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VOL. 86 • NO. 24

YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, JUNE 5, 2024



SUBMITTED PHOTO Rock Valley Publishing

Memorial Day activities in Lena

Veteran Bob Buss participates in the Memorial Day Parade on Monday, May 27 in Lena.

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Obituaries

ELAINE HOLMES

Elaine L. Holmes, 96, passed away peacefully in her sleep on Friday May 31, 2024, in Lena, IL. Elaine was born on May 4, 1928, in Lena, the daughter of William and Hilda (Altenbern) Amendt. She was married to Maurice Holmes on May 25, 1947. They celebrated 73 years of marriage. Together they farmed in the Lena area. Elaine and Maurice enjoyed traveling throughout their life.

Elaine was a member of Salem United Church of Christ in Eleroy. After raising four kids she worked at Economy Fire & Casualty in Freeport and West Point Insurance in Lena. She volunteered at both Orangeville and Lena-Winslow School Districts for a time. Elaine enjoyed quilting, stitchery, golf, and playing cards. She loved to entertain and cook for family and friends.

Elaine is survived by her three children- Jeff Holmes of Lena, Greg Holmes of



Lena, and Chris (Jim) Peterson of Stoughton, WI; grandchildren- Vicki Holmes Fischer (Fred Cass),

Scott (Kim) Holmes, Angie (Jose) Cruz, Kelly (Esther) Holmes, Erica (Ben) Peyer, Emily Peterson, Tess (Mark) Matson, Bill (Jennifer) Holmes, Cody Holmes, Nick (Susan) Holmes, eighteen great grandchildren, six great-great grandchildren. She was preceded in death by her parents, husband Maurice, son Tom, one brother, and one sister.

Cremation rites are to be accorded. A private family funeral service will be held. Thank you to all her staff and friends at the Lena Living Center and Doll Apartments. Condolences may be sent to the family at www.leamonfh.com.

DONALD BOEBEL

Donald Boebel age 66, passed away at his home in Oregon, Illinois on Friday, May 24, 2024. He was born on December 13, 1957, in Naperville, IL to Donald and Wanda (Logsdon) Boebel. He farmed his whole life and was also a good diesel mechanic. Don had previously worked at Freightliner in Rockford, IL, and Stockton Service Center. He enjoyed working as a Paramedic for numerous services including Stockton Ambulance, Leamons Ambulance, and Lifeline Ambulance. He was a proud member of the NRA and helped part-time with the Ogle County Animal Control.

He is survived by his children; James Simmons of Fort Walton Beach, Florida, Toni Compton of Southern Illinois, Donald (Amanda) Boebel of



Pearl City, IL, Mary (Justin) Riekeberg of Oregon, IL, and Lydia Boebel of Arizona; 7 Grandchildren; 1 Great Grandchild; 2 Brothers- Danny (Tammy) Boebel of Leaf River, IL, and Steve (Jennifer) Boebel of Batavia, IL. He was preceded in death by his parents, wife Marcy; daughters- Sarah and Joy; Grandson- Damian; brother- Cecil.

Visitation took place on Saturday, June 1, 2024, at the Leamon Funeral Home in Lena, IL. Interment will take place at a later date. A memorial has been established in his name. Condolences may be sent to the family at www.leamonfh.com

KAY WOOLCOCK

Kay Woolcock, age 85, of Stockton, IL passed away Thursday, May 30, 2024, at home with her family by her side. She was born in Freeport, IL to the late Clyde and Ruth (Harbaugh) Hermann. Kay married Edward Woolcock on May 12, 1962. Ed passed away December 30, 2010.

Kay was a 1957 graduate of Stockton High School and enjoyed planning class reunions. She went on to attend Highland Community College Nursing School. She was an active member of Calvary Church in Stockton where she loved to sing in the Choir. She also loved to sing cantatas with the community choir. Kay had worked as an LPN for pediatric clinics in Freeport and retired as plant nurse for Microswitch. Kay enjoyed crocheting, reading, fishing, spending weekends on the river with relatives, and riding her scooter around town.

She is survived by her



daughters, Sherri (Don) Paul and Jenny (Robert) Yarboro; her sons, Craig, Ritchie (Nancy), and Mike (Kim); her 11 grand-

children and many great grandchildren. She was preceded in death by her parents; her husband; and her brother, Richard Hermann.

The family would like to thank Kay's neighbors for helping out when needed and spending time with Kay.

A funeral service will be held on Thursday, June 6, 2024, at Calvary Church in Stockton at 11 a.m. with a visitation beginning at 9 a.m. Interment will take place at Ladies Union Cemetery in Stockton. A memorial fund has been established for Calvary Church and FHN Hospice. Condolences may be shared at www.hermannfuneralhome.com.

LAURA STREIF

Laura J. Streif, 86, of Stockton, Illinois, passed away Sunday, May 26, 2024. There will be no visitation or funeral services, the family will have a private celebration of life.

Laura was born in Epworth, Iowa on January 4, 1938, to George and Mary (Reinsbach) Streif. Laura was born on the family farm which was located between Bankston and Epworth, Iowa. Her early years of education were at the Millville country school. She would walk to school with her seven brothers and sisters. Her remaining education was at St. Clemens, where she graduated in 1955. Laura would return to school 16 years later to attend nursing school. She obtained her RN degree and proceeded to work in the health care field for 30 years. She married Roger Raine in 1957 at St. Clemens Church. Together they had five children.

Laura volunteered her time to various missions and was fortunate to travel to Thailand, Central America and Africa on five mission trips. She was able to use her healthcare knowledge on these mission trips.

Laura also loved to travel with her special travel bud-

dies. She had the opportunity to travel in Europe and many of the United States. These travel adventures allowed her to see many historical sites most of us only read about. She loved to travel, but her favorite part of any trip was coming home.

Laura was preceded in death by a son, Joseph Raine and a daughter, Mary Smith. Her parents Mary and George Streif and her siblings, Alice, Wilwert-Oeath, Ed Streif, Darrel Streif, Marion Kirmse and Arlene Breitbach. She is survived by her children, Patricia (Jim) DelMastro, Kimberley (Terry) Dreyer and Bill (Cathy) Raine, 8 grandchildren, 8 great grandchildren, and sisters, Donna Streif and Sister Mildred Streif.

Laura will be remembered for her love of gardening, puzzles and garage sales. She carried herself with dignity, strength, and full of love for her family. She will be missed.

Laura donated to many causes. Her last donation, just a week before her death, was to Emma Emanuelson's go fund me account. If you would like to honor Laura in a way that would make her proud, please visit gofundme.com. and search Emma Emanuelson.

JAMES KROHMER

James A. Krohmer, age 92, of Stockton, IL passed away with his family by his side on May 30, 2024, at home. He was born on April 20, 1932, in Lenox, IA to the late John and Marie (Wurster) Krohmer. Jim married Carol Eden on October 28, 1956, in Mass-

bach, IL. Jim was a member of St. John's Lutheran Church in Massbach, IL where he served on the counsel for several years. He served in the U.S. Navy from 1951 to 1956 during the Korean Conflict. Jim was employed by Kraft Foods and Atwood/Dura for many years. Jim loved to spend time outdoors helping on the farm, and with his children and grandchildren.

He is survived by his wife of 67 1/2 years, Carol; his daughters, Mary (LeRoy) Shaw of Edina, MN and Becky (Kevin) Huttenlocher; his sisters, Mae Krohmer of Austin, TX and Dorothy Reed



of Elgin, TX; his grandchildren, Ryan (Kelsy) Huttenlocher of Brookfield, WI, Brooke (Jerry) Wal-

ton of Naperville, IL, Tyler Huttenlocher of Oakland, CA and Lauren (Mitch) Shaw of Shoreview, MN. He was preceded in death by his parents, father-in-law, Roy Eden and mother-in-law, Sadie Eden.

The funeral service will be held on Tuesday, June 11, 2024, at St. John Lutheran Church in Massbach at 11 a.m. There will be a visitation at the Hermann Funeral Home on Monday, June 10, 2024, from 4 p.m. to 7 p.m. Interment will take place at Ladies Union Cemetery in Stockton. A memorial fund has been established. Condolences may be shared at www.hermannfuneralhome.com.

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Thank You
 A heartfelt Thank You to everyone who remembered me with birthday cards, gifts and well wishes for my 75th Birthday! All were truly appreciated.
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Illinois wheat farmers achieve impressive yields with improved production practices

By Rhiannon Branch
FARMWEEK

Cooperative weather has helped Illinois farmers achieve impressive winter wheat yields the past few seasons, but a retiring grain merchandiser said the yields are also a display of improved production.

May 21 was the last official Illinois Winter Wheat Tour for longtime group leader Dave Devore, who is retiring at the end of the month from Siemer Milling Co. in Teutopolis, where he has purchased wheat since 1995.

"When I first came in '95, we didn't have the fungicide we have now. We didn't have the knowledge as far as nitrogen application amounts and timing of nitrogen to help the wheat crop," he told FarmWeek.

"I'd have to go back and look for sure, but I want to say in 1995 the average state yield in Illinois was maybe around 60 (bushels per acre). And now we had 80 last year, which was a high, and a lot of 100-plus bushel yields all over the state."

He said that has been good for Siemer Milling as they have not had to reach out as far to buy wheat coming into the facility.

"Farmers have been able to minimize their risk of quality and if you've got good quality, you've got good quantity, and the yields are going to be there," Devore said.

He is staying busy in the final days of his career as farmers jump on a rally in prices.

"That's another thing I think has changed: farmers' confidence in selling ahead because they now know how to grow a better-quality crop," he said. "They're not just selling for this year, but for 2025, and I even have a few contracts for June and July of 2026. So, they're taking advantage of it, as they should."

While scouting fields this year, Devore is concerned about how the wet spring could impact crop quality, noting he has seen more fusarium head blight this season. But there is still plenty of optimism for high yields.

