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# Shopper's Guide



**VOL. 88 • NO. 6** 

YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, FEB. 2, 2022

# **Business managed by Lena-Winslow District 202 Board**

REPORTER

Once a month members of the Lena-Winslow District 202 Board of Education meet and many of the discussions held relate to how dollars are requested and distributed. Over the past two months action taken through the oversight of board president Jason Kempel has allowed preparations for the upcoming school year to flow.

By late December of 2021, this year's request for

on file by a majority vote of District 202 officials.

With limited modifications needed. outside of standard allowances. considering inflation and the value of real property, a Public Hearing was not required. The dollars that were available were formally requested with a vote to be received by a unanimous decision. Consideration was presented by board member Dennis Groezinger and seconded

jority consensus prevailed. Once the levy was finalized and all the necessary paperwork was put into place, the Board of Education turned its attention to operational

The fiscal year budget was offered for consideration and was followed up by a forum allowing this year's spending plan to be made public.

Throughout the years, budget actions have been fairly standard with expenses duly noted, shared and realized season after season. With the introduction of a new plan for financial spending relating to student, faculty and staff safety, some fiscal year spending patterns had to be mod-

COVID-19 has Board - funding had to be

terring spread, while continuing to offer taxpayer supported, in person learning opportunities.

The fiscal year budget reflects the added expense, in addition to operational needs such as facilities management, personnel matters and the cost of modifying the learning experience. Further action taken by the Lena-Winslow Board of Education involved assuring students can get to school, with safety as much a priority on the journey as in the classroom.

Board president Kempel requested consideration be given for the continuance of a contract with the local student transportation provider. The action cleared the way for a two-year lease extension on six 71-passenger school buses at the cost of, approximately, \$17,640 per bus, per year. With the recent experiences taken into consideration and review of safety and abidance records explored, the motion to approve the action was accepted by a vote of

District 202 officials will gather again in the capacity of Board Member on Tuesday, Feb. 22, beginning at 7pm. As has been the case during recent meetings of the Lena-Winslow Board of Education, citizen taxpayers and others with interest in District matters are encouraged to speak to Board Members at every gathering of elected officials. Citizens are asked to sign up either ahead of the 7 p.m. meeting start time through written means, or in person. Issues are presented to the body of the gathered electorate. The responsibility of Board Members is to take note of citizen concerns through

listening techniques.



SUBMITTED PHOTO Rock Valley Publishing

Dave Gilliland has been selected as the 2022 Illinois Official of the year in boys basketball. He is currently in his 27th year of officiating and also mentors new officials who are just beginning their career.

### Dave Gilliland honored as **Illinois Official of the Year**

Local resident, Dave Gilliland, has been selected by the IHSA as the Illinois Official of the Year in Boys Basketball. The Illinois High School Association annually recognizes an official in each sport statewide for the great work they do for young people in our state and country. Dave will be recognized at the Illinois High School Association Officials' Conference on Saturday, Jul. 9, 2022, in Normal, Illinois.

Dave began his officiating career while a student at Augustana College and received a regional assignment at age 20 in 1978. After graduating from Augustana with a major in English and speech, Dave interrupted his officiating tenure coaching varsity boys' basketball for many years, the majority of them at Burlington Central High School in Burlington, Illinois and Brussels High School in Brussels, wife, Gail.

In 2002, Dave returned to officiating upon becoming a full-time school administrator. He served as the Stockton School District superintendent from 2007-2018 when he retired from education. Dave is completing his 27<sup>th</sup> year in officiating, having worked many regionals and sectionals, 2 super-sectionals, and 2 state finals in 2018 and 2019. In 2019, he refereed the 1A State Championship Game. During the past several years, he has been a certified basketball clinician and has mentored several young officials as they began their careers. He continues to officiate games throughout Illinois ranging from Quincy in the South, the Chicago suburbs in the East, and the entire Northern Illinois Region. He would not have been able to be successful without the support of his family, especially his

### **Eagle Nature Foundation** announces new 50/50 raffle

The Eagle Nature Foundation (ENF) has just announced that it is sponsoring a new 50/50 Raffle with the tickets at \$5 each. The raffle is open to the public for anyone who wishes to donate to the organization. The winner's name in this raffle will be drawn during ENF's Annual Meeting on Mar. 26, 2022, at the Apple River Event Center in Apple River, IL. The winner does not have to be present to win. The full purse in past raffles has been

as high as \$1,300.

The 50/50 raffle is one way that ENF raises funds needed to study the bald eagle to determine why there are not more immature eagles seen during the winter season.

Anyone interested in entering this 50/50 raffle should send their checks, \$5 per ticket, to the Eagle Nature Foundation, 300 East Hickory Street, Apple River, IL 61001 before Mar. 20th. There is no limit as to how many tickets one person can buy.

school districts in many ways, outside of just financial concerns. Some costs are underlying but lead to the need to invest time and money. Because of changes required - through recommendations from the Illinois Department of Public Health and Illinois School

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Mary Brown, age 73, of Lena, IL passed away on Jan. 22, 2022, with her family by her side at FHN Memorial Hospital in Freeport, IL. She was born on Apr. 23, 1948, to Orville and Lucille Nolan in Freeport, IL. Mary attended NIU in Dekalb, IL before marrying Dennis Brown on Mar. 2, 1968, in Lena, IL. Dennis preceded her in death on Dec. 15, 2021. Together Dennis and Mary raised two children. Mary and her husband purchased the Lena Shopper's Guide in 1976 which they owned and operated for 24 years. After they sold the Shopper's Guide, Mary was a teacher's aide for Orangeville Grade School for many years before retiring.

Mary enjoyed many family vacations and spending time with her amazing family and friends. She loved feeding the birds and always wanted to find beautiful cardinals in her yard. Mary and Dennis loved seeing the Oak Ridge Boys in concert and singing to her favorite acapella groups in the car. Her favorite pastime was attending sporting events of her grandchildren, nieces, and nephews. Mary was an active member of St. John's Lutheran Church in Lena, St. John's Women's Society, and was a long-time member of the Beta Sigma Phi Sorority. Mary was also a past member of the LBPA.



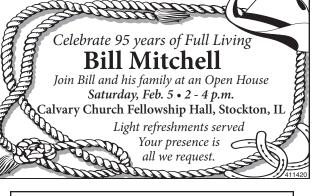
Mary is survived by her children; Laura (Ben) Pearson of Geneseo, IL and Steven (Kali) Brown

of Stockton, IL; 4 grandchildren - David, Wes, Veronika, and Vanessa; mother-in-law Gertrude Brown of Lena, IL, 2 brothers; David (Fawn) Nolan, and Dennis Nolan, both of Lena, IL; sister in-law Diane (Dan) Paulsen of Lena, IL, and several nieces, nephews, and cousins.

She was preceded in death by her beloved husband of 53 years, Dennis Brown, her parents, Orville and Lucille Nolan, her father-in-law Robert Brown, and sister-in-law Sally

Funeral services were held at 12 p.m. on Saturday, Jan. 29, at St. John's Lutheran Church in Lena, IL. A visitation was from 10 a.m. until time of services on Saturday also at St. John's Lutheran Church in Lena, IL. Burial will be at Lena Burial Park in Lena, IL. A luncheon was provided at the church following the committal service at the cemetery.

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



#### The Family Of MARILYN SCHLICHTING

Sincerely "Thank You" For Your Support With Prayers, Cards, Memorials

And Flowers

Roger Schlichting, Richard & Renee Carmody, Andrew & Cindy Schlichting & Family, Lisa Loeffler & Family, Wayne & Carol Westaby

Wish Wish Pauline Feltmeyer a Happy 99th Birthday on February 2nd



#### **ALLEN TURNER**

passed away on Wednesday, Jan. 26, 2022, peacefully at his home with his family at his side. He was born on Jan.8, 1934, in Freeport, IL the son of Arthur and Florence (Hall) Turner. Allen married Virginia (Helsinger) on Apr. 9, 1955, in Fort Riley, KS. Allen served in the Army 10th Mountain Division Combat Engineers. He spent 2 and a half years in Germany where his son David was born. Allen worked at Kelly Springfield for 28

Allen was a member of St. John's Lutheran Church of Lena. Allen loved working in the garden and sharing it with others, traveling especially on the back roads, and spending time with his grandchildren.

He is survived by his wife Virginia of 66 years, 6 children; Deborah (John Blair) Jordan of Stockton, IL, David (Lorraine) Turner of Freeport, IL, Sherry (Jim) Soehnlein of Madison, WI, Peggy (Dan) Korth of Stockton, IL, Stuart (Filomena)

on Jan. 1, 1953, in Belvi-

dere, IL to Paul and Luella

(Krupke) Barth. She loved

helping others and did so by

becoming an RN and serving

on the Warren ambulance

she took a trip to Switzer-

land and Ireland as well as

many trips to the east coast

to see her cousins. She loved

her pets, enjoyed reading,

watching movies, and visit-

She is survived by her

three nieces- Kimberlee

(Randy) Vehrs, Micki (Tom)

Lipnisky, and Nicolle (Bri-

an) Stratton and sister-in-law

Sharon Barth, many cousins,

great-nieces and nephews

and special friends- Connie

ing with her family.

