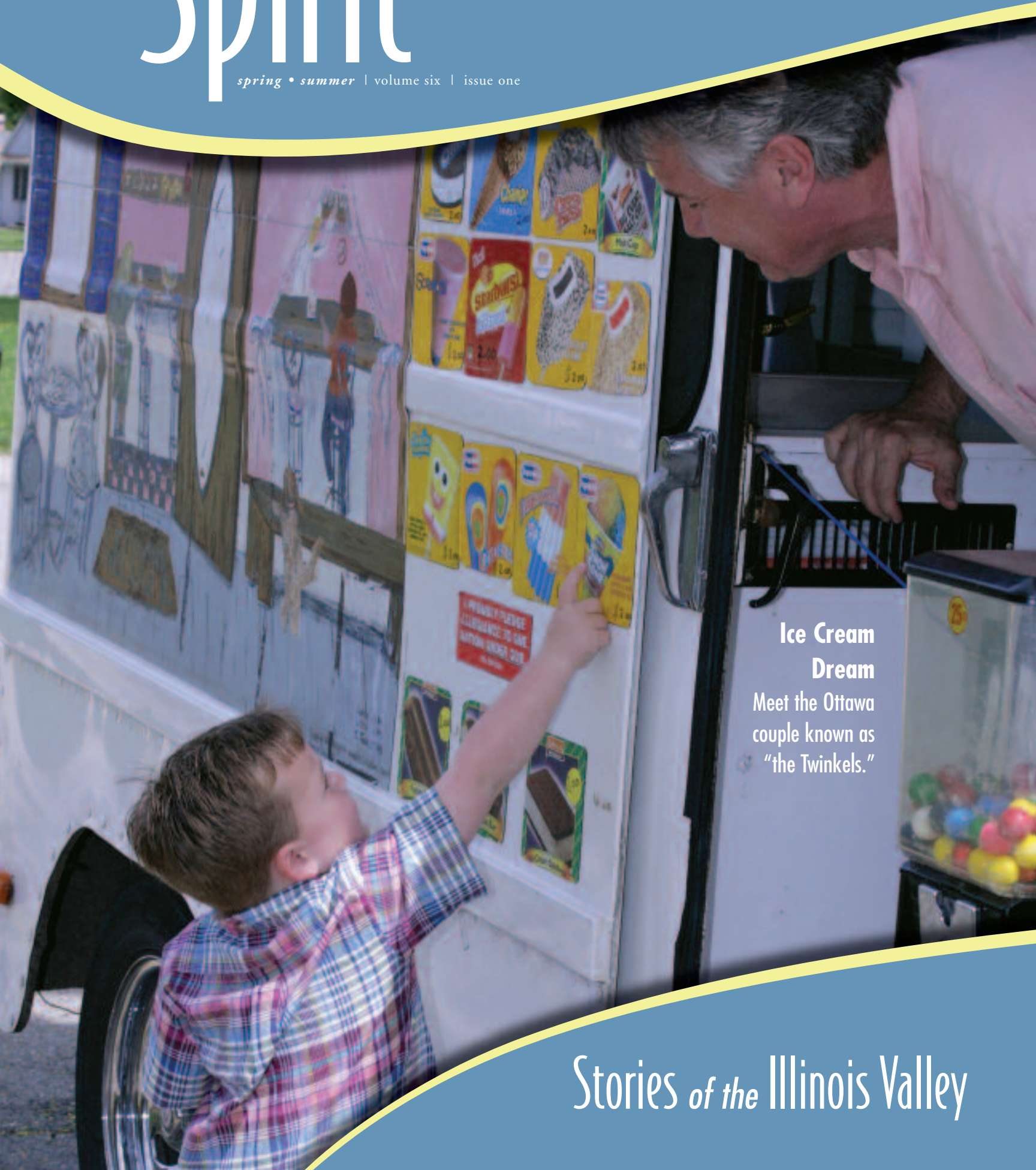


Spirit

spring • summer | volume six | issue one



**Ice Cream
Dream**
Meet the Ottawa
couple known as
"the Twinkels."

Stories *of the* Illinois Valley

St. Margaret's Health
welcomes

Dr. Nicole Norris
to our family of doctors.



St. Margaret's is pleased to welcome Nicole Norris, MD, MPH, to the medical staff. Dr. Norris is now practicing family medicine at St. Margaret's Family Health Center in Spring Valley.

A St. Bede graduate, Dr. Norris earned her Medical Degree and Master of Public Health (MPH) from the University of Illinois at Chicago-Rockford. Dr. Norris returned to the Illinois Valley in 2004 and has been practicing in Peru.

Now accepting appointments, Dr. Norris is seeing patients on the second floor of the West Medical Pavilion next to St. Margaret's Hospital.

Call (815) 663-5981 to schedule an appointment.



St. Margaret's Health

Family Health Center

SMP Health System

415 E. 2nd Street | Spring Valley | Illinois | 61362

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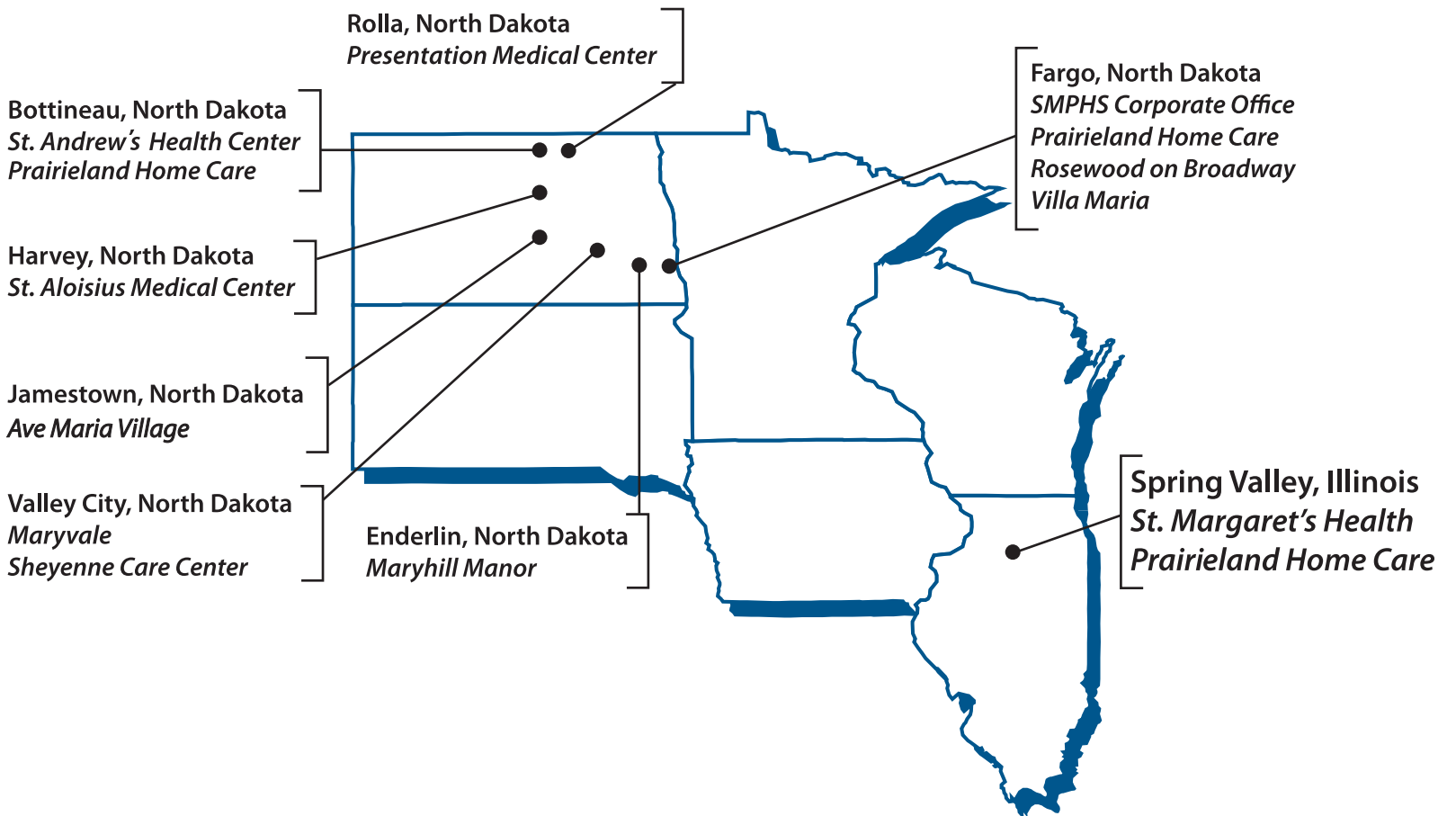
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Contact St. Margaret's Health for further information.
600 East First St., Spring Valley, Illinois 61362
www.aboutsmh.org • spirit@aboutsmh.org

We are *SMP Health System*



Enjoy

Spirit



Spirit of Connection

“All human beings are interconnected, one with all other elements in creation.”—British poet Henry Reed

As humans, we are not created for isolation; we are created for community. Our connections with others can add richness and meaning to our lives. In this issue of *Spirit*, we explore the value of connection.

On these pages, you'll find stories that illustrate the impact of reaching out to others as you meet a family who adopted a son from Haiti, ice-cream vendors who dispense kind words along with treats, and a group of amateur radio enthusiasts with contacts around the world.

You'll also meet folks who share a passion for preserving the past, including a gathering of Civil War buffs, the proprietors of two old-time sweet shops, and a group that's helped a local landmark survive a century.

Of course, at St. Margaret's Health, we're all about making healthy connections, so we've included stories about our Healthy Kids Camp, keeping kids safe in the digital age, dealing with seasonal allergies, and treating rotator cuff injuries.

Nurture the positive connections in your life and you'll find yourself surrounded by blessings.

Tim Muntz, *President & CEO*



St. Margaret's Health

SMP Health System

600 East First Street | Spring Valley, Illinois | 61362 | www.aboutsmh.org

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Rustic Retreat

Kishauwau on the Vermilion offers guests the chance to “camp out” in deluxe cabins and get away from it all.



Kishauwau on the Vermilion bears little resemblance to its ancestor, Camp Ki-shau-wau. From the 1920s to the 1970s, thousands of Boy Scouts flocked to “Camp Kish” for outdoor adventures. Now a year-round retreat featuring cozy rental cottages, the former camp, located south of Lowell, has undergone a transformation—maturing, you could say, from adolescent naiveté to adult sophistication.

What hasn’t changed is the setting—some 70 acres of shaded landscape, wooded bluff and access to the Vermilion River below. That’s one of the things that led proprietor Ellen King and her husband, Ben, to purchase the camp from the Scouts in the mid-1980s.

“We heard the old camp was for sale and came to take a look at it,” recalls Ellen. “We looked across the yard, and Ben said, ‘Do you want this like I do?’ I said, ‘Yes!’”

Operating a bed-and-breakfast had been a “someday dream” for the couple, something they hoped to pursue after their debts were paid and their five children were grown. Camp Ki-shau-wau was a compromise that turned out to be a perfect fit: Ellen can indulge her love of entertaining, but she doesn’t have to rise early to greet guests and prepare breakfast.



The Kings spent four years fixing up the cottages, all the while continuing to work at their regular jobs—Ellen as a pharmacy tech and Ben as a quarry blaster.

They gutted the four original cabins and added insulation, kitchen plumbing and new windows. They also demolished the swimming pool and transformed the pool house into a deluxe cabin, and renovated the mess hall into headquarters, office, laundry, kitchen and gathering spot for their grandchildren.

Installing indoor plumbing was an essential update. “The only bathrooms at the camp were in the pool hall and the mess hall—the boys used outhouses,” explains Ellen. While the Kings suspected that visitors would appreciate rusticity, primitive was out.

Over the years, the couple added more cottages, bringing the total up to 17. Though they still retain a rustic appearance, the cottages feature comfy queen-size beds, central air and heating, wood-burning stoves, and fully equipped kitchens; some even have whirlpool tubs.