"I wouldn't have guessed that we would see as many 120-bushel yields as we did last year and I think we've been in fields this year that are very similar to what we saw last year," he said.

"So, I think if disease doesn't affect the yield, we're looking at several 100-plus-bushel yields from what we've seen so far."

He said warm weather could also push harvest five to seven days ahead of normal, and weather conditions over the next 10 days will be a determining factor on when farmers get their combines out.

"If we have more of these almost 90-degree days with the wind blowing then, yeah, it's going to be sooner rather than later," Devore said. "A lot of guys I've talked to think they're going to be out here in three weeks, which puts you around the June 10 or 15 timeframe."

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.



SUBMITTED PHOTO
Rock Valley Publishing

A wheat tour participant looks to group leader Dave Devore for instructions on properly count tillers and spikelets. Devore retired at the end of May after a 39-year career as a grain merchandiser.

News briefs

McConnell American Legion Auxiliary

The McConnell American Legion Auxiliary Meeting will be held at the McConnell Legion on June 19. Social time begins at 12:30 p.m. and the meeting begins at 1 p.m. Anyone who is interested in the Auxiliary is invited to attend.

American Legion Auxiliary meeting

The June meeting of the American Legion Auxiliary will meet on Wednesday, June 12 at Coach's on Lena St. at 6 p.m. Upcoming events will be discussed. Dues will be collected. New members are always welcome. Please contact Julia Moore by June 10 if planning to attend.

Lena Lions 75th Anniversary Celebration

The community is invited to celebrate the 75th anniversary of the Lena Lions Club on Wednesday, June 12 from 5 p.m. to 8 p.m. Food will be served beginning at 5 p.m. and past International Director Bob Block will speak at 7 p.m. All Lena neighbors and friends are invited to attend.



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OPINION



Weekly connection

Lessons learned on a motorcycle

Ever since I was a boy, I have loved to ride a motorcycle. A few years ago, I wrote about my first experience on a small Sears 50 cc motorbike that our uncle bought for us and brought over to our farm in Indiana. I actually wiped out on it that first day when the front tire got caught up in the gravel that had mounded up in the center of our long driveway. I learned a lesson to keep my eyes looking up ahead of me when I ride and not just right in front of the front tire. There was only one other time that I put my bike down on the ground and that involved gravel again. I was driving a 1975 Honda 450 that I had just bought when I came to a sharp left turn



By **SCOTT CERNEK**
Columnist

in the road. There was just a little spattering of gravel in the road at the turn. Lesson learned again never use the front brake when turning where there is gravel. Just as I was applying a little front brake, boom, down I went. I wasn't hurt but I scraped up the beautiful black paint pretty good on the gas tank. My next bike was a Suzuki 550 which I enjoyed riding because it had a little more power than my Honda, but it

was quite heavy and not too good for zipping around the farm. When I moved away from the farm I didn't drive for a long time, but then I spotted a 1984 Kawasaki 700 along the road with a for sale sign hanging on it and immediately the urge to ride came back strong. My lovely wife consented, and I still drive it today. Every few years I get new tires because it starts to lose its grip on the road when the tires are worn down.

There are several things that are pretty amazing about riding a cycle. First of all, it's just exhilarating to be out in the open air feeling the wind in your face as you cruise along down the highway. I also love just hopping on

and driving slowly around the country roads feeling like I'm a part of nature so to speak. I'm not stuck in a car with glass windows and steel doors all around me. Another reason it's fun is feeling the power that is right there at my fingertips when I open up that throttle from time to time. Man, that's fun.

When I was in college two of my brothers each bought Kawasaki 400s and we would buzz them all over the farm and off to town if we needed to pick something up at the hardware store. We would strap a plastic milk crate on the back to put the goods in and away we went. The bikes were lightweight with

See **LESSONS**, Page 5

Slices of life

Thoughts on confidence

I read something today that changed my perception of the concept of confidence. It said something along the lines of: "Confidence can't be seen or heard. It can't be created by anyone but you."

I found this profound. I've always believed I lacked confidence. I'm guessing many of us feel this way. I lived my life thinking my lack was simply the way things were. I saw other people as confident—born that way—and I envied them. I thought their confidence came from abilities or talents—a knowledge that they had what it took to stand out from the crowd in a good way.

I saw confidence as this ethereal characteristic; a tenuous trait that wasn't naturally bestowed upon me. Or, something that came as a result of the approval and accolades of others.

Neither is true. We are all born confident. If we weren't we might never learn to walk.

When we were babies, we looked up at all the people walking so much more proficiently than us. It would have been easy - the default, even - to believe the hill was just too high to climb. But we all did it. We all learned to walk.

If we weren't confident, we'd never take that first step, much less conquer the mountain. But we did. We learned to walk and then to run and jump and skip. Because we believed we could and we weren't afraid to try—even if it meant falling over and over again.

Confidence doesn't come from the approval of others. It



By **JILL PERTLER**
Columnist

doesn't come from coaching, pressure, instruction, support, accolades or anything else. Other people can support us and boost confidence, but they cannot create it. That has to come from within.

Confidence can't be seen or heard, so we may not realize it exists in us, but it is there. It can't be bought. It can't be earned. It can't be quantified or measured. We alone hold the secret code that grants access.

We start life filled with confidence—to walk, to talk, to eat messily with a spoon. But then, for many of us, it wanes. We allow the outside world to influence our inside voice and our light flickers and fizzles. Leaving us alone in the dark, needing to rediscover our own spark - again.

Confidence is there for the taking. All we have to do is grab it.

I know what you are thinking. Easier said than done.

I agree.

But just knowing and understanding and realizing confidence comes from within—it can only come from within—is half the battle.

Here's the other half: There is no such thing as confidence. Simply put, confidence doesn't exist.

See **SLICES**, Page 5

ORANGEVILLE VILLAGE GARAGE SALES

Thursday, June 6 • 8 a.m. - 5 p.m.
Friday, June 7 • 8 a.m. - 5 p.m.
Saturday, June 8 • 8 a.m. - noon

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Around the Northern Hills

Farm Bureau members can access additional member benefits and discounts when they are on the go with the new membership benefit web platform and iPhone App. To access the new web platform at <https://ilfb.abenity.com>, members must create an account and provide their Illinois Farm Bureau membership ID number. Members can also go to the iPhone App Store, search IL Farm Bureau Membership Benefits and download the app on their iPhone or iPad. Once downloaded, members may customize the app to include frequently used offers, search offers by business name, location and category, and provide instant in-store discounts at nearby restaurants and retailers.



By **ANNETTE EGGERS**
Jo Daviess
County Farm
Bureau

Members who have questions about the app or additional Illinois Farm Bureau member benefits may contact our office or the Illinois Farm Bureau Membership call center at 309-557-2689. Personally, I have downloaded the app on my phone, and it alerts me when there are discounts in the area that I'm in. It's super easy!

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Family Farm Signs

It's that time of year when we are all thinking

of planting and sprucing things up around the farm. Why not add a "This is a Family Farm" sign to your landscape? The signs are 17.5" X 23" and cost \$30.

Scholarships available

The Jo Daviess County Farm Bureau Foundation provides scholarships for college students studying agriculture and funds our Agriculture in the Classroom program which promotes agricultural and environmental education in all of Jo Daviess County's K-12 classrooms. Each year, our Agriculture in the Classroom program teaches children the importance of our food and fiber industry.

Anyone can contribute to the Jo Daviess County Farm Bureau Foundation since it has a 501 (c) (3) tax-exempt status. The Foundation may accept charitable contributions of money, property, securities, and special memorials and endowments. The

Foundation Board of Directors and the Farm Bureau staff administer the Foundation. The Jo Daviess County Farm Bureau Board of Directors appoints the Foundation directors. There are two ways to make a contribution; send a check to our office at PO Box 501 in Elizabeth or call with a credit or debit card to contribute.

Local member benefits

Don't forget to take advantage of member-only benefits for Jo Daviess County Farm Bureau members. We have businesses around the County who have partnered with us to offer these discounts. Make sure to have your farm bureau membership card handy when asking for those discounts. For a full listing of the local benefits, go to our website www.jodaviesscfb.com and click on membership, then local discounts.

Farm Fun Fact

Did you know that it only takes 28 days for a strawberry bloom to become fruit that is ready to eat? Farm Bureau member Terrapin Orchards has fresh strawberries that you can pick or buy pre-picked.

The history of WA TAN YE

The WA TAN YE (WTE) is a not-for-profit women's service organization with the motto "Service for All." The first club began in 1921 in Mason City, IA. There grew to be 43 clubs in five states which include Iowa, Illinois, Minnesota, Wisconsin, and South Dakota.

These women have been helping their community in many ways over the years. A sunroom was furnished at Schick Army Hospital in Clinton, IA in 1943 and evening meals were served to over 200 soldiers at a United Service Organization. Today, scholarships are offered, school functions are supported, and libraries are offered grants.

Stockton has had their club since 1956. The club continues to help the Stockton

community its members to grow and prosper. The club holds fundraisers that help support many things within Stockton such as donations to the school for playground equipment, Jo Daviess County Sheriff's K-9 Dog Program, Warhawk Tracker Backers, Secret Santa, and May baskets to community members. Fundraisers include the Sullivan Brat Stand and bake sales. The club also enjoys having the summer meeting at Massbach Ridge Winery, the fall meeting at the Corner Tap with steaks on the grill, and a Christmas dinner at Stella's. Work plus fun makes for a great organization!

Stockton WTE is always looking for new members to join the current group of 35 members. Contact any member to attend a meeting.

• Slices (Continued from page 4)

Unless you will it into being. Unless you decide it should be so.

It's as easy as that. And as tremendously difficult as that.

Here's my takeaway: You may lack confidence, but no one knows this—except you. Unless you let them know - expressively or telegraphically. The same goes for exuding confidence. No one knows whether it's real or a farce.

