please contact the Chief County Assessment Office at 815-777-1016 for an application.

Chief County Assessment Office

(Published in The Scoop Today Jan. 26, 2022)

411373

Returning Veterans' Homestead Exemption

Qualifications:

- You must be an Illinois resident who has served as a member of the U.S. Armed Forces, Illinois National Guard or U.S. Reserve Forces;
- You must have recently returned from active duty in an armed conflict involving the armed forces of the U.S.;
- You must have owned or had a legal or equitable interest on January 1, 2022;
- You must be liable for the payment of property taxes.

A certified DD Form 214 must be provided or if not discharged, then your military orders and travel voucher showing date of return must be provided.

Deadline for filing is December 31, 2022.

Please contact the Chief County Assessment Office at 815-777-1016 for an application.

Chief County Assessment Office

(Published in The Scoop Today Jan. 26, 2022)

411374

2022 SR. HOMESTEAD EXEMPTION PERSON 65 YEARS OF AGE

Qualifications:

- Must own and occupy home as a full time resident as of January 1, 2022
- Must be liable for paying the real estate taxes on the property

• Must be of the age of 65 or older in 2022

Apply at the Chief County Assessment Office, 330 N. Bench Street, Galena, IL prior to May 31, 2022 or phone 815-777-1016. First time applicants are required to submit a copy of their driver's license. Those currently receiving this exemption do not need to reapply.

Chief County Assessment Office

(Published in The Scoop Today Jan. 26, 2022)

411369

2022 OWNER OCCUPIED EXEMPTION

Qualifications:

- Must own and occupy home as a full time resident as of January 1, 2022;
- Must be liable for paying the real estate taxes on the property

Apply at the Chief County Assessment Office, 330 N. Bench Street, Galena, IL prior to May 31, 2022 or phone 815-777-1016. Applicants are required to submit a copy of their driver's license or Federal Income Tax form. Those currently receiving this exemption do not need to reapply.

Chief County Assessment Office

(Published in The Scoop Today Jan. 26, 2022)

411370

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FROM LENA'S KITCHEN



The not so skinny cook

I don't know about my readers out there, but this writer is tired of living in a dark cocoon. I have the blinds closed, the drapes closed, and everything I know of sealed up. It was a brutal weekend. However, it was a good weekend to cook. I hope you made some good soup, a good oven dish, and baked a little something. The recipes for this week feature a great appetizer, a throwback recipe, some yummy mashed potatoes, a great chicken sandwich, and a wonderful Oreo dessert.

Chipped Beef Cheese Ball

I love dried beef dip. This one is relatively easy and tasty. Helpful hint: Rather than buy five packages of dried beef, go to A.J.'s Lena Maid Meats and buy 1 pkg of their delicious, dried beef. It is more economical and better tasting. I also think any butter cracker will do, so if you don't have Ritz, use Pepperidge Farm or another butter cracker.

5 pkg (2 oz. each; total 10 oz.) thinly sliced dried beef
12 oz. cream cheese, softened
1/3 C. finely chopped sweet onion
4 drops Worcestershire sauce
Ritz crackers and assorted fresh vegetables

Place sliced dried beef in a food processor; puree until finely chopped in a bowl. Beat cream cheese until smooth. Stir in 2/3 C. beef and the onion and Worcestershire sauce. Refrigerate, covered at least 1 hour.

Place remaining beef in a small shallow bowl. Shape cheese mixture into a ball; roll in beef to coat evenly. Wrap; refrigerate at least 1 hour. Serve with crackers and vegetables.

So Tender Swiss Steak

There is a lot of what is called "retro" recipes. They are bringing back recipes from the past. In the 1960's Swiss Steak was one of the staples for a great Sunday meal. It has been making the cooking rounds again.

1/4 C. flour
1/2 t. salt
1/4 t. pepper
2 lbs. beef top round steak, cut into serving-size pieces
2 T. canola oil

1 medium onion, thinly sliced
2 C. water
2 T. Worcestershire sauce

Gravy

1/4 C. flour
1/4 t. salt
1/8 t. pepper
1/4 C. beef broth

Preheat the oven to 325. In a large shallow dish, combine flour, salt and pepper. Pound steak with a mallet to tenderize. Add meat a few pieces at a time and toss to coat.

In a Dutch oven, brown steak in oil on both sides. Arrange onion slices between layers of meat. Add water and Worcestershire sauce. Cover and bake 2 1/2 hours or until meat is very tender. Remove to a serving platter and keep warm.

