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YOUR FREE HOMETOWN NEWSPAPER

WEDNESDAY, AUG. 21, 2024

RRSM Golf team off to a great start

On Saturday, Aug. 17 the River Ridge Scales Mound golf team headed to Lanark, IL to compete in the Eastland/Milledgeville Invite to kick off the 2024 golf season. The team finished second in the event, and golfer Sam Rife placed third overall as an individual.



SCALES MOUND SCHOOL DISTRICT #211 FACEBOOK PHOTO *Rock Valley Publishing*

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Timber Lake Playhouse to present Jekyll & Hyde

Timber Lake Playhouses' 2024 summer season comes to a close with *Jekyll & Hyde*. The epic struggle between good and evil comes to life on the Timber Lake Playhouse stage in the musical phenomenon based on the classic story by Robert Louis Stevenson. Featuring a thrilling score of pop rock hits from multi-Grammy- and Tony-nominated Frank Wildhorn and double-Oscar- and Grammy-winning Leslie Bricusse, *Jekyll & Hyde* has mesmerized audiences the world over.

Jekyll & Hyde (which runs from Aug. 15 through Aug. 25) tickets can be purchased at timberlakeplayhouse.org, by calling the box office at 815-244-2035, or by visiting the theatre in person at 8215 Black Oak Rd. in Mount Carroll, Illinois.

News briefs

Bonnet Reunion

The Bonnet Reunion will be held on Sunday Aug. 25, 2024, at 12 p.m. in the St. Joseph Catholic Church Hall in Lena, IL. Please bring one meat and one side dish, table service, and your own drink. Please call Dan at 815-369-4744 with any questions.



SUBMITTED PHOTO Rock Valley Publishing

Happy 103rd birthday to Florence Klentz

Florence Klentz recently celebrated her 103rd birthday on Aug. 11, 2024. Her family honored her with cake and a party at Liberty Village in Freeport. Klentz has overcome Covid, a foot injury that required rehabilitation, and even pneumonia, but was fully recovered in time to celebrate her special day. Happy birthday, Florence!

Obituaries

DIANA L. THILL-REED

Diana L. Thill-Reed formerly of Lena, IL, currently of Freeport, IL, passed away peacefully in her sleep on July 18, 2024. She was born in Freeport, IL, on March 9, 1949, to the late Wesley and Betty (Keppen) Thill. She attended Lena High School in Lena, IL, graduating in 1968. She later attended nursing school, working to obtain her LPN. She spent many summers growing up and time after school helping her Grandpa and Grandma Keppen on the farm or helping her Grandpa and Grandma Thill in the cheese factory. She thoroughly enjoyed both and loved to tell stories about her times. She worked for Atwoods in Stockton after nursing school, working there for many years through the transition to Excel and then Dura.

Diana had a love for Sci-Fi, specifically Star Trek, and attended many Cons. It was at one of these events where she met Clifton Reed, later marrying him on April 1, 1988. Always wanting to have children, she and Cliff welcomed Helen to the family on March 20, 1992. Diana's deep love for Helen and her education led her to take early retirement and homeschool her. She spent many years teaching and helping Helen, babysitting for family, and sewing and mending for family and friends. Diana had a thirst for knowledge. She loved to try new recipes and was a great cook. Many days were spent sewing new clothes for Helen



who outgrew them faster than Diana could sew when she was little. She loved reading and writing and had amassed quite a book collection.

Diana is survived by her daughter Helen Reed, her sister Christine Woolcock, brother Mark (Linda) Thill, nieces Laurinda (Nathan) Howe, Talena (Scott) Wuebels, Victoria (Tim) Thill, four great-nieces April, Jennifer, Elizabeth, and Olivia, one great-nephew Levi, and many aunts, uncles, cousins and friends.

Diana is preceded in death by her parents, Wesley and Betty (Keppen) Thill, her husband Clifton Reed, and brother-in-law Larry Woolcock.

Memorial services will be held on Saturday, Aug. 24, 2024, at the Unitarian Universalist Church of Stockton, IL, 219 N. Pearl Street, where Diana was a member. The visitation will be from 1 p.m. to 3 p.m. with the funeral to follow at 3 p.m.

In lieu of flowers, a memorial fund has been established to assist Helen with expenses and cards can be sent to the Unitarian Universalist Church of Stockton.

Special thanks to the Unitarian Universalist Church members for all their help, and Michael and Virginia Massetti, special family friends.

TRACY D. BLACK

Tracy D. Black, age 65, of Stockton, IL passed away Tuesday, August 13, 2024, at home. She was born on March 2, 1959, to the late Edward and Suzanne Randegger. Tracy married Gerald Black on August 8, 1979, in DuPage County.

She was a 1977 graduate of Downers Grove North High School. She was a proud mother who homeschooled her five children. Tracy attended Harvest Baptist Church in Stockton. She enjoyed farming, tending to her sheep, gardening, and artwork.

Tracy is survived by her husband, Gerald Black of Stockton; her daughter, Naomi (Jacob) Parker of Calhoun, GA; her sons, Joseph (Renee) of Chelsea, MI, Jacob (Julia) of Massbach, Jesse (Amanda)



of Murfreesboro, TN and Jonathan of Stockton; her 13 grandchildren, Joella, Moriah, Aliyah, Micahiah, Ayanlea, Levi, Joy, James, Jason, Joshua, Jewel, Martin and Lewis; and her sister, Karma (Brian) Gaffney. She was preceded in death by her parents and her sister, Maya.

A funeral service was held on Sunday, August 18, 2024, at Hermann Funeral Home in Stockton. Interment took place at Ladies Union Cemetery. A memorial fund has been established. Condolences may be shared at www.hermannfuneralhome.com.



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Church news

Good Shepherd Lutheran Church

All are invited to worship at Good Shepherd Lutheran Church, 118 E. Mason St. Lena, IL on Sunday, Aug. 25 for Sunday Worship Service at 9:30 a.m. This week's gospel reading is from the Gospel John 6:56-69.

On Wednesday, Aug. 28 the Peace Corps Quilting group will meet from 8 a.m. to 11:30 a.m. Sunday, Sept. 8 will be Quilt Sunday, Blessing of the Quilts.

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/GSLCLenaLL>) 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 fourteenth Sunday after Pentecost on Sunday, Aug. 25 at 9 a.m. Join us on Facebook if you can't make it in person.

Everyone is welcome to come to St. John's to play cards and dominoes on Thursday, Aug. 22 at 1 p.m., to play dominoes in Luther Hall on Tuesday, Sept. 3 at 9 a.m.

The next Men's Breakfast will be on Wednesday, Sept. 4 at 7:30 a.m. at the Garden View Restaurant in Lena.

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 Sunday service led by Pastor Christopher Ham on Sunday, Aug. 18, 2024, at 10 a.m. at Salem United Church of Christ, 8491 West Salem Road, Lena, IL. The Adult Sunday School will be hosted prior to service, starting at 9 a.m. on the lower level of the church. Children's Sunday School is held during church service at 10 a.m.

The Wednesday Breakfast Bunch will meet Aug. 21 at 8 a.m. at The Big Apple, 1427 West Galena Avenue, Freeport, IL.

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 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 UMC "Young at Heart" to host Bridget Zurcher

Scales Mound United Methodist Church is pleased to host Bridget Zurcher, founder of Aunt Beez Greenhouse, at its August "Young at Heart" community gathering on Tuesday, Aug. 27 at 1:30 p.m. Zurcher opened her very own retail greenhouse at her and her husband Rich's farm in 2015 in rural Scales Mound. Her greenhouse serves our area with beautiful plants, produce, and fresh cut flowers.

Zurcher will talk about

how her education and work experience led her to open her business, how it's grown, and what a typical growing season looks like. She will demonstrate flower arranging and plans on bringing some cut flowers for participants to make their own small bouquets to bring home.

There is no charge for this event. Please contact Pastor Libby Rutherford at rutherford.libby@gmail.com or 815-990-1428 with any questions.

Evangelical Free Church of Lena

The Evangelical Free Church of Lena has begun registration for AWANA, our discipleship program for children age three through grade six. AWANA runs from 5:45 p.m. to 7 p.m. every Wednesday from September to April. Opening night

for the 2024-25 school year is Sept. 11. Clubbers play games, recite verses and learn truths from the bible. Register at lenafreechurch.org.

