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# the Scoop Today

VOL. 90 • NO. 17

YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, APRIL 17, 2024



SUBMITTED PHOTO *Rock Valley Publishing*

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# Obituaries

## JOHN KEMPEL

John J Kempel passed away April 3, 2024, at the Lena Living Center, where he was a resident since January 2022. John was born June 26, 1925, to Fred and Alma (Althoff) Kempel. John married Donna Kehr on Jan. 11, 1947, at the first English Lutheran Church, Freeport, Illinois. He was a lifetime member of Salem United Church of Christ at Loran, Illinois.

After working as a cheesemaker for four years he farmed and worked in the carpenter trade being employed with Ray Stamm Inc. for 30 years, retiring in 1990. He served as town clerk and supervisor of Jefferson Township, 15 years on the Pearl City School Board, and was a member of the Stephenson County Schoolboard and Planning Commission.

His memberships included 67 plus years in the Masonic Lodge #823 in Pearl City, being a three-time Postmaster and 50 years as secretary. John



was a member of Freeport Consistory of which he received the Double Headed Eagle and MSA award, also a member of Tebala Shrine of Rockford and a member of the T Ten and Shrine club. John was a 58-year member and past president of the Pearl City Lions at which he enjoyed doing many service projects and was a Melvin Jones Fellow. Being a member of the Freeport Elks Lodge #617 of Freeport, he was a past Exalted Ruler and served as District Deputy Grand Exalted Ruler of the Northwest District 2000-2001. He held a membership in the Moose #1095 at Savanna, IL. He enjoyed fishing, hunting, and looking for mushrooms and helping others with service work.

He is survived by his Daughter Cathleen (Gary)

Dambman - grandchildren Ja-son (Jacqueline) Kuhlemeier, Amanda (Tim) Hackbarth, Jarrod (Michelle) Kuhlemeier, Holli (Brian) Sanders and Brant (Colleen) Dambman. Daughter Susan Koehn - grandchildren Chad (Tara) Koehn, Angela (Ryan) Paverce, Kimberly (Matt) Hierland and Brittney (David) Ademeso. Son John (Tim Bruneau) Kempel. Great-Grandchildren Samantha, Jackson, and Sophia Kuhlemeier - Adelaide and Ellis Hackbarth - Adelynn, Graham, Lucille, and Hudson Kuhlemeier - Aubrey, Blake Taylor and Kristian Sanders, Wade and Tucker Dumbman. Hunter and Hayley Koehn, Juyden and Bayley Pocher, Brighton (Eden) Haverland, Quince and Zyacn Haverland. Great-Grandson Bex Haverland. Sister Jean Greyer along with many nieces and nephews.

Proceeded in death by his wife of 62 years Donna (Kehr) Kempel, Son-in-law Donald

Koehn, Parents Fred and Alma (Althoff) Kempel, Mother and Father-in-law Lenard and Ruth (Eberle) Kehr. Brother and Sister-in Laws, Aiden (Dorothy), Melvin (Joan), Warren (Helen) and Ralph Kempel. Sister and Brother-in-laws, Ruth (Robert) Block, Marian (Robert) Jones, Brother-in-laws Richard Murphy and Glen Greyer.

Visitation was held on Monday April 15, from 4 to 7 p.m. at the Schwarz Park Blvd Chapel, located at 608 S. Park Blvd. Freeport Illinois, 61032. There was an Elks Service and a Masonic Service at the end of the visitation. Funeral was held Tuesday April 16, 2024, at Salem United Church of Christ in Loran at 11 a.m. with a visitation at 10 a.m. until the time of the service.

Memorials have been established for Leonard Ferguson Cancer Center 1163 W. Stephenson St. Freeport, Illinois 61032 and Northwest Hospice 773 W. Lincoln Blvd. Suite 402 Freeport, Illinois 61032.

## THOMAS SCHULDT

Thomas Lee Schuldt, age 79, of Stockton, IL passed away Wednesday, April 10, 2024, at Javon Bea Hospital in Rockford, IL. He was born in Freeport, IL on Nov. 21, 1944, to the late Vearl and Mary (Bogue) Schuldt. Tom married Judith Dittmar on June 27, 1970, at Christ Lutheran Church in Stockton.

Tom was a 1962 graduate of Stockton High School and went on to UW Madison Farm and Industry Short Course. He was a member of Christ Lutheran Church in Stockton and served on Church Council. Tom farmed his whole life. He enjoyed traveling, especially to Hawaii, Florida, Europe, and Louisville to the Farm Show.

Tom is survived by his wife, Judy Schuldt of Stockton; his daughters, Terry (Scott) Haas of Elizabeth and Chris (James)



and Lydia and Max Schuldt; his sister, Ruth (Steve) Ullestad; and his brother, Bill (Nancy) Schuldt. He was preceded in death by his parents and his brother, John Schuldt.

A memorial service was held on Saturday, April 13 at Christ Lutheran Church in Stockton. A visitation was held on Friday, April 12, at Hermann Funeral Home in Stockton from 4 to 7 p.m. A memorial fund has been established. Condolences may be shared at [www.hermannfuneralhome.com](http://www.hermannfuneralhome.com).

## BERNICE SCHUBERT

Bernice A. Schubert, age 91, of Warren, IL, passed away on Saturday, April 6, 2024, at the Galena-Stauss Hospice Center. She was born in Freeport, IL on Aug. 14, 1932, to Elmer and Leona (Meinert) Lohmeier. She married Dale Schubert on Jan. 28, 1955, at the Pearl City United Methodist Church. Dale and Bernice farmed outside of Warren from 1961-1975. She then went on to work at Hartzell's IGA in Warren for 33 years. Bernice was a proud member of the Warren Fire Department Auxiliary. She enjoyed teaching ceramics classes, as well as painting, quilting, sewing, and crocheting. Bernice was an excellent cook who loved to spoil her grandchildren and great-grandchildren.

She is survived by her four children- Gary Schubert of Warren, Gene Schubert of Warren, Jan (Randy) Long of Warren, and Greg Schubert of Warren; eight grandchildren-



Mike (Amy) Schubert, Lucas (Annice) Schubert, Terry (Sarah) Long, Jenna (Cory) Fleege, Brad (Lindsey) Schubert, Robby Risser, Tony (Bobbie) Schubert, Jeremy (Maggie) Schubert; 16 great-grandchildren; brother Wayne (Kathy) Lohmeier. She was preceded in death by her parents, husband Dale, sister Neva, brothers Roy and Chester.

A visitation took place on Wednesday, April 10, at the Martintown Community Church. Funeral Service followed at the Martintown Community Church. Pastor Kevin Cernek officiated the services. Interment took place at Chapel Hill Memorial Gardens in Freeport. A memorial has been established in her memory. Condolences may be sent to the family at [www.leamonfh.com](http://www.leamonfh.com).

# Highland Boyer Colloquium examines agriculture's 'Changing Contours of Cultivation'

Join Highland Community College for the 29<sup>th</sup> annual Boyer Colloquium, "Changing Contours of Cultivation," at 7 p.m. Tuesday, April 16 in room H-201 of the Student/Conference Center, 2998 W. Pearl City Rd., Freeport, Ill. This free presentation will also be offered via Zoom™.

Dr. Michael Woods, Executive Director of Illinois' Soil & Water Conservation Districts, will explore the evolution of agricultural production in the United States. He will describe how American agriculture has changed over time, share what it looks like now, and speculate how it will continue to evolve as it constantly responds to political, economic and environmental forces.

Students in Highland's growing Agriculture program and related sciences will have the opportunity to attend a closed presentation from Woods earlier in the day on campus or via Zoom™.

Woods was appointed to his current post in January, having previously led the Illinois Department of Agriculture's Division of Natural Resources. Originally from Illinois, he is a community college alumnus with an associate's degree in Agriculture from Black Hawk College in Moline. He went on to earn a bachelor's in Agricultural Communications and a Master's in

See COLLOQUIUM, Page 14

## News briefs

### Stephenson County VA Pantry in need of donations

The current needs for the Stephenson County VA Pantry include men's and women's body wash, shampoo and conditioner, body lotion, mouthwash, laundry detergent, Kleenex, and Q-tips.

Donations can be brought to the Lena American Legion Home on Saturdays from 10 a.m. to 11 a.m. at 316 W. Main St., Lena. Donations are greatly appreciated. Please call 815-369-4684 with any questions.

### Blackhawk Unit of Home Extension monthly meeting

The April meeting of the Blackhawk Unit of Home

Extension will be held on Thursday, April 18, 2024, at 1 p.m. at the Pearl City Library. Judy Shippee will give the lesson on "Voices-Domestic Violence". Roll call will be to donate a book or money to the Voices Book Nook. Sharon Schlachter and Ruth Ann Jordan will bring the raffle items. All are welcome to attend.

### Updating Memorial Day Roll Call

Once again, the names of deceased veterans from the Lena area will be read at the Memorial Day service. The Lena American Legion is requesting assistance to ensure all veterans are recognized, especially those that passed away since May of 2023. Please email [jamcps54@yahoo.com](mailto:jamcps54@yahoo.com) if you lost a veteran in your life. The legion would also like to know the time and branch of their service. The veteran should have lived in Lena or been a member of the Lena American Legion.

### Pearl City Preschool Screenings

The Pearl City Preschool Screening will be held April 19. Please call the school office at 815-443-2715 to make an appointment. Children eligible for preschool screening will turn three years old during the 2024-2025 school year. Children who are three to four years old before Sept. 1, 2024, will be prioritized for enrollment.

## Thank You

The family of Norman Wybourn would like to thank everyone for the kind words, food, flowers, cards and memorials sent at the time of our dad's passing. We would also like to thank the Lena Living Center and Unity Hospice for their care and support.