I'm not advocating living a farce, but I am advocating finding the confidence that is alive and well within you. And that is, most definitely, not ever a farce.

It is real, if you make it so. Sometimes you've got to talk

it before you walk it.

You don't have to be loud and obnoxious. True confidence is never loud and obnoxious.

But you can will it into being. Tap into what is already there. What has always been there.

Waiting for you. To go out and do that next big thing.

With your head held high and your confidence intact.

More than intact. Palpable. Let yourself feel it. Let yourself know it.

And even if you swing for the fence and it comes out a huge miss, that needn't impact your confidence factor. It just means you tried. (Never say failed.)

Next time you'll hit it over the fence. Or ask for that promotion at work. Or write the next best-selling book. Or voice the words, "I love you." Or get the dishes unloaded before midnight. Or introduce yourself to the new next door neighbor. Or get out of bed in the morning. Or do whatever it is that makes it a win for you.

Do it all with your head held high, like the confident person you are. I'm rooting for you.

Jill Pertler is an award-winning syndicated columnist, published playwright and author. Don't miss a slice; follow the Slices of Life page on Facebook.

Jo Daviess County Association for Home and Community Education news

The Meridian Unit of Home and Community Education (HCE) held their May meeting in Warren, IL on Thursday, May 16. During the meeting, attendees learned about Eye health and vision loss. The emphasis was on ways to protect eyesight with aging.

Money was donated for 4-H Awards for the Jo Daviess County 4-H Fair in Elizabeth

this May. Plans were also discussed for members to assist in a reading program at the Warren Library this summer. 180 T-shirt bags were made and distributed to the local food pantries. Forty-one book bags, each bag complete with a book, were distributed by HCE to the Stockton and CTE. preschools this year The Jo Daviess Association for HCE. won eight

State awards for our Unit Programs and Special Activities this year.

The Meridian Unit of H.C.E. meets in Warren at 1 p.m. on the third Thursday of the month. For more information on HCE contact Barb James P.O.Box 285 Apple River, IL. Please plan to join the HCE at Sullivan's in Stockton at the Brat Fry on Saturday, June 8.

• Lessons (Continued from page 4)

a lot of zip. Sometime in the 21st century bikes took on a new design where the riders became all humped over with their butts sticking up in the air when they ride. It looks like it would be very uncomfortable, but it really is good for your posture and a person can ride a long time without getting a backache. One time about twenty years ago I was riding home at night from a visit to family. I had heard about somebody getting killed on their bike from hitting a deer. It made me be very aware and I kept my speed down. Sure enough, I came up over the crest of a hill at about 45 mph on a back road and right there in the middle of the road was a

big ten or twelve point buck. I hit both the front and the rear brakes at the same time and because I wasn't going very fast I was able to stop on a dime. That big boy lifted up his head and just stared into my headlight not moving until I was right on him. I don't drive at night anymore unless I'm just putting around the backroads. Sometimes my wife will climb on the back, and we'll take a slow ride. She doesn't like me to drive over about forty mph with her on there. I think in heaven we are going to be able to move around fast from place to place if we want and we won't need a bike or any other machine to get us there. I find it fascinating

that when God came to this earth in the form of Jesus Christ, He didn't move very fast at all. He pretty much walked everywhere. I think it would do us all good to slow down a little in our fast-paced lives and spend some time just walking slowly with the Lord.. He was never in a hurry and yet He was never late. He is the Master with a masterplan for each of those who put their faith and trust in Him. Proverbs 3:5-6 reads like this, Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him and He will direct your paths. I love those verses. Until next week, God bless!

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• **Sunday School – 8:45 a.m.**
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• Monday Group Prayer - 6 p.m.
• Wednesday Night Bible Study - 6:30 p.m.
• Every other Sat. Youth Group - 6 - 8 p.m.
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600 N. Main St., Stockton
Pastor Chrissy Salser (815) 988-9450
E-Mail: cle600@mediacombb.net
Find us on Facebook at ChristOnMainSt
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• **Sunday School: Sunday, 9 a.m.**

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P.O. Box 102, Pearl City, IL 61062
Pastor Randy Nicholas
See Facebook or call 815-291-1965
• **Sunday Worship: Currently 8:30 a.m.**
• June services are at Salem UCC Church
Corner of Loran & Kent Roads

EVANGELICAL FREE CHURCH OF LENA

720 N. Freedom Street, Lena, IL 61048
815-369-5591
Pastor Casey Dwyer, Pastor
• Adult bible study and Children's Sunday School - 8:45 a.m.
• **Sunday Morning Worship Service and Children's Church/Nursery – 10:00 a.m.**
• Awana Wednesdays at 6 p.m. (Sept. - April)
• Pastor's weekly sermons at
www.lenafreechurch.org

FIRST UNITED METHODIST CHURCH

309 S. Main Street, Elizabeth, IL 61028
email: firstumcfeizabeth@gmail.com
Pastor Donna Hoffman 608-293-0163
email: dhoffman8@gmail.com
• **Sunday Worship - 8:30 a.m.**
• Women's Faith Group -
1st Tuesday monthly - 9:30 a.m.
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• **Sunday School – 10:45 a.m. (Sept. - May)**
• Piece Corps Quilters –
Wednesdays at 8:00 a.m. – 11:30 a.m.

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Radio WCCI 100.3 FM

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

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Pastor Melwyn Alagodi (815) 369-5291
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• **Daily Dial-A-Devotion 815-369-4411**

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• **Sunday Youth – 6 p.m.**
• **Tuesday Bible Study – 10:30 a.m.**
• **Thursday Prayer & Bible Study – 6 p.m.**

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211 Hulbert Rd. P.O. Box 97,
McConnell, IL 61050
815-868-2324
Email: mcconnellcmtychurch@yahoo.com
Pastor Jordan Cernek
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621 W. Lena St., Lena, IL 61048
(Coach's Gymnasium)
Pastor Doug Carroll 815-541-4112
• **Sunday Worship – 9:00 a.m.**
with fellowship following
• **Communion first Sunday of each month**
Bible Study Groups available
newvineleena.com
Facebook: New Vine Community Church of Lena, IL
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Lena, IL 61048
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SALEM UNITED CHURCH OF CHRIST

8491 West Salem Road, Lena, IL 61048
(Turn on Salem Road at Eleroy Rest Stop)
Pastor Christopher Ham (815) 369-4511
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The Lutheran Church Missouri Synod
625 Country Lane Drive, Lena, IL 61048
Rev. Jason Shaw (815) 369-4035
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• **Sunday Worship – 8:00 a.m. & 10:30 a.m.**
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410 West Lena Street, Lena, IL 61048
Father Andrew Hernandez (815) 369-2810
• **Saturday Mass – 4:00 p.m.**
• **Sunday Mass – 10:00 a.m.**
• Reconciliation Saturday – 3:30 – 3:50 p.m.

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411 W. Catlin St., P.O. Box 506
Elizabeth, IL 61028
Pastor Mike Nesbit - Cell: 815-858-5621
Church: 815-858-3334
www.stpauelizabeth.org
All services are available to watch online@
Facebook: St. Paul Lutheran Church,
Elizabeth, IL
YouTube channel: Pastor Mike Nesbit
• **Sunday Worship – 9:00 a.m.**
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• **Bible Study Wednesdays at 6:30 p.m.**



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Stockton High School Second Semester Honor Roll Awards

High Honor Roll (All A's)

Grade 12: Anthony Bilich, Izabella Ertmer, Bennett Graves, Alicia Howell, Gracie Keleher, Nevaeh Peterson, Ashlyn Schubert

Grade 11: Kyla Arnold, Emily Broshous, Masyn Cahill, Jacob Harbach, Ava Hess, Madalyn Mammoser, Ethan Steien, Landon Warner

Grade 10: Jake Marek, Oliver McPeek, Sadie Vanderheyden, Hailey Weipert

Grade 9: Arianna Arand, Alexis Bennett, Payton Goswick, Taylor Haas, Dionne McIntosh

Honor Roll (3.0 Semester Standard GPA & No D's)

Grade 12: Kristian Adleman, Lily Baker, Dominick Bilich, Jared Dvorak, Addison Ernst, Robert Ernst, Braden Freese, Tanner Gile, Karl Hubb, Cyrus Kilburg, Lincoln Legel, Wesley Logemann, Madalyn Marcure, Carson McPeek, Eve Moore, Gracie Raab, Maecee Rice, Lydia Schuldt, Colby Tucker, Gabrielle VenHuizen, Leah Warner, William Westaby, Mavrick Winters

Grade 11: Dylann Broshous, Margaret

Carter, Amber Haas, Elijah Haas, Kyle Haas, William Hart, Samuel Hille, Dillon McIntosh, Javier Montalvo, Kendra Robledo, Lillian Sikora, Katelyn Winters, Shea Witz, Kacy Wright

Grade 10: Tegan Arnold, Emma Aurand, Adrienne Baker, Arrison Bauer, Anna Blair, Hailey Broshous, Piper Brown, Kaylynn Brunner, Paige Chumbler, Reece Demeter, Mark Detwiler, Wesley Drane, Ian Eisfeller, Olivia Ernst, Kiegan Jones, Aiden Kurek, Eli Larson, Noah Larson, Jeremiah Luke, Jack Mensendike, Hunter Mulholland, Chelsea Olson, Rileigh Peterson, Cyler Pieper, Marjerie Pilapil, Robert Rillie, Gynelle Rowe, Arya Scott, Kallan Virtue, Ari Zink, Blake Zink, Isabella Zuck

Grade 9: Vanessa Baez-Ramirez, Arden Bauer, Carter Blair, Lucas Brenner, Danyyn Broshous, Huntlee Burris, Isaiah Carter, Jazmine Curtiss, Raiyn Dauphin, Logan Dreyer, Morgan Haas, Delaney Julius, Isabella Kilburg, Hailey Leitzen, Hanna Leitzen, Ireland Mensendike, Walker Olson, Madalynn Perry, Zoey Pfile, Caitlynn Robledo, Lola Rose, Owen Stitch, Addison Thornton, Kaydra Wright

Stockton Heritage Museum to host railroad presentation

Stockton Heritage Museum will host a presentation by Mike Matejka on the importance of the railroad to the growth of Illinois' communities, economy, and industry. The presentation, "What's Coming Down the Line? The Railroad on the American Mind," will take place on Sunday June 9, 2024, at the Stockton Heritage Museum, 107 West Front Street, Stockton, IL, at 2 p.m.