Calvary Church of Stockton

Calvary Church of Stockton welcome Lowell and Claudia Wertz of "Joy in the Harvest" in Tanzania, Africa. A dinner is open to the public at 6 p.m. on Saturday Aug. 24 for a donation to their ministry. Following the dinner, the Wertzes will answer questions and give a program showing their ministry in action. They will also speak on Sunday, Aug. 25 during the worship service at 10 a.m. Please call Calvary Church with any questions at 815-947-2414. The public is invited to attend and learn about this exciting ministry in Africa.

Op-ed: Collaboration key to moving the needle on conservation

By Evan Hultine
ILLINOIS FARM BUREAU VICE PRESIDENT

Environmental challenges have always driven innovation and advancement in agriculture.

From extreme drought leading to enhanced seed genetics and flooding resulting in prescriptive fertilizer applications, farmers have pivoted their practices and adapted their operations to continue producing food, fiber and fuel.

We face another driving force with nutrient runoff and the hypoxic zone in the Gulf of Mexico, and producers have responded by deploying a range of conservation practices across their farms.

Practices like no-till, strip-till, cover cropping, buffer strips, wood chip bioreactors and others are all playing a significant role in keeping nitrogen and phosphorus in the soil and out of our freshwater supplies.

Environmentally-sound practices like these are the foundation of Illinois farmers' continued commitment to implement long-term solutions that protect our nation's water supply and improve soil health.

Illinois Farm Bureau has supported that commitment by distributing more than \$1.17 million for 150 conservation projects in 75 counties through its Nutrient Stewardship Grant Program, which began in 2015.

In fact, farmer conservation efforts in Illinois have led to measurable progress in reducing total nitrate loss and shrinking the size of the Gulf of Mexico's hypoxic zone.

The U.S. Environmental Protection Agency Hypoxia Task Force reported last December that Illinois was one of 12 states to meet interim nitrogen goals for 2025 by reducing total nitrogen loss by 20 percent. The 2023 Illinois Ag Retail Survey also found that in 2022, across 917 Illinois fields, 24 percent of corn and 44 percent of soybeans were no-till. Cover crops were found on approximately 9 percent of fields in fall 2021, and while 49 percent of respondents reported fall application of anhydrous, 97 percent of the producers reported use of an inhibitor to reduce the potential for leeching.

These indicators suggest significant progress toward meeting the goals outlined in the Illinois Nutrient Loss Reduction Strategy. While the conservation efforts of individual farmers are important, we cannot overlook the value of moving the needle through a collaborative approach.

A leader in this space has been Ohio Farm Bureau, which partnered with the state's environmental community and government agencies in 2019 to launch H2Ohio, a statewide initiative aimed at improving the water quality of Lake Erie and the surrounding Western Lake

Erie Basin by reducing nitrogen and phosphorus loads.

Backed by \$270 million in state money, and with the support of groups like the Ohio Environmental Council, one element of the H2Ohio program is a mix of financial incentives for farmers in the basin to deploy conservation practices that align with specific field conditions.

For each on-farm practice, like planting cover crops and developing a nutrient management plan, farmers can earn a per-acre payment that stack together on the same acre. Specific practices, such as strip tilling or applying manure in lieu of chemical fertilizer, can also result in higher payments.

The flexibility within H2Ohio for Ohio farmers to use a menu of voluntary conservation practices tailored to their farms led to 2,400 producers

enrolling 1.4 million acres in voluntary nutrient management plans in fiscal year 2023, representing about 35 percent of the basin.

Altogether, those efforts have resulted in reducing phosphorus loads in Lake Erie by 232,000 pounds in 2022, and by more than 315,000 pounds in 2023.

The willingness and understanding of all parties in Ohio to take ownership and investment in the responsibility and value of clean water and healthy soil leaves some of us green with envy—and not just algae.

A similar opportunity for this kind of collaboration exists in Illinois, where producers have demonstrated their serious commitment to conservation practices and made meaningful investments to protect the environment. The state-level \$5-per-acre crop

insurance discount for planting cover crops has proven an effective first step. Illinois farmers across the program's five years have enrolled nearly half-a-million total cover-cropped acres and annually exceed the program's acreage cap.

Imagine the progress we

could make if armed with additional state conservation incentives.

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.



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OPINION

AS THE YEAR BEGINS, MORE SCHOOLS ARE BANNING CELLPHONES



Weekly connection

A day at the state fair

Last week my wife and I took her sister and our oldest grandson with us to the Wisconsin State Fair in Milwaukee for the day. We try to get to the fair each year because there's always so much to see and eat. Our first stop was to see the Kids from Wisconsin singing group where high school students from all over the state sing and dance around on stage for an hour and a half or so. They also have a ten- or twelve-member jazz band that plays along with them. They did some songs from each of the past few decades as part of their act. Their enthusiasm and skill was very impressive. My wife and I and her sister were once in the high school swing



By **SCOTT CERNEK**
Columnist

choir and so we find it fun to watch the show each year. Now I must say that our days in the swing choir surely did not even begin to scratch the surface of what the Kids from Wisconsin can do. It's absolutely as different as night and day. After the concert my grandson and I took a hike across the park to the horse and cattle barns while the ladies did their own thing. We found a booth that was

selling good old Wisconsin milkshakes, and we bought a couple. They were great. We sat and watched a horse show while we ate spoonful after spoonful of the rich creamy delights. Then it was off to the beef and dairy barns where we saw some of the finest looking cattle you could ever hope to see. When I was an FFA member way back, I used to judge livestock. In fact, I won a trophy my senior year for sixth place in the state diversified livestock judging contest in Madison. So, I have a little experience and knowledge when it comes to noticing the size of the brisket, shoulders, rumps and loins of these animals. When we finally got back

to the girls, we were ready for some more food and a trip to the large exhibition building filled with all sorts of amazing merchandise to look over. Of course there are always many demonstrations of knives, blenders, mops, cleaners, and other household items to take in. My grandson and I sat down to watch a great salesman demonstrate his nonstick stainless-steel cookware. It was great. He cooked up some vegetables in just a few short minutes in an airtight frying pan and then handed out samples of the tender cooked carrots, broccoli, cauliflower, sweet corn and cabbage. He didn't use any water at all, just the natural juices that are in the veggies were used to cook with. My grandson and I both agreed that we had never tasted vegetables with more flavor than those. Of course I had to order a set. These demonstrations seem to be very effective, at least on me. Last year after a demo, we bought a massage gun that we use quite often.

Now it was time to take a relaxing ride on the chair lift and look down on the masses of people walking around the park below us. There were literally thousands of people there that day. When our ride was done, we headed to the hog barns so we could get a glimpse of some of these

State now has blueprint for K-12 schools to teach dangers of overdose

Public health groups commend new guides but say there was a 'lack of opportunities' for collaboration

By Dilpreet Raju
CAPITOL NEWS ILLINOIS

Illinois public schools wishing to teach their students about the dangers of overdoses and substance use disorder now have a blueprint to do so from the state.

The Illinois State Board of Education published the resource guides in accordance with a law passed in 2023. While a school's use of any of the state's resource guides is voluntary, some public health advocates consider the creation of the guides a step in the right direction. Administrators and educators can download age-appropriate presentations, lesson plans or fact sheets.

Various courses developed by universities, nonprofits and federal agencies provide options for curricula about what prescription drugs are, the science of drug interactions, harm reduction, and how to manage medication alongside mental health struggles. Complexity increases with age; high school resources include lessons on different classes of drugs.

Some links connect to materials or videos from the National Institute on Drug Abuse and a "virtual field trip" produced by the Drug Enforcement Administration.

One resource referenced multiple times in the guides, Generation RX, was developed in part by Cardinal Health, a pharmaceutical distributor who paid out part of a \$26 billion settlement with 45 states, including Illinois, in 2022.

Overdose remains a leading cause of accidental death in the state and across the country, something not lost on the various public health organizations that supported the legislation to create the guides. The Illinois Harm Reduction and Recovery Coalition, an advocacy network of organizations and individuals dedicated to harm reduction, released a statement praising ISBE and the Department

of Human Services for their work but said there was a "lack of opportunities" for more involvement from community members.

During 2022—the most recent year with comparable data—more than 3,800 people died of an overdose in Illinois, while almost 1,800 were killed by firearms, according to the U.S. Centers for Disease Control and Prevention. That same year, more than 1,250 people in Illinois died due to a traffic accident, according to the Illinois Department of Transportation.

The law requiring the guides passed the House and the Senate unanimously. It's known as Louie's Law in honor of Louie Miceli, who died of an overdose in 2012 at 24 years old.

Felicia Miceli, Louie's mother, said he was first exposed to opioids at age 17 following a high school football injury.