*Willamette Wilson & family  
Terry & Rhonda Wybourn & family  
Noreen Steinmann & family  
Leigh Ann & Norman Knoll & family*



## In Memory of Eli #love4melon



Those we love don't go away, they walk beside us everyday. Unseen, unheard, but always near, so loved, so missed, so very dear.

We love and miss you: Grandpa, Grandma, Mom, TK, Mason, Jaylen, Aaron, Tara, Hailee, Huntlee, Alex, Meghan, Lennon, Abby, Gannon, Taylynn & 2 very special cousins, Aiden & Jasiah. Many more family members and so many friends.

Many of you have asked if there's a way you can donate to Hannah Huenefeld, Branden Williams and Hadlee, locally. There's an account at all Citizens State Bank locations called Hannah's Recovery. Make checks payable to Branden Williams or Hannah's Recovery. Thank you to everyone who has donated to help this sweet family! Please continue to pray.

# Slow down, be aware: Safety is key this planting season

By Hannah Spangler  
FARMWEEK

The first week of April was cold, windy and wet, but the start to planting season is still on the radar for Illinois farmers.

And safety is key. With slow-moving vehicles on roadways, the driving public and farmers should be extra careful to prevent accidents and ensure everyone gets home safely at the end of the day.

Rachel Fulton, agronomy innovations manager for

Corteva Agriscience, farms with her father and husband in McLean County. She is also a mother of two young girls, Daisy and Caroline.

Fulton's message for those on the road this spring, "Slow down and be aware of your surroundings. It doesn't matter if the crops are in the ground if you're not here to harvest it."

During the 2023 harvest, Fulton said she drove the tractor and wagon to the grain elevator for the first time. "You just can't move over

like a regular car can," she told FarmWeek. "It's just eye opening even for somebody that grew up on a farm to actually sit in the driver's seat and haul on the road."

When moving farm equipment on the road, Fulton pointed out these vehicles make wide turns, adding more dangers for motorists who might attempt to pass. Additionally, it's harder for tractors, semis and planters to make quick stops.

The general rule of thumb for passing is to do some from three seconds behind the vehicle ahead. Still, Fulton recommended drivers give more space between themselves and the farm equipment before attempting to pass safely.

"The typical planting season in Illinois runs from mid-April to mid-June, and crashes involving farm equipment are not uncommon in a state where the majority of overall land is farmland," Illinois State Police Trooper Joshua Robinson said. "Awareness and patience by everyone traveling, especially on rural routes and in rural communities, is imperative and will contribute to highway safety."

Illinois Department of Transportation data from 2021 shows 295,604 crashes involving motor vehicles in Illinois. Crashes involving tractor-trailers accounted for 3.8 percent of total crashes and 8.5 percent of fatal crashes.

With the heightened risk of tractor-trailer and other farm vehicle accidents this planting season, Robinson wants to remind the driving public:

- Slow down and share the road responsibly.
- Don't pass until it's safe and legal to do so.
- Watch for farm implements on the road and as they enter and exit farms.



SUBMITTE PHOTO Rock Valley Publishing

**"It doesn't matter if the crops are in the ground if you're not here to harvest it," said Rachel Fulton, who farms with her father and husband in McLean County. Slow down, pay attention and be safe this planting season.**

- Allow extra room when following farm equipment.
- Remember a farmer cannot always move over to let motorists pass.
- Know that if you can't see the driver, the driver can't see you.

Additionally, Johnson stressed the importance of limiting distractions while driving.

"Distracted driving is one of the four most common contributing factors in all fatal crashes in the state of Illi-

nois," he said. "It falls upon the farmers and falls upon the rest of the motoring public to put all their focus on what's in front of them."

Johnson highlighted further important safety practices for farmers to remember as well:

- Look both ways before pulling out into a roadway.
- Take extra time to clean off all safety equipment.
- If there is a large traffic backup behind you, pull off to the side of the roadway if it is safe to do so, or move into a

safe area.

- Remember to use turn signals when changing lanes or pulling into a field entrance.

"Motorists and operators of farming equipment and other specialized motorized apparatuses must share the roadway," Johnson added.

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.

## Church news

### St. John's Lutheran Church

St. John's Lutheran Church, Pearl City, will celebrate the fourth Sunday of Easter on Sunday, April 21.

Everyone is welcome to come to St. John's to play cards and dominoes on Thursday, April 25 at 1 p.m. and dominoes in Luther Hall on Tuesday, May 7 at 9 a.m.

The April Grace Meal will be on Sunday, April 21. Meals can be picked up between 11 a.m. and 12:30 p.m. on the 21. Reservations are due in the church office by Thursday, April 18. The menu for the April meal will be Pork Chops, Lutheran Potatoes, Corn, Cole Slaw and Tapioca Pudding. This meal is possible due to donations and a grant from the Foundation of Northwest Illinois.

The Healthy Wolves group will be packing backpacks on Thursday, April 18 at 3:15 p.m. If interested in donating to this ministry, reach out to the church office for more information.

St. John's will be hosting a Wellness Screening on Saturday, May 4 from 8 a.m. to 10:30 a.m. The screenings done will include blood pressure, glucose, and cholesterol for adults (fasting is not required). It is open to the public and free of charge.

St. John's Lutheran Church of Pearl City is an ELCA parish and is located at 229 First St. in Pearl City. We are handicapped accessible. If you need to contact the pastor or church, you may call 815-443-2215 for information.

### Seasons of Life Ladies Conference

The Seasons of Life Ladies Conference will be held at Cedarville Baptist Church on Friday, April 26 and Saturday, April 27. Dinner will be served on Friday at 5 p.m. followed by a presentation from Christa Mielke at 6 p.m. Christa Mielke and Cheryl Stitzinger will present from 9 a.m. to 12:30 p.m. on Saturday, with lunch at 12:30 p.m. Tom Meyer will recite the book of Revelation on Saturday at 2 p.m.

The cost of the conference is \$40 per adult and \$20 per youth. Saturday only tickets are \$10. Call or Email Pastor Pankonin at 507-276-1436 jpankonin@gmail.com with any questions.

### St. Paul's Lutheran Church

St. Paul's Lutheran Church in Elizabeth will offer Super Sunday on the first Sunday of the month, immediately after church. The program will be offered from 10 a.m. to 11:30 a.m. Participants will work on craft projects, sing and act out inspirational tunes, enjoy snacks and drinks, play games, and learn about Jesus. Attendees do not need to be a member of St. Paul or live in Elizabeth. All are invited and welcome.

No Worries band will also perform, communion will be offered, and there will be an enlightening children's service. With summer on the horizon, keep an eye out for outdoor services.

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## Community Fellowship, Entertainment and Free Lunch

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Advertising Sales: Cyndee Stiefel • lenaads@rvpublishing.com

Telephone: 815-369-4112  
Email: News/Letters to the Editor and Classifieds: scoopshopper@rvpublishing.com

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# OPINION



## In my opinion

# Let go of the anchor

By Bryan Golden

Imagine you are swimming while holding a heavy anchor which is pulling you under water. What would you do? Of course, you would let go of the anchor to keep from drowning. Maintaining your grip on the anchor would lead to certain disaster.

With your survival at stake, you wouldn't hesitate to drop the anchor. Yet, in life there are issues you are hanging onto which are drowning you. Anger, hate, bitterness, resentment, and grudges are

all anchors pulling you to the bottom. Trying to change circumstances outside of your control also drags you to the bottom.

The problem is that from a young age you have become accustomed to holding on to anchors. The potential damage is not readily recognized because there doesn't appear to be any immediate threat. Furthermore, there is a tendency to pick up and hold onto additional anchors. Then in response to the weight increasing to unmanageable

levels, you tend to tighten your grip rather than letting go.

There are several reasons for this self-destructive behavior. First of all, you don't realize you are actually carrying an anchor. Instead, you have become conditioned to believing that your feelings are the result of what others are doing to you, not what you are doing to yourself. Since you are not aware of the anchor you're carrying, letting go of it is never even considered an option.

Another reason for not letting go is the false belief that your negative feelings are somehow detrimental to the person you blame. This thinking implies that when you are angry, bitter or upset, the person responsible for your feelings is in some way harmed by your anchor. This logic makes as much sense as believing the weight you are carrying is making someone else tired.

Trying to change someone else is another anchor to let go of. This endeavor leads to never ending frustration. A person can change if they want to, but you cannot make them do it. Although you don't have any control over the actions of others, you do have control over your response.

When you persist in attempting to get others to change, your anchor grows in weight, pulling you down deeper and deeper. Your grip tightens as you get even more determined to force changes. This is a doomed scenario which typically tears relationships apart.

Let go of this anchor by recognizing people for who they are. Deal with them on this level. Put your energy into your response to their actions. Just because someone acts doesn't mean you have to react.

See OPINION, Page 5

## Weekly connection

# A trip to remember

Last week I had the opportunity to drive my 89-year-old mom to her old stomping grounds in northwest Indiana. The main reason for our trip was to attend the funeral of my cousin's son who passed away. My cousin adopted my mom a few years ago after her own mom died. Her mom happened to be my mom's closest sister and best friend for their whole lives. The two of them were an amazing team of fearless Bible believing warriors. They had twelve kids between them, and they poured the Lord into all of us with relentless love and patience. Today, five of their children are pastors and almost all the rest teach the scriptures in Sunday School classes in their churches in Wisconsin, Illinois, and Indiana. My mom informed me that she was going to stay with an old high school classmate for three days after the funeral and another cousin was going to bring her back home to Wisconsin when they were done visiting. Mom had packed along a couple high school yearbooks from 1952 and 53 and she was very excited to see this old girlfriend who she hadn't seen in decades. She told me all about their friendship as we drove down around Chicago. After hearing about how much fun they had together, I kind of wanted to go along and hang out with these two old friends.