Smaller cottages sleep two or four, and the largest sleeps up to 14.



Here, guests can enjoy the natural beauty of the area, through activities such as hiking, biking, fishing, rafting, horseback riding or canoeing at the four state parks located nearby.

Companies have chosen Kishauwau as a retreat center for team-building activities.

Often guests are familiar faces, having booked lodging annually for 10 years or more. One group of women retreat to Kishauwau every winter to bake cookies for their families. They hole up in the communal cabin, which has two ranges, and spend the weekend whipping up

goodies. And some guests have become family friends, even joining the Kings for holiday dinners.

Each season at Kishauwau offers something unique, Ellen notes. “In winter, it’s just a short drive to see the eagles at the Starved Rock Lock and Dam. In the spring, the wildflowers are wonderful. In the summer, you can bike along the Illinois and Michigan Canal or just sit on the porch and cook out. The fall colors are just beautiful, and we’re booked solid for Burgoo Festival in Utica.”

A good concierge, Ellen dispenses more than just advice on local activities, even cleaning a fish for one young guest. “He caught a fish



The larger cabins feature separate bedrooms; the large-group cabin features a huge communal kitchen/great room/sleeping area and four separate bedrooms.

The cottages are spaced widely on the acreage and offer privacy. The original ones retain the Scout camp signposts, including Comanche, Winnebago and Apache. Another cottage is designated the Mother-in-Law Suite, because it was a favorite of both Ben’s and Ellen’s mothers.

Kishauwau is truly a family enterprise. Though Ben’s death in 2006 abruptly ended a 30-year collaboration, some of the King’s grown children work at the resort, and several grandchildren are sure to be visiting at any given time.

The resort is popular with Chicago visitors and draws guests from Bloomington, Champaign, Springfield and further afield.

and wanted his mom to cook it for dinner, but she knew nothing about cleaning a fish,” she explains.

Ellen says her guests are seeking serenity and privacy, and a slower pace than the lodges down the road at Starved Rock State Park. Kishauwau doesn’t boast a noisy water park, satellite TV or other distractions that, while entertaining, defeat the notion of “getting away from it all.”

Here, guests can enjoy the natural beauty of the area, through activities such as hiking, biking, fishing, rafting, horseback riding or canoeing at the four state parks located nearby. “You come for the peace and quiet,” says Ellen. “If you need something going on all the time, (the lodges) are the place for you. If you want to relax and reconnect, then this is the place.”

Anchors Aweigh!

Those of all abilities share the thrill of boating during the Starved Rock Yacht Club's Special People's Cruise.



The gleaming white boats bobbing gently in the harbor at the Starved Rock Yacht Club promise freedom, a clean glide over the waves and a glimpse of the Illinois River shoreline the way explorers Marquette and Joliet must have seen it. And for the hundreds of participants in the yacht club's annual Ron Robb Special People's Cruise, an outing on the river is the highlight of a beautiful summer afternoon.

For one Saturday every June, yacht club members pass along their love of boating to people with disabilities, volunteering to hand out hot dogs and life jackets, host games, assist onboard and, of course, pilot the excursion cruises that ferry 600-700 people along the river throughout the day. The free event is open to all physically or mentally disabled persons, young and old, as well as their families, counselors or caretakers.

Last year, shortly after one of the boats deposited her back onshore, Mary Beth Lange was still beaming. "It was a boat ride and it was fun!" she gushed, as she and her friends, Mary Lou Balensicfen and Gloria Lietzau, sampled some complimentary refreshments.

The trio and two assistants had traveled from Princeton, where they're clients of Gateway Services, which serves people with developmental disabilities. Other passengers stream in from the Chicago suburbs, Pekin, Peoria, and throughout LaSalle and neighboring counties.

For most of cruise's 13-year history, the event has been based at the yacht club, located just west of Ottawa. Members Ron Musial of Streamwood, Pam Burgwald of Ottawa and Donna Malinak of Chicago help coordinate the popular event. Musial says attendance fluctuates from year to year, depending on the weather, and has ranged from a low of 350 to a high of 775 in 2008.

Musial has been boating for more than 30 years, and he considers his boat deck to be a second home. He appreciates the peaceful flow of life on the river and enjoys the friendships forged between fellow boaters. "We have a good time," he says. "Boating is a way to get away from it all."

Club members are eager to share their passion for boating with others, especially those whose disabilities make movement and balance difficult or impossible and who have never experienced the thrill of being on the water. "Even if you're not going fast, you kick up the least little wave and the water splashes them, and it's exciting, a big thing," observes Musial.

Boating is not something wheelchair-bound people have the capability to do every day, says Michelle Jacupcak of Streator. As a personal assistant to people with disabilities, she's been on several cruises, and says most of her charges have looked forward to the ride. "They're almost always excited because it's not something they do every day. They have to have a routine, like we all do, and getting on a boat means they have to get out of their routine box a little."



"Even if you're not going fast, you kick up the least little wave and the water splashes them, and it's exciting, a big thing." - Ron Musial



While some passengers attend with parents, several groups are bused in from out of town, accompanied by assistants and caregivers. Ruth Just, who last year helped to shepherd a group from Davies Square, a residence in Pekin, has attended several cruises. She feels the enthusiasm and kindness of all involved are what make the event truly special. "They've done everything they can to make this as accessible as possible," she says. "They always take the time to talk to everyone, explain what they're seeing on the river. It's like everyone's a part of their family for that voyage."

The nearly 100 volunteers who put on the event include yacht club members as well as members of other local marinas. Everyone pitches in to make the day a success, whether captaining a boat, helping with crafts, games and face-painting, or manning the popcorn and cotton candy machines.

The late Ron Robb originated the cruise at the Henry marina, inspired by a promise from a friend who'd lost a grandchild and his own granddaughter, who was disabled. When the event outgrew the space, Robb brought it before the Starved Rock Yacht Club membership, which agreed to be the cruise sponsor.

Since then, the event has continued to grow, touching the lives of all involved. "Every year, parents come up to me and thank me, and right away they ask if we're going to be doing it next year," says Musial.

In 2009, Burgwald recruited her children and grandchildren to help out on what she calls a "feel-good day." She marvels that many of those who have attended past events recall the volunteers by name, a sure sign that the experience was a memorable one. "This just gives you a very satisfied feeling," she says. "You see their faces when they get off the boats, just wreathed in smiles."

The 2010 Special People's Cruise will take place on Saturday, June 5. For more information, visit the yacht club website, www.starvedrockyachtclub.org.



Sneezin' Season

For those with seasonal allergies, it's that time of year again—sniffing, sneezing, coughing and itchy eyes are all a matter of course.

Seasonal allergies are typically caused by pollen and mold spores in the air, and, experts say, this spring and early summer is shaping up to be one of the worst allergy seasons ever because of the rainy fall, snowy winter, and sudden spring warm-up that have prompted rapid plant growth.

“Patients are afflicted with itching of the eyes, ears, throat and skin,” says Dr. Nicole Norris, MD, a Family Practice Physician who joined St. Margaret’s Family Health Center June 1 of this year. “They also report constant drainage of the nose and post-nasal drip. People with more severe allergies can also have associated breathing problems.”

For help managing your allergies, contact your doctor. “Usually, the first step to getting relief from seasonal allergy symptoms is a trial of over-the-counter antihistamines,” says Dr. Norris. “If these are not helpful, your primary care doctor can help to decide whether seasonal allergies is the correct diagnosis and, if so, may suggest prescription medications, such as nasal sprays and more potent allergy pills. Moderate to severe cases of allergic symptoms may require a trip to the allergist and further testing.”

Dr. Norris points out that most people classify their allergy symptoms as annoying; however, untreated moderate to severe allergies can lead to chronic headaches, infections, sleep apnea, and even poor performance at work or school. “Don’t hesitate to talk with your primary care provider about your allergy symptoms so he or she can help you avoid these more severe consequences.”

What else can you do to minimize your discomfort?

- * Take any medications prescribed regularly, in the recommended dosage. And be sure to take your medication before you experience symptoms.
- * Avoid going outdoors during peak pollen hours, typically between 5 and 10 a.m.
- * When the pollen count in the area is high, avoid outdoor activities. The Weather Channel website, www.weather.com/activities/health/allergies, provides pollen counts. Simply type in your ZIP code to get the latest info on pollen in your area.
- * Before going to bed, shower and wash your hair to remove allergens. Don't place clothing that you've worn outdoors on or near your bed. Also, avoid hanging clothes, towels or sheets outside to dry.
- * Close the windows and turn on the air conditioning at night to keep the air clean as well as cool and dry. Keep your car windows closed, too.
- * If you have itchy eyes, try not to rub them—that only adds to the problem by introducing dirt, bacteria and more pollen. Dab with a cool, damp washcloth or try some allergy-relief eye drops.
- * Try nasal saline irrigation to reduce allergy symptoms. This non-medicine therapy involves rinsing the nasal passages with a saltwater solution to wash away allergens and mucus. Nasal saline rinse kits are available at your local drug store.



Small Miracle

Out of an earthquake's devastation, the blessing of a son.

The Malley family at their Batavia home.

When Jim and Roxanne Malley decided to expand their family through adoption in 2008, the former Ottawans had no idea it would take the movement of heaven and earth to bring their son home.

Jim and Roxanne had been eagerly awaiting the day when little Dave would at last arrive at their Batavia home to begin a new life with his sister, Mackenzie, 12, and brother, Jack, 8. For the past two years, they had even included a snapshot of his smiling face on their family Christmas cards. However, the adoption process seemed to stretch longer and longer as the government in Haiti, where he lived, continued to impose new rules and restrictions.

In early January, the couple got an e-mail from the parent liaison at Dave's Petionville, Haiti, orphanage, part of Three Angels Children's Relief, located just outside of Port-au-Prince. The news was not encouraging: "She told us it would probably be another 18 to 24 months—at least," recalls Roxanne. "We thought he would be 4 years old by the time he came home."

Then, on the afternoon of January 12, while families here in Illinois were beginning their dinner preparations or ferrying their kids to after-school activities, 1,800 miles away, in Haiti, the world crumbled as a 7.0 magnitude earthquake shook the poverty-stricken country to its core.

It would be several anguished hours before the Malleys would learn, via Facebook, that 26-month-old Dave and the other 25 children at the orphanage had survived the quake, along with their caregivers.

Even as the aftershocks were rumbling, adoptive parents and others affiliated with Three Angels mobilized in an effort to evacuate the children and bring them to their forever homes. (All but three of the children had already been matched with parents in the U.S. and Canada, with the adoption process for each well underway.) They began calling on government agencies and elected officials for assistance—and calling on friends and family to storm the heavens with prayer.

Guided by Prayer

It was prayer that started the Malleys on their journey to adoption two years ago. Independently, both Jim and Roxanne had begun to feel a gentle prompting toward adoption—Jim found himself thinking of it on his daily meditative walks, during which he prayed the Rosary, while Roxanne felt her own conversations with God were guiding her in that direction.



Left: Dave with an Angel House caregiver. Right: The children of Three Angels ate and slept outdoors after the January earthquake in Haiti.

However, it took some time before they broached the subject to each other. “I had been feeling that we should adopt, but I was afraid to say something,” says Roxanne. “When I finally did—Jim said he had been feeling the same thing.”

In the spring of 2008, they began looking into international adoption. One of their daughter’s classmates had twin brothers who had been adopted from Haiti, so Roxanne decided to start her search by contacting their orphanage, Three Angels. She visited the website and e-mailed the founder, but received a disheartening reply: no young children were currently available.

“I thought, ‘OK—maybe we are not supposed to adopt,’” says Roxanne. “Our kids are older; they’re pretty self-sufficient. I prayed, asking God for a clear sign that He really wanted us to do it.”

A few days later, she read a newspaper article about adoptions gone bad, which discussed attachment disorder and other issues confronting some adoptive parents. Adding to her conflicted feelings, a friend recommended a book that also focused on the negatives of adoption. Were these the signs she had been seeking?