Karen enjoyed traveling,

KAREN L. BARTH

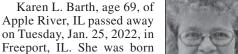
Allen Turner, age 88,

Turner Vacaville, CA Michelle (Steve)Christianson of Pearl City, IL. 13 grandchil-

20 great grandchildren, one sister; Margaret Sass, two sister-in-laws; Judy (Phillip) Welty and Sandy Turner. He was preceded in death by his two brothers; Robert and James Turner, grandson; Leo Gerke and great grandson Timothy Jordan.

A memorial service was conducted by Pastor Rick Bader, 11 a.m. on Monday Jan. 31, at St. John's Lutheran Church in Lena with a visitation from 10 a.m. until time of service.

Cremation rites were accorded per Allen's wishes. The family would like to thank Pastor Rick Bader and all the members of St. John's Lutheran Church. A memorial has been established in his memory. Condolences may be sent to the family at www. leamonfh.com.



Maupin and Deb Eber-She is ly. preceded in death by parher ents, broth-Richard Barth and many aunts

and uncles.

A funeral service will be held on Saturday, Feb. 5, at 1 p.m. at the Bartell-Leamon Funeral Home in Warren, IL. With a visitation being held from 11a.m. until time of service. Officiating the service will be Pastor Kevin Cernek. Burial will take place at Elmwood Cemetery in Warren, IL.

A memorial has been established in her memory to local area animal shelter. Condolences may be sent to the family at www.leamonfh.

#### of **SYLVIA J. HOLTZ**

Sylvia J. Holtz, age 74, of Stockton passed away on Saturday, Jan. 22, 2022. She was born Nov. 20, 1947, to Robert and Elly (Dalby) Johnson in Elgin, IL. She married Harold "Paul" Holtz in 1967 and their marriage ended after 39 years. They raised 3 children in Elgin, IL, Fort Worth, TX and Stockton, IL. She has been with her significant other, Bill Signer, since 2006. During Sylvia's retirement she loved working as a cashier at Sullivan's Foods in Stockton, IL.

Sylvia loved visiting with her family, playing the video game Zelda, and spending time with her puppy Henri. Sylvia was an avid sports fan and her favorite teams were The Chicago Cubs and Kansas City Chiefs, (Patrick Mahomes). She enjoyed Facetime with her great grandsons and talking over a cup of cof-

She is survived by her 3 children- Jill (Michael) Freese of Stockton, IL, Tamara Jacobs of Dublin, TX, Todd Holtz of Stockton, IL; 6 grandchildren- Heather Martin, Cassi (Mark) VanValken-



burg, Brandon Martin, Natalie Fre-Delaese, Martin, nie Braden Freese; 2 great grandsons-Jax Grayson;

Significant other: Bill Signer of Stockton, IL; 1 sister- Nancy (Wayne) Smith, 3 brothers - Ralph (Mary) Johnson, Ronnie (Sue) Johnson, and Bobbie (Julie) Johnson, and many nieces and nephews; and dog Henri. She is preceded in death by her parents; brother-Larry; grandson-Dustin; and great grandson-Roman.

A private family service was held at 12 p.m. on Friday, Jan. 28, at Leamon Funeral Home in Lena, IL. A private family visitation was held Jan. 28 from 11 a.m. until time of service.

Officiating will be Rev. Robert Phelps. Cremation rites to be accorded.

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

#### **JAMES CHARLES** ARNOLD

James Charles Arnold, age 68 of Stockton passed away peacefully in his home on Jan. 19, 2022. Jim was born on Jul. 28, 1953. He is the son of Ralph and Evelyn (Prisk) Arnold. He married Deb (Williams) Arnold on Jun. 24, 1977, in Freeport, IL.

Jim worked at Crum & Forster from 1977-1992. He passed his CPA exam in 1994, after which he worked at Coyle Varland Insurance until 1998. In 1998 Jim started working at Bauer Group Ltd as a CPA, and eventually became a co-owner. Jim retired from Bauer Group Ltd in 2021 to care for his wife. Jim also served many years on the Stockton park board.

Jim loved Rock n Roll, his dogs, being outdoors and most importantly his family. Jim may be shared at www. also loved sports, and coached



baseball in Stockton for many years.

> Jim is survived by his son B. Travis Despain of Fort Worth, Texas; His

daughter Aimie Pieper of Fort Pierce, Florida; his son Dylan (Brittney) of Stockton, Illinois, his son Trent (Cassidy) of South Lake Tahoe, California and his 10 grandchildren. He was preceded in death by his wife Deb Arnold, his parents, and his son-in-law Jody Pieper.

There will be a visitation on Friday, Feb. 4, at Hermann Funeral Home in Stockton from 4 p.m. to 7 p.m. A memorial fund has been established. Condolences hermannfuneralhome.com.

### Norman Wybourn

will celebrate his **90th Birthday** 

on February 9!!

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### Incidentally; a look at the impact of eating disorders on dental health

Nutrition plays a key role in the body's immune system and ability to fight disease. As digestion and absorption of nutrients begin in the mouth, changes in the mouth are often the first sign of an eating disorder. There is a wide variety of eating disorders. Some of these include Anorexia Nervosa, where a person is so obsessed and terrified of gaining weight that they restrict food and exercise excessively. This person may also have a distorted body image, where they genuinely believe and feel that they are overweight even when they are dangerously underweight. Binge Eating Disorder is the most common eating disorder. It is characterized by recurring episodes of consuming excessive amounts of food in a short amount of time and well past the point of feeling stuffed. Bulimia Nervosa is characterized by the person eating excessive amounts of food (binging) followed by some method of purging this excessive food. Acts of purging can include self-induced vomiting (most common), laxative abuse and/or diuretic abuse. Avoidant/Restrictive Food Intake Disorder (ARFID) is a feeding or eating disturbance characterized by an extreme avoidance or low intake of food. It differs from Anorexia Nervosa and Bulimia Nervosa in that ARFID patients are not concerned with weight or body image. Someone with ARFID may have difficulty chewing or swallowing and may even choke or gag when eating certain trigger foods. The physical and mental distress elicited by eating may cause them to avoid eating in public. ARFID is more than "picky eating" and children with ARFID do not "grow

Eating disorders negatively impact every

out of it.'



**DR. STEPHEN PETRAS** General Dentist

system in the human body and malnutrition is the leading cause. While some health complications are immediately apparent, other unseen damage may grow and spread undetected. Left untreated these complications can result in death.

Lack of proper nutrition has a profound impact on oral health. Nutritional deficiencies weaken the immune system. It can cause the gums and soft tissues of the mouth to become frail or worn away, bleed easily, recede and be more vulnerable to periodontal disease. Dehydration can lead to chronic dry mouth, mouth sores, burning tongue, mouth infections, bad breath, dry or cracked lips and swelling of the parotid or salivary glands. Lack of vitamin D decreases bone density, weakening the jaw and leaving teeth brittle and more prone to decay, chipping, cracking and breaking. Depression and fatigue caused by malnutrition may contribute to poor oral hygiene and avoidance of going to the dentist. The erosion of enamel from nutritional deficiencies is further accelerated by excess stomach acids from vomiting, excessive ingestion of high sugar carbohydrates and digestive complications. It is these distinctive erosion patterns that may be the first indication of an eating disorder. Extensive oral disease, with missing, discolored or damaged teeth and facial swelling will further aggravate poor body image and low self-esteem

For the sake of both

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their mental and physical health, people with eating disorders need to seek help. Unfortunately, eating disorder behaviors often provide a false sense of control and the person may come to believe that they cannot cope without them. They may not comprehend the seriousness of their condition or the consequences. They may also experience shame or guilt. Any or all of these conditions often lead them to take extensive steps to hide their condition. They may be actively avoiding healthcare appointments for fear of being discovered. Therefore, if a doctor or dentist suspects an eating disorder, they will reassure the patient that their privacy will be respected and maintained by all the healthcare providers who will address the patient's medical, dental, and mental health

### College news

#### Local students make fall 2021 dean's list Carthage College

Cecelia Zink Ashtyn Brinker

#### **Central College**

Benjamin Crist Jason Hermann

#### **Monmouth College**

Kenneth Broge

#### **University of Northern** Iowa

Lauren Sigafus Allyson Milder Jenna Zeal

#### University of Wisconsin-Milwaukee

# Kate Williams-McWorter and Gerald McWorter will speak via Zoom at the library. **Highland Community College library to** present Black History Month program

ports learning about it, and the

McWorters. The New Philadel-

phia Association has attracted

archaeologists, historians, visi-

New Philadelphia

College's Clarence Mitchell Library hosts speakers, Gerald McWorter and Kate Williams-McWorter at 2 p.m. Tuesday, Feb. 8 via Zoom.