Railroads not only accelerated Illinois' economic development and population growth, but also became icons that influenced American culture. The national land-based transportation network radically changed the economy, how people traveled, and how corporate structure evolved. Rail workers were seen as heroic as they faced an extremely dangerous occupation. The railroad be-

came a cultural symbol, reflected in advertising, cinema, and children's toys.

Illinois is the nation's railroad crossroads. The speeding locomotive was a real-life representation of progress, and people gathered trackside to marvel at the big city opulence represented by an Illinois-built Pullman car.

The event will be co-produced by the Illinois Humanities Road Scholars Speakers Bureau, which invites Illinois authors, artists and educators to share their expertise and enthusiasm with people throughout the state, enabling local non-profit organizations to present free-admission cultural programs to their communities.

Matejka is an author, historian, community activist and retired union representative. He served as the Governmental

Affairs Director for the Great Plains Laborers District Council, edited the Grand Prairie Union News for 40 years and was also elected for 18 years to the Bloomington City Council. He is a past-president and current board member of the McLean County Museum of History in Bloomington, where he was guest curator for five different exhibits, including two on railroad topics. Matejka has written for multiple publications and is currently completing an overview book on Illinois labor history.

The event is free and open to all audiences. For more information, please visit www.stocktonheritagemuseum.org, Stockton-Heritage-Museum-309324911534, email info@stocktonheritagemuseum.org, or leave a message at 815-947-2220.

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Remembering our vets

Junior Auxiliary members get ready to place the memorial wreaths at the monuments during the service at the cemetery. Pictured are Ev Karnatz, Keighlyn Schulz, Liesl Jones (current Miss Poppy), Janessa Avila and Riley Durling.



SUBMITTED PHOTO Rock Valley Publishing

Casey and Jim Moore, father and son, helped read the names of the deceased veterans at the memorial service.

Knauer recaps 2024 River Ridge-Scales Mound baseball season

By Trenten Scheidegger
CORRESPONDENT

The River Ridge-Scales Mound Wildcats finished the 2024 Illinois High School baseball season with an overall record of 13-12. After a 2-1 regional victory over Pearl City, the Wildcats' season came to an end with a 5-4 loss to East Dubuque in the championship. Following the season, RR-SM Head Coach Jeremy Knauer took the time to discuss the season as a whole, the state of the program, and the graduating seniors.

The Wildcats opened 2024 with a red-hot start. Five consecutive wins is the most the RR-SM program has ever had to start the season according to Knauer. The bats were scorching hot as well. After those first five games, the Wildcats had outscored their opponents 80-25.

"We were catching some teams at the right times. Really, a lot of teams were making a lot of errors against us, and at some point, I knew that was going to stop. So, we got off to a good start, and then the rain hit, and we didn't play a lot and all of a sudden we run into some good teams," Knauer shared.

One thing that stands out from the Wildcats' schedule was their streaky play. The Wildcats rode the highs and lows of a season that included five-game win streaks, five-game losing streaks, and everything in between. "Our season was very streaky. A

lot of it was just running into good teams. We went from facing teams that weren't really the best to some really good teams. So, that is a lot of the reason our season was streaky," Knauer explained.

Coming into the year the Wildcats knew they had some big questions to answer. Although they returned an experienced lineup offensively, they lacked veteran presence on the mound and in the field. That led to an interesting experience for Knauer and the staff. "It was a weird season. It was one of the best offensive teams I've ever had, but pitching and defense were not good. We really struggled to throw strikes this year. We always want to be somewhere between 62 and 65 percent strikes, and we were like 57. That doesn't seem like a lot, but it's huge. Pitchers couldn't finish games because we wouldn't get our pitch counts too high," Knauer said.

Despite the streakiness, the Wildcats showed major improvements throughout the year and over the course of the past few seasons. One major focus for the RR-SM staff was the strikeout rates for batters. Knauer shared that the team's strikeout rate dropped dramatically. The last two years saw the Wildcats strikeout 27 percent of the time, which dropped to 18 this year.

Additionally, Knauer saw some big steps forward defensively. "We made a lot of strides this season. In the postseason, we played 14 innings and we only gave up runs in two innings," Knauer explained.

Unfortunately, those improvements came with an offensive regression. "Over the course of the season, the offense regressed, but our pitching and defense wasn't. Which is why at the end of the season, we were finally winning. In the postseason, we won a 2-1 game against Pearl City. We could not have done that at the beginning of the season," Knauer shared.

This year's Wildcats were led by a strong group of seniors, including George Winter, Ethan Walters, Ben Richmond, and Ty Spahn. Winter was named to this year's NUIC-West Second Team All-Conference team. Winter is a kid who absolutely had to battle through his senior season. He was well on his way to an All-Conference football season before injuring his shoulder during the season. After rotator cuff surgery and some other repairs, Winter missed all of football season and wound up missing all of basketball season despite practicing and anticipating coming back. Winter was never cleared, but he finally found his place on the baseball diamond.

Knauer mentioned that Winter not only would have really helped the basketball team, but that it was nice to see him get his flowers in the spring. "He was going to be our number one pitcher. Once he had shoulder surgery, we knew he wasn't going to pitch this year," Knauer explained. They wound up putting Winter in the outfield, where he showcased his athleticism. "He did a great job. He covers tons of ground in the outfield. He's a really good leader for us and it was nice to see him get recognition. He should have been an All-Conference player in three sports," Knauer shared on Winter.

Fellow senior Ethan Walters was also named to the NUIC-West Second Team All-Conference team. Knauer pointed out that Walters took massive strides throughout his high school career. "Ethan's sophomore and junior year, he was honestly a below average JV player. A good athlete just didn't hit the ball with a lot of

authority. His junior year, he starts maturing, he grew four or five inches. All of a sudden, he becomes this athletic kid. So, we played him in the outfield this year and he was great all year," Knauer explained. Additionally, Walters was designated hit for early in the year. By the end of the year, the Wildcats were letting him hit and it paid off. After a three-hit game, Walters solidified his spot in the lineup and led the team with a .385 batting average.

Ty Spahn was another key senior for the Wildcats. Spahn primarily pitched from the bullpen, where he led the team in earned run average. "He was our best bullpen pitcher. Our starters would go as long as they could, and Ty was always the kid we could bring in and always could trust that he would throw strikes," Knauer said. Spahn pitched three big innings this year in the postseason against East Dubuque, giving the team a chance to win the game.

The Wildcats also had senior Ben Richmond who caught and played four years of varsity ball. He was also the team's leading power hitter with 12 homers on the season. After initially starting in right, Richmond was moved to catcher, where he helped the team solidify their overall defense.

Another great story of resilience is that of Evan Cogan, another Wildcat senior. Cogan battled through multiple ACL tears, and his talents were showcased on the basketball court with the Scales Mound Hornets. Cogan battled through an arm injury at the beginning of the year, but eventually stood out as one of the team's top gloves. On Cogan Knauer stated, "Hands down, our best infielder. A great leader. The pressure doesn't get to him." Despite his offensive struggles, Cogan nearly earned an All-Conference selection with his glove alone.

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Hahne recaps 2024 Panther softball season

By Trenten Scheidegger
CORRESPONDENT

The Lena-Winslow Panthers finished the 2024 Illinois High School softball season with an overall record of 12-12. In this year's postseason, the Panthers met up with the Orangeville Broncos for the Regional Championship. The Panthers lost 4-3 in a close game against a good team. That sentence tells the story of the 2024 Panthers.

Lena-Winslow head coach Ryan Hahne made sure the Panthers would have a tough regular season schedule in 2024. Even at the time of scheduling, Hahne couldn't have predicted the powerhouse lineup the Panthers would face off with.

Of Le-Win's 12 losses, three came against Orangeville. Four more losses came against Dakota and Durand, who both combined for nearly 40 victories this year. Additional losses came against Le Roy, Morrison, Oregon, Stillman Valley, and Forreston. Four of those teams were regional champs and three others are a class up in 2A. "We play a tough schedule, so the girls are ready to battle in the postseason," Hahne shared following this year's campaign.

No matter the opponents, there was one team who just

wouldn't go away for the Panthers. Le-Win faced off with Orangeville three times in 2024, dropping all three games by a combined score of 17-9. A majority of that difference came in the first game where Orangeville won 6-1. In the final two matchups, Le-Win fell by a combined score of 11-8, including a 4-3 loss in the playoffs.

"Orangeville is a fundamentally sound team," Hahne said following the game. "I credit Maddy Chiles for holding Orangeville to just four runs in the championship game."

On what cost the Panthers in the game they kept things closest with the Broncos, Hahne pointed to the bats. "We just didn't have the offensive weapons this year to compete against the best teams in our conference. Our lineup was hot and cold all

year," Hahne shared.

It wasn't due to any lack of effort. The Panthers made it a point to get their bats going all season long. "The girls worked really hard during practice to make adjustments, but in the end, we just couldn't get a couple key hits in the championship game," the Panther coach explained.

Looking forward to next year, the Panthers are hopeful to make another impressive run. They return two key leaders from this year's squad in Rachael Setterstrom and Maddy Chiles. Both of which are three-year Varsity starters who will be heading into their senior seasons. Chiles should return as the team's leading pitcher, once again. Setterstrom returns as one of the team's top baserunners with her speed and contact ability.

