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VOL. 25 • ISSUE 29

FREE

THURSDAY, JULY 4, 2024



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STATELINE CONSIGNMENT AUCTION

Date: July 19th-20th 2024 - Time: 8:00 AM - Location: 110 E Murray St Browntown WI 53522

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CONSTRUCTION EQUIPMENT: Vermeer D6x6 Directional Boring Machine, D, Hydro, 150' Boring Pipe, Nice One Owner Machine, 1,451 Hrs, 19' Bobcat T770 Track Skid Steer, D, Cab/A/H, High Flow Aux Hyd, Hyd Quick Tatch, Suspension Seat, 429 Hrs, 21' John Deere 324G Skid Steer, D, Cab/A/H, 2 Speed Aux Hyd, Suspension Seat, 800 Hrs, Nice, 14' Marooka MST-1500VD Track Dump Truck, JLG 9-43A Extendable Lift, D, Orops, Foam Filled Tires, Sullivan D185QV Towable Air Compressor, John Deere Diesel, 2005 Cat 924G Wheel Loader, D, Cab/A/H, JRB Coupler, 5k Hrs, Case 521D XT Wheel Loader, D, Cab/A/H, ACS Coupler, 6K Hrs, Case W20 Wheel Loader, Cab/H, 3K Hrs, Municipal Machine, New Holland L230 Skid Steer, Cab/A/H, 2 Spd, Aux Hyd, Hyd QT, 3,730 Hrs, Cat 90 Forklift, D, Pneumatic Tires, Hyundai Robex 35C-9A Mini Excavator, D, Orops, Aux Hyd, Low Hours, Case TR320 Track Skid Steer, Erops, 2 Spd, Aux Hyd, Mech QT, 7,561 Hrs, Bomag BW137AD Vibratory Roller, Vibromax 265 Vibratory Roller, Bomag BW120AD-3 Vibratory Roller, Sullair 185 Towable Air Compressor, John Deere Diesel, Ditch Witch 6510DD Rock Saw, D, Orops Gear Drive, Champion 710A Road Grader, John Deere 770 Road Grader, D, Cab/H, Power Shift, 07' Kubota KX121-3 Mini Excavator, D, Orops, Aux Hyd, Hyd Thumb, 3,612 Hrs, 08' Cat 272C Skid Steer, D, Cab/H, High Flow, Aux Hyd, Hyd QT, 4,715 Hrs, Vermeer FT100 Track Skid Steer, Cab/A/H, 2 Spd, High Flow Aux Hyd, Hyd QT, Rear Winch, 1,740 Hrs, Vermeer 625 Towable Wood Chipper, Gas

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LAWN & GARDEN – GOLF/RECREATION: 23' Polaris RZR Pro XP Crew, Gas, Props, 4x4, ONLY 13 Milles, Toro 4700D 7 Gang Rough Rotary Mower, D, 4x4, 3,600 Hrs, Smithco Spray Star 3180 Sprayer, Raven GPS Monitor, Diesel, Hydro, Nice Machine, Toro 5700 Multipro Sprayer, D, Hydro, 3,400 Hrs, Jacobsen HR9016 Wide Area Mower, D, 4x4, 4 - John Deere TS 4x2 Gators, 3 - John Deere 6x4 Gators, John Deere 825i Gator Cab/H, Snow Plow, 2 - New Dewalt Zero Turn Mowers, Gas, Hydro, 60" Deck, 4 - Never Sold New Ryan JR Sod Cutters, Gas, Hydro, New!! John Deere 2020 Pro Gator, Manual Trans, Hyd Dump, Aluminm Chipper Box, John Deere 1620 Front Mount Mower, D, Orops, Hydro, 80" Lastec Flex Deck, John Deere 8800A Rough Rotary Mower, D, 4x4, 5 Gang, 2,600 Hrs, Lease Return Machine, Turfco Triwave 60 3pt Overseeder, Toro 455D Front Mount Mower, Toro Workman Utility Cart, Gas, Manual Trans, Hyd Dump, Cub Cadet XT1 Zero Turn Mower, Approx 300+ New Attachments To Be Sold! Gear Selection Of Weekend Warrior Equipment! Do Not Miss These Deals!

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457862

Slices of life

Dating after 50 – part 3 (of perhaps more)

This column idea started innocently enough. Dating after 50. How much could there be to write about such a narrow topic?

Turns out that might be a facetious question. The original column spurned a part two, and now, here, a part three. I'm not promising this is the last, because I guess dating after 50 is complex, interesting and just a little bit hilarious.

Who would've guessed? Certainly not me because – I've said it before, but I'll write it again. My last dating experience ended in 1987.

So, I'm beyond unqualified to write on the topic. Still, here I go: dating life in the 20s versus the 50s.