In honor of Black History Month, Gerald McWorter and Kate Williams-McWorter will share their program, "New Philadelphia, IL: Let America Be Âmerica Again." New Philadelphia is located west of

The town was the first-ever founded by a formerly enslaved Black man. Frank McWorter bought his pregnant wife, then himself, and 14 other family members out of slavery. New Philadelphia was home to descendants of both Africa and Europe. It was a stop on the Underground Railroad, helping freedom seekers escape slavery. Today the U.S. Congress is considering making New Philadelphia a national park.

McWorter Gerald Frank's great-great-grandson as well as a founder of the field of Black Studies. Kate Williams-McWorter is the great-granddaughter a man who stopped an 1860

a professor of library studies. They wrote the book, "New the country, and beyond. Philadelphia" for the local history group which maintains the New Philadelphia site and sup-

The event is free and open to the public. For more information on the program or to receive the Zoom link to attend the presentation, contact Laura Watson at 815-599-3456 or laura.watson@ highland.edu.

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### **January Northwest Illinois Daily Drawing Winners**

The January winners are announced in the Northwest Illinois Daily (a cooperative fundraiser). The Daily Drawing is a drawing for 365 daily cash prizes from Oct. 1, 2021 to Sep. 30, 2022, to those donating for

\$50 Zach Shippy \$50 Wes Cocagne \$50 Diane Gehrts \$50 Diane Kuhlemeier \$50 Charlene Buran-Price \$50 Linda Wurster, \$50 Mary Beth Hyde

\$50 Michelle Allen \$50 Lynne Haight

\$150 Ron Piefer

\$50 Chris Pfile

\$50 Nikki Bauer

\$50 Nancy Backenkeller,

\$50 Dean Roberts \$50 Scott Setterstrom

\$5 Kristin Rademaker

\$50 John Horkay

\$50 Tammy Stephan

\$50 Libby Miller

### FHN announces healthcare scholarship winners

An outstanding group of ents. The 2021 Healthcare Castudents applied for this year's Healthcare Scholarships, and FHN is proud to award scholarships to three recipients. Scholarship applicants wrote an essay about their career path along with strengths and personal goals to support the healthcare needs of FHN's service area. The top candidates were invited to a virtual interview with the committee.

After the interviews, the committee chose three \$1,000 Healthcare Scholarship recipireer Scholarships winners are:

Haley Brudi of Stockton, who is pursuing a degree in physical therapy at Northern IIlinois University in DeKalb, Ill.

Jordan Streckwald of Lena, who is working toward a pharmacy degree at the University of Iowa in Iowa City.

Zoie Bardell of Freeport, who is pursuing a degree in nursing at Highland Community College.

Congratulations to all the scholarship winners.

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### USDA announces Conservation Reserve Program signups for 2022

sign up soon for the Conservation Reserve Program (CRP), a cornerstone conservation program offered by the U.S. Department of Agriculture (USDA) and a key tool in the Biden-Harris Administration effort to address climate change and achieve other natural resource benefits. The General CRP signup will run from Jan. 31 to Mar. 11, and the Grassland CRP signup will run from Apr.

Producers and landowners enrolled 4.6 million acres into CRP signups in 2021, including 2.5 million acres in the largest Grassland CRP signup in history. There are currently 22.1 million acres enrolled, and FSA is aiming to reach the 25.5-million-acre cap statutorily set for fiscal

#### **CRP Signups**

General CRP helps producers and landowners establish long-term, resource-conserving plant species, such as approved grasses or trees, to control soil erosion, improve water quality and enhance wildlife habitat on cropland.

Meanwhile, Grassland CRP is a working lands program, helping landowners and operators protect grassland, including rangeland and pastureland and certain other lands, while maintaining the areas as working grazing lands. Protecting grasslands contributes positively to the economy of many regions, provides biodiversity of plant and animal populations, and provides important carbon sequestration benefits to deliver lasting climate

#### **Climate Benefits**

Last year, FSA enacted a Climate-Smart Practice Incentive for CRP General and Continuous signups to better target CRP on addressing climate change This incentive aims to increase carbon sequestration and reduce greenhouse gas emissions. CRP's climate-smart practices include establishment of trees and permanent grasses, development of wildlife habitat and wetland restoration. The Climate-Smart Practice Incentive is annual, and the amount is based on the benefits of each practice



### SOUP AND SANDWICH LUNCHEON



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### **Highland Trustees** appointed to **ACCT committees**

Highland Community Col- mending strategies to gather lege trustees Pennie Groez- input. Boldt will also be part inger and Shawn Boldt have of strengthening education been appointed to serve on programs with current ACCT separate committees with the programs. Association of Community College Trustees (ACCT).

Groezinger was elected to the Highland Board of Trustees in 2017 and is currently serving as the vice-chair. She will serve on the Diversity, Equity, and Inclusion committee for ACCT. This committee ensures leadership for the involvement of historically underrepresented diverse populations within the governance activities of ACCT, promotes respect for and acceptance of diverse individuals and promotes awareness and educational opportunities. It advises the ACCT board by strengthening the links with the minority membership, identifying issues that require member input, and recommending strategies.

Boldt was elected to the Highland Board of Trustees in 2019 and is chair of the Audit & Finance Committee. He will serve on ACCT's Member Communications and Education Committee, which is responsible for evaluating and making recommendations to strengthen the board's links with the membership by identifying issues that require member input and recom-



Rock Valley Publishing

Pennie Groezinger is appointed to serve on a committee within the Association of Community College Trustees. Her focus is on diversity and inclusivity as she states, When we listen and celebrate what is both different and common, we become stronger, more inclusive. and better institutions. There is a saying that has always been important to me and that is, 'If you want to go fast, go alone. If you want to go far, go together. I believe in the values of going together, with diversity, equity, and inclusion."

Shawn Boldt has also been appointed to serve on a committee within the Association of Community College Trustees. Boldt says he is looking "forward to continuing the work needed to make sure that the students, faculty, and staff are set up to succeed in a diverse, equitable, inclusive environment empowering all to succeed."



### Pearl City FFA's **Pork Chop Dinner**

Friday, Feb. 11 • 5 - 7:30 p.m. at the Pearl City High School Cafeteria

The dinner will include a pork chop sandwich, chips, cookie and drink for \$8.00



The Pearl City FFA & 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 our Pearl City Boys Basketball team as they play the Le-Win Panthers. Please join us for an evening of fun and help support the Pearl City FFA!

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- Sunday School 8:45 a.m.

#### CHRIST LUTHERAN CHURCH ELCA STOCKTON 600 N. Main St., Stockton

Pastor Chrissy Salser (815) 988-9450 E-Mail: clc600@mediacombb.net Find us on Facebook at ChristOnMainSt

Saturday, 5:30 p.m. • Worship times: Sunday, 10 a.m.

• Sunday School: Sunday, 9 a.m.

### EBENEZER – SALEM UNITED CHURCH OF CHRIST

P.O. Box 102, Pearl City, IL 61062 Currently served by Guest Speakers See Facebook or call 815-291-1965

Sunday Worship: Currently 8:30 a.m. (may vary)

Services alternate monthly at 2 locations

• February services are at Salem UCC Church. Corner of Loran & Kent Roads

### EVANGELICAL FREE CHURCH OF LENA 720 N. Freedom Street, Lena, IL 61048

Rev. Scott Wilson Associate Pastor of Youth

- Sunday Morning Worship -10.00 a.m.
- ABF 8:45 a.m.
- Awana Wednesdays at 6 p.m.
- Listen to Pastor's weekly sermon at www.lenafreechurch.org

#### FIRST UNITED METHODIST CHURCH

411 S. Main Street, PO Box 236, Pearl City, IL 61062 (815) 443-2177 email: pearlcityumc@gmail.com Website: pearlcityumc.org Find us on facebook at

www.facebook.com/pcumcil **Pastor Doug Carroll (815) 541-3159** 

Sunday Worship – 8:00 a.m.
Sunday School – during worship after the children's message

#### FIRST UNITED METHODIST CHURCH

309 S. Main Street, Elizabeth, IL 61028 email: firstumcofelizabeth@gmail.com Pastor Roger Bronkema 815-291-6261 email: rbronkema18@gmail.com

- Sunday Worship 8:30 a.m.
- Women's Faith Group -1st Tuesday monthly - 9:30 a.m. We are handicapped accessible

Find us on Facebook at www.facebook.com/fumcelizabeth

### GOOD SHEPHERD LUTHERAN CHURCH

118 East Mason Street, Lena, IL 61048 Pastor Miho Yasukawa

(815) 369-5552

- Sunday Worship 9:30 a.m. Sunday School 10:45 a.m. (Sept. May)
- Piece Corps Ouilters -

Wednesdays at 8:00 a.m. – 11:30 a.m.