Incidentally, on our way to Indiana I made a route decision that wasn't very good. Usually whenever I drive south, I just drive right through Chicago. Sometimes there is traffic that causes some pretty good delays, but most of the time it's the fastest route. Well, this time I decided to bypass the city by taking interstate 290 to 294 and then get back on 94 in northern Indiana. I should have listened to my GPS as we drove down 294 because it kept telling me to get off and drive over towards the city to get back on Interstate 94. I kept talking to the GPS lady telling her that no, I was going to stay right on 294 because I knew it was taking me to Indiana. Well, it turned out she knew about the traffic jam I was heading



By **SCOTT CERNEK**  
Columnist

into. We were stopped dead in our tracks for about a half hour, some shortcut. Eventually we got to my uncle's house and had a very late supper with some of his family who came over to greet us. He laughed and laughed when I told him our story.

The next day I ended up hooking up with one of my old elementary school buddies who drove me around the area where we used to be neighbors telling me about every classmate and neighboring farmer's life stories that I had missed out on because I had moved away to Wisconsin when I was ten years old. It's amazing how many things a person can remember from his first ten years of life. Later that night I took my mom and her brother over to see the last of their six brothers who is 91. The three of them talked and talked and laughed and laughed for a couple of hours. You talk about remembering things. These three were amazing as they recounted things from their childhood. At the end of our visit, I said a prayer over all of them and we hugged and said good-bye. After the funeral the next day, my wife and I drove back up through Chicago with no delays. She had ridden down to the funeral with my brother and his wife, so we were able to travel back home together. All in all, the three-day trip was wonderful and now I'm waiting to hear about my mom's time with her friend. She gets home later this week.

On our trip my mom told me that my grandma's favorite Psalm was number 103. The first couple verses say, Bless the Lord, O my soul; And all that is within me bless His holy name! Bless the Lord, O my soul, and forget not all His benefits. The benefits of the Lord are amazing when we give Him our lives. Until next week, God bless!

## FREELANCE REPORTERS AND PHOTOGRAPHERS NEEDED

Rock Valley Publishing is seeking freelance reporters and photographers to produce local news and photos for your hometown newspaper. Weekly stories and photos needed for Jo Daviess and Stephenson Counties. Writing and reporting experience a plus. Work from home as an independent contractor with no in-office requirement.

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## Little Blackhawks

Pictured are the Stockton Elementary Little Blackhawks of the week. These students have been recognized for doing great work and having excellent behavior.

Congratulations for doing great things at school.

# Accordion Divas to perform at April Scales Mound UMC Young at Heart gathering

Scales Mound United Methodist Church is pleased to headline its first 2024 "Young at Heart" community gathering on Tuesday, April 23 at 1:30 p.m. with the fabulous Accordion Divas. De-

nise Stadel, Colleen Yonda and Vicky Barclay will treat the audience to some energetic oldies but goodies, polkas, and even music from Johnny Cash and the Beatles.

The Divas will also answer all your questions about accordions. The Accordion Divas have been together since 2020, starting out as a garage band having some fun during the pandemic. Since then, they have played at all sorts of venues, including the Alliant Center in Dubuque for the last three years. This is their third year at Scales Mound UMC as well. Scales Mound UMC is located at 319 Mason St., and holds Young at Heart gather-

ings on the fourth Tuesday of every month at 1:30 p.m.

Each month the Scales Mound UMC Young at Heart offers refreshments, entertainment, speakers, and great community. Anyone who is "young at heart" is welcome to join. There is no charge for this event. Please contact Pastor Libby Rutherford at rutherford.libby@gmail.com or 815-990-1428 with any questions.

## Opinion

(Continued from page 4)

Continually being offended and taking things personally is yet another anchor. Becoming upset never improves a situation. True freedom is attained through the realization that it really doesn't matter what other people think, say, or do.

In order to let go of the anchor, you must be aware of the fact that you are holding onto one. Accomplishing this requires you to constantly monitor your emotional state. Your goal is an awareness of how you are feeling and why. Understanding this cause-and-effect relationship enables you to recognize when you are holding onto an anchor. Through this approach, you will find you are holding onto anchors more frequently than you realized. Just let go each time you grab onto an anchor.

You are now in the process of changing a lifelong habit. Don't make any excuses for holding onto the anchor. Never say to yourself, "I can't let this go." Letting it go is essential for your mental and physical well-being.

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 Preview dates, Sat., April 27th 1-3 p.m./Thurs., May 2nd 5-7 p.m.  
 Real Estate, Building 60 x 120, lot sizes 120 x 250 (No Survey) **Note:**  
 water leaks in around the foundation. **Real Estate, Terms/Cond:** Sold  
 As Is, No contingencies, Make your financial arrangements prior  
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## \*\*\*HUGE AUCTION\*\*\*

DAY 1: SATURDAY, APRIL 27 • 9 A.M.

BENNETT CONSTRUCTION

**LOCATION:** 202 W. Third Street, Pecatonica, IL 61063.

**TOOLS:** 30'x5' metal Bennett Construction sign; (8) Fiberglass step ladders; Dewalt chop saw; (10) bar clamps; Karcher pressure washer; Several lasers; (5) milkhouse heaters; Quest Hi-E Dry dehumidifier; Husquvarna chainsaw; Kuschlaw cement mixer; several mitre boxes; 7 hay racks of Hilti, Bosch, Milwaukee, Porter Cable - electric and battery operated drills, right angle drills, saws, Sawzalls; hammer drills, riveter, sabre saw, routers, nailers, drill bits, roto zip, grinders.

Please check [www.filerauction.com](http://www.filerauction.com) for full list!

**AUCTIONEER'S NOTE:** With the passing of Rod Bennett, Bennett Construction is discontinuing operations. For those who knew Rod, he maintained his equipment with excellent care. This is a must-attend 2-day auction. Second auction is Saturday, May 4 at 9 a.m. Go to [www.filerauction.com](http://www.filerauction.com) for pictures and information.

**TERMS:** Cash or good check with proper ID.

**AUCTIONEERS:** Randy Filer, 815-871-7936; Mike Zettle, 815-238-4955.

— FILER AUCTION AND APPRAISAL —  
 Helenville, Wisconsin 53137 • Davis, Illinois 61019  
 IL # 444000429 • WI # 1040-52

454000

# SATURDAY, APRIL 27 • 9 A.M. SCHRADER EQUIPMENT CONSIGNMENT AUCTION

5995 IL 75 E. • Dakota, IL

Sale order: tools & small items, fencing, auto, hay, field equip.

**EARLY LISTINGS:** Case 530 wf, ps, triple range trans; Kubota L2550 with BF 400 G loader, 4 wd, GST trans; JD 7000 planter parts; JD 22 haybine; cage wagon; 4'x8' hay wagon; JD 34 spreader; JD 54 spreader; 60' Hutchinson auger with swing hopper; 16' Little Giant drag line with motor; bin distributor; road drag; auger hopper; 8'x16' cage wagon; Killbros 350 gravity wagon; Leaf blower; yard sprayer; lawn seeder; lawn mowers; Polaris Ranger Rota Kap; electric cement mixer; tiller; wagon load of tools; Coleman 5000 generator with 10 hp gas motor.

**MILKING EQUIP:** 220 Surge Alamo Vacuum Pump Baldor Industrial Motor Thermally #AFL3524A; 2 small Surge vacuum compressors; fresh cow bucket; belt milkers & floor milkers; miscellaneous dairy equip; cream separator; L.B. 3466 White heater; Chicken nests & feeders; Cattle grooming chute; cattle oiler; hog feeders; fencing; building mat; 44" Agri Sweeper; 2005 Subaru, good cond.

**TRAILERS:** '96 Diamond D 7'x20' stock trailer, gd cond; 20' stock trailer; 16' stk bumper hitch; 12' stk bumper hitch; 16' trailer equipped for hen house; Always hay & straw.

List subject to change. Always more by sale day!

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454200



# Recycling event to be held April 27

Illinois residents and businesses are invited to participate in the upcoming recycling collection set for Saturday, April 27, from 9 a.m. to 12 p.m. at the Elizabeth Community Building rear parking area just off U.S. Route 20, at 330 N. West Street, Elizabeth, Illinois.

Curbside recycling has been added to this event. For a fee of \$10 per household, a single stream recycling dumpster will be available. Eligible items for drop off include consumer glass bottles and jars, consumer plastics and metal cans, cardboard and paper including magazines, junk mail and newspapers. No paint, no tires,

and no household hazardous waste items will be accepted at the event.

A \$.70 per pound recycling fee is being charged for small household, rechargeable and power unit batteries. Large lead-acid batteries will be accepted for free. Electronics with a screen of any kind will be collected for a \$25 fee per item such as computer monitors, laptops, and all types of televisions. Large household appliances will be accepted for \$10 each and include refrigerators, washers, dryers, stoves, air conditioners, dehumidifiers, microwaves, etc.

On-site paper shredding of confidential documents is also being offered with a

\$10 fee for the quantity of one standard computer paper box or less. Each additional box can be shredded for an extra \$10 per box. Items for shredding will need to have any binder or paper clips removed.

Compact and large fluorescent bulbs will also be accepted with CFL and bulbs under 5 feet costing \$ 1 each and larger fluorescent bulbs costing \$2 each. Free recycling categories include most small electronic items such as computer towers, VCRs, DVD players, printers, keyboards, mice, cables, phones, copiers, cell phones, etc. Small household appliances are also accepted at no charge includ-

ing vacuums, coffee makers, toasters, saws, drills, holiday lights, hair dryers, etc. Unwanted prescription medications will also be collected for free. No sharps will be accepted.