For the Gravy: In a small bowl, combine flour, salt, pepper, and broth until smooth; stir into pan juices. Bring to a boil over medium heat; cook and stir 2 minutes or until thickened.

Mashed Red Potatoes

These mashed potatoes will go great with the gravy and Swiss steak. They are easy to make and tasty.

4 1/2 lbs. unpeeled red potatoes cut into 1-inch pieces
6 T. butter, cubed
1 1/2 t. salt
3/4 t. pepper
1 to 1 1/2 C. heavy whipping cream, warmed

Place the potatoes in a large saucepan or Dutch oven and cover with water. Bring to a boil. Reduce the heat; cover and cook until tender, 10 to 15 minutes. Drain. In a large bowl, mash the potatoes with butter, salt, pepper, and enough warm cream to achieve desired consistency.

Ultimate Chicken Sandwich

Every fast-food restaurant touts their chicken sandwich as the best. This one uses buttermilk to tenderize the chicken. The recipe is for an air fryer. I have had some requests for air fryer recipes and thought this one was a good one for the average family.

3 boneless skinless chicken breast halves (6 oz. each)

3/4 C. buttermilk
2 t. hot sauce
2 eggs, beaten
2 C. flour
1 T. plus 1 t. garlic powder
1 T. onion powder
1 T. paprika
2 t. pepper
1 t. salt
1/3 C. canola oil

Hamburger buns, lettuce, pickle slices, onion slices, and mayonnaise

Cut each breast horizontally in half; place in a bowl. Add buttermilk and hot sauce; toss to coat. Refrigerate, covered for 8 hours or overnight. Preheat an air fryer to 400. Stir eggs into chicken mixture. In a dish, whisk flour, garlic powder, onion powder, paprika, pepper, and salt. Remove chicken from the buttermilk mixture. Dredge chicken in flour mixture, firmly patting to help coating adhere. Repeat, dipping chicken into buttermilk mixture and then dredging again in the flour mixture.

Place chicken on a wire rack over a baking sheet. Refrigerate, uncovered for 30 minutes. Using a pastry brush, lightly dab both sides of chicken with it until no dry breading remains. In batches, arrange chicken in single layer on greased tray in air-fryer basket. Cook until a thermometer reads 165 and the coating is golden brown and crispy, 7 to 8 minutes on each side. Remove the chicken; keep warm. Toast buns in air

fryer until golden brown 2 to 3 minutes. Top buns with chicken and other toppings.

Oreo Cake

This cake is easy to put together because it starts with a cake mix. The crushed Oreos are added to the batter to make the cake extra good. It is a beautiful cake on a cake stand, and it would be a great Valentine's Day cake.

1 pkg. white cake mix
3 egg whites
1/3 C. oil
9 Oreo cookies, finely chopped plus additional cookies quartered
3 C. butter at room temperature
6 C. powdered sugar
2 t. vanilla
1/3 C. semisweet chocolate chips
1/3 C. heavy cream
Chopped Hershey candy bars

Preheat oven to 350. Coat 3 round cake pans (9 inch) with baking spray with flour. On low speed, beat cake mix, egg whites, oil, 1 C. water until just

combined, about 2 minutes; add chopped cookies. Stir until just combined and evenly distributed. Divide evenly among cake pans. Bake until toothpick inserted in centers comes out clean, about 15 minutes. Let cool in pans for 10 minutes. Transfer from pans to rack and let cool completely.

On medium speed, beat butter until fluffy, 3 minutes. On low, gradually beat in powdered sugar and vanilla until combined. On medium high, beat until fluffy, 3 minutes. Transfer 3/4 C. frosting to pastry bag fitted with star tip; reserve. Place 1 cake layer on serving plate or pedestal; spread with 1 C. frosting. Repeat with second layer. Top with remaining cake layer; spread top and side with remaining frosting. Chill until set, about 1 hour.

In microwave-safe bowl, microwave chocolate chips and cream in 15 second intervals, stirring, until smooth; let cool. Spread over the top of the cake, allowing some to drip down the sides. Pipe reserved frosting on top. Garnish with remaining cookies and decorate with can-

dy pieces

Final Thoughts

I think the last of the Christmas decorations have been packed up and put away for another year (although I probably will find just one more thing somewhere!). I now begin closet cleaning. I decided to get rid of my fat wardrobe and my skinny one too. I will let you know how that works out. There will probably be another weekend of staying in out of the cold and watching football. It is a good thing I can pass the time watching football games. Hopefully our furnaces keep putting out the warmth and the electricity stays on. There is a lot of sickness around, and if you don't have to go out hopefully it can be dodged. Please stay safe and healthy. Remember that we will be looking for some heartier cooking recipes, so if you have a good soup, bread, or pie recipe, send it our way. Contact us in person, by mail at From Lena's Kitchens, *Shopper's Guide* at 240 W. Main St. or email us at scoopshopper@rvpublishing.com.