#### GRACE BIBLE CHURCH OF WOODBINE

1904 S. Vel Tera Road, Elizabeth, IL 61028 Pastor Michael Burdett (815) 858-3843

- Sunday Worship 10:30 a.m. & 6:00 p.m.
- Sunday School 9:30 a.m.
- Prayer meeting Wednesdays at 7:00 p.m. Sunday services broadcasted at 11:30 a.m. on Radio WCCI 100.3 FM

#### **HOLY CROSS CATHOLIC CHURCH**

23 E. Front Avenue, Stockton, IL 61085 Father Mike Morrissey (815) 947-2545

- Saturday Evening Mass 4:30 p.m.
- Sunday Mass 8:00 a.m., 10:00 a.m. and 5:00 p.m.
- Reconciliation Saturday 3:30 4:15 p.m.
- Parish Hall for Rent Seats 200

#### LENA UNITED METHODIST CHURCH

118 West Mason Street, Lena, IL 61048 Pastor Keri Rainsberger (815) 369-5291

- Sunday Worship 9:00 a.m. Sunday School 10:30 a.m.
- Daily Dial-A-Devotion 815-369-4411

### McCONNELL UNITED METHODIST CHURCH 211 Hulbert Rd. P.O. Box 97,

McConnell, IL 61050

http://www.gbgm-umc.org/mcconnellumc Email: info@McConnellUMC.org "Like" us on Facebook

#### Pastor Rev. Doug Carroll (815) 541-3159

- Sunday Worship 9:30 a.m. KidZone: 5:30 7:30 p.m. 1st & 3rd Thursday monthly
- \* We are handicapped accessible

#### SALEM UNITED CHURCH OF CHRIST

8491 West Salem Road, Lena, IL 61048 (Turn on Salem Road at Eleroy Rest Stop) (815) 369-4511

• Sunday Worship - 10:00 a.m.

#### SCHAPVILLE ZION PRESBYTERIAN CHURCH

635 East Schapville Road, Elizabeth, IL 61028

Pastor Dottie Morizzo

(815) 845-2272 Cell (815) 238-0670

- www.schapvillezion.org
- Sunday Worship Service 10:00 a.m.
- Sunday School 10:00 a.m.
- Bible Study Classes Available



### SHEPHERD OF THE HILLS LUTHERAN CHURCH

536 E. Schapville Road, Scales Mound, IL 61054 Church number (815) 845-2061

Rev. James Mehltretter

Website: www.shepherdofhill.com

- Sunday Worship 8:00 a.m. & 10:00 a.m. Sunday School (Sept. May) 8:45 a.m.
- Holy Communion is celebrated weekly.

#### ST. ANN CATHOLIC CHURCH 608 East Railroad, Warren, IL 61087 Father Skrobutt (815) 745-2312

- Sunday Mass 8:00 a.m.
- Reconciliation Sunday 7:30 7:50 a.m.

#### ST. JOHN'S LUTHERAN CHURCH

The Lutheran Church Missouri Synod 625 Country Lane Drive, Lena, IL 61048 Rev. Rick Bader (815) 369-4035

- Saturday Evening Worship 5:30 p.m.
- Sunday Worship 8:00 a.m. & 10:30 a.m.
- Blast Program at 9:00 a.m.
- High School & Adult Sunday School at

#### ST. JOHN'S LUTHERAN CHURCH **Evangelical Lutheran Church of America**

229 S. First St., Pearl City, IL 61062 www.stjohnspearlcity.org 815-443-2215 • Sunday Morning Worship – 9:00 a.m.

• Christian Education for all Ages - 10:15

Handicapped Accessible

### ST. JOHN EVANGELICAL LUTHERAN CHURCH 8315 S. Massbach Road, Elizabeth, IL 61028

**Pastor Susan Davenport** Church: 815-589-3367

• Sunday Worship – 9:00 a.m. "Celebrating 164 Years of Faith"

#### ST. JOSEPH CATHOLIC CHURCH

105 West Webster, Apple River, IL 61001 Father Skrobutt (815) 745-2312

- Saturday Mass 6:00 p.m. Reconciliation Saturday 5:30 5:50 p.m.

#### ST. JOSEPH CATHOLIC CHURCH

410 West Lena Street, Lena, IL 61048 Father Skrobutt (815) 369-2810

- Saturday Mass 4:00 p.m.
  Sunday Mass 10:00 a.m.
- Reconciliation Saturday 3:30 3:50 p.m.

#### ST. PAUL'S LUTHERAN CHURCH -**KENT**

The Little Church with a Big Heart 1334 Sunnyside Road, Kent, IL 61044 1/2 mile north on Kent Road

- Sunday Worship 9:30 a.m.
- Holy Communion every Sunday
- Women Meet at 9 a.m. on the 2nd Sunday
- · Chair Lift to Sanctuary

ST. PAUL LUTHERAN CHURCH ELCA 209 Clinton St., P.O. Box 445, Warren, IL 61087

Vicar Michelle Knight (815)745-3444

- www.stpaulswarren.org
   Saturday Worship 5:00 p.m.
   Sunday Worship 10:00 a.m.
   Sunday School 10:00 a.m.

### UNITARIAN UNIVERSALIST CHURCH OF STOCKTON

219 N. Pearl St., Stockton, IL 61085 www.uuchurchofstockton.org Rev. Armida Alexander (815) 947-3812

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Corner of Water & Jefferson St., Warren, IL Pastor Roger Bronkema (815) 291-6261 email: rbronkema18@gmail.com Sunday Worship – 9:30 a.m.
Adult Sunday School before Worship

· Children Sunday School - During the

Communion Every First Sunday \* Handicapped Accessible

### WESLEY UNITED METHODIST CHURCH

Corner of Hudson & Benton St., Stockton, IL 61085 Pastor Doug Carroll (815) 541-3159

- Sunday Worship 11 a.m. Adult Bible Studies Available Communion Every 1st Sunday
- First Sunday potluck following church

services. Find us on website StocktonWUMC.org or Facebook-Stockton Wesley United Methodist Church

\* Handicapped Accessible

WILLOW UNITED METHODIST 6522 S. Willow Road, Stockton, IL 61085 Pastor Cheryl Carroll (815) 541-7020 • Weekly Sunday Worship - 9:30 a.m.

with community fellowship following

• Sunday School – 11 a.m. www.willowfolkfestival.com

#### WINSLOW GRACE BIBLE CHURCH 197 Carver Street, Winslow, IL 61089

**Pastor Robert Patin (815) 230-1862** 608-669-5770

- Sunday Worship 10:45 a.m.
  Sunday School 9:45 a.m.

#### YELLOW CREEK CHURCH OF THE **BRETHREN**

12602 W. Dublin Road, Pearl City, IL Pastor Ellis Boughton • 815-864-2049 Email: ellis.boughton@live.com

Sunday Services – 10:00 a.m.
Sunday School – 9:15 a.m.

(when available)

10100 W. Sabin Church Rd., Pearl City, IL 61062 Pastor Wayne Fischer • 815-266-6260

Pastor Chip Sohl • 815-541-1425
• Sunday Worship Service – 9:00 a.m.
• Children's Church - during church service

ZION COMMUNITY CHURCH

• Prayer Shawl Knitting Tuesday at 6:30

• Bible Study Wednesdays at 6:30 p.m.



### Lady Broncos triumphant over Cats and Wolves of their match, making them Lady Broncos to take a 17-13

CORRESPONDENT

The Orangeville girls' varsity basketball squad bounced back in a big way last week. The Lady Broncos had a jampacked week with four games in as many days. The loaded schedule was the beginning of another winning streak for the Lady Broncos, who held a record of 22-4, prior to their Jan. 27 game against Dakota. Prior to their Jan. 22 46-45 loss to Pecatonica. The Orangeville girls were riding a twelve-game winning streak. After that streak was brought to an end, Orangeville quickly bounced back into the win col-

On Monday, Jan. 24, Orangeville made the trip to Hanover to face off with the River Ridge-Scales Mound Wildcats. It was a highly anticipated matchup as the Cats held a record of 18-1 ahead

the fifth ranked Class 1A team in the state. The anticipation may have outweighed the results, however. RR-SM Head Coach, David Wiegel, described the game as a "boring basketball game" in light of the low scoring affair. Just forty-five total points were scored in the game between both teams.

The first quarter appeared to be your typical opening quarter. Both teams found offensive rhythm as they combined for eighteen points in the first. Ella Doyle had four points in the first, including a pair of free throws. Whitney Sullivan added two points of her own as the Lady Broncos went into the second quarter trailing 10-8.