Small and large metal items are eligible for drop off for free including bicycles, swing sets, metal shelving, metal cabinets, lawn mowers, garden tractors, metal furniture, outdoor grills, and more.

The event has been organized by the Jo-Carroll Solid Waste Agency. For more information or questions, please contact Mark Maidak, at 815-718-0238, or via e-mail atmwmaidak@gmail.com.

## Jo Daviess Conservation Foundation upcoming events

### Annual Frog Walk on Galena River Trail

One of the first signs of spring is the sound of frogs waking up and calling. Join staff from the Jo Daviess Conservation Foundation (JDCF) at the Meeker Street Footbridge in downtown Galena on Friday, April 26 at 6 p.m. for JDCF's annual frog walk. We will head down the Galena River Trail towards Buehler Reserve, giving families a chance to try to find and catch the frogs themselves! JDCF staff will help you identify what you find and have some tadpoles on hand to view the frog life cycle in progress. This is a free event open to the public. Please dress appropriately for the weather. A rain date is scheduled for May 3. Check JDCF website for updates. This is a catch and release event.

### Wildflower Walk

White trillium, bluebells, and the rare and endangered red trillium blanket Mississippi Palisades State Park in late April. Experience the magic of these stunning plants along with many other wildflowers at their peak on a guided hike in the woods and along the Park's riverside bluffs.

The walk will be led by JDCF's Director of Land Stewardship, Jim Johannsen, along with Ken Beach, president of Northwest Illinois Forestry Association. Expert birders will also be on the

trail. This is a moderately difficult walk and includes steps. We will meet at the south entrance to the park, which is located 3 miles north of Savanna, IL, along Hwy 84 South.

This event is subject to weather-related postponement or cancellation. Please check JDCF's website or Facebook page for updates. For more information about JDCF, please visit their office at 126 N Main Street,

Elizabeth IL, or contact them at www.jdcf.org or info@jdcf.org.

## Timberlake Playhouse announces dog auditions

Calling all dogs! Timber Lake Playhouse dog auditions for *The Wizard of Oz* on May 11 at 4 p.m. In the L. Frank Baum books, Toto is described as "...a little black dog, with long silky hair and small black eyes that twinkled merrily on either side of his funny, wee nose." In the movie, he is a small black and grey Terrier. The audition is open to all dogs, and prospective candidates should exhibit an ener-

getic and expressive demeanor.

Dog auditions will be held at the theatre at 8215 Black Oak Road, Mount Carroll, IL 61053 at 4 p.m. on Saturday, May 11. Please call the box office at 815-244-2035 and include an email, name and the name of the auditioning dog to info@timberlakeplayhouse.org to schedule an appointment.

TLP is also looking for Munchkins. If a child is short-

er than five feet tall and would like to be on stage, call the box office at 815-244-2035 or email your name, your child's name, your email and phone number to info@timberlakeplayhouse.org. You will be contacted with information about the production.

Rehearsals for *The Wizard of Oz* begin on June 29 with performances from July 11 through July 28. Toto won't be called for every rehearsal,

but must be available for every performance. Owners will also be expected to attend necessary rehearsals and performances.

Additional information for dog auditions can be found on the Timber Lake website at www.timberlakeplayhouse.org or by calling the Box Office at 815-244-2035. The Box Office is open Monday through Friday from 10 a.m. until 5 p.m.

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# Warhawks split games in busy week

By Trenten Scheidegger  
CORRESPONDENT

The Warren-Stockton Warhawks had a busy schedule with five games scheduled between Monday and Friday last week. After a handful of cancellations and delays, the weather finally cleared as the Warhawks got some live action. Not only were the Warhawks prepped for a busy schedule, they knew it was a big part of their season. With two games against East Dubuque, a fellow top team in the NUIC-West, the Warhawks knew they had to bring their A-game.

Warren-Stockton had to handle business against Milledgeville before they could worry about East Dubuque. On Monday, April 8 Warren-Stockton played host to the Milledgeville Missiles. At the time, the Warhawks held a record of 5-1.

It was a great start to the week for the Warhawks, who combined for nine hits in a 13-3 victory over Milledgeville. The Warhawks took four walks in the game, not including two batters hit by a pitch. When on the bases, the Warhawks were aggressive, with Treyton Pafford, Colby Tucker, Jacob Harbach, and Brady Stietz tallying stolen bases.

Pafford had a big day at the plate, going two for two with a walk, three runs scored, and two runs batted in. Wyatt Janecke finished the day one for three with a run scored and two RBI. Will Stietz was

two for two with a pair of runs scored. On the mound, Janecke pitched three solid innings with five strikeouts and three hits allowed.

The victory had the Warhawks in good spirits as they prepared to play host to the East Dubuque Warriors the very next day. The Warriors are a much different beast than the Missiles are, and that showed in their matchup with Warren-Stockton. Prior to the game, East Dubuque was off to a 6-3 start.

It was a pitcher's battle through and through. At the end of the game, both teams had combined for just 12 hits. Will was on the mound for the Warhawks, and he kept the Warriors off the board. In five and two third innings, Will struck out six while allowing two earned runs on seven hits. Adversely, East Dubuque's starting pitcher Angel Reyes allowed just four hits while striking out 12 in six and two third innings.

By the end of the fifth, the game remained tied 0-0. It wasn't until the sixth inning when both teams got on the board. East Dubuque took the first lead of the day in the top half. The Warhawks responded with a pair of runs in the bottom half to tie the game once again.

With two outs, Tucker and Will sparked a rally with back-to-back singles. Then, a pair of defensive errors by the Warriors allowed the runs to come in. In the top of the seventh,

East Dubuque took advantage of an error by the Warhawks, which allowed the game deciding run to come across home plate. East Dubuque held on to win by a score of 3-2 as the Warhawks fell to 6-2 on the year.

The Warhawks bounced back on April 10 when they faced off with the Winnebago Indians. It was a game that saw the Warhawks put up 12 hits and 15 runs in another scoring outburst. Harbach led the way, going three for five with two runs scored and two RBI. Tucker was one for three with a run scored and two RBI. Jared Dvorak went two for four with four runs, a walk, and one RBI in the 15-8 victory.

Once again, the Warhawks were feeling good as they prepared for yet another matchup with East Dubuque. This time, the Warhawks were on the road as they traveled to take on the Warriors.

It was another close game that featured some more excellent pitching. East Dubuque's starter allowed just three hits while striking out nine in seven innings of work. Three of his four runs allowed were unearned.

For the Warhawks, Harbach pitched a solid game, but it wasn't enough to get the victory. While Warren-Stockton's offense had just three hits, Harbach allowed five earned runs off eight hits in five innings of work.

With a 5-4 victory, East Dubuque took the season se-

ries by handing a pair of heart-breaking defeats to the Warhawks. Warren-Stockton was led by Janecke, Pafford, and Logan Breed who each had a hit in the game.

After falling to 7-3 on the year, the Warhawks have some more busy weeks ahead. On April 22, Warren-Stockton plays host to Eastland at 4:30 p.m. The next day, they play host to the Galena Pirates at the same time. On April 25 the Warhawks travel to take on Galena at 4:30 p.m.

## University of Illinois Extension upcoming programs

### Cicadas 2024

Join Illinois Extension Natural Resources, Environment, and Energy Educator Jay Solomon on Wednesday, May 8, 2024, at 6:30 p.m. for a program: Cicadas 2024 — A Once in a Lifetime Experience being held at the Stephenson County Farm Bureau Building, 210 W. Spring Street, Freeport. Learn more about the upcoming May and June appearances of Periodic Cicada Broods XIII and XIX, the life cycle of cicadas, what to expect in our area and why this is a once in a lifetime occurrence for most people. Periodical

See PROGRAMS, Page 14

# Lady Wolves win fifth in a row

By Trenten Scheidegger  
CORRESPONDENT

The Pearl City Wolves' softball team won their fifth consecutive game after winning a pair of games in the West Carroll Tournament last Saturday. The Wolves began the winning streak on April 6 when they won a close game 2-0 over the Galena Pirates. At the time, that win gave the Wolves a 6-3 record to start the young season. Since then, the Wolves continue to find ways to win no matter the situation.

Pearl City picked up another thrilling victory just three days later when they beat the Pecatonica Indians 1-0. It was a walk off victory as Kendra Kuhlemeier's line drive to left drove in Kylie Campbell for the game's only run. That was one of just two Pearl City hits for the game.

Fortunately for the Wolves, they had an exceptional pitching performance of their own. Mackenzie Lotz pitched a complete game shutout, striking out 11 while allowing just one hit.

The Wolves met up with the Indians again on April 11. Pearl City was on the road this time, giving Pecatonica the home field advantage. Thanks to some late inning production, the Wolves managed to prove themselves victorious

no matter the location.

After four innings of play, the game remained scoreless. The Wolves finally broke onto the scoreboard with a trio of runs in the top of the fifth. Those runs came with a splash as Anna Dampman's three-run homerun landed in the water. Those runs seemed to awaken Pecatonica's offense as well. In the bottom half, the Indians got a run back with a sacrifice fly to right.

Pearl City's bats continued to play in the sixth inning. With a 3-1 lead, Scarlett Snyder doubled to right, advancing Lotz to third. A defensive error by Pecatonica would eventually allow those runners to reach home safely.

In the end, Pearl City picked up a 5-2 victory over Pecatonica. Dampman finished the day going two for four with three RBI and a run scored. Kuhlemeier was two for three with a walk. Snyder scored two runs in the victory.