"We know this guidance will equip communities with vital information, tools, and resources," Miceli said in a news release for the coalition. "But only if they know about it and have an implementation plan."

The Illinois Harm Reduction and Recovery Coalition and the LTM Heroin Awareness and Support Foundation—which Miceli started in honor of her son—released a statement celebrating the "first-of-its-kind" guides but also said the process could have benefitted from including more perspectives while crafting various guides.

"The organizations are concerned about the lack of opportunities for broader stakeholder involvement in the guidelines' development, including the primary target audiences (and) marginalized groups," the release reads.

Last year, 30 teenagers in Cook County died due to drug toxicity, according to the Cook County Medical Examiner's Office.



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See CERNEK, Page 5

Around the Northern Hill

Mark your calendars, the cover crop field day is set for Friday, Sept. 13 starting at 11:30 a.m. It will be held at the first field entrance south of 4629 IL Route 78 on the east side of 78 (south of Stockton). Full details will be shared soon.



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

information, call our office at 815.858.2235 or email me at jdcfbmgr@gmail.com.

Family Farm signs

As we are nearing the end of summer, we all start thinking of back to school and the fall weather coming soon. There's still time to do some work around the farm and spruce things up a bit. Why not add a "This is a Family Farm" sign to your landscape? The signs are 17.5" X 23" and cost \$30. Stop by our office and pick one up.

Farm Fun Fact

A bushel of wheat yields 42 one-and-a-half pound commercial loaves of bread OR about 90 one-pound loaves of whole wheat bread.

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Young Leaders Committee

The Young Leaders Committee will have their next meeting on Sunday, Sept. 22 at 7 p.m. at the farm bureau office in Elizabeth. Anyone between the ages of 18 and 35 that has an interest in agriculture is welcome to attend. For more

•Cernek (Continued from page 4)

ginormous animals stretched out in their pens. We weren't disappointed in the least by what we saw. We could almost taste the bacon and ham as we gazed at these porkers. Finally, it was time to head home, but before we went out the gate, we made our last stop at the cream puff barn to grab some of these delicious favorites. They are truly the best.

You know with all the unrest in our world today, it

was just a blessing to go and experience the simple joys of a day at the state fair with some of those we love so much. In the gospel of John chapter 15 and verse 11 we read. These things I have spoken to you, that my joy may be in you, and that your joy may be full. When we got home and crawled into bed, I couldn't help but thank the Lord for giving us a little taste of His joy once again. Until next week, God bless.

Plenty of opportunities at River Ridge Football

By Trenten Scheidegger
CORRESPONDENT

The River Ridge Wildcats are coming off an eight-man football season in which they finished with an overall record of 5-5. A 50-8 loss to Martinsville in the first round of the 2023 playoffs brought a disappointing ending to the campaign. With that, the Wildcats lost a handful of contributors like Ben Richmond, Seth Nicholas, Brian Appleby, George Winter, Lucas Holland, and Andy Schock.

Now, River Ridge and their experienced head coach, Dough Nicholas, will look to piece things together for another run. Nicholas, who has 14 years of head coaching experience, holds a career record of 38-64. Nicholas will have to share

his experience with his 2024 roster to the best of his abilities. With just two returning starters, albeit some important ones, the Wildcats will have to build through some growing pains this season. Senior Quarterback-Defensive Back Damon Dittmar and Senior Running Back-Linebacker Mason Smith are the only returning starters. Seniors Logan Keleher and Ian Wachter, and sophomore Kaden Bauer are the only other returning letterwinners.

With so little varsity experience, it can be hard to project the 2024 Wildcats. As they gain experience, they will establish an identity for themselves on the field. An exciting part of where the Wildcat program currently sits is the number of opportunities this season will bring.

A few players in specific should get the chance to prove themselves on the gridiron. Juniors Joseph Dubord and Seth Ries and sophomore Hamish Boden were all mentioned as key newcomers by coach Nicholas.

The Wildcats will need everyone bought in for 2024. With limited experience, Nicholas and the Wildcats are focused on staying healthy this season. "We need to get some game field experience for most of our team. Staying healthy will be the key to success for that," Nicholas shared ahead of the 2024 campaign.

River Ridge opens their 2024 season on Aug. 30 when they travel to take on the West Carroll Thunder. Kickoff is set for 7 p.m. In week two, the Wildcats will play host to Polo on Sept. 6, with a 7 p.m. start time.

Hornets hopeful 2023 volleyball success can trickle down

By Trenten Scheidegger
CORRESPONDENT

The Scales Mound Hornets had an excellent volleyball season in 2023. It was one of the best finishes in school history as the Hornets racked up 20 wins last year. They also had a 9-3 conference record, which was good enough for a fifth-place finish in the heavily competitive NUIC.

It was a much-needed year of success for the Hornet program. However, the Hornets and their head coach, Keri Werner, have their work cut out for them if they want to replicate the success. The NUIC is going to be extremely competitive once again. The NUIC-West should see some improved

competition in specific.

Scales Mound will have to replace almost their entire 2023 roster. Last year's roster had eight seniors, making them one of the more experienced teams in program history. Statistically, the Hornets lost all their major contributors including Anna Wentz, Anniston Werner, Brooklynn and Rylee McCartney, Ava Travis, and Emily Wiederholt. For 2024, Scales Mound returns just one starter with varsity experience in senior MB Ava Wiederholt. If Scales Mound wants to continue their upward trajectory, it will be up to Werner and Wiederholt to smooth the transition.

Early on the Hornets will

likely suffer through some trial and error. With Wiederholt as the only returning starter, there are plenty of opportunities on the floor for the upcoming Hornets. Werner will likely have to experiment with a multitude of lineups before the Hornets can establish an identity.

A handful of newcomers will have plenty of chances to insert themselves into the regular lineup. Senior Anica Stadel, juniors Grace Belhke, Lila Anderson, Alyssa Wentz, and Leigha Bader, and sophomores Campbell Hereau, Ellaina Kostenbader, and Halle Wiegel were all listed as promising newcomers by Werner.

Admittedly, Werner acknowledged the lack of var-

sity experience as an area of concern for the squad, but the Scales Mound head coach has plenty of faith in the team's ability to work together. Although they may not have much varsity experience, they do have a lot of experience playing together. Werner is hoping that team strength can be one of their strengths this season.

The Hornets tip off their 2024 volleyball season on Aug. 26 when they travel to take on Milledgeville at 5:30 p.m. On Aug. 28, Scales Mound will play host to Pearl City at 7 p.m. The Hornets play their first conference game on Sept. 12 when they travel to take on the Stockton Blackhawks at 5 p.m.

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KUDOS...
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KUDOS...
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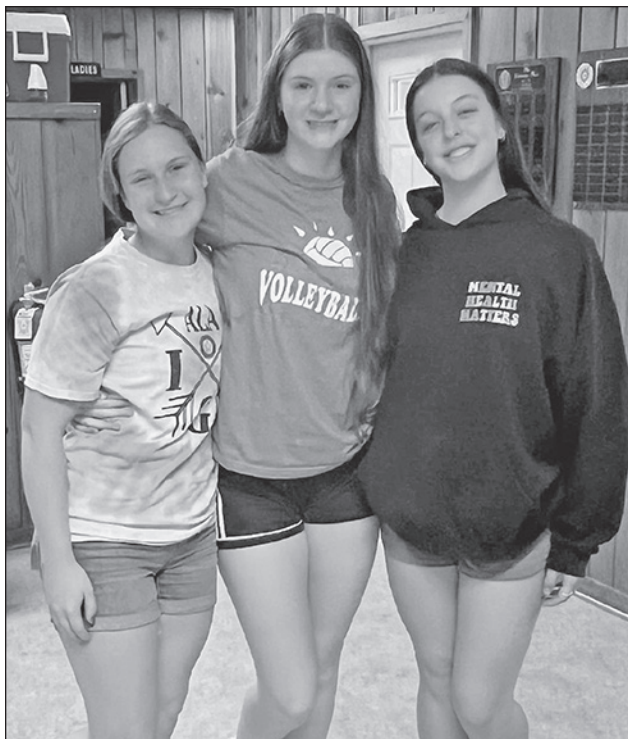
The Apple River Fort showcases historical recipes at Cast Iron Chef event

Visitors can enjoy the sights and smells as the Apple River Fort's Cast Iron Chef event returns for its third year. Fort staff and volunteers will put their culinary skills to the test as they bake, boil, and broil over open cookfires. All recipes to be showcased are authentic to the 1830s, and copies will be available for attendees to take home to try out for themselves.