Orangeville managed to flip the momentum in the second quarter when they outscored the Cats 9-3. RR-SM's offensive struggles allowed the lead into the halftime break.

While the Orangeville defense continued to give RR-SM fits, the Broncos faced their own offensive struggles. Despite holding the Cats to just four points in the third quarter, the Broncos managed just three points of their own. Two of those three points came off the hands of Kylie Wirth, who helped Orangeville take a 20-17 lead into the final quarter.

While the Cats continued to struggle offensively in the fourth quarter, the Broncos found ways to score at the charity stripe. Orangeville made a trio of free throws in the final quarter, helping them go on to beat the Cars 27-19.

Sullivan led the team in scoring with 11 points to go along with eight rebounds. Doyle finished the game with eight points and six rebounds, while Wirth had five points and

The next day, Orangeville was set to face off with a conference opponent, the Pearl City Wolves. Pearl City, who was just 5-14 ahead of the NUIC matchup, came in as the clear underdogs against the Lady Broncos. That was evident in the first

quarter as the Broncos quickly jumped out to a nine-point lead. Despite lacking depth with a smaller active roster, Orangeville had their main producers in Doyle and Sullivan. The duo combined for eight points in the first quarter as the Broncos took a 15-4 lead into the second quarter.

A three pointer from Fallyn Endress was most of the offense Pearl City could muster in the first half. A basket from Brea Musser helped the Wolves reach nine points, but they could not keep up with the Lady Broncos.

solid quarter in the second, outscoring the Wolves 8-5. Another pair of baskets from Doyle and a pair of free throws from Wirth helped the Lady Broncos take a 23-9 lead into the halftime break.

Pearl City had their best offensive quarter in the third. Endress drained her second three pointer of the night, while free throws from Sidney Wright and a basket by Kenzee Evans helped the Wolves combine for seven points in the

Orangeville continued to pile it on, however. Sullivan added six points to her total, including a three pointer. Laney Cahoon found some offensive momentum as she tallied five points in the third. Doyle also hit a three pointer, helping the Broncos outscore the Wolves

In the fourth, Orangeville

Orangeville had another did their damage at the free throw line. The Lady Broncos hit five shots at the charity stripe as they worked towards a 43-24 victory over Pearl City.

Sullivan led Orangeville in scoring with fourteen points, while Doyle was right behind her with thirteen. Sullivan finished the game with a double double as she added 11 rebounds and five assists to her stat line. Cahoon finished the game with seven points and five steals as she was productive on both ends. Endress led the Wolves with eight points, while Wright finished with six for Pearl City.

The Broncos will be back on the court on Friday, Feb. 4, when they travel to face off with the Lena-Winslow Lady Panthers. Pearl City will look to bounce back on the same night when they travel to face off with a tough Pecatonica

### Panthers and Broncos prepare to face off after compiling wins

By Trenten Scheidegger CORRESPONDENT

The Lena-Winslow Panthers and the Orangeville Broncos boys' basketball squads have found themselves in similar situations. Both teams have fought to keep their winning percentage around five hundred. The Panthers picked up a Jan. 20 win over Aquin for

their ninth win of the season. The Broncos earned back-toback wins on Jan. 22 and 24 to move to 6-6 on the year. Both teams are hopeful to turn the page and play their basketball as the regular season nears an

On Thursday, Jan. 20, Lena-Winslow faced off with the Aquin Bulldogs in a con-

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ference matchup. Aquin came into the game with a record of 10-6 as they 8-9 Panthers hoped to pull off the upset.

Le-Win was propelled by a hot start as the Panthers combined for 21 points to open the game. Luke Benson had the hot hand as he drilled a trio of three pointers and dropped 12 total points in the first quarter. Rowen Schulz added five points, including a three of his own, to help the Panthers take a 21-13 lead into the second

The Lena-Winslow offense hit a speed bump in the second, however. After dropping 21 in the first, the Panthers were held to just six points in the second. Aquin happened to find their own offensive momentum at the time as they outscored Le-Win 16-6. The

momentum change had the Panthers trailing by two, down 29-27 at the halftime break.

The third quarter featured another lead change as Brody Mahon took over following the break. Mahon dropped seven points in the third to help the Panthers regain the lead up 41-40. With just a one-point difference, things were set up for an exciting finish in Lena.

Benson got the game started with his hot hand from deep and that was exactly how he would finish it. Another pair of three pointers from the senior guard helped give the Panthers the advantage in the final quarter. Le-Win also benefited from some exceptional free throw shooting as the Panthers shot four for four from the charity stripe in

the fourth quarter. It was just enough to give Le-Win the edge as they held on for a 55-53 win.

Benson led the team with eighteen pints, while Mahon was right behind with thirteen. Gage Dunker finished the game with eight points and Schulz had seven.

Two days later, The Broncos were set up to face off with the Durand Bulldogs, who were the favorites with a record of 9-12. The Broncos were fired up on their home court, however. Orangeville got off to a hot start by outscoring the Bulldogs 14-7 in the first quarter.

Orangeville would only extend their lead in the second quarter as they outscored Durand 11-8. Up by ten points, the Broncos and their head

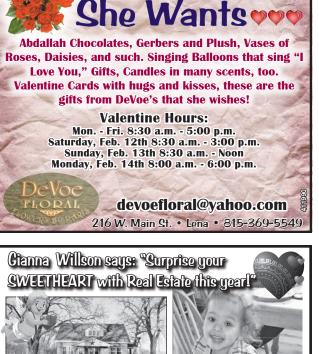
coach, Josh Fahs, took a 25-15 lead into the halftime break.

Led by a strong performance from Nate Anderson, Orangeville would only extend their lead in the third quarter. Coming out of the halftime break, Fahs' squad had their best offensive quarter as they combined for nineteen points on offense. Despite Orangeville's offensive breakout, the Bulldogs also had their best quarter of the night. Durand scored fourteen points in the third in an attempt to keep up with the Bronco offense. It was not enough, however, as Orangeville held a 44-29 lead heading into the fourth quar-

While the Broncos could have coasted toward an easy victory, they chose to continue honing their craft. The offense exploded for another 16 points in the fourth quarter as they put this one out of reach. The Bulldogs had another solid quarter with thirteen points in the fourth, but it was not enough to keep up with the efficient Orangeville offense.

Anderson led the Broncos with 25 points. Although, he did a majority of his damage from inside the arc, Anderson added a three-point shot to his chart. Brayden Cahoon was the next leading scorer for the Broncos as he finished the game with 12 points and a three pointer of his own. Gunar Lobdell was third in scoring with eight points. The Broncos were a solid four for six from the free throw line as they went on to beat the Bulldogs 60-42.

Both the Panthers and Broncos will be back in action this week as they face off with each other in Orangeville on Thursday, Feb. 3.



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# Second quarter 2021-2022 Pearl City Junior High and High School Honor Roll awards

Seniors: Madilyn Diddens, Owen Joseph, Cody Pitts, Sidney Wright

Juniors: Addison Bremmer, Nicholas Polizzi

Sophomores: Kyle Niehaus, Ethan Petta

Freshmen: Natalie Greene, Marley Joseph, Jaxsyn Kempel, Talia Stewart 8th Grade: Gracie Ditsworth, Tana Gravert, Xander Krolow

7th Grade: Parker Allen, Mackenzie Lotz, Leo Petta, Scarlett Snyder High Honor

Seniors: Savanah Brandt, Benjamin Bremmer, Tyson Clark, Jacob Joseph, Audra Lartz, Oliver Petta, Brynn Solt, Brianna Stager

Juniors: Nathan Brinkmei-

er, Aiden Dampman, Jonathan Dinderman, Blane Foulker, Jordan Johnson, Brea Musser, Laine Rosenstiel, Brooklyn Schreck

Sophomores: Lisa Baker, Jesus Bernal Zetina, Lexton Endress, Kyleigh Gentz, Miranda Posey Freshmen: Ayden Bratley, Ethan Bremmer, Kylie Campbell, Anna Dampman, Paige Hille. Kendra Kuhlemeier, Taytum Mullen, Jacob Runkle, Jared Runkle, Adeline Smith, Lucas Tichler

8th Grade: Kameron Downs, Brandon Hille, Kip Martens, Eden Schubert

7th Grade: Eli Bremmer. Cantwell, Clayton Downs, Tristan Ertmer, Tanner Hiester, Braylon Lieben-

Voegeli, Lincoln Voss, Sawyer Williams

#### Honor Roll

Seniors: Kendall Dixon, Aliya Fischer, Cheyenne Handsaker, Stella Prasse, Riley Schauer

Juniors: Emma Boyer, Tanner Perdue, Hunter Vick

Sophomores: Daneli Ayala, Ava Bremmer, Logan Downs, Rhett Forth, Weston Gronewold, Jacob Lieb, Lakota Scace, Georgia Shallenberger, Alex Spahr