City of Freeport seeking to fill Fire Chief vacancy

The Freeport City Council took action Tuesday, Jan. 18, to fill the vacancy created by the recent passing of Freeport Fire Department's Chief Brad Liggett. Scott Stykel, a veteran of 24 years at the Freeport Fire Department, was approved and sworn in as the Interim Fire Chief. Stykel will lead the fire department until a replacement

is approved.

The Council also authorized City Manager Randy Bukas to seek any internal candidates from the department for a period of 10 days. It was agreed that, pending any internal candidate applications, the Council authorized the City to enter into a contract with GovHR to conduct a national search for a new

fire chief.

GovHR previously conducted a search for a Freeport Fire Chief vacancy, which resulted in the hire of Brad Liggett. Liggett joined the Freeport Fire Department in 2019 after a 30-year-long career with the Beloit Fire Department with the last 16 years as Beloit's Fire Chief.



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Midwest Food Bank's new CEO taps farm roots, pandemic lessons

Kay Shipman
FARMWEEK
Eric Hodel grew up growing food on his family's diversified,

central Illinois farm. Today, as the new CEO of Midwest Food Bank, Hodel is making sure hungry people can access it.

"We've seen an increase of people going to food pantries and soup kitchens, ... a 10 to 20% increase in demand," Hodel told FarmWeek. "We have an opportunity and privilege to feed the world with an abundance and excess of food."

Midwest Food Bank started on Kieser's family farm in 2003. That farm heritage continued to serve Midwest Food Bank as it grew to 10 U.S. locations, including three in Illinois, and a location in Haiti and another in East Africa. The charity maintains its basic model of providing food to now more than 2,000 nonprofit agencies, which distribute to those in need.

Hodel reflected on the benefits of hands-on learning on a corn-soybean-hay farm with an egg-laying business and sheep flock. The family farm

near Metamora continues with corn, soybeans, hay, purebred sheep and a seed business. "I'm extremely thankful I had that (farm background) as an opportunity. What I learned on the farm benefited me," he said. "It's a great opportunity to have my kids involved and to teach and train the next generation."

Hands-on learning had applications to hunger needs during the pandemic. Midwest Food Bank "learned with the pandemic that food distribution and disaster relief combined into one," Hodel said. The charity changed everything from how food was packaged and distributed to organizing and working with volunteers.

One adaptation has been a packaged family food box to sustain families and ease distribution. Hodel gave an example of an elderly New York woman

who couldn't leave her high-rise apartment, so a family food box left at her door filled an important need. In 2020, Midwest Food Bank distributed food worth more than \$380 million.

In addition, Midwest Food Bank partnered with USDA on its Farmers to Families Food Box program and added meat, milk and fresh ingredients to boxes of shelf-stable foods. Through that pandemic partnership, the charity learned more about available USDA programs, Hodel said.

The CEO anticipates future family food boxes would be available, depending on the situation. Meanwhile, Midwest Food Bank's disaster relief has grown geographically through its state locations and with multiple partners. "As we grow through the U.S., we grow in ability," Hodel said.

Pandemic health and safety protocols also changed how Midwest Food Bank worked with its nearly 18,000 volunteers in 2020. Efforts evolved from "mega groups" to smaller, more frequent openings that "give more opportunities to volunteers," Hodel said. "There definitely was a need," he said.

The charity remained open as an essential business, offering people a safe place to go when schools and other institutions closed. Hodel expects the charity will continue offering multiple opportunities for smaller volunteer groups and will continue using an electronic volunteer sign-up system adopted during the pandemic.

The charity "welcomes calls for new service projects" from Farm Bureau Young Leaders, 4-H clubs, FFA chapters and other groups. For large gatherings, like an annual convention, Midwest Food Bank can offer an on-site service project. Rice, beans and other ingredients for "tender mercy" meals can be brought to a group's location for an on-site project, according to Hodel.

Midwest Food Bank will continue to alleviate hunger and provide disaster relief with a "terrific team, staff and leaders" at each of its 12 locations and volunteers who "are a tremendous blessing to the organization," sharing talents with dedication and a willingness to serve, Hodel said.

For more information about Midwest Food Bank, visit midwestfoodbank.org.

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