Hahne said the program

will need a handful of incoming players to step up next year, as well as some players who stepped up late in 2024. Freshman Brianna Fye joined the starting lineup as the team's shortstop late in the year. Hahne pointed out, "As a freshman, Brianna just needed to grow and adjust to

the high school game, and we finally decided to switch our lineup around for defensive purposes."

There will be plenty of opportunities for the 2025 Panthers. Hahne explained that the team will need three new outfielders, in addition to both a first and third baseman.

With a number of openings in the lineup, especially at key positions like the corners, the young Panthers should be eager for the opportunity. "We will need a couple of incoming sophomores and juniors to step up in the offseason and be ready to help our team next year," Hahne concluded.



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4:30 p.m.
Member registration

4:30-5:30 p.m.
Geothermal Power Hour presentation with John Scott

6:00 p.m.
Meeting

7:00 p.m.
Pork chop sandwich dinner

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Bryant Keeffer
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Stephenson County Farm Bureau news

By Victoria Hansen

Do you like traveling and venturing to new places but don't like to drive? If so, I want to invite you to join the Carroll and Stephenson County Farm Bureaus as we travel to the Wisconsin State Fair on Aug. 8, 2024. This great trip has pickups in both Carroll County and Stephenson. The first pickup will be at 7 a.m. at the Carroll County Farm Bureau office with the next stop at the Freeport Walmart at 7:30 a.m. We will arrive at the Wisconsin State Fair around 10 a.m. and depart for home at 4: p.m. We will return to Freeport Walmart at about 6 p.m. and the Carroll County Farm Bureau around 6:30 p.m.

This trip is open to anyone who wishes to attend. Illinois Farm Bureau members can join us for \$60 and non-members for \$75. Trip cost includes transportation, all gratuities and water on the bus. Fair admission is not included. Reserve your spot by calling your county Farm

Bureau. Carroll County Farm Bureau 815-244-3001 or Stephenson County Farm Bureau 815-232-3186. This is a great bus trip for those of all ages.

Farm Bureaus welcomes summer office assistant and interns

The Carroll County Farm Bureau is excited to welcome Regan Scidmore from Chadwick, IL. Regan attended Highland Community College for her associate degree in Agricultural Management. She will be transferring to the University of Illinois Urbana-Champaign in the fall to study Agriculture Education. Regan is excited for all the opportunities and what she will learn this summer!

The Stephenson County Farm Bureau welcomes summer intern Aaliyah Whitney. Whitney is a graduate of Pearl City High School, and is currently studying agricultural management at Highland Community College.

You may have seen Whit-

ney with the Stephenson/ Winnebago County Beef Association as a Beef Ambassador or with the Stephenson County 4-H Ambassadors. In her free time, she is typically in the barn working with her beef show cattle or helping within her community. She is excited to be a part of the Stephenson County Farm Bureau this summer, so be sure to stop by and say hello!

Travel preview meeting scheduled for June 12

Everyone is invited to join the Carroll and Stephenson County Farm Bureaus and Tri State Travel for a preview meeting on Wednesday, June 12 at 6 p.m. at the Stephenson County Farm Bureau. During this presentation, a Tri State Representative will highlight the upcoming Magnolia Markets. This trip is scheduled for Nov. 11 through Nov. 17, 2024.

Trip highlights include Pioneer Woman and Mercantile store, JDH Iron Design

Center, Magnolia Market and Silos, and much more. If you have questions or are planning to attend this preview, please call your county Farm Bureau, Carroll County 815-244-3001 or Stephenson 815-232-3186.

Statement from Illinois Farm Bureau Regarding U.S. House Committee's Passage of a Modern Farm Bill:

Bloomington, Ill.

U.S. House Agriculture Committee today voted to report the Farm, Food and National Security Act 2024, also referred to as the Farm Bill, to the House. Illinois Farm Bureau (IFB) applauds the House Agriculture Committee's work, which represents the first step in the process toward passing a bipartisan Farm Bill during this Congress. The following is a statement from IFB President Brian Duncan: "Moving forward with a modern Farm Bill is critical to improving America's farm

policy and keeping our food supply strong. IFB appreciates the lengths the Illinois House Agriculture Committee members and their staff took to hold multiple discussions with our agricultural leaders to better understand the challenges facing today's farmers. "Our farmers need a multi-year Farm Bill so they can plan for the future growth and success of the family farm. With the cost of producing and growing food increasing, and with commodity prices at break-even or, in some cases, below cost, passing a modern Farm Bill is crucial." Duncan added that the proposed bill provides farmers with necessary risk management tools in addition to policies supporting the next generation of farmers, opportunities to expand current conservation practices, investments in trade development and addresses interstate commerce concerns for Illinois livestock producers and needs of rural communities.

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Pearl City Junior High and High School Second Semester High School Honor Roll Awards

Highest Honor Roll

Seniors: Jesus Bernal Zetina, Kyle Niehaus, Ethan Petta, Georgia Shallenberger

Juniors: Natalie Greene, Brinkley Knoup

Freshmen: Mackenzie Lotz, Scarlett Snyder, Nataleigh Todd

8th Grade: Morgan Campbell, Kassidy Dorty, Brogan Keltner, Spencer Manthei, Dustin Martens, Sandra Martens, Marlee McPeek, Nola Milam, Camdyn Smith

High Honor Roll

Seniors: Ava Bremmer, Logan Freier, Kyleigh Gentz, Randy Posey, Lakota Scace

Juniors: Kaitlyn Christensen, Paige Hille, Marley Joseph, Kendra Kuhlemeier, Zinnia Larson, Talia Stewart, Lucas Tichler

Sophomores: Kameron Downs, Tana Gravert, Kip Martens, Oscar Ugalde-Sanchez

Freshmen: Tristan Ertmer, Brissia Garcia, Lila Gerber, Tanner Hiester, Braylon Liebenstein, Brynlee McPeek, Leo Petta, Danica Stager

8th Grade: Braylen Bingham, Jayden Bremmer, Lucas Bremmer, Nathan Buss, Brianna Christiansen, Hannah Dinderman, Conner Gentz, Bridget Hoffman, Deane Hofmaster, Samuel Howe, Colt Kempel, Porter Krolow, Maliani Munoz, Charlotte Musser, Alexander Reed, Kennedy Solt, Jayelle Spahr, Elley Voss

7th Grade: Abigail Ditsworth, Hendrix Feld, Ty Gerber, Kolton Kampmeier, Aubrianna Mefford, Mason Pauley

Honor Roll

Seniors: Lisa Baker, Jayden Downs, Lexton Endress, Rhett Forth, Austin Gravert, Weston Gronewold, Jacob Lieb, Katelyn Little, Rayce Mullen, Mattie Schauer, Alex Spahr, Olivia Williams

Juniors: Brady Boyer, Ayden Bratley, Ethan Bremmer, Kylie Campbell, Joely Christiansen, Anna Dampman, Elizabeth Dinderman, Fallyn Endress, Edgar Hidalgo, Jorja Johnson, Jaxsyn Kempel, Natalie Lotz, Sydney Lower, Taytum Mullen, Emma Otte, Alonna Posey, Sylvia Schnoor, Adeline Smith

Sophomores: Gracie Ditsworth, Daniel Garcia, Brandon Hille, Makenzie Ihus, Lane Kempel, Nakiya Pickard

Freshmen: Parker Allen, Donna Baker, Eli Baker, Eli Bremmer, Parker Cantwell, Clayton Downs, Braxton Kubatzke, Camden Miller, Mya Miller, Nevaeh Stultz, Lincoln Voss, Sawyer Williams

8th Grade: Baylee Boeke, Brodie Dahl, Karsen Kuhlemeier, Gemma Musser, Isaac Pickard, Wade Sheffey

7th Grade: Tyler Adams, Aubrey Allen, Nathan Crase, Jonah Ehlers, Ayden Hayes, Miles Milam, Lucy Voss

Church news

Good Shepherd Lutheran Church

All are invited to worship at Good Shepherd Lutheran Church, 118 E. Mason St. Lena, IL on Sunday, June 9 for Worship Service at 9:30 a.m. This week's gospel reading is from the Gospel Mark 3:20-35.

On Wednesday, June 12 the Peace Corps Quilting group will meet from 8 a.m. to 11:30 a.m. No quilting experience necessary and all are welcome to join. Come and tie the quilts and make difference in the world.

Friendship Club will meet on Thursday, June 13. A potluck will begin at 12:30 p.m. with entertainment by Pleasant Hope to follow. Come enjoy an afternoon of enjoyable music and fellowship.

All the services will be recorded and be available on church's Facebook page and

website. Please visit our website and (<http://goodshepherdlena.org/>) and Facebook (<https://www.facebook.com/GSLCLenaIL>) for information. Please contact the church office at 815-369-5552 with any questions.

St. John's Lutheran Church

St. John's Lutheran Church, Pearl City, will celebrate the third Sunday after Pentecost and Holy Trinity Sunday on Sunday, June 9 at 9 a.m.

Everyone is welcome to come to St. John's to play cards and dominoes on Thursday, June 27 at 1 p.m.

The next Men's Breakfast will be on Wednesday, June 5 at 7:30 a.m. at the Garden View Restaurant in Lena.

The June Grace Meal will be on Sunday, June 16. Meals can be picked up between 11

a.m. and 12 p.m. on June 16. Reservations are due in the church office by Thursday, June 13. The menu for the June meal will be lasagna, garlic bread, applesauce, and a bar or cake item. This meal is possible due to donations and a grant from the Foundation of Northwest Illinois.

The Healthy Wolves group will pause the packing of the backpacks for the summer, but they plan on starting again in August when school resumes. If interested in donating to this ministry, reach out to the church office for more information.

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.

Salem United Church of Christ

All are welcome to join for a special Children's Sunday service led by Pastor Christopher Ham at Lions Park in Lena, IL on Sunday, June 9, 2024, at 10 a.m. The service will be held at the pavilion in Lions Park, followed by a potluck lunch. Please bring a dish to pass and dinnerware/utensils.