Freshmen: Kaitlyn Christensen, Tyler Clark, Jackson Corbin, Elizabeth Dinderman, Fallyn Endress, Jorja Johnson, Zinnia Larson, Natalie Lotz, Sydni Lower, Paige

8th Grade: Roy Hack-

bert, Nakiya Pickard, Brody Voegeli

7th Grade: Brian Ayala, Keira Ellis, Lila Gerber, Brynlee McPeek, Camden Miller, Mya Miller, Austin

#### **First Semester Highest Honor Roll**

Seniors: Benjamin Bremmer, Oliver Petta, Brynn Solt, Sidney Wright

Juniors: Addison Bremmer, Nicholas Polizzi, Laine Ro-

Freshmen: Natalie Greene. Kendra Kuhlemeier

**High Honor Roll** 

Seniors: Savanah Brandt,

seph, Owen Joseph, Audra er, Stella Prasse, Riley Schau-Lartz, Cody Pitts, Brianna

Juniors: Nathan Brinkmeier, Aiden Dampman, Jonathan Dinderman, Jordan Johnson, Brea Musser, Tanner Perdue, Brooklyn Schreck

Sophomores: Javden Downs, Lexton Endress, Kyleigh Gentz, Kyle Niehaus, Ethan Petta, Miranda Posey

Freshmen: Ayden Bratley, Anna Dampman, Paige Hille, Marley Joseph, Jaxsyn Kempel, Taytum Mullen, Jacob Runkle, Adeline Smith, Talia Stewart, Lucas Tichler

#### **Honor Roll**

Seniors: Kenner Brinkmeier, Kendall Dixon, Aliya Runkle, Sylvia Schnoor

Juniors: Emma Boyer, Blane Foulker, Dylan Olvera, Hunter Vick

Sophomores: Daneli Ayala, Lisa Baker, Jesus Bernal Zetina, Ava Bremmer, Logan Downs, Logan Freier, Jacob Lieb, Katelyn Little, Georgia Shallenberger, Alex Spahr

Freshmen: Brady Boyer, Ethan Bremmer, Kylie Campbell, Kaitlyn Christensen, Jackson Corbin, Elizabeth Dinderman, Fallyn Endress, Myles Freedlund, Jorja Johnson, Zinnia Larson, Sydni Lower, Paige McClaran, Alexander Medina, Kaydence Miller, Alonna Posey, Jared

### Deadline for the Organic and Transitional Education and Certification Program nears

producers who are certified organic, or transitioning to organic, to apply for the Organic and Transitional Education and Certification Program (OTECP). Signup for OTECP, administered by USDA's Farm Service Agency (FSA), began in

Certified operations and transitional operations may apply for OTECP for eligible expenses paid during the 2020 and 2021 fiscal years during this signup period. Signup for the 2022 fiscal year will be announced at a later date. For each year, OTECP covers 25% of a certified operation's eligible certification expenses, up to \$250 per certification category (crop, livestock,

wild crop, handling and State Organic Program fee). This includes application fees, inspection fees, USDA organic certification costs, state organic program fees and more.

Crop and livestock operations transitioning to organic production may be eligible for 75% of a transitional operation's eligible expenses, up to \$750 for each year. This includes fees charged by a certifying agent or consultant for pre-certification inspections and development of an organic system plan.

For both certified operations and transitional operations, OTECP covers 75% of the registration fees, up to \$200, per year, for educational events that include content related to organic

production and handling in order to assist operations in increasing their knowledge of production and marketing practices that can improve their operations, increase resilience and expand available marketing opportunities. Additionally, both certified and transitional operations may be eligible for 75% of the expense of soil testing required under the National Organic Program (NOP) to document micronutrient deficiency, not to exceed \$100 per year.

Producers apply through their local FSA office and can also obtain one-onone support with applications by calling 877-508-8364. The program application and additional information can be found at farmers.gov/otecp.

### Church news

#### **Good Shepherd Lutheran Church**

All are invited to worship at Good Shepherd Lutheran Church, 118 E. Mason St. Lena, IL. On Sunday, Feb. 6, at 9:30 a.m. we will hold Fifth Sunday after Epiphany worship service. This is communion Sunday. The serviced can be joined in-person or via Facebook Live. The reading will be from Luke.

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

On Tuesday, Feb. 8, Bible

Study group will meet at 10 a.m. The reading is from the end of Genesis. All are welcome to join.

On Wednesday, Feb. 9, Peace Corps Quilting group will meet from 8 a.m. to 11:30 a.m. No quilting experience necessary and new members are welcome.

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

#### American **Legion Auxiliary** meeting set

The February meeting of the American Legion Auxiliary will meet on Wednesday, Feb. 9, at the Lena American Legion Home at 6:30 p.m. Delegates will be selected to the American Legion Auxiliary Illini Girls State. Tray favors will be made for the hospitalized veterans. Dues will also be collected.

New members are always welcome. Kathy Pignato and Shiloh Bausman will organize the social hour. Junior members will meet on Feb. 12 at 10 a.m. at the American Legion Home. The focus of the junior members meeting will be on earning patches completing a service project.



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### Slices of life

# Catching the bug

For the past 14 months I've been anticipating it. Waiting. Knowing it was lurking in the corners or behind a large, formidable rock. I figured I was immersed in grief and that would lower my defenses and I'd be overcome eventually by some sort of bug—COVID or otherwise.

It finally got me. For the past week I've been officially sick.

Not sick as in cool (like "That's so sick!") Not cool at all, not in any sense. Hot was more like it, but not hot as in cool hot. Hot as in feverish. My face throbbed. My eyeballs ached. My breath felt like an overheated radiator spewing unwanted steam with each exhale. The lymph



By JILL PERTLER Columnist

node under my right jaw screamed as if it were about to explode at any second.

My sinuses pounded with the pressure of 100 power washers. My shoulder blades threatened to disconnect from the rest of my body. My chest was more congested than Atlanta during rush hour on a Friday afternoon. It was as though a family of phlegm moved in and brought all their friends. My body broke out in cold sweats at random times, day or night. Every

muscle in my being let its existence be known through pain. You take your arms and legs for granted, until they hurt upon the slightest movement.

Swallowing was burdensome; my throat was on fire. I struggled to breathe, but not because my lungs weren't working. My nostrils were to blame. They took turns being completely clogged. I've been breathing out of one nostril for what seems like weeks. It does wonders for a good night's sleep. I don't have to tell you that.

I can hear your questions already. Was it COVID? Which variant? Delta? Omicron? Were you vaccinated? Did you get your boosters?

To be honest, I don't know exactly what I had. It felt like the common cold and influenza met, got married and were now going through a very ugly divorce right within my own body.

I tried to get my hands on a rapid test, but none were available—at stores or online. It appears people of like in the 1990s when we hoarded Beanie Babies. Look how far we've come since then.

I didn't want to make an appointment to go in for a test because I was surviving at home. I was sick but I was beating it. And what do you not want to do when you are so very, very sick at home? Go out. Go anywhere.

So I stayed stuck to the couch. I didn't need a specific diagnosis to tell me I was sick. It was my own version of isolation and quarantine.

Sick used to be simple. You were sick; people understood and gave you space to get well. Maybe on a good day they even made you chicken soup.

You didn't have to explain the details leading up to your illness. When you got the flu, people took it at face value. They didn't ask which type of influenza you had, if you were vaccinated or whether you'd had your boosters. They didn't blame you.

Sick has changed during the past two years. We no longer are simply sick. We are fully vaccinated sick or non-vaccinated sick. We are COVID sick or non-COVID sick. And depending on which category you fit into, judgement could very well ensue.

I have been sick. I am getting well. I am doing everything I can to protect myself and others. That is the lifestyle I practice. But I stay steady with a couple key beliefs. We can't live life in fear of dying or becoming ill. We should practice due diligence in reducing any spread of illness, but life is not meant to be lived in quarantine or isolation. We are a social society. We need each other.

It's worth repeating. We need each other. Please let us not forget that.

Stay healthy. Stay safe. Jill Pertler is an awardwinning syndicated columnist, published playwright and author. She invites readers to follow the Slices of Life page on Facebook.