In your 20s: You hope to find love, get married and maybe one day change



By **JILL PERTLER**
Columnist

diapers.

In your 50s: You hope to find love, get married and never have to change any diapers (but I guess that depends).

20s: You desire someone with a good heart (figuratively).

50s: You desire someone with a good heart (literally).

20s: You value someone who brings you flowers.

50s: You value someone who brings you an extra jacket.

20s: You hope to date

someone who, like you, collects vintage vinyl records because it's the hot new thing.

50s: You hope to date someone who, like you, owns dozens of vinyl records because it used to be a thing.

20s: You met your current person after swiping right.

50s: You met your current person after side-swiping their car in the CVS parking lot.

20s: After a good date you check your notifications.

50s: After a good date you check your voicemail.

20s: You'd like to find someone who, like you, prefers their coffee Americano (iced) with a double shot of espresso, a dollop of whipped cream and a dusting of cinnamon (Ceylon).

50s: You'd like to find

someone who, like you, prefers their coffee black, like a real American drinks it.

20s: You are attracted to someone with a good set of values.

After 50: You are attracted to someone with a good set of teeth.

20s: You enjoy sharing a good night out at the club.

After 50: You enjoy sharing a good club sandwich.

20s: You met your first girlfriend at hot yoga.

50s: You met your first spouse when she was wearing a hot toga.

20s: New Year's Eve involves a kiss at midnight; then let the party begin!

50s: New Year's Eve involves a kiss at midnight; then let the sleeping begin!

20s: You look for someone

who is low maintenance.

50s: You look for someone who is good with home maintenance.

20s: Your definition of risky business involves Bitcoin.

50s: Your definition of risky business involves Tom Cruise in his underwear dancing on a couch.

Dating is an adventure at any age, but after a certain one – say 50 or more – life becomes interesting in a whole new way. An infinite future gives way to a finite one (which has always been finite; we just never realized it). The challenges of parenting give way to the joys of grand parenting. The certainty of youth gives way to the wisdom of age.

The through it all, a few things remain constant.

Laughter is one that comes to mind.

At least I hope it is a constant. If it isn't, it should be, for all of us – at any and every age.

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.

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Weekly connection

Old combines and God's great love

A few years ago, my brother Kevin found an old 303 International Harvester combine listed for sale in the Wisconsin Agriculturalist and ended up purchasing it from an old retired farmer. The farmer had it sitting in the back of his shed just taking up space. At Thanksgiving that year, when most of my brothers were home, we climbed up on that beautiful old machine with my dad sitting on the driver's seat and had our picture taken. Here were six full-grown adults trying to reenact what we used to experience when we were



By **SCOTT CERNEK**
Columnist

all kids. In those days, we used to climb up on that combine whenever we could and ride with my dad as he cut beans, wheat, and oats. My grandpa and dad bought that 303 back in 1966 and practically ran the wheels off that machine for several years. When we moved

to Wisconsin in 1972, we purchased a bigger combine at a farm sale and the old 303 got pushed aside. Today, the high-tech tractors and combines are fully loaded with, two way radios, air conditioning, stereos, GPS and everything else you might need for this day and age. Back in the day, that 303 didn't even have a cab. We used to watch my dad going back and forth across the bean field in a huge cloud of dust, and when he came in for dinner, he would be just black with dirt and dust. I'm not kidding – he probably had

an eighth of an inch of dirt on his face, neck and arms. How he breathed in any oxygen with all that dust, I have no idea.

I was at the dentist recently and the lady who cleaned my teeth asked if I was going to

help my brothers make any hay this summer. "Well," I told her, "Considering everything is done by machinery, I doubt if there will be anything for me

See LOVE, Page 6



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Living Estate of Cliff & Carol Goeke

Online Only Auction

Soft Closing starts at 7:00 pm on Tuesday July 9, 2024

Pick up will be at: 608 N. Davis St, Davis IL 61019

On Friday July 12, 2024, from 2:00 pm – 6:00 pm CST

Auctioneer Note: This auction has furniture, tools, video games.
This auction is small but delivers a powerful punch!! 260 plus lots.

We are auctioning off the personal property of Cliff & Carol Goeke. This auction as a nice mix of items up for auction. Appliances, There are 2 wicker patio sets, Wii (No controllers), household items, recliner sofa (very nice condition), several kitchen & chair sets, TV, fireplace, area rugs, vintage blanket chests, tools, lawn mower, holiday dishes & decor, Crocks and so much more. All items are represented to the best of our ability, but we make no guarantees.