Then, out of the blue, Mackenzie’s classmate’s mother called to ask if she could meet Roxanne for coffee and to talk about adoption. She said she felt compelled to share her positive experience.

A happy, healthy little boy, Dave arrived knowing his ABCs, shapes, colors, and more and has already picked up some new skills, like turning somersaults.

Later that day, Roxanne visited the Three Angels website again—and this time there were photos of an infant girl and a boy. The caption below the photo of five-month-old Dave said that he had two living parents whose only request was that he be adopted by a family that would teach him to know and love the Lord.

Instantly smitten, the Malleys put Dave on what the orphanage called a “prayer hold” while they began the adoption process, which they expected would take less than two years.

A Loving Sacrifice

After their home study was completed and paperwork submitted, the Malleys began to hear that the Haitian adoption process was slowing down. Still, the couple remained hopeful, praying that Dave would be home by Christmas 2009.

Though the adoptive families were encouraged to come along on mission trips to visit their kids in Haiti, the high travel costs weren’t in the Malleys’ budget. They sent gifts and supplies along with some of the groups and were overjoyed to receive many photos of Dave in return—precious images that showed him sleeping in his crib, laughing and sharing meals with his playmates, and flashing what became his trademark thumbs-up.

Meanwhile, Dave’s birth parents, unemployed teachers struggling to provide for their three other young children, continued to check in on him every month. The couple had visited several orphanages during their pregnancy before choosing Three Angels, and, after Dave was born in November 2007, his mother kept him at home for several months, nursing and nurturing him, before turning him over. “What a beautiful, loving sacrifice,” says Roxanne. “We had been told that we had the most special child at the orphanage—he was so happy and well-adjusted. I think that’s because he was able to form an attachment to his mother.”

Shaken

As another Christmas passed, the Malleys resigned themselves to the fact that the toddler they had expected would likely be a preschooler before he came home. Then came the earthquake.

Though the orphanage building withstood the quake, walls were cracked and the interior was strewn with debris. In addition, the walls around the perimeter were damaged or had fallen down, making the property unsecure. The children and their caretakers, many of whom did not yet know the status of their own families, spent the first night sleeping in a nearby field.

Because Three Angels mission directors Dr. Jack Nonweiler and his wife, Marcia, had left Haiti on the morning of January 12 for a short vacation, the orphanage was under the direction of 26-year-old homeschool teacher Abbey McArthur when the earthquake hit.

In her blog entries detailing what it was like in the aftermath of the quake, Abbey writes of putting the children to bed on blankets laid upon the dewy ground after a supper of a half peanut butter sandwich each. The nannies formed a protective circle around the children as the field became crowded with frightened survivors as well as the injured and dead. “We knew it was bad, but I don’t think we realized just how bad,” says Roxanne.

Following the first night, the children slept on the porch of a nearby school and played outdoors in the courtyard during the day. Their caregivers told them they were “camping out.” A few days later, Dr. Nonweiler, Three Angels founder Gretchen Huijskens and several others were able to return to Haiti and step up their efforts to get the children evacuated to the United States.

Angels in Flight

After receiving word that humanitarian parole might be granted, Gretchen and the others roused the children at 3 a.m. on January 18 and headed to the U.S. Embassy. Their drive took them past horrifying sights, including corpses in the street and the collapsed ruins of once-familiar neighborhood buildings.

After a long day of waiting at the embassy, the group finally made it to the airport, emergency visas in hand, in time to board the last plane allowed to take off before nightfall. Missionary Flights International used a plane donated by Hendrick Motor Sports, a NASCAR team, to fly the children and their companions to Fort Pierce, Florida.

Left (top): Dave with his Angel House buddies. Left (bottom): Dave in his crib at the orphanage. Right: Dave gives his trademark thumbs-up.



Back in Batavia, the Malleys were scrambling to make last-minute travel arrangements and prepare their home for the sudden arrival of a 2-year-old. “I had not one thing for him, not a diaper or anything,” remembers Roxanne.

Friends immediately came to the rescue—one neighbor shopped for clothing, shoes, a diaper bag, sippy cups, snacks and more, another loaned a crib, and still others helped prepare a bedroom. Neighbors also donated airline tickets and helped coordinate the trip.

On the afternoon of January 18, the couple raced to the airport to board a 4 p.m. flight to Orlando, then headed to Fort Pierce. Just a few hours later, they were holding their son in their arms. Roxanne describes the moment: “Gretchen was holding him, and she said, ‘Dave, there’s your mommy.’ He held out his hands and said, ‘Mommy!’”

Settling In

After all he has been through, Dave’s transition to his new home has been remarkably smooth. “He’s a little angel... so sweet,” says Roxanne. “He’s really had no adjustment issues.”

The morning after his first night in the room he shares with Jack, he woke up and proclaimed, “Good day!” to the delight of his family. He seems to have no memory of the traumatic earthquake, even sleeping through the early morning tremor that rattled northern Illinois on February 10.

A happy, healthy little boy, Dave arrived knowing his ABCs, shapes, colors, and more and has already picked up some new skills, like turning somersaults. His favorite phrase seems to be “Dave do it,” as he asserts his independence like any other toddler. “He has brought so much laughter and joy into our home,” says Jim.

His siblings are delighted at his arrival as well—unbeknownst to each other or their parents, both Mackenzie and Jack had prayed the same Christmas prayer: that their brother would be home before summer. “I still can’t believe he’s here,” says Jack.

The Malleys are now Dave’s legal guardians and they are hopeful the adoption will be finalized by this summer. They still marvel at the chain of events that brought their son to them. “Who ever thought that we would get Dave out of so much tragedy?” reflects Roxanne.

Adds Jim, “We are so blessed—had he not gotten out when he did, he would probably still be there.”

Though they are overjoyed with their new son, they remain mindful of his birth parents’ sacrifice and were relieved to hear they survived the earthquake. “We pray for them all the time,” says Roxanne, adding that she is open to having a relationship with the birth family and hopes her whole family can visit Haiti someday to learn more about Dave’s heritage.

“He’s such a special boy,” says Roxanne. “I can’t help wondering what God is planning for him. I know we’re just a small piece of that plan.”

Though the orphanage is not currently open, Three Angels continues to care for the people of Haiti through its school and medical clinic. For more information, visit www.threeangelshaiti.org.



Dave with his new siblings, Jack and Mackenzie.



Community Calendar of Events

FINE ARTS

Festival 56 Summer Theatre Productions

Love's Labour's Lost
Dames at Sea
Moon Over Buffalo
Forever Plaid
The Nerd
Art
Lucky Stiff
You're a Good Man, Charlie Brown
Betrayal
The Gift of the Magi
For ticket information and dates, call (815) 879-5656 or (866) 806-5656

Festival 56 Preview at Starved Rock Lodge

July 9
Starved Rock Lodge Great Hall, Utica
(815) 667-4211, ext. 386

Engle Lane Theater Productions

June 20-26: *Christmas Belles*
July 18-24: *Music Man*
Aug. 15-21: *Godspell Jr.*
Sept. 12-18: *Death of a Salesman*
Oct. 10-16: *Wizard of Oz—Radio Version*
For ticket information and dates, call (815) 672-3584.

Tribute to the Stars—Patsy Cline

June 7-8, Sept. 7
Starved Rock State Park Lodge
Great Hall, Utica
(815) 667-4211, ext. 386

Colgate Country Showdown

Every Tuesday, June 22-Aug. 3
Starved Rock State Park Lodge, Utica
(800) 868-7625, ext. 386

Stage 212 Theatre Productions

July: *Back to the 80's*
October: *Twelve Angry Jurors*
For ticket information and dates, call (815) 224-3025

Legacy Girls Musical Tribute to the Andrew Sisters

June 21, Aug. 9
Starved Rock Lodge Great Hall, Utica
(815) 667-4211, ext. 386

Tribute to the Stars—Neil Diamond

Aug. 16-17
Starved Rock State Park Lodge
Great Hall, Utica
(815) 667-4211, ext. 386

Legacy Girls—50's Show

Sept. 16
Starved Rock Lodge Great Hall, Utica
(815) 667-4211, ext. 386

Valley Carvers Woodcarving Expo

Sept. 26
Starved Rock State Park Lodge
(800) 868-7625, ext. 386

FESTIVALS

Railroad Crossing Days

June 19-20
Mendota Museum and
Historical Society
(815) 539-3373

Marshall-Putnam County Fair

July 7-11
Henry
(309) 364-2814

Beef and Ag Festival

July 16-17
Princeton
(815) 878-1257

Ottawa's Riverfest

July 28-Aug. 1
Ottawa Area
(815) 433-0161, ext. 31

Sweet Corn Festival

Aug. 12-15
Mendota
(815) 539-6507

154th Annual Bureau County Fair

Aug. 25-29
Princeton
(815) 875-2905

Tri-County Fair

Sept. 3-6
Mendota
(815) 539-7974

Sandwich Fair

Sept. 8-12
Sandwich
(815) 786-2159

Spring Valley Fall Fest

Sept. 17-18
Spring Valley
(815) 664-2753

Grundy County Corn Festival

Sept. 22-26
Downtown Morris
(815) 942-CORN (2676)

Oktoberfest

Oct. 9, 16
Starved Rock State Park Lodge
(800) 868-7625, ext. 386

MORE FUN

Old Town Farmers Market

Saturdays, June through October
Washington Park, Ottawa

All-American Afternoon Tea

July 1
Lock 16 Center, LaSalle
(815) 223-1848

LaSalle Canal Boat Ride with Mrs. Lincoln

July 2
Lock 16 Center, LaSalle
(815) 223-1848

Cruis'n the Valley

Aug. 7
Downtown Spring Valley
(815) 664-5160

Hummingbird Workshop

Aug. 22
Starved Rock State Park Lodge
(815) 220-7386

Village of Mark Homecoming

Aug. 28
Village of Mark
www.vil.mark.il.us/

Taste of Utica

Aug. 28
Downtown Utica

Land of Oz Corn Maze

Aug. 28-Oct. 24
Ottawa
(815) 488-5000

Paint the Rock Pink Fundraiser

Sept. 12
Starved Rock Lodge Backdoor
Lounge, Utica
(815) 220-7386

Vintage Illinois Wine Festival

Sept. 18-19
Matthiessen State Park
(815) 220-7386

Jazz N' the Streets

Oct. 9, Downtown LaSalle
(815) 488-1350

Burgoo Festival

Oct. 10
Downtown Utica
(815) 664-4111



OUTDOOR FUN

Canal Boat and Trolley Tours

Every Friday, now through Nov. 12
Starved Rock State Park
(800) 868-7625, ext. 386

Casual Dinner and Evening Cruise

Mondays and Thursdays in June,
July, August, September
Starved Rock State Park
(800) 868-7625, ext. 386

Land and Water Cruise

Mondays and Saturdays in June, July,
August, September
Starved Rock State Park
(800) 868-7625, ext. 386

Area Trolley Tour

Sundays, now through December
Starved Rock Lodge
(815) 220-7386

Mule Tender's Friday Lunch and Boat Ride Special

June 4, 11, 18, 25
July 2, 9, 16, 23, 30
Aug. 6, 13, 20, 27
Sept. 3, 10, 17, 24
Oct. 1, 8, 15, 22, 29
Lock 16 Center, LaSalle
(815) 223-1848

Hornbaker Gardens Open House and Hosta Walk

June 10-12
Princeton
(815) 659-3282

The Secret Gardens of Utica Garden Walk

June 12-13
Utica
(800) 868-7625, ext. 386

Lock 14 Kids' Fishing Tournament

June 12
LaSalle
(815) 223-2382

AYA (Anglers & Young Anglers) Fishing Tournament

June 13
Hennepin Marine
(815) 925-7216

Summer Solstice Dinner on the LaSalle Canal Boat

June 20
Lock 16 Center, LaSalle
(815) 223-1848

Ottawa Garden Walk

June 27
Knights of Columbus
(815) 433-7655

Boo Milby 5K Memory Run

Aug. 14
Northwest School, LaSalle
(815) 223-1885

Trolley Fall Colors Tour

Mondays and Saturdays in October
Starved Rock Lodge
(800) 868-7625, ext. 386

COMMUNITY EVENTS

National Night Out & Family Safety Day

Aug. 3
Kirby Park, Spring Valley
(815) 664-4221

Bureau County Relay for Life

Aug. 6
Hall High School Track, Spring Valley
(815) 664-4221

Old Fashioned Ice Cream Social

Aug. 14
Utica Fire Station
(815) 667-4113

Illinois Valley Alzheimer's Memory Walk

Aug. 15
Baker Lake, Peru
(309) 681-1100

Half Saint Patrick's Day Tea

Sept. 17
Lock 16 Center, LaSalle
(815) 223-1851

Say No to Drugs Fun Day

Sept. 18
Oglesby Elks
(815) 883-3389

Breakfast at the Airport

Sept. 19
Illinois Valley Regional Airport, Peru
(815) 223-2003

Utica Fire Department Fish Fry

Sept. 28
Utica Fire Station
(815) 667-4113

FIREWORKS

Hennepin	July 4
Henry	July 4
Mendota	July 4
Ottawa	July 4
Peru	July 3
Princeton	July 4
Spring Valley	July 2
Streator	July 4

HAMMING IT Up



Joe Tokarz of Ottawa.