But food isn't the only thing on the menu. The Fort's blockhouse will feature a display of the diverse cast iron cookware available throughout the ages, as well as other

weird and wonderful historical kitchen gadgets. Interpreters will be on hand to give guided tours of the Fort itself and answer any questions about the food or the Fort that visitors may have.

This event will take place at the Apple River Fort State Historic Site on Saturday, Sept. 7 from 10 a.m. until 3 p.m. Attendance is free, but donations are always appreciated to fund future special events at the Fort. For more information, visit our website at www.appleriverfort.org or contact us directly info@appleriverfort.org or 815-858-2028.



SUBMITTED PHOTO Rock Valley Publishing

The Power of 950 pairs of shoes

Thanks to the generosity of so many individuals and business in Northwest Illinois, the Shoe Drive Fundraiser collected over 950 pairs of shoes. Jo Daviess County Home and Community Education thanks community members for helping transform lives with these

donations. The 950+ pairs of shoes will be re-purposed for resale by individuals across 26 developing nations. By keeping these shoes out of local landfills, each donation leaves a positive impact on the planet. Thank you to all who supported the program.

American Legion Auxiliary Illini Girls State

Hannah Pecoraro, Eden Dietz and Rhianna England are three of the delegates that the Lena American Legion Auxiliary selected to attend the 83rd Session of the American Legion Auxiliary Illini Girls State program. These three young ladies attended a meeting to report on their experience. The American Legion Auxiliary thanks the following for helping support this program: Citizens' State Bank, Community Bank, Coach's, Village of Lena, Lena Lions, Lena Volunteer Firemen, and Leamon's.

Eastland-Pearl City hopeful to build off experience in 2024

By Trenten Scheidegger
CORRESPONDENT

The Eastland-Pearl City (EPC) Wildcats are returning to the gridiron after going just 3-6 last season. That overall record didn't tell the whole story, however. After getting off to an 0-5 start, the Wildcats looked like a different team in the second half of the season.

EPC would go on to finish the regular season with a record of 3-1 over their last four games. That includes a 44-0 victory over West Carroll and a 28-8 win over Da-

kota to end the season. Although the 3-6 overall record doesn't turn many heads, the Wildcats have plenty of reason to draw some attention in 2024.

Not only did the Wolves experience a second half surge, but they return a majority of the team that helped turn things around. After losing six players and just three starters overall, the Wildcats should be one of the more experienced teams this season. Ten starters on

See EPC, Page 8

Panther football looking to pull off the impossible again

By Trenten Scheidegger
CORRESPONDENT

Coming into the 2023 football season, many Illinois High School football fans wondered if it was finally the end of the Lena-Winslow dynasty. After the Panthers captured the State Championship in 2022, they lost nearly all of their

roster, including 10 of 11 starters on offense. Despite that, the Panthers rattled off 13 consecutive victories, punching their ticket to yet another title game.

In 2024, the Lena-Winslow Panthers and their head coach, Ric Arand, face a similar obstacle. No, they aren't coming off a championship season, but they are coming off a second-place finish which proved many people wrong. Perhaps most importantly, it showed the Panthers what they are capable of. If Le-Win wants to go on another magical run this year, it will be up to the returning letter winners to pave the way.

There aren't many of them. When asked how many players were lost to graduation, "a lot" was the only answer Arand could offer. He and his staff will have to rely heavily on their returning leaders. Albeit few, there are some eye-popping names in the returning group of starters. Luke Kempel, Cobryn Lynch, Gannon Dunker, Jimmy Goebel, Jaylen Rakowska, Aiden Wild, and Miles Mahon are expected to lead the way this year.

Arand and his staff will have to rely on a handful of newcomers, including at some key positions. Quarterback Kasch Lessman, Running Back-Defensive Back Alec Schlichting, Fullback Aiden Wild, Tight End Miles Mahon, Tight End-Linebacker Kolby Kearns, and Offensive-defensive line Preston Schultz, are all expected to play snaps in new positions at the varsity level this year.

Despite so much roster

See PANTHER, Page 8

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Contact Jen Petta (jpetta@pcwolves.net)
- 8:30 A.M. Car Show Registration (Show begins at 11:30am)
Contact Amy Johnson 815-291-2221
- 10:00 A.M. Beer Garden Opens (open until 11:30pm)
- 11:00 A.M. Parade (Registration at 10 am)
Contact Nathan Pickard 821-2403
- 11:00 A.M. Hog Roast Lunch/Dinner
- 11:00 A.M. Kids Activities (Bounce house, face painting, etc.)
- 11:30 A.M. LIVE BAND Yesterday's Gone**
- 12:00 P.M. BINGO (until 4:00pm)
- 12:30 P.M. Kiddie Tractor Pull
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- 1:00 P.M. Alumni Baseball & Softball Games
Contact Ryne Plager 291-9822 or Meghan Kriebis (Stichter)
- 2:45 P.M. Car Show Awards
- 3:00 P.M. Haulin' Axe 815 (until 8pm)
- 3:30 P.M. Kiddie Water Fights
Sponsored by PC Fire Department on North Street
- 3:30 P.M. LIVE BAND Rock Steady**
- 6:00 P.M. PC Pitmaster BBQ Samples available (while supplies last!)
- 6:30 P.M. Gail "Johnny" Johnson Service Award
- 6:45 P.M. Class of 1974 Presentation
- 7:00 P.M. Check Presentation
- 7:15 P.M. PC Pitmaster Awards
- 7:30 P.M. LIVE BAND That Gurl**
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•EPC (Continued from page 6)

offense, nine starters on defense will all return for the 2024 season.

The amount of returning starters should make things simple for EPC head coach Jared McNutt and his staff. With McNutt entering his seventh season as head coach, this might be one of his most experienced teams. The Wildcats and their staff should have a bit of a head start over many programs

with multiple positions to fill. Unlike many programs, the Wildcats entered day one of practice with almost everyone already knowing their position and their job. Rather than take the time to find new positions, explain the system and teach the terminology, the Wildcats got right to work in fine tuning their game from day one.

McNutt is hoping to see the team's experience and

speed set them apart on the gridiron this year. One area of focus for the Wildcats will be how they defend the run. Playing Midwest football, even in this modernized age of the game, requires some physical defense. McNutt has his focus on the defensive line and how they will manage to stop the run in 2024.

The Wildcats kick off their 2024 season on Aug.

30, when they travel to take on the Galena Pirates with a 7 p.m. start time. In week two, the Wildcats travel to Durand to take on the Durand-Pecatonica Rivermen on Sept. 6, at 7 p.m. EPC doesn't play their first home game until Sept. 13, when they play host to the Fulton Steamers at 7 p.m.

•Panther

(Continued from page 6)

turnover each year, winning has become the norm for the Panthers. They will maintain high standards this year as they aim to compete for another NUIC conference championship. Arand expects the NUIC to be tough as nails once again. "Strongest conference from top to bottom in years," Arand shared after naming Durand-Pecatonica as one of his early favorites to finish at the top. "Everyone is chasing Du-Pec."

The Panthers will kick off their 2024 campaign on Aug. 30, when they travel to take on Morrison at 7 p.m. Le-Win hosts their first home game on Sept. 6 when they kick off with Fulton at 7 p.m.



SUBMITTED PHOTO Rock Valley Publishing

Finley Potter, age 4, of Elizabeth enjoys the book "I Love Strawberries" by Shannon Anderson. The last recipient of the Books by the Bushel was The Little Learners at the CTE in Elizabeth.

Books by the Bushel applications available

The Jo Daviess County Farm Bureau Foundation announced that it is accepting Books by the Bushel grant applications. Books by the Bushel is a program designed to help increase agricultural awareness among children. The books will be catered to the age group of the winning submittal.

The grants are open to all Jo Daviess County organizations. Applications are due Sept. 3 and are available online at www.jodaviness-cfb.com. Click on Ag in the Classroom, then Books by the Bushel Application.

For questions or information, call 815-858-2235 or email jdcfbmgr@gmail.com

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Freeport Police Department announces Labor Day traffic safety campaign

The Freeport Police Department today kicked off a traffic safety campaign aimed at reducing impaired driving and other hazardous driving behaviors, such as distracted driving and failure to use seat belts. With powerful messages like "Drive Sober or Get Pulled Over," "If You Feel Different, You Drive Different," "Drive High Get a DUI" and "Click It or Ticket," this high-visibility enforcement initiative will run from Aug. 16 through the early morning hours of Sept. 3, encompassing Labor Day week-end.