On April 13 Pearl City capped off their five-game winning streak with a pair of dominant wins over Ashton Franklin Center and West Carroll. With those victories the Wolves got to bring home some hardware as West Carroll Tournament champions.

In the game against AFC, the Wolves racked up 13 hits as they produced runs in a hurry. By the end of the third inning, Pearl city already held a 5-0 lead over AFC.

Their biggest inning came in the fourth as they combined for six runs, taking a double-digit lead. Dampman

busted the game wide open with a two-run double to the right side. Shortly after, Jorja Johnson hit a two-run triple to right. That put the Wolves up 11-0 as they quickly put things out of reach.

Pearl City went on to win by a final score of 12-2. Kuhlemeier got the win from the pitcher's circle. In four and one third innings, Kuhlemeier allowed five hits and one earned run, while striking out six. At the plate, Dampman had another big game, going three for four with two runs scored and three RBI. Johnson also had three RBI as she went one for three. Snyder was two for two with two runs scored and one RBI in the win.

The Wolves then had to beat the host team in West Carroll. After an even bigger hitting performance, Pearl City handled the game with ease as they won by a score of 11-1.

It was a six-inning no-hitter for Lotz, who struck out 14 batters along the way. Pearl City had 15 of their own hits. Johnson was a perfect four for four with two runs scored and four RBI. Campbell went two for three with two runs scored and two RBI. Kuhlemeier and Mattie Schauer also had multi-hit days.

After winning five in a row, the Wolves improved to 10-3 in the 2024 season. They are scheduled to play host to the Lena-Winslow Panthers on Thursday, April 18 at 4:30 p.m. On Tuesday, April 23 the Wolves host Durand, also at 4:30 p.m.

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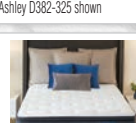
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



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# Panthers, Broncos face off in softball doubleheader

By Trenten Scheidegger  
CORRESPONDENT

When the Lena-Winslow Panthers and the Orangeville-Aquin Broncos met up on the softball field last week, it was another matchup between two extremely familiar, prestigious programs. While the Panthers and Broncos continuously push the top of the NUIC standings, both programs were in very different positions when they faced off on April 9.

Although the Broncos were off to a red-hot 6-1 start, they were left feeling like there is still plenty to improve upon. Just three days prior, the Broncos suffered an 11-10 loss to East Dubuque. It was a game that saw the Broncos take a 9-8 lead at the end of three. East Dubuque controlled things the rest of the way, handing Orangeville-Aquin their first loss of the season.

For the Panthers, they face a similar challenge to last season. Another slow start has the Panthers hoping to improve sooner rather than later. After the doubleheader with the Broncos, the Panthers saw their 2024 record fall to just 5-6. Last year, Le-Win held a record of just 4-6 after their first 10 games. The good news for Le-Win is that they did figure it out, and they finished the year on a 15-4 run. The Panthers will have to do the same this year if they want to make another late run.

Although Le-Win didn't come out victorious in their two games against Orangeville-Aquin, the Panthers learned a lot about themselves. Perhaps most importantly, was that they could compete with a top team like Orangeville-Aquin.

This year, the Panthers can't get out of their own way. In game one against the Broncos, four defensive errors allowed

four unearned runs to cross home plate. That nearly played the difference as the Broncos picked up a 6-1 victory over the Panthers. The second game was much closer, with Orangeville-Aquin winning 7-5. Once again, three of the Broncos' runs were unearned.

In many ways, that is what keeps the Panthers from taking that next step right now. Le-Win head coach Ryan Hahne spoke about what makes Orangeville-Aquin so impressive, and how the Panthers managed to keep things close with them. "Coach [Lon] Scheuerell has always been a tough coach to go against. His team can hit, field, and do everything fundamentally correct to win games. I felt we stayed with them, but our fielding is very inconsistent right now. We have a couple bad innings and give opposing teams free runs with our errors. Orangeville played a clean game, outthit us, and that will win a lot of games," Hahne shared.

Orangeville-Aquin's ability to put the ball in play forced the errors by the Le-Win defense. In game one, the Broncos had 10 hits led by Isabelle Talbert, who went three for three. Megan Holder was two for four with one run scored, and Meghan Carlisle went one for four with a run scored and two runs batted in.

Orangeville-Aquin also sported a clean defense and some solid pitching in both games. After holding the Panthers to just one run in the first game, Lon Scheuerell and the Broncos chose to let Laney Holland pitch the second as well. Both games combined, Holland pitched 14 innings with 10 strikeouts and five runs allowed on 13 hits.

Scheuerell spoke about Holland's pitching, including the pressure to fill the shoes left behind by Leah Baker. "Laney

did an unbelievable job throwing strikes. She mixed up her changeup well to keep their batters off balance. I was not planning on having her start the second game, but she didn't throw that many pitches and did so well we just kept her in," Scheuerell shared.

In comparison to Baker, Scheuerell spoke about how Holland is doing things her own way. "Laney has done an excellent job stepping into the role that Leah Baker had last year. They are not the same type of pitchers. Leah threw a little harder and did an awesome job of moving her fastball around the plate on the inside and outside corners. Laney throws her changeup more of-

ten. Just like Leah, Laney has put a lot of time into becoming a better pitcher in the offseason by playing travel ball and working with pitching coaches," Scheuerell explained.

The Panthers were led by Rachael Setterstrom who has been a bright spot as a consistent part of Le-Win's success. In game one, Setterstrom went one for three with one run scored. In game two, Setterstrom had two hits, a run scored, and one RBI.

Hahne spoke about what Setterstrom brings to the team. "Rachael is a great player. She works hard to be a great defender and she has saved us a lot of runs this season and the last two years being our center

fielder. I personally believe she is the best defensive center fielder in the state. At the plate, her speed allows her to get on base a lot. Once she is on base, she is hard to get out and we are fortunate her speed allows her to score runs," Hahne said.

Unfortunately for Le-Win, they ran into a scorching Bronco team while they are still trying to clean some things up. Scheuerell is quite experienced in competing against the Le-Win program and their historic coaches. The Hall of Fame coach spoke about Le-Win softball, and the coaches he's battled over the years.

"Lena-Winslow has always had a strong softball program going back to when Ric Arand

was coaching. They have always been a strong competitor and have won a few regional titles, including back in 2016 when coach Paul Everding's Le-Win team upset us in the regional championship when we were 32-2 on the year. Ryan Hahne has continued to make Lena a strong team in the NUIC North Conference. Every year we have very close games with them, including this year. Last year against Lena in the regional championship, was the toughest game we had until we lost in the super-sectional championship game. Ryan does a good job making sure his team is ready

See SOFTBALL, Page 10

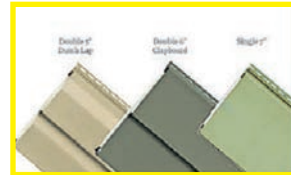
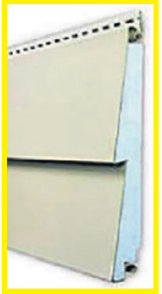
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# Stephenson County Farm Bureau news

By Victoria Hansen

On Saturday, April 6 the Stephenson County Farm Bureau Young Leaders hosted the 7<sup>th</sup> Annual Bruce Johnson Memorial Farm To Farm 5K/10K run that raises money for Agriculture In The Classroom. This year 220 runners participated in this great event. This event is always a favorite featuring a 10K Run, 5K run, and a 5K fun run/walk.

Top finishers for the event were as follows:

Overall Top 5K Finishers: Lynnea Groezinger and Dan Palmer

Overall Top 10K Finishers: Amy Schultz and Jason Niemann. A full list of age bracket finishers can be found on the run Facebook page, Bruce Johnson Memorial Farm to Farm 5K/10K Run.

This event raised over \$10,000 for Agriculture in the Classroom in Stephenson County. We would like to share a great big thank you to the sponsors of this year's event:

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- Community Bank
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- The Family of Bruce Johnson
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**Bronze Level Sponsor-\$100**

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- Prairie State Tractor

Thank you again to everyone who participated in this event. To see photos visit our Facebook page, Bruce Johnson Memorial Farm to Farm

5K/10K.

**Black Vulture Depredation permits now available**

The black vulture population has increased in Illinois in recent years, particularly in the southern portion of the state. These birds often prey on young livestock, causing injury and sometimes death, creating major financial losses for some livestock farmers. Illinois Farm Bureau (IFB) has renewed the statewide depredation permit for black vultures from the U.S. Fish and Wildlife Service (USFWS). IFB continues to work with USDA Wildlife Services to issue federal sub-permits to livestock farmers who are experiencing issues with black vultures on their land. IFB will also continue to work with the Illinois Department of Natural Resources (IDNR) to secure the necessary state permits for farmers seeking approval.

"In an effort to streamline the process and reduce application costs, Illinois Farm Bureau will hold the federal depredation permit for livestock farmers facing problems resulting from black vultures," said IFB President Richard Guebert. "This process will also help farmers quickly receive a state permit from IDNR. We are hopeful that this effort will help reduce conflict between the black vulture population and livestock production." Black vultures, which have a dark gray head and are aggressive, should not be confused with their larger, less aggressive and red-headed relative, the turkey vulture. Turkey vultures may be found throughout Illinois. Black vultures live in southern regions but are expanding their range further north, creating depredation problems for farmers.

As migratory birds, black vultures are protected by the

Migratory Bird Treaty Act, state laws and regulations, therefore, they can't be killed or destroyed without a migratory bird depredation permit from USFWS and a class B nuisance control permit from IDNR. "The Illinois Department of Natural Resources is continuing to cooperate with the Illinois Farm Bureau and USDA Wildlife Services to develop a simple process for livestock producers to receive federal and state permits for removing black vultures that can be harmful to their operations," IDNR Director Natalie Phelps Finnie said. "I am glad we were able to continue the process created two years ago that provides relief to Illinois stockmen while still meeting our obligation to conserve protected species."