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### In my opinion If it is to be, it is up to me

By Jim Sacia

Charles R. Swindoll gave us arguably one of the greatest quotes of all time, 'The longer I live, the more I realize the impact of attitude on life. Attitude to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home. The remarkable thing is we have a chance every day regarding the attitude we will embrace for that day. We cannot change our past, we cannot change the fact that people will act in a certain way, we cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you....we are in charge of our attitudes. What got me thinking of

that great quote was a recent interview of retired famous race car driver Richard Petty regarding how he felt after retiring from NASCAR. He talked of being in a full "funk" for over a week when an elderly lady stated to him "don't put a question mark where God has put a period." So often in life, the right words at the right time can be so meaningful and inspirational. Richard Petty seized the moment and realized how profound her words were. It jolted his reality, "racing was

If you are a believer, you realize that God has a way of getting his message to us. Tragically, on Jan. 21 a 22-yearold rookie New York City police officer, Jason Rivera, was shot and killed responding to a domestic disturbance. The dynamics of this young man surfaced when his high school alma mater released a video that he had shared with an incoming Freshman class in 2017. He stated "I want y'all to like hear me, hear my voice and to know you're gonna get through it. Ya gotta put in the work. You got to put in 100% effort and you know what? If it takes some time after school ya know, so be it, because you got to do it. If you don't do it, you're not going to make it nowhere in life."

### From Lena's Kitchen



The not so skinny cook

I think I could have started this column the same as last week's column. However, I think we hit a new cold temp for two of those days last week. I opened the blinds when it got to twenty degrees to see the sun. Maybe February will be kinder to us. This week's recipes are still good ones for cold weather.

#### **Apricot Kielbasa Slices**

This appetizer is a great one for a party. You can make it ahead and put it in a small with ham and roast beef, but crock pot. Use toothpicks to serve, and it is a nice change from barbequed mini hotdogs.

1 lb. fully cooked kielbasa or Polish sausage, cut into 1/4 inch slices

1 jar (12 oz.) apricot preserves

2 T. lemon juice

2 t. Dijon mustard

1/4 t. ground ginger In a heavy skillet, cook and stir sausage until browned. Remove from pan and discard

drippings. Add remaining ingredients to skillet; cook and stir over low heat until heated through, 2 to 3 minutes. Stir in sausage and heat through. Place in a small crock pot and set the temperature on Low. Eniov!

#### **Burger Sliders with** Secret Sauce

I have made these sliders

this recipe uses ground beef. The special sauce gives them a little zip. They would be great for a football party.

2 lbs. ground beef

2 large eggs, beaten <sup>3</sup>/<sub>4</sub> C minced onion, divided

2 t. garlic powder

1 t. salt

1 t. pepper

1 pkg dinner rolls ½ C. Thousand Island dressing, divided

10 slices American cheese 12 sliced dill pickles

11/2 C. shredded iceberg let-

1 T. butter, melted

1 T. sesame seeds, toasted

Preheat oven to 350. In a bowl, mix beef, eggs, ½ C. minced onion, garlic powder, salt, and pepper just until combined; do not over mix. Place meat on a parchment lined baking sheet; shape into two 6 x 8 rectangles, each

about 1/2 inch thick. Bake until a thermometer reads 160. 15 to 20 minutes

Without separating rolls, cut rolls in half horizontally. Spread 1/4 C. of dressing evenly over bottom halves of rolls. Blot meat with paper towels to remove any excess fat; top meat with cheese and return to the oven. Bake until cheese has just melted, 2 to 3 minutes. Place meat on bottom halves of rolls; spread with the remaining 1/4 C. dressing. Layer with dill pickles, remaining 1/4 C. minced onions and shredded lettuce replace with top halves of rolls. Brush butter on top of rolls and sprinkle with sesame seeds. Cut into sandwiches. Serve immediately.

#### Split Pea Soup with Ham

Every couple of years I get

a request for split pea soup. It usually comes in January, and the person requesting wants to use the ham in the freezer from the holidays. This recipe is as easy as it gets. All ingredients go into a Dutch oven and simmer for a long time! So, here is a split pea soup that is hearty and great for these cold winter days.

1 pkg. (16 oz.) dried green split peas

8 C. water

2 medium potatoes cubed

2 large onions, chopped 2 medium carrots, chopped

2 C. cubed fully cooked

1 celery rib, chopped

5 t. reduced-sodium chicken bouillon granules

1 t. dried marjoram

1 t. poultry seasoning

1 t. rubbed sage

½ t. pepper

½ t. dried basil

Place all ingredients in a

Dutch oven, bring to a boil. Reduce heat, simmer, covered until peas and vegetables are tender, 11/4 to 11/2 hour, stirring occasionally.

#### Chicken and **Dumpling Soup**

If you are turned off by split pea soup, you can have a more traditional soup with this recipe. A lot of grandmas made chicken and dumpling soup (and some are still making it today!) Enjoy this traditional soup.

1 fryer chicken cut up (about 3 ½ to 4 lbs.)

21/4 qt. cold water

5 chicken bouillon cubes

6 whole peppercorns

3 whole cloves

1 can cream of chicken soup, undiluted

1 can cream of mushroom soup, undiluted

See KITCHEN, Page 11

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1 C. frozen peas

1 C. chopped celery 1 C. chopped, peeled pota-

<sup>1</sup>/<sub>4</sub> C. chopped onion 1½ t. salt

1/8 t. pepper 1 bay leaf

**Dumplings** 

1 t. salt

2 C. flour 4 t. baking powder

<sup>1</sup>/<sub>4</sub> t. pepper 1 egg, beaten

2 T. butter, melted 1/4 to 1 C. 2% milk

Place chicken, bouillon cubes, peppercorns, and cloves in a stockpot. Cover and bring to a boil; skim the foam. Reduce heat; cover and simmer until chicken is tender, about 45 to 50 minutes. Strain broth; return to stockpot. Remove chicken and set aside until cool enough to handle. Remove meat from bones; discard bones and skin. Cut chicken into chunks. Cool broth and skim off fat.

Return chicken to stockpot with soup, vegetables and seasonings; bring to a boil. Reduce heat, cover and simmer for an hour. Uncover; increase heat to a gentle boil; discard bay leaf.

Dumplings: combine dry ingredients in a medium bowl. Stir in egg, butter, and enough milk to make a moist stiff batter. Drop dough by teaspoonfuls into soup. Cover and cook without lifting the lid for 18 to 20 minutes. Serve soup with a sprinkling of parsley.

#### Cinnamon-Sugar Mini Muffins

little cinnamon treats are great for breakfast or as a little piece of bread for the soups. They are easy to make and quite tasty.

5 T. butter, softened ½ C. sugar

1 egg, room temperature ½ C. 2% milk

11/2 C. flour

21/4 t. baking powder

¼ t. salt

1/4 t. ground nutmeg

Coating:

1/3 C. butter, melted 2/3 C. cinnamon sugar

In a large bowl, cream but-

ter and sugar until light and fluffy, 5 to 7 minutes. Beat in egg. Beat in milk. Combine the flour, baking powder, salt and nutmeg; add to creamed mixture just until moistened

Fill greased miniature muf-



fin cups two-thirds full. Bake about ½ inch thickness, makat 350 for 14 to 16 minutes or until toothpick comes out clean when inserted in center of muffin. Cool for 5 minutes before removing from pans to wire racks. Dip muffins in melted butter and then roll in cinnamon sugar. Serve warm.

#### **Peanut Butter Bliss**

One of the staples to any cookie jar is snickerdoodle cookies. This recipe marries snickerdoodles with peanut butter. It is a winning combination.

1/4 C. unsalted butter

34 C. sugar, divided

½ C. firmly packed brown

34 C. creamy peanut butter

1 t. vanilla

1 egg 1½ C. flour

1 t. baking soda

½ t. salt

2 T. heavy whipping cream

1 T. cinnamon

Preheat the oven to 350. Line baking sheets with parchment paper. In a large bowl, beat butter, ½ C. sugar and 1/2 C. brown sugar with a mixer at medium speed until fluffy, 3 to 4 minutes, stopping to scrape sides of bowl. Add peanut butter and vanilla. beating until smooth. Beat in egg until well combined.

In a medium bowl, whisk together flour, baking soda, and salt. With mixer on low speed, gradually add flour mixture to butter mixture, beating well after each addition and stopping to scrape sides of bowl. Add cream, beating until combined. In another small bowl, whisk together cinnamon and remaining ¼ C. sugar. Scoop dough by heaping tablespoonfuls and roll into 1-inch balls; roll in cinnamon sugar to coat. Place 2 inches apart on prepared baking sheet. Using a fork, flatten each ball to ing a crosshatch design. Bake until edges are very lightly browned, 11 to 13 minutes. Let cool on pans for 5 minutes. Remove from pans and let cool completely on racks. Store in an airtight container.

#### **Final Thoughts**

These cold days are good for cleaning out closets. I got through four of my closets and sent 40 years of my life to the thrift shops. You know how you have fat clothes, skinny clothes, and work clothes. I have been retired long enough that I know I will not wear a lot of those work clothes. It feels good to have gone through everything once. I know I will have to purge again, but things are looking up. My Christmas decorations are packed away and labeled, and the extras have been given away. I have three piles in the basement that will probably stay there until spring. What will I do with myself now that I am sort of organized? The Le-Win/Stockton wrestling team is getting ready for regionals, so that means winter sports are on the downside. I am sure there are people waiting for more snow so they can ski and snowmobile (I am happy with the snow we have!). The COVID rate is slowly going down even though our healthcare workers are still over worked and in dangerous situations. Please stay safe and healthy. If you have some good red recipes for February, we would like to make them. We are also 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.