Above: John Fidler of Hopewell.



Matt Weaver of Ottawa.

Local amateur radio enthusiasts use their hobby to forge friendships and contribute to community safety.

Long before tweets, texts or e-mails kept folks connected, amateur radio operators were pioneers of wireless communication, taking to the airwaves to contact others around the block or across the globe.

Amateur radio operators (also known as hams) have been sending messages by voice or Morse code since the turn of the 20th century. By 2007, more than 700,000 operators were part of the American fraternity, and many more were registered around the world. These “cornfield communicators” operate over designated frequencies not used by commercial stations and must be licensed by the Federal Communications Commission.

It’s a hobby that has captivated 66-year-old Bob Morrow of Spring Valley for more than five decades—he’s been answering to the call sign K9MIE since he got his license at 13. Bob caught the bug after his father gave him a shortwave radio on which he could tune in Radio Moscow and Voice of America. Naturally, he became interested in sending transmissions as well as receiving them.

Bob’s dad, a local florist, supported his son’s radio ambitions. “He never said there was something he couldn’t afford,” Bob remembers. Radio equipment kits were available throughout the 20th century, which made amateur radio an inexpensive and creative hobby for boys.

Like many amateurs, Bob learned the craft under the tutelage of a buddy—in his case, a television repairman and ham who lent him equipment and shared his expertise. From that point on, the world was his oyster.

Being able to talk to people around the world is fascinating, he says. And the fact that your own efforts make it possible is another draw. “You’re doing it—not on a telephone—but with all your own equipment,” says Bob.

That do-it-yourself ethic is also what Joe Tokarz of Ottawa likes about ham radio. “We depend on the equipment we carry; we don’t need a cell phone or Internet or to rely on anyone,” he says.

Joe, also known as KB9EZZ, maintains the instruments at the LaSalle Nuclear Power Station. Within the amateur radio community, he is known as the guy who keeps county communications going during natural and other disasters. “Quite often, amateur radio is the only communication (during a disaster). Cell towers are down or overloaded with calls from people trying to find their relatives,” explains Joe.



Morgan Johnson of Ottawa, Matt Gebhardt of La Moille, Joe Tokarz, and Tom Ciciora of Sandwich.



“We depend on the equipment we carry; we don’t need a cell phone or Internet or to rely on anyone.”

-Joe Tokarz

To stay prepared, he supervises several emergency drills during the year. On April 20, 2004, when a tornado destroyed downtown Utica, Joe and other ham radio operators had to put what they learned during practice drills to the test. They used battery-operated units and rigged antennae linked to other emergency services and hospitals and some escorted semis carrying much-needed supplies through the ravaged area.

Joe concedes that emergency readiness fascinates him more than merely chatting over the air. “Some of us who aren’t in it for the pure hobby aspect need other motivation. This is a way to give back to the community.”

As his way of giving back, Bob advised St. Margaret’s Hospital in setting up its own amateur radio station. Explains Lisa Clinton, the hospital’s Director of Occupational Safety and Health: “Our hospital is required by state and federal government to have redundant communication systems. We set up the ham radio, recruited a group of volunteers and have developed a plan with other area hospitals and emergency management agencies to use amateur radio if cell and

landline phones go down and towers are knocked out by a tornado or severe ice or wind storms.”

Bob drifted in and out of amateur radio over the years as his work at the Hennepin steel plant (from which he’s now retired) and raising three children took precedence. His two sons, Dr. Bob and Dr. Mike, practice internal medicine at St. Margaret’s, and his daughter, Dr. Chris Slingsby, is a doctor of pharmacology at the hospital.

He always kept a hand in the hobby, though. And now that he’s retired, his goal has been to reach a contact in all 340 “countries” or regions of the world and gather postcards from his far-flung contacts.

It’s not as easy as you might think. The better your signal, the better your chances, but the time of day can also be a factor—because of the way radio waves operate, some parts of the world can only be reached at certain times. “A lot of things have to happen,” says Bob. “And, somebody at the other end has to be there and be on the air.”



Neil Gebhardt of LaMoille, Jim Clapp of Deer Park Township and Eldon Akers of Pontiac.

Sometimes, you can reach somebody that’s out of this world—the highlight of Joe’s ham radio career was when he and a group of Boy Scouts contacted the international space station as it passed within range of amateur radio signals.

He’s still amazed by the event, which led to an 11-minute conversation with the station commander. “We didn’t need NASA,” he marvels. “We did it on our own with a little antenna in Shabbona Park and the power of a 25-watt bulb. It was incredible!”

Many hams find inspiration and camaraderie within local clubs, such as the Illinois Valley Amateur Radio Club and the Starved Rock Radio Club. Bob has made new friends and kept in touch with old ones through amateur radio and the conventions enthusiasts can attend.

It’s the friendly conversation across all language barriers that Bob cherishes most. “Hams are a brotherhood of people who don’t speak about politics or religion. We just want to communicate and enjoy what each of us brings to the table.”

Joe feels the same way—before a business trip to Sweden, he contacted fellow hams there, who made him feel more at home during his visit. “Right off the bat, you’re not a foreign traveler. You have a ham radio brother... There’s no cooler hobby than that!”

Cord Blood *Banking*

What you need to know
about saving your baby's
umbilical cord blood.



If you're expecting, you've probably come across materials about banking umbilical cord blood. While some might think of it as an insurance policy—something simple you can do to protect your child from future harm—it can be expensive, and it might not be right for everyone. Here are some things to take into consideration when making your choice.

Cord blood is rich in stem cells, a kind of cell that can reproduce itself and also turn into other types of cells. Banking cord blood preserves potentially lifesaving cells that typically get discarded after birth.

The quick, painless procedure involves taking blood from the umbilical cord just after delivery. The cord has already been cut and clamped, so it causes no discomfort or harm to the mother or the baby.

In the United States, there are about two-dozen for-profit private banks that parents can pay to store their child's cord blood. The costs can be quite high—ranging from \$1,000 to \$2,000 for initial processing and collection kit, plus annual storage fees of about \$100 per year.

“The parents make the arrangements with the bank of their choice and order their collection kit,” says Beth Snyder, Nursing Director for Obstetrics at St. Margaret's Hospital. “Right after the birth, the doctor collects the sample and then the parents call the prearranged courier (to take it to the bank).”

At the bank, the stem cells are cryogenically frozen in liquid nitrogen. The cord blood is good for at least 10 years—researchers are not sure how long the cells last after that.

Where does the lifesaving part come in? The cells could be used as a treatment if your child is ever diagnosed with certain diseases, such as leukemia, lymphoma or sickle-cell anemia. Stem cells can also be used to help the body recover from some cancer treatments. They might also help a sibling or other relative who is sick.

However, the American College of Obstetrics and Gynecology and the American Academy of Pediatrics currently maintain that, for most people, the benefits do not justify the cost. They point to the very low odds that a child would end up needing a transplant of his own stem cells.

Sometimes, a transplant using the child's own cells may not be a good choice because certain diseases that could be treated with a transplant may already be present in the cord blood. Doctors may determine that cells donated from a relative or unrelated donor are the best choice.

The AAP does encourage private cord blood banking for those families who have a member who is affected by one of the diseases—in particular, a child who is already sick and might need a transplant. (The amount of cord blood retrieved is usually between 3 and 5 ounces, so there is usually not enough available to treat an adult.) There are some programs that cover the cost of storing cord blood when there is a sibling in need of a stem cell transplant.

The probability that one sibling will be a genetic match for another is about 25 percent. A stem cell transplant is not the only hope for those with these diseases, though—a bone marrow transplant from a family member or donor is another option.

Scientists are currently conducting research on other uses for cord blood, but it is hard to predict when these treatments might become available. Deciding whether or not to bank your baby's cord blood is a personal decision. Talk to your physician to help you make a decision that best suits your situation.

Whatever your choice, be sure to make the arrangements well before your due date—at least four to six weeks—recommends Snyder. “It is not a last-minute decision. Leave enough time obtain your kit and remember to bring it with you when you come to the hospital.”

If you decide...

you'd like to bank your baby's cord blood, make sure that you think about the following factors when choosing a private bank:

- Is the bank financially stable?
- What would happen to your sample if the bank were to go out of business?
- Do you have the option to switch your sample to a different facility if you choose?
- Are the annual fees fixed or will they increase in the future?
- Does the bank comply with national accreditation standards developed by the Foundation for the Accreditation of Cellular Therapy (FACT), the U.S. Food and Drug Administration (FDA), and similar state agencies?


Another option...

is to donate cord blood to a public bank. Though you may not be able to access your donation should your child need it in the future, it might save another child's life. To find out more about cord blood donation check www.marlow.org.



“As I embrace each moment using all my senses to behold, admire, and drink in the glory of God around me and within my soul. Drinking in the beauty of God through nature is a means to sustain my spiritual health.” —Sister Anne Germann





*Within me, a profound peace settles in my
Sister Elaine Picard, SMP*

Tips to foster Spiritual Health

*Listen to uplifting Christian music on
CD or radio.*

*Relax and enjoy nature's symphony—
birdsong, wind in the trees, trickling water.*

Take a long walk and breathe deeply.

*Keep a journal of your thoughts and
feelings or favorite prayers and poems.*

*Paint, draw, sketch or photograph images
that remind you of God.*

Read a good spiritual book.

Go to church regularly.

Sit before the Lord in quiet adoration.

Rest well every night.

—Sister Elaine Lange, SMP

off the Cuff

Shoulder injuries receive
top-notch care at
St. Margaret's Health.



Imagine that the simple act of raising your arm was extremely painful. Everyday activities, such as combing your hair, reaching up to take something off a shelf, or waving to a friend, would be all but impossible. Unfortunately, this scenario is all-too-familiar for people who have injured or torn their rotator cuffs.

The rotator cuff is actually a group of small muscles and tendons that attach the upper arm to the shoulder joint. Those who have injured their rotator cuff often present with pain, limited range of motion and weakness in the arm and shoulder.

Torn rotator cuffs don't happen only to athletes. Falling with your arm outstretched, having a job that requires that you repetitively raise your arms, or being a weekend warrior who doesn't take the time to properly warm up or condition before engaging in a recreational sport could also result in a tear. Many times, the condition can have an insidious onset, with no specific trauma.

Within the last 20 years, advances in research and medical science have continued to improve the treatment options for those suffering from shoulder pain. Dr. Michael Shin, who sees patients at St. Margaret's Valley Orthopedics and Sports Medicine facility, says that, while rotator cuff tears are diagnosed more frequently due to advancement in MRI, aggressive surgical repair is recommended less often. Dr. Shin notes that, in many of these cases, the pain is manageable because the tears are small.

For this type of patient, anti-inflammatory medications combined with physical therapy and the possibility of selective corticosteroid injections, is becoming the standard of care.