IFB will issue sub-permits as a benefit to livestock farmers who are experiencing problems with black vultures and assist in securing IDNR's required permit. The sub-permit is available to livestock farmers facing depredation of commercial livestock, which includes cattle, horses, sheep, goats and swine. Approved applicants will be allowed a maximum of three birds, determined after consultation with USDA Wildlife Services. Following the consultation and approval, a state permit will also be provided by IDNR. Applicants must agree to follow all rules and regulations required by USFWS in the IFB statewide permit and the requirements of the IDNR permit. Illinois Farm Bureau, IDNR, USFWS and USDA Wildlife Services created this permit process in 2021 to assist livestock producers. Interested livestock producers may request a sub-permit application by contacting Illinois Farm Bureau Associate Director of Commodity and Livestock, Ta-

sha Bunting, at [tbunting@ifb.org](mailto:tbunting@ifb.org).

**Shipshewana Bus Trip Canceled**

Unfortunately, due to low registrations the Stephenson County Farm Bureau Bus Trip to Shipshewana, Indiana has been canceled. If you have questions, please reach out to our office at 815-232-3186. For other upcoming trips please visit [www.stephensoncfb.org](http://www.stephensoncfb.org).

**Event space to rent**

With graduation right around the corner, don't wait to book your event at the Carroll or Stephenson County Farm Bureau buildings. Rooms start as low as \$100. Summer Saturdays and Sundays are limited. Call the Farm Bureau of your choice for availability and to learn more about the rental process. Carroll County Farm Bureau 815-244-3001 or Stephenson County Farm Bureau at 815-232-3186.

**• Softball**

(Continued from page 9)

ready to play us and his players always bring a lot of energy to the game," Scheuerell said with high praise of Le-Win's program.

Although the respect between these teams is evident, the Panthers will have to continue to improve if they want another shot at the Broncos. Scheuerell's teams aren't one to be satisfied and stay put themselves, however.

After getting off to their 5-6 start, the Panthers are scheduled to travel to play the Pearl City Wolves on Thursday, April 18, at 4:30 p.m. At the same time, the 8-1 Broncos are set to play host to the Durand Bulldogs in Orangeville.

*A Great Big*  
**THANK YOU TO OUR READERS**

who have sent a donation to help underwrite the Scoop Today/Shopper's Guide. For those of you who haven't done so in the past year, but enjoy this newspaper and would like to help us pay for its operation, please send a donation in any amount to:

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# FROM LENA'S KITCHEN



The not so skinny cook

What a difference one week makes. The weather is warmer, the grass is greener, and flowers are blooming. My daffodils survived the snow and wind and have been popping up along the foundation of my house. I even have some green things coming up in the flower garden. As long as we keep on having April weather, I think we are on our way to Spring. This week's recipes reflect some spring cooking. Have a great cooking week.

## 12 Hour Salad

When you need to make some of the meal the day or night before because of a time crunch, this salad will help the cook out. It is a variation on the seven-layer salad. I like to use the spring mix salad greens. You can also substitute a red or yellow pepper for the green one. Many people like the colored peppers better because they are sweet. This salad is also a great way to get kids to eat vegetables.

- 8 C. torn mixed salad greens
- 1 1/2 C. chopped celery
- 2 medium green peppers, chopped
- 1 medium red onion, chopped
- 2 1/2 C. frozen peas
- 1 C. mayonnaise
- 1 C. sour cream
- 3 T. sugar
- 1 C. shredded cheddar cheese
- 1/2 lb. bacon, cooked and crumbled

Place greens in a 3 qt. bowl or a 9 x 13 glass dish. Layer with celery, peppers, onion and peas. In a small bowl, mix mayo, sour cream, and sugar; spread over top. Sprinkle with cheese and bacon. Refrigerate 12 hours or overnight.

## Potatoes Lyonnaise

This recipe is a French version of scalloped potatoes. It is a great side that is easy to fix and goes well with any meat.

- 1 t. salt
- 4 medium russet potatoes, peeled and thinly sliced
- 6 T. butter, divided
- 1 small onion, halved and thinly sliced
- 1 t. minced fresh rosemary
- 1/2 t. pepper

In a large saucepan or Dutch oven, bring 2 1/2 qts. of water and salt to a boil. Add

potatoes; reduce heat and simmer, uncovered, until potatoes are slightly cooked but still al dente, about three minutes. Drain. In a large skillet, melt 3 T. butter over medium heat. Add onion; cook, stirring frequently until golden brown, 10 to 12 minutes. Remove onion; set aside. In the same skillet, melt remaining 3 T. butter. Add potatoes; cook, stirring occasionally, until potatoes are golden brown, 8 to 10 minutes. Add onion, rosemary and pepper; toss to combine. Cook until heated through.

## Swedish Meatballs

My mother used to make a Swedish Meatball recipe that had rice in it. This one is a basic meatloaf recipe with a great gravy, and it is served over noodles. It is an economical and filling meal for the men in the family.

- 3/4 C. seasoned breadcrumbs
  - 1 medium onion, chopped
  - 2 eggs, lightly beaten
  - 1/3 C. minced fresh parsley
  - 1 t. pepper
  - 3/4 t. salt
  - 2 lbs. ground beef
- Gravy:**
- 1/2 C. flour
  - 2 3/4 C. 2% milk
  - 2 cans (10 1/2 oz.) condensed beef consommé, undiluted or beef broth
  - 1 T. Worcestershire sauce
  - 1 t. pepper

- 3/4 salt
- Noodles:**
- 1 pkg. (16 oz.) egg noodles
  - 1/4 C. butter, cubed
  - 1/4 C. minced fresh parsley

In a large bowl, combine the first six ingredients. Add beef; mix lightly but thoroughly. Shape into 1 1/2 inch meatballs (you should have about 36 meatballs). In a large skillet over medium heat, brown meatballs in batches. Using a slotted spoon, remove to paper towels to drain, reserve drippings in pan.

Gravy: stir flour into drippings; cook over medium high heat until light brown (do not burn). Gradually whisk in milk until smooth. Stir in broth, Worcestershire sauce, pepper, and salt. Bring to a boil over medium-high heat; cook and stir until thickened, about 2 minutes. Reduce heat to medium-low; return meatballs to pan. Cook, uncovered, until meatballs are cooked through, 15 to 20 minutes longer, stirring occasionally. Cook noodles according to package directions. Drain and toss with butter. Serve with meatballs, sprinkle with parsley.

## Chicken with Florentine Sauce

This recipe is a quick weeknight dinner recipe. The

sauce helps disguise the spinach for those who think they don't like it, and it is another way to sneak in the vegetables to unsuspecting kids and adults.

- 6 boneless skinless chicken breast halves
- 1/2 C. grated Parmesan
- 1/2 t. dried basil
- 1/2 t. dried oregano
- 3 T. butter, divided
- 2 green onions, chopped
- 1 t. minced garlic
- 1 T. flour
- 1/4 t. salt
- 1/2 C. whole milk
- 1 T. chicken broth
- 1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry

- 3 T. diced pimientos
- 1/2 C. sour cream
- 1 C. shredded mozzarella cheese

Flatten chicken to 1/2 inch thickness; in a shallow bowl or dish, combine parmesan cheese, basil and oregano. Add chicken, a few pieces at a time, and shake to coat. In a large skillet over medium heat, cook chicken with 2 T. butter for 4 to 5 minutes on each side or until a thermometer reads 170. Remove and keep warm.

In the same skillet, sauté onions in 1 T. butter for 2 to 3 minutes or until tender. Add garlic; cook 1 minute longer. Gradually add flour and salt;

stir in milk and broth until blended. Bring to a boil. Reduce heat; cook and stir for 1 to 2 minutes or until thickened. Stir in spinach and pimientos; heat through. Remove from heat. Stir in sour cream until blended. Spoon over chicken and sprinkle with mozzarella cheese.

- 1 1/2 C. sugar
- 1 egg, room temperature
- 1 egg yolk, room temperature
- 1/2 t. grated Key lime zest
- 2 T. Key lime juice
- 3 C. flour
- 2 t. cream of tartar
- 3/4 t. baking soda
- 1/2 t. salt
- 1/2 C. graham cracker crumbs

## Key Lime Pie Cookies

Did you ever think about making key lime in anything other than pie? This spring there are a lot of key lime recipes. These cookies would be great on a Mother's Day Brunch table.

- 1/2 C. butter, softened
- 1/2 C. shortening

Preheat the oven to 350. In a large bowl, cream butter, shortening and sugar until light and fluffy, 5 to 7 minutes. Beat in egg, egg yolk, lime zest, and lime juice. In another bowl, whisk flour,

See KITCHEN, Page 13

The Scoop Today & Shopper's Guide

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# LEGAL NOTICES

STATE OF ILLINOIS  
IN THE CIRCUIT  
COURT OF THE  
FIFTEENTH JUDICIAL  
CIRCUIT

STEPHENSON COUNTY  
IN PROBATE

In Re the Matter  
of the Estate of:  
DARLYNE CAMPBELL,  
Deceased

No. 24-PR-25

### NOTICE FOR PUBLICATION - CLAIMS

Notice is given of the  
death of **Darlyne Camp-  
bell**, of Winslow, Illinois.  
Letters of Office were is-  
sued on **April 5, 2024**, to:  
**Aslan A. Stouffer Cuny**  
**P.O. Box 598**  
**Freeport, IL 61032**

as Independent Executor  
of the Estate of **Darlyne  
Campbell**, whose attorney  
is

**Anthony V. Coon**  
**Attorney At Law**  
**10 N. Galena Ave.,**  
**Ste. 210**

**Freeport, Illinois 61032**  
The estate will be ad-  
ministered without Court

supervision unless, under  
Section 28.4 of the Pro-  
bate Act (755 ILCS 5/28-  
4), any interested person  
terminates independent  
administration at any time  
by mailing or delivering a  
Petition To Terminate to  
the Clerk.