"We want our community to understand the importance of making smart decisions behind the wheel, on Labor Day and every day," said Freeport Police Chief Chris Shenberger. "While our goal is voluntary compliance, drivers should expect strict enforcement of all traffic laws on the City of Freeport roads every day."

The Freeport Police Department is collaborating with the Illinois State Police and local law enforcement agencies across Illinois to support this statewide effort.

In addition to targeting impaired drivers, the campaign will emphasize the "Click It or Ticket" initiative, underscoring the importance of wearing seat belts. Buckling up is the single-most effective way to protect yourself in a crash. Whether driving across town or across the country, whether in the front seat or back, always remember to wear a seat belt and ensure all passengers are also buckled.

When celebrating, remember to designate a sober driver. Do not let friends or family members drive

drunk, high or impaired by other drugs. Even a small amount of alcohol, cannabis or other impairing substance can impair judgment and reaction times, making driving unsafe.

The Illinois "Drive Sober or Get Pulled Over," "If You Feel Different, You Drive Different," "Drive High Get a DUI" and "Click It or Ticket" campaigns are administered by the Illinois Department of Transportation with federal dollars from the National Highway Traffic Safety Administration.



SUBMITTED PHOTO Rock Valley Publishing

Jim Katzenberger (right) of Lena and Jerry Katzenberger (left) of Delevan, WI, take part in the 2024 Vets Roll to Washington DC.

Local vets participate in 2024 Vets Roll

Brothers Jim Katzenberger of Lena and Jerry Katzenberger of Delevan, WI, attended the 2024 Vets Roll to Washington DC. Both are US Air Force veterans as is a younger brother, Julian Katzenberger of California. Jim enlisted in 1958, Jerry in 1964 and Julian in 1971. Jim had been to Washington DC for his high school senior class trip and said it has sure changed. Jerry had never been there before.

USAF at Wright-Patterson AFB in Dayton, OH, the WWII National Memorial, the Lincoln, Korean War, Vietnam and Nurses' Memorials, the Capitol District and Arlington National Cemetery, and the MLK and FDR Memorials. Family and friends were waiting in Beloit to welcome home their loved ones in style, with fireworks galore. There were also flags posted for each veteran on the tour.

There were 250 veterans and approximately 150 volunteers who rode in the 13 charter buses. The experience is no charge to the veterans; however the volunteers pay their own way. The volunteers assisted the veterans in many ways from loading and unloading their luggage, to pushing wheelchairs, to providing entertainment on the buses.

The veterans who go on the trips are selected by the oldest first. Currently veterans having served since 1969 or earlier are eligible. If you know a veteran who would like to experience this trip, please call 800-383-2267. This program was started by 15 years ago by Mark Finnegan of Finnegan's RV in Beloit for the veterans to have closure for their years of service by seeing the memorials dedicated to their time and branch of service.

The veterans visited the National Museum of the

ISP Troop 1 announces monthly activity for July

Illinois State Police Troop 1 Commander Captain Joseph Blanchette has announced the enforcement figures and activity for July.

ISP Troop 1 troopers issued 698 citations, 743 written warnings, and made 16 criminal arrests during the month of July. They issued 283 citations for speeding, 24 citations for distracted driving violations, and 24 citations for occupant restraint violations.

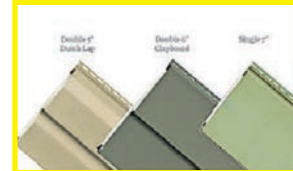
The troopers investigated 102 traffic crashes, assisted 271 motorists, and conducted 539 commercial motor vehicle inspections, of which 70 were placed out of service for safety reasons. There were 19 arrests for driving under the influence.

ISP Troop 1, which encompasses Boone, Carroll, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago counties, investigated no fatal crashes in July.

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Stephenson County 4-H youth compete in the Master Showmanship Contest

On July 27, 2024, Stephenson County 4-H members participated in the Master Showmanship Contest at the Stephenson County Fairgrounds,

which was coordinated by the Stephenson County Farm Bureau and Stephenson County 4-H. Nine 4-H members between the ages of 14-18 (based

on their 4-H age) competed by showing swine, sheep, and beef in their respective show rings. The members included Owen Gunderson, Dausyn

Heslop, Brynn Lamm, Kyla Lamm, Brea Musser, Nevaeh Scheffner, Cole Weber, Aaliyah Whitney, and Lauren Witte. Judging was completed by Mrs. Stephanie Schultz from Lanark, IL.

Cole Weber of the Country Cuzins earned reserve champion and received a personalized backpack, banner, and \$100. Dausyn Heslop, of the German Valley Golden Eagles earned Champion and

received a personalized backpack, banner, and \$200. Heslop went on to represent Stephenson County at the state master showmanship contest on Aug. 9, 2024, at the Illinois State Fair.



Brenda Heimann (4-H EPC), Cole Weber (Reserve Champion), Dausyn Heslop (Champion), and Victoria Hansen (Stephenson County Farm Bureau Manager) at the Stephenson County 4-H Youth Master Showmanship Contest.

SUBMITTED PHOTO Rock Valley Publishing



2024 Master Showmanship participants of Stephenson County.

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FROM LENA'S KITCHEN



The not so skinny cook

As I write this column, it has rained. I hope it was enough to water my plants. The weather seems to be changing and getting more like fall than summer. Maybe the beastly hot days are over. The bounty of the summer is still coming in. This week's recipes use some of those great vegetables. Have a great week cooking!

Corn Dip

If you still have fresh corn, you can make this great appetizer. Frozen corn will work well too. This appetizer is one for all occasions.

- 8 oz. cream cheese, softened
- 3 green onions
- 1 medium lime
- 2 cans (14 oz.) green chiles
- ¼ C. mayonnaise
- ¼ C. sour cream
- 1 t. hot sauce
- ½ t. garlic powder
- ½ t. salt
- ¾ C. shredded cheddar, divided
- ¼ t. pepper
- 1 T. olive oil
- 3 C. fresh or frozen corn
- Corn chips

Place cream cheese in a mixing bowl. Thinly slice the onions, keeping the dark green parts separate from the white and lighter green parts. Juice the lime until you have 1 T. juice. Drain 1 can green chiles. Arrange a rack in the middle of the oven and pre-heat the oven to 375.

Add the lime juice, chilies, ¼ C. mayo, ¼ C. sour cream, 1 t. hot sauce, garlic powder, and salt to the cream cheese. Whisk until combined; reserve 1 T. dark green onions and then add the remaining dark onions to the bowl. Add 1½ C. shredded cheddar cheese and pepper. Heat 1 T. olive oil in a large skillet over medium-high heat until shimmering. Add the rest of the onions and the corn. Cook, stirring a few times, until corn is lightly charred, 5 to 7 minutes. Transfer into the cream cheese mixture and stir to combine. Place mixture into a small baking dish that has been sprayed with cooking spray. Sprinkle with remaining cheese. Bake until bubbly, about 20 minutes. Turn on the broiler and broil cheese on top until golden brown, about 2 minutes. Garnish with reserved dark green onions and serve with corn chips.

Refrigerated Pickles

I read recently that pickles have been eaten for over 4000 years. In fact, Christopher Columbus brought some brined pickles over to America on his first voyage in 1492 because they helped sailors avoid scurvy. This year there seems to be a bumper crop of pickles. My mother used to make the best crock pickles; she would boil the brine every day after draining it off the pickles. It seemed as if it took forever. She would can them, and we would have crispy pickles all winter long. Times have changed, and the most popular pickles now are refrigerator pickles. They take very little time and last in the refrigerator for two weeks. The next few recipes deal with refrigerator pickles. The first one was what my mother called "ice cream bucket pickles."

- 1 1/3 C. white sugar
- 2 T. salt
- 1 C. white vinegar
- 6 C. peeled and sliced cucumbers
- 2 C. sliced onions
- Stir sugar, salt, and vinegar together in a plastic container with a lid until sugar is mostly dissolved. Place cucumbers and onion in the vinegar solution; stir to coat. Cover and refrigerate for at least 2 days, stirring 3 times a day.

Refrigerator Bread and Butter Pickles

Someone sent this recipe to me last year. I had never heard of refrigerator bread and butter pickles. These are put into jars and stored in the refrigerator. A popular spice for both this recipe and the next is turmeric.