Those who have developed rotator cuff problems due to some type of acute trauma or injury are prime candidates for surgery. When surgery is needed, patients at St. Margaret's Health are well served by a highly skilled, well-educated, and deeply experienced orthopedic team.

The newly arrived Dr. Shin has the ability to do minimally invasive open repairs as well as arthroscopic rotator cuff repairs. During his training, Dr. Shin provided sports medicine care for both the University of Wisconsin and Rutgers University. Board Certified Orthopedic Surgeon Dr. Paul Perona brings more than 14 years of experience to the table, and he also does minimally invasive open repairs.

Both physicians are fellowship-trained, which means that, in addition to four years of medical school and five years of residency in their field, they have completed an additional year of in-depth specialty training in a particular area. In Dr. Perona's case, after



Paul Perona, MD



Michael Shin, MD

Torn rotator cuffs don't happen only to athletes. Falling with your arm outstretched, having a job requires that you repetitively raise your arms, or being a weekend warrior who doesn't take the time to properly warm up or condition before engaging in a recreational sport could also result in a tear.

finishing his residency at Loyola University in Chicago, he completed an additional year of study in major joint replacement and revisions. Dr. Shin did his fellowship training in Sports Medicine, which focused on arthroscopic procedures.

When he advises patients on selecting a surgeon, Dr. Shin likens it to choosing a mechanic for your expensive sports car: Would you choose a good mechanic who works on all types of cars or one who took extra training to specialize in high-performance cars like yours? If you would take your car to the person who has the most training for that type of car, consider how much more important such a choice would be for your own body. You have only one body to last a lifetime, so you probably want to look for a surgeon who has the most training and experience in the type of surgery you need.

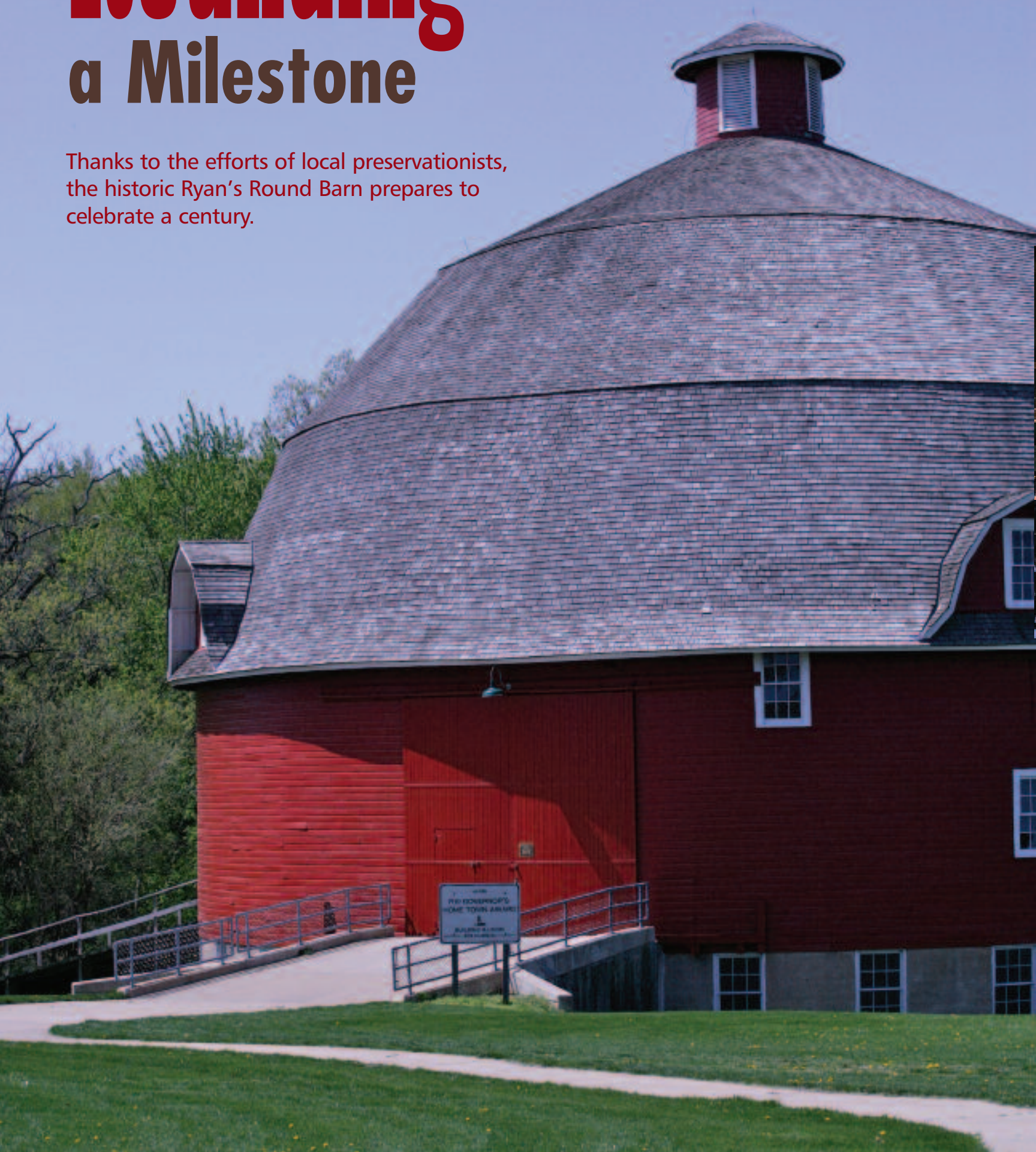
When a person begins the process of treatment and undergoes surgery to repair a torn rotator cuff, their overriding desire is to return to a normal state of use. Both the minimally invasive and arthroscopic surgery produce the same results; however, research shows that for arthroscopic rotator cuff repairs, patients gain range of motion earlier and have less pain in the early postoperative time frame.

According to Dr. Shin, over the last 5 to 10 years, many of the advances made by postsurgical patients have come through advancements in early rehabilitation, which is much more aggressive in encouraging early range of motion than rehabilitation of the past.

In the past, a patient would have his arm in sling for several months, with just limited movement. Today, the recovering patient will typically begin range-of-motion exercises within one week of the procedure, and, if all goes well, would be on track to have the arm sling removed within 6 to 8 weeks. More often than not, following surgery with physical therapy will allow patients to move through life more easily once again.

Rounding a Milestone

Thanks to the efforts of local preservationists, the historic Ryan's Round Barn prepares to celebrate a century.



When Dr. Laurence Ryan built a round barn for his prized Black Angus show cattle in 1910, he likely never imagined the architectural oddity would survive a century to become one of the most popular attractions at Johnson-Sauk Trail State Park.

A Kewanee-area native, Dr. Ryan was a Chicago-based surgeon when he purchased 320 acres in Henry County near Kewanee for a summer retreat. He spent \$9,600 to build the round barn, which boasts an 80-foot-tall silo that supports the roof, which is topped by a 10-foot cupola.

As the decades passed, the innovative structure fell into disrepair, but thanks to the Friends of Johnson Park Foundation, which took

After Virgil died suddenly of a massive heart attack in 1985, Lorraine was invited to join the recently organized Friends group, and she accepted, finding solace in working to accomplish something her husband had hoped to do.

The group had its work cut out for it: The barn was in such poor condition that it came close to being demolished. Lorraine proved to be a great point person for the project. A lifelong Kewanee resident, she knew businesspeople who could contribute goods, money or services to restore the barn. Re-roofing, which required applying a massive number of shake shingles, was left to the state Department of Natural Resources, which maintains the park.



Ryan's Round Barn stands out in the landscape—at 84 feet in diameter, it remains one of the largest structures of its kind, surpassing even the three famous round barns at the University of Illinois that helped spur round-barn construction in the early 20th century.

Left: Antique farm machinery inside the barn

up its mission to restore and preserve Ryan's Round Barn some 25 years ago, the barn will celebrate its centennial on June 12.

Though she's served as foundation president for 24 years, Lorraine Owens originally had little interest in the once-dilapidated barn, but her husband, Virgil, took a shine to it when the couple served as campground hosts at the park in the early 1980s. "I didn't want to have anything to do with that barn, but Virgil just loved it. He took to that barn," she reflects.

While Virgil and other like-minded area residents could see the hint of the barn's past glory, Lorraine couldn't see much worth saving. "It was in terrible shape. Windows were knocked out, it had been vandalized, and the roof was gone. People had taken some of the original flooring for firewood," she recalls.

Over the years, arts-and-crafts shows and a Native American PowWow were scheduled as fundraisers for the restoration. Now the Friends partner with the Mackinaw Valley Long Rifles for an annual July 4 Rendezvous (during which the barn is open for tours).

The park itself, located between Annawan and Kewanee on Illinois Route 78, features a 60-acre lake and is a popular resort area for fishermen, campers, picnickers and hikers.

Ryan's Round Barn stands out in the landscape—at 84 feet in diameter, it remains one of the largest structures of its kind, surpassing even the three famous round barns at the University of Illinois that helped spur round-barn construction in the early 20th century. It was the first round barn in the state to be listed on the National Register of Historic Places.

The era of round barn building peaked between 1880 and 1920, encouraged by agriculture teaching universities, like U of I, which promoted the structures' efficiency. Round barns could be built larger, faster and cheaper than traditional oblong barns, and operate more efficiently as well.

Most were built in Illinois, Iowa, Indiana or Wisconsin, and at least two of those states still claim to be "round barn capitals." By at least one count, the number of round barns has dwindled to about 60 throughout the United States, done in by the elements and disuse.

For Ryan's barn, building materials were shipped by rail and wagon from Chicago. The siding, support beams and lumber in the silo had to be soaked in water and nailed on wet to achieve the desired curves. The three-story barn includes a basement stable area, a main level where wagons were unloaded, and the haymow, which could store 250 tons of hay and straw. Feed troughs and the foundation were poured concrete, and the building included such "modern" labor-saving equipment as an overhead rail system to carry feed containers and waste buckets.

Today, the barn, which now houses a large display of antique farm machinery, draws some 400 visitors a year. "They come from everywhere, even overseas," says Lorraine. "They're fascinated with the silo and how everything's hooked on to that silo."

Contributions and admission fees go toward upkeep and insurance. Members of Friends group volunteer as tour guides on select Saturday afternoons from May to October. Though she's now in her 80s, Lorraine still volunteers, and she'll be there on June 12, ready to show people around the century-old gem that caught her husband's eye so many years ago. She likes to think that Virgil will be looking down on the birthday celebration with pride.



Centennial celebration



The Friends of Johnson Park Foundation will host the Ryan's Round Barn Centennial celebration on Saturday, June 12, from 10 a.m. to dusk at Johnson-Sauk Trail State Park. The event will include live music, food vendors, a tractor show, artist exhibits and kids' activities.

Left: Lorraine Owens
Right: Inside of the barn
Below: Johnson-Sauk Trail State Park

Donations for the upkeep of the barn can be sent to:

Friends of Johnson Park Foundation
c/o Lorraine Owens
700 Willow Street
Kewanee, IL 61443







Renewed Purpose

Unique outdoor adventures await visitors at the revitalized Echo Bluff Park.



Just when it appears to be overtaken by oblivion, Echo Bluff springs to life again. Now in its third incarnation, the former Girl Scout camp west of Spring Valley has become an extraordinary sports park, offering activities rarely seen in the area, including paintball, zip-lining, and disc golf, in addition to winding trails and newly restored picnic areas.

Women of a certain age who grew up in the Illinois Valley probably remember Echo Bluff from its days as a Girl Scout camp, but its history stretches back much further than that—in 1887, the site was first settled as an old mining camp. Named Loceyville, after mine owner Judge George Locey, the village started out with about 300 inhabitants.

When Charles Devlin, a millionaire banker and railroad entrepreneur, purchased the mine camp in 1894, he renamed it Marquette. Under his ownership, the mine became the fifth-largest producer in Bureau County, and employed 361 men.

During those boom years, the town's population swelled to 2,000. Homes and structures rose from the riverside to the towering bluffs like the one on which the park now sits. A brick school, completed in 1898, was reached by a steep flight of 100 steps, and its belfry offered an unparalleled view of the valley.