The Wednesday Breakfast Bunch will meet June 12 at 8 a.m. at Garden View Family Restaurant, 101 South Schuyler Street, Lena, Illinois.

If interested in participating in a fun evening of crafting, please join for Crafternoon from 4 p.m. to 7 p.m. on the third Wednesday of each month. During this time there are snacks, a brief devotional thought, and plenty of time to

See CHURCH, Page 12

Village of Lena happenings

With the generous donations from local organizations and families, a little piece of history is being brought back to life! The triangle at the intersection of Oak Street and Mason Street is currently under construction to bring back an early 1900s staple, the Village Fountain. Thank you to all the donors and volunteers to help make this project happen.

Do you need a village form? Most forms that residents might need can be found at www.villageoflena.com under the Government tab. Here you can print building permit applications, solar permit applications, FOIA request forms, residential and commercial sidewalk forms, UTV applications and the ACH form for automatic utility payments. The Village Ordinances are also located on

our website. Brush Pick up is the first and third Monday of the month. Each property is limited to one pile similar in size to a 50-gallon drum. As always, any resident can take brush or yard waste to the dump site at the Streets Department at any time.

Check out the Lena Farmers Market located downtown Lena on Saturdays from 9 a.m. to 12 p.m. Stop by to find a great variety of local items.

The Village Board meets at Village Hall on the second and fourth Monday of each month at 6 p.m. Everyone is welcome to attend to see what is happening within the Village of Lena. If you have a topic that you would like to discuss, call Village Hall at 815-369-4016 to be put on the agenda for Public Participation.

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FROM LENA'S KITCHEN



The not so skinny cook

until blended. Stir in cheese, artichokes, spinach, tomatoes, bacon, and green onions. Transfer to a 4 or 5 qt. slow cooker. Cook, covered on low 2 to 3 hours or until heated through. Serve with crackers, pita chips and fresh vegetables.

Asparagus Casserole

My aunt made this casserole years ago, but she made it throughout the year with canned asparagus. It was a long time ago, and I don't think there was any frozen available. I think it is the best with fresh, so if you still have some around or have frozen, try this great recipe.

Two bunches fresh asparagus
 4 T. butter
 4 T. flour
 1 C. milk
 Pinch of salt
 5 oz. cheddar cheese, grated
 4 hard boiled eggs
 1/2 C. Saltine cracker crumbs (about 10)

Preheat oven to 350. Add the asparagus to a large pot of boiling water, keeping the bundles together with rubber bands or string. Cook for 3 minutes; the asparagus should be bright green and still crunchy. Lift the bundles out of the water and slice off the tough ends of the asparagus. Drop the trimmed ends back in the boiling water and lower to a simmer for 4 minutes. With tongs, remove asparagus from boiling water.

Place asparagus in a colander reserving at least one cup of cooking water. Run the asparagus under cold water to stop the cooking. Discard bands on asparagus and let drain. Melt the butter in a saucepan. Whisk in the flour to make a roux. Cook for 1 minute, then whisk in the milk and 1 cup of the asparagus cooking water. Add the salt and continue cooking until the sauce thickens, about 5 min-

utes. Add the grated cheddar and cook, stirring until melted about 1 minute.

Arrange the asparagus in the bottom of a 9x12x2 inch baking dish, alternating the stem ends so each serving includes both ends and stems. Thinly slice the hard eggs and arrange them over the asparagus. Pour the cheese sauce over the eggs and asparagus and sprinkle with the cracker crumbs. Bake until lightly browned and bubbles appear around the edges, about 20 minutes.

Savory Crescent Chicken Squares

If you are looking for an easy weeknight dinner, this chicken dish uses crescent rolls and cooked chicken. A rotisserie chicken will work great, and Swanson has some great canned chicken too.

3 oz. cream cheese, softened
 1 T. butter, softened
 2 C. cooked chicken, cut into small pieces
 1 T. chopped onion
 1/4 t. salt
 1/8 t. pepper
 2 T. milk
 1 T. chopped pimientos

1 can refrigerated crescent rolls (8 count) or 1 can refrigerated dough sheet
 1 T. butter melted
 3/4 C. seasoned croutons, crushed

Preheat oven to 350. In medium bowl, mix cream cheese and 1 T. softened butter; beat until smooth. Add chicken, onion, salt, pepper, milk and pimientos. Mix well.

Separate or cut dough into 4 rectangles. If using crescent rolls, press out perforations. Spoon 1/2 C. chicken mixture onto center of each rectangle. Pull 4 corners of dough to center of each chicken mixture. Twist firmly. Pinch edges to seal. Place on ungreased cookie sheet. Brush with 1 T. melt-

ed butter; sprinkle with crushed croutons. Bake 25 to 30 minutes or until golden brown.

Meatball Casserole

This casserole is easy to put together for a weeknight meal or put it together for a Sunday dinner. It has ingredients most of us have in our kitchens.

2 cans (8 oz. each) tomato sauce, divided
 1 egg
 1/4 C. breadcrumbs
 1/4 C. chopped onion
 1 t. salt
 1 lb. ground beef
 1 pkg. (10 oz.) mixed vegetables
 1/2 t. dried thyme
 1/8 t. pepper

1 pkg. (16 oz.) frozen shredded hash brown potatoes
 1 T. butter, melted
 3 slices American cheese, cut into 1/2-inch strips

Preheat the oven to 375. In a large bowl, combine 2 T. tomato sauce, egg, breadcrumbs, onion, and salt. Crumble beef over mixture and mix well. Shape into 1-inch balls. Place meatballs on a greased rack in a shallow baking pan and bake at 375 for 15 to 20 minutes or until meatballs are no longer pink; drain excess liquid off the meatballs. In a large skillet, combine remaining tomato sauce with vegetables and thyme and pepper. Cover and simmer 10 to 15 minutes or until heated through; stir in meatballs and set aside.

Place potatoes in a greased 11x7 baking dish that has been sprayed with cooking spray. Brush the potatoes with butter and bake at 375 for 20 minutes or until lightly browned. Remove from the oven; top with meatball mixture. Arrange cheese strips in a lattice pattern on top. Bake, uncovered, for 20 to 25 minutes or until heated through and cheese is melted.

Strawberry Rhubarb Cheesecake Bars

About two years ago I had a recipe that was named the same as this one. It had rolled oats and no jam. This one is a layer bar that I think you will enjoy.

1 C. flour
 1/3 C. packed brown sugar
 1/2 C. cold butter, cubed
 1/3 C. finely chopped pecans

Filling

• Church

(Continued from page 11)

work on crafts individually or together. This is hosted on the lower level of Salem United Church of Christ, and all are welcome to join. For more information on any Salem related items, contact 815-369-4511 or ruth.dake@gmail.com.

Scales Mound Community Vacation Bible School

Scales Mound Community Vacation Bible School (VBS) will be held from June 10 to June 14 from 9a.m. to 11a.m. each day at Scales

1 pkg. (8 oz.) cream cheese, softened
 1/4 C. sugar
 2 T. 2% milk
 1 T. lemon juice
 1/2 t. vanilla
 Dash of salt
 1 egg, room temperature, slightly beaten

Jam

1/2 C. sugar
 2 T. cornstarch
 1 1/3 C. chopped fresh strawberries
 1 1/3 C. sliced fresh or frozen rhubarb

1 T. lemon juice
 Preheat the oven to 350. Line an 8-inch square baking pan with parchment, letting ends extend up sides. Spray with baking spray. In a small bowl, mix flour, brown sugar and salt; cut in butter until crumbly. Stir in pecans. Press into bottom of prepared pan. Bake until edges just begin to brown, 12 to 15 minutes. Cool completely on a wire rack. In a large bowl, beat cream cheese and sugar until smooth. Beat in milk, lemon juice, vanilla and salt. Add egg; beat on low speed just until blended. Pour over crust. Bake until filling is set, 15 to 20 minutes. Cool on a wire rack for 1 hour.

Jam: In a small saucepan, mix sugar and cornstarch. Add strawberries, rhubarb and lemon juice. Bring to a boil. Reduce heat and simmer uncovered, until mixture begins to thicken, 6 to 8 minutes. Cool completely. Spread over filling. Refrigerate until set, 8 hours or overnight. Using parchment, carefully remove cheesecake from baking pan. Cut into bars for serving.

Jumbo Brownie Cookies

For those of you who are not rhubarb lovers, I thought maybe you should have some chocolate. These deep chocolate cookies have a little fudge that is enhanced by a coffee flavor.

2 2/3 C. dark chocolate chips or chunks

1/2 C. unsalted butter, cubed
 4 eggs, room temperature
 1 1/2 C. sugar
 4 t. vanilla
 2 t. espresso powder
 2/3 C. flour
 1/2 t. baking powder
 1/4 t. salt
 1 pkg. (11 1/2 oz) semisweet

chocolate chunks

Preheat oven to 350. In a large saucepan, melt chocolate chips and butter over low heat, stirring until smooth. Remove from heat; cool until mixture is warm.

In a small bowl, whisk the eggs, sugar, vanilla, and espresso powder until blended. Whisk into chocolate mixture. In another bowl, mix the flour, baking powder and salt. Add to chocolate mixture, mixing well. Fold in chocolate chunks; let stand until mixture thickens slightly, about 10 minutes. Drop 1/4 cupfuls, 3 inches apart onto parchment lined baking sheets. Bake until set, 12 to 14 minutes. Cool on pans 1 to 2 minutes. Remove to wire racks to cool.

Final Thoughts

We have celebrated Memorial Day. In Lena there was a great parade with music by the marching band and readings that commemorated the reason we celebrate this holiday. We now get ready to welcome summer. Don't forget the free concerts at the lake every Saturday. The pool opened but had to adjust hours for the weather. Summer ball is warming up.