- 3 C. white vinegar
- 1 C. white sugar
- ½ C. coarse salt
- 6 small onions, sliced
- 1 t. mustard seed
- ¼ t. ground turmeric
- 1 t. celery seed
- 6 cucumbers, sliced

Wash in dish washer four quart jars; wash new unused lids and rings in warm soapy water. If you don't have a dishwasher, immerse jars in simmering water for at least 5 minutes to sterilize jars. Bring vinegar, sugar and salt to a boil in a saucepan. Combine onions, mustard seed, celery seed, and turmeric in a large pot. Pour boiling vinegar mixture over onion mixture; add cucumber slices. Stir to coat. Pack the slices into jars and pour in vinegar mixture until it comes to ¼ inch of the top of the jar. Run a clean knife or thin spatula around the insides of the jars to remove any air bubbles. Wipe rims with moist paper towel to remove residue. Top with lids and screw rings on

tightly. Refrigerate for two weeks before eating.

Refrigerator Zucchini Pickles

Yes, you can make zucchini into pickles! This recipe calls for pickling salt. It is different than coarse salt in that it is finer. You can use kosher or coarse salt if you grind it up. Do not use iodized salt to make any kind of pickles.

- 1½ C. water
- ¼ C. white vinegar
- 1½ T. pickling salt
- 2 t. black peppercorns
- 6 cloves peeled garlic
- 6 spears fresh dill
- 1 medium onion, sliced
- 2 medium-sized zucchinis, cut into 12 spears each or rounds
- 2 16 oz. mason jars

Divide the water, vinegar, salt, peppercorns and garlic between 2 (16 oz) wide mouth mason jars. Screw on the lid and then shake to combine. Divide the dill, onion, and zucchini spears between the two jars and then screw on the lid and gently shake. Refrigerated for at least 24 hours before enjoying. The pickles will last 2 weeks in the refrigerator.

Chicken Spinach Pasta

The next two recipes are stove top recipes using penne pasta. If you are a chicken lover, you will like the first one. If you are a beef lover, you will like the second one. Both use spinach, so you have a full meal in this entrée that is quick and won't heat up the kitchen.

- 1½ C. uncooked penne pasta
- 1 lb. boneless skinless chicken breasts, cut into 1-inch cubes
- ½ C. chopped onion
- 2 t. olive oil
- 1 can cream of mushroom soup
- 1 C. heavy whipping cream
- 10 C. coarsely chopped fresh spinach
- 2 C. shredded mozzarella cheese
- 1/8 t. pepper
- Parmesan cheese

Cook pasta according to package directions. In a Dutch oven over medium heat, cook and stir chicken and onion in oil for 5 minutes until chicken is no longer pink. Stir in soup and cream. Bring to a boil over medium heat. Reduce heat; simmer, uncovered, for 2 minutes. Stir in spinach, cheese and pepper; cook for 1 to 2 minutes or until spinach is wilted and cheese is melted. Drain pasta and add to chicken mixture; toss to coat. Sprinkle with Parmesan cheese.

Hearty Penne Beef

- 1¾ C. uncooked penne pasta
- 1 lb. ground beef
- 1 t. minced garlic
- 1 can (15 oz.) tomato puree or ½ C. tomato paste and ½ C. Water
- 1 can (14½ oz.) beef broth
- 1½ t. Italian seasoning or ½ t. dried basil and ½ t. dried oregano
- 1 t. Worcestershire sauce
- ¼ t. salt
- ¼ t. pepper
- 2 C. chopped fresh spinach
- 2 C. shredded mozzarella cheese

Cook pasta according to package directions. In a Dutch oven, cook beef over medium heat until no longer pink, 6 to 8 minutes, breaking into crumbles. Add garlic and cook for one minute longer. Drain. Stir in tomato puree, broth, Italian seasoning, Worcestershire sauce, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, until slightly thickened, 10 to 15 minutes. Add spinach and cook until wilted, 1 to 2 minutes. Drain pasta and stir into beef mixture. Sprinkle with cheese; cover and cook until cheese is melted, 3 to 4 minutes.

Streusel Zucchini Bundt Cake

I know last week I had so many zucchini recipes it made your head spin, but this one is a Bundt cake recipe. You know I am partial to Bundt cakes!

- 4 eggs
- 2 C. sugar
- 1 C. oil
- 2 t. cinnamon
- 1 t. salt
- 2 t. baking powder
- 1 t. baking soda
- 1 can (8 oz.) crushed pineapple, drained

- 1 C. chopped pecans
- 2 C. grated zucchini
- 2 t. vanilla
- 1 C. powdered sugar
- 2 T. milk

Preheat the oven to 350. Grease and flour a Bundt pan. In a bowl, sift flour, cinnamon, salt, baking powder, and baking soda and whisk together. In a large mixing bowl, mix the eggs and sugar until light colored. Add oil and mix. Add sifted ingredients to egg mixture and beat for 2 minutes. Remove from mixing stand. Stir in pineapple, nuts, vanilla and zucchini and mix thoroughly by hand. Pour batter into prepared pan. Bake in the oven until a toothpick inserted in the center of the cake comes out clean, about 1 hour and 20 minutes. Cool for 30 minutes in pan. Invert on wire rack. After cooled, place on cake stand or cake plate.

Glaze: Combine the powdered sugar and milk in a small bowl until smooth and runny. When cake is cooled, pour glaze over cake.

Peanut Butter Bars

Did you know that 89% of all households in the U.S. have a jar of peanut butter? I heard that on one of the cooking channels, and it blew my mind. That is a pretty high statistic, however, even when I was growing up there was peanut butter. This next recipe is an easy peanut butter bar recipe that is good for any time of the year. Be sure to use creamy peanut butter in this recipe.

- 1 1/3 C. flour
- ½ t. baking soda
- ¼ t. salt
- 1 C. butter, softened
- ½ C. packed brown sugar
- 1½ C. creamy peanut butter

1 C. powdered sugar
¼ C. caramel sauce
1 C. peanuts, chopped
Preheat the oven to 350. In a bowl, mix flour, baking soda and salt. Line a 9 inch square pan with enough foil to overhang sides by 2 inches; coat with cooking spray. On medium speed, beat ½ C. butter and brown sugar until smooth. On low, beat in flour mixture. Press into bottom of pan. Bake until golden brown, 14 to 18 minutes, cool.

On medium speed, beat peanut butter and remaining butter until smooth. Beat in powdered sugar and caramel sauce until combined; spread in pan. Top with nuts, pressing lightly on filling. Chill until set, about 4 hours. Using foil, lift from pan. Cut into 16 pieces.

Final Thoughts

As we continue to race through August, the peach crop is giving us some great peaches to eat and cook with. We also have had some bumper crops of early apples, so a lot of my friends are making a lot of applesauce. There are still Farmer's Markets taking place in the area, so make sure you visit them. Congratulations to the many folks who came to the Community Night Out and brought school supplies. Way to step up and help. Thank you.

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!

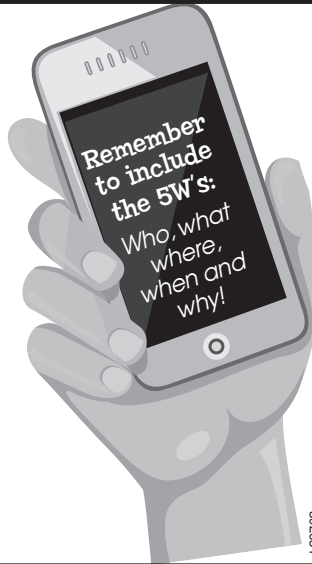
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Freeport police reports

Felony Criminal Damage to Property arrest

On Aug. 4, 2024, at 10:35 p.m., a male wearing a blue jacket with no shirt and dark pants approached the front of the Freeport Police Department from the area of Cherry Avenue and Exchange Street. The male threw a rock through one of the front glass doors of the Freeport Police Department, breaking the glass in the door.

During the investigation into this incident, the suspect male was identified as 21-year-old Jerrell Williamson of Freeport. A felony

charge of Criminal Damage to State Supported Property more than \$500 but less than \$10,000 was approved for Jerrell Williamson by the Stephenson County State's Attorney.

On Aug. 15, 2024, Jerrell Williamson was arrested at his residence in Freeport. Williamson was taken to the Police Department where he was processed and released under the provisions set forth in the Pre-Trial Fairness Act.

The public is reminded that the defendant is presumed innocent and is entitled to a fair trial, at which the government has the bur-

den of proving guilt beyond a reasonable doubt.

First Degree Murder arrest

On Aug. 10, 2024, Freeport Police Department Detectives, along with the assistance of the Chicago Police Department District 3 Tactical Unit, arrested Christopher A. Calvin, a 39-year-old former resident of Freeport, at E. 63rd Street and Harper Avenue in the City of Chicago on an outstanding warrant for First Degree Murder and Unlawful Possession of a Weapon by a Felon. The arrest of Calvin

was the result of an investigation stemming from homicide that occurred on Nov. 26, 2023.