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### **News** briefs

#### Community college seeks adult education volunteers

Highland Community Col-

lege Adult Education program is seeking volunteers to tutor adults either face-to-face or virtually via Zoom. Volunteers tutor math, reading, writing, or English as a Second Language. The support and encouragement tutors provide are a key influence in the lives of students. Volunteering an hour or two a week is a valuable source of inspiration for the students.

For more information, visit the following page on the college's website: https://highland. edu/volunteer-literacy.

#### "Believers Basic" **Bible Study**

This Bible study offering covers the basic truths Biblical Christianity. It will be held at Community Center, LL at 497 Lions Dr. on Sunday, Feb. 6 at 5 p.m.

Call Pastor Cliff 716-229-9281 for information.

#### **Concerned Women** of America to meet in Stockton

The Concerned Women of America Stockton (CWA) group will meet this month on Wed. Feb. 9, at 2 p.m. at Calvary Church. The CWA meets to be informed and to pray for our country, schools, etc. The CWA is a pro-life, pro-family, conservative group. Please call Carol Rowe at 815-947-2122 or Pam Hess at 815-947-9154 with any questions or if in need

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#### **CWA Prayer Drive**

A prayer drive is scheduled for Monday, Feb. 7, at 1 p.m. in Stockton. This is sponsored by the Concerned Women of America on the first Monday of each month. Those interested should meet in the village parking lot by the ambulance building. The CWA will circle the town and pray for the businesses, schools, nursing home, village employees and police. The drive takes about 45 min-

#### **LEGAL NOTICES**

THE SCOOP TODAY / SHOPPER'S GUIDE

**DOCUMENT 001116 -INVITATION TO BID** 1.1 PROJECT

#### **INFORMATION**

A. Notice to Bidders: Qualified bidders are invited to submit bids for Project as described in this malities and irregularities. Document according to the Instructions to Bidders.

B. Project Identification: HVAC Upgrades - Elementary, Junior High, High Schools, Lena-Winslow School District #202, Lena, Illinois

C. Owner: Lena-Winslow School District #202, 401 Fremont Street, Lena, IL 61048

D. Project Description: Project consists of HVAC upgrades. E. Construction Contract:

Bids will be received for the following Work:

#### (all trades). 1.2 BID SUBMITTAL AND OPENING

A. Owner will receive sealed bids until the bid time and date at the location indicated below. Owner will consider bids prepared in compliance with the Instructions to Bidders issued by Owner, and delivered as follows:

1. Bid Date: February 18, 2022.

2. Bid Time: 10:30 a.m., local time.

3. Location: Administration Office, with social distancing in place, 401 Fremont Street, Lena, IL 61048

4. Address bid package as follows:

Lena-Winslow School District #202

Attn: Dr. Tom Chiles -Superintendent "Bid for HVAC Up-

grades – Elementary, Junior High, & High Schools, Lena-Winslow School District #202, Lena, Illinois"

B. Bids will be thereafter publicly opened and read aloud.

1.3 BID SECURITY

A. Bid security shall be submitted with each bid in

the amount of 10 percent of the bid amount. No bids may be withdrawn for a period of 60 days after opening of bids. Owner reserves the right to reject any and all bids and to waive infor-1.4 PREBID

#### **CONFERENCE**

A. A pre-bid conference for all bidders will be held, social distancing in place, at 401 Fremont Street, Lena, IL 61048 on February 11, 2022 at 1:00 p.m., local time. Prospective bidders are requested to attend

#### 1.5 DOCUMENTS

A. Bid Documents: Bidders may obtain access to PDF copies of the Drawings and Project Manual after 3:00 p.m. on February 4, 2022 by contacting Lar-1. Lump Sum Contract son & Darby at 815-484-0739. Request them from the front desk personnel.

B. Documents will be provided to prime bidders

C. Only complete sets of documents will be issued. 1.6 TIME OF

#### COMPLETION

A. Bidders shall begin the Work on receipt of the Notice to Proceed and shall complete the Work within the Contract Time.

#### QUALIFICATIONS

1.7 BIDDER'S

A. Bidders must be properly licensed under the laws governing their respective trades and be able to obtain insurance and bonds required for the Work. A Performance Bond, a separate Labor and Material Payment Bond, and Insurance in a form acceptable to Owner will be required of the successful Bidder.

1. Bidder shall be in good standing as a vendor for the Lena-Winslow School District 202, including a minimum of five solid references for projects of similar scope and size over the past five years. (Published in

The Shopper's Guide Feb. 2, 2022) 411916

#### Task force hears from law enforcement on rising crime rate tion of cash bail in Illinois be-General Assembly have called ive," he said. "I recently had an

CAPITOL NEWS ILLINOIS

Police chiefs and sheriffs told a panel of state lawmakers Jan. 21 that they need more resources and support from the public and the General Assembly to combat a rising rate of violent crime in Illinois. Some said they don't feel they are getting that now, especially in light of recently enacted criminal justice reforms.

"There are members in policing that believe that the community should have nothing to say about what we do in our profession," Hazel Crest Police Chief Mitchell Davis said. "Conversely, there are members in the community that want nothing to do with police officers of any kind. All sides are entitled to feel the way that they feel. But until we are able to work together in spite of our differences, we will never fully reach our potential in equitably addressing the concerns of public safety and violence in all

communities."

Davis spoke during a hearing of the House Public Safety and Violence Prevention Task Force, a group that House Speaker Emanuel "Chris" Welch, D-Hillside, formed in September "to develop a collaborative approach to the violence crisis.

Welch formed the task force as Chicago and many other cities were experiencing their most violent year in decades. Chicago alone had some 800 murders during the year, the most in the past quarter century.

The panel is co-chaired by Reps. LaShawn K. Ford and Frances Ann Hurley, both Chicago Democrats.

The increase in violent crime has come just after the General Assembly enacted a sweeping criminal justice reform package known as the Safety, Accountability, Fairness and Equity-Today, or SAFE-T Act that included, among other things, the scheduled elimina-

ginning next year.

When that law takes effect Jan. 1, 2023, courts will still be able to detain people they believe pose a risk to public safety, but those who are not detained will be released on conditions other than posting

Ford was the chief House sponsor of that bill, which passed during a lame duck session in January 2021. It was an initiative of the Illinois Legislative Black Caucus and it came about, in part, in response to a large number of police shootings of unarmed Black people, including the 2020 killing of George Floyd in Minneapolis, and the disproportionately large number of Blacks and Hispanics being held in jail awaiting trial because they could not afford the price of bail.

But it has come to be seen in some circles as part of a larger anti-law enforcement movement, and Republicans in the

for its repeal.

Lemont Police Chief Marc Maton said public criticism of policing in general has led to officers being less willing to take aggressive actions to stop

"Our cops aren't laying down," he said. "They see the media, proposed legislation and community commentary, and they think that this is the role that's expected of them, and that the community wants a less aggressive approach to policing and is asking for this model of policing.'

Springfield Police Chief Kenny Winslow said his department has been losing officers who get trained in Illinois but later move to work in other states that they perceive to be more supportive of law enforcement.

"I've lost three officers to the state of Indiana in the last year, who are going to a state that they think is more support-

officer who's talking about ... accepting a job in Cedar Rapids, Iowa, for the same reason, because they believe that the state is more police friendly, more supportive of law enforcement.

Meanwhile, Kankakee County Sheriff Mike Downey said he believes the elimination of cash bail next year will only worsen the problem of violent crime.

"Cashless bail has already proven in other states to not work and has increased violent crimes in those states to record numbers and made those states more violent and less safe, which is what we're trying to avoid," he said. "Cashless bail will also increase interaction with police, something that I think the community wants to avoid."

But Rep. Lindsey LaPointe, D-Chicago, said she believes people have misinterpreted what the elimination of cash

bail is really about.

"We are removing money as the factor of if we're going to detain somebody or not," she said. "And with our current system—and this happens, unfortunately-people can buy their way out of jail pretrial, because somebody is making a decision that, you know, it'll cost them whatever \$30,000 to get out."

Ford tried to dispel the idea that the SAFE-T Act was meant to be an anti-law enforcement measure or that he, personally, was anti-law enforcement.

"Let me just say that I want to thank law enforcement for the things that you do every day to make our streets safer and to work with the communities," he said. "I know that it is law enforcement that runs into the line of fire. If I'm in trouble, I'm calling the police. And we want to do everything to make sure that the police are strong, and make sure that the police are well educated as it relates to serving the people.

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