I got my plants back from the cemetery. I was lucky that there had been rain, so they look pretty good on my front steps. My herbs have started to grow, and I planted a mosquito plant and two lavender plants to help with mosquitoes. I don't know if they will, but it is a natural way to try to keep mosquitoes out of my deck area. I'm hoping the cicadas stay away from us! Do you get it that I don't like bugs? I also saw that one of my rhubarb recipes had made Facebook. They didn't get it from my column, but from someone else. Thanks for sharing. Hoping you have a good week.

We continue to look for summer fruit and vegetable 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 From Lena's Kitchens, *The Shopper's Guide* at Rock Valley Publishing, 1102 Ann St., Delavan, WI 53115. Have a great week.

You ought to be in pictures!

THIS IS AN OPEN CALL FOR SUBMITTED PHOTOS TO BE USED IN YOUR COMMUNITY NEWSPAPER

- ▼ Community events, car washes, festivals, lemonade stands, school projects - people at work and at play.
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E-mail your photos at the highest possible resolution to: scoopshopper@rvpublishing.com BY NOON ON FRIDAY

PHOTOS MAY ALSO APPEAR ON OUR WEB SITE, rvpnews.com

Timber Lake Playhouse receives grants for area youth

The Mount Carroll Community Foundation, The Foundation for Northwest Illinois, and the Illinois Arts Council have awarded Timber Lake Playhouse (TLP) a series of grants to continue to offer opportunities for area youth in arts related programming.

TLP offers a paid apprentice program for area teens interested in pursuing careers in the theatre arts. This is the sixth year that this program has been in operation. The apprentice program is designed to immerse pre-college teens from Northwest Illinois in all aspects of professional theatre production. Rather than volunteering time, the grant provides an hourly pay rate comparable to other summer work. The schedule is flexible and runs throughout the entire summer. Interested youth should send a letter of application with an artistic statement and a letter of recommendation from someone familiar with their work to admin@timberlakeplayhouse.org.

The High School Theatre Intensive runs from July 8 to July 27. This workshop is for high school actors, singers, dancers, technicians and other creatives. Participants will

gain the tools necessary to perform on stage, help produce shows at their school, and ace college auditions. During the workshop, high school students will produce and perform in the All Area High School Musical production of *Ride the Cyclone, High School Edition*.

TLP's Next Stage Junior Theatre will produce *The Lion King, Jr* July 1 through July 6 (no performance on July 4). *The Lion King Jr* features classic songs from the Broadway musical and animated feature film, including "I Just Can't Wait to Be King," "He Lives in You," and "Hakuna Matata." Young performers will also get the chance to learn a wide range of new theatrical skills, such as mask-making and puppetry, encouraging them to explore this beloved story with creativity and pride. All youth will audition and be cast in a specific role during the first week of the workshop. They will then learn songs and choreography, build sets and props, and perfect their parts during the workshop. Participants will receive instruction in vocal technique, acting, stage movement, and auditioning. This workshop and

production runs from June 17 through July 6 and is open to youth ages 5 – 18. Last season, the Next Stage Junior Theatre produced the very popular *Matilda, Jr*. Cost for this production workshop is \$100 and includes script and t-shirt.

One of the most popular of the TLP workshops is the Children's Theatre Workshop. This summer, TLP will be holding two sessions of the CTW on July 6 and on August 3. This workshop is a perfect way for the young artist to shine. The class runs from 10 a.m. until 1 p.m. The July 6 workshop concludes with a ticket to the matinee performance of *The Lion King, Jr*. Cost for the Children's Theatre Workshop is \$50 and it is open to children ages 6 to 12.

"It is important for TLP to offer programming to area youth," said TLP Executive Director, Dan Danielowski. "It's a remarkable investment

in the cultural life of the region."

Scholarships are available for TLP's summer workshops. Visit the TLP website or contact the Administrative Office at 815-244-2048 to inquire

about applying for a scholarship. Watch Timber Lake Playhouse's website for information on all TLP upcoming events and productions. For more information, tickets, and to register for classes, vis-

it www.timberlakeplayhouse.org or call the box office at 815-244-2035 open daily from 10 a.m. until 5 p.m. and until intermission on show days. All performance dates and times are available online.

Solicitation of Bids Kent Township Garage, Kent, Illinois

ACCEPTING BIDS: Craig Raders, Kent Township Road Commissioner, is soliciting bids for the following: Old Kent Township Garage and Outbuildings located at 761 N. Kent Road, Kent, Illinois consisting of a 40x48 Heated Shop with Restroom and 48x60 Frame Storage Building with Concrete Floor. The property will be sold "as is".

TERMS: 10% Earnest money upon acceptance of a Bid; cash in full at time of closing; no financing contingencies. Closing, after acceptance of a Bid, is to be held on or before July 31. Sealed, written bids are to be mailed or dropped off at the new Kent Township Garage located at 2054 N. Timber Road, Lena, IL 61048 prior to the regular meeting of the Kent Township Board at 7:00 p.m. on Tuesday, July 9.

All Bids submitted will be reviewed and the top five highest bidders will then have the opportunity to resubmit a final Bid prior to 8 p.m. that same evening on Tuesday, on July 9. A purchase contract setting forth the terms of sale shall be entered into with the successful bidder upon acceptance of the bid.

CLOSING COSTS: Kent Township will be responsible for providing title insurance and seller's attorney fees. The successful bidder will be responsible for all other costs related to closing.

VIEW OF PREMISES: To view the premises, please contact Craig Raders at 815-541-1116. A copy of the appraisal is available upon request at time of viewing.

Seller reserves the right to reject any or all bids.

456669

The Scoop Today &
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Service Corner

456724

Shots fired incidents

May 26

On May 26, 2024, at 11:19 p.m., Officers of the Freeport Police Department responded to a Sound Thinking alert in the 500 block of S. Carroll Avenue for a report of two gunshots being fired. Upon arrival, Officers discovered evidence that showed a firearm had been discharged in area. A residence located in the 500 block of S. Carroll Avenue was also struck by the gunfire.

The Freeport Police department is investigating the incident and is asking for anyone who has any information to contact either the Freeport Police Department at 815-235-8222, or Stateline Area Crime Stoppers at 866-TIPSNOW or through texting at Tip411.

ly after receiving the call.

During the investigation Officers learned that there had been a fight at the residence between two groups of individuals earlier in the day. At approximately 7p.m. a black male juvenile suspect approached a group in front of the same residence and fired shots at subjects who were in and around a vehicle parked in the driveway. The suspect then fled the scene in a dark colored SUV. There are no reports of any persons being injured in the incident. The vehicle in the driveway did sustain damage from the gunfire.

At this time, it is believed this incident was not a random act of violence. The Freeport Police department is investigating the incident and is asking for anyone who has any information to contact either the Freeport Police Department at 815-235-8222, or Stateline Area Crime Stoppers at 866-TIPSNOW or through texting at Tip411.

May 30

On May 30, 2024, at 7 p.m., Officers of the Freeport Police Department responded to a report of gunshots being fired in the 200 Block of W Empire St. Officers arrived on scene short-

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LEGAL NOTICES

STATE OF ILLINOIS
IN THE CIRCUIT
COURT OF THE 15TH
JUDICIAL CIRCUIT
COUNTY OF
STEPHENSON

WISCONSIN BANK &
TRUST, a Division of
HTLF Bank,
Plaintiff,

vs.

DYLAN SEVERSON
a/k/a DYLAN
THOMAS SEVERSON;
BRITTNEY AUKOFER
a/k/a BRITTANY
AUKOFER a/k/a
BRITTANY MICHELLE
AUKOFER;
UNKNOWN OWNERS
and NON-RECORD
CLAIMANTS,
Defendants.

an iron rod; thence North 89 degrees 53 minutes 13 seconds East, a distance of 215.12 feet to an iron rod; thence North 02 degrees 05 minutes 33 seconds East, a distance of 77.67 feet to an iron rod; thence North 89 degrees 32 minutes 12 seconds East, a distance of 152.51 feet to the East line of the Southeast Quarter (1/4) of Section 28; thence South 00 degrees 37 minutes 30 seconds West, along said East line, a distance of 434.65 feet to the Point of Beginning; situated in the Township of Oneco, County of Stephenson and State of Illinois.

PIN: Part of 16-04-28-400-003
(New tax code for 2023: 16-04-28-400-005)

Case No. 2024 FC 20

PUBLICATION NOTICE

The requisite Affidavit for Publication having been filed, notice is hereby given you, UNKNOWN OWNERS and NON-RECORD CLAIMANTS, Defendants in the above-entitled cause, that the above-entitled Mortgage Foreclosure action was filed on May 23, 2024, and is now pending.

1. The names of all Plaintiffs and the Case Number are identified above.

2. The Court in which this action was brought is identified above.

3. The name of the titleholder of record is: Dylan Severson and Brittany Aukofer.

4. A legal description of the real estate sufficient to identify it with reasonable certainty is as follows: Part of the Northeast Quarter (1/4) of the Southeast Quarter (1/4) of Section 28, Township 29 North, Range 8 East of the Fourth Principal Meridian, more particularly described as follows: Beginning at a point on the East line of the Southeast Quarter (1/4) of said Section 28, said point being North 00 degrees 37 minutes 30 seconds East, a distance of 1592.78 feet from a Railroad Spike at the Southeast corner thereof; thence North 89 degrees 06 minutes 19 seconds West, a distance of 361.48 feet to an iron rod; thence North 00 degrees 42 minutes 04 seconds West, a distance of 349.73 feet to

5. A common address or description of the location of the real estate is as follows:

12382 North Afolkey Road, Orangeville, Illinois 61060

6. An identification of the Mortgage sought to be foreclosed is as follows:

a. Name of Mortgagor: Dylan Severson and Brittany Aukofer

b. Name of Mortgagee: Wisconsin Bank & Trust, a Division of HTLF Bank

c. Date of Mortgage: May 19, 2023

d. Date of Recording: April 30, 2024 (re-recorded April 2, 2024)

e. County Where Recorded: Stephenson County, Illinois

f. Recording Document Identification: Document No. 202400200384 and Document No. 202400200777

NOW THEREFORE, unless you, UNKNOWN OWNERS and NON-RECORD CLAIMANTS, Defendants, file your Answer to the Complaint for Foreclosure in this cause or otherwise make your appearance therein, in the offices of the Clerk of the Circuit Court of Stephenson County, 15 N. Galena Avenue, Freeport, Illinois 61032, on or before July 5, 2024 (which is the 30th day after the first publication of this notice), default may be entered against you at any time after that day and a

Judgment for Foreclosure may be entered in accordance with the prayer of said Complaint.