On that date at 9:48 am, Officers of the Freeport Police Department responded to a reported shooting incident that occurred in the 600 block of S. Carroll Avenue. While Officers were responding to Carroll Avenue, they learned that 30-year-old Tevin Walker was being driven to FHN Hospital after being struck by gunfire. Christopher Calvin was quickly identified as a suspect in the investigation. Walker later died from his injuries at FHN Hospital. Christopher Calvin was transported to the Cook

County Jail where he will be held until being extradited back to Stephenson County.

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

Felony Possession of a Firearm arrest

On Aug. 10, 2024, an Officer with the Freeport Police Department conducted a traffic stop on a vehicle in the area of Ringold Street and Railroad Avenue. The driver of the vehicle was identified as 48-year-old Isaac V. Brown, Jr. of Free-

port. During the traffic stop, Officers located and recovered a loaded semi-automatic pistol immediately accessible to Brown.

A felony charge of Aggravated Unlawful Use of a Weapon was approved for Isaac Brown by the Stephenson County State's Attorney. Brown was arrested and transported to the Police Department where he was processed and released under the provisions set forth in the Pre-Trial Fairness Act.

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

LEGAL NOTICES

STATE OF ILLINOIS
IN THE CIRCUIT
COURT OF THE
FIFTEENTH JUDICIAL
CIRCUIT
STEPHENSON
COUNTY-IN PROBATE
In Re the Matter of
the Estate of:
John L. Rife,
Deceased.

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: July 30, 2024.

Debra L. Rife,
Executor
By: *Anthony V. Coon*
Anthony V. Coon,
Attorney At Law

Anthony V. Coon,
#6269568
Attorney at Law
10N. Galena Ave.,
Ste. 210
Freeport, IL 61032
815-235-2212
Fax 815-232-5500
tonycoonlaw@aol.com

(Published in
The Shopper's Guide
Aug. 7, 14 & 21, 2024)
459345

IN THE CIRCUIT
COURT OF THE 15TH
JUDICIAL CIRCUIT
COUNTY OF
STEPHENSON -
FREEPORT, ILLINOIS

NewRez LLC d/b/a
Shellpoint Mortgage
Servicing
PLAINTIFF
Vs.

Michelle Dixon a/k/a
Michelle L. Dixon; et. al.
DEFENDANTS

24 FC 5
CALENDAR
NOTICE OF SALE
PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure entered in the above entitled cause Intercounty Judicial Sales Corporation will on September 18, 2024, at the hour 1:30 p.m., Security First Title Company, 205 West Stephenson Street, Freeport, IL 61032, sell to the highest bidder for cash, the following de-

scribed mortgaged real estate:

LOT SIX (6) IN BLOCK ONE (1) IN GREEN'S ADDITION TO THE CITY OF FREEPORT; SITUATED IN THE TOWNSHIP OF FREEPORT, COUNTY OF STEPHENSON AND STATE OF ILLINOIS.

P.I.N. 18-14-31-106-025.
Commonly known as 318 W. Stearns Street, Freeport, IL 61032.

The real estate is: single family residence. If the subject mortgaged real estate is a unit of a common interest community, the purchaser of the unit other than a mortgagee shall pay the assessments required by subsection (g-1) of Section 18.5 of the Condominium Property Act. Sale terms: At sale, the bidder must have 10% down by certified funds, balance within 24 hours, by certified funds. No refunds. The property will NOT be open for inspection. Prospective bidders are admonished to check the court file to verify all information.

For information call Sales Department at Plaintiff's Attorney, Codilis & Associates, P.C., 15W030 North Frontage Road, Suite 100, Burr Ridge, IL 60527. (630) 794-5300. 14-24-00180 IJSC INTERCOUNTY JUDICIAL SALES CORPORATION intercountyjudicialsales.com 13249538

(Published in
The Shopper's Guide
Aug. 14, 21 & 28, 2024)
459643

IN*CI*DENTAL*LY

Daily marijuana use increases risk of head and neck cancers

According to the National Foundation for Cancer Research (NFCR) more than 71,000 cases of head and neck cancers will be diagnosed this year in America. The National Cancer Institute reports that approximately 69% of people with a diagnosis of oral or throat cancer will survive five years or longer after their diagnosis. However, if the cancer metastasizes that rate drops to 14%. About 61% of people diagnosed with cancer of the larynx will be alive five years later, but that rate drops to 16% if the cancer



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

spreads. Mortality rates from head and neck cancers (HNC) have started to increase within the last decade and the NFCR predicts that HNC will claim more than 16,000 American lives this year. While the medical community have long been

aware that the two main risk factors for HNC are tobacco and alcohol use, the Journal of the American Medical Association has just published the results of a 20-year study conducted by the American Head and Neck Society that shows an increased risk of head and neck cancers (particularly oral, oropharyngeal, and laryngeal cancers) with daily marijuana/cannabis use.

Most cancers are caused by DNA changes. These changes can be triggered by prolonged exposure to carcinogens. Cannabis contains carcinogens similar to those found in tobacco. While the exact mechanism of the link between daily cannabis use and an increase in HNC is not yet fully understood, the way people smoke cannabis (marijuana rolled into cigarettes for smoking are typically unfiltered, users breathe it in deeper than tobacco and hold it in the throat and lungs longer) intensifies the exposure to carcinogens.

As cannabis use becomes more widely legalized and socially accepted, healthcare providers will continue research to understand the long-term health effects of daily and prolonged cannabis use. Many head and neck cancers can be linked to behavioral risk factors. Healthcare providers seek to educate the public to recognize these risk factors and avoid them.

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The Scoop and Shopper's Guide

Rock Valley Publishing

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real estate

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With new federal waiver, Illinois expanding Medicaid to nonmedical services

Government-funded health program will cover 'social determinants of health'

By Peter Hancock
CAPITOL NEWS ILLINOIS

Many people enrolled in the state's Medicaid program will soon be eligible to receive a host of nonmedical services that could improve their overall health, including housing and nutrition assistance, violence prevention services, and services to help them transition out of incarceration.

Under a new policy that the Biden administration launched

last year, state Medicaid programs can now apply for federal waivers to cover what many people call "social determinants of health"—the conditions in which people live that can have a direct impact on their health care needs.

The federal Centers for Medicare and Medicaid Services approved Illinois' application for such a waiver July 2. It extends through June 30, 2029, and may be extended beyond that. At the same time, CMS also approved a five-year extension of another waiver originally approved in 2018 that allows coverage of substance use disorder treatment for individuals in mental institutions.

"You've heard the expression, 'An ounce of prevention is worth a pound of cure.' Well,

that's what this waiver means for Illinoisans all across our state," Gov. JB Pritzker said at a recent news conference announcing the waiver approval.

"With this extension, we can build on the demonstrated success of programs that meet these needs—housing support, food and nutrition services, employment assistance, community reintegration, while developing and piloting new solutions to ensure that we're meeting the needs of all Illinoisans," he added.

Medicaid is a publicly funded health insurance program primarily for poor people that is jointly funded by states and the federal government. It was launched in 1965 alongside Medicare, the federally funded health care program for seniors.

For years, the federal gov-

ernment has allowed, and even encouraged, states to innovate with their Medicaid programs by granting them short-term waivers from standard Medicaid rules. This allows them to try out experimental, pilot or demonstration projects designed to better serve the health care needs of the Medicaid population.

The waivers are authorized under Section 1115 of the Social Security Act and thus are known as "1115 waivers."

New services

The new waiver adds three new categories of services that will be covered under the Illinois Medicaid program for individuals who qualify. But state officials estimate it will take at least a year to get the new services up and running.

The first and most far-reaching of those covers "health-related social needs," or HRSN services. That includes such things as housing and food assistance for Medicaid enrollees who either have or are at risk of developing costly chronic health conditions and who have a documented need for such services.

The waiver covers expenses such as first month's rent, moving expenses and utility hookups, as well as temporary housing before and after hospitalization. It does not, however, cover construction costs for brick-and-mortar projects or services for people who are "not lawfully present in the United States or are undocumented."

A second new category covers violence prevention and intervention services for Medicaid recipients who either have been victims of violence in the past, are currently experiencing violence, or are at risk of experiencing violence in the future.

Elizabeth Whitehorn, director of the Department of Healthcare and Family Services, said Illinois is the first state in the nation to receive approval for covering violence prevention and intervention under an 1115 waiver.