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1739 West Hwy 14, Janesville, WI 53545

DIRECTIONS: West edge of Janesville on Hwy. 14, one tenth of a mile west of Lion's Gas Station.
NOTE: Jack owned Austin Oil Company for many years. This is the final auction for Jack and Jean, with many interesting items that were on display in one of the buildings, plus items from the barn and outbuildings.

LUNCH: Steve's Deli Dog House.

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•Love (Continued from page 3)

to help with.” My, how times have changed. We used to spend almost every minute of summer mowing, baling, and filling the silo with haylage and the barn with little square bales to feed the dairy cows all winter long. If we had good summer rains, we could fill two or three 60-foot silos as well as put 20-some thousand bales in the barn. We had one of the larger barns in Lafayette County at the time, which housed 96 milking cows. We thought that was big

stuff until the dairies of today started to go up. Now a farm can milk hundreds or even thousands of cows at these dairies.

I’m so thankful for the heritage of farming and faith my dad passed on to us. Dads are so important in the growth of children. Like the father in the story of the prodigal son found in Luke chapter 15, God allows his adult children the freedom to make decisions for themselves. The son took his inheritance and blew it.

Then when he was starving, he came to his senses. His father saw him dragging his weary feet up the road back home, and he ran to him and welcomed him with tender love back into the family. The prodigal son turned his heart back to his family where he knew deep down inside, he was truly loved despite his reckless actions. God is ready to welcome us back into the family too, but He won’t force us. That is real love.

Until next week, God Bless!

Page 2 puzzle answers

PUZZLE 1

7	4	5	1	8	3	6	2	9
3	2	6	9	4	5	8	7	1
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PUZZLE 2

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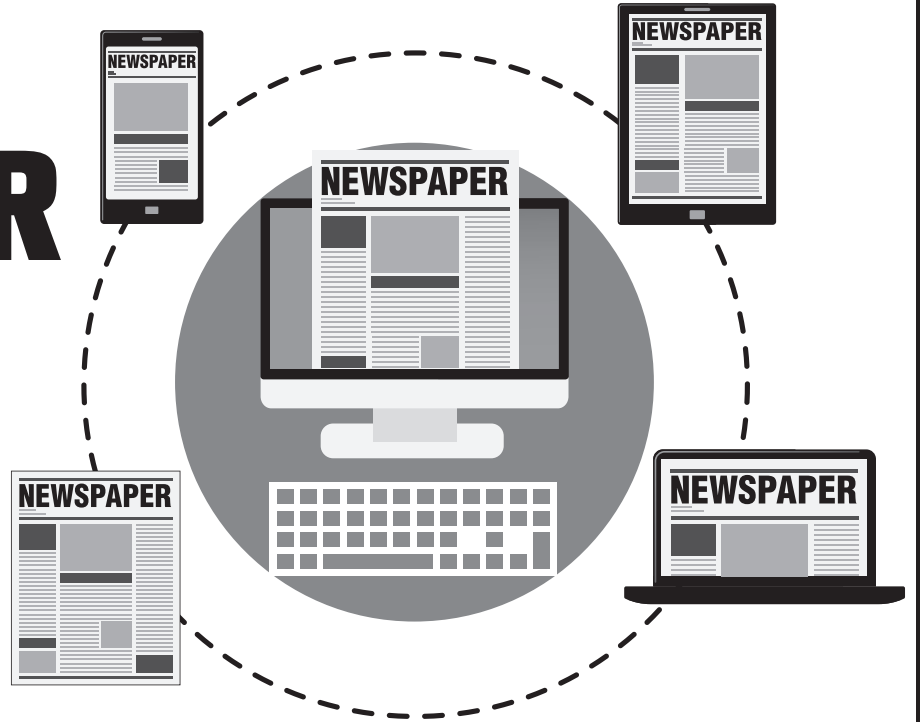
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July Senior News

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How seniors can get their balance back

Balance issues can pose a serious threat to individual health. When a person experiences issues with their balance, they may experience dizziness, lightheadedness and feel as if a room is spinning. Each of those factors can increase the risk for potentially harmful falls.

Seniors may not have the market cornered on balance issues, but the National Institute on Aging notes that many older adults experience such problems. The NIA also notes that people are more likely to have balance problems as they grow older.

A number of variables can contribute to balance problems, including medications, health conditions like heart disease and vision problems, and alcohol consumption.

The NIA notes that the remedy to balance issues may depend on what's causing them, though some exercises that require individuals to move their heads and bodies in a certain way can help treat some balance disorders.

A physical therapist or another professional with an understanding of the relationship between balance and various systems in the body also may be able to help.

When a specific cause, such as hypertension or low blood pressure, is identified, health care teams may be able to recommend various approaches to help seniors get their balance back.

Hypertension

A 2015 study published in The Journal of Physical Therapy Science found that hypertension, also known as high blood pressure, can negatively affect balance.