When Illinois coal mining moved south, however, the village virtually disappeared. In the 1920s, the second story and belfry were removed from the school, which saw its enrollment decline until it finally closed in 1945.

A private owner then purchased the site, eventually deeding the land to the local Girl Scout council in the early 1950s. The scouts established a camp there, creating campsites and hiking trails and using the former school building as a lodge. The camp remained in operation until the early 2000s, and, after it closed, the site fell into disuse.

The property was held in trust until 2006, when Hall Township purchased the 60-acre site for \$1 with the understanding it would renovate Echo Bluff and establish a public recreation site offering youth programming. The township then secured a \$400,000 open land use grant to establish the park.

Hall Township Supervisor Marty Fiocchi says he could hardly imagine the unkempt park's potential when he initially surveyed the property in 2004. "The first time I saw it, I wasn't sure how far we could go," he recalls. But he recognized that the old Girl Scout camp could fit into plans by Hall Township and other local service organizations, such as Project Success, to establish programs for children and families.

Organizers wanted to provide area residents with year-round recreation activities, says Candyce Wolsfeld, township parks administrator. A volunteer advisory board helped generate ideas, coming up with the concepts for two of the revamped park's popular features—an ice-skating rink and a permanent high-ropes course.

Near the former lodge/school, which offers an expansive meeting

room and accessible restrooms, they installed a cement slab that serves as a basketball court in summer and the foundation of the ice rink during the winter months. Ice-making machines, or "chillers," keep the surface frozen for figure skaters and hockey players alike.

The rink, which opened in 2008, has helped generate a new interest in hockey in the Illinois Valley, says Candyce, noting that, last year, 45 youths signed up to learn the fundamentals of the game during a six-week hockey camp. "There aren't a lot of cold-weather activities around here," she explains. "This is another alternative to organized sports like basketball, and it was a sport that no one knew much about."

Involvement by former professional hockey player Terry Hollinger, who lives in the Illinois Valley, attracted fans, interest and, what's more, the donation of equipment from a pro players association.

During the warmer months, other attractions lure visitors. Some distance into the woods, there's a high-ropes course, including a "zip" line strung through the trees that gives riders a roller-coaster thrill as they skim down a 300-foot slope from 30 feet overhead. The ropes course offers groups and individuals the opportunity to build confidence and leadership skills and fosters teamwork.

A paintball course, complete with bunkers, was expanded last year. Also new in 2009: a nine-hole disc-golf course, where players score points by tossing a Frisbee down a fairway to a basket on the green.

Another great way to explore the park is through the geo-caching trail. Geo-caching is like a treasure hunt in which participants use their own GPS devices to hide and search for containers (called caches). The caches are usually waterproof containers that include a small trinket and a logbook.

Adult and youth volunteers have been instrumental in bringing the newest version of the park to life. Marty notes that Echo Bluff is a positive, drug-free environment for youths. And, says Candyce, volunteering benefits the participants as well as the park patrons. "We give (volunteers) a sense of history and belonging, but they give more back to us. They provide leadership and positive youth involvement and serve as role models."

The improvements have brought a renewed interest in the once-forgotten scout camp. The park draws about 6,000 users a year, with attendance boosted by such organized events as a stargazing party, Halloween festivities, including haunted house and trails, and sports camps. "People used to wonder what Echo Bluff was. Now they'll say they were out here last week," says Candyce.

Nostalgia attracts visitors, too. Many guests share stories about attending camp or even school on the property. "There's so much history here," reflects Candyce. "Once you become attached to Echo Bluff, it's hard to walk away."

Candyce believes that, in the years to come, the revitalized park will continue to be the source of many happy memories made by friends and families experiencing the outdoors together. "Long after we're gone, people will continue to enjoy Echo Bluff," she says.



Ice cream dream

Mr. and Mrs. “Twinkels” embrace their calling to touch hearts while selling treats.

It’s an icon of summertime—the ice-cream truck, heralded by melodic chimes that cause children to drop what they’re doing, round up a handful of change, and head for the curb. For the last decade, Jeff and Jean Pabian have been behind the wheel of the most-recognized ice-cream trucks in the Illinois Valley, doling out treats as Mr. and Mrs. Twinkels.

More than just a means to make a living, the couple sees the ice-cream business as their ministry. Though it would seem the couple named their enterprise for the nursery tune “Twinkle, Twinkle Little Star,” it really stems from their philosophy: “If we can make you smile and happy and forget about your problems, that puts a twinkle in God’s eye.”

In addition to passing frozen novelties through the window of her pink-and-cream paneled truck, Jean offers a warm smile and a sympathetic ear. Her willingness to listen to her customers—even silencing the truck’s engine to devote her attention to the task—has been known to melt away anxieties and gloom.

In addition to passing frozen novelties through the window of her pink-and-cream paneled truck, Jean offers a warm smile and a sympathetic ear.

The Ten Commandments posted over her head provides patrons food for thought along with their frosty treats. “It might look like an ice-cream truck,” says Jean. “But inside I’d have the Holy Spirit with me.”

The couple’s two trucks have become familiar and welcome sights throughout Ottawa, where they live, and Oglesby, LaSalle and Princeton, where they cruise weekly routes or anchor special events.

Utica unofficially recognizes “Twinkels’ Sunday” when the Pabians’ route carries them through the village.

Before they climbed behind the wheel of these rolling nostalgia wagons, Jean was a waitress with a dream and Jeff a machinist with a talent for fixing things. Together since the early 1980s, they married in 1990, blending her son and daughter and his three sons into a family that now includes seven grandchildren.

Jean never suspected that one of the greatest blessings of her life would come through selling frozen desserts, but one night, she dreamt of using an ice cream truck to share her joy in life. She woke Jeff to share that epiphany. He helped make her dream a reality by

retrofitting an old postal truck with freezers, a sound system and a bubble machine.

In designing the décor, Jean tried to capture the hullabaloo of a circus and the charm of a dollhouse, including a picket-fence doorway and a clothesline of doll clothes. Later, when Jeff designed his own truck, he went with a rock-n-roll theme, adding black-and-white tiles on the floor and vinyl 45s on the ceiling.

Jean still recalls her maiden voyage in the truck. It was a warm day in March when she left her home and headed for the gas station for fuel. She never made it. “People saw me coming and I was surrounded; I couldn’t move,” she remembers.

Twinkels did so well that, a year later, Jeff quit his job and retrofitted a second truck. “A bad day in the truck is worth a good one in the factory,” he says. “A good day is when we can make someone happy. Sometimes you have bad days at home and don’t want to go out on the route. Then the first customer lightens your mood. When you’re in a good mood for customers, it lifts you up. You’re getting something back for making someone else happy.”

While kids love their goodies, adults are some of Twinkels’ best customers. Once, a group of motorcycle riders pulled up alongside Jean at a traffic light and spotted the bubble gum machines mounted on the side of the truck. “They went from big men on Harleys to little boys on trikes,” she marvels. “They told me not to move while they scrambled to get coins out of their pockets!”

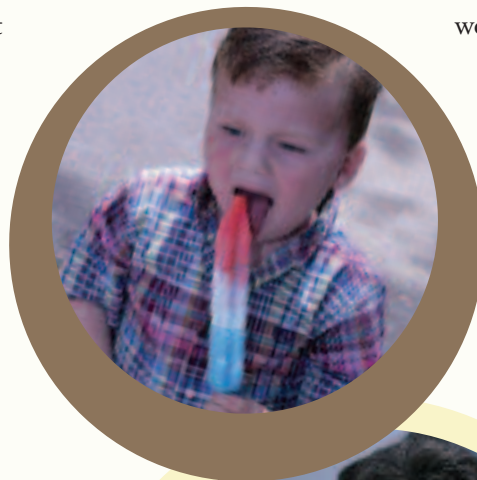
In addition to their unique décor, the Twinkels’ trucks also stand out because they don’t play the typical tinkling tunes. Jean’s truck grooves along to the hits of Top-40 crooners, while Jeff’s shimmys with 1950s rock ‘n’ roll.

“One man came up to me at an event and said the music had lifted his spirits,” Jeff recalls. “He had met his wife to that song, and they had danced all night. She recently passed away, but he appreciated our music.”

Their routes carry them throughout the communities from 4 p.m. until dark on weekdays and 1 p.m. until dark on Sundays. As Seventh-Day Adventists, they sit out Saturdays (their Sabbath day).

Their fame has spread as far as Chicago, where a radio personality broadcast to listeners her experience purchasing a frozen treat from “this cute little ice cream truck in Ottawa.” However, they’re more proud that the local community has recognized their work—they earned a Character Counts citizenship award from the City of Ottawa in 2005.

Sharing a vocation has been another blessing of the business, says Jean, who is happy to be doing what she feels the Lord has called her and Jeff to do. “We’re together all the time, and we love it. I talked to one woman whose husband passed away, and she told me how blessed I was. She said she and her husband were together all the time, and she was glad she had spent all that time with him.”



Top & Bottom: Happy customer
Middle: Jeff Pabian



Pondering *the Past*

A shared interest in Civil War history keeps local discussion group going strong.

The American Civil War ended 145 years ago, but some people in Ottawa still talk about it as if it happened yesterday.

They relive the battles, discuss the war-torn communities, consider the key figures, and examine the lifestyles of the era. Every month, a new topic sparks a lively discussion among the 30-plus members of the Starved Rock Civil War Round Table.

The Round Table, which meets at Ottawa Township High School, has been around for some 16 years, though current president Ron Slack says that, in its early days, “six seemed like a crowd.” Today, people come from Morris, Princeton, Marseilles and Oglesby to join in revisiting the 1860s.

Members volunteer to present topics, but sometimes invite outside speakers (usually local historians and Civil War fans), and, occasionally, take field trips to local historical sites.

Ron, a retired high school history teacher and military reservist who has always been fascinated with the time period, enjoys speaking

on obscure battles of the war. Another member, a nurse, chooses medical topics. Still others latch on to particular personalities—generals, spies or politicians. Abraham Lincoln is a recurring favorite, especially last year, the 200th anniversary of his birth. “It depends on what moves us,” says Ron.

Periodic trivia contests encourage members to try to stump their colleagues. One member will come up with a series of questions, and the rest of the group will spend the month before the next meeting combing the Internet and other sources for the answers. Door prizes, usually topical magazines, books and other items, are awarded to the winners.

The fascination with The War Between the States stems from its uniqueness and its impact on America, Ron says. “It was a war fought on American soil among our own people. The Revolutionary War was fought for freedom; the Civil War made us a nation. It united us.”

Top: John Shaw of Yorkville, giving a book report. Bottom: Mary Ann Carroll

“It was the last ‘gentleman’s’ war and the first modern war,” sums up member Dan Schott of Ottawa.

Most members are armchair historians. Among them are an artist, a school janitor, several retired educators, housewives and a librarian. Like Jerry, who is active in the LaSalle County Historical Society, some members quench their thirst for history by tapping into local archives and other discussion groups. One member even participates in Civil War reenactments.

And, like Mary Ann Carroll of Ottawa, some members can trace an ancestor who was a soldier or a relative who lived during the period. “My great-uncle fought in the Battle of Franklin (Tennessee),” says Mary Ann, who recalls hearing about him from her own uncle.

Ottawan Adrian Revell discovered his family connection to the war after attending a few meetings. His interest had been sparked after ordering a series of books on the war. “Once I read one, I was hooked,” he says. “Later, a relative gave me my ancestor’s enlistment and discharge papers.”

The discussion group has a bigger draw than merely a quest to understand history—members share camaraderie along with a fondness for the past.

Though Dan Schott doesn’t have a familial connection to the war, he became interested during high school, thanks to his history teacher—Ron Slack. Dan participated in the Civil War Club, in which students were divided into teams (North and South) and competed in answering trivia questions to win candy.

The discussion group has a bigger draw than merely a quest to understand history—members share camaraderie along with a fondness for the past.