The waiver allows for reimbursement of a wide range of services for those who qualify, such as psychotherapy, grief counseling, mindfulness and relaxation-based treatments, art therapy, life skills training, and crisis intervention.

Finally, the new waiver authorizes Illinois to provide specific health-related services to incarcerated individuals for 90 days immediately before their expected release. That includes case management to assess their physical, behavioral, and health-related social needs. It also includes ensuring they have a 30-day supply of their prescription medications, along with any medical equipment or supplies they may need immediately upon their release.

As a condition of that waiver, Illinois will be required to provide Medicaid enrollment support for individuals entering a correctional facility, and it will only be allowed to suspend—not terminate—the Medicaid benefits of anyone already enrolled in the program once they enter the institution.

grown exponentially. But its core function has always been that of a publicly funded health insurance program, paying the cost of health care services for its members, the bulk of whom are children, young mothers and low-income seniors.

In 2021, according to CMS, Medicaid paid for about 41 percent of all childbirths in the United States. The National Institutes of Health estimates Medicaid pays for the care of about 62 percent of all nursing home residents.

In Illinois, Medicaid covers about 4 million individuals, with a total cost in the current fiscal year of nearly \$27 billion, including both state and federal funds.

The new 1115 waivers, however, represent a fundamental change in Medicaid's core function, moving it beyond the role of paying reimbursements for medical services into the role of funding a broader array of nonmedical social services.

State officials said they do not have an estimate of how much the new services will cost.

But Illinois Medicaid Director Kelly Cunningham said in an interview the new services covered under the waiver are still consistent with Medicaid's original purpose.

"The heart of the Medicaid program is ensuring equity across the population we serve," she said. "What we have learned, and what many other states have learned, particularly coming out of the COVID pandemic, is that what individuals need to be successful and healthy isn't just health-related services. They need access—through transportation and through housing support and through food and nutrition—access to those types of services to really help them stay healthy."

Cunningham said that in crafting the new policies covered under the waiver, IDHFS worked closely with the General Assembly, and specifically its Medicaid working group, an informal group made up of members from both parties and both chambers that meets privately to discuss and develop state health care policy.

State Rep. Robyn Gabel, D-Evanston, a cochair of the working group, said at the news conference in July she fully endorsed the new policy.

"Illinois is taking a truly transformative step in addressing the root causes of health disparities," she said. "Our

REAL ESTATE NOTICE

IN THE CIRCUIT COURT OF THE 15TH JUDICIAL CIRCUIT COUNTY OF STEPHENSON - FREEPORT, ILLINOIS
NewRez LLC d/b/a Shellpoint Mortgage Servicing
PLAINTIFF
Vs.
Michelle Dixon a/k/a Michelle L. Dixon; et. al.
DEFENDANTS

24 FC 5
CALENDAR
NOTICE OF SALE

PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure entered in the above entitled cause Intercounty Judicial Sales Corporation will on September 18, 2024, at the hour 1:30 p.m., Security First Title Company, 205 West Stephenson Street, Freeport, IL 61032, sell to the highest bidder for cash, the following described mortgaged real estate:

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Pritzker signs executive order for strategic plan on aging Illinoisans

Administration doubles down on tech industries in 5-year plan for business growth

By Hannah Meisel and Andrew Adams
CAPITOL NEWS ILLINOIS

Gov. JB Pritzker last week kicked off a decade-long process to address the needs of aging Illinoisans, signing an executive order to hire a chief planning officer within the state's Department on Aging.

With the U.S. Census Bureau estimating that approximately one quarter of Illinois' population expected to be 60 or older by 2030, the chief planning officer will oversee the creation of a 10-year strategic plan "with the goal of strengthening Illinois as an aging-friendly state," according to the executive order.

Pritzker's office did not indi-

cate who might fill that role, but after the position is filled, the clock will start ticking toward a December 2025 deadline to deliver a comprehensive plan to the governor and the General Assembly that could eventually be turned into policy.

In his second term as governor, Pritzker has proposed more state investments in areas like child care and preschool, but he has not yet launched any large-scale efforts to address the growing needs of caretaking for elder adults, especially as the Baby Boomer generation ages.

"We know that it's not just about supporting aging adults, but also being mindful of caretaker needs and the complex

needs of individuals with disabilities, and this plan will ensure no one is left behind," the governor said in a statement announcing the executive order.

For more than two decades, the state has operated the Illinois Caregiver Support Program, which offers resources to those taking care of elderly parents, neighbors and grandparents—along with grandparents who are raising their grandchildren. But the program is small and not well-known.

Past governors' administrations have made two-year plans on aging, which continued under Pritzker as Illinois is currently on the state's fifth such plan. Under the 10-year plan,

the state's chief planning officer is asked to coordinate across agencies including the Department of Corrections, Insurance and Housing.

Business development plan

The Illinois Department of Commerce and Economic Opportunity published a five-year plan last week, outlining how it hopes to attract and retain businesses in the state.

At the plan's center is a strategy to invest in six industries that will receive "prioritized support," capital investment and job training. They are life science, quantum computing, clean energy production, ad-

vanced manufacturing, next generation agriculture and transportation.

Some of these industries, including agriculture, have long been staples of the state's economy. Others, like clean energy and quantum computing, have become policy priorities for the Pritzker administration in recent years.

In the last two years, the state has given just over \$1 billion in tax incentives to companies in the supply chain for electric vehicles and clean energy production through the Reimagining Energy and Vehicles program.

In July, the state awarded a \$92 million tax incentive to quantum technology company PsiQuantum Manufacturing under the Illinois Chips for Real Opportunity Act, the first agreement of its kind.

Deals brokered through those programs are often part of larger packages of tax breaks, state-backed loans and other incentives. The governor's office estimated PsiQuantum's total incentives package was worth \$200 million.

The five-year plan was put together by DCEO in "consistent collaboration and consultation" with Intersect Illinois, a non-

profit economic development agency founded eight years ago with backing from then-Gov. Bruce Rauner.

Intersect is a major player in "Team Illinois," an informal coalition of business groups and government officials that lobbies companies to set up shop in Illinois. The group, which has so far operated on a somewhat ad hoc basis, consists of the governor's office, DCEO, Intersect, trade associations, public utilities and other groups, according to the department's five-year plan.

DCEO's plan also said it is formalizing the process these groups use to court new business developments, hoping to operate as a "unified front" for attracting investment.

The plan also lays out several proposed "areas for improvement" to state policy on business incentives. These include expanding the incentive program available to advanced manufacturers like vehicle and electronic manufacturers, granting regional economic development officials the ability to establish geographic "enterprise zones" that provide tax breaks, and further extending a tax credit for research and development.

• Waiver (Continued from page 14)

health is not only our medical care, but it is the sum of all our experiences, our jobs, our homes. So in caring for some of the most vulnerable populations, we need to account for issues from housing, to food insecurity, to transition from incarceration."

But Sen. Dave Syverson, R-Cherry Valley, the leading Senate Republican on the working group, questioned during a

separate interview whether the state needs to set up new programs within its Medicaid system to provide services that are already being provided through other agencies.

"If programs were the answer, Illinois should have some of the best outcomes in the country," he said. "Because we have so many programs that deal with each one of those social determinants, whether it's housing,

violence prevention. We have so many programs. The issue is, why are we getting the poor results that we're getting with all these hundreds, maybe thousands of programs that we have throughout Illinois."

Cunningham, however, noted that the federal waiver specifically prohibits the use of Medicaid funds to duplicate existing services.

"What we're trying to do is

to offer services to the Medicaid population that will help actually improve their health and improve their outcomes," she said. "And the services we're offering are really specifically defined—housing tenancy support, helping people learn to be a good tenant, how to search for housing, how to negotiate a lease—those specific services are what we are looking to cover in the Medicaid program."

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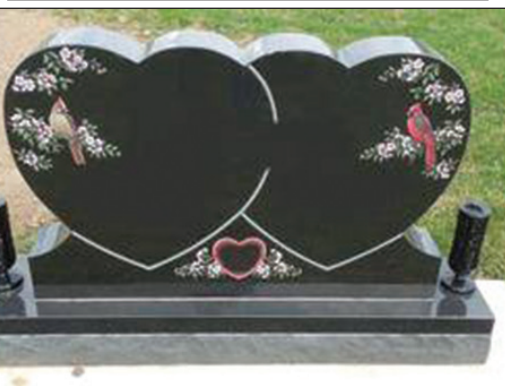
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