Claims against the estate  
may be filed in the office  
of the Clerk of the Court  
at the Stephenson County  
Courthouse, 15 N. Galena  
Avenue, Freeport, Illinois  
61032, or with the repre-  
sentative, or both, on or  
before **October 18, 2024**,  
and any claim not filed  
on or before said date is  
barred. Copies of a claim  
filed with the Clerk must  
be mailed or delivered to  
the representative and to  
the attorney within ten (10)  
days after it has been filed.  
Date: April 8, 2024.

Aslan A. Stouffer Cuny  
Executor  
By: *Anthony V. Coon*  
Anthony V. Coon,  
Attorney At Law  
Anthony V. Coon,  
#6269568

Attorney at Law  
10 N. Galena Ave., Ste 210  
Freeport, IL 61032  
815-235-2212  
Fax 815-232-5500  
tonycoonlaw@aol.com

(Published in  
The Shopper's Guide  
April 17, 24, May 1, 2024)  
453927

IN THE CIRCUIT  
COURT OF THE  
FIFTEENTH JUDICIAL  
CIRCUIT  
COUNTY OF  
STEPHENSON, STATE  
OF ILLINOIS

CROSSCOUNTRY  
MORTGAGE, LLC,  
Plaintiff(s),  
vs.  
RAYMOND D. PHILPOT,  
UNKNOWN OWNERS,  
AND NON-RECORD  
CLAIMANTS,  
Defendant(s).

Case No. 22 FC 13

PUBLICATION NOTICE  
The requisite Affidavit

for Publication having  
been filed, notice is hereby  
given to you: RAYMOND  
D. PHILPOT, NONRE-  
CORD CLAIMANTS and  
UNKNOWN OWNERS,  
Defendants in the above  
entitled suit, that said suit  
has been commenced in  
the Circuit Court of Ste-  
phenson County, Chan-  
cery Division, by the said  
Plaintiff, against you and  
other Defendants, praying  
for foreclosure of a cer-  
tain Real Estate Mortgage  
conveying the premises de-  
scribed as follows, to wit:

LOTS 206 AND 207 IN  
SAXBY HEIGHTS AD-  
DITION TO THE TOWN  
(NOW CITY) OF FREE-  
PORT, ACCORDING TO  
THE PLAT THEREOF  
RECORDED AUGUST  
16, 1910 IN BOOK C OF  
PLATS, PAGE 47, AND  
THE WESTERLY 7 FEET  
OF THE ADJACENT  
ALLEY LYING EAST-  
ERLY THEREOF. SITU-  
ATED IN STEPHENSON  
COUNTY IN THE STATE  
OF ILLINOIS.

Tax Number: 18-13-36-  
309-005  
commonly known as 823 S  
PARK BLVD FREEPORT  
IL 61032; and which said  
Real Estate Mortgage was  
made by RAYMOND D.  
PHILPOT, and recorded  
in the Office of the Ste-  
phenson County Record-  
er as Document Number  
201900171928; that Sum-  
mons was duly issued out  
of the said Court against  
you as provided by law,  
and that the said suit is now  
pending.

Now, therefore, unless  
you, the said named De-  
fendant, file your answer  
to the Complaint in the  
said suit or otherwise make  
your appearance therein,  
in the office of the Circuit  
Court of Stephenson Coun-  
ty, located at 15 NORTH  
GALENA AVENUE,  
SECOND FLOOR, FREE-  
PORT, IL 61032, on or be-  
fore May 17, 2024, default  
may be entered against you  
at any time after that day  
and a judgment entered in  
accordance with the prayer  
of said Complaint.

LAW OFFICES OF  
IRA T. NEVEL, LLC  
Attorney for Plaintiff  
Ira T. Nevel -  
ARDC #6185808  
Timothy R. Yueill -  
ARDC #6192172  
Greg Elsnic -  
ARDC #6242847  
Aaron Nevel -  
ARDC #6322724  
Andrew Chu -  
ARDC #6285924  
175 North Franklin St.  
Suite 201  
Chicago, Illinois 60606  
(312) 357-1125  
Pleadings@nevellaw.com  
KP  
# 22-00146  
I3242064

(Published in  
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April 17, 24, May 1, 2024)  
454091

IN THE CIRCUIT  
COURT FOR THE 15TH  
JUDICIAL CIRCUIT  
STEPHENSON COUNTY  
- 15 NORTH GALENA  
AVENUE, FREEPORT,  
ILLINOIS

ESTATE OF  
Teresa D. Strasser,  
DECEASED.

24 PR 21

Notice is given to cred-  
itors of the death of the  
above named decedent.  
Letters of office were is-  
sued to David Strasser,  
1607 West Fairview Road,  
Freeport, Illinois 61032,

as Independent Admin-  
istrator, whose attorney  
of record is SJ Chapman,  
Bielski, Chapman, Ltd,  
123 North Wacker Drive,  
Suite 2300, Chicago, Illi-  
nois 60606.

The estate will be ad-  
ministered without court  
supervision, unless under  
section 5/28-4 of the Pro-  
bate Act Ill. Compiled Stat.  
1992, Ch. 755, par. 5/28-  
4) any interested person  
terminates independent  
administration at any time  
by mailing or delivering a  
petition to terminate to the  
clerk.

Claims against the estate  
may be filed with the clerk  
or with the representative,  
or both, on or before Oc-  
tober 3, 2024, or, if mail-  
ing or delivery of a notice  
from the representative is  
required by section 5/18-3  
of the Probate Act, the date  
stated in that notice. Any  
claim not filed on or before  
that date is barred. Copies  
of a claim filed with the  
clerk must be mailed or  
delivered by the claimant  
to the representative and to  
the attorney within 10 days  
after it has been filed.

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cases with limited exemp-  
tions. To e-file, you must  
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I3241246

(Published in  
The Shopper's Guide  
April 3, 10 & 17, 2024)  
453444

### ANNUAL TREASURER'S REPORT RUSH TOWNSHIP & ROAD DISTRICT FISCAL YEAR ENDING MARCH 31<sup>ST</sup>, 2024

**TOWNSHIP-REVENUE SUMMARY:** Property Tax-  
es: \$67,425, Replacement Tax: \$1,672, TOIRMA: \$438

**TOWNSHIP-EXPENDITURE SUMMARY:** Ad-  
vertisement: \$343; Donations: \$202; Office Supplies:  
\$114; Legal & Accounting: \$871; Utilities: \$242; Re-  
pairs & Maintenance: \$95; Dues & Subscriptions: \$202;  
Insurance: \$2,941

**COMPENSATION SUMMARY:** Director's Fees:  
\$1,290, Garrett Toay: \$2,800; Ben Wooden: \$1,700;  
Jase McGivney: \$35,000, Delmar Nieman: \$3998; Kyle  
Hubb: \$5,850; Mike Schultz: \$2,500, Austin Westaby:  
\$1,480

**ROAD DISTRICT-REVENUE SUMMARY:** Proper-  
ty Taxes - \$124,464, Replacement Tax: \$5,607, Interest  
Income: \$7,440

**ROAD DISTRICT-EXPENDITURE SUMMARY:**  
Reimbursed Mileage: \$294; Dues & Subscriptions:  
\$394; Fuel: \$15,220; Job Materials: \$227,869; Insur-  
ance: \$4,599; Supplies: \$37,253; Utilities: \$1,753

Subscribed and sworn this 9<sup>th</sup> day of April, 2024.

**Garrett J Toay, Supervisor**

I, Ben Wooden, Clerk of the Town of Rush, Jo Daviess  
County, IL, do hereby certify that the above is a true  
copy of the Annual Treasurer's Report for the fiscal year  
ending March 31<sup>st</sup>, 2024.

Subscribed and sworn to this 9<sup>th</sup> day of April, 2024.

**Ben Wooden, Clerk**

(Published in The Scoop Today April 17, 2024)

454206

### ANNUAL TREASURER'S REPORT NORA-RUSH-WARREN MULTI-TOWNSHIP ASSESSMENT DISTRICT FISCAL YEAR ENDING MARCH 31<sup>ST</sup>, 2024.

**REVENUE SUMMARY:** PROPERTY TAXES -  
\$19,205, Interest Income - \$84  
Total Revenues: \$19,289

**COMPENSATION SUMMARY:** Board Member Pay:  
\$950 Assessor: \$13,800

**EXPENDITURE SUMMARY:** TOIRMA: \$500; Profes-  
sional Fees: \$1,373; Jo Daviess Co Supervisor of Assess-  
ments: \$206; Reimbursed Assessor Expenses: Mileage:  
\$554; Meals: \$80; Office Supplies: \$3; Lodging: \$185;  
IPAI: \$253; GIS: \$90; SP Internet: \$223; Postage: \$1,  
Advertising: \$94  
Total Expenditures: \$18,312

### SUMMARY STATEMENT OF CONDITION

Beginning Fund Balance,	
Retained Earnings, April 1 <sup>st</sup> , 2023,	\$18,342
Revenues	\$19,289
Expenditures	\$18,312
Ending Fund Balance,	
Retained Earnings, March 31 <sup>st</sup> , 2024,	\$19,319

I, Garrett J Toay, Clerk-Treasurer of the Nora-Rush-War-  
ren Multi-Township Assessment District, Jo Daviess  
County, IL, do hereby certify that the above is a true  
copy of the Annual Treasurer's Report for the fiscal year  
ending March 31<sup>st</sup>, 2024.