RENO & ZAHM LLP

BY: /s/ Ryan T. Straw
Ryan T. Straw, Attorney
for Wisconsin Bank &
Trust, a division of HTLF
Bank, Plaintiff

RENO & ZAHM LLP
Ryan T. Straw (#6297723)
2902 McFarland Road,
Suite 400
Rockford, IL 61107
(815) 987-4050
rts@renozahm.com

(Published in
The Shopper's Guide
June 5, 12 & 19, 2024)
456564

STATE OF ILLINOIS IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT JO DAVIESS COUNTY- IN PROBATE

In Re the Matter
of the Estate of:
ESTHER E. HUIZENGA,
A/K/A ESTHER O.
HUIZENGA,
Deceased.
No. 24-PR24

NOTICE FOR PUBLICATION - CLAIMS

Notice is given of the death of Esther E. Huizenga, a/k/a Esther O. Huizenga, of Apple River, Jo Daviess County, Illinois. Letters of Office were issued on May 9, 2024, to:

Susan M. Huizenga
15366 Grebe St.
Bennington, NE 68007

as independent Executor of the Estate of Esther E. Huizenga, a/k/a Esther O. Huizenga, whose attorney is

Anthony V. Coon
Attorney At Law
10 N. Galena Ave.,
Ste. 210
Freeport, Illinois 61032

The estate will be administered without Court supervision unless, under Section 28.4 of the Probate 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 JoDavieess County Courthouse, 330 N. Bench St., Galena, Illinois 61036, or with the representative, or both, on or before November 25, 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: May 13, 2024.
Susan M. Huizenga,
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
May 22, 29, June 5, 2024)
455700

NOTICE OF PUBLIC SALE

The following self-storage Cube contents containing household and other goods will be sold for cash by CubeSmart Asset Management, LLL as Agent for Owner #4409, 555 W. South Street, Freeport, Illinois 61032 to satisfy a lien on June 20, 2024 at approx. 1:00 PM at www.storage-treasure.com Cube 1028 Bobbie Pustateri; Cube 1034 Loranda Walker; Cube 1310 Taliyah Murray; Cube 1356 Latisha Motes

(Published in
The Shopper's Guide
June 5 & 12, 2024)
456251

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IN*CI*DENTAL*LY

National Dairy Month

National Dairy Month is celebrated every year during the month of June. To honor our area dairy farmers, today's column will focus on the role that dairy products play in oral health.

It is common knowledge that the food we eat can significantly affect our general and dental health. Consuming dairy products offers numerous nutritional benefits. A glass of milk provides protein, calcium, potassium, magnesium, phosphorus, selenium, zinc, iodine and vitamins A, D, E, B₁₂, B₂, B₃, B₅.

Minerals such as magnesium, calcium, and phosphorus provide the main structural components of teeth. In fact, your teeth and bones hold 50-60% of the magnesium found in your body. It is easy to see that a deficiency in any of these essential minerals can lead to many adverse oral and general health issues. For instance, magnesium helps the body absorb calcium, which is critical to building strong teeth and tooth enamel. If you have an inadequate amount of magnesium during tooth formation, your body cannot form hard enamel. Magnesium is also necessary to activate Vitamin D, which turns on the calcium building process. Over time, even a minor deficiency of magnesium can lead to a significant amount of bone loss. Magnesium deficiencies are associated with periodontal disease.

Calcium helps keep teeth and bones strong and healthy. When calcium levels drop, the teeth become weaker and more vulnerable to the bacteria and acids that cause decay. Calcium also assists in muscle movement and in the release of hormones and enzymes. Phosphorus and calcium work together in bone production and to form hydroxyapatite, the main component of enamel. Your body cannot fully absorb and utilize calcium without phosphorus, and a deficiency in phosphorus can lead to brittle teeth. Like milk, cheese is high in phosphorus and calcium. Potassium is a mineral that works to strengthen your bones and teeth. Potassium helps to regulate blood acidity. When your blood becomes too acidic, the acids can remove calcium from your teeth and jawbone, weakening them. The protein in milk not only helps in calcium absorption and bone growth, but casein proteins



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

form a protective film on the surface of your teeth, acting to protect against decay.

Zinc is a mineral that is essential for bone health and the structure/strength of tooth enamel. It protects the dentin, the tooth layer under the enamel from demineralization, and prevents dental caries (cavities) and gum disease. A zinc deficiency can lead to problems with tooth growth, such as delayed eruption, oral ulcers and increased plaque buildup, demineralization, and bad breath.

Vitamins play a vital role in human health, particularly in the development and maintenance of oral health in children. Vitamin D in milk is essential for the absorption of calcium from the stomach and depositing minerals like calcium and phosphorus into the bones. If the body does not get enough vitamin D, then it can lead to weak bones and teeth. Vitamin A helps to boost the immune system while promoting the health of soft tissues like gums. A deficiency in B2 has been linked to periodontitis and hemorrhagic gingivitis. Vitamin B3 supports the natural regrowth of gum tissue. Vitamin B5 (pantothenic acid): Plays a role in healing wounds in the mouth. Vitamin B12 helps form red blood cells that carry oxygen to mouth tissues. It also helps break down homocysteine, an amino acid that can damage tooth enamel. A deficiency in B12 can lead to bad breath, mouth ulcers, and detachment of the connective tissues that support teeth. Vitamin E acts as an antioxidant in the body, fighting bacteria and bolstering your immune system. It protects your oral tissues by reducing the inflammation and gum recession that occurs in periodontal disease. It also protects tooth enamel from weakening.

Good oral health is essential for your general health, and overall health is dependent on oral health. Celebrate Dairy month by getting out in the sunshine with a pitcher of cold milk and a large tray of cheese, then make a toast to the farmers who help provide the nutrition we need to maintain both.

Rock Valley Publishing

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SUBMITTED PHOTO Rock Valley Publishing

Students visit historical museum

Sophomore students from Lena-Winslow's American History class visited the Lena Area Historical Museum on May 14 to learn about Lena's local history. Pictured left to right are Kristin Jones, teacher, and students Dean Heiler, Madalyn Goebel, Olivia Martinez and Yasmeen Hollins.



GARY PRICE PHOTO Rock Valley Publishing

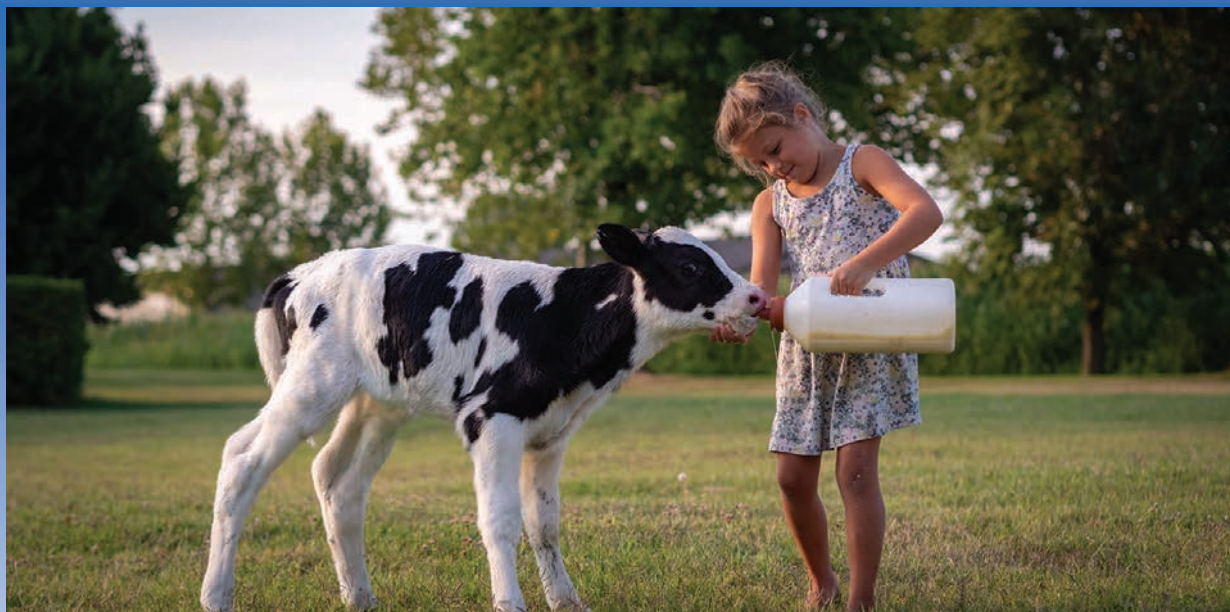
Pioneer Day

May 10 was Pioneer Day for the fifth grade class of Mrs. Holly Chrisman at the Lena Winslow Elementary School. The students dressed in clothes of the time, had an old time first name, learned a poem, recited their lesson in the 1848 one room log school-house at the Lena Area Historical Museum. The students also had a tour and lesson about early Lena at the museum.

JUNE IS DAIRY MONTH

Supporting Our Dairy Farmers

at Apple River State Bank and First Community Bank of Galena



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As a tribute to dairy farmers and all agri-business in Jo Daviess County and Southwest Wisconsin, every office of Apple River State Bank and First Community Bank of Galena is serving ice cream sandwiches throughout the month of June.

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