Now, every new topic the group covers inspires him to add to his Civil War library. “It’s where all my spare change goes,” he says. He also took a tour of Eastern battlefields, which included 27 hours of lectures.

Like Dan, other members also enjoy visiting battlefields, memorials and monuments and appreciate hearing about the sites that other group members have visited.

These enthusiasts also remember that history resides outside their own back doors: Ottawan W.H.L. Wallace was killed at Shiloh just as he was making a name for himself; minister Owen Lovejoy preached abolition from Princeton; and even Lincoln launched his political career during a debate with Sen. Stephen Douglas in Ottawa.

Preserving the past gets more than just lip service from this group, which gathers donations to help preserve national battlefields. Locally, the group helps maintain Wallace’s family gravesite on a hillside in Ottawa, and, recently, they raised funds to ensure that the stonemason who carved the Civil War monument in Ottawa’s Washington Park, who died penniless, received his own headstone. And some group members, including Ron, have shared their knowledge of war-related topics with school groups and other organizations.

Jerry Hulslander of rural Marseilles says the wealth of information about the war—from the photos and newspaper articles of the era to the hundreds of books written over the years—gives him and fellow Round Table members plenty of material to consider. “Every time we wonder what’s left to talk about, we branch off into something else,” he says.



Left: Gerry Hulslander
Group photo: from left: Leader Ron Slack, Ottawa, Adrian Revell, Ottawa, Gerald Hulslander, Marseilles, Dan Schott, Ottawa, and Mary Ann Carroll, Ottawa.



The Starved Rock Civil War Round Table meets at 7:30 p.m. on the third Wednesday of the month in September, October, November and January through May. For more information, contact Ron Slack at 815-433-2896.

The Sweet Life



Old-time soda fountains serve up confections and nostalgia in neighboring towns.

Those who love candy, sodas, ice cream creations and fresh-baked goodies are in for a treat—the Illinois Valley is home to not one, but two old-fashioned sweet shops, located in Wenona and Minonk.

Growing up in Wenona, Kim Morris and Shelly Butler hung out with their friends at Pomerenske's Sweet Shop, slurping flavored sodas and catching up on the latest teen gossip.

Who would have guessed that, decades later, each would recapture that soda fountain of youth? Today, Kim owns that very sweet shop, which now bears her name, though the Pomerenske sign remains in the window as well. And Shelly ran Pop's Sweet Shop in nearby Minonk until her family sold it in 2009.

Wenona's quintessential small-town hangout has been a local fixture for some seven decades, and, just 12 miles to the south, Pop's has been delighting the residents of Minonk for a little more than a dozen years. Pop's first owner, Craig Hook, was a Wenona native familiar with Pomerenske's.

Both Kim and Shelly remember Pomerenske's fondly. "We'd sit in the parking lot across the street and talk to our friends until 'Doc' Pomerenske closed the shop at night. Then we knew it was time to go home," recalls Kim.

Adds Shelly, "On May Day, my mother would give us \$1 and we would come get 100 pieces of penny candy."

The booths in the back of the store became part of a coming-of-age ritual for them and other local youths. With their black-marble tabletops and high backs, the booths were just the place for older teens to hold court, and, over the years, they were inscribed with generations of carved initials.

"People come back all the time wanting to see their initials," says Kim, who bought the sweet shop about five years ago. Long since removed from the main floor, two of the booths remain in the shop's attic. Kim eventually hopes to clear some space and restore them to their rightful places.

Like Kim, who worked the counter in Pomerenske's before she bought the shop, Shelly was familiar with what was then "Doc's Sweet Shop" before she and her sisters Kelly Christ, also of Minonk, and Tammy Bernardoni, of Oglesby, bought it in 2003. The sisters hoped the shop would be an ideal pastime for their newly widowed father, Richard Christ.

Under the Christs, the shop underwent a one-word name change to "Pop's" in honor of their dad. The name and the décor remain much the same today under new owner Sherrie Glowacki. From floor to ceiling, Pop's looks like a 1950s diner. Two painted carhops peer from the front windows, beckoning visitors inside to the cozy red vinyl booths set against a backdrop of Coca-Cola collectibles and colorful wall murals. One of the murals features Richard Christ, seated in a 1958 Chevrolet.

Left: Kim's Sweet Shop, Wenona
Right: Pop's Sweet Shop, Minonk



"This is a place you don't "have" to go to. It's where you want to be."
- Shelly Butler

Shelly says her dad's death in 2007 and the long hours required to manage the shop were among the factors that prompted them to sell in 2009. At that time, Sherrie was looking for a building that would suit her expanding cake-decorating business. At first, she wasn't sure she wanted to take over a restaurant. "I was looking for an empty building where I could maybe start a coffee shop/bakery," she explains. "This was huge, and I was a little apprehensive."

Her fears dissipated quickly, though. "Minonk loves this place," she says. "They love its nostalgic atmosphere. I decided I could keep the old nostalgia, and bring in new things."

Pop's caters to the breakfast and lunch crowd, offering sandwiches and delectable baked goods, such as cinnamon rolls and cookies. The shop philosophy climbs the risers of the stairway leading to Sherrie's second-floor baking sanctuary; it reads, "Life's a little sweeter after a stop at Pop's."

Kim's concentrates on fountain sodas, phosphates and ice cream delights, served up by "soda jerks," as the counter staff's T-shirts proclaim. Because there are no gift stores nearby, Kim also stocks balloons and greeting cards. Both shops feature a wall of "penny" candy that lures children and grownups alike.

Mornings at Kim's find folks lining up to for a before-work Coke or cappuccino, while evenings mean an influx of ice cream-lovers—all year round. After school lets out, the shop resounds with laughter as local kids stop by for a treat.

At Pop's, the mid-morning rush brings nearby employees on break in for a caffeine or chocolate fix, and later, a wave of high school students sweeps through for lunch. "This is not a place to come if you want a quiet lunch," says Shelly, chuckling.

So much of the atmosphere of both shops revolves around the soda fountain. "Kids come up with crazy combinations," observes Sherrie. "They'll want every syrup flavor."

Soda fans can choose to jazz up their soft drink with a rainbow of flavors—from plain vanilla to blue raspberry and even gooey marshmallow, which causes an eruption when mixed with a carbonated beverage. "Sometimes people won't warn their friends about that, just to see what happens," says Kim.

At both shops, nostalgia is as much of a draw as any of the items on the menu.

Parents come back to Kim's hoping to show their children what it was like when they were growing up. Sometimes they'll marvel that this drink or that "was only a nickel" in the "good old days."

"People will come down from Chicago and be impressed that we're here," says Sherrie. "They're in a huge city where they have nothing like this."

Though she's passed the reins to Sherrie, Shelly still enjoys stopping in at Pop's for a sandwich and a visit with friends. As far she's concerned, the secret to the shop's success is simple, and the same could be said for Kim's: "This is a place you don't have to go to. It's where you want to be."



At both shops, nostalgia is as much of a draw as any of the items on the menu.

Top: Pop's Sweet Shop Owner, Sherrie Glowacki
Middle: Kim's Sweet Shop Owner, Kim Morris
Bottom: Pop's Sweet Shop



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“Red rover, red rover ... let Susie come over!” While their parents fondly remember this and other playground games, such as “Red Light, Green Light” and “Mother, May I?” today’s youth are likely more familiar with the exploits of Mario and Luigi and other video game characters.

However, St. Margaret’s Health, together with Illinois Valley Community College and the University of Illinois Extension, is aiming to change that—by hosting a Healthy Kids Camp where area youth can gain a new appreciation for outdoor play and other positive lifestyle choices, like good nutrition and proper hygiene, that will keep them growing strong for years to come.

Last summer was the inaugural year for the two-week day camp, which is open, free of charge, to local children entering kindergarten through eighth grade. The camp is offered to children residing in the towns of Spring Valley, DePue, Ladd, Cherry, Leepertown and Granville. This year, several of the towns are planning to provide busing to and from the camp. Participation is limited to children from these towns because children residing in LaSalle and Peru have access to YMCA facilities and programming.

The event’s core group of organizers includes Sue Sickley, RN, St. Margaret’s Health Promotions Coordinator; Gary Kistenfeger, St. Margaret’s Manager of Physical Rehabilitation; St. Margaret’s dietician Marilyn Csernus, MS, RD, CDE; and Dr. Bob Morrow, who is board-certified in both Internal Medicine and Pediatrics and practices out of St. Margaret’s Family Health Center.

“The most important goal of the camp is for the kids to have fun in a healthy, safe, nonthreatening environment,” says Dr. Bob. “Things are tough for many adults, and often the kids are unable to participate in activities because of cost or other economic reasons. The parents see a safe, low-cost activity for the kids, while the kids just enjoy playing with each other.”

About 90-100 kids were in attendance each day of last year’s camp, which was held from 9-11 a.m., Monday through Friday, for two consecutive weeks in July.

This summer, organizers hope even more children will come, as enrollment will now be capped at 150.

The response was overwhelmingly positive, says Sickley. “You know you’re doing a good job when the kids don’t want it to end. On the last day of camp, we had a lot of parents who got out of their vehicles to thank us.”

During camp, which was held at Kirby Park in Spring Valley, leaders divided kids by grade levels for age-appropriate activities.

Encouraging healthy food choices was one aspect of the camp, with nutritious snacks and water provided each day. In an effort to be earth-friendly, campers were issued their own reusable cups to use for water breaks.

Kistenfeger credits Tony Ruda, athletic trainer at IVCC, for providing a lot of input on the physical activities. The team worked to introduce kids to the premise promoted by the National Institutes of Health initiative We Can! (Ways to Enhance Children’s Activity and Nutrition). “The idea behind that movement is pretty simple—energy in should be less than energy out,” explains Kistenfeger.

Toward that end, campers had fun with fitness by participating in activities such as water balloon relays, jump rope games, bocce ball, and obstacle courses. “We were trying to stress that exercise can be fun,” notes Sickley.

All that play had another purpose—teaching kids lessons about nutrition and fitness. “It was all about active learning,” says Csernus, who had help from the U of I Extension in getting the nutrition message across.

Child’s Play

Healthy Kids Camp makes fitness and nutrition fun.



“The kids learn to be healthy through activity,” adds Dr. Bob. “No lectures—they learn healthy ways to eat and how activity is important without realizing they are being taught something.”

A craft was also part of each day’s events—for example, one day the kids decorated beach balls that they used during game play. The balls were then theirs to take home in their “camp bag.”

At the beginning of the session, campers received a reusable grocery tote that they brought to camp each day to be filled with their craft and other items that supplemented the day’s activities. For example, on the day campers talked about a balanced diet and appropriate food portions, they received a child-size portion-guide plate, a handout on healthy shopping, and a piece of fresh fruit to take home.

The response from parents was enthusiastic, and organizers say that is key to their goal of effecting change. “I think nutrition education takes a lot of reinforcement,” says Csernus. “I am not naïve enough to believe that one summer camp will make a family completely change their habits, but I hope that it will at least make them aware of and encouraged to make some healthy choices.”

All involved say that camp went smoothly thanks, in part, to the many volunteers, who came from St. Margaret’s, IVCC, local high schools, and area businesses. Sponsors donated many items, from snacks to water, and the City of Spring Valley offered an hour of free swim time each Friday at the local swimming pool so that parents of campers could bring their kids for a post-camp dip.

“Kids just had a great time, and so did the volunteers,” says Sickley. “We laughed and laughed the whole time. It was hard to get them back in their cars at the end of the day.”



St. Margaret’s Health is committed to providing compassionate care to all, including those who are uninsured. One way we demonstrate our commitment to our patients and our community is through offering activities and events, like Healthy Kids Camp, which are free to all participants.

Camp would not be possible without the generous support of our sponsors. So far, we have received the following donations from our major sponsors:

2010 Sponsors

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- St. Margaret’s Health
- 20 in a row country - 96.5 - The WOLF!