Subscribed and sworn this 9<sup>th</sup> day of April, 2024.

**Garrett J Toay, Clerk-Treasurer**

(Published in The Scoop Today April 17, 2024)

454208

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425124

# •Kitchen (Continued from page 11)

cream of tartar, baking soda and salt; gradually beat into creamed mixture.

Shape tablespoonfuls of dough into balls. Roll in graham cracker crumbs and place 2 inches apart on greased baking sheets. Bake until edges just begin to crack, and tops are set, 8 to 10 minutes. Let cool 5 minutes before removing from pans to wire racks to cool completely.

## Rhubarb Oat Bars

It is time to start the rhubarb recipes, and I have quite a few this year. These bars are tart and sweet, and I think they make a great introduction to rhubarb season.

1½ C. chopped fresh or frozen rhubarb

1 C. packed brown sugar, divided

4 T. water, divided

1 t. lemon juice

4 t. cornstarch

1 C. old fashioned oats

¾ C. flour

½ C. sweetened shredded coconut

½ t. salt

1/3 C. butter, melted

In a large saucepan, combine the rhubarb, ½ C. brown sugar, 3 T. water, and lemon juice. Bring to a boil. Reduce heat to medium; cook and stir for 4 to 5 minutes or until rhubarb is tender. In a small bowl, combine the cornstarch and remaining water until smooth; gradually stir into the rhubarb mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat and set aside.

Preheat the oven to 350.

In a large bowl, combine the oats, flour, coconut, salt and remaining brown sugar. Stir in butter until mixture is crumbly. Press half of the oats mixture into a greased 8-inch square baking dish. Spread with rhubarb mixture. Sprinkle with remaining oat mixture and press down lightly. Bake at 350 for 25 to 30 minutes or until golden brown. Cool on a wire rack. Cut into squares.

## Final Thoughts

I think that spring sports are finally going to be able to be scheduled. Track meets and ball games will be every night of the week, so if you need some entertainment, check the schools in your area. Prom season is upon us also. Hopefully the weather will cooperate for beautiful pictures outside. I mentioned earlier that my daffodils are blooming. A friend brought me the most beautiful bouquet that I can enjoy when watching the Cubs on television.

We are looking for spring recipes. It is time for rhubarb and strawberry recipes, so send some favorites our way. If you find some recipes to share, you can contact us by email at scoopshopper@rvpublishing.com or by mail at our new mailing address: From Lena's Kitchens, *The Shopper's Guide* at Rock Valley Publishing, 1102 Ann St., Delavan, WI 53115.

Thank you, Jessica, for being a great news gatherer for the Lena/Stockton area. Best wishes as you begin your new career.



The regular monthly business meeting for the West Point Township County of Stephenson and State of Illinois for the fiscal year 2024-2025 will be held at 7:00 PM at the West Point Township Building, 6890 N Five Corners Rd, Lena, on the following dates:

April 9, 2024

May 14, 2024

June 11, 2024

July 9, 2024

August 13, 2024

September 10, 2024

October 8, 2024

November 12, 2024

December 10, 2024

January 14, 2025

February 11, 2025

March 11, 2025

William Staton, Clerk

(Published in

The Shopper's Guide

April 17, 2024)

453892

## Stockton Community Unit School District #206 Regular Meeting of the Board of Education Monday, April 15, 2024 6:30 pm in the Middle Conference Room

### Agenda

1. Pledge of Allegiance and Moment of Silence
2. Call to order- Roll Call
3. Approval or amendments to the agenda.
4. Public Participation- Visitor and Comments (5 min. limit)
5. Consent Agenda -Action:

# LEGAL NOTICES

- a. Approve Board of Education regular meeting minutes and closed session minutes from March 18, 2024; and minutes from special board meeting for negotiations on March 25, 2024; minutes from special board meeting for negotiations on April 3, 2024
  - b. Approval of payment of bills
  - c. Approval of financial report
  - d. Approval of the destruction of Executive Session recordings prior to July 1, 2021
  - e. Approval of Administrative report and Superintendent report
6. Informational Items:
    - a. CTE
    - b. Northwest Special Ed-

- ucation
  - c. Ms. Brudi presentation of the agriculture program report
7. Committee reports:
  8. Action items:
    - a. Approve FFA overnight trips for FY25
    - b. Approve 2024-2025 school board meeting dates and locations
    - c. Approve Grant with Jo Carroll Energy
    - d. Approve Benning Group as our auditors for FY24, FY25, FY26
  9. Closed Session -Action:
    - a. The Board will enter Closed Session under the Open Meetings Act 5 ILCS 120/2 for the purpose of appointment, employment, compensation, discipline, and per-

formance or dismissal of personnel, and matters relating to students and review of District Safety Plan

10. Action items:
  - a. Approve hiring a choir teacher
  - b. Approve summer maintenance help

11. Adjournment: By order of Mr. Dan Breed, Board of Education President

a. Next Meeting-The next regular meeting of the Board of Education will be held on Monday, May 20, 2024 in the Stockton Elementary School Conference room at 6:30 p.m.

(Published in The Scoop Today April 17, 2024)

454214

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Reader's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Signature: \_\_\_\_\_

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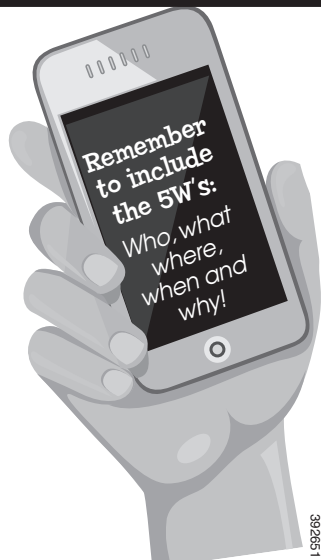
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# Felony warrant arrest in Palm Beach Florida

On March 20, 2024, Deputies with the Bay County Florida Sheriff's Office arrested former Freeport residents Timothy Bennett and Crystal Houston on a felony warrants that were filed in Stephenson County. Bennett and Houston were located at a hotel in Palm Beach, Florida after Freeport Police Department Detectives received a tip advising of their whereabouts. This information was then passed on to the Bay County Sheriff's Office.



**Timothy Bennett**



**Crystal Houston**

filed in Stephenson County on September 23, 2023 and bond was affixed at \$750,000.00. The complaint alleged one count of Predatory Criminal Sexual Assault of a Child and three counts of Aggravated Criminal Sexual Abuse which occurred between the dates of May 17, 2022 and Aug. 1, 2022.

The warrant for 38-year-old Crystal Houston was filed in Stephenson County on Feb. 28, 2024, and she has been ordered to be held without

pretrial release until further order of the court. The complaint alleged two counts of Promoting Prostitution which occurred on Nov. 1, 2021.

The arrests of Bennett and Houston were the result of an extensive human trafficking investigation. Bennett has been extradited back to Stephenson County and is currently in the custody of the Stephenson County Jail. Houston is in the process of being extradited back to Stephenson County. The Freeport Police Department would like to thank the Bay County Sheriff's Office for assisting the department by apprehending Bennett and Houston.

The public is reminded that the defendants are entitled to a fair trial, at which the government has the burden of proving guilt beyond a reasonable doubt.

## •Petras (Continued from page 14)

mouth/xerostomia) that further increases bacteria proliferation and sets up the perfect environment for fungal infections. Fungal infections can result in diabetic ulcers. High blood sugar levels slow the healing process, prolonging the pain and damage from these ulcers. Poor oral health can lead to tooth loss and the inability to maintain a healthy diet that is critical for diabetes. High blood sugar can also cause nerve damage (diabetic neuropathy) in the oral cavity.

Inflammation and infections weaken the body's ability to use insulin to control blood sugar, making it even more difficult to control your diabetes. This negative feedback cycle makes it imperative that you maintain meticulous oral hygiene to control your diabetes and avoid diabetic complications. Daily oral care and routine dental checkups are integral to keeping your blood sugar and A1C levels under control.

If you have periodontal disease, your dentist may need to see you more often. Make sure to update your health history and any medications that you are taking at each dental visit. Be honest if you are struggling with your blood sugar levels. Make sure that you eat before you go to the dentist. Do not hesitate if you have any questions about your home care. Maintaining your health is our top priority. Do not hesitate to notify your dentist if you develop any oral sores or signs of infection so these can be addressed promptly.

To help avoid diabetes it is important that you give up smoking. Tobacco products reduce the amount of oxygen in the bloodstream, which slows healing even further. Follow a healthy diet that limits sugars and saturated fats and allows you to reach and keep a healthy body weight. Drink water throughout the day to keep your oral tissues hydrated and rinse away food

debris and bacteria. If you wear dentures, remove them, and clean them daily to lower your risk of infection. Poorly maintained or loose-fitting dentures can lead to infections and gum irritation. Do not sleep with your dentures in. There are several reasons for this.

First, leaving your dentures in your mouth all the time creates an ideal breeding space for bacteria and fungi. Second, because the act of swallowing your saliva is more difficult with them in, there is an increased risk for you to inhale your saliva while you sleep. This can lead to infections in your lungs. Finally, sleeping without your dentures will give your oral tissues a crucial break from the constant pressure that could lead to bone loss and tissue damage.

Stay physically active. Exercise helps the body use insulin more effectively, which helps maintain blood sugar levels, assists with weight management, and lowers the risk of nerve damage.

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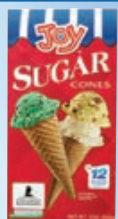
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