The study found that this occurs because hypertension damages the large arteries and decreases microcirculation in specific functional areas, ultimately resulting in impairment that reduces a person's ability to maintain a stable posture. Taking steps to address hypertension, such as eating less sodium, maintaining a healthy weight and exercising regularly, may also lead to a reduction in balance problems related to the condition.

Low blood pressure also can contribute to balance problems. According to the American Geriatrics Society, sudden low blood pressure, which is also referred to as orthostatic hypotension, can manifest when sitting up and standing up. When it does, a person may experience dizziness or lightheadedness, which may last just a few seconds or several minutes.

Low blood pressure

The AGS notes that dizziness related to low blood pressure also may appear within one to three minutes of sitting up or standing up, which means individuals may be vulnerable to falls even when they initially feel fine after sitting up or standing up.

The NIA reports that individuals with low blood pressure can manage the issue by drinking plenty of fluids, including water, and avoiding alcohol. In addition, pay careful attention to posture and movements and make a concerted effort to stand up slowly.

Balance issues are often linked to aging, but that does not mean seniors are helpless against symptoms like dizziness and lightheadedness that are linked to problems with balance. Working with a health care team and identifying potential causes of balance issues can help seniors improve their health outcomes.

Notable senior health concerns

The human body changes as it ages. While certain conditions are commonly associated with aging, some individuals may be surprised to learn of the more common health conditions that can affect seniors.

The World Health Organization says one in six people will be 60 or older by 2030. With such a large portion of the population on the cusp of turning 60, it makes sense for individuals to familiarize themselves with the more notable issues affecting seniors.

Cognitive decline

A certain degree of memory loss is a natural component of aging. Forgetting where you left your keys or experiencing difficulty putting a name to a face can be a random and frustrating occurrence. However, dementias, like Alzheimer's disease, are not a side effect of aging.

As many as one in five seniors experiences mental health issues that are not associated with aging, and it helps to learn the early warning signs of dementia. Such recognition may compel individuals to seek treatment that can slow the

progression of the disease.

Osteoarthritis

Aches and pains may come with aging, and often can be attributed to osteoarthritis, which is the most common form of arthritis, according to the Mayo Clinic. Osteoarthritis occurs when the protective cartilage that cushions the ends of bones wears away over time.

It is progressive and cannot be reversed, but maintaining a healthy weight and staying active can help alleviate pain and improve joint function.

Cataracts and refractive errors

It should come as no surprise to most that the eyes change as the body ages. Refractive errors like nearsightedness, farsightedness, astigmatism, and presbyopia can make objects look blurry when viewed, says the National Eye Institute.

Cataracts, which are a clouding of the eye's natural lenses, affect about 20 percent of people age 65 and older, according to the American Geriatrics Society, while the National Eye Institute says half of all

people over age 80 will get them. Cataract removal surgery and prescription eyeglasses can help.

Type 2 diabetes

American Senior Communities reports that it's estimated 25 percent of adults age 65 and older have type 2 diabetes. Unchecked diabetes can lead to a host of ailments, including vision problems, mobility issues, kidney damage, and increased risk for heart disease or stroke. Many people can manage type 2 diabetes with diet and exercise.

Heart disease

The National Institute on Aging says adults age 65 and older are more likely than younger people to suffer from cardiovascular disease that affects the heart,

blood vessels or both.

Conditions like high blood pressure and high cholesterol need to be properly managed, and diet and exercise is important throughout life to avoid developing heart disease in later years.

Balance issues

Balance issues that can lead to falls are a major concern for seniors. According to HealthinAging.org, many things can adversely affect balance.

These include nerve and brain problems, vision troubles, diabetes, arthritis, inner ear problems, and even dehydration. Dizziness or balance problems should be addressed, as there are serious health risks associated with falls.

Companion planting: Bountiful, beautiful together

Growing certain plants together can benefit the whole garden. Companion planting is a way to combine thriving vegetable gardens with the beauty of flowers and herbs.

University of Illinois Extension horticulture experts will share tips for pairing up companion-style planting in an upcoming free webinar with local viewing at the Boone County Extension Meeting Room on Tuesday, July 23 at 1:30 p.m. Registration to attend is required.

In this webinar you will discover plant partnerships that offer strategies to break

up heavy soils, combat weeds and disease, lure pests away, attract specific beneficial insects and improve pollination.

To register for the local viewing in the Boone County Extension Meeting Room (205 Cadillac Ct., Suite 5, Belvidere) call the Extension office at 815-544-3710 or register online at go.illinois.edu/BooneFourSeasons.

If you need a reasonable accommodation to participate please contact the Extension office. Early requests are strongly encouraged to allow sufficient time meeting your access needs.



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