Silver (\$500)

- Spring Valley City Bank
- LaSalle State Bank
- Kohl’s
- City of Spring Valley
- Senator Gary Dahl

Bronze (\$250)

- Western Sand & Gravel
- LaSalle Body & Fender
- JB Contracting Corporation
- Citizens Bank
- Wal-Mart

Many others have provided monetary or in-kind donations as well.

Healthy Kids Camp 2010:

Weekdays, July 19-30

For more information

or to register call:

815-223-8600 or 815-664-1360



FOOD DONORS

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HUMPHREYS	ST. MARGARET'S
MORNINGSTAR OFFICE	JEWEL



SCREENINGS/CLINICS

Cholesterol Screenings

St. Margaret's DeAngelo Resource Room (rooms 104/105 of hospital):
Second Wednesday of every month, 7-9 a.m.
Second Saturday in July and October, 7-9 a.m.
Pre-registration required. Please call 815-664-1613.

Free Blood Pressure/Blood Sugar Screenings (every month unless otherwise indicated)

- DePue Library, second Tuesday, 8:30-9:30 a.m.
- Hennepin Bank, first Thursday, 8:30-10 a.m.
- HyVee, second Monday, 9-10 a.m.
- Ladd Bank, first Wednesday, 10-11 a.m.
- Liberty Estates, second Thursday, 9-10 a.m.
- Oglesby Library, third Thursday, 10:30-11:30 a.m.
- Putnam County Senior Center, second Tuesday, 10-11:30 a.m.
- St. Margaret's DeAngelo Resource Room, first Wednesday of odd months, 7-9 a.m.
- YMCA, fourth Tuesday, 8-10 a.m.

CLASSES

(All classes meet in St. Margaret's First Floor Presentation Room, unless otherwise noted.) To register for classes, call 815-664-1613.

Diabetes Education Classes

Classes meet once a week for four weeks. Different topics will be covered each week. Each participant receives a free glucometer. Classes will be held on June 7, 14, 21, and 28; July 5, 12, 19, and 26; August 2, 9, 16, and 23; August 30, September 13, 20, and 27; and October 4, 11, 18, and 25.

Week 1: Overview of Diabetes, Complications and Monitoring

Speaker: Pat Schummer, RN, MS, CDE

Week 2: Nutrition and Diet

Speaker: Marilyn Csernus, MS, RD, CDE

Week 3: Medications

Speaker: St. Margaret's staff pharmacist

Stress Management

Speaker: Pat Schummer, RN, MS, CDE

Week 4: Exercise and Activity

Speaker: Candy Ference, ACSM Certified Exercise Specialist

Foot, Skin and Oral Care

Speaker: Pat Schummer, RN, MS

Medication Review Program

Discuss all types of medication with St. Margaret's Doctors of Pharmacy on the fourth Tuesday of every month, from 11:00 a.m.-noon. Must pre-register.

CPR Instruction

These classes are open to the public and held on the first Tuesday of each month in the evening. Sessions rotate each month and include "CPR for Healthcare Providers," "CPR Anytime," and "CPR Instructor" training. Call for information and to pre-register.

CHILDBIRTH EDUCATION

- **Prenatal/Lamaze Classes:** Classes meet for four consecutive weeks from 6:30-9:30 p.m. Sessions start on July 12, and August 30. They are held in St. Margaret's First Floor Presentation Room.
- **Sibling Classes (for 3- to 8-year-olds whose mom is expecting a new baby):** Classes will be held on Saturdays, June 5, July 31, and October 2, at 10:00 a.m. in Room 309, St. Margaret's Hospital.
- **ABC Prenatal Classes (for pregnant women in their first and second trimester):** Classes will be held on Mondays, July 7, August 9, and October 4, at 6:30 p.m., in St. Margaret's First Floor Presentation Room.

To register for all childbirth preparation programs, call St. Margaret's Family Birthing Centre at 815-664-1345 or 815-223-5346, ext. 1345.

SUPPORT GROUPS

(All support groups meet in St. Margaret's First Floor Presentation Room, unless otherwise noted.)

Grief Support Group

Third Tuesday of each month, 6-7 p.m.

Parkinson's Support Group

First Monday of each month, 1:30-3:30 p.m.

Rebound (Breast Cancer Support)

Third Monday of each month, 7-9 p.m.

Spirituality & Prayer Group (All Denominations)

Second Saturday of each month, 8-9 a.m.

Turning Point (HIV/AIDS Support Group)

Third Wednesday of each month, 6 p.m.

Location not disclosed for confidentiality purposes.

For more information, please call 815-664-1613.

Visions (Blind and Visually Impaired Support Group)

First and Third Thursdays of each month, 12:30-2:30 p.m.

SPECIAL EVENTS

St. Margaret's "Jimmy D" Golf Day

Sunday, July 11

Spring Creek Golf Course and Deer Park Country Club

Please call 815-664-1329 for more details.

American Red Cross Bloodmobiles

Tuesday, July 27

Tuesday, Sept. 21

11:30 a.m.-5:30 p.m.

Located in St. Margaret's First Floor Presentation Room; walk-ins welcome.

St. Margaret's Auxiliary Schwan's Truck Sale

June 14 and Aug. 5, 7 a.m.-5 p.m.

St. Margaret's South Parking Lot

St. Margaret's Auxiliary Purse and Accessories Sale

Tuesday, July 13, 7 a.m.-5 p.m.

St. Margaret's Lower Lobby

St. Margaret's Auxiliary Nut & Candy Sale

Tuesday, Sept. 14, 8 a.m.-3 p.m.

St. Margaret's Lower Lobby

St. Margaret's Auxiliary Book Fair

Oct. 21-22

St. Margaret's Lower Lobby

CYBER Safety

Teach your children how to protect themselves in the digital world.



The tween and teen years have always been about connecting with friends. However, today's technological landscape means that kids today have access to multiple, often instantaneous, channels of communication—a far cry from what was available just a generation ago. Keeping children safe from online threats, harassment, and bullying is now a huge priority for parents.

If you're a parent of a middle-school or high-school student, you probably remember waiting for your turn on the family phone line. The phone itself was likely tethered to the wall and there was no caller ID to let you know who was calling. If you wanted to send your friend a message, you passed notes in class or dropped a letter in the mailbox.

In contrast, Bill Belsey, president of bullying.org, describes today's kids as the "always on" generation. For this group, he explains, e-mail is now considered "too slow" for communicating with peers. Social networking, instant messaging and text messaging are the way they keep in constant touch in today's online world. According to Common Sense Media's August 2009 Poll of Social Networking, 51 percent of teens check their social networking sites more than once a day, and 22 percent of them check more than 10 times per day. And, of those polled, nearly 40 percent report that they have posted something they later regretted.

Because communication is not face-to-face, kids often don't censor themselves. The false sense of anonymity leads them to engage in risky behaviors, such as revealing personal information or sharing risqué photos. Kids may be tech savvy, but they often don't have the maturity or judgment to match their digital skills. A 2006 survey

Because communication is not face-to-face, kids often don't censor themselves. The false sense of anonymity leads them to engage in risky behaviors, such as revealing personal information or sharing risqué photos.

conducted by the National Center for Missing & Exploited Children revealed that 34 percent of 10- to 17-year-olds had posted their real names, telephone numbers, or the names of their schools online.

Bullying has also become a problem in the digital world. Home used to be a refuge for kids being "picked on" at school. Unfortunately, that is not the case anymore, as communication technology has opened the door for bullying to happen at any time

and in any place. According to cyberbullying.org, "Cyberbullying is when a minor is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another minor using the Internet, interactive and digital technologies, or mobile phones."

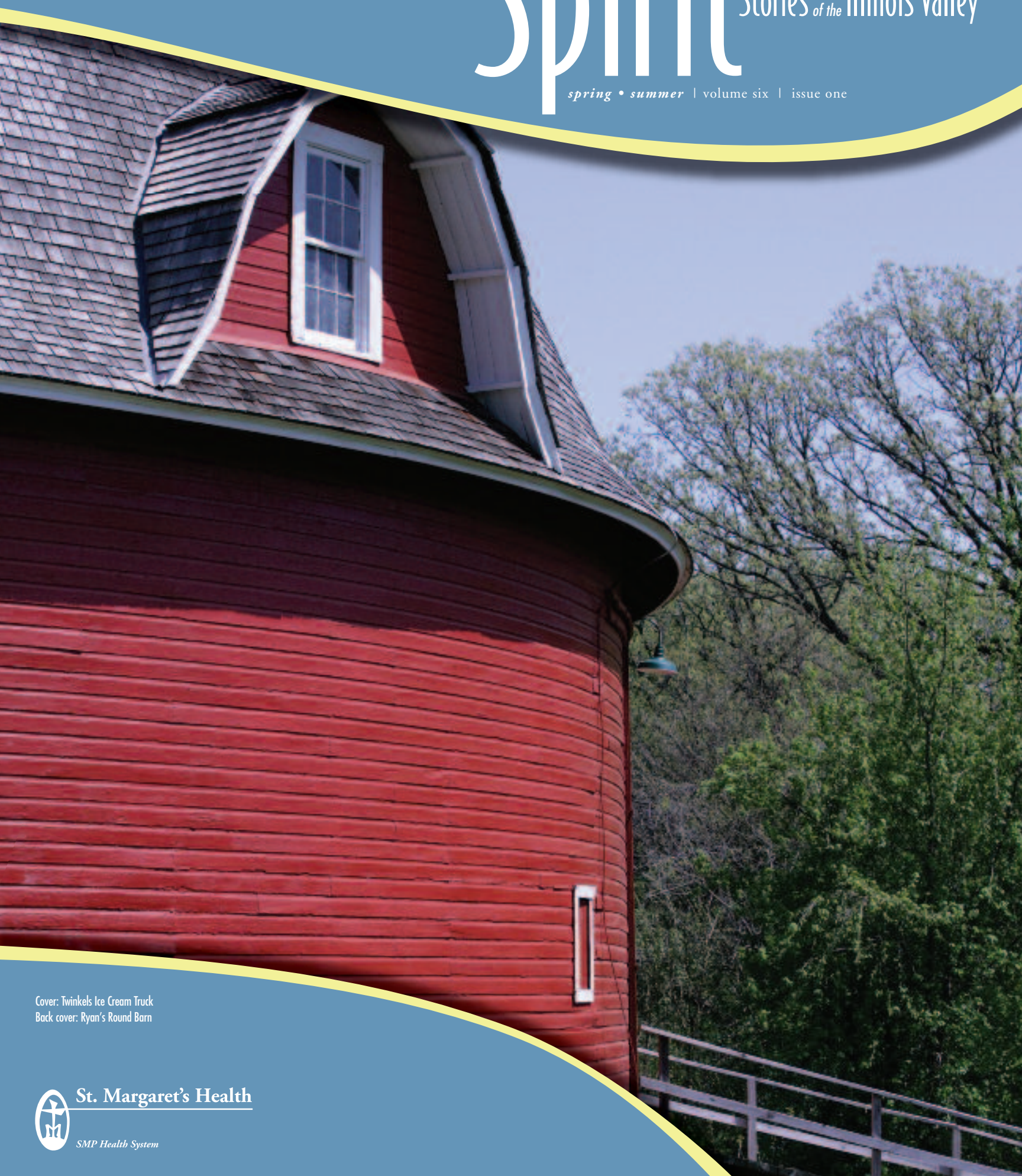
There are many ways technology can be used to directly attack other people, including sending threatening or hurtful text messages, posting inappropriate photos, stealing another person's password and changing their social networking profile or posing as that person during online conversations, creating web pages that ridicule or invade the privacy of another person, and more.

Many kids may be hesitant to tell an adult that they are being bullied in this way for fear of getting in trouble for their own online behavior, while others are afraid telling a parent will only make the situation worse. Make sure your kids understand that telling an adult is always the right thing. Warning signs of a child being targeted can include spending long hours online, especially at night; phone calls from people you don't know; withdrawal from normal activities and family life; and behavior that is erratic or has changed recently.

Spirit

Stories of the Illinois Valley

spring • summer | volume six | issue one



Cover: Twinkels Ice Cream Truck
Back cover: Ryan's Round Barn



St. Margaret's Health

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